

TOP 10 SUPPLEMENTS • NEW CHARLES POLIQUIN Q&A COLUMN

IRON MAN

You've Got to

SQUAT!

Go Low to Grow

TOP 10

Supplements
for Packing
On MASS

TRAIN TO GAIN BIG

- Power Pump
- 10 x 10
- X Reps

NUTRIENT TIMING

How to Pull the Anabolic Trigger

AUGUST 2005

\$5.98 \$7.98 in Canada



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AUGUST 2005 / IRON MAN — REAL BODYBUILDING TRAINING, NUTRITION & SUPPLEMENTATION

YOU'VE GOT TO SQUAT!

IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

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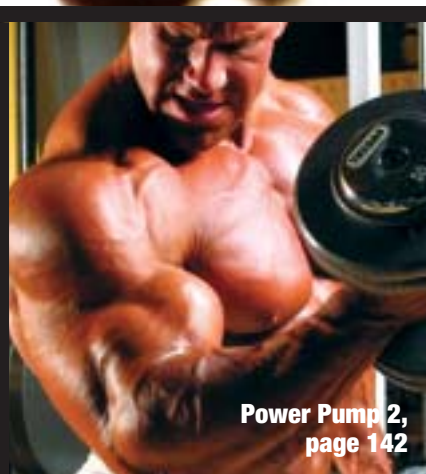
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Sagi Kalev and Cara Basso appear on this month's cover. Hair & Makeup Yvonne Ouellette. Photo by Michael Neveux.



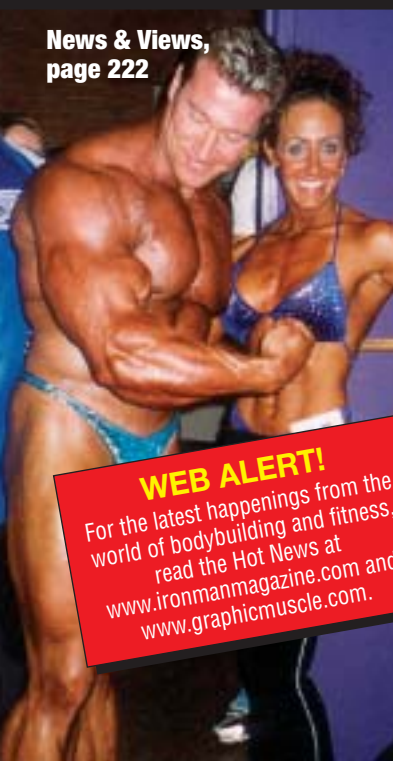
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Amen to beautiful bodies, a story on fat-loss success and more thumbs-up for *IM*, *TEG* and X-Rep X-citement.

In the next IRON MAN

Next month we take a long, hard look at the top-10 diet fallacies plaguing just about everybody who eats, including bodybuilders. Like why breakfast shouldn't be your biggest meal of the day and how eating before exercise can smash your gains to smithereens. It's thought-provoking stuff from Ori Hofmekler, author of the *Warrior Diet*. We also have a get-big feature on the deadlift. Is it the king of the mass moves? You'll get the answer to that and plenty of training tips and tricks to turn you into a human forklift. Plus, we have muscle-building lessons from Stuart McRobert, Jerry Brainum's analysis of nitric oxide and its pump-producing properties and a lot more on X-Rep training. Watch for the sizzling September *IRON MAN* on newsstands the first week of August.