

Ce site utilise des cookies provenant de Google afin de fournir ses services, personnaliser les annonces et analyser le trafic. Les informations relatives à votre utilisation du site sont partagées avec Google. En acceptant ce site, vous acceptez l'utilisation des cookies.

EN SAVOIR PLUS OK !

Search

WELCOME TO THE OFFICIAL WEBSITE OF BODYBUILDING MAURITIUS. BIENVENU A ZOT TOUS!

A Conversation with World Bodybuilding Champion and IFBB Professional bodybuilder, Dr. Lance Dreher. By Dr. Michael Dusa

4:45 AM | [INTERVIEWS BY Dr. MICHAEL DUSA](#) | [No comments](#)

The Dusa Interview Series

A Conversation with World Bodybuilding Champion and IFBB Professional bodybuilder, Dr. Lance Dreher. By Dr. Michael Dusa



MD: Hi Lance. First, I just want to truly thank you for agreeing to speaking with me.

LD: I am happy to, Mike.

MD: Please tell me of your path in the game.

LD: Mike, I know you know of the times in which I had my beginnings in bodybuilding. I began in our garage as a kid, as my father had weights at home that he had used earlier. In the 1950's, he had nineteen inch arms, a 500 pound bench press. Once, he did enter the Mr. Illinois, but he didn't really do well. In general, I wasn't encouraged to lift. Bodybuilding was considered weird, done by freaks. The gyms, in general, were dungeons, filled with crude equipment.

MD: Your father sounded like a powerful guy. How did your body respond to your early training? Did it seem you had some of your father's genetics?

SOCIAL PROFILES



Search

Popular

Tags

Blog Archives

MySpace Tickers: CoolSpaceTricks.c

ABOUT ME



VEERAJ @ BODYBUILDING MAURITIUS

[VIEW MY COMPLETE](#)

TRANSLATE ARTICLES TO OTHER LANGUAGES

Select Language

Powered by [Google](#)

ARTICLE SECTIONS

DRUGS EDUCATION

GENERAL TOPICS IN BODYBUILDING

INTERVIEWS BY Dr. MICHAEL DUSA

NUTRITION MEGASECTION

OLD SCHOOL BODYBUILDING

SUPPLEMENTS MEGASECTION

TRAINING MEGASECTION

TOTAL PAGEVIEWS

948639



Clenbuterol as a fat loss agent. By Vic Goyaram

Clenbuterol as a fat loss agent
Researched and composed by Vic Goyaram Click here to like my Facebook page for daily updates ...

Stretch marks and the bodybuilder. By Vic Goyaram



Stretch Marks And The Bodybuilder By Veeraj Goyaram "As a kid, I had this itch that I couldn't scratch. I was fat and u...

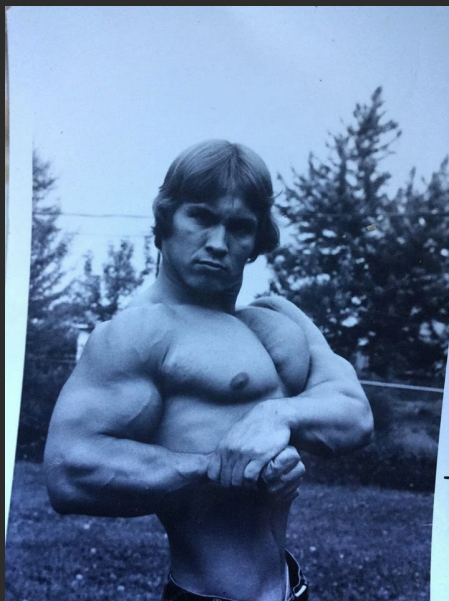


Sporting 20" arms at age 17 circa 1973

LD: Mike, as a freshman in high school, I gained 1.5 inches of muscle on my arms in one week. I gained 15 pounds of bodyweight in two weeks. By the time I was 17 years old, I was carrying 20 inch arms. This is before I even knew what dianabol or any of that was. I am getting ahead here, but the late Bob Kennedy, publisher of Muscle Mag International, wrote in his book, I believe it was "Beef It," that myself, Casey Viator, Mike Mentzer and Tim Belknap were true "naturals." He meant that we had ideal genetics, bone structure and the like that allowed us to go so far by genetics alone.

MD: Those are astounding measurements! I'd think you'd have been a natural for ball sports.

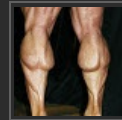
LD: I played football in high school and three years of college. I played fullback in high school, and was on the "A" team. I did blow my knee out, wrecking my ACL ligament, but retained great speed and power and instead of halfback, I was switched to fullback and a blocking running back. I played three years of football at North Central College, but, by the time senior year had rolled around, I was at odds with the head coach, so that was it for my gridiron career.



Aged 17 and training with his dad's weights in a garage gym in Illinois

MD: The nascent days of bodybuilding were rough ones for many reasons. Since the general populace seemed so averse to the whole idea of lifting weights, was it difficult for you to find someone to lend you guidance in your iron pursuits?

LD: Its true about people looking at lifters with disfavor. The football coaches-they didn't want the weights to take away from football. At the age of 17, I was fortunate to meet Bob Gajda, who, as you know, was a great bodybuilder as well as AAU Mr. America and Mr. Universe. I'd train at his facility and, understand, I'd be around all kinds of professional athletes whom he'd be training. He'd sit me in his office regularly for hours after I'd be done training and just teach me so many things. I will tell you, right off the bat, I was around the best, and Bob was certainly ahead of his time. Mike, to this day, when you hear the term "core" used, that's



All about training the calves. By Vic Goyaram
All about training the Calves
Researched and Composed by Vic Goyaram Click [HERE](#) to like my Facebook Page for DAILY Updates!!!

I...



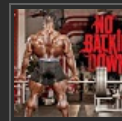
LEG PRESSING NOTES: Form, Foot placement and Stance. By Vic Goyaram

Leg pressing notes: Form, Foot placement and Stance Researched and composed by Vic Goyaram Click [here](#) to like my Facebook pa...



Compendium of Old School Exercises/ Part One: Shoulders. By Vic Goyaram

Mauritius Compendium of Old School Exercises Part One: Shoulders Researched and Composed by Vic Veeraj Goyaram Exclusive for Bodybuil...



Motivational Quotes from the Predator Mr. Kai Greene

Motivational Quotes from the Predator Mr. Kai Greene A definition of Success Success is not based on genetics. It's not based on h...



What's the deal with raw eggs? By Vic Goyaram

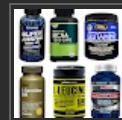
What's the deal with raw eggs? Researched and composed by Vic Goyaram Exclusive for Bodybuilding Mauritius & South Africa ...



Vitamin B12 injections for bodybuilders? By Vic Goyaram

An analysis of the usefulness of Vitamin B12 injections for bodybuilding Researched and composed by Vic Goyaram Click

[HERE](#) to ...



AMINO ACID SUPPLEMENT ARTICLE SERIES Part One: Basic Science of amino acids. By Vic Goyaram

AMINO ACID SUPPLEMENT ARTICLE SERIES Basic Science of amino acids Researched and composed by Vic Veeraj Goyaram Exclusive for Body...



Whey protein, BCAAs, Glutamine: How to invest the money? By Vic Goyaram

Whey protein, BCAAs, Glutamine: How to invest the money? Researched and Composed by Vic Goyaram Exclusive for Bodybuilding Mauritius...

Powered by Blogger.

BLOG ARCHIVE

April (5)
March (11)
February (3)
December (3)
October (3)
September (2)
August (3)
June (6)
May (5)
April (5)

Bob. He coined that term many years ago.

MD: Amazing. I am happy to say I have Bob scheduled for interview. I must say, with the size and results you were making so early on in your training, I'd guess you were competing by this time?

LD: My first show was the Mr. Chicagoland when I was 17 years old. I was training with my friend, Frank Palkoska, in his bedroom at his house. As an aside, Frank later was in the Army and he was the one who put their physical training program together. We'd train, and then have dinner at his house. I'd then take the bus home to my house and have dinner again (laughs). So, I entered the show, and Bob Gajda was the head judge. Soon after I arrived, who walks in but none other than Sergio Oliva! I just announced to whomever was standing near me that I was going to simply walk up to him and ask him about his gigantic arms. Sergio told me he would do 200 pound skull crushers. I was like, that's fine, so I set out to do the same. I got up to 265 pounds in this lift, doing sets of six reps. I'd lay on my bench, do a pullover with the weighted bar, and do extensions with it.



1981 IFBB World Championships heavyweights comparison
with Reid Schindle and Gunnar Rosbo

MD: Thus, your legendary, gigantic arms. How did you fare in the show?

LD: Not well. But Bob did tell me that he'd train me, and that he felt I could go to the top in bodybuilding. I soon started winning. In the Junior Mr. Rockford, I was in the top eight and earned my first trophy. I also annexed best arms and best back awards. I took the Junior Mr. Chicago. I started winning. It's funny, looking back, guys started calling me and saying straight out that they'd beat me in the next show.

MD: What do you mean? They'd just randomly call you on the phone and call you out?

LD: Yes, crazy, huh? I'd just carry on. You must understand, I kind of came out of nowhere.

MD: People feel threatened by change, newness, and assault on their station. You were still very young at this time, and, as I understand, still playing football. What was your training and nutrition like?

March (6)
February (12)
November (4)
October (10)
September (3)
August (5)
July (5)
June (12)
May (7)
April (4)
March (4)
February (29)

LABELS

DRUGS EDUCATION (6)
GENERAL TOPICS IN BODYBUILDING (19)
INTERVIEWS BY Dr. MICHAEL DUSA (15)
NUTRITION MEGASECTION (15)
OLD SCHOOL BODYBUILDING (42)
SUPPLEMENTS MEGASECTION (23)
TRAINING MEGASECTION (53)

BLOG ARCHIVE

▼ 2015 (19)
▼ April (5)
A Conversation with World Bodybuilding
Champion an...

A Conversation with Actor, Arnold training
partner...

A conversation with Van Halen Album cover
man, ESP...

A Conversation with IFBB Professional and
Scandina...

A Conversation with 70's National Amateur
bodybuil...

► March (11)
► February (3)

► 2014 (45)
► 2013 (83)

BLOGGER TEMPLATES

BLOGGER NEWS

BLOGROLL

LD: Even during football season, I'd hit the weights, usually just three times per week to maintain my mass. In college, I was the only player to have a "training table," which essentially meant that I was able to go in the cafeteria and pick my own menu. I'd just eat big, Mike. Meat, milk, eggs. I'd ingest wheat germ, liver tablets, Rheo Blair's protein powder. Oh, then there was the famous Bob Hoffman "Protein of the Sea." It tasted worse than rotten tuna. I bought that once and threw it out.

MD: BoHo! I had one bottle of Protein of the Sea and it sat in my high school locker my entire senior year. I'd always live by the mantra of "Just say no to taste," but with this stuff, "No" was most definitely the word.

LD: (laughs) Yup. That was it. I used Hoffman's weight gain product, it was loaded with fats and protein, and with it I gained 15 pounds in two weeks as I had said earlier.

MD: I played some high school football, and also tried to train with weights at the same time. I just felt beat to hell all the time. It was tough. I am intrigued you were able to pound it on the gridiron and also maintain your muscular mass with the weights at the same time.

JOHN GRIMM
Mr. America 1950
1951, 1952, 1953
1954, 1955
1956, 1957
1958, 1959
1960, 1961
1962, 1963
1964, 1965
1966, 1967
1968, 1969
1970, 1971
1972, 1973
1974, 1975
1976, 1977
1978, 1979
1980, 1981
1982, 1983
1984, 1985
1986, 1987
1988, 1989
1990, 1991
1992, 1993
1994, 1995
1996, 1997
1998, 1999
2000, 2001
2002, 2003
2004, 2005
2006, 2007
2008, 2009
2010, 2011
2012, 2013
2014, 2015
2016, 2017
2018, 2019
2020, 2021
2022, 2023
2024, 2025
2026, 2027
2028, 2029
2030, 2031
2032, 2033
2034, 2035
2036, 2037
2038, 2039
2040, 2041
2042, 2043
2044, 2045
2046, 2047
2048, 2049
2050, 2051
2052, 2053
2054, 2055
2056, 2057
2058, 2059
2060, 2061
2062, 2063
2064, 2065
2066, 2067
2068, 2069
2070, 2071
2072, 2073
2074, 2075
2076, 2077
2078, 2079
2080, 2081
2082, 2083
2084, 2085
2086, 2087
2088, 2089
2090, 2091
2092, 2093
2094, 2095
2096, 2097
2098, 2099
2100, 2101
2102, 2103
2104, 2105
2106, 2107
2108, 2109
2110, 2111
2112, 2113
2114, 2115
2116, 2117
2118, 2119
2120, 2121
2122, 2123
2124, 2125
2126, 2127
2128, 2129
2130, 2131
2132, 2133
2134, 2135
2136, 2137
2138, 2139
2140, 2141
2142, 2143
2144, 2145
2146, 2147
2148, 2149
2150, 2151
2152, 2153
2154, 2155
2156, 2157
2158, 2159
2160, 2161
2162, 2163
2164, 2165
2166, 2167
2168, 2169
2170, 2171
2172, 2173
2174, 2175
2176, 2177
2178, 2179
2180, 2181
2182, 2183
2184, 2185
2186, 2187
2188, 2189
2190, 2191
2192, 2193
2194, 2195
2196, 2197
2198, 2199
2200, 2201
2202, 2203
2204, 2205
2206, 2207
2208, 2209
2210, 2211
2212, 2213
2214, 2215
2216, 2217
2218, 2219
2220, 2221
2222, 2223
2224, 2225
2226, 2227
2228, 2229
2230, 2231
2232, 2233
2234, 2235
2236, 2237
2238, 2239
2240, 2241
2242, 2243
2244, 2245
2246, 2247
2248, 2249
2250, 2251
2252, 2253
2254, 2255
2256, 2257
2258, 2259
2260, 2261
2262, 2263
2264, 2265
2266, 2267
2268, 2269
2270, 2271
2272, 2273
2274, 2275
2276, 2277
2278, 2279
2280, 2281
2282, 2283
2284, 2285
2286, 2287
2288, 2289
2290, 2291
2292, 2293
2294, 2295
2296, 2297
2298, 2299
2300, 2301
2302, 2303
2304, 2305
2306, 2307
2308, 2309
2310, 2311
2312, 2313
2314, 2315
2316, 2317
2318, 2319
2320, 2321
2322, 2323
2324, 2325
2326, 2327
2328, 2329
2330, 2331
2332, 2333
2334, 2335
2336, 2337
2338, 2339
2340, 2341
2342, 2343
2344, 2345
2346, 2347
2348, 2349
2350, 2351
2352, 2353
2354, 2355
2356, 2357
2358, 2359
2360, 2361
2362, 2363
2364, 2365
2366, 2367
2368, 2369
2370, 2371
2372, 2373
2374, 2375
2376, 2377
2378, 2379
2380, 2381
2382, 2383
2384, 2385
2386, 2387
2388, 2389
2390, 2391
2392, 2393
2394, 2395
2396, 2397
2398, 2399
2400, 2401
2402, 2403
2404, 2405
2406, 2407
2408, 2409
2410, 2411
2412, 2413
2414, 2415
2416, 2417
2418, 2419
2420, 2421
2422, 2423
2424, 2425
2426, 2427
2428, 2429
2430, 2431
2432, 2433
2434, 2435
2436, 2437
2438, 2439
2440, 2441
2442, 2443
2444, 2445
2446, 2447
2448, 2449
2450, 2451
2452, 2453
2454, 2455
2456, 2457
2458, 2459
2460, 2461
2462, 2463
2464, 2465
2466, 2467
2468, 2469
2470, 2471
2472, 2473
2474, 2475
2476, 2477
2478, 2479
2480, 2481
2482, 2483
2484, 2485
2486, 2487
2488, 2489
2490, 2491
2492, 2493
2494, 2495
2496, 2497
2498, 2499
2500, 2501
2502, 2503
2504, 2505
2506, 2507
2508, 2509
2510, 2511
2512, 2513
2514, 2515
2516, 2517
2518, 2519
2520, 2521
2522, 2523
2524, 2525
2526, 2527
2528, 2529
2530, 2531
2532, 2533
2534, 2535
2536, 2537
2538, 2539
2540, 2541
2542, 2543
2544, 2545
2546, 2547
2548, 2549
2550, 2551
2552, 2553
2554, 2555
2556, 2557
2558, 2559
2560, 2561
2562, 2563
2564, 2565
2566, 2567
2568, 2569
2570, 2571
2572, 2573
2574, 2575
2576, 2577
2578, 2579
2580, 2581
2582, 2583
2584, 2585
2586, 2587
2588, 2589
2590, 2591
2592, 2593
2594, 2595
2596, 2597
2598, 2599
2600, 2601
2602, 2603
2604, 2605
2606, 2607
2608, 2609
2610, 2611
2612, 2613
2614, 2615
2616, 2617
2618, 2619
2620, 2621
2622, 2623
2624, 2625
2626, 2627
2628, 2629
2630, 2631
2632, 2633
2634, 2635
2636, 2637
2638, 2639
2640, 2641
2642, 2643
2644, 2645
2646, 2647
2648, 2649
2650, 2651
2652, 2653
2654, 2655
2656, 2657
2658, 2659
2660, 2661
2662, 2663
2664, 2665
2666, 2667
2668, 2669
2670, 2671
2672, 2673
2674, 2675
2676, 2677
2678, 2679
2680, 2681
2682, 2683
2684, 2685
2686, 2687
2688, 2689
2690, 2691
2692, 2693
2694, 2695
2696, 2697
2698, 2699
2700, 2701
2702, 2703
2704, 2705
2706, 2707
2708, 2709
2710, 2711
2712, 2713
2714, 2715
2716, 2717
2718, 2719
2720, 2721
2722, 2723
2724, 2725
2726, 2727
2728, 2729
2730, 2731
2732, 2733
2734, 2735
2736, 2737
2738, 2739
2740, 2741
2742, 2743
2744, 2745
2746, 2747
2748, 2749
2750, 2751
2752, 2753
2754, 2755
2756, 2757
2758, 2759
2760, 2761
2762, 2763
2764, 2765
2766, 2767
2768, 2769
2770, 2771
2772, 2773
2774, 2775
2776, 2777
2778, 2779
2780, 2781
2782, 2783
2784, 2785
2786, 2787
2788, 2789
2790, 2791
2792, 2793
2794, 2795
2796, 2797
2798, 2799
2800, 2801
2802, 2803
2804, 2805
2806, 2807
2808, 2809
2810, 2811
2812, 2813
2814, 2815
2816, 2817
2818, 2819
2820, 2821
2822, 2823
2824, 2825
2826, 2827
2828, 2829
2830, 2831
2832, 2833
2834, 2835
2836, 2837
2838, 2839
2840, 2841
2842, 2843
2844, 2845
2846, 2847
2848, 2849
2850, 2851
2852, 2853
2854, 2855
2856, 2857
2858, 2859
2860, 2861
2862, 2863
2864, 2865
2866, 2867
2868, 2869
2870, 2871
2872, 2873
2874, 2875
2876, 2877
2878, 2879
2880, 2881
2882, 2883
2884, 2885
2886, 2887
2888, 2889
2890, 2891
2892, 2893
2894, 2895
2896, 2897
2898, 2899
2900, 2901
2902, 2903
2904, 2905
2906, 2907
2908, 2909
2910, 2911
2912, 2913
2914, 2915
2916, 2917
2918, 2919
2920, 2921
2922, 2923
2924, 2925
2926, 2927
2928, 2929
2930, 2931
2932, 2933
2934, 2935
2936, 2937
2938, 2939
2940, 2941
2942, 2943
2944, 2945
2946, 2947
2948, 2949
2950, 2951
2952, 2953
2954, 2955
2956, 2957
2958, 2959
2960, 2961
2962, 2963
2964, 2965
2966, 2967
2968, 2969
2970, 2971
2972, 2973
2974, 2975
2976, 2977
2978, 2979
2980, 2981
2982, 2983
2984, 2985
2986, 2987
2988, 2989
2990, 2991
2992, 2993
2994, 2995
2996, 2997
2998, 2999
3000, 3001
3002, 3003
3004, 3005
3006, 3007
3008, 3009
3010, 3011
3012, 3013
3014, 3015
3016, 3017
3018, 3019
3020, 3021
3022, 3023
3024, 3025
3026, 3027
3028, 3029
3030, 3031
3032, 3033
3034, 3035
3036, 3037
3038, 3039
3040, 3041
3042, 3043
3044, 3045
3046, 3047
3048, 3049
3050, 3051
3052, 3053
3054, 3055
3056, 3057
3058, 3059
3060, 3061
3062, 3063
3064, 3065
3066, 3067
3068, 3069
3070, 3071
3072, 3073
3074, 3075
3076, 3077
3078, 3079
3080, 3081
3082, 3083
3084, 3085
3086, 3087
3088, 3089
3090, 3091
3092, 3093
3094, 3095
3096, 3097
3098, 3099
3100, 3101
3102, 3103
3104, 3105
3106, 3107
3108, 3109
3110, 3111
3112, 3113
3114, 3115
3116, 3117
3118, 3119
3120, 3121
3122, 3123
3124, 3125
3126, 3127
3128, 3129
3130, 3131
3132, 3133
3134, 3135
3136, 3137
3138, 3139
3140, 3141
3142, 3143
3144, 3145
3146, 3147
3148, 3149
3150, 3151
3152, 3153
3154, 3155
3156, 3157
3158, 3159
3160, 3161
3162, 3163
3164, 3165
3166, 3167
3168, 3169
3170, 3171
3172, 3173
3174, 3175
3176, 3177
3178, 3179
3180, 3181
3182, 3183
3184, 3185
3186, 3187
3188, 3189
3190, 3191
3192, 3193
3194, 3195
3196, 3197
3198, 3199
3200, 3201
3202, 3203
3204, 3205
3206, 3207
3208, 3209
3210, 3211
3212, 3213
3214, 3215
3216, 3217
3218, 3219
3220, 3221
3222, 3223
3224, 3225
3226, 3227
3228, 3229
3230, 3231
3232, 3233
3234, 3235
3236, 3237
3238, 3239
3240, 3241
3242, 3243
3244, 3245
3246, 3247
3248, 3249
3250, 3251
3252, 3253
3254, 3255
3256, 3257
3258, 3259
3260, 3261
3262, 3263
3264, 3265
3266, 3267
3268, 3269
3270, 3271
3272, 3273
3274, 3275
3276, 3277
3278, 3279
3280, 3281
3282, 3283
3284, 3285
3286, 3287
3288, 3289
3290, 3291
3292, 3293
3294, 3295
3296, 3297
3298, 3299
3300, 3301
3302, 3303
3304, 3305
3306, 3307
3308, 3309
3310, 3311
3312, 3313
3314, 3315
3316, 3317
3318, 3319
3320, 3321
3322, 3323
3324, 3325
3326, 3327
3328, 3329
3330, 3331
3332, 3333
3334, 3335
3336, 3337
3338, 3339
3340, 3341
3342, 3343
3344, 3345
3346, 3347
3348, 3349
3350, 3351
3352, 3353
3354, 3355
3356, 3357
3358, 3359
3360, 3361
3362, 3363
3364, 3365
3366, 3367
3368, 3369
3370, 3371
3372, 3373
3374, 3375
3376, 3377
3378, 3379
3380, 3381
3382, 3383
3384, 3385
3386, 3387
3388, 3389
3390, 3391
3392, 3393
3394, 3395
3396, 3397
3398, 3399
3400, 3401
3402, 3403
3404, 3405
3406, 3407
3408, 3409
3410, 3411
3412, 3413
3414, 3415
3416, 3417
3418, 3419
3420, 3421
3422, 3423
3424, 3425
3426, 3427
3428, 3429
3430, 3431
3432, 3433
3434, 3435
3436, 3437
3438, 3439
3440, 3441
3442, 3443
3444, 3445
3446, 3447
3448, 3449
3450, 3451
3452, 3453
3454, 3455
3456, 3457
3458, 3459
3460, 3461
3462, 3463
3464, 3465
3466, 3467
3468, 3469
3470, 3471
3472, 3473
3474, 3475
3476, 3477
3478, 3479
3480, 3481
3482, 3483
3484, 3485
3486, 3487
3488, 3489
3490, 3491
3492, 3493
3494, 3495
3496, 3497
3498, 3499
3500, 3501
3502, 3503
3504, 3505
3506, 3507
3508, 3509
3510, 3511
3512, 3513
3514, 3515
3516, 3517
3518, 3519
3520, 3521
3522, 3523
3524, 3525
3526, 3527
3528, 3529
3530, 3531
3532, 3533
3534, 3535
3536, 3537
3538, 3539
3540, 3541
3542, 3543
3544, 3545
3546, 3547
3548, 3549
3550, 3551
3552, 3553
3554, 3555
3556, 3557
3558, 3559
3560, 3561
3562, 3563
3564, 3565
3566, 3567
3568, 3569
3570, 3571
3572, 3573
3574, 3575
3576, 3577
3578, 3579
3580, 3581
3582, 3583
3584, 3585
3586, 3587
3588, 3589
3590, 3591
3592, 3593
3594, 3595
3596, 3597
3598, 3599
3600, 3601
3602, 3603
3604, 3605
3606, 3607
3608, 3609
3610, 3611
3612, 3613
3614, 3615
3616, 3617
3618, 3619
3620, 3621
3622, 3623
3624, 3625
3626, 3627
3628, 3629
3630, 3631
3632, 3633
3634, 3635
3636, 3637
3638, 3639
3640, 3641
3642, 3643
3644, 3645
3646, 3647
3648, 3649
3650, 3651
3652, 3653
3654, 3655
3656, 3657
3658, 3659
3660, 3661
3662, 3663
3664, 3665
3666, 3667
3668, 3669
3670, 3671
3672, 3673
3674, 3675
3676, 3677
3678, 3679
3680, 3681
3682, 3683
3684, 3685
3686, 3687
3688, 3689
3690, 3691
3692, 3693
3694, 3695
3696, 3697
3698, 3699
3700, 3701
3702, 3703
3704, 3705
3706, 3707
3708, 3709
3710, 3711
3712, 3713
3714, 3715
3716, 3717
3718, 3719
3720, 3721
3722, 3723
3724, 3725
3726, 3727
3728, 3729
3730, 3731
3732, 3733
3734, 3735
3736, 3737
3738, 3739
3740, 3741
3742, 3743
3744, 3745
3746, 3747
3748, 3749
3750, 3751
3752, 3753
3754, 3755
3756, 3757
3758, 3759
3760, 3761
3762, 3763
3764, 3765
3766, 3767
3768, 3769
3770, 3771
3772, 3773
3774, 3775
3776, 3777
3778, 3779
3780, 3781
3782, 3783
3784, 3785
3786, 3787
3788, 3789
3790, 3791
3792, 3793
3794, 3795
3796, 3797
3798, 3799
3800, 3801
3802, 3803
3804, 3805
3806, 3807
3808, 3809
3810, 3811
3812, 3813
3814, 3815
3816, 3817
3818, 3819
3820, 3821
3822, 3823
3824, 3825
3826, 3827
3828, 3829
3830, 3831
3832, 3833
3834, 3835
3836, 3837
3838, 3839
3840, 3841
3842, 3843
3844, 3845
3846, 3847
3848, 3849
3850, 3851
3852, 3853
3854, 3855
3856, 3857
3858, 3859
3860, 3861
3862, 3863
3864, 3865
3866, 3867
3868, 3869
3870, 3871
3872, 3873
3874, 3875
3876, 3877
3878, 3879
3880, 3881
3882, 3883
3884, 3885
3886, 3887
3888, 3889
3890, 3891
3892, 3893
3894, 3895
3896, 3897
3898, 3899
3900, 3901
3902, 3903
3904, 3905
3906, 3907
3908, 3909
3910, 3911
3912, 3913
3914, 3915
3916, 3917
3918, 3919
3920, 3921
3922, 3923
3924, 3925
3926, 3927
3928, 3929
3930, 3931
3932, 3933
3934, 3935

America title along the way. Around this time, I met Tom Platz. It was at the Teenage Mr. USA, and it was Tom and me, but nobody knew who the heck I was. We both had big legs, and the judges that day even heartened us to downplay our leg training, lest our physiques become bottom-heavy and assymetrical. Well, I laid off, he didn't. The winner that day was Steve Borodinsky, with Tom in second and me in third. In 1973, I showed up at the AAU Teen Mr. America, and this was won by Dan Tobol, Platz second, me fourth. I approached the head judge, Ralph Countryman, and basically told him that what I was witnessing was not fair. These guys were obviously jacked up on stuff. Ralph just told me to soldier on and not to get discouraged.

MD: Well, the collegiate America is nothing to sneeze at.

LD: That's true. In 1977, I did the AAU America for the first time, and I remember the Weider brothers were there for the event. Joe was there to convince all the bodybuilders to affiliate with the IFBB. We said no, and Joe was pissed. He went on about how bodybuilding in the AAU was just like a poor, second sister to weight lifting, and if we'd come under the stewardship of the IFBB, bodybuilding would be given it's deserved, singular attention as a separate entity. Still, we voted this idea down. Ultimately and insidiously, he infiltrated his people into the AAU, and, in the following few years, the AAU was completely removed. By 1981, we were competing under the auspices of the NPC. Wayne Demelia, Jim Manion, yeah. They took the title, but little of what was promised was delivered.

MD: Upon mention of Joe, I must ask, since you enjoyed his delightful protein so much, did you have any dealings with Bob Hoffman?

LD: When I won the Mr. Collegiate America in Wisconsin, I did meet Bob. By this time, he was pretty old, but he still was a big guy with a big frame. I remember him approaching me, shaking my hand, and saying, "Where the heck did you come from?" Other than that time, I never interacted with Bob.

MD: You started to have great success nationally, which brought you to the world stage.



1981 IFBB overall World Champion

LD: I took third in the [1980 Mr. America](#), with Gary Leonard and Greg Deferro placing ahead of me. Gary did very poorly in the World's following that, and Manion called me because Weider was pissed with Gary showing up in such bad shape. They wanted me to replace Gary as a representative in the next show, but this never happened. Here is an interesting story. In training for the 1981 Mr. America, Tim Belknap came for a visit at my gym. He approached me and declared he would win the upcoming America, to which I replied, "Well, whomever is best will win." Belknap, went on, "No, Weider is running it, so I'm gonna win." Well, soon after this, there we were, on stage, with the final announcement to be made for overall winner. The emcee literally started to say my name as winner, but in mid sentence changed it to "Tim Belknap." The crowd went nuts, booing. The top four, me, Belknap, James Youngblood and Ken Passariello, were sent to

Cairo for the World Championships. Let me tell you something, Mike. When Belknap won the America, he ran to all the newspapers and press, trumpeting his win to them. In Cairo, well, you know I won the overall and Tim was relegated to second to Jaques Neuville of France in his class. All Tim could do was plead with me to not tell anyone back home that I had beaten him at the World's. That's the truth. I also recall sitting with Tim's father, and him saying that Tim would definitely have to win that year, because he was concerned with all the insulin he was taking. You know he was a diabetic and needed the insulin. But, I can tell you he'd take much more insulin than what was prescribed.

MD: And then Weider and the pros called...

LD: I became an IFBB pro the following year. You know, I was training in Illinois when Joe called. He wanted me to come out to California, and I told him I'd consider it but really wasn't sold on the whole idea. Soon, Mike Mentzer called me. Then Boyer Coe. They sang the virtues of transplanting to California. In the summer of 1982, myself, Robby and Platz were guest posing at a show in San Jose. Mentzer was covering the show for Weider, and he told me that out of the three of us, I could win the Olympia, but I'd have to move to California. Mike, I had a house payment to make, responsibilities. At the same time, I had heard of guys going out there to do the Weider thing, and they'd end up becoming bums. I remember doing a photo shoot with Kike Elomaa, and Joe was supervising the shoot. He said to me, "Lance, look. People want the blue-eyed guy, the blond, the guy like this with the great physique. People don't want blacks, they certainly don't want foreigners. He mentioned that even while using Sergio Oliva to spark his marketing, products wouldn't move like they would with a guy like me. I'd only go to California for photo shoots. Joe did make me an offer, and it was for a salary of two hundred dollars per week, along with free advertising space in his magazines. Well, I hadn't products to sell, so I didn't go with this. Boyer Coe, a great guy, told me, "Lance, you are done in the IFBB. Nobody says no to Joe." I knew my long term future didn't include bodybuilding. I was disappointed because I really thought I could win the Olympia, but it became hard to get motivated. From that point on, I knew they wouldn't let me do well in his shows.



At one point, I was contacted by a fellow who ran independent shows. They'd benefit the Royal Society of Mentally and Physically Handicapped. He wanted me

to become involved, and I contacted the IFBB and related how great this would be and how my participation would bring a positive light to the organization and to bodybuilding in general. They told me if I got involved, I'd be summarily suspended. This is when I resigned from the IFBB. It was 1984.

MD: But you were not done, switching over to NABBA.

LD: Yes. In 84 and then 85, I took third in the NABBA Universe, losing to Ed Kawak and then Brian Buchanan, respectively. I did win the NABBA Pro Universe in 1986, and then retired. I did take another shot with the IFBB, and, upon Ben Weider reinstating me in 1988, I placed sixth in the Chicago Pro Championships. This was a curious situation, however. Richard Loesch was one of the judges, and he had me in second place. Well, he was cornered in an elevator at the event venue by Jim Manion and his people, and asked why he'd placed me as he did. "Because that is the placing Lance deserved." After that, Rich was out. No more judging for him.



I did the Arnold in 1989, which was won by Rich Gaspari. I got eighth, and shared a locker room with Samir Bannout. Samir and his coach looked at me and said people would fall to me that day. They thought even Rich would be subject to loss to me. At prejudice, I wasn't even being called out. I talked to Joe who was there and he merely said I'd been gone for a while, hadn't competed. It was the same old story.

MD: Lance-at the time, what did you think of bodybuilding?

LD: Mike, generally, up to 1988, at this time, nobody really had an ugly physique. Up until the early nineties I'd say this held true. Now? Things are lost.



1983 seminar. Madison, Wisconsin
Sporting 23" arms

MD: As we discussed, I remember you in 1980 doing a seminar I attended at Cheach's Gym in North Haven, Connecticut. You were gigantic, in shape, huge arms, articulate. You had a carved, detailed, tapered waste. Who'd have thought of the devolvement of bodybuilding as we see it today?

LD: It's true and unfortunate.

MD: How about your family?

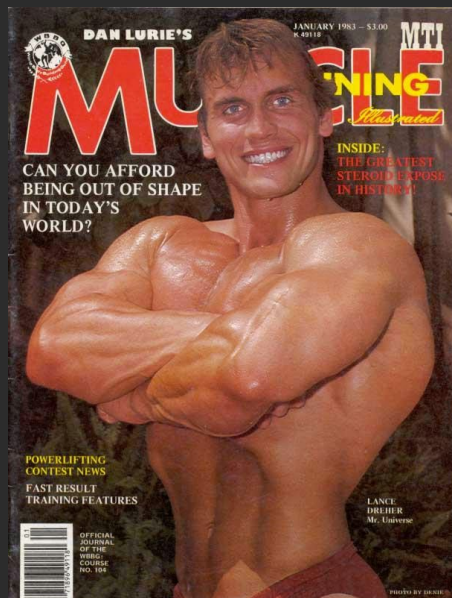
LD: My father is now 83, and he is in good health and shape. My mother, not so, I am afraid. She is dependent on many medications, and she is quite frail. She is sadly a part of our very broken health care system. You know, with all of the health care tomfoolery you hear about, it's a very tangled web. Sorry to get a bit off track here, but this involves my mother. It involves everyone, actually. The health care system was going bankrupt, and the powers that be knew they couldn't let this happen. So deductibles were raised. My family deductible is six thousand dollars per year. I pay \$1,200 a month for my family for health insurance. Now...well, there are record profits for the insurance companies because they don't pay anything out. You know, the driving force for the high cost of health care today is obesity and smoking. It's out of hand. Did you know the average cost, just for yearly medications, for a diabetic is fourteen thousand dollars per year?

MD: Insane. I am sure you see this first hand and regularly in your business. You have your master's degree in nutrition, and your PhD as a nutrition counselor. You work directly with the brilliant bob Gajda.

LD: I do. My business involves nutritional consultations and some physical training, as well. Most of my clients are from physicians, and we work hard at reversing processes that have gripped them and caused them sickness for often prolonged periods of time. We witness many food addictions in clients. It is interesting that women have a proclivity to be addicted to carbs, men, it's alcohol. These stimulate the same centers in the brain. Clients text me their food journals, and doing so gives them accountability. We attend to and recognize the emotional effects of food as well. Both myself, and my wife, who works with me, are certified life coaches. The majority of our clients receive programs of coaching for the nutrition aspect, and exercise as well.



Here is an interesting story. In 1981, the VP of the Chicago Health Club arranged a meeting for me with Don Wildman, who was the president of the Health Tennis Corporation. I told him that the next big move in the fitness industry was personal training, and that he should let me head the charge into this new world. Well, he was one of these rich guys who would let you know that you were a poor guy. He was like, "I am right. You are wrong." He disagreed with me. Of course, Don was wrong.



MD: It must be interesting to work with and be friends of a guy like Bob Gajda.

LD: Bob and I are putting together two programs. One will be to certify PHA trainers, and this will be only offered to those individuals who have a college degree. We are also looking into training centers offering PHA as well as nutrition programs.

MD: PHA?

LD: Well, I can tell you Bob Gajda will go into great detail about PHA with you when you talk to him. All I can say is be prepared for that (laughs)! There are 696 secondary pumps to the heart in the body. The muscles. The premise is to move and mobilize lactic acids in the body, facilitating recovery. A deconditioned person can handle a PHA workout, the heart rate is controlled. There is much less soreness in the ensuing days. Bob will go into great detail about this with you.

MD: I'd better study up prior to my call to him. How are your workouts today, Lance?

LD: I go relatively heavy, five days per week. I can still do 100 pound dumbbell presses. I did have both knees replaced not long ago. You know, I had surgery on my clavicle some time ago, and during it they found that I had Valley Fever. I didn't know I had this for four years. I was told my life would change upon this diagnosis, and that I'd have to adopt a low carb diet. High carbs would give the noxious microorganisms an ideal environment to thrive in, and low carbs facilitate a healthier immune system. So this shapes my diet to this day.



Married for more than 30 years
with wife Debbie

MD: It's hard to believe you just turned 60 years old! You still look forever young, Lance. And I know your wife and you have four children.

LD: Thanks Mike. My oldest son is 30 and he just got married in our back yard last week. He is Lance, Jr., and he is 6'5". My son, Nathan, lives in Kansas City, and he is in great shape. He'd do well in bodybuilding if I coached him. My son Ryan is 6'1", is in ROTC, and is a sophomore in high school. My daughter, Alyssa, is 16 and a freshman.

MD: Fantastic, Lance. It's always great to see the results of a life well lived. I really want to thank you for your time and words. Please tell Bob Gajda to take it easy on me when I call him!

LD: (laughs). Oh, I will Mike. And thanks for thinking of me for an interview. I just want to say, for the young people especially-bodybuilding is not a career. People

will remember you for who you are, not for what you did.

**Thank you Dr. Michael Dusa and Dr. Lance Dreher for this fantastic
interview
Best regards from**



©,2015. Bodybuilding Mauritius. Any reprinting in any type of media is prohibited. Interview article published with permission from Dr. Michael Dusa (North Haven, Connecticut).

Disclaimer: The Content on this site is intended to be used for educational and entertainment purposes only. It is not intended to be and should not be interpreted as medical advice or a diagnosis of any health or fitness problem, condition or disease; or a recommendation for a specific test, doctor, care provider, procedure, treatment plan, product, or course of action. BODYBUILDING MAURITIUS is not a medical or healthcare provider and your use of this site does not create a doctor / patient relationship. We disclaim all responsibility for the professional qualifications and licensing of, and services provided by, any physician or other health providers posting on or otherwise referred to on this Site and/or any Third Party Site. Never disregard the medical advice of your physician or health professional, or delay in seeking such advice, because of something you read on this Site. We offer this Site AS IS and without any warranties. Correspondence: vicgoyaram@gmail.com




[Home](#)

[Older Post](#)

0 comments:

Post a Comment

 Comment as:

Subscribe to: [Post Comments \(Atom\)](#)