

75th ANNIVERSARY COLLECTOR'S ISSUE



IRON MAN

GET YOUR SIX-PACK BACK

Fire Up Your Big **4** Fat-Burning Furnaces

Giant Sets For Giant Arms

Engorge Your Guns!

ALL IN THE FAMILY

AMAZING FATHER-SON MUSCLE DUO

How Kyle Got Dad Dale Into the Best Shape of His Life—at 61

APRIL 2012

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PLUS:

- Diet Sanity: Lean-Machine Tips to Get You Ripped
- 75th Anniversary Interview: From Arnold to Zabo
- Hottest Hardbody Winner Angela Leong

APRIL 2012 / IRON MAN MAGAZINE—WE KNOW TRAINING™

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ALL IN THE FAMILY—FATHER-SON MUSCLE DUO



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**ONLY THE STRONG
SHALL SURVIVE**

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180 MIND/BODYCONNECTION

Breathe away blues, sweaty arousal and Dave Draper reminisces (good stuff from the Bomber).

192 READERS WRITE

Spectacular swimsuit spread, psycho motivation and we're full of #@it.

In the next **IRON MAN:**

The May *IRON MAN* is all about training for an attainable physique—one that wows 'em on the beach (not makes them snicker as you waddle by). Hollywood muscle guy Greg Plitt outlines his workout techniques for a body that makes girls weak—as in knees buckle, palms get sweaty. Then we check in with beautiful Jamie Eason, with an eye-opening interview and pics so hot your hair may catch fire. Now, there's a physique that makes *guys* weak. Plus, our resident Ph.D.s, the Wilson brothers, discuss the science of training to failure. Is it necessary? How does it affect your growth and hormones? Find the May *IRON MAN* on newsstands the first week of April.

112 ALL IN THE FAMILY

Lonnie Teper talks with Kyle and Dale Clarke about Dale's muscular transformation—at age 61! It's all here: workout, diet, motivation.

124 FAT-LOSS FANATICS

Dr. Joe Klemczewski discusses how to lose fat fast without insane dieting practices. Now leaving no-carb Crazytown. All aboard!

132 X-FILES: FIRE UP YOUR 4 FAT-BURNING PATHWAYS

Steve Holman and Jonathan Lawson lay out the tactics that can bring your six-pack back—with GH-surging weight workouts and minimal cardio.

142 SHOULDERS 101

Rockin' Roger Lockridge outlines a back-to-basics delt program—get your shoulders to smolder and grow into boulders.

148 HARDBODY

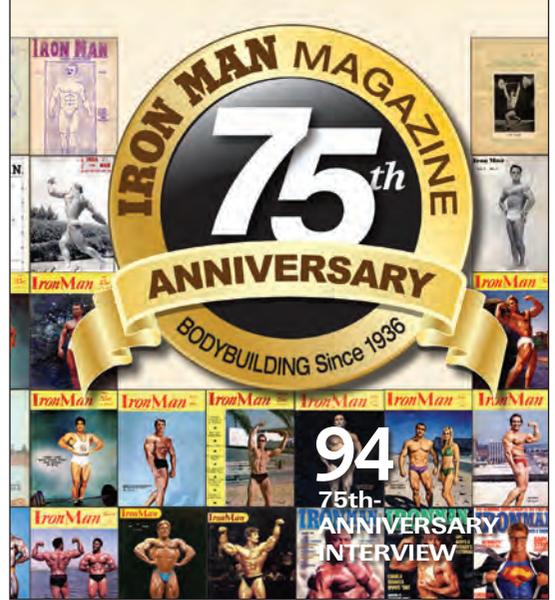
Her Hawaiian hotness made Angela Leong our first Facebook Hardbody winner. This gorgeous gal is an IFBB bikini pro and top-notch tennis player—and she no doubt does a mean hula.

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Ron Harris takes his young protégé back to school with the right recover-and-grow tools. Recharge to get large.

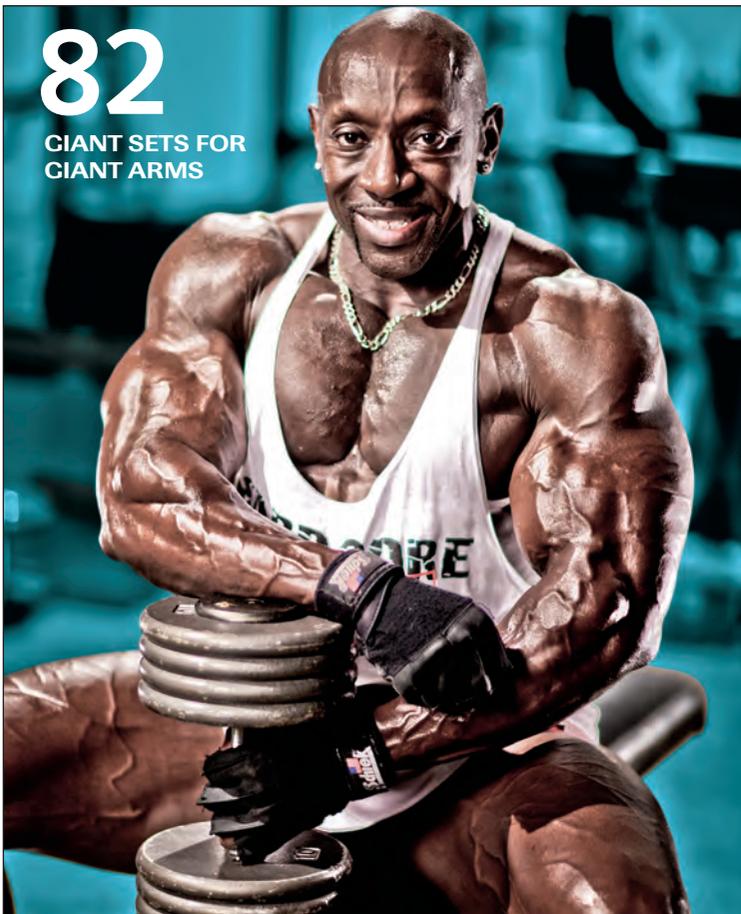
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Coach Bill Starr has the explosive secret of building functional back strength and power.



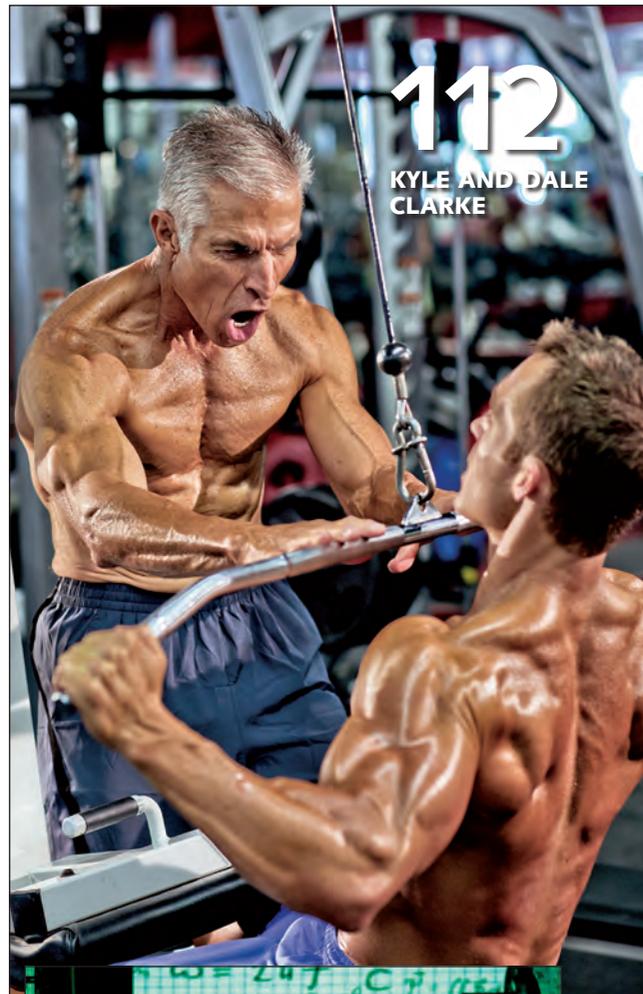
On the Cover
Father-son muscle duo
Kyle and Dale Clarke.
Photo by Michael Neveux.

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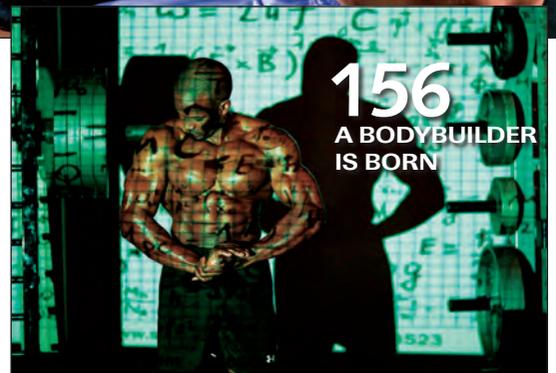
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Before and afters from the popular Internet bodybuilding site. It's inspiration for your own transformation.