

My First Half-Century in the Iron Game

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Not once in my entire life have I ever offered the slightest objection to anything in the way of an honest but contrary opinion; quite the contrary, I have always welcomed any such differences in opinions, and still do. Which does not, of course, mean that I always agree with them, but it does mean that I give them careful consideration and never simply reject them out of hand.

I do, however, object rather violently to the statements of outright liars, people like Fred Hatfield, Joe Weider, Ken Hutchins and a long list of other such people. In Hatfield's case, he would be well advised to pay close attention to his own suggestions: In an article entitled "25 Great Bodybuilding Myths," published in the magazine called Muscular Development, he went to rather great lengths in his efforts to put the knock on other people's stupid mistakes and then turned right around and made the same mistakes himself. In this case, he was talking about the fact that people frequently refuse to cease believing something even after their firm belief is exposed as a lie.

Secondly, in the same article, he had a lot to say about recent knowledge about bodybuilding that has resulted from scientific research, but then did not bother to even mention the fact, and it is a fact, that literally all of any such knowledge came from me.

Thirdly, again in the same article, he twice stated that I have changed my opinion about the "One set to failure" style of training. Well, Fred, please be good enough to tell me just where I even published any such statement.

Fourthly, he has a great deal to say about "Pencilnecked Wannabe" bodybuilders, but never mentions the fact that his own physique would get him laughed off the stage in any contest that he was ever stupid enough to enter: He is, in fact, a very short, very fat man who quite obviously has never produced much if anything in the way of physical improvement from his twenty-odd years of training. As they say . . . "Physician heal thyself."

Fifthly, he states that working any part of a muscle results in improvement in every part of the muscle, which is utterly wrong. Full-range development of a muscle requires full-range exercise, and Fred saw this repeatedly demonstrated in an undeniable fashion during the three days that he spent with me in Florida in January of 1986. Exercise that does not produce fatigue will do nothing in the way of increasing either muscular size or strength and a limited-range exercise will produce only limited-range fatigue, followed by limited-range improvement in the muscle. In fact, we have seen repeated examples of a muscle gaining strength in a part of a full-range movement while simultaneously losing strength in another part of the same full-range movement; part of a muscle getting stronger while another part of the same muscle was losing strength.

Far from exposing any myths about bodybuilding, Fred has done far more in the direction of establishing and/or supporting such myths, not the least of which is the myth about any of his supposed expertise. With friends like Fred, you don't need any enemies.