

# 6 Seconds to Strength Formula

by

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# Intro

## Dynamic Tension

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If you grew up reading comic books, chances are you will have seen the adverts run by muscleman Charles Atlas.

Promoting his unique "dynamic tension" courses, the ads showed a scrawny kid getting sand kicked in his face, and later - after completing the Charles Atlas workout - returning to sock the beach bully on the jaw before making off with the girls.

So, what makes this type of training so unique?

Well, for a start, the exercises described in these Charles Atlas training courses didn't involve weights.

Instead, they used a form of dynamic tension - or **isometrics**.

Consider these benefits:

- **Activate more muscle growth,**
- **Increase intensity,**
- **Super safe.**

And the best part?

Once adapted, these isometric exercises can become an effective part of an abbreviated workout.

## More Muscle, Least Possible Time

The thing is, if you are looking for a super-simple way to get stronger while sculpting your body like our hero in the Charles Atlas ad - and do it in the least possible time - then isometrics are for you. But why does this system work so well, and what are they? Let me explain.

Isometrics are an exercise system in which the muscles never contract. Their muscular length

remains the same. This means that any force which is applied to an object is fixed and stationary. Compare this to traditional resistance training where you move a barbell or dumbbell over a predetermined distance, and you can see the two types of exercises are very different.

Want a simple demonstration of this system you can try right now? Put your palms together as if you are about to say your prayers. Now push your hands as hard as you possibly can. Once you can feel the contraction, apply 100% effort for a count of 6-12 seconds. Do you feel that tension in your chest muscles? What you just experienced were isometrics busy at work.

Later I promise to show you some cool tips and tricks that make isometrics even more effective for you. But before I do, I want to start by telling you how to bench press a Dodge Viper engine.

# Step 1

## How to Bench a Dodge Viper Engine

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500 pounds is a lot of iron. To get an idea of this kind of weight, the third generation Dodge Viper's V10 engine weighs approximately 500 pounds. That is a quarter of a ton of high-precision engineering.

Now imagine the kind of brute power required to lift such weights. All of a sudden our 500 pounds sounds VERY heavy, and far beyond the reach of mere mortals.

Yet what if I was to say, you had the potential to lift such monster weights?

Sounds crazy? To explain, I want to tell you a story.

## 1/4 Ton Training

When the Lear 35A jet touched down in Boise, Idaho, human performance coach Tony Robbins had no way of knowing he was about to pulverize his previous weight training records. Until now, he bench pressed a respectable 180 pounds, yet would soon annihilate this figure - and would go onto hoist more than DOUBLE his usual poundage with ease before lifting a further 1/4 ton of iron.

Robbins was in Boise to showcase a revolutionary type of training being pioneered by friends Peter Sisco and John Little. A fan of their work, Robbins wanted to interview them and video their methods.

Excitingly, it didn't take Robbins long to start smashing his own personal weight training records.

## How to Boost Your Bench Press by 277%

The record breaking began with the bench press. Asking Robbins what he normally benched, the life coach said he didn't have much upper body strength and could only bench 180 pounds. Loading 300 pounds in a power rack, Sisco and Little invited

Robbins to lift the weight in his strongest range and hold it there for 10 seconds. A surprised Robbins lifted the barbell with ease.

Increasing the weight to 390, they challenged a "jazzed" Robbins to do it again. He did... and without breaking sweat. Now 450 pounds went onto the bar. Again Robbins lifted it. Amazed at what he had just achieved, the delighted entrepreneur asked Sisco if he would set up the bar for 500 pounds.

Can you guess what happened next?

After loading a 1/4 ton of iron onto the bar, Robbins rammed up the 500 pounds on his first attempt and held it for a full count of ten.

## The Ultimate Strength Exercise

So how did Robbins do it? The secret behind this ultimate strength exercise is static contractions.

By lifting in the strongest range of motion, greater weights are trainable. This is why, using a zero range of motion, Tony Robbins would lift the equivalent weight of a Dodge Viper's V10 engine - and boost his



bench press by 277% in one single workout.

This means if you are capable of a full range bench press with 200 pounds, you can expect to perform a strong-range bench press of 250-400 pounds or more. Suddenly, 1/4 ton of iron doesn't sound so heavy!

Coming up next, I'll show you why your current routine is a rattletrap clunker.

*Step 1 Summary: Lift weights in the strongest range of motion.*

# Step 2

## Baby, You Can Drive My Car

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Is your strength workout a high-speed racing car or Model-T clunker?

Discover how one simple switch can help you build muscle 6 times faster.

## How to Build Muscle 600% Faster

When building muscle quickly, isometrics training is the fastest way to go. How fast? Compared to standard 3 times-per-week workouts, this ultra-brief strength-building system has been clocked up to 6 TIMES FASTER.

To picture what this difference means in speed, imagine both types of training going wheel-to-wheel in a 1-mile drag race.

- In our race, the 3 times-per-week workout would become a Model-T Ford with a snail pace top speed of 40 mph.
- As you take the checkered flag, the isometrics workout would be a Formula 1 racing car with a lightning-fast top speed of 240 mph.
- Now lets do the math: 240 mph divided by 40 mph equals 6. This means you get the same results (distance travelled) in one-sixth of the time. Or put another way, one weekly abbreviated 15 minute workout vs. three standard 30 minute workouts.

That is 600% faster. *Beep! Beep!*

## Clunker to the Crusher

And here is where standard training protocol breaks down on you like a rattletrap clunker hemorrhaging

oil on the side of the road. By providing poor results for so much effort, this way of exercising leaves you fatigued and disgruntled.

Think about it. Allowing for a two-week layoff, a 30 minute workout performed 3 times-per-week equals 4500 minutes spent in your gym per year. Now ask yourself: how many pounds of muscle did you gain in the past 12 months? If you were fortunate enough to build 10 pounds of bully beef, that equates to 750 minutes for every hard-won pound.

Does that sound disappointing? If you are on a split-system style of training and exercise 4 times-per-week, the results become even more alarming. Now your workouts equal 6000 minutes spent in your gym per year, which, allowing for a 10 pound muscle gain, equates to 1000 minutes per hard-won pound.

After seeing those numbers, don't you think it's time to make a switch and order your "clunker workout" to the crusher?

Suddenly abbreviated isometric training begins to look a promising proposition. The same muscle gains in one-sixth or 16% of the time, or just 12% of the time

when compared to a 4 times-per-week split-system. Now that sounds very attractive, just like the lightning-fast Formula 1 racing car in our drag race.

But what if there was a way you could supercharge your F1 car?

What if you could turbo-boost an already amazing training system to deliver world-class results?

You can. And in Step 3, I show you how.

*Step 2 Summary: Isometric workouts are up to 6 times faster when compared to standard 3 times-per-week workouts.*

# Step 3

## Starr Man

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Isometric exercise isn't used all that often these days, but it wasn't always that way. Hop into a time-machine and whiz back to the swinging 60s, and the fitness world was a very different place.

In the era of The Beatles and the Mini skirt, isometric exercise was busy sweeping the planet and helping athletes smash records and ordinary Joe's build Superman physiques - indeed, for many this new lifting craze was heralded as revolutionary.

One young fellow at the time would enjoy remarkable success with this system, and go on to become the author of perhaps the most critically

acclaimed book on strength training ever written. His name? Bill Starr.

## When You Wish Upon a Starr

Years before Starr penned his groundbreaking "The Strongest Shall Survive", he was your quintessential 7-stone weakling. Tipping the scales at a meagre 130 pounds, he would graduate high school with a dream to play college sports.

Realizing he would have to alter his physique to compete with the big boys on campus, Starr joined the Air Force and began lifting. The military man would see out nine years' active service before he made his dream a reality; then, aged 27, the US soldier who became known as Starr Man, enrolled at the Southern Methodist University and tried out for the football team.

Starr was your average sports jock looking to steal a march on the opposition when the isometric wave struck. Seeing his chance - and aware of the tremendous success the system had already garnered - he set to work pushing, pulling and pressing his way to greatness.

## Psychological Edge

The university had built ten isometric racks under the stadium on campus, and on his non-lifting days, Starr would use one of the racks and the isometric course sold by the York Barbell Company. The racks were enclosed by a wire fence, so Starr waited until the football team finished their workouts before scaling the barrier. Then, safely inside and hiding in the shadows from the night watchman, he performed his sessions in the dark.

His efforts paid off.

Starr would overcome his relatively small size to play at right guard before going on to set a national powerlifting record in 1968. By 1970 - following a stint as assistant editor of *Strength and Health* - he would become the conditioning coach for the Baltimore Colts, inspiring them to Super Bowl success.

Here is what Starr has to say about strength:

"If you know you're stronger, then you have a psychological edge over your opponent whether it's across the line from them, underneath a basket,



opposite a net, in the next lane or over the top of them on a wrestling mat. Strength gives athletes great confidence."

## Record Breaking

After adopting the isometrics system, this psychological edge and great confidence saw athletes of the day chart amazing progress in a wide and varied range of sports.

- In the world of swimming, Indiana University had the number-one team in the nation. Coached by isometrics advocate Jim Counsilman, his students began smashing national and world records almost at will. Emboldened by such stellar results, soon every swimming coach in the country followed suit as they hurriedly installed isometrics racks.
- In track and field, Jim Beatty broke the world record in the indoor mile after training with isometrics. In the discuss, Jay Sylvester went onto shatter the world record three times.

- In competitive weightlifting, Bill March would perhaps cause the biggest stir. With his lifts climbing at express pace, he won everything in sight. At the 1963 Philadelphia Open, almost predictably, a world record followed and another champion snatched gold.

Impressive reading, don't you think? Movie star Bruce Lee would certainly agree. Possessing a physique bodybuilding magnate Joe Weider described as, "the most defined body I've ever seen!" Lee would adapt this system into his own workouts.

With a passion to maximize his physical potential, Lee constantly evolved his weight training. Placing special emphasis on his arms, the martial artist would regularly perform single biceps curls with over 70 pounds and execute one-armed chin ups for 50 repetitions. More arm training included static contractions where the "Little Dragon" held a 125 pound barbell at arm's length.

Jaw dropping stuff!

Now stick around, because in Part 4 you get to take this revolutionary system for a test-drive.

*Step 3 Summary: Isometrics exercises build record-breaking strength along with a psychological edge.*

# Step 4

## Ultimate Strength Exercise

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*“Even if you aren’t interested in using isos in your own program, learn how to do them so that you can teach others somewhere down the line. In my mind, it’s the ultimate strength exercise and it’s in danger of being lost. That can’t be allowed to happen.”*

- Bill Starr

Learning isometrics is easy, which means the time you spend doing them more than repays any investment you might make. Your reward? More muscle and might in the least possible time.

Before we begin, a quick refresher might be useful:

- If you recall our Charles Atlas ad from earlier, the muscles don't shorten with isometrics when compared to a standard lift with a barbell or dumbbell - the muscular length remains the same. This means that any force which is applied to an object is fixed and stationary.
- Think back and you will also remember the example I provided, where you put your palms together as if in prayer. When you push, your hands don't move... yet you still experience tension in your chest.
- Once you can feel the contraction, apply 100% effort for a count of 6-12 seconds.

Sounds perfect, right? Hmm... well, not quite. You see, there is one big drawback with pure isometrics. It is extremely difficult to determine with any accuracy if you are exerting 100% effort.

Fortunately the solution is easy. We touched on it before with our story of Tony Robbins and the Dodge Viper engine. What is it? We move the weight a few valuable inches.

## Isotonics

Bill Starr called these exercises isotonic-isometrics, and found that moving the bar a short distance before lockout was much more productive than pure isometric contractions. Firstly, it eliminated the guesswork of whether full effort went into the movement or not (either the bar moved or it didn't). And secondly, you can now gauge your progress from workout to workout.

Without these small isotonic movements, life coach Tony Robbins wouldn't have had any way to measure his strength in the bench press. Yet with their introduction, he now has tangible proof and easy-to-track numbers.

Other benefits of this type of training is the increased involvement of the nervous system. Because of these demands, more recovery time is required when compared to pure isometrics. (This is something you need to factor into your training.)

But before we run a magnifying glass over the protocol involved, I should first offer this cautionary advice:

- The best way to incorporate this system into your routine is to use just a couple of exercises at first. Like any form of strength training, there is a learning curve you must follow. In time, you will become more proficient and better able to benefit from them. Until then, be patient and don't hurry.
- It is crucial you ensure your muscles are warmed up sufficiently. Why is this so important? The weights you will hoist through a partial-range of motion shall exceed what you are capable of when compared to lifting weights in a traditional manner. Remember how Tony Robbins boosted his bench by a whopping 277%? You can also expect similar increases.
- If you are incorporating this system into a regular routine, then practice your isotonic contractions towards the end of your workout. Bill Starr would scale the wire fence at his university and perform his isotonic training on non-lifting days, so if want to try this protocol separately, then that is fine too.

So now we've got that out of the way, I'm going to walk you through the final step of this system and show you exactly what you need to know.

*Step 4 Summary: Isotonics exercise helps you gauge your progress from workout to workout.*



# Step 5

## 1/4 Ton Bench Press

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Because everyone is familiar with the exercise, we're going to use the bench press as our isometric example. You will be training in your strongest range of motion only (the last few inches), that means you will be able to lift significantly heavier weights than you are normally used to. Because of this, you should always employ some type of safety measure like a training partner or power rack.

How much extra iron can you expect to lift? A 25-50% increase is common, and in some cases even more.

## Breathing

There are two schools of thought when it comes to the subject of breathing. In the Pete Sisco camp, he suggests that you blow out forcefully through your pursed lips as you push the bar into your hold position. Other practitioners use this approach too, and I can certainly see the merits in it. However, for now, I recommend you utilize Bill Starr's method of breathing which is slightly different.

The rule is simple: you must hold your breath for the duration of an isometric contraction. The reason? If you breathe, your ability to apply maximum force is diminished. So before your lift, take a deep breath and fill your lungs.

## The Push

This next bit is the fun part. This is where you get to explore your untapped strength and test your limits.

Following a thorough warm-up, set the pins of a power rack three-to-four inches below the furthest extent of your reach. Take hold of the bar and inhale

deeply. Now push.

If you were careful and didn't add too much weight, the bar will travel up smoothly. Now hold the bar an inch or so beneath lock-out. Don't extend all the way up until your elbows are straight, as you will transfer the tension from your muscles to your joints. Remember: we want to contract the muscles.

How long do you hold the bar for in this position?

Just 6-12 seconds ensures you get enough out of the exercise. If you can't manage 6 seconds, reduce the weight on your bar by 20%, and if you go longer than 12 seconds, add 10% or so to your lift.

When your strength begins to fail you, slowly lower the bar back to the pins.

## Advanced Technique

You can also use this system to strengthen your weakest areas in a lift. Using the bench press as our example, the push from your chest is generally considered the most difficult part of the move.

Here is what you do:

Set the pins in the rack just above your chest in the bench press and perform your isotonic contraction for the required count of 6-12 seconds.

This advanced technique can also help you through "sticking points" in certain exercises. Examples would be the middle third of a biceps curl or the bottom section of a squat.

## Iso Tips

- For isometric and isotonic exercises to be effective, a high degree of concentration is required. Focus intently on your form and the muscles being worked.
- This system is a great way to squeeze in a workout when time is short. Add any push, pull and squat movement and you put your body on the fast track to impressive gains.
- Strive to strengthen your weakest exercise areas. When you do, you'll continue making progress in all parts of your training.

## Workouts

How you structure your workouts and routines is up to you. As I said before, you can either practice your isometrics exercises on non-training days or move them to the end of your routine and perform your "holds" then.

Your choice of exercises is easy. Don't waste your time with any isolation exercises like biceps curls, leg extensions and the like. Instead, focus on the big and simple core bodybuilding moves. Why? Because they allow you to handle the heaviest weights and provide the biggest bang for your bodybuilding buck.

For excellent gains, just three moves will supply you with all the artillery firepower required. What are they? A push, pull and a squatting move.

You therefore need look no further than the dip or bench press and pulldown or row for your upper body. Some type of squat variation - occasionally substituted with the deadlift - happily takes care of your lower body.

There is no need to make this complicated. You can simply rotate these moves and target all the major muscle groups. Your reward? Boosted strength and a lean and muscular body.

## Performance

As before, perform your static contractions in the strongest range and final third of an exercise. This means you limit your holds to the last few inches of a move while avoiding lockout. (For all exercises, this is when your limbs are close to extended.)

*Step 5 Summary: Just 6-12 seconds ensures you get enough out of each exercise.*

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## Keeping the Dream Alive

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I hope my introduction to isometrics helped you. Bill Starr was right when he said they were the ultimate strength exercise, and that it was important we don't allow them to become lost. Because of this, I trust you give them a try.

Like I said earlier, if you are searching for a super-simple way to get stronger while sculpting your body like our hero in the Charles Atlas ad - *and do it in the least possible time* - then isometrics are for you.

Add them to your routine. Practice and hone your technique. Then teach others so we can keep this revolutionary strength system alive.

## About the Author

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Lee Driver is the founder of *Ordinary Joe Muscle Building* - a site dedicated to abbreviated strength training.

You can find him at:

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Thank you.

## A Final Word

Thank you for downloading this report. I hope you enjoyed our time together.

If you did... then please tell your friends (and the whole world) by leaving a testimonial on my site; and if you didn't, then tell me at: **lee@ordinary-joe-muscle-building.com** so I can fix things. As always, I welcome your comments and thoughts.

And now... please be kind and REVIEW *6 Seconds to Strength*. I really appreciate your feedback so I can make future versions and titles even better for you. Thank you so much!

Warmly,

Lee