

His or Hernias

BY STEVEN DEVADANAM

The bulging biceps, the chiseled quads, the veins jutting like worms through massive forearms — damn that's hot! Normally fodder for Saturday-afternoon ESPN, bodybuilding championships can be so ten-years-ago, what with people lifting cars now to strut their strength. Which gives the 2004 Lee Labrada Physique Tournament quite a bit of charm. Not

just for refrigerator-sized guys with receding hairlines and hernia belts, the event includes women's, men's, teens' and even seniors' classes. Sure, it may be unsettling seeing Grandpa showing off his shiny orange pecks, but there'll be fitness experts, trainers and plenty of

buff bodies around to keep you occupied. (Just try not to flex when the cuties walk by — we're on to you). 9 a.m. Saturday, May 15. George R. Brown Convention Center, 1001 Avenida de las Americas. For information, call 800-832-9948 or visit www.labrada.com. \$9.50 to \$55.

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