

Old School New Body

**The F4X Youth-Enhancing
Bodyshaping System For
Men and Women**

**Only 90
Minutes
Per
Week!**

**STEVE HOLMAN
BECKY HOLMAN**

WITH JOHN ROWLEY



Old School, New Body was written to help you achieve an impressive, healthy physique with sensible eating and workout strategies. Weight training and dieting can be demanding activities, however, so it is highly recommended that you consult your physician and have a physical examination prior to beginning. Proceed with the suggested exercises, nutrition strategies and routines at your own risk.

Cover photo of Steve and Becky Holman
by Michael Neveux

Cover models: Steve and Becky Holman

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INTRODUCTION

When you've been at this working out thing as long as we have, you begin to think you know it all—and that's when you can get into trouble. You should never stop learning. That lesson hit us over the head hard a few years ago when we finally discovered key "secrets" to getting in ultimate shape quickly—but we're getting ahead of ourselves.



Marilyn Monroe, avid weight trainer.

Rewind even further to more than a decade ago. One of the most famous Hollywood trainers of the '60s, '70s and '80s used to come into the *IRON MAN* offices where we work—rumor has it that he even trained Marilyn Monroe (we never confirmed that, but we do know that she lifted weights, as the framed print by Philippe Halsman on Steve's office wall confirms). Anyway, this trainer to the stars had closed his celebrated Hollywood gym, gone into semi-retirement in his 80s and came by every so often to regale us with stories, exercise techniques and his methods—which he said was the only right way to produce results.

His tirades—did we mention he was usually on the edge of berserk?—made some sense, but Steve, being somewhat of a workout authority as *IRON MAN*'s editor in chief, never really took the man's so-called density method too seriously. It just didn't sound intense enough to work.

Everything at that point in serious weight training had evolved to *intensity*—via heavy weights, training to failure on almost every set, etc.

That was due to three things: 1) a few successful training gurus touting its effectiveness, including a top bodybuilding title winner (who had to retire due to serious injuries, by the way) 2) steroids, which make that type of overstress and overtraining work, and 3) ego—only dweebs didn't go superheavy at the gym to show everyone how strong they are.

As fate would have it, the legendary trainer passed away (we really miss his visits), and his wife asked if she could store much of his belongings at the *IM* warehouse. The publisher okayed it, and in came furniture, crates of trophies the trainer had won, pictures that hung in his gym and boxes of dusty, old documents and log books. That last item was most intriguing because here were the exact workouts and methods he had used to get those incredible results he always talked about.

While the training guru was alive we never tried his moderate-weight, high-fatigue method—that's because, as we said, everyone "knew" real results were all about pushing more weight. And we had the chronic aches, pains and injuries to prove it, including bum shoulders,

tweaked knees and backs that would go out for no reason. Funny that the old-school trainer had none of those problems, even in his 80s. That got Steve thinking....

He began pouring over the dusty notes and routines outlining the trainer's transformation methods he used on Hollywood actors and star bodybuilders alike. A light bulb went off. Steve realized that the current science, like triggering fat-burning and muscle-building hormones via muscular fatigue, backed up the trainer's methods. Steve began to experiment in the gym with some of what he found in the dusty notes,



revise the methods somewhat, do more research and fill in the gaps with recent science.

The eventual results were incredible. The pieces fell into place and Steve realized exactly how and why his slightly revised version of the trainer's methods worked so quickly—it hit the muscles completely with cumulative stress to reach the growth threshold, and it produced a hormonal cascade that burned fat like a blowtorch.

With the Focus-4 Exercise protocol, F4X for short, our metabolisms are stoked 24/7 and joint aches and pains are a fading memory—plus, we're keeping lean, hard physiques all year long.

Steve's results were some of the best he'd ever had—staying leaner and getting more muscular with much shorter, less painful workouts. Becky began using it, and she too was shocked at her quick progress. It wasn't a fluke. We had others try it, from 20-year-old college students to 50-year-old grandmothers—and each one reported stunning progress—all with no joint stress—in fact any residual joint pain disappeared. And workouts lasted 30 minutes to an hour, no longer. (The trainer insisted those short workouts were necessary so key hormones stayed at full-throttle and the metabolism would burn white hot.)

With our version, which we call the Focus-4 Exercise protocol, F4X for short, our metabolisms are stoked 24/7 and joint aches and pains are now fading memories—plus, we're keeping lean, hard physiques all year long. We're both over 50—and loving life. Our only regret is that we didn't discover the F4X system sooner, but now we can pass it on to you.

Weight training is a miracle activity, as you'll see, and the F4X body-reshaping system is the ultimate way to get all of its fat-burning, muscle-building, anti-aging benefits in quick, safe, health-charged workouts—but we're still learning and still refining it.

We owe a debt of gratitude to Vince Gironda, that cranky trainer to the stars, because his methods were the spark that may have saved us from giving up on weight training—or creating an orthopedic nightmare later in life with cumulative damage from heavy-weight training.

Everyone should be lifting weights—*the right way*—to soar through life with a lean, healthy, muscular body. F4X is your key to fast, incredible transformation success without joint stress.

F4X

**The Youth-Enhancing
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PREFACE

Look around. Why are so many people in terrible shape? The problem for most is time. The older we get, the faster time moves—or so it seems. There's just not enough left to improve our bodies and health with exercise. (Don't let that word scare you; it doesn't take as much as you think—most people do it wrong and it takes too long.)

We'll show you that there is time—in fact, you can turn back the

clock—and the time is now! You need to ditch the misinformation and take action—using an efficient, on-target method. And that's what the F4X system is; as you'll see, it doesn't require a lot of time in the gym or complicated diets (you can often eat what you want).

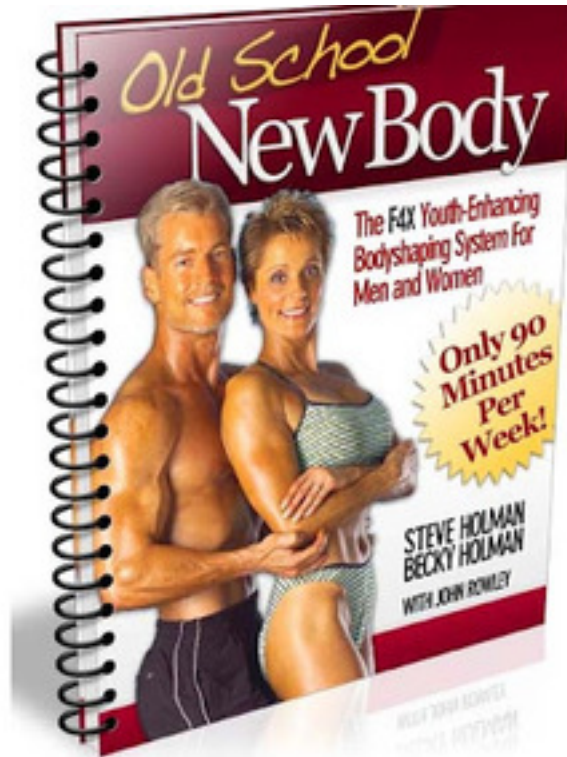


It's about getting stronger, looking good—dare we say impressive—and staying independent throughout your life with a simple plan—some easy-to-apply diet alterations and hitting a few quick F4X workouts each week—at the gym or at home, take your pick. Soon you'll be healthier and feel incredible with a body that will turn heads and raise eyebrows. And your age doesn't matter.

We're over 50 and usually the best-built people in the room at social gatherings. Again, your age doesn't matter. Our goal is to show you the simplest, most efficient, safest way for you to do it too, whether you're in your 20s, 30s, 40s or beyond. It does *not* take a lot of suffering or time—and the rewards are immense, especially in your prime. As we said, when you get that new body, you'll not only look better but feel amazing. Life will become an exciting joyride.

A great example is one of our favorite role models, Jack LaLanne. He

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