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Cory Everson  
Poster Inside!

**MR. OLYMPIA'S BICEPS • HOME-GYM MUSCLE**

# IRON MAN

OCTOBER 2005 / IRON MAN - REAL BODYBUILDING TRAINING, NUTRITION & SUPPLEMENTATION

## GET BIG ARMS!

- TRICEPS TORCHERS
- BICEPS BLASTERS

**10** DIET MYTHS BUSTED!

**REP-RANGE REVELATIONS**  
SUPERSIZE EVERY BODYPART FAST!

**HOME-GYM MUSCLE!**

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**Federica Belli**  
Italian Fitness Star

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OCTOBER 2005

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BIG-TIME ARM TRAINING

# Discover how to get the opposite sex to stand in line, **LUSTING** over your **ROCK-HARD Abs!!!**

## Revealed

### The secret to etching your midsection in 10 short minutes.

If there's one bodypart that generates more sensual attention than any other... it has to be great abs. No matter who you talk to, men and women alike, ask them what physical qualities they lust for in the opposite sex. The answer you'll get more often than any other is "a tight in-shape waist."

**What women love the most.** Now you can achieve the kind of "six pack" that makes you irresistible to the opposite sex, leaving them absolutely spellbound. The truth is—great abs are the bait that acts like a magnet, luring them to your side.

What's more, chiseled abs "showcase" the rest of the physique like a frame around a classic Picasso. And they can make even an average physique look incredible!

**Here's proof!** Go to any beach or pool, look for a guy with an average build, but great abs. Guaranteed he's got babes hangin' on him like—the Pied Freakin' Piper!

Picture this... you with tight, shredded abs, serratus and intercostals all sharp, sliced and visible from across the room or on the sun-glared beach! And from the rear, lower lumbar that look like two thick steel girders supporting your muscle-studded back. Imagine looking like a statue of a Greek God... in street clothes... in the gym... or out on the town...

... "gorgeous admirers" stopping to catch a view! Imagine all this in only ten minutes?! That's right! Now you can double your results in half the time.

Well, if all this sounds like something you've been fantasizing about... continue reading the rest of this message and learn more about this astonishing secret weapon—The Ab Bench™.

Now, for the first time ever



you can work the rectus abdominis, obliques and transverse abdominis with full-range movements beginning each rep a full 30 degrees to the rear of center. That's right! Twice the range of motion, and more importantly... twice as effective as any ab exercise or any ab machine—on planet Earth!!! This full range of motion is virtually and utterly impossible with conventional exercises.

Forget about... floor crunches... ab rollers... incline boards... all of those fancy machines promoted on those expensive infomercials or

whatever. All are less effective!

You might as well go back to the Dark Ages rubbing two sticks together to start a fire, if you're still doing those out-dated, archaic, obsolete movements. What's more, those movements have only half the range of motion!

**Full range of motion.** Oh, and let's talk about all those so-called "self-proclaimed experts" running off at the mouth for years about full range of movement. Yet not one of these geniuses has ever had the insight to design a movement to work the abdominals through the full range of motion.

**Functional design.** The incredible breakthrough design of the patented pad on the Ab Bench™ pre-stretches the targeted muscles prior to contraction, giving you a full-range movement, making each exercise 50%... 100% ... maybe even 200% more effective.

And the Ab Bench™ takes the physiology of your spine into consideration with its design

like nothing else on the market... not now...not ever!

The cable design allows the pivot point to move down the spine as the abdominal muscles contract. Here's the clincher: that contraction takes place all the way into the pelvis where the abdominals actually rotate the spine, forcing the abdominals to completely contract...from the upper abs to the lower abs. So, using the Ab Bench™ is the "sure-fire" guarantee for you to get that attention-grabbing ripple effect with—no wasted effort!

But wait, it gets even better—you can also develop the external obliques, the intercostals and the serratus! And, to top it all off you can use it to build the "eye-appealing," often neglected lower-back muscles. Simply sit backward on the machine, hold the handles on your chest and perform erector crunches.

Get the Ab Bench™! It just may be the best investment you'll ever make in your body-building career.

**Order today risk free.** The Ab Bench™ is only \$149 plus shipping (barbell plates not included; call for shipping to your area).

We're so sure that the Ab Bench™ will transform your midsection into a ROCK-HARD washboard that garners plenty of admirers, that we're offering it RISK FREE. Try it and if for any reason you're not completely overjoyed with the results, return it within 30 days for a full "No Questions Asked" refund.

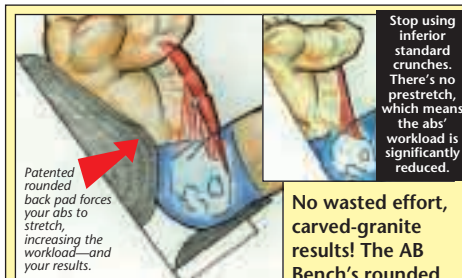
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Stop using inferior standard crunches. There's no prestretch, which means the abs' workload is significantly reduced.

No wasted effort, carved-granite results! The AB Bench's rounded

back pad forces a stretch prior to each ab-etching contraction, making the muscles work like never before. Notice how on-the-floor crunches cheat your midsection out of the full range of motion.

Patent #4,372,553



From full stretch to complete contraction—in total comfort. The Ab Bench is the most complete midsection exercise in existence. You'll feel the incredible difference from your very first rep.



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Shoulders:	Seated presses
Shoulders:	Upright rows
Triceps:	Close-grip bench presses*
Biceps:	Barbell curls
Abs:	Full-range bench crunches

\*Safety -catch long-pins make exercises safer and more effective—no spotter necessary!

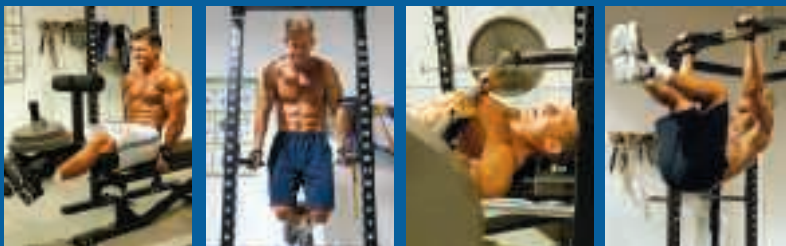
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Real Bodybuilding Training, Nutrition & Supplementation

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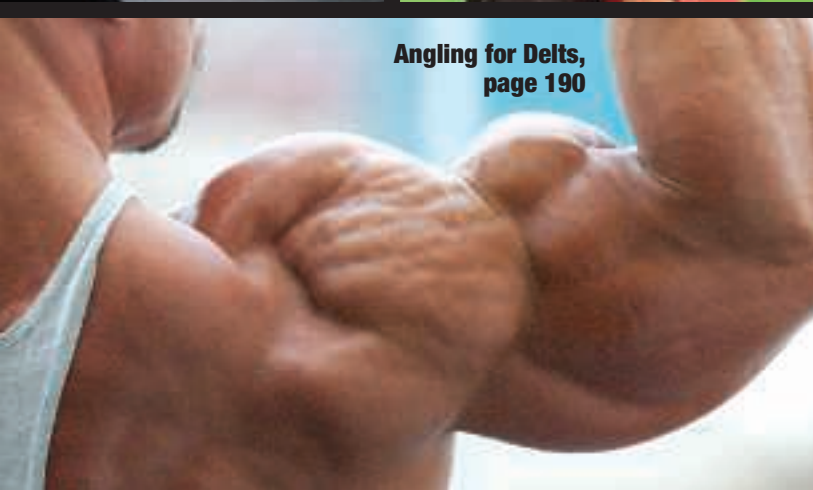
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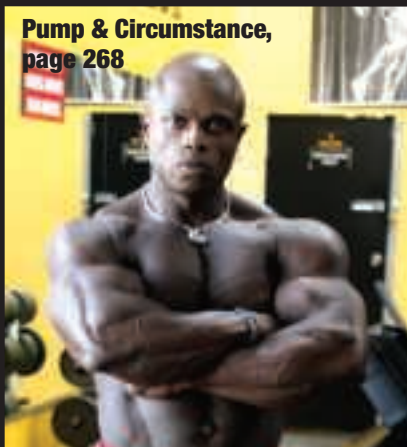
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For the latest happenings from the world of bodybuilding and fitness, read the Hot News at [www.ironmanmagazine.com](http://www.ironmanmagazine.com) and [www.graphicmuscle.com](http://www.graphicmuscle.com).

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### In the next IRON MAN

Next month we've got an exclusive report on an independent research project conducted by John Little. Is it possible to pack on 100 pounds of solid muscle in one year? According to some of Little's findings and test-subject results, the answer is a resounding yes. This is exciting stuff! And speaking of mega mass, we have a wild analysis of Ronnie Coleman's training in the Texas heat. You won't believe what Mr. O does in the gym to get his Jurassic size—and there's plenty for you to experiment with to send your own size skyward. Plus, we have another righteous episode of "A Bodybuilder Is Born" from Ron Harris, a look at chiseling your chest from Eric Broser and an interview with new bodybuilding sensation Sagi Kalev. Watch for the gnarly November IRON MAN on newsstands the first week of October.

# From Sex to Survival

What gets you into the gym? What makes you want the pain? Is it an emotional need? Is it the muscle that attracts the opposite sex or the confidence the muscle helps to create? The truth is that the reason is different for different people, and it changes at different times in their lives.

In a very real sense sex is survival. From puberty forward the need to procreate is undeniable, but as we pass through those very good years, survival of the species evolves into personal survival. That's also the way the bodybuilding lifestyle evolves. Ask a young man why he trains, and being more attractive to the opposite sex is usually among his top three reasons. Being attractive to the opposite sex is always important, but priorities change. All of a sudden "functional strength" becomes a part of your vocabulary.

Being strong is replaced by being strong for your age. The true wonder of the barbell and dumbbell is that the same tools work for all ages and goals. With their adjustability and physical simplicity they not only last a lifetime but also enhance and extend that lifetime.

Even if you do the same workout regularly, it's always a different workout because you're different every day. Each day brings its own challenges and solutions, stresses and rewards. Not every workout is a great one, but every workout is valuable. I tend to measure my workouts not so much in poundages lifted but in the level of involvement I feel. Did I really get into the workout? Did I feel the bar in my hands, the edge of the knurling against my calluses, that first delicious rush of blood to the hungry muscle? Little pleasures but pleasures none the less.

I read Dave Draper's Bomber Blast in our Mind/Body section and Larry Scott's Success Secrets in Train to Gain—both are barbell lifers, by the way—and I hear the same murmurs of pleasures experienced in the workout. At the other end of the spectrum is my teenage son who exults in every personal record he makes. He is not focused on the nuance but on being bigger and stronger—*now!*

We here at *IRON MAN* understand that you have a relationship with your workout—and that it will change just as all relationships do. Our challenge is to give you the information that will help you adjust your training to meet your needs.

With that in mind, please let me know how *IRON MAN* can help your workouts. You may want to start by identifying what gets you into the gym, what gives you the most pleasure from your workouts and why you train. Send e-mail to me at [ironleader@aol.com](mailto:ironleader@aol.com). **IM**



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