

Fat To Lean vs. Height To Weight

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Excerpt from:

"Preparing Naturally For Physique Competition"

By Dr. Carlos DeJesus © 1985

To judge a bodybuilder's condition based solely on their body weight does not give any specifics about body composition.

The best example I can think of is that of an experience of one of my student's. One evening I received a phone call from a young man (I'll call him Therman) who had read an article about me in a local newspaper. I had just won a contest and I had received coverage about it in the paper. Along with the article was a photograph of me in contest shape.

Therman said he was thinking about entering a contest and he wanted to talk to me about natural contest preparation. I told him that I would be out at my gym the next day; I told him what time I would be there and gave him directions on how to get there so that we could meet and talk.

Therman Had An Opinion

When Therman arrived at the gym I was already working out- and when he saw me (in my deceptive dark navy blue workout clothes) I could see that he looked a little disappointed. It wasn't until weeks later that I learned why. You see- he had been working out for 5 years and at about 6 feet in height he "weighed" 205 pounds and when he saw me at a body weight of just under 200 pounds, well he was thinking "this guy is not really very big".

In the months to come his supervised new quality training along with proper diet would serve as a valuable learning experience for Therman when he realized that he would have to lose nearly 40 pounds of fat before his physique would display a muscular appearance of separation and definition that would be contest worthy!

This was the standard for the contest he was entering. It is so important to know what the standards are because many (spectators and competitors alike) have been disappointed at the outcome of a contest because:

- 1.They were not really clear on this aspect of a competition (what are the judges looking for?)
2. They do not have trained judge's eyes

Arnold Schwarzenegger Had An Opinion

Arnold: The Education Of A Bodybuilder Pg.196

The following is a quote from his book "The Education Of A Bodybuilder"

"I had been beaten before by Chet Yorton in 1966. But then I felt there was nothing wrong, because he'd been bigger. With Frank Zane it was more disturbing. I came over having won Mr. Universe twice and he had never won anything except Mr. America. He weighed 185, which was 60 pounds less than I weighed. I couldn't figure out why he had won. My first thought was that if a big guy lost to a little guy the contest was fixed. But I kept thinking about it - what does Zane have that I don't have? I studied photographs of him and came to the conclusion that his muscles were better developed; he had more detail, more quality, more separation and more muscularity than I did... I realized that the biggest guy doesn't always win. I had to stop struggling with huge poundage's to build mass. What I needed were more repetitions, full repetitions. The more attention I paid to strict

form, the closer I brought myself to the perfect body I wanted”

How does a big guy lose to a “little guy” 60 pounds lighter and 4 inches shorter? Although Arnold was a top competitor, he won Mr Universe twice- he knew very little about judging- but he still had an opinion.

He had to have his “**came to the conclusion**” moment before he understood the standards that were used.

For his first contest Therman weighed about 168 lbs. and he could have still lost five more pounds of fat to bring out even sharper muscularity.

Therman's experience clearly illustrates that body weight as a number that registers on a scale means very little to a competing bodybuilder unless we have some understanding of what the "Fat to Lean" ratio is, as opposed to the "Height to Weight" is.

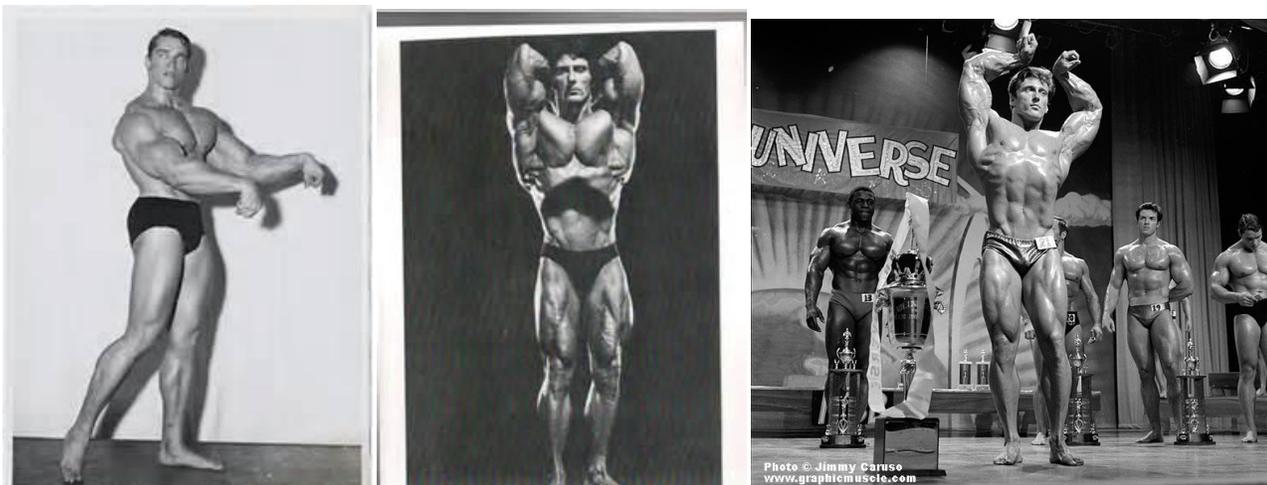
When Therman first saw me he had about 19 percent body fat in contrast to my (I’m guessing) 8%. And although at one time he “weighed” 10 pounds more than me, he also was carrying more than 35 pounds more fat. In the final analysis Therman's weight in competition condition was about 165 while my competition weight was about 190. At about the same height I carry about 25 pounds more muscle than Therman.

Like Arnold, Therman had to have his “**came to the conclusion**” realization moment.

Therman is now a believer in the Fat to Lean vs. Height to Weight measurement.

Fat- regardless of how well shaped it is offers no advantage in bodybuilding competition no matter how “big” it makes you look. Fat and water actually cloud the muscularity and “cover up” the cuts and definition. Although Therman eventually lost 40 pounds he lost very little muscle- if any, because his diet and training were very closely monitored.

Bear in mind the Fat to Lean ratio as you become involved in the PFC programs. Especially PFC Muscle and PFC Turbo, these are designed to change your body composition from more muscle to less fat. The **bodyweight** will not be as much a consideration.



The condition of Frank Zane and Arnold Schwarzenegger at the 1968 Mr. Universe