

THE BODYBUILDING-TRAINING AUTHORITY

IRONMAN

SPECIAL
LEGS & GLUTES
TEST

**MEDICAL DOCTOR
TELLS THE TRUTH
ABOUT HMB &
KIC ARE THEY
ANABOLIC?**

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LETES

REVEAL THE TRUTH ABOUT YOUR LOWER-
BODY TRAINING RESULTS

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FOR HUMAN
SIZE AND STRENGTH

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POWERFUL NEW COMPOUNDS
YOU CAN USE TO PACK ON
MORE MASS

BUILD EYE-POPPING PECS

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INTERMEDIATE AND
ADVANCED ROUTINES

EXCLUSIVE REPORT:
CAN STEROIDS MAKE YOU CRAZY?

PLUS

- MICHAEL FRANCOIS' FULL-BLOWN BACK ATTACK
- NIGHT OF CHAMPIONS
- ELLINGTON DARDEN'S INTENSE NEW COLUMN

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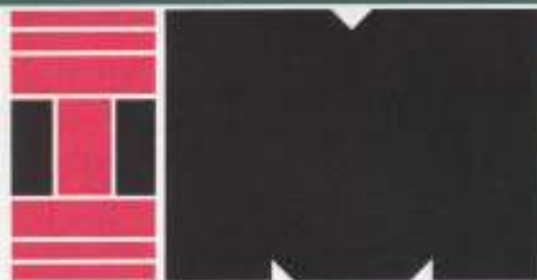
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IRONMAN Magazine is an open forum on bodybuilding that inspires, informs, entertains and promotes this discipline's power to develop the mind and body into an integrated whole.

November 1996 Vol. 55 No. 11



Craig Titus and April Moore appear on this month's cover.



VOTE FOR YOUR FAVORITE!



BREAKING RESEARCH

HORMONAL MANIPULATION

How to get your growth juices flowing and your endocrine system primed for packing on new muscle.

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HMB & KIC

Mauro G. Di Pasquale, M.D., gives you the truth about the anabolic properties of these two popular supplements.

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PLUS...

- Siberian ginseng for superrecovery, page 68
- Can steroids make you crazy? page 70

LEGS AND GLUTES CONTEST, PAGE 98.

There's no doubt that fitness competitors have some of the best glutes and gams this side of track and field. How do these athletes build such phenomenal lower bodies? Turn to page 98 for their secrets—and a blockbuster photo layout that celebrates their sexy results.

THE ALL-MIGHTY SQUAT

So you want awesome lower-body size and strength? Then you have to squat and squat heavy. Here's how to do it right with a powerlifting flair that guarantees results.

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Ward Statham (top) and L.T. give the Pasadena Special Olympics athletes some well-deserved recognition.



*Look-alikes: San Jose, California, Light Heavyweight contender **Harold Cherry** and former USA Light Heavy and Overall champ **J.J. Marsh**....

Pasadena, California, donates his time two afternoons a week to work with kids in the Pasadena Special Olympics program. A certified strength and conditioning coach who holds a degree in physical education from the University of Georgia, Ward does a great job with these physically challenged individuals—so swell, actually, that I offered my services to his group when I have the time. Having taught physically challenged kids throughout my 20-plus years as a college educator, I felt I could lend a hand to Statham's altruistic endeavors. The experience has been a re-Ward-ing one, for sure.

A second thumbs-up to Statham for his second-place finish at the California Natural Bodybuilding Championships, which were held in June at Venice High School. The guy who bested Ward? It was none other than Easy **Ed Kim**, a chap I

haven't seen since he finished second at my Cal State Los Angeles Bodybuilding Championships back in 1990. Oops, let me correct myself. It's Dr. Ed Kim, if you will, as he's now working on his residency at the Los Angeles County-University of Southern California Medical Center. You always did enjoy "cutting up," Ed....

•Ishimura gets the award for just being a good guy all the time. In addition to the fact that at 57 he continues to hone his physique. Katsumi, who placed eighth in last year's Masters Olympia, has moved his Southern California health food store, Athlete Nutrition, from its original location on Main Street in Venice to 1414 4th Street in Santa Monica. This place is definitely good for you.

You'll get healthy—and save some cash—at the same time. The current Masters Olympia Over-50 champ not only gives out free nutrition and training counseling while trimming 33 percent off the price of his products, but he'll also take you, if interested, to his private gym upstairs, where you can hire this amazing young man as your personal trainer.

Ishimura's store hours are 10 a.m. to 7 p.m., Monday through Saturday. For more info phone (310) 458-0012 or fax Katsumi at (310) 458-0065....

Katsumi Ishimura, one of bodybuilding's good guys—and great physiques.



TEPER'S TALES:

Despite qualifying for this year's Mr. O, **Don Long** told me at the Levrone Classic that he won't be on stage in Chicago. "I need more time to keep improving my physique," said Long, who has IRONMAN Pro Invitational, Arnold Classic and San Jose Pro Invite on his contest wish list for '97....

•**Dennis Newman** called, a tad irate, to say that he is not considering retiring from competition, as was reported in this column a couple of issues back. He said he can't wait to get back on stage—"the sooner the better"—and he wanted to know my sources. You know it's a writer's prerogative to keep sources confidential, Dennis, but I'll give you a hint. One of my informants, someone who swears you told him what I penned, is a good friend and an on-and-off training partner of yours. By the way, how's Troy doin' these days?...

•**Samir Bannout** announced—at least to me and **Shawn Ray**—that he was a rock-hard 241 pounds in his seat at the USA and planned to compete in both the Mr. and Masters Olympias this year. He may have been a rock-hard 241, but he ain't gonna do both shows—Pro Division Chairman **Wayne DeMilia** has initiated the one-contest-only rule for '96, thus forcing such competitors as Bannout, **Vince Taylor** and **Sonny Schmidt** to take their pick and do their schtick....

•The '97 USA Bodybuilding and Fitness Championships will again be promoted by Jaguar **Jon Lindsay** and will be held July 11 and 12 in Las Vegas. Where's my jump-

suit?...

•**Mike Quinn**, according to more than one source, has already moved out of Atlanta and is bouncing at a South Beach, Florida, nightclub....

•Quinn was a no-show at this year's NOC because of an alleged torn pec and biceps but was hoping for a special invite to this year's Mr. O. If I were a betting man....

•According to several sources, last year's North American Bodybuilding champion, **Stan "Curly Top" McCrory**, is sitting in a Georgia jail cell thanks to, in large part, the singing ability of a current IFBB pro....

•**Sultry Suzan Kamings**, formerly of Texas and Florida, tells me her current place of residence is San Francisco....

•Speaking of Florida, one of the state's chief trainers (Hint: he's an **Al Bundy** look-alike) tells me former National Heavyweight champion **Chris Duffy** is a hard 290 pounds and that Chris' retirement from the sport may end sooner than expected. As a matter of fact, the guy's willing to put a dinner on the line that Duffy would best **Mike Francois** in a physique contest when and if they ever meet again. No bull.

Editor's note: To contact Lonnie Teper about material possibly pertinent to *News & Views*, write to 626 N. Garfield Ave., Suite 132, Alhambra, CA 91801.

