

TOP 10 SUPPLEMENTS • NEW CHARLES POLIQUIN Q&A COLUMN

IRON MAN

You've Got to

SQUAT!

Go Low to Grow

TOP
10 Supplements
for Packing
On MASS

**TRAIN TO
GAIN BIG**

- Power Pump
- 10 x 10
- X Reps

**NUTRIENT
TIMING**

How to Pull the
Anabolic Trigger

AUGUST 2005

\$5.98 \$7.98 in Canada



www.ironmanmagazine.com

Please display until 8/4/05

