

# I'M A BODYBUILDER

FALL 2004

THE MECCA  
GOLD'S GYM  
OF VENICE

NATURAL CAL  
RESULTS AND  
PHOTOS

CROSSTRaining  
CARDIO TO  
GET SHREDDED

TOMORROW'S  
SUPERSTAR:  
**MICHAEL  
HAIRSTON**



POSING  
IMPROVE YOUR  
PRESENTATION

# You are not normal, my friend



Myron Mielke | Publisher and Editor

**W**Wow. Issue number two already. This whole endeavor has been a blast. *I'm a Bodybuilder* has gotten a lot of positive feedback, which certainly has motivated me to make improvements. For starters, I increased the size of this issue by adding a few more articles. Another contest is being offered with a chance to win a prize. This time it's bodybuilding trivia. See page 19 for more details. *I'm a Bodybuilder's* first reader art contest deadline has been extended to October 31, 2004.

With each issue you will find motivation and inspiration to continue pushing your workouts to the limit. You want size, strength, and lots of razor-sharp definition. I'm going to help you get there. Most of your gains will come during an extended period of time because bodybuilding is a full-time, long-term commitment. It's 24/7/365, guys. Nothing else will do.

If you're a teenager, you have an entire lifetime to build an incredible physique. Have patience and stay consistent. Plan a course to achieve, strength, size and power while remaining injury-free. Train smart and always warmup well, but train like an animal and never be satisfied with where you're at. You can always get stronger or bigger or more ripped.

If you're in your 30s, 40s or older and just starting, you can still make tremendous progress. You'll need to concentrate on warmups even more than your teenage iron brothers, but don't hold back. Train hard and heavy.

Push yourself. Eat correctly and your physique will change as will your entire attitude for life. Don't be just another guy with a pot belly and stick legs whose only exercise is mowing the lawn on Saturday mornings. Be the guy with ripped abs and legs of steel mowing the lawn on Saturdays!

You're a bodybuilder. You have the discipline, willpower, stamina and motivation that other people are always envious to have. Remember that. And then kick it up a notch. Be the ultimate example. If someone complains that they can't stop eating cheeseburgers or chocolate, go another day on low carbs and slam down another can of tuna just for kicks. You're a bodybuilder, my friend. Cheeseburgers and chocolate are for normal people. You're not normal.

If you're still reading this, the chances are you got up this morning and either did cardio first thing on an empty stomach or you headed for the gym to pump iron. And you've probably eaten at least five to six times and are about ready for another protein shake. Like I said, you're not normal. You are a bodybuilder. Remember that too.

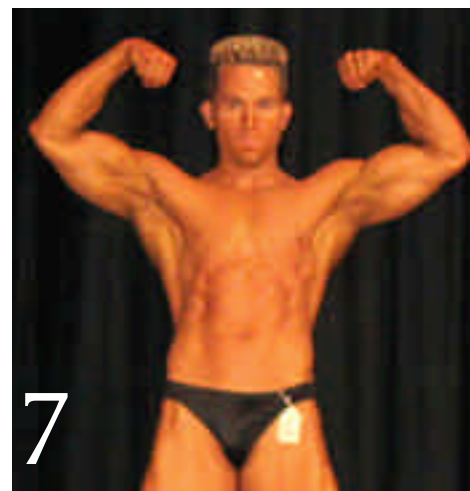
Do another set of squats this week for me and I'll choke down another can of tuna, a protein drink and a dry baked potato for you!

Train hard!



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# A trip to Mecca

*It's where Arnold, Lou and Robby trained. This is the place where all bodybuilders want to pump some serious iron.*



COREY MILLS

It certainly took me long enough. I've lived in southern California for nearly 14 years and I never went down to Gold's Gym of Venice. When I moved from the frozen tundra of Minnesota in 1990, training at Gold's was to be a priority. I dreamed of it for years and years, but for some reason I hadn't taken the time to fit it into my schedule. Well, last Saturday I finally made it to the Mecca of Bodybuilding.

My friend Corey Mills and I travelled down from Lancaster, which is about an hour and a half north of Venice. Corey and I joked about hearing the harps and angels singing when we rounded the corner and saw Gold's Gym of Venice on our left. There it was. Wow. Okay, now we had to find a place to park. After driving

around for about five minutes we found the perfect little spot about three blocks away. It was a parking spot with enough room for an Accord, but Corey showed off his parallel parking skills and placed his extended-cab pickup into that spot just perfectly.

The visitor's fee was \$20. It seemed a little steep as that's what I pay for a month at 24-Hour Fitness, but, hey this was the Mecca.

We had decided to train chest and triceps. Corey likes to use a lot of Hammer Strength machines and I like to use mostly free weights. We compromised and did a little of each. We both got a great pump on chests and triceps and had an excellent workout.

So here's my review of the facility. It was cool. I could probably stop there

but I'll go into a little more detail. You get some more energy knowing that so many champions have trained there. Arnold, Lou, Robby and all the others. Photos of all the Mr. Olympians and Mr. Universes decorate the walls. Autographed, framed pictures of Mr. USAs, Mr. Americas and other champs are hung about the entryways. Watching Tom Prince walking around and seeing Charles Glass training someone looked ordinary for some reason. I felt at home.

The gym was packed. Lots of people were doing cardio. Lots of people were using machines and lots of people were using free weights. Most everyone there looked like your average health club attendees, but there were a couple big boys training back. Because of their extreme size, I was





COREY MILLS

*Cars beware—bodybuilder crossing.*

surprised I didn't recognize them. They're destined to be on those walls as photos really soon.

The only complaint I really had was that the dumbbells were mixed up. Dumbbells are to be in pairs. I had to hunt for two 65 pounders. I couldn't find them but I did find a pair of 80 pounders instead. They felt like 65 pounds at Gold's. Hey, maybe that's part of the idea and plan for producing so many champions. Mix up the dumbbells so people have to train heavier.

Overall training at Gold's Gym of Venice was a great experience. Make sure you take the time to workout there if you're in the Los Angeles area. The equipment was well-maintained and the staff is friendly. I'll be back again and I can assure you it won't be 14 years from now next time.■

**I'M A BODYBUILDER**

# RESTAURANT REVIEW



## The Firehouse

This is where all the bodybuilders of Venice go and eat. That's what I had heard. I thought to myself, "Hey, I'm a bodybuilder and I'll be in Venice. I should eat there." And my friend Corey is a Los Angeles County fireman so I thought it would be appropriate. So after a workout at Gold's, we went there for lunch.

It's a bright red building and it really was an old firehouse. The door to get in was just a screen door. It reminded me of an entry to a cafe from the midwest.

There were booths and tables and a couple eating sections with the kitchen in the middle. We sat at a high table with bar stools. Overall the atmosphere was friendly and family oriented. And there were actually a few fireman eating lunch there. Corey was wearing his LA County Fire Department baseball cap and as the other fire-fighters filed out to leave they all nodded to him with mutual respect. That was neat.

The menu actually catered to bodybuilders. They had a whole list of special foods. I couldn't resist the Bodybuilder #4. It was eight scrambled egg whites, a buffalo patty and a baked yam. I was in heaven. This is the only place on earth you can order that. Corey wasn't feeling as adventurous. He ordered a cheeseburger. The cost of each meal was around \$8.00 or \$9.00 plus soft drinks.

To sum it up: I liked it. I'll eat there again.

Tomorrow's Superstar:

# Michael Hairston

## A modern day Steve Reeves

*From backflips to broccoli protein shakes, this incredible future minister is making his mark in competitive bodybuilding.*

It's been said that the shoulders are the mark of the man. Whoever first said that statement must have had Michael Hairston in mind. When you see Michael your eyes are immediately drawn to the width of his shoulder girdle and his cantalope-sized delts. Yep, some guys are genetically gifted just like that Reeves guy from the 1940s. Come to think of it, that Reeves guy also had some outstanding calf development—just like this Hairston guy has!

I've seen Mike at the gym for about three years now. We'd give each other an ocas-

sional spot and say the customary, "Hey," or "How ya doin'?" as we'd pass each other during our workouts.

One day, however, I could not stand it any longer. I just had to know if this kid had ever competed in a contest. So I walked up to him and asked, "Do you ever compete?" Mike's eyes lit up and he answered excitedly, "I'm getting ready for the Natural California in June!"

It was the end of May.

"Your first show?"

"Yes," he replied.

"How do you feel about your presentation and posing?" I asked.



"I have no idea what I'm doing," he said.

After a brief conversation where I explained I had been a competitive bodybuilder, posing was one of my strong points and that I had coached a number of champions, I offered my services to him and he accepted.

Since the show was rapidly approaching, we didn't have any time to spare. We started going over the semi-relaxed round and compulsory poses in between sets of our workouts. A few days later we worked on some transitions and picked some music. I suggested the theme music from the Conan movie. Mike was very eager to use something more classical as he wasn't comfortable using music that may require some type of dance moves. "My legs just don't move that way. I cannot dance."

But I found out he could do a backflip because he had a background in gymnastics. Let the other guys dance. My guy was going to do a backflip. I couldn't wait.

After several posing sessions to work out the routine to music, Mike was learning very quickly. He was getting leaner every day and I was starting to become confident that he'd place well.



*Mike Hairston hits a side chest pose.*



*Mike Hairston stands like a champion in his class at the Natural California.*

The critical last week was approaching and I e-mailed a day-by-day plan for his diet, training and general contest prep. He followed that plan and came in the day of the contest lean, hard and dry. It was showtime!

Mike was competing in the novice under 5'7" division. It was the toughest class of the contest. The prejudging was complete and I knew it was close. He could have either first or second. I told him to not eat much and only eat some complex carbs and some chicken. He agreed and wanted to keep his waist tight.

Mike performed his backflip and transition into a crab most muscular shot and drove the crowd nuts. I heard someone say, "Well that's something you don't see everyday."

The emcee was ready to announce the class winner. She notified the audience that it had indeed been close as the winner won by one point. Mike was declared the winner. His parents, Scott and Suzette, were sitting next to me and Scott went nuts. I'm not sure which one of us leaped higher into the air. Actually, I think it was me.

Mike didn't win the overall title, but he accomplished what few people ever do. He won his class in his first show with only one-month's preparation. Many guys will prepare

for 12-16 weeks and still not even place.

A couple weeks after the Natural California I got together with Mike to ask him some questions about his training, diet and some of his life's ambitions.

Mike Hairston is 25 years old and lives in Palmdale, CA. He began working out and becoming health conscious at about age 16. He was a pudgy 175 pounds at 5 feet 4 inches tall. And he had a terrible case of acne. About that time he began seeing Dr. Emard, a chiropractor who would forever change Mike's life. Dr. Emard taught the young Hairston the value of proper nutrition and Mike started implementing changes in his diet. He began to consume lots of high quality foods like fruits, vegetables and high fiber products. Mike also eliminated dairy foods from his diet and he incorporated as much as three hours a day of cardio work. Within three months Mike's weight had decreased from 175 to 135. And his acne cleared up. For that alone, Mr. Hairston is very grateful to his chiropractor.

From ages 16 to 20 Hairston was in the movie industry for a while. He got noticed because he submitted an unusual photo to his agent. In the photo Mike was doing a spread-eagle karate kick a la Jackie Chan. It never



hurts to use some creative thinking along with using your talents of gymnastics and karate to land a role in Hollywood.

Over a period of about three years Mike had appeared briefly in the movie *Starship Troopers*, the TV show *Home Improvement* and several commercials. He enjoyed it and the money was good but the industry has a dark side. Mike is a born-again Christian and some of the things he witnessed were not in line with his spiritual beliefs. Still young, he was afraid of being sucked into things he wouldn't be comfortable doing. And so he left. Hollywood's loss would become bodybuilding's gain.

At 20 Mike started going to the local junior college and started hitting the weights with his dad, Scott. Mike's dad had always been really strong and teased Mike about putting on some meat. Scott worked with his son and showed

him some of the basics and soon Mike was putting on some meat. The "meat" first appeared in his shoulders as they responded very quickly to training. His triceps and calves responded well also. Within in four to five months he had made some decent results.

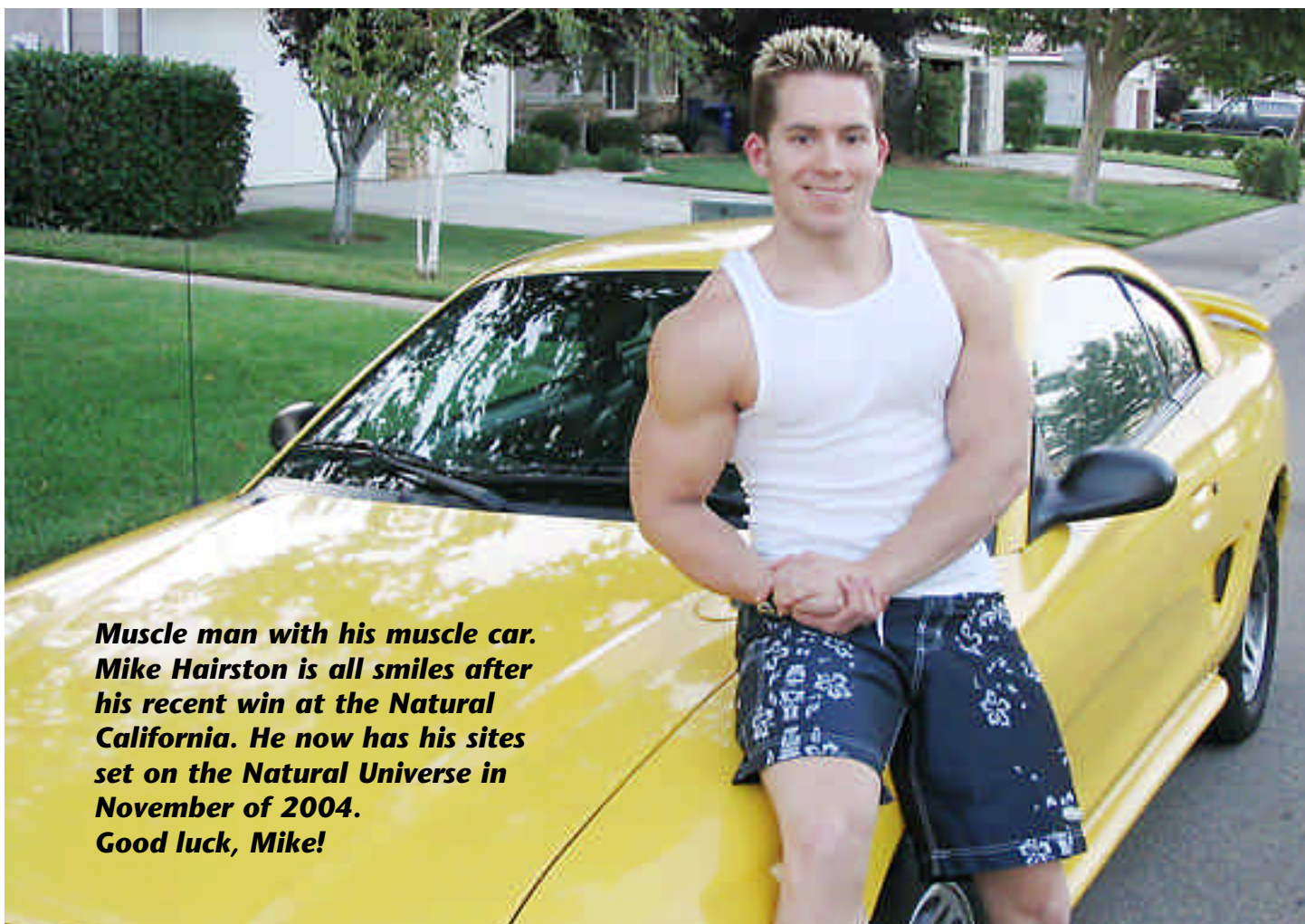
Any stubborn body parts? "My biceps are the most rebellious. They have never liked to grow," Mike explained. But consistency wins out and his arms are up to 16 and one-half inches at a body weight of 175 pounds. He's now 5 feet six inches tall. 30 pounds of muscle in a little more than 5 years of training could be considered "decent."

After junior college Mike began attending Life Bible College in San Dimas, CA. He went there for a couple years and then began attending King's College and Seminary in Van Nuys, CA. Currently he's studying to become a pastor, but Mike is keeping his options open too.

When it comes to training, Mike goes for the pump. "The pump is the most important indicator for my workouts. It's more important than weights and the amount of reps," Mike said. And speaking of reps, Mike does a lot of them. He learned high-rep training from his dad and still carries that through in his workouts sometimes today. Generally Mike will keep his reps in the 6-8 range for mass building, but will increase them to 10-15 for fine tuning. (See his entire training routine on the next page.)

Mike Hairston is a great athlete with lots of natural potential. He also has a good head on his shoulders and has a bright future ahead of him wherever God may lead him.

Next issue we'll discuss in detail Mike's diet plan and supplement regime—including his recipe for broccoli protein shakes!■



***Muscle man with his muscle car. Mike Hairston is all smiles after his recent win at the Natural California. He now has his sites set on the Natural Universe in November of 2004. Good luck, Mike!***

# Mike Hairston's

## VOLUME TRAINING

### **Monday:** *Chest and light triceps*

Flat Barbell Bench Press 5 sets of 10 at 225 lbs.  
Barbell Incline Press 5 sets of 8 reps at 205 lbs.  
Decline Barbell Press 4 sets of 10 reps at 235 lbs.  
Incline Dumbbell Flyes 6 sets of 7 reps at 65 lbs.  
Cable Crossovers 6 sets of 8 reps at 95 lbs.  
Machine Flyes 5 sets of 8 reps at 230 lbs.  
Tricep Pushdown (with rope) 6 sets of 15 reps at 150 lbs.  
15 minutes of ab work  
Total workout time: 2 hours

### **Tuesday:** *Back and light biceps*

Wide-grip chins to the front (warmup) 5 sets of 10 reps  
One-arm dumbbell rows 12 sets of 6 reps  
alternating between 135 lbs. for 6 sets  
and then 115 lbs. for 6 sets  
Bent-over barbell rows 6 sets of 8 reps at 185 lbs.  
Lat machine pulldowns 7 sets of 10 reps at 180 lbs.  
Seated cable rows 6 sets of 8 reps at 220 lbs.  
Concentration curls 5 sets of 8 reps at 45 lbs.  
Cable preacher curls 5 sets of 8 reps at 90 lbs.

### **Wednesday:** *Thighs and calves*

Smith machine squats 8 sets of 8 reps at 315 lbs.  
Smith machine lunges 7 sets of 10 reps at 245 lbs.  
Leg presses 6 sets of 8 reps at 720 lbs.  
Leg extensions 8 sets of 8 reps at 240 lbs.  
Leg curls 7 sets of 10 reps at 180 lbs.  
Stiff-leg deadlifts 7 sets of 10 reps at 185 lbs.  
Seated calf raises 7 sets of 10 reps at 225 lbs.  
Calf raises on leg press 8 sets of 8 reps at 800 lbs.  
Standing calf raises 7 sets of 10 reps at 480 lbs.  
20 minutes of ab work  
Total workout time: 2½ hours

### **Thursday:** *Triceps*

Close-grip barbell presses 6 sets of 8 reps at 225 lbs.  
Tricep pushdowns (EZ bar) 8 sets of 13 reps at 150 lbs.  
One-arm cable pushdowns 6 sets of 8 reps at 90 lbs.  
Lying dumbbell extensions 5 sets of 7 reps at 65 lbs.  
Dumbbell kickbacks 5 sets of 8 reps at 50 lbs.  
Machine dips 5 sets of 8 reps at 230 lbs.  
20 minutes of ab work  
Total workout time: 1½ hours

### **Friday:** *Delts and traps with light chest*

Standing lateral raises 7 sets  
2 sets of 10 reps at 55 lbs., 5 sets of 7 at 65 lbs.  
Incline bench press 4 sets of 8 reps at 205 lbs.  
Front military press 5 sets of 7 reps at 185 lbs.  
Back military press 5 sets of 7 reps at 155 lbs.  
Seated Arnold press 5 sets of 7 reps at 75 lbs.  
Seated bent-over dumbbell laterals 7 sets of 7 reps at 75 lbs.  
Front barbell raises 8 sets of 9 reps at 95 lbs.  
Machine rear laterals 7 sets of 8 reps at 230 lbs.  
Barbell shrugs 7 sets of 10 reps at 375 lbs.  
Total workout time: 2½ hours

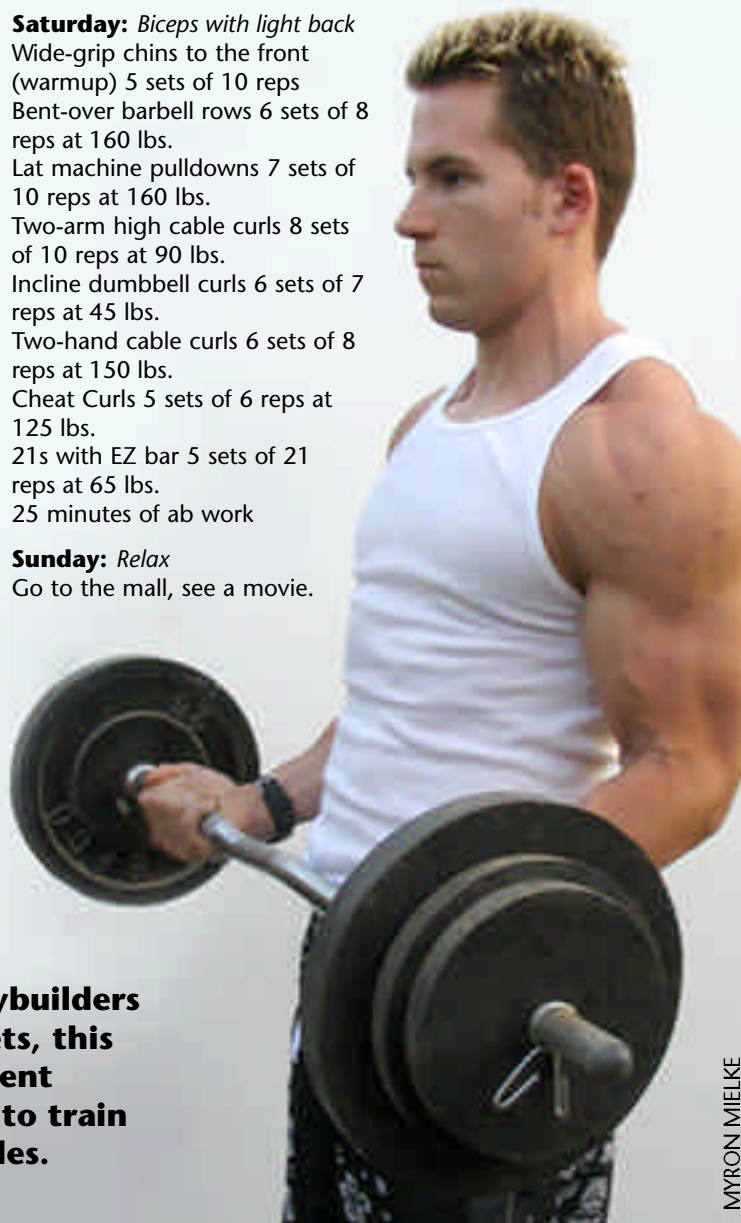
### **Saturday:** *Biceps with light back*

Wide-grip chins to the front (warmup) 5 sets of 10 reps  
Bent-over barbell rows 6 sets of 8 reps at 160 lbs.  
Lat machine pulldowns 7 sets of 10 reps at 160 lbs.  
Two-arm high cable curls 8 sets of 10 reps at 90 lbs.  
Incline dumbbell curls 6 sets of 7 reps at 45 lbs.  
Two-hand cable curls 6 sets of 8 reps at 150 lbs.  
Cheat Curls 5 sets of 6 reps at 125 lbs.  
21s with EZ bar 5 sets of 21 reps at 65 lbs.  
25 minutes of ab work

### **Sunday:** *Relax*

Go to the mall, see a movie.

**While the trend for many natural bodybuilders is to decrease the amount of overall sets, this Mr. California class winner has a different training philosophy, which allows him to train every muscle from many different angles.**



MYRON MIELKE



# So you want to be a bodybuilder...

*Last issue we discussed a basic three-day-week beginner training routine. Now it's time to move on to the intermediate stage of bodybuilding.*

At this point you should have been training for about three to four months. Exercise form and execution should feel comfortable. Poundages have went up and you're starting to get eager to do more. Your body has responded and you've probably noticed some size, definition or overall better shape to your muscles. Good. It's time to kick it up a notch and move to the next level.

To keep the progress going strong you'll need to pay close attention to your eating habits. Not just a little, but a lot of attention. This is the secret, guys, that separates the men from the boys. This is what the big dudes benchpressing three or four plates at the gym have figured out. It's all about eating high-quality food—lots of it.

Here's what your typical day of eating should consist of:

*Breakfast:* Oatmeal, whole-wheat toast, 3-4 egg whites scrambled with 1 yolk, and a protein drink

*Mid morning:* Protein drink, baked potato

*Lunch:* Chicken breast, salad, rice, fruit

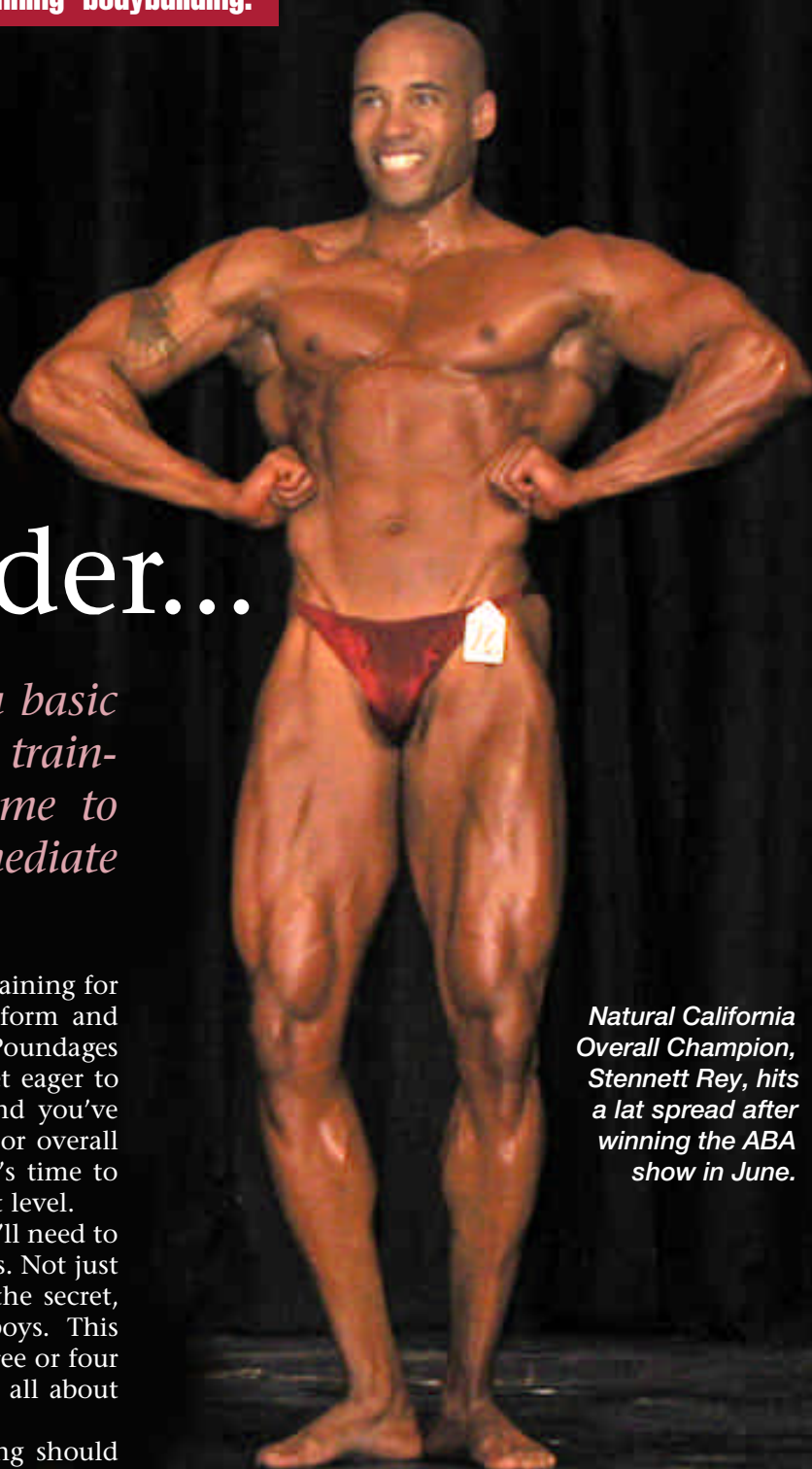
*Mid afternoon:* Protein drink, cottage cheese, almonds or cashews

*Dinner:* Steak, baked potato, salad, fruit

*Before bed:* Protein drink and peanut butter sandwich

Take a multi-vitamin/multi-mineral tablet at breakfast.

Eat like this everyday. Make it your normal style of eating. If you want muscle mass, then this is



*Natural California Overall Champion, Stennett Rey, hits a lat spread after winning the ABA show in June.*

MYRON MIELKE



*Looking like Natural California Overall Champion, Stennett Rey, does not happen over night. It takes years of hard consistent work.*



MYRON MIELKE

what you have to eat. Try to eat a gram of protein per pound of body-weight. Eat lots of high-quality carbs like oatmeal, rice, pasta, potatoes and yams. Eat your veggies. Eat every three hours. Don't let yourself get hungry. This is what it takes. Eat. And then eat some more, but don't eat junk and fast food. That'll just get

**I'M A BODYBUILDER**

you fat and not put on the muscle. You need high-quality food to put on high-quality muscle!

Now onto the intermediate training. We're going to bump up the number of days you train to four days per week. You'll be training on Mondays, Tuesdays, Thursdays and Fridays. Every muscle group will be trained twice per week. One day you will train half the body and the other half the next day. The first day will be all your push movements. That'll be your chest, shoulders and triceps. The second day will be pulling movements and legs. Pulling movements are for your back and biceps.

Here's the routine:

Monday and Thursday:

Bench Press 4x6-8  
Incline Press 3x6-8  
Military Press 4x8  
Shrugs 3x12  
Lying Tricep Extensions 3x8

Tuesday and Friday:

Squats 5x6-8  
Leg Curls 3x8  
Pull-ups 3x max  
Barbell Rowing 4x8  
Barbell Curls 4x8

Each workout should take you about an hour. Include a light warmup set or two of 12-15 reps at the beginning of each exercise. Rest two to three minutes between each set. Stick with this routine for about six months. Concentrate on adding weight and getting strong, but never sacrifice good form for added weight. Bad technique will get you injured and then you can't train at all. It's hard to make progress when you can't train. Play it safe and keep your form really strict.

Follow this training and eating plan and you will be well on your way to putting on some serious muscle. It won't pile on overnight but keep patient and realize this is a long-term commitment. Look back at your progress in a few years and you (and all the people around you) will be amazed at how your body has changed!■



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## Reader Art Contest

# Call for entries:

IAB is looking for some talented teenage bodybuilding artists. Get your sketchbooks ready and send off your best bodybuilding work.

Rules: 1. Artwork must be on 8.5x11 inches in any medium except digital. 2. All entries must be received by October 31, 2004. 3. Artwork must be in good taste—no nudity. 4. Artwork cannot be returned. 5. Must be age 13-18.

Mail entries to:

Visions and Images  
43759 15th St. West #211  
Lancaster, CA 93534

IAB will publish as many pieces of artwork as possible.

**First place will receive a two-pound container of AST VP2 Protein Powder.**



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# Cardio work can be FUN



**W**

When it comes to cardio work, a lot of bodybuilders wrinkle their noses and say to themselves, "Oh, yuck." Well, it doesn't have to be that way. If you go to any health club and look at the amount of people working out on the cardio equipment, it's easy to see why many people will say "yuck." You stand or sit in place for 30-40 minutes right next to a bunch of other sweaty people. If you're lucky there's a TV playing and maybe even a fan. To that I also say, "Oh, yuck!" Why subject yourself to such torture when it's not necessary? Here's an original idea. Do something outside. You know, running, walking, swimming, biking? That sort of thing. Believe it or not, it can be enjoyable.

Inclimate weather can be a factor and there are times when you gotta hit that treadmill, but when the weather's pleasant, get outside. The time goes much faster than when you're standing in place. Here are a few activities you can do to help burn those extra calories.

## **Walking**

This is the easiset one of all. Get a pair of walking shoes and tear up the sidewalks. Put one foot in front of the other and soon you'll be walking out the door! Keep going 15 to 20 minutes and then turn around and come back. You've put in 30 to 40 minutes just like that. Go with a friend or significant other and the time will be even more enjoyable.

## **Biking**

Whether you're on the road or on the trails, biking is a great way to get some fresh air and get a tremendous workout. Find some hills. Make it challenging. Plan a route and try to ride it faster every time. When you get really fast at it, plan another route and try to beat the time on that one too.

## **Running**

Go to a good athletic shoe store and purchase a running shoe, which is made especially for your type of foot. Your running comfort depends on the comfort and fitting of your shoe. Once you're fitted get ready to

hit the road. Run for five minutes and then walk for two minutes. Do that three or four times. Congratulations! You've just done interval training. Try to run faster each time and mix it up with walking in between. It's simple but challenging at the same time.

## **Hiking**

Head for the hills and go on some nature walks. Go at a fast pace and then go at a slow pace. Climb steep hills. Run up little hills if you like. Enjoy the scenery and wildlife and have some fun. Pack some food and have a little picnic. Use your imagination.

Cardio training doesn't have to be drudgery. Pick one of these activities or try them all. Just mix it up for variety. And if you're one of those people who just *has* to know their heartrate, then, by all means, buy a monitor and strap it on and get going. You don't need a stationary exercise machine telling you what your heartrate is on make-believe hills. Go find some real hills! ■



# You've got to be Kidding

## Pet peeves and debunking a few myths

Over the years I've seen and heard a plethora of misconceptions and misinformation from mislead people. Now I've never claimed to be the final authority on fitness or a know-it-all on nutrition and bodybuilding. I have, however, accumulated a lot of information and gone through a lot of trial and error to know when something makes sense or someone's got a gimmick to market a product or someone is passing on information that is a type of an urban legend. So I'm sorry if I offend somebody, but here are a few pet peeves of mine that I just have to let the world know about.

### SUPPLEMENTS

The first topic on my hit list is nutritional supplements. Don't get excited yet. I use them. They work. I'd even take money to endorse a few that I know have given me results. What irritates me, though, is the amount of snake oil that is produced, marketed and purchased every year. There are so many bad products out there, which have no scientific evidence and no clinical research to support the advertisement's claims. I know. I've fell for a lot of these scams myself until I became educated and began to see through the smokescreens of advertisement claims.

You see, I work in advertising. I have for more than 15 years now. (That's my day job!) Graphic designers and marketing experts are paid to make a product *look* like it works by just glancing at the ad or the packaging. For example, I was in Target this past week and I was walking down the cereal aisle. There was a box of bite-sized shredded wheat for less than \$2. It was an off brand, which I had never heard of. The box was dull. It was red and blue with small, white type. There was no cool, recognizable brand name and no friendly animal cartoon char-

acter. My first thought was, "Yuck! Those must be awful." Why? Because the presentation of that box made me think it belonged at a 99¢ store and you should get two of them for under a dollar. Now that cereal may have been high quality and had excellent taste and nutrition, but I didn't get past the ugly box.

Alright, back to the snake oils. Supplement marketers are really good at what they do. Their basic goal is to make a skinny teenage kid believe that he can look like a pro bodybuilder by using their product, which is all-natural, without the harmful side effects of dangerous drugs like anabolic steroids. Most of the ads have some sort of molecular or cellular illustrations to make the product look like it's based on scientific

research. Personally, I like the guys in lab coats. They *have* to know how to make muscles grow. I mean, *look* at them. They're wearing *lab coats* for Pete's sake!

Well, it's been 25 years and I still haven't found that magic supplement. (Hmmm... maybe it's because I haven't tried enough of them yet! A few more thousand dollars and I should find it, right?)

Sorry, kids. I hate to break the news to you, but if it sounds too good to be true and all the photos in the ad make the results almost unbelievable, it's not true and it is unbelievable.

Here are a few more things to look out for so you don't get duped. How long has the product been available? Give it some time—a year or two. Let other people buy the stuff and be the



*Supplementing with iron can take on a whole new meaning!*

test subjects. If something doesn't work, people will stop buying it and it won't be around that long. Methoxy products were hotter than anything a couple years ago and promised wonderful results. They were on closeout at Vitamin World last month for \$2 a bottle. See what I mean?

Do some research. Look for non-biased reviews on the internet. Check the message boards. Search for side effects that people may have had from using the supplement. Talk to some people in health food stores. (Be careful of them too, though. Many are just trying to sell you products also.) Don't rely on muscle mags. A lot of their editorial content is backed by the big supplement companies. Once you get a lot of info on the product then you can make some decisions. Education is very important.

Now, there are legitimate supplements that help and have stood the test of time. Which ones are they you ask? Protein powders. Whey's probably the best but milk-and-egg worked years ago too. Mutli-vitamin and multi-mineral supplements have always been reliable. The relatively new kids on the block are creatine and glutamine, but don't start taking these until you're in your twenties. You really don't need them yet. Hard work and consistency is what it takes to build a huge physique.

### **LEARN HOW TO EAT CORRECTLY**

Another thing that has bothered me over the years is when guys can't figure out why they're not growing. They will spend countless hours in a gym and use ineffective training methods. They'll spend thousands of dollars on the next Nitric-Amino-Andro-EnergXYZ pills. Then they think they've got it down and should look like Ronnie Coleman very soon. What they fail to recognize is that frozen egg rolls and condensed soup is not going pack on any muscle. You guys may not want to hear it, but 75% of the battle is diet. Only 25% is your training. So listen up right now! Learn how to eat. Lots of good, quality protein, oatmeal, yams, baked potatoes, salads and veggies. Eat six times a day. It's really simple, but you have to be



*75% of the battle for putting on muscle is packing away lots of good food!*

willing to do it. If you don't, you'll look like all the rest of the people at your gym or health club.

### **TONING VS. BUILDING**

The next topic is for women who say, "I don't want to build muscle. I just want to get toned." Sorry, ladies, but you can't tone fat. You can only tone muscle. And the only way to tone a muscle is to build it. So forget your silly little dumbbells, which weigh 5 pounds, and stop doing the "recommended" 25 or more reps. Increase your weights. Decrease your reps and stop wasting your time. Only then will you get those toned muscles you've been desiring for so many years.

### **I GOT TOO BIG**

As long as we're on women and muscles here's another good one, "I stopped lifting weights because I just got too big." This is usually from a beginner who can't adjust to the new discipline and wants an easier way. All I have to say is that I've spent the last 25 years of my life with the goal of building muscle. I've trained 4-5 days per week and eaten 200 grams of protein per day spread out between six meals. I've meticulously planned my meals and my training. I have taken supplements in order to put on muscle. And I'm a guy with testosterone. Sorry again, ladies. Every ounce of muscle accumulates slowly. Getting muscles that are too big is not a good

excuse. Again, learn how to eat. See above.

### **DO YOU TAKE STEROIDS?**

My personal answer to that question is a resounding no. Actually I consider it a compliment. People have noticed that my physique to be above average in musculature. That's a good thing, right? Well, look it at it this way: I've trained for years and watched what I've eaten for years and someone will ask if I've taken the easy way out. Ronnie Coleman's quote sums this up. "Everybody wanna be a bodybuilder, but don't no one wanna lift no big old heavy weights."

It's also like asking someone a very personal question. How many people have asked you, "Do you take cocaine?" Of course you haven't. People don't ask those kind of questions. (Under normal social circumstances anyway.) But for some reason it seems socially acceptable to ask a guy with muscles if he takes steroids. It's really his business and his business alone. Imagine stating the question like this, "Do you take drugs, which are a felony to have, take and sell?" So don't ask the big guy at the gym if he takes them, okay?

Well, there you have it. I got that off my chest. Maybe next issue I'll have a few more rants and raves. I'm sure I'll think of a few more in the next couple of months.■



You may  
be asking,  
“Who  
is this  
guy?”



ROSEMARIE MIELKE

*I'm A Bodybuilder  
publisher Myron Mielke  
still trains five to six  
days a week at age 37.*

There's another muscle magazine on the market and it's unlike any others. What makes it different? For starters, it's free. Second of all, it isn't a supplement magazine either. *I'm a Bodybuilder* doesn't sell supplements. *I'm a Bodybuilder* is published by Myron Mielke who is a graphic designer/writer and he has lived, ate, slept and breathed natural bodybuilding for the past 25 years. Here's some information for you to learn just who this guy is.

**To begin with, where and when were you born?:** Sleepy Eye, MN in 1967. That makes me 37.

**Sleepy Eye?:** Yes, named after a Native American chief who had droopy eyes. It's in the Little House on the Prairie area of the state.

**How did you get started in bodybuilding?:** My brother, Brent, was into sports in high school. He played basketball and was a shotputter and discus thrower. I wanted to follow in his footsteps. Brent was captain of his track team in college and made the Olympic Trials in the  
**I'M A BODYBUILDER**

javelin back in 1980. He was into weightlifting and he got me started on my first routines.

**What sports did you play?:** Basketball and track. I was a sprinter and threw shot and disc. I was also in Tae Kwon Do during my junior and senior year in high school.

**Did you start training at home or at a gym?:** My first workouts were on a Universal machine at the high school during the summer, but Brent bought some weights and a bench and I started with free weights in seventh grade. Brent and I really got hooked on training and he opened a gym when I was in ninth grade.

**What were your measurements then and now?:** Well, my arms were 9 1/2 inches when I started training at age 12. They are now 17 1/2 at age 37 and I'm shooting for 18 by age 40. My thighs I think were around 19 or so now they're around 25.

**When did you start competing in bodybuilding?:** My first competition was a magazine contest, which I won the 15-year-old division. That

was pretty cool and a good motivator to train harder. I started competing my senior year in on-stage competitions.

**What did your friends think about your competitions?:** I kinda had a fan club. Lots of kids would come to watch me compete in local shows. Most of my friends knew I was getting ready for a show because



BRENT MIELKE

*At age 14 after two years of training.*



I never ate anything and seemed like I was always tired.

**So the diet was rough?:** Oh yeah. I hated it. I ate mostly tuna, fruit, rice, and broccoli. Most of my shows were in the winter so I dieted through Christmas.

**How did you place in your contests?:** In my first real contest I placed second in the lightweight class of the Mr. Southern Minnesota. A month later I won the lightweight class at the Teenage Mr. Continental USA in Chicago.

**When was your last competition?:** My last contest was in 1986 in Dodge City, KS. I won the overall Teenage Region 3 Championships and then I retired from competition.

**Did you stop training?:** Oh, no! I just stopped the competitions. They took too much time and energy and I needed to think about a career and family.

**So you're married?:** Yes, to a beautiful woman named Rosemarie. We grew up in the same hometown and met in Psychology class my senior year and her junior year.

**Where do you live now?:** In Lancaster, CA. About an hour north of Los Angeles in a high-desert region called Antelope Valley.

**Lots of sunshine?:** 330 days a year. You can't beat that. It's sunny

almost every morning when you get up.

**What's your typical daily schedule:** I get up about 5:00 am about 3 days a week and do cardio. That'll be either fast-paced walking or biking. Real bike riding, not a stationary bike. Then I'll have breakfast. Get ready and drive the kids to school then go to work. At lunch I hit the gym. Back to work and then I'm home by about 6:00 pm. Then it's dinner, family time and more cardio a couple nights a week.

**What's your diet like?:** Pretty much the same all the time. High protein, medium carb and low fat. Breakfast will be a three to four egg-white and low-fat cheese omelette. Nonfat milk and some whey protein and a bowl of grits or oatmeal. Around 10:30 or 11:00 am I'll have some cottage cheese or meat and veggies. Right before my workout I'll take a little whey protein and Gatorade with creatine. Right after the workout I'll have a protein drink (50-60 grams of protein) and more Gatorade with creatine and glutamine. About an hour after that I'll have some more meat, veggies and maybe a protein bar. Dinner will be meat, a starchy carb, veggies or fruit and maybe a salad. Before bed will be a protein drink and another bowl of oatmeal if I'm still hungry.

I do this Monday through Friday. On Saturday and Sunday I'll relax my

diet somewhat and add in more carbs. On Sundays I eat my cheat foods and get the cravings taken care of. Some Sundays I really eat a lot of junk and others I just eat more regular food. It depends on how hungry I am and if I'm wanting to get leaner. If I'm concentrating on getting lean, then I eat a little less junk. If I have a target date to get lean, I'll drop the junk on the cheat day, but still take in a few more calories.

**What type of training do you do?:** Since I work out at lunch that gives me about 30 minutes to complete a workout. I do one bodypart per workout. Monday is chest. Tuesday is back. Wednesday is legs. Thursday is shoulders. Friday is arms. I do 2-3 exercises and 6-9 sets per bodypart. Reps are generally between 4-8 for upper body and 10-12 for lower body.

**What about cardio?:** My favorite cardio is mountain bike riding. I like to go out on a Saturday morning for about an hour to an hour and a half. There's a great trail about five minutes from my house. It's got plenty of challenging hills for a great workout. I've got a couple friends I go out with often. Afterwards we sometimes get a



*Pumping iron at age 15. One of Myron's favorite photos from yesteryear.*  
**I'M A BODYBUILDER**



*Myron all pumped up at age 15.*

"recovery drink." That's an Icee at the AM/PM on the way back. It helps to replenish the glycogen reserves.

I do a lot of walking too. My wife and I go for a half-hour walk almost every night after dinner. It's a great way to unwind and catch up with each other about what happened in each of our days.

**Are you going to compete again?:** Probably not. I enjoy the bodybuilding lifestyle a lot, but I really don't have anything to prove by stepping on stage. I know I can place well and maybe even still win a show or two. I get the itch every once in a while, but I'd much rather spend my time coaching another promising athlete to pass on the torch to a younger generation. I've acquired a lot of knowledge over the years and I love the opportunity to share that with someone else. I can save a lot of guys from the pitfalls that many competitive bodybuilders go through. There's an enormous amount of misinformation out there on precontest preparation that doesn't apply to natural athletes and I can keep them from making mistakes that



*Placing second in the lightweights in the Mr. Southern Minnesota at age 18*

will prevent them from placing well.

**Any closing comments?:** To all you young bodybuilders out there, have patience and stay consistent. Stay away from the drugs and do it

naturally. Bodybuilding is a healthy lifestyle and is a way you can live your entire life. Take a stand and decide right now that you can be an example for the generation that follows you. And train HARD!■

## BODYBUILDING TRIVIA CONTEST

1. Who has won the most consecutive Mr. Olympia titles?
2. What are the lifts performed in a powerlifting meet?
3. Who was the first black Mr. America?
4. What was the name of the training system that Mike Mentzer advocated?
5. What is the gastrocnemius?
6. How many Mr. Universe titles did Arnold Schwarzenegger win?
7. How many calories are in one gram of protein?
8. Who was the Blonde Bomber?
9. Who was the youngest Mr. America?
10. Who won the first Miss Olympia contest?

E-mail your correct answers to [imabodybuildermag@yahoo.com](mailto:imabodybuildermag@yahoo.com). All correct responses will be entered into a drawing to win a \$10 Vitamin World gift certificate. Deadline to receive entries is October 31, 2004.

## VIDEO REVIEW

After reading references to Ronnie Coleman's Unbelievable video for years, I finally had to break down and buy it. Boy, am I glad I did. Yeah, buddy!

Ronnie Coleman is a very entertaining individual to watch and listen to. Among my favorite scenes is Ronnie eating mounds of grilled chicken strips with barbecue sauce sopped all over the top. For some peculiar reason it may me fire up the grill and make a whole mess of good ol' chicken. I've also started eating grits for breakfast. (I had never tried grits until I attended a men's breakfast at my church a couple months back. I discovered that I liked them.)

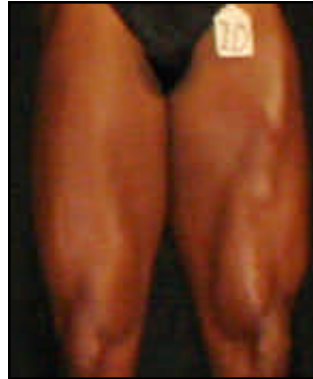
Now watching Mr Olympia train with, well, unbelievable poundages is very motivational. My training poundages all went up. I mean, if Ronnie can use 200-pound dumbbells for incline presses, I can at least use 100 pounders, right? Right. And now I'm up to the 115 pounders.

If you're into buying bodybuilding training videos you need this one in your collection. If you're thinking of getting one for the first time, then this should be your first. Go get it!

Light weight! Yeah, buddy! Yup. Yup. Yup.



## One-second posing tip



If you're looking for one secret tip that will improve almost every pose you hit on stage, here it is. Simply rotate your thighs out to the side slightly on all front poses. It'll bring out a nice sweep to your quads this way. If you keep your legs facing forward they'll look flatter and will not look nearly as impressive. Go try it right now and then incorporate it into every pose you do, including the semi-relaxed round. You've trained your thighs hard, now go show 'em off properly!

### ALL YOKED UP by Myron Mielke



JOE THOUGHT HIS NEW RAINBOW-COLORED DY-YO-SKIN WOULD BE ALL THE RAGE AND GIVE HIM AN EDGE.

## DID YOU KNOW?

- Each pound of fat a person carries in his or her body adds about 200 miles of blood vessels to the blood system and makes the heart work that much harder.
- An adult has 75,000 miles of blood vessels in his or her body.
- The heart will pump about 72 times a minute, or 40,000 times year.



# PROTEIN POWERUP!



MYRON MIELKE

This issue we're going to make a protein shake. As a bodybuilder you're going to be drinking thousands of these concoctions over your lifetime, so you might as well get some pointers from someone who has drank hundreds of gallons of these wonderful things.

Bodybuilders of this era are extremely fortunate. There are so many choices in protein powders these days, it's unbelievable. You can get almost any flavor you want at a variety of prices. Some taste really good and some don't. It doesn't matter if big-as-a-house Joe at the gym only uses ABC brand. You're the one drinking the stuff. Find one that you like the taste of.

Many times you will mix up a very quick protein drink by putting two scoops of powder in a glass of milk and then stir it with a spoon. Sometimes you'll need a shaker if you're mixing up an MRP. Shakers help to get the lumps out. I will rarely use a regular blender. It's too much clean up, but I will use a hand-held blender. I like to call it my boat motor.

Here's one of my favorite recipes for a protein drink when I need to use the boat motor to blend everything. I also use a tumbler from TupperWare. It's proven to be invaluable for transporting my post workout shakes too.

For cleanup all you need to do is rinse off the boat motor and dry it. That's so much easier than a regular blender. Now drink up and enjoy!

## Chocolate Banana Peanut Butter Power Shake

- 10 oz. of non-fat milk
- 1/2 packet of Chocolate Myoplex
- 2 scoops chocolate Designer Whey protein powder
- 1 banana
- 1 teaspoon of peanut butter
- 3-4 ice cubes

Break up the banana in about four to five chunks and set aside. Pour the milk in the tumbler. Add the Myoplex next and then add the protein powder. Take the boat motor and mix the ingredients until it's well blended. (Push the powder under the milk when you start and then turn on the boat motor so you don't cause a powder dust storm!)

Add the banana chunks and the teaspoon of peanut butter. (Go ahead and slide the peanut butter off the spoon with your finger and let it plop into the drink!) Blend until the mixture becomes smooth.

The last step is to add the ice cubes. By adding them last it helps to thicken the shake and makes it smoother to drinker with less ice chunks.

# Contest Roundup

**ABA California Natural Bodybuilding and Fitness Championships** — June 26, 2004, Hollywood, California

## Ms. Fitness

1st place Stephanie Ilkhanoff  
2nd place Kimberly Cormany

## Bikini Divas

1st place Kimberly Cormany

## Teenage Boys

1st place James Tangherlini  
2nd place Eric Herrin

## Masters Men 40-49

1st place Tom Magee  
2nd place Lenny Tedeski  
3rd place Sean Dye

## Ultra Masters Men 60-69

1st place Paul Devine  
2nd place Rudy Gatbonton  
3rd place Daniel Levy

## Super Ultra Masters Men 70-79

1st place Karl Marshall

## OVERALL MASTERS MEN

PAUL DEVINE

## Masters Women

1st place Wilma Mohn

## Novice Men

1st place Michael Hairston  
2nd place Dan Davila  
3rd place Franco Yaconelli

## Novice Men

1st place Stennet Rey  
2nd place Jeff Darga

## OVERALL NOVICE MEN

STENNET REY

## Novice Women

1st place Diane Medina  
2nd place Wilma Mohn

## Ms. Figure

1st place Christy Hemme  
2nd place Danna Fitch

## Open Women

1st place Jaime Buffalari

## Open Men Short

1st place Paul Devine  
2nd place Eric Herrin

## Open Men Tall

1st place Stennet Rey  
2nd place Jeff Darga  
3rd place Ronnie Taylor

## OVERALL OPEN MEN

STENNET REY



Jaime Buffalari and Stennet Rey



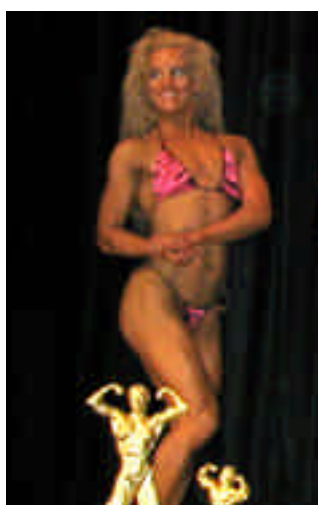
All the class winners



Jeff Darga and Stennet Rey



James Tangherlini  
**I'M A BODYBUILDER**



Diane Medina



Jeff Darga and Michael Hairston ham it up after the show.



# THE BACK PAGE



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Advertising deadline for our winter issue is October 17, 2004.