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WEEKLY MUSCLE BUILDING EXPERT *Interview Series*



Interview with Mike Dayton

Well, Dennis, this is Mike Dayton speaking. I'm sorry I've taken so long in making this recording. I've carried the recorder around for three weeks now and just haven't sat down to do this. I'm very sorry about that.

I know very well who you are, but I don't think I've ever met you. So, I'm kind of just going to wing this. A lot of these questions don't apply to me, so I'm going to throw in a lot of stuff on the side and you can pick from whatever you want here.

Your first question here, what hobbies do you participate in besides bodybuilding? I think I play every sport there is. I enjoy being athletic. I'm very coordinated. I ski, snow ski, water ski. I take part in gymnastics. I've wrestled. I was the state champion in high school. I enjoy football, baseball, basketball. I think you name it and I play it. I enjoy sports of all kinds.

How did you become interested in bodybuilding? Well, I think the truth is when I was 12-years-old I lived in Oakland, which was a rough town, and I was coming home from a Boy Scout meeting and I was jumped and I had my front teeth knocked out. At 120-pounds, at 12-years-old and probably about the same height that I am now, 5'10 1/2" – 5'11".

I think in the back of my mind I became interested in building up my body and increasing my strength because of that, although I didn't know that at the time. I went on to...with some early success in bodybuilding to win Teenage Mr. America AAU in 1967 when I was 18-years-old. I followed two really great physique champions in the Teenage Mr. America. The year before me was Dennis Tinnerino...or no, Boyer Coe was the year before me and the year before that was Dennis Tinnerino.

So, at 18-years-old I kind of started right off at the top there. I got on the cover of...I think it was Strength & Health that first featured me on their cover. I wasn't really as big as the other Teenage Mr. Americas, so it took me a couple of years of training after 18, say until when I was 20 to really get into open physique competition where I can compete with the other people.

How long have you been training? Well, I've been training since I was 13-14 years old. I'm 30 years old now and I've probably been the most fanatical trainer of all. I did do five-hour workouts at times, three workouts a day for a 2-3 year period. I don't think I missed one day working out, seven days a week, mostly two workouts a day, and that includes Christmas and all holidays.

When I was young I was competing in the... Well, my first competition that I competed in was the Teenage Mr. California contest. And my very first year I was last place, and I think this was in 1966. And so, there was only seven competitors in there and I was seventh. I was about 150-pounds then and I had only worked out a couple of years. It was my first contest I was ever in. I'd seen a couple of them before, though.



I was training under Jack Dillinger at that time and a year later, after a hard training for that whole year, I went back into the contest, Teenage Mr. California, in '67, took first place, also won Best-Built Teenager in California, a separate contest in that year. And I went on to...in 1967 I went on to the Teenage Mr. America. I was still training under Jack Dillinger, who I owe a lot to for a guy who's an inspiration when I was young.

Okay, next question. Was there a period during which you made very fast gains? If so, what do you attribute these gains to? Well, I attribute all my gains to just hard work and dedication. I think that's the key. I don't think any one routine is going to make any difference. I think it's the amount of effort, the amount of...just of energy that you put into each workout.

The one thing about weight lifting I've always enjoyed is it's an individual sport and the harder you work at it, the harder you work as an individual, the more you're going to get out of it. And that was impressed upon me by Jack Dillinger when I was very young, that the more I put into it the more I would get out of it.

So, I think I started out working super hard. I had worked to exhaustion on everything I did. I had a theory that you can't work too hard, and I think I still believe in that. I don't really know too much about overtraining. I think if you get enough sleep, I don't think you can overtrain a muscle. The more you tear it down, just the more it's going to grow back.

Okay, have you ever performed an exercise which caused you an injury? Yes, I have. I've trained until I've hurt my elbow somewhat, not serious injuries. I have bad wrists now from breaking handcuffs, which interferes some with my training right now. I can't do some exercises I'd like to do.

I've found that you have to be cautious of your knees and elbows in training. I've always done full squats and I've always done them right down to the floor. I've never had a knee injury. So, my knees are fine. I have hurt my shoulders and elbow with training, but not serious. And I've always found that in three months of just laying off the exercises that bother you, the injuries have gone away.

Okay, another question, do you frequently burn-out or go stale on certain exercises? Yes, I do, everybody does. You can't do an exercise for any great length of time without becoming used to it, without it becoming repetitious and without your body saying you've had enough of this. You don't make the gains that you made at first, after a while.

This is why you constantly, as a bodybuilder, have to change your exercises and your routine. You constantly have to be switching, putting new exercises in and changing things in your routine, because your body will adapt to anything that you do to it. If you're training, say for example, bench presses and flies, well after three months of this or two months, depending on the individual, your body is going to become used to it and you won't get the pump that you got at first out of your benches and flies. So, you change it to something else.

You go to decline work, incline work, cable work. You change it to dumbbell presses on the bench instead of bench presses. You change your flies to cables. Constantly, you have to attack the muscle from a different angle, because I think the muscle builds up a resistance to whatever you're doing to it.

Turning the page here, as a competitive bodybuilder, do you feel it necessary to achieve a proper skin, hot or cold showers, keep the skin moist, applying sun tan? One

thing I'll throw in here about stretch marks, and I have a lot of stretch marks because I started off very skinny and I got them when I was young. I think before I was 20 I had stretch marks on the back of my arms, like the front of my arms over the shoulders, chest, the back between the shoulders and the lats. I've got them down on my biceps. I've got a couple on my forearms. I even got one on my calf.

So, I think it's important to protect against those stretch marks. And that's using some kind of oil on your skin. You need it...oh, two, three time a day if you're prone to stretch marks and you start to get them, to prevent you from getting more, you should oil yourself two to three times a day.

As a competitive bodybuilder, do you feel it necessary to achieve proper skin, skin tone? Yes, it is very important to have good skin tone as a bodybuilder. I think the most important thing is to have the thin skin, which comes from the dieting. But, as far as the skin tone, I don't know if that has very much to do with the weight lifting. I think your diet controls that somewhat. A lot of sun seems to clear the skin up for most people. Also, the proper vitamins in the proper amounts: vitamin A, vitamin D, they seem to help the skin.

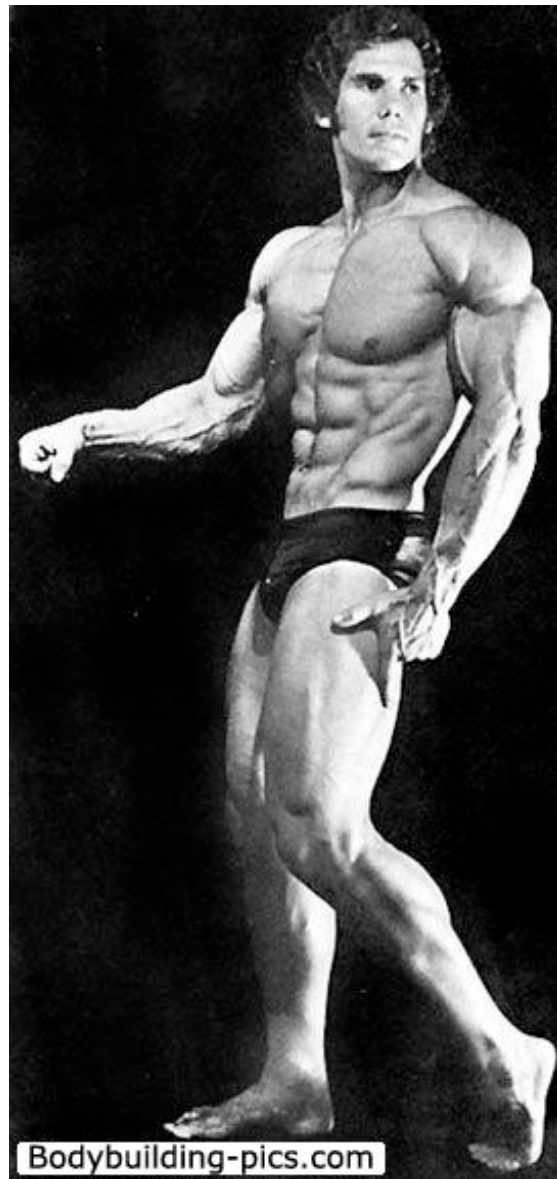
I've never been too big on using a lot of soap on my body. I've take two or three showers a day, it seems like, because I train a couple of times a day. So rather than use soap, I just rinse myself off and I have such calloused hands that I rub myself like I was washing myself off with a bar of soap, and the calluses on my hands seem to scrape my skin clean. So, I'm not too big on using soap.

Another question, what type of exercise principles seem to work best for you: strict movements, cheating, super sets, giant sets, PHA, et cetera? Well, I've used all of them and I think that the best thing is to continuously change your routine. Strict movements are fine, but they're not actually better than cheating movements because you can get tremendous muscle development with partial movements.

For example Sergio Oliva did all his workout with partial movements. He never locked-out on a bench press. He never locked-out on triceps, biceps. Everything he did was just partial movements for a pump.

Super sets are great, but then again, you'll get stale on any exercise you do super sets on. Giant sets, the same thing. So, I think, again, the most important thing here is to change your routine from strict movements to cheating movements. I did a lot of cheating calf raises where I never really went all the way up or down, but I would burnout, for example, 500 reps and maybe 10 sets of 500 reps. That's 5,000 and I would do 1,000 free reps just to pump-up before my calf routine.

I had small calves and I wanted to enlarge them. So, people told me the only way you'll get big calves is with a strict movement. Well, I never actually did very much strict movements. I got better results with the cheating movements. So, I think it's up to the individual and his actual muscle structure, which determines if strict movements or cheating movements are going to be more to your advantage.



Another question, are there any junk foods which tend to smooth you over, over a period of a week or so? Well, yes, all junk food tends to smooth you over. it's not so much a junk food, any food with high carbohydrate, high calories is going to tend to put a layer of fat over your body.

How important is rest and sleep to competitive bodybuilding? Well, we all know how important rest and sleep is. You have to stay healthy to develop and grow large

muscles. And to stay healthy you have to get regular sleep every night. You don't need to sleep a certain amount. You can't say that eight hours is better for somebody or six hours is better or ten hours. I think as long as you get as much sleep as your body requires.

Over-sleeping, I think, is the most detrimental thing that you can do. If you're sleeping ten, eleven hours a day, I think that's hurting you because you're sluggish all day long. So, rather, I don't think sleeping...you have to get regular sleep. You should go to sleep at the same time each night, but I don't think sleep has a tremendous amount to do with it other than keeping yourself healthy. And you've got to be healthy to develop your body.

Another question, many bodybuilders feel that heavy training they cannot carry out while holding a job or being married. Do you agree? Well, okay. Let me see. Well, yes. When I was a competitive bodybuilder, at times, I was such a fanatic that I didn't think I'd let anything get in my way. I was a bodybuilder first, a student second. I was probably a bodybuilder first and a husband second, too.

I was married at one time and it didn't interfere at all with my training because I wouldn't let anything interfere with my training. I wanted to be Mr. America and that was my number one goal in life and I wasn't going to let anything else I did in life interfere with that. And it takes that kind of dedication to reach any goal.

I don't think that... I did hold a job for five years doing hard physical labor. I moved furniture and I did that and continued to train. I think that's probably why I got stronger than most bodybuilders, is because I was just doing more physical labor. I'd work ten hours a day, five days a week and still go to the gym for three-and-a-half hour workouts and still spend two hours a night working on Kung Fu exercises and Kung Fu katas.

Another question here, do you take much liquid during your workouts: water, juices or milk? Well, for years I trained with a quart of milk, and I never drank the quart of milk more than a sip at a time. And when you have a two to three hour workout, you need something to sip on. So, I used to drink a quart of milk with each workout. Now, I did this during the period when I was trying to gain. I wouldn't recommend drinking the milk for somebody that was cutting-up for a contest.

Another question, have you ever gotten ill to the point that you had to terminate training? Well, I've been ill very few times in my life. So, I did do this several times though, when training for contests, Mr. America competition, I would diet myself down where I was starving the fat off and feeding the muscle, and I would get very...I'd get very weak from it. I would take away all my natural body defenses against colds and flu. I was very susceptible to colds.

One year I, I think in '74, preparing for the Mr. America, I developed some kind of cold sore on my lip, which was just two days before the contest. My whole lip swelled up and I couldn't go to the Mr. A that year. I think that was because I was dieted down to such a state where, trying to get super-cut, that I let myself become sick and unhealthy from doing that.

Another question, do you have any tips for bodybuilders entering their first physique contest? Oh, let's see, your first physique contest, I think you should work more on posing than anything else. I spend a lot of time, an hour a day, doing posing and the posing exercises, I think, are very important. I've developed something I call over-posing, where I would take my posing routine, hit each individual pose and practice flexing everything from my legs to my arms, chest, back, every muscle that was visibly displayed there, I would practice over-tensing it for a period of seven seconds. And I would do this on every single pose, trying to bring out more definition and more cuts on that pose.

But, I think for a beginner bodybuilder entering his first contest, I think the best advice you could give him would be to work more on his posing routine than on the weight lifting in the gym or anything else. Because, building muscles takes such a length of time that within one week or two weeks, you're not actually going to add very much size. You can add some definition in a two-week period, but very little size can actually be developed in two weeks. So, the thing to work on is the display, to actually practice more on the display. I think that would be to a beginner's advantage.

Another questions, like most all beginners new to bodybuilding, you probably received as much inspiration and instruction from some of the muscle magazines. At your advanced level of training, do you still find such quality from these magazines? Yes, I look at the muscle magazines every month, of course, and have for my entire bodybuilding career. I probably always will.

I used to get inspiration from them. I used to, of course, learn from them. I used to be inspired from them. I was as big fan of Larry Scott's, and the old Larry Scott Harold pool days, but not now. I think you have to inspire yourself or get yourself motivated. I think that's more mental than physical. I don't use the magazines for that, where I could see where a beginner would, though.

Another question, what are your favorite muscle mag publications? Well, I read all of them. I like Ironman a lot because I think Ironman prints a non-biased opinion, where Weider's magazine, of course, is promoting Joe Weider. I like Dan Lurie magazine, but then again, it promotes too much Dan Lurie for my taste. But, I read all the muscle magazines and I think they all have their good points and they all have probably their bad points.

Do you think drugs, steroids, et cetera, et cetera, are necessary for successful bodybuilding? Why or why not? Okay, well, this is an important question to me. I just got back from the steroid contest with Chet Yorton second annual Natural Mr. America and I'm a big promoter of that for Chet, because I believe in that. I never took steroids up until...I think I first took steroids when I moved in with Arnold Schwarzenegger in the summer of 1969, and I took them for about a year-and-a-half.

I made some gains on steroids. My opinions on steroids is that they're a medicine and a healthy person doesn't need to take a medicine. Steroids were invented for people that are geriatric, old people that can't replace their tissue fast enough, people that have been burned in fires and they're going to die because they can't replace enough tissue on their body, they've been burned too much. People that have had their legs cut off or something, drastic surgery. Well, these people need the steroids. They need it to re-grow the tissue to keep themselves alive.

So, I don't think a healthy person should take a medicine, especially the steroids. I don't think they need them, first of all. I don't think it has very little to do with developing the body. If everyone took steroids, it's still the guy that trains the hardest is going to have the best physique.

That's why I believe that if we cut steroids out of the bodybuilding world you'd still get your...the same people would still win the contests, they'd be about six-pounds lighter is all. And then it would all be even if we were all six-pounds lighter. No one would have to take steroids.

I can't stress enough that I don't think the steroids really have their place in the bodybuilding world, because they take away the health of the bodybuilder. What happened to me on steroids, I took them for about a year-and-a-half and I took large doses of them because that's what Arnold said was a proper dose to take. I ended up getting nose bleeds, dizziness when I was working out in the gym and I would throw-up every time I ate anything that had grease in it.

I didn't know what was wrong with me. I went to a doctor and I found all these things were off. And I thought, "Jesus, I'm healthy, I train every day. I can't understand what's wrong with me here." Finally, it came out that I was taking steroids and as soon as I got off of them everything cleared up. I never really lost any strength or any size when I got off of them. I haven't been on them since 1971.

I just don't think they have a place in bodybuilding because I think they're just...they're anti-health. I think they're going to hurt somebody's health. I'm glad that Chet Yorton has started something where people can train now and not have to take steroids. I think his contest is going to be the contest of the future because people beginning bodybuilding, people just getting into the sport, they don't want to have to

take steroids and they don't want to have to compete with people taking steroids. So, Chet Yorton's contest is new and refreshing and it keeps the steroids out of bodybuilding. It kind of puts the health back in bodybuilding and I think that's really the most important thing. Bodybuilders should be healthy. If it's not healthy to develop the body, then why even go out and do it?



Okay, let me find another question here. Okay, how does a man such as yourself maintain a positive family relationship when engaged in heavy training for a top contest? Well, as I mentioned before, it's kind of hard to do. You can of course keep a positive family relationship going, but you have to put so much into the bodybuilding that it does take away. It takes hours and hours out of your day. It takes... It should occupy most of your waking thought, the fact that you're a competitive bodybuilder trying to get bigger, that you have a big contest coming up that you're preparing for. It does take away from anything, because you have to put that amount of time and energy into it to be number one.

I think a lot of people, a lot of the top bodybuilder are married and it doesn't affect them to that much. I think it takes an understanding wife, I think, would be the key. If

you had an understanding wife that was on your side, wanted you to do well, well then, I think it'd work out. Otherwise, it is awful hard to be a top competitive bodybuilder. You can be a bodybuilder without having it take away anything, if you're not a top competitive bodybuilder.

Okay, what are your plans for the future in bodybuilding? Well, I don't really have any plans other than I'm presently trying to get back into bodybuilding shape. I don't plan to enter any more physique contests. I'm doing too well at the feats of strength. I've been performing those all around the country. I've done...so far this year I've done 30 shows. That's 30 weekends I've been away from home here, on the road. I do everything from college lectures, university lectures to rock concerts to karate championships to physique championships. I've performed at the professional basketball games. I've been in front of I don't know how many crowds, how many audiences here.

I enjoy doing the feats of strength more than entering the physique competition. I never had the ideal structure to be a physique champion. I never had the broad shoulders, the narrow hips. I developed a good enough body to win a title and I was happy with that. I'd hate to set a goal for myself of winning Mr. Universe and having to spend and dedicate that five years just for that one subject when I could get so much more done in that amount of time.

Okay. How would you characterize the real secrets of bodybuilding success? Well, I think I can do that in one word, it's mental. Mentally, everything is done. The more you put into it mentally, the more drive that you can give yourself and go into that gym with, the harder you're going to train. I think that's what separates the winners is the person that goes in there and does it mentally and physically. He goes in there with his whole mind, his soul, everything he puts into it. I think this is what separates the winners from the people that don't win.

What do you feel the future holds for bodybuilding, competitively? Well, then again, it goes back to Chet Yorton's non-steroid shows. I don't know how big bodybuilding will ever get. I think it's probably peaked for a while right now with Arnold Schwarzenegger and the movie "Pumping Iron". Arnold's done a tremendous job for bodybuilding, promoting it, putting it out on the public's level. I think it's much more accepted now than it's ever been before, but again, I think we're at a peak now. I don't think it's going to rapidly grow bigger from this point. I think Arnold has put it right out there and it's been accepted somewhat publically and I think that's about it. I don't think it's going to get a lot bigger.

I saw bodybuilding go from say 10 years ago, 15, 12 years ago, where your average contest was in the YMCA and your posing light was hung over the basketball hoop and you had 50 to 70 people in the audience. Well, I've seen it 10 years later climb up where you have two

or three thousand people in the audience and you have beautiful stage shows, Las Vegas-type shows, acts in between the bodybuilding contests. So, I think it's kind of peaked-out now.

I hope it gets bigger. I'm doing everything I can to promote it publically. But, I don't know, there's always a feeling that I find that people think of the bodybuilders as freaks. And until they get that idea out of their mind that they're just freak people with these huge muscles and most of the general public still has that, "Eww, his muscles are too big" type of response when he sees a bodybuilder. But, I hope that changes.

Okay, have any certain individuals had a particular influence on your bodybuilding career? Yes, they have. As I mentioned before, I started with Jack Dillinger who...a good friend of mine. I was 14-years-old when I walked into Dillinger's studio. I weighed 130-pounds. I'd been training already at the YMCA for six months and six months at home. And Jack Dillinger knew how to inspire somebody and in his own way without giving me a tremendous amount of advice or anything like this, he just instilled in my mind that I had great potential in bodybuilding.

His first words that he said to me when he saw me in the gym was, "You've got great potential." And that always was just enough to keep me going. That was enough to make me work harder. Dillinger was a tremendous influence on me. The fact that he, for a couple of years, supplied me with protein, free of charge. He had his own protein company. It was called Bulk-Up. It's one of the best products on the market. Every week he'd give me a can of this, no charge. I didn't have any money at this time. So, I owe Jack Dillinger much of my success.

His advice on training, the people that were in his gym were very good on advising me. He's done a tremendous amount for me. I think I'm very fortunate to have a person like Jack Dillinger who had a gym just two blocks away from my high school so that I could find somebody of that quality to start off with, right away, start off with somebody that knew what he was doing. I didn't need to waste years training without any proper instruction.

Okay, let's go to another question here. When you're not in serious training for major physique contests related to the following, off-season. During this period of time do you train heavy or light? Well, I've taken very little time off of weight lifting and I enjoy training heavy. If I'm out of shape and can't train heavy, I've got to train light until I get back in shape and can train heavy.

How many exercises will you normally perform for each body part during this off season? Maybe one exercise, if I'm not training hard, for each body part.

Do you ever plan to accent the off season training with power lifting? I've always done power lifting. I've done Olympic lifting. Power lifting is probably...I enjoy power lifting more than the Olympic lifting. But then again, I've never really tried to excel in power lifting or in Olympic lifting. I've done...oh, let me see. I've done 470 in a bench press, a 490 in a cheat bench press. I've squatted over 600 pounds. I used to do repetition squats with 300. I got up to 50 reps with 300 pounds. The Olympic lifts, I enjoy doing those. I've pressed over 300 pounds. I clean and jerk 355. I enjoy putting on the three Olympic plates on each side of the bar and

snatching it up and throwing it overhead. I can do this even when I'm out of shape. A lot of time I'll walk in the gym just to do this to show off, I think.

Another question here, how long does each workout period last? Well, that does depend on the individual's energy level. My workouts have always been long workouts, long and hard workouts, and if I had the time I worked out twice a day. But, I think that depends on the individual, how much he wants to put into it and what he wants to get out of it. I think you could go in a gym one hour, three times a week and make decent gains. But, if you're going to put your all into it, you've got to go in there and spend the time in the gym.

Do you have difficulty gaining or losing weight? I had a lot of difficulty gaining weight. I'm a very hard gainer. I used to try to gain a pound a week. If I didn't gain that pound by Friday, I wouldn't go out that weekend. I would just stay home and eat. There were times when we used to...we had a friend that worked at the local movie theater. We used to go out and get two bags of groceries and go into the theater and eat as much as we could within the two hours that the movie was running. We'd eat tremendous amounts.

We'd bring a quart of milk, a quart of half-and-half, cottage cheese, yogurt, cheese, sandwich meats, just as much as we can bring in there, nuts, fruits, we would just eat until we were ready to throw-up. Many times I ate until I threw-up and then tried to eat down a little bit more. I was such a hard gainer I could never get fat. I couldn't put a pound on. I had to fight all the way to get every pound I ever got. Now that my metabolism has changed, I'm a little older, I have to watch my weight a little bit and it's harder for me to get cut-up. So, it's kind of turned around a little bit for me.

Please give me your thoughts on bulking-up. It is necessary? Well, I don't think that it's really necessary to bulk-up to a tremendous amount. You want to build the muscles, that's what you want to do. I don't think bulking-up... There's a place for bulking-up and... Well, let me clear this up. You don't need to get that bulky to build the muscles. You want to build muscle and fat at the same time and you can build faster when you're bulking-up than when you're trying to stay cut. So, I don't think you need to get over ten pounds out of contest, maybe 15 pounds over contest weight. That's the most you ever need to get. That's as bulky as you need to get. But, it is better to bulk-up and then cut back down, because when you're bulking-up, you're gaining faster. I think it's better to build the muscles when you're bulking-up.

Should the accent of bulk training should be an overall body? Well, yes, it should. You should bulk-up the overall body at the same time. You can't try to keep your legs cut-up while bulking-up the upper body, because bulking is a matter of eating the calories, carbohydrates and gaining that mass all at one time.

What you're doing is putting on about 50% muscle, 50% fat when you're bulking-up. If you go to the extent where you're just putting on 75% fat and 25% muscle, well, you're not really doing any good. But then again, muscle just takes time to develop. To gain one pound of actual muscle, you have to develop one mile of vascular structure in your body. And you just can't do this in a one-day period. So, nobody gains a pound of muscle a day. It takes time and it takes a lot of hard work.

During the off season are you in good enough condition to perform for any request posing exhibition? Well, I try to stay in good condition year-round, because I'm doing the feats of strength. But, for myself, I don't consider myself in great condition always. To perform feats of strength, you have to be healthy. I like to have the movement that I have, the freedom of movement. I'm not restricted in any way. I don't really have large arms. I'm very fast at kung fu movements. I stay in good enough shape for myself. I don't think I consider that top contest shape, though.

Do you ever work the body part more than once a day? Well, I did this with calfs. I worked calfs twice a day and actually stretched them maybe five or six times during that day on stairs where I just allow my heels to drop as low as they could.

If you have a problem area, you want to overtrain it, is what you want to do to cause it to develop, to cause it to react and grow larger. You want to overtrain it. There is no actual rule that training it five times a day is too much. If you train it five times a day, it's got to react to that. Something has to happen. It's either going to get stronger, bigger, but it's got to react to it.

Do you place specialized work at the beginning or end of your workout? I used to like to put my hard-to-gain areas in the beginning so I could work the hardest at them. I'd go into the gym and I would attack the one muscle that I was training on. I think throughout my training I took one muscle and tried to develop it more than the others. I'd work everything. But if my biceps were, for example, the one muscle that I wanted to emphasize the most, I would do them at the beginning of the workout when I had the most energy.

How many weeks or months do you allow yourself to bring the lagging body part up to par by specialization? Well, I think maybe three months of specializing on any exercise would be enough. I, for example, though went one year of specializing on my calfs, training calfs a couple of times a day. Several times I'd train for an hour just on calfs alone, a tremendous amount of work I'd do on calfs. I'd handle 1,500 pounds in different positions, let press. I got to the point where I could do 1,500 with one foot for repetitions over 30-40 repetitions.

How many exercises will you normally use for a body part? Well, depending on how you want to develop that body part of what body part that is. For example, biceps only have one movement and that's lifting the arm up, because they only have the two heads. Chest, for example, a little more complicated. Shoulders, more complicated than that. The more tie-ins, connections you have on a muscle, the more exercises you need.

For shoulders, for example, you could do five exercises, wouldn't be considered too much. Now, for biceps, there's really only the one curl movement. You can do it with dumbbells, barbell, easy curl bar. You can do it on a Scott bench. You can do it standing. You could do it with your arms turned in or out. But, it's basically the one pull-up movement. Shoulders being different than that, lats being different than that. You can do, when you need to do, several different exercises, I think, for these more complicated muscles because they actually do different movements. They pull your arms down or they pull them to the back. Any time that the muscle has more than two basic connections you have to do more than one exercise, for sure.

Okay, let's find some more questions here. What do you use as a guide to gauge your overall total development from month to month, up to the week of the contest? Well, I gauge my development with how I'm feeling in the gym, how much I'm lifting. Am I lifting hard enough? I use the mirror a lot to gauge my actual development.

I think three months before a contest I start working on a posing routine. One month before the contest I want to have that routine down, the poses selected and I want to be able to have one month of just those...that one posing routine after selecting the poses to work on it, to develop it, to work on bringing all the striations out that you possibly can, work on bringing the veins out.

Do you find it valuable to have a training partner? Yes, I do. I've trained with a training partner several times. My younger brother Bill was my training partner for years. We got tremendous workout. For years I trained with Clinton Byerly as a training partner. We got tremendous workouts.

A training partner can be used to inspire you, to make you train harder. And if this happens, if you train harder with a training partner, by all means, use them. Presently I train by myself or I grab somebody in the gym that may be doing arms at the same time I'm doing arms and use them like this. But, a training partner definitely has a lot of value.

How do you gauge your workout tempo? Well, I do it by my exhaustion rate. If I'm too tired, I take a little more time to rest. As soon as I'm recuperated, I don't think it takes but a minute to ever recuperate from anything. If you run four or five miles, it only takes me a minute and I feel like I can get off and run again. So, I never take a long time to rest. But, it depends again on your recuperation, your heart beats, your blood pressure, how fast you recuperate from the exercise and how intense the exercise was.

Next question. Related to the important points of proper mental attitude, show how this facet during a pre-contest program works out as compared to the off season. Well, in a pre-contest program, of course, it gets more intense. You know the contest is coming up, that's what you're training for. You train harder. I think inspired everybody that competes to train harder when it gets close to the contest. Again, the mental attitude is everything in training. The harder you can make yourself go into that gym and train, the more you're going to get out of it.

Concentration. In bodybuilding, this is achieved in many different ways. Some like to train in silence while others like to train with sound and music. And finally....let's see. Okay. Concentration. Well, as far as the music, when I train I don't hear the music. I'm in there just to do one thing. I'm concentrating on my actual weight lifting. I never hear the music. I don't hear people in the gym laughing, screaming, telling jokes. I'm in there just to do the one thing that I want to do, and that's to train hard. So, I don't let anything interfere with me as far as the atmosphere of the gym, the background noises, the music being played or not. I think anybody that's training hard has to have the ability to focus everything out of his mind to concentrate on what he's doing, the actual weight lifting.

Next question. How many months before an important contest or posing exhibition do you begin selecting or arranging a posing routine? Well, as I said before, three months before, and at the very least one month before. You have to have your poses down and be practicing them for a month.

Do you perform this posing routine after or immediately after a workout or some other time in the day? I used to do my posing when I got home at night. I would go home after showering from the gym and I'd get in front of the mirror and I'd work one hour, every night I'd work one hour on posing. I do my isometric flexing, tensing, some chi exercises in the mirror and then work on my posing exhibition, my posing routine.

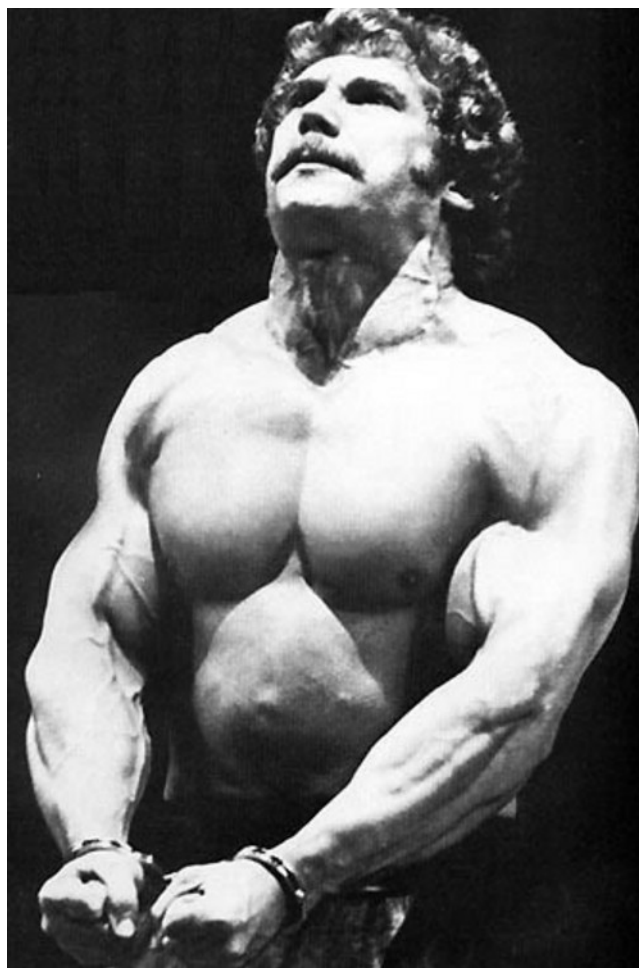
Next question. For you personally, what is the best hour of the day for training? Well, I used to train around the five to seven. I felt I had a lot of strength at this time and I would...I got used to training at that time. I think you need to set aside a time. It doesn't matter if you train in the morning, the evening, the afternoon, as long as you train the same time every day. Your body can adjust and get used to exerting that amount of energy at that time. So, I think it's not so important what time that you train, but it's important that you train at the same time every day.

I've since changed my training to now I train...presently I train in the mornings. I've never been able to get up and do very much of anything in the morning. I'm kind of a slow-riser. But, I've changed my schedule around to train in the mornings and I'm getting a lot out of it now because my body's adjusted to morning workouts.

Do you train right up to the day of the contest or the day of travel? Do you taper-off training before...blah, blah. I would train right up to the contest, but always kind of...much more pumping. You're not going to develop any more muscle right before the contest, so I think I would change my routine a couple of weeks before and just go through a lot more pumping exercises. I think trying to get that really full look by flushing the muscle thoroughly.

Do you pump-up before posing? Well, before posing I've noticed that teenaged competition, for example, that the guys get out there and they do all that weight lifting and pumping-up and they probably take away most of their cuts and they probably take away most of their ability to demonstrate and to show the muscle because they're over-pumped. You can't really show off your biceps, for example, if you're over-pumped. They may look a little bigger in the gym, but they're not going to look better on the posing platform.

So, I think the best thing to do, and I've noticed what most everyone does in say a Mr. America competition is to actually do their posing routine backstage, just to themselves in a little circle there. They sit there and they keep tensing and hitting these poses. I think that's the best way to get warmed-up, is just to tense the actual muscles, go through the posing routine a couple of times and very little pumping. For example, pumping would take the cuts out of your thighs. So, I don't believe in actually doing any weight lifting before a posing exhibition. I'd rather do the posing.



Next question. After competing in an important national contest, do you ever take a complete lay-off from training? If so, how long? If there's ever a time to take a lay-off it's probably after competing in a national contest, because you try to peak for these contests, you try to put everything together for the contest and the proper time to take a lay-off is after the contest.

I would lay-off for two or three days and that's about it. Unless I went to a contest where I didn't get...place as well as I thought I should, I may come back the very next day, that very same day and continue training, try to train harder.

After a physique contestant is retired from competition, what basic changes should he make in his diet and his exercise program? Well, that depends on the individual. If he wants to keep the body, he's going to have to keep going into the gym and keep lifting the weights. There's no way to keep large muscles without using them. And in daily living, you just don't use your muscles enough to keep large arms, for example, if you don't do the weight lifting, because there is nothing in day-to-day living that requires you to lift two, three hundred pounds with your arms. So, of course, to develop muscles is one thing, to keep them is another. To keep healthy is still another thing.

I go into the gym and I try to keep strong and keep healthy. I'm not trying to develop larger muscles. So, I go into the gym now and I can do, for example, 1/5 of what I used to do to try to build the muscles to maintain them. I could go in the gym two days a week for an hour-and-a-half and probably maintain forever. But, when I go into the gym, I have to honestly work hard at it. I can't just go in there and expect to stay in some kind of shape without putting the effort forward. So, I think all bodybuilders have to put a genuine effort into staying in shape after they get out of competitive competition.

Well, that kind of finishes the interview here. Maybe I'll add some other things. As I said before, I'm actually more interested in my feats of strength now. I've performed five feats of strength. I don't think anybody else in the world can equal. That's breaking handcuffs, bending coins, everything up to a quarter, tearing tennis balls in half. I've bent a 1" bar, which is your standard weight lifting bar, over my knee. I've done a hanging where I've dropped six feet, hands tied behind the back, single rope, and lived through this. I don't want to do that anymore. I do an exhibition now where I have no drop, which is very simple for me. I don't think the average person though has enough strength in his neck to do this.

I have some...a repertoire of over 50 feats of strength that I can perform. I've performed everything I've ever seen done. So, I'm very capable of doing feats of strength. I enjoy that. I think the most of anything I've gotten into. I want to continue doing that and that means continue to stay in some kind of shape.

Also, this year I got into a different sport. I got into full-contact martial arts fighting. I've never really been interested in being a fighter and I'm still not. I went over to Tokyo, Japan to fight a man that fought Mohammad Ali, Antonio Inoki. I fought him and fought to a draw. I thought I won the fight, but they gave it a draw.

Before that I had eight professional fights. I had eight wins in that. I fight in the heavy weight division, which I'm kind of light for a heavy weight. I get down to 192 pounds, between 192, 198 pounds, which is kind of light for a heavy weight.

This kind of fighting has never been seen in the United States because it's not like Taiwanese kickboxing, Chinese kickboxing or full-contact karate fighting. For example, in all these other full-contact karate or Taiwanese kickboxing, you're not allowed to kick the opponent's knees or his groin. You're not allowed to bite, you're not allowed to gouge eyes. In full-contact martial arts, it's more or less anything goes. It's only been around for five years now. It's very popular in Japan, it's popular in other parts of the world, but it's never really been seen in the United States. I think that's because it's just too gruesome to watch. I don't enjoy watching it myself.

I want to go back over one time, possibly twice, and have the re-match that I have coming with Antonio Inoki, so I could win the championship and then I'll give him one turn at...his turn at a rematch and I hope I beat him then and then I'm going to retire from that. I'm just doing that to get a feather in my cap, more or less, so I can say I'm a heavy weight champion of the world in full-contact martial arts fighting.

I want to do a lot more television work. I just did a show called "Guinness Game". It's a game show. It's a take-off on Guinness Book of World Records where they have a Guinness official there, contestants come out and bet on the actual performers, if they can do or can't do the feat of strength, and they bet so much money, X amount of dollars.

Well I went out there and they didn't want me to do any of my standard feats of strength, like breaking handcuffs or something. So, they came up with eight objects they wanted me to bend, tear, rip in half or destroy in one way or another inside of two minutes. So, what they chose for me was a baseball bat, a red brick, a cinder block, a license plate, a telephone book, a large screwdriver and bolt cutters. And I had to bend, break or rip in half all these objects in two minutes, which of course, I did. That should be seen on TV next month or so, you might watch the TV Guide for that. I'm sure it's going to be up there, too.

I plan to go back on that show and set a whole host of records. They have four other appearances booked for me to perform on that show, "Guinness Game". So, I'm looking forward to that. I'm looking forward to doing some TV commercials, getting some parts in the movies. I've had several of the martial arts films come to me, want me to be in their movies. But, I'm not really looking to be a second Bruce Lee or anything like this. I want to get into something that's mine alone. I don't really want to copy Bruce Lee or follow in his footsteps. So, I've stayed away from that.

I do plan to perform more feats of strength and greater feats of strength in the future than I ever have now. I don't think I'm anywhere near my peak as far as strength or what I've done. I attempted to jump off the Golden Gate Bridge earlier this year. That was promoted by Jack Lalanne. It was stopped, actually when I was on the bridge. The police came out there, closed the bridge off. They barricaded it to traffic, to foot traffic. They kept all the cameramen and all the reporters from going out on the bridge. And when I drove through their barricade, they were in hot pursuit, the police, and they arrested me on the bridge, stopped me from jumping.

So, Jack Lalanne took George Moscone, the Mayor of San Francisco, out to lunch, out to dinner or something and got his permission to do it. Two days later Moscone was killed in office. So, that cut the Golden Gate Bridge there. We went to the next Mayor, who has the permission to let you do this or not do this, and that was Dianne Feinstein, who said, "We don't want any more bad publicity for San Francisco," and she didn't want me to try the bridge jump.

So, more or less, I'm sitting on that, waiting for Dianne Feinstein to get out of office, actually, so I can actually do the bridge jump. I think that should be an event that's done on "Wide World of Sports", "CBS Sports Spectacular" and done live so I can get the most benefit out of it.

Well, I think that about concludes it. I think I mentioned everything. If there's anything else you want to know from me, just feel free to call or write me a letter here. Making this tape wasn't as bad as I thought it would be. I think this is the first one I've ever taped, interview, to send to anybody. Although, I've done an awful lot of radio interviews over the phone and they sent me tapes of those.

Well, Dennis, I think that about wraps it up. So, I hope you come out with a good story. I'm looking forward to seeing it and thank you very much.

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