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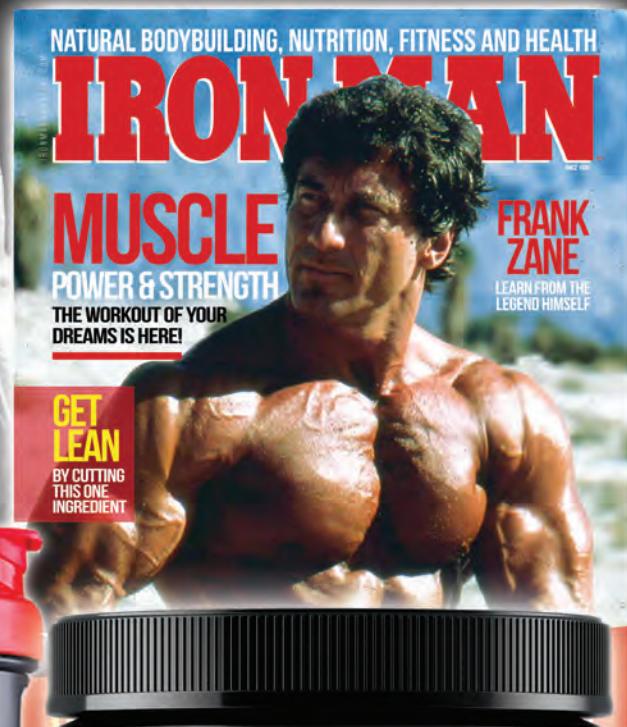
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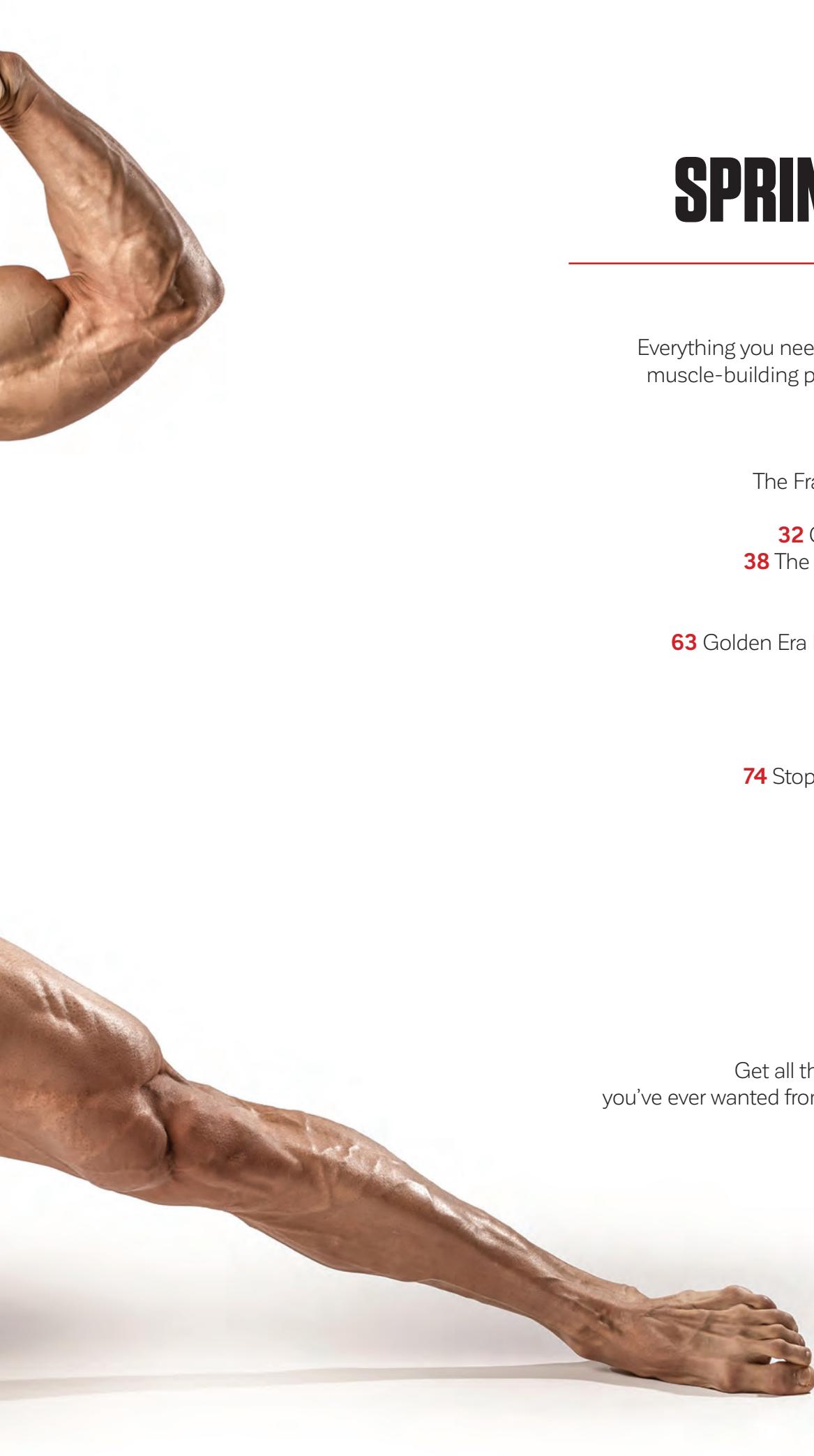


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Get all the insight and advice
you've ever wanted from the best experts in
the *Iron Man* family!



Brandon Lirio

**"Being weak is a choice.
So is being strong."**

– Frank Zane



BORN INTO THE SPORT

How is it that a young female can have such an interest in the sport of natural bodybuilding? Growing up, my childhood for the most part was normal, but also very unique. My Father, a Greek immigrant who migrated to the US at the age of 10 in 1960, grew a fascination for bodybuilding. He would eventually turn his hobby into a globally recognized organization. By 1997, I was 10 years old and many of my Saturdays were spent around people in bathing suits, applying Jan Tanna or baby oil. I knew this was going to be the norm, so I did my best to embrace it.

Often, I would catch wind of people saying "his physique reminds me of the Golden Age, or Wow, he poses like Frank Zane." I never really knew what they meant until I began to pay more attention to the bodybuilders on stage. As I got older, I sat as close to the judges as I could and studied the physiques I saw on stage, after pre-judging I would often ask my father or judges I knew questions: What are you looking for? How did he suck his stomach in so much? Why are they so tan? Why are they posing like that? My questions were answered and I was intrigued by their explanations.

Once I understood the competition aspect of bodybuilding, size, symmetry, muscle definition, posing, etc. I began choosing my favorites and would compare the bodybuilders I saw on stage to the bodybuilders of the golden era. Two of my favorite bodybuilders back then were Serge Nubret for his ripped and aesthetic-looking physique and Rory Leidelmeyer for his dramatic fluid posing routines and symmetrical physique.

There is something so captivating about watching a bodybuilder with an aesthetically pleasing physique perform their poses and posing routine. Capturing the art of posing is such a crucial aspect of bodybuilding that can make or break one's physique. Later I would understand and appreciate what it took for a natural bodybuilder to build and sculpt their physique.

I wasn't even a thought during the Golden Age, but growing up in the natural bodybuilding industry made it easy for me to resonate with bodybuilders of that time. Physiques were pleasing to the eye, looked attainable with dieting, working out, and having good genetics helped. I appreciated the seriousness they had for the sport and the passion they displayed in their physiques and posing. I began to understand why the Golden Era of Bodybuilding was a fond era for bodybuilding enthusiasts to reminisce and cast as a cool time within bodybuilding.

This issue salutes the Golden Era while looking forward to the next generation. To those that paved the way in the past, thank you; For those that are competing today, I can't wait to see how far you'll take us on this amazing bodybuilding journey!

Save the date, July 24th 2021 I am inviting you all to the Iconic Iron Man Magazine Professional and Amateur Bodybuilding & Fitness Championships. After 12 years we are bringing it back. First place winners will be featured in Iron Man Magazine, cash and prizes will be awarded! For more information visit ironmanmagazine.com

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Golden Era Of Bodybuilding RETURNS

Believe it or not, the sport of bodybuilding has a new beginning with Natural Bodybuilding on the rise. Like a phoenix rising from the fire, the new generation of bodybuilding is reborn with exercise science, nutrition, and clean supplements. The athletes are no longer accepting drug enhancements or polluting their bodies with life-threatening banned substances. They are interested in a healthier lifestyle that promotes longevity. You will find many of them in this issue.

We all have our favorites before performance enhancements were abused and the sport of bodybuilding was hijacked. An idol of mine who motivated me to workout was Steve Reeves. He was on The Late Late Show playing Hercules and Hercules Unchained. Being of Greek descent, he resonated with me, and his physique was the greatest. He was very symmetrical, muscular, and defined. His physique looked like a sculpture. Later I began to favor Larry Scott, Sergio Oliva, Arnold Schwarzenegger, and Frank Zane to name a few.

When I was 16 years of age in the '60s, bodybuilding was exciting and new. I was training in a small studio gym in San Francisco and used bodybuilding magazines as motivation. As a triathlete, I would weight train about four hours a day, five times a week. My mom would cook me porterhouse steaks and I remember drinking Bob Hoffman protein shakes. I will never forget those shakes, I had to hold my nose when I drank them. I just wanted to look like the guys in the magazines. At 18 years of age and training for two years, I questioned how I could look like the guys in the magazine. I told the owner of the gym I worked out at, I had been training hard for the past two years and I still don't look like the guys in the magazines, what am I doing wrong? The gym owner said I was overtraining and if I wanted to be as big as the guys in the magazines I would have to start using drugs to enhance my body. Call me naive, but I had no idea that they were using drugs. I always thought you just had to eat clean, train hard, and rest. Morally, drugs were never something I had an interest in.

Later I would open a Gold's Gym franchise. At the same time, I was still subscribed to my favorite magazine, Iron Man. An article in the magazine suggested promoting bodybuilding events inside one's gym. Unfortunately, this era also marked the dawning of the steroid culture. It was the '80s and the sport was changing, from an athletic passion to a hyper-masculine, unhealthy spectacle. In 1988, despite warning threats of losing popularity and money, I went against the dope-using grain and held the first-ever Natural Bodybuilding and Fitness Competition in the NPC which was a success. Soon thereafter I left the NPC to pursue my dream. 'Serving the Natural Athlete' became the official motto of the new organization: The Amateur Bodybuilding Association (ABA), later to become the International Natural Bodybuilding Association (INBA), and adding the Professional Natural Bodybuilding Association (PNBA).

It is a dream come true to see our sport is returning to its roots. Well-built esthetic physiques without drugs, recognizing the true athletes. There will always be people that will use or take a different direction. Performance enhancement abuse will never stop, but at least now we have a choice.

Currently, we are in the age of awareness and the awakening of the natural movement. Another chance to show the sport of bodybuilding and not just an opportunity to entertain an audience to see who can use the most and get the biggest.

Let us honor the past and celebrate the future with those of the Golden Era and the many who admire it.



CALIFORNIA NATURAL CHAMPIONSHIPS

By RALPH DEHAAN

In one, including promoter Denny Kakos, expected the 120 athletes that turned out for the first NPC California Natural Championships on August 8. This was the first ever NPC drug-tested contest held in the state of California. Amazingly enough, 14 other competitors couldn't enter because they hadn't applied in time to have the polygraph test administered. Of the 120, only 100 made the cut. The polygraph was used as the final step of testing to insure that no steroid use had occurred among any of the athletes in the six months prior to the contest.

Athletes came from Nevada, Utah, Arizona, New Mexico, Colorado, and the various state competitions, to compete in the first ever NPC drug-tested competition, a whole new ball game for the bodybuilders and the many competitors. And while most admit that the new rules are a good thing, some, it is a step in the right direction. In the past, the steroid use was so obvious from the day up that most now are not so sure. The new rules are a good thing, but the problem is that the drug testing is not being held to weed out the drug users, the drug users are the ones that are winning. The critics of a perfect 3-asset, the drug users.

In second place was Sean Dugay from Florida, who had a very good physique and proportioned physique, but didn't have the thick, heavy, well-defined muscles seen by Miller's competitors.

Exciting events will be taking place all over the world with new country additions to the INBA PNBA, Mexico, and Ireland. INBA PNBA will be going to Mexico City for the Natural Universe, Tampa, Florida for Rob Terry Presents, Icons of Natural Bodybuilding, Los Angeles for Mike O'Hearn's Clash Of The Titans, and the prestigious Iron Man Magazine Bodybuilding & Fitness Championships. All events listed are open to professional and amateur athletes.

I look forward to seeing you all on the INBA PNBA Global Stage, or in attendance supporting the sport of natural bodybuilding. Dream bigger and better than ever before!

Your biggest supporter, Denny Kakos INBA PNBA World President & Founder
Train Hard, Train Smart, Train Natural!

Denny S. Kakos

INBA/PNBA World President & Founder

INBA GLOBAL PNBA ELITE

BE PART OF THE **GLOBAL FAMILY**

The International Natural Bodybuilding Association (INBA)

Largest natural amateur organization in the world with over 60 country affiliates, prestigious national and international titles including the Pinnacle of Natural Sports "The Natural Olympia." And now heightened exposure like never before with Iron Man Magazine, featuring Olympic Compliant Athletes. INBA Global is the best tested organization, upholding our integrity to drug free sports for the past 3 decades. The only tested organization that is transparent to its testing standards by following the World Anti-Doping Agency (WADA) Play True is the name of the game, and if testing positive one will find themselves in the "Hall of Shame" naturalbodybuilding.com/hall-of-shame. Once you have achieved your fullest potential and receive pro qualification within the INBA you may then compete in the PNBA.

The Professional Natural Bodybuilding Association (PNBA)

Recognizes Professional Athletes with natural talent, stamina, and competitive drive. Earning PNBA Elite Pro status is widely respected around the world, as PNBA Natural Elite athletes have risen from amateur ranks and work relentlessly to earn their place on stage to compete at the Pinnacle of Natural Sports. The PNBA Elite World Tour incentives come down to the finale. Final placement points for the grand prize (Harley Davidson Motorcycle) is given, Largest Payouts in Natural Bodybuilding history is awarded, and the ultimate - title of Natural Olympia Champion is earned.

Does the PNBA accept Professional Status form other Organizations?

Yes, the PNBA honors professional status from established organizations.

INBA Global PNBA Elite

would like to extend an invitation to all athletes to compete at the Natural Olympia. Here's how you can qualify and begin your road to the Pinnacle of Natural Sports Stage:

1. Choose your Category

www.naturalbodybuilding.com and select the category that best suits your physique based off

3. Register for "Natural O" Qualifier

Before stepping on the Natural Olympia Stage, qualification is mandatory. Choose your Natural Olympia qualifying even.

5. Register for the Pinnacle of Natural Sports

Represent your country against the best elite natural athletes in the world. www.naturalbodybuilding.com

2. Become an INBA Global or PNBA Elite Member

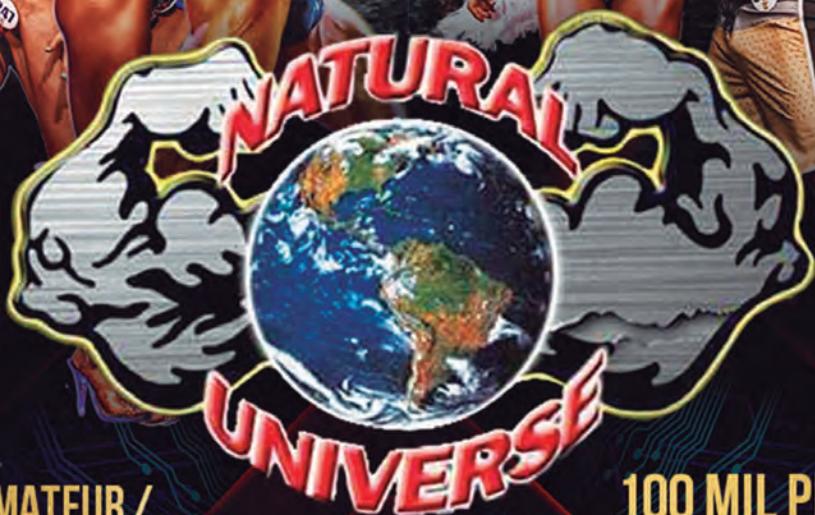
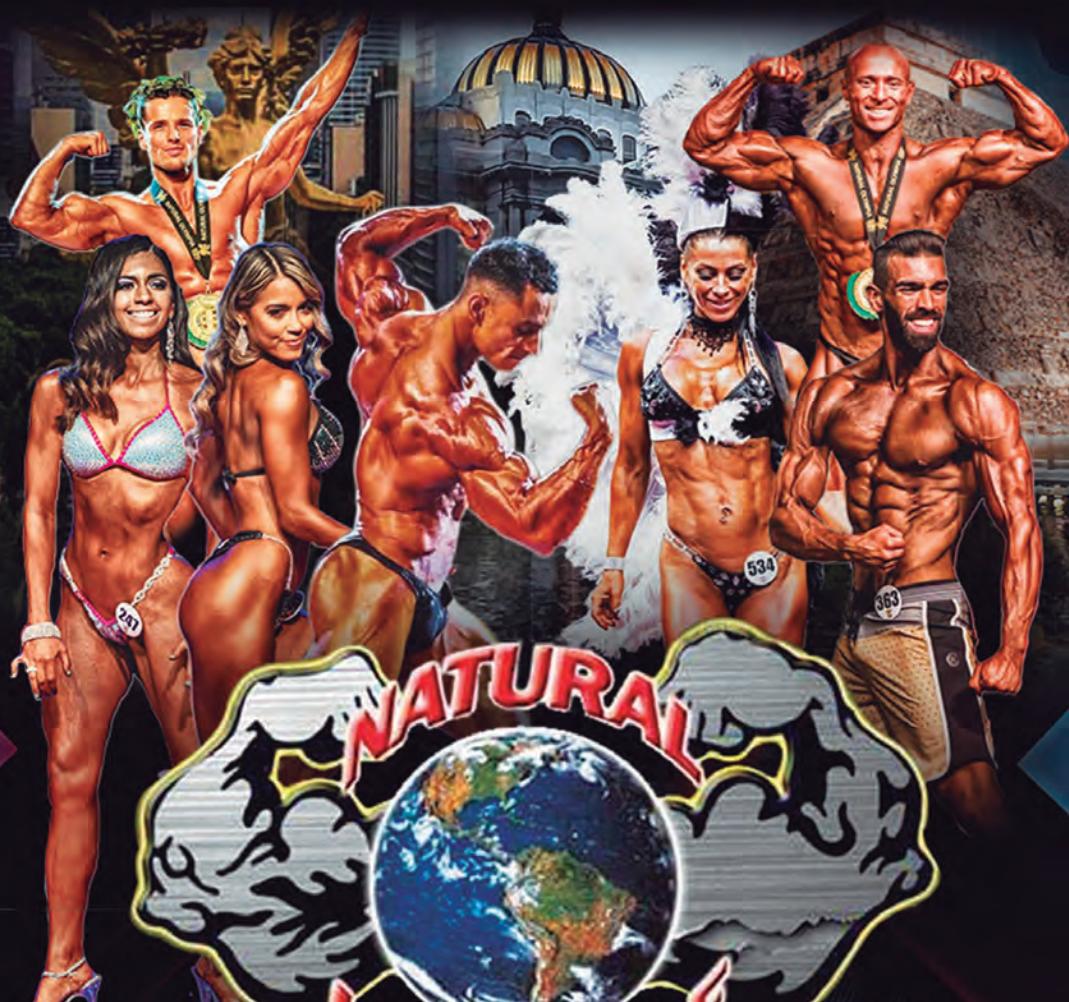
Membership provides you the status to compete globally.

4. It's all in the Prep

Choose to train and diet yourself, or find a coach to guide you on your journey to the stage. If you need tips on posing within the INBA PNBA go to Natural Olympia XXI PNBA Finals to sharpen your posing and presentation.



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Iron Manual

GOLDEN ERA OF BODYBUILDING

You've seen the Golden Era bodybuilding legends all your life. They remain the standard-bearers. Now it's time to build a Golden Era physique for yourself and we've got the info you need to get started!

Your Iron Manual:

- Arms
- Back
- Legs
- Chest
- Abs
- Shoulders
- Meal of the Issue
- Shake of the Issue
- Supplement Spotlight

Contributors:

- Sarah L. Chadwell, NASM, CPT
- James De Medeiros
- Patrick Johnston, CPT
- Maria C. Romano, MS, RD, CDN
- Henry Summers

ZOTTMAN CURLS

Ready to work every single muscle of your biceps and build your forearms in just one move? Zottman curls are a Golden Era move that'll do just that! These are curls that were named for their creator, George Zottman, who was a record-setting strongman in the United States back in the 1890s. Using his infamous move, you can show some respect to your elders by building your arms the old-fashioned way! The main muscles targeted when performing Zottman curls are the biceps brachia, brachialis, brachioradialis and your forearms.

Body Positioning

Stand up straight with your feet shoulder-width apart and your knees slightly bent. Hold a dumbbell in each hand by your sides, palms facing inwards. Brace your abs.

Action

Keep your upper arms close to your sides. Curl the weights as you would when performing a biceps curl except at the top of the motion, rotate your palms in toward your body until your biceps are fully contracted, just like you would for a normal curl. With the weights in the upright position, palms near your shoulders, then rotate your wrists so that your palms are facing away from your body. From this position, lower

the weights back to the starting position.

Finish

As the dumbbells near your legs, rotate your wrists so your palms face inward just like you started the movement.

Trainer Tips

Zottman curls are challenging. Make sure you've mastered both traditional curls and reverse curls before you jump into these. You may want to lower your weight from what you normally curl, and you can even alternate arms, in lieu of working both at the same time, when you begin to fatigue so that you can finish the set.



KNEELING LAT PULLDOWNS

If you want to engage a few more stabilizing muscles during lat pulldowns, try doing them from a kneeling position. Why? When you do traditional lat pulldowns from a seated position, you get to lock your legs under a stabilizing bar. When you switch to the kneeling position, you must rely on your entire core including your glutes to stabilize your body. Therefore, you include more muscles in the same traditional move. Who doesn't want more bang for their buck?

Body Positioning

For this move, you'll need to kneel in front of a cable pulley with a lat bar attached. First, grab the lat bar with an overhand grip with your hands set slightly wider than shoulder-width. Then kneel down. Make sure that your body forms a perfectly straight line from shoulders to knees.

Finish

Squeeze at the bottom of the movement and then control the bar back up to the starting position.

Trainer Tips

For the kneeling lat pull-down, you should never lean backwards nor round your back. Maintain a neutral spine throughout the movement.

Action

Pull the lat bar straight down to your upper chest.



DUMBBELL BULGARIAN SPLIT SQUATS

An often-underutilized exercise that builds massive quads and powerful glutes is the Bulgarian split squat. Maybe it's less often used because it is time consuming since you work your legs individually, or maybe it's because it is technical, requiring excellent balance. Either way, more people should consider taking the extra time to build their lower body with this move.

Body Positioning

Secure a bench and a pair of appropriately weighted dumbbells. Stand about a full stride's length in front of the bench. Position the dumbbells on either side of you so you can pick them up once you get in position. Place the top of your non-working foot flat on the bench. You should be in an elevated lunge position. Your feet should be approximately shoulder-width apart. Your front leg should be out in front of you about half a stride and your back leg should be behind you about half a stride. Lower your body and grab the weights. Move back up into the starting position.

Action

Keep your torso in the upright position or slightly tilted forward (no more than 15 degrees). Take a deep breath, brace your core and begin lowering yourself toward the floor with the dumbbells hanging at arms-length by your sides. This is similar to completing a stationary lunge except one foot is elevated. Make sure you

are using your non-working, back foot to keep you balanced. You should be driving the movement with your front foot that's planted on the ground. Lower yourself until the leg of your planted foot is at a 90-degree angle, just like in a lunge.

Finish

Drive your body back up to the starting position with your working leg pushing through your heel. Complete all reps for the set on the first leg and then switch legs so that the non-working leg becomes the working leg.

Trainer Tips

The Bulgarian split squat is a great alternative for barbell back squats, especially if you have back issues or terrible squat form. There's less stress on your spine, lower back and hips due to changing the placement of the load and the positioning of your torso, which is upright for this movement, as compared to the forward-leaning movement in the barbell back squat.



DECLINE CHEST PRESSES

It's time to take a new angle when it comes to the chest press exercise and utilizing the decline variation on the regular. Why? For many men, when it comes to chest development, the most difficult area to build is the lower pecs. To have the perfect pecs, you have to spend as much time focusing on the lower half as you do on the upper half.

Body Positioning

Find the decline bench and rack the appropriate weight, which will be lower than your flat bench press. The bench should be set at a 15 to 30-degree decline. Lie down on the bench and lock your feet at the end of the bench. Make sure to avoid hitting your head as you get in position. Grab the bar with a slightly wider than shoulder-width, standard bench press, grip.

Action

Begin by unracking the weight and then slowly

lowering it to your chest. Pause and squeeze.

Finish

Explosively push the weight back up to the starting position.

Trainer Tips

Smaller gyms may not have a decline bench solely dedicated to this exercise. Remember that you can always use dumbbells in place of a barbell. It's also a good idea to have a spotter for this exercise or to use a Smith machine, especially if you plan to lift heavy.



CABLE ROPE CRUNCHES

Cable rope crunches are one of the most effective abs exercises for adding mass to the rectus abdominus, or six pack, if you do them correctly. So many people get their form wrong which yields nothing. By being meticulous about your form, you can build some killer abs.

Body Positioning

Attach a split rope handle on the cable station. Adjust the height so that it's near the top third of the machine. Set your resistance. Kneel down facing the pulley. You should kneel approximately a foot and a half away from the cable machine. Grab the triceps rope handles and hold them in front of your forehead instead of trying to hold them behind your neck. Brace your core, tuck your chin down to your chest and keep your hips stable throughout the exercise.

Action

By hinging at the hips, but keeping your hips high and stable, move your torso down toward the floor. You should have rounding in your back as you move down. Remember, you are curling your

midsection to engage your abs. At the bottom of the move, hold your abs in the contracted position. The squeeze is vital. You should feel your abs doing the work.

Finish

With control, return to the starting position as you maintain tension on the pulley. That completes one repetition.

Trainer Tips

Focus heavily on form: Hand position, hip position and range of motion. If you have difficulty keeping your hips stable, you can place a large medicine ball between your legs, behind your glutes. Don't rely on it as a chair, but instead make sure you maintain contact with it to ensure your hips are in the appropriate position.



FRONT RAISES

Shoulders are just beautiful when they're round and thick. To build beautiful shoulders, isolate them with front raises. Front raises will help develop your front and lateral deltoids, and they secondarily hit your upper chest. Well-developed deltoids are not only aesthetically appealing for bodybuilders, they're also functional. Strong deltoids help increase your strength when you perform pushing exercises such as the barbell bench press. So, take the extra time to focus on your deltoids.

Body Positioning

Stand with your feet slightly wider than hip-width apart holding a pair of dumbbells in front of your thighs using a pronated grip. Brace your abs, pull your shoulders down and back, and maintain a neutral spine.

Action

Begin by raising the dumbbells up in front of your body. Continue raising the dumbbells until your arms are parallel with the floor, which is approximately shoulder level. Remember to keep your

torso erect. Make sure you are not arching your lower back.

Finish

In a controlled fashion, lower the dumbbells back to your starting position.

Trainer Tips

To make this exercise very effective, make sure you don't use momentum, or swing, the dumbbells when you execute the move. Also, resist gravity, or move slowly, during the lowering portion of the movement.



GRILLED TROUT

In many ways, nothing serves as a better centerpiece of a great meal than grilled chicken or steak. But, wouldn't it be great if you could fire up the grill for something a little different once in a while? Much like grilled servings of chicken breast or your favorite cut of steak, grilled trout is just loaded with muscle-building proteins. And, with the recipe we've got for you, it'll be a taste you'll want to experience again and again!



How to Make it

Lightly oil the grill before beginning the preheating. Sprinkle a little sea salt and black pepper on your grilled trout. Find the cavities of your trout and place inside of them minced garlic, as well as thin sweet onion and lemon slices (amounting to no more than about a quarter of each vegetable). At this point, after making sure your grill is set for a low heat, place the trout on the grill. Each side of the trout should be grilled for around six to seven minutes. You'll know it's ready when the skin has browned and the trout's flesh begins to appear easy to flake.

Nutrition Info

Grilled Trout (200 grams)
Calories: 378
Protein: 51 grams
Fat: 18 grams
Carbohydrates: 0.8 grams
Added benefit: Trout is an excellent source of omega-3 fatty acids.

MINTY VANILLA AVOCADO

What could be more refreshing than a mouth-watering mint shake? A Minty Vanilla Avocado shake! Lucky for you, we've got all the directions and the list of ingredients you'll need to make a Minty Vanilla Avocado shake that'll make you wonder why you haven't had one of these earlier. Enjoy!

INGREDIENTS

1/2 cup skim milk
1 cup plain fat-free Greek yogurt
1 medium ripe avocado
1 scoop vanilla whey protein powder
1 cup ice
A few mint leaves

NUTRIENTS PER SERVING

Calories: 674
Protein: 51 grams
Carbs: 80 grams
Fat: 23 grams

DIRECTIONS:

In a blender, combine a few mint leaves, milk, Greek yogurt, avocado, protein powder and ice. From there, blend until smooth.

Prep time: 5 minutes
Serving size: 1



CONJUGATED LINOLEIC ACID

If you are like most people who frequent the gym with the goal of building a bigger, better version of yourself, you no doubt have found that you're picking up a few extra pounds you weren't really hoping for during your bulking phase. Unfortunately, it's part of the process. Want something that'll help you drop some of that unwanted excess weight gain while also providing some protection against some of the most dangerous diseases? In that case, you might want to consider an omega-6 fatty acid called conjugated linoleic acid, commonly referred to as CLA.



REDUCE BODY FAT: A study of 180 volunteers with BMI ratings between 25 and 30 produced rather dramatic results at the end of one year. Researchers discovered that the group receiving the average 4.5 gram daily supplement (80 percent CLA) lost seven percent of their body fat while the group receiving the placebo experienced no changes.

DIABETES: The Harvard School of Public Health conducted a study of 1,744 adults living in Costa Rica. Of the 1,744, there were 232 with diabetes and another 1,512 people without diabetes. At the conclusion of the study, researchers determined that conjugated linoleic acid appeared to be involved in insulin regulation.

HEART DISEASE: British researchers conducted a study of 3,806 men between the ages of 60 to 79. They determined that CLA consumption resulted in a reduced risk of heart failure. The key thing to note is that the conjugated linoleic acid was consumed through dietary fat intake.

IMPROVE LEAN MASS: A six-week study of people resistance training delivered impressive results. The study found that those undergoing a CLA supplementation regimen of 7.2 grams each day were able to significantly increase their body mass and arm mass. The results were not because of a reduction in fat mass, but instead due to an increase of fat-free mass.

NATURAL SOURCES: Conjugated linoleic acid can be found in a wide variety of foods. If you're looking to find it from meat sources, look no further than grass-fed lamb, beef round and ground beef. On the other hand, if you are a cheese lover, you're in luck as it can be found in mozzarella, cheddar and cottage cheese. CLA is also in other common foods including sour cream, butter and plain yogurt. Vegetarians and those really looking to limit their caloric intake should consider supplements easily found at the local health food store.

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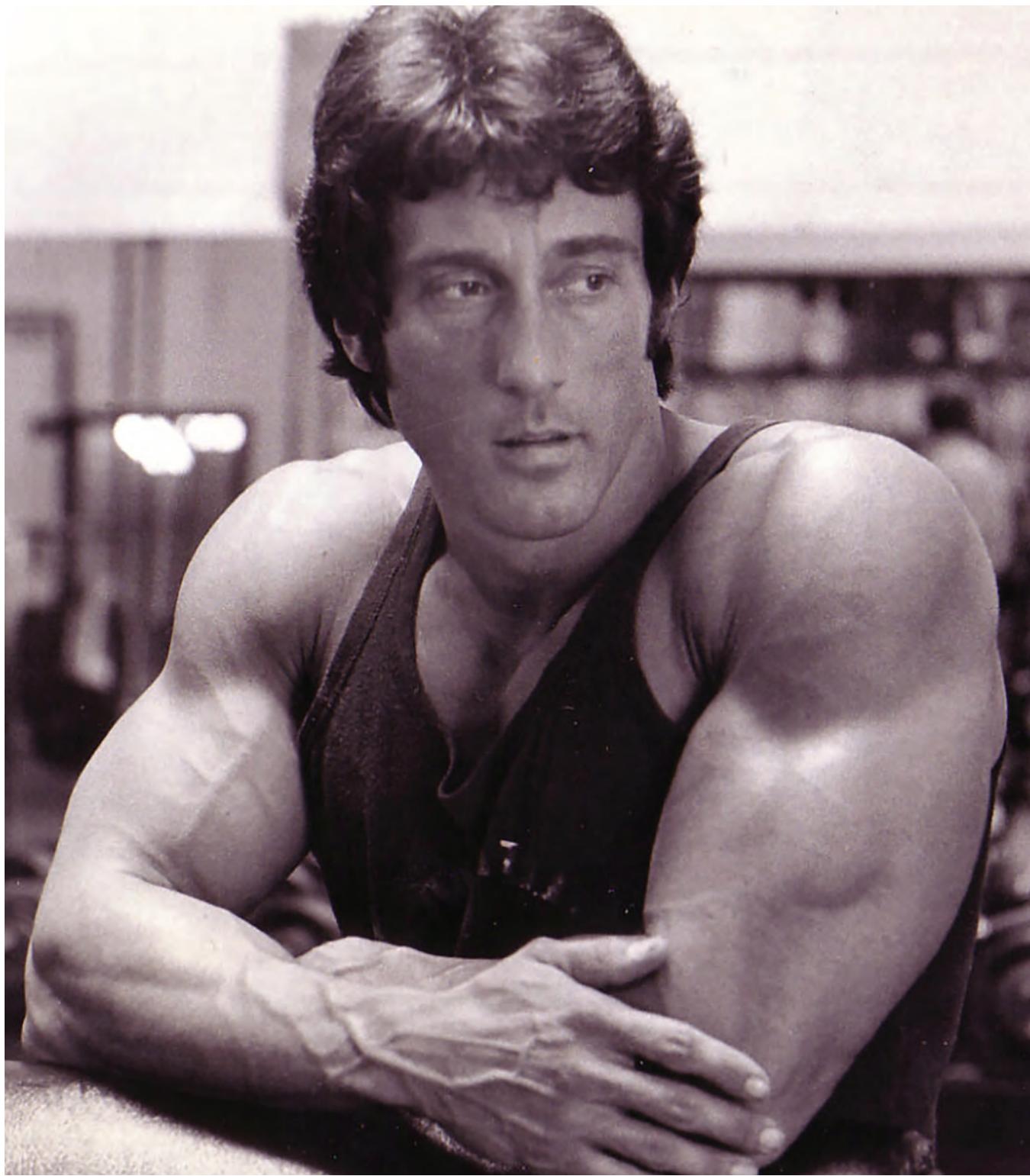


THE **FRANK ZANE EXPERIENCE**

**THE LEGEND GIVES US HIS INSIGHTS ON HIS STORIED CAREER, THE GOLDEN ERA, THE PRESENT DAY
AND THE FUTURE OF THE SPORT OF BODYBUILDING**

By The Editors

Very few names epitomize the Golden Era of bodybuilding better than Frank Zane. The three-time Mr. Olympia is an icon of the sport and the quintessential benchmark for symmetry. In an industry that still looks back to him as one of the all-time greats, Zane has been the inspiration of thousands of aspiring bodybuilders since his Olympia highlights of the 1970s. We sat down with the legend himself — the Chemist, Mr. Symmetry, Frank Zane — to talk about his entry into bodybuilding, the way the sport has evolved and what he sees for the future of the iron game.



Iron Man: What are your earliest memories of bodybuilding and how you got into the muscle-building world?

Frank Zane: I started doing a little weight training at age 14 at the local YMCA. A year later I got a job as a pin boy when I was a high school freshman. By the end of the school year, I had saved \$275 so I signed up for Philmont Boy Scout Ranch and a few weeks later I was on a Grey-

hound bus on my way to Cimarron, New Mexico, that arrived five days later. It was 10 days of backpacking and evenings sitting around the campfire listening to stories. One night, there was a long, 100-pound, five-foot log with notches at each end that made it easy to grip and made it perfect for lifting. Each Explorer Scout made an attempt to lift it overhead. Only one succeeded and it wasn't me. I promised I would build myself up. Upon return-

ing home I purchased a pair of adjustable 15-pound dumbbells and began training in my basement after school and on weekends, six days a week, working upper body with the dumbbells and working my legs on alternate days with barbell squatting. After two weeks, my lats began sticking out to each side, so I invested in some tight-fitting t-shirts to scare the bullies away. It worked!

IM: What did those early workouts look like?

FZ: My earliest recorded workouts from my 1959 diary were in the summer before my senior year in high school and took place at Camp Acahela, a Boy Scout camp in the Pocono Mountains of Pennsylvania. I ate, slept, taught archery and trained there with my one dumbbell gym. Three days a week I worked upper body doing three sets of 10 to 15 reps of one arm dumbbell row with 55 pounds, one arm dumbbell press, 10 reps with 45, 50 [and] 55 pounds, dumbbell curl, three sets of 15 with 30 pounds, then three sets of 10 reps one arm dumbbell extension with 25 pounds. I then finished up the workout with partial sit-ups supersetted with leg raises, three sets of 25 reps

IM: You ended up in Florida after teaching in New Jersey, but went back up to New York to compete in a couple of Mr. America shows thereafter. Tell us about that time in your life.

FZ: I had secured a job teaching middle school mathematics in St. Petersburg, [Florida,] and it was here I met my wife of 52 years, Christine. We traveled to New York City, [New York,] to compete. I placed second in Mr. America, while Christine won her first bodybuilding contest, Miss Americana. We traveled to New York again in 1968 where I won the IFBB Mr. America title and the very next week the Mr. Universe title in Miami, [Florida]. Beating Arnold Schwarzenegger that day became my claim to fame. I already knew I'd win because ... my friend, Jim Haislop,



“Beating Arnold Schwarzenegger that day became my claim to fame. I already knew I’d win because ... my friend, Jim Haislop, competed with him in London, [England,] the week before and told me Arnold was smooth and not near his peak.”

each. I built my body weight up to 160 pounds that summer by drinking lots of milk for free and practiced lots of archery.

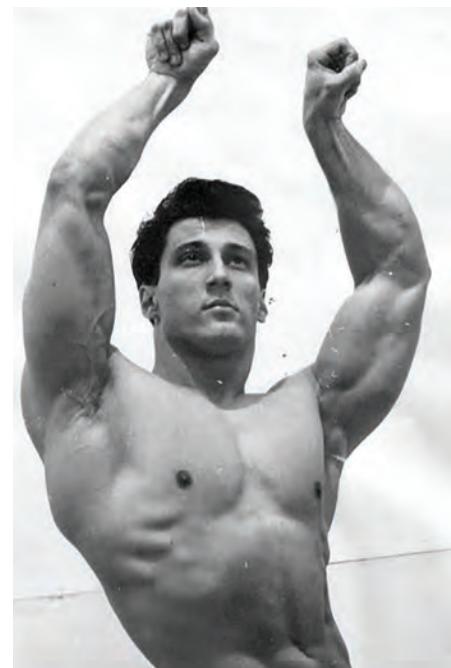
IM: What were your first shows like?

FZ: After graduating from high school and finishing my first year of college as a chemistry major, I entered my first bodybuilding contest in Emmaus, Pennsylvania. I had managed to get a good suntan on the roof of the Wilkes Barre YMCA and was in good shape. I had my four-pose routine down cold: Front double biceps, side triceps, rear lat spread and optional overhead shot. Pumping up backstage I was surprised when the father of American weightlifting, Bob Hoffman, approached me and said: “Young man if I had a physique like yours, I’d walk around all day with my shirt off.” After that I knew that I would have a great future in bodybuilding.

competed with him in London, [England,] the week before and told me Arnold was smooth and not near his peak.

IM: That’s exactly the Golden Era we’re talking about in this issue. Tell us more about the happenings around that win and everything that followed.

FZ: I won, but I really wanted to save that Mr. Universe competition for next year. Winning it now gave me nothing to train for and I became very depressed. Adding to that, Arnold had acquired a contract with Weider and they moved him to California to train and take photos. Shortly afterward, an article appeared in *Muscle Builder* magazine by Arnold -- “I lost Mr. Universe to a chicken with 17-inch arms.” I beat the guy and he gets all the rewards. I complained to Weider and to appease me he flew me out to California



for two weeks to train and take photos for the magazine. Photographer, Artie Zeller, picked me up at LAX and drove me to Arnold's apartment where a cot was waiting for me to sleep on in his living room. Our schedule was breakfast, train at Gold's Gym, spend a few hours on Venice Beach, [California], grab lunch, wash our workout clothes, hit the gym again, eat dinner and retire early to get enough rest for the next day's training. Zeller took lots of photos of us training and with models at the beach holding surfboards. I loved this lifestyle and wanted to do it full time, so I sold our house in St. Petersburg, and drove to an apartment I had rented in Santa Monica, [California] near the beach and the gym.... That autumn I traveled to Belgium where I competed and won the Mr. World title. I would be competing for Mr. Olympia when the time came.

IM: When did you officially get out of teaching?

FZ: I taught high school mathematics until 1977 when I retired, trained full time for Mr. Olympia and won the title. I could now live and train like a true professional

bodybuilder and doing so I won the title again in 1978. I gained almost 10 pounds of muscle and won the title for the third time in 1979. In 1980 we opened Zane Haven, a live-in bodybuilding center in Palm Springs, [California,] and did this program up until 1998 when we moved to San Diego, [California,] where I do one, two and three-day seminars in my private studio. I have published lots of material on training, posing and nutrition with a goal of giving people interested a guide for getting in shape with easy-to-follow information. Check out my goods and services at www.frankzane.com.

IM: From winning titles in the Golden Era to extending your expertise to people through to today, you've seen it all throughout your legendary career. One subject that persists in bodybuilding is drugs. There are obviously athletes that are competing in organizations that are turning a blind eye to drug use and then there are organizations like the INBA that are all natural and testing everyone regularly. How should drugs be policed and what role should drugs play in the sport today?

FZ: I think the policy for drug use should be like two categories: One would be completely natural and they did test, of course, adequately. The other one would be those who wanted by the use of steroids and did the other medical supervision not to exceed safe limits under medical supervision and I think that might be a good way to divide bodybuilding for the future because it seems to be going like that. There's people that they don't want to take any drugs that want to be completely natural, but then there's the ones that want to rely on pharmaceutical devices so you test them for that -- on both of them really. And that's my solution. It's been going that way anyway. People are going to use drugs almost all the time in competition cause [they're leveling] the playing field they feel.

IM: How did you like working with Weider? Did Weider try to protect the sport from drugs?

FZ: Well I'm sure there was something there for excessive use, but I've never seen it in competition in the whole time I did it. There was more of a lid on it then than there is now. Joe sort of didn't do anything







either way about that, but he just wanted to take good pictures of everybody. It was simple. So I learned that the smartest thing I could do would be to have a couple photo sessions before competition because you just pose a lot that just brings out definition.

IM: When you think of the Golden Era of bodybuilding, what time really comes to your mind?

FZ: I think 1970s because that's when I was involved. It's centered around Gold's Gym in Venice, which by the time I got there was 1969 the summer ... I had a job teaching math at [a] junior high school there in Venice. That lasted eight years and the whole time I trained at Gold's Gym. Of course, it went through changes. When ... Joe opened up World's Gym, I trained there.... The atmosphere was there.

IM: How did it change over time and what caused those changes?

FZ: After the '70s, the scene [changed] ... guys that just they're living in [a] \$50 apartment, or their van, and training full time at Gold's Gym.... But it, you know, it just continued to grow and more people got on board and then when prize money for the Olympia went up to \$400,000 for the winner you had a lot of people going into shows. It's really grown and the physiques have just got more and more extreme. Of course we know why, but I think that needs to be regulated, I really do, because it's dangerous.

IM: Drug use in bodybuilding has been a topic since the Golden Era and continues to this day. Iron Man is all about natural bodybuilding. What do you think of athletes that are still taking short cuts with drugs and performance enhancers?

FZ: There's a lack of common sense with these guys.... They're not that smart. The decisions they make are bad. And these kinds of people, to me, will never win titles. They just go to extremes and think that's all they have to do when it's not. You really have to train really hard plus dieting good, you know, that's what I did. If anything, you know, drugs toward the end of your cycle before your show can bring out definition and lines. You know, I think that's about the extent of it that it should ever be used. And always under medical supervision and always less than what's recommended.

IM: What advice would you give to someone who's looking to get to that next level of bodybuilding?

FZ: Take a lot of supplements. Take a lot of, you know, amino acids, for example, vitamins, minerals and eat good, a lower carbohydrate diet. Let's see under a hundred grams of carbs a day and double that on protein and keep doing it. That's the secret. It's keep doing it. Don't expect results overnight, you know, and don't fool yourself. Most bodybuilders don't know what they look like cause they've never seen themselves. They've seen themselves maybe pumped up in the mirror in the

gym, but that's not what you look like. That's the mirror image of what you look like. You really don't look like that. So you got [to], what I learned is, take a lot of photos. That really tells you the way you look cause it's one on one with the photo. With mirrors, it's a flip, it's a reversal in the image so you see yourself backwards. It looks different backwards, it really does. If you take an asymmetrical pose and flip it horizontally to see what it looks like backwards nobody sees that except you in the mirror.... That's why you have to take photos. That's what I've learned. I didn't go by anything else like bodyweight [or] measurements. I just went by what I look like in the photos. I think the key is to learn to see yourself the way other people do.... You know it's what you look like that's everything and I realized that early on and I always followed that principle.

IM: What would you say to someone who wants to make sure they're on the right course?

FZ: I say find what you like in life and do it to the best of your ability. You keep doing it. If that's bodybuilding, go for it. Be the best you can be. Don't self sabotage yourself. Do all the things that would be helpful for you to succeed. For example, the right speech. You should talk like a champion.... I'm open to working with people, especially people who are competing and needing help with their posing. I think everybody does.... They can contact me by email, Zane0001@aol.com, if you want to do something like that and [it can] be very helpful.





FrankZane

Frank Zane's Official Website



By working with **Frank in a Zane Experience Program**, you get a rare opportunity to be personally trained by a legendary bodybuilding champion and fitness icon who was named "The Best Physique Ever" by Muscle & Fitness Magazine and came as close as you can to physical perfection.

All of the Zane Experience programs below are held at Frank Zane's private training studio in the San Diego area.

In his Zane Experience Programs, Frank uses his proprietary L.E.A.R.N. Bodybuilding Equation coupled with his 91 Day Wonder Body Program to provide you with an individually tailored Zane Experience designed to get you in top shape and help you meet your specific body development goals and/or competitive goals.

1 Day Zane Experience
(3 hours)

\$595

2 Day Zane Experience
(6 hours)

\$1,100

3 Day Zane Experience
(9 hours)

\$1,700

6 Day Zane Experience
(18 hours)

\$3,300

\$350: Personal Posing Experience (1 1/2 Hours)

\$199: Phone Consultation (1 Hour) | **\$119:** Phone Consultation (1/2 Hour)



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CLASSIC BODYBUILDING: LOOKING BACK AS WE MOVE FORWARD

Revisiting the much praised time known as the Golden Era when the sport was emerging from obscurity into the limelight and foundational athletes cemented their legacies as all-time legends.

By William Litz

When you think of the Golden Era of bodybuilding so many things come to mind including Muscle Beach, Venice Beach and the west coast sand and surf. Over the years this era has taken on near mythic qualities in our collective memory. One of the reasons this time is so praised is, of course, because of the incredible athletes that came around as the sport first began to blossom. The bodybuilders of that era were all unique, with individual

looks and personalities. It has been said that you could tell which bodybuilder was walking down the beach towards you by his silhouette, while today most pros have a cookie-cutter look. They are truly massive, and in no way are we taking away from them, but something got lost in the quest for size.

The Golden Era spans many decades. Most bodybuilding historians consider the

peak of this era to begin in the late 1950s with the period spanning through to the late 1970s. While the 1980s and 1990s also had amazing champs, the sport had moved on from the Golden Era by then.

Bodybuilding went mainstream in the 1980s with the fitness revolution, thanks in no small part to Arnold Schwarzenegger and the slew of action films being put out. The aerobics craze also hit and this led to





BRANDON LIRIO

an amazing time again for the sport, but it definitely had its own feel. The Golden Era had ended, and a new age had begun.

With the advent of the classic bodybuilding division, a new resurgence and interest has grown for the classic builds of yesteryear. This has prompted many to look to these classic champs, as well as their routines and poses to help better capture the essence of what it means to be "classic."

While there's no one set definition for what makes a classic bodybuilder, overall the athlete has a more artistic look. Back in the heyday of the sport, this was referred to as symmetry and proportion. Today, words like aesthetic are used to describe these builds. The end result is the same: Wide shoulders, a V-tapered

pose: The $\frac{3}{4}$ Back Pose. Arnold was, of course, well known for his front double biceps and most muscular poses. To be fair, Arnold looked great and owned nearly every pose he did. But when thinking of what makes a quintessential Arnold pose, it comes down to the $\frac{3}{4}$ Back Pose.

This pose was so associated with "The Austrian Oak" that it became the pose used for the trophy handed out annually at the contest that bears his name – the Arnold Schwarzenegger Classic! The $\frac{3}{4}$ Back Pose highlights the width of the upper back and delts, as well as the shape and proportion of the arms along with creating a great illusion of a tiny waist flowing into the side of the legs where a split should be visible between the quads and hams culminating in a defined outer side of the calves.



"In the Golden Era, most bodybuilders had a signature pose. It was a pose that when seen on stage was instantly associated with a particular athlete."

torso, a tiny waist and legs, that, while large, are not cartoonish and balloon-like. All of the above matched with incredible condition and detail.

It's a look that seems more attainable. While we certainly cannot all look like Classic Olympia champ, Chris Bumstead, there's just something more "natural" about the look of the classic division competitors and of the original athletes that inspired this division.

In the Golden Era, most bodybuilders had a signature pose. It was a pose that when seen on stage was instantly associated with a particular athlete. In the classic division of today, we often see variations of these poses. Let's take a look back at the champs of yesteryear that have inspired these classic poses.

The $\frac{3}{4}$ Back Pose

Let's start with "The Man" himself, "The Austrian Oak," Arnold, and his classic

It's a tremendous shot that when done correctly exemplifies the classic physique. The $\frac{3}{4}$ Back Pose is a hard pose to master. The angle and twisting of the torso can be difficult at first, but adding in this twist makes the waist appear even smaller than it is. With your delts acting as a framing mechanism drawing the judge's attention to the width of your entire upper back, this shot lets you create the illusion of a spectacular V taper, a prerequisite in the classic division.

There are several variations. Arnold would often bend forward and angle one elbow towards the ground. This really brought the shoulders and arms to the forefront. Alternatively, he remained more upright which showcased the back detail and the sweep of the lats along with his minuscule waist. As with many classic poses you can also perform this kneeling for an even more artistic take.



The Vacuum Pose

When it comes to the Golden Era of bodybuilding, you can't help but cover Frank Zane and the Vacuum Pose. This pose can be added to many other poses to complement them. Simply put, it's the act of sucking in your stomach creating a hollow under your ribcage. The result is spectacular, making your waist appear nearly non-existent. With a good-sized ribcage the effect is even more pronounced.

Zane pioneered this pose and he may be even more well known for it than he is for the Frank Zane pose. This pose is most commonly done along with the abdominals and thigh pose. However, it can be added to many other poses as well to accentuate your physique and really give it that classic look.

One added benefit to this pose is it can actually be used in training, too. This pose is an exercise unto itself. Sucking in your stomach uses the transverse abdominal muscles. Think of them as a natural girdle. There's no need to use those waist trainers that smoosh your guts together in an attempt to make your waist smaller. Vacuums do it naturally and safely.

Try doing them daily. When used in the gym as part of an abs workout, you should work up to holding the pose for 30-60 seconds. However, you should start with just 5-10 seconds. Quality is what matters.

Like anything, it takes practice. It's best to start out doing this pose while lying on

your back. This is the easiest position to pull your abs in from. As you get stronger and can hold the pose longer, graduate to doing it on your knees, then standing and then standing with your arms overhead. Each change makes the pose more difficult.

The Vacuum Pose disappeared almost entirely in the 1990s through to the mid 2000s. As bodybuilders got bigger, sadly so did their waists. But, in today's era of modern classic physiques, the vacuum has made a most-welcome return.

Frank Zane always said to make sure you include pullovers in your training. He often suggested four sets of 10. Zane did these after chest day. Serratus development is required to master this pose. A larger ribcage will also go a long way to making the pose have a greater impact on stage. Be diligent and practice the vacuums daily on an empty stomach.

Victory Pose

A pose similar to the Frank Zane Pose is the Sergio Oliva Victory Pose. In this pose, you stand with your arms overhead almost straight. This can be a difficult angle for some. If you're lacking pec thickness, your chest tends to disappear when you raise your arms. Focus on pec thickness and building a ridge of muscle on your lower pecs as you raise your arms overhead. Wide grip Vince Gironda style dips will do wonders for lower and outer pec flare. One more recent bodybuilder that also nailed this pose was Lee Priest, who per-

haps is not known as a classic bodybuilder per se, but he did often use this pose in his routine and, much like "The Myth" Sergio Oliva, Priest looked amazing.

A pre-Golden Era bodybuilder to also excel at the Victory Pose was Steve Reeves. It's not a pose that allows you to hide any weak points. Be aware of that before adding it to your routine.

Whether or not your bodybuilding goals include the stage, looking back to the champs of yesteryear can provide us all with incredible motivation and a glimpse of what can be accomplished with the human body when we focus on proportion and not sheer mass.

For those who don't plan to compete, practicing the poses still has a benefit. Posing itself is a form of exercise. That was a secret of many Golden Era champs. Back then cardio was more or less nonexistent. The champions back then got lean through diet, high volume work, short rest periods and posing. Posing post workout is a form of isometric exercise and adds much needed detail and definition.

Finally, the more often you pose a muscle, the better control you'll have and the stronger your mind-muscle connection will be when training. That's another secret from the Golden Era that we modern day bodybuilders can still apply for even greater gains in the gym and for success on the stage.

PETER CICHONSKI





DEREK JOE

IRON MAN GOLDEN ERA TOTAL BODY WORKOUT

The Golden Age of bodybuilding continues to hold a special place in the hearts of every bodybuilder. This workout is a throwback to the workouts and physique popularized by that era.

By Raphael Konforti, MS, CPT

Just as there's no metal more precious than gold, there's also no greater era in bodybuilding than the Golden Age. That's why competitors and gym rats are always compared to the Golden Age legends that brought bodybuilding to the masses and the big screen. Arnold, Ferrigno, Reeves and all the other greats had a remarkable look we strive to build to this day: The V-Taper, perfect proportion and every muscle an equal mix of striations, size and symmetry.

The training style and popular exercises from the Golden Age are timeless and remain many of the most popular exercises in gyms today. This Golden

Age training program is composed of simple no frills exercises that work. It's a mix of free weight, cable, machine and bodyweight moves to pack on muscle and shape it all into the coveted V-taper. Every muscle group is attacked with equal vigor, intensity and exercises that leaves no muscle fiber untouched. It's an equal mix of strength and volume to build muscle density and vein-popping pumps. The workout split of course highlights extra volume to construct a sleeve stretching upper body. You won't need any fancy equipment to get these workouts done. You'll only need the right mentality to attack every rep with everything you've got.





The Workout Split

The week kicks off with back to back upper body days, followed by lower body and punctuated with a classic arms and shoulders pump day. Day 1 is a classic Chest and Triceps workout. Day 2 is Back and Biceps. Day 3 is lower body, which is followed by a rest day and capped off with arms and shoulders. This split gives each muscle group plenty of attention to work different angles and rep ranges. Arms will be worked twice throughout the week, as well as shoulders getting indirect work on the upper days and direct work on the shoulders and arms day. Legs are trained once per week due to the volume and intensity requiring more recovery time.

Off or low intensity cardio days break up the heavy lifting to allow for recovery, conditioning and shaving off excess calories to stay lean. It's recommended to complete two 30-45 minute cardio sessions per week. Cardio should be completed on non-lifting days to stimulate blood flow,

recovery and to burn calories to maintain a lean physique.

Why It Works

Bodybuilders in the Golden Era weren't equipped with fancy machines or equipment. They're proof it isn't necessary to have all that stuff to build a great physique. The bulk of this workout uses free weights like barbells and dumbbells along with a few classic machines. Given that, this workout requires you to push yourself with the weight, mind-muscle connection and absolute focus on form. With extra focus on free weights it's likely you'll be shaking on the last few reps of the workout as your stabilizer muscles fatigue. For safety, the most intense movements that require stability are performed at the start of the workouts and workouts are capped off with isolation exercises which use less weight.

Exercise selection is always an important component of a workout. Of course, how each exercise is performed is equally im-

portant. To perform the movements for maximum muscle, the weight used isn't always the most important factor. The first and second exercise of each workout are movements that allow you to load up the bar to build density and stimulate natural anabolic hormones.

Beyond those movements it's all about the mind-muscle connection and constant tension. When performing reps this way you need to be completely focused on contracting the appropriate muscles throughout the rep with a slow tempo. Many people can do this while performing chest flies or curls, but it's a completely different game doing this on a compound movement like Romanian deadlifts. If you're not used to this, you may need to perform only one or two true working sets for each move to be able to properly recover and come back stronger.

GOLDEN ERA WORKOUT

Day 1: Chest and Triceps

Exercise	Sets	Reps
Bench Presses	3	8-10
Incline Bench Presses	3	10-12
Dumbbell Flyes	3	12-15
Weighted Parallel Bar Dips	3	10-12
Lying Triceps Extensions	3	10-12
Overhead Dumbbell Extensions	3	10-12

Day 2: Back and Biceps

Exercise	Sets	Reps
Barbell Rows	3	8-12
Wide Grip Pulldowns	3	8-12
Single Arm Dumbbell Rows	3	10-12
Close Grip Cable Rows	3	10-12
Cable Lat Pressdowns	3	12-15
Barbell Curls	3	8-10
Dumbbell Hammer Curls	3	10-12

“Outside of strength training to failure, keeping muscles under constant tension for long periods of time pushes blood to your muscles for a great pump giving muscles more volume.”

Day 3: Off/Light Cardio

Day 4: Legs

Exercise	Sets	Reps
Back Squats	3	8-12
Barbell Romanian Deadlifts	3	8-12
Dumbbell Walking Lunges	3	10-12
Leg Presses (narrow stance)	3	15-20
Leg Extensions	3	15-20
Prone Leg Curls	3	15-20
Standing Calf Raises	5	12-15

Day 5: Shoulders, Arms and Abs

Exercise	Sets	Reps
Seated Military Presses	3	10-12
Arnold Presses	3	12
Single Arm Lateral Cable Raises	3	12-15
Bent Over Dumbbell Rear Delt Raises	4	12-15
Preacher Curls	4	12-15
Weighted Triceps Bench Dips	4	12-15
Zottman Curls	3	10-12
Lying Dumbbell Triceps Extensions	3	10-12
Weighted Decline Sit-Ups	5	12-15
Hanging Leg Raises	5	to failure

Days 6-7: Off/Light Cardio

The Golden Age of bodybuilding was defined by more than certain exercises and training programs. It was a mentality and lifestyle. To get Golden Age results you need Golden Age discipline. That means training consistently on this program for 8-12 weeks before making changes. You'll also need to be consuming adequate, high-quality calories while prioritizing sleep and recovery. This throwback program has everything you need to build a classic physique. All that's left is for you to make it happen.

Bench Presses

Lie flat on a bench. Grab the bar with a slightly wider than shoulder-width grip. Unrack the bar and lower it to just above your sternum while keeping your feet planted, shoulder blades tight and lats engaged. Press the bar back up arcing towards the head so the bar finishes slightly further up than where it was lowered from. Stop the rep just shy of locking out your elbows then repeat the motion.

Incline Bench Presses

Lying back on an incline bench, plant your feet flat on the floor, tuck your shoulder blades down and maintain a slight arch in your lower back. Grab the bar with a slightly wider than shoulder-width grip. Unrack the bar and lower it to just below your collarbones keeping tension into the floor and bench. Exhale and press the bar back up arcing slightly towards the head so the bar finishes a bit further up than where it was lowered from. Stop the rep just shy of locking out your elbows then repeat the motion.

Dumbbell Flyes

Lie down on a bench with a dumbbell on each thigh. Using your legs lift each dumbbell up to your chest one at a time. Keeping your arms extended, lower the dumbbells out to your sides so you feel a stretch in your chest. Squeeze your chest and bring both dumbbells back up to the starting position like you are hugging a tree.

Incline Bench Presses (pictured)



Wide Grip Pulldowns (pictured)

Weighted Parallel Bar Dips

Make sure your elbows are in tight and lower your body so your torso is at a 30-degree angle. Keeping your head in line with your spine, press your body back up through your elbows flexing your triceps at the top. If you are able to complete more than the prescribed reps with your body weight, add a chain belt or hold a dumbbell between your legs to add weight.

Lying Triceps Extensions (EZ bar)

Lie down on a bench holding an EZ bar with an overhand grip. Start with your arms extended and elbows over your shoulders. Keeping your elbows still, lower the bar towards your forehead then extend your elbows to lift it back up.

Overhead Dumbbell Extensions

Grip one dumbbell on one end with your palms facing up. Lift it overhead positioning your elbows by your ears keeping them in that position throughout the exercise. Lower the dumbbell behind your head as low as possible. Lift the dumbbell up while exhaling.

Wide Grip Pulldowns

Grab the bar with an overhand grip that's wider than shoulder-width apart. Pull the bar down to your chest focusing on pulling from your elbows to activate your lats. Hold the bar at your chest for a second drawing your shoulder blades down, then slowly move back to the starting position.



Barbell Curls (pictured)

Barbell Rows

Standing up, hold a barbell with your hands shoulder-width apart. Slightly bend your knees and lower your torso by bending at your waist and pushing your hips back. Holding this position, pull the bar up to your sternum, pause at the top and slowly lower the bar back down.

Single Arm Dumbbell Rows

Set up on a bench placing your left hand and left knee on the bench while planting your right foot on the ground. Holding a dumbbell in your right hand, pull the dumbbell up towards your torso and lower it back down in one motion. Repeat on the left side.

Close Grip Cable Rows

Sitting, keep your torso upright while maintaining a slight arch in your lower back. With your arms extended, lean forward slightly then pull back with your elbows while extending your back. At the top of the rep, pull the attachment into your upper abs, squeezing your shoulder blades together for a slight pause before reversing the motion.

Cable Lat Pressdowns

With a wide-grip pulldown attachment, start facing a cable tower. Keeping your arms extended throughout, pull the bar down to your hips while flaring out your lats. Be sure to focus on contraction over the amount of weight used to activate the serratus and lats.

Barbell Curls

Standing upright, grip a barbell with your palms facing up and shoulder-width apart. Keeping your knees slightly bent, spine neutral and steady, curl the bar with control while holding your elbows steady by your sides. Curl until your elbows start to come forward then slowly lower the weight back to the starting position so your biceps fully stretch out. Repeat the motion ensuring the weight is lifted with control and there's no rocking back and forth.



Back Squats (pictured)

Dumbbell Hammer Curls

Standing up, hold a dumbbell in each hand with your palms facing in. Keeping both elbows still, lift the dumbbells while ensuring both of your palms are facing in. Reverse the motion and lower back to the starting position.

Back Squats

Set up a barbell in a squat or power rack just below shoulder height. Get under the bar so it rests on your traps and both hands are able to comfortably grip the bar. Unrack the bar and take one step back into a shoulder-width stance with your toes pointed out slightly. Keeping your spine neutral, squat back and lower your hips till your thighs are parallel to the ground then exhale and stand up.

Barbell Romanian Deadlifts

Standing, hold a barbell in front of your thighs. Slightly bend your knees and lower your torso by pushing your hips back keeping your spine neutral. Extend your hips forward contracting your hamstrings and glutes until you are standing straight up.

Dumbbell Walking Lunges

Holding dumbbells in each hand, take a large step out with your left leg. As your left foot touches the ground, lower your right knee straight down towards the ground. Just before your knee touches, drive through your left heel taking a large step with your right foot going straight into a lunge without pausing between legs. Perform the lunges with constant flow so your legs are under constant tension.

Leg Presses (Narrow Stance)

Set up on the leg press machine with your feet hip-width apart in the middle of the platform. Unlock the weight and lower the platform bringing your knees towards your chest. Press the platform back up, driving it up with your heels and stopping just short of locking out.



Seated Military Presses (pictured)

Leg Extensions

Start sitting on the machine adjusting the angle so your knees are lined up with the axis and the pad rests comfortably on your shins. Keeping your toes pointed, extend your knees flexing your quads throughout the motion, including a brief pause at the top. Lower back to the starting position under control without allowing the weight stack to rest.

Prone Leg Curls

Start lying on your stomach on the machine. Place both legs under the pad hip-width apart. Lift the pad towards your hamstrings. Lower it back to the starting position keeping tension on your hamstrings throughout.

Seated Military Presses

Start in a seated position gripping the barbell so that your elbows are directly underneath your hands. Unrack the barbell, lower it to just below your chin and press it overhead stopping just short of locking out your elbows.

Arnold Presses

Hold a dumbbell in each hand with your arms bent like the top of a biceps curl, so your palms are facing in. Spread your arms out to the side like a normal overhead press, then press the dumbbells up all the way keeping your elbows underneath your hands. Slowly lower the dumbbells while pulling your arms back together in front of your chest.





Single Arm Lateral Cable Raises (pictured)

Single Arm Lateral Cable Raises

Start standing holding a cable handle in your left hand. With your left arm extended, lift your elbow to shoulder height. Keeping your elbow slightly higher than your hand, lower the handle back to the starting position under control. Complete all reps then switch arms.

Bent Over Dumbbell Rear Delt Raises

In a seated position, lean over so your torso is nearly parallel to the ground. Maintain a slight arch in your lower back, but keep your head down and in line with your spine. Holding a dumbbell in each hand, lift your elbows up keeping a 90-degree angle between your arm and torso. Pause at the top putting all the weight into your rear deltoids with your palms facing down. Exhale and slowly lower the weights back to the starting position.

Weighted Triceps Bench Dips

Set up two benches parallel to each other. Sit in the middle of one while you put your feet on the other. Your elbows should be at your sides and your hands on the edge next to your hips. Load plates onto your lap for extra resistance. Keeping your elbows in tight, press up and then lower down so your elbows break 90 degrees then press back up all the way flexing your triceps.

Lying Dumbbell Triceps Extensions

Lie down on a bench holding two dumbbells with a neutral grip. Start with your arms extended and your elbows over your shoulders. Keeping your elbows still, lower the dumbbells towards your shoulders then extend your elbows to lift them back up.

Weighted Decline Sit-Ups

On a decline bench hold a weight at chest height. Keep your spine neutral and lower your torso stopping just short of resting your back on the pad. Lifting from the lower abs, bring yourself back up toward your knees. Only go up as far as you can without losing tension on your abs. Repeat the movement keeping constant tension on your abdominals.

Preacher Curls

Set up an EZ curl bar on the preacher rack. Grab the inside of the bar so both palms are angled towards each other slightly. Curl the bar so that your elbows go past 90 degrees and squeeze your biceps. Lower the bar back down stopping just short of locking out.

Weighted Decline Sit-Ups (pictured)



Zottman Curls (pictured)

Zottman Curls

Start standing with dumbbells in each hand and palms facing away from your body. Curl both dumbbells at the same time. At the top, pause and rotate your wrists so your palms are facing down then lower slowly. At the bottom, rotate your wrists so they're facing out again and repeat.

Hanging Leg Raises

Hold on to a pull-up bar with a shoulder-width grip. Keeping your torso as still as possible and legs straight, lift your feet as high as possible while exhaling. Slowly lower your feet to the starting position and keep your torso still while inhaling. If this is too challenging, keep your knees bent. If it's not enough resistance, slow down the tempo or add a light weight between your heels.

Standing Calf Raises

Standing on the calf raise machine, place both feet hip-width apart. Lower your heels so they go below your toes. Press up with your toes going as high as possible and pause. Lower your heels back to the starting position.



Hamstring Curls (pictured)





“The training style and popular exercises from the Golden Age are timeless and remain many of the most popular exercises in gyms today.”

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Gold's Gym

Gold is where you find it. ~ American Proverb

The first California Gold Rush (1848–1855) began on January 24, 1848, when gold was found by James W. Marshall at Sutter's Mill in Coloma, California. The news of gold brought approximately 300,000 people to California from the rest of the United States and abroad. In the '60s there was another Gold Rush as thousands of Bodybuilders from all over the world made a pilgrimage to California to train at the world-famous Gold's Gym.

On August 25, 1965, Joe Sidney Gold a bodybuilder and former sailor opened the doors to what would become the greatest gym in the world. Located at 1006 Pacific Avenue in Venice California, the building was built by Joe Gold and some of his friends using cinder blocks. The need for a gym arose after Muscle Beach (also known as the muscle pit) in Santa Monica was closed in 1959. The city of Santa Monica closed Muscle Beach down, leaving several bodybuilders without a place to train. Joe Gold wanted a place for him and his friends to train so a skillful machinist, Joe built all the early Gold's Gym equipment.

As a young kid of 16, I started to train at a gym in downtown Johannesburg, South Africa. I weighed 127 lbs. and 4 years later I weighed 208 lbs. Most of my training knowledge came from reading muscle magazines. Gold's Gym became the dream destination of thousands of bodybuilders including me so in March of 1975, I arrived at Los Angeles International Airport on a flight from New York City. My destination was Gold's Gym. The Gym looked a lot smaller than I imagined it would be. All the pictures taken of Gold's Gym in magazines, made the gym look a lot larger. The manager on duty was Ron Dippolito and suggested I return the following morning at 9:00 am when all the champions trained. The next morning the gym was packed with many famous bodybuilders. It looked like many of them had jumped off the pages of the bodybuilding magazines. In some instances, they looked even more impressive.

The first thing that struck me about the gym was the equipment. You must remember back in 1975, there was not a lot of gym equipment around unlike what we have today. Most of the equipment was made by Joe Gold in his two-car garage in Venice California. Joe would design the equipment, some of his machines and benches had never been built before. Joe would spend a lot of time on his inventions to make sure they would work for all members. Joe would often invite several bodybuilders over to his garage workshop, to try out his new machines. He would invite tall bodybuilders, short bodybuilders, big bodybuilders, and average bodybuilders to test out his machines. Once he was happy with his inventions Joe would then take his new machine or bench to Gold's for the final test and leave the machine or bench in the gym for members to try out. Joe would then get as much feedback as possible from the lifters who would critique his new machines. Many times Joe would have to take the machine back to his workshop and make adjustments. Only after he was completely satisfied with the machine he had built, Joe would then bolt the machine down. His machines became world-famous.



Gold's Gym had rows of fixed dumbbells down the one side of the gym, some weighing 200lbs each. The dumbbells were amazing and very comfortable to use. Joe did not use straight dumbbell handles like today instead, his handles were slightly beveled for easy holding. Between two of these 4 station units, you could do pulley cable crossovers. The pulleys on the machines were big and it made for a smooth operation. There was also one chromed "Universal" 4 unit machine in the gym, I believe the only piece not made by Joe Gold. The leg press machine was the old-fashioned straight-up kind, not angled like today's modern machines. There were also two squat racks at the back of the gym. The T-Bar Row could hold several 45 lb. plates. There was also an amazing standing calf machine, loaded with hundreds of lbs. of weights. The gym also had a seated (flat) leg extension / leg curl combo machine.

Joe later sold Gold's in 1970 to Dave Saxe and Bud Danitz, for \$50,000.00. The price included the gym, parking lot, and a house. Saxe and Danitz ran the gym for about 2 years. When Ken Sprague, a member of Gold's heard that Gold's would be closed due to the lack of money it was making he bought the gym, the building, a vacant lot, and a house next door.



In 1975, filming started at Gold's Gym for the movie "Pumping Iron". The production team would film daily. Arnold seemed to be filmed the most. However other bodybuilders like Ken Waller, Paul Grant, Robbie Robinson, Franco Columbu, Ed Corney, Danny Padilla were also filmed. The gym looked like a movie set with the lights and other equipment they used for filming.

"Pumping Iron" brought bodybuilding and Gold's Gym into mainstream America. Because of "Pumping Iron", everybody now wanted to be a bodybuilder. People came from all over the world to train at Gold's. Some would stop by to just buy a Gold's Gym t-shirt or take a picture with their favorite star. Pumping Iron exposed bodybuilding to the masses and Gold's Gym had now become a household name.

But there was one other major event that made bodybuilding and Gold's Gym even more famous. In 1977 Ken Sprague, the owner of Gold's Gym, hosted and promoted the Mr. America bodybuilding contest. Where "Pumping Iron" brought public awareness to the sport of bodybuilding and Gold's Gym. Ken Sprague took it to an even higher level by bringing national attention to Gold's Gym. He did this by promoting the "Mr. America week", with the help of several publicity companies. Gold's Gym got major newspapers, magazines, and TV coverage. In addition to all the pre-publicity, TV cameras from around the world filmed the now-famous "Mr. America day parade". The parade moved through the streets of Santa Monica. Marching bands, drum majorettes, and bodybuilders like Dave du Pree, Ken Waller, and Rudy Hemosilla on elephants. There were bodybuilders on floats. Bob Goodrich, the first Mr. America, was driven in a convertible. The streets were lined for miles with people. What the Mr. America day parade achieved was that it brought bodybuilding into the streets of America. Bodybuilding was now easily accessible to the masses. The parade ended up at the Santa Monica Civic Auditorium, just in time for the pre-judging. No longer would bodybuilding contests be held in small YMCA auditoriums or in dungeons. The 1977 Mr. America contest was held in the prestigious 3,000 seaters Santa Monica Civic. One of the top auditoriums in the country at that time.

Due to the publicity received from the movie Pumping Iron a larger space was needed for Gold's to expand. So a large storefront was rented on 2nd Street Santa Monica in 1976. Kent Kuene, the afternoon manager, and I had a daily competition to see who would sell the most t-shirts. Because of my studies in nutrition and marketing, I was asked by Ken Sprague to start the "Gold's Gym" line of nutritional supplements.

Working the front desk, managers would get calls from Hollywood looking for bodybuilders to play parts in TV shows and movies. All the stars from "Happy days", "Roots", "Chips". Even former President Gerald Ford was a special guest because "Gold's Gym" had become so famous. Several movie stars, professional wrestlers, and athletes joined Gold's and became members.

One fond memory that will always remain in my mind forever was one morning in 1977 when Serge Nubret, Mr. Universe, visited Gold's from France. When Serge and his wife Jackie walked into Gold's the whole gym stopped. Even Robbie Robinson who would never stop or look up while he was training stopped and looked up. The Gym froze, nobody moved. Serge Nubret walked up to the desk and said "I want to train". Dan Lurie was in the gym that morning filming pictures for his magazine "Muscle Illustrated" special Mr. America edition. This all took place just a few days before the 1977 AAU MR. America.

In 1979 Ken Sprague sold Gold's Gym to Peter Grymkowski, Tim Kimber, and Ed Connors for \$5 million (this amount has not been verified). Grymkowski, Kimber, and Connors, then franchised the name "Gold's Gym" to 534 gyms in the USA and worldwide. They also licensed the name for products such as clothing, vitamins, and gym equipment.

I am blessed that I could be part of the "Gold's Gym Story".
-Pete Samra



The EVOLUTION of Supplementation

By
Doug Grant, Douglas Grant BS, ACSM

Supplementing has undergone an incredible transformation since the Golden Era. Almost everything we have at our disposal didn't exist back then, and almost everything from back then doesn't exist anymore. The main reason? Research.

The Not So Golden Or Tasty Supplements

The Golden Era grasped a basic understanding of nutrition and body composition, putting a ton of emphasis on protein while trying to keep fats and carbs down. Lifters also prioritized a supplement's purported results over how anything tasted. And there were numerous supplements that punished taste buds back then.

You might've heard mention of liver tablets, a protein-packed supplement rich in iron and B vitamins. Bodybuilders devoured desiccated liver tablets and some even ate pureed raw liver. It was considered the king of bodybuilding supplements.

If you had the desirable physique while taking this or that, it trended, including liver. In fact, you can still buy them today. Bodybuilders like Arnold Schwarzenegger, Frank Zane, Dave Draper, and Vince Gironda devoured tons of them. Word has it that Arnold would take around 150 tablets a day. Many others would take a good 50-100 liver tablets a day, causing a massive amount of gas in the weight room.

Whey protein was available back in the day; however, it didn't look like or taste it does today. It actually came out an off-putting green when you blended it. Milk and egg supplements were more popular, and you'd often see many bodybuilders on Venice Beach with a carton of milk.

Unfortunately, the high lactose content created major digestive problems. And then they'd add heavy cream and a coconut extract to make it palatable. Chester Yorton would take this organ meat protein powder, something that tasted worse.

And then Bob Hoffman popularized soy products, which not only comes up short on BCAAs and has been shown to not positively impact muscle tissue as well as whey isolate and similar. Today's soy products have become severely genetically modified and processed, making them more troublesome than beneficial unless they are fermented and combined with whey.

Arnold is said to have taken a variety of bodybuilding supplements, including a multivitamin, creatine, several protein powders and caffeine.



Steve Reeves was an avid clean bodybuilder, leaning heavily on a healthy diet and lifestyle to achieve his results. To get that competitive edge, he made sure to supplement with B vitamins, vitamins, C, D, and E. He also made sure to include liver, wheat germ, brewer's yeast, blackstrap molasses, and what we now call superfoods in his diet. Steve is actually the person whose diet bodybuilders could model after and get great results with their overall health as well as physique.

Tom Platz, like Arnold, was big on liver pills, taking up to 75 a day. He was big on whole foods as the main source of nutrition. He also took brewer's yeast, vitamins and food extracts. Franco Columbu followed suit and included enzyme supplements and a dicey HCl one for digestion.

Sergio Oliva took vitamins and protein supplements, making sure to drink two gallons of water and one gallon of milk daily, along with listening to his body for what it needed. Lou Ferrigno was and still is big on taking a multivitamin, vitamin E, calcium and magnesium. Francis Benfatto took a combination of vitamins, minerals, and amino acids, along with an energy product.

The Science of Supplementation Goes Modern Artform

The Golden Era of supplementing was fueled by curiosity and experimentation. Bodybuilders and scientists didn't have the information we have. It was a lot of speculation. Now, we have decades of research to back the validity of a supplement. This has dramatically changed the supplement industry.

To our joy and relief, supplementing is almost entirely rewarding to tastebuds, founded on solid research, and proven effective. No more experimenting with a palatable base to bury a gag-inducing flavor, no more imitating fads. We now have clearly defined pre-workout and post-workout regimens, supplement stacks based on routine and gender-specific needs, and more. You can create a workout routine specifically for your needs.

Like desiccated liver, wheat germ, multivitamins, and other supplements everyone took, we have a supplement base just about everyone takes. Protein powders are alive and well, the most recommended being whey protein and solid plant based proteins that have combined plant proteins. The best ones skip the sucralose, aspartame and other artificial sweeteners while still tasting good and completely dissolving.

The three widely used supplements include creatine, and protein powder along with the fast rising plant-based digestive enzymes (face it, gas and bloat is still an issue with all that extra protein).

Two other heavily sought after supplements are BCAAs and glutamine. BCAAs are the building blocks of protein, exactly what you need for more muscle growth and maintenance. Glutamine is a naturally occurring non-essential amino acid that is commonly stored in muscles and released into the bloodstream during times of physical stress. Both have ample research backing their importance when it comes to endurance, muscle growth and repair.

Supplementing Isn't All Sunshine and BCAAs

Even with all these wonderful supplements available, not all of them are wonderful. Some are still laced with banned substances and far too many are clogged with fillers, dyes, additives, preservatives, and other ingredients that hamper absorption, delivering nutrients, and cause myriad health issues.

Here are 7 easy tips on how to figure out which supplements to avoid

1. If the company doesn't claim and stand behind being banned substance free.
2. The company doesn't make their own supplements. Private label supplements many times don't hold up to the stringent quality control standards especially on label claims.
3. They aren't made from whole foods. Whole food ingredients at least included as a part are a good sign that a product formulation obeys the laws of nature.
4. The product label isn't open with its ingredients list. Every ingredient in the product should be listed on the label even if it has a proprietary blend.
5. You can't find any research on product/ingredient claims.
6. You can't get answers from the company about the ingredients, how they are processed and where their origin comes from.
7. If a supplement does not have testimonials or high ratings when googled.

Whether you choose to go a little old school with your supplementing regime or choose to follow the decades of research on the latest nutritional supplements, the key is to take advantage of the added gains that are possible.



Douglas D is a Nutritionist, Formulator and Patent holder. He specializes in doing bloodwork and determining what nutrients work and are needed at the cellular level. Check him out at www.douglasd.info

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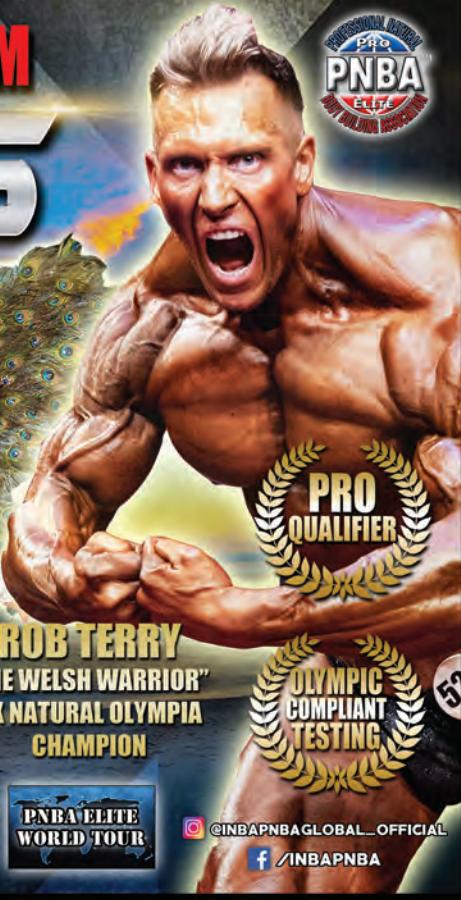
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The Shape of Lifting

By

Doug Grant, Douglas Grant BS, ACSM

The Bodybuilding Golden Era set the stage for transforming the lifting culture into what it is today: a fine-tuned science that produces physical works of art. From pretzel-bending benches to out-there diets birthed a thriving supplement industry, perfected meals, and top-notch equipment for the fastest, biggest, and most coveted results.

Bodybuilders worked with what they had and what they knew (or thought they knew).

Training Philosophy

Formal, recorded studies were few and far between back then. Arnold Schwarzenegger, Tom Platz, Larry Scott and their ilk were experimenters. They legit used trial and error to finetune every aspect of their fitness routines.

Interestingly, surveys show today that few people today would replicate such efforts. Lifters prefer to try a routine only if it's been studied and proven effective, or is at least backed by a big name.

A 2019 Inside Bodybuilding article wrote, "Mike Mentzer... was a keen advocate of the heavy duty training system, lifting heavy weights intensely for short periods of time; which was later adopted by Dorian Yates."

Others, like Arnold and Platz would lift weights for hours, believing it helped more stubborn body parts catch up with the rest of their physique. Some were known to work so hard that they made themselves physically ill at the gym.

Dave Draper, "The Blond Bomber", underwent a brutal routine of experimenting bouncing between agonist bi-sets and classic bi-sets. He followed what all athletes did back in those days: a double split, either training a bunch of muscles one after the other, or back to back.

His routines are described as rougher than what bodybuilders before him did, packing on both weights and volume of reps. He was crazy--crazy good.

Frank Zane was dubbed "The Scientist" of the Golden Era due to his ability to produce what's considered the most beautiful symmetry and proportions. He wasn't too shabby at posing either, earning himself three Mr. Olympia titles at his peak.

What set him apart was his attention to vascularity, focusing less on volume and more on year-round consistency. His consistency protected him from injury and overworking himself. He also added stretching between sets, a routine that's often overlooked to this day.

Mentality

There was no such thing as overtraining in the Golden Era. Bodybuilders spent hours upon hours in the gym, something highly discouraged today based on lots of research, including how our dietary habits don't pair well with such regimens.

And since the community was relatively small, it was a tight knit group of people with an unequivocal passion for the ultimate physique. Everyone helped everyone. People made annual homages to the Gold's Gym in Venice Beach just to watch the big names. The atmosphere was reportedly serious with a splash of fun. It was hardcore. If you weren't serious about bodybuilding, you weren't welcome into the space.

People also trained for the love of bodybuilding and to reap the physique rewards for their efforts--and of course a shot of glory on stage. Bodybuilders sucked up day jobs as means to create time and resources to spend as much time as possible in the gym.





Equipment

The Golden Era's lack of equipment gave them the unwitting advantage of sticking to a lot of compound exercises, like deadlifts, bench press, barbell rows, squats, and overhead presses. Studies show that compound movements are more effective for building strength and muscle mass than all the newfangled contraptions clogging the average gym.

The Golden Era saw tons of pull ups, bench presses, deadlifts, dumbbells, plyometrics, and bodyweight movements often accented by holding a free weight one way or another.

Big names like Olivia, Zane, Arnold, Columbo and countless others had incorporated the pull up into their workout routines, eventually getting tweaked to perfection by bringing the upper chest to the bar.

While plyometrics were invented in the 1920s, it took another 40 years before they caught on thanks to their incredible impact on Olympic athletes. Then former head coach of the Dallas Cowboys, Tom Landry, used plyometrics to improve his football players' hip muscles and cores.



Modern Bodybuilding

Originally concentrated on Venice Beach, the bodybuilding world has swelled to a global reach with massive health clubs and supplement companies. Gym memberships have risen by approximately 20 million in the past decade alone. There are thousands of bodybuilding competitions every year, and the most successful make some good money. Bodybuilding is no longer a labor of love; it's a career with a bright, muscly future.

People are more keenly aware of what they put in their body and how it affects their health. We have developed meal plans and schedules for maximum results and shred. The desire to have a clean, drug-free lifting world is growing, too. Yes, there's the steroid black spot in the industry, but we're working as a whole to turn it into a lesson and a memory, and become stronger as a community.

The tools we have at our disposal are vast. You can hit the gym and work through circuits, hit the free weights, ropes, resistance bands, and on and on. You can zero in on specific muscle groups, stick with compound movements, or whatever strikes your fancy. There are even home gyms and the good ole fashioned treadmill.

The most popular pieces of equipment include the treadmill, elliptical, stationary bike, cable pulley, weight circuit machines, free weights, abdominal crunchers, and exercise balls. As far as recommendations, it's tough to say. The best equipment depends on your health and fitness needs, your particular (if any), and what your goals are.

What everyone does need is to do compound exercises, just like they did during the Golden Era. History, science, research and data all show that the original core compound movements are the best there is. They boost strength, size, shape, and overall health better than any other movement combination. Add hip thrusts, lunges and a good plyometric program to the OG core lifts and you will have done the Van Halen by combining the "Best of Both Worlds."



Doug is a Nutritionist, Formulator and Professional Trainer working in the NBA and with Olympic athletes for over 20 years. He is an IMM board member with an extensive background in helping people achieve optimal shape outwardly and inwardly through bloodwork and custom formulas based on body chemistry. People seek Doug out for his services, including over 3,000 doctors worldwide who are trained by him and follow his health guidance. He can be reached at douggrant.

Doping Control

has come a long way in the last 50 years in Olympic Sport

Sadly, some people have tried to cheat on all manner of human endeavor from time immemorial. Societies have invested in methods for deterrence and detection of various forms of cheating (e.g. commerce, interpersonal relationships, recreational drugs, wars, and sport). When important enough, societies have passed laws and created policing to minimize cheating, with jails and fines to deter and punish those who break the laws and rules.

Sports have always had rules governing their play. Up through the 1950s, rules for sport (along with general societal rules) concerning the actual contests seemed to be enough to ensure the concept of fair play. Athletes, coaches and those concerned with making money or gaining prestige have always been looking for an edge to beat their competition. At one point strength training was considered unethical and unfair.

Doping Control got its start in the 1960s when some cyclists died during important bicycle races as in the 1960 Rome Olympic Games and the 1967 Tour de France. They had been using stimulants to aid their performances. The sports world was shocked by these deaths and the International Olympic Committee established a medical commission to look into these matters. The IOC conducted the first post-competition urine collections during the 1968 Mexico City Olympics. They tested the medalists. Note: stimulants (like amphetamines) are only used to advantage during competitions and are readily detected in urine samples, so post-competition urine tests deterred and detected the use of some stimulants in a few athletes in Mexico City. The IOC hailed their achievement of "clean sport". However, it was just the tip of the iceberg.

There are three (3) "problems" with doping. First, the competition is inherently unfair conferring an advantage to the doper and without a "level playing field", many clean athletes just can't compete. Athletes and their coaches/advisors are breaking the rules agreed upon internationally by all. Second, sometimes doping practices can damage the health and safety of the athlete and maybe lethal (e.g. the use of stimulants in cycling in the '60s or the use of erythroid stimulating agents (ESA's) in the '90s). Third, there is a "PR" danger where the perception of widespread cheating damages the sport, and the public and sponsors lose interest in the sport.

There are three (3) effective classes of doping to enhance physical performance, stimulants, anabolic agents, and blood doping practices. A fourth class would be "gene doping", but as of 2015, no evidence of its use has been documented.

Class of Doping	Pattern of Use	Detection sample	Differentiate endogenous from exogenous compounds
Stimulants	In competition	Urine	Almost always
Anabolic Agents	Out of competition	urine, blood, hair	Almost always
Blood doping	Out of competition	Blood, some substances with urine	Autotransfusions: No ESA's, homologous transfusions and hemoglobin substitutes: Yes
Gene doping	Out of competition	No evidence documented	No Evidence documented

Stimulants are almost always exogenous (not normally occurring in humans) substances that make detection relatively straight-forward. Stimulants are really only effective during competition. Stimulants and their metabolites are cleared by the kidneys and thus, are readily detected in urine collected post-competition. Therefore, stimulant use can be detected by collecting and analyzing post-competition urine samples from all those competing in a particular event (like the Olympic Games).

Anabolic agents have been the scourge of power and strength sports since the 1960s, but have also been used in endurance sports (e.g. track, cycling, swimming, rowing, skiing, skating, etc.), martial arts, and game sports (e.g. soccer, football, basketball, baseball, tennis, etc.). Anabolic agents are used in the weeks, months, and years prior to competition to build strength and recover quicker from workouts. Their performance-enhancing effects are due to creating an anabolic (building) milieu in tissues used in training and those effects accumulate over time. Anabolic agents are principally metabolized by the liver and they and their metabolites are excreted in the urine. Some anabolic agents and their metabolites accumulate in hair and nails. Exogenous anabolic agents suppress endogenous anabolic hormones. Today, the technology exists to detect the use of both exogenous and endogenous anabolic agents. Anabolic agents can be detected in several tissues (urine, blood, and hair). In 2009, WADA introduced the "Whereabouts" Program. Under this program, all athletes competing internationally in Olympic sports must submit their whereabouts to WADA. This allows specimen collection agents to perform unannounced out-of-competition testing. The idea of out-of-competition testing combined with the Whereabout program and sophisticated analysis of samples has gone a long way to deterring and detecting the use of anabolic agents.

A final thought. Where one does not have advanced effective doping control programs including whereabouts and passport programs, one can count on some athletes continuing to cheat. "Shame" amongst peers is a powerful tool, but the doping practice has to be detected first.

Jim Stray-Gundersen, MD has been a leader in the fight for drug-free sport. In 1989 Stray-Gundersen led the first invasive anti-doping testing at the World Championships in Lahti, Finland. Stray-Gundersen went on to develop the anti-doping testing program called SAFE - Safe and Fair Events - internationally implemented in 2000, considered by some the most aggressive test to deter and detect doping.



Jim Stray-Gundersen, MD has helped pioneer the use of blood flow restriction training in North America and Europe and with his partner created B Strong BFR Training System. Stray-Gundersen lectures and certifies professionals and consumers in BFR training. Board Certified in General Surgery, Jim's background is both academic and athletic. His "day job" has been as research faculty in Cardiology and Orthopedics at the University of Texas Southwestern Medical School in Dallas, Texas and he has worked for 35+ years in Olympic and Professional Sports.

TERRY
TODD

The Golden Era Powerlifting Legends Exclusive

Under the leadership of owner, Denny Kakos, Iron Man Magazine wants to return to its glory days by featuring the sport of powerlifting on a regular basis. To demonstrate our commitment to powerlifting coverage, we are interviewing legends of the sport that competed during The Golden Era of Bodybuilding. All three of these exceptional athletes were the best of their time, and they were featured in the book Inside Powerlifting written by Terry Todd and published in 1978. Just as these interviews inform and inspire readers, they also serve as a “where are they now” as we take this opportunity to honor those who paved the way for subsequent generations of powerlifters worldwide.

Interviews by B.C. Vasquez

Vince Anello

B.C. Vasquez: I want to personally thank you for this opportunity to interview you on behalf of Iron Man Magazine. You were among the champion athletes featured in the book Inside Powerlifting that inspired me when I was introduced to the sport as a teen.

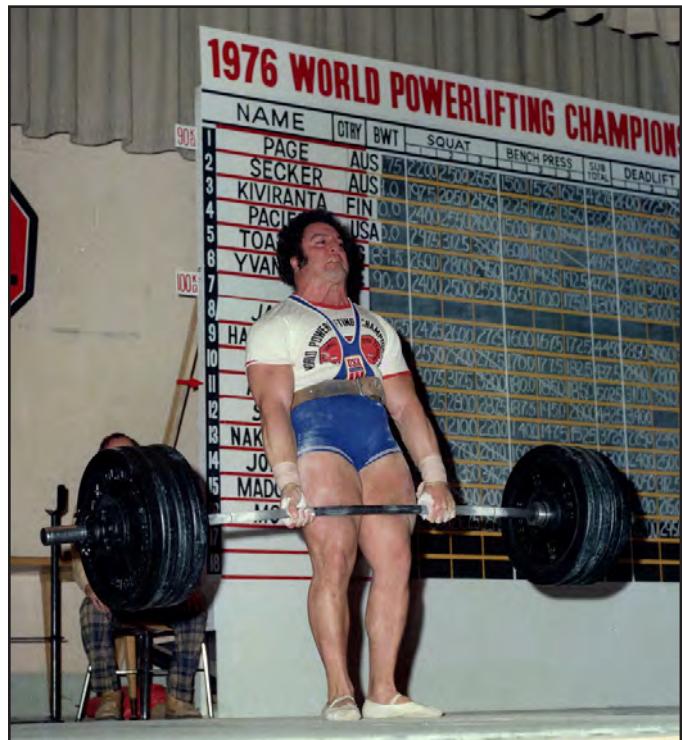
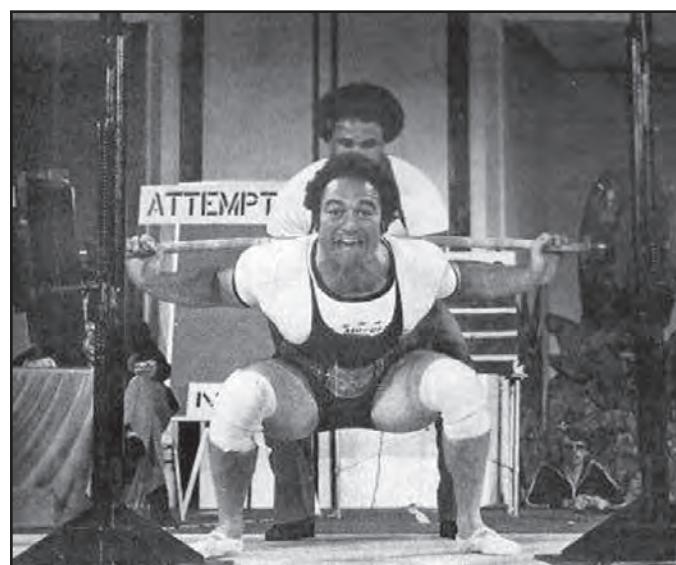
Vince Anello: It's an honor. I loved reading Iron Man Magazine, and I have hundreds of issues in my garage. I'm glad to hear that Iron Man is covering powerlifting again.

B.C. Vasquez: Would you please share some biographical information with us? What is your current occupation?

Vince Anello: I was born and raised in Cleveland, OH. I was born in 1947. I was a Phys Ed. teacher for a while. I've been training people as a personal trainer since 1968. I did it part-time on the side until I opened Anello Body Fitness in 2000. Opening Anello Body Fitness was my one big goal. Since the pandemic, I train all of my clients mentally and physically online. I train people for everything. I train athletes and senior citizens. I help athletes of all different sports. I help people gain weight, lose weight, I help people with everything.

B.C. Vasquez: Did you participate in any sports as a child or in college? Were you always exceptionally muscular and strong? What drew you to the sport of powerlifting, and when did you start competing?

Vince Anello: I played football and wrestled in high school. I was pretty well-developed in high school, but that's not what got me into lifting. I wasn't muscular or strong. The reason that I started lifting was because I was a short little fat kid that was bullied in elementary school. I started lifting in third grade because I got bullied. It was so bad that I would go against the building at recess and cry. I started training in third grade, and I never stopped. In third grade, I also started reading about bodybuilding in magazines because girls liked the guys in bodybuilding. I began powerlifting in the late 60's at Vince's Gym in Cleveland OH. Vince, the gym owner, encouraged me to get into powerlifting. When I made a 350-pound deadlift, he said that it was great. He also encouraged me to train all the body parts like a bodybuilder to help me with powerlifting. He also got me into mental training, too. I still use the techniques that he taught me. Psychology was my minor in college. Vince got me started in the late 60's, and I won my first world's in 1972.



B.C. Vasquez: With the growing popularity of bodybuilding at the time, did you ever consider competing in bodybuilding? If so, why did you or why didn't you compete in bodybuilding?

Vince Anello: Yes. I did compete in bodybuilding, before and after my powerlifting career. Before powerlifting, I had some success in bodybuilding. I won Mr. Cleveland a few times, I won 3rd most muscular and best arms in 1967 Mr. Teenage America, I won states and other shows, but I didn't really pursue it like I did powerlifting because I had a lot more success in powerlifting. You have to change your diet to get into bodybuilding. I couldn't do bodybuilding and powerlifting at the same time because of different diets. For strength, you are going to have a different diet than for getting cut. After I retired from powerlifting, I went into bodybuilding again. I won Mr. Cleveland and other shows after I retired. I have over 500 trophies.

B.C. Vasquez: In your youth, did you have any heroes or role models that inspired you to excel?

Vince Anello: Bob Peoples and Larry Pacifico were my role models. Larry also told me how to grow my business.

B.C. Vasquez: How long did your powerlifting career span?

Vince Anello: I competed in powerlifting from the late 60's to 1996. Towards the end of my career, I switched from conventional to sumo deadlifting and my hip was starting to hurt. I decided to retire from powerlifting competition because of injuries. In 2003, I had one hip replacement, and in 2016 I had another hip replacement.

B.C. Vasquez: What were your best lifts, both in training and competition?

Vince Anello: My best squat was 750 weighing just over 200 in training and 705 at 220 in competition. My best raw bench press in training was 500, but I don't recall my best official bench press. My best deadlift was 880 weighing just around 200 in training and 821 at 198 in competition.

B.C. Vasquez: What titles did you win? What records did you set?

Vince Anello: I won five world titles and even more national titles. I won 1972, 1977, 1978, and 1980 IPF World Men's Powerlifting Championships. I also won the 1987 APF Master's World Powerlifting Championships. I won the best bench press at the Master's World, and that's my least favorite lift. I set 20 world records in the deadlift with my greatest lift being 821 at 198.

B.C. Vasquez: What did you think of the top bodybuilders of the time – Arnold Schwarzenegger, Frank Zane, Lou Ferrigno, Franco Columbu, etc.? Did you ever train with any of them?

Vince Anello: I thought that they were all great guys and dedicated to their sport. They all had a positive mindset as a common denominator. I liked Lou Ferrigno and Franco Columbu because they're Italian (like me). Arnold was the funniest. I didn't train with any of them, but I sat next to Arnold at a party following the 1976 Hawaiian Invitational. It was a pleasure meeting him in person.



Present Mr. Cuyahoga County (Ohio) and Mr. America contestant is Cleveland's Vince Anello. Vince weighs 175 lbs. and is 5' 5" tall.

B.C. Vasquez: Some have called you "Mr. Deadlift" because of your amazing strength in that lift. What was the secret of your success?

Vince Anello: I realized my best deadlift gains by doing Negative Accentuated Deadlifts. I would unrack the barbell from the pins (at lockout), do a slow negative and stop before the positive. I follow a lot of Vince's powerlifting and mental training even now. I lost my training journals. One of the journals that I lost had when I pulled an 880 deadlift in training. I pulled 750, 800, and I wanted to put 820 on (the bar). They said it was 820, so I lifted it, and it was kind of hard, but I finished it. When I was done, my coach (Vince) told me that he had misloaded the bar with 880. That goes to show the power of the mind. I weighed about 200 pounds at the time.



B.C. Vasquez: Of your five world titles, which is the most memorable and why?

Vince Anello: I loved every powerlifting championship that I won. It was an honor to compete with the greatest lifters in the world. All five world championships were great experiences. I was honored to represent the U.S. among the best powerlifters in the world. It was also an honor to compete in powerlifting, the "world's strongest sport." These are the world's strongest athletes. I don't consider myself to be better than any of them. I consider myself to be one of them.

B.C. Vasquez: What do you consider the greatest honor of your powerlifting career?

Vince Anello: I have one thing that stands out, but it's not in a meet. When I was growing up, my parents took me to the York Barbell Hall of Fame. I would spend the whole day reading about the different strength feats of the people in there. It inspired me. It was the greatest honor of my career when I was inducted into the York Barbell Hall of Fame in 1998. That was the ultimate honor.

B.C. Vasquez: Do you believe that there are any powerlifting constants that have stood the test of time?

Vince Anello: The common denominator for success in powerlifting has been, is, and always will be a positive mindset. The common denominator for success in anything in life is a positive mindset.

B.C. Vasquez: Do you have any advice for present and aspiring powerlifters?

Vince Anello: Set a goal and use a Pitbull mindset. Bite into it and don't let it go. Full Interview at www.ironmanmagazine.com

Rickey Dale Crain

B.C. Vasquez: Thank you for this opportunity to interview you on behalf of Iron Man Magazine. You were among the champion athletes featured in the book Inside Powerlifting that inspired me when I was introduced to the sport as a teen. Would you please share some biographical information with us? What is your current occupation?

Rickey Dale Crain: I was born in Phoenix, Arizona in 1953. Though my family is from Oklahoma, I was raised in California, Colorado, South Dakota, and back to Oklahoma. I've had the same job for 43 years. I started my business in 1978 as a mail order company selling not only powerlifting products, but strength training products, and a few bodybuilding products. We expanded a few years later to have a training center, and sell other people's products while manufacturing our own product line, too. The business began as Crain Power Plus in the beginning, and we use Crain's Muscle World on our gym, and we use just Crain (www.Crain.ws) on our mail order.

B.C. Vasquez: Were you always exceptionally muscular and strong? What drew you to the sport of powerlifting, and when did you start competing?

Rickey Dale Crain: I don't know if you could say we were always strong. We had good genetics to start with, good DNA, and we trained quite a bit for somebody that age, not only on powerlifting, but we did Olympic lifting and my dad would have us do track and field with that. My dad was our reason for getting into powerlifting, and why we were even lifting weights at all. He started me and my brother training in powerlifting and Olympic lifting when we were 2, 3, 4 years old. Later, he also started my sister around the same age with the same approach.

Our first competition was an Olympic lifting meet in 1963 at the Berkeley YMCA, and it was a boys weightlifting meet. I was 10, and my brother was 8 at the time and we both won our divisions and did pretty good. At the same age, I did a 200-pound deadlift weighing 66 pounds, and my brother did a 150-pound deadlift weighing 50 pounds. My brother and I competed in our first powerlifting meet two years later at ages 12 and 10.

B.C. Vasquez: With the growing popularity of bodybuilding at the time, did you ever consider competing in bodybuilding? If so, why did you or why didn't you compete in bodybuilding?

Rickey Dale Crain: As we grew up and became serious about powerlifting, my dad would take me and my brother to the Berkeley YMCA on weekends. In the late 50's and early 60's, the Berkeley YMCA was the place (to train) if you were a powerlifter, a bodybuilder, or an athlete. I mean Jack LaLanne trained there sometimes. All of these famous Olympic lifters that were in the Bay Area trained there, like Tommy Kono. People from all three sports (bodybuilding, powerlifting, and weightlifting) trained there. Also, powerlifting was good for sports. We participated in a lot of sports so we would use powerlifting to help us get stronger and faster for our sports. Since my dad did a few (bodybuilding competitions), I had a little bit of affinity for watching it. The reason that I did anything at all is because I always tried to keep my bodyweight down whether I was in the 148 or 165-pound class. I would train 10 or 15 pounds over that, and then I'd cut back to those weight classes. When I cut back those last few weeks, I was doing dieting and lots of things that would help get you ripped and cut-up. I would make weight in the powerlifting meet and find out that I didn't look too bad. I was kind of ripped up. South Dakota at the time had their first Mr. South Dakota competition in the mid-70's. We wanted to have a decent turn out for the first show, so we had our state powerlifting meet that day, and then that night we had our first Mr. South Dakota bodybuilding championship. Probably three fourths of the people in the show were powerlifters who competed in powerlifting. I ended up winning the first year they had it. Then I came in second place the second year they had it. That was it. Those were my two bodybuilding shows. I decided that it was alright, but I'd rather stick with my powerlifting.



B.C. Vasquez: In your youth, did you have any heroes or role models that inspired you to excel?

Rickey Dale Crain: Jerry Jones was sort of my favorite powerlifter. He was from Minnesota. He was the first guy to squat 800 under 200 pounds bodyweight. He was unconventional. He had long blond hair and then a wig later on. He had sparkly stuff on his shoes and his belt. He played Led Zeppelin as he was walking up to the platform. Every teenager's dream was to be like Jerry Jones in the powerlifting field. I guess when you're a 16 year old kid, you kind of gravitate toward people like that. Plus, he was an incredible squatter at the time, one of the best in the world for a number of years. That was another reason that I gravitated towards him since I was a really good squatter. When I started my business in 1978, I had my brother, who's a fairly good artist, draw me a logo based on Jerry Jones, and I still have that same logo now. You can look at the logo for Crain's Muscle World for the last 42 years and there's a little JJ on the guy's belt.

B.C. Vasquez: What titles did you win? What records did you set? Are there any other feats of strength that you would like to share?

Rickey Dale Crain: I've been a 3-time IPF World Champion, 2-time WPC World Champion, and an AAU World Champion. I've also set a bunch of national, international, and world records throughout my career. I don't know if you'd call them feats of strength, but I've done a lot of crazy stuff. After retiring from powerlifting competition, I started climbing 14,000 foot (mountain) peaks in Colorado. There are 54 of them, and I've climbed 18 or 19 of them so far.



B.C. Vasquez: What training regimen did you follow as a competitive powerlifter?

Rickey Dale Crain: It was basic periodization which is what everyone has used for 50, 60, 70 years. Pretty much, we would do upper body twice a week and lower body twice a week. Like right now, Monday and Thursday we're doing bench press and all the upper body exercises that go with it. And on Tuesday we squat and do the supplementary work that goes with it. And on Friday we deadlift and do the supplementary work that goes with it. We do any miscellaneous training like pulling sleds and cardio on Wednesdays and Saturdays so it doesn't interfere with our powerlifting training.



B.C. Vasquez: What was your secret to a big squat or deadlift?

Rickey Dale Crain: It's kind of funny because personally I think that the internet, social media has destroyed our sport, I really do. There is just so much junk on YouTube. Everybody thinks they're an expert. The people that can probably tell you the most, don't want to put stuff on there because they'd have to put up with a bunch of keyboard warriors, and it's not worth it. Most of the people that are giving the information spout off a bunch of intellectual stuff with large names, big words, and routines they don't even understand half the time.

No secrets.. We started off with just basic periodization; there wasn't a whole lot of supplementary stuff, just a little bit of basic supplementary stuff. The whole idea was train hard, and you train well. You get serious about it and focus, no distractions. Do the best you can to supplement your body with supplements and nutrition to build back up what you tore down. It was pretty basic stuff which is what most of the lifters in the 50's, 60's, 70's, 80's, 90's... that's the way they trained. There were some incredible athletes in the 70's and 80's that even now they are only reaching some of these numbers again.

B.C. Vasquez: What did you think of the top bodybuilders of the time – Arnold Schwarzenegger, Frank Zane, Lou Ferrigno, Franco Columbu, etc.? Did you ever train with any of them?

Rickey Dale Crain: I think that we probably thought a lot more of them than some of the powerlifters think of the bodybuilders nowadays. I liked Franco Columbo because he was around my height, he can deadlift pretty good, so I thought he was cool. Arnold and Franco did other sports before they became bodybuilders, so I guess there was more of a connection with them than with some of the guys nowadays. Bill Pearl is a top of the line guy. Dave Draper was one of my favorites. I'm still pretty good friends with Dave Draper. He was on a lot of the TV shows that we saw. He was on the Monkees, the Beverly Hillbillies, and the other shows. So we would see him on TV or with Frankie Avalon and Annette Funicello on the beach movies. I don't believe that I trained with any big name bodybuilders, but one summer I trained alongside Mike and Ray Mentzer on the East Coast. I was training early in the morning and they trained at the same time. Sometimes we would talk, but these guys were just fanatics. They would do two sets. The first set was maybe a high rep set with heavy weight. Then the next set would be complete to failure with a heavier weight. They were both very interesting. This was in the mid-seventies, so I wasn't at my strongest, but they noticed a 150-pound 21 year old squatting and deadlifting in the 500's. They could barely squat or deadlift 500 at the time. I liked Tom Platz because he was an amazing squatter. He actually bought a pair of squat shoes from me. Fred Hatfield (Dr. Squat) recommended that Tom buy the shoes from me.

B.C. Vasquez: Of your five world titles, which is the most memorable and why?

Rickey Dale Crain: It was my first world title because I was trying for a couple of years to win one. I won the 1980 IPF World Men's Powerlifting Championships in Arlington, Texas. It was the third world championship that I'd competed in, but the first that I won. Prior to that, I was probably the best in my weight class, but something would happen. I'd get hurt, I bombed out, I got sick – it was two or three things that went on. I had to pull 22 pounds over the existing world record deadlift to beat this lifer to win my first world title. Second and third place on the platform were the two previous year's world champions. That meant a lot that I beat the best in my class and I broke the world record deadlift, squat, and total in order to beat him. It was also by far my best because my whole family came down, and I had a lot of friends from Oklahoma that drove down to Texas to watch it. Everybody was watching it and I cared about watching it, and I had to do something quite spectacular at that point in order to win. It's not that the other world titles weren't great too, but they can't match up to that one in my mind.

B.C. Vasquez: What do you consider the greatest honor of your powerlifting career?

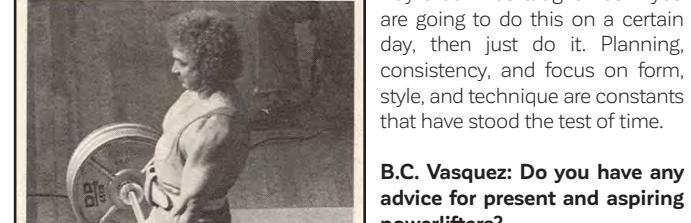
Rickey Dale Crain: Being inducted into the York Barbell Hall of Fame and USPF Hall of Fame has got to be right up there. It may be that last deadlift that I pulled to win my first world title. There were like 2,000 people in there and CBS taped it for Sports Spectacular, it was on TV on Saturday afternoon. That may be my ultimate right there and my family got to watch it. Also, my sister won the 1981 IPF World Women's Powerlifting Championships with a record breaking performance. I believe that she broke all of the existing records. As far as I know, we are the only brother and sister that have won IPF Open World titles. My father set IPF Master's world records, so all three of us held IPF world records at one point.

B.C. Vasquez: Do you still train the powerlifts today?

Rickey Dale Crain: I still train today as I have for 40 or 50 years, not quite as intense, but I still try to cycle three to four times a year to end up with a fair amount of weight.

B.C. Vasquez: Do you believe that there are any powerlifting constants that have stood the test of time?

Rickey Dale Crain: I don't know how much of this is being practiced, but the people who follow what we were doing 30 or 40 years ago are doing better than a lot of people do, and that's one. You get on a consistent routine. The way that I was taught was if you are going to do this on a certain day, then just do it. Planning, consistency, and focus on form, style, and technique are constants that have stood the test of time.



Rickey Dale Crain
1983 SRS./165 LB. Winner
PLUS/TUITE Photo

*Full interview at
www.ironmanmagazine.com*

Jan Todd

B.C. Vasquez: Thank you for this opportunity to interview you on behalf of Iron Man Magazine. You were among the champion athletes featured in the book Inside Powerlifting that inspired me when I was introduced to the sport as a teen.

Jan Todd: Thank you for asking me to do this—and also for letting me know the role Inside Powerlifting played in your life. Since Terry passed away in 2018, I've had a number of people tell me that reading Inside Powerlifting inspired them to begin lifting and it always makes me happy to think that Terry's work made such an impact on people's lives. As you probably know, it's become a true collector's item--which is why I am re-issuing it later this year with an updated introduction.

B.C. Vasquez: Would you please share some biographical information with us? What is your education and occupation?

Jan Todd: We moved constantly when I was a kid... I, then moved to Plant City, Florida, where I attended high school, graduating in 1970, and from there I went to Mercer University in Macon Georgia. At Mercer, I double-majored in English and Philosophy—and also happened to meet an unusually muscular faculty member there named Terry Todd. We married during my senior year, and after I finished my undergrad degree in 1974, I was admitted to the master's program and completed my masters in English and Education in 1976. Later, after my lifting career was winding down and we had moved to Texas, I took a Ph.D. Degree in American Studies, having decided I wanted to write about the history of strength and exercise and finished that degree in 1995. My doctoral dissertation was a history of women's exercise in the 19th century and it became my first solo book --titled Physical Culture and the Body Beautiful which was published in 1999. My most recent book (2019) is called Strength Coaching in America: A History of the Innovation that Transformed Sport. It is also Terry's last book—as he was a co-author on it, as is Jason Shurley of the University of Wisconsin. I am now a full professor at the University of Texas at Austin in the Department of Kinesiology and Health Education. I direct the H.J. Lutcher Stark Center for Physical Culture and Sport that Terry and I founded, and I also direct the Physical Culture and Sport Studies Ph.D. program. I also continue to direct the Arnold Strongman Classic now that Terry is gone, with help from Steve Slater and an incredible crew of friends in Ohio—including Rogue Fitness. It's been a busy life—but I'm not done yet.

B.C. Vasquez: Did you participate in any sports as a child or in college? Were you always exceptionally strong? What drew you to the sport of powerlifting, and when did you start competing?

Jan Todd: The first time I ever thought about strength was when I was a freshman in college and I went to visit my father—who was living with a new wife near Chicago. We went to the Field Museum and they had a display of old carnival machines and one of them was a grip tester—where you squeezed the handles as hard as you could and it would register your score in pounds of pressure. My dad was a fairly big man, 6', 230 pounds or so, and the manual labor he did in the steel mills had given him noticeable muscles and to my young, untrained eyes he seemed like a really strong guy. Anyway, when we tried the grip machine, my grip was better than his. We both thought it was a mistake...and laughed...but when we tried it again, I still beat him. Weirdly, I never thought much more about that after that day because strength was not on my radar yet. As for my start in lifting, that began in 1973, after I married Terry in November of that year. In the beginning, I was just tagging along to the gym to keep him company, but during the Christmas holidays we came to Austin to be with his family, and he took me to this wonderful gym, called The Texas Athletic Club, where there were powerlifters as well as bodybuilders, and I saw a woman doing deadlifts. She had lifted as a 114 pounder on their team in an otherwise all-male powerlifting meet,



and I was intrigued by how much weight she had on the bar, and so I asked if I could do some with her. We both made 225, and on the way home, I asked Terry about it all and he told me about some of the old-time strongwomen like Katie Sandwina—and when we got to his parent's house he had a Guinness Book that contained a few women's lifting records. Terry then said he thought I could probably beat that with training--I thought it would be cool to try. I didn't plan, however, to become a powerlifter, because there was no women's powerlifting yet. I decided to train because I thought it would be fun to say I was in the Guinness Book...which was my original motivation.

B.C. Vasquez: Did you ever consider bodybuilding at any point in your powerlifting career? If so, why did you or why didn't you compete in bodybuilding?

Jan Todd: Bodybuilding for women started slightly later than women's powerlifting and, frankly, it held no appeal for me. By the time it began to gain



prominence, I had already decided to see how strong I could become...and for me that also meant I chose to gain weight—like men do—so I could be stronger.



B.C. Vasquez: What were your best lifts, both in training and competition? What titles did you win? What records did you set?

Jan Todd: The following is a list of my competitive accomplishments taken from my vita

1975 - Broke Guinness Book of Records 49-year old record in the two-hand deadlift with a lift of 394.5 pounds in my first competition. Chattanooga, Tennessee.

1976 - First woman to officially exceed 400 pounds in any powerlift with a deadlift of 412 pounds, Sydney, Nova Scotia, Canada.

1977 - First officially sanctioned Women's Powerlifting Championships, Nashua, New Hampshire—Gold Medal.

1978 - First woman to officially squat more than 400 pounds.

1978 - First woman to total over 1,000 pounds in the three powerlifts (squat, bench press and deadlift), Stephenville Crossing, Newfoundland, Canada. This got me into Sports Illustrated where I was featured in a long article called "The Pleasure of being the World's Strongest Woman." At: <https://vault.si.com/vault/1977/11/14/the-pleasure-of-being-the-worlds-strongest-woman>. That led to the Johnny Carson show, etc.

1978 - First woman to total over 1100 pounds in the three powerlifts, Stephenville Crossing, Newfoundland, Canada.

1979 - Lifted the highest total of any woman in the First IPF Women's World Championships, Billerica, Massachusetts. However, I was not considered the winner—as the IPF had an A team and B team and I was on the B Team—so Ann Turbyne was called world champion. But I out-totaled her.

1980 - First woman to exceed 500 pounds in any powerlift: 507-pound squat, Memphis, Tennessee.

1981 - First woman to total over 1200 pounds in the three powerlifts, Atlanta, Georgia.

1980 - Established my greatest world records in the heavyweight division: squat: 545.5 pounds, deadlift: 479 pounds, and total: 1229.5 pounds.

1981 - First athlete (male or female) to establish a world record in the newly formed American Drug Free Powerlifting Association: 446-pound deadlift at a bodyweight of 148 pounds, Mobile, Alabama.

1981 - IPF World record deadlift of 474.5 pounds at a bodyweight of 146 pounds.

1982 - American Drug Free National Powerlifting Championships—Gold Medal.

1983 - American Record deadlift: 463.5 pounds at a bodyweight of 163.

1996 - American Master's Record in deadlift of 425 pounds. American Drug Free Powerlifting Association, Austin, Texas.

With former men's world champion, Larry Pacifico, I also set a man-woman deadlift record at 1100 pounds—which I believe still stands.



From 1975 to 1986, I was listed in the Guinness Book of World Records for having lifted more weight than any other woman in history and was called by Sports Illustrated ", People, and many other media outlets, "The Strongest Woman in the World."

BC Vasquez: What can you tell us about training with Bill Kazmaier while being coached by your late husband, Terry Todd?

Jan Todd: In the winter of 1980-1981 Bill Kazmaier and I trained together at Auburn University with Terry as our coach. We decided to compete in a meet at Georgia College in Columbus, Georgia, where there would be IPF judges who could sanction world records for us—if we made them. On 31 January 1981, Bill and I both set new all-time world total records. I made my highest squat of 545.5 pounds (247.4 kg) and highest deadlift of 481.5 lbs (218.5 kg) on that day for a 1229.7 lbs (558.2 kg) total. Kazmaier set a new men's all-time total record by squatting a world record 925.9 lbs (420 kg), benching a world record 661.4 lbs (300 kg), and deadlifting 837.8 lbs (380 kg). The biggest moment in that contest is captured in this photo as Kaz became the first man to officially bench 300 kilos (in a T-shirt)—a truly historic moment. Terry had every right to feel proud of himself as a coach at the end of that day, and Kaz and I knew how lucky we were to have him.



IM POWERLIFTING LEGENDS

BC Vasquez: What other relevant achievements, awards, and honors can you share with us?

Jan Todd: I was directly involved in the development of the sport of women's powerlifting. I drafted the first rules to govern women's competitions and helped to organize the first national women's meet in 1977 which was run by Joe Zarella. When I moved back to the United States from Canada, in 1979, I was officially appointed as Chairwoman of the United States Powerlifting Federation's Women's Committee, a post I held until 1984. I wrote the first constitution for the Women's Committee of the USPF; and was elected to the USPF Executive Committee (for men and women) in 1979, the first woman to serve in that post.

In addition, I served from 1979 to 1984 as Chairwoman of the International Powerlifting Federation's Women's Committee and helped to draft the international rules for women.

I was the first woman inducted into the International Powerlifting Hall of Fame (1981).

In 1981 (Calcutta, India) and in 1984 (Dallas, Texas) I coached the USPF's Men's World Championship Team. Both teams won first place in the world championships.

I was also head coach in 1981 and 1984 of the USPF Women's World Championships Teams, both of which won their respective titles.

At the collegiate level, my University of Texas Longhorns dominated the ADPA Men's and Women's National Collegiate Championships from 1986-1996.

Honors and Awards Related to Sport

2019 - Lifetime Achievement Award, Presented by the Arnold Sports Festival, Columbus, Ohio, March 2019

2018 - Induction to International Sports Hall of Fame, Columbus, Ohio. Induction Ceremony in March 2018.

2009 - Inducted into National Fitness Hall of Fame, Chicago, Illinois.

2008 - Recipient Oscar Heidenstam Lifetime Achievement Award, London, England, for contributions to the field of physical education.

2004 - Inducted, Inaugural Class, USAPL Women's Powerlifting Hall of Fame.

2000 - John Grimek Award for contributions to the study of strength training and physical culture, Italian Bodybuilding Federation, Sapri, Italy.

2000 - Lifetime Achievement Award presented by the Pan American Powerlifting Federation, Chicago, Illinois.

1992 - Lifetime Achievement Award, Old Time Barbell and Strongman Association, September 1992.

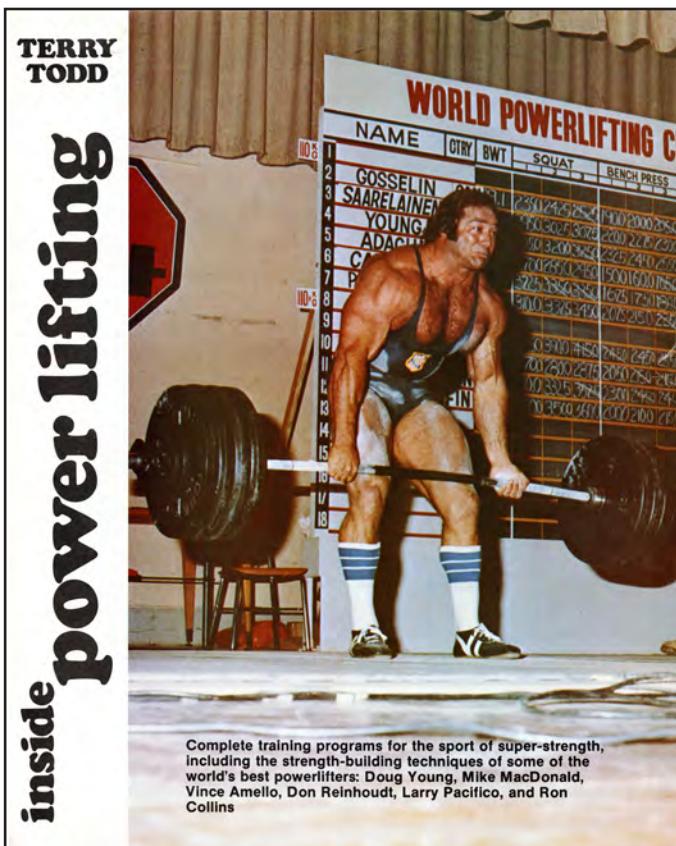
1989 - President's Award, National Strength and Conditioning Association, for contributions to the profession. June 1989.

1981 - First woman inducted into International Powerlifting Hall of Fame.

B.C. Vasquez: You were married to the late Terry Todd when he wrote the book Inside Powerlifting, and you were the only female powerlifter featured. What could you tell us about Terry, the book, your contribution, and the multitude of people that it inspired?

Jan Todd: Inside Powerlifting was not Terry's first book. His first was Fitness for Athletes, published in May 1978 by Contemporary Books, with co-author Dick Hoover. Terry was invited to help re-write and complete Fitness for Athletes by the editors at Contemporary Books and his success with it allowed him to pitch the idea of a book on the relatively unknown sport of powerlifting for Contemporary's "Inside ___" (name your sport) series. The company was not immediately sold on the idea, but Terry proved persuasive. The end result was not just the first book ever written on the sport, but a book that many believe truly launched powerlifting. In Inside Powerlifting, Terry chose two men to profile related to squat training: Marvin Phillips and Ricky Crain; two men for the bench press: Mike McDonald and Doug Young; two men for the deadlift: Don Reinhoudt and Vince Amello; and three people for the total: Ron Collins, Larry Pacifico, and me.

The reason the book had such impact wasn't just that it lionized the nine of us as celebrities—it was because it contained training secrets and gave precise descriptions on how to train. And, in the days before the internet, there were also lots of photos (many of which I took) that showed the lifts done sequentially so you could see good form. The main thing about it, however, was that Terry was such a skillful, funny, and clever writer. You may recall that he covered most of the big meets for Iron Man in the 1970s. The way he covered those meets was different than other journalists...he made the men into characters—and heroes...and so as Larry Pacifico wrote for the introduction to Inside Powerlifting, his voice really mattered. If I can, I'll just quote Larry here for a minute... this is written by Larry: "I truly feel that one of the main reasons our sport has grown so rapidly . . . is because of Terry Todd. . . . His unique descriptions of powerlifting and powerlifters have literally changed the sport. Rarely, if ever, has a sports journalist been able to influence in a major way the sport he writes about, but that's exactly what Todd has done. . . . When he shows up at a lifting event, that event becomes more important, because lifters know that what they do with him watching will live on through his accurate, honest words. His presence helps lifters extend themselves—they make lifts they otherwise wouldn't be capable of just to see how Todd will write about it."





B.C. Vasquez: What did you think of the top male bodybuilders of the time – Arnold Schwarzenegger, Frank Zane, Lou Ferrigno, Franco Columbu, etc.?

Jan Todd: In the late 1970s Terry and I would sometimes come to Santa Monica and train at Golds or Worlds. The only one on the list above I can say I really trained with was Frank Zane—and that was only once as I recall but we obviously knew and admired all four of them, and have been friends with all of them for many years. Since Terry and I began running the Arnold Strongman Classic in 2002—which I've continued to run since he

passed away--I've actually seen more of these bodybuilders from the "golden era" than I have some of the powerlifters of the 1970. As for working out with Frank-- I had done heavy squats that day and I normally followed those with heavy partial deadlifts in the rack that I pulled from two positions. Terry and Doug Young were also there as I recall, and Frank became interested and asked me a bunch of questions about what I was doing because my traps were so large at that time. Later, he made mention in one of his articles that he had started doing heavy partial deadlifts to build his traps and that he'd learned it from me. It made my day, to see that in print. I've also trained some with Bill Pearl who I have great admiration for.

B.C. Vasquez: What did you think of female bodybuilders of the time? Did you ever train with any of them?

Jan Todd: Cory Everson remains my favorite bodybuilder from the "Golden Era. The evolution of her body was simply amazing. I first met her when she was still in college on the track team and had not yet started bodybuilding. Her first husband, Jeff, was a strength coach, and because Terry and I were also involved with that community, we became friends. She and I have stayed in touch over the years—see each other at the Arnold generally-- although I don't see her as much as I'd like. The last time I was with her, sadly, was at Franco Columbu's funeral, when she and Teegan Clive and I all sat together. It was a very sad day...but made better by the fact that I was with two women I so admired. [Full Interview at www.ironmanmagazine.com](http://www.ironmanmagazine.com)



BC Vasquez's experience in the iron game spans nearly four decades. He began as an aspiring natural bodybuilder in high school, and transitioned to a competitive drug-free powerlifter in college. As a strength trainer and nutrition consultant, he has developed sport-specific programs for champion athletes to maximize their athletic performance without the use of performance enhancing drugs. While he has successfully advised and trained athletes in many different sports, he is most recognized for his accomplishments with champion powerlifters from 1990 to 2010. He remains active in the iron game by advising bodybuilders, powerlifters, and training his oldest son, an aspiring strongman.

TIFFANY STOSICH

PNBA PHYSIQUE PRO

"GOOD THINGS COME
TO PEOPLE THAT WAIT,
BUT BETTER THINGS COME
TO PEOPLE THAT
GO OUT AND GET THEM."



A full-page photograph of Kayla Rowling, a PNBA Bikini Pro, posing outdoors. She is wearing a black bikini top and bottom, and a yellow and black plaid long-sleeved shirt tied around her waist. She is leaning against a large, textured tree trunk, with one leg bent and her foot resting on the ground. Her blonde hair is blowing in the wind. The background is a lush, green forest.

KAYLA ROWLING
PNBA BIKINI PRO

IRONMAN
IRONMANMAGAZINE.COM

"WE ARE WHAT WE
REPEATEDLY DO.
EXCELLENCE, THEN, IS NOT
AN ACT, BUT A HABIT."





STOP — EATING — ADDED SUGAR

For greater gains and improved health, it's time to pass on added, processed sugar and learn the new rules of eating!

By James De Medeiros

When it comes to building muscle, the one thing no bodybuilder should ever be without is energy. In its simplest of forms, sugar is a carbohydrate, which is a simple source of energy. But sugar is far from simple. What was once a rare part of the human diet, sugar has now overtaken everything we eat. Culturally, the world has a sugar problem. Don't believe it? Let's look at the real impact

of sugar on the average person's diet. According to the American Heart Association, the typical American adult consumes an average of about 77 grams of added sugar each day. That's more than triple what the recommended daily amount is for women! All that sugar adds up. Over the course of just a single year, the average American consumes upwards of 60 pounds of added sugar.

And, this occurs each year. How much is that really? Let's put it into perspective: You'd need to buy about 115 McDonald's Big Macs to get to 60 pounds. That's a lot of added sugar! Now that you know about the prevalence of sugar you may be thinking that you'll simply be on the lookout for it so it's no big deal. After all, it should be pretty easy to know if something you



are buying at your local grocery store has processed sugar in it, right? You should plainly see the word sugar on the ingredient list and be able to judge for yourself if what you're about to buy has processed sugar in it, right? Wrong. Sugar has many names and many forms. In fact, there are 61 different names for sugar.

Immediate Impact

What does sugar really do immediately after you eat it? While some old school thinkers may believe that you need to overconsume sugar for the immediate energy jolt, it comes with a lot more than just a burst of power for the next hour. Let's take a look at sugar's immediate side effects.

Sugar Rush: Sugar gives you an energy jolt, but that jarring isn't long-term nor good for your body. While you'll have that

community call this a sugar hangover.

Inflammation: Usually when you hear this word, it's associated with joint pain, but in this case, too much added sugar in your diet has been linked to inflammation in the brain that causes memory lapses and slowed cognitive function.

Long Term Problems

The main reason we're telling you to stay away from a diet high in added sugar has little to do with today. In fact, there are a host of problems with consuming too much added sugar. Let's look at sugar's long term side effects.

Weight Gain and Obesity: More added sugar in your diet means more calories, which means weight gain. There's so much more to it than that, though. When your diet is high in processed sugar, you get fast tracked to obesity, which has a

Diabetes: A steady dose of added sugar in your diet makes you a prime candidate for diabetes. This is primarily because all that added weight and processed sugar damages your liver and is ushering you into obesity. The end result is a collection of issues, including diabetes, obesity, liver disease and much more.

At a glance, the above lists should be enough to stop anyone from letting added sugar take control of their diet. But it doesn't even make a dent in the reckless consumption of sugar worldwide—especially for bodybuilders who don't look at the labels of many of the pre and post workout supplements they consume.

Processed, added sugar is indeed quick energy, but it's also cheap and fleeting energy. What you need to focus on is getting all your nutrients, including sugar, from natural sources that follow the balance outlined in the following rules.

“When you bounce from sugary food to sugary food, you’re putting a lot of pressure on your brain. That results in a roller coaster of glucose that your brain has to account for, which causes headaches.”

rush, the impact it makes on your heart should be very alarming to all of us. In some extreme cases, sugar rushes have even been linked to causing heart palpitations.

Sugar Crash: If you've ever relied on sugar to give you the aforementioned boost, then you've definitely also experienced the crash that comes after it. The end result of that rush into a crash is difficulty concentrating, low productivity, irritability, hunger and even anxiety.

Headaches: When you bounce from sugary food to sugary food, you're putting a lot of pressure on your brain. That results in a roller coaster of glucose that your brain has to account for, which causes headaches. Some people in the medical

host of further side effects. The greatest curse that a diet high in added sugar will drop on you is obesity.

Liver Disease: Your liver takes unused sugar and converts it into fat causing a fatty buildup in your abdomen, which can lead to liver disease. There's even been research that has indicated sugar is as bad for your liver as alcoholism.

Bone Damage: A diet that's high in added sugar is a precursor to weakened bones. Your body will end up not retaining the calcium, vitamin D and magnesium it needs, ultimately impairing bone formation. This all leads to greater risk of serious injury later in life from the damage it does to your bones, teeth, skin and organs.

The New Rules of Eating For Gains

Rule 1: Big meals are out; smaller portions are in.

You know that lethargic feeling you get after a big meal? You won't be experiencing that anymore. Instead, by eating five to six smaller meals each day, you'll keep your energy high and satisfy your appetite throughout the day. According to the Cleveland Clinic, eating smaller meals throughout the day will also stabilize blood sugar levels and make your metabolism more efficient. All of this means your body will be running at optimum working order to use what you give it and not crave anything more.

Rule 2: Drinking calories is out; drinking for hydration is in.
Thirst is often one of the biggest reasons

we snack, so staying hydrated is key to this plan. According to the National Center for Health Statistics (NCHS), 6 in 10 youths and 5 in 10 adults drink a sugar-sweetened beverage every day. The study concluded that sugary drinks account for an added 143 calories each day for youths and 145 for adults. Regular consumption of sodas and calorie-packed, flavored coffees are not a part of a healthy lifestyle. Instead, you should be drinking water, unsweetened tea, moderate amounts of fruit juices and coffee without sugar. Aim to have about an ounce of water for every pound you weigh every day if you're being active. If you're not working out or doing any cardio, your minimum should be half an ounce of water for every pound you weigh each day.

Rule 3: Fake food is out; real food is in. Processed foods have become a staple of so many diets. You don't need that in your life. Researchers at the American Heart Association found that ultra-processed foods account for more than half of the average American's diet. Furthermore, they found a link between these processed foods and worsened cardiovascular health. According to the research, for every 5 percent increase in calories from

ultra-processed foods a person ate, there was a corresponding decrease in overall cardiovascular health.

Rule 4: High carb is out; high protein and healthy fats are in.

While carbs are not the enemy specifically, they can be the reason you aren't in optimum health. Eating a diet high in carbs spikes your blood sugar levels, causing your body to create more insulin and save the additional glucose as fat. Eating a diet rich in lean proteins and healthy fats, by contrast, actually makes you healthier.

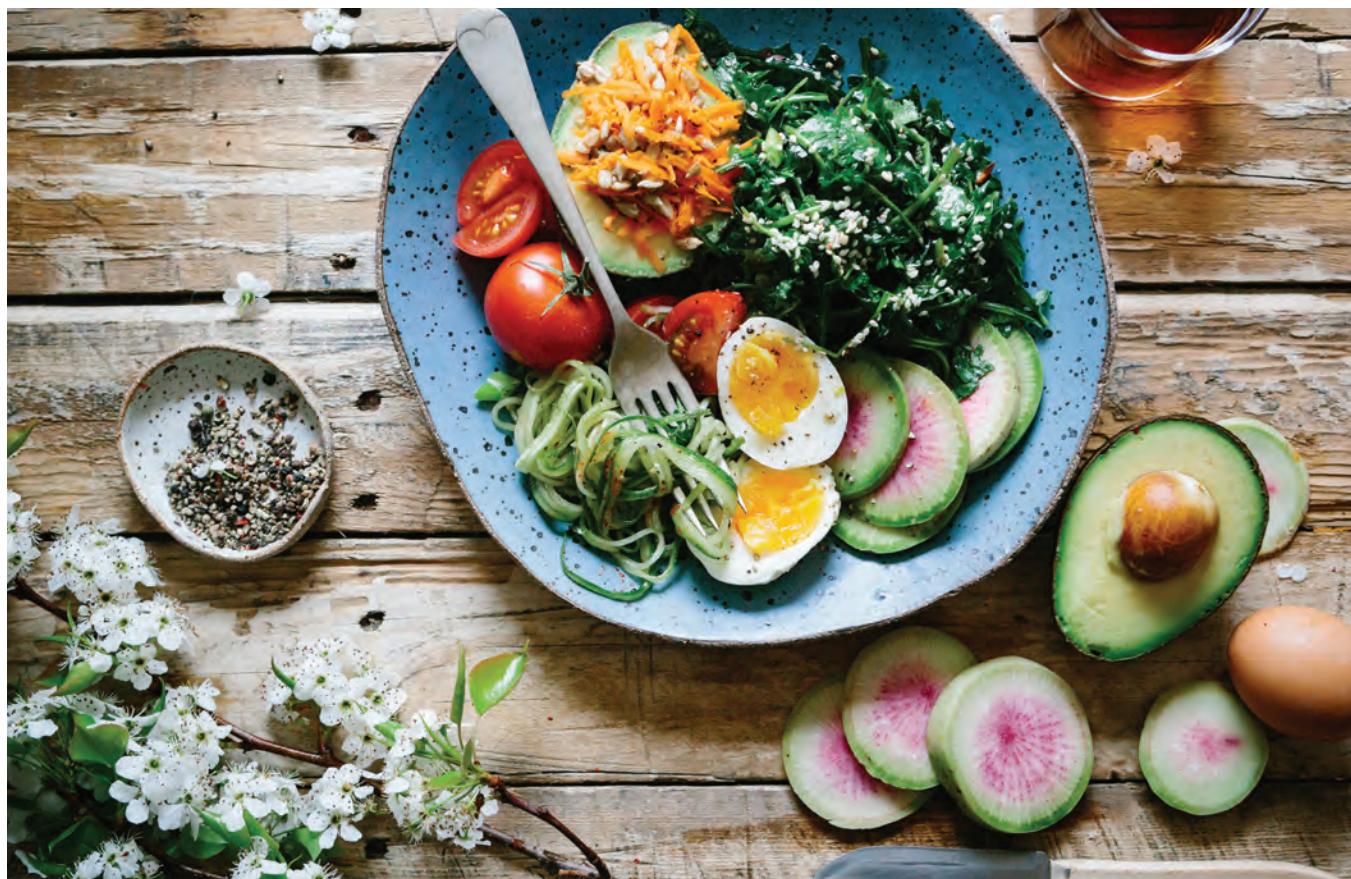
Rule 5: Late night snacking is out; earlier eating is in.

Snacking late is usually a symptom of a diet that's high in sugar. The urge is there because you're bouncing from sugar to sugar instead of creating a steady level of satiety through eating smaller, protein-rich meals. Eating larger meals, especially late at night, puts you at a higher risk of overeating and selecting unhealthier foods according to researchers at Harvard. This is why you crave the worst snacks when you're up late and starting to feel hungry. When you eat earlier and pack your diet with nutritious meals and snacks, you mitigate these cravings.

The Bottom Line

When you make an active choice to embrace natural foods and avoid a diet that's high in added sugar, you can expect some immediate and long-term gains. What will you look and feel like in the months and years down the road of the no-sugar lifestyle? Here's what you should expect:

- You'll be more active and healthier.
- You'll be stronger, leaner and more ready to build muscle and endurance than at any other time in your life.
- You'll have better, deeper, more restful sleep.
- Your tastebuds will have changed to the point where you no longer crave sugary snacks all the time.
- You won't want to drink alcohol as much as before.
- Your body will carry fewer triglycerides so your abdomen will be leaner, your liver will be healthier and your cholesterol numbers will be way lower than before.
- Your heart will have less fat buildup around it (is linked to heart disease).
- Your teeth will be whiter and you'll have fewer dental surgeries (because processed sugars are the primary food source that cause cavities and tooth decay).
- You'll have literally added years to your life—seriously.







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CASH AND PRIZES PLACEMENT POINTS

Beyond 50 Training

By
Dr. Peter Cichonski

The battle between mature muscle and age related muscle loss (sarcopenia)

Why it's harder to add muscle mass and strength as we age and how to fight it!

You are no longer a rookie at the iron game, you've developed into a seasoned veteran. You've had a few battle scars along the way but have finally reached a state of muscle maturity. This can be your secret weapon and hidden gem to look your best.

Mature muscle can take years to develop but how long can it be maintained? If you're north of 50 and new to the iron game how much muscle mass and strength can you gain at this point in your life? There is no one size fits all answer, but we all face the same common opponent, sarcopenia.

**SARCOPENIA (1,2) is a natural progression of an inability to build muscle mass and increase strength as we age.
Research shows that sarcopenia has no single cause, but may be multi dimensional.**

This article is intended to equip you with the research and tools you will need to maximize your ability to continue gaining both muscle mass and strength well into your 60s, 70s and beyond.

Let's review some of the most researched causes of age related muscle and strength loss and how you can take action against them.

1. Injury, bedrest, Inactivity(3).

Let's start with the low hanging fruit. It is vital to be consistent. Did you know that in as little as 10 days on bed rest recovering from injury, illness, joint replacement or just plain laziness can reduce muscle mass by 7% in a healthy older adult. That can equate to 10 pounds of hard earned muscle in an average healthy 175 pound male.

Take action:

Be consistent with your regimen of resistance training. If you have a sedentary job/lifestyle, make physical movement a part of your day. It can be as simple and easy as every time you get up to use the bathroom, perform a set of 10 squats in the bathroom. If recovering from illness or injury, there are numerous techniques that can be done while bed ridden. Try isometric exercises or the use of blood flow restriction training. get more information on this fountain of youth training principal at bstrong.training/ironman (See my full article in the winter 2020 issue of Ironman Magazine).

2. Anabolic Resistance.

In simple terms, it takes more dietary protein to build the same amount of muscle as we age because our body's sensitivity to protein diminishes with age.

Take action:

To overcome this decreased dietary protein sensitivity, include the ingestion of rapidly digested proteins such as an essential amino acid (EAA) supplementation and/or greater protein ingestion with each main meal to maximally stimulate muscle protein synthesis.

3. Declining anabolic hormones(5).

A Systemic response to aging includes a natural decline of anabolic hormones, most notably testosterone and growth hormone. Your body's natural testosterone production can drop by 1 to 3% per year and can begin as early as your 30s. Growth hormone secretion can decline on average by 14% per decade after the age of 30.

Take action:

Get to bed on time, one study shows just one week of 5 hours per night of sleep instead of 8 hours, decreased testosterone levels by 10 to 15%.

Less stress - stress causes cortisol, a catabolic hormone which breaks tissue down, to be released. Cortisol release opposes testosterone release which is an anabolic hormone. Simply stated, more stress equals less testosterone.

Eat more saturated fat. This might sound counterintuitive, but all hormones are made from cholesterol. Studies reveal higher saturated fat with lower dietary fiber increases testosterone production. Focus on getting in some natural saturated fats from healthy sources such as dairy products, red meats (beef and pork), along with coconut oil.

Eat plenty of zinc rich foods, great choices for zinc include grass fed beef, yogurt, lamb, chickpeas, pumpkin seeds, cashews and oysters. HIIT Training versus chronic cardio.

Blood flow restriction training maximizes natural growth hormone output (bstrong.training/ironman)

4. Inflammation(6)

As we age our bodies can develop constant low level inflammation. This chronic inflammation can affect muscle mass and strength negatively. Several common inflammatory conditions include obesity, insulin resistance and diabetes.

Take action:

Avoid or limit refined carbohydrates such as white bread, pasta and pastries. Fried foods like french fries. Soda and other sugared sweetened beverages as well as processed foods.

Implement anti-inflammatory foods into your diet, great choices include:

- green leafy vegetables such as spinach and kale.
- nuts (almonds and walnuts)
- Fatty fish (salmon, mackerel, tuna, sardines)
- Fruits and berries such as strawberries, blueberries, cherries and orange

In Summary, as we age our nervous system becomes more inefficient, our muscle quality decreases, our anabolic hormone secretion decreases, our bodies develop chronic inflammation and we develop anabolic resistance. Your best defense against sarcopenia is a good offense. Get plenty of natural light exposure, be consistently active, maximize good nutritional habits and get plenty of sleep. These key principles will help you maintain your mature muscle well into your 60s 70s and beyond.

1 - Michael McLeod et al. *Biogerontology*. 2016 Jun.

2 - Advances in Nutrition, Volume 6, Issue 4, July 2015, Pages 452–460, <https://doi.org/10.3945/an.115.008367>

Published: 07 July 2015

3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6978603/>

5. Nervous system inefficiency.

Like all other bodily systems your nervous system slows down with age. Your muscles contract only because electrical signals pass from your brain through your nerves to your muscles. Think of aging as a gradual “brown” out of your nervous system where the muscles don’t get the same amount of current to maximize muscle contraction. It’s extremely important to make sure all of the nerves from the brain to each individual muscle have a clear path. Tight muscles, tight joints, decreased flexibility and scar tissue can all have an impact on delivering that signal.

Take action:

Refer to my article in Ironman magazine April 2019 for an action plan. Do something consistently every day (foam roll, stretch, yoga etc.) Once a week add something to your daily routine like a yoga class or an extended session of stretching. Once a month add to the prior two such as a full body massage or a tuneup from a biomechanical specialist/chiropractor



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If you've picked up a magazine or watched TV, you've seen Kathy Smith. But beyond her unmistakable smile and figure, there's so much more. When a plane with Smith's mother and stepfather burst into flames in a farmer's field shortly after the passing of her dad from a heart attack, she was understandably grief-stricken. Smith, just entering adulthood, looked for ways to cope including going on daily runs where she noticed her confusion and depression subsided, replaced by a passion for exercise. That passion led her to an exercise studio where, flanked by Jane Fonda and Barbra Streisand, Smith found the classes infectious. Eventually she began teaching a class and an offer to make an exercise record quickly followed. With VHS emerging, Smith shot the first of what would become more than 100 video workouts. To date, her workout tapes and DVDs have sold more than 16 million copies and with ever-changing fitness trends and technological advancements such as livestream workouts, she's far from resting on her past accomplishments as she revealed in this exclusive interview.

GET FITTER WITH KATHY SMITH

Q: You've seen the fitness industry evolve. How do you feel about social media being the platform many go to now for fitness advice and workout videos?

A: After a long day, it can be tough to garnish a spark of motivation to workout, and when you log into Instagram or TikTok and see other people working out, it can be just the encouragement you needed to put on your workout shoes.... Also, I love the support group aspect of social media.... Getting inspiration and support from a virtual group can turn into a motivating factor that can lead to success. On the other hand, because social media posts can go viral, the Internet is full of misinformation about fitness and nutrition that can spread quickly around the globe. Another downside is that social media can also cause workout intimidation.

Q: What's your workout like today?

A: You name a fitness activity or sport, and I'm usually ready to participate. Strength training? Yes. Yoga, kickboxing, Barre, running [and] HIIT training? A big yes! Walking 500 miles across Spain on the Camino de Santiago last year or climbing Mt. Kilimanjaro ... what can I say? I love adventure.... I [also] love training with B Strong Blood Flow Restriction bands, because I get the physical benefits and mental exhilaration of a high-intensity workout in a very short amount of time, without muscle soreness, crash or fear of overtraining. The fatigue comes quickly without having to lift heavy weights.

Q: Tell us more about Blood Flow Restriction (BFR) training.

A: BFR works by using the inflatable elastic bands to safely slow the flow of blood to your working muscle. While the blood flow is restricted, you do short bursts of simple, low-load exercise that don't require much intensity to become intense. As blood accumulates in the muscles you'll experience a pump and lactic acid will build up, causing you to feel a burn comparable to intense anaerobic training. The strong fatigue signal you will experience after-

ward tricks your brain into thinking that you did a much harder workout and it will trigger a natural hormone cascade to repair and recover from the perceived heavy load, even though you put far less actual stress on your body. The increase in growth hormone circulating in your blood will impart benefits to your whole body, not just the limbs you were exercising.... [The] safety of the BFR tool is imperative. Jim Stray-Gundersen, MD, designed B Strong BFR Bands to be a safe and effective tool so that everyone could reap the same rewards of training as Olympians.

Q: Why B STRONG?

A: Blood Flow Restriction uses bands ... something that looks like a blood pressure cuff ... placed around the arms and legs to maintain arterial inflow to the muscle while restricting venous return.... While the idea has been around for decades, it's only now that we're seeing it becoming more mainstream ... and largely because of the expertise of Jim Stray-Gundersen, MD, and his 30-year career in maximizing human performance at the highest level of

sport. Jim recognized early on the powerful impact of BFR in the Olympians he was training, and realized how BFR could revolutionize fitness for everyone if there were a safe and effective and affordable tool available. He and his partner developed B Strong BFR to meet all requirements of safety and efficacy.

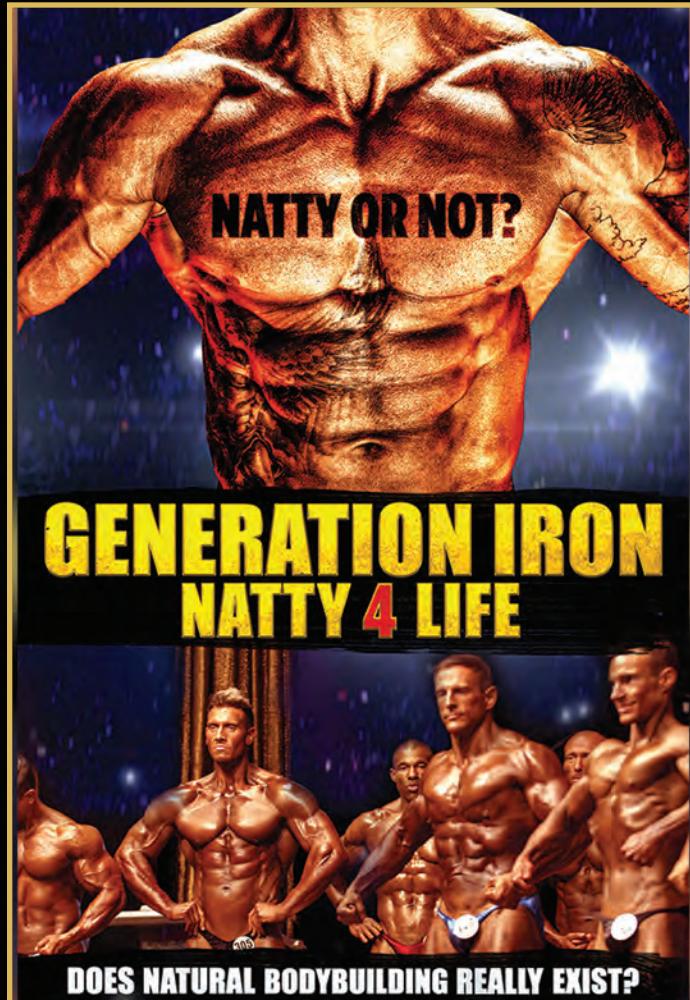
Q: What exciting projects are you working on?

A: I'm more passionate than ever about creating exercise and nutrition products to help people redefine the expectations of the 40s, 50s, 60s and beyond.... Fit Over 40 is a free program that includes 14 days of workouts, from walking to HIIT ... from barre to abs routines. All members have access to a private Facebook community of over 60,000 other encouraging people to provide a dose of inspiration and accountability. By the way, you can add B Strong bands to any of these workouts! (KathySmith.com/FitOver40) One Meal at a Time is my new book ... a complete eight-week meal plan and recipe book with both plant-based and traditional protein options for every meal. (Shop.KathySmith.com) ReShape is an all-in-one fitness app. Fit body, fit meals and fit mind. Everything at your fingertips. (KathySmithReShape.com)

Q: How do you see the world of fitness evolving?

A: Now more than ever, we're seeing a synergy between workout centers and virtual workouts.... I see that streaming workouts will become more robust, and there will be more thrilling fitness experiences.... The future of fitness is all about knowing what's happening on the inside. Knowing your blood sugar levels, HRV, sleep patterns and cortisol responses (plus so much more) is all possible now thanks to the new wearable technology. It's no longer about just what's happening on the outside with muscle development, body fat and weight. I love that we're now focusing on full-body health, and looking at fitness in more than just the physical aspect.





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Meshack Ochieng

Victorious Return To The Pinnacle Of Natural Sports

Meshack Ochieng shocked the natural bodybuilding world with his overwhelmingly impressive combination of muscle development, shape, and conditioning in the professional bodybuilding division at the 2020 Natural Olympia. The 37-year-old brought one of the greatest natural physiques of all-time to defeat an incredible line-up of champions. Ochieng is originally from Kisumu, Kenya, and came to the USA in 2012. While Ochieng is one of the top natural bodybuilders in the world, what really stands out is his kind, humble personality, intelligence, and appreciation. His journey to the top of the natural bodybuilding world has been nothing short of amazing and he explains his journey to the top in this Iron Man

He currently lives in Madison, Wisconsin, and maintains a very busy life in addition to bodybuilding, working as an exceptions handler for Exact Sciences Laboratories, a personal trainer, and he is taking courses to become a registered nurse. In addition, he also has a son in Kenya named Dennis.



Iron Man: You brought your absolute best to the highly competitive pro bodybuilding class at the Natural Olympia. How were you able to seize the title and what did you think of your competition?

Meshack Ochieng: The 2020 Natural Olympia had the best natural athletes in the world. Shevon Cunningham, Rob Terry, Jay Brew, Q. Wilson, and Ivan Puga, all are world-class athletes. Fortunately, I have studied them for a while and knew their strong points and their weaknesses. My worry was the fact that they were competing weeks and months before the Natural Olympia. Naturally, athletes get better from show to show. This made me work extremely hard and focus more on all the details that come with competing. All the athletes had different strengths in different areas. Rob is a huge guy weighing more than 50 pounds than me. Shevon has the best genes in bodybuilding, having both muscle density and a ripped look. Jay has ripped all-around. I had to combine all these strengths, mass, and the conditioned look, to overcome them. For the first time, I competed at 173 pounds, three to four pounds heavier than my normal contest weight. Most of the time I'm known to bring the muscle density onstage, but I knew I was going to face people with different strengths so I had to combine the two.

Iron Man: What did you consistently focus on in order to stand out amongst your competition?

MO: Posing is one area that I had to focus on from the time I lost the Natural Olympia in 2015. I have the best physique, but I have weaknesses just like everybody else. I had to sit back and look at the videos and photos of my previous shows. I identified a few areas that made me lose the show and other shows too. I had to get someone to have a look at me. That's where my friend Matthew Burdess came in. We worked on a few changes on presentation and tried applying that in 2018. Surprisingly I won all the nine titles that year. After that, I knew I was ready to face the Natural Olympia with confidence. Practicing posing all the time was a plus for this win.

Iron Man: What does the 2020 PNBA Natural Olympia Bodybuilding Champion title mean to you?

MO: Winning the PNBA Natural Olympia 2020 was an unexpected event for me, but with the help of my sponsors Hardbody supplements, and close friends like Alik Pliner and Jerome Drakeford, I managed to win the title I've trained for in so many years. When I started lifting weights, my dream was to win every title that is available in natural bodybuilding. After winning Mr. Kenya back in 2012, I knew I was capable of standing next to the best natural athletes in the world. Even though I was told by many that it's not possible to reach that peak naturally, I knew it was possible. So I did the Natural Olympia twice, in 2014 and 2015, with no success. Now even with the pandemic, I was able to bring my best and win the title and achieve the ultimate goal in my natural bodybuilding career. I wanted to compete in 2020 to mark the 20 years of training and competing.

IM NATURAL OLYMPIA



Iron Man: What challenges did Covid-19 present for your training or competing and how did you overcome them?

MO: The 2020 contest season was unpredictable. I set my goals to compete in a few shows leading to the Natural Olympia, but with Covid-19, I had to drop everything in my plans. I had reduced hours at work, traveling rules changed, and gyms were closed. Fortunately, things started opening again and I found myself back in the gym, even though there were rules that I had to follow. I did a photoshoot in September and that's when I realized that I couldn't still compete. With my method of training and nutrition that I follow, it was easy for me to get back into shape within no time.

Iron Man: Can you tell us about the style of training you use?

MO: In the off-season, I train four days a week. I focus mostly on strength with the sets ranging between four to five per workout. I train each body part once a week with reps ranging between five to eight, depending on the body part. This is also the time that I improve on my weaknesses. Even though it's strength training, I try my best to keep the form intact. Doing heavy sets doesn't mean lifting more than you can handle, that's where people get injuries. Training is split into back and triceps; quads, hamstring and calves; and chest and biceps. I don't always train abs during the off-season. Once in a while, I will train abs with no weights as I want abdominal development but without thickness. I also find that they get worked since they are stabilizers for everything from squats to triceps pushdowns. As a short bodybuilder, my biggest challenge has always been to create a great v-taper. I've been doing my best to widen my chest, back, and shoulders while tightening and narrowing my midsection. In the offseason, I try to build and spare muscle as much as possible, so my cardio is relatively short consisting of 10 minutes biking or StairMaster twice a week.

Iron Man: How does your training change when you are getting ready to compete?

MO: Normally it takes me four to six weeks to get ready for a show. During this period, I will train six days a week with each body part being trained three times a week. I will combine two to three body parts per workout. This is also the time that I include cardio. The sets will be 3 per workout with reps ranging from 10 to 20. This is the time I will be adding more workouts in the mix. This way, I will be hitting every angle on each muscle group. With each body part being trained three times a week, it's easy to alternate workouts each time I train. For me to be able to perform my workout within my scheduled time of one hour and 30 minutes, I superset most of the workout during this time. Resting between sets is around 30 to 45 seconds.

Iron Man: Can you tell us more about your cardio training?

MO: During the off-season I try to build and spare muscles as much as possible, so my cardio is relatively short consisting of 10 minutes biking or StairMaster twice a week. When getting ready for a show, I prefer HIIT over the longer period cardio. I mostly do cardio only when I'm getting ready for a show. My number one cardio machine is the StairMaster. I feel like I'm working my quads, calves, and glutes rather than just burning calories. Then followed by spin bike, treadmill, or just jogging outside when the weather allows. Normally I will be doing 10 to 15 minutes of cardio each time after my workout is over.

Iron Man: How much does your body change between the offseason and when you compete, and what do you do differently to get in competition shape?

MO: My weight during the off-season is around 180 to 185 pounds. This to me is being heavy, even though you can still see some definition in my physique. I only lose 15 to 17 pounds to step on stage. Staying in this 15-pound range makes it easier for me to get ready for a contest. I don't have to change much during the transition. The number of calories will change but the food remains the same.



Iron Man: How would you describe your nutritional plan?

MO: Over the years, I've used the same diet plan during off-season and contest season. During the off-season, I normally take 2100 to 2500 calories every day except for the cheat days, I go overboard. Most of the calories come from carbs as I need more energy to perform the heavy sets. During the contest season, I reduce my calories to between 1700 and 2000. My macros at this point are 55 percent protein, 30 percent carbs, and 15 percent fat. My food revolves around oatmeal, eggs and egg whites, kale, mixed vegetables, chicken breast, ground turkey, and rice. For the supplements, I use whey protein isolate, Generation Green Formula, Peeled, Black Label Accelerator, Ripped to Shredz, all these are supplied by my sponsor's Hardbody supplements. On top of these, I also use a multivitamin, fish oil, and joint supplements like turmeric.

Iron Man: How did you get started training?

MO: I started training as a bodybuilding athlete way back in 2000 through the help of my brother Mike. This was a way to keep myself busy as I had dropped out of school due to lack of school fees and I wanted to find a way out as a sportsman. I got attracted to being a sportsman after watching others excelling in different sports around the country. Bodybuilding was the one that I picked after trying different disciplines. Having the physiques like the fellow Mr. Kenya champions Bokassa Onyango, John Odur, Shem Chwuya, Chris Taabu, and Mickey Ragos got me more attracted to bodybuilding than anything else. I would be spending time going through old magazines to find pictures of these championships.

Iron Man: What was it like training in Kenya?

MO: The gym we trained in was a nightmare. We didn't have an equipped gym like what we have everywhere now. The weights were made of bricks and building blocks. Bars were just wooden rods. It wasn't easy to know the weight we were lifting, it was just going by the look of the weights. We would mold dumbbells and we would make benches from timber and wooden rods. After a few years, Mike and I upgraded our gym to a better one. Now the weights were made of scrap metal with dumbbells and plates made from brake pads. I can say that's the gym that molded me to be who I am today. We had no idea what to eat to achieve muscles and apart from that, there was no money to even make a change in nutrition. We ate just like any other person walking on the street, three meals a day with no mention of protein, carbs, and fat. We just ate anything on the table that looked like a meal. Even though we made things by ourselves, the energy and passion we had made us champions, not just in Kenya but across East Africa. That small 20 by 20 gym produced Mr. Kenya through me, my brother Mike, and later on my training partner Rashid Issa, who won the title twice.

What are your plans in the future for competing?

MO: Now with the Natural Olympia title in my bag, I feel like I've achieved my goal in natural bodybuilding. I will keep training and see what the year 2021 will bring. Can I be like Kiyoshi, I'm not sure yet. I have few things to take care of in my life before I go back onstage. I will be visiting with my son Dennis Ochieng in Kenya. I miss him a lot. The Natural Olympia was dedicated to him. I'm also pursuing my dream of being a registered nurse. My online coaching is getting better now after winning the Olympia title. I want to be able to do more for my online clients. The title brought a name to my business and with what's going with the Covid-19, most people are afraid of going to the gym so online coaching is the way to go.

Any general tips for anyone who wants to get involved in the natural bodybuilding lifestyle?

My advice to the upcoming athletes, be yourself. Don't let pressure from others influence your decisions.

Listen to your body if you want to stay long as an athlete. Your body is a temple of God, take care of it.

Iron Man: How did you come to the USA?

MO: After competing in Kenya and few countries around Africa, I started getting invitations to attend shows in other countries. Years after winning almost all the shows in Kenya, a friend by the name Philip Pittman contacted about visiting Kenya. He came to visit one of the orphans in Kisumu and see me and my family. Being his first time in Kenya, I received him at the airport, showed him around, and taught him how to eat Ugali and a whole tilapia with the head on. After visiting for a few days, we started the process of acquiring a visa. I got denied twice before getting it on my third attempt. Philip Pittman and the PNBA made it possible for me to step foot in this country. I had a few friends that also contributed immensely towards my bodybuilding career. It wasn't easy learning new things here. The food was completely different and I had to find ways to avoid messing up my physique. With the kind of living culture here and driving everywhere, I had to include cardio as part of my contest plan.

Iron Man: What was it like competing in the USA for the first time?

MO: I remember my first show in USA was kind of a shock to many at the show. No one knew who I was then. I had just been in the country for few months before I decided that I was going to get my pro card through PNBA. The show was in St. Louis Missouri, the Gateway Naturals. No one expected someone with such muscle density to compete in a small show like the Gateway. Most thought that I was there as a guest poser but nope, I was there to get my pro card. That started the journey of Meshack to the natural pro bodybuilder. In PNBA, I went ahead to win North American pro, the Natural Universe three times, and I was in 4th place at the Natural Olympia in 2014 and 2015. I have rubbed shoulders with some of the best natural bodybuilding athletes in the world.

Iron Man: Can you tell us about being a natural champion and what it means to you?

MO: There are a lot of stories to tell about life as a natural bodybuilding athlete. I have had so many people ask what I use. Some will call me aside and in a low tone ask me my secret. Before I respond, they will go on and on about the cycles they use and how they're not seeing big change. They will get mad at me for saying that I have no idea about drugs and the cycles. The only regret I have is that I have no photos of my first shows. I have been finding it hard to explain to people that mine has been a journey full of trial and error. I wasn't born with muscles. But at some point, I looked back at how my dad was built naturally and said to myself that if I can work hard and find the best routine for my genes, I would be one of the best bodybuilders in the whole world. In grade school, I wasn't good at any sport. I was good academically though. Sport only came into my mind after realizing that my education was ending. Without the sport of bodybuilding, I wouldn't be back in school like I am now. I wouldn't be known by 90 percent of the people who know me now. I love the sport with all my heart and wish that a day will come that all the federations will unite for the sake of athletes.

GLOBAL PNBA PRO RANKINGS

PNBA MEN'S BODYBUILDING

Kiyoshi Moody 6x (USA)
Philip Ricardo 4x (USA)
Rob Terry 3x (USA)
Michael Waddington (AUS)
Meshack Ochieng (USA)

PNBA BIKINI

Nicole Butcher 3x (USA)
Kayla Rowling (USA)
Misti Weatherford (USA)
Rupa Hulet (USA)
Christina Drob (USA)

PNBA MEN'S PHYSIQUE

William Long 2x (USA)
John Tsui (USA)
Joseph Ortiz (USA)
Daniel Zigler (USA)
Colin Congo (USA)

PNBA FIGURE

Veronica Malloy 2x (USA)
Iaisha Kimble (USA)
Alondra Chatman (USA)
Angela Wiseman (AUS)
Sherrie Bingham (USA)

PNBA CLASSIC

PHYSIQUE

Brandon Lirio 3x (USA)
Alexander Malinovskiy (USA)
Richard Lopez (USA)
Tamer Barakat (USA)
Jan Caha (CZE)

PNBA

WOMEN'S

PHYSIQUE

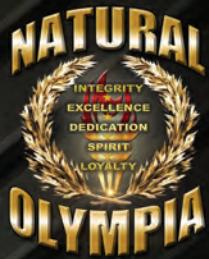
Tiffany Stosich (USA)
Heather McGivern (AUS)
Kim Prince (AUS)
Sarah Taylor (AUS)
Karen Wellsted (AUS)

PNBA

WOMEN'S

BODYBUILDING

Jill Kolivoski 5x (USA)
Marry Su (USA)
Shantelle Burgermeister (AUS)
Celine Richard (CHE)
Niki Zamagia (GRC)



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NATURAL OLYMPIA QUALIFIER



The Majestic Physique Of

laisha Kimble

laisha Kimble brought a spectacular physique to the stage to take the 2020 professional figure division at the 2020 INBA/PNBA Natural Olympia. This division is always one of the most competitive at the Natural Olympia, featuring a lineup deep with incredible athletes. Kimble has been an absolute shining star at the crown jewel of natural bodybuilding, coming in second in 2019 and taking the title in 2020. The 36-year-old licensed therapist from Nashville, Tennessee has been competing for six years and she has developed one of the best shapes in all of natural bodybuilding. She has quite a humble personality off stage and will surprisingly make your jaw-drop when she is on stage. Read more about laisha's journey to the Natural Olympia stage.

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Iron Man: Congratulations on winning the prestigious professional figure division at the 2020 INBA PNBA Natural Olympia! What does the title mean to you?

Iaisha Kimble: It means that I have one of the top physiques amongst natural athletes and that the work that I'm putting in means something, especially on this stage. It was an exhilarating feeling to hear my name as PNBA Ms. Figure Natural Olympia 2020! I was just so full, it was like a rush knowing that I was able to achieve that goal of mine. To come from second and then to win the following year with the gyms shutting down and being out of work, pushing through meant so much more with all of that going on.

Iron Man: It is quite an accomplishment, especially because your class is always stacked with top athletes! What did you think of your fellow competitors?

IK: I knew the ladies were going to be at their absolute best, so I focused on bringing a balanced physique, full shoulders, and bringing my legs in tight. Every female brought something incredible to the stage, whether it was their physique or stage presence. I didn't know what to expect going in because so many shows were canceled. I know it wasn't going to be the same lineup as the previous year. I was sure Courtney Spaeth was going to be there and I knew she was as hungry for that number one as much as I was.

Iron Man: How were you able to take the title and is it that allows you to stand out as a competitor?

IK: As far as standing out, I feel my shape is the first thing that catches the judges' eye, having the back width, small waist, and legs all complement one another. In the end, I feel that my entire package was very well executed, which allowed me to bring the title back. I think through practice, I shine on stage. I feel judges see that presence and that I'm comfortable on stage.



Iron Man: Your stage presence was outstanding. Were you always comfortable on stage?

IK: I'm a quiet person, so to be on the stage is like an alter ego. I have an opportunity to showcase my physique and I'm proud. I practice non-stop. I watch people, it's like researching how you want to present yourself on stage.

Iron Man: The idea of an alter ego on stage is a great concept that might help some people who struggle with bringing their best to the stage. How much posing do you do to prepare to compete?

IK: Posing is done year-round for me, but it is not as frequent at the beginning of the off-season. The closer I get to a show, the more I practice. I take every opportunity to pose because that's all I have to showcase myself. It has to be on point, flawless.

Iron Man: Did Covid-19 present challenges for training or competing and how did you overcome them?

IK: Since the gyms were closed my, workout routine consisted of resistance bands, my steps in the house, and a few moderate weights. I had to be creative because it was getting harder every day to stay focused and complete workouts. One of my competitions was canceled due to Covid-19. I lost two-and-a-half weeks with the show being canceled and I had to catch my body up to be where I should be at that time. It was kind of brutal, but I try not to focus on the diet, I'm more focused on the goal.

IM NATURAL OLYMPIA



Iron Man: Tell us about your competition history, what are some of the shows you have done in INBA PNBA, what are some of the shows you want to highlight or that you did well in, and in which divisions?

IK: This year will be my sixth year competing. In 2019 I had my first INBA PNBA competition. The Phillip Ricardo Legends Classic is where I made my pro-figure debut and gained my first professional win. This was a special show because I was competing with my teammate Sherrie Bingham, who piqued my interest in natural bodybuilding. I then went on to compete at the 2019 Natural Olympia and placed second. The following year, 2020, I competed at the Grand Canyon Classic, placing first and qualifying for the 2020 Natural Olympia. This federation has felt like a family from the first show, everyone was so welcoming and helping each other out. It just carries on from show to show.

Iron Man: You have had huge success in the sport, how did you get started training?

IK: My interest in weight training developed because I wanted to better myself physically, to gain some strength so that I may prolong my massage career. From there grew a love for the challenge that training brings. I went to my first competition in 2014 to gauge how I felt. During that show, I knew I wanted the challenge. I have always been into exercise. I have always had chronic back issues and I want to last in my profession, and I know that strength training is the way I can prolong my body. I went online, did my own research, and got involved. I just want a better, stronger, healthier life.

Iron Man: What got you to the stage and what were your first shows like?

IK: In 2016 I had my first local competition. In 2015 one of the biggest parts of me passed, my grandmother. Her belief in me, along with my dream got me to the stage. I knew I had what it took to push myself, so I committed. My first shows were very challenging and were also some of the best traveling and bonding years with my family. The challenge was partly because this was extremely new; the life, prep, cooking, groceries, and posing practice in addition to my workouts.

Iron Man: Can you tell us about the style of training you use?

IK: I train six days a week and it's a variation between heavy to moderate weight during prep and the off-season. Each day is a different muscle group, legs two times per week and alternating between shoulders and back two times per week. Sets could be 4 to 6, and the rep range anywhere between 10 to 20. I like to incorporate drop sets, supersets, and taking the sets to failure. Two days out of the week I work with my coach Tony Haines to give me that extra push and drive, and every session challenges me. During prep, my cardio can range between 30 to 45 minutes a session, depending on how my physique is progressing. My off-season cardio is gradually decreased to 30 minutes.

Iron Man: How would you describe your nutritional plan?

IK: My diet consists of five to six meals a day, and in the off-season sometimes up to seven meals with one-and-a-half to two gallons of water. It ranges between chicken, fish, beef, vegetables, and a carb. The food on my diet is tailored for my body with a specific goal in mind. Whether I am leaning out for a competition and decreasing calories, or clean bulking for the off-season and increasing calories, everything is weighed out evenly with my scale.

Iron Man: How much does your body change between the off-season and when you compete?

IK: I need a good amount of body fat to help with proper recovery and growth during the off-season because the main agenda is to grow, while still maintaining my diet. I go up to 10 to 15 pounds and we try to monitor the fat weight gain versus muscle mass. A lot of my mass is clean bulking and I get two cheat meals a week in the off-season. One is a clean cheat, something within my diet that is cooked differently and the other might be a burger and fries or pizza, something not clean.



Iron Man: How many years have you been training and competing and how do you stay motivated?

IK: I have seven years of training and six years of competing. The progress motivates me. My ultimate lifestyle is to be as healthy and fit as I can be, that's my foundation, to begin with. The sport just adds that challenge to life that allows me to keep growing. When you find your purpose for doing anything in life, then you can easily refer to it. I have been taught lessons that have spilled over into my personal life and vice versa. There is a new opportunity to strive towards every day in a sport that allows for so much growth. The knowledge I have gained in this sport allows me to guide others on their journey.

Iron Man: What goals are you currently striving to accomplish?

IK: At this point, I'm striving to grow within my profession as a therapist, nourish my home life, and continue living a healthy lifestyle. My focus on my career in massage and spreading the word of health and wellness. I feel I already do it on a daily basis. The more I learn with my profession and with the sport, it grows me as a person and I feel I am able to spread that knowledge. I would love to help as many women as possible to know how much strength training will benefit them. It is amazing how much this sport spills over into your personal life and depending on what you do as a career, it comes into play. My clients know what I'm doing and they start asking me questions and I am able to pass on what I have learned. When I hear the women taking up lifting weights and I hear about their progress, it excites me. I wish more women would see how much their bodies would benefit from it, now and in the future.

Iron Man: That is fantastic and you are a great role model and advocate for the lifestyle! Who have been your role models in the sport or life and why?

IK: Latoya Watts and Cydney Gillon are two women that inspired me when I first started, but now there are so many extraordinary women who uplift me daily through their words of encouragement or by them leading the way.

Iron Man: How would you like to see natural bodybuilding continue to evolve?

IK: I would love to see natural bodybuilding be recognized and seen as another platform for competitors to showcase their love for training and this sport. I want people to know INBA is a phenomenal organization that allows us to showcase our bodies as-is and our hard work, not what we put in our bodies.



Iron Man: That is fantastic! Any general tips for anyone who wants to get involved in the natural bodybuilding lifestyle?

IK: Don't hesitate if you are interested, but do your research and really know the level of commitment involved in competing. You can also take pride in knowing you are competing against people who are putting in the same work as you, no questioning if an athlete is assisted or not. Never be afraid to push yourself, even when you think you are done. This journey can be a crazy ride, but if you work hard and follow the plan with patience, I believe anything can be achieved!

Iron Man: What are your plans in the future for competing?

IK: As of now I am just planning on the 2021 Natural Olympia and spend this time improving my weak points. I'm trying to put on some good size to bring a true new physique from last year to this year.





Brandon Lirio

The Ultimate Trifecta

When you have become the Overall Professional Men's Classic Physique Champion (Mr. Natural Olympia) three years in a row, you've earned the title Legend in the making. His passion and love for the sport of natural bodybuilding has only driven Brandon to immerse himself into the industry. But what motivated him to defend his Natural Olympia title throughout the pandemic will resonate with every competitive athlete within the iron game and set your determination on fire. As Brandon continues to build his Battleground Fitness and Nutrition businesses, lead a competitive team of natural athletes as Captain of Team USA, and be the best for his wife, family, and friends the honorable induction to the Natural Bodybuilding Hall of Fame was the ultimate icing on his natural bodybuilding career.

Iron Man: Congratulations on winning your third consecutive Professional Classic Physique division title at the 2020 INBA PNBA Natural Olympia! What does the title mean to you?

Brandon Lirio: Being called Mr. Natural Olympia is an incredible honor all around. I never thought I would ever reach this height of my career. Every year, I make sure I enter the gym like I am a no-one because that's what I am. This industry is very much a "what have you done for me lately" pursuit and you're only as good as the last show. That means every year needs to be treated like it's the first!

Iron Man: You were in absolutely incredible condition at the show, what did you do to attain your conditioning?

BL: I had been handed a not-so-great placing for a previous show that year. I hung that medal over my cardio equipment with a simple note saying "Is this really good enough? Are you really done?" I looked at that thing every single minute on those machines and during my training for two months straight. When I came home with the win, I walked right over to that note and said out loud, "Yep" and I crumpled that sucker up and tossed it right in the trash.

Iron Man: How did you rise to the occasion during the Covid-19 pandemic as Captain of Team USA?

BL: This one is really quite simple. I asked myself "If I was on the team end instead of on the leading edge, what would I need to hear not to worry?" I just wanted everyone to know that it's okay to be a bit worried about the state of things, but even though we couldn't always see it, the light at the end of the tunnel was there waiting for us. We needed to have faith in the leaders within the INBA PNBA and just do what we do best, look good nearly naked!



Iron Man: You were also inducted into the INBA PNBA Natural Bodybuilding Hall of Fame in 2020. Tell us what this honor means to you.

BL: The pandemic ravaging the world took a lot of things from a lot of people. In the worst year of recent history, I was given a title that most never even come close to thinking about, Hall of Famer. This induction is a validation that my mark on an industry I love so deeply, and I can feel it in my bones, loves me back. It's an assurance that the mark it left on me, I was able to mark back. It is my life, my legacy, and yet it doesn't mean I'm done, it's just gas on the fire.

Iron Man: What does the INBA PNBA mean to you?

BL: The INBA PNBA family has allowed me to grow in ways I never thought possible. The family that allows us to represent them, the Kakos', have treated me like I am their blood and they continue to do that for countless others around the world. All they ask in return is one simple thing, be the best of your ability and play fair. I love this federation and all who are a part of my family within it, and I will until the day I leave this earth. Long live natural bodybuilding and long live the INBA PNBA!

IM NATURAL OLYMPIA



Iron Man: Tell us about how you feel when you are on the stage.

BL: I have always said that the gym is always the best part of my day and it still is! But the most fun I have in this sport is when it taps into my heart and soul. As soon as the music hits me and the crowd goes silent, I can feel my emotions bleeding into the music and just flowing out of me. When the same crowd then wakes up and starts making noise, I get goosebumps every time. It's actually the history and base of the entire classic physique division and it's why I take it so seriously!



Iron Man: How much does your body change between the offseason and when you compete, and what do you do differently to get in competition shape?

BL: Like night and day. If you are reading this, stop trying to stay at three percent body fat for five years at a time. In my offseason, I train for powerlifting and use overload principles so that I can put on serious mass. That means eating a ton and not worrying about pinching my love handles. Want to grow, eat!

Iron Man: How would you like to see natural bodybuilding continue to evolve?

BL: Natural bodybuilding isn't just alive and well, it's growing. That means we all need to come together and rise as a community and stop fighting over federations, specific shows, and specific promoters. If this year has taught us anything, it's that we have more in common than we do differences. We need to come together in the name of natural bodybuilding, not limiting our careers because of money or geographical location.

Iron Man: Do you have any tips for anyone interested in the natural bodybuilding lifestyle or those wanting to be a member of Team USA?

BL: This sport is so many things, tough, long, unforgiving, subjective, and at times selfish. It's also empowering, life-changing, awe-inspiring, and even legacy-making. This sport is what you make of it. Focus on one thing, being the best version of yourself and spreading a message of love and acceptance, while showing others that really all bodybuilding is, is just the ultimate form of control and self-love. If you make it about suffering and unbearable standards, that's what you will take away from it. But, if you make it about self-discovery and empowerment, you will take something away from it even others will learn from it.





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Kayla Rowling

A Diamond In The Rough

Kayla Rowling vaulted to the top of the Professional Bikini Diva Division at the 2020 INBA PNBA Natural Olympia. The 27-year-old has only been competing for two years, with prior victories in the amateur bikini diva division at the INBA Illinois State in 2019, and the professional bikini diva division at the 2019 INBA PNBA Pro/Am North America. Rowling made the leap from 15th place at the 2019 INBA PNBA Natural Olympia all the way to being the champion in 2020! She feels her mindset and determination are what took her to the top. Let's learn more about this champion.

Rowling is from Grafton, Illinois, and is an account executive for McKesson Pharmaceutical. She has a BS in textiles, apparel, and merchandising with a minor in marketing/sales from Northern Illinois University. She was a gymnast growing up, but quit to become a cheerleader in high school and college. In addition to natural bodybuilding, her hobbies include reading, cooking, traveling, and modeling.

"I can't imagine living my life any other way. Living the way that I do gives me a sense of purpose and brings me so much joy, every single day."

Iron Man: Congratulations on winning the prestigious 2020 INBA PNBA Natural Olympia! What does the Professional Bikini Diva title mean to you?

Kayla Rowling: This title means everything to me. I knew deep down I could achieve it, I just had to put in the work first.

Iron Man: The professional bikini diva division is incredibly competitive and each athlete is a champion. How were you able to take the title and what did you think of your fellow athletes?

KR: My desire to be great, helped me overcome any obstacle and ensured that I brought my best. I also have the best coach and mentor in the game, Anthony Badejo. The combination of these two things is what set me apart. I was in awe of the other girls. I have so much respect for anyone that has the confidence to compete at this level.

Iron Man: Can you describe what allows you to stand out as a competitor, and what would you say are your strong points?

KR: One thing that separates me is my mindset. I am not afraid to fail and push past thresholds when training. I am comfortable being uncomfortable and I welcome it. I am a firm believer that without struggle, there is no growth. I also have great stage presence, which is something I have consistently worked to improve. In terms of my body, my strong points are my back, glutes, and hamstrings.



Iron Man: What challenges did Covid-19 present for training or competing and how did you overcome them?

KR: It was very challenging. My gym was closed from March through mid-July in 2020. During that time, I did Zoom workouts with my coach seven days a week. The only equipment I had was Bowflex weights that went up to 55 pounds, a bench, and an exercise bike. I either worked out at 12:00 p.m. or 5:00 p.m. every single day. I needed the routine and daily workout to keep me sane.

Iron Man: Tell us about the style of training you use?

KR: My training is diversified to keep the body guessing. I do a combination of high-volume training, conditioning, and progressive overloading. I train six days on, one day off. My coach is always changing the weight, tempo, sets, and reps. I never know what I'm walking into when I show up to train with him and I love it!

Iron Man: Do you do much cardio?

KR: Yes, in the off-season I do 15 to 30 minutes of LISS (low-intensity steady state) every day. During a cutting phase, I do anywhere from one to two hours a day HIIT (high-intensity interval training) and LISS, depending on my intake and body composition.



IM NATURAL OLYMPIA



Iron Man: How would you describe your nutrition?

KR: I eat six meals a day with a well-balanced diet of protein, fiber, and carbs. I eat a meal plan that is created by my coach. I do not utilize flexible dieting or if it fits your macros.

Iron Man: How much posing do you do to prepare to compete?

KR: A lot, I love practicing my posing. I'm always posing in front of mirrors before, during, and after my workout.

Iron Man: How many years have you been training and competing, and how do you stay motivated?

KR: I have been competing nonstop for two full years, but I have been lifting in the gym consistently for about six years. My motivation comes from within and my desire to be great. My biggest fear in life is to be complacent.

How much does your body change between the off-season and when you compete, and what do you do differently to get in competition shape?

KR: It changes a lot. I put on anywhere from 20 to 30 pounds in my off-season. To get in competition shape when cutting, I implement more cardio, calisthenics, and high-volume training.

Iron Man: How did you get started training?

KR: After my gymnastics and cheerleading career ended, I needed something else in my life that gave me the same type of endorphins. When I started lifting weights, I noticed how positively it impacted my mood, energy, and overall well-being. In addition to that, I started to see my body competition change and from then on, I was hooked.

Iron Man: What got you to the stage and what were your first shows like?

KR: When I was 24, I went to a local show to support a friend. After seeing the female competitors, I knew immediately I wanted to pursue it. I have a background in pageants, and it seemed like the perfect combination of the two things I loved, the gym and being onstage. When I am on stage, I feel like I am in complete alignment and that I was meant to be up there.

Iron Man: What are your plans in the future for competing?

KR: To be Miss Bikini Olympia forever! I would also love to compete internationally in the future.

Iron Man: What are your goals in life?

KR: To be the greatest natural female bikini bodybuilder of my time and inspire others to be the best version of themselves. I would love to work with young girls to help build their confidence and show them that you should never be afraid to go after what you want in life. If you believe in yourself, anything is possible.

Iron Man: Who have been your role models in the sport or life and why?

KR: My first role model would be my mother. She is the hardest working person I have ever met and still inspires me to this day. The second person would be my coach Anthony. He has a pure passion for the sport and a passion to help others reach their full potential. I aspire to use my passion and give back in a similar way.

Iron Man: Any general tips for anyone who wants to get involved in the natural bodybuilding lifestyle?

Get a coach to help you with your meal plan that is based on your goals.

Document how you feel along the way, and get in tune with your body.

Presentation on stage is so important. In order to showcase all of your hard work and sacrifice, invest in a posing coach. Make sure they are familiar with the category you are planning to compete in and know what the judges are expecting.





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Jon Tsui

*Chasing The Natural Olympia Gold Medal
With Jon Tsui*

You know that old saying if at first, you don't succeed, try, try again... Well try seven years in a row! Longtime Professional Physique Star, Jon Tsui highlighted his outstanding career by capturing the Prestigious Title, Professional Men's Physique Champion at the 2020 INBA PNBA Natural Olympia. The 40-year-old champion from San Diego has consistently been a top performer in the physique division, including winning multiple international professional titles, but this was the first time he was able to claim the ultimate prize. Tsui peaked perfectly for the show, combining phenomenal shape, size, conditioning, and presentation skills to rule the incredibly competitive division. We sat down with him to learn more about his journey to becoming a Natural Olympia Champion!

When Tsui isn't competing He is also a U.S. Navy veteran and currently trains the U.S. Navy's Explosive Ordnance Disposal force. Tsui's hobbies include surfing, scuba diving, fishing, baking, and shooting both photographs and firearms. In addition, he is involved in the non-profit organization Force Blue and OneMoreWave.

Iron Man: You did it! Congratulations on winning the prestigious professional physique division at the 2020 INBA PNBA Natural Olympia! What does the title mean to you?

Jon Tsui: It is definitely a testament to perseverance and persistence, and an official validation of my place in this organization and sport.

Iron Man: Your class was absolutely stacked with top athletes, how were you able to take the title and what did you think of your fellow athletes?

JT: Having had so many previous attempts, I may have had the most insight into what to expect and how to prepare, or at least a practiced calm, cool, collectedness. This past year, I've also had the most concerted effort at improving my posing. I knew the door was wide open for all of us considering there were no returning champions to defend their title, so I did what I knew best to do and brought what I could.

Iron Man: You always bring great size and shape, and you attained incredible conditioning this year, how did you do it?

JT: It's hard to pinpoint, but through the variety of sports and activities I've done throughout my youth, college years, and the military, I've been building the foundation. It was swimming in high school, surfing and rock climbing in college, more swimming, push-ups, and pull-ups in the military. The past two years, due to various circumstances, it's been difficult to schedule check-ins with my coach, so I've been surviving off the sports nutrition principles we've worked off of in more conducive years. The methods are solid, in the words of Ronnie Coleman, "ain't nothing to it, but to do it!"



Iron Man: Did Covid-19 present challenges for training or competing for you and how did you overcome them?

JT: California lockdowns left me with several months of just living room pushups, air squats, and anything I could do with 20-pound dumbbells, a scuba tank, and lead dive weights. Instagram was pivotal with all the various pushups and stupid-human-trick challenges too. I singlehandedly supported the economy in May with all the gym equipment I ordered and by August, I had a functional garage gym. I did surf a lot more this year though. I also strategically reduced my caloric intake knowing my caloric expenditure was going to be a bit lower. I just sat in standby, waiting to see if we were going to actually have a competition season at all, and then ramped things back up when the time was right. I also had the best support from my sponsor Gains In Bulk, who kept my supplements in check and in supply, allowing me to avoid the panic buying crowds.

Iron Man: Can you tell us about your competition history?

JT: I started in 2013 in men's bodybuilding and went up against the great Hall of Famer Adrian Pietraru in the overall. I did okay the rest of the season, having fun and getting comfortable in my own skin. I got sick over the off-season and kicked 2014 off trying out men's physique, and the rest is history. I guess part of my claim to fame is, back-to-back for a few of those, four-time Team USA Champion, three-time World Champion, two-time Battle Against Cancer Champion, two-time Muscle Beach Champion, and winning the Natural Universe, and Night of the Natural Champions all at the professional level.

IM NATURAL OLYMPIA



Iron Man: Can you tell us about the style of training you use?

JT: I have roughly two different routines, off-season, and prep. Off-season is a modified linebacker workout, Monday, Wednesday, and Friday elements of chest, back, and legs; Tuesday and Thursday arms and shoulders. Prep is more of a traditional five-day split, chest, arms, back, shoulders, and legs. I do 5 to 8 sets of each exercise and the rep scheme that descends from doing a set of 10 reps all the way to doing 2 reps with 90 percent of my 1 rep max.

Iron Man: How would you describe your nutritional plan?

JT: I implement carb-cycling for the most part. I've managed to streamline my diet into alternating between two core meals, a carefully designed smoothie with plenty of Gains In Bulk products; and brown rice, protein, and veggies tweaking carb content as necessary.

Iron Man: What got you to the stage and what were your first shows like?

JT: I happened to arrive at the mindset where it was time to try new things and break out of my comfort zone. I was about to get out of the Navy and I knew I needed a new sport to anchor to, as pro surfing was way out of the question. My first shows were super awkward and I was unconfident. Even with the victories, I still wasn't sure if I was a fluke, as there will always be someone out there bigger, better, and more shredded. I definitely cringe seeing the infancy of my posing.

Iron Man: Who have been your role models in the sport or life and why?

JT: I know I will forget some key players, but all the Natural Olympia winners from all categories, Hall of Famers, and members of Team USA, especially those that I know personally. It is just a tremendous pleasure to have traveled around the world with so many! The gents I've duked it out with on stage, time and time again. Not many people find their tribe, it's truly a beautiful thing to find those that know and have experienced everything we do in and for this sport. Interestingly enough, I actually resonate more with the journey of pro surfers and their struggle to the pinnacle of their sports league. There are all universal parallels between virtually every sport out there.

Iron Man: How would you like to see natural bodybuilding continue to evolve?

JT: It would be interesting to realize the professional ranks becoming a full-time, adequately salaried career, like pro football, baseball, and basketball, and get paid to train and compete with athletic trainers and funded travel. I would also like to see credibility and accolades respected and recognized across federations.

Iron Man: Any general tips for anyone who wants to get involved in the natural bodybuilding lifestyle?

JT: Stay humble. This is a subjective sport, not a classic performance sport. You can study and copy another's playbook all you want, but in this sport, you won't necessarily achieve the same results or learn anything that will give you an advantage. There are definitely some universal principles we all adhere to, but just do what works best for you and bring your best self. As such, placing is just placings. Yes, be proud of your victories, and celebrate, but don't let a less-than-expected result crush your soul.



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Tiffany Stosich

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Tiffany Stosich won the professional physique division at the 2020 INBA PNBA Natural Olympia, calling it “a moment I will cherish my whole life.” The 37-year-old switched from the figure to physique division in 2020, and has trained consistently for 20 years. You may have seen Stosich in the recently film by Generation Iron: Natty 4 Life. Stosich is an online nutrition coach/trainer from Orem, Utah and she is married with two daughters. She expressed “competing has taught me so much in life such as discipline, integrity, commitment, hard work, confidence and that I can accomplish anything I put my mind to. I’ve always wanted to be natural and show people it can be done. I also want my kids to know that through hard work you can reach your goals without taking short cuts.”

Iron Man: Congratulations on winning the prestigious professional figure division at the 2020 INBA/PNBA Natural Olympia! What does the title mean to you?

Tiffany Stosich: It meant the world to me to put in all the work and to come out on top and stand holding the flag and listening to the National anthem play. There is no better feeling than knowing you gave it your all and it turns out to be enough to win the overall title.

Iron Man: What made you decide to switch from Professional Figure to Professional Women's Physique and are you happy with your decision to switch?

TS: I decided to switch because I feel my legs and my arms are my strengths and not so much V taper, which is what figure is mostly judged upon. I love physique because I can train everything the way I like especially heavy legs and arms. You get to showcase your whole physique and I loved to step out of my comfort zone and come up with a routine.

Iron Man: Will you stay in the Professional Women's Physique Category in 2021 or make the switch back to Figure?

TS: I will definitely stay in physique because I feel like I belong there more so than figure. I'm also working towards building legs and glutes more and may venture into the wellness category at some point depending on how my body changes.



Iron Man: How did your nutrition, training, and supplementation change in order to accomplish a stand-out physique?

TS: I do macro counting so my diet doesn't change much from off-season to prep other than I lower calories to achieve the conditioning for the show. This year I was so privileged to be sponsored by New Dawn Nutrition which I feel helped me reach the next level for my physique and have the best prep to date.

Iron Man: How much posing do you do to prepare to compete?

TS: I usually do like 20 minutes per day for mandatories about 12 weeks out. With the routine, I would practice the routine twice per day so I could get better at it.

Iron Man: Did Covid-19 present challenges for training or competing and how did you overcome them?

TS: With covid and the gyms closing it was a little difficult because I feel like I get a lot of motivation from going to an actual gym. Luckily we have a home gym that I was still able to train out of and learn to get creative with using equipment differently to imitate machines at the gym.

IM NATURAL OLYMPIA



Iron Man: You have had huge success in the sport, how did you get started training?

TS: I was 17 when I started at the gym. I wanted to lose weight and once I lost 50 pounds I saw a lot of muscle under my fluff and decided that I was going to compete when I was 23. I had a lot of people at the gym encourage me to do it so I made the decision and it was the scariest thing I've ever done. I remember the night before calling my mom and telling her I couldn't get on stage and was so nervous. She told me I better get on that stage since I had worked so hard. I did and I won Ms. Figure Utah in 2007 in the NPC and I've been hooked since.

Iron Man: What was it like to be featured in the Generation Iron Documentary "Natty 4 Life"?

TS: When I was chosen to be in generation iron 4 I was so excited and humbled! It was definitely a dream come true because natural bodybuilding had been my life and to finally get recognition for all the hard work, it meant the world to me! I'm so grateful I got the opportunity!

Iron Man: How much does your body change between the off-season and when you compete?

TS: I feel in my older self that I am much better at reverse dieting than when I was younger. I usually gain about 12-15 pounds from stage weight. I still remain pretty lean and still have lines in the off-season and abs. I usually gain my weight in my legs and glutes.

Iron Man: Why have you chosen the sport of competitive bodybuilding?

TS: I love bodybuilding because I love the way it makes me feel. When I'm done working out all my stress and anxiety goes away, it's like my therapy. I also love seeing progress from training and just working on improving each week. It teaches you so many things in life like discipline, confidence, integrity, hard work and commitment. If you can do a bodybuilding competition I feel like you can achieve anything you put your mind to.

Iron Man: Any general tips for anyone who wants to get involved in the natural bodybuilding lifestyle?

TS: Start small and create habits each week and keep building upon them. Don't just stop everything cold turkey as far as eating habits, cut bad foods out one thing at a time and learn to have balance and eat in moderation. Learn to cook and prepare foods that you like more healthier at home. Do exercise you enjoy and don't dread doing. Be thankful you get to exercise because once you are sick or you can't you will regret that you didn't take care of yourself better.



Iron Man: Can you tell us about the style of training you use?

TS: I do a 6 day split. I train each body part 2X per week and cardio 6-7 days per week depending on where I am in prep. I do weights for about 60-90 minutes and at least 20 minutes of cardio daily. Back/Biceps - Chest/Shoulder/Tris - Legs



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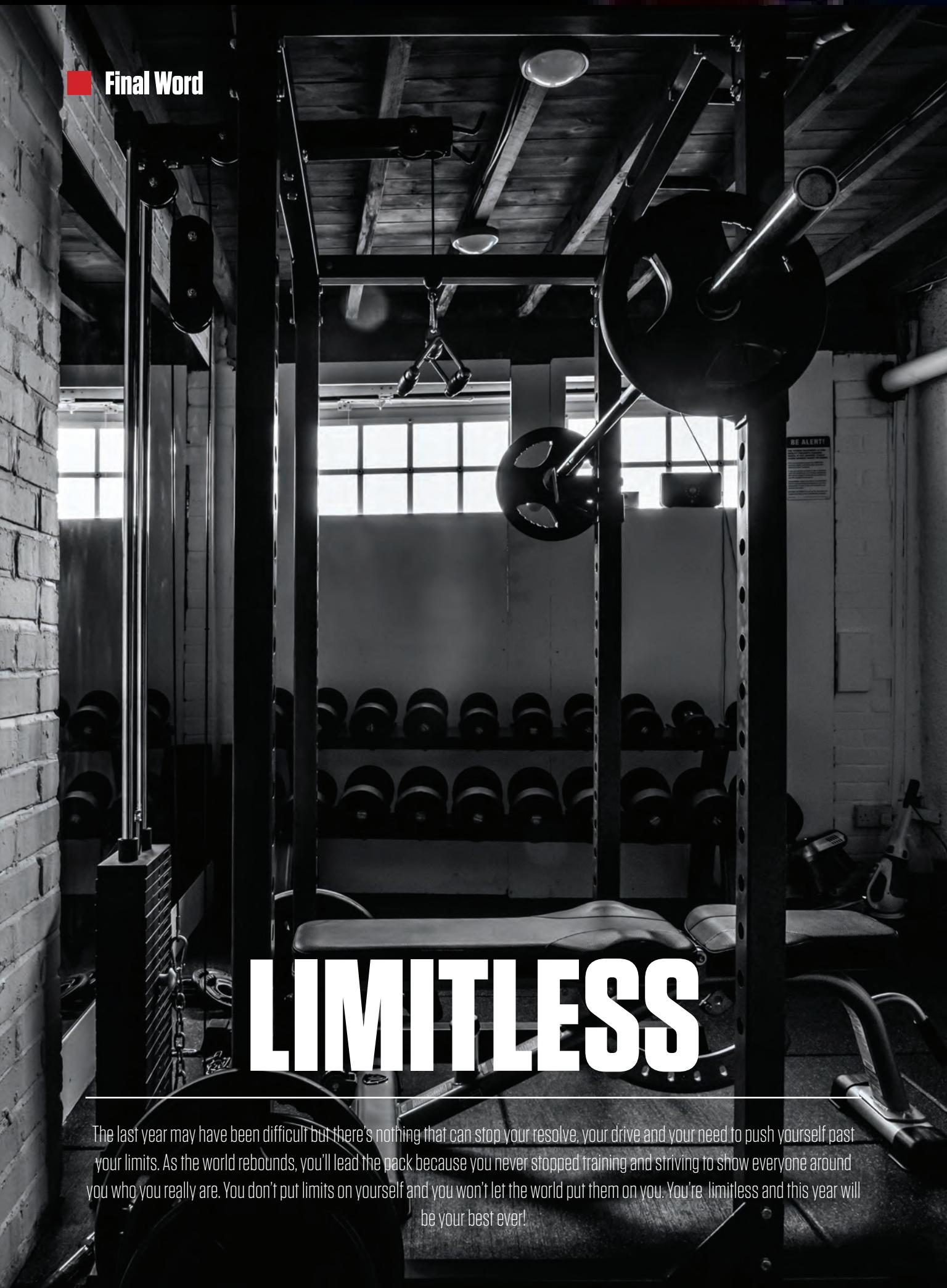
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■ Next Issue

ROAD TO THE OLYMPIA!

Our next issue is devoted to the event we've all been waiting for: The Natural Olympia! Join us next time where we profile the best athletes, their workouts, meal plans and strategies leading up to the big event. Don't miss it!

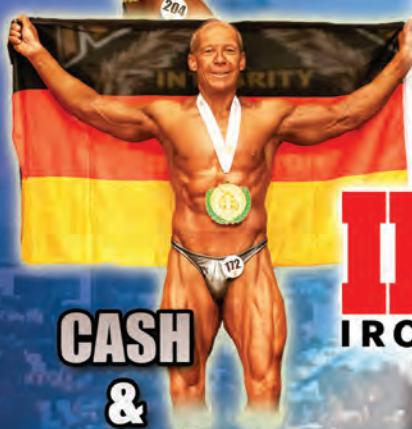


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20 INT AFRICAN CHAMPIONSHIPS
CAPE TOWN, SOUTH AFRICA

27 ARIZONA COPPER CLASSIC
SIERRA VISTA, AZ

APRIL

03 IRON GLADIATOR CHAMPIONSHIPS
CORONA, CA

MAY

01 ARIZONA STATE
TUCSON, AZ

08 PIKES PEAK CLASSIC
COLORADO SPRINGS, CO

15 PROFESSIONAL AMERICA'S NATURAL
& AMATEUR ILLINOIS STATE
CHICAGO, IL

22 PRO / AM
INTERNATIONAL
BATTLE AGAINST CANCER
CORONA, CA

JUNE

05 MR/MS NEW JERSEY & EAST COAST CLASSIC
PRO MASTERS CHAMPIONSHIPS
FORT LEE, NJ

26 NEW ENGLAND NATURALS
OAKVILLE, CT

JULY

03 PRO/AM MR MS USA
DALLAS, TX

10 KERN COUNTY
BAKERSFIELD, CA

17 BATTLE BORN STATE
RENO, NV

AUGUST

07 PRO / AM
PHILIP RICARDO LEGENDS
WOODBRIDGE, VA

14 PRO WOLFPACK CLASSIC
CALIFORNIA NATURALS
PETALUMA, CA

21 COLORADO STATE
GRAND JUNCTION, CO

28 PRO / AM
MIKE O'HEARN PRESENTS
CLASH OF THE TITANS
HERMOSA, CA

28 UTAH STATE
SPRINGVILLE, UT

SEPTEMBER

3-4 PRO / AM
NATURAL UNIVERSE
MEXICO CITY, MEXICO

11 PRO / AM
INT. ZEUS CLASSIC
SAN LEANDRO, CA

11 PRO / AM
EASTERN USA
FORT LEE, NJ

18 PRO / AM IRON MAN
MAGAZINE PRESENTS
THE ICONS OF NATURAL
BODYBUILDING
TAMPA BAY, FL

18 PRO / AM NATIONALS
OAKVILLE, CT

25-26 PRO / AM TEAM USA
& LAS VEGAS NATURALS
LAS VEGAS, NV

OCTOBER

02 PRO / AM
MUSCLE BEACH
INTERNATIONAL
VENICE, CA

09 SHOW ME CLASSIC
SPRINGFIELD, MO

16 WESTERN USA
CHAMPIONSHIPS
DAVIS, CA

23 GRAND CANYON CLASSIC
PHOENIX, AZ

30 PRO / AM WORLD
CHAMPIONSHIPS
BUCHAREST, ROMANIA

NOVEMBER

5-6 PRO / AM
WORLD CUP
LOS ANGELES, CA

11-14 THE PINNACLE
PRO / AM
NATURAL OLYMPIA
LAS VEGAS, NV

19-20 INTERNATIONAL PRO / AM
CABO SAN LUCAS NATURAL
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