# "AMERICAN GLADIATORS" EXCLUSIVE: TITAN'S TRAINING

Cover Man Mike O'Hearn—on the Set and in the Gym

# POUNDS OF MUSCLE

How One Man Packed It On (And How You Can Do It Too)

NO-CHEAT CHEST CHISELING Grow With Pro Derik Farnsworth



PLUS:
Hardbody Ava Cowen
Fittest Couple
7 Steps to Rock-Hard Results Mike O'Hearn (a.k.a. "Titan") and Noy Alexander



www.IronManMagazine.com Please display until 9/2/08



# September 2008

## FEATURES

# 62 TRAIN, EAT, GROW 107

Exercise variation and order for serious new size gains.

# **84** GLADIATOR

Lonnie Teper interviews Mike O'Hearn, drug-free bodybuilder, powerlifter and strongman and American Gladiator. Titan wants to rough you up.

# **108** TO SLEEP, PERCHANCE TO GROW

Jerry Brainum checks out the research Zs. Snooze or you lose muscle.

# **120** A BODYBUILDER IS BORN 38

Ron Harris explains the Lee Haney adage: stimulate, don't annihilate. Too much of a good thing is a bad thing—even if it's intensity in the gym.

# **130** NO-CHEAT CHEST CHISELING

Cory Crow talks with pro bodybuilder Derik Farnsworth about sculpting perfect pecs—no throwing, heaving or jerking allowed.

# 142 HOW I GAINED 100 POUNDS OF MUSCLE

David Young quizzes legendary bodybuilder Rich Gaspari on how he packed his frame with mounds of raw muscle (and how you can do it too).

# 168 ANABOLIC pH, PART 2

Our European research correspondent Michael Gündill provides basic solutions for how to be less acidic to spur more growth.

# **188** 7 STEPS TO STEADY PROGRESS

From the Bodybuilding.com archives, Matt Danielsson lays out a plan to keep your muscle mass moving forward.

# 206 2008 FITTEST COUPLE

Dena Anne Weiner and Rado Pagac grabbed the title at the L.A. FitExpo. Here's how they did it (with plenty of great pics too).

# 218 HEAVY DUTY

John Little unearths an intriguing interview with Mike Mentzer from 1995.

## 264 HARDBODY

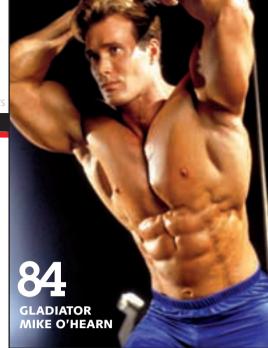
Ava Cowen unveils her muscle and hotness for our cameras. This BodySpace favorite is smokin'!

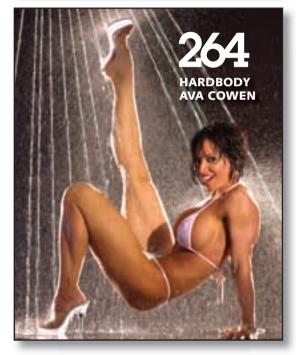
# **282 ONLY THE STRONG SHALL SURVIVE**

Coach Bill Starr outlines how to go from being a beginning weight trainer to an intermediate with a burst of new size and strength gains.











Vol. 67, No. 9



#### ONTENTS CONTENTS CONTENTS CONTENTS CONTENTS CONTENTS CONTENTS CON

#### DEPARTMENTS

#### **26 TRAIN TO GAIN**

Victorious delts, fear of change and Joe Horrigan on lower-back pain.

#### **42 SMART TRAINING**

Charles Poliquin outlines the patient-lifter/stepladder combo strength system.

#### 50 EAT TO GROW

CoQ10, cheap protein and a new thermogenic king on the fat-burning scene.

#### **70 NATURALLY HUGE**

John Hansen has answers for a trainee who's lost fat but needs muscle.

#### **76 SHREDDED MUSCLE**

Dave Goodin on contests, drug tests and bodybuilding success.

#### **80** CRITICAL MASS

Steve Holman discusses efficient 3D back attacks. Plus, barbells vs. dumbbells.

### 228 NEWS & VIEWS

Lonnie Teper's world-of-bodybuilding coverage-plus his four big Rising Stars.

#### **242 MUSCLE "IN" SITES**

Eric Broser's cool Web site finds, a review of Phil Heath's new DVD and Broser's Power/Rep Range/Shock hamstring-hammering routines.

## **248 BODYBUILDING PHARMACOLOGY**

Jerry Brainum looks into the Internet pro-hormone-and-steroid trade.

#### **252 PUMP & CIRCUMSTANCE**

Ruth Silverman covers the ladies' side of the sport—with photo fortitude.

#### **292 MIND/BODY CONNECTION**

Bomber Blast, *The Secret*, BodySpace Physique of the Month and health and aging research.

#### **304 READERS WRITE**

Iron-bug venom, gorgeous Georges and exploding muscle size.





NE ONLINE ONLINE <u>ONLINE ONLINE ONLINE ONLINE</u> ONLINE ONLINE



#### ONLINE VIEWERS' CHOICE

Here are the places that IronManMagazine.com viewers recently clicked on the most:



CONTEST COVERAGE Get the latest, greatest results, photos, video and blogs from the biggest events.



BEHIND-THE-SCENES VIDEOS See and hear interviews with the stars of the muscle world.



> HOT CLIPS Feel your heart race when you view these studio sessions with fit, gorgeous gals. >PDF LIBRARY

PDF LIBRARY Read and/or download some of our most popular features. Build your muscle-building collection.

# In the next IRON MAN:

It's our middle-aged-muscle issue, which includes a guy who's in his 70s but looks like he's in his 40s—Brad Harris. He's a movie god in Italy and the devloper of the Ab-OrigiOnals, but Brad's real claim to fame is being hard and muscular all year at 75. Gene Mozée tracks him down, and you won't believe the photos. Plus, we'll have related info on getting a growth hormone surge in the gym, DHEA—Should you be on it?—and avoiding middle-aged-muscle pitfalls. Look for the October issue on newsstands the first week of September.

# Publisher's Letter

by John Balik

# **Unexpected Pleasures**

Lonnie Teper's NPC Junior California Bodybuilding and Figure Championships is grassroots bodybuilding at its best. It's the kind of contest where the audience appreciates every competitor and is as much a part of the event as the contestants. The Junior Cal and Joe Wheatley's Muscle Beach events are, as Peter McGough of Weider Publications said to me at the beach, "what real bodybuilding is all about." The events are "happy," and the contestants are intense, but the competitors and the audience are sharing a love affair with bodybuilding and what it can do for everyone. The competitors are there to share the results of their labor, and it's fun for all involved.

Because it's supported by the superstars of our sport, the contest is also very special. I sat next to IFBB pro Silvio Samuel, and he was an enthusiastic fan of everyone onstage. When Lonnie asked him to come onstage and hit a few shots, he was joined by giant IFBB pro Quincy Taylor for some impromptu posing. The audience went wild. Remember, the two pros were in the audience not as guest posers but as fans and supporters of friends and contestants—only in Southern California.

As I entered the theater lobby, I stopped to talk with Jay Cutler and I was reminded what a class act he is. While I respect Jay as the current Mr. Olympia, what I admire most is how he wears the crown. While we spoke, many fans came by to say hello, get an autograph or just stare. Jay gave each of them his complete attention—take a picture, sure. Jay's megawatt smile flashed over and over. His character is front and center; he genuinely cares for his fans, and they can feel it.

Later that night Jay was the guest poser, and he gave the fans more than they expected. This wasn't a "hit a few poses and walk off" personal appearance; this was jumping off the stage after posing and going into the audience and up and down the aisles posing and taking pictures with anyone who wanted one. It was bedlam, and it went on for 10 minutes till he bounded back to the stage and Lonnie handed him the microphone. What followed was a short speech that really underlined Jay's character. He, of course, thanked the fans for their support, but he then went on to talk about the contestants and about his own experience as a beginning bodybuilder and the courage it takes to, as he said, "stand onstage in your underwear." He asked for a special round of applause for all of the contestants. I believe Jay comes back year after year to Lonnie's contest not only out of friendship but also because it's a touchstone to his own start in bodybuilding.

Lonnie thanked me for coming to his event, but I really need to thank him for the pleasure of the experience. How about this celebrity support for an event—eight-time Ms. Olympia Lenda Murray, Flex Wheeler, Cathy LeFrancois, two-time Figure Olympia winner Jenny Lynn and IFBB fitness star Tanji Johnson.

The Junior Cal wasn't just a bodybuilding contest; it was a reaffirmation of why bodybuilding has been an important part of my life for 50-plus years. (For more on the NPC Junior Cal, see News & Views, which begins on page 228.)

**Erratum:** In the feature "Transformation Sensation" (August '08) Team BSN athlete Anthony Presciano said, "I'm actually now working with Hany Rambod, who now works with all of our athletes here at BSN." BSN has released a statement saying that Hany Rambod is no longer affiliated with BSN or working with any BSN athletes. BSN would like to take this opportunity to extend its best wishes to Hany and wish him all the best in his future endeavors.



Publisher/Editorial Director: John Balik Associate Publisher: Warren Wanderer Design Director: Michael Neveux Editor in Chief: Stephen Holman Art Director: T. S. Bratcher Senior Editor: Ruth Silverman Editor at Large: Lonnie Teper Articles Editors: L.A. Perry, Caryne Brown Assistant Art Director: Brett R. Miller Designer: Fernando Carmona

IRON MAN Staff:

Mary Gasca, Vuthy Keo, Mervin Petralba

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

Contributing Artists: Steve Cepello, Larry Eklund, Ron Dunn, Jake Jones

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

Director of Marketing: Helen Yu, 1-800-570-IRON, ext. 1 Accounting: Dolores Waterman Subscriptions Manager: Sonia Melendez, 1-800-570-IRON, ext. 2 E-mail: soniazm@aol.com Advertising Director: Warren Wanderer 1-800-570-IRON, ext. 1 (518) 743-1696; FAX: (518) 743-1697 Advertising Coordinator: Jonathan Lawson, (805) 385-3500, ext. 320 Newsstand Consultant:

Angelo Gandino, (516) 796-9848

We reserve the right to reject any advertising at our discretion without explanation. All manuscripts, art or other submissions must be accompanied by a selfaddressed, stamped envelope. Send submissions to *IRON MAN*, 1701 Ives Avenue, Oxnard, CA 93033. We are not responsible for unsolicited material. Writers and photographers should send for our Guidelines outlining specifications for submissions. *IRON MAN* is an open forum. We also reserve the right to edit any letter or manuscript as we see fit, and photos submitted have an implied waiver of copyright. Please consult a physician before beginning any diet or exercise program. Use the information published in *IRON MAN* at your own risk.

#### **IRON MAN Internet Addresses:**

Web Site: www.ironmanmagazine.com John Balik, Publisher: ironleader@aol.com Steve Holman, Editor in Chief: ironchief@aol.com Ruth Silverman, Senior Editor: ironwman@aol.com T.S. Bratcher, Art Director: ironartz@aol.com Helen Yu, Director of Marketing: helen@ironmanmagazine.com Jonathan Lawson, Ad Coordinator: ironjdl@aol.com Sonia Melendez, Subscriptions: soniazm@aol.com