

# **Bodybuilding Differences**

By

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Forever, well, as long as a well developed physique has been admired, people have sought the formula responsible for obtaining wide shoulders, thick chests, massive arms, rippling abs, and huge thighs. Some have sought to drink their way to muscular proportions by downing every protein and energy supplement on the market. Others have purchased every piece of equipment made. More than a few have joined health clubs and gyms and spent hours on end training in hopes of achieving the perfect build. Ah, the quest for perfection or at least a move toward looking better strikes at the heart of every red blooded man and women. Who doesn't want to look better? Now that's not to say all want to be a Mr. or Ms. Olympia. Naturally everyone doesn't. In fact, that much development turns a great many people, in our mainstream society off.

Everyone being different, we all seem to gravitate toward builds that we ourselves feel we can develop. I remember as a youngster thinking I wanted to be built like Steve "Hercules" Reeves. Then it was Larry Scott, Harold Poole, and the great Dave Draper. As I grew older and more experienced in bodybuilding I realized genetics plays a major role in how a muscle could be developed as well as how large the muscles could become. The first rule in championship or competitive bodybuilding is knowing what is and what is not possible. If you do not have the genetics, bone structure, recuperative ability and right number of muscle cells in your biceps and triceps to have a 20" arm nothing you can eat, drink, workout or do, will get you there. You may start with a 13" arm and develop a 17", 18", or 19" arm but 20" will evade you regardless of what you do.

Those who dream of hardcore bodybuilding success visualize unrealistic accomplishments in the early stages. They visualize dethroning every Mr. Olympia who ever was. They see themselves bigger and more cut than anyone before them. Dreams and visualization is something all bodybuilders should do. The mind is a force second to none and no bodybuilding champion has ever succeeded without using the power of their mind.

At some point in time, with maturity and knowledge, most people, those who stay dedicated, come to realize that everyone is different. What one may be able to achieve physically from their efforts another may not. At this point most, not all but most, seem to gravitate toward builds that they themselves feel they can develop. For example, someone with a light build, not heavily muscled, will find someone like Vince Gironda or Clarence Bass as a perfect model and see them as having the ideal build. On the other hand someone who is larger in bone structure and possess a thick muscle base may find a Dave Draper or Sergio Oliva more appealing. This does not hold true in all cases, nothing is true in all cases, after all, nothing applies in all cases.

Gravitating toward those who have a similar build to your own is normal, natural, and understandable. What does get under my skin in a hurry however, are the ones on either end of this scenario who cut down or throw caddy remarks about the ones on the other end of the scale. It takes all kinds of people to make the world. I've known people who have a more mild build and admire Vince Gironda which is fine but they will point out in a heart beat all the flaws of someone who is heavier and carries more muscle mass, someone like an Oliva. Once again, on the same hand I know people who are large boned and heavily muscled who are constantly throwing darts at thinner, smaller boned and muscled bodybuilders, more along the Gironda line. Which is better a Chevy or a Ford? For the most part it is what you grew up on and where you live.

It is a waste of time and energy to constantly throw digs at bodybuilders who are built differently. What if we were all like Larry Scott or Dave Draper (notice I remain stuck in my dinosaur mentality using names of the greats from my era instead of any of

today's stars.) Sure, thousands, including myself, wouldn't mind one bit to be built like Dave Draper when he won the Mr. Universe Title but what if that were to happen. Thousands of us walking around with blonde hair, white jeans, white Keds sneakers, built just like Dave! Let's return to reality and get real, can we! Mind power is great but daydreaming can go a little too far from time to time. My point is we are all different and there is worth and value in the Girona type physique just as there is in the Draper type. Some may have a Girona type build but still have ambitions to develop the size of Draper... fine, nothing wrong with that. The difference is bodybuilding champions learn what type bodies they were born with and learn what it takes to develop them to the maximum potential. Along with a lot of other things that separates the bodybuilding dreamers from the doer's and the champions from the non-champions. Least I remind everyone that Frank Zane defeated a much more heavily muscled and larger Arnold Schwarzenegger!

Jealousy and envy are strong emotions that have no place in society. They are present no doubt but they serve no value or purpose of any good. They definitely should not be part of bodybuilding as we have enough problems the way it is. To down someone in favor of a different type style or build is so childish words can't even describe it. There is a place in bodybuilding for all types, sizes, and styles. If honestly and earnestly achieved through hard work and dedication each one has something they should be proud of and respected by others for their achievement, not criticized.

I've seen posts of various sites and heard people talk down or against someone for no other reason than their build was too big or too small (I am not talking about those who use drugs. That is a different story altogether). The reality of it is those on both ends of the extremes have worked hard to achieve what they have and are attempting to take what God has given them and develop it to their best ability. I consider it an admirable trait and one worthy of my respect and appreciation.

There is no perfect body type or style, all are different. What it boils down to is jealousy, envy, sad to say in some cases ignorance. I respect and appreciate the hard

work and dedication it takes to mold the body. The tons of sweat, aches and agony of sore muscles and joints. Bouts of emotional upset due to lack of progress or sticking points. All felt by every single person who has ever stayed with bodybuilding long enough to have accomplished even the slightest improvement. This applies to the massive giants as well as the smaller muscular marvels that have paid their dues.

Sure, you may prefer one body type over another and that's fine, I know I do and most others do also. Yet there is worth and merit in all types that have been developed with hard work. Rather harsh but I would say... correct the flaws in your own development before being so critical of the flaws in someone else. Our sport has room for the Gironde, Zane, and Bass physiques as well as the Draper, Scott, Pearl and Howorth types.

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