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NOVEMBER 2005 / IRON MAN — REAL BODYBUILDING TRAINING, NUTRITION & SUPPLEMENTATION

100 POUNDS OF MUSCLE

Discover how to get the opposite sex to stand in line, **LUSTING** over your **ROCK-HARD Abs!!!**

Revealed

The secret to etching your midsection in 10 short minutes.

If there's one bodypart that generates more sensual attention than any other... it has to be great abs. No matter who you talk to, men and women alike, ask them what physical qualities they lust for in the opposite sex. The answer you'll get more often than any other is "a tight in-shape waist."

What women love the most. Now you can achieve the kind of "six pack" that makes you irresistible to the opposite sex, leaving them absolutely spellbound. The truth is—great abs are the bait that acts like a magnet, luring them to your side.

What's more, chiseled abs "showcase" the rest of the physique like a frame around a classic Picasso. And they can make even an average physique look incredible!

Here's proof! Go to any beach or pool, look for a guy with an average build, but great abs. Guaranteed he's got babes hangin' on him like—the Pied Freakin' Piper!

Picture this... you with tight, shredded abs, serratus and intercostals all sharp, sliced and visible from across the room or on the sun-glared beach! And from the rear, lower lumbar that look like two thick steel girders supporting your muscle-studded back. Imagine looking like a statue of a Greek God... in street clothes... in the gym... or out on the town...

... "gorgeous admirers" stopping to catch a view! Imagine all this in only ten minutes?! That's right! Now you can double your results in half the time.

Well, if all this sounds like something you've been fantasizing about... continue reading the rest of this message and learn more about this astonishing secret weapon—The Ab Bench™.

Now, for the first time ever



you can work the rectus abdominis, obliques and transverse abdominis with full-range movements beginning each rep a full 30 degrees to the rear of center. That's right! Twice the range of motion, and more importantly... twice as effective as any ab exercise or any ab machine—on planet Earth!!! This full range of motion is virtually and utterly impossible with conventional exercises.

Forget about... floor crunches... ab rollers... incline boards... all of those fancy machines promoted on those expensive infomercials or

whatever. All are less effective!

You might as well go back to the Dark Ages rubbing two sticks together to start a fire, if you're still doing those out-dated, archaic, obsolete movements. What's more, those movements have only half the range of motion!

Full range of motion. Oh, and let's talk about all those so-called "self-proclaimed experts" running off at the mouth for years about full range of movement. Yet not one of these geniuses has ever had the insight to design a movement to work the abdominals through the full range of motion.

Functional design. The incredible breakthrough design of the patented pad on the Ab Bench™ pre-stretches the targeted muscles prior to contraction, giving you a full-range movement, making each exercise 50%... 100% ... maybe even 200% more effective.

And the Ab Bench™ takes the physiology of your spine into consideration with its design

like nothing else on the market... not now...not ever!

The cable design allows the pivot point to move down the spine as the abdominal muscles contract. Here's the clincher: that contraction takes place all the way into the pelvis where the abdominals actually rotate the spine, forcing the abdominals to completely contract...from the upper abs to the lower abs. So, using the Ab Bench™ is the "sure-fire" guarantee for you to get that attention-grabbing ripple effect with—no wasted effort!

But wait, it gets even better—you can also develop the external obliques, the intercostals and the serratus! And, to top it all off you can use it to build the "eye-appealing," often neglected lower-back muscles. Simply sit backward on the machine, hold the handles on your chest and perform erector crunches.

Get the Ab Bench™! It just may be the best investment you'll ever make in your body-building career.

Order today risk free. The Ab Bench™ is only \$149 plus shipping (barbell plates not included; call for shipping to your area).

We're so sure that the Ab Bench™ will transform your midsection into a ROCK-HARD washboard that garners plenty of admirers, that we're offering it RISK FREE. Try it and if for any reason you're not completely overjoyed with the results, return it within 30 days for a full "No Questions Asked" refund.

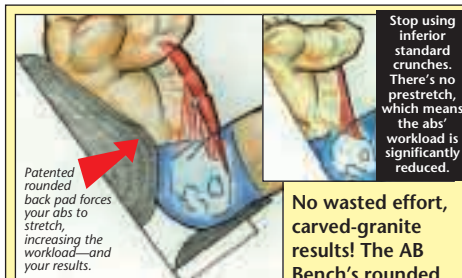
What have you got to lose? At worst you get all your money back and at best you end up with ROCK-HARD Abs. Call right now! 1-800-447-0008, Dept. 3QA.

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Yes, you can afford the Greatest Ab Machine On Earth: With adjustable back pad.



Only \$149 + S&H (barbell plates not included; call for freight prices to your area)



Patented rounded back pad forces your abs to stretch, increasing the workload—and your results.

Stop using inferior standard crunches. There's no prestretch, which means the abs' workload is significantly reduced.

No wasted effort, carved-granite results! The AB Bench's rounded

back pad forces a stretch prior to each ab-etching contraction, making the muscles work like never before. Notice how on-the-floor crunches cheat your midsection out of the full range of motion.

Patent #4,372,553



From full stretch to complete contraction—in total comfort. The Ab Bench is the most complete midsection exercise in existence. You'll feel the incredible difference from your very first rep.



1-800-447-0008, Dept. 3QA

Mail payment to: Home Gym Warehouse, 1701 Ives Avenue, Oxnard, CA 93033

IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

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Jerry Brainum's always at the forefront of new research, and this month he tells you how scientists got a 358 percent increase in free testosterone in only 10 days—with over-the-counter products. T time. Bring it on!

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Classy Hardbody hottie, "Muscles in Motion" mulling and more X-citing gains.

In the next IRON MAN

Next month we've got a whole slew of training features to get you growing as never before. First, Greg Zulak delves into forging freaking forearms and getting a gorilla grip. Remember, in a short-sleeved shirt your forearms are all anyone sees, so get 'em gnarly—as in big and crawling with vascularity. Zullie tells you how. Then we have a look at abbreviated workouts from Christopher Pennington. Who says you have to spend your life in the gym to get huge? Not Chris. He says you can be in and out in 30 minutes or less. Then watch your muscles morph into mountains. Plus, we have another entertaining, mass-gaining episode of "A Bodybuilder Is Born" from Ron Harris and more champ-training analysis from Steve Holman, not to mention X Files, your X-Rep primer. Watch for the defibrillating December IRON MAN on newsstands the first week of November.

Unintended Consequences

Usually, the phrase "unintended consequences" has a negative spin, and in bodybuilding it's no different. Bodybuilding has taken on an undeserved negative spin because of drugs and the consequences of taking them. Bodybuilding, as an activity, sport and passion, is pure; it's what we do with it that makes the spin positive or negative.



Virtually everything in the world of sports and fitness has a strength-training/bodybuilding/sports nutrition component that has been "borrowed" (without credit) from the world of bodybuilding. That fact is not enough to give us—bodybuilding and bodybuilders—any credibility in the real world. Drug use has so poisoned the well of public opinion that extraordinary muscle development and strength are universally seen as a badge of drug use. The partially informed public talks about steroids, but we all know that steroids are just the tip of the iceberg. And like the tip of the iceberg that hid the huge danger to the *Titanic*, the stigma of drugs is ready to sink us. How did it happen? Is there any hope for redemption?

Our shared interest in bodybuilding (for some an obsession) can take us in a multitude of directions and presents us with choices and opportunities. Where we end up is the result of hundreds, perhaps thousands, of individual decisions. That undeniable fact governs all of life, and for most *IRON MAN* readers bodybuilding is life. The Ferrari ad says, "The only way to predict the future is to invent it." Easier said than done.

I've talked with many people who have a lifetime in bodybuilding, and a pattern has begun to emerge. Most of us start bodybuilding as teenagers because we want to gain muscle and be stronger. For some it's an adjunct to other sports, and for others it is an end in itself. That's a very simple goal, but in actuality, bodybuilding is like an upside-down pyramid of opportunity, with that simple goal as the crown. You start with that simple idea, and the pyramid spreads out above you. You don't see the future above, but your decisions create that future.

That's the beginning, and in the next few issues I'll explore what bodybuilding has meant to me by looking at a lot of the small decisions that have created the big picture for the world of bodybuilding in general and for me in particular.

Next month I'll cover the positive power of bodybuilding. If you have stories of your personal love affair with the weights, please send them to me via e-mail at ironleader@aol.com. **IM**

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