

Dorian Yates

Quotes

Bodybuilding, Workout, Motivational, Steroid, Guy, Genetics, Instinct, 80s, Long, Cautious, Surprising, Blood, Stressed, Cutting, Motivational Workout, Play, Mistake, Simple, Looks, Path

Each workout is like a brick in a building, and every time you go in there and do a half-ass workout, you're not laying a brick down. Somebody else is.

~Dorian Yates

If those guys with better genes trained as hard and intense as me, I wouldn't stand a chance!

~Dorian Yates

If I listened to my instincts, I'd be down at the pub chasing women, not under a 400 pound bar squatting

~Dorian Yates

The single biggest mistake that most beginners make is putting 100% of their effort into the positive (concentric) part of the rep, while paying no attention to the negative (eccentric) segment

~Dorian Yates

At the end of the day it's not a weight contest, it's a visual contest. And it doesn't matter what you say you weigh, if you don't look that big then you don't look that big.

~Dorian Yates

For me winning isn't surprising at all

~Dorian Yates

Shoulder width is an absolute requirement for displaying the V taper that will make or break your physique.

~Dorian Yates

All else being equal, the guy with the best genetics will have the best physique. But rarely are all things equal.

~Dorian Yates

That's a good weight...for a small woman

~Dorian Yates

The path to added muscle is consuming more calories than the amount needed to keep your current bodyweight unchanged.

~Dorian Yates

I also think you have less separation if you are fuller. If you go to the gym and pump your arms up they are bigger because of the blood volume, the fullness. But the separation is not so defined.

~Dorian Yates

During weight cutting your mind plays tricks on you.

~Dorian Yates

Back in the 80s we were very cautious about steroids.

~Dorian Yates

Steroids are used in all sports.

~Dorian Yates

I started training bodybuilding in 1983.

~Dorian Yates

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