

MACROBOLIC MOMENTUM: BETTER THAN **LOW-CARB** DIETS?

IRON MAN

Lee Apperson, 46,
and Jennifer
Micheli, 41

OVER-
40
BODYBUILDING

- TRAINING
- ANTI-AGING
- DIET

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The TEG men are building more mass and detail with X Reps and POF. And they won't stop till they use every letter of the alphabet.

84 SCIENTIFIC MUSCLE BUILDING 2

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102 YOUR SHOULDERS WILL NEVER GROW!

Unless you follow these 10 tips for detonating new delt dimensions from Ron Harris.

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The condition magician is moving toward 50 and looking better than ever. Here's how he does it (and how you can do it too).

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Bill Starr outlines his Big Three simplicity workout. Yep, three exercises are all it takes to make spectacular gains in every muscle group. It's as easy as one, two, three.

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Gerard Dente, former competitive bodybuilder and president of Maximum Human Performance, tells you how to get lean without getting mean—and build plenty of muscle in the process.

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This month Kimberly Page shows why women are flocking to gyms to pump iron. Hot body in the house!

210 // RESEARCH TEAM

You may have seen it in *The Precontest Bible*. Or you may have read all the positive buzz on the Web. Larry Pepe's SprayFlex innovation is taking bodybuilding by storm, and some big-name pros are behind it. Check it out and pump it up!



Lee Apperson and Jennifer Michell appear on this month's cover. Hair and Makeup Kimberly Carlson. Photo by Michael Neveux.



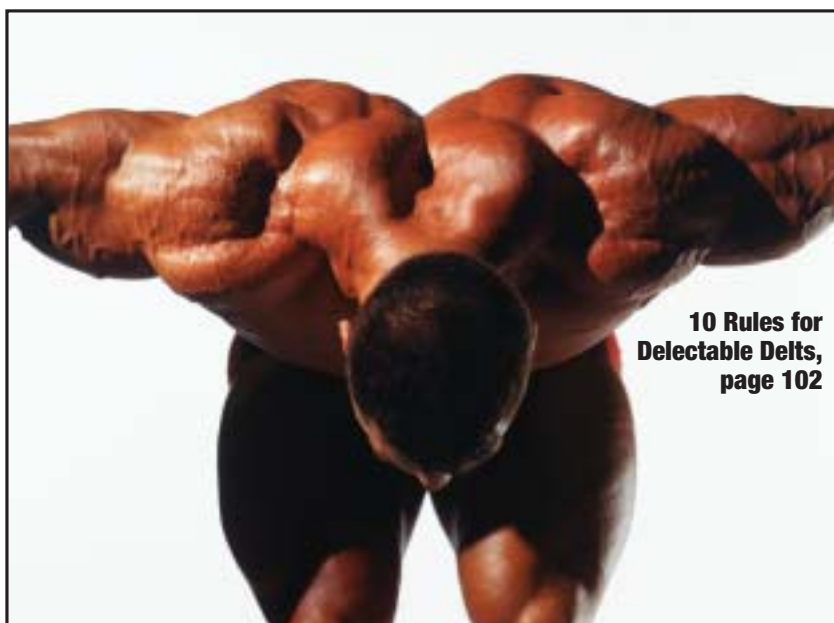
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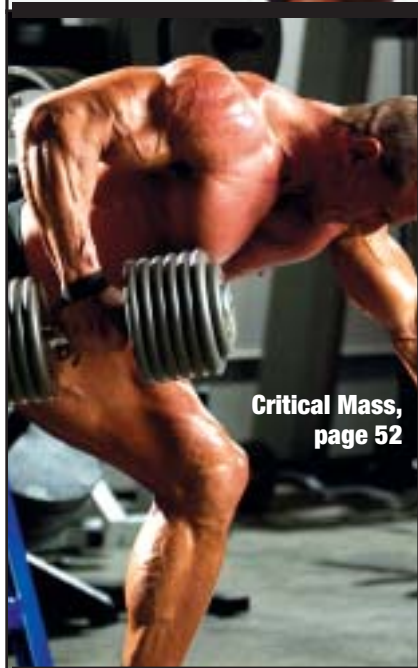
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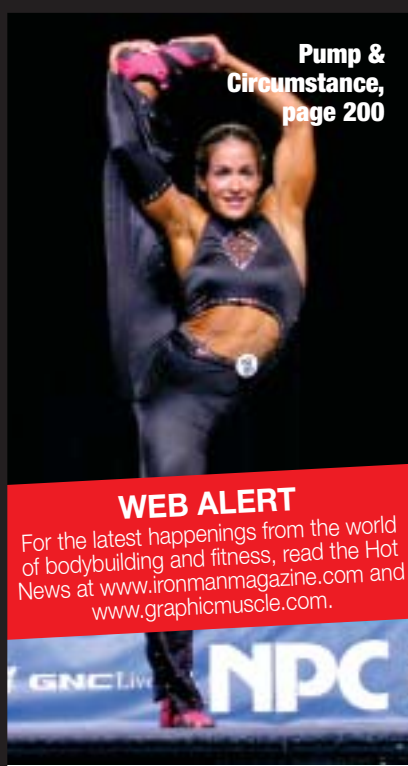
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For the latest happenings from the world of bodybuilding and fitness, read the Hot News at www.ironmanmagazine.com and www.graphicmuscle.com.

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Partial power, new hope for old muscles, T time and the training secret that's better than steroids. (That got your attention.)

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Steve Holman discusses rowing and growing. Plus, info on Arnold, cheat curls and X-Rep results.

58 NATURALLY HUGE

John Hansen's advice on going from blah to built. There's lifting advice for fighters here too.

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194 NEWS & VIEWS

Lonnie Teper and Ruth Silverman keep you up on what's going down behind the bodybuilding and fitness scenes. And Jerry Fredrick's Hot Shots are here too. (Yes, laughing is a good ab workout.)

220 MIND/BODY CONNECTION

Randall Strossen, Ph.D., says, "Don't worry—work out!" Well said. Dave Draper's Bomber Blast insight is here too, as is Jack LaLanne's at-home calf attack. Oh, and Gallery of Ironmen's title is "Guns and Personality Ammo." Can you guess who it's about?

230 BODYBUILDING PHARMACOLOGY

Jerry Brainum brews up some controversy in his diatribe on the world's most popular drug—no, it's not Dianabol. Think upper. He also discusses the pro-hormone ban and a possible alternative to those popular pseudo-drugs.

238 READERS WRITE

Cover kudos (must be for that killer Arnold cartoon by Ron Dunn), a Heavy Duty dis and another disbeliever comments on X, lies and measuring tape.

In the next **IRON MAN**

Next month we take a trip to the gym and analyze exactly how the champs train to gain. Yes, we reveal all of their secrets—well, almost all of them. Perfect form? Come on, they lie and cheat too. You've seen the videos. We'll tell you why what they do works and how you can make it work for you—without a truckload of 'roids. Then Pete Siegel is going to blow your mind and blow up your body with mental-muscle development. Sharpen your mind, shape your muscles. Ron Harris will be back too, with a big-biceps blueprint for getting your peaks jutting skyward and your sleeves splitting at the seams. Oh, and, of course, we'll have killer coverage from the pro-season opener, the IFBB **IRON MAN Pro**, and another Hardbody pictorial that will give your eyes a workout they'll never forget. Watch for the magnificent May **IRON MAN** on newsstands the first week of April.

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