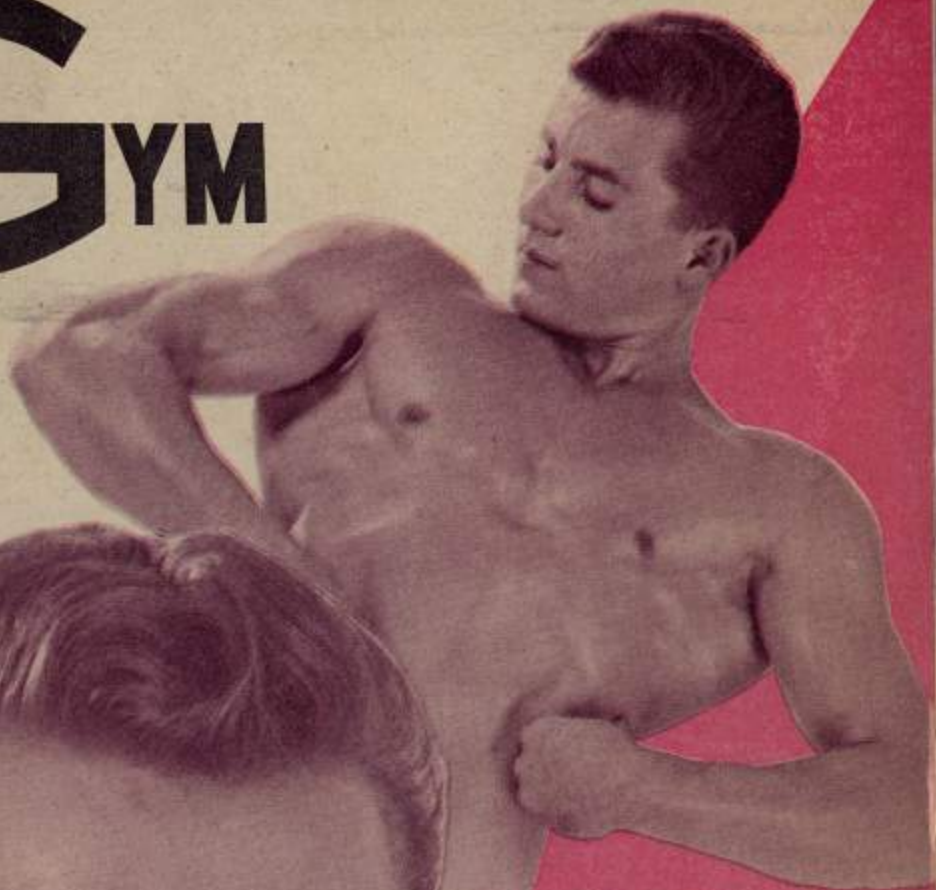


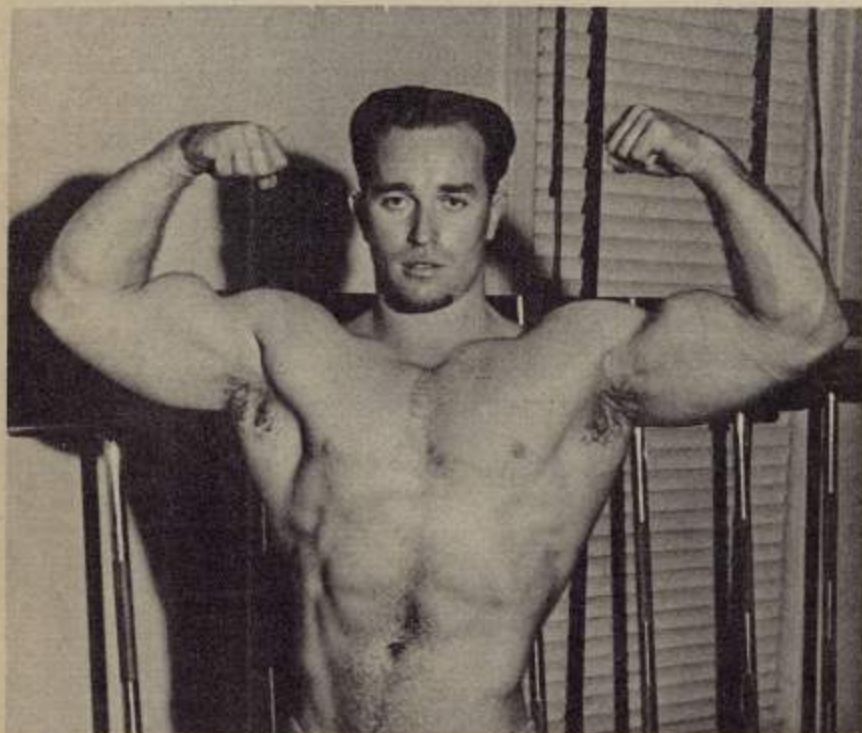
GYM

ALLIED

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JAN



NOW
64
PAGES



JIM FINN, our exercise instructor, from Perry's Gym.



G Y M

GYM MAGAZINE

VOL. 1 NO. 1

JANUARY, 1959

THE FACE IS FAMILIAR (our coverman, that is) and well it should be, for Steven Wengryn has become highly popular over the past few years. More of him inside.

ANOTHER FACE we hope will become familiar to you in the months ahead is our front cover itself. This is a debut for GYM, and we don't mind telling you it's been a job getting the kinks of magazine launching ironed out.

WE MIGHT have banged out a "Prospectus," full of high sounding words for this first issue of GYM, but we intend to be pretty down-to-earth. We'll pack in a load of bodybuilding info, then sprinkle in what passes for humor at our shop, and last, we'll cram in every really good and inspiring physique shot we can get our mitts on.

NATURALLY we'll be interested to hear your gripes and groans when we goof. Write us, or if you're in town, drop in for a chat. The address is down there somewhere in fine type.

GYM is published bi-monthly by the Victory Printing and Publishing Co., Inc., 179 West Washington St., Chicago 2, Ill. Subscription Rates: U.S. and Canada, \$2.50 per six issues. Foreign, \$3.50. Unsolicited manuscripts, art, and photographs become the property of the publisher unless other arrangements are made. Submission of material will be construed as permission to publish same without further correspondence. All rights reserved. Publisher assumes no responsibility for handling or orders placed with advertisers. Application for second class mailing permit pending at Chicago, Ill.

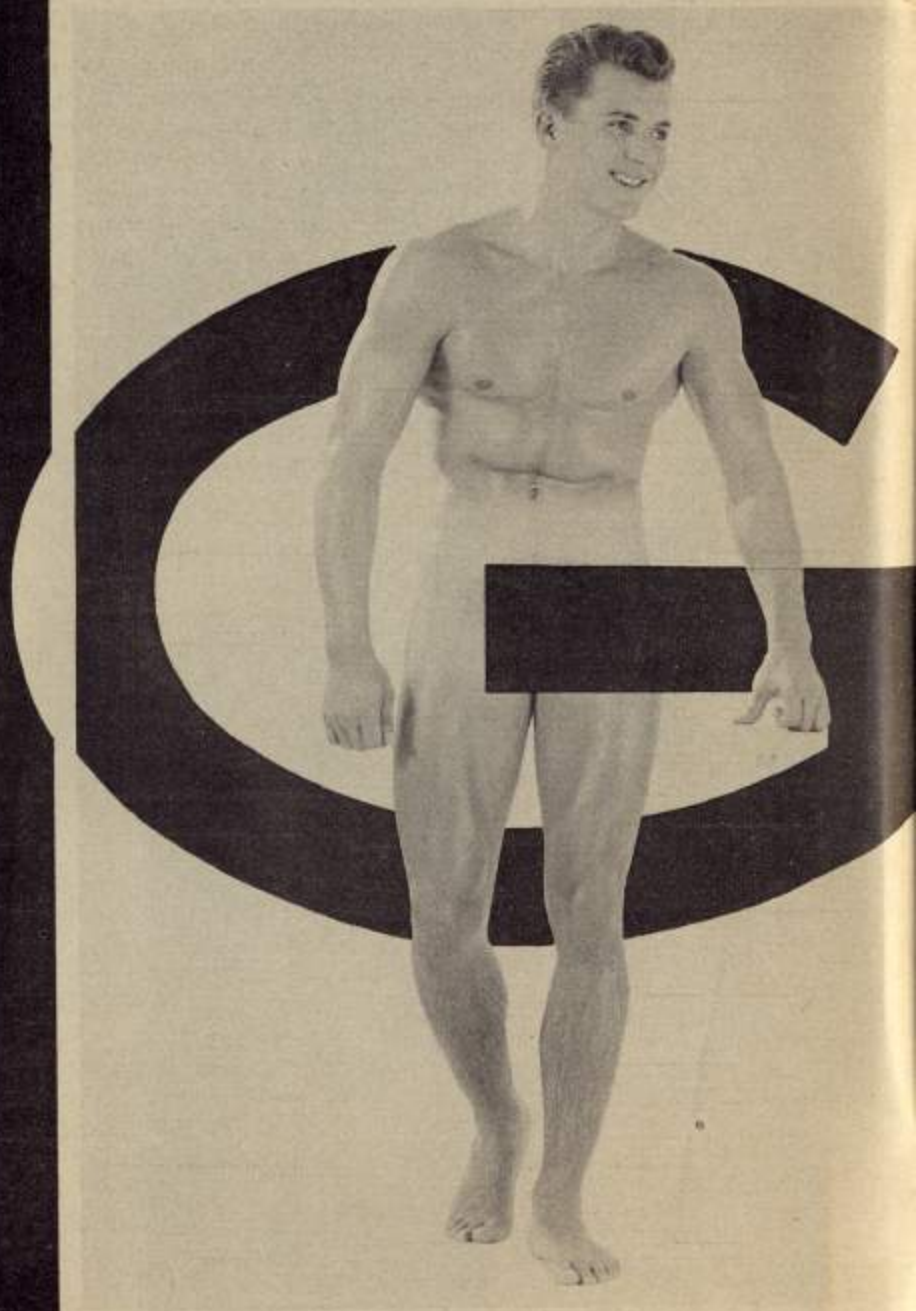
FOR CHANGE OF ADDRESS: Send postal card to address above, listing old and new addresses.



THE BEACH is naturally the chief area of advertising for the product named "The Body Beautiful" because it's on the beach that inspiration soars in the soul of the would be muscleman. And how do you like

these two lads for inspiration . . . handsome Vic Mesenzoff on the left, and Dale Gilbert on the right. The photos are by Modern and are part of a series published in **MANual** by Sir-Prise of Chicago.





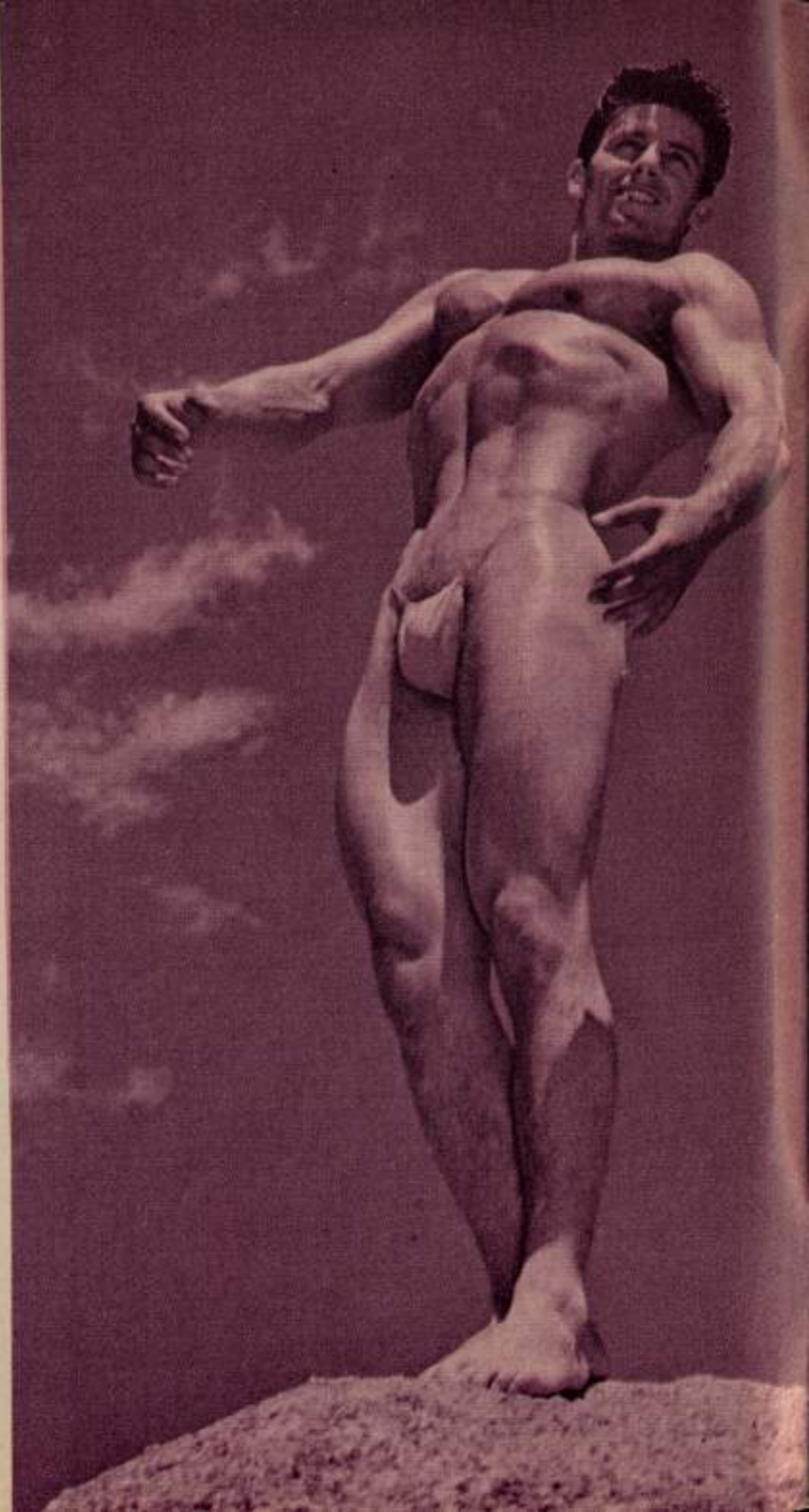
STEVEN WENGRYN certainly deserves the "GYMan of the Month" title in this issue for we've sprinkled his pictures fairly liberally throughout, beginning with a montage cover shot. In case anyone is fooled, the bull fighter in the center section is really not Luis Don Luis Don Luis Don Luis. He's really Steve. The bullfighter series, the cover, and the photo on the left are by Male Today.

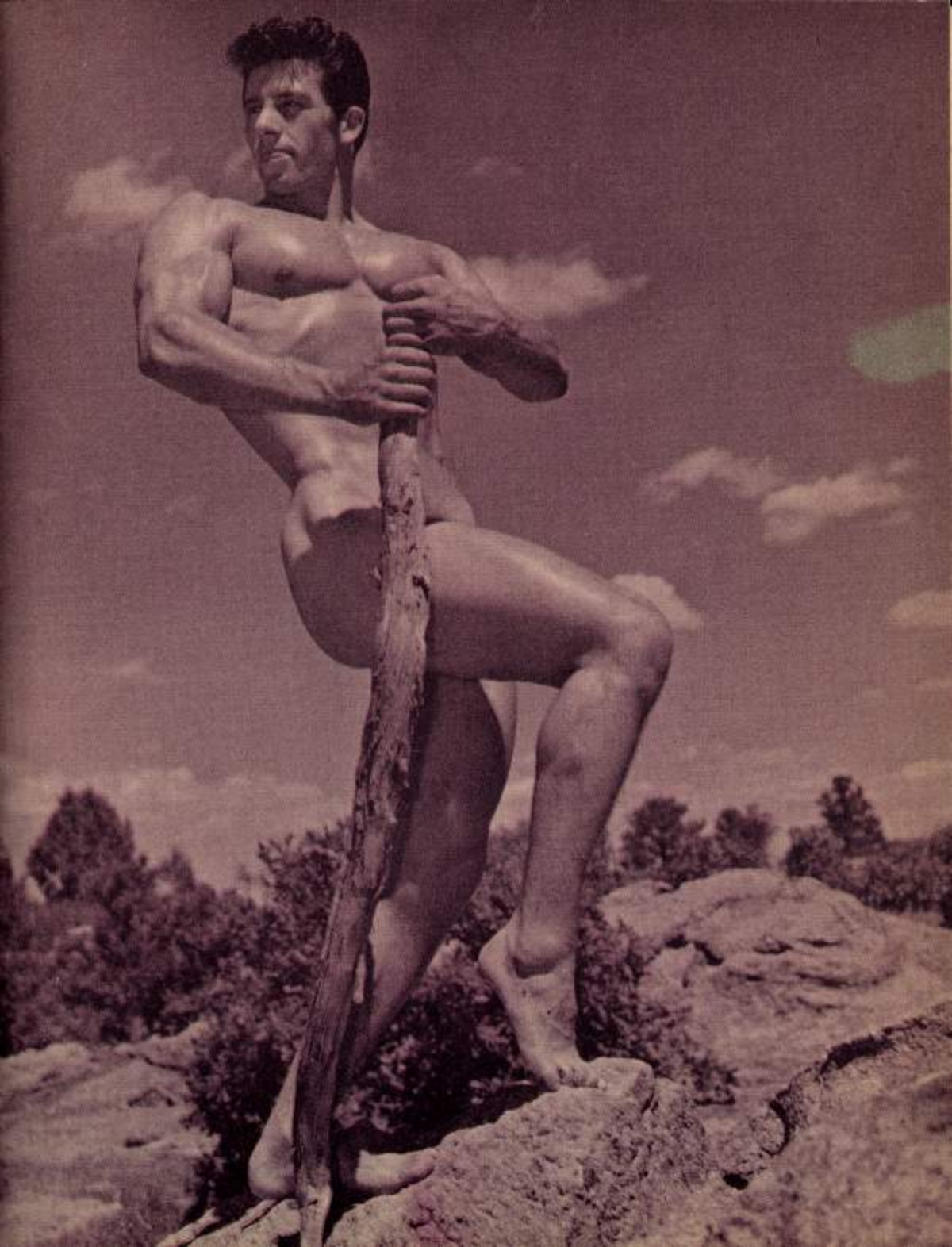
Steve is now 21 and has become the best known physique model to appear in the last few years. Besides the beautiful body, Steve has a well developed brain which he isn't

GYMAN of the **MONTH**

afraid to use. Couple this with a well developed sense of humor and a sharp all-around personality and you can understand why he was such a natural choice for the honors.

"MEN TO MATCH THE MOUNTAINS" is a slogan used by Western Photography Guild of Denver to describe the huskies they present. We can't think of a better phrase to describe the rock-like physique of Paul Labriola. Here is a really "chiseled" frame.







Is this an awfully little man or
is it an awfully big book?

manual 4: pleasant sir-prise

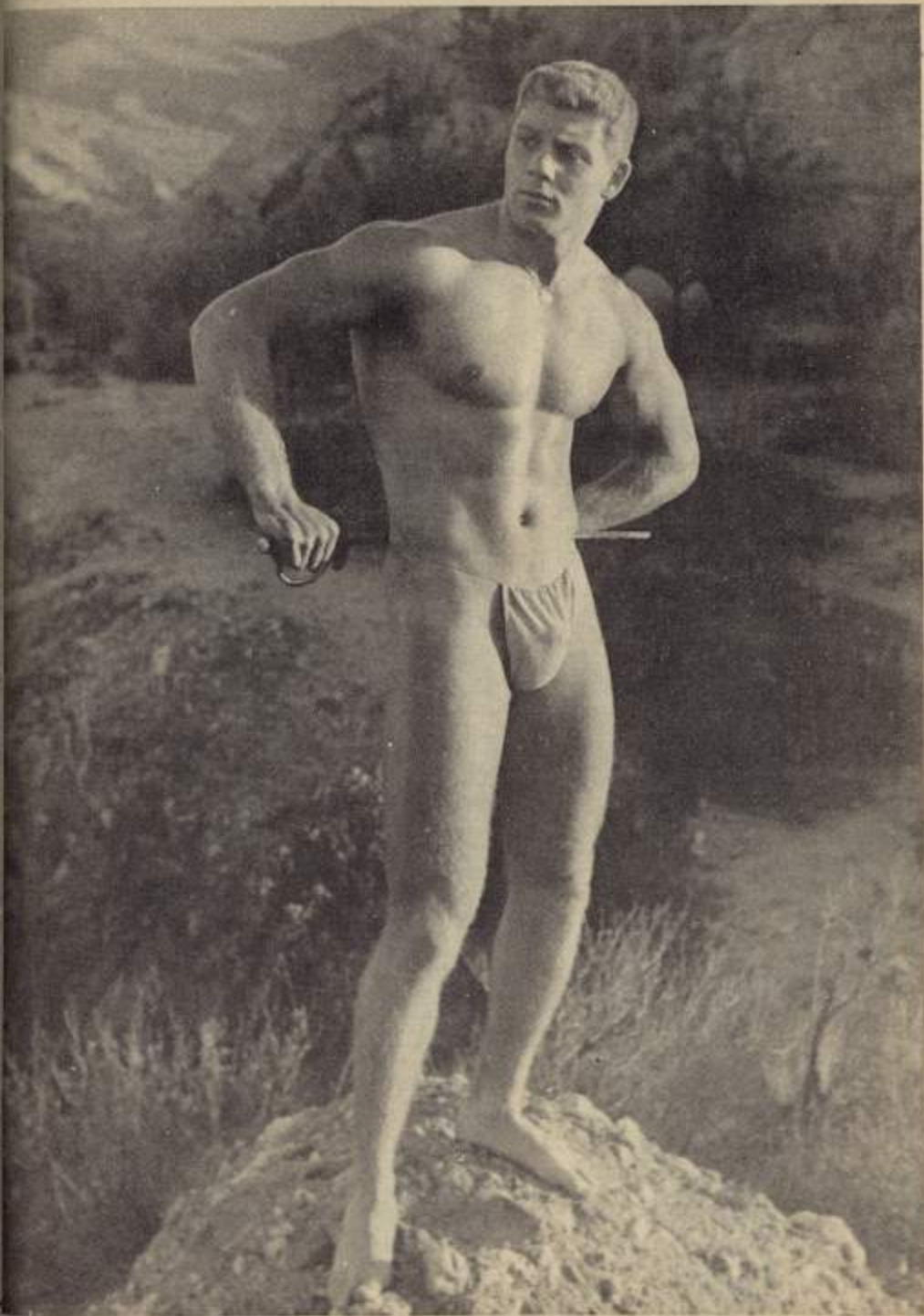
WE RATHER ENVY the people at Sir-Prise Publishers who put out the MANuals which are advertised regularly in VIM and GYM. They seem to operate at a leisurely pace. Manual No. 3 came out some six months ago and the staff had half a year to work on MANual No. 4. We've

just received our copy and we must say their time was well spent. Manual No. 4 is the finest of the lot, filled with a lot of material we would have liked to have ourselves. Among the stuff we coveted most was the spread on two dashing lads enjoying a day at a most secluded beach. If everyone looked this good in the raw, the nudist movement would probably be more attractive.

Then there is the center spread, a huge 10x13 inch drawing by Spartacus who really knows how to capture the male physique. It's a trio of cowboys doing some fence straddling, indicating that the Sir-Prise people spent at least some of their six month production schedule looking at TV westerns.

Of special interest is a series on the great nudes of that master of masters, Michelangelo. Probably no other artist knew the physique so intimately or portrayed it more dynamically. The Manuel No. 4 section on his work should prove enlightening.

As with the previous issues, MANual is 99% pictures. It is not at all interested in exercises or diet, but the virile specimens portrayed certainly would prove a source of inspiration for the bodybuilder.



KIP BEHAR in a photo by Kris of Chicago.



Perry suggests

The Bi Tri Combi

FOR BODYBUILDERS who are eager to build bigger arms, a promising new combination exercise has been devised and used with good results in Perry's Gym of Chicago. The exercise has the impressive sounding title, "Bi-Tri-Combi." Break that down and it means a Combination Bicep-Tricep exercise.



The B-T-C is a real booster for those with slow-growing arms and for fellows with big arms who want to build 'em even bigger.

Perry suggests that the B-T-C be performed only once or twice a week depending on the individual's energy and endurance . . . certainly not more than twice.

First, select your weight, depending on the individual, use two-thirds to one half of your poundage that you use on a regular two-arm curl with a barbell. Starting with arms hanging in regular starting position at thighs, curl the weight (strict style) only one half way upward or about at your midsection . . . then lower it. After reaching between 12 to 15 reps, quickly raise the weight to your chest as in a regular curl. Then lower it half way down or again to your midsection, getting the same number of reps as in the first half of the exercise.

The breathing is as usual . . . inhaling as the weight goes down and exhaling when the weight reaches the high point.

Without resting, quickly do your favorite tricep exercise. If working out in a gymnasium, the tricep pulley can be used with a cable machine using 15 reps.

At Perry's, one of the favorites is "The French Curl" using a barbell with a weight with which one can just about do 15 reps. For those not acquainted, with this exercise, grasp the barbell with a narrow center grip, thumbs just about touching. Raise the weight to the overhead position. Bending your



arms at the elbows, let the weight lower to the back of the head or neck, just about touching the back. Keep your upper arms with as little movement as possible. Breathing is the same as explained in the fifth paragraph.

Try to reach 15 reps. Now you can rest. Tired? Cheer up, for the worst is yet to come. You have two more sets to do!

If you still have more energy, you can finish off with three sets of the concentration curl, using a weight that can be done for from 10 to 12 reps. Now you can crawl off to your favorite corner or shower. You can finish the rest of your routine on your other exercise days.

You'll find the "feel" of this new combination will give you a new "high" in arm building. Be sure your diet is well balanced with fewer starches and sweets and more protein, principally from meat (beef or still better, liver), cheese (preferably not processed cheese), eggs, or seafood. Naturally, food concentrates give an extra boost. Remember, growing muscles require more nourishing protein, and exercise alone will not bring results. There is no "magic" in barbells, without the magic of food and proper rest.

Would You spend

BEFORE



99¢ a week?



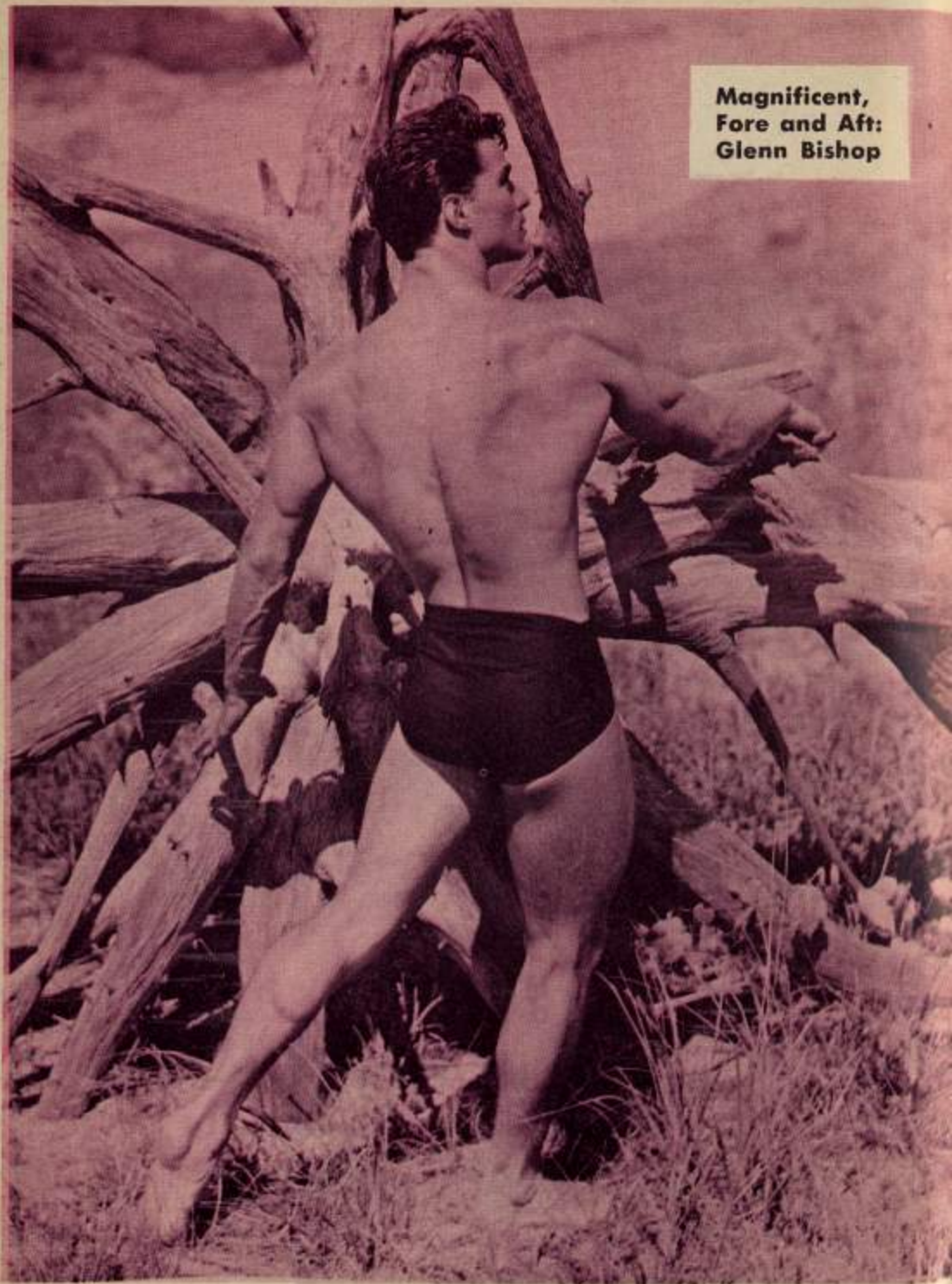
IMAGINE THE THRILL of really living . . . of seeing dynamic results . . . of building a body you'll be proud of . . . **AT A PRICE** that brings a program of diet supplementation within the reach of everyone. Now for the first time ever, **TRIUMPH** makes it possible for you to score your own personal bodybuilding triumph, thanks to amazing new **TRIUMPH SUPER HIGH PROTEIN TABLETS** . . . actually protein that is 90% available and over half of it predigested!) See how **TRIUMPH SUPER HIGH PROTEIN TABLETS** surpass other so-called high protein tablets in content and quality . . . and then check the price . . . actually 99c a week.

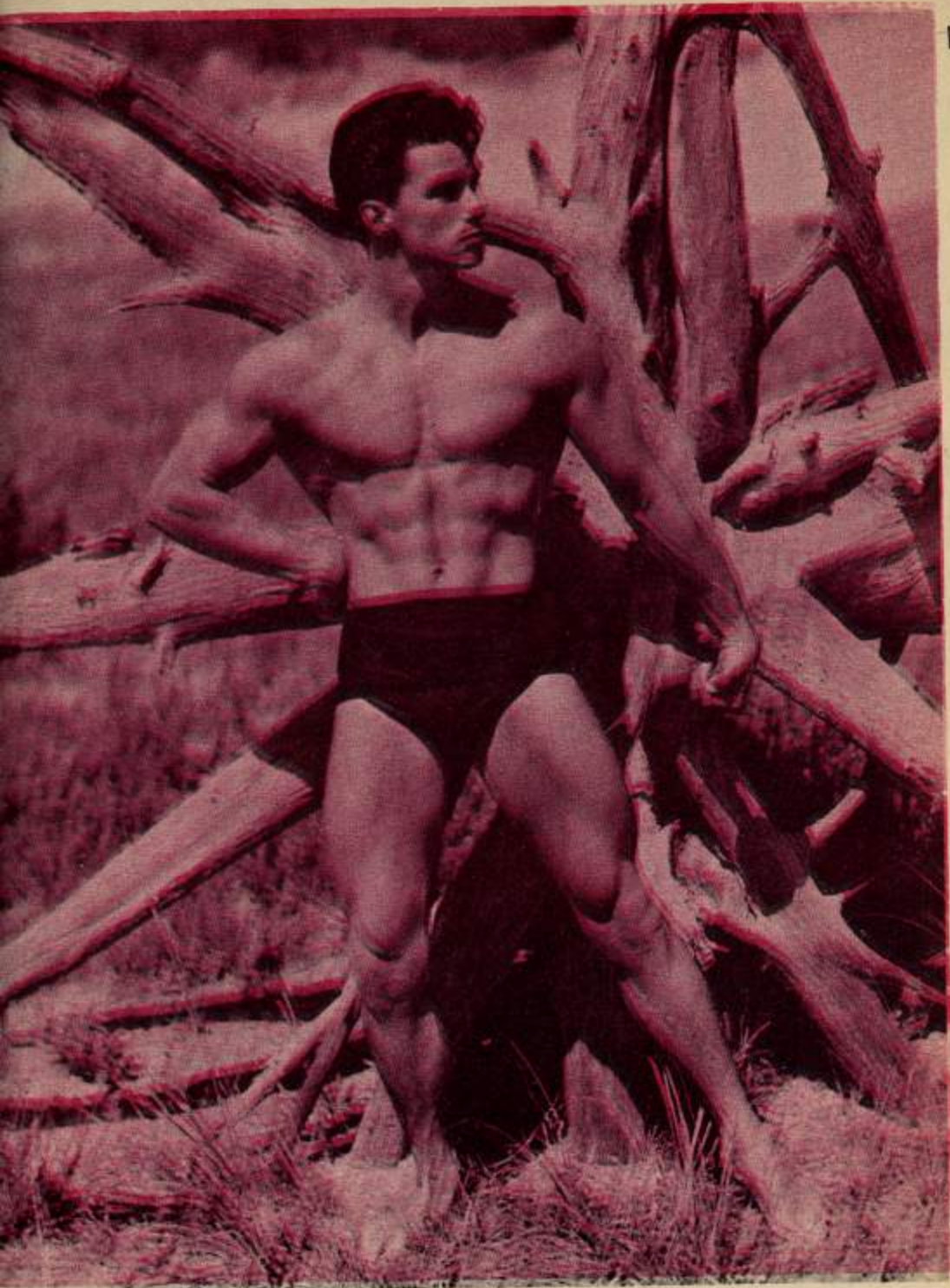
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**Magnificent,
Fore and Aft:
Glenn Bishop**





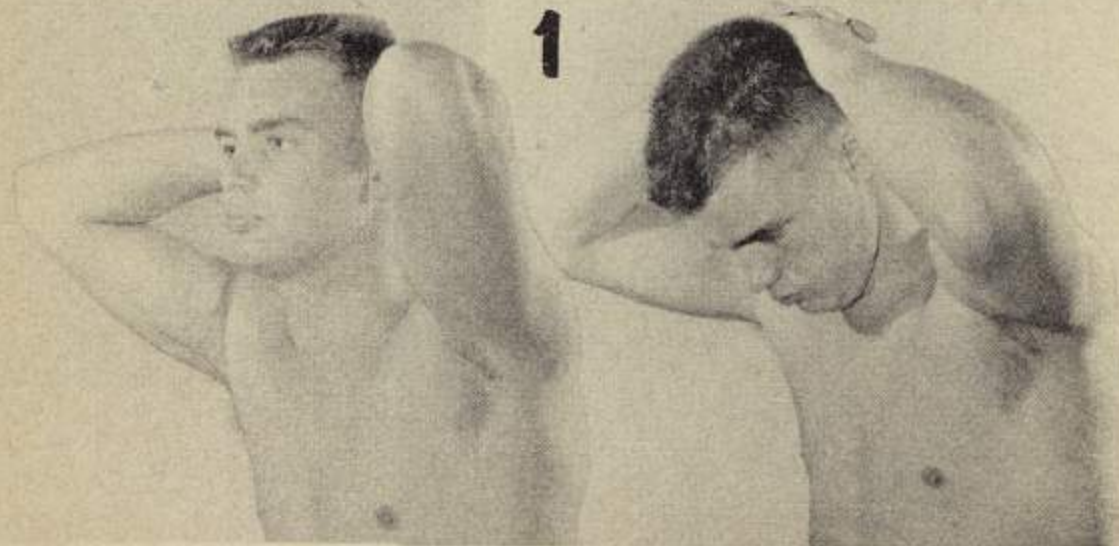
YOUR NECK

WHEN YOU LOOK at a physique star, bodybuilder, or top model, nine times out of ten, you are drawn to the size of the arms, the spread of the lats, the depth of the chest with the high, hard pecs, and the heavy shoulder capping of the delts. With a scrawny neck, all these would fade away, so a powerful neck is something that

we take for granted in a top bodybuilder. However, the bodybuilder works as hard on his neck muscles as on the rest of the physique.

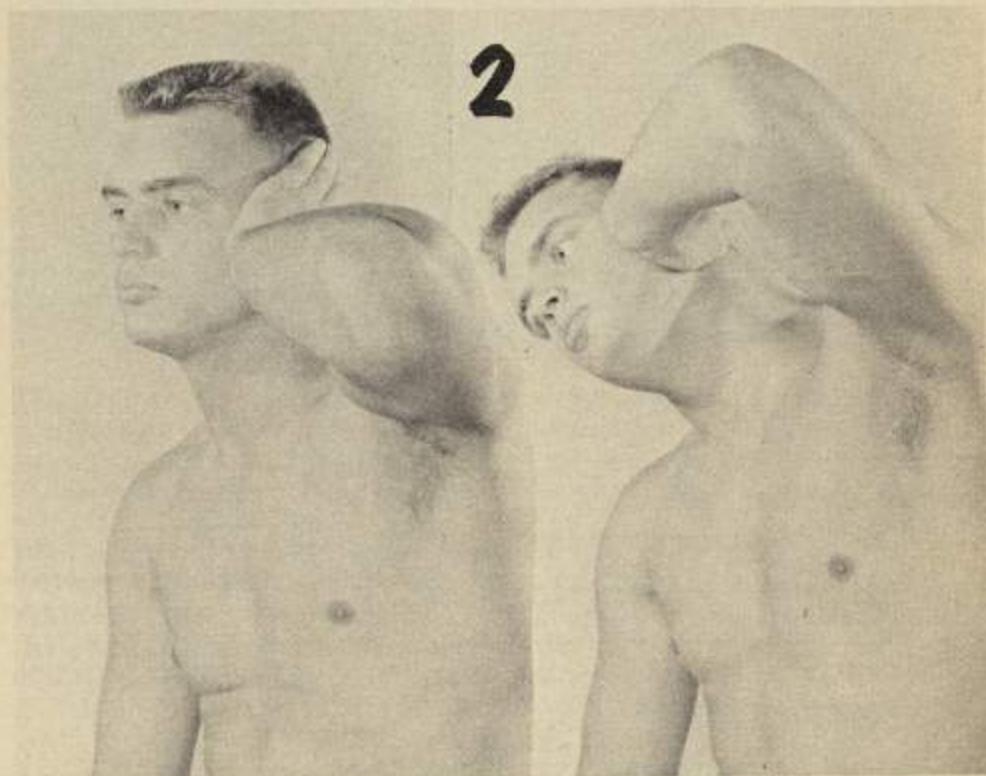
Here I have illustrated a few exercises that I use myself. No equipment is used and you can do these in your own home in any spare time that you have. I have found that the best time for me is when I get up in the morning and before I go to bed. As most of these are stretching type exercises one of the times that you will want to do them is before and after having a hot shower.

The exercises are very simple and are of the constant tension variety. You will be able to understand them from the illustrations.



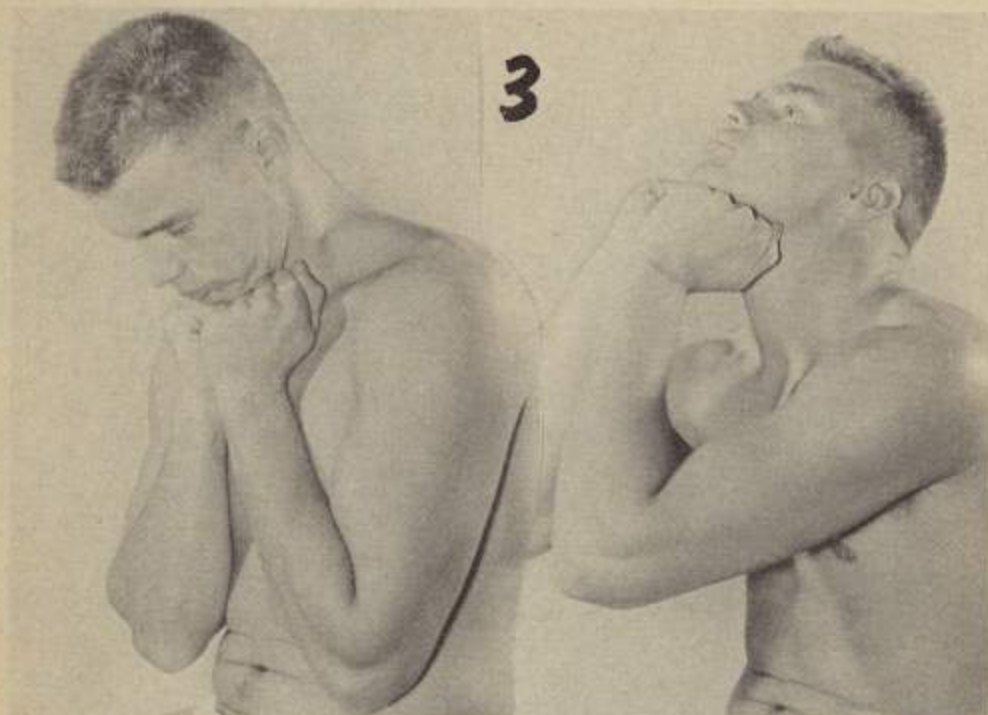
In exercise No. 1, lock the fingers behind the head, and spread the elbows, then force the head down and forward, at the same time resisting with the neck muscles. You should also feel a pull in the lats and right down the spine.

**Neck Exercises,
By Keith Fisk
Photos by Mark — One**



Exercise No. 2 should be done to both sides of the head although only one is illustrated. Place the palm of the hand over the ear with the fingers point-

ing to the back of the head. Now press to bend the head so that the other ear is moving toward the shoulder. Resist with the neck muscles.

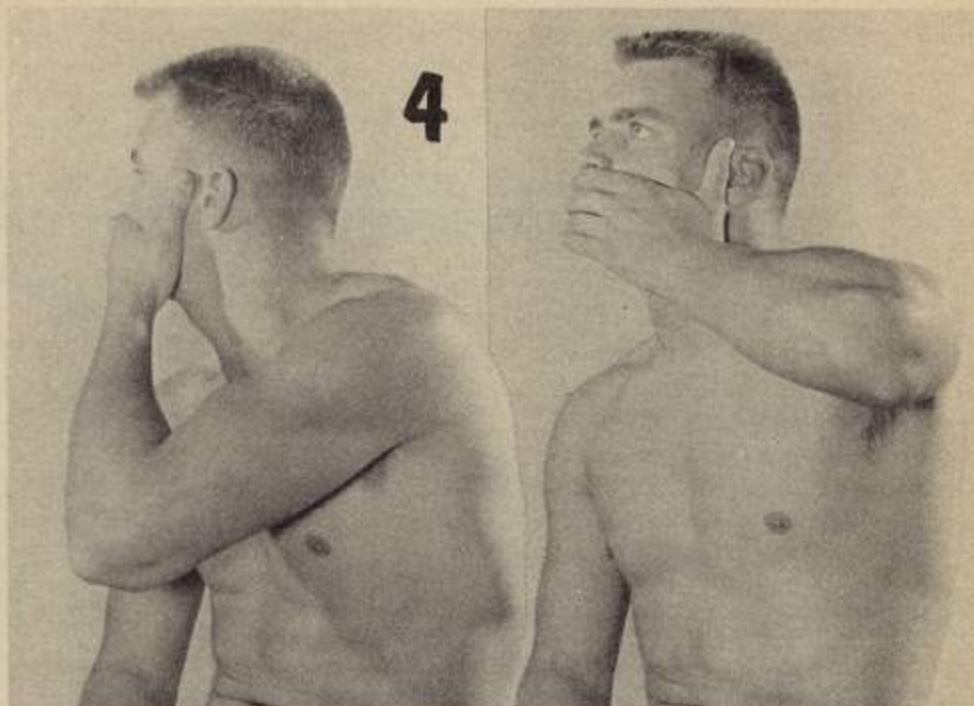


Exercise No. 3 is a reverse of number one in that the neck is forced backward. Double your fists, place them one against the other, then lower your chin to your chest and place the fists under the chin. Your elbows should be well tucked in to your sides. Now use the power of your arms to force your head back, resisting with your neck muscles.

Exercise No. 4 is a twisting rather than a bending movement. Here the palm of the hand is against the cheek, the

fingers extend across the mouth and under your nose, and your thumb is by your ear. Now press hard to swing your head around while resisting with your neck muscles. This should also be done to both sides.

These are rather simple but very effective exercises that will build a powerful neck for you. I use them myself and have a 16" neck. If there is anything that is not clear just write to me and I will try to put things straight.



The Following Photographers regularly contribute photos for editorial use in both VIM and GYM magazines. Additional photos of models shown in this issue may be secured by writing directly to the photographer. It is best to enclose a dollar to cover costs of catalogs, mailing, etc.

ADAM, P.O. Box 889, Grand Central Sta., New York 17, N.Y.

ATHLETIC MODEL GUILD, 1836 W. 11th St., Los Angeles, Cal.

ARTCRAFT (of California), 1539-A Folsom St., San Francisco, Cal.

ART-KRAFT, P.O. Box 52, Norfolk, Va.

BISHOP, Glenn, Box 461-V, Grand Haven, Michigan

DOMENIQUE, Suite 35a, 119 Oxford St., London, W.1, England

KRIS Studio, P.O. Box 1251, Chicago 90, Ill.

MALE TODAY, P.O. Box 9, New York 4, N.Y.

MARK ONE, Box 32, Lachine, Quebec, Canada

MODERN, P.O. Box 2022, Montgomery, Alabama

OETTINGER, Cliff, Box 673, Chicago 90, Ill.

ROYALE, 110 Denbigh St., London, S.W.1, England

SCOTT, 171 Holland Road, London, W.14, England

SIDNEY, Jack, Box 97, Williamsburg Sta., Brooklyn 11, N.Y.

SPECTRUM Films, Box 35, Station E., Cincinnati 19, Ohio

WESTERN photography Guild, Box 2801, Denver 1, Colorado

HORMONE AID

NILEVAR

BIG NEWS for Slim Jims! If you "eat like a horse" and still find it difficult or impossible to add weight, science has come up with a remedy.

It's called Nilevar. Nilevar is a manmade male sex hormone which helps the body use the bodybuilding substances we eat . . . prevents waste of food . . . and thus aids in weight gaining.

S GROWTH

Nilevar won't make you any more virile, though. It's a sex hormone but it has been refined to the point that its only effect is on growth.

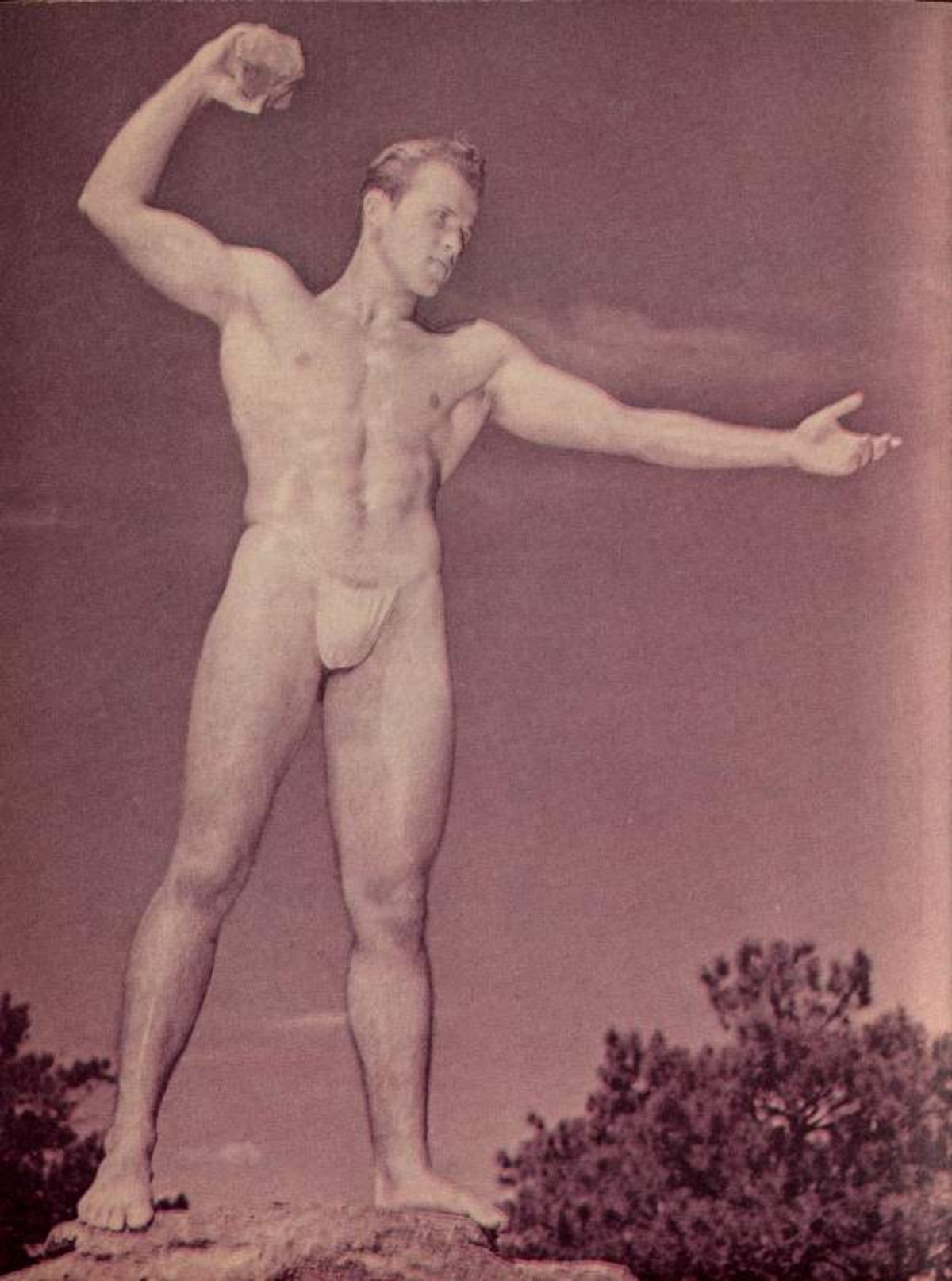
In recent tests with Nilevar it was found that individuals taking the drug added about two pounds a month. Two pounds may not seem like much to most people, but to the lean lad, it appears miraculous. One individual gained 20 pounds in six months, thanks to Nilevar. Appetites increased and feelings of well being accompanied the use of Nilevar.

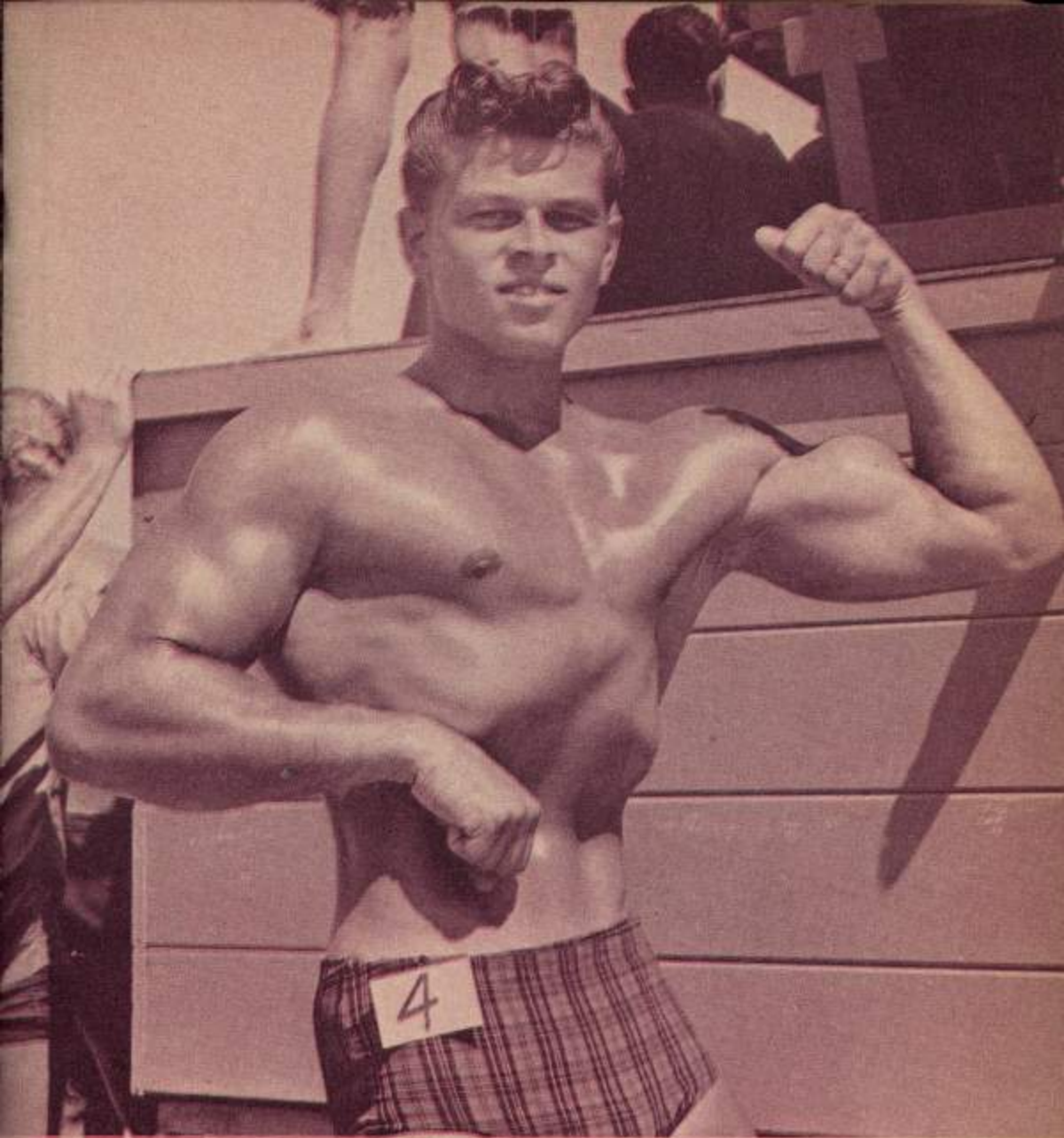
Lest you think this is all a clever lead in to a commercial, let us state right now that we're not selling Nilevar. You can't even get it at the drug store.

See your doctor if you're interested. He'll want to find out

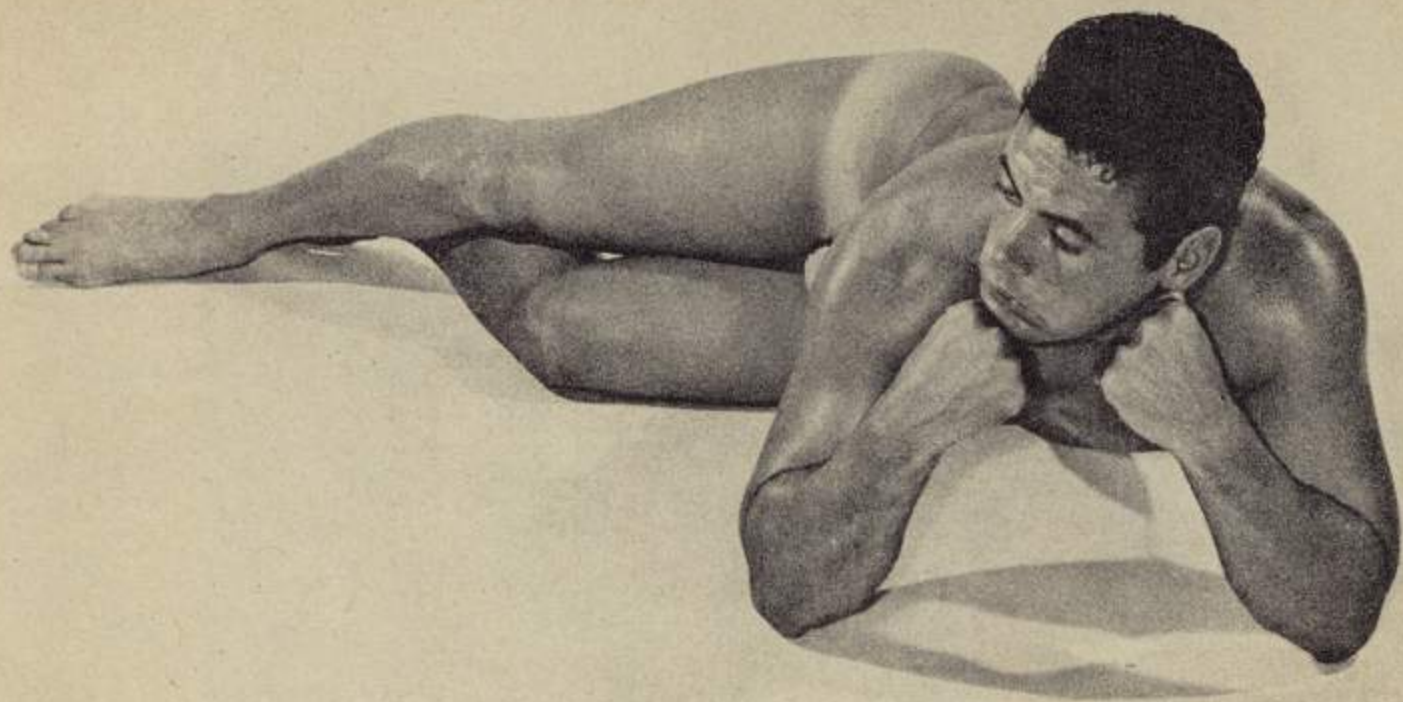
what your trouble is. He'll give you a physical exam . . . possibly a metabolism test. He will probably chart out a diet for you so that you can "eat intelligently" . . . that is, eat foods which will be most likely to "stick to your ribs." Normally, such a diet is figured this way. The doctor figures out how many calories a person of your height, weight, and build requires merely to continue at your present weight. Then he increases the calorie count by from 10 to 25 per cent so that you'll be eating more than your body needs to sustain itself. It's from this added caloric intake that additional body weight will come. The doctor figures how much of what foods will have to be consumed to add up to the specific caloric intake. The result is your own tailor made diet regime. If you follow it, you're almost assured some gain in weight.

Trying to gain weight is a discouraging task for results are slow to appear. It is hoped by scientific men that Nilevar, by making results come faster, will make weight gaining easier.



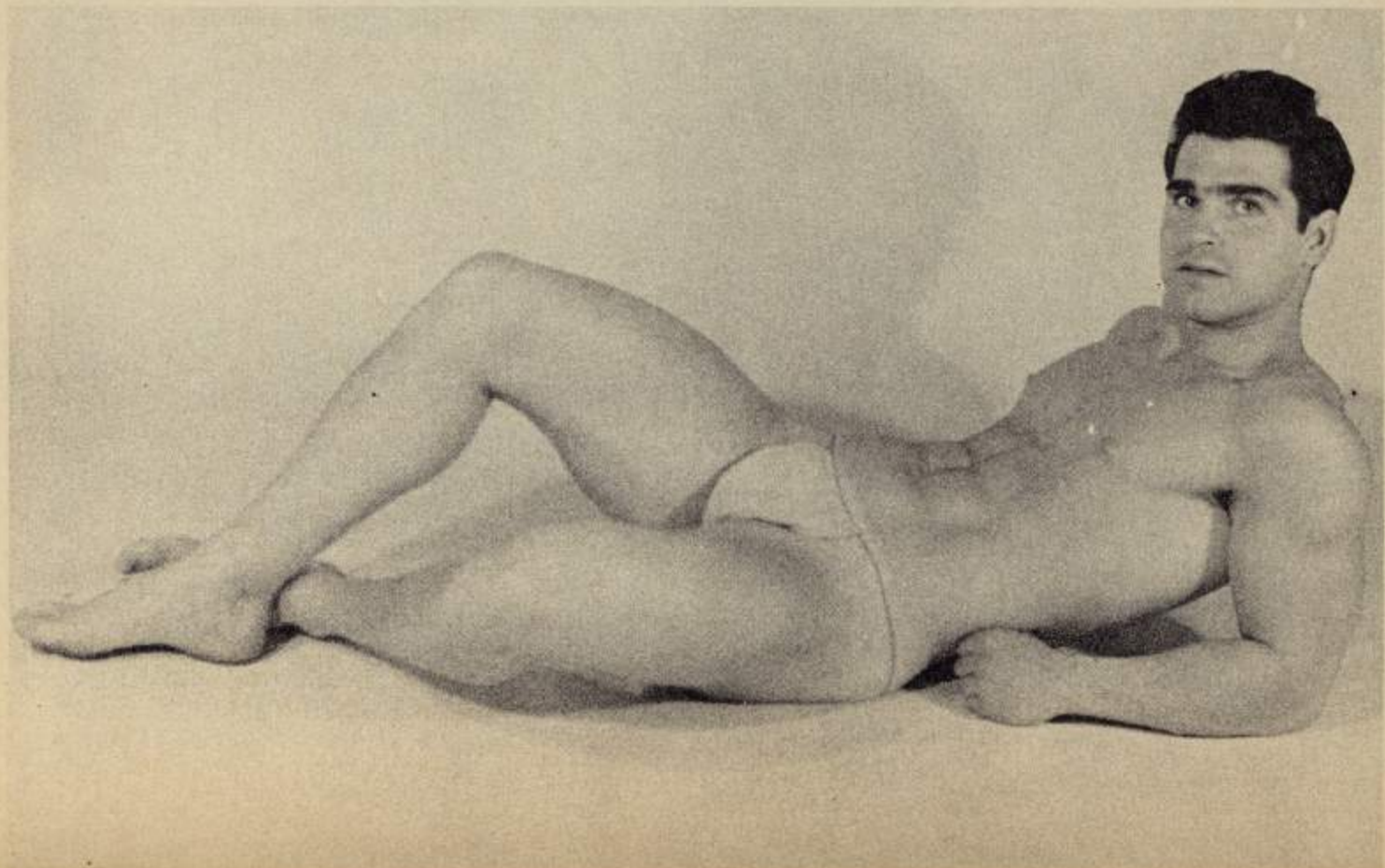


LEFT: Joe Easton, one of the Western Photo Guild's popular musclemen . . and **ABOVE,** a man whose pic hasn't been seen too often recently, Zaro Rossi, a really impressive guy.



PHYSIQUE PHOTOS are often snapped with the model in a muscle popping stance, with every sinew flexing. Yet a really good physique can look good even in perfect relaxation. Witness these two photos.

PHOTO BELOW: Howard Cohn, by Kris. ABOVE: Marc Sawyer by Mark-One.



EDITOR'S NOTE: South of the Rio Grande, in Mexico, the television industry is just getting a foothold and Mexican producers have come up with many shows which are merely imitations of U.S. shows. Such a production is "Senor to Senor," an interview type show run by one Eduardo R. Toro. Senor Toro is an inquisitive, cigar smoking, commentator who, each week, invites his hundreds of viewers to go along with him on a televised visit with a Mexican notable.

Knowing that few Americans ever see Mexican television, GYM presents in this issue, high spots from a recent interview with Luis Don Luis Don Luis Don Luis, the famous bull fighter. Since it is a 15 minute show, Senor Toro refers to his guest merely as "Luis."



"Good evening, Senor Toro, eet eez nice of you to visit me tonight. You know, Ed, this eez ze first time I've been interviewed on ze television."

"Well, let's hope it's not the last, Luis. Tell me, when does the bullfight start?"

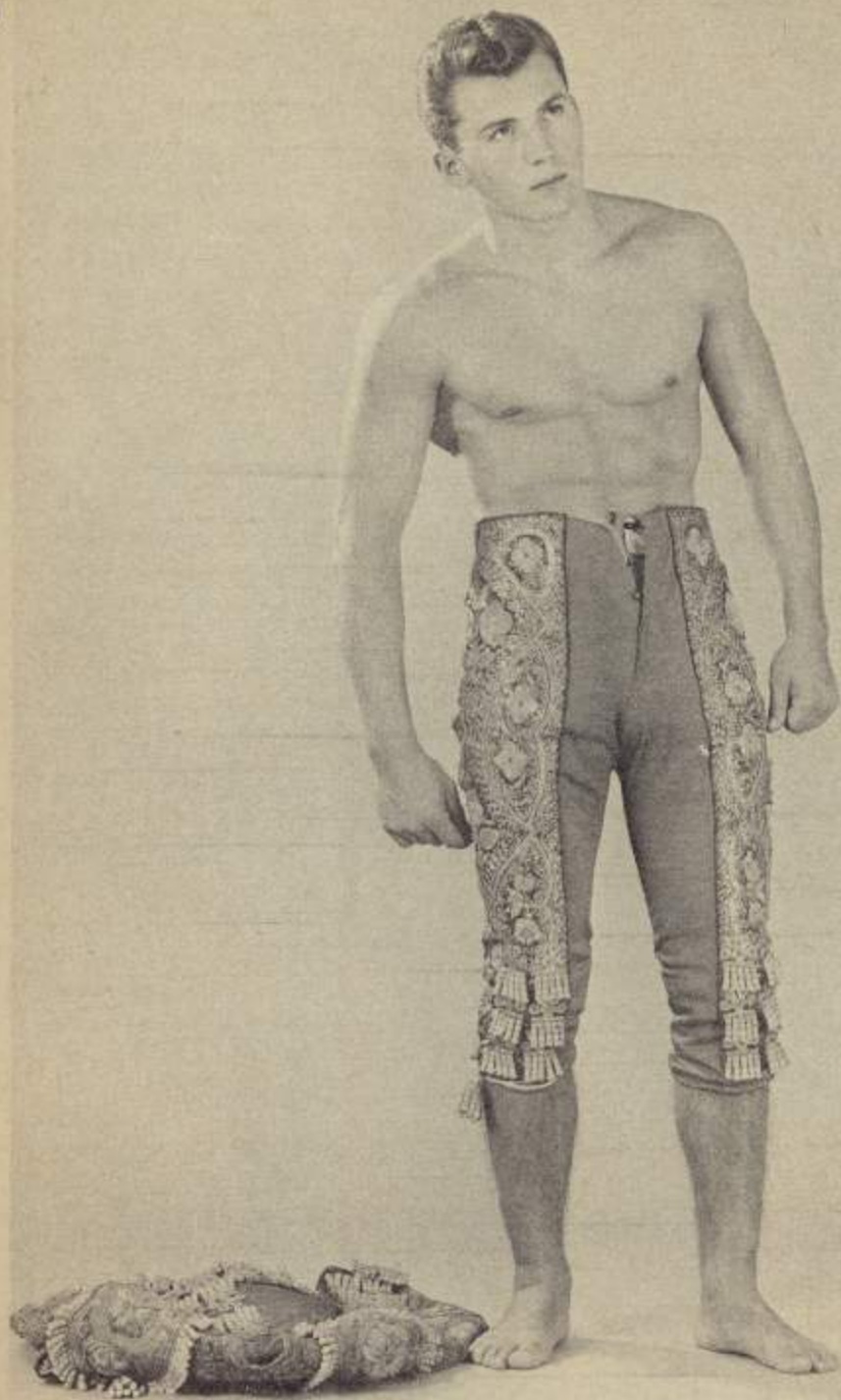
"You're a leetle late, Senor. You see, we feeneesh

ze bullfight during ze commercial. I'm heading for ze showers right now."

"Well, I'm certainly sorry we missed the fight, Luis, but it would appear that you were the winner."

"To tell ze truth, Senor Toro, Luis no waste any time in zat bull ring."





"You mean you keeled—oops, killed the bull with dispatch?"

"No, with a sword, Señor."

"I meant, did you kill the bull quickly?"

"Si, Señor. Ze bull, she is dead."

"Don't you mean 'he' is dead?"

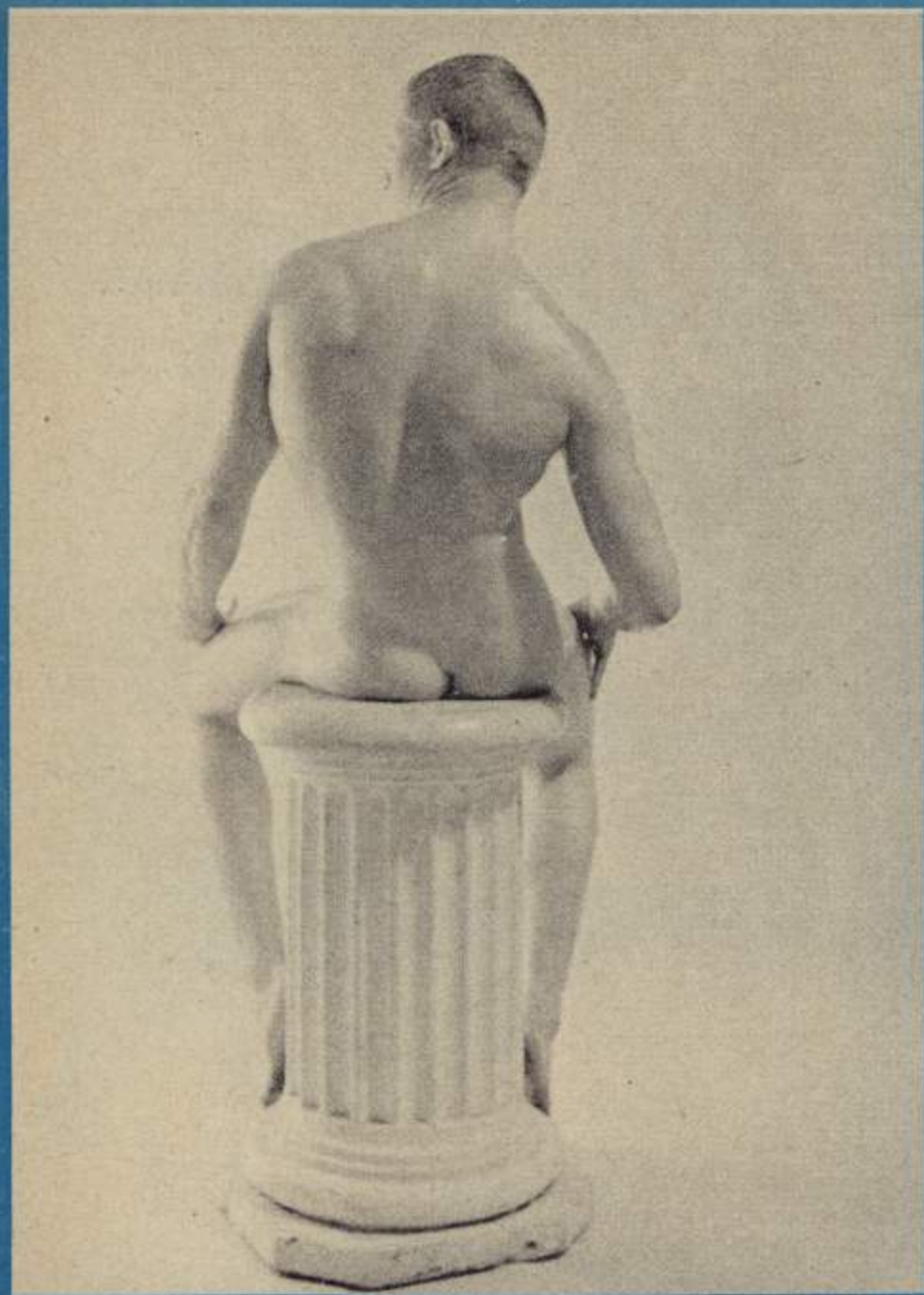
"No, Senor, I mean 'she.' You don't catch Luis in no ring with no bull. I work with cows only!"

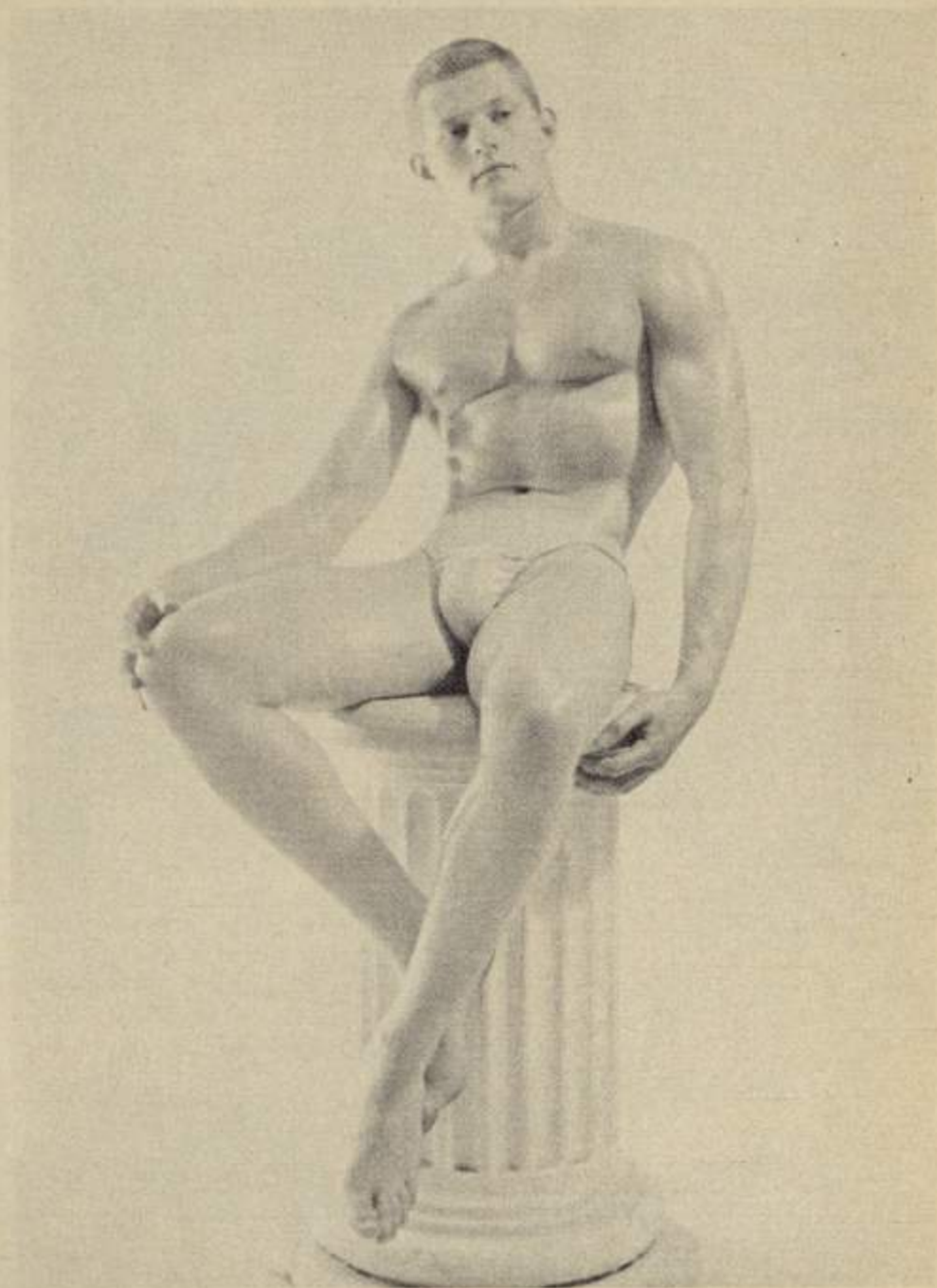
"You mean to tell me you're a coward, Luis?"
"Not so fast, Senor, do you hear me making any cracks about your job?"





"No offense, Luis. Tell me, Luis, now that you've reached the top in the cow fighting game, what is the one thing you would like most?"
"A leetle privacy, Senor."

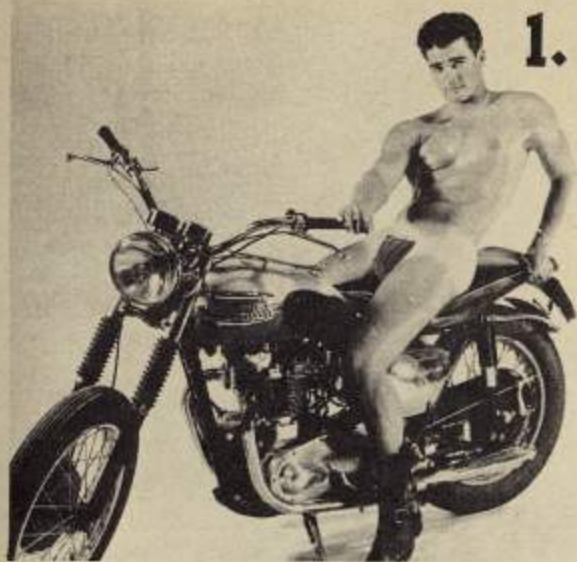




IMPRESSIVE ALL AROUND: Dave Hawtin in a Scott photo.



GARY FROST



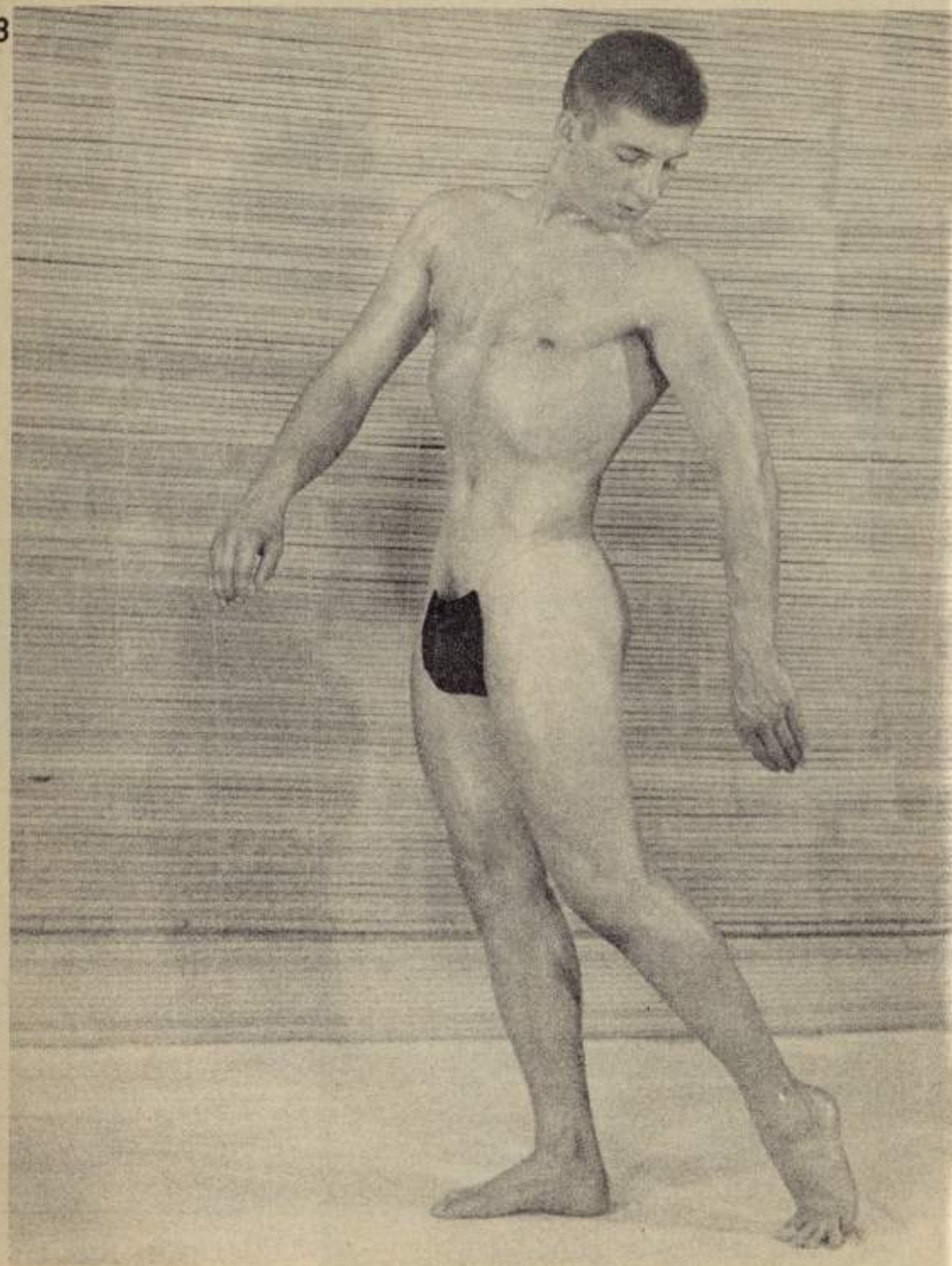
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P O Box 1251, Chicago 90, Illinois

1. JD-52X A series of eight photographs featuring JIM DILLOW posed with his motorcycle and boots as props. 4x5—\$1.50. 8x10—\$7.00
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6. JH-57 Powerful JOE HARRIS in a series of eight solo poses. 4x5—\$1.50. 8x10—\$7.00
7. BW-57 BILL WALKER, young muscular marvel in a series of eight solo poses. 4x5—\$1.50. 8x10—\$7.00

KRIS No. 3 and KRIS No. 4, GIANT 24 PAGE CATALOGS OF PHYSIQUE PHOTOS AND DRAWINGS ONLY \$1.00 EACH





BOB BOUCHE is relatively new (one year) to weight training. His two older brothers inspired him and are acting as coaches and Bob is making nice progress. Now a university student, Bob plans to study law. Outside the classroom, he follows football and baseball, besides (you guessed it) the iron game. Photo by Fredon Studio, Box 1407, Milwaukee 1, Wis.



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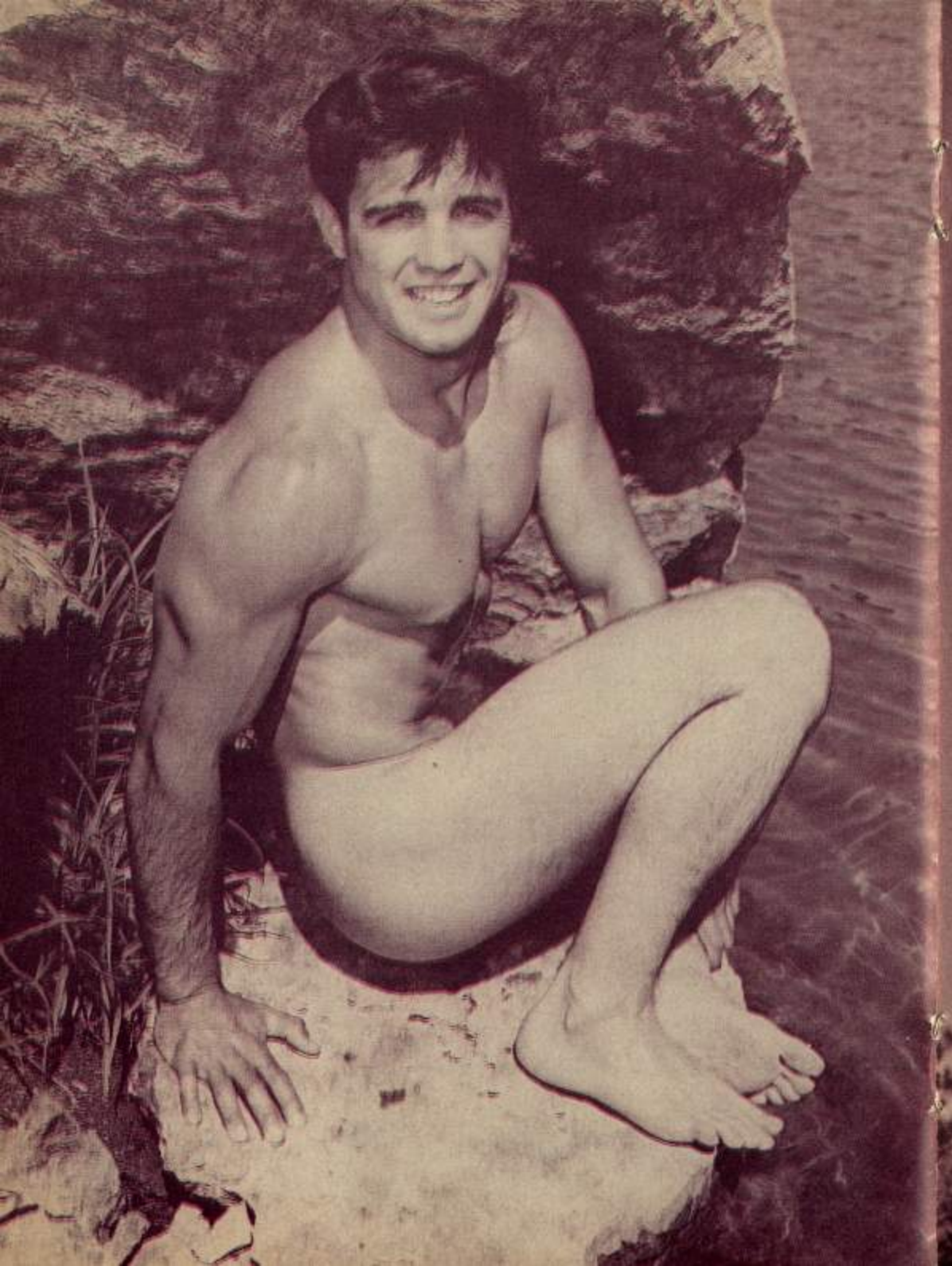
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I enclose \$8.95 for which I wish to receive your Power Arm Barbell. Send as quickly as possible.

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OPPOSITE PAGE: On the rocks, Lee Yarusi. THIS PAGE: On the pedestal, Sandy Alcorn. A couple of tremendously impressive physiques.



Time



WE HEAR ENOUGH about what you should eat to get results in bodybuilding, but the question of when to eat often gets a hazy answer. Do you eat just before a work-out . . . or after? How long before . . . or how long after?

The time element means a lot, for poor timing can mean you get less benefit from your food and less benefit from your workout, too.

In the case of athletes participating in competitive sports like football or basketball, doctors recommend eating as long as four or five hours before game time. This is because pre-game excitement tends to delay digestion. The weight trainee, however, does not ordinarily have the element of tension. Going to the gym is not actually a very exciting event, and the tension factor doesn't apply.

There should be some "waiting period" between eating and weight training, however, for even normal digestion . . . without nervousness and tension . . . takes time.

The amount of time for this waiting period depends partly on what you eat. If you consume a lot of fats, the period should be longer for fats take more time to be digested. However, if you are on a high protein diet (lean meat, eggs, milk, cheese, etc.) your stomach is empty within about two hours and you're ready to go to work. And . . . you'll have a big reserve of energy built up so that your workout will be more productive of muscle building.

Most bodybuilders are young

to Eat

men who are either going to school or working (or who should be, at least). This means that workout time is limited to the evenings . . . probably Monday, Wednesday, and Friday. A 5:30 high protein dinner prepares you for a good 7:30 to 8:30 workout. This amounts to only one hour three nights a week but we're assuming that this single hour is spent in concentrated weight training with a minimum of resting, shooting the breeze with other trainees, and general goofing off. How many "bodybuilders" do you know who spend a couple of hours a day in a gym but seldom get around to actually lifting any weight heavier than a bottle of root beer.

Resting between sets of exercises is both necessary and advisable, but it can be carried too far. Incidentally, you can

even put your brief rest periods to double use by sucking on an orange. It abates the thirst exercise works up, supplies some sugar for quick energy, and helps you to relax.

We've mentioned the high protein diet here more because of its ease of digestion rather than any special good it might have for the bodybuilder. Protein is needed by the bodybuilder, of course, but it's a fallacy to link meat alone with vim and vigor. Other diet elements . . . the carbohydrates and fats . . . should be an all important part of the weight trainee's regime. The carbohydrates and fats should be emphasized during breakfast and lunch rather than the close-to-workout-time dinner. It's also helpful to try to eat an especially large breakfast on those days when you plan to work out.

OPPOSITE PAGE: Dick Bacon is 25, 6'2" and weighs 205 pounds. In the summer, the Bacon body is a familiar sight at Milwaukee's Bradford Beach, and he's interested in about every sport there is. We confess it isn't all because of weight training. Dick is a box car loader. Photo by Fredon Studio of Milwaukee.



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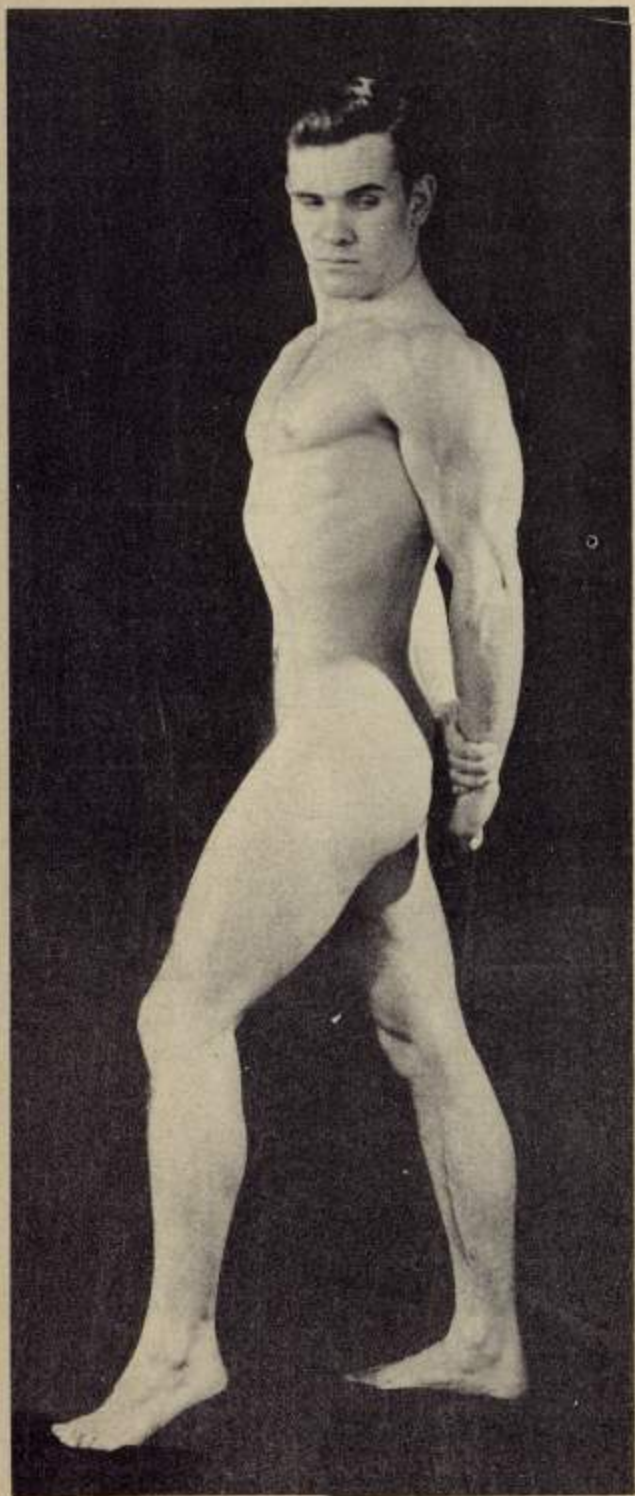
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Check the arms
in this shot of
Kenny Owens by
Western Photo
Guild.



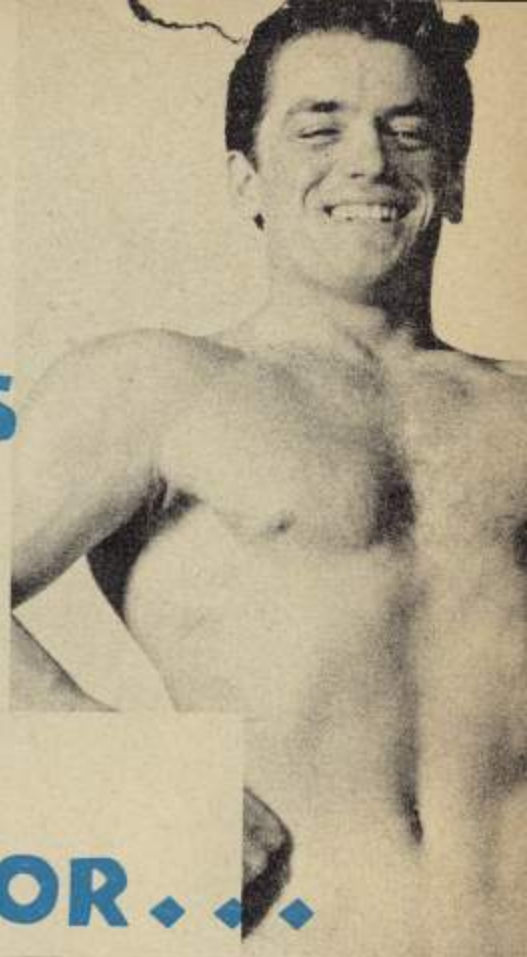
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SALES



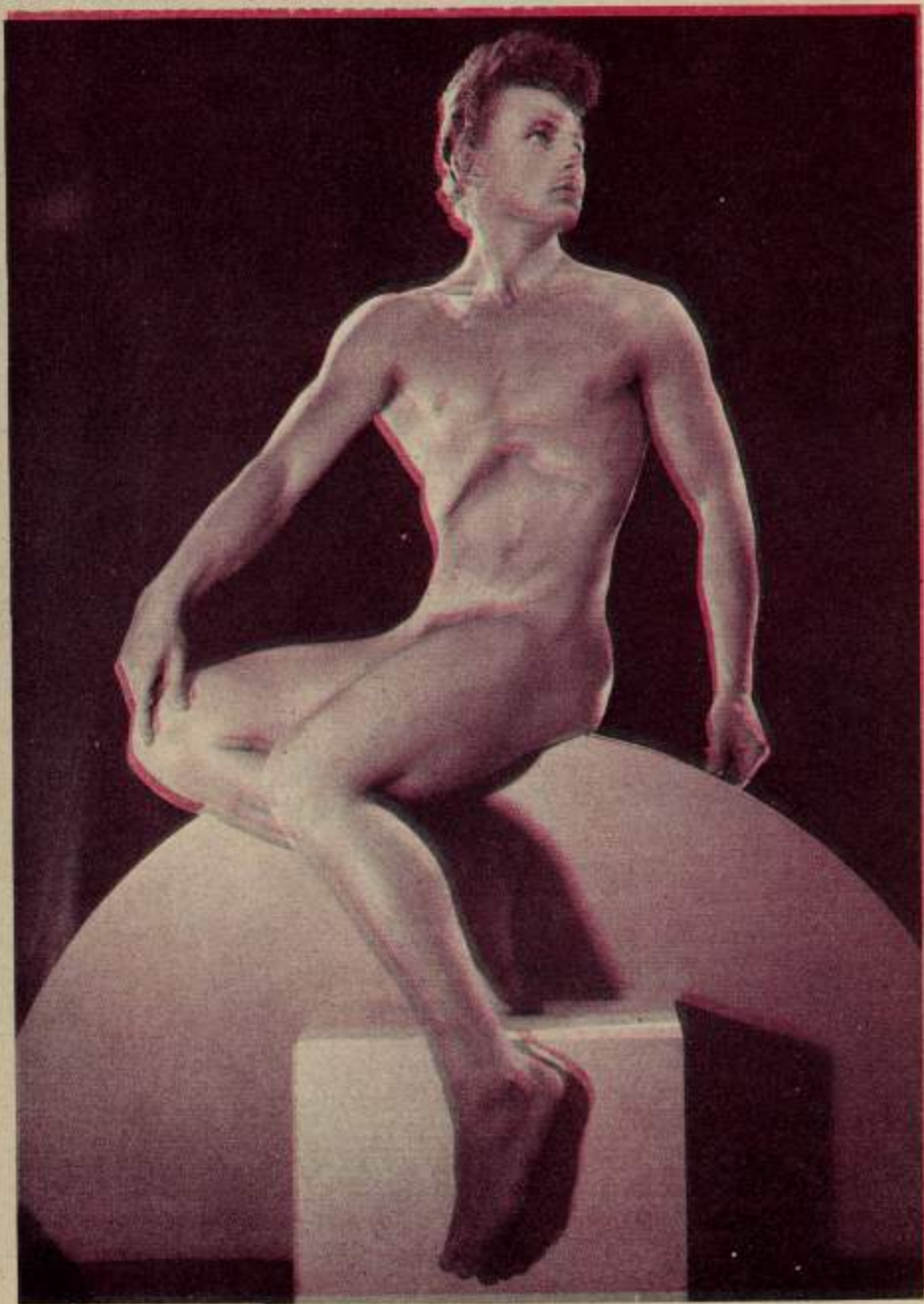
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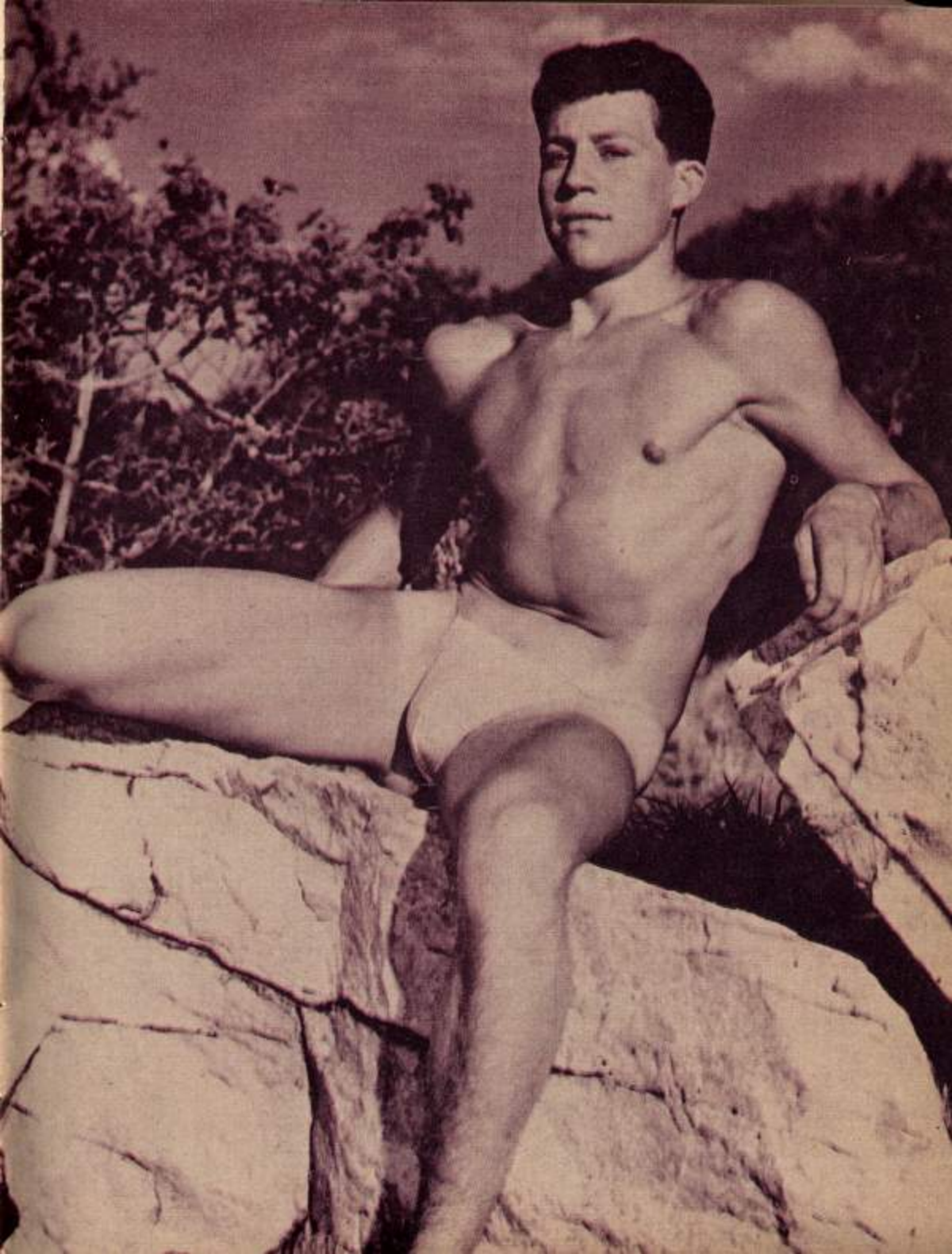


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OWEN LAKE in a relaxed pose captured by photog Joe Corey.





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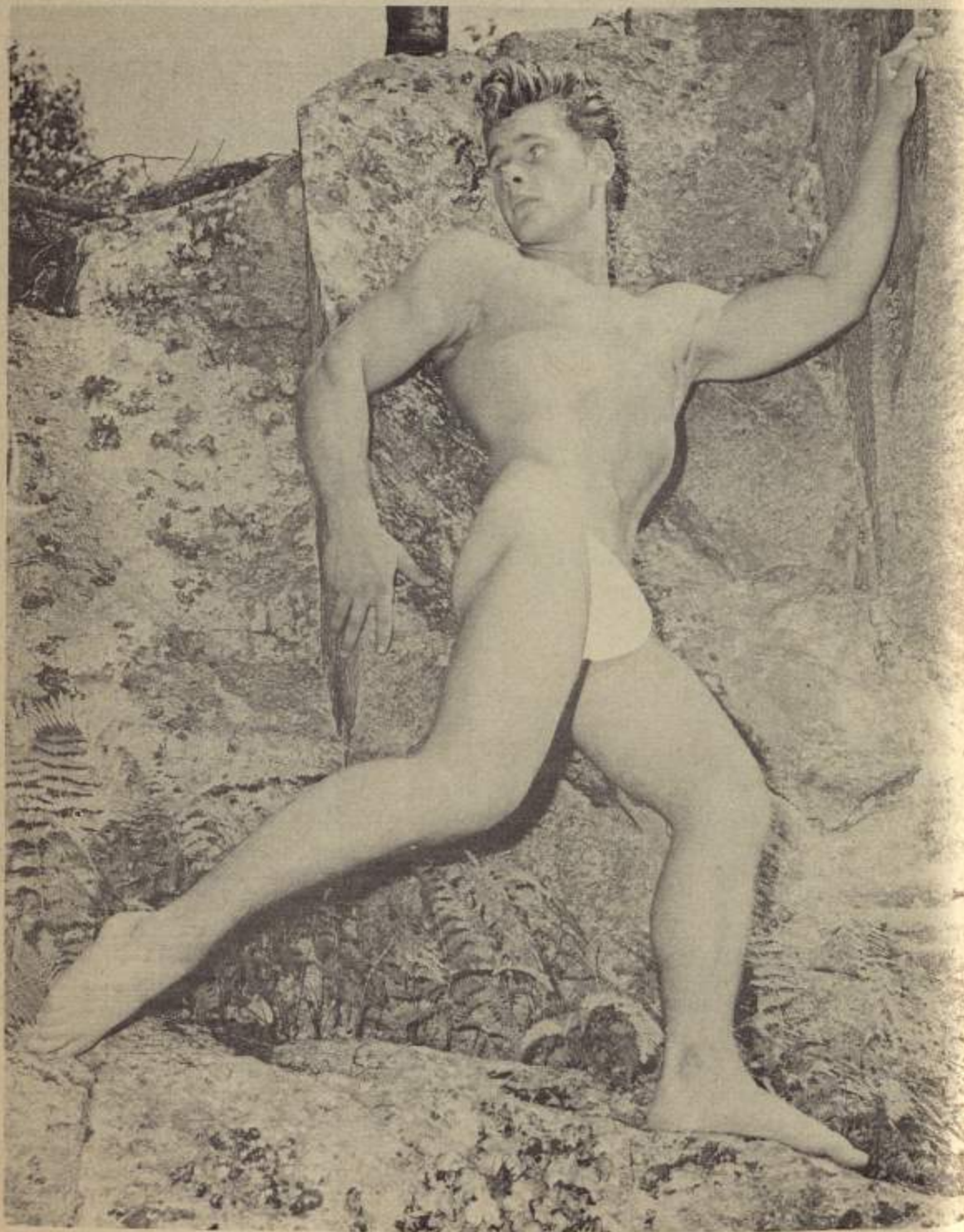
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LEFT: The ever popular Joe Survilas, but this shot was made when he was 18. Joe Corey did the shooting.



**KEY-HOLE
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KEY-HOLE again offers this series of five dual poses . . . actually finished drawings; based on poses captured in the artist's sketch pad during his visit to a private wrestling gym.

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I enclose \$1.00. Please send me those five terrific dual poses.

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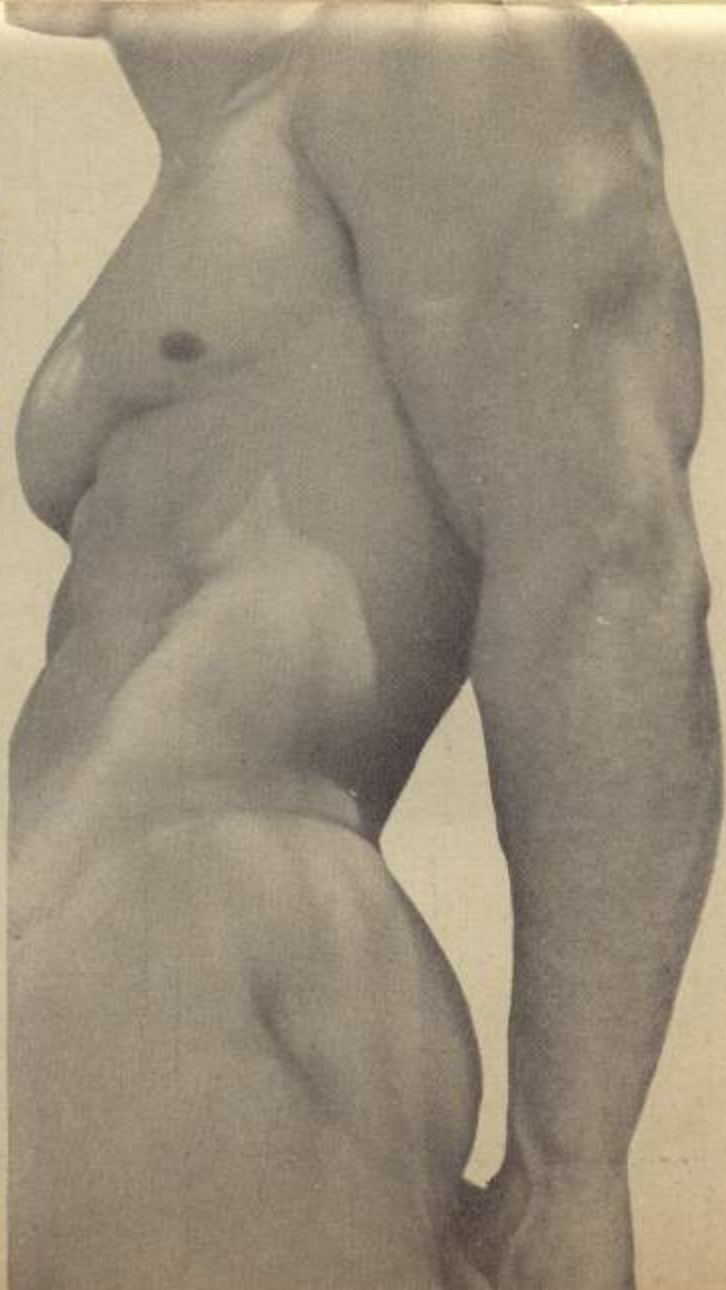
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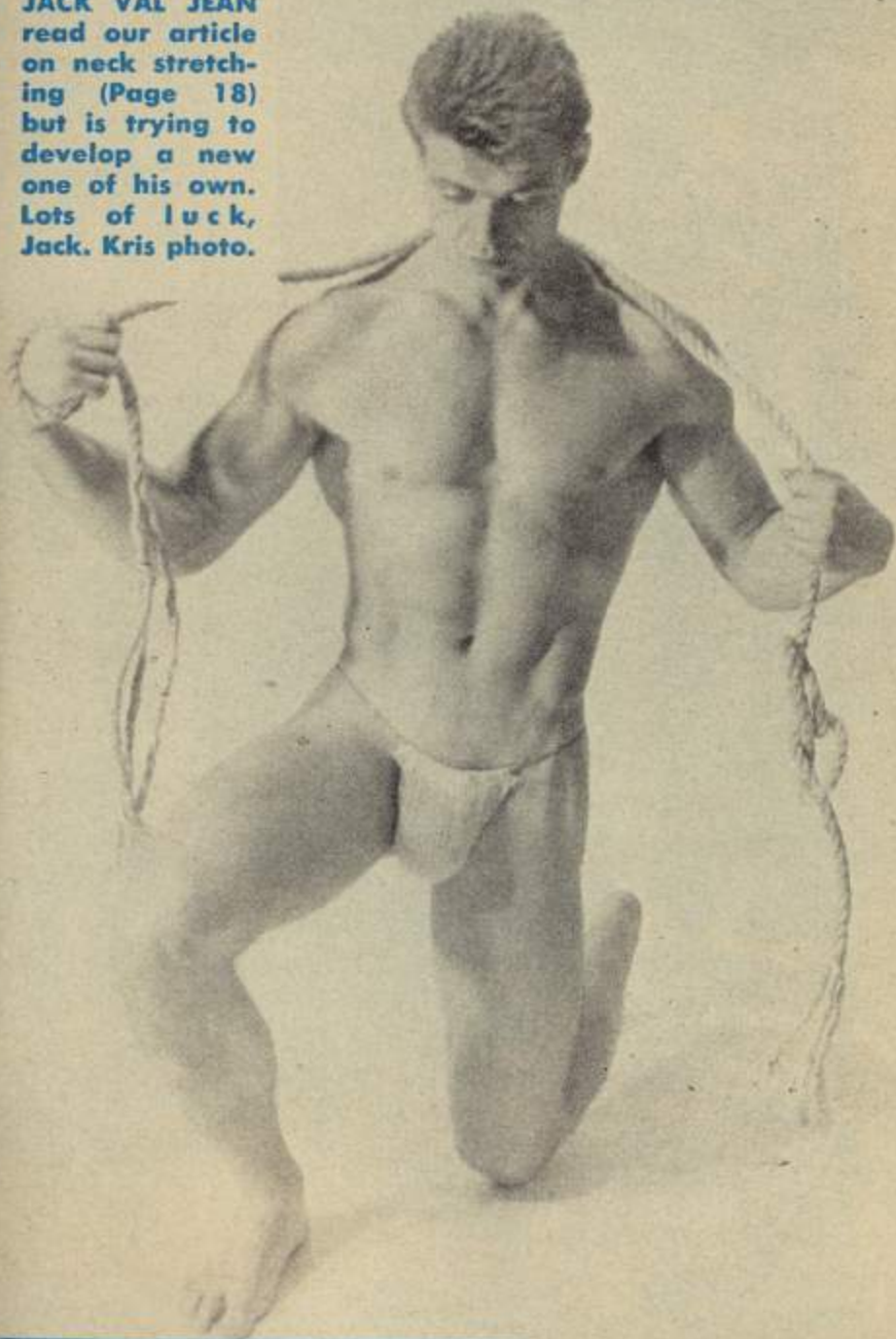
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8 x 10 Fotos

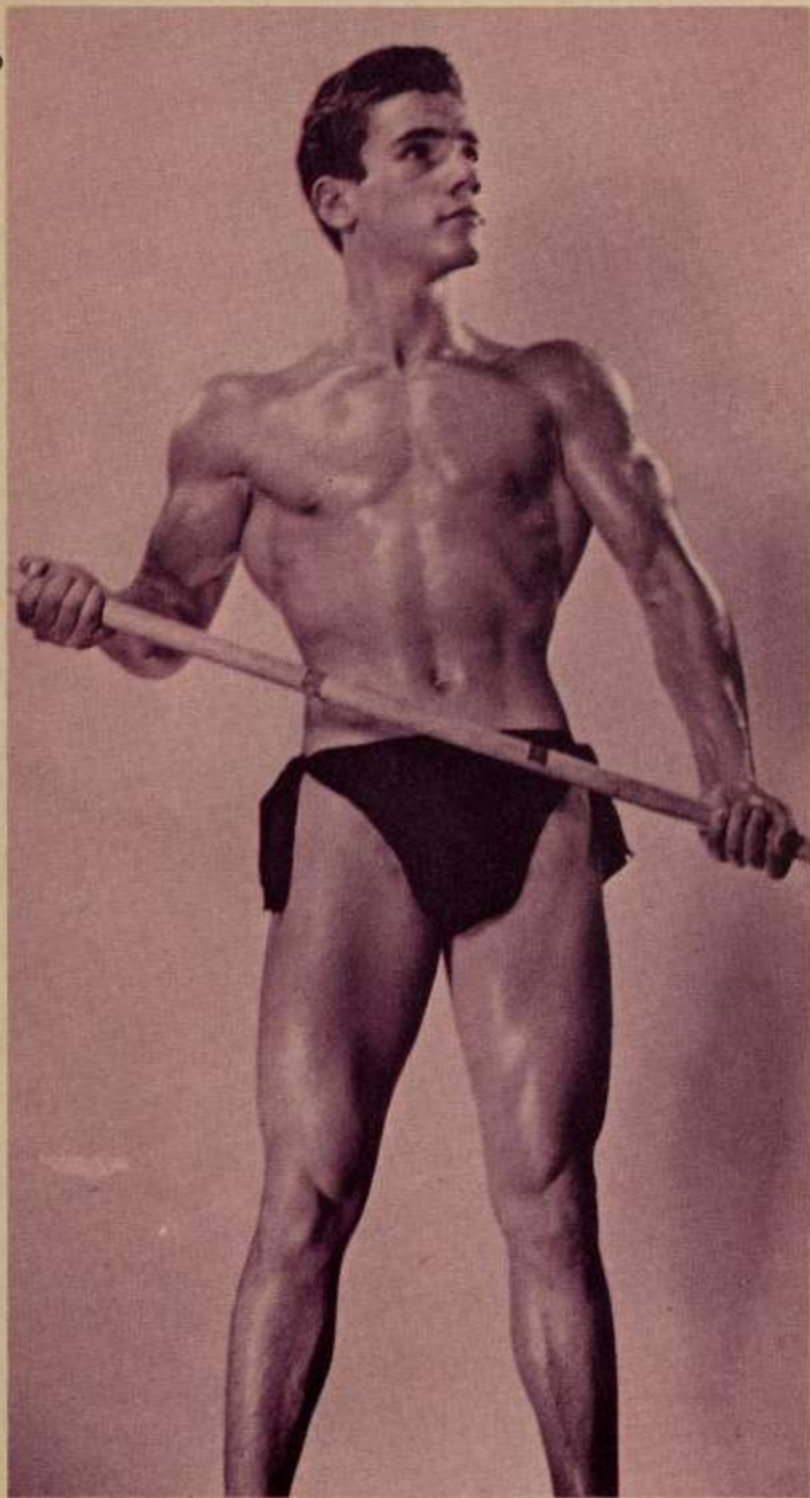
Send \$1 to

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Dept. AGG



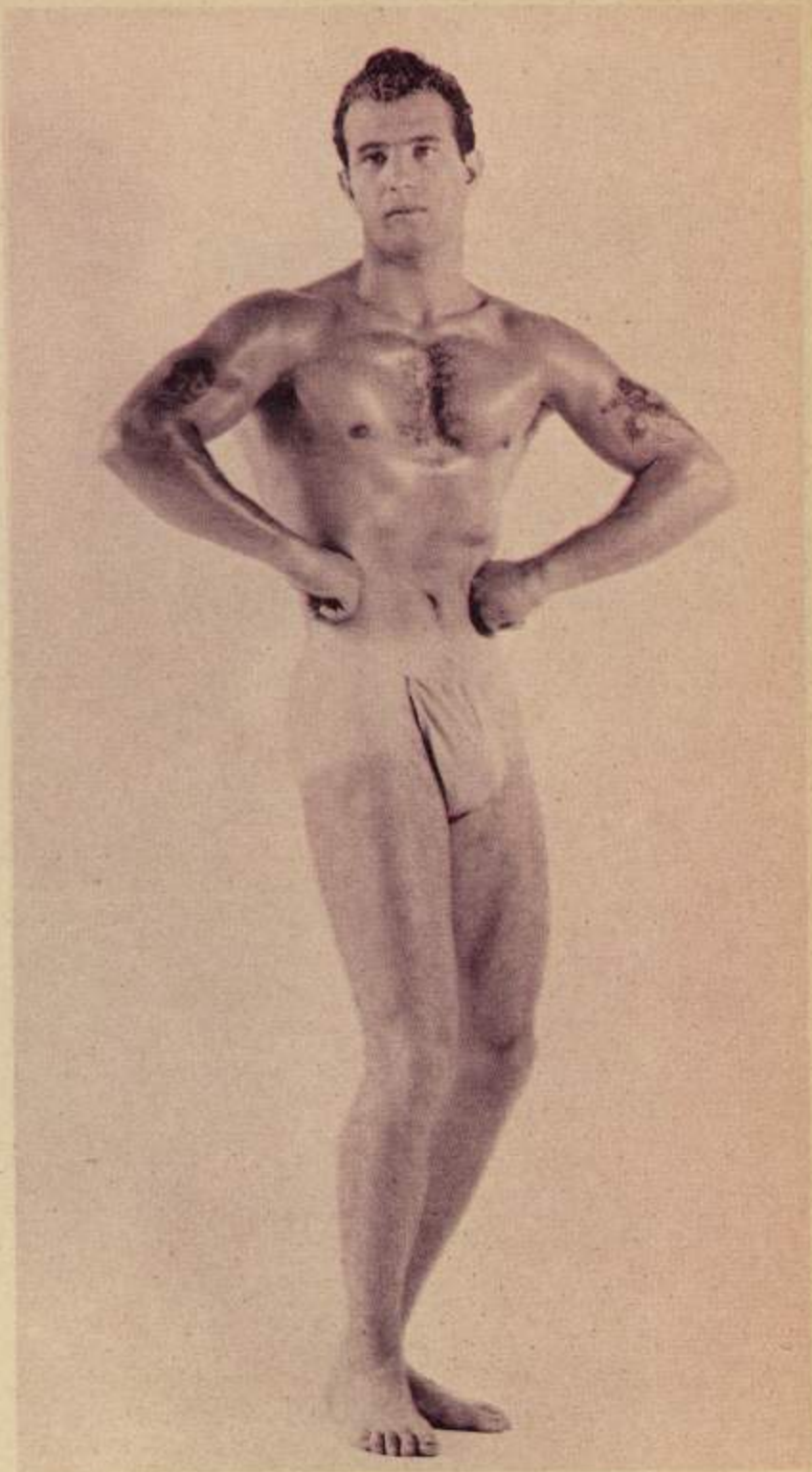
JACK VAL JEAN
read our article
on neck stretch-
ing (Page 18)
but is trying to
develop a new
one of his own.
Lots of luck,
Jack. Kris photo.





BELIEVE IT OR NOT, this guy is only 16 years old, and what a build! Charlie Baunohl is the name, and Bob Anthony sent us the photo.

THAT HULA GIRL on Frank Lombardo's left arm really gets a work-out for Frank has a real set of riplers. Male Today took the photo.





CONFIDENTIALLY, you can buy the originals of most of the art work appearing in **MANual No. 4** directly from other sources . . . for \$162.50. That's for the art work only, and doesn't include the many physique photographs. That's why we proudly call **MANual No. 4** the "biggest bargain in the physique art field." For the artist and collector, **MANual No. 4** is a must. Anyone who has the first three issues will tell you that **MANual** is a collectors' item. Beautifully printed on 100 pound gloss enamel stock, **MANual** measures a man-size 8½" by 11". It's saddle wire stitched so you can easily remove pages for framing or keep the issue tucked away for convenient reference. **MAILED** flat, sealed, first class. Two Dollars per copy. For prompt service, order today from: **SIR-PRISE Publishers, Box 471, Chicago 90, Ill.**

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() Six Viewer Key Chains (All Different Poses).
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NAME.....

ADDRESS.....

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such animal. VIM and GYM are published on a bi-monthly basis. GYM appears under the dates JAN., MARCH, MAY, JULY, SEPT., and NOV. VIM appears on alternate months. In order not to miss any issues of either magazine, check Page 63.



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Going -- Going -- ALMOST GONE!

61

- **MANual No. 2.** This will Sir-prise some folks since we've been telling people we had sold out of MANual No. 2. A search of our stock room turned up one more box (250 copies) and these are now real collectors' items.
- **MANual 3.** A handsome 8½ by 11 booklet, chock full of photos and art, printed on 100 pound gloss enamel white card stock. For those who want quality AND quantity.
- **FOLIO NO. 1.** Our very first Folio, now in its second printing. Four 8x10 physique studies by the noted Carl Corley, on white matte finish paper.
- **FOLIO NO. 3.** A series of EIGHT prints featuring 16 studies of the manly male. 5x8 size, they're printed on extra-heavy leather finish white stock.
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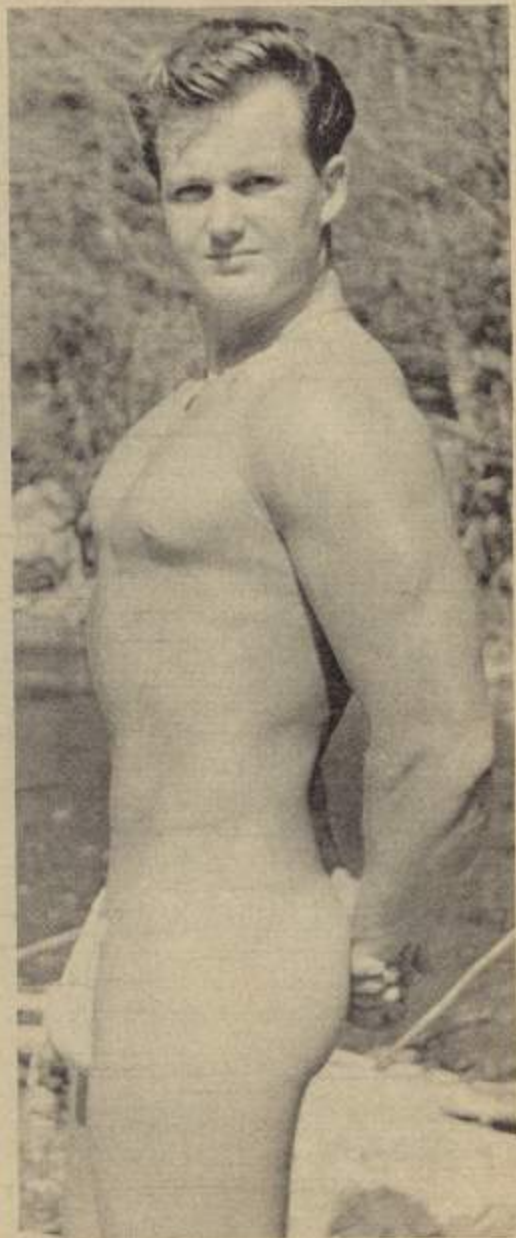
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PRINT NAME AND ADDRESS IN THIS SPACE

All 5:
 \$5



Francesco Conti of Italy
Photo by Royale of London



The lad's name is Vic Usher,
an "import" from Johannes-
burg, South Africa (where
bodybuilding is quite a big
deal, incidentally). Photo is by
Pennington.

VIM

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TWO great muscle
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sixth successful
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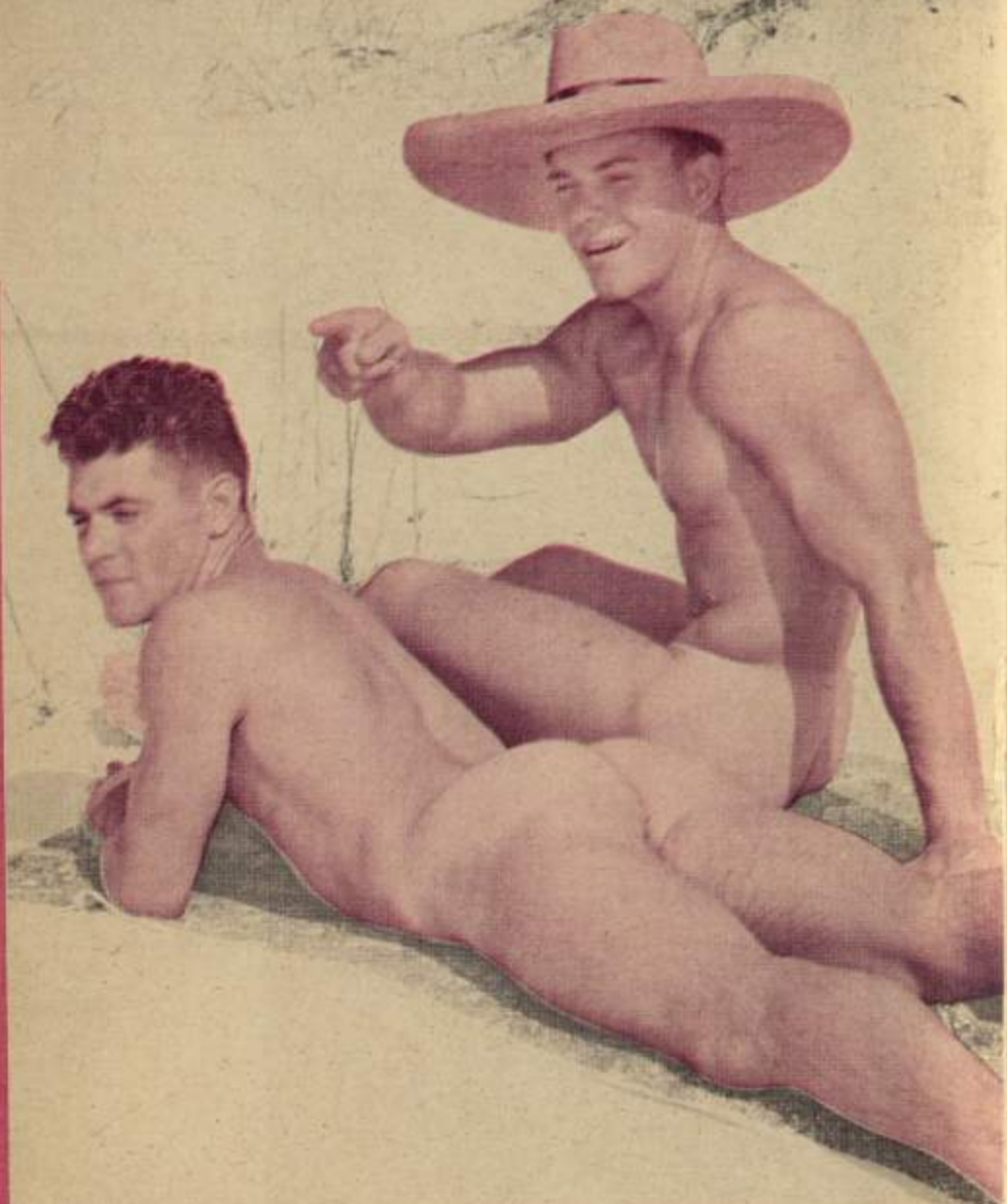
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BEACHBOYS Dale Gilbert (pointing) and Vic Mesenzeff in a photo by Modern as portrayed in Manual 4 by Sir-Prise Publishers.