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WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Interview with Jeff King



First, Mr. Weiss, I want to thank you for giving me your time and doing an interview on me. You know how much this can help a bodybuilder in business and what else.

I got to the first question on what hobbies I participate in. Well, basically my business takes up most of my time, so I guess I would say more or less, my works is somewhat of a hobby, which is more or less the bodybuilding and the mail order business, distributorship in the Midwest. But, mainly, besides that and my bodybuilding, which are more or less one together, I like to cook. That's one of probably my favorite pastimes, more or less eating what I've cooked. And just more or less any kind of activities. I like to go to movies, more or less quiet things, relaxing things. I like to play racquetball now and then, run, biking, things like that.

Now, I became interested in bodybuilding mainly because at a young age I was very small for my age. A doctor had told me that I was...I had no muscles and I was very small, when I was about five-years-old. At least he said it to my mother and I'd overheard him. So, this really bothered me. So, I mainly started, weight trained to increase my strength and more or less my overall size. I figured if I couldn't be the biggest guy in the world, I would at least be as strong as the big guys or stronger than them.

As I started weight training, of course, I started to become interested in bodybuilding because of the magazines, and also by watching the Mr. Universe contest on TV. Again, the reason I became interested was because I was just overwhelmed by the size and the overall power that these athletes possessed.

I've been training now for basically about nine years. As to what progress I've made, it's really hard to judge, at least in my case, because when I started I was 14-years-old, probably maybe just before I turned 14. So, I might have been at the end of my year of 13. To compare the progress I've made from that age to now would be astonishing, considering I weighed about 100 pounds when I started and now I weigh about 245-250 pounds. So, the progress, obviously, has been unbelievable. But, you'd have to compare probably when I was mature to now. So, I'd have to say my progress has been slow and steady over the last nine years. But, nine years is a long time also to be bodybuilding.

There was a period when I made very fast gains. I can honestly say that I've always been a very easy gainer, even when I first started. Results seem to come, I guess you'd say, almost overnight in the sense they were very steady, again, pretty dramatic. But of course, I've hit sticking periods. I believe at 16 or at least 17 I had hit a sticking point where my body weight wouldn't really move. I'd say one of the fastest gains I've made was probably when I was 16 when I started training legs. My overall

body weight went from about 135 to 176 pounds within a period of about eight to nine months.

Also, I had made some real...I made a lot of gains...that was why I made those gains. The next period probably when I was about 18 or 19 and this was probably due to again just maturing, becoming older. So, I think a lot of it had to do with hormones and just going through puberty, more or less. And I did go through puberty at a very late age. Besides making muscle gains, I also made tremendous gains in height. I'd grow four or five inches a year.

Now, I guess the last other time I made exceptional gains or very fast gains was probably before the Mr. America or between the collegiate America in '82 and the Mr. America. That's probably just because...I think overall because of my training changed. I changed my training around and I cut my sets down. I took a more relaxed attitude towards it and I wasn't so uptight about it and didn't take it so...I still took it serious, but if I had a bad workout, well that was just one day and I didn't let it bother me.



I started also to listen to my body and this period I also made...they weren't maybe the very fast gains, but I made very noticeable gains and improvements in my physique. I think that was mainly due to more or less just to change and an improvement in my training style along with my knowledge, which also concluded the end of my...almost the end of my four years of college when I was really getting specific in my degree in physiology of exercise and things like that, which really did help my training.

Just to answer the one question I missed in the beginning about titles won, I won the Teenage New Jersey in 1979 and that was my first contest I ever won. The next

contest that I had won, at least I won my height class in, was Teenage America in '80 and the Teenage USA, which were both in '80. I won the heavyweight class at both those shows. I also won the Mr. Southern New England that year, the Teenage Southern New England, the Novice Mr. Southern New England and that was it. In body parts, I won the best back and best poser.

The next show after that I was Mr. New England in '82 and then the Collegiate Mr. America, which were a couple of weeks apart. And then finally, before the Mr. America I won the Eastern America or the Eastern USA in '83, the Mr. America and then the Mr. Universe. And they were all in '83.

In the beginning, when I began training, I did prefer to train at home because I didn't have to wait for anything. I could set everything up ahead of time and keep my workouts very intense and sort of get where right through them. But, as my strength increased, and the need for more advanced equipment or just better, heavier-duty equipment, I had to start training at gyms. Also, I was forced to train at a gym when I went to college.

But, my dream anyway, for me in training would be to build my own home gym where only I and a couple of friends of mine would probably train where I would have all top equipment. Again, the main reason is because I find a much more intense when I train by myself or in my own sort of den or atmosphere, because I make the atmosphere, and again, I don't have to wait for anybody or anything that might decrease my training intensity.

One of the major movements that...which will cause injury to myself or always causes strained feeling is a bent over barbell row. I've always had a weak lower back. It runs in my family and I've never, even to this day, cannot do a bent over barbell row without straining my back. Whether it's due from just my muscle attachments and the link in my torso or something structural, I really don't know. At one time I'd always had chronic lower strain in my lower back from any kind of back work, but I did injure...did go beyond this when I had tried to squat and had injured the lower back. I'd injured a disc. This took probably seven or eight months to recover from and I can't really say it was caused from improper warm-up. It's just probably something unknown. I don't know why it happened. More or less, it was probably just from training with a strained lower back and then trying to push to my limit or whatever. I think that's one of my major problems is I do overtrain, which is of course is a major reason for injuries, besides improper warm-up.

I can't really say I have burnt-out or gone stale on certain exercises. I think I've gone stale on every exercise in the book and it's probably... I think it's not necessarily going stale because of the movement, but I think it's possibly or most probably just from

boredom. You do the same thing day in, day out, it becomes routine and psychologically you just might not be up for it so you get a sticking point or as you noted, you go stale. This might go on for days, usually goes on for weeks for myself. And I just usually train through that period. I do mainly all basic exercises and I stick with those exercises. So, I really very rarely change them. I think it just has to do with my psych.

The way I sort of get out of this is a sort of cut back on the intensity of my training and more or less just flow through this period. I just go to the gym and go through the work or go through the motion until I get that urge again to start picking up. I think it has to do with, again, listening to the body and letting it tell you when it's ready to go.

Again, the main thing I think is it's psychological and the muscle contraction... A lot of muscle contraction strength is mainly because of improved muscle innervation. So, what happens is if your excitement level isn't up and because maybe you're bored of the exercise and you go to the gym, or maybe it's just routine, you're of course not going to have as good maybe a neurological flow to that muscle group. Whereas, if you went into the gym and all of a sudden something scared you and got you psyched, you'd probably do a lot better.

So, I have to again just say that I'd probably go stale on every movement, but I just sort of go through that staleness and it might be a weather change or anything that might get me out of it.

Your next question on skin tone, to be honest with you, I've never really thought about achieving proper skin tone. I was...always had good skin, especially when I was younger. I had real good skin. I don't even take care of my skin, probably, whatsoever. I don't put any moisturizers on it. I buy a moisturizer and it sits in my cabinet for two years and I end up throwing it out.

Sun tanning is important to a competitive bodybuilder in that it just helps his overall appearance. It looks a lot better. It just shows more muscularity. But sun tanning is probably one of the worst things for your skin in the sense of ruining skin tone in that it does prematurely age the skin. But again, I've never really thought about proper skin tone or what it takes to get that. Again, I always sort of have very good skin.

Basically, the exercise principle that I use more or less, or try to think over that works best when applied to everyone is you should always do strict movements. It's not the movement of the bar of going up and down that builds muscle, but it's actually the contraction of the arm that moves the bar up and down which is stimulating the muscle. It's the movements that build muscle and not weight. So, I definitely have to say that very strict movements are important, also to train consistently, which means not missing

workouts and training consistently hard. So, by staying with strict movements, training heavy and hard, and consistent, I think that works best for me.

I have done super sets, I have done giant sets. Cheating movements, I might do, but I think these are all tools as are carpenter's tools to him. If he doesn't already use the tools, he's not going to be able to build very much no matter how many tools he has. But, if a carpenter with just a couple of tools knows how to use them, he can build a lot with that.

I think the same thing goes with bodybuilding. We have all these tools that are supposedly different principles such as the cheating, super sets and whatever. And if they're used correctly, I think you maximize your results and probably each one has its use.

But, I can't really say that by using these tools one might necessarily work better. I think it all comes down to, again, the strict movements, consistency and then again just training heavy, hard and again, consistently heavy and hard.

Super sets I found work well for me, giant sets are...they work. They're good before contests. Each one of these tools, again, used at certain times can definitely just be a plus to your training. But, I think the basic three things I said are probably what work best for me and really for anyone.

I have to say that any junk foods which might smooth me out are usually over a period of a week are usually salty foods, any kind of fatty, salty food such as cheese, just a ton of anything, really, which has a lot of salt will retain fluid in your body can smooth you out. Your skin can be as thin as crepe paper, but if you're retaining fluid, you can look smooth as a baby no matter how low your body fat is. So, for me, it tends to be the salty junk foods. But basically, I don't eat any salty junk foods. I don't really find anything... I don't really eat the stuff, so I...and especially, if I'm in good shape, I tend not to touch the stuff because salty food will smooth me out in a period of a couple of days, heck with a week.

I think rest and sleep are probably just as important in the training for any bodybuilder whether it's competitive or not. I think...personally I think...I have to remember that bodybuilding is just a period of overloading the body and then letting the body adjust to that overload. The only time the body does adjust is when you rest or you know, such as sleep. I don't believe that you should have...you know, eight hours a day is probably enough sleep. Maybe an hour nap, but again, seven to nine hours is probably what...I'd more or less say like eight to ten, possibly is probably a good amount of sleep. But again, nine hours, I think, is about right. As you start getting past that, you might be getting a little too much, as long as it's regular.

But, rest is very important in a sense of recuperation of bodybuilding. You're not going to gain without it. You could train all day long and if you don't have enough time or rest to recuperate from that work, you're not going to gain, of course.

I personally don't believe in the next question, in that heavy training cannot be carried-out while holding a job or being married. I did all my training through college, which was a heck of a stress load along with working to get my butt through college. My last year of college, I probably was under the most stress of my life and that's when I probably did my best.

I was working two jobs, one on weekends and on during the week, plus going to school, plus I was married and I lived in a one-room room. So, it was very tight and every stressful situation.

And then that summer, I worked two jobs right up to the Mr. America. I went to school again and took organic chem. In the summer and again, I was married. So, I don't feel that's right. If you can't carry a normal life style along with your training, I don't think it's worth it unless of course you're making tons of money. I don't think you could be a professional bodybuilder and necessarily hold a big job, because first of all you're always traveling. You just really couldn't carry or hold a regular job. As for being married, it's definitely a stress on the marriage, as I would know. But, I don't think it necessarily means that you can't be...you couldn't make it.

During a workout, I don't... I might drink water at the fountain, but only when I'm thirsty. I don't necessarily take in a lot of liquid, just the normal amount when I'm thirsty. It just might be a sip of water. I wouldn't take-in juices or milk ever, at least... Well, juices I might, but never milk because you don't want anything in the stomach, especially milk which isn't really a liquid, it's more or less a food. It's carbohydrate, fat and then protein. Whereas, juice is just water and carbohydrate and water's just water.

Mainly, you probably want to drink during a workout not really to energize yourself or to eat or get a meal, but mainly just to replace any water you may have lost. So, I just say again, drink as much fluid in the sense of water that's necessary.

I did contract hepatitis my senior year in high school. I worked in a hospital and I had gotten viral hepatitis. I did stop training just for a little bit, not for a period of time, not really totally. I'd always do maybe one or two...something once or twice a week. But, I've never...unless I've been deathly ill such as a very high temperature, whatever, I've never really terminated my training or stopped training. I go through colds, flu, as long as it's not again...but again with fever. But, I do train accordingly to how I feel. If I feel like total hell, then I'm not going to go in and try to have the strongest workout of my life. I train accordingly.

When I do resume training, if I ever do have a period where maybe an injury, I have to lay-off, I more or less slowly get back into my training. I used to just try to shoot right back in when I was younger and get right back to where I was real quick and not it just seems to...that because I maybe have reached a higher level of fitness or strength, I just can't jump right back into heavy stuff again or do the same stuff without dying, basically. I just try to get my fitness back up over a period of a week or two and then try to go on from there.

As for tips for the bodybuilder entering his first contest, basically I would have to say that the bodybuilder should probably have a nice pair of trunks, clean-shaven, his face, haircut the whole deal, also being very neat with the removal of body hair. Try to get a good tan whether natural or from a bottle and try to put together a good routine. That would more or less be my tips for the bodybuilder.

If he's very much, make sure also when he goes into a contest that he does have somewhat of a build or he is far enough into the bodybuilding to make a good show. It's ridiculous to train for a couple of months and then go into a contest. Bodybuilding is something that you look at in the sense of months, years and that's it. You don't look at it in terms of days or weeks. It takes a long time to build muscle and you have to be very patient. That's also one thing I wanted to say earlier is that besides being consistent, you have to be patient. You can't rush nor force muscle to grow.

I can say that I still receive inspiration from magazines, but so much as instruction. Of course, in the beginning, you were green or wet behind the ears or green and any information you read was of the utmost importance where now, the information is very hard to find, something that you haven't really heard. I think I've learned more from other bodybuilders than I do from any magazines.

But again, the difference in the inspiration when I see guys who I might be competing against inspires me to train harder and, "Hey, they're training, they look great. I have to look greater, or I have to look better." That's more of the inspiration whereas when I was younger I wanted to look like those guys. So, I still...I have to say that a lot of the magazines give some information, but I don't really do much reading of magazines anymore. I try to try things that I hear from other bodybuilders that seems to work for them. Sometimes what you read in magazines always isn't true.

My favorite muscle magazine publications are probably Ironman. I love the Muscle & Fitness, especially in its early years when it was Muscle Builder and Power, but I still like to read Muscle & Fitness now and then, and again the Ironman. More or less all the magazines. I don't necessarily have one favorite. It depends on what articles are in the magazines and I like muscle development. I love Bob Kenny's magazine. I think he has some of the best photos in the business, very gutsy

magazine. The magazines today are getting away from the hardcore bodybuilding and that's more or less the magazines I used to really enjoy, especially getting Muscle Builder and Power or Muscle & Fitness in its early days, I think was one of the top magazines because it was just hardcore and all the top guys.

It's hard for me to really make a statement on how I maintain a positive family relationship because I really don't have much of a family. But, my ex-wife and myself, I didn't really maintain a positive family relationship. I more or less phased-out of things. But, I used to do all the cooking. I used to get psyched over going to the movies and doing things like that. I did look positive about it. It's just sometimes you don't have the energy all the time after working all day. Sometimes you just want to come home and sit down and rest. But again, I'm not much of a family man, as you know. I have no children or anything like that. So, that's really not my place to make any comments here.

My plans in future bodybuilding, I do definitely plan to turn pro in 1985. That will be at the Pro Mr. World where there's a \$50,000 prize money. From there on, that's about my future plans for bodybuilding.

Competition wise, I always want to improve the sport the best I can. I love bodybuilding. If I can make it better, at least get a better image, well then that would be part of my future plans also.

The next question I guess would have to deal a lot with heredity. Why some people win big titles while other people don't can be more or less compared in any sport. Why are some people, even though, two fellows work out the same and both give the same effort, say in football for example. One might become a pro and the other might not make it.

I think a lot of it has to come down to heredity. I think we're all born with a certain genetic potential and any avenue might be...whether it's a job or whether it's bodybuilding. But, I think bodybuilding more so involved a heredity factor because you can be very persistent and very consistent and train hard as Hell, but just not have the genetics or the hereditary factors and you'll never become a Mr. America or whatever.

On the same sense though, I have to also say that I'm not putting down persistence and consistency in training, but those are also important. Because, let's face it, there's a ton of people walking around possibly with better genetics than other people, but because they never apply themselves or have the persistence, the discipline, everything else, will never be a Mr. America. Whereas, the guy whose genetics aren't so good will win because he's more persistent, consistent.

I think it goes back to how I look at my success in bodybuilding and my success in my training comes from, again, training hard, but training consistently hard, the good discipline and also the consistency. You have to be consistent.

I think all the factors are sort of equally important, but I have to... In a sense, to become good, but, one that will make the difference of you being a Mr. America or not, I do believe is the hereditary factor. Again, there's...you can have all the persistence, discipline and consistency in the world and if you don't have that genetic aspect, you may never be as good as anyone else.

Well, I think bodybuilding definitely is a growing sport and it is being looked at differently. People are finding out that bodybuilders all aren't dumb. They also found out it's not just a muscle sport or athletic event, but a very intellectual one. Today with all the good guys coming up, you have to know about training. You have to know about physiology. You have to know about nutrition. There's a lot more to it than just lifting weights. I think the public is being made more aware of this. I still think they're very far behind, again, because they still have the same old stereotypes and things like that.

As for competitive bodybuilding, until the money is in the sport, until there's the overall following, I don't think we're going to see big, super TV following because again, people more or less...the money is behind the sports that create money. Until bodybuilding starts creating a lot more money, I don't think we'll see tons of TV or bodybuilding on TV. I still feel you just see it once in a while.

Also, the future of bodybuilding, I think also tends to lie in the bodybuilders or the top guys who are now making it. Arnold was one of the first to get things going, more so, to bring it to the public eye. I think still it's the top dogs that are going to make bodybuilding. They're going to create the image and things like that. So, I think the future of bodybuilding is more decided upon the guys who are at the top now and the image they portray.

I can definitely say my beliefs in bodybuilding have definitely changed over the year. I think unless you do continually question your own beliefs and training practices, I don't think you can ever get better. You have to always try something new and always be willing to change.

First of all, like my nutrition has changed totally in the last four years to a very high carb diet, not more starvation diets, which used to be the high protein, low carb diets, which are more or less outdated now.

Equipment, that's always changing and more or less I think you just change with the equipment. Personally, I don't really have any view of equipment. If it feels good, I use it and if it doesn't, I don't.

As for exercise principles, that's definitely changed because now I'm going from worrying about how much weight I use, where now I concentrate on the form and the feel of the exercise or the feel of the movement. I don't worry so much about weight. I still strive to be as strong as possible, but I only use weights that I know I can handle within my certain...with usually good concentration and also using very strict form. Again, concentrating on the feel of the movement instead of necessarily how much weight I'm using on a movement.

I can definitely say there is one individual who's really influenced my bodybuilding career and that's Bob Gruskin. I worked with Bob Gruskin now for...well, more or less since I've was 17-years-old. I honestly feel that without his knowledge on professionalism and creating a good image, a stage presence and being very professional in your appearance, I don't feel I would have gotten as far as I have without his help.

He truly does know a lot in the sense of presentation and tanning and all contest preparation type things, along with training and things like that. So, he has had a very big influence on my bodybuilding career. So, I don't think I would have gotten where I was as fast without his help. I think he sped up the time.

I'd have to also give credit to my parents, more or less how they brought me up. They brought me up always to do something, do it right. They taught me discipline through being very strict, have to do well in school, work around the house. They taught me the value of a lot of things, and I think I have to give them a lot of credit because it did influence my bodybuilding and how I look at my bodybuilding and my overall philosophy and views of my life.

So, I think they've also molded me to be a very persistent, consistent, disciplined person. And they've also been somewhat supportive, now they're totally supportive. They weren't so when I first began. They couldn't understand it. But now, they're behind me 100%. This is all my family, my brother, my sister, everyone.

I also just a lot of friends. I have to say anyone you meet, to me, always has some influence on you if they mean anything to you. I'd have to say all my friends that I train with and Rick Britt at the Barbell Club definitely had influence on me because he's a very fair person and he did help me out, give me sponsorships, trusting me, helping me with my training. So, I definitely have to give credit to Mike and to my parents, friends and family, Bob Gruskin and Rick Britt and anyone else who maybe I forgot just out of the lack of memory. Also, there's a lot of people who I think have influence on your bodybuilding career.

Going to these off-season questions. The only period of time...I basically train how I feel, again, which is even before a contest. I always try to train heavy, but once in

a while, if I feel a little under the tubes, I won't try to be strong or train heavy if I don't feel like I can handle the weight. I might have a few light days, it depends on injuries. More or less in my off season, which I haven't had now in about a year-and-a-half, I don't...I like to say I don't have an off season. There's no such thing as an off season.

I make my living from this and I always have to try to stay in decent shape, which has put a lot of stress on my...you know, it's given me a lot of injuries from my stress levels and training intensity and whatnot. But, during off time, if I do have a period of time, I try to train a little lighter and train a little easier, mainly just to let...if I have an injury, heal-up.

As for how many exercises I perform, usually between two and four per body part. It doesn't really change, again. My off season and pre-contest are basically the same. The only thing that changes is the diet.

In my off season, as to strength training, again, I always train for strength. I don't...I'm a bodybuilder, I want to be strong, but I always try to train for that muscle mass and size. And the way you get increased muscle mass and more size is by training for strength. So, they sort of go hand-in-hand. I just keep my rep ranges in the ten, eight to ten, range, which is found to be superior for obtaining muscle hypertrophy in your weight training. But, I just sort of gear my workouts towards muscle mass. But, you also increase muscle mass, you have to increase strength. Again, my training doesn't change really whatsoever from off season. I'm just probably more intense before a contest.

Usually in the off season I'll train on a three-on, one-off, three-on, two-off type schedule, which is three workouts, train the whole body in three days, a day off. Then training three days again then taking two days off. I find the two days off tend to give me just a day of recuperation if I need an extra day to recuperate. But, I don't necessarily take it unless I really need it.

Exercises, well for chest I'll do bench, I mean, incline bench, decline, flat flies and pull-overs. As for sets, reps and poundages, well basically my sets range between three to four sets for each exercise, eight to ten reps and then as for poundages, it's ridiculous for me really to go into the poundages because I do change throughout the year, depending on my strength. I don't want to worry about poundages, so to get into them I have to sit there and think about how much I workout with. There's just...I can't really recall everything, at least in the off season type.

For my shoulders, which I'll do next on say day one, I'll do up to my chest, I'll do upright rows, lateral raises and maybe bent over laterals, cable laterals. Again, three to four sets apiece, eight to ten reps. Then triceps, lying French press, seated clench curls and push-downs, three sets of each, eight to ten reps.

Now, on day two...I'll also do abs on any one of these days. And then in the off season I just try to do three or four sets of either crunches, leg raises or twists, usually one on each day and that's about it. Oh, my abs are one of my genetically weak body parts. I train them...I've done hundreds of sets, hundreds of reps, moderate sets with weight and my abs just seem not to respond like any other muscle part. So, in the off season I find when I sort of let off, they seem to thicken up. So, maybe it's just that I don't have a lot of muscle mass. I don't know.

Day two I usually do legs. Here maybe I'll do...now, because I have a knee injury, normally I would do front squats, duck presses or leg presses with the feet stance wide and then hack squats. And again, I do three to four sets on each one of these for ten reps. Then I'll go into upper hamstrings, leg curls, four sets of ten, standard calf raises, three or four sets of ten and then toe presses on the leg press for probably three sets of 12.



The final day I do back and biceps. On this day I usually start off with cable rows. I might do dumbbell rows. I might not. And I go into five sets of cable rows of eight to ten reps. Then I go into strict rows on a strict rowing bench with three sets of ten. Then I'll go into pull-downs behind the neck, three sets of ten. Pull-ups possibly or

pull-downs in the front for three sets of ten, or eight to ten. And then I usually deadlift once a week. If I don't deadlift I do hyper-extensions.

But my deadlifts, I use more or less a power type schedule, except again, I do eight to ten reps, never below six. So, I'll warm-up with three or four sets, like pyramid style. Once I get to the weight I'm going to use, then I'll stay there for again, three or four sets, usually three sets of eight to ten reps. And that's about it as for my off season. Again, just sort of a little more low key, little more relaxed. Again, mainly just to let my injuries heal. But, again, I really don't have an off season.

My workout period, more or less lasts anywhere from an hour to two hours, depending on what I have to do and how much I have to do, if I'm moving through or maybe a little slow that day. It's usually anywhere from an hour to two hours. I try to always keep it under two hours.

During the off season, my weight might increase or it might decrease. Again, it depends on that period of the off season. I usually try to stay within twelve pounds, eight to twelve pounds, of my contest weight. Again, a lot of it is just fluid increase because you're low on the...your fluid intake is high and your salt intake is usually a little higher. So, usually I might fluctuate from say 220-pound contest weight to 240-248, which again is anywhere from 12 to 18 pounds. But again, I try to keep it within eight and ten, but that's eight and ten pounds of fat. I don't include the fluid, necessarily.

I've never had any difficult really losing weight, as long as I diet or don't eat. But, I've found that over the past year, because I have been watching my diet constantly throughout the year, I find that when I do have to diet to drop my body fat, I do have problems now because I guess my metabolism adjusts so easily to the difference.

As for gaining weight, I've always had problems gaining weight. I usually have body weight where I can eat almost anything in sight and I won't gain a pound. In the same sense, I don't lose weight. And then when I start to diet, I drop weight very quick until I start to get my body fat levels down.

I sort of also tend to believe I'm very thin-skinned. Basically, a fast or medium metabolism. I've never, before the Mr. America, Mr. Universe, I was dieting on 3,000-3,200 calories a day, which is for many a feast. I was losing two pounds a week on that. So, I do believe I have a fast metabolism. I always have.

As for bulking-up, I really don't believe in bulking-up in the sense of just eating. A lot of guys bulking-up means eating tons of junk. I believe bulking-up is a good excuse to eat whatever you want. I don't believe in the bulking-up aspect of bodybuilding. I believe you do have to try to put on some weight, but it should be good weight: muscle,

not fat. You should consume more calories, somewhat, than you're eating. But, this should be in foods that are going to help your body, such as chicken, your regular diets foods, just in greater quantity and calories.

You might want to increase the fat level, your fat intake from maybe 8% to maybe 20% of your diet, or 15% just for health reasons. But again, for me, bulking-up means putting on weight, fat, and a I see a lot of guys who bulk-up on ice cream, things like that. That's just ridiculous and it's not really healthy to add extra weight like that, especially if it's not healthy weight.

I always think of bulk training as just training for muscle mass. Again, you should always be specific. If you need a lot of leg work, well then, that would be the bulk of your mass workouts, to improve your legs. But, you should always keep an eye that bodybuilding is your overall physique. So, you have to work on your body to keep that goal in mind.

How many workouts a week for bulk training? Again, I don't know what you mean by bulk training. To me, it's always training to put on muscle mass. That's my off season workout. Again, between six and 12 sets a body part, eight to ten reps and rest periods should be between a minute to a minute and 45 seconds, a minute and a half. Again, using all basic exercises, as I stated earlier.

During the off season again, I don't really consider myself ever having an off season, especially if I'm making money from exhibitions...posing exhibitions. So, I have to say I'm in good enough condition to perform the posing exhibitions, but I usually...these are things that are planned months ahead of time, nothing that is just spur of the moment where someone calls you up and wants to pose. So, I have to say that I'm ready, but again, I'm usually...again, condition changes throughout the year. You can't be in constant shape throughout the year. So, it all depends more or less how my preparation...I might watch my diet a little bit more if I know I have an exhibition coming up in a month or something like that. But yes, I am usually close enough to do an exhibition...

It's more or less again...I want to more or less go into a high carb diet, moderate protein, low fat. I take in about 150-200 grams of protein a day. The rest is carbohydrate. My fat intake will either come from my chicken or nuts or maybe in wheat germ or something like that.

It's not really dictated by schedule, but more or less it's dictated by my work schedule, and that is my workout schedule. If I have an exhibition or things like that, my diet will have to...you know, if I need to lose a couple of pounds then of course I'll be not eating as much as I want to.

On the other hand, if I don't have anything to worry about, I eat more or less a very healthy diet, a lot of chicken, fish, egg white, some V8 once in a while, vegetables, fruits, cereals, grains, breads, things like that. That's about it, just...my diet is the same year round. The only thing that changes is the quantity of food or the caloric intake.

The major change in my intake, again, my protein is always about 150-200, whether it's pre-contest or off season. So, the main change in the intake of calories will come from the carbohydrates, which of course is needed for intense anaerobic workouts. So, that's more or less where my change in diet will come during the off season.

My off season training lasts just until I decide to compete in a contest, which usually starts about four months out from a contest. So, my off season, again, I just term off season really just as a time when I'm not competing. It still doesn't mean that I'm not working. Or maybe the off season for me is also maybe a period where I don't have that many exhibitions. So, that only lasts for as long as I don't have to be either in very good shape or until I have a contest, specific contest coming up.

As for specialization of body parts, I basically just work any lagging body part just like any other body part. I just try to either train it first when my energy level is highest, or I just try to be more tense in that workout or concentrate a little bit more, concentrate on that body part.

I don't really put a special time aside each day for any specialization or anything like that. Again, a lot of it is genetics. Bui again, I do work those body parts. But again, I work them like any body part, I just might increase the intensity level of that workout and train that body part. In other words, I might do a little more sets, usually not though. But, I increase intensity, more forced reps and negative type work or just train a lot harder. I usually never train a body part more than once a day, and again, sometimes I also might separate that body part from the rest of my workout if I am training twice a day. I might just train abs in the evening and do my main work in the morning.

As for bringing a body part up to par, how many months I allow, well, I just allow as long as it takes. You can't rush your body to grow and you can't push it. It's going to do what it's going to do, assuming that you're doing the right thing.

How many exercises do I use normally for a body part, for a lagging body part. Well, basically the same number. I just change the intensity and how much work I put within a specific period of time.

When I do do a specialization of any kind on a body part, instead of necessarily specializing the routine, I still, as I said, stick with the basic routine, but increase

intensity. I do it with some body parts what are called specialization movements. It just might be one movement that I do which I feel specializing my particular weakness.

For example, on my back routine, I'll do cable rows, maybe dumbbell rows, pull-downs behind neck, pull-downs to the front or pull-ups. The basic movements I'll concentrate, again, I'll increase my awareness and intensity during that, concentrate on crunching the shoulder blades together, things like that. But, I also do a specialization movement I call prone shrugs. What this is, you do this off a rowing bench, strict rowing bench, and instead of shrugging the shoulders to the ears as you would standing upright shrugs, here you're laying down on this rowing bench, your body's parallel to the floor and you're pulling your shoulder blades back and actually concentrating on the center of the back, which I consider my weakness.

On my abdominals, I do my leg raises a little different in my specialization movement and I curl the body...I actually try to lift the lower end of the body, the legs up. I'm not necessarily bringing the legs up, but I actually try to begin them like a normal leg raise and as I get my legs just shy of perpendicular to the floor, I then kick or curl my hips up off the bench. Again, that's more or less...I don't necessarily have a specialized routine, but more or less use specialized movements, and there are two movements that I use in certain body part specialization.

Again, I begin my pre-contest schedule, I begin picking up my workouts, usually about four months before a contest. That's with the diet and training and the whole deal. What happens is how I gear over from I guess as you've termed off season/pre-contest, mainly comes from the diet. My training intensity will increase and then I become just a little more aware of how much rest I'm taking between sets. Again, I might add in some other movements the last few weeks before a contest, but basically I just gear over by more starting to change my diet and just concentrating a little bit more on what I'm doing. Go to the gym for what I want to do and that's the workout.



I don't get involved in any gym talk or anything like that. More or less, I think it's for myself a mental state of mind that begins to change. That's slowly how I gear over. I just get more serious about my training.

Again, you have here 'show the exercise pattern'. Again, my exercise routine does not really change whatsoever. It's just as I explained earlier, except in the fact that for my legs I might add in leg extensions for leg separation. I might add single leg curls for my hamstrings, reverse curls in my arm work. My back work basically doesn't change. My chest I'll add flies, maybe a couple of sets of dumbbell incline. Again, my training is very basic. I stick to the basics and just use those exercises and just more or less alter my diet. I might increase my work load slightly, but really, again only using certain movements that are for certain reasons. Again, just the legs, extensions for separation, et cetera.

One change...well, the way I do try to increase intensity of my workouts, again, is by watching my rest periods. I become more aware, I tend to train with a clock at times, not clock, but my watch. I try a minute to a minute-and-fifteen with the big body parts, and then down to 45-seconds, 50-seconds for smaller body parts.

I also tend to cycle my training rest period intensity. Some days I'll only rest 30 seconds between all body parts. Of course, this does demand a decrease in the weight I'm using, but it's just a change in intensity, something different. For body I might do super sets. But again, basically sets and reps all stay the same.

As for exercise poundages, again, I'm always trying to increase this. I don't...the main change in my training is, again, the state of mind isn't...I try to be more mentally intense, more concentration. Basically, the workout stays the same.

As for my gauge to guide my development in this period, I do use a mirror and I think that's the best. I do like to watch the scales, see how my weight is dropping, but I don't depend on that. The weight's not dropping, but I look harder, then that's good enough. So, I do use the mirror more or less as my gauge.

I do find a value in the training partner. There's positives and negatives. The positive is that you can do forced reps, you can more or less help you...give you more confidence when using heavy weight when someone's there. But, in the same sense, I find that training partners tend to slow you down. They might not be moving as fast as you do and if you have a lot, when it's time to go, you go. But, when you wait for a training partner, you tend to rest a little longer. It's a lot easier to take longer breaks because maybe he's got to chalk his hands or things like that. So, I do find value, but they have to be someone who's in there to work the same as myself.

As for the speed of repetition, mostly the speed stays constant. I do bring it down slower on the negative part of the movement. I do use a negative emphasis, as it's called. But, I always control the weight. I never let the weight control me.

Again, my whole point again is to use as much weight as possible, but within the limits of excellent form and good concentration and excellent form to me is a steady contraction in the positive part of the movement and then sort of emphasizing on the negative part of the movement on the way down.

Again, I gauge my workout tempo by...if I'm training with myself I use my watch and the watch...can't beat the watch. It does keep you moving. Or, I just...I can tell by how tired I feel. If I'm starting to get winded I know that I'm training fast, which is normal. I start...if I'm all ready for the next set I know probably rested too long. So, I more or less gauge my tempo just by trying to...I try to go as fast as possible.

I guess proper mental attitude in a sense is more or less I guess just being positive about your training and trying to get the most out of it. I try to apply this off season and again pre-contest. I hate to sound like I can't expound on this, but I don't really see any different. The only thing with my mental attitude is that I know...it's sort of like you know a contest is coming, so you have to be ready, so you get ready.

When you're in the off season, if you have nothing for months away, it doesn't really matter. You don't have to be necessarily ready. So, you have time to rest easy. You might not be so intent on your...in your workout or whatever. But again, I try to maintain a proper mental attitude throughout the year because I don't think there's any such thing as an off season.

Again, off season to me just means no contest. But, your off season is when you should be training your hardest before a contest. My main worry is overtraining in the

off season. That's when I want to gain. You can't try to gain...it's not the work you do through the month before a contest that's going to show the improvement. But, it's also the other nine months in the year, what you've done then and that muscle you've grown, that's that stuff that's going to show up at the contest.

Concentration to me is mainly just...it's an art almost...or not necessarily an art, but it's something you learn to do. You learn to concentrate. Try to sit down and just think of a number, the number one in your mind and block everything else out. I guarantee you within seconds your mind will already be zooming off somewhere else. So, concentration is something that you learn to do.

To me, if you have good concentration, it doesn't matter if it's silent or noisy, if there's five guys poking you in the back, concentration is being able to get into that body part, get into yourself and train that body part without anything else bothering you. and when you're deep in concentration, nothing else matters.

As I like to say, you could drop a bomb right next to me and I wouldn't hear it. Basically concentration is something you learnt to do. It happens. You have to learn to concentrate and it's done with practice.

Myself, I think I learned good concentration through school, again, having to sit down, concentrate on maybe a problem, something like that while also having distractions or other distractions around me. So, again, concentration is something that you have to learn to work on and learn to do.

As for selecting and arranging a posing routine, that's probably one of my most lax areas in the sense that posing has always come easy to me. I've never had to work on it. I've always through routines together a week before a show. I practice maybe three or four times. Maybe it shows that because...in my posing I really don't know. I've never been told that it's horrible. I'm sure it could be better.

But, again, my whole gig with the bodybuilding is more or less in the training and things like that. That interests me, whereas posing isn't much interest to me. I don't necessarily enjoy posing unless maybe I'm in the best shape of my life. But, posing to me is just a very small aspect in bodybuilding. To me, all the bodybuilding is more or less in the gym and in the knowledge of yourself and nutrition, et cetera.

Again, posing has always sort of come natural to me. I've won best poser trophies with maybe no posing practice whatsoever. So, again, I'd have to give you say a week or two weeks before an important contest, I might start getting something going. But again, that's probably my problem or my hold-back, probably something I will have to work on in the future.

Most of the time that I do perform my posing or practicing is usually in the hotel room three nights before a contest or wherever I'm going. I never do it after training because I'm usually too knocked-out and I just trained. And then, if I practice, it's usually during free time of the day when I have nothing else to do and I can concentrate on my routine.

As for my practicing, I probably practice my posing a few times a day, like I said, a week or two before a contest, usually a week, especially the last three or four days before. I practice anywhere from 20 minutes to an hour and a half a few times a day. Again, it all depends on my time and how my routine is going. If I think I've got it down, I'll do it six, seven, eight, nine, ten times a day, just whenever I feel like it.

As for my best hour of day of training, I tend to like to...before a contest, train twice a day, once in the morning, once in the evening because of my energy levels. But, if I can't train twice a day, I probably train best at... I used to train best in the evening because my body is awake and I'm ready to go.

Now, I prefer not necessarily training in the morning, it's not necessarily the best time for me to train maybe body-wise, but in the sense of having my body awake and ready to go. But, it's best for me business-wise, because if I get the training done in the morning then I can work the rest of the day and not worry about being tired and things like that, or getting hung-up on the phone. I get it out of the way in the beginning of the day.

Again, as to my nutritional program in the pre-contest phase, basically, again, I just still on a moderate protein, high carb, low fat diet. I may cut out...first of all I may cut back on my fats. I may bring my fat percentage from say 15-20% of my intake or 10-20% of my intake down to probably just about nothing at all or as low as possible. My fat intake would come mainly from just whatever's in foods I eat or whatever is in chicken, fish, egg whites, some bread, things like that.

But basically, that's it. I cut back on the fat a little bit. Protein stays the same except for the type of protein foods I eat. I won't eat any more red meat, chick, fish, eggs whites. Like I said, that knocks out my fat because I've cut out red meat, which is high in fat. As for carbs, I just again keep them as high as possible, about 60% complex to 40% simple. Again, the major change is just in the caloric intake.

My vitamins, again, I take the Super Spectrum and the Triamin, which are both probably the best product on the market right now. It's the only cold-processed, time-released, 12-hour time-released vitamin now out. And I use that with the Triamin, more or less throughout the year.

The only things I add pre-contest is definitely a good calcium supplement because I do drop all my dairy products, because again, the fat and the calories really. And so, I must replace the calcium food with some sort of calcium supplement. I only take chelated calcium supplement, again, because calcium is so important, especially for the health of our bones and for muscle contraction, things like that.

I also take lipotropics, choline inositol and HGL. It usually comes in one tablet and I increase my dose of those the last maybe six weeks, eight weeks. And that's probably about it. Oh, I might also start popping a B-complex once in a while and add maybe a little stress vitamins. But basically it just stays the same. Again, just the increase in calcium, maybe the stress vitamins.

Now, as for my training up to the day of a contest, I never train up to the day of the contest. I usually take three full days of rest before a show. First of all because you want the waist products from metabolism to move out of the muscle from a workout and if you let these build-up or you build them up to the day of the show, what happens is you're going to retain fluid. Because with any injury or with any inflammation, which is what you're creating, you're going to have some sort of retention or fluid retention. So, firstly you want to do it just to get rid of that.

What I do do up to the day of the show is I will practice a lot of my posings, which does help tighten you up. But, I never train before the day of the show. Again, I give about three days before.

In all my long distance traveling, especially overseas, even in the US, I always bring a supply of more or less diet food. I might boil-up five, six pounds of chicken breasts, bake...depending on how long I'm going to have to feed, a couple...maybe a dozen potatoes, bring some fruit and more or less I bring my diet food with me. It's just very simple. Of course, I can't have steamed vegetables and things that I like, so I just more or less eat chicken, maybe salt-free tuna fish, which I don't really like too much. Mostly chicken and salt-free tuna, baked potatoes and fruit. So, I just more or less watch my diet. I bring my diet with me.

More or less, the night before a contest I just try to relax. The only thing I might do a lot of is posing. Like I said, it does help tighten you up. I do begin carbing three days out, eating just a little bit of extra carbohydrates. So, I might eat a little carbs at night, but I don't overdo it, just maybe a couple extra hundred calories above my diet. I make sure I get a good night's sleep, or at least I try to. And I pose. That's about it.

Always tan, put on some sort of DiaDerm or Sudden Tan or QT, something the night before, maybe to even-out my tan. Make sure I'm shaven, clean, you know, face and body, and that's about it.

I do pump-up before posing, especially before the pre-judging where probably the contest is more or less decided, at least for your class. And I usually start about 10-20 minutes before I have to go out. I don't do any exercise per se. I don't do anything necessarily...it depends what they have. Most of the times I just stick with pushups if there's some place I can do pushups. I don't count sets, reps or anything. I just probably do sets of 20 or until...I just go real fast until I get a pump.

I might super set pull-ups and pushups and then maybe grab light dumbbells and do a few laterals, maybe some upright rows, some flies if they have that kind of stuff there. It all depends on what they have. I really don't care what I do just as long as I do something. And I usually concentrate on my upper body, because my legs are...I don't never pump my legs. It's usually just my chest, back and shoulders and then the arms are of course going to get pumped in there, too. I just want to stick with upper body and just the major body parts.

As for competing in a big show, whatever, I really don't even take a lay-off, never a complete lay-off. I usually will stay out of the gym for a couple of days, which might be days off, because you're sore and you have a heck of a stress level. I just take off enough time to recuperate from that, which might be just a couple of days. I'm usually right back in the gym and training just as hard as I could.

Basically, after a physique contest and...as you're tired, basically if you're eating a good diet... Diet isn't something you just do for eight or ten weeks. A diet just means what you eat. And diet is habit, and we should all create good habits of eating.

After I'm off or I'm done competing, I really won't have to change my diet whatsoever because I always eat well. But, if a physique contestant...just because he's retired from competition doesn't make any difference whatsoever. But if he stops training, well that's the major thing. Competing has nothing to do with how he should eat if he stops competing. You just eat like you normally would. But, if he's going to stop his activity level or decrease it, well then of course he's going to have to alter his caloric intake accordingly so he doesn't add those extra calories or fat to his body.

And as for his exercise patterns, he should just train as he always has, I guess. I'm not that old and I've never been so near or even think of retiring. I can't think of not training, whether I compete or not. As for diet, again, it's just going to have to be a good diet and he's not going to have to eat more than he burns, which is all it comes down to. As long as he stays in good shape, that's all it comes down to. If he starts eating too much, of course, he's going to have to decrease his caloric intake so he doesn't get heavy.

He may even have to increase his calories maybe because he may increase his activity levels, because when he's competing, he might not have all the energy to do

that much. When he starts eating normal again, he may become even more active. So, again, it all depends on activity level and lifestyle all together.

Thanks Mr. Weiss, very much for giving me a chance to do this interview with you. Sorry at times I might sound a little tired. It's just that I'm running here and there and just trying to keep up a heck of a schedule. Otherwise, I've done the best I could for you.

I hope if you do do anything with this and you do come out with an article, if you could send me a copy, that would be much appreciated. And I will send along...I sent along a leg training manual. So, if you could review that, again, anything to help business, sure enough, is all right by me. And thank you very much.

Oh, and I have asked Bob Gruskin, a photographer, to send some good training photos along to you as soon as he can. And hopefully you get those very soon and see an article in Ironman. Thanks again very much and all the best to you. Feel free to call me any time if you have any questions. Thank you.

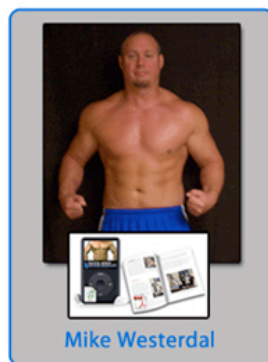


Jeff King Competitive History

Year	Competition	Placing
1979	AAU Mr. New Jersey	Teen Tall, 1st
1980	AAU Teen Mr. America	Heavyweight, 1st
1980	AAU Teen Mr. USA	Heavyweight, 1st
1982	AAU Collegiate Mr. America	Medium-Tall & Overall, 1st
1983	NPC Eastern USA Championships	Tall & Overall, 1st

19 83	AAU Mr. America	Medium-Tall & Overall, 1st
19 83	NABBA Mr. Universe	Tall & Overall, 1st
19 84	NABBA World Championships	Tall, 1st
19 85	WABBA World Championships	Professional, 2nd
19 87	NABBA Universe - Pro	2nd
19 87	WABBA World Championships	Professional, 2nd
19 88	NABBA Universe - Pro	6th

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Mike Westerdal



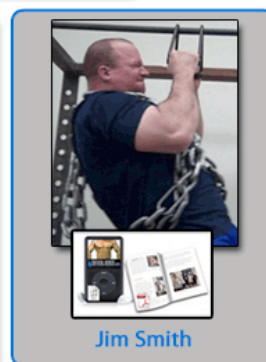
Elliott Hulse



Jason Ferruggia



Dan John



Jim Smith