

# MUSCLEMAG

*International*

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## NO PAIN, NO GAIN



Director  
Samuel  
Turcotte.

*No Pain, No Gain* is the first feature film set in the world of bodybuilding since the 1977 classic *Pumping Iron*, which launched the career of **Arnold Schwarzenegger**, who has evolved from professional bodybuilder to superstar actor, to governor of California. It is the fictional story of **Mike Zorillo**, a small-town Ohio champion bodybuilder with a genius IQ who journeys to the mecca of bodybuilding, Los Angeles, determined to beat his nemesis, **Jake Steel**, with natural science instead of steroids. Far from home, he's confronted by a gym culture of freaks, juicers and Hollywood wannabes.



Another typical day at the Mekka Gym in *No Pain, No Gain*.

As he pursues his dream, he's also persecuted by the world's largest sports nutrition company, an entity that's hell-bent on destroying him. Against all odds the honest and driven bodybuilder resolves to win the prestigious **Mr. West Coast** competition as a way to prove himself and his ideas to the world. This dramatic comedy covers immensely important and timely issues such as the increasing obsession with body image, fad diets, working out, health and fitness, plus the steroid controversy in sports.

Director **Samuel Turcotte** stated: "This film is the realization of a lifelong dream. I have been involved in the world of bodybuilding since I was 15, and for years have wanted to create a film about this fascinating and misunderstood sport. Bodybuilders have long been grossly misrepresented in the media, and my film gives a more balanced and realistic portrayal."

### Gus Malliarodakis as Mike Zorillo

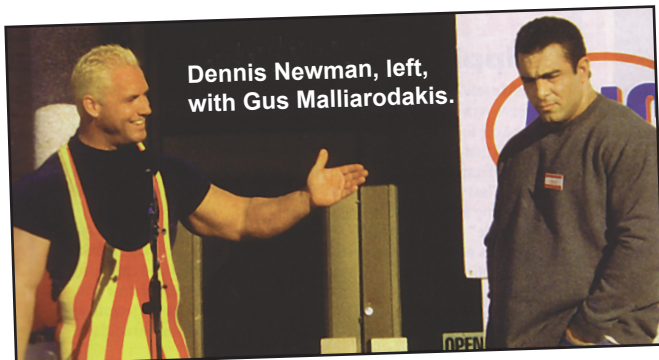
The native San Franciscan has been involved in bodybuilding from an early age and has won numerous competitions, including first place in the open superheavyweight class at the 1999 **Contra Costa Bodybuilding Championships**. He also placed second in the open superheavyweight class at the 1999 **California State Bodybuilding Championships**.

Malliarodakis portrayed a submarine officer in the Emmy-award-winning **Paramount** television series *War and Remembrance*, which starred **Robert Mitchum**, **Jane Seymour**, **Michael Madsen** and **Sharon Stone**. He has also appeared in numerous television commercials, music videos and print advertisements and is a

member of the **Screen Actors Guild**. He stands 5 feet 11 inches tall, weighs 285 pounds, and has been seen in numerous bodybuilding magazines.



Gus Malliarodakis



Dennis Newman, left,  
with Gus Malliarodakis.

### Dennis Newman as Jake Steel

IFBB pro bodybuilder **Dennis Newman** has won the **Teen USA**, **Mr. California** and the **USA** bodybuilding competitions. Born in Austin, Texas, Newman was diagnosed with leukemia ten days after winning the USA championship in 1994. As a testament to his positive attitude and winning spirit, he resolved not to give in to this potentially deadly disease. He underwent chemotherapy and a stem cell transplant, which successfully sent the leukemia in to remission. Newman has appeared on the cover of every major bodybuilding magazine, including *MuscleMag International*. He retired from professional bodybuilding in 2002 to pursue his acting career.