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# IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

## FEATURES

### 68 TRAIN, EAT, GROW 64

It's going to be an X-ceptional winter for mass building. Check out our X-Men's new direct/semidirect program.

### 78 ONLY THE STRONG SHALL SURVIVE

You gotta overtrain if you want to gain. So says Bill Starr and his decades of experience.

### 86 YOUR CHEST WILL NEVER GROW!

Unless you follow these 10 tips for powerful pecs from Ron Harris, our man in the training trenches.

### 98 TRIPLE-SIZE TRI'S

Build your arms to monster proportions! Greg Zulak has all the ins, outs, ups and downs of triceps torching.

### 118 PROTEIN WASTE

Ori Hofmekler tells you how to avoid spent amino ammo. Low-carb/high-carb-rotation-diet tips for critical mass are here too.

### 132 THE X FACTOR

X-Rep innovator Jonathan Lawson takes you through the mass X-travaganza that detonated his one-month transformation. Incredible!

### 146 HARDBODY

It's the return of every red-blooded American male's favorite *IM* feature. This month living doll Shay Lyn gets your blood boiling.

### 156 RESEARCH TEAM

It's billed as the Ultimate Stack, and with its ArgiNOne and F-16, your gains will fly skyward at the speed of sound.

### 164 HEAVY DUTY

Mike Mentzer's Heavy Duty seminar continues.

### 182 “SEE ARNOLD RUN”

A behind-the-scenes look at the A&E Arnold biopic starring Roland Kickinger as the Austrian Oak.

### 190 DAVID PAUL

Looking for photographic inspiration? Behold these amazing images by David Paul—yes, *that* David Paul.

### 220 IFBB MR. OLYMPIA

It was a Sin City showdown of massive proportions.

### 228 VENI, VIDI, VENICE

Teagan Clive tours points of interest in Southern California's quirkiest community—just in time for your FitExpo visit. (What a coincidence.)



Arnold Schwarzenegger appears on this month's cover. Illustration by Ron Dunn, [www.rondunnillustration.com](http://www.rondunnillustration.com).



**One-month results!**



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## DEPARTMENTS

### 30 TRAIN TO GAIN

Awesome arm assault, dead-on results, inner-pec check with dumbbells and training tips, tricks and tweaks from Mr. Olympia Larry Scott.

### 48 CRITICAL MASS

Steve Holman answers questions about love-handle loathing and split-positions training.

### 54 EAT TO GROW

Grapes, cortisol and sex. (There's a fat-loss tie-in there somewhere.)

### 170 NATURALLY HUGE

John Hansen gets you back into bodybuilding. Plus, he takes you through a racy rep-range review. (Nice set, babe!)

### 204 NEWS & VIEWS

Lonnie Teper and Ruth Silverman made the trek to Las Vegas for Olympia weekend, so rest assured, this section is bustin' with bodybuilding, fitness and figure festivities. Jerry Fredrick's Hot Shots are popping up all over as well. No craps here; it's all lat-flarin', body-barin' fun.

### 236 MIND/BODY CONNECTION

Randall Strossen, Ph.D., shows you how to grapple with the gratification gremlins, and Dave Draper asks, "Are we there yet?" in his Bomber Blast column. Frank Zane has more musings on the Arnold flick, and Jack LaLanne is here, too, with a freehand pec pumper you won't forget.

### 246 BODYBUILDING PHARMACOLOGY

Jerry Brainum discusses oral hex—as in why oral steroids can curse your liver liveliness. There's also cool info about growth hormone and its connection to anabolic actions, fat burning and joint healing.

### 254 READERS WRITE

Success is best! One female reader gets her adipose afterburners in gear with *IM*'s help, and another reveals bodybuilding's best-kept secret (and it's free!).

#### In the next *IRON MAN*

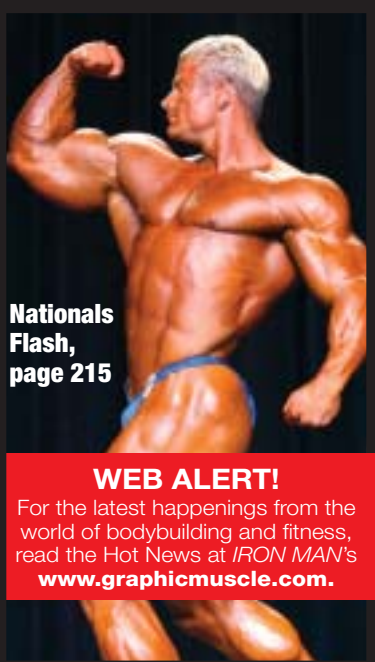
Next month it's back to Vegas with Ruth Silverman, of P&C fame, and her reports on the Olympia's fit femmes and muscle maidens. These gals will awe, inspire and pump you up! We've also got the conclusion of our interview with Jonathan Lawson, who outlines his X-treme Lean diet and discusses new experiments with the X-Overload technique. What, you want more training? Okay, how about Ron Harris' 10 righteous rules for a big, broad back. (Hey, was that an eclipse, or did you just hit a lat spread?) Watch for the mass-igniting March *IRON MAN* on newsstands the first week of February.



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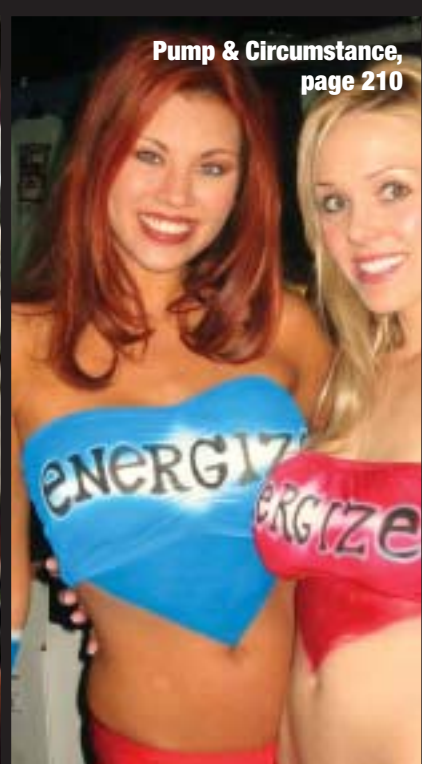
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#### WEB ALERT!

For the latest happenings from the world of bodybuilding and fitness, read the Hot News at *IRON MAN*'s [www.graphicmuscle.com](http://www.graphicmuscle.com).



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