OVER-40 CHEST WORKOUT • 40+ DIETS, SUPPLEMENTS

AGELESS MUSCLE AND STRENGTH

Workouts for Size
and Longevity

•Top 10 Supplements •Ripping Diet

MR. AMERICA AT 70+ You Won't Believe Your Eyes!

LIFT LONG AND PROSPER Injury-Proof Your Body

OVER-50 STRENGTH Legendary Strongman Odd Haugen



www.IronManMagazine.com Please display until 10/2/07

PLUS:

•Warm Up Right—Don't Stretch! •Shredded Muscle (New Column) •Core Training—Middle Management

Clark Bartram Age 44