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Ironman's Ultimate Bodybuilding Encyclopedia

Peter Sisco

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Continuously published since 1936, *Ironman* is the dean of bodybuilding magazines. *Ironman* has been showcasing every major bodybuilder, training technique, and scientific advance, along with other aspects of the iron game, longer than any other bodybuilding magazine. With articles by and photos of the greatest names in bodybuilding, the *Ironman* archives represent the best of bodybuilding in the 20th century. Here, in one definitive, information-packed volume, you have the best that *Ironman* has to offer. The articles and photos reprinted in *Ironman's Ultimate Bodybuilding Encyclopedia* are of enormous and enduring value to beginners and experts alike. A tour de force of bodybuilding information with stunning photos of unrivaled quality, this massive volume covers every aspect of bodybuilding with authority and depth. Included is complete information on:

- Bodybuilding fundamentals
- Bodybuilding physiology
- Shoulder training
- Chest training
- Back training
- Arm training
- Abdominal training
- Leg training
- Training with a system
- Training with the champions
- Tricks and secrets to boost growth
- Training for mass
- Training for power
- Mental aspects of training
- Natural bodybuilding
- Bodybuilding nutrition
- Bodybuilding injuries
- Drugs in bodybuilding

With *Ironman's Ultimate Bodybuilding Encyclopedia*, you will learn Arnold Schwarzenegger's insights on developing shoulder and back muscles, Mike Mentzer's complete triceps workout, and Lee Haney's tips for the best back training. You will understand how to develop granite abs with Steve Holman and huge chest muscles with Ron Harris. You will also benefit from Bill Starr's Power Rack Training and John Little's Static Contraction Training. This authoritative resource contains the step-by-step methods used by bodybuilders who went on to become Mr. America, Mr. Universe, or Mr. Olympia. Here, the champions reveal their techniques and secrets in their own words. Editor Peter Sisco is the author or coauthor of numerous fitness and bodybuilding books, including *Power Factor Training, Power Factor Specialization: Chest & Arms, Power Factor Specialization: Shoulders & Back, Power Factor Specialization: Abs & Legs, Static Contraction Training,* and *The Golfer's Two-Minute Workout*.

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