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# Dorian yates workout pdf

Dorian Yates is a legendary 6 times Mr. Olympia champion. He revolutionized bodybuilding by setting new standards in body mass and conditioning. He was the first Mr. Olympia at 250 lbs (265 lbs at his best), presenting an absolutely shredded physique with extremely low body fat and outstandingly high muscle density. The Story Dorian Andrew Mientez Yates was born in England, on April 19th, 1962. He was raised in Hurley, in rural Staffordshire. When he was a teenager, his family moved to Birmingham, an industrial city and the second largest in Britain. During the troubled times of social unrest at the beginning of the 80's, Dorian got himself into trouble while hanging out with his mates and was sentenced to six months at Whatton Youth Detention Centre. Powerlifting to keep himself entertained, Dorian quickly packed on muscle and started to realize that he had the potential to succeed as an athlete. It was there at Whatton that Dorian first earned a reputation for his physique. He was considered the strongest of Whatton's 300 inmates. This gave him new respect for himself and he decided that he would not ever be back. Yates started working out in 1983, at age 21. After some muscle victories in England, he visited New York for the 1990 Night of Champions and, in his pro debut, he took second to the late Mohamed Benaziza. The next year, he returned to the US to win the contest and set his sights on bodybuilding's highest honor – The Sandow trophy. In 1991, Yates was the runner-up at the Olympia to Lee Haney, who duly won his eighth record-setting Sandow and then retired. From 1992 through 1997, Yates dominated the sport, presenting his trademark "granite hardness" and monumental muscle mass. In 1994, he overcame a torn biceps to win the crown. In 1997, his most valiant victory came when he tore a triceps three weeks prior to the contest, but still battled on to triumph. Following his injury before the 1997 Mr. Olympia, Yates was forced to retire from competitive bodybuilding. He holds a pro record of 15 wins and two second-place finishes. Dorian Yates: "You have to listen to your body" Dorian dominated the sport in the 1990s, during a time of scarce information about training, nutrition, and supplementation. He always says that he chose bodybuilding because it's an individual challenge, a path you need to walk by yourself. Each body is unique, so each athlete needs to test the training methods and nutritional inputs to find out which of them works best. Dorian's approach to achieving world-class results was very methodical. His self-discipline and work ethic were unparalleled. Every workout he did, every meal he ate, every nutritional input he added, and every thought he had about training, he logged down in his training diary. Throughout his career, Yates analyzed this feedback and constantly improved his overall performance. This entire process allowed him to become the best in the world and earned him nicknames such as "The Game Changer" or "The 1st Mass Monster". The Shadow The incremental approach Yates implemented and his very rare appearances in public concurred to keep his competitors always guessing about what he will bring to the stage next. Because of this secluded lifestyle and elusive public appearances – even when he was the reigning Mr. Olympia – Dorian Yates was dubbed The Shadow by Peter McGough, one of the greatest bodybuilding journalists of all time. Dorian's fans added that his nickname was also inspired by his training philosophy: with his brief, but very high-intensity workouts, The Shadow shone a new light of awareness onto training methods that weren't very popular. Dorian Yates: "If I'm gonna do this, I'm gonna do this TO THE MAX" Unlike the bodybuilders in California, Dorian Yates didn't have time for magazine shoots, training sessions on the beach or parties. He didn't take a single day off for 12 years. All he did was eat, train, study, and sleep. He kept a razor sharp focus and incredible dedication for over a decade, training in his Dungeon in Birmingham for no more than 4 times a week, preparing his meals, calculating his nutritional intake, adjusting his supplementation, analyzing training results, and resting. Yates lived like a bodybuilder-monk – rarely smiling, rarely having fun. That's how he got to develop a mind-muscle connection. Unbelievable results require unbelievable work ethic, so he decided to commit his whole self to training and winning. Blood and Guts system Yates always stated that when you're going to the gym, you're not growing. During your workouts, you need to put maximum stress on your muscle in order to force the body to adapt to the stimuli. Growth has a lot to do with nutrition and rest, which makes recovery as important as training for achieving world-class results. Inspired by Arthur Jones' Nautilus system and Mike Mentzer's training program, Dorian Yates developed the principles of the High Intensity Training and applied them to best suit his bodybuilding development. His workouts were brief and he performed fewer sets than other bodybuilders of the time – 1 or 2 sets per exercise. This refined, ultimate performance training system was called Blood & Guts. It was this name that Dorian Yates chose for his incredible Blood & Guts film, an 80-minute collection of grueling, extreme intensity workouts performed in the Dungeon in 1996. The Shadow's Legacy Dorian Yates is probably the bodybuilder that most aspiring trainees can best identify with because of his blue-collar roots, relentless determination, and quiet confidence. Dorian is renowned the world over for the seriousness and intensity of his training sessions, his knowledge of nutrition and supplementation, and his unyielding tenacity. Dorian has two children, Lewis and Tahnee, from his first marriage to Debbie. Dorian now lives in Marbella, Spain with his wife Gal Yates, IFBB PRO World Champion, and their dog, Moby. The Bodybuilding Career of Dorian Yates 1986 EFBB British HW – 1st place 1988 British Championships – 1st place 1990 IFBB Night Of The Champions, New York – 2nd place 1991 IFBB Night Of The Champions, New York – 1st place 1991 IFBB Mr. Olympia, Orlando, Florida – 2nd place 1991 IFBB English Grand Prix, Nottingham – 1st place 1992 IFBB Mr. Olympia, Helsinki, Finland – 1st place 1992 IFBB English Grand Prix, Nottingham – 1st place 1993 IFBB Mr. Olympia, Atlanta, Georgia – 1st place 1994 IFBB Mr. Olympia, Atlanta, Georgia – 1st place 1994 IFBB Spanish Grand Prix, Madrid – 1st place 1994 IFBB German Grand Prix, Duisburg – 1st place 1994 IFBB English Grand Prix, Nottingham – 1st place 1995 IFBB Mr. Olympia, Atlanta, Georgia – 1st place 1996 IFBB Mr. Olympia, Chicago, Illinois – 1st place 1996 IFBB Spanish Grand Prix, Madrid – 1st place 1996 IFBB German Grand Prix, Darmstadt – 1st place 1996 IFBB English Grand Prix, Nottingham – 1st place 1997 IFBB Mr. Olympia, Long Beach, California – 1st place Dorian's social media handles Facebook Athlete Page account Yates bodybuilding supplements DY Nutrition is an international company based in UK built by a team of scientists and nutrition professionals based on the unequalled experience of the legendary Mr. Olympia, Dorian Yates English retired professional bodybuilder Dorian Yates Bodybuilder Yates in June 2016 Personal info Nickname The Shadow Born (1962-04-19) 19 April 1962 (age 59) Solihull, England [1] Height 5 ft 10+1⁄2 in (179 cm) [2] Weight 275 lb (125 kg) (contest) 300–310 lb (136–141 kg) (off-season) [2] Professional career Pro-debut Night Of Champion's 1990 Best win Mr. Olympia 1992–1997 Predecessor Lee Haney Successor Ronnie Coleman Active 1984–1997 Dorian Andrew Mientez Yates (born 19 April 1962) is an English retired professional bodybuilder. He won the Mr. Olympia title six consecutive times from 1992 to 1997 and has the fifth-highest number of Mr. Olympia wins in history, ranking behind Ronnie Coleman (8), Lee Haney (8), Arnold Schwarzenegger (7), and Phil Heath (7). He is widely considered to be one of the top pro bodybuilders in history, and was well known for his wide and thick back. [2] [3] [4] Early life Dorian Andrew Mientez Yates was born on 19 April 1962. His father died of a heart attack when Yates was 13. He and his mother then moved to Birmingham. [5] Career Yates started working out in 1983. His professional record consists of 15 major contest wins and two second-place finishes; from 1992 to his retirement in 1997 he won every single contest he entered. His career ended in large part due to chronic acute injuries, including torn biceps and triceps, the latter just three weeks prior to his final contest, the 1997 Mr. Olympia, which he won in spite of the injury; his win generated controversy among fellow athletes, critics, and amateurs, who thought the runner-up Nasser El Sonbaty deserved to win. [citation needed] Yates was a proponent of Arthur Jones' and Mike Mentzer's high-intensity training (HIT) style of bodybuilding, which poses that maximum muscle stimulation can be reached through short and intense workout sessions instead of long and slow ones. [6] [7] He earned the nickname "The Shadow" coined by Peter McGough for his tendency to unexpectedly appear at major bodybuilding contests and steal the win, having neither confirmed nor denied whether he would compete beforehand, and for spending most of his time between contests avoiding the public eye. Yates is considered to be the first of the "mass monsters" in bodybuilding. He combined his enormous muscle mass along with peak conditioning, quoted as being "granite hardness". He believes that his injuries are due to his habit of maintaining an extreme level of training intensity all year long, even when approaching contests, while being on a severely restricted "cutting" diet which weakens the body overall. [8] Regarding the use of PEDs, he referenced the documentary Super Size Me and stated that eating three McDonald's meals a day is more harmful for the metabolism than his 12 years of regular steroid use. [9] Post-competition career Inside Temple Gym at Birmingham In 1987, Yates purchased Temple Gym, located on Temple Street in Birmingham. [10] In 2006, he franchised four additional Temple Gym locations, three of which are in the UK. As of 2020, only the original Birmingham gym is still in operation. Yates formed the California-based company Heavy Duty Inc. in 1994 with Mike Mentzer and Ray Mentzer. [11] The company marketed athletic apparel and bodybuilding-related books. In 1998, Yates partnered with Kerry Kayes to form the bodybuilding supplement company CNP Professional, which marketed a Dorian Yates Approved product line in the U.S. [12] He left the company in 2006 to form his own company, Dorian Yates Ultimate Formulas, which offers a line of protein and weight-gain supplements. He started a second company in 2010, EU Peptides, which sells peptide hormones and other pro-hormone supplements. He left EU Peptides in 2012. In 2011, Yates founded a third company, DY Nutrition, which specializes in pre-workout formulas and has released several training DVDs. [13] Yates and a partner took over the gym in 1987 and eventually became the sole owner of the gym. It has franchises in California, Las Vegas, and the UK. [14] It's spread across 3000 square feet and Blue is a new workout to 220 lbs. [15] [clarification needed] DY Nutrition is a line of supplements that consists of whey protein supplements, pre-workout, and post-workout supplements owned and endorsed by Yates. [16] Personal life Yates is married to Brazilian fitness model Glauce "Gal" Ferreira, [17] who won the IFBB South American Bodyfitness event and was also the 2007 IFBB World Bodyfitness Champion. [18] They had met at the 2008 Arnold Classic. [19] and live in Marbella. Yates' son from his ex-wife Deb, Lewis, has also taken up bodybuilding and works closely with his father. [20] Yates has described Yoga and Meditation as a life altering experience. He does Yoga on a daily basis. Yates has made statements in interviews concerning the negative health effects of sodium fluoride additives in tap water and claimed that there are cancer viruses and sterilants in some vaccines. He has endorsed the use of some psychedelic entheogens for religious and spiritual purposes, including ayahuasca. [21] Books and videos In 1993, Yates published an autobiography titled Blood and Guts (ISBN 978-0-9636163-0-2). [22] In 1996, Yates released a workout video (VHS) of the same title, which features his weekly weight training routines. In 1998, Yates coauthored A Warrior's Story (ISBN 978-0-9534764-0-4), [23] in which he chronicles his path to success in bodybuilding. In 2012, Yates released a mass gain video trainer in collaboration with bodybuilding.com called Blood and Guts, based on the HIT theory. [24] In 2017, Yates attended the worldwide premiere of the London Real feature film, Dorian Yates: Inside The Shadow, held at BAFTA in London. [25] Stats Height: 5 ft 10.5 in (179.1 cm) [2] Off Season Weight: 310 pounds (141 kg) [2] Competition Weight: 275 pounds (125 kg) [2] Chest size: 148 cm (58 in) Hip size: 107 cm (42 in) Thigh Size: 79 cm (31 in) Waist Size: 83 cm (33 in) Calf Size: 56 cm (22 in) Upper Arm Size: 54 cm (21 in) Bodybuilding titles 1984 Mr Birmingham Novice, 1st 1985 World Games, 7th Heavyweights 1986 British Championships, 1st Heavyweight 1988 British Championships, 1st Heavyweight and overall 1990 Night of Champions, 2nd 1991 Night of Champions, 1st 1991 Mr. Olympia, 2nd 1991 English Grand Prix, 1st 1992 Mr. Olympia, 1st 1992 English Grand Prix, 1st 1993 Mr. Olympia, 1st 1994 Mr. Olympia, 1st 1994 Spanish Grand Prix, 1st 1994 German Grand Prix, 1st 1994 English Grand Prix, 1st 1995 Mr. Olympia, 1st 1996 Mr. Olympia, 1st 1996 Spanish Grand Prix, 1st 1996 German Grand Prix, 1st 1996 English Grand Prix, 1st 1997 Mr. Olympia, 1st References ^ "Uncovered Dorian Yates". 7 December 2016. 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