

# I'M A BODYBUILDER

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DUGDALE'S  
PRO DEBUT

2005 IRONMAN RESULTS

BUILDING  
BIGGER  
BICEPS

INCREASING  
VASCULARITY



# Don't leave home without it



Myron Mielke | Publisher and Editor

As I sat around wondering what would be my topic for this issue's editorial column, I kept coming up empty. This is the column where the publisher or editor gets to pen an eloquent literary work that will inspire his readers to delve deep within themselves and get fired up to do those last three reps, which seem virtually impossible. Well, I couldn't think of anything. I guess I could summarize what's in this issue, but when you scroll to the contents page, you'd see the same thing only in a more appealing format. Nah, I didn't want to do that. Other magazines do that. IAB is not just another magazine.

And then it hit me — like a barbell with four mahole-sized plates on each side. Why not write an article on the most important training equipment that needs to be in every bodybuilder's arsenal? That piece of equipment will stand up longer than your belt, gloves, wraps and straps. It's more important than any other accessory you'll ever purchase. This one simple invention is responsible for packing on more pounds of muscle than any Hammer machine. If you've already figured it out, that's because you looked at the photo in the back of this issue.

The Igloo Little Playmate is by far the best investment you'll ever make as a bodybuilder. I got my Igloo Playmate in 1986. Mine was free because I asked my

brother if I could "borrow" his. I got attached to it and, well, I never gave it back. You see, I needed it because I had started a new job in the field of genetic engineering and seed research. (That's what my resume says anyway.) I worked in a corn field for a seed company and did a number of ridiculous tasks that only teenage kids will do because they're desperate for money.) since I worked in the middle of a corn field, I had to pack my lunch.

My Igloo Playmate has been with through six jobs and the only maintenance it requires is washing.

Over the course of almost 20 years, I've carried thousands of protein shakes, several hundred cups of rice, several hundred pounds of potatoes, dozens of bunches of bananas, the equivalent of a 55-gallon drum of cottage cheese and a tree full of apples. For protein sources, I've probably packed an entire fishing boat of tuna, a couple hogs, two or three cows, and a large farmyard of chickens.

If you don't have a Playmate, go buy one. Today. You need one. And if anyone ever asks you why you carry that thing around with you everyday, just smile, flare your lats and proudly reply, "I'm a bodybuilder!"

Until next time, train hard!



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On the cover: Mark Dugdale at the 2005 Ironman



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**I'M A BODYBUILDER**

# IRONMAN PRO

## Badell vs. Priest

**F**or the second year in a row, the IFBB's first pro show of the season, the Ironman, was held on a day, which was pouring rain. Regardless of the wet weather, Gustavo Badell was dry as a bone and made his mark in bodybuilding with his first pro win.

The prejudging started with the same format, which was used at the Mr. Olympia. Each competitor came out by themselves and went through the compulsory poses. I liked this procedure as it lends itself to judging that is more fair and allows everyone to see who's in shape and who is not. It makes it easier for the first call outs to be made in the round that follows.

The first athlete to take the stage was Lee Priest, the Blonde Myth. He slowly walked onto the stage and it was obvious he was there with inten-

tions of winning. He looked bigger and fuller than last year and his conditioning was dead on. Just standing there with his lats flared, I knew Badell and Anthony needed to be at their absolute best to beat the Aussie, who now resides in Lancaster, CA, which, incidentally, is where I live also.

As each competitor filed on stage one by one, it was obvious that it was going to be a great show because many of the athletes were in fabulous condition. Even the first-timers were in good shape.

Veteran competitor and last year's Night of Champions winner, Melvin Anthony came out and looked to be in good shape, but appeared a little small and a tad smooth. Badell, on the other hand, stepped up and

everyone knew he was dialed in. He was shredded and his muscles were full and huge. He looked to be 10 to 15 pounds heavier than last year and just as ripped.

The biggest surprise of the show for me was when Jocelyn Pelletier walked on stage. My buddy, Mike Harris, who attended the show with me, looked at me and asked, "Is this a joke? What's the story on THIS guy?" Jocelyn was a little out of place as he looked to be in his sixties and appeared to weigh about 150 pounds with no tan. Mike was determined to get the scoop on the guy and asked several competitors, who we saw later at the FitExpo. They just smiled and said they were wondering the same thing. I thought Mike's curiosity was quite humorous.

Rounds One and Two pitted the



ALL PHOTOS BY MYRON MIELKE



IFBB behemoths against each other. The comparisons made it obvious who was in the running and who was not. The first callouts compared Priest, Badell, Alves and Anthony. From most of these comparisons I knew it would be extremely close between Priest and Badell. (Personally, after prejudging, I would have given the nod to Priest. Despite Priest being a little softer in the hams and glutes, I felt Lee's shape and size were superior to Badell's.) Alves and Anthony would be battling it out for third and fourth. Fifth place was up for grabs. Kamali, Morris, Titus, Henry and Dugdale were all battling for a top-five placing.

Upon entering the auditorium for the finals show, we were handed pencils. "Why do we need these?" I asked.

"For the score cards you'll have at your seats."

Each fan had the opportunity to pick the top-ten placings. All the correct entries would be eligible to win some prizes. I thought this concept was a pretty cool idea. As the top ten were called out, I proudly displayed my card to my buddy to show him I had picked the top ten correctly. My ordering, however, was slightly different than the judges' final standings.

Here are my observations of the top-ten finalists in order of their actu-



al placings:

#### **10th Place - Idrise Ward El**

Idrise looked good, but not great. He had a beautiful thigh sweep, but it looked like he had torn the inner vastus muscles on each leg. He had full, round muscle bellies, but he needed more width in his delts. His delts looked huge in a back double-bicep pose, but when he was standing relaxed from the the front or a front lat spread, his shoulders didn't look wide enough. It's probably more genetic in nature due to narrow clavicles. He controlled his abs better this year.

#### **9th Place - Mike Morris**

Mike was in good condition. If he would have placed a couple notches

higher it wouldn't have surprised me. Morris has a similar physique to Craig Titus. Morris was big and powerful looking. He also was very lean with great legs. His waist could be a little smaller, however, so he doesn't appear too blocky. I saw Mike walking around the shopping center across from the auditorium after the prejudging. I told him he looked great. Up close his shoulder width is incredible.

#### **8th Place - Mark Dugdale**

Wow! Dugdale was in great shape. He has near perfect proportions and he was shredded. I saw him at the Mr. Olympia and he said he was one week from starting his diet for the Ironman. Mark, you definitely know



what you're doing when it comes to diet. There were lots of boos from the crowd when his placing was announced. With a little more size he would have been in the top five, maybe the top three. Give him some time to fill out and he'll be collecting his share of first place trophies in the pro ranks.

#### **7th Place - David Henry**

David Henry slipped a placing from sixth to seventh this year. He looked bigger than last year and just as shredded. He had a great back with fine striations in his lower lats. Based on his conditioning, I personally had him in fifth place. Size won out, however, in the eyes of the judges.

#### **Sixth Place - Craig Titus**

Craig dropped to his knees in disbelief or disappointment when his place was announced. Craig was in better shape than last year and is getting closer to drying out. His back needs to lose a layer of water from his neck to his glutes. Like Mike Morris, his waist could be a little smaller. I thought Craig should have been seventh or eighth.

#### **Fifth Place - King Kamali**

This is the first time I had seen Kamali in competition. Judging against photos in magazines, he

*Lee Priest and Gustavo Badell*



looked really good. He was sharp, but not quite enough to garner a third or fourth place spot. King has very pronounced shoulder development and good tie-ins. It makes his lines stand out more than the competitors around him. When he puts on size, he doesn't become blocky.

#### **Fourth Place - Marvelous Melvin Anthony**

Despite winning the \$1,000 Vince Gironda award for presentation, Anthony came up short in fourth place. That's where I had him too. I got the feeling he thought the title was his throughout the day and

*Troy Alves, Melvin Anthony, Lee Priest and Gustavo Badell*





night. He had the best lines and most beautiful physique in the show, but he wasn't sharp enough or big enough. His posing routine reminded me of his mentor's, the incredible John Brown. Anthony came back for an encore with his routine. I think the crowd was wanting more of his robotic, limbo dancing style for the encore, but he did classic and flowing posing instead. It was admirable when Melvin gave the \$1,000 he got for his posing award to sixth-place Craig Titus. Only the top five were to receive any cash.

### **Third Place - Troy Alves**

Troy was shredded. Troy was dry. Troy was dialed in. Troy had striated glutes. Troy had paper-thin skin. Next to Priest and Badell, Troy just wasn't big enough. I had him in third like the judges.

### **Second Place - Lee Priest**

A very close second. I thought Lee was going to win it all. He came out strong in prejudging and was actually ahead of Badell. His posing was great at the night show too. Badell just edged him out at the end. Gustavo was a little tighter. I liked Lee's lines and his overwhelming size with a tiny little waist to boot. His arms are incredible. Lonnie Teper said they are the best ever in the sport. Despite all that, Badell was thicker all around, including the waist. Based on aesthetics, my vote would have been for Priest, but I knew the judges would go for Badell, so I had Lee in second on my score card also.

### **First Place - Gustavo Badell**

Gustavo was dialed in and bigger than last year. His coach, Milos Sarcev, seems to know Badell's body really well. Whatever he has Gustavo doing seems to be working quite well. Badell was thick and ripped. He also had a huge smile of confidence that showed he was the guy to beat. And he was. I liked The Badell family on stage afterwards with his little girl on his shoulder. It's good to see that nice guys do finish first sometimes! After the show, Gustavo predicted that he would win the Arnold Classic on March 5.

### **Honorable and dishonorable mentions**

**I'M A BODYBUILDER**

The 2005 Ironman was indeed a very exciting contest. The quality of the athletes was outstanding. Ed Van Amsterdam was a newcomer to the pro scene and was incredibly huge! Look for this guy to do well in future competitions. Rusty Jeffers was in good shape and had a nice routine. He did many different poses with various transitions. (Too many of these guys can only do seven or eight poses and then they repeat them two or three times for about three or four minutes!) Rusty's performance was refreshing. Frank Roberson was entertaining in his oowboy hat and boots, but shouldn't these props be used for guest posing? And another thing, to

all pro competitors, if you ain't got striated glutes, keep 'em covered - please.

### **One last thing —**

So who was the 150-pound guy my buddy wanted to know the story on? Well, Lonnie Teper let everyone know at the night show. Apparently Jocelyn is from Canada and won his pro card some thirty years ago. He felt like competing again, I guess. Why? I don't know. End of story. ■

*Idrise Ward El*



*Jocelyn Pelletier*



*Mark Dugdale*



*Melvin Anthony*





# VAS•CU•LAR•I•TY

## The quest for beautiful, protruding veins

PHOTO ILLUSTRATION BY MYRON MIELKE

One of the elusive characteristics for some bodybuilders to achieve during a competition is pronounced vascularity. During a workout they're fully pumped up and they look like a roadmap of bulging veins, but when it comes to standing on stage, those veins hide like nitecrawlers after the rain when a flashlight shines on them. Poof! They're gone. Why does that happen? Well, I wanted to know so I asked many fellow competitors what they did to improve vascularity. Some of the tips I was given were useful. Some were not. And some were so farfetched that they were downright hilarious.

Before we examine some of the "philosophies" of achieving good veins, let's take a look at why in the world we want those bulging things in the first place. Most people seem to find them repulsive. "Oooh, look at those veins. Gross!" I've heard that statement many times. The answer to all you nose-wrinklers out there is that—plain and simple—it's cool.

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Now do you understand? Good. So let's continue with some of the advice stories.

In my first competition, the Mr. Southern Minnesota (and yes that was an actual competition name) I was blown away by the overall winner's vascularity in his thighs. His name was Brian Drechsel and, to me, his thighs looked like Tom Platz's. He had striations on the inner and outer vastus muscles and thick roadmap-like veins popping out all over. I asked him if he did anything specific to get his veins like that. He explained that popping some niacin tablets before going on stage helped his vascularity. Anyone ever taken too much niacin in one sitting? Well, let me tell ya, this is one thing that you'd probably like to avoid in your lifetime. Niacin is a B vitamin that will make all your capillaries in your body to expand and cause you to become flushed, warm (or hot) and itchy. It's sort of like giving your skin a muscle pump from a pill except

you'll be hot, flushed and itchy. Oh, and uncomfortable. Did I mention that? This dandy little side effect could last anywhere from 20 minutes to an hour and a half. Wonderful stuff. If you decide to try it, start with SMALL doses (25-50 mg) and work your way up. And try it BEFORE contest day as an experiment. Do not test it the day OF the competition to see if it works or not. Incidentally, I popped some niacin tablets before pumping up for the finals in one show, and found out less than five minutes later, that I had not MADE the finals. So I sat in the audience, flushed, hot, itchy and uncomfortable for about an hour while I was mad as a hornet for not making the final five. I was sixth.

I asked another competitor (who I had beaten previously and beat him again in that show) what he did for vascularity. He replied, "Ya know, I've been drinking a lot of mineral water and that really seems to help." My curiosity was piqued. This was some-

thing new—mineral water.

"So what difference does that make?" I asked curiously.

"I think it's the carbonation."

"What? How does that work?"

With a straight face and all seriousness he replied, "I think it's the air bubbles. They must make the veins puff out or something." I said something very intelligent like, "Oh." Then I nodded and went off to the other side of the pump-up room completely bewildered by this guy's lack of knowledge. (Editor's note: Too many air bubbles in your vascular system quickly cause a very nasty side effect called death.)

Alrighty then! Let's move on to the next tidbit for increasing vascularity. Staying warm. Ever notice that you're more vascular in the summer than you are in the winter? Believe me, I didn't have too much trouble with my veins popping out when it was 100 degrees and 90 percent humidity during Minnesota summers. But the auditoriums where competitions are held seem to have the thermostats set to "icebox" so my veins hide when it is time to step on stage. To combat that some guys wore bath robes instead of sweats so they could whip them off quickly before stepping out to do battle on stage. Thankfully they didn't where moose or gorilla slippers along with them! And speaking of

staying warm I actually saw another guy lug in his own portable heater and set it up backstage. His little pump-up area was really popular. It reminded me of a scene in rocky where the guys in the old neighborhood are gathering around the fire in the trash barrel to get warm.

Several guys gave me advice for vascularity that won't appear in print here. Don't use your imagination too much. It's really easy to figure this one out on your own. (Hint: It takes help from a member of the opposite sex.)

Eating some candy was another trick some guys let me in on. Consuming a piece of hard candy seemed enough for a few competitors while others HAD to a few Snickers bars. It seemed to work as they had veins popping out all over.

My favorite was seeing people drink some wine while pumping up. At a show I was judging, a heavyweight brought a big jug backstage and said, "My mama said to always bring enough for everybody!" Needless to say there were many happy competitors who loved this guy's upbringing.

This one is my all-time favorite. Another lightweight competitor tried the wine-drinking trick and another show. He weighed about a 145 pounds. He was carb depleted and



dehydrated. And not thinking too clearly either. In order to make the wine make your veins stick out one is supposed to drink a few sips and then pump up. The carbs and alcohol give a quick swelling effect to the veins. Well this guy was really thirsty and the wine tasted really good. He couldn't stop. I'm not sure how much he drank, but it was too much. You see I know it was too much because he ran off stage and barfed all over the backstage area we were to enter and exit the stage from. We had to file off the other side of the stage and walk down a freezing hallway to get back to the pump-up room. Some lucky backstage attendant was the unfortunate schmuck to clean it up.

With all those stories being told, here's a quick summary to help you obtained increased vascularity.

Being lean is your first sure way of achieving great vascularity. If you have fat covering your veins, forget it. Nothing else matters and no other tricks will work.

Stay warm. Keep your sweats on or wear a robe while pumping up. Bring a space heater if you want.

Give niacin a try. Start out with 50 mg and see how it effects you. Then try 100 mg and monitor the results. If it has little effect go up in 50 mg increments. Go easy and don't take too much. ■



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# Building Huge BICEPS

Two kids are out on the playground. One boy said to the other, "Show me your muscle!" When that is stated, what's the normal response? Someone will flex their bicep. More than any other muscle, the bicep is the sign of strength. It is also the mark of a bodybuilder.

Most likely you were drawn to the sport and inspired by some guy's well-developed biceps. You wanted arms like his and now you are on a quest to achieve them. Let's take a look at how to add some meat those arms so your arms will be inspiring to someone else. This issue we'll concentrate on bicep training and next time we'll follow up with information for adding size to your triceps.

If you've read any other muscle magazines, (and I'm sure you have) you've seen countless articles, which are supposedly written by pros, explaining how to build huge biceps. Forget what you've read. Most of the info you've read will result in over-training because you're not taking the steroids like many of those pros. Since you're not on drugs, you need to train smarter and more efficiently to add size to your bi's.

It's hard to hold back your training when you are young and have lots of energy, but you have to. Lee Priest can handle 20 or more sets for biceps and so could Arnold, but those guys aren't natural. Get it in your head right now that you have to cut back.

Building big arms takes time. That means years not weeks. If you read a headline that says you can put an inch on your arms in one week, read it for entertainment. It doesn't work that way. When you first start training, you might put an inch or more on your arms in the first few

months, but don't expect those type of gains forever. After initial beginner-type gains and without drugs, it might take several hundred arm workouts to pack on three or four inches to your arms. Be patient. Strive for one-half to one inch per year. If you train your arms once per week, it might take 52 workouts to put on one inch. Get the picture?

It's been said many times before but it's true. To put on size, you need to stick to basic exercises and train heavy. Keep the reps at around six per set. Keep your working sets, which means you don't include warmups, less than eight. Train biceps with triceps on a day by themselves and train thme once per week.

Here's a sample routine:  
(Poundages are for example only.)  
Barbell curls

- 2 sets of 10-12 reps with 55 pounds
- 1 set of 6 reps with 75 pounds
- 1 set of 2 reps with 95 pounds
- 1 set of 1 reps with 110 pounds
- 3 sets of 5-6 reps with 125 pounds

Alternate dumbbell curls

- 2-3 sets of 5-6 reps with 45 pounds

When performing your three working sets, the fifth or sixth rep will be the last rep you can do in strict form. One more is not possible. Do not push through failure with cheating or forced reps. Rest two minutes between each set.

Eat one to one and one-half grams of protein and four to five grams of carbs per pound of body-weight. Divide this between six to seven meals per day. Eat plenty of vegetables.

In summary, here are the most important factors for making biceps grow: Train heavy, get plenty of rest for recuperation, eat lots of healthy foods and have patience. ■



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# Avoiding five common mistakes at the gym

I've trained at many gyms and health clubs in several different states over the past 20 years. During my numerous workouts, I've observed the various people exercising around me. Some really know what they're doing while others look like it's their first time in the gym—even though I've seen some "first-timers" working out a few dozen times! I've seen many people performing ineffective exercises, sloppy form when executing movements and sometimes conducting bad habits, which are dangerous. Hopefully you can avoid some of these common mistakes if you're made aware of them.

## **CORRECT POUNDAGES**

The biggest mistake that impedes progress is gender related. Probably ego related too. Generally, men try to lift too much weight and women use too little weight during resistance training. I've seen it over and over. Guys will lie down on the bench press, unrack a huge amount of weight from the support stands and then drop the weight to their chest. The bar bounces off of their chest about an inch and then their training buddy grabs the bar and curls most of the weight up. This happens while the training buddy screams, "It's all you, man. Push it up!"

Women on the other hand, are just the opposite. They are so afraid of getting big and muscular that they will continue to use five-pound dumbbells year in and year out. When I see a woman at the gym using 20-pound dumbbells for arm curls, I think to myself, "Good for her. She's figured out the secret to

making progress." Weight training is progressive resistance. Think of it this way: In order to make progress, you have to increase the resistance. That's what tones up your muscles. You have to challenge them. Don't baby them.

Okay, so we know that men use too much weight and women don't use enough. So how much weight should someone be lifting? Begin with a weight that allows you to easily complete two sets of 15 as a warmup then choose a weight that will allow you to perform between eight and 12 repetitions. If you can't do eight reps, it's too heavy. If you can do more than 12, it's too light and you need to add a little. Add enough weight that will again allow you to only get eight reps. That's usually done by adding about five pounds.

## **SLOPPY FORM**

Swaying and using momentum to move weights are usually the culprits when someone gets injured during exercise. What's the reason for using momentum to lift a weight? The weight is too heavy to move in a controlled manner so it has to be heaved up in order to complete the movement. I've seen dislocated shoulders, back injuries and muscle tears occur from this sloppy style of training. Stay in control. You won't make progress by becoming injured.

## **TALKING TOO MUCH**

People tend to go to gyms and health clubs for a variety of reasons. Some want only a little exercise to make them feel better about themselves, while others are on a serious mission to lose 75 pounds. Still others are at the gym for the social

atmosphere. Some people just want to talk. They might be at the gym for two hours a day, but they might only be spending 20 minutes working out. The other 100 minutes are spent chit-chatting. If you're at the gym to make progress, cut down on the chatter and focus on your workout. Talk before and after your workout and keep conversations to a minimum during your workout. Your workouts will be more intense and you'll spend less time at the gym.

## **PERFORMING EXERCISES INEFFICIENTLY**

Hundreds, possibly thousands of variations of exercises can be done these days. There are free weight exercises and those that can be done on machines. With most machines it's fairly easy to do them correctly. You don't have a great deal of choice. You move the weight stack of the machine in the path or groove that it was designed to travel in. Free-weight exercises are a little trickier to perform correctly and these are the exercises that I see people performing incorrectly. Inefficiently might be a better description.

Accompanying this article are photos of one of four exercises I see many people performing inefficiently. The first exercise, side lateral raises, is for the shoulders. This exercise is designed to work the sides of your shoulder muscles—the lateral deltoid. It's very effective in toning the shoulders and contributes to the upper arm having a firm appearance once it is developed. When side lateral raises are done incorrectly, you don't isolate the side of the shoulder muscle but the focus is then placed on the front of the shoulder, the



anterior deltoid. Overhead pressing movements and most chest exercises tend to stimulate the front area sufficiently so it's better to do an exercise to strengthen the side of the deltoid muscle as well. In addition to over-training the front of the shoulder, straining the rotator cuff in the shoulder joint is also a possibility by doing lateral raises incorrectly.

The next exercise is the one-arm dumbbell row. In this exercise you mimic the starting of a lawnmower. Done correctly it's very effective at building and toning the muscles on the side of the upper back. Getting a full stretch at the bottom is important and it should be pulled up to the hip, not your shoulder. Pulling it up to the shoulder brings the back shoulder muscles and upper arm muscle into play and there are more effective exercises to hit those muscles also.

Arnold Schwarzenegger made the dumbbell concentration curl a very popular exercise for the muscle of the upper arm, which is called the bicep. This exercise helps to tone and gives a nice roundness to the bicep muscle. Many people tend to rest the elbow on the knee and allow leverage to help them lift the weight. I like to do them the way Arnold did because he knows a thing or two about training biceps!

The last exercise is one that many people skip entirely. It separates the women from the girls and the men from the boys. It's the barbell squat. Quite frankly, it's the most difficult of all exercises. Squats will leave you exhausted after only a few sets, which is precisely why they are so effective. They burn lots of calories in addition to adding tone and strength to your legs, hips and glutes. With that being said, however, if you have bad knees or chronic low back pain you may want to substitute another leg exercise or do squats in a Smith machine for added stability. If your knees are healthy and you've got a strong lower back, go for it! Don't wimp out on these. Go down until your thighs are parallel to the floor and then back up. If you only go down a quarter of the

way, you'll lose three-quarters of the benefit.

### WORKING OUT TOO LONG

It's a common misbelief that in order for your exercise plan to keep being effective, you have to add more exercises or to do longer stretches of cardio. Many people have a hard time believing that my weight training workouts normally last about 25-30 minutes and my cardio sessions are less than 30 minutes. The trick is to work harder not longer. That's done by lifting heavier, resting less in between sets and doing only one or two sets per exercise instead of three to five. It also means walking, running or riding

faster, not longer. It's simple but it works. Try it.

Well, that's five. If you fit into any of the above categories, I suggest you make a few easy adjustments in your workout routine — unless, of course, you don't want to make any more progress and are quite happy spending several hours in the gym each day with little or no results. My guess is, however, that if you've gotten this far into the article, you are a results-driven person and are going to implement at least one of these suggestions into your workout. Now, if you'll excuse me, I have to go see how much weight I can bench press. After all, I'm a guy, right? ■



**INCORRECT**



**CORRECT**



## PRODUCT REVIEWS

### REDLINE RTD

I was given a couple sample cans of this stuff at the Olympia Expo. I tried them and was impressed. It impressed me enough to buy a four pack of it. I used it for a preworkout energy drink. I didn't use it for fat burning purposes. At about \$3.00 per can, I think it's a little expensive for a daily fat burning regime.

I used it on leg day. Consuming a can 30 minutes before I hit the squat rack gave me a boost throughout the grueling leg workout. I went up 20 pounds from the previous workout and performed the same amount of reps. This stuff works. You need to be more than 18 years old to purchase this product even though it doesn't contain ephedra.

★★★★★



### POWERHOOKS

Personally I like training with barbells. I've never been one to train a lot with dumbbells. One of the reasons is once I start getting stronger in pressing movements with dumbbells, it takes too much effort to hoist the things up. Powerhooks are a solution to that problem. You still have to hoist the dumbbells to get them on a bar to start, but you'll like them once you try them.

★★★★★



### PROTOCOLCOOKIE

You want protein? Don't feel like drinking another shake? Tired of the protein bars that make your stomach churn with gas bubbles and you really don't feel like grilling another chicken breast or eating a can of tuna? Why not give the Protocolcookie a try? They have about 15 grams of protein and taste really good. My favorite was the chocolate chip. They also come in a low-carb version called the SportCookie.

★★★★★



## One-minute training tip

Have you ever noticed that some workouts you'll be getting a good pump. You've done 10 sets of bicep work and your arms feel like they're going to burst. Only two sets to go. One more set and then — poof! Your pump is gone. Suddenly the biceps feel mushy and no longer tight. Have you experienced this phenomenon? If you haven't. You will. I don't care if you're using an NO product or not. The legendary iron guru, Vince Gironda, referred to this as overtonus. Basically it's the body's way of telling you to stop. It's had enough. It doesn't care if you done the required 12 sets in your program. Your biceps are telling to stop before you begin overtraining. to remedy this, make a note in your training journal (or a mental note). When overtonus occurs, stop one set short during your next workout. You'll end with a good pump and not risk the chance of overtraining.

## WORLD RECORDS



### Brian Schoonveld

Apollon Axle lift of 396 lbs.  
Set at the FitExpo in Pasadena, CA  
on February 19, 2005



# NEXT ISSUE

TOMORROW'S SUPERSTAR:  
MOJI OLUWA

WHEN TO COMPETE  
AS A TEENAGER

TRICEP TRAINING

GET SHREDDED  
THIS SUMMER



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# arsenal



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