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CONTE

JULY 2010

FEATURES

62 TRAIN, EAT, GROW 129

New X-traordinary workout. Prepare to grow.

86 BEN BOOKER

David Young talks with the new 2010 BodySpace Spokesmodel men's champ.

100 JAQUELYN ROBERTS

Meet the women's winner of the 2010 BodySpace Spokesmodel competition.

110 THE CORTISOL FIREBALL

Get more muscle by controlling the mass-melting stress hormone. Jerry Brainum tells you how.

128 SLEEVE-STRETCHING BLING

Todd Jewell's secrets for building jagged peaks and triceps sweeps. Wait till you see his guns!

142 THE 20-REP SQUAT ROUTINE

From the Bodybuilding.com archive, Jim Brewster reviews the legendary mass-building miracle and adapts it to a quick power-packed program.

158 HEAVY DUTY

John Little looks at training frequency and its role in Mike Mentzer's Heavy Duty system.

86

BEN BOOKER



142

20-REP SQUATS

NTS

166 X-FILES

Power-Density double-mass workouts can blow up your muscles to extreme proportions. Plus, two workouts a week for a massive physique.

174 CARDIO FLOW

Jerry Brainum has the latest research to help you get ripped as you continue to grow.

186 JOHN TERILLI

Aussie muscle at 50. Lonnie Teper interviews the seasoned pro, who's still got that mass with class and his foot on the gas.

202 POWER SURGE

Sean Katterle continues his series on the bench press and deadlift.

220 WEIGHTLIFTING 101

Coach Bob Takano prescribes the Olympic lifts for dynamic strength and power.

244 PROFILES IN MUSCLE: JEREMY SHARIER

How the national-level flexer trains, eats and psychs up for muscular success—including his complete workout and nutrition plan.

256 FEMME PHYSIQUE

Steve Wennerstrom, IFBB women's historian, chronicles close calls in women's bodybuilding.

266 ONLY THE STRONG SHALL SURVIVE

Bill Starr's Big-3 program is designed for football players but great for anyone looking for a time-sensitive strength-training routine that works big time.

The 2010 BodySpace Spokesmodel Winners, Ben Booker and Jaquelyn Roberts appear on this month's cover. Photo by Michael Neveux.

Vol. 69, No. 7



DEPARTMENTS

30 TRAIN TO GAIN

Etch amazing abs, back feel for size appeal and more.

44 SMART TRAINING

Coach Charles Poliquin looks at preexhaustion vs. postexhaustion training.

48 EAT TO GROW

Keep muscle, lose fat; plus, new research on protein timing.

70 NATURALLY HUGE

John Hansen on anabolic adolescence and the mind.

80 SHREDDED MUSCLE

Dave Goodin addresses drug-free outrage.

82 CRITICAL MASS

Steve Holman lays out some big-arms tips and tricks—plus, get-ripped-diet do's and don'ts.

214 BODYBUILDING PHARMACOLOGY

Jerry Brainum's analysis of SARMS—possible successors to anabolic steroids.

236 NEWS & VIEWS

Lonnie Teper's intriguing insights into the world of muscle. Plus, Teper's Rising Stars.



248 PUMP & CIRCUMSTANCE

Ruth Silverman looks at the newest of the women's body sports—pro bikini is here!

276 MIND/BODY CONNECTION

MANformation information, climax against cancer and yawn patrol.

288 READERS WRITE

Prime-time muscle, Poliquin power and Mia the Magnificent.

220

WEIGHTLIFTING 101



In the next *IRON MAN*:

Our August issue has a familiar Austrian theme—as in blockbuster photos of the Oak in his prime. We've come across more rare shots of Arnold that we have to share, just in time to celebrate his birthday. We'll also have an interview with legendary drug-free bodybuilder Bob Gallucci. He was considered very Arnold-esque in his heyday, and he tells how he did it sans anabolics. Then Jerry Brainum delves into fasting. Is it good for you? Will it help you drop that last bit of bodyfat? J.B. has all the answers. Find your August *IRON MAN* on newsstands the first week of July.

Charisma



Because of my lifelong interest in bodybuilding, I've had the good fortune to meet and become friends with a wonderful cast of characters, many of whom are larger than life in the Damon Runyon sense. When it comes to personality, the trio in the photo below goes to the head of the class.

The photo was taken by Mike Neveux in 1990 at the *IRON MAN* studio in conjunction with Arnold's work on the President's Council on Physical Fitness. What a piece of history! Arnold: bodybuilder/movie star/entrepreneur/future governor; Joe Gold: founding member of Muscle Beach, part of the Mae West stage show, founder of Gold's Gym as well as World Gym and a gym-equipment innovator without peer; and in the middle, Tony Nowak—not a household name like the other two but no less a special personality and special friend. I'm sad to say that Tony passed away on April 6, 2010, while on vacation in Italy with his 17-year-old son, Enzo.



Arnold, Tony Nowak and Joe Gold.

I first met Tony at Gold's Gym in the mid-'70s and was always taken by his enthusiasm for anything he was doing and for life in general. Later Tony started a garment business that specialized in custom-made leather jackets. It's really a gross understatement to call his jackets "custom-made," however. Maybe I should say that every detail to the last stitch was important to him. *Perfectionist* is not a strong enough word—*obsession* is closer. The jackets

were just one of Tony's passions.

The last time I saw Tony was at the '10 Arnold Classic with his commemorative jacket for the event. He had created the Arnold Classic jackets for years and always presented one to the winner onstage. Tony was a good friend of Arnold's, and he created a special jacket for the cast and crew of every movie Arnold made.

Many of the people attending Tony's memorial mass wore his jackets in homage to him. Arnold's eulogy hit on the areas that always came up in any conversation with Tony—he had pure, unbridled enthusiasm, the kind that grabs you up and sweeps you away. His love of his family always surfaced. Included in that family were Gold and Arnold. When you talked with Tony, you became part of the family.

A naturalized citizen, originally from Poland, Tony also had an absolute love of the U.S.A. In his eulogy Arnold told a story of hanging out with Tony after a workout in the '80s. When they heard someone at the end of the bar running down his beloved adopted country, Tony walked over to the guy and knocked him out with a single punch. Extreme? That was Tony. Every one of the 500-plus people in the church nodded knowingly. Only Arnold had witnessed it, but everyone knew that it was just Tony being Tony.

I had many conversations with Tony about his being an immigrant and what America meant to him. He spoke of a thousand different ways that his story could only happen here. Tony never left anyone "untouched"; he was a character that Damon Runyon would have loved to write about. In the beginning of his eulogy Arnold said that Tony's passing made him angry—I feel the same way. We have no replacement for him. **IM**

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