

MAY 2005 / IRON MAN - REAL BODYBUILDING TRAINING, NUTRITION & SUPPLEMENTATION

MASS HYSTERIA: CHAMP TRAINING

CHAMP-TRAINING BLOCKBUSTER: HOW THE BIG MEN GET HUGE

IRON MAN

MASS HYSTERIA! How the Champs Get INSANE Size Gains

- FORCE VS. PUMP
- FIBER SPLITTING
- TIME-BOMB TRAINING

GIANT ARMS!

10

TOP TIPS FOR SKY-HIGH BI'S

CARB UP FOR SIZE AND CUTS

MAY 2005

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IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

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Unless you follow these 10 tips for carving jagged peaks and adding new bi' size from Ron Harris.

98 MASS HYSTERIA

Finally, someone explains why the mass monsters get outrageous muscle growth while the rest of us get only sputtering size gains. Steve Holman analyzes how the champs train, why they lie and cheat, and how you can jack up your mass doing what they do—without drugs.

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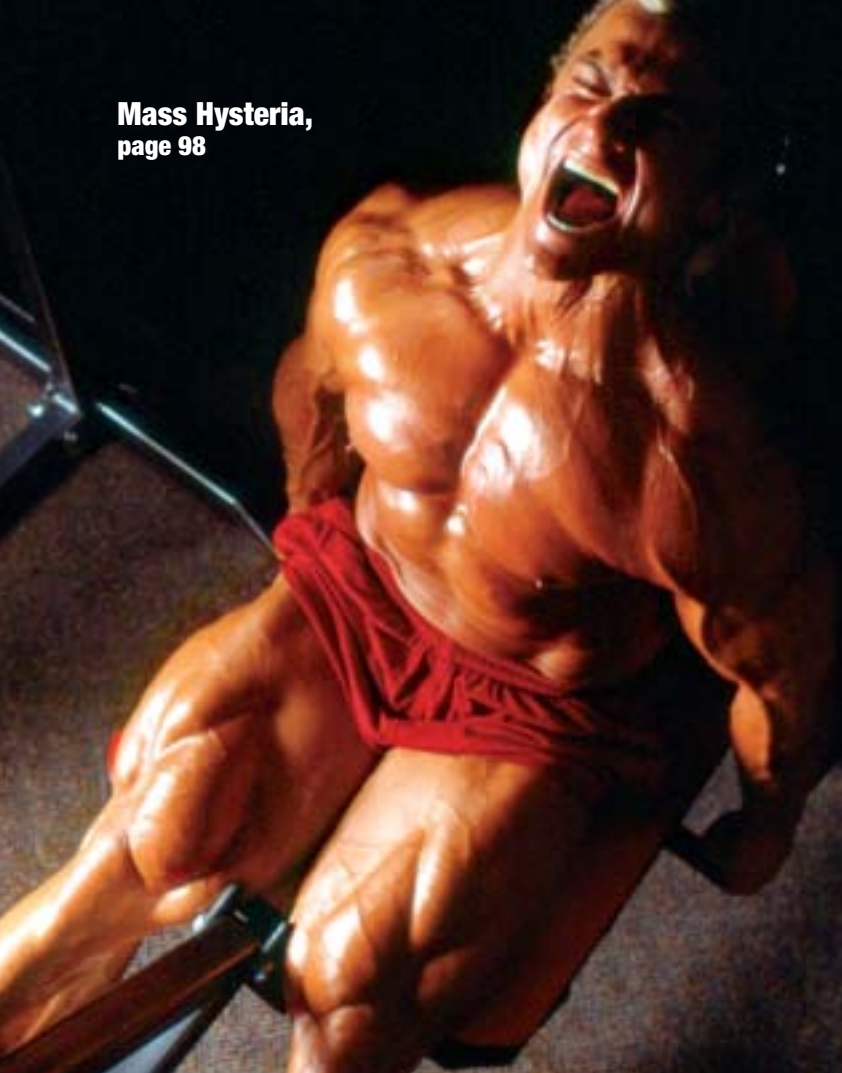
Bill Starr discusses proper before and after protocols, as in warmups and warm-downs, and how doing it all can boost your size and strength.

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The pro season opener from Pasadena, California. Lonnie Teper's report is full of surprises—and pics of big, shredded bodies.

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Ronnie Coleman, Arnold Schwarzenegger, Jay Cutler and Tom Platz appear on this month's cover. Photos by Michael Neveux and John Balik.



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256 READERS WRITE

Barbarian-friendly comments on those powerful David Paul pics in the March issue. Also, Arnold applause, burnin' love and the notorious Bowflex X.

In the next IRON MAN

Next month we have an eye-opening interview with Pavel Tsatsouline, the Russian trainer who's considered to be a kettlebell master. What the hell is a kettlebell? Something that could change your training and gaining forever. We'll have red-zone k-bell workouts as well. Then we chat with Kraig Feldman, the teenage national bodybuilding champ. We'll include his training and diet details too. All you teens who want more muscle should listen up. This dude's got it going on. Not to forget nutrition, Jerry Brainum gives you the latest on the Mediterranean diet, a healthy eating plan with anti-aging potential and plenty of muscle-building kindling. Oh, and, of course we'll have coverage from the Arnold Classic, a fantastic female-muscle pictorial by Bill Dobbins and Ron Harris' 10 rules for turning out titanic triceps. Watch for the jammin' June IRON MAN on newsstands the first week of May.