

IRON MAN

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NO PAIN NO GAIN

Samuel Turcotte's Wild Bodybuilding Movie

by Gene Mozeé



Here is a great movie that every bodybuilder and fan of the sport should see. It is an action-packed, authentic muscle movie from start to finish. In the past, Hollywood filmmakers made movies using bodybuilders more or less as props to showcase the talents of big-name stars. Take, for example, Dave Draper's small part in "Don't Make Waves" with Tony Curtis, Claudia Cardinale and Sharon Tate as the stars. "Muscle Beach Party," starring Frankie Avalon and Annette Funicello, included a number of bodybuild

ers, such as Larry Scott. Then, in 1977, "Pumping Iron" broke the mold with a documentary that launched Arnold Schwarzenegger's rise to movie superstardom.

"No Pain, No Gain" is the first movie in which the entire plot and characters are all about bodybuilding and the fitness industry. Written, directed, and produced by Samuel Turcotte, it portrays bodybuilding in a fun, engaging light. But Turcotte also tackles the serious side-the steroid factor-and he pulls no punches in the process.



Stars include bodybuilders Gus Malliarodakis and former



IFBB pro Dennis Newman as archrival Jake Steel.

"This film is the realization of a longtime dream," says Turcotte. "I have been involved in bodybuilding since I was 15, and for years I have wanted to see a film about this fascinating and misunderstood sport. Bodybuilding has long been grossly misrepresented by the media, and my film gives a more balanced and truthful portrayal."

Starring renowned bodybuilders Gus Malliarodakis, the '05 California Bodybuilding Championships master's winner, and former IFBB Pro Dennis Newman, the plot revolves around Mike Zorillo (Malliarodakis), who travels from Ohio to Los Angeles to train to beat his arch rival Jake Steel (Newman) to prove that natural science and hard work can triumph over steroid users.

Great scenes abound in this enjoyable one-hour-and-45-minute romp through the muscled world, including some really memorable ones, such as Newman in his private "shooting gallery" and an over-the-top Jacuzzi scene at a wild bodybuilding party. Another good one takes place in Gold's Gym, Venice, when two-time World's Strongest Woman Jill Mills bench-presses 315 pounds for three reps and then jumps off the bench and exclaims, "Who's your daddy?!" to fire up her male training partner.

Newman gives a terrific performance as the villain. "I love the Jake Steel character," he says. "He has all the qualities I love and hate about bodybuilding in one package."



The supporting cast provides some great comedic performances.



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Malliordakis, who has been featured on the cover of *IRON MAN* twice as well as on the cover of *Muscle & Fitness*, gives an excellent, low-key performance that shows all the great qualities of bodybuilding. His acting credits include a part as a submarine officer in the Emmy-winning Paramount TV miniseries "War and Remembrance" and numerous television commercials, music videos and print advertisements. He also recently won the superheavyweight class and overall in the open division at the Sacramento Bodybuilding Championships.

The supporting cast is first rate, with some great comedic performances, including a ruthless sports-nutrition company owner played by Kim Travis and a computer nerd who helps Zorillo find a steroid-free

nutritional formula that works better than steroids. Cameo performances by Lauren Powers and former Romanian IFBB Pro Emeric Delczeg add to the drama. There is a scene where fitness supermodel Carmen Garcia is walks down the boardwalk at Venice Beach in a pink bikini with a pink poodle on a leash that is worth the price of admission.

Turcotte has done a terrific job bringing this fabulous film to the big screen; it has won several awards at film festivals. Turcotte was honored at the Houston Film Festival (Worldfest) as Best Director, First feature. I thoroughly enjoyed the movie from start to finish and give a big thumbs-up, four-star rating. Don't miss it when it comes to a theater near you. It's a winner. Visit nopainnogainmovie.com