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Street Scene

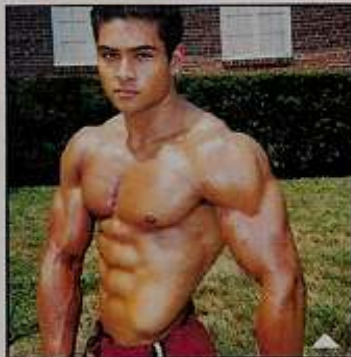
BY DEAN BRIERLY



In five years of pumping iron, 25-year-old **Mark Ray** put on 49 pounds of competitive muscle to go with his 6'2" stature. He entered his first contest in 2001 and came away with a second place as a junior heavyweight. This car dealership parts adviser in Asheville, North Carolina, is currently fine-tuning his 219-pound physique while preparing for his next competition.



Move over, XXX. Here comes EEE, otherwise known as **Ernest Eugene Earls**. This 38-year-old Atlanta policeman has been weight training for 23 years and, at 5'11½" and 220 pounds (185 at contest time), he owns the kind of arresting physique most guys just dream about. Ernest works out five days a week, training one bodypart per day. He's been competing since 2001 with a number of first-place finishes to his credit.



Anyone who doesn't believe bodybuilding is the true "Fountain of Youth" need look no further than this photo of 48-year-old **Rico Connor**. His vital stats: 5'9", 190 pounds. How he got there: dedication, a strict diet and total training intensity. Rico lives in America's playground, Las Vegas, but works hard to keep himself in competitive form. He recently entered his first contest and won the masters class. This club manager is also a writer specializing in nutrition, training, supplementation and the mind-body connection.

Although overweight as a youth, 21-year-old **Herve Duchemin** of Allston, Massachusetts, has relied on the precepts of bodybuilding to revamp and upgrade his physique. The recent college graduate boasts a 6' 200-pound frame with barely a scrap of fat. His improved condition has also boosted his confidence and self-esteem. Herve works with a fitness-modeling agency in New York City and is anticipating entering his first competition in the near future.



Any musclehead will tell you discipline is the first key to bodybuilding success. **Bradley Sackett** of Kansas City, Missouri, learned this lesson well during his eight-year stint in the U.S. Marine Corps. At 27, his years of weight training have paid off in the form of 235 rocked-up pounds nicely distributed on a 6'3" frame. Currently working as a computer technician, Brad recently began competing and looks to make further improvements to an already impressive physique. **FLEX**

Note to readers: Although you may have a physique worthy of Street Scene, we cannot publish your photograph without all of the following information: age, height, weight, brief bodybuilding history and occupation. Include detailed information about your physique and bodybuilding progress. To be considered for Street Scene, send a clear, well-focused photograph to FLEX, Street Scene, 21100 Erwin St., Woodland Hills CA 91367.