

When analyzing a source, clearly identify argument terms. Notice the use of attributive tags.

Identify the claim

Quart claims in her article that contemporary teenage males use weight training and nutritional supplements as part of a “drive to grow big” (346).

In her article on teenage male weight training, Quart takes that the stance the use of superset and of nutritional supplements comes from the “rise of teen male bigorexia” (348).

Teen males that are doing supersets and taking nutritional supplements, argues Quart in her article “X-Large Boys” are part of the “drive to grow big” (346).

Identify the reasons and evidence

One reason Quart gives for why teen males want to become big is because there “is also undo pressure not to be fat” (348). She gives as evidence Juan, a “Cuban American sixteen-year-old bodybuilder” (348). Juan took up weightlifting, argues Quart, to deal with the “prejudice” he felt from his size (348).

Another reason for a rise in this teen male culture of getting bigger is because of the growth of magazines that focus on body shape, writes Quart. She provides evidence by identifying the release of a new magazine, *MH-17*, that targeted teen males with an “ideology of male teen ‘fitness’ (read: male bodily self-hatred)” (349).