

15-MINUTE MASS WORKOUTS • ARTHUR JONES RETROSPECTIVE

IRON MAN™

HIGH INTENSITY TRAINING

*Dave Fisher
Age 40*

- 15-Minute Mass Workouts
- Heavy/Light Size-Surge Programs
- Ode to HIT Man Arthur Jones
- Fast-Blast Nautilus Principles

TESTOSTERONE AND GROWTH HORMONE

Muscle-Building Magic?

LEGENDS

Mr. America Speaks Out

DECEMBER 2007
\$5.98 \$7.98 in Canada



0 70992 37390 1

www.IronManMagazine.com
Please display until 12/4/07

PLUS:

- Lateral Strength—New Muscle Twists and Turns
- Gym Tale—Big Back and a Big Mac
- Norway Super Series Strongman Showdown

Free download from imbodybuilding.com

**WHATEVER YOU NEED
WHEREVER YOU TRAIN™**

HOME-GYM

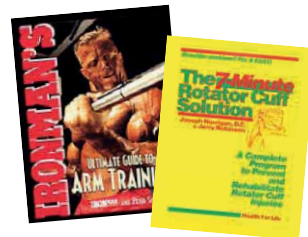
.COM™



Equipment



Supplements



Books



Videos

- **Money Back Guarantee**
- **Unbeatable Pricing**
- **Same-Day Shipping**
- **Authoritative Information**
- **Industry-leading Customer Service**

LOW-CARB Full-Throttle MUSCLE GROWTH

Drive Creatine
Straight Into Your Muscle Cells
The LOW-CARB Way

Did you know that delivery is critical when it comes to creatine... critical! Creatine can't get into your bloodstream and muscle cells unless it is FULLY dissolved in the water that carries it into your muscle cells. And that delivery better be free of excess carbs and sugars if you want to avoid added bodyfat.

**Undissolved Creatine
Does Nothing To Build
Strength, Power Or
Muscle Size... NOTHING**

Low-carb CreaSol™ delivers 200% more creatine straight into your muscle cells. That's because, it's been pH balanced to improve its ability to dissolve in water. Most creatine is only 30% dissolved in water. In other words, 70% doesn't make it into the muscle cell... it can't!

CreaSol is 100% dissolved in water, and it's the water that transports the dissolved creatine into the muscle. It's simple to understand why you end up with more creatine in your muscle cells. That's why there's no need to load up on fat producing, high sugar or dextrose to drive the creatine into the muscle.

What that means to you is... high absorption... more creatine in your muscle cells... more cell volume and more strength and more muscle. The best part is because it's low in carbs you also end up with less body-fat.

**Experts Consider
CreaSol™ to be the
Low-Carb Evolution in
Creatine Delivery**

Get to the phone and order your supply right now. Dial 1-800-667-4626. CreaSol is only \$29.95 plus shipping and handling. Go ahead and call right now!

CreaSol™ Water-Soluble Creatine

- Dissolves completely...more creatine in your muscles
- No gritty taste, no stomach cramps
- Cost-effective manufacturing...affordable
- Low-sugar content...no bloat, no excess calories (bodyfat)
- Maximum muscle absorption...gives you maximum muscle size

To Order Call **1-800-667-4626**
More info at www.muscle-link.com



SAVE \$10!
40 Servings / Berry Flavor
MSRP \$29.95
SALE \$19.95

These statements have not been evaluated by the U.S. Food and Drug Administration. Send check or U.S. money order to: Muscle-Link, 1701 Ives Ave., Oxnard, CA 93033. Fax (805) 385-3515. All major credit cards accepted. Call for foreign prices. This product is not intended to diagnose, treat, cure or prevent any disease. Results using this product vary from individual to individual. For optimal results consult your physician and follow a balanced diet and exercise program.

Build Your Body At Home

All it takes is a dumbbell set and adjustable bench!

It's time for you to get the attention-grabbing body you deserve! Not enough time to get to the gym? Problem solved with the new All-Dumbbell Workout. Now you can build muscle fast in the privacy of your own home.

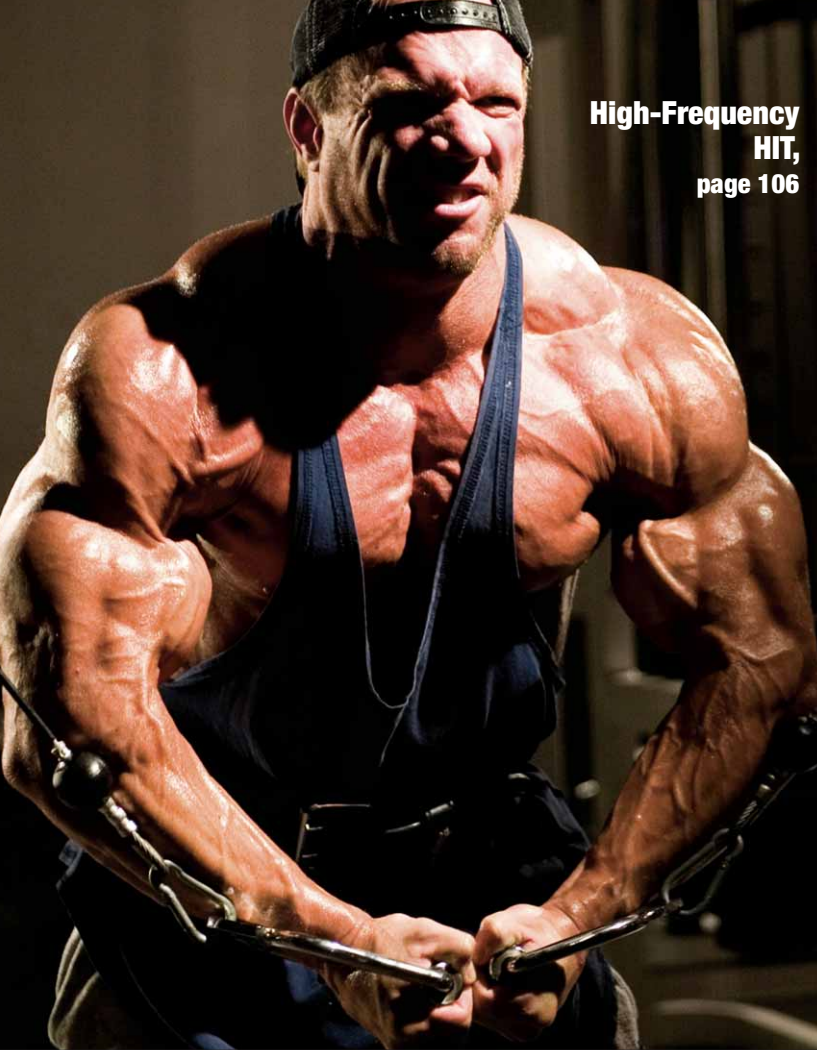
- **Key Exercises for Big Gains**
- **Intensity Tactics That Pack On Mass**
- **The Ultimate Fat-to-Muscle Method**
- **Perfect Rep Speed to Boost Results**



Available at Home-gym.com and Ironmanmagazine.com

This DVD features Greg Plitt, one of the top fitness models in the country and up-and-coming Hollywood actor. Seeing Greg's muscles in motion will motivate you, as he demonstrates the techniques to sculpt your own impressive physique. Greg is a former Army Ranger and was recently voted Hollywood's top body.





**High-Frequency
HIT,
page 106**

December 2007 Vol. 66, No. 12

IRON MAN™

We Know Training™

FEATURES

62 TRAIN, EAT, GROW 98

It's time to go back to the future with a retooled heavy/light program, similar to what the bodybuilders in the presteroid era used to get huge.

88 ARTHUR JONES

Roger Schwab remembers the maverick businessman and bodybuilder who created Nautilus machines. All hail the father of high-intensity training.

106 HIGH-FREQUENCY HIT

From the Bodybuilding.com archives, Shannon Pittman lays out a program that builds mass with 15-minute workouts. Plus, he gives a quick review of Arthur Jones' key HIT concepts.

132 A BODYBUILDER IS BORN 29

Ron Harris discusses why bulking up may not be such a good idea.

140 HEAVY DUTY

John Little channels Mike Mentzer on the best time to train, contest prep and Arthur Jones.

148 TEST AND GH, PART 2

Jerry Brainum continues his dissection of the research on those two power-packed bodybuilding hormones.

164 A GYM TALE

Big Mac and a big back? Eric Broser takes you into the gym for a back-training challenge that ends in a trip to Mickey D's or someone on his knees—complete with dry heaves.

180 LEGENDS OF BODYBUILDING

Rod Labbe talks with Roger Callard, multiple IFBB Mr. America winner and Hollywood he-man. (He had parts in "Barnaby Jones" and the old "Charlie's Angels" series. Oh, yeah, Farrah Fawcett!)

192 NORWAY SUPER SERIES

It's part of the strongman grand prix, and our man Larry Eklund traveled across the pond to cover it, shoot pics—and gawk at the amazing feats.

212 HARDBODY

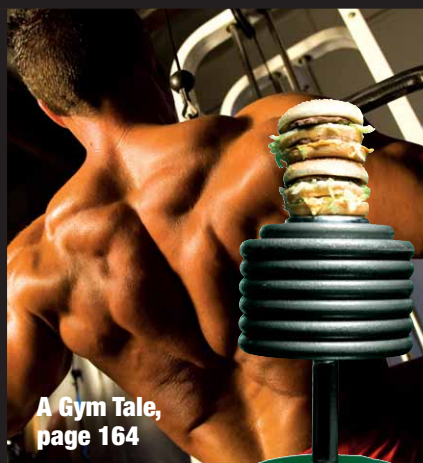
Bill Dobbins is da bomb of dot-com, with beauties decorating the environment from landscape to cyberspace.

234 ONLY THE STRONG SHALL SURVIVE

Bill Starr's take on lateral strength—muscle-building twists and turns.



**Norway
Super Series,
page 192**



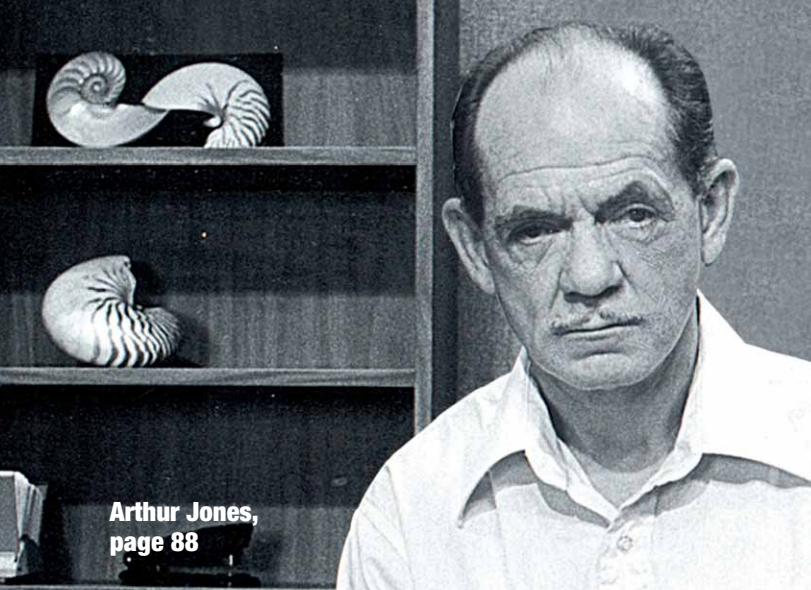
**A Gym Tale,
page 164**



Hardbody, page 212



Dave Fisher appears on this month's cover. Photo by Michael Neveux.



Arthur Jones,
page 88



Naturally Huge,
page 80



Bodybuilding
Pharmacology,
page 198



News & Views,
page 206



Pump & Circumstance,
page 224

DEPARTMENTS

28 TRAIN TO GAIN

Help for problem pecs and forging forearm size. Joe Horrigan's Sportsmedicine is here too.

42 SMART TRAINING

Coach Charles Poliquin's unique views on building size and strength.

48 EAT TO GROW

Postexercise nutrition without carbs? Also, living on one meal a day and serious glutamine gluttony.

74 CRITICAL MASS

Steve Holman on the Size Surge program—phase 1 workout included in its entirety.

80 NATURALLY HUGE

John Hansen says you're never too old to grow.

86 SHREDDED MUSCLE

Dave Goodin discusses the mass-packing mind-set.

198 BODYBUILDING PHARMACOLOGY

Jerry Brainum delves into the rumors about Arnold's heart and other tales of woe.

202 MUSCLE "IN" SITES

Eric Broser finds classic lines and a babe so fine as he surfs the Web. Then he tells you how to get monstrous with giant sets.

206 NEWS & VIEWS

Lonnie Teper has his finger on pulse of the iron-pumping populace. Check out his behind-the-scenes report on the latest pro and amateur shows.

224 PUMP & CIRCUMSTANCE

Ruth Silverman showcases lots of hot female bodies, many in the over-35 category. Wow!

244 MIND/BODY CONNECTION

Butch Lebowitz reviews the new X-Rep e-book, *X-traordinary Muscle-Building Workouts*. Plus, *IRON MAN*'s Rising Stars is here too.

256 READERS WRITE

Middle-aged muscle, drug info, Mr. America and the youth movement.

In the next *IRON MAN*

Next month it's our popular Muscle-Science Round-up, with a look at loads of research studies that can help you pack on mass and then rip it up. Plus, we take a scientific look at nitric oxide supplements to help you pump up bigger and better, we have four get-big winter mass programs for you to rotate in to your mass arsenal, and we have giant coverage of the Mr. Olympia—full-page pullouts of the best bodies in the sport. Look for the jacked January *IRON MAN* on newsstands the first week of December.

WEB ALERT!

For the latest happenings from the world of bodybuilding and fitness, set your browser for www.IronManMagazine.com.

Free download from imbodybuilding.com

TRAIN ANY TIME

Pack On All the Rock-Hard Muscle You Want... At Home!



HOME-GYM
.COM

Powertec Power Rack

- with cable setup -

Check Website for SALE price.

Never pay for another gym membership or wait for a piece of equipment again. The Powertec Power Rack with cable setup is an investment in a lifetime of muscle building.



Here's a complete Powertec Power Rack workout:

Quads:	Squats*
Hamstrings:	Stiff-legged deadlifts
Calves:	Standing calf raises
Chest:	Bench presses*
Chest:	Incline Presses*
Back:	Chinups or Pulldowns
Back:	Seated cable rows
Shoulders:	Seated presses
Shoulders:	Upright rows
Triceps:	Triceps pushdowns
Biceps:	Barbell curls or Cable curls
Abs:	Full-range bench crunches



*Safety catch long-pins make exercises safer and more effective - no spotter necessary.

Visit us at Home-Gym.com or call 800-447-0008



©2009 Home-Gym.com

Over 4000 best-selling products online

Arthur Jones

The Passing of a Giant

Arthur Jones was a man of extremes: charismatic, brash, brilliant, driven, relentless, bigoted—and above all fearless. I first met him in 1970 at the AAU Mr. America contest. Bill Pearl and I copromoted that event at the Veterans Memorial Auditorium in Culver City, California. Bill had known Arthur for many years. He chose the Mr. America contest to debut his first machines, known as “blue monsters,” and I had the good fortune to be there. They were the prototypes, with huge cams that showed up in ads and articles in *Iron Man* in the early '70s.

Arthur wasn't new to bodybuilding and strength training. He was a bodybuilder from the late '40s forward and a member of the original Vic Tanny's gym in Santa Monica. I later found out that the machines didn't just appear but were the result of 20 years of development.

As I watched him bring the pullover machine into the foyer of the venue from the U-Haul trailer he'd used to bring the blue monsters from Florida to Culver City, I didn't realize that I was watching history unfold. The history that Arthur created first with his Nautilus machines and training philosophy and later with his MedX machines has changed the world. The pullover torso machine was the center of Arthur's quest for a solution to a problem. Anyone who ever sat on that machine and did the exercise correctly—the way Arthur prescribed—will never forget the feeling. Nothing at that time worked the lats as it did, and that was just the beginning.

Iron Man became the platform for getting Arthur's ideas and machines before the public. At the time, *Iron Man* was the only open forum for information in our field. The other players in the industry were very much against Arthur's ideas because they ran counter to their training systems and ideas. The machines didn't fit what they sold, and Arthur wasn't going to sell out to them. It was a classic case of the not-invented-here syndrome. They reacted with fear, derision and closed minds.

I avidly read about it all in *Iron Man* and experienced it through my relationships with Vince Gironda, Bill Pearl and Joe Gold. By the mid-'70s my own quests and the machines led me to lifelong friendships with Jim Manion and Roger Schwab. While I wasn't a close friend of Arthur's, the spin-off from his machines and a deep interest in everything about training expanded my personal sphere.

Over the years *Iron Man* has continued to pioneer new training and nutrition ideas in the same open-forum spirit that Peary and Mabel Rader pioneered and that launched Arthur Jones and Nautilus. What might that piece of history have been if the Raders had been like every other bodybuilding publisher of the day?

Editor's note: To contact John Balik about this editorial, *IRON MAN* or anything bodybuilding, send e-mail to ironleader@aol.com. **IM**



Founders 1936-1986:

Peary & Mabel Rader

Publisher/Editorial Director: John Balik

Associate Publisher: Warren Wanderer

Design Director: Michael Neveux

Editor in Chief: Stephen Holman

Art Director: T. S. Bratcher

Senior Editor: Ruth Silverman

Editor at Large: Lonnie Teper

Articles Editors: L.A. Perry, Caryne Brown

Assistant Art Director: Brett R. Miller

Designer: Chester Chin

IRON MAN Staff:

Mary Gasca, Vuthy Keo, Mervin Petralba

Contributing Authors:

Jerry Brainum, Eric Broser, David Chapman, Teagan Clive, Lorenzo Cornacchia, Daniel Curtis, Dave Draper, Michael Gündill, Rosemary Hallum, Ph.D., John Hansen, Ron Harris, Ori Hofmekler, Rod Labbe, Skip La Cour, Jack LaLanne, Butch Lebowitz, John Little, Stuart McRobert, Gene Mozzé, Charles Poliquin, Larry Scott, Jim Shiebler, Roger Schwab, Pete Siegel, C.S. Sloan, Bill Starr, Bradley Steiner, Eric Sternlicht, Ph.D., Randall Strossen, Ph.D., Richard Winett, Ph.D., and David Young

Contributing Artists:

Steve Cepello, Larry Eklund, Ron Dunn, Jake Jones

Contributing Photographers:

Jim Amentler, Ron Avidan, Roland Balik, Reg Bradford, Jimmy Caruso, Bill Dobbins, Jerry Fredrick, Irvin Gelb, Isaac Hinds, Dave Liberman, J.M. Manion, Merv, Gene Mozzé, Mitsuru Okabe, Rob Sims, Ian Sitren, Leo Stern

Director of Marketing:

Helen Yu, 1-800-570-IRON, ext. 1

Accounting: Dolores Waterman

Subscriptions Manager:

Sonia Melendez, 1-800-570-IRON, ext. 2

E-mail: soniazm@aol.com

Advertising Director: Warren Wanderer

1-800-570-IRON, ext. 1

(518) 743-1696; FAX: (518) 743-1697

Advertising Coordinator:

Jonathan Lawson, (805) 385-3500, ext. 320

Newsstand Consultant:

Angelo Gandino, (516) 796-9848

We reserve the right to reject any advertising at our discretion without explanation. All manuscripts, art or other submissions must be accompanied by a self-addressed, stamped envelope. Send submissions to *IRON MAN*, 1701 Ives Avenue, Oxnard, CA 93033.

We are not responsible for unsolicited material.

Writers and photographers should send for our Guidelines outlining specifications for submissions. *IRON MAN* is an open forum. We also reserve the right to edit any letter or manuscript as we see fit, and photos submitted have an implied waiver of copyright. Please consult a physician before beginning any diet or exercise program. Use the information published in *IRON MAN* at your own risk.

IRON MAN Internet Addresses:

Web Site: www.ironmanmagazine.com

John Balik, Publisher: ironleader@aol.com

Steve Holman, Editor in Chief: ironchief@aol.com

Ruth Silverman, Senior Editor: ironwman@aol.com

T.S. Bratcher, Art Director: ironartz@aol.com

Helen Yu, Director of Marketing: ironjrll@aol.com

Jonathan Lawson, Ad Coordinator: ironjdl@aol.com

Sonia Melendez, Subscriptions: soniazm@aol.com

SEXY ROCK-HARD ABS FAST

The Secret to Etching your Granite-Carved Abs in 10 Short Minutes

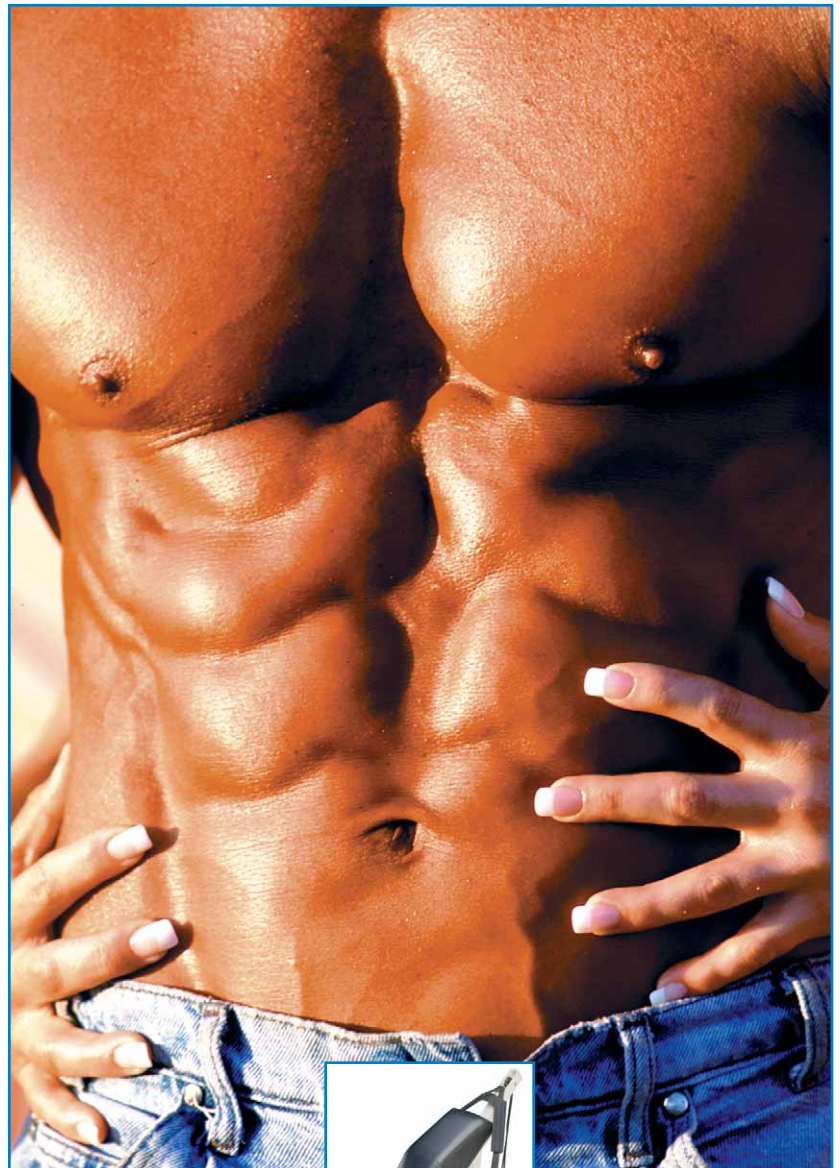
Picture this... you with tight, shredded abs, serratus and intercostals all sharp, sliced and visible from across the room or on the sun-glared beach! And from the rear, lower lumbar that look like two thick steel girders supporting your muscle-studded back. Imagine looking like a Greek god... in street clothes... in the gym... or anywhere.

The incredible breakthrough design of the pad on the Ab Bench pre-stretches the targeted muscles prior to contraction, giving you a full-range movement, making each exercise up to 200% more effective. The Ab Bench takes the physiology of your spine into consideration with its design like nothing else on the market. The contraction takes place all the way into the pelvis where the abdominals actually rotate the spine, forcing the abdominals to completely contract... from the upper abs to the lower abs.

Using the Ab Bench is the "sure-fire" guarantee for you to get those attention-grabbing washboard abs.



From full stretch to complete contraction—in total comfort. The Ab Bench is the most complete midsection exercise in existence. You'll feel the incredible difference from your very first rep.



Ab Bench
\$149.00

*PLUS SHIPPING & HANDLING



HOME-GYM
.COM

Visit us at Home-Gym.com or call 800-447-0008

©2010 Home-Gym.com



Whatever You Need—Wherever You Train™

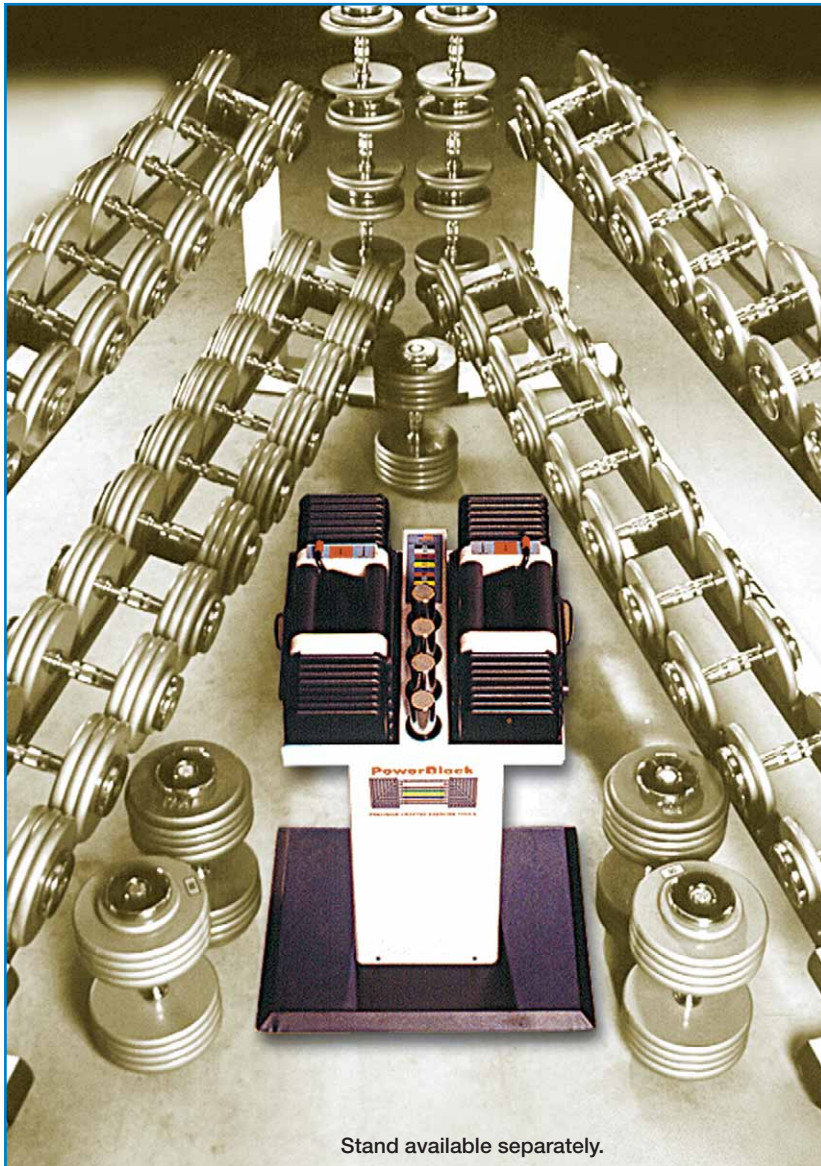
SIZE MATTERS, SO... Train T

Evan Centopani has found innovative ways to pound his pecs into growth.



FREE-WEIGHT NIRVANA

2,570 Pounds of Dumbbells in a 2-by-2-foot Area



Stand available separately.



Elite PowerBlock

(With FREE Bonus Pack)

\$598

*PLUS SHIPPING & HANDLING

It's the Ultimate Home Dumbbell Set. The Elite PowerBlock 5-90 pounds base set adjusts in 5- or 10-pound increments. It's equivalent to 28 pairs of dumbbells, or 2,570 pounds of free weights, with a top weight of 90 pounds per Block.

- **Selectorized:** Adjust the weight instantly by moving the pins.
- **Safe:** No dangerous collars to loosen.
- **Comfort:** The compact, smooth rectangular shape ensures no rolling and allows the use of heavier weights.
- **Patented:** The PowerBlock was granted 5 patents by the U.S. government because the idea is so unique.

FREE Bonus Pack:

- Exercise poster pack \$24.00 value.
- CD ROM workout planner \$39.95 value.
- Free 12-month IRON MAN subscription \$29.95 value.



Simply move the pins for the fastest, most efficient and productive workouts ever.

MantaRay Squat Pad



Monster Forearm Bar



Knee Bands



Power Hooks

Over 4000 best-selling products online

o Gain

BIGGER BODYPARTS

Help for Problem Pecs

Chisel your chest for muscles that impress

The top bodybuilders are all gifted with extraordinary genetics for building extreme amounts of shapely muscle mass, but some of them weren't fortunate enough to get that gift from head to toe. A few actually had to figure out how to bring up a lagging muscle group or two, and what they learned can help the average Joe like you and me.

For example, many bodybuilders struggle with trying to build pecs they can be proud of, and often the obstacle is dominant front delts and triceps that take over and rob the chest of the stimulation it needs. That was the case with '06 Junior National Champion Evan Centopani. His enormous melon delts and 22-inch arms totally overpowered his chest, so he had no choice but to take action before the imbalance forever kept him from earning a pro card. Here's what he did—and what you too can do for problem pecs:

Ditch the ego. "Like everyone else, I got caught up in trying to use the most weight possible on chest day, especially on the bench press," Evan confesses. "The trouble was that even though I was pushing up a lot of plates, I wasn't feeling my chest work. That's because it was hardly working—my arms and shoulders were really moving all that iron for me." Centopani lightened up the weight considerably, and he immediately felt what he had been missing. "The mind/muscle connection that I'd always felt in other muscle groups but not the chest was suddenly evident," he says. "With less weight I was able to really squeeze the pecs and feel the stretch on the way down."

Preexhaust. His second major solution was to employ the preexhaust technique. Rather than start chest workouts with a heavy pressing movement as most bodybuilders do, he isolated the pecs with a few sets of some type of dumbbell flye as well as a flye machine. That prefatigued the pecs so that when he moved on to a compound pressing movement, the fresh front delts and triceps were able to drive the tired pecs into a deeper



state of exhaustion. It also means you don't have to use as much weight on presses, which can save your elbow and shoulder joints in the long run. For those who balk at the idea of doing presses later in the workout, Evan explains that you may not need to do that. "If you have no problem feeling your chest work and getting it to grow, then do whatever you want," he suggests. "But if you're like me and your shoulders and arms take over, you should really think about making some adjustments to your chest workouts. I wouldn't recommend it if it hadn't paid off for me."

—Ron Harris

www.RonHarrisMuscle.com

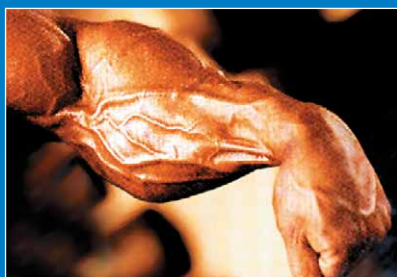
HE WANTED TO FIGHT-

Until I Crushed His Hand!

He was big. He was pissed. And he wanted to kick my butt. There was no way out, so I extended my arm for the opening hand shake—and then I crushed his hand like a Dorito. Fight over thanks to the Super Gripper.

If you're after huge forearms with the crushing power of an industrial vise, get the Super Gripper. It's the ultimate forearm- and grip-building tool on the market because it provides your muscles with the two essential requirements they demand for awesome size and strength: specificity (mimics gripping action) and progressive resistance.

You'll develop a bone-crushing grip fast by adding one or a number of power coils for that critical progressive-resistance effect. Remember, when you wear short sleeves, it's the lower arms that are exposed for all to see. You'll want your forearms to be huge and vascular to match your thick, beefy upper arms—and now they will.



Super Gripper

\$29.95

*PLUS SHIPPING & HANDLING



Visit us at Home-Gym.com or call 800-447-0008

©2010w Home-Gym.com



Whatever You Need—Wherever You Train™



Toney Freeman.

SUPER STRUCTURE

Tall Dudes, Keep Your Heads Up!

Conventional bodybuilding wisdom tells us that if you're over 6' tall, your chances of ever being able to build enough muscle to have an impressive physique are, so to speak, rather slim. One man who's clearly proven that adage wrong is '07 IRON MAN Pro champion Toney Freeman, who stands at 6'2" and competes at a massive 285 pounds.

Toney gives hope to taller guys the world over and savors the chance to encourage them all to follow their dreams. "When I was starting out, I had people telling me just about every day that I was wasting my time, and that nobody as tall as me could ever become a good bodybuilder," he says. "What you really need to do is look not so much at height as at bone structure. If indeed you are tall with extremely long limbs relative to your torso and have narrow clavicles, then you're built more like a pro basketball player. A bodybuilder's physique may not be in the cards for you after all, though that doesn't mean you still can't train to get progressively bigger and stronger. But if you have wide shoulders and your limbs are average in length, you can certainly build a good physique."



For the taller man it often takes more time to fill out and achieve a thickly muscled look than it does for a shorter guy, so patience is a must. "You can't neglect the role of nutrition either," Toney points out. "It takes a whole lot of good food for anybody to put on muscle, but a taller guy often has a faster metabolism, which means eating is that much more important for making gains."

So if you think you are too tall to be a bodybuilder, think again. Your future just might have a whole lot more muscle in it than you thought.

—Ron Harris

www.RonHarrisMuscle.com

X-FILES

Fearless Flyers

Q: I read in your training blog [at X-Rep.com] that you no longer use cable flies or crossovers for chest. Since you also say that continuous tension is one of the keys to muscle growth, what do you do for chest now to get that [no-rest, tension-throughout-the-set] effect? I see you use dumbbell flies, but don't you lose tension at the top on those?

A: One side of our crossover machine broke, so for chest we're having to go old school—or maybe that's home school. Home trainees usually don't have cable setups to work chest. We've always suggested they either use a two-second squeeze at the top of each rep of dumbbell flies or do only the bottom third of the stroke, like exaggerated X Reps. We're doing both.

On flat-bench flies we do a full-range set, either touching the dumbbells together at the top to squeeze the pecs or stopping just short of touching them and squeezing the pecs.

At exhaustion we immediately grab a lighter set of dumbbells and do only the bottom third of the stroke—a.k.a. an X-only set. That produces stretch overload as well as continuous tension. So you'll see more development down the center of your pecs, the cleavage area.

Stretch exercises, like dumbbell flies, are great for developing the target muscles at the insertion. Another good example is dumbbell pullovers, which tend to bring out the lower lats. And let's not forget to mention the animal study that produced a 300 percent muscle mass increase with one month of progressive-stretch overload—yes, a triple-size mass increase! Stretch-position exercises are critical if you want the fastest, most complete muscle gains possible. (For more on that study and stretch-position exercises, see the e-book *3D Muscle Building*, available at 3DMuscleBuilding.com.)

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



Neveux \ Model: Toney Freeman

YOU CAN BENCH BIG

Add 20 Pounds to Your Bench Press Almost Overnight!



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.

A big, impressive bench press can be yours. Get the ShoulderHorn, start working your rotator cuff muscles, and feel the power as you start piling on plates and driving up heavy iron.

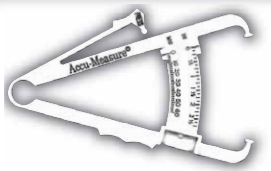


Shoulder Horn

\$59.95

*PLUS SHIPPING & HANDLING

Visit us at Home-Gym.com or call 800-447-0008



Accu-Measure Fat Calipers



Dip Belt

Push Ups



Seated Row Handle



©2010 Home-Gym.com

Over 4000 best-selling products online

Forearm Size to Balance Bi's and Tri's

Q: I just turned 40, and my training is going fairly well; however, I notice that my forearms seem too small for my biceps. I've tried the conventional forearm routines, but with little success. Do you have any advice about building forearms?

A: You couldn't have picked a better subject for me to talk about. To begin with, the forearms not only are important for proportion and overall symmetry in bodybuilding but also contribute greatly to your ability to handle heavy weights on biceps exercises—especially when you use dumbbells.

For the better part of my first few years of lifting, I always worked my forearms hard and often. It paid off; they grew to an enormous size—so much so that later in life I won arm-wrestling championships. They were documented as the largest forearms for the size of the wrist: eight-inch wrist and 16-inch forearms with the arm straight out and the forearm flexed; and an astonishing 19 inches with them flexed at 90 degrees to my biceps.

It all started when I was around 14. It was the late 1960s, and my bodybuilding idol was Larry Scott. He trained at Vince Gironda's gym in Studio City, California. Vince helped Scott win the first Mr. Olympia, and Scott's biceps and forearms were a big part of that. My father was also an inspiration, and he passed along some good genetics.

I was determined to have great arms. I can remember my younger brother Pat standing in front of me waiting to grab the bar when I'd flexed my forearms so many times in one set I couldn't hold onto the bar any longer. My technique was rather simple and yet became the basis of my future training philosophy (for more on that, see my book *Burke's Law—A New Fitness Paradigm for the Mature Male*).

What was it that made my forearms grow so big? I'd pile a large amount of weight on the bar, sit on the edge of a flat bench, pick up the bar (or have the bar handed to me) and rest both forearms on my thighs. I'd learned from a small, obscure book by Olympic lifter and trainer Bob Hoffman that when training forearms you should 1) maintain an extremely hard grip on the bar and 2) add a towel wrapped around it to make the bar thicker. What? Yes, I'd wrap I thick towel around the bar, putting tape around each end, near the inside collars of the barbell.

I'd never allow the bar to roll down my palm and to the edge of my fingertips, as almost every bodybuilder does. In fact, I'd stop the downward movement when my palms were on the same plane as my forearms. At exhaustion I'd raise my heels with my calves to get the bar in the contracted position, hands curled toward the forearms, and do 15 to 20 more partial reps—moving the bar only one or two inches in the flexed position. I'd just squeeze in and out a tiny bit for as many seconds as I could possibly stand. I didn't think of reps; I went until complete failure. I got into the habit of doing that until about the age of 15, when I looked like Popeye. I had 16-inch upper arms and 16-inch forearms. People began looking at my enormous arms almost with fear—and I couldn't have been happier!



I soon began superseting the wrist curls, done with partials, and standing reverse curls, done using a cambered, or EZ-curl, bar. I'd go to failure on both and do two or three complete cycles. My forearms were huge and riddled with veins—they were so big, they even looked massive to my father, who was pretty big himself.

I suggest you train your forearms two times in an eight-day cycle. I rarely advise training any other bodypart more than once in an eight-day cycle. Still, building up your forearms requires three ingredients: intense concentration, an ability to stand great burning pain for extended periods and a willingness to do whatever it takes to make them grow.

To ensure optimal growth, take the advice that I was given all those years ago: Wrap a towel tightly around the bar you're going to use. Be sure, however, that you can get your hand entirely around the bar—it should add just enough width that the bar feels thicker and harder to squeeze, but not so much that it's doubled in size. Pick a weight that you know gives you 12 to 15 reps. Keep squeezing, never letting the bar go below the spot where your wrist is even with your forearm. Never let your fingers relax—and no false grips; keep your thumbs wrapped around the bar. Squeeze from that position up to as high as you can pull toward the inner belly of the forearms.

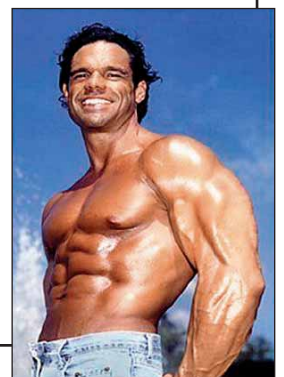
Once you've completed as many of the full reps as you can, give yourself a lift by kicking up your heels, and roll that bar back and forth, no more than an inch or so, as many times as you can in the contracted position. Do partials until your forearms burn, then hurt, then feel as if they'll explode. It should be a minute or more before you give up. The key here is pain and as much pump as you can stand. It's not dangerous; it is, however, scary how big your forearms will pump up.

For a month or so do only this for three grueling sets of wrist curls. After a month try supersetting with reverse curls. Make it a test of your pain threshold. The more pump and pain, the more your forearms will grow.

Remember, you have to *squeeze*! It's sheer torture, but it triggers enormous muscle hypertrophy. I have never seen anyone *not* gain great forearm size and strength while using this method.

—Paul Burke

Editor's note: You can contact Paul Burke via e-mail at pbptb@aol.com. Burke has a master's degree in integrated studies from Cambridge College in Cambridge, Massachusetts. He's been a champion bodybuilder and arm wrestler, and he's considered a leader in the field of over-40 fitness training. You can purchase his book, *Burke's Law—A New Fitness Paradigm for the Mature Male*, from Home Gym Warehouse. Call (800) 447-0008, or visit www.Home-Gym.com. His "Burke's Law" training DVD is also now available. His second book should be published in early 2008.



300% More Muscle Stimulation

You've Never Felt Anything Like It!

FLEXSOLATE™ GRIP-FREE CUFFS

Fact: A static grip can limit muscle action and growth. On many exercises it's your grip that severely reduces your ability to isolate and innervate the target muscle.

For example, standard straps just don't do the job on pull-downs. The rigid, unyielding grip become the Achilles heel that limits growth stimulation. But what if you could eliminate grip completely? The patented Flexsolate gripless cuffs do just that, enabling you to fully contract the targeted muscle for exceptional fiber recruitment. You've never felt anything like it.

With Flexsolate, you isolate to innervate and accelerate muscle growth. Once you try them, you'll never go to the gym without them!

Cable Rows

Cable Laterals



Hammer Curls

Crossovers

ONLY \$19.95
(plus shipping and handling)

Every pair of cuffs comes with an instructional DVD. Specify XS-S-M-L

1-800-447-0008
or Home-Gym.com

WHATEVER YOU NEED-WHEREVER YOU TRAIN

HOME-GYM
.COM



SIZE SURGE

Realistic Weight-Gain Goals

Recently I was outlining our upcoming off-season program with my older brother, who has just become serious about bodybuilding and is now my training partner. Quite enthusiastic, he asked what sort of mass gains he might expect to make over the course of the fall and winter. When I told him that I fully expected him to be able to gain somewhere in the range of 10 or 12 pounds, he seemed disappointed. "That's it?" he asked, as if 10 to 12 pounds of muscle mass would be a pathetic achievement. You also have to factor in that he was just turning 45 and no longer had the raging test and GH levels of a



teenager.

Like most people, however, my big brother's had his mind corrupted over the years by print ads that featured dubious before and after photos claiming gains of up to 50 pounds in time spans of as brief as six weeks. The stench of B.S. coming from ads like that is so strong, I bet you could smell it from Mars. What you see in many of those ads, if the actual time lapse is even correct, is a person regaining previously existing muscle or the results of a heavy cycle of anabolic steroids. After

TWIG TO BIG

Bedtime Snack For big-time mass

One of the biggest mistakes hardgainers make is not taking in protein right before bed. While your body secretes growth hormone during the first few hours you're asleep, after that it shifts into a catabolic state, breaking down muscle tissue. To prevent that from occurring and to help your body hold on to more of your hard-earned muscle mass, have a protein drink right before bed—but don't use whey-only protein.



Studies show that a mix of whey and casein is best, especially when you're going many hours without eating, as you do during sleep. The protein fractions from the whey will move into your bloodstream rapidly, so you aren't in a negative nitrogen balance the first few hours. The casein, on the other hand, provides more of an anticatabolic effect because it trickles into your system for four to six hours. It's like timed-release amino acids and is what gives you the most protection during the catabolic part of sleep.



—Steve Holman
Train, Eat, Grow

seeing so many of those, the average person who manages to work hard in the gym and at the dinner table to pack on a few pounds of pure muscle winds up feeling like a big failure.

I like the old Mike Mentzer directive to anyone who feels five or 10 pounds is a paltry amount. Mr. Heavy Duty told them to go to the supermarket or the butcher shop and stack 10 pounds of steak on a table. That gives you a much better appreciation of how much "meat" 10 pounds really are. As for gaining weight, I say this all the time, but nobody should be focused on merely making the numbers on the scale go up when they step on it. Anybody can gain a lot of weight quickly—as long as you don't care how much of it is bodyfat. Except for a happy few who have extremely fast metabolisms, gaining 20 to 40 pounds of fat requires nothing more than eating far more calories than your body requires over a period of time long enough to let fat accumulate. Muscle gains don't come anywhere near as rapidly, particularly if your adolescent years are a distant memory.

So don't worry that you aren't piling on the rough weight of a newborn baby every couple weeks. A little bit of muscle makes a big difference in the appearance of your physique—and over time those little gains add up to big gains. When those gains are muscle and not fat, you can definitely take pride in them and show them off!

—Ron Harris
www.RonHarrisMuscle.com



Here's How To Put Your **Muscle-Building** and **Fat-Loss Mechanisms** on auto-pilot.

Muscle-Building Technology Just Took A GIANT leap from the Past into the Future

Dear friend,

In the 1950s and '60s, a handful of DRUG-FREE bodybuilders and *elite* celebrities made shocking **gains in muscle** size, (ranging from **25 to 30 pounds**) in only three to four months while dissolving countless pounds of fat when they began using a special protein formula developed by renowned nutritionist Rhea H. Blair in Hollywood, California. For 40 years the formula was lost, until now.

We recently "*rediscovered*" the "*lost formula*" he used to develop this special blend of protein and have made it available to you for the first time in years in **Pro-Fusion™**!

Listen, you may be one of many bodybuilders who mistakenly believed that you'd have to "*choke down*" wretched-tasting protein all day long in order to achieve worthwhile training results.

Well those days are over... Prepare to GROW!!

When you start using this once "*lost*" growth technology available in **Pro-Fusion™**, you're going to launch your progress into *warp speed*.

Research has proven when you consume a combination of the long-lasting anticatabolic action of casein protein with the short-term anabolic action of whey protein, you trigger several mechanisms responsible for unparalleled muscle growth. At the same time, you'll starve the stored bodyfat, causing your body to **burn fat virtually 24 hours a day!** Then all you have to do is feed that process every two to three hours, and you'll teach your body to burn fat and grow muscles.

The Proof is Scientific Fact.

Your muscle mass is influenced by two *critical* factors—your rate of anabolism, which increases your muscle mass, and your rate of catabolism, which tears it to shreds. The two functions are continuous bodily processes.

A recent study found that whey protein is quickly absorbed into the bloodstream, causing an anabolic action—sadly, these effects are short-lived.

In order to get the maximum anabolic and anticatabolic action, you need to ingest whey protein *combined with* precisely measured amounts of casein to achieve

the superior amino acid balance of the ultimate protein source found in *HUMAN MOTHER'S MILK*—nature's ultimate growth formula.

It's One Reason Babies Grow So Fast!

That's only part of the secret behind this special blend of protein. There's more. As incredible as the **Pro-Fusion™** technology is with its precise combination of whey and complete milk proteins to clone the balance found in human milk protein, it contains added egg white protein. And we were sure to use whey protein concentrate, **NOT** the cheaper, inferior whey protein isolate which is commonly used.

You see, whey protein concentrate has more of the minor amino acid fractions responsible for growth and tissue repair not available in whey protein isolate, and **Pro-Fusion™** is high in **Lactoferrin**. **Lactoferrin** is a protein fraction which, according to scientific studies, **cuts the time required for tissue repair in half!** And that means big gains for hard-training athletes—like you.

It's even been shown to reverse the growth of cancer cells.

Plus, **Pro-Fusion™** is absolutely delicious! The design of **Pro-Fusion™** makes it the perfect choice of anyone with an intense desire to **maximize the results** of a well-designed training and dietary program. By now, you're aware that **Pro-Fusion™** is a technological breakthrough in sports nutrition.

You've just got to get yourself some of Muscle Link's **Pro-Fusion™** now. A big 2-pound container of **Pro-Fusion™** is only \$29.95 (plus S&H).

Jump On THIS Money Saving Bonus!

Buy six 2-pound containers of **Pro-Fusion™** and take another 10% off. So you'll pay only \$169.95. **You can get started RISK-FREE!** If you're not 100% satisfied with Muscle-Link's **Pro-Fusion™** just let us know and you will get a FULL refund of the purchase price, no questions asked—absolutely guaranteed!

There's Only One Thing To Do NOW!

Pick up the phone and dial 1-800-667-4626, Offer 669PF. Have your credit card number ready. Order your six-pack of **Pro-Fusion™** right away! This is a limited

offer! For mail orders just write the words **Pro-Fusion™** and Offer 669PF on any piece of paper. Be sure to tell us how many canisters you want with your name, mailing address, and credit card information or enclose a check or money order for the proper amount (California residents please add 8.75% sales tax) plus \$7 for shipping and handling, then race over to your mailbox and send it right now to:

Muscle-Link, Offer 669PF, 1701 Ives Ave., Oxnard, CA 93033

Foreign orders must send US\$ money orders only and include \$15 shipping.

Sorry, no shipping to P.O. Boxes.

(CA residents please add 8.75% tax)

OR: Fax the paper mentioned above with your name, mailing address, and credit card information and proper amount as shown above to: 1-805-385-3515.

P.S.: Call today!

P.P.S.: **Pro-Fusion™** is a real breakthrough protein formula. Remember, you risk nothing. Find out for yourself just how powerful the **Pro-Fusion™** technology is. Order yours **Today!**



MUSCLE-Link™
THE NUTRITIONAL LINK BETWEEN SCIENCE & MUSCLE

1-800-667-4626, Offer 669PF

Available at better health food stores nation wide.

© 2010 Muscle-Link

Come visit us at www.muscle-link.com

Boomer Bodybuilding

Reasons to build muscle through middle age and beyond

The older you are, the more important it is that you exercise. You can add life to your years and perhaps years to your life, but you must exercise safely and effectively; otherwise the results will be injury, frustration and failure.

The older you are, the more important it is *not* to make mistakes, and the more knowledgeable you need to be. Use it or lose it, but don't abuse it. That applies to all ages but especially to older bodybuilders.

The older you are, the greater the need for training consistency. A young person can lay off training for a couple of months and return to previous strength and fitness levels quickly. It takes more time for an older bodybuilder, and the chance of incurring problems along the way is usually greater. If you lay off too long, you'll never make it all the way back.

Older people often have some bodyparts that have restricted ranges of motion. Although ranges of motion can usually be improved, limitations may remain. Exercises may need to be modified—or even avoided.

According to some reports, there's typically a loss of about 1 percent of muscle mass per year from about age 50 unless strength training is employed to prevent or diminish the loss. From around age 60 there may be a slight escalation beyond 1 percent a year. By age 70 you could lose more than 25 percent of the muscle mass you had at age 25 if there's been no strength-training intervention.

There can even be a substantial loss of muscle before middle age. If, for example, in your late teens you were very active and involved in sports but then became sedentary for two decades, you'd lose a lot of muscle tissue. Even if your weight is the same at age 40 as it was at 20, you might have gained a lot of fat and dramatically changed your body composition and appearance. Strength training is important for young people, too.

Many people get heavier as they age, while they lose muscle mass. Thus their overall gain of bodyfat is dramatic. They have more fat to lug around and less muscle to move their bodies. That's the big reason most older people struggle physically.

Loss of muscle has many negative consequences, including strength decline, reduced calorie requirements, posture deterioration, reduced fitness, increased tendency to gain bodyfat, weakened resistance to injury and deterioration in physical appearance.

Strength training is essential for building muscle, maintaining muscle or minimizing muscle loss, depending on your age and how long and well you've been training. Strength training is one of the most important things you can do for your appearance and health.

If you start strength training when you're in your late teens or early 20s, for example, and train effectively and consistently, you may reach your physical peak in your 30s. You should continue to train so you can at least maintain your



Neveux \ Model: John Hansen

muscle mass for many years and thereafter minimize atrophy. But if you start with more mass before the inevitable atrophy starts, you'll have far more muscle mass at, for instance, age 70, than you would have had you not strength-trained. That will make a huge difference in your appearance, fitness and general well-being, especially if you keep yourself lean.

If you start strength training in your middle or later years, you'll be able to build new muscle for a number of years, then maintain it as you age, minimizing atrophy. The result, again, will be far more muscle than you would have had if you hadn't trained, making a huge difference in your appearance, fitness and general well-being, especially if you keep yourself lean.

Strength training also applies stress on the skeleton, which builds stronger, denser bones that are less likely to fracture during accidents. It also builds or maintains strong muscles required for balance, to help reduce accidents.

One of the functions of the muscular system is to maintain good posture. A steady contraction of the posture muscles—including the back, thighs, neck, shoulders and abdominals—keeps the body in position. When these muscles lose strength, posture suffers. A weakening of the erector spinae, for example, causes rounding of the shoulders, gait change, reduced resistance to injury and a decrease in height—common changes that start at about age 40 unless averted by strength training. Strong posture muscles are critical.

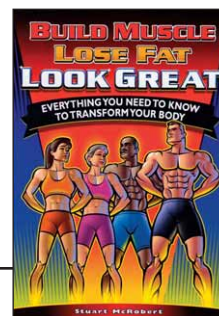
Strong muscles produce health benefits that reduce the impact of aging. Strength training helps you to stay young for your years, but strength training alone isn't enough. Without a supple body, for example, muscles lose some of their elasticity and ability to function smoothly, and tendons, ligaments and joint capsules become brittle. Tissues in general become more susceptible to injury, and the body ages at an accelerated rate.

The steadfast application of the *combination* of strength training, stretching, cardiovascular work, good nutrition and a healthful lifestyle is the closest we can get to the fountain of youth, *but the exercise must be safe and effective.*

Regardless of your age, you must get a physician's clearance before starting an exercise program. Even minimal exercise may be harmful for someone in poor condition.

—Stuart McRobert
www.Hardgainer.com

Editor's note: Stuart McRobert's first byline in *IRON MAN* appeared in 1981. He's the author of the new 638-page opus on bodybuilding *Build Muscle, Lose Fat, Look Great*, available from Home Gym Warehouse (800) 447-0008 or www.Home-Gym.com.



Are You Ready to **FREAK OUT?!**

More Wicked Muscle Size and Serious Blast-Off Power On Every Set

It's the precise scientific combination your muscles need to grow **larger, freakier and stronger after every workout**. Plus, it spikes insulin, the hormone that sends those key nutrients rocketing to your muscles at that critical grow time. (If you don't use this amazing combo, it's like wasting half your workouts!)

Insulin is a good thing and highly anabolic right after you train because that's when your muscles are extremely receptive—like wrung-out sponges waiting to soak up anabolic nutrients so they can **engorge to new dimensions**. It's the time when carbs will not go to fat cells—the time to **load up so your muscles fill out**.

The X Stack also includes titrated creatine, which heightens ATP regeneration to fuel future muscle contractions and fills out your muscle structures even more (all of the key nutrients in the X Stack make it

1-MONTH RESULTS!



"The X Stack combined with X-Rep training got me to my most muscular condition ever in only one month."

—Jonathan Lawson

one potent muscle-swelling combination—the ingredients are listed at www.X-Stack.com, along with results and more photos).

Feed your muscles what they crave at the precise time when **supercompensation is jacked to the max**, and you can start building more muscle immediately—**more monster mass almost instantly**. Plus, you'll refill spent fuel stores so you're fully loaded for your next workout (bigger, more powerful muscles; you can feel it working). You train hard; you deserve to freak out!

For More Info and Special Discount Pricing, Visit:
www.X-Stack.com

Results using the X Stack vary from individual to individual. These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

www.X-Stack.com

© 2006 Home Gym Warehouse

Natural Muscle Growth & Fat Loss

PUT YOUR TRAY TABLES UP, YOUR SEAT IN THE UPRIGHT POSITION AND GET READY FOR TAKEOFF!



Correct Impotence and Improve Sex Drive

Nature's most powerful testosterone enhancements are now available in one natural, safe and effective formula! When it's time to build muscle you don't want to worry about the side effects of anabolic steroids.

ZMA-T, a safe, natural and effective supplement, contains 3 powerful components. Tribulus Terrestris, Muira Puama and our patented combination of zinc, magnesium and vitamin B6. Research studies on strength athletes show that ZMA-T's leading edge formula is designed to safely and effectively elevate testosterone levels and strength while correcting impotence and improving sex drive. Each bottle contains 120 capsules of ZMA-T and is only **\$39.95 (MSRP)**

For more info call 800-667-4626 or visit us at www.muscle-link.com

© 2009 Muscle-Link

An Alternative to Flyes

Readers of this column know that I try to provide information that can help you prevent weight-training injuries or work around them. Sometimes our injuries are permanent or we choose to not have surgery to rectify the problem, so it's necessary to work around them. Shoulder injuries are common in the gym, and shoulder damage can severely limit your training—or stop it altogether.

As you know, the behind-the-neck press and bench press are commonly dropped from training routines because the trainee's shoulder can't tolerate the stress and load. Enough pain can force you to drop those exercises, though incline dumbbell presses are often a viable substitute. Dumbbell flyes can cause so much shoulder pain that they are dropped. You can see how a chest workout starts to get difficult as the number of possible exercises goes down.

I recall watching a former Mr. Olympia train at the World Gym in Venice. He used 175 pounds on the bench press and had shoulder pain for two weeks. Months later I saw him training his chest again. His workout was limited to Smith-machine incline presses and the pec deck. It was interesting to see someone of his caliber end up in the same predicament as the average trainee.

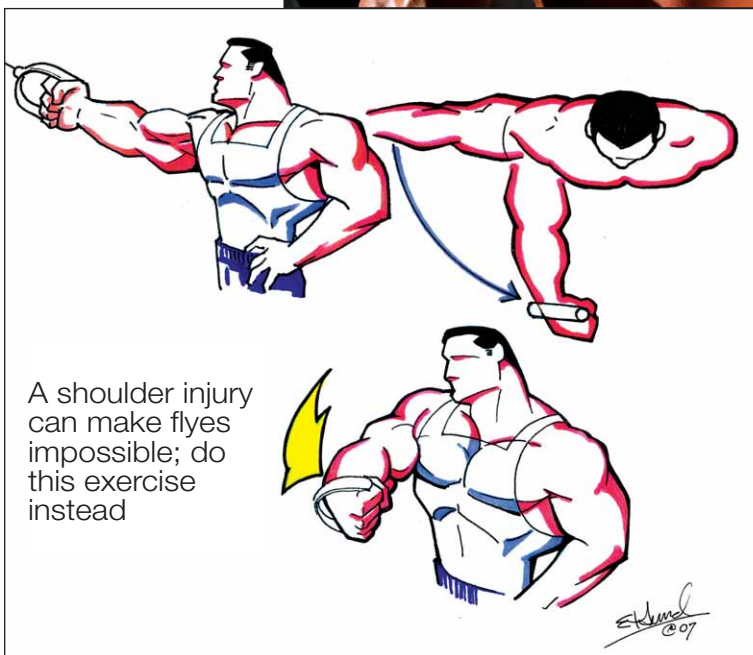
If dumbbell flyes cause pain in the front or back of your shoulder, you may have moved to cable crossovers; however, if the shoulder is unstable, crossovers won't work either. Instead, adjust one of the cable pulleys so that it's at shoulder height. Position yourself so that when you grab the pulley handle, your arm and the cable are straight out to your side. That's the starting point. There isn't any real load on the pecs yet. Using one cable at a time, pull your arm all the way across your chest and then return your arm out to your side to the starting position. That's really a variation of the flye or crossover, but you avoid moving your arm behind your body. By not letting your arm go below the plane of your torso, you avoid stressing the unstable shoulder. That should reduce your shoulder pain and still let you train your chest.

The action of the pectoralis major is horizontal adduction/flexion—as in crossovers or dumbbell flyes. The pec also internally rotates the shoulder and can pull the arm down to the side—adduction. So the modified one-arm cable crossover targets the pecs well. It may not be the most effective exercise, but when shoulder pain has eliminated all the movements that you like better, it becomes a good substitute.

There is one possible drawback to this exercise. The joint



Neveux \ Model: Bob Donnelly



A shoulder injury can make flyes impossible; do this exercise instead

Illustration by Larry Eklund

in the front of the shoulder is made up of the collarbone (clavicle) and the front of the shoulder blade (acromion). It's known as the acromioclavicular, or AC, joint. Sometimes it can become arthritic. The common wear-and-tear form of arthritis is called osteoarthritis, or degenerative-joint disease. Sometimes arthritic joints can cause pain. The one-arm cable crossover compresses the AC joint, so it can cause pain if the joint is arthritic. If that's the case,

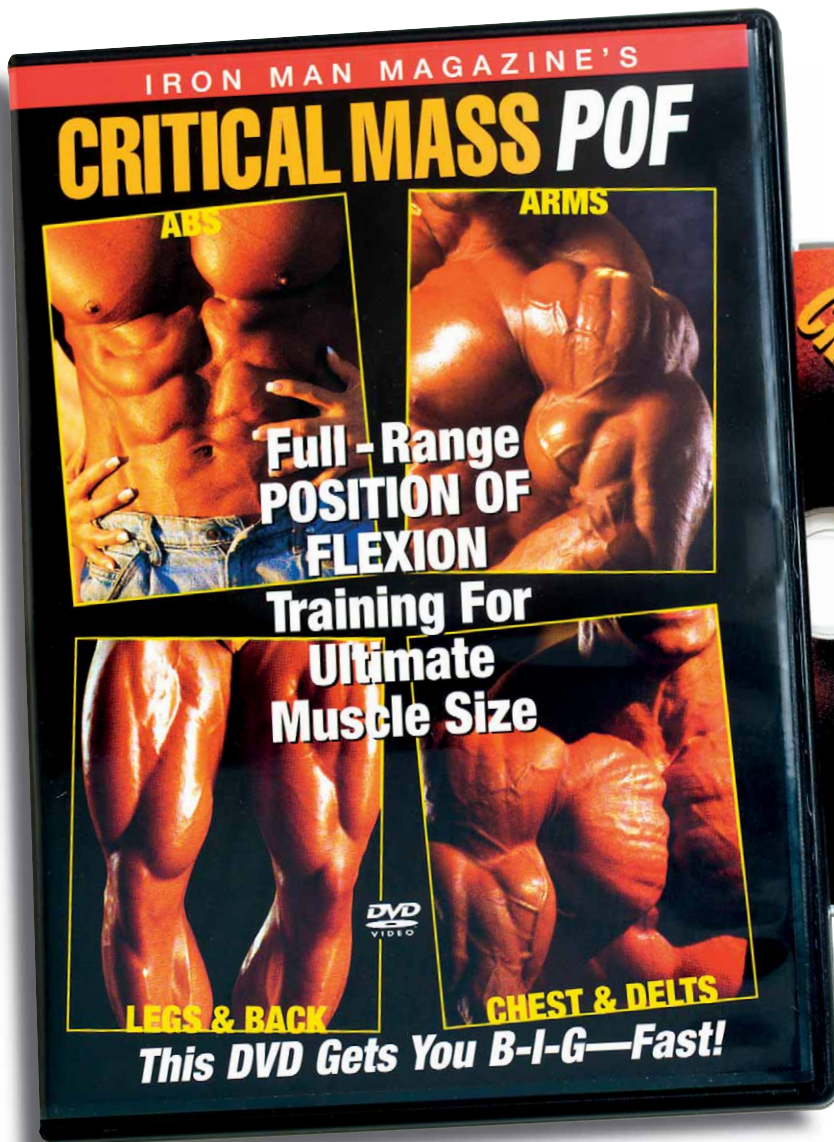
you'll feel pinpoint pain at the top of the shoulder—and the exercise is not for you.

—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.HomeGym.com.

3-D MUSCLE BLAST

Positions of Flexion Builds Mass Fast!

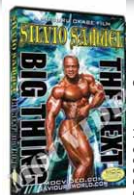
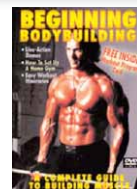


Get maximum muscle fiber recruitment from minimal gym time—only four to six sets per bodypart. Discover how to build power and size with 3-D Positions of Flexion: big midrange movements, stretch overload to activate the myotatic reflex and continuous-tension peak contraction to finish off the muscle. This DVD explains Positions of Flexion, a breakthrough mass-building method that has body-builders all over the world growing faster than ever and achieving skin-splitting pumps at every workout. See this exciting size-boosting approach in action, apply it to your own workouts and watch mass surge to dramatic new levels in record time. Turn your guns into cannons and your shoulders into boulders. Chisel your chest and pack your thighs with new size. Bonus: 10 Minutes to Granite Abs is also included on this action-packed DVD.



Critical Mass POF DVD
\$24.95

Visit us at Home-Gym.com or call 800-447-0008



©2009 Home-Gym.com

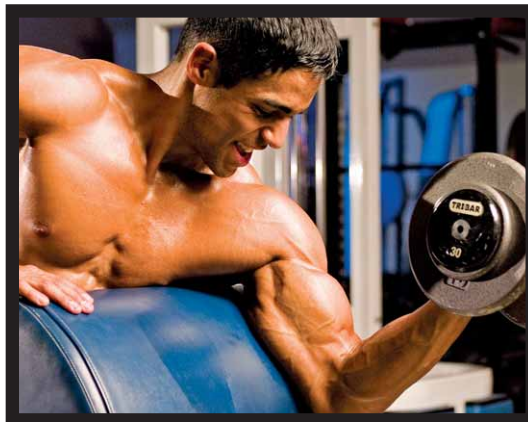
Over 4000 best-selling products online

Beginning Bodybuilding

Q: I'm natural and just starting out in bodybuilding. How many sets and reps should I do?

A: Beginners have the ability to recruit low-threshold motor units, and they're neurologically inefficient. That means they should do high reps. In fact, the ideal number of reps for beginners is counterproductive for seasoned bodybuilders. For example, a 12-rep maximum for an untrained person could represent 80 to 85 percent of his or her one-rep max, but it would represent 60 percent of max for a well-trained individual.

I recommend three sets per bodypart for beginners. There's no need to do more until you develop a tolerance for that volume.



Neveux \ Model: Brent Kuttlesa

Q: I train in the morning. Should I eat before my workout or train on an empty stomach?

A: Eat a light meal beforehand because your blood sugar is low in the morning, and the workout is going to lower it even more. That can cause you to feel nauseated and dizzy. If you're

.....
talking about performing a short, low-intensity aerobic session, then it may not be a problem—except that the aerobics may compromise muscle tissue.

Q: How often should I take a layoff from my workouts? I was thinking about a one-week break after four weeks of training.

A: Many trainees have to take frequent layoffs because their workouts don't have enough variety. If a program lacks variety, you'll stop producing as much growth hormone even though you may become stronger. Interject more variety into your program, and you won't need to lay off as often.

Q: What's the best thing to focus on during a set: the eccentric, or lowering, portion of the rep or rep tempo?

A: If you look at all the loading parameters, the one that's most important is the number of reps, provided you're lifting at the specified tempo. Obviously, if you specify the tempo, you'll determine the length of the eccentric contraction. A lot of research demonstrates that lifting the weight doesn't have as great an effect on triggering muscle growth as lowering it.

Q: What's your advice concerning forced reps and negatives? What about training to failure?

A: Every kid I know who does forced reps stays skinny. Mathematically, it's really hard to calculate training load when you do forced reps. I think they're a waste of time.

Negatives are a bit better if you can increase the load on the negative. Let's say you do preacher curls for six reps with 100 pounds. The better way would be to add

Beginners should use higher repetitions because they aren't that efficient at activating muscle fibers.

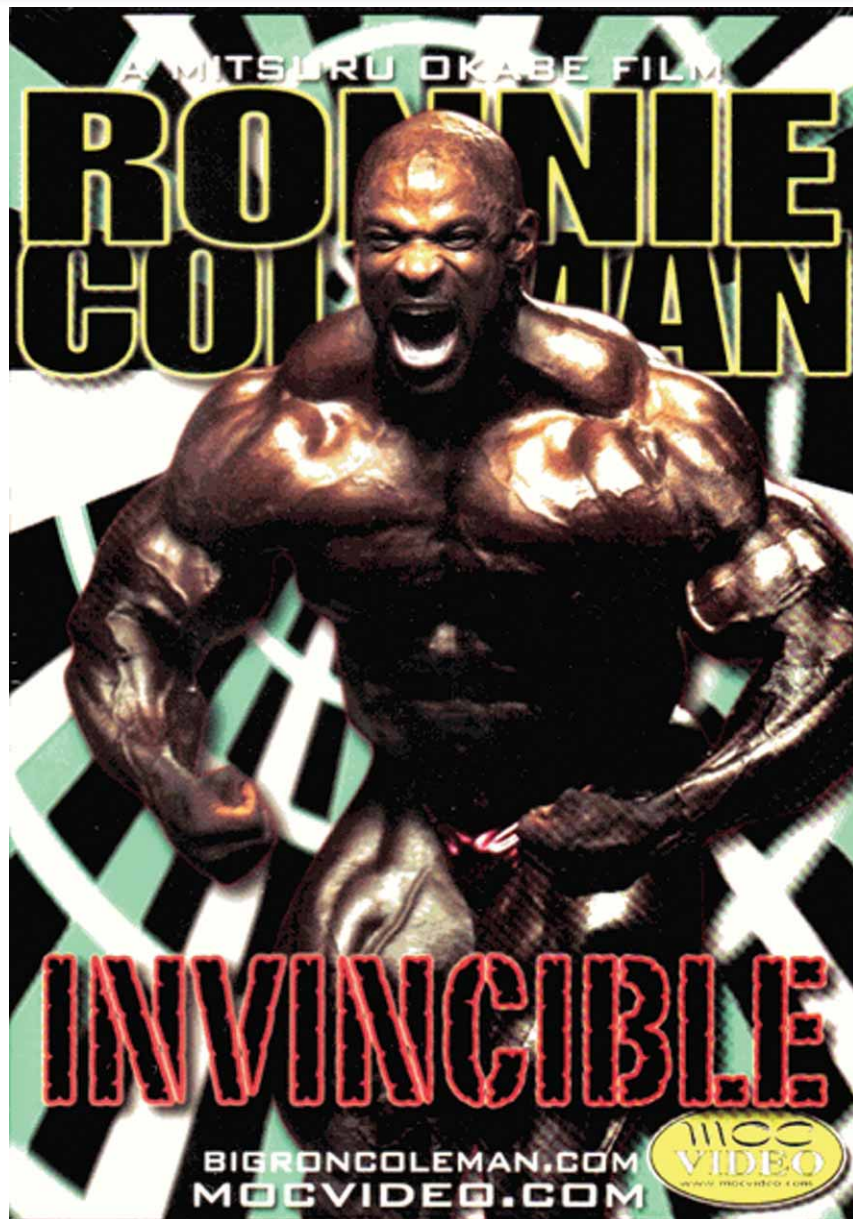
Neveux \ Model: Justin Balk



COST OF REDEMPTION

Mr. Olympia's Mind-Numbing Training DVD

This 3-plus-hour DVD is a masters class on what it's like to train without limits. Sit back and be amazed and inspired by a man who walks the walk. Mitsuru Okabe spent 4 days with Ronnie in 2003 just prior to his sixth win in a row of the Mr. Olympia. This DVD is shot in an absolute "you are there" style. There are no set ups, no retakes, nothing but the real Ronnie Coleman. Ronnie is absolutely focused on his goal and he lives his life to make it happen. You will see him do 800-pound squats, 75-pound dumbbell curls and an astounding 2250-pound leg press—almost every 45-pound plate in the gym! It's the stuff of legends. But more than just the sets, reps and the nutrition, you get an insider's view of the personality that always lights up any room he enters. It hits all the right notes: instructional, inspirational and a pleasure to watch a man at the top of his game. Four Stars.



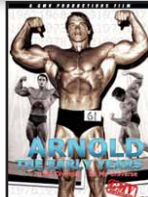
Coleman DVD

\$28.95



Visit us at Home-Gym.com or call 800-447-0008

©2009 Home-Gym.com



Whatever You Need—Wherever You Train™



Forced reps can trash the nervous system and inhibit gains.

Neveux \ Models: Michael O'Hearn and Clark Bartram

about 20 percent to that load and have your partner lift it for you, then you lower that 120 pounds for two or three negatives.

Training to failure is essential. People define training to failure in a lot of different ways, but I believe you should reach concentric, or positive, failure on each set. You're not gonna get bigger unless you do that.

Strength and hypertrophy are functions of the total number of motor units activated. So if you do sets of eight with a six-rep-maximum weight, you won't grow. When people start adding forced reps and similar techniques, they just trash their nervous system.

The key to achieving muscle growth is to try to knock off as many motor units as possible within a given time frame and then provide enough rest to allow the adaptation to occur.

Q: I'm a natural bodybuilder. How often should I change my routine to

The tension threshold theory states that a muscle will hypertrophy only after it's reached a certain level of maximum strength.

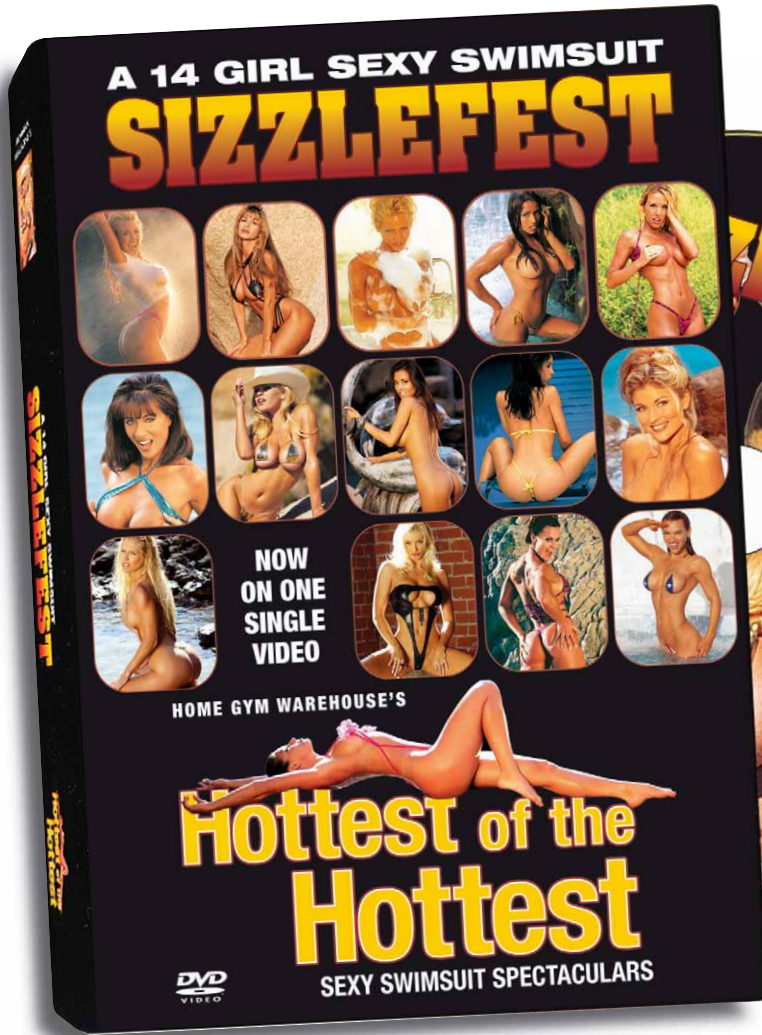
keep growing as fast as possible?

A: About 70 percent of the population should change routines every six workouts for a given bodypart. That's when people stop making gains. For the other 30 percent of the population it's either more or less, but in my opinion, even if you can tolerate a program longer, if you change every six workouts, you'll do better. In other words, if you're



SWIMSUIT SIZZLEFEST

The Hottest of the Hot



This Sizzlefest DVD is an uncensored look at the best of our nine swimsuit videos. This collection of fourteen of the finest, fittest



females in tiny bikinis (or even less) gives you a close up look at some of the most outrageously beautiful and sexy fitness females to ever slip into (or out of) a bikini. The beauty of the women is enhanced and amplified by showcasing them in the most spectacular locations from the desert to the mountains to the sea.

This DVD is a 10 on every level. Look at this list of gorgeous sexy women: Ahmo, Amy, Ashley, Cori, Frostee, Karla, Laura, LeAnna, Linda, Paulina, Rebecca, Tanya, Timea, Tina Jo.



This 55-minute DVD contains nudity. You must be 18 or older to purchase it.



Swimsuit Sizzlefest

\$24.95

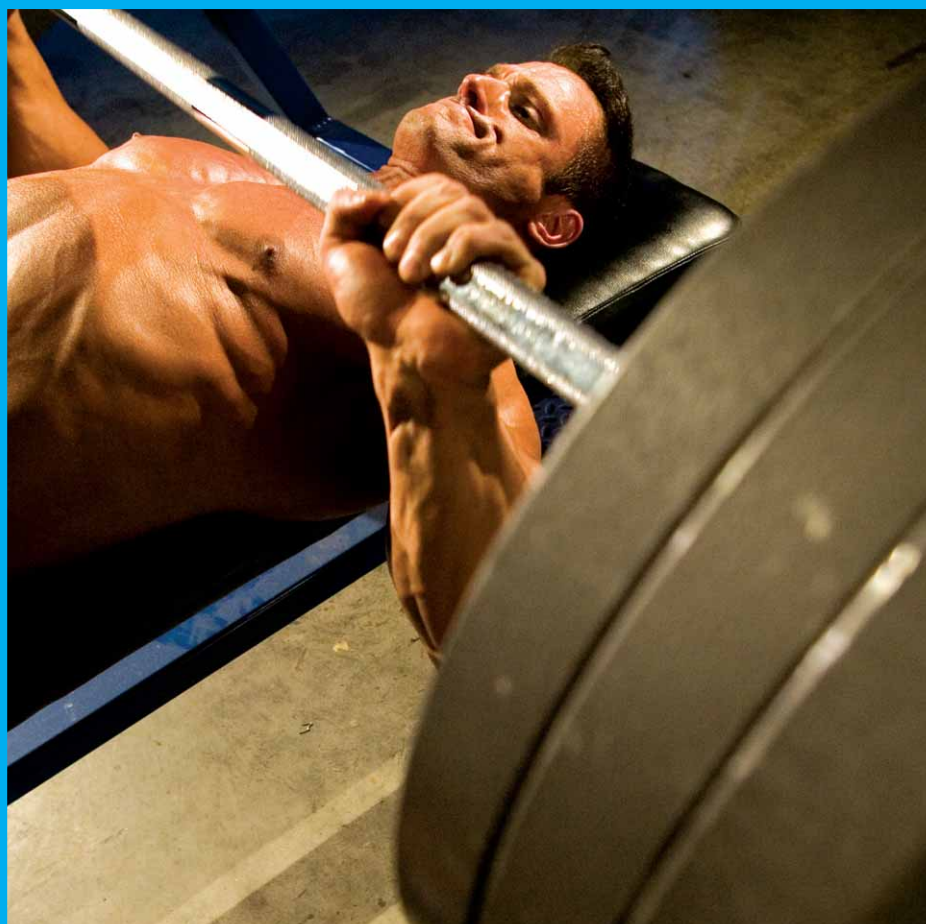
*PLUS SHIPPING & HANDLING

Visit us at Home-Gym.com or call 800-447-0008



©2010 Home-Gym.com

Over 4000 best-selling products online



People can make strength gains for six to eight weeks with no concurrent muscle mass gains and then almost overnight put on a respectable amount of muscle.

A: The most neglected is L-glutamine. I also use a lot of acetyl-L-carnitine. I take that on an empty stomach every morning. It manages the cortisol and increases testosterone. I'm a big believer in eating one solid meal, then one liquid meal, one solid meal and so on throughout the day so I can get enough calories. I prefer to use a mixed-protein drink—both casein and whey. I use a source of smart fat at every single meal. People don't take in enough smart fats. I take flaxseed oil, fish oils, CLA and things like that, and I take one source at every meal.

I take seven grams of acetyl-L-carnitine and as much as 80 grams of L-glutamine. I use L-glutamine as a preworkout stimulant and to restore glyco-

a guy who takes eight workouts to adapt and you change every six, it won't negatively affect your training, but if you adapt every two workouts and you change every six, you're getting screwed.

How can you tell when you've begun to adapt to a program? Strength increase is a better measure than mass. I've found from experience—and there's a lot of research to back it up—that you'll grow almost overnight. Finnish scientists have a theory called tension threshold, meaning that the muscle will hypertrophy only after it's reached a certain level of maximum strength.

Let's say you can bench 200 pounds. You may start putting mass on your pecs and triceps only when you start benching 250. I've seen people who haven't made any mass gains for four weeks suddenly put on nine pounds in three days.

The body doesn't grow in a linear fashion. If you measure it over time, yes, you could have some kind of line with some slope in it, but in the real world people can make strength gains for six to eight weeks with no concurrent mass gains—and then almost overnight put on a respectable amount of muscle.

Some guys can gain a pound every two days, but that's a freak. I've seen only one guy out of maybe 80 respond like that.

Q: What supplements are most neglected in bodybuilders' diets?

gen. If people are fat, they should use whey-only protein with some casein in it postworkout, along with a load of 40 to 60 grams of glutamine. That will make their glycogen storage go up, but they won't put on fat.

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 205. **IM**

Neveux \ Model: Dan Decker

Bradford



Charles Poliquin
www.CharlesPoliquin.net

BODYBUILDING BEAUTIES

Beautiful, Buff Babes



You can enjoy watching fourteen of the most beautiful bodybuilding babes on earth, all on one DVD. We have carefully

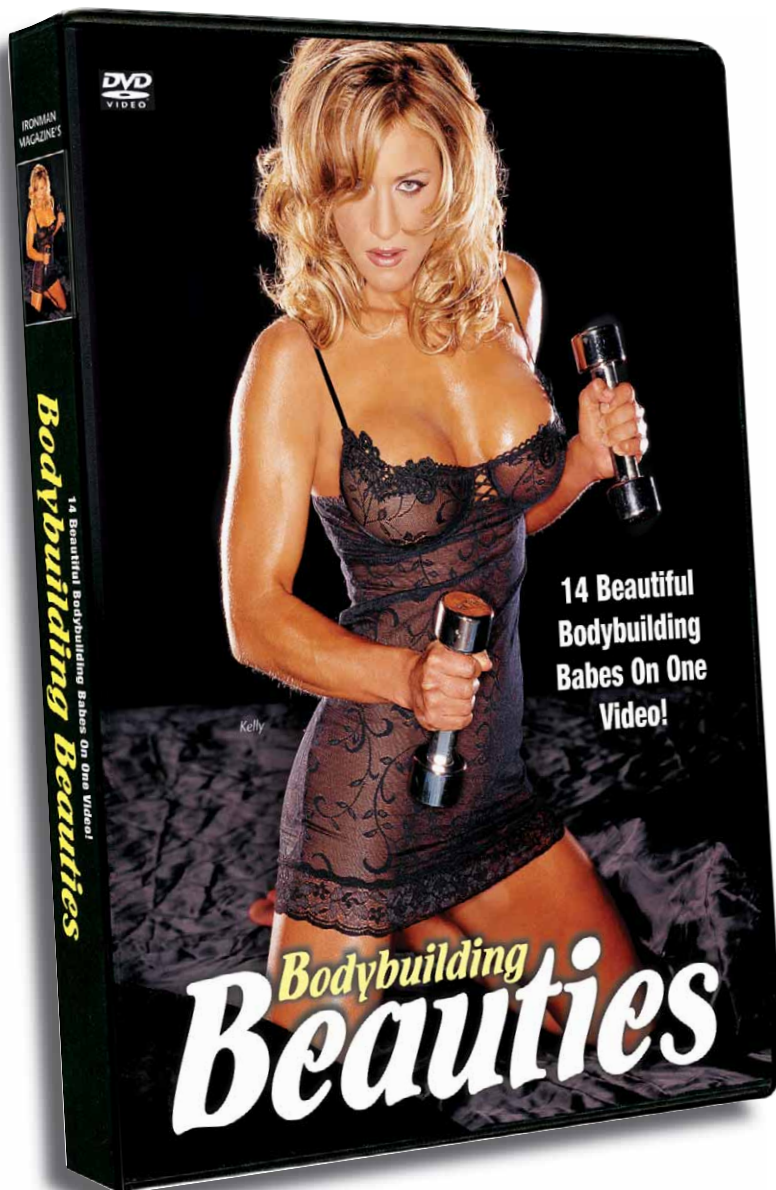
combed our archive to present to you, what is simply the finest DVD collection of bodybuilding babes in existence. Our carefully selected list of bodybuilding beauties includes: Brenda

Kelly, Sharon Bruneau, Cynthia Bridges, Gabriella Anton, Laurie Vaniman, Lena Johannesen, Theresa



Hessler, Timea Majorova, Sherry Goggin, Toni Dee, Jennifer Elrod, Christine Lydon and Ashley Lawrence.

This 55-minute DVD contains nudity. You must be 18 or older to purchase it.



Bodybuilding Beauties

\$14.95

*PLUS SHIPPING & HANDLING



Visit us at Home-Gym.com or call 800-447-0008

©2010 Home-Gym.com



Order all 3 Fantasy Workout videos/ DVDs, and you save \$30: \$29.95



Whatever You Need—Wherever You Train™

EAT TO

POSTWORKOUT

Postexercise Nutrition: Are Carbs Required?

Bodybuilders used to be told to eat carbohydrates after a workout. The idea was that the carbs boosted muscle glycogen repletion and helped prevent muscle breakdown. The truth is that this advice was based on the requirements of endurance athletes, whose need for rapid glycogen replenishment was obvious. Even today, you still see “sports nutritionists” advising bodybuilders to take in 70 percent of their daily calories as carbohydrate—which makes no sense at all. Many such “experts” have never lifted a weight in their lives.

Further research showed that adding a rapidly absorbed protein to a simple, or high-glycemic-index, carb increased

muscle protein synthesis about 40 percent more than carbs alone. In fact, carbs alone don’t stimulate muscle protein synthesis following a weight-training session at all. The mechanism behind the protein-and-carb combo is that certain amino acids trigger insulin release, and that insulin, in turn, helps amino acid uptake into muscles and triggers the enzyme that controls glycogen synthesis.

Skip a few years, and scientists find that you don’t need to gobble up massive amounts of protein after a workout. A mere six grams, along with 35 grams of carbs, after training provide a direct route to increased muscle gains.

That advice was further refined to the suggestion that it takes only six grams of essential amino acids to give you a full anabolic effect after training. Other amino acids—the so-called nonessential aminos—don’t do anything for muscle gains after a workout, according to researchers.

What happened to taking in carbs after a workout? A new study examined whether it’s even required if the exerciser gets ample protein.¹ The subjects were 10 fit men, average age 20, who lifted weights for one hour, then took 0.3 grams per kilogram of bodyweight of a rapidly absorbed protein with 0,

0.15 or 0.6 grams of carbs per kilogram of bodyweight during a six-hour recovery period. Protein use in the men’s thigh muscles was measured by tracking a specific radioactively labeled amino acid through its incorporation into the muscle.

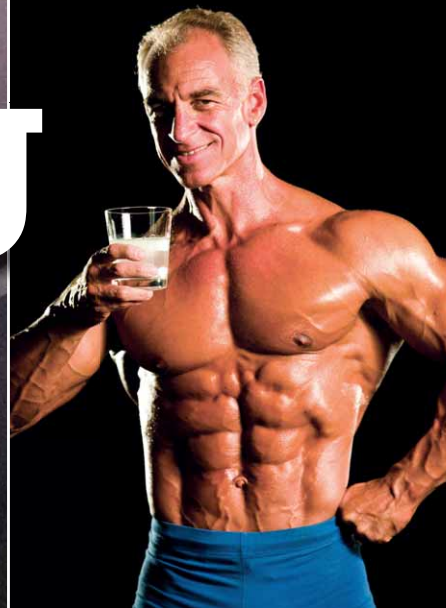
The results: With ample protein intake, adding carbs had no effect in increasing muscle protein synthesis after training. The authors note, however, that carbs do stimulate a greater insulin response, and insulin helps retard muscle breakdown in the presence of high

Postworkout carbs don't increase protein synthesis, but they do replenish glycogen stores, making muscles fuller.



GH Stak's effervescent action enhances delivery and...

“GETS YOU LEANER HARDER FASTER”



- Contains the potent bioactive pyroglutamate form of L-arginine
- Has anterior pituitary peptides, which normalize somatostatin, a hormone that can shut down GH and IGF-1 receptors
- Has produced a 12 to 36.6 percent increase in IGF-1 levels (IGF-1 is one of the body's most anabolic hormones)
- Used by doctors at anti-aging clinics in place of growth hormone injections

More growth hormone can...

- Help build muscle and burn fat
- Beef up tendons and ligaments
- Improve strength
- Heal injuries
- Revitalize sex drive
- Tone the skin



© 2008 Muscle-Link

Also available at:



MUSCLELink
THE NUTRITIONAL LINK BETWEEN SCIENCE & MUSCLE

For more info visit www.Muscle-Link.com
or call 1-800-667-4626

Results using GH Stak vary from individual to individual. Testimonial endorser's results using it may be considered atypical. Testimonial endorsers have been remunerated by Muscle-Link. GH Stak is a trademark of Muscle-Link. These statements have not been evaluated by the U.S. Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

GROW

Nutrition With a Get-Big Mission

amino acid content in the blood. When the subjects got more carbs, they had a greater insulin response, but that didn't translate into greater protein synthesis. The researchers also noted that carbs brought down the count of branched-chain amino acids in plasma and muscle, which could point to less muscle breakdown, but the study didn't measure that.

The insulin induced by the protein alone—without carbs—was more than the amount suggested for maximizing muscle protein synthesis and reducing protein breakdown. That may explain why the carbs were superfluous. It also

points to insulin's playing a permissive role in muscle protein anabolic effects. So while you need a certain level of insulin, having more than that won't influence protein synthesis.

An important point to take into consideration is that the study looked only at the relationship between muscle protein synthesis and carb and protein intake after a workout. Another aspect of workout recovery involves muscle glycogen replenishment. Muscle glycogen drops by 30 to 40 percent after a weight-training session. You must replenish it to fully repair muscles and to restore energy in the trained muscles.

For those purposes, carbs are still the best recovery source. So although you don't need to take in carbs with protein for posttraining muscle protein synthesis, you still need them for full recovery. Besides, carbs that you get soon after the workout go straight into glycogen replenishment, not adversely affecting fat oxidation or bodyfat loss.

—Jerry Brainum

¹ Koopman, R., et al. (2007). Co-ingestion of carbohydrate with protein does not further augment post-exercise muscle protein synthesis. *Am J Physiol Endocrinol Metab.* 137:1880-1886.

GOOD FAT

Another Reason to Take Fish Oil More muscle!

You know that the omega-3 fat in fish is good for your heart, but now there's an anabolic reason to eat fatty fish or take fish oil capsules. Canadian scientists found that omega-3s accelerate protein synthesis and decrease hunger. That may explain why Nicholas Perricone, M.D., in his book *The Perricone Weight-Loss Diet*, says his anti-inflammatory eating recommendations, which include a liberal intake of omega-3s, reduce bodyfat and preserve muscle: "Physicians have long been puzzled by the following fact: When people lose a significant amount of bodyweight, 50 percent of it is muscle mass. This loss of muscle mass is responsible for that drawn, aged appearance of those who have lost weight. Yet my patients following the anti-inflammatory diet exhibited none of this loss of muscle mass." Dr. Perricone goes on to explain the connection between inflammation and obesity, and how omega-3 fats can reduce inflammation, which is also linked



to cancer and other illnesses.

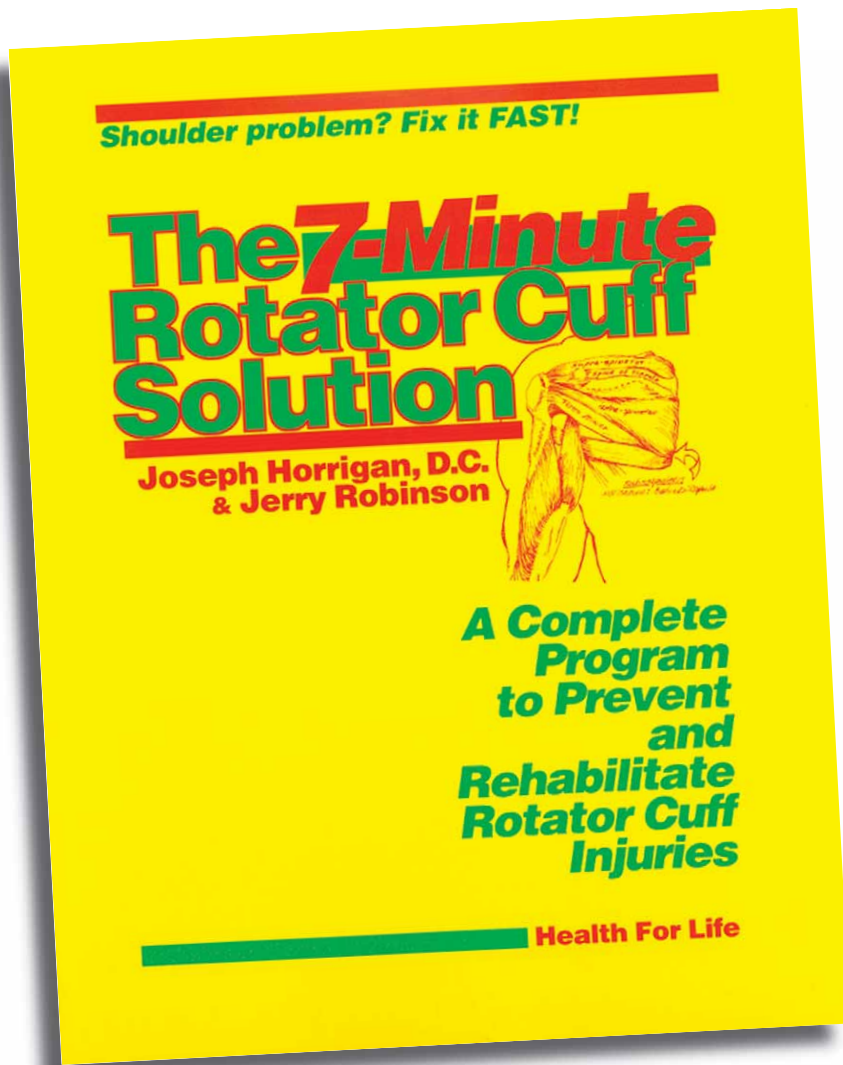
Here's another quote from his book that will be of interest to bodybuilders: "What steroid users don't know is that omega-3 essential fatty acids can deliver the effects they want—significantly improve athletic performance, helping to make muscle cells stronger and more efficient; actually build muscle and lose bodyfat—without the dangerous side effects. There are even steroidlike substances in the body, like PPARs, that can help achieve those goals when activated by omega-3."

The moral: Whether you're trying to lose fat, gain muscle or both, get plenty of omega-3 fats every day, be it from fish or fish oil capsules.

—Becky Holman
www.X-tremeLean.com

LIFT BIG TO GET BIG

Build Incredible Pressing Power and Bulletproof Shoulders



Unfortunately, shoulder injury is one of the major reasons trainees have to sacrifice gains on many of the most important strength- and mass-building exercises—from bench presses to chins to pulldowns. You'll be amazed at how much better your shoulders feel and how much more weight you can hoist once you start training your rotator cuff muscles regularly and properly with the powerful info in *The 7-Minute Rotator Cuff Solution*. You'll learn:

- How the rotator cuff muscles work.
- Specific rotator cuff exercises.
- The best and safest stretching exercises.
- Exercises you should avoid.
- Specific training programs.
- Rehab routines for sports-specific injuries.
- Bodybuilder's injury-prevention routine.
- Detailed biomechanics to pathology.

The 7-Minute Rotator Cuff Solution can help you achieve bigger gains in muscle size and pressing poundages, not to mention bulletproof shoulders for pain-free and power-packed workouts.

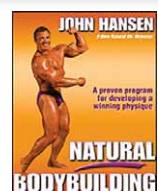
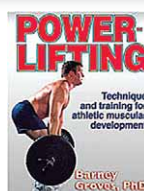
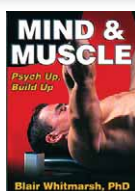
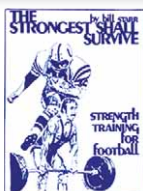


7-Minute Rotator Cuff Solution

\$29.95

*PLUS SHIPPING & HANDLING

Visit us at Home-Gym.com or call 800-447-0008



©2010 Home-Gym.com

Over 4000 best-selling products online



Neveux

HEALTHY LIFE

Living on One Meal a Day?

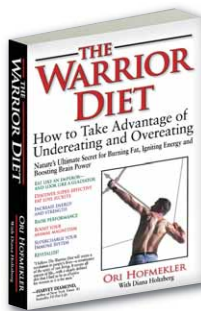
Regular *IRON MAN* readers are familiar with the Warrior Diet, advocated by Ori Hofmekler. It recommends eating just one large meal in the evening, with small snacks interspersed throughout the day. Ori says that it's a safe and natural way to eat that stimulates muscle growth and significant fat loss. He would probably be interested in a recent study that evaluated the health effects of eating just one meal a day in a group of healthy, normal-weight adults. The study protocol differed from Ori's plan in that *all* of the calories were eaten in one meal.

The subjects maintained their bodyweight within two kilograms of their starting weight throughout the six-month study. Reducing meal frequency had no significant effects on heart rate, body temperature or most blood variables, and the subjects noted a significant increase in hunger, a loss of bodyfat and increases in blood pressure and total cholesterol, LDL and HDL concentrations. A rise in total and LDL cholesterol points to a greater risk of cardiovascular disease, though HDL is protective in that regard. The subjects also had a significant drop in cortisol, as well as a decrease in blood urea nitrogen, both of which indicated that there'd been no significant loss of body protein.

Despite the pluses, since the subjects' risk for some cardiovascular-disease factors rose, the authors concluded that reducing meal frequency without also curtailing calories doesn't bring major health benefits.

—Jerry Brainum

Stote, K.S., et al. (2007). A controlled trial of reduced meal frequency without caloric restriction in healthy, normal-weight, middle-aged adults. *Am J Clin Nutr.* 85:981-989.



NUTRITION NOTES

Food Facts

That can affect your workouts, weight and wellness

Olive oil zapped eight different strains of bad bacteria in the lab—and three of those eight couldn't even be knocked out by antibiotics. One was *H. pylori*, which is believed to cause stomach ulcers. Researchers credit the oil's polyphenol content.



Iron deficiency may be causing your thinning hair. An overview of a number of studies on balding concluded that treating men for a deficiency in iron may help stimulate hair regrowth.

High iron intake has been linked to cardiovascular disease, so have your doctor test your iron levels before you supplement.

Postworkout carbs won't feed your fat cells. Researchers tested what happened when subjects got a 100-gram dose of high-glycemic-index carbs immediately after a hard exercise session, and it actually increased fat burning.



Leucine, an essential amino acid, has been shown to reduce the catabolic effects of cortisol after a hard workout. Try four to six grams with your postworkout drink. HMB (beta-hydroxy-beta-methylbutyrate) may also be effective, as it's a metabolite of leucine.



Multivitamins are absorbed better when you take them with food. Take your multi with a meal or you could limit its effectiveness—and possibly get an upset stomach.

—Becky Holman
www.X-tremeLean.com

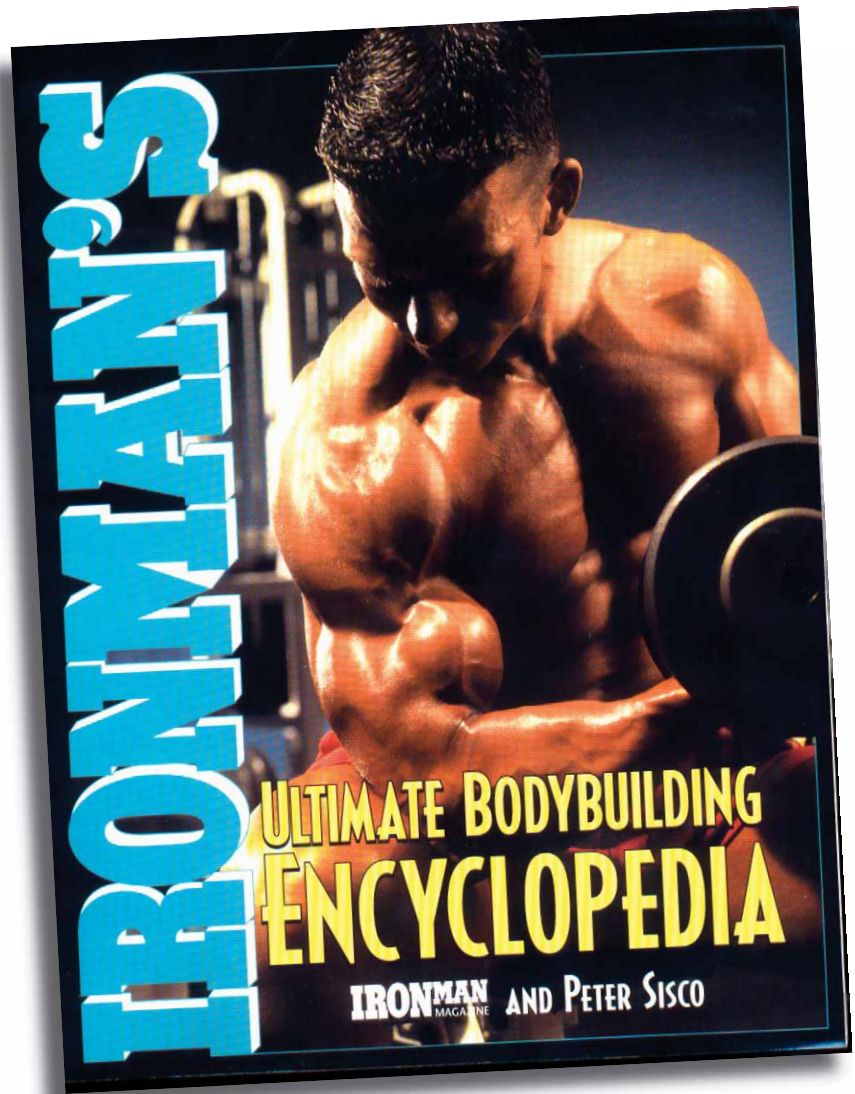
KNOWLEDGE IS POWER

The Best of Bodybuilding in the 20th Century

Here in one definitive, information-packed volume, you have the best that IRON MAN has to offer. The articles and photos reprinted in IRON MAN's Ultimate Bodybuilding Encyclopedia are of enormous and enduring value to beginners and experts alike. A tour de force of bodybuilding information with stunning photos of unrivaled quality, this massive volume covers every aspect of bodybuilding with authority and depth. Included is complete information on:

- Getting started
- Bodybuilding physiology
- Shoulder training
- Chest training
- Back training
- Arm training
- Abdominal training
- Leg training
- Training for mass
- Training for power
- Mental aspects of training
- Bodybuilding nutrition

With IRON MAN's Ultimate Bodybuilding Encyclopedia, you will learn Arnold Schwarzenegger's insights on developing shoulder and back muscles, along with many other champions' routines. This massive volume contains 440 pages and over 350 photographs.



IM Encyclopedia

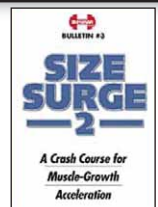
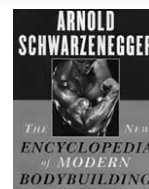
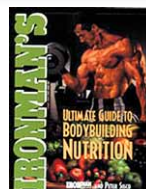
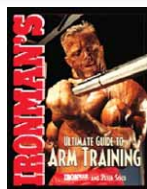
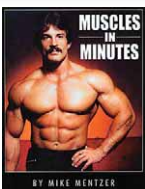
\$19.95

*PLUS SHIPPING & HANDLING



Visit us at Home-Gym.com or call 800-447-0008

©2009 Home-Gym.com



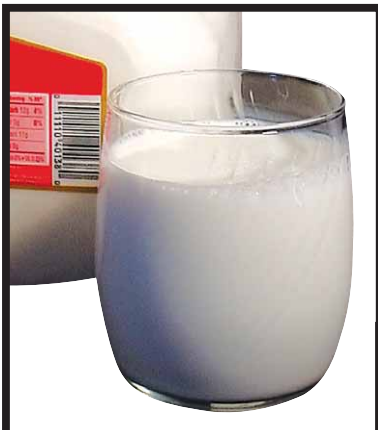
Whatever You Need—Wherever You Train™

PROTEIN

Milk vs. Soy

Which is the muscle-building real McCoy?

In a new study, eight men who were training with weights at least four days a week got either nonfat milk or soy protein after training. The drinks contained the same number of calories and amount of protein (18 grams). The soy drink also contained 1.5 grams of fat and 23 grams of carbs.



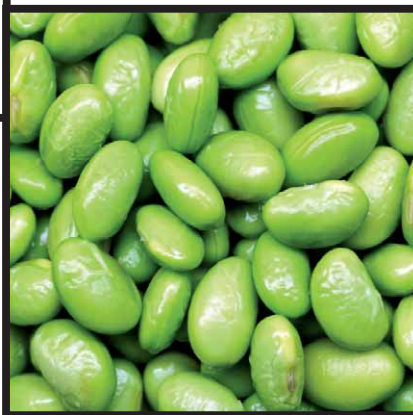
While both drinks resulted in a positive net protein balance, the cow's milk proved superior to the soy in fostering overall protein balance and muscle protein synthesis.

The authors suggest that the milk was superior because it's digested more slowly. They also think that the rapid uptake of soy—it's a faster protein than whey—led to its being used more for synthesis of serum proteins and urea (a product of protein breakdown) than for muscle protein synthesis. The rapid increase in extracellular amino acid content that comes from soy leads to an abrupt shutdown of protein synthesis. When the body senses a large delivery of amino acids, it

shunts the aminos to the liver, where they are degraded, or oxidized. (That, by the way, also disproves the idea that active people can get fat from eating excessive protein. It just doesn't happen.)

So is soy junk to be avoided? In truth, small amounts of soy, especially when combined with slower-acting animal proteins, like the ones derived from milk, won't cause any problems. The key point is that from an anabolic point of view, milk proteins are more reliable than soy proteins are.

—Jerry Brai-num



Wilkinson, S.B., et al. (2007). Consumption of fluid skim milk promotes greater muscle protein accretion after resistance exercise than does consumption of an isonitrogenous

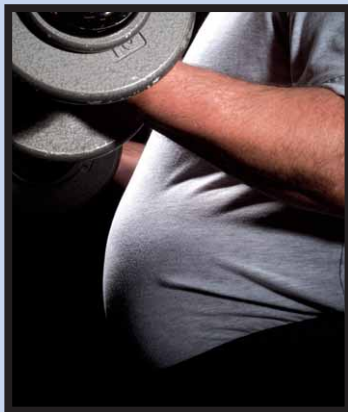
and isoenergetic soy protein beverage. *Am J Clin Nutr.* 85:1031-40.

FAT STATS

Chub Club Grows

Obesity trend continues

According to an article from the Associated Press, almost one-third of the adults in the United States are considered obese, and a whopping two-thirds are considered overweight. This country has one of the highest obesity rates in the world, not something we should be proud of.



—Becky Holman
www.X-tremeLean.com

VITAMINS

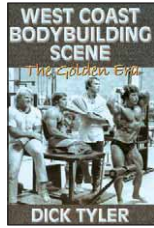
Sunshine for Strength

In a new study of almost 1,000 subjects, those who were deficient in vitamin D scored lower on grip-strength tests, as well as muscle-coordination and balance tests. Vitamin D helps in calcium absorption, and calcium is necessary for muscle contraction. Vitamin D also aids in protein synthesis to repair muscles. Many dairy products and cereals are fortified with D, or you could just get a little sunshine.

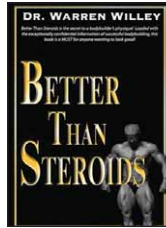


—Becky Holman
www.X-tremeLean.com

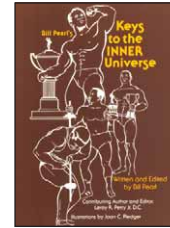
BOOKS



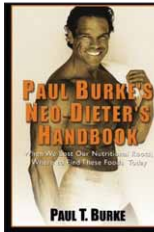
(#266) by Dick Tyler **\$19.95**. *West Coast Bodybuilding scene. 1965-1971 The Golden Era. One of the most dynamic eras in bodybuilding. All the greats are here, in words and many rare photos.* 399 pgs



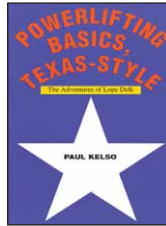
(#338) by Dr. Warren Willey **\$31.00**. *Building a great physique natural way.* 192 pgs



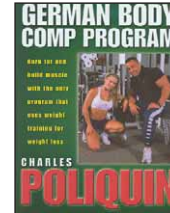
(#003) by Bill Pearl, Leroy Perry **\$29.95**. *Exercises for every bodypart explained in detail.* 638 pgs



(#323) by Paul Burke **\$15.95**. *Three decades of research compiled for those who enjoy learning about health, exercise, weight training, fitness, and the right nutrition to enhance all of the above.* 144 pgs



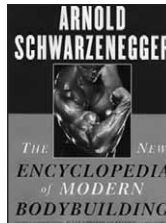
(#150) by Paul Kelso **\$14.95**. *Tales of Texas madness and powerlifting.* 83 pgs



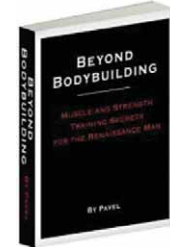
(#297) by Charles Poliquin **\$29.95**. *Weight training to help improve fitness, lose fat and build muscle mass* 112 pgs



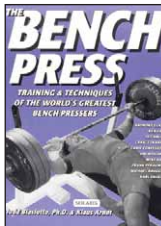
(#212) by Peter Sisco **\$14.95**. *Ironman's Ultimate Guide to Arm Training* 181 pgs



(#001) by Arnold Schwarzenegger, Bill Dobbins **\$30.00**. *This will answer every question any hardcore bodybuilder or budding lifter could ever think of. More than 850 photos and anatomical line drawings.* 800 pgs

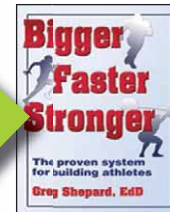


(#320) by Pavel **\$39.95**. *Mind Over Muscle: the 5x5x5 Program* 365 pgs

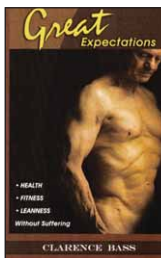


(#143) by Judd Biasziotto, Klaus Arndt **\$19.95**. *Real stories in professional bench pressing.* 119 pgs

A HOME-GYM BEST SELLER

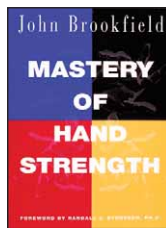


(#269) by Greg Shepard **\$17.95**. *The Proven System for Building Athletes. Get Bigger Faster Stronger... Buy it here now for less!*

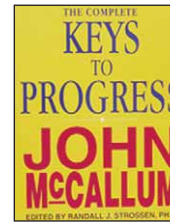


(#337) by Clarence Bass **\$24.95**. *Health, Fitness, Leanness without suffering.* 163 pgs.

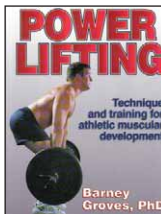
SALE PRICE



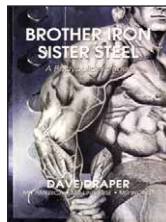
(#149) by John Brookfield **\$14.95**. *Leading gripmasters tell you how to make most of the equipment you'll need to develop a world-class grip. One of the best books ever written on the subject. Fast reading.* 105 pgs



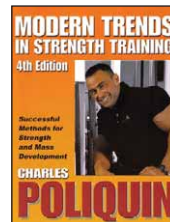
(#123) by John McCallum **\$19.95**. *Pack More Muscle with The Complete Keys to Progress* 270 pgs



(#244) by Barney Groves, PhD **\$18.95**. *Technique and training for athletic muscular development.*



(#197) by Dave Draper **\$24.95**. *Dave Draper's private journey through bodybuilding.* 335 pgs



(#299) by Charles Poliquin **\$29.95**. *Effective ways to help your athletes become bigger and stronger... Buy it here now for less!* 57 pgs

WHATEVER YOU NEED—WHEREVER YOU TRAIN
HOME-GYM.COM

ANABOLIC DRIVE

Serious Glutamine Supplementation

I'm frequently asked if glutamine is a good supplement. Notwithstanding that the question itself is rather ambiguous, suffice it to say that if you're someone who merely goes to the gym three times a week and spends more time checking out the backsides of the aerobics instructors than you do busting your own rear end weight training, glutamine is not for you. If you train like a madman, however, it can be pretty darn useful.

In a recent study scientists examined the effect of an oral postexercise carbohydrate-and-essential amino acid solution containing glutamine versus a similar solution that contained the same number of calories but without glutamine on muscle glycogen re-synthesis and whole-body protein turnover following 90 minutes of cycling at 65 percent VO_2 peak. They found that the addition of glutamine had no effect on postexercise muscle glycogen resynthesis or muscle protein synthesis, but it may suppress a rise in whole-body protein turnover during the later stages of recovery.¹

In another study investigators examined if glutamine supplementation alters postmeal nutrient oxidation. L-glutamate and glutamine have been shown to protect the heart and enhance energy expenditure.² The subjects were 10 healthy young adults who ate a mixed meal containing either glutamine or an isocaloric amino acid mixture. The results were intriguing. The increase in energy expenditure during both early (0-180 minutes) and late (180-360 minutes) postmeal phases was greater in the glutamine group. Also, the glutamine enhanced fat oxidation by approximately 42 calories during the late phase. The authors concluded that "glutamine supplementation with a mixed meal alters nutrient metabolism to increase postmeal energy expenditure by increasing



Neveux \ Model: Lee Priest

carbohydrate oxidation during the early postmeal phase and fat oxidation during the late postmeal phase.³

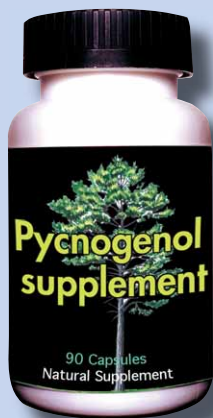
Bottom line: If you train intensely, taking glutamine postexercise with a protein shake is a good idea. It'll help elevate your metabolic rate, support your immune system and lessen the muscle breakdown. The result is a healthier and more muscular physique.

—Jose Antonio, Ph.D.

OPTIMAL WORKOUT

Plant for More Pump

Bodybuilders know that nitric oxide supplements enhance the pump during a workout. Research also suggests that NO can do good things for fat burning too. Most NO precursors are arginine based; however, there may be another pump producer in town—pycnogenol. It's a plant extract that appears to enhance NO production too, and studies indicate that it can lower blood pressure. Try taking 100 milligrams with your NO-booster supplement before a workout—weights and/or cardio.



—Becky Holman
www.X-tremeLean.com

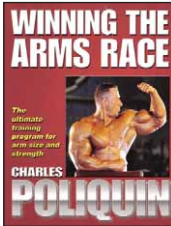
Editor's note: You can listen to Dr. Jose Antonio and Carla Sanchez on their radio show *Performance Nutrition*, Web and podcast at www.performancenutritionshow.com. Dr. Antonio is the CEO of the International Society of Sports Nutrition—www.TheISSN.org. His other Web sites include www.SupplementCoach.com, www.Javafit.com, www.PerformanceNutritionShow.com, and www.JoseAntonioPhD.com.

References

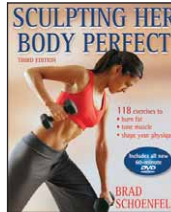
- 1 Wilkinson, S.B., et al. (2006). Addition of glutamine to essential amino acids and carbohydrate does not enhance anabolism in young human males following exercise. *Appl Physiol Nutr Metab.* 31(5):518-529.
- 2 Stottstrup, N.B., et al. (2006). L-glutamate and glutamine improve haemodynamic function and restore myocardial glycogen content during postschaemic reperfusion: A radioactive tracer study in the rat isolated heart. *Clin Exp Pharmacol Physiol.* 33(11):1099-1103.
- 3 Iwashita, S., et al. (2006). Glutamine supplementation increases postprandial energy expenditure and fat oxidation in humans. *J Parenter Enteral Nutr.* 30(2):76-80.

Over 4000 best-selling products on-line

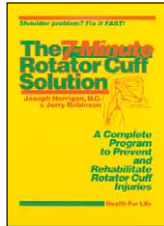
"WHATEVER YOU NEED - WHEREVER YOU TRAIN"



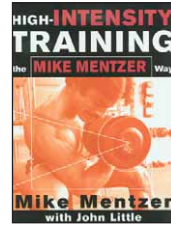
(#298) by Charles Poliquin **\$29.95**
Charles presents his Ultimate Arm Program - a six month prescription for maximal gains in arm size and strength. 95 pgs



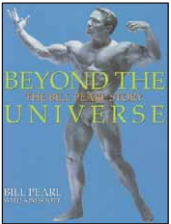
(#264) by Brad Schoenfeld **\$19.95**
Sculpting Her Body Perfect. 226 pgs



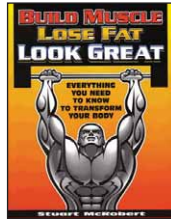
(#147) by Dr. Joseph Horrigan, Jerry Robinson **\$29.95**
Complete shoulder rehab and prevention programs. 140 pgs



(#243) by Mike Mentzer, John Little **\$18.95**
Summary of three decades of training research. 224 pgs



(#262) by Bill Pearl, Kim Shott **\$22.95**
The story of Bill Pearl's personal journey through life. 291 pgs

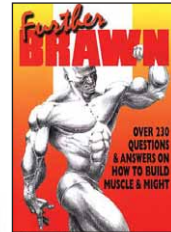


(#102) by Stuart McRobert **\$34.95**
Build Muscle, Lose Fat, Look great. 400 photos. 640 pgs

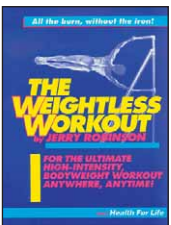


(#FCIB) A collection of weight training posters **\$29.95**
Spiral binding makes it easy to flip from one poster to the next.

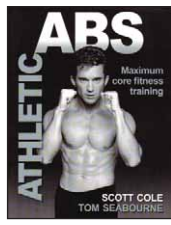
SALE PRICE



(#201) by Stuart McRobert **\$24.95**
Over 230 Questions and answers on how to build muscle and might. 319 pgs



(#HFL-WO-009) by Jerry Robinson **\$19.95**
Synergistic principles and specially designed body-weight exercises. 138 pgs



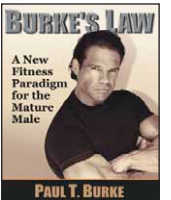
(#274) by Scott Cole and Tom Seabourne **\$18.95**
Maximan core fitness training. 209 pgs



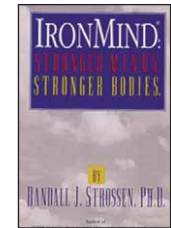
(#167) by Iron Man Magazine **\$9.95**
gives you the exact training routines, supplement stacks and meal-by-meal diets to transform your physique



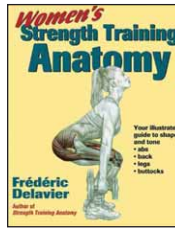
(#301) Larry Pepe **\$39.95**
How the world's best bodybuilders get into mind-blowing, contest-winning condition. 477 pgs



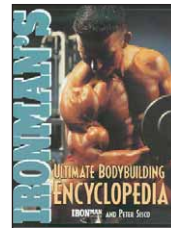
(#332) by Paul T. Burke **\$29.95**
Burkes Law: A new fitness paradigm for the mature male. 216 pages



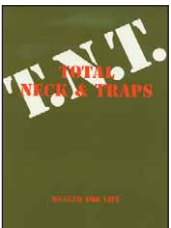
(#152) by Randall Strossen Ph.D **\$14.95**
A "gold mind" for peak performance! Get Ironmind! 182 pgs



(#245) by Fredrick Delavier **\$19.95**
best selling author comes a book on the anatomical features unique to women 136 pgs



(#181) by IRONMAN, Peter Cisco **\$19.95**
Authoritative step-by-step methods used by champion body-builders. 434 pgs



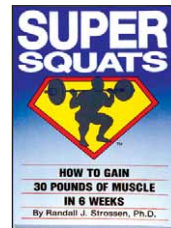
(#HFL-NT-00009) by Health For Life **\$14.95**
For total neck and traps development. 56 pgs



(#HFL-MC00009) by Health For Life **\$14.95**
Integrates the latest research in biomechanics for synergistic calf training. 57 pgs

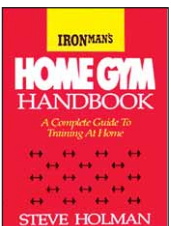


(#154) by Bill Starr, B.S., M.S. **\$20.00**
Classic book on strength training for football. 210 pgs



(#072) Randall J. Strossen, Ph.D. **\$14.95**
Sound advice on anything from how to equip a home gym to how to psyche up for heavy lifts. 107 pgs

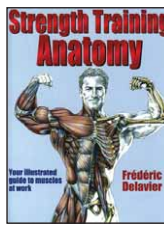
HOME-GYM'S ALL-TIME BEST SELLER'S CLUB



(#84) Home Gym Handbook **\$14.95**
This book will help you build maximum mass fast at home or in a gym.



(#130) 10 Week Size Surge **\$9.95**
If you're serious about building muscle, give the mass-building plan a try.



(#206) by Frederic Delavier **\$19.95**
Strength training anatomy. The ultimate strength reference. 124 pgs



(#246B) Size Surge - Hardgainer **\$9.95**
Size-Building tips, routines and diets for the underweight bodybuilder. 75 pgs.

NUTRITION SCIENCE

Formula for Preventing Muscle Damage

Research shows that a mixture of fast-acting protein, such as whey, with high-glycemic-index, or simple, carbs stimulates an anabolic effect and more rapid recovery from high-intensity weight training. While carbs alone push the synthesis of glycogen, the primary fuel for bodybuilding workouts, in muscle, adding protein magnifies the effect because certain amino acids trigger an insulin release. Insulin spurs amino acid entry into muscle as well as the activity of the enzyme that fosters glycogen synthesis.

A recently published study had two goals: to determine 1) if a protein-and-carb drink would increase training performance more than a placebo, and 2) whether a protein-and-carb mixture drunk before, during and after training would reduce posttraining muscle damage. Limiting such damage would improve training recovery and likely lead to gains in muscular size and strength.

The study featured 34 male subjects, average age 21, who either had never trained or who hadn't lifted weights during the previous six months. Sixteen of the subjects received a placebo, and 18 got a drink containing 6.2 percent carbs and 1.5 percent protein. Both groups performed whole-body



FAST CARBS

Sugar Slowdown

Simple sugar is the biggest detriment to getting lean. According to Eric Berg in his book *The 7 Principles of Fat Burning*, "Sugar triggers the powerful fat-making, fat-storing hormone insulin. In fact, in the presence of insulin not only will fat be blocked from being used as fuel but sugar will be converted to fat. Sugar is carbohydrate. And the most powerful trigger to fat burning is the absence of sugar."

The only time you should be eating simple sugar is after a weight-training workout, when insulin is necessary to drive glycogen and amino acids into muscle cells. Studies show that up to 100 grams of carbs can be eaten postworkout without any increase in bodyfat.

—Becky Holman
www.X-tremeLean.com



weight workouts, with each exercise done for three sets of eight reps. The protein-and-carb group got 355 milliliters (about 12 ounces) of the drink 30 minutes prior to training, another six ounces halfway through the workout and 12 ounces more immediately after training.

The two groups exhibited no differences in exercise performance, but some noteworthy changes did occur. Cortisol went up significantly in the placebo group compared to the other group 24 hours after the workout. The protein-and-carb group showed elevated insulin right before the workout, after the fourth exercise, immediately after the workout, and one and six hours after the workout. Halfway through the workout, as well as one and six hours afterward, those in the placebo group had heightened myoglobin, an iron-containing pigment found in muscle that's linked to muscle damage. Creatine kinase, a muscle enzyme that also indicates muscle damage, was significantly elevated in the placebo group 24 hours after the workout.

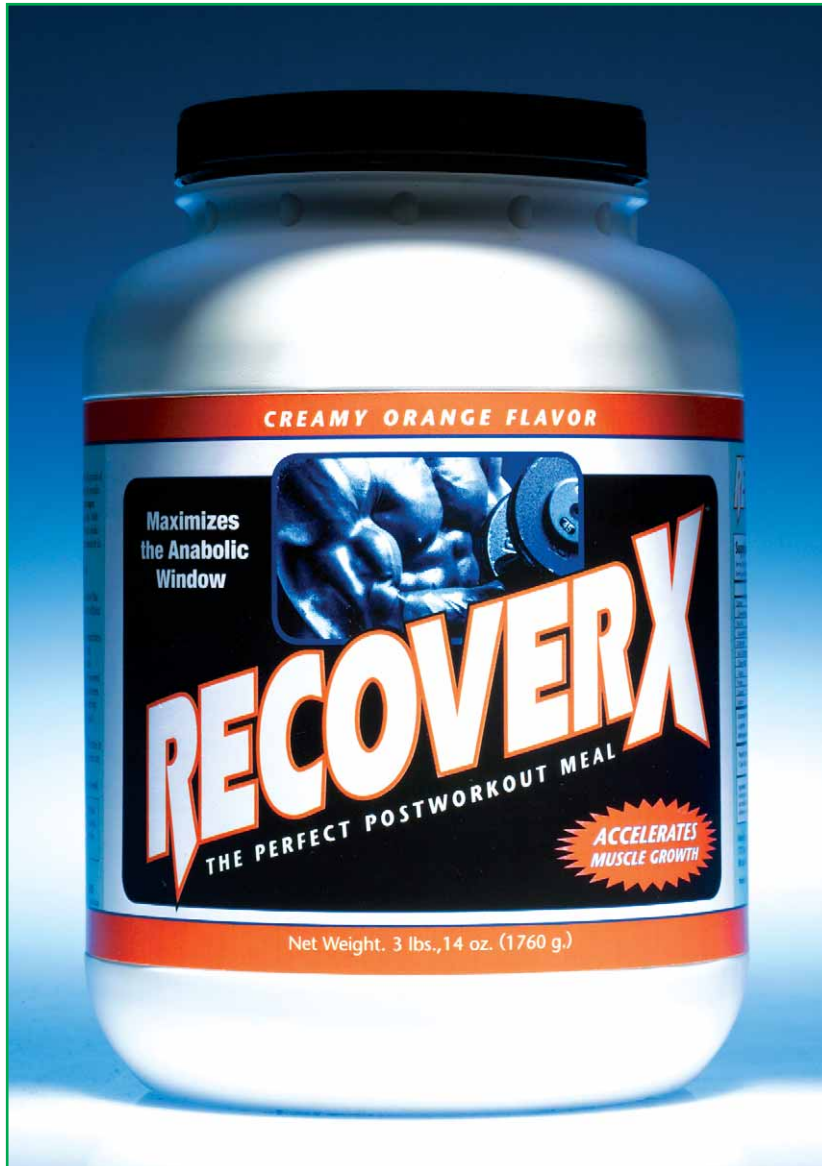
The study clearly demonstrates that downing a protein-and-carb drink at strategic points before, during and following training aids total recovery by limiting the extent of muscle damage.

—Jerry Brainum

Baty, J., et al. (2007). The effect of a carbohydrate and protein supplement on resistance exercise performance, hormonal response, and muscle damage. *J Strength Cond Res.* 21:321-329.

PERFECT POSTWORKOUT MEAL™

To Kick-Start Immediate Muscle Growth After You Train



RecoverX

3 lbs. 14 oz.

\$30.95

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.

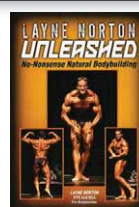
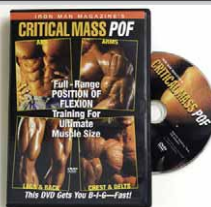
The biggest mistake many bodybuilders make is eating a meal of chicken breasts, baked potato or rice and vegetables after a workout. This is an approach doomed to fail because by the time this meal digests, the anabolic window has slammed shut.

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.

RecoverX™ contains 40 grams of the quickest-acting bio-available protein from hydrolyzed whey—extremely fast protein for immediate delivery—whey protein concentrate, glutamine peptides, arginine and 60 grams of carbohydrate to give you the necessary insulin spike.

RecoverX™ is the perfect postworkout meal to kick your muscle growth into overdrive!

Visit us at Home-Gym.com or call 800-447-0008



©2009 Home-Gym.com

Over 4000 best-selling products online

Train, Eat, GROW

Muscle-Training Program 98

From the *IRON MAN* Training & Research Center

by Steve Holman and Jonathan Lawson

Photography by Michael Neveux

We've decided to give Power/Rep Range/Shock a rest and move on to something that's a bit more recovery oriented—heavy/light. It's a concept used by many bodybuilders in the presteroid era, and, if you look back at their photos, you'll see that a lot of them got huge with no pharmaceutical help and no supplements—okay, some of them ate bull testicles, but that's not really a supplement.

Of course, we've updated the legendary H/L program with our own special tweaks, like 3D Positions of Flexion and X Reps, but the old-school concept remains intact. Each bodypart gets a hard, heavy hit with lower reps to exhaustion alternated with a lighter, subfailure workout for blood flow, nutrient delivery and recuperation and growth acceleration. The subfailure-pump workouts promote muscle fullness with glycogen deposition and saturation—the old-timers were pretty darn smart.

Another thing unique about our H/L program is the split.

Contracted.



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.

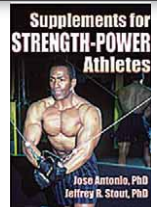
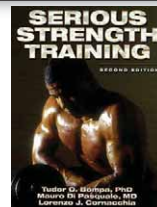
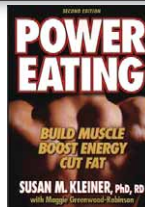
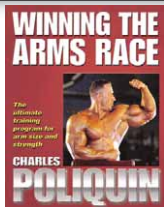


Red Dragon
120 capsules
\$29.95

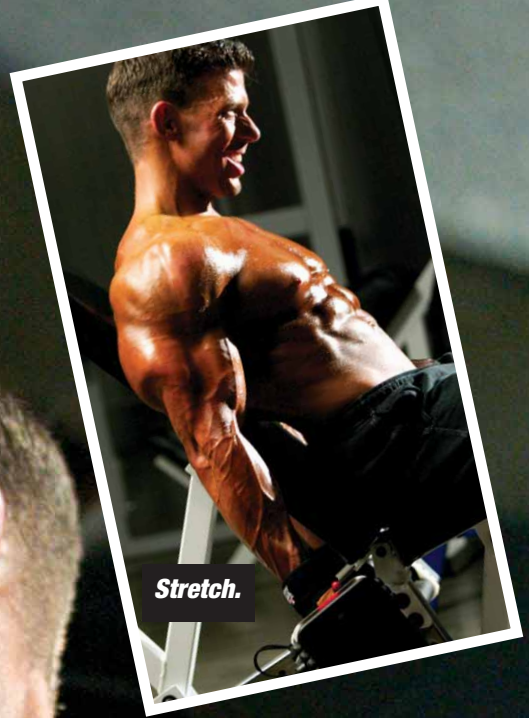


Visit us at Home-Gym.com or call 800-447-0008

©2009 Home-Gym.com



Whatever You Need—Wherever You Train™



Stretch.

Midrange.

Model: Jonathan Lawson

www.billdobbins.com/billdobbins.net

Your Internet Source
for
Artistic and Sexy
Female Muscle

"Bill Dobbins shows the world
what ultra-muscular women
really look like...and that they
LOOK GOOD!"

Amazon.com

Hundreds of Free Samples
Thousands of sexy muscle women

The Best of
EROTIC FITNESS BABES!!!



From the IRON MAN PRO Style Store

20th ANNIVERSARY IRON MAN PRO JACKET



This is the
exact same jacket
awarded to all
the IRON MAN
competitors.

All embroidery
is of the finest
quality.
Fully lined 100%
nylon, two inside
pockets.

OFFICIAL 20th
ANNIVERSARY
JACKET OF THE
IRON MAN PRO



SIZES AND AVAILABILITY BASED ON
CURRENT INVENTORY.

For prices and ordering information go to:

HOME-GYM
.COM

FREE Mass-Packing Secrets to Get You Growing!

ITRC Muscle-Building Tactics Delivered to You Every Week—FREE!

It's a big blast of workout information, motivation and muscle-building science in your e-mail box every week—and it's all free! Tons of practical training tips, analysis and size tactics are jam-packed into this e-zine from the IRON MAN Training & Research Center, where there's more than 50 years of training experience to get you growing fast! Here are a few of the latest editions' titles (online now):

- **How the Pros Pack on Extreme Mass**
- **Arnold's Size-Stretching X-ploits**
- **The Forgotten High-Intensity Growth Trigger**
- **A Muscle-Building Mystery Solved**
- **Pounds of Muscle in Days**
- **Bodypart Bloodbath for Super Size**
- **Monster Arms: Torching Your Tri's**
- **Time-Bomb Training**
- **Lean-Machine Ignition**
- **Drop the D Bomb for Bigger Bodyparts**
- **Pre-Ex vs. the Post-X Mass Jack**
- **Less Training, Big Gaining: The Truth**

(You can check out those past editions free at www.X-Rep.com in the X Files section.)

It's exciting stuff! You've gotta subscribe today so you can start building the muscle size you deserve for your sweat and effort in the gym. You've got nothing to lose and plenty of raw muscle to gain! Here's what to do...



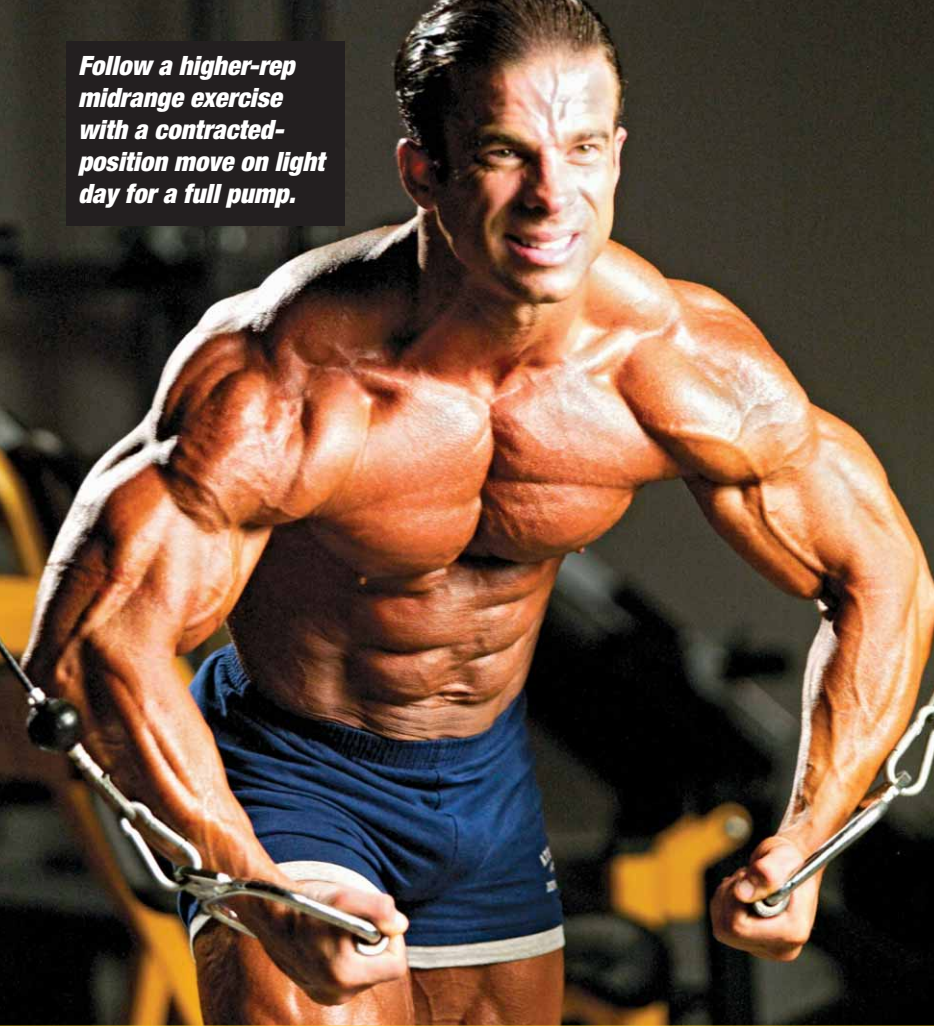
Learn how to make curls three times more effective at building eye-popping bi's. See issue 03/04/05.

Subscribe free at
www.IronManMagazine.com

To read free sample issues, visit
www.X-Rep.com and click on X Files

www.IronManMagazine.com

Follow a higher-rep midrange exercise with a contracted-position move on light day for a full pump.



Model: Jorge Benincourt

Week 2

Monday: Delts, midback, biceps, forearms

Tuesday: Legs and lower back

Wednesday: Chest, lats, triceps, abs

Thursday: Off

Friday: Delts, midback, biceps, forearms + soleus

Weekend: Off (with cardio)

Week 3

Repeat Week 1

We're still working legs only once a week, every Tuesday. The other two upper-body workouts alternate over Monday, Wednesday and Friday, picking up with the next workout in the sequence on the following Monday, then legs on Tuesday and so on. It's the same split we've been on for a while, but there is one new twist: We alternate heavy and light workouts for every bodypart.

Dissecting Our Split

Before we get into heavy/light nuts and bolts, let's review our bodypart split. We're still training four days a week—Monday, Tuesday, Wednesday and Friday. Yes, that's a strange sequence, but we do what we have to do so that we can train around our work and family obligations. We can't train on the weekends, and we need one free day during the week for meetings, outside assignments, etc. So here's how we cope with life's little obstacles and still build plenty of muscle:

Week 1

Monday: Chest, lats, triceps, abs

Tuesday: Legs and lower back

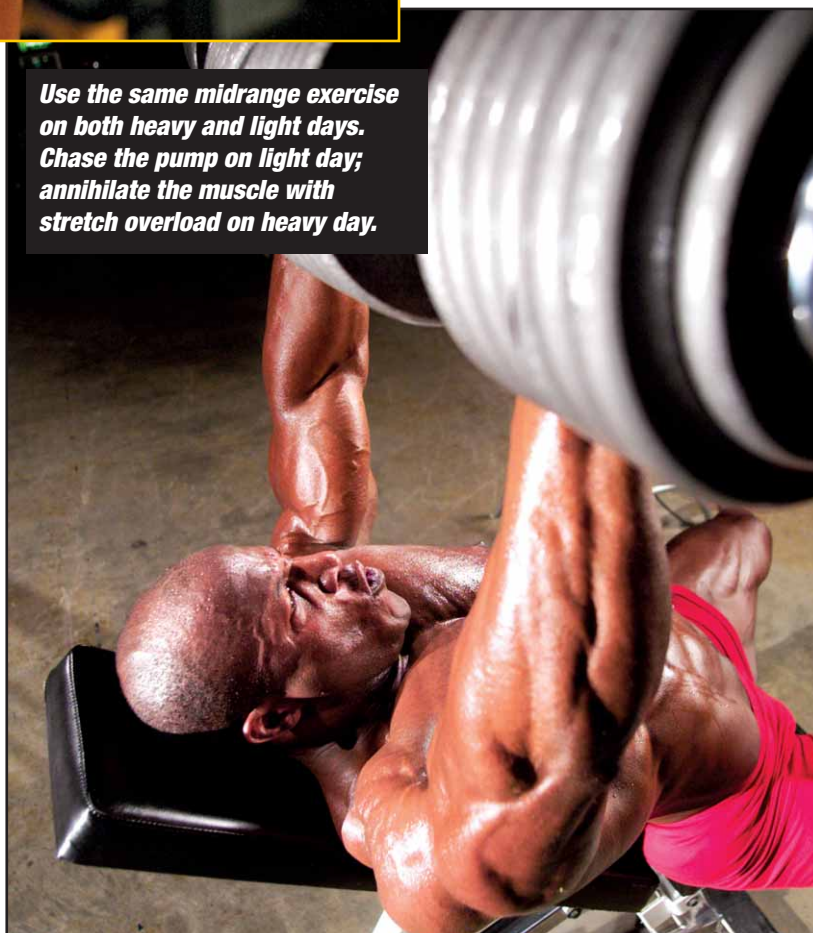
Wednesday: Delts, midback, biceps, forearms

Thursday: Off

Friday: Chest, lats, triceps, abs + soleus

Weekend: Off (with cardio)

Use the same midrange exercise on both heavy and light days. Chase the pump on light day; annihilate the muscle with stretch overload on heavy day.



Model: Robert Hatch

Subscribe to IRON MAN Magazine and get a

New Breakthrough Training System DVD

You'll get 12 Info-Packed issues of IRON MAN for only \$29.97



This new breakthrough DVD training system shows you how to pack on more attention-grabbing muscle mass fast!

- Attack every facet of muscle growth
- Complete multi-angle workouts
- Build amazing strength
- Fast efficient routines

PLUS —you get the NEW Breakthrough DVD, POWER/REP RANGE/SHOCK/MAX-MASS (\$19.95 value) Absolutely **FREE!**

Subscribe to IRON MAN now.

For fastest service, call 800-570-4766 or order online at www.IronManMagazine.com, code 6812GR

* USA paid orders only



Train, Eat, Grow

IRON MAN Training & Research Center Muscle-Training Program 98

Workout 1A: Chest (H), Lats (L), Triceps (H), Abs (L)

Smith-machine incline presses (X Reps)	3 x 5, 7, 9
Incline flyes (drop set; X Reps)	1 x 8-10(8)
Bench presses (X Reps)	2 x 5, 9

Superset

Wide-grip dips (X Reps)	1 x 7-9
Pushups (X Reps)	1 x 7-9
Flyes (drop set; X Reps)	1 x 8-10(8)
Chins	1 x 10-15
Parallel-grip chins	1 x 10-15
Pulldowns	1 x 10-15

Superset

Machine pullovers	1 x 9-12
Rope rows	1 x 8-10
Decline extensions (X Reps)	3 x 5, 7, 9
Cable pushouts (drop set; X Reps)	1 x 8(8)
Overhead dumbbell extensions (drop set; X Reps)	1 x 8(8)
Incline kneeups	2 x 12-15

Tri-set

Ab Bench crunches	1 x 10-12
Twisting crunches	1 x 10-15
End-of-bench kneeups	1 x 9-12

Workout 1B: Chest (L), Lats (H), Triceps (L), Abs (H)

Smith-machine incline presses	2 x 10-15
Incline flyes (drop set)	1 x 8-10(8)
Bench presses	2 x 10-15
Wide-grip dips	2 x 10-15
Flyes (drop set)	1 x 8-10(8)
Chins (X Reps)	2 x 5, 7
Parallel-grip chins (X Reps)	1 x 9
Pulldowns (X Reps)	1 x 8-10

Superset

Machine pullovers (X Reps)	1 x 8
Dumbbell pullovers (X Reps)	1 x 8
Decline extensions	2 x 10-15

Superset

Pushdowns	1 x 8
Kickbacks	1 x 8
Pushdowns	1 x 10-15
Incline kneeups (X Reps)	2 x 8-10

Tri-set

Ab Bench crunches (X Reps)	1 x 8
Twisting crunches (X Reps)	1 x 8-10
End-of-bench kneeups (X Reps)	1 x 8-10

Workout 2A: Delts (H), Midback (L), Biceps (H), Forearms (L)

Seated laterals/upright rows (X Reps)	3 x 5, 7, 9
---------------------------------------	-------------

Superset

One-arm cable laterals (X Reps)	1 x 8
Incline one-arm laterals (X Reps)	1 x 8
Smith-machine presses (X Reps)	2 x 5, 7
Seated dumbbell presses (X Reps)	1 x 9
Bent-over laterals (drop set; X Reps)	1 x 8(8)
Horizontal chins	2 x 10-15
Bent-arm bent-over laterals (drop set)	1 x 8(8)

Superset

High rows (drop set)	1 x 8-10(8)
Dumbbell shrugs	1 x 8
Preacher curls	2 x 5, 7
Cable curls (X Reps)	1 x 9
Incline curls (drop set; X Reps)	1 x 8(8)
Incline hammer curls (X Reps)	1 x 8-10

Tri-set

Dumbbell reverse wrist curls	1 x 10-12
Forearm Bar reverse wrist curls	1 x 8-10
Dumbbell reverse wrist curls	1 x 8-10

Superset

Behind-the-back wrist curls	1 x 10-12
Forearm Bar wrist curls	1 x 8-10
Dumbbell wrist curls	1 x 8-10
Rockers	1 x 20-30

Workout 2B: Delts (L), Midback (H), Biceps (L), Forearms (H)

Seated laterals/upright rows	2 x 10-15
------------------------------	-----------

Superset

Forward-lean laterals	1 x 8
Standing laterals	1 x 8
Smith-machine presses	1 x 10-15
Seated dumbbell presses	1 x 10-15
Bent-over laterals (drop set)	1 x 10(8)
Bent-over rows	2 x 5, 7
Horizontal chins (X Reps)	1 x 9
Cable rows (drop set; X Reps)	1 x 8(8)

Superset

High rows (X Reps)	1 x 8
Dumbbell shrugs (X Reps)	1 x 10
Preacher curls	1 x 10-15
Cable curls	1 x 10-15

Superset

Concentration curls	1 x 8
One-arm spider curls	1 x 8
Rope hammer curls	1 x 10-15

Superset

Dumbbell reverse wrist curls (X Reps)	1 x 8-10
Forearm Bar reverse wrist curls (X Reps)	1 x 8-10

Superset

Dumbbell wrist curls (X Reps)	1 x 8-10
Forearm Bar wrist curls (X Reps)	1 x 8-10
Rockers	1 x 10-15

Add to Friday Workout: Soleus

Seated calf raises (H; X Reps)	2 x 9-12
or	
Seated calf raises (L)	2 x 15-20

(workouts continue on page 68)

Note: Where X-Reps are designated, usually only one set or phase of a drop set is performed with X Reps or an X-Rep hybrid technique from the e-book *Beyond X-Rep Muscle Building*. See the X-Blog at www.X-Rep.com for more workout details.



Light day is all about longer tension times and feeling the target muscle working.

Model: Daryl Cole

Heavy/Light and Six Different Workouts

Using separate heavy and light workouts for each bodypart may sound complicated, but it's really not if you look at each bodypart as a lone entity. For example, in week 1 we work chest heavy on Monday. When we train pecs again on Friday, we do light work. When chest comes around on week 2, Wednesday, we train it heavy again. We simply alternate heavy and light workouts.

We've outlined all of our different heavy/light bodypart routines in our workout listed on pages 66 and 68. Or you can check out Chapter 5 in our e-book *X-traordinary Muscle-Building Workouts* for two more versions, both more abbreviated and both adaptable to the home-gym environment. We didn't have room this month for a home-gym version of our program.

Before we began the heavy/light routine, we discussed another important variable: whether to train all bodyparts in a workout heavy, and then at the next workout for those bodyparts train them all light. From a mind-set standpoint that makes sense. You get in gear for heavy work and crank through every bodypart; however, from a

IRON MAN Training & Research Center Muscle-Training Program 98: Legs

Workout 3A: Quads (H), Hamstrings (L), Calves (H), Lower Back (L)

Leg extensions (X Reps)	2 x 8-10
Squats	2 x 7-9
Hack squats	2 x 7-9
Leg extensions (X Reps)	1 x 10
Sissy squats (X Reps)	1 x 7-9
Feet-forward Smith-machine front squats	1 x 10-15
Walking lunges	1 x 10-15
Leg curls (drop set)	1 x 8(7)
Stiff-legged deadlifts	1 x 7-9
Knee-extension leg press calf raises (X Reps)	3 x 10, 12, 14
Superset	
Standing calf raises (X Reps)	2 x 10
Hack-machine calf raises (X Reps)	2 x 10
Donkey calf raises (X Reps)	1 x 10-15
Hyperextensions (X Reps)	1 x 10-15

Workout 3B: Quads (L), Hamstrings (H), Calves (L), Lower Back (H)

Leg extensions	2 x 10-15
----------------	-----------

Squats	2 x 10-15
Hack squats	2 x 10-15
Leg extensions	1 x 15-20
Feet-forward Smith-machine front squats	1 x 7-9
Walking lunges	1 x 7-9
Leg curls (drop set; X Reps)	1 x 8(7)
Stiff-legged deadlifts	2 x 7-9
Knee-extension leg press calf raises	2 x 20
Superset	
Standing calf raises	2 x 15
Hack-machine calf raises	2 x 10
One-leg calf raises	1 x 15
Lower-back machine (X Reps)	1 x 10-12

Note: The leg workout is always performed on Tuesday; that is, legs are worked only once a week every week—seven full days of recovery. Workouts 3A and 3B alternate.

Note: Where X-Reps are designated, usually only one set or phase of a drop set is performed with X Reps or an X-Rep hybrid technique from the e-book *Beyond X-Rep Muscle Building*. See the X-Blog at www.X-Rep.com for more workout details.

Train, Eat, Grow

recovery standpoint it didn't make sense. It was just too much stress on each heavy day. For example, look at the first workout in week 1. Hitting chest, lats, triceps and abs hard and heavy with X Reps would be a boat-load of stress.

The solution: Train the first bodypart heavy, the second light, the third heavy and so on. Do the opposite at the next workout—first bodypart light, second heavy and so on, like this:

Workout 1A: chest (H), lats (L), triceps (H), abs (L)

Workout 1B: chest (L), lats (H), triceps (L), abs (H)

Workout 2A: delts (H), midback (L), biceps (H), forearms (L)

Workout 2B: delts (L), midback (H), biceps (L), forearms (H)

Workout 3A: quads (H), hamstrings (L), calves (H), lower

back (L)

Workout 3B: quads (L), hamstrings (H), calves (L), lower back (H)

Obviously, H stands for heavy and L stands for light—if you didn't realize that, slap yourself hard to wake up and go back to the beginning. In the e-book *XMBW* each workout is presented on a separate page so you can print it out and keep the workouts in order, performing the top workout and then moving it to the back of the stack when you finish it. You do the top workout each time you hit the gym. There's also space to the right of the routine for you to write down weights and reps.

Mixing heavy and light bodypart workouts at each session is less taxing to your system. As we said, we were looking for a program that was a bit more recovery oriented, not one that would train us into the ground every heavy day. We probably could've survived it—we've done similar programs—but we were moving into fall after our intense summer ripping phase and didn't have the motivation to go balls to the wall on four bodyparts in one workout.

Split-Positions POE, X Reps and Subfailure Sets

Okay, now for the specifics of the program. How do heavy and light workouts compare and contrast? Well, we're still using 3D Positions of Flexion—that is, training each muscle with a midrange-, stretch- and contracted-position exercise. But we're using a split-positions approach. On heavy day we do a midrange-position exercise, then a stretch-position move. Heavy day is all about max-force generation, so lower-rep midrange work with stretch overload fills the bill perfectly.

On light day we do the midrange exercise again, for higher reps, then follow it with a contracted-position move. Light day is all about saturation and max pump—to force more glycogen and aminos into the muscle for heightened recovery and fullness. Higher reps on the

Arthur Jones: POF Catalyst and X-Rep Innovator

I've been a devout follower of Arthur Jones since the mid-1970s, so the news of his passing was somewhat emotional. I remember being so excited by his writing when I was a teenager that I ordered all the back issues of Peary Rader's *Iron Man* that were available just to have access to Jones' early articles on Nautilus and the muscle-building theories that went along with his revolutionary machines. When I went off to the University of Texas at Austin, I joined an all-Nautilus gym. I even tried to get a job there, but they weren't too keen on bodybuilder types. It eventually went out of business because, frankly, the idea was about 15 years ahead of its time—it would probably go great guns now.

All through my teens and 20s I read and reread Arthur Jones' stuff, as well as Ellington Darden's books and articles and, of course, Mike Mentzer's, and eventually I developed Positions of Flexion. If you analyze POE, you'll notice that it incorporates specific exercises so that the target muscle is trained at three distinct points along its range of motion—midrange, stretch and contracted. That has a direct correlation to Jones' Nautilus training principles. For example, he designed the pull-over machine so that it trained the full-stretch and complete-contracted positions of the lats, while the Nautilus pulldown trained the muscle's midrange position. I dissected and then adapted that full-range concept to standard equipment, including barbells and dumbbells, for every bodypart—and my muscle gains took a giant leap.

So Arthur Jones was the major catalyst for my training system and theories as well as my muscle-building success. I've done pretty well in that department despite my hardgainer genetics, and I credit POE. Recently I discovered that Jones, in his early writings, even hinted at using end-of-set X-Rep partials. Here's a quote from *Nautilus Bulletin #1* that shows a distinct X-Rep link: "In all cases partial repetitions should also be performed until a point is reached where any amount of movement is impossible."

I met Jones once about 10 years ago when John Balik and I traveled to Florida to attend one of his MedX seminars. He was everything I'd heard and more—a hard-headed maverick genius with many politically incorrect beliefs he nonchalantly voiced no matter who was in earshot. I loved every minute of it—the horror on some of the faces of the attending trainers when Jones spouted off about the O.J. Simpson murder case was priceless. My only regret is that I never got to sit down and interview him. Maybe that will happen when I make it to that high-intensity seminar in the sky (no rush).

Thanks for everything, Arthur! You were a true innovator whom I respected, admired and would not have crossed for any sum of money (he was usually packing heat).

—Steve Holman

midrange move along with the occlusion, or blood-flow-blocking, effects of contracted-position exercises do an excellent job. Light day is also about *not* depleting the muscle, so most sets are subfailure: no X Reps, X Fades or Double-X Overload. We use those only in heavy routines.

Keep in mind that this is experimental for us. We've been using 3D POF for a long time in various incarnations, but most of the time we train all the positions at each workout. Midrange-, stretch- and contracted-position exercises work synergistically, so covering all the positions at every workout makes a lot of sense; however, because heavy and light workouts have different priorities, the split-positions approach is a great fit. So it's max force on heavy day with low-rep midrange work and stretch-position overload, and on light day it's tension and occlusion with higher-rep midrange work and continuous-

tension contracted-position work. Here's a snapshot of our medial-delt-head H/L programs so you get the idea:

Heavy

Dumbbell upright rows* 3 x 5, 7, 9
Superset (stretch)

One-arm cable laterals 1 x 8
Incline one-arm laterals 1 x 8

Light

Dumbbell upright rows 2 x 10-15
Superset (contracted)

Forward-lean laterals 1 x 8
Standing laterals 1 x 8

*Decrease the poundage on each successive set so reps increase.

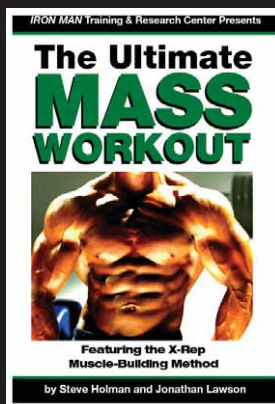
The split-positions heavy/light program is very flexible, with lots of variation—intensity, rep ranges and exercise order. Manipulating them creates new growth stimulation at just about every workout. We're very excited about our new program—and that's a big part of making new gains. It feels great so far, and we're

already seeing new detail in areas like the middle chest, where we've been deficient in the past (maybe we won't need to specialize after all). To check out how our heavy/light program is evolving, visit our training blog at X-Rep.com. We post after every workout, complete with comments on what we've changed and how it's working.

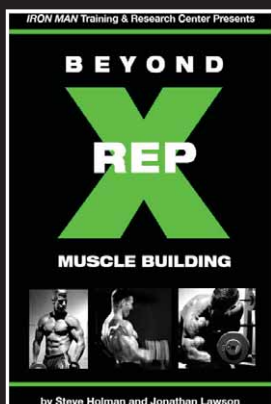
Note: For the more abbreviated versions of the workouts listed here, see the new e-book *X-traordinary Muscle-Building Workouts*, available at X-Workouts.com. It also includes Volume/Intensity Fusion, Traumatic/Nontraumatic, 20-Rep Squat and X-Rep Reload—10 complete programs—all discussed in detail and presented in printable-template form. [See the review on page 244.]

Editor's note: For the latest on X Reps, X e-books and the X-Blog training and supplement journals, visit www.X-Rep.com or see the ad below. **IM**

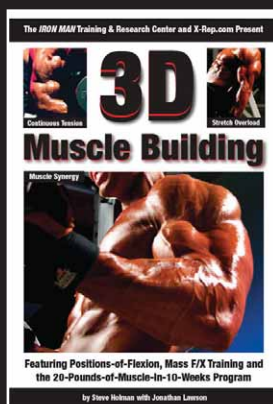
X-traordinary Workouts — X-ceptional Results!



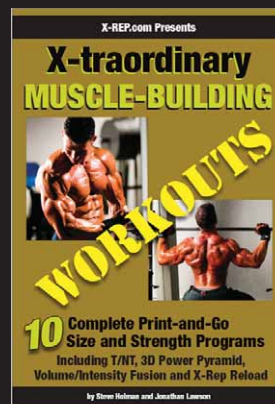
The Ultimate Mass Workout. This is the original X-Rep manual. Includes the ultimate exercise for each muscle and workouts.



Beyond X-Rep Muscle Building. More on X Reps and X-hybrid techniques, including X Fade and Double-X Overload.



3D Muscle Building. Positions-of-Flexion mass training. Includes the 20-pounds-of-muscle-in-10-weeks size surge program.



X-traordinary Muscle-Building Workouts. The big 10 mass-program arsenal. Includes Heavy/Light, 20-Rep Squat, Power Pyramid.

X-Rep.com

Free download from imbodybuilding.com

Size Surge Knockout

Q: I'm a 20-year-old college student looking to get back into lifting. I've made great gains in the past, but because I've moved or run out of money, I have not been able to stay consistent. To give you an idea, my junior year of high school I took my squat from a 230 max to using 345 for eight. I tend to get stronger but with not as much mass as I want. Now I'm ready to hit it harder than ever—and get bigger than ever. I'm almost 6' and weigh 170, and I'm tired of hearing my sister say, "Are you okay? You look sick." I agree with her. I consider myself a good specimen with potential to grow quickly, not a hardgainer. I consider you and Jonathan [Lawson] innovators in the industry, looking for real answers for real people. You have a lot of books and e-books available, so which one should I start with? I want the best results as fast as possible, of course, but without overtraining. I thought about the original 10-Week Size Surge program, but then I read that there is an updated version in your e-book *3D Muscle-Building*. Should I try that? Also, I want to box a couple of nights a week—with focus mitts, bag work, speed bag and occasional sparring. Can I do that while going after my size and strength goal?

A: First, thanks for your confidence. You sound motivated, so the first thing you should do is take "before" photos. It will open your eyes about how you really look—a motivational reality check. Do some semirelaxed shots from the front, side and back, then some standard bodybuilding poses.

Your instincts are right on: The Size Surge routine, either the original one Jonathan used or the updated version, is a

good choice. They are both in the e-book *3D Muscle Building*. Here's Jonathan's phase 1 program, the first five weeks, from Chapter 2:

Monday

Squats	2 x 7-9
Leg extensions	1 x 7-9
Semistiff-legged deadlifts	1 x 7-9
Leg curls	1 x 7-9
Bench presses	2 x 7-9
Flat-bench flyes	1 x 7-9
Incline dumbbell presses	2 x 7-9
Chins or pulldowns	2 x 7-9
Bent-over rows	2 x 7-9
Dumbbell presses	2 x 7-9
Dumbbell upright rows	2 x 7-9
Leg presses or donkey calf raises	2 x 12-18

Wednesday

Deadlifts	2 x 7-9
Standing calf raises	2 x 12-18
Barbell curls	2 x 7-9
Concentration curls	2 x 7-9
Lying triceps extensions	2 x 7-9
Pushdowns or kickbacks	2 x 7-9
Wrist curls	1 x 12-18
Hammer curls	1 x 7-9
Incline kneeups	2 x 7-9
Ab Bench crunch pulls	2 x 7-9

Friday

Squats	2 x 7-9
Leg extensions	1 x 7-9
Leg curls	2 x 7-9
Seated calf raises	2 x 12-18
Bench presses	2 x 7-9
Flat-bench flyes	1 x 7-9
Incline dumbbell presses	2 x 7-9
Chins or pulldowns	2 x 7-9
Bent-over rows	2 x 7-9
Dumbbell presses	2 x 7-9
Dumbbell upright rows	2 x 7-9

After those five weeks, Jonathan moved to an every-other-day, two-way split with full 3D Positions-of-Flexion routines for each bodypart—and his gains really took off. Working each muscle through its midrange, stretch and contracted positions is the perfect follow-up to a program of big, basic movements like the one above. It certainly worked for Jonathan. After another five weeks, this time with 3D POE, he had added about 20 pounds of muscle. That's a spectacular gain, although he was regaining some of that mass from a previous best condition. (Note: His before and after photos appeared in the October '07 edition of this column; you can also see them at www.3DMuscleBuilding.com.)

You can combine a sport with bodybuilding and still make good size gains. It just takes special attention to recovery. Positions of Flexion, training muscles through their full range of motion, is also a good strategy for preventing injury by strengthening tendons and ligaments at various points as well as encouraging complete development of each muscle.



NEWERS \ Model: John Hnatyshak

Both routines should enable you to continue your boxing training while adding muscle size and strength, especially considering that you're not a hardgainer. If you eat clean and get enough calories to cover your energy expenditures, you should put on size fast.

After the 10 weeks you could try the updated version of the program, which incorporates X Reps, drop sets and multi-rep rest/pause, with a max-force concentration at one workout and an extended-tension focus at the next. There's also an updated 3D POF version of the Size Surge phase 2 program you can go to after that. All of those routines are in the e-book *3D Muscle Building*.

Q: I'm using your X-Rep transformation program [from the e-book *The Ultimate Mass Workout*], which is working great. Is there a way to determine if I'm ever overtraining? I don't want to be making gains and then have everything come to a grinding halt because I'm overdoing it.

A: If you're motivated to train, feel healthy and notice good changes in the mirror, you're probably not overtraining. Nevertheless, cumulative workout stress does occur, so you should back off every four to eight weeks, depending on the program you're using. I call it Phase Training, and it's a very important concept if you want to avoid overtraining and keep gaining at the fastest rate possible.

A scientific way to determine stress levels is to take your pulse in the morning before you get out of bed. If it's higher than it is during the day, you may be overtraining—or overstressed somewhere in your life. (Disregard that high pulse reading if you've just had a dream about the Pussycat Dolls.)

Some suggest that you should use strength as a gauge, but if you've been training for any length of time, you already know that's a myth. It's impossible to continually get stronger (or you'd see guys benching 1,000 pounds after two years of consistent training).

Q: You say not to lock out on most exercises, like on bench presses. You've also said that you rarely hold the flex point on isolation moves like leg extensions and concentration curls, that you use more of a pistonlike motion. But I feel it better when I hold and squeeze at the top of those exercises. Is it okay to do that?

A: There are a couple of reasons I don't recommend locking out on most exercises. One is unnecessary joint stress; the other is so that you can't keep tension on the target muscle throughout the set (tension/occlusion is a big size stimulator!). There is bone support on most of the compound exercises like squats and bench presses, so the



Neveux • Model: Daryl Gee

Squeezing in the contracted position of certain exercises may be a good idea on your first set—to enhance neuromuscular efficiency on the following set.

target muscles can rest at lockout—not what you want, as interrupting tension time derails growth stimulation.

However, on continuous-tension contracted-position exercises—like concentration curls, leg extensions, leg curls, pushdowns and so on—you may want to do your first set with a brief pause in the contracted position on every rep. Why? You don't lose tension, and that flex can enhance neuromuscular efficiency—a.k.a. nerve-to-muscle connections—for more fiber activation. That's especially important for hardgainers who are deficient in nerve-to-muscle circuitry.

Hardgainers may also want to do a Static X at either the contracted position or at the X Spot—near the bottom, turnaround position—at the end of a set to exhaustion (or in both places, if their pain tolerance is high). That will enhance nerve force for better muscle contractability as well and also extend the time under tension.

Here's what I suggest: Do the first set of your contracted-position exercises with a brief, one-to-two-second pause/squeeze in the flex position. Do your second set without the pauses—a pistonlike cadence—but at full-range exhaustion do a Static X at the flex point and a Static X near the turnaround of the stroke, the X Spot. You should see and feel the results after only a few workouts with that varied style.

Editor's note: Steve Holman is the author of many bodybuilding best-sellers, including *Train, Eat, Grow: The Positions-of-Flexion Muscle-Training Manual* (see page 71). For information on the POF videos and Size Surge programs, see the ad sections beginning on page 150 and 232, respectively. Also visit www.X-Rep.com. **IM**



Neveux

Steve Holman
ironchief@aol.com

Too Old to Grow?

Q: I'm 33 years old and have been weightlifting off and on since I was a teenager. A couple of years ago I decided to get back into lifting with a vengeance. My goal is to get as big as possible, but naturally. I was lifting heavy, going to failure at around six reps. Then I developed a herniated disk in my neck—most likely the heavy dumbbell shrugs played a big part. It sidelined me for close to a year. Now I'm ready to get back into lifting and want to put on as much mass as I can. At my age is it possible to gain significant amounts of muscle mass, or am I too old to grow? Also, my back doctor warned me about going heavy. If I reduce my weights and max out around 10 to 12 reps, can I still put on mass, or do I have to go really heavy with low reps?

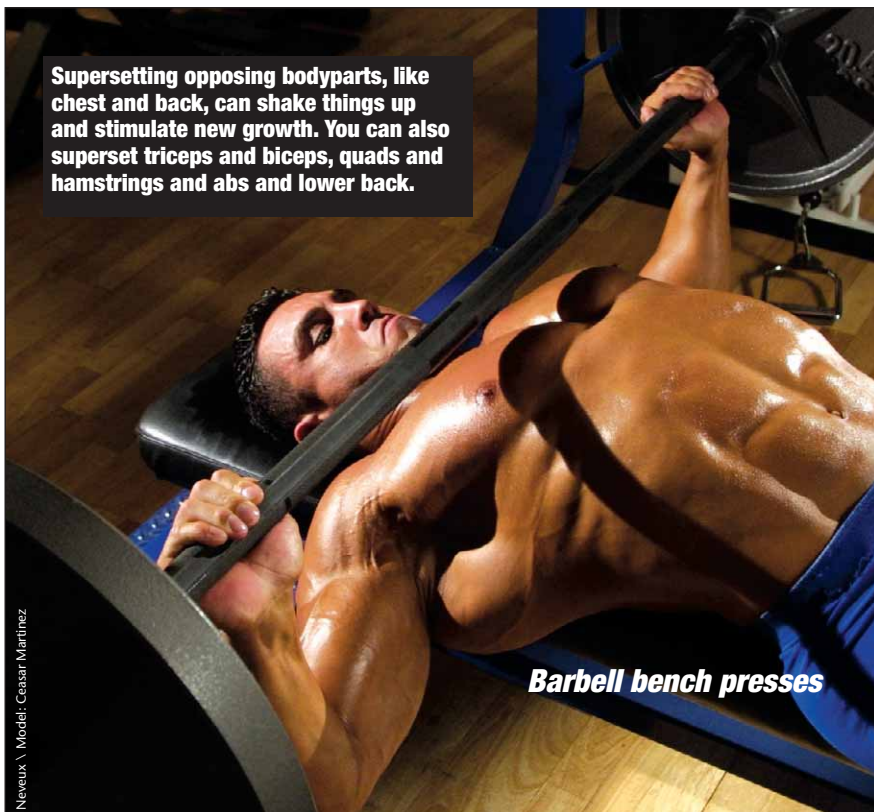
A: You're definitely not too old to put on more mass. Many bodybuilders train and compete into their 40s, 50s, 60s and even 70s. You'll be able to add a lot more size and

strength at your age.

It's very possible to build more muscle mass using slightly higher reps. I always recommend doing six to eight reps for building mass because it affects the fast-twitch muscle fibers, which are most responsible for muscle growth; however, using weights that are heavy enough to limit your repetitions to 10 to 12 reps is still sufficient to build more muscle mass.

You can also use intensity techniques to build mass, including training faster and performing supersets. I often superset opposing bodyparts, like chest and back or biceps and triceps, to stimulate growth and shake things up in my workouts. Here are examples of two workouts that I've done recently using the superset technique.

Supersetting opposing bodyparts, like chest and back, can shake things up and stimulate new growth. You can also superset triceps and biceps, quads and hamstrings and abs and lower back.



Naturally Huge



Freaky, ripped conditioning is the result of precise calorie and macronutrient manipulation—and lots of discipline.

Chest and Back

<i>Superset</i> (warmup)	
Bench presses	2 x 12, 10
Close-grip pulldowns	2 x 12, 10

<i>Superset</i>	
Bench presses	3 x 8, 6, 6
Wide-grip chins	3 x 12, 10, 10

<i>Superset</i>	
Incline dumbbell presses	3 x 10, 8, 6
One-arm dumbbell rows	3 x 10, 8, 6

<i>Superset</i>	
Dumbbell flies	3 x 10, 8, 6
T-bar rows	3 x 10, 8, 6

<i>Superset</i>	
Dumbbell pullovers	2 x 12, 10
Hyperextensions	2 x 15-20

Triceps and Biceps

Pushdowns	4 x 12, 10, 8, 8
-----------	------------------

<i>Superset</i>	
Decline extensions	3 x 10, 8, 6
Alternate dumbbell curls	3 x 10, 8, 6

<i>Superset</i>	
Dips	3 x 10, 8, 8
Preacher curls	3 x 10, 8, 8

<i>Superset</i>	
Kickbacks	2 x 10
Reverse curls	2 x 10, 8

Q: Do you have any tips on how to preserve muscle while dieting for a drug-free contest? I'm 12 weeks out at about 9 percent bodyfat, but I want to get freaky conditioning. At the same time I'm terrified of losing size. Right now I'm eating 225 grams of protein, 200 grams of carbs (no sugars, only complex carbs) and 100 grams of fat (five to 10 grams saturated).

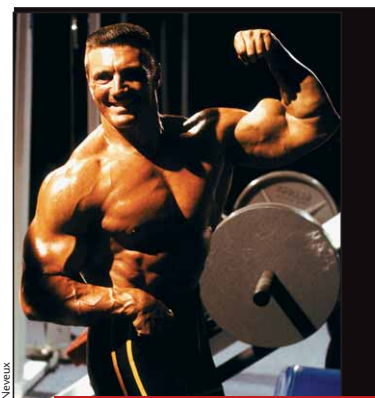
A: In order to hold muscle size when you're dieting, you need to lose the fat slowly by keeping the calories just slightly under what it takes to maintain your weight. For example, if you had to eat 3,000 calories to maintain your weight, then you might only need to drop to 2,800 calories to slowly lose fat. Because you make only a slight drop in calories, you'll still be able to train heavy and you'll have enough nutrients to feed the muscle cells and enable them to grow or, at least, maintain muscle as you slowly starve the fat cells.

If you're eating 225 grams of protein, that's 900 calories; 200 grams of carbs is 800 calories; and 100 grams of fat is 900 calories. That's 2,600 calories total—35 percent protein, 31 percent carbs and 35 percent fat. If you increased your protein to 280 grams with 200 grams of carbs and 60 grams of fat, your calories would drop to 2,460—45.5 percent protein, 32.5 percent carbs and 22 percent fat. That slight drop might be all you need to lose the fat, and the change in the macronutrients will be better suited to holding on to your muscle size at the same time.

On your nontraining days you could cut back on the carbs even more, which would drop your calories by another 150 to 200. On those days you want to still keep your protein and fat intake high, maybe even a little higher than your training days.

You might have to experiment to get the numbers exact, but the point is to slowly lose the fat and keep your muscle size and strength up as you get ripped. If you're already at 9 percent bodyfat, you're pretty lean now, so it shouldn't take a lot to get really ripped and shredded.

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). Look for his new DVD, "The Natural Bodybuilding Seminar," along with his book, "Natural Bodybuilding," and his DVD, "Real Muscle," at www.NaturalOlympia.com. Also available from Home Gym Warehouse, (800) 447-0008 or www.HomeGym.com. **IM**



John Hansen
John@NaturalOlympia.com

Mind-set for Muscle

Q: What's your mind-set as you approach your workout and during a set?

A: That's really a great question because I think the mind-set is where a lot of trainees miss out. Generally, I plan with my training partners what time we're going to meet for our workout. That's very important—we don't just wait until we happen to have time in the day. My schedule and my partners' schedules vary from day to day, so we have to communicate and adjust our workout times accordingly. If you have a set work schedule, I suggest that you also have a set time to train and just stay on that schedule. It's easier to make your workout and get in the right frame of mind when you know exactly when you're going to train each day.

The next thing is to have a workout plan. My sessions don't vary much in terms of exercise selection, but depending on the circumstances—injuries, time constraints or just too many



Neveux \ Model: Markus Reinhardt and Hubert Morandell

people on the equipment you want to use—sometimes you have to be flexible and make adjustments on the fly. Always go in with a plan, though. It would seem obvious that you need to know what bodypart(s) you're going to work, but I've heard the

conversation so many times at the front desk in the gym: "Hey, Joe. What are you working today?" Joe: "I don't know. What are you working?" "I don't know." You can't possibly be mentally prepared for a workout if you don't know what bodypart you're training and what exercises you're going to do.

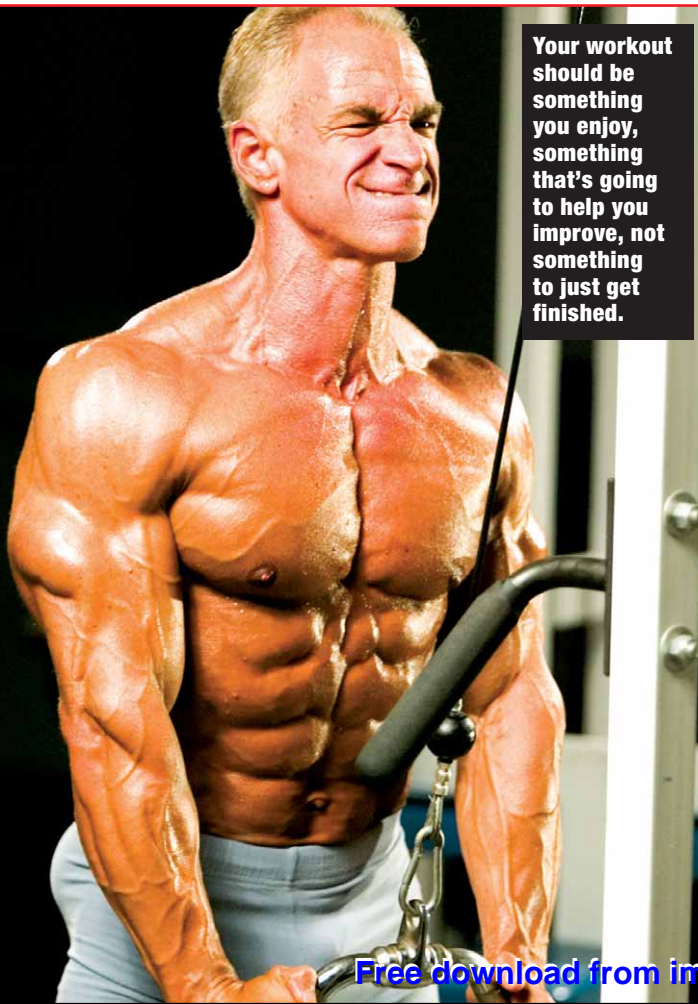
You should also have an idea about what your intensity level is going to be. When I was younger, it was full throttle every time I came to the gym. Now, as an older athlete, I have to train a little smarter. I'd say that 70 to 80 percent of the time I'm going full throttle. After three to four weeks, however, I know I have to back off the intensity just a little for a week or I'll wind up with an injury. I also reduce the intensity dramatically a few weeks a year—to about 60 percent of my usual work weight—and just go through the motions. It's not fun for me to train like that, but I like it better than taking the time off from the gym completely. The point is that before I start my workout, I know how hard I'm going to go, and I prepare myself mentally for it.

While I have to admit that there are some days when I just don't feel like working out, most of the time I look forward to it. I like the challenge, and I like the pump that I get. I like feeling the heavy weights and the cold iron. So most of the time I'm eager to get after it. For those days when I'm not, I just do some self-talk. Skipping a workout is not an option, unless I'm ill or injured, and sometimes those don't stop me either. I talk myself into sucking it up—that's what my coaches used to say—and getting into it.

Sometimes a potentially blah workout turns into a great one, but even if it doesn't, I still get the workout under my belt, and I'm not regressing. I don't think I've ever said, "I can't wait to get this over with," in reference to a workout. I hear that way too often. Your workout should be something you enjoy, something that's going to help you improve, not something to just get finished. Get yourself into a positive frame of mind; then start your workout.

I've read of mentally rehearsing every set and every rep of your workout and even thinking about the smells and the sounds. If you're like me and you have

Your workout should be something you enjoy, something that's going to help you improve, not something to just get finished.



Neveux \ Model: Dave Goodin

a full-time job, family, a home to take care of and any social life at all, you don't have time for that. You do, however, need to plan your workout and get into a positive frame of mind before you start training. As I approach my warmup sets, I know exactly how much weight and how many reps I'm going to do. I focus on each rep, thinking about performing the movement perfectly and feeling the muscles stretch and contract. I can feel them fill with blood as I prepare for my all-out sets.

When I get ready to do an all-out set, I take a few seconds, close my eyes, breathe deep and think about pushing myself. I do some positive self-talk. In my head I'm quickly going over the elements necessary to performing the exercise in good form. I'm telling myself things like, "Come on. Nice and strong," "Big set," "You got this," "Lots of power." Then I take a deep breath and lift the weight. During the set I'm completely in the moment. I'm feeling each rep. I'm



One of the big mistakes in bodybuilding training is trying to separate yourself from the burn. You need to embrace it, make friends with it.

feeling the muscles contracting and stretching. I'm simultaneously analyzing my technique and running a loop of my key elements for form.

Although I know about how many reps I want to get at a given weight, I don't let that number limit me. If I get to that number and I can do more, I do more—one at a time, feeling each rep and living in each rep. By the same token, if I reach failure before getting to that magic number, I'm not going to compromise my technique or make someone pick a weight up off of me.

One of the big mistakes that people make is trying to separate themselves from feeling the burn. I believe that if you want to be successful at putting on muscle, you need to embrace the burn, you need to make friends with the burn—just like you need to make friends with soreness and squats. "It hurts so good" should be your motto.

One time I had a client doing 20-rep leg presses. He cranked out the sets really quickly and announced that he'd totally divorced himself from feeling the reps. That's not the goal. The goal is not the number. The goal is the proper execution of each repetition and feeling the contraction in the muscles that you are working. Feel it. Embrace it. Live in each rep. Don't worry about the next rep until you get to it. Don't worry about the next set or what you're doing after your workout. Totally live in the moment when you're training, and your work will be so much more rewarding and productive.

Train hard. Train naturally.

Editor's note: See Dave Goodin's new blog at www.IronManMagazine.com. Click on the blog selection in the top menu bar. To contact Dave directly, send e-mail to TXShredder@aol.com. **IM**

NEW!

PROBOLIC-SR BARS

The World's First
12-hour Muscle Feeding
Protein Bar!



Chocolate Caramel Crisp

A crispy chocolate center topped with gooey caramel all covered in chocolate.



Chocolate Marshmallow Chunk

A layer of soft marshmallow covered in rich chocolate with chocolate chunks spread throughout.



Triple Peanut Butter

A solid peanut butter center and a creamy peanut butter topping both wrapped in a rich peanut butter coating.

More Muscle...Great Taste!
**PROBOLIC-SR
BARS**

30g Patented 12-Hour
Sustained Release Protein

MHP

Call or Go Online to Order Today!
1.888.783.8844 www.getMHP.com

Available at:

GNC Live Well

Vitamin Shoppe

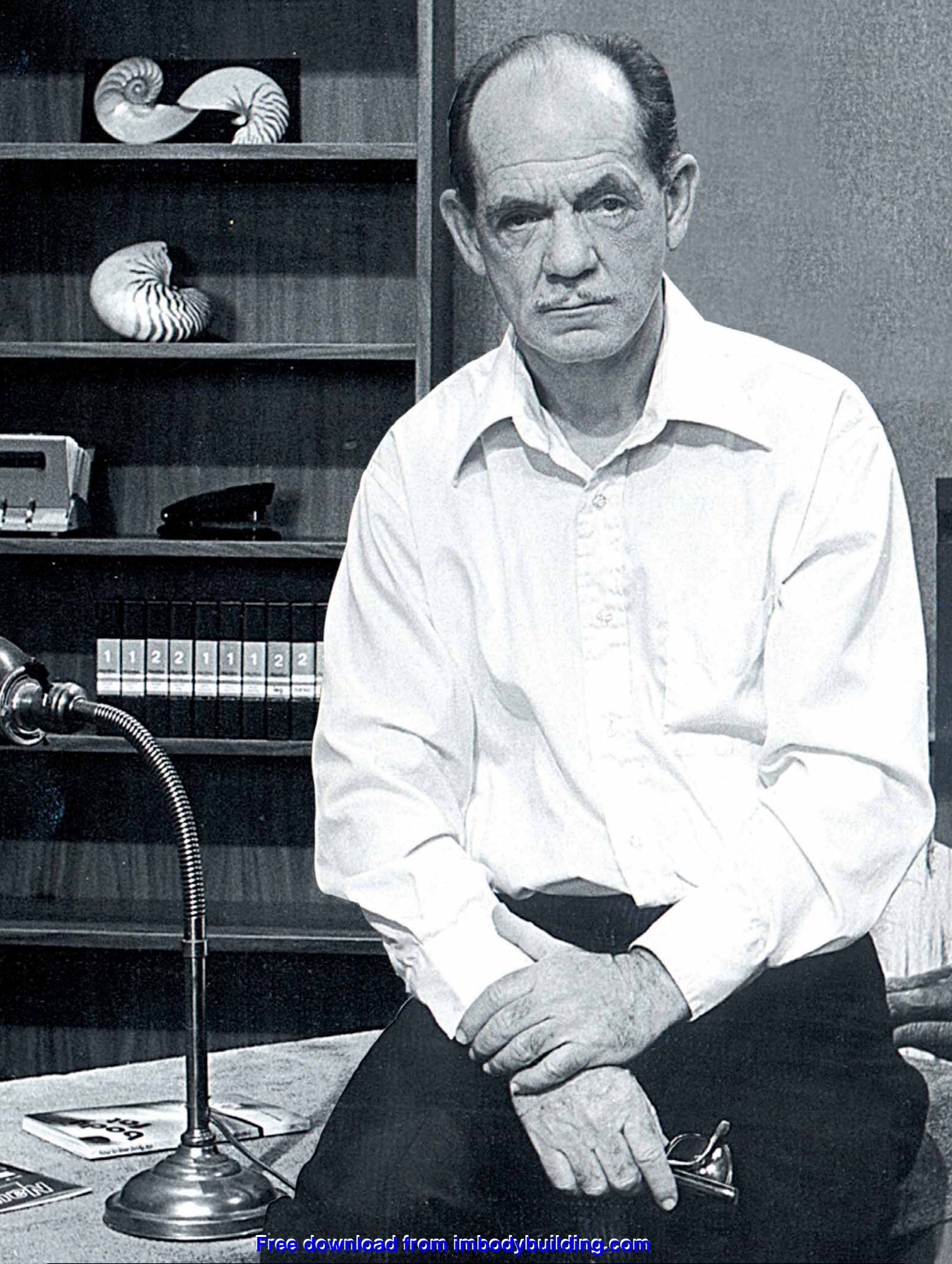
VITAMIN WORLD

netrition.com

Affordable Supplements.com

And Other Fine Retailers

Free download from imbodybuilding.com



In Strong Praise of Arthur Jones

1927–2007 by Roger Schwab

May 1971, in the pages of this magazine, a passionate teacher wrote the following:

“And lo, a single wise man raises his head in the East. Long, much too long, have I awaited his coming. Thirty years, to be exact. It’s a hard and lonely path when your ideas are not accepted.... Yes, a wise man has risen in the East. As a matter of fact, only time will tell, but he may be a Messiah—a Messiah of muscles.”

Little did Vince Gironda realize at the time of his prophecy the explosive impact Arthur Jones would have or the huge shadow he would cast, depending on one’s viewpoint, on bodybuilding’s loosely knit community over the next three decades.

Change, especially dramatic change, will inevitably be threatening to some, bringing instant reaction. To others, change will bring an opportunity for progress, even breakthrough—taking the current state of the art to the next, higher level. History will ultimately judge the impact of Arthur Jones and his discoveries on the fields of bodybuilding, sportsmedicine and fitness. Yet in my opinion that history has already been written. Thus, with apologies to Shakespeare, I come to praise Arthur Jones, not to bury him.

This won’t be the politically correct eulogy you might read in the *Wall Street Journal* or hear on CNN. Arthur was anything but politically correct, and if I’d told him that the obituary from my pen would be a

flowery makeover, he would have said, “Don’t bother.” So here is the story of Nautilus and, more important, the truth about a man swathed in controversy, a controversy that blurred clear-cut genius.

Early in life Jones realized that progressive-weight training stimulated the fastest and most significant physical results. It was in the mid-to-late 1940s, a period of enlightenment in American bodybuilding, when Jones came of age. He was in his early 20s and was most influenced by the physique of John Grimek. Other heavily muscled men had physiques Jones also found impressive: Clarence Ross, George Eiferman, Kimon Voyages,

Bill Trumbo, Marvin Eder, Jack Delinger and Bill Pearl. What they all had in common was massive muscularity. They looked strong, and they were strong.

For the most part they shared another characteristic: They trained heavy and hard on the basic exercises, doing whole-body workouts three days a week—mainly full squats, overhead presses, weighted chinups, heavily weighted dips and barbell curls. There was little mention of “etching in the cuts,” “sculpting” or even split routines. Of course, there were also no steroids, growth hormone, insulin or synthol. “Genetic potential” and “muscle-belly lengths” were phrases



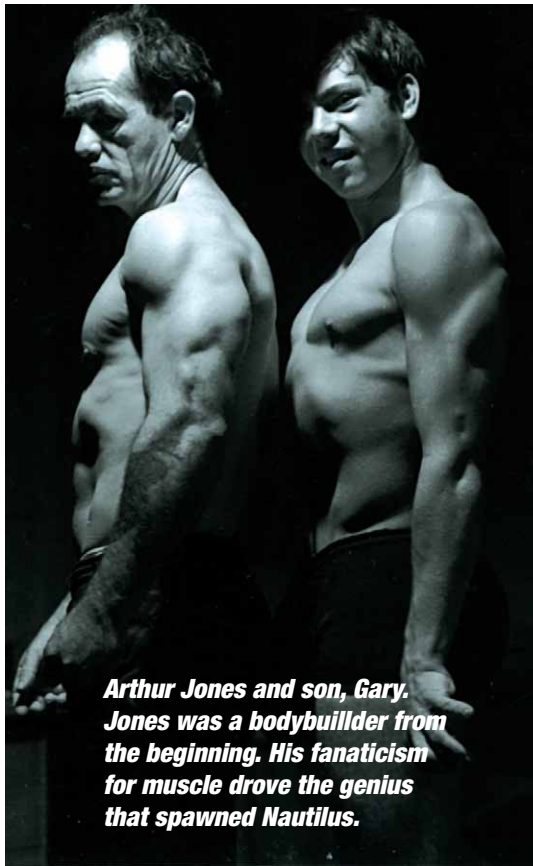
Photo courtesy of Ellington Darden, Ph.D.

Arthur Jones

rarely heard in the vernacular of the bodybuilding culture in the postwar years. Ignorance about why certain bodyparts grew rapidly while others were stagnant led to Jones' first discovery.

He recognized that his arms grew rapidly on heavy barbell curls, while his legs grew quickly from heavy squatting. He was puzzled, however, because his torso muscles, notably the large muscular structures of the latissimus, didn't respond nearly as well, despite his training hard on weighted chins and heavy rows. He concluded, correctly, that ultimate development of the lats was limited by the upper-arm strength involved in all movements. That is, the biceps fatigued *before* the lats could be worked hard enough.

That turning point in Jones' thinking led, many years later, to the invention of the first Nautilus prototype—the pullover-torso machine, which provided *direct* work for the largest muscles of the upper body. If Jones had initially been able to stimulate growth in his torso equal to his limbs, chances are he never would have set his mind in a direction that ended up



Arthur Jones and son, Gary. Jones was a bodybuilder from the beginning. His fanaticism for muscle drove the genius that spawned Nautilus.

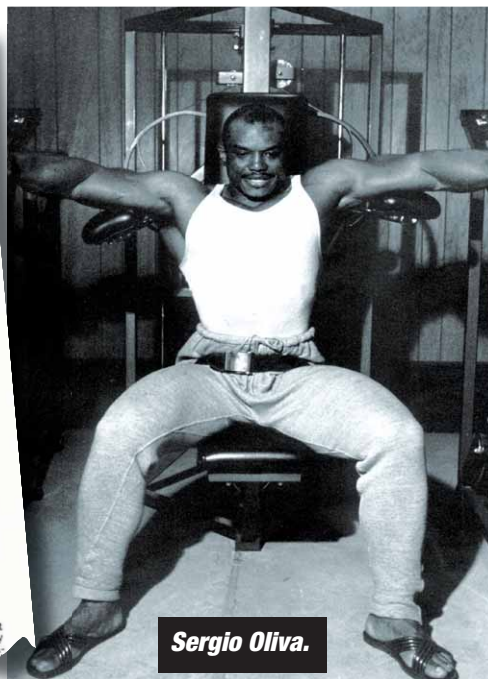
the limited range inherent in most barbell exercises. It *varied* resistance over a potential range of motion well above 200 degrees—a necessity because the strength of a muscle changes, sometimes greatly, throughout the full range.

The pullover-torso machine was a breakthrough on four fronts:

- 1) It stimulated bodybuilders to think.
- 2) It introduced meaningful equipment that was a strong first step outside the scope of the barbell.
- 3) It provided the first step toward being able to train the major muscular structures of the latissimus *directly* through a full range of motion—from full stretch to full

muscular contraction—against varying resistance throughout the range.

4) It demonstrated that the same principles could be applied to *all* of the major muscular structures. The initial line of Nautilus machines consisted of five so-called double machines



Sergio Oliva.

that thoroughly worked all of the major upper-body muscles and the upper legs.

The introductory machines incorporated the concept of pre-

NEW . . . FROM NAUTILUS Nautilus Super OMNI Machines

This is the first public announcement of a totally new concept in exercise equipment . . . the OMNI series of machines by Nautilus.
The word OMNI literally means "all" . . . and no better name could be selected for this series of machines. For the first time in the history of exercise machines, it is possible to use ALL TYPES of training with the same piece of equipment.
With these machines, exercises can be performed in five different ways . . .

- 1 In a "normal" fashion, where positive work is performed while the weight is being raised . . . and negative work is performed while the weight is lowered.
- 2 OR . . . the weight can be raised without involving the muscles being exercised at all. In this style of training, the work is entirely "negative" for the muscles being exercised.
- 3 OR . . . the weight can be raised by the muscles being exercised, and then lowered without involving the muscles at all. In this style of training, the exercise is "positive" only.
- 4 OR . . . the weight can be raised using both arms, and then lowered using only one arm. In this style of training the "negative" part of the work is accentuated, but the positive work is still involved.
- 5 OR . . . a "maximum resistance" style of training can be performed where both the positive and negative parts of the movement are performed against MAXIMUM POSSIBLE resistance. Each positive ("upwards") movement is against the maximum resistance that you are capable of exerting at that point. Then, the weight is lowered at that point, and the training cycle

Casey Viator performing an exercise in the new Nautilus Omni Triceps Machine during the Colorado Experiment, while Dr. Elliott Plesie looks on.

frameworks. In short, these machines are built to "take it" . . . literally, the heaviest-possible use, they must be for very heavy exercises of this nature.

However, designed in "sleeving" is incorporated into this entire series of machines . . . so they will easily pass through the smallest door. And the design is such that little if any more working room is required than the space needed for a normal machine . . . in short, they are built in an almost unbelievably rugged manner, but they are not so big that they require a lot of space.

Nautilus Super OMNI Curl Machine	\$1,580
Nautilus Super OMNI Triceps Machine	\$1,645
Nautilus Super "multi exercise"	\$1,865
OMNI Machine	\$1,955
Nautilus Super OMNI Back Machine	\$2,165
Nautilus Super OMNI Shoulder Machine	\$2,480
Nautilus Super OMNI Chest Machine	\$2,480

Prices F.O.B. Deland, Florida . . . picked up at factory, uncrated. If shipment must be made by commercial truck line, then machines must be on

occupying an inordinate amount of thought over the next 20 years.

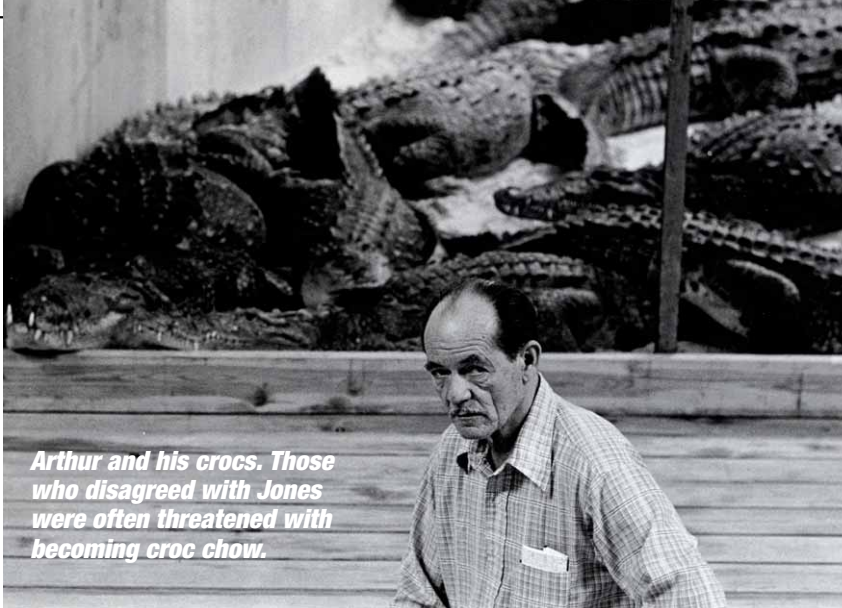
The realization of Nautilus machines was a long and tedious process originally involving the use

of equipment attached to heavy chains—culminating, after many prototypes, in a cam-driven machine that was built like a bridge and that developed strength through a *full range of motion*, not

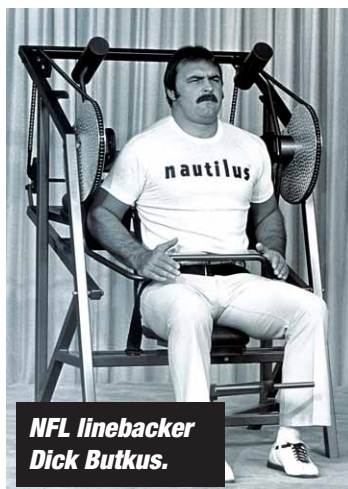
Arthur Jones

exhaustion. Jones took no credit for the concept but was the first to deploy it with complete efficiency. Preexhaustion was based on the idea of using a single-joint movement followed immediately by a compound movement for the same muscle group. For example, the double chest machine, a type of arm cross—a.k.a. pec deck—directly and intensely worked the chest muscles, drawing the humerus down and across the torso. Upon momentary failure of the target muscle group, you *immediately* initiated the machine's second exercise, a decline-pressing movement that brought into play the fresh triceps, which momentarily would be stronger than your now fatigued torso muscles. That enabled you to work your pectorals even more—high intensity in a brief time frame.

On a personal note, 35-plus years later, I consider pre-exhaustion the most stimulating, safe, medically sound way for everyone to train. During one of the first training sessions that Arthur supervised, he in-



Arthur and his crocs. Those who disagreed with Jones were often threatened with becoming croc chow.



NFL linebacker Dick Butkus.

structed me to go through those five double machines with a one-minute break between machines. "After you've finished," he barked, "do it again." The "again" part, of course, never happened. I barely made it through all five machines—10 exercises. If the thought of one set of 10 exercises leaves you skepti-

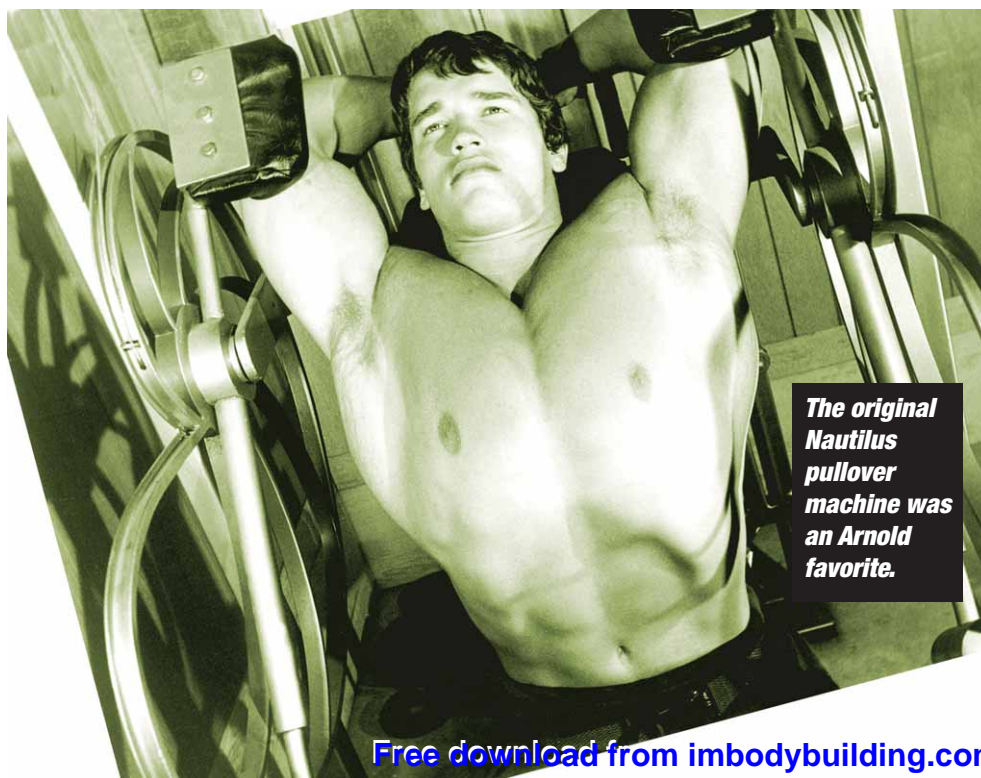
cal, I can assure you that anyone who experienced that workout

knows different. Adding the hip and back, leg curl and plate-loading biceps/triceps machines set the paradigm.

Jones never had a negative word to say about heavy barbell training, but he understood its limitations and looked for improvement. The term *free weights* was spawned in the mid-1970s, along with the petty, sophomoric arguments comparing Nautilus to barbells. Arthur declared more than once that barbells would be around and in even greater use after Nautilus was developed. The basis for maximizing size and strength was intense, heavy weight training, whatever the tool. It was common sense, which proved *not* to be so common in some bodybuilding spheres.

Interestingly, the controversy that surrounded Arthur Jones and the rise of the machines is still the source of constant debate. Opinions remain strong, partisan and emotional. At the top of the list is the canard that only free weights build mass. That such an argument persists should tell anyone contemplating progressive-strength training to be skeptical of it. Sure, barbells can build muscle, but properly built machines, the kind Arthur Jones built, can and will do it just as well, and in many ways better.

The addendum to the first argument that bodybuilders can only use free weights is blatantly false and, in 2007, irrelevant. The dispensing of five milligrams of Dianabol



The original Nautilus pullover machine was an Arnold favorite.

REMEMBERING ARTHUR JONES

Arthur Jones, because of his wide variety of experiences and achievements, could be described with many adjectives and nouns. To me, he was a master teacher.

—Ellington Darden, Ph.D.

Arthur was the reason the average person off the street is in the gym today. He and the machines he created dictated short workouts and easy access for the average person. He started something that the masses could relate to, brief workouts. He was a pioneer in the exercise field and will be missed by many. We all know he was a born leader.

—Casey Viator, bodybuilding legend

In my opinion, two things brought about the fitness revolution that started in the 1970s. One was the documentary "Pumping Iron," which exposed people to resistance training and gave a glimpse into bodybuilding. The second was Nautilus exercise machines, invented by Arthur Jones. He made it cool to work out, and everyone in the world wanted to do it. The whole fitness industry exists today because of this one man.

—Boyer Coe, bodybuilding legend

I hope that Arthur Jones' contributions in the fields of fitness, sports medicine, exercise physiology and orthopedic rehabilitation will be recognized and appreciated. With the accomplishments and contributions he has made over the past 40 years, he should have been awarded the Nobel Prize.

—Jim Flanagan
MedX Vice President of Sales and lifelong friend

If you measure a man by his legacy, Arthur Jones was a giant. His invention of the MedX lumbar extension machine has saved thousands from back operations and helped thousands more to leave their wheelchairs and walk again. I hope Arthur Jones receives the Nobel Prize for creating this machine.

—Nicholas Orlando
Dear friend and business partner

Arthur Jones took the bodybuilding world by storm way back in 1970, and he did it with his sensational and totally inventive training articles in *Iron Man*. I can remember even to this day, devouring every single word that he wrote before reading the rest of the magazine. Ten years later I found myself working for the man himself at his Nautilus plant in Lake Helen, Florida. In my opinion, Arthur was a complex individual, but I would also have to say that he was a genius inventor who did not receive enough praise or gratitude for his amazing efforts and discoveries in the world of bodybuilding, strength training, fitness and health. A few years later Arthur turned his attention to the world of back pain and recovery and invented amazing machines which he called MedX. I doubt if we will see the likes of Arthur Jones again.

—Chris Lund, Flex

I remember the time after the 1971 Pittsburgh Championships, when I had just won the title and I was traveling with a friend, Robert Lauda, to Deland, Florida, to purchase some equipment for my home gym which I'd read about in *Iron Man*. That summer Casey Viator was training with Arthur Jones. Arthur was a straightforward, no-B.S. kind of guy but funny in the way he told stories, many of which I heard that week. Arthur left his mark on the bodybuilding world when he invented Nautilus machines. I also learned what truly intense training was early in my bodybuilding career from watching Arthur work out with Casey. It left a lasting impression on me.

—Jim Manion, NPC President

I am not among those privileged to have known Art Jones as a friend. I suspect the number who are is miniscule. But I was an avid reader of his controversial columns and remember distinctly that he despised all that had come before the Nautilus explosion, including those stellar bodies that dared to credit their look to reps and sets and free weights. I remember being regaled by the stories about Sergio and Jones and the people Jones threatened to feed to his crocs. And then one day the man himself showed up at Weider headquarters, Lord alone knows what for. He hardly talked to any of us, except to acknowledge his presence. Talk about stern-faced. As much as the Weider writers might've wanted to exchange a word or two with Jones, we thought better of it. Instead we settled for what Mike Mentzer and Casey Viator swore was true, that Arthur Jones was just about the best thing to happen to muscle building since...hell, that Art was the best thing that ever happened to the world, period. Other than Ayn Rand, of course. Truly one of bodybuilding's unforgettable characters!

—Rick Wayne, legendary bodybuilding writer

(continued on page 98)



The special Nautilus "spiral pulley" provides automatically-variable resistance that changes during the exercise movements — giving you more resistance in your strongest positions. Without such variable resistance, you are unavoidably limited to the use of a weight that you can use in your weakest position — and thus it is impossible to work properly in your strongest positions. The entire machine is built like a bridge — yet finished to the quality level of a fine automobile, a level of quality found only in Nautilus products.

Front pulldowns, behind-neck pulldowns, triceps pressdowns and concentration curls can all be performed on this one machine with no adjustments to anything except the amount of weight used — all with automatically-variable resistance for much-improved exercises.

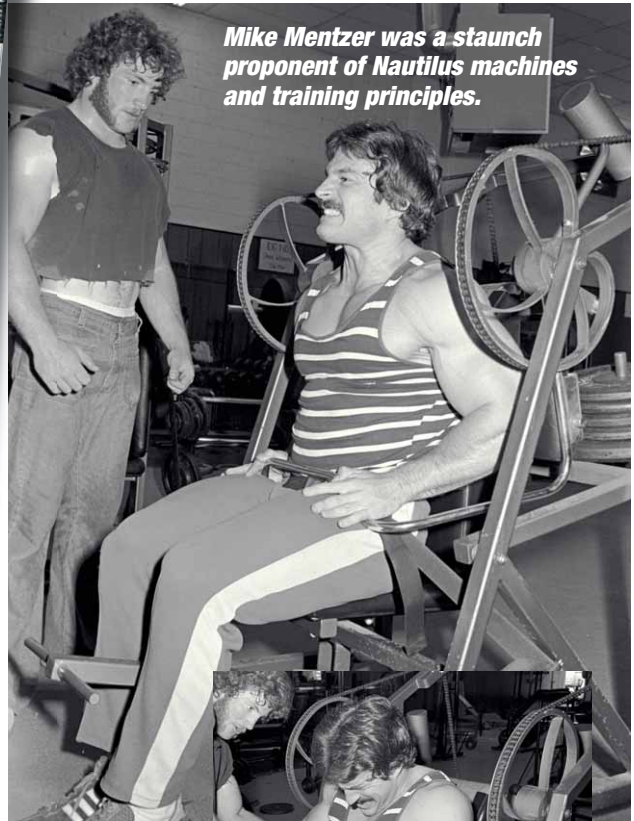


Nautilus Sports/Medical Industries

P.O. Box 1783

DeLand, Florida 32720

Phone 904-228-2884



Mike Mentzer was a staunch proponent of Nautilus machines and training principles.



(continued from page 94) 50 years ago meant that anything goes. Equipment preference takes second place as pharmacology marches forward—anything for growth. The debate doesn't center on Jones' original reasons for the machines—direct work, harder work and maximum results stimulated in the least amount of time. Sadly, those are not the cornerstones of today's training.

High intensity vs. high volume is another venomous argument. If the article is long enough and the author old enough, inevitably the antagonist will be—surprise—Arthur Jones. Never mind that Jones himself trained for many years with what could be described as high volume, if four sets of 12 exercises, three days a week, reflects high volume. After numerous attempts to surpass a seemingly impossible plateau, he reduced his workouts in half. When he immediately surpassed his previous best, he reduced it again—then again. Each reduction in volume, not intensity, resulted in size and strength gains that exceeded anything he'd experienced previously. Self-effacingly, he recalled, "Being as bright as I was, it

took me 20 years to realize that two sets were better than four and another 20 years to realize that one set was better than two."

In what would become legend, the last workout that Casey Viator performed under Arthur Jones' watch several days before he annihilated the competition at the '71 Mr. America competition consisted of the following leg work: a high-repetition set of leg presses, followed *immediately* (no rest) by a high-rep set of leg extensions, followed *immediately* by a 13-rep set of full squats with 503 pounds. Three *total* sets for the hips and front thighs. The balance of the workout was leg curls followed by one set each of 10 exercises for the upper body. For the biggest competition of his career, that is how Viator trained. He could have trained anywhere under anyone's tutelage, with as many sets as he wished using any equipment he preferred. He chose Jones.

Casey built his physique to a high competitive level with barbells. He realized his potential using Nautilus and one-set-to-failure training. A one-of-a-kind example? Possible only with a genetic freak? Think

what you like; we all have opinions. What is *not* opinion is that Jones burst on to a stagnant scene, dominated by super routines maxing out to twice-a-day workouts, six or seven days a week. He offered a training regimen that emphasized *harder work*, a quest for strength, brevity, logic, sufficient rest and recovery and equipment capable of working *all* of the involved musculature with varying resistance through a full range of motion. He talked plain and clear—no mixed messages. For that he was a pariah. Only in bodybuilding.

Arthur sold Nautilus in 1986 and went on to perhaps his greatest work—spending millions of dollars on research and development of the MedX lumbar extension machine, the only equipment capable of specifically testing and rehabilitating the vulnerable muscles that extend the lumbar spine. It was a discovery of potentially enormous conse-

Arthur Jones

quence. The health-care industry estimates that more than \$100 billion is spent yearly on lower-back pain. Prevention and/or rehabilitation through *direct* exercise offers great advancement over current modalities. Jones detected that by anchoring the pelvis to remove hip and thigh involvement, you could isolate the lumbar muscles and build them, and their strength could be *accurately measured*.

Jones had answered a question of paramount importance: How do you evaluate a result conclusively if you can't measure it? Once and for all the guesswork surrounding what constitutes results was eliminated. Only through static measurements recorded at various angles throughout a range of motion is it possible to accurately measure torque, or the force around an axis. Are your lower-back muscles strong or weak? How have they responded in the past to conventional training? Now you can know. No guessing.

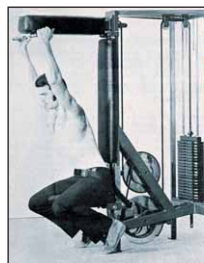
This machine isolates and builds the lower back safely and quickly. The medical impact of equipment designed to measure, test and build strong lower-back muscles, protecting the lumbar spine from high levels of impact force, is simply enormous.

It's my firm opinion that the positive legacy of Arthur Jones will silence his detractors, and I hope it will stimulate curiosity about escaping the rut in which many, perhaps most, trainees have been stuck. Frankly, however, I'm not

optimistic—at least not presently. The pages of nearly every training “journal” have an entire generation of trainees deceived into believing the supposed benefits of “explosive” training, exercising in an “unstable” environment on “physio balls,” “plyometrics” and “functional training.” The current state of the art is a slap in the face to medically sound exercise. If—and it's a big if—sports-medicine escapes from hibernation and focuses on scientific discourse of the discoveries, observations and published works of Arthur Jones, advanced training paradigms may emerge that will benefit large segments of the population.

Arthur Jones—adventurer, pilot, film maker, inventor of Nautilus and MedX equipment and self-proclaimed last of the “free men”—was born right before the Great Depression and was a child of the Dust Bowl who scraped and clawed his way through life. A child of the '60s, I saw life through very different glasses. Though we *never* agreed on anything political, we developed an undeniable bond of trust and friendship and what I consider a deeply intellectual lifetime conversation.

In lieu of a catharsis, I offer an olive branch to the participants who chose to debate, negate and belittle Arthur Jones, the man, his machines and the principles behind them. *Genius*, in its strictest sense, was right there before you, and you missed it. Ideas, however, don't die. Now might be a good time to revisit

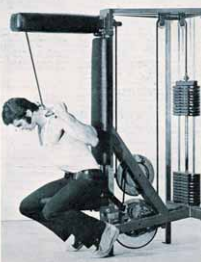


NEW
from
NAUTILUS . . .

NEW TORSO-ARM MACHINE— multi-exercise “pull-down” type machine provides a wide variety of greatly improved movements for the muscular structures of the torso and arms.

Instantly and quickly adjustable seat makes the machine fit anybody from a short woman to a giant—and the selectorized weight-stack provides a wide range of resistances that can be light enough for the weakest child or heavy enough for the strongest man. Ron Peters, shown demonstrating the machine, is over six feet and four inches tall with very long arms—yet he can still obtain a full “stretch” in the machine. (NOTE—some idea of Ron's actual size can be obtained if you realize that his arms measured almost a full 19 inches “cold” on the day these pictures were made; but because of his height and the length of his arms, he looks quite slender.)

Special Nautilus “parallel-grip, narrow-grip” pulldown bar provides by far the best range of movement for behind-neck type pulldowns, giving far more stretch in the top position and more contraction in the low position. Note the extra-long selector rod which prevents side-to-side movement of the weights and thus provides a far smoother movement when a light weight is being used.



the man and his contributions.

I leave you with the words of Edgar Allan Poe:

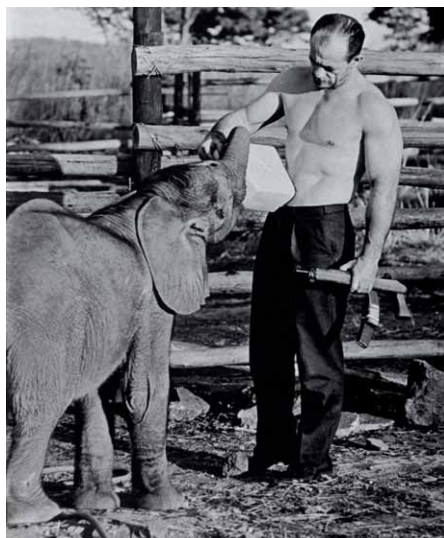
“I have sometimes amused myself by endeavoring to fancy what would be the fate of any individual gifted, or rather accursed, with an intellect very far superior to his race. Of course...he would make enemies at all points. And since his opinions and speculations would likely differ from those of all mankind—that he would be considered a mad man is evident.... Hell could invent no greater torture than that of being charged with abnormal weakness on account of being abnormally strong.”

—“The Hunting of the Slan,” 1849. **IM**

REMEMBERING ARTHUR JONES

Arthur Jones was, by far, one of the most unique individuals I have ever met. His contributions to the evolution of fitness equipment leave an impressive legacy. Arthur and I had a long, and sometimes rocky, relationship. Our last face-to-face visit occurred at his home in Ocala, Florida. At the age of 79, He claimed to be in poor health, but his mind was as sharp as ever. Sitting on a sofa, wearing only a bathrobe that revealed everything from his chest down, his first words were, “It's been 43 years, five months and 26 days since we first met.” The next couple of hours were spent rehashing research he'd done on negative training in the 1980s. The rest of the time was taken up by his recitation of the mistakes I'd made over the years. I was able to point out a few of his. Yet, I couldn't help but thank him for the profound impact he'd had on my life. I closed the visit by saying, “Arthur, you've been a good teacher.” His reply: “Well, school is over! This is the last gawd-damn time we'll see each other.” As I reached to shake his hand, he lit another cigarette.

—Bill Pearl,
Legendary bodybuilder





High-Frequency

HIT

**Massive Muscle in 15 Minutes a Day—
Plus a Look at Arthur Jones’
HIT Philosophy**

by Shannon Pittman • Photography by Michael Neveux

Anyone who follows high-intensity training, a.k.a. HIT, knows the basic premise: Training for strength and mass should be brief, infrequent and intense. That was the central theme in the writings of Arthur Jones, the creator of Nautilus machines, who is considered the father of high-intensity training.

DEADLIFTS

Start

body routine. Splitting like that is fine as long as you keep the volume very low, somewhere around 12 to 15 sets per workout, or about 30 sets total for the week. That's definitely enough work—if you're taking each set to failure, a practice that true HIT devotees take very seriously indeed.

Most HIT trainees assume that it's the only way to train. What stops them from further dividing their program and training more frequently? After pondering that for some time, I decided that I had to try it out. In fact, a new higher-frequency routine was almost a necessity for me because of my

Finish

The question is, How do we define *infrequent*? How often can we work out and still get great gains? The answer lies in the way you manipulate your routine. If you do it right, you can train very briefly and very intensely but still get into the gym three to four times a week without overtraining and burning out.

A standard HIT regimen involves working the entire body over one training session, then taking several days off before hitting the entire body again at the next session. A routine might look something like this:

- Squats
- Pullovers
- Stiff-legged deadlifts
- Shoulder presses
- Chins
- Bench presses
- Curls
- Pushdowns
- Crunches

Typically, you'd perform a routine like this on, say, Monday and Thursday. Many trainees prefer to use a two-day-split program, training half the body on Monday and the other half on Thursday. That gives more recuperation time for each muscle group and eliminates some of the overlap that occurs when you do a whole-

Model: Steve Holman

Start



SHRUGS

Friday

Superset

Close-grip bench press	
lockouts	1 x 6-8
Pushdowns	1 x 10
Barbell curls	1 x 10
Incline dumbbell curls	1 x 6-8
Cable crunches	2 x 15

That's the entire routine. Each day's training takes no more than 15 minutes—if you're training intensely. I could usually complete my workout in about 10 minutes.

Based on my experience, I can honestly say there isn't a single soul out there who couldn't manage to get the body he or she craves with a program like that.

Even on the most rigid of schedules there's a way to get in some kick-ass training and build some solid muscle. Sometimes bodybuilding is about finding a routine that matches your lifestyle as well as it suits your goals. Massive muscles in 15 minutes a day and less than 20 sets per week—who can argue with that?

Finish



Model: Dave Fisher

schedule. Quite literally, it had become very difficult to find 45 minutes on any given day that would be uninterrupted. I had to find a way of incorporating all of my training into a greater number of very brief workouts of 10 to 15 minutes or less throughout the week.

I began tearing down my routine into workouts of two to three exercises each. Since the volume would be very low, I decided I could afford to incorporate all the best exercises into the schedule while still making sure there was very little overlap between training days. Here's the program that I began using:

Monday

Deadlifts (rest/pause style)	1 x 20
Shrugs	1 x 10
Chins	2 x 6-8

Tuesday

Bench presses	2 x 4-6
Dumbbell presses	1 x 10
Cable lateral raises	1 x 15

Wednesday

Squats	2 x 4-6
Leg curls	1 x 15
Calf raises	2 x 15

SQUATS

Arthur Jones' HIT Principles

Arthur Jones never compiled a set of principles based on his work. Having them all laid out like that would have made it very easy to design a workout. Though the routines he espoused weren't overly complex, his ideas of what constituted a good routine were precise and eccentric, even by the standards of today's "scientific" periodized routines.

When I set out to condense Jones' material, I had no idea how difficult it was going to be. After all, most people sum up his work in three words: brief, infrequent, intense. But is that all there is, really? Not even close. Many of the bodybuilding standards that we now use were first uttered by Jones and have survived the test of time.

1) Indirect Effect

Jones wrote, "Throw a stone into a pool, and it will make a splash and the wave will run to the [edges] of the pool. The larger the stone, the larger the splash and the larger the resulting wave." He was making a comparison to what happens in the human body when a specific muscle is worked. The indirect effect describes the phenomenon that occurs when you exercise any muscle correctly: Growth will be produced as a result, and it will affect, to a lesser extent, all other muscles of the body.

The effect is proximity related. The closer a muscle is to the exercised muscle, the more it is affected indirectly. Also, the larger the muscle exercised, the greater its effect on overall growth.

The common practice among hardgainers of performing only full squats for periods of time is based entirely on the indirect-effect principle. Full squats affect growth throughout the body. Such a program creates a minimum drain on the system and a maximum gain on the one exercise being used. If that one exercise is the squat, the resulting growth stimulation has enormous potential because the exercise involves the largest muscle structures of the body and influences the greatest number of muscle groups.

The principle of indirect ef-

fect led to three guidelines for a good program that are used in all training circles to this day: To get good results from exercise, 1) the program should be well rounded, 2) the greatest concentration of effort should go to working the largest muscles, and 3) the larger muscles

should be worked first, since they have the greatest potential to affect overall growth.

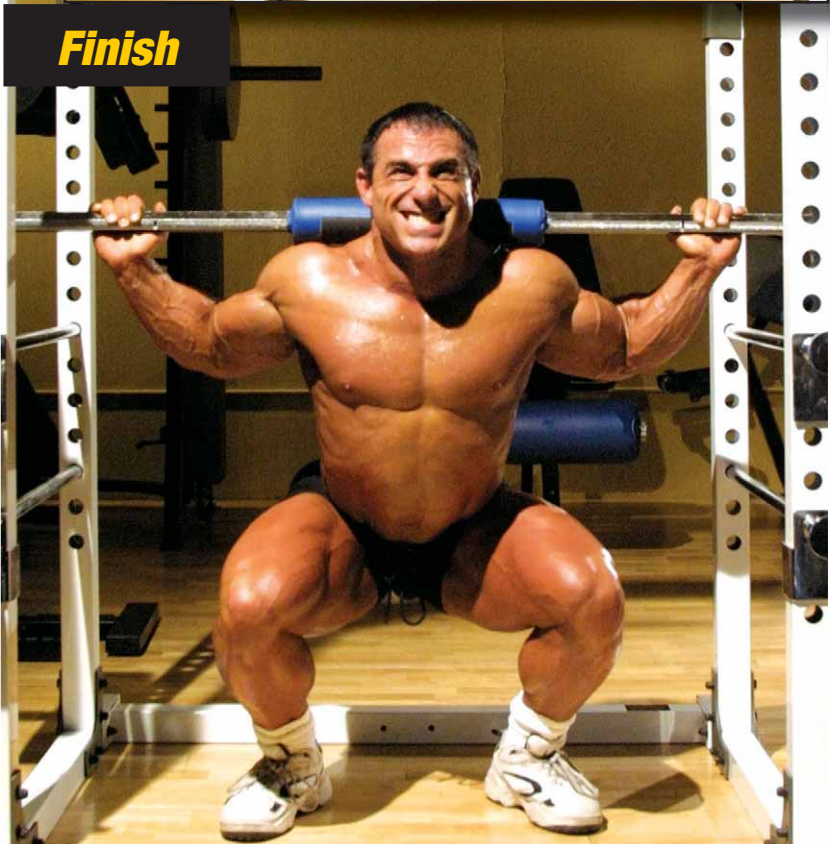
2) Limit Exercise Number

The best results come from compound exercis- (continued on page 116)

Start



Finish



“For the production of best results one must attempt the momentarily impossible.”



Start



Finish

DUMBBELL PRESSES

(continued from page 112) es, which involve the major muscle groups and work more than one muscle at a time. As the human body very rarely performs movements in which a muscle is isolated, why would you try for muscle growth by doing isolation exercises, which work only a single muscle? The triceps, for example, are designed to work synergistically with the pectorals and deltoids in all presses; they respond to the same stimulus as the larger muscles being worked.

Using the big, compound exercises is much more efficient, since you can effectively work a large number of muscle groups with only a few exercises. That limits the possibility

of overtraining because you don't have to expend as much energy training. You leave more for recovery and growth.

Jones did prescribe preexhaustion, however; that is, an isolation exercise immediately followed by a compound movement for the same bodypart. For example, flies supersetted with bench presses. That prefatigued the pectorals so that the weak link, in this case the triceps, were stronger on the compound exercise, the bench presses. That produced a more direct hit for the chest. If you do the bench press first, your triceps fatigue before your chest. Preexhaustion was the basis for many of the compound Nautilus machines.

3) High Intensity

If you're totally new to HIT, you may not have heard of Jones' intensity recommendations. Prepare yourself!

According to Jones, "For the production of best results one must attempt the momentarily impossible." That means you should carry each set to a point where you're forcing against the weight even after it's stopped moving upward. When the weight stops midrep and won't move another inch, you're done with the set.

Contrary to popular belief, Jones did not encourage the use of intensity techniques to further increase momentary intensity. In his opinion they were counterproductive, as they would reduce the amount of tension placed on a muscle in the subsequent reps—unnecessary

Model: Dave Fisher

AB BENCH CRUCHES

Finish

that trainees should eat large amounts of calories and protein issues primarily from those who sell supplements. Though some sources of supplemental protein and calories can be very useful and convenient, especially for hardgainers, they're not absolutely necessary for muscle growth. Furthermore, no amount of creatine, HMB, glutamine or any other supplement is going to turn Pee Wee Herman into Dorian Yates—a reality that we all must face. Use supplements, by all means, but don't deem them to be the holy grail.

The need for adequate rest is the other major point here. The bottom line is that you should wake each morning feeling rested, and you shouldn't have to be awakened by an alarm. If you don't wake up on your own, you haven't slept long enough.

5) Reciprocity Failure

On the surface the failure



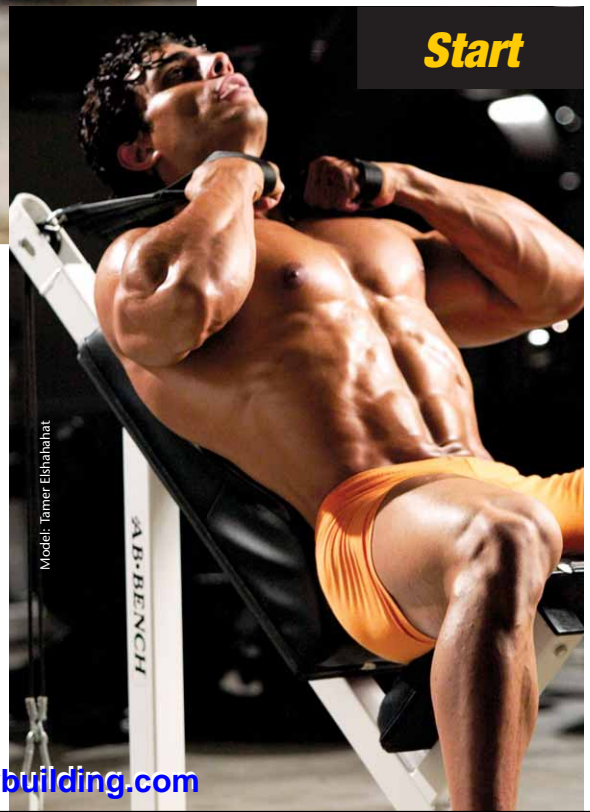
work that's less effective. In Jones' words, "Do the minimum necessary which causes maximum results. The set should be terminated when it is impossible to move the weight in any position." Enough said.

4) Secondary Growth Factors

Regardless of how hard you work in the gym, you need to account for certain factors if you want growth: nutrition, adequate rest, avoidance of overwork—that is, overtraining—and positive psychology.

The first point, nutrition, is one that Jones was reluctant to emphasize. Many bodybuilders have gotten carried away on the subject of nutrition—with some calling it 90 percent of training results. That fallacy must be dispelled. True, continued growth cannot occur without proper nutrition, but you don't need to become a fanatic about it. The recommendation

Start



Model: Tamer Elshahhat

to achieve desired results may not seem like a big deal, but it actually tells you a lot. Even within HIT circles there are situations in which the trainee is doing too much or too little, and this principle is a response to the more-is-better approach. If bodybuilding training were a simple mathematical calculation, then 10 sets would bring you 10 times the results you get with one set. Unfortunately, that's not the case. There is an intermediate point, somewhere between the two extremes, where you'll achieve optimal results; however, the effects of doing either too much or too little training will be the same. In both instances the results will be poor.

The safest way to experiment with the principle is to start at the minimum—one set of one exercise—and monitor progress. If you don't note any progress, increase to two sets and so on until you get the desired results. If you exceed

your maximum, however, the results will again diminish to near zero. Experiment with volume, but do so carefully.

6) Strength and Endurance

Muscular endurance, as opposed to cardiovascular endurance, is directly correlated with the strength of the muscle. In other words, if you can complete 12 reps with x pounds of resistance, you should be able to predict, with some accuracy, the amount of weight that you can move for three reps, nine reps, 20 reps and so on.

For that reason training for muscular strength and training for muscular endurance yield the same results: stronger, more powerful, larger muscles. Increases in muscle size make strength *(continued on page 124)*

CABLE LATERAL RAISES

Start



Model: Sagi Kalev

Finish



(continued from page 120) gains possible. The relationship is not 1-to-1, however. Strength gains will continue via improvements in neurological efficiency until no further gain

is possible. At that point size must increase before you can make more strength gains.

DUMBBELL LEG CURLS

Finish



7) The Time Factor

In order to accurately assess bodybuilding gains and maximize training efficiency, you must consider the element of time in your training routine. Jones recommended assessment of distance for a perfect measurement of power output; however, I believe that as long as you keep the range of motion consistent, you don't need to be concerned with distance.

Considering time as a factor can be a very simple task, or it can be an instrument of precision. Basically it means recording the time, in minutes, that each workout takes. That works well for comparing whole workouts to one another. As long as the time remains the same or less, you're making reasonable progress, provided your poundages are increasing. If,

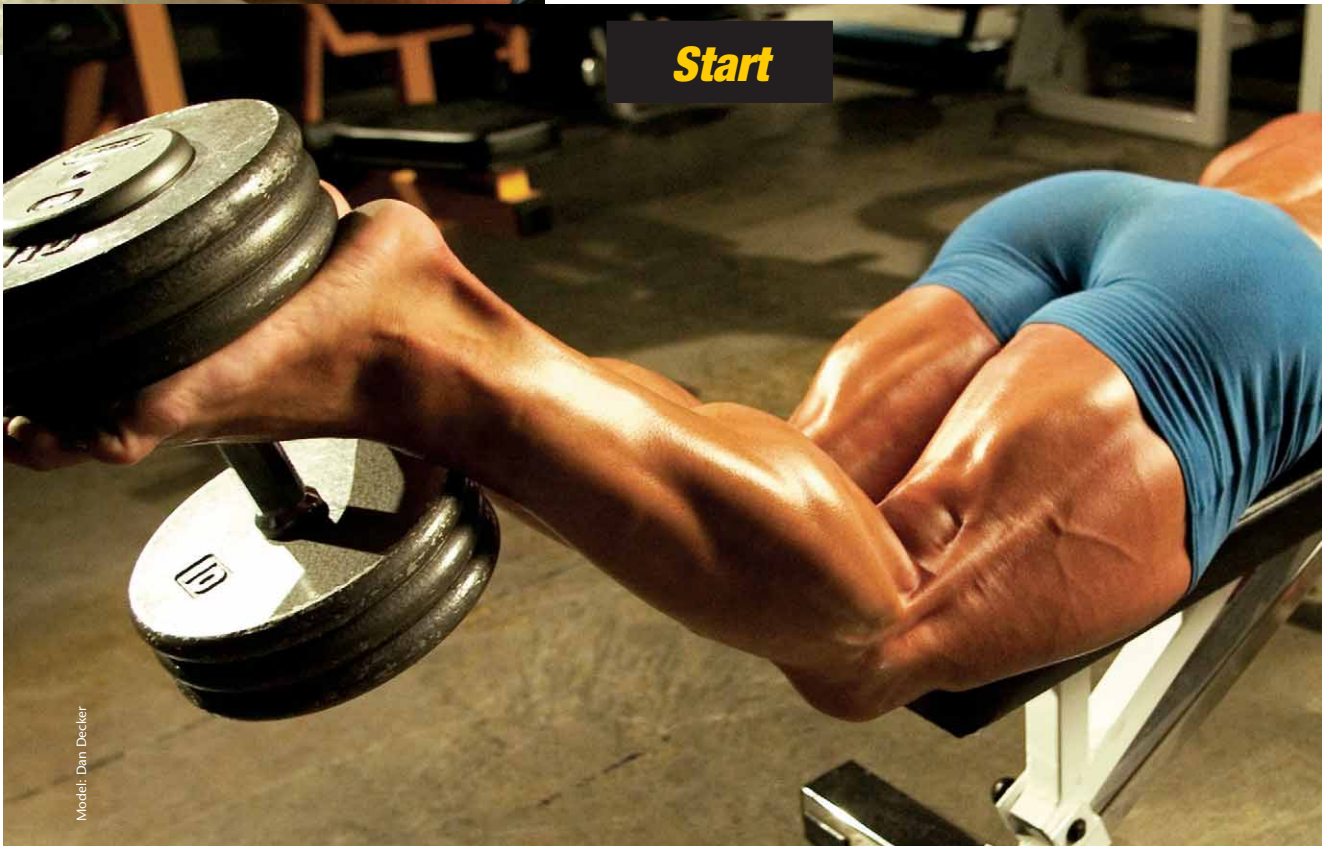
on the other hand, the same workout begins to take you considerably longer than normal, you're likely to have reached a plateau or begun to regress.

You can also apply timekeeping to individual exercises. Jones' solution was to carefully control the time between the beginning of one set and the beginning of the next one. His recommendation was that there should be exactly four minutes between those points. Though how the four-minute interval came into being is unclear, it's a reasonable time frame. Given that the average set time is 40 to 70 seconds, that leaves approximately three minutes' rest between sets.

Another control measure that Jones introduced was rep speed. He suggested a rep tempo of about a four-second negative and a two-second positive. That further controls the total time involved in the workout as well as the time it takes to complete each set and/or exercise.

Another one of Jones' time-control factors involved the timing of overall weekly training. He recommended doing no more than five hours of training a week and later

Start



Model: Dan Decker

reduced it to four hours, which evolved to less than three hours.

8) Instinctive Training— No Way!

“For anything even approaching the best possible results from training, it is absolutely essential to work in direct opposition to your instincts,” Jones wrote.

That should seem obvious, yet you see people wandering the gym every day who have no idea what exercise they’re doing next or with what poundage. If you were to obey your instincts, you wouldn’t lift weights at all. Basic instinct would involve conserving energy as much as possible and not pushing yourself to exhaustion—there’s no life-sustaining reason to do it. Training is a form of stress, something your body would instinctively avoid, not induce.

9) Low Volume

Early in his writings Jones suggested one, two and never more

than three sets. He said any more than three sets of an exercise was wasted effort, and he often recommended the 10-eight-six pyramid format. On the first set of an exercise you would use a sufficient amount of resistance to cause failure at 10 reps. On the second set you increase the weight to permit only eight reps, and on the third set you increase it again to allow only six reps. Squats would be one of a few exceptions to this rule.

Jones often prescribed 20-rep breathing squats, a routine still held in high esteem by the hardgainer camp. In addition, he advocated doing no more than two exercises per muscle group.

In most cases, if you’re not getting the expected results, a further reduction in volume is warranted. When they reduce training volume, most trainees begin to progress rather rapidly and predictably. Later Jones discarded the pyramid scheme and recommended doing only one set per exercise.



Model: Dan Decker

10) Lay Off!

For the best possible results you need to take some time off every once in a while. Even so, Jones didn’t recommend scheduled layoffs, feeling that a trainee’s enthusiasm might begin to subside as layoff time got closer. The opposite might also be true. A trainee who foresees a layoff may overwork in order to compensate for downtime, thereby negating the purpose of the layoff.

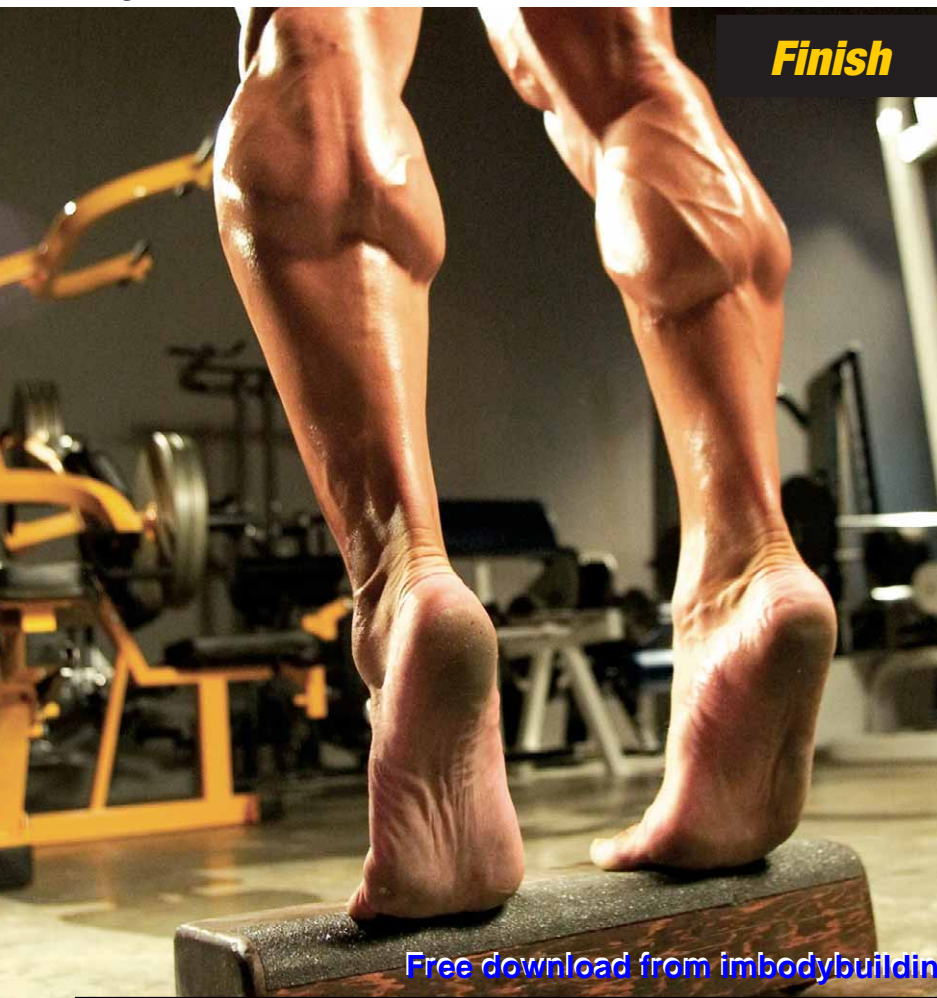
Long layoffs of anywhere from one to four weeks have proven beneficial in many cases. Upon returning to the gym, some trainees notice an increase in strength. If a month of training yields little results, a layoff of seven to 10 days is recommended.

As you can see from this short list, which barely touches on his body of work in high intensity, Arthur Jones was a true innovator in the world of strength training. I’ve stressed what I believe to be the 10 most crucial points. Someone else might read his work, though, and pick out an entirely different set of principles. Jones’ articles were often so in-depth that one could probably pick five or six principles from a single article.

For a memorial feature on Arthur Jones, see page 88.

Editor’s note: For more articles by Shannon Pittman, you can visit www.Bodybuilding.com. **IM**

Finish



A Bodybuilder Is Born

Bulking Up Has Its Consequences

by Ron Harris

Episode 29

Twas the night before Christmas, or at least the late morning on the day before Christmas, and Randy and I were performing our sacred preworkout ritual in the locker room. It didn't involve cutting off any chicken heads, smoking peyote, or voodoo or Santeria—just the balance-beam scale in the bathroom. Actually, let me correct that. Weighing ourselves every time before we trained did have an element of voodoo to it. Weighing less than we wanted affected our attitudes and could sometimes bum us out for the whole workout.

Yes, that's right, I said we would get upset if we didn't weigh enough. Contrast that with an anorexic, who believes she weighs too much, even though she may be a walking skeleton at 85 pounds. Published reports say that's what happened to one of the Olsen twins (don't ask).

About a decade ago, psychiatrists identified a disorder they labeled body image dysmorphia. The layman's term, reverse anorexia, captures the way many bodybuild-

ers perceive themselves—as never big or heavy enough. I can attest to the legitimacy of that disorder, as I and many other lifters have been classic cases. I started out at 90 pounds, and even when I got up to 240, which was just 30 pounds away from triple my original bodyweight, I wasn't satisfied with what I saw in the mirror. The late Trevor Smith, owner of Nuclear Nutrition, was ridiculed on the Internet because he never dieted down and competed. Even when he got up to 400 pounds at just over six feet tall—when I saw him, his arms looked to be about 26 inches around—Trevor felt he needed a little bit more size before he was ready to do a show.

So it was with great pride and a beaming countenance that young Randy announced to me in a most jovial tone, “210 pounds, brutha!” Don't ask why he was calling me “brutha.” It's a Boston thing that I never understood, some kind of tough-guy way of calling someone a buddy that may have had its origins in pro wrestling. Randy was wearing one of the many tank tops he owned, though he's still far from

approaching the size of my collection—34 at last count. Even in the dim lighting, something was different about Randy. Normally he was always showing clear muscle separations and a few veins in the upper body. Now it was all blurry and out-of-focus. I put on my a-hole face and got sarcastic.

“You're up 10 pounds—just how much have you been eating lately?”

Randy went into defense mode at once. “I'm trying to gain size now, right?”

“Yes, muscle size. Not a bunch of lard, jackass. Answer the question: Just how much have you been eating?”

“Well,” he stammered, “the dealership had its big party, and of course the sister dealership a few cities away had its Christmas party, and there were all kinds of desserts and drinks to be had if one were so inclined.”

“Looks to me like you were quite inclined, smoothie.”

“I wanted to bulk up to at least 225 before I had to diet down to 190 for the show.”

“Look, I don't have a calculator



A Bodybuilder Is Born

handy, but I'm gonna give this a try anyway. My best guess is that about eight out of the 10 pounds you gained are just useless fat. At that rate, by the time you get to 225, you will have accumulated. . ." I looked off to one corner and tried to do the math.

"Twenty pounds," Randy offered.

"Twenty pounds of fat, and you were planning on dieting for how long?"

"Well, you said that because I was naturally lean, I could probably get by with 10 weeks."

"I can tell you what would happen because that was a mistake I made several times in my early competitive career. I'd bulk up to some random number I thought sounded big, like 225 or 230, then diet down to about 200 pounds. But the funny thing was, I never ended up around 200 pounds. My contest weight in those days ranged from 170 to 180 pounds, and sometimes that wasn't even ripped. Every time it happened, I was at a loss as to why. Then it dawned on me—I was getting so fat in the off-season and giving myself so little time to diet that I was losing a significant amount of muscle every time. If I was 225 back then and my lean weight was 180, which I think is probably right, I was losing roughly 20 pounds of muscle and 20 pounds of fat to compete at a smooth 180. Now I do compete at over 200 pounds, but that's because I actually have that much muscle now and, more important, because I don't bulk up anymore. I thought we went over this a few months ago when you started porking up."

"Yeah, but I was hoping it would help out with my arms and my calves, even my upper chest."

"Help them out how, by covering them with fat so you think they're bigger than they really are? I used to believe that getting a bit fat was good for gaining muscle, but I no longer feel that way. I think it only slows you down, like a car with a trunk full of sand."

"Trunk full of sand. Did you make that up?"

"Naw, that was good old Arthur



Many bodybuilders learn the hard way that trying to build muscle quickly by force-feeding yourself doesn't work. It just creates a lot of ugly bodyfat.



"You're up 10 pounds—just how much have you been eating lately?" Randy went into defense mode at once. "I'm trying to gain size now, right?"

"Yes, muscle size. Not a bunch of lard, jackass."



Neveux \ Model: Derik Farnsworth

A Bodybuilder Is Born

Yes, you have to eat enough so that you recover from high-intensity workouts, but that's not a license to pile in the empty calories. They won't build muscle.



Neveux \ Models: Rune and Andre Neilken

“Jones used to get Casey Viator to do a couple of more reps on sets by pulling a .38 special on him and threatening to bust a cap in his ass.”



B. Miller

Jones. Not only was he decades ahead of his time with those Nautilus machines, but he had a thousand crocodiles and alligators at his compound in Florida. Supposedly he used to get Casey Viator to do a couple of more reps on sets by pulling a .38 special on him and threatening to bust a cap in his ass. Now *that's* a trainer.

“Listen, that whole concept of bulking up and dieting down is one of the old-school tenets they were completely wrong about. In fact, I think the idea may have come not from the old school but from a school for really stupid kids.”

We were getting way behind schedule in our workout, which should have started about 10 minutes earlier. I thought I'd gotten my point across.

“How many more of these parties do you have left?” I asked.

Randy stopped to think, and started counting on his fingers.

“Four,” he answered.

I reached into my gym bag to give him the little gift I'd planned on giving him anyway, before I realized he had been eating crap. I handed over a plastic bag from Stop & Shop, which he peered into.

He pulled out one of the items. “Hey, low-carb bars.”

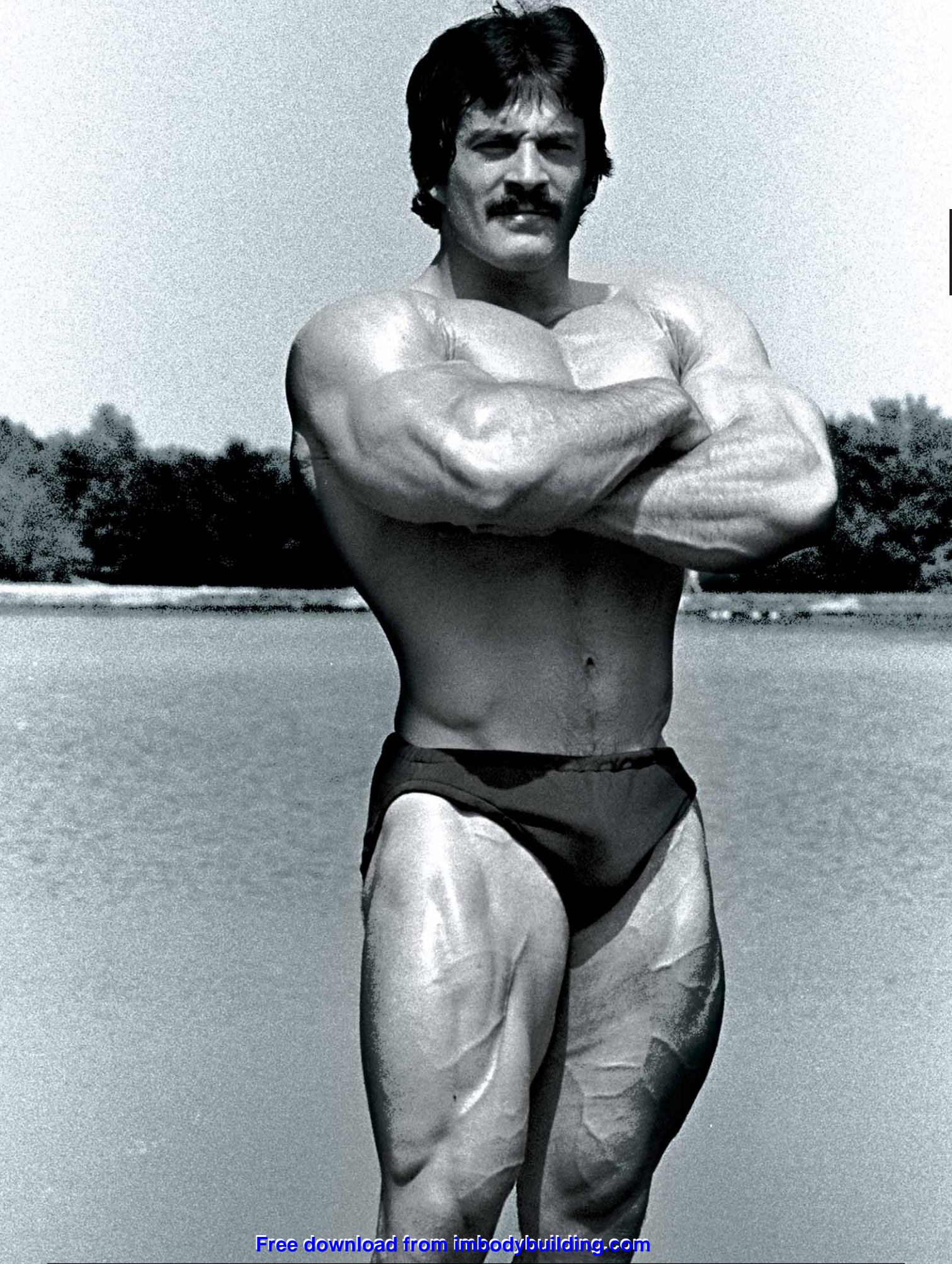
“Yes, and I expect you to eat those instead of stuffing your piehole with cheesecake and those cookies with the glittery red and green sugar toppings. There are six in there, all I was willing to spare. I suggest you order some more.”

“Huh. Okay, thanks.”

“You're welcome, and by the way, that's your Christmas present from me. Now where's that new eight-megapixel digital camera I told you I wanted?”

“Oh, that—um, they were all sold out when I went.”

I snorted in disbelief. Kids today are so ungrateful! **IM**



Q&A

Heavy Duty

The Wisdom of Mike Mentzer

by John Little

Best Time of Day to Train

Q: I'd like to know if there is an "ideal" time to train. I've heard that some bodybuilders work out as early as 5 a.m. I tried that once and just didn't have the energy to train with the necessary intensity to make progress. When I train at night, however, I feel too tired from my job. What did Mike suggest?

A: Training early in the morning can be a problem for some people. In effect, you're coming off an eight-hour fast, which means your blood sugar could be somewhat low. Mike touched on the issue:

"If your job is so tiring that you can't muster enough energy at the end of the day to train, you might want to find a new job. If that's not feasible, you'll have to develop the discipline necessary for early morning training. You might look at your current routine, nutrition practices and whether you're getting enough rest for the root cause of your chronic fatigue. If you are training too much, you may be overtraining, leading to massive energy depletion.

"Look to your personal habits, also. Are you tense more than you should be most of the time? Are you dissipating all of your reserve vitality partying and participating in sports? Are you getting enough carbohydrates in your diet? [Most reputable nutritional scientists recommend that up to 60 percent of your daily dietary intake be composed of carbohydrates.]

"As there are so many variables that affect our energy, you'll have to look for the pattern of your energy leaks and make the necessary adjustments. If you discover, for instance, that overtraining is the culprit, you might take a week off to recover some of your reserves, and then resume your training with a more sensible, less draining regimen."

Preparing for a Contest

Q: I've been following Mike's training system as outlined in his book *High Intensity Training the Mike Mentzer Way* (McGraw-Hill) for two months and have been very happy with the results. This winter I'm entering a physique contest for the first time, and I was wondering if there is any way I should alter my training routine in preparing for the contest.

A: Mike would be the first to tell you—absolutely not! According to Mike, "Most bodybuilders make the mistake of increasing the amount of their training before a contest, which unavoidably lowers the intensity of effort one is able to generate. That, coupled with the fact that a low-calorie [that is, lower-carbohydrate] diet tends to deplete a person's recovery ability, will cause a loss of muscle tissue, something no right-thinking bodybuilder would do before a contest."

Mike's prescription would be to

make training and nutrition work together: "Maintain a high-intensity routine up to the day of the contest, and rely on your diet to bring in the cuts. Since your muscles grow in response to the stress and intensity imposed on them, that same level must at least be maintained if you wish to keep your muscle size up to the day of the contest."

Mike Mentzer and Arthur Jones

Q: I know that Mike believed that he learned a great deal from Arthur Jones, the creator of Nautilus machines. Some have even said that Mike's Heavy Duty training is simply a rehash of Jones' theories on intensity. What are your thoughts?

A: It's true that Mike held Arthur Jones in very high regard. I don't recall Mike's saying a bad word about the man. He always spoke of him with profound respect. Still, Heavy Duty isn't simply a rehash of Jones' beliefs. Jones didn't discover the concept of training intensity. As Mike once told me:

"As far back as the late 19th century German physiologists discovered that the hypertrophy of muscle tissue is directly related to the intensity of exercise, not the duration. That's been verified repeatedly by contemporary physiologists, including Steinhaus, O'Shea and Zeinov. What I've done is make a practical application of the evidence supplied

Heavy Duty

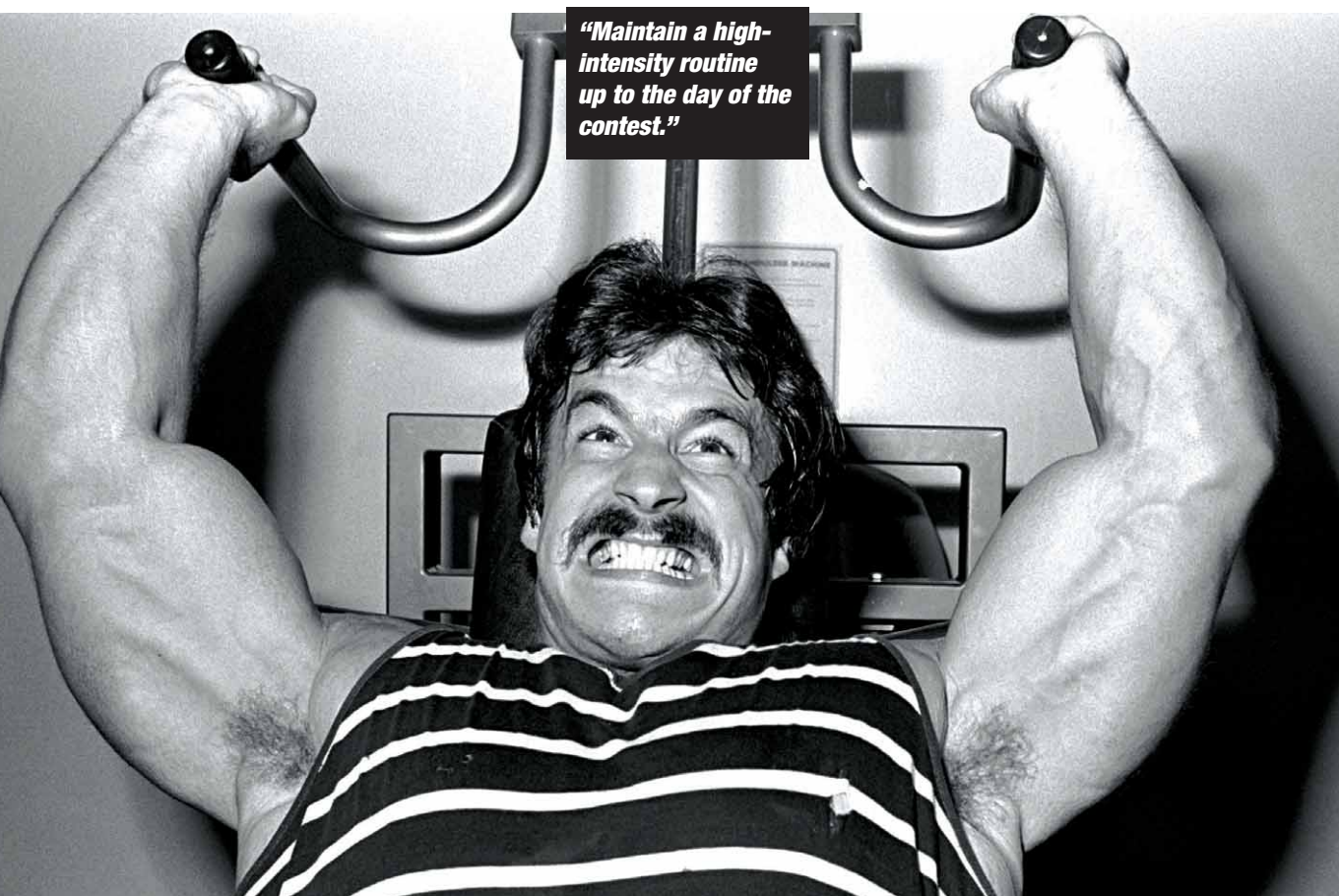


champions.

From his study of stress physiology Mike recognized that bodybuilding science, properly defined, is high-intensity anaerobic exercise. While he and Jones started with the same scientific principles, there are numerous differences in their ideas:

Jones: Train the whole body at each workout, with eight to 12 exercises per workout, and do it three times per week.

Mentzer: Train the body in thirds, with no more than five exercises (and sometimes as few as



"Maintain a high-intensity routine up to the day of the contest."

Bailk \ Model: Mike Mentzer

by scientific research in exercise physiology to weight training."

Mike trained the orthodox Nautilus way back in the late '70s. He even won the Mr. America contest using that method—three whole-body workouts a week, one set to failure, and no more than four exercises per muscle group. Even with his tremendous genetics, however, he recognized that he wasn't gaining

at the rate he'd hoped to. That's what prompted him to look more closely into the areas of volume and recovery ability.

After supervising the training of some 2,000 clients, Mike discovered that recovery ability among individuals varies across a very broad continuum and that most of us don't have the muscular potential or recovery ability of bodybuilding

two) per session; work out once every four to 10 days depending upon your recovery ability.

Jones: Use negative-only training once a week.

Mentzer: Use negative-only training sparingly.

Mike and Jones agreed that Nautilus machines had a huge ad-

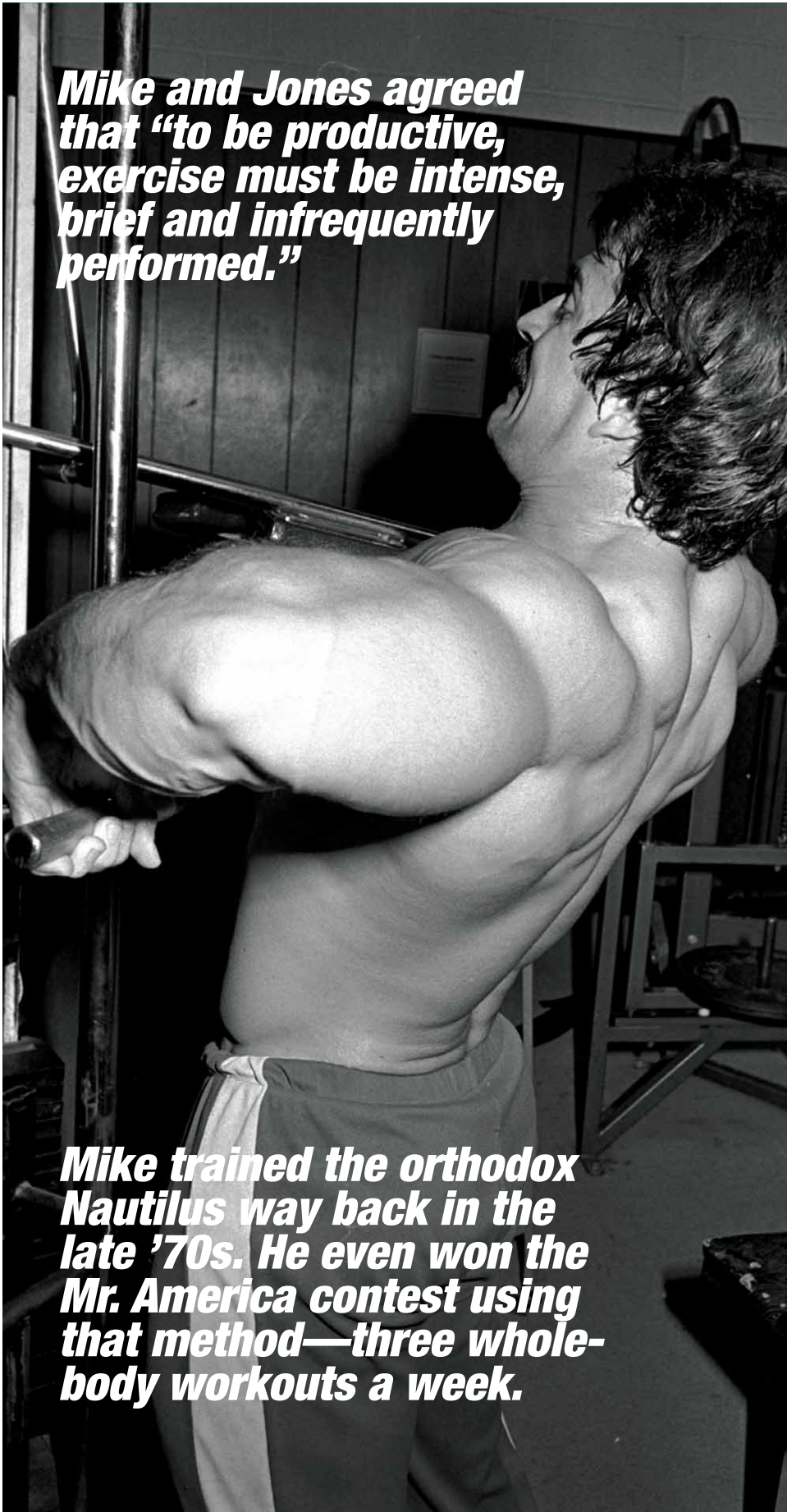
Heavy Duty

vantage over the barbell and that “to be productive, exercise must be intense, brief and infrequently performed.” Their differences lay primarily in the practical application of the last two principles. Jones dealt primarily with high-level athletes, such as football players from the Miami Dolphins, and genetically blessed bodybuilders, such as Sergio Oliva, Casey Viator, Boyer Coe and the Mentzer brothers. As Mike dealt with both the genetically modest and genetic marvels like David Paul, Aaron Baker and Dorian Yates, his views have a broader application to the general public.

Mike's approach has led to steady progress in my clients at Nautilus North Strength & Fitness Centre (a one-on-one personal-training facility that I run in Bracebridge, Ontario, with my wife, Terri, and brother-in-law Cary Howe) for more than three years. When we first opened, we trained clients twice or even three times a week and saw them overtrained within three months. Now, since reducing both volume and frequency more along the lines that Mike advocated, we're seeing steady progress—more muscle gained, more strength gained and, when coupled with a well-balanced but calorie-reduced diet, more fat lost.

When Arthur Jones died in August, we lost a giant who valued logic, science, precision and research and who wasn't afraid to speak the truth, even when doing so was unpopular. Arthur and Mike were a lot alike in that regard, and if there's a heaven, I'm sure they're talking high-intensity training together and shaking their heads over people who don't see the fundamental principles of exercise more clearly. I'll give Mike the final say on Nautilus machines and their creator:

“I endorse only those things that I believe in, and Nautilus is by far the best. Not only is Nautilus good for the guy off the street, but Nautilus is good for the bodybuilder. Nautilus

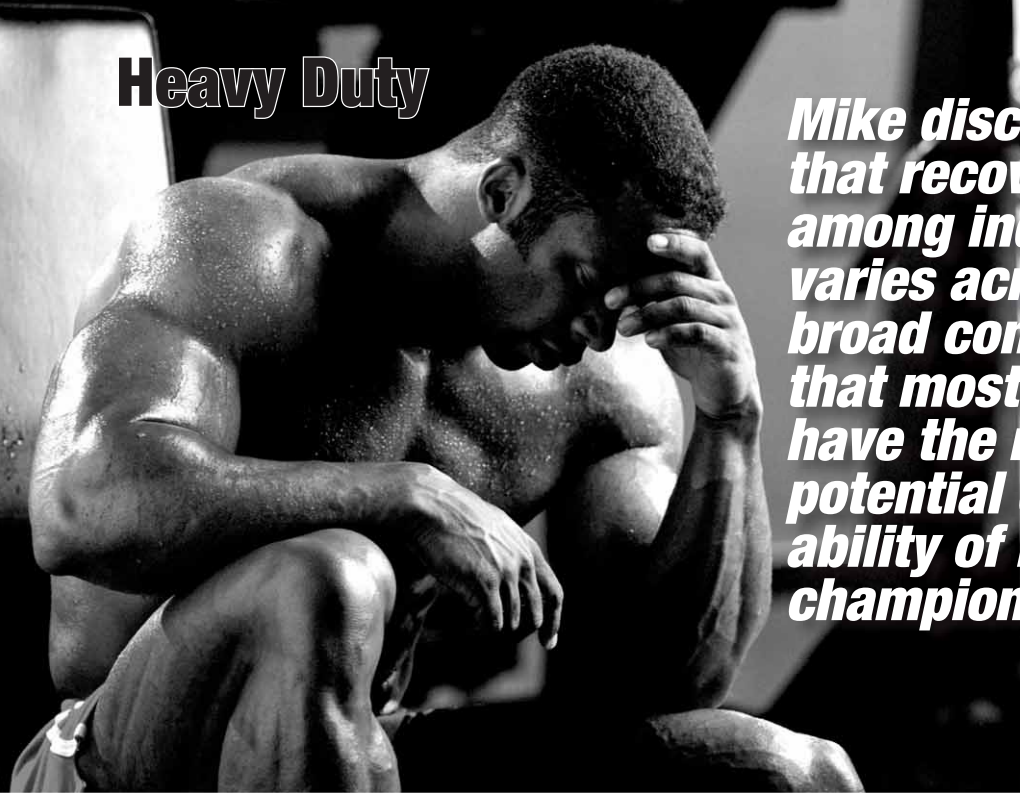


Mike and Jones agreed that “to be productive, exercise must be intense, brief and infrequently performed.”

Mike trained the orthodox Nautilus way back in the late '70s. He even won the Mr. America contest using that method—three whole-body workouts a week.

Ballk \ Model: Mike Mentzer

Heavy Duty



Mike discovered that recovery ability among individuals varies across a very broad continuum and that most of us don't have the muscular potential or recovery ability of bodybuilding champions.

Neroux \ Model: Steve McLeod



Balk \ Model: Mike Mentzer

will build mass. There is no question that Nautilus is better than free weights. While it's true that most, perhaps all, of the great physiques have been trained on free weights, it's also true that the failures all trained on free weights as well. The thing that primarily dictates who's

going to make it to the top in bodybuilding is genetics. Yet anyone who trained properly would go further. That's all Nautilus is—proper training.

"Arthur Jones is the only man I've known who's approached bodybuilding with a scientific frame of

mind. All Arthur's interested in are the facts. As he points out, and as his history bears out, he started building machines purely as a hobby. He was interested primarily in finding more efficient ways of exercising. He had questions in his mind about certain aspects of exercise; some things seemed right, and some things seemed wrong.

"I've never met a man who had a higher regard for the facts or the truth than Arthur Jones."

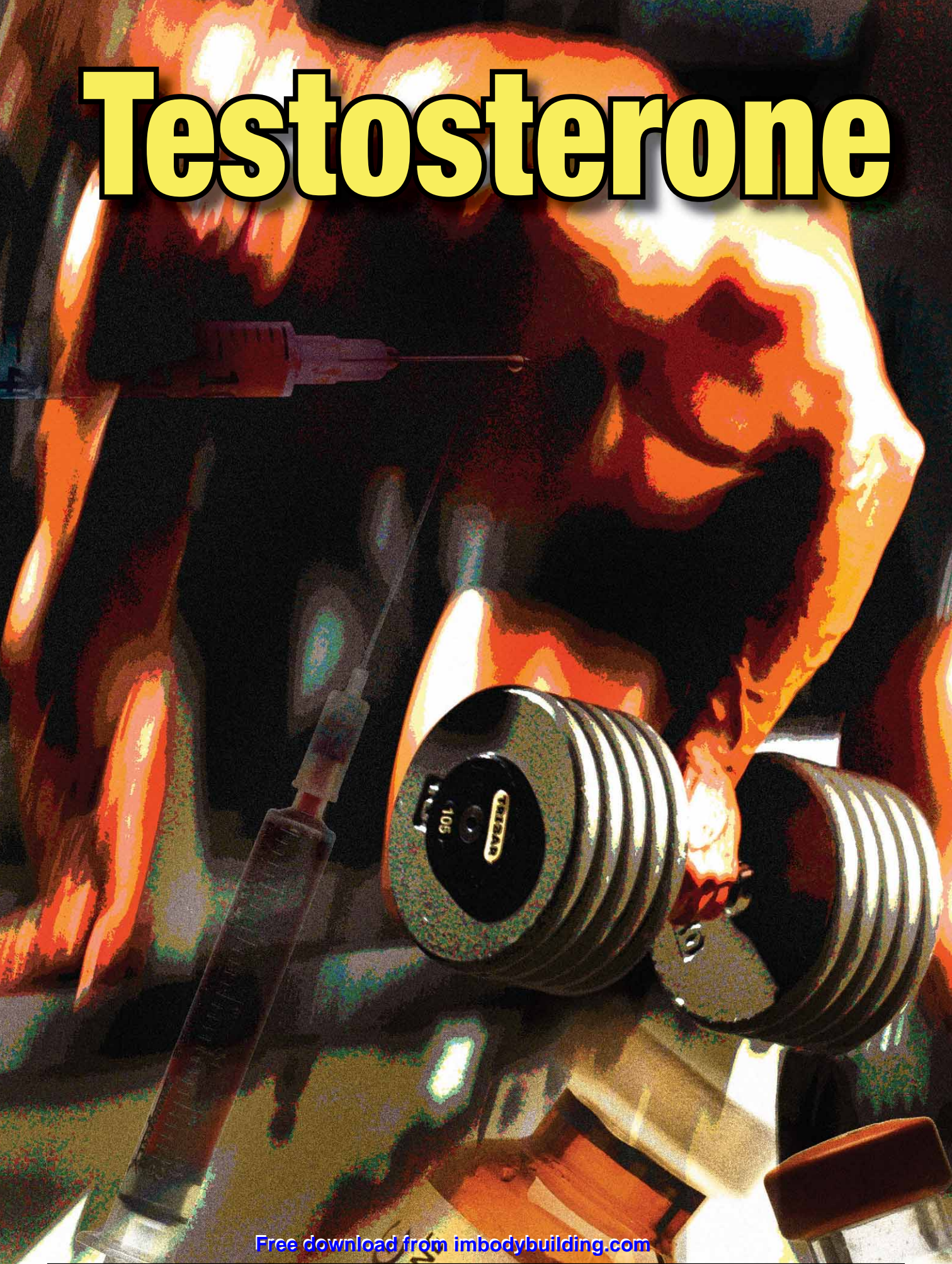
And that, coming from Mike Mentzer, is saying something.

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.

Article copyright © 2007, John Little. All rights reserved. Mike Mentzer quotations provided courtesy of Joanne Sharkey and are used with permission. **IM**

Testosterone



& Growth Hormone

Strength, Muscle and Extended Living Through Chemistry?

by Jerry Brainum

Part 2

Part 1 was all about growth hormone, what it does and the pros and cons of hormone-replacement therapy. This installment covers testosterone.

Does Testosterone Prolong Life?

In 1993 a group of researchers from Germany, noting that women usually outlive men, attempted to determine why. They analyzed more than 277 years of records of the life spans of castrati, who produce little or no testosterone, and uncastrated male singers. They found no significant difference between those with low and normal testosterone levels in relation to life span.²⁰

A recent longitudinal study, however, found that having low testosterone increased the risk of death in men over age 50. For 18 years, beginning in the 1970s, researchers tracked the causes of death in 800 men aged 50 to 91 living in Rancho Bernardo, California. In the early

1980s a third of the men had low testosterone. Over the term of the study that group had a 33 percent greater death rate than the men who had higher testosterone levels. The difference in death rate wasn't explained by negative habits, such as smoking, drinking, lack of exercise or even such diseases as diabetes and heart disease.

The men with low T had more cytokines, which are markers of body inflammation. They also had larger waistlines, a marker of the visceral abdominal fat that is linked to insulin insensitivity, diabetes and cardiovascular disease. Indeed, the amount of visceral fat is proportional to testosterone levels and inflammation—more fat equals less testosterone and more inflammation. Men with low T are three times as likely to have the metabolic syndrome, characterized by insufficient high-density lipoprotein (the good cholesterol), high blood fat, hypertension and elevated blood glucose.

When men age, T tends to decline and *(continued on page 152)*

(continued from page 149) bodyfat to increase. That leads to an increase of estrogen levels because of the presence in peripheral fat stores of aromatase, the enzyme that converts androgens such as testosterone into estrogen. An imbalance between T and estrogen can lead to insulin insensitivity, which boosts abdominal fat and its attendant health problems.

Testosterone-deficient men experience a reduced quality of life and such symptoms as heart disease, high blood pressure, lower bone density, fatigue, depression, insomnia, erectile dysfunction and diabetes. Recent studies directly link low

T levels to insulin insensitivity and diabetes in men. Some studies link lack of testosterone with the onset of Alzheimer's disease.

Bodybuilders are particularly affected by testosterone levels. One study found that having low testosterone resulted in a decrease in strength and muscle en-

Testosterone-deficient men experience a reduced quality of life and such symptoms as heart disease, high blood pressure, lower bone density, fatigue, depression, insomnia, erectile dysfunction and diabetes. Recent studies directly link low T levels to insulin insensitivity and diabetes in men.



duration of 90 to 100 percent.²¹

Testosterone maintains the function of beta-adrenergic receptors in fat cells, without which fat oxidation is severely blunted. That explains the frequent emergence of potbellies in men over 40—along with bad eating and not getting enough exercise. Conversely, testosterone reverses that process, enabling a man to reduce both dangerous, deep-lying visceral fat and superficial, subcutaneous fat. Dropping subcutaneous fat may even return abdominal muscle definition when combined with judicious exercise and a good diet. Testosterone inhibits a fat cell enzyme called lipoprotein lipase, which advances the cellular uptake and production of fat. It also keeps fat-cell precursors from morphing into full-grown fat cells.²²

T-Therapy Concerns

As with GH, many doctors refuse to prescribe testosterone therapy because of unfounded fears about prostate cancer. While testosterone is contraindicated for those who already have prostate cancer, numerous studies show that T doesn't cause it.²³ In fact, men with the lowest-level T develop the most aggressive cases of prostate cancer. One study even found that giving testosterone to men who had advanced prostate cancer that was androgen-insensitive caused a reduction in

prostate tumors. Besides, the majority of cases of prostate cancer are diagnosed in older men, who have the lowest levels of testosterone.

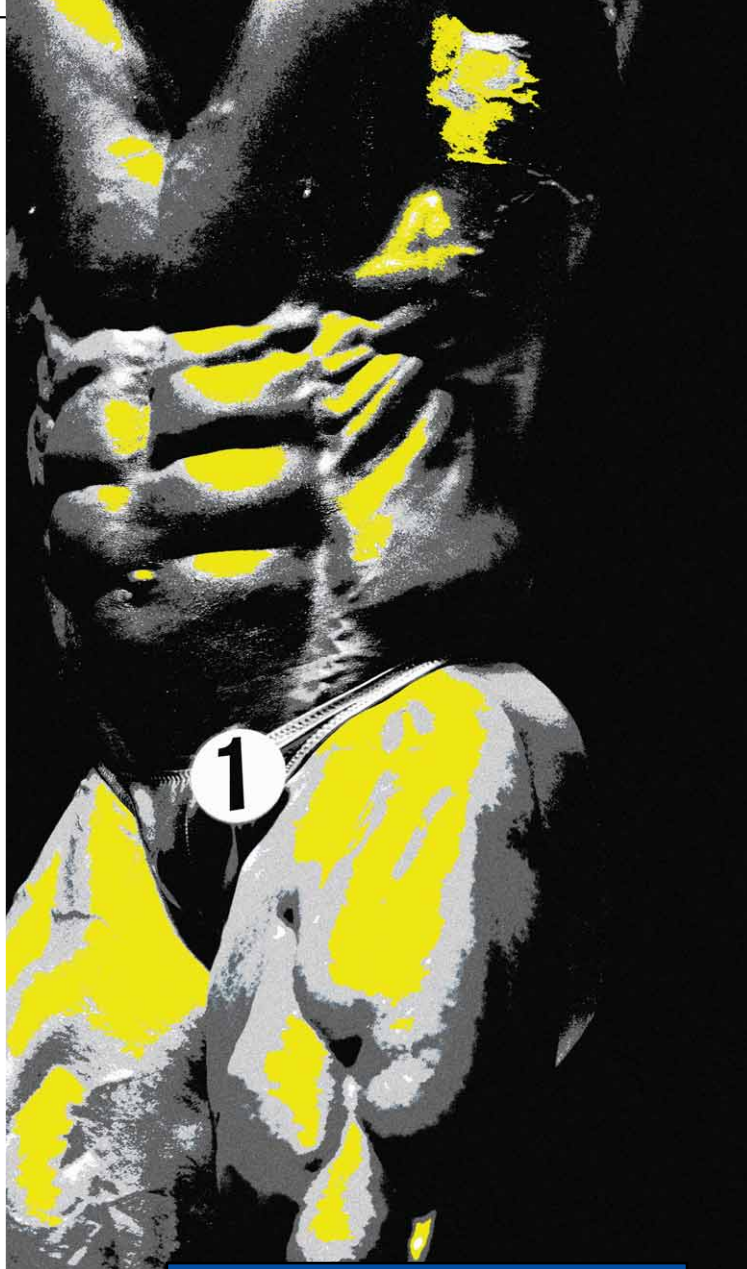
Some scientists suggest that the increased bodyfat produced by men low in testosterone leads to their producing more estrogen, which may promote prostate cancer. That makes sense when you realize that, unlike testosterone, estrogen is a known carcinogen.

The goal of testosterone-replacement therapy is not to produce the results that anabolic-steroid-using athletes are after. Rather, therapy aims at boosting depressed T levels to a mid-normal range, thus preventing the side effects linked to T therapy, such as gynecomastia and water retention. In fact, injecting testosterone to treat low T has gone out of fashion. It causes a temporary surge that's frequently above the normal range—great for bodybuilding but priming the pump for side effects. Supplemental forms of T such as creams and gels, which get users only to the normal range, are preferred.

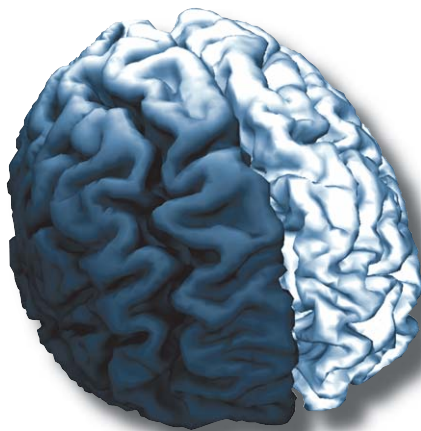
Considering that having low T leads to the production of cytokines and considering the significant beneficial effects of T on body composition, you have to conclude that testosterone likely does prolong

life when provided in the right dosage. Conversely, T-deficient men face a shorter life span because of the risks of cardiovascular disease, too much bodyfat and possibly accelerated degenerative brain disease.²⁴

A recent study showed that testosterone may even help activate GH release.²⁵ Thirty-four men aged 65 to 88 who had low-normal T and IGF-1 counts were injected with 100 milligrams of T every two weeks for 26 weeks. That brought about a 33 percent increase in total T levels. Estrogen rose by 31 percent, while sex-hormone-binding globulin, which transports T in (continued on page 156)



Over-40 abs! Testosterone enables middle-aged men to reduce both dangerous, deep-lying visceral fat and superficial, subcutaneous fat.



T-deficient men who don't undergo therapy face a shorter life span and possible degenerative brain disease.



Some researchers have suggested that aromatase inhibitors may boost testosterone.

(continued from page 153) the blood, dropped by 17 percent, thus raising free, or active, T levels. The supplementation increased release of GH by 60 percent at night and a whopping 79 percent during the day, while IGF-1 rose by 22 percent.

You might grimace at the 31-percent elevation of estrogen, but keep in mind that conversion of testosterone into estrogen is what pushes the GH release.²⁶ Having abundant testosterone also blunts the ability of IGF-1 to shut down GH release.

Future Developments

Those who still fear testosterone-replacement therapy can turn to a newly emerging option: a drug or supplement that inhibits the enzyme aromatase from converting test into estrogen. Located in multiple body tissues, including brain and muscle, aromatase is particularly concentrated in peripheral fat stores, such as in the legs. So the more fat you accumulate there, the greater the chance of increased estrogen production.

Aromatase is particularly active in obese men. Their high-level estrogen signals the hypothalamus to stop secreting gonadotropin-releasing hormone and shut down testosterone synthesis in the Leydig cells. The effect is so potent that obese men don't respond to replacement therapy.²⁷ On the other hand, studies show that obese men have normalized testosterone levels when they take aromatase-inhibiting drugs.²⁸

Aromatase inhibitors were developed mainly to treat estrogen-sensitive breast cancer in older women. The drugs have gone through sev-

eral generations, and current versions are remarkably potent estrogen blockers. Since testosterone and other anabolic drugs can convert into estrogen and result in gynecomastia and water retention, bodybuilders who use steroids usually also add an aromatase inhibitor, such as Arimidex, to their anabolic stack.

About 8 percent of a man's testosterone normally converts into estrogen, so some researchers have suggested that aromatase inhibitors may boost testosterone. A major advantage of that approach is that it forestalls the potential side effects of T therapy. One study investigated whether Arimidex could do the trick. For 12 weeks 37 testosterone-deficient older men received one of three treatments:

- 1) One milligram of Arimidex daily
- 2) One milligram of Arimidex twice a week
- 3) A daily placebo tablet

Both doses of Arimidex effectively raised testosterone levels to the mid-normal range of younger men.

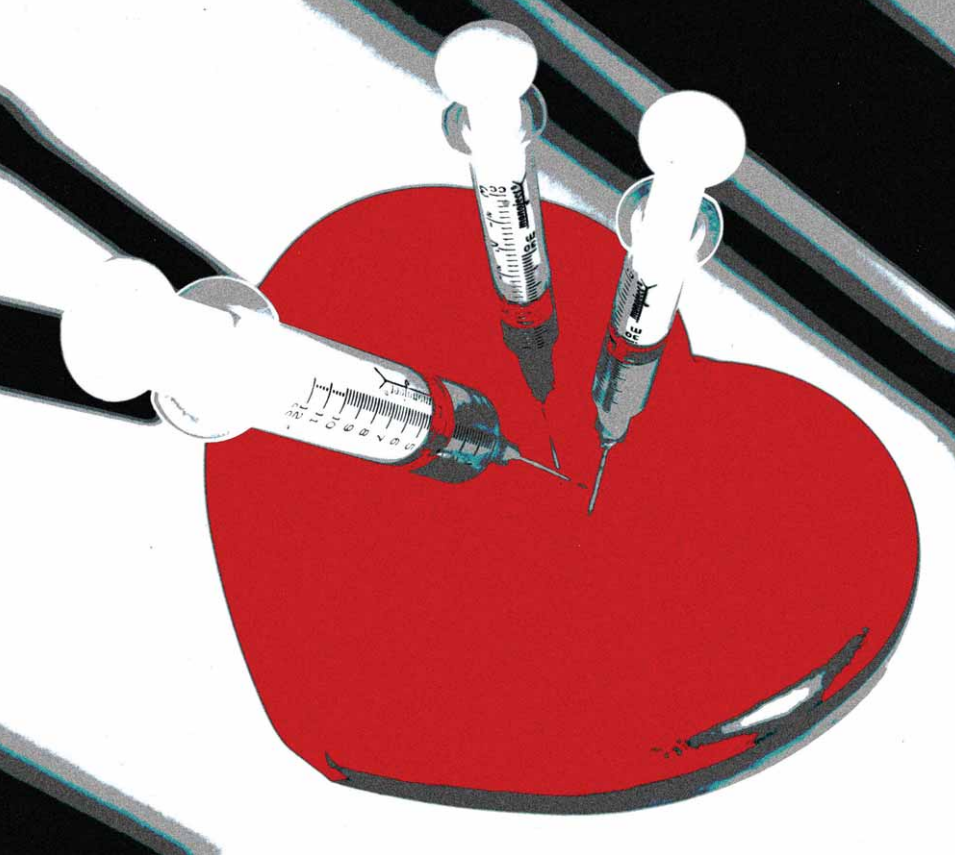
The drug also selectively increased free, or active, testosterone, and it blocked test-to-estrogen conversion and lowered estrogen an average of 40 percent. No side effects occurred in any of the treated men, nor were there any adverse effects on blood lipids, insulin sensitivity or inflammatory markers.

Nevertheless, doctors still resist prescribing the relatively benign aromatase inhibitors to men with low testosterone. Their position is that there's not enough research to justify using aromatase inhibitors as a form of T therapy and that the drugs should be used only to treat older women with breast cancer. Another fear is adverse cardiovascular symptoms, since estrogen helps maintain beneficial HDL cholesterol in men. Fortunately, over-the-counter aromatase inhibitors are available that seem to work well as testosterone boosters, according to several recent studies.

A further refinement in T therapy will likely ensue with the release of selective androgen receptor modulators. SARMs, as they're called, are experimental drugs that are taken orally. They target specific androgen receptors in various tissues,



A further refinement in T therapy will probably include SARMs—selective androgen receptor modulators. They target specific androgen receptors in various tissues, including muscle, and are designed to avoid interacting with androgen receptors in the prostate gland.



A recent study found that having low testosterone increased the risk of death in men over age 50.

including muscle, and are designed to avoid interacting with androgen receptors in the prostate gland, thus bypassing the major health threats linked to T therapy.

As Ronald Klatz, M.D., president of the Academy of Anti-Aging Medicine, notes, "Replacing the hormones that decline with age, such as estrogen, testosterone, DHEA, melatonin and GH, is as important as replacing normal levels of insulin to a diabetic."

References

²⁰ Nieschlag, E., et al. (1993). Life span and testosterone. *Nature*. 366:216.

²¹ Kohn, F. (2006). Testosterone and body functions. *Aging Male*. 9:183-88.

²² Dieudonne, M.N., et al. (2000). Opposite effects of androgens and estrogens on adipogenesis in rat preadipocytes: Evidence for sex and site-related specificities and possible involvement of IGF-1 receptor and peroxisome proliferator-activated receptor gamma-2. *Endocrinol.*

141:649-56.

²³ Wiren, S., et al. (2007). Androgens and prostate cancer risk: A prospective study. *Prostate*. 67:1230-37.

²⁴ Shores, M.M., et al. (2006). Low serum testosterone and mortality in male veterans. *Arch Intern Med*. 166:1660-1665.

²⁵ Muntiyappa, R., et al. (2007). Long-term testosterone supplementation augments overnight growth hormone secretion in healthy older men. *Am J Physiol Endocrinol Metab*. In press.

²⁶ Meinhardt, M., et al. (2006). Modulation of growth hormone action by sex steroids. *Clin Endocrinol*. 65:413-22.

²⁷ Cohen, P. (1999). The hypogonadal-obesity cycle: Role of aromatase in modulating the testosterone-estradiol shunt—a major factor in the genesis of morbid obesity. *Med Hypotheses*. 52:49-51.

²⁸ Boer, H., et al. (2005). Letrozole normalizes serum testosterone in severely obese men with hypogonadotropic hypogonadism. *Diabetes Obes Metabol*. 7:211-215. **IM**

**COMPETITION
STRENGTH
NUTRITION**

**GUARANTEED
TASTE SATISFACTION!**



**Incredible Tasting
WPI Formula For Athletes
Who Need To Supplement
Protein Intake
(You Won't Get Sick of It!)**

24g Protein Per Serving

No Sugar • Aspartame Free

**Anabolic/Anti-Catabolic
Power of IntraPro AAC7™**

*Available In Delicious Vanilla,
Double Chocolate and
Strawberries & Cream*



**The Name You Trust.
The Brand That Works.**

PURITY. QUALITY. POTENCY.

www.gasparinutrition.com

Available at health and vitamin stores,
gyms and select retailers nationwide.

A Gym

Tale

Big Back and a Big Mac? Based on a True Rumor

by Eric Broser

Photography by Michael Neveux and James Farralley

“Damn it, no more broccoli florets. I can’t stand it when they run out,” I angrily mumbled under my breath as I passed through the frozen-vegetables section of my local supermarket. “I guess I’ll have to go with the spears then. They’d better have the asparagus I like.”

Yes, another unexciting day of food shopping, filling my cart with the same few items I purchase every trip. I could probably do it with my eyes closed at this point, as my obsessive-compulsive personality has me visiting the same aisles in the same order every time. It’s always salad first, then natural peanut butter, walnuts, olive oil, oatmeal, whole-grain bread, steak, chicken, liquid egg whites and finally vegetables. Yes, quite boring and predictable, although sometimes I torture myself by looking through the bakery section, as well as at all of those yummy sugary cereals (man, I miss Tony the Tiger, not to mention my good pal Cap’n Crunch).

On this particular Wednesday the checkout lines were all crowded, so I attempted to tap into my psychic powers in order to predict which

would move the fastest. Good thing I didn’t have much to do that day, as I once again chose the tortoise among the rabbits. Knowing I was in for the long haul, I leafed through a *National Enquirer*, sensing the points melting off my IQ with every page. Just then I felt a little vibration in my pants. Nah—just my cell phone. It was Andy.

“Eric, I am going out of my mind. I am craving a Big Mac like mad, bro.”

“Your show is three weeks away, my man. After that you can eat McDonald’s clean.”


“I dreamt of Big Macs all night. I need one—or three.”

“Listen. Sit tight, and I’ll call you back in five.” With that, I swiped my debit card, paid my tab and headed for the parking lot. Since I live only about five minutes from the supermarket, I figured I’d just call Andy back when I got home.

Before I move forward with my little tale I should tell you that Andy’s a client I was helping prepare for a bodybuilding competition. At three weeks out he was already lean enough to step onstage; I always

A Gym Tale

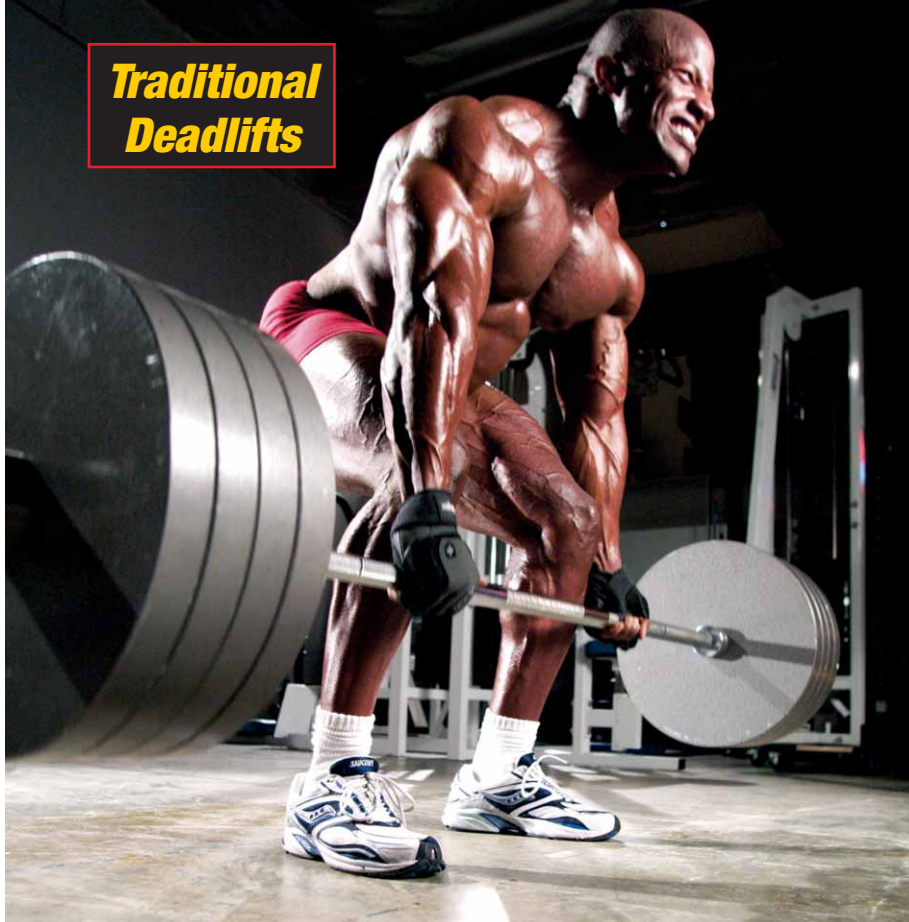
Partial Deadlifts

A highly muscular bodybuilder is shown in a gym, performing a partial deadlift. He is wearing red shorts, black gloves, and white socks with blue sneakers. He is leaning forward, gripping a barbell with a large weight stack on the left. The background shows gym equipment and a power rack.

Since so many muscles work in tandem to pull from the floor to the standing position, the lower back won't be fully taxed at that point. That's why you move to the power rack and work only the top half of the lift, which will force the erectors to do the majority of the work. You'll be surprised at how much pulling strength you have left when doing only a partial movement.

Model: Robert Hatch

Traditional Deadlifts



try to have my clients prepared two to three weeks in advance so in the end we only need to fine-tune. He's normally unshakably diligent about his diet, so I knew that if he was truly having a craving, he wasn't kidding around.

Back at home I stood in my kitchen deciding whether to freeze the chicken and cook the steak or vice versa. Once again my pants began to vibrate.

"McDonald's. Eric speaking."

"Bro, that is not funny. Why have you not called me back?"

"You still jonesing for a Big Mac?"

"Bad, Eric. Real bad. Is there any way I can have a couple today? I will go on zero carbs all day tomorrow."

"I'll make you a deal, bro. I was going to take today off from the gym and train back tomorrow. However, if you hit back with me today and make it through the workout without puking, I'll let you have a couple of Big Macs for your postworkout meal."

"Is that it?" *(continued on page 170)*

**EXPLOSIVE
NEW
PRE-WORKOUT DRINK!**



**NEW
SINGLE
BOTTLE PACK!**

NxLABS

GNC Live Well!

VITAMIN WORLD

Vitamin Shoppe

BODY BUILDING

For wholesale Inquires: **1-800-1-1001**

NxLABS.COM



Model: David Yeung

Underhand Rows

(continued from page 167)

“Oh, and you have to do an extra 45 minutes of cardio as well.”

“Deal, bro. Deal.”

“It won’t be an ordinary back workout. Meet me in two hours.”

I got all of my exercises, sets, reps and intensity techniques lined up in my head while I sucked down a chocolate-flavored whey shake mixed with water, waxy maize starch and a half cup of oatmeal. About 30 minutes later I was ready to tear that gym apart and make Andy “do the Technicolor yawn.”

When I met him at the gym, I told him to set up two Olympic bars side by side, with a pair of 45s on each. “Put one of them in the power rack with the pins set at knee level and the other on the floor.”

“What are we doing with this setup?”

“Just a little superset to get warmed up.”

“What kind of superset requires the use of two Olympic bars?”

“The kind where you will be doing deadlifts off the floor followed immediately by partial rack deads.”

“Are you completely insane?”

Longer tension times can provide a new stimulus for a burst of muscle growth.



1 1/2-Rep Chins

“Awww. Wanna go home to your mommy for some milk and cookies? Or better yet, some plain chicken and a dry baked potato?”

“Okay, okay. How many reps on each?”

“Ten.”

“Ten? That’s just for the warmups, right?”

“Nope, the same goes for our work sets.”

By now Andy was staring at me like a deer caught in headlights.

“Seriously, Eric, you know I love to learn the hows and whys of training, so please tell me the purpose of this sadistic superset.”

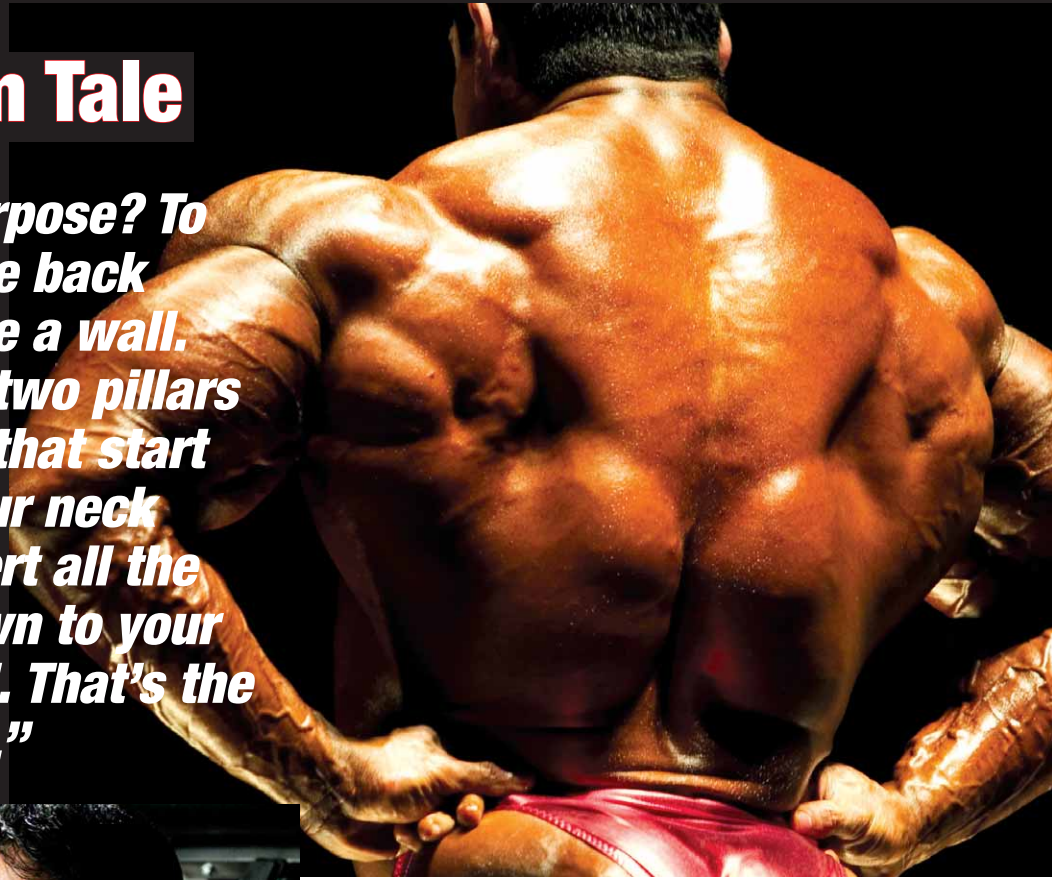
“The purpose? To make the back thick like a wall. To form two pillars of steel that start from your neck and insert all the way down to your rear end. That’s the purpose.”

“Cool, but I mean, what is the benefit of starting off the floor and then moving to the rack?”

“So we can get a full range of motion using the assistance of our legs,

A Gym Tale

“The purpose? To make the back thick like a wall. To form two pillars of steel that start from your neck and insert all the way down to your rear end. That’s the purpose.”



Model: Ken Yasuda

Seated Cable Rows

glutes and hips. Since so many muscles work in tandem to pull from the floor to the standing position, however, the lower back won't be fully taxed at that point. That's why we move to the power rack and work only the top half of the lift, which

will force the erectors to do the majority of the work. You'll be surprised how much pulling strength you have left when only doing a partial movement.”

“Makes sense. You are truly a mad scientist, emphasis on mad.”

We did the first two sets with 135 and then 225 on each bar. Neither of us had any problems getting 10 reps on each, but I could already see beads of sweat forming on Andy's forehead. Next up was 315—where the workout truly began. Andy, who's an excellent deadlifter from the floor, easily got 10 reps to start, but during the rack deads, he began to struggle at about rep six.

“C'mon, bro, four more to go.”

Then came reps seven, eight and nine.

“One more to go, amateur.”

And then—boom! Rep 10.

When I completed my set and made it look easy—it was really tough, but I couldn't show any weakness in front of Andy, of course—I walked right over to the weight stand and grabbed a pair of

25-pound plates.

“What are you doing with those, Eric?”

“Putting them on the bar. Grab another pair and throw them on the other bar.”

“Are you serious? 365? The 315 almost killed me.”

“Nah, you were just being lazy. You need more weight.”

Andy knew that he had no choice, not if he wanted those Big Macs. As he was about to start, I noticed that a few gym members had stopped what they were doing to watch.

With some serious determination, Andy ripped 10 solid reps off the floor but then sort of wobbled aimlessly toward the power rack. I knew he'd be in for a real war in order to get 10 more partials, but inside I was rooting for him. Reps one through four went pretty well, but then, because of pure exhaustion, his grip gave out, even with his straps on.

“Rewrap that bar,” I said. “Six more to go.”

Letting out a scream, Andy pulled three more reps before his grip once again gave out.

“Eric, I'm done. I'm seriously gonna drop.”

“No problem. I'll just eat your Big Macs for you.”

Eight, nine, 10—slam! The weight

A Gym Tale

crashed down on the final rep.

“Damn good set, bro. You pumped yet?”

No answer. Andy simply collapsed on the floor. He didn’t even look up while I did my final deadlift superset—incidentally, one of the most intense training experiences in my life. My back was so swollen and tight, top to bottom, right to left, that I probably could have called it a day right there, but what would be the fun in that?

“Okay. Get up, bro. Time to move on.”

“What now, you nut case?”

“Another fun little superset. Wide-grip pullups and reverse-grip bent-

over rows. Do the pullups in 1 1/2-rep fashion and the bent-over rows with a 3/1/X tempo.”

“English, please.”

“On the pullups squeeze to the top, then lower yourself slowly, but only halfway. Then pull back to the top, and then lower all the way. That counts as one rep.”

“Seriously, dude. You have problems. You should seek counseling.”

“Tempo refers to the speed at which you perform the negative, pause and positive portion of each rep. So, with a 3/1/X tempo on bent-over rows, you pull explosively to the top lower the weight over three seconds, then pause for one second in the bottom position. Very few people have the discipline to perform rows like that. They usually favor more pistonlike

reps.”

“Your way is better?”

“For muscle growth, yes. It gives you a far longer time under tension during the set, which translates into more muscle.”

After completing seven solid 1 1/2-rep pullups, Andy dropped from the chin bar; I will spare *IRON MAN* readers his profanities. Suffice it to say, he was hurting.

To hit the rep tempo that I prescribed for rows, I put only 185 pounds on the bar. By the last few reps, though, it would feel more like 385.

After two extremely grueling supersets, I noticed that Andy was turning a delicate shade of green, sweating profusely and walking with the help of a broomstick that members use for twists—Yoda on steroids.

Quite honestly, I knew that



One Arm T-Rows

in which you pull from the floor in a bent position (bent-over barbell rows, T-bar rows, dumbbell rows, spider rows)," I proclaimed. "In addition, perform one exercise with an underhand grip, one with an overhand grip and one with a close parallel grip. Each of the grips affects the back musculature differently and effects a change in recruitment patterns, helping to exhaust a great number of motor units. You can create even further variation by changing the width of any of the grips from workout to workout or even set to set. The back is truly a thinking man's bodypart."

"E, how do you remember all that?"

"Don't know, as long as it makes us grow. Now, c'mon, we have two sets to go."

"Any tricks with this, or am I just sitting and pulling?"

"Well, sorry to say, you won't be sitting but standing, and we'll be doing them one arm at a time so they are almost like single-arm dumbbell rows. Also, before I forget, both sets will be drop sets."

"Have I mentioned your need for counseling yet?"

With each side of the machine loaded up with four 45-pound plates, Andy began his first set. I kept reminding him to stretch, then squeeze, so as not to cheat himself of any range of motion. After eight reps he was spent, but the fun was just beginning. I tore off one plate and had him go to failure once again.

After two back-thrashing, mind-bending, sight-blurring sets, we were finally done. I was pretty well exhausted, but Andy looked as if a truck had run over him—then backed up over him for good measure.

"So, Andy, are you ready to go for those Big Macs now?"

"The thought of a Big Mac right now makes me nauseated."

"What a shame. I was going to treat."

"You knew that would happen, didn't you?"

"Bro, I was just doing my job. And look on the bright side. No extra cardio for you today."

"You are a real comedian."

"Nah...just a coach." **IM**

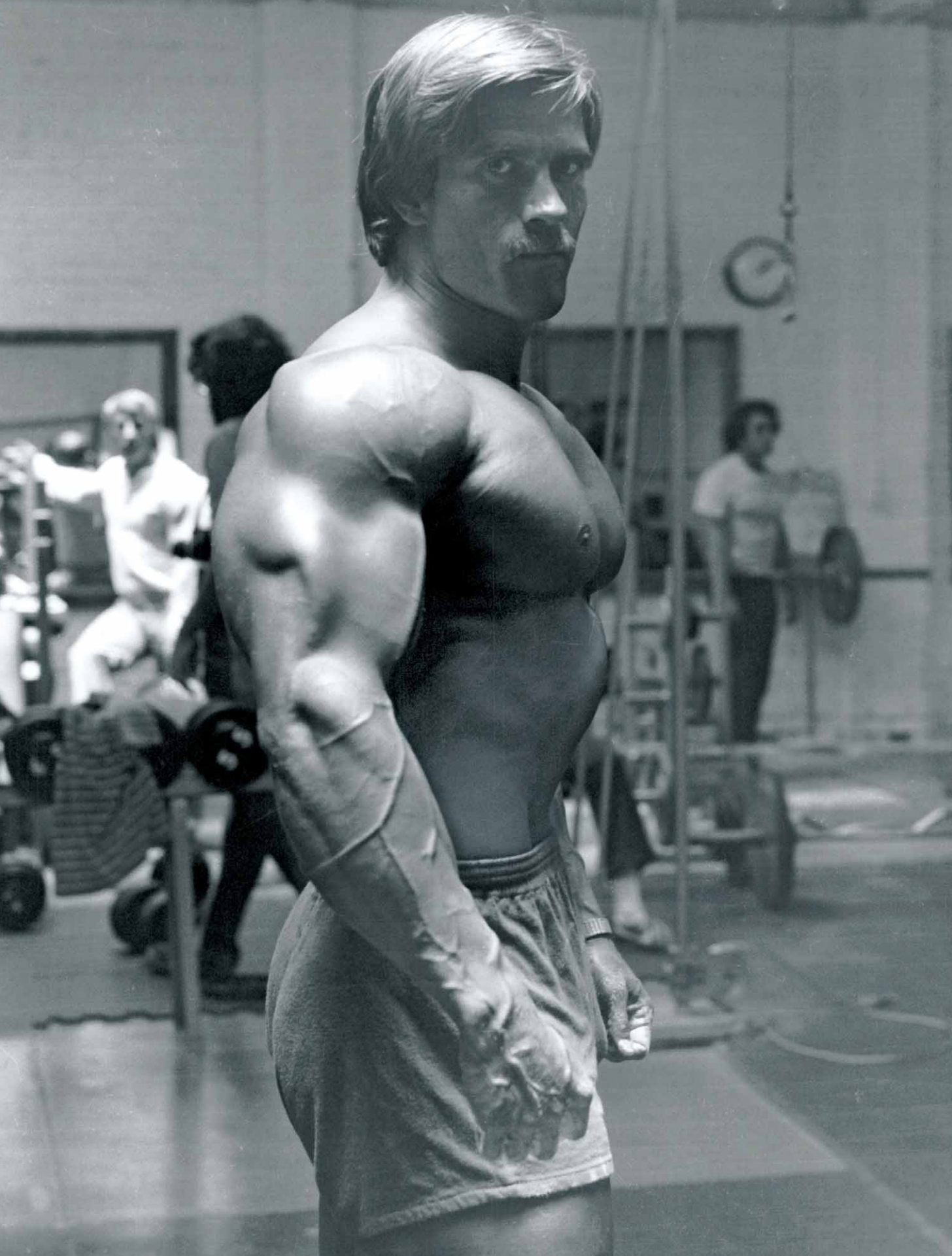
The back is a very complex group of muscles, and for full development you must assault it from unique positions and angles as well as feel the effects that you get from different grips.

neither one of us could take much more punishment, so I decided on just one final movement for the day: Hammer Strength close-grip seated rows. Andy seemed happy with my choice, probably because he thought he'd get to sit down. Little did he know.

"One thing that I always love about your back workouts, Eric, is how you always make sure to use all grips—wide, close, reverse, plus all angles of pull."

True enough. I believe that each back workout should use variations on three angles of pull as well as three distinct grip options. The back is a very complex group of muscles, and for full development you must assault it from unique positions and angles as well as feel the effects that different grips provide. Too many people stick with the same exercises, using the same hand spacing and body positioning, and they often use overlapping exercises that simply hit the muscles the exact same way over and over.

"You should include one exercise in which you pull vertically (pulldowns, pullups), one in which you pull horizontally (seated pulley rows, seated machine rows, Hammer Strength rows), and one



Legends of Bodybuilding Insider on the Outside



Roger Callard

by Rod Labbe

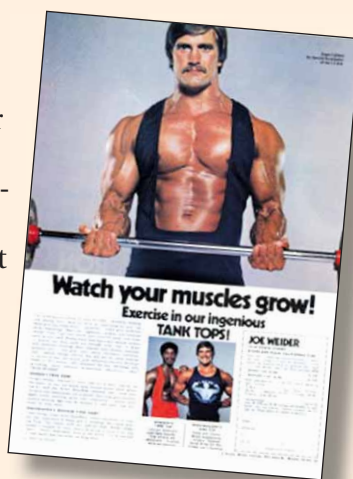
The first time I met Roger Callard, he of the dapper mustache and rugged Midwestern stock, I was taken with his charming down-home manner.

In our subsequent encounters—and there have been dozens—Roger has maintained an almost Zen-like calmness. His voice remains suitably modulated, his face placid and furrow-free. He's so mellow, it eventually spilled over and absorbed my naturally manic demeanor.

Need I mention that Mr. Callard happens to be a bodybuilding pioneer from the glory days of “Pumping Iron”? Those of us who have been around a while remember him on the beach in those funky Weider ads, demonstrating some medieval torture device none-too-cleverly disguised as an exercising tool. I never quite believed he got so jacked by bending an oversize Slinky, and certainly those clunky weighted wrist sheaths couldn't possibly have built such mighty biceps.

Or could they?

Nah. Beef like that takes time spent with the iron. And I mean serious time, away from frothing surfer waves and babes spilling out of string bikinis. With Roger, it's about testing limits. He joins the ranks of the bodybuilding icons who stand atop Olympus and survey their dominion. From farm life in rural Michigan to *IRON MAN*'s Legends of Bodybuilding—what a long, strange trip it's been.



RL: Jump-start the action by hitting us with a memorable anecdote from your film career. How about “Sextette” (1978)? Performing alongside the legendary Mae West must've been quite an experience.

RC: Well, it was an experience [*laughs*]. Casting director Skip Henderson asked me if I could get a bunch of bodybuilders together for a comedy musical called “Sextette,” written by Mae West. So we went up to Mae's house—a mansion, of course—and everything was white on white, totally old-school Hollywood. We were even instructed to call her Miss West. She was just like you'd expect—the diva persona didn't crack for a second.

RL: Did Miss West really have to be fed lines during filming?

RC: Yep, it happened. To eliminate flubs, they ran a wire through her wig and into a hidden earpiece. Worked fine, until she suddenly blurted, “The traffic on the 405 is heavy.” Everybody froze. Ken Hughes, our director, took her aside, but Mae seemed unfazed—so we continued as if everything was fine and dandy.

RL: Whoever gave her such an odd line?

RC: She'd accidentally picked up feedback from a passing traffic helicopter.

Roger Callard

Roger Callard's Competitive Record

- '72 Mr. Michigan, Overall winner
- '74 IFBB Mr. America, Medium, 3rd
- '74 IFBB Mr. Western America, Medium, 1st
- '75 IFBB Mr. America, Medium, 1st
- '75 IFBB Mr. USA, Medium, 1st
- '76 IFBB Mr. America, Medium, 2nd
- '76 IFBB Mr. International, Medium, 2nd
- '76 IFBB Mr. Western America, Overall winner
- '77 IFBB Mr. America, Middleweight, 1st
- '78 IFBB Mr. International, Middleweight, 1st
- '78 IFBB North American Championships, Medium, 2nd

It is funny, but Mae was 86 or 87 years old at the time. We were lucky to get the movie finished without any major mishaps, given her advanced age.

RL: I caught a cable showing of "Sextette" not long ago. Fascinating stuff, especially the opening scene where Mae arrives in a wedding gown. Kinda

like watching a slo-mo train wreck. You can't turn away.

RC: Awful. And having those bodybuilders around didn't help. Movies featuring bodybuilders are usually horrible anyway. They can't play real people, only caricatures.

RL: Your professional acting credits stretch back to 1973.

RC It wasn't my intention to be an

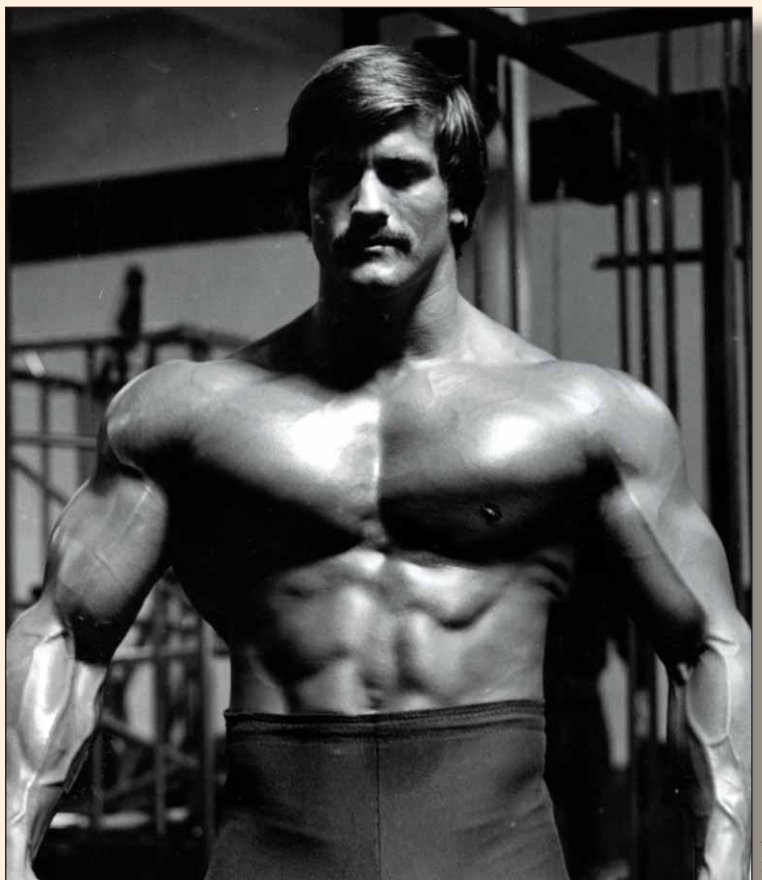
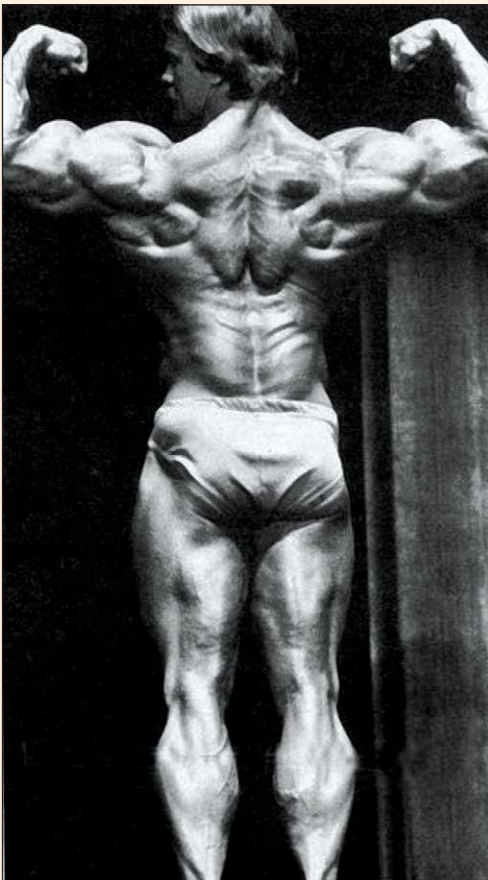
actor, but life sometimes takes you down unexpected paths.

RL: Who gave you a leg up?

RC: In the film industry? All of it was by accident, a fluke. After graduating from Michigan State University, I moved out to California with bodybuilding on my mind. Jumped into the scene whole hog—lots of sun and fun and an awesome bodybuilding community. Then, at my gym one day, this little powerlifter named Peanuts West approached me and asked, "Wanna do a movie? It's called 'The World's Strongest Man,' starring Kurt Russell." I was intrigued, so we—a couple of bodybuilders and I—went down to Burbank and met Bill Shepherd, their casting director. He loved us. I'd acted in college and even won a few high school drama awards.

RL: Weren't you a jock in high school?

RC: I was a jockish type of guy, but that detoured a bit when my high school football coach, Bill Morris, told me I had to be in the junior play. Since the other football players and cheerleaders were doing it, I



had no choice. And wonder of wonders, I won the dramatics award.

I won it again the next year, too, for *A Midsummer Night's Dream*. I was an animal of a little different color. On the field I mowed down my opponent, and onstage I recited jaw-breaking soliloquies.

RL: So after "World's Strongest Man," did you get an agent and do the Hollywood thing?

RC: Right away. I marketed myself aggressively as guest star, character actor, leading man, the entire spectrum. I wanted possibilities, not limits.

RL: You've also contributed mightily to the small screen.

RC: Name it, and I've probably done it—"Wonder Woman," "Hunter," "Charlie's Angels," "Laugh-in," "Barnaby Jones." TV was my bread and butter in the '70s.

RL: Didn't you work with Bob Conrad? He's a nostalgic favorite of mine.

RC: Bob's a pro, a man's man. I guested on his series "A Man Called Sloan," and we had a scene where I had to knock him out. He wanted to see how I threw a punch. So I threw it, and Bob said, "Yeah, that would definitely knock someone out." We pulled off the scene without a hitch.

RL: Michigan is where you lifted your first barbell. Or was it a cow? Maybe a bale of hay?

RC: Farm work doesn't build wimps [laughs]. It requires endurance and strength. Days and nights are long, and as soon as one job ends, another begins.

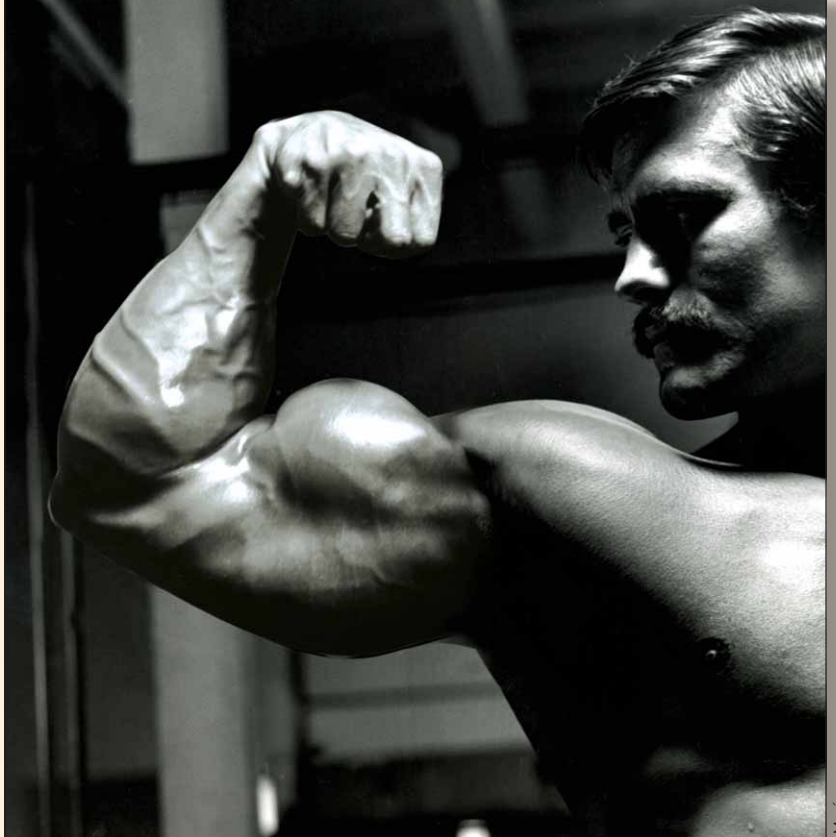
Actually, I didn't think about weight training until my older brother came home from Michigan State packed with muscle. It impressed me so much that on my very next birthday I received a 12-gauge shotgun and a set of weights. In one year, at age 13, I was beating 25-year-olds arm wrestling.

RL: Were you a skinny lad?

RC: Very. But man, oh man, I wanted to grow. I'd press and curl and do one-hand lifts with 150 pounds. That made me strong. I was also an extremely agile kid and always running around, which built good legs.

RL: When did you graduate?

RC: In 1968, a rough year politically. After scoring one of the high-



est SAT scores in the country, I went to Michigan State on an academic scholarship and studied sociology, psychology and anthropology. I also played football and ran track. It was a diversified collegiate experience.

RL: Not exactly the subjects one associates with bodybuilding.

RC: Most of my contemporaries are educated men. The image of bodybuilder as meathead is a fallacy.

RL: You were still training?

RC: Yes, for football, not bodybuilding. Lifting made me feel good, and I was looking good, too, but the moment I met Kent Kuehn, a bodybuilder and former Mr. Michigan, my perspective shifted. It did a complete 360. Kent asked, "What are you doing here?" I answered, "I'm a football player." He said, "Football player? Heck, you've got what it takes to be a bodybuilder." He introduced me to Don Ross, and we clicked instantly. Ron Gibson, Mr. Ohio, was also one of my buds. That's when I competed for the first time.

RL: The '72 Mr. Michigan—was that before or after graduation?

RC: Not long before. My original intent was to graduate and try out for the Chargers; instead, I went to Venice Beach and became a bodybuilder.

RL: You entered the bodybuilding scene at an interesting transitional time.

RC: Interesting, to a point. Perspectives and attitudes had us pigeonholed. If you worked out, people assumed you were either gay or numb as a post.

RL: But your generation erased those stereotypes.

RC: The impact of what we created may not ever be fully understood. Prior to the '70s athletes didn't weight-train. My boxing and football coaches were very skeptical about lifting. Once regular lifting was incorporated into sports, results shattered long-held myths.

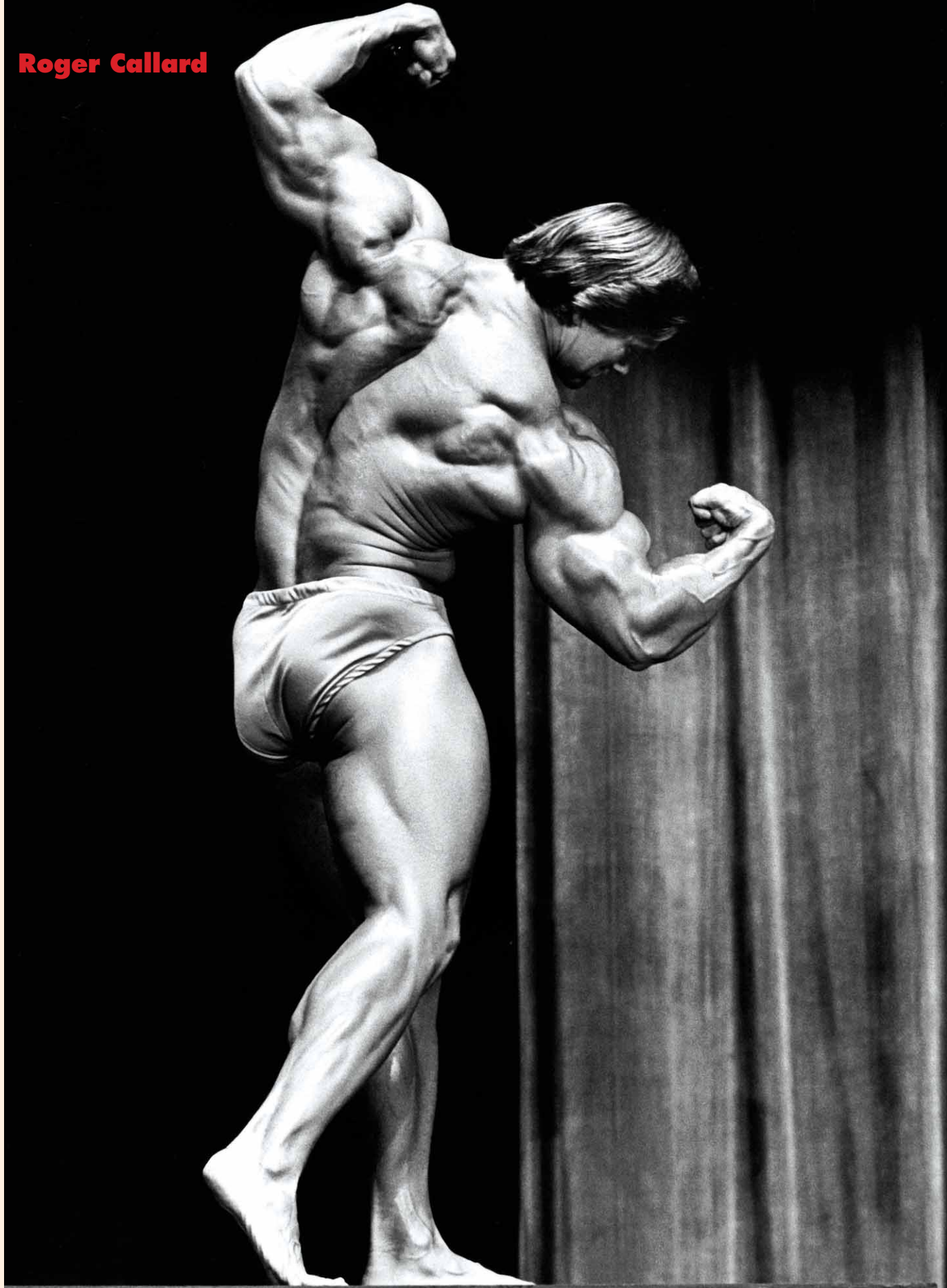
RL: The '70s bodybuilding scene has a patina all its own. Being part of that phenomenon—talk about your cultural revolution.

RC: You don't appreciate a time until it's passed. We were young explorers living on the edge and striving for a dream.

RL: What was different about your era?

RC: Bodybuilding back then was bicoastal: New York and Los Angeles. We trained at Gold's Gym—Arnold, Frank Zane, Denny Gable, Bill Grant, Franco [Columbu], Manny Perry, Bob Birdsong, everybody. Weider photographed us on the beach and created a bodybuilding

Roger Callard



mystique.

It was an attractive, ethereal existence. West Coast sun, surf and sand. We'd lift, go to the beach, lift again, and then hang out together. It was a tight little group. One year, Ricky Wayne wrote about a Christmas party I'd had where my brownies kept us up for days [laughs]. We weren't merely competitors; we were friends.

RL: No dissent in the ranks?

RC: The first guy to talk dissent was Mike Mentzer. He and his brother had an us-against-the-world mentality. I asked him once why he felt that way, but I didn't get much of an answer. If your mind's always on the other guy, you'll be distracted.

RL: Oh, yeah. I remember the '80 Olympia scenario. Generated a lot of flap, even to this day.

RC: Mike's adversarial attitude proved his undoing. You can't make enemies and expect a smooth ride.

RL: Touching on camaraderie—you and Mike Katz seemed pretty close.

RC: Mike and I were football players, so that connection kept us solid. I roomed with him in Birmingham, Alabama, when we were filming "Stay Hungry." One night, on the bus, Mike's crying like a baby. "Bro, what's wrong?" I asked. And he said, "See that girl over there, Rog? She reminds me of a girl I was in love with in South Africa." The memory still hurt him, after all those years.

RL: I interviewed Mike—you're right, he's a guy with heart.

RC: Bodybuilders are like everyone else; Mike happened to be one of the sensitive ones. Despite the image of demigod, we could still bleed.

RL: How does it feel to know you were involved in a genuine movement?

RC: Validated. Fighting and destroying an accepted image is never easy.

RL: We touched on Joe Weider's legacy. In a way, he's the architect of modern-day bodybuilding, good and bad.

RC: Joe brought sensationism into bodybuilding. He put bodybuilders on a pedestal. When people read Peary Rader's *Iron Man* or

Roger Callard's Workout

I train three times a week and do my entire body at each workout. I train Monday, Wednesday and Friday, or Tuesday, Thursday and Saturday. Each session lasts about one hour. On nonworkout days I do aerobics.

Legs: Leg extensions, squats, leg curls, 15 to 25 reps on each. One big tri-set. No rest between exercises.

Chest: One set of flyes, 15 to 25 reps. Then a set of either incline presses or flat bench dumbbell presses, always to failure.

Back: Pulldowns, 15 to 25 reps. Immediately go to bent-over rows, 15 to 25 reps.

Shoulders: A tri-set of alternate front raises (as one's going up, one's coming down), bent-over laterals (for rear delts and dumbbell presses, 15 to 25 reps, each set to failure.

Arms: Seated incline dumbbell curls supersets with triceps extensions, using same dumbbells; 15 to 25 reps.

Abs: 75 reps, usually on an ab machine

On off days, I go for an hour walk or 20-minute run. I don't have any joint problems because I never did anything stupid in the gym.

People talk about training heavy, but *heavy* is a relative term. For me endurance is more important than power. Look at the world's strongest men—they can't run around the block without a ventilator.

Word to the wise: If size were essential, a bull could catch a rabbit.

Roger Callard

Hoffman's *Strength & Health*, the guys inside were their equals. When they read *Muscle Builder*, nobody could touch us.

Some might criticize him, but no one in the 20th century has done more for our sport. Joe discovered Larry Scott, Sergio [Oliva], Dave Draper and Arnold, plus, he created the Olympia. An outstanding record of achievement.

RL: Didn't you build furniture with Dave?

RC: Dave's a woodworker, and I'm a carpenter. We'd cut down beams from the Venice pier and build bulky, burned and brushed furniture. Gorgeous stuff and functional as hell. All the rage back in the '70s.

RL: Dave also helped you out in the muscle-building department.

RC: He expanded my intuitive style of training and opened new creative doors for me. The intuitive method doesn't force anything, so injuries are at a minimum. In the gym, you do what you want rather than what you have to do.

RL: What is bodybuilding to you?

RC: Balance. Bodybuilders need balance. Armand Tanny said I had a high-speed look even while standing still. That's the greatest compliment anyone's ever paid me. When people see your physique, they know who you are. Look at my old photos, when I'm in a lineup. I'm wearing my game face. It said, "Don't f*@\$ with me."

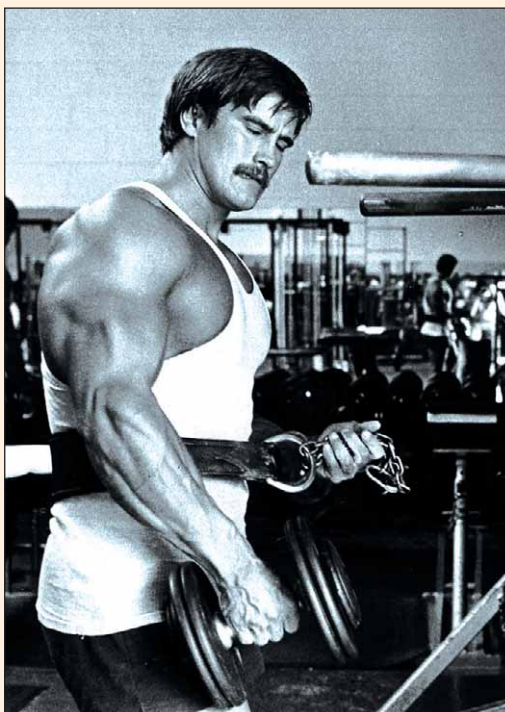
RL: Athleticism was part of your persona.

RC: Impossible to separate the two. But there should be a balance between athleticism and muscularity. When trainees get so big they can't run or move fluidly, balance has been sacrificed.

RL: Physiques of the '70s reflected that ideal, I do believe.

RC: Growth drugs didn't define us. We sought strength and proportion. Strength has always been my motivation, bottom line. A good-looking body is nice, but I want functionality.

RL: There was an interesting



sense of unreality about you guys, too—as if Olympus had dropped off a few of its best to walk among lesser mortals.

RC: People admired us so much; they literally did whatever we wanted. Here's a ridiculous example. We're at the gym, and this kid from Canada's watching me work out. He wants to know how I got so dark. I tell him we used special tanning oil and asked Ken Waller if there's any left. The kid starts putting it on and says, "Gee, this stuff sure is red."

RL: Wait, let me guess—it was transmission oil.

RC: Ha. The poor guy never doubted us for a second. After he's oiled up, Arnold stands back and proclaims, "Roger, doesn't he look like a god? I want Joe to see him." So, off the kid goes to Joe's office, sits on his expensive leather couch with red shit all over him, and Joe freaks.

The kid hightails it back to our gym, and Arnold says, "Don't worry, you're too far into the future for Joe to comprehend—you are beyond." Last time any of us saw him, he was walking on the beach covered in transmission oil and sand.

RL: And you held a straight face while this was going down?

RC: My acting skills were sorely tested. Of course, nobody questioned Arnold. To have him call you a god was like being knighted.

RL: Well, you guys were larger than life, so who would doubt

your advice?

RC: Therein lay the attraction and our popularity. None of us could possibly be anything so mundane as human. The mags transformed us into creatures not of this earth. Joe put fake wood plates on the bar, and it looked like we were doing 300. It was a manufactured mystique—and a powerful one.

RL: What did you think when women's bodybuilding exploded?

RC: I like seeing a cross section of people involved. In the beginning, we had Rachel McLish, who was simply stunning. A curvaceous body and gorgeous face. She could be the girl next door.

RL: Cory Everson kicked it up a few good notches.

RC: Cory's a superior athlete from Wisconsin. She presented a great body, with good muscle size and never lost her femininity.

RL: What about today's physiques?

RC: They're cartoons. The line between male and female has been intentionally blurred. Feminine beauty doesn't mean anything anymore. At least, not in bodybuilding. And it's just as bad on the man's side now.

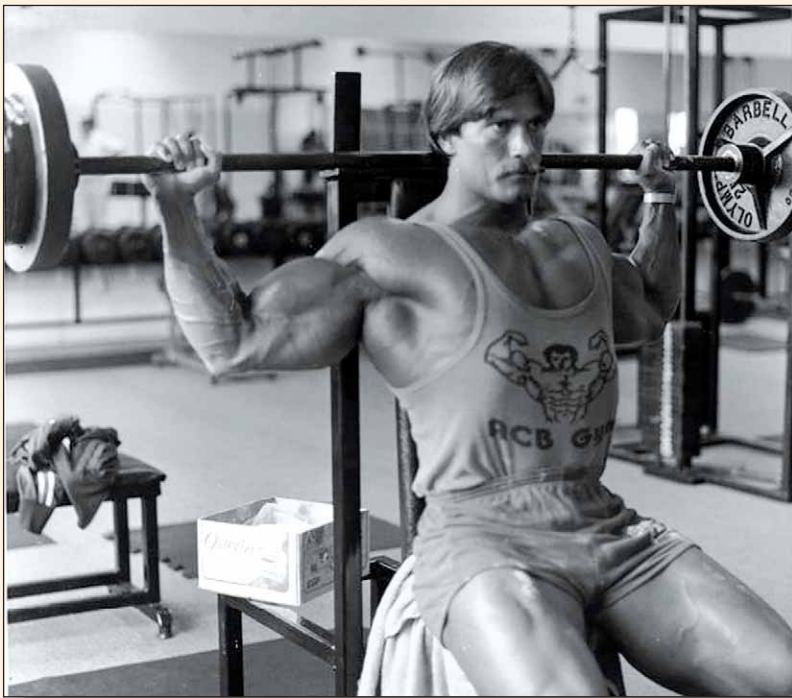
Look at Samir Bannout. He won the Olympia at 187 pounds, perfect for his bone structure and height. But Samir thought he had to pack on beef to beat Haney. Not good. You can't turn a Corvette into a Hummer without losing quality. One factor of greatness is recognizing and identifying it without comparing yourself to others. Once you let them into the circle, you're doomed.

RL: You weren't after size?

RC: No, although that came with the territory. I worked out so I could punch harder, hit the ball farther and jump higher. Take a guy like Frank Zane—he wasn't massive, but Zane beat huge guys. Too many men suffer from the Platz syndrome, and that's not bodybuilding.

RL: Classic bodybuilders have small waists, small ankles and wrists.

RC: Bodybuilding's an illusion. A flair. If you have big shoulders, your arms won't look as big, and if



change?

RC: Chris Dickerson's Olympia win in '82 was on the cusp of what I consider modern bodybuilding. Haney's dominance meant bigger, not necessarily better. I'm not talking about individuals. I respect Lee immensely. We're both farm boys. It's his look—

RC: Probably the '77 Mr. America, what they now call the Nationals. Navarette was my main competition.

RL: That was the same year you and Arnold were in "The Streets of San Francisco."

RC: Yes, Arnold played a bodybuilder who'd gone nuts, and the cast included me, Franco, Denny Gable and Robby Robinson. They even staged a fake bodybuilding show. We worked with Richard Hatch, who'd replaced Michael Douglas. Meeting Karl Malden was an honor. He treated us all like his equals.

RL: Bodybuilders and prime time went hand in hand during the '70s. I remember Clint Beyerle and Dave Johns on an "Addams Family" Halloween special.

RC: We were like flowers opening to receive the sun. Arnold was doing movies, and there were talk shows like Phil Donahue and Merv Griffin. The media suddenly took interest in our obscure subculture, and we gladly gave them a guided tour.

you're wide, you'd better have huge pecs and a good back. Bulking up isn't always the answer. When you're onstage, no one is weighing you, and no one is measuring you. It's an illusion, and you're the magician.

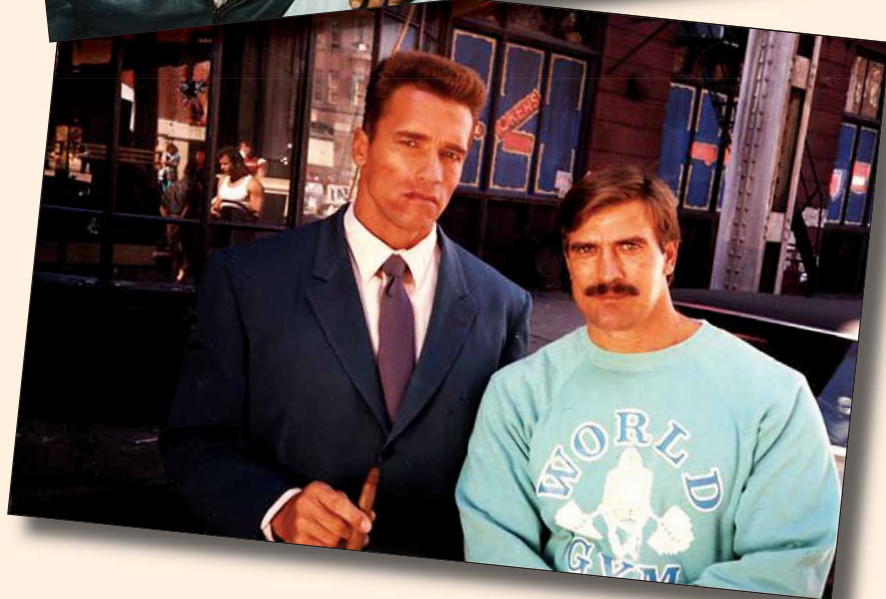
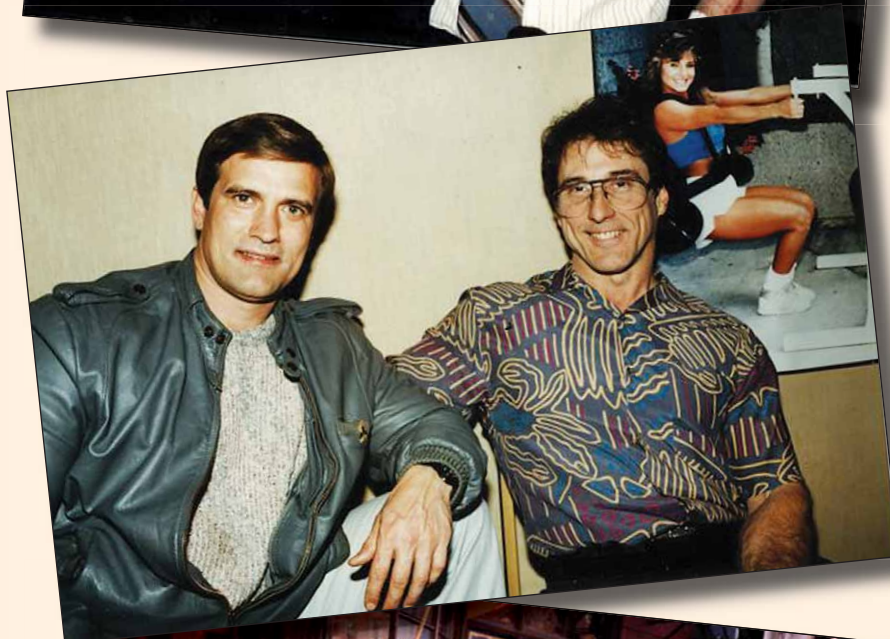
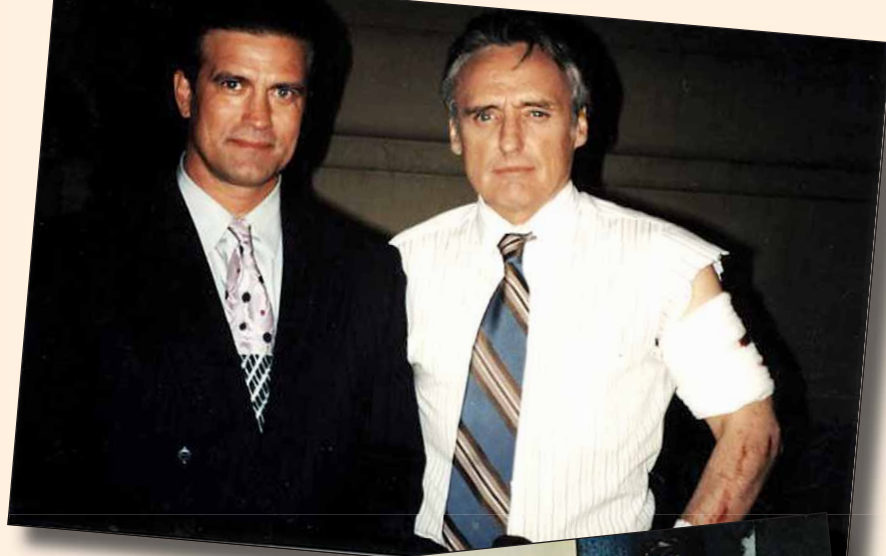
RL: When did the sport

blocky, immense, gargantuan. To me, that's not a balanced physique. When he started winning, symmetry flew south.

RL: What do you see as the high point of your own competitive career?



Lots of recognizable faces in this group shot from Arnold's movie "Stay Hungry."



Callard fraternizes with the famous: Dennis Hopper, Frank Zane and, of course, Arnold.

Roger Callard

RL: That's also the time athletes began looking like bodybuilders.

RC: Bruce Jenner at the '76 Olympics; Bobby Fischer, the chess king, was working out. We had golfers and boxers training with weights. Negative concepts were crumbling one by one.

RL: Your competitive career ended in 1979. Any second thoughts?

RC: Second thoughts are for wasted opportunities. Before I competed, I was an all-American athlete and had already achieved nationwide success in other sports. I didn't need to win Mr. Universe 10 times to validate my abilities.

RL: Describe Roger Callard's role as an athlete during that innovative time.

RC: An insider on the outside. Even though Arnold and I were close, I had more in common with Waller, Gable, Manny Perry and Mike Katz, who were football players.

RL: What are you up to in 2007?

RC: As we speak, I'm acting and writing scripts. I build houses and sometimes even sing—but that's another interview [*laughs*]. Just did three voices in an animated film called "Rose Marine," an underwater adventure similar to "The Little Mermaid." Life's an adventure. I'm always drawing, sketching, creating. My wife and I have a casting business; we've been married 23 years.

RL: Obviously, the gym's still a home away from home.

RC: That's a wonderful compliment. I'm a member of Gold's and keep a pretty consistent regimen.

RL: Do you miss competing? The thrill and synergy of prepping for a show?

RC: No, I don't. My last contest was in '78, at an age where I'd already accomplished every bodybuilding goal. Of course, I value those memories and hold them dear—they're part of my life, my psyche and who I am.

Editor's note: Roger Callard can be contacted at P.O. Box 621, Lake Hughes, CA 93532. **IM**



Norway Super Series Grand

Prix

Photo report and illustration
by Larry Eklund

Strongmen Compete in the Land of the Vikings



iking power! The cry could be heard for miles around. The ultimate test of manhood—the alpha-male test of all time—was back in Norway. Produced and presented by Sven Karlsen's Viking Power

Productions, the last of the World Strongman Super Series Grand Prix for 2007 was where the titans of Europe had come to contest their power. The cameras of Fox Sports and Norwegian TV converged on the beautiful mountain resort of Storefjell, in Norway.

It's a three-hour train ride through Norway's scenic mountains and fjords to the town of Gol and another 20 minutes' drive to Storefjell. Beauteous land—from turf-covered log homes to rich green farmland on which cattle and sheep graze peacefully to the raging rivers that cut through the mountainside and eventually empty into majestic blue-green lakes—surrounds the Storefjell Resort Hotel.

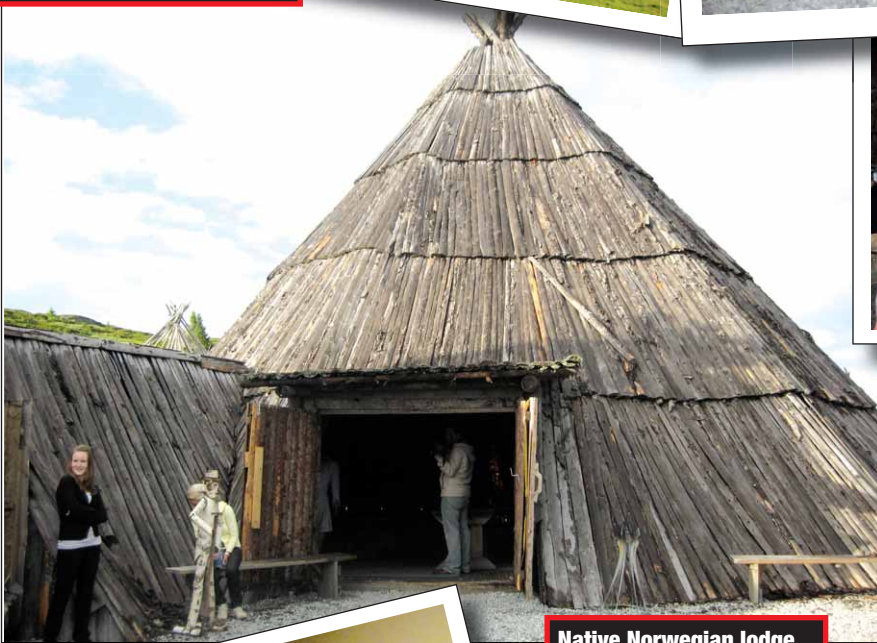
Norway



Norway's legendary beauty.



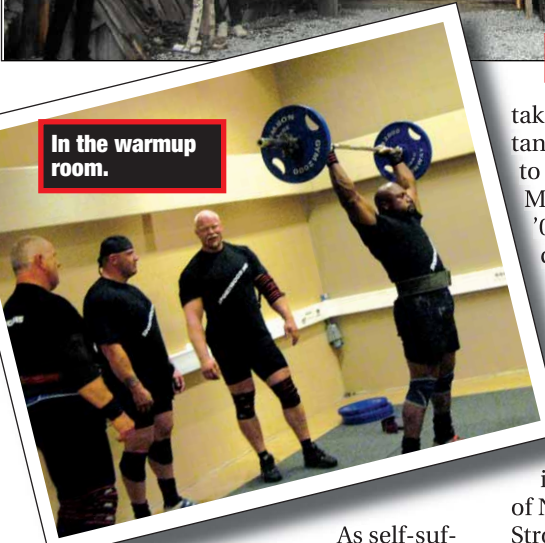
Interior of the lodge, with reindeer skins as part of the setup for the Viking feast.



Native Norwegian lodge.



In the warmup room.



taking a year off to rest. Janne Virtanen, WSM '00 from Finland, came to test himself against the might of Mariusz Pudzianowski, WSM '03, '04 and '05, of Poland. Mariusz came to regain his dominance after a miscalculation in strategy cost him the overall victory in the Venice Beach Super Series Grand Prix contest last June.

The other competitors were Karl Gillingham of the USA, no stranger to the podium in the super series; Odd Haugen of Norway, who'd competed in the Strongest Man Norway contest in the spring and despite a lower-back injury still managed to land the bronze; and the young and powerful Norwegians Espen Aune and Richard Skog. From England came the 400-pound Terry Hollands and the equally mighty Mark Felix. Rounding out the field of power were


As self-sufficient as a cruise ship at sea, the resort played host to some of the strongest men in the world. Several pros new to the arena tested their strength against three previous World's Strongest Man winners. Magnus Samuelson, WSM '98 from Sweden, returned to the field after

Rene Minkwitz of Denmark, Jarek Dymek—training partner of Mariusz Pudzianowski—of Poland and Boris Haraldsson of Iceland.

It was standing room only. People from across Norway came to see the titans of strength ply their might against the ponderous contest weights. WSM commentator Colin Bryce entertained and informed in-house and television audiences.

Mariusz was the favorite going into the first event, the 858-pound (390-kilogram) yoke race. It soon became apparent, however, that he was in for a fight from the biggest man in the competition, Terry Hollands, who dominated the first few events. Mariusz must have been having flashbacks of Venice Beach, as he kept coming up just short of the "man mountain," Hollands.

Due to time constraints for both a timely finish of the contest and the TV broadcast, the total standings for the first few events were used as elimination criteria to bring the field down from 12 to eight. Odd Haugen, the hometown favorite, suffered a hamstring contraction that prevented him from completing the 1,100-pound tire flip against Magnus Samuelson. That caused him to fall to ninth place by the elimination

A photograph of a male athlete, Espen Aune, in a dark t-shirt, leaning over a barbell with two large black tires attached. He is in a starting position for a lift. A crowd of spectators is visible in the background.

Espen Aune, Norway,
attacks the 310-
kilogram axle.

A photograph of a male athlete, Mariusz Pudzianowski, in a dark t-shirt and blue shorts, performing a deadlift with a barbell and two large black tires. He is standing on a wooden platform with a 'GYM 2000' logo. A crowd of spectators is visible in the background.

Mariusz
Pudzianowski,
Poland.

Mariusz was determined to get the lift, even if it didn't count.

round. Terry Hollands easily bested Mariusz Pudzianowski in the tire flip. Mariusz had a strong start but then had difficulty handling the massive tire, which gave Terry the edge he needed.

In the axle lift, the first event after the elimination round, each contestant had one chance to deadlift the axle, starting at 310 kilograms (682 pounds). The weight was increased with each successive set until no one could lift it. Terry, who appeared

to be struggling with the event, and Mariusz were the last two to attempt the final weight of 350 kilograms (770 pounds). Neither could complete the lift, but Mariusz was determined to get the lift even if it didn't count. He went all out for a second attempt but to no avail.

The tide of the contest fatefully turned against Terry Hollands during the farmer's walk. As Terry's bout started, he took a few long strides but stopped and dropped the

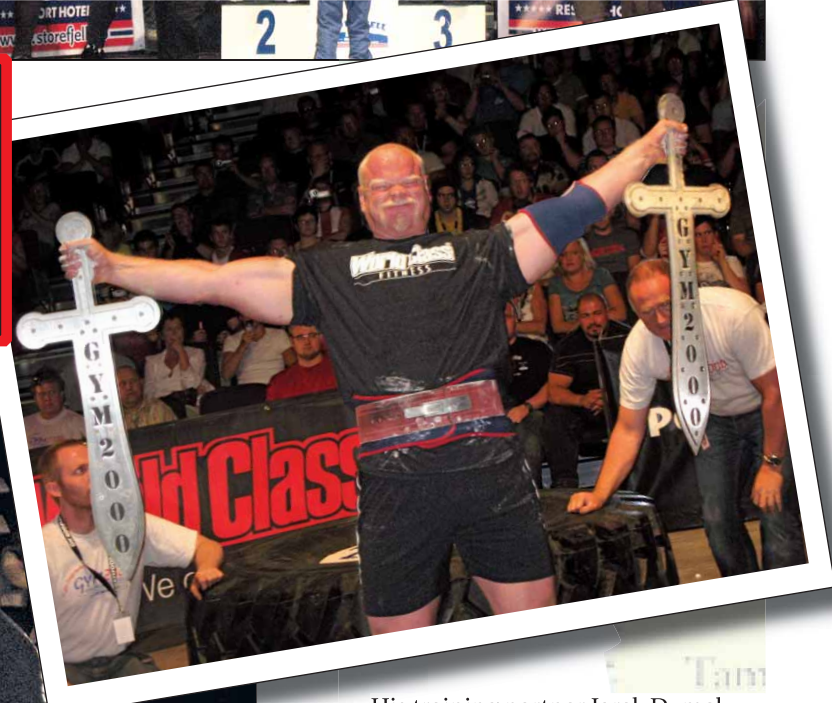
weights. The reason: His right foot was bent at an irregular angle up toward his left knee. It looked as if his ankle was broken. He limped off the show ground to the contestants' warmup room with the help of other competitors. It was later announced that his right calf muscle had severely cramped—no break.

By the time of the final event it was almost certain that Mariusz was going to make good on his assault for the gold. The Atlas stones

Norway



- Above, Magnus Samuelson gets the interview treatment from ESPN.
- Above right: Awards ceremony; that's Pudzianowski, the winner, shirtless in the center.
- Right: Samuelson executes the crucifix hold. Each cross weighs about 42 pounds.
- Below: Karl Gillingham, USA, on the fourth Atlas stone.



His training partner Jarek Dymek received the silver, and Magnus Samuelson, who'd stated earlier he was here just to see how he'd do and get back into the competition spirit, placed with a bronze.

In all, it was an incredible contest of strength, the like of which can be bested only by the final Met-Rx World's Strongest Man contest. In no other place will you find so many titans of power in a single venue. Sven and Lena Karlsen produced a magnificent show for both the audience and the competitors. The bar has been raised, and this competition is the one against which all others will be judged.

Editor's note: For behind-the-scenes video and photos go to www.IronManMagazine.com. Watch the champions of might as they practice and play before the show. For televised show times of this and future contests visit www.Super-Series.com or your local Fox Sports network. **IM**

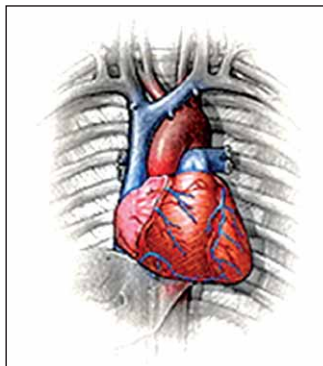
event, which calls for contestants to lift round stones starting at 120 kilograms and progressing to 180 kilograms, is a crowd favorite. Both Magnus Samuelson and Mariusz breezed through, lifting four of the five to their platforms. No one deemed it necessary to lift the last 180-kilogram stone.

The real surprise in the event was the great Terry Hollands. Champion that he is, he limped out to the arena despite his devastating calf

cramp to lift the first stone effortlessly, placing it on its stand. Then he nonchalantly proceeded to lift the next three stones onto their respective platforms. He paused for a moment over the fifth stone, then walked off the floor to the crowd's ovation, still with a slight limp but a champion all the same.

Crowned with a Viking helmet, Mariusz Pudzianowski was proclaimed the winner of the Norwegian Super Series Grand Prix.

Arnold's Heart and Other Tales of Woe



On June 9, 2007, Kris Dim collapsed while training in a gym. The 34-year-old professional bodybuilder underwent immediate emergency surgery. He'd suffered a stroke due to an aortic dissection—that is, the large artery in the heart literally split. Since the aorta delivers blood pumped from the left ventricle of the heart to the pulmonary and all other arteries in the body, a sudden breakdown of the vessel would compromise blood flow—explaining why Dim passed out. Two types of aortic dissection are known: Type A involves the ascending aorta, which requires surgical repair. Type B involves the descending aorta, which can be treated with drugs, such as beta-blockers.

Dim was lucky. Rapid surgery saved his life. Others with

the same condition, such as actor John Ritter, comedienne Lucille Ball and Olympic volleyballer Flo Hyman, weren't as fortunate. They died from complications of aortic dissection. Last year a 21-year-old University of Toledo basketball player succumbed to aortic dissection. Michael DeBaakey, the renowned Texas heart surgeon who devised the surgical procedure for Type A in 1955, fell victim to it himself and was the

oldest person to undergo surgery (his own) at age 97 in 2006. Untreated aortic dissection has a 50 percent mortality rate in the first 24 hours. Studies show that two in every 10,000 people have the condition.

Initial rumors circulated, especially on the Internet, that Dim's condition was related to his using anabolic drugs. After all, he was a pro bodybuilder—it seemed likely that he used steroids extensively.

Whether Dim used steroids had zero relationship to what happened to him. Although one study compared athletes who use anabolic steroids with drug-free athletes and found increased aortic stiffness in the drug

users,¹ several reports in the medical literature suggest that merely lifting weights could predispose people with structural deficits in their aorta to a dissection. For example, an aneurysm is a local weakness in the aortic wall. Those who train regularly with heavy weights temporarily raise their blood pressure to extreme levels, which enlarges the aorta. Some doctors don't agree that an enlarged aorta is a risk factor; however, since connective tissue stiffens with age, people 40 or older who have the condition—or risk factors for it—need to be careful. Doctors have suggested screening would-be weightlifters via echocardiogram, which measures heart rhythm.

Having high blood pressure may cause aortic dissection in some people, as can intense chest trauma. Most such cases occur in those aged 50 to 70. Using cocaine is a definite risk factor for aortic dissection because cocaine elevates blood pressure. Yet any type of strenuous exercise—even sneezing—may precipi-



Kris Dim's recent stroke was caused by aortic dissection, the same condition that killed actor John Ritter.

Neveux

tate aortic dissection in a susceptible person. In 2005, researchers from the University of Texas Medical School found that having a genetic mutation in transforming growth factor beta receptor-2 predisposes a person to aortic dissection.

One susceptibility that could result in aortic dissection is a bicuspid aortic valve. Normal aortic valves are tricuspid, having three cusps, or flaps, but 1 to 2 percent of the population are born with only two cusps. It's the most common cardiac structural abnormality. One person in this category was none other than Arnold Schwarzenegger.

In April 1997, Arnold underwent surgery to replace his bicuspid aortic valve. "I never felt sick or had any symptoms at all," he told the press, "but I knew that I would have to take care of this condition sooner or later." Since Arnold's name was almost synonymous with huge muscularity, it didn't take long for the rumor mill to claim that the condition was the consequence of years of steroid abuse.

According to standard medical texts, however, problems related to bicuspid aortic valve peak at age 40. Even insurance companies, which aren't known to give anyone a break, don't charge extra premiums for this congenital condition, which is four times more prevalent in males than females. As for the steroid connection, there was none. As Arnold noted, in many cases there are no symptoms associated with it. The condition is just considered a structural anomaly of the heart.

The need for bicuspid aortic valve surgery arises when symptoms do surface. Aortic stenosis, or a narrowing of the aortic valve opening that limits blood flow, is often the result of calcium buildup in the valve over time—for example, the time it takes the body to reach middle age. (Arnold had his surgery at 49.) Aortic regurgitation, the name given to backflow of blood from the aorta into the left ventricle from which it just came because the valve doesn't close all the way, is another aspect of stenosis. The worst-case scenario is aortic dissection.

Surgical treatment for bicuspid aortic valve varies. One option is to use valves extracted from pigs; reports that Arnold had a pig valve replacement weren't true. He opted

Aortic stenosis, a narrowing of the aortic valve opening that limits blood flow, is often the result of calcium buildup in the valve over time—for example, the time it takes the body to reach middle age.



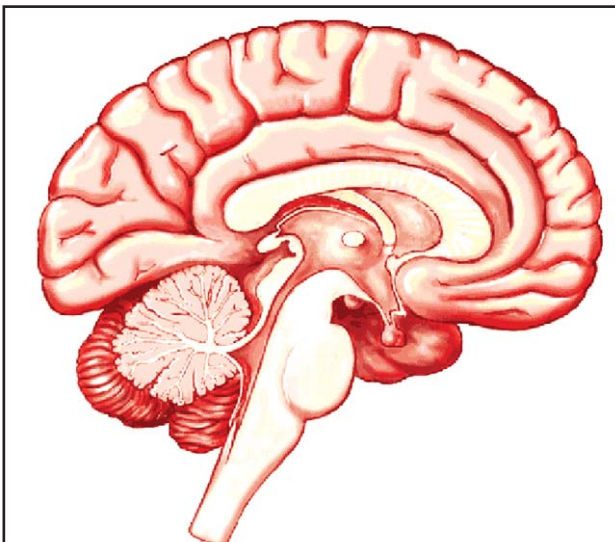
Despite the rumors, Arnold's heart surgery had nothing to do with steroid use. He was born with a defective heart valve, and doctors recommended that it be replaced.

for a homograft—that is, an organ donation. That type of replacement often lasts 15 to 20 years before it needs to be replaced. Other options are the Ross procedure, which replaces the defective valve with a pulmonary artery. The longest-lasting replacement is mechanical, made of synthetic material rather than body tissue, but that means lifelong use of anticoagulant drugs, which may be the reason Arnold didn't go for it.

Arnold's fame also spawned reports that he was a cardiac invalid. He filed lawsuits against several publications and won them all. The important point was that Arnold's condition was so benign that he never experienced symptoms during his entire bodybuilding career or most of his acting career. Since he's publicly admitted using steroids when he competed, it seems clear that the drugs had no effect on his valve. Of course, he probably had no idea he had the condition at the time.

A recent study confirmed that many athletes have the same condition but that it doesn't interfere with their training or sport participation.² Of the 2,273 athletes evaluated in sports ranging from basketball to soccer to tennis to cycling to swimming, 58, or 2.5 percent, had a bicuspid aortic valve. Among the 2.5 percent, nine had normal valve function, 47 had abnormal valve function with mild regurgitation, and two had moderate stenosis. Their ages ranged from eight to 60.

Asymptomatic bicuspid aortic valve doesn't show up during normal medical exams unless the doctor hears a faint heart murmur or click. That's rare, which is why diagnosis depends on an echocardiogram. In any case, the odds of having it are low. Contrary to Internet B.S., anabol-



Some popular bodybuilding drugs like clenbuterol in small doses appear to reduce or prevent brain erosion.

ic drugs of any kind have no relation to the condition and won't escalate symptoms.

Can Hormones Protect Your Brain?

You hear so many bad things about testosterone and growth hormone that it's easy to overlook what happens to bodies that don't have them. Public prejudice is fueled by sensationalist reports in popular media. Anabolic-drug use by professional athletes, such as baseball players, leads the uninformed to believe that such drugs are no use to "normal" people.

Nothing could be further from the truth, which is readily available in the medical literature. The following studies—none of which rated publication in the popular media—relate to preventing degenerative brain disorders.

In one study mice that were injected with a protein called beta amyloid, a type of which is considered the root of Alzheimer's disease,³ developed memory loss and confusion—exactly what occurs in Alzheimer's patients. Some of the mice, however, got human growth hormone. The mice with induced Alzheimer's experienced an increase in free radicals, toxic by-products of oxygen metabolism that destroy the neurons that produce acetylcholine, a neurotransmitter associated with memory and learning. In the mice that got GH, those effects

those keys?") that start about age 40. The prefrontal cortex is sensitive to levels of norepinephrine, a catecholamine hormone also involved in fat oxidation. In the brain, moderate levels of norepinephrine bind to alpha-2 adrenergic receptors and improve prefrontal cortex function, which means alertness and memory retention.

Since the brain also contains beta-adrenergic receptors, a new study tested the effects of the drug clenbuterol on brain function.⁴ Clenbuterol is normally prescribed as an asthma drug in Europe but was never approved for use in the United States. Since it is structurally similar to catecholamines, it binds to beta-2 adrenergic receptors in the body.

Clenbuterol was directly injected into the brains of young and old rats that showed mental deficits linked to poor prefrontal cortex function. The drug was also supplied to monkeys. Previous studies have shown that clenbuterol selectively affects the amygdala and hippocampus, which have to do with emotions and memory.

The study found that clenbuterol increased brain function. While that points to possible therapeutic uses of clenbuterol in treating brain disorders, there are some problems. Bodybuilders use clenbuterol for muscle growth and fat loss, but it can also cause bone loss, which can lead to fractures in older people. Excess clenbuterol produces such side effects

were blocked. Human studies have demonstrated that those who are clinically deficient in GH suffer from accelerated brain degeneration.

The prefrontal cortex is vital for guiding behavior, thinking and working memory. Damage to it—common with aging—can result in a failure to plan and organize behavior. It partly explains the frequent memory deficits ("Where are

as heart arrhythmia, tremors and possibly heart attacks. Less well-known potential side effects are testicular damage and immune suppression. Even low-dose clen can damage heart muscle.

The doses the monkeys got in the study were similar to what's prescribed for asthma. That dose doesn't cause cardiovascular problems, though it does induce transient tremors. The initial research looks promising, but further human studies are needed to clarify whether and how clenbuterol might be used to treat human brain disorders.

A study that examined the impact of estrogen and insulinlike growth factor 1 in the brain indicates that they partner to protect the brain against the damaging effects of cortisol, a stress hormone that attacks the sections of the brain that govern learning and memory.⁵ That's why long-term stress is considered a major cause of brain aging.

IGF-1 rises in response to exercise and a high-protein diet, as well as in the presence of growth hormone. Estrogen is produced in much greater amounts in women than in men, and some researchers think that it helps preserve women's brains. Estrogen has beneficial cardiovascular effects, such as maintenance of high-density-lipoprotein cholesterol, and possibly long-term brain protection, although that's not as evident in men as it is in women.

References

¹ Kasikcioglu, E., et al. (2007). Aortic elastic properties in athletes using anabolic-androgenic steroids. *Int J Cardiol.* 114:132-134.

² Stefani, S.L., et al. (2007). Bicuspid aortic valve in competitive athletes. *Brit J Sports Med.* In press.

³ Ling, E.A., et al. (2007). Protective effect of recombinant human somatostatin on amyloid B-peptide induced learning and memory deficits in mice. *Growth Hor IGF-1 Res.* In press.

⁴ Ramos B.P., et al. (2007). Beta-2 adrenergic agonist, clenbuterol, enhances working memory performance in aging animals. *Neurobiol Aging.* In press.

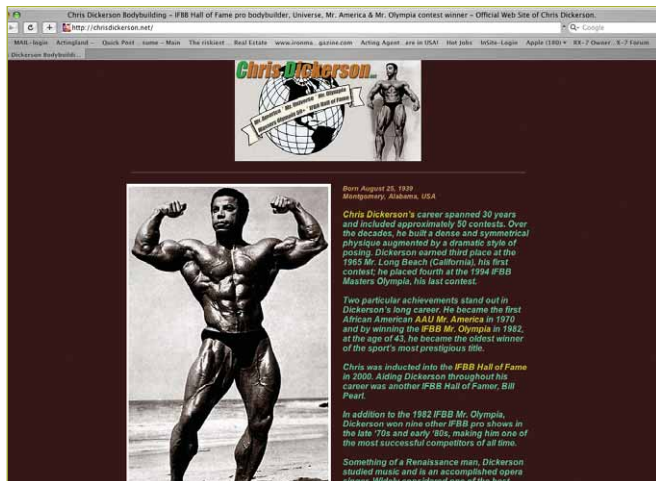
⁵ Garcia-Segura, L.M., et al. (2007). Estradiol, insulin-like growth factor-1 and brain aging. *Psychoneuroendocrin.* In press. ■■



If you find something on the Web that *IM* readers should know about, send the URL to Eric at bodyfx2@aol.com.

> www.ChrisDickerson.net

It's been 25 years since a 43-year-old Chris Dickerson won the Mr. Olympia title in '82. Chris remains the oldest man ever to have won the IFBB's most prestigious competition. Thus I felt it fitting to introduce *IRON MAN* readers to the bodybuilding legend's Web site. Chris' amazing competitive career spans more than 30 years, starting with the '65 Mr. Long Beach three years before your faithful correspondent was born and culminating in a fourth-place finish at the Master's Olympia at the age of 55. In 1970 Chris became the first African American to win the AAU Mr. America contest, helping pave the way for so many incredible champions of color. The IFBB inducted Chris into its Hall of Fame in 2000, solidifying his reputation as one of the greatest bodybuilders ever to grace the stage. And Chris truly did grace the stage as one of the most dramatic and artistic posers of all time. In fact, he didn't just pose; he created "art in motion" with his physique. That may not be surprising coming from a man who studied classical music, eventually becoming an accomplished opera singer—and singing the national anthem at several bodybuilding contests. Performing is in his blood. While his site is very simple and basic, it's still worth a look just to see the classic black-and-white photos on each page. By today's standards Chris was far from massive, but the beauty of his physique is undeniable. In fact, he won nine IFBB titles before he stopped competing. Nowadays he lives in South Florida, not far from yours truly. Recently, I trained right alongside of him in a Gold's Gym in Fort Lauderdale. Yes, I trained right next to a legend, and he trained right next to someone who is a legend in his own mind—me. It was truly inspirational to see a Mr. Olympia at age 67 still pumping iron and with a big smile. That's bodybuilding. That's Chris Dickerson.



>www.NancyDiNino.com

I have never met Nancy Di Nino, but I feel as if I've "experienced" her. I've reviewed many Web sites, but this is the first time I can say that I could feel someone's energy transcend the computer screen and hit me right between the eyes. Not only is Nancy simply stunning to look at, but her passion for life can only be described as intoxicating. You can see the fire in her eyes, her words and even her long red hair. Nancy says that those who know her would describe her as someone who "never stops, she's got that passion, and that discipline, and she just keeps on going...and her competitive edge...watch out, 'cause here she comes." Heck, that sentence alone makes me feel like pushing some big weights. Where's my lifting belt? Nancy started at age six in competitive gymnastics, a career that lasted 12 years. She's known for her incredible ab development and credits her gymnastics coach for it because he started her on 1,000 reps per day for her midsection by age seven. Once she was done with gymnastics, she put her boundless energy into the world of dance, studying hip-hop, jazz and salsa. Nancy loved salsa dancing, eventually becoming both a member and instructor of the Strickly Salsa Dance Company based in her native Canada, where she resides. In 2004 she began channeling her passion for performing into fitness, figure and modeling competitions. Her continued success, along with her exotic good looks and outgoing personality, has enabled her to establish a growing career in the health, fitness and urban-mainstream-entertainment industries. She's been featured in many magazines, including *IRON MAN*, and she co-hosted the '07 Arnold Classic Sports Festival women's finals Webcast, which included an interview with the Governor himself. Nancy is also the co-host of a modern women's radio show called "Living Beautiful." When does she sleep? Does she sleep at all? NancyDinino.com is definitely a visual feast, and I urge you to go there and "dine" a few times (can you tell I am hungry?), as this lady is beautiful, exciting and inspirational. Before you do, however, you'd better drink a few cups of coffee, or you might not be able to keep up. And a note to my brothers in iron out there...turn on the air-conditioning before visiting Nancy's site, because the girl is smoking hot. And she's just getting started.



>www.EXRX.net

In one of my early columns I did a short piece about this Web site, but it's time to bring it up again, as it is one of best resources on the Net for bodybuilders, athletes and fitness instructors. As an online personal trainer I design workout programs for my clients on a daily basis. Quite often I'm asked the proper form for a particular movement. Since I'm not in the gym with them, I need to point clients toward a site that will not only describe the correct execution but also show the exercise being performed, preferably through video. EXRX.net fills that need better than any other site I've found. What's best about it is that you don't need to download the video. It simply plays on the page as soon as you click on the movement you wish to view. Along with the video and description of each exercise is a list of all of the muscles involved, including the target, synergists and stabilizers. If you're a science geek like me, you can also click on each of the muscles listed and learn about its specific function, anatomy, origin, insertion and more. Fascinating stuff for those interested in the musculoskeletal system. I could write several pages on all that this site has to offer. It also covers such topics as exercise psychology, nutrition, biomechanics, program design, anabolics, safety and fat-loss myths, among many others. I must admit I find myself returning to the site every day and spending at least half my time on it looking for hot photos of fitness models. And just in case my girlfriend is reading this: "Just kidding, honey."



>Net Results Q&A

The Power/Rep Range/Shock innovator answers your questions on training and nutrition.

Q. I've read that Milos Sarcev trains bodybuilders with giant sets that include up to six, seven or eight exercises in a row. Do you feel that's an effective mass-gaining technique for everyone?

A. Milos is one of my all-time-favorite pro bodybuilders. His physique was a throwback to the days when symmetry and proportion were king and a tight waistline was the rule. While his legs slightly overshadowed his upper body, his physique still had a beautiful flow from top to bottom, right to left. I wish bodybuilding would once again favor that look.



Newex \ Models: Milos Sarcev and Ursula Alberto

Those who do Milos' giant set workouts are generally professional bodybuilders who obviously have a large number of advantages over the average trainee. Aside from the fact that their genetics for muscle building are superior to 99 percent of the general public, they build their lives around their training. Being a bodybuilder is usually their job, and everything they do on a daily basis is designed around eating, resting and eating some more. It's no secret that pro bodybuilders have a pharmaceutical advantage as well, which makes for lightning-fast recovery between workouts and an almost purely anabolic internal environment, no matter how hard they punish themselves in the gym. So the short answer to your query is no, Milos' giant-set program would not be effective for the majority of lifters.

That does not mean, however, that you couldn't use a realistic approach to giant sets on occasion to help stimulate new gains. In a 2006 shoulder-training article for *IRON MAN* I introduced a training technique called add-on sets, which I've found to be a very productive shock-training protocol. Rather than trying to explain it, I'll simply show you a sample workout. You'll find it far easier to understand.

Let's say you were looking to trash your back with a short, merciless workout:

Close-grip seated cable rows	1 x 8-10
Rest 1 minute	
Superset	
Close-grip seated cable rows	1 x 8-10
Undergrip bent-over barbell rows	1 x 8-10
Rest 2 minutes	
Tri-set	
Close-grip seated cable rows	1 x 8-10
Undergrip bent-over barbell rows	1 x 8-10
Wide-grip pulldowns	1 x 8-10
Rest 3 minutes	
Giant set	
Close-grip seated cable rows	1 x 8-10
Undergrip bent-over barbell rows	1 x 8-10
Wide-grip pulldowns	1 x 8-10
Stiff-arm pulldowns	1 x 8-10

As you can see, the workout has 10 total work sets and is broken up into a single set, superset, tri-set and then finally a giant set. Close-grip seated cable rows are the base exercise, and a new movement is added (thus the name) as the workout progresses to the final giant set. I always recommend that people using this technique choose



Newex \ Model: Derik Farnsworth

For add-on sets use a base movement that addresses a weak point in a muscle group.

as a base movement an exercise that addresses a weak point in a muscle group. Examples would be upper chest (incline press), midback (wide-grip pulldowns), lateral deltoid (lateral raises) or the triceps' long head (overhead extensions). The pump you get is amazing, and growth stimulation is unavoidable, as you fully tax every available muscle fiber and induce a tremendous natural GH release.

Use add-on sets as an occasional shock method for all muscle groups, or specialize on one bodypart using the technique for several weeks in a row. I know that either way you'll "grow" from the experience. **IM**

'07 Nationals Preview

Evan in Heaven

Swami picks Centopani to nab the overall at the Nationals

The second time will be the charm for **Evan Centopani** come this season's NPC National Championships, set for November 16 and 17 at the Dallas Convention Center. Yup, **the Swami** is going back to the 5'11", 250-pounder from Connecticut, though Evan, my '06 pick for the title, was bested by **Desmond Miller** and his Wheels of Steel in Miami Beach.

Hey, losing only to Dense (as in *thick*, knuckleheads) Desmond ain't nothing to be disappointed about. The 25-year-old Centopani should be the man to beat in Texas at the NPC's big dance in a couple of weeks.

Stokely Palmer, he of the giant guns who was right behind Evan in the superheavyweight class a year ago, might have something to say about that. Palmer's been a top contender for years, and it shouldn't surprise anyone if he goes down to the wire with Centopani.

Keep in mind, fans, that I'm writing this in early September, and I have no idea who all will be competing (other than Centopani, of course), so please don't send me disparaging e-mail because I left your guy out.

In the other classes, I'm picking **Shaun** "Ain't No Chump" **Crump** to earn his pro card with a victory in the heavyweight class; however, if **Brandon Curry** decides to compete after wowing us with his second-place finish at the USA, look out! And with **Darrell Terrell** and **Jeff Schwartz** possibly in the chase after their impressive performances at the North Americans and USA, respectively, it should be one terrific division.

Peter Putnam was deeply disappointed when he didn't get his pro card at the USA; word has it that both Peter and his runner-up, **Al Auguste**, will be onstage in the light-heavyweight class in Dallas. And you also don't want to forget **Charles Dixon**, who scored back-to-back runner-up finishes in the light heavies at the '05 and '06 Nationals, or last year's biggest surprise, **Mike Yablon**.

I was going with **Alex Azarian** as my pick in the light-weight class, but the '06 USA Lightweight champion could wind up in the welterweights this year, and, if he does, he might shred his way to the crown, battling **Jesse Sabater** pose for pose. That leaves the lightweight battle, which should be a dandy between **David Candy** and **Kelly Bautista** (and Azarian, if he lands in the lightweights after all), while **Fernando Abaco** and **John Sebastian** are my top picks in the bantams.

See ya in Dallas.



Evan Centopani.

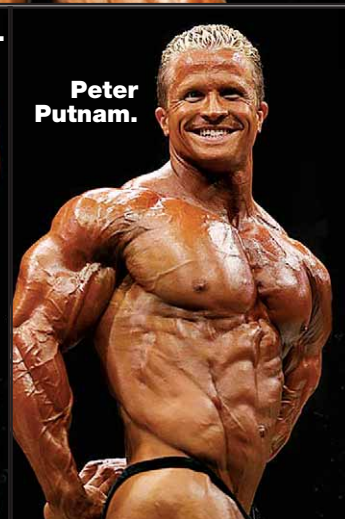
Comstock



Shaun Crump.



Al Auguste.



Peter Putnam.



Jeff Schwartz.



Charles Dixon.



Mike Yablon.



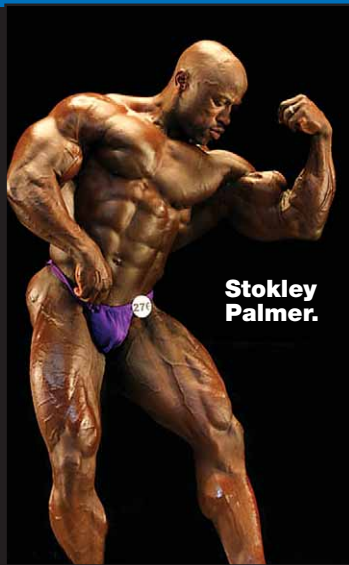
GEOGRAPHY
Why South Carolina's so easy to spot on the map. Pages 209 and 208



BABY TALK
To whom does this bouncing bundle of joy belong? Pages 209 and 211.



EUROPA SUPERSHOW
Where in the world is World headed? Page 211



Stokley Palmer.



Alex Azarian.

Photo courtesy of Niga Azarian

'07 Europa Super Show Dept.

A DOUBLE-DOUBLE, PLEASE—Silvio Samuel

didn't surprise me with his victory at the Europa Super Show on August 11; he caught my eye at the same event last year, when I felt he was vastly overlooked. What's more, he was already qualified to compete in his first Mr. Olympia thanks to his season-opening fourth-place landing at the *IRON MAN*.

What did amaze me, though, was Samuel's being able to suck it all the way down to 206 pounds to qualify for—and win—the newly instituted 210-and-under class at the event. Plus, it was his seventh contest of 2007! Not only did Silvio's 210-and-under win astonish me, it cost me a dinner with **Isaac "Lift Studios" Hinds**, who, once again, used secret inside info to best me on a wager—in this case that Silvio would indeed be part of the 17-man lineup.

The so-called smaller class brought Samuel an extra three grand in cash. For a couple of veteran competitors, **Ricky "Tricky" Jackson** and **Guy Ducasse** (competing for the first time in 12 years, at 44), it provided an opportunity to spend some time in the spotlight. Tricky, one of the greatest NPC competitors ever (by the time he turned pro at the '05 Nationals, Jackson had won his class at every national-level show), was thrilled with his finish, although he was somewhat mystified as to why Samuel, the precontest favorite in the main event, would even enter this division. It's simple, Tricky—cash.

According to a reliable source, Samuel's \$18,000 in first-place prize money for the two contests was matched by one of his sponsors, MuscleTech.

Although most observers agreed with Samuel's placing, I felt after the prejudging that **Will "World" Harris** had a legit shot at beating him in the Super Show; Harris had been in great shape for months and was able to hold his peak as he nestled into second place and reserved a spot on the Olympia stage. Speaking of peaking, third-placer Mild **Bill Wilmore** was anything but easygoing onstage,

pushing both Silvio and Will, in some people's eyes, for the top spot. Harris finally displayed the potential we all knew he possessed; Wilmore again displayed his consistency by being in his all-time-best shape.

Oh, and my pick to win the show, **Quincy Taylor**? Well, I knew two weeks out, when I interviewed him for *Bodybuilding.com* at the USA, that the 6'4" 320-pounder would not be in the shape I was expecting. Although he'd shed about 15 pounds by the time he hit the stage in Dallas, he was still way too smooth in his hams and glutes to make any type of run for the title. Thus, his fourth-place finish was the proper one.

If you checked out "The Experts" video wrap-up of the Europa at www.IronManMagazine.com, however, you know that **the Swami**



Quincy Taylor.



Silvio Samuel.



Bill Wilmore.



Will Harris (above) and Omar Deckard.



Super Show Photography by Roland Baalik

bounced back by predicting that Taylor would win the Montreal Pro four weeks later. Okay, that win went to **Darrem Charles** (congrats on your eighth pro title, Darrem), but Taylor moved up to second to qualify for the O—something Hinds said in our summary in Dallas absolutely would not happen. Lunch on you,

Isaac? As the most objective reporter in the business, I won't leave out that Lifter was as hot as a Saturday night special with his men's predictions for the Europa—got all five, right in a row, posted at Bodybuilding.com a week out from the show.

On the subject of "The Experts," look what his stint as a replacement for **Ron "Yogi" Avidan** in the '07 USA wrap-up did for **Omar Deckard**. At the Europa he landed right behind Taylor in fifth, his highest finish as a pro to date. Hanging around intelligent, well-built people is definitely the way to go, Omar.

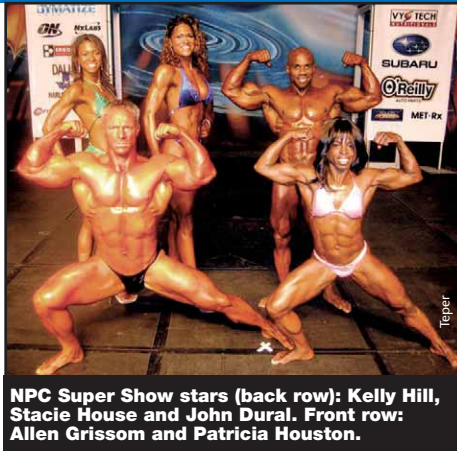
ADD EUROPA, NPC EDITION—After hosting all three pro-women's shows, as well as the men's 210-and-under event, I had my first experience being at the podium in the NPC Europa competition the following evening. As with most NPC shows in Texas, this one was huge—135 competitors, with exceptional winners.

Louisiana's **John Dural**, a 5'6" 188-pounder with **Lee Haney**-like pecs and **Anthony Watkins**-type guns, took the light-heavyweight and overall crowns in the men's division, while lightweight **Patricia Houston** proved to be a heavyweight in the judges' eyes, earning the women's overall title. Congrats also to figure winner **Kelly Hill**, fitness titlist **Stacie House** and men's novice champ **Allen Grissom**.

Now, I was going to tell you a bit more about all of them, but since **Patricia**, a.k.a. "the Rocket" (what else should I call this built woman from Houston?) was the only one to follow up with some background info, she gets all the ink. Claiming to be 5' tall (I'll give her 4'11 1/4" on a good day), the 112-pound dynamo ranks her abs, personality and smile as her biggest assets, in that order. Funny, those are my strongest points as well. Houston also said she appreciates her brother **Pete** and gave thanks to trainer, IFBB pro and contest promoter **John "Tank" Sherman**, who guided her to the win with his many years of knowledge.

Patricia used to have a devotion to hamburgers and pizza; when Pete started competing, and her father's health began to deteriorate due to multiple sclerosis, congestive heart failure and double leg amputations, Patricia joined a gym. The rest, as they say, is history.

Houston is single—currently looking for interested parties (you can send e-mail to her at halee27@hotmail.com if you fill the bill)—and works as a business analyst. I say the Rocket can do some damage at the Nationals, which, ironically, will take place on the same stage where she cleaned house at the Europa. Don't let that smile fool ya.



NPC Super Show stars (back row): Kelly Hill, Stacie House and John Dural. Front row: Allen Grissom and Patricia Houston.



L.T. and the Carolina teen queens.



Guy Ducasse.

Tricky Jackson.



At the Flex Wheeler Classic (clockwise from upper left): Tanji Johnson and Bert Perry; Mark Byers enjoys the rewards of being the overall winner; L.T. with Lance Maxwell; and Dexter Jackson, Troy Alves and Victor Martinez.

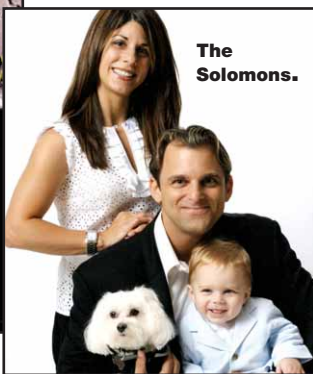




NAC notables (from left): Erik Fankouser, Darrell Terrell and Mike Horn.



Todd Jewell.



The Solomons.



Flex Wheeler.



More Wheeler winners (from left): Laura Brown, Jennifer Alcorn and Kaelie Fisher. Above left: L.T., who picked Jay Cutler to win the Mr. O, tries to tempt Martinez with a Snickers.

FINAL ADD, EUROPA—On Sunday, while waiting to board the plane back to Burbank, California's **Bob Hope** Airport, I began chatting with two striking young ladies who were obviously beauty contestants or models. My assessment was accurate: They were headed for Pasadena, where they would participate in the Teen USA Pageant. **Lauren Caitlin Upton** was Ms. Teen South Carolina; **Katie Coble** was Ms. Teen North Carolina.

I introduced the kids to **Yogi Avidan** after he almost missed the flight due to spending too much time in the bathroom (no comments from the peanut gallery, please). He ended up sitting next to Katie on the flight; I found it amusing, as Katie flinched at every bodybuilding photo Avidan showed her.

Competitive person that I am, I informed Yogi that we must predict the finish of the Teen USA event, even though we'd seen only two of the contestants. I took Lauren and told Avidan he was picking Katie. Then, even though **Isaac Hinds** was more than 1,000 miles away and had no idea what was going on, I gave him Ms. Teen Colorado in honor of his home state. Avidan snapped a picture of me with the champs while we were waiting for our luggage. Ended up being a noteworthy photo.

If you follow the news at all, you realize by now that Lauren, even though she placed third overall (wouldn't you just know it—Ms. Colorado won the whole thing—great pick, Isaac!), ended up grabbing all the headlines at the nationally televised event with her response to a very tough question during the final round. Not to dwell on the question—at this point it's been batted around way too much—but Upton's response cost her the title, in my opinion. Fact is, she ended up getting all the media exposure, landing a spot on "The Today Show" and being the subject of talk show hosts all over the country. Remember the adage, Any publicity is good publicity. As one Los Angeles radio host said, "I don't know anything about the winner or what she looks like."

Here was an 18-year-old kid who was under a lot of pressure and got stuck with a tough question with half the world watching (at least it probably seemed that way to her). Like the rest of us would have shined in that moment—not!

So give her a break. Lauren was an honor student in high school and is now attending Appalachian State University in North Carolina, where even before she began classes, her magic touch reached the football team—on opening day the defending 1-AA champs upset Michigan in front of 110,000 stunned Wolverine fans.

We haven't seen the last or Lauren Caitlin Upton—or Katie Coble. Not by a long shot. It was great meeting you two, and I wish you all the best in your future endeavors.

Add NPC: Flex Wheeler Classic

After a seven-year layoff from promoting physique contests, **Flex Wheeler** took on the role of organizer once again with the *Muscular Development*-sponsored '07 Flex Wheeler Bodybuilding and Figure Classic, held a week after the Europa in his hometown of Fresno, California.

The trip to Fresno to emcee the event enabled me to visit with **Marty "the Kernel" Demirjian**, whom I hadn't seen in seven years. A former manager of the likes of **Gary Strdom, Shane DiMora, James DeMelo, Paul DeMayo** and other stars, he was kind enough to take me to lunch and give me a tour of the city, which had grown so much that I hardly recognized it.

The last time I was there was in 1994, when I emceed the Cal and ended up giving some kid by the name of **Melvin Anthony** the moniker "Marvelous." The best thing about see-

Flex Wheeler Classic photography by Ron Avidan

UP, DOWN AND ROUND THE EUROPA SUPER SHOW

ing Marty this time? Knowing that, even though we're the same age, he has much less hair than I do, which is not an easy accomplishment.

Wheeler hired me to host the event but pulled a fast one when he also volunteered my services, last minute, to be the moderator at a featured seminar at Gold's, Fresno, on the night before the show. Wheeler said IFBB pro-figure competitor **Chrissy Garcia** was supposed to do the honors, but since I was in the house anyway.... Well, you get my drift.

Dexter Jackson, Troy Alves (who flew 12 hours from Kuwait the night before to support Wheeler's efforts) and **Don Long** were among the speakers. **Victor Martinez** was supposed to be, but his flight out of New York was delayed, so the Dominican Dandy didn't get into town until later in the evening. All three guest posed at the event, along with fitness ace **Tanji Johnson**. Well, Long was sorta forced to take off his shirt by the pushy moderator when he presented a trophy onstage.

The most notable figure on the panel was **Victor Conte**, a.k.a the Balco Bad Boy, who attended the same high school as Wheeler did—McClain High—albeit about 15 years earlier. I got the chance to chat with Victor, and, needless to say, he's quite an interesting fella. We talked about music—Conte is a former bassist with Tower of Power—bodybuilding and, natch, drugs in sports. His scenario of how sports organizations can eliminate cheating on drug tests was particularly enlightening.

After the seminar Wheeler took us all, courtesy of **Jeff Livingston**, out to dinner at a neat eatery called the Elbow Room. Two free meals in one day—things are looking up! (Wheeler threw in another nice serving of food after the contest as well—Kenneth really knows how to treat his guests.)

MD Publisher **Steve Blechman** and wife **Elyse** made the long trek from the Big Apple to support the show; ditto for *MD* journalist **John Romano**, who came in from Fort Lauderdale, Florida.

Ron Avidan drove up from Southern Cal to shoot pictures; Hollywood **Bert Perry** also made the long trip to get the scoop for *MuscleMag International*. AMI's **Robin Chang**, in charge of producing the Olympia Weekend and godfather to two of Wheeler's kids, **Darius** and **Nia**, took time out to be there for his pal.

Congrats to men's champ **Mark Byers**, a 6'1", 240-pounder from San Jose; women's champ **Laura Brown**, who hails from Grass Valley; and figure winner **Kaelie Fisher**, a local ace from Fresno making her debut. Another standout was teen overall winner **Lance Maxwell**, a 5', 131-pound 17-year-old from Vacaville, who entertained the crowd emulating the signature poses of many blasts from the past, like **Arnold Schwarzenegger, Sergio Oliva, Frank Zane, Kevin Levrone** and **Shawn Ray**.

The amazing **Jennifer Alcorn**, a 37-year-old from Clovis who's a three-time world boxing champion, was a standout both at the seminar and onstage in winning the masters figure 35-and-over division.

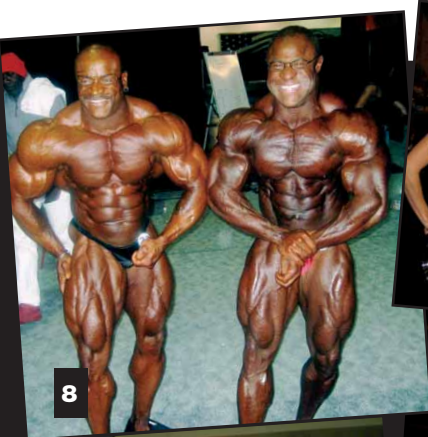
Wheeler says we'll all be back next year. Keep your eyes open for the date, place and time. I should be available for breakfast, lunch or dinner—maybe all three.



Personalities

A RARE JEWEL—Just when you thought that the only news is bad news when it comes to bodybuilding, this item

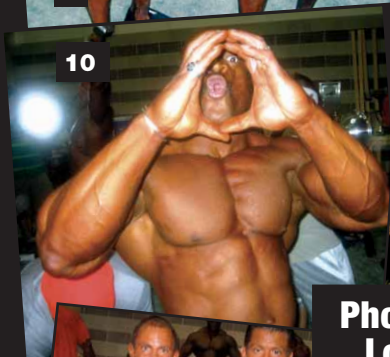
- 1) Michael Lockett has some monster calves of his own.
- 2) Krissy Chin and Kendra Elias practice their cute pose.
- 3) Isaac Hinds and Yogi Avidan, here with Liane Seiwald and Petra Merti, always have time to eat and flirt with the ladies.
- 4) Crystal Richardson phones home—and makes sure her cell phone doesn't get an artificial tan.
- 5) Women's overall winner Mah-Ann Mendoza looks terrific in and out of her posing suit.
- 6) Big Quincy Taylor spreads the word.
- 7) Flex Wheeler greets a fan at the EFX booth.
- 8) Will Harris and Bill Wilmore, at their all-time best, placed second and third, respectively, and earned a trip to the Olympia.
- 9) Why did L.T. spend so much time at the ThermoLife booth? Your guess is as good as ours.



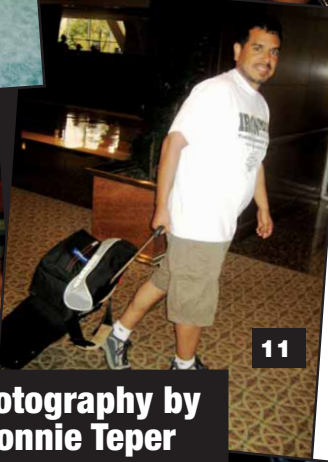
8



9



10

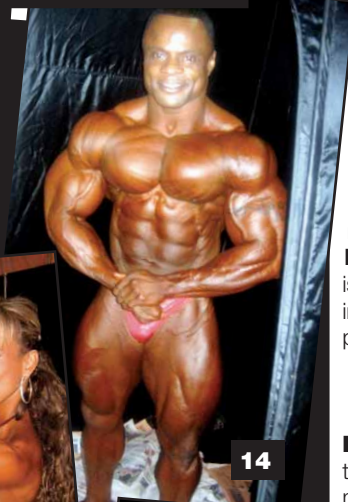


11

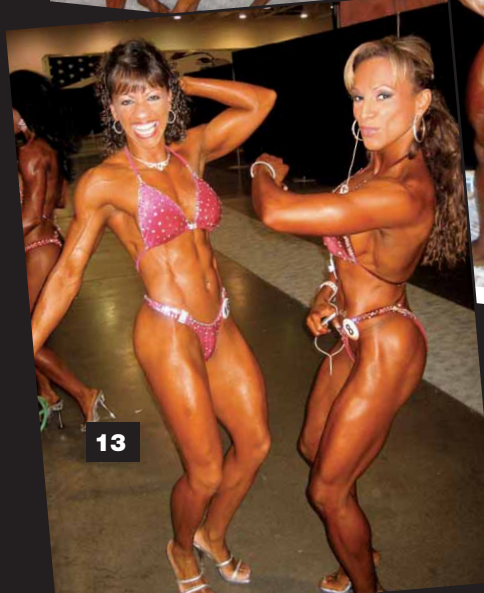
Photography by
Lonnie Teper



12



14



13



15

comes courtesy of **Brad Craig**, promoter of the annual mega bash known as the Emerald Cup and a detective in the Seattle Police Department's Violent Crimes Unit. From now on, according to Craig, **Todd Jewell** will be recognized for much more than his win in the superheavyweight class at Craig's '07 event or his seventh-place finish at this season's USA.

"On Friday, August 17, Todd Jewell and his wife were in Banner Bank in Lynnwood when a prolific bank robber called Old School entered and began robbing a teller," Craig writes. "He got that nickname because of the bandana he wore across his face, similar to old-time bank robbers. His name is **Chadwick Asheim**, and he grabbed the teller by the throat when she didn't hand over the money fast enough.

"That's when Jewell grabbed Asheim and slammed him to the floor. Asheim is a three-strikes candidate and was facing life in prison, so he wasn't going anywhere without a fight. Todd, weighing about 280 pounds, held Old School on the floor until police arrived.

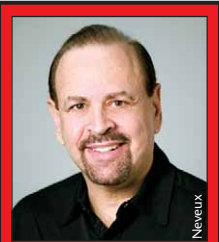
"When the officers did get there, Asheim had to be taken to the hospital to receive treatment for broken ribs; he was armed with a knife, but Jewell never gave him a chance to pull it out. Asheim was wanted for nine known bank robberies and will likely spend the rest of his days in prison."

Todd was honored with a Hero Award at the *Iron Man* Naturally Championships in Bellevue, Washington, in October. He also received a monetary award for his efforts. For more information on the leading candidate for my Man of the Year award for 2007, log on to www.ToddJewel.com.

HAPPY ANNIVERSARY DEPT.—A happy 10th wedding anniversary shout out to **Dan Solomon** and his lovely wife, **Grace**. The creator of "Pro Bodybuilding Weekly" will record another family milestone in November, when son **Nicholas** turns one. The King Solomon of the family, though, is Rambo, the lean, mean Maltese, who didn't appreciate having to get all decked out for the family portrait that appears on page 209. Everybody knows Rambo looks best without a shirt!

WELCOME TO THE PROS—Holy smokes, did **Erik Fankhouser** make some changes between the USA and the North Americans! The man with the monster calves didn't make the cut at the USA in July but six weeks later took the heavyweight and overall titles to win the **Gary Udit**-produced NAC during the first weekend in September, earning pro status. He had to be finely tuned to best an in-shape **Darrell "Natalie Benson Is Still My Girl" Terrell** to do it. Talk about turning things around 180 degrees (how about 190?! See, my edging you in that calf-down at the Olympia Expo last year was all the fuel you needed to get to the next level, Erik. Gift certificates will be accepted.

Kudos also to **Michael Horn**, who won the masters overall at Udit's Cleveland event to pick up his own long-sought pro card. Horn, 42, has been in great shape since he took the overall at the Junior USA in April. Wife **Jan** stays in pretty good condition too; she was second in her class at the NAC and third at the Junior USA. As I said back then, two Horns are better than one! **IM**



News

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.

- 10) World Harris lets the world know where he's going next—the O.
- 11) *IRON MAN* photog Roland Balik had a tough time getting out of the East Coast, battling bad weather, but made it into Dallas by game time.
- 12) North Carolina's Patrick Richardson (left) and Marc Jacobs, both former NPC National Lightweight champs, paired off in the 210-and-under event.
- 13) Lisa McCormick and Adela Garcia dance the night away.
- 14) Silvio Samuel after spray tan, Jan Tana version.
- 15) Omar Deckard proves bodybuilders are fashion trendsetters.

IRON MAN Hardbody

Dot-Com Bombs

Photography by Bill Dobbins, BillDobbins.com

This month we present more of Bill Dobbins' work from his popular Web site. From babes with muscle mass to gals with, um, lots of sass, it's a cross section of beautiful bodies guaranteed to boost your testosterone, and it kicks off with none other than eight-time Ms. Olympia Lenda Murray, soaking up some vitamin D.



Lenda Murray

IRON MAN Hardbody

Arina Manta

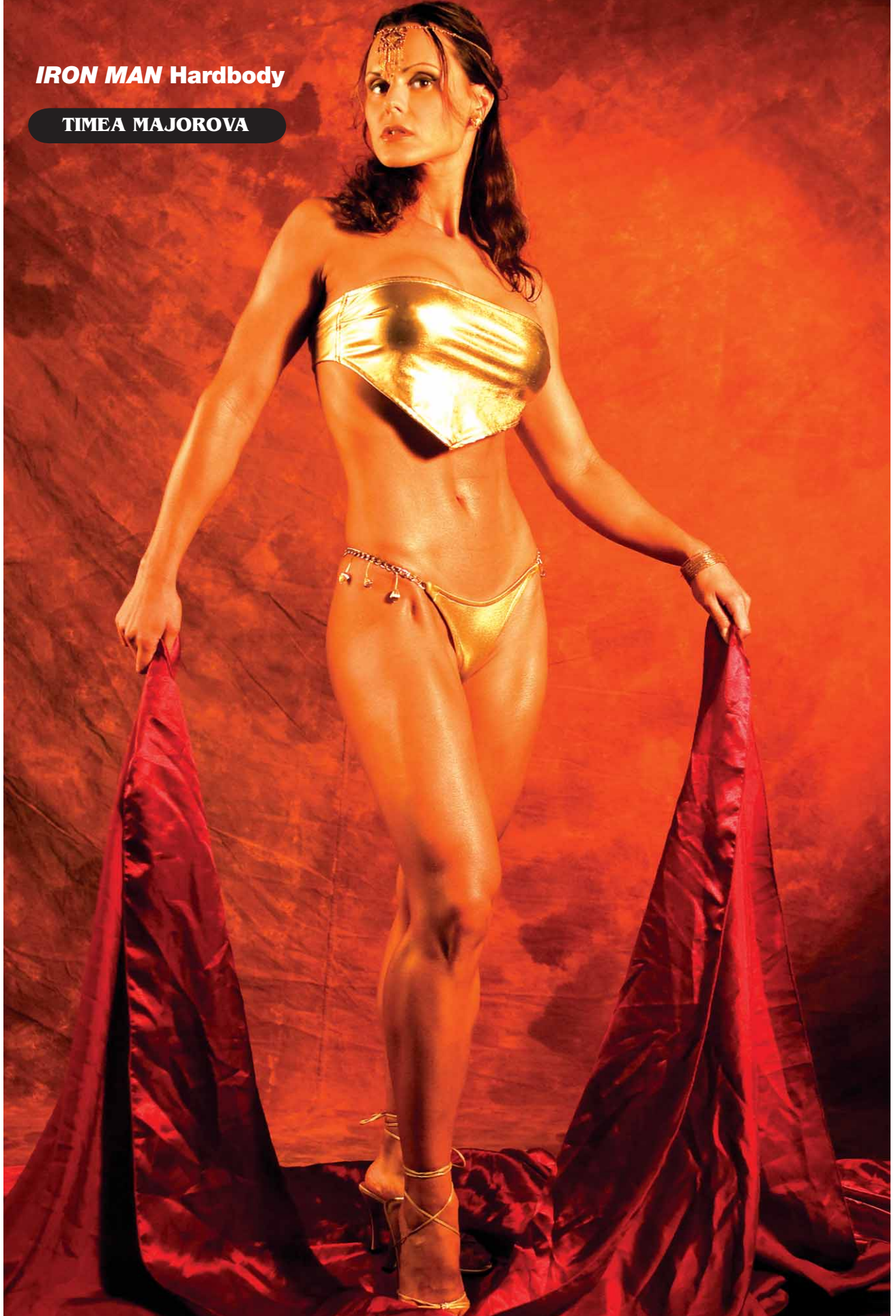
IRON MAN Hardbody

Natalie Benson



IRON MAN Hardbody

TIMEA MAJEROVA





Irene Anderson



Cindy Phillips

From women with serious mass to those with more sassy chassis, Bill Dobbins' Web site has it all.

IRON MAN Hardbody

Melissa Deal



Ruth Silverman's PUMP & CIRCUMSTANCE

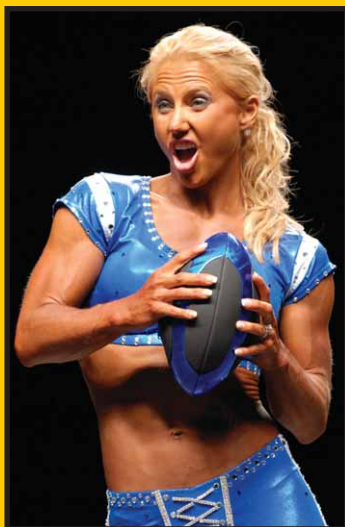
PRO-BABE UPDATE

FALL FRENZY *Plenty of great bods to go around*

It's about 15 minutes before our departure for Olympia Weekend as I write this (four days, actually), and across the world the finals at the Santa Susana Pro Fitness are probably just getting started. If that last part sounds like déjà vu, it is, sort of—last month it was the All-Star Pro Fitness finals that were just getting started as I sat down to write. As with last month's scenario, the stakes are huge for those hoping for an 11th-hour invite to the physique world's big season finale. The action since that last Pump & Circumstance report has rolled from Atlantic City, where promoters **Ron Goldstein** and **Stokley Palmer** dealt a full house of pro-women's shows at the Taj Mahal on September 14 and 15, to sunny Anaheim, California, and **Jon Lindsay's** Tournament of Champions on September 21, a.k.a. just last night, where the final member of the '07 Figure O lineup was tapped for glory.

In the pro-card race the IFBB North American Championships launched a few more buff females into the pose-for-pay circuit on September 1, while the results of the IFBB Women's World Amateur Championships, which ended last night, also in Santa Susana, are not yet Google-able. (What, no iPhones, ladies?)

So as summer turns to fall and the trees burst into their autumn bouquet of color, the women's physique sports have thrust a bouquet of beautiful bodies into the spotlight. Behold on these pages just a few of that remarkable bunch.



No passing fancy. Julie Lohre gets the P&C award for Coming on Strong in '07. After qualifying for the Olympia at the postseason '06 West Palm Beach Pro Fitness last October, she was fourth at the Europa Super Show, second at the All-Star Pro Fitness and third at the A.C. Can you say long time coming?

ATLANTIC CITY

Olympia Tune-up And stunning debut

Once the name **Lisa Aukland**, the '06 Atlantic City Women's Pro Bodybuilding champ, popped on to the list for the 2007 event, it was a foregone conclusion that the 5'4" 150-pounder would repeat. Fourth at the Ms. International last March, fifth at the '06 Olympia, the lady has chiseled her frame and nailed her conditioning consistently over the years to earn her spot in that upper echelon of female flexers whose victories are a foregone conclusion in a lineup like this one. Plus, she made it easy for the judges, bringing it well enough to the stage at the Taj Mahal Hotel & Casino to be top bod in the lineup of 31.

It was 13 lightweights and 18 heavyweights, to be precise. Aukland nailed a



Lisa Aukland.

ATLANTIC CITY FITNESS

Sitting Pretty *Speaking of forgone conclusions*

I thought **Julie Lohre** was going to get her first win at the Atlantic City Pro Fitness event, but that was before I knew there'd be a ringer in the lineup—Olympia vet **Tracey Greenwood**, who quickly became the gal most likely to get the judges' attention. It was also before I knew that the judges have clued-in to how good **Bethany Gainey** is. So it was not exactly an unpleasant surprise when the panel placed them in this order: Greenwood, Gainey and Lohre.

If the photos are to be believed, Tracey more than did her part. Her 5'6", 133-pound physique was, in a word, at its best; along with her second- and third-place routine scores it brought her a runaway 31-point margin of victory. Gainey got the love in the physique rounds—second in both,

Atlantic City Pro photography by Roland Baalik



Strong woman. Tracey held her own in a lineup studded with diva-worthy performances.

wow—and a top-five score in the long routines to come in seven points ahead of Lohre.

Hollie Stewart took the two-minute routines to finish 10th overall—it's great to see her talent being appreciated. Ditto for the other high scorers in the performance round, who, besides Greenwood and Gainey, included **Brenda Santiago** (fourth overall), **Stacy Simons** (fifth) and **Lea Waide** (ninth).

Hollie Stewart got the judges' attention with her entertaining routine.



ATLANTIC CITY FIGURE No Tune-up Here

perfect score in the heavies before cruising to an overall win over the striking **Nicole Ball**, the '06 Canadian National Overall champion, who struck fear in the hearts of her competitors in her pro debut by shutting out the lightweights with a perfect score as well.

Betty Viana and **Debi Laszewski** filled the second- and third-place slots in the over-135-pound lineup, while **Klaudia Larson** and **Angela Debatin** earned those honors in the lightweights.



Jewels. Olympia vet **Lisa Aukland** (opposite page) and new pro-debutant **Nicole Ball** posed down at the Taj Mahal.

decide which of the second-placers gets to go to the O.

Find complete photo coverage of the Atlantic City Pro events at IronManMagazine.com.

Unlike what happened at the bodybuilding and fitness events, the Atlantic City Pro Figure show was a wide-open competition, with three new names being added to the Olympia invite list. When was the last time that happened? The big winner was **Andrea**



Classic top-five shot (from left): Hazal Nelson (fifth), Chastity Sloan (third), Andrea Dumon (first), Heather Green (second) and Michele Adams (fourth).

Dumon, whose seven-point victory earned her the biggest portion of the \$10,000 total purse plus a return visit to the O. With 22 well-toned and -tanned contestants in the house, runner-up honors went to newcomer **Heather Green**, while **Chastity Sloan** earned her third trip to the Olympia stage with a third-place finish. Green, who got her card at the Figure Nationals, wasted no time breaking out from the pack in her debut performance in the pros.

Scene Onstage in A.C.

It was close but no cigar for lightweight runner-up **Klaudia Larson**, but she sure looked on the money—a best finish ever in the pros for the former Swedish National champ, who got her card in 2004.



On course for the O. You might say that **Gainey** is gaining ground.



Joanna Thomas took fourth in the lightweights in her first contest since the '04 Ms. O and her starring role in the TV documentary "Supersize She." A bit more conditioning and she might have finished higher.

LATE SCORES

Tournament Of Champions



Meriza DeGuzman.

Gina Aliotti, who's kept pretty quiet since her sixth-place showing at the Figure International last winter, showed that she's on track for the O at the Tournament of Champions Pro Figure on September 22, where she snagged a unanimous win for the second year in a row. Also on hand for an Olympia tune-up was **Mary Jo Cooke**, who picked up the second-place check, while pro-nubie **Meriza DeGuzman** joined the quali-

fied-at-her-first-show club by landing in third.

With just 16 competitors the contest turned out to be the perfect place for fitness star **Tanji Johnson** to try her luck at figure. Though she's not really noted for her marks on that side of the score sheet, Tanji has been at an all-time-peak, physiquewise, this year, and her fourth-place finish was probably about right.

More A.C. Scene



Texas transplant **Susan Groshek** got great buzz in her fitness-pro debut at the Europa Super Show and increasingly better placings, landing in seventh in A.C.



Arkansas mom **Lori Kimes** returned to the fitness stage in 2006 after a couple of years off and appears to be having a ball.



Alti Bautista, absent from fitness lineups for a couple of years, came back as a figure competitor and found that the dues paying is going to be tough. Does this look like a physique that didn't deserve to make the cut?



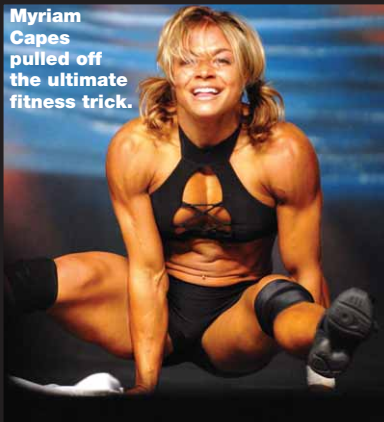
Rookie **Heather Green** became the new hot body in figure. Look for her in IronManMagazine.com's gigantic Olympia Weekend coverage.

MORE FITNESS

The Gain in Spain This just in

The home-court advantage paid off for Spain's **Rosi Mena**, an '03 World Amateur Fitness Champion who'd been getting absolutely nowhere in the big time until her appearance at the Santa Susana Pro Fitness on September 24, where she grabbed the first-place glory. It's an old story: European champion dives into the U.S.-protected waters of the pro ranks and gets buried. Mena took 23rd at the '04 Show of Strength and suffered an injury about it, that she must be good. She's an IFBB World champ—duh! Ditto for runner-up **Myriam Capes**, who was coming off a tied-for-16th finish at the Europa. An engaging performer, Capes is the '06 Canadian National champ and, as you can see in the accompanying photo, she's cute as a button.

Myriam Capes pulled off the ultimate fitness trick.



The show attracted a lineup of six, and I'm thinking there were ladies on both sides of the Atlantic kicking themselves for not having entered. It produced a full complement of three additions to the Olympia lineup, with the third coming from Canada as well. (How often does that happen?) **Stephanie Worsfold**, 15th at the Europa in her return to fitness after marking time in figure for a couple of years, placed third to earn her first trip to the O since 1997.

FOR THE RECORD



experienced NPC competitors, like **Christine Sabo** and **Michelle Brent** in her class. She also made off with the single pro card up for grabs, leaving those experienced ladies one last shot at a card in 2007, at the NPC Nationals in Dallas on November 15 and 16.

A lot of hoopla got hooped in Cleveland on September 1 at the IFBB North American Championships, a.k.a. the last big figure-pro-card lottery in the Western Hemisphere in 2007. The numbers continue to be ridiculous: 117 in the open figure competition and 60 in the masters, if my math is correct.

Three more high-heel-clad contenders passed over to the professional side: B-class and overall winner **Amy Thompson**, D-class champ **Jessica Steffens** and masters overall victor **Nancy Georges**, who also took second to Stephens in the open class.

In women's bodybuilding the outcome was something new. For years the United States and Canada have dominated the headlines at this competition—to the point where folks might think that's all there is to the continent. Not so this time as Mexico's **Maria Segura** made quick work of the curse of being a complete unknown, taking light-heavyweight and overall honors over a slew of

Speaking of hot new figure bods. Turkish-born Hazal Nelson has made dramatic improvements in her physique—and her placings—over the past year, going from 13th at the '06 North Americans to a pro-qualifying second in her class at the '07 Figure Nationals to fifth in her debut in A.C.



Ladies of a Certain Age

A couple of weeks ago this letter landed in my e-mail box: "I am a gym owner, and I like your column in *IRON MAN*, but I have a question. 'Not to be rude,' as **Simon Cowell** says on 'American Idol,' but since you write a column on fitness, figure and bodybuilding, isn't it time for you to get into shape yourself?"

Well, my friend, I'll plead guilty to not meeting my fitness goals, but get in shape like the women in the photos that appear on these pages? Let's just say I know where my talents lie. (Those who know me are rofl right about now.)

I shared the note with *IM* Publisher **John Balik**, who quickly rushed to my defense: "If he knew how old you were—" but I stopped him cold. I no longer give out that number. The conversation got me thinking, however, about how very many women who are no longer nubile young things revel at the idea of having a killer bod and getting onstage in a bikini. Witness the growth of the masters pro qualifiers in women's bodybuilding and figure.

Of course, masters begins at 35 for women in the NPC and IFBB vs. 40 for men, a distinction that seems a bit out of date (I won't say sexist). If 60 is the new 40, then 35 is the new 23. Maybe that's why so many are shooting for the pros and competing post masters age. They're just nubile young things, after all.

This month we shine the P&C spotlight on some of the ladies over 35 and beyond who are making championship efforts in the gym—and redefining the idea of middle-age fitness. In the sports of fitness, figure and women's bodybuilding, they're everywhere. You'll find just a few on the following page.



Not bad for an old babe. That's me on the left posing with C-class winner and P&C reader Becky Clawson at the '07 Figure Nationals. The 30-year-old mortgage banker and personal trainer from Columbus, Ohio (a veritable baby), looked fabulous making her pro debut in Atlantic City, where, arguably, she deserved better than her middle-of-the-pack finish.

MASTERS SPOTLIGHT

Nancy Georges, Just Getting Better

Back in the early days of fitness one of the first athletes I profiled for *IRON MAN* was **Nancy Georges**, who competed in the first Fitness American Pageant, in 1989, and won the '91 Ms. Fitness USA. Nancy has had a lengthy career in the fitness industry as a trainer, nutrition coach and lifestyle coach, among the many entries on her résumé, and with a sabbatical or two along the way, has continued competing, most recently in figure. She earned her pro card at the '07 North



Nancy Georges, backstage at the '07 NPC USA and in 1994.



Neveux

American Championships—on the weekend of her 38th birthday.

Though she won in the masters division, Georges just missed out on a pro card in open competition twice this season. Why is she so willing to strut her stuff alongside women who are 15 and even 20 years younger? "I love it," says the Southern California-based Nancy. "The

training, the discipline, the sculpting my physique, the putting pretty stones on my suit."

And besides, she usually beats them.

MORE MASTERS WORTH KEEPING AN EYE ON

Valentina Chepiga, 45, '00 Ms. Olympia Heavyweight champ.



Comstock

Susan Bailey, 39, figure competitor.



Cheri Lewis, 40, pro-figure competitor.



Elizabeth Lamm, 36, pro figure competitor.



Tracy Beckham, 45, '07 Team Universe Overall Bodybuilding champ.



Photography by Ruth Silverman

Christine Wan, 38, pro-figure competitor.



Stephanie Worsfold, 38, pro-fitness competitor.



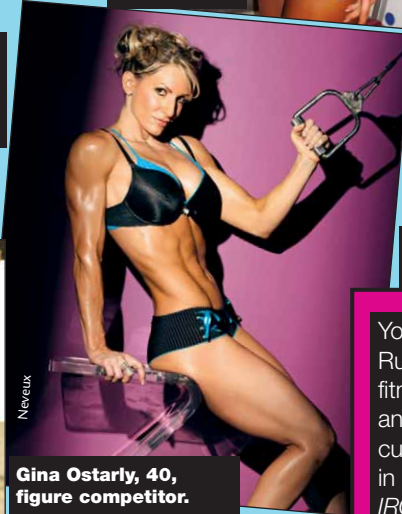
Hand Bank

Gina Ostarly, 40, figure competitor.



Neveux

Francesca Apolito, 47, Muscle Beach over-45 figure winner.



Amy Haddad, 40, pro-fitness competitor.



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.



Neveux

Only the Strong Shall Survive



Neveux \ Model: Skip La Cour

Free download from imbodybuilding.com

Lateral Strength

Muscle-Training Twists and Turns

by **Bill Starr**

Photography by **Michael Neveux**

You probably realize the necessity of maintaining proportionate strength among various muscle groups.

It's common knowledge that if you let your hamstrings lag too far behind your quads, you'll have problems in the form of strains or pulled muscles. The same deal applies to the muscles that make up the upper portion of the chest and those in the top of the back. Understanding the traps' relationship to the pecs and deltoids helps you lay out a program that produces results and limits the risk of injury. Additionally, you need balance between your upper and lower body if you want to keep making strength gains.

These facts are generally acknowledged and applied to programs. When people ask me to review a routine, however, I find that they overlook working some muscles that are extremely critical for success in their chosen sport. Some muscles are completely neglected, and others just aren't getting enough direct work.

The muscle groups I'm referring to are the ones that form the lateral parts of the body. They're essential

to athletes because they're responsible for stabilizing the body both at rest and in motion—in other words, balance. They're also needed for turning the trunk and lower body dynamically. Of course, some sports use those groups more than others, but nearly every athletic activity you can imagine employs them to some degree.

Consider the wrestler trying to twist out of a pin, the tennis player blasting into a serve, the swimmer rotating from side to side during the backstroke or freestyle, a basketball player whirling to make or block a shot, the volleyballer diving to dig a ball or slamming into a spike, the violent motion of a pitcher or batter in baseball, the hockey player releasing a slap shot, the pole vaulter turning at the precise moment to glide over the crossbar—and on and on and on and so forth.

No group of athletes relies on those lateral muscles as much as throwers in the field events: shot put, discus, javelin and hammer. I was reminded of that when I took part in a thrower's clinic for high school athletes and coaches at Newport Harbor High School in Newport Beach, California, in February. It

was the brainchild of Tony Ciarelli and Erik Johnson. My function was to instruct the young athletes, along with Stephanie and Maryn Ciarelli, on some basics of strength training.

The main reason I agreed to make the long trip across country and put up with the miseries of flying—other than to take a break from the freezing temperatures in Maryland—was to spend some time with two of my favorite people, Tony and Stephanie. We go back to when I was the strength coach at the University of Hawaii. Tony was a javelin thrower. Stephanie was neither a student nor an athlete, but she tagged along with Tony to the weight room and announced that she wanted me to train her. Just what I needed—another person to train. I already had more than 150 to deal with in a variety of sports, and without the benefit of any assistants. Plus, the room was small, with only one pulling and squatting station.

I figured that if I gave her no quarter, she'd quit, so she got exactly the same treatment as the men. She took her turn in the squat rack along with athletes handling four hundred-plus. She had to unload the weights, reload for her set and

These muscle groups are needed for turning the trunk and lower body dynamically.



Dragila, pole vault, '00. Mac was there to instruct. Stacy came to party with friends and did an admirable job of being the belle of the ball.

The instructors put on a throwing exhibition, and I got to study their technique. I made sure to ask them all about their strength programs because I was curious to find out if they were stronger than some of the throwers I had trained with: Gary Gubner, Al Feuerbach, Terry Albritton, Al Oerter, Harold Connolly, Ken Patera and Bruce Wilhelm. From what they told me, I determined that they had ample strength in all of the basic lifts—back and front squats, power cleans, deadlifts, flat and incline benches. That wasn't a problem as far as I could tell.

So, I wondered, why weren't they throwing farther? The only flaw I noticed was that some of them didn't seem to move across the ring very quickly. Since there were so many things going on, I forgot all about it until I was traveling home. Then it dawned on me that I'd dealt with a similar situation before, in my first year at Johns Hopkins. One of the first athletes to adopt my program was Glen Saban, a discus thrower and shot putter. The track program at Hopkins was more of an afterthought than a serious sports endeavor, and the coach was an assistant football coach who knew very little about the individual events. It was simply a way to make a few extra bucks—a necessary move because the athletic department is stingy with money for its coaches.

That meant Glen didn't have the benefit of any technical advice for his two throwing events. He did for his lifting, though, and he made great progress in the weight room, becoming the first Hopkins athlete to back-squat 500 pounds. His other lifts all improved as well, but he wasn't throwing either the discus or the shot any farther—at least not as far as I thought he should, given his gains in strength. It seemed to me that even if he didn't refine his technique, his added strength should be enough to make him add distance to his throws.

Terry Albritton had been training with me when he set a world record

spot while waiting for her next turn. The more I abused her, the more determined she became. She never begged off any exercise I gave her, and she never missed a workout, so she was christened Herculette, and it proved to be a very apt nickname. Currently she's the strength coach at Newport Harbor High School and is the head coach for the Women's Junior World Olympic weightlifting

team, which went to Prague in June.

Besides getting to visit with Herc and Tony, I got to meet some of the top discus throwers and shot-putters in the country. Those were the only two events on the agenda; javelin and hammer aren't up for scholastic competition. I also had the pleasure of hanging out with two Olympic gold medalists: Mac Wilkins, discus in '76, and Stacy

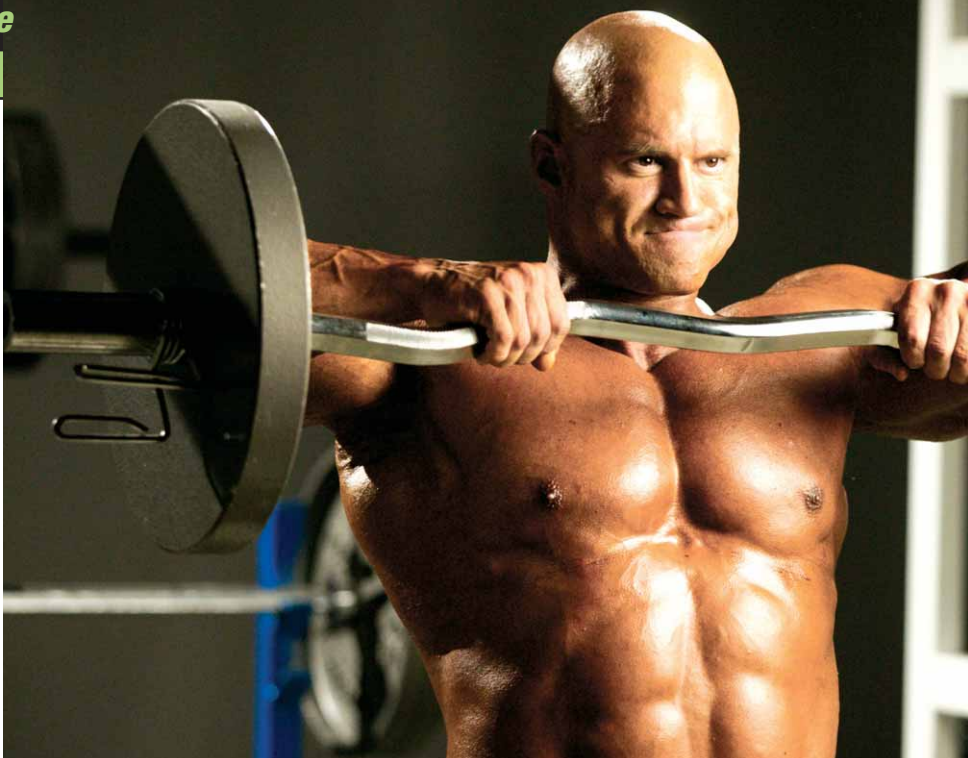
Tony Duffy \ Model: Leslie Russell

Only the Strong Shall Survive

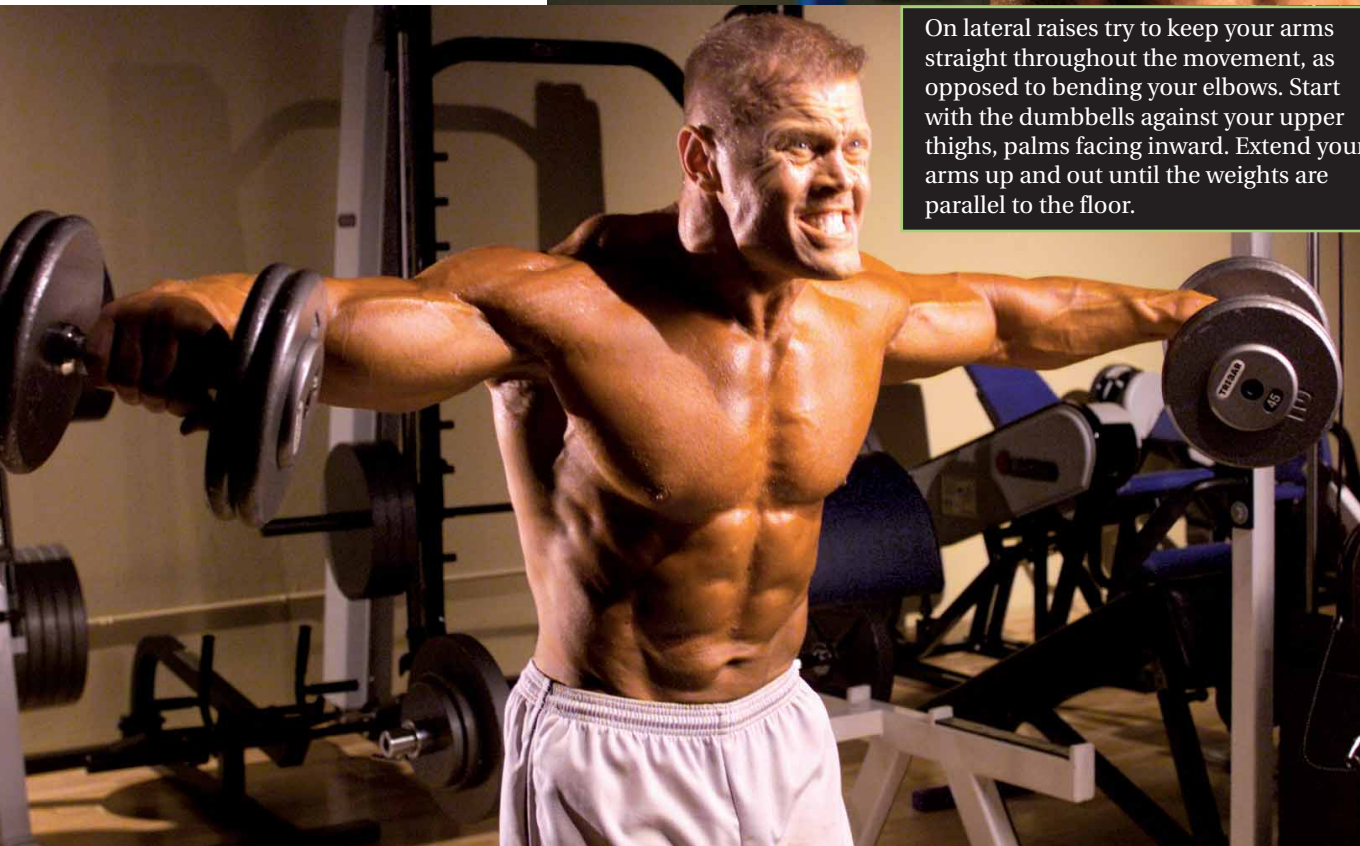
in the shot with a 71'8 1/2" effort in 1976. Although I was no expert, I decided I knew more about throwing form than the assistant football coach. I watched Glen at a couple of practice sessions, looking for weak areas. I was sure there had to be some. Otherwise he'd be making more progress. His initial move was strong and his finish powerful, but he was moving through the middle too slowly. He wasn't conveying his newfound hip, leg, back and shoulder strength into the shot or discus.

In any sport a form flaw can often be traced to the fact that some muscle group or groups that are very directly involved in the execution of the event aren't as strong as they need to be. Once the muscles are strengthened, form improves, and gains start coming quickly.

Neveux \ Model: Mike Morris



On lateral raises try to keep your arms straight throughout the movement, as opposed to bending your elbows. Start with the dumbbells against your upper thighs, palms facing inward. Extend your arms up and out until the weights are parallel to the floor.



Neveux \ Model: Todd Smith

I came up with a routine of specialized exercises for the muscles that are responsible for turning the body. There are quite a few—many more than people think until they examine the body from top to bottom. Glen's lateral deltoids, lats, obliques, transverse abdominis,

adductors, abductors and calves were the muscles I wanted him to strengthen.

Here are the exercises that I included in his routine for the various muscles, plus pointers on form. Lateral deltoids: lateral raises with dumbbells. Try to keep your arms

straight throughout the movement, as opposed to bending your elbows. Start with the dumbbells against your upper thighs, palms facing inward. Extend your arms up and out until the weights are parallel to the floor. Resist gravity at the top, then lower the weights in a controlled



The high pull is, in effect, a deadlift followed by a shrug, but the two movements must flow together...and you can never pull the bar too high.



manner. Do each rep in a smooth, rhythmic fashion. In other words, don't just jerk the dumbbells up and down. That's much less productive and can be stressful to your shoulders and elbows.

Stay with light weights until you master the technique—which shouldn't take long, since it's a simple movement—and do three sets of 15 to 20 reps. Once you feel confident in your form, stagger the weights upward for four sets of eight to 12 reps. It all has great carryover value for the other exercises in your routine that involve your shoulders.

The single best exercise for strengthening the lats is wide, or snatch-grip, high pulls. You can use much more weight on the high pull than on any lat exercise performed in a machine, and the movement, out of necessity, has to be done dynamically, which brings many smaller groups into play. Just look

at the lat development of some of the best Olympic weightlifters. They seem able to glide from tall buildings. Their wide, powerful lats are a direct result of all the wide-grip pulls they do to improve their snatches.

Use straps. They help you hold onto the bar when the poundages get really heavy, and they enable you to concentrate fully on your form. Most Olympic bars have a score on each end of the bar, about six inches in from the collars. Wrap your ring fingers around them. Your feet should be shoulder width apart and your toes straight ahead. Pull the bar in close so that it's snug against your shins. Flatten your back and make sure your front deltoids are out ahead of the bar.

The high pull is, in effect, a deadlift followed by a shrug, but the two movements must flow together. There shouldn't be any hitching through the middle, for that disrupts the continuity and has a negative effect on how high you elevate the bar. The higher you pull the weights, the greater the results—and you can never pull the bar too high. If the lighter warmup sets soar up over your head, all the better.

Break the bar off the floor in a controlled manner. Don't try to jerk it upward using your arms. It must start close to your body and stay

THE ULTIMATE MUSCLE BUILDING STACK!



(813) 741-3907

eXtremeMuscle.com
maximize potential - rapid recovery

NOSHOTGUN.COM

*When combined with strength training & a sensible diet.
Use only as a dietary supplement.
These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent any disease.

The bar should move upward like a whip, slowly at first, picking up speed through the middle and turning into a blur at the top. When you hit everything just right, the bar will jump upward, seemingly on its own.



News \ Model: Joey Floor

When you do twists with a stick, you need to do 150 to 200 reps. They do take time and are quite boring; do them apart from your workout, such as when you're watching the news on TV. You can do them every day.

moderate weights so you can focus on the form points. After you get the feel of what you're trying to accomplish, do a couple of sets of five as warmups.

Then go to triples. That

flat back on both the up and the down parts of the lift. Plus, the deliberate lowering of the bar helps build even more strength in the lats.

The most frequent form mistakes are rounding the back, hitching through the middle, bending the arms before contracting the traps and turning the elbows down and back instead of up and out. Learning to

will let you pay more attention to technique as well as handle more weight. More weight equals greater strength.

The wide-grip high pull is your primary lat exercise, but for more work on that group wide-grip chins and lat pulls on a machine are excellent auxiliary movements. Be sure to do both of them to the front and not behind the neck. As I've stated before, the shoulder girdle isn't designed to deal with resistance behind the head. It's more productive to chin and pull to the front anyway; why tempt fate?

Now we move to two groups that I consider extremely important for lateral strength: obliques and transverse abdominis, the two groups most overlooked in the process of strengthening the lateral muscles. Most people figure that if they're working their abs regularly, they're taking care of their obliques and transverse abs. I doubt it, for

close throughout the lift. Once the bar passes your knees, drive your hips forward forcefully and immediately shrug your traps. Then and only then do you bend your elbows. At that point, you should be high on your toes, your body vertical, with your elbows up and out.

Don't let the bar crash back to the floor. Rather, lower it to your waist, pause, and then set it on the floor. That will enable you to maintain a

coordinate all of these steps takes practice, so don't get discouraged if you fail to achieve perfect form right away. The bar should move upward like a whip, slowly at first, picking up speed through the middle and turning into a blur at the top. When you hit everything just right, the bar will jump upward, seemingly on its own.

While learning how to high pull, do five sets of five, and stand with

Only the Strong Shall Survive



Heavy weights on side bends can build the obliques, thickening the waist.

Neveux \ Model: Dan Decker

the trunk is to attack the transverse abs. Because they seldom receive any direct attention, they'll respond quickly. I use several different exercises for them. One is to place a bar behind your neck and, while standing or seated, twist from side to side. Another is to hold either an Olympic bar or a lighter standard bar straight out in front of your body, then twist from side to side. For the last one you also use an Olympic bar, but you hold it vertically with one end planted on the floor. Grip the bar in front of your face with your right hand on top. Tip and turn the bar as far to your right side as you can, then return to the starting position and do it again and again, until you feel your transverse abs on that side tire. Now reverse the position of your hands, and do the same movement to your left side. Do three sets of as many of these as

you can handle, and see if your sides are sore the following day. If they aren't, do even more. The number of sets and reps for the two twisting exercises depends on how strong your transverse abs are to start with. Keep running the reps until you feel the muscles fatigue, and you'll know you're on the right track.

Like the side-to-side bends for the obliques, these can all be done on your nontraining days. That way you won't be tempted to cut down on the reps or hurry through them.

Although the leg abductors play an important role in turning and stabilizing the body, they receive sufficient work in most programs. On the other hand, it's fairly common for the adductors to be out of proportion, strengthwise, to the outer leg muscles.

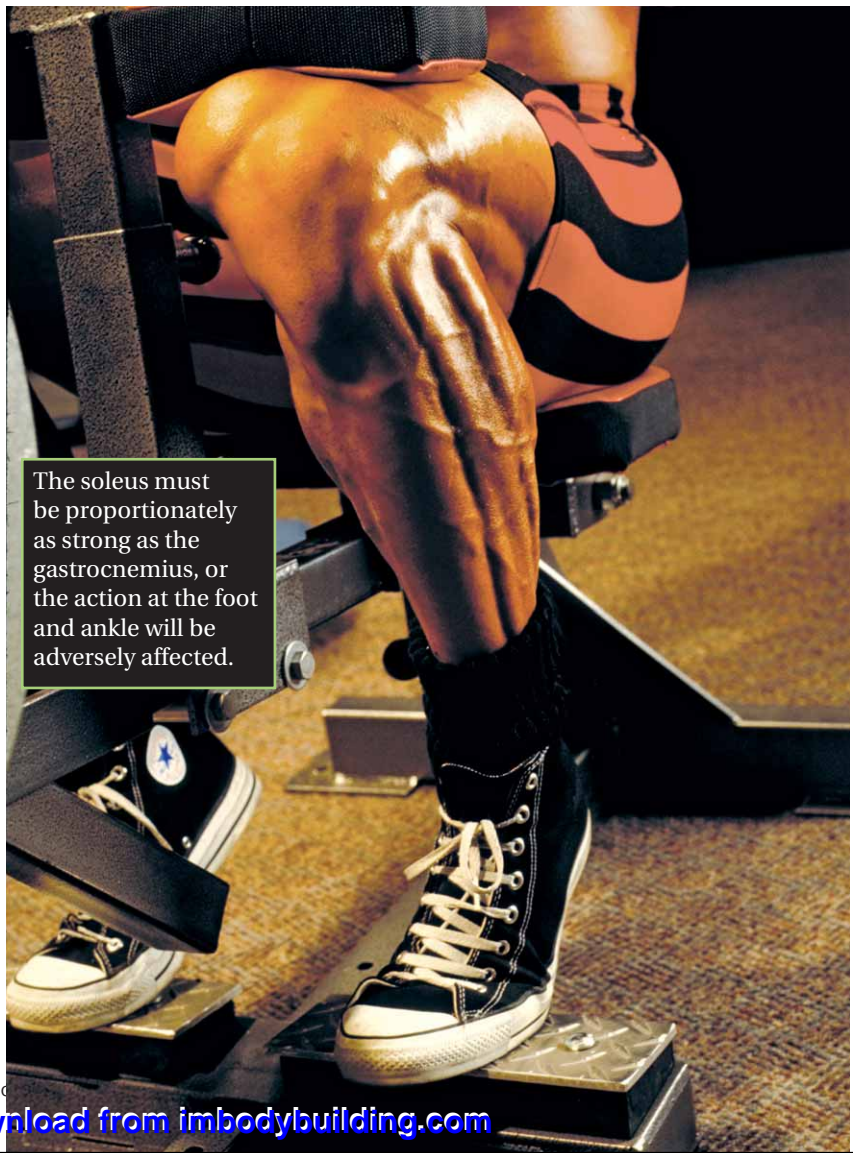
I'm a huge fan of the adductor machine. Within only a few weeks

both require specific movements and aren't worked in conventional ab routines, which usually consist of crunches, situps and leg raises.

First the obliques, which frame the midsection. Hold a stick or light bar overhead. Lean as far as you can to one side, come back erect, and do the same motion to the other side. How many reps you do depends on how much weight you're holding above your head. With a stick you need to do 150 to 200 reps. They do take time and are quite boring; do them apart from your workout, such as when you're watching the news on TV. You can do them every day.

Some prefer to use dumbbells for this movement, and they can be effective. There is a drawback, however. The heavier weight builds muscle, but it tends to thicken the obliques and makes the midsection look chunky. If you use the higher reps and lighter resistance, you can strengthen your obliques, and they'll stay trim. Also, bending from side to side with a bar or stick overhead helps you get a greater stretch than when you use dumbbells. How to decide? Do ultrahigh reps with one method, wait a day or two, and then try the other. The one that makes you the sorest is the best one for you.

In my opinion, the best way to improve the explosive turning of



The soleus must be proportionately as strong as the gastrocnemius, or the action at the foot and ankle will be adversely affected.

athletes can bring their lagging adductors up to par by doing two sets of 20, three times a week.

Problem is, those machines aren't readily available. There wasn't one at Hopkins, so I had Glen do very wide back squats. I put them in his routine as back-off sets of 10 on his medium and heavy days, and five sets of five on his light days. They hit the adductors very directly, but only if you go really deep, way below parallel. Staying higher isn't nearly as effective.

We did have an apparatus in the training room that I put to use: the slide used by speed skaters. It hits the abductors and adductors specifically, and because it's a low-stress movement you can do it a lot. Glen used it at the end of every workout. The slide is very demanding; short bouts are in order.

The final groups to consider are the calves—often overlooked because coaches and athletes believe they're getting all the work they need from the other exercises in their program, such as power cleans, high pulls, shrugs, jerks and push presses. But the larger of the two muscles that make up the calf—the gastrocnemius—carries the bulk of the burden on those lifts. Its smaller partner, the soleus, isn't nearly as involved in most exercises—or other athletic activities for that matter, since it contracts fully only when you bend your knees. That's because the soleus originates below the knee at the posterior surfaces of the tibia and fibula, the two bones of the lower leg.

Some discount the soleus, contending that if the gastrocnemius is strong, all is well. Not so. The soleus must be proportionately as strong as the gastrocnemius, or the action of the foot and ankle will be adversely affected. The soleus acts in concert with the gastrocnemius, creating a functional unit known as the triceps surae. Together, they assist in the plantar flexing of the foot—that is, pushing the toes downward forcefully. Both help keep the ankles strong and steady, whether you're standing or in motion. In short, the calves are critical to balance, and the act of turning dynamically requires a high degree of balance.

So your program should include both standing and seated calf raises. Keep the reps high—30s—and the last 10 should bring tears to your eyes. The calves won't respond to comfortable workouts; they have to be abused. Do no fewer than three sets. You can mix the two variations at the same session or do them on alternate days. Be sure to stretch your calves after each set. Don't wait until you've finished. That will lower the risk of injury and make the next set easier.

Soon after Glen started doing the lateral-strength exercises, his distances improved—not dramatically, since he worked them for less than a month. Then track season ended, and he graduated. Yet I was certain that the idea had merit, and the following year I got to put it to a true test.

Sylke Knuppel was one of the best athletes I ever trained at Hopkins. By the time she ended her basketball career, she owned nearly all of the school records in the sport. When she told me she planned on throwing the javelin in the spring, I put her on the lateral exercises right away. At her first meet she threw 125 feet. At her final one she'd improved to a staggering 190 feet and was ranked sixth in the nation, all without the benefit of technical coaching. What she learned, she picked up watching the other throwers. I encouraged her to relocate to Southern California and hook up with one of the many excellent throwing coaches there, but she wasn't that interested. It was just a hobby.

Lateral strength and balance are critical to success in any sport as in almost every aspect of everyday life. Even though you may not feel that you need to do any of them, keep them in mind in case you come across someone who does.

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—Strength Training for Football*, which is available for \$20 plus shipping from Home Gym Warehouse. Call (800) 447-0008, or visit www.Home-Gym.com. **IM**



FINISH FIRST®

LIVE FOR THE PUMP



AVAILABLE AT
YOUR LOCAL VITAMIN WORLD
(800) 228-4533
vitaminworld.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Mind

X-traordinary Muscle-Building Workouts

E-books are getting more and more popular, due to the Internet, so it's time we start paying attention. That's particularly true of the new offering from X-Rep.com, *X-traordinary Muscle-Building Workouts*, an electronic bodybuilding book by IRON MAN's own Steve Holman and Jonathan Lawson. It's an e-tome with a twist.

XMBW is a workbook of sorts, as the workouts are all presented in a printable format. Each chapter describes the principles behind a particular program, dissects it and then gets you psyched about why it works. From there you get each day's workout in a full-page format so you can print it out, take it to the gym and log your poundages. All you need is a small clipboard and a pencil, and you're in bodybuilding business.

X-traordinary Muscle-Building Workouts includes some familiar programs, but most are peppered with unique twists and turns for growth and burn. X Reps are sprinkled throughout, as are drop sets and other intensity techniques. The programs are all about intensity, although some fuse high intensity with subfailure pump attacks, bringing you fiber growth, capillary bed enlargement, cell volumization and so on—a killer strategy for hypertrophy.

First up is the 3D Power Pyramid Program. You get a blast of motivation right at the start, as a quote from an early user regales you with his results after eight weeks on the program: 20 pounds of muscle, bench press from 340 to 405 and squats from 460 to 515. You'll be even more motivated when you read about the power of pyramiding the weight over three sets on the compound exercises and finishing with one set of a stretch-position exercise and one set of a contracted-position move—your basic 3D POF. The program is a two-way split on which you train Monday, Tuesday, Thursday and Friday, with an average of five sets per bodypart.

Chapter 2 is a classic 20-rep squat program. A brutal-but-brief

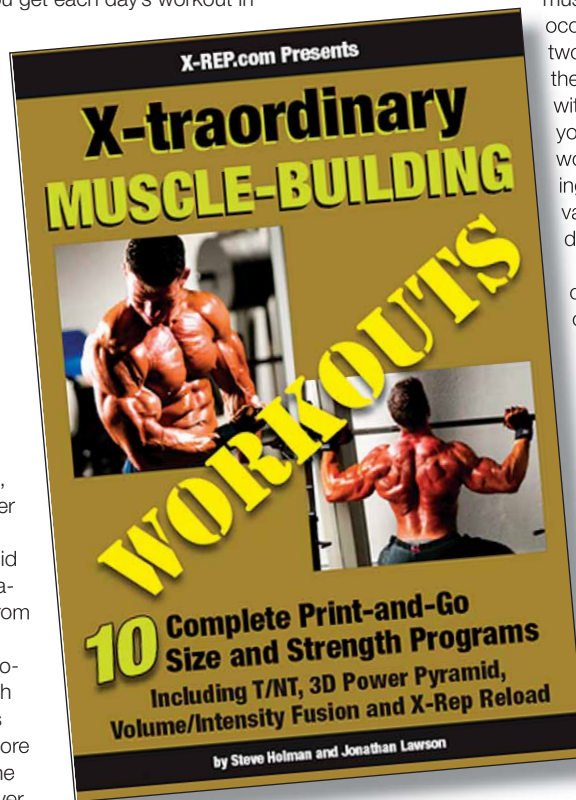
basic routine, it's done incredible things for trainees' mass via metabolic activation. Take your pick of two programs—a slightly longer workout or a more abbreviated one for hardgainers. With either you'll be breathing like a locomotive and growing like a fertilized weed in spring.

Abbreviated routines continue in Chapter 3 with Time-Bomb Training, based on the two-set/drop method Holman and Lawson have discussed in their e-zine and in their Train, Eat, Grow series in *IRON MAN*. It's a way to get at the three major components of muscle growth—max force, tension and occlusion and stretch overload—with only two sets of one big exercise. Efficiency is the name of the game here. Bodybuilders with major time constraints, this one's for you. They're tough-but-quick full-body workouts, with a recommended training scheme of three days per week. For variety there's a Wednesday workout with different exercises. Very innovative!

Chapters 4, 5 and 6 contain workouts based on the legendary heavy/light concept—although you accomplish it by different means in each. Volume/Intensity Fusion is geared to hardgainers. Overcoming low neuromuscular efficiency is the way skinny dudes get bigger bodyparts. The Volume/Intensity Fusion workout gets the job done by alternating short high-intensity routines with subfailure volume programs. The intro explains the hardgainer plight to a tee and provides plenty of big-gain motivation. The workouts are four or five days a week.

The Traumatic/Nontraumatic Program contains short workouts for each bodypart, but you alternate fiber-damaging routines with less severe programs, the latter based on machine and cable work. For

example, a traumatic quad workout would be free-bar squats, pyramiding the weight over three sets (9, 7, 5), followed by stretch overload on weighted sissy squats. The nontraumatic routine would be Smith-machine squats, two sets of eight to 12 reps, followed by leg extensions—less traumatic stretch than sissies—in three- and a four-days-a-week versions.



Body

Chapter 6 covers the classic Heavy/Light Program, and it's just what the name says. At one workout you do heavy, low-rep work; at the next workout for that bodypart you do lighter, subfailure sets with a lot more reps for pump. That's how many of the bodybuilders in the presteroid era (1950s and '60s) trained to get big. That says it all—it works! There are three- and four-days-a-week versions.

The last workout is X-Rep Reload. It's a version of Eric Broser's Power/Rep Range/Shock system that Holman and Lawson have infused with X Reps and X-hybrid techniques like Double-X Overload. They even discuss Dante's DoggCrapp, or multirep rest/pause, training and how they use it during Shock workouts. X-Rep Reload is a more advanced routine with more volume and twists and turns than any of the others in the e-book. Use it as is, or incorporate some of the ideas into your current workout. They call it X-Rep Reload because it's based on the very first X-Rep program they used to get such spectacular results in only one month, as depicted in their before and after photos at X-Rep.com.

You get 10 complete printable programs in all, with a detailed discussion of each. My only problem is that with each chapter I was convinced that the workout I was reading about was the answer to my get-big prayers. Then I'd read the next chapter and change my tune. I also prefer a bit more volume than some of the workouts provide, but that's an easy fix. Just do a few more sets.

The last part of the e-book, called Appendix 1, is a look at stretch-overload research and in my opinion is worth the price of the whole e-book. It delves into hyperplasia—the splitting of muscle fibers—and discusses the animal study that produced a 300 percent muscle mass increase after only one month of progressive stretch overload. Rep speed; negative, or eccentric, work; and a new concept, Forced X Overload, are all covered. Stretch overload is a very big muscle-size trigger. I can verify that after using the techniques Holman and Lawson discuss in my workouts and getting a burst of new muscle size.

I have all of the e-books those guys have written, and each one builds on the other. That said, this one stands alone as a detailed workbook of get-big programs you can take to the gym—literally. It's about time someone took the e-book to the next level like that. This is a must-have, must-read e-book for anyone and everyone interested in building more muscle. Two biceps up!

—Butch Lebowitz

Editor's note: *X-traordinary Muscle-Building Workouts—10 Complete Print-and-Go Size and Strength Programs* is available at www.X-Rep.com.

Mental Might

Brain Food

A recent study found that people who got a drink that contained flavonols—healthful compounds found in chocolate—had improved blood flow to the brain. That means more oxygen and nutrients were delivered to the old memory computer. Could dark chocolate be part of the solution to Alzheimer's disease? Possibly, but don't overdo it. High levels of bodyfat reduce blood flow, which can decrease brain function. In other words, an all-chocolate diet is not recommended for preventing Alzheimer's.



—Becky Holman

www.X-tremeLean.com

Antiaging

Wrinkles Be Gone

Scientists in Korea treated skin with an omega-3 fat found in fish oil. After exposing the skin to damaging light, the researchers found that compounds that destroy elasticity in the skin had decreased by more than 70 percent. Yet another reason to eat fish and/or take fish oil capsules.



—Becky Holman

www.X-tremeLean.com

Nothing Changes, Nothing Remains the Same

park a block from the gym and hear the clanking of plates echoing down the street. Come to think of it, I hear the clanking of plates in my dreams, under anesthesia and under water.

The doctors say it's an occupational hazard, like repetitive-use syndrome, battle fatigue or posttraumatic stress. I listen to the irregular, high-pitched concussions even when I don't hear them—my built-in metronome, my internal clock, my heartbeat, my rhythm and rhyme, my song.

Time to get to work. First I sit in the corner by the lifting platform, collect myself and check out the scene. The flight of stairs from the parking lot knocks me out. You laugh, but my gym bag weighs as much as a Chevy short block. Got my stuff in there: food, drink, special gadgets, wraps, belt and things that crawl and go bump in the night. I also have WD-40, never again to be mistaken for underarm deodorant. Yow-za, Momma!

Everything looks cool. Back doors are wide open, fans are blowing, my bench is free, and a few friendly faces dot the gym. A slug of water—make sure it's water and not DMSO—and I'm on my way.

It's a sunny Sunday in coastal California, and anybody with half a brain is outdoors enjoying the good life: beach, hiking, biking, boating and picnicking. How would I know, you ask, as I don't know anybody with half a brain? Ha. Very cute. Laree has half a brain, wiseguyl!

Today is a day of trial and error. Actually, every day is a day of trial and error, but this one is specific: some low-input squats and deadlifts to test the body's mechanics, range of motion, endurance and strength and lack thereof.

Good grief! Whose idea was this?

I'm strong and courageous, but I'm not overly inspired. I'm attentive and dedicated, but I'm not exactly happy. The workout will be done, but I'm not about to set any records. To exercise and determine my abilities: That is my purpose.

I start with the usual blend of crunches, leg raises and rope tucks to warm up, shape up and tighten up my midsection (dream on). Focus is achieved; effort and finesse are dialed in.

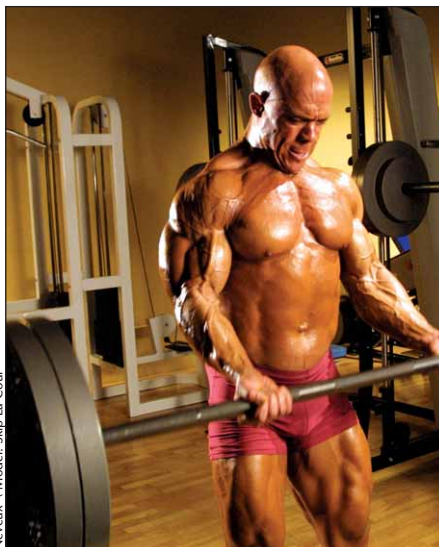
At the start, midway and in completion, it's clear my level of input is seriously compromised. Fatigue is immediate and not amenable to friendly persuasion. It must be the long week and previous workouts, the hot weather, sleep limitations and the possible loss of precious bodyweight. Rats! Time for plan B.

Plan B is whatever I feel like doing that can be done without overdoing it, exclusive of packing up and going home. When the weights seem nailed to the floor and the burn feels more like a sting, the pump's in the dumps and I know a quick exit is off-limits, I return to my gym bag, a headquarters of sorts, and think.

Another slug of water—I give myself 30 seconds, tops. Reviewing previous workouts, assessing my physical responses and considering my desires and needs, I make my conclusions. Intuitive surfaces.

Biceps and triceps it is, with whatever stray muscles I can drag along in the act—a spot of shoulders, a chunk of chest and a bit of back. Arms will dominate, and there'll be no leg work today.

I feel better knowing deadlifts and squats aren't in my immedi-



Neveux \ Model: Skip La Cour

ate future. Another time they'll be appropriate; they'll rule, lead the way, take me where I must go. Not today. The decision is run through my trusty ICM (internal copout meter), and the readings are just fine: no alarms, no doubts, no guilt, no fear; no way, José.

I can blast an arm workout when the reserves are low—mental, physical, emotional and motivational. A good arm workout can be established within a few light sets of attentive warmups—supersetting standing barbell curls with dips. That's a 50-year-old quickie workout favorite when in a pinch, as the moves are easy to set up, familiar, comfortable, fun and provide a pump, an agreeable burn, a slow rise in heart rate, body warmth and breathing, offering the first delicious slurps of progress, direction and investment.

I'm beginning to cook, and a mini blast is before me.

I learn the hard way, and sometimes I don't learn at all. It's happened before: A good arm workout is best when it's not overdone. Too often I've found myself barreling along with vigor, spirit and good intentions in the lead and my instincts lagging behind, and I exceed my maximum training input. I overthrow my ball of energy, strength and purpose, and it lands in a distant thorn patch. Exhausted, beaten and bleeding, I exit the gym on my hands and knees.

Not today. Not me. Here's one wiseguy who's too clever for that old mistake. Sunny Sundays cast new light on old training gloom. I'll savor a short, sweet and irresistible arm blast, and (I'm persistent) revisit plan A, squats and deadlifts, with appropriate revisions. I'll dip only into the two burly exercises to remind my body of their action and inspect the effects of their load. This weightlifting stuff can be very intimate.

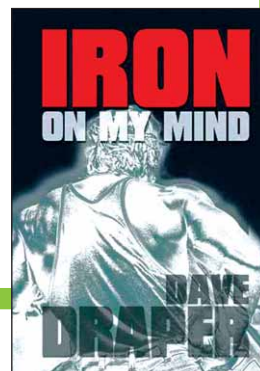
Arms are done, and I return to the corner lifting platform for recon and a sip of cold premixed Bomber Blend. I put a lone plate on the bar before me and do four sets of eight reps of deads. I could do a lot more. I could do a lot less. But four sets multiplied by eight reps of absolute focus, rigorous muscle action and internal vigor cannot be surpassed.

The squat rack eventually bears the same weight for the same combination, and by workout's end I'm cooked medium rare, just the way I like it.

See? You can take your workout and reform it according to your needs and desires, if they're legit, and providing your changes are wise and applied with hard work, good form, acute focus and smart purpose. It's called moving on and going forward, thinking, feeling and making sense. You can do it, if you know what you're doing. Have courage and faith.

—Dave Draper

Editor's note: For more from Dave Draper, visit www.DaveDraper.com and sign up for his free newsletter. You can also check out his amazing Top Squat training tool, classic photos, workout Q&A and forum.

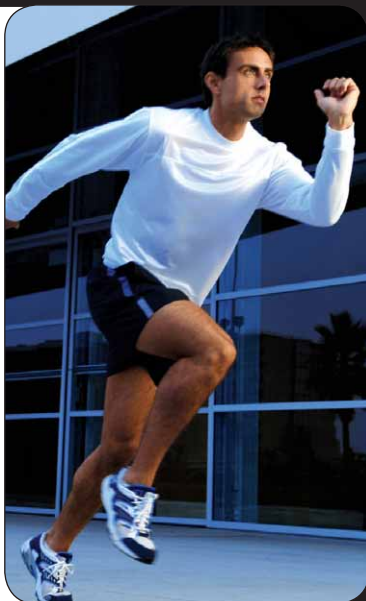


Emotions

Run From **Anger**

A British study found that just 30 seconds of intense exercise is enough to clear your head, relax you and reduce anger. So the next time you're in a heated argument with someone, sprint for 30 seconds. You'll feel more relaxed, plus you'll be about a quarter mile away from the irritating SOB.

—Becky Holman
www.X-tremeLean.com



Anti-obesity

Another Reason to Stay **Lean**



According to researchers at Harvard's medical school, an obese person is more likely than a lean person to develop multiple myeloma, a cancer of the blood cells that produce antibodies. More than 50,000 people in the United States have this disease. It appears that cells found in fat tissue produce interleukin-6, which promotes an inflammation response from the immune system. Those who exercise more may have a lower risk.

—Becky Holman
www.X-tremeLean.com

Hygiene

Stress and **Bad Breath**

We all know that stress and nervousness can increase cortisol, which can cannibalize muscle tissue. It turns out that muscle growth isn't the only thing that goes bad—so can your breath. Stress produces more sulfur compounds and diminishes saliva production, both of which contribute to breath distress. Chewing gum or sucking on mints can help.



—Becky Holman
www.X-tremeLean.com

www.alluringfitness.com

- See Over 400 Photos Of Fitness Competitors & Fitness Models That You Won't Find In Any Publication Or Any Other Web Sites. These Photos Are EXCLUSIVE To This Web Site Only.
- New Photo's Added Monthly!
- On-line Shopping Via A Secure Connection Is Available To Purchase 8"x10" Photos & Color Posters!

www.alluringfitness.com

YOU WON'T BELIEVE WHAT YOU'LL SEE ON THIS SITE!
IT'S NEW - IT'S EXCITING - IT'S TANTALIZING - IT'S UNLIKE ANY OTHER SITE



Dick Falcon

Photographers who are also bodybuilders can deploy a much greater understanding of the sport when they snap the shutter. One thinks of great lensmen like Russ Warner, Bob Delmonte and, of course, John Balik, who were all physique athletes before they stepped behind the camera. A lesser-known bodybuilder who also took great pictures was Dick Falcon. He was born in Columbus, Ohio, in 1912, and by his own account he was a puny and sickly youth. It was only after he purchased some free weights in the early 1930s that his health improved and his physique began to form.

Falcon always trained for shape, but eventually he became quite a competent lifter, and despite his short stature (he was only 5'2"), he could put up some heavy weights. While he was involved in bodybuilding, he also worked as an artist's model. It was said that he was in great demand because of his ability to assume creative and unusual poses. At some point Falcon took up photography, and he began to take pictures of many of his athletic friends.

When World War II came around, Dick became a sergeant in the U.S. Army and was stationed in Augusta, Georgia. After he was released from the Army, Falcon decided to stay in the South, and eventually he moved to Tampa, Florida. There he was able to indulge in his other passion: nudism.

Falcon became part owner of the notorious Sunshine Beach Nudist Camp, and not only was he able to enjoy year-round nudity, but he could also take pictures of his fellow residents. In the 1960s Falcon produced and appeared in two shamelessly exploitative nudie films, *Naked Complex* and *Hideout in the Sun*, both of which were shot at the camp and each of which starred his girlfriend, cheesecake model Dolores Carlos. Somehow Falcon found time to photograph several of the finest bodybuilders in the area. His pictures of great athletes like Tom Platz, Jim Haislop and Dick Baldwin display the athletes as well as the glories of Tampa Bay. He even found time to instruct female bodybuilding guru Doris Barrilleaux in the fine art of physique photography.

Dick Falcon dropped out of sight about two decades ago, and no one has heard from him since then.

—David Chapman

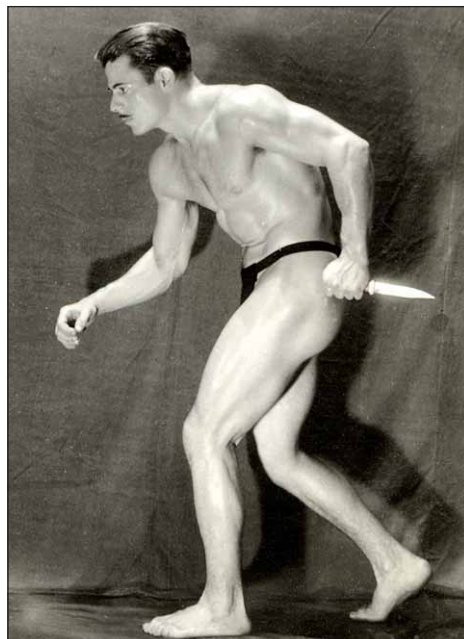


Photo courtesy of the David Chapman collection



Photo by Dick Falcon \ Courtesy of the David Chapman Collection

Dick Falcon and Dolores Carlos, one of the cuties who appeared in his two nudist movies, wish viewers a happy holiday.

IFBB
PROFESSIONAL LEAGUE

www.ifbbprofessionalleague.com

THE #1 SOURCE
FOR PRO BODYBUILDING
& FITNESS INFORMATION

CALENDAR | CONTEST RESULTS | PHOTOS | NEWS



www.IFBB.com

Covering amateur bodybuilding
& fitness worldwide.



Joe Weider's
OLYMPIA
Weekend

THE GREATEST PHYSIQUE SHOW ON EARTH



HALL OF FAME

Photobiographies of our Sport's Greatest Champions

Visitors from over 180 countries worldwide

GMV BODYBUILDING DVD

41 YEARS IN BODYBUILDING & FITNESS MAIL ORDER

THE LARGEST COLLECTION OF BODYBUILDING DVDS IN THE WORLD

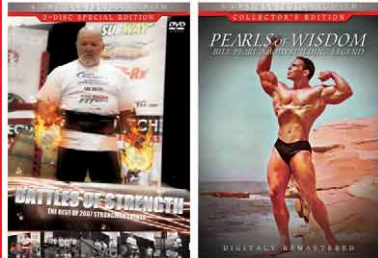
www.gmv.com.au



GMV-65DVD/90 MINS/\$39.95 GMV-641DVD/111 MINS/\$39.95



GMV-649DVD/115 MINS/\$39.95 GMV-648DVD/204 MINS/\$44.95



V-206DVD/255 MINS/\$34.95 GMV-659DVD/150 MINS/\$39.95



V-205DVD/120 MINS/\$39.95 GMV-664DVD/118 MINS/\$39.95

VISIT OUR HUGE WEBSITE OF BODYBUILDING DVDS AT:

www.gmv.com.au

HUGE SELECTION ASK FOR A FREE COLOUR CATALOGUE

wayne@gvm.com.au

FREE AIRMAIL ALL FIRST ORDERS FROM THIS AD - ALLOW 2 WEEKS DELIVERY

Order by credit card 24 hrs/7 days
MASTERCARD, VISA

GMV PRODUCTIONS USA-DEPT IRON MAN
9122 W Viking Rd. Las Vegas, NV 89147-6879
Ph: 702-242-3269

GMV PRODUCTIONS P.O. BOX 10164-IM, ADELAIDE
S.AUST, AUSTRALIA, 5000

Brain Boosters

MIND/BODY

Maintain Mental Might

The July '07 issue of *Bottom Line Health* contained in interesting article by Eric R. Kandel, M.D., a Nobel Prize-winner currently with the Columbia University Center for Neurobiology and Behavior. According to Kandel, "There are factors that are important

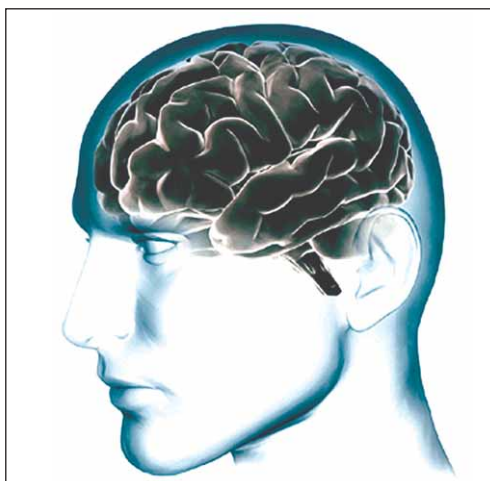
for long-term memory functioning, such as not being overweight and not being physically inactive, both of which reduce blood flow to the brain. It's also important to see life as an adventure—to see oneself not in a static state, but in a process of continual growth and a

state of expanding knowledge." Maintaining a process of continual growth helps the brain keep challenged as you age. So, no matter how old you get, be open to learning new things.

—Becky Holman

www

.X-tremeLean.com



www.Home-Gym.com Best Sellers

DVDs/Videos:



Steve Holman

2) *10-Week Size Surge* by IRON MAN Publishing

3) *The 7-Minute Rotator Cuff Solution* by Joseph Horrigan, D.C., and Jerry Robinson

4) *Ronnie Coleman's Hardcore*

5) *Precontest Bible* by Larry Pepe

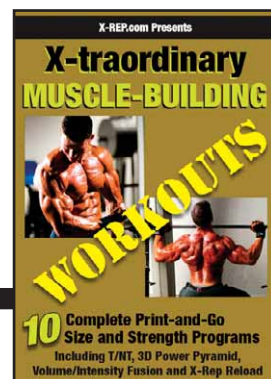
Top E-book:

X-traordinary Muscle-Building Workouts—10 Complete Print-and-Go Size and Strength Programs by Steve Holman and Jonathan Lawson (available at www.X-Rep.com)

- 1) "Jay Cutler—One Step Closer"
- 2) "2006 Mr. Olympia"
- 3) "2007 IRON MAN Pro"
- 4) "Ronnie Coleman: Relentless"
- 5) "IRON MAN's Swimsuit Spectacular #9"

Books:

1) *Train, Eat, Grow—The Positions-of-Flexion Muscle-Training Manual* by





Jeane Sunseri-Warp

Residence: San Jose, California

Career Highlights: '07 NPC Junior California Figure Championships, overall winner; '07 San Jose Figure Championships, A class, 1st

Factoids: A former San Jose State University soccer player, she is of Italian-French heritage and is married.



Rene Chavez

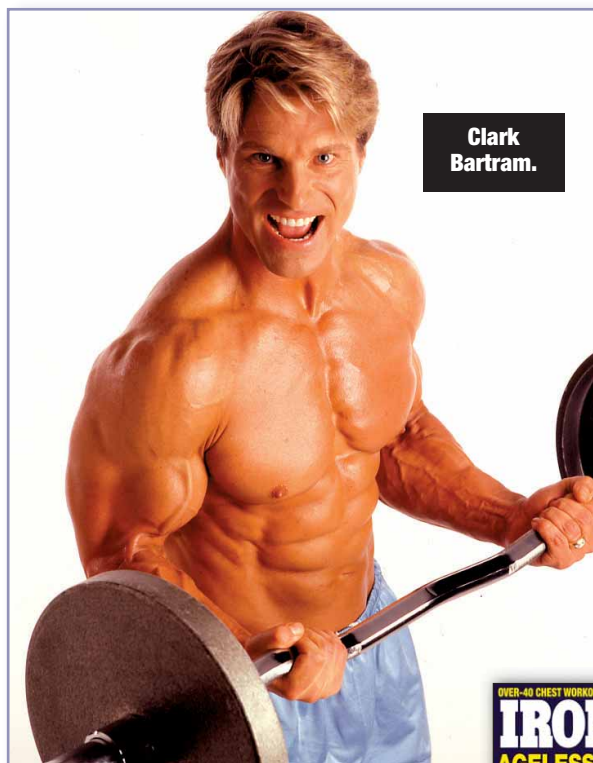
Residence: Chino, California

Occupation: Owner, Constructive Fitness,
Chino

Contests: '07 NPC California Championships,
lightweight, 1st; '05 Orange County Classic,
novice overall winner

Factoid: Won both open and novice divisions
in his first-ever contest, the '04 Excalibur.

Middle-Aged Muscle



Clark Bartram.

Newex

IRON MAN never fails to amaze me. When I was in my 20s and 30s, it was always full of essential training and nutrition information, with pictures of the best bodybuilders. Now I'm in my 40s, and every issue has at least a few articles on anti-aging and building muscle for middle-aged guys—even special issues devoted to over-40 bodybuilding and ageless muscle. Your October '07 edition was especially noteworthy, and Clark Bartram on the cover at 44 was inspiring. I am impressed. It's almost as if *IRON MAN* is published just for me, getting older but better as the years pass. Thanks for keeping me motivated and looking and feeling younger than ever!

Gary Spalding
via Internet

Where's the Drug Info?

I'm a hardcore bodybuilder and look to the magazines for underground information. *IRON MAN* used to have columns on bodybuilding drugs, but now they're gone. I want to know how to win the Mr. Olympia someday, and I know drugs are a part of that goal. Why not give us serious info on how to use them safely.

name withheld
via Internet

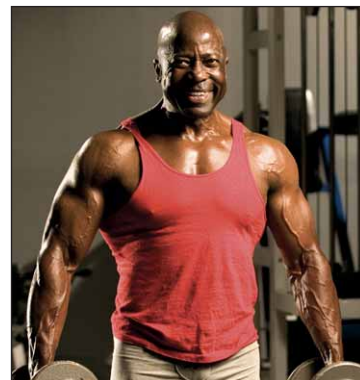
Editor's note: Um, because they're illegal. Also, we believe bodybuilding competition includes only a small microcosm



of the muscle-building population. We like the competitive side of it, which is why you see coverage in our pages, but *IRON MAN* is mostly about healthful, sane training and eating to build muscle and quality of life—we're not about building the most muscle possible at any cost, especially when it comes to compromising health with illegal drugs.

Mr. America

The feature on me ["Sensational at 70-Plus by David Young," October '07] is absolutely the best of my career. I've never been as pleased with any article as I am with that one. Everything about it is wonderful. The layout, artwork and photography are all beautiful. And a special thanks to the editors who made me sound so great. Thanks to John [Balik] for giving me the platform to air my views and to David Young for his patience.



Newex

Jim Morris, age 71 (yes, 71!).

Jim Morris
via Internet

Editor's note: You're an inspiration, Jim. We are still in awe of the way you look at 71—as well as your honesty and compassion.

Youth Movement

Bill Dobbins' comments in your September '07 Mind/Body section ["In Praise of Female Muscle"] were spot-on in relation to "hardbodies" improving with age. As one of the many bodybuilders pushing 50, I've never been healthier or felt better than I do now. Looking years younger than my age is another huge bonus to this fit lifestyle. Dobbins pointed out that building a muscular body is revolutionary for women. I'd love to get to the point where science considers female development evolutionary—the "gradual process in which something changes into a different and usually more complex or better form" (*The American Heritage Dictionary*). When will the public catch on to this youth movement?

Dr. Lisa Aukland
via Internet



Roland Balik

Lisa Aukland.

Vol. 66, No. 12: *IRON MAN* (ISSN #0047-1496) is published monthly by *IRON MAN* Publishing, 1701 Ives Ave., Oxnard, CA 93033. Periodical Mail is paid at Oxnard, CA, and at additional mailing offices. POSTMASTER: Send address changes to *IRON MAN*, 1701 Ives Ave., Oxnard, CA 93033. Please allow six to eight weeks for change to take effect. Subscription rates—U.S. and its possessions: new 12-issue subscription, \$29.97. Canada, Mexico and other foreign subscriptions: 12 issues, \$49.97 sent Second Class. Foreign orders must be in U.S. dollars. Send subscriptions to *IRON MAN*, 1701 Ives Ave., Oxnard, CA 93033. Or call 1-800-570-4766. Copyright © 2007. All rights reserved. No part of this magazine may be reproduced in any manner without written permission from the publisher. Printed in the USA.