

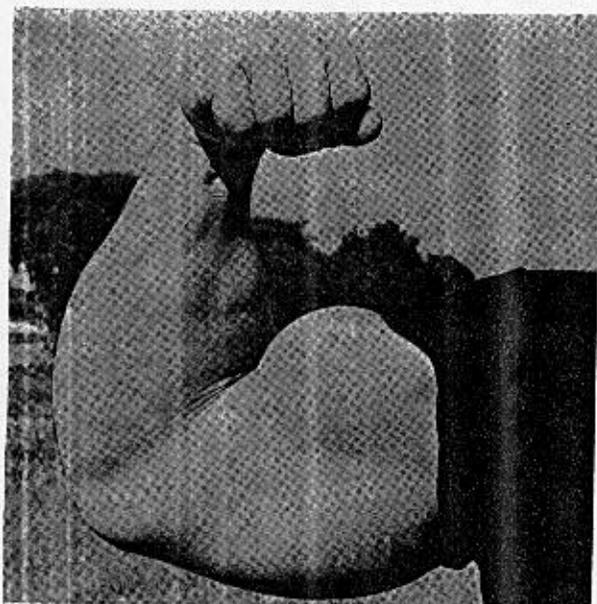
Casey and Dennis Anders, Alabama football player who weighs 240 pounds! Note arm comparison.

COVERMAN

CASEY VIATOR

In Training For The "Big One!"

By Art Jones



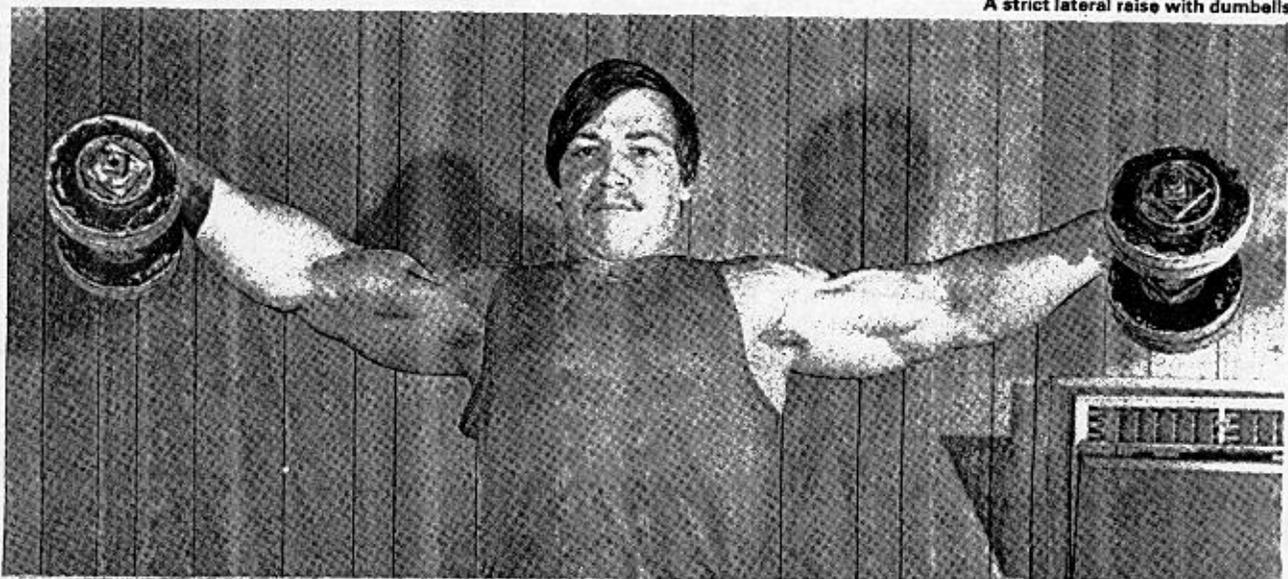
A close-up of Casey's arm.

CASEY VIATOR correctly regards the AAU Mr. America contest as the "big one"—and the most important of all physique competitions in the world, regardless what other titles a man may win. Without the Mr. America title, something seems to be lacking from the bodybuilder's career, and it is lacking, since that is certainly the most respected of all titles in bodybuilding circles.

John Grimek was the only man to ever win the title twice, and although he then went on to win every contest he entered, he will be remembered because of his Mr. America victories. Steve Reeves, after winning the '47 Mr. America crown, went on to capture the Mr. World (1948) and Mr. Universe (1950) titles. Yet few people are now aware that Reeves came very close to losing the 1947 contest—to an 18-year-old boy named Eric Pederson. On the first ballot Pederson tied Reeves with, as I recall, 72 points out of a possible 75 points, but later lost to Reeves on a second ballot by only one-quarter of a point!

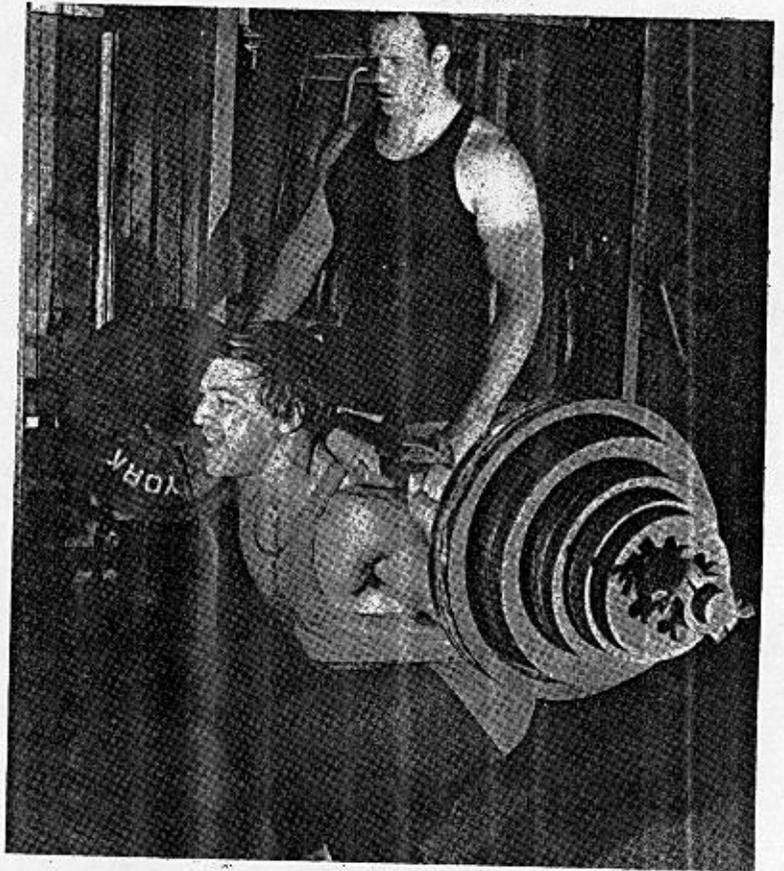
Although it was close Reeves did win, and he will long be remembered as a bodybuilding "great," whereas Pederson, who came so close to beating Reeves, has largely been forgotten, primarily because he never did go on to (Continued on page 39)

A strict lateral raise with dumbbells



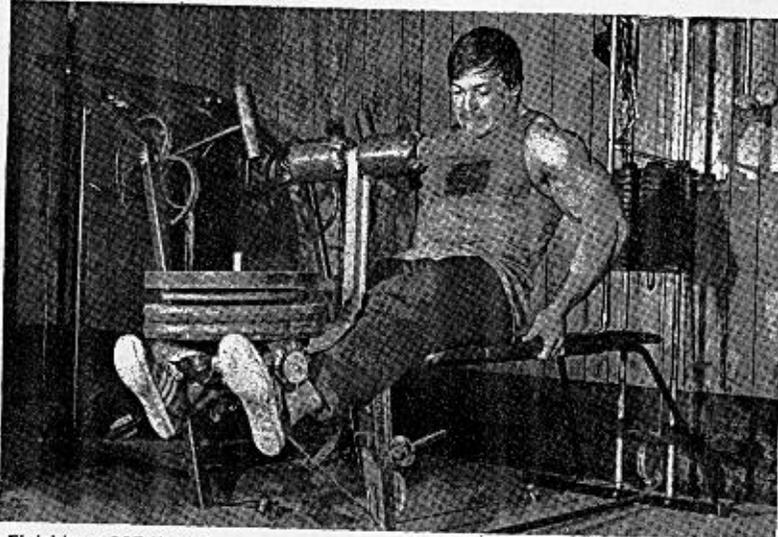


Press behind neck

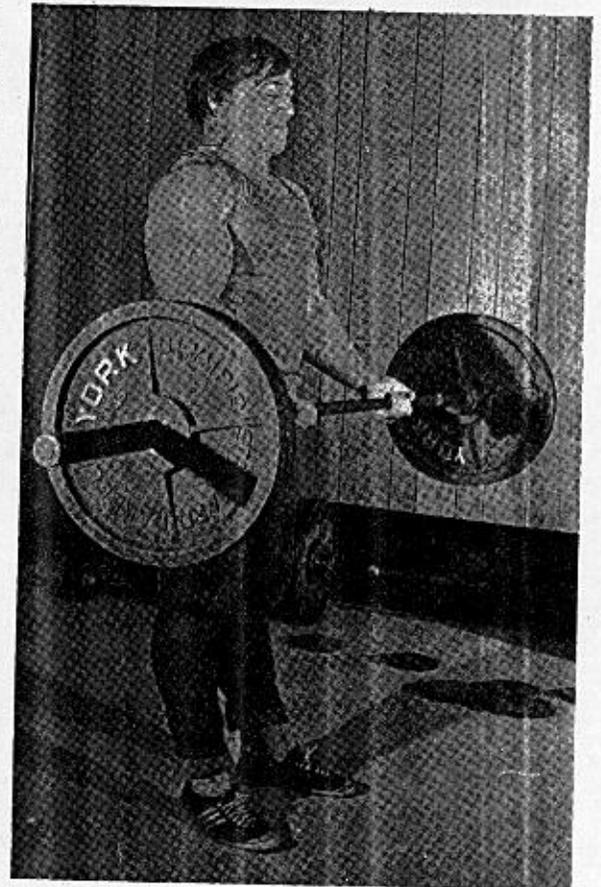


Casey squatting with 535 pounds

Thigh extension, heavy resistance



Finishing a 225-lb. curl



Starting a heavy curl

(Continued on page 59)

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No enough? Well, just try it and see.

Results? Well, at the moment his thighs are literally "huge"—and cut to ribbons, and almost as hard as a piece of steel. Almost without single exception, the people who have seen him lately consider him among the best of all time, and quite a number of people feel he is already the best built man in history. Most people upon seeing him in person for the first time are literally shocked—since even most experienced body-builders apparently are not aware that such development is even possible.

His "secret?"

A lot of luck to start with—an extremely lucky choice of parents, an inherited potential for producing such a development without such inherited potential, it is literally impossible to ever reach this degree of development.

But do not misunderstand this to mean that a man such as Casey is "born" this way. Actually such development is "built," but it can only be built by some people, not by anyone. While most anybody can build enormous degrees of muscular development and strength, it is also true that some few people can do better than others in that direction.

Casey's exact training routine? Well, although it varies a bit from week to week, it is probably a lot like your schedule—but with a few very important differences. Casey trains very, very hard, and each set of every exercise is carried to a point of utter failure, where additional movement is literally impossible. He squats until he cannot arise from the low position, and the weight must be removed from his shoulders in that position. He curls until the bar simply won't move at all, in spite of an all-out effort.

But he is also taking advantage of a little understood but very important training principle known as "pre-exhaustion." And while I certainly do not wish to imply that this is the "real secret" of Casey's success, I do feel that it has helped him greatly but since there is really no "secret" about it, it is something that anybody can apply to their own training, if they are willing to work that hard.

This principle can be applied to almost any type of training schedule, and once it is clearly understood then you can probably figure out a number of applications for your own workouts. A few examples from Casey's present training schedule should make this principle clear to almost anybody.

For the purpose of developing the outer portions of the deltoids, Casey performs behind-neck presses with a barbell, but he performs a set of strict side raises with a pair of dumbbells immediately before doing the behind-neck presses. In this way the deltoids are already tired ("pre-exhausted") before he does the presses. For a very brief period of time the arms are disproportionately stronger than the deltoids, and he is able to use this "higher than normal" level of proportionate arm strength to work the deltoids harder than it would otherwise be possible to do.

If behind-neck presses are performed when both the arms and shoulders are fresh and strong, then a point of failure will be reached when the arms are no longer able to perform—long before the deltoids have been worked as hard as they must be for the production of best-possible results. But if the deltoids are "pre-exhausted," then the weak-link of inadequate arm strength is removed, temporarily; however, the deltoids will recover very, very quickly. Thus it is important to do the presses immedi-

ately after finishing the side raises, even a few seconds of rest between sets will reduce the production of results to a marked degree.

For developing his frontal thigh muscles, Casey follows the following routine: first, he performs a set of about 50 repetitions of leg presses on a Universal machine, working to the point of utter failure. Second, he immediately performs a set of about 30 repetitions on a thigh extension station of a Universal machine, again working until any amount of movement is literally impossible. Third (and last), then he does his squats, immediately after the set of thigh extensions, while the frontal thigh muscles are almost totally "pre-exhausted" by the prior leg presses and thigh extensions.

Thus, at the time that he starts the set of squats, the frontal thigh muscles are already very tired, but the buttock muscles are only well warmed-up, and the lower back muscles are fresh and strong. Normally, a point of exhaustion is reached in squats when the lower back muscles are unable to continue, long before the thigh muscles are really worked as hard as they should be. But by using the above outlined routine, Casey is able to remove the weak link of too little strength in the lower back muscles and thus he is able to work to a point where the thighs are really exhausted, worked to their limit, without being limited by other, weaker muscles.

Obviously, if such a routine is being followed, then it will not be possible to use as much weight in the squats as you normally would, but it isn't necessary to use so much weight, as long as the muscles are being required to move as much weight as they are capable of handling "at that moment," then that is all that is required. When I mentioned, earlier, the weights and repetitions that Casey had used in his heavy squatting routine, I did not mean to suggest that he did so "after" such a pre-exhaustion schedule. When he squats heavy, then he does not pre-exhaust the thigh muscles, since that would make really heavy squatting temporarily impossible.

But usually—and wherever possible—Casey does use this pre-exhaustion principle. A little careful consideration should make it possible for almost any experienced bodybuilder to find similar applications for this principle to his own training schedule, and it will enormously improve the results. But it certainly isn't an "easy" way to train.

In the photographs which form a part of this article, Casey is shown in a few of the critical points of his present training routine. In one picture, he is shown starting to arise from a full squat with 535 pounds. At this point in the movement, already having moved several inches from the extreme low position, actual resistance is at its highest point, when the thighs are parallel with the floor, and the "moment-arm" is at its greatest. Although the actual resistance will be greatest in this position, the thighs are not in their strongest position—and thus this will seem to be an even harder part of the exercise movement than it actually is; which should be obvious from the expression on Casey's face in this photo.

In the second and third photographs, Casey is shown performing strict form side raises with dumbbells, which are immediately followed by behind-neck presses with a barbell.

Other photos show the starting and finishing of barbell curls with 225 pounds. Again it should be evident that maximum possible effort is involved in the exercise.

The other photo shows Casey in the "top" (contracted) position of thigh extensions using all of the weight available on the normal weight rack, plus an additional 130 pounds of extra plates. And again it should be obvious that he is working "all out."

For several months, Casey has been training in Florida in connection with an experimental weight-training program conducted by the adult educational section of the DeLand, Florida, public high school system, under the direction of the author and coach Bill Bradford. In addition to the exercises mentioned above, Casey has been using a number of types of new training equipment, and at the moment, his training program consists of 76% work on the new equipment and, 24% work with barbells and other conventional training devices. And while it may be felt that this affords Casey an advantage over his competitors, it must be understood that this exact training program is available to anybody who cares to make use of it—for \$6.00 per year, anybody can join this adult educational program and use the same equipment. Secondly, Casey's most likely competitor for top honors in the next Mr. America contest, Ken Waller, has the use of exactly similar equipment in California, in either Bill Pearl's Health Studio in Pasadena or Gold's Gym in Venice. Thus it should really be the "best man" that will win—since no advantage exists on either side.

In the posed photo, Casey is shown with Dennis Anderson, an Alabama football player who has been training with him in Florida during every possible school holiday. This picture was taken five months ago—since then, Casey has gained approximately 10 pounds of bodyweight, has added another inch to his already huge arms, and has improved both his strength and degree of muscularity.

While Casey does not believe in quoting his measurements, I do feel free to state that Dennis Anderson's upper arms were 17-5/8 inches, measured "cold" at a bodyweight of 242 pounds—and it is obvious in the photo that Casey's arms are far larger.

Casey seldom performs more than two sets of any one exercise, and never more than three sets, and usually only two exercises for each bodypart. But his training is conducted with deep concentration and carried to the limit of his momentary ability. Naturally if you train in a similar fashion—and if you have Casey's potential—you can produce very similar results. It really isn't "what you do" so much as "how you do it." MD

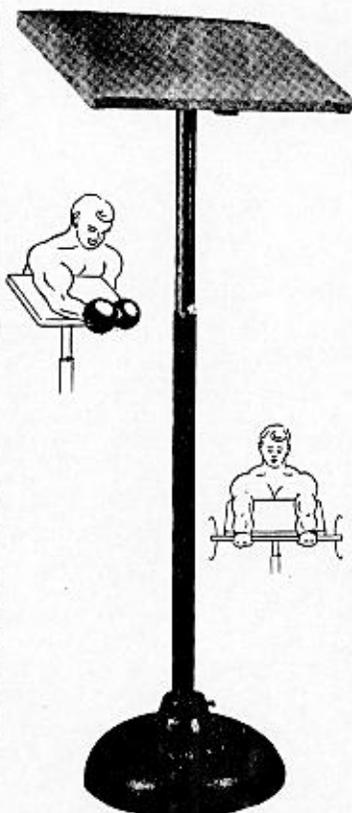
Tony Fratto . . .

(Continued from page 20)

drive which was to characterize his career, he soon became the top lightweight in the Allegheny Mountain Association. An official 320 pound press, 265 pound snatch and 335 pound clean and jerk attest to the strength, skill and ability that were attained.

Although he never trained specifically for physique, his muscle size and shape developed to a tremendous degree from the many heavy lifting movements. At 5 ft. 6 in. in height and 181 pounds bodyweight, he possesses 17½ inch arms, a 48 inch chest, 32 inch waist, 25 inch thighs and 17 inch calves. Despite overwhelming success as a bodybuilder, Tony never had the time or patience to train in the standard manner; lifting always came first. When he wanted to enter an important physique event,

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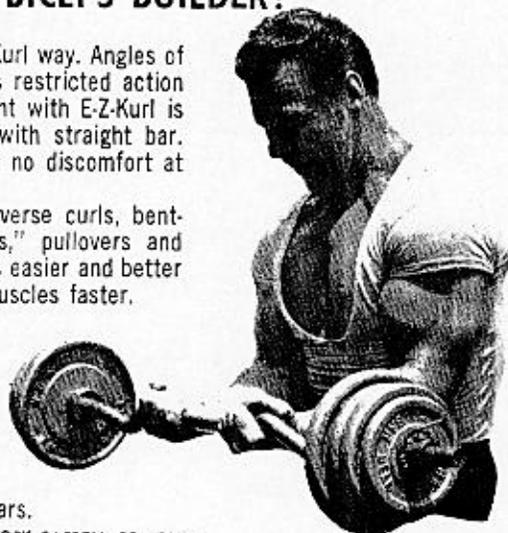
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