



SHOW-NOTES — Episode #001: January 31, 2011



Jeff Dwelle



Michael Tuchscherer



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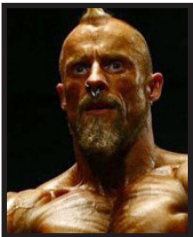
Swole Patrol



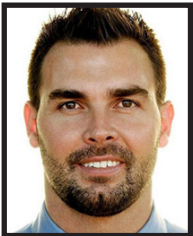
Travis Bell



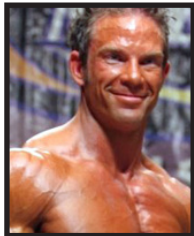
Lee Alcorn



Paul George



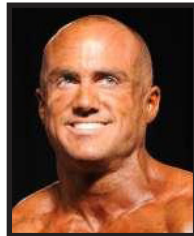
Bret Contreras



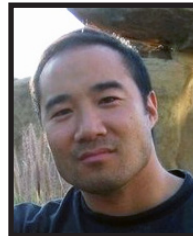
Clay Hyght



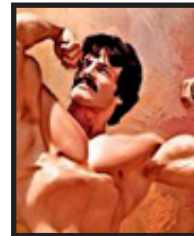
Brian Chamberlain



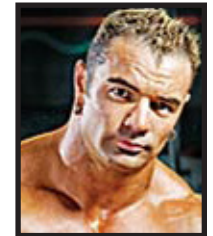
Shelby Starnes



Alan Aragon



Mike Mentzer



Dusty Hanshaw

SEGMENT	TIME	INFO
Intro	0:00	Welcome to Iron Subculture!
	6:50	"Name the Champs" Contest. Guess the athletes we have clips from in our intro and win prizes. GRAND PRIZE BUNDLE: <ul style="list-style-type: none"> • Mobile Food Cooler system from Six-Pack Bags [site] • A pair of Joe Meeko Power Grips [site] • Your choice of three T-shirts from Chemically Engineered [site] • A copy of The Reactive Training Systems Manual [site] Send your guesses to my e-mail: stevecolescott@gmail.com . Contest will close on February 15, 2011 at midnight EST. Good luck!
In-the-Trenches	12:12 23:38 32:18 42:02 51:02	<ul style="list-style-type: none"> • Swole Patrol (Chandler Marchman and Julius Tobin) [site] [YouTube] • Travis Bell (Westside Barbell) [TB site] [WSB site] • Lee Alcorn [site] • Paul George [site] • Martin Daniels [Facebook]
Recommended Reads	59:21 1:09:49 1:10:19 1:16:30 1:17:34	<ul style="list-style-type: none"> • Bret Contreras [site] [WBB article] [T-Nation article] • Frank Zane [Universal article] • Clay Hyght [site] [T-Nation article] • Mike Fallon [LEF article] • Scott Mendelson [site] [EliteFTS article1] [EliteFTS article2]
Show ID	1:26:11	Brian Chamberlain [site]
Feature Interview	1:26:25	Jeff Dwelle [Facebook] [e-mail]
Psyche	1:55:50	Shelby Starnes [site]
Research Review	2:05:55	Alan Aragon [site] [abstract]
Classic Clip	2:17:12	Mike Mentzer [site]
Show ID	2:18:28	Dusty Hanshaw [site]
Feature Interview	2:18:38	Mike Tuchscherer [site]

Let me know your thoughts about Iron Subculture. I'd like to know what things you enjoyed about the podcast, what things you would like to see improved and guests or topics that you would like covered in future episodes. If you leave a message on my voice-mail line, it may be played on a future episode (please leave your name, where you are from and an e-mail address). Long messages may be edited for length.



E-MAIL

stevecolescott@gmail.com



PHONE

213.285.5110



WEBSITE

www.ironsubculture.yolasite.com



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<http://ironsubculture.blogspot.com/>

