

TOP 10 SUPPLEMENTS • NEW CHARLES POLIQUIN Q&A COLUMN

IRON MAN

The cover features a muscular man in the foreground, smiling, with his arms crossed over a barbell. He is wearing black shorts. Behind him stands a woman with long blonde hair, wearing a blue and yellow bikini, smiling. The background is a solid red color.

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



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