

80 YEARS YOUNG

Why Bob Delmonteque is our inspiration and hero



EIGHTY YEARS YOUNG: The Bob with Vicki Pharr, Miss Galaxy 1999 and Hollywood superstar Sharon Stone.

THIS NOVEMBER, Dr. Bob Delmonteque is eighty years of age and what an inspiration he is too!

Two years ago, I took a workout with Bob in Las Vegas and for those who are familiar with weight-training he did 15 sets for his back and 15 sets for his chest on that particular day.

A set is about 10 repetitions of generally the heaviest weight you can lift. At the end of the 30th set, he did a 300lb bench press - that

means you lie on your back on a bench and then you push the weight to arms length overhead.

For many years, I had been reading about Bob and seeing his pictures in the health and fitness magazines. One day about five years ago, Steve Collins and I went into a gym in Las Vegas and there was this amazing picture of Bob at seventy five.

Frankly we both couldn't believe it, so the following year I went to California and got in touch with Bob's office to request an interview. Some days later Bob returned my call and I was amazed at how friendly, cheerful and enthusiastic he was. He promptly invited me to visit him at his home in the woodland hills.

Impressed

As I set out, I was prepared to be disappointed. Surely at least his photos would have been retouched. When I met him to say I was impressed would be an understatement. If anything he was more than I had expected.

For the seventy-six year old man which he was at the time, he was unbelievable - indeed he was in great shape for any age. He was the picture of health - like something out of an ad - from his great hair, flashing smile and his impossibly dark tan which was actually real. Indeed that about summed up the man - he was the real thing.

Video

Not only did he give me the interview for this newspaper at the time, but he also allowed me to take a video. Then for a couple of hours I picked his brains. Unreservedly, he told me everything he knew and then regaled me with stories and pictures of all the famous people he had trained. The list was like a Holly-

wood who's who.

Some days later Bob came back to me and asked if he could have a copy of the video. On seeing it, he told me that I was just the person he wanted to produce his two video's containing his secrets of lifelong fitness. I quickly got in touch with my friend Colin Cowman in Ireland who came over, hired a crew and soon there we were in the Malibu sunshine recording the information that has to be of vital interest to anyone who wants good health, fitness, shape and the right mental attitude.

The whole crew was soon to discover that this man was no paper tiger. He stood out there in that merciless Californian sun for the whole day demonstrating exercises take after take with no sign of flagging. Frankly I feared he was overdoing it. On the second day, much to my relief, he said he would have to quit early.

Playboy

My response of "Good idea, you really should go home and get some rest" was good-naturedly laughed away by Bob who pointed out that only reason he was quitting was he had to get down to the beach for a shoot for Playboy magazine, and invited me to come with him. Naturally, he assured me that his eagerness had nothing to do with the fact that there were a few playboy bunnies waiting for him!

That year we brought Bob to Ireland where he made numerous personal appearances including one with Gay Byrne on The Late Late Show. The video tapes we had made were taken up by Joe Weider and the Weider organisation and are now being promoted through his magazines to his almost 8 million readers. The more time I spent

with Bob, the more I realised that people regard him, rightly so, as a living legend. For example, I was invited to go on TV in America and was asked to go for an interview. During the course of the interview Bob arrived, walked straight into the office and said to the producer of the show "Oh, don't bother with that interview, Tony's a friend of mine". Much to my amazement the producer said "Well, if you say so Bob" and that was it, I was on TV.

Trained

Among the people Bob trained were Rita Hayward, Betty Grable, Gloria Swanson, Mae West, Marilyn Monroe right up to the present day Sharon Stone. He also trained Clarke Gable, Errol Flynn, John Wayne, Burt Lancaster, Tyrone Power, Robert Taylor, Paul Newman, Jack Lemmon, Matt Dillon and the Apollo 13 astronauts. Indeed, recently John Glenn at age 77, used Bob's diet and fitness plan to prepare for his heroic 1998 flight on the space shuttle 'Discovery'.

Since then, I get together with Bob about twice a year and if anything the man seems to be getting better. Here's a man who has run marathons without any special training, entered a senior olympics and won every event and as he laughingly pointed out to me, was banned from entering again.

DIETARY ADVICE FROM BOB:

"I RECOMMEND that you eat everything as close to nature as possible. Eat lots of fruit and vegetables, minimise the fats and cut out the sugars and salt.

"You should have little meals between your