

SECRETS OF ELITE BODYBUILDERS: HOW THE CHAMPS DO IT!

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Real Bodybuilding Training, Nutrition & Supplementation

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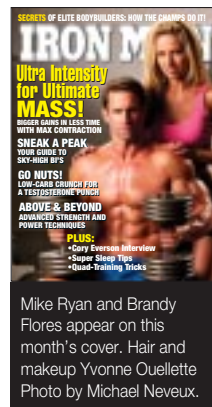
Impeccable pecs! Time to chisel your chest.

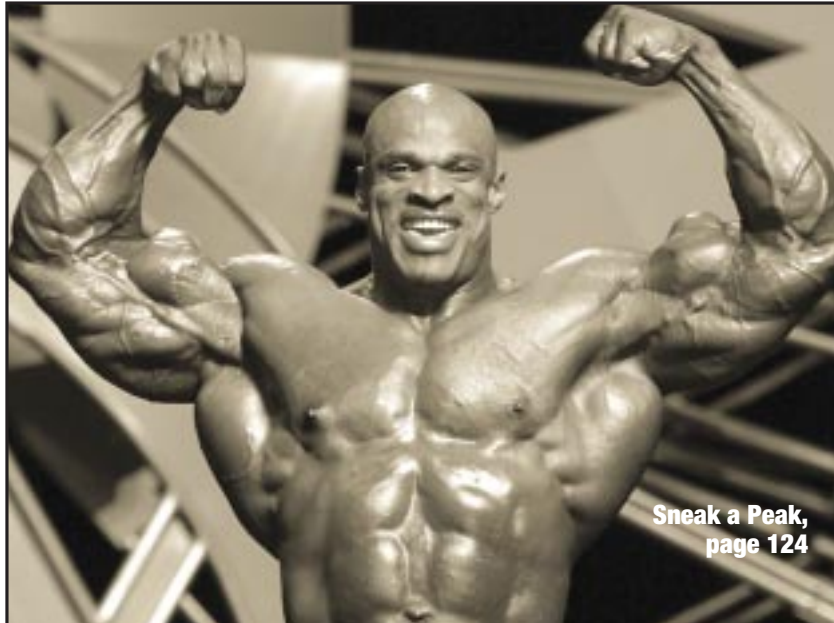
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The bodybuilding legend lives—and does it with style and a bod that still showcases those aesthetic genetics.

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Carmen Garcia unveils her flawless physique!





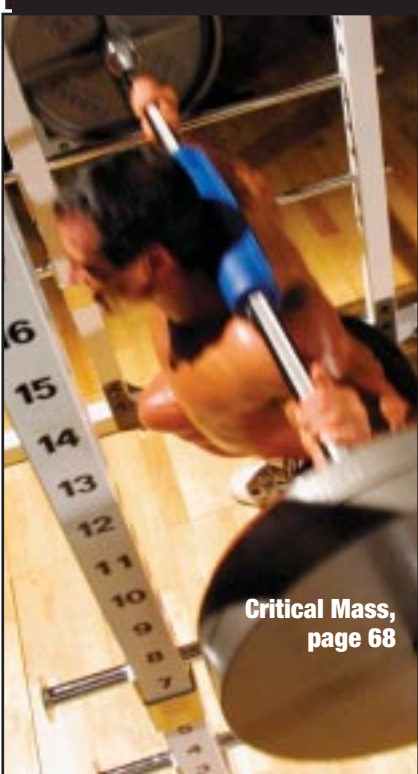
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Defending the femme physiques, machine magic and packing on arm mass with TEG.

In the next IRON MAN

Next month we finally reveal the winner of our Hardbody of the Year contest. You voted, and the big names got the early nod—but which one has the winning bod? Stay tuned. Then we interview Charles Poliquin on his new German Body Comp Program. We'll also have loads of training: Egan Schauer on stutter-rep grow power, a John Little Max Contraction Q&A and Jim Hafer's story of how he took his 16-inch guns past the 21-inch barrier (that's unbelievable!). It's a smorgasbord of muscle-building delights! Watch for the spectacular September IRON MAN on newsstands the first week of August.