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POWERLIFTING AT THE
ARNOLD CLASSIC

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THE HOTTEST FITNESS
TECH OUT NOW

EDGE

NEWS, INTERVIEWS, SPORTS, AND GEAR

Alexander The Great

Spartan Race
standout **ALEX
NICHOLAS** is
bringing some
muscle to obstacle
racing. Forget the
marathon running
and mind-numbing
cardio sessions.
His routine will
make you look at
the sport in a
whole new light.

Interview by
Joe Wuebben



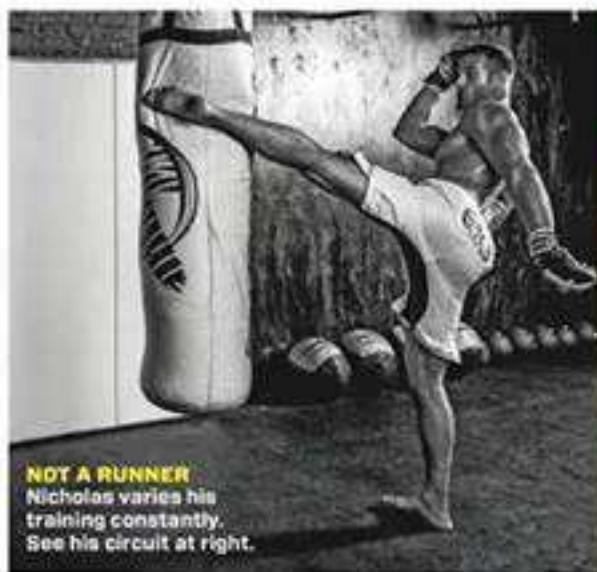
HIS WORKOUT

A lot of obstacle course race (OCR) athletes are skinny guys, so it's nice to see a muscular guy like you doing well.

Most of the guys leading the pack are marathoners or trail runners. I have a background in martial arts, and I was a college football player. I'm the only guy weighing more than 200 pounds who's won. I want heavier guys to have a chance. You need to incorporate heavier obstacles so it's not a glorified trail race.

That would make competitors focus on strength training.

Yeah, resistance training and actually building muscle. Some people are great at getting that runner's high, but you put them in the gym and they have a difficult time.



NOT A RUNNER
Nicholas varies his training constantly. See his circuit at right.

What constitutes heavy lifting to you?

I do heavy kettlebell circuits once a week. I'll do 100-pound swings, snatches, and cleans. I try to get 8-10 reps each minute with each arm on

snatches and cleans, then swing with both arms. I'll set the timer at one minute, get 10 reps, take a 20-second rest, do a few burpees to keep my heart rate up, and do 10 reps with the other arm.

WORKOUT

Performed twice per week.

Do as a circuit: spend 30 seconds at each station, resting for 20 seconds between each. Do 12 rounds.

EXERCISES

1. Handstand Pushup
2. Monkey Bar Traverse
3. Med Ball Slam
4. Muscle-up
5. One-arm Pushup
6. Kettlebell Swing

ALEX'S STATS

AGE 35

HEIGHT 6'2"

WEIGHT 205 lbs

SPONSOR Reebok
Spartan Race

WEBSITE [epic hybridtraining.com](http://epic.hybridtraining.com)

Owner, Epic Hybrid Training, NY



75 YEARS OF M&F

Something For Everyone

The October 1992 issue delivered sex, football, and one of the greatest ads of all time.

MIKE O'HEARN landed a ton of covers throughout the '90s and early 2000s. Some of those covers highlighted training for specific body parts. Others, like this dandy one from 1992, were sexually charged, and seemed to suggest that if you didn't look like him, then you weren't getting laid. Joe Weider took this route often enough, and it's a tactic that no doubt scared millions of gangly teenagers into the gym. In this particular issue, it set the tone for the

cover story, "Why Exercise Creates Better Lovers." The article lays down some of the obvious reasons like increased stamina and blood flow, but by the end of the piece, it reads like an anti-steroid PSA, stating that 'roids will eventually wreck your love life by shutting down your body's natural T production.

Elsewhere in the mag, M&F's second annual NFL Strength Team is headlined by mass monsters who all benched more than 500 pounds and squatted over 700.



FIRED UP
There are a lot of reasons to train hard, and this issue brought 'em in spades.



The retro gem we love: an ad for World Gym starring Franco Columbu, Arnold Schwarzenegger, Ralf Moeller, and Lou Ferrigno. Plus: The order form let you send away for World Gym Zubaz pants!