

NATURAL BODYBUILDING, NUTRITION, FITNESS AND HEALTH

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SINCE 1936

IRONMANUAL
WARRIOR
WORKOUT

DRUG TESTING
THAT LEVELS
THE FIELD

CLARK
BARTRAM

FITNESS
BREAKTHROUGH
BIOMARKERS

SUPPLEMENTS

HYPE vs **REALITY**

AT

62

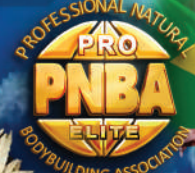
REDEFINING WHAT IT
MEANS TO BE THE BEST

INBA PNBA
CONTINUES SETTING
THE GLOBAL STANDARD

GAINS IN BULK PRESENTS

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Clark Bartram

■ Table Of Contents



26
**CLARK
BARTRAM**

IRON MAN

FALL 2025

FEATURES

26 Beyond the Abs: Clark Bartram's Rise from Fitness Fame to Fearless Mentor

He conquered the spotlight with his physique. Now he's shaping lives with purpose, passion, and wisdom.

34 Left for Dead: How Anton Troy Transcended His Own Ghost and Hit the Gym

Abandoned by the industry and haunted by his past, Anton Troy hit rock bottom. But through iron and inner fire, he rebuilt a life beyond the script... one rep at a time.

46 The World of Natural Bodybuilding Shines in Salou

Athletes from around the globe brought next-level energy, excellence, and inspiration to the stage.

DEPARTMENTS

10 IRON MANUAL

Train like a warrior with Clark's high-intensity routine designed to push limits and build grit.

18 NUTRITION

Discover science-backed strategies to fuel clean, recover faster, and thrive for the long run.

22 SUPPLEMENTATION

Hype vs. Reality for Natural Athletes. Not all that glitters builds muscle.

38 SEXY & FIT

2X INBA PNBA Natural Olympia World Champion: Nayfer Tovar

40 NATURAL BODYBUILDING

A Celebration of Natural Excellence in Japan. INBA/PNBA Asia Pacific Pro/Am Championship.

44 OPTIMIZE TRAINING

Learn how biomarkers are transforming recovery plans, hormones, and training precision.

A LEGACY OF LONGEVITY, LEADERSHIP, & LIVING THE LIFESTYLE

Since the early 1990s, Clark Bartram has been a symbol of what this industry is all about: discipline, integrity, and unwavering passion. From the moment he stepped onto the fitness scene, Clark didn't just follow the trends he set the tone. With every rep, every clean meal, and every message he's shared with aspiring athletes, Clark has embodied the foundational principles that define lasting success: consistency in weight training, smart nutrition, and a mindset rooted in positivity and purpose.

In a world and an industry where it can be easy to get sidetracked by quick fixes or hollow promises, Clark has stayed the course. Even in the face of personal health challenges, including his recent battle with prostate cancer, he never wavered in his commitment to a lifestyle of longevity. He remained, and continues to be, a warrior. Not just in physique, but in character.

That's why it brings us great pride to feature Clark Bartram once again on the cover of Iron Man Magazine. His return is more than a nod to the past; it's a celebration of what's possible when you stay true to your values and live the lifestyle every day. This issue is dedicated to Clark, a man who represents what longevity, relevance, and resilience truly look like in fitness. Inside, we've curated content that aligns with Clark's core values and continues the conversation around

what it takes to thrive, not just survive in this sport. From cutting-edge Nutrition Strategies for Longevity and Peak Performance to the increasing use of biomarkers for optimizing training, recovery, and hormone health, this issue is packed with valuable tools for every athlete who wants to go the distance.

And speaking of going the distance, the INBA PNBA continues to set the global standard. With spectacular events held this year in Tokyo, Japan, Solu, Spain, and Buenos Aires, Argentina. INBA PNBA natural athletes are pushing boundaries and raising the bar on every continent. These competitors aren't just chasing trophies, they're representing their countries, their discipline, and the very essence of what natural bodybuilding stands for. Their road leads to the pinnacle of natural bodybuilding: the Natural Olympia, taking place November 6th–9th in Las Vegas, Nevada. Join us at the Golden Nugget Hotel in Las Vegas or on the livestream and watch history in the making.

In the spirit of legends like Clark Bartram, we continue to press forward. Not just with muscle, but with meaning.

As always, Iron Man Magazine remains committed to covering the full fitness and natural bodybuilding landscape, from beginners to hardcore athletes, delivering real stories and real results for today's iron warriors.

Stay Strong, Stay Natural
-Denise Kakos-Rivas

CREDITS

Denny Kakos
Owner, Publisher

Denise Kakos-Rivas
Editor-in-Chief

Graphic Design
KNG Marketing Group

Photography
Michael Neveux
Dunavolgyi Media Team
Jared Fix
Lorenzo Gaspar

Contributors
Doug Grant
Lorenzo Gaspar
Sauro Ciccarelli
Kevin Chiak
Sabrina Ang
Iron Man Editorial Team

Cover Photo:
Clark Bartram
@clarkbartramton

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GAINS



**"WE HAVE BEEN SHOCKED BY
HOW GOOD THIS STUFF IS..."**



SCAN FOR FREE WELCOME KIT

FROM THE PRESIDENT'S DESK

“PROTECTING THE LEGACY OF TRUE NATURAL BODYBUILDING”

NOT ALL DRUG TESTS ARE CREATED EQUAL: WHY INBA PNBA TRUSTS ONLY WADA

In my last article, I asked: Can you really trust a drug-free platform offered by a non-tested federation? The truth is that without credible testing, “natural” is just a marketing slogan. Drug-free bodybuilding cannot be borrowed, bought, or branded overnight. It must be proven with transparency, accountability, and unwavering integrity. I want to explain what real drug testing looks like and why the INBA PNBA has upheld that gold standard for nearly four decades.

Some federations claim to be “drug-free,” yet their testing protocols are nonexistent. The INBA PNBA, testing protocols is the foundation of our mission. From day one, we have committed to ensuring that everyone on our stage competes on a truly level playing field.

When we say drug testing, we mean Olympic-level standards, not just show-day checks. Here's how we do it:

In-Competition Testing: every show.

Out-of-Competition Testing: surprise, unannounced, anytime.

Random Testing: ensuring no one escapes scrutiny.

Target Testing: when red flags emerge, we act.

Reasonable-Suspicion Testing: no excuses, no loopholes.

Both urinalysis and blood testing is conducted, and is processed exclusively by WADA-accredited laboratories, the world's most trusted anti-doping labs known for their precision, independence, and adherence to the highest standards.

The World Anti-Doping Agency (WADA) publishes and updates its List of Prohibited Substances and Methods annually. As of 1 January 2025, the new List and Monitoring Program are in full effect, following approval by WADA's Executive Committee on 12 September 2024. Wada-Ama+3Wada-Ama+3Wada-Ama+3.

This ensures that INBA PNBA athletes are tested against the most current and comprehensive standards in the world. The Prohibited List is one of WADA's eight International Standards, mandatory for all Signatories of the World Anti-Doping Code. It designates which substances and methods are banned both in- and out-of-competition, and specifies items restricted in particular sports. Wada-Ama+2Wada-Ama+2.

There are many laboratories that perform drug testing, but not all testing is the same. Here's the difference:

WADA-Accredited Labs:

- Designed for elite sport and Olympic athletes.
- Detects an extensive range of performance-enhancing drugs (PEDs), including steroids, SARMs, growth hormones, masking agents, diuretics, blood doping, and new designer compounds.
- Use the world's most advanced mass spectrometry and isotope-ratio technologies.
- Maintain strict chain-of-custody, blind testing procedures, and annual re-accreditation to ensure independence and zero manipulation.

USADA (U.S. Anti-Doping Agency):

- Governs testing programs for Olympic sports within the U.S. but does not run its own labs. Instead, it contracts WADA-accredited labs like SMRTL and UCLA Olympic Analytical Lab. USADA sets policy and collects samples, but the scientific testing is still done by WADA labs.

Redwood Toxicology & Abbott (and similar commercial/employment labs):

- Specialize in workplace, court, or rehab testing designed to detect recreational “street drugs” like marijuana, cocaine, opioids, or alcohol.
- Panels often miss PEDs completely because those substances aren't relevant in employment or probation settings.
- Methods are lower sensitivity (e.g., simple immunoassay screens) compared to WADA's sophisticated confirmatory analysis.
- Not equipped for out-of-competition or random PED testing in elite sports.

Key Difference:

Employment drug testing = checks if you're “fit for duty” (safe on the job).

WADA anti-doping testing = checks if you're clean in competition (fair on the stage).

That's why INBA PNBA relies only on WADA-accredited labs because nothing less protects the natural athlete. Testing is only meaningful if it leads to real accountability. That's why the INBA PNBA leads in transparency. Every athlete who fails a WADA test is listed publicly in our Hall of Shame on NaturalBodybuilding.com. We believe clean athletes deserve to know the playing field stays honest. Consequences are serious from a minimum one-year suspension to a lifetime ban. Athletes can appeal via a B-sample review, but suspensions remain in place until final adjudication. No other federation takes transparency this far. That's the INBA PNBA difference.

When an athlete steps on our stage, their discipline, sacrifice, and resilience are honored with the respect they deserve. After four decades, one motto continues to guide us steadfast and true, Serving the Natural Athlete.

Continue to Train Hard. Train Smart. Train Natural.

"I chose the INBA/PNBA because their WADA-standard testing holds us to the same integrity as Olympic athletes...proving that in natural bodybuilding, greatness is earned through discipline, authenticity, and health-focused principles."

- Verdale Benson PNBA Professional Elite Natural Athlete

"The INBA/PNBA is more than just an organization to me - for me it's family. The Kakos family, who stand at the heart of it, embody everything I believe in: integrity, dedication, loyalty and a genuine love for the sport. With them, athletes always come first. You can feel it at every event, in every detail, and in the way they celebrate the sport and the people who live it!

INBA/PNBA organizes some of the most beautiful competitions around the world. I chose the INBA/PNBA because their testing is second to none. For me, strict testing is everything! It guarantees a level playing field and protects the integrity and spirit of our sport -

Natural Bodybuilding. That's why I'll always stand with the INBA/PNBA. Knowing that athletes are tested through both urine and blood analysis, to full WADA standards, proves that this federation values integrity above all else. That's why I'll never compete anywhere else!

But beyond all of that, it's the sense of belonging - natural bodybuilding around the world, with a global family - that makes it so unique. That is what I love, and that is why I am proud to represent this federation."

Stay natural and play true - Proud to be NATURAL!

- Christian Snider PNBA Professional Elite Natural Athlete

"As a coach, the biggest reason I guide my athletes to the INBA PNBA stage is the credibility behind the federation. The testing protocols really set the standard and make sure it's all about hard work, discipline, and natural talent. The INBA PNBA gives my athletes a true level playing field, where their success reflects nothing but dedication and discipline. That's why so many of them return to this stage and keep raising the bar each season."

- J-mart Gonzales (Coach Jim) Coach of The Year Recipient



These voices prove why athletes worldwide choose the INBA PNBA stage.

The INBA PNBA testing philosophy mirrors the Olympic movement's: uncompromising, scientific, fair. When athletes compete under the INBA PNBA from regional qualifiers, national qualifiers and to the Natural Olympia, they know every result is earned against the toughest standards in the sport. No shortcuts. No concessions. Just integrity.

Drug-free bodybuilding demands more than just a catch phrase. It demands vigilance, science, and belief. At the INBA PNBA, we've built and continue to protect a platform that belongs entirely to the natural athlete. Our testing program demonstrates that integrity is not negotiable; it's who we are and our Global leadership believes the same.

Denny S. Kakos

Owner of Iron Man Magazine

INBA/PNBA World President & Founder



WARRIOR WORKOUT CLARK BARTRAM



Overhead Triceps Extensions:

For me it's about FULL ROM, and this exercise, IMO, is the optima of that. Keeping my elbows near my ears I drop as far back as possible and repeat for 8-12 reps per set.

Triceps Press Downs:

This is obviously a standard triceps exercise and it's still about ROM and rep selection. I do each set for 8-12 with a weight that I'm struggling (but with proper form) at the 12th rep.

Dumbbell Curls:

Doing these with dumbbells allows you to isolate each arm and determine if, or how much of a discrepancy there is bilaterally.

Sled Push:

These, to me, help boost testosterone naturally because it's a compound movement involving more than one muscle group therefore causing a boost in hormonal response.

Seated Biceps Curls:

Doing these seated isolates the body even more due to the fact you are seated and limit momentum.

Hanging Leg Raises:

Working from the "bottom up" opposed to "top down" works the absolute differently and , in most cases, requires more stability and coordination. It doesn't necessarily work the "lower abs" but it simply initiates the movement from a different aspect.



CLARK BARTRAM

CLARK BARTRAM

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CLARK BARTRAM

CLARK BARTRAM

CLARK BARTRAM

Cable Chest Flies:

I typically use these as a “finishing move” totally invoking the mind muscle connection, picturing each muscle fiber to etch in detail after a great chest workout.

Walking Lunges:

Balance is key here and to me one of the key benefits of walking lunges, it also is a great stretch and isolation on the lower glute/upper hamstring tie ins. Here you see me bending the bar as I start :) JK. Just getting my head ready to go.

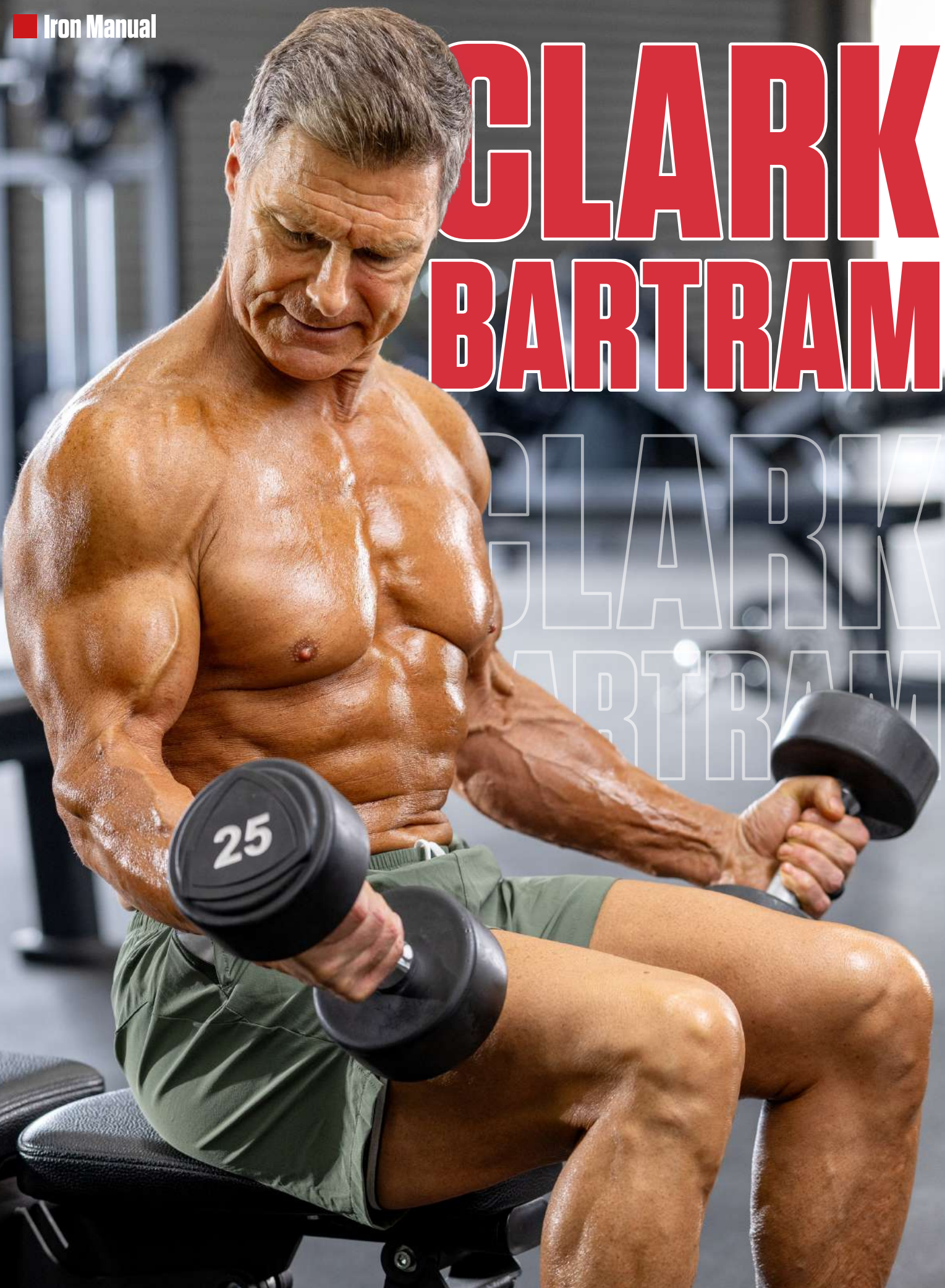


FAVORITE SUPPLEMENTS:

Prostate Health by Snap Supplements -Every man Over 40 needs to be on this T5- My natural Test Booster that I formulated with HPN

Creatine- All people should be on 5 Grams per day for a variety of benefits not limited to muscle pumps.

CLARK BARTRAM



CLARK
BARTRAM

FAVORITE MEAL:

Salmon , made in an air fryer with salt only and asparagus!

That's it, I could eat this every meal and I have many times for meal one (some people call that breakfast)



FAVORITE PROTEIN SHAKE:

I mix any brand and flavor of protein to Coconut Milk, with **1/2** frozen banana (**that is the key**) and it's a treat packed with protein and nutrients.



 Iron Manual



CLARK BARTRAM

THE NATURAL ATHLETE'S SECRET WEAPON? STRATEGIC NUTRITION

In the world of natural bodybuilding, where every rep, every meal, and every recovery session counts, your body isn't just a canvas it's your legacy. And unlike athletes who cut corners with shortcuts and synthetics, natural bodybuilders have to earn everything. That means dialing in your nutrition with laser precision, not just to look stage ready but to build a physique that lasts decades. If training is the hammer, nutrition is the chisel. It carves your body, fuels your energy, sharpens your mind, and when done right becomes the difference between a fleeting peak and a lifelong reign.

LONGEVITY IS THE NEW WINNING PHYSIQUE

Let's get real: anyone can crash diet, dehydrate, and flex for one good photo. But true greatness is being able to pose at 55, sprint at 65, and inspire others at 75. Your goal shouldn't just be to peak it should be to sustain. Science backs this up. Multiple studies show that muscle mass, grip strength, and insulin sensitivity are direct predictors of longevity. In fact, muscle is now being called "the organ of longevity."

So what's the strategy? It's not about gimmicks. It's about eating in a way that fuels:

- Hormonal balance
- Clean energy production
- Cellular repair
- And lifelong tissue resilience

FUELING THE NATURAL BODY:

NUTRITION STRATEGIES FOR LONGEVITY AND PEAK PERFORMANCE

The "Natural 5" Nutrition Laws for a Long, Strong Life

1. PRIORITIZE LEUCINE RICH PROTEIN EVERY MEAL

Muscle protein synthesis (MPS) doesn't happen by accident it's triggered by leucine, found in eggs, beef, whey, and chicken.

Target: 30–40g complete protein every 4–6 hours.

Why it matters: Spiking MPS multiple times daily builds more lean tissue and preserves it into old age.

Pro tip: Casein before bed reduces overnight catabolism and boosts recovery.

2. GO IN ON OMEGA 3S AND POLYPHENOLS

Natural athletes experience microscopic inflammation after every lift. Left unchecked, this can become chronic inflammation the fast track to joint issues, fatigue, and early aging.

Load up on: Wild salmon, flaxseed oil, blueberries, extra virgin olive oil, curcumin, tart cherry juice.

Results: Lower CRP (C-reactive protein), improved brain health, better insulin sensitivity.

Study Spotlight: Athletes supplementing with omega 3s show reduced DOMS and improved VO2 max over 6 weeks (Frontiers in Physiology, 2022).



3. FUEL TO PERFORM — NOT JUST TO GET LEAN

Many natural bodybuilders under-eat and sacrifice recovery, hormone balance, and thyroid function. Reverse the mindset: Under-eating ≠ discipline. Under-eating = sabotage.

Use carb cycling to fuel lifts and preserve lean mass, while controlling body fat.

Best timing: Carbs before and after training = increased glycogen storage, less muscle breakdown, and better pumps.

Smart carbs: Beets (increase nitric oxide), sweet potatoes, berries, jasmine rice, quinoa.

4. SUPPORT HORMONES, NATURALLY

Natural bodybuilding means your testosterone, cortisol, insulin, and thyroid all need to be supported through real food and smart habits.

Micronutrients that matter:

- Zinc (testosterone)
- Magnesium (recovery, sleep)
- Selenium (thyroid)
- B vitamins (energy metabolism)

Habits that matter: Sleep 7–9 hours, avoid low-fat extremes, train hard but recover harder.

Warning: Staying stage shredded year-round can crush testosterone, hurt libido, and elevate cortisol chronically — making you look “flat” and feel drained.

5. EAT LIKE YOU’LL COMPETE AT 70

Want to be the outlier? The icon? The master-class athlete?

Don’t just think 12 weeks out — think 30 years out.

Adopt a Blue Zones-inspired twist: whole foods, 90% clean, 10% joy.

Build habits that keep your gut strong, mitochondria healthy, and brain sharp.

Longevity Boosters: Kimchi, kefir, Greek yogurt, garlic, olive oil, dark chocolate (yes, really)



THE REAL DIFFERENCE: HEALTH SPAN VS. LIFESPAN

You don’t just want to livez longer — you want to perform longer.

That means:

- Staying mobile.
- Keeping testosterone naturally optimal.
- Avoiding blood sugar crashes, joint inflammation, and metabolic dysfunction.
- Eating in a way that supports not just “abs today” — but vitality tomorrow.

PRACTICAL PROTOCOL FOR NATURAL ATHLETES

Here's your high-performance, longevity-supporting blueprint:

Meal Timing | What to Prioritize

Upon Waking | Water + electrolytes, greens powder, protein shake

Pre-Workout | 20–30g carbs + 20–30g protein (banana + whey, oats + egg whites)

Post-Workout | Lean protein + fast-digesting carbs (rice, chicken, sweet potato)

Evening | Magnesium glycinate + casein protein or Greek yogurt

Before Bed | No caffeine, avoid alcohol, dim lights, sleep 7–9 hrs

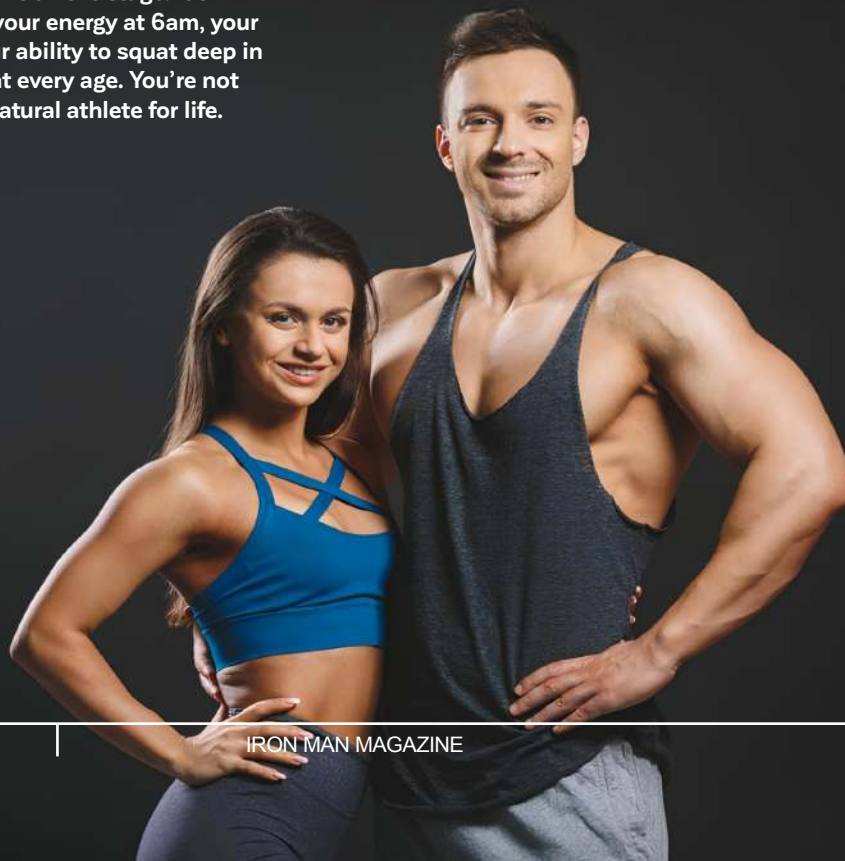
FINAL WORD:

Your Body Is a Legacy, Not a Phase

Anyone can “diet hard” for 6 weeks. But it takes wisdom, intention, and respect for your biology to compete at the highest level without shortcuts and still show up 10, 20, even 30 years later as a living monument to what's possible. So train hard but fuel smarter. Because the real trophy isn't on the stage. It's in your bloodwork, your joints, your energy at 6am, your testosterone in your 50s, your ability to squat deep in your 60s, and your mindset at every age. You're not just a bodybuilder. You're a natural athlete for life.

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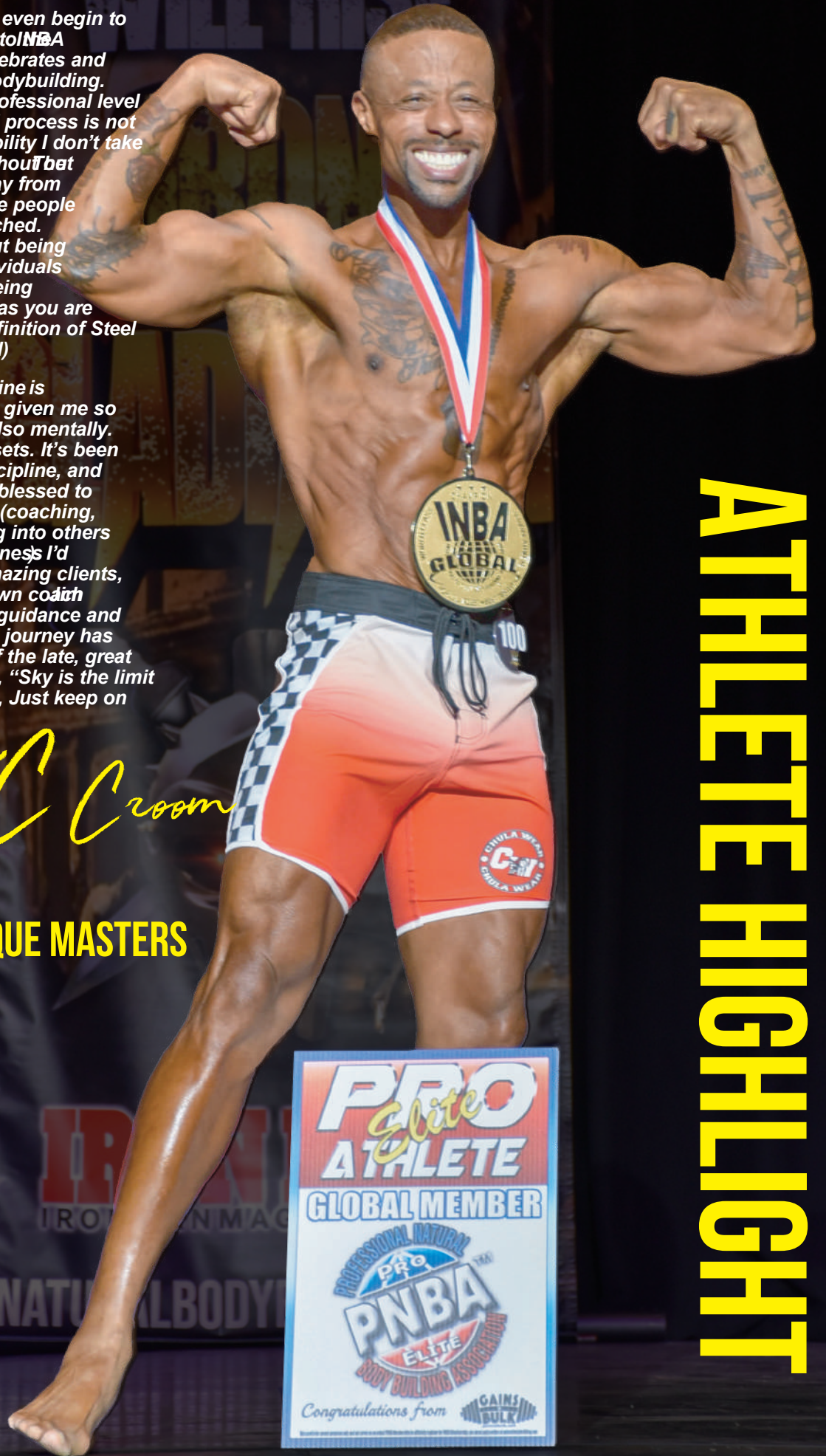


Saying that I'm grateful doesn't even begin to cover it. I'm incredibly thankful to INBA for providing a platform that celebrates and shines a spotlight on natural bodybuilding. Being able to compete at the professional level while staying true to the natural process is not only a blessing, but a responsibility I don't take lightly. I'd be remiss if I didn't shout out Gym Chula Vista, my home away from home. The energy, the incredible people and the culture are truly unmatched. There's something special about being surrounded by like minded individuals who are just as committed to being the best version of themselves as you are on a daily basis. It's the true definition of Steel Sharpens Steel!!! (Pun intended)

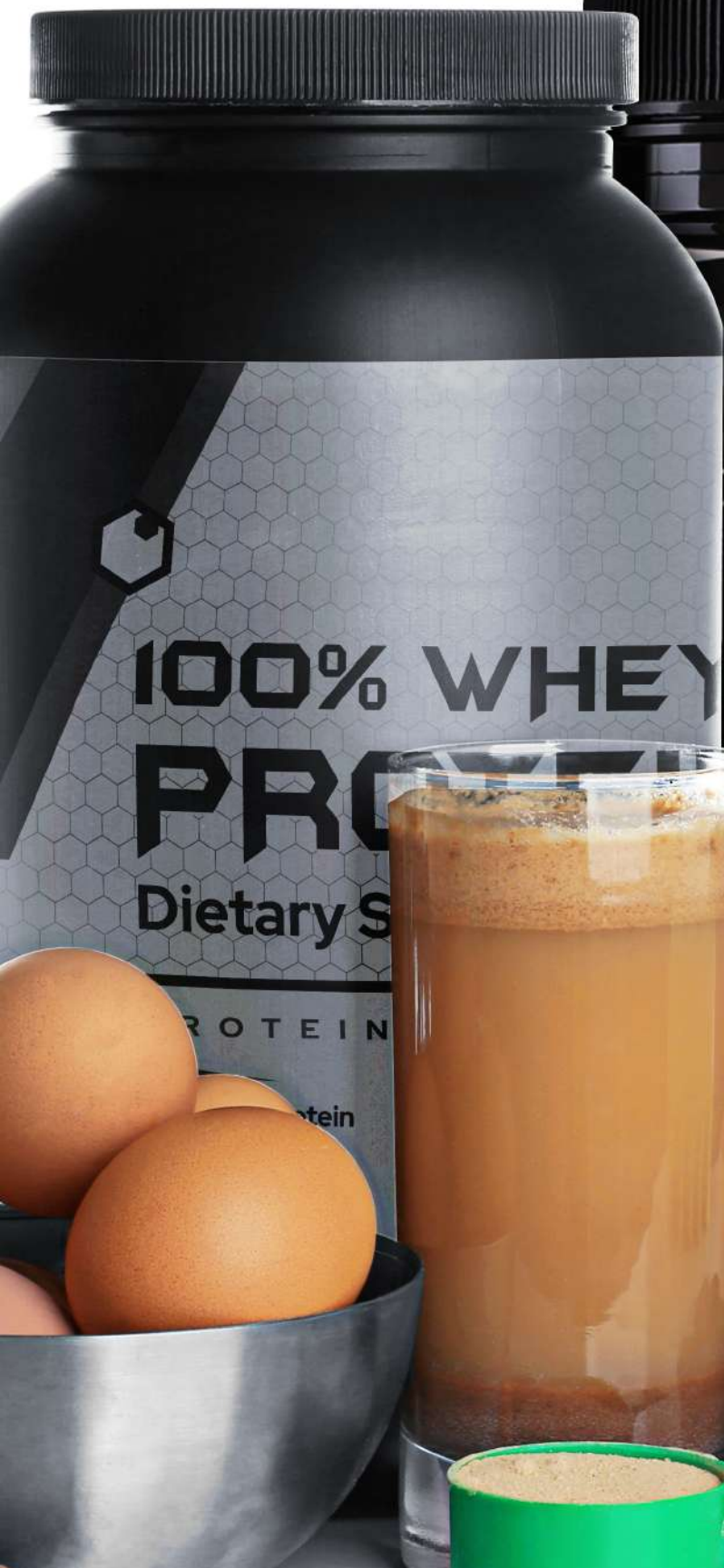
Being featured in Iron Man Magazine is definitely an honor. Fitness has given me so much not only physically, but also mentally. It's more than sweat, reps and sets. It's been a positive outlet for growth, discipline, and constant elevation. I'm beyond blessed to make a living doing what I love (coaching, training, motivating and pouring into others through Steel Sharpens Steel Fitness). I'd also like to acknowledge my amazing clients, fellow coaches at TG, and my own coach (SuperCoach) Martinez, whose guidance and support along my bodybuilding journey has been invaluable. In the words of the late, great wordsmith Christopher Wallace, "Sky is the limit and you know that you keep on, Just keep on pressin' on" ...much love!!!

Karama KC Croom

PNBA MEN'S PHYSIQUE MASTERS



ATHLETE HIGHLIGHT



SUPPLEMENTS UNDER SCRUTINY: HYPE VS. REALITY FOR NATURAL ATHLETES

By Doug “The Formulator” Grant



Natural bodybuilders face a barrage of supplement claims—bigger muscles, better pumps, faster recovery. In 2025, science separates the winners from the noise. Some products deliver, while others are overhyped, costing you cash without results. Let’s dive into creatine nitrate, ketone esters, vitamin D, K2, and tribulus terrestris, debunk myths about super-high protein diets, and expose a hyped pre-workout ingredient. Here’s the honest breakdown of what works, what doesn’t, and how to build muscle smarter.

Creatine Nitrate: Blood Flow Bonus

Creatine monohydrate is a proven champ, with a 2023 Journal of Strength and Conditioning Research study showing 5 grams daily boosts strength and muscle size by 5-10%. Creatine nitrate, a newer form, doesn’t outperform monohydrate for hypertrophy, per a 2024 Nutrients study, but its nitrate component increases nitric oxide, enhancing blood flow. This makes it a solid choice for pump-focused workouts or as a complement to monohydrate if vascularity is your goal. Track creatine kinase in bloodwork to monitor muscle stress. Enzymes like protease ensure nutrient uptake, especially with protein-heavy diets.

Ketone Esters: Overpriced Hype

Ketone esters, like beta-hydroxybutyrate drinks, promise endurance and recovery boosts by mimicking ketosis. A 2016 study showed a 2% cycling distance gain when paired with carbs, but a 2023 Sports Medicine review found no consistent benefits for strength or endurance, with some athletes reporting GI distress and a 2% performance drop. At \$30 a serving, they’re a tough sell for natural bodybuilders. Instead, monitor C-reactive protein (CRP) via blood tests to track inflammation and recovery stress. Proven carbs like dextrose post-workout are cheaper and more effective.



Vitamin D and K2: Essential for Gains

Vitamin D is a must for natural athletes. A 2023 American Journal of Clinical Nutrition study tied optimal levels (40-60 ng/mL) to higher testosterone and better muscle function. K2, its partner, directs calcium to bones, supporting heavy lifts. A 2024 Nutrients study showed 90-120 mcg daily strengthens bones. Low vitamin D in bloodwork signals recovery issues, so test regularly. Digestive enzymes like lipase maximize absorption of these fat-soluble vitamins, especially on high-fat diets. This duo is a no-brainer for performance and health.

Tribulus Terrestris: Hype or Healthy?

Tribulus terrestris is sold as a testosterone booster, but a 2023 Journal of Ethnopharmacology meta-analysis found no significant testosterone increase at 750-1500 mg daily. However, Optimal Health Systems' blog highlights a study noting tribulus' effectiveness hinges on releasing protodioscin, a phytonutrient that requires digestive enzymes like amylase to unlock its testosterone-supporting potential. Without proper digestion, tribulus is hype; with enzymes, it's healthy. Test blood urea nitrogen (BUN) to ensure nutrient absorption. Zinc (15-30 mg daily), proven to boost testosterone, is a safer bet if digestion's off.

High Protein Diets: The Testosterone Trap

Natural bodybuilders often aim for 1-2 grams of protein per pound of body weight daily, but piling it on can backfire. A 2023 Journal of the International Society of Sports Nutrition study showed diets exceeding 2.5 g/kg lower testosterone in natural athletes by stressing the liver and kidneys, especially if digestion lags. Enzymes like protease boost protein absorption by 20%, per a 2024 Nutrients study, easing metabolic strain. Bloodwork markers like albumin and BUN show how your body handles protein—low albumin means digestion needs help. Stick to 1.6-2.2 g/kg with enzymes for optimal testosterone and recovery.

Hyped Pre-Workout: Yohimbine's Weak Case

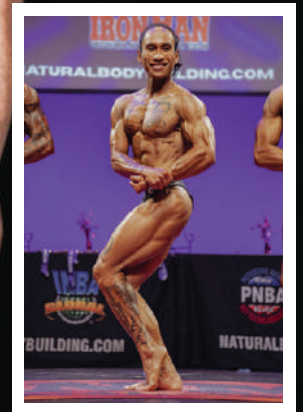
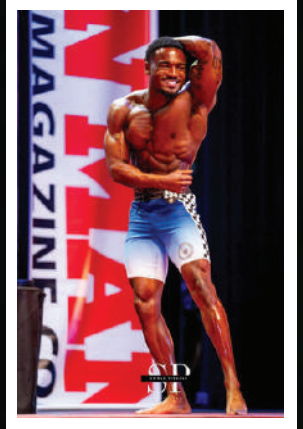
Yohimbine, pushed for fat loss and energy in some pre-workouts, falls flat. A 2023 International Journal of Sports Nutrition study found 2.5-5 mg raises heart rate but doesn't improve strength or hypertrophy, with side effects like anxiety. Instead, companies like Gains in Bulk use proven ingredients like beta-alanine and citrulline, which a 2024 Nutrients study showed boost endurance by 5-8%. Check ferritin levels in bloodwork to rule out iron-related fatigue. Skip the yohimbine hype and focus on what works.

The Bottom Line

Supplements can elevate your game, but only if they're legit. Creatine monohydrate and nitrate, vitamin D, K2, and zinc are science-backed for natural bodybuilders. Ketone esters and undigested tribulus waste your money, and yohimbine's more trouble than it's worth. High protein needs enzymes to avoid testosterone dips—track BUN and CRP to stay dialed in. Brands like Gains in Bulk and Optimal Health Systems (ohsproducts.com) offer clean formulas, but they're just one option. New Dawn and others have great options also. Prioritize proven supplements, digest them well, and let your gains prove the point. Want my battle-tested supplement stack? DM me at Douglas D Grant on FB or Insta with "muscle stack" for the full rundown.

About the Author

Doug "**The Formulator**" Grant, the trailblazing first nutritionist in the NBA, has pioneered holistic health and performance for decades, mentoring thousands of doctors and elite athletes. Instrumental in reviving IronMan Magazine with partner Denny Kakos, he put natural bodybuilding in the spotlight and now serves on its board while writing expert articles. A former world record holder in push-ups, world champion powerlifter, and INBA/PNBA Hall of Famer, Doug coaches high-performing entrepreneurs alongside his wife, Hilary, a 4x Natural Olympia Figure Masters Champion. Reach them for questions or concierge coaching via Douglas D Grant on Facebook or Instagram.



**"TG, THE GYM, THE
EPICENTER OF NATURAL
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WORLDS BEST ATHLETES."**



BEYOND THE ABS: CLARK BARTRAM'S RISE FROM FITNESS FAME TO FEARLESS MENTOR

BY LORENZO GASPAR

Early Encouragement and Bodybuilding Breakthroughs

Before “fit influencers” ever flooded your feed, Clark Bartram was already a household name. He was broadcast into over 110 million homes as the host of *American Health & Fitness* and graced over 130 covers of *Ironman*, *Muscle & Fitness*, and more. With chiseled abs, mental grit, and a no-nonsense style, Clark didn't just preach fitness, he lived it. But behind the covers and cameras is a man whose story runs deeper: setbacks, reinvention, and a mission to help men over 50 defy age and redefine strength. In a world of filters and hype, Clark Bartram, a former U.S. Marine, stands out as the real deal. He is a voice, a mentor, and a symbol of what discipline, passion, and purpose can truly build.

A Mentor's Eye and a Return to the Spotlight

Clark's long-standing relationship with *Ironman Magazine*, especially with legendary photographer and former owner **Michael Neveux**, has remained close to his heart. For this special issue—his **9th *Ironman Magazine* cover**—Clark

personally reached out to Neveux to make the shoot happen. His return to the cover wasn't just a career milestone. It became the anchor that helped pull him through cancer treatment. Focused on rebuilding his physique and spirit during recovery, Clark set his sights on the photoshoot as both motivation and mission. As someone who recognized Clark's potential early on in the 1990s, I had encouraged him to pursue fitness modeling, seeing not only his elite physique but also the magnetic charisma that would later make him one of the most recognizable faces in the industry. Now, with a powerful documentary in the works and a comic book on the horizon, Clark continues to inspire new generations by evolving his message and his medium without losing an ounce of authenticity. As someone who's been part of that journey from the beginning, I'm truly honored to write this article.

Roots of a Champion: From Insecurity to Inspiration

Clark Bartram's journey into fitness began like most teenagers playing year-round sports and at the age of 14 years old he was teased by other kids for having oddly shaped, pointy biceps. Feeling embarrassed

and unsure of himself, he walked into a YMCA in Canton, Ohio, hoping to find some comfort. There, he met a trainer named Henry McGee. Instead of agreeing with Clark's insecurity, McGee looked him in the eye and said, **“You're not deformed—you've got the arms of a champion bodybuilder.”** That one comment gave Clark the confidence he needed to see himself differently. It lit the spark that would fuel his passion for bodybuilding. Years later, Clark sought out McGee not just to say thank you, but to honor the man for that moment that planted the seed for a lifelong journey of self-confidence, purpose, and a legendary career in bodybuilding and fitness.

Military Discipline Meets the Bodybuilding Stage

Fueled by that early encouragement Clark went all-in on competitive bodybuilding. I first saw him compete while I was head judging the INBA Mr. California, he took home top honors that day. From there, the momentum carried him to the World Championships, broadcast on ESPN, launching his name onto the international scene.



But what stood out even more was Clark's vision. That win was more than just a title. It was a wake-up call. He knew bodybuilding wasn't just a sport; it was his calling. Unlike most champions chasing more trophies, Clark was already thinking beyond the competitive stage. He began building a brand and business years before that was common in the industry. His relentless mindset—**"I'm Clark Bartram. I'm always in shape."** became the foundation of a new entrepreneurial path. Stepping away from traditional bodybuilding, he redefined what it meant to be a fitness professional. He became one of the first true fitness models to turn consistency into a successful career by staying in peak condition. His legacy is still evident four decades later, reflected on the very cover you're holding.



A Pivotal Conversation That Guides Into a New Era of Fitness Fame

Our paths crossed again years later, as I was the head trainer at Club Rhino's Fitness Center in Vista, California, and Clark had just come on board as our general manager. With my background in film and entertainment, I saw something in him immediately. I told him, **"Clark, you've got the look, charisma, and the body that L.A. is searching for right now. Work on making Zed Cards which in those days contained a few photos and a self bio and go promote yourself,"** It was the early '90s, and fitness modeling was just beginning to rise. Shows like American Gladiators were taking over TV, and brands were starting to lean into that strong, athletic image and Clark fit that mold to perfection. Our conversation wasn't just a compliment, it was a turning point.

Within a year, Clark was driven, focused, and always one step ahead and launched himself into the next chapter of his life. It wasn't long before he was starring in national print ads and gracing the covers of top fitness magazines. His momentum caught fire when he landed a spot as co-host on Kiana's Flex Appeal, ESPN's popular weekday morning workout show. That exposure opened even bigger doors and soon Clark had his very own show on Fit TV and was selling top

fitness brands on QVC, The Home Shopping Network. The spotlight wasn't just finding Clark, he was owning it.

While building his fitness modeling resume, Clark appeared alongside his beautiful wife, Anita, on two covers of Ironman magazine (May 2004, March 2006), celebrating a powerful moment in their 36-year marriage. He remains the only model in Ironman magazine's history to share the covers with his wife and later, his daughter (October 2009), Taylor, 32 yrs old.

Even his son Mitch, 30 yrs old, has graced a fitness cover making the Bartram's a rare and remarkable family of proud cover models.

Clark states, **"I've had the privilege of competing, attending, and being honored with the Warrior Award earlier this year at one of Denny Kakos' INBA competitions, and I must say, he's a class act. The competitors are treated with respect, have plenty of opportunity with the magazine being owned by him and they receive the best awards and money paid out to Pros than any other natural organization out there. I see Denny and his team as the Weiders of the natural bodybuilding movement, and my prediction is that natural bodybuilding is about to see a powerful resurgence. People are getting wise, and it's amazing what you can achieve naturally. I'm honored to be associated with them and to help spread the message of such a great organization."** That mission continues in August 2026, when Clark will host his own INBA Bodybuilding & Fitness competition in Oceanside, California, uniting top athletes and shining a spotlight on drug-free excellence. For Clark, it's not just about legacy, it's about leadership, and helping natural athletes take the stage.



During Clark's career, he also formed a close friendship with INBA Universe Champion & INBA Hall of Famer Mike O'Hearn, an icon in his own right, with nearly 500 fitness magazine covers worldwide including Ironman magazine. As real-life fitness icons and longtime friends, Clark and Mike starred in a short film together and frequently guest

on each other's podcasts, sharing laughs, insights, and their passion for inspiring others through fitness. Their collaboration extended to the screen in a short film called, **World's Finest**, where Mike played Superman and Clark too on the role of Batman. This came after the success of Batman: Dead End, which put Clark in conversations with other actors who portrayed the Caped Crusader such as Michael Keaton, George Clooney, and Val Kilmer. It's even been rumored that Christian Bale took inspiration from Clark's amazing performance as Batman.

The Diagnosis and Protocol: The Start of the Fight

After dedicating 40 years to the fitness community, promoting brands, coaching individuals, and helping countless people turn their lives around, and Clark was still maintaining a Greek god of a physique. And importantly for inquiring minds, Clark is not on TRT (Testosterone Replacement Therapy) or any PEDs (Performance Enhancing Drugs). As a coach specializing in men over 40 years, his focus has always been on naturally boosting testosterone levels – a feat that he knows is entirely possible.

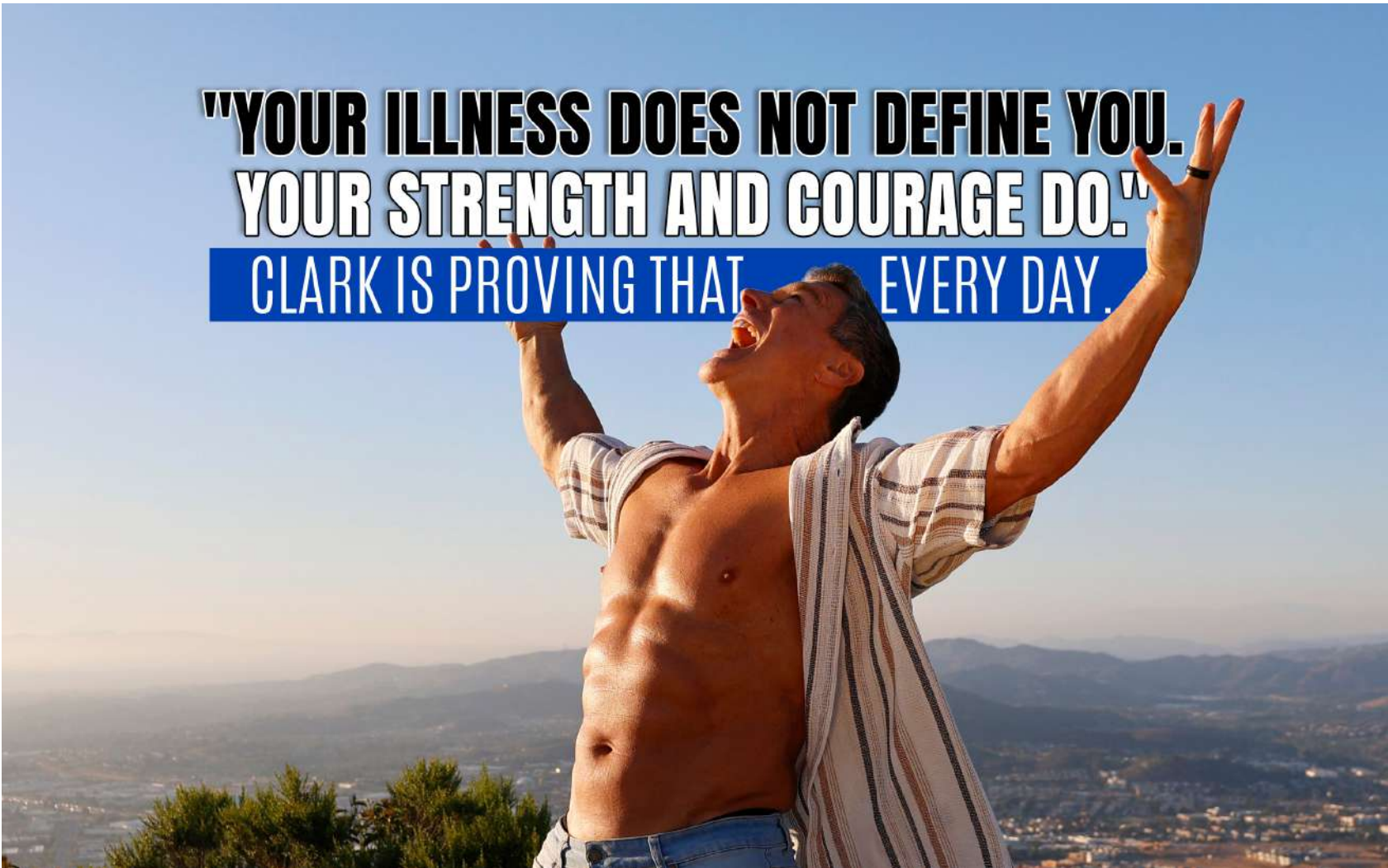
But one day, he hit a bump. Just over a year ago, before heading into his daily workout, Clark received a phone call from his health professional to review the results of his recent blood test. His testosterone was at a healthy, even boastful, level of 785. But then came the unexpected news, his Prostate-Specific Antigen (PSA) level was 9.8 ng/mL which is well above the safe range, which is generally considered to be below 2.5 ng/mL.

Clark was stunned and his mind was rattled because he had absolutely no symptoms of an enlarged prostate and looked the picture of health and strength, lean, and vibrant. No one, including Clark himself, would have guessed cancer was even a possibility. But following protocol, his next step was a manual prostate exam. During that visit, his doctor noted something unusual, leading to the next phase: an MRI scan.

The MRI scan, which is evaluated using the Prostate Imaging-Reporting and Data System (PI-RADS), a standardized scoring system used to assess the likelihood of prostate cancer. Clark's score came back as a 4 out of 5, indicating an 85% likelihood of having cancer. Which was alarmingly high, considering that 5 is the most severe rating. With such a score, the next step was a targeted MRI-guided biopsy. This advanced procedure uses MRI imaging to identify suspicious areas within the prostate, allowing doctors to take precise, focused tissue samples for further analysis.

"YOUR ILLNESS DOES NOT DEFINE YOU. YOUR STRENGTH AND COURAGE DO."

CLARK IS PROVING THAT EVERY DAY.



Now the urologist knew exactly where to target during the biopsy and collected 12 core tissue samples. The results were sobering, 7 of the 12 samples tested positive for cancer. But true to his mindset and his warrior spirit, Clark didn't flinch. He immediately locked into belief mode: this was beatable—and he was ready to fight.

Clark's biopsy came back with all Gleason scores at 7—one labeled aggressive. It was serious. To get a clearer picture of whether the cancer had spread, doctors ordered a PSMA PET scan, a powerful new imaging test that can detect even the tiniest signs of prostate cancer throughout the body. For Clark, the result revealed micro-metastasis to his lymph nodes and pelvic area. This crucial finding was the basis for needing both "targeted" therapy and external radiation.

After the PSMA PET scan, the cancer was classified just under Stage 2B. While the spread of the cancer was microscopic, it was serious enough to warrant immediate action. His radiologist recommended a two-pronged approach: radiation treatment combined with ADT (Androgen Deprivation Therapy) also known as hormone therapy which is a process that would bring his testosterone levels down to zero. On top of that, his surgeon recommended a full prostate removal.

But Clark, staying true to his convictions and mindset, strongly decided against both procedures.

Clark's Chosen Treatment Protocol: A Hybrid Approach

Despite all the tests and the weight of the recommended procedures, Clark stayed mentally strong and laser-focused on one goal: preserving his quality of life. He chose a combined approach of standard medical care and holistic methods committed to building a team of experts, undergoing treatments, taking targeted supplements, maintaining regular PSA testing, and adhering to daily discipline. But his mission didn't stop there. Clark knew his journey could help others, so he made it his purpose to share his story and empower men to stay alert, proactive, and informed about their health.

Clark didn't just battle cancer, he confronted it with purpose and resilience. In his own words, here's how he took control: "My journey began with a comprehensive diagnostic process involving extensive sample collection (urine, stool, saliva, blood) and detailed testing for genetic predispositions, heavy metal exposure, and chemical exposure, seeking any obvious contributing factors. My clinic, which doubled as a gym, resonated with my existing fitness

routine. Beyond meticulously eliminating exposures like Triclosan in toothpaste, I incorporated EWOT (Exercise With Oxygen Training) into my regimen. "

The next crucial step involved Theranostics, a cutting-edge combined diagnostic and therapeutic approach that utilizes a radiopharmaceutical added to a radioisotope for highly targeted cancer treatment. This new path led Clark to Germany for Pluvicto treatment, which was only available there after exhausting other options in the U.S. Clark continued saying, "given my diagnosis, I was advised to undergo Lupron therapy, an androgen eliminator commonly used for gender transition; I firmly declined this option. Before the German treatment, I participated in a clinical trial for a novel, unapproved copper-based PSMA PET scan radioisotope. The results revealed metastases in my lymph nodes and pelvic area, which was the basis for the recommendation to suppress my natural testosterone levels.

By this point, approximately a year into my diagnosis, I had consulted with numerous specialists, exploring options ranging from Proton Therapy to natural approaches like the Gerson Clinic in Mexico. Ultimately, I chose Brachytherapy, which involves placing radioactive pellets directly into the prostate. I

became the first patient to film this procedure for my documentary, and I also live-streamed it on Instagram (unbeknownst to me at the time, my anatomy was visible on the internet for the duration of the procedure). Due to the cancer's spread beyond the prostate, I also required 25 sessions of IGRT (Image-Guided Radiation Therapy) five days a week for five weeks.

When I was preparing for IGRT, I was told to expect sickness, fatigue, and other debilitating side effects. But I shifted my mindset entirely. My focus wasn't on feeling sick and tired; it was on preparing for THIS very Ironman Magazine cover you're holding in your hands. I trained after every single radiation session, choosing not to succumb to those expectations.

The article people are now viewing showcases someone who was undergoing daily radiation treatments during the shoot. This experience also sparked the idea for my comic book, **The Beacon**, which is now complete. Just like Bruce Banner Peter Parker who gained powers from radiation exposure, I wanted to show young people going through similar treatments that they, too, are superheroes if they choose to shift their mindset.

This comic book, along with my documentary, are direct results of my diagnosis and my desire to encourage others. Purchases of **The Beacon**, supports my non-profit, helping me distribute copies to kids in treatment. If I had listened to the warnings of being "sick and tired," none of this, the Ironman cover and lead article, the comic book, or the documentary would of ever happened. Since then, my PSA has since significantly dropped from 12.35 to 0.96."



Outcome and Moving Forward

Clark's journey reflects his unwavering discipline, courage, and belief in taking charge of his own health. From consulting experts around the world to boldly documenting every step, he left no stone unturned in the fight against prostate cancer. While undergoing daily radiation treatments, he didn't just endure, but he thrived. He hit the gym immediately after each session and completed a full magazine cover shoot while still in treatment.

His PSA drop from 12.35 to 0.96 reflects not just medical success, but the profound reward of staying proactive, positive, and purpose-driven. In true superhero fashion, Clark transformed his personal battle into a powerful platform, proving that strength isn't just about muscle, but the mindset to overcome and inspire.

Be Smart. Be Proactive. Get Tested.

Now, let's talk about you, the reader. If Clark Bartram, a man who lives and breathes health, can face and overcome prostate cancer, then any man can. The medical community is warning of a "tsunami" of prostate cancer on the horizon, with projections showing a dramatic surge in cases over the next two decades. This isn't just a statistic; it's a wake-up call for every man.

So, what's your immediate action? It's simple: **get your PSA tested.** Think of it this way: **"PSA — the three-letter, five-minute lifesaver."** You can even order an at-home test kit directly from Clark's website: www.clarkbartramsystems.com

Listen to your wives. Listen to your partners. Most of all, listen to your gut. Be smart. Be responsible. Don't wait for symptoms. By then, it might be too late. Being awareness and being proactive screening are not just important. They are your best defense against this growing threat. **Take ownership of your health, get checked regularly, and help break the silence around prostate cancer.**

And for every man over 40 years of age who truly wants to be strong, lean, and healthy, Clark, a world-renowned coach for high-performing businessmen offers his expert guidance. Every man should start with his coaching program. Discover how to maximize your potential at: www.maximizedmanelite.com

In line with his mission to raise awareness, Clark launched a nonprofit organization called **Check It Like a Man**. The goal: to raise \$500,000 to support men's health education, early detection, and life-saving screenings.

Through this initiative, Clark is challenging men to take ownership of their health, get checked regularly, and break the silence around prostate cancer.

This mission is proudly supported by a growing list of strategic partners and wellness-focused brands who believe in early detection and men's health endorsement, including SNAP Supplements, HPN High Performance Nutrition (Clark's natural testosterone booster, T5), Gains in Bulk, Plunge – Cold Plunge, Sunlighten Saunas, ICON Meals and The Gym (TG). Learn more or get involved at: www.checkitlikeaman.org



ABOUT THE AUTHOR

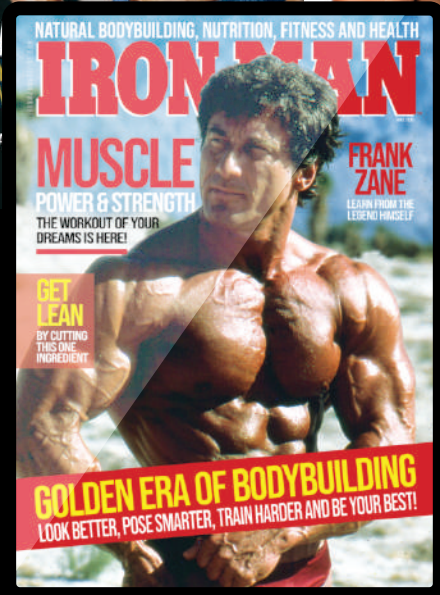
Lorenzo Gaspar is the original INBA Judging Chairman and has served the role of over 20 years. He was the Head Judge for over 20 Natural Olympia competitions, including the very first held in Corinthos, Greece, in 1998. A 2010 INBA Hall of Fame inductee and recipient of the INBA Coach of the Decade Award, he has proudly coached Team USA and traveled to World Championships in over ten countries. Named Trainer of the Year multiple times, he is also an internationally published photographer, a former bodybuilding champion, and a veteran martial arts world champion. His background includes stunt work and being a former member of the Chuck Norris Demonstration Team. With decades in the fitness and entertainment industries, Lorenzo brings the kind of lived experience that makes Clark Bartram's story not only credible—but truly inspiring to a new generation.



MITCH - CLARK - ANITA - TAYLOR

Photos by: Michael Neveux & Lorenzo Gaspar

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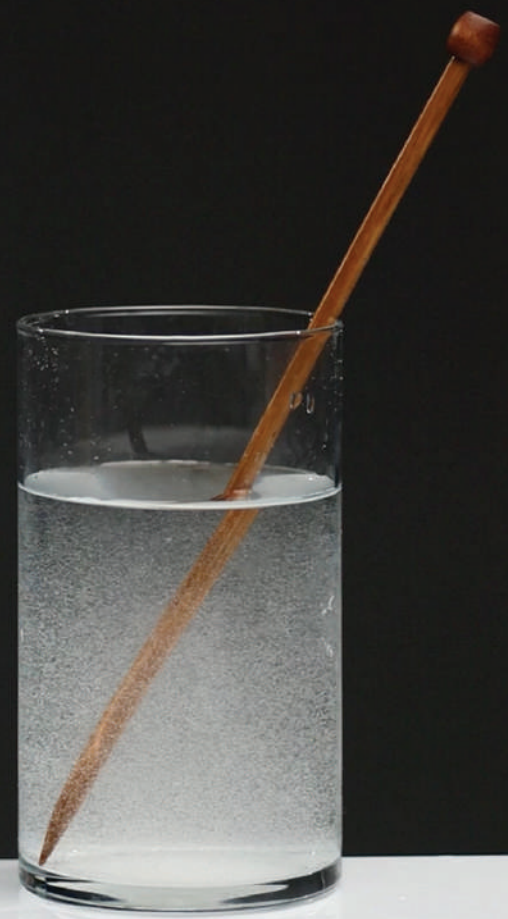
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LEFT FOR DEAD:

A HOLLYWOOD STORY OF HOW I TRANSCENDED MY OWN GHOST AND HIT THE GYM!

By: Anton Troy

May 4th, 2018, is a day I cannot remember and one I will never forget. We all have moments in our lives that become etched into the roots of our very being, stamped onto our souls.

This was the day I'd walk a tightrope between the realms of the living and the dead.

That year my life had been spent solely working on a film I had created, and as an actor I wore my heart on my sleeve. I had so many goals for that year as my film was winning awards, and I was eagerly looking forward to traveling to Europe at the end of the summer for a film festival. Investing my all into my dreams was costly and I started to run out of money. Frankly, I was broke. I

needed quick cash and took a summer gig selling sunglasses on Venice Beach right down the block from the world-famous Gold's Gym, The MECCA.

On that day, after peddling sunglasses all day, I started the trek back to my car. Ever the actor, I had a paperback copy of Shakespeare's Hamlet tucked into the back pocket of my jeans. Without warning, I was suddenly in the fight for my life. A fight I cannot remember with a random stranger, but one that left me with reminders of an altered fate on my flesh.

I was stabbed in my right lung / liver, had my face slashed open down the left side, my neck slit along the carotid artery, and

for the cherry on top of this dessert, their blade plunged in front of my left ear which penetrated my skull into my brain three and a half inches! To my great fortune, I was found by three teenage girls who heroically rushed to my side. They applied pressure to my neck, which stopped me from bleeding out, and summoned the ambulance. I was rushed to the hospital where I was given emergency surgery and a declaration from the admitting doctor that he wouldn't, "bet a plug nickel on my survival."

Towards the end of my five months stay in the hospital as an in-patient, I learned that my attacker was, Redmond O'Neal, the son of two movie stars, Ryan O'Neal and 70's icon Farrah Fawcett. Despite my injuries



the irony was not lost on me. A guy taking a “stab” at acting literally gets stabbed by two movie stars’ druggie kid. You can’t make this up. He left me with a traumatic brain injury, and rehabs, never ending rehabs for six years, but I still had my sense of humor.

Dealing with a **TBI** (‘Traumatic Brain Injury’) was something completely new for me and hell, in all honesty something I had never even heard of before. I had been a young healthy guy, so why would I? But now I was a “patient”, which required patience. For the first couple of years, I had to sleep, all the time because my brain was literally “re-wiring” itself. My left eye was completely shut for over five months and when it did open it turned all the way off to the left! Before, I would generally be the boastful guy folks told to pipe it down, but now it was hard to hear me. My vocal cords were fried, and I could barely even talk after being forcibly intubated and having my neck slit. I sounded like a chipmunk, and even producing a little sound felt like a strenuous workout. I mean, how would I ever even act again when I could barely

force two lines out of my mouth at a whisper? I felt like I had been drop kicked into an alternate reality. Stranded on a desert island somewhere and in many ways this was true.

When I was released from the hospital where my devoted mom slept on a small couch in the corner for five months just so she could be near me, they had to decide where I should go next. I then went to live with my acting mentor and friend Gabe Dell and his wonderful wife Kiki who generously took me in and became my caregivers. As an unexpected addition to the family, I was given a very tiny bed that had been built next to a fireplace in a round room in the middle of the house. It was a library lined with bookshelves, that Gabe used as a public space to teach his students. It was also the favorite room of his late father Gabe Dell Sr., a Broadway star and film actor who rose to popularity alongside movie legends Humphrey Bogart and James Cagney; and shared a cocktail or two in this room with other young stars from his era like Judy Garland and Mickey Rooney. Gabe Sr. had even read scripts

right in the very bed, that I was healing in. It was his personal study, and in the dark of night always felt heavy with history. Living in a library itself almost felt like a practical joke from the universe as well as a cheeky metaphor for my life because I was forced to slow down to a snail pace and learn how to deal with these new mental and physical challenges that faced me every day.

The invasive head trauma also led to a post traumatic seizure disorder which made me unable to drive. So not only was I staying at my mentor’s house in a library, but outside of going to the hospital and rehab appointments, I couldn’t go anywhere unless it was planned ahead of time. Having to ask someone even to take you to the grocery store could feel like organizing an event which always made me feel like a bit of a burden. After perpetually feeling stuck in the house and emotionally eating myself out of several boxes of cookies or whatever I could get my paws on, I chose to, despite the “incident”, start going for walks alone.

At first these walks became a means for me to work through the unfathomable confusion I had circulating around my mind about the circumstances I had been dealt, and to feel a sense of independence outside of being a “patient”. I needed this no matter how minuscule it appeared. I wanted some freedom, some privacy or control, even if it were as paltry as choosing what direction that “I wanted” to go.

One day while walking about a mile and a half from the house, I crossed a building with a sign that said “**BUILT**” and upon further examination, realized it was a small gym. The word “**BUILT**”, called to me like fate. An opportunity to rebuild the decimated and torched foundation of my life because I knew there was a young phoenix in there, newly self-aware, curious and looking to rise out of the ashes. And so, I joined right away. The gym created a brand-new sense of freedom, as well as an odd sanctuary for me to work through my feelings on the daily. Every time I saw that ‘**BUILT**’ sign I regarded it as an affirmation: ‘**RE- BUILT**’.

I had long been an admirer of **Frank Zane** on social media, as he would often post inspirational pieces, and it was around this time that I saw him post something about private coaching... At first, I thought ‘well I’m not exactly a conventional client given

my current circumstances but hell, let's see what happens...' So, I sent him an email telling him a little bit about myself, my impaired physical state, and why I wanted to connect. Frank immediately asked me to send him some current photos, and we scheduled our first meeting where he would give me some feedback and formulate a game plan. Being a particularly vain guy to begin with, it was beyond hard to send those initial photos of myself posing in my underwear, half broken and in the worst shape of my life, to one of my heroes. But I set my vanity and burnt ego aside and did it anyway, and my new journey began.

Walking a mile and a half to go do a strenuous workout routine and then to walk another mile and a half home, when you're in very poor shape medically and physically takes some real gravitas, but I was ready for a change. I needed something to put all this pent-up energy into that was outside the realm of the doctors, hospital visits, caregivers, and home environment that I could claim as my own. I needed a goal no matter how lofty it seemed because I was stagnating in many ways, and processing so much that I just needed a release somewhere and this release eventually manifested as reps in the gym.

Mr. Zane instilled in me the importance of paying attention and turning my workout reps into mindful meditations with isolated focus on the movements and slower negatives. Given he was once a schoolteacher, my time with **Mr. Zane** always felt like an actual class because I was expected to have questions prepared and take monthly photos of myself. This forced me to show up for myself and gave me an accountability partner, which pushed me to make sure I got all my workouts in every week.



The photos initially felt mortifying, as I really didn't want to see what I looked like. But **Mr. Zane** told me you take the photos so you get the **"real idea of what you look like to other people"** and over time you also really start to appreciate just how far you've come because you can see the results as the mirror often does not give you a realistic view. And he was right. After a long time of feeling like an awkward out of shape guy doing a million seated twists, knee-ups and endless reps, I began to see the transformation in the photos and since I had come from nothing, I knew I earned every one of those damn reps!



In his Bodybuilding Manual, **Zane** has a segment entitled Bodhi Building by Ken O'Neill. Bodhi being an ancient Indian word meaning **"wisdom"** which talks about Bodybuilding not just being the activity of some schmo aimlessly flopping around weights but rather an age-old activity of training the **"whole person,"** and gaining an edge by focusing on the mind, body, and spirit as one mechanism. This approach is the key to unprecedented opportunities for awakening the sleeping giant within. This made tremendous sense to me. Frank was known as the **"chemist,"** so I knew in order to take myself to the next level, I needed to get specific on everything including nutrition to **"train the whole person"**. So, I turned to my now friend Jack Radford-Smith of the Bodybuilding Dieticians to refine my diet.



In training my **"whole person"** I've created a new lifestyle for myself that I'll be looking to maintain for the long haul. Let this be a reminder that you can start from wherever you are right now with whatever resources you have by taking just one step at a time and you will build not only symmetry in your physique but in your life. So, give your life a PUMP, do the reps and get to work! Demand to be victorious! I promise you from direct experience that what you can achieve and overcome will surprise you.



Photographer Credit in feature on pictures **"Jared Fix"

IRON MAN

**NAYER
TOVAR**

“NAYFIT”

2X INBA/PNBA NATURAL OLYMPIA WORLD CHAMPION

NAYFER TOVAR

NAYFIT

I was born in the vibrant land of Venezuela and live in Mexico. I've been exploring the world of natural bodybuilding for five years, focusing on three pillars that are incredibly important to me: the mind, the body, and personal finances.

Everything is connected, and by working on each of them, everyone will feel more empowered, confident, and sensual.

My achievements and recognitions:

- 3 companies, author of a book on sensuality, certified advisor on ketogenic, low-carb, and exercise diets.
- 3 National Competitions, 1 Latin American Competition and 3 World Championships.
- 5 gold medals, 3 silver medals, and 2 Best Sex Appeal Awards (Most Sensual Athlete Awards)
- 2022 Best Fitness Athlete Award.

I reached the pinnacle of my career by being crowned **Latin American Champion**, and my most prestigious title is that of **2X INBA/PNBA Natural Olympia World Champion**.

It not only represents my personal success but also my commitment to natural sports and integrity in fitness.

Currently, I continue to inspire thousands of people around the world, especially by helping women with my "MÁS" (Authentic and Sensual Woman) academy, where I help them regain their confidence and sensuality through purpose, motivating them to lead a healthy life and strive for their goals.

 @soynayfit



INBA PNBA Asia Pacific Pro/Am Championships 2025:

A Celebration of Natural Excellence in Japan

The 2025 INBA PNBA Asia Pacific Pro/Am Championships dazzled in the iconic “land of the rising sun,” Japan. The event was graced by the presence of Founder and World President Denny Kakos and EO Diana Kakos, who brought prestige and inspiration to this fiercely competitive natural bodybuilding showcase.

A highlight of the championships was the announcement by Mr. Denny Kakos of Kevin Chiak’s promotion to INBA PNBA Asia President, while event host Takeshi Adachi assumed the role of INBA PNBA Asia Vice-President.



Jeff Seid



Amateur Division: Rising Stars Shine

Elite natural athletes from 15 Asia-Pacific countries competed for supremacy. In Men's Physique, Japan's Satoshi Nishikoori dominated the stage, claiming the championship title and his PNBA Pro card. Meanwhile, the graceful Riyo Adachi of Japan delivered a stunning performance, securing an undisputed victory in the Bikini Diva amateur division and earning her Pro card—later triumphing in her Pro debut.

Adding to the excitement, Natural Olympia Men's Physique Pro Champion Jeff Seid made a spectacular appearance, entering the Classic Physique amateur division to secure his Pro card before claiming Bronze in the Pro category. The crowd was further treated to an appearance by the legendary, undefeated Sammy Sisk (USA), who dominated the amateur Grandmasters category.

PNBA Pro Show: Titans Collide

The Pro divisions delivered electrifying competition. Singapore's Marvin Soh extended his winning streak, adding another Asia Pacific Men's Sports Model title to his legacy. However, the night's standout was the Philippines' Stanly Chiu Inso, who achieved an extraordinary double victory—winning both the Classic Physique and Bodybuilding Pro divisions—and earning the prestigious Most Valuable Player award, presented by World President Denny Kakos.

The event also featured elite talent like Siah-Ra Ausar (two Masters overall titles), the charismatic poser Eli Odili, and a thrilling showdown between Hugo Garcia (3rd at 2024 Natural Olympia) and Japan's top Men's Physique athlete, Ryuhei Takeshita. Garcia pushed Takeshita to the limit, with Takeshita ultimately claiming victory in flawless condition.

Drug-Tested Integrity & Olympia Qualifications

Upholding INBA PNBA's commitment to 100% natural competition, all athletes underwent rigorous drug testing via a WADA-approved lab in Japan. Champions and qualifiers have now secured their tickets to the pinnacle of natural sports—the 2025 Natural Olympia in Las Vegas (November 6-9).



Eli Odili



Siah-Ra Ausar

The Future of Natural Bodybuilding in Asia-Pacific

With momentum surging across the region, the next stop for INBA PNBA's high-octane action is Shanghai, China (May 2-3, 2026). Expect even fiercer rivalries, breathtaking physiques, and unforgettable moments as the best natural athletes return to compete for glory.

TO ALL AMATEUR AND PRO INBA PNBA ATHLETES—SEE YOU IN SHANGHAI FOR ANOTHER HISTORIC CHAPTER IN NATURAL BODYBUILDING!



Sammy Sisk



NATURAL

SATURDAY, NOVEMBER 1, 2025



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ATHLETES USING BIOMARKERS TO OPTIMIZE TRAINING, HORMONES, AND RECOVERY



By Doug “The Formulator” Grant

In the relentless pursuit of peak performance, natural athletes know that guesswork doesn't cut it. You can grind in the gym, dial in your diet, and chase every rep with heart, but without a clear picture of what's happening inside your body, you're flying blind. That's where **biomarkers** come in—your body's hidden dashboard, revealing the truth about your training, hormones, and recovery. As the formulator behind bloodwork panels for the NBA, Top Athletes and people wanting ultimate performance including muscle size and strength “**Nutrients Rx (nutrientsrx.com)**”, I've seen firsthand how tracking these markers transforms good athletes into great ones. Let's dive into why biomarkers are the game-changer you need and how you can harness them to crush your goals.

Biomarkers are measurable indicators in your blood, saliva, or urine that reflect your

body's physiological state. For bodybuilders and other athletes, they're like a real-time report card, showing how your training load, nutrition, and recovery are impacting performance. Think of C reactive protein, the inflammatory marker that can skyrocket with overtraining, or synthetic testosterone.. Then there's creatine kinase, a marker of muscle damage, and ferritin, which signals iron stores critical for endurance. These aren't just numbers—they're your body's language, telling you when to push, when to rest, and when something's off.

Why should you care? Because natural athletes don't have the crutch of performance-enhancing drugs to mask poor choices. Every decision—every set, meal, and hour of sleep—has to be on point. Biomarkers take the mystery out of the equation. For example, high cortisol levels might explain why you're feeling sluggish despite perfect workouts. Low vitamin D could be sabotaging

your strength gains. By tracking these markers, you can fine-tune your training and nutrition with surgical precision, avoiding the pitfalls of overtraining or under-recovery. Even enhanced athletes may need to track markers even more because of the possible extensive damage being done to their liver and kidneys. Just knowing these markers alone has converted many to a more natural approach.

Whether you use **Nutrients Rx (nutrientsrx.com)** or other programs, they have made it simple for athletes to tap into this power. Blood testing programs let you measure key biomarkers tailored to your goals—whether you're a bodybuilder chasing hypertrophy, a triathlete grinding for endurance, or a CrossFitter balancing strength and stamina. You get a comprehensive panel that includes hormones like testosterone and cortisol, nutrient markers like vitamin D



and magnesium, and recovery indicators. **The best part?** You don't need a PhD to understand the results. Most legit programs break it down in plain English and even offer customized supplement packs to address deficiencies and optimize your performance.

Let's talk hormones first. Testosterone is the king for muscle growth, but it's sensitive to overtraining, poor sleep, and inadequate calories. A study in the *Journal of Strength and Conditioning Research* found that athletes with chronically low testosterone had slower recovery and reduced muscle protein synthesis. By monitoring your levels, you can adjust your training volume or bump up healthy fats to keep testosterone in the optimal range. CrP, on the other hand, is your body's stress inflammatory meter. Elevated levels can break down muscle and sap your energy. **Biomarkers** let you spot these imbalances before they derail your progress. They also let you know what works and what doesn't.

Recovery is another area where **biomarkers** shine, for instance, they often monitor ferritin and hemoglobin to avoid fatigue from iron deficiency, which can crush endurance. With programs like Nutrients Rx, you can track these markers over time, ensuring your recovery matches your training intensity.

Nutrition is the final piece of the puzzle. Most athletes know protein is key—1.0 to 2.0 grams per kg of body weight daily for muscle synthesis—but are you absorbing and digesting it? **Biomarkers** like albumin and blood urea nitrogen reveal how your body's handling protein

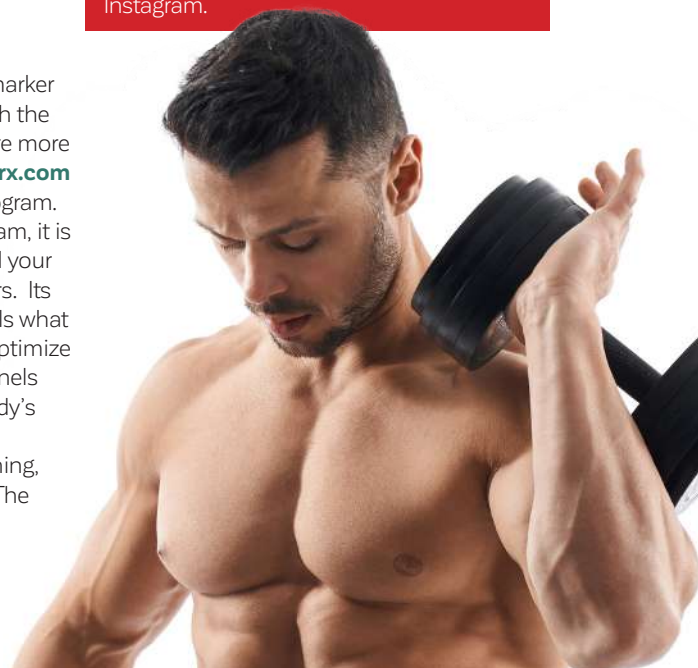
intake. Deficiencies in zinc, magnesium, or vitamin B12 can also tank your energy and recovery. Our program at Nutrients Rx pinpoints these gaps and delivers personalized supplement packs to plug them, so you're not just eating right but thriving. Find a blood marker program that at least gives you suggestions on what nutrients you could take to improve the blood markers.

Here's the kicker: biomarkers aren't a one-and-done deal. Your body changes with every training cycle, season, or life stress. Regular testing—say, every three months—keeps you ahead of the curve. I've worked with athletes who turned lagging performance into PRs by catching low magnesium or tweaking their carb intake based on **biomarker** data. It's not magic; it's science meeting sweat.

Ready to stop guessing and start optimizing? Find a trusted blood marker program that helps you not only with the testing but also the answers. You are more than welcome to head to nutrientsrx.com and check out our blood testing program. Again, it's not about using our program, it is about using one that you can get all your answers from and stick with for years. It's the ongoing testing that really reveals what diet and training is best for you to optimize your muscles and health. Blood panels are your ticket to unlocking your body's full potential—naturally. Get your **biomarkers** tested, dial in your training, and watch your performance soar. The iron waits for no one, so let's make every rep count.

ABOUT THE AUTHOR

Doug “**The Formulator**” Grant, the trailblazing first nutritionist in the NBA, has pioneered holistic health and performance for decades, mentoring thousands of doctors and elite athletes. Instrumental in reviving *IronMan Magazine* with partner Denny Kakos, he put natural bodybuilding in the spotlight and now serves on its board while writing expert articles. A former world record holder in push-ups, world champion powerlifter, and INBA/PNBA Hall of Famer, Doug coaches high-performing entrepreneurs alongside his wife, Hilary, a 4x Natural Olympia Figure Masters Champion. Reach them for questions or concierge coaching via Douglas D Grant on Facebook or Instagram.





DUNAVOLGYI
MEDIA TEAM





THE WORLD OF NATURAL BODYBUILDING SHINES SALOU: A RECORD-BREAKING INBA PNBA WORLD CHAMPIONSHIPS 2025

BY SAURO CICCARELLI, VICE PRESIDENT, NBFi

Salou, Tarragona, Catalonia, Spain (June 13-15, 2025) – As Vice President of NBFi (Natural Bodybuilding & Fitness Federation Italy) and a judge in this incredible sport since 2009, it is with immense pride that I recount my 51st judging experience and my 3rd World Championship on the jury, at the recently concluded INBA PNBA World Championships in Salou, Catalonia, Spain. These three intense

days consecrated the excellence, dedication, and passion that drive natural bodybuilding globally.

The Auditorium Theatre of Salou provided the perfect setting for this world-class event. Hundreds of athletes, hailing from dozens of nations, gathered to showcase years of sacrifice and discipline, all sharing a common goal: qualification for the

prestigious Natural Olympia, to be held from November 6-9, 2025, in Las Vegas, U.S.A. The energy in the hall was palpable, a mix of healthy competition and profound respect for the principles that define our sport: the absolute absence of performance-enhancing drugs and the celebration of the naturally sculpted human body.

Italy, a Beacon of Excellence in Natural Bodybuilding

As Vice President of NBF, I could not be prouder of the results achieved by our Italian National Team. We returned home with a record-breaking medal haul: a total of 23 medals (10 gold, 6 silver, and 7 bronze). This triumph once again confirms the quality of the natural bodybuilding movement in Italy in every aspect. Complementing this incredible tally are 2 Overall titles, awarded to the absolute best athletes in their respective categories, and a remarkable 7 Pro Cards, opening the door to professionalism in the PNBA for our champions.

Such an extraordinary result is the fruit of the tireless work and determination of every single athlete. It's not just about winning medals; it's a testament to the will to step onto a global stage and present their best selves. As you can see from the complete rankings ([available here: https://www.zbodyfit.com/en/competition-event/inba-pnba-world-championships-in-natural-bodybuilding/3994/](https://www.zbodyfit.com/en/competition-event/inba-pnba-world-championships-in-natural-bodybuilding/3994/)), our athletes excelled in every category, demonstrating top-tier preparation.

Highlights and Global Champions

The competition was fiercely contested in every category, with elite athletes showcasing impeccable physiques and breathtaking routines. We witnessed incredible title battles across all divisions: from Bodybuilding to Men's Physique, Classic Physique, and the captivating female categories like Bikini Diva, Figure, and Female Bodybuilding. The diversity of talent from dozens of countries—such as Slovakia, Netherlands, Denmark, Hungary, Germany, Romania, Croatia, Uganda, Azerbaijan, South Africa, Australia, and of course, host Spain—made the event a true melting pot of natural athletic excellence. Every nation contributed to an exciting competitive landscape, with champions demonstrating years of dedication and meticulous preparation.

Every athlete who won their category secured the highly coveted qualification for the Natural Olympia in Las Vegas. This made every challenge even more compelling, elevating the overall level of competition. The 7 Italian athletes who

earned Pro Cards in Salou now join the ranks of PNBA professionals, ready to contend for top honors on the Las Vegas stage.

Special Thanks: The Heart of World Natural Bodybuilding

An event of this magnitude and success would not be possible without the vision and dedication of key figures in our sport. I wish to extend a special thanks to:

- Denny Kakos, President and Founder of INBA PNBA World and owner of Iron Man Magazine, for creating this global family for natural athletes.
- His wife, Diana Kakos, CEO of INBA PNBA, whose leadership is fundamental to the federation's growth and organization.
- His daughter, Denise Kakos, Chief Operating Officer and Editor of Iron Man Magazine, and Vice President of INBA PNBA, for her tireless work in promoting and documenting our sport.
- Enric Torrent Mendez, President of FCF Culturisme, and his entire staff, for the impeccable hospitality and masterful organization of this championship in Salou. Catalonia and Spain proved to be an exceptional host country.
- Viliam Rigo, President of INBA Europe and architect of the Elite Tour, for his commitment to growing the natural movement on the continent.
- My father, Sandro Ciccarelli, President of NBF, whose passion and tireless work built the foundations of natural bodybuilding in Italy.
- My mother, Isabella Desci, Secretary of NBF, for her behind-the-scenes support and dedication that makes our successes possible.
- My sister, Chiara Ciccarelli, Councillor of NBF, for her valuable contribution to our federation.
- I also wish to sincerely thank Sandra Van De Kamp, President of INBA Netherlands and Head Judge at this World Championship, ably assisted

by Ingrid Sciortino, a Swiss judge. Both performed an excellent job, ensuring fair and precise judging.

- A heartfelt thanks goes to all the other judges, the staff assisting the jury and backstage team, the photographers (especially Zsolt Dunavolgyi), and all the INBA PNBA world leaders present (I apologize if I don't recall all names and don't mention them individually) for their constant support and dedication.
- And, of course, to the entire Team Italy NBF, led by our National Team Captain, Davide Donati, a two-time World Champion in the Bodybuilding Grand Master Pro PNBA category and soon-to-be inductee into the 2025 INBA PNBA Hall of Fame. His leadership and example have been an inspiration to all.

This weekend in Salou will remain etched in our memory not only for the sporting results but also for once again feeling the deep passion and love for this sport from all participants. It was an honor to judge, observe, and be part of a community that embodies the true values of natural bodybuilding.

May the force always be with us, as we continue to carry the flag of natural bodybuilding towards Natural Olympia and beyond!



For more information and updates, follow me on Instagram:
@saurociccarelli89
and NBF on @nbfi_italy

1ST PLACE CHAMPIONS OF THE INBA PNBA WORLD CHAMPIONSHIPS

Hosted by INBA Global Affiliate FCF Culturisme



**Men's
Bodybuilding**
PNBA Florian Michel
Germany



**Men's
Classic Physique**
PNBA Elijah Irabor
USA



**Men's
Physique**
PNBA Davide Laffranchi
Italy



**Men's
Physique Masters**
PNBA Jonny Clough
United Kingdom



**Men's
Bodybuilding
Grand Masters**
PNBA Davide Donati
Italy



**Men's
Athletik**
PNBA Georg Dorn
Hungary



**Women's
Bikini Diva's**
PNBA Jennifer Veillard
Switzerland



Wellness
Rebecca Bandolsky
Germany



Women's Physique
Emilia Elsässer
Germany



Sport Model
Open & Masters
Jennifer Veillard
Switzerland



Physically Challenged
Open Tamale Safalk
Uganda



Body Building Masters
Nick Richardson
United Kingdom



Bodybuilding
Ultra Masters
Jose Maria García López
Catalonia



Classic Physique Masters
Open Khudadar Hamidov
Azerbaijan



Figure Open
Iduna Bink
Netherlands



Men's Athletic Open
Florea Robert
Romania



Sport Model Open
Davide Minuzzo
USA, New York

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Final Word

Remember that greatness is built through consistency, integrity, and passion. Just as Clark Bartram has shown us, the pursuit of longevity in fitness is not about shortcuts, but about staying true to your principles and pushing forward no matter the challenge. To every natural athlete, coach, and reader, keep training with purpose, fueling your body with intention, and living this lifestyle with pride. The future of natural bodybuilding is in your hands.



Next Issue

Bodybuilding and fitness are built on timeless values; discipline, resilience, and the drive to leave a lasting legacy. At Iron Man Magazine, we've carried that torch for generations, and we are proud to be the only bodybuilding and fitness magazine still in print. Catch our next issue where we continue to deliver the stories and insights that keep this legacy alive.



2025 INBA PNBA ROAD TO THE PINNACLE



THE PINNACLE NATURAL



MARCH

15 SANTA ANA, CA
2025 INBA PNBA WORKSHOP

22 SIERRA VISTA, AZ
INBA ARIZONA COPPER CLASSIC

22 ALLEN, TX
2025 INBA PNBA WORKSHOP TEXAS

29 BEVERLY HILLS, CA
INBA HOLLYWOOD NATURAL
BODYBUILDING & FITNESS AWARDS

APRIL

12 CORONA, CA
INBA IRON GLADIATOR

26 DUMFRIES, VA
INBA PNBA PRO/AM PHILIP RICARDO
LEGENDS

MAY

03 CHICAGO, IL
INBA PNBA PROFESSIONAL
AMERICA'S NATURAL
& AMATEUR ILLINOIS STATE

10 TOKYO, JAPAN
INTERNATIONAL ASIAN PACIFIC
CHAMPIONSHIPS

10 SYRACUSE, UT
INBA UTAH NIGHT OF THE CHAMPIONS

17 SAN LEANDRO, CA
INBA SILVER & BLACK MUSCLE CLASSIC

24 EI SEGUNDO, CA
INBA PNBA PRO/AM DIANA KAKOS
PRESENTS INTERNATIONAL
BATTLE AGAINST CANCER

JUNE

07 ATLANTA, GA
INBA PNBA PRO/AM SOUTHERN USA

14 BARCELONA, SPAIN
INBA PNBA PRO/AM WORLD CHAMPIONSHIPS

21 OAKVILLE, CT
INBA NEW ENGLAND NATURALS

28 SIERRA VISTA, AZ
INBA PNBA PRO/AM ALEXANDER
CLASSIC

JULY

06 DALLAS, TX
INBA PNBA PRO/AM MR & MS USA

12 BAKERSFIELD, CA
INBA CENTRAL CALIFORNIA CHAMPIONSHIPS

27 EL SEGUNDO, CA
INBA PNBA PRO/AM INTERNATIONAL
IRON MAN MAGAZINE

26 PALISADE, CO
INBA COLORADO STATE

AUGUST

02 SANTA ROSA, CA
INBA CALIFORNIA NATURALS

02 SANTA ROSA, CA
PNBA PROFESSIONAL WOLFPACK
& COUGAR CLASSIC (50+)

09 TULSA, OK
INBA PNBA PRO/AM TOURNAMENT OF TITANS

16 OCEANSIDE, CA
INBA ARMED FORCES CHAMPIONSHIPS
SO CAL CHAMPIONSHIPS

23 SPRINGVILLE, UT
INBA PNBA PRO/AM UTAH STATE NATURALS

30 CHICAGO, IL
INBA PNBA PRO/AM NORTH AMERICAN

SEPTEMBER

06 BUENOS AIRES, ARGENTINA
INBA PNBA PRO/AM NATURAL UNIVERSE

13 SAN LEANDRO, CA
INBA PNBA PRO/AM INTERNATIONAL
ZEUS CLASSIC

20 TAMPA, FL
INBA PNBA PRO/AM
INTERNATIONAL THE ICONS

26 LAS VEGAS, NV
INBA LAS VEGAS NATURALS

27 LAS VEGAS, NV
INBA PNBA PRO/AM TEAM USA

OCTOBER

04 OAKVILLE, CT
INBA PNBA PRO/AM EASTERN USA

04 SURPRISE, AZ
INBA PNBA PRO/AM GRAND CANYON CLASSIC

12 SAO PAULO, BRAZIL
INBA PNBA PRO/AM INTERNATIONAL
LATIN AMERICAN CHAMPIONSHIPS

18 DAVIS, CA
INBA WESTERN USA

NOVEMBER

01 EL SEGUNDO, CA
INBA PNBA PRO/AM WORLD CUP

06 - 09 LAS VEGAS, NV
THE PINNACLE PRO/AM
NATURAL OLYMPIA
(MUST BE QUALIFIED TO COMPETE)

Rev: 4/16/2025 Subject to change

ALL INTERNATIONAL INBA PNBA AFFILIATE EVENTS PLEASE CHECK THEIR WEBSITE FOR COMPETITION SCHEDULE

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