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Arnold,
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IRON MAN™

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FEATURES

68 TRAIN, EAT, GROW 94

The TEG men get candid about their different body types and explain the pain of training for max gains.

100 HIT REDUX, PART 2

More from Ellington Darden about old-school bodybuilding and Nautilus. Plus, a few complete HIT programs.

118 A BODYBUILDER IS BORN 25

Ron Harris helps bring the bodybuilding lifestyle to the younger generation.

128 BIG-ARMS Q&A

From the Bodybuilding.com archives: Hugo Rivera has arm-building answers to get your guns growing.

142 HAPPY BIRTHDAY, ARNOLD

The big man turns 60 on July 30 (in case you want to send him a card), and we celebrate with page after page of rare classic photos of the Oak in his prime.

180 BEYOND VITAMIN E

Jerry Brainum explores the so-called sex vitamin and explodes the latest negative research.

198 HEAVY DUTY

John Little channels the wisdom of Mike Mentzer. This month: size vs. strength.

214 3D BACK BLAST

Steve Holman explains the 3D POF approach to building a big, broad back—with detail that'll make mountain climbers drool. Plus, four complete POF programs.

228 TONEY FREEMAN

David Young talks to the body X-traordinaire about training, diet and winning the *IM Pro*.

250 HARDBODY

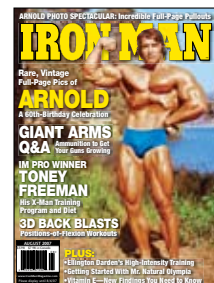
Hot picks for your femme-muscle fix, courtesy of Bill Dobbins.

270 WEIGHTS VS. CARDIO, PART 2

Research gone wrong. Jerry Brainum looks at the latest studies on metabolic stimulation.

282 ONLY THE STRONG SHALL SURVIVE

Bill Starr's inside look at goal power. (No, it's not about soccer).

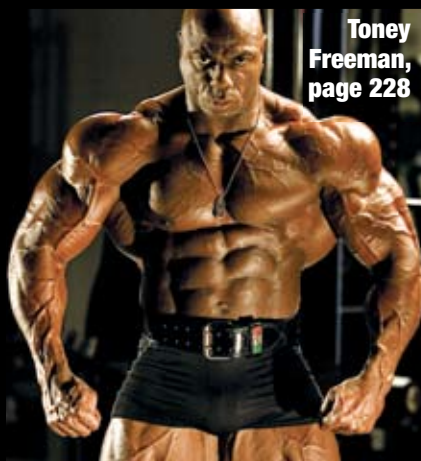


Arnold Schwarzenegger appears on this month's cover. Photo by Gene Mozeé.

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