

IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

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Web Alert

For many more incredible images of Lena Johannesen, our Hardbody of the Year, visit www.ironmanmagazine.com

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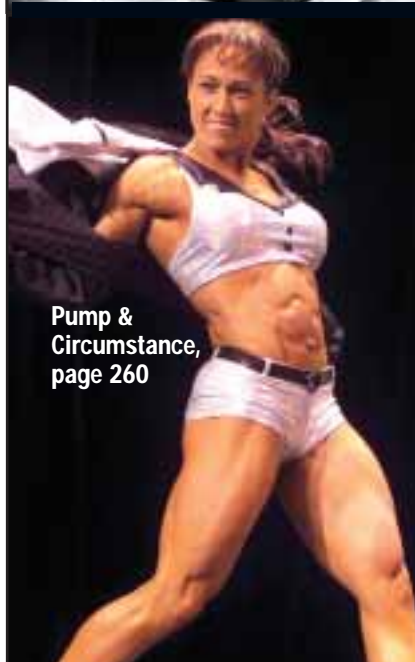
Lena Johannesen appears on this month's cover. Hair and makeup Maria Garcia. Photo by Michael Neveux.

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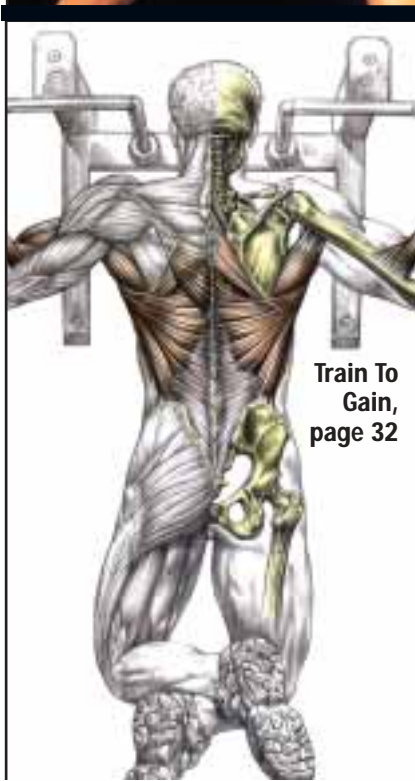
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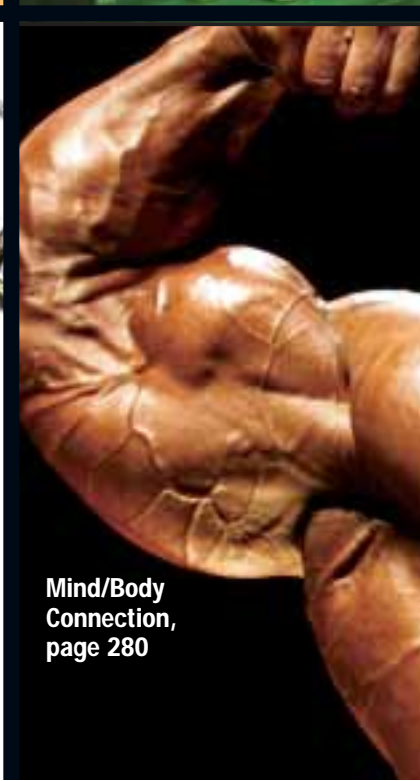
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Deep thoughts (on knees and squats), L.T. makes an asset of himself and 18 pounds of muscle in 31 days.

In the next *IRON MAN*

Next month we've got an exciting feature on Optimal-Length Training, which is a no-reps approach to building muscle. In other words, you don't have to "lift" weights to get big. Robert Thoburn has been corresponding with researchers and scientists all over the world, and the muscle-building info he's gathered will blow your socks off—and it could change the way you work out forever. We'll also have an interview with Dexter Jackson, our very own '04 *III* Pro winner, and another with Pete Siegel, one of the world's best peak-performance gurus. Not to mention a sizzling-hot femme-physique pictorial from master photographer Bill Dobbins. Then there's our get-big feature on the power rack. It's a simple routine, but it'll get you huge. Watch for the training-jacked, motivation-packed October *IRON MAN* on newsstands the first week of September.