

> 417 MUSCLE-BUILDING TIPS INSIDE!

JOE WEIDER'S

FLEX[®]



**BEST
MUSCLE-
BUILDING
PROTEIN**

P.96

THE SECRET TO...

BIG BICEPS

AND THE HUGE
MISTAKE YOU
NEED TO AVOID!

P.58

5 MOVES FOR A MASSIVE CHEST

BUILD A BEASTLY BACK!

WITH THIS
KILLER ROUTINE

P.122



PERFECT BODY PLAN

Frank Zane

On How He
Built the
Greatest
Physique
Ever!

THE RIGHT WORKOUT FOR YOU!

P.114

FORGE THE ULTIMATE X-FRAME

FLEXONLINE.COM

MARCH 2017

\$6.99US \$8.99CAN



03>

0 73361 64727 6

Display Until March 27, 2017

HAPPY 15th BIRTHDAY ISO FLEX!

with Sprinkles



ALLMAX[®]
PROFESSIONAL GRADE SUPPLEMENTS

www.ALLMAXNutrition.com



/ALLMAXNutrition

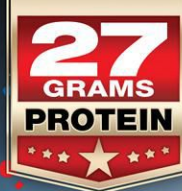


@allmax



/teamallmax

AMAZING
NEW
FLAVOR!



TRULY SUPERIOR PROTEIN

HAPPY 15th BIRTHDAY ISO FLEX! For 15 years ALLMAX has been supplying the best isolate to Pros around the world. If you're looking for the highest quality, most premium and fastest absorbing protein, then look no further than ISO FLEX[®]; a Truly Superior Whey Protein Isolate. In just about every way a protein can be, ISO FLEX[®] is Truly Superior.*

WHAT DOES THIS MEAN TO YOU?

- A 100% Whey Protein Isolate Source
- Native & Intact, Non-Denatured Whey Protein Fractions
- Lab-Tested, Certified & Approved 27 g Pure Protein In Every Serving



Available at:



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

BETTER TOGETHER

ISOMORPH™ 28

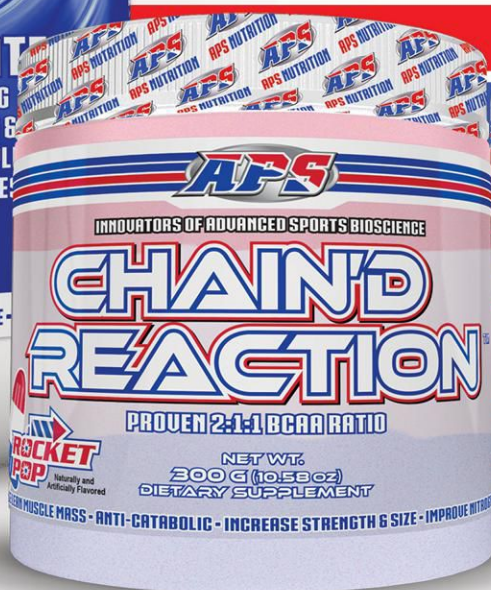
AAA Rated Whey Protein Isolate

PHENADRINE®

Advanced Weight Loss Aid & Stimulant

CHAIN'D REACTION™

Proven 2:1:1 BCAA Ratio



AMERICAN STRONG

Our company philosophy centers around a commitment to the constant advancement of sports nutrition supplements, always manufactured in the USA. We are dedicated to scientifically and medically backed research as a backbone to supporting nutritional advancement designed to enhance athletic performance, metabolic function and promote optimum health.



888-855-7919
apsnutrition.com

MESOMORPH™

ULTIMATE PRE-WORKOUT COMPLEX

ULTIMATE PREWORKOUT
COMPLEX WITH CREATINE NITRATE

SUPERCHARGED
ENERGY FORMULA WITH DMAA

GREATER MUSCLE GAINS &
ENHANCED ATHLETIC PERFORMANCE†



ROCKET POP TUTTI FRUTTI PINEAPPLE GRAPE TROPICAL PUNCH WATERMELON PINK LEMONADE

netrition.com
The Internet's Premier Nutrition Superstore

NETNUTR.COM

4TH ANNUAL
IFBB SHOW
SUPPZ

IFBB

Supplements
iSUPPLEMENTS

SWEDEN
NUTRITION

PUMP
UP YOUR
STRONG

EUROPA

MUSCLE FOODS
USA
MUSCLE FOODS USA

SPORTS NUTRITION

PAF
DISTRIBUTION

MIDWEST
LOGISTICS

POWER
SHACK

PRO-CORE
SPORTS NUTRITION

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

NEW!



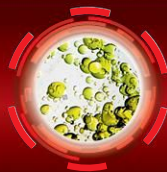
**DUAL-DELIVERY TECHNOLOGY
EXCLUSIVE TO HYDROXYCUT®**

2 CAPSULES IN 1



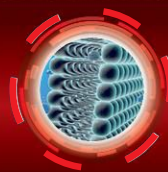
COMBINATION CAPSULE

*Supports ingredient
stability and
efficient delivery*



ENCAPSULATED LIQUID

*Featuring premium
Clarinol® A-95 CLA – the
most concentrated source*



SEPARATION MEMBRANE

*World's first
hermetically sealed
membrane*

**AVAILABLE
EXCLUSIVELY AT**

GNC
LIVE WELL

Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



MUSCLETECH.COM



SUPERIOR SCIENCE. SUPERIOR RESULTS.™

FROM AMERICA'S #1 SELLING WEIGHT LOSS SUPPLEMENT BRAND¹

ARE YOU READY FOR A REVOLUTION?

THERMOGENIC DELIVERY WILL CHANGE FOREVER!

THE WORLD'S FIRST-EVER DUAL- DELIVERY COMBINATION CAPSULE

Introducing Hydroxycut® SX-7® Revolution Ultimate Thermogenic – the world's first and only side-by-side dual-delivery combination capsule. Powders are the favored delivery system for most pill products because they can deliver more active ingredients in the right doses. However, other ingredients are preferably taken as liquids, such as CLA. By separating the dual-delivery combination capsule into two halves, you are getting a delivery system that succeeds the limitations of outdated liquid and powder pills used by many competitor products. The impermeable membrane helps to retain the physical integrity of the ingredients in their preferred states for rapid diffusion. Not only are you getting a lower concentration of fillers, but you also get a higher concentration of active ingredients. It's technology meeting efficacy without compromise, and it's available exclusively at GNC.

THE FACTS DON'T LIE



ADVANCED WEIGHT LOSS

Subjects taking *C. canephora robusta* lost an average of 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in 8 weeks with a calorie-reduced diet and moderate exercise.



SUPERIOR NEUROSENSORY

Unrivaled sensory experience from an advanced Neurosensory Matrix including hyperzine A, choline bitartrate, yohimbe and lion's mane.



ULTIMATE THERMOGENESIS

Extreme energy, enhanced mental focus and ultimate thermogenesis from a precise and scientifically researched dose of caffeine anhydrous.



DUAL DELIVERY

Separates
ingredients in their
active states



ISOLATED POWDER

Powder stability
maintained through
impermeable isolation



¹Based on AC Nielsen FDMx sales data for Hydroxycut® caplets.

CHOOSE YOUR SECRET WEAPON

THE LOW-CALORIE MUSCLE BUILDER

Muscle Serum is the anabolic protein blend with growth factors, enzymes and added BCAA's. A combination of fast and slow-digesting proteins including whey isolate, milk and casein help you gain size while the innovative addition of GABA leads to increases in lean mass.[†]



MICHAEL WALDING
WBFF Pro



[†]These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



THE LEAN MASS GAINER

Lean Gainz combines actual food sources of protein (whey and beef) and high-quality carbohydrates (quinoa, peas and brown rice) to support lean muscle growth. Lean Gainz helps you bulk up and replenish nutrients after hard workouts. Fuel your mass with delicious flavors like chocolate brownie and vanilla crème.[†]



JON DE LA ROSA
IFBB Pro Bodybuilder

CHOOSE YOUR WEAPON AT
www.betancourtnutrition.com

BCAAs – BACKED BY SCIENCE, & HIGHLY EFFECTIVE & DELICIOUS!

“Are BCAAs the Best Supplement you can take?”

THE BEST MIXABILITY, DELIVERY & ABSORPTION

AMINOCORE has Instaclear™; a cutting-edge solubility technology to BCAA dosage administration. Until now, delivery of a 100% pure 45:30:25 ratio BCAA powder in a potent research directed level (8,180 mg), ideal for ANABOLIC activity, was next to impossible. Aside from being the purest Pharmaceutical-Grade BCAAs, our Instaclear™ process FLASH-FREEZE-DRIES our 45:30:25 BCAA powder to create a truly soluble and easily-mixed BCAA drink that absorbs in a truly liquid form.

IS ORAL SUPPLEMENTATION EFFECTIVE?

The first question any skeptical supplement buyer should always ask is, “That’s great in a lab, but if I take it, will it work?” The answer is definitively, yes! Oral liquid supplementation of 8.18 g of 45:30:25 ratio BCAAs boosted BCAA concentration in the blood and in muscle cells and activated the mTor-p70^{S6K} classic anabolic signal. This confirms that drinking your BCAAs (as in AMINOCORE) in a soluble liquid form replicates the research! You can literally implement this groundbreaking technology TODAY!

INTELLIGENT DIETING SUPPORT

Caloric restriction, limiting carbs, increased cardio intensity; all essential for effective dieting, and all rapid ways to breakdown and flush away muscle. The muscle tissue breakdown that takes place when you’re dieting reduces your metabolism and your ability to burn calories. Taking AMINOCORE feeds your muscles directly even while dieting and dramatically limits muscle deterioration. The net effect; you retain muscle, melt fat and maintain a higher metabolism. AMINOCORE the dieting secret you’ve been looking for.

ALL BCAAs ARE NOT CREATED EQUAL!

When you’re comparing one BCAA to the other, look closely at the formula – does it include glutamine passed off as real BCAAs? In contrast, the AMINOCORE label shows you precise BCAA amounts. Glutamine has its place, but it is not a Branched Chain Amino Acid (BCAA). AMINOCORE includes 8,180 mg of real BCAAs not glutamine. AMINOCORE is 100% PURE, FERMENTATION-DERIVED, PHARMACEUTICAL-GRADE, 45:30:25 ratio BCAAs. With added Ketosisocaproic

acid (KIC) to further enhance the buffering of lactic acid (muscle toxin) and increase the levels of L-Leucine at the site of muscle. AMINOCORE contains additional highly bioavailable B-Vitamins not only enhance the anabolic environment, they help to release additional metabolic energy.

THE BOTTOM LINE!

BCAAs (Branched Chain Amino Acids - Leucine, Valine and Isoleucine) are one of the most effective supplements you can buy. BCAAs improve and maintain your muscle tone like nothing else. Having more muscle than fat creates the most ideal physical shape. A greater degree of Lean Body Mass (LBM) elevates your metabolism and in doing so can increase the rate at which you burn through calories. Finally, a truly effective BCAA supplement that mixes perfectly and tastes exceptionally good.



**AMINOCORE comes in 5
Amazing Flavors!**

Available in three sizes:

**10 servings, 44 servings, and 111
servings. Take 1 scoop with cold
water every workout.**



ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

www.ALLMAXNUTRITION.com

Steve Kuclo



TEAM ALLMAX
STEVE KUCLO
TOP IFBB PRO

- 8,180 mg of 45:30:25 PURE INSTANT BCAAs
- FORTIFIED WITH FATIGUE-FIGHTING Alpha K.I.C.
- LOADED WITH 7 FORMS OF VITAMINS B3, B6, B9 & B12!

0g
Sugar

8g
BCAAs

0g
Carbs

**TRULY
CLEAR
AMINOS**

NEW LOOK!
SAME GREAT FORMULA!



AVAILABLE AT:



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

NEW!

GAT
SPORT

WHEY PROTEIN

ISOLATE BLEND MUSCLE PROTEIN SHAKE*

ESSENTIALS

Fast Acting 100% Whey Protein

25 Grams Protein

4 Grams Carbs

68 Servings

Dietary Supplement

Net Weight: 5lbs (2268g)



25g
Protein

4g
Carbs

5g
BCAAs

2g
Sugar

1.5g
Fat

Coffee

Chocolate

"I stand firmly behind our unconditional 30-day money-back guarantee on all our products. Stay strong!"

Charles Moser
Charles Moser
PRESIDENT & CEO

*These statements have not been evaluated by the Food & Drug Administration. This product is intended to improve your health, not cure or prevent any disease.

Bolder, creamier, tastier.

We've completely revolutionized protein, creating a taste that'll blow you away. New GAT SPORT Whey Protein Isolate Blend is your new #1 Protein Shake to maintain and build lean muscle. It mixes fast and easy. Each scoop is power-packed with 25g of fast-acting 100% premium whey protein that gets straight to work on your muscles. Plus, it has over 5g of BCAAs from protein. Shake up your shaker, with the all-new GAT Sport Whey Protein!
#compete harder with GAT.

#COMPETE HARDER
TeamGAT.com

GAT
SPORT



NutritionExpress
Low prices on America's best supplements

iHerb

Vanilla

Cookies & Cream



RIVALUS™

UNRIVALED PERFORMANCE



CLEAN GAINER

AVAILABLE AT
GNC
LIVE WELL



V theVitamin
Shoppe.



QUALITY AND QUANTITY



OVER 550 CALORIES, 30G PROTEIN, 8 CARB SOURCES, ESSENTIAL FATS, SINGLE DIGIT SUGARS AND NO BANNED SUBSTANCES. AVAILABLE IN XL (5LB) AND XXL (10LB) SIZES.

RIVALUSTM
WWW.RIVALUS.NET

JORGE "JOJO" GONZALEZ

PERSONAL TRAINER

COACH

IFBB PHYSIQUE PRO

 **Dymatize**[®]
PERFECTING ATHLETIC NUTRITION[™]



IF YOU KNOW WHAT BCAAs ARE,
YOU ARE AN ATHLETE.

ISO100[®] & ISO100[®] CLEAR.

The protein for ALL athletes.

The difference between striving for your goals and crushing them is ISO100 Protein Powders and ISO100 Clear ready-to-drink beverages. Both are made with fast-digesting, high-quality 100% whey protein isolate and come in a variety of delicious flavors. Using ISO100 is how you beat your personal best, properly fuel your muscles and protect your well-earned gains.

Beat your personal best with ISO100 and ISO100 Clear.

#IAmAnAthlete

and show us what makes you an athlete.

— TYPICAL AMOUNTS PER SERVING —

PROTEIN	BCAAs	SUGAR	PROTEIN	BCAAs	CARBS
25g	5.5g	<1g	40g	10.2g	<1g



THE AWARD-WINNING 100% WHEY PROTEIN ISOLATE.
AVAILABLE IN DELICIOUS POWDERS AND CONVENIENT DRINKS.

AVAILABLE AT:



GNC
LIVE WELL



FIND A RETAILER NEAR YOU AT:
DYMATIZE.COM

© 2017 Dymatize Enterprises LLC. All Rights Reserved.



UNBELIEVABLE.

NEW! ISO100® CHOCOLATE COCONUT

The award-winning 100% Whey Protein Isolate

is now available in a new mind-blowing, blissfully delicious chocolate coconut flavor. The same fast-digesting, hydrolyzed, 100% whey protein isolate, developed with the proven amounts of protein and BCAAs per serving.

Crush your goals with ISO100.

 **Dymatize**™
PERFECTING ATHLETIC NUTRITION™

TYPICAL AMOUNTS PER SERVING
PROTEIN **BCAAs** **SUGAR**
25g **5.5g** **<1g**



NEW ISO100® CHOCOLATE COCONUT
AVAILABLE SOON AT:



GNC
LIVE WELL



FIND A RETAILER NEAR YOU AT:
DYMATIZE.COM



32

MIND OVER MUSCLE

Olympia legend Frank Zane talks about his strongest body part during his bodybuilding heyday: his brain.

FEATURES

100 THE X FACTOR

How to construct an X-frame physique

108 FEAST ON FISH

Build serious muscle with these protein-packed dishes.

114 CONTEST PREP 101: PART 3

Your final four-week plan.

132 THE ARNOLD

The IFBB Pro League kicks off the season with the 2017 Arnold Classic Sports Festival.

146 TO THE VICTOR...

Victor Martinez, the 2007 Mr. Olympia, and what could've been.

156 MUSCLE MEMORY

Arnold Schwarzenegger leads an all-star cast for a memorable photo shoot at legendary Muscle Beach in Venice, CA.

164 A DIFFERENT BEAT

British national champ Luke Sandoe marches toward his pro debut at the Arnold Classic.

172 UNCONVENTIONAL WARFARE

Blow up your old shoulder workout with Maxx Charles' five weapons of mass construction.

188 PECS IN FIVE

Conquer your chest woes with William Bonac's five-pronged pec workout.

200 TOTAL BELLAS

WWE's most recognizable twins have continued elevating the women's division in sports entertainment with their actions in and out of the ring. Here's a look at how these badass beauties train to keep up with their continually rising star.

DEPARTMENTS

18 CHAIRMAN'S LETTER

A message from our chairman, president, and CEO, David J. Pecker.

20 ONLINE

Stay current with all the hot topics trending now at FLEXonline.com.

22 HIT LIST

Everything you need to know this month to make life worth living.

24 JUST THE FACTS

Groundbreaking research and must-have tips in the training and nutrition universe.

53 1ST SET

All the happenings with Mr. Olympia Phil Heath, 212 Olympia champ Flex Lewis, and more.

67 LIFT

Techniques that work, routines that produce results, and other things to help you make the most of your gym time.

87 FOOD & SUPPS

All the things you need to eat, drink, or mix first and then drink, to help you reach your bodybuilding and fitness goals.

209 LAST SET

Contest results, athlete profiles, and more from the world of competitive bodybuilding and fitness.

224 THE SHOT

Flex Wheeler shows us the unlimited potential of the human form at the 1993 Arnold Classic.

COVER PHOTOGRAPH COURTESY OF WEIDER HEALTH & FITNESS.
THIS PAGE: COURTESY OF WEIDER HEALTH & FITNESS; PER BERNAL

122

BACK TO BASICS

Veteran Mark Dugdale has found a winning recipe for building championship-caliber lats.



NEW

BEYOND CAFFEINE

THE NEW CLASS OF PREWORKOUT

Reckless is a university-tested pre-workout formula with a synergistic combination of neurotropic agents designed to optimize cognitive activation*

University research shows that Reckless powerfully enhances brain activation and cognitive performance resulting in superior focus concentration and reaction time in just 30 minutes*

Research also shows compared to exercise alone, Reckless increased blood flow by 30% more and increased pumps over 70% more**

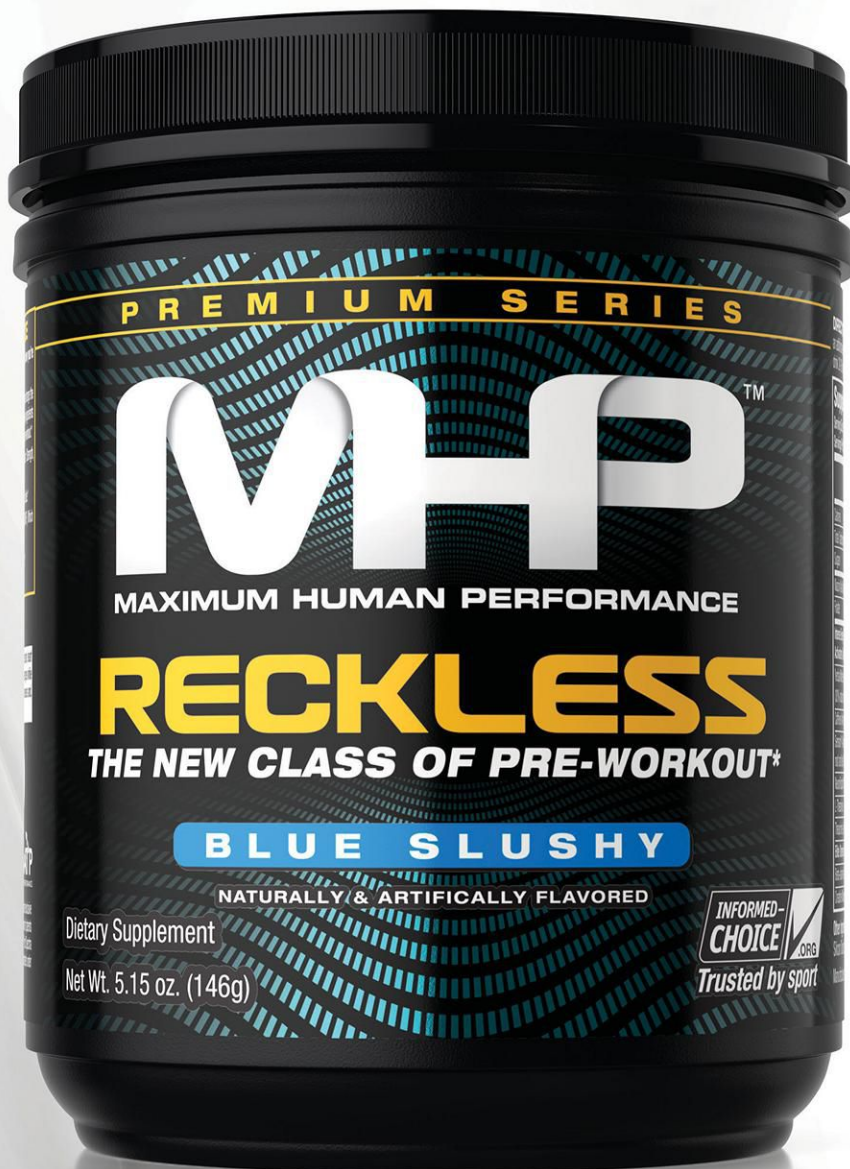
Most pre-workouts amp you up with excessive caffeine, but Reckless provides only 195-390mg of caffeine per 1-2 scoop servings*

50-100mg of Theanine + 195-390mg of caffeine synergistically increases focus, alertness, and concentration*

25-50mg of Theacrine (as TeaCrine®) provides non-habituating mood and energy enhancement*

50-100mg NeuroFactor™ enhances BDNF, an incredible neuroprotein that supports skill development, reaction time and mood*

Informed-Choice Certified



DRIVEN BY
MHP
SCIENCE

*Cognitive benefits tested by Auburn University.

**Blood flow benefits tested by VCOM-Auburn.

REACHYOURMHP.COM

Available at:
GNC
LIVE WELL



© 2017 Maximum Human Performance, LLC. All rights reserved. * These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

FROM THE CHAIRMAN

THE POWER OF STRENGTH

HOW BODYBUILDING MAKES YOU STRONGER, BOTH INSIDE AND OUT

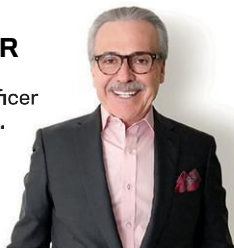
■ As a FLEX reader, you certainly are well aware of the benefits derived from a life of lifting. From your first rep, you undoubtedly felt a surge of energy that in time translated to bigger, stronger muscles. With those bigger, stronger muscles, you also found a new sense of confidence and even joy. The physical benefits led to deeper ones that aren't readily visible in a mirror. This, to me, is the hidden treasure for those who make the commitment to bodybuilding.

I don't have to tell you that the training and dietary lifestyle required to be a bodybuilder isn't for the faint of heart. It explains why you don't bump into too many bodybuilders on a busy street. But those who do take the plunge are rewarded handsomely.

Yet there is a kind of strength bodybuilders possess that has little to do with vascular arms or a six-pack. The discipline to get into the gym and adhere to a Spartan diet builds character that is long lasting and invaluable to all aspects of life.

You already know to turn to FLEX magazine and *FLEXonline.com* for all the bodybuilding information you need. For extra motivation, I encourage you to get yourself to Columbus, OH, from March 2-5 to experience all the excitement of the Arnold Sports Festival, where you'll be joined by tens of thousands of fans enjoying a massive expo and the chance to meet their favorite stars in bodybuilding and fitness. If you can make it there, I promise you an unforgettable experience that's guaranteed to give you an extra dose of motivation for reaching your bodybuilding goals.

DAVID J. PECKER
Chairman, President,
and Chief Executive Officer
of American Media, Inc.



FLEX

CHAIRMAN AND CHIEF EXECUTIVE OFFICER
DAVID PECKER

EDITORIAL

VP/Editor in Chief
SHAWN PERINE
Managing Editor, Enthusiast Group/Books
BRIAN GOOD
West Coast Editor **DAVE IAN LEE**
Senior Editor **ZACK ZEIGLER**
Senior Writer **GREG MERRITT**
Senior Web Editor **ANGELICA NEBBIA**
Editor **ANDREW GUTMAN**
Copy Chief **PEARL AMY SVERDLIN**
Copy Editors
JEFF TOMKO, YEUN LITTLEFIELD
Research **JAMES RILEY**
Editorial Production Director
RUSSELL MENDOZA
Editorial Associate Director
VICTOR KIM
Digital Director **DECLAN O'KELLY**
Interns **SIFAT MAHBUB, ROSE MCNUITY**

ART

Art Director **RAMÓN GAMARRA**
Designer **CYNTHIA NG**
Contributing Designers **SEAN OTTO, MARNE MAYER**
Photo Director **ANTHONY NOLAN**
Photo Editors **ERICA SCHULTZ, GABY CHIANG**

EDITORIAL CONTRIBUTORS

MICHAEL BERG, ADAM BIBLE, ERIC BROSER, BRYAN HAYCOCK, ROGER LOCKRIDGE, STEVEN STIEFEL, JOE WUEBBEN

PHOTO & ART CONTRIBUTORS

Photographers
IAN SPANIER, CHARLES LOWTHIAN, PER BERNAL
Contributors
ALBERT BUSEK, CARUSO, BILL COMSTOCK, ISAAC HINDS, KEVIN HORTON, CHRIS LUND, CHRIS NICOLL, ROB PICK, PAVEL YTHJALL, ART ZELLER

PRODUCTION

Production Manager **ANN MCCAFFREY**
Distribution Manager **MARC MELCHER**

INTERNATIONAL PUBLISHING, ENTHUSIAST GROUP

Group Publisher **SAMANTHA LUND**
TEL: +44 (1) 1423 550 848
e-mail: slund@weideruk.com

ADVERTISING

EVP/Group Publishing Director
CHRIS SCARDINO
Associate Publisher-Integrated Marketing
JAMES CRESS
Advertising Director **DARA MARKUS**
Senior Marketing Manager **SAMANTHA DITATA**

EASTERN SALES OFFICE

4 New York Plaza,
4th Floor, New York,
NY 10004; (212) 339-1900;
fax (212) 510-1947
Digital Sales Manager **MIKE MYERS**
Digital Account Manager **EMILY KUHN**
Business Manager **IVELISE ESTREMER**
Administrative Assistant **TRACY GUNTHORPE**

DETROIT SALES OFFICE

RPM Associates, 285 Coats Road,
Suite 206, Lake Orion, MI 48362;
(248) 690-7013
Detroit Sales Representative **JAY GAGEN**

MIDWESTERN SALES OFFICE

1005 West Grove Street, Arlington Heights,
IL 60005; (312) 545-8041; fax (847) 749-0469
Sales Director **DARRIN KLAPPRODT**

WESTERN SALES OFFICE

6420 Wilshire Blvd., 15th Floor,
Los Angeles, CA 90048; (818) 595-0473
Account Manager **TALIN BOUSTANI**

SOUTHEASTERN SALES OFFICE

1000 American Media Way, Boca Raton,
FL 33464-1000; (561) 997-7733;
fax (561) 266-0664

WEIDER PUBLICATIONS, LLC

A SUBSIDIARY OF AMERICAN MEDIA, INC.

CHAIRMAN, PRESIDENT
& CHIEF EXECUTIVE OFFICER
DAVID PECKER
Executive Vice President/
Chief Marketing Officer **KEVIN HYSON**
Executive Vice President/Chief Financial Officer/
Chief Operating Officer **CHRIS POLIMENI**
Executive Vice President, Digital Media
Operations/CIO **DAVID THOMPSON**
Senior Vice President/Chief Digital Officer
BRIAN KROSKI
Senior Vice President, Operations **ROB M. O'NEILL**
Vice President, Consumer Marketing
EPHRAIM R. BRENNAN

President of the IFBB Professional League
JIM MANION
Founder and Chairman Emeritus
JOE WEIDER (1920-2013)

FOREIGN EDITIONS



DISCLAIMER Please consult your physician before beginning any exercise or diet program, or when making changes in an existing program.

PRINTED IN USA

WE ASSUME NO RESPONSIBILITY FOR RETURNING UNSOLICITED MATERIAL, INCLUDING BUT NOT LIMITED TO PHOTOS, ARTWORK, MANUSCRIPTS, AND LETTERS.

NEW

BEYOND GOLD

MHP's SPWP+ IS THE NEW STANDARD. ONLY \$23.99 EVERYWHERE.

SPWP+ is the best everyday protein at the best everyday price*

Only \$23.99. Everywhere. Everyday.

Quality Hydrolyzed - driven protein matrix drives superior absorption*

Informed-Choice Certified - trusted by sport

We put the money in the formula, not fancy packaging (although we think it's pretty cool)*

Phenomenal "milkshakey taste". Experience Chocolate & Vanilla you will love to gulp*

New science-driven formula delivers everything you want, and nothing you don't, like soy protein and fillers*

200mg anticatabolic BCKAs to reduce muscle breakdown*

5.6g BCAAs in every serving - compare that to your current protein*

4.3g Glutamine & Glutamic acid to speed recovery*

2.8g Anabolic leucine to activate muscle protein synthesis*



Hydrolyzed Fueled Protein Matrix

12g	8g	5g	=	25g
Hydrolyzed	Whey	Whey		Total
Whey Protein	Protein Isolate	Concentrate		Whey Protein

DRIVEN BY
MHP
SCIENCE

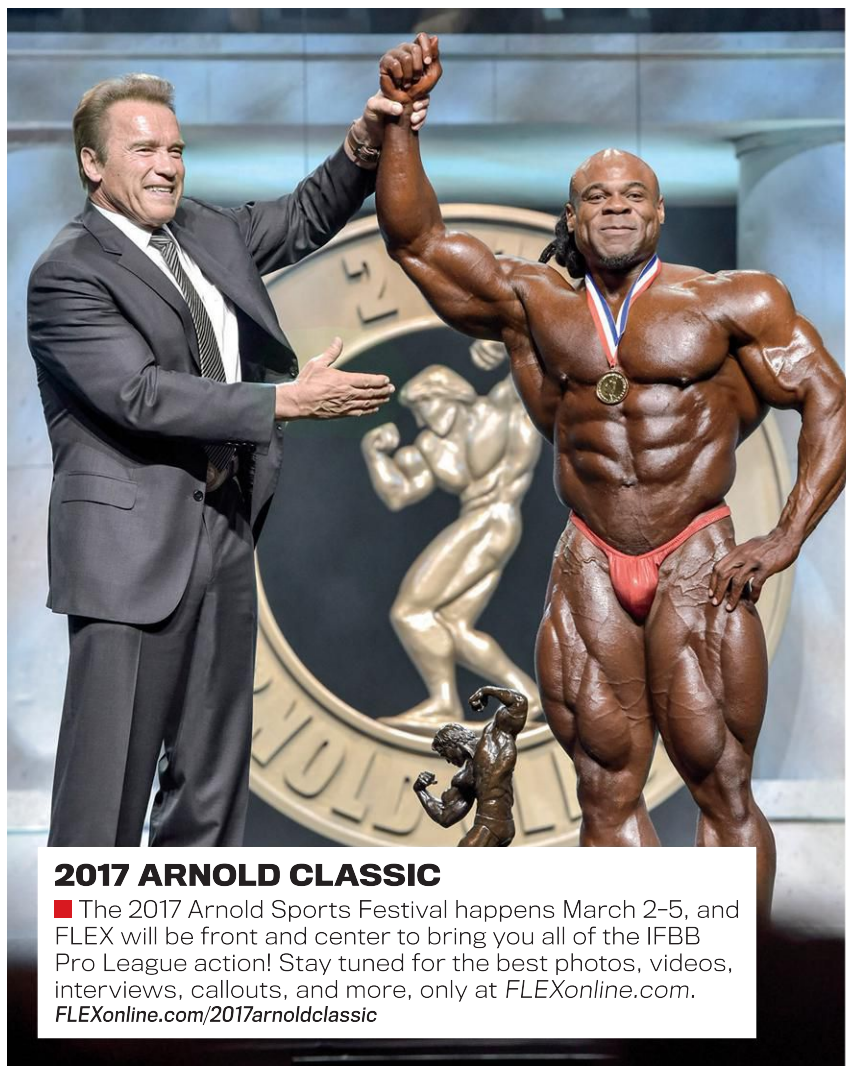
REACHYOURMHP.COM

Available at:



© 2017 Maximum Human Performance, LLC. All rights reserved. * These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

ONLINE NOW



2017 ARNOLD CLASSIC

■ The 2017 Arnold Sports Festival happens March 2-5, and FLEX will be front and center to bring you all of the IFBB Pro League action! Stay tuned for the best photos, videos, interviews, callouts, and more, only at FLEXonline.com/2017arnoldclassic

JUMP-START YOUR METABOLISM

Spring is here and it's time to start thinking about shedding that "winter coat." Instead of hours of cardio and extreme dieting to get ripped, try boosting your metabolism instead! Science has taught us that there are ways, both through specific exercises and food choices, to speed up your metabolic rate. We bring you six tips to help dial in your best physique ever.

FLEXonline.com/metabolismboosters

SOCIAL ALL-STARS

PHIL HEATH

I challenge everyone in 2017 to go after their new goals with your greatest sense of urgency to earn new achievements. You can and you will do it!

FLEX LEWIS

No matter how you look at what I do, I treat it like the Super Bowl, the World Cup with an athlete's mentality.

JUAN MOREL

If you would have asked me where I would be today, I would have never guessed—but I was consistent and dedicated.

MAMDOUH ELSSBIAY

A dream doesn't become reality through magic; it takes time, determination, and hard work.

WILLIAM BONAC

A moment of patience in a moment of anger, saves you a hundred moments of regret.

SHAWN RHODEN

I'm a firm believer that my destiny was pre-written before I was even born. There were detours and roadblocks. We do what we are.



LIKE US AT FACEBOOK.COM/FLEXMAGAZINE AND INTERACT WITH OUR 2 MILLION OTHER FANS.



CHECK OUT OUR DAILY UPDATES BY FOLLOWING US ON TWITTER AT [@FLEX_MAGAZINE](https://twitter.com/FLEX_MAGAZINE).

**NEW FORMULA
NEW LOOK**

BEYOND BIGGER

ALL THE THINGS YOU WANT, NOTHING YOU DON'T

Best in class, fully disclosed, clean weight gainer*

Don't get ripped off by seriously inferior gainers with empty calories*

50g of Protein comprised of 6 anabolic proteins*

Unique BCAA Matrix lowers protein breakdown and spares BCAAs*

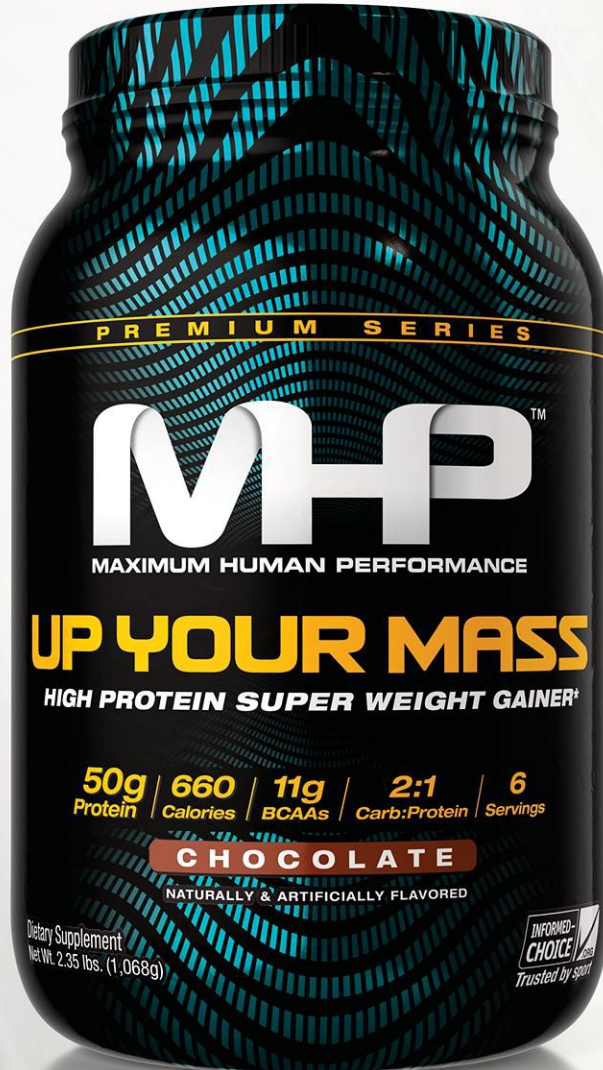
650-660 calories per serving*

11g BCAAs, 8.9g Glutamine & Precursors, plus 500mg HICA*

100g low glycemic carbs: sweet potato, Carb 10 and oat fiber*

Rich delicious flavor*

Informed-Choice Certified



Six Quick & Sustained Release Proteins*

36g
Whey Protein Concentrate

5g
Milk Protein Concentrate

3g
Hydrolyzed Whey Protein

2.5g
Whey Protein Isolate

2.5g
Calcium Caseinate

1g
Egg White Protein

= 50g
Total Protein

DRIVEN BY
MHP
SCIENCE

REACHYOURMHP.COM

Available at:
GNC
LIVE WELL

B
BODYBUILDING.COM

V theVitamin Shopper
energizing nutrition

MS

V VITAMIN WORLD

amazon

LUCKY
VITAMIN

ELITE

MUSCLE FOODS
USA

© 2017 Maximum Human Performance, LLC. All rights reserved. * These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

5 THINGS TO KNOW THIS MONTH

HIT LIST



RECOVER

■ Dr. Cool Ice +

Compression Wrap:

Pumping out extra sets and heavier weight in pursuit of more muscle is a smart move, but recovery is key. This freezable wrap compresses the muscle to reduce swelling, and the extra cold speeds up the process. Use it for your knees, elbows, calves, or any other problem area.

\$23 (medium wrap),
drcoolrecovery.com



PROGRESS

■ **Beast Sensor:** Take the guesswork out of lifting with this sensor that tracks the velocity at which you move weight. Once you know the zone in which you're supposed to lift, you can monitor your progress daily. Is the weight moving too slowly? Reduce the load. Is it going up like cake? You're ready to add weight. Bye-bye, plateaus. **\$249, thisbeast.com**



GO

■ Arnold Sports

Festival: The most famous fitness expo has something for everyone: Watch IFBB pros, featuring Dallas McCarver and Cedric McMillan, battle it onstage for the coveted Arnold Classic trophy. More of a strength junkie, instead? Check out the pro strongmen and powerlifters as they rip unfathomable amounts of weight off the ground. Boxing, jui-jitsu, and even dancing will all be showcased as well.

March 2-5,
Columbus, OH;
arnoldsportsfestival.com



PREP

■ **MasterPan 5:** You hate meal prep and the cleanup that follows. But the MasterPan—complete with five separate compartments for meats, veggies, and carbs—lets you cook up your entire meal in just one pan. The best part? The nonstick surface makes cleanup a cinch. **\$70, masterpan.com**

SUPP

■ **Andorush:** Don't let low T hold you back. Instead, crush your goals with the famous testosterone formula, provided by B-Nox. Now available in pill form and containing a host of natural tested ingredients, Andorush is sure to provide you with increased strength, endurance, vitality, and vigor. **\$40, vitaminshoppe.com**



PER BERNAL

NEW

EXTEND BEYOND

EXTRA LEUCINE FOR EXTRA GROWTH

19% more leucine than the leading supplement (4.1g leucine) - that's why we call it XL

More Leucine than 8 oz. of beef, 6 oz. of chicken, 20 oz. of milk or half a dozen eggs

10:1:1 Leucine loaded BCAA ratio vs other Leucine diluted BCAA products

5g of Anabolic BCAAs per serving

Increases protein synthesis & muscle building

Supports strength, endurance & speeds recovery

Sugar Free

Reduces protein breakdown

Helps with muscle soreness

3 delicious, refreshing flavors - Tangerine, Watermelon & Pineapple



DRIVEN BY
MHP
SCIENCE

REACHYOURMHP.COM

Available at:
GNC
LIVE WELL

theVitamin
Shopper
every body matters

B
BIOGEN

MS

VITAMIN
WORLD

amazon

LUCKY
VITAMIN

EUROPE

MUSCLE FOODS
USA
MUSCLE FOODS USA

© 2017 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

264

■ Pound barbell curls! According to *Guinness World Records*, in 2012, Eamonn Keane at the Louisburgh Gym in Louisburgh, Ireland, curled 264 pounds 30 times in one minute.

YOU'RE BENCHED!

■ Researchers compared Smith machine, barbell, and dumbbell bench presses. They found no difference in chest and delts activation between exercises. Smith machine reduced biceps activity, and dumbbells reduced triceps activation.



ADAPT TO GROW

A study published in the *Journal of Physiology* measured the relationship between muscle protein synthesis, muscle damage, and muscle growth at one, three, and 10 weeks after the initiation of an unaccustomed training program. They found that protein synthesis contributes to muscle growth only after muscle damage lessens following adaptation to training.

SLEEP BETTER

A study at Appalachian State U. looked at how training at different times of the day affected sleep. Training anytime of day significantly improved sleep, while training early in the day reduced the amount of time needed to fall asleep. Training late in the day reduced the number of times subjects woke up during the night.



PULL THIS

■ Researchers from the U. of Brasilia compared the effects of isolation exercise and compound exercise for biceps. They compared pulldowns against curls for 10 weeks. They found that pulldowns were as effective as biceps curls for increasing size and strength.

NEW LOOK

A CUT BEYOND

JOIN THE XPEL GENERATION FOR ADVANCED, FAST ACTING WATER LOSS

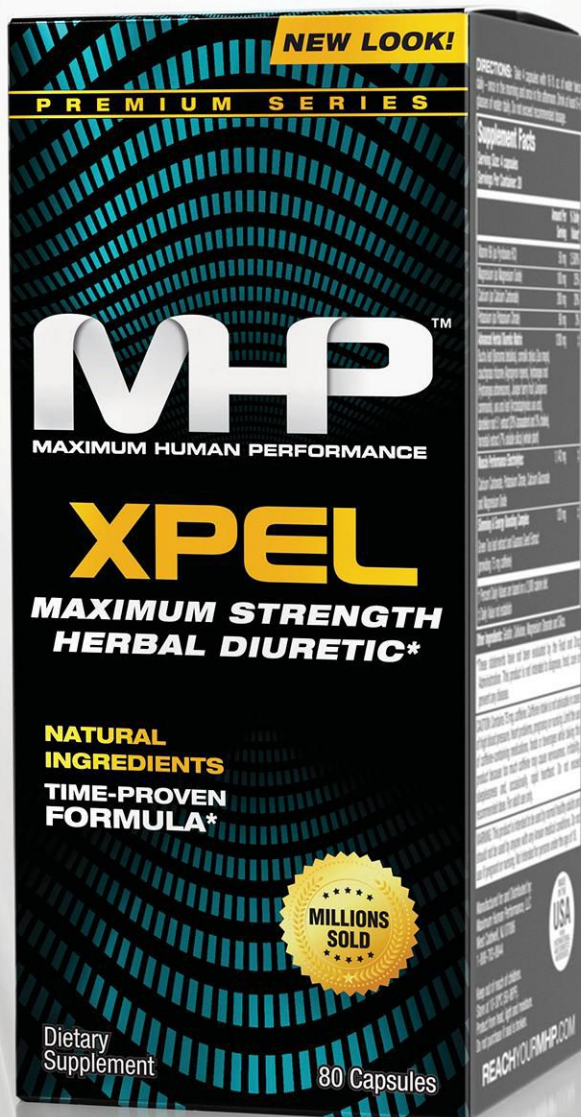
Millions of Americans have chosen Xpel to help them shed unwanted water weight fast*

Rapid water loss & muscle definition

Reduces bloating & supports fat loss*

Perfect for special occasions and to boost confidence*

Convenient fast acting formula - only two doses daily*



Maximum strength herbal diuretic*

Fast-acting formula driven by science - Xpel really works!*

Juniper Berry Fruit & Dandelion Root - all-natural herbs for rapid water loss*

Potassium, Magnesium & Calcium - Replenish vital electrolytes for optimal muscle performance*

Natural Caffeine from Green Tea & Guarana to support clean energy and fat burning*

**DRIVEN BY
MHP
SCIENCE**

REACHYOURMHP.COM

Available at:
GNC
LIVE WELL

B
BIOGEN

V theVitamin
Shopper
everybody's favorite

MS

V VITAMIN
WORLD

amazon

**LUCKY
VITAMIN**

USA

**MUSCLE FOODS
USA**
MUSCLE FOODS USA

© 2017 Maximum Human Performance, LLC. All rights reserved. * These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

12

PERCENT FEWER CALORIES SUBJECTS ATE FOLLOWING A PREVIOUS BEAN- AND PEA-BASED MEAL VERSUS A MEAT-BASED MEAL, SAYS A NEW STUDY FROM THE UNIVERSITY OF COPENHAGEN.

SWEET POTATO, OH, MY

■ Next time you boil up a pot of sweet potatoes, make sure to save the leftover water, says a new study from Japan. Researchers found that the sweet potato proteins floating around in the wastewater can lower body weight, cholesterol, and triglycerides while upping levels of hormones that control hunger.

LOW-CARB CRASH

Low-carb diets can help you shed unwanted pounds but are often hard to stick with for the long term. A new study from the U. of Michigan found that eating just three low-carb meals in a 24-hour period can confer benefits like lowering insulin resistance (which helps your body burn more body fat) and protecting against high blood pressure, prediabetes, and diabetes.

MORE MEAT

For years, eating too much red meat was linked to increased risk of heart disease, high blood pressure, and high cholesterol. Not so fast, say researchers from Purdue University: Their new meta analysis of 24 studies suggests that eating amounts of red meat above what is recommended—about 3 ounces, three times per week—does not up your chance of developing high blood pressure or high cholesterol.

APPETITE HACK

If you're struggling to shave off those last few pounds, try mental imagery, says a report from the U. of Aberdeen. Viewing yourself from an external perspective—like watching yourself eat—could influence how much you eat at one sitting. Adopting the third-person view made people eat fewer sweets, leading to speculation that the outsider view strips people of the key sensory ingredients—smell and taste—that make food so desirable.

SPRING FOR SHOOTS

Microgreens are immature leaves that are harvested from a variety of vegetables. They have been shown to reduce weight gain and the risk of developing cardiovascular disease in mice saddled with a high-fat diet. The microgreens were found to have more potentially cholesterol-lowering polyphenols and glucosinolates than mature cabbage, and they also helped lower LDL, or "bad," cholesterol.

SAY "CHEESE!" AND LIVE LONGER

■ Cheese often gets a bad rap because it's high in fat, and eating too much could contribute to weight gain. But a study in *Nature Medicine* found that aged versions are filled with a compound called spermidine that may help you live longer.

Researchers surveyed 800 Italians about their diet and found that those who got more mature cheese in their diet had lower blood pressure and 40% lower risk of heart failure.



SCIENCE • INNOVATION • QUALITY • RESULTS

ALLMAX®

PROFESSIONAL GRADE SUPPLEMENTS



TEAM ALLMAX
STEVE KUCLO
TOP IFBB PRO

**PURE, CLEAN
LAB TESTED
POTENT
EFFECTIVE**



ALLMAX®

PROFESSIONAL GRADE SUPPLEMENTS

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

www.ALLMAXNutrition.com



/ALLMAXNutrition



@allmax



/teamallmax



RIVALUSTM
UNRIVALED PERFORMANCE

RIVALUSTM
UNRIVALED PERFORMANCE

PROMASIL

AVAILABLE AT
GNC
LIVE WELL

B
BODYBUILDING.COM

V theVitamin
Shoppe.

ALWAYS READY FOR ACTION



24G PROTEIN FROM FAST, INTERMEDIATE, AND SLOWER SOURCES FOR BROAD SPECTRUM AMINO ACID COVERAGE ANY TIME: MORNING NOON, OR NIGHT.

RIVALUSTM
WWW.RIVALUS.NET

VEGAN-FRIENDLY & GLUTEN-FREE

HUMAPRO®



PROTEIN FOR HUMANS ONLY

When is the last time you wasted anything? We can't remember either.

Only HUMAPRO® is formulated with the exact "human ratio" of pharmaceutical grade essential amino acids (EAAs) and co-factors resulting in 99% lean tissue utilization and less than 1% waste. Compare 99% lean tissue utilization to only 17% for common protein powders. Additionally, HUMAPRO® has almost 0 calories, inhibits muscle catabolism and assists in nutrient uptake for optimal recovery and results you will see in days.

Less fat & more muscle = superior power, performance and physique.

1 Scoop of HumaPro® =
Whole Protein Equivalent
of 25g, with only 0.02
calories per serving.

Based on human ratio
essential amino acids requirement

Protein Source

NNU = Lean Mass Anabolism

NC = Toxic Catabolic Waste

HumaPro®	99%	1%
COMPARE THIS TO THE OTHER PROTEIN SOURCES BELOW:		
Meat, Fish, Poultry	32%	68%
Amino Acid Formulas	18%	82%
Soy Protein	17%	83%
Bovine Whey Protein	16%	84%
Bovine Casein Protein	16%	84%

HumaPro®: Engineered for Human Growth

Source: Human Net Nitrogen Utilization Studies.

#beLegendary

ACHIEVE LEGENDARY RESULTS



THE **KING** OF FEEL-GOOD SUPPLEMENTS

Somatomax® is a Hi-Tech Neuro-Enhancement supplement that can be used as a nighttime or daytime formula, depending upon the serving amount. In higher serving amounts, the Phenibut and GABA in Somatomax® will help to enhance deep, more restful sleep and to promote the release of the body's natural hormonal compounds for healthy neurotransmitter support.

In moderate serving amounts, the Somatomax® experience is nothing short of a mood-liberating experience - a pleasant state of relaxation, tranquility, and relief from inhibitions.

With Somatomax® on the playing field, it's "Game Over" for all other wannabe feel-good supplements. Somatomax® immediately opens the door to really cool quality of life benefits beginning with the very first use. When you are ready to tap out for the evening, Somatomax® will help you overpower your stress by relaxing you to the max on your way to the best sleep you've have ever had!

RIDE THE NEW WAVE OF HIGH RELEASE®

INCREASES GROWTH
HORMONE STIMULATION†

ENHANCED SLEEP &
FEELING OF WELL-BEING†

PROMOTES AN ENHANCED
SEXUAL EXPERIENCE†

INCREASES LEAN MUSCLE
MASS & DEFINITION†

NEW
FLAVORS



EXOTIC FRUIT

berry banana

lemon drop



†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

The

OLYMPIA LEGEND **FRANK ZANE** TALKS
ABOUT HIS STRONGEST BODY PART DURING
HIS BODYBUILDING HEYDAY: HIS BRAIN

INTERVIEW BY JOE WUEBBEN

Zane

Way

Long before he began marketing “The Zane Experience” as a personal seminar in which one could train with and learn from a bodybuilding legend at his personal gym in Southern California, three-time Mr. Olympia Frank Zane had a less formal “Zane Experience.” It was all in his head, literally.

We’re talking about Zane’s mental approach to training. Nothing was random; everything he did had a purpose. His focus was intense, and, consequently, so were his workouts. The results spoke for themselves: arguably the most aesthetically pleasing physique of all time and a legacy carved in stone.



Frank Zane is aging like fine wine. Still training regularly, looking great, and churning out books (his most recent one being *91 Day Wonder Body*, available at frankzane.com), he's on our short list for an interview when ultimate wisdom is sought.

This past December, we got Zane on the phone for a question-and-answer session that had very little to do with sets, reps, posing, or even his famed six-pack abs. Rather, we asked him what went through his head when building his iconic physique back in the 1960s and 1970s. His responses were every bit as insightful as we'd hoped for. Enjoy this exercise for your brain.

FLEX: Athletes talk a lot about "taking it one game at a time" or "one practice at a time." Did you approach your training in a "one workout at a time" sort of way?

FRANK ZANE: No, I didn't. One workout doesn't lead to anything. It's continuous workouts, and how that goes depends on my motivation. You've got to have a reason for doing any kind of hard training. That's what it takes to get in shape. It's not just going to the gym three times a week. It's more of a dedicated thing, and the only way you can get that maximum motivation, I think, is through competing. That's why I did it for so long, for 23 years.

Did you follow a strict program?

I did everything on schedule. I kept journals, and I planned my peaking out in advance. I generally allowed six months to get into top shape. Some people call it periodization, but I like to refer to it as seasonal training because there are four distinct emphases in what I did. My hard training was always spring and summer, peaking in the autumn for competition. After that, basically what I would do is go into maintenance training and just work weak points. That lasted a couple of months, then I'd come back in early spring and start building strength. And then after building my strength and size up to the level I wanted in the springtime, by about July I was already going into training for definition by increasing intensity. Also, my workout spacing was closer together. I would be training for a competition three days in a row and resting on the fourth day,

whereas before that I would train three out of five days.

That's pretty much how I did it all the time. And then after I retired my whole concept was basically to work out with my clients, and I still do that. When I don't have clients, at my age two workouts per week is all I need to stay like this. I train upper body one day a week and legs another day, and that's it. Simple.

What about the micro approach? How were you approaching individual workouts?

I'm not thinking about anything when I'm in the gym. I'm just doing it and getting a good workout. As far as psyching myself up to get a good workout, if that doesn't happen on its own, then I'm not motivated and I don't train as hard. It takes care of itself. I don't really have to do anything to psych myself up—ever. If I was training for a competition, the mindset automatically fell in place the closer I got to the contest. Because I did it for so long.

▼
Third from left, Zane adopts his trademark "relaxed" pose.



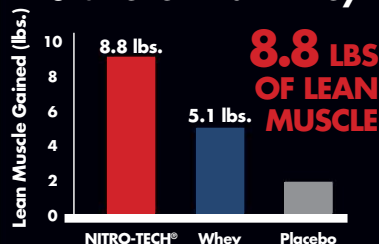
BUILD MORE MUSCLE

BOOST STRENGTH & PERFORMANCE

NITRO-TECH® is a staple in any supplement stack and is trusted by elite athletes around the world. It features whey isolate and peptides for rapid absorption, and each scoop delivers 30g of the premium protein you need for optimal gains. The combination of core ingredients in this science-backed formula helps build 70% more lean muscle compared to regular whey protein alone. Plus, it's low in fat and available in nine delicious flavors, including Cinnamon Swirl and Toasted S'mores. It's a protein with a taste you can't resist.

- Enhanced with creatine
- Easy to mix & digest
- Multi-phase filtration technology for less fat, lactose & impurities
- Amazing taste

70% Better Than Whey¹



AVAILABLE FLAVORS:

- Milk Chocolate
- Vanilla
- Strawberry
- Cookies & Cream
- Vanilla Birthday Cake
- Mocha Cappuccino Swirl
- Decadent Brownie Cheesecake
- **NEW!** Cinnamon Swirl
- **NEW!** Toasted S'mores
- **NEW!** Chocolate Mint
- **NEW!** Banana Bliss



SUPERIOR MUSCLEBUILDING



BEST-IN-CLASS FORMULATION



AWARD-WINNING FLAVORS

GNC
LIVE WELL

BODYBUILDING.COM

theVitamin
Shopper

VITAMIN
WORLD

WIDE
WORLD

amazon.com

amazon.com

MS

iHerb.com

*MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

¹Leading university research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that subjects using the core ingredients in NITRO-TECH® gained 8.8 lbs. of lean muscle in 6 weeks compared to subjects who used regular whey and gained just 5.1 lbs.

Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



MUSCLETECH.COM



SUPERIOR SCIENCE. SUPERIOR RESULTS.™



**"ONE WORKOUT DOESN'T
LEAD TO ANYTHING.
IT'S CONTINUOUS
WORKOUTS, AND HOW
THAT GOES DEPENDS ON
MY MOTIVATION."**

LIMITED-TIME BONUS SIZES

A NEW ERA IN PREMIUM WHEY HAS BEGUN

From the biggest name in performance protein comes a new, superior 100% whey protein formula – NITRO-TECH® 100% WHEY GOLD. It features fast-absorbing whey peptides for a powerful insulin spike and superior amino acid uptake. Each scoop serves up 24g of cold-filtered, ultra-premium protein, 5.5g of BCAAs, and 4g of glutamine and precursor. Plus, this 100% whey formula contains no added active ingredients or inferior fillers. All this in a formula your taste buds and muscles will love!

- Featuring whey peptides & isolate as primary protein sources
- Superior amino acid profile for improved muscle protein synthesis & recovery
- An award-winning taste you'll love
- Limited-time bonus of up to 1 lb. FREE

20% FREE WITH OUR 6 LB. BOTTLE

Get 6 lbs. of NITRO-TECH® 100% WHEY GOLD premium protein for the price of 5 lbs.

1 LB. FREE



NITRO-TECH®
100% WHEY GOLD



Other 100%
Whey Proteins

TRY THESE DELICIOUS FLAVORS:

DOUBLE RICH CHOCOLATE

CHOCOLATE CARAMEL BROWNIE

FRENCH VANILLA CRÈME

COOKIES AND CREAM

STRAWBERRY

NEW!

CHOCOLATE PEANUT BUTTER



ULTIMATE MUSCLEBUILDING



RAPID ABSORPTION



SUPERIOR PROTEIN



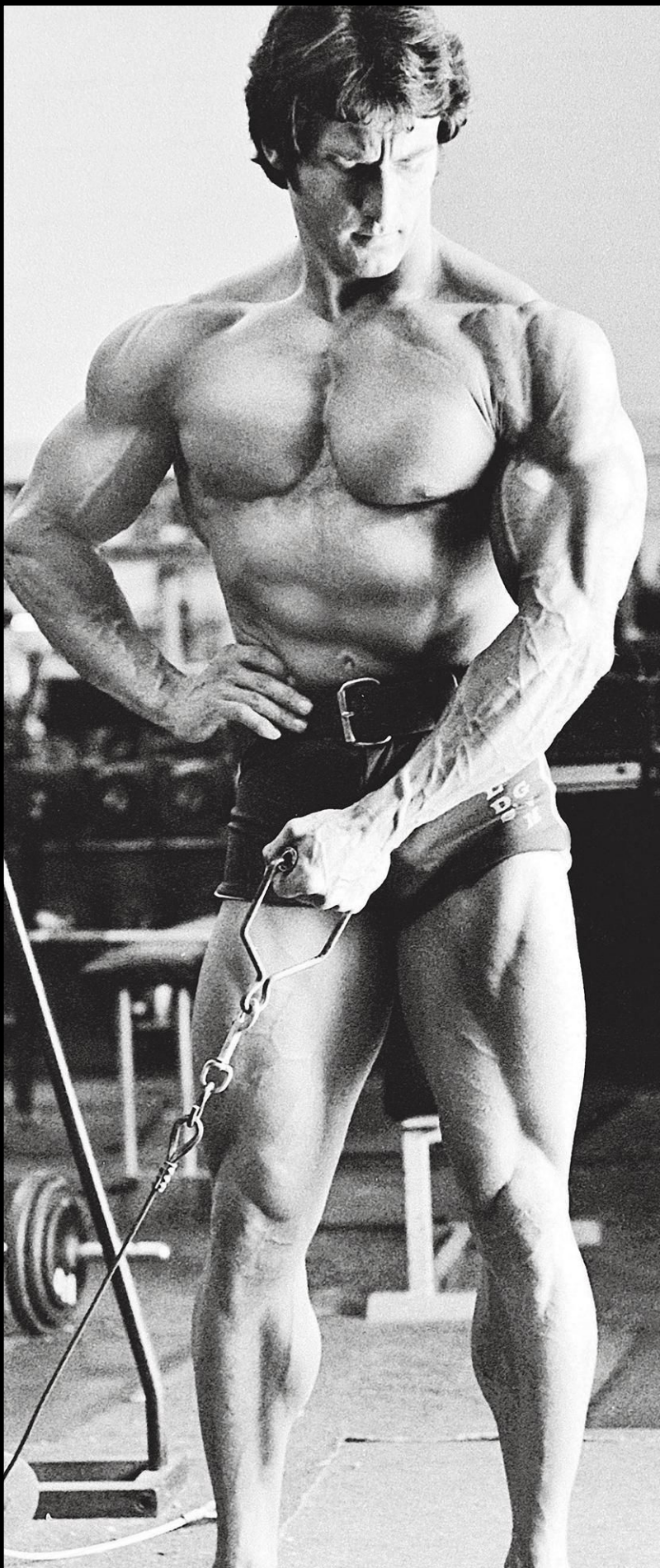
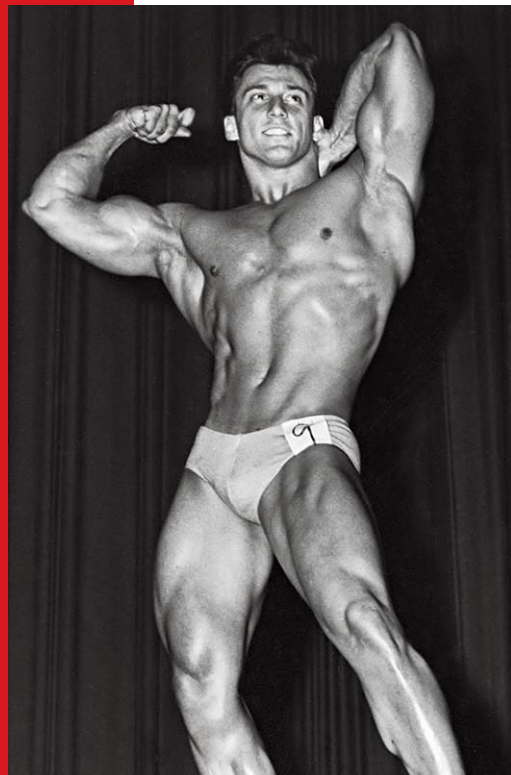
MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



MUSCLETECH.COM

SUPERIOR SCIENCE. SUPERIOR RESULTS.™





▲ An early version of a pose he would transform into a classic.

◀ Zane's attention to details was a driving force in how he trained.

By the time I was winning Olympias, I had already been training for so long. No overnight sensation here. That was always my approach—take your time and do a good job. Pay attention to details. Over time, by taking a lot of photographs, I got to see what was what. And when I went onstage, I already knew what I looked like because I saw it in photographs. At a show, nobody asks you how big your arms are. What do they do? They look at you. In any scientific experiment, if you want to be successful, you have to cut out extraneous variables. Get things out of there that don't matter. Don't waste your time looking at measurements. That's what I did. I concentrated only on what I looked like.

Would this also apply to the exercises you do? Meaning, get rid of the exercises that are extraneous and make sure every movement you do serves a specific purpose?

Yes, as my overall purpose.

I TRAIN FEARLESSLY

TO CARVE THE BODY I WANT

KEVIN ROY
WILDLAND FIREFIGHTER
@k_roy_bodybuilder

Read Kevin's story at
MUSCLETECH.COM

ATTACK YOUR NEXT WORKOUT WITH AMERICA'S #1 SELLING WEIGHT LOSS SUPPLEMENT BRAND*

Like Kevin, you're fearless when it comes to perfecting your body. With intense training and advanced supplements for weight loss, you get the results you want. Hydroxycut® Next Gen features two cutting-edge formulas that contain a unique combination of premium ingredients, including *C. canephora robusta* for weight loss. Experience the truly amazing results!



↓ Hydroxycut® Hardcore® Next Gen

To deliver powerful weight loss, Hydroxycut Hardcore® Next Gen contains *C. canephora robusta*. It also contains caffeine for energy, plus a never-before-seen combination of ingredients for the most extreme sensory experience.

↓ Hydroxycut® CLA Elite Next Gen

It delivers premium 95% CLA, the purest form of CLA available, plus L-carnitine L-tartrate, *Garcinia indica* and raspberry keytones. With the addition of *C. canephora robusta* for weight loss, this unique formula has everything you are looking for.

400mg
C. canephora robusta

100mg
Coleus Extract

25mg
Ophiopogon japonicus

290mg
Caffeine

*Per serving

Subjects taking the key ingredient (*C. canephora robusta*) in Hydroxycut Hardcore® Next Gen lost 10.95 lbs. in 60 days with a low-calorie diet, and 3.7 lbs. in an 8-week study with a calorie-reduced diet and moderate exercise.

POWERFUL WEIGHT LOSS **FULLY DISCLOSED LABEL** **RESEARCHED KEY INGREDIENT**

GNC
LIVE WELL

B BODYBUILDING.COM

V theVitamin Shoppe

V VITAMIN WORLD

RE AD

RE AD

amazon.com

MS

iHerb.com

MUSCLETECH
RESEARCH & DEVELOPMENT

*Based on AC Nielsen FDMx sales data for Hydroxycut® caplets.

Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017

SUPERIOR SCIENCE. SUPERIOR RESULTS.™

► The Zane front double biceps pose was proportion at its best.

▼ With the Master Blaster, Joe Weider.



But actually, when I do each exercise, my purpose and my goal is to get a good pump on every set. And if I don't, something's wrong. Get a good pump in the area I want it—that was the whole thing. That's not something I had to think about; that's just something I did because I had been doing it so long and practicing it. It was just habit.

So if you're not getting a good pump, what's usually the culprit? Exercise form?

Form is always a culprit, but what you eat before your workout is also important. If you're on a low-carb diet in the final stages before a competition, for example, it's hard to get a pump. You need some carbs before your workout to get a pump.

BEST PRE-WORKOUT

AND MORE EXPLOSIVE THAN EVER!



3g

Creatine¹

2.5g

Betaine¹

3.2g

Beta-Alanine¹

1.5g

Nitrosigine^{2,1}

¹Per 2 scoops

Nine years ago, MuscleTech® researchers redefined the pre-workout category. Now they've done it again with VaporX5™ Next Gen – the ultimate pre-workout experience! This powerful 5-in-1 formula contains the research-backed ingredient Nitrosigine® to increase plasma nitric oxide levels for powerful pumps. VaporX5™ Next Gen delivers explosive energy, an intense sensory experience, enhanced strength and performance, plus scientifically proven musclebuilding power! So build more muscle and crush through every rep with VaporX5™ Next Gen! Try it today!



- Ultimate Neurosensory Experience
- Explosive Energy & Endurance
- Researched Musclebuilding Power
- Muscle Strength & Recovery
- Intense Pumps & Performance



ALSO AVAILABLE:

NEW!

VaporX5™ RIPPED

This powerful formula combines more than just pre-workout and sensory ingredients to deliver a truly complete experience unlike anything you've tried before!

THERMO INTENSITY METER

VaporX5™ Next Gen utilizes state-of-the-art thermo-activated inks on the label, which respond to touch. Watch it change color based on your intensity level!



ALSO AVAILABLE:

NEW!

VaporX5™ NEURO

This potent formula delivers a supercharged neurosensory matrix, powerful pumps and scientifically tested musclebuilding power, plus extreme energy to get you amped up for your toughest workouts!

SPECIAL FUNNEL SCOOP

VaporX5™ Next Gen provides you with a brand-new funnel scoop. It allows you to measure out the powder and easily dispense it for on-the-go convenience! Only available in VaporX5™ Next Gen and VaporX5™ Neuro formulas.



AVAILABLE IN 3 DELICIOUS FLAVORS:



Blue Raspberry Fusion



Fruit Punch Blast



Icy Rocket™ Freeze

EXTREME ENERGY & SENSORY

INTENSE PUMPS

ENHANCES STRENGTH

BODYBUILDING.COM

theVitamin Shoppe

VITAMIN WORLD

MS

iHerb.com

amazon.com

¹MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



MUSCLETECH.COM

SUPERIOR SCIENCE. SUPERIOR RESULTS.™



So I always looked at that. I looked at everything. I was pretty well-adjusted. When I got to the gym, it always worked.

What were those training sessions like?

When I would be in the gym, I never wanted to talk to anyone during a workout, especially if I was training for something, because that's a distraction. In my training, my purpose was always to go to the gym when there was hardly anybody there. Or if there were people there, they're very serious people. Like Gold's Gym in the late '60s, early '70s. If you go to the gym at 6:30 or 7 in the morning, the people there are serious about their workouts and are there for a

purpose. There's no talking, no noise. Come 9 a.m., all the loudmouths come in. I'd be leaving then. So that was my goal: Get there when there's no distractions, and take advantage of that. If someone comes in when you're training and starts asking you questions, your workout's already gone. Just because you rest between sets or between exercises doesn't mean you should break your focus. What I always did in my training was stretch between sets. After every set, I would stretch for 15 seconds, and then go into the next set.

So the stretching between sets helps you stay engaged?

That, plus it keeps you warmed up.



▲ With wife Christine and Arnold Schwarzenegger at the 1970 Mr. Universe.

◀ Repping out leg curls under the watchful eye of Weider.



I DUG DOWN DEEP TO SURPASS EVERY OBSTACLE

SHANE DYCK

FORMER C5 QUADRIPLÉGIC

@shaned10

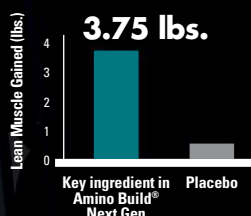


Read Shane's story at
MUSCLETECH.COM

AMINO BUILD® NEXT GEN & NEXT GEN ENERGIZED - FOR LIMITLESS POSSIBILITIES

Resilience like Shane's doesn't come along every day, but when it does, it needs to be talked about. With the help of Amino Build® Next Gen and Amino Build® Next Gen Energized in your program, your goals can become reality! These are the most advanced muscle- and performance-enhancing BCAA+ formulas from MuscleTech®. They help increase strength, build muscle and boost endurance. And on days you're struggling to find the energy to continue, Amino Build® Next Gen Energized is enhanced with naturally sourced, energy-boosting caffeine. It will give you that extra kick you need to keep grinding. Amplify your performance with Amino Build® Next Gen today!

Lean Body Mass Gained in 6 Weeks



Study subjects using the same clinical dose of betaine in Amino Build® Next Gen put on 3.75 lbs. of lean muscle in 6 weeks in leading university research published in the *Journal of the International Society of Sports Nutrition*.



Test subjects
built 3.75 lbs.
of lean muscle



Clinically shown
to boost strength
by 40%



Enhances
endurance with
the first dose



8g
BCAAs

4g
Leucine

2.5g
Betaine

0mg
Caffeine

Per 2 scoops



8g
BCAAs

4g
Leucine

2.5g
Betaine

100mg
Caffeine
Naturally Sourced

Per 2 scoops

ENHANCES STRENGTH

BUILDS MUSCLE

BOOSTS ENDURANCE

GNC
LIVE WELL

B BODYBUILDING.COM

V the Vitamin
Shopper

RITE
AID

TELE VITAMIN

amazon.com

MS

iHerb.com

VITAMIN
WORLD



*MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.
Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017

SUPERIOR SCIENCE. SUPERIOR RESULTS.™

Consistency is obviously critical for success on any program. What does consistency mean to you?

To me, being consistent means being on a program and following it. This whole concept of changing your routine every month to something entirely different—the problem with that is you never get to be good at anything. If you want to get good at something, you have to do it a lot. The basis of learning is repetition. Do it over and over and over again. That's what you do in the gym; we're educating the muscles by doing a lot of sets and reps.

The way I see it, there are really two kinds of bodybuilding. One is “get big fast” and the other is “training for longevity”—and they're just the opposite. Get big fast is what a lot of young people do, where they do anything it takes to get that way. Usually that kind of bodybuilding is short-lived, because they're not motivated to stick with it. Training for longevity is where you basically commit to doing it for the rest of your life. And in the course of doing that, your goals and the way you train is going to change over time. That's part of growing up. I've experienced both ways.

A lot of people have trouble staying motivated enough to make that commitment to keep training. What motivation advice can you offer?

Motivation is based on two things. When you start out, it's a different kind of motivation. Most people start working out because they don't like where they're at and they want to improve. It's called deficiency motivation. That's good motivation to start with. Then, after you do it for a while and you've made improvement, now you're motivated to keep going because you want even more improvement. That's the best kind of motivation if you're going to keep doing this—to

▲ The body that won three straight Mr. Olympias (1977-79).

► Zane's popularity reached around the globe in his heyday.



CHRIS LUND: CHRISTINE ZANE (2)

THE WILL TO BE

BIGGER THAN EVER

AJ SHUKOORI

IFBB PRO

@AJFitnow



Read AJ's story at
MUSCLETECH.COM

MASS-TECH® EXTREME 2000 – BECOME BIGGER THAN EVER!

For AJ, getting bigger means sacrifice, determination and two scoops of MASS-TECH® EXTREME 2000! It's the ultimate 100% whey protein mass gainer. A supercharged 5-in-1 formula for the extreme hardgainer, it's a scientifically superior formula to help build more size and strength. Plus, it contains no inferior protein sources and has proven musclebuilding ingredients. MASS-TECH® EXTREME 2000 has everything you need to bulk up, pack on muscle and smash through strength plateaus.

SUPERIOR 5-IN-1 MASS GAINER FORMULA

80g

High-Quality Protein¹

8g

Anabolic Leucine¹

10g

Musclebuilding Creatine

2,000

Calories¹

400g

Multi-Phase Carb Complex¹



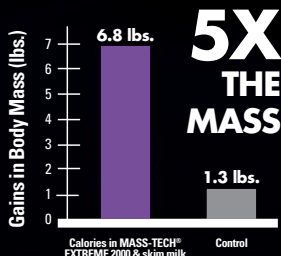
Triple Chocolate Brownie



Vanilla Milkshake



Delicious Strawberry



BASED ON RESEARCH AT A LEADING AMERICAN UNIVERSITY

In an 8-week study, subjects consuming a high-protein diet containing approximately 2,300 calories and performing a weight-lifting program added 2,000 calories (the same amount found in one serving of MASS-TECH® EXTREME 2000 combined with 16 oz. of skim milk) to their regimen. The results were examined and, on average, subjects gained 6.8 lbs. of mass while control subjects gained 1.3 lbs.

¹When mixed with 16 oz. of skim milk.



EXTREME MASS GAINS



EXPLOSIVE STRENGTH



UNBEATABLE 5-IN-1 FORMULA

GNC
LIVE WELL

B BODYBUILDING.COM

V theVitamin Shoppe

RITE AID

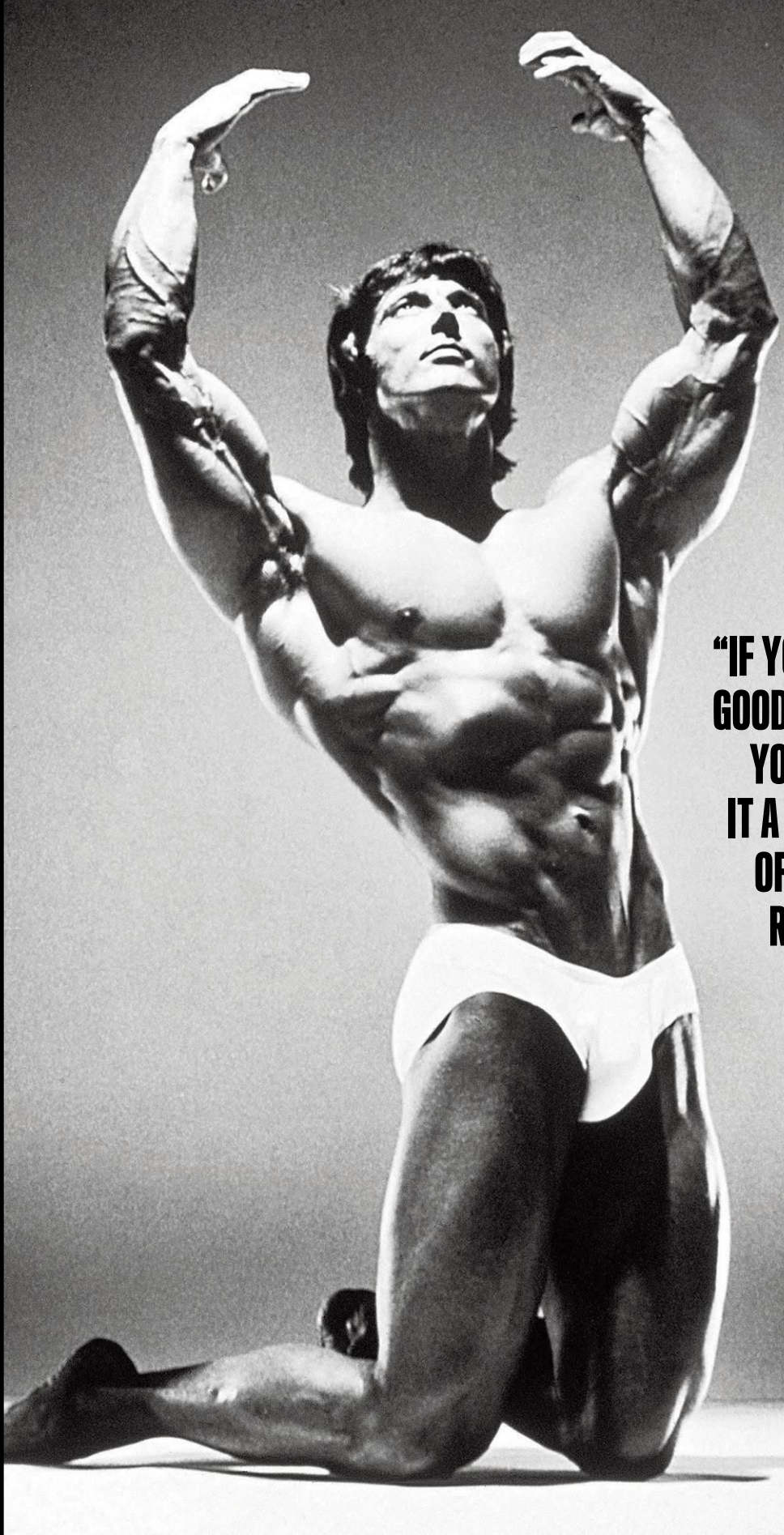
MS

iHerb.com

¹MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



SUPERIOR SCIENCE. SUPERIOR RESULTS.™



**"IF YOU WANT TO GET
GOOD AT SOMETHING,
YOU HAVE TO DO
IT A LOT. THE BASIS
OF LEARNING IS
REPETITION."**

TO STAY ON TOP I HAVE TO BE

BIGGER & STRONGER THAN THE REST

VERNON DAVIS

CHAMPION ALL-PRO TIGHT END, WASHINGTON
@vernondavis85



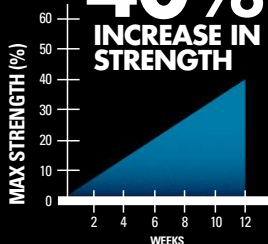
Read Vernon's story at
MUSCLETECH.COM

IN VERNON'S WORLD, ONLY THE BIGGEST AND STRONGEST SURVIVE

To be the best in the gym and on the field, Vernon turns to CELL-TECH™ HYPER-BUILD™ for unprecedented gains in size and strength. This powerful 5-in-1 post-workout formula delivers a scientifically studied dose of creatine, allowing your muscles to keep firing. Plus, it delivers a powerful mega-dose of BCAAs, which is more than any other creatine formula available. CELL-TECH™ HYPER-BUILD™ allows you to maximize muscle size, strength and recovery, so you can crush through those tough reps! Amp up your workouts with CELL-TECH™ HYPER-BUILD™ and get the results you expect!



40% INCREASE IN STRENGTH



INCREASED MUSCLE SIZE & STRENGTH

CELL-TECH™ HYPER-BUILD™ contains 6g of BCAAs in an optimized 4:1:1 ratio for maximum leucine delivery. Leucine is the most powerful amino acid at amplifying protein synthesis and keeping your body anabolic. In fact, the 4g dose in CELL-TECH™ HYPER-BUILD™ has been scientifically shown to increase max strength by over 40% in just 12 weeks!¹

¹Ispoglou et al., 2011. *International Journal of Sports Physiology and Performance*. 6(1):38-50.

10g
Creatine

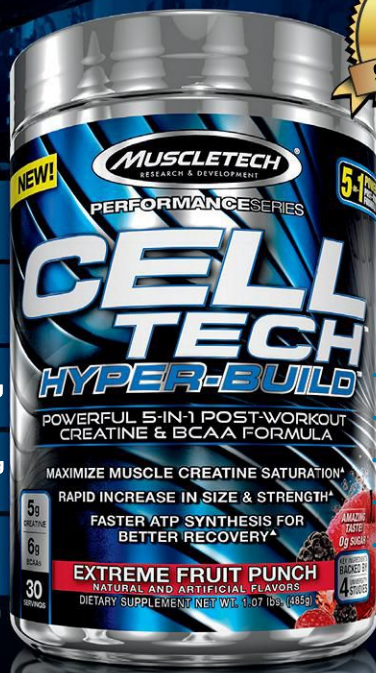
12g
BCAAs

480mg
Tart Cherry

440mg
Electrolyte Blend

0g
Carbs

Per 2-scoop serving



↓
POWERFUL 5-IN-1 POST-WORKOUT CREATINE & BCAA FORMULA

1. Creatine Formula
2. Recovery Formula
3. BCAA/Amino Powder
4. Endurance Powder
5. Electrolyte Drink



INCREASE MUSCLE SIZE



ENHANCE STRENGTH



IMPROVE RECOVERY

GNC
LIVE WELL

BODYBUILDING.COM

theVitamin Shoppe

MS

iHerb.com
Trusted Brands. Healthy Rewards.

amazon.com



*Muscletech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.
Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017

SUPERIOR SCIENCE. SUPERIOR RESULTS.™



get rewarded for what you're doing. Give yourself a reward, and I don't mean eating junk food or doing something that's contrary to your goals. Reward yourself in a positive way.

One way I was able to stay motivated all those years was through the seasonal training approach I mentioned before. Every year I would come back in the springtime with a new look, because I had worked on my weak points harder, and now they're in better relation to the whole body.

So focusing on your weak points helped you stay motivated?

The thing is to always have goals. Set sensible goals and work hard at reaching them. But don't sacrifice yourself to your goals to the point where you can't be happy in the moment. Because if you're always striving for something you don't have, what does that say about right now? Try to have both. I know that's not easy. I remember when I was training hard all those years, I would have these great photos from Artie Zeller, and I would look at them and always think, "I still need this, I got to do that..." and so on. I never found anything that good with them. And now when I look at the same photos, I think, "Wow, how was I able to do that?" It's all a matter of perspective. **FLEX**

▲ Showing great form in Olympic weightlifting.

► Aesthetic perfection in his day, Zane's body of work still reigns as the ideal physique for many of today's iron athletes.



In his book *The Workouts: Personal Training Diaries*, Frank Zane chronicled a workout he performed the morning of Sept. 9, 1977, which at the time he called his "best back, biceps, forearms training yet."

EXERCISE	SETS	REPS	EXERCISE	SETS	REPS
BACK			Low Incline Dumbbell Curl	3	10
Front Pulldown	3	10	Preacher Cable Curl	3	10
Bentover Barbell Row	3	10	Alternate Dumbbell Curl	3	8
One-arm Dumbbell Row	3	10	FOREARMS		
Low Cable Row	3	10	Barbell Reverse Curl	3	10
Pulldown Behind Neck	3	10	Wrist Curl	3	15
Stiff-arm Pulldown	3	10	ABS		
BICEPS			Roman Chair Situp	-	200
Dumbbell Concentration Curl	3	10,8,8	Seated Twist	-	100
			Crunches	-	100

COMPLETE SUSTAINED-RELEASE

8-HOUR PROTEIN FORMULA

PHASE8™ is a premium formula that delivers 8 hours of protein power. Featuring a 26g protein blend from milk-derived sources, PHASE8™ delivers amino acids to your muscles for up to 8 hours. To support muscle and strength gains, PHASE8™ is packed with seven high-quality proteins – including high biological value proteins and sustained-release proteins. That's why this multi-phase formula is the perfect post-workout, between-meal and before-bed protein boost!

- Helps to amplify muscle size, strength and recovery
- Contains half the fat of the leading competitor
- No inferior protein sources (such as brown rice and soy protein)

LOOK FOR THESE DELICIOUS FLAVORS:



Milk Chocolate

Vanilla

Strawberry

Cookies & Cream

26g
Protein

5.6g
BCAAs

7
Different Protein Sources

 **INCREASE MUSCLE SIZE**

 **8-HOUR ABSORPTION**

 **IMPROVE RECOVERY**

*MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



MUSCLETECH.COM



SUPERIOR SCIENCE. SUPERIOR RESULTS.™

THE ULTIMATE ANABOLIC STACK

HALODROL™ | NOVEDEX-XT™ | PLASMAJET®

Leave it to Gaspari Nutrition® to develop the most complete Anabolic Stack available today. Muscle mass, strength and energy never looked like this. One box each of **Halodrol™**, the strongest Prohormone on the market combined with the Nitric Oxide blasting product **PlasmaJet®** will have you growing like never before. Finish with the cleanest complete Post Cycle Therapy in **Novedex-XT™**, combined with clean nutrition and a daily all-out assault on your body in the gym, completes an 8-week oral cycle that supports new lean, hard, dry muscle. Look for the Blue & White box from the originators of growth – Gaspari Nutrition®.



ON CYCLE: HALODROL™ + PLASMAJET®

OFF CYCLE: NOVEDEX-XT™

© 2017 Gaspari Nutrition. All Rights Reserved.

WWW.GASPARINUTRITION.COM

†These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



HIDETADA YAMAGISHI | TEAM GASPARI ATHLETE



ULTIMATE
NUTRITION®

Presents



JOE WEIDER'S

OLYMPIA

FITNESS & PERFORMANCE
WEEKEND
2017



SEPTEMBER 14-17

LAS VEGAS, NV

MROLYMPIA.COM

MUSCLE
& FITNESS

FLEX



MUSCLE
& FITNESS
Hers

58

You want bi's like these? This simple twist on curls can make all the difference between success and failure.



1ST SET

**ALL THE HOT
TOPICS IN
BODYBUILDING
& FITNESS**

Mr. O reveals the truth about how the world's top bodybuilders really get along (or don't) offstage.

PAGE 54

The 212 Olympia champ advises readers on supporting the fight against cancer.

PAGE 56

Shawn Rhoden on running his own show, the two body parts that Big Ramy wished grew faster, and more.

PAGE 60

The Austrian Oak turned formerly weak calves into a strength by training them like this. Now you can, too!

PAGE 62

PACK LEADER

COMPETITIVE TENSION IN THE OPEN PRO RANKS



Q As Mr. O, do you feel a responsibility to be a leader with the other athletes in the open division?

You know, it doesn't turn out to work that way. I'm not sure why. It might be because when we're onstage competing, it's all out. Whatever it takes to get to the guy who's ahead—trash-talking, whatever it is—it's game on. The Olympia stage doesn't need for everybody to see eye to eye. So maybe that intensity on the stage affects the way we relate to one another offstage.

Q Do the open pros tend to get along with one another, or is there a lot of tension?

Sure, we get along fine. We travel together, and we spend a lot of time together, but I'd say there's closer, more genuine camaraderie in the 212 class than in the open group. In the open class, we're competing on many levels—for the title, for the limited sponsorships available. I come from team sports, so I'm used to hanging out with a group. I've always had fun on the tours—even before I was Mr. O, I was the one trying to get the others to have some fun. There's also the common experience that tends to bond us—people who compete are in a better place to understand one another.

2017 NPC PHIL HEATH FIT EXPO

Iron aficionados hoping to catch a glimpse of Mr. Olympia Phil Heath on a stage other than the one at Orleans Arena in Las Vegas can drop by the Arlington Convention Center on April 29 to see Mr. O guest posing at the 2017 NPC Phil Heath Fit Expo. Promoted by Heath and Ed and Betty Pariso, this national qualifier event in Arlington, TX, will include men's and women's bodybuilding, fitness, figure, bikini, and men's and women's physique competitions for open, masters, novice, and teen competitors with a 2017 NPC membership.

Have you seen?



New-fast acting fat burner.

Exclusively at **GNC**
LIVE WELL

ultrisine.com



DRIVEN BY
MHP
SCIENCE



Q

What advice do you have for an amateur with some wins under his belt who is encountering a lot of negativity online?

It's a good question because it is so relevant now. I will share the advice someone shared with me when I first came to this country. I was a young kid thrown into the lion's den of Internet talk. This person said to me, "Who's the champion?" I said, "Ronnie Coleman." He said, "Does Ronnie Coleman get shit?" "Yes," I said, "he does." "Then who are you to worry about it? If they're talking shit about you, it means you're on the radar." The lesson being, I guess, you learn to take it because champions don't let it stop them. Keep doing what you have to do—let your haters become your fans.

Q

How did you vote on Brexit?

Honestly, I don't know enough to comment or have a vote for one side or the other, but I do know that because Wales is a poorer region—not as well off as England, I'm saying—they were getting financial aid, and that is going to stop now. Wales voted for Brexit, and then I think they regretted it very soon after. The truth is, we're sailing into uncharted waters.

#FLEXONCANCER

■ Five-time 212 O champ Flex Lewis is a frequent supporter of efforts to bring an end to cancer, so it's no surprise that he joined the Movember cause—an effort to raise awareness of men's health issues such as prostate cancer by not shaving during the month of November. True to form, Lewis turned it into a competition and a fundraiser, with the winners for Best Groomed Beard and Best Overall Beard winning goods from BSN and 6 Hub Wales. (You can go to [instagram.com/p/BNXvYsDAjn1/](https://www.instagram.com/p/BNXvYsDAjn1/) to see what Lewis looked like with 30 days of facial hair growth.)

STAND TALL

BRUSHING OFF THE NEGATIVE, AVOIDING POLITICS, AND SUPPORTING THE FIGHT AGAINST CANCER

AMAZING VALUE FOR BETTER MUSCLEBUILDING

Build more lean muscle and boost strength with Premium Gold 100% Whey Protein. This high-quality formula is loaded with 24g of protein, containing ultra fast-absorbing whey peptides for a superior amino acid uptake. Studies show that whey peptides support a powerful insulin spike, transporting nutrients to your muscles for growth and recovery. What doesn't it have? Denaturation from heat or harsh chemicals like you'll find in inferior proteins. Available in two delicious flavors – Double Rich Chocolate and Vanilla Ice Cream – so you can satisfy your sweet tooth and your muscles!



24g
Protein

5.5g
BCAAs

4g
Glutamine &
Precursor

33
Servings
(approx.)

**Compare
& Save**

\$24⁹⁷
for 2.5 lbs.

vs **\$29⁹⁹** for 2.0 lbs.¹

33% Savings!

**2.5 LB. BONUS
25% FREE**

Premium protein at a smart price.



CUTTING-EDGE FORMULA

Features whey peptides for superior amino acid uptake



BETTER TASTE

Instant mixing and superior taste



AMAZING PRICE

Get 2.5 lbs. for 33% less than other premium 2 lbs.



MUSCLETECH.COM

¹Compared to other whey protein products at specialty sports nutrition retailers.

²MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



BODYBUILDING.COM

Walmart

ASK MERLIN

Q I am a college student with a schedule that allows me to get to the gym up to five days per week. However, I know that more is not always better and that training needs to be balanced with rest, or else growth will not occur. What kind of body-part split would you recommend for me?

You are absolutely right when you say that more is not always better and mention the need for ample rest. What I will suggest in your case is something I call a rotating split. During Week 1 you will train five days per week; during Week 2 you will hit the weights four days per week; and in Week 3 you will work out only three days. Then, after Week 3 is complete, you begin the rotation again. This type of plan is extremely effective for adding muscle mass, as it allows for varied body-part

groupings, levels of volume per individual muscles, and days of stimulation versus recovery. Below is what a three-week program might look like.

Q I really want to build my biceps, but whenever I am doing curls and really pushing myself, my forearms get pumped up like crazy, but my bi's—not so much. What can I do?

This is a common problem, as most lifters initiate biceps exercises by curling the wrists inward, especially when nearing

fatigue. While this will certainly improve leverage by strongly engaging the forearm flexors, it will also reduce the work put in by the target muscle—your biceps. What you actually need to do is cock your wrists backward during curls in order to effectively eliminate the forearm flexors from the movement (by putting them in a mechanically weak position). This will then force the biceps to become the main elbow flexor during all curling exercises. You may need to reduce your curling poundage initially; however, in time, you should be able to return to your normal weights but with far bigger biceps to show for it!

WEEK 1

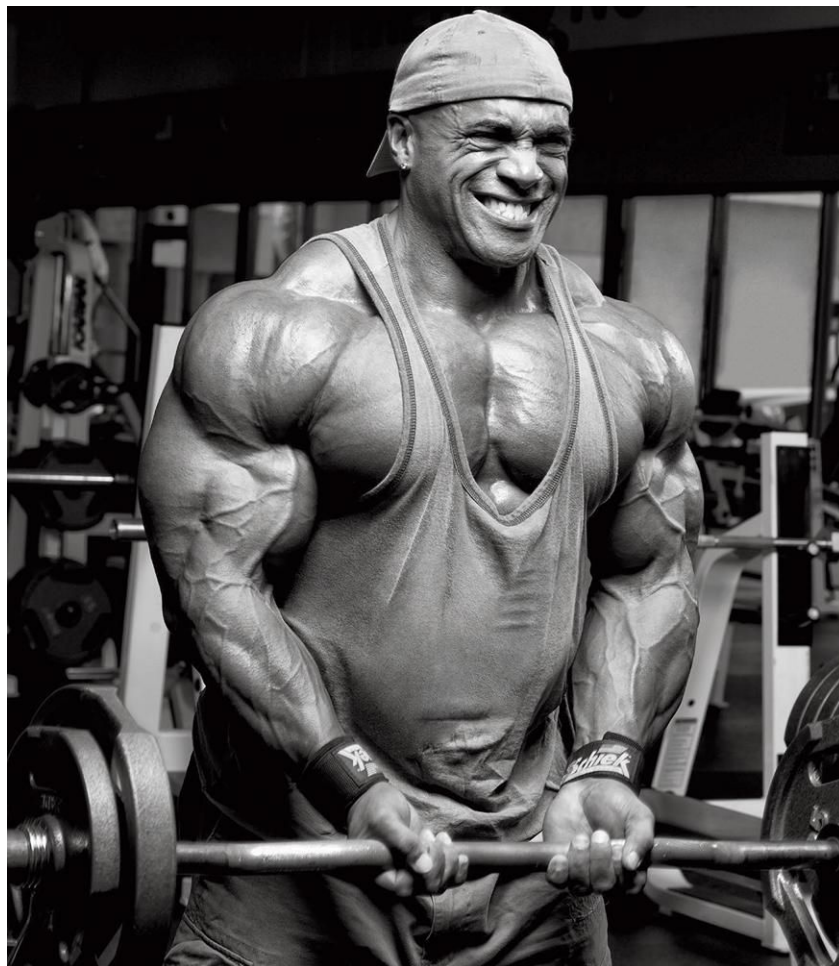
Monday Chest, calves
Tuesday Lats, abs
Wednesday Quads, hams
Friday Shoulders, traps, calves
Saturday Biceps, triceps, abs

WEEK 2

Monday Chest, front and side delts, calves
Tuesday Lats, rear delts, traps, abs
Thursday Quads, hams, calves
Friday Biceps, triceps, abs

WEEK 3

Monday Chest, lats, traps, abs
Wednesday Quads, hams, calves
Friday Shoulders, biceps, triceps, abs



ASK MERLIN

If you have something you would like to ask Merlin, send him an e-mail at bodyfx2@aol.com.

FUEL PERFORM RECOVER

WITH PREMIUM SPORTS NUTRITION



3.2g
Beta-Alanine

3g
Citrulline

3g
Creatine HCl
Per 2 scoops

Fire up your workouts and fuel your recovery with MuscleTech® Pro Series NeuroCore® and CreaCore®. Unlike the competition, they feature research-backed key ingredients in fully disclosed doses you can trust... and they do it all at a fraction of the price of other premium brands. Experience the highest in quality and effectiveness for a price you want – try them today!



50
Servings

4g
Creatine Monohydrate

1g
Creatine HCl



Icy Blue Raspberry

NeuroCore®

Powerful pre-workout stimulant delivering a potent combination of caffeine for enhanced focus and energy, and beta-alanine and creatine for improved muscle performance.



Fruit Punch Fusion

CreaCore®

This post-workout formula contains 5g of ultra-concentrated creatine to build more muscle and accelerate recovery, boost power and increase strength.



INNOVATIVE SCIENCE

Based on multiple university studies



CUTTING-EDGE FORMULAS

Clinically dosed and fully disclosed key ingredients



BETTER TASTE

Instant mixing and incredible taste



AMAZING PRICE

For a fraction of the cost of other brands

BODYBUILDING.COM

amazon.com

netrition.com

GROUPON

Walgreens

Walmart

*MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2016

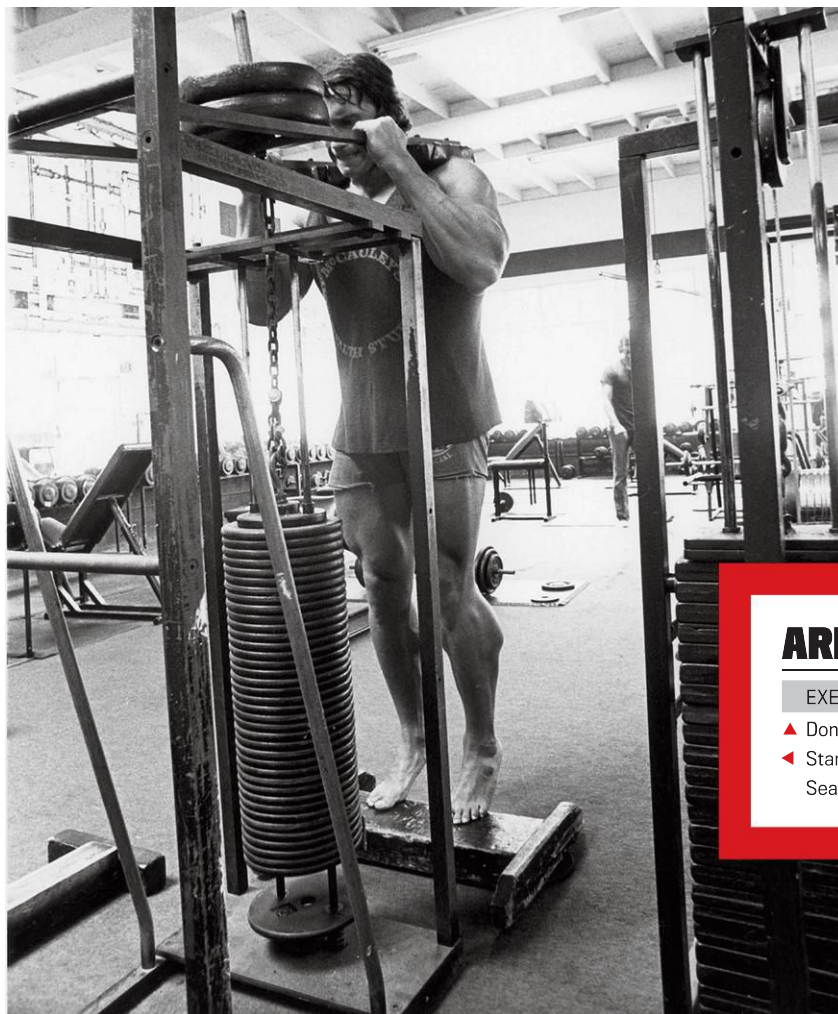


MUSCLETECH.COM



ARNOLD SCHWARZENEGGER

THE AUSTRIAN OAK TURNED HIS GREATEST WEAKNESS INTO A STRENGTH



ARNOLD'S CALF ROUTINE

EXERCISE	SETS	REPS
▲ Donkey Calf Raise	5-6	15-20
◀ Standing Calf Raise	5-6	10-20
Seated Calf Raise	4-5	10-15

ARNOLD ON CALF TRAINING

- "To develop your calves to their potential, you must take each rep through a complete range of motion."
- "The goal is to use the heaviest possible weight that still allows you to use a full range of motion."
- "Sometimes, I'd hold the top of reps and squeeze for four seconds."
- "After I couldn't do any more full-range reps, I'd do short, quick reps."

FLEX FACT
IN 1973, ARNOLD APPEARED ON THE MATCHMAKING GAME SHOW THE DATING GAME.

■ Arnold's calves were even more fantastic than his biceps or his pecs. Bear with me here. I know how stupendous his arms and chest were when he won seven Olympias. Fans may not have even noticed his lower legs, and they don't appear in most iconic photos. But his calves were superb—huge, separated, and finely detailed. There's that shot in *Pumping Iron* of him tensing the right one, and it looks like tectonic plates shifting beneath the skin. But what makes his gastrocnemii special is that he had to work

and work and work for them. In amateur contests they were his greatest weakness. But in 1969 he visited his idol, Reg Park, who taught him how to assault calves with a heavy barrage. "From walking, calves are used to lots of light, low-intensity work with small ranges of motion, so to make them grow you need to continually go heavier and harder," Arnold says. After one year of this toil six days a week, his calves had expanded two inches. And they kept growing from a weakness to a strength.

HERE'S THE BEEF.

CARNIVOR™ IS THE WORLD'S #1 SELLING BEEF PROTEIN BRAND

Carnivor helps you add muscle. Carnivor is #1 because it's packed with anabolic muscle-building aminos from pure beef, 350% more concentrated than steak, and loaded with BCAAs and creatine. Carnivor. Nothing comes close.



Available at:

GNC
LIVE WELL

Vitamin
Shopper

VITAMIN
WORLD

B
BODYBUILDING.COM

MS amazon

LUCKY
VITAMIN

iHerb

EUROPE

MUSCLE FOODS
USA

MuscleMeds
PERFORMANCE TECHNOLOGIES

© 2017 MuscleMeds. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.
*Sharp, et al. 2015 ISSN International Conference (Poster). Muscle mass data based on male subjects.

musclemedsrx.com

TEAM ALLMAX
JASMINE FERNANDEZ
BIKINI COMPETITOR

IFBB PRO
TEAM ALLMAX
CHASE SAVOIE
IFBB PHYSIQUE PRO

AMINOCUTS

ENERGY, AMINOS & DIET!

cGMP
CERTIFIED FACILITY

GLUTEN FREE
GLUTEN FREE

LAB TESTED
EVERY INGREDIENT

CLEAN LABEL
CLEAN LABEL

AminoCuts could be the most delicious drink mix we've ever made. Perfect to enjoy anytime; easy-to-mix, full of Aminos and loaded with diet-friendly ingredients like natural-source Caffeine (125 mg), Taurine, C.L.A. and Green Coffee extract – AminoCuts is ideal anytime you need an energy boost!

USAGE CHART: Choose Your Time!

	Scoops	Pre-Cardio, Training or Physical Activity
Morning ★	1 to 2	AM Boost, Morning Cardio, or
Mid-Day ★	1	Mid-Day Boost or Training, or
Late-Day ★	1 to 2	Pre-Cardio or Exercise Class

Quick & Delicious! On your way to do some Cardio? Need a mid-afternoon "pick-me-up"? AminoCuts fits your life and your diet.

Comes in 7 Great Flavors!



ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

www.ALLMAXNutrition.com

f /ALLMAXNutrition t @allmax i /teamallmax

NEW!



#energy2burn

Available at:



iHerb



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

CHRIS VILLA
CELEBRITY ATHLETE & TRAINER



THE #1 PREWORKOUT IN THE WORLD.



MUSCLESPORT®



GET YOURS NOW AT
BODYBUILDING.COM™

PRODUCT SHOWCASE

THIS MONTH'S SPECIAL OFFERS



PATRIOT NINJA BODYBUILDING SHOE

New Red White & Blue bodybuilding sneakers from Otomix.
The Ninja Warrior style has slightly wider toe box.
Hide, lock and load the shoelaces behind our new tongue.
Patent Pending Design.

Limited Edition Style M/F3333 now available at otomix.com
or call 800-597-5425

FIVE FORMS OF CARNITINE FOR HIGH ENERGY DEMAND

Since the heart, brain and liver are three organs with very high energy needs, CarniSlim® supplementation with Carnitine ensures they have all the energy they need to function.* Hi-Tech researchers discovered different forms of Carnitine benefit different parts of the body. That's why CarniSlim® includes five different forms of Carnitine series compounds.



hitechpharma.com



HIGH-PERFORMING PROTEIN

NITRO-TECH® CRUNCH bars are gourmet, high-performance protein energy bars loaded with 22g of protein, 5g of fiber and gluten free. With six delicious flavors and a soft-baked cookie center, it far surpasses the competition.
Grab one today for real results!

muscletech.com



THE MOST EXTREME BEAST YET

Beast Sports has unleashed a superior pre-workout in Beast Mode Black, combining 400 mg of caffeine, plus Teacrine, Yohimbe, DMAE, Agmatine, Beta-Alanine, FruiteX-B® calcium fructoborate and more to maximize your strength gains and build muscle.

To Try Beast Mode Black, Visit BeastSports.com and
Click on the "Free Samples" Tab!

76

Don't let travel interfere with great workouts like this. Neil Hill helps you stay on track.



LIFT

TRAINING TIPS TO POWER UP YOUR WORKOUTS

It's here: a training method that you simply must jump on!
PAGE 68

Whether it's chest and back, biceps and triceps, or quads and hams, pairing up opposing body parts can give you the best of both worlds.
PAGE 70

Abs take center stage, but tight sides (obliques) complement your middle.
PAGE 80



JUMP ON IT!

PLYOMETRICS FOR LOWER-BODY STRENGTH AND POWER

HYPOTHESIS

Plyometrics are a popular training modality among athletes looking for greater agility. Plyometrics are known to improve vertical jump height and various other functional abilities important for sport performance. The adaptive changes include increased neural drive to the agonist muscles, changes in the muscle activation and/or coordination strategies, changes in the mechanical characteristics of the muscle-tendon complex of the calf muscles, changes in muscle size and/or architecture, and changes in single-fiber mechanics. These benefits should provide a good training stimulus for increased lower-body strength and power.

RESEARCH

Hungarian researchers tested the effects of a short-term plyometric program using soccer players. In addition to their normal training routine, the workouts included two

plyometric training sessions per week. Controls performed the normal training routine but did not include the plyometrics.

FINDINGS

Plyometric training induced remarkable improvements in lower-extremity power and maximal knee extensor strength.

CONCLUSION

High-impact plyometric training can be incorporated into existing routines to support gains in lower-body strength and power.

APPLICATION

Plateaus are an unavoidable hurdle. Incorporating plyometrics now and then may be an effective way to bust through them. Boredom is another issue that is greatly improved by mixing things up, and plyometrics is a fun change of pace. When including plyometrics, put them in on your "light days" for legs.



NEW R1 PRE AMINO™

Essential Amino Acids
& Anytime Energy

Run
Lift
Work

Morning
Afternoon
ANYTHING

Transparent Formula

www.RuleOneProteins.com



Blue Razz
Lemonade
Natural & Artificial Flavors

1
RULE

R1 PRE AMINO™
Essential Amino Acids
& Anytime Energy™

DIETARY SUPPLEMENT • NET WT 486g (171 oz)

6g
Amino
Blend
2.5g
BCAAs
120mg
Energy
Blend

60
servings



DOUBLE-TEAMING

ANTAGONISTIC WORKOUTS PAIR UP OPPOSING BODY PARTS

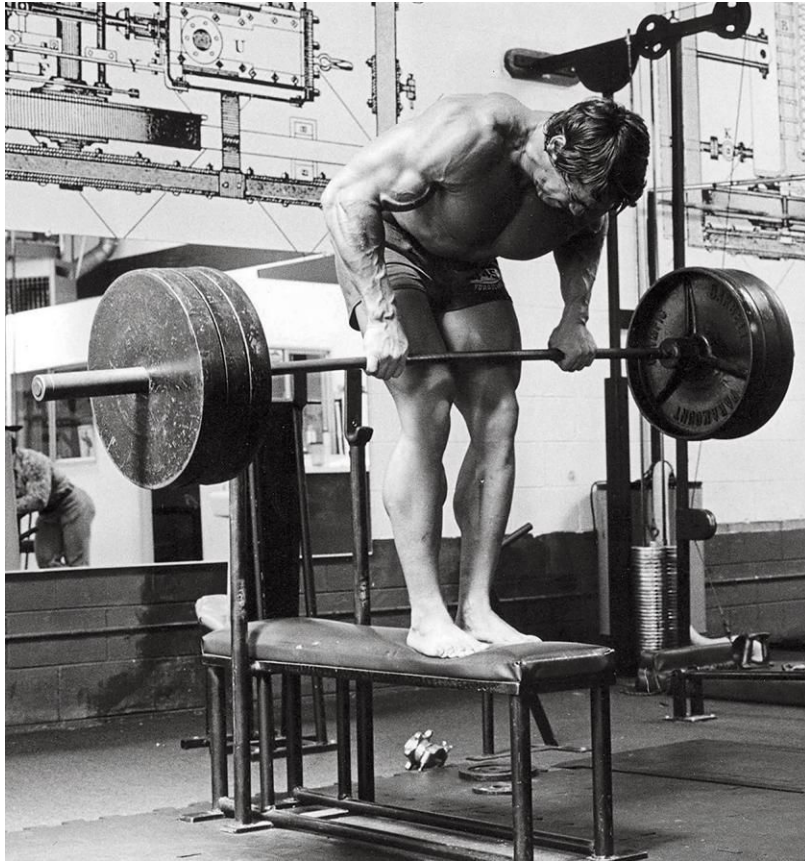
■ Ali versus Frazier, Batman versus the Joker, Apple versus Samsung—fierce rivalries bring out the best in both combatants. And sometimes antagonists can join together to double their effectiveness. Think Magic Johnson and Larry Bird on the Dream Team. Your physique is an amalgamation of antagonists, triceps on one side, biceps on the other. By training them in pairs, alternating exercises or sets, you can achieve a synergistic effect

that brings out the best in two opposing forces.

OPPOSITES ATTRACT

Arnold no-last-name-necessary blasted chest and back together in the '70s when he was annually expanding his Olympia trophy collection. He liked pumping up the two sides together, and, frequently, he superset them, combining bench presses with pullups and incline presses with T-bar rows. Chest and back is a

rare pairing today. Many trainers divide their body into six workouts, so it's a given they'll hit chest and back on separate days. Today, the most common antagonistic combo is biceps and triceps. Charles Glass favors this, so his Jedi knights, including Dexter Jackson and Shawn Rhoden, will alternate a biceps exercise with a triceps exercise, going back and forth like that on arm day, keeping both muscles pumped and stretched. To boost



ANTAGONIST BASICS

- ▶ Train a body part with its antagonist, alternating exercises or sets.
- ▶ When one muscle is contracting, its opposite is stretching.
- ▶ Supersetting antagonists is especially effective.
- ▶ If a body part doesn't have a true antagonist, focus on opposing movements.

intensity, they'll superset biceps and triceps exercises, alternating after each set. If it works for Arnold, Jackson, and Rhoden, antagonistic is a workout split you need to try.

Antagonistic muscles oppose the actions of each other. When your quadriceps contract, your hamstrings relax and stretch, and when your hams contract, it's your quads that are taking it easy and elongating. Quads/hams and biceps/triceps are true antagonists, because they share single hinge joints. Due to the ball-and-socket joints of your shoulders, pecs and lats

are not precise antagonists. However, it still makes sense to pair pushing motions for chest with rowing motions for back, since these are opposing actions. Likewise, flying motions can be teamed with rear laterals. Deltoids also have no true antagonists. However, you can combine overhead pushing movements, like dumbbell shoulder presses, with overhead pulling movements, like front pulldowns. Abs can be coupled with lower back. For calves, do at least some work for the tibialis at the front of your lower legs.

R1 PRE AMINO



Essential amino acids and anytime energy for a daily boost or that extra kick before training.

Transparent Formula

6g
Amino Blend

2.5g
BCAAs

120mg
Energy Blend

Eight
Flavors

www.RuleOneProteins.com

ANTAGONIST TIP SHEET

- ▶ When possible, pair an exercise with its closest counterpart, such as barbell rows with barbell bench presses.
- ▶ Also when possible, choose exercises that allow you to work both sides with the same equipment and/or weight.
- ▶ Not every exercise has a good counterpart. Deadlifts, lunges, and shrugs don't.
- ▶ You don't have to train your entire body this way. Experiment with specific workouts.





PAIR UP

There are several reasons to go antagonistic. First, working two sides together keeps both warm and stretched. Second, it boosts the pump by driving more blood into one via its neighbor. You've never experienced a maximum arm blowup until you've superset bi's with tri's. Thirdly, it forces you to think of your physique as more of a unified whole and less as a collection of parts. If you hit chest with back or have a "width day" in which you combine shoulders with pulldowns, you'll feel a synergy by doing a movement with its opposite. And you can better incorporate exercises like pullovers for chest/back and

lunges for quads/ham, which work both sides.

The last reason to go antagonistic is to conserve time. Let's say you currently divide your physique into six workouts. Our sample routine has four sessions. So you can take three days off each week, or you can cycle through your body more quickly by going four on, one off. The reason many people balk at this is the increased workout volume. However, the genius of antagonistic training is that you can use your rest periods to work one body part while the other recovers. Our sample chest and back thickness routine has 28 sets, but any of

R1 PRE AMINO



Essential amino acids and anytime energy for a daily boost or that extra kick before training.

Transparent Formula

6g
Amino Blend

2.5g
BCAAs

120mg
Energy Blend

Eight
Flavors

www.RuleOneProteins.com

ANTAGONIST FOUR-PART ROUTINE

EXERCISE	SETS	REPS
----------	------	------

QUADRICEPS/HAMSTRINGS

Leg Extension	4	15
Lying Leg Curl	4	15
Leg Press	4	10-12
Stiff-leg Deadlift	4	15
Hack Squat	4	10-12
Seated Leg Curl	4	10-12
Walking Lunge	3	30

CHEST/BACK THICKNESS

Barbell Bench Press	4	8-12
Barbell Row	4	8-12
Dumbbell Incline Press	4	10-12
Dumbbell Incline Row	4	10-12
Dip	3	10-15
Low-cable Row	3	10-12
Machine Flye	3	10-15
Machine Rear Lateral	3	10-15

SHOULDERS/BACK WIDTH

Seated Military Press	4	8-12
Pullup	4	8-15
Wide-grip Upright Row	4	10-12
Front Pulldown	4	10-12
Dumbbell Side Lateral	4	10-15
Cable Front Raise	3	10-15
Dumbbell Shrug	4	10-15

TRICEPS/BICEPS

Lying Triceps Extension	4	10-12
EZ-bar Curl	4	10-12
Two-dumbbell Extension	4	10-12
Two-dumbbell Curl	4	10-12
Pushdown	4	12-15
Cable Curl	4	12-15

those front/back exercise pairings can be combined without stopping. Your chest will be recuperating as you grind through dumbbell rows facedown on an incline bench, just as your back will be chilling when you flip around and pump out dumbbell inclines. Antagonistic training gives you the ability to do more work in less time.



THE #1 SELLING TESTOSTERONE BOOSTER*

UNLEASH

YOUR INNER

BEAST™



**BOOST INTENSITY
& INCREASE STRENGTH
SUPER TEST™
TESTOSTERONE SUPPORT**

Super Test® is the finest product of its kind. Workout enthusiasts everywhere now demand it because Super Test® may help support muscle mass, improved strength & healthy sex drive. The ingredients in Super Test may also help detoxify the system, and help maintain body's optimum levels of fitness and health*.

- With a therapeutic dose of KSM-66, clinically proven to support testosterone
- Support Size And Strength*
- Support Healthy Sex Drive*

KSM-66®
ashwagandha

BEASTSPORTS.com

AVAILABLE AT:

theVitamin
Shopper

B
BODYBUILDING.COM

amazon

VITAMIN
WORLD

BEAST®

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

ROAD WARRIOR

TIPS FOR TRAINING WHILE TRAVELING

■ The official bodybuilding calendar will kick off again in March, and as travel commences across the globe for many people, including myself as I head to various bodybuilding shows and expos, it is very important to have a pre-planned attack for training. If 212 Olympia champ and Y3T athlete Flex Lewis can keep on top of his workouts while traveling the world each year during his prep, so can you!

PLAN AHEAD

Find out where the gyms are at the destination you're heading to.

See if they have a website where you can see what equipment they have; if they don't, you can either call or e-mail ahead. If the gym isn't suitable, you have time to look for other places to train rather than wait to find out.

ADAPT YOUR WORKOUTS

If you feel that the gym you're training in is limited—which can often be the case with a hotel fitness center—try adapting your workouts to make them more intensive in other ways. For instance, if the weight isn't heavy enough, do the following things to achieve the levels of intensity required:

- ▶ **Extra-slow eccentric reps**
- ▶ **Reduce rest periods**
- ▶ **Increase rep ranges** (i.e., opting for a Week 2- or Week 3-style Y3T workout)
- ▶ **Hold and squeeze the isometric contraction position longer**

FOLLOW THE RULES

There is nothing wrong with using only machines or only free weights if that is all that is available. Don't get caught up in thinking that because you can't squat, it isn't worth training legs—that's not true. The basic rules of training are:

- ▶ **Intensity**
- ▶ **Time under tension**
- ▶ **Overload**

Sometimes the best workouts are achieved with minimal equipment, provided the application of the training session is correct and you use the prescribed tempo.

What looks like a very basic



workout on the face of it will actually really challenge the muscle fibers you're training, due to the specific application of the exercises.

SOMETHING IS BETTER THAN NOTHING

Don't ever get into the mindset that because you cannot do what you feel to be the “perfect” workout, there's no point in training. Even if you are reduced to doing body-weight exercises, do that rather than nothing!

The reality is that you're always going to have to juggle things and make sacrifices to get the results you're chasing. Keep focused on what you're trying to achieve.

SAMPLE WEEK 2 Y3T BACK AND CHEST WORKOUT

EXERCISE	SETS	REPS
CHEST		
Incline Dumbbell Press	3	14-18
Incline Dumbbell Flye	3	14-18
Flat Dumbbell Press	3	14-18
Flat Dumbbell Flye	3	14-18
BACK		
Lat Pulldown (medium grip)	3	18
Lying Back Pulldown (medium grip)	4	18
Lat Pulldown (narrow grip)	3	18
Barbell Bentover Row	4	18

NOTES: Rest periods of 90 seconds between sets; tempo: three-second negatives with one- to two-second isometric contractions. All of these key points ultimately equate to big changes taking place.

MUSCLETECH
RESEARCH & DEVELOPMENT



Amino Build® Next Gen Energized
During Workout/Increase Energy

#Shatter SX-7®
Pre-Workout

Premium 100% Whey Protein Plus Isolate
Post-Workout/Anytime Protein

Premium 100% Whey Protein Plus
Daily Protein

THE BEST IN SPORTS NUTRITION NOW AT SAM'S CLUB

WE'VE GOT YOUR WORKOUT COVERED!



MuscleTech®, America's #1 Selling Bodybuilding Supplement Brand, has teamed up with Sam's Club to deliver more of what you love at a value price you deserve! Introducing our all-new family of products that meet all your supplement needs — at a club price that can't be beat!

Sam's Club is your one-stop shop for all your premium MuscleTech® sports nutrition needs at club prices.



NEW! #Shatter SX-7®

Pre-Workout | 50 servings: Explosive energy



Premium 100% Whey Protein Plus

Daily Protein | 6 lbs.: America's best value on protein



NEW! Premium 100% Whey Protein Plus Isolate

Post-Workout/Anytime Protein | 3 lbs.: Naturally flavored 100% whey



NEW! Amino Build® Next Gen Energized

During Workout/Increase Energy | 50 servings: Amino BCAAs plus energy

www.SamsClub.com

*MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Read the entire label and follow directions. © 2017

Exclusively at



SHOULD YOU CLUSTER?

READ THIS BEFORE YOU DITCH TRADITIONAL METHODS

OPENING ARGUMENTS

Defense Traditionally, exercise repetitions are completed in a continuous manner during each set. Momentary muscular failure generally signals the end of the set. The inclusion of interset rest periods is known as “cluster training” and is an effective way to increase the number of reps that can be completed during a set before momentary muscular failure occurs. Additionally, it allows more weight to be used for a given number of reps. The use

of more weight should produce a more potent strength stimulus.

Prosecution There is a lack of evidence that stopping in the middle of a set to rest will lead to greater strength gains than traditional sets. It may be that including interset rest periods effectively reduces the overall intensity of the set. If intensity is related to the strength stimulus, then one should expect cluster training to be at best, no more effective than traditional training,

and at worst, inferior to traditional training.

EVIDENCE

■ A study performed at Edith Cowan University in Australia compared cluster training and traditional strength training and found traditional training to be more effective at increasing maximum strength.

■ A recent study published in the *European Journal of Applied Physiology* demonstrated that cluster sets that permit higher-volume loads offer no benefits over traditional sets for the development of maximal strength.

VERDICT

Traditional training methods edge out cluster training for developing maximum strength.

SENTENCING

■ Cluster training is an interesting concept and may have a place in a bodybuilder's tool bag. At this time, however, it is premature to claim that it has any benefits over traditional training methods. I have seen lifters use cluster training periodically to hit a certain number of reps with a weight they've been struggling with. Outside of its utility in stretching out a set, it should not be looked at as a superior training method.



BRING THE PAIN

For all but the foolhardy, pain is assiduously avoided. But the rare few understand that while pain punishes, it also teaches. That's why some of us embrace it. Maybe that's why the world thinks we're crazy. Maybe we are. We do not cower under the merciless tutelage of the iron. We thrive. Through pain, we gain clarity; we learn to channel rage. This is the lesson of the iron. Understand this and anything becomes possible.





IRON OBLIQUES WORKOUT

EXERCISE	SETS	REPS
Side Bend	3	12-15
Side Plank	3	30 seconds
Alternating Crunch	3	12-15



Classic physique pro Stan McQuay knows the importance of training his obliques for the contest stage.

your head. Then while keeping the shoulders square and back straight, bend to the right as far as you can, then return to a fully upright position.

ALTERNATIVES

Side bend using low cable, side plank.

FORM AND FUNCTION

The external obliques are at the side of the torso and span the area between the abdominals and the serratus anterior at the upper portion and the lats as you move down to the hip. The ribs 5-12 are the origin of the obliques. The insertion is the iliac crest and down along the pubic tubercle. The function of the obliques is lateral flexion and contralateral rotation of the torso.

SIDE DISH

BUILD A SOLID SET OF OBLIQUES TO GIVE YOUR MIDSECTION THAT MAGIC TOUCH

■ The obliques are a critical component of the abdominal muscle group. A great exercise for developing the obliques is side bends with a dumbbell. To perform this exercise, stand with feet a little less than shoulder-width apart. Hold a dumbbell in your right hand at your side with palm facing your body. Place your free hand on your hip or behind

COMPLETE

EVERYTHING YOU NEED FOR PERFORMANCE, RECOVERY & GROWTH

1: ANABOLINEX

Muscle Repair Stimulation Complex

2: ELECTROFUSE

Loaded with Electrolytes for Performance

3: SKELETOCORE

Bone & Joint Support Matrix

4: ENERGOFORCE

Mental Focus Complex

5: CARDIOPULSE

1,200 MG Omega 3, 6, 9 Softgel

6: METABOCORE

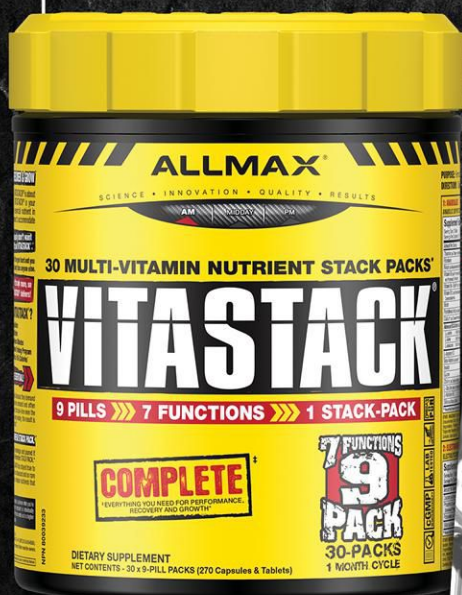
Metabolic Nutrient Optimizer

7: IMMUNOCHARGE

Immune Boosting & Antioxidant Defense



TEAM ALLMAX
STEVE KUCLO
TOP IFBB PRO



- ALL 8 ISOMERS OF VITAMIN E
- 3 FORMS OF VITAMIN C
- 3 FORMS VITAMIN B12
- 1,000 MG OMEGA 3

ARE OMEGAS IN
YOUR MULTI-PACK?



NEW LOOK!

VITASTACK HAS OVER 70 HIGHLY POTENT AND BIOAVAILABLE VITAMINS TO HELP REPAIR, REBUILD AND RECHARGE YOUR BODY. YOU DEMAND MORE FROM YOUR YOURSELF THAN ANYONE – GIVE YOUR BODY THE NUTRIENTS IT NEEDS.

SIMPLE: 1 PACKET, EVERY MORNING AND YOU'RE DONE.

ALLMAX®

PROFESSIONAL GRADE SUPPLEMENTS

These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

www.ALLMAXNutrition.com



iHerb

netrition.com



REVOLUTIONARY DIET AID FOR ENERGY & WEIGHT LOSS

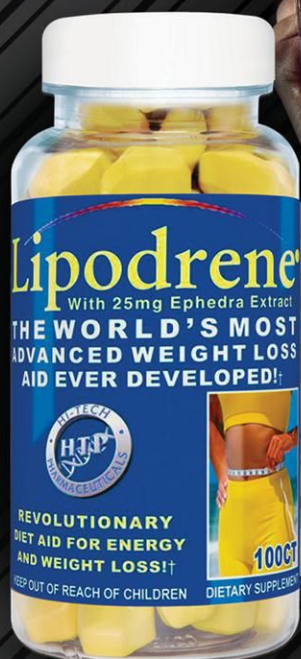


OVER **1 BILLION**
DOSES SOLD
and #1 Ephedra Product Available!†



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, diagnose, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. No clinical study has been performed on Lipodrene®. These statements are based upon the active ingredients: Ephedra Extract, Acacia Rigidula, Theobromine, Yohimbe, Citrus aurantium, Caffeine, Green tea, 1,3 Dimethylamine HCl, 5-methoxytryptamine and Phenylethylamine. WARNING: this product can raise your blood pressure and interfere with other drugs you may be taking. Talk to your doctor about this product.

*Eye opening blast
of energy with 25mg
Ephedra Extract
and DMAA†*



► The #1 Selling Weight Loss Product in America with Ephedra

► Helps Promote Weight Loss and Extreme Energy

► Available in a 100 & a 20 count Bottle

Lipodrene®



888-855-7919
hitechpharma.com



JACK'D UP™

COMPARE TO JACK3D™

THE ULTIMATE **PRE-WORKOUT** FROM
HI-TECH PHARMACEUTICALS THAT
CONTAINS HARD TO FIND **DMAA**!

YOU WILL IMMEDIATELY FEEL AN INTENSE SENSATION OF ENERGY TO HELP YOU BEAST THROUGH YOUR WORKOUTS. THIS PRODUCT IS KNOWN TO BOOST NITRIC OXIDE LEVELS WHICH PROMOTE MUSCLE PUMPS AND VASCULARITY. OUR ADVANCED PRE-WORKOUT BLEND CONTAINS 4 DIFFERENT FORMS OF CREATINE TO AID IN MUSCLE GROWTH AND MUSCLE FULLNESS.

- CREATINE NITRATE
- CREATINE HCL
- DISODIUM CREATINE PHOSPHATE
- CREATINE MONOHYDRATE

TAKE YOUR GAINS & LIFTS TO ANOTHER
PLANET AND GET JACK'D WITH JACK'D UP™
BY HI-TECH PHARMACEUTICALS!

THE MOST POTENT COMBINATION OF
CREATINE SERIES COMPOUNDS
YOU WILL EVER TAKE!†



HYDROXYELITE®



COMPARE TO OXYELITE PRO™

ANOTHER **BLOCKBUSTER** WEIGHT LOSS AID FROM THE DIET & ENERGY SPECIALISTS: HI-TECH PHARMACEUTICALS!

OTHER COMPANIES HAVE SPENT MILLIONS AND MILLIONS OF DOLLARS TO CONVINCE YOU THAT THEIR PRODUCT IS ALMOST AS GOOD AS THE DMAA PRODUCTS OF OLD. REMEMBER THOSE AMAZING DMAA PRODUCTS THAT YOU KNOW WORKED SO WELL? WELL NOW DMAA IS BACK IN HI-TECH PHARMACEUTICALS HYDROXYELITE®. THE ORIGINAL HYDROXYELITE® FORMULA HAS BEEN IMPROVED TO GIVE YOU ALL OF THE RESULTS YOU REMEMBER WITHOUT ALL OF THE MARKETING HYPE FROM THE OTHER GUYS. HYDROXYELITE® IS THE PRODUCT RETAILERS AND CONSUMERS HAVE BEEN WAITING FOR.

WWW.HITECHPHARMA.COM | FOR MORE INFORMATION, PLEASE CALL 1-888-855-7919



THE HYDROXYELITE® LINEUP:	1,3 DIMETHYLAMYLAMINE (DMAA)
CAFFEINE	RAUWOLFIA CANESCENS (AKA RAUWOLSCINE)
BAUHINIA PURPUREA EXTRACT	BACOPA MONNIERI EXTRACT
CIRSIIUM OLIGOPHYLLUM EXTRACT	GARCINIA CAMBOGIA EXTRACT

AVAILABLE AT THE FOLLOWING RETAILERS:

netrition.com
The Internet's Premier Nutrition Superstore!

STRONG
SUPPLEMENT SHOP

i-SUPPLEMENTS
.com

SUPPZ

1Supplements
All Supplements - America's Favorite Supplement Store!

UPPUMP
YOU UP.com

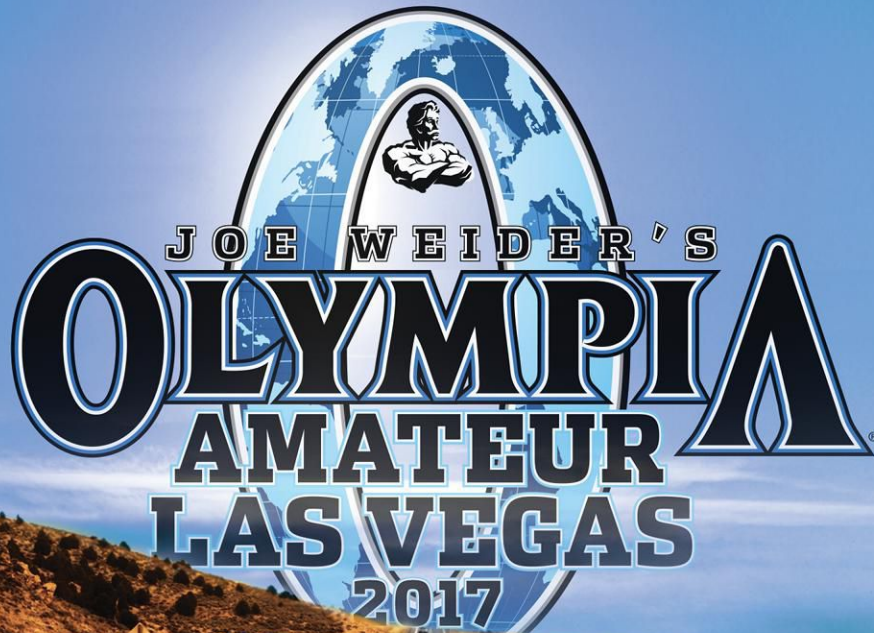
ELITE NUTRITION
.com

†These statements have not been evaluated by the food and drug administration. This product is not intended to treat, cure, diagnose, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. No clinical study has been performed on HydroxyElite®. These statements are based on the active ingredients: [Bauhinia Purpurea L. (leaf & pod) Extract, Bacopa (leaf) (Bacopa Monnieri) Extract, 1,3 Dimethylamylamine HCL, Cirsium Oligophyllum (whole plant) Extract, Rauwolscline (leaf & root) Extract, Garcinia Cambogia Extract, Hydroxy Citric Acid].

WARNING: This product can raise your blood pressure & interfere with other drugs you may be taking. Talk to your doctor about this product.

*These products are not manufactured or distributed by U.S.P. Labs.

**NOT JUST FOR
PROS ANYMORE**



***THE ROAD TO
GREATNESS
STARTS HERE***

9.14.17

Amateur.MrOlympia.com



92

If you haven't incorporated avocados into your training diet, it's time to add in this serious superfood.



FOOD & SUPPS

NUTRITION TIPS TO FUEL TRAINING AND GROWTH

Chorizo, the sinfully delicious Latin sausage most of us get in our breakfast burritos, now made into a great muscle-building dish...and as tasty as ever. We promise!

PAGE 88

Gut-check time. (You know we couldn't resist!) Tending to the beneficial bacteria populations in your gut can improve your health and help your physique endeavors.

PAGE 90

Chick-fil-A sure knows how to serve up our favorite fowl. But there's healthier fare than their classic chicken sandwich to eat at the Southern fast-food stalwart.

PAGE 94

You spend valuable time training in the gym, so go for gold with Nitro-Tech 100% Whey Gold to help you achieve your sports and physique goals.

PAGE 96

SWEET CHORIZO HASH

WITH EGGS AND GUAC

SERVES 1

INGREDIENTS

- 5 oz chorizo
- 1 5-inch sweet potato, peeled and diced
- 2 cups diced onions
- 2 eggs
- Kosher salt
- Ground black pepper
- 5 tbsp 60 second Guacamole

60 sec.**Guacamole**

- 4 medium avocados, halved, skin removed
- ½ yellow onion, diced
- ½ bunch cilantro, roughly chopped
- Juice of 1 lime
- 1 garlic clove, minced or smashed into a paste
- 1 jalapeño, diced
- Kosher salt
- Ground black pepper

Calories**755****Protein****35g****Carbs****54g****Fat****46g****DIRECTIONS****For Guacamole**

Combine all ingredients in a large bowl and smash. Season with salt and pepper to your liking.

For Sweet Chorizo Hash

Add chorizo to a sauté pan for 3 minutes over medium-high heat. Add

sweet potatoes and onions. Season with salt and pepper and cover for 2–3 minutes. Stir and continue to cook, lid off, until sweet potatoes have a crisp crust and a tender center. Reduce heat. In a separate pan, scramble or fry 2 eggs. Top hash with eggs and guacamole.

**NO TIME TO COOK?**

No problem. Get Paleo meals developed by Paleo Nick delivered right to your door at iceage.meals.net

FROM AMERICA'S #1 SELLING BODY BUILDING SUPPLEMENT BRAND*

Justin Hook
SIX STAR® AMBASSADOR
@jhook25

GREATNESS IS EARNED

Build more muscle and increase strength with Six Star® 100% Whey Protein Plus – enhanced with core ingredients to deliver results better than regular whey. The choice of elite athletes, this premium shake's protein is ultra-filtered to reduce fat, lactose and impurities. Plus, it's from The Makers of MuscleTech® – America's #1 Selling Body Building Supplement Brand – so you know it's a formula you can trust. Try it in one of four flavors awarded the Gold Medal from American Masters of Taste.

LIMITED TIME ONLY

FREE TRIAL SIZE!
**PRE-WORKOUT
EXPLOSION**

ENERGY, FOCUS AND INTENSITY

EXPLOSIVE MUSCLE PUMPS

BETTER WORKOUTS

2
SERVINGS

REFRESHING
TASTE!

100% WHEY PROTEIN PLUS

Our best ever flavors

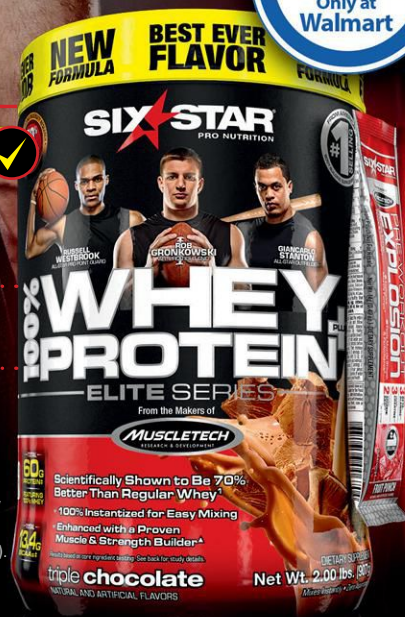
60g of premium whey protein – ideal for flexible dosing (per 2 scoops)

Ultra-filtered to reduce fat, lactose & impurities

70% more muscle with clinically studied core ingredients¹

¹In a 6-week study, subjects using the core ingredients in Six Star® 100% Whey Protein Plus with a training program gained 70% more muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.).

GET IT
TODAY!
Only at
Walmart



PREMIUM SUPPLEMENTS. SMART PRICE.



SCHOLARSHIP AWARD

GREATNESS IS EARNED

Learn more about our latest initiative!
SixStarPro.com/scholarship

#GreatnessIsEarned | SixStarPro.com

f facebook.com/SixStar @SixStarPro @sixstarpronutrition

*MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



Only at Walmart

GUT CHECK

TENDING TO THE BENEFICIAL BACTERIA POPULATIONS IN YOUR GUT CAN IMPROVE YOUR HEALTH

Q I've been hearing about how bacteria can help us. How can I make sure I've got the good stomach bugs?

■ Studies on the bacterial populations that live in our gastrointestinal tract have exploded in the past few years. These masses of germs—which are estimated to be at least three times more populous than your own human cells—are called your microbiome, and they have been found to influence everything from mental health and metabolism to the immune system and heart health.

One key to keeping them on your side and not turning into an unruly mob of harmful bacteria is to continuously add in more good guys to keep the baddies in check. And that means you should be getting plenty of foods that feature probiotics. Load up on naturally fermented foods like live culture yogurt, kefir, sauerkraut, kombucha, kimchi, etc.

Our GI tract should naturally be more acidic, but factors such as substances in our water, poor food choices, antibiotics, or other drugs can make it shift to a more alkaline environment, which is not hospitable for the good bacteria. The acidic environment is essential for breaking down foods into the nutrients your body needs to absorb. If you're not

getting these nutrients, you'll start to see deficiencies and decreases in your overall health.

Another way to help those beneficial bugs help you is by feeding them what they thrive on: prebiotics. Foods that do this are typically woody and dense raw vegetables like asparagus, onion, garlic, leeks, jicama, and kale stems because they have high

amounts of a type of plant fiber called oligosaccharides that we can't digest, but our gut bacteria loves.

ABOUT THE R.D.

Jim White, R.D., A.C.S.M., is a spokesperson for the Academy of Nutrition and Dietetics and owner of Jim White Fitness & Nutrition Studios in Virginia.

Keep your gastrointestinal tract functioning properly with both probiotics and prebiotics to maintain overall health.





3 EXPLOSIVE PRE-WORKOUTS

GIVING YOU OPTIONS FOR GREATNESS



FRUIT PUNCH



PINK LEMONADE

NEW! 40 SERVINGS
BONUS SIZE!



NEW! 40 SERVINGS
BONUS SIZE!



WATERMELON

NEW! 40 SERVINGS
BONUS SIZE!

ADVANCED FORMULA

Elevates energy & intensity – delivering your best workout performance

Includes creatine, beta-alanine & arginine AKG – powerful pre-workout ingredients

Refreshing Pink Lemonade & Fruit Punch flavors – our best flavors ever

CONVENIENT PILL FORM

Boost energy & enhance mental focus – with a scientifically researched dose of caffeine

Includes beta-alanine, arginine AKG & choline bitartrate – powerful pre-workout ingredients

Promotes muscle endurance – increases muscle carnitine levels to buffer lactic acid

HYBRID FORMULA

Explosive energy & intensity – your best workout performance

200mg *C. canephora robusta* – added key ingredient

Advanced pre-workout ingredients – a premium formula you can trust



SCHOLARSHIP AWARD
GREATNESS IS EARNED

Learn more about our latest initiative!
SixStarPro.com/scholarship

GREATNESS IS **EARNED** | PREMIUM SUPPLEMENTS. SMART PRICE.

#GreatnessIsEarned | SixStarPro.com

[facebook.com/SixStar](https://www.facebook.com/SixStar) [@SixStarPro](https://twitter.com/SixStarPro) [instagram.com/sixstarpronutrition](https://www.instagram.com/sixstarpronutrition)

*MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



Use avocados in place of fatty ingredients like butter, sour cream, margarine, cheese, or mayo, and butter and oil in baked goods, to provide healthy fats and fiber. Plus, their high water content makes baked goods soft and chewy. Use a one-to-one replacement when substituting.

Supermarkets usually sell two types: California and Florida. Two tablespoons of California avocado contain 4.6 grams of fat and 50 calories. The same portion of a Florida avocado has 3 grams of fat and 36 calories.



AVOCADO SMOOTHIE

INGREDIENTS

½ avocado
14 oz almond milk
1-2 scoops protein powder
½ cup ice
Pinch sea salt
1 tbsp maple syrup
2 tsp cacao powder

DIRECTIONS

Add all ingredients to a blender and process until smooth. Serve immediately.

GREEN GIANT

IF YOU HAVEN'T INCORPORATED AVOCADOS INTO YOUR TRAINING DIET, IT'S TIME TO ADD IN THIS SERIOUS SUPERFOOD

■ Lovers of avocados may not realize just how powerful and versatile this veritable superfood really is.

For starters, says Gabe Staub, R.D., C.S.S.D., C.S.C.S., performance nutritionist and specialist in Greensboro, NC, it's a nutrient-dense option that can be used in a variety of ways. "For athletes trying to maintain a high level of daily calories to meet their performance and training demands, avocados are an excellent food choice that doesn't add unwanted saturated and trans fat." A one-ounce serving (about a quarter of an avocado or two tablespoons) has roughly 50 calories with an average four to six grams of fat. "The source of fat is primarily monounsaturated fat," Staub says, "which has been shown to promote a healthy heart and vascular system and an

anti-inflammatory response, which is beneficial after a grueling strength workout." Think of these types of fats as internal fire fighters that help put out the body's fires, or the inflammation caused by workouts, which can break down your body.

Avocados also contain loads of antioxidants that help fight inflammation and keep your muscles and body working optimally after tough training sessions. They contain good amounts of beta-carotene, cryptoxanthin, lutein, and zeaxanthin, plus 4% of the RDA for vitamins C and E. But where avocados really shine is their ability to increase carotenoid-antioxidants from orange-yellow plant pigments-absorption when you combine foods like mixed greens, kale, spinach, and Swiss chard with them. Simply add a bit of avocado in your salad to act as a

nutrient booster that can increase the absorption rates of carotenoids by up to six times along with boosting the bioavailability of vitamins like A, D, E, and K.

When shopping for whole avocados, Staub recommends holding the avocado in your hand and testing its hardness. "If it is firm, it will likely take a few days to ripen and thus increase its flavor. You want to be able to push into the skin of the fruit ever so slightly. You also want to avoid overripened avocados because they will most likely quickly become brown and lose flavor." Peel the avocado by cutting into it all the way around lengthwise and turn the two halves apart. Take a large knife and slam the heel of the blade into the middle of the seed, then twist and pull it out. Cut into quarters lengthwise, then peel the skin off to preserve all the antioxidant-rich outer flesh.

FROM AMERICA'S #1 SELLING BODY BUILDING SUPPLEMENT BRAND*

GREATNESS IS EARNED

Nick Sandell
SIX STAR® AMBASSADOR
@nick_sandell

Build more lean muscle and improve your recovery with Six Star® Whey Isolate Plus – filtered for a higher purity than regular whey. The choice of elite athletes, the protein in this premium shake undergoes microfiltration to reduce fat, lactose and impurities. It's loaded with fast-absorbing BCAAs, glutamine and micro-filtered whey protein isolate to help you recover from your toughest workouts. Plus, it's from the makers of MuscleTech® – America's #1 Selling Body Building Supplement Brand – so you know it's a formula you can trust. Try it in two delicious flavors that were awarded the Gold Medal for Superior Taste!

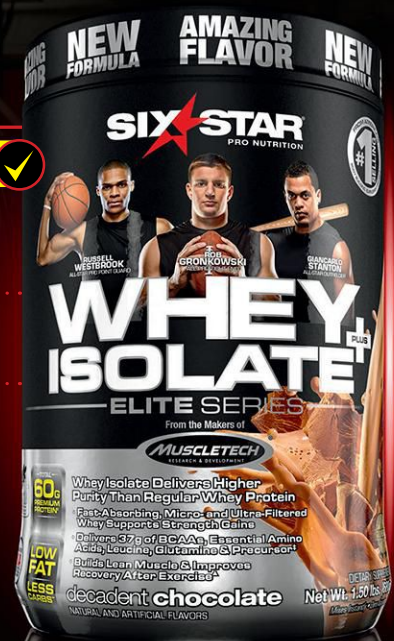
100% WHEY ISOLATE PLUS

Our best ever flavors

60g of ultra-pure protein
– ideal for flexible dosing
(per 2 scoops)

Micro-filtered to reduce
fat, lactose & impurities

Features 24g BCAAs,
glutamine & precursor
(per 2 scoops) for muscle
growth & improved
recovery



PREMIUM SUPPLEMENTS. SMART PRICE.



SCHOLARSHIP AWARD
GREATNESS IS EARNED

Learn more about our latest initiative!
SixStarPro.com/scholarship

#GreatnessIsEarned | SixStarPro.com

f [facebook.com/SixStar](https://www.facebook.com/SixStar) t @SixStarPro i sixstarpronutrition

*MuscleTech® is America's #1 Selling Body Building Supplement Brand based on cumulative wholesale dollar sales 2001 to present. Facebook logo is owned by Facebook Inc. Read the entire label and follow directions. © 2017



Available at
Walmart

CHICK-FIL-A

THERE'S HEALTHIER FARE THAN ITS CLASSIC (AND DELICIOUS) CHICKEN SANDWICH TO BE DISCOVERED AT THIS SOUTHERN FAST-FOOD STALWART

■ Southern fried chicken sandwich joint Chick-fil-A has bucked the burger trend and recently transcended its cultlike status to become a franchise behemoth. Chick-fil-A hung around the South for years until busting out big time in the mid '90s after its "Eat Mor Chikin" ad campaign became popular. It now has more than 2,000 locations in 46 states and grabbed the top spot for average sales per restaurant in 2010.

All this success was built on its classic Chick-fil-A sandwich, which is made almost the exact same way as the day it was conceived in 1964—a pressure-fried chicken breast with two pickles on a buttered, toasted bun. It's an undeniably great chicken sandwich, but at 440 calories and almost 20 grams of fat, it's best to save it (and the fries, with 400 calories and 24 grams of fat) for your cheat day.

Instead, check out the chain's newer and healthier fare like the tasty (and ubiquitous) Grilled Chicken Sandwich or its Grilled Chicken Cool Wrap, which uses heart-healthy flaxseed flat bread and boasts only 350 calories, with a muscle-happy 37 grams of protein. For Paleo or low-carb adherents, Chick-fil-A's Grilled Chicken Nuggets are a great choice, with 25 grams of protein and only 2 carbs per eight nuggets, and a quick healthy meal can be had by ordering the 6 Count Grilled Nuggets Kid's Meal, which includes a fruit salad and box of apple juice. To get your greens, go for the array of hearty salads that feature antioxidant-rich ingredients like strawberries and blueberries, along with fiber-heavy food like red cabbage and black beans, all topping at least 25 grams of protein.

PRE-WORKOUT PICK

Look for foods with protein for sustained energy and some carbohydrates to fuel muscle. Stay away from fatty and calorie-heavy foods.

Grilled Chicken Nuggets and Greek Yogurt Parfait: 12 boneless grilled chicken breast nuggets and seasonings (no sauce) with Greek yogurt, strawberries, blueberries, and granola

Calories **370** | Protein **37g** | Carbs **30g** | Fat **13g**

POST-WORKOUT PICK

After an intense workout you need to build your glycogen stores back up with carbs and lean protein to jump-start muscle-tissue repair and the building of new proteins.

Grilled Chicken Cool Wrap and Superfood Side: Sliced grilled chicken breast, lettuce, red cabbage, carrots, Monterey Jack and cheddar cheese, avocado lime ranch dressing, and flaxseed flat bread, with broccolini, kale, sour cherries, nut blend, and maple vinaigrette dressing

Calories **550** | Protein **41g**
Carbs **54g** | Fat **23g**

FAST-FOOD FATTENERS

Sometimes items that appear harmless can be stealthy fat and calorie bombs, like this:

Chick-fil-A Chicken Sandwich and Medium Waffle Potato Fries: Fried boneless chicken breast, dill pickle chips, buttered bun with potato fries

Calories **840** | Protein **33g**
Carbs **83g** | Fat **43g**





Amy Jo Palmquest

Team Nutrishop
Director and
a mother of 2

Paul Buceta Photography



CREATE YOUR DREAM JOB.

According to a Harris Interactive survey, 55% of working adults are in search of a new profession. So why not turn your passion for fitness and nutrition into your own business? We carry the top brands and the latest nutritional supplements with guaranteed low prices. The right concept, the right opportunity, the right time. Open a Nutrishop today!

www.NutrishopUSA.com | NutrishopUSA  



WIN THE GOLD

NITRO-TECH 100% WHEY GOLD WILL HELP YOU ACHIEVE YOUR SPORTS AND PHYSIQUE GOALS

■ Designed for the needs of athletes, CrossFit trainers, and bodybuilders, Nitro-Tech 100% Whey Gold is a premium protein product that delivers the nutrients you need for better workouts, faster recovery, and enhanced muscle growth. MuscleTech designed their top-of-the-line 100% whey protein product specifically to help those who train with intensity achieve their goals. It's also formulated to be used at any time of day.

PREMIUM WHEY PEPTIDES AND ISOLATES

Whey peptides are fractions of whey protein that are rapid absorbing, getting into your system more quickly and driving to muscle tissue faster. That's important both when you're training and afterward for better, faster recovery. In addition, these hydrolyzed whey peptides are insulinogenic, which means they encourage the release of insulin to better support recovery and muscle growth. The cold microfiltration process gives Nitro-Tech 100% Whey Gold a very high biological value (BV), the way a protein's effectiveness is measured. Many protein sources and products are less readily absorbed, making them inefficient compared with Nitro-Tech 100% Whey Gold and its high-quality, undenatured whey proteins.

SUPERIOR AMINO ACID PROFILE

While you want fast delivery of amino acids, you also need more of the amino acids that are most effective for supporting muscle growth. First, each serving of Nitro-Tech 100% Whey Gold provides 5.5 grams of BCAAs, the group of amino acids that is most effective in supporting workouts and muscle gains.



Unlike all other amino acids, BCAAs travel directly into your system and to working muscle tissue for immediate support—the liver must filter other amino acids before they are available for workout energy. Second, each serving also provides 4g of

glutamine and its precursors. Glutamine is the most prevalent amino acid in the human body, and it's readily used to drive protein synthesis to support recovery, reduce fatigue and muscular soreness, and support muscle building.



GO FOR THE GOLD

► When you want a fast-digesting protein, whether before, during, or after workouts; first thing in the morning on an empty stomach; or, when you've gone a few hours without protein Nitro-Tech 100% Whey Gold is a great choice. Each one-scoop serving delivers 24g of high-quality whey protein and only 120 calories. This award-winning product comes in four delicious flavors, including Double Rich Chocolate, Strawberry, French Vanilla Crème, and Cookies and Cream.

WHY NOT YOU?

Ever dream of **becoming a personal trainer?**
Turn your dreams into reality with **ISSA education.**

Meet Philip

"Most of my adult life has been focused on the health and fitness industry, so becoming an ISSA Certified Fitness Trainer was a huge accomplishment for me. The passion and energy I feel when I can help others achieve their personal athletic achievements or physical goals is immeasurable. My ISSA certification has allowed me to work with top adult athletes, run kids Boot Camps, and help military members optimize their training regiments. There is nothing like having the knowledge and resources that you can acquire as an ISSA professional."

After joining the U.S. Marine Corps, I entered my first amateur bodybuilding competition at the age of 21, while stationed overseas. I then turned professional as a lifetime drug-free Natural bodybuilder and I have won multiple World Championships as a Professional bodybuilder. Having the ISSA personal training certification gives me the training needed to be a true fitness professional and serve my clients."

—Philip Ricardo, ISSA CFT
PhilipRicardoJr.com



The ISSA Your Trusted Source for Fitness Education Since 1988

ISSA's nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate's Degree in Exercise Science with an Emphasis in Personal Training. TA, MyCAA, and GI Bill approved.

ACCREDITED PROGRAMS

Personal Trainer
Fitness Nutrition
Exercise Therapy
Strength and Conditioning
Youth Fitness
Senior Fitness
Associate's Degree in Exercise Science
with an Emphasis in Personal Training

METHODS OF STUDY

SELF-PACED: Study at home
at your own pace

GUIDED STUDY: Structured study
track with virtual classroom and
lecture series

DEGREE TRACK: 10-week
undergraduate online course with
weekly lectures, dedicated professor,
and guided classroom discussion

Photo by: Dean Cook



call **1.800.892.4772 • 1.805.745.8111** (intl)
or visit **ISSAflex.com** mention flex1703



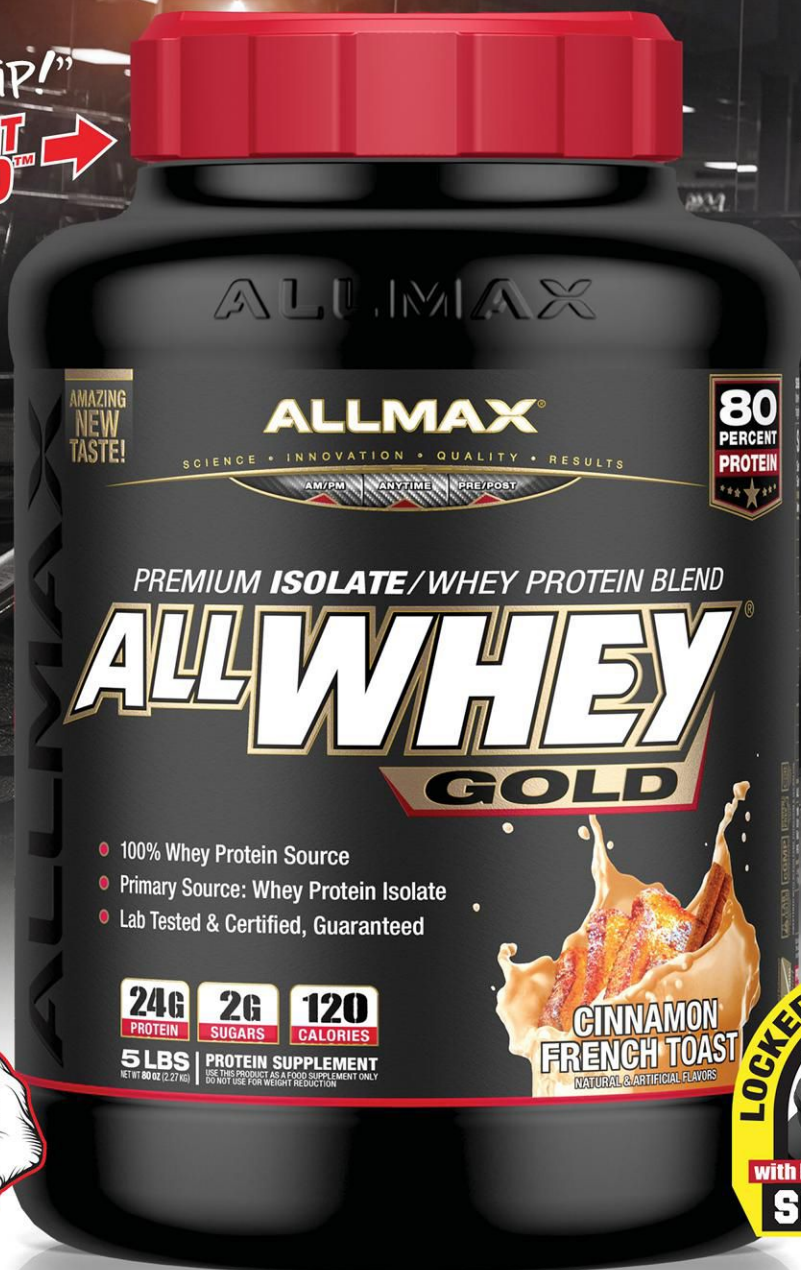
ISSA • 1015 Mark Ave • Carpinteria, CA 93013

AMAZING
NEW
TASTE!



PREMIUM PROTEIN AMAZING TASTE PURE RESULTS

NEW!
"GET A GRIP!"
CUSTOM-FIT
ERGO-LID™



JOIN THE
MOVEMENT

DO YOUR
PART



#STOPSCOOPLOSS
STOPSCOOPLOSS.ORG



ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

www.ALLMAXNutrition.com



/ALLMAXNutrition



@allmax



/teamallmax



TEAM ALLMAX
ASHLEY WIENS
IFBB BIKINI PRO



TEAM ALLMAX
JOHN NGUYEN
TOP PHYSIQUE PRO

PREMIUM ISOLATE/WHEY PROTEIN BLEND

ALLWHEY[®]

GOLD

BEST TASTING WHEY WE'VE EVER MADE: ALLWHEY[®] GOLD is an Ultra-Premium Whey Protein Isolate and Whey Protein Concentrate Blend with 24 g Protein in a 30 g serving; that's an 80% yield! ALLWHEY delivers a clean, complete and whole protein that has been sourced from 100% whey protein with zero aminos added. Demand low carbs, low fat and low sugar. With unmatched Taste and Quality like this, you have to demand Ultra-Premium ALLWHEY[®] GOLD!

UNMATCHED RESULTS

- 100% Whey Protein Source
- Primary Source: Whey Protein Isolate
- Laboratory-Tested & Certified, Guaranteed



Available at:



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



THE X FACTOR

HOW TO CONSTRUCT AN
X-FRAME PHYSIQUE

BY GREG MERRITT

■ X is bodybuilding's ideal shape. Broad shoulders and lats above quads with dramatic outer sweeps and with a wispy waist in the middle form an hourglass. It's a look that's both classical and modern, and it conveys both aesthetic advantages and heavy-metal toil. Genetics might give you the ideal framework, but you've still got to build the body. Not everyone can possess a dramatic X-frame, but everyone can enhance their top, middle, and bottom to maximize their X.



was '80s amateur phenom Matt Mendenhall. He owned the outer-quad sweep to complement his capacious shoulders and slender hips. As leg standards expanded in the '90s, the term *X-frame* came into vogue. When he won his first three Olympias, Ronnie Coleman's silhouette formed a broad X. And, in my opinion, Flex Wheeler circa 1993 possessed the greatest hourglass of all time.

As the name suggests, an X-frame begins with the skeleton. If you're blessed with wide clavicles and narrow hips, you're starting a 100-yard dash with a 30-yard lead. The same is true of your muscle attachments. If you have lats that are neither too high nor too low and widen from bottom to top, and if your vastus lateralis (outer quads) expand

Not everyone can possess a dramatic X-frame, but everyone can enhance their top, middle, and bottom to maximize their X.

easily, you can fill out ideally. It's also worth noting that most, but not all, great X-men have been 5'9" and over. Shorter bodybuilders tend to have correspondingly narrow clavicles, and if they're propelled by appropriately large legs they'll likely have a blockier look. (The 5'3" Ahmad Ashakanani is an exception to that clavicle rule, as was 5'5" Franco Columbu, although neither is/was exactly X-shaped.)

But don't dwell on what you can't change and instead focus on what you can. The truth is no one gets a great X without working for it, and everyone can improve their X, even if they're originally shaped more like a 1 or a 0. Let's break the X-frame components down to the top (shoulder width), near top (lat width), middle (waist and hip slenderness), and bottom (outer quads).

THE X FILES

■ For the longest time, bodybuilding's ideal shape was a V. Don Howorth, 1967 IFBB Mr. America, was just one of the champs celebrated for his torso's V-taper. Guys simply didn't have enough quad mass to form the inverted V at the bottom of an X. By modern standards, even the legs of Arnold Schwarzenegger and Sergio Oliva are undersized. The latter is known foremost for his V-shaped victory pose. The first prominent X-man



TOP

■ Phil Heath has narrow clavicles. They're so slim his critics used to claim he'd never own a Sandow. He now has a sextet of Sandows, and before he's done he may have more Olympia wins than anyone ever. Nothing about his skeleton has changed. What changed was the muscle he packed on that foundation. Specifically, he expanded the size of his delts, thus widening his shoulders by adding fleshy extensions to the ends of his clavicles.

The key to this is targeting your medial deltoids. Work your middle delt heads first when your strength and energy are greatest, and do at least two exercises for this area. Our sample shoulder-width routine starts with two medial delt exercises—dumbbell side laterals and wide-grip upright rows—and ends with a final high-rep set of top side laterals to make certain you've pumped your "medials." For the upright rows, take a grip that's slightly beyond shoulder width and focus on getting your elbows so high that your upper arms are

parallel to the floor. Alternately, you can do dumbbell upright rows with your arms at your sides as if to shrug. Pull your elbows up and out while keeping the dumbbells brushing against you. Both of these exercises will work the medial delts with the trapezius, but by doing them after side laterals you should be able to focus more on your delts. With the top side laterals, lower the (light) dumbbells only halfway to maintain continuous tension.

SHOULDER-WIDTH ROUTINE

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	4	10-15
Wide-grip Upright Row	4	10-12
Seated Dumbbell Press	4	10-12
Machine Rear Lateral	4	10-15
Dumbbell Top Lateral Raise	2	20-30



NEAR TOP

Without sweeping lats to accompany your wide shoulders, your upper body will resemble a T and not a V. Like your shoulders, your back is a complex body part that should be worked with a plethora of exercises. But also as with shoulders, you need to prioritize width. Do your pulldowns and pullups with a medium-to-wide, overhand grip and go through a full range of motion on each rep. Many bodybuilders go too heavy on pulldowns to feel their upper lats contracting. Our routine also includes stiff-arm pulldowns to take your biceps out of the movement and isolate your upper, outer lats.

EXERCISE	SETS	REPS
Stiff-arm Pulldown	4	12-15
Front Pulldown	4	10-15
T-bar Row	4	8-12
One-arm Dumbbell Row	3	8-12
One-arm Pulldown	2	10-15

MIDDLE

■ The great conundrum of X-frame enhancement is how to minimize your middle. You can't do anything to reduce your hip skeletal structure, which is the primary component of middle width. There's not a lot of muscle on the outside of the hips, but what's there is your gluteus medius. Its primary function is pulling your legs outward, so don't do any hip abduction exercises. This is probably just telling you to avoid something you've never done. The more pertinent question is, Should you skip free-weight squats and deadlifts, which can expand the gluteus medius—a stabilizer in such exercises. If you're a physique or classic physique competitor, the answer is probably yes. But most bodybuilders will find the growth-enhancing benefits of squats outweigh the downside of slightly wider hips, because you can't get big wheels without getting bigger glutes.

The external obliques lie on the sides of the abdomen. To avoid greatly expanding these muscles, don't do heavy side bends. On the other hand, don't fear oblique work. Your biceps, unfortunately, don't rapidly expand just because you crank out a dozen sets of curls once weekly. So why expect your obliques to balloon outward because you do some twisting crunches? They grow as slow as any other muscle. Include some moderate- to high-rep oblique work in your ab routine to accentuate these muscles and create a visual frame for your middle. You don't want a blank canvas at the center of your X, so train to grow your abs.

Diet and cardio are the most important components in slenderizing your waist. Never let yourself get so smooth that your abs completely vanish. A "blown-out" waist will be hard to pull back

in. Wear a lifting belt during exercises like leg presses, squats, and barbell rows to prevent your waist from stretching outward with your exertion. You also need to work the ab muscles you don't see, the transverse abdominis. This is a sheath that lies beneath your rectus abdominis and obliques that functions to keep your waist from protruding outward and pulls your abs inward. The best way to work it is to vacuum your abs in as far as possible and hold for at least 20 seconds. You can do this anytime, standing, sitting, or lying. We've included vacuuming in our

slenderizing ab workout, but do it outside the gym, as well, to help you keep your waist in, and thus smaller, at all times.

SLENDERIZING AB ROUTINE

EXERCISE	SETS	REPS
Vacuum	4	20-30 seconds
Cable Woodchop	4	15-20
Rope Crunch	4	12-15
Hanging Leg Raise	4	12-15



KEVIN HORTON



World's Best Workout Gear!



"The Schiek Brand is the BEST Brand that works for me!"
Michael Lockett
All Natural
IFBB Pro

"Schiek products are the ONLY way to go!"
James Ellis,
Fitness
Professional

"There is no substitution for greatness which is why I use Schiek for my hardcore workouts!"
Phil Heath,
1st Place,
Mr. Olympia 2016
6-Time Mr. Olympia

"Schiek helps me lift harder, smarter, & safely. I never train without them!"
Jenna Renee Webb,
Professional
Fitness Model

"The superior quality and ultimate support are just a few of the reasons I choose the Schiek brand."
Latorya Watts
2015 & 2016
Ms. Figure Olympia

"The most reliable workout partner I've ever had: my Schiek gear! I never train without it!"
Lindsay Pinsonneault
IFBB Bikini Pro
CBBF National
Champion

"Schiek products are a CUT above the rest. Train with the best quality gear!"
Jay Cutler,
4-Time
Mr. Olympia

"Schiek Products are far and above the best on the market!"
Shawn Rhoden,
IFBB Pro,
2nd Place,
Mr. Olympia 2016

"I have been using Schiek Products since coming to the USA for competitions starting in 2006. Once I discovered Schiek, nothing else would compare!"
Dennis Wolf, IFBB Pro
2014 Arnold Classic
Champion



CONTOURED LIFTING BELT

- Comfortable hip-and-rib contour (patented)
- Patented conical shape
- Patented closure system
- Durable two-year warranty
- 6" - \$59.95 - 4 3/4" - \$54.95
- 4" women's belt - \$49.95
- Proudly made in the USA



POWER LEATHER LIFTING BELT

- Same great patented design as our nylon belt!
- 4 3/4" Belt only \$64.95
 - 6" Belt only \$69.95

COMPETITION POWER BELT

- Heavy duty construction
- 9mm thick & 10cm wide Suede Leather
- Stainless Steel buckle
- Available in Single Prong (L6011) or Double Prong (L6010)
- Priced at \$69.95



PLATINUM SERIES LIFTING GLOVES



- One year warranty
- Easy-removal fins (patented)
- Washable/Non-Bleeding
- Gel padding (palm and thumb)
- Ultimate grip just \$34.95, with wraps, \$39.95
- Women's model - \$34.95

SCHIEK Rx CROSS TRAINING KNEE SLEEVES

- PLUSH 5mm Neoprene for Superior Comfort & Amazing Support!
- Available in Black or Hot Pink
- Only \$44.95/Pair



ELBOW SLEEVE

- Made with breathable neoprene to expel moisture & reduce skin irritation.
- Washable
- Proudly made in the USA
- \$19.95 each



LIFTING HOOKS

- 1/4" thick - 2-1/2" wide padded wrist support
- Coated durable hooks for a secure grip
- Made in the USA
- \$44.95



PREMIUM SERIES LIFTING GLOVES



- Patented fins for easy removal.
- Guaranteed not to bleed.
- Machine washable.
- Rubberized non-slip grip
- Padded reinforced thumb area
- \$36.95

Model 715

LIFTING STRAPS



- Dowel style shown above
- Wrist Supports Only \$19.95
- Straps & wrist support all in one
- Lasts 3 times longer than other straps
- Available with 11" strap or 6" lock-on dowel strap
- Proudly made in the USA
- A deal at \$24.95

WRIST WRAPS



Extra Heavyweight Black Line



Rubber Reinforced Blue Line



Black Line Schiek Line
3" Wide Heavyweight Cotton Elastic Made in the USA

Schiek Line	
12" Wrist Wraps.....	\$17.95
24" Wrist Wraps.....	\$22.95
78" Knee Wraps.....	\$34.95
w/Velcro Closure.....	\$39.95
Extra Heavyweight Black Line	
12" Wrist Wraps.....	\$19.95
24" Wrist Wraps.....	\$24.95
78" Knee Wraps.....	\$39.95
w/Velcro Closure.....	\$44.95
Rubber Reinforced Blue Line	
12" Wrist Wraps.....	\$22.95
18" Wrist Wraps.....	\$24.95
24" Wrist Wraps.....	\$27.95

Remember, You Get What You Pay For!

920 • 426 • 2676 800 • 772 • 4435 FAX: 920 • 426 • 2691
schiek.com • info@schiek.com • Call for a dealer near you

Like us on:



Follow us on:





BOTTOM

■ A broad base to the X is all about outer-quad sweep, and the muscles responsible for this are the vastus lateralis, which lie on the outside of your thighs. Most quad muscles function together, so you'll work the lateralis with any set of squats, leg presses, leg extensions, etc., regardless of your foot position. However, to target this area, you need to take a narrow stance on squatting or pressing exercises and angle your toes in on leg extensions. Our sample outer-quad routine pre-exhausts the vastus lateralis by frontloading toes-in leg extensions and narrow-stance hack squats. It's optional whether

you perform any of the remaining exercises so that they too target your outer quads. **FLEX**

OUTER-QUAD ROUTINE

EXERCISE	SETS	REPS
Leg Extension (toes in)	4	12-15
Narrow Hack Squat	4	12-15
Leg Press	4	12-15
Sissy Squat	3	15-20
superset with Walking Lunge	3	30 steps

THE UNLIKELY X-MEN

These five champs prove you can achieve a superb X despite structural or muscle deficiencies

STEVE KUCLO

He lacks a wispy waist, but Kuclo's front-lat spread forms an hourglass because of his shoulder and leg breadth.

FLEX LEWIS

Despite standing 5'5" with narrow lats, the Welsh Dragon attained the best X in the 212s by accentuating his delts and outer quads and keeping his waist thin.

ED NUNN

Back is his major weakness. Still, Nunn sports a stellar hourglass because of his invisible hips and curvy legs.

SHAWN RHODEN

No one owns a better combo of monster-truck wheels and svelte waist than Flexatron. Though his shoulders and back have long lagged, he expanded them enough for a second in the Mr. Olympia.

FLEX WHEELER

The three-time Olympia runner-up achieved arguably the greatest X of all time by constructing on his relatively narrow clavicles.

OFF THE CHAIN™ VS AMINO ENERGY™

OFF THE CHAIN Key Benefits:

MORE L-Citrulline:

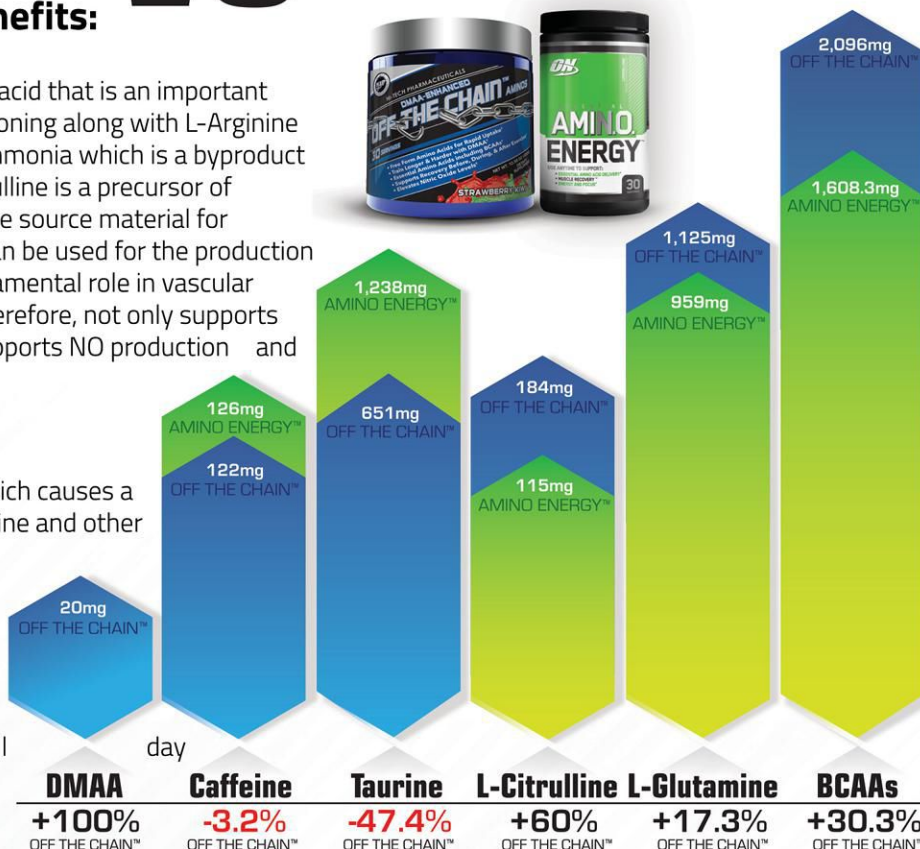
L-Citrulline is a non-essential amino acid that is an important intermediate in the urea cycle, functioning along with L-Arginine and L-Ornithine to rid the body of ammonia which is a byproduct of protein metabolism. Because Citrulline is a precursor of Arginine, it provides a readily available source material for Arginine production, which in turn, can be used for the production of Nitric Oxide (NO). NO plays a fundamental role in vascular function and blood flow. Citrulline therefore, not only supports detoxification pathways, but also supports NO production and a healthy cardiovascular system.

ADDITION of DMAA:

DMAA is a neurological stimulant which causes a rapid spike of energy similar to Caffeine and other classical stimulants but does so by different mechanisms in the brain. OFF THE CHAIN™ includes a low dose (about 1/3 of typical pre workout powders) to keep users of preworkout products from "crashing" but allowing continuous all energy without causing sleeplessness.

LESS L-Taurine :

L-Taurine is a sulfur-containing amino acid that does not belong to the group of 20 Proteinogenic Amino Acids. L-Taurine is also the cheapest amino acid available in manufacturing and is why many companies load their products with it.



OFF THE CHAIN gives you all-day energy without jitters & without causing sleeplessness.

AVAILABLE AT THE FOLLOWING RETAILERS:



*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. OFF THE CHAIN is not manufactured or distributed by Optimum Nutrition.



- Free Form Amino Acids for Rapid Uptake†
- Train Longer & Harder with DMAA†
- Essential Amino Acids including BCAAs†
- Supports Recovery Before, During, & After Exercise†
- Elevates Nitric Oxide Levels†

NET WT. 10.58 OZ (300g)
DIETARY SUPPLEMENT

STRAWBERRY

FEAST ON FISH

BUILD SERIOUS MUSCLE WITH THESE PROTEIN-PACKED, LOW-CAL FISH DISHES

BY **DEVIN ALEXANDER** /// PHOTOGRAPHS BY **SAM KAPLAN**
FOOD & PROP STYLING BY **VICTORIA GRANOF**

LINGUINE WITH RED CLAM SAUCE & FRESH BASIL

SERVES 1

- 2 (6.5 oz) cans chopped clams, drained and rinsed
- ½ cup marinara sauce (look for one as low in calories, sugar, and salt as possible)
- 3 oz whole-wheat linguine
- 2 tsp grated Pecorino Romano cheese
- 4 fresh basil leaves, cut into very thin slivers

1. Heat clams and marinara in a small saucepan over low heat.
2. Bring a large pot of water to boil. Cook linguine according to package directions, omitting any suggested oil. Drain linguine and transfer to a medium shallow bowl.
3. Spoon sauce over top. Sprinkle with cheese and basil.

CHEF'S TIP

Consider a bean pasta like chickpea or lentil to boost the protein content. Cook it until it's al dente or the pasta will become mushy and taste more like beans.

THE MACROS

545	37g	75g	10g
CALORIES	PROTEIN	CARBS	FAT

SEARED AHI WITH OLIVE-TOMATO TAPENADE

SERVES 1

- ½ medium Roma or plum tomato, cut into ¼-inch cubes
- 2 tbsp black-olive tapenade (look for one relatively low in fat, about 4g per 2 tbsp)
- 6 oz sashimi-grade ahi-tuna steak
- Olive-oil spray (propellant-free)
- Sea salt and freshly ground black pepper, to taste

1. Mix tomato and tapenade in a small bowl.
2. Heat a grill pan over medium-high heat. Lightly mist both sides of tuna with spray, season with salt and pepper, and place in pan. Cook until tuna has medium-brown grill marks, 45 to 90 seconds. Flip and repeat. Sear edges in same fashion, if desired.
3. Transfer tuna to plate. Top with tapenade.

THE MACROS

287	53g
CALORIES	PROTEIN
2g	6g
CARBS	FAT



CHEF'S TIP

Get sashimi-grade tuna if you plan to consume it raw. Otherwise, cook the tuna all the way through or try the tapenade on fully cooked halibut.



CHEF'S TIP

Traditional pesto is high in unsaturated fat, which may lower inflammation. Another health perk: Garlic potentially has anticancer properties, according to the National Cancer Institute.



PARCHMENT-BAKED PESTO HALIBUT & VEGGIES

SERVES 1

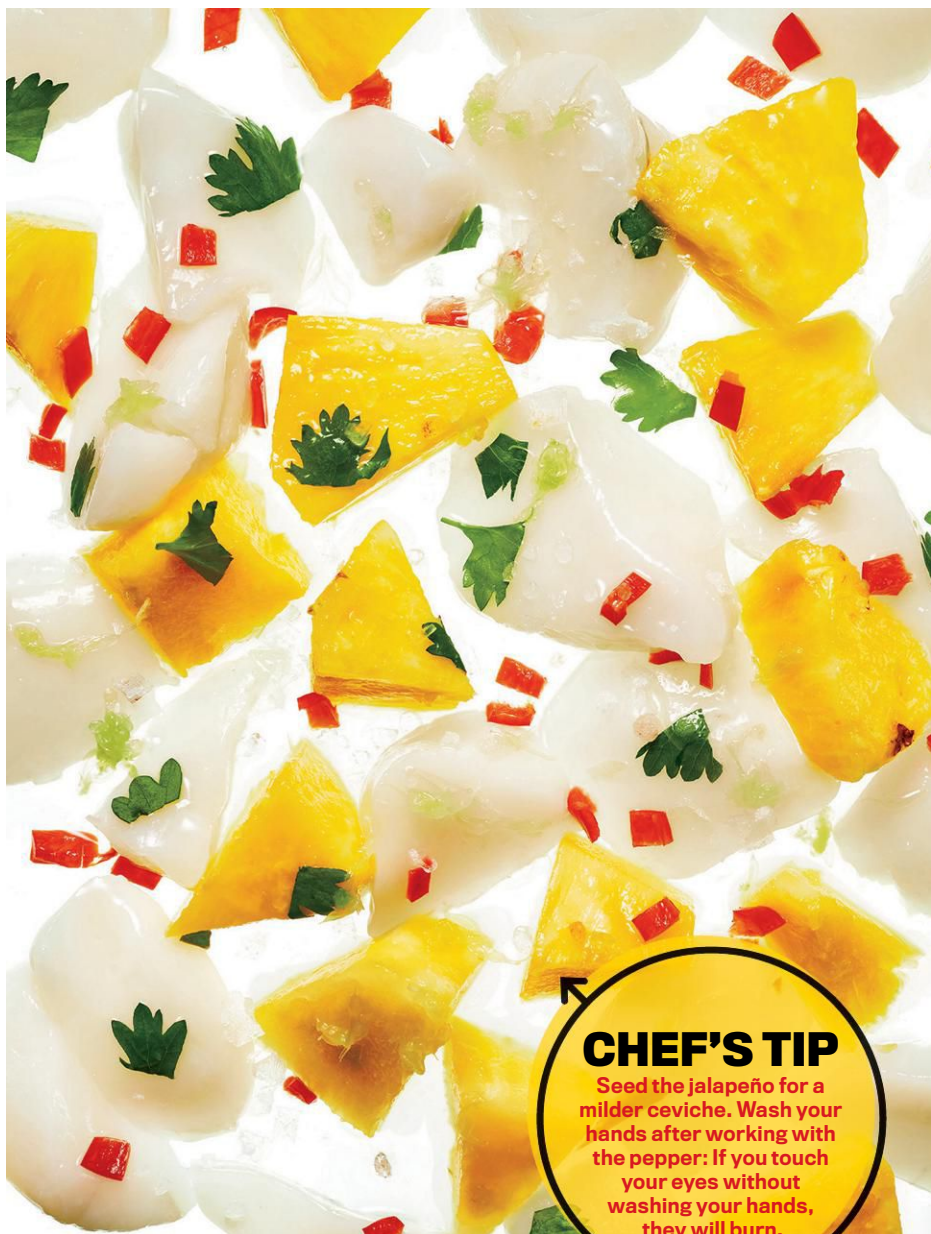
- 1 15-inch-square parchment paper
- 10 cherry tomatoes, cut in half
- 1 zucchini, ends trimmed and cut into ¼-inch-thick rounds
- ½ tsp plus 1 tbsp prepared pesto sauce
- 6 oz halibut fillet
- Freshly ground black pepper, to taste

1. Preheat oven to 400°F. Place parchment so half of it sits on a medium baking sheet.
2. Toss tomatoes and zucchini with ½ tsp pesto in a bowl. Arrange on portion of parchment on baking sheet, leaving a substantial portion bare (opposite seam and near edges).
3. Place halibut on top of veggies and brush with remaining 1 tsp pesto.
4. Fold parchment over fish and veggies. Starting at one side and working around fish, fold and crimp edges tightly to seal filling; close parchment completely by tucking final end underneath. Bake for 20 minutes.
5. Carefully open parchment, being careful not to get burned by steam. Fish should be flaky and tender throughout and veggies cooked. Season with pepper.

THE MACROS

362 CALORIES | 42g PROTEIN

15g CARBS | 15g FAT



CHEF'S TIP

Seed the jalapeño for a milder ceviche. Wash your hands after working with the pepper: If you touch your eyes without washing your hands, they will burn.

SCALLOP CEVICHE

SERVES 1

NOTE: Don't make this recipe too far in advance. After 5 or 6 hours, the scallops could start to get mushy.

- 3 tbsp freshly squeezed lime juice
- 1 tsp extra-virgin olive oil
- 1 tsp very finely chopped Fresno chili pepper (red jalapeño)
- 2 tbsp coarsely chopped fresh cilantro leaves
- Sea salt, to taste
- ⅓ cup (¾ inch) fresh pineapple cubes

6 oz sea (jumbo) scallops, rinsed, patted dry, and quartered

1. Mix all ingredients in a small bowl. Refrigerate for at least 20 minutes (up to a few hours).

THE MACROS

230 CALORIES | 29g PROTEIN | 15g CARBS | 6g FAT



CHEF'S TIP

If you don't have a zester, use a peeler to lightly remove the very outer layer of the lemon peel. Don't go deep enough to include the white (pith). Chop the peel extremely finely.

CRAB-STUFFED SHRIMP

SERVES 2

- 4 oz canned lump crabmeat, drained
 - 1 tbsp light mayonnaise
 - 1 tsp lemon zest
 - 1 tsp very finely chopped Fresno chili pepper (red jalapeño)
 - 1 tbsp whole-wheat panko breadcrumbs
 - 8 oz extra-large (21-25 count) shrimp
 - Olive-oil spray (propellant-free)
1. Preheat oven to 475°F. Line a baking sheet with nonstick aluminum foil.
 2. Mix crab, mayonnaise, lemon zest, and chili in a small bowl.
 3. Spread breadcrumbs on a small plate.
 4. Butterfly shrimp: Peel all but the tail and the last joint of the shell off each shrimp. On a cutting board, stand shrimp so that it arches toward the ceiling. Carefully stretch it from head to tail in a straight line with tail pointing away from you. Cut into it from head to tail, just deep enough

to flatten shrimp, making sure not to cut all the way through. Run under water to clean; shake dry. Place shrimp side by side on baking sheet.

5. Divide crab mixture among shrimp and then form a tight mound on top of each shrimp. Dip each into breadcrumbs, carefully turning it upside down to lightly coat crab. Return to baking sheet.
6. Sprinkle any remaining panko evenly over the tops. Mist tops lightly with spray. Bake 7 to 10 minutes, until shrimp is no longer translucent throughout.

THE MACROS

195	35g	3g	4g
CALORIES	PROTEIN	CARBS	FAT

SALMON-ARUGULA SALAD WITH HEARTS OF PALM & SUN-DRIED-TOMATO VINAIGRETTE

SERVES 1

- 6 oz salmon fillet (skin removed)
- Olive-oil spray (propellant-free)
- Sea salt and freshly ground black pepper, to taste
- 4 cups arugula
- ¼ cup (¼-inch-thick) rounds jarred hearts of palm
- ¼ cup sun-dried tomatoes (not oil-packed), rehydrated if necessary and cut into thin strips
- 1 tbsp capers, drained
- 2 tbsp light sun-dried-tomato vinaigrette
- ½ tbsp freshly squeezed lemon juice
- 2 tbsp shaved Parmesan cheese

1. Mist salmon with spray, then season with salt and pepper.
2. Heat a small nonstick frying pan over medium-high heat. Add salmon; cook until lightly browned, then flip and cook other side until lightly browned. Turn heat to low and continue cooking, flipping once, until desired doneness is reached (between slightly and no longer translucent throughout), 2 to 4 minutes per side total.
3. In a medium bowl, toss arugula, hearts of palm, sun-dried tomatoes, capers, vinaigrette, and lemon juice.
4. Transfer salad onto a serving plate and top with salmon and Parmesan. **FLEX**

THE MACROS

389	42g
CALORIES	PROTEIN
11g	19g
CARBS	FAT



CHEF'S TIP

Eat wild-caught salmon if possible. Farmed salmon is not nearly as healthy for you, as it may have more contaminants, and color is often added.

PART 3

CONTEST PREP 101

YOU MADE THE DECISION TO TAKE YOUR PHYSIQUE TO THE STAGE. HERE'S YOUR FINAL FOUR-WEEK PLAN TO UNVEIL THE GOODS AT SHOWTIME.

BY **ERIC "MERLIN" BROSER**

In Parts 1 and 2 of this series, I covered Weeks 12 to 5 of your competition-prep protocol, which set the stage for the final push to showtime. At this point, you should already be pretty lean, hopefully in the range of around 6% to 7% body fat. Energy levels will likely have begun to drop, but getting through the day should not be a problem. Pumps in the gym should still be intense, but you may find your strength levels have declined a bit. Do not worry yourself about this, and just keep pushing as hard as you can on every set. For some, cravings for sweets may be manifesting, but you must fight through this and keep your eye on the prize. Sipping on flavored BCAA powder mixed with chilled water in between meals helps substantially with hunger pangs. It is at this point in contest prep that many slip up or even quit, but if you stick to the plan, it is in the final four weeks that the magic really happens.





DIET

The following section will be concerned with only Weeks 4 through 2. This is because the final week (often referred to as “peak week”) must be dealt with separately, as it involves some unique dietary manipulations meant to bring about the finishing touches in one’s physique.

Below you will find the slightly updated list of high-quality foods that can be included in your diet, as well as a sample meal plan so you can understand exactly how to pair these foods to create a precisely targeted macronutrient profile.

PROTEINS: 96% lean beef, 99% lean chopped turkey meat, turkey breast, chicken breast, steak, egg whites, game meats, white fish, salmon, protein powders (can be used for up to two meals per day)

CARBOHYDRATES: Brown rice, white rice, sweet potato, white potato, quinoa, rice cakes, carb powder

VEGETABLES: All green and colored types

FATS: Walnuts, peanuts, almonds, avocado, olive oil, fish oil, flax oil, coconut oil.

A FEW TWEAKS

At this point in the prep, cottage cheese was removed from the protein list, and total protein shakes allowed for the day dropped from three to two. From the carbs list, oatmeal, pasta, cream of wheat, and whole-grain bread were eliminated. Finally, nut butters were dropped from the list of fats.

Why these tweaks? Cottage cheese was removed because it is high in lactose. Protein shakes are still allowed, but now the limit is two per day, since whole foods are superior to powders when it comes to boosting overall calorie burning. The carbs mentioned above were eliminated because they all contain gluten, which is a type of protein that for many can cause bloating in the stomach and overall water retention. Finally, I dropped nut butters simply because this is a fat that many dieting bodybuilders fail to measure properly and/or cheat with when fighting hunger.

SAMPLE ADJUSTED MEAL PLAN WEEKS 4, 3, 2

MEAL 1

P Egg whites (16 oz uncooked)
C Oatmeal (2 oz uncooked)
F No added fats

MEAL 2

P Chicken breast (5.7 oz cooked)
C Brown rice (4.2 oz cooked)
F No added fats

MEAL 3 (PRE-WORKOUT)

P Tilapia (7.5 oz cooked)
V Large mixed salad
F Olive oil (1 tbsp)

MEAL 4 (POST-WORKOUT)

P Whey protein powder (approximately 2 scoops)
C White potato (8.3 oz cooked)
F No added fats

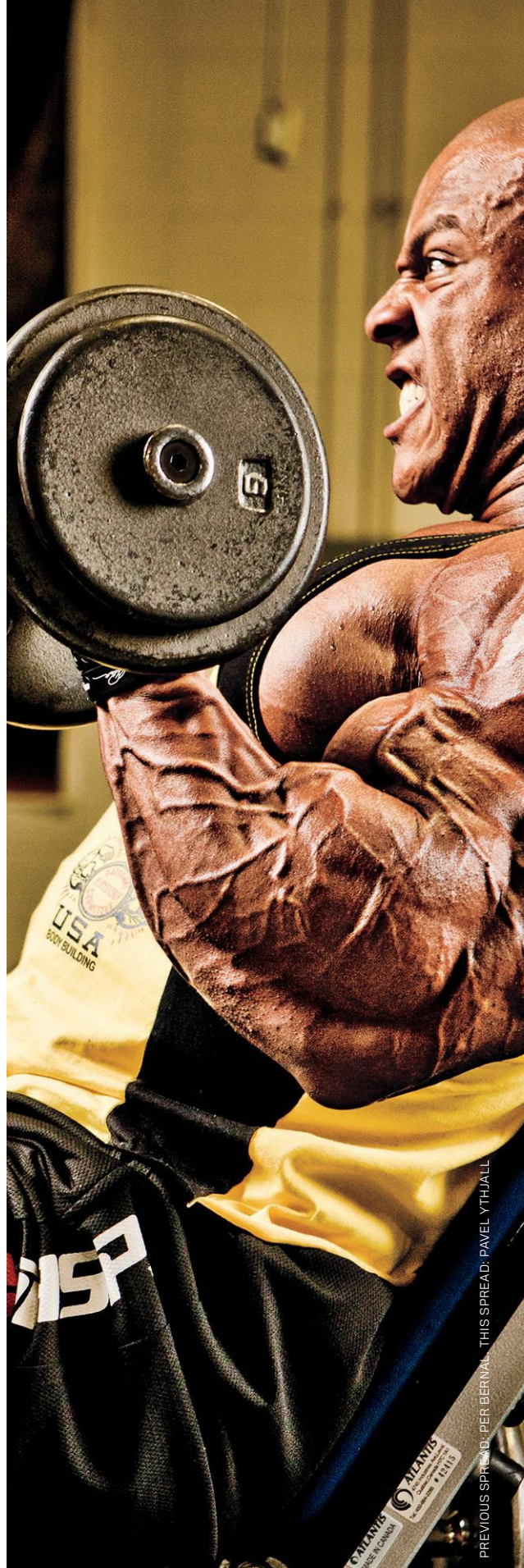
MEAL 5

P Top round steak (5.7 oz cooked)
C Sweet potato (3.4 oz cooked)
F No added fats

MEAL 6

P Casein protein powder (approximately 2 scoops)
C None
F Natural peanut butter (2 tbsps)

TOTALS:
275G PROTEIN,
140G CARBS,
28G ESSENTIAL FATS



PREVIOUS SPREAD: PER BERNAL. THIS SPREAD: PAVEL YTHALL

TRAINING

In the initial phase of prep I had you utilize the “power” (greater loads and fewer reps) portion of my P/RR/S training protocol while calories were still relatively high and cardio was low. From Weeks 8 to 5 we jumped over to “rep range,” which had you attacking your muscles with multiple angles and repetitions that varied between seven and 20. Now that we are entering the final stage, you will unleash my “shock” method, which not only helps maintain muscle but also revs up the metabolism, burns greater calories, and helps ignite the release of natural growth hormone. In other words, your training will be geared toward turning you into a literal fat-burning machine!

MONDAY

EXERCISE	SETS	REPS	TEMPO	EXERCISE	SETS	REPS	TEMPO
CHEST				FOREARMS			
Barbell Incline Press	2 (drop-sets)	7-9	2/0/1	Wrist Curl	1 (rest-pause)	10-12	2/0/1/1
Smith Machine Bench Press	2 (rest-pause)	7-9	2/0/1	Cable Reverse Curl	1	10-12 (drop set)	2/0/1
Flat Dumbbell Flye superset with Dumbbell Pullover	1-2	7-9	2/0/1	ABDOMINALS			
	1-2	7-9	2/0/1	Incline Leg Raise	2	Max reps	2/0/1
BICEPS				Hip Raise superset with Side Plank	2 2	Max hold each side	-
Prone Incline Barbell Curl superset with Dumbbell Curl	2	7-9	2/0/1	Machine Crunch	1 (drop-set)	16-20	2/0/1/1
	2	7-9	2/0/1				
High-pulley Curl	2 (drop-sets)	7-9	2/0/1				



TUESDAY

EXERCISE SETS REPS TEMPO

QUADS

Leg Extension superset with Lunge	2	10-12	2/0/1
Leg Press	2 (rest-pause)	7-9	2/0/1
Smith or Hack Squats	1-2 (drop-sets)	7-9	2/0/1

HAMSTRINGS

Lying Leg Curl	2 (drop-sets)	7-9	2/0/1
Adduction Machine superset with Stiff-leg Deadlift	2	16-20	2/0/1
	2	13-15	2/0/1

CALVES

Calf Press	1 (rest-pause)	7-9	2/0/1
Seated Calf Raise superset with Standing Calf Raise	1-2	10-12	1/0/1
	1-2	7-9	1/0/1

THURSDAY

EXERCISE SETS REPS TEMPO

LATS

Pullup	2 (rest-pause)	Max reps	2/0/1
Seated Cable Row (to upper abs) superset with Seated Cable Row (to lower abs)	2	7-9	2/0/1
	2	7-9	2/0/1
One-arm Dumbbell Row	2 (drop-sets)	7-9	1/0/1

LOWER BACK

Partial Deadlift	2 (rest-pause)	7-9	1/1/1
------------------	----------------	-----	-------

ABDOMINALS

Cable Crunch superset with Front Plank	2	16-20 max hold	2/0/1
	2		-
Leg Raise	1 (rest-pause)	Max reps	2/0/1



CHRIS LUND: AVEL YTHJALL

SUPPLEMENTS

For the first four weeks of prep, I provided a list of very basic supplements that are proven effective, both scientifically and in the trenches, for assisting in greater muscle retention, increased strength and power, enhanced muscular endurance, and general health (which needs extra consideration when under the extra stress of competition

prep). Those included creatine, beta-alanine, BCAAs, multivitamin/mineral, fish oil, and L-leucine.

In the next phase of prep I added two more supplements—a pre-workout supp and a thermogenic fat burner—to aid in revving up the metabolism to further ignite the fat-burning process, while also increasing energy, focus,



and vasodilation (the “pump”) during workouts.

For the final stage of prep, my focus turns to making sure the body remains in an anabolic (muscle-building/retaining) state, while also encouraging recovery and recuperation by enhancing one’s ability to fall asleep more quickly and remain in a deeper sleep cycle throughout the night. This is a vital piece of the puzzle, as the physical and mental stresses of preparing for competition take their toll to a greater degree as each day passes.

To this end, you may wish to include:

ALL-NATURAL HERBAL TESTOSTERONE BOOSTER (containing such ingredients as fenugreek, ashwagandha, and *Tribulus terrestris*)

CORTISOL BLOCKER (containing phosphatidylserine)

NIGHTTIME SLEEP FORMULA (containing such ingredients as GABA, kava kava, valerian root, *Mucuna pruriens*, L-tryptophan, zinc, and magnesium)

CARDIO

As with everything in a well-planned contest-prep regimen, cardio should be increased in small increments weekly to allow for a steady loss of body fat, while retaining a maximum amount of lean muscle mass. With cardio sessions of 40-plus minutes, you have the option of splitting it into two halves. This would mean performing half the amount of required cardio in the morning before meal 1, and the other half in the evening, perhaps in between meals 5 and 6. Here is the plan for Weeks 4, 3, and 2.

4 weeks out: 55 minutes on non-workout days; 25 minutes on workout days

3 weeks out: 55 minutes on non-workout days; 30 minutes on workout days

2 weeks out: 60 minutes on non-workout days; 30 minutes on workout days

WEEK 1 (AKA "PEAK WEEK")

So here we are, exactly one week from the time you are to step onstage! If everything went according to plan, and you put maximum effort into every workout, cardio session, and meal, then you should already look competition ready. The final week is not the time to try and "pull it all together," but rather the period when small adjustments are made that allow you to look your very best on game day. (Note: I personally like to call the final week before a show "Frosting Week"—the time to simply add a little topping on an already perfectly prepared cake.)

While I certainly could write a detailed article just about peak week alone, let me summarize it by laying out some final important instructions.

Training: In the final week you will train only on Monday, Tuesday, and Wednesday. There will be no leg session, as legs tend to take longer to recover than the upper body. Use the same workouts as you did the previous weeks, but dial down your intensity from 100% to about 80% to 85%.

Diet: On Monday, Tuesday, and Wednesday, eat the prescribed diet above, just as you did in the three weeks before on training days. On Thursday and Friday you can raise carbohydrates by about 30 to 50 grams and lower protein by the same amount. This will allow you to push a bit more glycogen/water into the muscles, which gives them a fuller look. Spread the prescribed calories/macronutrients evenly among your six daily meals.

Cardio: Cut cardio in half during this final week and replace that time with posing practice. Run through and perfect the mandatory poses, holding each for about five seconds. Run through your routine until it becomes second nature.

Supplements: Utilize your normal regimen until the final two days, when you will need only your multivitamin, fish oil, and sleep aid.

Sodium/Salt: While many competitors go through a complex sodium-loading and depleting protocol during peak week, you will not use such hit-or-miss practices. While I do not recommend the overuse of salt at any point during prep, there is no need to suddenly eliminate all sodium from your diet in the days leading up to a contest.

Water: Drink water as your only beverage during the final week, but do not restrict it at any point. Once you have completed your final meal on Friday night, you can stop consuming any more until the next day.

Tanning: You must make sure to apply three to five coats of a quality tanning product throughout the day on Friday and a final coat on Saturday morning.

FRIDAY**EXERCISE SETS REPS TEMPO****SHOULDERS**

Seated Lateral Raise	2	10-12	1/0/1
<i>superset with</i> Barbell Press	2	7-9	2/0/1
Reverse Pec Deck	2 (drop-sets)	7-9	1/0/1/1
Single-arm Cable Lateral Raise	1 (rest-pause)	7-9	2/0/1

TRAPS

Barbell Shrug	2	10-12	1/1/1/1
<i>superset with</i> Upright Row	2	7-9	2/0/1

TRICEPS

V-bar Pushdown	1 (rest-pause)	7-9	2/0/1
Overhead Rope Extension	2 (drop-sets)	10-12	2/0/1
Lying Extension	1	7-9	2/0/1
<i>superset with</i> Dip	1	7-9	2/0/1

CALVES

Seated Calf Raise	2 (drop-sets)	13-15	1/0/1
Calf Press	1 (rest-pause)	10-12	1/1/1



PER BERNAL



CONTEST DAY

Wake up early and try to get in about three meals before pre-judging begins. Eat the same foods as the day before, but try to sip just enough water to get each meal down. Try to relax and remain calm backstage, but make sure to pay attention to what is going on so you know exactly when you need to start preparing to hit the stage. Take about 15 minutes to pump up with some high-rep sets of a few basic exercises. Once you have a nice pump, all you need to do to keep it is practice your poses. But more than anything, remember to have fun. Enjoy the experience and feel proud of yourself for putting in all the work and sacrifice needed to get you there! **FLEX**

VERSA[®] GRIPPS[®] TRAIN BETTER[®]

Free US Shipping
Online Coupon
Code: FXSHIPUS



THE BEST GRIP IN THE WORLD



#1 Most ADVANCED TRAINING ACCESSORY



PUSHING



PULLING

ALL IN ONE

PUSH or PULL

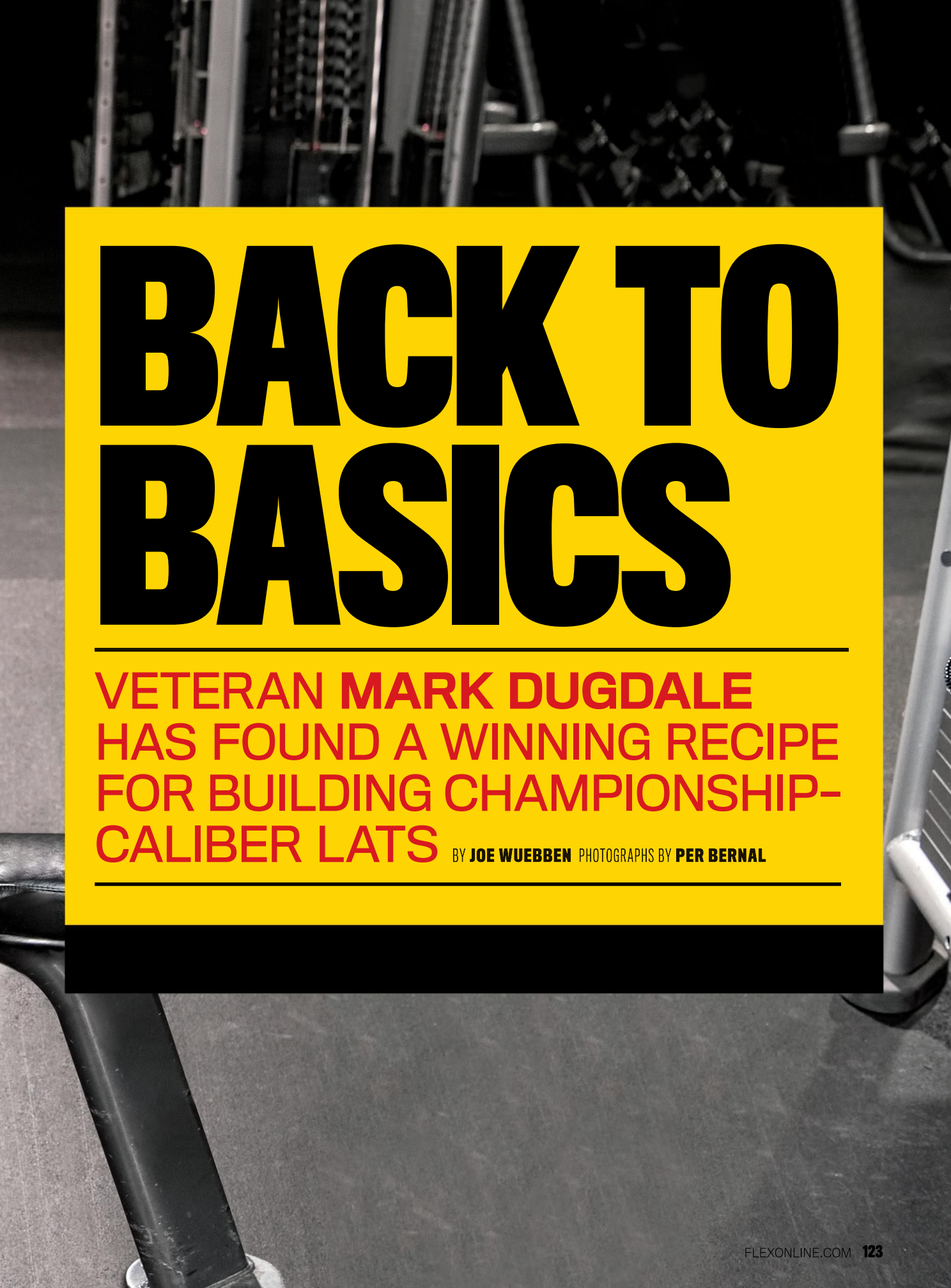


VERSAGRIPPS.com



ONE-ARM DUMBBELL ROW

"I'll typically grind out reps with heavier weight. The key is to still get a nice full range of motion and allow the weight to hang and stretch your muscles briefly at the bottom. My lower-back issues don't allow me to do bentover barbell rows anymore, so this is my primary mass builder for back. A good intensity technique I like here is "dead-stop" rows, where you set the dumbbell down on the floor on each rep, pause, and then drive the elbow back explosively. A standard dropset on the final working set is a great technique, too."



BACK TO BASICS

**VETERAN MARK DUGDALE
HAS FOUND A WINNING RECIPE
FOR BUILDING CHAMPIONSHIP-
CALIBER LATS**

BY **JOE WUEBBEN** PHOTOGRAPHS BY **PER BERNAL**

BUILDING WIDER LATS AND THICKER RHOMBOIDS BECOMES A TRICKY PROPOSITION WHEN YOU HAVE LOWER-BACK ISSUES.

With a perfectly healthy lumbar spine, it's pretty simple: Go heavy and intense on bentover rows, T-bar rows, pulldowns, and pullups. Rinse and repeat, then keep repeating. Done.

With a bum lower back, however, those heavy rows will land you in a chiropractor's office—or worse, confined to bed rest—long before they widen your lats and thicken your rhomboids. No one knows this better than veteran IFBB pro Mark Dugdale. Back in his 20s, the now 42-year-old did what every 20-something bodybuilder does: He went as heavy and intense as possible on the biggest compound moves. Squats, rows, you name it. The result? A great physique with slabs of muscle hanging off of it, but also tons of wear and tear on his body that's forced him to evolve his training.

"Squatting 700 pounds in my 20s significantly impacts my present-day back workouts due to lower-back issues," says Dugdale. "My overall training philosophy has changed significantly in just the past five years. Simply moving heavy weight no longer returns the results it did when I was new to training. As you get older, you have to train smarter rather than harder. I still train with intensity, but in a safer fashion and utilizing more volume. HIT/Yates-style training served me well up to my early 30s, but then injuries occurred. Dorian was sidelined by 37 from training injuries, if I have my dates correct, so to some extent I'm plowing new ground still competing in my 40s."

Dugdale's training style now—high volume with moderate weights and keeping intensity in

check—is in stark contrast to what he cut his teeth on early in his career. In case you're not familiar with how Dorian Yates used to train, High Intensity Training (HIT) is defined by very few working sets (low volume), but those working sets are performed as heavy and intensely as possible. Fortunately for Dugdale, his current regimen is working wonders for his back development, not to mention his contest placings.

"In the past, my back was considered a weak area, but when I won the Arctic Pro 212, Chicago Pro 212, and Vancouver BC Pro 212, this past year I was told that my back shots cinched the wins," he says. "While I feel this was largely due to my conditioning—being very lean allows me to capitalize best on my structure—I also think it was a result of my approach to back training. Feeling the muscles working trumps moving heavy weight. If I can't feel the target muscle working with a given exercise or weight, I stop doing it."

You live and learn, right?



MARK'S METHODS

Two Workout Types "I train six days per week with a 'primary' and 'secondary' training day for each body part. Primary days

include more intensity techniques like dropsets and extended sets and pushing to failure occasionally, whereas

secondary days are more about the pump and moving lighter weight explosively to encourage CNS [Central Nervous System] recovery."



HIIT Cardio

"I don't do cardio in the off-season. Pre-contest I'll do 10 minutes of Tabata-style training on an Assault AirBike a few days a week."

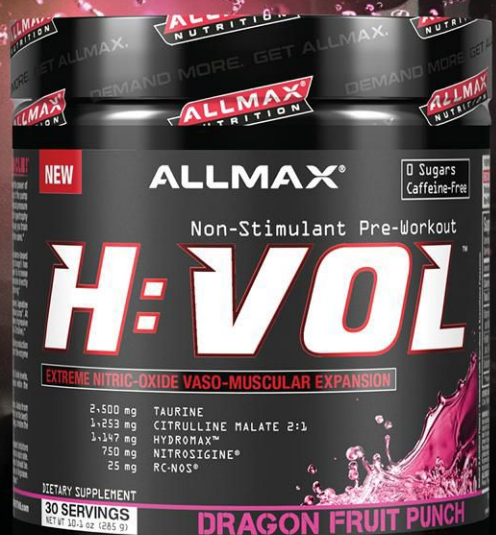
Abs and Calves

"I typically work in abdominals and calves between sets during my secondary workouts."

Yoga Year-Round

"Throughout the year [off-season and pre-contest], I do one hour of hot yoga [Hatha] three days per week in addition to my workouts."

IT'S LIKE
FEEDING YOUR
MUSCLES
WITH A
FIREHOSE!



Join the Conversation

#SwellTheCell

- GET A FULL, DRY AND VASCULAR LOOK IN THE GYM
- POWER THE PUMP WITHOUT STIMS
- MUSCLE GROWTH FOCUS
- PROVEN TESTED UNIQUE INGREDIENTS

**Stack with your
Pre-workout for
the ultimate pump
accelerator!**



ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

www.ALLMAXNutrition.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



BACK WORKOUT

EXERCISE	SETS	REPS
Lat Pulldown	4	10
One-arm Dumbbell Row	4	6-8
Dumbbell Pullover	4	10
One-arm Kneeling Lat Pulldown	4	10

"I change exercises, sequencing, and intensity techniques on a weekly basis," says Dugdale, "but this is what a typical back workout might look like for me."

TRAINING SPLIT

Monday	Primary Chest, Shoulders, Triceps
Tuesday	Secondary Quads and Hamstrings
Wednesday	Primary Back and Biceps
Thursday	Secondary Chest, Shoulders, Triceps
Friday	Off
Saturday	Primary Quads and Hamstrings
Sunday	Secondary Back and Biceps



LAT PULLDOWN

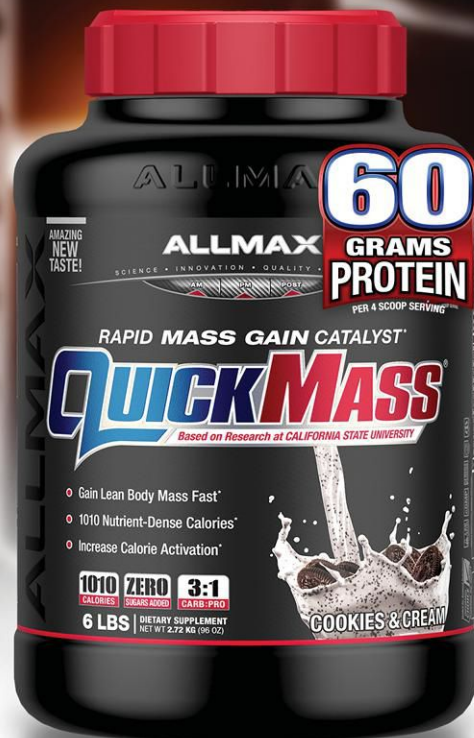
"I like to start with pulldowns to help open up my back. Bring the bar just to your chin (not all the way to your chest) and hold the contraction for a one-second count, squeezing as hard as possible before slowly extending your arms back up. This one-second hold in the contracted position will ensure you're using muscle power and not momentum. I typically fail to maintain this form by the sixth to eighth rep—after this point, I pump out the remaining reps to get all 10."

LARGE AND INCHARGE

1010
CALORIES

ZERO
SUGAR ADDED

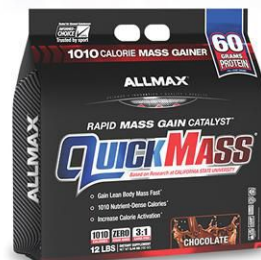
3:1
CARB:PRO



RAPID MASS GAIN CATALYST

QUICKMASS is our proven, researched based, 1010 calorie clean-bulking Mass Gainer with 60g of Pure Protein per 4 scoop serving. QUICKMASS has 60g protein is 100% sourced whey and milk with no non-Protein Aminos. CARBPLEX has more healthy, long chain, complex carbs with a proven 3:1 CARB:PROTEIN ratio and now has 60% less sugar!

**NOW
AVAILABLE
IN HUGE
12 LB BAG!**



ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

www.ALLMAXNutrition.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



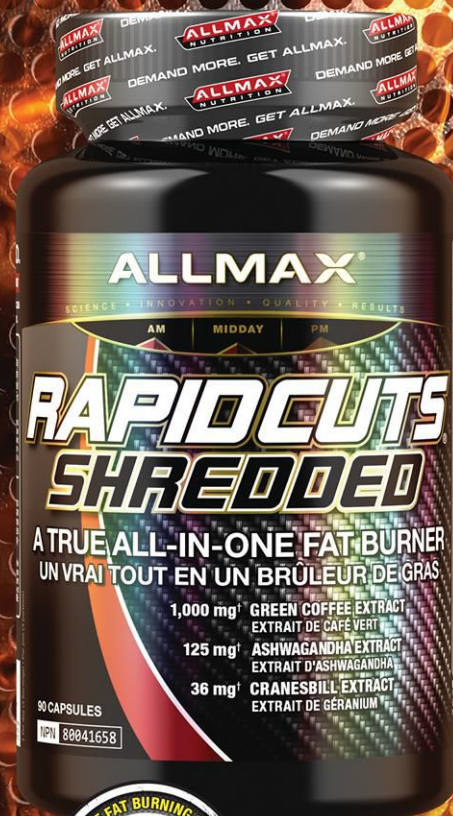
DUMBBELL PULLOVER

"By this point in the workout, pullovers are a nice way to give your biceps a break and stretch your already fully pumped lats. The key is to not bring the dumbbell all the way up over your head, which turns it into a chest exercise. Maintain tension on the lats by reversing the movement as you bring the dumbbell to forehead level. Focus on flexing your lats throughout the entire range of motion."



ONE-ARM KNEELING LAT PULL-DOWN

"This is a great feel-type exercise that makes for a good finisher to hit the lower lats. The key is to stretch at the top and pronate your wrist [face your palm forward]; then, as you pull down, supinate the wrist [face your palm toward you] and contract hard in the flexed position for a one-second count before reversing the motion. Sometimes I'll alternate between each side with no rest breaks for four sets, going to failure on each one. Keep in mind, failure isn't when you can no longer do another rep, but rather when you can't do another rep with perfectly prescribed form. There's no point in moving weight just for the sake of getting reps if you don't feel the muscle working." **FLEX**



A TRUE ALL-IN-ONE FAT BURNER

Exceptional scientifically validated ingredients with mind-blowing fat shredding potency. Incinerate fat and shred down to paper-thin, stage-ready condition.

- ✓ α -2 Adeno-Receptor Antagonist (Lipid Mobilization/Thermogenic)
- ✓ Upregulate Norepinephrine over 400% (Thermogenesis)
- ✓ Activate Enhanced cAMP & Beta-2 Activity
- ✓ Systematic Cellular Level Lipolysis

ALLMAX®
PROFESSIONAL GRADE SUPPLEMENTS

www.ALLMAXNutrition.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



SNAPSHOT

Height // 5'6"

Weight // 204 pounds

Birth Date // Dec. 25, 1974

Residence // Bothell, WA

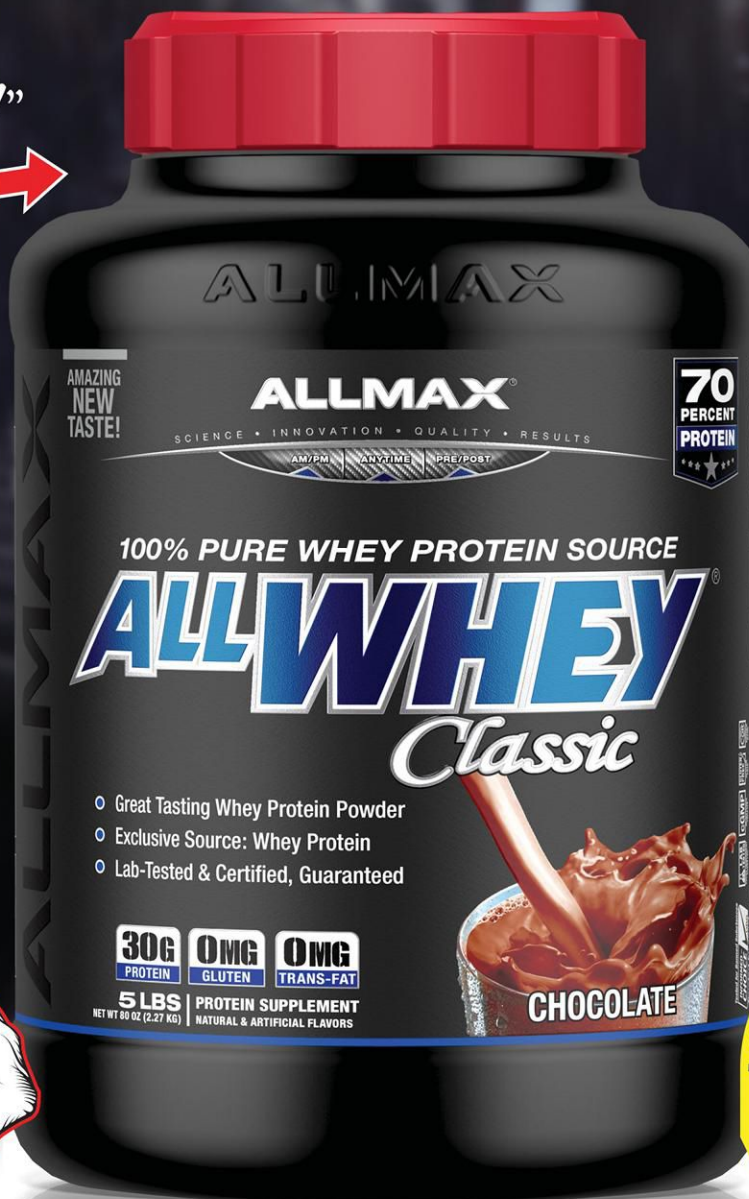
Career Highlights // 2016: Arctic Pro 212, 1st; Chicago Pro 212, 1st; Vancouver Pro 212, 1st; 2014: Europa Phoenix Pro 212, 2nd; 2013: Toronto Pro Supershow 212, 2nd; New York Pro 212, 3rd; 2009: Olympia 202 Showdown, 4th; 2004 NPC USA, light-heavyweight and overall (earned pro card)

AMAZING
NEW
TASTE!

BECAUSE RESULTS MATTER



NEW!
"GET A GRIP!"
CUSTOM-FIT
ERGO-LID™



JOIN THE
MOVEMENT

DO YOUR
PART



#STOPSCOOPLOSS
STOPSCOOPLOSS.ORG



BECAUSE RESULTS MATTER: ALLWHEY® CLASSIC is a premium Whey Protein Concentrate blended with Whey Protein Isolate delivering 30 g Protein in a 43 g serving, that's a 70% yield; tested and guaranteed! ALLWHEY delivers a clean, complete and whole protein made from the best source; 100% Whey Protein!

Demand pure Whey Protein, great taste and amazing value. Demand superior taste and exceptional protein. DEMAND ALLWHEY® CLASSIC!

5 DELICIOUS FLAVORS



ALLMAX®

PROFESSIONAL GRADE SUPPLEMENTS

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Available At:





THE ARNOLD

COLUMBUS, OH, IS THE PLACE TO BE WHEN THE IFBB PRO LEAGUE KICKS OFF THE SEASON WITH THE 2017 ARNOLD CLASSIC SPORTS FESTIVAL



■ Chilly temperatures be damned, you know the long winter is over and spring is here when fans from all over the world converge in Columbus, OH, to kick off 2017 with the industry's biggest early season event, the Arnold Classic Sports Festival. Known simply as the Arnold, the four-day extravaganza kicks off IFBB Pro League competition in men's open and 212 bodybuilding, classic physique, men's and women's physique, figure, fitness, and bikini. Plus, amateur competition, tons of events—including Olympic, strength, and combative sports, dance and fitness, and more than 1,000 booths of the industry's top companies. Front and center all weekend will be the man himself, Arnold Schwarzenegger, making this the place to be for bodybuilding and fitness enthusiasts. Here's a sneak peek!

2017 ARNOLD SPORTS FESTIVAL
MARCH 2-5, COLUMBUS CONVENTION CENTER, COLUMBUS, OH
INFO@ARNOLDSPORTSFESTIVAL.COM

Giffin v. Universal Protein Supplements Co.
Case No. BC613414, Superior Court of California,
County of Los Angeles

**A court ordered distribution of notice regarding
proposed settlement of a class action.**

This is not a solicitation.

**ATTENTION ALL PERSONS
WHO PURCHASED A UNIVERSAL
NUTRITION PRODUCT IN CALIFORNIA**

WHAT IS THIS CASE ABOUT. A proposed Settlement has been reached in a class action lawsuit. The lawsuit alleges that *Universal Protein Supplements Corporation d/b/a/ Universal Nutrition, Universal USA and/or Animal Pak* ("Defendant") violated California state law by labeling some of its products with a "Made Proudly in the USA" label (or some derivative thereof). Defendant stands by its labels and denies it did anything wrong. The Court has not decided which side is right. Instead, the parties have decided to settle the case.

ARE YOU A CLASS MEMBER? You are a Class Member and may be eligible to receive a Settlement benefit if you purchased any of Defendant's Class Products in the United States between March 21, 2012 to December 28, 2016, that contained a "Made Proudly in the USA" label or were otherwise represented as being "Made in USA."

WHAT DOES THIS SETTLEMENT PROVIDE? A settlement fund or Class Settlement Payment of no less than one hundred and twenty-five thousand dollars (\$125,000) and no more than six hundred thousand dollars (\$600,000) is being set up to pay claims to eligible Class Members, an incentive award to the named plaintiff, and the notice and claims administration costs. No part of the settlement fund is or is intended for payment of a fine or similar penalty, or any payment of a potential fine or similar penalty in the future. Defendant is also agreeing to make certain changes to the manner in which it labels and advertises its Class Products. The complete Settlement Agreement is found at www.universalclasssettlement.com. Class Members who submit a Valid Claim accompanied by an affirmation that the Class Member purchased a Class Product shall receive up to a \$20.00 share of the Class Settlement Fund.

WHAT HAPPENS NOW? The Court will hold a hearing in this case on June 7, 2017 at 9:00 am at 600 South Commonwealth Ave., Courtroom 322, Los Angeles, CA 90005, to consider the final approval of the settlement, payment of attorneys' fees (in an amount *not to exceed* \$137,500) and incentive award to the Class Representative (in an amount *not to exceed* \$5,000), and related issues. The motion(s) by Class Counsel for attorneys' fees and costs and incentive award will be available on www.universalclasssettlement.com after it is filed with the Court.

WHAT ARE YOUR OPTIONS?

SUBMIT THE CLAIM FORM	If you are a Class Member and wish to receive a Settlement payment, you must fill out and submit a valid claim form no later than May 8, 2017. Claim forms can be obtained or <i>filled-out online</i> at: www.universalclasssettlement.com or by calling (855) 309-1484. Claim Forms can also be mailed in to: Universal Protein Supplements Corporation Class Action c/o ILYM Group, Inc., P.O. Box 2031, Tustin, CA 92781.
EXCLUDE YOURSELF	Get out of the lawsuit and the Settlement. Get no cash award. If you do not want to be bound by the Settlement, you must send a signed statement to the Claims Administrator requesting to be excluded by May 17, 2017. If you exclude yourself, you cannot receive a cash award from this Settlement, but your right to bring a lawsuit against Defendant for the claims alleged in this lawsuit will not be affected by the Settlement.
OBJECT OR COMMENT	Write the Court about why you do, or do not, like the Settlement. If you want to object to the Settlement you must file a written statement with the Court and mail it to the parties by May 17, 2017.
DO NOTHING	You will get no cash award and you give up your rights to bring a lawsuit regarding the released claims. If you do not exclude yourself from the Settlement, you will be bound by the Court's decisions.

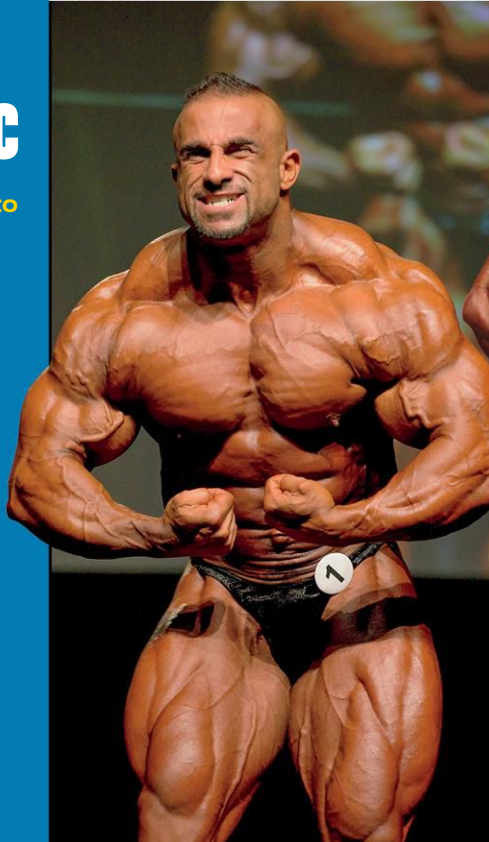
For more information, visit www.universalclasssettlement.com, call (855) 309-1484, or write to: Universal Protein Supplements Corporation Class Action c/o ILYM Group, Inc., P.O. Box 2031, Tustin, CA 92781.

**PLEASE DO NOT CONTACT
THE COURT WITH ANY QUESTIONS**

ARNOLD CLASSIC

In an exclusive lineup, 11 men try to join the list of legends to hold the Arnold Classic title.

■ It's a smaller lineup than years past, and with no past champions returning to defend the title, this year's Classic guarantees that a fresh face and physique will grab the early season headlines. Dallas McCarver, who supersized in 2016 to win the Chicago Pro and then placed eighth at the Mr. Olympia, makes his AC debut and is making noise as an early favorite. Likewise for Cedric McMillan, last year's runner-up. McMillan has all the tools, but his competition record (despite five contest wins) has left many wondering if he will ever put it all together. Will this be Big Mac's year? Add to the list the ever-dangerous Lionel Beyeke, coming off a strong late-season win at the San Marino Pro last December, the breakthrough athlete of 2015, Josh Lenartowicz, East Coast beasts Juan Morel and Maxx Charles, and veterans Fouad Abiad, Michael Lockett, and Will Harris. Finally, Vitaly Fateev and Luke Sandoe round out the 11-man lineup.



FOUAD ABIAD



LIONEL BEYEKE



JOSH LENARTOWICZ



MICHAEL LOCKETT



DALLAS MCCARVER



MAXX CHARLES



VITALY FATEEV



WILL HARRIS



CEDRIC McMILLAN



JUAN MOREL



LUKE SANDOE

ARNOLD CLASSIC 212

Last year's winner, Hidetada Yamagishi, tries to hold off a ferocious pack of challengers to become the first two-time 212 AC champ.

■ In the three-year history of the 212 division at the Arnold, there have been three champions, each doing it in his own distinctive fashion. Inaugural winner Flex Lewis, in 2014, presented size and condition with pleasing shape and lines. Lewis is also the only competitor to hold both the Arnold and Olympia 212 titles at the same time. 2015 champ Jose Raymond did it with a look that no one could call pretty, yet his grainy, dense musculature is synonymous with hardcore bodybuilding. And last year, Hidetada Yamagishi nailed it, coming in bone-dry to score the biggest win of his career. If Yamagishi can repeat against a host of challengers that includes Raymond, former Olympia 202 champ David Henry, Guy Cisternino and six others, he will be the only two-time 212 Arnold Classic champ.

Hidetada Yamagishi
Guy Cisternino
Charles Dixon
David Henry
Manual Machado

Jose Raymond
Mitchell Staats
Zane Watson
Quincy Winklaar
Kyong Won Kang



HIDETADA YAMAGISHI



JOSE RAYMOND



DAVID HENRY



GUY CISTERININO

ARNOLD CLASSIC MEN'S PHYSIQUE

Brandon Hendrickson will have to contend with top-notch rivals to be a two-time champ.

In the division's short history, two men have held the title Arnold Classic men's physique champion, and on March 3-4, 33 guys showcasing spectacularly developed upper bodies and wearing board shorts to cover most of their lower halves will cram the stage at the Columbus Convention Center to compete to become the third Arnold Classic men's physique title holder. Only one man on that stage doesn't want to see that happen, and he will be doing his best to make sure that number stays at two, as last year's champ, Brandon Hendrickson, wants to be this year's champ. He'll have his hands full, since most of last year's top six, including George Brown, Ryan Terry, Andre Ferguson, and Raymond Edmonds, will be on that stage along with the other 28 guys, working to see that he doesn't leave Columbus with the coveted first-place trophy.

Brandon Hendrickson
Sunny Akhigbe
Duane Brickhouse
George Brown
Vesselin Diev
Raymont Edmonds
Andre Ferguson
Michael Ferguson
Charlie Francis
Chris Freeman
Gerardo Gabriel
Jeph Gabriel
Brent Guillory
Benjamin Jahromi
Henry James
Laquan Jones
Leon McCall
Otto Montgomery
Darnell Moss
Michael Mperey
David Odom

Geobanny Paula
Luis Andy Perez
Hygor Ponchet
Jeremy Potvin
Khali Quartey
Tonnell Rodrigue
Bax Rysaac
Kaunaoa McGee-Sharp
Ryan Terry
David Thorpe
Tony Tirado
Alex Woodson



BRANDON HENDRICKSON



GEORGE BROWN



RYAN TERRY



ANDRE FERGUSON

FITNESS INTERNATIONAL

Can Oksana Grishina keep her 10-contest win streak alive and collect a fourth Fitness International crown?

■ Oksana Grishina has been unstoppable since winning the 2013 Europa Phoenix Pro (including three Fitness Olympias). A fourth win this March will tie her with Suzie Curry and put her one behind Adela Garcia's all-time record in Columbus. Some competitors can hang with Grishina in the two-piece rounds, but few (if any) can keep up with her when the lights dim and the music blares for the routine round. "Dazzling" and "showstopping" are adjectives that have followed Grishina's routines ever since she entered the IFBB Pro League in 2007. It will be tough, but you can bet Whitney Jones, Bethany Wagner, Myriam Capes, Regiane Da Silva, Kristine Duba, Missy Farrell, Fiona Harris, and the rest will leap at the chance to dethrone the champ.

Oksana Grishina
Marta Aguiar
Myriam Capes
Tiffany Chandler
Regiane Da Silva
Kristine Duba
Missy Farrell
Fiona Harris

Whitney Jones
Ariel Khadr
Dominique Matthews
Ashley Sebera
Rebecca Sizemore
Aurika Tyrgale
Bethany Wagner



OKSANA GRISHINA



WHITNEY JONES



BETHANY WAGNER



MYRIAM CAPES

WOMEN'S PHYSIQUE INTERNATIONAL

With 42 competitors, women's physique is by far the largest lineup of the weekend. Can Autumn Swansen prevail against such odds to become a two-time champ?

■ For the second year in a row, women's physique is the most populated lineup of IFBB Pro League action at the Arnold Classic Weekend. Last year, Autumn Swansen prevailed against 46 others to win the second-ever Women's Physique International, and although that number is smaller by four this year, the challenge won't be any easier. In a division that walks a fine line between being muscular enough and being too muscular, Swansen and her peers present a look that builds on what female bodybuilding started as in the '80s, sans the extremities of the two decades that followed it. We'll see how that look continues to evolve, but on March 3, one of these competitors will walk away as the epitome of the division.

Autumn Swansen
Tomefafa Ameko
B Barnett
Daniely Castilho
Cinzia Clapp
Antoinette Downie
Lorena Inarro Duque
Jessica Gaines
Heather Grace
Lenore Gregson
Rocio Guillen
Hanna Hallman
Sheronica Henton
Monica Hornbeck
Melanie Horton
Erin Hutchinson
Akane Nigro Ismeal
Michelle Jin
Rosela Joseph
Candrea Judd-Adams
Anne Marie Kam
Carrie Lawyer
Loan Leonard
Zoa Linsey

Sandra Lombardo
Donna McGinn
Geraldine Morgan
Jaquita Person
Dona Pohl
Tamara Qureshi
Danielle Reardon
Joanna Romano
Leonie Rose
Lisa Marie Sanders
Angel Saucier
Diana Schnaidt
Alana Shipp
Mikaila Soto
Indrell Thomas
Leila Thompson
Brooke Walker
Margita Zamolova



AUTUMN SWANSEN



DANIELLE REARDON



AKANE NIGRO ISMEAL



MIKAILA SOTO

FIGURE INTERNATIONAL

Latorya Watts hopes to turn up the voltage on her competition for a second Figure International win.

■ The impossibly tiny waist, the full, shapely quads, hamstrings, and glutes, and the round, separated delts that complete the cartoonish (in a good way!) proportions of last year's Figure International winner make Latorya Watts a hard competitor to outshine. But Camala Rodriguez-McClure, Gennifer Strobo, Candice Lewis-Carter, Cydney Gillon, Heather Dees, and others will try to dim Watts' brilliant physique as she tries to add to a résumé that also includes two Figure Olympias.

Latorya Watts
Brittany Campbell
Natalia Coelho
Heather Dees
Swann De La Rosa
Michele De Silva Pinto
Cydney Gillon
Ivana Ivusic
Candice Lewis-Carter
Vera Mallet

Julie Mayer
Krystal Ricci
Camala Rodriguez-McClure
Carly Starling-Horrell
Gennifer Strobo
Nikolett Vasvari



LATORYA WATTS



CAMALA RODRIGUEZ-McCLURE



GENNIFER STROBO



CANDICE LEWIS-CARTER

BIKINI INTERNATIONAL

Currently tied with one other competitor for most Bikini International titles, India Paulino wants a third one this March to set the record straight.

■ She won it in 2013 but then had to settle for sixth in 2014 and fourth in 2015. But the former cop is tougher than you think, and India Paulino turned things around and beat out Justine Munro, Janet Layug, Angelica Teixeira, and others to once again rule bikini land last year. That ties her with Ashley Kaltwasser for most wins on this stage. If Paulino wants to triumph again, she will have to face down the aforementioned competitors, plus new Bikini Olympia champion Courtney King and a host of others, if she is to become a three-time Bikini International champion.

India Paulino
Narmin Assria
Sara Back
Romina Basualdo
Bianca Berry
Iveth Carreon
Natoshia Coleman
Marcia Goncalves

Anita Herbert
Janet Layug
Courtney King
Stephanie Mahoe
Christie Marquez
Justine Munro
Jennifer Ronzitti
Michelle Sylvia
Angelica Teixeira
Elizabeth Yisrael



INDIA PAULINO



COURTNEY KING



JUSTINE MUNRO



JANET LAYUG

THE
ULTIMATE
GAINER
FOR MASS,
POWER
AND SIZE

BEYOND RAW®



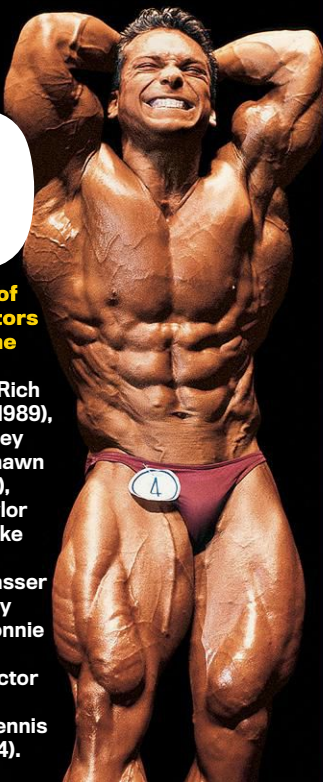
NEW AND ONLY AT GNC

BEYONDRAW.COM
GNC.COM/BEYONDRAW

ARNOLD CLASSIC BY THE NUMBERS

9

Number of competitors to win one Arnold Classic: Rich Gaspari (1989), Mike Ashley (1990), Shawn Ray (1991), Vince Taylor (1992), Mike Francois (1995), Nasser El Sonbaty (1999), Ronnie Coleman (2001), Victor Martinez (2007), Dennis Wolf (2014).



3

Number of Arnold Classic titles held by two men, Jay Cutler (2002-04) and Kai Greene (2009-10, 2016).

2

Number of men to hold Arnold Classic and Mr. Olympia titles in the same calendar year: Ronnie Coleman (2001) and Dexter Jackson (2008).

5

Record for most Arnold Classic titles, held by Dexter Jackson (2005-06, 2008, 2013, 2015), and record for most Fitness International titles, held by Adela Garcia (2004, 2006, 2010-12).



YOU ARE AN EXPERIMENT



BEYOND RAW®

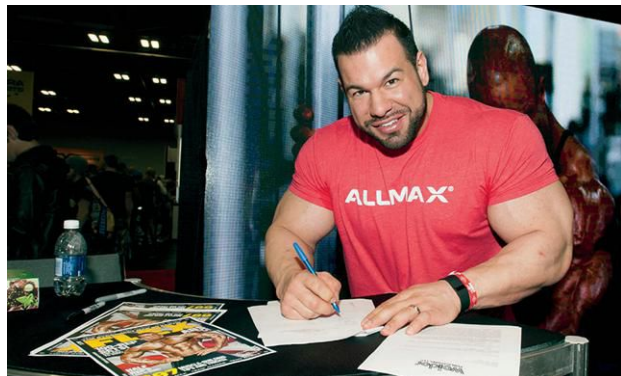
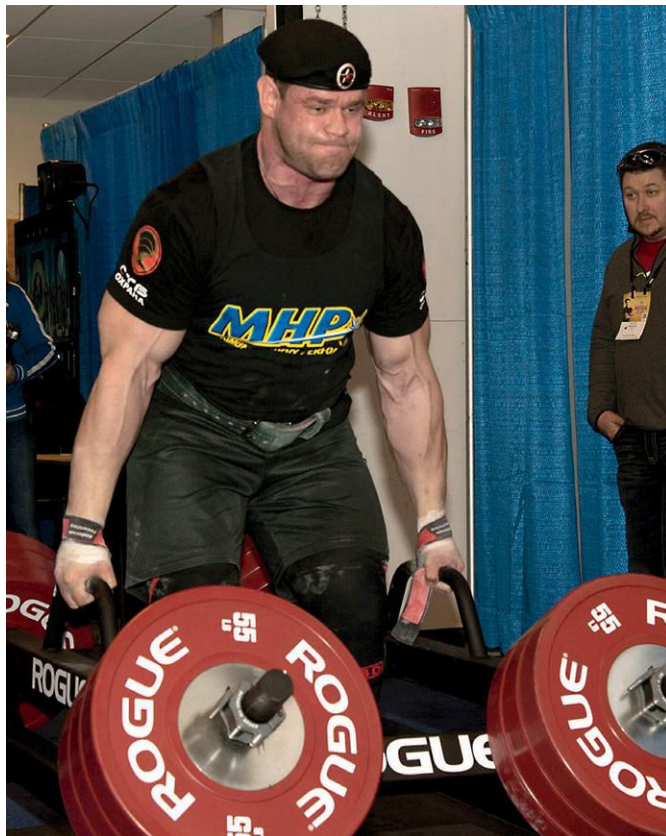
TO GET MASSIVE, YOU HAVE TO GO MOLECULAR.

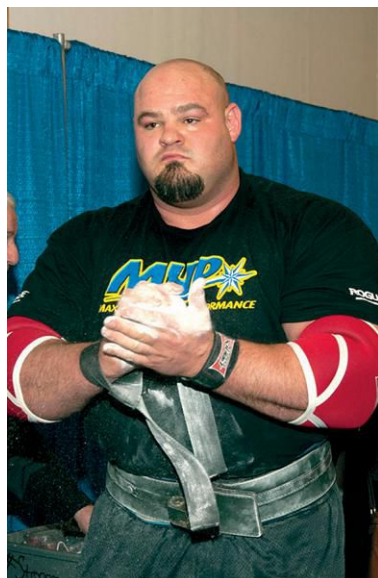
BEYONDRAW.COM | GNC.COM/BEYONDRAW

NEW AND ONLY AT GNC.

ARNOLD CLASSIC EXPO

Amateur competition, dance and fitness, Olympic, strength and combative sports, and celebrity sightings are just some of the many highlights to experience at the fan-favorite Arnold Classic Expo. **FLEX**







TO THE VICTOR...

VICTOR MARTINEZ, THE 2007 MR. OLYMPIA, AND WHAT COULD'VE BEEN

BY GREG MERRITT

■ He's never been the biggest guy, though he's pretty damn big. He's never been the leanest guy, but he's usually lean enough. And he's never flexed one body part that wows you, but together they all do. Since his pro debut 16 years ago, Victor Martinez has utilized his classical combination of shape and size to etch out a remarkable career much greater than his tally of six pro titles. And yet the past decade was also marred with a pang of melancholy for what could've been. This year marks the 10th anniversaries of both the Dominican Dominator's greatest win and his greatest loss.



THE RISE

Born in the Dominican Republic on July 29, 1973, Martinez won a New York City bodybuilding contest when he was a teenager. He rose through the East Coast muscle ranks but didn't enter his first pro qualifier until he was 27 in 2000, when, seven months after taking his class but not the overall at the lowly Junior USA, he won the NPC Nationals. Seemingly rushing out of the shadows to beat pre-contest favorite Troy Alves, Martinez was suddenly bodybuilding's next big thing. At 5'9" and 225, he had it all—quads, lats, pecs, arms, abs—but what was best was the way everything flowed together for a pleasingly

symmetrical physique. His shape could make bigger Goliaths look like bags of parts.

Still, he struggled with his conditioning his first two years in the IFBB Pro League and suffered embarrassingly low placings as a result. (Wait, wasn't Victor in that show?) He won his first pro title in 2003 over a weak lineup and another in 2004 against a stronger cast. The Olympia is where rankings truly get sorted out, and his fifth in 2005 was an eye-opener. The following year, when he was third behind only Jay Cutler and Ronnie Coleman, this New Yorker had quickly climbed to a bronze place in bodybuilding's ruling trinity. Could Martinez seize the crown?

HIS YEAR

First things first. He bested two future Mr. O's, Dexter Jackson and Phil Heath, on his way to a decisive victory at the 2007 Arnold Classic. It was and still is his greatest victory. But in the aftermath, the chatter was not about him possibly toppling the new king Cutler. After Cutler had struggled so long to defeat Coleman, the bodybuilding world assumed his only possible competition next time was the vengeful, eight-time Mr. O. But Ronnie was no longer Ronnie. Frankly, the consensus was to expect no drama in the Orleans Arena in 2007. Just give Cutler his second Sandow, and let the other top placings sort out for future years. But then Cutler was off. And Martinez was on. And from the bottom depths the year before, Dennis Wolf was so stupendous fans howled for him.

After three of the four judging rounds, Jay Cutler held merely a one-point advantage over Victor Martinez, and the challenger had just won Round 3. Talk about drama! In the end, the reigning champ repeated by only four points, making this Olympia the closest of the modern era and

THE 2007 ARNOLD CLASSIC WAS AND STILL IS HIS GREATEST VICTORY.



1

VIC'S TRAINING TIPS GO HEAVY

"In the beginning, it was just about lifting heavy rather than lifting to look like a bodybuilder. But even to this day, **I love the feeling of lifting heavy barbells and dumbbells.** It doesn't feel like a workout until I've lifted some big weight."

From left: At 225, winning the 2000 Nationals; at 250, second in the 2007 O.



arguably ever. It wasn't just a toss-up on scorecards. At 250 pounds, the Dominican Dominator beat the 267-pound champ in three poses (front double biceps, side chest, abs and thigh), lost in three (front lat spread, rear lat spread, rear double biceps), and at least tied in the other two (side triceps, most-muscular). (But, wait, Dennis Wolf had the best rear double biceps, front lat spread, and most-muscular in the show.) You can make a strong case that Martinez was the superior bodybuilder on Sept. 28-29. Many people did, and many still do. But when it had been about Coleman and Cutler for so long, it was hard to wrap your head around Martinez having as many Sandows as Cutler. Only later, with time to focus on comparisons, did it come into focus. Well, wait till next year!

"This was only his first second at the Olympia. Try getting second four times. That's when you really feel the pain," Cutler said backstage with his second Sandow in hand. "He'll be back. And I'll be waiting. He'll have another chance next year."

YOU CAN MAKE A STRONG CASE THAT MARTINEZ WAS THE SUPERIOR BODYBUILDER IN THE 2007 OLYMPIA.

"He'll be back. And I'll be waiting," Jay Cutler said. "He'll have another chance next year."



A few minutes before when Cutler was giving his acceptance speech, Martinez was backstage, still a bit stunned by how close he had just come to immortality. "I got work to do next year. Things will go my way, too, one day." A moment later, he added with a weary smile, "Next year."

THE DOWNS AND THE UPS

Next year. There's always next year. Until there's not. For Victor Martinez there was no next year. Next year, Dexter Jackson shocked the world and became the 12th Mr. Olympia while Martinez watched from the audience. January of that next year, while warming up, Martinez ruptured a tendon in his left knee. It was more than a year before he competed again, and when he did he placed second in the 2009 Arnold Classic. He wasn't all the way back, but he was getting there, and he had another six months of leg workouts before the O. But that summer, he suffered a greater tragedy when his older sister was murdered. He landed in sixth in his comeback Olympia and a distant eighth the next year. Martinez rebounded in

KEVIN HORTON(2); PER BERNAL

A full-page photograph of a muscular man, Vic Simms, performing a rope pull exercise. He is wearing a black tank top with orange trim and a logo that reads "NATIONAL PHYSIQUE COMMITTEE USA BODY BUILDING". He is holding a thick rope with both hands, and his right arm is flexed, showing extreme muscle definition. The background is a dark gym setting.

2

VIC'S TRAINING TIPS

MODERATE REPS

"I mostly stick to the 10 to 12 range on reps. Sometimes I'll pyramid and go down to five or six reps, but most of my reps are in those low double digits, which are safer and stimulate more growth.

The key is to do moderate reps but go as heavy as you can."



3

VIC'S TRAINING TIPS

FULL RANGES OF MOTION

"From very early on, one thing that was important to me, as far as training goes, was form. I used to watch Arnold Schwarzenegger training in *Pumping Iron*, and I'd look at experienced guys in the gym and pay attention to the form they used. Then I would visualize what I had seen them doing, and I'd do it myself. When I saw guys doing those quick half-rep bench presses, I knew their form was bad because Arnold would bring the bar all the way down to his chest and all the way back up. **So I learned to train the right way, lifting through a full range of motion and never using a weight that I couldn't handle.**"

PER BERNAL

4

VIC'S TRAINING TIPS BASIC TRAINING

"I do all the basics—bench presses, squats, deadlifts. But I may not do them first. Squats I do last in my leg routine. And I do things, like the clean and press, that other guys don't do. I love compound exercises, working multiple muscles together."



2011, the year he turned 38, with a fourth at the Olympia and, just afterward, a victory over Dexter Jackson in the Arnold Classic Europe.

But, upon returning to New York from Madrid, he was detained at the airport. His American permanent residency had expired. He spent nearly six months incarcerated while facing the threat of deportation. As a consequence, just when he had seemingly turned the page, he lost another year (and a lot of muscle). In his 19 pro contests since returning to stages in 2013, the Dominican has not been much of a dominator. He's won only two minor pro shows, and, though he qualified for the Olympia all four years, he no longer impacted the top six. Lacking the roundness

NONE CAME CLOSER WITHOUT SUBMITTING THAN VICTOR MARTINEZ IN 2007.

and 3-D effect he possessed at his peak, he had a highest finish of eighth. Finally, Father Time, the ultimate dominator, is starting to exert his advantages.

ALTERNATE HISTORY

The 2007 Arnold Classic champ turns 44 in July, and we're left to wonder what could've been. What if he'd never snapped that tendon?

The 2008 Olympia was the one Cutler lost and Jackson, who was great but not at his all-time best, won. If Martinez had merely repeated his 2007 form, he and not the Blade probably would've been the 12th Mr. O, and he would've lived forever as an immortal member of the Sandow Society. And his win would've set up an epic size-versus-shape,



**“THINGS WILL
GO MY WAY,
TOO, ONE
DAY...NEXT
YEAR.”**

5

VIC'S TRAINING TIPS **NEGLECT NOTHING**

“I hit calves and abs every other day. And at times in my career I've worked forearms. When I was starting out I did a lot of wrist curls and reverse curls. Who doesn't want big forearms?”

They're a lot more visible when you're just walking around than your pecs or lats.”

6

VIC'S TRAINING TIPS **PRIORITIZE**

“Whatever I want to focus on the most I'll do first in my workout. So I'll usually do hamstrings before quads in my leg workout, and incline presses before flat bench presses in my chest workout. And my shoulder workout I start with side laterals. This focuses on the target area when I'm strongest, and it also pre-exhausts that area so it'll get more work when I do other exercises after that.”



CHRIS LUND: ROBERT REIFF



Cutler-versus-Martinez rematch in 2009. If he had never been detained in 2011, he would've been in the Olympia mix again in 2012, the last year he could've competed in his 30s. Perhaps he would've been fourth again, and perhaps he would've been even higher. We would've been treated to another

year or two of peak Martinez.

What could've been? It's the question that haunts so many bodybuilders but especially the few who came so close to the top without summiting. None came closer than Victor Martinez in 2007, and none suffered a more devastating setback than he did

just three months later. What could've been? We'll never know. We know only what was and what is. Let's celebrate what was and what still is, because Victor Martinez, with his rare combination of shape and size, of mass with class, was and still is phenomenal. **FLEX**





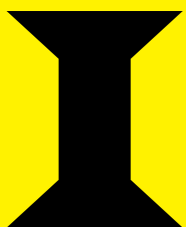
LAST DECEMBER,
A GROUP OF
IFBB PROS JOINED
SEVEN-TIME
MR. OLYMPIA

ARNOLD SCHWARZENEGGER

FOR A STAR-
STUDED PHOTO
SHOOT AT MUSCLE
BEACH VENICE, CA

● ● ●

**PHOTOGRAPHS BY
PER BERNAL**



"I just wanted to say that I think the entire issue is fantastic!" Arnold Schwarzenegger had just FaceTimed me to give me his feedback on the December 2016 FLEX.

"I especially like the gallery of photos by that one photographer..."

"Per Bernal?" I interject.

"Yeah. He's terrific," the Austrian Oak asserts. "It reminds me of the stuff Artie Zeller shot of us on the beach, but updated."

"I agree," I say. "Per is brilliant, and I know he's

wanted to shoot with you for a long time now."

"So, let's do a shoot," he retorts. "Let's re-create one of those old Muscle Beach shoots."

"Will you be there if we do it?" I ask.

"Of course!" he replies. "Just set it up."

And so, on Monday, Dec. 12, 2016, Arnold Schwarzenegger's vision became reality, in a shoot that will surely be seen with the same kind of reverence with which we look at those classic Muscle Beach shoots.



2



3

1. From left: Classic Physique Olympia champ Danny Hester, Stan McQuay, Breon Ansley, and Calum Von Moger do old-school T-bar rows.

2. Narmin Assria adds a little weight to Karina Elle's squats. Assria sure is more motivating than a loaded barbell in the squat rack!

3. The less well-known Muscle Beach Rockettes practice their synchronized curls in the sun. You can see they need some work!

**RETRO
FITNESS**



The classic Muscle Beach scene was re-created with a whole new generation, conducted by the man himself, Arnold Schwarzenegger.



1. Brad Rowe does some serious incline bench presses. Of course, it's easy to rep out with 315 when a seven-time Mr. Olympia is spotting you.

2. McQuay and Hester take the definition of training together to a whole new level.

3. Not only could you expect to see some of the greatest bodybuilders in the world training at Muscle Beach, but you could also expect to see gorgeous ladies and impressive gymnastic feats like this.





1. It's a good thing three-time Fitness Olympia champion Oksana Grishina didn't wear all her first-place medals or Rowe might have had a little trouble keeping her in the air.

2. The new generation of iron pumpers pose for a photo (and a day) that will be remembered for years to come.

3. McQuay, Hester, and Ansley, representing classic physique in a classic setting. **FLEX**

WANT MORE MUSCLE? See tons of exclusive photos here:

ONLINE
FLEXonline.com

MUSCLE & FITNESS
March 2017 issue

MEN'S FITNESS
March 2017 issue



**Muscle Beach,
with its storied
past, remains
a magical place
for fitness
enthusiasts
everywhere.**

3





A DIFFERENT

BEAT

FORMER DRUMMER **LUKE SANDOE** DID IT HIS WAY TO BECOME THE 2016 BRITISH CHAMP. NOW HE'S MARCHING TO COLUMBUS FOR THE ARNOLD CLASSIC.

BY **JOHN PLUMMER** PHOTOGRAPHS BY **CHRISTOPHER BAILEY**

FOR THREE YEARS,

the same question haunted Luke Sandoe. Could he diet? Nobody doubted that Sandoe had the potential to be the British champion. He had shown as a junior and intermediate that he had freaky muscle bellies and size aplenty. So, much was expected when he stepped up to the super-heavyweights in 2013 at the age of 24.

But then he seemed to be stuck in Groundhog Day for three years. Sandoe turned up at the British finals looking several weeks out and didn't make the top six. The same thing happened in 2014. As Oscar Wilde might have said, to mess up once due to conditioning may be regarded as a misfortune, but to mess up twice looked like carelessness. When it happened a third time in 2015, it began to look like he couldn't hack it. The whispers intensified. Could he diet?

What most people didn't know was that Sandoe had been busting his backside following some of the strictest protocols imaginable. "I once ate nothing for six weeks except fish and vegetables and did two hours of cardio every day," he recalls. "The only carbs I had were 30g of oats after training. It was absolutely awful. I stuck with it, but the harder I tried, the worse I seemed to look."

Bodybuilding, however, is hideously cruel. Fans only see what is presented onstage and if someone isn't diced, they assume they've had their meals

prepped by Burger King. They weren't prepared to believe that Sandoe, a young guy learning about his body who had put his faith in various trainers, had been chowing down cod and broccoli. The evidence onstage was all that mattered, and Sandoe admits that it didn't look good. "I had never got in shape," he admits bluntly. "I always thought I had potential. I knew there was something there. But I hadn't managed to bring it out."

Finally, after his 2015 nightmare in Nottingham, Sandoe had had enough. "I said I was never going to feel like that again," he says. The former drummer decided it was time to work to a different beat.

LEARNING TO CHEAT

Sandoe enlisted the help of U.S. prep coach Justin Harris for the 2016 season. Out went calorie-restricted diets and daily doses of two hours of steady-state cardio. In came high-carb days and short bouts of high-intensity cardio.

For someone like Sandoe, brought up in the British school of sucking up pain and getting on with it, Harris' methods seemed like sacrilege. "At first, I thought it was insane," he says. "I expected to get really fat." He trusted the process, and soon there were encouraging signs. "Justin pushed me to the point where I got flat, then he would fill me up with cheat meals," he explains. "I'd look terrible for three days afterward, then, when the weight dropped off I'd look incredible."

Throughout his off-season, Sandoe was allowed three high-carb days a week, and one of those days was a designated unlimited cheat day when he could have as many carbs as he wanted. He was permitted between 800g to 1,200g of carbs on his other high-carb days. All three high-carb days coincided with training days for big body parts. Medium-carb days were reserved for smaller body parts and he went low carb (often just 50g) on nontraining days. Daily protein intake was 350g to 400g.

Sandoe photographed at M10 Fitness in Nottingham the day after he won the 2016 British Championships.





At 20 weeks out, two of the weekly high-carb days were reduced to medium-carb days, so things got tougher, but Sandoe still had the luxury of unlimited carbs one day a week—and he absolutely loved it. “I was essentially having a refeed every week,” he says. This carried on until the final week. “Eight days out, I had sushi. By that stage, my body was working like clockwork and my energy levels were great.”

Sandoe’s workouts changed from high-volume pump training to heavy lifting. “One of the reasons I teamed up with Justin was we had similar ideas on training,” says Sandoe. “He gave me some pointers, but essentially this is the way I like to train. I believe in heavy training. The best Olympians are the biggest and strongest.”

All cardio was high intensity. It began with 12 minutes a day on a step machine or cross trainer—four continuous rounds of two minutes easy followed by one minute hard. By contest time, he could maintain this pace for 40 minutes. “The time went a lot quicker, and I was able to train harder because I was fitter,” says Sandoe.

LUKE SANDOE

AGE 28

BIRTHPLACE

Bournemouth, Great Britain

HOME Essex, Great Britain

HEIGHT 5'8"

CONTEST WEIGHT

247 pounds

CAREER HIGHLIGHT

2016 UKBFF overall British champion

AMBITION

To make it to the Olympia stage and also compete at the Arnold Classic while growing Elite Body and Fitness coaching

TRAINING ADVICE

Find the movements that feel good for your mechanics and get as strong as possible in a variety of rep ranges

SPONSORS

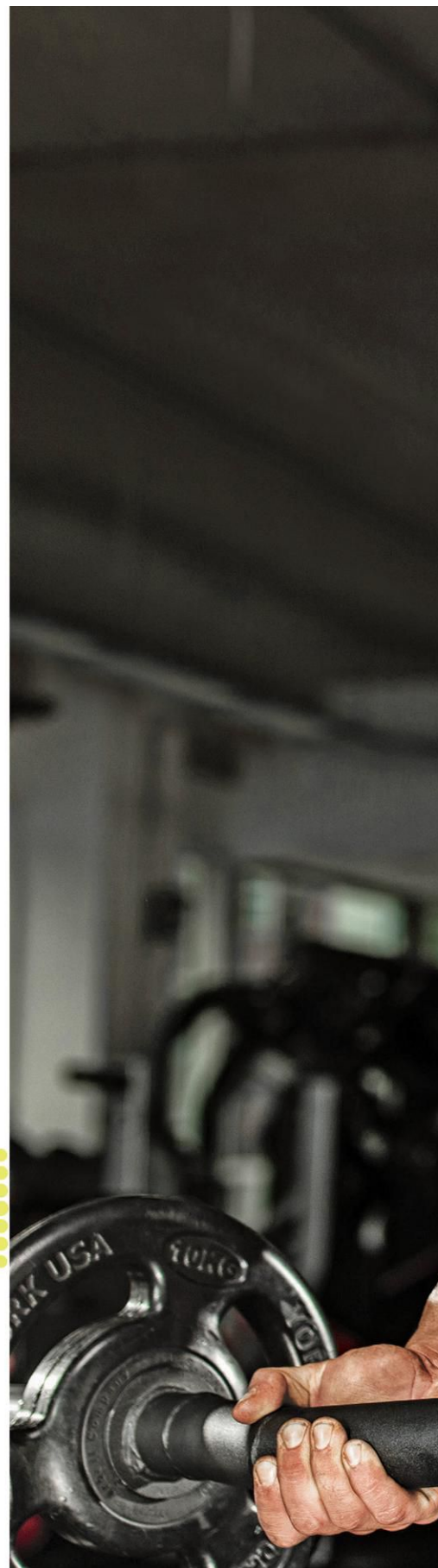
Gaspari Nutrition, Mas Body Development, Mammoth Mattresses, Lean Meat LDN, Body Alignment Clinic Essex

SOCIAL MEDIA

Facebook: @Luke Sandoe

Instagram: @lukesandoe

“I ALWAYS
THOUGHT I HAD
POTENTIAL.
BUT I HADN'T
MANAGED
TO BRING IT OUT.”





SILENCING THE DOUBTERS

Sandoe's short-term goal was to regain muscle that had wasted away under his old regime in 2015 then add fresh size. He weighed 258 pounds at the Welsh Championships, 15 pounds heavier than the previous year. His size and structure caused a sensation, but although he won, he wasn't razor sharp. The question intensified—could he

diet? The British Championships were there for the taking five weeks later if he could. Pressure was on.

Sandoe aimed to lose eight to 10 pounds in those final weeks but shed 13 pounds. "I probably lost a little too much, and it cost me a bit of size, especially in my legs," he says. But Sandoe could cope with a small loss of muscularity. The one thing he absolutely had to do was turn up in shape—and for the first time in

his life, he did. He wasn't cut to shreds—few men carrying that much muscle ever are—but he was tight in the hamstrings and glutes. For once, his fabulous structure looked crisp and clean rather than obscured under a slight layer of water and fat.

He won the best super-heavyweight class since the division started in 2009 and, moments later, came back onstage with the other class winners to see who would

Sandoe and his partner, women's physique pro Carly Thornton, hold his trophies.



win the overall title and an IFBB pro card.

When the result was announced, he went numb. "I didn't know whether to laugh, speak, or fall over," he says. "All I wanted all year was to win the overall. That's what I spent every minute in the gym working toward. I have never worked so hard for anything in my life." After four years of trying and failing, he finally had the British title, a pro card—and proof that he could indeed get in shape, that he could diet.

BACK OFF

Sandoe has a different outlook on bodybuilding from a year ago. "I realize now that you can push your body only so hard before it breaks down and starts going backward," he says. "If you keep driving your car as hard as it will go, eventually the engine will explode. Your body is no different."

"I used to keep pushing and pushing and I'd end up losing more muscle than fat. I think it's a particular problem for us bigger guys because the more muscle you have, the more your body wants to give up the tissue, which is why you regularly need filling up. You can't constantly push, push, push." Make no mistake, Sandoe's contest prep last year was far from easy. "I did suffer and felt like death at times but because I had high-carb days I had the energy to work hard all the way through," he says.

Sandoe joins a booming British IFBB pro scene. 2015 national champion Sasan Heirati finished fifth in his rookie year and 2014 champion Nathan De Asha won two pro shows and competed at the Mr. Olympia in 2016. Sandoe flew to Toronto to support his partner, Carly Thornton, in the women's physique pro show and saw De Asha win. "It really revved me up going out there and seeing Carly and Nathan do well," he says.

After years of dieting, he's hungry now for a taste of the big time and he'll get his shot when he makes his pro debut on March 4, at the Arnold Classic in Columbus, OH. **FLEX**

SANDOE'S SPLIT

DAY 1

Back and
delt

DAY 2

Chest and
shoulder

DAY 4

Arms and

DAY 5

Rest

DAY 6

Repeat Day 1





UNCONVENTIONAL WARFARE

FLEXONLINE.COM **173**

I

"I have my own way of training now." So says IFBB pro Maxx Charles, in one hell of an understatement. Known for a style that leaves experts aghast, he'll blast a body part for hours, contort common exercises into his own creations, and cut short his range of motion in some cases while extending it in others.

In short, his workouts are like nothing you'll see any other bodybuilding pro do, much less your typical gym rat. But no matter—with eight top-six pro finishes and a 2015 Tampa Pro title tucked under his belt over the past three years, the 5'11", 265-pounder from Port-au-Prince, Haiti, has all the proof he needs that he can trust his instincts. He grows.

While you don't have to go to the lengths Charles has in changing up your routine, you can learn a thing or two from his style. As bodybuilders, we can all benefit from retooling our program on a regular basis—it's a key strategy to avoid plateaus, which occur when the body adapts to a certain stimulus and stops responding to it.

Take shoulders, for instance. If you provide them a steady diet of standard seated presses, lateral raises, and upright rows week in and week out, you'll likely reach a point where your progress grinds to a stop. That's where some new twists on those old exercises can come to the rescue, hitting your delts in a fresh way, waking up different muscle fibers and lighting up new nerve pathways.

With that in mind, consider these five takes on the most common delt moves—any or all can help kick your development into gear and take your shoulders to the maxx.





CHARLES' TRAINING SPLIT

DAY	BODY PART(S)
Sunday	Hamstrings
Monday	Back
Tuesday	Chest
Wednesday	Legs
Thursday	Shoulders
Friday	Back
Saturday	Legs (touch-up), Biceps (sometimes)

NOTE Charles only occasionally trains arms, since at 24 inches they begin to overpower his upper-body structure.

SNAPSHOT MAXX CHARLES

Birthdate Feb. 21
Height 5'11"
Weight 265 pounds contest
Birthplace Port-au-Prince, Haiti
Current Residence Long Island, NY
Sponsor Scitec Nutrition
Contest History 2015 Tampa Pro, 1st; 2015 New York Pro, 3rd; 2015 Olympia, 12th; 2013 USA Championships, super-heavyweight and overall winner (earned pro card)
Online Facebook and Twitter @Dominate2DMaxx; Instagram @maxx_charles

Chest and arms are the primary showstopper body parts, but for a visual impact that truly packs a wallop, shoulders are hard to beat. As Maxx Charles demonstrates, they give the appearance of super width, whether viewed from the front or the rear.



SMITH MACHINE PRESS TO THE REAR

"People tend to stick to presses with the bar to the front because they're scared to go behind the neck," Charles says. "They feel like they're going to get injured if they lower the bar to the back. That's not really the case, though—any exercise is more dangerous if you don't know what you're doing and just pick up a weight but don't understand how to keep the tension on the muscle you're trying to train."

Admittedly, lowering the bar behind the head feels awkward,

especially at first, but it does position the middle of the bar directly over the deltoids, as opposed to the front version, which places it more over the upper chest. "I feel it engaging my middle delts more when I'm lowering the bar behind my head," Charles says.

To do it, Charles often uses a Smith machine, where the trajectory of the bar is fixed, meaning he can concentrate fully on the contraction of his delts without worrying about balancing the load when handling heavier

weights. He sets the adjustable bench so it's not quite straight up but a few ticks back, which provides the room he needs to lower the bar. He takes a grip outside shoulder width in which his elbows align directly below his hands, then lifts the bar and twists it to clear the hooks from the supports. His chin is down, so the top of his head is out of the way of the descending bar.

With a deep breath in, he lowers the bar straight down until it is just below the level of the top of his head, then powerfully



reverses course, breathing out forcefully as he lifts the weight back overhead—at the top, his elbows are extended but not fully locked out.

"When I lower the bar, I don't go past the middle of the back of my head," Charles says. "I wouldn't go deeper than that on a working set, unless I'm doing a dropset. I can go lower then because I'm using a lighter weight, and the point of dropsets for me is to stretch out the muscle—this exercise is perfect for that."

CHARLES' SAMPLE DELT ROUTINE

EXERCISE	SETS	REPS
Smith Machine Press to Rear*	4*	10-20
Prone Shoulder Machine Press	3	30-50
Lateral Raise	3	20-30
Wide-grip Cable Upright Row	2	20-30
Machine Front Raise	1	20-30
Machine Rear Delt Row	2	20-30
Reverse Pec Deck Flye	3	20-30
Cable High Pull	2	20-30
Dumbbell Shrug	2	20-30

NOTE: Before he begins, Charles does a few uncounted sets of cable triceps pushdown and overhead pushdowns to warm up his elbows. Rep ranges are noted here, but Charles doesn't count reps—he goes to failure, which tends to be in the listed ranges.

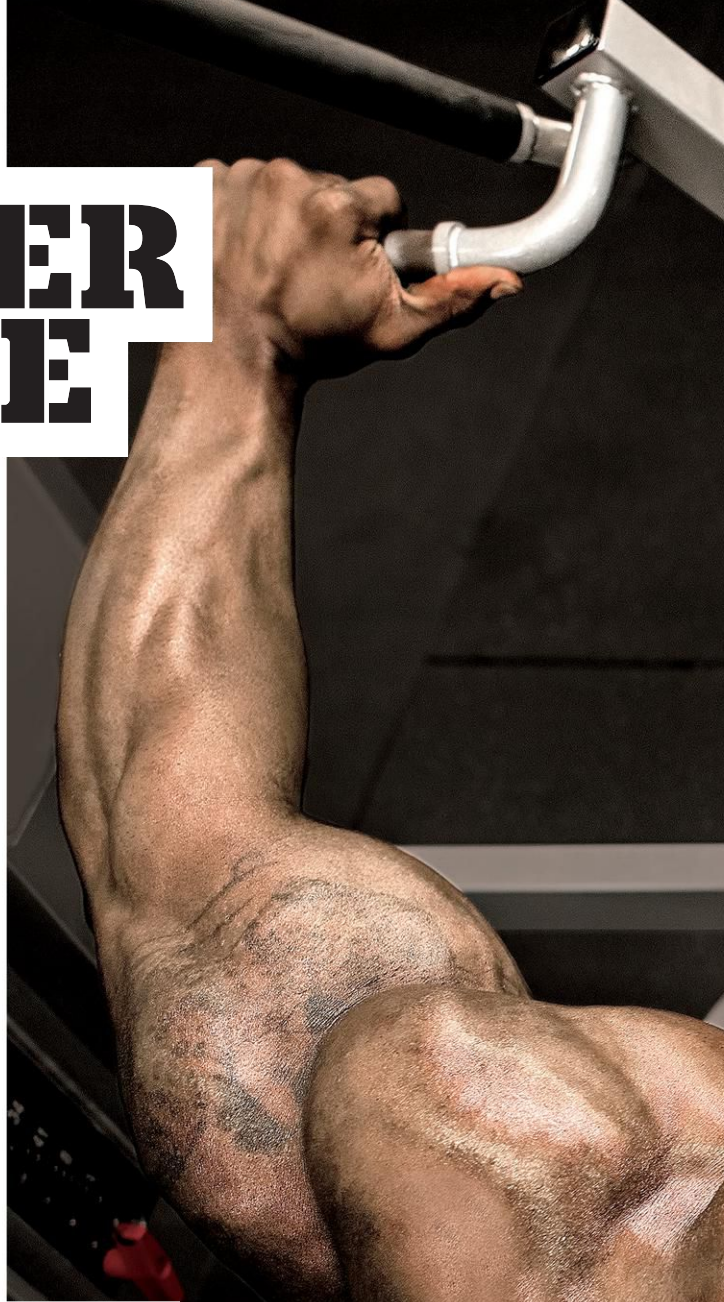
*The final set is a dropset, where he lowers the weight after failure and immediately continues repping, for 3-4 drops total.

PRONE SHOULDER MACHINE PRESS

To fry the front delts, the front raise—either with a barbell or a dumbbell—is the universal tool of choice. But it's not the only option. By turning facedown on a specialized shoulder-press machine, Charles has found a way to do a press that engages more of the front delts. "The angle means [the resistance] is directly over my front delt instead of the middle delt, [which is the case] during a regular seated press," he says.

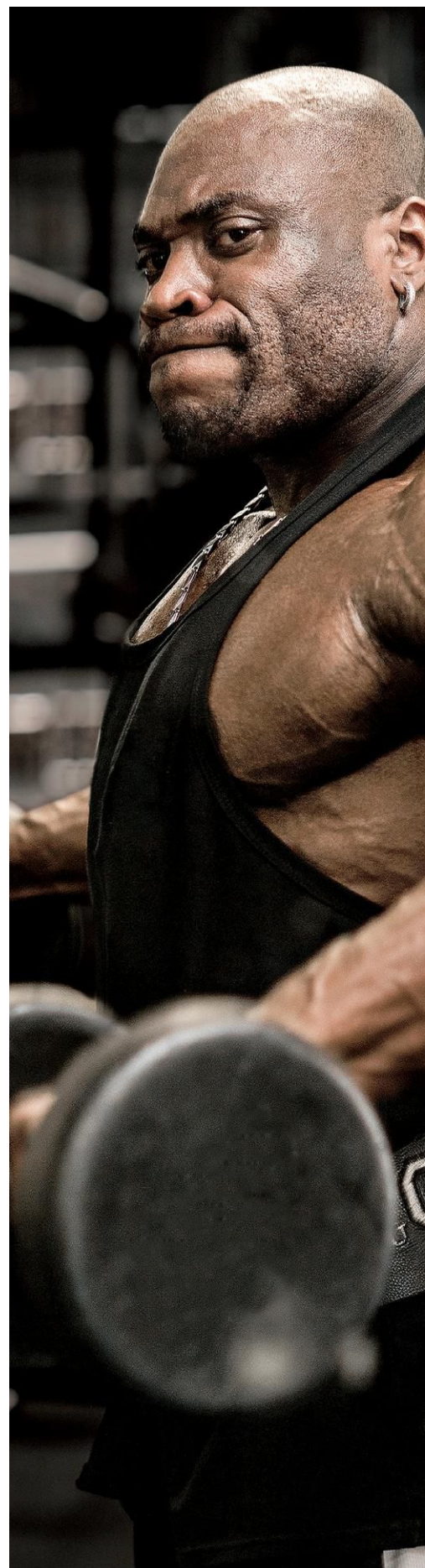
Of course, your gym likely doesn't have the machine pictured here. No matter—the bigger lesson is to get creative, whether that means finding a machine that allows for you to sit reversed, or setting up in a Smith machine where you angle the seat slightly back from perpendicular, or shift your hips a few inches forward on a Hammer Strength seated press. Whatever you can do to shift the emphasis more toward the front delts.

To do this move, Charles lies facedown on the pad and grasps the machine handles, palms facing forward. He presses just enough to lift the weight off the stack and from this starting position, presses the handles forcefully forward. He'll do three sets, ranging from 30 to 50 reps. "I go to failure until I can't get no more," he says. "I don't really believe in the typical 8- to 12-rep range. I have no idea why that number matters so much, because your body can't count how many reps you do and respond. It knows only how much you're beating it up."





Doing this move facedown lets Charles shift emphasis directly to his front delts, which add the necessary pop in front, side, and even rear poses.



If standard lateral raises just aren't cutting it, try Charles' special version.



EXTENDED-RANGE-OF-MOTION LATERAL RAISE

These may look like regular run-of-the-mill laterals at first, but the muscle-building devil is in the details. With elbows slightly bent, thumbs in a naked grip on the same side of the bar as his fingers, Charles lifts the 'bells to a point where his arms are past parallel to the floor.

The key, he says, is the mind-muscle connection you forge when doing his variation. "The best way to explain it is to just think of it like, instead of doing laterals, you're doing a shrug—not for your traps but for your delts," Charles says. "That's how I bring the weight up. I'm still moving like it's a side lateral, but I'm actually 'shrugging' my delt as I'm lifting. It keeps all the tension on my shoulder—I'm really focused on that contraction."

The bend in the elbow is by design as well. "I see people do this with their arm fully stretched

out, but there's no way you can hit your delt the way you're supposed to with the elbow straight," Charles says. "Thinking of where the delt is located, I need to position my body in a way that the pressure of the weight goes directly to the muscle I'm trying to train. With your arm straight, the tension goes to the forearm, elbow, and upper arm, but when it's bent, there's a more direct connection to the middle delt."

To do it, Charles grasps a dumbbell in each hand. With a deep breath in, he lifts the weights out to his sides in an arc, not stopping until they pass the level of his shoulders by a few inches. Breathing out, he brings them down along the same path, with his elbows remaining fixed, stopping the descent before his arms go perpendicular to the floor, which would let the delt completely relax.





WIDE-GRIP UPRIGHT CABLE ROW

Cables are always an option when it comes to switching things up, and shoulders are no exception. With wide-grip upright cable rows, Charles takes advantage of the continuous tension that cables provide, as opposed to the variable tension of a free weight—his front and middle delts remain under pressure throughout the positive and negative portion of each rep.

“With these, I’m focusing more on my middle delt, so I keep my elbows bent even in the starting position,” he explains. “When I pull the bar upward, I’m kind of shrugging it up, similar to how I do the dumbbell laterals, and the bar ends up a few inches in front of my chest just below my chin.”

Charles is also careful to control his downward motion. “When you lower the bar, instead of extending your elbow—which is what most people do, stretching their arms to full elbow extension but not really doing much for your shoulders—I believe in shrugging your shoulder up and then stretching your shoulder down, not really focusing that much on your arms. That’s why I just keep my arms bent to some degree the whole time. I’m not trying to do anything with my arms but just hold the weight,” he says.

With the various handles available, you can adjust your grip, from wide to shoulder-width to narrow, or even use a rope, all of which slightly alters the angle of pull and thus the muscle-fiber recruitment pattern in your delts.



Cable movements offer the added benefit of constant resistance through the full range of motion.



Rear delts are often neglected, but not for Charles'. The Haitian Sensation does three moves for them, one of them shown here.

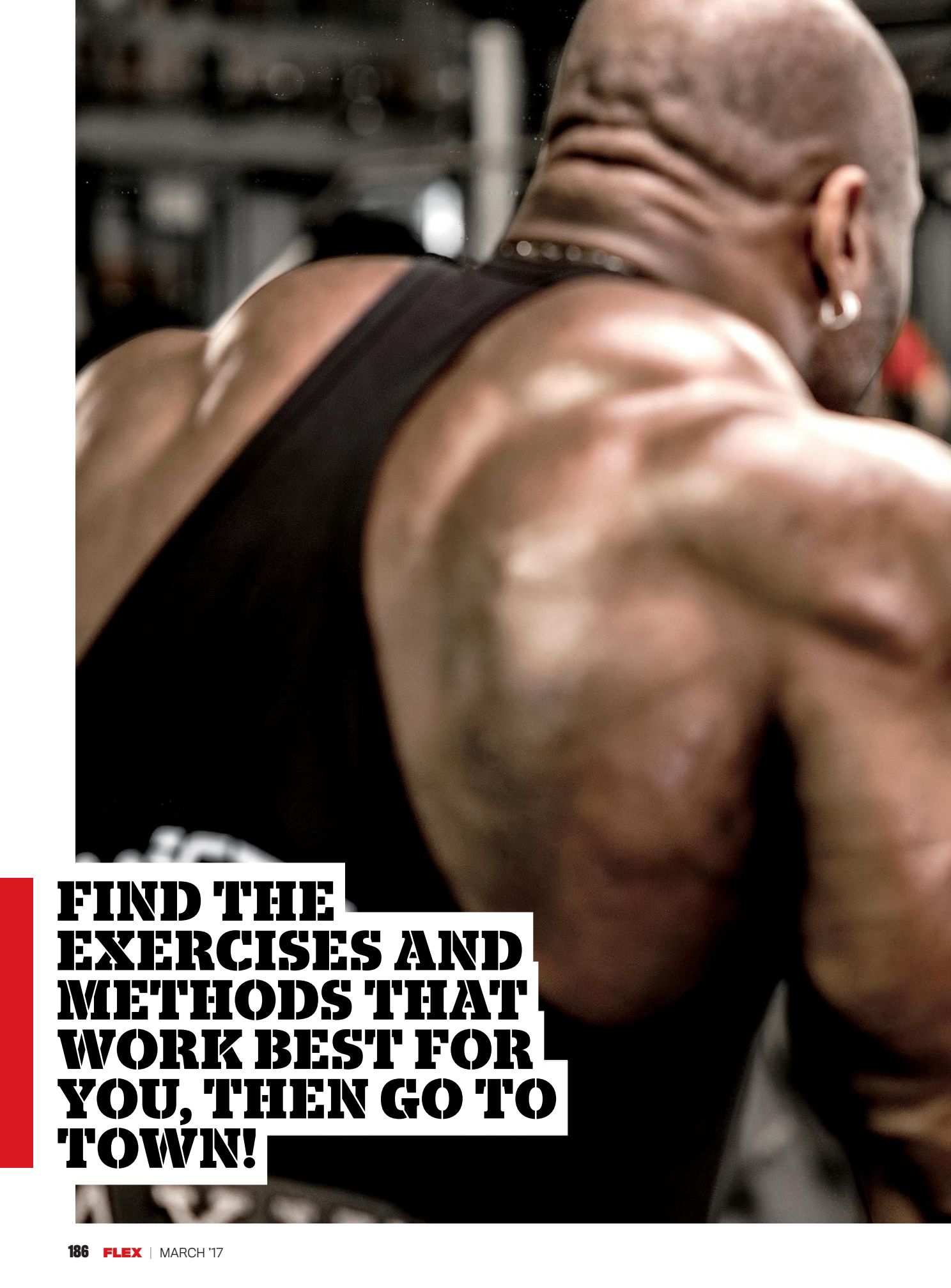


CABLE HIGH PULL

The reverse pec deck is a solid exercise for rear delts, and Charles often includes it in his shoulder attack. But he doesn't stop there, also targeting the harder-to-hit rear delts with this cable high pull.

It's similar to the upright cable row, but he brings the bar to a higher point just above eye level, which calls upon the rear delts because of that extended range and angle of pull. "For it to hit your rear delts, you have to pull it and keep your elbow higher than your rear delt," he says. "Your elbows bend, and you want to make sure you keep them high and out to your sides—if the elbows drop, it becomes more about the lats and upper back." **FLEX**

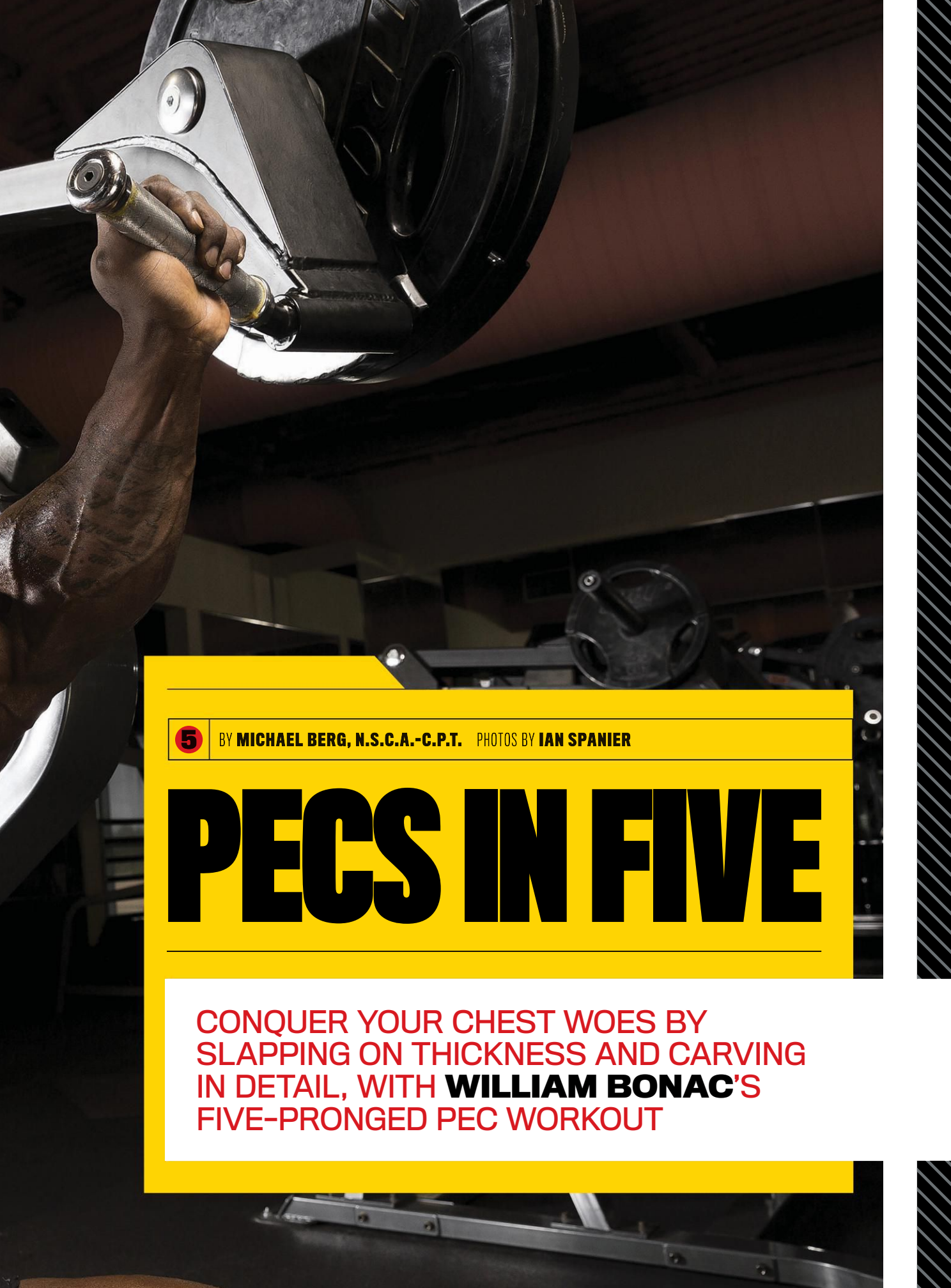




**FIND THE
EXERCISES AND
METHODS THAT
WORK BEST FOR
YOU, THEN GO TO
TOWN!**







5

BY MICHAEL BERG, N.S.C.A.-C.P.T. PHOTOS BY IAN SPANIER

PECS IN FIVE

CONQUER YOUR CHEST WOES BY
SLAPPING ON THICKNESS AND CARVING
IN DETAIL, WITH **WILLIAM BONAC'S**
FIVE-PRONGED PEC WORKOUT



Had you paid a visit to William Bonac's Facebook page on Jan. 11, you would have come across a nasty sight: A close-up view of the Conqueror's half-digested dinner coating the gym toilet.

"Leg day made me throw up my macaroni—had four more sets to go on the seated leg press," he wrote. "So after helping myself with a finger in my throat, I man[ned] up and finished my sets!"

So it goes for one of the best bodybuilders on the planet. No rest, no relenting. That's because the 34-year-old Ghana native knows that there are no medals or accolades for "almost." Having marched up the Mr. Olympia ranks, from 15th in his 2014 debut to eighth in 2015 to fifth in 2016 is impressive, but he has no time to stop and bask in past glories. The only thing that counts is what's ahead, and his sights are firmly set on contending for the Sandow this year.

"What does that top five placing mean to me? It means that hard work pays off, and that nothing is impossible," he says. "Now, me and my coach [Neil Hill] will do all we can to top it in September."

In addition to focusing on his two major off-season goals—further developing his back and expanding his shoulder width—Bonac, who now makes his home in Amsterdam, the Netherlands, aims to maintain his impressive chest, pounding it each Tuesday with Hill's famous Yoda Three Training (Y3T) system.

The "three" in Y3T refers to the weekly progression, with the first week anchored by heavy compound exercises of

6-10 reps each, the second a mix of compound and isolation exercises for 8-12 reps using moderate weights, and the third 14- to 30-plus rep sets of compound and isolation moves performed at high intensities. "I do two warmup sets and

three working sets per exercise," he explains, "plus I improvise a bit with my own ideas now and then. It's based on how I feel that day."

Within that framework, here are the chest exercises Bonac relies on to push his body to its stomach-churning limits.

TRAINING SPLIT

MONDAY
TUESDAY
WEDNESDAY
THURSDAY

Back (width) and biceps
Chest and triceps
Quads and hamstrings
Shoulders, traps,
and calves
Back (thickness)
Rest

FRIDAY
WEEKEND

Y3T SYSTEM

Week 1: Heavy (6-10 reps) compound exercises

Week 2: Moderate (8-12 reps) compound and isolation exercises

Week 3: High-rep (14-30+ reps) and high-intensity compound and isolation exercises

CHEST WORKOUT

EXERCISE	SETS	REPS
Cable Crossover	3	8-12
Flat-Bench Dumbbell Flye	3	8-12
Incline Bench Press	3	8-12
Flat Bench Press	3	8-12
Hammer Strength Incline Press	3	8-12



SHOT ON LOCATION AT CITY ATHLETIC CLUB, LAS VEGAS, NV



①

CABLE CROSSOVER



For this warmup exercise, Bonac takes his place in the direct center of a cable cross station, his knees slightly bent, one leg just a touch in front of the other for balance, grasping a D-handle attached to the upper pulleys in each hand.

His arms outstretched, the fibers of his pectorals taut, elbows locked into a slightly bent position, he inhales deeply, then begins. The pecs flex, pulling his arms across the front of his body in an arc, and his fingers come within an inch of one another in front of his lower abdominals. There, he squeezes hard—as if he's crushing a can between the inner ridges of his pecs—as he blows out his breath, then slowly allows his arms to retreat back to the starting position.

Pro Tip "Don't let the weight stack touch down between reps," he warns, noting that it'll immediately dissipate the resistance and counteract the valuable constant muscular tension that cables provide.

2

NOT PICTURED

FLAT-BENCH DUMBBELL FLYE

Sometimes, Bonac will do flyes instead of crossovers for his first move out of the gate. Lying faceup on a flat bench with his feet planted on the floor, Bonac holds a dumbbell in each hand, resting at his chest, palms facing in. To begin, he extends his arms out to the sides while keeping a firm bend in his elbows. Then—maintaining that same upper- to lower-arm angle throughout—he flexes his pecs to bring the weight in an arc up and over the top of his middle chest, holds the peak for a brief count, then lowers the dumbbells back along the same path.

During each rep, he concentrates on the hard contraction of his muscles to move the weight and the slow release, feeling the blood as it floods into the area, warming it up for the heavy lifting to come.

PRO TIP "Maintain the arm angle through the set," he says. "If you open and close your elbows, you reduce the stress on the pectorals."

3

NOT PICTURED

**INCLINE
BENCH PRESS**

For his first major compound exercise of the day, Bonac will do either an incline

barbell or dumbbell press. "I'll go up to 330 pounds by the final working set, or if dumbbells, I'll go up to 132 pounds and just pump until failure, since my gym doesn't have dumbbells any heavier than that," he says.

When barbell pressing, he'll lie back on the incline station bench, setting his feet, splayed to each side, firmly on the floor for support. He grasps the barbell with a false grip—with his thumb on the same side of the bar as his fingers, although this is not recommended for beginners or early intermediates because of the danger of slippage—and lifts it from the supports, his training partner helping guide the bar into place over his chest.

Methodically, he'll lower the bar, arresting the motion as it touches down to his upper chest, then breathes out forcefully as he extends his elbows and calls on his pecs to press the weight back up to full extension.

PRO TIP "Control the weight on the way up and the way down," he says. "You don't want to put your elbow in a bad position by hitting the top too hard and locking out. You want to finish the rep but not let the elbows hyperextend."

4 FLAT BENCH PRESS





Lying faceup on a flat bench station, feet firmly pushed into the floor, Bonac reaches up, finds the circles etched in the barbell, and wraps his fingers around the bar at a distance just outside shoulder width, again using a false grip. He pulls in a breath and clears the bar from the supports with the help of his spotter.

He brings the bar down slowly, stopping only when the bar contacts his pecs just above his nipples, then with a controlled explosive force, he pushes the bar skyward, stopping just before complete elbow lockout. Throughout each rep, Bonac's wrists remain aligned directly over his elbows, and his elbows angled out away

from his sides, which puts his pecs under the full stretch they need for max stimulation.

Pro Tip "The key to doing the bench press right is to keep your shoulders shifted back as you do it and also stick your chest out," he says. "Think about keeping a big, full chest."



5 HAMMER STRENGTH INCLINE PRESS



After loading his plates on each side, Bonac settles into the seat and grabs each handle, again with the false grip. Raising his elbows so that they align with his wrist and hands, he lifts his chest and focuses his gaze forward. With a strong push, he moves the handles forward to lift the weight, extending his elbows while powerfully flexing his pecs to handle the workload.

At the apex of the motion, his elbows are nearly straight but

not locked out. He holds the peak contraction for a quick count, then reverses course. From here until the end of the set, he doesn't allow the weights to touch down, maintaining tension on the muscle throughout.

As he does on each set, Bonac pyramids the weight up over the course of four to five sets, topping out at 286 pounds. Once he's done on the Hammer Strength, he'll tack on one more isolation movement—often a seated cable crossover, in

which he sets a short-back bench or flat bench in between the cables and pumps out a few sets to total failure.

Pro Tip “Whether it's this or any exercise, the aim is to keep it simple,” Bonac says. “The only additional technique I might do is rest-pause. Over time, I've also trained myself to take less rest between sets without backing down on the amount of weight I use or number of reps I do.” **FLEX**



SNAPSHOT

Birth Date: May 18, 1982

Birthplace: Ghana

Current Residence: Amsterdam,
Netherlands

Height: 5'7"

Weight: 232 pounds contest

Sponsor: Ultimate Sports Nutrition, U.K.

Contest Highlights: 2016 Mr. Olympia, 5th;
2016 Nordic Pro, 1st; 2016 Prague Pro, 1st;
2015 Nordic Pro, 1st; 2015 Dayana Cadeau
Pro, 1st; 2014 Golden State Pro, 1st; 2014
Russian Grand Prix, 1st

Web: Instagram @william_bonac;
Facebook @William-Bonac





FLEX MAGAZINE PRESENTS

WILLIAN BONAG

PHOTO BY IAN SPANIER







**FLEX
MAGAZINE
PRESENTS**

F

R

A

N

K

Z

A

N

E

PHOTO COURTESY OF WEIDER HEALTH & FITNESS



Total Bellas

WWE'S MOST RECOGNIZABLE TWINS HAVE CONTINUED ELEVATING THE WOMEN'S DIVISION WITH THEIR ACTIONS IN AND OUT OF THE RING. HERE'S A LOOK AT HOW THESE BADASS BEAUTIES TRAIN TO KEEP UP WITH THEIR CONTINUALLY RISING STAR. BY **ERIC VELAZQUEZ, C.S.C.S.** PHOTOGRAPHS BY **PER BERNAL**



Eye candy. Fluff. For decades many of the women in various sports entertainment companies,

like the WWE, were relegated to supporting roles that included barely there outfits and action that made most diehard fans grimace. Fast-forward to WrestleMania 32 in April 2016, and you saw the new generation of highly capable, hyperathletic women—led by entertaining duo Brie and Nikki Bella—that gave WWE the perfect excuse to do away with the categorization of a “Divas” championship and introduce a more appropriate “Women’s” title, lending even more (and certainly well-deserved) credibility to a growing division.

The Bella Twins, 32, have become the standard-bearers of this rebranding, and for good reason. They’ve been featured on all five seasons of *Total Divas* on E! and were selected for a spin-off, *Total Bellas*, which debuted last October. Brie was WWE Divas champ in 2011, and Nikki—who is 16 minutes older than her twin—is a two-time titleholder; Nikki’s second reign (301 days) was the longest on record.

Despite managing their

wrestling career (although, Brie is on a hiatus from the ring), *Total Bellas*, and their pay-it-forward women’s health brand, Birdie Bee, the two Superstars still hit the gym hard. They know that forging a world-class physique and mentality begins and ends in the gym. Below we outline the Bellas’ training secrets, alongside a sexy pictorial, and if you think that you can’t learn anything from two of the biggest stars in the WWE, then think again.





HAIR: PAULA NORTON; MAKEUP BY EILEEN SANDOVAL

The half-Mexican and half-Italian Bella Twins made their WWE debut in 2008.

A woman with long dark hair, wearing a blue sports bra and black shorts, is flexing her right bicep. She is looking directly at the camera with a confident expression. The background is white, and the entire image is framed by a thick black border.

“
**As WWE
Superstars we
want to have
confidence and
stand strong in
the ring. We are
tomboys. So for
us, it was always
about physical
strength and
mental strength.**
”



Fitness Secrets of the Bella Twins

Just because they're twins doesn't mean their workouts mirror each other. This smattering of training tips help keep Brie and Nikki in Superstar shape year-round.

BRIE **Barre Class**

Squats have their place, but the specialized benefits of barre training—popularized by ballet dancers and now all the rage on the fitness scene—also come in handy. “I love barre class, specifically pliés, because you are not only working your thighs but also your posture and shoulders. It’s really a full-body workout.” Brie routinely performs three sets of 15 plié squats with a 20- to 30-pound kettlebell.

Focus on Abs

“Abs are always looked at, whether you are inside the ring, in your bathing suit at the beach, or in the gym working out. It’s a spot that everyone is drawn to.” Brie likes the results she sees from reverse crunches and lying leg raises, usually aiming for three sets of 20.

Pushups

Think pushups are overrated? Brie begs to differ. “I do three sets of 20. These are old school but they always work, as long





LEFT Barbell circuits are standard for Nikki (left); Brie enjoys barre classes and band work.

RIGHT Brie married former WWE Superstar and current Smackdown general manager Daniel Bryan in 2014.



as my pelvic bone is tucked under and I am working core, shoulders, chest, and triceps."

Band Play

Brie has a favorite use for resistance bands that emphasizes strength and mobility. "Put the band around your ankles, put two heels together as if you are in a plié, then bend one leg and lift the other—you are lengthening your muscles and ligaments. I always have to work extra hard on my legs, so this helps. I will do three sets of 20, 10 for each leg."

Dumbbell Raises

Taking a page out of the bodybuilding playbook, Brie focuses on dumbbell lateral raises to cap off her deltoids. Brie rocks a set of 5- to 10-pound dumbbells and performs three sets of 15 to really etch that

waist-slimming detail into her delts. "I'm all about my shoulders."

NIKKI **Agility**

Nikki doesn't just head into the gym and start ripping out reps. "I do 45 minutes of dynamic warmups that help with agility. I do a combination of shuffles, high knees, stretching, and Frankensteins." This also prevents her muscles from getting too tight, increasing her longevity in the gym.

Heavy Squats

You don't get legs like this just from aerobics. "For strength and appearance, I squat with weights. My max has been 185 pounds, but during my recovery I've been doing 160. I do three sets of 3-5 reps at my heavy weight [160], or if I want to do medium weight, I'll do three sets of 12."

Complexes

The value of complex training isn't lost on Nikki. She uses these same-weight barbell circuits often to help keep her body ring ready. "This boosts my strength from head to toe."

Push Presses

"This helps with having to lift people in our business and helps with upper-body strength. I usually do three sets of 12, and the weights depend

on the day. If I'm doing it heavy, I'll do three sets of six."

Core Work

"This is not just for appearance but for anything I do in my profession. I have to have a strong core to keep me healthy and protect myself." Nikki likes Russian twists, barbell twists, and planks to keep the muscles near her spine strong while also keeping her waistline lean and toned. **FLEX**



As a competitive athlete you always want to come out on top and do your best work.





224

Flex Wheeler's incredible 1993 Arnold Classic physique has stood the test of time to go down as one of the greatest in history.

LAST SET

YOUR ONE-STOP SOURCE FOR MUSCLE NEWS

Matt Morgan has been a pro wrestler and American Gladiator. Now he wants to be an IFBB men's physique pro.

PAGE 210

Ready to walk out onstage and show 'em what you got? Here's how you can make the best first impression.

PAGE 212

Check out all the top pics from our man Rob Pick (seriously, that's his real name!) at the FitExpo in L.A.

PAGE 214

In this month's Posedown, 45-year old warriors Dexter Jackson and Vince Taylor duel onstage.

PAGE 222



GOLIATH

MATT MORGAN HAS BEEN BOTH A PRO WRESTLING SUPERSTAR AND AN AMERICAN GLADIATOR. NOW HE WANTS A NEW TITLE: IFBB MEN'S PHYSIQUE PRO.

■ Matt Morgan is used to standing out. Whether it was as the most athletic giant in the ring during his days in the WWE and TNA Wrestling or as a member of the second coming of American Gladiators, Morgan has been used to getting attention and establishing his dominance. Nowadays he stands out on a different platform when he takes to the stage at a men's physique contest. It's pretty easy to draw attention when you're 7' tall and almost 300 pounds in contest shape. It's believed that "the Blueprint" is the world's largest men's physique athlete.

"After I retired from wrestling, I wanted to do something to push myself and feel that adrenaline rush I used to have when I was in front of the large crowds kicking butt in the ring. My wife, Larissa [who competes in figure], and some friends were talking about how I would stand out if I were to compete in a bodybuilding show. I thought about it and decided right then that I was going to do it, and men's physique felt like the right division for me."

The proud father of young son Jackson would see that commitment through and compete for the first time in 2015. He placed fourth and was hooked. Morgan



Matt Morgan poses with both TNA World Tag Team Championship belts after a successful defense of the title at a TNA Impact taping in 2010.

MATT MORGAN

BORN
Sept. 10, 1976

HEIGHT
7'

WEIGHT
285 pounds
(contest),
300 pounds
(off-season)

INSTAGRAM
@bpmattmorgan

TWITTER
@BPMattMorgan

SHOULDER ROUTINE

EXERCISE	SETS	REPS
Reverse Pec Deck	3	15
Upright Row (wide grip)	3	12
SUPERSET WITH		
One-arm Dumbbell Lateral Raise	3	12
Seated Dumbbell Press (no lockout)	5	12-15
Seated Dumbbell Lateral Raise	4	10-12*

NOTES: Rest no more than 60 seconds between sets.
*The fourth set is a dropset. Lower weight and lift for 90 seconds.

has completed his second year as an NPC men's physique athlete, placing as high as second when he took part in the men's physique masters division at the NPC Ocala Cup Classic. Morgan's competitive plans for 2017 have yet to be determined, but with the support of sponsor 5% Nutrition and coaches A.J. and Nikki Sims working alongside

him, he feels winning a show is likely.

"I need whomever I'm working with to be as dedicated as I am and to tell me step by step what I need to do. A.J. and Nikki are awesome at what they do, and it's been great working with them. I have no doubt the next time you see me onstage I will be in my best condition ever."

It takes hours of practice to look "relaxed" while holding your poses.



THE JUDGES



■ **STEVE WEINBERGER**



■ **SANDY WILLIAMSON**

LOVE AT FIRST SIGHT

READY TO WALK OUT ONSTAGE AND SHOW 'EM WHAT YOU GOT? HERE'S HOW YOU CAN MAKE THE BEST OF YOUR INITIAL IMPRESSION.

Q: What are some of the dos and don'ts when you come out on the stage and the judges are seeing you for the very first time?

STEVE WEINBERGER:

A good first impression is important when you appear onstage for the first time, particularly when the class is very big. To be "noticed," you must, first and foremost, have prepared correctly for the show.

By this, I mean that you should have the required amount of muscle development and conditioning for the division, as well as a good tan, a suit that complements your body, and be well groomed.

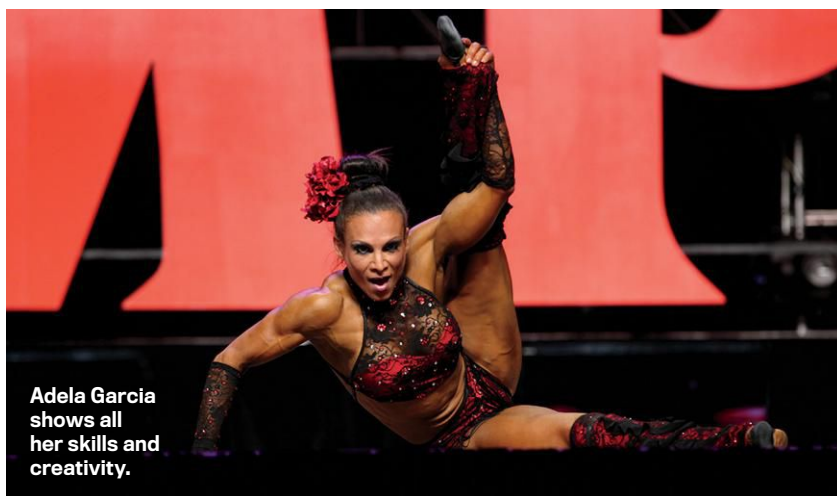
Your walk, and your posing and presentation, needs to be well practiced and rehearsed, too. You want to appear relaxed in your facial expressions but hold the poses at all times, even when



standing in the lineup or at the side of the stage. In all divisions, posture is extremely critical, and the stomach should be held in and not allowed to relax or protrude at any time.

In bodybuilding, classic physique, and women's physique, the mandatory poses need to be practiced so that they can be performed fluently and without hesitation. The most successful athletes manage to smile and make the poses look easy, even though they are fully flexed and tense throughout the display.

In men's physique, figure, and bikini, the walk and model poses need to be practiced and perfected so that they show the competitor at his or her best—however, just remember that the actual judging will be done in two positions for bikini and men's physique (front and back) and in four positions for figure (via quarter turns). No twisting is



Adela Garcia shows all her skills and creativity.

allowed during these poses, so time needs to be put into practicing and looking one's best in these positions.

Q: What would you suggest focusing on for a fitness competitor who doesn't have a gymnastics background? What kind of moves would score well in a routine?

SANDY WILLIAMSON: First, I want to say you don't need a gymnastic background to do well in fitness. Adela Garcia did not have a gymnastic background, yet won multiple IFBB fitness competitions, including eight Fitness Olympia and five Fitness International titles.

Fitness is judged on a combination of three aspects: strength, flexibility, and overall quickness and showmanship. I would first make sure that

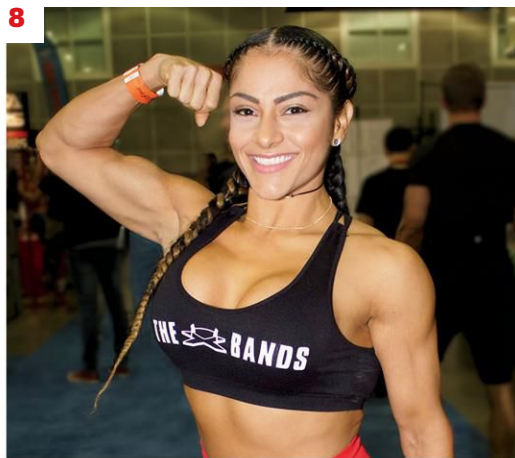
you have multiple strength movements, including combination movements, along with flexibility moves. Once you have those moves picked, I would look for music that is going to wake up the audience and get their attention. If you've watched a gymnastics floor-routine competition, you see some of the athlete's music choices draw the audience in, so you want to do the same thing.

Next, you want to practice daily to get comfortable with the routine so it looks effortless. Many competitors can do the individual moves, but they look mechanical when they perform everything together onstage. With YouTube, it's easy to watch routines by the top pros like Garcia, Oksana Grishina (the current Fitness Olympia champion), and Tanji Johnson, to name just three, all of whom have different styles yet are excellent performers.

2017 L.A. FIT EXPO

LOS ANGELES CONVENTION CENTER, CA





1 Former Mr. Olympia and five-time Arnold Classic champ Dexter Jackson flashes his guns for the fans. Still world class at age 47!

2 A good competitor has laser focus and looks great even when not onstage.

3 With these athletes, being fit is about living fit.

4 Dru Borden and Mike Bolkovic are just too big for their sleeves.

5 Rebekah Sneed proudly displays her patriotism.

6 Lonstermash and Lee Thompson as Wolverine and Captain Marvel.

7 The Kristef Brothers use a mixture of power, skill, and stamina to wow audiences.

8 NPC competitor and fitness model Jiyen Hasan is a bronzed beauty.

9 Strongman competitor Robert Oberst, all 6'8" and 403 pounds of him, is a gentle giant when it comes to the ladies.



1 Christin Joy Perkins beams as she finally meets Bradley Martyn.

2 Kasturi Anderson's smile lit up the joint!

3 With talent like this, it's easy to see why the Nutrishop booth was such a huge hit with the male fans.

4 Jon Call plants both feet on the floor to take a photo with Amanda "Tini" Martin.

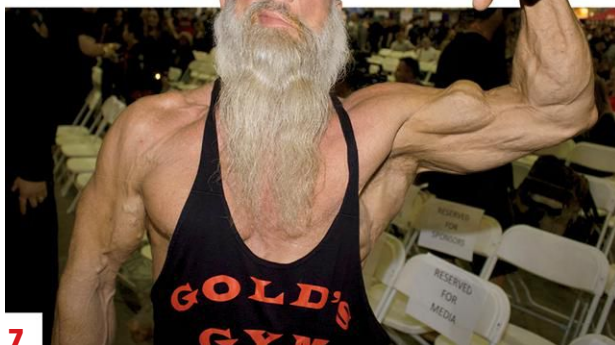




5



6



7



8

5 Caroline Campos shows us what a real wonder woman looks like.

6 Bradly "the Manimal" Castleberry brought a six-pack and more to the expo.

7 A blast from the past: Andreas Cahling is still going strong!

8 Gabe Moen, Perkins, and Don Cappelletti make an impressive team.

1 Another gentle giant, Brian Shaw. That ham-size fist helped Big Brian (6'8", 420 pounds) win the World's Strongest Man in 2011, 2013, and 2015-16.

2 The GAT team.

3 Steven Belcher and Cane Bishop. When you look this good, a tank top is mandatory.

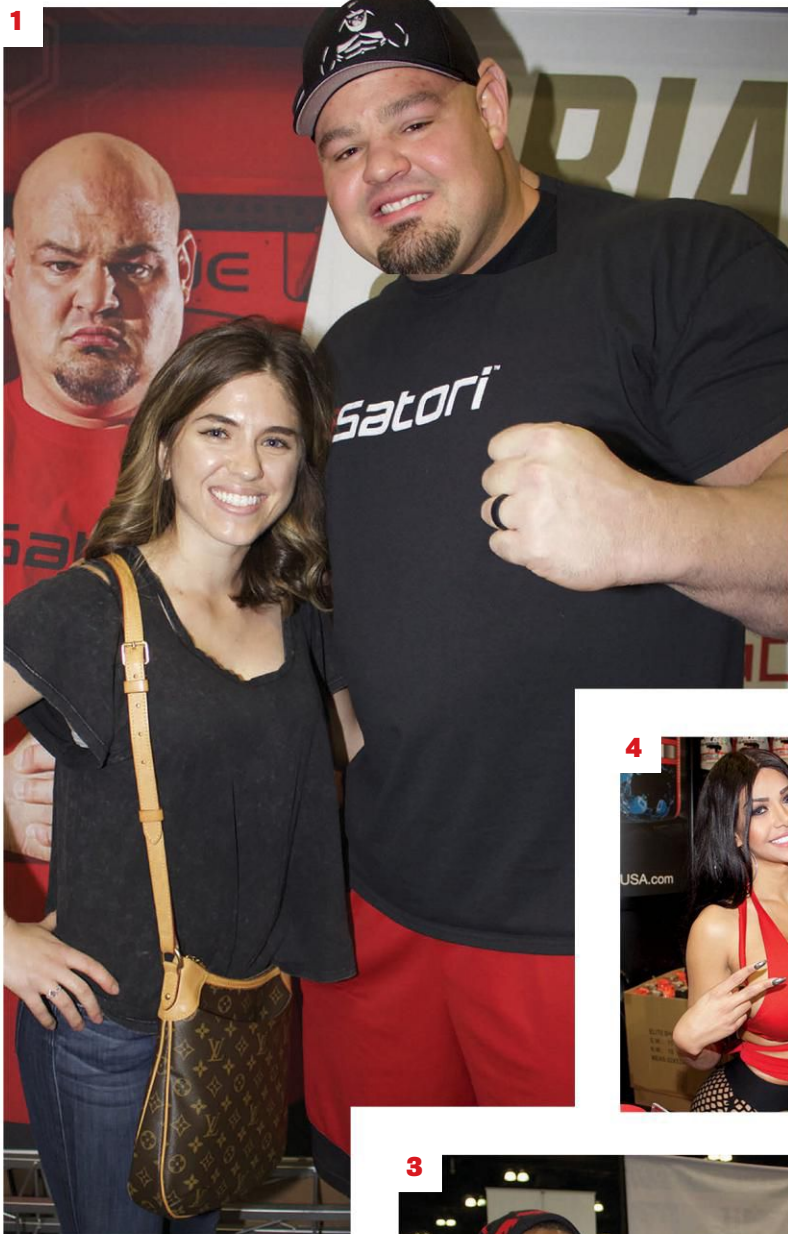
4 Gizel is always a big hit with her fans. We wonder why.

5 1994 USA champ Dennis Newman listens to 1992 USA champ and four-time Arnold Classic winner Flex Wheeler at the Return of the Champions seminar.

6 Kylie Shea looks smoking hot, especially considering she just jumped rope for more than an hour.

7 Mike Rashid is all business.

8 Jen Esquer and Scott Mathison do the Handstand Hollowback and the Human Flag.





READERS MARKET

STEP UP YOUR TRAINING

UNBROKEN DESIGNS

- Weighted Vests
- Compression Knee Sleeves
- Compression Elbow Sleeves
- Fitness Inspired Jewelry
- Lifting Belts
- Wrist Wraps

WWW.UNBROKENDESIGNS.COM



FREE
DOWNLOAD





BIG and STRONG

WWW.BIGANDSTRONGAPP.COM

BODYBUILDING SHOES

OTOMIX

NEW Super Hi

PRO TKO

#M/F2001



WARRIOR

#M/F3333

DEPT: AD16FX12

WWW.OTOMIX.COM

800-597-5425

Dr. Bailey's



MUSCLE. STRENGTH. PERFORMANCE

DOC'S FORMULA

ADVANCED MUSCLE RETENTION FORMULA

Dr. Bailey Products



Doc's Formula

- Reduce muscle break down
- Increase power
- Get stronger



Dr. Bailey's Cellulite Cream

- Burn fat
- Reduce cellulite
- Fast results

Physician and Pharmacist designed formulas

For more information please visit:
<http://www.DrBaileyProducts.com>



PharmaLean. The Secret To The Champ's Success!

By 5X Undisputed Olympia 212 Champion Flex Lewis

New **PharmaLean™** is a topical anti-cellulite defining solution featuring **Liporeductyl®**, a clinically validated ingredient that spot reduces body fat in the areas competitors need the most.

Use the high-definition **Thermo Precision Pen** to bring out the feathering in your quads and triceps and the **Thermo-Lotion Roll-On** for larger areas like the lower back and glutes. PharmaLean will not turn you into an IFBB Pro, but it will help bring out detail to separate you from the competition.

DRAGON
NUTRACEUTICALS

DragonNutra.com   **DragonNutra**

ANABOLICS
#1 in Safe-Legal Gear!
MUSCLE LABS USA

www.MuscleLabsUSA.com
24/7 Call 1-727-210-5351

BEST-LEGAL-STERIODS.com

**MUSCLE BUILDERS
WEIGHT GAINERS
FAT BURNERS
ANABOLICS**

CALL 1-800-441-1284
Shop All The Best Brands!
www.OrderLegalSteroids.com

MUSCO-MXT®

Looking to Get Ripped and Swole?

Musco-MXT® users get Average Musco-MXT® users
ripped and swole over Strength MXT® users
twice as fast as non users: Total 135.16 lbs 59.2 lb

- More Mass - 58.4%
- More Strength - 228.3%
- Less Fat - 139.7%
- 4 weeks \$40 (Buy 2 Get 1 Free!) Fat Loss % -1.39% +2.84%

\$10 off 1st order. Call 1-800-367-9599 or www.Musco-MXT.com

TRAIN PAIN-FREE!
NO MORE ACHES & PAINS!

Shoulder Pain
Low Back Pain
Leg & Ankle Pain
Knee Pain
Elbow Pain
Neck Strain
Tendonitis
ALL INJURIES!

**PROVEN FAST PAIN RELIEF AND
RECOVERY OF INJURED TENDONS,
LIGAMENTS, CARTILAGE & MUSCLES.**

SINEW THERAPEUTICS

For more info and to order online visit
www.SINEW THERAPEUTICS.com

www.VigorLabs.com
1[888] 698-6603

Real Deer Antler Velvet
Semen Volume
Male Size

Boost Test
RAW HGH
Stay Hard

20% OFF WITH CODE : FLEX20

STEELFIT
SKIN CEMENTALS

ABS OF STEEL

ONLY \$39.95

\$10 OFF YOUR FIRST ORDER
CODE: FLEX17 STEELFITUSA.COM

FLEX FOLLOW US!

facebook.com/flexmagazine

twitter.com/flex_magazine

instagram.com/flex_magazine

! WARNING

ANYTHING STRONGER IS ILLEGAL!!™

After just one 4-week cycle, most users understand why STERODROL® has become one of THE MOST POPULAR LEGAL ANABOLICS AVAILABLE. STERODROL® contains actual compounds to help support the hormones that trigger anabolism- the process by which muscle is produced. STERODROL® can be especially effective during a Mass Building Cycle where your diet and a training regimen is focused on **ATTAINING MAXIMUM SIZE AND STRENGTH**. With STERODROL®, Fast Solid Gains are finally a reality. STERODROL® can be used alone or stacked with just about anything.

STERODROL® truly is THE REAL DEAL.

We are so confident that **STERODROL™** will finally give you the results you are looking for; we back it with an ironclad **MONEY BACK GUARANTEE.**

**ORDER NOW!! 1 BOTTLE \$79.95
OR BUY 2 GET 1 FREE \$159.90**

**SPECIAL OFFER!!
BUY 2 GET 1 FREE!!**

DIAL: 1-866-468-5842
www.pharmapro.net

CANADA - DIAL: 561-416-1300
WE SHIP WORLDWIDE
¡Hablamos Español!
Call for your FREE PRODUCT GUIDE

**ARMY • NAVY
AIR FORCE
MARINES**
We ship to
all APO/FPO
addresses

FAST SHIPPING!

JACKSON vs. TAYLOR

WHAT IF DEXTER JACKSON AND VINCE TAYLOR DUELED AT 45?



DEXTER JACKSON

AGE
47

PRO WINS
28

YEARS
AS PRO
18

PRO
CONTESTS
83

WEIGHT
230

HEIGHT
5'6"



VINCE TAYLOR

AGE
60

PRO WINS
22

YEARS
AS PRO
16

PRO
CONTESTS
68

WEIGHT
230

HEIGHT
5'9"

■ They were born 13 years apart, so you can't put much stock in the fact that the younger Dexter Jackson eventually racked up head-to-head wins over Vince Taylor. Still, they share much in common. Both are celebrated for their humongous arms, minuscule waists, and sharp lines. Though

Jackson currently spends more time in Southern California, they both call Florida home. Taylor started much faster than Jackson (he won 10 pro shows his first three years to Jackson's zero), but both compiled two of the all-time greatest contest records. Most implausibly, each looked

stupendous well past their 40th birthdays. Jackson will try to add to his record win tally this year at 47, and Taylor is flirting with a comeback at 60. But let's go back in time. At 45, Jackson was second in the 2015 Olympia, while, in 2001, Taylor was 13th in the Mr. O and first in the Masters O.



DEXTER JACKSON

BEST POSE
FRONT DOUBLE
BICEPS

STRENGTHS
BICEPS,
CHEST, ABS

WORST POSE
REAR
LAT SPREAD

WEAKNESSES
CALVES,
QUAD SWEEP



VINCE TAYLOR

BEST POSE
FRONT DOUBLE
BICEPS

STRENGTHS
ARMS, QUAD
SEPARATION, ABS

WORST POSE
REAR
LAT SPREAD

WEAKNESSES
HAMSTRINGS,
BACK

Flex (ISSN 8750-8915), Vol. 34, No. 3, is published monthly except for a combined July/August issue, which counts as two of twelve in an annual subscription by Weider Publications, LLC, a division of American Media, Inc. 4 New York Plaza, 2nd Fl, New York, NY 10004. Periodical Rates Postage Paid at the New York, NY Post Office and at additional Mailing offices.

Copyright © Weider Publications, LLC, 2017. All rights reserved. Canada Post International Publications Mail Sale Agreement No. 40028566. Canadian B.N. 88746 5102 RT0001. All accepted materials submitted without restrictions become the sole property of Weider Publications, LLC, and shall constitute a grant to Weider Publications, LLC, to use name, likeness, story, and all other information submitted of the person submitting the same for any and all purposes and cannot be used without permission in writing from Weider Publications, LLC. Flex is not responsible for returning unsolicited manuscripts, photographs, letters, or other materials. Weider Publications, LLC, and American Media, publisher of Flex, does not promote or endorse any of the products or services advertised by third-party advertisers in this publication. Nor does Weider Publications, LLC, or American Media, Inc., verify the accuracy of any claims made in conjunction with such advertisements. Copyrighted under the Universal Copyright Convention and International Copyright Convention. Copyright reserved under the Pan-American Copyright Convention. Todos derechos reservados según la convención Pan Americana de Propiedad Literaria Artística. Title trademark registered in U.S. Patent and Trademark Office. Subscription rate is \$42.97 for (1yr) 12 issues in U.S.A. In Canada (1yr) 12 issues \$59.97. Outside of U.S.A. and Canada (1yr) \$91.97 U.S. Orders outside of U.S.A. must be prepaid in U.S. funds. For Customer Service and Back issues call toll-free (800) 340-8959 or write to: Flex, P.O. Box 37207, Boone, IA, 50037-0207. SUBSCRIBERS: If the postal service alerts us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year. U.S. POSTMASTER: Send all UAA to CFS (See DMM 5071.5.2); NON-POSTAL and MILITARY FACILITIES send U.S. Address changes to: Flex, P.O. Box 37207, Boone, IA 50037-0207. CANADA POSTMASTER: Send address changes to American Media, Inc., PO Box 907 STN Main, Markham, ON L3P 0A7, Canada. From time to time we make our subscriber list available to companies that sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label to: Flex, P.O. Box 37207, Boone, IA 50037-0207. Reprinted by special agreement in Australia, United Kingdom, France, Canada, Holland, Italy, Greece, Romania, Russia, Spain, Germany, and Bulgaria. Printed in the U.S.A.

THE SHOT

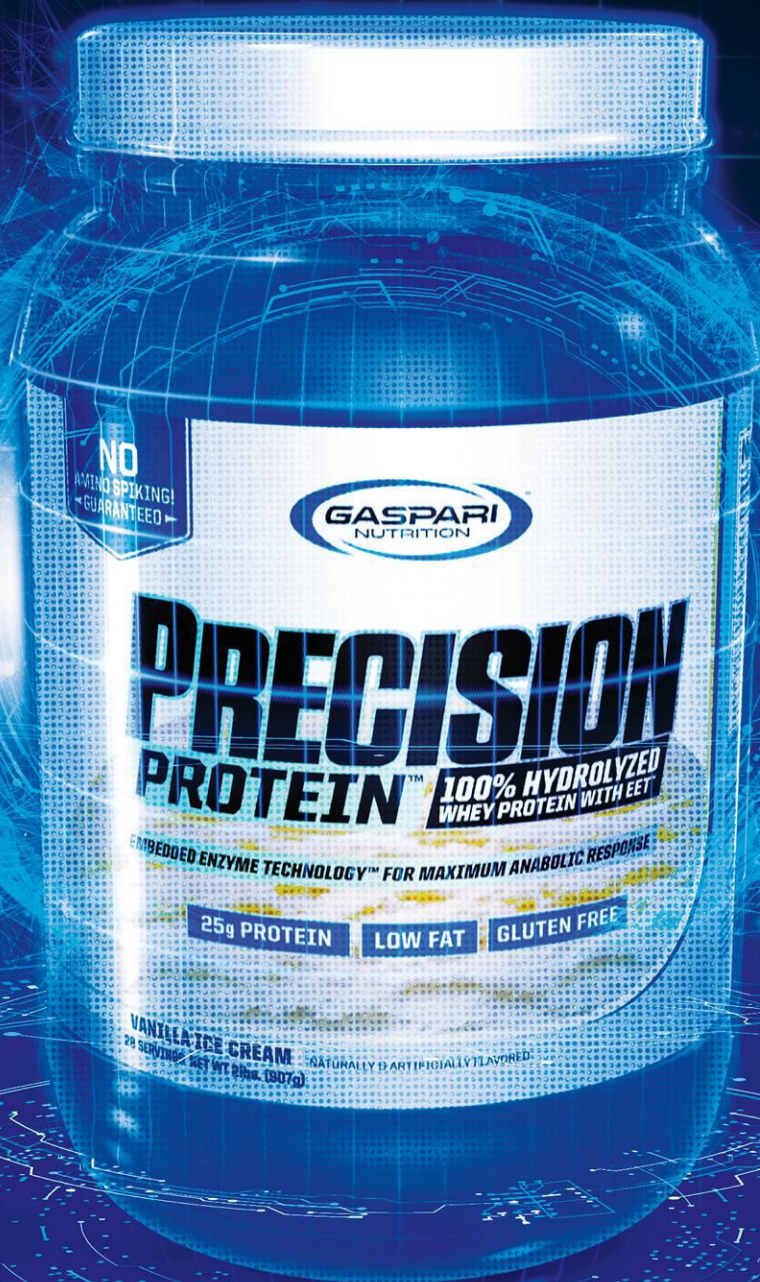


UNVEILING A CLASSIC

■ March 6, 1993. On this night, rookie sensation Kenneth "Flex" Wheeler proved that his pro debut win a week earlier at the Ironman Pro, where he beat out veterans Lee Labrada and Vince Taylor, was, to put it mildly, not beginner's luck. He was big. He was separated. He was striated. His God-given shape made him look like a comic book hero come to life. It was a physique that many witnesses, even to this day, rank as one of the best ever seen on a bodybuilding stage. Wheeler went on to win two more shows that same month and place runner-up in his Mr. Olympia debut later in the year. He never won the Olympia, but he won the Arnold three more times (1997-98, 2000). Yet, for all his career titles (17), it is for this remarkable achievement on the Veterans Memorial Stage in Columbus, OH, that he is most remembered.



NO
AMINO SPIKING!
◀ GUARANTEED ▶



25G
PROTEIN

100%
HYDROLYZED
WHEY PROTEIN

LOW
CARBS & CALORIES

EET
TECHNOLOGY
TO BUILD MUSCLE

PRECISE TECHNOLOGY, POWERFUL RESULTS.

Achieving a winning physique requires equal parts hard work and nutritional science. **PRECISION PROTEIN™** is your ultimate choice for performance enhancing protein. It's the first of its kind to offer **EMBEDDED ENZYME TECHNOLOGY™**, an advanced take on your average whey protein. It fuels your body with more muscle building amino acids, like L-Leucine and Leucine Peptides than any other protein on the market. It supports high intensity training, and is formulated to help you train longer and harder without muscle breakdown.



†These statements have not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

© 2017 Gaspari Nutrition. All Rights Reserved.

WWW.GASPARINUTRITION.COM

THE #1 PREWORKOUT IN THE WORLD.



MUSCLESPORT®

CITRULLINE
MALATE



GET YOURS NOW AT
BODYBUILDING.COM™