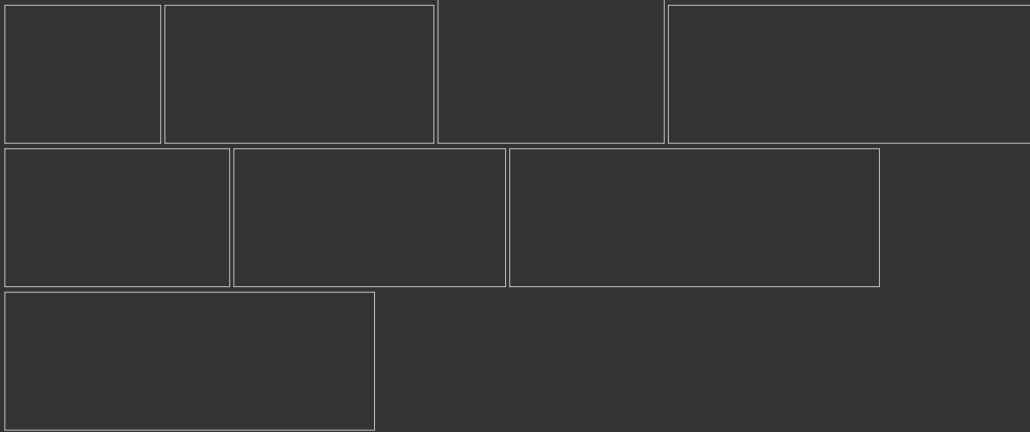


# DIARY OF THE BLACK PRINCE

Mr. Lifestyle ROBBY ROBINSON, an icon and legend from the Golden Era of bodybuilding - "The Black Prince", your expert for longevity and health, shares his secrets about natural muscle building at any age, old school training, healthy foods and lifestyle habits

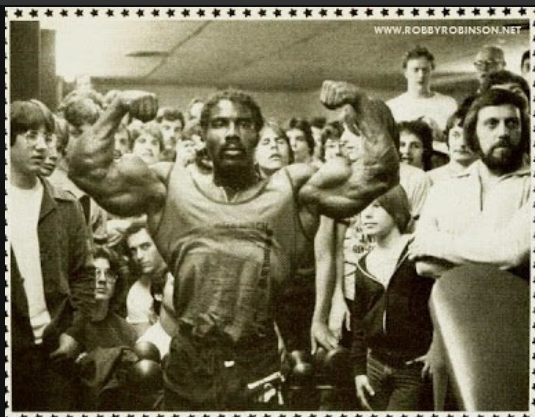


Sunday, November 3, 2013

## IRON GAME LEGENDS - ROBBY ROBINSON TALKS EXERCISE METHODS AND OLD SCHOOL TRAINING WITH OTHER LEGENDS OF THE GOLDEN AGE OF BODYBUILDING

WHEN I TRAIN I WANT EVERY MUSCLE TO BE VISIBLE, SO WHEN A JUDGE SAYS, "GIVE ME YOUR BEST DOUBLE BICEP SHOT" I WANT MUSCLE TO JUST JUMP OUT OF NOWHERE.

I AM ALWAYS THINKING AND VISUALIZING, I WANT TO FREAK THEM SUCKERS OUT, THAT IS EXACTLY WHAT I HAVE ALWAYS BEEN SAYING IN THE GYM.



ROBBY ROBINSON ON TOUR - FRONT DOUBLE BICEPS - NEW YORK CITY 70'S

Read about RR's training and life experience, about other legends of Golden Era of bodybuilding and what really happened behind the scenes of Weider's empire in RR's BOOK "The BLACK PRINCE; My Life in Bodybuilding: Muscle vs. Hustle"

• [www.robbyrobinson.net/books.php](http://www.robbyrobinson.net/books.php) •

### The Interview

**BK:** How many sets do you recommend per body part?

**RR:** For big muscle groups I can say 15-20 because they need to be taxed, however a lot of people try to do too many exercises.

I try to stick with 2-3 exercises for each body part, but if I am getting close to competition, I may increase it by one. However, that one exercise is something that will really try to create a change in my physique such as something I have not done before and with high reps.

**THAT IS WHAT BODYBUILDING IS - REPETITION**

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ROBBY'S DVD "BUILT" HAS WON A SILVER REMI AWARD at the WorldFest - Houston International Film & Video Festival!

**BUILT** by ROBBY ROBINSON

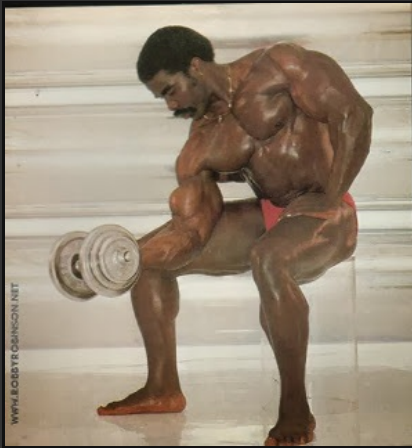
DIARY of the BLACK PRINCE

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WELCOME!

MY 40 YRS OF EXPERIENCE HAVE PROVEN TO ME THAT THE BEST MUSCULAR DEVELOPMENT IS ACHIEVED THROUGH NATURAL MEANS WITH A SOUND EATING PLAN, PROPER REST AND A VITAMIN AND HERBS



ROBBY ROBINSON - TRAINING - BICEPS PEAK  
DUMBBELL BICEPS CURLS OFF THE KNEE  
• [www.robbyrobinson.net/dvd\\_master\\_class.php](http://www.robbyrobinson.net/dvd_master_class.php) •

Bodybuilding is a lot of finding the exercise that targets the muscles so it responds best, when that happens you get a lot of response and your progress goes to the moon.

But I see a lot of people doing exercises and I look at them thinking "What are you doing?.." - it is like wasting your time.

### BODY POSITION PLAYS A HUGE ROLE IN BODYBUILDING

-- such as having an upper back arch in the right movements, or not having your arms out to the side during barbell curls and keeping them close to the body.

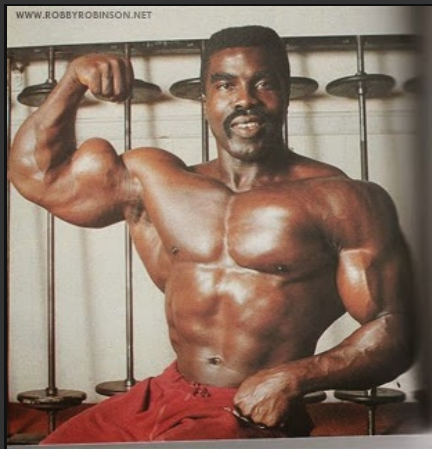
### THAT IS MY WHOLE CONCEPT ABOUT

#### BODYBUILDING:

- BODY POSITION
- A LOT OF VARIETY
- LIGHT WEEKS - HEAVY WEEKS
- ALTERNATING REPETITION RANGES

Sometimes I may just pick one exercises and do 7 sets of 7, or do shoulder presses with only 30 seconds of rest or heavy with a minute to a minute 45 seconds of rest - this way the body does not get used to any one method.

Another thing is positive self-talk, I definitely think you need to talk positive to yourself during your training to get one or two more reps and push harder.



ROBBY ROBINSON - BICEPS PEAK - 70S  
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ROBBY ROBINSON AND MIKE O'HEARN  
HEAVY TRAINING AT GOLD'S, CA 2013  
• [www.robbyrobinson.net/master-class.php](http://www.robbyrobinson.net/master-class.php) •

There are just a lot of things I just do not see bodybuilders doing anymore, I am not sure exactly where it comes from, but it is definitely not typical bodybuilding. They are just not using the typical things that actually build muscle.

I have been training with Mike O'Hearn the past few weeks and the routines are definitely long and intense.

Around 4-5 exercises per body part, sometimes more and the body will definitely respond to that up to a certain point before it will not.

Then you have to find another way to stimulate it through things like resting a bit longer between sets.

- Chest -2-3 exercises
- Back 3-4 exercises
- Triceps- 2-3 exercises
- Biceps- 2-3 exercises
- Shoulders- 2-3 exercises

**Ab Training –**  
To me ab training is hanging leg raises 5 sets of 10-15 every other day. I am not



SUPPLEMENTATION PROGRAM TO AID IN THE STIMULATION OF THE TRAINEE'S BODY FUNCTIONS.

THIS ALONG WITH INTENSE FOCUS ON CONTROLLED MUSCLE CONTRACTIONS AND ENDURING THE PAIN IT TAKES TO STIMULATE NATURAL MUSCLE GROWTH AND STRENGTH DEVELOPMENT IS WHAT IT TAKES. BUT YOU HAVE TO HAVE THE WILLINGNESS TO LEARN AND GROW. ONE'S POSITIVE MINDSET TO ACHIEVE SUCCESS MUST TAKE ON THE HABIT OF VISUAL PERSISTENCE AND THE WILL TO CONQUER YOURSELF.

LET THIS BLOG HELP KEEP YOU FOCUSED AND ON TRACK.

PLEASE, FEEL FREE TO LEAVE COMMENTS. THE PHOTOS AND MY WORDS ON THE SITE ARE HERE TO INSPIRE AND MOTIVATE.

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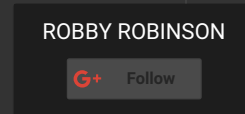
INSTEAD WE ENCOURAGE YOU TO VISIT OFTEN AND CONSIDER THIS A POSITIVE PART OF YOUR GROWTH PLAN. PEACE AND ENJOY, ROBBY

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ROBBY ROBINSON - PRINCE OF ARMS  
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[www.spritzer93436.tripod.com](http://www.spritzer93436.tripod.com)

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really into the whole ab thing because it really comes down to nutrition and how you eat.

Sticking with crunches and abdominal raises along with eating properly will most definitely tighten and develop the abdominal area. Another thing is staying properly hydrated. There again, I am just really trying to find the exercise that targets the muscle well for me.

**BK: What are some of the most unique exercise methods you have seen work?**

**RR: How Mike Mentzer used Heavy Duty training .** I have just always thought that was very interesting to this day. The negative part of the movement should definitely be focused on, letting the weight be lowered back into position over a certain time period.



MIKE MENTZER - HEAVY DUTY TRAINING  
HEAVY BARBELL BICEPS CURLS  
• [www.robbyrobinson.net/books.php](http://www.robbyrobinson.net/books.php) •

I began implementing that into my training even more so and seeing the results.

Really focusing on it the last few sets, of course I am emphasizing it throughout the workout, but especially those last few sets.

I think, that plays a huge role in building some huge and dense muscle tissue.

Mike had a unique vision, and he and I were thrust at each other in those days because we both had balanced and symmetrical physiques, and both were

valid for that top spot. Therefore, it was always a battle between him and me.

However, he did do a little bit more than was published at the time, because you know he had to.

He would have to a couple extra more reps or drop sets preparing for those competitions.

But yea, that negative has and always will be very important in building a muscular physique.

It is like doing a squat, you cannot just flop it into it, you have to move into it to get that positive and the negative effect. I think that is with any movement such as chins, Barbell Rows, Curls, Bench Press - any movement you perform.

**BK: Do you have any general tips for taking a persons physique to the next level? I know you are a big fan of posing to bring out muscular detail and growth.**

**RR:** You are what you think, you have to really think about bodybuilding, you have to think about having a big arm or chest or more muscular physique.



Robby Robinson, Joe Weider, Mike Mentzer, Dan Padilla, Franco Columbu  
• [www.robbyrobinson.net/books.php](http://www.robbyrobinson.net/books.php) •

You have to think about all these things. But you have to also practice all the parts: you have to eat, you have to rest, you have to keep a positive mind, work on your posing - you just have to practice all the parts.

As I said, bodybuilding is just repetition, you have to just keep going over these things. But visualization is my number one thing because the more you visualize something consistency throughout training it comes to be.

You cannot just do the exercise like most folks, you have to create the image by visualizing the exercise, and how you want the physique to look.

**BK: I think that is something that has been lost by many people today.**

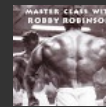
**RR:** Yea, you have to feel what you are doing. It is the same thing as a

relationship: if you want to love someone or something, you have to feel the movement.  
  
I am in touch with the muscle fibers, I am in touch with the exercise, I am in touch with the barbell. When I train my Back I want every muscle on my back to be visible, so when a Judge says "Give me your best double bicep shot" I

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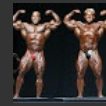
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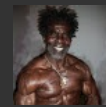
**"IRON" - BODYBUILDING DVD WITH ROBBY ROBINSON**

A NEW STAR IS BORN THE BLACK PRINCE - ROBBY ROBINSON IS THE KING OF IRON ROBBY ROBINSON - THE KING OF IRON BUILT- Instructio...



**STEROIDS, STEROIDS, STEROIDS**

THE USE OF THESE ILLEGAL SUBSTANCES IS A HEALTH RISK! IT IS HARD WORK NOT STEROID USE THAT BUILDS A FOUNDATION. YOUNG A...



**SUCCESSFUL BODYBUILDING**

I LOVE THE MAN / WOMAN THAT CAN SMILE IN TROUBLE, THAT CAN GATHER STRENGTH FROM DISTRESS ROBBY ROBINSON AT 64, FIRST MR OLYMPIA M...

**A FEW WORDS ABOUT STEROIDS "PURE MUSCLE, HARD AS STEEL"**

want muscle to just jump out of nowhere.

I am always thinking and visualizing, I want to freak them suckers out, that is exactly what I have always been saying in the gym. It is inside of you, you just have to reach down there and grab it.

You cannot just say, "Oh I am just going to go ahead", you have to visualize and make



SERGE NUBRET, FRANCO COLUMBU, ARNOLD SCHWARZENEGGER  
Mr Olympia 1973 • [www.robbyrobinson.net/consultation.php](http://www.robbyrobinson.net/consultation.php)

You have to have to have this attitude of tenacity. Tenacity is something you have to stir up inside of yourself.

That is what we had back in the old days with Arnold, Ed Corney, Franco Columbu, Kenny Waller, Serge Nubret.... I mean I can keep naming all day.

If you ever did a set of leg exercises with Arnold, he would just stand there for a minute and wonder if you were going to fall down or get your reps.

The same thing with myself, If my goal is 20 reps I am going to get my 20 reps.

You just have to have it made up in your mind, this is what I want to achieve, this is what I want to do, and you do it.

**BK: That is like Tom Platz , he was always really hardcore about legs.**

**RR:** Yes, I am glad you mentioned him. The thing with Tom Platz was he was just an absolute beast, it was like take no prisoners with him, take them all out right there, and that is how Tom was.

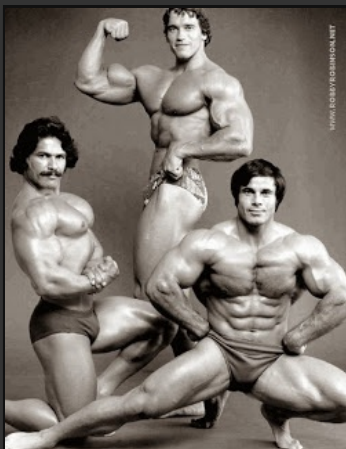
I used to love to train around Tom. Yea that would be amazing, he said the squat rack was like a temple where he would go to live or die.

Oh yea, he would put on a show, not even intending to it is just what he does.

People would just stand around looking at him; people would just forget they were training and watch Tom or me.

**BK: I know you have always said posing brings out the muscle detail, any more on that subject?**

**RR:** Posing makes everything easier and gives you comfort, it is almost like meditation for the body.



Ed Corney, Arnold Schwarzenegger and Franco Columbu  
• [www.robbyrobinson.net/dvd\\_built.php](http://www.robbyrobinson.net/dvd_built.php)

If you work on those poses when you have to hit them when a judge calls you out you should already be proud because you already put in that work.

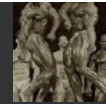
Posing is really a final polish you put on that physique - back in those days we would pose after every session. You see that is why we had that extra, because we worked on it, we did not just go in the gym, train, and leave.

Especially before competition, that was done for 90 consecutive days every day after you workout, there was no backing off or "Oh I am not feeling it today".

We did it every single day.... Ed Corney started out by doing his part, then Arnold , then Ken Waller ect, we would all be right there,

By competition we didn't even think about holding water, we were just so tight and dense we would get that pump up and eat a couple tablespoons of raisins and that was it.

**BK: So the mental drills were something you would just do all day every day correct?**



ROBBY ROBINSON & PHIL HILL •

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NOTHING BEATS FEELING HEALTHY - AT 67 - I AM A VERY LUCKY HUMAN BEING... ROBBY ROBINSON - ABS AT 67 - THE STAR OF "KINGS ...



**FROM PRINCE TO KING – WEIDERS EMPIRE AND STEROIDS – ROBBY'S INTERVIEW IN NATURAL MAG INTERNATIONAL TRAINING AND DIET**

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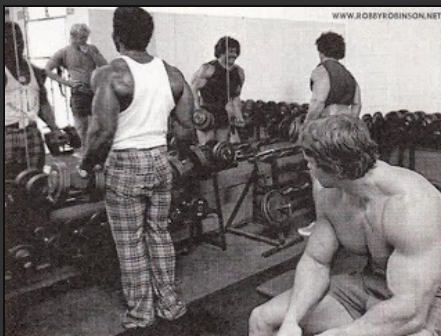
**RR:** Oh yea, they were something you would do every single day, there was no lay off whether you are off-season or on season.

The focus was there, it was as if you were going to school every single day. There was just a meditative part to it, when you are done and go home you would sit there.

**BK:** What is your stance on the right amount of cardio? Especially for someone already relatively lean just trying to gain mass.

**RR:** I have never really gotten into cardio, the most cardio we would do is going to the steps in Santa Monica by walking, sprinting, or jogging them.

Nowadays people want to do aerobics because they want to eat more, cheat on their meals, and think, "well, if I walk for 45 minutes - that will get rid of it."



Robby Robinson, Ed Corney, Arnold Schwarzenegger  
heavy arms training - dumbbell biceps curls - Gold's, CA  
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Robby Robinson, Arnold Schwarzenegger, Ed Corney, Denny Gable, Ken Waller  
photo shoot during filming of PUMPING IRON at Gold's Venice, CA 70's  
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There is nothing wrong with aerobics, you definitely need it, just not to the extent I see people doing it.

People do it for 45 minutes and sometimes hours, which to me doesn't make sense.

I mean, if you are lean and muscular it should be easy for the body to stay in this condition.

Keeping the body in a certain level of body fat, even in the off-season at least 10 to 12 % - this

makes it easier for the body to adjust to get into competition shape again.

Some people - they get so fat, they get a big belly, - no disrespect to them but to me that just makes it much harder each year.

**BK:** So you were never into bulking or cutting and the such.

**RR:** Nah, I have always been lean and muscular, my best competition bodyweight was 215 pounds. So for me to get into that body into the kind of astonishing competition shape is about 8 weeks.

#### READ THE FULL INTERVIEW BY BRAD KELLY ON BRET CONTRERAS BLOG

Brad Kelly is a sought after National Academy of Sports Medicine(NASM) Personal Trainer, Correctional Exercise Specialist(CES), and Performance Enhancement Specialist (PES) located in Panama City, Florida. Driven to help not just trainees in his local community but worldwide, he now regularly writes articles on various subjects such as training routines, corrective exercise, and nutrition. Brad has also directly helped over 125 National Academy of Sports Medicine Trainers pass their own exams, and performs online training to help people reach their fitness goals, whether it is gaining muscle, weight loss, or just leading a healthy lifestyle. Truly understanding the value of a healthy lifestyle, Brad is now fully recovered from a chronic sickness that lasted 7 years and left him weighing 105 pounds. The easiest way to find/ contact Brad is through his website [www.Brad-Kelly.com](http://www.Brad-Kelly.com).

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Posted by **ROBBY ROBINSON** at 9:00:00 AM

Reactions:  like it (1)  :) (0)  OMG (1)  WIN (0)  agree (1)  disagree (0)



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## 16 comments:

**Fernie Gutierrez** said...

Hello Robby and all. I have not posted a comment in some time as I have transferred to another city and my job has kept me from the iron for 3 months and have finally gotten back to lifting. First place I always go is Robbys blog! I love the info here and old school training is the best! no shortcuts. Just plane old hard work! Robby is the man and reading his blog gets me ready for battle with the heavy metal!So much info from one of the greatest!Keep pushing and pulling! Your pupil, Fernie Gutierrez

November 8, 2013 at 5:37 PM



**ROBBY ROBINSON** said...

FERNIE, HOPE ALL IS WELL, AND THAT YOU AND THE FAMILY ARE IN A SAFE PLACE, AND YOU ARE HAPPY IN YOUR NEW JOB. KEEP ME POSTED HOW THINGS ARE GOING. HOPE YOUR WORKOUTS ARE BACK ON TRACK PRODUCING RESULTS. YOUR KIND WORDS AND SUPPORT ARE GREATLY APPRECIATED. HAVE A GREAT DAY AND WEEK-END.

November 10, 2013 at 11:44 AM



**ROBBY ROBINSON** said...

FERNIE, HOPE ALL IS WELL, AND THAT YOU AND THE FAMILY ARE IN A SAFE PLACE, AND YOU ARE HAPPY IN YOUR NEW JOB. KEEP ME POSTED HOW THINGS ARE GOING. HOPE YOUR WORKOUTS ARE BACK ON TRACK PRODUCING RESULTS. YOUR KIND WORDS AND SUPPORT ARE GREATLY APPRECIATED. HAVE A GREAT DAY AND WEEK-END.

November 10, 2013 at 11:44 AM

**Alfredo Torres** said...

Thanks for a very informative article Robby. Another great article from one of the best bodybuilders of all time.

A Torres

November 10, 2013 at 7:21 PM

**Anonymous** said...

Robby,  
I have always told people that you should have a Ph.D. in your area. You have made a life-long quest to learn your subject. I am always amazed at how astute you are on fitness and nutrition. Even though I am educated, have a Ph.D. in Biochemistry I defer to some of your judgments. Even though many things you say I studied, but I never put them into practice. Glutamine supplementation is one thing I picked up from you. People should listen to you.  
Dr. Stan

November 12, 2013 at 6:04 AM

**Harris Scott** said...

Hi  
This is really helpful article  
I was searching for info about liposuction but when I came across this article and read it, it has changed my view. Now I know another safe way to reduce fat. thanks for this article.

December 6, 2013 at 7:06 AM



**ROBBY ROBINSON** said...

FERNIE-- GO TO HEAR FROM YOU I WISH AND THE FAMILY A HAPPY HOLIDAY SEASON.ITIS ALWAYS GO TO GET BACK TO THE IRON. DO HOPE TRAINING WILL BE AS JOYOUS AS BEFORE. THANKS FOR COMING AND JOINING US AT THE BLOG. YOUR SUPPORT IS ALWAYS APPRECIATED. ALWAYS GOOD TO HEAR FROM YOU. YOUR HARD WORK WILL PAYOFF !  
HAVE A GREAT WEEK-END.

December 22, 2013 at 4:37 PM



**ROBBY ROBINSON** said...

ALFREDO--THANKS FOR COMING TO THE BLOG. HAPPY YOU CAN FIND THE INFO.YOU WANT.  
. I AM HAVING FUN GIVING THE FANS THE INFO. THAT GIVES THEM A CHANCE. ACHIEVE THERE PHYSIQUE TOP CONDITION. HAVE A HAPPY HOLIDAY SEASON..

December 22, 2013 at 4:42 PM



**ROBBY ROBINSON** said...

HARRIS, YOU CAN DO THE LIPOSUCTION YOUR SELF BY EATING A CERTAIN WAY, IN A CERTAIN TIME CLOCK OF MEALS. DRIINK MORE WATER. INCREASE YOUR WATER YOU LOSE 1-1/2 A WEEK WITH A GOOD TRAINING -EATING PROGRAM.

December 22, 2013 at 4:47 PM



**ROBBY ROBINSON** said...

DR , YEARS , YEARS OF STUDYING READING , COLLECTING MATERIAL, HOME STUDY COURSES.EXPERIMENTING WITH MY OWN PHYSIQUE AND MINDSET. YOUR SUPPORT OVER THE YEARS, HAS MEANT A LOT . STAN, YOU INSPIRE ME. YOU WORK HARD, YOU STAY IN GOOD SHAPE. EVEN THOUGH YOU HAVE CANCER . YOU KEEP FIGHTING, WORKING, CHALLENGING YOUR MIND AND BODY. MANY WITH THIS CONDITION. WOULD HAVE JUST GIVEN UP WAITING TO BE BURIED. I HOPE WHEN IT COMES MY TIME. I WILL CHALLENGE MYSELF TO THE VERY END.THANKS FOR YOUR FRIENDSHIP.

December 22, 2013 at 4:56 PM



**harrysmatic** said...

Sorry for not posting on your blog for some time..I was absorbed by your FB page.

It is true that FB is more popular because of instant communication ,however your blog serves the purpose of having more thorough commentating,so,keep it up...

December 29, 2013 at 5:19 PM



**ROBBY ROBINSON** said...

HARRIE ,THANKS KEEP IN TOUCH.

January 13, 2014 at 12:26 PM



**ROBBY ROBINSON** said...

HARRIE ,THANKS KEEP IN TOUCH.

January 13, 2014 at 12:26 PM



**ROBBY ROBINSON** said...

HARRIS , YOU HAVE TO BE WILLING TO MAKE SMALL CHANGES . EAT BETWEEN TIMES OF 7 TO 7 OR 8 TO 8.THE BODY IS A MACHINE. YOUR THOUGHTS MINDSET ALONE WITH HARD WORK CREATE THE POSITIVE RESULTS YOU ARE SEEKING. "MAKE IT HAPPEN"

December 11, 2014 at 12:50 PM



**ROBBY ROBINSON** said...

DRSTAN YOUR KIND WORDS ARE APPRECIATED. I LOVE THE HUMAN ANATOMY IT IS A AWESOME MACHINE. I HAVE ALWAYS BEEN FASCINATED ABOUT HOW IT WORK .

December 11, 2014 at 12:53 PM



**Jade Graham** said...

which may cause a negative impact on the functioning of your thyroid gland [Get More Information](#)

November 11, 2016 at 7:41 AM

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