

IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

FEATURES

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Lessons learned by the TEG men on their way to achieving their best bodies ever. Prepare for X Reps!

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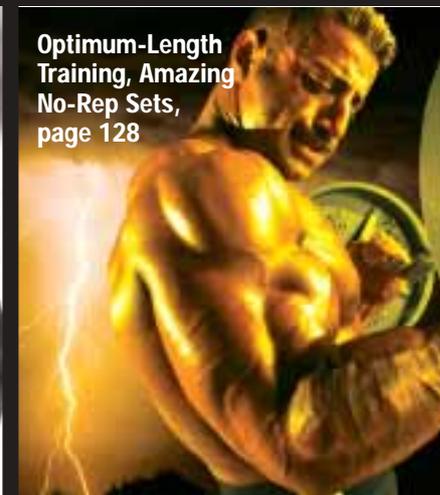
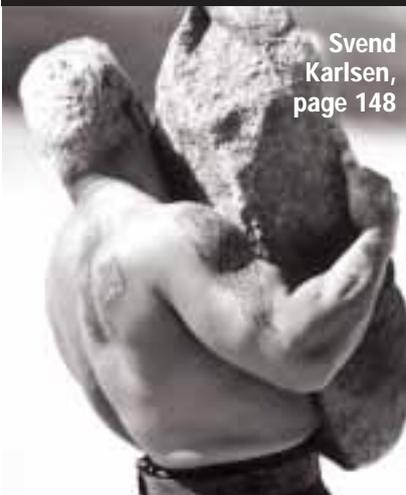
Tamer El Shahat and Shay Lyn appear on this month's cover. Photo by Michael Neveux. Hair and makeup Kimberly Carlson. Inset photo Leigh Ann Ross by Bill Dobbins.

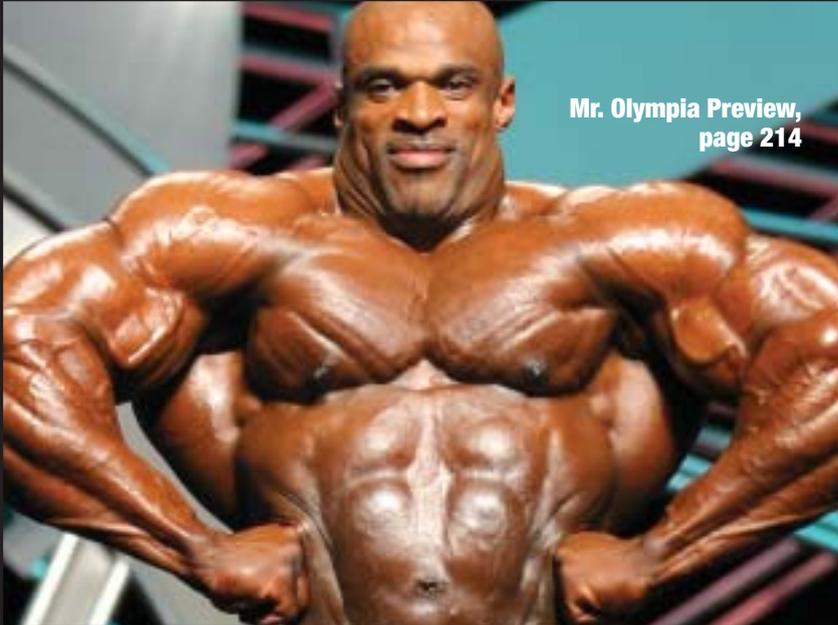
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254 MIND/BODY CONNECTION

Randall Strossen, Ph.D., tells you how to make friends with fatigue. There's also Bomber Blast, a new column by Dave Draper, and Jacked Up, tips from the king of fitness Jack LaLanne (he's 90 and still kickin' it into high gear!).

264 BODYBUILDING PHARMACOLOGY

Jerry Brainum checks out past and present info on DHEA—it's touted for everything from increased sex drive to anti-aging benefits to cortisol control. But is it safe?

272 READERS WRITE

More lifters are loving *IM*'s new back-to-basics direction. There's also a note from Raye "Zap" Hollitt—still going strong—and another from a masters competitor whose photo is bound to motivate you.

In the next *IRON MAN*

Next month we've got an incredible issue destined to be a collector's item. Arnold is our focus, and we'll have loads of exclusive, unpublished photos and reams of training info, like his secret to upper-body size. Sure he's been the Terminator, and now he's the Governor, but he'll always be the mighty Oak to us, the greatest bodybuilder ever. We'll also have the second part of our interview with peak-performance guru Pete Siegel, who will get you psyched to get huge, more on X Rep training from our TEG men and a power-volume program from strength maven C.S. Sloan. Get ready to experiment in the gym and start growing like crazy. Watch for the training-stacked, Arnold-packed November *IRON MAN* on newsstands the first week of October.