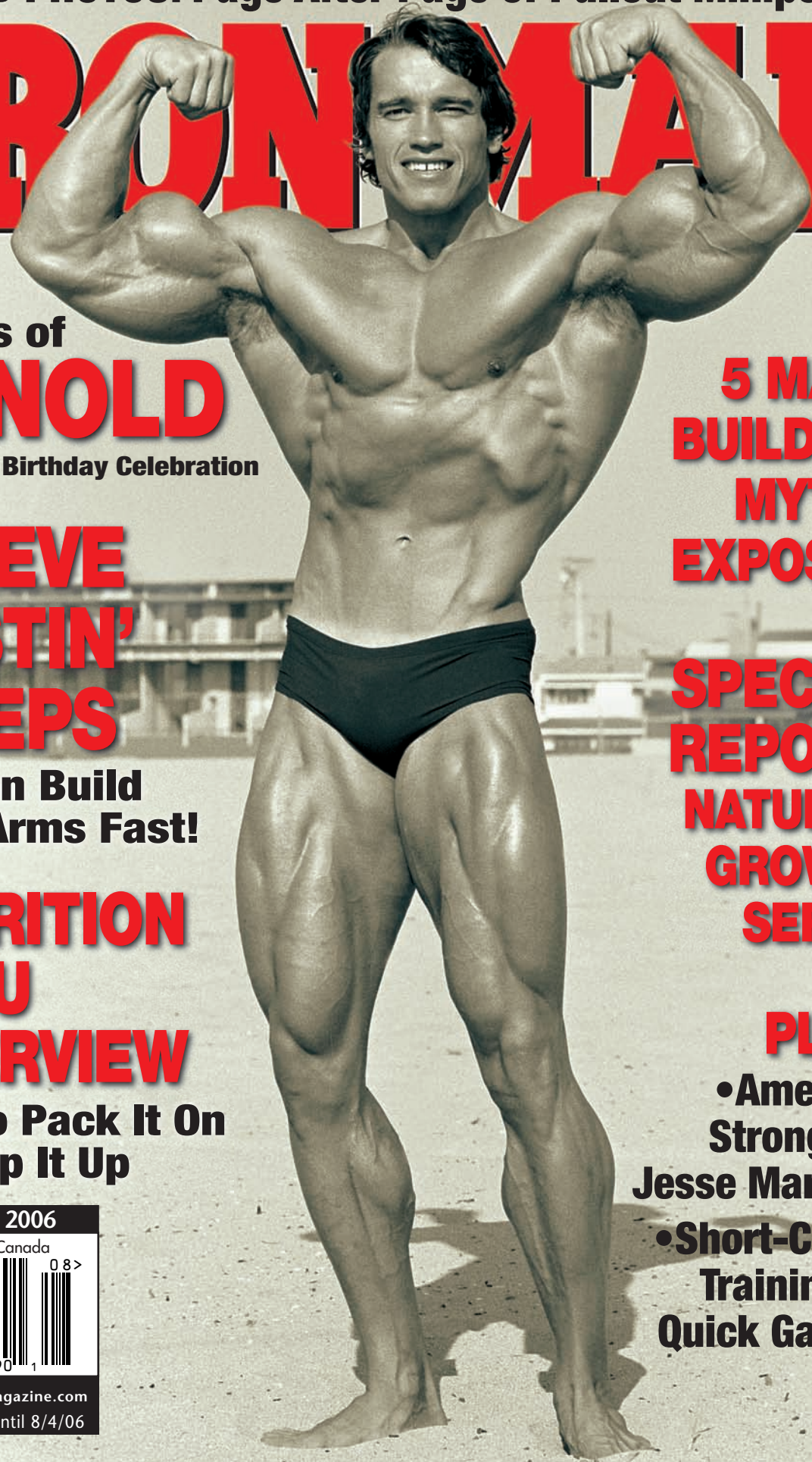


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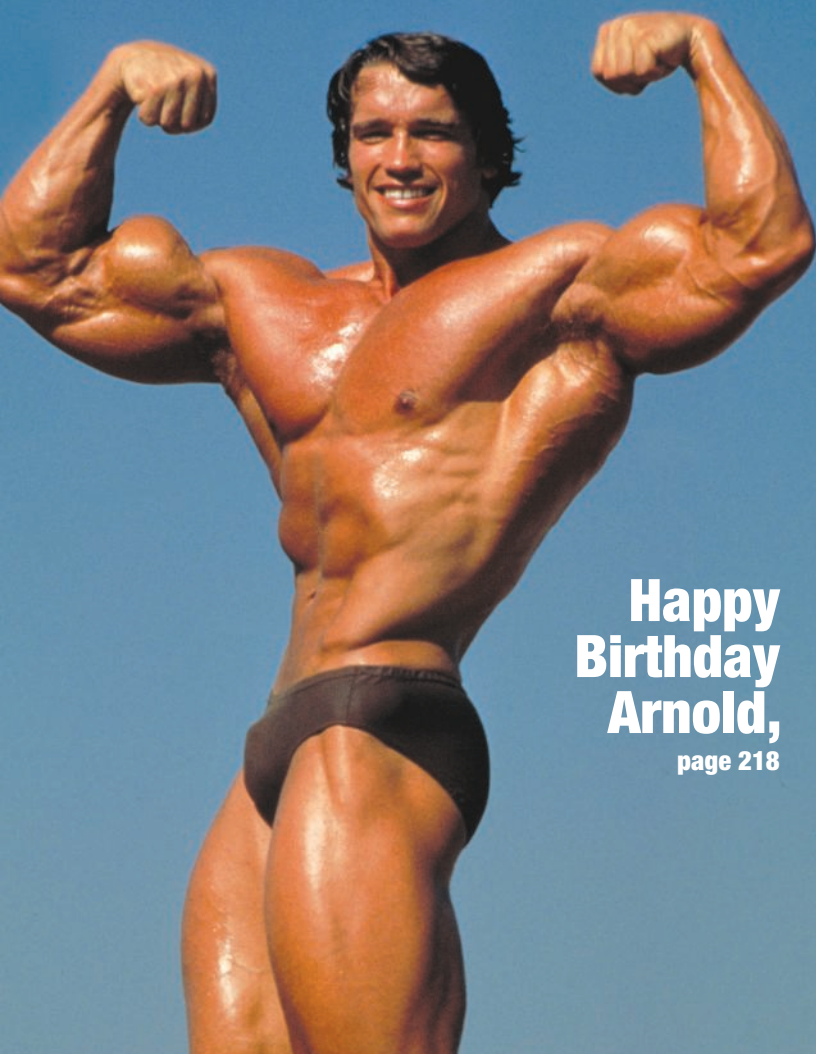
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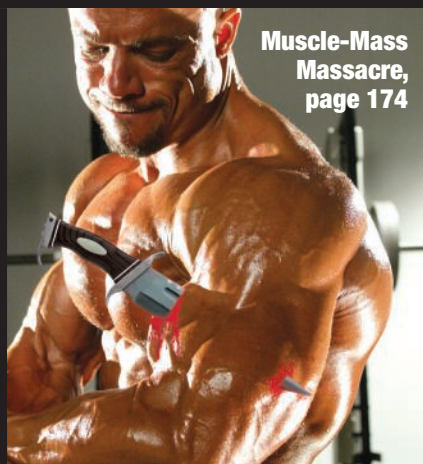
## "We Know Training"™



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Arnold Schwarzenegger appears on this month's cover. Photo by John Balik.

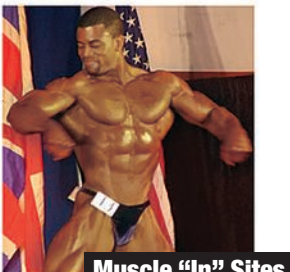


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Randall Strossen, Ph.D., gives you world-class confidence—plus, loads of hot shots in *Graphic Muscle Stars and Serious Training*.

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Site for more size, enough already—as in bodybuilding beasts—and readers X-it from Smallville.

**In the next IRON MAN**

Next month we've got two info-packed interviews lined up. The first is with muscle-building researcher Rob Thoburn, who discusses his rest-only-briefly mass-packing theories. He's corresponded with scientists all over the world for years, so get ready to grow with his info. We also have an interview with John A. Wise, Ph.D., who talks about the exciting new studies with beta-alanine and how it can get you bigger and stronger fast. It may be better than creatine. Then we'll have Jerry Brainum's look at what's known as the metabolic syndrome. It could be the very reason you're not gaining muscle or losing fat as fast as you should, and Brainum has some answers. Plus, you can check out drug-free bodybuilder Dave Goodin, the Texas Shredder. Watch for the sizzling size-packing September *IRON MAN* on newsstands the first week of August.

# “Everywhere I Go, I Have a Great Time”

Arnold Schwarzenegger has played many roles in my life: friend, workout partner, physique model, almost business partner (in a health food store in 1975) and governor of the state in which I live. As I chose the photos for Arnold's birthday pictorial, which begins on page 218, the memories, emotions and lessons of time cascaded through my mind.

I now look back at the early-to-mid-'70s as the second golden age of bodybuilding (the first being the era of Steve Reeves in the '50s). Gold's Gym, the original one on Pacific Avenue in Venice, California, was a magical place. Every morning eight of the top-10 bodybuilders in the world would be training together. Many mornings, a bunch of us would have breakfast together and talk and laugh about everything and everybody. It was a group of oversize characters—Runyonesque, even—each a distinct individual but tied to the others by a shared obsession: bodybuilding. Today, the stars of our sport only see each other at contests; there is very little camaraderie.

Arnold was an indispensable part of the “perfect storm” of events that not only changed bodybuilding for those who were involved in it but also brought it to the masses. His outlook and character strengths have been consistent. One of his mantras was, “Everywhere I go, I have a great time.” He applied that to everything: the workout, the group breakfast—everything he ever did that I was involved with. When Arnold walked into the gym, the energy level immediately went up. You knew he was going to give his best to his workout, and your own workout was elevated because of it.

That boundless, focused, positive energy is one of the hallmarks of Arnold's character, and he has directed it toward everything in his life, from his family to bodybuilding to the movie business to the governorship of California. Forget about Arnold's training secrets, what and how he ate and his supplement routine. Yes, it's fun to read about that, and he had some unique insights, but Arnold's most inspirational attribute is not his physique but his attitude.

Thirty years later Arnold is still true to his mantras. Eight weeks ago I asked him how he dealt with the endless confrontations and skirmishes of politics. He gave me the same answer: “I love it. Everything about this job makes me excited.” We were at a fund-raiser, it was about 7 p.m. on a Thursday, and here's how his schedule had gone so far: After working out at 6 a.m., he'd spent the day in Sacramento and then flown to Los Angeles for the event. It would be followed by another that would take him to midnight, and then he'd fly back to Sacramento. That's an 18-hour day and more typical than not. He displayed no fatigue and said not a word about the demands of the job, only its rewards. Arnold is all about solutions—a problem only exists to be solved.

Thanks, Arnold, for being an inspiration, and thanks from a citizen of California for the way you're applying your attitude—and your skills—to our great state. Happy birthday. **IM**



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