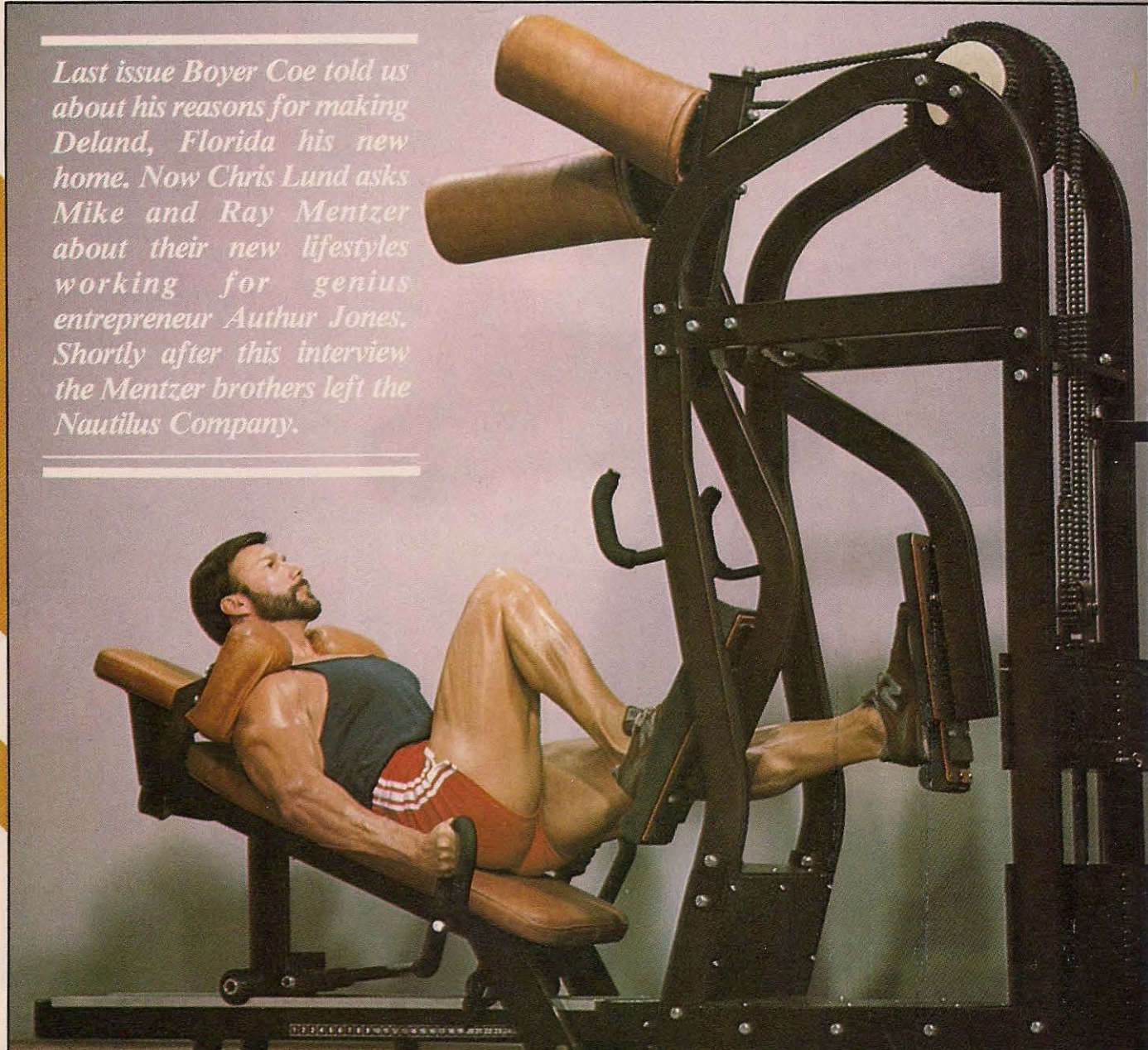


NAUTILUS IS TOMORROW

Last issue Boyer Coe told us about his reasons for making Deland, Florida his new home. Now Chris Lund asks Mike and Ray Mentzer about their new lifestyles working for genius entrepreneur Arthur Jones. Shortly after this interview the Mentzer brothers left the Nautilus Company.



Boyer Coe

As we passed the security section of the building I was absolutely flabbergasted at the sight of so many NAUTILUS video cameras.

These wonders of modern day technology seemed to be everywhere.

As far as I could tell there appeared to be two completely finished Television studios and room for at least another nine!

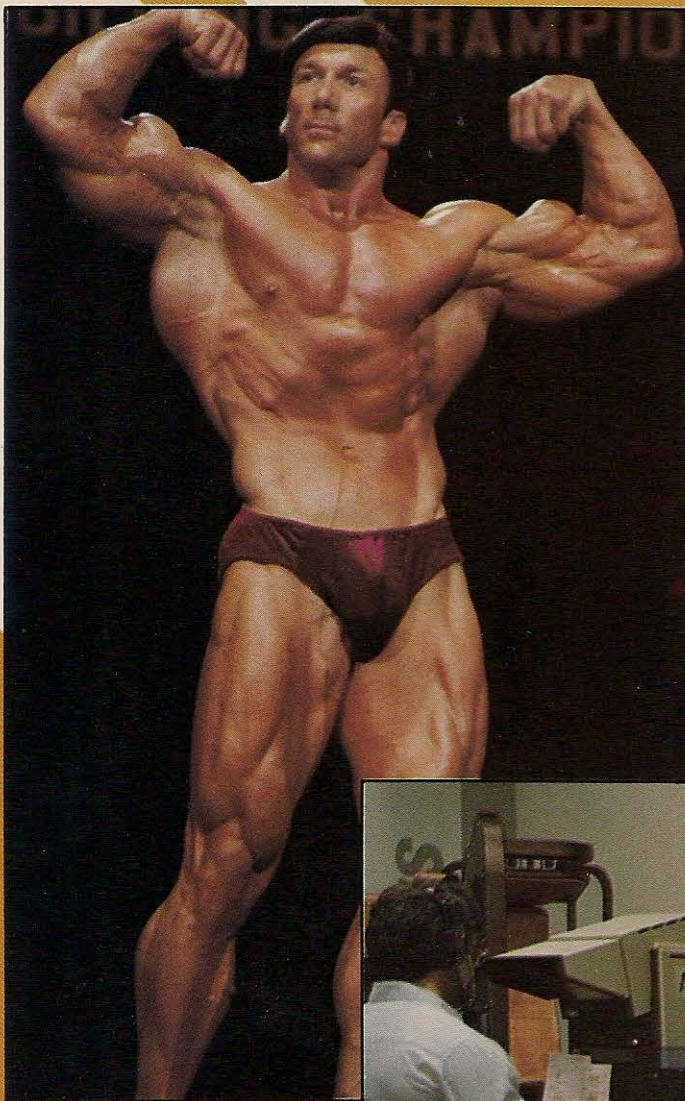
NAUTILUS is currently claim-

ing to have the largest and most sophisticated video facility in the entire world and after spending two full days down there myself I wouldn't even begin to argue with that fact.

Pretty soon we were joined by Boyer looking leaner and fit-

ter than I've ever seen him and still sporting his newly acquired beard.

Boyer and Arthur Jones are currently involved in an experiment trying to find the quickest and best way of building muscular size and strength,



Boyer Coe

and Boyer, just like Mike and Ray, appeared equally ecstatic about his NAUTILUS future.

This is what he told me.

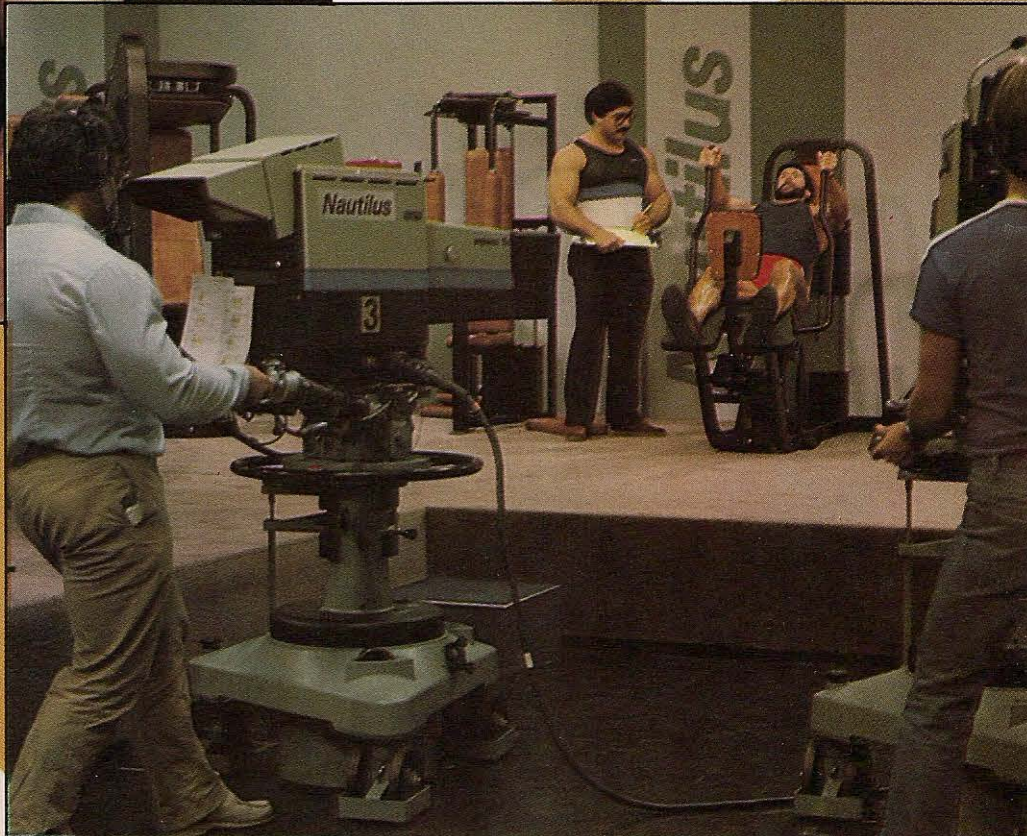
"After the '83 Olympia I took a three month lay off and during that period of time I didn't take part in any kind of exercise at all!

I was so involved with the preparations of moving from California to Florida that I just didn't have the time nor the inclination to train.

During the course of my twenty-odd year training career I've probably only missed a two week stretch from training at one particular time. So, three months away from training was a whole new experience for me.

Surprisingly my bodyweight didn't fluctuate more than about five pounds during the entire layoff so I guess I must have lost muscle tissue and replaced it with fat.

Since I've started training again I haven't really gained that much weight, but my strength has increased a tremendous amount. So I can



Mike Mentzer operates one of the Video cameras while Ray records training data on Boyer's training.

only assume that I'm losing bodyfat and replacing it with muscle tissue.

Basically, Arthur Jones has me on three very brief workouts a week. Each workout exercises the whole body and my total training time for the entire week is less than an hour. It works out on average at about 56 minutes per week!

fifty to sixty minutes per week total training!

Prior to coming to NAUTILUS I was training on average one and half hours per workout, four times a week, which is still a lot less than most body-builders.

We're concentrating at the moment on just exercising the large muscle groups of the

body but we're experiencing a lot of indirect effect on the smaller muscle groups as well. I'm working each muscle as intensely as I possibly can and to complete muscular failure for one set!

I always felt that I had been performing better but since coming here to NAUTILUS it's almost been like a re-learning process. The main problem has been trying not to involve extra momentum throughout the exercise. You

"What Arthur, Mike, Ray and myself are trying to do is find the best possible training method to produce muscular growth!"

me is just defeating the purpose and they're definitely not getting the most out of the exercise.

Yesterday when you watched me train I was into my 23rd workout and every single one has been monitored by Arthur Jones himself.

During this period of time my appearance has improved dramatically and my strength has increased rapidly.

This particular experiment will last a period of ten weeks but our major experimental study will continue for a year!

What Arthur, Mike, Ray and myself are trying to do is find 'THE BEST POSSIBLE TRAINING METHOD TO PRODUCE MUSCULAR GROWTH!'

Each and every repetition during each and every workout is being filmed using as many as eight different video cameras, so that every single movement can be fully monitored and examined.

I'm on a fairly low calorie diet at the present time and basically I'm eating approximately only 1500 calories a day. I'm purposely keeping my calorie level as low as this because those three very brief workouts per week are the only type of physical activity I'm doing.

For breakfast I'll have maybe a bowl of oatmeal and some fresh fruit or I might have a couple of eggs with some whole-wheat toast and a cup of coffee.

For lunch I'll have only a salad with some fruit and then at night I'll have a piece of broiled chicken or fish with more salad and perhaps a baked potato.

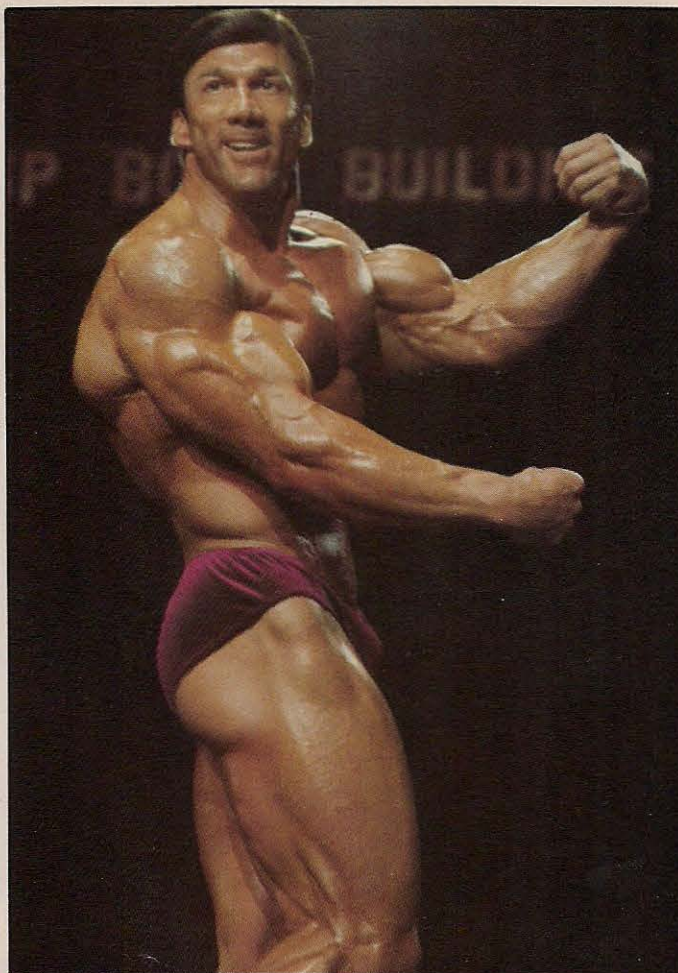
This is more or less the type of diet I would follow prior to a competition and if it seems a little restricted to you all I can say is that most people eat too damned much anyway!"

Roundabout 2.45pm that Wednesday afternoon there appeared to be quite a lot of activity revolving around the major Television studio.

At 3pm that day Arthur Jones would put Boyer through his midweek workout.

According to Mike there are always plenty of visitors turning up to watch the experiment and on this particular day I noticed the famous health club mogul Vic Tanny, Senior and Toronto millionaire Tommy Stanoulis sitting right behind Ellington Darden (Director of Research), Ray Mentzer and Mike Mentzer.

Very soon Arthur Jones made his entry into the studio and within minutes he was directing eight video cameras which



Boyer Coe is now a part of the Nautilus staff at their headquarters in Deland, Florida.

would film Boyer's workout.

Arthur Jones is convinced that video technology is definitely the market of the future and most of his life and work revolves around this particular facet.

I gained the Impresion that Arthur Jones is a tireless worker who thinks nothing of working all day and night to achieve his goals.

Indeed he actually worked all day and through the night when I was down there.

I have spoken to many notable bodybuilding and fitness experts including such people as Bill Pearl, Russ Warner, and of course Boyer, Ray and Mike and they all tell me the same thing. Arthur Jones is a genius! Even publisher Bob Kennedy says that Jones is either eccentric or pure genius and ultimately concludes that he is probably both!

The following day I agreed to meet Ray and Mike again to record some personal interviews regarding their departure from the World professional bodybuilding scene. This is what they told me.

RAY MENTZER

Chris: "Ok Ray how did all this

potential that I have to build muscle I'm going to take advantage of it!"

Chris: "It seems sad that two great physiques like you and Mike are going to be absent from the posing platform, perhaps forever?"

Ray: "There's more to life than bodybuilding competition, the IFBB and Joe Weider!"

"Just being associated with NAUTILUS Enterprises is enough world recognition for me.

"I fully expect to be in excellent condition this summer and I'll continue to do my seminars and exhibitions."

Chris: "You were telling me yesterday that Arthur Jones personally taped your arms at 20-1/2" which apart from Sergio who also had the same measurement is the biggest arm he's ever seen!"

Ray: "Yes, that's right. Arthur measured it every day for two whole weeks just to make sure that it was a correct and honest measurement."

Chris: "What kind of diet do you follow Ray?"

Ray: "Well, I try to stay basic on everything. I get up in the morning and take some Amino Acids. It's preform crystal Aminos that I get from a pharmaceutical company and it's very expensive. I take that with some juice or water.

I come to work and drink a few cups of coffee throughout the morning and then I have a salad for my lunch.

I eat a fairly light dinner in the evening when I'm trying to lose weight but normally I just plan a maintenance calorie level diet which for myself would be about 2500 calories a day. I can even drop down to 1500 calories and this still doesn't bother me."

Chris: "Why do you prefer Amino Acids for your breakfast as opposed to say eggs?"

Ray: "No calories! It's pure crystal aminos and the calories are maybe only one. It's kind of a powder in a capsule form which when broken down goes right into your system."

Chris: "Ok Ray. Is there anything more you would like to mention regarding your move here?"

Ray: "No, not really. You know, I don't have any personal vendettas to make in this sport. I don't have any ill-feelings about anything. It got me around the world and I did make some decent money from it. I've met a lot of nice people and besides, life's too short to worry about the negative things that happen to you."

NAUTILUS thing begin?"

Ray: "Well, Mike and I have been NAUTILUS advocates for the last ten to twelve years and during that time we have had periodical meetings with Arthur Jones. Then a few months ago Arthur flew me from California to Florida in his private jet and after a time invited me to stay and work here at NAUTILUS.

"He wants me to learn everything from how to handle the video machines to how the administration functions. An opportunity like that doesn't come around too often and even though I was actually in the process of starting up a series of mini-vitamin stores, I gave everything up for this!"

Chris: "How do you feel about leaving California Ray?"

Ray: "Well, you know after you win a big title the idealism soon wears off and then you begin to see the reality of it. At that point I just realized that professional bodybuilding as it stands just wasn't for me.

"But, being down here affords me an excellent chance to try and get as good as I can. We have the finest training equipment in the world at our disposal here and realizing the

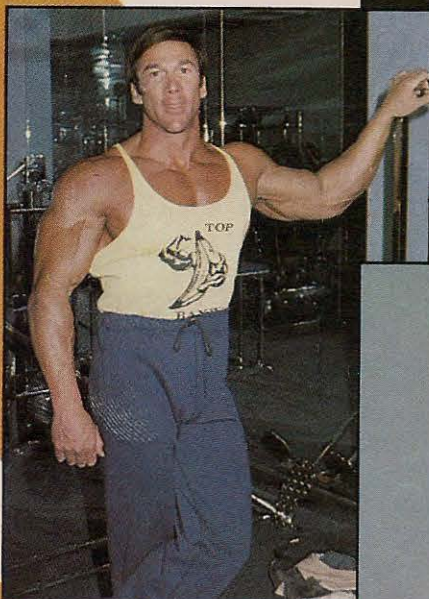
MIKE MENTZER

Chris: "Mike, have you really finished with professional bodybuilding?"

Mike: "Although I've left bodybuilding competition for good, and that is definitely for good because this is not a Muhamed Ali or a Arnold Schwarzenegger type of retirement. This is definite, and it's not to solicit sympathy or 'Hey Mike gee, come on back, we miss you! I'm not stupid enough to think that the pulse of bodybuilding is going to skip a beat due to my absence!"

Chris: "What if there were suddenly major changes made to professional bodybuilding. Would that make you come back?"

Mike: "Well Chris, you and I have discussed this on every occasion that we've ever come together and had conversations on this particular subject. I think you know as well as I do



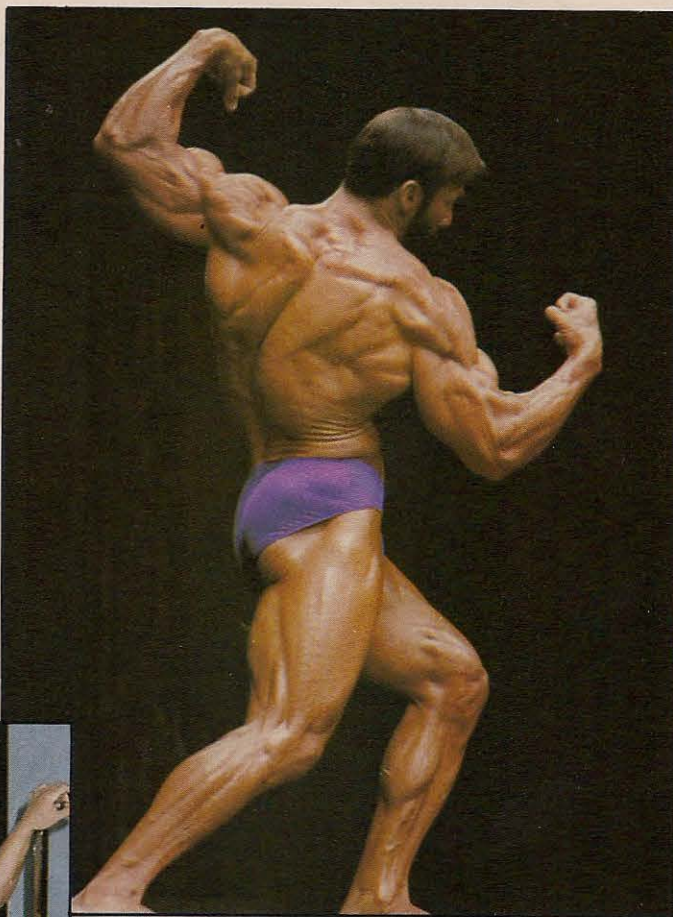
that things are most likely never going to change.

"Finally, you reach a point when you realize that things are never going to change so you stop wasting your energy attempting to analyze and figure out the actions of irrational people. I don't have the time nor the inclination for it anymore.

"I've put off too many things in my life that were meaningful and had always wanted to do, and pursue with greater energy. Finally I reached a point when I thought Hey, I better do it now or I'm never going to do it! So, it's not that I've forsaken bodybuilding. I'm still a bodybuilder in the purest sense and I'll train till the day I die!"

Chris: "How do you see your future down here?"

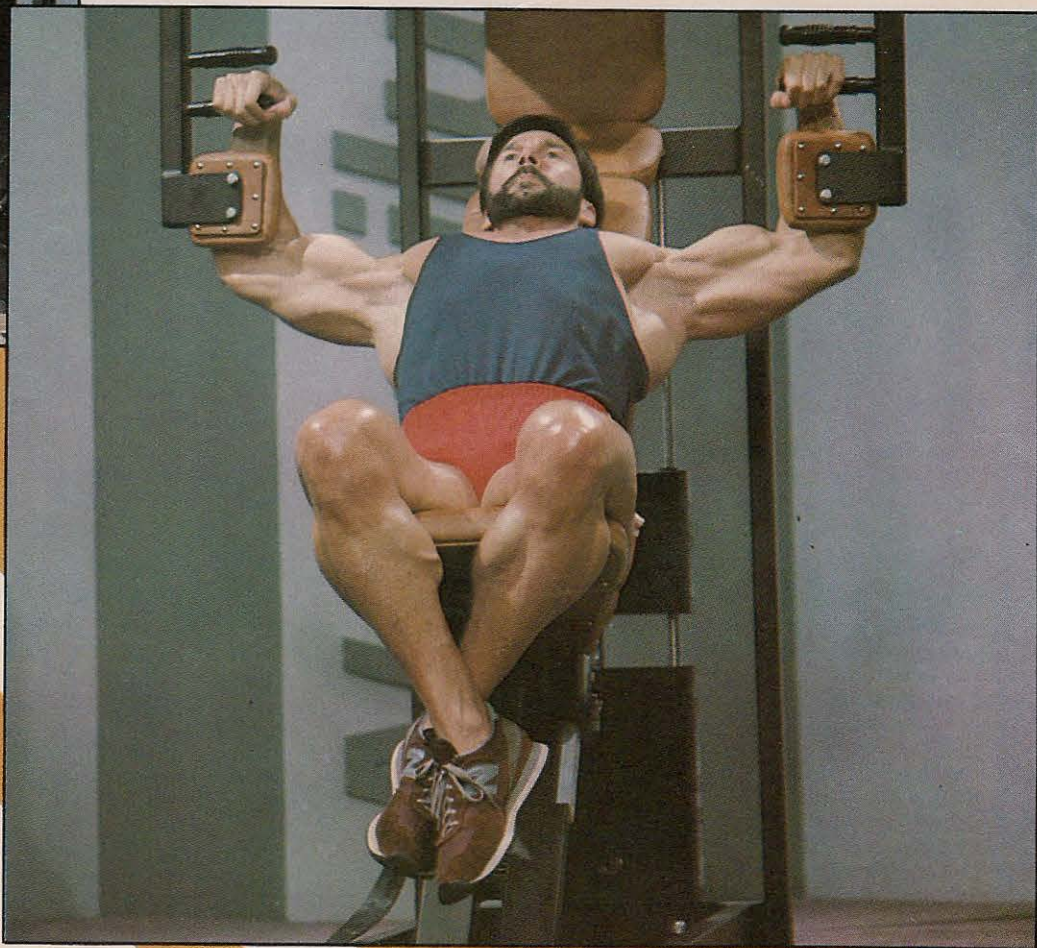
Mike: "Nautilus has the most



sophisticated video production facility in the world and that's where my future lies. Not just my future but the future of exercise and the future period! Video will revolutionize education, and people's attitudes on almost everything during the next ten years!"

Chris: "Mike, I'd like to get back to the subject of your retirement again because there are thousands of bodybuilders out there wishing to know the real honest truth. Have you retired because of the heavy demands consistently placed on your body through extreme dieting and anabolic steroid requirements or is it just political?"

Mike: "It's a combination of all those factors plus some personal things too. I had set a timetable at one point that I would give myself three tries at the 'Olympia'. If I didn't win the Olympia after three attempts then I would give it up. I didn't want to be one of those hangers-on who kept on trying year after year and eventually just fade off to become an also-ran. I wanted my career to be spectacular and I wanted to win in a precipitous fashion and then get out!"



NAUTILUS

"Win or lose I was going to give myself three Olympias, however it became apparent to me right after my second attempt in Sydney, Australia that I was just never going to win it. The 'certain powers that be' and this does not necessarily mean Joe Weider, were going to see to it that I was never going to win because I was too much of a threat to certain fragile egos. I was even more of a commercial threat to the future of the sport because my name was becoming more and more associated with that of Nautilus."

Chris: "But this is very, very sad in a way Mike because we're currently at a stage now where we don't have one truly great outstanding champion of bodybuilding. Mike Mentzer in my humble opinion, could have been that one great champion."

Mike: "My first comment Chris, after the 1980 Mr Olympia was that, 'THE SPORT OF BODYBUILDING MAY JUST HAVE LOST ITS BEST SPOKESMAN.' Of course that's a debatable subject, but they did lose Mike Mentzer!"

"Again though, I would have retired after '81 or '82 anyway in order to pursue some other activities that had been neglected for a long time."

Chris: "Do you regret leaving California?"

Mike: "I went to California, Chris, for the express purpose of pursuing my bodybuilding career. Now that my bodybuilding career, per se, is over, I really have no reason for staying in Southern California."

"Arthur Jones offered me an opportunity that literally I couldn't really refuse!"

Chris: "What exactly will you be doing down here Mike?"

Mike: "Arthur Jones hired Ray, Boyer and myself to come here and, as he put it himself, 'TO LEARN!'"

Chris: "Will you still continue with your Heavy Duty seminars and exhibitions Mike?"

Mike: "Certainly, anyone interested in having the three of us or anyone of us for a seminar or exhibition only has to contact Nautilus Enterprises here in Deland, Florida."

Chris: "So, 'HEAVY DUTY' and NAUTILUS research continues?"

Mike: "Yes, certainly no one

has all the facts regarding what is best in terms of exercise. One of the main reasons I came down here to work with Arthur Jones and Nautilus was so I could be around an atmosphere whereby the number one priority was the TRUTH! Arthur holds no other value higher than the facts, truth and knowledge! He has a true scientific mind and is only interested in more and better ways in dealing with reality, which is what any scientist tries to do in an ideal way.

"The truth is eternal! HEAVY DUTY, HIGH INTENSITY, ARTHUR JONES and NAUTILUS stand for nothing but pursuit of the TRUTH!"

