

GET BIG! 5 FAST-MASS WINTER WORKOUTS

# IRON MAN

## POWER BODYBUILDING

Pack On Size and Strength With Cover Man Dave Goodin

Muscle-Science Roundup

7 Tips to Get You Big and Ripped

Shorter Workouts Shocking Gains

Growth Economics for Major Muscle Inflation

Critical Cuts

Get Seriously Shredded Supplements, Diet, Training

JANUARY 2010

\$5.99

0 1 >



www.IronManMagazine.com

Please display until 1/1/10

**PLUS:**

- Mr. Olympia—Giant Pics of Monster Muscle!
- Strength Coach's Strong-Arm Tactics
- Build Diamond Delts With Todd Jewell

Dave Goodin, 50 & Crystal West, 43

# IRON MAN™

WE KNOW TRAINING™

# CONTE

**JANUARY  
2010**

## FEATURES

### **68 TRAIN, EAT, GROW 123**

Low-carb lowdown and the 50-year-old X-man.

### **96 A BODYBUILDER IS BORN 54**

Ron Harris' second installment on facing judgment day—and hitting the stage with confidence.

### **104 MUSCLE-SCIENCE ROUNDUP**

Seven recent research reports that can help you morph impressive mass and muscularity.

### **120 OLD-SCHOOL BODYBUILDING, SHREDDER STYLE**

David Young gets some size-building secrets from IFBB pro Dave Goodin—plus Dave's power workout.

### **142 CRITICAL CUTS**

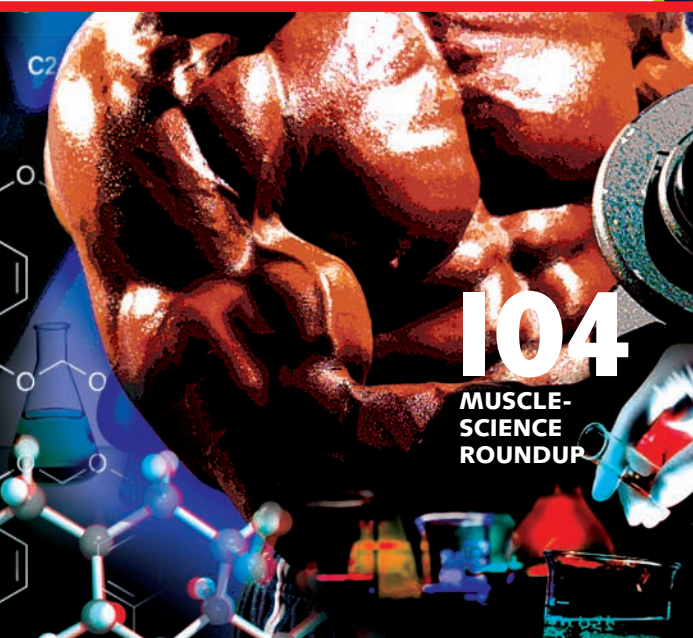
Melt fat fast and achieve that grainy look with this new ripping agent.

### **150 SPICE OF LIFE**

Jerry Brainum delves into the research on curcumin and how it can improve health, longevity and workouts.

# 120

**OLD-SCHOOL  
BODYBUILDING,  
SHREDDER  
STYLE**



# 104

**MUSCLE-  
SCIENCE  
ROUNDUP**

# NTS

## 166 DIAMOND DELTS

Cory Crow digs deep into Todd Jewell's brilliant shoulder-training strategy.

## 182 HEAVY DUTY

John Little looks back at how Mike Mentzer really trained, including his three-days-per-week Mr. America routine.

## 196 IRON MAN JAPAN

Publisher John Balik pays a visit to our sister publication across the Pacific.

## 200 MASS-BUILDING ECONOMICS

From the Bodybuilding.com archive, Steven Morris on workout allocation.

## 222 PROFILES IN MUSCLE: KEVIN JASONN ENGLISH

How the Olympia 202 Showdown winner builds maximum muscle with a shredded edge.

## 230 FEMME PHYSIQUE

Steve Wennerstrom, IFBB women's historian, continues his in-depth look at the legendary California Championships.

## 236 IFBB MR. OLYMPIA

Dramatic full-page pics of the big dudes from bodybuilding's biggest show.

## 250 ONLY THE STRONG SHALL SURVIVE

Strength coach Bill Starr offers proven strong-arm tactics for bulletproofing your wrists and elbows—so you can drive up monster weights with ease.



Dave Goodin and Crystal West appear on this month's cover. Hair and makeup by Teri Groves. Photo by Michael Neveux.

Vol. 69, No. 1



# DEPARTMENTS

## 34 TRAIN TO GAIN

Squats, laterals and assorted training tips and tricks—plus, Joe Horrigan's Sportsmedicine.

## 48 SMART TRAINING

Coach Charles Poliquin talks strength training for MMA fighters.

## 54 EAT TO GROW

The myth of the balanced diet, the power of protein combos and more.

## 80 NATURALLY HUGE

John Hansen says to specialize for arm size.

## 88 SHREDDED MUSCLE

Drug-free bodybuilder Dave Goodin talks about how he achieved IFBB pro status.

## 92 CRITICAL MASS

Steve Holman analyzes the power pyramid and why it's a megamass booster.

## 190 MUSCLE "IN" SITES

Eric Broser reviews *Alpha Male Challenge* and Jay Cutler's site—plus, P/RR/S training.

## 208 NEWS & VIEWS

Lonnie Teper's behind-the-scenes Mr. Olympia commentary—direct from Vegas.



## 242 BODYBUILDING PHARMACOLOGY

Jerry Brainum looks at the facts and figures on testosterone reduction and soy.

## 224 PUMP & CIRCUMSTANCE

Ruth Silverman reports on the women of iron from Sin City. Cool pics of hot bods at the O.

## 258 MIND/BODY CONNECTION

Skip La Cour's new MAN-formation column, plus a review of Clarence Bass' *Great Expectations*.

## 270 READERS WRITE

Fun in the sun, cover double take, genetics rule and fat-to-muscle results.



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

Our February issue is guaranteed to blow up your guns to unreal proportions. Drug-free bodybuilder Michael O'Hearn outlines his secrets for getting true 20-inch arms without resorting to steroids. Prepare to stretch your shirtsleeves! And for you strongman fans, we check in with New York Giants lineman Chris Snee, the NFL's strongest player and a man who can move defenders as well as heavy iron. Plus, we'll have the Fit Couple winners and a power-density workout with an Arnold connection. Find the February **IRON MAN** on newsstands the first week of January.

**Publisher/Editorial Director:** John Balik  
**Associate Publisher:** Warren Wanderer  
**Design Director:** Michael Neveux  
**Editor in Chief:** Stephen Holman  
**Art Director:** T.S. Bratcher  
**Senior Editor:** Ruth Silverman  
**Editor at Large:** Lonnie Teper  
**Articles Editors:** L.A. Perry, Caryne Brown  
**Assistant Art Director:** Fernando Carmona  
**Staff Designer:** Chris Martinez  
**Webmaster:** Brad Seng  
**IRON MAN Staff:**  
Sonia Melendez, Mervin Petralba

**Contributing Authors:**

Jerry Brainum, Eric Broser, David Chapman, Teagan Clive, Lorenzo Cornacchia, Daniel Curtis, Dave Draper, Michael Gündill, Rosemary Hallum, Ph.D., John Hansen, Ron Harris, Ori Hofmekler, Rod Labbe, Skip La Cour, Jack LaLanne, Butch Lebowitz, John Little, Stuart McRobert, Gene Mozée, Charles Poliquin, Larry Scott, Jim Shiebler, Roger Schwab, C.S. Sloan, Bill Starr, Bradley Steiner, Eric Sternlicht, Ph.D., Randall Strossen, Ph.D., Richard Winett, Ph.D., and David Young

**Contributing Artists:**

Steve Cepello, Larry Eklund, Ron Dunn

**Contributing Photographers:**

Ron Avidan, Roland Balik, Reg Bradford, Jimmy Caruso, Bill Dobbins, Jerry Fredrick, Isaac Hinds, Dave Liberman, J.M. Manion, Merv Gene Mozée, Mitsuru Okabe, Ian Sitren, Leo Stern

**Marketing Director:**

Helen Yu, (805) 385-3500, ext. 313

**Accounting:** Dolores Waterman,

(805) 385-3500, ext. 324

**Advertising Director:** Warren Wanderer

(805) 385-3500, ext. 368

(518) 743-1696; FAX: (518) 743-1697

**Advertising Coordinator:**

Jonathan Lawson, (805) 385-3500, ext. 320

**Newsstand Consultant:**

Angelo Gandino, (516) 796-9848

**Subscriptions:**

1-800-570-4766 or (714) 226-9782

E-mail: [subscriptions@ironmanmagazine.com](mailto:subscriptions@ironmanmagazine.com)

We reserve the right to reject any advertising at our discretion without explanation. All manuscripts, art or other submissions must be accompanied by a self-addressed, stamped envelope. Send submissions to IRON MAN, 1701 Ives Avenue, Oxnard, CA 93033. We are not responsible for unsolicited material. Writers and photographers should send for our Guidelines outlining specifications for submissions. IRON MAN is an open forum. We also reserve the right to edit any letter or manuscript as we see fit, and photos submitted have an implied waiver of copyright. Please consult a physician before beginning any diet or exercise program. Use the information published in IRON MAN at your own risk.

**IRON MAN Internet Addresses:**

Web Site: [www.ironmanmagazine.com](http://www.ironmanmagazine.com)

John Balik, Publisher: [ironleader@aol.com](mailto:ironleader@aol.com)

Steve Holman, Editor in Chief: [ironchief@aol.com](mailto:ironchief@aol.com)

Ruth Silverman, Senior Editor: [ironwman@aol.com](mailto:ironwman@aol.com)

T.S. Bratcher, Art Director: [ironartz@aol.com](mailto:ironartz@aol.com)

Helen Yu, Marketing: [helen@ironmanmagazine.com](mailto:helen@ironmanmagazine.com)

Warren Wanderer, Advertising:

[warren@roadrunner.com](mailto:warren@roadrunner.com)

Jonathan Lawson, Ad Coordinator: [ironjdl@aol.com](mailto:ironjdl@aol.com)

Brad Seng, Webmaster: [brad@ironmanmagazine.com](mailto:brad@ironmanmagazine.com)

## Winter-Training Tune-up



Workout change promotes muscle gains. That's true any-time, but it's especially true when the weather turns frigid. It can be prime growing time, but for most trainees winter means low temperatures *and* low motivation—who needs peaked-out, ripped-up muscles when you're all bundled up and no one can see them? Unfortunately, that attitude can lead to a big missed opportunity.

Arnold considered the beginning of winter as his first mass-building phase, kicking off around the end of November. According to *IRON MAN* Publisher John Balik, who stayed with the Oak in Santa Monica, California, in 1974, "At this point in his training he was using relatively few exercises but working them very hard."

In other words, as winter moved in, Arnold adopted a pure back-to-basics approach, using only the key exercises that work the major muscle groups—you probably know them by heart: squats, bench presses, rows, chins, etc. We have a few fine examples of that type of training in this issue.



Two great ones appear in "Old-School Bodybuilding, Shredder Style," an interview with new drug-free IFBB pro Dave Goodin. He outlines his three-days-per-week off-season routine and also a unique power-bodybuilding program, either of which is perfect for a winter size-and-strength phase. David Young also gets Goodin to go into detail about his diet and mo-

tivation strategies, so there's obviously lots of valuable information packed into the in-depth Q&A, which begins on page 120.

Two more excellent programs are outlined in Train, Eat, Grow, written by yours truly and my workout partner, Jonathan Lawson. While they aren't pure back to basics per se, each bodypart routine begins with a big, compound exercise and finishes with stretch- and contracted-position moves to complete the full-range chain economically. They represent more of a balanced Positions-of-Flexion-based attack that you can easily alter to your winter-training needs. [Note: Next month's Train, Eat, Grow will feature a more basic power-density program you can use as your second phase of winter training.]

Along those same lines is this month's selection from the Bodybuilding.com archive, "Mass-Building Economics," in which Steven Morris lays out a philosophy for retooling your workouts to get the biggest bang for your effort buck. It's better exercise allocation for serious muscle inflation. His views are informative as well as entertaining, and after reading the piece, which starts on page 200, you'll see why whittling your workouts to a few key mass moves, especially at this time of year, is a size-surgency necessity.

No question that now's the time to take advantage of winter's mass-building opportunities and redesign your program. A calorie surplus means it's much easier for your body to pack on muscle than it is when you're on a summer ripping diet. Take advantage of this prime time, and you'll be growing like crazy into the new year and beyond. Happy holidays, indeed! **IM**