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- IM Pro/Arnold Classic Preview
- The Most Important Factor in Bodybuilding

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IRON MAN™

Real Bodybuilding Training, Nutrition & Supplementation

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Clark and Anita Bartram appear on this month's cover. Hair and makeup Kathleen Connelly. Photo by Michael Neveux.



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Aesthetics, absurdity and Atlas. Plus, pride and predication, research recon and awesome and insane gains.

In the next IRON MAN

Next month we have a very special issue that is guaranteed to surprise you—if you know bodybuilding. Our cover model is an icon of the women's side of the sport, but we haven't seen her in more than a decade—and she looks better now than she did in her competitive days! She was the first and some say the best. That was a hint. Okay, we can't keep a secret: It's Rachel McLish, and we've got loads of new photos of the first Ms. O along with a tantalizing interview by Lonnie Teper. You won't believe your eyes! Plus, we have another enchanting episode of "A Bodybuilder Is Born" from Ron Harris, muscle shock tactics from Eric Broser and tailor-made strength builders from C.S. Sloan. Watch for the April-with-Rachel IRON MAN on newsstands the first week of March.

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