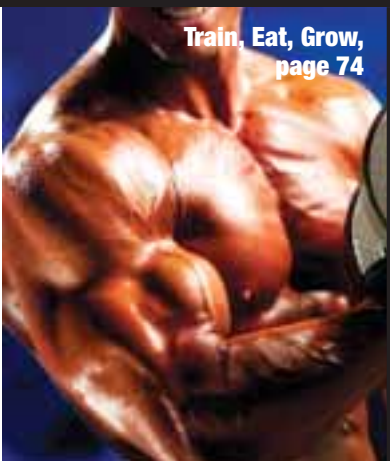


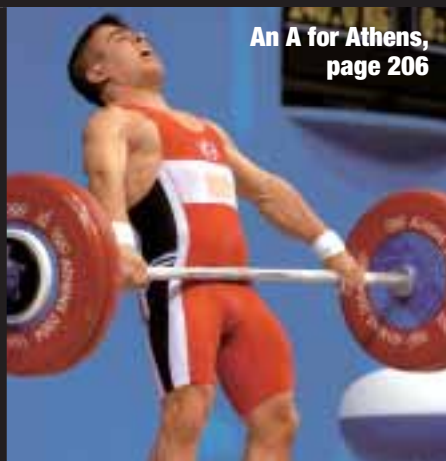
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Are you looking for a quick, convenient snack to quash that hunger attack and feed your muscles? The new Warrior Bar has the right stuff to grow on.

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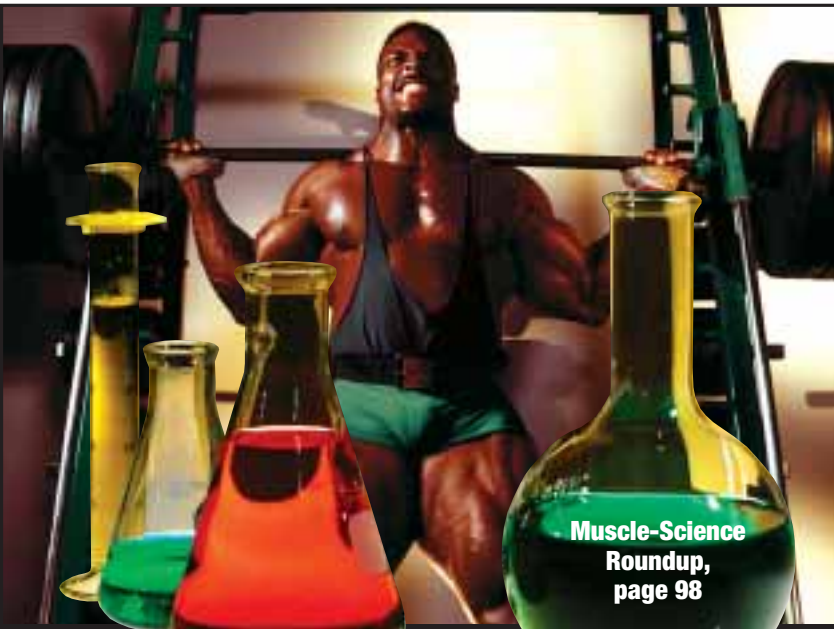
Strength maven Randy Strossen, Ph.D., has a full report and photos from the Olympic weightlifting events.

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Craig Titus appears on this month's cover. Inset couple: Clark and Anita Bartram. Photography by Michael Neveux.



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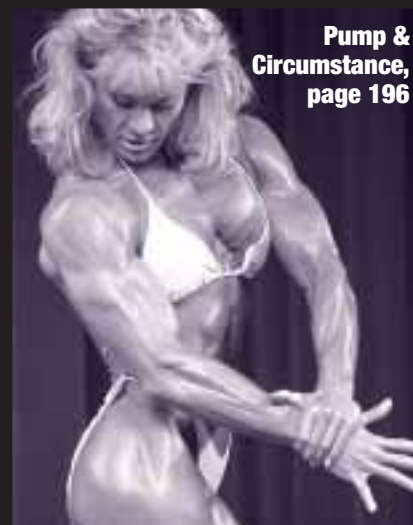
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222 MIND/BODY CONNECTION

Randall Strossen, Ph.D., analyzes self-canceling combinations, and Becky Holman tells you why childish behavior can make you happy. There's also Bomber Blast with the legendary Dave Draper and a report from Frank Zane on the TV biopic about the Austrian Oak, "See Arnold Run."

232 BODYBUILDING PHARMACOLOGY

It's future-shock talk with Jerry Brainum. Our number-one researcher discusses gene therapy that can create freakier physiques—but at what cost? Truly an interesting look at the possible future of the sport of bodybuilding. Dr. Frankenstein, are you listening?

240 READERS WRITE

One hot mama who's over 40 and fabulous, plus success-story commentary and X-factor visionaries.

In the next IRON MAN

Next month we've got a very cool interview with our own ITRC trainer Jonathan Lawson, who discusses the innovative muscle-building technique that took his physique to a new dimension in '04. Using X Reps for only one month, he produced startling new muscularity and vascularity. This is must-reading for anyone interested in packing on mass fast. And if you're looking for photographic inspiration, we've got some incredible images from the camera of David Paul (yes, of Barbarian Brothers fame). The man is an artist, and his bodybuilding images will stun, delight and inspire you. We'll also have Mr. Olympia coverage, Greg Zulak on triceps and the return of *IMP's* Hardbody. Watch for the X-citing, motivation-lighting February *IRON MAN* on newsstands the first week of January.

WEB ALERT!

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