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IRON MAN

ARNOLD

**Dramatic
Photos of
the Oak
In His
Prime!**

Unbelievable Bench Press!

**675 at 165 Bodyweight
How Joe Mazza Did It**

Through the Wall

**You Can Blast
Past Mass Plateaus**

AUGUST 2009

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CONTENTS

**AUGUST
2009**

FEATURES

70 TRAIN, EAT, GROW | 18

10x10's greatest hits—best bodypart workouts.

100 A BODYBUILDER IS BORN 49

Ron Harris lays out the mass-building cure for the summertime blues.

108 ARNOLD

Rare, classic pics of the king of bodybuilding—perfect for framing and motivation for training.

142 AZARIAN SHOULDER ASSAULT

How Alex Azarian activates his delt-size detonator. Cory Crow interviews the national-level flexer.

156 GIFT OF THE GRAPE, PART 2

Jerry Brainum concludes his look at resveratrol, an amazing anti-aging antioxidant.

174 CONFESSIONS OF A RECOVERING BODYBUILDER

Drug-free champion Skip La Cour continues his tale of obsession, self-absorption and antisocial behavior.

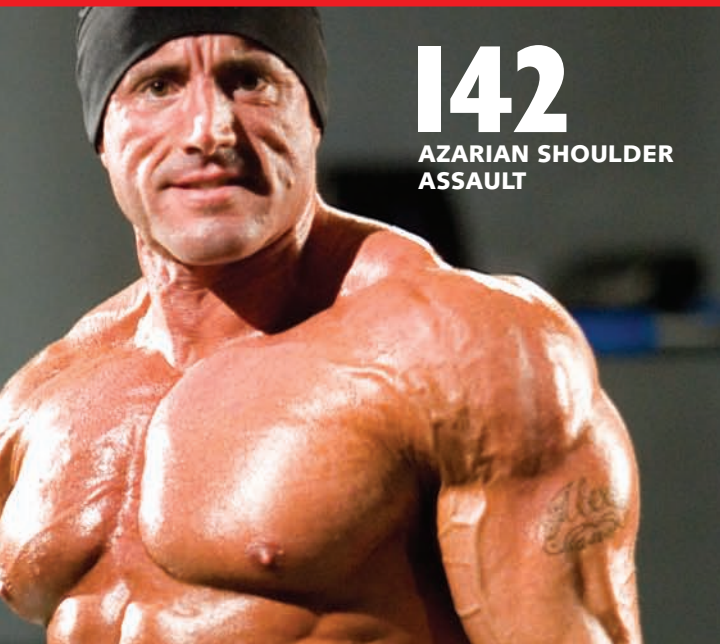
108

ARNOLD



142

AZARIAN SHOULDER
ASSAULT



NTS

184 HEAVY DUTY

John Little reveals Mike Mentzer's findings on ab training and motivation.

192 POWER SURGE

Sean Katterle lays out the program of one of the best benchers in the world, Joe Mazza. Would you believe 675 at 165 pounds? Unreal!

216 VINCE GIRONDA'S RAW BEGINNER'S WORKOUT

From the Bodybuilding.com archive, Callum Mahoney outlines the legendary Iron Guru's starter program, a controversial out-of-the-blocks muscle builder.

238 PROFILES IN MUSCLE: ROLAND KICKINGER

From Austria to the bodybuilding stage to Hollywood: Kicking the conqueror.

246 IFBB MS., FITNESS AND FIGURE INTERNATIONAL

An image homage to the victors of the ladies' body battles in Columbus, Ohio.

250 FEMME PHYSIQUE

Steve Wennerstrom, IFBB Women's Historian, looks back at the Ms. Olympia.

266 ONLY THE STRONG SHALL SURVIVE

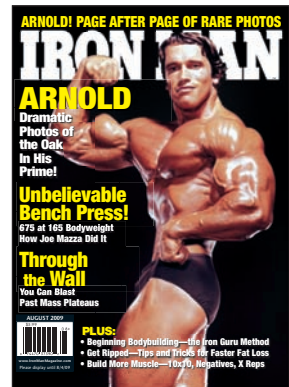
Coach Bill Starr takes you through the wall—overcoming sticking points.



156
GIFT OF THE
GRAPE

Arnold Schwarzenegger appears on this month's cover. Photo by Caruso.

Vol. 68, No. 8



DEPARTMENTS

32 TRAIN TO GAIN

Size on the tri's, strip away bodyfat, and Joe Horrigan busts shoulder-training myths.

46 SMART TRAINING

Coach Charles Poliquin shows how negative emphasis can equal positive muscle gains.

54 EAT TO GROW

Faster muscle refueling, super algae and calcium—a testosterone booster?

82 NATURALLY HUGE

John Hansen looks at tested vs. untested contests and proper program splitting.

90 SHREDDED MUSCLE

Drug-free bodybuilder Dave Goodin's psychology for overcoming stage fright.

94 CRITICAL MASS

Steve Holman's tips for faster fat loss.

224 NEWS & VIEWS

Lonnie Teper's behind-the-scenes look at the world of bodybuilding—plus his Rising Stars.



240 PUMP & CIRCUMSTANCE

Ruth Silverman and her camera capture the hard curves of the women's side of the physique sports.

254 MUSCLE "IN" SITES

Eric Broser checks out a couple of hot forums, reviews a classic Flex Wheeler DVD and then merges Positions of Flexion with his P/RR/S.

258 BODYBUILDING PHARMACOLOGY

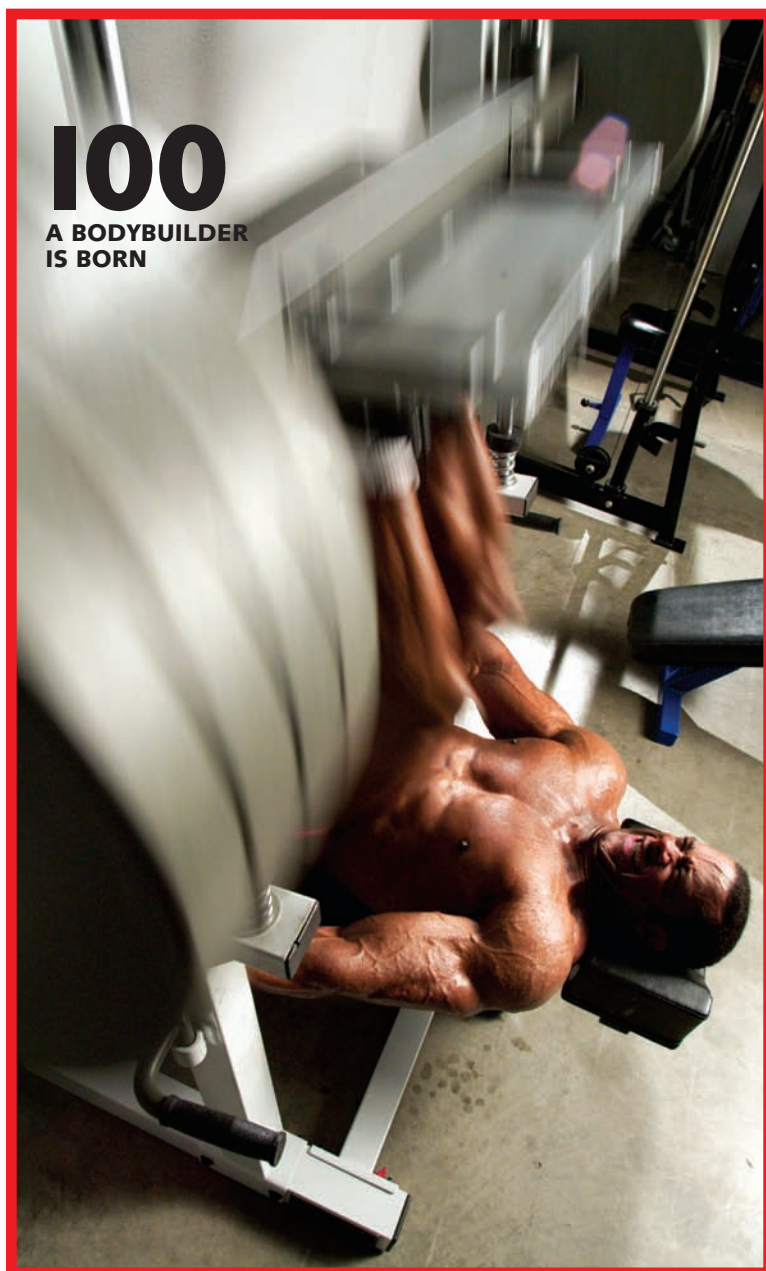
Jerry Brainum looks at new research on muscle destruction from steroids.

274 MIND/BODY CONNECTION

Bomber Blast, meditation sensation and BodySpace Physique of the Month Eric Abenoja.

286 READERS WRITE

Classic Shredder and BodySpace bravado.



In the next **IRON MAN:**

Come September, we get up close and personal with another Austrian Oak, Tony Breznik, the 2008 Mr. Austria. You won't believe the muscle size on this dude, and he's been training for less than five years! Plus, we have a high-flying pictorial of Fitness Olympia and International champ Jen Hendershott. Lensmaster Michael Neveux took Jen and her trusty trampoline to the beach for some flippin' great pics. Also, we've got more 10x10 spin, P/RR/S success, new heat-shock protein research and X-Factor arm training to get you growing. Find the September issue on newsstands the first week of August.

Iconic Images



This issue is our annual Arnold birthday special, and we're featuring the photos of Jimmy Caruso and Gene Mozée. Jimmy and Gene were both honored by *IRON MAN* with the Art Zeller Artistic Achievement Award—Gene in 2001 and Jimmy in '02. The images of Arnold that begin on page 108 underline the greatness of their talents. Each picture is a priceless example of their art that highlights arguably the best bodybuilder of all time. We present most of them one to a page so you can more easily frame them for your home gym. Enjoy!



Jimmy Caruso.

Neveux

Speaking of outstanding photographers—and another recipient of the Art Zeller Artistic Achievement Award—here's to my good friend Chris Lund, who we honored in 2004. Has anyone brought more enthusiasm and intensity to workout photography? If you've ever had the privilege of being photographed by Chris or watching one of his gym shoots, you've seen someone who was absolutely obsessed with getting everything out of his subject. Perfectly lit, jaw-dropping muscle plus technical excellence are the hallmarks of his work. As relentless as his demands on his subjects were, his demands on himself in

pursuit of the perfect image were even more so. The intensity and sheer visceral grit of his black and white photography have been copied by many but never equaled.

The photograph is always a reflection of the photographer and his sensibilities, and Chris' deep love of the sport of bodybuilding and respect for his subject are visible in every image.

He's the last holdout for film; he's never shot digital. Now Chris has decided to turn the page—he feels he's taken his art as far as he can, a decision that marks the end of an era. Chris defined the look of *Flex* with his wonderful images for more than 20

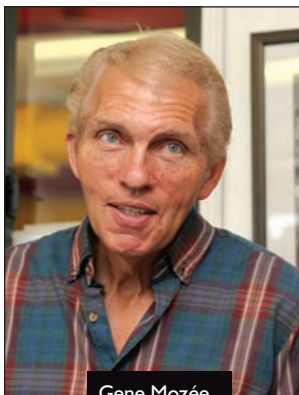
years and is the last of the artistic team that worked directly with Joe Weider—as Mike Neveux and I did before him.

Chris is more than a gifted photographer who worked incredibly hard at his craft. He's a genuine character—and I say that with great affection. His British accent coupled with an absolutely in-your-face honesty make him fun to be around. Quick to laugh with a sardonic sense of humor, Chris will be missed for both what he brought to the sport and what he means to those of us who call him a friend. **IM**



Chris Lund.

Neveux



Gene Mozée.

Comstock

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