

**Comprehension Questions:**

1. What influences in the 1980s led the three Bell brothers into strength training and weight lifting?

2. Why did Mark and Mike Bell choose to begin using anabolic steroids?

3. Did the steroids make a big difference in the weightlifting competition that Mike and Chris competed in?

4. What caused the death of Lyle Alzado? Was this related to steroids?

5. What are some of the side effects of steroids?

6. What are the other steroid drugs commonly used besides anabolic steroids?

7. Why are steroids illegal?

8. Describe one legal and one illegal form of increasing red blood cell count.

9. Why doesn’t Chris Bell tell his team that he uses steroids?

10. Why are most herbal supplements made in Utah?

11. How is it possible to get drugs like HGH prescribed legally?

12. Name some other performing enhancing drugs used in other professions?

13. Do you believe steroids are as dangerous and unhealthy as the media portrays? Why or why not?

14. How has viewing this documentary changed your opinion about anabolic steroids?

