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**Over-40 Nutrition
Know-how,
page 100**

March 2006 Vol. 65, No. 3

IRON MAN™

Real Bodybuilding Training, Nutrition & Supplementation

FEATURES

72 TRAIN, EAT, GROW 77

More intensity in less time for faster workouts and bigger gains. Yeah! The TEG men explore abbreviated training.

100 OVER-40 NUTRITION KNOW-HOW

Jerry Brainum, renowned researcher and over-40 bodybuilder, reveals what supplements he takes and why. Other over-40 bodybuilders, like Clark Bartram, Jimmy Mentis and John Hansen, chime in too.

126 BELOW THE ELBOW, BELOW THE KNEE

Eric Broser outlines the blueprint for freaky forearms. Plus, six unique tactics to wake up snoozing calf fibers.

144 A BODYBUILDER IS BORN 8

Ron Harris tells his young bodybuilding protégé how too much of a good thing, like enthusiasm, can stifle progress.

160 HEAVY DUTY

John Little reveals the most important factor in bodybuilding.

174 RADICAL REVENGE

Michael Chiccone says overtraining and overeating can kill you. These death-defying tactics can help.

192 OVER 40 AND STILL LOOKING GOOD

Five-time Team Universe champ Skip La Cour shares his anti-aging and muscling-up strategies.

212 *IM* PRO/ARNOLD CLASSIC PREVIEW

Lonnie Teper sets the stage for the pro-season opener—and the big show that follows.

228 X-FILES

Mass-training secrets from the champs, like Mr. O.

236 INNER WARRIOR, PART 2

Nutrition maverick Ori Hofmekler challenges diet dogma.

244 FLAME ADJUSTERS

Aching knees? Creaking shoulders? George L. Redmon, Ph.D., offers some nutrition fire extinguishers.

268 HARDBODY

Elaine Goodlad shows how weight training fortifies the female form. Warning: Dangerous curves ahead!

284 RAYSING THE BAR

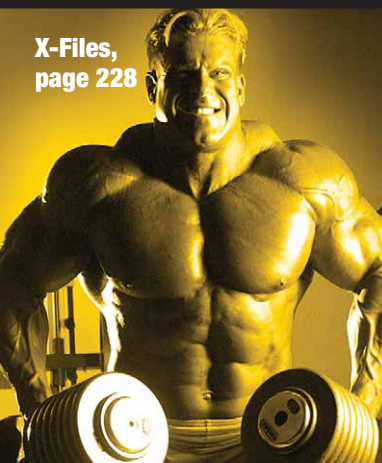
Shawn Ray roars into contest promotion.

308 ONLY THE STRONG SHALL SURVIVE

It's the bench press vs. the incline press. Bill Starr refs.



Clark and Anita Bartram appear on this month's cover. Hair and makeup Kathleen Connelly. Photo by Michael Neveux.



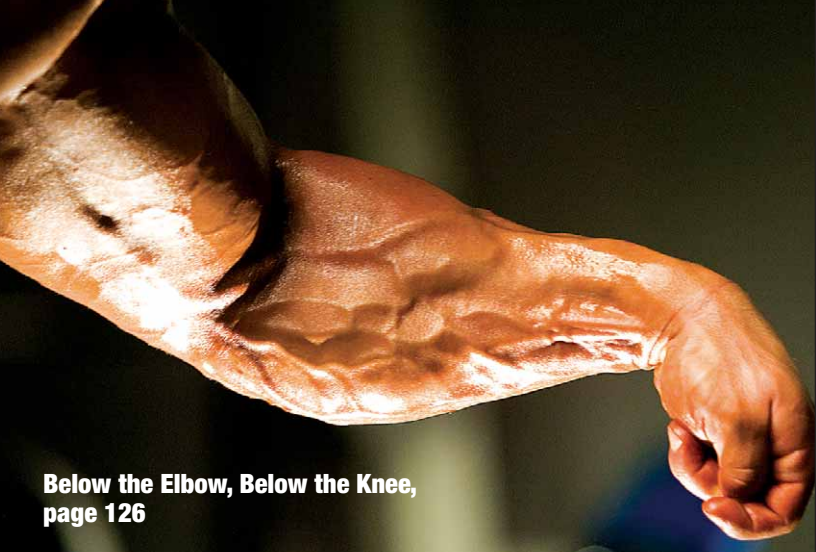
**X-Files,
page 228**



**Flame Adjusters,
page 244**



**Only the Strong Shall Survive,
page 308**



Below the Elbow, Below the Knee,
page 126



Mind/Body Connection,
page 298



Train to Gain,
page 34



News & Views,
page 262



Pump & Circumstance,
page 278

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DEPARTMENTS

34 TRAIN TO GAIN

Countdown to power and perfect proportions. Joe Horrigan's Sportsmedicine is here too.

54 NATURALLY HUGE

John Hansen interviews 43-year-old Chuck Sanow, '05 Masters National Bodybuilding champ.

62 EAT TO GROW

How to get mental might and less catabolic plight. There's also food facts and how to resist fat formation.

86 CRITICAL MASS

Steve Holman discusses the freak-to-sleek phenomenon and checks in on Jeff Hammond, a 50-year-old bodybuilder who's still motivated for mass.

90 SMART TRAINING

Don't make these mass-building mistakes, says Charles Poliquin. He also discusses progressive loading on rotator cuff exercises.

256 BODYBUILDING PHARMACOLOGY

Jerry Brainum's tales and warnings about a notorious fat burner that can fry you from the inside out.

262 NEWS & VIEWS

Lonnie Teper's got all the inside info on the first pro shows of the season.

278 PUMP & CIRCUMSTANCE

Ruth Silverman's fitness and figure fun for all. And some women's bodybuilding too. Hot pics here, gang!

298 MIND/BODY CONNECTION

Randall Strossen, Ph.D., tells you how to deal with disappointment. Dave Draper's Bomber Blast follows that motivating lead, and Gallery of Ironmen gives you your monthly lesson in ironclad history.

320 READERS WRITE

Aesthetics, absurdity and Atlas. Plus, pride and predication, research recon and awesome and insane gains.

In the next IRON MAN

Next month we have a very special issue that is guaranteed to surprise you—if you know bodybuilding. Our cover model is an icon of the women's side of the sport, but we haven't seen her in more than a decade—and she looks better now than she did in her competitive days! She was the first and some say the best. That was a hint. Okay, we can't keep a secret: It's Rachel McLish, and we've got loads of new photos of the first Ms. O along with a tantalizing interview by Lonnie Teper. You won't believe your eyes! Plus, we have another enchanting episode of "A Bodybuilder Is Born" from Ron Harris, muscle shock tactics from Eric Broser and tailor-made strength builders from C.S. Sloan. Watch for the April-with-Rachel IRON MAN on newsstands the first week of March.

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The Advent of Chemical Warfare

Whatever happened to physical culture?

—Vince Gironda

Vince saw it coming while bodybuilding was still in its first great expansion. He looked at the hugely popular scene in the late 1970s and early '80s and sadly predicted the chemical future that came to pass. How did we step onto the slippery slope toward the pharmaceutical culture that now dominates competitive bodybuilding and in fact sports in general?

Two events stand out in my mind as turning points in the early '80s. The first was the publication of Dan Duchaine's *Underground Steroid Handbook*, and the second was that extreme muscularity started becoming more important than proportion in the judging of professional bodybuilding competitions.

Dan, like most bodybuilding gurus, was a frustrated wannabe bodybuilder with self-admitted lousy genetics. He was one of the brightest guys I've ever met and had a hugely engaging personality. His enthusiasm for pharmaceuticals was contagious (pun intended), and he had a sense of humor that bordered on the macabre. Bordered? No, he easily stepped over the line and in fact relished it. Information is one thing, especially when it's fact based, but a lot of what Dan preached was really opinion and great leaps of imagination clothed as fact. I remember mentioning to him that a lot of what he wrote about was really dangerous because his audience did not have the educational background to separate the fact from the opinion. He laughed and said, "That's their problem. F—k 'em."

Dan loved the recognition. In fact, the recognition he got as a guru replaced the bodybuilding recognition that he was never able to earn. Thousands of people bought his booklet and started to apply Dan's philosophy to themselves. The result was genetically average people taking unbelievable quantities of drugs trying to emulate the genetic elite. I asked the question over and over: If drugs make the bodybuilder, then why isn't Dan Duchaine Mr. Olympia—or Mr. anything, for that matter?

Dan readily admitted that no array and/or quantity of chemicals could ever convert an also-ran into a champion. In fact, the champions of that era were taking a lot less "stuff" than the genetically average kids in Ohio. Dan simply liked to experiment—a true doctor Frankenstein.

His success and renown spawned ever more radical gurus who craved the recognition as a so-called creator of champions. If Dan loved to push boundaries and minimize the downsides of his ideas, the next generation of gurus took even bigger risks with the health and well being of their clients. The maxim that athletes will do anything short of killing themselves to win tragically turned into reality: Athletes were dying.

Dan got out of the buying and selling of drugs when they became Schedule III controlled substances. Bodybuilding drugs got that classification because they crossed over to the general population and funneled huge amount of revenue to, as Dan would say, people who carried guns. That also led to hugely inflated prices and the counterfeiting we see today. Fifteen-plus years later we have Congress investigating steroids in sports.

More next month. As always, I welcome your comments. Send them to Ironleader@aol.com. **IM**



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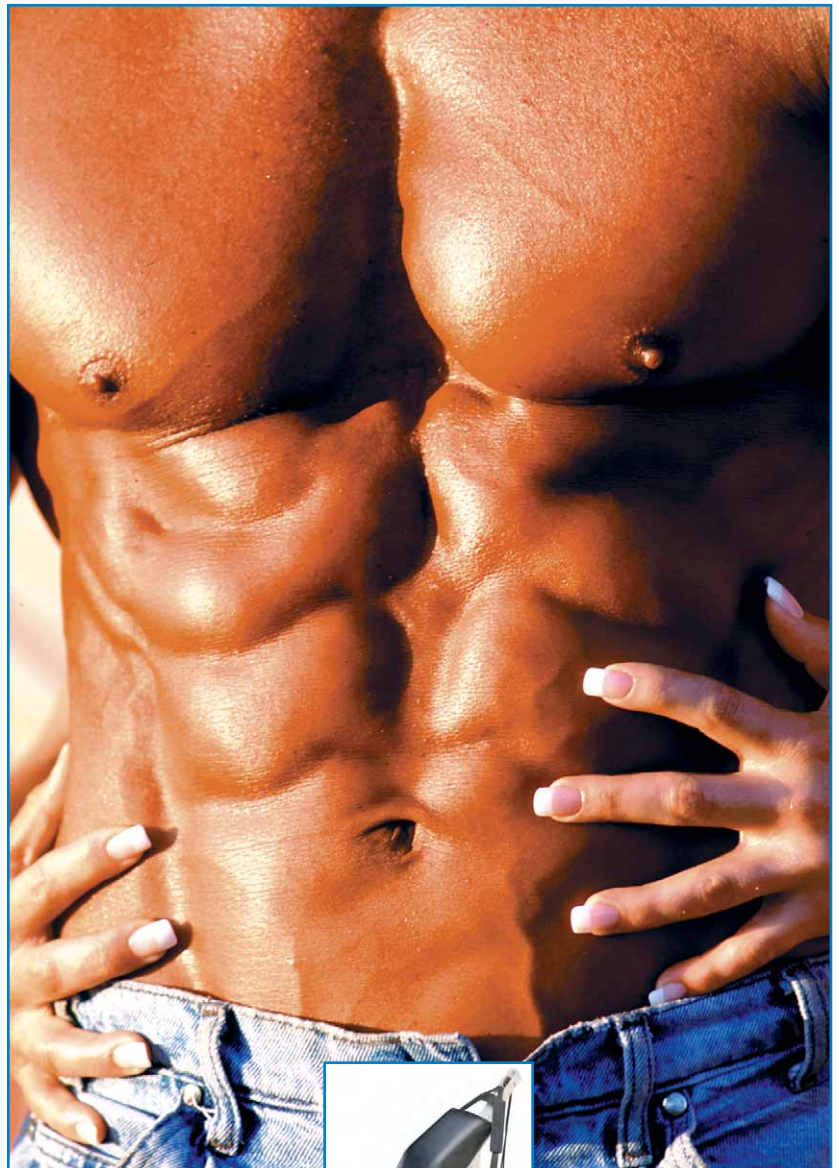
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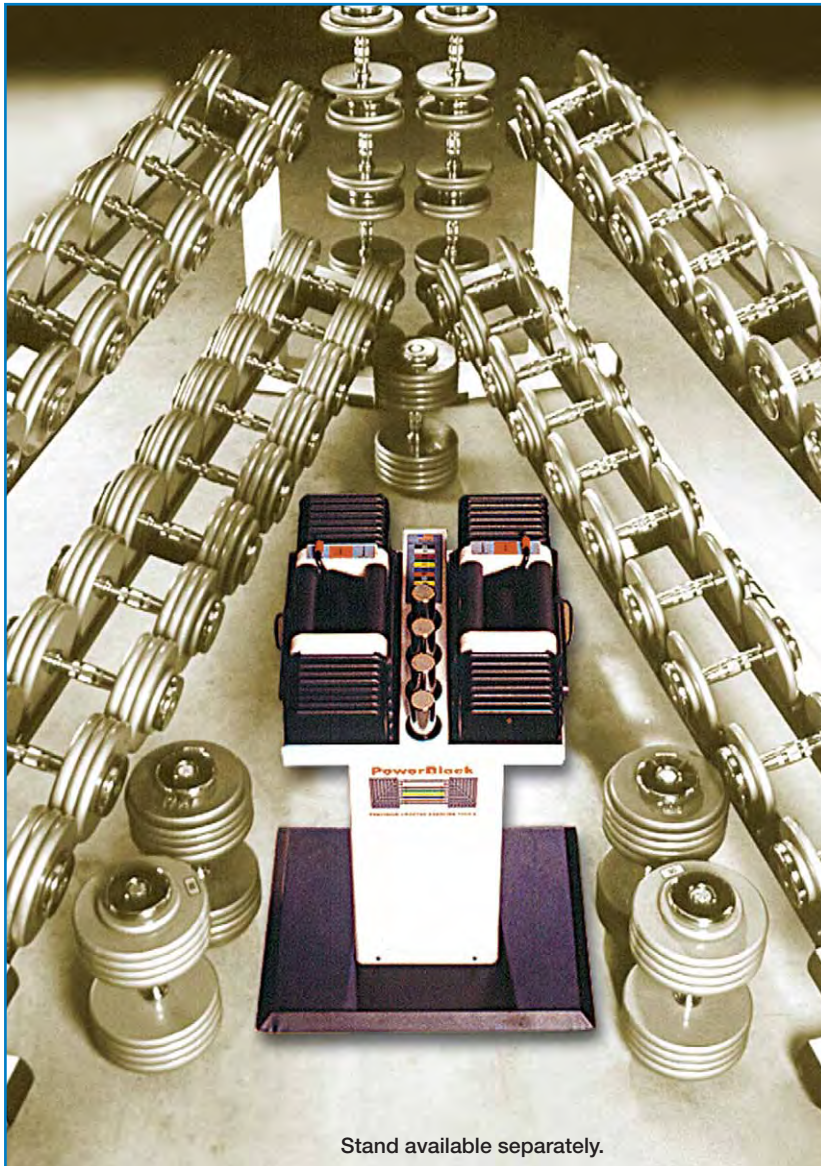
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MUSCLE AND MIGHT

Countdown to Power

The 5-4-3-2-1 system

John McKean sent me an article he wrote back in the '60s about the 5-4-3-2-1 routine. It details how to make great gains by doing consecutive sets of five, four, three, two and one repetitions.

"The countdown provides the lifter with several advantages," wrote McKean, who won many titles in powerlifting and all-around lifting and started his writing career in *Strength & Health* under the legendary John Grimek. "First of all, he is relieved of the boredom of doing set after set with the same weight or for the same number of counts. Secondly, he looks forward to each coming set because, in his mind, the decreased repetitions make it easier to perform. Of course, there is more weight to contend with, but those detestable reps are diminished. It can also be seen that the body acquires a gradual adjustment to an ever-increasing weight. When someone can force his mind and body to accept heavier workloads, he begins to improve."

McKean gives you the freedom to decide what poundage jumps you are going to make between sets. Most experienced lifters jump 10 to 20 pounds; McKean added 35 pounds per set to his squats, and some big dudes add as much as 100 pounds! Simple math tells you that you should be putting up at least five wheels to make such jumps. Ten-pound increases should be about right for the average bodybuilder; e.g., 200x5, 210x4, 220x3, 230x2 and 240x1. Note that not all sets will be equally difficult; that's fine and is even purposeful cycling within a workout.

John advises that your first workout should start with 20 pounds below your best. Practice the 5-4-3-2-1 system three times a week and add five pounds to each set at every workout. In two weeks you will overshoot your old max. If you keep working hard, you may end up with a 45-pound gain on your lift in one month, a typical experience for the 1960s powerlifters and bodybuilders who took on the program.

Finish your 5-4-3-2-1 routine with three to five sets of three to five reps, the standard solution by McKean's contemporaries who felt that the pure 5-4-3-2-1 workout did not give their muscles enough stimulation to build them. You may want to do the back-off sets only on Fridays.

If you're a beginner or the exercise you have chosen for the power countdown does not lend itself to big weights—e.g., the barbell curl—you may make only one or two jumps—65x5, 65x4, 70x3, 70x2, 70x1. Or you could even stay with the same weight: 45x5, 45x4, 45x3,

45x2, 45x1. Naturally, take shorter rest periods between your sets if you stick with a flat poundage.

—Pavel

Beyond Bodybuilding

Editor's note: The above is an excerpt from Pavel's new book *Beyond Bodybuilding*. It's available from Home Gym Warehouse for \$49.95 plus shipping and handling. Call (800) 447-0008, or visit www.Home-Gym.com.



This training protocol can ignite a bench press blastoff, sending your poundages into orbit.

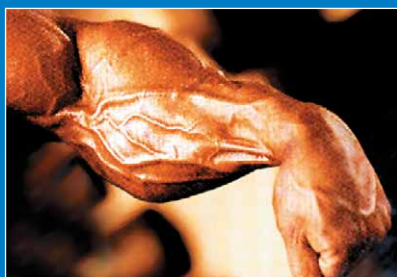
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WORKOUT WISDOM

Leave Something for Next Time

Getting older isn't such a bad thing in bodybuilding, if you can manage to become wiser at the same time. Now that I'm in my mid-30s and have been at this training thing for more than 20 years, some wisdom does at last seem to be sinking into my thick skull. Some of the things I used to discount many years ago now make a lot of sense. In particular, I remember the older guys at the gym telling me that instead of pushing maximum weights to failure and beyond all the time, I would be better off "leaving something for next time."

Being a brash young know-it-all, I dismissed this as laziness. Why would you not strive to do as much as possible at every workout? Those old dudes could take it easy if they wanted to, but I was going to get big and strong as fast as I could—or so I thought. I never quite understood why it was so difficult for me to make progressions in the weights I used, and I wrote myself off as a hardgainer. Little did I know that by training heavy and to total failure every day at every workout, I was frying my nervous system and adrenal glands.

In just the past couple of years—since I have grasped this concept and adjusted my training accordingly—the weights have started moving up again after years of stagnation on many exercises. On certain key exercises, such as squats, deadlifts and bench presses, you end your sets at some of your workouts feeling as if you could have gotten just one more rep. You're still training hard, just not so hard that your body can't recover. Then, when you return to that lift the next time, you can either add a tiny amount of weight or do one more rep than before. It's tiny increments of progress such as this that can actually be sustained over the long term.

In the impatience of my youth I refused to believe that could be true, but now I have come to view bodybuilding in terms of the tortoise and the hare. If you try to run the race too fast, you will surely burn out and be left on the road-side. Slow and steady wins the race.

—Ron Harris

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INSPIRATION

Take Action Now!

To build the body and life of your dreams

The world doesn't reward us for what we know; it rewards us for what we do. For those who are in control of their destiny, action is the key. As Thomas Huxley said, "The great end of life is not knowledge but action."

Abraham Lincoln, being a man of action, said, "Things may come to those who wait, but only the things left behind by those who hustle." It's amazing how many people get bogged down in analyzing, planning, organizing and getting ready to get ready when what they really need to do is take action and hustle.

Success in life isn't easy, but it is simple to achieve. Just take massive action every day until you achieve the life of your dreams. When you try something and it doesn't work, change your strategy. Living the life of your dreams puts you in the captain's seat. The captain of a plane knows he'll be off course 90 percent of the time. He also knows that he has to keep his eye on the destination and make any minor adjustments that are necessary to stay on course. The same is true with your life; if something isn't working, try something else until you're successful. That will keep you on course. Just keep your eyes on your goals and do the following:

- 1) Write out your goals. (My discussion of how to do that appeared in the July '05 *IRON MAN*.)
- 2) Write down the actions you need to take to reach your goals.
- 3) Schedule at least one action that you can take toward the fulfillment of those goals every day, even if it is something small.
- 4) Pay attention to the results you're getting, and make minor adjustments, as necessary.

As Confucius said, "A journey of a thousand miles begins with a single step." Take that single step every day, and watch your dreams come true.

—John M. Rowley

Editor's note: John Rowley owned the gym where the movie "Pumping Iron" was filmed, and he was one of the youngest senior vice presidents of any major real estate company in Manhattan. His passion is teaching people—and companies—about goal setting, staying motivated and adding a fitness lifestyle to their already busy lives so they'll have the energy to pursue their dreams. You can contact him at Jrowley@nc.rr.com.

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How would you like a surge in upper-body power and a bigger bench press—say, 20 extra pounds on the bar—after only a couple of workouts? Sure, adding 20 pounds to your bench in two or three training sessions may sound crazy, especially if your bench press poundage has been stuck in neutral for a while. But nine times out of 10 this stall is due to an easily correctible muscle weakness—not in the pecs, delts or triceps but in a group of muscles known as the rotator cuff.

The rotator cuff muscles stabilize the shoulder joint. During the bench press and almost all other upper-body movements these muscles protect the shoulder joint and prevent ball-and-socket slippage. If these muscles are underdeveloped, they become the weak link in the action and your pressing strength suffers, or worse, you injure your shoulder. One of the best ways to strengthen this area and create an upper-body power surge is with direct rotator cuff exercise. Once you start using the ShoulderHorn for two or three sets twice a week, your pressing poundages will skyrocket. This device allows you to train your rotator cuff muscles in complete comfort and with precise strengthening action. After a few weeks you'll be amazed at your new benching power. There have been reports of 20-to-30-pound increases in a matter of days.

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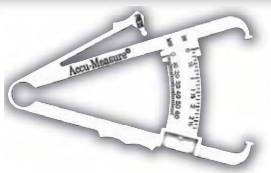


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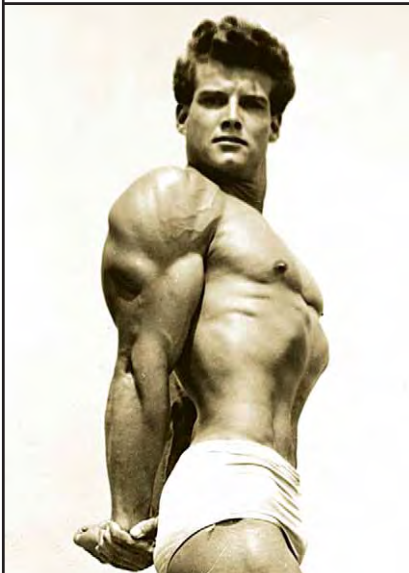
Seated Row Handle



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Perfect Proportions



What are perfect proportions? When I think of symmetry and proportion, I think of Steve Reeves, so let's go to his book *Building the Classic Physique the Natural Way* for an answer.

Reeves gives the following percentages for classic physique proportions: arm size, 252 percent

with waists that are about 1 1/2 times their chest measurement. I don't think that's what Reeves considered classic proportions.

According to the chart, a 5'11" man should weigh 190, a 6' man should weigh 200 and so on, adding 10 pounds for every additional inch. Going in the other direction from 5'11", you subtract five pounds for every inch. For example, a 5'10" man should weigh 185, a 5'9" man should weigh 180 and so on.

No doubt Reeves based the proportions on his own physique, but I don't have a problem with that. He was truly one of the most symmetrical bodybuilders of all time. The book lists his top-form measurements as the following: height, 6'1"; weight, 215 pounds; neck, 18 1/4 inches; chest, 52 inches; waist, 29 inches; hips, 38 inches; upper arm, 18 1/4 inches; forearm, 14 3/4 inches; wrist, 7 1/4 inches; thigh, 26 inches; calf, 18 1/4 inches; ankle, 9 1/4 inches.

You can get a copy of *Building the Classic Physique the Natural Way* from Home Gym Warehouse for \$19.95 plus shipping and handling. Call (800) 447-0008.

—Steve Holman
Train, Eat, Grow

of wrist size; calf size, 192 percent of ankle size; neck size, 148 percent of pelvis size; waist size, 86 percent of pelvis size; thigh size, 175 percent of knee size.

For example, if you have a seven-inch wrist, multiply 2.52 by seven and you get 17.64: Your arms should be about 17 1/2 inches.

As for bodyweight, Reeves has a very interesting chart that lists the classic physique weight for each height measurement. You're 5'10", and the chart says you should weigh 185 pounds—that's 185 hard pounds, no love handles. In other words, you should be able to see your abs at that weight. I'm sure you know a lot of guys who are 5'10", 185

ADDICTION

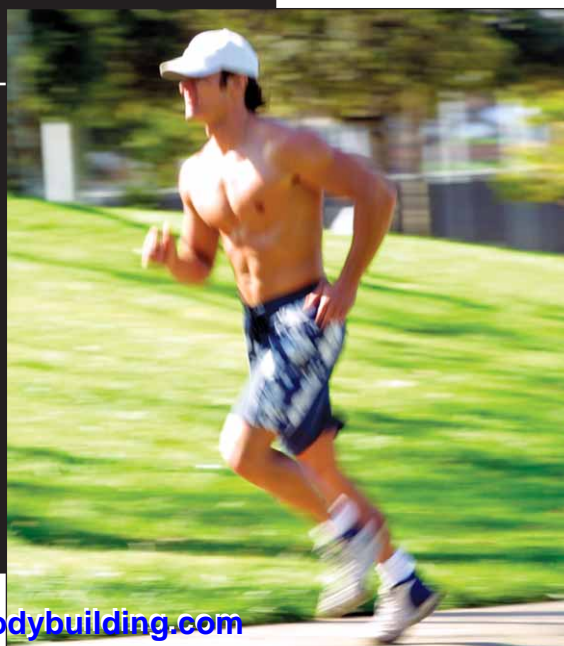
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Check out the following from "Confessions of an Exercise Addict" by Kermit Pattison, which appeared in the November '05 GQ:

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At least the guy stopped his run to do business. I remember my husband telling the tale of one bodybuilder who soiled himself during heavy squats, but that's another disgusting story.

—Becky Holman
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Neveux \ Model: Adrian Janickcz

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Behind-the-Neck-Pressing Problems

The behind-the-neck press is a common exercise. In fact, everyone who picks up a weight tries it at some point. Some stick with it, and some don't, but generally speaking, those who drop it from their routines do so permanently. There are a number of reasons for that.

The main problem involves shoulder girdle flexibility—two components of the behind-the-neck press require more flexibility than the military, or front, press requires. The first is the starting position, where your shoulders are raised and externally rotated; that is, a position of full lateral rotation of the shoulders while they're abducted. It's the same whether you perform the exercise seated or standing—your upper arms are parallel to the floor as your forearms point straight up.

The second component that requires shoulder girdle flexibility is the ability to pull your shoulders back into a military posture, or scapular retraction, while maintaining the externally rotated position. If you can do those two things, then you have the necessary flexibility to perform behind-the-neck presses. If you don't, you should avoid the exercise. Otherwise, you invite injury and setbacks.

The problem is usually that the muscles that effect internal shoulder rotation, the agonists of the movement, are too tight. They include the pectoralis major, or pec; the teres major, or upper lat; latissimus dorsi, or lat; and the subscapularis, which is part of the rotator cuff. While the anterior, or front, delt isn't one of the internal rotators, it, too, can prevent external rotation if it's too tight.

If you can't achieve full external rotation of the shoulders, then the external rotators of the rotator cuff—the

infraspinatus and teres minor—must work too hard against the internal rotators in addition to supporting the shoulder joint during the pressing motion. Simply put, the external rotators can't overcome the excessive tightness and mass of the internal rotators. It causes too much strain. When you add the weight of the barbell, the muscles become overburdened and are subjected to a form of mechanical strain that produces injuries. Needless to say, that stress can cause shoulder pain stemming from a strain of the rotator cuff, the biceps tendon, the deltoid, the bursa (a fluid-filled sac that assists in protecting tendons from erosion) or the ligaments of the joint.

All that said, there's another problem that results from performing behind-the-neck presses when you have poor flexibility. Trainees who cannot achieve the necessary range of motion with their shoulders usually compensate by rounding their upper backs and lowering their necks to angle the neck and head forward. That gets the neck out of the way so the bar can travel behind it, but it also makes matters worse because the shoulder must try even harder to make the bar travel upward, and the neck drops to a less stable position. The upper trapezius, which is attached to the neck, works very hard when you do behind-the-neck presses, and the contraction of the trapezius produces significant force on your neck, especially if the neck isn't stable. Note that this neck strain can occur even if you have an adequate range of shoulder motion, but a poor range will add to it.

Another potential for injury occurs when trainees strain to get one more rep at the end of a set, and their necks strain excessively in the press position, as discussed above. The neck isn't an accessory muscle in this lift. The safest position is to hold it somewhat, but not completely, relaxed.

Excessive neck strain can damage one of the disks between the bony vertebrae in the neck, causing it to herniate, or protrude, and producing nerve damage. That can be a serious problem, the symptoms of which include pain radiating down the arm; numbness in the arm or hand; weakness of the shoulder, arm or hand muscles; and possible atrophy of certain muscles.

If you can do this exercise, another way to make it easier and a little safer is to start in the top position, using a power rack with the bar hooks—not the long pins—set high. —Joseph M. Horrigan

Editor's note: Visit www.softtissuecenter.com for reprints of Horrigan's past Sportsmedicine columns that have appeared in *IRON MAN*. You can order the books, *Strength, Conditioning and Injury Prevention for Hockey* by Joseph Horrigan, D.C., and E.J. "Doc" Kreis, D.A., and the *7-Minute Rotator Cuff Solution* by Horrigan and Jerry Robinson from Home Gym Warehouse, (800) 447-0008 or at www.home-gym.com.

Careful. If you're not flexible enough, behind-the-neck-pressing problems can cause shoulder damage. And they can also give you a pain in the neck.



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Stretching for Strength

Dynamic stretches may increase power output

Several recent studies, many of which have been reported in this column, assert that stretching before lifting weights leads to a loss of strength during the weight training. The main purpose of stretching in that situation is to warm up the muscles and increase flexibility, but according to recent studies, increased flexibility is not desirable when strength and muscular performance during training are the goals. Even the necessity of stretching to prevent injury is debatable, with several studies showing no protection.

At first glance it appears that stretching should be restricted to those engaged in nothing more strenuous than aerobics. Don't confuse that with warming up, however. No one argues that a warmup increases muscular efficiency. The suggested warmup would be lighter movements of the same activity you plan to engage in.

But a closer look at the studies reveals some notable flaws. For example, many of them featured extended stretching sessions, lasting anywhere from 100 seconds to 30 minutes, usually with static stretches. A static stretch involves holding a position for 10 to 30 seconds. In the real world few bodybuilders will stretch for 30 minutes before training. The usual practice is to either do a short stretch just before you perform an exercise or to stretch between sets of the exercise.

The antistretching studies also found that most of the strength loss lasted for only 30 seconds after the stretch was completed. Other studies found that strength returned immediately after the stretch ended, indicating that muscle strength dropped only during the actual stretch. That makes sense, as stretching does lessen muscle tension, which is

involved in strength production. If that's the case, stretching a muscle for 30 seconds may have little or no effect on subsequent strength performance.

A recent study examined the effects of 30 seconds of static stretching and dynamic stretching on muscle strength and power on the leg extension.¹ Eight healthy male college students participated. All of them were active recreationally and had a history of weight training, but none of them had stretched or lifted weights just prior to the study.

Dynamic stretching involves flexing a muscle that's antagonistic to the target muscle quickly and strongly right before stretching the target muscle. For example, if you wanted to stretch your triceps muscle of the upper arm, you would first contract your biceps muscle (antagonistic to the triceps), then immediately stretch your triceps. The subjects stretched in that manner five times, slowly at first, then 10 times as quickly and powerfully as possible without bouncing. That's why it's called dynamic. The subjects also did static stretches, holding the position for 30 seconds.

The results: Doing static stretches for no more than

30 seconds did not lessen muscle power or strength. Those who did longer static stretches did show some loss of power. It was most evident in those who had the most power on leg extensions before doing the stretches. The implication is that static stretching for 30 seconds would likely have an adverse effect on more experienced or stronger bodybuilders.

In contrast, not only did dynamic stretching not adversely affect strength or power, but it actually increased both when done before the leg extensions. How it does that isn't clear, but one theory is that dynamic stretching increases intramuscular temperature, making the muscle more efficient. Or, possibly, the contraction of the antagonistic muscle just prior to stretching the target muscle allows some type of neurological force transmission to increase in the target.

The implications for bodybuilding purposes are that it's a good idea to engage in dynamic stretching just before you perform an exercise; however, static stretching should be avoided, especially by more advanced and stronger bodybuilders, since it induces a muscle relaxation effect that can have a negative effect on exercise performance. —Jerry Brainum

¹ Yamaguchi, T., et al. (2005). Effects of static stretching for 30 seconds and dynamic stretching on leg extension power. *J Strength Cond Res.* 19:677-83.



Nereux \ Model: Ron Harris

BODY MECHANICS

Stretch Reflex Rebound

Resistance in the stretch position prevents the muscle from relaxing and also sends a signal to your brain to prepare to trigger emergency fiber recruitment, hence more power. That's one reason putting a stretch-position exercise first in your bodypart routine every so often can flip on the emergency switch. For example, a set of medium-intensity incline curls, no pause at the bottom, prior to beginning your barbell curls.

—Steve Holman
Train, Eat, Grow

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Harder or Longer?

New study suggests more training is not better

It's tempting to keep adding more sets and reps to a program in the hope that more volume will lead to greater muscle gains. Many bodybuilders have discovered, however, that the law of diminishing returns applies to bodybuilding. Simply put, you will make progress with a certain amount of training, but if you venture past that point, you'll experience setbacks.

The key question is, How much training is optimal? It isn't an easy question to answer, since there are so many variables. For example, assuming a similar genetic ability to gain muscle and a similar training intensity, a bodybuilder who uses anabolic steroids will likely make faster and more efficient muscle gains than another who doesn't, since the drugs upgrade muscle recovery and growth factors in the body.

What if you don't use any type of anabolic drug? Is there an optimal level of training volume?

Two opposing philosophies think they have the answer. The high-intensity, or HIT, advocates believe that intensity determines maximum progress. They hold that you cannot do many sets and reps and exercises and maintain a high level of training intensity. Past a certain point, you're not only wasting

your time but actually retarding your muscle gains through overtraining as well.

Others, however, point out that most traditional bodybuilding routines that have proved successful in the past have featured a high volume. Some of the great bodybuilding champions trained several hours a day without using anabolic drugs and made exceptional progress. That, however, can be explained by favorable genetic factors.

I saw an example of it years ago at Gold's Gym in Venice, California. I observed a young Arnold Schwarzenegger go through a succession of training partners, yet few experienced the same level of progress that Arnold did. Many copied just about everything Arnold did, but they still didn't come close to looking like Arnold simply because they were not Arnold and didn't possess his genetic ability.

The question remains, however: How much training volume will likely produce the best muscle gains for most bodybuilders? A recent study of young weightlifters provides some possible answers.¹ Fifty-one junior weightlifters with at least three years of training experience were randomly assigned to a low-volume-training group, a moderate-volume group or a high-volume group. All of the subjects trained four to five days a week using the same exercises and intensity, differing only in the number of sets and reps they did during each workout.

All groups were tested on three exercises—the snatch, clean and jerk and squat—but only the subjects in the moderate-volume group showed strength gains on all three exercises. The low-volume group showed gains only on the clean and jerk, and the high-volume subjects gained only on the squat. The gains made by the moderate-volume subjects were also significantly higher than in the other two groups. In addition, there was no significant difference in total strength gains between the low- and high-volume groups, though the low-volume group used 63 percent less training volume than the high-volume group.

This study clearly shows that in regards to training volume, more is not better. You can maximize gains by doing 85 percent of your maximum training volume, meaning the point at which gains drop off and overtraining begins. Training more than that does not lead to more gains, but it does promote losses in size and strength. An interesting finding of this study was that those who trained with the least volume made similar gains to those doing the greatest volume. That lends some credence to the HIT proponents, who frequently point out that it doesn't take a lot of exercise to promote maximum gains. What counts is the intensity level, and higher intensity limits exercise volume.

—Jerry Brainum

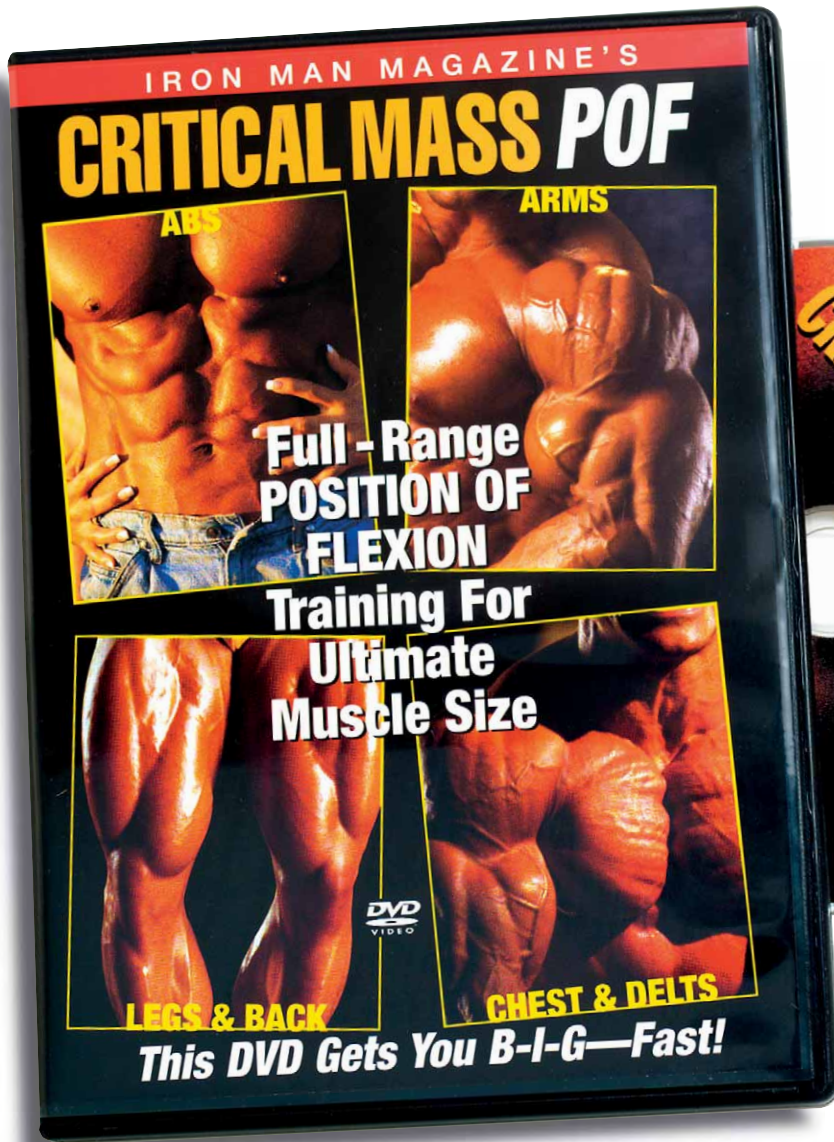
¹ Gonzalez-Badillo, J.J., et al. (2005). Moderate-resistance training volume produces more favorable strength gains than high or low volumes during a short-term training cycle. *J Strength Cond Res.* 19:689-97.



Neveux \ Models: Michael O'Hearn and Clark Bartram

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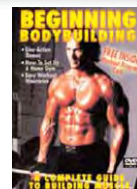


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Chuck Sanow '05 Masters Champ

To the average American, turning 40 is a depressing experience. "It's all downhill from here," "Life changes for the worse after 40," and, "This is the beginning of the end," are common phrases heard at any 40th birthday party.

For bodybuilders, though, 40 doesn't have those negative connotations. Many are just hitting their peak as they reach the big 4-0, and many competitors actually look better in their fourth decade than they did when they were in their 20s or 30s.

Chuck Sanow, the '05 NPC Masters National champion, is a perfect example of a man who's getting better as he gets older. After nearly 25 years of bodybuilding competition, Sanow got onstage in the best condition of his life at 43. Always a top-notch bodybuilder, he has been the runner-up or won his class at such prestigious events as the NPC USA, the NPC Nationals and the IFBB North American Championships on at least a half dozen occasions.

In July 2005 Sanow realized his lifelong dream. He won the overall title at the NPC Masters Nationals and can now compete as a professional bodybuilder in the IFBB, a goal that he's been striving for since he began his quest at the '89 USA.

Sanow started weight training in 1979, after he gradu-



Chuck Sanow, age 43, '05 NPC Masters National Champion.

ated from high school. A state-level wrestling champ, he was looking for another sport to compete in. His first bodybuilding contest was the '81 AAU Teen Midwest Open, where he placed fourth in the tall class.

For the next few years he worked on developing his physique and refining his diet so he could get onstage in peak condition every time. By 1985 he was winning every state and regional title in sight and decided to move on to the national level by entering the AAU Mr. America and Mr. Universe contests.

In 1989 Chuck switched to the NPC, where he swept every local title in the Midwest, including the '89 Midwest Open, the '89 Chicago Challenge and the '89 Illinois Championships. Over the next 16 years he competed on the national level in the NPC. He placed second in the USA in 1991 and second at the Nationals in 1993 and 1998 before winning the heavyweight class at the '98 North Americans. At that contest he lost the overall by one point to a relatively unknown bodybuilder named Dexter Jackson.

In 2002 Sanow took his first stab at the Masters Nationals. He won the heavyweight class but lost the overall to Johnny Stewart. After a two-year layoff from competing, Sanow returned in '05 to win the heavyweight and overall titles and claim his long-awaited pro card.

With that extensive contest history behind him, Sanow has agreed to share his training and nutrition programs with *IRON MAN* readers.

IM: How did your training as a teenage bodybuilder differ from the way you train now as a masters competitor?

CS: As a teenage bodybuilder, I was able to train six days a week, working each bodypart twice a week. You're pretty indestructible as a teenager. You can train heavy and hard on everything and never get hurt. If you ever felt any pain, it would normally be gone the next day.

IM: When did you begin to change your training routine to allow for more rest days?

CS: Around the time I turned 35, I switched to a two-days-on/one-day-off routine to allow more time for the muscles to repair themselves after heavy training. I also changed my routine around so I was splitting my body over five days instead of three days. When I was younger, it was common to train chest and back in one workout. As I got older, it was too exhausting to train those bodyparts in one session.

IM: How are you training now?

CS: I started working as a fireman for the Chicago Fire Department in 2002, so I changed my training to a permanent two-days-on/one-day-off routine all year long. That fits in with my work schedule, since I work one day followed by two days off. I never train on the days that I work since I am at the firehouse for 24 hours.

IM: What type of bodypart split do you follow?

CS: I train chest on day one, quadriceps on day two, hamstrings and shoulders on day three, arms on day four and back on day five. I just put a rest day after every two days of training. With that type of routine, it normally takes me about 2 1/2 weeks to train each bodypart twice.

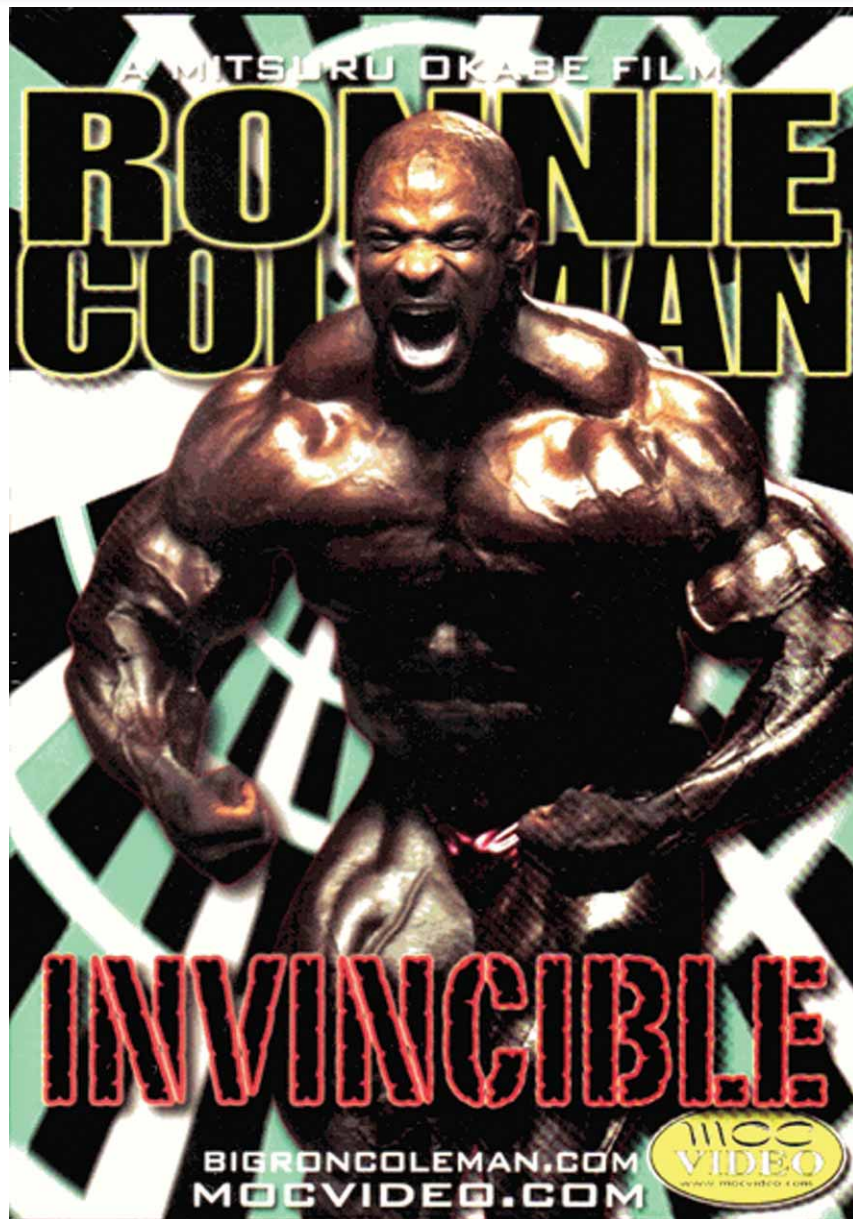
IM: When you were preparing for the Masters Nationals, did you focus on any particular bodyparts that you felt were weak?

CS: My attitude is that every area of my body is a weak point and needs improvement. I always reasoned that I wasn't a pro yet, so something had to be wrong somewhere.

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However, I would say I really concentrated on my legs this year. My legs have always been more strong than big, so I paid particular attention to them.

IM: What did you do to bring them up?

CS: I did squats at each and every leg workout. It didn't matter if I did them first, last or somewhere in the middle, I always included squats.

I also used a training technique on hack squats that I call slow hacks. I position my feet close together with toes pointed slightly in and the heels out. I do the reps very slowly on the way down as well as on the way up. I don't count, but I would guess that it takes at least eight seconds down and eight seconds up. That creates a tremendous burn and emphasizes the teardrop muscle of the quads as well as the outside head of the lower quad.

IM: Were there any other training secrets that you used for your big win this year?

CS: I would say it was just more a different mind-set this year. I approached my contest preparation with the attitude that I was going to win and there was no other possible outcome. After so many years of placing second or winning my class but losing the overall, I knew that this was finally

"I train on a two-days-on/one-day-off schedule. I take a day of recuperation after two days of training, which I think is responsible for many of the gains I've made the past few years."

my year.

My philosophy on training has always been to leave it on the gym floor. When I enter a show, I don't want there to be any doubt that I didn't give it everything I had when I was in the gym preparing.

IM: How did you learn how to train that hard for a competition?

CS: It came from the gyms I grew up in. The gyms in the '80s were all very hardcore training facilities, and everyone was serious about pushing themselves very hard in their workouts. Everyone would try and outdo the other members. Back then the emphasis was on hard training and not just drugs or strutting around. Many of the younger competitors today don't have any idea what hard training really is. I sort of feel sorry for them because they missed the hardcore atmosphere that used to be such a big part of the bodybuilding scene when I started training. I try to keep that attitude alive at USA Gym and Fitness in Bridgeview, Illinois.

IM: Do you feel that it's harder for you to continue training intensely and competing now that you're in your 40s?

CS: No, not at all. There is a big difference in someone who has been training hard for competitions as long as I have compared to an individual in his 40s who decides to begin training. With all my experience of pushing myself so hard, my body can take the punishment.

Another thing that experience teaches you is how to train smarter to avoid injury. I'm smart enough to stop a particular exercise or stop training altogether for the day if I feel pain. I no longer try to push through the pain or ignore the pain. This intelligence regarding your training comes from experience. I wasn't like that when I was younger.

IM: Can you outline your training routine?

CS: Sure. As I said, I train on a two-days-on/one-day-off schedule. I take a day of recuperation after two days of training, which I think is responsible for many of the gains I've made the last few years.

Day 1: Chest

- Incline presses 4 x 8-12
- Incline dumbbell presses 4 x 8-12
- Seated machine bench presses 4 x 8-12
- Incline flyes 4 x 8-12

Day 2: Quads

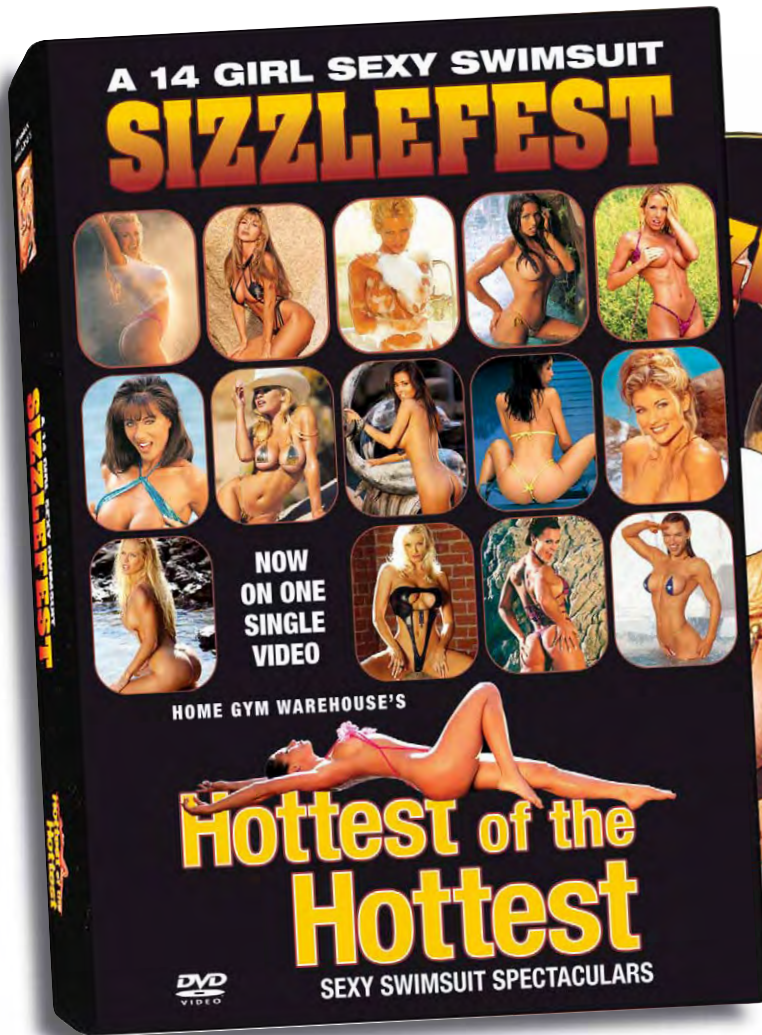
- Leg extensions 4 x 8-12
- Leg presses 4 x 8-12
- Hack squats 4 x 8-12
- Squats 4 x 8-12
- One-leg leg extensions 4 x 8-12

Day 3: Delts and hamstrings

- Barbell shrugs 4 x 8-12
- Seated dumbbell presses 4 x 8-12
- Lateral raises 4 x 8-12
- Dumbbell front raises 4 x 8-12
- Bent-over laterals 4 x 8-12

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“Usually I only diet for eight weeks. I’ve never been one to bulk up, so I never had 40 pounds to lose to get ready for a contest.

- Leg curls 4 x 8-12
- Seated leg curls 4 x 8-12
- Dumbbell walking lunges 4 x 8-12

Day 4: Arms

- Barbell curls 4 x 8-12
- Incline curls 3 x 8-12
- Preacher curls 3 x 8-12
- Pushdowns 4 x 8-12
- Skull crushers 3 x 8-12
- Machine dips 3 x 8-12

Day 5: Back

- Behind-the-neck pulldowns 5 x 8-12
- Seated cable rows 4 x 8-12
- Rear barbell shrugs 4 x 8-12
- T-Bar rows 3 x 8-12
- Three-quarter deadlifts 4 x 8-12

IM: You’re known as one of the hardest and most conditioned bodybuilders to compete on the national level. I remember one writer describing your physique as “so granite hard, it looks like concrete was poured into his skin.” What type of diet do you follow to attain that incredible conditioning?

CS: I figured out a long time ago that I wasn’t ever going to be one of the biggest guys onstage, so I decided to be one of the hardest. You would have to look hard to find someone who was in harder condition than I was.

My diet has always been basically high protein, low carbs and moderate fats—for energy. The lower carbohydrate intake is primarily what is responsible for my hard conditioning and vascularity.

IM: You were eating very low carbs in your precontest diet long before it became fashionable. In the mid-’80s, when you began winning shows, the trend was toward a high-carb, moderate-protein diet to prepare for competitions. How did you arrive at the low-carb approach to getting ripped?

CS: It actually happened by accident. I was getting ready for a contest, and I was carb-ing up. Back then we normally carbed up on Thursday, Friday and Saturday during the final week before a contest. I was in great shape leading

“I only do cardio the last four weeks before a contest. I feel that excessive cardio burns too much muscle tissue on men.”

up to the contest but by Saturday, I had totally blown my condition and lost my peak. The next time I competed, I did things totally different. I followed a low-carb diet up to the show, and I didn’t carb up the last few days before I got onstage. I stayed away from all simple carbs until Saturday morning. The sugar at that point just helped me get a better pump and fill out. Not carb-ing up allowed me to retain my sharp conditioning.

IM: How long do you typically diet for a competition?

CS: I usually only diet for eight weeks. I’ve never been one to bulk up, so I never had 40 pounds to lose to get ready for a contest.

IM: Can you explain your philosophy of using a low-carb diet for getting ripped and lean?

CS: Basically, you have to burn up more carbs than you are taking in on a daily basis. So, if it takes 150 grams of carbohydrates to get through the day and you only consume 100 grams, you will have to burn up the other 50 grams from your stored bodyfat.

IM: What about cardio? You must do a ton each week to look so conditioned.

CS: Actually, I do very little cardio before a contest. I usually only do cardio the last four weeks before I compete. I feel that excessive cardio burns up too much muscle tissue on men. Women can probably do more because they naturally have a higher bodyfat percentage.

When I do cardio, I only do about 18 minutes on the Lifecycle at a high level. The high resistance works my legs more and really gets my heart pumping. I don’t feel that doing cardio for a longer time with less resistance is any better for getting ripped. For my Masters Nationals win I didn’t do any cardio at all.

IM: You said that you didn’t need to diet very hard for that show, right?

CS: I was in good condition before I started my diet, so my main concern was holding on to my muscle mass. I really only dieted for the last four weeks, but I had to add some cheat days in there because my metabolism was flying and I was concerned about losing muscle. On every Wednesday, Saturday and Sunday, I would cheat and eat whatever I wanted. It was the only way I could keep my weight up as I got closer to the show.

IM: What did you weigh at the Masters Nationals?

CS: I weighed in at 218 pounds, which is what I weighed when I won the heavyweight class at the ’98 North Americans. It was the biggest and best I ever looked onstage.

IM: Can you give us an example of your precontest diet?

CS: Sure.

Meal 1 (7:00 a.m.): whey protein drink, yogurt
 Train at the gym

Meal 2 (After workout): predigested liquid protein, half of a carb drink, glutamine, 15 aminos

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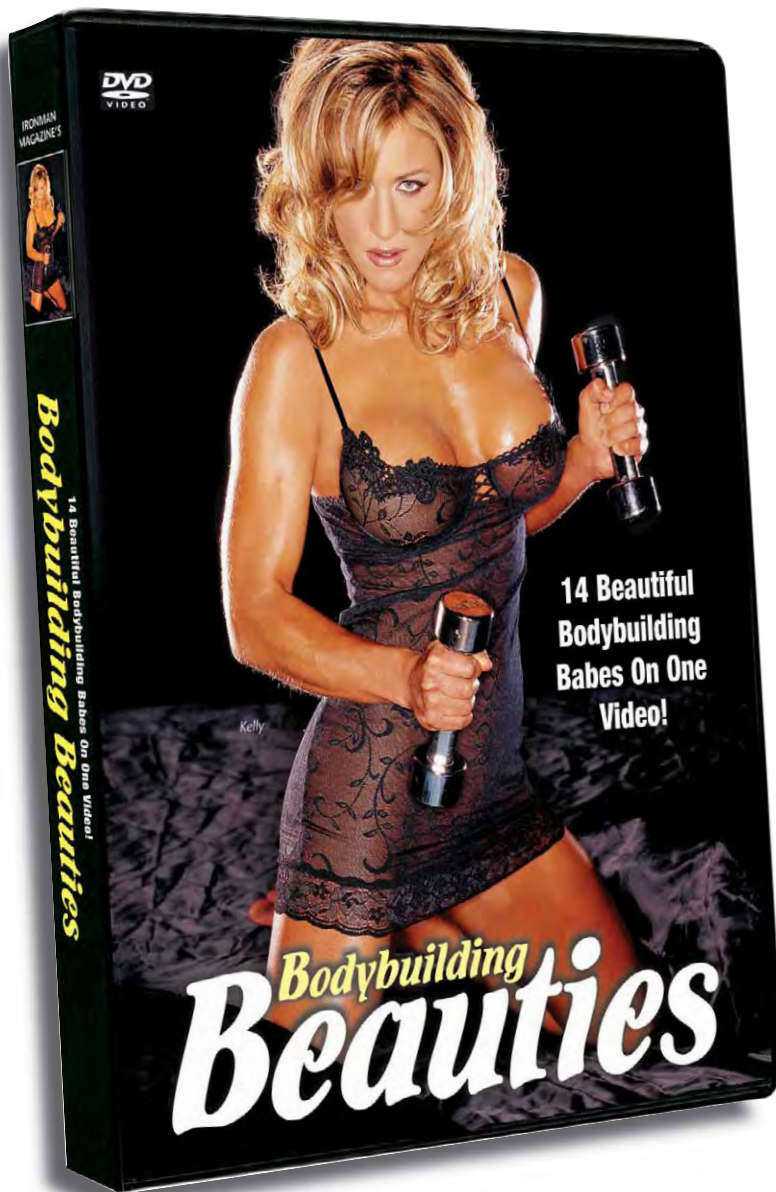
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- '84 AAU Junior Mr. America—2nd, Medium Class
- '85 NPC Continental USA—1st, Light-Heavyweight Class and Overall
- '85 AAU Mr. Midwest Open—1st, Medium Class and Overall
- '85 AAU Mr. Twin Cities Open—1st, Medium Class and Overall
- '85 AAU Junior Mr. America—1st, Medium Class
- '86 AAU Mr. Central USA—1st, Medium Class and Overall
- '86 AAU Mr. America—3rd, Medium Class
- '86 AAU Mr. Illinois—1st, Medium Class and Overall
- '87 AAU Mr. America—2nd, Medium Class
- '87 AAU Mr. Universe—2nd, Medium Class
- '89 NPC Midwest Open—1st, Light-Heavyweight Class and Overall
- '89 NPC Illinois State Championships—1st, Heavyweight Class and Overall
- '89 NPC Chicago Challenge—1st and Overall
- '89 NPC Junior Nationals—2nd, Light-Heavyweight Class
- '89 NPC USA—8th, Light-Heavyweight Class
- '91 NPC USA—2nd, Light-Heavyweight Class
- '91 NPC Nationals—7th, Light-Heavyweight Class
- '93 NPC Nationals—2nd, Light-Heavyweight Class
- '94 IFBB North Americans—3rd, Heavyweight Class
- '94 NPC Nationals—5th, Light-Heavyweight Class
- '96 NPC Nationals—3rd, Light-Heavyweight Class
- '98 IFBB North Americans—1st, Heavyweight Class
- '98 NPC Nationals—2nd, Heavyweight Class
- '99 IFBB North Americans—4th, Heavyweight Class
- '99 NPC Nationals—5th, Heavyweight Class
- '02 NPC Masters Nationals—1st, Heavyweight Class
- '05 NPC Masters Nationals—1st, Heavyweight Class and Overall



“I figured that I wasn't ever going to be one of the biggest guys onstage, so I decided to be one of the hardest.”

Meal 3 (12:00 p.m.): whey protein drink

Meal 4 (2:30 p.m.): package of ground turkey (93 percent lean), salad with low-cal dressing

Meal 5 (5:00 p.m.): half of a carb drink, glutamine

Meal 6 (8:30 p.m.): package of ground turkey or steak, salad with low-cal dressing

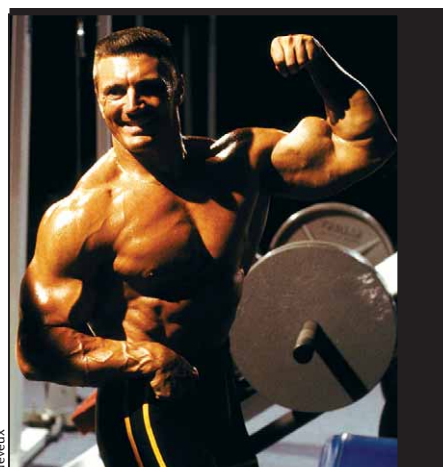
Meal 7 (3:00 a.m.): protein drink made with casein and whey protein

IM: Do you have any final advice for over-40 competitors?

CS: I actually think it is easier for over-40 bodybuilders who have been competing for many years. We have been training and eating like a bodybuilder for so long that we are used to living the lifestyle. In addition, we have the muscle maturity and longevity that helps us look even better onstage. Our experience and intelligence in the gym make us very good competitors.

Editor's note: John Hansen has won the Natural Mr.

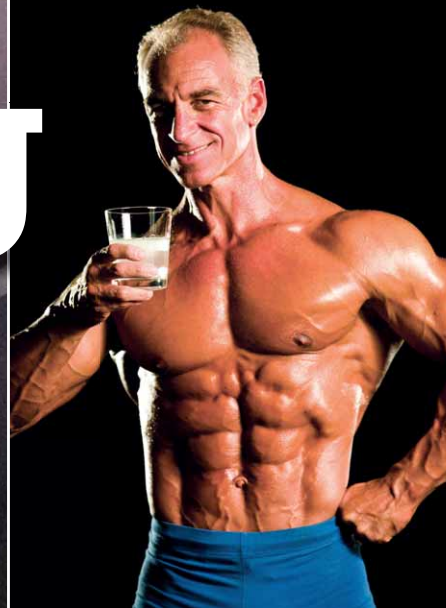
Olympia and is a two-time Natural Mr. Universe winner. Visit his Web site at www.naturalolympia.com. You can write to him at P.O. Box 3003, Darien, IL 60561, or call toll-free (800) 900-UNIV (8648). His new book, *Natural Bodybuilding*, is now available from Home Gym Warehouse, (800) 447-0008 or www.Home-Gym.com. **IM**



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PS I Love You

More mental might, less catabolic plight—what's not to love?

Phosphatidylserine, or PS, is composed of two fatty acid molecules attached to a backbone of phosphate and glycerol, along with the amino acid serine. Triglyceride, the common fat that forms in deposits in the human body, is composed of three fatty acids attached to a glycerol backbone. The fatlike nature of PS is what makes it such an important constituent of the human body. PS concentrates in the fatty acid portions of cellular membranes, including that of neurons, the main cells that make up the brain.

In fact, PS concentrates in the brain, and most scientists believe that it maximizes nerve transmission. While the human body can synthesize PS, the production significantly declines with age. Several studies have shown that for older people supplemental PS appears to increase various brain

functions, such as those involved with memory and information retrieval.

Since PS is classified as a phospholipid, it's found naturally in foods that are rich in phospholipids, including egg yolks (still another reason not to discard the yolks) and soy lecithin. Most commercial PS supplements are derived from soy lecithin through an enzymatic process. Older PS supplements were derived from bovine sources—meaning brain and nervous tissues of cows—which raised concern because of the remote possibility that someone would acquire bovine spongiform encephalopathy, a.k.a. mad cow disease. Nearly all commercial forms of PS now are derived from soy.

The soy version contains polyunsaturated fatty acids; the bovine version consists of saturated and monounsaturated fatty acids, along with small amounts of DHA, an omega-3 fatty acid. Studies have confirmed that the soy

version is not only safer than the bovine form but also confers the same benefits.

One scientist who has studied the effects of PS in humans says that using it regularly reverses brain aging an average of 12 years. A likely explanation is that PS is known to preserve and protect against the age-associated loss of dendritic spines of neurons in the brain, which are tiny spines that enable the neurons to communicate with each other and increase with intellectual stimulation. In other words, exercising your brain with challenging activities is as important as exercising

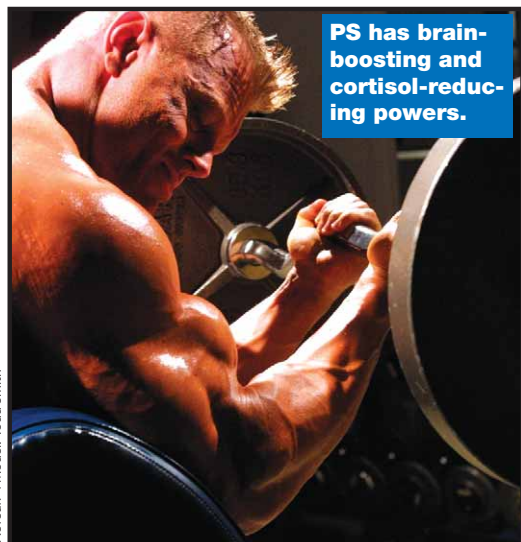
your muscles to preserve them.

PS may also improve brain function by promoting the activity of neurotransmitters, the various compounds secreted by neurons that transmit nerve signals. Among the neurotransmitters affected by PS are acetylcholine, which is linked to memory and intellectual functions, and dopamine, an energizing and alertness neurotransmitter. PS may also restore depleted levels of protein kinase C in the brain, which would also increase learning and brain functions.

In addition, PS has earned a reputation as a natural, safe inhibitor of cortisol release. Cortisol is the primary catabolic hormone released during various forms of stress, including intense exercise. While cortisol is absolutely essential to health, it promotes the breakdown of muscle protein. An ideal scenario would involve a partial inhibition of cortisol that might tip the metabolic scale to the anabolic side.

Several studies, including two published in the early 1990s, showed that taking up to 800 milligrams a day of PS blunted cortisol release during exercise; however, those studies were often criticized because they involved cyclists, and many thought they had little relevance for weight-training athletes. A later study featured weight-training men who took 800 milligrams of PS a day and experienced an average 30 percent drop in cortisol following exercise, along with decreased muscle soreness.

The latest study to examine the effects of PS in an exercising population involved 16 male soccer players.¹ The authors noted that soccer features both intermittent high-intensity activity and eccentric muscle damage, both of which are common in weight training. Since both soccer and weight training also produce oxidation effects that may delay recovery, the re-

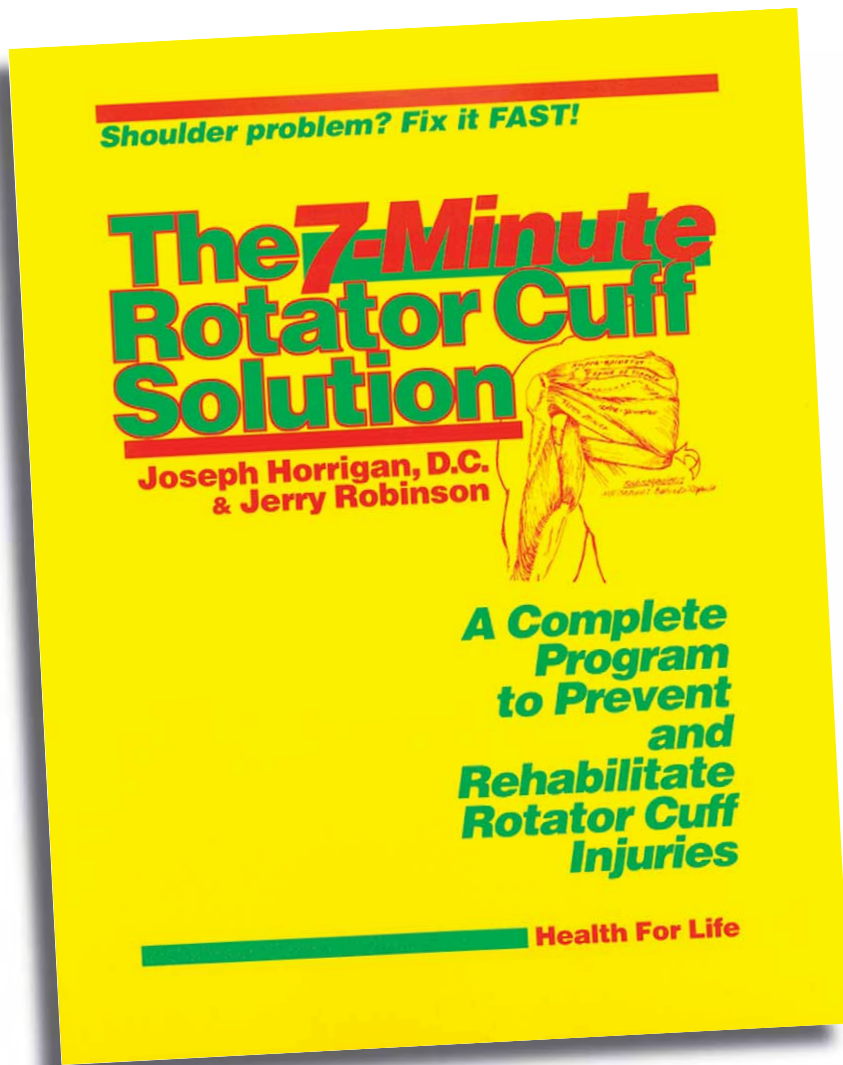


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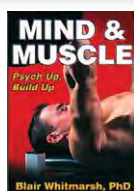


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searchers also investigated whether PS supplementation offered any antioxidant effect. Prior studies showed that PS does have some antioxidant activity, but they used an in-vitro, or isolated-cell, protocol, and the same results may not occur in the active human body.

In the new study the athletes participated in two exhausting exercise trials separated by two weeks. Ten days before the second session they were divided into two groups, with one group receiving 750 milligrams a day of PS and the other receiving a placebo. The researchers conducted various tests to determine the differences in performance between the two groups.

Those in the PS group had a twofold increase in blood levels of gamma-tocopherol, a form of vitamin E; however, the PS didn't affect any other antioxidants. The increase in gamma-tocopherol occurred on the exercise days, implying an interaction between gamma-tocopherol and PS. Despite that, those in the PS group showed no significant differences in degree of oxidation or muscle soreness over what the placebo group experienced.

Both groups got the expected cortisol rise during exercise, and, interestingly, that rise wasn't affected by PS. Although the dose of PS matched that of the older studies that did show a significant blunting of cortisol release during exercise, the authors suggest that a larger dose may be required to produce the effect in active people. That's a curious statement, since many studies show that as people become more experienced in their training, cortisol levels decline during exercise, particularly in those engaged in regular weight training.

The subjects in the PS group did show improved running performance over the placebo group. The authors suggest that PS may have blunted

ACTH, a pituitary hormone that controls cortisol release. The effect may have been subtle enough not to have been measured during the exercise trials but was enough to boost performance through a reduced perception of stress. Another possibility is that PS may have increased the efficiency of muscle contraction by activating protein kinase C or increasing calcium uptake in the muscle, both of which enhance muscular contraction.

As for the lack of protection against muscle soreness shown in past studies, the authors suggest that the increase in exercise performance associated with taking PS may be partially due to lowered oxidative stress. That also may relate to the increase in gamma-tocopherol. Although it's not clear how PS may increase gamma-tocopherol in the blood during exercise, we do know that this form of vitamin E blocks protein and vitamin C oxidation following inflammation-mediated damage,

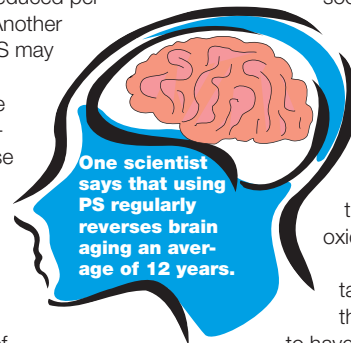
as occurs during intense exercise. Thus, the rise in gamma-tocopherol may explain some of the unexpected performance increase seen in the PS group. Gamma-tocopherol is also associated with a significantly

lower incidence of prostate cancer, and unlike the more common alpha-tocopherol form of vitamin E, protects against the dangerous peroxy-nitrite free radical that is formed from nitric oxide in the body.

While much of the PS taken orally is degraded in the gut, enough survives to have significant activity in the body. For purposes of maintaining brain function, 300 milligrams a day is probably sufficient. For exercise purposes, though, the dose range is 400 to 1,000 milligrams a day. Do not take PS too close to when you sleep, as it may stimulate the brain, producing insomnia.

—Jerry Brainum

¹ Kingsley, M.J., et al. (2005). Effects of phosphatidylserine on oxidative stress following intermittent running. *Med Sci Sports Exerc.* 37:1300-1306.



MOOD

Beat the Workout-Break Blahs

According to the November '05 issue of *Prevention*, research shows that just one week without exercise increased fatigue in a group of adults. After a second week without exercise the subjects began to experience symptoms of depression, and even more interesting, participants who started the study in the best shape were in the worst mood at the end. Moral: You need to increase your heartbeat, even when you take breaks from the gym. Lower-intensity calisthenics and/or brisk walks will help keep you feel more content during layoffs.

—Becky Holman
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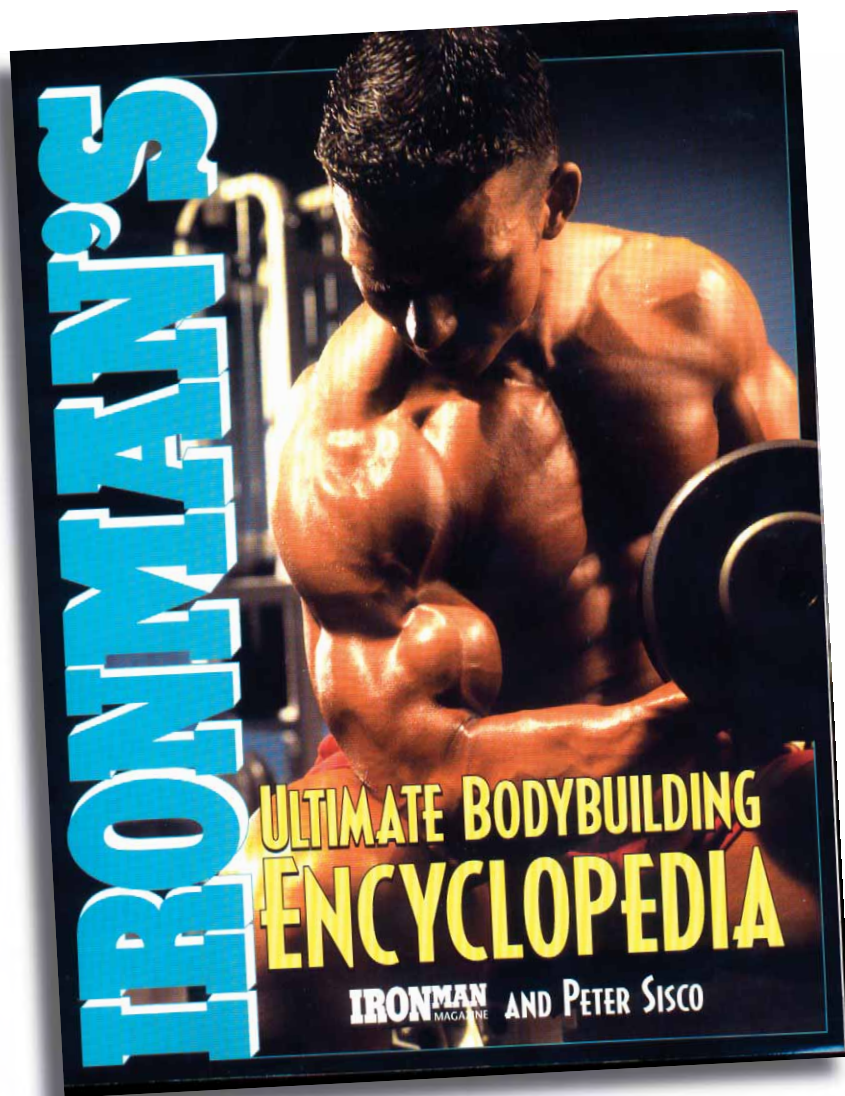
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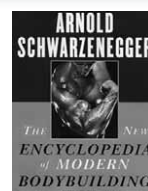
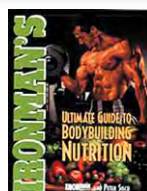
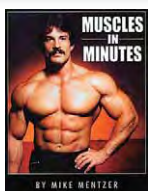
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Food Facts

That can affect your workouts and health

Strawberries are good for heart health. Researchers found that the fruit can lower levels of homocysteine, a heart disease risk factor, in the blood. A high folate content in strawberries may be responsible for the health benefit.



Chocolate appears to improve heart health and blood pressure, which you may know, but it also may bolster diabetes prevention. An Italian study found that dark chocolate stimulated hormones to transport sugar from the blood into cells for fuel. Hey, why not dip your strawberries in dark chocolate? Delicious!

Diet soda can make you fatter than regular soda. So say researchers at the University of Texas Health Science Center. The reason? Those who drink diet sodas may think they've saved so many calories that they overindulge in other areas of eating. So you may eat more pizza than usual because you're drinking diet soda.

Antioxidants can also reduce the burn—on your skin, that is. A French study with 25 subjects found that daily doses of vitamin E, selenium, lycopene and beta carotene reduced the likelihood of sunburn.



—Becky Holman
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Resist Fat Formation

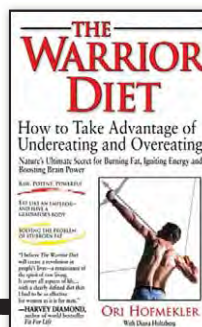
Supplements and carb cycling can help

Some people develop insulin resistance because of a deficiency in the amino acid L-carnitine and its related enzymes. A deficiency in L-carnitine sometimes causes accumulation of unoxidized fatty acids that lessen insulin sensitivity. Therefore, eating foods rich in L-carnitine, such as meat and eggs, or supplementing with L-carnitine and lysine, an L-carnitine precursor, may support fat use and facilitate efficient fat loss.

Overconsumption of processed and simple carbs may adversely affect insulin receptor sensitivity, leading to high insulin levels, a condition known as hyperinsulinemia. Chronic insulin stimulation from causes such as frequent carb consumption may increase insulin resistance toward the end of the day. Confining carb consumption to one meal per day, as well as alternating days of low carbs and days of moderate carbs, may help stabilize insulin sensitivity and aid effective fat loss.

—Ori Hofmekler

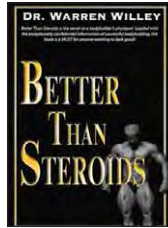
Editor's note: Ori Hofmekler is the author of the books *The Warrior Diet* and *Maximum Muscle & Minimum Fat*, published by Dragon Door Publications (www.dragondoort.com). For more information or for a consultation, contact him at ori@warrordieter.com, www.warrordieter.com or by phone at (866) WAR-DIET.



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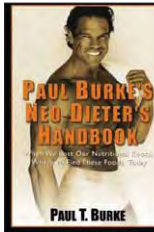
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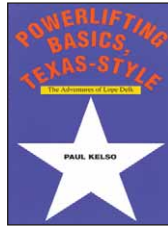
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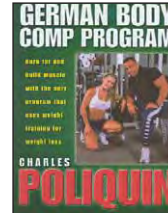
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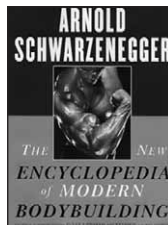
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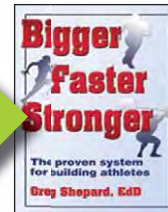


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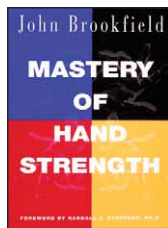


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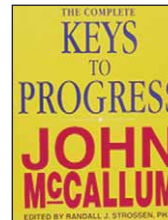


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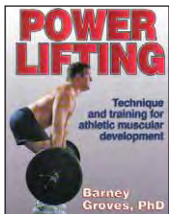
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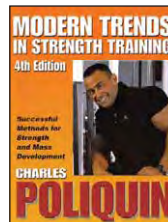
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HEART HEALTH

Creatine: Does It Prime or Pinch the Pump?

One indirect gauge of the effectiveness of sports supplements is the amount of criticism directed at them. Supplements that work as advertised seem to attract more attention. Examples include ephedrine-and-caffeine combinations that were banned for one year by the FDA due to often dubious adverse-effect reports, then restored to the market by a federal judge because of a lack of sufficient scientific evidence concerning their potential dangers to health when used in suggested doses. Another example is the pro-hormone supplements, which fell victim to the ongoing hysteria about anabolic steroids. The final versions of them were remarkably effective and produced few or no side effects when used as directed. Their biggest problem was that they attracted too much attention—and because a few of them actually were anabolic steroids or contained so-called designer steroids.

It was perhaps only a matter of time before creatine was accused of endangering health. That's evident in reports that it is linked to kidney failure, muscle cramps and liver damage, none of which are even remotely true.

Some reports to the FDA have even claimed that using creatine led to heart problems. Since creatine is a natural constituent of the human body, synthesized from amino acids in the liver, pancreas and kidneys, it's hard to justify an accusation like that. Nevertheless, a recent case report linked the use of supplemental creatine to atrial fibrillation, a disturbance of heart rhythm.¹

Atrial fibrillation involves a disturbance in the contraction of the atrial, or upper, chambers of the heart. The incidence of this disorder doubles with each decade of life, so it's far more common in older people. The most frequent cause is long-term hypertension, or high blood pressure, which may damage the heart. The errant heart rhythm may lead to more clots being released into the blood—embolisms that may then travel to the brain, inducing stroke. Doctors prevent that effect by providing anticoagulants, such as Warfarin, to those afflicted with the condition.

When atrial fibrillation occurs without any evidence of structural heart damage, it's called lone atrial fibrillation. While it's rare in younger people, it can be produced by scar tissue forming in the atrial chambers of the heart, hypersensitivity due to neural stimulation of the heart or an inflammation in the heart. The most common causes, however, are drug use, including excessive caffeine intake, acute alcohol intoxication and using too much thyroid drugs (many bodybuilders have experienced it after using excessive amounts of the thyroid drug Cytomel).

In the case study a 30-year-old man without any prior evidence of heart problems reported to a hospital emergency room, complaining of heart palpitations and rapid breathing, both of which had occurred abruptly within the previous

48 hours. An electrocardiogram indicated atrial fibrillation. The man denied using any drugs, and none showed up in his medical tests. He did, however, admit to using creatine supplements. He'd begun by taking 20 grams a day for five days, a loading phase, followed by a maintenance dose of 2.5 grams daily for one month.

That much creatine produced cramping and diarrhea, so he curtailed it for a month, then switched to a capsule form. He developed the heart symptoms while taking a loading dose of the creatine capsules. He was treated with intravenous drugs to prevent clot formation and to stabilize his irregular heart rhythm. That proved effective, as his heart returned to normal rhythm in eight hours. He was discharged within 24 hours and told to take aspirin and a beta-blocking drug for his heart.

In discussing this man's case, the author asserts that since creatine is known to cause dehydration and diarrhea, that may have caused an electrolyte, or mineral, imbalance that led to the atrial fibrillation. Yet the man's primary electrolytes, potassium and magnesium, were within normal values.

While it has been frequently reported anecdotally that creatine causes dehydration,

there's no documented evidence in the medical literature that points to it. Since creatine may promote a shift of water from extracellular to intracellular compartments in

the body, it may adversely affect electrolyte balance that way, but that would happen only during restricted fluid intake. The odds that creatine would cause an effect significant enough to produce a lone atrial fibrillation are remote at best.

So why did the man in the study experience atrial fibrillation after he took creatine? He may have had an inherent sensitivity to creatine, or the creatine may have induced a neural stimulation of his heart. The latter effect is more likely, since the man was a vegetarian, and vegetarians have lower creatine stores in their bodies. The loading dose may have had a druglike effect on him. The solution would be to avoid the creatine load, which is a dubious technique anyway, and take no more than five grams, or one teaspoon, a day. In 30 days that will result in the same level of creatine storage in muscle as a one-week load, minus any possible side effects.

One other aspect to consider is that if anything, creatine would be beneficial for the heart. A feature of heart failure is the lack of production of energy compounds, such as ATP. Anything that boosts ATP production in the heart would aid heart function. Several supplements, such as coenzyme Q10, ribose and creatine, have all been shown to do just that.

—Jerry Brainum



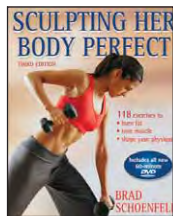
¹ Kammer, R.T. (2005). Lone atrial fibrillation associated with creatine monohydrate supplementation. *Pharmacotherapy*, 25:762-764.

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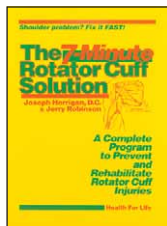
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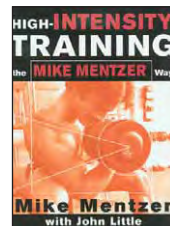
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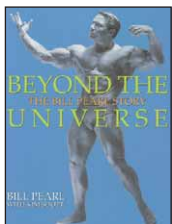
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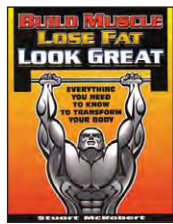
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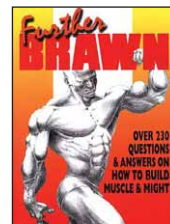
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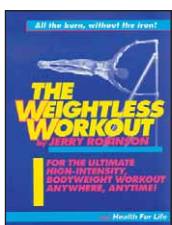


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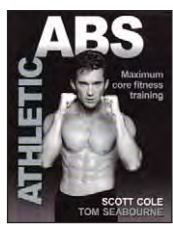


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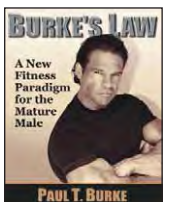
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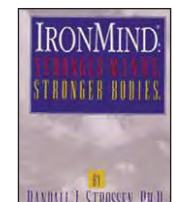
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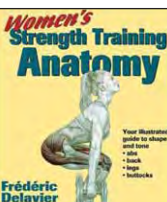
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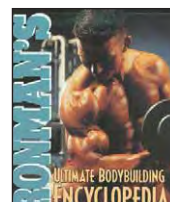
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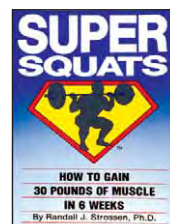
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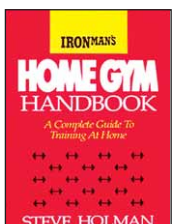


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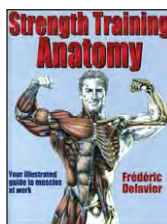
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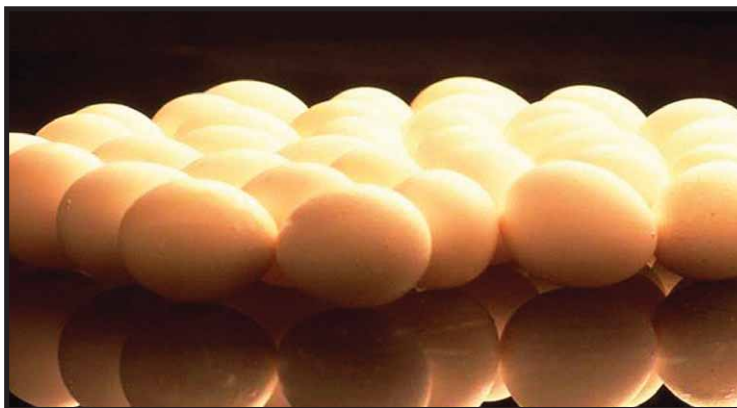
NUTRIENT NITRO

Selenium Is Super

It does everything from preventing cancer to enhancing the immune system

Selenium is a nutrient in the trace element category—our bodies require it in very small amounts. It's important because it prevents oxygen radicals from forming, so it protects us against things that can damage DNA, causing cell mutation that can lead to cancer. In one study it reduced overall cancer mortality by about 50 percent. Selenium also bolsters our bodies' defenses against several toxic heavy metals, like mercury, and it's been linked to lower incidences of Alzheimer's disease and hepatitis B.

Foods rich in selenium include animal proteins, such as meat and eggs, and beans. Research suggests that adults need about 200 to



300 micrograms per day to get its full protective effects. You may want to supplement with about 200 micrograms a day. Go for the natural form that's derived from the amino acid selenomethionine.

—Becky Holman
www.X-tremeLean.com

PREVENTION

Tea Party

Do you really have to drink six cups a day to get beneficial health effects?

Tea offers many health benefits. The problem is that you need a minimum of three cups per day, and some studies suggest as many as six to eight cups for optimal results. Unless you are a very big tea drinker, one to two cups is probably a more reasonable amount, but don't despair. You can still boost your immune system and reduce your risk of cancer and heart disease. Tea capsules are available and appear to work just as well as brewed tea.

According to the December '04 issue of *American Journal of Clinical Nutrition*, "Green tea extract supplements retain the beneficial effects of green and black tea and may be used in future chemoprevention studies to provide a large dose of tea polyphenols without the side effects of caffeine associated with green and black tea beverages."

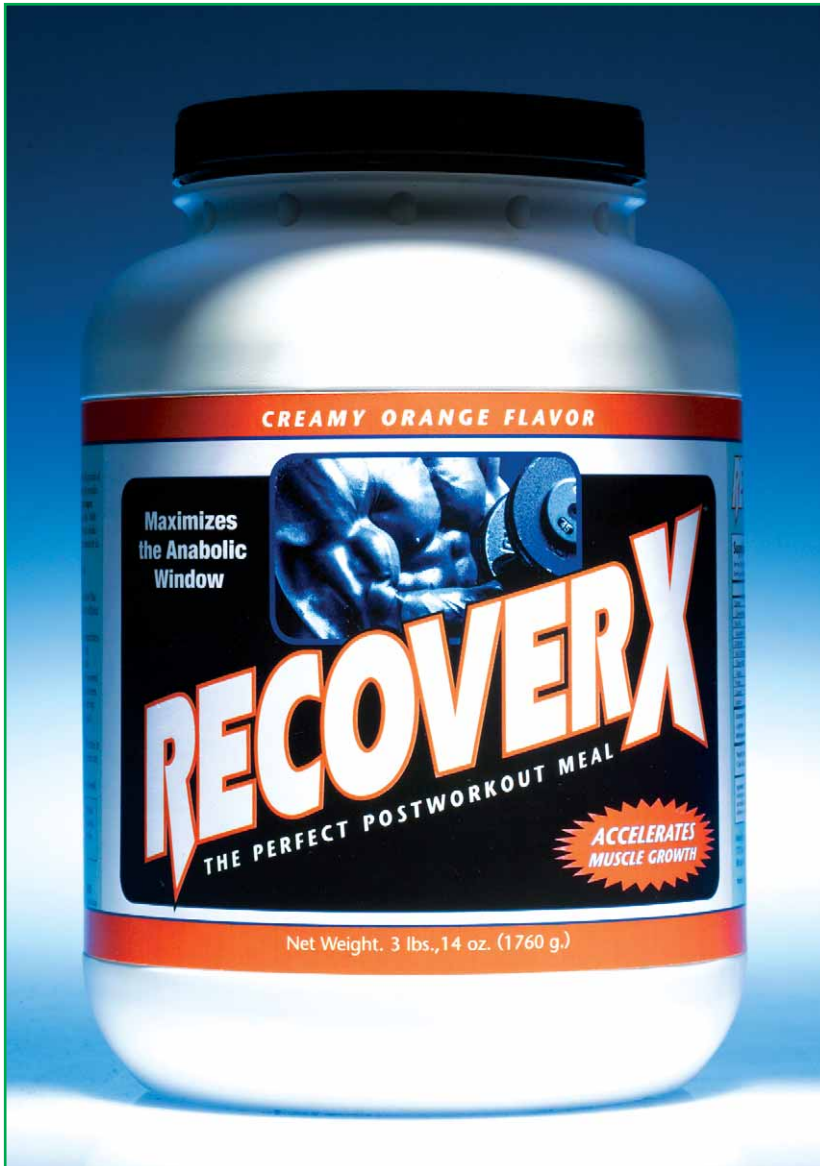
To protect yourself from illness, try washing down three to four tea capsules with each cup of tea you sip. That will increase your equivalent intake to six to eight cups.

—Daniel Curtis, R.D.



PERFECT POSTWORKOUT MEAL™

To Kick-Start Immediate Muscle Growth After You Train



RecoverX

3 lbs. 14 oz.

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Breakthrough research in exercise metabolism now reveals this fact: What you consume (or don't consume) immediately after training plays a critical role in determining your success or failure! That time period is known as the "anabolic window" of growth.

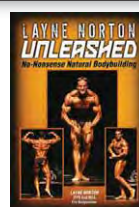
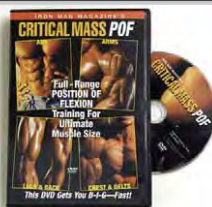
The biggest mistake many bodybuilders make is eating a meal of chicken breasts, baked potato or rice and vegetables after a workout. This is an approach doomed to fail because by the time this meal digests, the anabolic window has slammed shut.

The best way to produce this potent anabolic effect is simply by drinking an amino acid-and-carbohydrate supplement within 15 minutes after training! RecoverX™ offers the ideal combination and provides the perfect blend of nutrients for postworkout anabolic acceleration.

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ANABOLIC DRIVE

Fat Down, T Up

Fat-fighting, testosterone-igniting nutrient

Besides the usual suspects—caffeine, bitter orange, green tea and yerba mate—another compound may have potential for fighting obesity. Forskolin is an extract made from the roots of *Coleus forskohlii*, a perennial herb with fleshy fibrous roots that is a member of the mint family. Research into the therapeutic value of forskolin extract began in the early-to-mid-1980s and was primarily used to help a number of cardiovascular disease conditions, mainly through its effect on vasodilation. Now you see forskolin in various weight-loss pills. In case you missed the info in a previous *IRON MAN*, here's why.

A recently published study from *Obesity Research* examined the effect of forskolin on body composition, testosterone, metabolic rate and blood pressure in overweight and obese men. Thirty subjects were studied in a randomized, double-blind, placebo-controlled experiment for 12 weeks. They reported to the laboratory on a weekly basis to receive forskolin (Forslean: 250 milligrams of 10 percent forskolin extract twice a day) or a placebo. What did they find?

The forskolin group had a significant decrease in bodyfat percent from baseline (35 percent) to final measurement (31 percent). The placebo group showed no significant difference in bodyfat. Fat mass dropped significantly in the forskolin group with no change occurring in the placebo group. There was a trend toward a significant increase of

lean body mass in the forskolin group compared with the placebo group. Serum free testosterone was significantly increased in the forskolin group compared with the placebo group. The actual change in serum total testosterone concentration was not significantly different between the groups, but it increased 17 percent in the forskolin group and decreased 1 percent in the placebo group. It should be noted that there were no changes in blood pressure for either group.

So 250 milligrams of 10 percent forskolin extract taken twice a day for 12 weeks favorably altered body composition while concurrently increasing bone mass and serum free testosterone in overweight and obese men. The results indicate that forskolin is a possible therapeutic agent for the management and treatment of obesity.¹

What is so interesting about forskolin is that most weight-loss aids work via adrenergic-receptor activation. That can downregulate over time and result in diminished lipolytic effects. For instance, synephrine, or bitter orange, works via the adrenergic receptors, and as anyone who has taken synephrine for an extended period of time knows, your body does adapt to its effects.

Forskolin bypasses the adrenergic-activation step and increases cAMP levels by either stimulating adenylate cyclase or by increasing the cAMP accumulating properties of catecholamines. Thus, one could surmise that it could possibly be used for long periods without diminished lipolytic effects, in addition to increasing lean body mass.

—Jose Antonio, Ph.D.

Editor's note: Jose Antonio, Ph.D., is the chief science officer of Javalution (www.javafit.com) and the president of the International Society of Sports Nutrition (www.sportsnutritionistsociety.org).

¹ Godard, M.P., Johnson, B.A., Richmond, S.R. (2005). Body composition and hormonal adaptations associated with forskolin consumption in overweight and obese men. *Obes Res.* 13(8):1335-1343.



Neveux \ Model: Cesar Martinez

MINERALS

Curbing Muscle Cramps

Most people associate muscle cramps with a lack of potassium, but the lack of another mineral may be the cause. Most of us don't get enough magnesium in our diets because it's lost in the processing of many foods. Lack of it can cause muscle fatigue and cramping. If



you have frequent bouts of muscle cramps in or out of the gym, you may want to try taking a supplement that contains 500 milligrams of magnesium. The citrate and malate forms are the most easily absorbed.

—Becky Holman
www.X-tremeLean.com

GRIND OUT THE GROWTH REPS™

Beta-Alanine Gives Your Muscles More Grow Power™

The biggest bodybuilders know that the last few grueling reps of a set are the key growth reps. It's why they fight through the pain of muscle burn on every work set—so they trigger the mass-building machinery. But sometimes it's not enough; the burn is too fierce. Fortunately, there's now a potent new weapon in this massive firefight to help you get bigger and stronger faster.

Red Dragon is a new beta-alanine supplement that packs your muscles with carnosine—up to 60 percent more. Muscle biopsies show that the largest bodybuilders have significantly more carnosine in their fast-twitch muscle fibers than sedentary individuals for good reason: Carnosine buffers the burn to give muscles more “grow power” on every set. The bigger and stronger a muscle gets, the more carnosine it needs to perform at higher intensity levels. You must keep your muscles loaded with carnosine to grow larger and stronger. It all boils down to intensity and the ability to buffer waste products—hydrogen ions and lactic acid—so the muscle doesn't shut down before growth activation.

Straight carnosine supplements degrade too rapidly to reach the muscles; however, more than 20 new studies document that beta-alanine is converted to carnosine very efficiently. All it takes is 1 1/2 grams twice a day, and you'll see new size in your muscles and feel the difference in the gym—you can double or triple your growth-rep numbers! Imagine how fast your size and strength will increase when you ride the Dragon!

Note: Red Dragon™ is the first pure carnosine synthesizer—so powerful it's patented. It contains beta-alanine, the amino acid that supercharges muscle cells with carnosine.

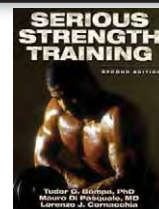
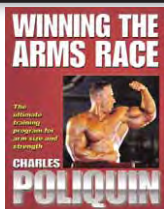


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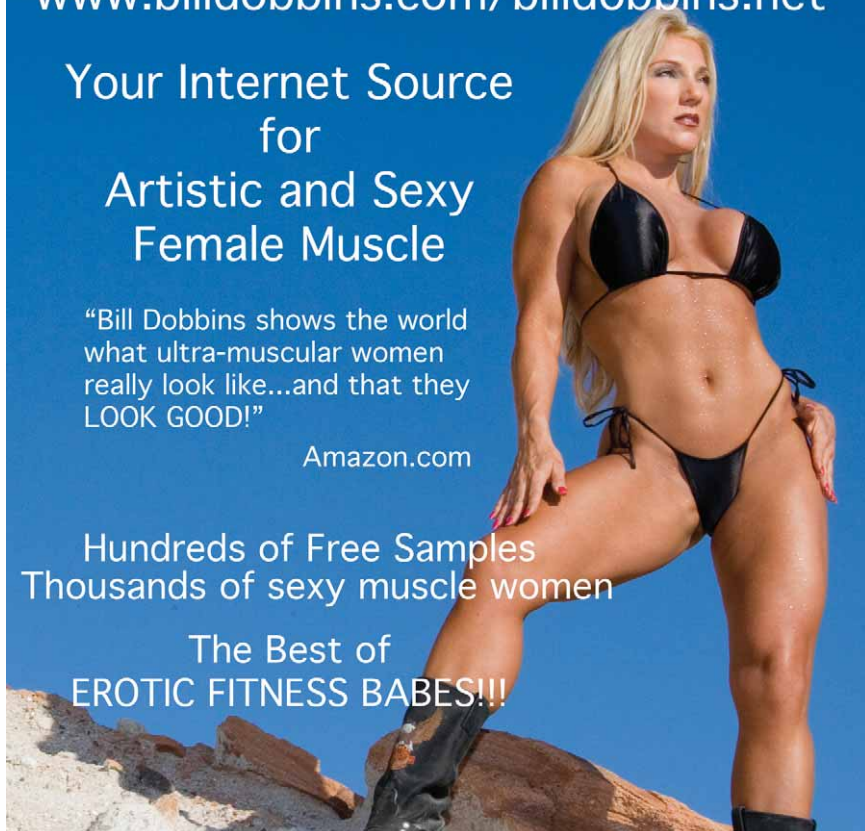
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- **Less Training, Big Gaining: The Truth**

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Recently, we've been getting comments like these: "You guys are full of it! Trainees can build lots of muscle by adding sets. Volume training works." Um, we never said it didn't. We think you have us confused with some other high-intensity proponents—who may have been high when they proposed that.

It's obvious that volume training can work—if it's used correctly. We simply don't have time for it, which is why we're always looking for ways to build the most muscle in the shortest time possible. (As we've said before, we have jobs and families, for crissake. We have no time for three-hour workouts.)

At this point we train four days a week, during our lunch hour. We hit our first heavy set around 10:15 a.m. and finish about an hour later. Studies show that intense workouts lasting more than about an hour can raise cortisol and deplete testosterone—and we don't have any to spare (especially Steve, who's 46 years old).

So what if you don't have even an hour four days a week? You've come to the right place, because we're convinced that you can get most of the mass-building job done in less time, as you'll see in a moment. Before we get to that, let's go in the other direction to clarify something.

Volume training can work, as it did for Bill Pearl and many other bodybuilders in the pre-steroid-abuse era; however, keep in mind that Pearl did around 20 sets per bodypart and rarely took his sets to failure. Subfailure training is necessary because if you use a lot of volume *and* go to nervous system exhaustion on even a few sets, you'll burn out faster than Britney Spear's first marriage. In other words, if you try to train long *and* intensely—drug-free—overtraining is inevitable.

It's all anchored to the size principle of muscle fiber recruitment: During any set you bring in the low-threshold motor units first, followed by the mediums, followed by the highs. So, basically, you don't get at the key fast-twitch fibers with the most growth potential—the high-threshold motor units—till the end of the set. If you stop short, you

don't make much of an inroad into fast-twitch territory.

You also must do a lot of sets to get at enough of those key fast-twitch fibers to initiate a growth response. Each medium-intensity set brings in a few different fast-twitch fibers, due to a slightly altered recruitment pattern. Of course, if you do a lot of sets and take many of them to failure or beyond, you'll hit a lot of the same fibers over and over. To avoid overtraining, you have to either have superhuman recovery ability and/or use anabolic steroids.

So if you're drug-free, you have two choices: 1) Do a lot of sets for each bodypart at medium intensity, à la Bill Pearl, or 2) do only a few sets per bodypart, but take a lot of them past nervous system exhaustion with X Reps and X-Rep-hybrid techniques so you activate as many fast-twitch fibers as possible. With intensity techniques like X Reps—end-of-set partials done at the max-force point—you leapfrog nervous system failure and ramp up fast-twitch-fiber activation.

By the way, if you go to positive failure only, without X Reps, your nervous system craps out, leaving a lot of fast-twitch fibers still sleeping. X Reps done at the max-force point extend the set and make sure you blast as many fast-twitchers as possible.

From all we've been able to ascertain, it appears that the majority of bodybuilders are like us—they want to get the muscle-building job done as quickly as possible so they have more time for work and life outside the gym. Unfortunately, it ain't easy. You have to train hard to make more-abbreviated training work. You also need to understand what makes a muscle grow. According to Michael Wolf, Ph.D., there are actions that must take place for the body to build X-treme muscle size:

- 1) The actin and myosin protein filaments increase in size.
- 2) The number of myofibrils increases.
- 3) The amount of connective tissue within the muscle may increase.
- 4) The number of blood capillar-

ies within the fiber may increase.

5) The number of muscle fibers may increase.

Most bodybuilding programs focus on points 1, 2 and 3. For example, if you choose a compound movement for each bodypart that's ergonomically suited to it so the exercise can produce the most force—the ultimate exercises, which are described in *The Ultimate Mass Workout* e-book—you attack the actin and myosin protein filaments, the myofibrils and the connective tissue. Force is the key here, along with progressive resistance—as you get stronger on the core exercises, you add weight and progressively overload those three items with max force so they increase in size. Result: Somewhat bigger muscles.

We say "somewhat bigger" because using heavy weights for about 10 reps to positive failure on the key exercises, like close-grip bench presses for triceps, can only do so much for size. Sure, you touch on the big three, but nervous system failure is a big stumbling block, as we mentioned (going past failure with X Reps will do a better job). And you haven't done all that much for items 4 and 5 (not to mention



Models: Steve Holman and Jonathan Lawson

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anabolic hormone release, as you'll see in a moment). As it turns out, the big exercises—the way most people do them—don't do much for pump, so capillary beds don't increase.

And what about item 5, increases in the number of muscle fibers? Fiber replication is tied to stretch

overload, and doing strict reps on compound exercises, even to positive failure, just won't produce much stretch overload.

Attacking those last two factors is one reason bodybuilders do more sets and add isolation movements, like pushdowns and overhead extensions for triceps. The pushdowns

produce continuous tension and blow up the muscles due to occlusion. Basically, you block blood flow during the exercise, and then afterward blood rushes in like a tidal wave for a full-blown pump, which leads to expansion of the capillary beds.

Then there are stretch-position

IRON MAN Training & Research Center Muscle-Training Program 77

Workout 1A: Delts, Midback, Biceps, Forearms

Rack pulls (X Reps)	2-3 x 8-10
Seated forward-lean laterals (X Reps)	2 x 8-10
Dumbbell presses (X Reps)	2 x 8-10
Barbell shrugs (X Reps)	2 x 10-12
Cable upright rows (X Reps)	1 x 10-12
Nautilus rows (X Reps)	2-3 x 8-10
Bent-arm bent-over laterals (X Reps)	2 x 10-12
Behind-the-neck pulldowns (X Reps)	1 x 10-12
Bent-over laterals	1 x 8-10
Cable curls (X Reps)	2-3 x 8-10
Concentration curls (X Reps)	2 x 8-10
Rope hammer curls (X Reps)	1 x 8-10
Barbell reverse wrist curls (X Reps; drop set)	1 x 15
Barbell wrist curls (X Reps; drop set)	1 x 15
Rockers	1 x 15

Workout 2: Quads, Hams, Gastrocs, Low Back

Smith-machine squats (X Reps)	1 x 8-10
Lunges	2 x 8-10
Leg extensions (X Reps)	2 x 8-10
Sissy squats (drop set; X Reps)	1 x 10(8)
Squats	2 x 8-10
Leg curls (X Reps)	2 x 8-10
Stiff-legged deadlifts (partials)	2 x 8-10
Hyperextensions (X Reps)	1 x max
Reverse hyperextensions	1 x 10
Leg press calf raises (X Reps)	3 x 15-20
Hack-machine calf raises (X Reps)	2 x 12-15
Standing calf raises (X Reps)	2 x 8-10
Machine donkey calf raises (X Reps)	1 x 12
Seated calf raises	2 x 15-20
Low-back machine	1 x 8-12

Workout 3A: Chest, Lats, Triceps, Abs

Incline presses (X Reps)	2-3 x 8-10
High cable flyes (X Reps)	2 x 8-12
Dumbbell bench presses (X Reps)	2 x 8-10
Low cable flyes (X Reps)	1 x 8-12
Middle cable flyes (X Reps)	1 x 8-12
Pulldowns (X Reps)	1 x 8-10
Undergrip pulldowns (X Reps)	1 x 8-10
Chins (X Reps)	1-2 x 8-12
Machine pullovers (X Reps)	2 x 8-10
Dumbbell close-grip bench presses (X Reps)	2 x 8-10
Pushdowns	2 x 8-10
<i>Superset</i>	
Incline kneeups	2 x 10

Bench V-ups	2 x 8
Twisting crunches	2 x 10-12

Workout 1B: Delts, Midback, Biceps, Forearms

Rack pulls (X Reps)	2 x 8-10
Dumbbell upright rows (X Reps)	1 x 8-10
Cable laterals (drop set, X Reps)	2 x 8-10
Dumbbell presses (X Reps)	2 x 8-10
Dumbbell shrugs (X Reps)	2 x 10-12
Rack pulls (X Reps)	1 x 10-12
Nautilus rows (X Reps)	2-3 x 8-10
One-arm dumbbell rows (X Reps)	1 x 10-12
Behind-the-neck pulldowns (X Reps)	1 x 10-12
Uncrossovers (X Reps)	1 x 8-10
Preacher curls (X Reps or staged)	2-3 x 8-10
Incline curls (X Reps)	2 x 8-10
Incline hammer curls	1 x 8-10
Dumbbell reverse wrist curls (X Rep; drop set)	1 x 15
Dumbbell wrist curls (X Reps; drop set)	1 x 15
Rockers	1 x 15

Workout 3B: Chest, Lats, Triceps, Abs

Incline presses (X Reps)	2-3 x 8-10
Incline flyes (X Reps)	2 x 8-12
Wide-grip dips (X Reps; drop set)	2 x 8-10
Decline flyes (X Reps)	1 x 8-12
Flat-bench flyes	1 x 8-12
Pulldowns (X Reps)	1 x 8-10
Undergrip pulldowns (X Reps)	1 x 8-10
Chins (X Reps)	1-2 x 8-12
Dumbbell pullovers	2 x 8-10
Decline extensions (X Reps or staged)	2-3 x 8-10
Cable pushouts	1 x 8-10
Dumbbell overhead extensions (X Reps)	2 x 8-10
<i>Superset</i>	
Incline kneeups	2 x 10
Bench V-ups	2 x 8
Ab Bench crunches	2 x 10-12

Add to Friday's workout	
Seated calf raises (X Reps)	2 x 9-12
Standing calf raises or machine donkey calf raises (X Reps)	1 x 20-25

•Where X-Reps are designated, only one set is performed with X Reps or an X-Rep-hybrid technique from the e-book *Beyond X-Rep Muscle Building*, available at www.BeyondX-Rep.com.

exercises, like overhead extensions, which put the triceps in its ultimate stretched state. That produces more stretch overload—and maybe fiber splitting—along with definite anabolic hormone release.

Getting that hormone release is

very important to achieving mass gains fast—it sets the stage for optimal muscle growth, amplifying all anabolic areas—1 through 5 above.

All of that is why we usually use Positions-of-Flexion training, which is midrange-position work, the big

ultimate exercise, followed by contracted- and stretch-position work.

That covers all the bases, plus continuous-tension moves, like push-downs, and stretch-position moves, like overhead extensions, help initiate a critical cascade of anabolic

ITRC Program 77, Abbreviated Home-Gym Routine

Workout 1A: Delts, Midback, Biceps, Forearms

Dumbbell upright rows,	
seated laterals or rack pulls (X Reps)	2 x 8-10
Seated forward-lean laterals (X Reps)	2 x 8-10
Standing dumbbell presses (X Reps)	2 x 8-10
Barbell shrugs (X Reps)	2 x 10-12
Bent-over barbell rows	2 x 8-10
Bent-arm bent-over laterals (X Reps)	2 x 10-12
Bent-over laterals (X Reps)	2 x 8-10
Dumbbell curls	2 x 8-10
Concentration curls (X Reps)	2 x 8-10
Hammer curls (drop set)	1 x 8-10
Barbell reverse wrist curls (X Reps; drop set)	1 x 15
Barbell wrist curls (X Reps; drop set)	1 x 15
Rockers	1 x 15

Workout 2: Quads, Hams, Gastrocs, Low Back

Squats	1 x 8-10
Lunges	2 x 8-10
Leg extensions or hack squats (X Reps)	2 x 8-10
Sissy squats (X Reps)	1 x 10-12
Hack squats (nonlock)	1 x 8-10
Leg curls (X Reps)	2 x 8-10
Stiff-legged deadlifts (bottom-range partials)	2 x 8-10
Hyperextensions (X Reps)	1 x max
Donkey calf raises, standing calf raises	
or one-leg calf raises (X Reps)	4 x 15-20
Seated calf raises (X Reps)	2 x 15-20

Workout 3A: Chest, Lats, Triceps, Abs

Incline presses (X Reps)	2-3 x 8-10
Incline flyes (squeeze at the top of each rep)	2 x 8-12
Dumbbell bench presses (X Reps)	2 x 8-10
Decline flyes (squeeze at the top of each rep)	1 x 8-12
Flat-bench flyes (squeeze at the top of each rep)	1 x 8-12
Chins (X Reps)	1 x 8-12
Undergrip chins (X Reps)	2 x 8-10
Undergrip rows	2 x 8-10
Decline extensions (X Reps)	2 x 8-10
Kickbacks	2 x 8-10
<i>Superset</i>	
Incline kneeups	2 x 10
Bench V-ups	2 x 8
Twisting crunches	2 x 10-12

Workout 1B: Delts, Midback, Biceps, Forearms

Dumbbell upright rows,	
seated laterals or rack pulls (X Reps)	2 x 8-10

Incline one-arm laterals (X Reps)	2 x 8-10
Standing dumbbell presses (X Reps)	2 x 8-10
Rack pulls (X Reps)	2 x 10-12
Bent-over barbell rows	2 x 8-10
One-arm dumbbell rows (X Reps)	2 x 10-12
Bent-over laterals (X Reps)	2 x 8-10
Preacher curls (X Reps)	2-3 x 8-10
Incline curls (X Reps)	2 x 8-10
Incline hammer curls (drop set)	1 x 8-10
Dumbbell reverse wrist curls (X Reps; drop set)	2 x 15
Dumbbell wrist curls (X Reps; drop set)	2 x 15
Rockers	1 x 15

Workout 3B: Chest, Lats, Triceps, Abs

Incline presses (X Reps)	2 x 8-10
Incline flyes (X Reps)	2 x 8-12
Wide-grip dips (X Reps)	2 x 8-10
Decline flyes (X Reps)	1 x 8-12
Flat-bench flyes (X Reps)	1 x 8-12
Parallel-grip chins (X Reps)	2 x 8-10
Chins (X Reps)	1 x 8-12
Dumbbell pullovers	2 x 8-10
Decline extensions (X Reps)	2 x 8-10
Overhead extensions (X Reps)	2 x 8-10
<i>Superset</i>	
Incline kneeups	2 x 10
Bench V-ups	2 x 8
Ab Bench crunches	2 x 10-12

Add to Friday's workout	
Seated calf raises (X Reps)	2 x 9-12
Standing calf raises	1 x 20-25

•When X Reps are designated, only one set is performed with X Reps or an X-Rep-hybrid technique from the e-book *Beyond X-Rep Muscle Building*, available at www.BeyondX-Rep.com.

Note: Train Monday, Tuesday, Wednesday and Friday, following the sequence of workouts as listed but with Workout 2, legs, always on Tuesday only. Also, it's best to have a selectorized dumbbell set, such as the PowerBlock, if you don't have a rack of fixed dumbbells of various weights. If you don't have a leg extension machine, do old-style hacks with a two-second contraction at the top of each rep instead. Use partner resistance, towel around the ankles, if you don't have a leg curl machine.

hormones.

As we said at the beginning, however, you may not have time for hour-plus workouts four to five days a week. So can you eliminate the ancillary exercises and still pack on plenty of muscle?

Well, if you've been reading our stuff for any length of time, you know that we think the assistance exercises are pretty powerful muscle-building medicine, but we also believe that you don't necessarily have to do them to get *most* of the mass-triggering effects they contribute. Say what? You can get continuous tension and stretch overload without contracted- and stretch-position exercises? In a word, yes. You can mimic those effects on your ultimate exercises and make excellent mass gains using only one exer-

cise per bodypart, two to three work sets per exercise. Your workouts will last about 30 minutes two or three times a week. (Think of all the extra recovery you'll have for growth!)

Now, we're not saying your progress will be as good as if you used full-on POF—but it could be. Knowing that you only have one shot at making growth happen can do great things for intensity. If you strive for progressive overload, which just means to keep adding weight to the bar as often as possible, you'll get excellent results; however, there's more to it than that. You also have to pay close attention to *all* of these details:

1) Concentrated warmup. This primes your nervous system to fire the maximum number of muscle fibers on your work sets. Here's the

sequence we recommend in our *Beyond X-Rep Muscle Building* e-book:

Warmup set 1: Take 60 percent of your work-set weight and do 10 reps—five full-range reps and five partials. Go from full stretch to complete lockout on the first five. Then do the second five only through the bottom two-thirds of the stroke, without locking out. That will lube your joints and get the blood pumping (partials produce occlusion).

Warmup set 2: Up the poundage to 80 percent of your work-set weight. Do four full-range reps followed by four nonlock partials for occlusion. (Individual strength may vary; if four plus four feels too difficult, try three plus three. Remember, it should be a fairly nonstressful set that doesn't tax your strength but amplifies it.)

At the end of each warmup set you should feel blood streaming to the target due to occlusion from the nonlock partials. That increase will make your work sets significantly more effective. For example, on bench presses you'll push the bar from your chest to just above the midpoint of the stroke. If you don't feel blood moving to the target muscle after the partials, especially after the second warmup, you may have done your warmup reps too fast. Keep each rep fairly slow and controlled to activate your nervous system, and get your mind in touch with the target muscles.

2) Half-minute sets. Your work sets also need to last about 35 seconds. Research has determined that slightly more than half a minute is what it takes to get the most anabolic stimulation, maximizing the fiber-firing domino effect of the size principle of recruitment. If your average rep lasts three seconds—1 1/2 seconds up and 1 1/2 seconds down—nine to 10 reps plus three to four X Reps at the end should get you to the growth time zone every time.

3) Nonlock reps. On many of the ultimate exercises you can lock out and rest the target muscle—like at the top of a bench press. If you're after efficiency of effort, though, don't lock out. Using partials throughout the set, as Ronnie Cole-

If you want your workouts to last less than an hour, you can eliminate some ancillary exercises and still grow.



Model: Jonathan Lawson

man does on all of his exercises, you get continuous tension, which produces occlusion. That activates more muscle fibers and anabolic hormone release and helps expand the capillary beds. As we said, a lot of bodybuilders use isolation exercises for continuous tension, but you can get it on your compound ultimate exercises. Remember, we're packing all of the muscle-building requirements into a few sets of one ultimate exercise.

4) Drop set. On at least one of your work sets you should quickly reduce the poundage and do another set to nervous system exhaustion. That will help develop a lot of intermediary fibers, the ones that are between fast twitch and slow twitch, and also enhance the pump to further develop the capillary beds.

5) X Reps. As we said, these extend the tension time so you reach the growth time zone and activate as many fast-twitch fibers as possible.

They also provide semistretched-point overload, which doesn't quite hit the full stretch position but still has the potential to initiate fiber replication (item 5). All of that synergizes to trigger an essential cascade of anabolic hormones as well as provide more key stress for the big three: increases in actin and myosin protein filaments, myofibril proliferation and connective-tissue thickening.

Start experimenting with using just a single multijoint exercise for each bodypart, and get the anabolic ammo this strategy has to offer. That's two to three work sets, with at least one set done with X Reps and at least one done as a drop set. You may want to use one of the quick-hit Basic Ultimate Mass workouts in *The Ultimate Mass Workout* e-book, available at our Web site. Apply all of the above to them—just add the drop sets—and watch your size surge. Or you can pick the big

exercise for each bodypart from our current workout on page 74, apply the above to the exercises listed and use the designated split—or devise your own.

To be honest, we haven't tried the more abbreviated X-Rep, drop-set ultimate-exercise-only style of training yet, but we believe that for people who are pressed for time, it has the potential to unleash X-plosive muscle growth.

Editor's note: For the latest on the X-Rep muscle-building method, including X Q&As, X Files (past e-zines), our before and after photos and the new X-Blog training journal, visit www.X-Rep.com. For more information on Positions-of-Flexion training videos and Size Surge programs, see page 167. To order the Positions-of-Flexion training manual *Train, Eat, Grow*, call (800) 447-0008, visit www.home-gym.com, or see the ad below. **IM**

AD

Freak to Sleek

Q: As a dancer, I want longer, leaner muscles, not a bulky physique. X Reps started making my muscles larger, which isn't what I'm after. Any suggestions for using them to reach my goals? Also, most of your books have the exercise order as midrange, stretch and then contracted last. Since I want longer, leaner muscles, will changing the order to midrange, contracted and then stretch be better? I notice that on page 80 of my *X-treme Lean* e-book you list the three positions in that order. Is there validity to the new order for creating longer, leaner muscles?

A: You can develop so-called longer, leaner muscles by using less intensity and/or higher reps. The reason is the

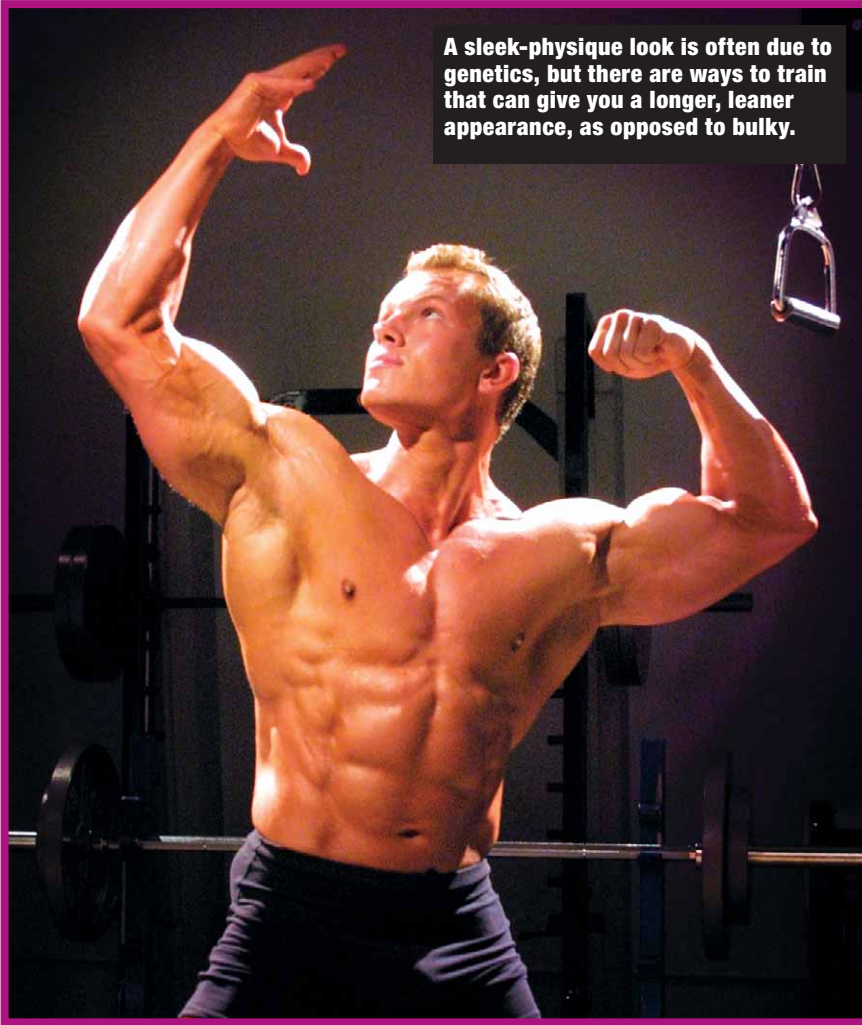
size principle of fiber recruitment: During a set you recruit the low-threshold motor units first, the mediums next and the high-threshold units last. Those end-of-set high-threshold motor units activate the fast-twitch fibers, which have the most potential for growth. So, if you don't push to failure and beyond, you activate very few pure fast-twitch fibers. The muscles harden with low- and medium-threshold activation but don't get as massive as they could if you trained all the fiber types, especially the fast-growing fast-twitch ones. In other words, you're only training part of the muscle, the fibers with the least potential for growth.

It's the same with high reps (20 or more)—right when you start recruiting the high-threshold motor units, if you make it through the pain, fatigue stops you. That's the reason people who train exclusively with higher reps usually have a longer, leaner appearance when it comes to their musculature; they don't activate a lot of fast-twitch high-growth fibers, and fatigue stops them from hitting a lot of intermediary fast-twitch fibers as well. Of course, the more-endurance-oriented muscles are exceptions—quads, calves and forearms. For most people those body parts grow more readily on higher reps, so you may want to go the low-intensity route instead of high reps for them.

For your goals my advice is to use the High-Definition workout in the *X-treme Lean* e-book (or something similar), but do only one set per exercise on your big, ultimate exercise (where it says one to two sets, do only one). Go ahead and try doing X Reps on that one set. Follow that with high reps on your continuous-tension, contracted-position exercise. Then end with the stretch-position movement for 15 to 20 reps. Don't go to exhaustion on either of those exercises, only on your midrange movement.

That will give you some high-threshold work with the first set, and then train your low- and medium-threshold motor units with the last two higher-reps sets. If a muscle group starts getting too large for your taste, stop doing X Reps for that muscle. You may also want to keep your reps at around eight for those endurance-oriented muscle groups I mentioned earlier—if you want to keep their growth in check.

As for the order of positions, Jonathan Lawson and I put the stretch position last out of necessity. Because we use the contracted-position exercise in the *X-treme Lean* program for high-rep occlusion between the two sets of midrange work, the stretch-position exercise has to come last to complete the full-range chain. For example, on the occlusion quad routine we do hack squats, high-rep leg extensions and then another set of hack squats with X Reps. We end with sissy squats, a stretch-position quad exercise. If



A sleek-physique look is often due to genetics, but there are ways to train that can give you a longer, leaner appearance, as opposed to bulky.

Nevezuz \ Model: Tomm Voss

Jeff Hammond: Having Fun at 50

In keeping with this issue's theme, I thought I would reintroduce Jeff Hammond to *IM* readers. He recently turned 50, and he's still training hard and looking about 30. Like many of us, he got started in bodybuilding because of the muscular superheroes in comic books as well as in the Tarzan and Hercules movies. Now he's a lifer:

"Lifting weights is as essential to me as breathing—at least it seems that way. It's something I have a passion for, and I always look forward to doing it."

Jeff has coached a number of sports over a 20-year period, culminating with high school varsity softball. He knows what makes athletes tick and has gleaned quite a bit of knowledge helping kids be the best they can be.

As for his own training, he's an avid Positions-of-Flexion follower. "I listen to my body and still expect continuous improvement, even at 50. One of the best changes I made was when I began using the POF program. I now use a hybrid of it for my own training as well as for my personal-training clients.

"I normally follow a five-day program but will make adjustments each week according to my schedule. I also use X Reps in every workout, and they have created bigger gains with less time in the gym. In fact, my workouts last no longer than an hour. When I am going for size, I increase the sets of compound exercises, or midrange moves in POF-speak, while cutting back on the stretch- and contracted-position exercises. I also like supersets and drop sets to burn the muscles and more calories."

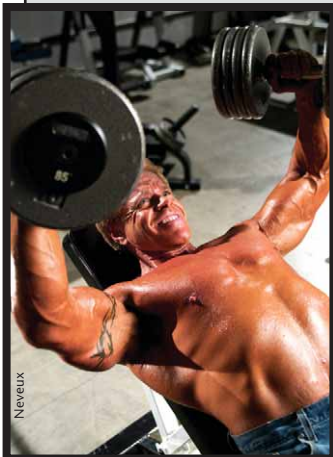
Jeff has a Web site that features his and others' photos of many of the top fitness models. You can check

out his work by visiting www.MakemSweat.com.

So what keeps him young, besides photographing beautiful women? "I guess one of the major reasons my life is a success is that at the age of 50 I wake up looking forward, not back. I always have great anticipation and a feeling of being alive." Wise words for all of us, no matter what our age.



Neveux / Model: Jeff Hammond



Neveux

you think about it, though, it does make sense to have the stretch position last because that can activate the myotatic reflex, which should recruit more fibers, ones that may not have been triggered during the other two exercises. That makes it a great finisher—but I'm speaking from a mass-building perspective. Once again, if you do high reps and/or medium intensity, you'll hit fewer growth fibers and only harden the muscle without building a lot of size.

Some people might argue with me about medium intensity, pointing out that Bill Pearl used to stop all of his sets short of failure, yet he got quite massive for his day. Ah, but keep in mind that he did around 20 sets per bodypart. Each additional subfailure set gets at a few more fast-twitch fibers. Could he have achieved his massiveness with a lot less volume if he'd pushed his sets harder and used X Reps? Probably, as he would've hit much more of the muscle on any one set. But Pearl liked to train for hours and didn't enjoy pushing to failure, so the less-intense volume approach worked best for his personality.

We designed our X-Rep programs in *The Ultimate Mass Workout* and *Beyond X-Rep Muscle Building* to increase muscle size as quickly as possible with relatively quick workouts and minimal wasted effort. Follow the high-rep and/or low-intensity guidelines above if you want to minimize muscle growth for a longer, leaner look; however, as Bill Pearl showed, volume can make muscles bigger as well, even if the sets aren't all out, so keep your volume low.

Q: You recommend supersets in many of your programs, but my big concern is that when I'm at the gym, if I try jumping back and forth from one exercise to another, someone's usually taken the piece of equipment I was going to use for one of the exercises. Any suggestions?

A: A lot of trainees have expressed the need for an alternative to supersetting. Crowded gyms simply don't make it possible. I suggest you simply do drop sets on the first exercise listed for the superset. Then do a drop set on the second exercise. For example, if the program lists push-downs supersetted with bench dips, do a drop set on push-downs, with X Reps on the first phase and/or the drop; rest; and then do bench dips with a weight reduction—or superset them with close-grip pushups. Sometimes you can solve the problem by using or adding a freehand exercise.

New! The sharp black POF T-shirt with the original classic logo emblazoned in gold can give you that muscular look you're after. See page 259 for details.

Editor's note: Steve Holman is the author many bodybuilding best-sellers, including *Train, Eat, Grow: The Positions-of-Flexion Muscle-Training Manual*. For information on the POF videos and Size Surge programs, see page 167. For information on *Train, Eat, Grow*, see page 80. Also visit www.X-Rep.com. **IM**



Neveux

Steve Holman
ironchief@aol.com

Mass-Building Mistakes

Q: I enjoyed your answer in the August '05 column regarding the thing that bodybuilders most overlook, which is the overload principle. What would you say are the two most common mistakes they make on top of that?

A: I would say that bodybuilders fail to vary their training often enough. The content, volume, intensity and duration of workouts must be varied, since the body rapidly adapts to a stressor, which is when progress stops. It's the variety principle.

Beginners may be able to show improvement for several months on a fixed weight-training program; however, as athletes progress in strength, variety be-

comes an essential component of training. Advanced athletes should modify their strength-training programs every two to three weeks. Training programs must therefore contain variety to elicit a maximum training response over time.

Strength-training programs should include both long-term and short-term variations. Long-term variations are the alternation of loads and training methods (i.e., eccentric training, maximum-effort techniques, positions-of-flexion method, etc.) in an annual or pluriannual plan.

Short-term variations can be achieved by varying the following parameters:

- 1) Magnitude of the load (as measured in percentage of maximum)
- 2) Type of contraction
- 3) Speed of contraction
- 4) The exercises—barbell and dumbbell exercises can accommodate endless variations of execution.

For example, you can perform squats with the barbell on your back or your collarbone, with your feet in a narrow or

wide stance or you can perform them at a different angle on a hack-squat machine—and you can change the starting position of an exercise.

If you want to achieve long-term progression, you must have variety in your training process. That's crucial for three reasons:

1) The effectiveness of any program is a function of the degree to which it challenges your body. The problem is that familiar programs are less challenging because your body has had time to figure them out. Every time you repeat a training program, it becomes less effective.



Neveux \ Model: Abbas Matami

One of the biggest mistakes bodybuilders make is failing to vary their training enough—from the type of contraction to exercise substitution to magnitude of load.



Neveux \ Model: Ken Yasuda

2) All training programs have both negative and positive features, no matter how well designed or specific they are. Too much time on one program and you tend to adapt to the positive aspects and accumulate the negative ones.

3) Not changing training routines leads to overuse injuries. According to Dr. Sal Arria, sportsmedicine director for the International Sports Sciences Association, "Adopting long-term training habits of any kind is very often a precursor of degenerative changes in the joints." Advanced athletes are particularly vulnerable, since their training tends to become more and more specific over time.

So it's essential that you change acute program variables (such as frequency, exercise selection, number of exercises, order of exercises, length of session, number of repetitions, number of sets, length of rest periods, tempo, speed of muscle contraction) regularly—say, every two to four weeks. Keep reading *IRON MAN*, and you will get excellent ideas from my colleagues on how to inject variety in your training programs.

Q: I really enjoy reading your column every month, and I want to be the best strength coach I can be. How much time do you think I should devote to learning per week?

A: Interesting question. I always ask my clients a variant of it during their first interview. Because my rates are at the top of the field, my clientele includes a number of self-made millionaires, and I try to learn as much from them as they learn from me. I always ask them the following: "To stay at the top of your field, how much time do you budget per week for seminars, reading trade publications, etc.?" The answer is always practically the same: eight to 16 hours a week. Note, that the answer is from men who have made fortunes in very different areas, including real estate, logistics, sales, the supplement industry and so on.

Unless you allow eight hours per week for learning, you will never make it to the top 1 percent of your field, or any field for that matter, whether you are selling coffee, shipping helicopter parts or developing world-class athletes. I spend a minimum of 35 days a year sitting in seminars like SWIS or Boulderfest. At them I often arrange to meet speakers and pay them for consultation time. Another point about learning time: Every year I attend Boulderfest, which is *the* cutting-edge nutrition seminar in North

Trainers and coaches should set aside about eight hours a week to read, learn and acquaint themselves with what's new in the field.



Neveux \ Models: Hubert Morandell and Markus Reinhardt

America. You will find that 70 of the 300 attendees or so are authors in the field. Obviously, those successful individuals long ago realized the fact that learning is an eternal process, and they leave their egos at home and come to learn from others.

I also read an average of 100 books a year on subjects ranging from biomechanics to psychology. It's easy to read an average of two books per week when you forego time wasters such as watching TV. Over the years I managed to collect everything written on strength training, weightlifting, powerlifting and bodybuilding that was written after the late 1800s in English, French and German. That has allowed me to see how knowledge in our field has evolved.

All successful people I know are avid readers. Guys like Paul Chek and Jonny Bowden all have extensive libraries. I remember visiting Dr. Mauro Di Pasquale at his house in Canada, and I asked him the same question. He quickly displayed his own computer databank of scientific citations. It had more than 8,000,000 references in it—and that in was 1995. It probably has more than 50 million papers in it now.

If you want to make it in any field, the best piece of advice I can give you is to get rid of your TV and read more. Remember, there is a direct correlation between knowledge and income. We live in the age of information. For example, the strength coach or personal trainer who completes an internship with us doubles his

(continued on page 94)



Neveux \ Model: Berry Kabov \ Equipment: ShoulderHorn, www.Home-Gym.com or 1-800-447-0008

You must use progressive resistance on rotator cuff work if you want a bigger bench press.

(continued from page 91) income within one year. The more you know, the more you are worth.

Q: Some of the common recommendations I hear from Major League Baseball strength and conditioning coaches and some health practitioners (e.g., chiropractors) are that one should never do fewer than 12 reps or use more than 10 pounds on rotator cuff exercises. What do you think of those statements?

A: In other words, according to those people, you should stick with the pink dumbbells for sets of at least 12 reps for the rest of your life. Those false training axioms are probably far more responsible for causing shoulder injuries than for preventing them. It's a case where intent and outcome don't match. They believe an increase in the size of the rotator cuff muscles leads to impingement. Oddly enough, I have been a strength coach for 25 years and have yet to see that happen, even in athletes who use 40-plus-pound dumbbells for their rotator cuff exercises.

It's imperative that the rotator cuff muscles keep up with the major internal rotators of the humerus, which are the pecs, lats and teres major. Based on the faulty logic of those coaches you quote, you should use the same weight whether you can bench press 100 pounds or 500 pounds. That makes no sense. Handling a pair of 140-pounders for incline dumbbell presses requires a much stronger pair of external rotators than using only a pair of 60s. The same is true for any throwing event. Throwing a ball 100 miles

an hour requires a stronger pair of external rotators (which work as decelerators at the end of the range of movement to protect the joint) than throwing a ball at 70 miles per hour.

As seen in the Poliquin International Certification Program, level 1 practical, the external rotators need to achieve optimal levels of strength in proportion to pressing, rowing and chinning movements. For example, one should be able to do eight reps of the rotator cuff exercises at 9.8 percent of the maximum weight used on the close-grip bench press. In other words, a 400-pound bench presser would use 35-pounders on the rotator cuff exercises, not the pink dumbbells! If trainees cannot attain that percentage, two things are sure: 1) Their bench press has potential to go up—once trainees match the percentage on the rotator cuff exercises, the load used for the pressing movement is immediately increased; 2) the shoulders are at risk for injury. I have seen countless 300-pound bench pressers become 400-pound bench pressers by upping their loads on rotator cuff training.

In my opinion, athletes who are well trained can use as few as three reps per set on rotator cuff exercises, as long as they have a history of doing them and they have already reached appreciable poundages on pressing and upper-back movements. On average it takes about six consecutive months of rotator cuff training to be able to make progress in a safe manner using relatively high loads.

Editor's note: Charles Poliquin is recognized as one of the world's most successful strength coaches, having coached Olympic medalists in 12 different sports, including the U.S. women's track-and-field team for the 2000 Olympics. He's spent years researching European journals (he's fluent in English, French and German) and speaking with other coaches and scientists in his quest to optimize training methods. For more on his books, seminars and methods, visit www.CharlesPoliquin.net. Also, see his ad on page 179. **IM**



Bradford

Charles Poliquin
www.CharlesPoliquin.net

OVER
40
NUTRITION
KNOW-HOW



Over-40

Nutrition Know-How

A Renowned Researcher Reveals
What He Eats and Why

by Jerry Brainum
Photography by Michael Neveux

Contrary to popular belief, the primary health benefits of bodybuilding become most apparent after age 40. That's the beginning of the end for many people, a time when the insults they've inflicted on themselves through four decades of health neglect—smoking, drinking excessive alcohol, eating poorly and not exercising—manifest themselves. At 40, unless you do something about it, your immune system goes into a gradual decline, opening the door to potentially fatal diseases, such as cancer. Since the heart is a muscle, a lack of exercise leads to cardiac flabbiness and weakness, culminating in heart failure, a heart attack or a stroke.

The body recovers from health insults far more easily when you are young; degenerative diseases don't become apparent until you're past 40. A proper bodybuilding lifestyle, however, can either delay or prevent many of the diseases and infirmities linked to the aging process. The quality of life you experience as you age is up to you. Exercise, typified by a balanced bodybuilding program that includes weight training, cardiovascular training and flexibility or stretching exercises, is an effective way of forestalling the effects of aging while maintaining quality of life.



Lee Apperson, 47, is living proof that the bodybuilding lifestyle is a veritable fountain of youth.

Nutrition is another key to the equation. Once you hit 40, adopt an optimal nutrition program to slow the aging process and maintain muscle. Much research suggests that only one technique truly slows the aging process: restricted calorie intake, usually by about 30 percent. In various animal species, including rats, mice, dogs and fish, cutting calories leads to several beneficial changes that reflect a slowing of the aging process, starting with a vastly decreased incidence of the degenerative diseases associated with aging. Animals that eat less usually show less incidence of diabetes and cardiovascular disease, and they maintain brain function. While we don't have scientific proof of the benefits

of calorie restriction in humans, we do know that in societies in which people routinely eat far less as they age, such as on the Japanese island of Okinawa, older citizens rarely contract medical conditions common in the West. That's why many of them reach the age of 100 or more in good health.

From a bodybuilding perspective, however, severe calorie restriction isn't conducive to maintaining an anabolic state in muscles. Not only is it difficult to get enough protein when you severely restrict calories, but decreased intake also leads to a decrease in anabolic hormones associated with maintaining muscle, such as insulinlike growth factor 1 (IGF-1) and testosterone. Those who

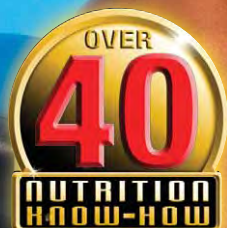
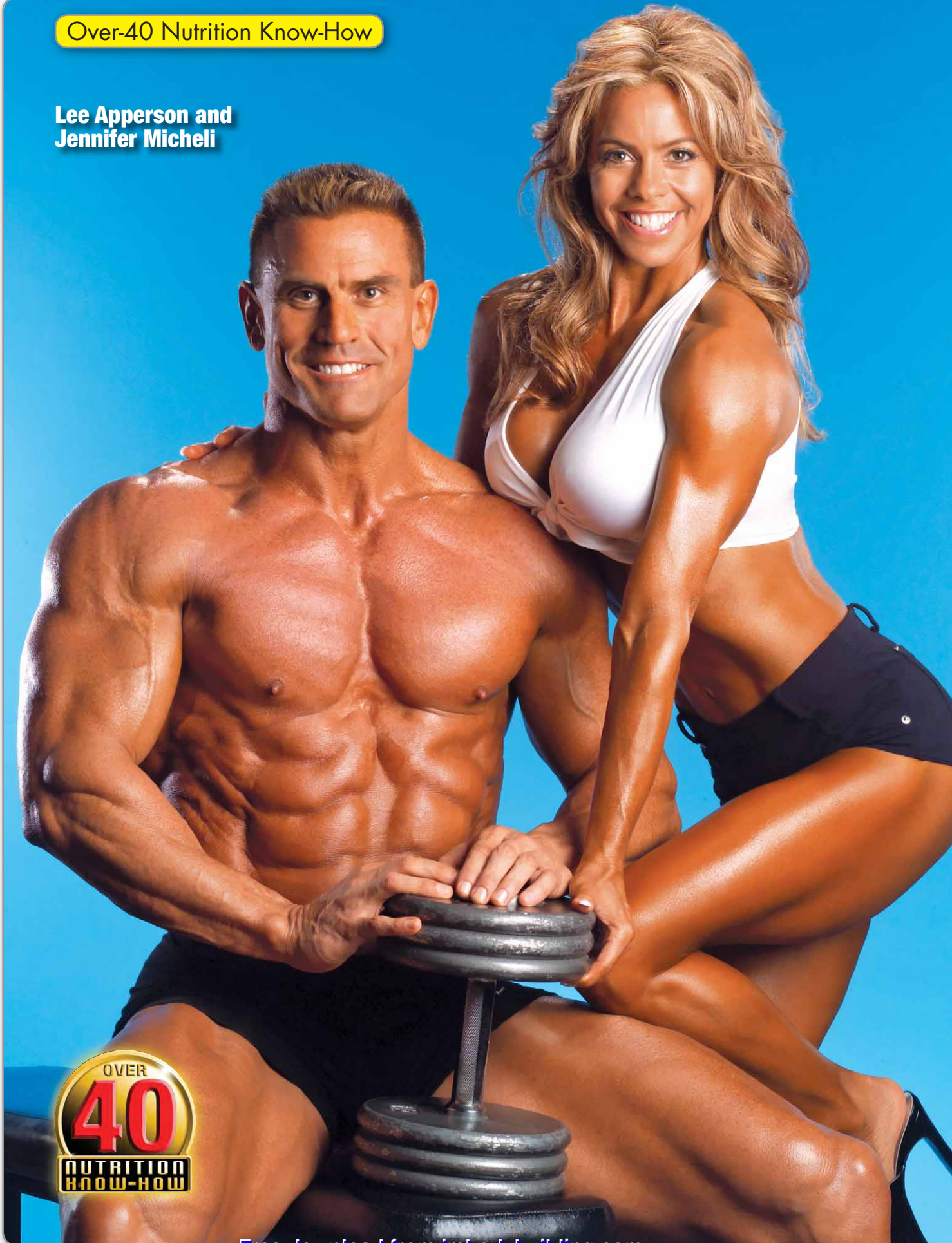
advocate calorie restriction à la lab rats always seem to appear gaunt, with a noticeable lack of muscle.

Even so, calorie restriction fosters decreased cellular oxidation, particularly in the portion of the cell that produces energy (mitochondria); induction of "heat shock proteins" that protect cells from destruction; and insulin control.

Recent research shows that a key player in the aging process is insulin. Its various functions include promoting uptake of glucose and amino acids, as well as glycogen synthesis, but insulin in excess is a potent aging hormone. The lean body that results from calorie restriction leads to lowered resting insulin levels. A consistent finding

Over-40 Nutrition Know-How

Lee Apperson and
Jennifer Micheli



Free download from imbodybuilding.com

Lee Apperson, 47, and Jennifer Micheli

"I was first inspired to start training when I saw photos of Bob Paris," says Lee. "From then on I wanted to win the Mr. Olympia. Now I will have to win the Masters Mr. Olympia over-50 division. Watch for me in about 2 1/2 years.

"I've been eating the same way for 21 years. I eat anything and everything from November 1 to January 1. Then I have a planned diet I follow for 10 months. For supplementation I rely on Herbalife products.

"As for training, I do two bodyparts a day and take a day off when I feel I need one."

Jennifer is 43 and has three children. She's an aerobics instructor and trainer who also uses Herbalife products. She says one of her best anti-aging strategies is laughter.

in examinations of healthy older people is lower resting insulin levels. That's especially noteworthy because most people become insulin insensitive after age 40.

As you become insulin insensitive, your body attempts to compensate by secreting more insulin, fostering processes such as glycation, which deposits sugar into protein structures, including muscle and connective tissue. The heart is also adversely affected. The effects include stiffness and lack of mobility, as well as an increased tendency to become injured. If you inherited genes for type 2, or adult-onset, diabetes, the disease now becomes apparent too. Diabetics, especially those with poor glucose control, age about five times faster than normal, again because of glycation.

The good news is that exercise and good nutrition can prevent degeneration. Weight training is especially effective against diabetes because it encourages the activity of cellular glucose transporters that work with insulin in promoting glucose uptake into cells.

While nutrition and supplementation plans must be individualized based on genetics, body composition, medical problems and so on, certain principles apply equally to most people over age 40. What fol-

lows is the supplement plan that I use. For some 40 years I've served as my own guinea pig, trying every type of bodybuilding and health supplement at one time or another. Some I continue to use; others I've discarded as either ineffective or too expensive.

My rationale for choosing these supplements is grounded in scientific research you may find valuable if you're over 40 or contemplating supplement use. Unless absolutely necessary, I don't list commercial names because this isn't an advertisement. I'm all about telling the truth.

The Distant Past

When I first began bodybuilding more than 40 years ago, supplement choices were limited. Popular supplements in those days included brewer's yeast, prized for its paltry B-complex vitamin content and for a mysterious nutrient complex then called glucose tolerance factor, which turned out to be a complex of the trace mineral chromium and amino acids. Liver tablets and powder were also popular. As a teenager I used to keep my liver powder in a drawer in my bedroom. One day my mother found the powder, took a sniff, then promptly threw it out.

Protein supplement choices were also limited. The York Barbell Company sold a powder called Protein from the Sea that looked and tasted like dried seaweed and had the consistency of fresh beach sand. Then, as now, many protein supplements were based on soy, though the compounds in those days were vastly inferior to today's versions in taste, mixability and biovalue.

I've always believed in the value of vitamins and minerals and felt they did a lot more than just prevent nutrient deficiencies. That's been confirmed by research to the extent that the word *nutraceutical* was coined to explain the druglike properties of some of today's compounds, minus the considerable side effects of actual drugs.

What I Use and Why

I divide my supplementation program into preventive, performance

Ad

and brain nutrients. The preventive supplements, as the name implies, supply nutrients that are likely lacking in my diet. Mainstream nutrition authorities often suggest that you avoid using food supplements and rely on a balanced diet containing a large variety of foods to make sure you get all required nutrients—at least five servings a day of fruits and vegetables, with the optimal being about 11 servings of fruits and veggies.

That's good advice because those foods supply nutrients that if not consumed can lead to cardiovascular disease and cancer, the two leading causes of death. The trouble is, many people don't follow anything like a balanced diet, even if they think they do, judging by surveys showing that about 90 percent of people don't have even one serving a day of fruits or vegetables.

While supplements can't totally substitute for nutrients found in food, they're without doubt better than experiencing the inevitable problems that will result if you don't get those same nutrients from any source. Besides, you can't get therapeutic levels of some nutrients from food alone without overeating, which leads to other problems, such as obesity. A notable example is vitamin E. The best food sources are vegetable oils, which are high in calories because of their rich fat content. Studies show that the true health benefits of vitamin E start at 400 units daily, an amount impossible to get just from eating food, even items listed as "rich in vitamin E."

Complicating the picture is the fact that vitamin E isn't a single vitamin but a complex consisting of four tocopherols and four tocotrienols. The most familiar, and the one most people think about when they think about vitamin E, is alpha-tocopherol, the most biologically active form and the one with the greatest absorption and retention in the body. Other members of the vitamin E family, however, also offer considerable health benefits. For example, gamma-tocopherol prevents the formation of noxious free radicals, which are damaging by-products of oxygen metabolism, far more effectively than alpha-tocopherol. Some scientists suggest that the gamma

Many supplements that fight aging also improve workout effectiveness, like phosphatidylserine, which improves brain function and helps control cortisol.



Jimmy and
Suzanne Mentis



Jimmy Mentis, 40, and Wife Suzanne, 41

Jimmy: “After 20 years of bodybuilding I’ve experienced the highs and lows of my physique. Now the time has come for me to slow down and enjoy other parts of my life—although I think my metabolism beat me to it.

“I train four days a week and hit every bodypart once a week. My nutritional regimen was far more challenging to adjust than my workout plan. I had to lower my calories because my protein and carbohydrate requirements aren’t as much now.

“I am a strong believer in supplements. I take L-glutamine, creatine and MOV (Maximal Oxygen Volumizer) from Scientific Sports Nutrition.”

Suzanne: “I live by six days of healthy eating and one cheat day. I’m a flight attendant, so, depending on how long my day is, I eat four to five meals.

“From my experience consistency in supplements, eating, workouts and sleeping is the key. At 41 my workout routine has changed to accommodate gravity. I still weight train four days a week, but now I have to pay extra attention to building up my glutes in order to bring up what is trying to go south.

“What gives me the extra edge is doing morning cardio on an empty stomach and taking MAP, L- glutamine, MOV (from Scientific Sports Nutrition).”

version is also more effective at preventing cardiovascular disease and prostate cancer than its alpha cousin.

I use a vitamin E supplement that contains all the vitamin E forms, including the tocotrienols. I take it once in the morning and again at night. That gives me 800 units of the mixed tocopherols, and I get another 400 from other supplements, which gets me to a daily average of about 1,200 units.

A key aspect of nutrient supplementation involves synergy. You may have read or heard about studies showing that vitamin E didn’t offer much health protection, but those studies are seriously flawed

(using a complete vitamin E supplement that includes the entire E complex would help improve them). That’s because nutrients must work together to provide health benefits. For example, in the course of preventing damage from free radicals, which are single, unpaired electrons, antioxidant supplements such as vitamins E and C neutralize the effects of rampant free radical-activity by donating an electron. The problem is that the former antioxidant nutrient becomes a free radical itself, having donated an electron. The cure is having another antioxidant in the vicinity that can “repair” the original antioxidant. Enter co-enzyme Q10 and lipoic acid, both of which stabilize vitamins E and C, thus recirculating the antioxidants and extending their activity.

CoQ10 and lipoic acid preserve the vital functioning of cellular mitochondria, where fat is burned and energy is produced in the cell. For that reason, I take 100 to 200 milligrams of CoQ10 and 300 milligrams of lipoic acid daily. The lipoic acid I divide into two doses, taking the first 100 milligrams with 1,000 milligrams a day of acetyl L-carnitine, another brain-protecting nutrient, on an empty stomach, first thing in the morning. The reasoning here is animal-based research showing that the combination may protect or even regenerate “burned-out” brain mitochondria.

Here, in no particular order, are the other nutrients that I use and the rationale for their inclusion in my program:

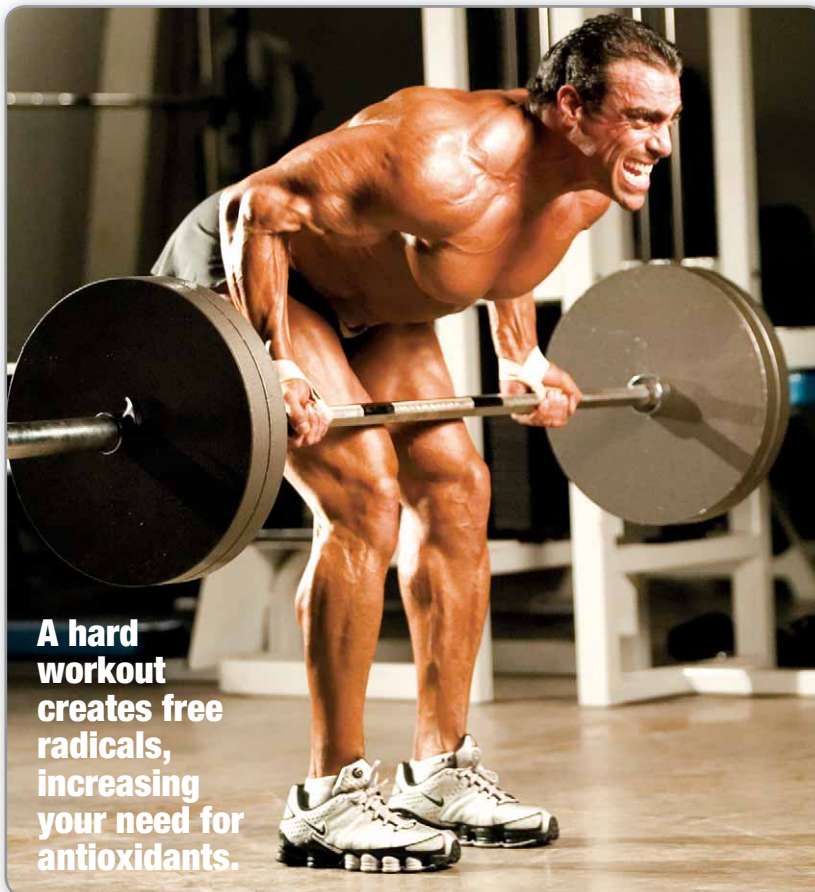
Vitamin-Mineral

It’s my major source of B-complex vitamins and a few other required nutrients. I take a one-a-day high-potency formula in the morning with a fat source, such as flaxseed oil or fish oil, to promote absorption of fat-soluble nutrients, such as vitamins E, A, D and K.

Multimineral

I’m a firm believer in mineral intake. Since my vitamin-mineral formula is rich in vitamins but comparatively weak in minerals, I also take a multimineral—three

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A hard workout creates free radicals, increasing your need for antioxidants.



L-carnosine acts as a primary intramuscular buffer, reducing the acid that leads to muscle fatigue.

Studies show that the true health benefits of vitamin E start at 400 units a day.



capsules, twice daily. Lately, I've used a supplement in citrate form, for minerals are notoriously hard to absorb even under the best conditions. Citrate is a more easily absorbed form and isn't expensive.

Astaxanthin

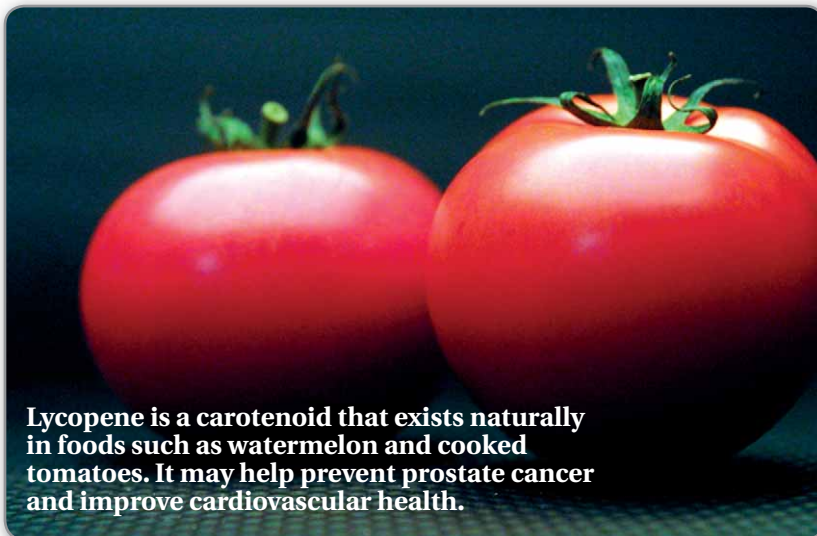
A carotenoid nutrient that provides the reddish coloring of salmon and some other foods, astaxanthin is in the same class as beta-carotene found in vegetables and fruits. Studies show that it's a potent antioxidant, about 100 times more potent than vitamin E, and that it can get through the protective blood-brain barrier, thus providing vital antioxidant activity in the brain. That's important because the brain is largely composed of fat, which, when oxidized, can bring on degenerative diseases such as Alzheimer's and Parkinson's. I use 10 milligrams, once a day.

L-carnosine

Not to be confused with L-carnitine, which I also use. Carnosine is a dipeptide, or linkage of two amino acids, histidine and alanine. In muscle it acts as a primary intramuscular buffer, reducing the acid that leads to muscle fatigue. Carnosine also blunts glycation, so culpable in the aging process. I take 1,000 milligrams daily on an empty stomach, usually in the morning.

Lycopene

Another carotenoid found naturally in foods such as watermelon and cooked tomatoes. Lycopene is similar to astaxanthin in some



Lycopene is a carotenoid that exists naturally in foods such as watermelon and cooked tomatoes. It may help prevent prostate cancer and improve cardiovascular health.

respects, such as its red color. Research shows that it offers superior antioxidant protection against a type of free radical called singlet oxygen, beating even vitamin E in that respect. Lycopene may help prevent CVD by limiting oxidation of low-density lipoprotein (LDL), the “bad” kind of blood cholesterol. It may also help prevent prostate cancer, a concern of many men over age 40, by preventing fat oxidation produced by years of testosterone stimulation. I take 20 milligrams daily with fat.

Ginkgo Biloba

An herbal extract, ginkgo is a brain nutrient in that it fosters increased blood circulation and removes excess free cholesterol in the brain related to buildup of beta-amyloid, a protein that in excess is linked to Alzheimer’s disease.

A recent study found that of various herbs tested, only ginkgo was consistent, with a 60 percent decreased incidence of deadly ovarian cancer. I use a standardized form, 120 milligrams once or twice daily. I first took it after reading about how it may improve focus and



concentration. That was my experience, but only after about two months of use. Since it improves short-term memory, ginkgo may be a boon to students or others who need to cram a lot of information rapidly. That requires a larger dose, about 240 milligrams or more. Avoid taking ginkgo at night because when it mixes with brain chemistry, it can produce severe insomnia.

Vinpocetine

Derived from the periwinkle and native to the rain forests, this herb also provides a substance that is used to fight childhood leukemia, a previously fatal disease. Vinpocetine, like ginkgo, increases brain circulation and the brain’s use of glucose—great for increasing workout focus and concentration. I take 20 milligrams daily.

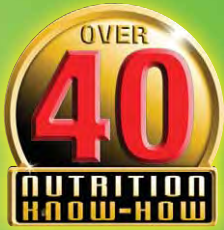
Grapeseed Extract

A superior antioxidant. I use 200 milligrams daily. I wrote about grapeseed in the January ’05 *IRON MAN*. Check it out for the details.

Phosphatidylserine

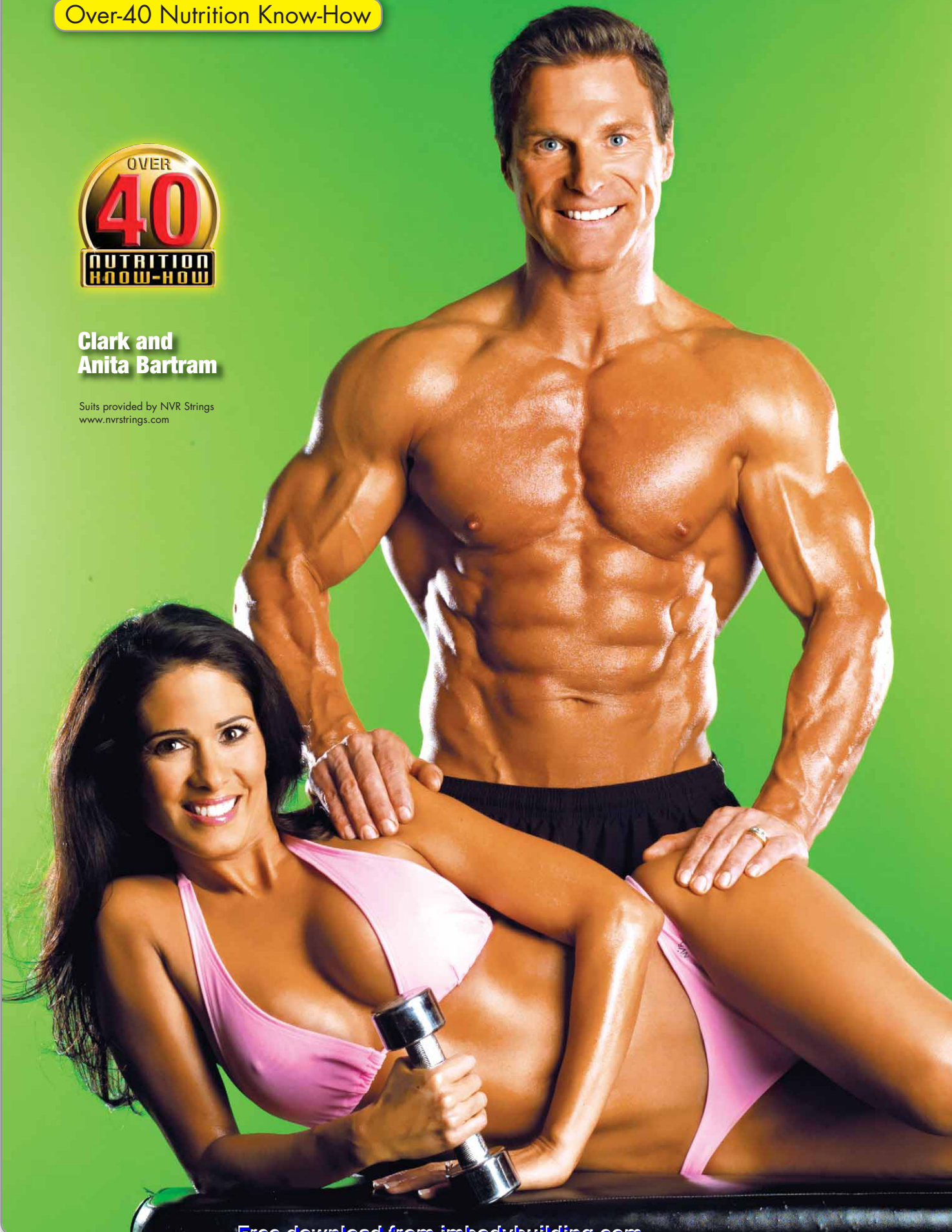
The big news about this brain nutrient is that it may also lower cortisol levels by about 30 percent after intense training. I use 300 milligrams daily, though for the anti-cortisol effect a good dose would start at 800 milligrams and go up.

Ad



**Clark and
Anita Bartram**

Suits provided by NVR Strings
www.nvrstrings.com



Clark Bartrum, 42, and Wife Anita

"They say that 40 is the new 30, and now I know why. I actually feel better than ever at age 42. Don't get me wrong, I do feel the effects of aging, and it has changed my training protocol, but overall I'm confident that I can still keep up with guys half my age, either in the gym or on the field of play.

"As for my training, when I was 25, I would stay in the gym for two hours and train three bodyparts. It seemed my goal was to be crawling out of the gym or I didn't feel like I accomplished anything. Now I do one bodypart per day, and I'm more concerned with being efficient in every aspect of human movement and not limit myself to a physique that aches when I do something as simple as brushing my teeth.

"When it comes to my nutrition, I supplement with glucosamine, glutamine, multivitamins and the occasional meal-replacement powder. I've also learned to relax a bit and give myself a few more luxuries in life. I now understand that the mental break I get by allowing myself these certain nutritional freedoms keeps me more focused in the long run. I've finally found balance in all areas of my life both in and out of the gym.

"I am pictured with my wife of 17 years, Anita. I've seen her go through the same growing process, and that's why she's hotter than ever at 40—something than she was the day I met her more than 20 years ago."



MSM, Glucosamine, Chondroitin and Boswellia

I have a few joint problems, especially in my knees, and these supplements keep me pain free without resorting to drugs. I take 1,500 milligrams of glucosamine, six grams of MSM, 1,200 milligrams of chondroitin and 400 milligrams of Boswellia, a natural herbal inhibitor of the COX-2 enzyme linked to joint pain, cancer and other problems that over-40 types frequently experience.

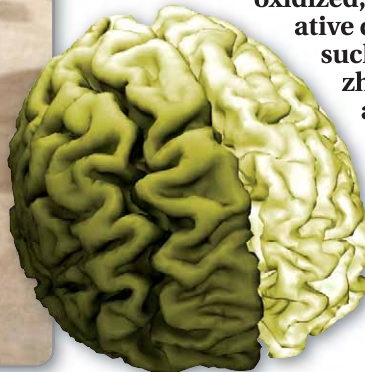
Boswellia also inhibits leukotrienes, inflammatory chemicals linked to asthma, which I've had since age 13. I also use turmeric, another herbal supplement that shows potent anti-inflammatory effects and inhibits COX-2. Preliminary research shows that curcumin, the active ingredient in turmeric, may also prevent Alzheimer's disease.

Green Tea

I take two capsules a day of a high-potency form equal to drinking about a gallon of green tea in terms of active polyphenol content. Green tea is a potent antioxidant and disease preventive. Studies show it may protect against prostate and other cancers, as well as cardiovascular disease. Various medical "experts" have recently claimed that the effects of green tea are overrated, which makes me want to use it even more, since experts are more often wrong than right when it comes to nutrition.

(continued on page 116)

The brain is largely composed of fat, and when that fat gets oxidized, degenerative diseases such as Alzheimer's and Parkinson's can result.



Scientist's Supplement Stacks

When you have at hand one of bodybuilding's top researchers, who is also a bodybuilder himself, your first question would probably go something like this: "So what supplements do you take, and when do you take them?" Here's the answer from Jerry Brainum, our top scientific mind here at *IM*:

A.M. supplements (before morning meal on empty stomach)

Lipoic acid, 100 milligrams
 Acetyl L-carnitine, 1,000 milligrams
 L-carnosine, 1,000 milligrams
 Acetyl L-tyrosine, 1,000 milligrams

Supplements with first meal

Vitamin E (mixed tocopherols with gamma-tocopherol), 400 units
 Coenzyme Q10, 100 milligrams
 Vitamin-mineral (high potency), pill
 Multimineral, 3 capsules
 Astaxanthin, 10 milligrams
 Lycopene, 20 milligrams
 Ginkgo biloba, 120 milligrams
 Vinpocetine, 15 milligrams
 Grapeseed extract, 100 milligrams
 Phosphatidylserine, 200 milligrams
 MSM, 3,000 milligrams
 Glucosamine sulfate, 1,500 milligrams
 Chondroitin sulfate, 1,200 milligrams
 Boswellia, 400 milligrams
 Green tea (triple-strength formula), 1 capsule
 Black tea, 1 capsule
 Vitamin C, 1,000 milligrams
 Fish oil liquid, 1 tablespoon
 Picosanol, 10 milligrams
 Garlic, 600 milligrams
 7-keto DHEA, 50 milligrams

P.M. supplements

Same supplements and doses with the exception of ginkgo, astaxanthin, vinpocetine and 7-keto DHEA. Those stimulate the brain and may cause insomnia. For sleep he sometimes uses melatonin, 1 milligram, and 300 milligrams of 5-hydroxy tryptophane (serotonin precursor). He also substitutes one B-complex 100 for the vitamin-mineral pill.

Postworkout recovery drink

1 package of Muscle-Link's Muscle Meals mixed with three scoops of Recover-X (www.X-Stack.com), one package of fat-free Jell-O pudding for thickness and added flavor and one cup of blueberries, all mixed in blender with water.



PS shows powerful brain-boosting abilities as well as cortisol-control properties.



Picosanol, Red-Cell Yeast and Garlic

My blood tests recently showed a 213 total cholesterol reading, my highest ever. This combo brought my level down to 168 within two months with no change in diet or exercise, along with a drop in LDL from 138 to 101 with zero side effects. I wouldn't use these supplements, with the exception of garlic, year-round. The doses were 20 milligrams of picosanol, 1,200 milligrams of red-cell yeast and 1,200 milligrams of garlic extract a day. I've also used a proprietary anticholesterol supplement called Sytrinol, which is a combination of flavones from fruit and tocotrienols. The dosage there was two tablets daily, totaling 300 milligrams.

7-Keto DHEA

I'm experimenting with this one. It's a form of DHEA, an adrenal steroid hormone that is a precursor of other hormones, including estrogen and testosterone. In men, however, DHEA tends to be converted into estrogen, and men over

Vitamin C

I take 3,000 milligrams a day, ensuring that I have both a morning and an evening dose. It lasts 12 hours in the blood.

Fish Oil

I prefer a liquid form, since I'd have to swallow at least 20 capsules

a day to reach the amount I use. I down 10 grams a day because fish oil is a fantastic anti-inflammatory that reduces my joint pain. Fish oil also offers preventive effects against brain degeneration, with some studies showing that people who take it regularly have a whopping 75 percent decreased incidence of Alzheimer's disease. It also appears to help prevent excess fat deposits.



Antioxidant supplements such as vitamin E and vitamin C neutralize the effects of rampant free-radical activity by donating an electron, which stabilizes the free radical.

Research shows that after the first two days of a loading phase, you excrete at least 50 percent of the creatine you took in. There's no need to load.



40 often produce too much estrogen anyway. But since DHEA seems to offset some of the negative effects of insulin—i.e., insulin resistance with age—and offers some other health benefits, such as maintaining IGF-1, an anabolic hormone, I use the 7-keto version, which doesn't convert into estrogen or testosterone but may offer the other considerable health benefits of DHEA. Some “fat-burning” supplements now include forms of 7-keto DHEA because of its thermogenic effect in the liver, and it may prevent the drop in resting metabolism that often occurs with a reduction of calorie intake known as the dieting plateau.

Protein, Meal-Replacement and Recovery Supplements

I use a whey-and-casein protein powder that provides both rapid and sustained amino acid delivery, thus enabling me to have fewer portions than if I used just a whey-based powder. I drink a meal replacement based on the same two milk proteins and mix it with a recovery powder containing rapid carbs and whey right after the

“I down 10 grams a day because fish oil is a fantastic anti-inflammatory that reduces joint pain.”

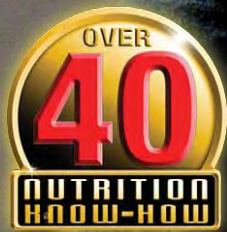
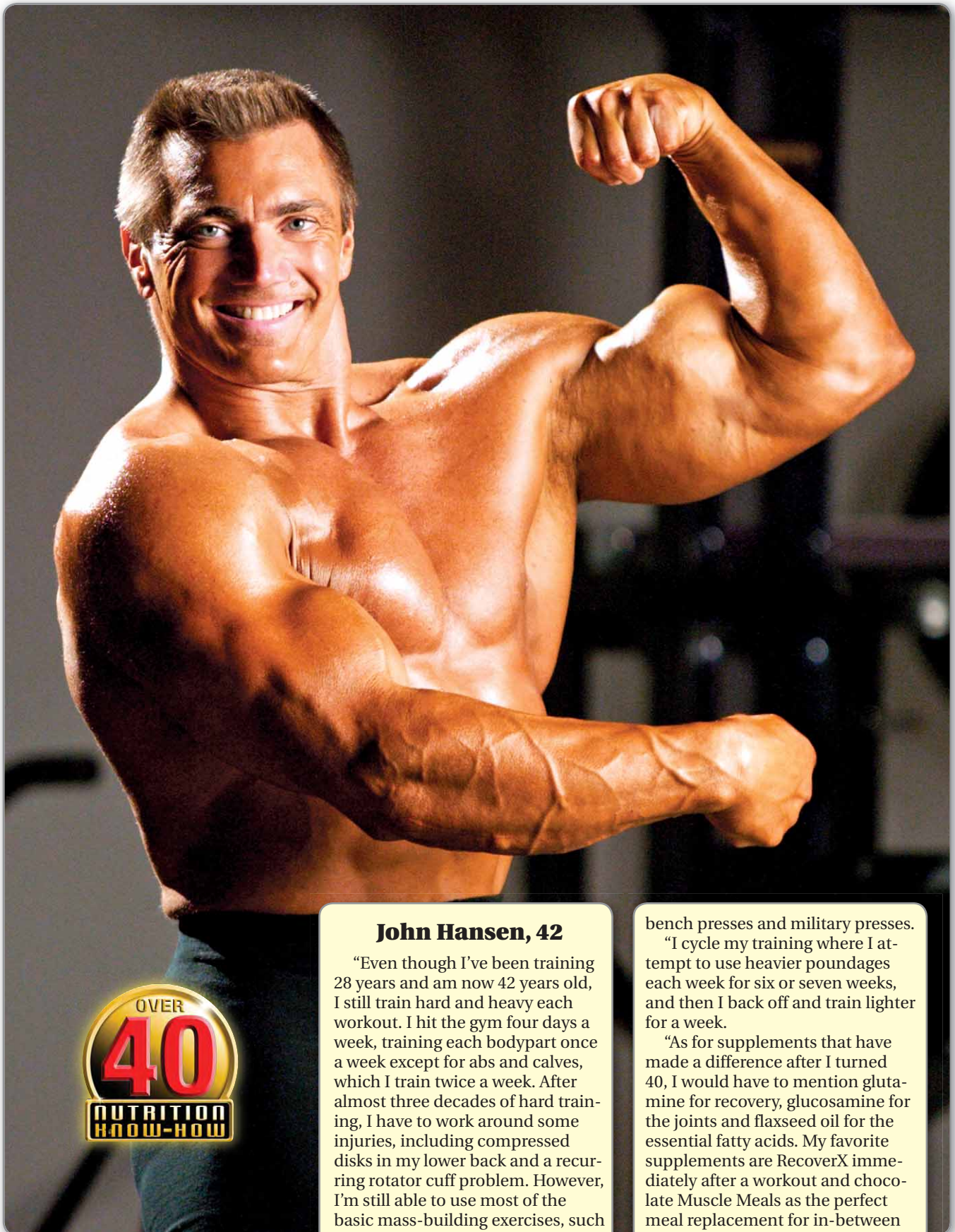


workout. That promotes optimal muscle recovery in anyone, even those younger than 40. I also use creatine but take it just once a day, five grams—avoiding the creatine load of five to six servings for five to six days. Research shows that after the first two days you excrete at least 50 percent of the creatine you took in. I cycle creatine, using it for two months, then laying off for six weeks to give the muscles time to go

back to a baseline level. Once filled with creatine, muscles stay loaded for another 30 days, even without supplementation. The rest also lets the muscle creatine transport protein kick back into gear.

That's about it for my current supplement program. In the spirit of personal experimentation, I've also used over-the-counter aromatase blockers, or estrogen-blocking supplements, *(continued on page 124)*

Ad



John Hansen, 42

“Even though I’ve been training 28 years and am now 42 years old, I still train hard and heavy each workout. I hit the gym four days a week, training each bodypart once a week except for abs and calves, which I train twice a week. After almost three decades of hard training, I have to work around some injuries, including compressed disks in my lower back and a recurring rotator cuff problem. However, I’m still able to use most of the basic mass-building exercises, such as barbell rows, deadlifts, squats,

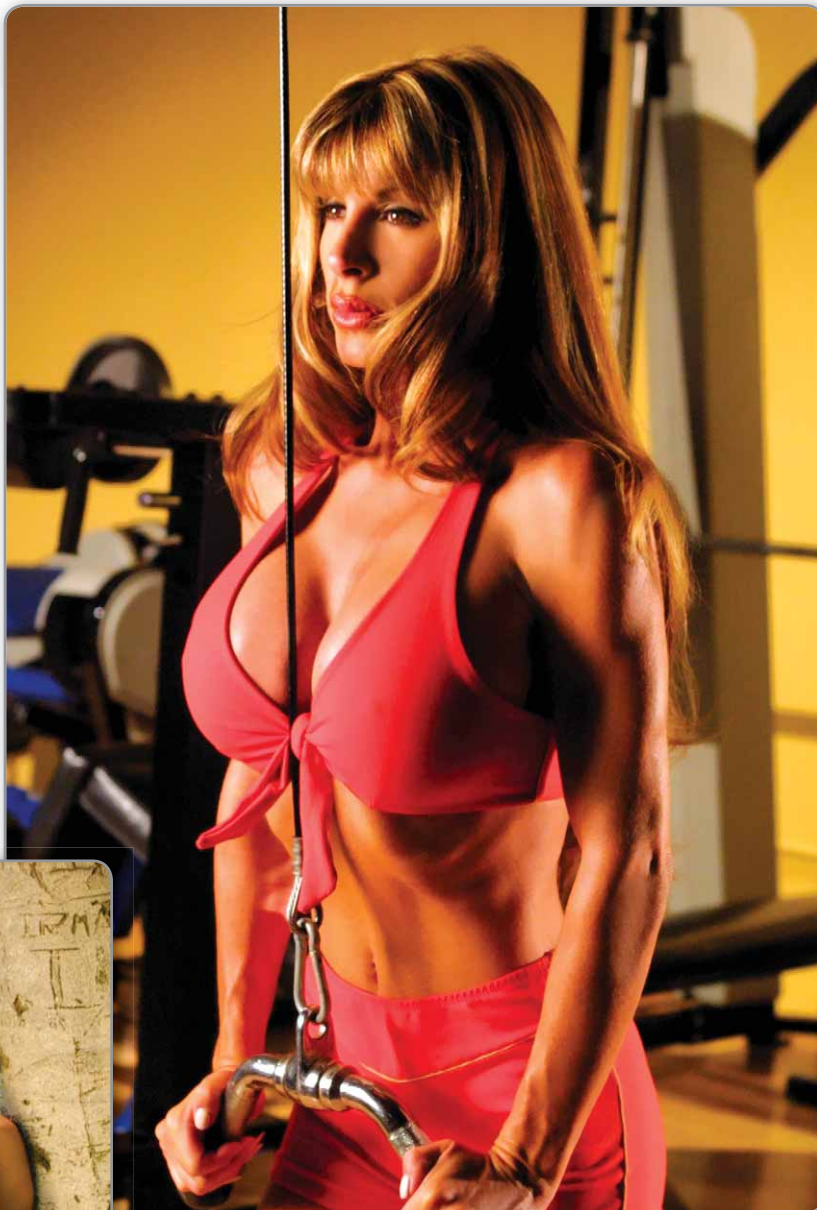
bench presses and military presses.

“I cycle my training where I attempt to use heavier poundages each week for six or seven weeks, and then I back off and train lighter for a week.

“As for supplements that have made a difference after I turned 40, I would have to mention glutamine for recovery, glucosamine for the joints and flaxseed oil for the essential fatty acids. My favorite supplements are RecoverX immediately after a workout and chocolate Muscle Meals as the perfect meal replacement for in-between whole-food meals.”

(continued from page 119) as well as the last generation of a few pro-hormone supplements. Both worked astoundingly well for me, in that I experienced significant strength increases and bodyfat loss. The final generation of pro-hormone supplements, which was banned by the FDA last January, worked because many of them contained actual anabolic steroids (small wonder they were banned!). One that I used contained a so-called designer steroid—though I was unaware of that at the time. The OTC estrogen blockers can be a real boon to any man over 40 who has a low testosterone level, and they're safe to use for short periods.

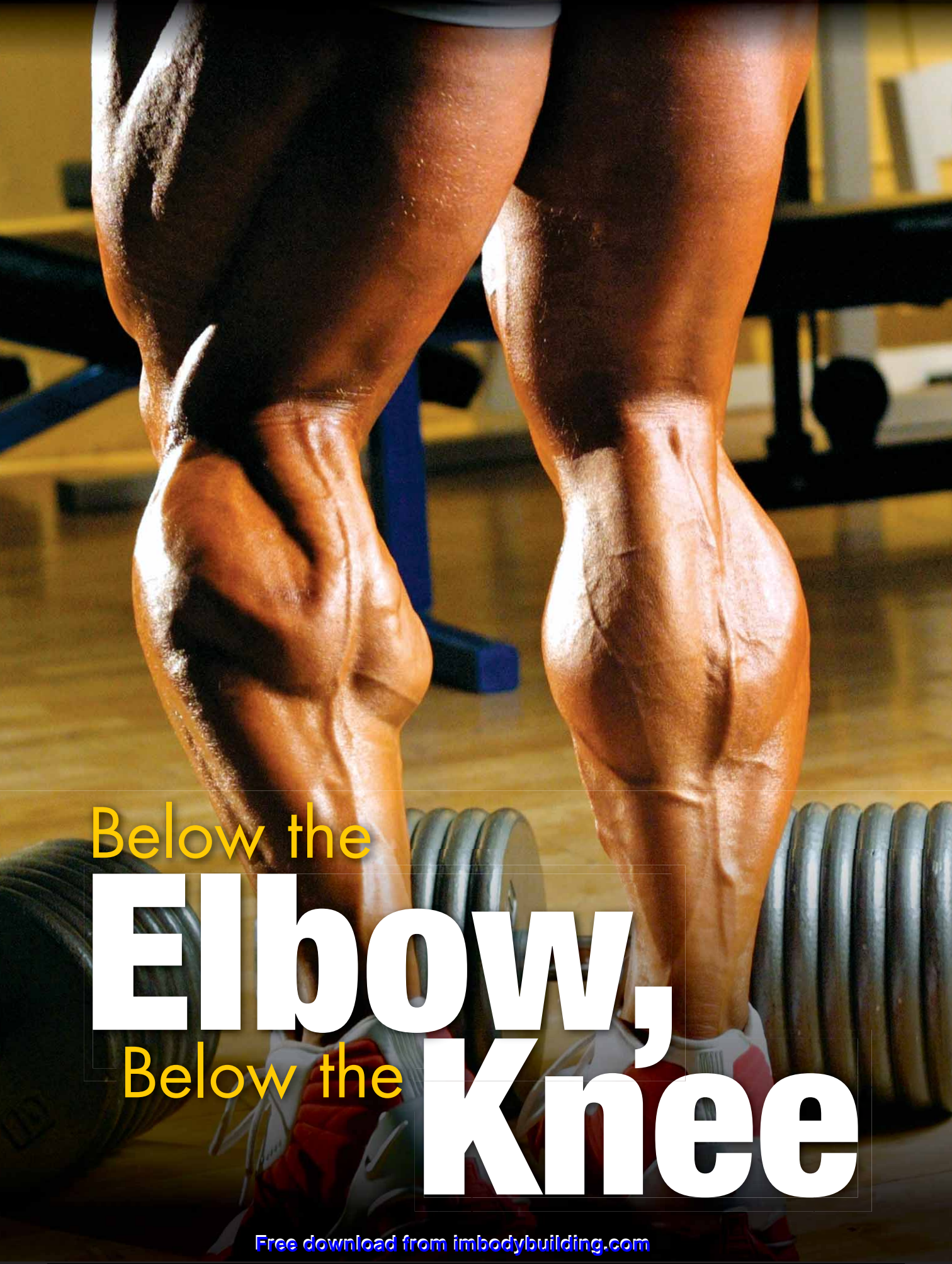
Among the countless supplements I've tried, the ones described here have worked best for me. The program is admittedly extensive but can be adjusted according to personal need. For example, if you eat plenty of salmon and tomatoes, you could



Amy Lynn-Janicke is one popular over-40 fitness model who takes healthy eating and exercise seriously—which is obvious. Check out that tiny waistline!

delete the astaxanthin and lycopene supplements. For those over 40, it's vital, however, to focus on nutrients that provide antioxidant, hormone-maintenance and anti-inflammatory effects, since those factors limit your training progress and health.

Editor's note: Jerry Brainum will present a seminar, "The Truth About Sports Nutrition Supplements," at the '06 FitExpo, to be held in conjunction with the *IRON MAN* Pro Bodybuilding competition February 17–19 in Pasadena, California. Be sure to attend and learn the truth! **IM**



Below the

Elbow,

Below the

Knee

Are you lucky enough to be blessed genetically?

by **Eric Broser**

Photography by Michael Neveux



Some people are born into money. Some people are born with amazing intellect. Others are born with a gifted voice or the ability to just pick up an instrument and play. Then there are those who are born with freaky forearms and/or massive calves. Don't you just hate them? Okay, maybe *hate* is too strong a word, but I know I certainly envy those bodybuilders who rarely do calf raises or wrist curls and yet display thickly developed muscle from biceps to wrist and knee to ankle. And there are plenty of those types out there too. The real kicker is that some of them might not even be bodybuilders.

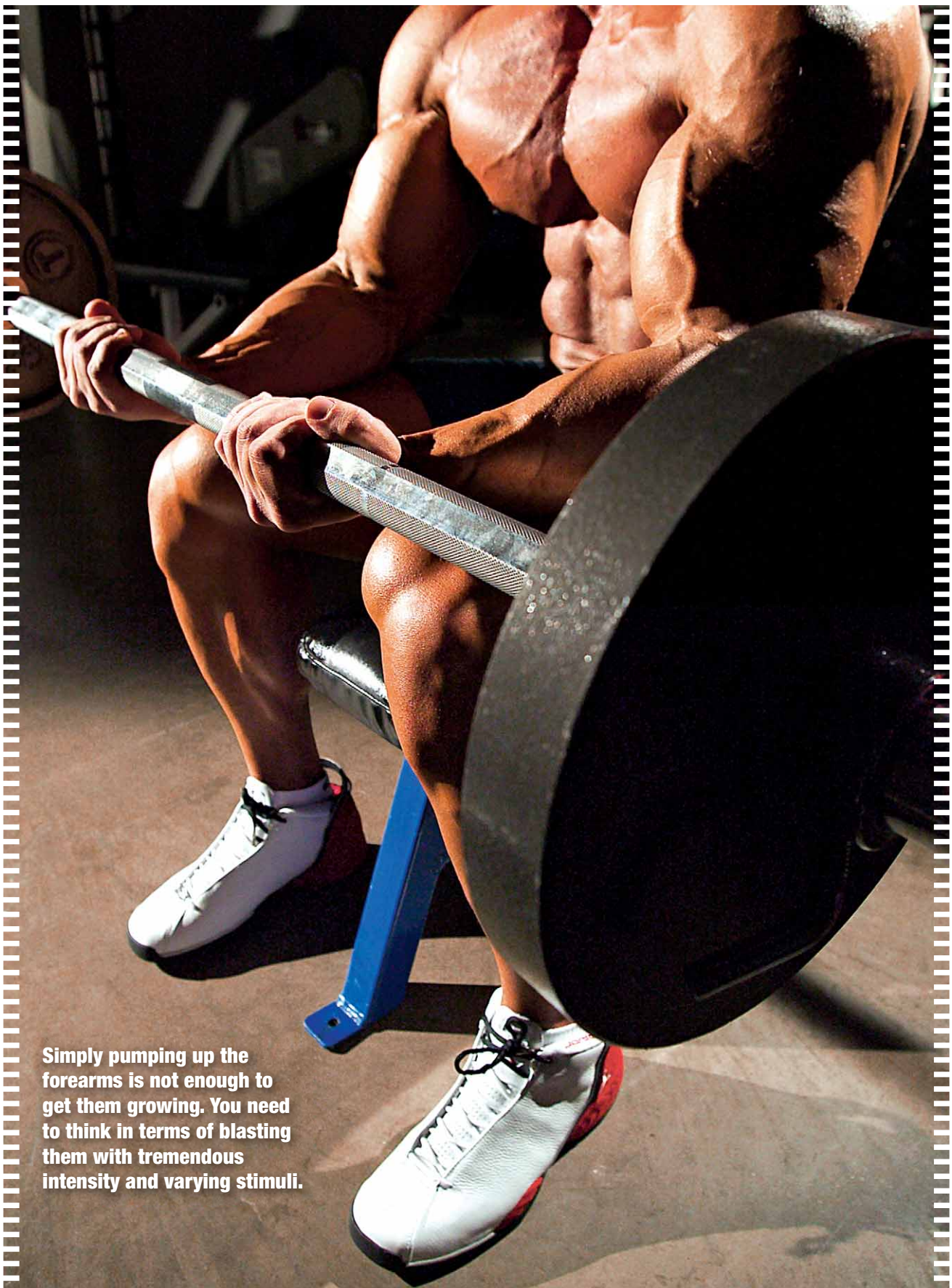
I remember a guy who used to ride his bike around my neighborhood. He had perfectly shaped, thick, veiny, diamond calves. One day I saw him in a local park, so I went up to him and said, "Hey, buddy, I gotta tell you that you have some incredible calves there. Do you train them at all?" He laughed and said, "Nah, never been in a gym in my life. I've always had these things! And they keep getting bigger every time I ride my bike!" Then he sarcastically said, "You want 'em? I'll sell them to you!" Not thrilled with that little quip, I went over to his bike and let all the air out of his tires and emptied his water bottle! (Okay, so I didn't really do that, but I wanted to.)

Then there was my skinny neighbor. He lived next door to me while I was growing up, and he could not have weighed more than a buck 50 soaking wet. Yet he had gnarly, vascular forearms with bumps and crevices all over them. I would have to say that his upper arms probably measured 13 inches and his forearms about 15 inches. Now, that might not sound big to you, but for a 150-pound guy to have shredded 15-inch forearms is quite impressive. I once asked him as well how he got such amazing forearm development, and he told me the closest thing he ever did to lifting weights was yard work. I should have stolen his rake and lawn mower right there. But I digress.

Now, despite these examples, lack of genetics is not always the culprit when it comes to less-than-impressive calves and forearms. Much of the

AD

Below the **Elbow**, Below the **Knee**



Simply pumping up the forearms is not enough to get them growing. You need to think in terms of blasting them with tremendous intensity and varying stimuli.

time it's because those bodyparts are trained as an afterthought rather than as major muscles. What makes that so ironic is that calves and forearms are probably the two most exposed bodyparts of all.

Think about it. Every time you wear a short-sleeved shirt, your forearms are right out there for the world to see. In fact, when you wear a long-sleeved shirt, you probably roll up the sleeves anyway, again showing the lower arms.

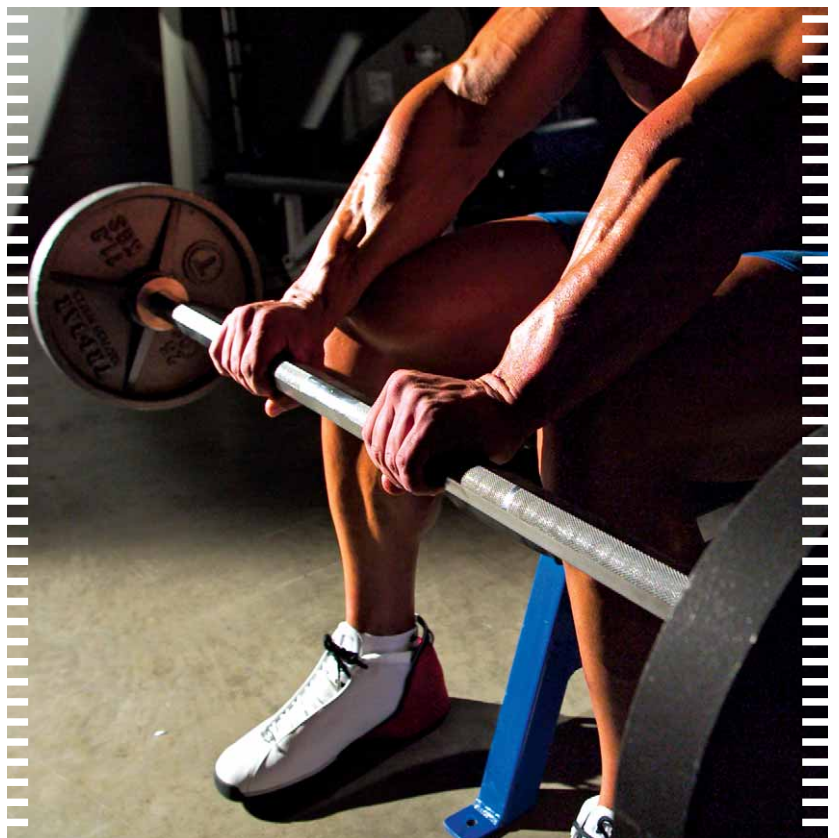
As for calves, well, during the summer most men wear shorts that go to about their knees, which certainly puts their calves on display. If you happen to live in a warm climate, you could very well be showing off those calves on a daily basis. That is certainly something that can't be said for chest, back, shoulders or thighs, yet we never neglect any of those bodyparts, do we?

Use all types of wrist curls to attack your lower arms with isolated bombing raids and critical continuous tension.

Few things look worse on a bodybuilder than a huge pair of upper arms sitting on top of a couple of thin, stringy forearms or a pair of massive thighs matched with skinny, sticklike calves. Not only do they make the physique look disproportionate, but they can often look downright silly. On the flip side, when the forearms and calves are substantially developed, with cuts and veins running up and down, right and left, it gives a person's body a look of sheer power, as well as more polish.

Okay, so if your mom and dad didn't pass down the Mike Matarazzo calf gene or the Mike Mentzer forearm gene, that doesn't mean you can't still build formidable amounts of muscle in those bodyparts. Sometimes the hardest and smartest workers actually come out ahead of the genetically gifted. If you're ignoring your forearms or calves or only throwing in a couple of lazy sets for each at the end of your workouts, it's time to start treating the areas below the elbows and knees with more respect.

AD



Freaky Forearms

The forearms are heavily recruited in every single upper-body exercise. That makes them very tough and resilient, which, unfortunately, makes it harder to get them to grow. Simply pumping them up is not enough, so you need to bombard the forearms with tremendous intensity and varying stimuli. One of the best ways to accomplish that is to use my Power/Rep Range/Shock method of training, which was featured in the May and February '05 editions of *IRON MAN*. P/RR/S is so effective because it is a cyclical program that has you changing training protocols from week to week. That's exactly what you want to do when looking to forge some serious forearms. Here's a typical three-week forearm blitz using P/RR/S:

While the range of motion is limited on behind-the-back wrist curls, the exercise is a good variation to stimulate new growth.



Week 1: Power

Barbell wrist curls	3 x 6-8
Reverse curls	3 x 6-8

Week 2: Rep Range

Behind-the-back barbell wrist curls	2 x 9-12
Seated hammer curls	2 x 13-15
Reverse barbell wrist curls	2 x 16-20

Week 3: Shock

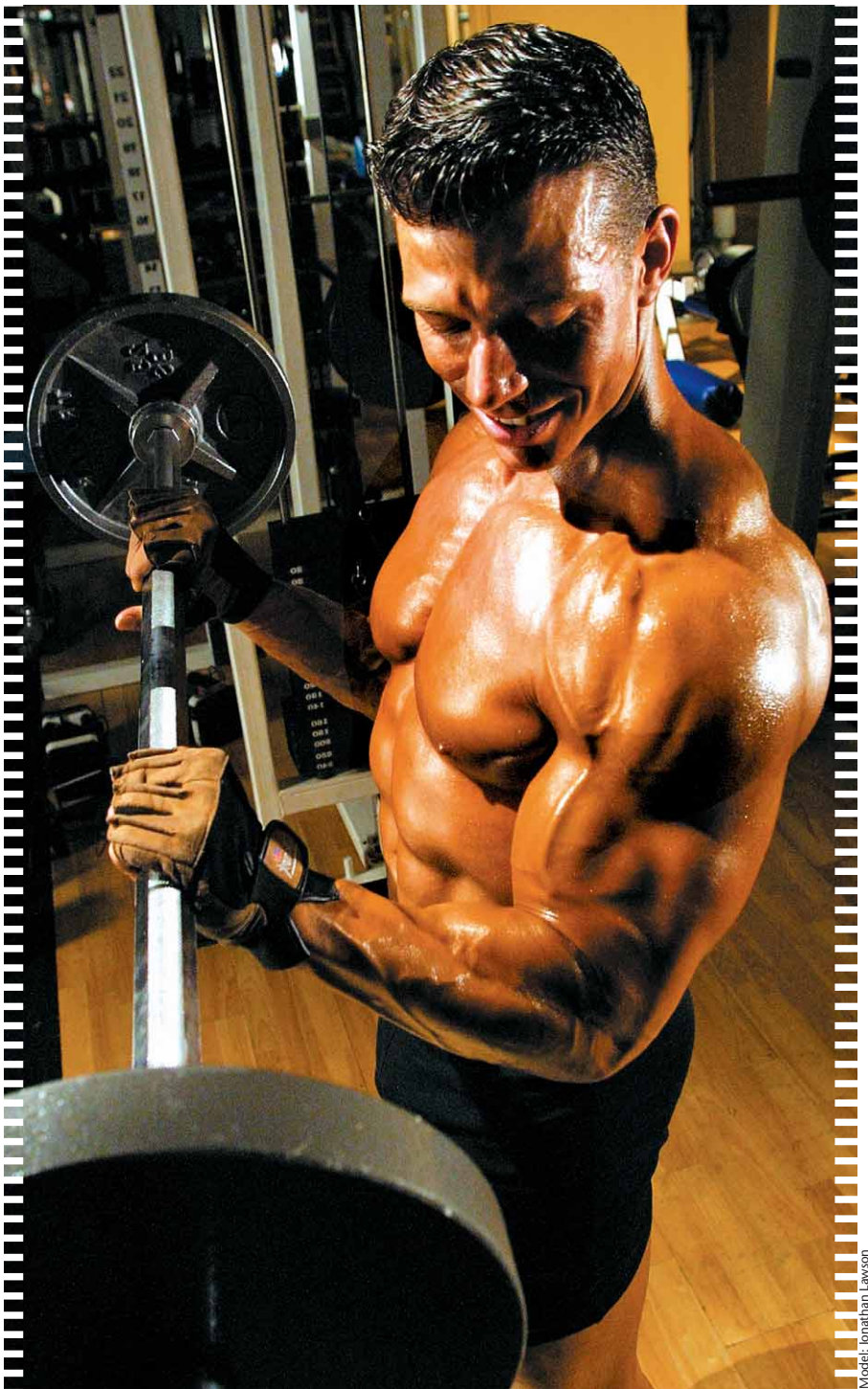
Superset

Reverse barbell wrist curls	2 x 10-12
Incline hammer curls	2 x 10-12
Barbell wrist curls (drop set)	1 x 10-12(6-8)
Plate holds*	1 x max

* Pinch grip a 45-pound plate between your fingers and thumb, and hold by your sides as long as possible.

Brachialis work, such as with incline hammer curls can do a lot for forearm size and strength.

Model: Jeff Hammond



Model: Jonathan Lawson

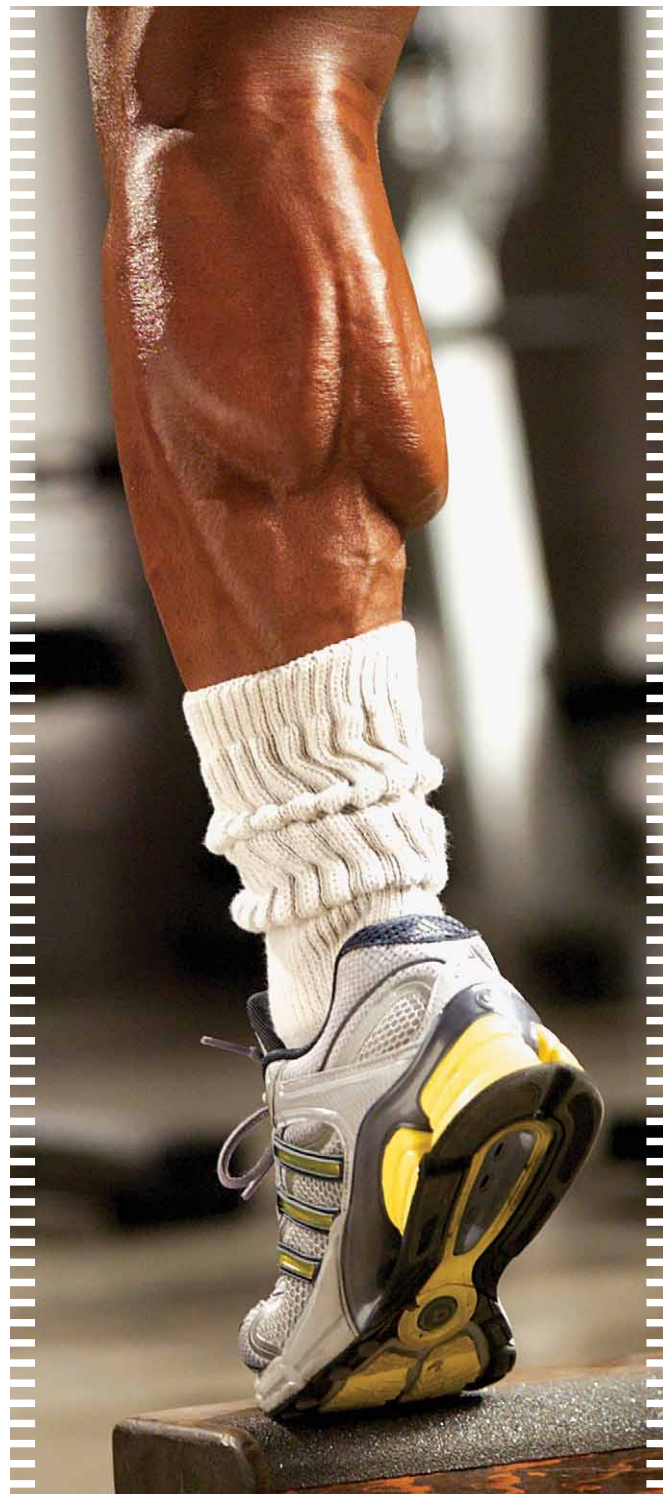
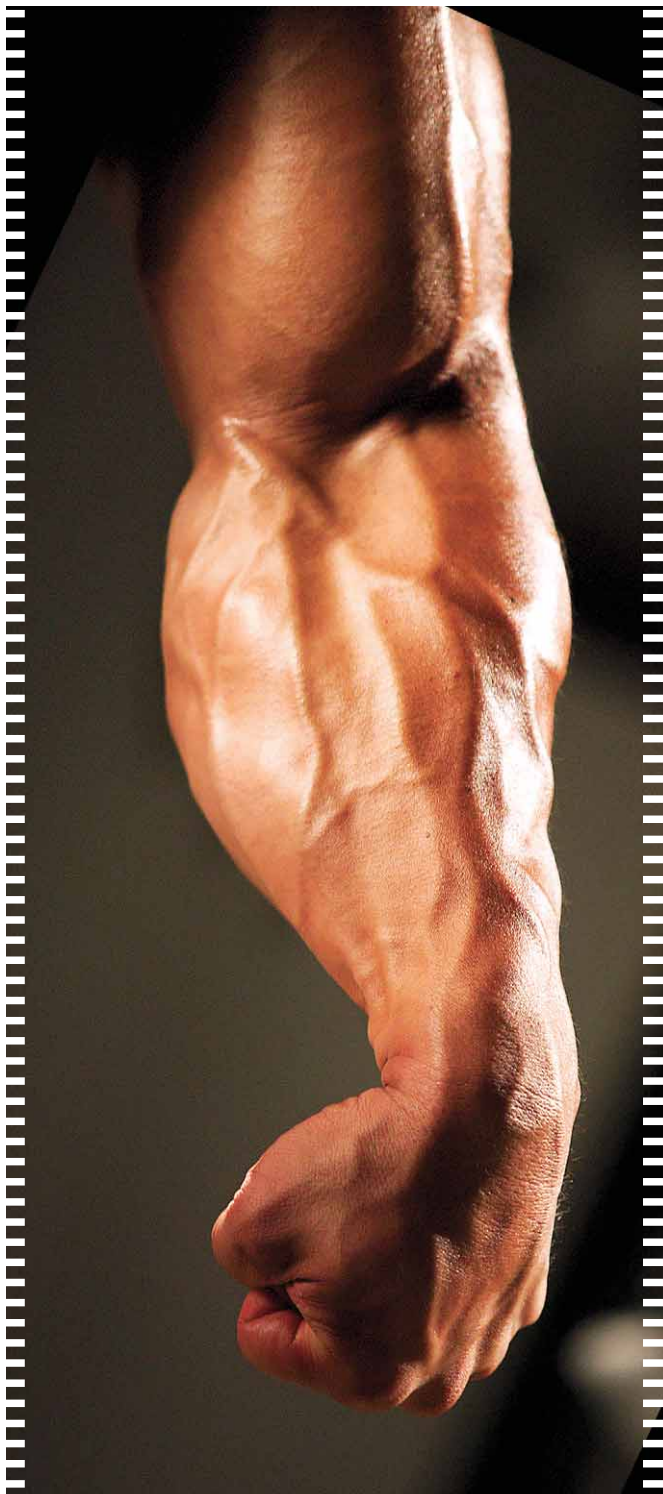
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Reverse curls hit the brachialis muscles and the forearms, particularly the top extensors. Use a thick bar for this exercise and you'll really get an upper-arm/lower-arm double-barreled effect that you'll feel from elbow to wrist.

Once you complete the three weeks, go back to the beginning and start over with the power week, but shuffle the exercises a bit.

If your forearms are severely less developed than your upper arms, you might want to train them twice per week. Another way to give the forearms a boost in size is to avoid using wrist straps as much as possible so your forearms are forced to squeeze the bar or dumbbells harder in order to hold the weight.

(continued on page 134)

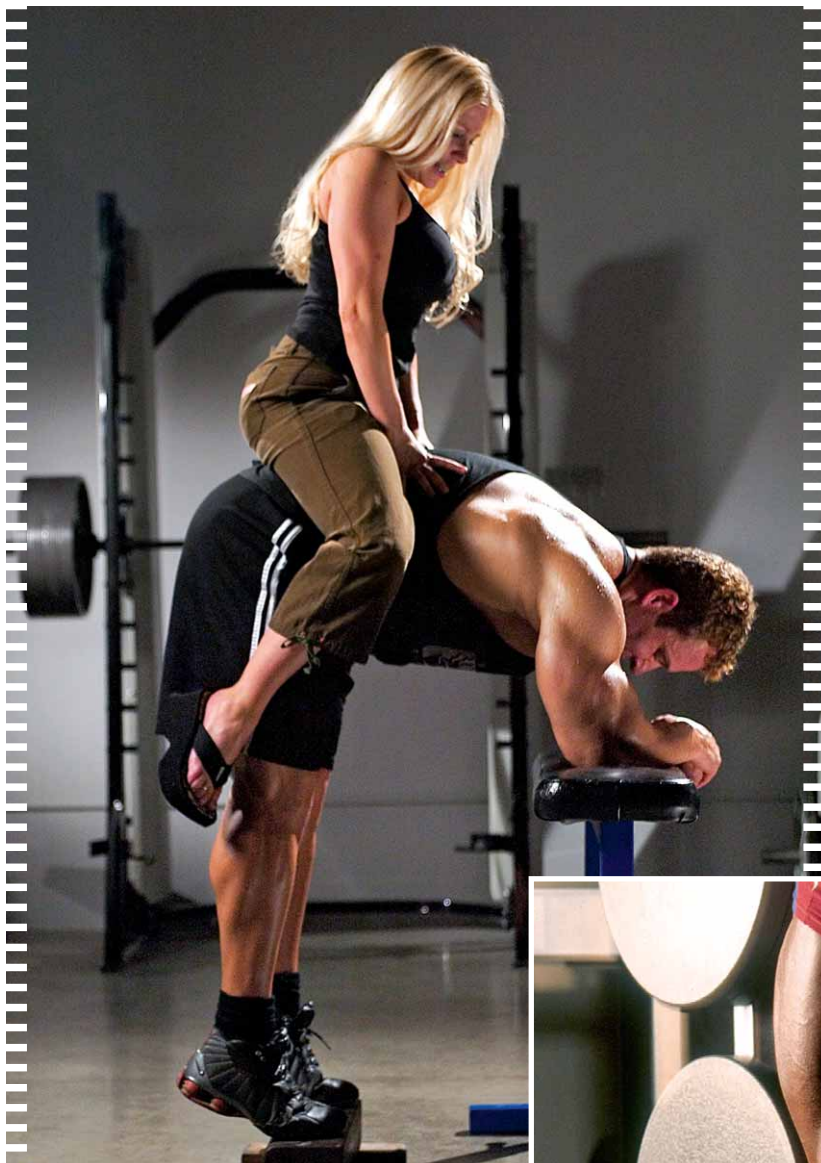


Crazy Calves

Like forearms, the calves can be quite resistant to growth. Every time you take a step, you activate your calves and burden them with carrying around your bodyweight all day long. That means you must attack the calves if they are to have

Remember, your forearms and calves are your most exposed bodyparts, especially in the summer when you wear shorts and short-sleeved shirts.

any reason to increase in size and strength. Conventional training simply will not do when it comes to calves, so I've listed below some unique methods of sending a wake-up call to those stubborn calf muscle fibers.



Model: Eric Domer

Stretch-position calf exercises, in which your torso is bent at 90 degrees to your legs, have a slightly different effect than standing calf raises.

1) For a period of two to four weeks train your calves on a daily basis before returning to your normal program. Do about four to six sets per workout, using a different exercise each day.

2) Every night before you go to bed do a set of 100 slow, hard-squeezing standing calf raises with just your bodyweight, in addition to your normal program. Go for maximum burn.

3) Wherever it is possible, walk around on your tiptoes rather than your flat feet. Ballet dancers often have awesome calves.

4) Every time you encounter a staircase, do a calf raise each step. On the way down step onto the ball of your foot, as that will act almost like a plyometric movement for your calves.

5) Try performing two calf workouts per week, one with very heavy weights for sets of four to six reps and one with very light weights for sets of 25 to 50 reps. This will attack fibers that you probably haven't been hitting with conventional workouts.

While the regular standing calf raise won't provide as much stretch as donkeys, you will get a better peak contraction at the top.



6) Do as Arnold did and train calves in your bare feet (if your feet can handle it). That will increase the range of motion for any calf movement and will force a very intense contraction.

Do not use all of these methods at once, or your calves could end up overtrained, which of course won't contribute to growth. Pick two or three items from the list, and change things up every few weeks.

If you truly want to build the muscles below your elbows and below your knees, then you must use what you have above your neck and in your chest—your head and your heart. Training smart and with passion is what truly makes a champion and helps overcome whatever deficit we might have in the genetic department.

Editor's note: For individualized programs, online personal training, nutritional guidance or contest-prep coaching, contact Eric Broser at bodyfx2@aol.com. **IM**



Seated calf raises pack meat on the soleus muscles underneath the beefier gastrocnemius muscles so your entire lower leg looks fuller.



A Bodybuilder Is

Born

by **Ron Harris**

Photography by Michael Neveux

Episode 8: Curb Your Enthusiasm

I was eating my lunch while carefully inspecting the gluteal development of the fitness models in the newest swimsuit issue when Janet broke my intense concentration.

"I saw your little friend at the gym today." This was how she referred to Randy, who was the god of all studs to the 18-to-22-year-old girls of the world but didn't do much for

a woman over 30 like my wife. Janet could practically smell the mindless hormones oozing out of Randy's pores whenever a female was within 20 yards of him. "A dog in heat" was how she described the vibe he threw off. Well, I certainly couldn't argue with that, since it was accurate, but I didn't look down on Randy for his being so randy. I had been that way at his age too. Ah, who am I kidding? I'm still like that. I've just learned to be a touch more discreet with my slobbering. Not discreet enough for Janet, though, who still occasionally smacks me upside the head when she busts me for staring too long at another woman and imagining some lusty scenario or other.

"Randy? What was he doing there? We don't train today. Was he hanging around that chick at the front desk with the nose ring and the tattoo of the butterfly right over her—uh, with her?" Janet shot me a look that said I was this close to sleeping on the couch. Not that

it's an uncomfortable couch, but it does get kind of lonely down in the family room with nothing to keep me company except the hum of the refrigerator.

"I'm pretty sure he was training arms."

"What? With who? Why, if that ingrate is seeing another trainer behind my back, I'll—"

"He was by himself."

Hmm. I knew I was going to have to confront my young protégé about this unauthorized training session. It would have to wait until Monday, when I was next scheduled to meet with him to train chest and triceps.

Unlike Randy, however, I didn't wait until the workout was underway before addressing any important issues.

"So, how do your triceps feel, bucko?" I asked. Randy looked a little apprehensive right away, as if he knew I knew about the extra workout.

"Fine."

A Bodybuilder Is Born

“Really? My spy tells me you were training them on Saturday. Biceps too, I bet.”

“Oh, yeah, that. I just wanted to specialize on my arms for a little while.” Randy’s arms were in proportion with the rest of his physique, but they were still only 16 inches or so pumped. Luckily for him they hadn’t sprouted to 20 inches or more in the past few months, or I probably would have killed him in a jealous rage. At least that wouldn’t have been as bad as having to work with someone like IFBB pro Troy Alves, whose arms taped out at more than 18 inches back when he was in 10th grade and only weighed 150 pounds. Talk about hitting the genetic lottery. At the rate I’m going, I would need to weigh 260 to have a 20-inch arm.

“Anything else you’ve been doing extra training for?” Randy had to think about this for a minute because so far I was only aware of the arms. Anything else he told me would be new information. He must have realized that I only had his best interests in mind. He sighed.



Genetics: Troy Alves' arms taped out at more than 18 inches back when he was in 10th grade and only weighed 150 pounds.



“Yeah, I do calves a couple more times a week at night—at home on my staircase holding a dumbbell—and lately I’ve been coming in to do light back and chest days a couple days after we do them heavy.” I covered my eyes with one hand and shook my head as he continued. “Look, you said John Parrillo always says there is no such thing as overtraining, only undertraining and not sleeping enough. And I do eat and sleep plenty.” He straightened up. God love him, I could see he actually thought he was off the hook.

Big bodyparts like quads may need extra time to recover, compared to smaller muscle groups.

A Bodybuilder Is Born



Keep in mind that your triceps get trained when you press.

“Don’t be throwing Parrillo maxims at me, Junior. I knew most of them while you were still dreaming about getting your first pube.”

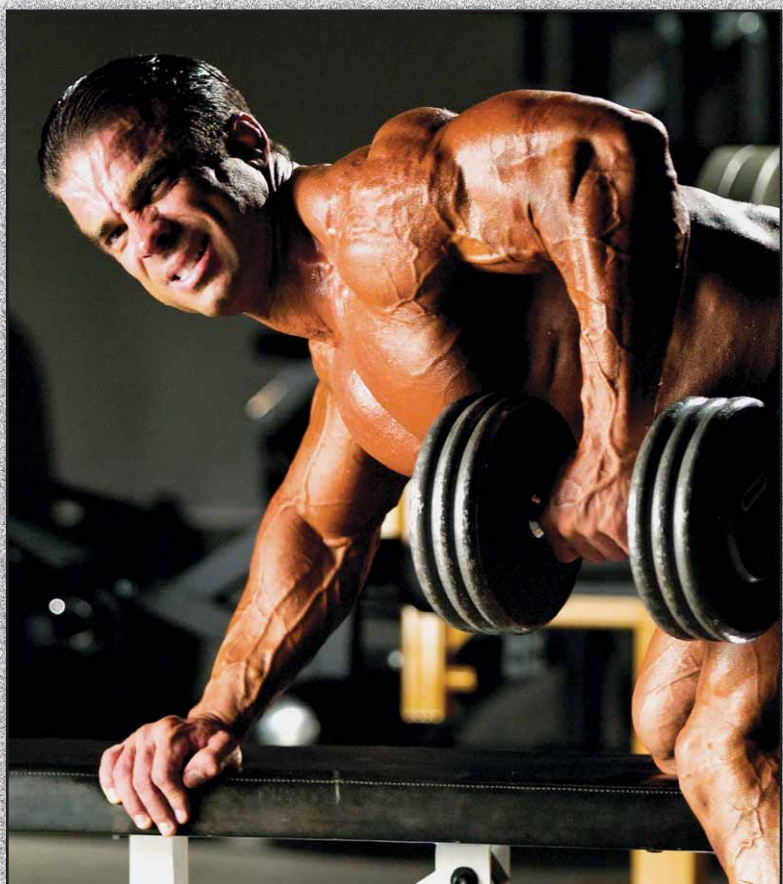
“Is it true or isn’t it?” he demanded. The kid had spunk.

“What he really was talking about there was that you can do a lot of sets and reps within a workout, or a pretty high volume, plus you should be able to use a lot of intensity techniques like drop sets and forced reps as long as you feed the body properly and give it rest.”

“All right then. So what’s wrong with what I’m doing?”

“You’re screwing up the rest and recovery part of the equation. Would you agree *(continued on page 152)*”

And your biceps get a lot of work when you do any type of row, pulldown or chinup.



Model: Jorge Betancourt

A Bodybuilder Is Born

(continued from page 148) that we train pretty hard?"

"I think so, sure."

"Well, when you beat the crap out of a muscle group, say the legs, with tons of sets of squats, leg presses, stiff-leg deadlifts, leg extensions and leg curls, how long do you think it takes for the muscles to recover?" Randy shrugged.

"Though this is not an exact rule, for trainees who don't have the recovery-enhancing help of steroids, it's usually about five to seven days. Hit the muscles again before then, and in all likelihood you will keep them from growing bigger and stronger." I could see by his smug expression that Randy was about to fire back a rebuttal.

"Okay, but the arms are a smaller muscle group. Don't they recover faster, so you can train them more often?"

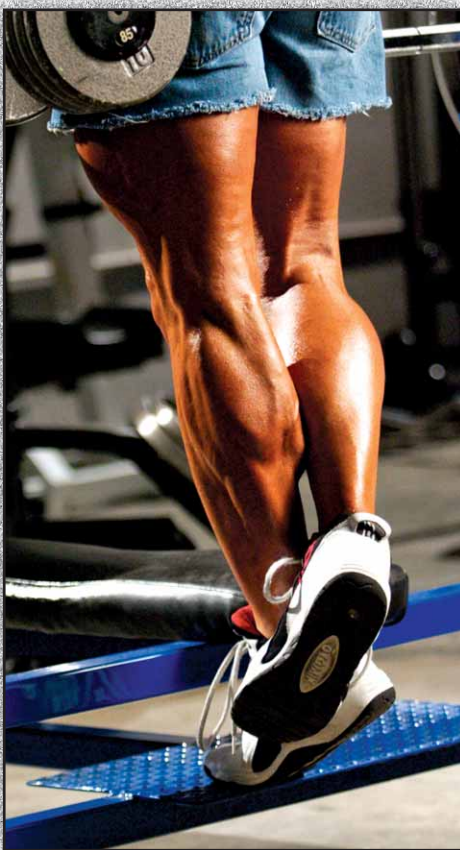
"Yes, but you seem to be forgetting something very important. Your biceps get worked when we train them directly with shoulders, but they also work very hard on back day. You don't think heavy deadlifts, barbell rows and weighted chinups do a number on them?"

"Yeah, I guess so."

"And triceps—not only are we training them on chest day with various extensions and dips and such, but we're also whacking them pretty hard on shoulder and chest days, when we press. So, whether you recognized it, you really were already training your arms twice a week. You might be able to get away with adding another arm day for a little while, but eventually it would lead to overtraining, and your arms would probably actually shrink a little." He shivered at the thought. "And as for chest and back, you may be able to get away with a second light day every week because you're so young, but to be honest, I don't think you need it. As for your calves, if they won't grow from working them hard twice a week, I seriously doubt another couple of workouts are going to help you."



Model: Steve Kummer



Patience is one of the hardest parts of bodybuilding. You can't rush a great physique.

Randy looked glum. "Look," I told him, "I admire your enthusiasm and the fact that you are willing to work very hard to develop your physique. But sometimes you need to rein in that enthusiasm when it starts to impair other factors, like your recovery."

"I know. I just want to get big as soon as possible."

"Here we go with that again. I told you on the day you first came up to me that patience was going to be one of the hardest parts of bodybuilding. But I think you already understand that you can't rush a great physique. If you could, working out 12 hours a day every day and training every bodypart seven times a week would have you looking like Jay Cutler in a few months. It just doesn't work that way."

He had learned his lesson, or at least part of it. But in the next hour I was going to make him train his chest much harder than usual. Tomorrow, when he woke up and could barely comb his hair, it would be so sore, he'd be wondering if he'd torn a pec. It would be tender to the touch for at least three or four days. Then we would see if he felt like adding another workout for it this week. Come to think of it, it might be kind of fun to have him try to train it again on Wednesday, just two days from now. When he experienced the pain and sense of futility of training a bodypart that hasn't recovered, this would all sink into his brain but good.

I grinned, thinking how clever I was, as I watched him warm up on incline dumbbell presses. Randy was going to hate me at times, but in the end he would be the Daniel-san to my Mr. Miyagi—the perfect student any instructor would be proud to call his own. **IM**

Calves may recover quickly, but training them uses up overall recovery ability.

Heavy Duty

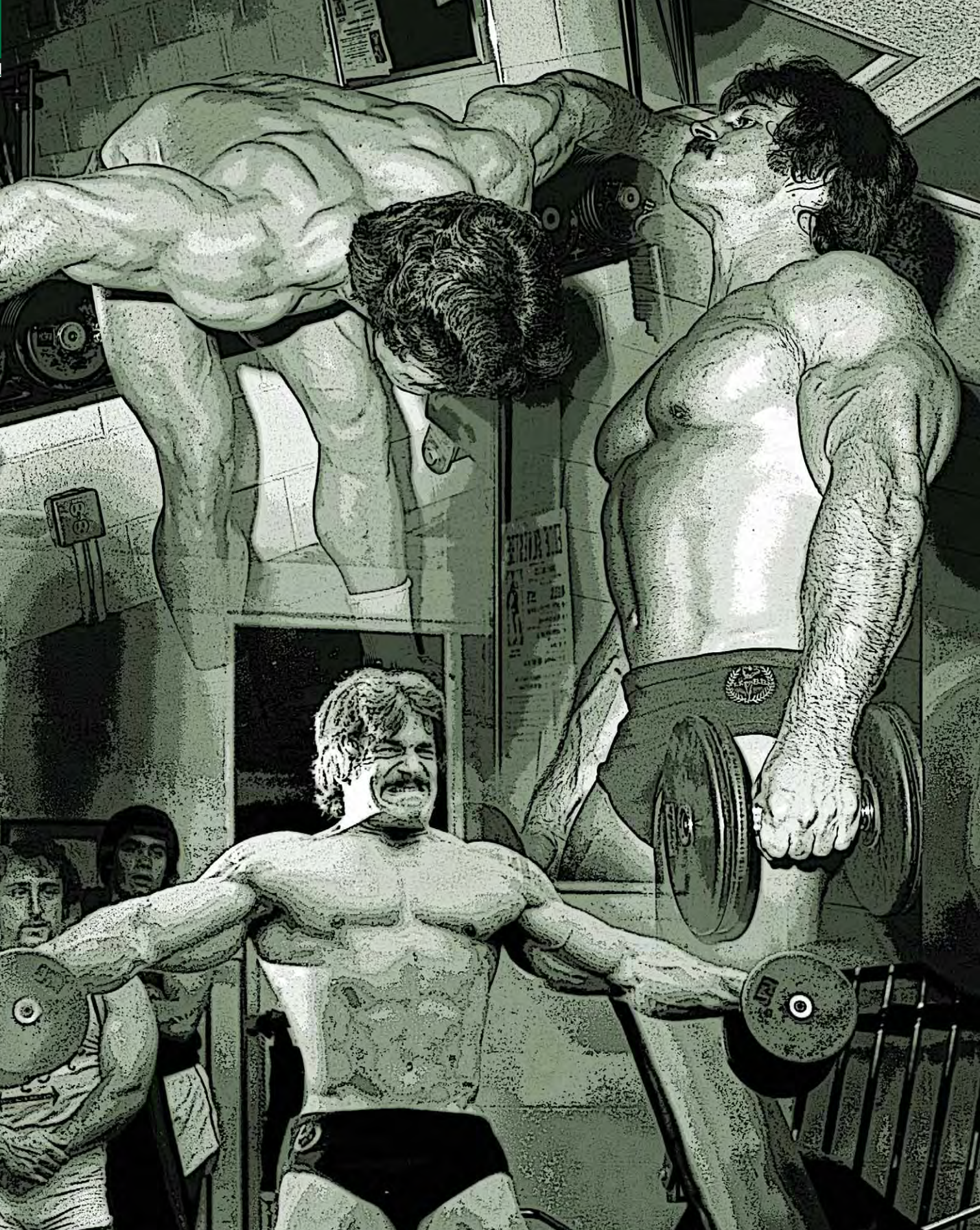
Intensity: The Most Important Factor in Bodybuilding

• by John Little •

All of Mike Mentzer's books, articles and audio lectures dealing with physical training made clear that the key to bodybuilding success is high-intensity muscular contraction and that the greater the intensity of contraction, the greater the muscle growth stimulation.

Since Heavy Duty training helps you make a quantum leap in intensity, you have to scale back the volume of the workout itself considerably. Mentzer pointed out that muscle growth is the body's defensive reaction to the stress of exercise, much as the production of melanin is its reaction to the stress of ultraviolet light. An organism's response to high-intensity stress is usually immediate; for example, when you go into the hot July sun to get a suntan, you don't have to wait for days to see the body's response to the ultraviolet light. You see it soon after you're exposed to it via a reddening and/or tanning of your skin.

Mozée \ Photo illustration by Christian Martinez



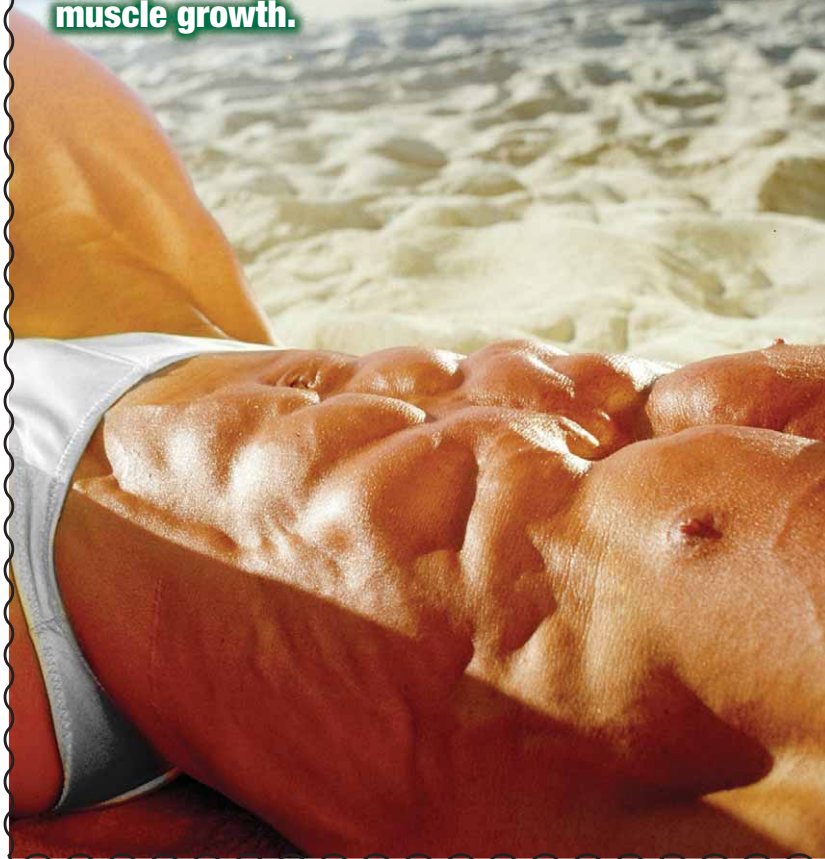
You've probably noted that your tan will vary depending on the intensity of the sun's rays. The reason you can't get much of a tan during October or November is that the sun is no longer overhead and therefore not as intense as in the summer months. You could tolerate hours and hours of such low-intensity ultraviolet exposure, but that would provide little or no stimulation of a suntan. That also explains why your skin requires only a short exposure to the intense rays of a midsummer sun. The melanin you produce enables you to be exposed for longer periods without suffering a sunburn, but the longer periods of exposure to a stressor of the same magnitude stimulates no further compensation from the body. It is the same as an individual who trains his muscles to become stronger—he can therefore now tolerate more sets or volume in his workout than he could when he was weaker, but doing so won't stimulate further increase in his strength.

You can raise the intensity to such high levels that you can tolerate only one second of direct stimulation—but that one second stimulates an immediate adaptive response from the body in the form of developing a bigger muscle as a protective barrier against future assaults of like severity. A maximum one-second contraction stimulates far more dramatic muscle growth than would longer exposure to training stress of lesser intensity. If you stay at the low-intensity end of the spectrum, you can, of course, extend the length of your sets and/or perform many sets, as your muscles can endure hours of low-intensity-training stress with little problem. However, training in such a fashion will net you little except an enhanced capacity to tolerate longer periods of exercise. By contrast, at the high-intensity end of the spectrum, you can't tolerate anything but the briefest possible exposure to a training stress dialed up to maximum intensity—and yet your adaptive response will be immediate and pronounced.

Training for a Specific Purpose

Since each of us has a genetic

Your tan will vary depending on the intensity of the sun's rays. That's comparable to training for muscle growth.



limit to the size our muscles can become, it follows that the human body likewise possesses a finite, adaptive response to building those muscles. So if your goal is to build maximum increases in size and strength, your training efforts are best directed by training 100 percent specifically for size and strength. And that is possible, by definition, only when the intensity of your muscular contraction is 100 percent and the duration of your workout is therefore very brief.

Intensity and duration exist in an inverse ratio to one another, and you can tolerate low-intensity but not high-intensity exercise for long periods. If you witness bodybuilders training with multiple sets and repetitions, they are dividing the training stimulus between strength and endurance, which means that

they are training inefficiently. If there are 100 units of adaptation energy available and half of it goes toward increasing your muscle mass and the other half to increasing your endurance, you've divided the impulse, resulting in only 50 percent of the gains in muscle mass that you could be obtaining.

The lower the intensity, the longer the workout can be; if the intensity is raised to the moderate level, you'll be able to work out for a moderate period of time (say, 45 minutes to an hour); but if the intensity is maximal, you won't be able to train for any more than three to six sets in a workout (perhaps 10 minutes of total training time). Simply defined, duration is the amount of time you spend training or the length of any given training session, whereas intensity

is an indication of the percentage of possible momentary muscular effort being exerted during the exercise or training session. Intensity can be either low or high, with distance runners and common, everyday tasks such as walking being on the low end of the spectrum and sprinters and Heavy Duty exercise being on the high end.

Intellectual Intensity

As an increase in muscle mass is the body's defensive response to the stress of high-intensity muscular contraction, it should be obvious that you must give your body a reason—and a powerful one—to trigger the defensive response. Your body, in other words, must detect that its homeostasis is being threatened. Mild, low-intensity effort isn't perceived as a threat and does next to nothing to stimulate maximum gains in muscle mass. As we've seen in the scientific literature, only maximum intensity of effort, maximal muscular contractions, results in an increase in size and strength. That's where the integration of mind and body becomes important; cultivating a strong will to succeed is essential to your progress.

Most bodybuilders are disinclined to increase the intensity of their exercises. They prefer the easier, less threatening route of adding sets and exercises and otherwise reducing the intensity of their workouts by increasing their duration. As Mentzer once pointed out:

"There is a strong mental barrier to inducing greater and greater muscular contractions. A very large and strong muscle contracting with maximum intensity places much greater demands on the body's recuperative subsystems than does a smaller, weaker one. Because these demands on the body's resources are [perceived as] potentially life-threatening, your mind as well as your body will do everything possible to prevent such taxing high-intensity exertion. Lassitude, anxiety and even a preference for low-intensity workouts are manifestations of the mind's disinclination to engage the body in such maximum efforts. Therefore, as your muscles get stronger and stronger, you must

Moderate-intensity work allows you to work out for a moderate period of time. The higher your intensity, the shorter the workout must be if you want to progress.

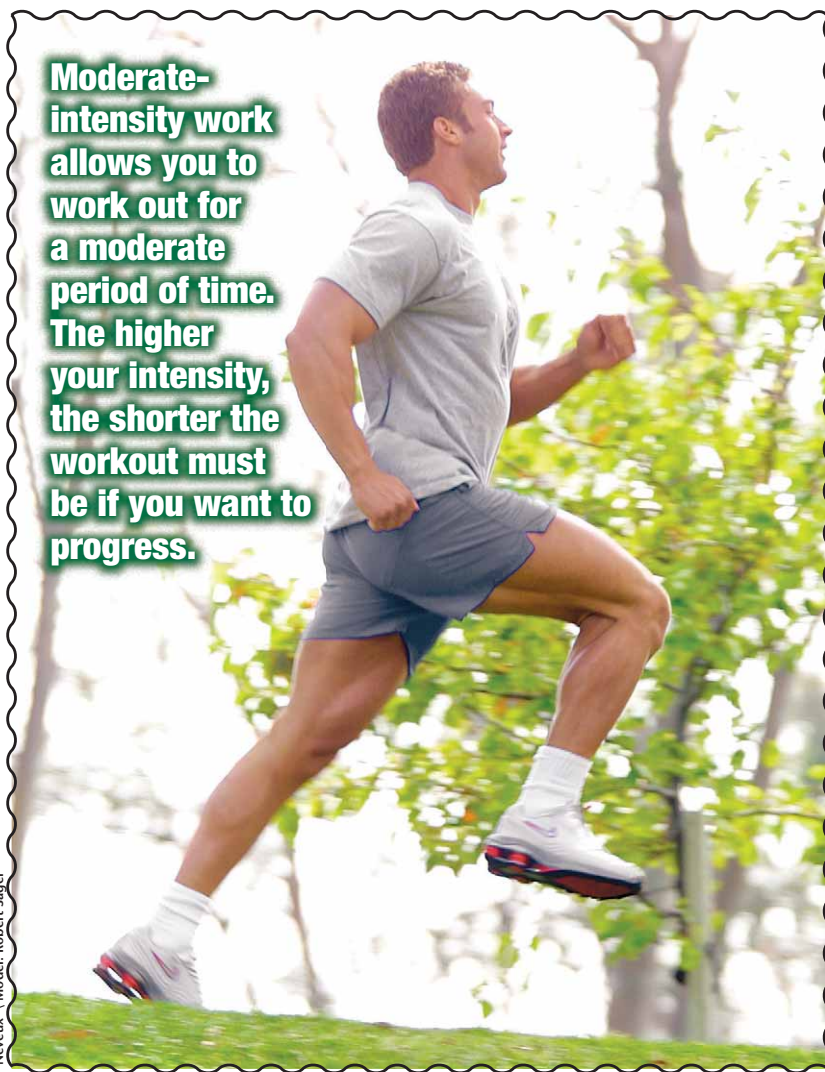
Neveux \ Model: Robert Sager

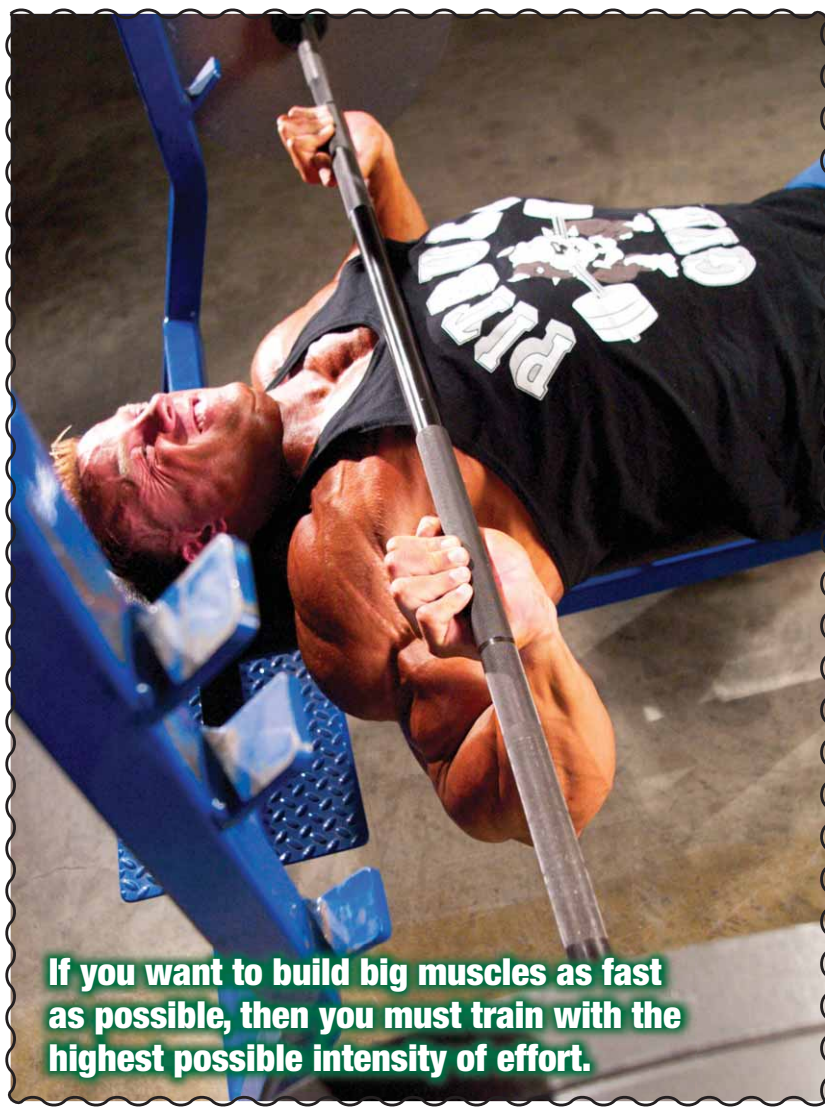
exercise your will to get stronger apace.

"Those bodybuilders who choose not to exercise their will rationalize their reduction in intensity by convincing themselves that longer workouts equate to more work—which has to be a 'progression' of sorts. But their goal as bodybuilders isn't to see how much exercise they can tolerate but rather to perform the precise type of exercise required to trigger the body's growth mechanism, and that type of exercise, as we've established, is high-intensity muscular contraction. Whenever one increases the duration of an exercise session by adding exercises, sets or reps to a routine, one can only do so by reducing the intensity of muscular contraction. This is the only way that the duration of the workout can be extended.

"The inverse relationship of in-

tensity and duration can be graphed quite simply with high intensity/short duration at one end and low intensity/long duration at the opposite end. The antipodal relationship between intensity and duration is both immutable and universal and, consequently, one of the more basic laws of exercise science. It applies to all activities, from concentrating for an exam, to splitting wood, to swimming, to running, to bodybuilding. The more intensely you do anything, the duration of that activity must be decreased. And if you want to build big muscles as fast as possible, then you must train with the highest possible intensity of effort. In other words, if you want to build muscular mass, then you've got to train for short periods of time so that you'll be able to train intensely. That, in essence, is the nature of the relationship.





If you want to build big muscles as fast as possible, then you must train with the highest possible intensity of effort.

Neveux / Model: Luke Wood

“For example, there exists nobody of human physiology who can engage in all-out sprint for a distance of a mile. Why? Because an all-out sprint is a high-intensity activity and, perforce, cannot be engaged in for more than 400 meters. Consequently, anyone who tells you that they are training “intensely” in a workout that stretches beyond an hour (and some bodybuilders will train in the gym for up to three hours) is displaying a profound ignorance of the definition of this term.

“You do not have to increase the number of sets you perform in your workouts—all you have to do is train harder each time you head to the gym. Anything you can do to make the intensity of your muscular contractions more difficult is a step in the right direction. Increase

the resistance, control the cadence, implement advanced Heavy Duty techniques such as Infitonic, negative-only, static holds, partials and Omni-contraction, and train as hard as you possibly can on each and every set and try and improve upon the amount of weight your muscles are contracting against each time you head to the gym. Each workout—and each set of each workout—is something to be surpassed, a hitching post along the path to greater bodybuilding progress.

“Nobody has yet successfully challenged the paradigm that muscle growth does not come easily. You have to force growth to occur. And you cannot force growth by having your muscles contract against light weights or by performing tasks that are already well within their existing capacity. Your objective in body-

building is to maximize muscular involvement, not diminish it. Therefore, anything you do to make your exercises more intense will increase muscle fiber involvement and, hence, the productivity of the exercise. A high-intensity of effort is the only way to build bigger muscles.”

Mentzer was often attacked in muscle magazines by those claiming that high-intensity training only works for a select few. “It only works if you have the genetic makeup of a superman and take steroids.” These statements only served to reveal the ignorance of such people with regard to the nature of productive bodybuilding, in addition to exposing their own unwillingness to look into training methodology and the science that underpins it seriously and objectively.

If a method works, it works—period. If it works in August, it works in October. It’s not true that bodybuilding works for one human being and no one else (given the same conditions and context). Heavy Duty training has the backing of exercise science, and there is a logic to it. Unfortunately, the same cannot be said for the proponents of most traditional training methods.

The point is that we as a species are, physiologically speaking, all essentially the same: We all need calories, we all require sleep, we all burn carbohydrates at the rate of four calories per gram, and we all need intense exercise to stimulate muscle growth beyond normal levels. In fact, Mentzer waxed philosophical about it all:

“We’re all unique as individuals, but when a young man or woman goes to medical school to study muscle physiology, whose physiology do you think they’re studying? Everybody’s! We all have the same muscle physiology. The biochemical changes that lead to growth in Mike Mentzer are the same as those in yourself, your training partner and your neighbor. It follows from this that the specific stimulus required to induce those biochemical changes leading to muscle growth in Mike Mentzer, yourself, your training partner and your neighbor is the same—high-intensity muscular contraction!”

Any confusion on that point lies

We as individuals all adapt to high-intensity training at varying levels of speed.



Neveux \ Model: Robert Hatch

However, we have the same training requirements. The confusion comes in because we each possess varying levels of innate adaptability to the stress of exercise, with some able to adapt quite quickly and others requiring many weeks to adapt. What is indisputable is that human physiology increases its store of muscle mass in direct proportion to the intensity of the exercise our muscles are exposed to.

in the fact that we as individuals all adapt to high-intensity training at varying levels of speed. Whereas some of us gain muscle at a very quick rate, others may grow at a much slower pace. However, we all grow muscle faster when we train more intensely. If you personally are not gaining much at the moment, you'll gain faster as soon as you increase your training intensity.

Adaptation to the stress of high-intensity exercise varies on an individual basis owing to such factors as age, sex, existing physical condition, motivation, etc., but the underlying muscle physiology is the same. So people who say that we have different training requirements are entirely misinformed—we have the same training requirements. The confusion comes in because we each possess varying levels of innate

adaptability to the stress of exercise, with some able to adapt quite quickly and others requiring many weeks to adapt. What is indisputable is that human physiology increases its store of muscle mass in direct proportion to the intensity of the exercise our muscles are exposed to. Again, to quote Mentzer:

“If we all had different physiologies, medical science could not exist. A doctor would have to study each individual as a separate physiological entity and learn all of the intricacies of his physiology. Then he would have to devise medicine around this one individual. The fact that they can take the basic principles of physiology and are able to successfully apply them to the whole human race is what makes medical science a viable discipline.”

It is also what makes Heavy Duty

a viable discipline.

Editor's note: For a complete presentation of Mike Mentzer's Heavy Duty training system, consult his books *Heavy Duty II*, *High Intensity Training the Mike Mentzer Way* and the newest book, *The Wisdom of Mike Mentzer*, all of which are available from Mentzer's official Web site, www.MikeMentzer.com.

John Little is available for phone consultation on Mike Mentzer's Heavy Duty training system. For rates and information, contact Joanne Sharkey at (310) 316-4519 or at www.MikeMentzer.com, or see the ad on the opposite page.

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Radical Revenge

The Free-Radical Dangers of Overtraining and Overeating

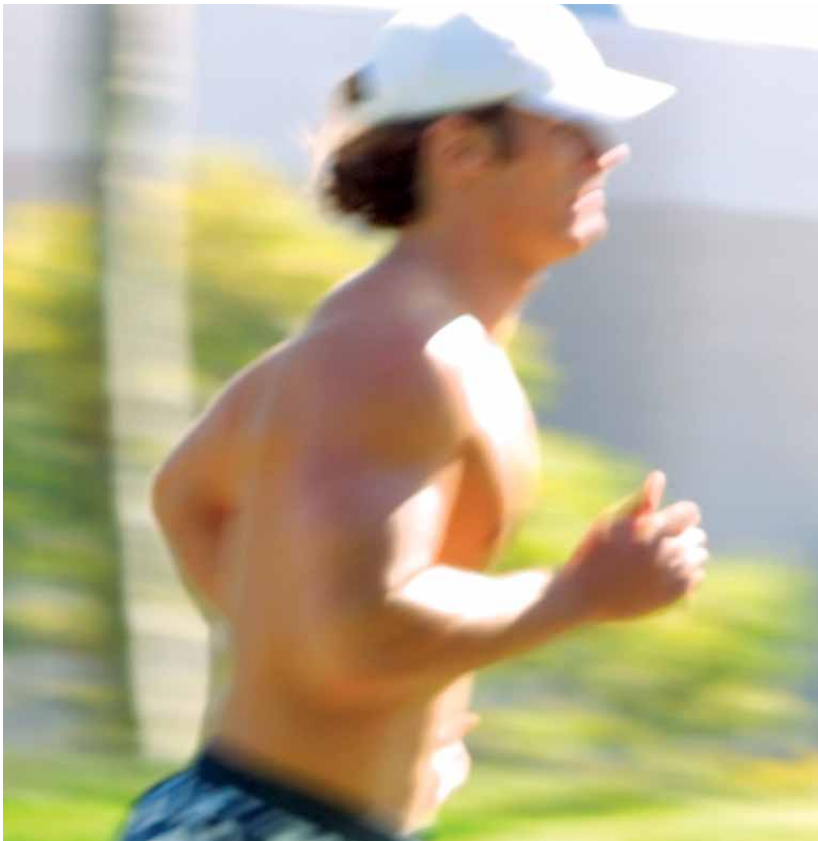
by Michael Chiccone

Perhaps the first person to really bring to light the dangers of overtraining was Arthur Jones, back in the early '70s. Later Mike Mentzer wrote a lot about it in his articles and books, and *IRON MAN* has published countless articles over the years dealing with the subject, many by Jones and Mentzer. But none of those articles really go into what happens to a bodybuilder or any athlete who continually overtrains and overeats.

Overtraining and overeating go hand in hand. Any athlete who overtrains must also overeat to maintain his or her bodyweight and strength, and that leads to the heart of the problem, which is the overproduction of free radicals in the body.

The body produces many different kinds of free radicals, but every kind is a molecule that is missing an electron in its outer shell. That makes free radicals unstable and on the lookout for a way to fill the electron void. When they bump into a normal healthy cell, they steal one of its outer-shell electrons from the cell wall, thus damaging the cell and setting off a chain reaction, with each damaged cell molecule looking to replace its missing electron. What you get is a bunch of permanently damaged cell walls that can lead to such problems as cancer, heart disease and arthritis. You name it, and free-radical damage to the cells of the body has been linked to it.

So what does all that have to do with bodybuilding and diet? Plenty. Can you name any pro bodybuilder who's lived to be 100 years old? For that matter, any pro athlete who's lived to be 80 or 90 years old? On the contrary, what you have is a whole bunch of pro athletes who die young or develop serious health problems at a young age. Just in the past few years we've lost Wilt Chamberlain, Reggie White, Walter Payton, Steve Reeves, Mike and Ray Mentzer, Jim Fixx (who wrote several books on running and dropped dead while jogging one day, his arteries clogged from massive free-radical damage). A host of other elite athletes have died at an early age or simply dropped dead while practicing their sport. None even made it to the average American male life span, except Reeves, who was in his 70s at the time of his death.



Research suggests that overtraining is a killer. It's not kinda, sorta bad. It can be deadly.

would disagree with, but it's undeniably true. The process of breaking down food creates free radicals in the body. It's a normal reaction and not a problem for most people, as the food contains antioxidants that counteract the free radicals produced. That's only true, though, if you're eating a healthful diet and not the average fat-laden and processed-carbohydrate one that most Americans take in. What about bodybuilders? They eat a more healthful diet than many other athletes, right?

Here's where the misunderstanding begins. Too much food, even healthful food, produces huge amounts of free radicals—hyperactive molecules such as superoxide, hydroxyl, singlet oxygen and peroxides, which damage arterial walls and initiate the accumulation of fatty deposits that eventually block blood flow throughout the body. A study in *The Journal of Clinical Endocrinology and Metabolism* reported that persistent overeating in obese people exposed them to excessive oxidative damage from free radicals. That research has shown for the first time that obese people carry a massive oxidative load as a direct result of overeating and furthermore that restricting calories could reduce the load by more than 50 percent, thus lowering the risk of developing heart disease

Neveux \ Model: Adrian Janickie

Now look at how many athletes are coming down with cancer and heart disease. Cyclist Lance Armstrong and ice skater Scott Hamilton both had testicular cancer. David Letterman, a huge fan of jogging to stay in shape, needed bypass surgery several years ago. A few years back Sergei Grinkov, an Olympic ice skater, was practicing with his wife, Ekaterina Gordeeva, when he died of a heart attack right on the ice. His autopsy showed massive coronary artery disease; he was only 28. Then there are the bodybuilders and strength athletes who are dying before their time. Anthony Clark was 38. Even Arnold had heart surgery recently.

If all this exercise is so good for you, why are so many people who exercise dying young or coming down with so-called old people's diseases? Researchers at the University of Texas are doing a number of studies on that phenomenon, and what they're finding is that overtraining is a killer. It's not kinda, sorta bad. It can be deadly.

For example, did you know that it can take a marathon runner as long

as six months to fully recover from training after all running has been stopped? That's how depleted your body can become if you constantly overtrain. Even Dr. Kenneth Cooper, who started the aerobic/running craze in the '70s and who used to recommend large amounts of running, has reversed himself on that issue based on the new research. At one time he outright rejected the 1975 research of Arthur Jones, done at the Army academy, that showed huge improvements in size, strength and endurance in trained football players in only six weeks with only progressive-weight training on Nautilus equipment—and Cooper's own team of doctors did all the measurements. Even he must now admit what was obvious to Jones way back then.

It's not just too much training that can be dangerous, however. Too much food is also an enemy to the body. That's something almost all athletes, especially bodybuilders,

Too much food is also an enemy to the body. The process of breaking down food creates free radicals.



It's alarming how many athletes are coming down with cancer and heart disease. Could it be from overtraining?

and related problems.

Let's apply that to bodybuilders. We've all seen the diets of some of the so-called stars of our profession. They eat 6,000, perhaps 10,000, calories a day and brag about it in the magazines, not knowing that it creates a huge free-radical load just the way it does in the obese person—only in a bodybuilder it's worse because he or she is also overtraining, which is creating its own free-radical load for the body to cope with.

That's a deadly combination—overtraining and overeating. The average person who just eats healthfully and does some mild exercise like walking several times a week will outlive the mighty athlete who spends his or her days in the pursuit of some nobler goal.

Okay, you're convinced that overtraining and overeating are real threats to your very life, not just a threat to muscle gains in the average bodybuilder. I say average because I believe that the average bodybuilder is drug-free and is honestly doing everything in his or her power to make gains without performance-enhancing drugs. I feel that no program I offer will help the pro bodybuilder or pro athlete who uses the vast array of drugs now available, as that not only creates huge amounts of free radicals but also permanently damages the liver, heart and endocrine system. The good part about all the bad news is that the solution is really simple but



one that many athletes overlook, even discourage.

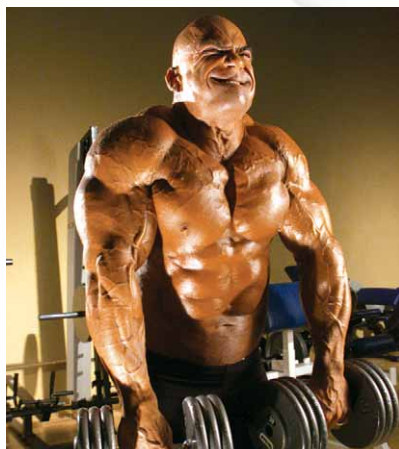
No matter what kind of diet you eat, you won't get all the nutrients you need from your food, especially antioxidants. Dr. Michael Colgan has written several books on that subject and on the depletion of the nutrients from our soil. He has even testified before Congress concerning the number-one Medicare cost, the treatment of diabetes, which he says is caused by a massive depletion of chromium in the soil and thus the diet. Chromium is part of the glucose-tolerance factor and is required for proper sugar metabolism. I mention it because I want you to know the problems are real: You must compensate for them with quality vitamin and mineral supplementation.

Taking a couple of vitamin C or E capsules a day is not going to do the job. First, you must address the issue of overtraining and overeating by following the advice of people who are doing the research that proves less is more. Less but more

intense exercise is what you need to combat the nonsense that you read in other magazines. Look at the results of Jonathan Lawson and Steve Holman. They do a fraction of the amount of exercise many of the champs preach. [Note: See "Phase in Growth; Phase Out Overtraining" on page 183.]

Let's run down a plan for combating the effects of free-radical damage. First, we need a quality multivitamin and multimineral supplement. Pills that you see in the food *(continued on page 182)*

Free radicals can make it more difficult to build muscle.



Neveux \ Model: Joe DeAngelis

Many bodybuilders overtrain and then overeat to attempt to compensate. That creates a dangerous free-radical glut.





No one, especially bodybuilders, can get all the nutrients the human body needs for health from food.

(continued from page 178) store that offer 100 percent of the RDA are a joke. Getting only the RDA is like drinking only enough water so you don't die of thirst. It's nowhere near the amount you need to combat the free-radical problems you face. Since vitamin and mineral supplements are all a little different, you need at least three pills or capsules per day of a multivitamin-and-mineral supplement. Now add a quality multiminerals to the mix even though there are minerals in the vitamin-and-mineral supplement. Remember that minerals are more important to the

body than vitamins and are more likely to be lacking in the foods you eat because of soil depletion.

Now add a full-spectrum antioxidant—likely three capsules per day and again some crossover with the other supplements. BioProtect by Biotics is the brand I use. It contains the following: vitamins A (as mixed carotenoids), C and E (as mixed tocopherols); zinc; selenium (a major cancer fighter and missing in 75 percent of the soil in this country); coenzyme Q10; potassium sorbate; glutathione (reduced); L-methionine; taurine; N-acetyl-L-cysteine; superoxide dismutase and catalase. None of these are in huge amounts, but the mix is what's important. Antioxidants help replenish each other in the body, which means you need a broad spectrum for protection. To that I add three grams of vitamin C and 800 I.U.s of emulsified vitamin E per day. Because I'm 40 years old, I also add 60 milligrams of emulsified CoQ10. If you're younger, you won't need the CoQ10, but you may want to increase the vitamin C to five grams per day.

That totals 12 to 15 pills, divided into three doses, per day, depending on the brand.

It's absolutely essential that bodybuilders who want to combat

the ravages of free-radical damage brought on by training and eating use supplements. Ignore the advice at your peril, and keep your eyes open for more athletes to fall victim to a completely curable problem.

[Note: For a look at the supplements a top bodybuilding researcher takes to combat many of these problems, see "Over-40 Nutrition Know-how" on page 100.]

Editor's note: Michael Chiccone, D.C., has been involved in bodybuilding for more than 30 years and has been in private practice since 1990. He's counseled thousands of patients on the proper application of exercise, diet and sensible supplementation of nutrients for more than 15 years. He can be reached via e-mail at Spinerman@aol.com. **IM**



Minerals are more important than vitamins and are more likely to be lacking in the foods you eat.



Getting only the RDA is like drinking only enough water so you don't die of thirst.

Phase in Growth; Phase Out Overtraining

One way to minimize and perhaps even sidestep overtraining completely is to apply the phase-training concept. In most of our books and e-books we recommend six weeks of all-out workouts alternated with about one week of medium-intensity work or even a layoff. After looking back at our more than 40 years of combined training experience and thinking about how our muscle mass has responded to various layoffs (and how other people's mass has responded as well), we think that the phase strategy may need revising—as in fewer weeks of all-out workouts—especially if you're training hard with intensity tactics like X Reps. Here are some clues.

Case 1: Last year, after our successful X-Rep mass-building experiment, Steve took a family vacation. He was in his best shape ever after using X Reps for only one month. He expected to begin shrinking almost immediately once his vacation started, but instead his mass surged—without any workouts whatsoever. His family noticed, commenting every day that his arms were getting bigger and bigger. The mass surge lasted for about five days before his size started to regress. (Jonathan has experienced the same thing when he's had to take layoffs to teach at car-racing events, and Steve experienced it again recently when he had to take a break due to eye surgery.)

Case 2: We received a letter from a bodybuilder who'd incorporated many of our training methods, including X Reps and the phase-training approach. He reached a hard 181 pounds, but that's where he stagnated. He decided to shorten the phases. He trained hard for about three weeks, half of what we normally suggest, then took about a week off. What happened? After three months of that abbreviated phase-training strategy, his bodyweight reached an all-time-high, a rock-solid 192—an 11-pound gain. And he wasn't a beginner; he'd been training for 20 years.

Case 3: Back in the '70s Arthur Jones, creator of Nautilus machines, wrote an article about his early mass-training endeavors and how he'd settled on a three-days-a-week full-body program. He was using three to four sets of 12 basic exercises, averaging about 30 to 40 sets per workout. On that routine his bodyweight always peaked at 172 pounds. He couldn't get past that for more than 10 years. Sure, he wanted to get bigger, but his bodyweight wouldn't budge. Finally, he decided to reduce his training and work out to maintain his muscular 172 pounds. He cut his workouts in

half, using around 20 sets per workout (similar to the basic routine in *The Ultimate Mass Workout* e-book). That didn't maintain his mass, however; it caused it to surge by 10 solid pounds in only one week!

In each case the bodybuilder finally gave his body a chance to grow.

You have to train hard, flirt with overtraining, then back off. You must give your body a pause to super-compensate. That's especially true if you're using a powerful intensity tactic like X Reps, which can make any set two to four times more powerful and intense. The X-treme intensity is the very reason most trainees need to shorten their all-out phases to about three weeks instead of six.

It all goes back to the renowned stress researcher Dr. Hans Selye and his general adaptation syndrome. He concluded that the human body adapts to any stress in three stages: alarm, resistance and exhaustion. The alarm stage occurs when you encounter a new stress, such as high-intensity X-Rep training. Your body begins adjusting its defenses as it prepares to compensate for the stress.

The next stage is resistance. That's where the adaptation actually occurs.

In the case of weight training, the resistance stage is where your hard work starts to pay off as muscle growth and strength increase to new levels. But as you continue to push yourself, you reach the third stage: exhaustion. That's an overtrained state detrimental to your muscle-building progress.

So while X Reps and/or the new X-hybrid techniques can speed your mass-building progress significantly, they also cause you to rocket through the three stages of stress adaptation much faster. You may be getting the big resistance-stage mass-surge payoff around week three, so that's when you need to back off the intensity for a week to let the growth process fully engage and to avoid the exhaustion stage (a complete layoff for five days can work, too, on some occasions). If you keep blasting hard past week three, you may derail your chances of achieving full muscle super-compensation.

—Steve Holman and Jonathan Lawson
www.X-Rep.com

Editor's note: For more on X-Rep training and *The Ultimate Mass Workout* e-book, visit www.X-Rep.com. For information on the new X-hybrid training techniques and the latest photos, visit www.BeyondX-Rep.com.



Steve Holman and Jonathan Lawson. It takes intensity to build muscle, but you also need low-intensity phases every few weeks to recharge, especially if you're over 40. (Steve is 46.)

Nereux



Over 40

and Still Looking Good— and Feeling Even Better!

Five-Time Team Universe Champion
Skip La Cour Shares His Secrets for
Getting Better With Age

by Skip La Cour • Photography by Michael Neveux

“Seldom does an individual enter upon highly creative effort in any field of endeavor before the age of 40. The average man reaches the period of his greatest capacity to create between 40 and 60.” That’s what Napoleon Hill wrote in his classic book *Think & Grow Rich* after analyzing more than 25,000 people.

That means that the very best days of your life are ahead of you when you reach the age of 40. It’s important for you to fully appreciate and take advantage of that pivotal time in your life. It’s essential that you take care of your physical health as you enter your most productive years.

Unfortunately, many in our youth-conscious society don’t realize the power we possess when we reach our 40s. We mistakenly believe that our better days are behind us. We tend to yearn for the years that have gone by.



Don't bounce from one routine to another. Be patient.

Hill continued: "The tendency to slow down and develop an inferiority complex at the age of mental maturity, around the age of 40, falsely believing oneself to be slipping because of age, is one of the major fears that limit a man's potential."

Don't let that happen to you.

Middle age is the time to assume the power you now possess and take control of your future. It's the time to drive your health and fitness habits to the next level.

Sure, training effectively and eating properly will keep you looking fantastic while fighting off the aging process. But taking great care of yourself will also help you feel terrific and enable you to fully benefit from your most productive years.

Here are my most effective tips for helping make these days your best days ever.

Weight Training

Focus more on how well you follow through with your training program—not so much on the program itself.

Too many people let themselves become confused and eventually overwhelmed during their search for the ideal training program. They switch from one program to another in hopes that the next one will finally deliver dramatic results.

Stick with a workout plan long enough to see results. Because results don't come as quickly as we'd like, it's important to be patient. You must give the program a chance to take hold and begin working. Don't bounce from one program to another without giving any one of them a concerted effort. Generally, three months will be long enough to properly evaluate a program's effectiveness. If you come across a different but interesting routine before you've completed three months on your current program, do yourself a favor and refrain from using it until later.

Take 100 percent responsibility for your success and failure. In other words, if you're not getting the results you want, assume that it's you and not necessarily your training that's letting you down.



The good news is that many training programs can help get you where you want to go. Sure, some routines may work better than others. But almost any routine will produce some results if you're truly committed and adhere to it for a long enough period. Use the experience and perspective that you've gained from the time and energy invested in the program as a valuable point of reference. Let each one of the routines you've tried serve as a building block to take your efforts to a higher level.

Don't make the training process overly complicated. Have fun with your efforts in the gym as you strive to create the very best version of you.

Creating a short list of training disciplines can be extremely helpful. That list can include a few simple tasks to focus on during your

workouts, even when you're not as motivated as you'd like to be.

Simply getting to the gym on time, completing all of the exercises and sets that you planned to do, making sure you really focus on the targeted muscle group during every repetition and completing your training session in an hour are a few examples of what you can include as training goals. You don't need to be extremely detailed right off the bat, but create some structure to your workout so you feel that you're progressing. As you track toward your goals, you'll increase your level of focus.

That's when discipline becomes important. The dictionary defines *discipline* as control gained by enforcing obedience or order. In other words, you sometimes have to do things that you may not feel like doing for the greater good.

Skip's Over-40 Mass Training

Sunday: rest; Monday: legs; Tuesday: chest and abdominals; Wednesday: back and traps; Thursday: shoulders and triceps; Friday: biceps and abdominals; Saturday: rest

Monday

Squats	3 x 4-6
Leg presses	2 x 4-6
Stiff-legged deadlifts	2 x 4-6
Leg curls	1 x 4-6
Lunges	1 x 4-6
Standing calf raises	2 x 6-8
Seated calf raises	2 x 6-8

Tuesday

Bench presses	3 x 4-6
Incline presses	2 x 4-6
Decline presses	1 x 4-6
Cable crunches	2 x 10-12
Incline crunches (weighted)	2 x 8-10

Wednesday

Bent-over rows	2 x 4-6
Close-grip V-bar pulldowns	2 x 4-6
Pullups (add weight if needed)	2 x 4-6
Cable rows	1 x 4-6
Deadlifts (powerlifting style)	2 x 6-8
Barbell shrugs	1 x 4-6

Thursday

Dumbbell (Arnold) presses	2 x 4-6
Military presses	2 x 4-6
Lateral raises	2 x 6-8
Bent-over laterals	1 x 4-6
Lying triceps presses	2 x 4-6
Pushdowns	3 x 4-6
Seated one-arm overhead extensions	2 x 4 x 6

Friday

Straight-bar curls	3 x 4-6
Hammer curls	2 x 4-6
EZ-curl bar curls	2 x 6
Leg lifts (with added weight to ankles)	2 x 12-15
Cable crunches	2 x 8-10

**Constantly track,
monitor and assess
everything you do
in the gym.**



Constantly track, monitor and assess everything you do in the gym. Make a game of striving for small, incremental improvements in every facet of your training.

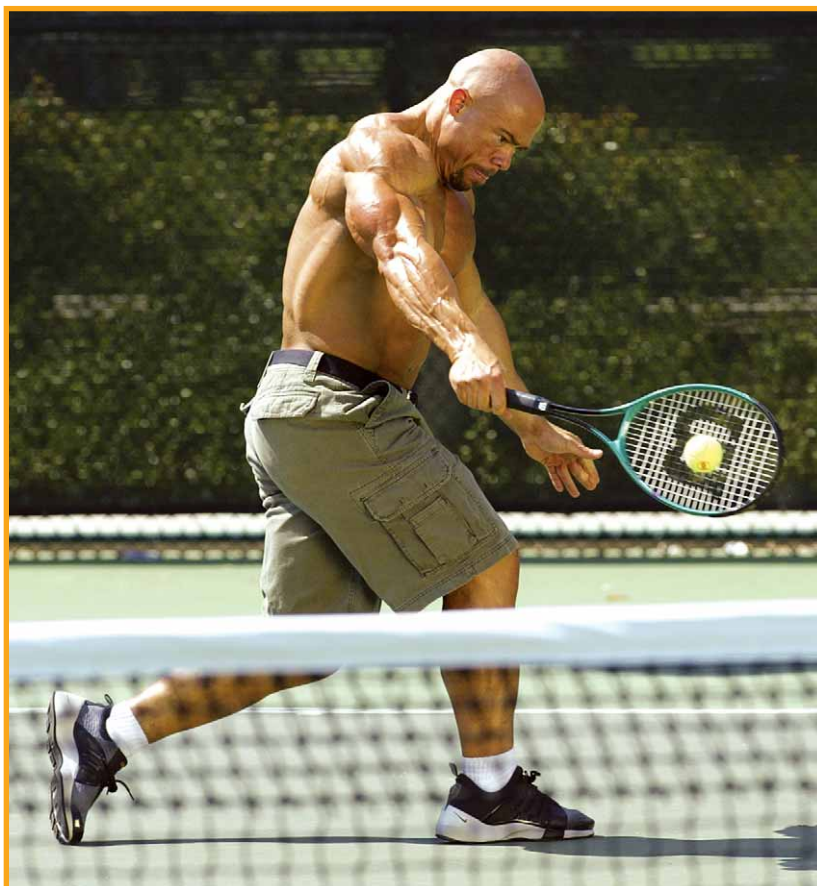
Cardiovascular Training

Whether your goal is to improve your general health, the way you look or both, cardiovascular training should be integrated into your fitness regimen. Cardiovascular training on a regular basis keeps

How they feel is usually secondary to the awesome-looking, lean physique they want to display.

As you get a little older, it's important for you to see the bigger picture in terms of your health. Cardiovascular training keeps you healthy. A big, strong, lean and muscular physique is great—but a big, strong, lean, muscular and healthy physique is even better.

Cardiovascular training helps reduce your bodyfat levels because it helps regulate your metabolism.



the heart pumping strong and blood circulating properly. It helps improve your breathing capacity while boosting your endurance. A consistent program also reduces your blood pressure, glucose-stimulated insulin secretion and total cholesterol while increasing HDL, which is the good kind.

Most people training in the gym these days, however, integrate cardiovascular training into their workout for aesthetic purposes. Put very simply, they want to look good.

As you get a little older, it's important for you to see the bigger picture in terms of your health. Cardiovascular training keeps you healthy.

AD



The momentum from your cardio workout keeps your metabolism going long after the exercise is over.

Why is that important to fat loss? Let me use a metaphor to explain.

You remember those spinning tops you played with as a child. When you snapped the little handle between your thumb and middle finger, the top would spin. Your goal was to make the spin last as long as possible by creating a powerful torque with your fingers. The more powerful the torque, the longer and the harder the top would spin.

Think of your body's metabolism as being just like the top's spinning motion. You control it by getting it to "spin" as long and as hard as possible. An effective cardio session is like a powerful snap that gets the

The more effective your cardiovascular training, the longer and harder your metabolism will function throughout the day.

top spinning (or your metabolism running) long and hard.

Does cardio help you burn bodyfat? It certainly does—but not in the way many people think it does. Although some of the body's fat stores can be burned off and used as energy during cardiovascular training, it's actually a very insignificant amount.

One of its greatest benefits is its effect on your body's metabolism throughout the rest of the day. Effective cardio sessions rev up your metabolism. The more effective your cardiovascular training, the longer and harder your metabolism will function throughout the day.

Sure, your metabolism won't be functioning as fast as it was a few hours after your session, but the momentum keeps it going long after the exercise is over.

Nutrition

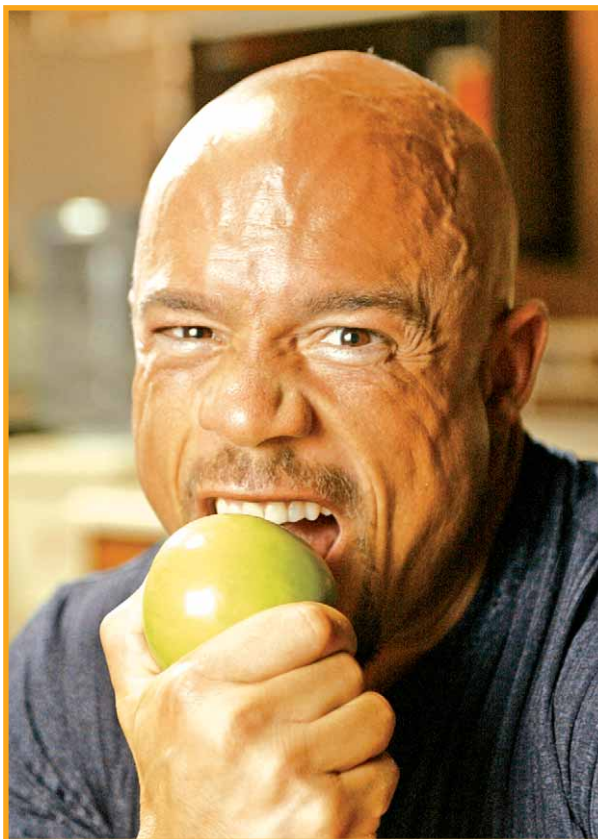
No matter how hard or heavily you train in the gym, your results will be severely compromised if you don't back up your efforts with proper, consistent eating habits.

The basic rule of weight management is that you must burn



more calories than you take in if you want to lose weight. It doesn't matter if all the food you eat is healthy, wholesome or "clean." The total amount of the food you eat—no matter what kind of food it is—must be less than the number of calories your body efficiently burns each day.

If you want to build more muscle and gain quality weight, you must strategically eat more food than you burn off each day, each week and each month. Unfortunately, you can't just stop eating and expect to



Keep your diet simple. A lot of people make the eating process far too complicated to follow through with.

lose bodyfat, and you can't just start eating like crazy if you want to gain quality weight.

The key to effective weight management is regulating your metabolism. Smaller, more frequent meals help with that. You should schedule your meals every two to three hours apart throughout the entire day.

Weight- and cardiovascular-training sessions will also help regulate your metabolism. Focusing on managing your metabolic rate through strategically timed small meals, workouts and cardio sessions will help you improve your body over time.

People often become distracted by looking for an easier, less-painful diet that requires less discipline than the eating program they are on. If the diet doesn't work as quickly or effectively as they expected, they blame the diet—and not their standards or expectations.

Many diets appeal to people for different reasons besides their level

of effectiveness. The Atkins diet, for example, may seem great to people who love to eat meat. The Zone Diet may seem ideal to other people because they love salads and vegetables. Even a strict, bland bodybuilder's diet may appear to be the best option to some people because they like the fact that they aren't required to make decisions or because they really enjoy the taste of meal replacements (like AST Sports Science's Ny-Tro PRO 40).

Keep your diet simple. Have you ever known people who always ask themselves, "What am I going to eat for dinner tonight?" Some people put a lot of thought and effort into deciding what foods they are going to enjoy during a future meal, making the eating process far too complicated to follow through with.

During the week I intentionally keep my meals plain and simple. My main purpose for eating is to grow muscle and keep my bodyfat levels manageable. If I decide to relax at all, it's on weekends.

The less thinking and planning you have to do when it comes to feeding yourself properly, the better. Try to look at eating as merely a method of building quality muscle, fueling great workouts and keeping your body lean and looking good—instead of as a source of pleasure and a way to connect with your family and friends.

I realize that delicious dining is one of life's great pleasures, but try adjusting your way of thinking to that of a muscle-building, efficient eater as much as possible. Simple meals will help you stay consistent with your eating habits.

Just about any diet, implemented consistently, will work, but you must have confidence in your diet to give it your full attention. With all the diets available, it will be almost impossible to have 100 percent confidence in the one you choose. Just when you think you're on the right path, you hear or read about a new "miracle" diet. Just when you're ready to dig in and get going on a

structured eating program, you hear about the amazing results others are getting with a diet very different from yours. Heck, even if your diet is working, you'll sometimes doubt if it is working well or fast enough.

Instead of focusing on the differences, try to discover how the diets are similar. You need to ask yourself what those diets have in common.

Motivation

Strive to be the very best version of you possible—regardless of your age. We have what we have. If we are not careful, we can let our perceived genetic and age limitations get in the way of our progress—and keep us from enjoying our health and fitness efforts. We must learn to focus on the gifts we have—not on the ones we don't.

Don't compare yourself to others—or even to the way you used to be.

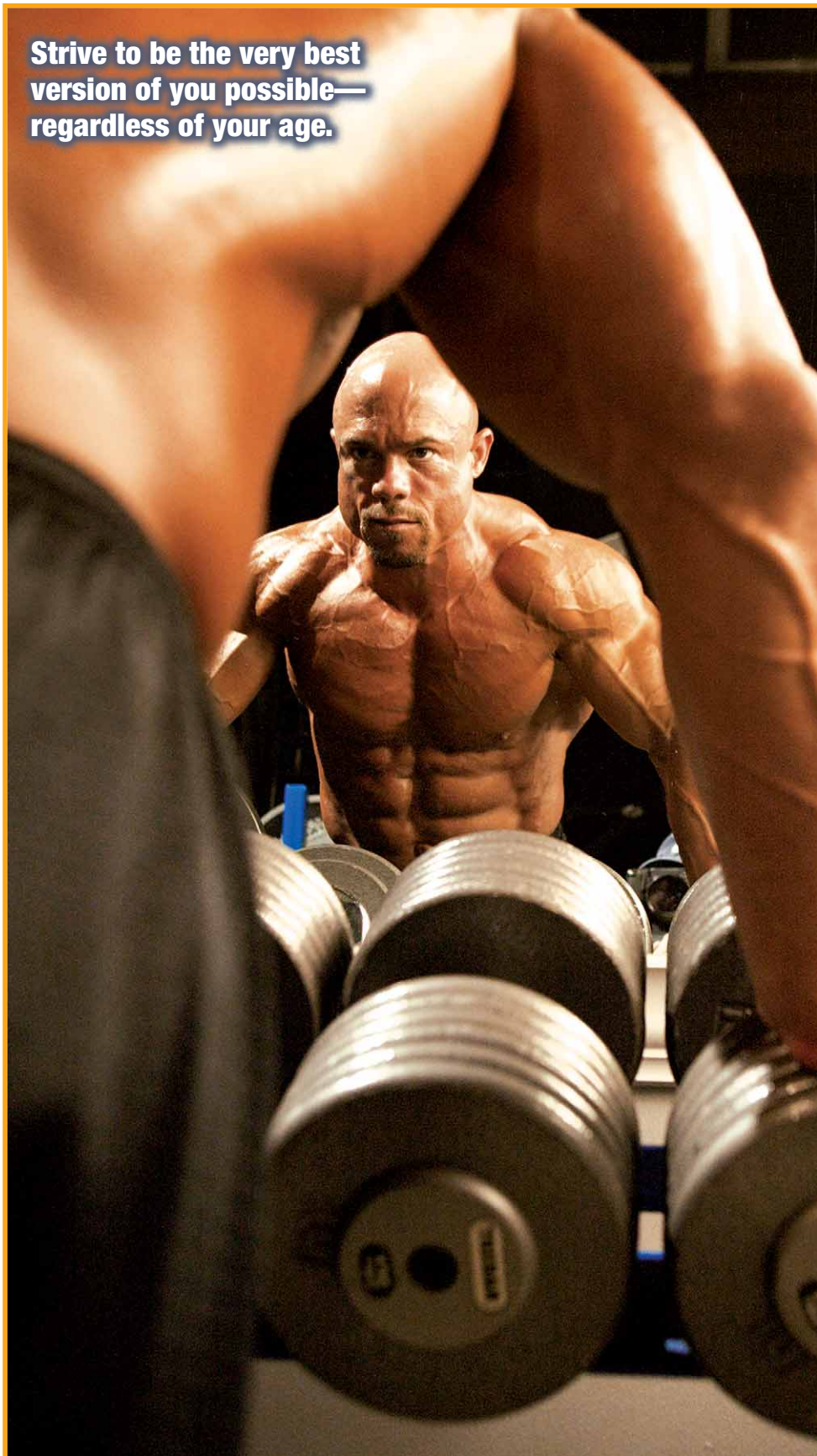
Know exactly what you want from your training efforts. Make sure that you create a long-term vision for exactly what you want to accomplish. Determine what you want to achieve and the time frame in which you expect to do so. With a clearly defined objective and deadline in mind, you'll be less likely to stumble with your fitness program.

After establishing your long-term vision, focus on executing your daily tasks. Start by determining what you already know you need to do to succeed. Don't get overwhelmed by trying to do too much too soon. Focus on making every day productive, one day at a time.

Other people can easily influence your everyday decisions and your overall attitude. It is important that the people around you appreciate your dedication to achieving your goals. Don't allow yourself to lose focus just because others don't live your healthy lifestyle. Find people who do, and spend the majority of your time with them rather than those who may discourage you. If you're lucky enough to be invited, train with people who are even more driven than you are to help ignite your desire.

Manage your angst. Does it

Strive to be the very best version of you possible—regardless of your age.



seem you're never quite satisfied with your fitness endeavors? Join the club! That's just the winner inside you who is asking for more. It's a great quality—but only if you manage your emotions and prevent yourself from becoming frustrated or overwhelmed. All trainees, no matter how great they look or what they've accomplished in the gym, constantly demand more from themselves. Realize that's a normal part of the process. In the long run, well-managed angst will make you better than you are today.

A real tragedy is when a person who is winning at the fitness effort mistakenly believes it's a loss. Find effective ways to track and monitor your efforts. Taking the time to

assess your training and eating habits on a weekly basis can help you maintain the right perspective. More often than not, you'll realize that you're doing much better than you thought.

Supplementation

I won't go into too much detail here because other features in this issue lay it out for you. I stick to the basics when it comes to supplementation. You should never expect any supplement to replace old-fashioned hard work and discipline—in the gym and in the dining room. Supplements are just that, *supplements* to your focused health and fitness efforts.

When you do use supplements, augment your diet with high-quality protein. Protein helps build healthy muscle. Even if you don't aspire to be a competitive bodybuilder, a muscular body helps you look, feel and function better.

Invest in meal replacements, or MPRs. Controlling your metabolism is an important part of the physique-enhancing process. Eating healthy, well-balanced meals at regular times throughout the day is crucial to that control. Many of us are extremely challenged in managing our time. Meal replacements help you keep your proper eating habits on track.

Take antioxidants after every workout. Free radicals, produced during intense exercise and the normal metabolic processes, are harmful because they create unstable molecules that damage DNA, cell membranes and other parts of the cell. It's a great supplementation strategy not only for your bodybuilding and recovery efforts but for your overall health as well.

Invest in meal replacements. Controlling your metabolism is an important part of the physique-enhancing process. Eating healthy, well-balanced meals at regular times throughout the day is crucial to that control. Many of us are extremely challenged in managing our time. MPRs help you keep your proper eating habits on track.





Life is all about stretching yourself past preconceived limits. It's about growing beyond your current level of achievement.

Taking a multivitamin every day is a great way to provide nutrition insurance on top of your healthy eating habits.

My favorite anti-aging supplements include GL-3 L-glutamine; ProFlex 750 (glucosamine sulfate and chondroitin sulfate); flaxseed oil, CLA 1000 and other "good" fats; and plenty of water every day.

Here are a few other tidbits of advice. Spend as much of your time as possible doing what you love to do and have talent for and sharing that with others—and spend time only with people you truly want to spend your time with. Life is way too short to live any other way.

Life is all about stretching yourself past preconceived limits. It's about growing beyond your current level of achievement—even the goals you never thought you'd reach. So, if you are currently feeling the pain of being pushed to the point of extreme discomfort—enjoy the journey, darn it! You are living life to the fullest!

Editor's note: Visit Skip La Cour's Web site at www.SkipLaCour.com. Take your physique to the next level by ordering Skip La Cour's new DVD "Packing On Muscle! Max-OT Style." This two-disc, four-hour training, instructional and motivational DVD includes a complete week of training

(explained in great detail and jam-packed with perceptive insights), additional exercises, instruction and video footage of cardiovascular training, inspirational action-training segments, unique "next level" tips, contest footage and a one-hour nutrition seminar. If you want to pack on slabs of muscle in the shortest period of time, this DVD is for you! It's only \$49.99 (plus \$8.50 for shipping and handling—total \$58.49; international orders add \$17.50 for shipping and handling—total \$67.49). Order online at www.SkipLaCour.com. For credit card orders call (800) 655-0986. Or send check or money order to Skip La Cour, 712 Bancroft Road #259, Walnut Creek, CA 94598. **IM**

Full Backs and Tight Ends

**Plus Huge Arms,
Gargantuan Quads,
Chiseled Chests and
Deeply Separated Delts**

**The *IRON MAN PRO* and
ARNOLD CLASSIC Bring On 2006**

by Lonnie Teper

**Photography by Michael Neveux
and Bill Comstock**

Established stars Dennis James, Darrem Charles, Troy Alves and Ahmad Haidar have marked the '06 *IRON MAN PRO* as one of the contests they're interested in doing this season.

Lee Priest told me he will be in the lineup; ditto for David Henry, Mark Dugdale, Kris Dim and Eryk Bui, who'll be making his pro debut (see News & Views, on page 262).

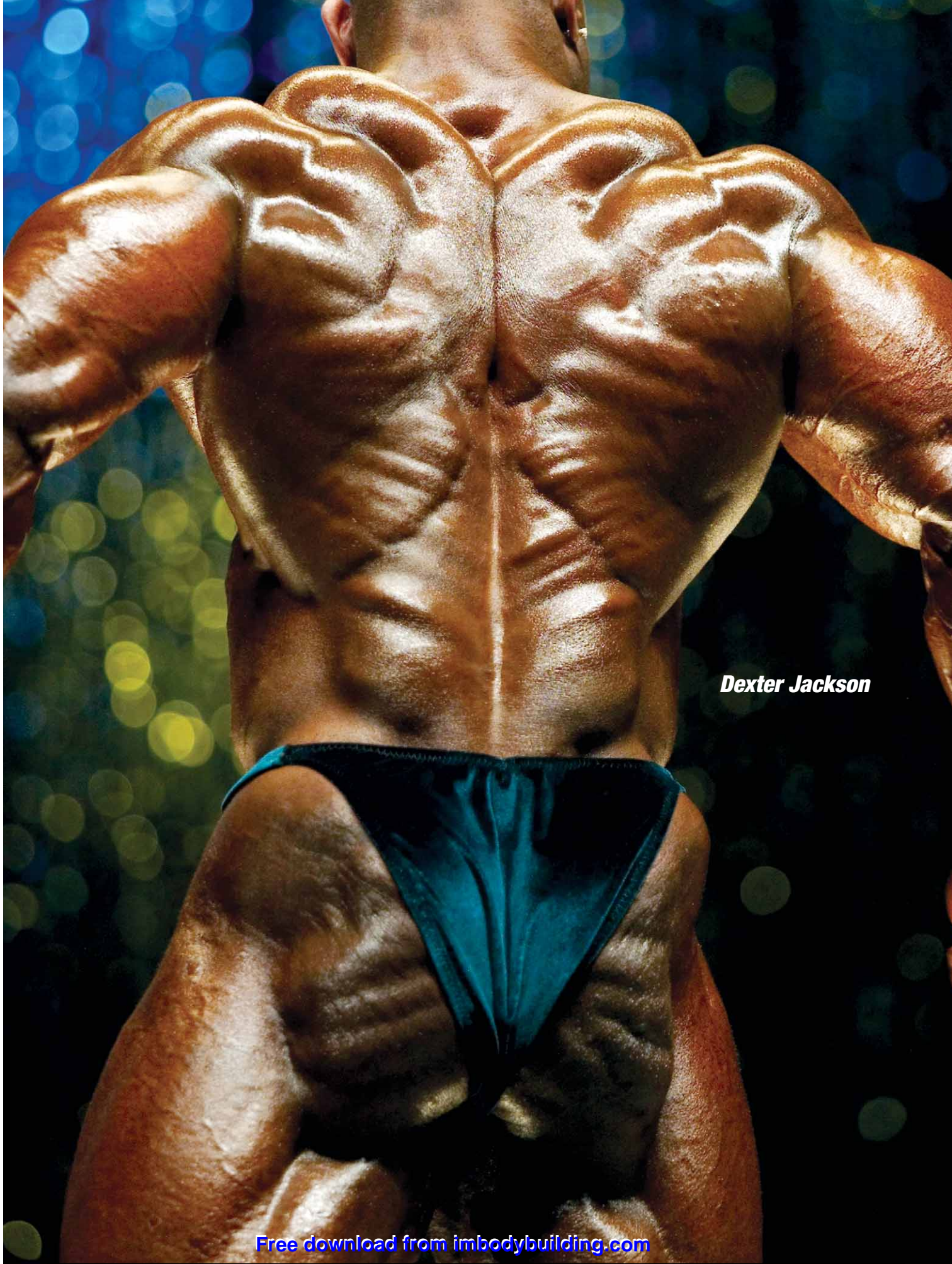
Last year's champ, Gustavo Badell, was debating in late No-

vember about defending his title; the game's greatest poser—and physique extraordinaire—Melvin Anthony, says he may be back too. And the biggest surprise of the 2005 season, Branch Warren, is strongly considering joining the lineup, as is big Art Atwood, who's out to prove he's still a legitimate title contender.

What's more, for those who haven't heard by now, the 17th version of the longest-running pro show on the West Coast, which is

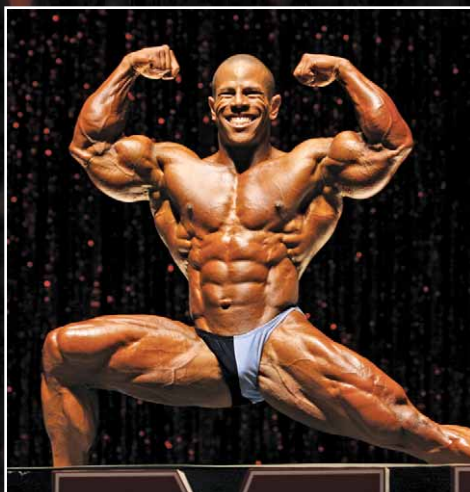


'05 IRON MAN PRO
Lee Priest
Gustavo Badell
Dexter Jackson



Dexter Jackson

IRON MAN PRO
Gustavo Badell



IRON MAN PRO
David Henry

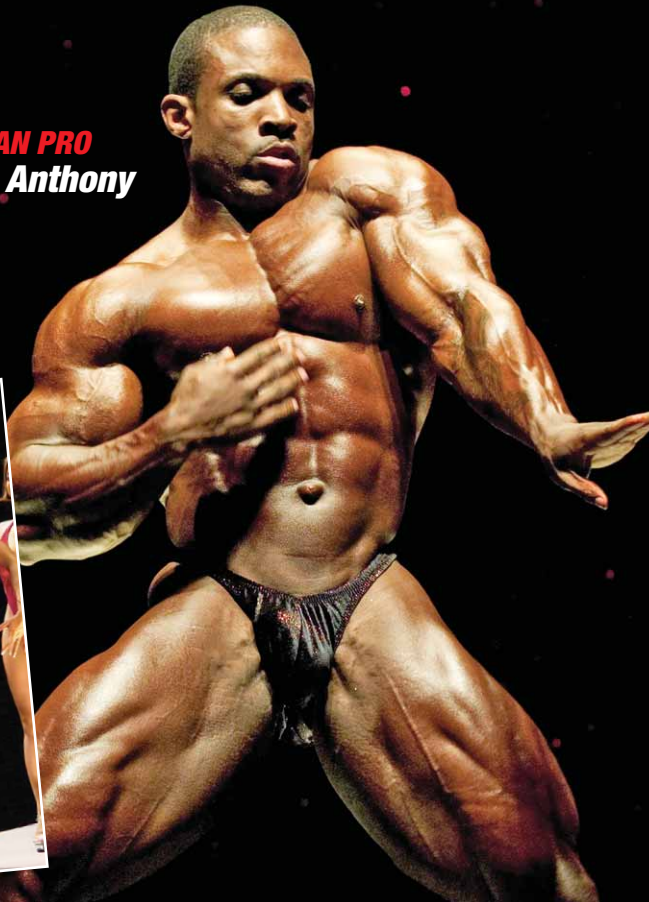
set for February 18 at the historic Pasadena Civic Auditorium, will also feature the return of Francis Benfatto, who, at age 47, is making a comeback after sitting out the past 15 years of competition.

As always, it's tough to know exactly who's in, who's out at press time (mid-December). But it's safe

to say that the strong tradition of the contest (third best in the world after the Olympia and the Arnold Classic) will remain true to form. To date the show has produced a Hall of Fame list of champions: Flex Wheeler (five wins), Chris



IRON MAN PRO
Melvin Anthony



Ad



ARNOLD CLASSIC
Chris Cormier

Cormier (four wins), Vince Taylor (two wins), Jay Cutler, Shawn Ray, J.J. Marsh, Dexter Jackson and Badell. Also a Hall of Fame list of those who have competed but have *not* won the contest: Ronnie Coleman (yes, *that* Ronnie Coleman, who was third in 1997), Priest (four times), Charles (who has recorded six wins in his magnificent career) and Anthony (second twice, fourth last season.)

If James, Priest, Charles, Alves and Anthony do make it to Pasadena, that will give the lineup six competitors (including Benfatto) who have finished in the top 10 at the Mr. Olympia. James (sixth), Anthony (seventh) and Charles (ninth) did that last year.

The *IM Pro* stakes—financially speaking, that is—will be higher this year, as the first-place prize money is being lifted from \$10,000 to \$15,000.

Last year saw Badell, coming in at 250 at 5'7" (16 pounds heavier than when he placed third in 2004), win his first pro show in a terrific year that included third-place finishes at the Arnold Classic and the Mr. O. Badell added another 25K to his bank account when he stunned the bodybuilding world by besting Coleman *and* Cutler to win the Olympia challenge round.

Priest, always a tremendous crowd favorite, had to settle for second—again—last year. In fact, when Priest told me he would be doing the show again, he quipped "I'm a sure pick—for second." Naturally, the 5'5" 200-pounder wasn't thrilled with his '04 finish and wants the *IM* title bad. Lee was at his all-time best last year at the Arnold, where he took fourth, and the Australia event, where he bested Cormier for the crown in front of his hometown fans, and he's kept his weight down during the off-season.

And, as usual, Priest was mired in controversy in 2005, this time for signing a contract to compete at the Olympia, then deciding not to a few weeks before the show (no fine or suspension; he just had to pay back expenses already incurred). Never a dull moment with the Priest, to say the least.

Alves has been hard at work since November with his eye on the *IM*. A

year ago a lot of people in the seats thought the 5'8" 218-pounder from Phoenix had won the show, though he had to settle for a controversial third. Alves missed the Olympia due to an injury, so he's champin' at the bit to prove there's no reason to quit.

Anthony was happy to win last year's Vince Gironda Best Poser award, but he was not thrilled with his eventual fourth-place finish and, after his great showing at the Olympia, wants to get a win in front of the local Southern California fans.

It will be interesting to see if 2006 will be the breakout year that Henry is hoping for. David, one of those mass-with-class guys at 5'5" and 190 pounds, was seventh last year, but plenty of ticket buyers left the auditorium thinking he was top-five material, for sure.

After being overlooked throughout the year, Henry got his name in lights when he won the Wildcard Challenge, held the night before the Mr. Olympia with the Fitness and

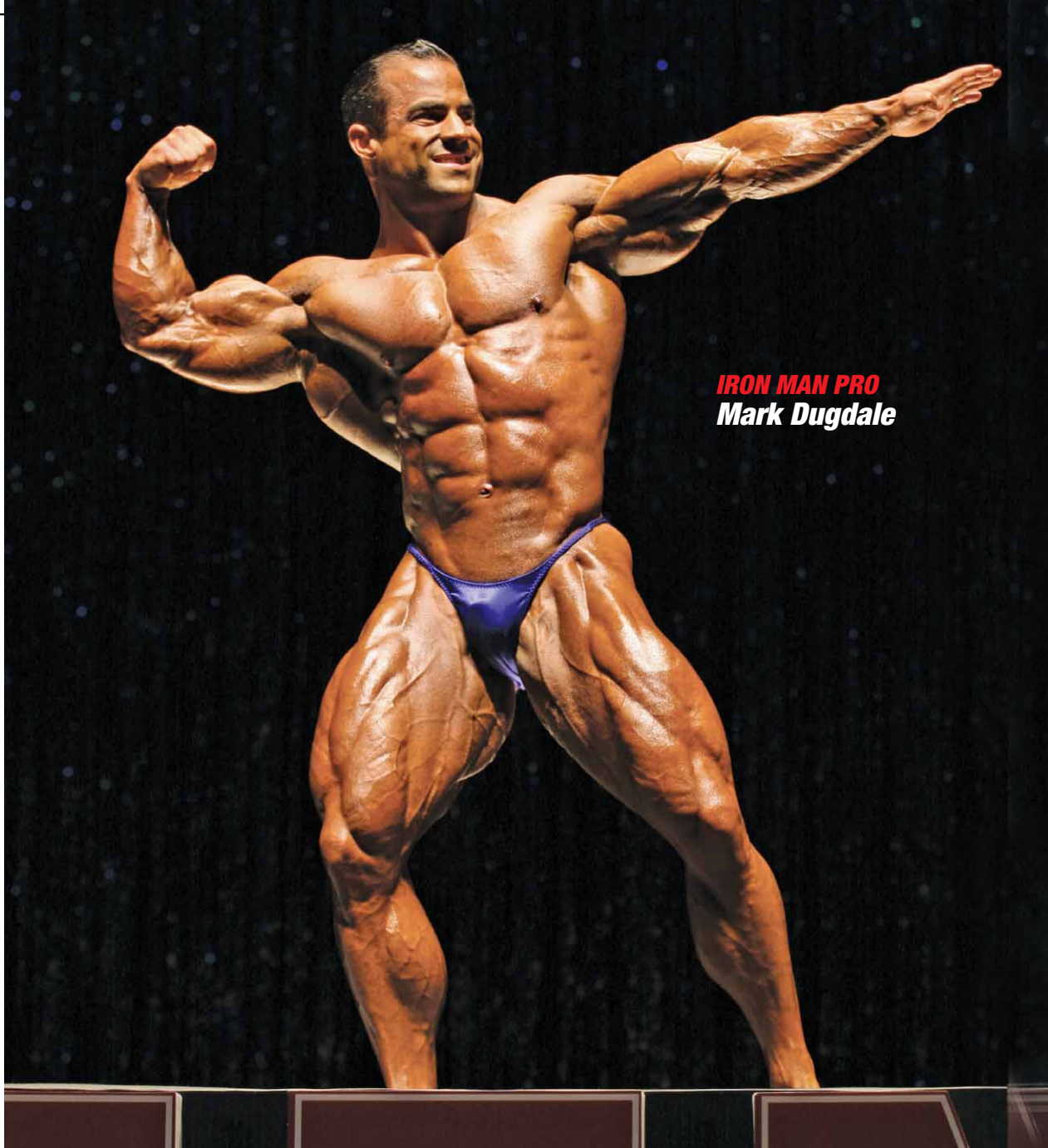


ARNOLD CLASSIC

Dennis James

Melvin Anthony

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IRON MAN PRO
Mark Dugdale

Figure Olympia finals, picking up 10 grand in the process and earning a spot onstage with the best in the world the next day.

Another guy I thought was passed over in '05 was rookie Mark Dugdale. Mark was in terrific shape at all three of his events last year (the *IRON MAN*, the Arnold and the San Francisco Pro), but his highest finish was sixth, at the latter. Again, not the biggest guy in the field but one of the sharpest.

Speaking of big little men, Bui wants to jump out of the box and make a statement, not just a good impression. Eryk mirrors Henry in a sense: David won the NPC National

Middleweight title in '02 at 172 pounds and was thought to be too small for the pro ranks. Bui, at 5'5" and 174 pounds, crushed the class en route to the '04 class win but faces the same struggles Henry did in the beginning—getting the judges to focus on his overall package, not his height and weight.

Bui, who was 210 pounds 10 weeks out, said he'll compete at around 190 to 193 and feels he can hold his own with the big boys. "I don't plan on taking a couple of years to get noticed," he said.

Another "smaller" dude who has something to prove is Derik Farnsworth, the former National Light-

weight champ (and three-time Team Universe Lightweight champ), who fizzled in his pro debut last year.

The 5'2", 165-pounder got slammed in the mags for his poor conditioning, a rarity for him. This time around he was so focused in his training that a friend said he was ready to step onstage six weeks out. Besides, anybody who poses to Elvis music is already a champion.

Also on the *IM* Pro Program

The NPC Obusforme *IRON MAN* Figure Championships will again be held in conjunction with the pro



ARNOLD CLASSIC
Victor Martinez

bodybuilding event, and if history repeats itself, will be a portal to the pros. The last three winners of the competition—Hannah Park in 2003, Abby Duncan in 2004 and Alexis Ellis in 2005—went on to get their pro cards the same season.

Additionally, NPC President Jim Manion will be honored with the Peary and Mabel Rader Lifetime Achievement Award for his three decades-plus of service to the industry.

The press conference for the men, including the always entertaining weigh-in (and some posedowns to boot) will be held on Friday, February 17, at 4 p.m. in the Expo Hall at the Pasadena Center.

Next Comes Classic Time

Two weeks later the top competitors from the *IRON MAN* will be joined by some of the game's greatest players for the Arnold Schwarzenegger Classic on Saturday, March 4, in Columbus, Ohio. All of last year's top finishers are on the list of athletes invited to be onstage at the Veterans Memorial Auditorium, with defending champ Dexter Jackson leading the field. The Blade surprised many in the bodybuilding world by passing on last year's Olympia, but he told me it was solely to concentrate on duplicating his victory at the Classic.

The event's most frustrated performer, Chris Cormier, will be back once again to challenge for the crown that has eluded him the past six years. Yup, Cormier has finished second in every Arnold since 2000, and he was third in 1999. He feels he should have won the title more than once (Chris lost to Jay Cutler by a single digit in 2004).

Badell took third last year but, after his third-place finish at the Olympia and challenge-round victory over Coleman and Cutler, the Freakin' Rican will enter this year's ASC as perhaps a cofavorite with Jackson.

Priest was fourth last year, Anthony fifth and Charles sixth, and, if they show up in top shape, they will again battle for a high placing.

But it's the guy who finished seventh in '05—Victor Martinez—who might provide the real story this year. Martinez was a shadow of his former self in early-season events last year, but he bounced back to take fifth at the Olympia. He's the guy Coleman has tabbed as his heir apparent, and he's on the list. Throw an in-shape Vic into the mix, and we have quite a battle in the works for the \$110,000 first-place money.

More top-notch flexers who could throw a monkey wrench into the final placings are Dennis James and Branch Warren. As evidenced by his sixth-place finish at the Olympia (James was third behind Coleman and Cormier at the ASC in 2001), Dennis' game plan includes being in the running for every show he enters. Warren, you may recall, bested James for the Charlotte Pro title last year before ending up an impressive eighth in his Olympia debut. Also on the invite list: Ahmad Haidar, David Henry, Mark Dugdale, Mustafa Mohammad, Johnnie Jackson, Tony Freeman and Chris Cook.

Man, this show is getting more interesting by the minute. Wait, did I hear Cutler could be competing too? Tell ya what—to see the up-to-date list, log on to www.GraphicMuscle.com or to www.ArnoldClassic.com.

Regardless, it will be a dandy, as always. **IM**

X-FILES

Mass Secrets

From the Champs

by Steve Holman and Jonathan Lawson

Do the biggest bodybuilders on the planet know something the rest of us don't? Are they using some muscle-building secret to get incredibly huge? Yes! And no. Yes in that certain workout techniques they use create extreme mass; no in that those techniques aren't really secrets. They're just specific details that the mass monsters instinctively adopted—in most cases without realizing it.

For example, we've discussed the way Mr. Olympia Ronnie Coleman does his heavy work sets through a partial range—like only the bottom half of the bench press. He says he does it to preserve his

joints; however, what those partials, or exaggerated X Reps, really do is provide more continuous tension, blocking blood flow to the target muscle. Research shows that partials can activate more muscle fibers and more anabolic hormones.

Coleman's partial-rep method is also an awesome quick-hit overload right at the exercise's max-force point—that bottom area of presses or squats, for instance. Doing partial reps with a controlled explosive turnaround can build mass fast. And on some exercises, like shrugs, he double-blasts that key sweet spot for even more mass stimulation. We call that the Double-X Overload technique.

News \ Model: Jay Cutler



In fact, Coleman's number-one nemesis, Jay Cutler, who was second to big Ron at the '05 Mr. Olympia, uses the DXO technique on almost every exercise—he does X Reps between reps or groups of reps for every muscle, giving attention to semistretched-point overload. Is that one of the secrets of his muscle-building success? It's interesting to note that in Cutler's early competitive days many believed that he didn't have the genetics to go far in bodybuilding. He proved them wrong, and we think that his integrating more X-spot overload was a *big* contributor! Here's why...

As we've noted in our e-books and this magazine, stretch and semistretched-point overload are tied not only to more fiber activation and anabolic hormone

stimulation but also to hyperplasia, or fiber splitting (one study showed a 300 percent mass increase in animals from only 30 days of stretch overload!). Does Cutler realize all of that? Maybe, maybe not. But it doesn't matter. What does matter is that he's figured out how to use it to build incredible mass. Let's look at how he integrates the DXO technique for semistretched-point overload on cable crossovers.

On his first set he does 7-1-1-1. That means he does seven rapid-fire reps, and then he pause/pulses at the top, his arms outstretched and his pecs in a semistretched state, before he does rep eight. He does it again before rep nine and before rep 10. (Keep in mind that those pause/pulses in the semistretched position also extend the time under tension

for the target muscle, which is another key anabolic trigger; there's a lot more on that in our e-books.) Then on set two he ups the anabolic ante.

On his second set of cable crossovers he does 4-1-1-1-1—in other words, four rapid-fire reps followed by four reps with X-Rep pause/pulses on each—but he doesn't stop there. He immediately reduces the weight and performs 3-1-1-1, making the whole thing a drop set. Think about how long the target muscle is under tension and how much semistretched-point overload he's getting at the top end of most of his reps. He gets an incredible amount of growth stimulation from only three sets—well, really only two, one plus one drop set.

If you're interested in packing on some new muscle—and perhaps leapfrogging your so-called genetic limitations—try the DXO method, which is simply X Reps performed between standard reps. Is it Cutler's critical size-building secret? After trying it for ourselves and seeing the results, we have to say yes—it's one heck of a mass X-celerator! (Our latest photos are at www.BeyondX-Rep.com.)

Watch, Learn and Grow

Obviously, we're big believers in watching the best bodybuilders train and analyzing what they do to build more muscle. Notice we said "watch" rather than "ask." Most of them can't quite articulate what they do and why they do it; in fact, in most cases, instinct has led them to the mega-mass pot of gold.

As we said, Ronnie Coleman is a good example. In fact, his training is mostly exaggerated X Reps on every single exercise—no full-range reps whatsoever. While it's probably true that doing the partial reps helps to preserve his joints, it also jacks up the stress at the semistretched point, where maximum force is generated and, therefore, where the most muscle fibers are activated.

Watch Coleman do bench presses. He lowers the first rep from complete lockout, but after that he moves the bar off his chest to just below halfway up the stroke—at



Okabe \ Model: Ronnie Coleman \ "Redemption" DVD, www.Home-Gym.com

Coleman does partial-range movements on most exercises—similar to exaggerated X Reps—for continuous tension and max-force-point overload.





Comstock

Cutler and Coleman, two of the biggest bodybuilders on the planet. Their training techniques can help you grow massive.

which point he lowers again and explodes for another partial rep, cranking out those pistonlike partials till failure. It's a quick-hit overload right at the sweet spot—and with mega-heavy weight (you can use much heavier poundages when you just do partials). He also keeps his reps fairly high, around 12 on most exercises, so his muscles get the proper time under tension for growth stimulation.

Now, Coleman would probably say that doing 12 just feels right and doesn't stress his joints the way doing low reps would. That's not to belittle him. He's one of the greatest bodybuilders to ever walk the planet, but it just goes to show that a lot of the most massive men discover what works and then leave it up to the rest of us to watch, learn and figure out the science behind it.

Tension for New Muscle Dimensions

So should you follow Coleman's lead and do all of your exercises in partial-range style? That might work to a degree; however, since muscle fibers fire all the way through the range, it's possible that you could miss some by not getting at least close to lockout on a set or two. We don't recommend full lockout

because of the joint stress that Coleman talks about, but the bigger reason is continuous tension. As we've written in our e-books, in this magazine and in the *IM* e-zine, research shows that keeping tension on the muscle can jack up muscle growth significantly.

Yep, no pain, no gain actually has science behind it. Here's a conclusion from a recent study on muscular adaptations that gets the point across (*Med Sci Sports Exer.* 35:955-63; 2005):

"The increased acidity in muscle during intense training not only promotes anabolic hormone release but also appears to increase the level of muscle fiber recruitment. The brain apparently senses the heightened metabolic stress and compensates for it by recruiting additional fibers."

Did you get that? Anabolic hormone release. More fiber recruitment. That pretty much seals the deal for continuous tension. Yeah, we know a nonlock style hurts, but that's the point. It triggers muscle burn, and you want to extend that searing effect with X Reps, partial pulses done at the end of a set or between reps or groups of reps, as Jay Cutler does them. Either way they extend the set, giving a chance for even more acidity to

AD

collect in the target muscle so, as the quote above indicates, they can “increase the level of muscle fiber recruitment.”

We’re talking turbocharged growth stimulation. X Reps and X-hybrid techniques, like the Double-X Overload method we discussed above, can make a set two to five times more productive than a standard positive-failure set. More anabolic hormone release and muscle fiber recruitment are the reasons why. All that said, however, you do want to rest long enough, about three minutes, between those sets so you can fire the muscle with the most force possible on each.

Quick-Hit Muscle Makers

Okay, you want some specifics on how to apply the above info. Here are a few ultimate-exercise sequences you can try with some Coleman-esque and Cutler-like touches for good measure—and bigger measurements. (The ultimate exercises for each bodypart are explained in *The Ultimate Mass Workout* e-book, available at www.X-Rep.com.)

Sequence 1. Do work set 1 in nonlock style, and at exhaustion do X-Rep partials at the semistretched point. For work set 2 add weight and do an X-Rep-only set, blasting out heavy partials in the X range, about a 10-inch move from just above the turnaround to just below halfway up the stroke—Coleman style. Try to get 12, and when you can’t manage another, do a static hold to failure right at the semistretched point. (Smith-machine incline presses or another type of machine bench presses would be a great exercise to try this on.)

Sequence 2. Do work set 1 as an X-Rep-only set, blasting out heavy partials in the X range, about a 10-inch move from just above the turnaround to just below halfway up the stroke—Coleman-style again, but no static hold this time. Do work set 2 in Double-X Overload style, the way Coleman does his shrugs and Cutler does

Cutler favors rapid-fire movement, often X-Repping in the semistretched position between reps.

Okabe \ Model: Jay Cutler \ "Ripped to Shreds" DVD, www.Home-Gym.com



a number of exercises: Drive the weight up through the full range, not quite to lockout, then lower and do a quarter rep that encompasses the X Spot before driving through the full range again—but not quite to lockout. You want continuous tension to throttle the target muscle. When you can’t get any more of the DXO reps, do standard X Reps at the semistretched point.

With each of the above you get continuous tension, which accelerates muscle pump and capillary bed enlargement, and semistretched-point overload, which may trigger fiber replication. Altogether it creates extraordinary muscle fiber activation and anabolic hormone release. In fact, if you can grit your teeth and generate enough intensity on the ultimate

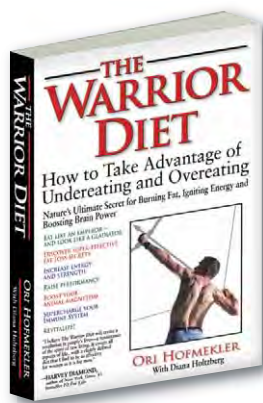
exercises, you can get quick, mass-building workouts—averaging about 30 minutes. Sure, we prefer to train our bodyparts with more than one exercise in Positions-of-Flexion style—midrange, contracted and stretch—but if you’re pressed for time or simply want to try something different, the big midrange ultimate exercise for each bodypart performed in X-treme-intensity style, as illustrated in the above examples, can get the mass-building job done.

No excuses; it’s time to grow!

Editor’s note: For more information on X Reps, X-hybrid techniques, *The Ultimate Mass Workout* e-book and the *Beyond X-Rep Muscle-Building* e-book, visit www.X-Rep.com. **IM**

The Inner Warrior

Part 2



An Eye-Opening Interview With Scientist, Artist, Author and Nutrition Maverick Ori Hofmekler

by Jerry Brainum

As IRON MAN researcher Jerry Brainum's conversation with Ori Hofmekler, author of *The Warrior Diet*, continues, the subject at hand is Hofmekler's contention that eating late in the evening is a good thing.

JB: Some people find that eating a large meal at night promotes insomnia, especially because certain nutrients, such as omega-3 fatty acids and amino acids from protein, are brain stimulants. How does the Warrior Diet deal with that problem?

OH: For most people eating late promotes relaxation and sleepiness, but there are always those who like to split hairs. It's a well-known fact that carbs and fat promote relaxation and satiety through stimulation of serotonin and leptin, respectively. Any low-carb or extreme diet may fail to provide satiety, relaxation and sleep. That has nothing to do with eating late.

Indeed, unbalanced protein meals eaten late may cause alertness and insomnia, but omega-3 fats provide a calming effect. Studies show that omega-3 fatty acids act similarly to beta-blocking drugs in that they attenuate adrenal activity. That partially explains their beneficial [anti-stress] properties for treating hypertension and cardiovascular diseases. In effect, they keep stress hormones from overstimulating the cardiovascular system.

JB: You're not a big fan of commercial protein supplements because you say that they're often overprocessed, leading to amino acid losses. Do you believe that is true of all commercial protein supplements?

OH: Active people cannot afford to do what sedentary people often do, and that's eat crap. When it comes to protein, there is no room for compromise. Yet many protein products sold today are made from low-grade, cheap sources with no

real indication [on the label] of their actual amino acid score or their true shelf life. In *Smart Nutrition*, Dr. Abraham Hoffer reveals the ugly truth regarding the overprocessing, overheating and overtoxicity of inferior proteins.

The human body has never adapted to overprocessed or chemically loaded food. Unfortunately, pesticides and plastic derivatives are abundant in commercial protein products. Petroleum-based pesticides bind to estrogen receptors and exert estrogenic activity. That translates into feminization of men, along with stubborn fat gains.

We live today in an over-estrogenic world. Estrogen is the cause of some of the deadliest cancers, such as breast and prostate cancers.

Bodybuilders and other athletes have a higher protein turnover and intake than the average Joe. For that reason, protein should be a clean and properly processed source. Otherwise, high-protein consumption may increase the toxicity level and





protein to promote substantial gains in muscle mass.

JB: If the large evening meal contains a lot of fiber, it will make people feel full, an effect that may limit food intake. How would you deal with that problem?

OH: If people achieve satiety from naturally occurring fiber in the meal, then let it be! Why try to fix things that aren't broken?

The human diet is fundamentally dictated by survival principles, the most important of which is "going down the food chain." It's widely believed that we are better adapted to the pre-agricultural foods from the bottom of the food chain than to postagricultural foods. In simple terms, we generally do better eating fruits, nuts, veggie roots and legumes, all of which are high-fiber foods.

Fiber provides nutrients that support insulin sensitivity, hormone balance and toxin removal. The human body isn't well adapted to high-glycemic-index foods. Fiber helps reduce the glycemic index of meals. All of these benefits help to enhance performance and recuperation. Since fiber lowers the rate of protein utilization to a certain degree, I highly recommend that individuals incorporate protein and recovery meals during the day—the undereating phase—and thus com-

"Active people cannot afford to do what sedentary people do, and that's eat crap."

metabolic stress, which can lead to myriad related adverse effects.

Dairy proteins are generally superior to soy and other plant proteins. The industry tends to overlook the presence of chemicals. Use your common sense and choose protein supplements that are free of potentially adverse chemicals.

JB: Is it reasonable to assume that most people can get the majority of their required nutrients in one big meal?

OH: On the Warrior Diet one can get all essential nutrients and substantial amounts of protein before even reaching the main late meal. During the undereating phase people tend to eat more fruits and vegetables, thus providing the body with increased amounts of vitamins, minerals and phytonutrients.

In addition, by virtue of a natu-

ral increase in the body's capacity for using protein during undereating, especially after exercise, one can, pound for pound, utilize more amino acids from food than on any other nutrition plan. The main meal further enhances that process. Let me make it clear: The Warrior Diet isn't about water fasting during the day or the restriction of calories. Yes, it's possible to get all essential nutrients in one big meal, but you can't get enough





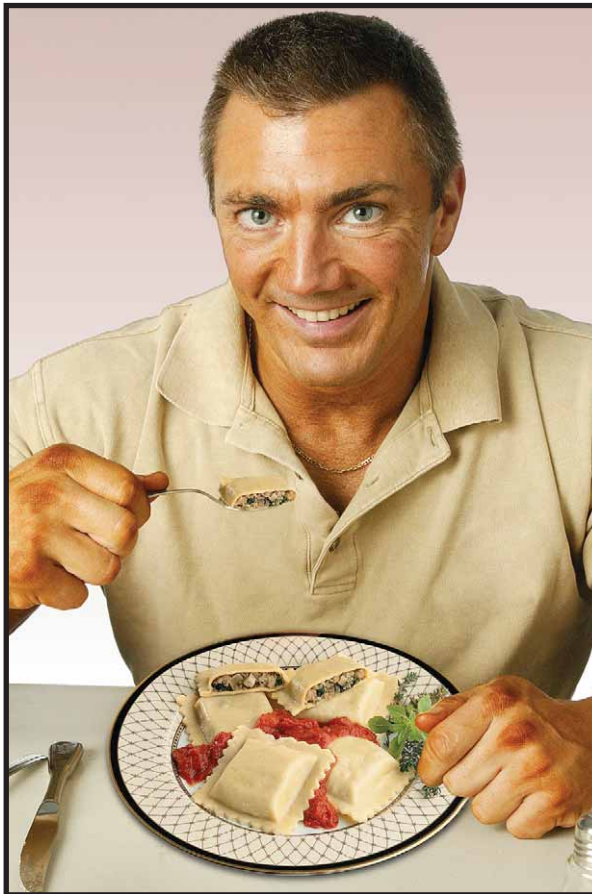
OH: Muscle gain depends on three critical metabolic actions: ergogenic, anabolic and anti-inflammatory. All three must be there. If even one is lacking, growth won't occur. For instance, if the anti-inflammatory process is inadequate, the body will not be able to fully recuperate. In that case even a high-protein intake won't prevent muscle losses. To substantially increase lean mass, one should choose supplements that provide potent substrates to naturally support those three critical actions.

For ergogenic activity the best supplements are whey protein, colostrum and creatine. I would also include potent natural estrogen inhibitors and testosterone-enhancing (not -boosting) products. We're currently developing a revolutionary new product that will do just that: suppress estrogen, enhance testosterone, promote lean gains and help remove stubborn fat, such as that found in the abdominal and chest areas.

For anti-inflammatory activity the

pensate and boost the overall protein intake.

JB: Some people just cannot or will not eat the amount of protein required for promoting additional muscle mass. For them a good protein supplement would be a definite asset. Considering your earlier remarks about commercial protein products, are there *any* supplements that would help a person pack on more muscle mass?



Neveux \ Model: John Hansen

“Yes, it's possible to get all essential nutrients in one big meal, but you can't get enough protein to promote substantial gains in muscle mass.”

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best supplements are minerals, such as 600 milligrams a day of magnesium, one to two grams of calcium; immune-boosting fibers, such as arabinogalactan and proteoglycan; antioxidants, including vitamins C and E and proanthocyanidins from grape seed extract, blueberries and bilberries; protease enzymes, especially the pineapple enzyme, bromelain.

The best supplements are those that contain standardized bioactive and chemical-free compounds. The three critical actions previously described can also be boosted with drugs. The industry often encourages you to take that shortcut, but there are no shortcuts in the human body. Any attempt to shortcut the body's natural metabolic processes may lower its capacity to regulate its own actions, leaving it vulnerable to disease and dependent on chemicals.

JB: On the flip side, are there any supplements that you consider just a sheer waste of money for most bodybuilders and other athletes?

OH: There are a few good reasons not to purchase a sport nutrition product, including the following:

- If the science behind the supplement is inadequate.
- If the anecdotal evidence is missing.
- If there is confusion as to the serving size.
- If the supplement isn't correctly labeled or standardized.
- If the story behind it sounds too good to be true or, coincidentally, involves by sheer luck a "great mo-

ment of brilliant discovery."

- If the names of the researchers behind the product are kept confidential.
 - If it is made from synthetic chemicals with no warranties.
- As for protein products, avoid using the supplement:
- If it smells or tastes funky.
 - If the expiration date has passed or isn't listed on the product.

- If it's too cheap to be true.
- If it contains chemical additives, sugar alcohol, hydrolyzed gelatin, hydrogenated oils (trans fats) or fructose, especially high-fructose corn syrup.

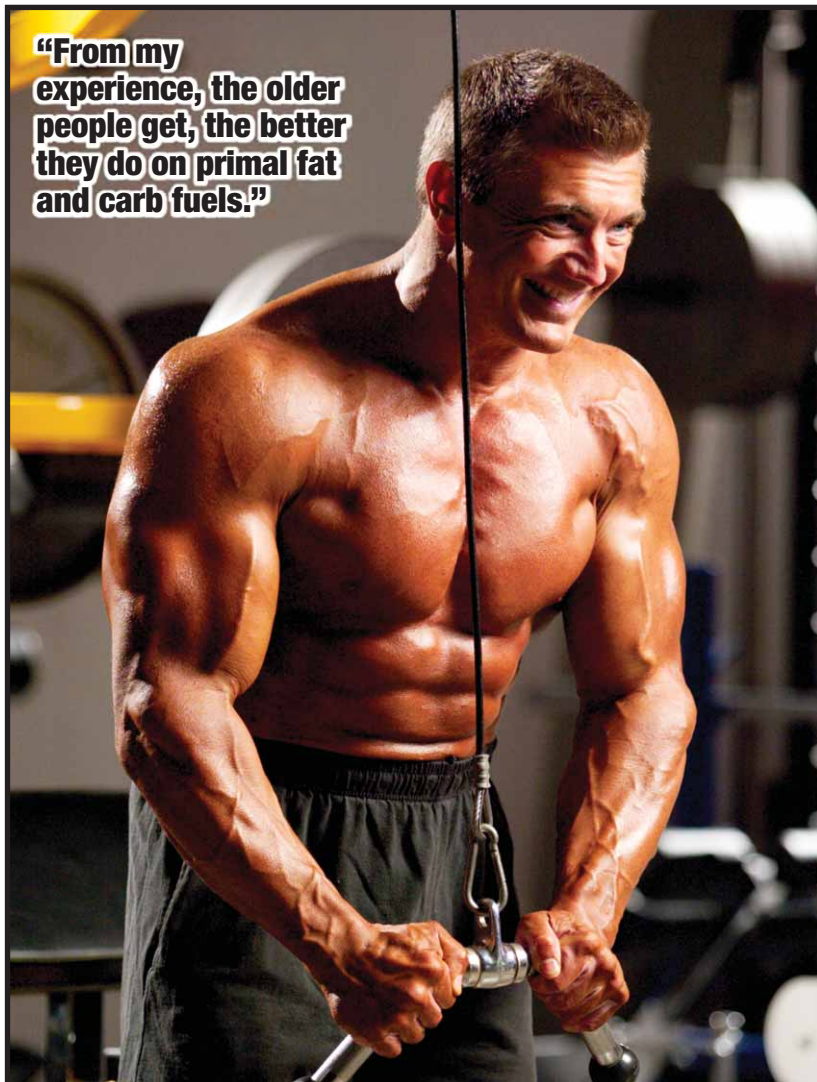
JB: I would slightly disagree with you about the expiration date. The expiration date listed is merely the date to which the product is guaranteed to have

"We generally do better eating fruits, nuts, veggie roots and legumes, all of which are high-fiber foods."



Neveux \ Model: Marvin Montoya

“From my experience, the older people get, the better they do on primal fat and carb fuels.”



The Warrior Diet provides a special nutritional plan to enhance testosterone. It features certain foods and meals that primarily promote steroid hormone production.

matter, increase testosterone—they also cause short- or long-term side effects. As noted, we are planning to launch a potent natural testosterone enhancer (*not* a booster) in an edible form. It's especially designed to do just that—suppress estrogen and estrogenic chemical activity and increase free or active testosterone.

Finally, the Warrior Diet provides a special nutritional plan to enhance testosterone. It features certain foods and meals that primarily promote steroid hormone production, enhance libido with increased vigor and capacity to perform and build lean mass.

JB: Are there any modifications to the Warrior Diet that people who are older, say, over 40, should make?

OH: The Warrior Diet principles apply to anyone at any age. There are special modifications for individual cases. The nutritional plan helps people find and define their ideal fuel. Knowing what unique fuel works best for you can make a huge difference in a person's ability to get leaner and stronger.

Nonetheless, from my experience, the older people get, the better they do on primal fat and carb fuels. It's very likely that the older people get, the more they need to go down the food chain to where fuel is derived from low-glycemic-index foods, such as nuts and legumes, which are rich in nutrients to support gonadal and immune systems. Thus, primal food provides the best compensation for the typical wear and tear associated with aging.

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the potency claimed on the label. Using a product past that date doesn't mean the product is bad. Some common sense comes into play here too. If the product smells or looks bad, then I would agree it should be discarded. I've used certain supplements that had expired eight years earlier with absolutely no problem. In any case, the next question is whether you think that any of the supplements touted to increase testosterone are of any real value in building added muscle mass.

OH: Just boosting testosterone levels isn't good enough to promote anabolic effects. There are two reasons why. First, for some people an increase in testosterone levels doesn't necessarily translate into

increased androgenic activity. Second, some people suffer from over-estrogenic activity, which adversely affects their androgenic activity. Just increasing testosterone levels won't solve the problem. In fact, more testosterone may add to the problem by being converted into estrogen.

There is no doubt concerning the critical role that androgens play in building muscle. But to get real positive results, one must establish the following two metabolic ratios:

- 1) A high testosterone-to-estrogen ratio
- 2) A high free testosterone-to-bound testosterone ratio

I'm not aware of any current product that can methodically help improve both of those critical metabolic ratios. While there are drugs that suppress estrogen—or, for that

Neveux \ Model: John Hansen

Flame

Adjusters

Put Out the Inflammation Fires of Joint Injury

by George L. Redmon, Ph.D., N.D.

Inflammation is defined as redness, swelling, pain, heat and disturbed function of an area of the body or as a reaction of tissues to injurious agents.

Inflammation is a normal response to tissue that has been injured and/or damaged. It's much like the sirens and horns on a speeding fire engine. The inflammatory response is actually a good thing, an alarm to let you know that a fire has started and that you need to do something to assist the body in removing damaged cells, soothing inflamed tissues and eliminating harmful toxins. The body's goal is to accelerate the repair process.

New Ways, New Thinking

Researchers now know that the once common battle cry *No pain,*

no gain is an oversimplification. You need to pay attention to your body's response to inflammation. If left unchecked, it could cause further destruction and permanent damage to muscle tissue. When tissue, joints or any area in the body becomes inflamed due to injury, overexertion or harmful by-products or destructive compounds, internal firefighters spring into action to neutralize the invaders, and healing begins.

One of your chief goals as a bodybuilder is to build strong, lean muscle tissue and control or minimize the destructive nature of cortisol, ammonia and lactic acid. There are, however, other insidious

muscle-wasting agents you may not be familiar with: prostaglandins, cytokines, leukotrienes, histamine, C-reactive protein and COX-2, to name a few.

While you shouldn't abandon the programs that help you preserve the lean muscular look you have or are trying to attain, you should take seriously the concept of inflammation and its link to reduced muscle output, loss of workout time and muscle wasting. According to current data and emerging thought, the worst enemy to our internal system and the cause of a host of pathological diseases is our inability to control the body's response to inflammation.

The key here is how and what we do to control the inflammation responses so that the healing process is accelerated at the initial site of injury and the flame doesn't turn into a full-fledged fire.



Hot and Cold Therapy

At the first sign of the inflammatory response (pain and swelling), most of us seek relief and protection by using hot or cold compresses. For acute inflammation, characterized by redness, swelling and pain, cold therapy is the best immediate treatment, according to Elizabeth Quinn, an exercise physiologist and health information writer for *About Health and Fitness/Sports Medicine*. As Quinn explains, cold applications cause vasoconstriction (narrowing of blood vessels), which limits bleeding at the injury site.

On the other hand, heat is systematically used on chronic injuries that come and go and that exhibit no signs of inflammation. Soreness, stiffness and nagging muscle and joint pain are ideal for heat applications. Heat can also relax tight muscles but should never be used after your workout. Heat increases circulation and elevates surface skin temperature, and during signs of inflammation should not be used.

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NSAIDs, COX-2s and Leaky Guts

Nonsteroidal anti-inflammatory drugs (NSAIDs) are widely used to combat the pain and inflammation of tissue and other structures that have become inflamed and or damaged. Vioxx, Celebrex, Bextra, as well as naproxen (Aleve), ibuprofen (Motrin, Advil), fenoprofen (Nalfon) and indomethacin (Indocin), are classified as NSAIDs. While those drugs have the ability to reduce

pain, swelling and inflammation, their long-term use can have serious side effects and even fatal consequences. The FDA removed Vioxx, Celebrex and Bextra from the marketplace, citing results from clinical trials that linked them to increased heart attack and associated cardiovascular risk.

The massive recall of Vioxx alone cost the giant drug manufacturer Merck more than \$30 billion. NSAIDs were to be the future of a



Neveux \ Model: Jonathan Lawson



class of drugs that had COX-2-inhibiting capabilities. Thomas M. Newmark and Paul Schulick, authors of the highly acclaimed book *Beyond Aspirin*, describe the COX-2 enzyme (cyclooxygenase-2) as a destructive compound that stimulates many chemicals that disrupt the working equilibrium between tissue degradation and tissue recreation. The by-products of an overstimulated COX-2 enzyme can perpetuate a cycle of inflammation and retard healing.

The hoopla surrounding the drugs was their ability to neutralize the COX-2 enzyme and some of the associated risk that the other NSAIDs carried. Long-term use of them caused kidney damage, peptic ulcers and severe gastrointestinal bleeding, however, and by one estimate more than 16,500 people died last year alone as a result of serious bleeding complications due to their use. What's more, at least 107,000 Americans were admitted into the hospital as a result of complications associated with NSAID use.

Researchers also believe that NSAIDs cause or amplify the debilitating affects of the leaky-gut syndrome. James Braly, M.D., author of *Food Allergy and the Nutrition Revolution*, found that the leaky-gut syndrome leads to allergic responses and inflamed joints and tissue. That's because NSAIDs weaken the lining of the gastrointestinal tract and cause food particles (which leak from the gut) to find their way into weakened inflamed joints and tissue. The body's immune system recognizes these displaced food stuff as foreign matter, or injurious agents, and attacks its own tissue. That's the autoimmune response—a classic example of how pain and associated inflammation ignite a flare-up of rheumatoid arthritis.

The Real Problem

Dr. Max Warmbrand, an early pioneer of naturopathic medicine, states that “the reason drugs don't

work is because they have an extremely limited effect on the body,” either stimulating or depressing certain functions. While they often provide relief from pain or ease some inflammation, they don't remove the underlying causes of the condition or bring about lasting repair and healing.

Here the questions multiply: Are there any safer alternatives that will help your body reduce the inflammatory response? Can they speed up the healing and recovery pro-

cess that is vital to your ability to grow and sustain new tissue? Can they hasten your recovery when inflammation and pain put you on the sidelines? Well, according to mounting data, a number of natural supplements can be of great benefit without the side effects associated with their drug counterparts.

Natural Flame Adjusters

Bromelin. Bromelin is an enzyme that is found in pineapples.

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Known for its ability to help digest protein, it's widely accepted as an alternative to NSAIDs. Bromelin works by breaking down a protein called fibrin, which can dramatically slow circulation, as fibrin is involved with blood clotting. Bromelin also slows the production of compounds that cause swelling and pain.

When swelling, redness, heat and pain occur, bromelin, much like a magnet, is attracted to the site of inflammation. Within muscle tissue it reduces inflammation and helps remove excess fluid from the site of injury. In many cases bromelin is paired with the bioflavonoid quercitrin, which enhances the absorption and action of bromelin and inhibits the multiplication of immune cells called neutrophils, which are responsible for the production of inflammatory hormones. Additionally, quercitrin inhibits the release of leukotrienes, substances that ignite

the inflammatory response.

Boswellia. Used for centuries in India as an anti-inflammatory agent, this herb is now widely used as a treatment for reducing inflammation associated with rheumatoid arthritis. Researchers contend that Boswellia, also known as Boswellin, suppresses the production of tissue found to be inflamed, as well as preventing the breakdown of connective tissue. There is reliable evidence that chemicals known as boswellic acids have the ability to

improve blood supply to the joints and strengthen blood vessels, and Boswellia is an accepted treatment for joint inflammation in India.

Leukotrienes are agents that initiate the inflammatory response. They promote free-radical damage and autoimmune responses. They send inflammation-producing cells to inflamed tissue, thus amplifying pain and swelling. Boswellia reduces or inhibits inflammation by interfering with the synthesis of leukotrienes.

You should take seriously the concept of inflammation and its link to reduced muscle output, loss of workout time and muscle wasting. According to current data and emerging thought, the worst enemy to our internal system and the cause of a host of pathological diseases is our inability to control the body's response to inflammation.

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Neveux \ Model: B.J. Green

White willow bark. An herb that soothes inflamed or irritated tissues, white willow bark comes from a tree species native to central and southern Europe, more commonly known as pussy willow. Used by herbalists to eliminate fever, headaches and pain, white willow is an analgesic known for its salicin glycoside content. It was the salicylic acid scientists found in white willow bark that led to its extraction and the development of aspirin. Because white willow doesn't cause liver problems that synthetic salicin (aspirin) does, it can be used as a viable alternative. Like aspirin, however, white willow shouldn't be used in conjunction with synthetic pain killers.

Devil's claw. An African herb found in the Kalahari Desert, devil's claw is a compound approved by Germany's version of the FDA as a nonprescription treatment for pain and inflammation. The active constituents, harpagoside and harpagide, are believed to inhibit leukotriene production. Studies have confirmed that elevated levels of harpagosides and other glycosides found in the herb reduce levels of pro-inflammatory agents.

Turmeric. Curcumin is the bio-active substance that gives turmeric its medicinal properties. A mainstay of traditional Ayurvedic medicine in India, turmeric has powerful antioxidant capabilities to reduce exercise-induced free radicals. The herb's anti-inflammatory properties come from its ability for reducing the production of histamine. Studies suggest that turmeric is also involved with the natural production of cortisone, the hormone involved in carbohydrate catabolism and used to treat the pain and inflammation associated with arthritis. In India, besides being considered a powerful antioxidant and digestive aid, turmeric is used as a standard anti-inflammatory medication. Research has demonstrated that turmeric has shown protection against the development of ulcers caused by NSAIDs.

Omega-3 fatty acids. Found abundantly in cold-water fish, these fatty acids are well known for their ability to prevent heart disease. In September 2004 the FDA approved EPA/DHA (omega-3 fatty acids found in fish oil) as a viable heart-disease preventive. Scientists

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have identified key anti-inflammatory agents in fish oils known as *resolvins*, which regulate the inflammatory process. Especially potent against inflammation are what researchers have labeled E1 resolvins.

Flaxseed oil. Flaxseed oil, less commonly known as linseed oil, is valued for its ability to protect cell membranes. It is a rich source of lignans, substances that protect against cancer, lower cholesterol and fight prostate problems, male infertility and impotence. Flaxseed oil, rich in essential fatty acids, appears to limit the inflammatory response via prostaglandin regulation. It's also rich in omega-3s, the same anti-inflammatory oils found in fish oils.

Vitamin C.

Chemically, vitamin C is known as ascorbic acid and is considered the master nutrient for boosting the immune response, protecting cells from free-radical damage, promoting healing and lowering incidence of blood clots. Vitamin C builds collagen, the connective tissue that acts like a glue holding you together in addition to accelerating the growth and repair of the body. Vitamin C also reduces the production of an inflammatory compound known as C-reactive protein that's produced by white blood cells.

No single magazine article can review all of the natural anti-inflammatory substances that are alternatives to nonsteroidal anti-inflammatory drugs, but evidence continues to mount concerning their efficacy. Emerging research is validating other supplements—DL-phenylalaine, sea cucumber, ginger, hyaluronic acid, 5-Hydroxytryptophan, rhodiola rosea and rutin, to name a few—as all having anti-inflammatory capabilities without the harmful side effects.



Conclusions

Your passion for reaching your bodybuilding goals sometimes outweighs your need to rest painful,

Neveux \ Model: David Dorsey



Neveux \ Model: Idrise Ward-EI

inflamed tissue or joints. You are aware, however, that your muscle tissues are subject to many injurious agents. Some cause muscle fatigue and accelerate the catabolic process, but inflamed tissue and joint structures will put you on the sidelines.

Mounting evidence implicates inflammatory processes, especially those that are the result of chronic wear and tear, as a more insidious cause of muscle wasting. So destructive is inflammation that it is also a major contributor to or initiator of chronic conditions such as cardiovascular disease, osteoarthritis and osteoporosis, or bone loss.

It's important to remember, however, that the inflammatory response is a direct action initiated to help promote healing. When anti-inflammatory agents are in short supply, the body's autoimmune response kicks in and actually accelerates the damage. The newest research shows that you should consider adjusting the temperature of a flame that may be burning out of control. Flame adjustment is a new key to protecting and preserving lean muscle gains. No longer should muscle wasting and recovery be considered separate issues but as a unit that requires attention to ensure your long-term success.

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Editor's note: George L. Redmon is an author, nutritional counselor and doctor of naturopathy, having been associated with the natural health industry for some 25 years. He is a graduate of the Clayton College of Natural Health (N.D.), American Holistic College of Nutrition (Ph.D.) and Walden University (Ph.D. in administration and management). He has served as the national training director for General Nutrition Centers and as an advisory board member to the Clayton College of Natural Health. Currently, he is employed by the Vitamin Shoppe, a major retailer of vitamins and nutritional supplements. A frequent guest on syndicated radio programs, he is the author of *Sensual for Life* (Kensington Publishing), *Natural Born Fatburners* (New Century Publishing), *Energy for Life* (Vital Health Publishing), *Managing and Preventing Prostate Disorders: The Natural Alternatives* (Hohm Press), *Managing and Preventing Arthritis: The Natural Alternatives* (Hohm Press), and *Minerals: What Your Body Really Needs and Why* (Avery). Additionally, he is a certified herbal specialist by the American Botanical Council. **IM**

DNP: Still Dangerous After All These Years

En route to a call that came in from a local gym, paramedic Mack Jackson ponders what the emergency could be. As an amateur bodybuilder himself, Mack knows what can happen in a gym. A weight falling on someone's foot. A newbie exerciser overexerting him- or herself on the treadmill. Perhaps it's someone who unknowingly became dehydrated on this warm summer day by not drinking enough water during the workout.

Arriving at the gym, Mack and the other paramedics are directed to a muscular 22-year-old bodybuilder, who's prostrate in a corner of the gym floor. As the medical crew begins to examine him, someone says, "He was training intensely, but then he stood up and hit the ground like someone hit him on his head."

The patient is clearly lethargic, weak and has vomited a few times. When questioned, he seems confused but does manage to reply to questions about prior medical history, use of medications, allergies and other things that might explain his present condition. Nothing seems obvious; however, some clues emerge from his appearance. His skin is flushed and hot, and he is sweating profusely. While sweating is hardly unusual in a warm gym, it's the color of his sweat that catches the medics' collective attention: It's a pale yellow that's also apparent on his white T-shirt.



Studies showed that a daily dose of DNP for only two weeks stimulated the metabolism by 36 to 95 percent over resting levels.

Initial examination reveals a rapid heart rate and elevated blood glucose.

Another member of the gym gathers the bodybuilder's belongings and checks his locker. As the paramedics move the bodybuilder into the waiting ambulance, the gym member hands Mack the patient's clothes, along with a bottle of capsules filled with a yellow powder and a page printed off the Internet titled "DNP for Fat Loss."

On the way to the hospital the bodybuilder's temperature is 104 degrees. Noting that, the paramedics increase body-cooling measures, such as removing his clothes and putting ice packs on his groin and under his arms. The air-conditioning in the ambulance is also set to maximum. The EMT crew radios the hospital that they may have a toxicological emergency coming in. They are told by a hospital physician to keep the patient still and calm and continue giving him intravenous fluids.

Even with the supportive measures the bodybuilder's temperature continues to rise. At the hospital he develops pulmonary edema—fluid in the lungs—suffers damage to his liver and heart, along with kidney failure, then slips into cardiac arrest and dies.

The healthy young bodybuilder had succumbed to the effects of 2,4 dinitrophenol, or DNP, a popular and extremely dangerous substance touted for producing dramatic and rapid fat loss. Rumors abound that DNP is the secret weapon that many pro bodybuilders use to get ripped in a relatively short time. In fact, a few years ago an elite pro bodybuilder contacted me about using it in preparation for the Mr. Olympia contest.

I advised against it, informing him of the dangers, but he'd found out that another top pro was a regular user of DNP and insisted on trying it himself. He referred me to a man who later became notorious for distributing designer steroids to world-class athletes. That man was going to supply and encapsulate the DNP for him. Within a few days, however, the bodybuilder called me back and told me that he had abandoned the notion of using DNP in his preparation for the Olympia because it made him feel very ill and weak. He was one of the lucky ones; he survived.

DNP first attracted attention in 1919 after French munitions workers began experiencing unexplained massive fat losses. They were exposed to DNP while making explosives consisting of 40 percent DNP and 60 percent TNT. DNP is chemically similar to TNT and is a precursor of the latter compound. The workers also showed other symptoms, such as malaise, headaches, dizziness and night sweats.

During the 1930s doctors who were aware of the effects of DNP on the French munitions workers wondered whether it could prove useful as a weight-loss drug under controlled conditions. Sure enough, initial studies showed that a daily dose of 300 to 400 milligrams of DNP for only two weeks resulted in metabolism increases that ranged from 36 to 95 percent over baseline levels. That contrasted with thyroid hormones, which increased metabolism an average of only 10 percent above normal.

The initial studies reporting on the fat-loss potential of DNP were all short-term, with none last-

ing more than three months. Those early researchers noted that they couldn't predict toxic effects with extended use. Sure enough, other studies began appearing that showed that DNP was hardly innocuous. A 1933 issue of the *Journal of the American Medical Association* told of a severe skin reaction in a woman who took DNP for two weeks. A 50-year-old Viennese doctor in San Francisco took an overdose of it for weight-loss purposes and cooked himself from the inside. After using a prior, lower dose of DNP without incident, he had opted for a dose that was beyond the suggested safe range. When told by another physician that he should avoid being so reckless again, the Viennese doctor said that he would take a higher dose, and if it killed him, he would just be "another martyr to science." While he didn't exactly become a medical martyr, he did die an agonizing death.

In the early 1930s DNP was a popular weight-loss drug, with an estimated 100,000 people using it over a period of 15 months. More than 1,200,000 capsules were dispensed from one clinic in San Francisco, and more than 20 companies sold it under such trade names as Nox-Ben-ol, Nitroment, Nitraphen, Redusols, Formula 17, Slim, Dinitrenal and Dinitrole. Those proprietary formulas were sold in drugstores without a prescription, warnings or usage directions. Only New Jersey, Louisiana and California required prescriptions to obtain DNP.

While initial problems related to this substance were at first thought to be related to careless use, more serious toxic reactions began appearing, including skin rashes, a severe depression of white blood cell count, jaundice and disturbances in the senses of smell and taste. Several people, such as the previously mentioned doctor, died after using DNP. That led to a 1934 warning issued by the Food and Drug Administration. Although the FDA could do little more than warn about possible toxic effects, its experts were also analyzing various products, finding that DNP was often an unlisted ingredient.

In 1935 an epidemic of cataracts occurred, mostly in young women who had used DNP for fat loss. Some cases occurred months or years after the last dose. One ophthalmologist estimated that more than 164 people were affected in that manner. Newspapers featured such headlines as, "Blinded by Weight-Loss Drug," and "Anti-fat Drug May Cause Blindness." In 1938, with the passage of the Federal Food, Drug and Cosmetic Act, the FDA was granted enforcing powers and promptly removed DNP from the market. Prior to passage of that law, the FDA had prepared a special exhibit for Senate committee hearings. Called the chamber of horrors, the exhibit included several deadly substances sold on the market, including DNP.

While DNP lost its legal status as a weight-loss drug by the FDA action, it remained in use in industrial settings, as a wood preservative, in photo developing and as a weed killer. In the 1970s Russian workers manufacturing a pesticide that included it as an ingredient became ill. A 1982 medical journal reported that DNP as an ingredient in herbicides led to "undiagnosed fevers."

Around the same time, DNP reemerged in the bodybuilding world under the name Hexalon. The distribution was limited to professional bodybuilders, who were warned not to exceed the suggested dosage or death could ensue. That dire warning didn't dissuade any of the athletes who used it, since they were also told that when used properly, Hexalon would burn off fat at an unprecedented

rate, making them appear cut to the bone. Those who used Hexalon often reported feeling as if they had the flu, with weakness and fatigue.

In Texas a Russian-born doctor named Nicholas Bachynsky was dispensing DNP, which he called Mitcal, at his chain of medical clinics. He claimed to have first learned about DNP in 1963 while translating Russian medical journals for the United States government. The Russians had given their soldiers DNP to help keep them warm in winter. The main side effect noted was weight loss.

Bachynsky's ads touted a weight loss of 15 pounds a week. The only side effect, the ads noted, was increased body heat. The ads also said no deaths had occurred with the use of Mitcal, though one weightlifter had committed suicide by overdosing on it in 1984. According to Bachynsky, DNP "decreased useful energy production, thus making an overefficient metabolism very inefficient." The treatments cost an average of \$1,300 each—though DNP is a relatively inexpensive chemical.

Although Bachynsky asserted that no one had died from his treatment, he hedged his bets by having prospective clients sign a waiver that warned of blood clots, cataract formation, hemorrhage, allergic reactions and, yes, even death. Clearly the small print was ignored by those who envisioned a 15-pound-a-week weight loss, since more than 15,000 people signed up for the treatment.

In 1982 the FDA began receiving complaints from many of Bachynsky's customers about such adverse reactions as fever, shortness of breath, dizziness and extreme sweating. FDA investigators who arrived at Bachynsky's clinics in Houston noted that the pharmacy next door to the clinic—also owned by Bachynsky—stored bulk containers of dinitrophenol from Eastman Kodak Company that were labeled "For chemical purposes only, not for drug use."

In 1985 the Texas attorney general sued Bachynsky and his clinics, charging that the doctor had failed to advise his patients that Mitcal was not recognized as safe for weight loss, was highly toxic and not approved by the FDA. On March 21, 1986, Bachynsky was found guilty of drug violations and ordered to pay \$86,000 in fines and fees. He was also issued an injunction against further use of DNP. In July he was charged with violating the injunction after it was learned that he was still dispensing DNP at his Dallas



DNP is chemically similar to TNT and is a precursor of the latter compound.



A 50-year-old Viennese doctor in San Francisco took an overdose of DNP for weight-loss purposes and cooked himself from the inside.

clinic. In 1990 Bachynsky's medical license was revoked, and he was sentenced to 10 years in prison for insurance fraud.

While you would think that after a few years in prison Bachynsky would steer clear of DNP, apparently that wasn't the case. In 2004 he and three other men were charged by the Securities and Exchange Commission with eliciting fraudulent securities related to a company they were involved in called Helvetia Pharmaceuticals. The Florida-based company purported to treat cancer using a "patented therapy involving heat to destroy cancer cells." The treatment was called "intracellular hyperthermia therapy." The key ingredient was none other than DNP.

While in prison in the 1990s, Bachynsky became acquainted with Dan Duchaine, notorious as the steroid guru. Dan was also serving a prison term and listened intently to Bachynsky's accounts of his experience with DNP. The fat-loss attributes particularly intrigued Duchaine, and when he was released from prison, he publicly announced that DNP was the king of fat-loss drugs. Another era of DNP had begun, one that hasn't abated since.

inherent danger of DNP use. In addition, the body shifts to anaerobic glycolysis as the primary cellular energy source, producing enough acid by-products to lead to lactic acidosis.

DNP can be absorbed through the skin, explaining how the original French munitions workers got it into their bodies, as well as the farmers who used it to kill weeds. The suggested use for fat loss often involves taking it one week on and one week off. The daily dose range is two to 10 milligrams per kilogram (2.2 pounds) of bodyweight. The lethal dose is estimated to be between one and three grams when taken orally, but the three-gram-dose effect is cumulative over a five-day period; that is, three grams taken over five days could easily prove fatal. For example, if a 100-kilogram person takes 600 milligrams, he can get to three grams by the fifth day. Many have followed the suggested "safe dosage guidelines" and found otherwise.

In a case widely reported on the Internet, a 22-year-old man died after using the suggested dose of DNP (600 milligrams a day). He had taken the dose for four days prior to his death. The signs and symptoms of DNP poisoning look similar to those of

DNP interferes with a process called oxidative phosphorylation that results in the production of the immediate energy substance of the body, ATP. DNP uncouples oxidative phosphorylation in the mitochondria, or energy-producing portion, of cells, and that leads to a frantic use of other available energy sources by the body, particularly body-fat. The process doesn't produce any useful energy, however, creating heat, or futile energy, cycles. The heat can quickly exceed the body's capacity, thus explaining the

heat stroke and heat exhaustion. Various supportive measures are used in a hospital setting, such as body cooling, providing drugs to prevent seizures and calm the patient, and providing a drug called dantrolene, which prevents the release of calcium in muscle. That prevents muscle contraction, which lowers body heat. Keeping the body cool is a key to preventing death by DNP. Although headache may be present in a person who took DNP, aspirin is contraindicated in this case, since aspirin is also a weak uncoupler of oxidative phosphorylation and would only worsen the patient's condition or kill him or her.

Shortly before his death from congenital kidney disease, Dan Duchaine touted a "natural" form of DNP called usnic acid that was derived from a lichen. A few companies sold usnic acid as part of a commercial fat-loss supplement; however, the stuff was hardly safe or harmless. Several cases of liver failure deaths were the results of the someone's having used a supplement that contained it. Small wonder, since one study showed that usnic acid was 50 times more potent than DNP in interfering with ATP production. The FDA subsequently removed usnic acid from the market.

Scientists regularly use DNP as an effective cell killer, and some recent studies show that it can block the formation of beta-amyloid, a protein that causes Alzheimer's disease. One recent study even showed new neuron growth from DNP. But those are all highly controlled studies done in a lab setting. For all other uses, such as inducing fat loss, DNP is truly a roll of the dice: If you win, you lose a lot of fat fast. If you lose, you lose your life. Even Las Vegas offers better odds than that.

Editor's note: Jerry Brainum will present a seminar, "The Truth About Sports Nutrition Supplements," at the '06 FitExpo, which will be held in conjunction with the *IRON MAN* Pro bodybuilding competition February 17-19 in Pasadena, California. Be sure to attend and learn the truth.

References

¹ Leftwich, R.B., et al. (1982). Dinitrophenol poisoning: a diagnosis to consider in undiagnosed fever. *Southwestern Med J.* 75:182-184.

² McFee, R.B., et al. (2004). Dying to be thin: a dinitrophenol-related fatality. *Vet Human Toxicol.* 46:251-54. **IM**

Under the Radar

'06 IRON MAN Pro

And Bui-d by his chances

On paper, **Eryk "Chop" Bui** will not be among the favorites at the '06 IRON MAN Pro on February 18. As this issue went to bed in late December, top-tier physique stars **Gustavo Badell, Lee Priest, Dennis James, Melvin Anthony, Darrem Charles, Troy Alves** and **David Henry** have said they either will be competing—or are highly interested—in the latest version of the annual season opener, which once again will be held at the Pasadena Civic Auditorium. Ditto for **Ahmad Haidar, Francis Benfatto**—making his comeback at 47—**Mark Dugdale** and **Kris Dim**, with more celebrated names

For more on the upcoming IM Pro, see page 212.

to come (get contest updates by logging on to www.GraphicMuscle.com).

Still, contests aren't won on paper, and Bui says he's not setting his sights on anything less than a victory, regardless of how the prognosticators rate his chances.

"I think I can do very well at the IRON MAN, even win it," says the 5'5" Bui, who was last seen at the '04 NPC Nationals overwhelming the rest of the middleweight class en route to a unanimous victory that earned him pro status.

"Yes, I won't be the biggest guy onstage, but I will be one of the best conditioned—you can count on that. And I will have plenty of muscle. I plan on coming in at around 193."

Another former National Middleweight champ, Henry, got lost in the shuffle during his first couple of years as a pro due to a lack of size before his breakthrough last October at the Olympia Wildcard Challenge, where he qualified for the big show. Does Bui fear he'll have to endure the same fate?

"Nothing against Henry, who's a very good bodybuilder," says the 35-year-old from Costa Mesa, California, "but I think I bring a different package to the stage, one with more muscle. This contest is in my backyard, so it makes sense to make my pro debut there. I'm weighing 207 [at 10 weeks out], feel great and will be ready to get it on in February."

Add Bui

Back to school—Last summer **Eryk Bui** didn't hesitate when I asked him to be a guest speaker at my weight-training class at Pasadena City College. Along with giving advice to the students about proper lifting



Comstock



Bui had a blast at L.T.'s weight-training class at ELAC—and so did the students.

Teper



BA-A-A-D—
N&V salutes
the new
national
champions.
Page 264



CHALLENGE—
Bring it on,
says Gustavo.
Page 266



FILMS—
Not a painful
experience.
Page 267



J.M. and family visit the temple of Angkor Wat with Bill and Jamie Amelio and some of the students from the Amelio Schools. "Laura Croft: Tomb Raider" was filmed partly at this historic site.

techniques and nutrition, Eryk, who has a degree in biology, displayed a bit of his incredible strength with 405-pound lifts on the bench and the squat, getting 10 easy reps on the latter.

In early December he was kind enough to donate his services again for another weight-training course of mine—this one at East Los Angeles College. Accompanied by his fiancée, rising figure star **Desiree Robles**, who'd finished seventh out of 17 at the tough Excalibur in her first-ever show two days earlier, Bui demonstrated proper form on his favorite exercises: bench, squat, deadlift and power clean.

Imagine the gawks when he started with a quick warmup set of 25 reps with 225, then went right to four plates and explained to the class—while he was hoisting the 405—how to do it properly. Actually, I've done four plates before too—at the Hometown Buffet.

A very personable and knowledgeable fella, Eryk is one guy who's always willing to share his wisdom—without asking for anything back. Check out his website at www.ErykBui.com.

Thanks, Chop, the students loved ya.

Add Giving Dept.

A real thanks giving—The NPC Nationals is really two events: a huge competition at which the last pro cards of the season are won and the final trip of the year for most of us in the sport who spend nearly as much time in airplanes as we do at home. But for **J.M. Manion**, a guy who is to traveling what **Catherine Zeta-Jones** is to gorgeous, this season's Thanksgiving holiday would not be spent at home, relaxing with wife **Debbie Amelio-Manion**, son **Tyler** and daughter **Cassie**.

About 12 hours after he returned from Atlanta, where the Nationals were held, J.M. and his family left their Pittsburgh-area home and flew to Newark, New Jersey, where they took to the air again for a 15-hour flight to Singapore, arriving on the day before Thanksgiving. From there they chartered a plane for the 2 1/2-hour trip to Siem Reap, Cambodia, where they arrived around noon on Thanksgiving Day.

No, J.M. wasn't covering another show for the *NPC News*. The Manions were visiting his brother and sister-in-law, **Bill** and **Jamie Amelio**. And for much more than huge helpings of turkey, mashed potatoes and pumpkin pie.

The Amelios, through their organization, Caring for Cambodia, have opened two schools there, educating the poorest children in each of the villages where the schools are located. "The basis of the trip was for us to help distribute two outfits to each of the students and to meet them," said J.M. "This was probably only the third or fourth outfit of clothing these kids will own. Our children, Tyler and Cassie, have each committed to sponsoring a student for further education, hopefully until they



Gateng and Tyler.



Sakeng and Cassie.



Eight-time Mr. Olympia Lee Haney was honored at the Nationals for his contributions to the industry, both on and off the stage. The Big Nasty, a.k.a. Ronnie Coleman, who is now tied with Lee for the all-time record of 0 victories, joined NPC President Jim Manion in presenting the award to his idol.

can graduate from high school.”

The Amelio Schools of Cambodia currently are set up for grades 1-6. “Most Cambodian children have to quit school after the sixth grade and work for their families because it costs too much to go beyond that,” J.M. said. “Caring for Cambodia hopes to build junior and senior high schools behind the current Amelio Schools, and more money and supplies are needed.” He insisted, however, that there’s no truth to the rumor that Tyler plans to build a wrestling school behind the high school.

So, everybody, dig into your pockets a bit, and lend support to this worthwhile endeavor. To find out more about the program, visit www.CaringforCambodia.org.

Add Nationals

Bill collector—Okay, so the **Swami**’s pick of **Bill Wilmore** to win it all in Atlanta was a no-brainer. After all, Wilmore was coming off back-to-back second-place finishes in the superheavyweight class at the same contest in ’03 and ’04.

Nothing is a sure thing (other than **Ronnie Coleman**, of course), and Wilmore left nothing to chance. The 5’11”, 251-pounder from Hollywood, Florida, came in his all-time-best shape and was the clear choice as soon as he stepped onstage.

Bill is a very nice man as well as a top-notch bodybuilder, and he will add some class, as well as mass, to the pro ranks. His debut, not surprisingly, will be at the Denver Pro-Am Classic on May 13 (Yyo-Tec, with which Wilmore signed last year, is the event’s main sponsor), and I assume Mild Bill will be onstage a week later at the New York Pro.

How good a pro will the 34-year-old Wilmore make? I say he holds his own. (When is the last time the man showed up out of shape?) It’s way too early to know what the Denver lineup will look like, but I predict that he lands in the top five. It took him a while to get there, and he plans on staying there for a long time.

Add Superheavies

Back on Broadway—**Bill Wilmore**’s wasn’t the only interesting story in the superheavyweight class. **Leo Ingram**, who finished second at the USA several seasons back, then disappeared, returned with a bang to earn the runner-up trophy. Welcome back, Leo—but don’t stay away so long



Bill Wilmore.



Leo Ingram, super-heavyweight runner-up.



Contest photography by Bill Comstock



Tricky Jackson.



Roland Huff.

Find thousands of photos from the NPC Nationals at www.GraphicMuscle.com



Raye Arde.



Jose Raymond.



this time.

Rudy Richards carries a lot of beef, and if Rudy, who finished third, can come in more detailed, he could be joining the pro ranks soon. The biggest surprise to me in the division was **Desmond Miller**, who, if he brings up his upper body to match those amazing wheels, could move on to the next level as well.

But the brightest moment for me on a personal level came when I introduced **James "Broadway" Bivens** as the next finalist to pose. Yes, Bivens was able to crack the top five for the first time since his first crack at the Nationals in 2001. And yes, I'm very biased when it comes to the 6'3", 275-pound gentle giant.

James was my student at Cal State Los Angeles, and it was there, some 15 years ago, that I talked Bivens and another shot-putter named **Quincy Taylor** into giving bodybuilding a real shot.

Both won at the Cal State L.A. shows I used to promote; Quincy went on to take the USA overall crown in 2001 and qualified for his first Mr. Olympia in '05. James, who finished second to **Skip La Cour** at the '00 Team Universe, placed 12th the following year in his first Nationals, then didn't make the cut in '02 and '03. But he didn't get discouraged.

After finishing sixth in a terrific superheavyweight lineup at the '05 North Americans, Bivens placed fifth at the Nationals, but, more important, he was only four points out of second. With the show set to return to the friendly confines of his hometown, Miami Beach, Florida, in 2006, Broadway can put all of his efforts into going for the gold, not just hoping to pose.

Bivens says former NPC standout **Sergio Pacheco** played a big role in his improvement this year and that he'll be under the Hialeah, Florida, gym owner's guidance for the coming year as well.

After all this time, it's great to see that the lights of Broadway have been turned back on.



Ergas vs. Rowe.

Best of the Classes of 2005

Superheavyweight, **Bill Wilmore**

Heavyweight, **Jonathan Rowe**

Light heavyweight, **Ray Arde**

Middleweight, **Ricky "Tricky" Jackson**

Welterweight, **Jose Raymond**

Lightweight, **Sereiryth Leandre**

Bantamweight, **Roland Huff**

Watch Out For

New Marshall in town—Another big dude to keep an eye on at this year's pro qualifiers is **Malcolm Marshall**. I got my first glance at him when he took the superheavyweight class at the '03 North Carolina Championships (where the overall went to **Van Anthony**). At 6'2" and 270 pounds, Marshall has a good shape and could be a force to be reckoned with in '06. At this point the Winston-Salem resident says it'll be at the USA and the North Americans, where he finished just behind **James Bivens** in '05.

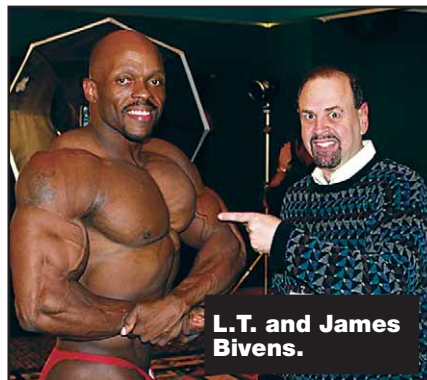
Marshall has an interesting background, to say the least. He's an educated man, owning a B.A. in sociology and communications from the University of North Carolina and master's degrees in business administration and health administration from Pfeiffer University in Charlotte.

The 33-year-old Marshall was a terrific high school and college football player. A highly honored prep running back he was rewarded with a scholarship to UNC, where he started at fullback two years for coach **Mack Brown** (now the head man at the University of Texas).

"I spent two years bouncing around from camp to camp, trying to find a home in the National Football League," says Malcolm. "I signed a free agent deal with the Philadelphia Eagles, and this was when I realized I had the genetics for bodybuilding. As soon as I stepped foot in training camp, I was given the nickname 'Conan' by some of the veterans. I was cut, and a year later I signed with the New York Jets. When that didn't work out, I went back to school for my master's degrees."



Sereiryth Leandre.



L.T. and James Bivens.



Jack-son vs. Allin.

Encouraged by a total stranger at his gym to compete in bodybuilding, Marshall had an auspicious debut in 2002, when he took his class and the overall at the Metrolina. As the saying goes, a star was born. There's definitely a new Marshall in town.

More Nationals

Play it again, Sam—

Judging controversies struck in two divisions at this year's Men's Championships. After the prejudging on Friday night, the peanut gallery (you know, the press, fans and other nonvoters) had **Michael Ergas** taking the heavyweight class and **Garrett Allin** coming out on top in the middleweights.

Wrong on both counts. Although Ergas showed up in his best-ever condition, Atlanta's **Jonathan Rowe** edged him by a couple of digits. Now, Rowe is no slouch, to say the least. He was, in fact, coming off a third-place finish at the USA and entered the show as one of the favorites. Most observers felt, however, that Rowe had looked a bit tighter at the earlier show, and that Ergas' superior conditioning would garner him the crown.

Allin did win the middles—at least after the judging was completed. Yup, Garrett got straight ones on Friday night to score what appeared to be a knockout over **Tricky Jackson**. But when the fellas got back onstage for Saturday night's finals, the magistrates wanted a second look at them.

Bad news for Allin, great news for Tricky. In the only class that was rejudged, Jackson was able to reverse the order of finish. In addition to the win—and the opportunity to turn pro—Jackson can now claim class victories in every national-level contest in the NPC. Quite an achievement, obviously. A judge who was on my flight home to Los Angeles the following morning told me that Allin hadn't been nearly as sharp at the finals as he'd been 24 hours earlier, resulting in the second look that cost him the title.

Nothing against Tricky, a decade-long standout in the sport, but I say the show should be won or lost at the judging, period, unless *all* classes are scored again at the finals. That said, I'm also curious about why the heavyweight class wasn't judged on Saturday night as well, considering how tight it was between Rowe and Ergas.

On second thought, as the emcee, I say, toss out the above statement; do you have any idea how tough it is to stand at the podium for more than four hours, with no bathroom break? Doubt I could last the extra 20 minutes that looking at all the divisions again would add.

Awards Dept.

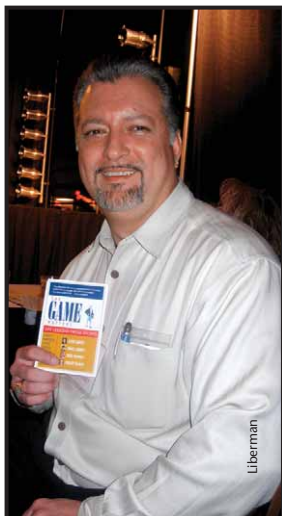
Best of the rest—Lee Labrada and **Rich Gaspari**, two of the best bodybuilder's in the history of the



L.T. interviews Gustavo Badell in Atlanta on his thoughts about the challenge round at the Olympia. L.T. says it has to go, Gustavo says on with the show. Wouldn't you, if you knocked off both Ronnie Coleman and Jay Cutler in the round to pick up 25K? Jay's thoughts about the whole thing? Do we have to ask?



Malcolm Marshall.



NPC promoter, judge and fitness guru Todd Swinney (above) took a breather from the judges table to display his favorite new book of 2005. *The Game Matters* features some of America's most influential speakers, trainers and consultants—including Swinney. The NPC district chairman for Maryland has worked with too many celebrity clients to mention; okay, I'll mention Kevin Levrone and the Baltimore Ravens cheerleading squad. In his spare time Todd runs Elite Magic Nutrition in Millersville, Maryland.

How did Kenny Kassel (seen below with longtime buddy Bob Bonham) celebrate his 50th birthday? At the Nationals, of course.





Chris Cook.

Comstock



Victor Martinez and Gerard Dente.

Teper

game, get more props from me for what they've done since hanging up their posing trunks. You'll see both gentlemen at most major events at their Labrada Nutrition and Gaspari Nutrition booths, respectively, representing two of the more successful businesses in the industry.

Lee had plenty to smile about recently when two of his products were featured in a couple of high-profile magazines. Labrada's Lean Body Cookie Bars were voted Best Breakfast Bar and Best Overall in the December issue of *Men's Journal*, while the Lean Body Ready-to-Drink shake was cited as Best Tasting RTD in the Summer/Fall issue of *Real Solutions*.

Staying on top of the game ain't easy, on the bodybuilding stage or in the supplement business.

Thumbs-up to Lee and Rich for proving once again that brawn and brains certainly do make a handsome couple.

New Signings Dept.

Martinez, Cook Ink New Pacts—The year 2005 certainly ended well for **Victor Martinez**. The New York physique ace—the guy **Ronnie Coleman** himself tabbed as the next Mr. Olympia at the Mr. O press conference last year—did not show up in top shape at earlier contests in '05, and some folks were wondering if his best days were behind him. Hardly. Martinez bounced back at the Big O blowout in Vegas, finishing fifth and giving credence to the Big Nasty's praise. Now, Martinez has joined forces with former NPC star **Gerard Dente**, another retired flexer who gets my respect for what he's done *after* bodybuilding as the president of MHP, one more top-notch supplement company that continues to flourish. Congrats all around, guys.

One company that came on the scene in a big way in '05 is Gamma-O, which ended the year with a flourish by signing '04 NPC National Overall champ **Chris Cook**. Cook and his Gamma-O teammates were seen having a good time at the Olympia Expo in last month's News & Views. Again, congratulations to both Chris and company.



Lee has plenty to smile about.

Movie Reviews: No Pain, No Gain

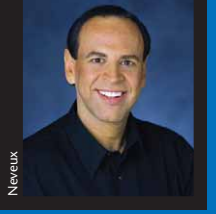
I hadn't seen the movie by press time, but according to N&V correspondent **Dave Liberman**, it's worth a look. Liberman, who viewed the **Samuel Turcotte**-produced project in Cleveland on its December 3 opening date, said that it's a good independent film, that **Gus Malliarodakis** did a terrific job in the role of Mike Zorillo and that **Dennis "He Ain't Human" Newman**, as Jake Steel, wasn't too bad either.

A day after the movie premiered, Turcotte evaluated the opening: "There are three areas on which we measure our success: audience reaction, press exposure and ticket sales," he said. Also that audience reaction had been mostly good, press reaction "great" and nationwide ticket sales had been mixed.

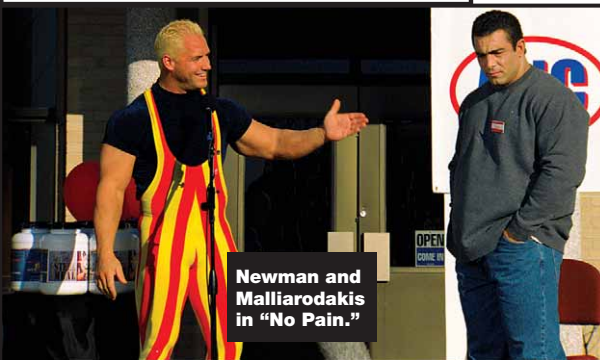
"We did stronger in central and Northern California than Southern California," Turcotte said, "and we did better in some small cities than in some large ones. Given that we spent zero on advertising and relied solely on posters in some gyms, Internet marketing and P.R., I'd say we did darn well."

The next step being considered is a special pay-per-view event, with cable and DVDs also on the horizon. Keep your eyes out for future showings, and let me know your thoughts.

To contact Lonnie Teper about material possibly pertinent to News & Views, write to 1613 Chelsea Road, #266, San Marino, CA 91108; fax to (626) 289-7949; or send e-mail to tepernews@aol.com.



Neveux



Newman and Malliarodakis in "No Pain."



IRON MAN Hardbody Elaine Goodlad

Height: 5' 7"

Age: 41

Weight: 140 in the off-season, 132 onstage

Hometown: Wadena, Saskatchewan, Canada

Current residence: Las Vegas, Nevada

Occupation: Spokesperson for Whey Gourmet, IFBB professional athlete, model, make-up artist and hair stylist

Marital status: Married—almost 16 years

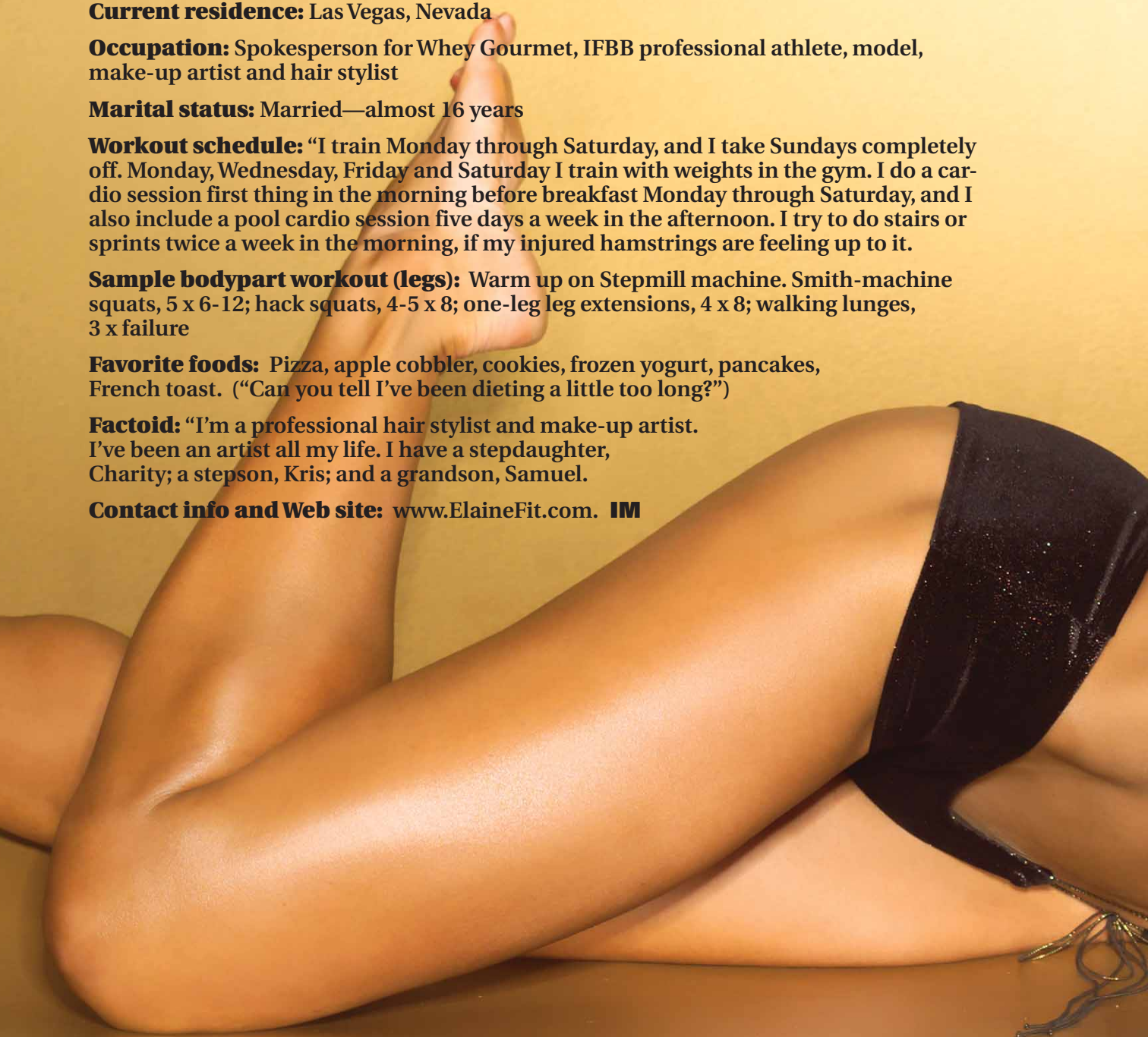
Workout schedule: "I train Monday through Saturday, and I take Sundays completely off. Monday, Wednesday, Friday and Saturday I train with weights in the gym. I do a cardio session first thing in the morning before breakfast Monday through Saturday, and I also include a pool cardio session five days a week in the afternoon. I try to do stairs or sprints twice a week in the morning, if my injured hamstrings are feeling up to it."

Sample bodypart workout (legs): Warm up on Stepmill machine. Smith-machine squats, 5 x 6-12; hack squats, 4-5 x 8; one-leg leg extensions, 4 x 8; walking lunges, 3 x failure

Favorite foods: Pizza, apple cobbler, cookies, frozen yogurt, pancakes, French toast. ("Can you tell I've been dieting a little too long?")

Factoid: "I'm a professional hair stylist and make-up artist. I've been an artist all my life. I have a stepdaughter, Charity; a stepson, Kris; and a grandson, Samuel."

Contact info and Web site: www.ElaineFit.com. **IM**



Prime-Time Figure

Elaine Goodlad Shows Why Muscle Maturity Is Hot!

Photography by Michael Neveux

[Free download from imbodybuilding.com](http://www.imbodybuilding.com)



Hair and Makeup by Lisa Leming



IRON MAN Hardbody



IRON MAN Hardbody



IRON MAN Hardbody



IRON MAN Hardbody



IRON MAN Hardbody



HARDBODY PHOTOG HOAX

Bum Deal

When you wear two hats, you don't always think with both sides of your brain

The biggest mistake I ever made as a magazine production editor was to identify Middleweight champ **Quincy Roberts** as **Quincy Jones** in several photo captions that appeared in *IRON MAN*'s coverage of the '88 Nationals (which I had written)—and then, as the final proofreader, fail to notice the error. Until now.

Discerning fans of those who are famous for photographing the female physique could hardly fail to notice that the images of rising figure phenom **Valerie Waugaman** that appeared in the *IM* Hardbody feature in the

February issue were more the distinctive style of **Bill Dobbins** than **Michael Neveux**, the guy who got the



Erratum. Bill Dobbins' saucy shots of sizzling figure up-and-comer Valerie Waugaman appeared in the February issue. To see more of Bill's work visit www.BillDobbins.com.

and the rest of the production team. And thanks for the outrageous photos of Valerie.

credit.

Whoops. It turns out those were Bill's photos. Through a sequence of events only another magazine production editor might appreciate, Dobbins' delightful pictures of Waugaman went to the printer with the wrong Photography-by line, and the gaffe was caught too late to fix. At least it was spelled right, eh?

So to Bill D: A thousand my-bads from myself

SHOWS

Women's Nationals

Good stuff and bad (mostly good)



Jabalee's jubilee.

As we've said every year for I don't know how many in a row now, the reports of the death of women's bodybuilding have been greatly exaggerated. Fitness too. Sixty-three flexers and 49 flipsters boarded the Atlanta express to the NPC Nationals on November 18-19, with six fitness athletes and four

bodybuilders moving on to the pro ranks. This photo of **Mimi Jabalee**, women's overall champ, pretty much says it all. The 38-year-old chiropractor from Marietta, Georgia, nailed the pro card on her fourth stab at this contest: She was eighth in 2001, second in '03 and fifth in '04 before knocking out the competition in the 22-woman class with a perfect score. The chance to move on to the professional ranks also went to lightweight winner **Carla Salotti**, middleweight **Norma Nieves** and light-heavy **Dena Westerfield**.

For *IM*'s complete photo gallery of the '05 National Women's Bodybuilding and Fitness Championships log on to www.GraphicMuscle.com.

TESTOSTERONE CORNER

Hat Trick Jose's choice

Back in August, after Massachusetts aestheticians ace **Jose Raymond** had taken the welterweights at the USA and the overall at the Team Universe, he said he wanted to hold off on the pro card he earned at the T.U. and possibly see if he could pull off a win at the Nationals. Okay, Jose, now that you're the first guy to win his class at all three NPC pro qualifiers in the same year, whaddya do for an encore?

Turns out everybody does love Raymond.



Comstock

P&C Favorites From the Graphic Muscle Gallery



Posedown power (from left): Mimi Jabalee, Carla Salotti and Dena Westerfield flex it out.



Heidi Fletcher, a 4'11" former college cheerleader from Billerica, Massachusetts, swept the physique rounds to score a 22-point win in the short class at the Fitness Nationals. Beating out medium-class victor Tami Ough and tall winner Jennifer Cassetty for overall honors, Fletcher finished the year by securing an invitation to make her pro debut at the Fitness International. Talk about flying high.



Norma Nieves, seventh at the USA last summer, had the hot bod in the middle-weights.



Arizona's Lisa McCormick has had a pro card in her sights for a long time, in some. Her runner-up finish in the medium class got the job done.



Rose Hendricks, short-class fourth-placer.



Tall-class fourth-placer Lauren Polk (above left) radiates star power, as does tall-class winner Jennifer Cassetty.



MORE FEMALE FLEXERS

Politics at Work?

Or just a close decision

It wouldn't be the Women's Nationals if there weren't a controversy about the judging in at least one class. This year it was the light-heavyweight battle, where symmetrical **Dena Westerfield** eked out a two-point win over a more muscular **Debi Laszewski**. As usual, I only got to hear about it, having missed the Nationals once again in favor of putting the February issue to bed. What I hear is that the lovers of female physique saw it one way and the NPC judges scored it another.

Laszewski, who took seventh in the heavyweight class at the '00 USA, dropped to 12th at the '01 Nationals and took a long layoff from competition, coming back 10 pounds lighter as a light heavy with a big win at the '05 Southern States. At the Nationals, according to one observer, the Florida flexer didn't win even though she had the appearance of being a competitive pro that night. And the gal who won did not? It was Laszewski's body that attracted the eye, insisted my friend.

Readers can make their own call on this one. See the accompanying comparison and decide for your own self. Also whether, as my friend suggested, the NPC is graduating into the pros athletes who cannot be competitive or fashioning pro ranks that are (in degrees) less extreme.



Light-heavy callout (from left): Elena Sieple, Westfield and Laszewski. Postcontest chatter questioned whether Sieple, who was runner-up to Amanda Dunbar at the USA last July, had gotten the short end of the stick as well as Laszewski.

COMING EVENTS

Christmas Cheer

That lasts until March



Silverman

Toni Norman gets her first call to Columbus. Put down that lager, girl, and start training.

At Christmastime in the bodybuilding world, when folks sing, "He's making a list and checking it twice," the Santa they're referring to is Arnold Fitness Weekend producer **Jim Lorimer**. As always Lorimer and his elves worked extra hard sorting through résumés and photos to select the three dozen or so lucky lasses who received the stocking stuffer that lasts till March: An invitation to compete in the Ms., Fitness or Figure International competition on March 3. As usual, the lists are veritable who's whos of established stars and identifiable up-and-comers, starting with the women's bodybuilding lineup, where current Ms. International—and Ms. Olympia—**Yaxeni Oriquen** will be taking on all comers. Challengers include two who likely believe they should have beaten her at the Ms. O, **Iris Kyle** and **Dayana Cadeau**, along with veterans of the colossal Columbus, Ohio, festivities like **Denise Masino**,

Angela Debatin, **Lisa Aukland** and **Christine Roth**. Also returning to the Veterans Memorial Auditorium stage will be **Desiree Ellis**, **Kim Harris**, **Mah-Ann Mendoza**, **Bonny Priest**, **Annie Riviuccio** and **Jitka Harazinova**, whose comeback to competition last fall gave new hope to those who thought that less muscle/more aesthetics was a serious goal. No rookies made the list; however, two women who made it to the Olympia finally earned their Ms. I debuts: **Rosemary Jennings** and **Tonie Norman**.

Considering the see-saw contest history of Kyle and Oriquen (Iris won the Ms. I and Ms. O in 2004; Yaxeni beat Iris to win the '02 Ms I and Show of Strength events; Iris beat Yaxeni when she won the '01 Ms. O Heavyweight title), no one has done a **Susie Curry** (win both the I and the O in consecutive years) yet. If those in the lineup who specialize in symmetry manage to peak perfectly in time for the judging, we could well witness a shakeup in the flex-for-pay pecking order.

FITNESS I

New Faces

To decorate Veterans stage



Comstock

Allison Daughtry is taking her act to Ohio.

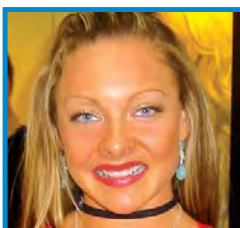
Three talented rookies made the invite list for the Fitness International on March 3, the winners of the three biggest titles you can think of in 2005. They are (in the order in which they earned their pro cards): NPC Team Universe champ **Allison Daughtry**, IFBB World Amateur champ **Regiane Da Silva** and NPC National champ **Heidi Fletcher**. They should fit right in with the lineup of seasoned crowd pleasers, including defending Fitness I and Fitness O champ—and Columbus homegirl—**Jen Hendershott**, '04 Fitness O and I winner **Adela Garcia**, **Kim Klein**, **Tracey Greenwood**, **Tanji Johnson**, **Julie Palmer**, **Debbie Czempinski**, **Angie Semsch**, **Julie Childs** and **Mindi O'Brien**. **Da Silva**, who's from Germany, is a complete unknown here in the States. She's won a slew of titles in Europe, and word is we're in for a treat.

FIGURINES

Speaking of New Faces

More International babes

Talk about a possible changing of the guard. There are more newcomers than vets on the list for the fourth-ever Figure International. The vets: three-time winner **Jenny Lynn** and three-time runner-up **Monica Brant**, plus (in alphabetical order) **Jane Awad**, **Elaine Goodlad**, **Mary Eliza-**



Chastity Sloan (left) and Anna Larsson made the cut for 2006.

beth Lado, **Christine Pomponio-Pate** and **Latisha Wilder**. The new-to-Columbus faces include rookies **Danielle Hollenshade**, **Michelle Flake**, **Ali Metkovich** and **Tammy Pies**, plus **Amanda Savelle**, **Valerie Waugaman**, **Chastity Sloan**, **Debbie Leung** and **Anna Larsson**. What are the odds one of them breaks into the top five, if not the top three? (For your reference, Lado, Pomponio-Pate and Wilder were third through fifth in 2005.)

Las Vegas Shocker

Titus and Ryan jailed on murder charges

The party may well be over for one of the physique world's most fascinating couples. In a scenario that started unraveling with a Jaguar burning in the desert on December 14, the Las Vegas Metropolitan Police Department on December 20 issued arrest warrants for **Craig Titus** and **Kelly Ryan**, charging Titus with murder and third-degree arson and Ryan with accessory to murder and third-degree arson. Already under arrest: 23-year-old **Anthony Gross**, who was charged with accessory to murder and third-degree arson. A nationally publicized manhunt later, Titus and Ryan were apprehended in a shopping center 15 miles outside of Boston on December 23.

The accounts of this are going to be the most e-mailed articles for the next few months from the *Las Vegas Review-Journal* (www.ReviewJournal.com), which did an excellent job of covering the unfolding melodrama, particularly crime reporter **Frank Curreri**.

As this issue of *IRON MAN* goes to bed a few days after the arrest, here's a brief sweep of what we know so far.

The car turned out to be Kelly's, and the body found in the trunk belonged to the couple's 28-year-old personal assistant, **Melissa James**. The police questioned the Tituses but let them go for lack of evidence. The couple claimed they'd fired and evicted James on December 13 because they believed that she'd been embezzling from them and suspected that she'd stolen Ryan's car. Craig also told detectives that he'd been having an affair with James but that his wife didn't know. The couple fled before the warrants were issued, but not before Kelly told **Amanda Polk**, a young fitness competitor who trained with her, that Melissa had died of a drug overdose and that she thought Craig had had someone



Craig and Kelly at the '04 Olympia and in the mug shots flashed round the world. The newspapers and broadcast media described the couple as "the 5'8" Titus and his chiseled 120-pound wife." They also uniformly referred to them as bodybuilders. So much for the fine distinctions among the women's physique sports.

get rid of the body. In fact, James, whose body was officially identified after the arrest warrants were issued, "likely died from asphyxiation," the *Review-Journal* reported on December 23. Also quoted in news accounts was **Gregory Ruiz**, a business partner of Craig's who told authorities that Titus said he was going to Boston to liquidate assets before fleeing the country. Titus and Ryan were held in Canton, Massachusetts, on a federal charge of unlawful flight to avoid prosecution over Christmas weekend and scheduled to be returned to Nevada shortly. On December 27 they pled not guilty to the fugitive charges, claiming they didn't know about the arrest warrants.

With drugs, sex and murder on the table, this story is obviously attracting much attention in the media, and juicy details—like the brand of root beer Craig was drinking when FBI agents and local police arrested him or that they nabbed Kelly in a nail salon—abound. I'll leave it to you to find them online, where a cottage industry of chat, opinion and speculation blossomed the instant word got out that something might be happening. Just make sure your sources are actual news media rather than conspiracy theorists or wishful thinkers.

For those who cope with the horrors of life with a thin veil of sarcasm, the immediate response to this story was, Don't they watch "CSI"? The sad, horrible fact, however, is that a young woman is dead, and the people involved are people we know, either directly or because they are well-known personalities in the bodybuilding world. All indications are, this story ain't over. So try not to rush to judgment, and don't be surprised if there are more revelations—and twists—before anyone goes to trial.

TROPHY SHOT

Ough, that's heavy. Fitness Medium-class winner Tami Ough shows why she doesn't compete in powerlifting.



THRONE SHOT

Controversy is good for the sport, they say (see page 279), but sometimes the fallout is that the Susan Lucci figure get all the P.R. Lest no one forget, the overall at the Women's Nationals went to Mimi Jabalee.



IRONWOMAN'S JOURNAL

More Titus Tales

And Flyin' Ryan

Damn that **Craig Titus**. Getting popped on my deadline—again. The sensational developments described in the item on the previous page brought on a flood of musings and memories, starting with an afternoon in the summer of '95, when a part-time columnist on the flex 'n' fluff beat found herself interview-

ing DEA agents because the story of Titus' arrest on drug charges had exploded and the November '95 issue had gone to bed except for this column. So there I was, talking with federal agents (something not taken lightly by this child of the '60s) about the eventual '96 National Heavyweight and Overall champ and learning the real distinction between ecstasy and Ecstasy.

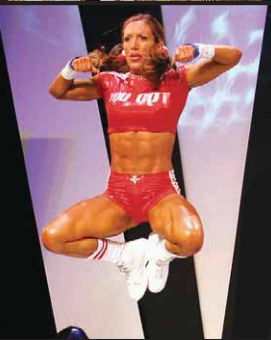
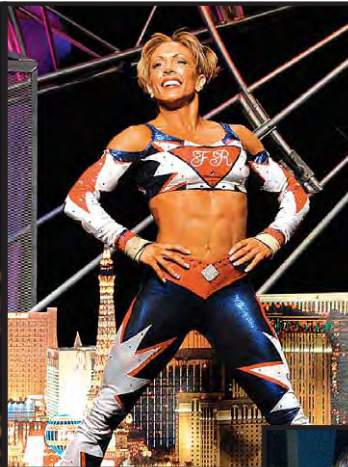
Titus, who'd made waves in the sport a week or so earlier when he stormed offstage at the '95 USA in Denver after he didn't win, "was convicted of conspiring to possess and sell Ecstasy and served a couple of years in prison in the late 1990s after he tested positive for steroids," as the *Las Vegas Review-Journal* summarized that chapter of his life. Afterward, he picked up where he'd left off in bodybuilding, logging a respectable pro career that includes fifth-place finishes at the '01 and '04 *IRON MAN* Pro events, third at the '03 Night of Champions and two appearances in the Mr. Olympia lineup. He also earned a reputation as the "bad boy of bodybuilding"—displaying a tough-talking, opinionated, don't-screw-with-me personality that was larger than the 250 pounds he carried onstage and that he knew how to use to advantage. Classic example: Craig's much-publicized feud with **King Kamali** in 2001, which festered onstage and on

the Internet, brought both men a boatload of fan interest and media spotlight that lingers today.

He also could be charming, and when he mar-



At the '04 *IRON MAN* Pro and in '95.



Clockwise from top: At the '02 Olympia, the '96 Fitness America and the '05 International.



ried America's fitness sweetheart, **Kelly Ryan**, in 2000, he turned it on for those who championed his lady in the press—with any lingering resentment for one who had also written about his exploits becoming a thing of the past.

Ryan, a talented gymnast who had trained with legendary Olympic coach **Bela Karoly**, burst on the physique scene in 1994, winning the Fitness America Pageant in '96 with one of the three best fitness routines I had ever seen. (In memory it still is, with a cartoon

theme and Kelly an adorable pixie flipping through the air.) Flyin' Ryan, as some wag dubbed her, moved to the NPC and IFBB, where she distinguished herself as the queen of the fitness routine, setting the bar and raising it higher with every competition. As a pro she won the prestigious Fitness International in 2000 and took second at the Olympia four times.

Outgoing and personable, Titus and Ryan have always had many irons in the fitness-business fire, representing Bodyonics Pinnacle for the past few years and

promoting late-night afterparties at major physique competitions. Like many of their fellow pros, they have been active participants in the chat rooms and bulletin boards online.

As the years went by and the sport's biggest title eluded her, reports of Kelly's resentment—and of Titus' vigorous defense of her—were difficult to miss. (In her last two competitions Ryan dropped to third at the '04 Olympia and fourth at the '05 International, decisions that some folks thought were controversial.) Also not hard to miss were the rumors of their lifestyle—the pair, who moved to Vegas a couple of years ago, were said to be into a few things that are not on your typical physique athlete's precontest checklist. When they announced last fall that they were founding a brand-new women's physique federation, though they quickly took it back, it was not difficult to see the connection to their dissatisfaction with the establishment.

I admit that I thought the WPI would never see the light of day, but who could have predicted that something like this would be the reason?



You can contact Ruth Silverman, fitness reporter and Pump & Circumstance scribe, in care of *IRON MAN*, 1701 Ives Ave., Oxnard, CA 93033; or via e-mail at ironwman@aol.com.





Raysing the Bar

Shawn Ray Roars Into

Bodybuilding-Contest Promotion

by Lonnie Teper

It's been nearly two decades since Shawn Ray, a month past his 22nd birthday, became the youngest ever NPC National Overall champion when he swept the field in Atlantic City, New Jersey, at the '87 event. It's a mark that still stands today.

Sugar Shawn went on to have one of the most illustrious pro careers ever, winning the inaugural *IRON MAN* Pro in 1990, nabbing the Arnold Classic crown a year later and eventually finishing in the top five in 12 consecutive Mr. Olympia battles before he called it quits in 2001 at the age of 36.

Ray, now 40, married almost three years to Kristi and father to Asia Monet, born August 10, 2005, lives in a plush Yorba Linda, California, abode just a 10-minute hop, skip and

jump from Disneyland. Although he no longer dons competition trunks, he remains a major player in the industry as a member of the Vyo-Tech Nutritionals team, having swapped lifting, dieting and posing for other skills, such as fund raising, marketing and promotion.

He was watching Sunday-night football when I called, ready to jump on a bowl full of ice cream and cookies but, if you know Shawn the way we know Shawn, you know he *always* has time to speak his mind.

LT: You competed from 1983 until 2001; your first pro show was the '88 Night of Champions. You called it a night after placing fourth in the '01 Mr. Olympia. Why?

SR: Actually, I had a plan. I wanted to go out on top with another top-five finish. I realized that winning the Mr. Olympia was not a reality for myself, Kevin Levrone, Flex Wheeler or any of my successors.

And history has proven me right—in the four years since I retired, nobody has beaten Ronnie Coleman. I left with my health intact

and a very good taste in my mouth with regards to what I had achieved. Another top-five finish would not have put another feather in my cap.

LT: You were a Weider athlete for a number of years. You hooked up with Vyo-Tec last year—how did that come about?

SR: When Joe Weider sold his company [in 2004], I was eyeballing an exit strategy. I knew that AMI, the new owners, had different plans for the way they would do business. People were coming and going, so I started looking for a company that wanted a fresh face with experience and wisdom in the industry.

I met brothers Vince and Spiro Kandis, owners of Vyo-Tec Nutritionals, through my good friend Kevin Levrone; I signed with them two months later, in March '05, to be their spokesperson, to help take their products to the markets they hadn't previously had success in.

I did such a great job that in six months they promoted me to be their marketing and promotional director of athlete development. In the process I created a charity golf

Raising the Bar

tournament that Vyo-Tech was the title sponsor of and created my own bodybuilding competition, with Vyo-Tech as title sponsor.

LT: That contest, the Colorado Pro/Am, which is scheduled for May 12 and 13, has put a lot of cash on the line for the competitors—\$72,000 total purse with \$25,000 for the winner of the men's show. Still, Vyo-Tech doubled its sponsorship amount for the IRON MAN Pro. How did that come about?

SR: What I did was express the need to support other shows to get them to support ours. I wanted them to think outside the box. We don't have enough of one company helping another company; by helping the IRON MAN Pro, by helping them in any way we can in terms of support, both financially and otherwise, we stand to do ourselves more good than if we tried to compete with the IRON MAN or any other pro show.

While we are working on the Shawn Ray Classic in Denver, we are still big supporters of all the other pro shows and of many NPC contests as well. If we do a great job the first time out, it will encourage the other promoters to raise the bar for their competitions.

LT: You've been an outspoken critic of the IRON MAN because the prize money has not been increased since the contest's inception, but I know you still have quite a soft spot for the



Shawn finished in the top five in 12 consecutive Mr. Olympia battles.

show.

SR: It's still one of the best contests I've ever attended; it's one of the best-organized and -run shows in the sport. The problem I had, as a competitor, was that more could have been done financially, and the athletes didn't have a platform to give their input. The promoters need to listen to the competitors for input; while I criticized the IRON MAN, I did it from an athlete's perspective, to make it an even better contest than it has been. And it worked! I even bought \$1,200 worth of tickets last

year to show my support for the contest.

We want all the pro promoters, all the magazines, to come to my contest in Denver so I can show them firsthand, as a former athlete, the small things that can be done that don't cost a lot but will help make a great show.

LT: It's already the third-highest contest in terms of prize money—quite an auspicious debut.

SR: Well, I figured I only had one chance to make a first impression. The days of the \$10,000 [first-prize]

"The IM Pro is still one of the best contests I've ever attended."



Raising the Bar

contests should have gone out in the '90s; the athletes train far too hard and too long to have a winner-take-all situation. I'm giving out \$10,000 for the best posing routine, which lasts two minutes.

We're going to be giving the fans door prizes: flat-screen televisions, iPods, cellular phones, vacation packages and VIP tickets to the Olympia Weekend. I'm trying to get *IRON MAN*, *Muscular Development*, *Flex* or *MuscleMag* to give a guaranteed cover to the winner. That way the athletes are competing for far more than first place.

We're also going to have a health and fitness expo. I wanted to put my money where my mouth is, and I'm calling on all the major players that I've developed a relationship with over the years to help support the event.

LT: Vyo-Tec gave away a load of cash at this year's Olympia. In addition to being a major sponsor, there was a Best Wheels award for 10k and a \$40,000 chopper for the winner of a raffle.

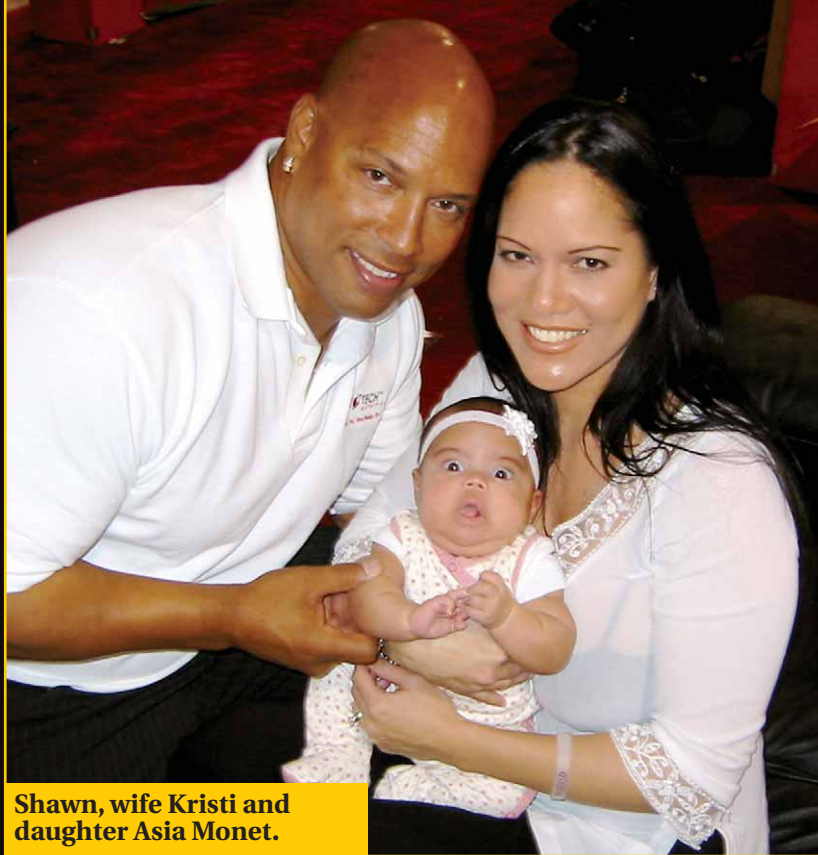
SR: Yes, these are things I helped generate for them, a company that wanted to make a big splash in the industry. I emphasized that we should do things other companies are not doing. The reason I didn't give out my \$10,000 for the posing is that I will be doing that at my show now, where it will be awarded right after the routines are finished.

My plans are, at this point, to take the first-place prize money all the way up to 50 grand in 2007. I really think that's possible.

LT: What do you feel needs to be done to better bodybuilding all the way around?

SR: I've been arguing for years that IFBB judges should only be permitted to judge for a certain period of time, say from five to seven years. After that these guys should be sent out to pasture, and a new crew should be brought in.

Judging the Mr. Olympia should be no different from judging the *IRON MAN* or the Colorado Pro; history has proven that the Olympia judges have a lot more experience than other judges, especially those from other countries. Judges



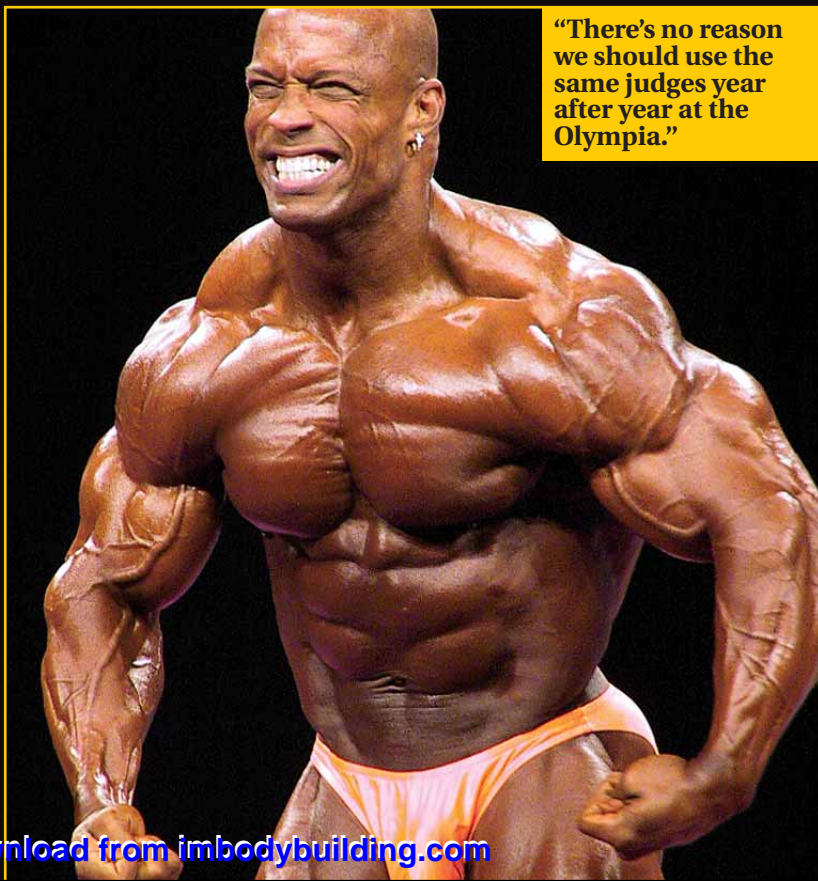
Shawn, wife Kristi and daughter Asia Monet.

should be chosen more by random selection, with the athletes' rep part of the committee, so we know it's not a biased process.

We also need to get to electronic scoring as soon as possible—the Olympic Games have been doing

this forever, and there's no reason for us to still be using pencils and paper. These scores need to be instantaneous, and they need to be shown after each round.

LT: The judges basically do this for the love of the game,



"There's no reason we should use the same judges year after year at the Olympia."

with very little financial incentive. Would it be that easy to get a lot more people to work at the scoring table?

SR: Since everybody in the industry is complaining about the judges, now is the time to start recruiting them. We have some 50-odd pro judges, worldwide. There are only 12 that we use for the Mr. Olympia. There's absolutely no reason why we should use the same judges for the Mr. Olympia year after year. We should never have someone judging at consecutive Mr. Olympias. And if we did that, you might have some different results. I believe it should be an international panel, with 12 judges from 12 different countries.

LT: Would you ever consider becoming a judge?

SR: With the journey I've taken in this industry, I think I'm better equipped for marketing and

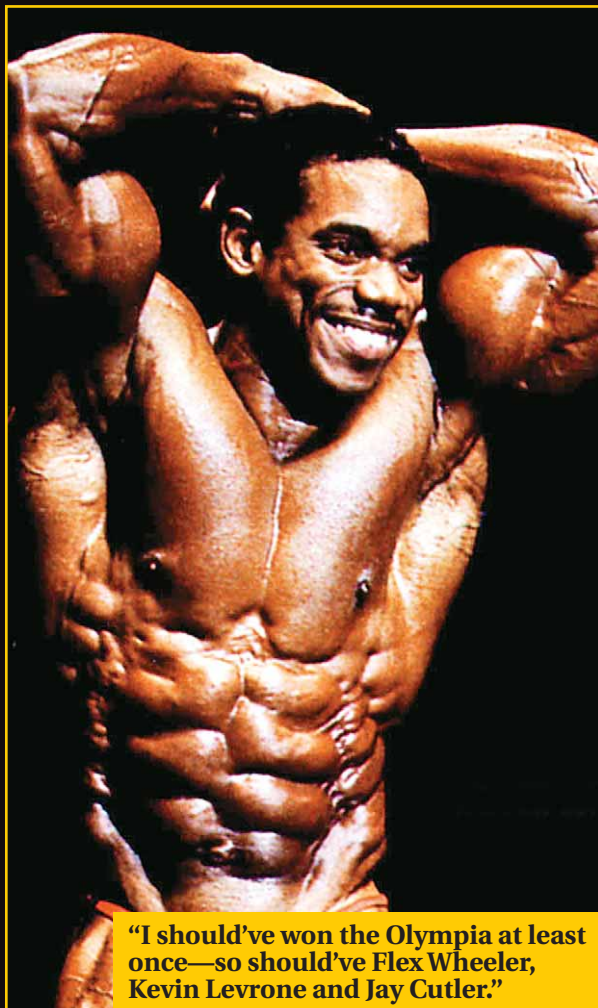
promotion. Being used as a judge, with one vote, I cannot have much of an impact, but if you put me front and center, I'm better equipped to help get us out to the masses.

LT: Should you have won the Mr. Olympia?

SR: I should have won at least once—so should have Flex Wheeler, Kevin Levrone and Jay Cutler. Had that happened, our sport would



"Melvin Anthony is the best performer out there."



"I should've won the Olympia at least once—so should've Flex Wheeler, Kevin Levrone and Jay Cutler."

now be bigger than it was in the early '90s. In the past 22 years we've had three champions. I believe Lee Haney would be the first one to admit there was an Olympia or two that he was fortunate in winning; I think Dorian Yates and Ronnie Coleman would admit the same thing.

LT: I don't. [L.T. and Ray bust up] By the way, some companies have come on like gangbusters, then faded away in time. What do you foresee for Vyo-Tech?

SR: I think they are doing a good job in spending their money; a lot of that is at my direction, and I will continue to

direct them in a way that will help put money back into the company by reinvesting in the sport of bodybuilding.

LT: Who else is signed with Vyo-Tech?

SR: Top pro Melvin Anthony, new pro Bill Wilmore and figure competitors Mary Lado and Christine Pomponio-Pate. Melvin is the best performer out there and is hitting his stride as a pro with his seventh-place finish at the Olympia. Mary and Christine won three shows between them in 2005 and were in the top six at the Olympia last year.

LT: You are obviously doing quite well in your latest endeavor. How come I still had to pay for lunch after the prejudging at the Europa Supershow in September?

SR: Lonnie, the one thing that you're going to realize with Shawn Ray—and you've known me since 1986—the more things change, the more they stay the same.

Editor's note: To contact Shawn Ray, log on to his Web site at www.ShawnRay.net, or visit www.ColoradoProShow.com. **IM**

Mind

IRONMIND

Dealing With Disappointment

Unless you lead a charmed life, you can be certain that somewhere along the line things are not going to go the way you planned. It might be in your personal life, your training, your competition, your career—or all four. Let's take a look at a couple of examples that illustrate two basic strategies for managing events that go sour.

Life in the old Soviet Union wasn't adorned by MTV, malls and Mercedes—in fact, compared to what we have in the West, life would have seemed harsh. In the United States a kid might grow up dreaming about going to Stanford law school or starting the next software giant or being a movie star or any of the other endless possibilities. Dreams in the Soviet Union weren't so varied, but one of the most prevalent, one that was

open to just a privileged few, was that of becoming an Olympic gold medalist.

Alty Orazdurdiev was a product of the fabled Soviet sports system. His talent was identified early in his life, and at an age when an American kid might have been glued to a computer game or lazing in front of a video, Alty was already engaged in the serious business of turning the dream into reality. The full force of the great Soviet athletic machine was at the disposal of his coaches, and day by day, year by year, it appeared that he was coming closer and closer to realizing the dream.

Things changed one day in a way that nobody could predict, and the mighty Soviet juggernaut was no more. To ease the transition, the '92 Olympics saw the appearance of the so-called Unified Team, an amalgamation of team members from all the former Soviet republics competing together one last time. The name sounded good, but at least in the sport of weightlifting, it was anything but accurate. Rancor and dissension were everywhere, primarily because the athletes felt they were the victims or beneficiaries of the personal and political prejudices of the head coach, Vasily Alexeev. Remember, what we're talking about here was a battle-hardened group of athletes who, by their late teens, had more training and more international experience than many of the world's other top athletes will see in their entire careers. Those guys were used to intense competition because in the old Soviet Union there was so much talent, so much depth in weightlifting, for example, the lifters used to tell us that winning the World Championships was easy—the tough part was getting selected for the team.

The '92 Olympic team selection process spared the athletes none of that—compounded by actions of an imperious puppeteer who turned the worlds of more than one weightlifter upside down.

Coming into the '92 Olympic Games, Orazdurdiev was considered a red-hot property in the international weightlifting world: His results at the '90 World Championships were extremely impressive and, coupled with the lifts he was making shortly before the Games, most experts

Neveux \ Model: Jose Raymond



Body

considered him nearly a shoo-in for a gold medal.

For Orazdurdiev, however, what was to be the dream of his life turned into a nightmare, which was played out before the weightlifting world in Barcelona. As he prepared to weigh in, head coach Alexeev pulled Orazdurdiev out of the competition on the spot. Instead of Orazdurdiev, a lifter named Ibragim Samadov would be representing the Unified Team. Orazdurdiev burst into tears, absolutely devastated by the move, which was doubly cruel given its timing—the last possible moment for making the change. As it turned out, this was just

the beginning of the drama in that weight class: When Samadov ended up in third place, he refused to accept his medal and was disqualified and summarily banned for life.

With the guttiness you would expect from him, Orazdurdiev bounced back at the '93 World Weightlifting Championships—he equaled the gold medal total from his class at Barcelona, even though he lifted in the class below!

Change continents now, and let's make up an imaginary guy living in Chicago. The guy's big, really big, and he lifts weights, but he's really attracted to the strongman competitions. What he'd like to do is win the World's Strongest Man competition.

The 6'3" 340-pound guy can lift all sorts of things the average guy couldn't dream of budging, and his sheer size makes most people believe just about anything he says about his strength. One thing leads to another, and the big guy gets invited to an international strongman contest. The idea is that the contest is a bit of a proving ground, a place where the athletes and those who run the contests can see how everyone stacks up. It's easy to talk about how strong you are, how hard you train and how you plan to win this contest or that, but the beauty of competition is that it exposes the pretenders—it's the time for walking, not just talking.

When you're the size of our fictional character, it's easy to fall into the trap of overrating your strength because you're almost always the biggest guy in any crowd. That might lull the unwary into a false sense of accomplishment when it comes to their physical power.

When our imaginary Big Guy arrives at the contest, though, he finds out that sizewise, he's just one of the gang. This shakes his confidence momentarily, but taking a deep breath, he continues.

The first event involves lifting a crude barbell overhead, and



when the Big Guy can't do the starting weight, the seasoned eyes in the crowd and on the field notice the chink in his armor. The second event brings virtually the same result. As the weekend wears on, this fellow doesn't just finish last in each event, he tends to fail at the earliest possible opportunity. To any who watch him, it's apparent that this just isn't his thing—for all his size, he doesn't have the strength and other qualities required for success in this arena.

Coming back from Europe, the Big Guy realizes that, hey, he really isn't much better at this strongman stuff than a lot of tougher-than-average 200-pound

guys—which is to say, he's out of his league. He isn't about to wash his dreams down the drain, however, so he thinks about things. He knows that he actually is a lot stronger than most people. He comes to understand that what he really likes is performing, not competing, and that kids, in particular, seem to like him. He knows from past experience that it's relatively easy for him to get publicity, and most people will believe absolutely anything he says about his strength levels. One year later the Big Guy is a big success doing community strength demonstrations. He even hits the smaller TV talk shows—they love him as he bends bars, pulls cars and tells kids to listen to their parents and stay off drugs.

Cutting to the chase, both Alty and the Big Guy illustrate two fundamental ways to deal successfully with disappointment. When things don't go your way, stay calm and consider whether the disappointment is the result of temporary external circumstances, as in Alty's case. Once the circumstances change, it's time to regroup and charge forward again, hell-bent on success. On the other hand, if the disappointment is the result of permanent internal factors, as in the Big Guy's case, it's time to change your course. Either way, you can turn the most devastating disappointment into a shining success. What could be nicer?

—Randall Strossen, Ph.D.

Editor's note: Randall Strossen, Ph.D., edits the quarterly magazine *MILQ*. He's also the author of *IronMind: Stronger Minds, Stronger Bodies*; *Super Squats: How to Gain 30 Pounds of Muscle in 6 Weeks* and *Paul Anderson: The Mightiest Minister*. For more information call IronMind Enterprises Inc. at (530) 265-6725 or Home Gym Warehouse at (800) 447-0008, ext. 1. Visit the IronMind Web site at www.ironmind.com.

Thorns and Roses

There's nothing like a good workout to soothe the soul



Never \ Model: Chris Cook

There's nothing like a vigorous workout to blunt the sting of a thorny day. Thorns are interesting devices of nature, nasty in construction yet existing in the environment to protect and preserve it. I bear a few thorns myself and suspect I am not alone.

We need to be sharp in the increasingly dangerous and cynical world we live in, and the barbs we encounter are unfailing reminders. Look sharp, stay sharp, and watch your back sounds obsessive, but it's not the worst counsel one can give. This caution requires awareness and self-preservation, discipline and hard work. The trick is not to become a prickly thorn in the process.

Again, I return to my workouts to strengthen me against the sharp spines that claw at my flesh. Training has a way of making me bigger and stronger while reducing me in size at the same time. Such is the paradox that provides both shield and armament, enabling me to trek through the day without backing down or striking a blow.

Barbs can be spiky formations of our own making. One of our most piercing shortcomings is our lack of gratefulness for things small and commonplace. We take life for granted; we hurry to gain more, or we're idly complacent. Life's grand, but we fail to notice. The bad, though outweighed by its opposite, is sought after and magnified. We allow, almost encourage, it to grow, like a devilish, hypnotic wildfire. We should extinguish the spitting and fitful flames, but their searing intensity penetrates our soul.

A workout in down times is akin to a life preserver tossed to a drowning man. I know men and women who deteriorate when their day-to-day training routines are disrupted. It's pure oxygen to the brokenhearted, a consolation to the overwhelmed, a friendly place to the lost and lonely, freedom to the trapped, a solid expression for the voiceless and an elixir

for the weak and downtrodden. Workouts can breathe life into a hopeless form.

Lest we forget, health and fitness through lifting and smart nutrition is a passionate lifestyle for a select culture of bright people. They are few, but they are strong. They find delight in training, as they balance and temper their lives. Sharing disciplines, sacrifices, grunts and groans, a distinct joy is evident among those who are dedicated to the cast-iron cause. And a dust of rust adds fine flavor, color and credence to the deed.

Believe it or not, people have been known to be restored to life by the energy gained from a good workout. I once knew a man who knew a man who was critically ill and the worst was expected. One sad afternoon the fellow was pronounced clinically dead. An alert team of personal trainers hooked him to a defibrillator charged by electricity generated by 25 stationary bikes powered by robust athletes from the neighborhood gym. He was revived instantly.

Why would I lie to you?

Working out adds sensitivity and awareness to the heart and mind of the dedicated lifter. You can be sure of this: The sensitivities gained by lifting weights are about as soft as the iron that formed them. Thorns are hard pressed to poke holes in the backside of seasoned lifters. Instead, they are gathered into a pile and used as kindling for mouthwatering, muscle-building steak barbecues. Hot thorns! Hot thorns!

My life, I admit, is a prickly mess when my workouts are not in order. Further, it's difficult to determine which came first, the prickly mess or the workout disorder. You can bet I've spent many fruitless afternoons trying to sort out this conundrum only to slip into the gym out of frustration, have a monster workout and forget all about whatever it was that puzzled me. Further support that a good workout removes the prick from prickly, the stick from stickers and the barb from nasty barbecues. Pointy objects beware.

I think we're getting somewhere.

Don't you love it when your training is in good order; you're regularly arriving at the gym on time, you're unhurried and you know what you want, can and should do, and the latter three needs are in harmony? The energy is solid, the pump is within reach, the equipment is available and you're in good repair. Life's not perfect and you accept its flaws. The weights feel tight and your muscles feel loose and the groove is easy to find. You settle in, you flow, you become absorbed—distractions are locked out, they don't have a chance. The first 60 minutes go by firmly and you're in charge, the next 15 minutes are a good fight and the last 15 are a winning struggle to the end...you walk away without a limp.

The thorns drop like dried leaves in the fall. They no longer scratch, draw blood or impart pain. They disintegrate, they evaporate, they dissolve. They go away.

In my fight against stress, doubt, fear, anger and insecurity, no weapon or defense serves me more effectively than a strong bout with the iron. One might suggest confronting the source of the conditions directly, but their origins are often disguised, hidden or unapproachable. Through the force exerted during a good workout and the discipline and focus to apply such force, troubles are often clarified, diminished, resolved or eliminated.

And this is not by magic.

It has something to do with—I'm guessing as usual—the release of endorphins (compounds) in the brain that soothe our pain. There is the distraction of exercise that frees our

subconscious to work on problems unimpeded by our oft-confused conscious minds. There's the fulfillment of concrete achievement in our daily life, augmenting our confidence and undermining our doubt and insecurity. Further, we can't deny the sense of physical power and well-being—exhilaration—we derive from the mighty expression. That alone will conquer the foe.

And then there is exactly that: the expression we make by hefting heavy metal over our heads, clearly conveying who we are, at once a declaration, admission, confession and revelation. Such is the need and tendency of the individual aware of his individuality: to speak out through his deeds.

Let's not dwell on the briar patch. Take one sting at a time and allow it to direct your course. We learn from our mistakes, stumbles and stings. The point is this: Be aware and beware of thistle and thorn, be prepared for them, heed them, walk a circle around them, nip them in the bud, dull their edge, and, when you must, set them ablaze. Don't let their sharp points penetrate your tender yet toughened skin.

As lifting weights goes a long way to tear down our enemies and paint who we are, so does the moving of iron develop our flesh and bones, our hearts and lungs. Only a whack or a liar would claim he doesn't want strong and well-formed muscles. Muscles are cool and might is in.

When the sun is warm and overhead and the roses are flourishing and standing tall and my heart is filled with goodness yet it's time to clear the thriving briar patch, this is what I do: I say to heck with the dagger-sharp thorns. I'm coming through. Got my gym bag and rosin and wraps and belt and favorite T-shirt; got my water bottle and Ageless Growth and Bomber Blend; got my thick bars and handles and steel-riddled gym floor. I've got a beating heart and a handful of exercises, from presses to curls and deadlifts to squats. I know a rep from a set and I can count to 20 if I have to. I've got the time; I've got the will; I've got the guts; I've got the love.

If I don't, I'm in trouble and the thorns have pierced my skin deeply.

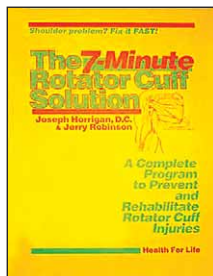
The sun never sets on those who fly high, long and swiftly toward its brilliant and life-giving rays. Stay warm, stay cool.

Steady as she goes, bombers.

—Dave Draper
www.DaveDraper.com

ad

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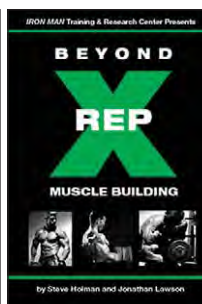
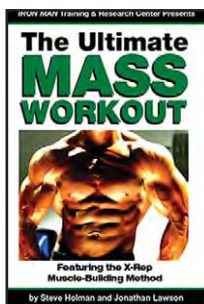
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Top E-books:

X-Rep combo package. *The Ultimate Mass Workout—Featuring the X-Rep Muscle-Building Method* and *Beyond X-Rep Muscle Building*, both by Steve Holman and Jonathan Lawson (available at www.X-Rep.com)



Monte Saldo

The art of posing has always been important to bodybuilders, but styles have changed over the years, and one of the most important pioneers to see the potential of posing was a clever English athlete named Monte Saldo. He was born Alfred Montague Woollaston in London in 1879, and when he was 18, he was apprenticed to Eugen Sandow, the most famous strongmen and physique star in the world. After building his body and learning the trade of a professional strongman, Saldo joined an Italian bodybuilder named Ronco, and around 1900 the two young men toured as "Ronco and Monte."

The pair worked together for a few years, until Monte found the partner with whom he was destined to make his greatest mark: his brother Frank. Monte and Frank were remarkable similar in face and physique, so they decided to capitalize on it in a vaudeville posing act that has become legendary.

The name of the program was the Sculptor's Dream. The curtain rises on a sculptor's studio, with the artist chipping away at his latest masterpiece. In fact, the "marble" statue is Monte, painted and powdered to look like stone. Behind him is a mirror in which the statue is reflected. After working for a while, the sculptor decides to take a nap, so he draws a curtain in front of the statue and lies down on a nearby couch. While he is asleep, the curtains open several times, revealing the statue in one pose after another, always reflected in the mirror. Finally, the "reflection" (actually brother Frank) bursts through the glassy covering



Photo courtesy of the David Chapman collection

and begins to wrestle with the statue. After several spectacular lifts and spins, the statue and its double assume their original positions, and the awakening sculptor concludes that it was all a dream.

By treating his body as a statue and then using all the tricks of show business, Saldo and his brother created a sensation. They revolutionized the way the muscular body was marketed to the public, presenting physique display in a highly entertaining format. Tiring of his theatrical career, Monte went on to create a very popular muscle-building course with the German strongman Maxick that they called Maxalding. It was based largely on muscle control and proved to be nearly as popular as his stage act. Monte Saldo died in 1949, but the business was continued until the mid-20th century by Courtland Saldo, the strongman's son.

—David Chapman

ad

Mental Might

Depression Suppression

According to the *British Medical Journal*, Saint-John's-wort may work as well as, or better than, some antidepressant drugs. Two hundred fifty-one people with depression took part in a study. Half took Saint-John's-wort three times a day, and the other half took a leading prescription antidepressant. In six weeks depression markers improved 57 percent in the first group and only 45 percent in the drug group.



—Becky Holman
www.X-tremeLean.com

You've Got Mail— and Motivation

Canadian researchers found that people who received weekly e-mails containing fitness and nutrition tips exercised more and ate better than those who didn't receive the e-mail tips and reminders. That's a darn good reason to go to www.IronManMagazine.com and sign up for the *IM* e-zine (to get on the list, simply provide your e-mail address in the box at the upper-left corner of the home page). To see sample newsletters, go to www.X-Rep.com and click on X-Files.

—Becky Holman
www.X-tremeLean.com



New Stuff

SizeOn From Gaspari Nutrition

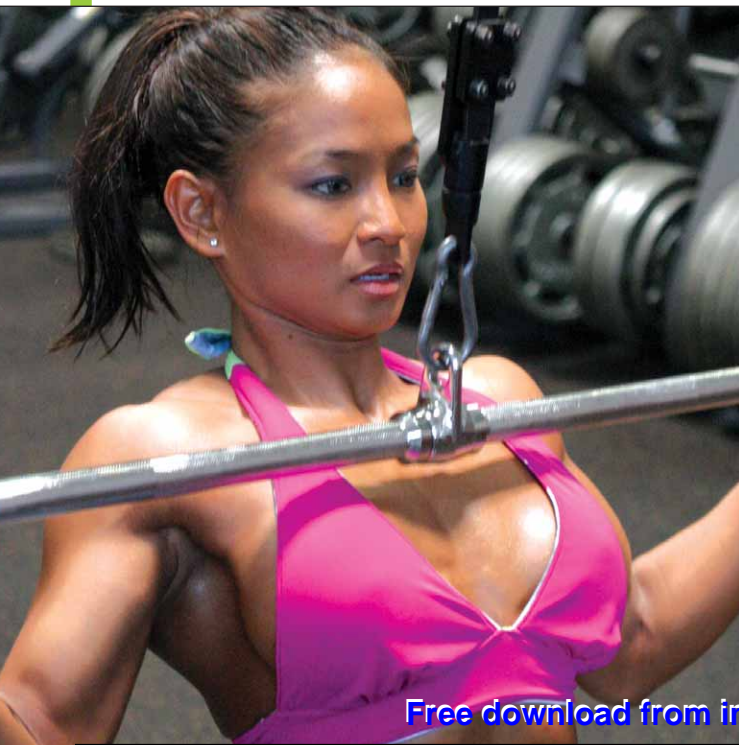
SizeOn, the ultimate mass monster, is the only serious nonhormonal product for packing on size—so powerful that users will see and feel increases in muscle belly size and fiber strength within 24 to 36 hours after the first dose. This new intra/postworkout formula is the only cell volumizer containing creatine gluconate, the fastest-acting and longest-lasting creatine ever, along with the new patent pending designer carbohydrate Outlast. Spike that with glycerol monostearate, the bodybuilder's secret ingredient for maximizing muscle belly size as fast as possible, and disodium ATP, the actual fuel your muscles use to contract and move, and you've got what's destined to become the greatest strength-, endurance- and mass-gaining sports performance product ever created. You're going to love it! For more information visit www.GaspariNutrition.com.

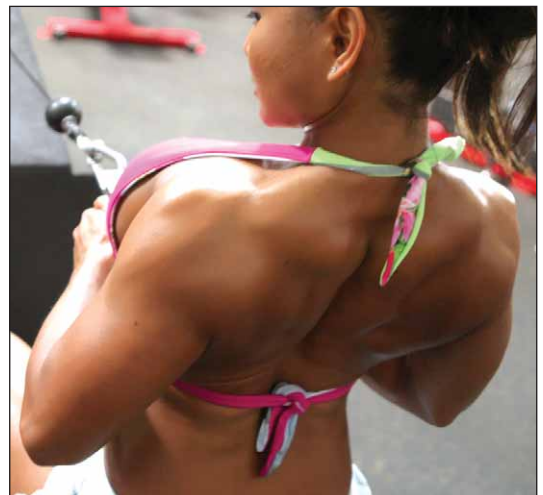


Meriza Goncalves

Photography by Jerry Fredrick

Location: Gold's Gym, Venice, California





Serious Stats

Weight: 110 **Height:** 5' **Age:** 31

Bodypart split:

Monday: chest, arms abs; Tuesday: legs, lower back; Wednesday: back, arms, abs; Thursday: rest; Friday: shoulders, calves; Saturday and Sunday: rest

Sample workout (delt):

Presses	3 x 15
Lateral raises	3 x 15
Front raises	3 x 15
Bent-over lateral raises	3 x 15

Factoid: Meriza has an eight-year-old daughter, Alexis. They love to shop and watch movies together, and Meriza is very involved in her daughter's school activities.

Only the Strong Shall Survive

VS.

Bench Press vs. Incline Press

by Bill Starr

Photography by Michael Neveux

A Better Angle on Strength and Chest Size

Recently, I've received a number of letters from readers concerning my belief that the incline-bench press was more beneficial to athletes than the flat-bench press. They all wanted to know why I used the flat bench in the Big Three if I thought the incline was a better upper-body exercise.

Fair question.

As I've mentioned previously, the program dubbed the Big Three in *The Strongest Shall Survive* was a result of my collaboration with Tommy Suggs when we worked together at the York Barbell Company in the late 1960s. We were anxious to spread the gospel of strength training to the coaches and athletes in the area, as well as to the entire country through the pages of *Strength & Health*, which we edited. We began attending coaches' conventions within driving range and putting on clinics and exhibitions at high schools.

At the time a large majority of sports coaches thought that lifting weights would be detrimental to their athletes. The idea was that weight training, particularly with heavy weights, would slow them down and hinder agility and flexibility.

Armed with plenty of research, we set about converting the unbelievers. At the conventions and high schools we did the Olympic lifts and sometimes benches and squats. Once the coaches saw us do split or squat snatches and clean and jerks with impressive poundages, all notions that weightlifting limited range of motion or restricted coordination, agility or foot speed vanished. We started getting bombarded with requests for programs.

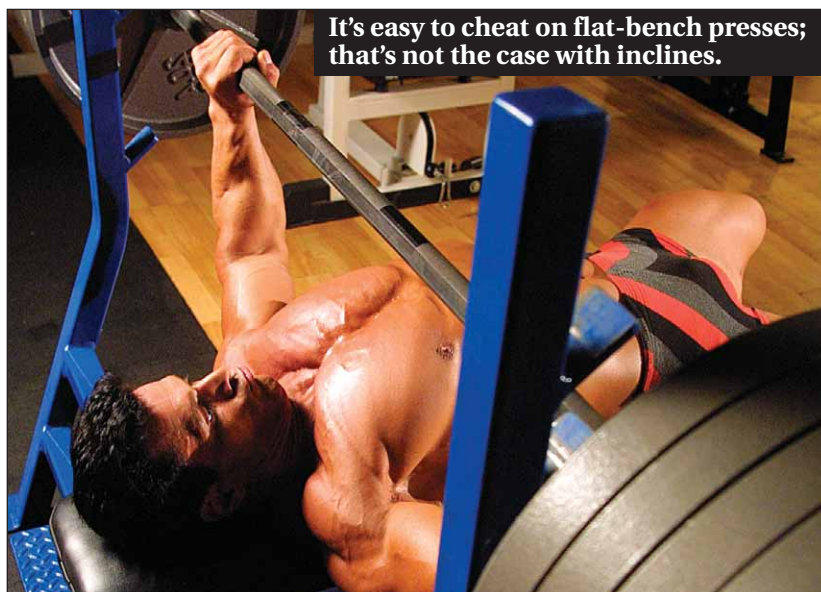
The Big Three evolved after Tommy and I had talked with hundreds of coaches and visited countless high schools. The program we came up with could be done with a minimum of equipment, in a small space and in a short amount of time. One exercise for each of the three major muscle groups—shoulder girdle, back and hips and legs—would be enough.

The flat-bench press became our primary upper-body exercise by default. While we both felt that the incline was a more beneficial shoulder girdle exercise than the flat bench,

there was a major problem. No incline benches were available for the high school coaches to use. I mean zero. We never saw a single incline bench in any high school weight room we inspected. In fact, there was a severe lack of inclines, period. Most commercial gyms didn't have them, and the gym at York had only one, the type that you stand up in with your feet on metal plates. That may seem rather strange because now any fitness facility worth its salt has a row of inclines, but at the time the overhead press was the primary exercise used to build upper-body strength for all athletes, and it was still part of official Olympic-lifting competitions.

Which raises the question, Why didn't we use the overhead press in the Big Three? We did consider it, of course, since we were both Olympic lifters, but there were drawbacks, the biggest one being the fact that the press was under fire from athletic trainers and sportsmedicine authorities who claimed that it was unduly stressful to the lower back and especially harmful to young athletes.

We already had one highly controversial exercise in the program—the full squat—and didn't want another. Another factor was the technique involved in the overhead or military press. Contrary to



It's easy to cheat on flat-bench presses; that's not the case with inclines.

Model: Greg Blount

cal activity, from driving a golf ball to spiking a volleyball, shooting a basketball, blocking the opposing lineman or hitting a baseball.

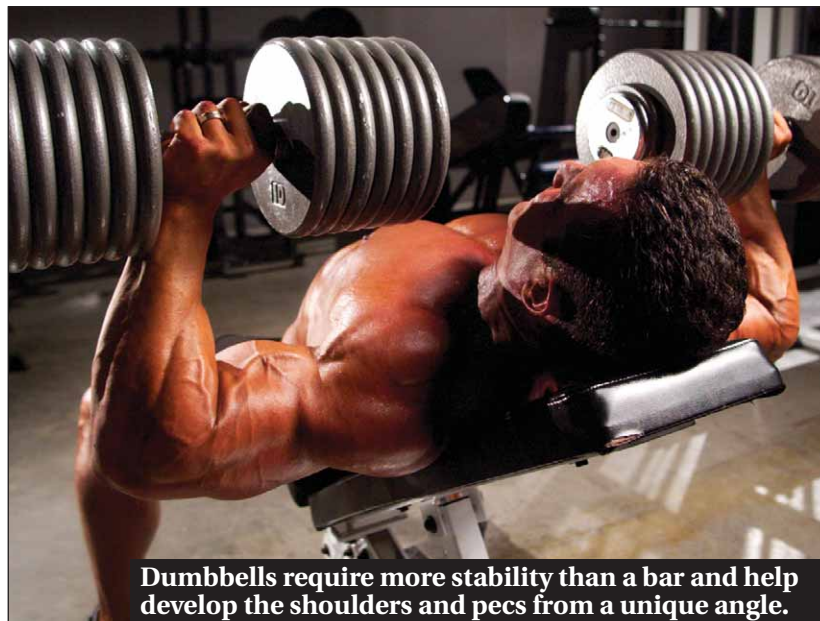
The motion of the incline-bench press is much closer to a wide range of athletic movements than the flat-bench counterpart. Offensive and defensive linemen in football use the straightforward move with their arms, but few others do. This means that the strength gained in the incline is more transferable to the swimmer, lacrosse player or tennis enthusiast, as well as the shot-putter, javelin thrower and pole vaulter.

One of the reasons I prefer the incline over the flat bench is that the incline is a pure strength exercise. It's almost impossible to cheat on the incline, while various forms of cheating are the norm on the flat

popular belief, the press is a difficult lift to master. I can teach athletes proper form on the bench or incline in one-fourth the time it takes them to learn to do an overhead press correctly. After weighing the pros and cons, we selected the flat bench. When done right, it's safe, easy to teach and works the upper body well. It was gaining in popularity because of the new sport of powerlifting. Plus, more weight could be handled on the flat bench than on any other upper-body exercise, and young athletes liked that.

Most important for our purposes, the high school weight rooms did have benches of some shape or form. True, most were crude, often fashioned from wood, and others were shaky, but nevertheless they were available. A few coaches even improvised and used the benches from the locker rooms. Certainly not ideal, but where there's a will, there's a way, and it got the job done.

I should also point out that our program was geared toward football more than any other sport because football was the first to wholeheartedly embrace strength training. The bench press is more useful to football players than it is to any other athletes. All things taken into account, the bench press fit the needs of the high school coaches in those early days of strength training more than any other shoulder girdle exercise could have done. Had there been an abundance of incline benches at the disposal of those



Dumbbells require more stability than a bar and help develop the shoulders and pecs from a unique angle.

high school coaches, however, the incline rather than the flat bench would be a part of the Big Three.

Here's why. The incline puts more emphasis on the shoulders than the chest, and shoulders are used in every sport; the chest isn't. Incline bench press works the chest, the upper portion that helps stabilize the shoulder joints—a definite plus because the shoulders are much more fragile than most imagine. The deltoids and triceps play a greater role in the performance of the incline bench than they do during a flat bench. They're involved in every physi-

cal activity. Rebounding the bar off the chest is common practice in almost every gym, except those frequented by competitive powerlifters, who have to pause at the chest; for them, rebounding is taboo. In high school and collegiate weight rooms, however, the flat bench often resembles an act of contortion rather than a feat of strength. The lifter rebounds the bar off his chest, then raises his hips up off the bench to help move the bar through the sticking point.

Both forms of cheating can have dire consequences. The rebounding damages the muscles of the chest,



The flat-bench press is more useful to football players than to any other athlete.

as well as the shoulders and elbows. Bridging is also quite stressful to the elbows and shoulders and eventually results in problems in the offended joints. In addition, when a lifter rebounds the bar off his chest, he is neglecting the muscles and attachments responsible for performing that job. The same holds true for bridging. Instead of learning how to grind the bar through the sticking point, the lifter opts for bridging it through. That's why it's called cheating—you're not cheating others,

only yourself.

It's impossible to cheat on the incline—almost. I've seen a rare few who managed to bridge, and it was ugly. Rebounding doesn't help on the incline. The bar always runs forward, and once it's away from the precise line, the game is over. That's why the incline builds such functional shoulder power. All the groups that need to be worked are worked.

The first thing you discover when you do an incline-bench press is

Strength developed from the incline press is more transferable to other athletic activities, like driving a golf ball.



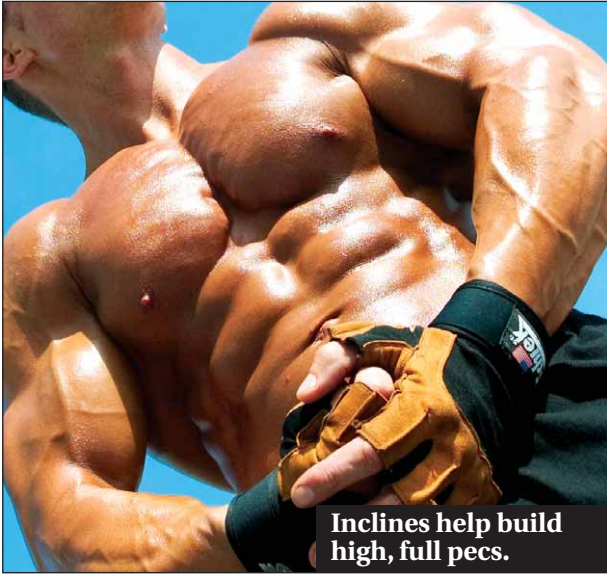
that the form is quite different from the one used in the flat bench. In the flat bench the bar touches the chest right about where the breastbone (sternum) ends, with some variations due to arm length and shoulder width. In the incline the bar touches the chest much higher, right at the point where the collarbones (clavicles) meet the breastbone. No variations at all. It's the exact same spot for anyone—male, female, big or small.

In the flat bench the bar moves off the chest and glides backward slightly so it ends up over your face. The incline moves up and down in a perfectly straight line. It's a little like working in a Smith machine. The difference takes a bit of getting used to before you can feel comfortable doing inclines. Rank beginners, as many of my female athletes were, learn the technique much faster than those who have been benching for a long time.

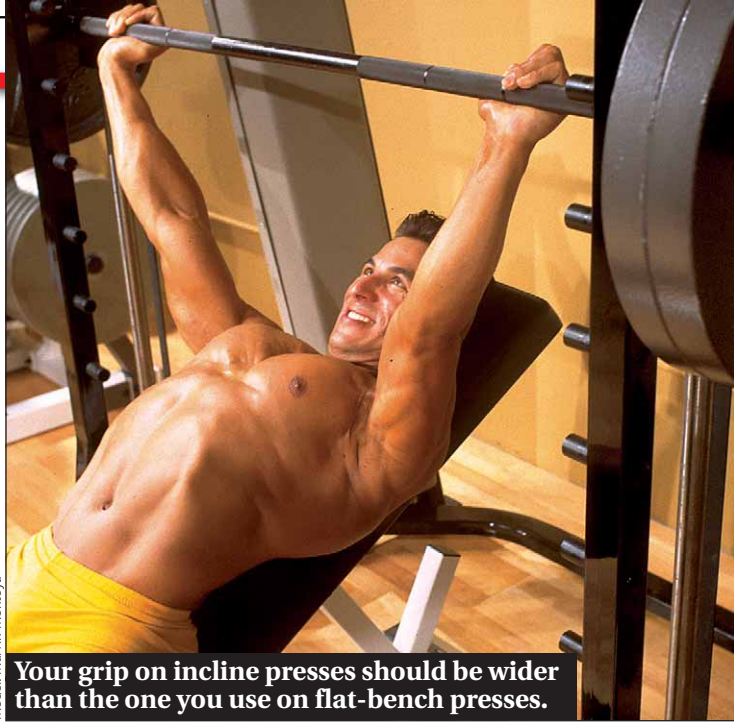
Let's now go over some basics of the incline-bench press. Your grip is largely determined by your arm length. It will be wider than the grip you use on the flat bench unless you employ an extrawide grip on that lift. The grip I recommend on the flat bench is to extend your thumbs so that they can just touch the smooth center of the Olympic bar. The grip for the incline is another thumb width wider.

While that's a pretty good guideline, the conclusive way to determine the correct grip for you is to make sure that your forearms stay in the vertical position throughout the lift. Your elbows are always directly under your wrists. If your grip is too wide, you're putting a great deal of stress on your shoulders where they attach to your pecs. If it's too narrow, you're not going to be able to lower it all the way to your chest.

Never use a false grip on the incline; make certain that your thumbs are wrapped around the bar. Some contend that the false grip, with thumbs under the bar, lets them apply more pressure to the bar. Maybe—although I doubt it—but using a false grip is just too dangerous. With the bar traveling over your face, maintaining a secure grip is essential. One slip, and you've got serious problems. It just isn't worth the risk.



Inclines help build high, full pecs.



Model: Marvin Montoya

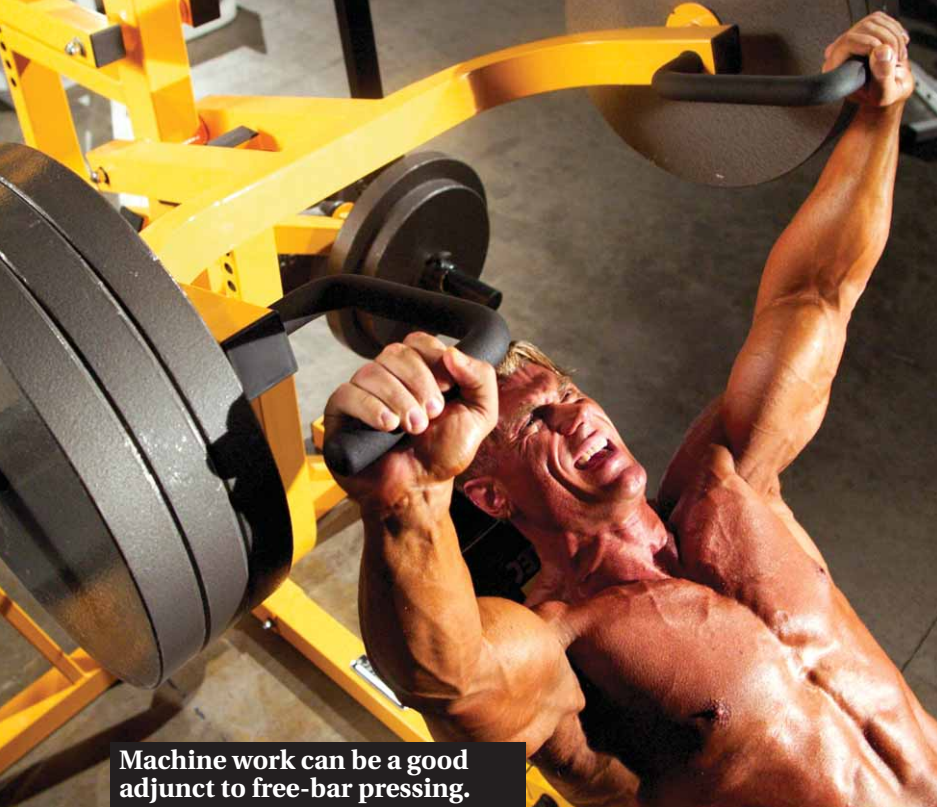
Your grip on incline presses should be wider than the one you use on flat-bench presses.

In addition to the safety factor, which is major, the false grip encourages you to cock your wrists. That is a form mistake. The wrists must stay locked. When you twist or cock them,

you're diluting power. Any movement of the wrists during the lift is also quite stressful to those small joints. So learn to use the secure grip from the very beginning. If you find that

you have a tendency to move your wrists, even a little, start taping them. That serves a couple of purposes. It helps to support your wrists and is a reminder to keep them straight.

AD



Model: Berry Kabov

Machine work can be a good adjunct to free-bar pressing.

That takes care of your hands. Now for your feet. Many lifters merely sit on an incline bench and let their feet dangle or lightly touch the floor. To handle heavy weights on the incline, you must establish a solid foundation on the bench and that starts with your feet. Don't just place your feet on the floor. Drive them forcefully into the floor. Sit back on the bench and tighten your legs, glutes, back and shoulders. Squeeze down into the bench and become part of it.

When the heavy weights stick, you can bring power up from your feet through your body and into the reluctant bar, but it's possible only if you have a firm base.

A spotter is necessary for this exercise because the bar is over your face and throat the entire time. On many benches the uprights are behind the lifter's head, making it nearly impossible for him to take the bar off them without assistance. The spotter needs to be alert at the two highest-risk points, when the bar is taken from the uprights and when it's being racked after the set.

Make sure you're in sync with your spotter. After you've locked into position on the bench and gripped the bar, count one, two, three, and press against the bar as he helps you remove it from the uprights. Don't let him do all the work. When he releases the weight,

it will feel extra heavy and not in the proper position. When you complete your set, be absolutely positive that he has control of the weight before you reduce the pressure on the bar or let go of it. Never throw the bar backward into the uprights. It can rebound out before even the quickest spotter can grab it.

The lifter and spotter must communicate and not assume. When the spotter hands you the bar and you have it locked out, tell him to let go. When you know that a difficult

rep is your last, even though you planned on doing more, tell him to take the bar. Once he has the weight secured, the spotter should say, "I've got it."

The spotter has helped you take the weight from the uprights and you have it locked out overhead and are ready to do your first rep. Instead of just holding the bar in a passive manner, push up against it and make sure it's in the correct starting position before you start the movement. Staying rigidly tight, pull the bar downward to the point on your chest where your collarbones meet your breastbone. When you think about pulling the bar into position rather than just lowering it, you'll maintain much better control of it. The bar must be lowered in a correct line in order for the upward line to be accurate.

If you've done only flat benches, you'll have to practice touching the bar at the higher position. At first it will feel quite strange, but stay with it because you'll never be able to handle heavy weights unless you set the bar high on your chest.

Pull the bar to the right place on your chest, pause a brief moment and then drive it upward in a straight course. It should pass close to your chin and forehead. Throughout the lift your elbows will stay down and out, away from your body. They never tuck in close to your body, as they do when you do flat benches.

Always wrap your thumbs around the bar on free-bar presses.



As you accept the bar from your spotter, take a deep breath and hold it until you've pressed the bar through the sticking point. I've said it many times before, but I'll say it again: If you exhale or inhale during the execution of any pressing exercise, you're diminishing your power base. The up-and-down movement takes only a few seconds, so there's no risk of running out of air.

Lock the bar out at the finish, breathe, hold it and do the next rep. Again, I caution you not to rebound the bar off your chest. If you try to, the bar will run forward, and with heavy weights there's no way to pull it back in the proper line. If you pause on your chest from the very beginning, you'll always be able to maintain that form, even with the heaviest weights.

While learning this lift, your initial move off your chest should be deliberate and not too fast. After a few weeks you can start exploding the bar off your chest, making certain you drive it in the correct line.



The dynamic start will get the bar moving with more speed and should carry it to the top of your head. That's the sticking point for most. What typically happens is that lifters are concentrating so much on a powerful start, they forget about the

Always keep your feet planted so you have a strong base for pushing.

middle. As soon as you drive the bar off your chest, follow through immediately so that there's no hesitation at all. If you learn how to propel the bar off your chest and instantly continue with a dynamic middle, the bar will sail through the sticking

AD



Concentrate on pressing the dumbbells in a straight line.

Model: Gus Malliarodakis

point and the finish will take care of itself.

Start with the basic five sets of five. Once you master the technique, change your set-and-rep sequence each time. Do five sets of five with a back-off set of 10; three sets of five followed by two or three sets of three and a back-off set of 10; and three sets of three followed by three singles with a back-off set of 10. That's for those who want to do inclines only once a week. Many of my lacrosse players at Hopkins worked inclines twice and the flat bench once a week. If that's what you do, use the formula I just laid out on your heavy day, and do five sets of eight at the second incline session of the week.

Should you be fortunate enough to have an adjustable

incline bench, alter the angle regularly. For Olympic lifters, shot-putters and basketball and volleyball



Inclines build impressive shoulders, arms and pecs.

players, the steeper you can set the incline, the better.

I also like doing inclines with dumbbells. They add another dimension to training the shoulders because they require more control than a bar. That means the attachments are involved more, and that's desirable for every athlete, since tendons and ligaments are what secure the joints.

I use dumbbell inclines as an auxiliary exercise and generally include them on the bench press or overhead press days. I use higher reps for two to three sets and adhere as closely as possible to the 40-rep rule. This equals two sets of 20, three sets of 12 or 15.

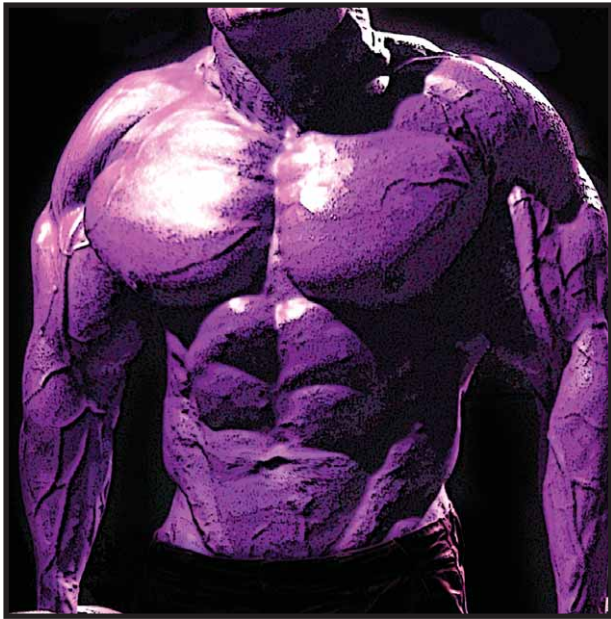
The technique for handling dumbbells is quite different from the one you use on the bar, though you still want to plant your feet and squeeze into the bench. Drive the 'bells close to your head, and don't let them wander out to the sides, which is what they always try to do. They also enjoy running forward. Concentrate on pressing them in a straight line until they move past your head. Then guide them toward each other so that they touch at the finish.

Lower them back to your shoulders in a controlled manner. Lowering them out of control will result in some dinged shoulders, and that action will throw them out of position for the next rep. As I suggested for inclines done with a bar, change the angle on the bench at regular intervals.

Strong shoulders and arms are valuable for any athlete, and the incline-bench press is the very best exercise for helping you achieve that goal and for becoming a more proficient athlete. If you've never done inclines, you're in for a pleasant surprise.

Editor's note: Bill Starr was a strength and conditioning coach at Johns Hopkins University from 1989 to 2000. He's the author of *The Strongest Shall Survive* and *Defying Gravity*. **IM**

Aesthetics, Absurdity and Atlas



In recent issues of *IRON MAN* you've had articles questioning whether bodybuilding has lost its direction. With steroids, dehydration, daily six-hour workouts of astronomical sets and reps and, most absurd of all, implants, I can't help but think that bodybuilding has absolutely lost its way.

Clarence Ross, who in my opinion had the greatest physique past or present, noted that way back in 1949: "The biggest mistake a bodybuilder can make is losing sight of what is aesthetically pleasing. Symmetry should always have precedence over sheer bulk."

I also think about a comment a reporter made about John Grimek, criticizing Grimek's physique as one in which triceps crashed into deltoids rather than flowing.

What I lament most, though, is that bodybuilding has lost sight of what the goal of barbell training should be: health. Build muscles with barbells healthfully, and the physique will come about. As far as I'm concerned, barbell training is one of the most, if not *the* most, healthful exercise there is.

But enough of my pontificating. Let me close with an observation by Charles Atlas that appeared in an article in *Iron Man* sometime around 1962:

"I believe today's physique culturists seek goals that are too extreme; goals that require rigid devotion to reach. Building muscles to the extent that they no longer are symmetrical seems foolish to me. Even more senseless is the practice of gaining bulk for its own sake, with no regard for practical use. Development that is a mere ornament is not natural and is a step in the wrong direction. The average person desires, above all else, a state of perfect health and freedom from pain. I think that should also be the first consideration of any devotee of exercise—internal fitness. Next in importance should be an efficient body, a machine that can handle itself under all conditions and is dependable in an emergency. Finally, the last objective should be a balanced, manly physique that is outstanding because of its beauty and not for its overdevelopment."

*Edward Dignin
Great Falls, MT*

Editor's note: We hear you, Edward, and agree with a lot of what you wrote; however, the question is, Can bodybuilding go in reverse? In other words, are spectators

desensitized by the massive bodies that populate the pro stage, unable to accept anything less? Would they stand for a Frank Zane type as Mr. Olympia as opposed to Ronnie Coleman? Can the majority of bodybuilding fans appreciate an artistic, aesthetically pleasing physique?

Pride and Predication

Thank you for continuing to make *IRON MAN* the best bodybuilding magazine on the market. Mr. and Mrs. Rader would be proud of the fact that you continue to honor bodybuilding's past while forging ahead with a magazine that's different from all the others. You do not cater to just the hardcore fans, the T&A fans or one certain type of training principle. *IRON MAN* brings more balance each month than any of its competition, and that's why it is the only bodybuilding magazine I read.

*Eric Kamber
via Internet*

Research Recon

Your "Muscle-Science Roundup" feature in the January issue was spectacular. I loved the one you did last year, and the '06 version was even better.

What a fabulous idea to look back over the year and analyze the most relevant bodybuilding research.

It's those types of ideas that make *IRON MAN* my favorite magazine.

*Julio Dominguez
via Internet*

Awesome and Insane Gains

I am seeing X-tremely insane results [with X Reps]! What an awesome program. Thank you. I've been using the Ultimate Direct/Indirect Workout [from *The Ultimate Mass Workout* e-book] for a couple of months now, and I've experienced an incredible increase in mass, going from 148 pounds to, currently, a crazy, ripped 160!

*Ryan Waddell
via Internet*

Editor's note: For more on X-Rep training, before and after photos and info on *The Ultimate Mass Workout* e-book, visit www.X-Rep.com.



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