



EPISODE #002: Dr. Scott Stevenson



Scott Stevenson, PhD



Eric Maroscher



Ken "Skip" Hill



Jon Aranita



Buddy Dreimann

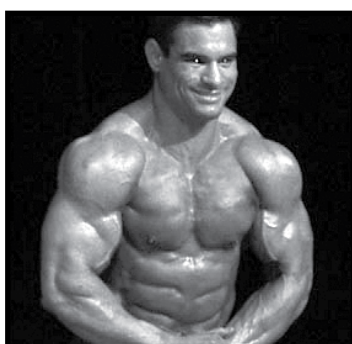


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| SEGMENT | TIME | INFO |
|-------------------|---------------|--|
| Intro | 0:00 | |
| In-the-trenches | 8:06 16:45 | New NABBA USA Nationals champ Jose Dejesus [e-mail] [Facebook] Eric Maroscher of Monster Garage Gym [MGG site] [YouTube page] |
| Show ID | 29:20 | '87 USA middleweight Champ Jon Aranita [site] [e-mail] [Facebook] |
| Recommended Reads | | Ken "Skip" Hill discusses his article "Maximizing Recovery During Contest Prep" on the MuscleMag site [article] [Team Skip site] [Facebook] [Twitter] Bill Willis discusses the article he co-authored with John Meadows for T-Nation: "Maximize Protein Synthesis" [article] [Facebook] [Mt Dog Diet site] |
| Classic Clip | | Strength legend Mike Miller of Nazareth Barbell [article] [e-mail] [Facebook] |
| Show ID | | Illustrator Jerry Beck of Illustratus Maximus [site] [Facebook] [e-mail] |
| Psyche | | Buddy Dreimann discusses "The Power of the Focused Mind" |
| Feature Interview | | Dr. Scott Stevenson discusses his unique background and both his practical experience with DoggCrapp Training and recent research that backs up Dante Trudel's methods. [site] [e-mail] [articles] [Intense Muscle forum] Special thanks to Under-202 Olympia winner David Henry [site] |
| Wrap-up | | Preview of Iron Subculture episode #003 |



Jerry Beck



Bill Willis, PhD(cand)



Mike Miller



Jose Dejesus

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.



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