

# ken babich

Category	Bodybuilder
Age Range	50-59
Weight	178 lbs
Occupation	Personal Trainer

Services include fitness website, personal training, custom programs

*Twenty years in the fitness industry has taught Ken Babich plenty. Now he is here to share some of it with you!*

[www.quadfather.com](http://www.quadfather.com)

## HOW I think

Forty years ago, when I became interested in fitness, kids were still wearing black high top Keds and lifting coffee cans filled with cement. The only protein powder you could find made you belch for hours and tasted worse than you can imagine. Gyms were dark, dingy places and knowledge was hard to come by. Today, things are different. Bodybuilding and fitness have become entire industries with companies of all sizes vying for their piece of a billion dollar market.

I developed my website, [www.quadfather.com](http://www.quadfather.com) to supply up to date information about natural bodybuilding and fitness. This includes everything from contest coverage of drug free athletes to the latest concepts in personal training. *I've dedicated my site to men and women who seek success in bodybuilding or just trying to stay in shape.*

I believe that anyone who attempts to change their body naturally through good nutrition and daily exercise is "bodybuilding." I believe that in



*"Exerting yourself in some small way every day insures you leave this Earth a better place than when you came."*

strength, there is honor. I also believe that first and foremost, you must be true to yourself.

I learned years ago that all men and women are created equal “until the point of exertion.” Exerting yourself in some small way every day insures you leave this Earth a better place than when you came.

I have been training since 1967 and now, 34 years later, *I can proudly say I have never touched a drug.* I try to set an example for the youth of my community and inspire men and women my age. If my teachings can inspire a person to get in shape or even get on stage and “strut their stuff,” then I have made this world a better place.

## HOW I train

I train four days per week. *At age 53, I’ve found that proper rest time away from the gym is just as important as the time working out in the gym.* I train hard and fast just like I was taught by one of the old time masters of fitness, Vince Gironda. It’s a fact that multiple sets increase the production of testosterone and growth hormone—both necessary for maximum muscle growth.

I train with a seasonal approach (called “periodization”), with a keen focus on staying lean in the off season. I feel sorry for those guys who think that putting on body fat off season helps them put on muscle. They end up with 30 pounds to lose—I’m 12 pounds from contest shape year-round!

*I never sit down during my workout.* I keep some muscle working the entire hour and a half. For example, I will do one set on an exercise for a major muscle group, making it a point to stay in my set for 30 seconds to get the most out of it. Then, instead of resting, I do an abdominal exercise. This fires your metabolic rate through the roof! I change routines and reps ranges every four weeks.

I am also a firm believer in “feeling” the muscle you’re working. For example, with back training: on lat pull downs, if you over-stretch and extend your arms completely, your shoulders will lift. When this happens, your biceps and forearms will have to do most of the work to

bring the weight back into motion when you pull the bar down (concentric direction). By keeping a slight bend in your arms, you keep your lats contracted and your arms and shoulders won’t take over. If you use a thumbless grip (thumbs on top of the bar) this decreases bicep involvement so you can feel it in your back even more.

I also recommend using two grips on the pull down: Wide grip first, then switch to a shoulder-width grip for the next set. On almost every body part, I use multiple variations of grip and vary the range of motion to hit the muscles from a variety of angles.

## HOW I eat

*I’m a low carb, high protein guy.* The biggest challenge with is that 90% of proteins require preparation time and need to be cooked. Some of us guys are “lazy!” Since



90% of carbs can be grabbed and eaten without cooking, that can be bad for the lazy guy!

I get my dietary fat mostly from flaxseed oil because it’s good for the hair, joints and skin. I eat lean

proteins, but adhere to the common sense approach that you “feed the lean body mass” you have—at least one gram per pound. You don’t just slam down mass amounts of protein for no reason.

I use protein shakes and I drink them slowly; they are better absorbed that way. I don’t eat bread, and I stay away from high glycemic meals that bump my insulin. Pre and post workout are your top priority feedings. I don’t eat any starch after 5:00 p.m.—ever. Clean eating is a way of life for me and that’s how I stay within just a few pounds of contest weight all year round. ::

**Email: [quadfather@harboret.com](mailto:quadfather@harboret.com)**