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A SNEAK PEEK AT
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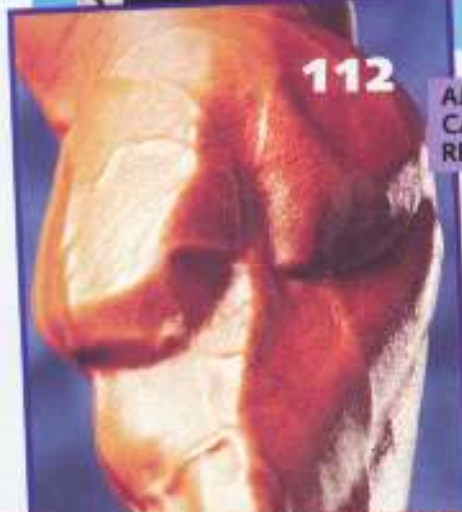
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Vol. 53 No. 9



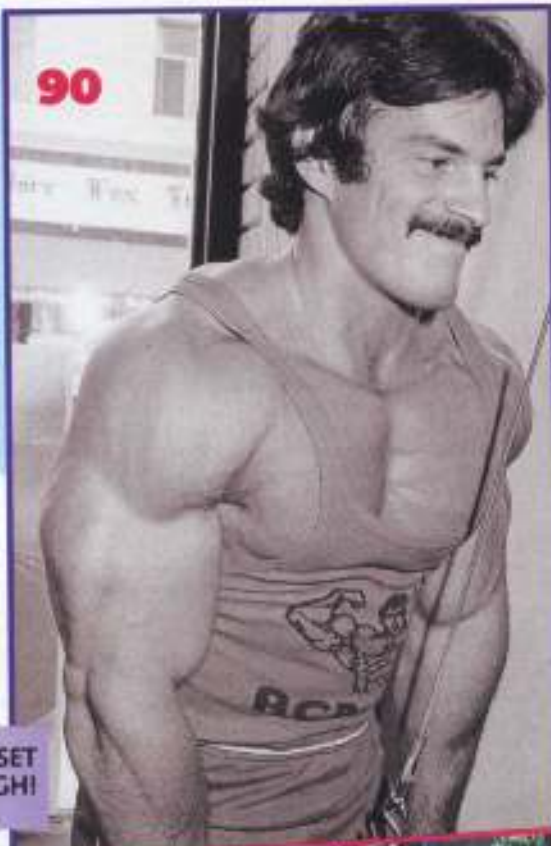
Cover Story, page 82.

Aaron Baker appears on this month's cover as the perfect mass machine (Neveux photo). Can you crank up your muscle-building capacity to machinelike proportions? Turn to the cover story and discover some of the most important information on bodybuilding training ever published.



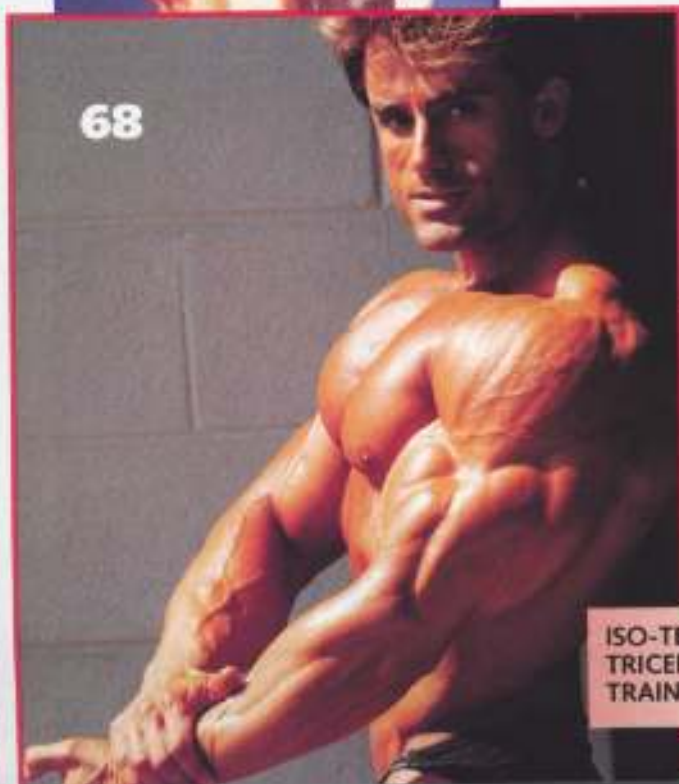
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AMAZING NEW CALF-BUILDING RESEARCH



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ONE SET IS ENOUGH!



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"TRUE LIES" ARNOLD'S LATEST ACTION ATTRACTION

Vol. 53, No. 9: IRONMAN (ISSN #0047-1496) is published monthly by IRONMAN Publishing, 1701 Ives Ave., Oxnard, CA 93033. Second-class postage is paid at Oxnard, CA, and at additional mailing offices. POSTMASTER: Send address changes to IRONMAN, 1701 Ives Ave., Oxnard, CA 93033. Please allow six to eight weeks for change to take effect. Subscription rates—U.S. and its possessions: 12 issues, \$29.95. Canada, Mexico and other foreign subscriptions: 12 issues, \$46.95 sent Second Class. Foreign orders must be in U.S. Dollars. Send subscriptions to IRONMAN, 1701 Ives Ave., Oxnard, CA 93033.

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Greg "the Hammer" Reid says he can nail the USA.

A REAL GLASS ACT DEPT: What a nice gesture by promoters Jon Lindsay and Vivian Pollack to honor Mike Glass and Linda-Francis Marie at this



Mike Glass, Jon Lindsay and Linda-Francis Marie.

year's Orange County Muscle Classic, which was held in Anaheim, California, on May 7. Lindsay and Pollack took over the show that had been produced by Glass and Marie the previous 16 seasons and that eventually turned out to be one of the finest amateur classics in the land.

Glass isn't leaving the promotion arena completely but will spend most of his time as president of the Worldwide Academy of Bodybuilding & Fitness Awards. And, believe me, it ain't a small task.

Mike took it on the chin—especially from me—in his first try of this event two years ago, and, even though last year's production had its faults, it certainly was light-years ahead of his first attempt.

The guy's working hard to make it even better in 1994 and has asked several members of the sport to join the Board of Governors to give the event the glitter it deserves. ● ● ●

CHRIS DUFFY

NO BULL DEPT: Another fellow who won't be competing anytime soon is **Chris Duffy**, the '92 NPC Heavyweight champion. If the entire bodybuilding world isn't aware of it by now, the 33-year-old Duffy is appearing under the name of



Chris Duffy has made a big career move.

Bull Durham Stanton in a gay porn flick appropriately titled "Nothing Nice." I'm sure his suspension letter from the IFBB will be in his hands long before you read this column.

Duffy, who moved from Florida to Redondo Beach, California, after his class win in Orlando two years ago, has now settled in San Francisco, where he's been running an ad in *B.A.R.*, a gay newspaper. And this ain't conjecture—the ad was sent to me anonymously.

Ironically, it was Duffy who first approached a mutual friend back in February, telling him to have me call Chris. He had, according to the pal, "earth-shattering news" he wanted to admit only to me for publication. Since he has refused to return several phone calls, however, I assume he's changed his mind about the exclusive.

I'm not here to make a judgment on anyone's personal life, but this latest bit of news has me quite started—even coming from an eccentric guy like Duffy. Be careful, Christian, if you get my drift.

GREAT SCOTT DEPT: It took some time, but I finally got the chance to meet **Scott Connelly, M.D.**, the creator of Met-Rx, the engineered food powder everyone's been ravin' about. Doc sat me down in his Club Met-Rx office in Costa

Mesa, California, one Saturday morning and proceeded to give me a free seminar on a variety of subjects, from just how the product builds muscle, reduces bodyfat and lowers cholesterol to things I'm still trying to figure out. I mean, I have a master's degree in physical education, but I felt like an elementary school

student after trying to sort out Connelly's facts, figures and diagrams. I did figure out Met-Rx won't grow hair, however.

Despite that, I've agreed to try the product for a couple of months or so and see if it can actually do something to chisel this bod, which at times resembles a driver's side air bag. I'll make this testimonial right now—if it works on me, it can work on anybody.

I can also see why various bodybuilders I've spoken with praise the Club Met-Rx training arena. It's attractive, well-kept and packed with state-of-the-art equipment.

Doc was even persuaded to get on a Hammer Strength

Dr. Scott Connelly bangs out a set on the Hammer decline chest machine. L.T. looks impressed.



chest machine and put on some impressive poundages. At 6'4 1/2" and 200 pounds, Connelly's a lean, mean machine who has dedicated the past 15 years of his life to trying to come up with a product that can help hardgainers keep from turning into lardgainers...

LEON GETS MOON-STRUCK DEPT: When "Have" **Faith Walker**, *IRONMAN*'s jack-of-all-trades staffer (subscription manager, Gainer's Gourmet column and recipe book author and the sexy woman in the *Who's That Girl?* poster series) wants something, this mag's art director, Neon **Leon Bach**—who also doubles as Walker's hubby after work—usually gives in. Wouldn't you?

Besides, all Faith wanted was a horse. So a horse Faith got, **Moonstruck** is his name, and Leon has literally been getting a giant kick out of spending time with the half thoroughbred, half quarter horse. As a matter of fact, during a walking session, Moonstruck broke away from Bach and, accidentally, of course, locked his left

Moonstruck and Leon Bach, IM art director, make up after some bone-breaking horsing around.



arm, breaking it in the process.

Still, you can't keep a good man down, and the setback didn't set Leon back a bit when it came to the creative designs of these pages. Say, Leon, gone on any "casting" calls lately?

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