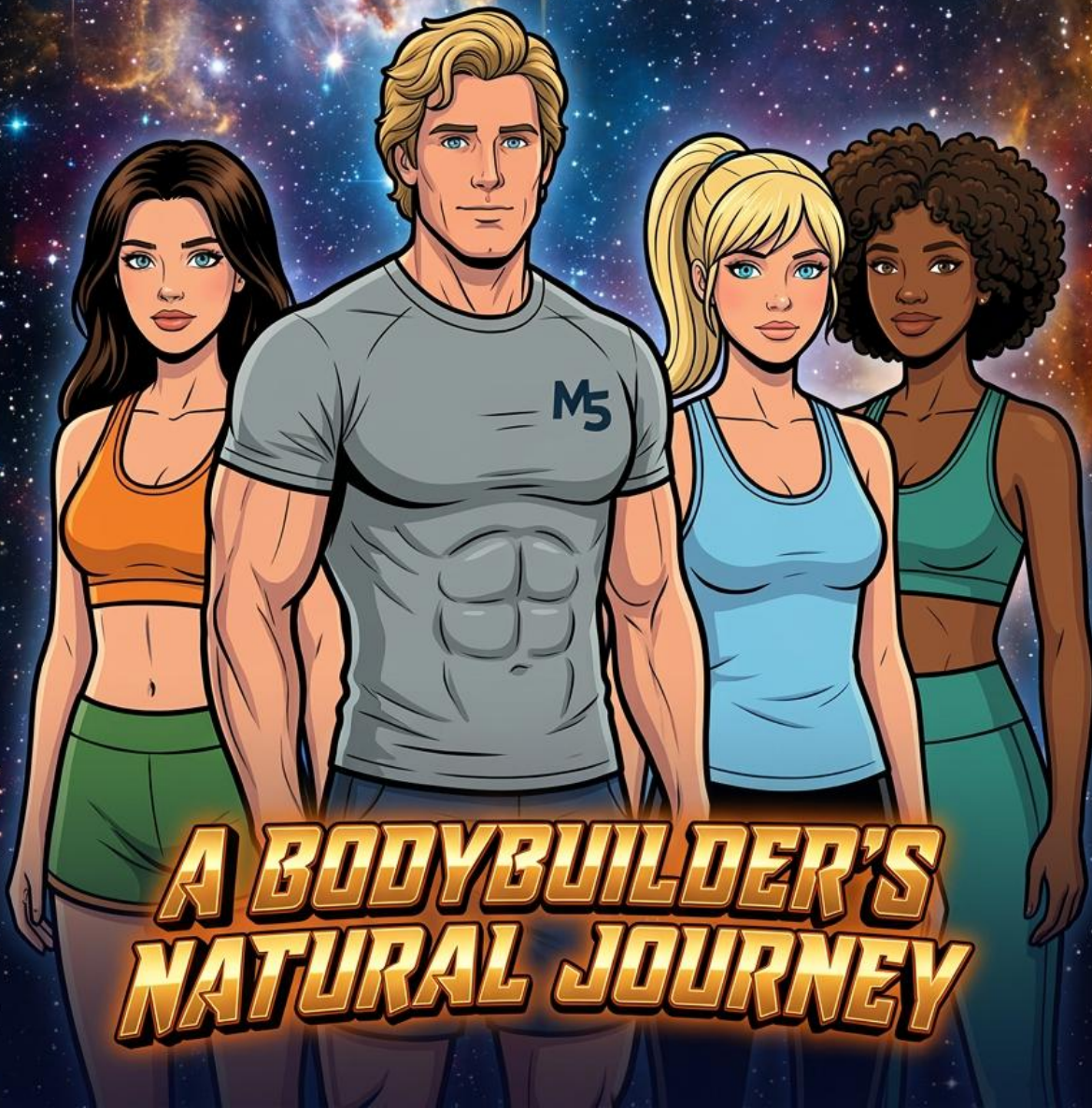


# THE ADVENTURES OF MARIO STRONG



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While every effort is made to ensure that the information and advice provided in this book is correct and precise, we make no guarantees as to the accuracy and are not responsible for any mistakes or misprints.

**Official Website: [MarioStrong.com](http://MarioStrong.com)**

**FOR  
THOSE WHO DARE  
TO LIVE LONG  
AND BE STRONG...NATURALLY**

# **CONTENTS**

**PART 1 – ALOHA**

**PART 2 – THE GYM**

**PART 3 – GONNA FLY NOW**

**PART 4 – THE ANABOLIC CLOUD**

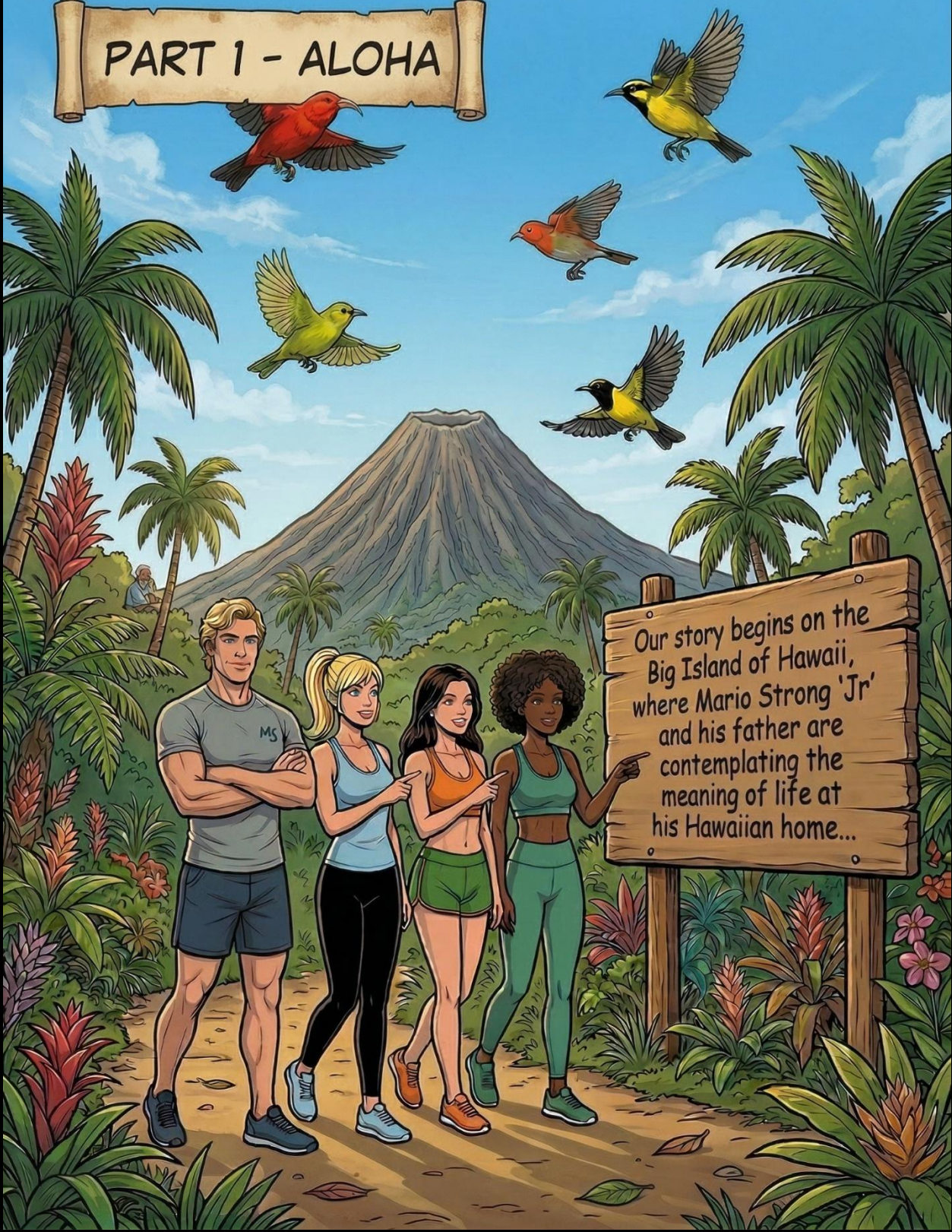
**PART 5 – THE BIG APPLE**

**PART 6 – CALIFORNIA AND BUST**

**PART 7 – VIVA LAS VEGAS**

**PART 8 – GREEN ACRES**

PART 1 - ALOHA





It's moments like this that make all the hard work worth it, Dad. Just... still.

Agreed. True strength isn't just in the muscles, but in finding and protecting this kind of peace. Life is tranquil if you let it be.

MarioStrong.com

For those Who Dare To Be Natural

What are we but  
the dust of stars  
that fell before  
time.

**WE ARE LIFE!  
Make It Count!**

MarioStrong.com

For those Who  
Dare To Be Natural





Let's get a quick workout in before I have to leave.

Alright, **LET'S MAKE IT HAPPEN!**

MarioStrong.com

For those Who Dare To Be Natural

M5

M5



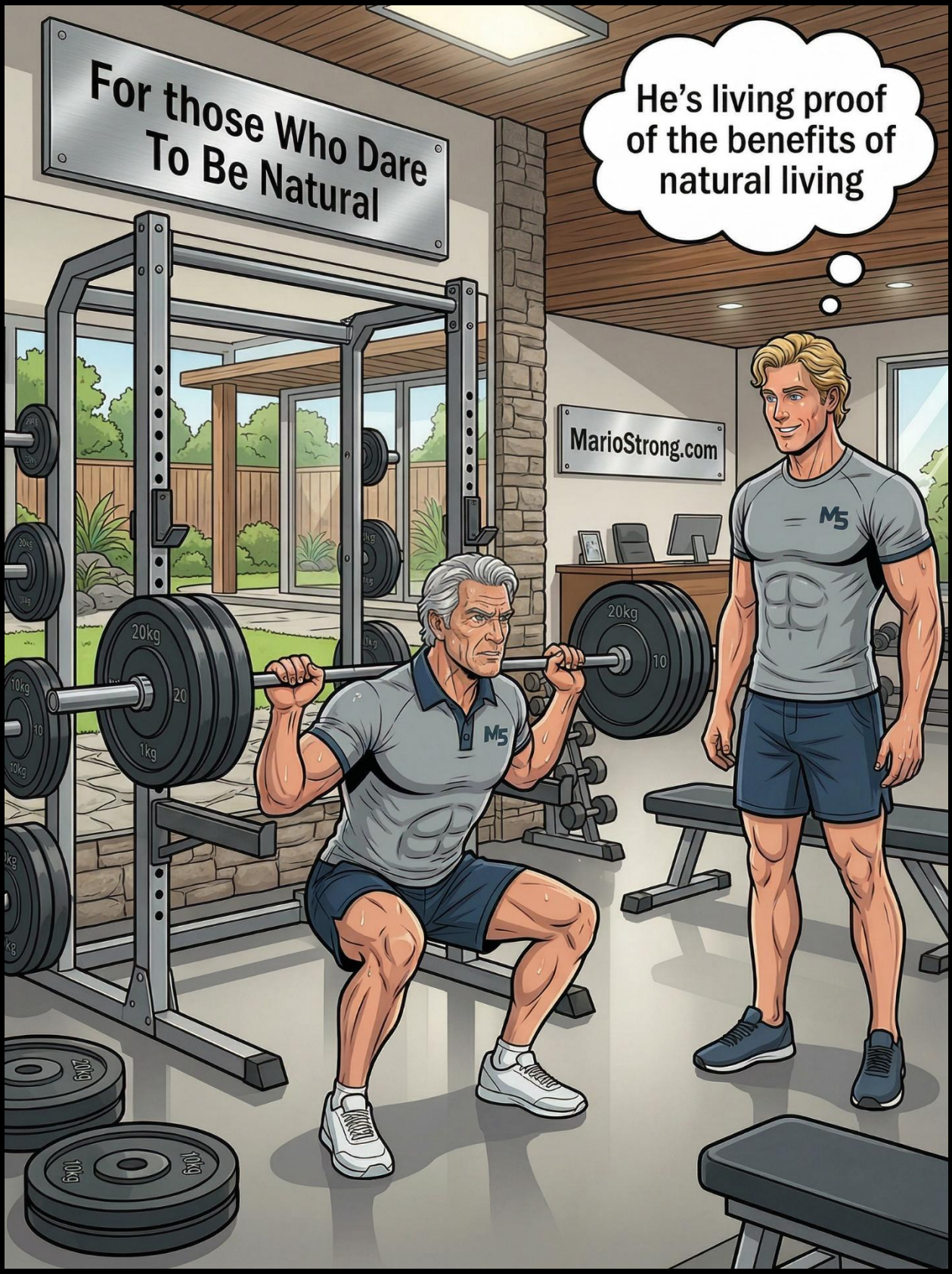
Yes, son! No gym can replace the natural benefits of clean air and sunshine. It's truly rejuvenating!

...and the air up here is so crisp and fresh! Nothing like running under the sun!

MarioStrong.com

For Those Who Dare To Be Natural





For those Who Dare  
To Be Natural

MarioStrong.com

He's living proof  
of the benefits of  
natural living



For those Who Dare  
To Be Natural  
MarioStrong.com

Dad, the flavor from  
our own garden is just  
incredible. Worth all  
the work.

True strength is  
self-reliance, son. Eating  
clean, home-grown food is  
the best fuel we have.



Hey Dad, the gym on Staten Island is doing great! We're all pushing the health benefits of natural bodybuilding.

**"THAT'S GREAT"**

"Please give my best to everyone"

MarioStrong.com

For Those Who Dare To Be Natural

My three favorite trainers are on that plane!  
I'm going to meet them  
this afternoon and show  
them the island.

Have a great  
time! Feel the  
ALOHA SPIRIT.



Goodbye, Dad!  
I had a great time  
visiting you these  
last few weeks.

MARIOSTRONG.COM  
FOR THOSE WHO DARE  
TO BE NATURAL.

I'll miss  
you. Come back  
soon. Next time,  
we'll train again  
like there's no  
TOMORROW.



ALOHA

Great, he lives on the other side of the BIG ISLAND

How is your father doing?

He wants you all to have a great time

ALOHA

MarioStrong.com  
For Those Who Dare To Be Natural



Let's start the day with a brisk walk-through Volcano Park

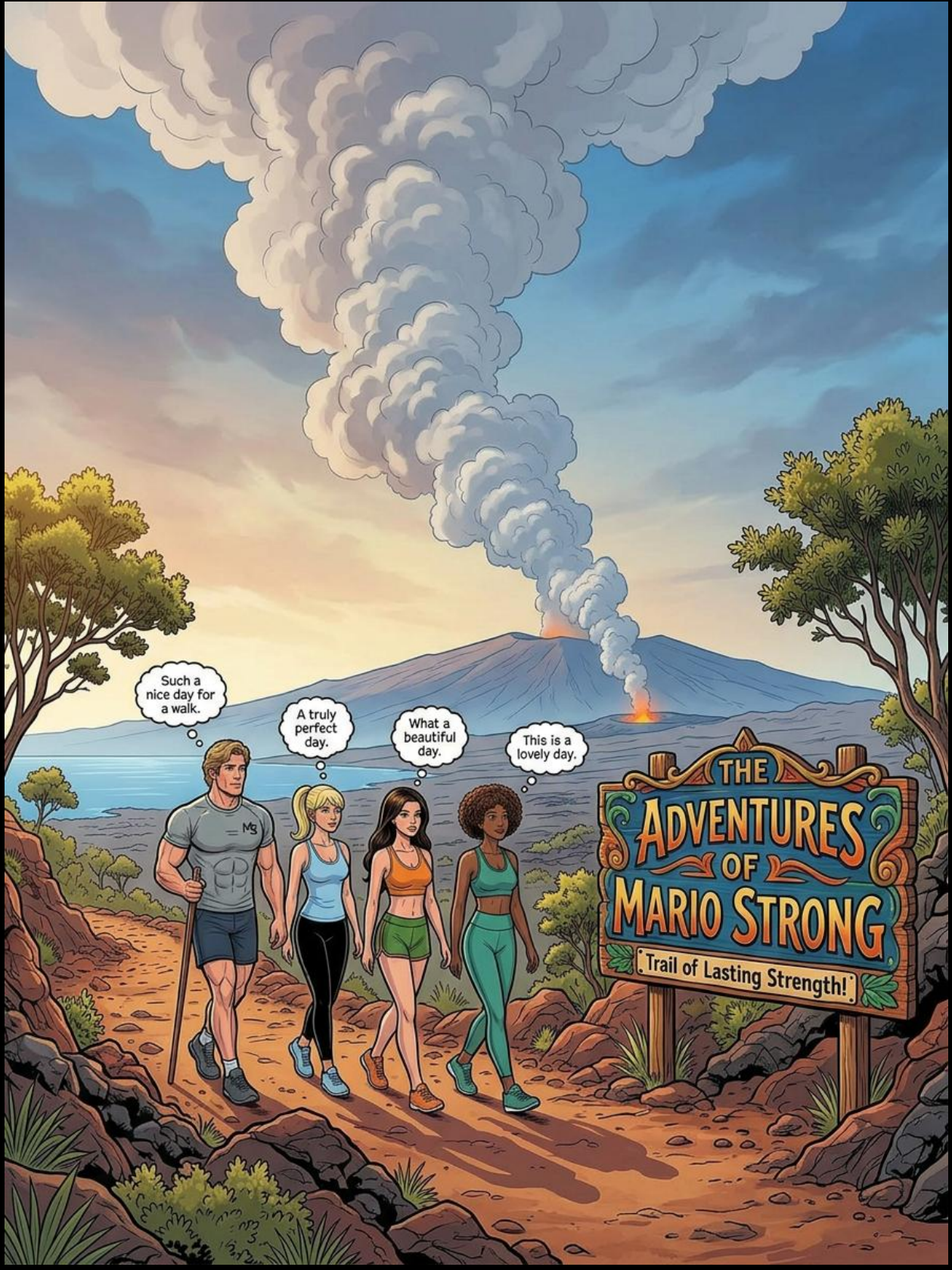
I can't wait to just \*relax\* after the long season!

Me too, just taking in this beautiful scenery is perfect!

Vacation time with this view is exactly what I needed!

MarioStrong.com  
M5

For Those Who Dare To Be Natural



Such a nice day for a walk.

A truly perfect day.

What a beautiful day.

This is a lovely day.

THE  
ADVENTURES  
OF  
MARIO STRONG  
Trail of Lasting Strength!

I keep telling everyone, walking is an *excellent* form of exercise! It's low impact, builds endurance, and connects you to the world. It's the ultimate natural foundation!

So much more inspiring than a gym! And look at this scenery!

Fresh air, vitamin D, and a great workout. This is perfect!

Simple, effective, the original cardio. I love it!

MARIOSTRONG.COM

FOR THOSE WHO DARE  
TO BE NATURAL





There is no better functional exercise than this! Natural resistance, kinetic sky, varied terrain, and these views! Perfect for building lasting, natural strength!

WHAT'S THAT RUMBLING?

So true! The low impact is great for joint health, too.

And this elevation gain is a real killer workout!

My body feels so energized! No gym can match this natural environment!

MARIOSTRONG.COM

FOR THOSE WHO DARE TO BE NATURAL



**KRAA-KOOM!**

**MARIOSTRONG.COM**

**FOR THOSE WHO  
DARE TO BE  
NATURAL**

**UMPH!**

**GAAAH!**

See? **Running** and walking are the **ultimate** form of natural exercise! This is exactly what I've been saying!

**Mario!** This "natural" exercise is about to get us **naturally crisped!** Pick up the pace!

**Focus,** everyone! I daringly want to be **natural**, but not a natural statistic!

Keep form! Keep moving! We have to find higher ground!

MarioStrong.com  
For Who Dare To Natural

**Big Island, Hawaii:  
The Run for Survival.**



This is an incredible cardio and leg workout, team! Focus!

\*I wanted 'natural' training, but this is extreme!\*

My legs are **ON FIRE** (and so is the trail)!

Talk about intense *natural* resistance!

For Those Who Dare To Be Natural

MarioStrong.com



MarioStrong.com

For Those Who Dare To Be Natural.

MS



Nothing like a real-world test to show what natural strength can do! We made it!

Wow, that was the ultimate cardio and leg workout! The longest sprint of my life!

My quads and glutes are totally destroyed! Best hike ever.

Definitely a day I'll never forget. Natural training works!

**MS**  
**MarioStrong.com**  
For Those Who Dare To Be Natural.



Let's cool off and go surfing in Waikiki. There's a plane taking off in an hour.

Yeah!

Awesome!

LET'S MAKE IT HAPPEN!

MARIOSTRONG.COM

FOR THOSE WHO TO BE NA



True strength is built on self-belief! When you dare to be natural, you can conquer any wave, any mountain! Believe in yourself and GO FOR IT!

His power is inspirational!

A true natural champion!

Real strength comes from within!

FOR THOSE WHO DARE TO BE NATURAL.

GO FOR IT.

MARIOSTRONG.COM

GO FOR IT.

GO FOR IT.

GO FOR IT.



A truly complete body workout, Mario!

What great exercise swimming is. The natural resistance of the water makes it perfect!

It's so low-impact, great for joint health!

It fits perfectly with our natural approach to fitness!

**MS**  
MarioStrong.com

**For Those  
Who Dare To  
Be Natural.**



Look at this place! There's more to life than just the gym, that's for sure.

Exactly! And the weather... it's just so beautiful and clear!

The whole world is our natural gym today!

I'll take this over heavy lifting any day!



Honestly, walking in this sand is incredible for the core and legs! What great exercise!

It's so much better than being inside!

I love the natural resistance!

This is the essence of natural fitness!



ALOHA

This is good core exercise

MarioStrong.com

For Those Who Dare To Be Natural



How good the \*ray\* of the sun feels!

Absolutely perfect natural Vitamin D.

Couldn't ask for a better natural setting.

Total bliss, right? Perfect natural glow.

MarioStrong.com

For Those Who Dare To Be Natural.

MS  
MS  
MS



My father, Mario, trained on this very sand decades ago. This spot is hallowed ground for natural strength. I'm just carrying the torch.



We are proud to stand with you, Mario. Carrying on the drug-free, steel legacy on the same beach, just as he taught you. Natural for life!

This sunset is a paradise, but my soul is at the iron. I *miss* the gym, the sound of the plates. It's time, team. We have to return to Staten Island.

Staten Island is where the *real* work is. I'm ready.

The true definition of natural... that's what we build.

Staten Island is calling, and my training is waiting.



PART 2 - THE GYM

# MarioStrong.com

Looking at this view...  
man, I really miss the gym.  
I miss the smell  
of the iron, the grind...  
just *training*.

Nothing beats a  
real natural training  
session. This is nice,  
but...

We all do, Mario.  
It's in our blood.  
**LIVE TO LIFT**  
... **BIG!**

Totally.  
Raw iron is where  
we belong.

"For Those Who Dare  
To Be Natural"



# STATEN ISLAND BODYBUILDING CLUB

Too long away,  
Mario. This place is  
*real* strength.

Yeah,  
this is where  
the *natural* work  
happens.

Ready to  
get to it!

The smell of  
iron... *This* is strength.  
It feels good to  
be back!

MarioStrong.com

FOR THOSE  
WHO DARE TO  
BE NATURAL.



# STATEN ISLAND BODYBUILDING CLUB

Let's make  
some real  
gains!

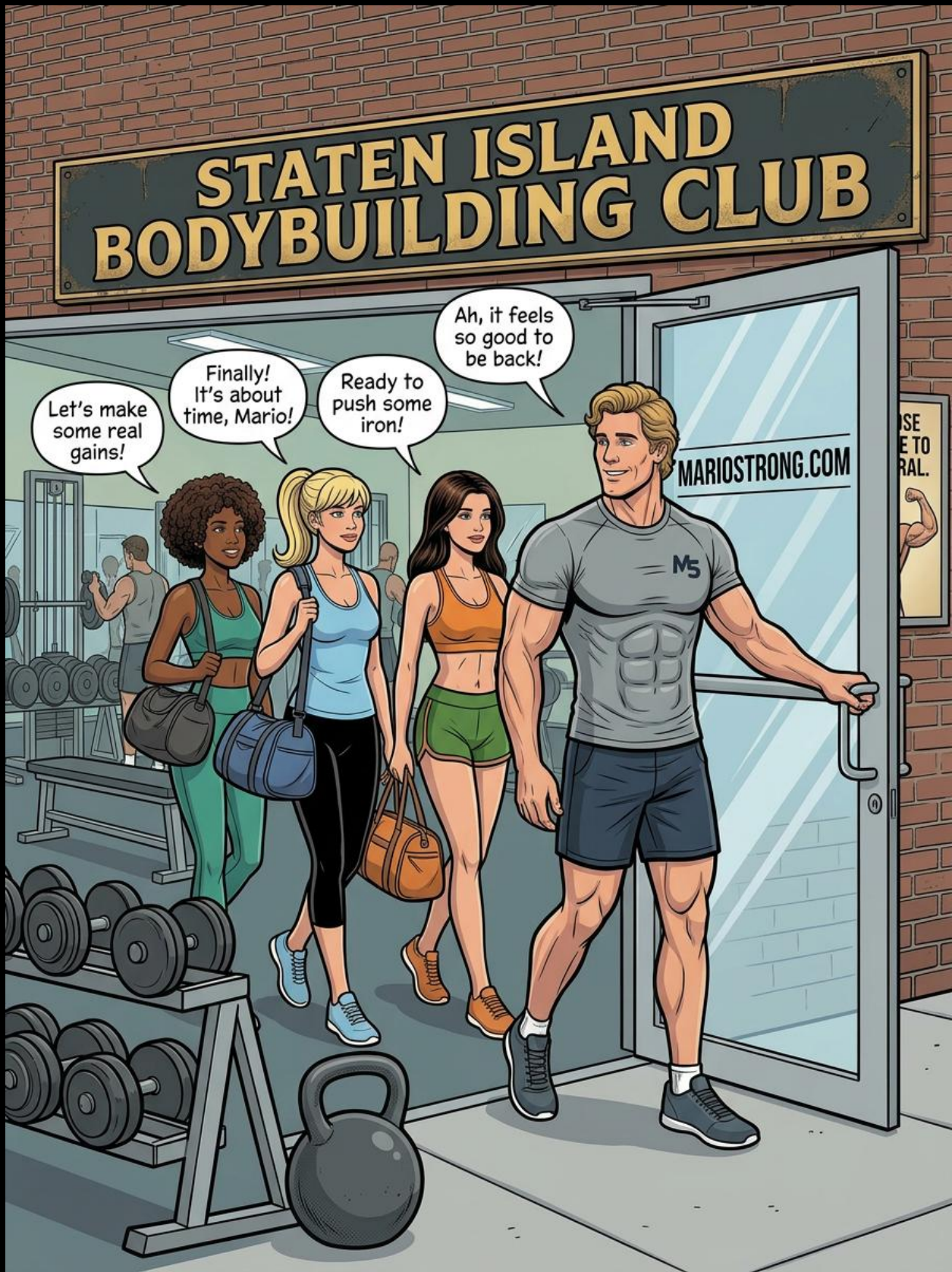
Finally!  
It's about  
time, Mario!

Ready to  
push some  
iron!

Ah, it feels  
so good to  
be back!

MARIOSTRONG.COM

USE  
E TO  
RAL.



MarioStrong.com

For Those Who Dare  
To Be Natural.

HI EVERYONE!

Here, we're dedicated  
to genuine, natural strength.  
Forget the shortcuts.

Natural living  
builds lasting energy and  
resilient bodies!

Discover your true  
natural potential for  
a beautiful, strong  
physique.



Before we begin today, I want to tell you about true dedication and strength. This is about the legendary Leon Brown, Staten Island's most famous bodybuilder!

**\*MarioStrong.com**

**"For Those Who Dare To Be Natural"**



**Leon BROWN**

Legendary bodybuilding champion  
Champion competitor over 3 decades from 1968 Mr. New York City to 1989 Masters Nationals  
Jr. Mr. America, Mr. East Coast, Gold's Classic, National Gold Cup among dozens of overall titles  
First competitive bodybuilder featured in Sports Illustrated  
National masters winner in 1988, 1989  
World Bodybuilding Guild Hall of Fame  
Inducted 2014

He competed over three decades! Incredible focus...

And he was a champion for so long, right here in NYC! The GREATEST bodybuilder ever on Staten Island.

First to be featured in *Sports Illustrated*? That's some serious respect!



# LEGENDS WALL

For Those Who Dare To Be Natural.

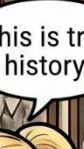
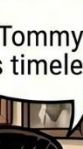
MarioStrong.com

Look at Jerry's definition.

And Tommy's size is timeless.

This is true history.

So much respect for Leon.




Keith

My father won this trophy in 1977! He founded this very club in 1976 with a core belief in natural bodybuilding... hard work and no drugs. He built this for people who *dare to be natural*.

We are so grateful to be part of your father's legacy, Mario! His vision for natural bodybuilding is incredible.

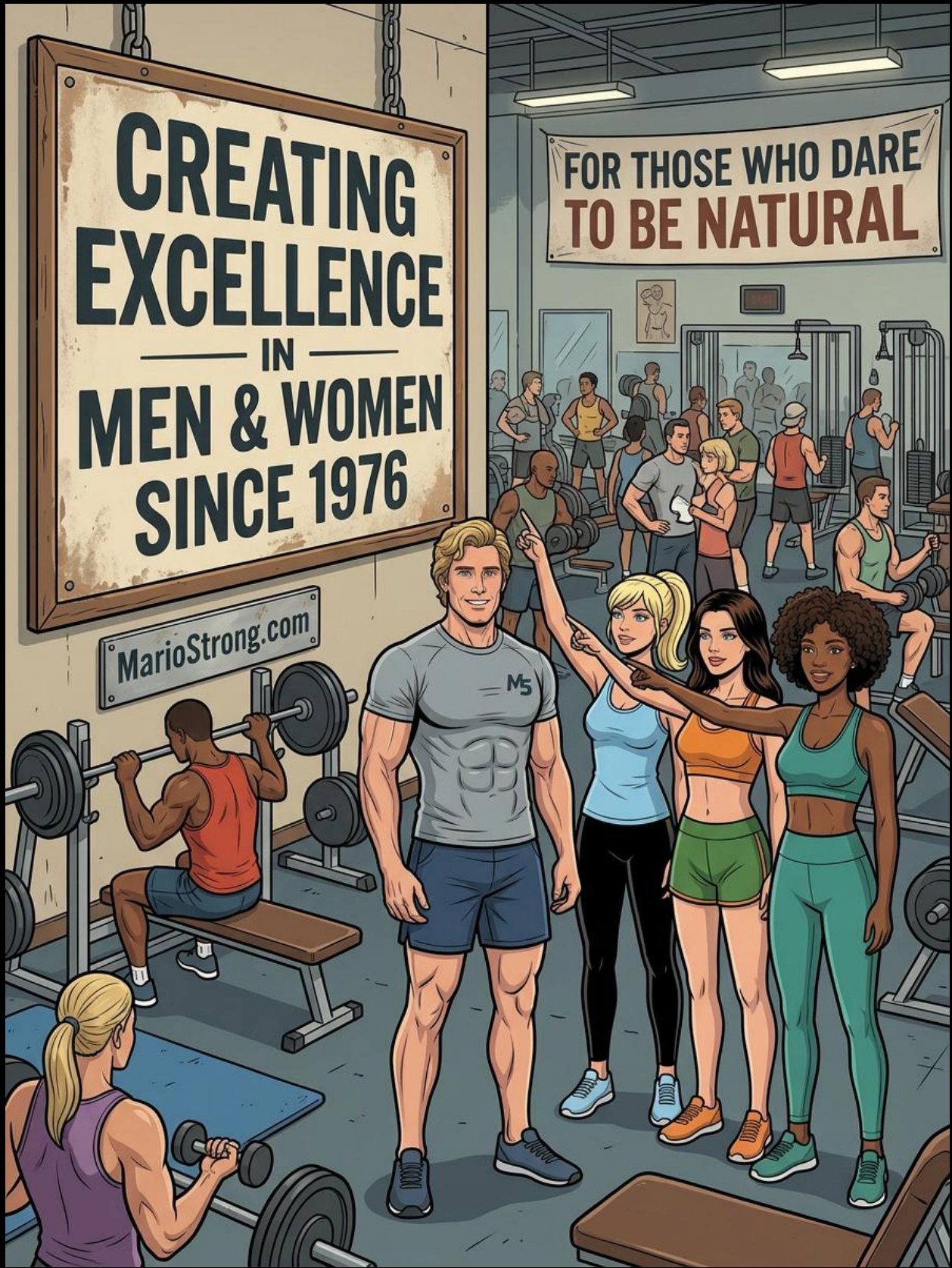




I remember my father telling me stories about the Golden Age of Bodybuilding. How the hardcore bodybuilders trained like there was no tomorrow on equipment that would be considered prehistoric by today's standards.

MarioStrong.com

"For Those Who Dare To Be Natural."



The **gym** is our **sanctuary**,  
when you **enter** through its doors,  
nothing else exit.

MS  
MarioStrong.com

For Those Who Dare  
To Be Natural.





**STATEN ISLAND  
BODYBUILDING  
CLUB**  
EST 1976

**MARIOSTRONG.COM**

**FOR THOSE WHO DARE  
TO BE NATURAL**

**MARIOSTRONG.COM**

When you walk into  
this gym to workout,  
YOU TRAIN LIKE THERE IS  
NO TOMORROW!



# MarioStrong.com

FOR THOSE WHO DARE TO BE NATURAL.

Form is everything, kid! Let that strength be real. Good depth!

Engage those back muscles. That's it, feel the pull!

Focus on the squeeze, not the speed. You've got this, Sarah!

Swing with the hips, not the arms. Explosive power, David!





**TRAIN WITH THE INSANE**

**STATEN ISLAND  
BODYBUILDING CLUB**

**MarioStrong.com**

For Those  
Who Dare  
To Be  
Natural

No Guts  
No Glory

MS

# MarioStrong.com

FOR THOSE WHO DARE TO BE NATURAL.



FOCUS ON THE SQUEEZE! PUSH THROUGH IT!

CONTROL THE NEGATIVE. GREAT JOB!

EVERY REP GETS YOU CLOSER! KEEP THAT FORM TIGHT!

POWER COMES FROM THE CORE! DIG DEEP!

M5 M5

M5

# MARIO STRONG'S STATEN ISLAND BODYBUILDING CLUB



FOR THOSE THAT DARE  
TO BE NATURAL.

MARIOSTRONG.COM

Look at that natural definition, built with food, not a chemical spill!

Why rent size with synthetic juice when you can own it with real grit?

No ROID RAGE here. Just pure, natural muscle and a healthy heart!





MarioStrong.com

ANIMAL ROOM

The gym's basement looks like a medieval torture chamber.

This is where hardcore gains are made!

For Those Who Dare To Be Natural.

MS



This is the **ANIMAL ROOM!** Since 1976, this dungeon has been a history lesson.

A history of raw iron warriors and torturous natural workouts that forge legends.

He means it. I've seen legends break and reform on these very weights.

The history here is pure natural grit, no shortcuts.

MarioStrong.com

**ANIMAL ROOM**

SINCE 1976  
- THE -  
ANIMAL ROOM:  
HISTORY OF  
IRON  
WARRIORS

FOR THOSE  
WHO DARE TO  
BE NATURAL



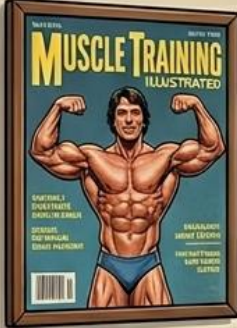
Staten Island Bodybuilding Club  
- ANIMAL ROOM -  
- Est 1976 -

For Those Who  
Dare To Be Natural

MarioStrong.com

When we train,  
we lift mountains of steel,  
so the physical monuments  
that we create will last  
a lifetime.

**MarioStrong.com**  
Since 1976. For Those Who Dare To Be Natural.



For Those  
Who Dare To  
Be Natural.  
Since 1976.

My father opened this gym in 1976 with a pure vision: building real, natural strength. *Muscle Training Illustrated* recognized our approach and featured us regularly in its golden era! This is where that legacy lives on.

Every natural athlete who trains here carries that history. We're proud to be part of this 'True Natural' family.





MarioStrong.com

For Those That Dare  
To Be Natural.

The only juice I  
drink is orange  
juice!  
Steroids are for  
people who like  
shrinking...  
and I don't mean  
their waistline.  
Live Long and  
be STRONG!!!

# PART 3 - GONNA FLY NOW

Philadelphia,  
the city of  
brotherly love.

FOR THOSE  
WHO DARE  
TO BE  
NATURAL.





Unbelievable history here! We're riding past the cradle of American freedom!

The Liberty Bell... It's so humbling to think what it represents.

Independence Hall is truly inspiring. The spirit of the founders is here!

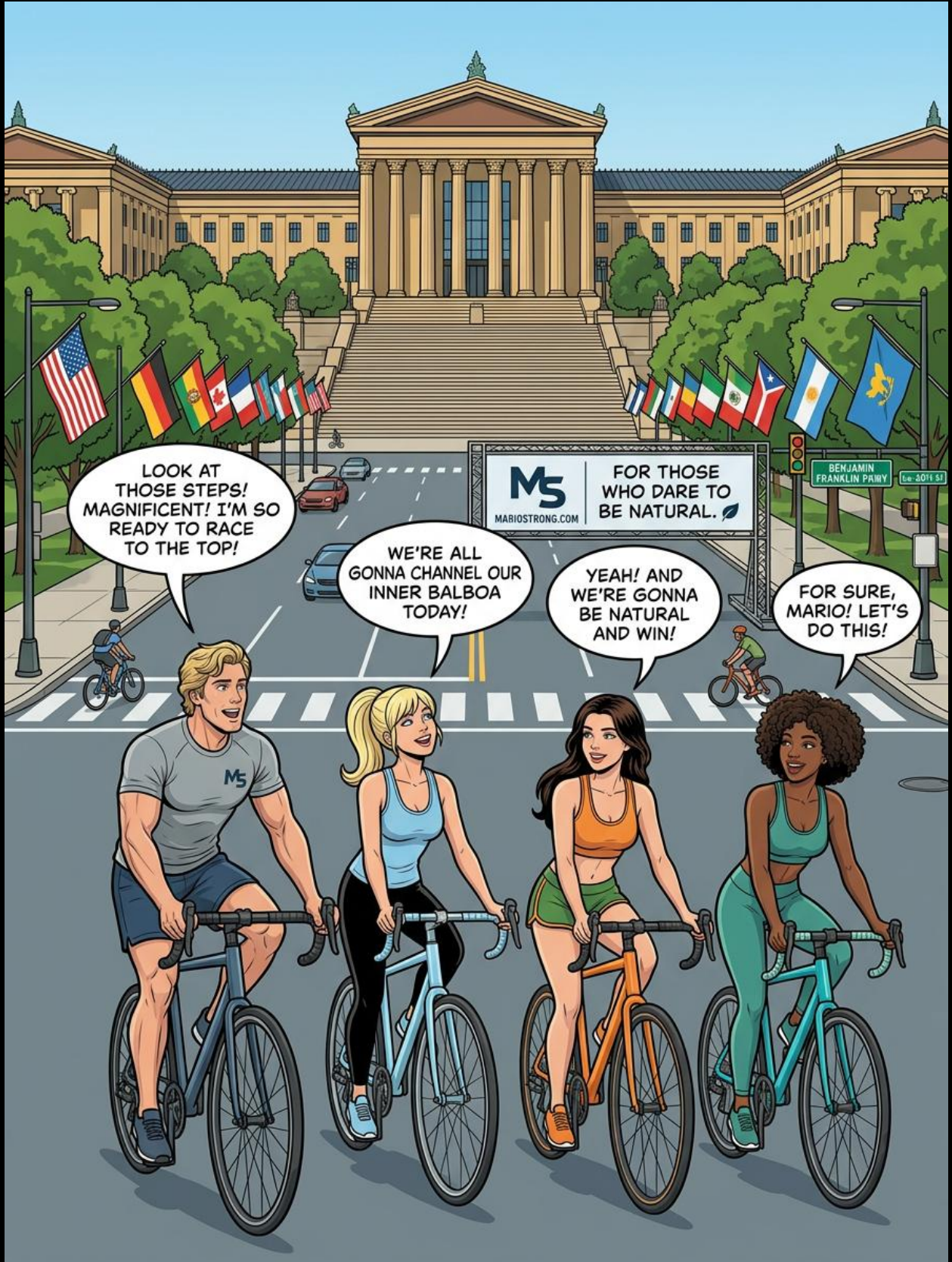
I feel so patriotic! A place like this just fills you with pride.

Liberty Square

For Those Who Dare To Be Natural

MarioStrong.com -  
Championing  
Natural Fitness

M5



LOOK AT THOSE STEPS! MAGNIFICENT! I'M SO READY TO RACE TO THE TOP!

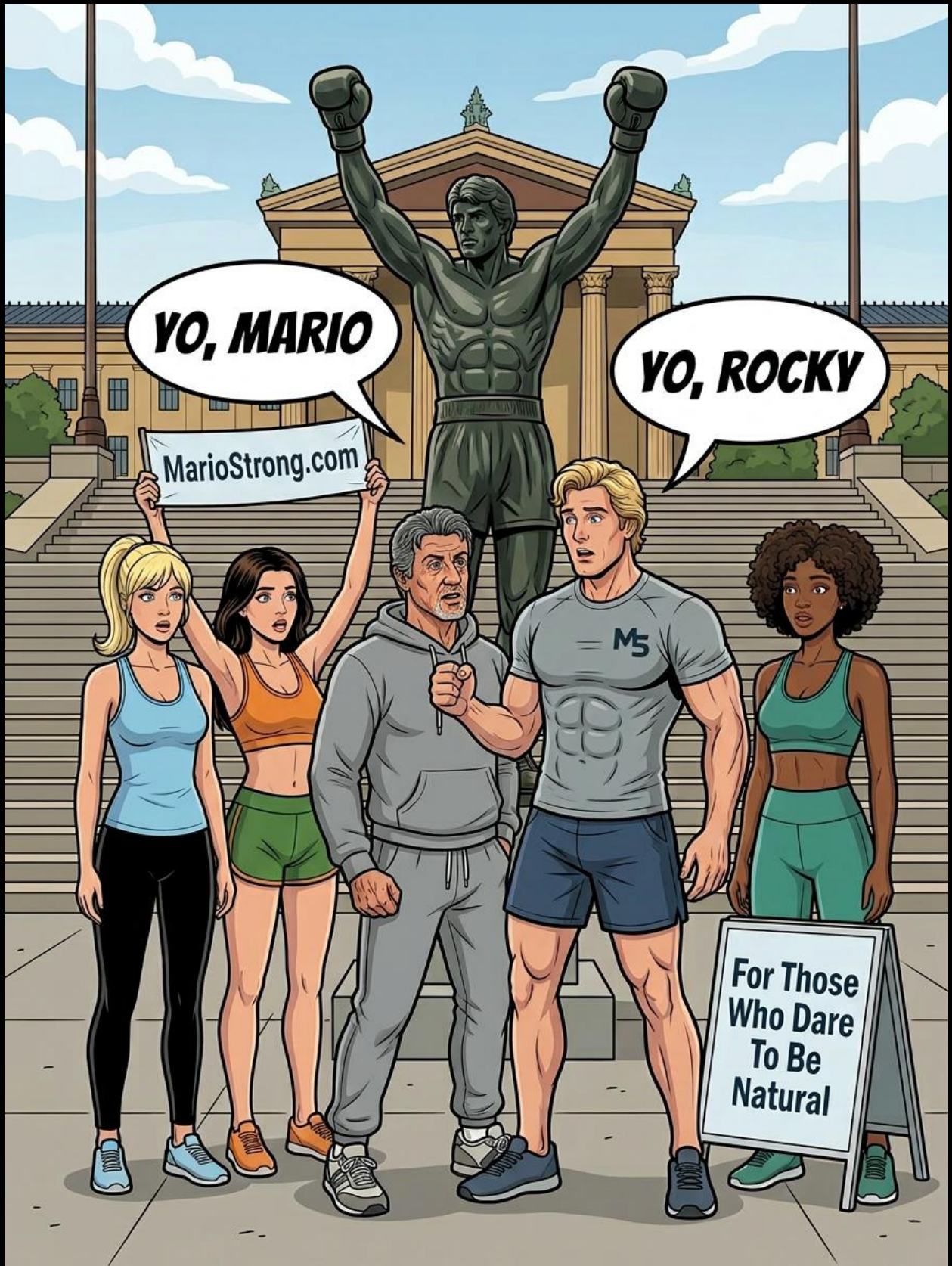
WE'RE ALL GONNA CHANNEL OUR INNER BALBOA TODAY!

YEAH! AND WE'RE GONNA BE NATURAL AND WIN!

FOR SURE, MARIO! LET'S DO THIS!

**M5**  
MARIOSTRONG.COM  
FOR THOSE WHO DARE TO BE NATURAL.

BENJAMIN FRANKLIN PARKWAY E-3014 ST



**YO, MARIO**

**YO, ROCKY**

**MarioStrong.com**

**For Those  
Who Dare  
To Be  
Natural**



YO ROCK  
This is unbelievable!  
My legs are screaming!  
Incredible leg workout!

And the  
cardio! My lungs  
are on fire! Best  
cardio ever!

FOR THOSE  
WHO DARE  
TO BE  
NATURAL.

MarioStrong.com

Philadelphiet



A absolute leg torch! Cardio burn is unreal! What a workout!

So much natural power! This cardio is the real deal!

My quads are *\*torched\**! This is the ultimate leg day!

Yes! We are pushing! Best leg and cardio workout ever!

Just keep punching up, kid! Feel that heart!

MarioStroig.com

**For Those Who Dare To Be Natural.**





The longer we live,  
no more we lose,  
time is undefeated!

MarioStrong.com

For Those  
Who Dare  
To Be  
Natural

PET STORE



# MICKEY'S BOXING GYM - PHILADELPHIA -

For Those  
Who Dare To  
Be Natural.

He's still got  
the Eye of  
the Tiger.

Mariostrong.com

Mariostrong.com

FIGHT STRONG  
MARIO STRONG

FIGHT STRIGHT  
MARIO STRONG  
MARIO STRONG

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Mariostrong.com





**MICKEY'S  
BOXING GYM**  
- PHILADELPHIA -

For Those  
Who Dare To  
Be Natural.

Mariostrong.com

OMG!

I just got hit  
by a lightning  
bolt. ⚡

YIKES!

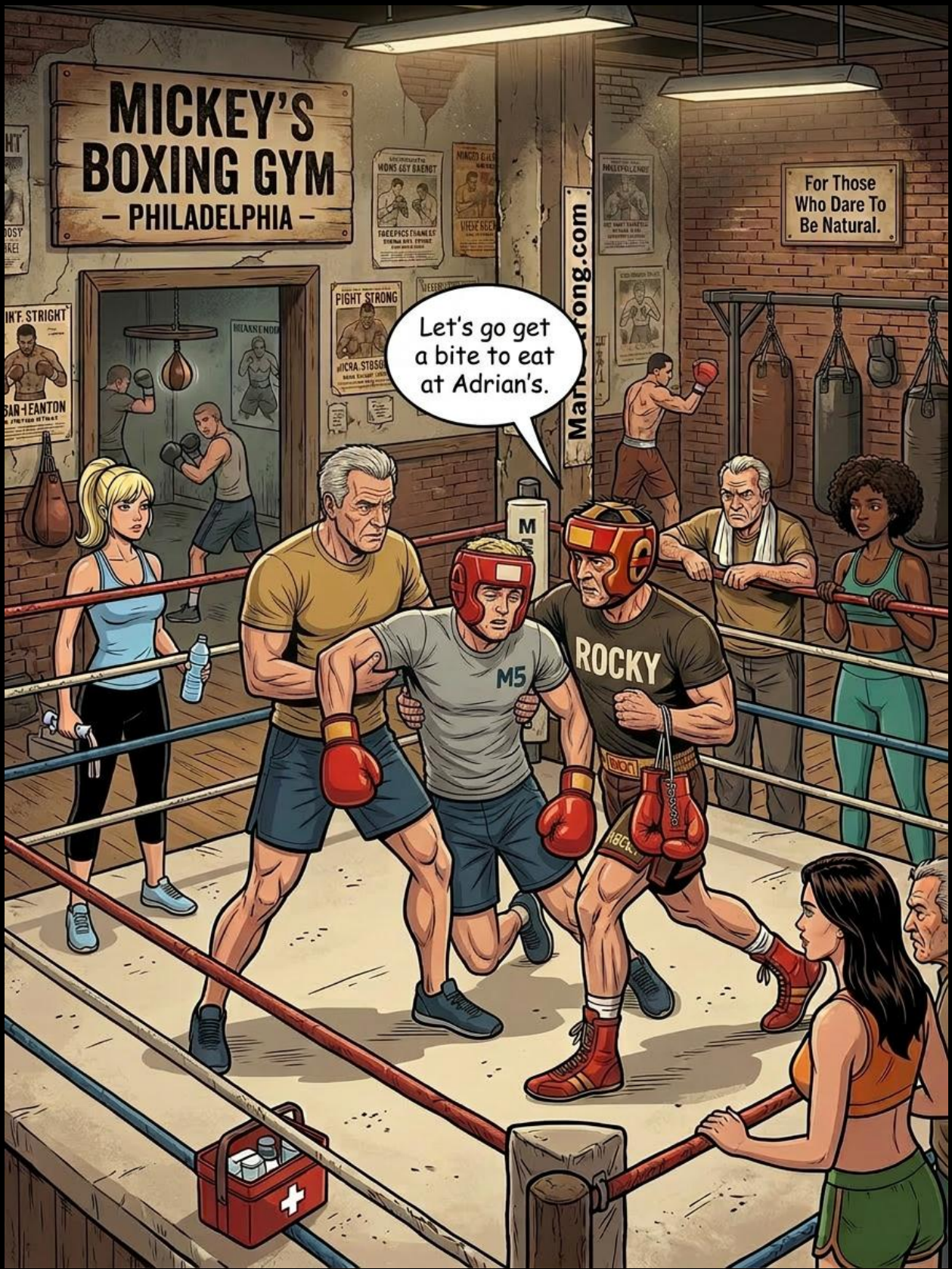
WOW!

M5

ROCKY

ROCKY





# MICKEY'S BOXING GYM - PHILADELPHIA -

Let's go get  
a bite to eat  
at Adrian's.

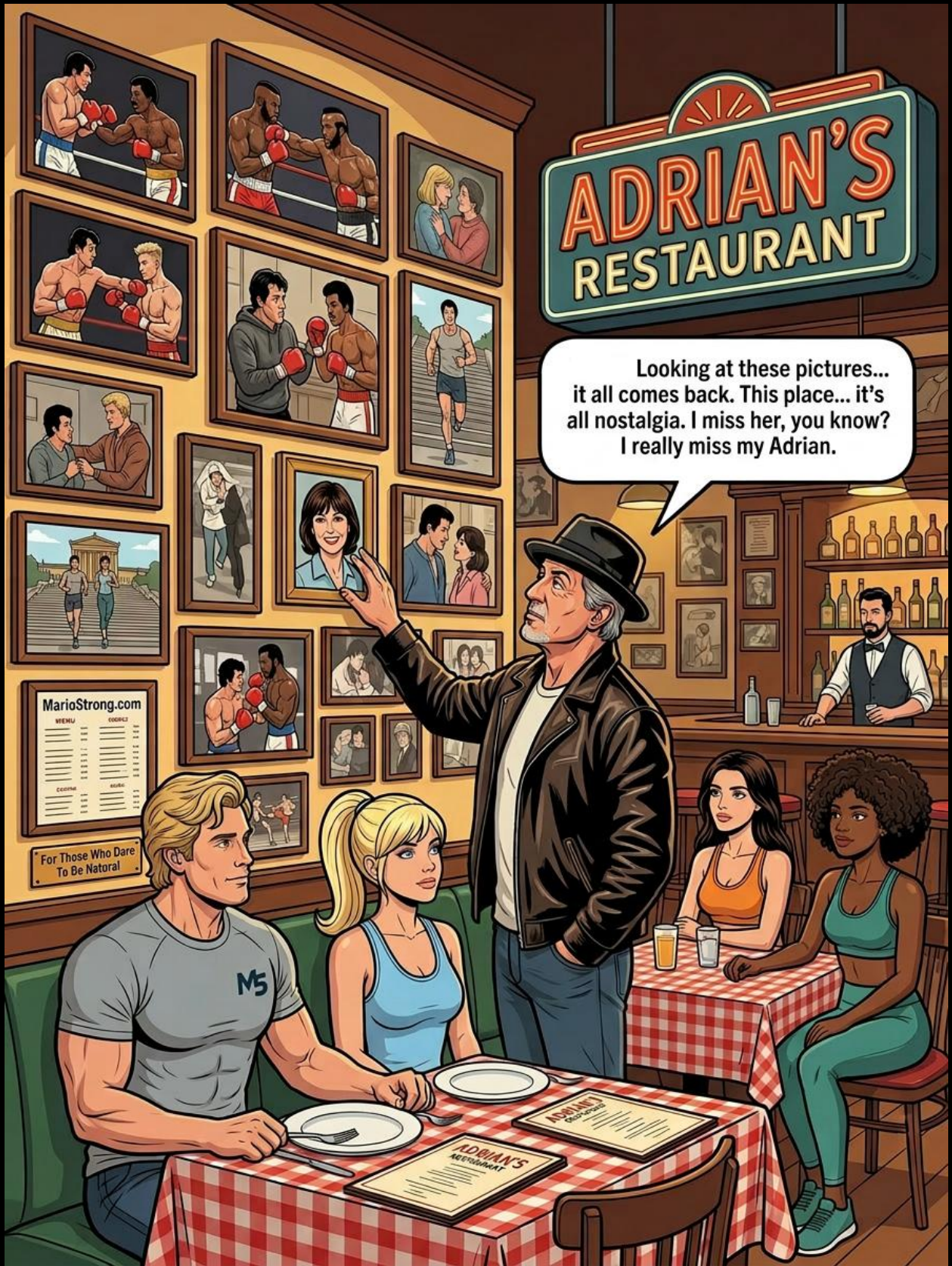
For Those  
Who Dare To  
Be Natural.

Mantstrong.com

FIGHT STRONG  
MICKA STBSON  
MICKA STBSON  
MICKA STBSON

FIGHT STRIGHT  
BAR LEANTON  
MICKA STBSON





# ADRIAN'S RESTAURANT

Looking at these pictures... it all comes back. This place... it's all nostalgia. I miss her, you know? I really miss my Adrian.

MarioStrong.com

MEAT	VEGETABLE
1/2 lb. Sirloin	1/2 lb. Grilled Chicken
1/2 lb. Ribeye	1/2 lb. Grilled Salmon
1/2 lb. Filet Mignon	1/2 lb. Grilled Shrimp
1/2 lb. Tri-Tip	1/2 lb. Grilled Pork Chops
1/2 lb. Brisket	1/2 lb. Grilled Steak
1/2 lb. Ribs	1/2 lb. Grilled Fish
1/2 lb. Pork Tenderloin	1/2 lb. Grilled Lamb
1/2 lb. Beef Tenderloin	1/2 lb. Grilled Turkey
1/2 lb. Chicken Breast	1/2 lb. Grilled Pork
1/2 lb. Pork Chops	1/2 lb. Grilled Chicken
1/2 lb. Grilled Salmon	1/2 lb. Grilled Shrimp
1/2 lb. Grilled Steak	1/2 lb. Grilled Fish
1/2 lb. Grilled Lamb	1/2 lb. Grilled Turkey
1/2 lb. Grilled Chicken	1/2 lb. Grilled Pork
1/2 lb. Grilled Pork	1/2 lb. Grilled Chicken

For Those Who Dare To Be Natural

ADRIAN'S RESTAURANT

ADRIAN'S RESTAURANT



For Those Who Dare To Be Natural.

GO FOR IT

GO FOR IT

GO FOR IT

MarioStrong.com

ROCKY

ITALIAN STALLION

M5

Rocky Balboa didn't just fight; he showed the world the strength of the natural human spirit. He's inspired millions... including us!

His story is our story. True, hard-earned power. That's what we train for.

FOR THOSE WHO DARE TO BE NATURAL

MarioStrong.com

# ROCKY

MarioStrong.com



**PART 4 - THE ANABOLIC CLOUD**

My father detested anabolic steroids. He saw them as a dead end, a false strength. He fought against them with a religious fervor, building this club as a sanctuary for natural lifters.

He taught us true lasting strength is earned, not taken.

**"For Those Who Dare To Be Natural"**

It's a clean legacy we are proud to continue.

Here, natural power is king.





**“Hey! We don’t do that here! That junk is a health risk. It destroys bodies, creates unfair imbalances, and sends the wrong message. It’s dangerous to everyone, and true strength isn’t built on a needle!”**

**“And it’s a betrayal of true effort and discipline!”**

**“It corrupts the whole spirit of a healthy gym environment. Get that dangerous stuff out of here!”**

MarioStrong.com **M5**

**For Those Dare To Be M**



**MARIOSTRONG.COM**  
- BUILD LASTING STRENGTH, NATURALLY!

**MARIOSTRONG**  
TO BE NATURAL.

**FOR THOSE WHO**  
**DARE TO BE**  
**BE NATURAL.**

THIS GYM HAS A  
ZERO-TOLERANCE  
POLICY ON STEROIDS.

He was trying to target the new members. That is pure predatory behavior.

We work too hard to keep this a safe and healthy space for everyone to train naturally.

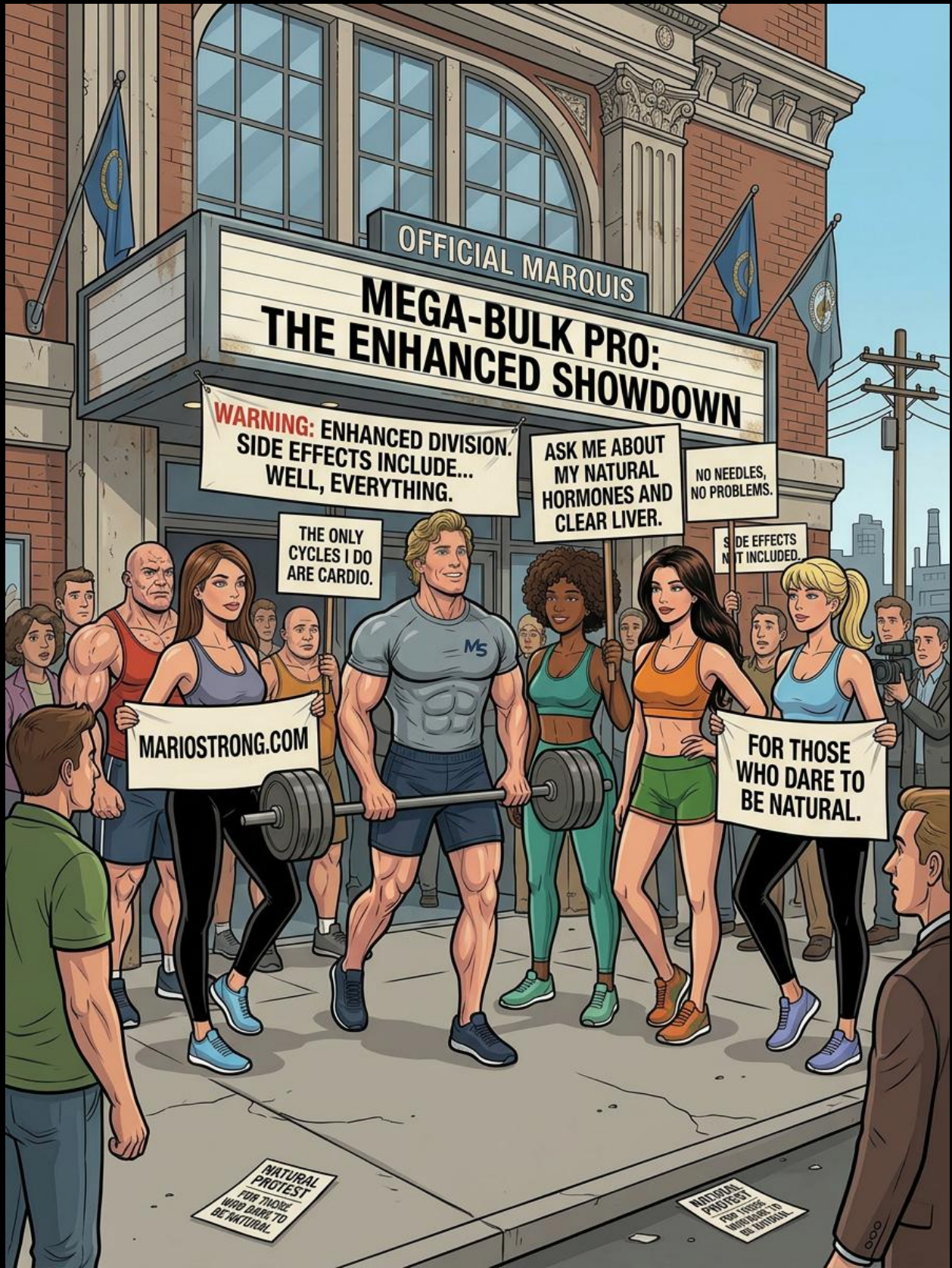
Putting people's long-term health at risk for a quick buck... absolutely unacceptable.

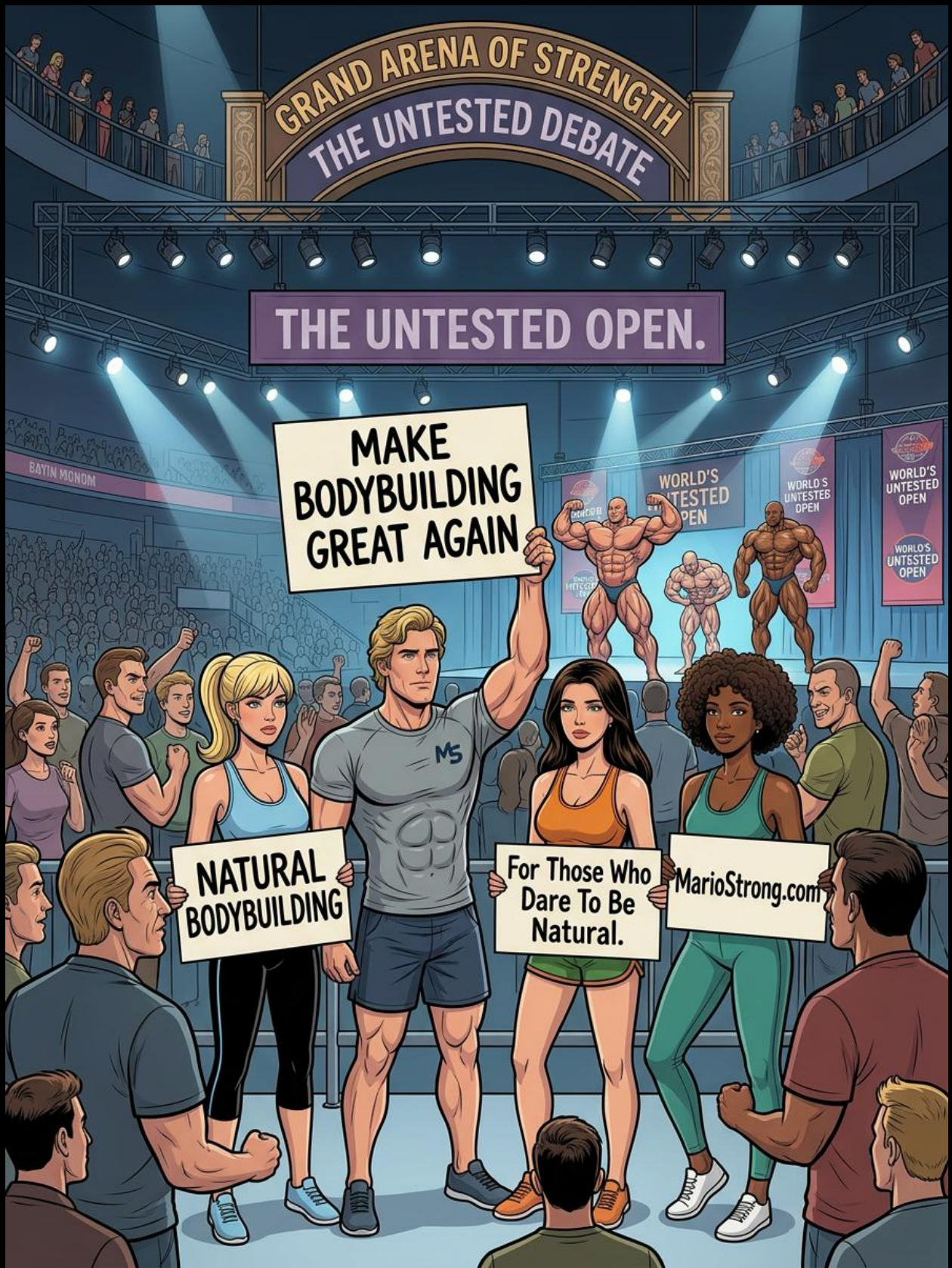
This isn't just illegal, it's dangerous to everyone here. We build lasting strength, not a "dead end" shortcut. Your garbage has no place in my gym. Get out and stay out!

TIOS OYMD  
SUS TO BE  
NATURAL.

ZERO  
TOLERANCE  
POLICY

MARIO STRONG  
**MS**  
LASTING STRENGTH





**GRAND ARENA OF STRENGTH**  
**THE UNTESTED DEBATE**

**THE UNTESTED OPEN.**

**MAKE  
BODYBUILDING  
GREAT AGAIN**

**NATURAL  
BODYBUILDING**

**For Those Who  
Dare To Be  
Natural.**

**MarioStrong.com**

**WORLD'S  
UNTESTED  
OPEN**

**WORLD'S  
UNTESTED  
OPEN**

**WORLD'S  
UNTESTED  
OPEN**

BAYIN MONOM



MarioStrong.com

For Those Who Dare To Be Natural.

STERODS:  
More Harm  
Than Gain!

NATURAL:  
FOR LIFE, NOT  
FOR A SEASON

ARE YOU A  
BODYBUILDER  
OR A SCIENCE  
EXPERIMENT?

STERODS:  
More Harm  
Than Gain!

Wow, talk  
about artificial  
enhancement!

I hope  
they know that  
'juicing' doesn't  
mean kale.

STERIODS:  
More Harm  
Than Gain!

My gym  
bag contains  
a towel, not  
a pharmacy!

That's right, my  
strong team. We  
build *real*, lasting  
health. This scene?  
Not for us.

DREW    MILLAFINDA    JANORINE



These so-called coaches are just pushing steroids in the sport.

This is what we are up against.



It makes natural work feel invisible.



For Those Who Dare To Be Natural.

**MarioStrong.com**  
natural strength

But we won't give up on real health.

# For Those Who Dare To Be Natural.

## MarioStrong.com

This is the "shortcut" they sold. Build a natural future.

Muscle shouldn't cost you everything.

**Steroids:**  
Build a body,  
burn a life.  
Nice  
exchange  
rate.

**Natural Muscle:**  
Has a future.  
**Chemical Muscle:**  
Has a deadline.

**Natural.**  
Because your  
future should  
be bigger than  
your ego.

**Natural Muscle:**  
Has a future.  
**Chemical Muscle:**  
Has a deadline.

**Roids:**  
The shortest  
repo 'roids  
get you. Choose  
Natural.





**STEROIDS:**  
Grow Your Ego,  
Shrink Your Life.  
(Side effects: Heart,  
Kidney, Everything Fail.)

FOR THOSE  
WHO DARE  
TO BE  
NATURAL

You got the 'massive' look, now you have a 'massive' hospital bill and a short life expectancy. Natural is the only way.

Juicing is a dead-end street. We're here to show them the real 'pump' is health.

There's no shortcut to fitness. Just hard work, good food, and \*not\* turning your liver into mush.

MarioStrong.com  
For Those  
Who Dare To  
Be Natural.

NATURAL  
POWER  
PROTEIN







MARIOSTRONG.COM

FOR THOSE WHO DARE TO BE NATURAL.

IN LOVING, TRAGIC REMBRANCE OF THE CHEMICALLY ENHANCED.  
THEIR MUSCLES WERE BORN OF SCIENCE, NOT HARD WORK.  
THEIR HEARTS WERE WEAKENED BY DREAMS, NOT LOVE.  
RIP.  
THE FINAL REP IS ALWAYS NATURAL.

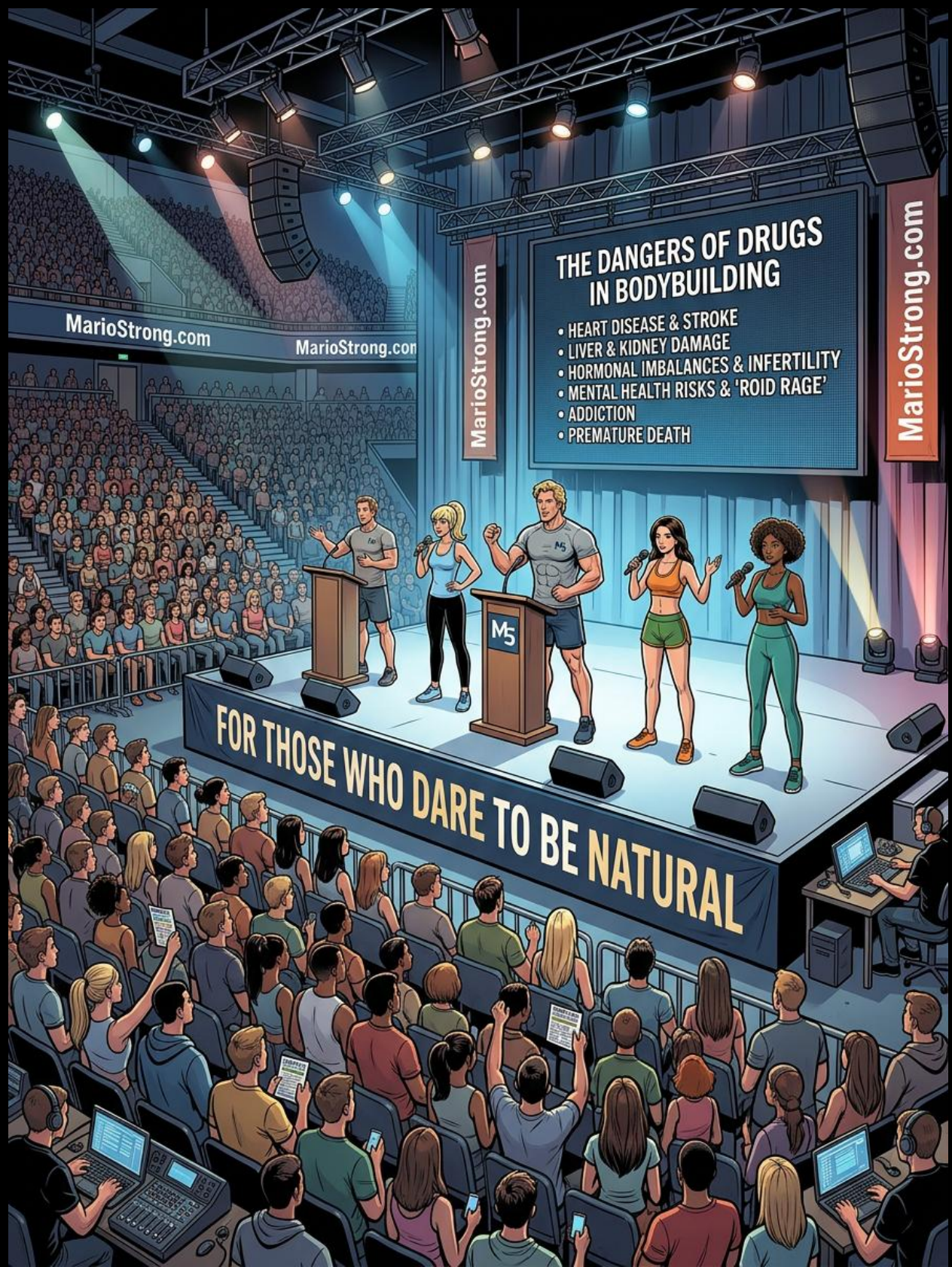
**BICEP BRIAN**  
(1975-2005):  
'The Beast'  
- Size Over Sanity.

**ARNIE'S FOLLY**  
(1980-2010):  
The Chemical Path.

**SYNTHETICA SID**  
(D. 2012):  
The Perfect Machine,  
Now Offline.

**HERCULES HANK**  
(1968-1998):  
A Short Life,  
A Large Casket.

They always said they wanted 'killer abs'. Seems like they got 'em. The real contest is seeing who makes it to 100.



## THE DANGERS OF DRUGS IN BODYBUILDING

- HEART DISEASE & STROKE
- LIVER & KIDNEY DAMAGE
- HORMONAL IMBALANCES & INFERTILITY
- MENTAL HEALTH RISKS & 'ROID RAGE'
- ADDICTION
- PREMATURE DEATH

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MarioStrong.com

MarioStrong.com

FOR THOSE WHO DARE TO BE NATURAL

**PART 5  
THE BIG  
APPLE**

Ladies, how about a day trip to The Big Apple?

**Strong.com**

M5

For Those Who Dare  
To Be Natural.

Yes, gladly!





The Statue of Liberty represents freedom and democracy. It's symbolic of what our country stands for.

Yes

Absolutely

MarioStrong.com

STATEN ISLAND FERRY

For Those Who Dare To Be Natural

STATEN ISLAND FERRY



NEVER FORGET

IN MEMORY OF  
WHERE THEY STOOD  
MarioStrong.com  
For Those Who Dare To Be Natural.





Look at the size of the Great Lawn!

It's enormous, isn't it?

Incredible.

For Those Who Dare To Be Natural.  
A MarioStrong Principle

MarioStrong.com



Before our eyes  
millions of people  
are living their  
daily lives

It's absolutely  
awesome,  
isn't it?

Yeah, just  
incredible!

So true.  
Pure awe.

MarioStrong.com

For Those  
Who Dare To  
Be Natural.



# STEROIDIAN'S GYM

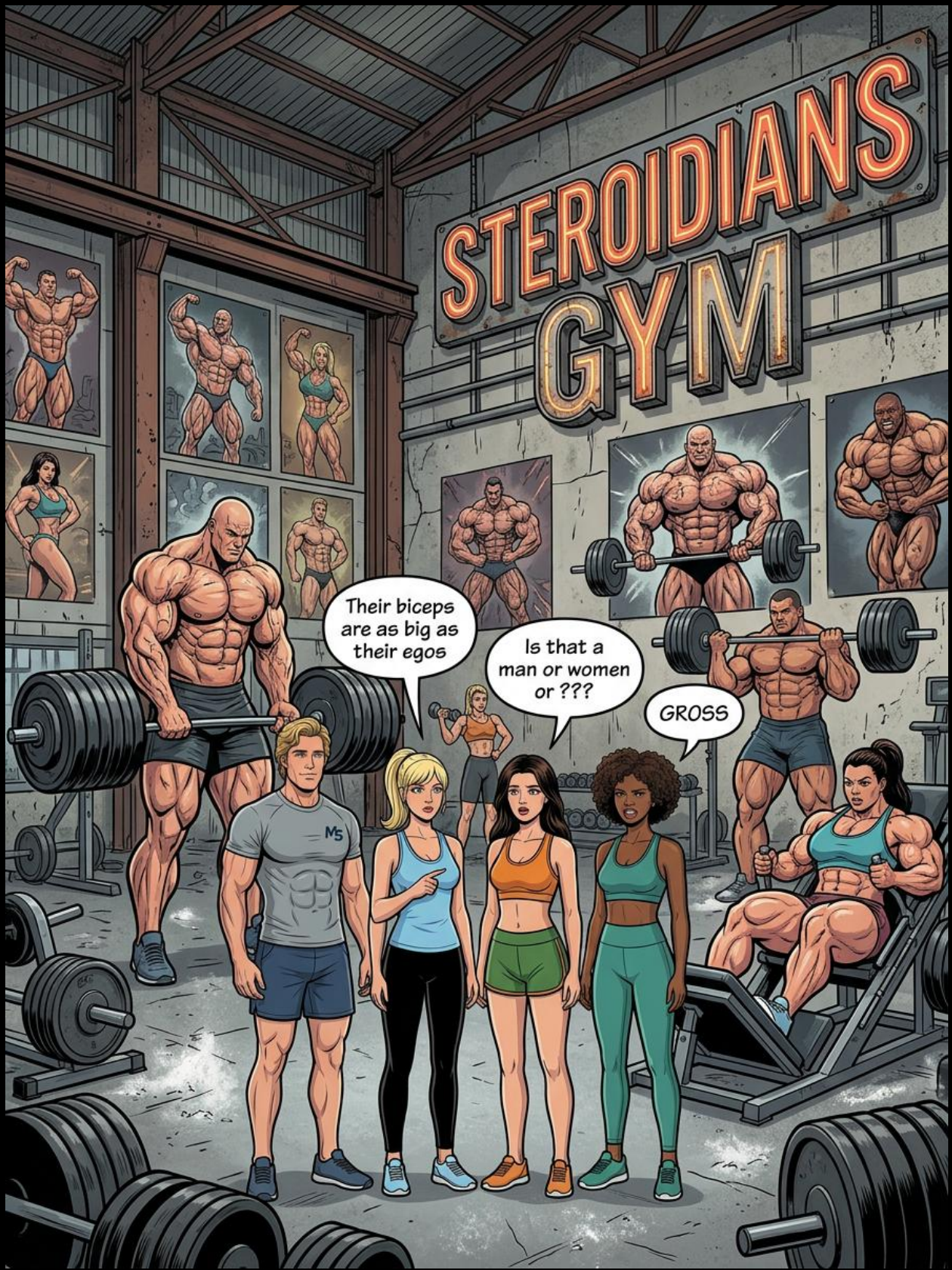
This is what we are up against - ANABOLIC DRUGS - in a sport that once stood for health and vitality.

...I guess 'All Cost' means your hair, your skin, and your liver too.

WE BUILD MASS MONSTERS. - AT ALL COST.

And I thought 'Mass Monster' was just a metaphor...

LET'S CHECK IT OUT



# STEROIDIANS GYM

Their biceps are as big as their egos

Is that a man or women or ???

GROSS



Gotta wonder what's happening inside that MASS

FRIED LIVER

KIDNEY FAILURE

HEART DISEASE

# STERROIDIAN'S GYM

Very sad,  
their EGOS are  
defining their  
existence

OMG

WHAT  
WAS THAT

I NEED A  
SHOWER





MarioStrong.com

Look at this nationwide increase! Cannabis dispensaries are everywhere.

It's so wrong. This legalization is definitely taking our country in the wrong direction.

For Those Who Dare To Be Natural



FOR THOSE WHO DARE  
TO BE NATURAL

BRAY  
BAES

Barr  
Nig

BREISKETY

Clattonnal  
NAMBERS

VISIT  
MARIOSTRONG.COM

TRAIN  
WITH  
MARIOSTRONG.COM

The physical  
damage is so severe.  
The liver, the heart...

...and the  
psychological grip.  
Alcoholism steals  
minds and souls.

We need to  
promote natural  
health and strength.  
This dependency is a  
false solution.

Spring  
Water

PERDUE'S

BRISKEE

BRISKEE

BRISKEE

Spring  
Water



The addiction crisis is devastating our entire nation, year after year.

These communities are being hollowed out.

The number of people trapped is overwhelming.

We have to fight this, on every level.

MarioStrong.com

FOR THOSE WHO DARE TO BE NATURAL

MS



**MARIOSTRONG.COM**  
FOR THOSE WHO DARE TO BE NATURAL.

Mario Strong, indeed!  
Hey while we're here...  
Do you want to see a play?

Absolutely!

Let's do it!  
Great idea.

FLEX FEST

WICKED

HAMILTON

CHICAGO

STRONG: THE MUSICAL

GYM RAT: A BROADWAY STORY

STRONG: THE MUSICAL

GYM RAT: A BROADWAY STORY

FLEX FEST

STRONG

STRONG

STRONG

STRONG

STRONG

# STRONG: THE MUSICAL

... GONNA FLY NOW ...  
(Gonna Fly Now ... Now!)

For Those Who Dare  
To Be Natural.

Incredible  
production!  
Pure excellence.

So inspiring!

Simply  
fantastic!

The best show  
I've seen!

PROGRAM:  
STRONG:  
THE MUSICAL  
MarieStrong.com



MarioStrong.com

*For Those  
Who Dare  
To Be  
Natural.*

Visiting The Big Apple was an incredible, fun, and learning experience for us all!

The play was great, but the city itself was a real teacher!

BLAYBILL  
BROADWAY



MarioStrong.com -  
For Those Who Dare  
To Be Natural.

NOW PLAYING:   
"EYE OF THE TIGER" 

GREAT WAY TO  
END THE DAY

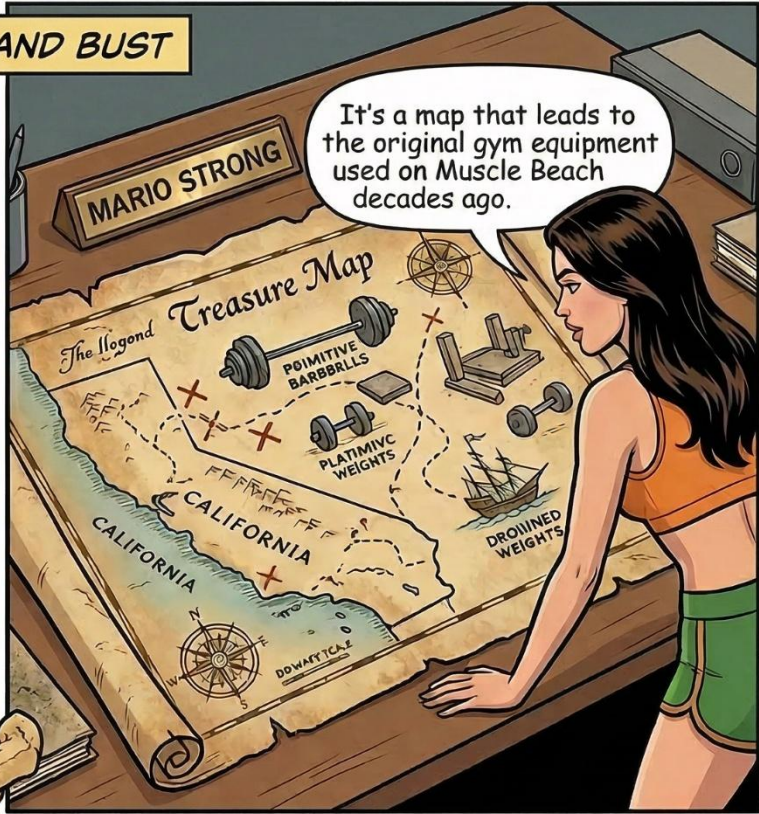
Natural  
Strength,  
Epic Fun

TRAIN

**PART 6 - CALIFORNIA AND BUST**



I found this inside an old muscle mag. My father's stash.

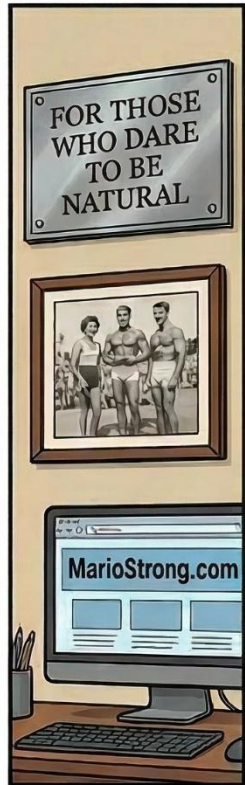


It's a map that leads to the original gym equipment used on Muscle Beach decades ago.



It now lays on the ocean floor, about a mile off the California coast.

Let's Go Exploring.



FOR THOSE WHO DARE TO BE NATURAL



**TWO DAYS LATER**

Watch out  
for the sharks

**SHARKS  
???**





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For Those Who Dare To Be Natural

Here it all is, looks to be in good condition

There's very little oxygen down here, so not much corrosion



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For Those Who Dare To Be Natural

And this incline bench... it was used by countless legends. It's amazing that it survived, preserved here in the deep.

This very cast-iron dumbbell rack dates back to the very origins of Muscle Beach in the 1930s. It's real history!

That shark is getting too close for comfort





**LET'S PUT  
SOME MUSCLE  
BEHIND THAT  
HUSTLE**

**LET'S GET  
OUT OF HERE**

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For Those Who Dare  
To Be Natural



That's enough excitement for *one* day.

Let's go check out the new gym equipment at Muscle Beach.

hff, pant

hff, pant

**MarioStrong.com**  
For Those Who Dare To Be Natural.







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For Those Who Dare  
To Be Natural

After all these  
decades, you're still  
making it happen.

M5

OLD SCHOOL  
MUSCLE

When I train, I feel young again. So healthy and strong. Gotta Keep It Going!

MUSCLE BEACH  
SANTA MONICA

OLD SCHOOL MUSCLE

Mar  
Mario  
Strong

"For Those Who Dare To Be Natural"





Hey, the movie studio is looking for extras in my new movie. Do you guys want to shoot a couple of scenes with me.

Yes, absolutely. Let's Make It Happen!

For Those Who Dare To Be Natural

MarioStrong.com



HOLLYWOOD

Look, Mario!  
This is so cool!

For some reason I feel like we're being taken to the slaughter

I can't believe we're in LA!

This is amazing!

For Those Who Dare To Be Natural

MarioStrong.com

Mario Strong

OLD SCHOOL MUSCLE



IN THE NEXT SCENE, I'M GOING TO BATTLE YOU ALL TO THE *DEATH*.

OK, WE'RE READY FOR BATTLE. WHERE ARE OUR *SWORDS*?

For Those Who Dare To Be Natural

MarioStrong.com



**I'M  
BACK!**

For Those  
Who Dare  
To Be  
Aral

MarioStrong.com



OMG, he's a real Terminator

How did we get ourselves in this mess?

For Those Who Dare To Be Natural

MarioStrong.com



**CUT!**  
Rest Reset for  
Take 2!

Ow... They weren't  
kidding. Making a movie  
with Arnold is brutal! And  
why did they need so —  
*much* prop blood?

**FOR THOSE  
WHO DARE  
TO BE  
NATURAL**

**MarioStrong.com**

**TAKE 1 - END**

**GET BACK HERE!**  
NEXT SCENE! WE NEED  
YOU FOR THE PIT OF  
LIONS! NO ONE  
LEAVES **NOW!**

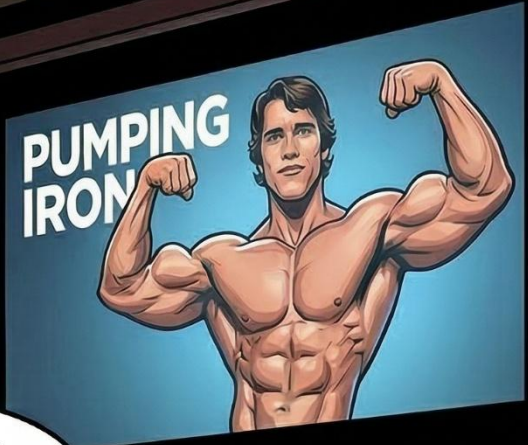
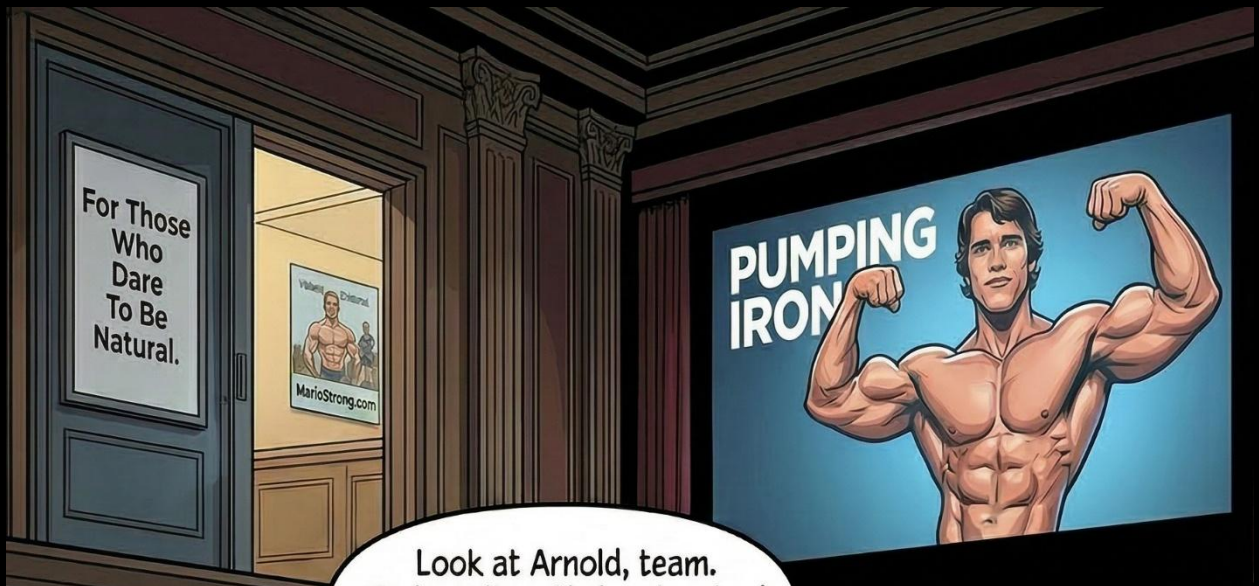
Pumping iron is less  
dangerous and more fun!  
Let's get out of here.  
Maybe we will have better  
**LUCK** in Las Vegas

FOR THOSE  
WHO DARE  
TO BE  
NATURAL

We won't  
**BE BACK**

MarioStrong.com





Look at Arnold, team. Truly a titan. He has inspired millions of people worldwide with his drive and magnetism.

Because he really put bodybuilding on the map. He's a legend! An inspiration to us all, natural or not.



PART 7 - VIVA LAS VEGAS

WELCOME

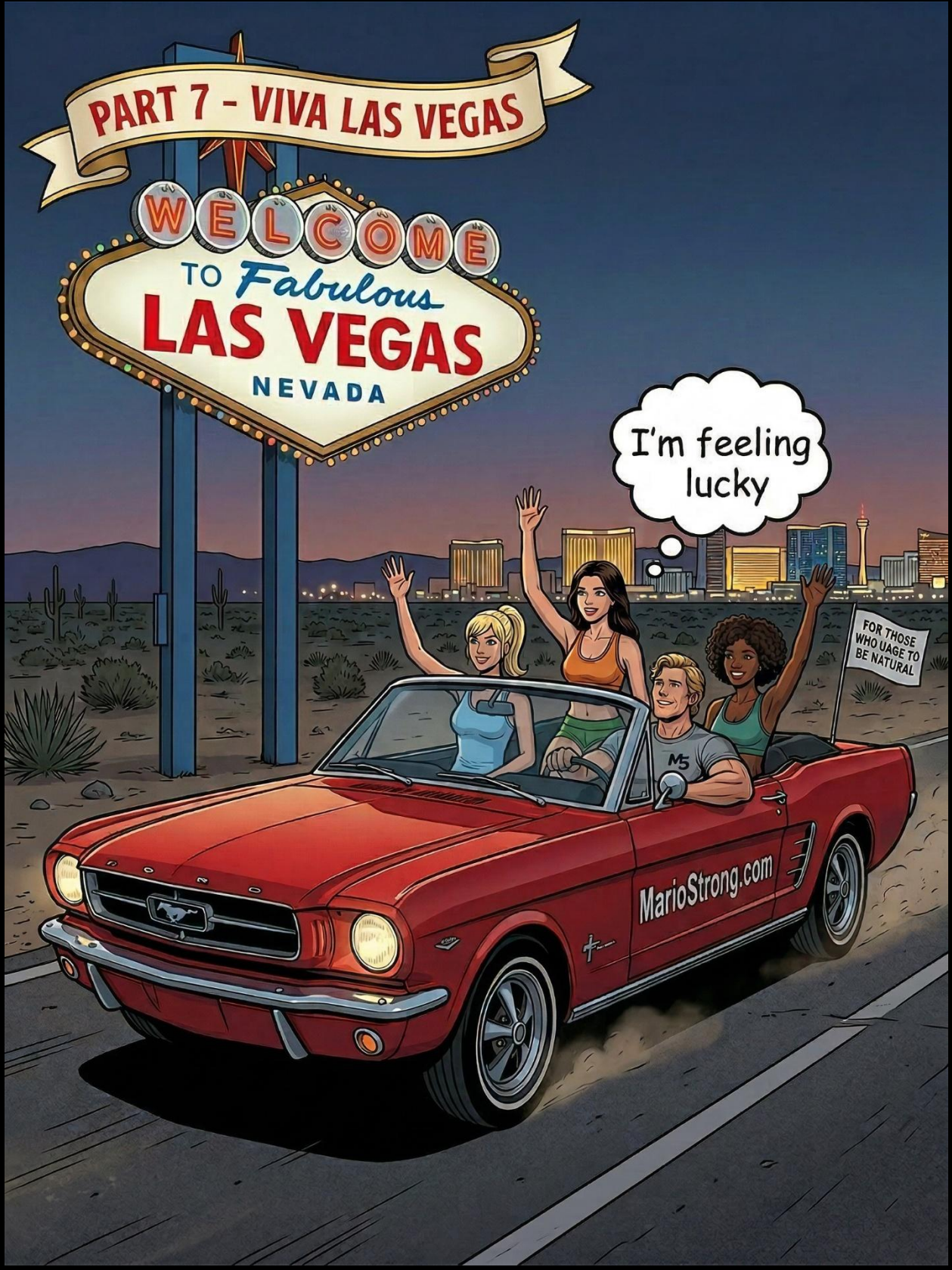
TO Fabulous  
LAS VEGAS

NEVADA

I'm feeling lucky

FOR THOSE WHO UAGE TO BE NATURAL

MarioStrong.com





Life savings... just gone.

Such a tragic moral failure.

MarioStrong.com

For Those Who Dare To Be Natural.



MR. BIG O  
BODYBUILDING  
COMPETITION - TONIGHT

These muscle-heads are eventually going to lose their luck and face the health consequences

Totally.

He's right.

It's sad but true.

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For Those Who Dare To Be Natural

# MR. BIG O BODYBUILDING COMPETITION - BACKSTAGE PREP AREA

They're scarifying their futures for a moment of glory

so unnatural

so sad

so gross





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For Those Who Dare To Be Natural

It's a weird subcult, this thing called Pro Bodybuilding

MarioStrong.com

These muscle-bods are living on the edge

Let's get out of here

The fans are so disillusioned

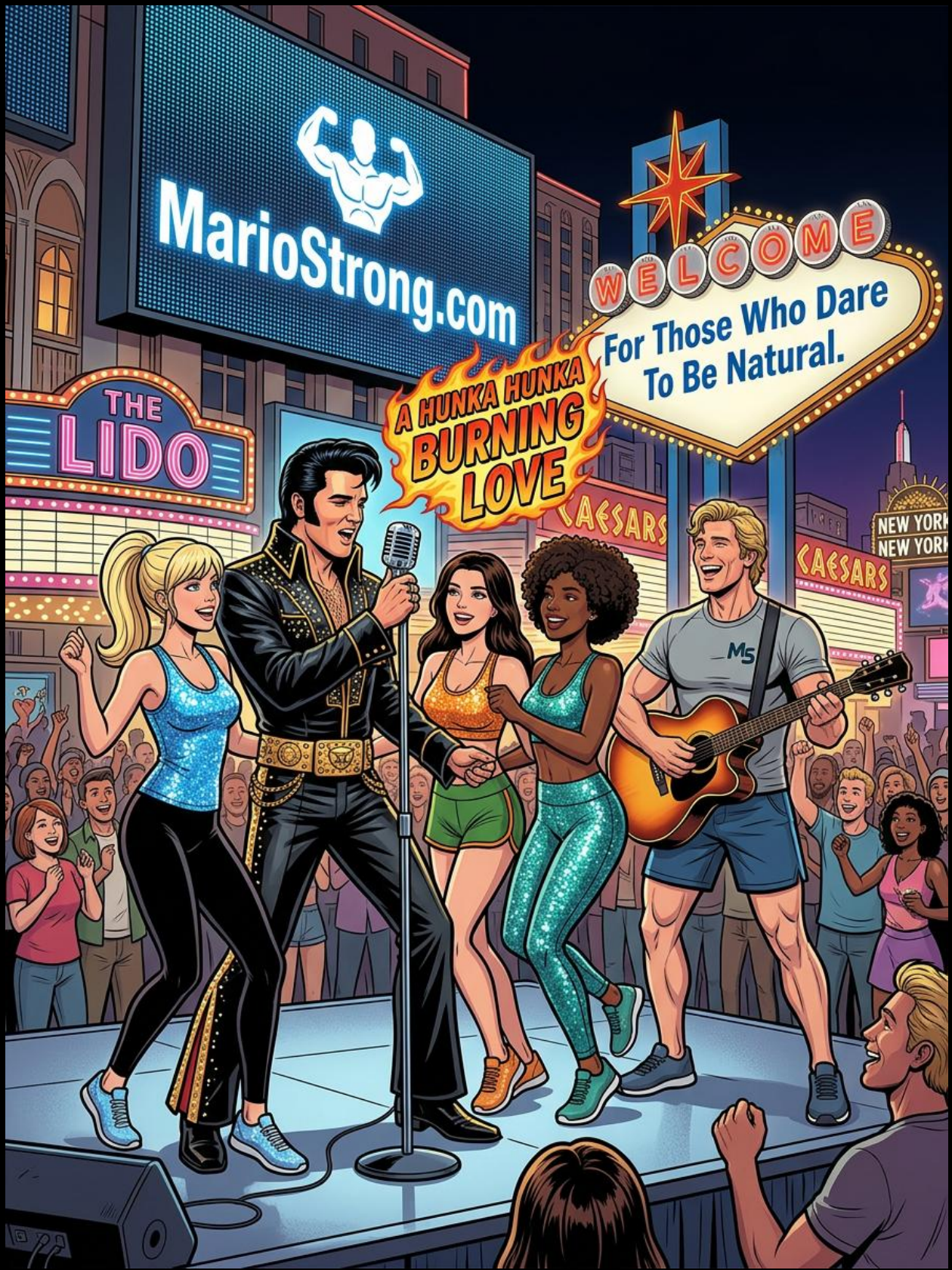
MR. BIG O  
BODYBUILDING COMPETITION



These fountains are absolutely *awesome!*

And so incredibly *magnificent*, the way they dance to the music!

**MARIOSTRONG.COM**  
For Those Who Dare To Be Natural.



MarioStrong.com

WELCOME

For Those Who Dare  
To Be Natural.

A HUNKA HUNKA  
BURNING  
LOVE

THE  
LIDO

CAESARS

CAESARS

NEW YORK  
NEW YORK

MS



MarioStrong.com

For Those Who Dare  
To Be Natural.

What a well-equipped and clean gym!

This is a great time to train, NO ONE'S HERE

it's 6am, let's go skydiving



**GO FOR IT.**

**MarioStrong.com**  
For Those Who Dare  
To Be Natural

NATURAL  
DISCIPLINE,  
PURE POWER!

DARING TO  
BE DIFFERENT,  
AND BETTER!

FOR THE  
NATURAL AMONG  
US, THERE ARE  
NO LIMITS!

TRUE **STRENGTH**  
BEGINS WITH **BELIEF!**  
WHEN YOU CHOOSE THE  
**NATURAL PATH**, YOU DISCO-  
VER **POWER** YOU NEVER  
KNEW YOU HAD!



The water level is dangerously low

Oh no, we hope they can solve the problem

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For Those Who Dare  
To Be Natural



So, ladies, who wants to go rafting down that?

ABSOLUTELY!

LET'S MAKE IT HAPPEN!

COUNT ME IN!

MarioStrong.com

For Those Who Dare To Be Natural

COLORADO RIVER



HERE WE GO!

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For Those Who Dare To Be Natural

**CAUTION:**  
**MARIO'S LEAP**  
- For Those Who Dare  
To Be Natural



**DIG DEEP!**  
Use your  
**PULLING STRENGTH!**  
Forget your arms,  
use your **CORE!**

MARIOSTRONG.COM

FOR THOSE  
WHO DARE TO BE  
NATURAL

We **CAN**  
do this!

**RAGING BULL**



MarioStrong.com

For Those Who Dare To Be Natural



I think we had enough rafting for today. Let's try something different.

Let's check out the rocket.

**WHAT ROCKET???**

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For Those Who Dare To Be Natural



EVIL KНИЕVEL'S  
**ROCKET**  
LAUNCH RIDE

OMG

GOOD LUCK!

HOW'S HE GONNA GET BACK?!

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For Those Who Dare To Be Natural

DANGER  
KEEP BACK

DANGER  
KEEP BACK

DANGER  
KEEP BACK



This Rocket must be on a high dose of anabolic steroids

**MarioStrong.com**  
For Those Who Dare  
To Be Natural

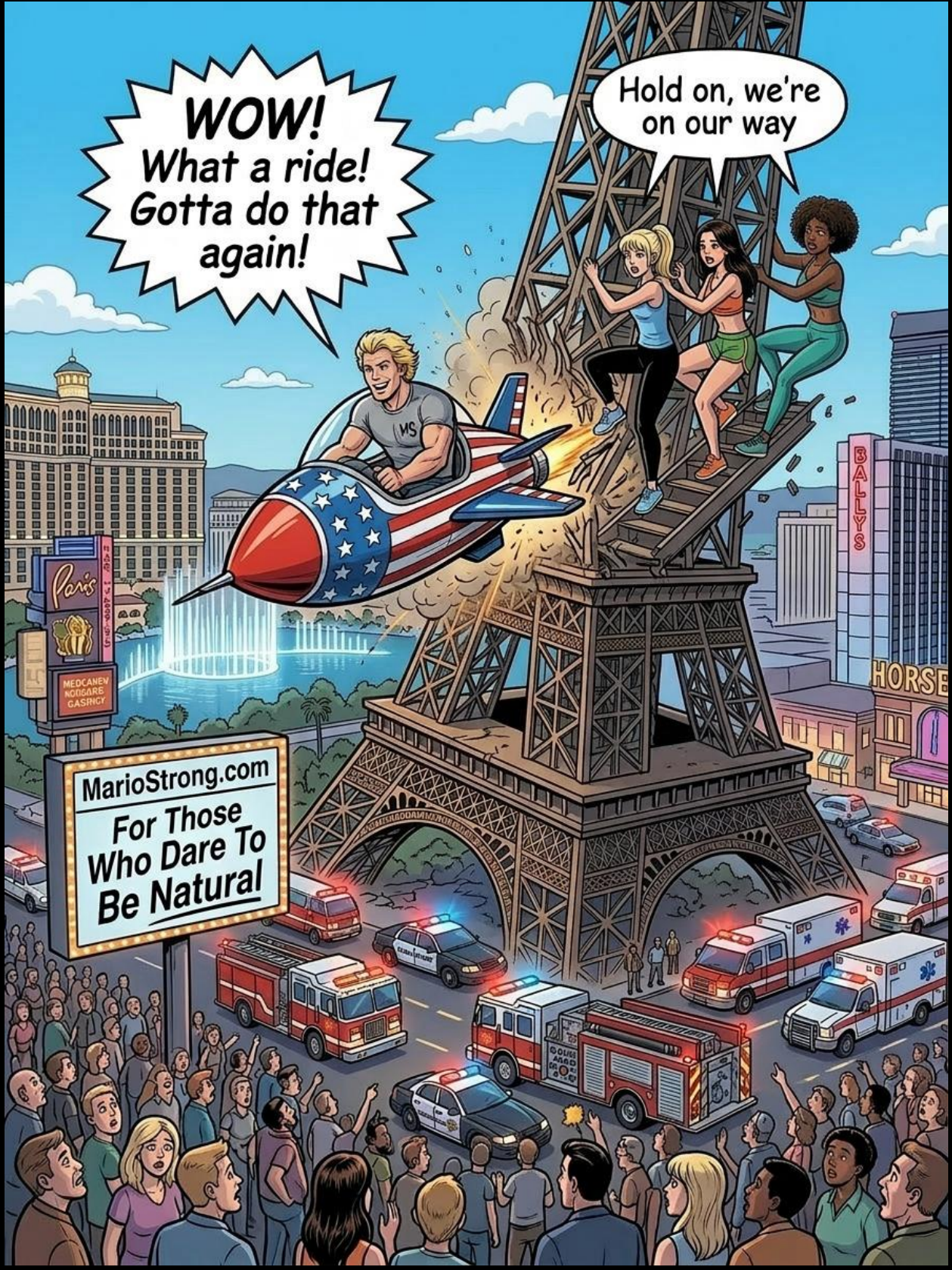
He's going to crash into the Eifel Tower!

Las Vegas - 5 Miles

OMG

**WOW!**  
What a ride!  
Gotta do that  
again!

Hold on, we're  
on our way



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For Those Who Dare  
To Be Natural

JACKPOT

THANK  
GOODNESS

He's a  
winner  
because he's  
natural

BEING  
HEALTHY IS  
THE BIGGEST  
JACKPOT  
OF ALL





FOR THOSE  
WHO **DARE TO**  
**BE NATURAL**

**M5**  
MarioStrong.com

Goodbye!

We'll be back,

Viva Las Vegas!

**PART 8 - GREEN ACRES**



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For Those Who Dare  
To Be Natural.

Wow, the  
mountains  
look so  
breathtaking



M5  
Mario.Strong.com

For Those Who Dare  
To Be Natural.

This entire  
valley is absolutely  
spectacular!

I have never  
seen a forest so  
beautiful!

And that blue  
pond looks so  
serene!

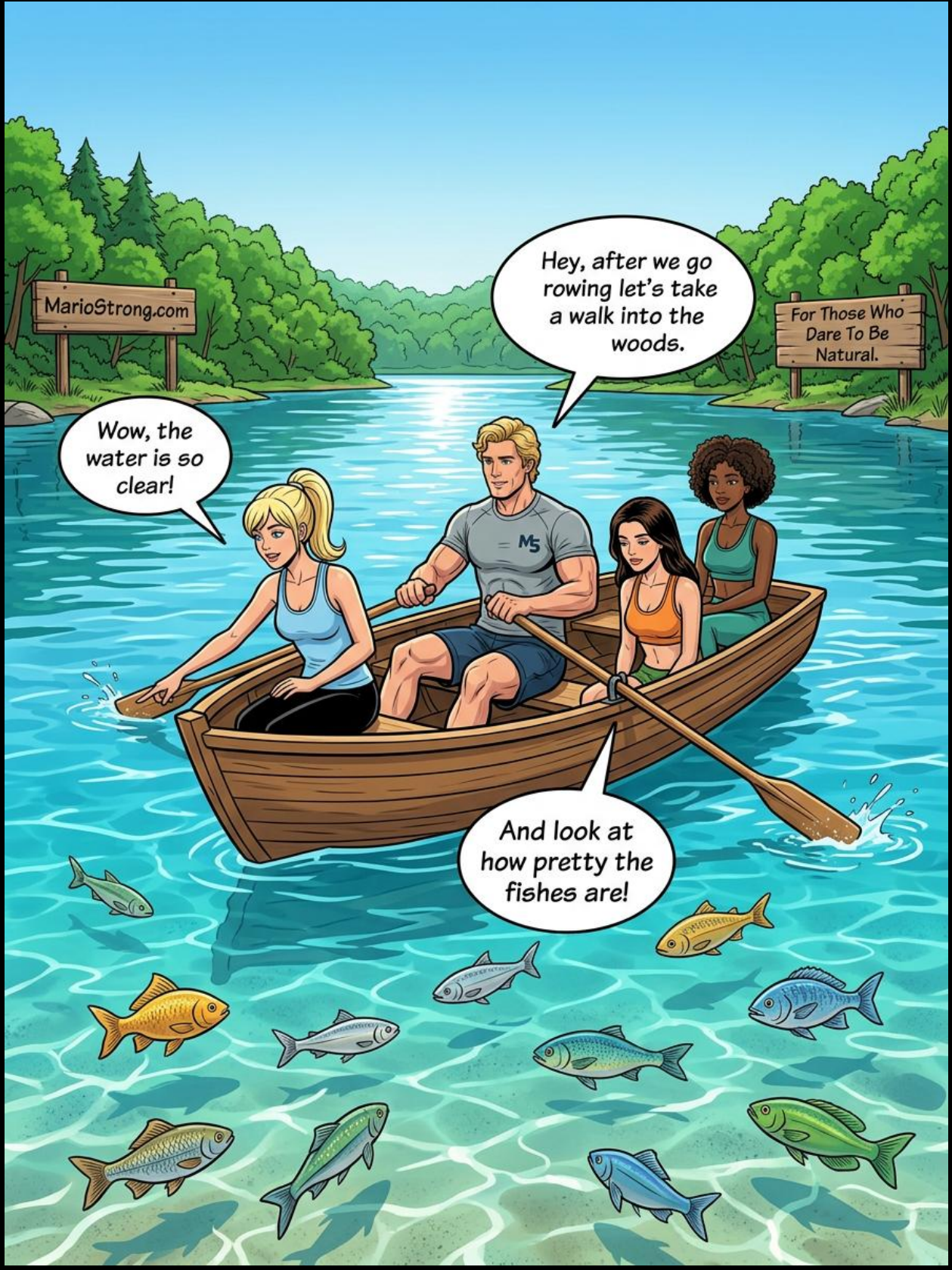
MSTRONG



MarioStrong.com

For Those  
Who Dare  
To Be  
Natural.

What do you  
want to do  
first?



MarioStrong.com

For Those Who Dare To Be Natural.

Wow, the water is so clear!

Hey, after we go rowing let's take a walk into the woods.

And look at how pretty the fishes are!



Let's go for a walk, there's an old cemetery on the property

Mario.Strong.com

For Those Who Dare To Be Natural.



So much history  
lies beneath this  
ground.

Mario.Strong.com

FOR THOSE  
WHO DARE TO  
BE NATURAL.

JOHN  
ROSE  
WORLD WAR  
VETERAN



Let's get out of here and go fishing

BOOM

MarioStrong.com

For Those Who Dare To Be Natural.



I'm glad the weather cleared up

Look at this tranquil water and sky... just perfect!

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For Those Who Dare To Be Natural.

# MarioStrong.com

This equipment is from the days when my father opened the first bodybuilding gym on Staten Island in 1976. Total classics.

For Those Who Dare To Be Natural.





Focus on the target, ZONE IN, just like you do in the gym.

For Those Who Dare To Be Natural

MarioStrong.com

M5



MarioStrong.com

For Those Who Dare To Be Natural

Who wants to climb the mountain?

Let's Make It Happen

Let's Go For It



It's incredible!  
The vitality out here  
is palpable.

Exactly! It feels  
so great to be  
part of nature.

TRAILING.COM

FOR THOSE WHO DARE  
TO BE NATURAL



**YOU CAN.**

My lasting strength is finally paying off!

For Those Who Dare To Be Natural

We dared to be natural, and this is our reward!

This is the MS way, we are unstoppable!

MarioStrong.com

YOU CAN



It really is spectacular...

...worth every step.

MarioStrong.com

FOR THOSE WHO DARE TO BE NATURAL



It's so vast... just makes you think about how small we are.

With this many stars, there must be a possibility of other intelligent civilizations.

The logical probability is incredibly high. The math points to life.

I wonder if they have natural methods for everything too!

For Those Who Dare To Be Natural.



MarioStrong.com

For Those Who Dare To Be Natural.

Mario, thank you so much for bringing us to your mountain getaway! It's incredible.

We truly appreciate you sharing this peaceful place with us.

Yes, it's the perfect natural escape.



# MARIO STRONG



FOR THOSE WHO DARE TO BE NATURAL