

SPECIAL OVER-40 BODYBUILDING ISSUE—PRIME-TIME MUSCLE

# IRON MAN

## OVER 40

**BODYBUILDING**



Rachel McLish



Clark Bartram

### How They Do It!

- **Anti-aging Supplements**
- **Training Tactics**
- **Motivation**

### Research Report:

**Growth Hormone**  
Increase Yours Naturally

### PLUS:

- **Get Your Swagger Back!**
- **Build Midback Muscle and Might**
- **DHEA Is Legal—But Is It for You?**
- **IRON MAN Pro/Arnold Classic Preview**



**Lee Apperson, 48**  
**Jennifer Micheli, 43**

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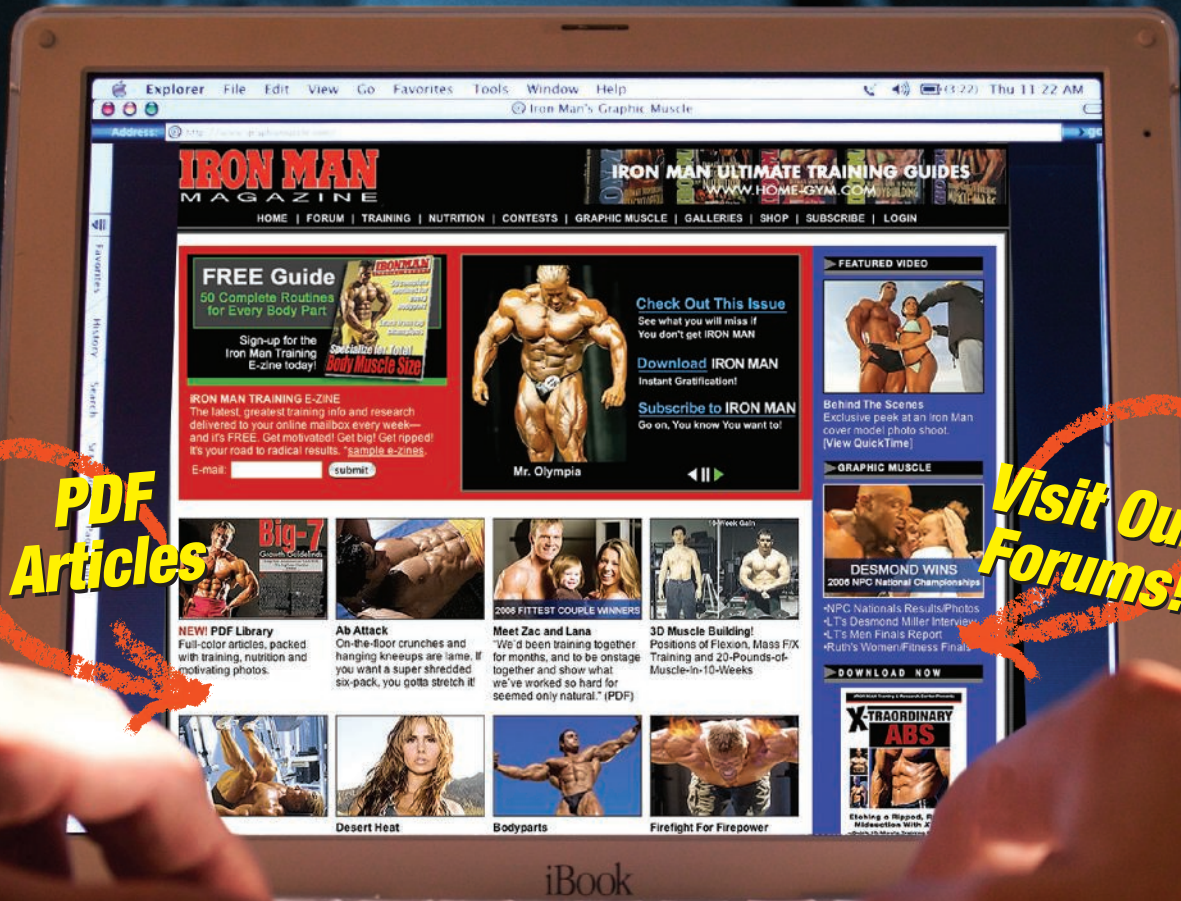
OVER-40 BODYBUILDING

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We Know Training™

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Lee Apperson, Jennifer Micheli, Rachel McLish and Clark Bartram appear on this month's cover. Photos by Michael Neveux

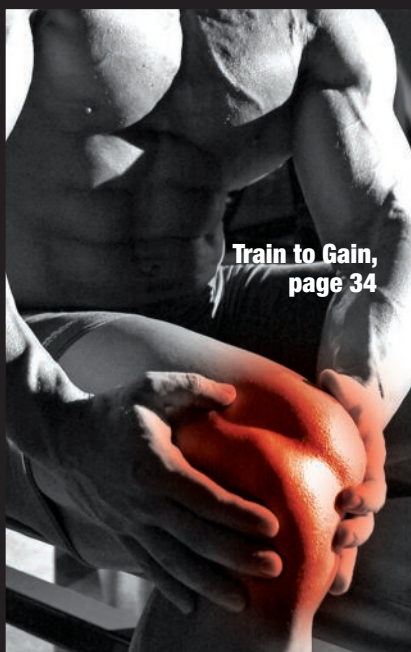
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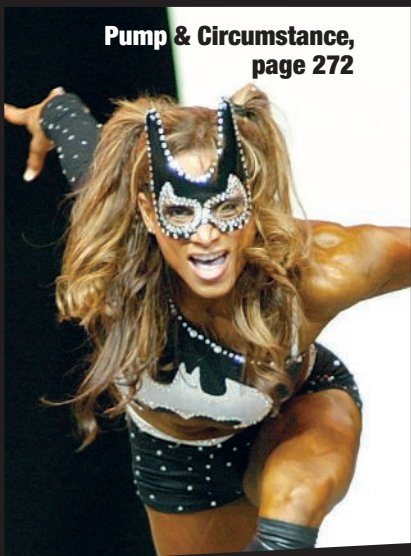
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#### **In the next IRON MAN**

Next month we've got an interview with Chad Martin, the '06 Jr. USA winner, who reveals the hardcore leg-training strategy that's helping him pack on super size. Plus, motivation man Pete Siegel reveals how to ignite a mind/muscle explosion by pushing your belief threshold into the champ zone. We'll also have another Bodybuilding.com feature to help you grow as well as lots of new info on Power/Rep Range/Shock, X Reps and 3D muscle building. Watch for the always awesome April IRON MAN on newsstands the first week of March.

#### **WEB ALERT!**

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

# Time to Train

The year 2007 is rushing toward me at an unbelievable rate as I write this. Everyone laments the passing of time and experiences the illusion that it goes more quickly as we get older. Possibly, it appears to move faster simply because we understand the ramifications of time more completely. The saying that time flies when you're having fun makes flying time a good thing, as if we needed a way to make time pass faster. Whether you work out for an hour or you just think about working out for an hour, the hour is gone. The former (action) creates the feeling of accomplishment; the latter (inaction) creates the feeling of failure or regret. I'm stating the obvious, but the obvious is sometimes the most difficult thing to keep in focus.



This issue celebrates longevity and bodybuilding's place in helping you remain strong and healthy for as long as possible. The knowledgeable application of bodybuilding, nutrition and supplementation principles, along with some cardio and stretching, will give you the tools to extract the most from your genetics. Peary and Mabel Rader began publishing *Iron Man* as what they called a self-improvement manual. Its focus has always been on helping people reach their goals. The magic of bodybuilding is that it applies to every body—male or female. It is a universal tool that can be adapted to the strongest or the weakest, to teenagers or to the geriatric. It does the same thing for every body—it makes the individual stronger by stimulating muscle growth.

Our mantra is, "We know training," but *training* encompasses much more than just the workout. Nutrition, supplementation and the inspiration to keep on training and eating right all play a part. Still, the workout is the cornerstone. Without anaerobic work, there is no real strength and muscle gain. Without the workout, perfect nutrition and supplementation become just a part of a pipe dream. From the beginning of time man has searched for the fountain of youth, and training is as close as we're going to get.

There it is, a simple truth—no magic. The magic is in the doing, and this issue spotlights a number of people who do it well. From Bill Grant, age 60, to Skip La Cour in his early 40s, to Rachel McLish, who is, as she puts it, "waaay over 40," these people have lived the bodybuilding lifestyle for most of their lives, and the results speak for themselves. Their tips, philosophies and photos should motivate you to hit the gym.

If you have comments about this issue, past issues or bodybuilding in general, write to me at [ironleader@aol.com](mailto:ironleader@aol.com). **IM**

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