

# GETTING INTO

## Dave O'Connor talks to Tony Quinn about getting into shape,

**DAVE:** I'd like to begin by saying I've never seen anyone get people into shape as fast as you can, often making very noticeable differences in two weeks and I've experienced this myself where, using your nutritional program, the food supplements you recommended and five minutes of weight-training a day, I got into the best shape of my life.

Now I know most people won't believe that I only did five minutes a day. Private clients have come to you and paid £100,000 for this knowledge and what I'd like to do is to get some of it for free for the

benefit of our readers. Tony: Well Dave, the first thing I'd like to say is that the exercise programmes I use, the diets, the food supplements and just as importantly, the mental attitude are all the result not only of my own personal experience and research, but also of gathering independent research from all over the world. By 'independent', I mean research that's not paid for by commercial organisations. So I like to have the research behind what I'm saying.

**Dave:** Having known you for years, I can certainly say that you're always in remarkably good shape yourself...

Tony: Well, I pretty much stay in the same shape as I was in when I won the Mr. Ireland contest.

**Dave:** I know you don't take any type of steroids and didn't even when you were competing...

Tony: No, because a lot of the food supplements we have today are

highly effective anyway. But I also want to say in regard to gathering information that obviously I've been privileged to be able to pick the brains of people like Bob DeMonteque, about whom I believe you have an article in the newspaper.

### 80 years of age

Now here's a man of eighty years of age and he's just absolutely incredible. The guy's a wonder - he can even run marathons without any training. I've never met anyone in that type of shape so I've made it my business to study the man, to find out what he's doing that other people are not doing. This with me goes back as far as the very early seventies when I went to California to study the methods of Vince Gironda - who was supposed to be the best physical trainer in the world - and also the methods of a man called Rhea H. Blair who at that time had all of the film stars on his nutrition program.

### Diet

They ran an article in the Herald about it at the time here in Ireland where it said the singer Andy Williams had paid Rhea H. Blair £17,000 for the diet, which was pretty unheard of in 1972. He had people like Arnold Schwarzenegger on it, Bruce Lee, Bobby Riggs (a tennis player), Raquel Welch and Charlton Heston. So anyone who really seemed to know something about diet or exercise I've tried to talk with them about it and I've also done a lot of studying. I've a number of qualifications in the area of diet and exercise and I've won about 12 bodybuilding contests in all.

**Dave:** Having been on your five minutes a day program, I did a posing exhibition and stunned people with the shape I was in - I have the pictures to prove it.

**SO let's start by asking you, Tony, how much exercise do you feel one needs to do?**

Tony: Well, the most I like to do is about 20 minutes weight-training, five times a week, that would be the maximum, which is about two hours. In general I may only do it three times a week which is about an hour.

**Dave:** DO you think this is enough?

Tony: Well, I believe you could win bodybuilding contests doing that amount. Indeed, the other day I was just going through some old material I used with World Champion Boxer Steve Collins and I had added up the amount of training he did in a week, which included sparring, weight-training, etc. and the whole lot only came to three hours and forty minutes (First thing in the morning, six days a week, he did a slow twenty minute jog which I'm discounting) - anyone who saw Steve in his fights would have to agree, you were looking at one incredibly fit man.

**Dave:** BUT for the average person who wants to get into shape, what would you recommend?

Tony: Well, I would recommend in that case about 20 minutes, 3 times a week of weight-training.

**Dave:** DO you recommend jogging, running or aerobics?

Tony: No, I don't. Research shows clearly that if a person can increase at any age what's known as their growth hormone, then they will find that this causes them to burn fat for energy, increase their muscle mass and consequently become fitter. There's no research to my knowledge that shows that any type of aerobics increases growth hormone - short of a flat-out 10 second sprint, which would hardly be considered aerobics. But weight-training fits the bill exactly.

### Life Extension

In the life extension movement today - which is very popular in various parts of the world - people take growth hormone, but nevertheless you can produce it naturally by doing peak output exercises, and those exercises don't need to run for any longer than 60 seconds at a time. So, the most important thing is to produce growth hormone. Many of the people idolised today who are very successful in the movie business take growth hormone. You can probably gather who they are - they're people who are known for their physiques.

**Dave:** But in some ways, having used your workouts, you could call them aerobic...

Tony: Well, by that you mean that I

tell the person to do 20 minutes with zero rest in that time, and that is vital if you want to get the results. I also teach the person to totally focus their minds on just the exercises during that time period and this teaches them how to focus on the results that they want. Rather than try to tell our readers how to do the weight training it is better they experience it for themselves. The people running the gym in Eccles Street have been taught by me personally and would be happy to show them.

**Dave:** I know from working out with you Tony, and indeed from being trained by you, that you believe there's no scientific evidence of results from the type of weight-training and diets that are generally used.

Tony: No, I feel it's a shame really that while people may be training on beautiful equipment, what we can say is "Sure you're training on beautiful equipment, but are you getting beautiful results?" To me, it's always been about 'get in, spend as little time as possible in the gym, and get the maximum results'. I'm not interested in just being there as a poser. I never want to work with people like that as you know, Dave. I just want people who want to get results.

**Dave:** Could you talk about some of the cutting edge food supplements.

Tony: As well as keeping abreast of the research, I work with some life extension doctors. We put people on supplements and do regular blood analysis. Consequently, not only will we physically see the results but also we'll know what's happening on the inside. Many of the supplements that are advertised may not do what they say at all. However, there are ones that I've found give excellent results.

### Food Supplements

The first one we come to is what we sell as 'Brain and Muscle Complex'. When you train or do any type of heavy physical activity and also when you get older, it seems to cause a catabolic effect in the muscles. That is, they seem to actually break down. What steroids do is to stop this, so they have an anabolic effect - that's why they're called



Tony practises what he preaches