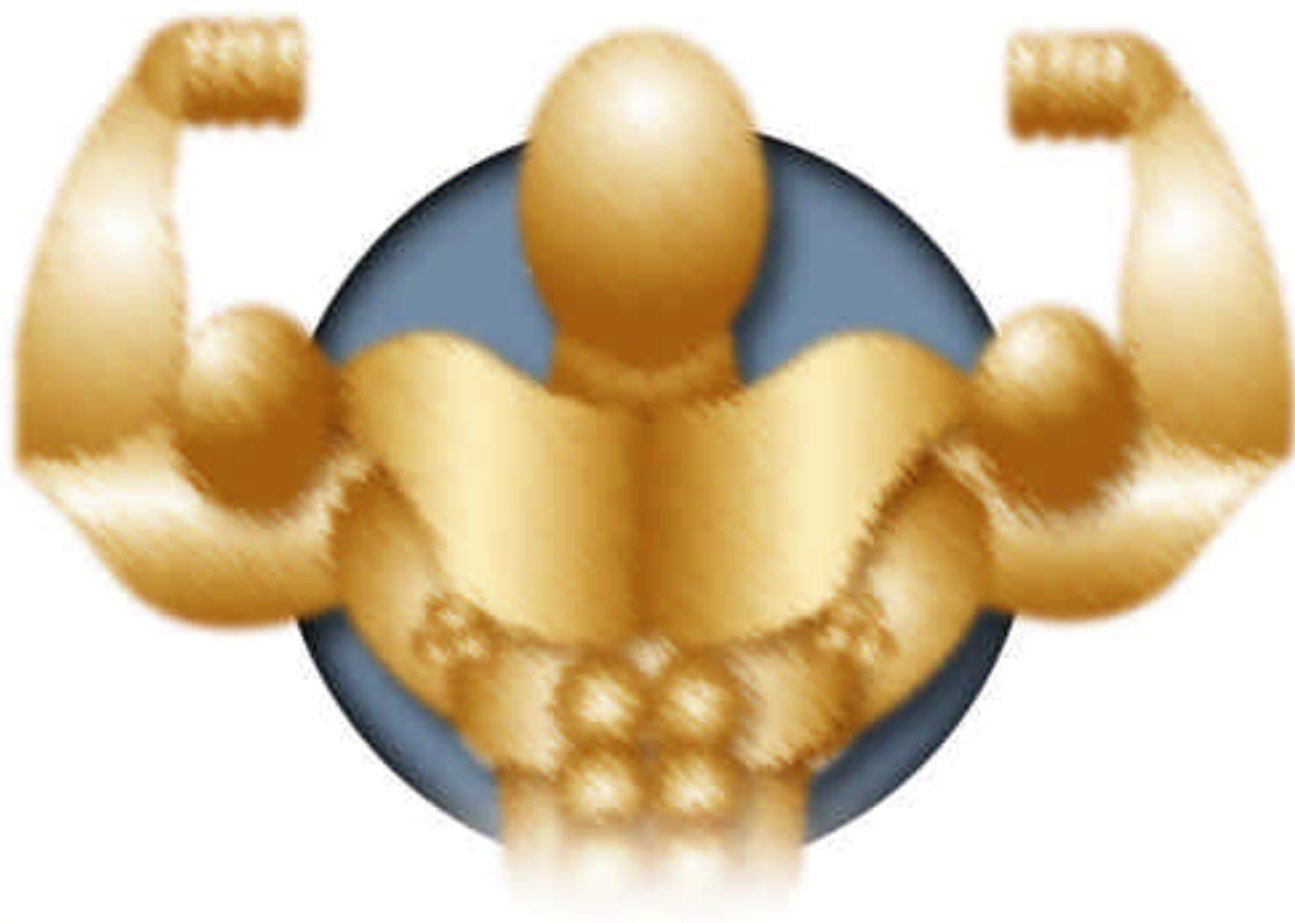


I'M A BODYBUILDER™

SUMMER 2004



PREMIERE ISSUE

- PACK ON SLABS OF MUSCLE ● CONTEST RESULTS
 - POSING SECRETS ● PRIZES
 - SO YOU WANT TO BE A BODYBUILDER?
WE'LL SHOW YOU HOW
 - LEARNING TO COOK MUSCLE-BUILDING MEALS
-

It's time to get growing!



Myron Mielke | Publisher and Editor

Hello! My name is Myron Mielke, editor and publisher of *I'm a Bodybuilder* magazine. I've been under the influence of the iron bug for a respectable number of years and publishing my own muscle magazine has been a lifelong dream. I'm very excited to be launching the first issue. I promise that *I'm a Bodybuilder* will be a refreshing change of pace from the muscle muscle mags. It's going to be for bodybuilders of all ages. If you're a teenager, it'll steer you down the correct path. If you're approaching the masters division (like myself) you're going to love some of the nostalgic things I'm bringing back from muscle mags in the early 1980s.

I was twelve years old when I started weight training. That was the year before Arnold came out of retirement to win the 1980 Mr. Olympia. My bodybuilding lifestyle began in 1981—the year Franco Columbu won his second Mr. Olympia. (I still think Tom Platz should have taken that show.)

As a teenager I bought every muscle magazine I could afford. I trained, ate and slept bodybuilding. I read everything I could get my hands on that pertained to training and nutrition. I scanned the *TV Guide* on the weekends looking for a Mr. Universe or Mr. Olympia to be broadcast on Wide World of Sports or other such shows. I began my competition days at age 17. I won an overall teenage show at 19 and decided to retire from competition. Competitive bodybuilding was taking too much of my time. I needed to spend time focusing on a career and a family. After training 4-5 days per week for nearly 20 years since my last contest, I still love the sport of bodybuilding. but things have changed.

One thing that's really changed is the content of muscle mags. Oh sure, they have more and more photos of mightily built behemoths every month. And they also

have more and more scantily clad women gracing the pages each month. It's gotten to the point where I can't even buy them and leave them on my coffee table for conversation pieces because they're borderline pornographic. Things have changed. Bikini babes don't have anything to do with the sport of bodybuilding. They're in the mags to just increase sales.

Supplement magazines have taken the place of the muscle magazines. Look at any magazine these days. They all sold out to some huge company showing off drug-induced physiques (as if they actually got that way by taking powdered sugar with creatine in it). I said to myself, "Enough is enough! If no one else is going to make a quality magazine about the sport of bodybuilding, then I'll do it myself." And I did.

Welcome to the first issue. I think you're going to like what you see.

IAB is going to start out small, but we're going to make a big impact on the world of bodybuilding. Look at it this way: as your muscles grow bigger, so will this magazine. Let's have fun growing together. I'm going to be putting things in *IAB* that got me motivated to train when I was a teenager. You're going to see lots of features profiling hard-training amateur athletes. I know our "Tomorrow's Superstar" and "Other Rising Stars" are going to be sure-fire hits. There's going to be reader involvement with contests and chances to win prizes. And best of all *IAB* is going to be free. Download a new issue every three months at not cost to you.

In 1981 I could proudly say, "I'm a bodybuilder." That statement sums up a lot of dedication, tenacity and perseverance. Some call it blood, sweat and tears. I'm a bodybuilder says it all. ■



musclecontest.com



Contents

Mom, I want to we a superhero.	5
Do you have Dormant Superhero Syndrome? This humorous article takes an "in-depth" look at a dreaded disease.	
So you want to be a bodybuilder.	7
Here's a foundational program that will get you started building the type of physique that'll turn heads	
An interview with two Priests.	10
I wrote this article, which was originally published in the Antelope Valley Press, back in 2002. It was a few weeks before the Mr. Olympia. Here it is again for all to read.	
My first pro show.	12
Commentary on the 2004 IFBB Ironman Invitational.	
Mixin' it up.	13
Product reviews, training and posing tips, comics and misc.	
Want size? Learn to cook.	14
Learn the basics on how to make a high-protein cheese omelette. Just like mom used to make—really.	
Contest Roundup	15
Results from the 2004 Max Muscle Natural Championships.	



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I'M A BODYBUILDER



Did you ever notice that many top-level bodybuilders grew up reading about their favorite superhero characters in comic books. Why is that? Well, duh! Maybe it's because that most superheroes have always been

drawn to look even bigger than Ronnie Coleman. Many of today's top-level pros confess to wanting to look like their heroes from the comics. Lee Priest, as everyone can tell by the tattoo on his left arm has

always liked Superman. He also has stated that he wanted to be freaky looking like He-Man from the Masters of the Universe.

Aaron Baker has been enthralled with Batman. He's even done guest

posing exhibitions in a partial dark knight costume including the cowl worn in the first Batman movie starring Michael Keaton. Baker is also a talented artist in his own right and has drawn his own comics, which have mightily built heroes in them as well.

Victor Martinez, the 2003 Night of the Champions winner, and former Mr. Universe, Rich Gaspari also grew up admiring superheroes. And now at ages 30 and 40, they look like they have stepped out of the pages of a Todd McFarlane publication. (Todd McFarlane is the creator of *Spawn* and is also the guy that paid some astronomical amount for Mark McGwire's record-setting homerun ball.)

So is there something inside of us that makes us prone to be a bodybuilder and begins to be unlocked through hours of reading comics? Well, I'm not a psychologist and I've never played one on a TV talk show, but I've got a theory that holds just as much water as a bodybuilder eating a dozen hot dogs and a bag of Doritos.

DORMANT SUPERHERO SYNDROME

DSS begins at a very young age. After the eyes have developed to distinguish colors and shapes, the brightly colored costumes of superheroes are extremely attractive. Primary colors are most often used in the construction of a hero's crime-fighting wardrobe. So this proves that color can be attributed for the beginning stages of DSS.

The next trigger is during the peri-

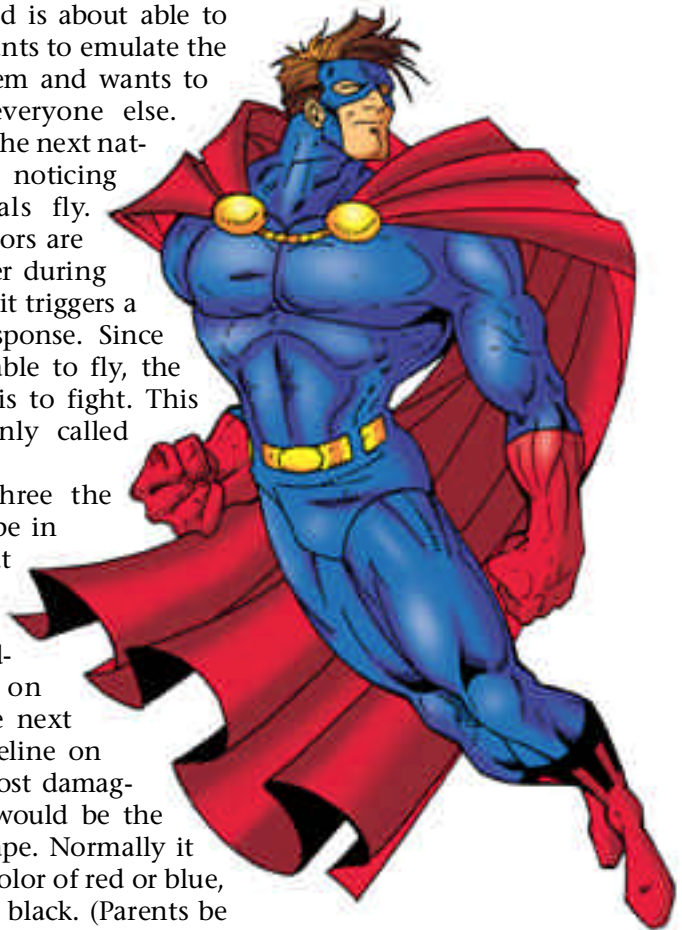
od of when a child is about able to walk. He or she wants to emulate the people around them and wants to be mobile like everyone else. When this occurs the next natural progression is noticing that some animals fly. When primary colors are shown to a toddler during this crucial period it triggers a flight or fight response. Since the toddler is unable to fly, the natural tendency is to fight. This period is commonly called "the terrible twos."

At about age three the toddler may still be in the fight stage, but yearns subconsciously to fly. In 100% of case studies performed on these subjects, the next trigger in the timeline on DSS will be the most damaging. That trigger would be the youngster's first cape. Normally it will be a primary color of red or blue, but it may also be black. (Parents be ware: black capes will cause a desire to fight crime at night, which is more dangerous than day-time crime fighting.)

If the child likes to run around so he can see his cape billowing behind him, the disease is at the inflammatory stage and the child should be monitored for safety. Jumping off of flights of stairs or rooftops could occur.

During the ages of 10 to 11, the disease may go into remission. It is not unheard that the disease may be repressed and will not surface again.

During adolescence, seeing a pro bodybuilder in the pages of a muscle magazine will bring the disease out of remission. Once the connection has been made through cognitive recognition and the reality that it is possible to look like a superhero, the disease may become full-blown. Combine the burning desire to look like a superhero with a strong work ethic and an appetite like a horse and you will have an individual in the final stage of DSS. When this stage occurs, the best thing that can



be done is to let it run its course.

DSS is best treated with a high-protein diet of up to seven meals a day. Eating wholesome foods and avoiding simple sugars has shown positive effects. Plenty of rest has also been proven to alleviate the trauma of DSS.

I know the ins and outs of this disease. Over my life I've learned to cope with it the best way I know how. You see, I have DSS too. Just like Victor Martinez, Aaron Baker, Lee Priest and Rich Gaspari, but they have it worse than I do. Some people, like myself, have been able to deal with it better and haven't become the lurking hulks that dwell within each of us. Some experts say this has to do with genetics and the ability to build muscle easier than others. They say it's not a disease. Well, you can decide for yourself—now that you know the truth.

Oh, and by the way, gamma rays fit into this whole disease somehow too, but that'll be the discussion of another article. ■



Lee Priest has become He-Man!

BILL COMSTOCK

So you want to be a bodybuilder...

Here's a foundational program that will get you started building the type of physique that'll turn heads.

So you saw *Conan the Barbarian* for the first time. Or maybe you saw the local bodybuilding hero at your gym hitting some check poses after his herculean workout. Maybe it was a photo on a box of supplements. Whatever the case may be, you have made a decision. You want huge, rippling muscles. Congratulations! You want to be a bodybuilder. Now what? How do you go about getting there? "I wanna get big!" you say. Well, wait no more. This article will get you started on a life-long adventure as a bodybuilder. The first thing you want to focus on when becoming a bodybuilder is your body — your whole body. You're not setting out to be an armbuilder or a chestbuilder or a benchpresser for that matter. You have to look at your

body as a complete package. Nothing can be overlooked. You will definitely have your favorite bodyparts to train and some bodyparts will indeed respond better than others, but in order to build that impressive physique, you need to train everything from head to toe.

The routine I'm about to share is one to kickstart your body into some incredible growth. It works. I followed one very similar to this when I was age 13. I made some impressive gains. I gained more than an inch on my arms in a little more than a month and I was gaining about two to three pounds of bodyweight per week the first month and a half. Sound good? Keep reading. You can achieve the same results.

Before you start this endeavor,

weigh yourself and take measurements of your arms, chest, waist, thighs and calves. Write them down and date it. And put in a place where you'll never lose track of it. If you get hooked on bodybuilding, you'll cherish this little piece of paper when you've been at it for 20 years!

This program is a basic, total-body, three-times-per-week weightlifting routine. It can be done at any gym or at home if you have a weight bench and a barbell. (I started with this routine in my basement.) Perform the exercises on Monday, Wednesday and Friday or on Tuesday, Thursday and Saturday. The whole routine should take you less than an hour.

Now, before we go any further, you may have read or heard of split routines where you train only certain

DIGITALVISION





DIGITALVISION

body parts on one day and others the next. That's for intermediate and advanced training. This is to break you into the world of bodybuilding, make some quick gains and get acquainted with the exercises, balance and your new muscle pumps. You have an entire lifetime to try other routines. This is a foundation. Take your time and enjoy it. Back to the routine.

(You'll notice you don't see demonstrations of each exercise accompanying this article. There are plenty of web sites and books that'll give you a photo on how to do it. The routine is what is being stressed here.)

Nope, we're not starting with the bench press. We'll start with the largest muscle groups and work our way through to the smaller muscle groups. Your legs are the biggest muscle group and will require the most energy so we'll do those first. Squats are king here. I've done thousands in my career. If you don't have a squat rack to hold the bar, you'll have to use a weight that you can press over your head and then let the bar rest across the back of your shoulders. There's a little "sweet spot" that'll fit perfectly on. Don't let

I'M A BODYBUILDER

rest on that bone that sticks out on the back of your neck. Wear a t-shirt and wrap a towel around the bar for extra comfort. With your legs about shoulder width apart, squat down to a position where your thighs are roughly parallel with the floor. Do four sets of 10 reps with the same weight. (You'll be going light enough when you start out so don't worry about warmups sets.)

The next exercise is barbell rows. Bend over at the waist and keep your back straight with a little arch. Pull the weight up to your stomach and concentrate on using the upper back muscles—not your arms. Don't round your back. Remember keep it slightly arched. This will help you to contract the upper back muscles. Do four set of ten reps.

Okay, now you can do the bench press. Start with a medium grip, which will be just a little wider than shoulder width. Slowly lower the weight to your chest. Touch your chest briefly and push the weight right back up. Use a nice smooth motion and never bounce the weight off your chest. Do five sets of eight reps.

The next body part to blast in this routine is shoulders. The best exercise for building cannon-ball-size deltoids is the overhead barbell press. It's also called the military press. Do them seated and lower the bar to the front just under the chin. Pressing the weight behind the neck could give you shoulder joint pain when you start going heavier. Do four sets of 10 reps.

Next up is calves. Do four sets of 15 reps of standing calf raises. You can do these on a machine or with a barbell on your shoulders. Don't neglect your calves. Many guys have trouble building them. Some of it is laziness because sore calves make it hard to walk. Do them anyway.

There are only two exercises left—barbell curls for your biceps and lying extensions for your triceps. Do two sets of 10 reps for each exercise.

That's it. Stick with this routine for your first couple of months and reap the rewards. Good luck!■



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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 July 30, 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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An interview with two Priests

I wrote this article, which was originally published in the Antelope Valley Press, back in 2002. It was a few weeks before the Mr. Olympia. Here it is again for all to read.

COREY MILLS



IAB publisher, Myron Mielke with the Blonde Myth, Lee Priest.

Sporting a NASCAR tattoo on one shoulder and a Superman logo on the other, Lee Priest, the world's most popular bodybuilder will walk on stage in a few weeks and battle for the most-prestigious title in professional bodybuilding. Lee is a two-time, former Mr. Australia and his wife Cathy won the 1995 Women's Canadian championships. The couple have recently taken up residence in the Antelope Valley and are training hard and are setting their sights to take on the best in the world.

The soft-spoken Lee is currently preparing for the coveted Mr. Olympia title—the same title Arnold Schwarzenegger garnered a record-setting seven times. The contest will be held in Las Vegas on October 17. The Mr. Olympia is the Superbowl to the world bodybuilding. The reigning Mr. Olympia, Ronnie Coleman, has won the title the last four years and seems unstoppable. Coleman's dominance of the Mr. Olympia can be compared to the World Champion Los Angeles Lakers in basketball or the dynasty of the Dallas Cowboys in the 1990s. Although Priest won the San Francisco Gran Prix Bodybuilding

Championships in March, placed second in the Ironman Championships and placed fourth in the Arnold Schwarzenegger Classic this year, Lee's goal is to make the top 10 and re-qualify for next year's Mr. Olympia. It is predicted, however, that Priest will most likely make the top six in the Mr. Olympia.

“The last three months—you're pretty much like a robot. Train at this time. Eat at this time. Get up at this time.”

After the Mr. Olympia both Lee and Cathy will be competing in their respective divisions in the GNC Pro Invitational in New Orleans on November 7 and 8. The prize money for the event will be more than \$100,000.

Lee Priest was originally inspired to become a bodybuilder by his grandfather, who was a wrestler and into weightlifting. Another inspiration was He-Man from the Masters of the Universe cartoon. He “liked the freakiness” of the character's muscles. He wanted to look like He-Man. One glance at Priest confirms he has reached his goal. He looks like a mightily muscled superhero. Even Hollywood thinks so because Lee's physique was selected by Industrial Light and Magic to be the model for the computer-generated Incredible Hulk in the new upcoming film.

Priest began training at age 13 and won his first bodybuilding contest the same year. He won the Mr. Australia twice—the first time at the age of 17. He turned professional at age 20 and moved to Venice, California in 1993.

The Priests moved to Lancaster in September of 2001. When asked why he moved to the Antelope Valley, Lee replies in an accent that sounds like the rapid-talking Crocodile Hunter, “With all the dust and wind, it looks like the Outback. I'm still looking for kangaroos in my back yard!”



MYRON MELKE

Cathy and Lee Priest—pro bodybuilding's hottest couple—are all smiles.

Seriously, the Priests enjoy the slower pace of the Antelope Valley. They say the people are more friendly and genuine and, of course, the housing is more affordable. The Priests have four dogs and can now have a big back yard for them to run and play in. The back yard was very small in Venice.

Lee and Cathy split their training between Powerhouse Gym in Lancaster and their home-training facility, which has been supplied with plenty of state-of-the-art equipment by PowerTech Equipment, who is one of their sponsors. Lee's training may take up to six hours per day as he gets nearer to a contest. He'll perform two, two-hour weight-training sessions—one in the morning and one in the afternoon. Two additional one-hour cardio workouts are also fit into the schedule—one before breakfast and another later on in the day.

The twelve weeks before a contest is commonly referred to as the precontest phase. During this phase Lee concentrates on losing body fat while retaining his extreme muscle mass and improving muscular definition and shape. This "ripped" condition is achieved with a reduced-calorie, high-protein diet and extra cardio work to burn off every last ounce of body fat under the skin, which makes the muscles extremely visible.

During the precontest dieting stage, Lee and Cathy eat only chicken, lean steak, rice, green vegetables and protein shakes. "It sounds okay to most people. One day isn't too bad, but when you eat that every day for 12 weeks, it gets a little old. The last

Lee's training may take up to six hours per day as he gets nearer to a contest. He'll perform two, two-hour weight-training sessions—one in the morning and one in the afternoon.

three months—you're pretty much like a robot. Train at this time. Eat at this time. Get up at this time."

Cathy was training with Lee for a while but found it too difficult to keep up with Lee's intense training. There was also a safety factor. "It was

a little hard spotting him. He'd have four (45-pound) plates on each side of the bar. That got to be too much for me. I only weigh 130 pounds," said Cathy. She now trains under the tutelage of PJ Bowen. Bowen is the owner of Max Muscle in Lancaster and has more than 20 years of experience training athletes. Lee and Cathy were recently featured as her special guests for the re-grand opening of the Max Muscle store. One of the door prizes PJ gave away was a Lee Priest bobble-head figure.

In one of Lee's training videos there is a short segment, which shows his extensive collection of Superman memorabilia. When asked if he still collects it, he replies with his Australian drawl, "Nah, for the last couple of years its been all NASCAR stuff." The reason for the newly-acquired NASCAR collection is because, in addition to his professional bodybuilding status, Lee has his short-track NASCAR license, which he received through the driving school in Bakersfield.

Lee has done very well in his new NASCAR endeavor. He won the Nevada Open last March—the same month he won the San Francisco Gran Prix Bodybuilding Championships. He's now thinking of getting into the American Truck series and is currently looking for a sponsor. Look out Deion Sanders, there's another two-sport athlete on the rise!

When the couple are not preparing for a competition they relax there diet a little. Well, Lee tends to relax it a little more extensively than his wife. Cathy likes to nibble at her favorite treat of M&M's candy while Lee likes to hit every restaurant in sight. Being from Australia it's not a surprise Lee likes to dine at The Outback restaurant. But if you want really want a good chance at seeing the couple, your best bets are Lee's two favorite hangouts—Krispy Kreme in Palmdale and KFC on Avenue K in Lancaster. Lee jokes about wanting one of those Team KFC hats the workers wear. "I've plugged those guys so many times, they have to give me one." Are you listening KFC? ■



My First Pro Show

It was a rainy night in southern California. A buddy of mine and his son were driving down together to Pasadena. Our destination was the Ironman Pro Invitational. Halfway there I realized I had forgotten my camera because I was in a rush when I left. No pictures this time. Wait until next year.

Now I've seen dozens of amateur shows—even the Nationals in 1990, which was won by Alq Gurley, but this would be my first pro show that I had attended. It would be the first pro show for all three of us actually.

Despite the rain, we were making good time. I had gotten directions from a printout at my gym. They weren't exactly correct so we had to travel a little further on the 210 Freeway than we expected and then looped back to find the correct exit. We arrived at the Pasadena Civic Center a few minutes before 7:00 pm. We were right on time. We purchased three balcony tickets and found our seats and waited eagerly for the show to start.

The show started with Lonnie Teper introducing the Figure portion of the show. My apologies to any lady figure competitors, but this was a yawner. Womens bodybuilding and fitness competitions are interest-

ing to watch, but these quarter-turn charades are very boring. Nothing happens.

Well the first competitor to pose for the mens pro division was David Henry. He was in good shape and really lean. David possessed nice lines and separation. His routine was filled with bouncy and jerky movements. It was sort of cool looking when he started, but watching that for a couple minutes made me lose interest. In my opinion, it needed to be broken up with some smooth fluid movements.

I'm not going to critique each competitor's physique. Both my buddy, Gary, and I thought the judging was fair and was in line with what we had called. The top five was correct. Titus was in fifth. He was a tad smooth and just didn't have the crisp muscle separations of the four athletes in front of him. Haidar was in fourth, but could have easily taken third. It was very close. Newcomer Gustavo Bodell was the surprise of the show and garnered a well-deserved, Olympia-qualifying third. He was shredded and had these little muscles popping out in his upper thighs, which no one else had.

Well, what can I say? The mighty

Lee Priest took second. At 199 pounds he looked rugged, polished and chiseled. He was definitely the crowd favorite. Dexter "The Blade" was just a little sharper and had cleaner lines and muscle shape. It was great to see Lee back in competition despite the rumors of his supposed retirement.

Reflecting back on this show, I realized the greatest difference between this pro show and all the other amateur shows I've seen is—surprise—the size of the competitors. With the exceptions of Clifton Torres (Tell me again. How did he become a pro?) and Ken Jones all the athletes were huge. In most amateur shows you'll have a bunch of really ripped guys and a couple mass mongers. The thing that set the top five aside from the rest was their conditioning. They had plastic wrap for skin. Dialed in as it were. I guess I was surprised that among these pros only the top four really had it together and knew what to do. I was expecting it to be more difficult to judge than it was. Overall we had a blast and really enjoyed the show. I had been wanting to attend a pro show since 1981. I'm hooked. I can't wait for the Olympia in Las Vegas and next year's Ironman. ■

PRODUCT REVIEW: PRO CHIPS

Finally, a snack that isn't some kind of protein bar. Over the years I've eaten a lot of those protein bars. Some of them taste good. Some of them do not. The low-carb bars have about a ton of glycerin in them and, if you're like me, your tummy does not like glycerin. The after effects aren't always pleasant.

Many times when I'm craving a snack, I want chips, not a glycerin-laced protein bar that's coated with some waxy chocolate substance. Then along comes Pro Chips from MetRX. I tried a sample of Pro Chips at the California Championships last year. I was skeptical on my first bite, but they were surprisingly good.

For about six months I checked Vitamin Worlds, GNCs and any other health food stores and no one was carrying them. I was bummed. Then in about November, my favorite Vitamin World had them in. I bought bags and bags of them. (My son bought me a few boxes for my birthday!)

The texture is light and crisp. They're a little on the dry side, but if you down them with a Diet Pepsi, you almost feel like you're cheating. I've let many friends and coworkers try them and so far, everyone has given them the thumbs-up approval.

Pro Chips come in two flavors, Nacho Cheese and Barbecue. They have a whopping 35-36 grams of protein and only 8 grams of carbs. Give them a try. There a welcome change from a protein bar. ★★★★★



Where is Thumbkin?



Here's a tip that may change the look of your whole posing routine. And it's very, very simple. Tuck in your thumbs any time you hit a bicep pose from the front or back. Go look in a mirror and try it. The clenched fist without the thumb jutting out makes a big difference in aesthetic lines and will make various poses in your whole routine look more polished. You'll also get a better contraction in your forearms to display them more effectively also. Never overlook the simplest of details when choreographing your posing routine. Good luck in your next contest!

Better warmups

If you suffer from aching shoulders every once in a while, you know that warming them up is an absolute necessity. Try this trick to help them warmup more fully. If you like to train in a tank top like a lot of bodybuilders do, start with a sweatshirt on top. Do your normal stretching and light warmups with the sweatshirt on. When you're up to your heavier working sets, remove the sweatshirt. Sometimes you may want to leave the sweatshirt on through the first exercise. This will help raise your body temperature slightly and make your joints feel more like moving.

ALL YOKED UP by Myron Mielke



JOE BEGAN WEARING STRANGE WORKOUT ATTIRE AND IMPLEMENTING HIGH-SPEED TRAINING AFTER TAKING THE AMINO-BEE POLLEN SUPPLEMENT WITH ECDYSTERONE.

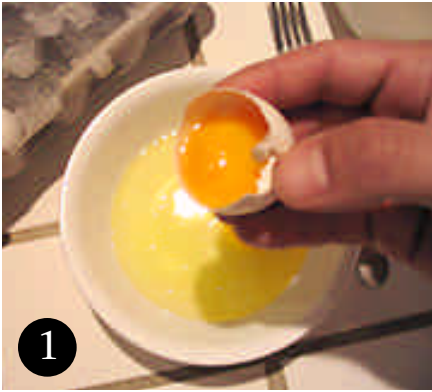
GRAND CANYON

Jimmy Canyon is set to take the stage in his first pro contest in Orlando on May 1, 2004. Good luck, Jimmy!



BILL COMSTOCK

WANT SIZE? LEARN TO COOK.



If you want to put on muscle mass then you're gonna have to eat a lot high-quality food. You're going to have to eat at least six times a day. Each meal should contain around 30-50 grams of protein and 25-100 grams of carbs. And let's face it, the better your food tastes the more apt you are to eat as much as is required to pack on some serious muscle. Who knows better than you when it comes to deciding what you like to eat? You know what seasonings you like the taste of and you know how you like your food prepared. So if you don't know how to cook, there's no better time than right now! Grab your frying pan and let's go make some eggs.

I've been making omelettes since I was in sixth grade. My mom taught me how to make them. She taught me a lot about cooking and let me crack my share of eggs. (I remember my first egg ended up on the floor, but she gave me many more opportunities to crack a lot more eggs before I left the nest.) Mom taught me the basics of omelette making but I've developed a few of my own techniques of perfection, which are specifically designed to lower the fat and increase the protein and flavor along with it.

Here's what you'll need to get started:

An eight-inch frying pan with a lid

One fork

Four large or jumbo eggs

Salt

One Kraft 2% cheese slice

One small bowl

One spatula

A Tablespoon of milk.

Pam cooking spray

One ounce of shredded cheddar cheese

Take your first egg and gently tap it on the edge of your kitchen counter. Tap it just enough to slightly crack the shell. Hold the egg over the bowl and press both thumbs gently into the small cracked hole. It will start to split apart into halves. Now pour the contents of the half of the egg without the yellow yolk into the bowl. (1) Now pour the yolk into the empty half but leak the white into the bowl. Keep shifting the yolk back and forth until all the white has made its way into the bowl. Now drop the yolk into the garbage disposal. Do the same procedure with two more eggs and then put the entire contents of the last egg into the bowl.

Take your fork and start to stir the eggs together. (2) Beat them with a slight circular motion. When the eggs are thoroughly mixed, add a tablespoon of milk and a couple shakes of salt. The milk helps to make the eggs fluffier and they'll have a lighter texture. Adding the salt now helps to flavor the eggs more thoroughly and helps the texture to be firmer also. Beat the eggs until the milk is mixed in completely.

Heat the frying pan for a couple minutes on the burner at medium heat. Turn the heat to medium-low. Remove the pan and spray some Pam in the pan. (Don't do it while the pan's on the burner. You can start a fire that way!) Return the pan to the burner and pour in the eggs. Swirl the eggs a bit in the pan so they evenly fill the pan. Cover the eggs with the lid for about two minutes.

Now here's the fun part. Remove the lid and gently pull the outside of the eggs into the middle with your spatula. (3) Do this all the way around the edges. Cover for a minute and then pull the eggs again. At this point you can gently put the spatula under the eggs and quickly flip the entire egg mass from bottom to top. This technique will take some practice.

Unwrap the slice of cheese and place on top on one side of the eggs. (4) Sprinkle some cheddar cheese on top of that. Cover for about 45 seconds. Fold one-half of the egg on top of the cheese side. Slide the omelette onto your plate and enjoy!

If you're wanting cut the calories, add fat-free cheese and use only the egg whites and discard all the yolks.■

Contest Roundup

Max Muscle Naturals — March 13, 2004, Culver City, California

Overall Winner

Philip Ricardo
Heavyweight

1. Greg Grant
 2. Miki Dodge
 3. Kevin McCauley
 4. Dana Standifer
- Light Heavyweight
1. Philip Ricardo
 2. Larry Hurst
 3. Robert Johnson
 4. Cesar Martinez
 5. Mark Young
 6. Jake Yarberry
 7. Joseph Leon
 8. Charlie Phillips
 9. Dan Backus
 10. Edgar Hernandez
- Middleweight
1. Bill Simpson
 2. D.J. Green
 3. Jeff Behar
 4. Tony Navis
 5. Alberto Garcia
 6. Rod Bentley
- Lightweight
1. Nathaniel Miyaki
 2. Jonathan Dinh

3. Derrick Peyton

4. Paul Devine

Novice Overall

Jeff Behar

Novice Heavy

1. Jake Yarberry
 2. Kevin McCauley
- Novice Middle
1. Glennzon Matanza
 2. Eric Roberts
 3. Preston Montgomery
 4. Cesar Martinez
 5. Mark Young
 6. Joseph Leon
 7. Dan Backus
 8. Matt Scott
 9. Edgar Hernandez
 10. Charlie Phillips
 11. Lionel Murphy
 12. Eric Evans
 13. Keith Montgomery
 14. Shane Rubinoff
 15. Ernan Garcia
 17. Alberto Garcia
- Novice Light
1. Jeff Behar
 2. Paul Zelenski

3. Nathaniel Miyaki

4. Antonio Barletta

5. Reed Masters

6. Kenneth Swager

7. David Neece

8. Manuel Garcia

Masters

1. Robert Johnson
2. Derrell Bradley
3. Greg Grant
4. Loel Tubbs
5. Dan Turner
6. Charlie Phillips
7. Charles Sheppard
8. Shane Rubinoff
9. Kenneth Swager
10. Dee Stadiffer
11. Kevin McCauley

Grand Masters

1. Reed Masters
2. Charles Smith
3. Roger Quinney

Ultra Grand Masters

1. Tom Benton

Teen

1. Nick Herring
2. Kyle Syverson
3. Jason Ward



Philip Ricardo



Jeff Behar



Robert Johnson



Nick Herring

PHOTOS BY BILL COMSTOCK

SNEAK PREVIEW



NEXT ISSUE—
TOMORROW'S SUPERSTAR:
MICHAEL HAIRSTON