

FRANK ZANE—MR. O AT 65: AMAZING NEW PHOTOS!

IRON MAN

Ageless Muscle!

Lee Apperson, 49
Jennifer Micheli, 44

- Number-One Over-40 Supplement
- Mind-Power Tactics That Crush Old Barriers
- New Antiaging Research

FRANK ZANE AT 65



Frank's
Time-Defying
Bodybuilding
Workout
Inside

JUNE 2008

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PLUS:

- Hot Hardbody Nancy Georges, 39
- Mega Muscle—Full-Page Pics From the Arnold Classic

FAST MASS

Grow Like the Pros—Safely



Nancy Georges
Age 39

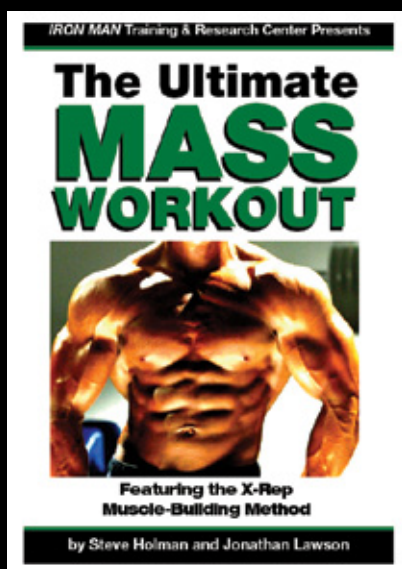
Ultimate INTENSITY—Incredible MASS!

"I am seeing X-tremely insane results! What an awesome program. I've been using the Ultimate Direct/Indirect workout [from *The Ultimate Mass Workout*] for a couple of months, and I've experienced an incredible 10-pound gain in ripped mass."

**—Ryan Waddell
Virginia Beach, VA**

"I'm a natural competitor, and I used to train for two hours per workout—but X Reps changed that. Now my longest workout is about an hour, with better pumps and more size and definition. I've made better gains in four months than I have in four years—and I'm 48 years old. I finally look like I'm a lifter with or without clothes on."

**—Cal Schmidt
Naperville, IL**



"X Reps are the single most important muscle-building concept to come along in years."

**—John Balik
IM, February 2005**

"I've been using X Reps for only six weeks, and the results have been spectacular! Easily the best I've ever had (both visually and strength). People I see regularly have all said, 'Man, what are you doing?!'"

**—Bill Walters
via Internet**

"I put X Reps to the test at the gym, and I've never pumped up so big in all my life. I finally found what I've been looking for after eight years. Already my arms are thicker and bigger than ever. Thank you!"

**—Tony Kemp
via Internet**

"I recently [read *The Ultimate Mass Workout*] and WOW!! After only a few workouts my wife of 15 years asked me, 'What are you taking?'"

**—Neal Ferguson
via Internet**

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IRON MAN
WE KNOW TRAINING™

June 2008

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Mass rules in Columbus, as the biggest bodies in the sport go biceps to biceps. Lots of giant full-page pics here, gang, perfect for your gym wall.

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Nancy Georges still has a passion for fitness—after all these years.

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Calling all baby boomers. Here's coach Bill Starr's take on ageless strength training and muscle gaining for the over-40 set.



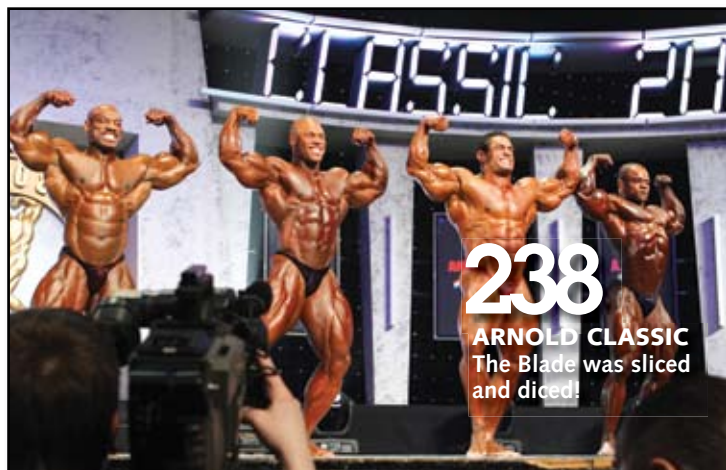
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FRANK ZANE AT 65
Untold secrets of muscle building



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BENCHLESS CHEST CHISELING
Build perfect pecs without the bench press



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ARNOLD CLASSIC
The Blade was sliced and diced!

Lee Apperson and Jennifer Micheli appear on this month's cover. Photo by Michael Neveux. Inset photo of Frank Zane by Christine Zane; inset photo of Nancy Georges by Michael Neveux.

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She still has a passion for fitness



Stretching truths and shoulder width. Plus, Joe Horrigan on concentration curls.

Coach Charles Poliquin's training tactics for tremendous tri's and bi's.

Carbs that burn fat and the biggest weight-loss mistake you can make.

John Hansen tells you how to stop pain for more gain.

Dave Goodin's recommended carving compounds. Get big *and* ripped.

Steve Holman talks pro training and weird science—as in jacked-up studies.

Jerry Brainum looks at what's under our control when it comes to aging.

Eric Broser clicks on Milos Sarcev's site as well as [FeminineBodybuilding.com](#). There's Broser-style training info here too.

Lonnie Teper's on-location report from the big Arnold Fitness Weekend.

Ruth Silverman's camera was clicking in Columbus too. See her hot pics of gorgeous chicks and dapper dudes—with muscle, of course.

Dave Draper, Gallery of Ironmen, Rising Stars, BodySpace Physique and a new column from Dr. Bob Goldman's American Academy of Anti-Aging Medicine.

Best issue yet, inconsistency and age-defying workouts.



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CRITICAL MASS
Pro training and weird science

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First up, Ron Harris talks with rising bodybuilding star Peter Putnam—on everything from his training to diet to the state of the sport. The cat's got it going on! Then Jerry Brainum takes a look at coffee. How healthful is that double espresso you're downing before your leg workout? We'll also hit triceps with Dan Decker, have part 2 of Bill Starr's look at ageless strength training and feature some hot full-page pics from the Ms. Fitness and Figure Internationals. Look for the July issue on newsstands the first week of June.



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How to Be Happy

Early this week I was listening to National Public Radio as I drove to work, and there was a feature about a report on the state of happiness in the USA. The statistics weren't very positive. A psychologist commented on why the numbers were so dismal and what to do about it. My mind wandered back 30-plus years to the original Gold's on Pacific in Venice, a workout with Arnold and the breakfast that followed.

The conversation in the gym was about living in the moment and the fact that the only rep that mattered was the rep you were doing. Arnold is renowned for his ability to be totally focused on one thing at a time and his ability to switch from one to the other without “overhang.” During the set, the outside world disappeared for Arnold and reappeared after the set. He could be “in character” in one instant and joking the next.

One of Arnold's major attributes is the unmitigated joy he takes in everything he does. As he's said to me many times in various ways, "Everywhere I go I have a good time." That's his mantra. Back to our conversation: Besides exhorting me to concentrate on the present and lock out the past and the future, he referred to several people in the gym and commented on why they seemed to just be going through the motions. To paraphrase him: no emotion, no focus, no hope.

As for living in the moment, we all know now that Arnold was able to live his master plan (and continues to), but how did he do that? His advice to me was to plan for the future but not try to live there! He executed his own plan in the present to ensure that the future turned out the way he wanted. Let me explain.

Arnold created a team to make sure that his goals would be met. In the NPR piece the psychologist mentioned the percentage of negative thoughts each of us has in the course of a day and that our environment affects the balance and content of our thought and, ultimately, how we feel—our happiness. Why were (and are) Franco and Arnold friends? Arnold recognized that Franco had strengths both physical and emotional that made both of them better in the gym and in life. Arnold was very clear: Negative people and situations are destructive.

While Arnold was and is empathic—he would give you the help you need, as he did to me in the gym—but if you started whining about how it's too hard or voiced other negative thoughts, he would quickly lose interest in helping you. The psychologist on NPR echoed what Arnold said to me long ago: The most important thing you can do to ensure joy and happiness is to surround yourself with joyful people. We are what we think about all day long, and those thoughts are heavily influenced by the people around us. Long before the term “toxic personalities” was coined, Arnold understood that there was no room in his life for people who didn't share his vision of joyfulness. **IM**