

CASEY VIATOR

The Phenom of Bodybuilding & The Colorado Experiment





EARLY LIFE & RISE

How a teenager from Louisiana took the competitive
bodybuilding world by storm.

YOUNGEST **MR. AMERICA**

In 1971, at the age of 19, Casey Viator made history by winning the AAU Mr. America title. His incredible genetics, massive arms, and sheer muscle density set a new, undeniable standard in the sport. He wasn't just young; he was an absolute powerhouse who dominated the stage, capturing the 'Most Muscular' award alongside the overall victory.



THE **ARTHUR JONES** INFLUENCE



The Meeting

Viator met Nautilus inventor Arthur Jones in 1970.

Recognizing Viator's one-in-a-million genetics, Jones immediately offered him a job and a mentorship.



The Method

Jones introduced Viator to High-Intensity Training (HIT)—a brutal philosophy focusing on single sets to failure rather than hours of endless volume.

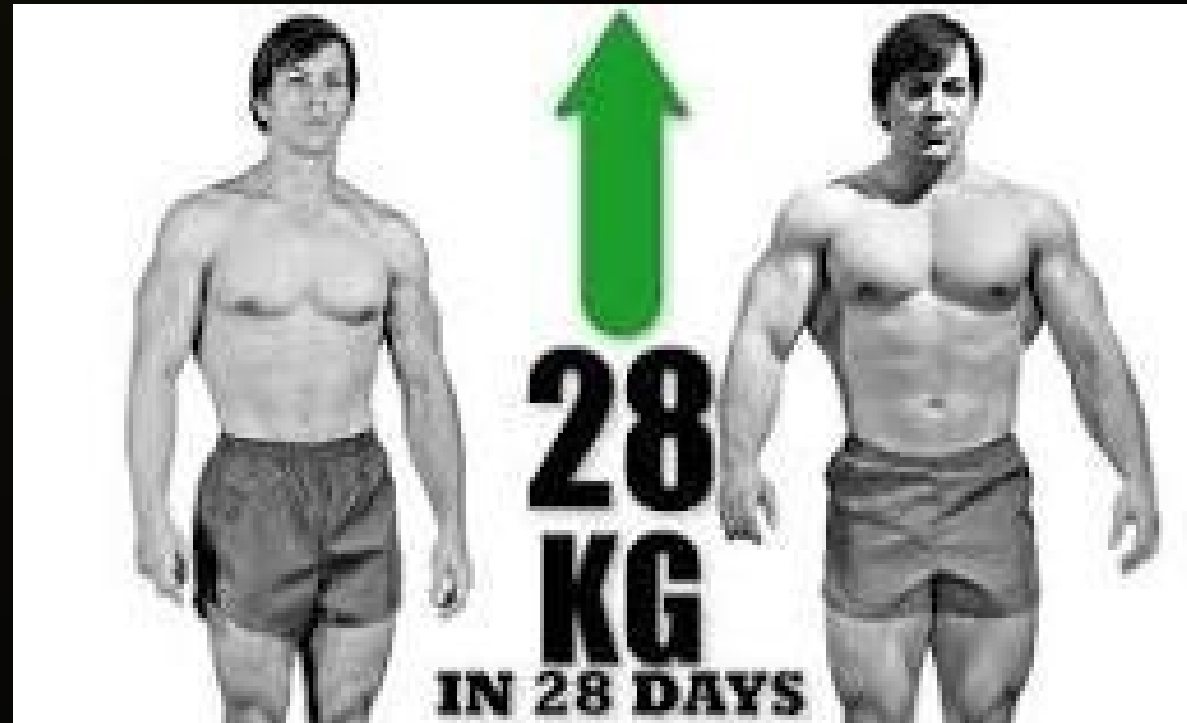


The Ascension

This partnership catapulted Viator's physique to legendary status, proving that brief, intense, and progressive workouts could yield immense muscle growth.

THE COLORADO EXPERIMENT

28 Days. 14 Workouts. Unprecedented Results.



THE SETBACK & THE SETUP

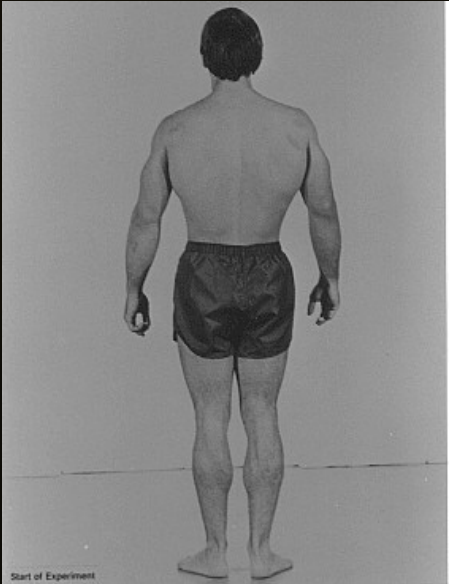
The Tragedy (Early 1973)

Viator suffered a serious accident at work, losing part of a finger. Worse, he nearly died from an allergic reaction to a tetanus shot. Suffering from depression and unable to train, his body atrophied, and he lost over 33 pounds of body weight.

The Study (May 1973)

Arthur Jones arranged an experiment at Colorado State University under Dr. Elliot Plese. The goal: Rebuild Viator's physique over 28 days using exclusively Nautilus equipment, strict HIT principles, and closely monitored diet.

ASTOUNDING RESULTS



A Scientific Marvel

In just 28 days, spanning exactly 14 workouts that averaged only 33.6 minutes each, Casey Viator increased his body weight by 45.28 pounds.

Because he simultaneously lost 17.93 pounds of fat, his total calculated lean muscle gain was an extraordinary 63.21 pounds—averaging 2.26 lbs of muscle per day.

STRENGTH GAINS

(MAY 1 - MAY 29, 1973)

Exercise	Pre-Test	Post-Test
Leg Press	32 reps @ 400 lbs	45 reps @ 840 lbs
Standing Press	8 Reps @ 160lbs	11 reps @ 200 lbs
Supinated Chinning	7 reps @ 50 lbs	11 reps @ 75 lbs
ParallelDipping	12 reps @ 50lbs	16 reps @ 100 lbs

HIGH-INTENSITY TRAINING

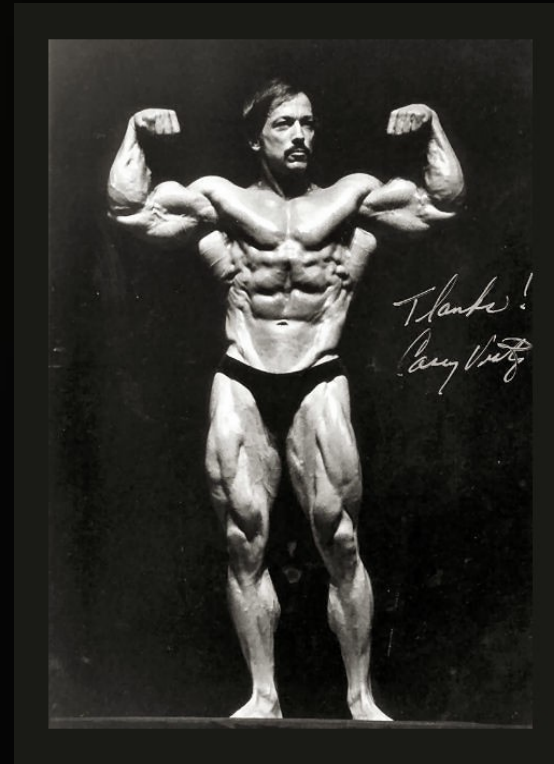
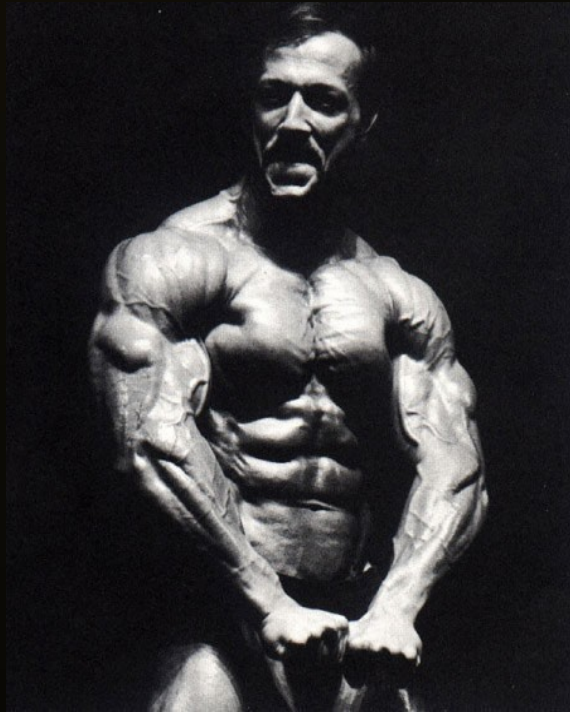
- ▶ **Single Sets to Failure:** Pushing the muscle to absolute momentary failure in one intense set, rather than multiple sub-maximal sets.
- ▶ **Negative Emphasis:** Slow, controlled eccentric (lowering) movements to maximize muscle fiber recruitment and damage.
- ▶ **Full-Body Workouts:** Training the entire body in one session, ensuring maximum metabolic stimulation.
- ▶ **Extreme Brevity:** Workouts rarely lasted over 40 minutes, relying on intensity over duration.

(HIT)

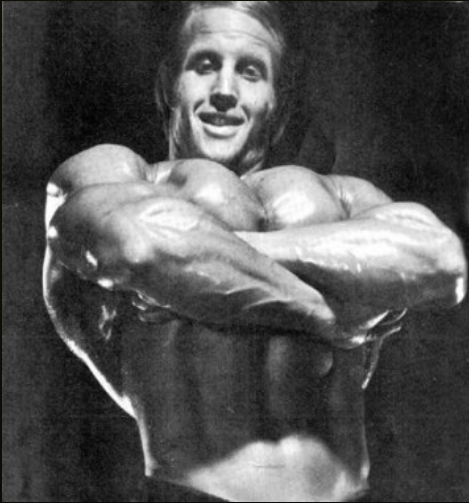


PROFESSIONAL CAREER

Stepping onto the world's biggest stages and solidifying a legacy



CAREER MILESTONES



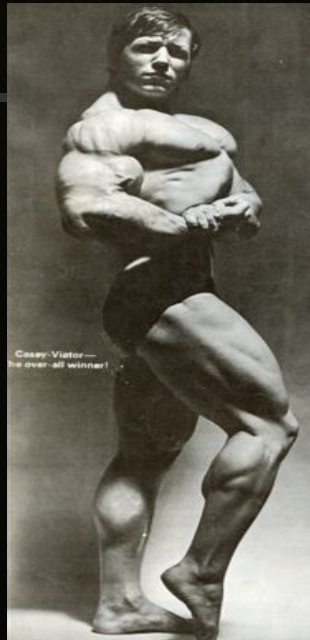
1971

Makes history as the youngest ever AAU Mr. America at just 19 years old, securing his phenom status.



1970

Dominates the youth circuit, winning both the AAU Teen Mr. America and AAU Mr. USA contests.



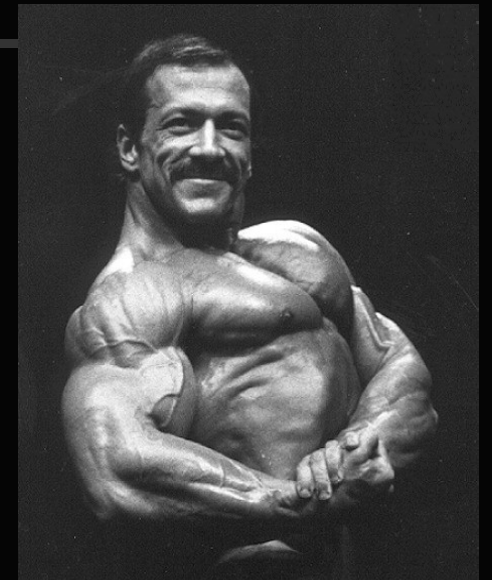
1978

Returns to competitive bodybuilding after a long hiatus, taking an impressive 2nd place at the NABBA Mr. Universe.



1982

Competes at the pinnacle of the sport, earning 3rd place at the prestigious IFBB Mr. Olympia.



THE LEGACY OF A **CHAMPION**

“

**Casey had what I considered to be
one-in-a-million genetics for
bodybuilding... he was rebuilding muscle
that he had already built.**

”

— DR. ELLINGTON DARDEN

Remembering Casey

1951 □ 2013

The Legend Lives On in the Iron



R I P Casey – We Will Miss You!

