

# IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

## FEATURES

### 72 TRAIN, EAT, GROW 68

The TEG men shift to phase one of their ripping cycle with a new twist: X-Rep pyramid power. X-cruciating drop sets are here too.

### 80 YOUR TRICEPS WILL NEVER GROW!

Unless you follow these 10 titanic tips for torching your tri's from Ron Harris.

### 94 KRAIG FELDMAN

He won the Teenage Nationals in '03, so you know he's got the muscle-building mojo down. All you young, aspiring bodybuilders, listen up. Kraig's got plenty of tips to get you growing.

### 110 RESEARCH TEAM

Creatine K-boom! Supplement scientist Jeff Golini analyzes creatine and explains why Kre-Alkalyln may be the latest and greatest C-bomb ever.

### 120 HEAVY DUTY

John Little channels Mike Mentzer in an intense Q&A session. He covers everything from goal setting to innate adaptability to monitoring gains—and intensity, of course.

### 134 THE RED ZONE

Russian Pavel Tsatsouline's unique perspectives on muscle building, strength and kettlebell training. Bonus: Mike Mahler's kettlebell power programs are included for you to try.

### 150 FEMALE MUSCLE '05

It's our annual female muscle pictorial, with dramatic, sensual shots of the feminine form from ace photographer Bill Dobbins.

### 166 IFBB ARNOLD CLASSIC

The gov. never fails to put on a fantastic physique extravaganza. Many of the best bodies in the business were onstage doing that flex-for-checks thing. Who won it all? Lonnie Teper's got the big story, along with loads of great photos.

### 204 IFBB MS. INTERNATIONAL

Talk about female muscle! Even with the new muscularity standards in place, these gals had it going on—as in brawn *and* beauty. Ruth Silverman reports on how it all came together in Columbus.

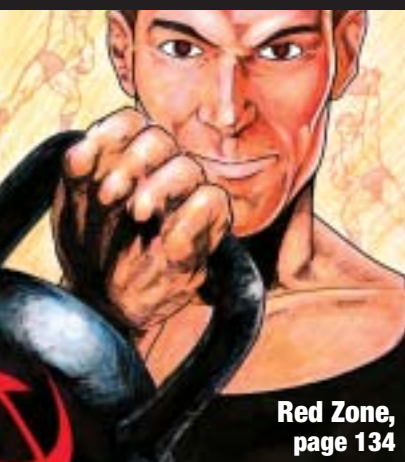
### 228 ONLY THE STRONG SHALL SURVIVE

Bill Starr tells you how to get big on a budget. If you can afford supplements, great, but you can get by without them and continue to grow with the flow. Here's how.



Pauline Nordine appears on this month's cover. Photo by Bill Dobbins.

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**DEPARTMENTS**

**32 TRAIN TO GAIN**

Lateral raises vs. lateral throws (X Files analysis), carpal tunnel toll and how much rest is best?

**48 NATURALLY HUGE**

Another expanded column from John Hansen. This month he chronicles the diet that helped him move back into the winner's circle.

**58 EAT TO GROW**

Battle-of-the-bulge diet comparisons, immune system boosters and busters and new research on how pushing hard can burn off the lard.

**90 CRITICAL MASS**

Drop dead? Steve Holman analyzes drop sets and why they should be alive and well in your size-building program. Plus, champ training and X-Rep results.

**190 NEWS & VIEWS**

Lonnie Teper and Ruth Silverman snapped some great photos and snapped up plenty of inside info at the *IM* and Arnold Fitness weekends. Plus, Jerry Fredrick's Hot Shots are here, along with booth pics from the FitExpo.

**210 BODYBUILDING PHARMACOLOGY**

Jerry Brainum has a special report on what many people are calling the new ephedrine. Does it work? Are there side effects? Jerry's got the latest research.

**218 MIND/BODY CONNECTION**

Randall Strossen, Ph.D., explains how to blow by bad workouts, and Dave Draper drops a few bombs. There's also motivation from alcoholic-turned-muscular marvel Tim Wescott. Jack LaLanne, Gallery of Ironmen and hot Caitlin Jones' Serious Training photos are here too. Whew!

**240 READERS WRITE**

Excellent expo and *IM* Pro, veteran muscle (a letter from Iraq) and X-traordinary interview—a.k.a., the X-Rep rap.



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**WEB ALERT**

For the latest happenings from the world of bodybuilding and fitness, read the Hot News at [www.ironmanmagazine.com](http://www.ironmanmagazine.com) and [www.graphicmuscle.com](http://www.graphicmuscle.com).

**In the next IRON MAN**

Next month we have an out-of-whack ab attack that will get your midsection sliced and diced. Steve Holman leads you to the granite-abs promised land with an X-Rep chaser. If you're not seeing gut ruts yet, you will with this program—if you can stand the burn and lay off the Twinkies. Plus, we'll have the second part of our wild interview with Pavel Tsatsouline, the Russian trainer and kettlebell master. Then we powerize your bench press prowess with some positional-isometric training. It's a new twist on an old technique that'll have you sending that loaded bar skyward with authority. Not to forget nutrition, Jerry Brainum gives you the latest on so called artificial dangers, as in apartame and sucralose. Oh, and, of course, we'll have Fitness and Figure International coverage. Watch for the fly July *IRON MAN* on newsstands the first week of June.