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# Reflections . . .

By Vince Gironda

**A**ND lo, a single wise man raises his head in the East. Long, much too long have I awaited his coming. Thirty years to be exact. It's a hard and lonely path when your ideas are not accepted. For instance, whenever I write an article for a major muscle magazine they always insert a footnote from the editor to the effect that, although Vince Gironda writes for this magazine, they do not necessarily agree with his concepts. However, if you happen to thumb through the pages you can't fail to recognize that 75% of the muscular marvels demonstrating equipment or some new workout with fancy catch names are products of Vince's Gym. This is why I feel great compassion for Art Jones and his concepts in gym equipment. After listening to 10 or 12 conversations between Art Jones and body builders who were asking questions about his equipment on display at the last Mr. America show in Los Angeles, I discovered that the two major questions in all of their minds were the same, because they obviously did not understand the basic principles behind this equipment. They asked, "Does it work?" and "Who have you turned out?" Now, this is where I come in. I can answer these questions because I am in complete accord with all the concepts behind this equipment because I have used most of them and have taught them for thirty years. True, I do not have the Nautilus equipment, but I teach many of Art Jones' concepts with our conventional equipment. We are probably not getting anywhere near the results Art can get, because his equipment is foolproof.

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With this equipment you do not have to know anything about your body's muscular anatomy as you do in my system, plus you can cheat very easily and receive no benefits from doing so in my system of exercise. With the new Nautilus equipment you are literally strapped into the machine and have only one way to resist. The only way you can lose is if you do not cooperate completely by using maximum strength on every movement.

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I wonder how many of you have noticed that when I write an article it is usually not about a specified single exercise for some given muscle, but rather I try to teach anatomy, kinesiology and

physiological attitudes of the top body builders. I have tried to show the body builder how to simplify his workouts by proving that more than one exercise and numerous sets and reps are actually defeating his purpose.

Yes, a wise man has risen in the East. As a matter of fact, only time will tell, but he may just be a Messiah — A Messiah of Muscles.