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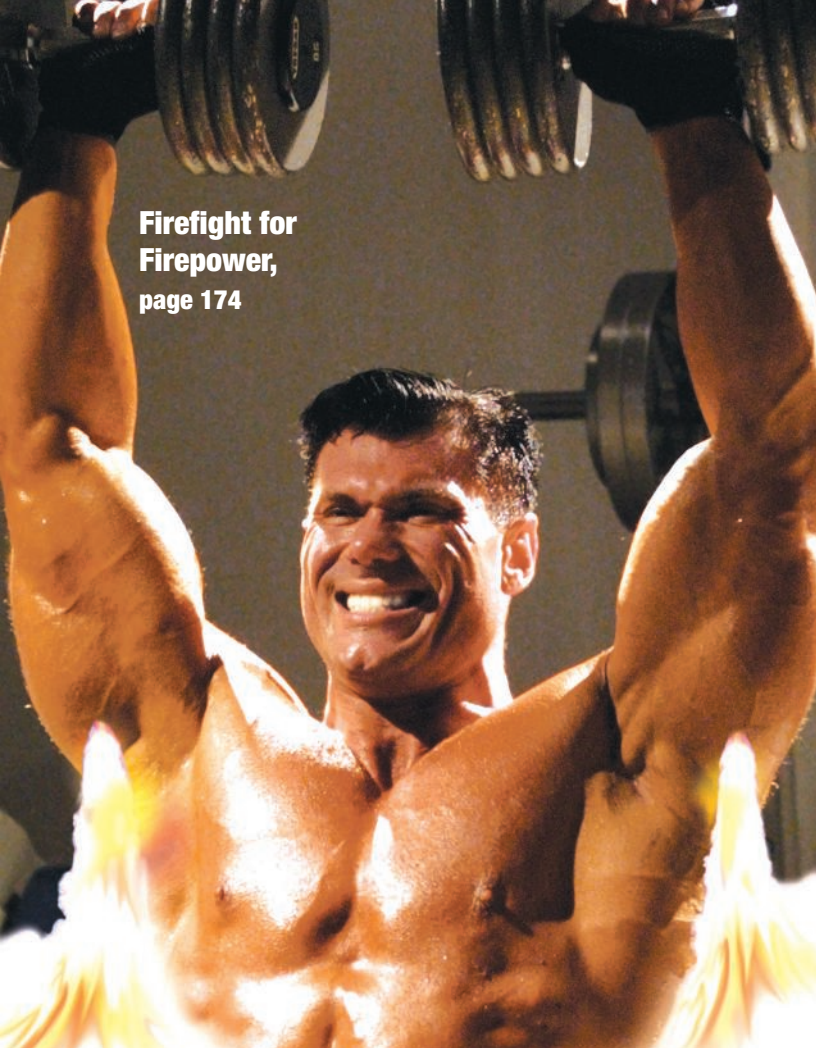
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Firefight for Firepower,
page 174



Dave Goodin,
page 94



Repping for Results,
page 124



Hardbody,
page 260

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FEATURES

60 TRAIN, EAT, GROW 83

It's the new F/X program, for shredded size effects.

94 DAVE GOODIN

Ken O'Neill analyzes how the 47-year-old Texas Shredder got to the top of drug-free bodybuilding.

114 A BODYBUILDER IS BORN 14

Ron Harris talks supplements.

124 REPPING FOR RESULTS

Christopher Pennington unravels the mystery of using repetition ranges to build size and strength.

140 READY, SET, GROW!

Jim Kimbrell, Ph.D., interviews muscle-training researcher Rob Thoburn on his controversial ROB method.

158 HEAVY DUTY

John Little HITs the Mentzer files.

174 FIREFIGHT FOR FIREPOWER

Jerry Brainum interviews John A. Wise, Ph.D., about the revolutionary new supplement beta-alanine. More reps in the zone equal fast mass!

210 SPRINT TO NEW GAINS

Dwayne Hines on the forgotten resistance exercise that can rip you up and take your development to a new level.

216 THE METABOLIC SYNDROME

IM researcher Jerry Brainum explores this sneaky epidemic of insulin resistance that may be ruining your workouts, physique and health.

238 AEROBIC MUSCLE

Aerobic training for faster muscle growth? Jerry Robinson looks at the research—and the startling conclusions.

244 X-FILES

The latest muscle-building findings from the *IRON MAN* Training & Research Center.

260 HARDBODY

Bill Dobbins' incredible shots of Viviana Soldano in the Mojave desert. Spectacular!

282 ONLY THE STRONG SHALL SURVIVE

Bill Starr shows you how to customize for strength and size—tailor your program for radical results.



Sagi Kalev appears on this month's cover. Photo by Michael Neveux



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Muscle "In" Sites, page 252

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Train to Gain, page 30



Eat to Grow, page 50



Pump & Circumstance, page 272



News & Views, page 254

WEB ALERT!

For the latest happenings from the world of bodybuilding and fitness, set your browser for www.IronManMagazine.com and www.GraphicMuscle.com.

DEPARTMENTS

30 TRAIN TO GAIN

Big-back attack and lateral lunacy with Toney Freeman. Also, Joe Horrigan's Sportsmedicine.

44 SMART TRAINING

Top strength coach Charles Poliquin outlines his postexhaustion routine for bigger arms.

50 EAT TO GROW

Do low carbs mean low intensity? Plus, stubborn-fat prevention and the carnitine sex machine.

78 CRITICAL MASS

Steve Holman talks bloodbath bodybuilding and muscle-fiber morphing.

82 NATURALLY HUGE

John Hansen solves protein problems and retools routines for better mass building.

248 BODYBUILDING PHARMACOLOGY

Jerry Brainum looks at soy, muscles and hormones.

252 MUSCLE "IN" SITES

Eric Broser wanders the Web. Hey, look, it's Adela Garcia. Wow!

254 NEWS & VIEWS

Lonnie Teper's world of bodybuilding.

272 PUMP & CIRCUMSTANCE

Ruth Silverman's monthly foray into the fitness fray.

292 MIND/BODY CONNECTION

Randall Strossen, Ph.D., says there's more to being a champion than picking the right parents—plus, loads of hot shots in Graphic Muscle Stars and Serious Training.

304 READERS WRITE

Catastrophic coverage, great Scott, Dante is hot and X-tatic reaction.

In the next IRON MAN

Next month we've got a classic mass-packing story for you, and it's not from a rank beginner (that's too easy). It's from experienced drug-free bodybuilder Mike Semanoff, who packed on an amazing 20 pounds of muscle in only two months—and then won one of the biggest natural bodybuilding contests in the country. How did he do it? He'll tell you then, but here's a hint: He blasted out X-tra reps at every workout. Plus, you can check out Moe El Moussawi's wicked biceps blast—many are saying he has the best arms in the sport—and peruse Lonnie Teper's big Mr. Olympia preview (yes, folks, it's almost here again: bodybuilding's greatest muscle show on earth). Watch for the awesome October IRON MAN on newsstands the first week of September.

Good Enough is Never Good Enough

My life as a bodybuilder has been shaped by the search for a better way—a better way to train, a better way to fuel my workouts and growth and a better approach to the all-important mental aspects of training. All of that has kept me fascinated with and enthusiastic about bodybuilding for 50 years. Two of my early teachers were Bob Gajda and Arnold. For both of them, good enough was never good enough, which is why, between them, they instilled in me enough inquisitiveness for a lifetime about all aspects of bodybuilding.

Arnold was and is the master of the mind. Gajda was a pioneer in diet and nutritional supplementation. He believed that bodybuilding was a personal experiment from which to learn. In fact, my own experiments in searching for a better way led me to purchase *Iron Man* almost 20 years ago. I realized that my search wasn't just personal but had universal applications, and I also learned that many of the people who read the magazine were on the same journey of discovery.

Discovery is what Jeff Stout, Ph.D. is all about. He's a world-class researcher whom I had the pleasure of meeting through a mutual friend, Daniel Gwartney, M.D., some time ago. Because of my interest in Jeff's work in sports nutrition, we've kept in touch for years. He alerted me to a conference that he said I should not miss. The International Society of Sports Nutrition was bringing together world-renowned experts who are among the founding fathers of sports nutrition, including William J. Kraemer, Ph.D., and George Brooks, Ph.D. Because I am not a scientist, I knew that at least some of what I would hear would be over my head, so I asked Jerry Brainum, who is the best science writer in bodybuilding, to come along.

I was especially interested in two of the attendees, professor Roger Harris of the University of Chichester, England, and John Wise, Ph.D., of Natural Alternatives International. They are on the leading edge of research on beta-alanine, a substance that will force us all to rewrite the book on our strength and muscle growth potential. (For more on this amazing compound, read Brainum's interview with Dr. Wise, which begins on page 174.)

I have been using beta-alanine (a.k.a. Red Dragon) for about four weeks now, and I am amazed at the progress I'm making. At 64 I find it very difficult to get stronger. I've been using the same poundages in my workouts for the past four years, but over the past four weeks I've been able to add both weight and reps to my exercises. Red Dragon has really breathed fire into my workouts. Steve Holman and Jonathan Lawson have also been using it and have reported new progress in their ability to handle heavy weights for more reps during their workouts at the *IRON MAN* Training & Research Center. They will have more on their results in a future issue.

The search goes on, and discovery and new success make it all worth while. Enjoy the ride. **IM**



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