



**IRON MAN Pro,**  
page 238



**Stretch Overload,**  
page 118



**Tactical Torture Training,**  
page 136



**Only The Strong Shall Survive,**  
page 282

# IRON MAN™

We Know Training™

## FEATURES

### 62 TRAIN, EAT, GROW 91

More Power/Rep Range/Shock but a new program and split—the original X-Rep mass and detail workout.

### 104 FREE WEIGHTS VS. MACHINES

Jerry Brainum checks out the research and makes observations about this fight for might and muscle.

### 118 STRETCH OVERLOAD

Is it the ultimate technique for muscle expansion? Steve Holman explores the research clues and gives you tips you can use to get huge.

### 136 TACTICAL TORTURE TRAINING

William Litz takes X Reps and stretch overload into the gym to blast chest and back into new growth. The hurt feeds a growth spurt. Check out his results.

### 154 A BODYBUILDER IS BORN 22

Ron Harris tells his protégé to use his superpowers for good, not evil—and shows why he should put away the tight shirts.

### 160 HEAVY DUTY

Part 2 of a lost Mike Mentzer interview from 1986.

### 180 ERIC FANKHOUSER'S LEGS

Monster leg training with the House. Nice foundation!

### 198 FAT-BURNING FIRESTORM

George Redmon, Ph.D., talks ripping compounds that rival ephedra.

### 208 BUILDING TRICEPS

From Bodybuilding.com: Matt Weik outlines the best tri' tips and training programs.

### 216 FLEX WHEELER

Rod Labbe probes the mind of bodybuilding legend Flex Wheeler. Interesting stuff here, gang. And great pics too.

### 238 IFBB IRON MAN PRO

Let the pro season begin. The first '07 champ is...

### 250 HARDBODY

Dina Al-Sabah dazzles With her mystique—and her physique. Photography by Bill Dobbins.

### 282 ONLY THE STRONG SHALL SURVIVE

Bill Starr's insightful look at dealing with dings—as in those pesky injuries that keep making you wince.



Daniele Seccarecci, Erica Thompson and Monica Mark appear on this month's cover. Hair and makeup Yvonne Ouellette. Photo by Michael Neveux