

Warren Cuccurullo

Quotes

Training, Gym, Missing You, Moving, Thinking, Los Angeles, World, Healthy, Casualties, Cutting, Benches, Imbeciles, Rocks, Mean, Knowing, Creative, Years, Live Life, Congratulations, Picks

Most of the hotel gym's are not adequate. I mean you might be able to train your arms, but you aren't going to be able to train legs, back, or even chest if they don't have dumbbells and benches.

~Warren Cuccurullo

The turning point really is just knowing you're an imbecile.

~Warren Cuccurullo

I'm a product of good nutrition, cutting edge supplementation and hard training, and I'm an old guy.

~Warren Cuccurullo

The lights go down, you hear the applause and you're up there, and then everything else is forgotten.

~Warren Cuccurullo

You know, there have been a lot of casualties in rock-n-roll.

~Warren Cuccurullo

I thought, you know the food and the diet thing is one way to start yourself onto a healthy lifestyle, but if you don't move, if you don't start exercising you're gonna deteriorate.

~Warren Cuccurullo

I have had shoulder injuries in the past, but usually it's from training.

~Warren Cuccurullo

I never used to drink water. I am drinking six liters of water every day now. That's the key.

~Warren Cuccurullo

Missing Persons was based in Los Angeles.

~Warren Cuccurullo

I love the life of a musician but I live the life of a bodybuilder.

~Warren Cuccurullo

Fortunately, I was still living in Los Angeles at the time. So I went out to World Gym and got a membership.

~Warren Cuccurullo

But the business side of it, as with most creative things, there is no room for business. It is about art. It's not about marketing.

~Warren Cuccurullo

Once you are over 30, 35 years old, I think everyone should get down to the gym and start moving again.

~Warren Cuccurullo

I would never go to a gym. How could I do it? So I tried to do it in my house and it doesn't work.

~Warren Cuccurullo

It doesn't matter if people perceive me as being a little strange. I think overall, even when I am on stage, when people see me, I am setting an example.

~Warren Cuccurullo

It is a career that can be enhanced or destroyed by success.

~Warren Cuccurullo

Making music is fantastic.

~Warren Cuccurullo

I'm doing it by enjoying what I do in the gym, really enjoying my foods.

~Warren Cuccurullo

I went from 118 pounds to 135 pounds in a few months. But, I still didn't

know anything about food.

~Warren Cuccurullo

The health industry, the fitness industry, was really starting to pick up. This was around the mid 80's.

~Warren Cuccurullo

It's easy to get four days a week of training in and I don't spend more than 55-60 minutes in the gym.

~Warren Cuccurullo

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