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The Real Value of Weight Training

Are the benefits of weight-training worth the price? If the price is that paid by many – perhaps most – currently-active trainees, then the answer can only be negative; for a physically-normal individual, the possible benefits of weight-training are simply not worth the price of fanaticism –if a man must become a slave to his training, then it simply isn't justified on any rational basis.

For a physically-subnormal individual, the situation may be entirely different – sometimes almost any amount of training is not only justified but is an actual requirement for anything approaching a normal existence. But in normal situations – in most situations – the value of the possible results must be carefully compared to the price. And if the price really is that which it is assumed to be by most advanced bodybuilders, then the possible results are grossly overpriced. Fortunately, the opinions of advanced bodybuilders can seldom be considered gospel – personally, I have finally reached a point where I am highly suspicious of anything that such people believe; the very fact that something is being supported by advanced bodybuilders is enough, to me, to raise strong doubts on the subject –after thirty years of interest and no small amount of involvement in the field, I have yet to meet a bodybuilder that understood the basic physics involved in barbell training. Somewhat like lemmings – and with very similar final results – they all seem to be rushing blindly in the same direction, simply because everybody else is doing the same thing.

In my carefully considered opinion, most currently-active advanced bodybuilders will never accept an actually-rational method or style of training – primarily, I think, because many of them are too stupid to understand the real factors involved, and too biased to accept them even if they can understand them; which is a far more pitiful commentary on the state of affairs than it might appear to be at first glance – because the actually-important factors that must be understood for the most practical utilization of weight training (for any purpose) are really very simple, perhaps too simple.

Sour grapes hopefully intended to explain a lack of acceptance of my ideas or my machines? Some people will think so – but opinions don't change facts; and as a matter of fact, we have been simply swamped by orders for our machines since long before they even went into production on a commercial basis – and with very few exceptions, the people who bought the machines from us at first on a sight-unseen basis have promptly ordered more machines. So, since we have literally had more business than we could handle up to this point, and since the flow of orders is constantly increasing, it would seem that both my ideas and my machines have achieved at least a reasonable amount of acceptance – in many cases, even if somewhat to my surprise, from advanced bodybuilders.

The simple fact of the matter is that rationally-practiced progressive weight-training is capable of producing results in the way of increases in strength and muscular size that cannot be duplicated by any amount of any other type of presently-existing training; strength for any purpose – for a normal life, for sports, for improved health and-or appearance.

The Arthur Jones Collection

And it is equally true that any possible degree of strength or muscular size can be produced by less than four hours of weekly training – very quickly produced; and for individuals with more reasonable goals, an hour and a half of weekly training will produce results within a period of a few months that must be personally experienced to be appreciated.

Weight-training certainly is not the answer to all health problems – but it just as certainly is the answer to a long list of physical problems, many of which can be solved in no other practical manner; and where strength is a factor, it is the only rational choice.

Most people have no desire to be either as big or as strong as Casey Viator – but regardless of your personal goals, it is only common sense to use the most productive method available; and the system of employing the best method is of great importance as well – but the most likely-looking source of information on that score is in fact the poorest possible source of any meaningful information. The simple truth is that advanced bodybuilders in general have no slightest idea what they are doing – or even why they are doing it.

So far without single exception, the advanced bodybuilders that I have trained or closely associated with seem to be unable to progress beyond a certain point if left up to their own devices – and actually good results are to be produced, they must be constantly supervised in their training; if not, they quickly start backsliding. Under the circumstances, I can reach only one logical conclusion; regardless of their statements, they either do not understand or will not accept the validity of the actually important points – and when permitted to supervise their own training, they quickly fall back into habits of overtraining insofar as amount of training is concerned, and under-training in intensity of effort.

For the average person, however, no such drive or self-discipline is required; good results can be produced from a very small amount of the proper type of training.