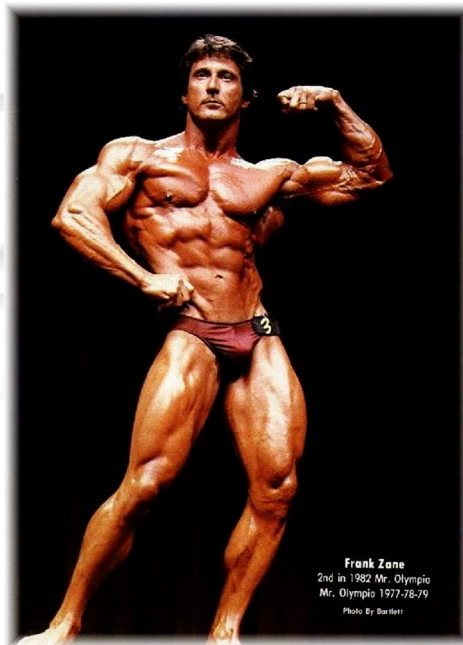


SPORTING LEGENDS: FRANK ZANE

SPORT: BODYBUILDING

COMPETITIVE ERA: 1965 - 1983

Frank Zane (June 28, 1942 in Kingston, Pennsylvania) is an American bodybuilder, teacher and nutritionalist.



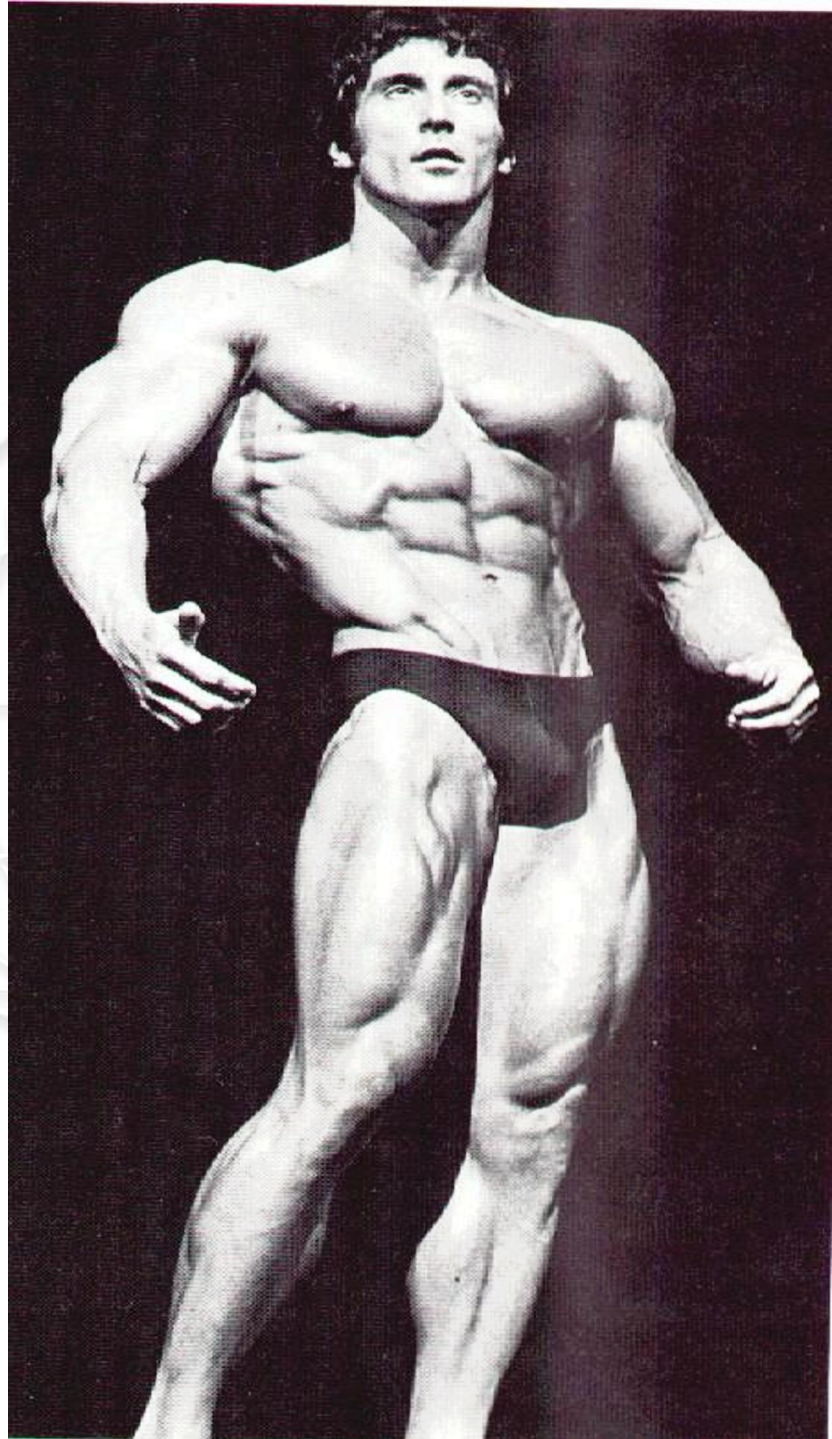
He received a B.Sc. in Education from Wilkes University, Wilkes Barre, Pa in 1964. Later he earned a B.A. in psychology from California State University, Los Angeles in 1977. Finally, he was awarded a Master degree in Experimental Psychology from California State University San Bernardino, California in 1990.

Zane won three-time Mr. Olympia (1977 to 1979). His reign represented a shift of emphasis from mass to aesthetics and his physique is still regarded by some as the ideal in bodybuilding.

Zane's proportionate physique featured the thinnest waistline of all the Mr. Olympias with his wide shoulders making for a beautiful V-taper.

He published many books about bodybuilding. He is often accused of overly focusing on meditation and relaxation rather than emphasizing on the 'core' bodybuilding techniques.

SPORTING LEGENDS: FRANK ZANE



The classic physique of Frank Zane, arguably the most symmetrical of all-time.

SPORTING LEGENDS: FRANK ZANE



Zane's proportion and cuts are legendary in the sport of bodybuilding.

He received the Arnold Schwarzenegger lifetime achievement award at the 2003 Arnold Classic for his dedication and long-time support of the sport.

In the 1980s, Frank owned and ran a gym in Palm Springs, Ca. He was focusing on personal training. He now lives in San Diego with his wife Christine.

Competition History:

- 1983 Mr. Olympia 4th
- 1982 Mr. Olympia 2nd
- 1980 Mr. Olympia 3rd
- 1979 Mr. Olympia 1st
- 1978 Mr. Olympia 1st
- 1977 Mr. Olympia 1st
- 1976 Mr. Olympia 2nd
- 1974 Mr. Olympia 2nd
- 1972 Mr. Olympia 4th
- 1972 Pro Mr. Universe Short 1st & Overall
- 1971 NABBA Pro Mr. Universe Short 1st
- 1970 Amateur Mr. Universe Winner
- 1968 Mr. Universe Short 1st & Overall
- 1968 IFBB Mr. America Medium 1st & Overall
- 1967 IFBB Mr. Universe Tall 3rd
- 1967 IFBB Mr. America Medium 1st
- 1966 IFBB Mr. America Medium 1st
- 1965 IFBB Mr. Universe Medium 1st

SPORTING LEGENDS: FRANK ZANE



Although he came 3rd at the 1980 Mr. Olympia, many believed that Zane should've won.

SPORTING LEGENDS: FRANK ZANE



Scott Burton's Final Thought

Frank Zane was arguably the last pioneer of the so-called 'Greek Physique'.

Like Steve Reeves and Charles Atlas before him, Zane emphasised fantastic muscularity, symmetry and condition whilst maintaining a 19 inch measurement for the neck, arms and calves. In his prime (1977-80) he was awesome!

The result was a physique that was truly memorable. His 3 Mr. Olympia titles are testament to his great achievements, although many critics believed he deserved more.

Whilst he could never match the size of the likes of Ferrigno, Schwarzenegger or Nubret, Zane never even made an attempt to. He knew that with his body type, he had to play to his strengths and protect his weaknesses.

His posing, in particular, was absolutely fantastic. His grace on stage focused on classic posing, which is an art form in itself. you could've been fooled into believing that you were watching a Greek Gold from Mt. Olympus, rather than Frank Zane!

Where the physique is concerned, there couldn't have been much difference between the two.



The Abdominal Vacuum Pose; one of many great poses made famous by Frank Zane.