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Hardbody,
page 258

IRON MAN™

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FEATURES

60 TRAIN, EAT, GROW 88

Back to Power week with our TEG men, who are still loving—and thriving on—their 3D P/RR/S program.

94 POWERFUL MUSCLE MEDICINE 3

John Little continues his interview with Doug McGuff, M.D. This month it's about the periodization myth, overtraining and reaching your genetic potential in only one year.

114 DERIK FARNSWORTH

David Young talks to IFBB pro Derik Farnsworth about competing against goliaths and the training he's using to become the next giant killer.

136 3D CALF TRAINING

It's a mass-building excerpt from the best-selling *3D Muscle Building* e-book. Positions of Flexion, X Reps, and a new pair of shoes can turn your calves into Brahma bulls.

156 A BODYBUILDER IS BORN 19

Ron Harris shows his young protégé why it's best to live to fight another day. (In other words, don't train when you're sick, dude—and stop coughing on me.)

174 SCIENCE OF MUSCLE GROWTH

Renowned researcher Jerry Brainum explores and solves many of the mysteries of anabolic actions. Plus, our top-six muscle growth facts you can use to get huge.

206 HEAVY DUTY

John Little explores the wisdom of Mike Mentzer.

214 IFBB FIGURE, FITNESS AND MS. OLYMPIAS

Big full-page pic after full-page pic of the best female bodies in the business—direct from Sin City!

248 MICKEY HARGITAY: IN MEMORIAM

252 JAY CUTLER OLYMPIA PICTORIAL

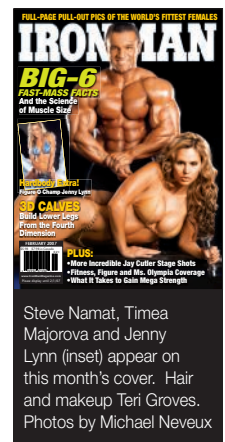
A photo tribute to the new king of bodybuilding. (More incredible in-your-face full-page pics here, gang!)

258 HARDBODY

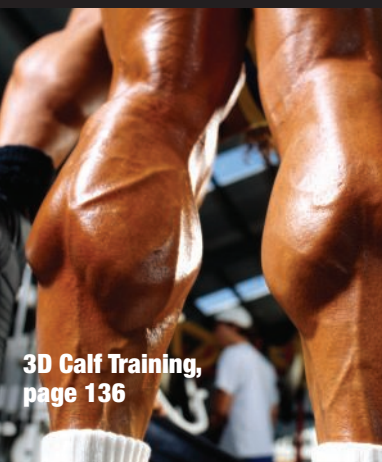
Speaking of incredible pics, you won't believe your eyes when you check out these Neveux shots of the new Figure Olympia champ, Jenny Lynn. Whew!

278 ONLY THE STRONG SHALL SURVIVE

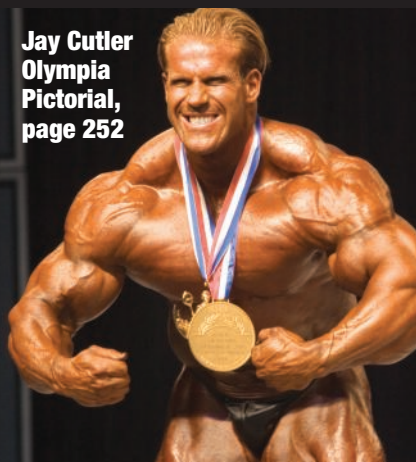
Bill Starr clues you in on what it takes to achieve mega strength. Mucho mass is sure to follow.



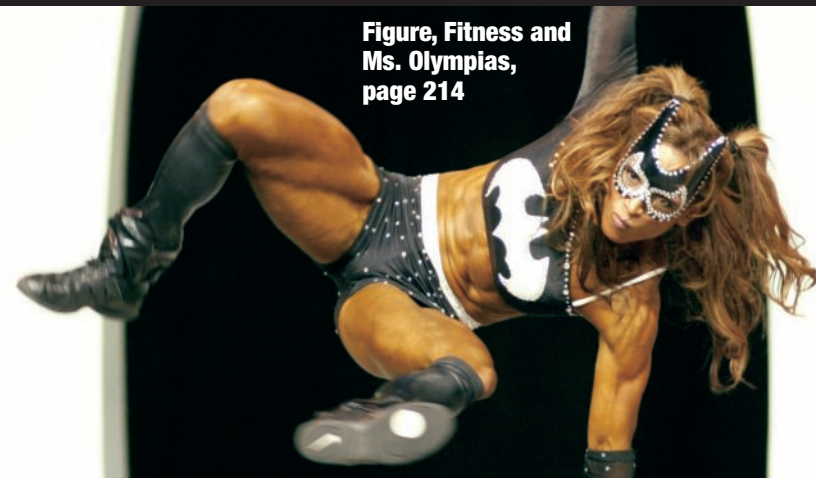
Steve Namat, Timea Majorova and Jenny Lynn (inset) appear on this month's cover. Hair and makeup Teri Groves. Photos by Michael Neveux



3D Calf Training,
page 136



Jay Cutler
Olympia
Pictorial,
page 252



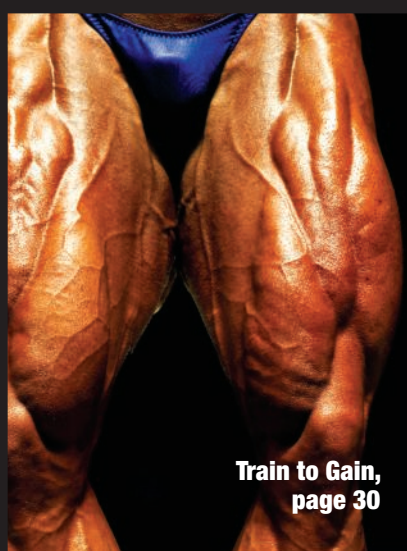
Figure, Fitness and
Ms. Olympias,
page 214



Derik Farnsworth,
page 114



**Only The
Strong Shall
Survive,**
page 278



Train to Gain,
page 30



News & Views, page 24



Pump & Circumstance,
page 272

WEB ALERT!

For the latest happenings from the world of bodybuilding and fitness, set your browser for www.IronManMagazine.com and www.GraphicMuscle.com.

DEPARTMENTS

30 TRAIN TO GAIN

Are front or back squats best for putting more size on your thighs? Plus, Sportsmedicine scribe Joe Horrigan looks at the stiff-legged deadlift.

44 SMART TRAINING

Coach Charles Poliquin looks at some calf training and gaining mistakes and the mechanical-advantage extended set. (Robot spotters? No, guess again.)

50 EAT TO GROW

Feeding the female athlete, caffeine can get you lean and sunny D (new facts on the sunshine vitamin).

78 CRITICAL MASS

Steve Holman has solutions for high-pec mass and rounder delts—and a pro-bodybuilder smackdown.

82 NATURALLY HUGE

John Hansen maps out a three-days-per-week get-big program. (Yep, you gotta squat, but only once a week.)

238 MUSCLE “IN” SITES

Eric Broser gives you the URL of that cool site at which you can do your own comparisons of the Mr. O competitors (you are the head judge!). Also, check out his new Net Results Q&A—info from across the Web landscape.

242 NEWS & VIEWS

Lonnie Teper follows up his ode to the Olympia with his hot NPC Nationals coverage and commentary.

272 PUMP & CIRCUMSTANCE

Ruth Silverman's got the goods on the great female competitors at the Nationals. Luckily, she had her trusty camera, which means more hot pics for us, gang.

292 MIND/BODY CONNECTION

Randall Strossen, Ph.D., warns, repeat for defeat. Dave Draper lights the Bomber Q&A fuse. Plus, Y3 is here.

300 BODYBUILDING PHARMACOLOGY

Jerry Brainum's second hit on whether to get off the pot—as in marijuana—or not.

304 READERS WRITE

Comments on our 70th anniversary issue as well as on Dr. McGuff's training stuff.

In the next IRON MAN

Next month it's our always incredible over-40 bodybuilding issue. Learn what it takes to build and maintain your best physique ever into middle age from folks like Skip La Cour, Dave Fisher and Rachel McLish, and catch our hard-hitting interview with legendary bodybuilder Bill Grant, who's now 60 and has muscles that rival competitors half his age. Plus, DHEA is back, with new studies to back the claims of its testosterone-promoting power. Is it for you? We have answers. Watch for the mind-blowing, age-mowing March IRON MAN on newsstands the first week of February.

Making History

Because Peary and Mabel Rader, who founded *Iron Man* in 1936, had such a profound influence on the world of muscle, strength and fitness and such a prominent place in this publication's history, I feel a strong responsibility to illuminate and incorporate the history of the iron game where it seems appropriate. As part of the *IRON MAN* Pro/FitExpo Weekend, I created an award in their names to celebrate those individuals who, like the Raders, have made significant contributions to our world. Vince Gironda, Joe Weider and Jack LaLanne are a few of the legends we've honored. This year we will posthumously add Mickey Hargitay to the list.

Hargitay always had vision, both as a competitor in the '50s and as a friend, confidant and benefactor of many in our world throughout his life. Like Arnold, who played him in "The Jayne Mansfield Story," Mickey remained involved and never forgot that bodybuilding had been his stepping-stone to all that came after it. He loved it dearly and never stopped promoting it.

Last summer, I had the honor of presenting to him the Muscle Beach Hall of Fame Award, and for anyone who was there to see and hear him, it was a moving experience. Hargitay was one of Arnold's heroes, and Arnold, his fellow immigrant, used the same pathway to success through bodybuilding as he had. Mickey's acceptance speech showed not only his great love of bodybuilding but also his love for the United States and the opportunities it gave him. The speech was patriotic in the best sense of the word.

Mickey passed away on September 14, 2006, and Gene Mozée has written a tribute to him, which appears on page 248. Mickey will receive the '07 Peary and Mabel Rader Lifetime Achievement Award at the *IRON MAN* Pro in Pasadena on February 17.

Mike Mentzer has a strong following as one of the modern pioneers of high-intensity/short-duration training, but not everyone embraces his theories. This magazine, which from its beginning espoused hard, brief workouts in contrast to the marathons of the so-called champs that were promoted by others, realizes the value of his philosophy as part of an overall approach to training. *IRON MAN* is unique in that we feature a variety of training techniques because we've found that there is no universal routine that brings optimum results to everyone. (You'll find Heavy Duty, John Little's monthly discussion of Mentzer's training theories, on page 206.)

Again, history is important—the various training methods didn't just pop into being but evolved as experience and science expanded our knowledge. Steve Holman's experience—and his creative mind—have brought forth two additions to the arsenal of effective training weapons: His Positions of Flexion gives everyone a clear path to total muscular development, and his more recent exploration of X Reps has pinpointed the science on why POF—and X Reps—work. Read "3D Calf Training," which starts on page 136, for more on his breakthrough ideas.

If you've found a system through your own experience that has brought you exceptional results, we'd like to hear about it. Please write to me at ironleader@aol.com. For more than 70 years *IRON MAN* has been the go-to source for training info. As we say, "We know training." **IM**



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