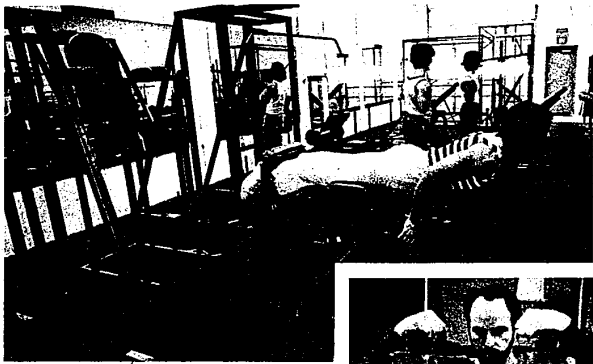


'My wife thinks it's grotesque. She thinks body building is a waste of time.'



Where they grunt, groan for Hulk's muscle tone

By LYNN ORR

Some men lift weights to impress women, but not Roger Honica.

"My wife thinks it's grotesque," he says. "She thinks body building is a waste of time."

But Mrs. Honica has modified her opinion somewhat since her spouse decided to combine pleasure with business and open a professionally-equipped body-building gym. With 220 pounds of prime muscle on a 6-2 frame, Honica is a walking advertisement for the newest of the handful of places catering to Detroiters who take their iron pumping seriously.

Silver's Gym will formally open in Plymouth next month although Honica already has 30 members, four of them women. The name is a play on Gold's, the southern California gym that counts TV's Lou "The Hulk" Ferrigno as a member.

One feature makes Silver's Gym unique in Michigan—the women train with the men. Honica points out, however, that his women members shun the heavy body-building equipment.

BEGINNERS WORK OUT next to guys like Tom Semrau of Wixom, who has been pumping iron for 15 years since high school.

"It's my primary sport," says Semrau, whose father was also a body builder. Semrau's wife likes his rippling muscles, but she doesn't appreciate the time he devotes to working out—at

least two hours a day, five or six days a week.

That's an average amount of time to spend on serious body building, Honica says, who works out about two hours a day himself. But the serious types quickly outgrow equipment available at most chain health spas, he adds. That's what prompted his business venture.

"I was working out at a health club in Redford, but it folded and I had no where to go. The closest place was east of Woodward."

Honica, who dreams of entering competition like "Mr. Universe," decided to open his own gym. He invested about \$20,000 in equipment he had built from his own design.

Honica designed a special machine which allows the body builder to lift with his shoulders rather than his hands, allowing longer workouts and promoting larger muscles. A 1,000-pound calf and leg press machine, five 150-pound dumbbells, and 30, 130-pound barbells stretch devotees to their muscle-bearing limits.

Unlike many body builders, Honica doesn't use drugs like anabolic steroids, or insulin, purported to darken the skin for competition.

And he's not worried about neighbors' implications that there may be more than body building going on in the gym.

"It's a health spa, not a massage parlour," he says adamantly.

"I don't worry about it. All the years I've been going to gyms I've never been approached by guys."



(Top) Surrounded by mirrors, body-builders at Silver's Gym endure a multiplicity of stresses on exercise equipment designed by owner Roger Honica (bottom), whose idol is 1950s movie star Steve "Hercules" Reeves. (Staff photo by Bob Woodring)

RON GROLLMUS, a club member, thinks Silver's has the best equipment he's ever seen.

With a hollow and a red face, Grollmus finishes using the lats pull and has only one answer for why he puts himself through the heavy paces.

"I like it," says Grollmus. "It makes me feel good about myself."

And he doesn't mind the admiring glances females cast his way.

"They look," he confirms. "And why shouldn't a girl look at a guy who's built well?"

McNamee denied post

State Rep. Ruth McNamee (R-Birmingham) didn't get appointed to the committee that topped her preference list, but she was renamed to four house committees.

She also retained the vice-chairmanship of the consumers committee. In addition, she was named to the college and universities, towns and counties and women's rights committees.

Mrs. McNamee had wanted a spot on the house's conservation committee,

but her request was refused. She said she sought the conservation slot because she had been asked to try for the position by the Eastern Michigan Environmental Action Council.

"I am satisfied that the Republican leadership and Speaker Bobby Crim (D-Davison) have decided to place me on the same committee that I served on last term, even though my first choice was not granted," she said.

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