

## Arnold: A Rare Photographic Look, page 142

**Web Alert**  
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# IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

## FEATURES

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Q&A time, with tips on motivation and the muscle-building mechanics of X-Rep training.

### 88 ONLY THE STRONG SHALL SURVIVE

Bill Starr says, No pencilnecks! Hold your head up with confidence—and plenty of muscle.

### 104 GOT MASS?

Mike Mahler presents two quick hits for an explosive mass blitz. (Uh-oh, we smell 20-rep squats. Prepare for pain!)

### 120 ARNOLD'S SECRET FOR UPPER-BODY SIZE

Even by today's standards Arnold's torso was jam-packed with muscle. John Hansen explores one of the Oak's favorite size-building techniques and describes how you, too, can chisel a titanic torso.

### 142 ARNOLD: A RARE PHOTOGRAPHIC LOOK

Albert Busek, a friend of Schwarzenegger's for almost 40 years, helps us honor the greatest bodybuilder ever with page after page of previously unpublished photos. Incredible stuff here, gang!

### 164 "I WATCHED ARNOLD TRAIN"

John Balik describes the workouts he witnessed Arnold perform in his heyday at Gold's Gym. Plus, Arnold's Mr. Olympia bodypart routines are outlined for your Austrian Oak edification.

### 174 INSIDE THE MIND OF A CHAMPION BODYBUILDER

You are getting very motivated! Part 2 of David Young's interview with Pete Siegel, a registered hypnotherapist and the ultimate peak-performance guru.

### 184 RESEARCH TEAM

It's the amazing postworkout mass blast. Jonathan Lawson tells you why it works and how to use it.

### 190 POWER-VOLUME TRAINING

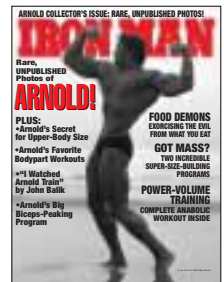
C.S. Sloan lays out the ultimate strength program.

### 214 HEAVY DUTY

John Little revisits a Mike Mentzer Heavy Duty seminar.

### 238 FOOD DEMONS

Jerry Brainum explains how to exorcise the evil from what you eat.



Arnold Schwarzenegger appears on this month's cover. Photo by Albert Busek. All Rights Reserved



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### Web Alert

For more NPC Team Universe/Figure Nationals coverage and pics, visit [www.ironmanmagazine.com](http://www.ironmanmagazine.com).

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A sore subject, shred your legs, bodyfat blowtorch and Larry Scott's amazing ab exercise.

### 50 CRITICAL MASS

Steve Holman discusses the Arnold-POF connection and the Oak's sky-high biceps blast.

### 56 EAT TO GROW

Is it dangerous to eat too much protein? Plus, creatine power jack and dog-chow checkup.

### 68 NATURALLY HUGE

John Hansen helps track down absent abdominals—ripping diet included.

### 222 NEWS & VIEWS

Lonnie Teper has good stuff from the USA in Vegas, and Ruth Silverman provides a sneak peek at the happening Team Universe/Figure Nationals in New York. (See also the flash report on page 233.)

### 254 MIND/BODY CONNECTION

Randall Strossen, Ph.D., explains his two-for-one concept and how it can help you achieve your goals—maybe twice as fast. Bomber Blast with legendary Dave Draper and Jacked Up with Jack LaLanne, the king of fitness, are here too. Oh, and there's also a Serious Training pictorial with figure femme fatale Nancy Hirsch.

### 264 BODYBUILDING PHARMACOLOGY

Jerry Brainum analyzes the research on 1-AD. Does the stuff work as advertised? There's also info on the rise of designer steroids.

### 272 READERS WRITE

The glory of Cory, a rave—or is that brave?—response to admirers of women-bodybuilders, plus Mentzer-Viator workouts and Little contradictions mixed with Max Contraction reactions.

#### In the next *IRON MAN*

Next month it's all about getting back into training or getting started in the first place (you gotta take that first step). Gene Mozée channels Vince Gironda in a beginning-bodybuilding feature that's both controversial and informative. The Iron Guru knew his stuff, so listen up. Stuart McRobert, author of *Brawn*, is back with loads of bodybuilding lessons he learned the hard way over decades of training. His experience can help you avoid the painful pitfalls of pumping iron. We've also got an incredible interview with Tamer Elshahat, a young Egyptian bodybuilding champ (his training and diet included), a wild round-table discussion on protein with noted nutrition experts and a pictorial honoring the work of Chris Lund, the winner of the '04 Art Zeller Award for Artistic Achievement. Watch for the stokin', smokin' December *IRON MAN* on newsstands the first week of November.