Big Mr. Olympia Preview: Full-Page Eye-Popping Pics!

20 POUNDS OF MUSCLE
In Only 2 Months!
How One Man Did It

BEST ARMS IN BODYBUILDING
See Moe El Moussawi
Load His Guns

BACK-TO-BACK ANGLE ATTACK
Lines-of-Force Concept
In Mass-Packing Action

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Bill Starr shows you how to get more pop at the top—and build more overall muscle in the process.
Next month is our 70th anniversary issue (yes, *IM* has been around since 1936!), and to celebrate, we’ve got a special pictorial of many of our classic covers. Full-page reprints featuring the legends of bodybuilding. Very cool, if we do say so ourselves.

Plus, we put the get-big interview Qs to Eric Broser, creator of the Power/Rep Range/Shock system, and he fires back with some interesting answers—as well as plenty of info you can use to get huge.

Then it’s on to lifting big with our bench press special, tips from Ryan “Bench Monster” Kennelly, the three-time Arnold Classic bench press world champ. You’ll be repping with three big wheels on each side of the bar in no time with this step-by-step program. Watch for the knockout November *IRON MAN* on newsstands the first week of October.
The **Olympia and Other Previews**

The most anticipated bodybuilding contest of the year is the Mr. Olympia, and this issue features full-page photos of some of the top competitors. In addition, Lonnie Teper gets out his crystal ball and makes his fearless predictions for the sport’s biggest battle. It all starts on page 238—and our “live” coverage of Olympia Weekend at IRON MAN’s Graphic Muscle.com, with photos (by Bill Comstock, Bill Dobbins and others) and audio interviews and reports (by Ruth Silverman and Lonnie Teper), starts on Thursday, September 28, and continues throughout the weekend.

Lonnie and Ruth have set the journalistic standard for news and personality reporting in the world of bodybuilding with their work in IRON MAN and at GraphicMuscle.com, and they recently added audio and video reportage. I find their spontaneous, mostly unedited, cinema (and audio) verite–style interviews and commentary to be exciting and personal in a way that only the Web can provide.

Look for IM’s GraphicMuscle.com to have the Internet’s most comprehensive Olympia experience. If you can’t be in Las Vegas for the O, it’s the next best seat in the house.

Elsewhere in this issue, Jerry Brainum reminds us of the incredible nutrient cache that is the apple. The old rhyme about an apple a day turns out to be truer than anyone knew. Research has validated the value of the apple, and Jerry explains not only the many ways it can help you build bigger muscles but also its numerous protective qualities. His comprehensive look at the research on this ubiquitous fruit starts on page 108.

Charles Poliquin’s insights are invaluable for the breadth of his experience with many types of athletes as well as the depth of his knowledge. He has trained athletes from many Olympic sports in addition to bodybuilders, and the answers he gives in his Q&A column, “Smart Training,” exhibit that unique mix of knowledge and experience. Learn from the coach on page 44.

Skip La Cour has walked the walk for many years—he’s a five-time Team Universe champion with an amazing physique. The Team Universe trials are the most prestigious drug-tested bodybuilding event in the United States. The best of the best compete, and Skip’s T.U. record—five heavyweight wins and two overall titles—stands alone. His “Top-10 Secrets of the Best Drug-Free Bodybuilders,” which begins on page 143, should become the mantra of anyone who aspires to greatness in the sport without using banned substances. In reading about them, you’ll notice that the first five secrets involve the mental aspects of bodybuilding—and for good reason. Skip knows that mental success always precedes physical success. If you don’t control the mental aspects, you can never achieve your true potential.

For comments on this issue or all things bodybuilding, send e-mail to IronLeader@aol.com. IM

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- John  Balik’s Publisher’s Letter
Breakthrough research in exercise metabolism now reveals this fact: What you consume (or don’t consume) immediately after training plays a critical role in determining your success or failure! That time period is known as the “anabolic window” of growth.

The biggest mistake many bodybuilders make is eating a meal of chicken breasts, baked potato or rice and vegetables after a workout. This is an approach doomed to fail because by the time this meal digests, the anabolic window has slammed shut.

The best way to produce this potent anabolic effect is simply by drinking an amino acid-and-carbohydrate supplement within 15 minutes after training! RecoverX™ offers the ideal combination and provides the perfect blend of nutrients for postworkout anabolic acceleration.

RecoverX™ contains 40 grams of the quickest-acting bio-available protein from hydrolyzed whey—extremely fast protein for immediate delivery—whey protein concentrate, glutamine peptides, arginine and 60 grams of carbohydrate to give you the necessary insulin spike.

RecoverX™ is the perfect postworkout meal to kick your muscle growth into overdrive!

The biggest bodybuilders know that the last few grueling reps of a set are the key growth reps. It’s why they fight through the pain of muscle burn on every work set—so they trigger the mass-building machinery. But sometimes it’s not enough; the burn is too fierce. Fortunately, there’s now a potent new weapon in this massive firefight to help you get bigger and stronger faster.

Red Dragon is a new beta-alanine supplement that packs your muscles with carnosine—up to 60 percent more. Muscle biopsies show that the largest bodybuilders have significantly more carnosine in their fast-twitch muscle fibers than sedentary individuals for good reason: Carnosine buffers the burn to give muscles more “grow power” on every set. The bigger and stronger a muscle gets, the more carnosine it needs to perform at higher intensity levels. You must keep your muscles loaded with carnosine to grow larger and stronger. It all boils down to intensity and the ability to buffer waste products—hydrogen ions and lactic acid—so the muscle doesn’t shut down before growth activation.

Straight carnosine supplements degrade too rapidly to reach the muscles; however, more than 20 new studies document that beta-alanine is converted to carnosine very efficiently. All it takes is 1 1/2 grams twice a day, and you’ll see new size in your muscles and feel the difference in the gym—you can double or triple your growth-rep numbers! Imagine how fast your size and strength will increase when you ride the Dragon!

Note: Red Dragon™ is the first pure carnosine synthesizer—so powerful it’s patented. It contains beta-alanine, the amino acid that supercharges muscle cells with carnosine.
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