

The Role Of Individual Potential In Bodybuilding

By Art Jones

WHILE THERE ISN'T A SLIGHTEST DOUBT that the physiques of men like John Grimek, Steve Reeves, Bill Pearl, and more recently, Casey Viator who attract literally thousands of young men—and some men not so young—to the field of weight training, in the hope that they can emulate such a degree of development, it is nevertheless true that a great deal of frustration is needlessly caused when a similar final result is not produced; a lot of this frustration, I feel, is due to the fact that most trainees set their sights too high—and failing to reach an impossible goal (impossible for them, at least), they then overlook or discount the very worthwhile degree of results that their training has produced.

During the last few months, since Casey Viator has been training in Florida, literally hundreds of people have questioned me in attempts to learn his “secret”—and few if any of these people are able to accept the simple truth for an answer; Casey has no secrets, not in regard to his training at least. He trains very hard, almost brutally hard, and he has far better than average potential. Another man with less potential might train in exactly the same manner and just as hard and yet fail to produce anything close to the results Casey obtained.

Quite frankly, it has long been obvious to me that very few bodybuilders train anywhere near as hard as they should; training more often, using a greater variety of exercises, or performing more sets is not the answer—and such training does not equate “hard” training. Certainly I am well aware that many outstanding physiques have been produced by training that I would not consider hard, but I am convinced beyond any shadow of a doubt that the same degree of results could have been produced in a much shorter period of time if these men had trained harder. And who can say “what

might have been?” Just what sort of muscular development might have been produced if such men had trained as hard as is really required for best results? Your guess is as good as mine.

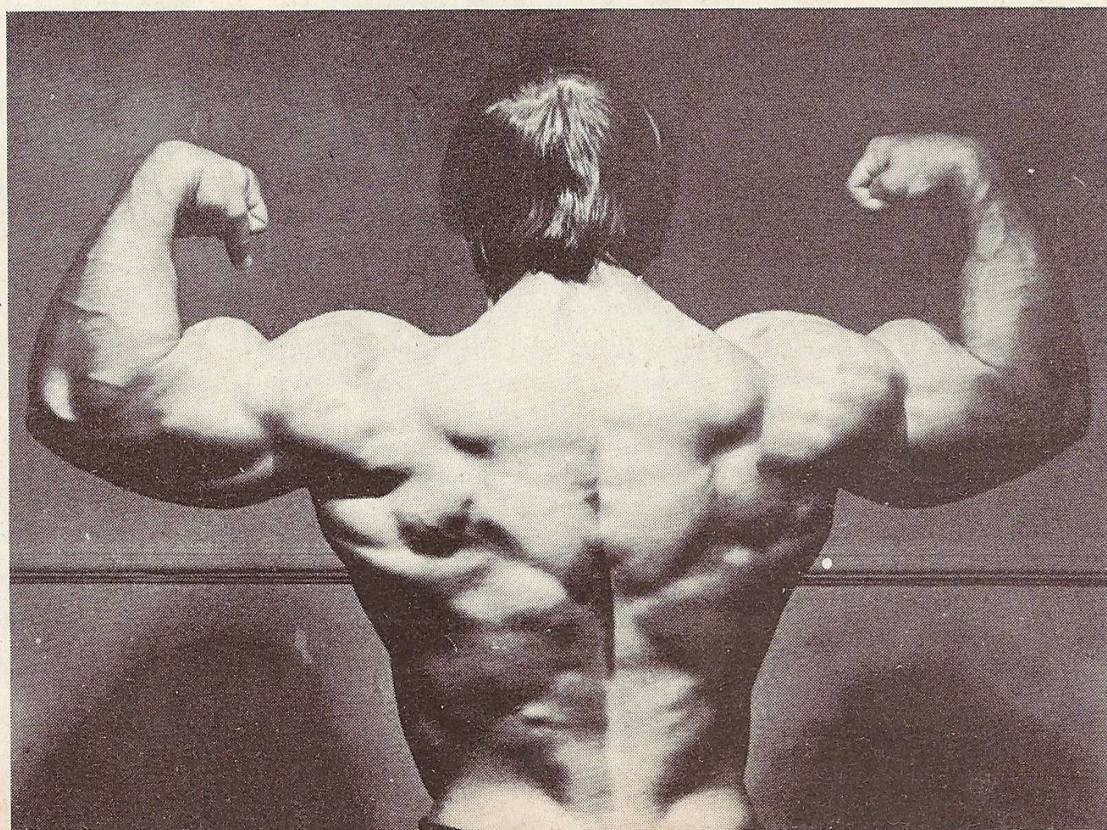
And in any case, even if no such greater degree of development is even possible—and I personally think that it is—it is obvious that producing even the same degree of muscular size and strength, but in a far shorter time, would be a very worthwhile improvement.

But in the end, regardless of how you train, your results will be effected by your individual potential: you may turn out to be another Casey Viator, and some few men will even surpass him, but by far the vast majority of trainees will never obtain such a development—such size simply being beyond their potential.

But rather than letting such a realization cause you to give up in disgust, let it guide you into a realistic appreciation of what you have done—and can do in the future; let's face it, we can't all be Superman—and if we could, then it would be nothing out of the ordinary. But almost anybody can develop a physique that will be heads and shoulders above the crowd. Most of us don't make as much money as Howard Hughes, either—but that doesn't prevent us from trying to earn a living, does it?

So pick your own physical ideal, and work in the direction of trying to build such a physique, but when you select a man to pattern yourself after, try to be realistic in your choice—choose a man that is along your own

The massiveness of Casey Viator's back is evident in this back shot by the author.



lines of overall bodily construction. If you are of average height and tend to be stocky, then you might eventually be another Casey—but if you are over six feet tall and have a light framework, then such a goal would be unrealistic; so, instead, select a well-built man who started with your
(Cont'd on page 55)

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approximately eight reps. Of the six routines offered, in this article, I have selected what would seem to be the favorite and most productive exercises used by these men to build their world famous arm development, these are listed below:

- 1—Barbell curl
- 2—Seated alternate dumbbell curls
- 3—Preacher or bench curls
- 4—Push-down on lat-machine
- 5—Standing triceps extension with barbell
- 6—Dumbbell triceps extension (French press)
- 7—Lying triceps extension on bench MD

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same body type.

And then, whatever your eventual production of results may be, you are far less likely to encounter the frustration that is inevitably caused from seeking an impossible goal; and in the end, if your head is screwed on squarely, you will come to appreciate the real value of a lifetime of proper physical training, the long step that it provides in the direction of good health—without which you have nothing of any real value.

In a way, it is unfortunate that most young people are blessed with at least "satisfactory" levels of health; because this leads them to disregard the value of their most valuable possession at the very time when they should be laying a foundation of lifetime habits that will go a long way towards preserving their health throughout life. Usually, by the time they wake up to the real value of their health, a great deal of damage has already been done—damage which could have been, and should have been, avoided. So set your sights on a realistic goal, and try to profit from the experience of others. MD

The Posing Platform

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mass is displayed, the audience reacts vociferously than when any huge, unsymmetrical mass is displayed without basic symmetry.

So, what can be done? Plenty, First strive for the amount of size that your bone structure can accommodate, and keep this size symmetrical to balance out your proportions. Doing this you can't miss developing the type of physique that everyone will admire . . . and it will be the type of development that you can display to your muscular advantage! MD

Interesting Facts

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needs of her growing infant.

7. Older people need more protein than the average younger person. This is listed as 70 grams for a 154-pound man who is well and healthy, who leads a sedentary life and lives in a temperate climate. Active and larger people require more—a gram more daily for each additional two pounds of bodyweight. Thus a man of my weight, normally 253, would require a minimum of 115 grams of protein daily. But, as stated, older people need more protein primarily because they cannot utilize it as well as younger people. A man of 50 may need twice as much protein as his son of 25 because he cannot metabolize, absorb and utilize protein as efficiently.

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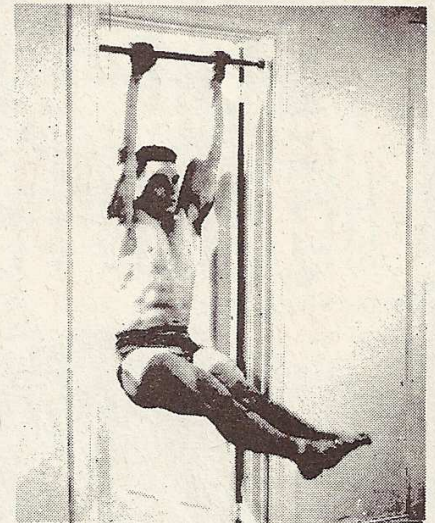
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