

# IRON

# POWER

## BUILDING MUSCLE...BURNING FAT



Richard Hargreaves is a personal trainer, former Mr Australia, has owned two bodybuilding gyms, is an internationally qualified physique judge, regular editorial contributor to a number of fitness publications and is currently researching performance enhancing supplements for his

company *Ironpower*

### BOOST LAGGING CALVES

**Q** One of my calves is smaller than the other. Is it possible to improve one's symmetry?

J.Shields  
Sydney

**A** Not only is it possible to improve one's symmetry, it is within nearly everyone's capabilities to **achieve perfect symmetry!**

*I know this is a bold statement, but it's true. A recent trip to the Philippines left me with a revelation on how the bodies musculo/skeletal system works.*

*Our bodies are composed of just over 200 bones, and 639 muscles. Of these muscles, there are over 400 skeletal muscles, all of which we have conscious control over. Unless you've had a bad accident with broken bones, your bones on the left and right sides of your body will be perfectly symmetrical (of exactly equal length). Now since the muscles control the bones, and we have conscious control over all the muscles which control our posture (ie bones), we have within us the ability to create a perfectly symmetrical physique...calves included.*

*I am developing a training system that can be likened to a wheel alignment on a car, except this **aligns your musculo/skeletal system for perfect symmetry.** By restoring full mobility to all your joints, not only will you be symmetrical, but also stronger, more flexible and injury free.*

*I will send you a copy of this system, called **Lifealign**, which will enable you to correct your calves, and any other lagging*

*bodypart. Melbourne readers can book for an alignment session on 0418 322 876. Mention Muscle Mag for a special price.*

### LEGAL ANDRO

**Q** When will Androstack be available again? I understand you are in the process of listing it with the Therapeutics Goods Authority (TGA), and you have a new improved formula, but I'm starting to lose my patience, since I haven't had any to use for weeks, and my results are suffering. What's the hold up?

M.Shea  
Melbourne, Australia

**A** Thanks for your question, and sorry for the hold up. The new improved formula Androstack will be available from the last week of October onwards. The TGA listing has been completed, and we now have a certificate which allows us to **legally sell AndroStack in Australia.**

*The new formula is considerably more potent, with an extra 2 grams of tribulus terrestris fruit per serve, bringing it up to **6 grams tribulus terrestris per serve.***

*Green tea content has also been increased, with a corresponding **increase in caffeine.***

*Add to this more processing refinement to the already effective formula, with more advanced manufacturing technology to provide the most potent active ingredients ever.. Its no wonder your getting impatient. With the new formula, we are allowed by the TGA to claim that the Androstack helps promote **increased lean body mass and decreased fat mass** in conjunction with intense physical exercise. We were not allowed to claim this with the original formula, so of course we're all really excited here at Ironpower. The new formula comes in a 160ml metallic flask, and the distinctive new design makes it quite distinguishable from the old formula. Directions are still the same. 20ml immediately before training on an empty stomach. Take only twice per week, before your two hardest workouts.*



**Cycle 3 weeks on, 3 weeks off.** Do not exceed the recommended dose. Androstack is available online at [www.ironpower.com](http://www.ironpower.com) and thru selected health food shops and gymnasiums. May I suggest you try our **Ghstack** until the AndroStack is available, as many people find it just as effective as the Andro. Of course the greatest effects are felt when the two are stacked together, and the workout is followed up with recovery nutrition, including whey protein isolate, creatine monohydrate, Meta glutamine, and HMB if the budget allows. I hope you obtain your bodybuilding goals, and I will send you a free sample of Ironpower's Xtreme whey protein isolate, Meta glutamine, and PowerStack. PowerStack is PH buffered micronised Creatine Monohydrate, making it a great formula for reducing performance reducing acidity in the body...thus increasing your performance.

**Ironpower's complete range of muscle building and fat burning products may be viewed and purchased online from the ironpower website [ironpower.com .au](http://ironpower.com.au) or phone 03 9543 5691(Philippines) for more information.**

WITH · RICHARD · HARGREAVES

NATURALLY

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