

Summer Ripped-and-Ready

Special

# IRON MAN

## GET RIPPED!

- **COMBAT CARDIO**
- **CARB CYCLING**
- **STUBBORN-FAT BLASTERS**
- **NEW BEACH-BODY SUPPLEMENTS**

## BI-LAWS

Why Big Arms Rule and How to Build 'Em

## HEAVY DUTY TRIBUTE

Legendary Mentzer Pics

**PLUS:**

- **Arnold Classic: Big Full-Page-Photo Coverage**
- **Hot Female Muscle Pictorial**

JUNE 2006

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JUNE 2006 / IRON MAN MAGAZINE—WE KNOW TRAINING

GET RIPPED NOW

# IRON MAN™

We Know Training

## FEATURES

### 76 TRAIN, EAT, GROW 80

Our TEG men move into their D-bomb ripping phase.

### 106 BI-LAWS

The verdict is in: Big arms rule—and Eric Broser tells you how to build them.

### 126 10 STUPID THINGS BODYBUILDERS DO TO MESS UP THEIR WINNING MIND-SET

Skip La Cour goes mental. Get ready for insane gains!

### 140 IN THE ZONA

David Young interviews national-level bodybuilder Sebastian Zona. (This dude is ripped!)

### 152 A BODYBUILDER IS BORN 11

Ron Harris learns some hard lessons about contest prep and fat burning.

### 160 SUGAR

Jerry Brainum's got the research. It may not be so bad after all.

### 188 HEAVY DUTY

It's been five years since Mike and Ray Mentzer passed away. Here's our tribute—with plenty of classic photos.

### 206 CARB CYCLING

Tim Wescott reveals the shredding secret of competitive bodybuilders.

### 216 RESEARCH TEAM

NxCare's Methyl Ripped. Prepare to look sliced and diced.

### 226 COMBAT CARDIO

Stuart McRobert discusses the new aerobic fat attack.

### 242 LARRY SCOTT, PART 2

Rod Labbe's Legends of Bodybuilding: The first Mr. O.

### 258 STUBBORN FAT

Ori Hofmekler tells you how to shed the ugly stuff—and bolster your immune system in the process.

### 274 IFBB ARNOLD CLASSIC

Giant photos from the big show. (Dexter wowed 'em!)

### 296 FEMALE MUSCLE

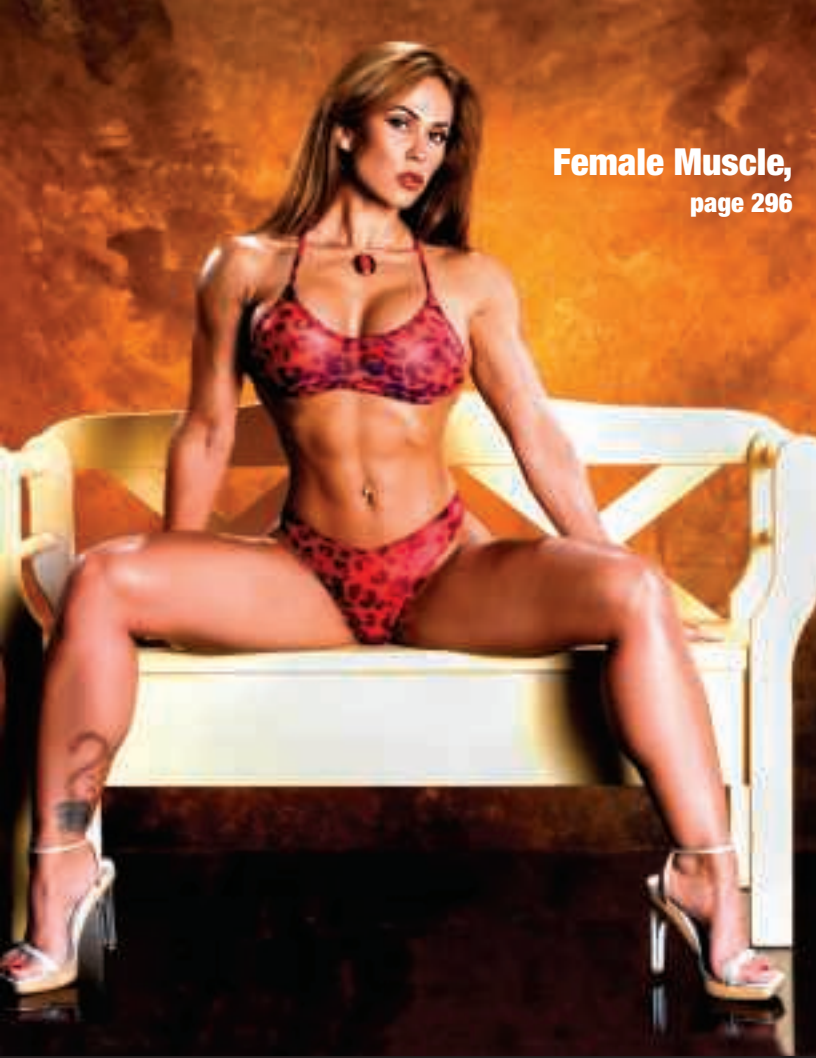
Bill Dobbins' breathtaking pics of the feminine form.

### 326 ONLY THE STRONG SHALL SURVIVE

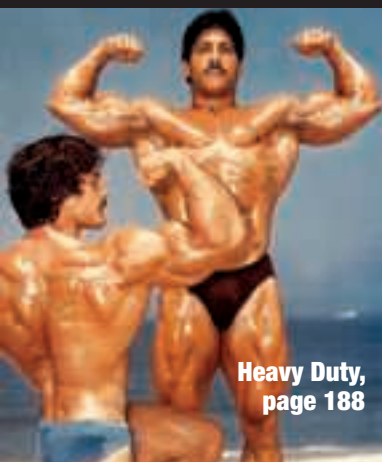
Bill Starr on mind, muscle and might.



Moe El Moussawi and Erika Thompson appear on this month's cover. Hair and makeup Yvonne Ouellette. Photo by Michael Neveux.



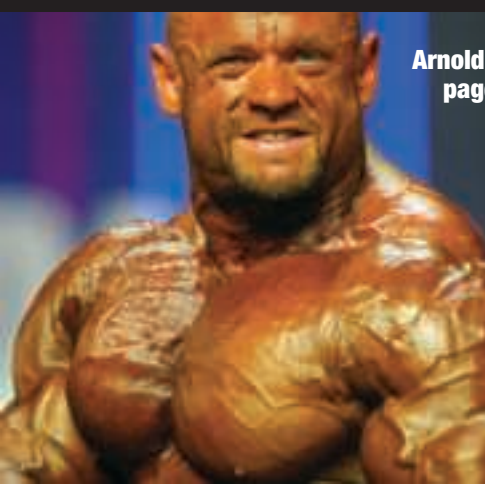
Female Muscle, page 296



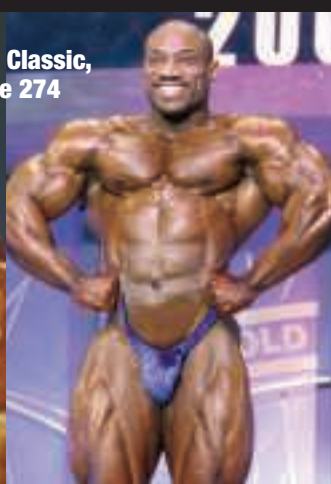
Heavy Duty, page 188



Bi-Laws, page 106



Arnold Classic, page 274





Muscle "In" Sites,  
page 266



Sebastian  
Zona,  
page 140



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Train to Gain,  
page 36



Pump & Circumstance,  
page 290



News & Views,  
page 268



## WEB ALERT!

For the latest happenings from the world of bodybuilding and fitness, set your browser for [www.IronmanMagazine.com](http://www.IronmanMagazine.com)  
[www.GraphicMuscle.com](http://www.GraphicMuscle.com)

## DEPARTMENTS

### 36 TRAIN TO GAIN

David Henry's leg program, HIT vs. volume training and Joe Horrigan's Sportsmedicine.

### 54 SMART TRAINING

Top strength coach Charles Poliquin says some rows don't help you grow.

### 62 EAT TO GROW

More to milk than meets the eye, how to instinctively stop eating too much and the carb-count cut catalyst.

### 94 CRITICAL MASS

Steve Holman discusses rep speed for fast mass.

### 100 NATURALLY HUGE

John Hansen wades through the mass confusion.

### 254 BODYBUILDING PHARMACOLOGY

Jerry Brainum dissects the GH-cancer connection.

### 266 MUSCLE "IN" SITES

New column! Eric Broser surfs the Web for cool stuff you can use—and some funny Arnold pics too.

### 268 NEWS & VIEWS

Lonnie Teper reports on the Arnold Classic—his always entertaining insider look at what went down.

### 290 PUMP & CIRCUMSTANCE

Ruth Silverman was in Columbus, too, with camera in hand. That means hot pics here, gang!

### 314 MIND/BODY CONNECTION

Randall Strossen, Ph.D., shows you how to think like a champ, and Dave Draper has a classic Bomber Blast on our favorite pastime. Then there's our photo double-whammy: Graphic Muscle Stars *and* Serious Training.

### 336 READERS WRITE

Retr-O rocks!—it's all about Rachel—Dunn deal and the weightlifting wow factor (lady lifters got it going on!).

### In the next *IRON MAN*

Next month we've got an eye-popping interview with training guru Dante, originator of Doggcrapp, or DC, training, which has developed a cult following on the Web. Pro bodybuilder David Henry swears by it, and not since Heavy Duty has a training system created so much buzz. Exciting stuff! Then Jerry Brainum looks at tanning. Is it safe? How much is too much? Are our muscles destined to be covered by a pasty, white shroud? Plus, our resident registered hypnotist Pete Siegel tells you now to ratchet up your intensity to Category 5, our TEG men take you further into the X-treme lean zone, and we'll have a titanic triceps workout that will turn your guns into cannons. Watch for the so-fly July *IRON MAN* on newsstands the first week of June.

## We Know Training

Fifty years ago this month I picked up my first barbell as a 100-pound eighth grader. Training consisted of simply lifting the barbell. I queried my uncle, whose barbell I was borrowing, and he said that when he was a teenager, he and his friends believed that anything they lifted was good for them. Just the act of lifting the barbell was seen as productive.

Even then I knew that there was more to it. Just prior to my starting to lift, my mother had bought me a copy of *Iron Man*. I knew by reading that 1956 issue that there was more to training than just lifting. I read the other magazines in the field in an attempt to gather as much information as possible in my quest to get bigger and stronger.

Though I was only 14, I appreciated the personal touch Peary and Mabel Rader gave to *Iron Man*. The people they featured were real; the information felt authentic and was. Back then *Iron Man* was about training as defined by the Raders. In many editorials and articles Peary would talk about the facets of training. For him it was much more than just lifting a barbell. He stressed getting good nutrition, eating six meals a day and developing consistent personal habits that contributed to the health benefits of the lifestyle. In fact, he advocated an integrated approach long before *lifestyle* entered our vocabulary. He talked about the psychological and spiritual aspects of training as well.

With the advent of modern food supplements (Rheo Blair Protein and so on), Peary became an early advocate of what was later tagged sports nutrition. He was the first to alert the world to the dangers of steroids—in 1963—and always stressed the fact that the so-called champs' routines were not necessarily the most effective for us genetically average trainees.

I was hooked on *Iron Man*, and 30 years later I became the publisher and owner of the icon that started me on my own lifelong involvement with training. While the world has changed greatly, the basic tenets of Peary and Mabel Rader still echo in every issue.

*Iron Man* has always been about the broader definition of training, a true lifestyle approach to personal development. It's aimed at people who want to be bigger, faster and stronger for themselves. We're not a fan magazine, even though we cover some bodybuilding competitions (for thousands of contest photos go to GraphicMuscle.com). Our focus is on you and helping you realize your training goals and dreams. When you scan the table of contents, you'll see that about 80 percent of the editorial pages are dedicated to all aspects of training.

For inspiration and motivation we add unusual and/or special pictorials on the art of bodybuilding. They may have a female focus, like our feature on the work of Bill Dobbins in this issue, or simply be one man's sculptural vision of the human body—the photography of David Paul, for example. They also include our celebration of the winner of our annual Art Zeller Award for Artistic Excellence. This year's recipient is Bob Gardner, whose photography will be featured in the July issue. Male or female, the intrinsic beauty of the human body has moved and inspired human-kind throughout history.

We strive to make every issue as packed with information and motivation as possible. Let me know how we're doing. Send comments or suggestions to me via e-mail at [ironleader@aol.com](mailto:ironleader@aol.com). **IM**



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