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IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

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The TEG boys have transformed into X men. Here they delve more into their X-periments with X Reps. X-citing stuff!

86 ONLY THE STRONG SHALL SURVIVE

Bill Starr tells you how to elevate the peak of your pyramid. It's a workload thing.

98 VINCE GIRONDA'S BODYBUILDING FOR BEGINNERS

Gene Mozée channels the iron guru and outlines Gironda's amazing but controversial get-started program. Whether you're coming back from a layoff or you're a true newbie, you'll make phenomenal gains with this workout.

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Stuart McRobert returns with bodybuilding lessons—many of which he learned the hard way—from his 30 years of training. Hardgainers, listen up!

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Ori Hofmekler assembled a group of respected nutrition experts for a roundtable discussion on protein and other dietary delicacies.

150 TAMER ELSHAHAT

Muscle magic from Egypt. David Young interviews the bodybuilding newcomer from the Middle East. A great physique—and we've got his diet and training program too.

164 CHRIS LUND: AN ARTISTIC PICTORIAL

He's the winner of the '04 Art Zeller Award for Artistic Achievement, and this group of magnificent photos adds a well-deserved exclamation point.

176 SCIENTIFIC MUSCLE BUILDING

Rob Thoburn has the gall to contact scientists around the world for their views on hypertrophy—and we benefit from his brashness. Here's to all-out audacity for bigger gains!

190 RESEARCH TEAM

It's time to switch on the green lean machine. Most people, especially low-carb dieters, don't get enough fruits and vegetables for health and fat burning. Here's a solution that will kick your metabolism into overdrive.

198 HEAVY DUTY

John Little brings you more of Mike Mentzer's seminar.

222 OVERTRAINING AND UNDERGAINING

Jerry Brainum gives you the low-down on how to avoid the catabolic plague known as the dreaded OT.



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Gabrielle Tuite and Sebastian Siegel appear on this month's cover. Hair and makeup by Kimberly Carlson. Photo by Michael Neveux.



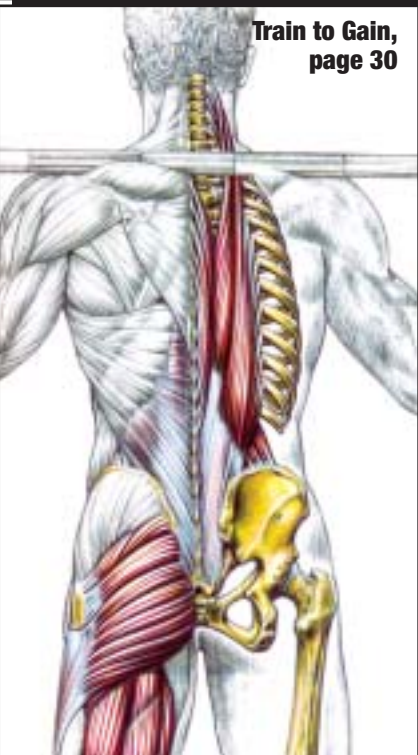
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WEB ALERT
For the latest happenings from the world of bodybuilding and fitness, click on Hot News at www.ironmanmagazine.com.

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The 2X Fast Blast, milking calf growth and designing your own anabolic training program with Larry Scott.

48 CRITICAL MASS

Steve Holman tells you how to fry up some forearm growth. Can you smell what the wrist curls are cookin'?

54 EAT TO GROW

The fast-mass diet—a guide to efficient bodybuilding nutrition from Jerry Brainum. Plus, pizza as health food and how creatine curbs cardio catabolism.

66 NATURALLY HUGE

John Hansen helps squash decompensation stagnation, the once-a-week-per-bodypart-training blues.

206 NEWS & VIEWS

Lonnie Teper rides in with his preview of the '04 Nationals in Dallas, and Ruth Silverman rounds up plenty on female flexers plus those delectable fitness and figure fillies. Jerry Fredrick's Hot Shots lasso some laughs too.

238 MIND/BODY CONNECTION

Randall Strossen, Ph.D., provides a psychological look at perspectives for progress. There's also a leptin alert, Bomber Blast with legendary Dave Draper and Jacked Up with Jack LaLanne. Oh, and Serious Training stars Stacey Evans this month. (Check out those abs!)

248 BODYBUILDING PHARMACOLOGY

Myostatin means muscle stopper, and Jerry Brainum checks out the latest research on putting a cap on that heinous hormone. There's also info on steroids and fertility and news on how diesel exhaust can up your estrogen (stop running by the highway, girlie man!).

256 READERS WRITE

Alexis flexes, as in hot Alexis Ellis, Savage muscle turns 40, a visit to the York museum and twerp alert (one reader thinks our editor in chief's physique belong in *Joggers Monthly*, not *IM*—Ouch!).

In the next IRON MAN

Next month it's all about building loads of mass when the weather turns frigid. It's a winter mega-mass workout from Jim Hafer. He's the guy who built 21-inch arms doing about four sets at each arm workout—but with grueling isometric holds on each set. He's got a quick program you can try on for size. We've also got our first annual Muscle-Science Roundup, a look at the research studies over the past year that can impact your muscle gains in a big way. Plus, we'll have Randall Strossen's report on weightlifting from the Olympic Games in Athens, Greece, and a before-and-after success story that will inspire you to hit the gym with a vengeance. Watch for the inspirational, informational, always sensational January *IRON MAN* on newsstands the first week of December.