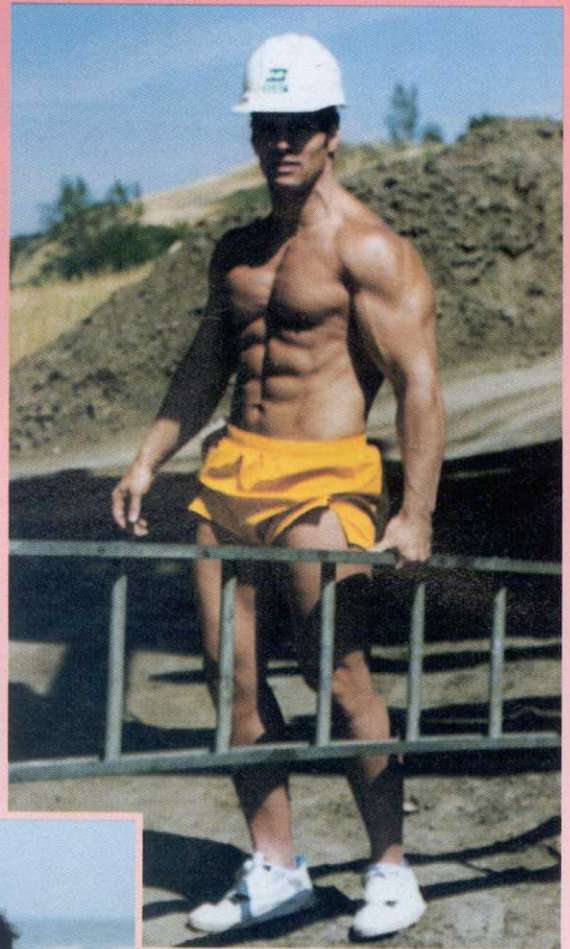


READER PHYSIQUES



MARIA KWIATKOWSKI

Magnificent Maria hails from Las Vegas, and is a very articulate spokeswoman for the natural movement. "I read profusely," notes Ms. Kwiatkowski, "and try to coordinate all the various information regarding bodybuilding into my training programs. In addition to employing a variety of muscle groupings—pushing vs. pulling muscles, upper body vs. lower body, etc.—I also like to base my regimens on numerous bodybuilding theories. This would include priority training, descending sets, and giant sets. The focus, however, is to always keep the muscles shocked by presenting them with new stimuli." The scholarly Maria should consider submitting a manuscript to *NATURAL PHYSIQUE*, given her excellent way with words! For years, people have been encouraging her to compete, citing her superior genetics and savvy training methods. Now that natural shows are starting to skyrocket in popularity, Maria is definitely going to take the plunge. "My goal, at a minimum, is to be an example to women who want to be healthy and improve their physiques. It is possible to be highly muscular and not look like a man," says Maria. To which sentiments we offer this photo as proof-positive.



GARY KRAFT, D.C.

Good grief, this guy is incredible! We could all use a rundown of his abdominal training routine. Now get this: The man is 42 years old! Gary is truly one of the most remarkable natural specimens around. But let him tell you the rest: "I have been bodybuilding for 27 years. As a chiropractor, I know all too well the long-term benefits of keeping your body in shape. I look and feel half my age, and attribute it largely to a fit body and a balanced diet. All my hard training paid off when I was named the North Dakota Bodybuilding Champion." This resident of Bismarck, N.D., likes nothing better than training in his home gym with his two sons. "I think bodybuilding is the one investment in which you get back exactly what you put into it," contends Gary. He has obviously made a substantial life-long investment.

KATHY GUZMAN

Kathy has been training for four years. "I had no idea what I was doing at first," she admits. "I was training for maybe six months when I did my first show in 1989. Since then, I have competed in a total of seven shows." Her personal best was a second-place finish in the lightweight class, along with second place in the Masters division, at the NGA Silver Cup in Spartanburg, S.C., in June of '92. "My husband and my two daughters have been very supportive of my bodybuilding efforts. I am not sure when I will compete again, but even if I never do, bodybuilding will always be part of my life." It is our sincere pleasure to run Kathy's photo; we urge this 38-year-old natural to continue her excellent competitive efforts!

