

jon bon jovi
& drew bledsoe

beastie boys

dave mustaine

pavement

epitaph records

ted nugent

basketball

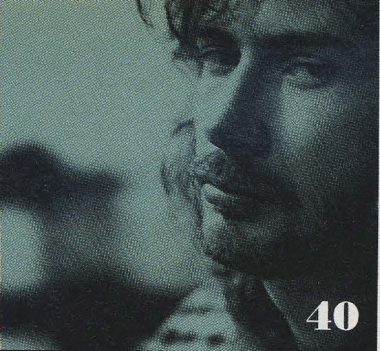
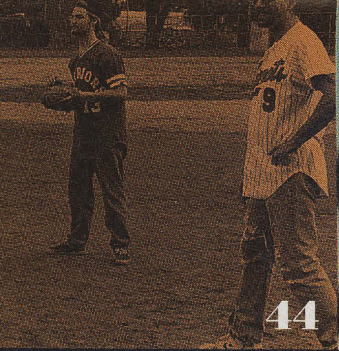
kickboxing

horse racing

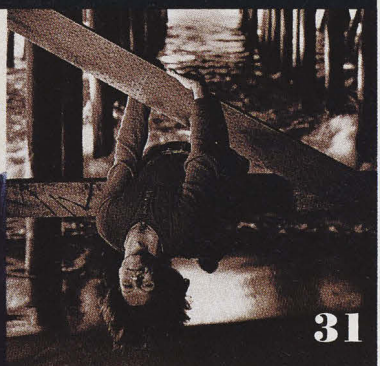
baseball

hunting





whaT



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original logo photography by Dominic Davies

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H e a v y M e t a l

I like to see a really huge, d. boone-big, Meatloaf-size guy on stage – I mean an ugly ol' sumbuck sweating and hollering and trying to wrap his thick fingers around the pencil-neck of a guitar without breaking it. Suddenly there are all these huge guys lumbering around in the unglamorous basement of rock & roll, lathering like horses and breaking-down the pop-star mythos while toiling over really *heavy* music. Like Slayer and Sepultura, Danzig and Type O Negative, and Rollins. I guess you gotta be huge to bear the load, or that kind of music will have you walking around chest-deep in the earth like it's a shallow lake.

All the guys in Danzig are big. Glenn Danzig has morphed himself from the hyperkinetic kid in a skeleton costume who lead The Misfits, to the spreading slab of unshirted muscle who fronts Danzig. While he splits his time between the gym and the kickboxing school, his guitarist John Christ lays heavy into pure weight training.

"On the road, the first thing we do is contact the concierge and find the nearest Golds, World, or bodybuilder-type gym," says John, stretching in the Powerhouse Gym in Chatsworth, California. "We work out, then sleep a couple hours, eat, go to the gig, do soundcheck, eat again, play, then it's on to the next town."

Today is Chest-and-Shoulders Day. The other two parts of John's workout are Back-and-Biceps Day and Legs Day. To warm up, we go right to some light squats, a perfect whole-body exercise to bust a sweat and get the heart pumping.

John goes straight to the bench press. He starts out light at 95 lbs. I jump in a set. He moves to 135. I jump in. He moves quickly to 225. Okay, okay, man. He's smooth, pushing out 4 reps at 235. He budes 245 for 2 tough reps to finish it off, then moves to an incline bench for dumbbell presses. With 85 lbs. in each hand, I have to spot him, helping to move the weights to his chest and then up in the air. John has the qualities of a great athlete: natural ability, patience, intensity, and the desire to talk about technique in minute detail. He is very, very careful telling me how to spot this exercise.

"Glenn and I go out once in a while," he says, "but I go out *every day*. I'll drag one of the security guys out. They generally like to work out."

Bodybuilders have a unique problem among the diet-crazed: they can't get *enough* calories. On the road, John

needs 4000 calories a day just so he doesn't *lose* weight. He shuns drugs, alcohol, and cigarettes, and his tour rider demands 2 cans of albacore tuna, a loaf of bread, carbohydrate and amino-drinks, and lots of water at every gig. That's somewhat different than, say, Jack Daniels and *lots* of ice. He eats at every opportunity, sleeps a lot, and gobbles diet supplements like Met-RX for the extra carbos and protein.

We move to a pair of machines, one for shoulder press and one "Pec Dec" for seated flies, and "superset" between them – jumping from one to the other with no rest in between. Lifting almost to exhaustion, John moves to another machine for lateral raises, working the rear of the shoulder and the trapezius. By now, we're both dragging a little, so he snaps up a Turbo-Tea, a drink loaded with pharmaceutical-quality caffeine, and suddenly we're hard at it again.

Now he moves to cable crossovers, pulling weights across the chest with both hands at once. It seems he should be dying by now, but we have a discussion about singers and heavy music. John came to the band straight out of college in Baltimore, back when Danzig was fronting Samhain, and this is really his first band. If he hadn't been discovered, I guess he could have been a trainer.

He works the shoulders with bent-over dumbbell lateral raises, and then the killer: single-arm dumbbell front raises supersets with heavy, heavy shoulder shrugs. Oh, but it doesn't end there: we must do the triceps.

I ask John what he does for his abs, and he throws me a great smile, saying, "My favorite thing is that *Abs Of Steel* tape, with Tammy Lee Webb! I like to do that before I even go to the gym, then throw on some heavy, heavy cable crunches, incline sit-ups with two 25-lb. plates on my chest, or leg raises with a dumbbell in between my ankles."

It's heavy, but this isn't the worst of John's workout days. The worst, he says, is Legs Day.

"A Danzig show is a real high energy show, lots of movement, and on a brutal leg day, they'll feel [he wobbles his knees] Whoooooaaa! Sluggish."

Next time you see them onstage, all those big guys sweating and ripped, think about the work that goes into supporting that heavy Danzig sound.

Dean Kuipers

