

20 Pages of the Hottest, Fittest Women in the World

# IRON MAN

## PACK ON MUSCLE!

Quick-Start Program to Get You Growing

## EYE-POPPING ARM SIZE!

- Bulging Bi's
- Sweeping Tri's

## JACKED-UP ENERGIZERS

Eat This to Put the Pedal to the Metal

## DIET GURU INTERVIEW

Unleash Your Inner Warrior

FEBRUARY 2006

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## PLUS:

- Fitness, Figure and Ms. O Blowout
- Power/Rep Range/Shock
- Strength Factor in Bodybuilding

FEBRUARY 2006 / IRON MAN - REAL BODYBUILDING TRAINING, NUTRITION & SUPPLEMENTATION

QUICK-START MUSCLE PROGRAM

**The Muscle-Building Truth Is Out There...**

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**B E Y O N D**



**MUSCLE BUILDING**

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**[www.BeyondX-Rep.com](http://www.BeyondX-Rep.com)**



# 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 lumbers 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.



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.

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 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.

Shipping & Handling \$41.00 Sorry, Cannot ship outside the USA. No Air/Express Delivery Available.

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)



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

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

# Get A Complete Set of Dumbbells in a 2-foot-by-2-foot Area

The first and only "smart" (selectorized) dumbbells ever made. This is the hardcore muscle-building tool for the serious home trainer, and it only takes up a 2-foot-by-2-foot area. Each dumbbell is about the size of a shoe box. And because you change the weight in two seconds flat simply by moving pins, your workouts are faster and more efficient.



- **Selectorized:** Adjust the weight in two seconds by moving pins.
- **Patented:** The idea is so revolutionary it was granted 5 patents by the U.S. government.
- **Rectangular shape:** Each PowerBlock sits in the rack or on the floor without rolling away from you.
- **Safe:** You don't have to deal with dangerous collars or loose screws. The Blocks are solidly constructed and the pins stay secure.
- **Ideal Free Weights:** No rubberbands or cables.
- **Easy Payment Plan Available:** Now you can afford the most amazing compact home-gym innovation ever created. All it takes is a few easy payments. Contact us for more information.



PowerBlock Patent Numbers: 359778, 5637064, 5779604, 5769762. Other patents pending worldwide.

## ULTIMATE HOME DUMBBELL SET: 5 - 90 LBS

Replaces 2,570 lbs of Fixed Dumbbells

The Elite PowerBlock 5-90 lbs base set adjusts in 5- or 10-lb increments. The Elite PowerBlock handle weighs approximately 5 lbs without the chrome add-on weights in the handle. The Elite PowerBlock equals 28 pairs of dumbbells, or 2,570 pounds of free weights, with a top weight of 90 pounds per 'block.'

Shipping & Handling: \$60. Contact us if shipping outside the continental USA.

- **FREE** "Beginning Bodybuilding" video (\$20 value)
- **FREE** "Critical Mass" POF video set (\$35 value)
- **FREE** 20-packet box of Muscle Meals meal replacement (\$65 value)

### Elite PowerBlock

(5-90lbs) #PB-ELITE-590: **\$588.00 + S/H**  
(call for quote in your area)

## LIGHTER WORKOUTS: 5 - 50 LBS

Replaces 500 lbs of Fixed Dumbbells

The Personal Set equals 10 pairs of dumbbells; or 500 pounds of free weights in 5-pound increments—5, 10, 15, 20, 25, 30, 35, 40, 45 and 50 pounds per 'block'. \*Stand not included. Shipping & Handling: \$55. Contact us if shipping outside the continental USA.

- **FREE** "Beginning Bodybuilding" video (\$20 value)
- **FREE** "Critical Mass" POF videos (\$35 value)

### Elite Personal Set\*

(5-50lbs) #PB-ELITE-5-50: **\$239 + S/H**  
(call for quote in your area)



Plus Shipping & Handling,  
CA residents add 8.25% sales tax.  
**It's an investment in physical excellence  
you'll use for decades to come.**  
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more info at [www.home-gym.com](http://www.home-gym.com)

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# IRON MAN

Real Bodybuilding Training, Nutrition & Supplementation

## FEATURES

### 82 TRAIN, EAT, GROW 76

Details can make big differences in your physique. The TEG men analyze perfect mass-building sequences and the DXO technique.

### 106 A BODYBUILDER IS BORN 7

Ron Harris schools his young protégé on the right time to compete—age vs. the stage.

### 120 THE INNER WARRIOR, PART 1

Jerry Brainum pulls no punches as he interviews nutrition expert Ori Hofmekler on everything from frequent eating to high-protein diets to fasting for more muscle.

### 140 BEYOND GLYCOGEN

George Redmon, Ph.D., analyzes your energy system and gives you tips on how to rev up to rep out with more grow power.

### 164 X FILES

Dissecting the perfect mass-building set.

### 176 BODYBUILDING BEGINNINGS

Celebrated bodybuilding author Stuart McRobert presents a quick-start program for beginners—which doubles as a fresh start for those getting back to the gym after a layoff.

### 200 MUSCLE-PROGRAM PRIMER

Christopher Pennington's eight essentials for designing a workout that works for you.

### 212 HEAVY DUTY

John Little channels Mike Mentzer's HIT philosophy.

### 222 MORE ARM SIZE

Eric Broser reveals how to build higher bi's and sweeping tri's—because your guns can never be too big.

### 238 POWER/REP RANGE/SHOCK 2

Another look at an incredible mass protocol that covers all the bodybuilding bases.

### 254 IFBB FITNESS, FIGURE AND MS. OLYMPIAS

Our full-page miniposter treatment of the most spectacular female bodies on the planet. Wow!

### 292 HARDBODY

Sultry and striking fitness femme Valerie Waugman.

### 310 ONLY THE STRONG SHALL SURVIVE

Bill Starr on the strength factor in bodybuilding.



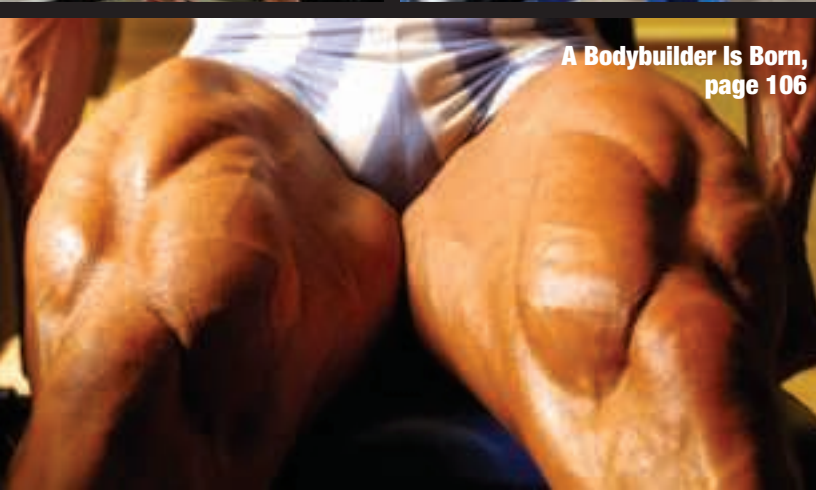
Dan Decker and Alejandra Gutierrez appear on this month's cover. Hair and makeup Kimberly Carlson. Photo by Michael Neveux.



**Bodybuilding Beginnings,**  
page 176



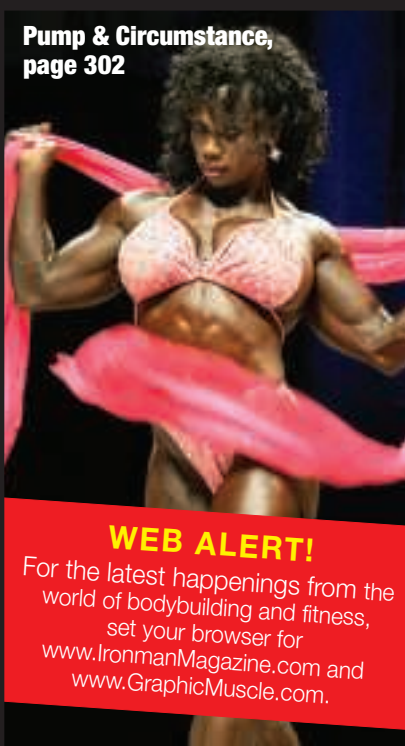
**Beyond Glycogen,**  
page 140



**A Bodybuilder Is Born,**  
page 106



More Arm Size,  
page 222



## DEPARTMENTS

### 30 TRAIN TO GAIN

The best grips and exercise for more muscle size. Joe Horrigan's Sportsmedicine is here too.

### 46 NATURALLY HUGE

John Hansen's world of hurt, part 2—injuries and how to avoid and train around them.

### 56 CRITICAL MASS

Steve Holman blasts you through the tension dimension for more mass.

### 66 EAT TO GROW

The double-trouble fat splat, new whey-cool research and plenty of fantastic food facts.

### 96 SMART TRAINING

Charles Poliquin talks strongman-training strategies. Plus, his tips for a building a bigger bench.

### 286 NEWS & VIEWS

Lonnie Teper's got more wild stuff from the Mr. O and his usual tantalizing tidbits from around the bodybuilding world.

### 302 PUMP & CIRCUMSTANCE

Ruth Silverman's auspicious overview of the women's Olympia events from Vegas, flash scores from the '05 NPC National Championships—and a whole lot more. Plus, Gene Mozée's look at the new "No Pain, No Gain" bodybuilding movie (on page 307).

### 320 MIND/BODY CONNECTION

Randall Strossen, Ph.D., discusses inner visions and outer limits (it's mental-might insight). Gallery of Ironmen and Graphic Muscle Stars also appear here.

### 330 BODYBUILDING PHARMACOLOGY

Jerry Brainum's look at growth hormone and the fat-burning zone.

### 336 READERS WRITE

Big-bodybuilding-babe backer, racist boredom, hard-core covers and informative information.

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

Next month is our annual over-40 bodybuilding issue, and it's shaping up to be a blockbuster! We have training insight from the older, bolder muscle crowd, like Team Universe champ Skip La Cour. Plus, respected researcher Jerry Brainum reveals the exact supplements he takes and suggests ways of building more muscle and health as you move into middle age. Then there's our usual top-notch training tutelage, like Eric Broser's forearm-forging, calf-engorging feature and muscle-building details in our X Files section. We also have a controversial interview with Shawn Ray on the state of competitive bodybuilding. Watch for the slightly more mature March **IRON MAN** on newsstands the first week of February.

#### WEB ALERT!

For the latest happenings from the world of bodybuilding and fitness, set your browser for [www.IronmanMagazine.com](http://www.IronmanMagazine.com) and [www.GraphicMuscle.com](http://www.GraphicMuscle.com).