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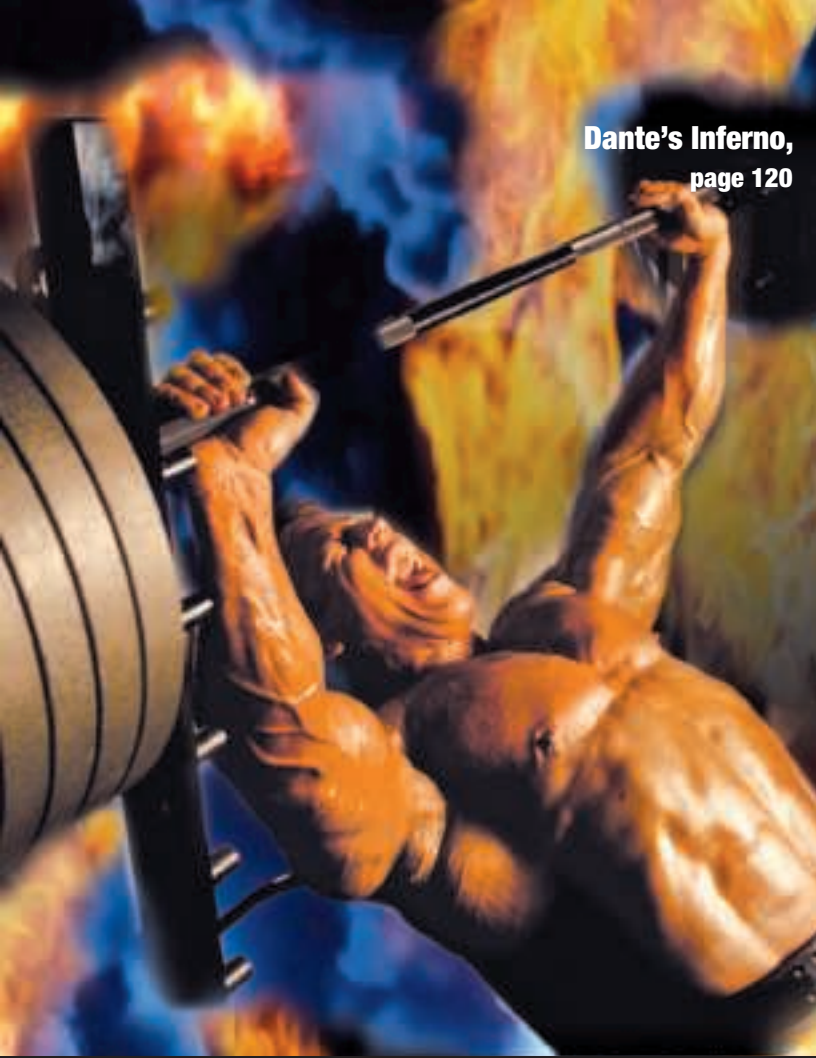
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# IRON MAN™

We Know Training™

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A classic-photo tribute to the winner of the '06 Art Zeller Award for Artistic Excellence.

### 296 IFBB MS., FITNESS AND FIGURE INTERNATIONAL COMPETITIONS

Page after page of in-your-face shots of hot female bodies—direct from the Arnold Classic. Wow!

### 314 ONLY THE STRONG SHALL SURVIVE

Bill Starr gives you the squat-option lowdown. Sure, it's the king of the mass movements, but there are alternatives.



Binais Begovic and Katie Lohmann appear on this month's cover. Hair and makeup Kat Connelly. Photo by Michael Neveux.



# We Know Training— We Are Training

Last month's editorial was a short course in *IRON MAN*'s history and its philosophy of training since 1936—an approach that's still strong today. As I read the articles that make up this issue, I was stuck by the story of Zac and Lana Titus. Some of my editorials have discussed what has gone wrong with our sport in the past 30 years, but the Tituses' story, which begins on page 256, reaffirms what's wonderful about a true bodybuilding lifestyle. Zac and Lana won our Fittest Couple contest at the '06 *IM* FitExpo, and as a result they were given the opportunity to share their story in *IRON MAN*. Here is a family that walks the walk. From working out together to honing their nutrition and supplementation, they do it right. The bodybuilding lifestyle can enhance a relationship, strengthening the bond, and lead to wonderful health benefits. Bodybuilding, practiced in a holistic way (historically, *IRON MAN*'s way), is as close as we can get to the fountain of youth.



While *holistic* is a buzz word, you can see in this issue how *IRON MAN* feeds every aspect of training. Many of the features address the workout itself and/or individual exercises and techniques. You'll see that in the Train to Gain section (page 36), Train, Eat, Grow (page 76), "Dante's Inferno" (page 120), "19-Inch Guns" (page 170), Heavy Duty (page 226), Only the Strong Shall Survive (page 314), Smart Training (page 54) and Critical Mass (page 94). In the nutrition and supplementation area we have the Eat to Grow section (page 62), Naturally Huge (page 100), Bodybuilding Pharmacology (page 266) and "A Bodybuilder Is Born" (page 108).

The psychology of successful bodybuilding is discussed in "Category 5 Training Intensity" (page 210), "10 Stupid Things Bodybuilders Do to Mess Up Their Winning Mind-set" (page 234) and, of course, the Mind/Body section (page 324). The inspiration comes from the wonderful photos of legendary photographer Bob Gardner (page 278) as well as the Zac and Lana Titus story.

In addition, no issue is complete without News & Views (page 272) and Pump & Circumstance (page 290), which highlight the personalities and happenings in competitive bodybuilding and the fitness industry. While we are not a competition-gear magazine per se, we still add a little to spice up the mix. This month's entry is the women's coverage from the Arnold Classic, full-page-photo essays on the Ms., Fitness and Figure International events that begins on page 296. (For thousands of contest photos visit *IRON MAN*'s GraphicMuscle.com.)

We strive to balance the contents of every issue for our readers' needs. When you see the mix of articles each month, it reflects not only what the individual authors want to write about but also what we have found—after analyzing thousands of reader surveys—that you want to read. I read every letter and e-mail message; your input is always acknowledged and appreciated.

All in all, I think we've covered bodybuilding as a lifestyle and fulfilled our mission this month. What do you think? Send e-mail to me at [Ironleader@aol.com](mailto:Ironleader@aol.com), and let me know. **IM**

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