

X-REP AB ATTACK • KILLER QUADS • BENCH PRESS BLASTOFF!

IRON MAN

BEACH-BODY AB ATTACK

Controversial New
Ripping Tactics

10 Rules for
Killer
Quads

**BENCH PRESS
BLASTOFF!**
With Positional
Isometrics

**ARTIFICIAL
DANGER?**
Are Chemical
Sweeteners Safe?

PLUS:

- Bodypart Art—Inspirational Muscle Pictorial
- Hot Babes: Figure and Fitness Intl. Reports

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**Out-of-Whack
Ab Attack,
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IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

FEATURES

72 TRAIN, EAT, GROW 69

"Rip it up" is the battle cry as our TEG men go to war with the weight, as in bodyfat, and the weights. Yes, you can build muscle *and* burn fat! GH surge to the rescue.

82 ARTIFICIAL DANGER

Jerry Brainum explores the facts and fallacies surrounding artificial sweeteners like aspartame and sucralose. Is the human race doomed? Maybe not. Sweet!

98 YOUR LEGS WILL NEVER GROW!

Unless you follow these 10 rules for tree-trunk-size thighs from Ron Harris.

116 HEAVY DUTY

John Little has another Mentzerian Q&A, complete with an HIT routine prescribed by the Heavy Duty master himself.

124 OUT-OF-WHACK AB ATTACK

Crunches are lame. Hanging kneeups suck. That's crazy talk unless you want the most efficient ab-chiseling program possible. Steve Holman has the insane info—and the wacky six-pack to prove that his ab-blasting solution works.

142 BENCH PRESS BLASTOFF

Christopher Pennington explains the positional-isometric technique for sending ponderous payloads skyward.

150 THE RED ZONE 2

Pavel Tsatsouline continues answering questions on everything from fat loss to kettlebell training to functional strength and muscle.

164 BODYPART ART

Michael Neveux takes contest photography to a whole new level. It's incredible! It's inspirational! It's—what is that, Mount Biceps or Pecs Peak? Prepare to freak!

188 HARDBODY

Alexis Ellis, our '05 NPC *IRON MAN* Figure winner, shows that weight training does a female body good. Oh, yeah!

210 IFBB FITNESS AND FIGURE INTERNATIONAL

Ruth Silverman reports on all the onstage action from Columbus. Plenty of gorgeous pics here too, gang.

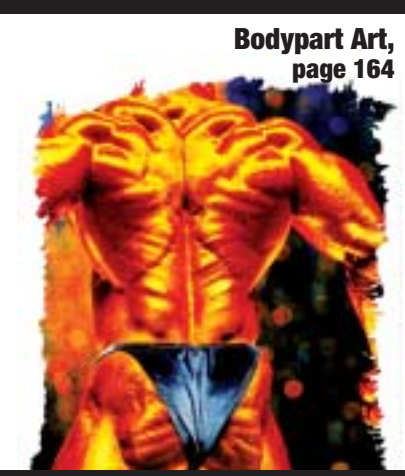
224 ONLY THE STRONG SHALL SURVIVE

Bill Starr's rousing recollections of the rack—the cage that was all the rage—and the 411 on why it's ready to come of age all over again.

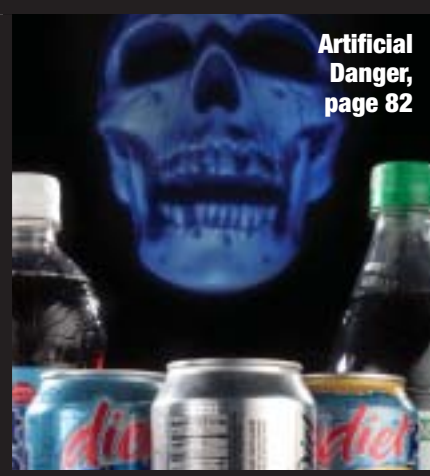


PLUS:
•Bodypart Art—Inspirational Muscle Pictorial
•Hot Babes: Figure and Fitness Int'l. Reports

Tamer El Shahat, Katie Lohman (left) and Shay Lyn appear on this month's cover. Hair and makeup: Kat Connelly and Kimberly Carlson. Photo by Michael Neveux.



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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 and www.graphicmuscle.com.

DEPARTMENTS

30 TRAIN TO GAIN

Quad/ham balancing act and single-set vs. multiple-set training. Joe Horrigan's Sportsmedicine is here too.

52 NATURALLY HUGE

John Hansen has advice on gaining and overtraining (sample high-protein diet included).

60 EAT TO GROW

Zero-carb diets, unlucky seven fat-fighting flubs and guzzling drinks and bar hopping. Say, what?

92 CRITICAL MASS

Steve Holman tells you how to have fun with fatigue (and grow like a weed). He also has interesting stuff on muscle fiber transformations and food combinations.

198 NEWS & VIEWS

Lonnie Teper and Ruth Silverman have been crashing events all over the country, from the *IM* Pro and expo in Pasadena to the Arnold Fitness Weekend in Columbus—so you know they've got loads of good inside stuff, along with tons of cool pics. Jerry Fredrick's been snapping plenty of smoldering Hot Shots as well, while Mervin clicked at the Arnold gig (see page 209).

236 MIND/BODY CONNECTION

Take-your-elder-to-the-gym day, Dave Draper's Bomber Blast and Frank Zane's Mass Media, "Symmetry, Archery and Arnold." Plenty of new products are sprinkled throughout as well, like a power pillow (huh?). Plus, there's a babe double-shot in Serious Training. Wow x 2!

246 BODYBUILDING PHARMACOLOGY

Jerry Brainum discusses new research that shows kelp may be an anti-estrogen. Also, L-arginine resurfaces with new anabolic promise, and a mutant designer steroid emerges.

256 READERS WRITE

Dynamite DeeAnn, remembering Russ and more comments on an X-cellent training method.

In the next IRON MAN

Next month we'll have a complete guide to quad development from a man who definitely knows squat about packing size on the thighs, Greg Zulak. Then John Hansen takes you in the trenches with the 10-sets-of-10 routine that put inches of mass on his quads in seven weeks. It's torture, but it works big time! Plus, we'll have a motivational success story on a former female bodybuilder who describes her comeback from illness to ignite a fit-physique rebirth. Not to forget nutrition, Jerry Brainum gives you the latest on the Mediterranean diet, a healthy eating plan with anti-aging potential and plenty of muscle-building kindling, and a scientific look at the top-10 supplements—the ones that really work! Watch for the August *IRON MAN* on newsstands the first week of July.