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- Faster Workouts and Anabolic Acceleration



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# IRON MAN™

We Know Training™

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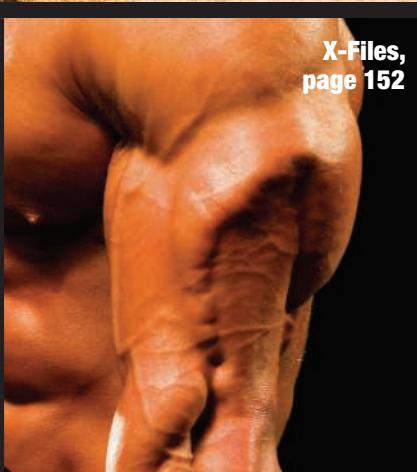
Fitness and figure champ Timea Majorova, captured by Bill Dobbins' camera in the desert. Whoa!

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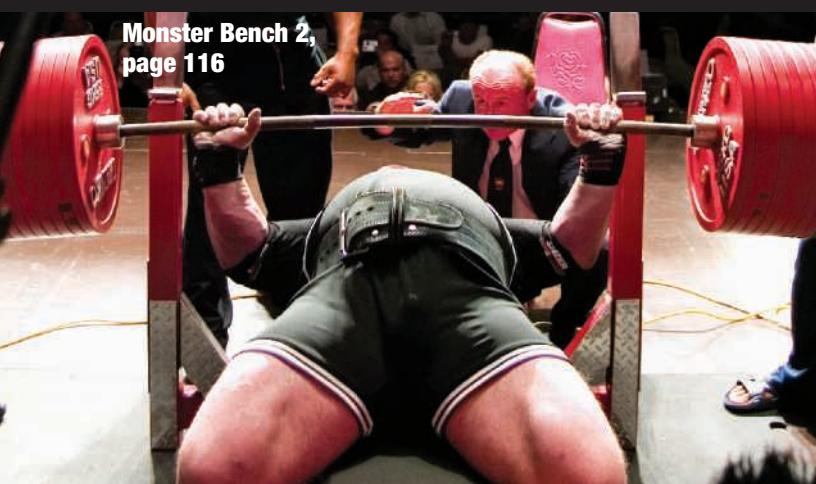
Bill Starr explains the Olympic press and its variations.



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**WEB ALERT!**  
For the latest happenings from the world of bodybuilding and fitness, set your browser for [www.IronManMagazine.com](http://www.IronManMagazine.com) and [www.GraphicMuscle.com](http://www.GraphicMuscle.com).

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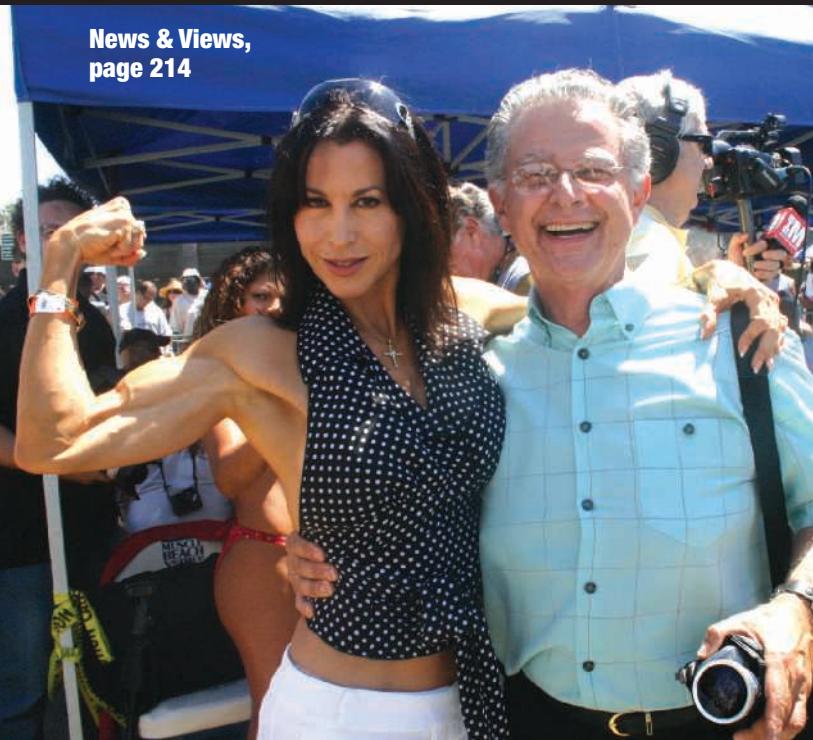
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Piling on mass, natural notions, amino awe and pros and contests.

#### **In the next IRON MAN**

Next month we have loads of additional muscle-building insight from Doug McGuff, M.D. The good doctor discusses extreme abbreviated workouts—once every 14 days—and how to speed up the anabolic process. Then we have Jerry Brainum's take on the science of muscle growth—and our top-six size-surgings facts you can use to get huge. Plus, speaking of science, it's our annual muscle-science roundup, with a snapshot of all the research from the past year that can help or hurt your bodybuilding and fat-loss efforts. It's a muscle-building, research-wielding anabolic buffet! Watch for the jammin' January *IRON MAN* on newsstands the first week of December.

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# Training and Life's Cycle

The bodybuilding lifestyle, as practiced by the true iron man, is a style of living that should enhance and extend your active, healthful life. There are absolute parallels between the stages of life and the evolution of perspective that life brings to training. All along the way bodybuilding can and should be an integral part of a healthful lifestyle.

Youthful exuberance and its inevitable over-the-top enthusiasm are wonderful to experience and to see in others but are impossible to maintain over the long haul. That white-hot fire burns itself down relatively quickly to embers that should smolder for a lifetime. I say that exuberance burns down "relatively quickly" because most of us started training around age 14, and we hope to be training another 70 years, enjoying the workouts and our lives along the way. But there are perils, especially during the early years.

For example, the competitive goals of youthful bodybuilders can create dangers that only become apparent later in their training lives. Some young and not-so-young athletes step over the boundary between body building and body destruction. *IRON MAN* has always stressed that bodybuilding is a process, and while it is primarily about becoming bigger, stronger and faster, that's just the surface result.

Obsession by its very nature leads to a narrow view. That tunnel vision is essential to reaching an important competitive goal; however, it's a two-edged sword, one side being success and the other being hidden or unrecognized danger. In youth, we tend to block out or diminish the danger in our minds when we're in pursuit of the goal. Competitive bodybuilding, like every other sport today, operates at a fever pitch of competitiveness that has led to a plague of performance-enhancing substances. Yes, we have bigger physiques, more home runs and ever-increasing weights being hoisted, but at what cost? I call this "the no such thing as a free lunch" rule.

I'm not going to repeat the sad litany of athletes from track to football to bodybuilding and powerlifting who have died in their 30s, 40s and 50s. I merely pose the question: What is going on here? I don't have an answer, but on the other hand, I know many lifelong bodybuilders from Jack LaLanne (92 years old) to Zabo Koszewski (80s) to Bill Pearl (70s) to Gene Mozée (60s) for whom bodybuilding has been as close to a fountain of youth as anyone has ever seen. I could name many more, but I think I've made my point—that bodybuilding should improve your life and help lengthen it.

Enjoy your workouts. The process is one of the rewards. **IM**



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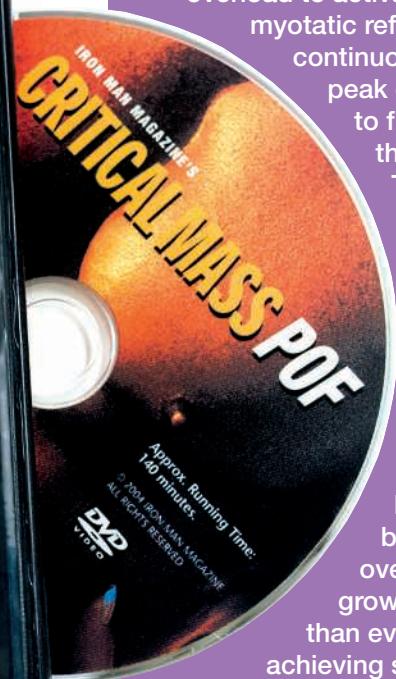
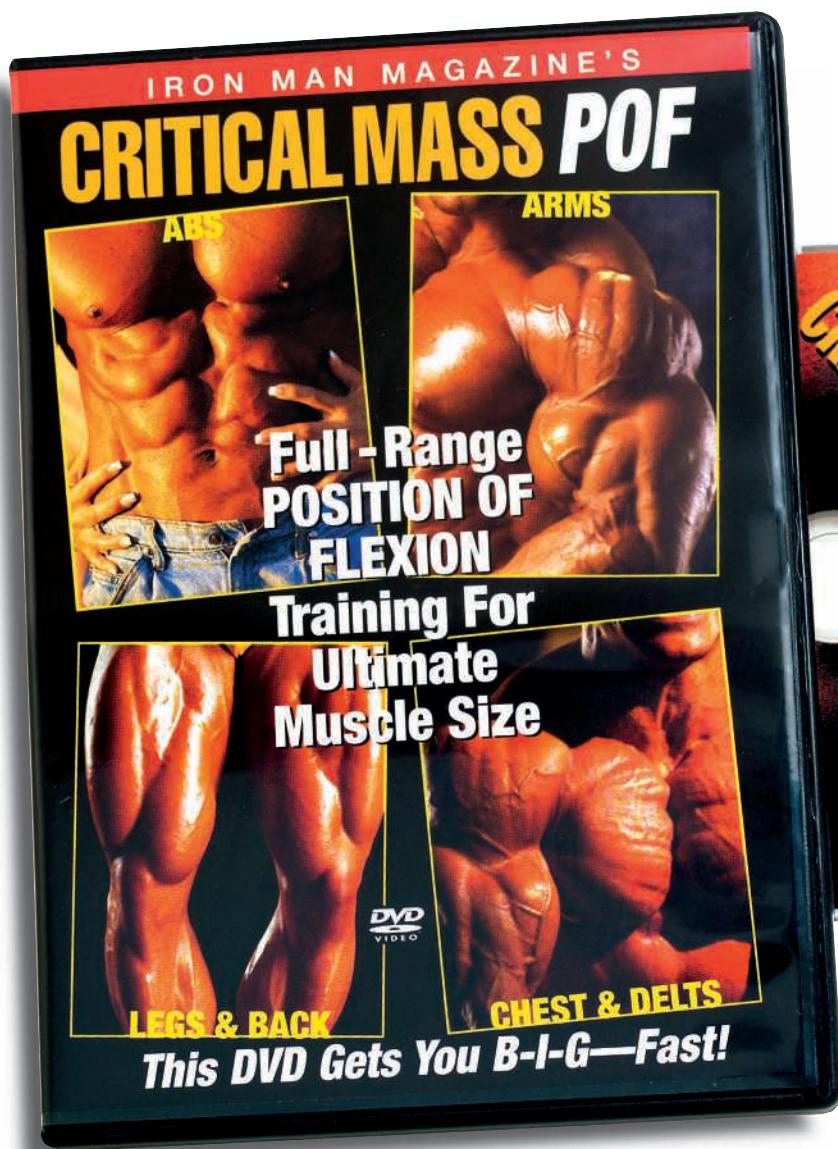
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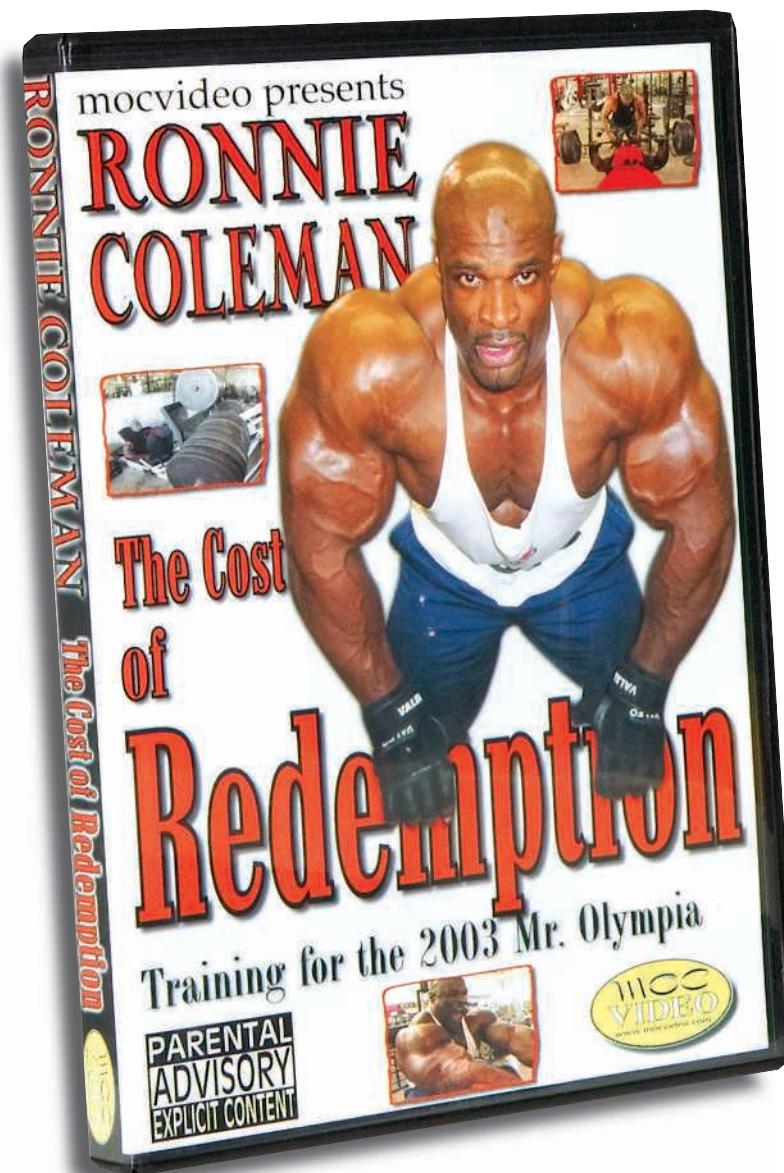
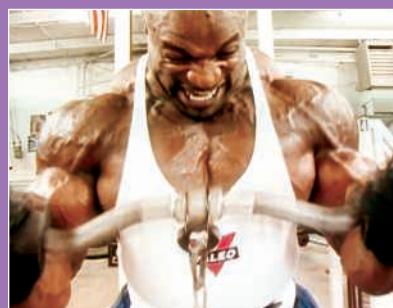


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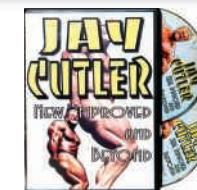
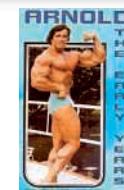
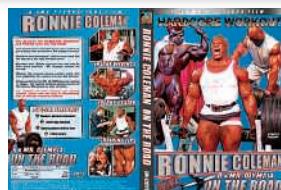
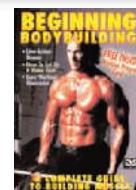


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