

# Transformers

**Bodybuilding** equals transformation, and improving yourself is what *IRON MAN* is all about. These slice-of-life examples from Bodybuilding.com's BodySpace show the amazing power of diet and exercise (find them on their BodySpace pages). What better way to celebrate *IM*'s 75th anniversary than to highlight their achievements. Congrats to all of these "transformers."



Sarah Bell



Antonio Wright



Amy Barnes



Rodney Gravitter



Amando Gano



Kris Gethin



Monica Gregerson



Rooz Kheirabi



Claudio Ramos



Rebin Roy



Zsolt Pajer



Tiffany Forni



Sergio Villasenor



Melissa Shadd



Jimmy Oller



Josh Englehart



Nick Scott



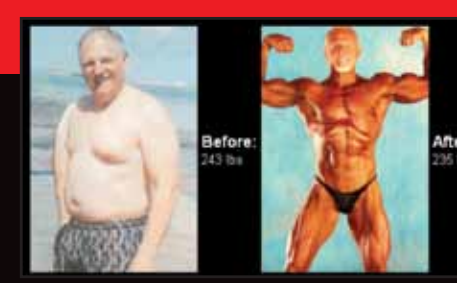
Jeff Mehl



Kenneth Howard



Chad Martin



Ed Cook