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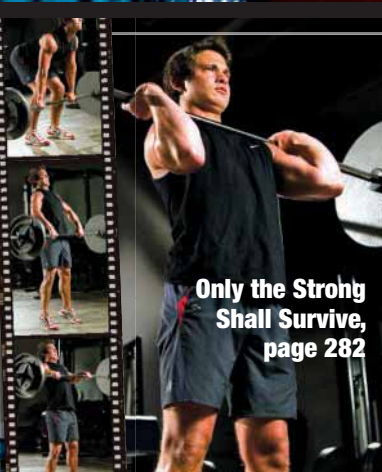
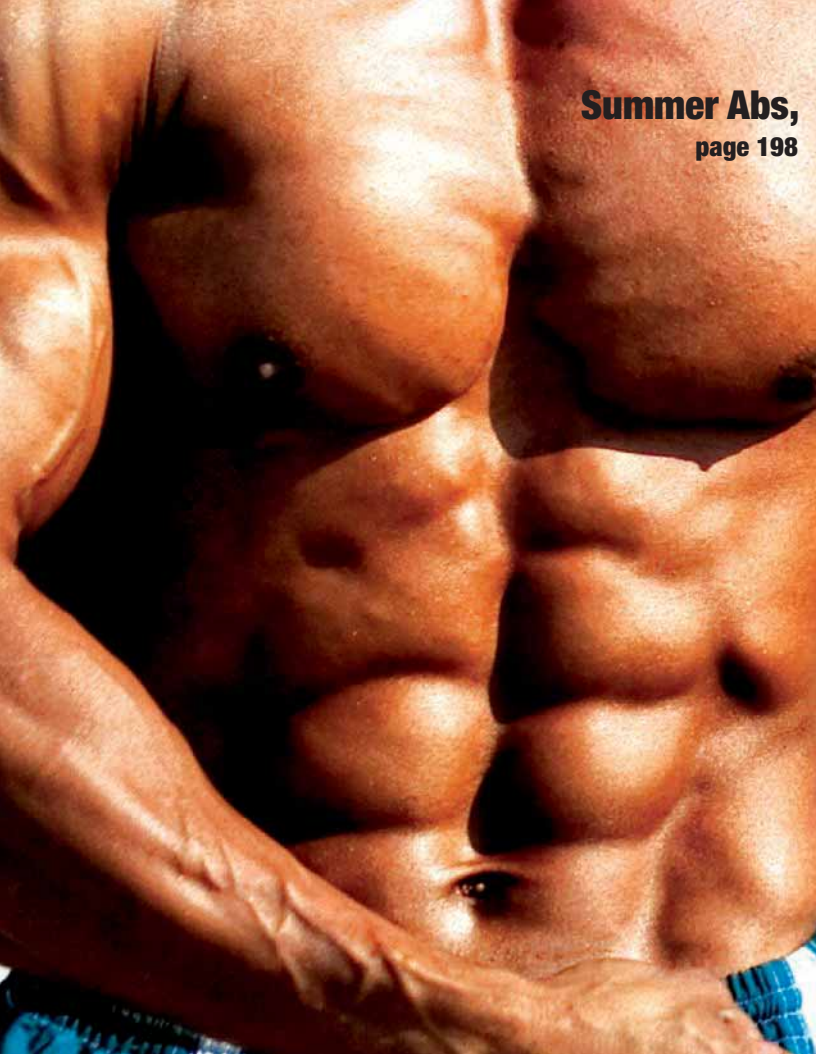
You'll definitely want to take a peek at Monica Mark's peaked physique. Wow!

256 IFBB FITNESS, FIGURE AND MS. INTERNATIONAL BLOWOUT

The women had it going on. Hot contest shots here. Plus, John Balik's backstage Femme Physique Vérité.

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Bill Starr's dynamic back-building advice.



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Cover photography by Michael Neveux. Abs by Dave Goodin. Inset photo: Dave Fisher.



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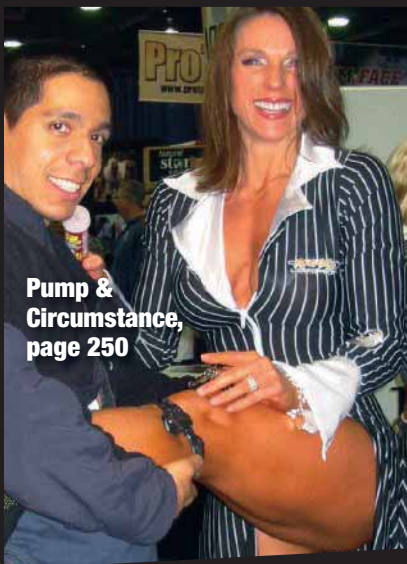
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Steroids: A real heartbreaker? Jerry Brainium checks out the research on their cardiovascular effects.

226 MUSCLE "IN" SITES

Eric Broser ran across Boyer Coe's new site and was very impressed. He was also impressed—in a different way—with a sizzling hot-babe site. His impressive Net Results Q&A is here too.

230 NEWS & VIEWS

Lonnie Teper is our go-to guy for physique-scene updates, not to mention Swami comedy. Jerry Fredrick's Hot Shots are in the house as well, and there's a remembrance of Ray Stern on page 236.

250 PUMP & CIRCUMSTANCE

Ruth Silverman covers the women's sports like smog covers L.A. That's not lightning, it's her camera flash popping. Lots of stimulating images here, folks.

292 MIND/BODY CONNECTION

Randall Strossen, Ph.D., explains the angles and edges of training, and TheRack flexes its home-training muscle.

304 READERS WRITE

Dazzling Dina Al-Sabah, eye-opening info and unreal wheels.

In the next IRON MAN

Next month we throw our annual birthday bash for our favorite Big Guy. No cake, just plenty of rare photos of the birthday boy himself, Arnold, in his prime. The Gov is turning 60, and we turn back the clock to when his muscles rocked. We're talking giant photos, many you've never seen before (we had to dig for them!)—a true collector's issue. Of course, we'll also have tons of training and nutrition info, like a delt blast from our Tactical Torture Training task master and lots of Power/Rep Range/ Shock and X-Rep insights. But back to Arnold—his birthday is July 30, so watch for the August IRON MAN on newsstands the first week of July.

WEB ALERT!

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

Relationships, Part 2

IRON MAN's success over the past 71 years is directly connected to our ability to deliver quality information that our readers find useful. *Useful* is probably an understatement—maybe *essential* would be a better characterization. You are not just a reader but also a doer, and that distinguishes you and your needs from those of the masses who are simply observers. What you demand from *IRON MAN* are the tools you need to help you realize your goals, and that's what you get. Our motto is, We know training, but it's more than that: We do training.

The result-producing information and ideas we present flow from the minds and experiences of a diverse and accomplished group of writers. We have the greatest range of subjects of any of the top bodybuilding magazines because of that unique mix of contributors.

Jerry Brainum would be on anyone's short list of top training-and-nutrition writers. With his 35-plus years of in-the-gym experience and in-the-journals research, he has probably counseled more bodybuilding stars on nutrition than all the so-called gurus combined. Jerry brings a passion to the science of bodybuilding that is second to none. His unique talent is to be able to gather the information, weigh it against his experience and then decode it so that the rest of us can understand and use it.

I recently watched Jerry's mind at work as he conducted two interviews, one with an M.D. and another with a Ph.D.—experts in their fields. While Jerry is a generalist and the men were specialists, his questions were as probing as any they had encountered. Jerry was able to comprehend what they were saying on a level that they had never experienced from a representative of a magazine that was not an academic publication—*IRON MAN*. They commented to me what a pleasure it was to work with someone who was so well versed in their subjects.

IRON MAN is also fortunate to have Charles Poliquin on our roster of writers. He contributes an extensive body of scientific knowledge tempered by the experience of a strength coach and bodybuilder. Charles stays on the cutting edge of exercise science, and he takes what he's learned and tests it in the crucible of his Poliquin Performance Center.

Bill Starr has a devotion to the basics of weightlifting—which work for most people—and he has honed them over his years as a professional strength coach. His series, *Only the Strong Shall Survive*, is a staple of *IRON MAN*, with information that's always innovative and inspiring. Check out this month's installment on dynamic moves for building the back. It's full of unique training insights—not your usual rows and pull-downs.

IRON MAN knows training because our contributors share your passion and commitment to bodybuilding. To comment, please send e-mail to me at ironleader@aol.com. **IM**



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