

HOW TO SAVE **A DYING MR. O**

ROBERT KENNEDY'S

MUSCLEMAN

**MONSTER
TRICEPS!**

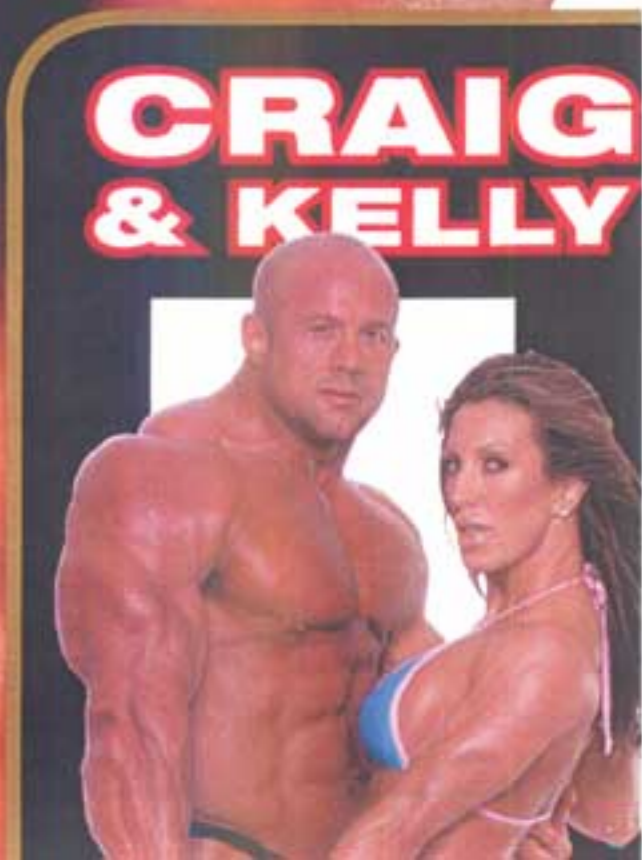
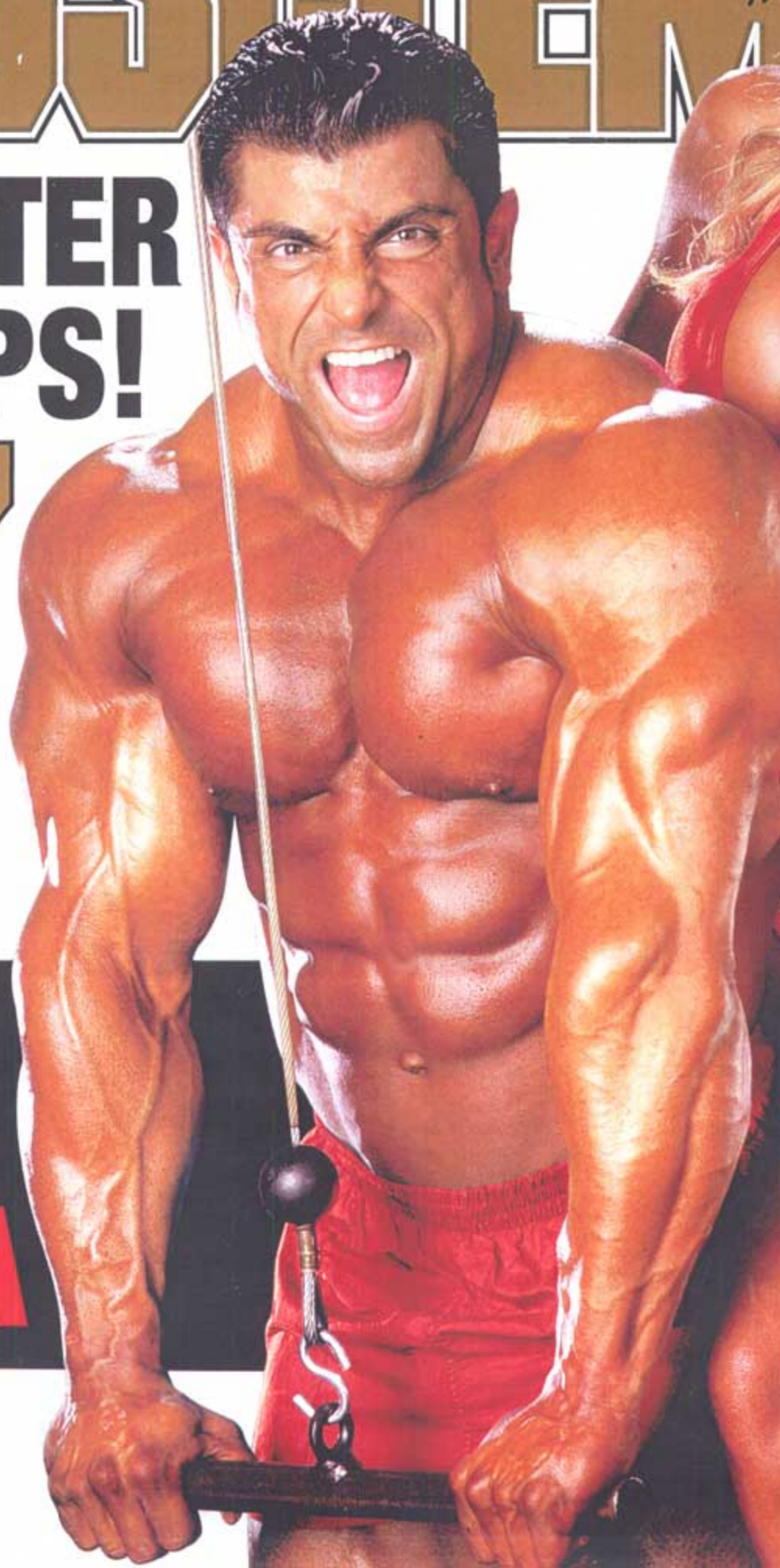
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**WEEKS
TO A
MASSIVE
CHEST**

12 PAGES OF
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**CRAIG
& KELLY**

Joe Spinello – A Set of Big Ones!

Joe Spinello had a long career as a professional bodybuilder. Since hanging up his trunks several years ago, he has divided his energies between supporting his family and promoting top-level bodybuilding contests. Now that he's the proud father of a young daughter and son, his primary responsibility is putting food on the table. He confessed that competing as a pro can land you in the poorhouse and there comes a time when you must move on. And move on he has.

Joe promoted a fantastic 2005 **Canadian Championships** early last fall in Laval, Quebec. He has now taken one more brave – some might say foolish – step by promoting the 2006 **IFBB Montreal Pro Classic**. Yes, you read that right. The ballsy promoter will be bringing the world's best pros to Montreal on September 3rd to battle for sizable prize money and the final three spots for the 2006 **Olympia**. The last time Montreal had a pro show was ten years ago. The winner of that competition was none other than eight-time Mr. Olympia **Ronnie Coleman**. That was his first pro win, which served as a launch pad to his quest for the Olympia. Also included with the men's pro competition will be the very first **Montreal Pro Figure Classic** featuring the world's top figure competitors.

Joe is banking on support from Canadian athletes such as 2005 overall Canadian champion **Simon Voyer**. The popular Montreal athlete is expected to make his pro debut in his hometown. Joe is aware of the financial risk he is taking with this formidable project, but is up to the task and excited at the idea of showing the professional bodybuilding world what the province of Quebec can offer in supporting this event. Go to www.joespinelloproductions.com for details.

Simon Voyer and Joe Spinello.



Carmen Tocheniuk Dreaming Big!

"I honor those who dare to dream. Without dreams you have nothing." That is what petite, muscular **Carmen Tocheniuk** was quoted as saying in her local paper after arriving home from last fall's 2005 **Canadian Championships**, where she was declared the winner of the lightweight category. Well, the diminutive Albertan's dreams have just gotten bigger, as she has substantially ratcheted up her training in a bid to earn her pro card in 2006.

Mighty Carmen, from the little town of Whitecourt, Alberta, has set herself the lofty goal of becoming the first professional athlete in her town. In a sport of giants her task is daunting. First she has to successfully defend her Canadian lightweight title. Then she must face some serious monsters in the final overall posedown, where the heavyweight winner could outweigh her by fifty pounds. Her arsenal of weapons may not include excessively huge muscles, but what she lacks in mass she more than makes up for in shape, pleasing aesthetics and superb balance. Her sultry looks have already caught the attention of **GNC**, who have provided her with a sponsorship. There are even rumors that the bigwigs at **World Wrestling Entertainment** are seriously taking a look at her!

With her marketable look Carmen proves women can have muscles and still be very sexy and attractive. Women's bodybuilding historian, author and photographer **Steve Wennerstrom** has called her the **Cheryl Tiegs** of women's bodybuilding because she bears a strong resemblance to the world-famous model.

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