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NOVEMBER 2011

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TARA MARTIN BEAUTY, BRAINS AND BICEPS

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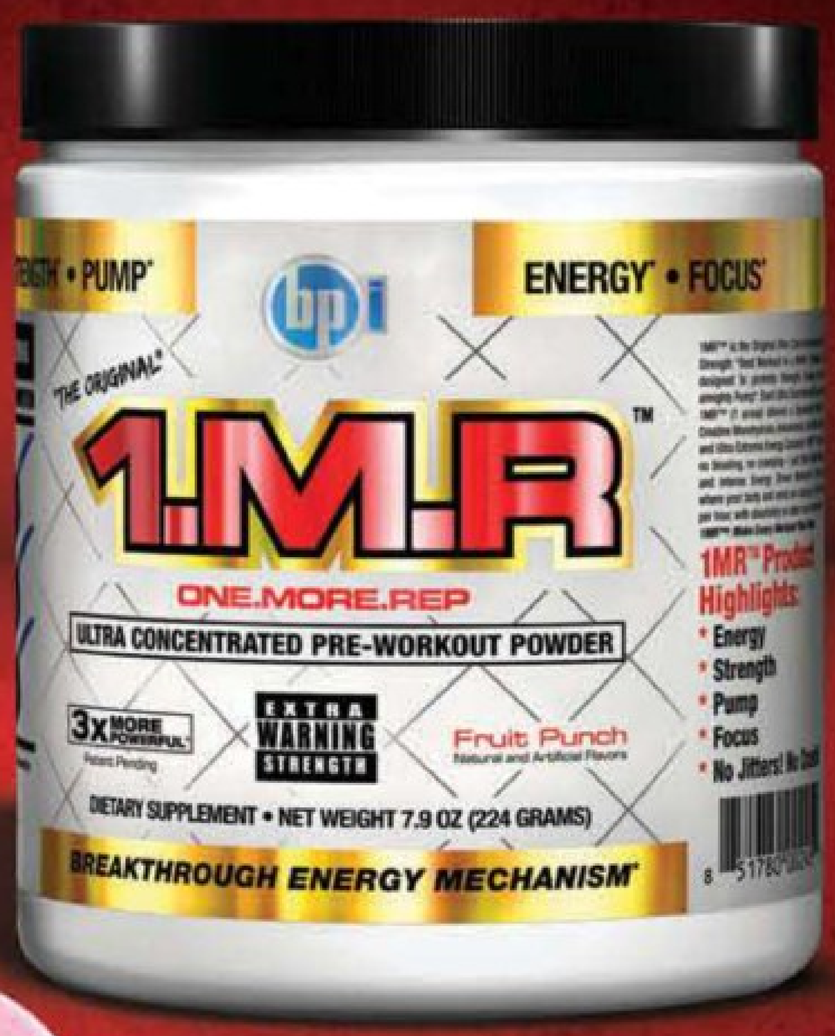
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Chicago — June 1st, 2011 — Nutrigenomics Research Company has announced the release of its innovative, new supplement- Cabergolean. Cabergolean is the most powerful HGH boosting supplement ever created.

Cabergolean naturally increases endogenous production of HGH through a clinically proven increase in GHRH (growth hormone releasing hormone) and through the suppression of GHIH (growth hormone inhibiting hormone or somatostatin). Cabergolean is a clinically proven*, proprietary formula, that you will not find in any other HGH booster. Cabergolean also acts as a powerful prolactin inhibitor, nutraceutical nootropic, nitric oxide (NO) releaser, and sleep enhancer.

Here is what the science behind Cabergolean clearly communicates:

Cabergolean improves HGH output

Cabergolean significantly improves growth hormone production, and it does so in a two-fold process:
1. Cabergolean produces a significant rise in plasma growth hormone via the production of L-dopa .
2. Cabergolean inhibits the production of somatostatin via the increase in the neurotransmitter acetylcholine.

Let us further elucidate the importance of utilizing a dietary supplement that both increases HGH output and inhibits somatostatin:

Somatostatin and GHRH (growth hormone releasing hormone) are released from the hypothalamus gland. Somatostatin blocks both the release of GHRH from the hypothalamus gland and the release of HGH from the pituitary gland.

Therefore, it makes very little measurable difference if you are increasing GHRH and HGH and it cannot be released into your endocrine system because it is being blocked by somatostain. Cabergolean inhibits somatostatin by increasing the synthesis of acetylcholine and inhibiting acetylcholinesterase (an enzyme that degrades acetylcholine).

One further point on the efficacy of Cabergolean as an L-dopa producer; many supplement enthusiasts are familiar mucuna pruriens as a compound to increase L-dopa; however, there is a powerful coenzyme that is not included in any other HGH boosters (that we could find) that is significantly more efficacious than mucuna pruriens in increasing L-dopa levels. That coenzyme is beta-nicotinamide adeninedinucleotide or NADH- and you will only find it in Nutrigenomic Research Company's HGH booster.

Cabergolean reduces prolactin levels

Research communicates that lowering clinically high prolactin levels can improve libido significantly, eliminate or reduce the signs of gynecomastia, improve sperm motility, and increase testosterone.

Cabergolean improves memory and the ability to focus

Cabergolean improves memory and the ability to focus by increasing the amount of the neurotransmitter acetylcholine and dopamine. Acetylcholine is involved with synaptic plasticity, specifically in learning, short-term memory and the ability to sustain attention and focus. Studies involving dopamine's effects on cognitive performance clearly illustrate the link between enhanced cognitive performance and dopamine production.

Cabergolean increases nitric oxide (NO) bioavailability

Cabergolean increases nitric oxide (NO) bioavailability via NADH (beta-nicotinamide adeninedinucleotid). The coenzyme of the enzyme NO-Synthase is NAHD. The more NADH available, the more NO can be produced. NO mediates vasodilation (an expansion of the internal diameter of blood vessels), which in turn leads to increased blood flow, oxygen transport, delivery of nutrients to skeletal muscle and a reduction in blood pressure.

Cabergolean improves sleep

Improved sleep quality comes via the increase in delta wave sleep (stage 3 sleep) and REM sleep (stage 4 sleep). There is a direct correlation between the increase of HGH and IGF-1 (which is produced by the liver as a result of HGH production) and delta wave sleep (stage 3 sleep). The improvement in the quality of REM sleep (stage 4 sleep) comes via the increase in acetylcholine. Cabergolean increases both delta wave sleep and REM sleep.

In conclusion, Cabergolean is the most effective orally administered HGH releaser, nutraceutical nootropic, nitric oxide (NO) enhancer, sleep enhancer and prolactin inhibitor ever offered in the history of sports nutrition.

For more information and a copy of the full abstract including clinical references, visit us at www.cabergolean.com.

To order log onto www.cabergolean.com and utilize coupon code *NBF50* to save 50% off of your order.

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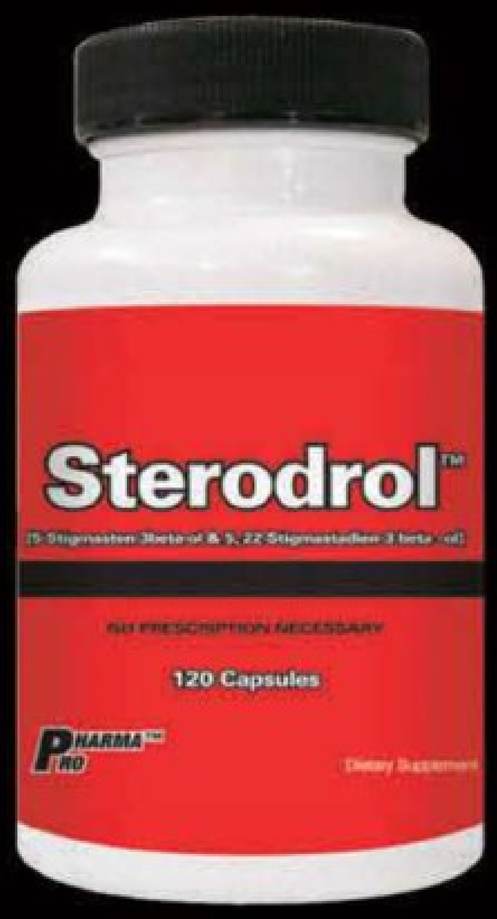
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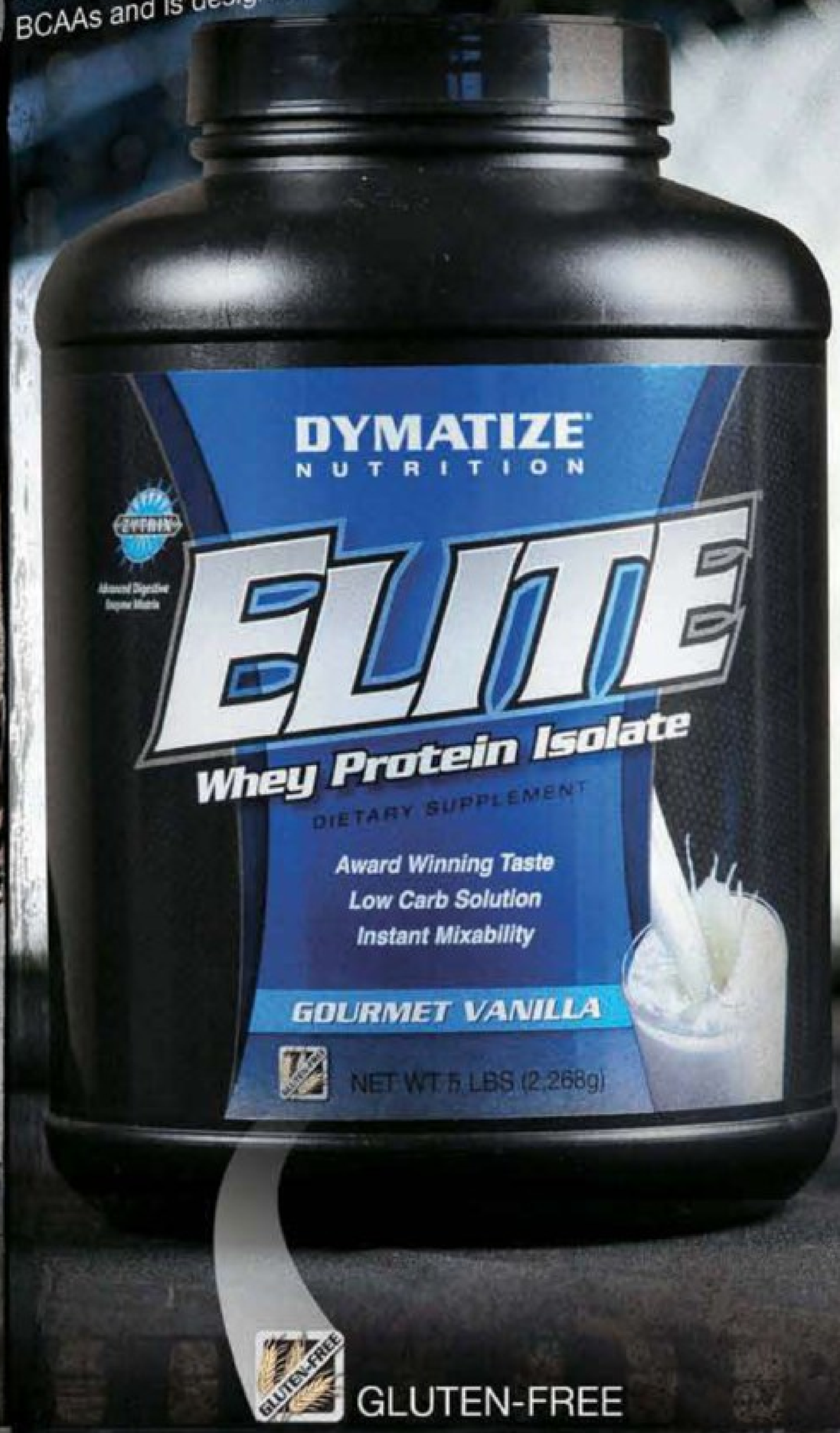
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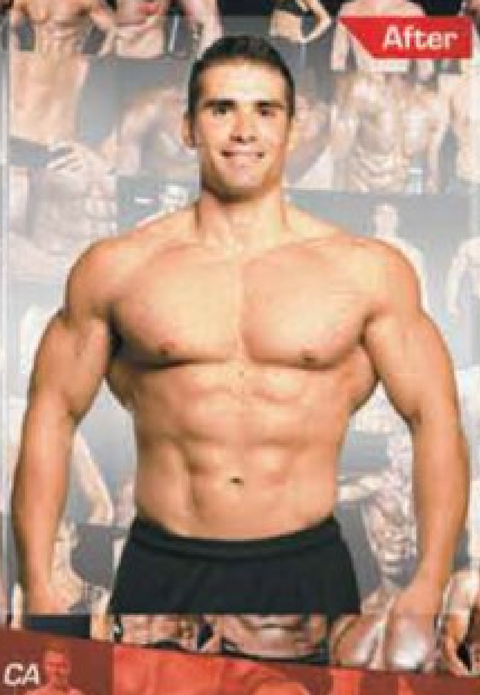
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Before



After

FILIP IVANOV
- Personal Trainer; Los Angeles, CA

Before



After

NATE SCHOLZ
Clothing Designer; Vancouver, WA

Before



After

JERRIN HOLT
- Bison Rancher; Cleveland, OH

All individuals used Whey Protein Plus with diet and training and have been remunerated. Filip's transformation lasted 18 weeks. Nate's and Jerrin's transformations lasted 17 weeks. In one study, subjects taking the core ingredients in Whey Protein Plus gained an average of 8.8 lbs. of muscle in 6 weeks. © 2011.

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RESULTS

IT'S THE DRIVING FORCE BEHIND EVERY BOTTLE

Whey Protein Plus from Six Star Pro Nutrition™ is designed to deliver the muscle and strength-building results you need to build the body you've always wanted – no matter what it is! That's why more people than ever are relying on Whey Protein Plus for their daily protein needs.

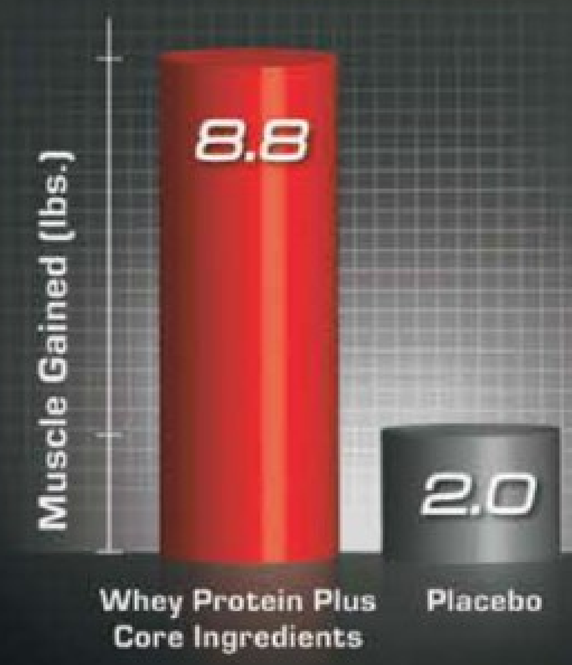
Superior to Regular Whey Protein

Each two-scoop serving provides over 50 grams of protein, essential BCAAs and an additional muscle building compound. And, its core ingredients are shown to be more effective than regular whey protein at building muscle and strength. Just check out the official study results below.

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★ SCIENTIFIC
★ GREAT TASTE
★ INCREDIBLE VALUE

Test Subjects Built More Muscle



In a six-week, double-blind study on 36 test subjects with at least three years of weight-training experience, subjects using the core ingredients in Six Star Pro Nutrition™ Whey Protein Plus gained more lean muscle than those using regular whey protein (8.8 vs. 5.1 lbs.).

In the same study, subjects also gained 4 times the lean muscle than subjects using a placebo (8.8 vs. 2.0 lbs.).

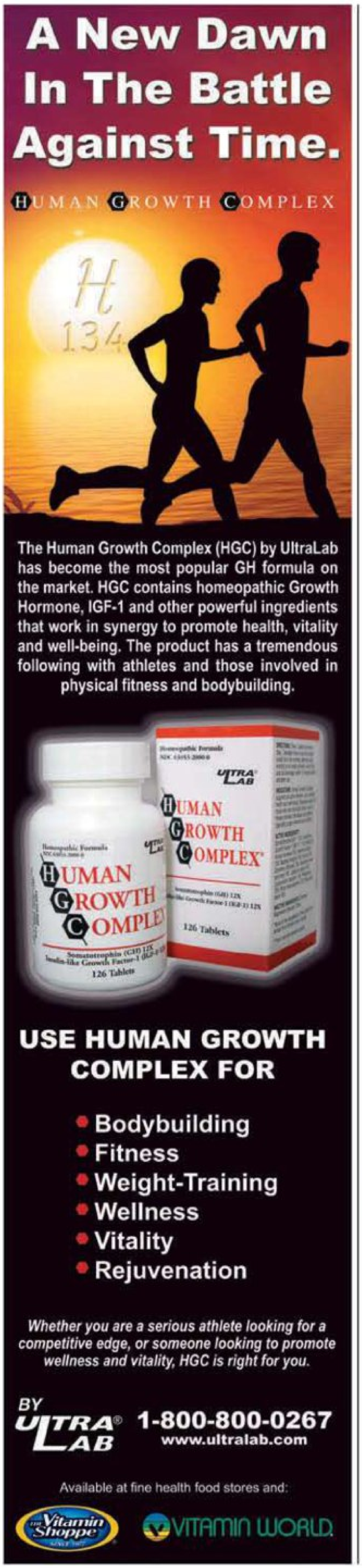


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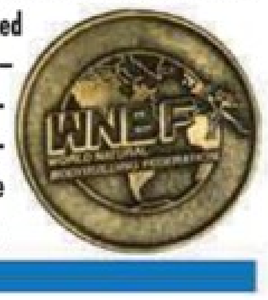
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WNBF news & views

THE SYMBOL OF NATURAL EXCELLENCE

Just as the gold Olympic medallion is symbolic of Olympic Games perfection, the WNBF Gold Medal has – since the federation was formed in 1990 – become synonymous with drug-free excellence in bodybuilding.



By Pete Dombrosky

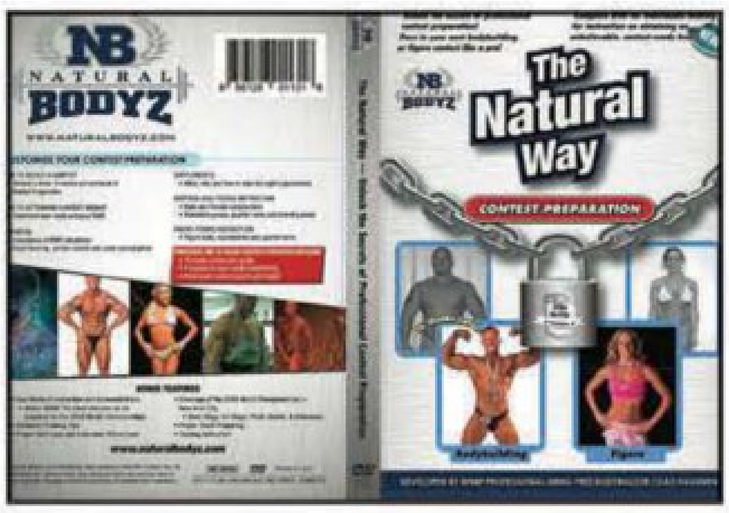


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SEAN MCCAULEY GETS HITCHED!

The INBF/WNBF is proud to announce that longtime ***NB&F*** writer and INBF athlete **Sean McCauley** married **Jessa Franck** on June 18, 2011 at the Botanical Center in Des Moines, Iowa.

Sean is the proud son of Dennis and Donna McCauley and Jessa is the loving daughter of James and Denise Richards. Jessa is a zookeeper who specializes in primates and big cats. Sean works alongside Dr. Joe Klemczewski as the Program Director for The Perfect Peaking Program. Congratulations, Mr. and Mrs. McCauley!



LEARN THE SECRETS OF THE PROS!

Have you ever stared in awe of the natural competitors that regularly take the INBF or WNBF stage and wondered just how they do it? How do these athletes transform their bodies into such physical specimens without the aid of performance enhancing drugs? Well, some of them are just downright lucky to have the proper genetics, but that isn't the case for all of them. The two common factors they all share are their ridiculous work ethic and the proper training routine! And if you can manage to work up that work ethic, WNBF pro and USA Elite Trainer Chad "Cj" Havunen can provide the rest.

Introducing "**The Natural Way Contest Preparation Guide Book" and DVD**. This set gives you the inside scoop on how to transform your body, the safe and legit way. Inside, you will get a glimpse into the pros' experiences, best-practices and insights from the pros themselves. This book and DVD will help guide you through a 12-16 week contest prep program using customizable features that will work for everyone. Inside, you'll find:

•Where to start. Selecting a proper contest weight and revving up your mental contest preparation;

•Nutrition, supplementation, workouts and cardio. It provides you with a detailed video demo and written instruction for your four-phase diet and fitness system using their custom calipers and multipliers;

•Live seminar footage. See live footage from the 2009 Natural Body Transformation Seminar on proper nutrition, as well as proper supplementation;

•Posing. Learn to pose like a pro with the step-by-step instruction guide and instruction DVD. You will find out how to show your strengths and hide your weaknesses;

•Final dial-in. Instruction on all the final week tricks in a day-by-day breakdown showing you how to "dial-in" the week before the show;

•All the extras. Learn about the proper contest tanning, drug testing, posing suit selection, how to order and pack the essentials needed for your contest day;

•Live footage from a WNBF event. Check out footage from Chad as he prepares for and competes in the 2009 WNBF World Championships in NYC. You'll find behind the scenes action, photo shoots and the onstage secrets of a real pro event.

This two hour DVD and 100-page book will help you learn how to transform yourself from zero to WNBF hero. To learn more or buy the "Natural Way Contest Preparation Guidebook" and DVD, visit the http://www.naturalbodyz.com. ★

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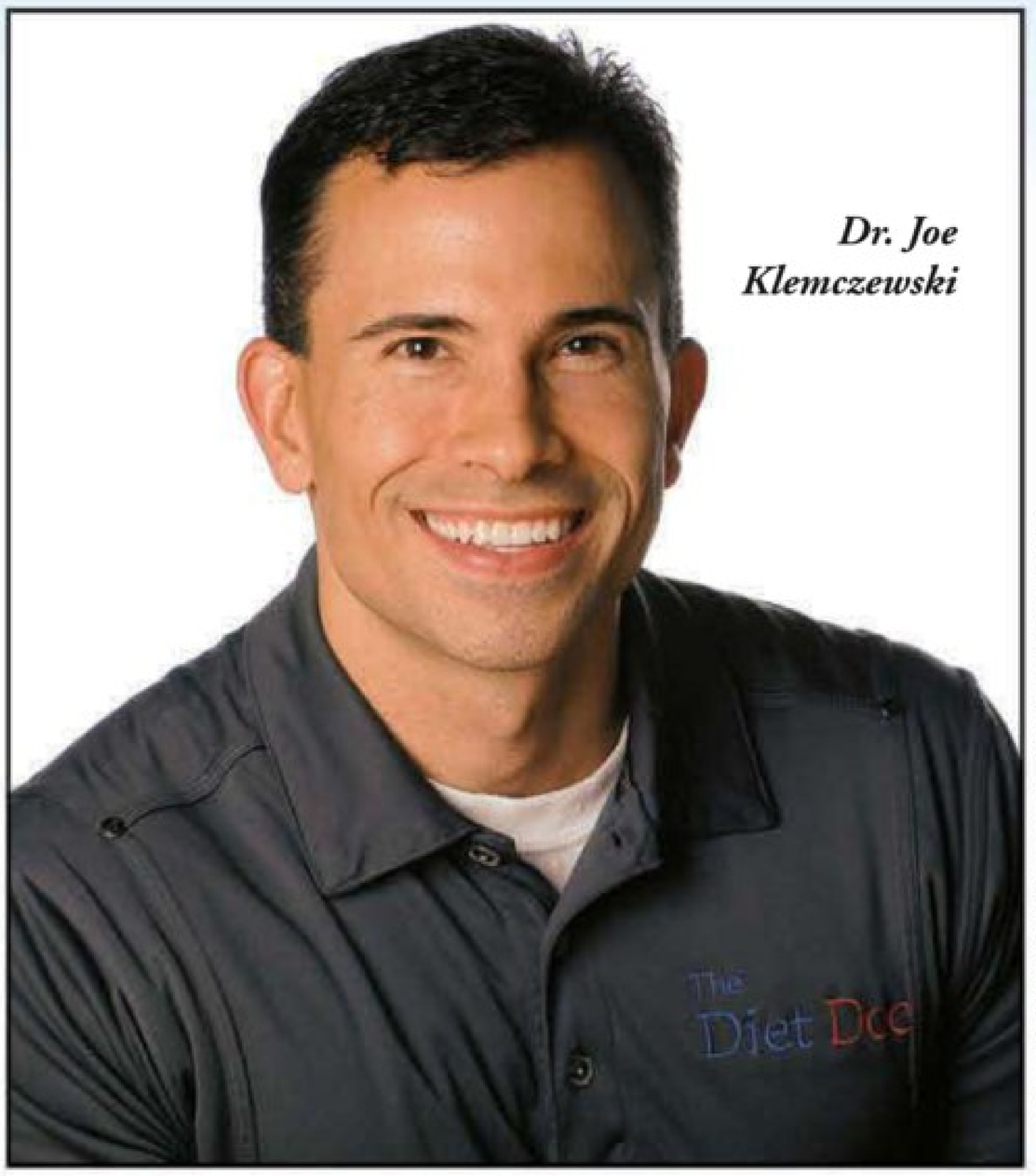
ASK DR. JOE

By Dr. Joe Klemczewski

Dr. Joe answers your nutrition and contest peaking questions.

Q: Is there a proper way to pump up before hitting the stage?

A: Everyone seems to have a preferred method, but there are a few critical points to keep in mind. First, the act of lifting weights (or any resistance movement) is powered by the ATP in the muscle cell and then glucose/glycogen. If you use that carbohydrate source, there are consequences. Since water is held in the muscle by glycogen, that water is disbursed to be collected by the vascular and lymph system, flows through your kidneys and then hits your bladder . . . and then if you're a five-year-old boy or a puppy, the neighbor's bush. A mass exodus of water from your muscle is the last thing you want back stage; water is what keeps your muscle full and gives you muscle separation. Not only can you lose that fullness, but in transit, water is going to hide detail – it will give you a spilled-over look. Hydrating well and having some carbs to support this warm up is necessary, but if you get carried away doing a full-body workout, your refilling efforts won't be fast enough. Take your time, be methodical, get warm and keep it stress free. I've seen many competitors completely flatten out from the time they did



Dr. Joe Klemczewski

PHOTO COURTESY OF DR. JOE KLEMCZEWSKI



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their first set to the time they stood in front of the judges. For the competitor who asked me to provide a Stepmill backstage at our show: I'll save you the trauma, the answer is still no for this year.

Q: What is the best tanning method for a show?

A: This is a difficult question to answer; it seems everyone has a favorite. On-site tanning services have proven to be a great asset to the sport in the last several years. Different companies use different product lines and the experience levels of those applying the product can vary. Since Angie's List doesn't have a listing for "Dying the Hide of Almost-Naked People for Consistent Color and Sweat Resistance" to rate tanning professionals, it's a good idea to survey people who have used a variety. I do encourage you to pay attention to the pH instructions: Soap, skin type, exfoliation – it all matters. I also still like the ease and use of oil-based products like Dream Tan, but not everyone knows how to apply it properly. Many of my carb-sensitive clients are up early on contest day doing some moderate cardio or training and it's nice to not have to worry about sweating product off. I have seen do-it-yourself alcohol-based products look fantastic, on-site services seem to almost always do well, and oil-based creams can appear flawless. It can depend on you just as much as the product or the person applying it, so do your homework.

Q: I see your clients eating some weird stuff backstage – what do you recommend?

A: I like my clients to have a neutral, moderate carbohydrate planned – something like rice cakes. I'll typically recommend some peanut butter for the sustaining power of the fat, but also the sodium – when warming up, sweating and posing; keeping water in the muscle is a good thing. That takes sodium. I also may want more sodium and even more fat; I'll ask some to have pizza or other such foods available if we need to be aggressive, but that takes meal-to-meal, minute-by-minute assessing. Others may not need much sodium or fat but just more and simple carbs. A muffin or candy bar may help. Some are already set up well from the previous meals and I won't use much at all pre-pump up. I may ask some to sip Gatorade if I want the hydration and mineral base without much in terms of food. Like a good tradesman, I like to have all the tools I may need in the toolbox and then wait and see how the circumstances roll out as the client approaches the stage. ★

Editor's Note: Joe Klemczewski, Ph.D. is a WNBF Pro who helps bodybuilders and Figure competitors achieve their best condition through his "Perfect Peaking" program (http://www.perfectpeaking.com).

AROUND THE CLOCK
PROTEIN COVERAGE

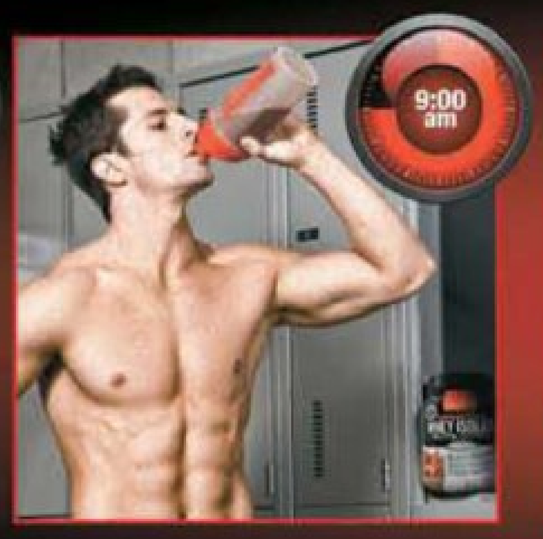
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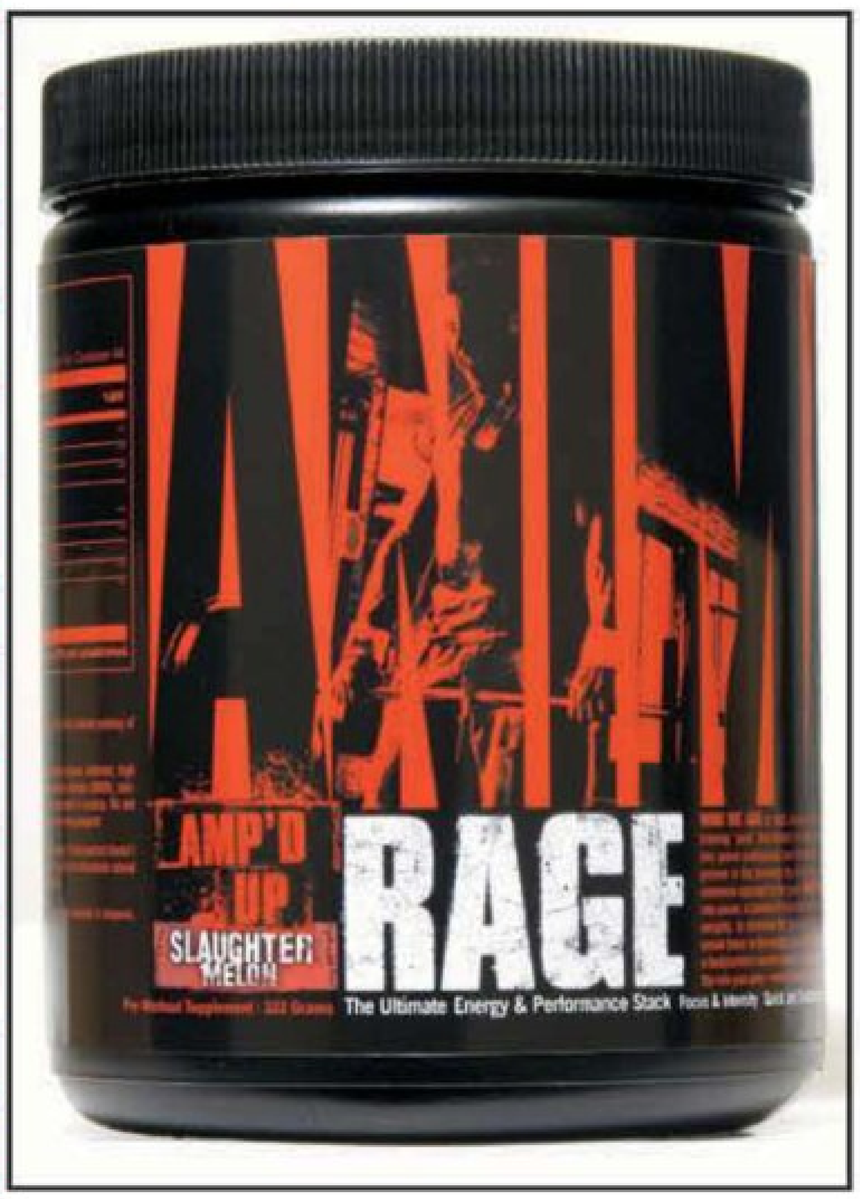
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INBF/WNBF

BY THE *NB&F* RESEARCH TEAM

APPROVED PRODUCTS

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Universal Nutrition's Animal Rage is composed of four potent and powerful complexes, in the spirit of all Animal products before it, delivering a comprehensive and precision measured dose of energy, focus and performance nutrients. With each and every robust encapsulated pack you toss back or ass-kicking shot of Rage you throw down, you're ensured a rush of ergogenic voltage straight to the head featuring the following:

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Animal Rage also contains a potent Endurance & Performance Complex. These are two important facets of a top-tier training program. Animal Rage ensures that you are able to endure and maintain your strength throughout the rigors of a hard training session. It's not just about training for hours on end. It's about performing at a high level during your entire session. That's where Rage comes in.

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With Animal Rage, you're always just a shot or pack away from flipping the switch and letting loose on the weights. Energy. Focus. Intensity. Available in Orange Juice & Slaughtermelon powder and packs (capsules), as well.

Visit the website http://www.universalnutrition.com for more information on the Animal line of products.

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†Zhao WH, Gao LF, Gao W, et al. Weight-reducing effect of Acer truncatum Bunge may be related to the inhibition of fatty acid synthase. Nat Prod Res. 2011 Feb;25(4):422-31

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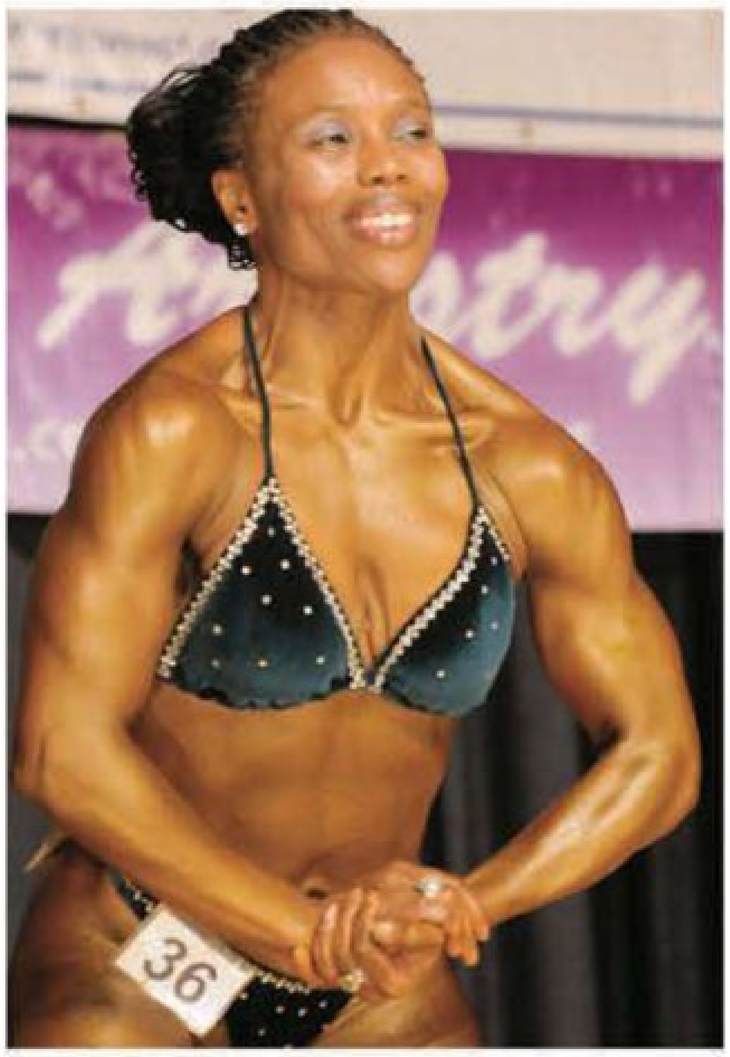
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NEWS

By Pete Dombrosky

TIFFANY JACKSON'S GOT TALENT

Tiffany Jackson has a new saying these days. "When the fit lady sings." It's a clever little combination of her two passions, bodybuilding and opera singing. The latter has become a springboard for stardom for the 40-year-old, the most recent chapter being an appearance on the nationally syndicated NBC television show "America's Got Talent." Although she can't go into extreme detail



about her experience on the show because of a confidentiality agreement, she says it was an amazing experience. "My life will never be the same," Tiffany says. "And it is all because of Robert Fulton's idea that the world will be able to experience a bodybuilding opera singer, (a.k.a. Necessary Diva) my alter ego."

Robert Fulton is Tiffany's personal trainer, and he was the catalyst that helped her entwine the sport of bodybuilding with her passion for opera singing. This unique skill became evident to us at ***NB&F*** at last year's INBF Naturalmania Bodybuilding and Figure competition. Tiffany kicked off the events with her beautiful rendition of the "Star Spangled Banner," but she had much more in store for the audience later that night. When Tiffany took to the stage in the evening to strut her stuff for the women's heavyweight bodybuilding class, she made sure that the crowd witnessed a posing routine that it would never forget. While hitting poses, Tiffany began to sing. As she transitioned from one pose to the next, she also filled the auditorium with an elegant opera number, transforming the bodybuilding show into a concert.

This may have been the first time most of the people there had seen a bodybuilder sing an opera song during a posing routine, but it wasn't new for Tiffany. About a year earlier, Robert made a suggestion to Tiffany during posing practice that she thought "was the craziest idea I had ever heard in my life." He asked her to combine her two favorite disciplines and sing while posing. So during her next show, she tried it out. The advice proved fruitful, and she won the first place trophy in the heavyweights division, in route to bringing home the overall trophy and the award for the best poser of the show.

Tiffany had always been interested in music, taking voice lessons at a very young age at the Neighborhood Music School in



New Haven, Conn. As she grew older, music became her life, and she earned a bachelor's of music degree at the University of Michigan and later a Masters degree in music at Yale University. Last fall, she began her studies back at her undergrad alma mater in pursuit of a doctorate of music, but decided to defer to begin filming for "America's Got Talent."

Bodybuilding is much more of a recent endeavor for Tiffany, although she has earned two first place finishes and two second place finishes in the past year alone. Two years ago, she wore a size 14 dress size and weighed 180 lbs., so she began a program at Fulton's Fitness to lose weight. To help motivate her, she tried out bodybuilding, but never thought that she would be good enough to compete. That goal quickly turned into reali-



ty and through her training, Tiffany cut fat, added muscle and is now a new person at 139 lbs. during the contest season.

And not only did bodybuilding give her more self confidence and a lean new figure, the sport also helped her to become a better opera singer. "Technical issues I've experienced for years have dissipated," Tiffany explains. "My posture, breathing, high notes and stamina have all improved with my knowledge of bodybuilding."

With success like hers, it would come as no surprise to see a few more bodybuilders belting out numbers on stage in the future. The INBF is certainly glad to have a talent like Tiffany in its ranks. ★

Editor's Note: To check out a video of Tiffany on "America's Got Talent," visit http://www.nbc.com/americas-got-talent and search "Necessary Diva."

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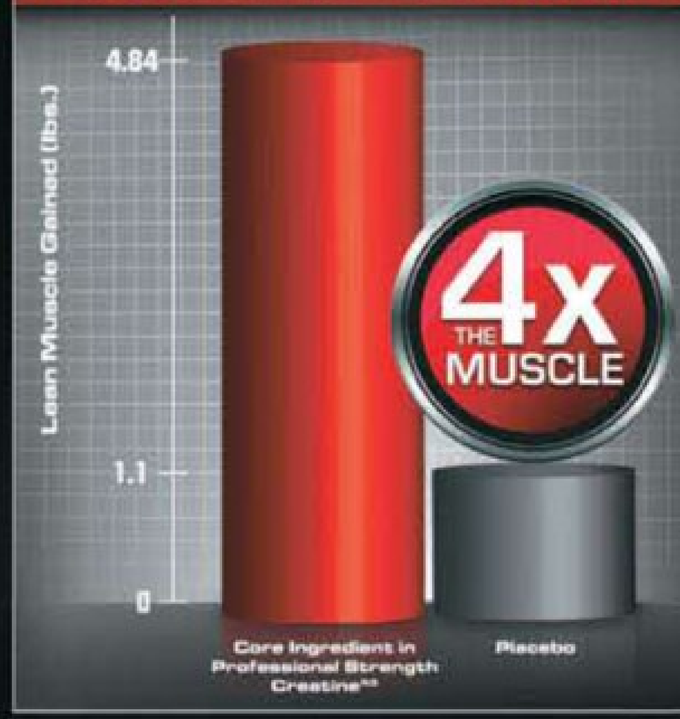
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BODYBUILDING & FITNESS

UPCOMING WNBF & INBF EVENTS

2011 WNBF PRO SHOWS

•Sept. 17 – ($2000-$2900) Best Body Bikini Contest & Mr. Fitness New York, N.Y. Charlie Carollo, inbf@epix.net.

•Sept. 17 – ($7000) Pro Universe. N.Y.C. Charlie Carollo, inbf@epix.net.

•Oct. 1 – ($750) Pro Women's Masters Cup. Buffalo, N.Y., Marian Giallombardo/Donny Cray, publisher@sportsandleisuremag.com, Northernstatessupernatural.com.

•Oct. 8 – ($5500) Pro Mid-America. Evansville, Ind. Dr. Joe Klemczewski, dr.joe@thedietdoc.com, Midamericaproam.com or Perfectpeaking.com.

•Oct. 22 – ($4000-$4500) Pro Men's Masters Cup. Poughkeepsie, N.Y. Matt Johnson, houseofnutrition1@verizon.net, matt@inbfnys.com, inbf.nys.com.

•Nov. 5 – ($3000-$3500) Pro Women's Masters Cup Bodybuilding, Figure & Ms. Fit Body; Pro Masters Men Monster Meet ($1950). Marlborough, Mass. Nancy Andrews, wnbfpro@aol.com, Inbfmonstermash.com.* *Note:* You must compete in the Oct. 22, Pro Men Masters Cup to be eligible to compete in the Nov. 5, Pro Men's Monster Mash Meet.

•Nov.12 – ($35,000) Pro World Championships Men & Women Bodybuilding, Ms. Fit Body, Figure. N.Y.C. Charlie Carollo, INBF@epix.

2011 INBF AMATEUR SHOWS

•Aug. 27 – USAG Stuttgart Bodybuilding/Figure European Natural Championships. Stuttgart, Germany. Ricky Payton, ricky.payton@eur.army.mil & Oliver Stith, oliver.stith@eur.army.mil or stuttgartmwr.com.*

•Sept. 10 – Vancouver Cup. Vancouver, British Columbia, Canada. Christen Kwan, Christen@INBFCanada.com, Mathew Park, INBFCanada@gmail.com, INBFCanada.com.

•Sept. 17 – Naturalmania, Best Body & Mr. Fitness Contest. New York City, N.Y. Charlie Carollo, INBF@epix.net.**

•Sept. 24 – Long Island Experience. Port Washington, N.Y. Phil Sottile, phil@itelligentfitness.net, Longislandexperience.org.

•Sept. 24 – Cardinal Classic. Struthers, Ohio. Stephanie Foley & George Hudzik, srg9598@hotmail.com, Ytowncardinalclassic.com.*

•Oct. 1 – Natural Midwest. Madison, Wis. Ford Sheridan, ford@fordsgym.com, Fordsgym.com.*

•Oct. 1 – Mr. & Ms. Supernatural. Buffalo, N.Y. Marian Giallombardo/Donny Cray, publisher@sportsandleisuremag.com, Northernstatessupernatural.com.*+

•Oct. 1 – Alamo Showdown. San Antonio, Texas. Miles Stovall, milo9450@aol.com, MilesStovall.com.*

•Oct. 8 – Natural USA. Rochester, N.Y. Paul Iatomasi, paul iatomasi@hotmail.com INBFNatural-USA.com.*

•Oct. 8 – Natural Mid-America. Evansville, Ind. Dr. Joe Klemczewski, dr.joe@thedietdoc.com, Midamericaproam.com or Perfectpeaking.com.*

•Oct. 8 – Pennsylvania State Championships. Pennsylvania. Kelly Reighard, panaturalshows@hotmail.com.*

•Oct. 22 – New York State Bodybuilding & Figure. Poughkeepsie, N.Y. Matt Johnson, houseofnutrition1@verizon.net or matt@inbfnys.com.

•Oct. 29 – Doc Brown, Natural East Coast. Tarrytown, N.Y. Dr. Stephen T. Brown, fitnessdoc4u@ aol.com.^

•Oct. 29 – Alberta Cup. Edmonton, Alberta, Canada. Lael Sauter, L.Sauter@shaw.ca, Sherri Miller, Sherri@INBFCanada.com, Mathew Park, INBFCanada@gmail.com, INBFCanada.com.

•Oct. 29 – INBF Florida State Natural Championships. Flagler Auditorium, Palm Coast, Fla. Bill Mora, BillyCT74@aol.com, 386-479-0769. FLStateNatural.com.*

•Nov. 5 – Monster Mash. Marlborough, Mass. Nancy Andrews, Inbfnys.com, wnbfpro@aol.com, Inbfmonstermash.com.*

•Nov. 12 – World Championships. New York, N.Y. Charlie Carollo, inbf@epix.net, INBF.net.**

** Denotes Pro-Qualifier*
^ Denotes Rookie Pro-Qualifier
*** Denotes Super Pro-Qualifier*
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EDITOR'S PAGE

RELATIONSHIPS

Despite the title, I'm not going to go all Dr. Phil on you. But, I am going to discuss the benefits of working with others to improve the sport of natural bodybuilding.

I was raised on the belief that it is always better to work with someone, rather than against them, especially if you are trying to achieve a similar goal. Hopefully, this philosophy holds true in all areas of the sport.

In addition to our continued support from our sponsors and advertisers, a few new opportunities have arisen that will help our organization grow.

I have known Mike Lipowski for several years. He is a terrific INBF competitor, a contributing writer for ***NB&F*** and he is currently the head of the International Association of Resistance Trainers (IART). The IART offers one of the most comprehensive personal training certifications available, providing their trainers with an exercise education of the highest standards. I am very happy to announce that we will be working together to promote drug-free fitness and intelligent exercise in gyms around the world. Check it out at http://www.exercisecertification.com.

One of our other new relationships involves the supplement giant Champion Nutrition. The official sponsor for the WNBF Pro Natural Universe, Champion Nutrition will be offering discounts to all WNBF and INBF athletes at http://www.netrition.com, an Internet supplement superstore. Monthly specials and discounts available will be posted on wnbf.net and athletes will be provided a checkout code to take advantage of the special. All the products that will be discounted for WNBF and INBF athletes meet the requirements of our banned substance list.

Finally, ***NB&F*** is now available as a digital magazine. Working with one of the largest purveyors of online magazines, Zinio, we can now offer either a print or digital version of the latest ***NB&F***. Zinio has an audience of 11,000,000; all potential subscribers! For our foreign subscribers, this will eliminate the ridiculously high cost of postage and help promote the WNBF and the natural lifestyle worldwide. Also, our advertisers will be pleased to know that if their website is listed on the ad, a hyperlink will take the reader directly to their site. ***NB&F*** readers can order a digital subscription from the subscription page at http://www.wnbf.net.

These partnerships will benefit the WNBF athletes, our affiliates and readers of ***NB&F*** through increased exposure, revenue and discounts. With all of these projects going on, I'm going to have a big smile on my face going into 2012. And I hope you all will to.

– Rich Fitter

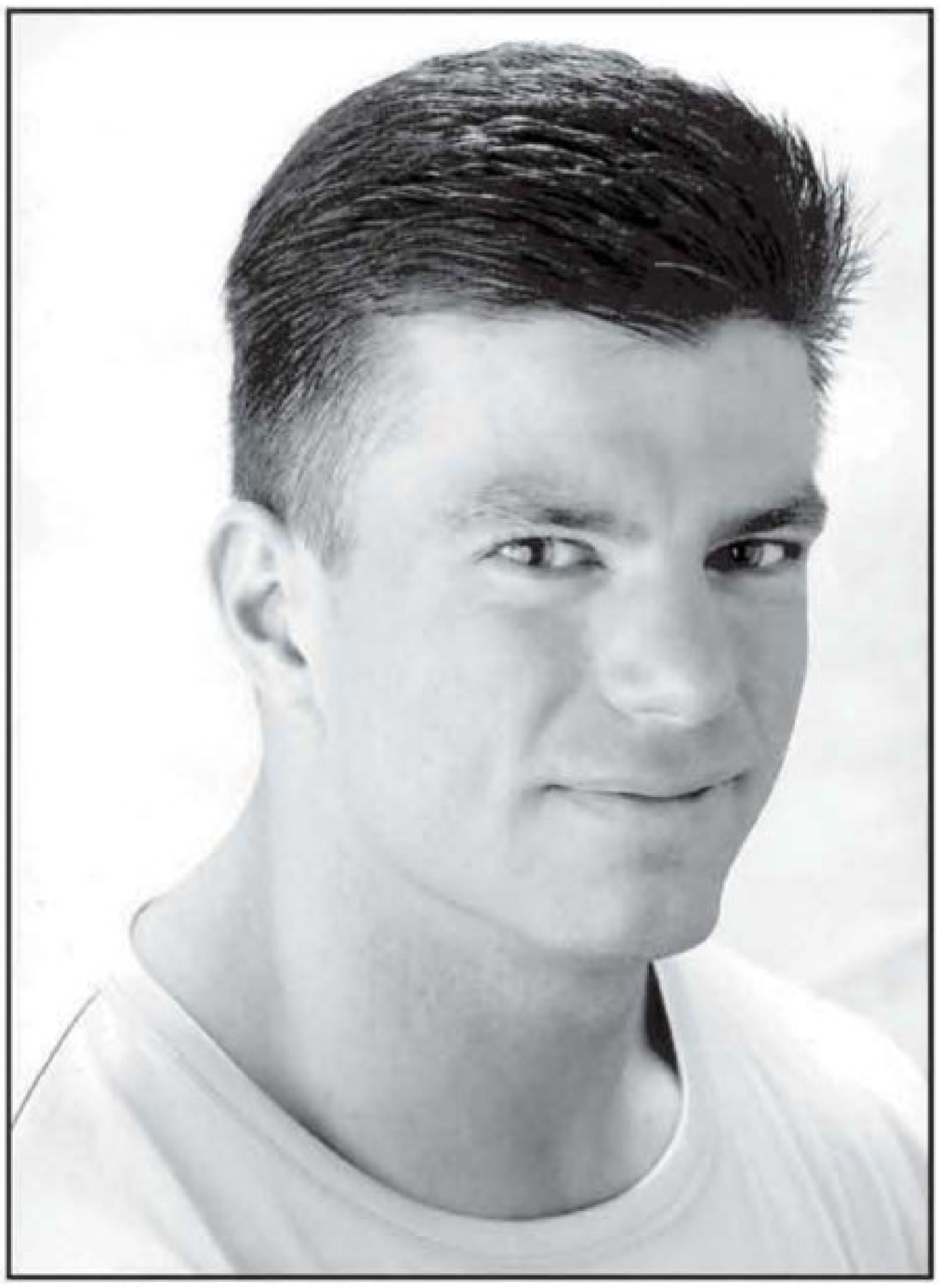


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Many pre-workout concentrates do not disclose the ingredient amounts in their formulas, so we tested their formulas and discovered that they're underdosed when it comes to the latest scientific research – and we have the third-party lab tests to back it up.

	NEUROCORE	Leading Competitor #1	Leading Competitor #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	• Unlike the competitors who do not disclose the ingredient amounts in their formulas, NEUROCORE™ is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
L-Citrulline	3000mg	ZERO	ZERO	• A recent study published in the *British Journal of Pharmacology* shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine.[1] • Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.
Arginine AKG	NO	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	• A research study in *Nutrition* showed you need 12 grams of arginine AKG (AAKG) to provide performance-enhancing effects.[2] • A placebo-controlled, crossover design study on subjects with resistance-training experience showed that arginine AKG (AAKG) provided no positive performance effects and may actually be counterproductive in developing muscular endurance. In this study, when subjects took 3.7 grams of arginine AKG 4 hours and 30 minutes before exercise they experienced no performance-enhancement effects and actually performed worse on specific muscular endurance measurements compared to when they used a placebo.[3] • Our lab tests revealed extremely underdosed amounts of AAKG in competitors' formulas.
Beta-Alanine	3200mg	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	• Research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that a 3200mg dose of beta-alanine can help enhance the muscle- and strength-building process. Fact is, our tests show other companies use less than the scientifically studied 3200mg dose.[4]
Creatine HCl	3000mg	ZERO	ZERO	• NEUROCORE contains creatine hydrochloride (HCl), a unique form of creatine that has a patent for its improved solubility properties. • Added at a clinically validated dose.
Geranium Robertianum	YES (patent pending)	NO	NO	• NEUROCORE is the only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract.
Geranium Active Dose	STRONGEST	STRONG	MODERATE	• NEUROCORE delivers a greater active dose of geranium than the leading competitors for a powerful boost during your workout.
Caffeine Anhydrous	YES	YES	WEAKER DOSE	• NEUROCORE delivers a potent and effective dose of caffeine that has been scientifically shown to increase energy as published in the *Journal of the International Society of Sports Nutrition*.[5]
Rhodiola	YES	NO	NO	• In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.[6] • In a scientific review article published in the journal *Phytotherapy Research*, the authors noted that *Rhodiola rosea* was a superior, more active adaptogen than *Schizandra chinensis* (found in the formulas of both leading competitors).[7]
Schizandrol	NO	YES	YES	• The competitors chose to use an inferior and cheaper adaptogen (schizandrol) even when leading research states that *Rhodiola rosea* is a more active form.[7] Thus, they chose cost savings over effectiveness.
Vinpocetine	YES	NO	NO	• Initial human and animal research indicates that vinpocetine inhibits a cyclic GMP phosphodiesterase; it's believed that this inhibition enhances cyclic GMP levels in vascular smooth muscle.
DMAE	YES	NO	NO	• Preliminary animal research suggests that DMAE may act to facilitate choline production. Choline is a precursor of acetycholine.
Fillers, Artificial Colors or Dyes	NO	NO	UNKNOWN	• NEUROCORE is designed as a clean formula, full of powerful, research-supported ingredients.
Taste	SUPERIOR	GOOD	AVERAGE	• The flavor system behind NEUROCORE™ was developed by a world-class flavor house and is second to none. In fact, we did not stop perfecting the flavor system until we blew the competition away in internal head-to-head taste tests. Absolutely NO fillers, aspartame, artificial colors or dyes are used to create the amazing and refreshing taste.

References:

1 Schwedhelm et al., 2007. Pharmacokinetic and pharmacodynamic properties of oral L-citrulline and L-arginine: impact on nitric oxide metabolism. *Br J Clin Pharmacol.* 65(1):51-9.

2 Campbell et al., 2006. Pharmacokinetics, safety and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition.* Sep;22(9):872-81.

3 Greer et al., 2011. Acute arginine supplementation fails to improve muscle endurance or affect blood pressure reponse to resistance training. *J Stength Cond Res.* (Epub ahead of print).

4 Hoffman et al., 2006. Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. *Int J Sport Nutr Exerc Metabol.* 16:430-46.

5 Goldstein et al., 2010. International society of sports nutrition position stand: caffeine and performance. *J Int Soc Sports Nutr.* 7(1):5.

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Formulated with five of the purest and most potent ingredients ever seen in a thermogenic, HYDROXYSTIM™ has been created to deliver a neurostimulating physical experience unlike anything available on the market today. We tested dozens of formula variations to guarantee that HYDROXYSTIM would deliver a powerful neurostimulating experience. After 18 months of painstaking research and development, countless reformulations and refinements, and internal sensory testing – we succeeded in creating the most powerful super-concentrated thermo-stimulant available. And when it hits you, you'll know why.

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THE FACTS DON'T LIE

WE CHALLENGE YOU TO COMPARE.

There's a reason why most super-thermogenics don't disclose the amount of each ingredient contained in their formulas. We've performed our own analysis on these formulas – see how they stack up for yourself. If this is not the most powerful pre-workout formula you've ever tried, simply return the unused portion with your receipt to place of purchase for a full refund.

	HYDROXYSTIM	Leading Competitor #1	Leading Competitor #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	• Unlike the competitors who do not disclose the ingredient amounts in their formulas, HYDROXYSTIM™ is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
Geranium Robertianum	YES (patent pending)	NO	NO	• HYDROXYSTIM is the only super-concentrated thermogenic to contain this exclusive, patent-pending and naturally sourced geranium extract.
Geranium Active Dose	STRONGEST	STRONG	MODERATE	• HYDROXYSTIM delivers a greater active dose of geranium than the leading competitors for a powerful boost during your workout.
DMAE	YES	NO	NO	• Preliminary animal research suggests that DMAE may act to facilitate choline production. Choline is a precursor of acetycholine.
Cirsium Oligophyllum	NO	YES	NO	• The study on this ingredient that is referenced by Competitor #1 in their ads is on rats. Studies on healthy animals are important first steps in research and should not be immediately discredited; however, Competitor #1 uses language and diagrams in their ads that strongly imply results from this animal study are directly applicable to humans. Be wary of any supplement provider willing to make this leap! Also be suspicious of any company that doesn't clearly disclose when their product claims are based on animal research.[1]
Bauhinia Purpurea	NO	YES	NO	• When it comes to this ingredient, Competitor #1 attempts to leverage a study on diabetic mice. They use the study to pad the list of references found on their website. You can decide how appropriate this is![2]
Caffeine Anhydrous	YES	YES	YES	• HYDROXYSTIM delivers a potent and effective dose of caffeine that has been scientifically shown to increase thermogenesis as published in the *American Journal of Clinical Nutrition*.[3]
Yohimbe Extract	YES	NO	NO	• HYDROXYSTIM™ contains a yohimbe bark extract that supplies two different types of yohimbe alkaloids: rauwolscine and yohimbine. Scientific research suggests that these alkaloids help block Alpha-2 receptors.
Huperzine A	YES	NO	NO	• Huperzine has the ability to block the enzymes that decreases acetylcholine levels.
Bacopa Monniera	NO	YES (May be underdosed based on research)	NO	• A human would need at least 1.083 grams of this ingredient to experience a significant effect. As part of a proprietary blend that only delivers 119.5mg of ingredients per capsule, the *Bacopa monniera* in the formula Competitor #1 is offering definitely isn't having a meaningful effect in humans.[4]

OTHERS TALK ABOUT RESEARCH. WE DO RESEARCH.

Team MuscleTech®	230 Staff	UNKNOWN	UNKNOWN	• We have 230 professionals dedicated to developing the most advanced, effective supplements available, including a specialized, highly skilled 30-person Research and Development team who focus exclusively on research, new ingredient discovery, product development and quality control. This team is extremely well educated, with advanced degrees in nutrition, pharmacology, biomedical toxicology, chemistry, human biology and human kinetics.
University and Research Facilities Used	20	UNKNOWN	UNKNOWN	• University of Florida, Baylor University, University of Glasgow, University of Nottingham, Global Clinical, Pennington Biomedical Research Center, CSRA, University of Toronto, McMaster University, University of Laval, St Francis Xavier University and University of Saskatchewan.
Number of Studies Funded	100+	UNKNOWN	UNKNOWN	• Team MuscleTech® has funded over 100 independent studies with all of the universities and accredited research institutes listed above.
Number of Worldwide Patents	50+	1	UNKNOWN	• The work conducted by the MuscleTech® Research and Development team over the last decade has led to the development of over 50 patents worldwide.
Commitment to Research Per Year	$3.5 Million	UNKNOWN	UNKNOWN	• A portion of every single dollar spent on MuscleTech® supplements goes back into supporting research and development, which includes funding clinical research, reviewing third-party scientific studies and consulting with leading university researchers.

References:

1 Mori et al., 2009. Body fat mass reduction and up-regulation of uncoupling protein by novel lipolysis-promoting plant extract. *J Biol Sci.* 5(4):311-18.

2 Jatwa et al., 2009. Amelioration of metformin-induced hypothyroidism by Withania somnifera and Bauhinia purpurea extracts in Type 2 diabetic mice. *Phytother Res.* Aug;23(8):1140-45.

3 Dulloo et al., 1989. Normal caffeine consumption: influence on thermogenesis and daily energy expenditure in lean and postobese human volunteers. *Am J Clin Nutr.* 49:44-50.

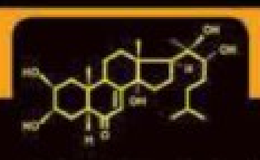
4 Kar et al., 2002. Relative efficacy of three medicinal plant extracts in the alteration of thyroid hormone concentrations in male mice. *J Ethnopharmacol.* Jul;81(2):281-285.



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D-BOL®



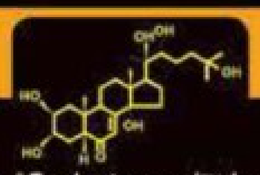
**METHADROSTENOL™



*Since its introduction in early 2001, D-BOL® has fast become the most popular oral pro-anabolic ever available! D-BOL® is the most popular MASS building oral on the market! It has a special formulation containing methadrostenol™ that may exert a pronounced ergogenic action in the body after oral administration similar to those experienced by users of methandrostenolone™. Methandrostenolone™ is the most popular oral anabolic steroid currently used today. D-BOL®, however, lacks the c17 alpha alkylated configuration, which may comparatively lower the risks of certain associated side effects.

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WINNI-V®



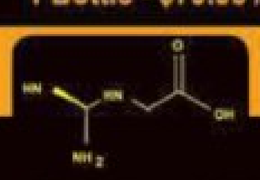
**CYCLOSTANOZOL™



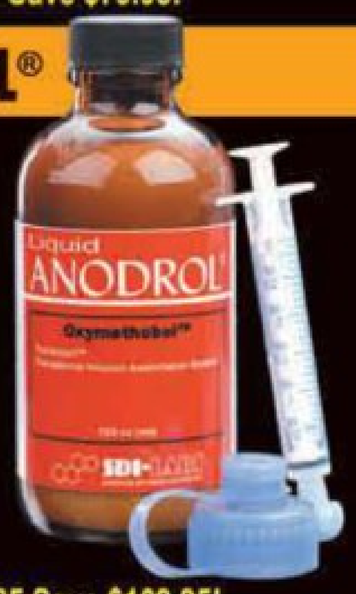
*Cyclostanozol™ is an extremely potent cutting agent and non-prescription chemical hybrid that is reputed to possess highly stimulating, non-virilizing and pro-anabolic properties. It is commonly used as a pre-contest cutting agent. High quality muscle gains are reported with as little as 1-2 tabs taken before workout, during a cycle. Many users claim of lypolytic (fat reducing) effects analogous to those experienced when using stanozolol tablets. The gains made while on a cycle of Winni-V® have been reported to be very solid and well maintained once use has been discontinued.

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LIQUID ANODROL®



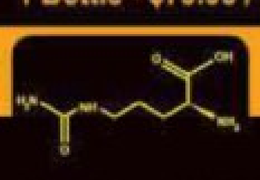
**OXYMETHOBOL™



*Many users claim Liquid Anodrol® to be the most powerful OTC Bulking agent available. Incredible mass and strength gains have been reported after only one week of use. Anodrol is an oral liquid that is designed for rapid assimilation for maximum pro-anabolic effects. The active ingredient in Liquid Anodrol® called Oxymethobol™, is not alkylated or methylated in structure and may possess a lower risk factor with use when compared to oral steroids with these toxic configurations.

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TEST SUSPENSION™



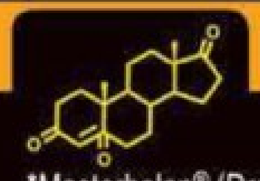
**SUPRATESTIN DEPOT™



*Test Suspension™ is reported by many users to be the most powerful non-prescription water based oral pro-testosterone preparation commercially available. Muscle gains with Suspension™ are being reported unusually high yet extremely lean, dry and solid. Suspension™ has virtually no capacity to aromatize into estrogen, which helps prevent side effects such as water retention and bloating. Suspension™ is orally administered using the special applicator provided.

1 Bottle - $109.95 / Buy 3 Get 1 FREE! (4 bottles) - $329.85 Save $109.95!

MASTERBOLAN®



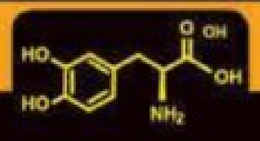
**DROSTANOZOL™



*Masterbolan® (Drostanozol™) is powerfully effective when used as a muscle hardener and strength increaser. It has notably been able to sharpen the appearance of individuals that already carry a low bodyfat percentage. Drostanozol™ has a chemical structure that may assist in recovery from bouts of extreme body stress including heavy weight training. Upon administration of Drostanozol™, subdermal water levels may drop dramatically. Users often report of the skin taking on an almost paper thin appearance.

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SOMATROPH HC™



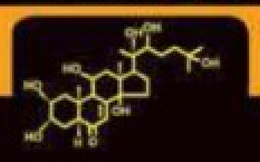
**NUTROPIL RECOMBINEX™



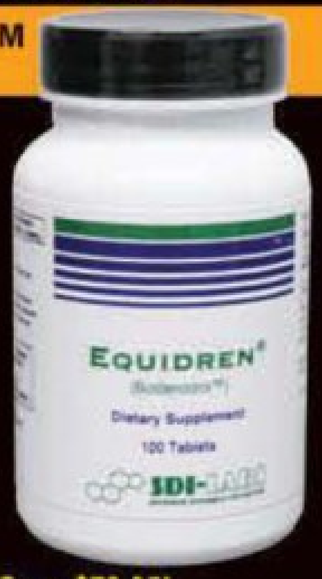
*Growth Hormone is a powerful fat burner and one of the only known substances to actually increase the number of cells in a muscle rather than size alone seen with standard anabolics. Somatroph HC™ is a breakthrough in chemistry that may allow dramatic increases of Growth Hormone blood levels without injections. Utilizing the active ingredient of Nutropil Recombinex™, Somatroph HC™ is considered by many to be the most powerful non-prescription oral form growth hormone enhancement product available. Users of Somatroph™ are reporting of dramatic lipolysis (fat loss) and a synergistic bulking action when taken in conjunction with other pro-anabolics.

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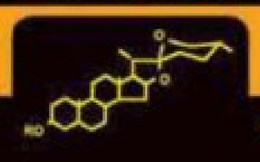
**BOLDENODROL™



*Equidren™ (Boldenodrol™) is a highly specialized combination of compounds designed to increase vascularity and anabolic effect via enhanced vasodialation. EQ is widely known to help "pop out the veins" in users arms and overall musculature. EQ's process directly signals cells to increase the uptake of amino acids to stimulate protein synthesis. MUSCLE PUMPS experienced while using Boldenodrol™ are reported to be extremely intense and long lasting for this reason.

1 Bottle - $79.95 / Buy 3 Get 1 FREE! (4 bottles) - $239.85 Save $79.95!

OMIFEN™



**CLOMEX GONADOTROPOL™



*This non-steroidal substance has gained much popularity among athletes due to its reputed ability to act as a gonadotropic stimulant and estrogen blocker. Clomex Gonadotropol™, the active ingredient in Omifen™, stimulates the pituitary gland to increase levels of gonadotropic hormones. It may also naturally suppress estrogen levels, which can make muscles appear rock hard and dense. Users have been very enthusiastic about Omifen™ with reports of greatly reduced post cycle crashes.

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WARNING: The products sold by our company may induce extreme muscle growth during weight training cycles. Due to their profound effects and potencies it is recommended to seek the guidance of a physician prior to use.

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XTREMELY HARDCORE ANABOLIC CYCLES

SUPPLYING ATHLETES SINCE 2001

Anabolic Cycle Information: Utilizing empirical and anecdotal evidence, scientific research has shown that anabolic compounds are most effective when used in a logical sequence referred to as a cycle. The term cycle refers to the duration of time that passes while concurrently taking pre-determined combinations and dosages of anabolic agents. A synergistic action, or an amplified effect, has been shown to occur when two or more anabolics are administered simultaneously. Along with stacking anabolics, proper consideration must be addressed to the strategic development of the cycle, which effectively maps the muscle cells for receptor downgrade. This deliberate planning prevents attenuation or ever allowing the body to build a tolerance to the administered agents.

The following cycles have been carefully calculated to enhance cell receptor sensitivity, anabolic synergism, and to provide maximal ergogenic benefit. Each cycle has a brief description for use as each is designed for a specific length of time and benefit. Training intensity should be elevated as well as protein intake for the duration of each cycle. A minimum of 1.5 grams of protein per pound of bodyweight is recommended for optimal nitrogen retention. Users should allow a minimum of eight weeks off between cycles in order to effectively rest myocyte (muscle cell) steroid receptors.

*Extremely large muscle size and strength gains have been reported with the following pre-engineered cycles. A dramatic reduction of body fat, which translates into a lean, hard, and ripped pre-contest quality conditioning, is also reported at the cycle's completion. Best of all, users claim that the incredible gains experienced are well maintained after use is discontinued. When choosing a cycle, carefully examine each schedule to determine which quantity and dosing structure best suites your individual needs.

Save $79.95

Price: $299.85

8 WEEK STAGGERED FORM BLITZ CYCLE

WEEK	D-Bol	Anodrol	Test Sus.
1	2 / Day	4cc / Day	
2	2 / Day	4cc / Day	
3	2 / Day		4cc / Day
4	2 / Day		4cc / Day
5	2 / Day	4cc / Day	
6	2 / Day	4cc / Day	
7	2 / Day		4cc / Day
8	2 / Day		4cc / Day

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, density and volume.

8 Week Blitz Cycle Before & After Photos

Individual results may vary



Week 1 — Week 8

Save $159.90

Price: $539.70

10 WEEK PRECISION FORM MINI CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Equidren	Master.	Winni-V	HGH	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†	††	
4	2 / Day	4cc / Day				†	††	
5			4cc / Day	3 / Day		†	††	
6			4cc / Day	3 / Day	3 / Day	†	††	
7			4cc / Day	2 / Day	3 / Day	†	††	
8			4cc / Day		2 / Day	†	††	
9							††	4 / Day
10							††	4 / Day

*EXPECTED RESULTS: Intermediate gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somotroph HGH is to be taken nightly using 1 dropperful.

Save $189.90

Price: $729.65

14 WEEK INTRINSIC FORM MASS CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Winni-V	Omifen
1	4 / Day	4cc / Day		†	
2	4 / Day	4cc / Day		†	
3	4 / Day	4cc / Day		†	
4	4 / Day	4cc / Day		†	
5	4 / Day	4cc / Day		†	
6	4 / Day	4cc / Day		†	
7	4 / Day	4cc / Day		†	
8	4 / Day	4cc / Day		†	
9		4cc / Day	4cc / Day	†	
10		4cc / Day	4cc / Day	†	
11		4cc / Day	4cc / Day	†	
12		4cc / Day	4cc / Day	†	
13					4 / Day
14					4 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, density and volume.

† Winni-V is taken 1 tablet prior to working out only.

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Save $159.90

Price: $809.55

14 WEEK PRECISION FORM PEAKING CYCLE

WEEK	D-Bol	Anodrol	Test Sus.	Equidren	Master.	Winni-V	HGH	Omifen
1	2 / Day	4cc / Day				†		
2	2 / Day	4cc / Day				†		
3	2 / Day	4cc / Day				†		
4	3 / Day	4cc / Day				†		
5	3 / Day	4cc / Day				†		
6	3 / Day	4cc / Day				†		
7	4 / Day	4cc / Day				†	††	
8	4 / Day	4cc / Day				†	††	
9	2 / Day		4cc / Day	3 / Day		†	††	
10			4cc / Day	3 / Day	3 / Day	†	††	
11			4cc / Day	2 / Day	3 / Day	†	††	
12			4cc / Day		2 / Day	†	††	3 / Day
13							††	3 / Day
14							††	3 / Day

*EXPECTED RESULTS: Advanced gains in muscle mass, strength, definition and hardness.

† Winni-V is taken 1 tablet prior to working out only.

†† Somotroph HGH is to be taken nightly using 1 dropperful.

REAL TESTIMONIALS:

Dear SDI-LABS,
"One week into the cycle and my muscles feel so full, tight, hard and pumped after my work out... It literally felt like they would explode!" Dan M – Bronx NY

Dear SDI-LABS,
"Please send 4 more bottles of D-BOL... I am absolutely shocked at the intense muscle growth I am experiencing from your products!" George A – Boynton Beach FL

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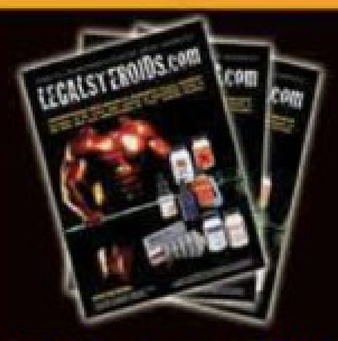
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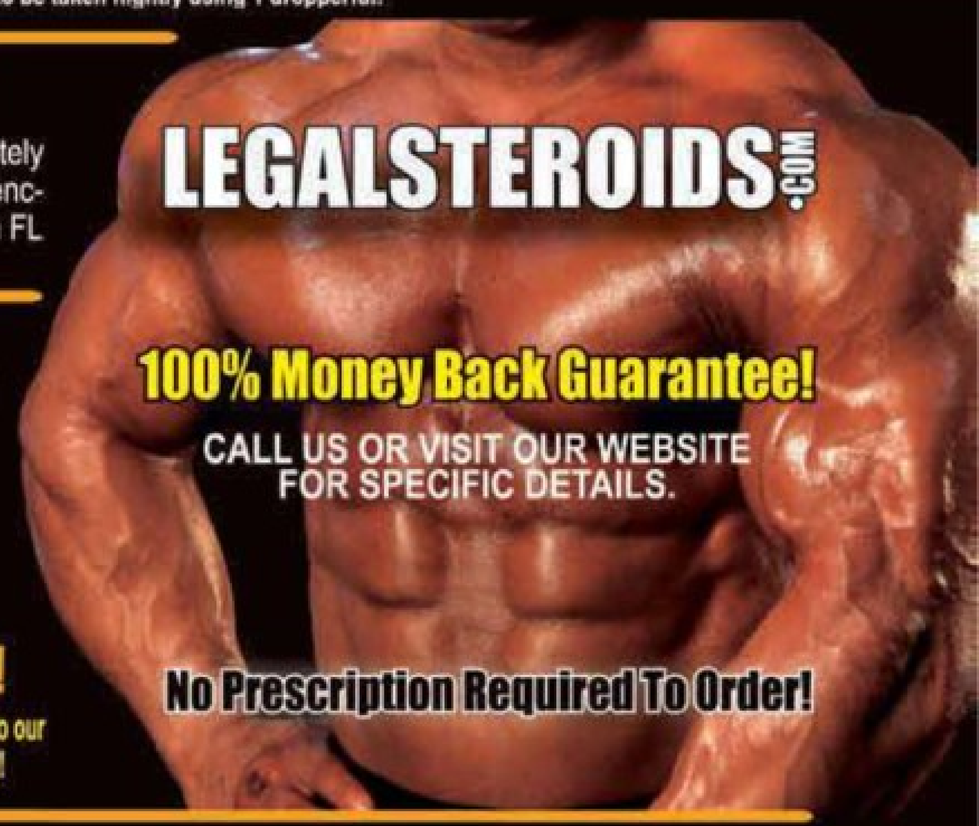
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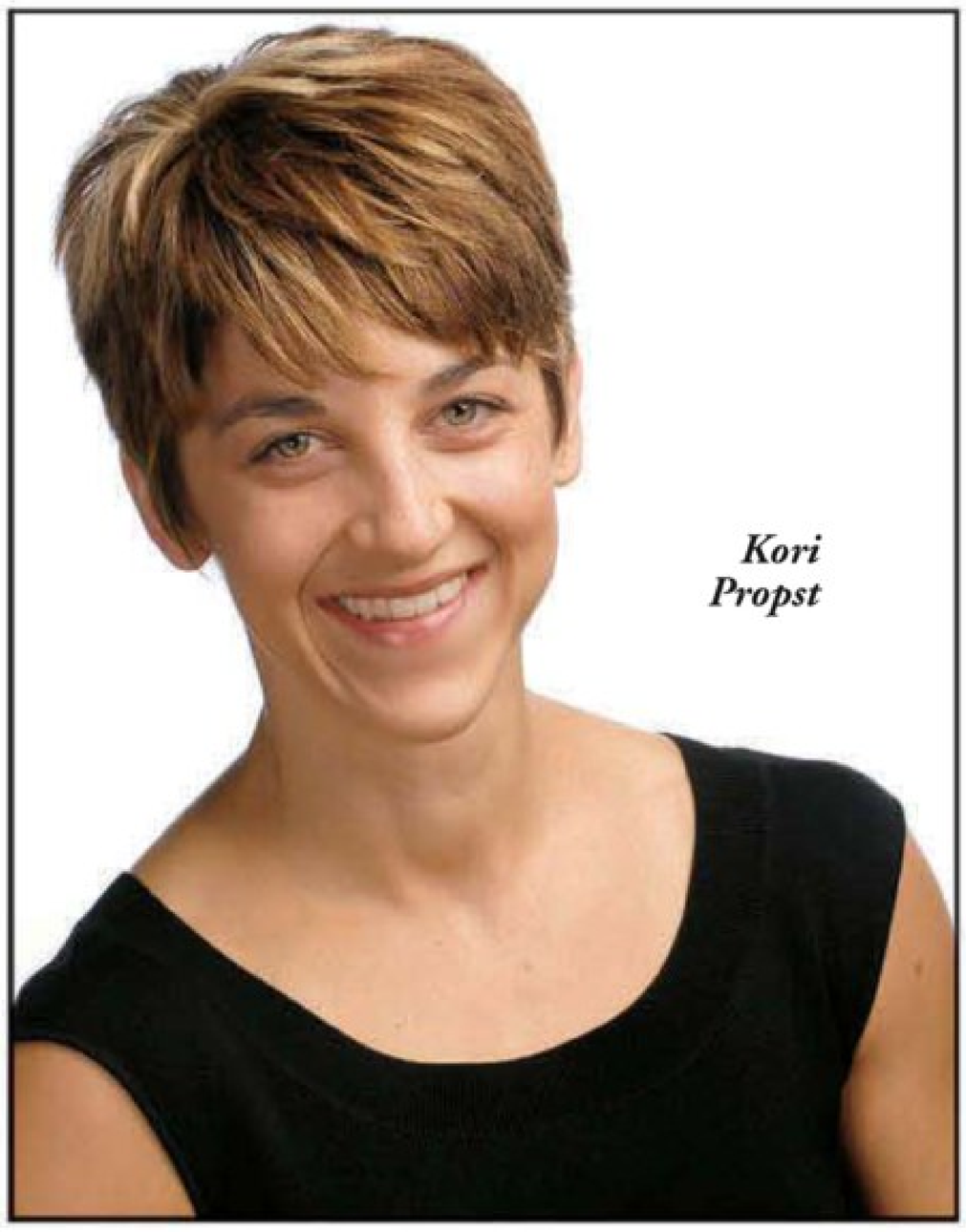
By Kori L. Propst,
M.S., L.C.M.H.C., L.P.C.

PREPPING FOR YOUR PREP

If you're reading this magazine, you are likely interested in standing on stage or at least looking like you could. Either way, you have to diet to achieve that goal, and the ramifications of doing so are many. Both physiological and psychological changes occur, working together to create an environment that sometimes just doesn't feel good, internally and externally!

Dieting influences endocrine function and blood chemistry. These changes trickle down to mood and emotion, and unfortunately for many, end in family, friends or partners wanting to throw them a big fat punch in the kisser.

Understanding these changes will navigate you through the choppy waters of competition prep. With knowledge, anticipation and planning, a smooth sailing experience is possible. Negative relational consequences can be mitigated and the bloodletting can be saved for the contest stage!



Kori Propst

PHOTO COURTESY OF DR. JOE KLEMCZEWSKI

PHYSIOLOGICAL CHANGES

On the physiological side, sleeplessness, lack of energy and lethargy, lower body temperature, hypoglycemia, changes in liver and renal function, and a lowering of testosterone and estrogen, among others, can occur.

Ladies, estrogen decreases significantly when body fat levels decline, and estrogen is crucial for the free-flowing nature of *serotonin*. Serotonin provides protection from depression and low self esteem. When women become amenorrheic due to low body fat levels, symptoms can mimic those of women who are menopausal.

Men, your symptoms can be similar as a result low testosterone levels from stringent dieting. Common complaints include depression, mental fogginess/fuzziness, difficulty concentrating and anxiety – all leading to a general feeling of indifference.

PSYCHOLOGICAL CHANGES

Expectations are high for competitors. Body fat percentages are monitored regularly, food is tracked and weighed meticulously and timing is a paramount concern.

If you're working with Team Klemczewski, you're communicating daily with your nutrition and training consultant and your peaking process has been mapped out. Having an objective person available to provide a structure to your game plan and give you honest, candid feedback about your progress is crucial. However, the internal drive to meet certain goals remains and oftentimes competitors will go to extremes.

Even with the healthiest approach to competition dieting, we ask more from our bodies than is normal, and competitors may experience mental fatigue, anxiety, difficulty concentrating, procrastination, depression, lowering of self-esteem, lack of resilience or an increase in perfectionism and controlling behaviors. With these changes, job productivity, relationships and the desire to want to be around others can suffer. Wow, sounds fun. Why do we do this? That's a question worth pondering, but we'll couch it for another time. For now, let's address how you can prep for your prep to minimize the negative impact of the changes we have previously addressed.

Let's assume that most people, especially if you are new to competition prep, do not understand what you are doing, why you're doing it and what it involves. Let's also assume that you are involved in activities outside of the bodybuilding arena that are not familiar to others, as well. My point is if we can approach competition prep as "normal" when we are interacting with others, they may view it as such. If we make spectacles of ourselves, can we expect anything less than a game of 20-questions? I'd advise that you play that game with yourself to prepare for your prep's impact, and I'd start by asking the following:

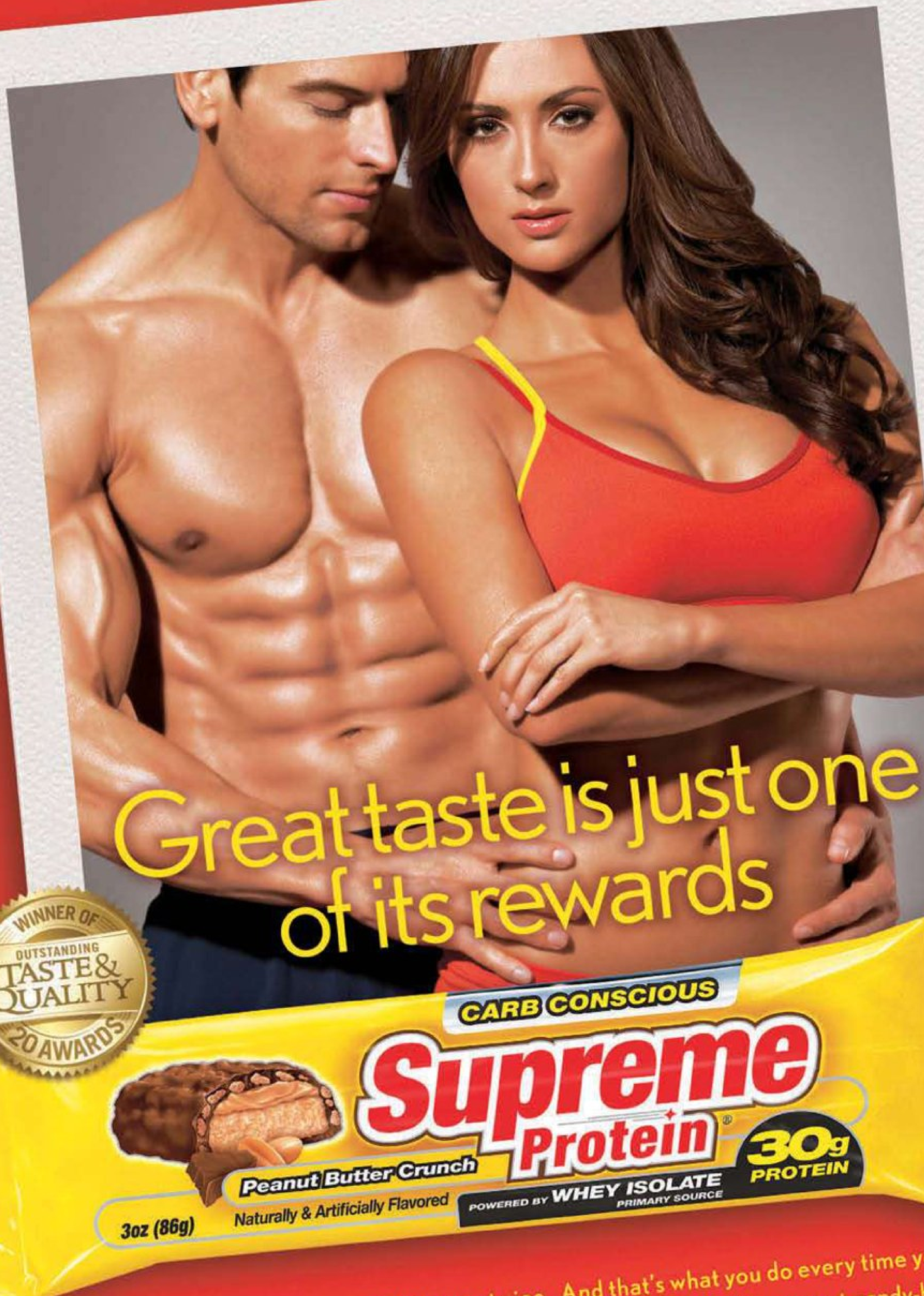
What questions do I anticipate others will ask me? After identifying these, please use your previous experiences to generate your list, identify a few different answers or explanations for each. I have told people before that I'm preparing for a competition, but that it's not something I like to draw a lot of attention to;

What behaviors most often call attention to what I'm doing? Assess for those that are extreme, like never going out with friends or always having to pick the restaurant. Generate some ways that you can minimize them;

As your prep progresses, how do you change physically and psychologically? Identify what you've noticed in the past. If you're new to competition prep, ask a trusted friend to be honest with you about what he/she sees. You can use your previous experiences and the support of an honest observer to prepare your partner, spouse and friends ahead of time. For example, as my prep gets deeper and more grueling, my typically jovial attitude takes a nosedive. I won't smile or laugh as much, I'm much more morose and I'm less patient (I'm not entirely sure how the latter could get worse, but somehow it does!). I've told my best friend that I need to know if it's getting very obvious. If he says it is, I'm working harder to combat it;

Ask yourself honestly if you are doing your best to approach your prep in the least selfish way possible. Yes, you have an obligation, no matter what, to behave in a manner toward your friends and family, that is still kind, compassionate and loving. Competition prep is not a license to be rude;

Assess whether or not you take the questions or actions of others personally. I have many clients *(continued on page 140)*



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Compiled by
Laura Anne Rega-Crossan

WNBF PRO TIPS

When it comes to climbing the bodybuilding and Figure ranks, why not learn from the pros? And what better pros to learn from than Gwen Hansen, Stu Yellin and Sean Campbell. Take their advice to gain or enhance your pro status.

WNBF PRO GWEN HANSEN ON CONTEST PREP

"'How does an ant eat an elephant? One bite at a time.' That is a phrase that often comes to my mind when I think about preparing for a contest. When I think of all the components of preparation at once . . . diet, training, tanning, posing routines, suits, make up, paperwork, etc. it can be as overwhelming as an elephant. But when I break it down into smaller daily goals, it becomes very manageable and before I know it, everything has a place.

"The best advice I can give is to make a plan. List everything that needs to be done and assign each task a deadline date. Then on a calender, map out your schedule, leaving some flexibility for unexpected occurrences. For example, order your suit far enough in advance to allow time for alterations. Then just take one day at a time and believe in yourself.

"This past contest I was incredibly blessed with an opportunity to work with world class trainers Irina Veselova and Robert Samborsky. I completely let go of my own diet and training methods and followed their lead. It was hard to give up control but I figured I already knew how to get my results, let me open myself up to change. We have to change in order to grow. My core philosophy is that all diets and training methods work, but nothing works forever. As long as we work hard and give it everything that we have in us, we will absolutely be successful."



WNBF PRO STU YELLIN ON SHOULDER TRAINING

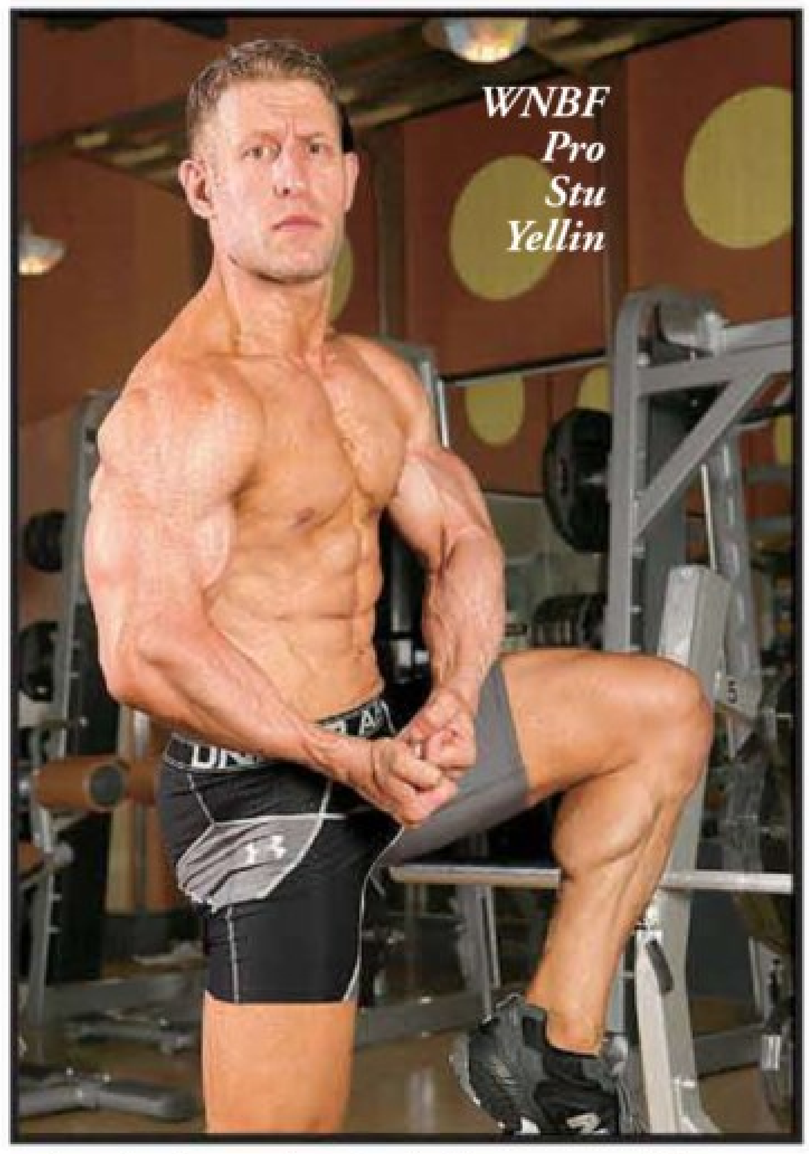
"Once any gym rat consciously begins to focus his efforts on sculpting his physique for the stage, as opposed to just getting 'hyooge,' certain misconceptions about bodybuilding quickly begin to fall by the wayside. Simply heaving the heaviest amount of weight possible, even utilizing compound exercises that recruit a large number of muscles, does not always guarantee the musculature of your dreams.

"I spent many years early on in my training career under the false assumption that as long as I kept increasing my strength on all of the "basic lifts," I would one day wake up and as if by magic, I would suddenly look just like many of the super heroes who I tried so desperately to resemble. While strength is certainly a worthwhile goal, it has always been my own personal thinking that I would much rather walk down the street looking like I can bench press 500 lbs. than to ever actually be able to do it.

"If you were to walk into any of the countless gyms across the country, and pay attention to the people training their shoulders, the majority of them would most likely focus a great amount of time and effort into various shoulder pressing movements, occasionally tossing a side lateral or front raise in just for good measure at the end. Progressing in the shoulder press is by no means a bad thing, but thinking that it will guarantee the full development necessary to win shows, let alone a WNBF pro card is pretty far off base. The approach that finally clicked for me, which I have recommended countless times, is to look at what parts of the shoulder muscles actually make a bodybuilder appear impressive onstage. While presses are certainly capable of hitting each of the three heads of the muscle to some degree, the majority of the direct stress falls squarely on the anterior, or front portion. Certainly this is helpful in a few poses, but a really good bodybuilder needs to create the illusion of a wide torso in all of their front and rear poses, as well as round, 'capped' shoulders in the side ones. This effect is attained only through proper and balanced development of the medial (middle) and posterior (rear) portions of the deltoid muscles.

"Several years ago, I made the conscious adjustment of scheduling my shoulder exercises in such a way as to attack the specific areas of the muscle in order of their importance to my success on the stage. Beginning with dumbbell laterals, I focus while I am fresh on the area that I feel will not only grant me the image of the widest torso onstage, but the roundest 'caps' when hitting any side shots as well. After I feel I've sufficiently toasted the medial heads, I then move on to the often neglected rear delts. Admittedly, I believe that a lot of my rear head foundations came from years of heavy rowing work, but you can't afford to leave any body parts to chance when your goal is standing toe to toe with the best competitors in the world. The trick here is not allowing your naturally stronger back muscles to take over the movement.

"Strictness and constant tension should govern your approach with this movement at all times. Next, I



employ a bit of pre-exhaust for the front portion of the deltoids. As the triceps always come into play with heavy pressing movements, and my own triceps, always a strength, have allowed me to move fairly respectable poundages without adequately stimulating growth in my delts or chest, this approach has allowed me to really target the area that I'm after.

"My choices of exercise vary between reverse grip military presses and front dumbbell raises with a palms up grip (if my joints are feeling a bit achy!) Lastly, once each head of the deltoid has been thoroughly trounced not only in a precise, targeted manner, but in an order that addresses their importance to my goal, I actually do shoulder presses. Sometimes seated dumbells, sometimes seated smith presses, sometimes even standing push presses with a barbell. But one thing is always true; I go heavy and all out, secure in the knowledge that with this final crushing compound movement, I've subjected each portion of the muscle what it needs to bring me one step closer to being the very best I can be."

WNBF PRO SEAN CAMPBELL ON ARM BUILDING

"I don't think I have ever met a bodybuilder who doesn't desire massive and detailed arms to display on stage. Often, when I watch fellow gym members or competitors train, I notice that some neglect their legs, calves, back, etc. But no one ever seems to neglect arm training. Any proper gym rat at the local Gold's can be found pounding away in front of the mirror doing

PHOTOGRAPHY BY NORBERT TORRIENTE

dumbbell curl after dumbbell curl. So why do some walk around with pipe cleaners while others display cannons? Well, I don't doubt that genetics dictate overall arm size and shape to some extent. Insertion points, shape of biceps/triceps, and overall bone structure are set in stone in your mother's womb. But the factor of genetics doesn't necessarily mean you are stuck with your current arm development.

"The number one reason for stubborn arm growth is over-training. To develop any body part, you must dial in overall training volume, intensity and frequency. Finding the balance of these three ingredients is what separates the pipe cleaner from the cannon. However, the balance is different for everyone. My advice is to start by setting up a basic training routine within the ballpark of normal and then hone your program through trial and error over time to learn your individual sweet spot for consistent development.

"Once you find the correct balance of volume, intensity and frequency, determine the individual movements and techniques that you respond to best. On the occasion when people approach me and ask me what I do for my arm training routine, my standard answer is generally, "not much." Since the arms take such a beating while exercising the compound movements, a lot of auxiliary work is simply not necessary and is often detrimental to recovery. The muscles that form the shape of the upper arm are relatively small in comparison to the quads, back, chest, etc. But so many people train the upper arm with similar volume and intensity in an effort to develop the coveted beach muscles. My arm training usually consists of 4-5 sets of isolation work per week for both the biceps and triceps. I generally train the individual muscles on separate days, and I don't do any specific forearm exercises.

"I train my arms in the same manner as I train many of my other body parts: I focus on one movement in the power rep range (4-8 reps) and one movement in the "hypertrophy" rep range (8-15 reps). For contest prep, I generally alternate weeks back and forth between these two rep ranges in order to hone my focus on one or the other for maximum intensity. When I first began training my biceps as a teenager, I mimicked the ways of Larry Scott, who used to do a lot of preacher curls, and Arnold Schwarzenegger, who was famous for his "cheat curls."

"I found that my biceps responded very well to these two movements, so they have stuck with me as the basis for my biceps training. I have always used heavy straight bar cheat curls as my main, power movement for biceps, and the preacher curl has remained the staple for my hypertrophy work. My triceps respond well to either weighted dips or dumbbell floor presses for the power movement and one variation or another of cable pushdowns for my hypertrophy movement.

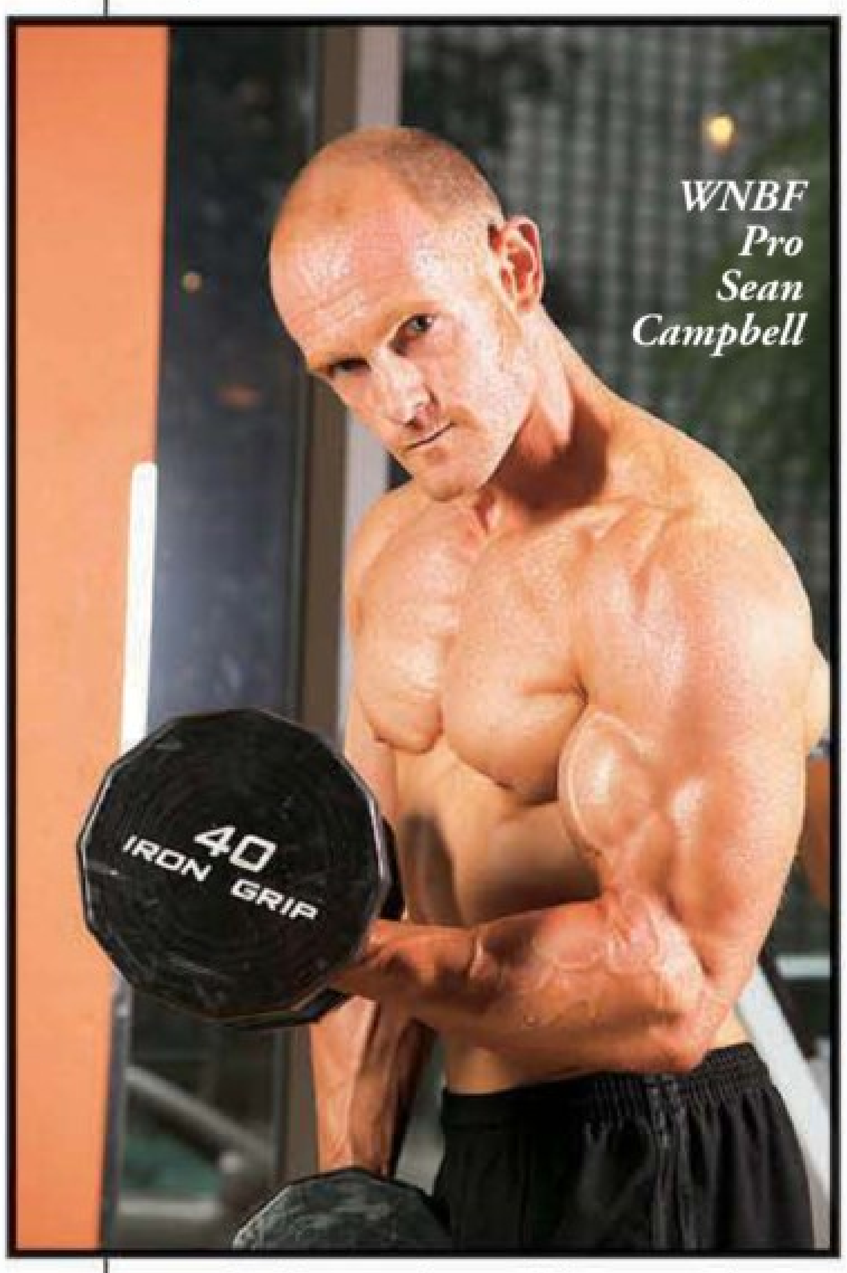
"Recently, I developed issues with severe pain in my left elbow and was diagnosed with both golfers elbow and tennis elbow (tendonitis) in that arm. I had a pretty nasty flare up in the midst of contest prep (one of the indicators for the need to keep overall volume in check as dieting progresses). Fortunately, I found some saving grace in occlusion training when the unfortunate flare up in my arm occurred.

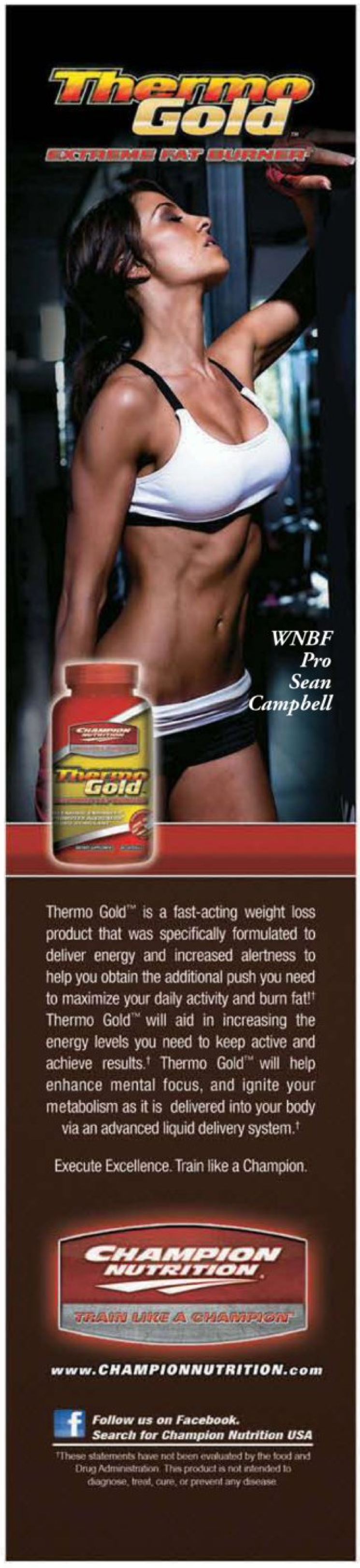
"For those that are unaware of the techniques used in occlusion training, I suggest you read up on the specifics before making the decision to try it. But this type of training involves restricting the flow of blood to and from a particular muscle through the use of a tourniquet while performing an exercise at much lower-than-normal intensity. Rather than training my biceps at 80 percent of my 1-repetition max for a few reps and really taxing the joints, ligaments and supporting structures, occlusion training allowed me to lower the intensity drastically, which kept my tendonitis in check while reaping the benefits of my normal high intensity training.

"Restricting the blood flow to your arms with tourniquets might sound counterproductive at first, but much of the recent data suggests that the lack of oxygen requires the recruitment of the fast twitch muscle fiber much faster than in the normal oxygen-rich environment. Fast twitch muscle fibers are much more prone to hypertrophy.

"As a bonus, metabolite accumulation (such as lactic acid) triggers a flood of anabolic hormones such as growth hormone to aid in the recovery process. The jury is still out as to whether or not occlusion training is any more or less effective than other training techniques, but because of my inability to train heavy, I used it exclusively for arm training throughout my last contest prep. I was able to maintain arm size and strength throughout my prep while rehabilitating my left arm to the point where I have no more pain.

"There is no one right way to train your arms in the weight room. However, everyone must devise his or her own process of trial and error to find the sweet spot for growth. Keep in mind that it is most likely that more is not better when it comes to arm isolation work. Reductions in training volume, intensity or frequency may be needed, especially in a hypo-caloric state, in order to maximize your arm size for your next competition." ★





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ANIMAL INSTINCTS

HUMILITY

By Kurt Weidner

One of the most important lessons I learned from my career as a natural bodybuilder and one of the most important attributes of one who aspires to be a successful natural bodybuilder is humility. Early on when one becomes involved with this lifestyle, it's easy to become impressed with the strength gains, physique improvements or success at the amateur level that one might experience. Unfortunately, this mindset often allows for complacency, which impedes progress.

Sometimes it takes a rude awakening, like stepping up to the pro level, in order to realize an important life lesson . . . you're not that good. Regardless of how good you are, there's always someone better! Think you are strong? There are plenty who are far stronger! Think you are lean? There is someone who makes your contest condition look like offseason!

Sometimes the best motivation a competitor can ever experience is getting his/her ass handed to them. I was certainly nothing special as an amateur, but this is exactly what happened to me when I first competed as a pro. I realized that I was going to have to work a lot harder and sacrifice a lot more if I ever wanted to succeed as a pro. Simply put, I needed to take it to another level.

When you're one of the only bodybuilders in your gym, it's easy to attract attention and compliments that allow you to be impressed with yourself. Remind yourself who is out there. Do yourself a favor if you're interested in improving, compare yourself to the best physiques out there, not the average individual in your hometown. When gym members compliment you, remember that they are not measuring you against the top physiques in the world. They're comparing you to the average person they see in the gym. Looking good in clothing amongst the other people in your gym is far different than looking good while standing next to other top physique competitors who dedicate their lives to being their best onstage.

Instead of giving yourself credit for your accomplishments, spend more time focusing on your weak points and aspects of your physique or training methods that need improvement. Remind yourself that there is always someone out there training harder. Focus on what you have not accomplished yet and don't admire what you did yesterday. Yesterday is gone. What are you accomplishing today? What goals are you going to chase after tomorrow?

Over the last several years that I have competed, I have had my doses of humility. I trained with Brian Whitacre for two years. I watched Brian win almost every show as an amateur and then go on to win an overall in his first pro show. Brian and I trained and competed together numerous times, while becoming close friends. Coming back home from shows, Brian was always the one who won and I was the one who didn't do as well. Brian went on to win three lightweight titles at the WNBF Pro World Championships, while I came home with several disappointing subpar placings. It was always a nice reminder to me, "You aren't that good and you need to work a lot harder if you ever want to become better!"

After Brian's departure, Vaughan Twigger eventually become my new workout partner. As an amateur, I quickly realized the insane potential of this British phenom. Vaughan earned a pro card in 2006, tearing apart his competition. Since that time, I have watched him grow like a weed. It seems like he gets bigger, stronger and leaner every week. I look back and realize that I was going no where close to his level of development when I was that age! Every day I train with him, I am reminded by his freakish physique that I am still not that good! *(continued on page 139)*

WNBF Pro
Kurt Weidner

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PERFECT PEAKING

By Joe Klemczewski, Ph.D.



WNBF Pro
Sean Campbell

THE ULTIMATE PEAK

Part 2: Maximizing Variables

Managing your peaking process is the mindset you should have after reading Part I of The Ultimate Peak. Hopefully I've talked you out of expecting a miracle at the end or a magic formula to follow. Mindlessly moving through someone else's plan has a very small chance of succeeding. Last weekend, Nancy Andrews hosted the Northeast Classic, one of the most competitive, largest pro/amateur events of the season. A client of ours commented that two of her friends utilized the services of a contest prep coach who used extreme methods and she watched them deteriorate to the point they looked far worse at the contest than they had in months. Questioning their coach on his nutrition methods and their poor results, he replied, "I use a system and it doesn't work for everyone." That, my friends, is not only a commercial abomination, it's flat out dangerous. We're all too different genetically and metabolically to follow a cookie-cutter plan.

If you haven't read Part I of this series; I would encourage you to do so. If you have, you know carbohydrates and water hold the dominant roles in peaking, but there are other variables that combine to complete the puzzle. I consider them in pairs as such:

Carbs and water;
Protein and fat;
Training and cardio;
Sodium and other minerals.

Carbs and water dictate how full and how tight you'll be. I like to keep protein and fat stable through peak week. Some variables need to be relied on to maintain stability. They may remain unchanged from start to finish or you may need to subtly move them as you manipulate the larger players. Carbs and water are the sledgehammers of your week, you'll use them to control 90 percent of your look. Protein, even during dieting, should be set at a level that provides what you need to maintain lean body mass, but too much more isn't helpful. More than you need actually takes away potential calorie intake from more helpful macronutrients like carbs.

Fat should be low during peak week, though that's a relative statement. If you are ahead of the game and you've been increasing calories

PHOTO BY NORBERT TORRIENTE



at the end of your contest diet – the fourth phase of contest dieting: The Metabolic Building Phase – you may have had to increase fat back up to 25 or 30 percent of your calories just to keep from losing too much weight. Whether this is the case or not, I'd suggest a fat intake as low as you need so that carbs can play a more dominant role.

That was easy, eh? Protein and fat: Keep them steady and consistent. Admittedly, carbs and water will confound the wisest and bring the strongest to his knees; enjoy the easier parts of the peaking process; don't make it any harder. The fewer moving parts we have to contend with, the more impact you can have with the variables that will make a difference.

With all the macronutrients resolved, another epic controversy lies in the sodium/potassium debate. I can only assume that decades ago, armed with borrowed and misapplied information from the medical community, someone purported the idea that cutting sodium and loading potassium would syphon subcutaneous water and keep you dry and tight looking all day. Even today, cardiologists recommend those with high blood pressure limit sodium and eat potassium-rich foods. However, even for such patients, the result is minimal at best. Remember, carbs and water are sledgehammers – actually more like 90-ton D11 Caterpillar bulldozers. Trying to use sodium and potassium to channel body water where you want is grandma with a hand trowel in comparison.

Accounting for, planning and controlling minerals in your body is important during this process, but it's fine-tuning and it's insurance. I like to see minerals stable and high enough through the week; no loading or depleting. Your brain is monitoring millions of chemical reactions per second to maintain homeostasis. If it couldn't keep the body in a life-sustaining balance regarding every possible need, the party would be over. Studies have shown, for example, that blood sodium remains unchanged whether you gorge on salty foods or eliminate every trace of it from your diet. The body will retain balance – it will do whatever it takes. Unfortunately for someone trying to swing from one extreme to another, the body will swing right back creating waves of instability and compensation.

Sodium is actually necessary to keep water in muscle tissue. Eliminate it and your muscle tissue will push water out, no doubt about it, but that leaves you flat, small and soft. It also doesn't guarantee it's leaving your body entirely – your body will start retaining water, but now it's not in your muscle, where it can make you look fuller and tighter. Ever wake up on contest day and all your vascularity is gone, you have a thickness/wateriness in your skin, and you can't get a pump? Drop water, drop sodium and that's what you should expect.

The average adult needs around 2,000-2,400 milligrams of sodium per day. When you drink a lot of water, workout and sweat, you can use even more. It's not necessarily harmful to consume less sodium, but some people who are chronically low do feel a significant energy boost when they come up to normal levels. But using more than you need could potentially create problems. As unconventional as it sounds, I've even seen people lose body fat faster if they brought excessively high dietary sodium levels in check. Consistency is the key during peak week.

The recommended level of daily potassium is actually double that of sodium, but with a diet rich in vegetables and some fruit – even many starches like potatoes – it isn't hard to reach. If your food sources are consistent during peak week, I'd only make sure you are stable and potassium levels are adequate. What you don't want to do is take straight potassium tablets throughout the day. This practice only contributes to you retaining water in your body and creating instability in the sodium-potassium pump of cells, used to create a healthy hydration level. Think rebound. If you can change, even slightly, the cellular balance of water, your body is quickly boomeranging the other direction to reverse the effect. It's never pretty. It's also never healthy.

A couple of years ago a young Figure competitor in her 20s recounted her contest experience with a coach who prescribed the typical peaking approach. She carb depleted and sodium loaded the first half of the week, she started carb loading three days out, she started cutting water – half of her normal on Thursday, only sips on Friday, and per her trainer's instructions, she took 99 milligram tablets of potassium every hour. Friday afternoon her husband was on the phone with an emergency room physician as she lie curled up on the kitchen floor in pre-cardiac arrest. As I said, no sodium means muscle can't hold water – your heart is a muscle – and overdosing on potassium can wring out the last drops of cellular water. Incidentally, it is the same method used in lethal injections for capital punishment to permanently stop someone's heart. Nice.

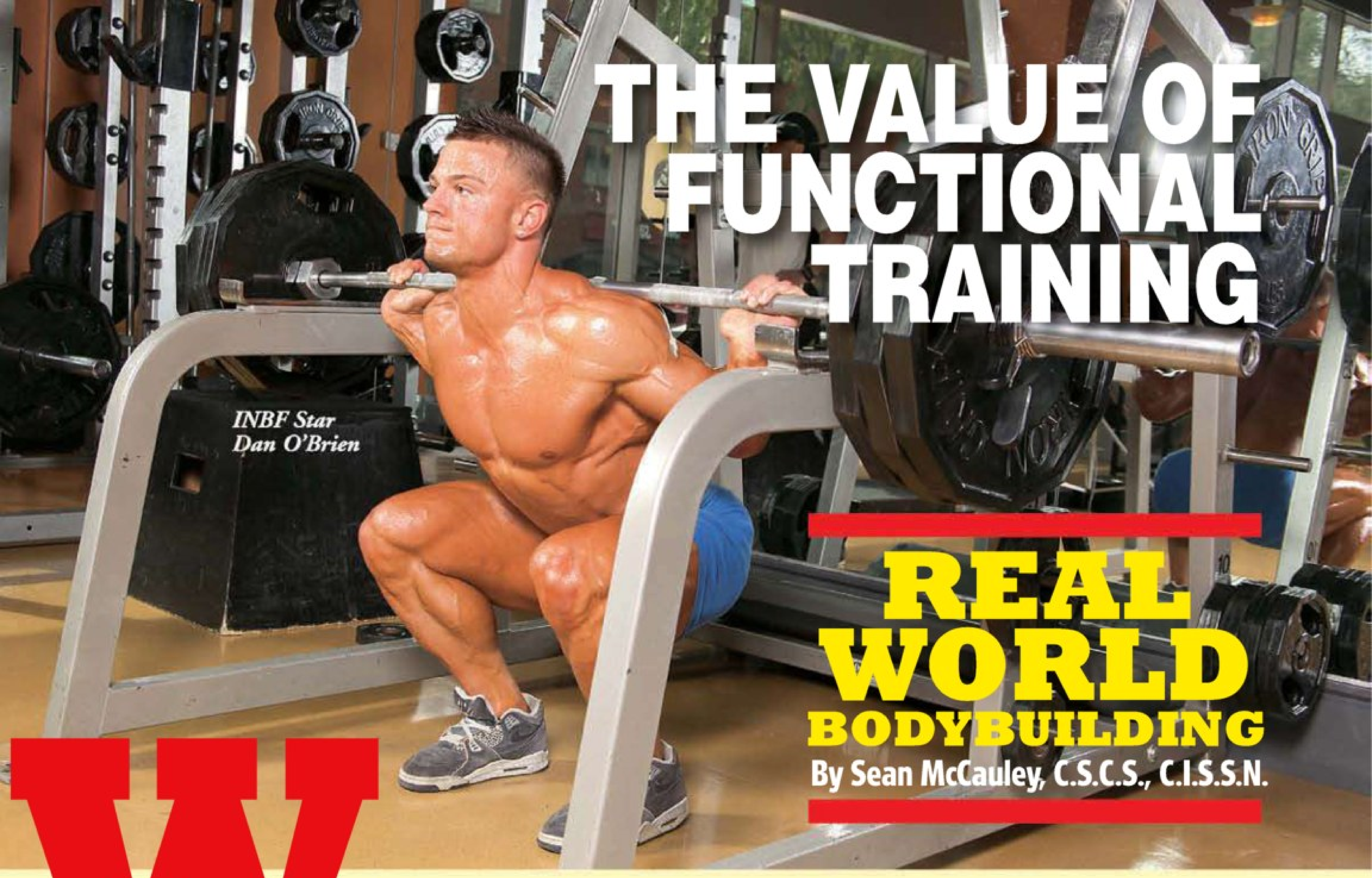
So, how do we use minerals to our contest-winning benefit? First, use adequate, appropriate, consistent, and stable amounts. This includes even things like calcium and magnesium – very important in fluid dynamics. Next, understand the circumstances. If carbs are slowly coming down during the week – as I would suggest – to slowly flush subcutaneous water from your body, minerals will head out with it. You may need to increase sodium at the end of the week or at least be ready to use it on contest day when needed. On contest day, I will often use small amounts of sodium or a high-sodium food in place of a big surge of carbohydrate if a client needs fast increases in fullness and hardness or if they're simply carb sensitive. A bit of well-placed sodium when all other variables are known, accounted for, and planned, can draw fluid into the vascular system including from under your skin. You can see immediate vascularity and a tightening of your appearance. Subtlety and practice is important – recall that your body can rebound in the other direction if too aggressive.

Plan carbs and water first (read The Ultimate Peak Part I), plug in protein and fat, objectify your sodium/potassium plan, and you're almost there. In the final installment of this series, I'll cover peak week training and cardio, but I'll also wrap up the concept of managing the entire course of the week. The best plan will yield you nothing if you can't monitor, assess and adjust on the fly. Manage, baby; manage – predictability and consistency aren't always found by employing the right method – it's all about making the right decision at the right time. Just ask any coach in any sport. ★

Editor's Note: Joe Klemczewski, Ph.D. is a WNBF Pro who helps bodybuilders and figure competitors achieve their best condition through his unique online "Perfect Peaking" program. Dr. Joe can be contacted through his website at http://www.perfectpeaking.com.

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THE VALUE OF FUNCTIONAL TRAINING



INBF Star Dan O'Brien

REAL WORLD BODYBUILDING

By Sean McCauley, C.S.C.S., C.I.S.S.N.

What is the one trait that most hardcore bodybuilders share in terms of their perception on training? Need a hint? It doesn't involve a BOSU ball. Or a Swiss Ball. Or a TRX suspension trainer. In fact, it really doesn't involve much beyond the barbells and the dumbbells that made the original Gold's Gym the icon that became the soul of bodybuilding back in the 1970s. And like many, I cut my teeth on bodybuilding in a gym that had all of the traditional weight training pieces. Those pieces form the core of what many of us would call our essential bodybuilding equipment and they were the core of my arsenal, as well. And while all that equipment is certainly the most valuable stuff in the gym for a bodybuilder, there are some things that competitors are largely not doing – and it is costing them physical development.

Okay . . . now for the painful words I never thought I would write: Functional training is a good thing and everybody should do it. Yes, that was typed very fast due to the unnatural feeling it created. Jokes aside, the notion of functional training and sport-specific training has been around for years – just not in our realm. But it should be. As a bodybuilder, you are an athlete. And as an athlete, you rely on your body to perform when and where you tell it to. Functional exercise will better enable you to do that. It will keep you healthier, stronger, more coordinated and more resilient to injury. That sounds like a lot of upside with precisely zero down side.

So there is benefit here. But we need to also examine what it will do for you and what it flat-out will not do for you. Will functional training grow you any new muscle? That depends on who you are. If you are reading this, you are not likely new to the gym and you are likely a competitive bodybuilder. This means that you are a highly trained and highly adapted athlete by clinical standards. For a demographic like that, functional exercises are not going to make your physique radically different by themselves. As an advanced athlete, your muscle tissue is adapted to handle a lot of stress. More stress than functional training will put on it. Functional movements are not intended to grow muscle mass for the bodybuilding world. Now before you go telling me I am off my rocker, bear with me. For the average Joe who has never trained before, there will be significant gains. He will see new levels of strength and will likely even see some added muscle mass. That is not due to the wizardry of functional training but rather the fact that he is simply an untrained individual and pretty much any resistance training is going to make stronger as his body adapts for the first time.

But this is not an article about the impact of functional training on an untrained athlete. Or even about the public at large. We are examining how functional training impacts high level bodybuilders. And the impact is very real. As we know, the central premise with a functional regime is to ensure that we are creating a strong and balanced physique. And balance is a key word for us here because bodybuilders often suffer from muscle imbalances that can lead to injury or pain.

For example, bodybuilders work their legs very hard. In fact, most every exercise we do for our legs is a squatting or pressing motion that has our legs externally rotated to some degree because that is favorable hip flexibility, adductor engagement and for generating power. And it makes our external rotator muscles very strong. But all that external rotation is not exactly ideal for our internal rotators and as a consequence, those are often neglected in our training. So functional training is one way we can deal with that. We can work to strengthen parts of the body that we may inadvertently miss during the normal training that we do. Will this add pounds to your squat? Nope, not at your advanced level but it will help keep your injury free and that will add pounds to your squat over time.

There are hundreds of examples we could use here. But another good example is the obvious one. Core training. Functional work is fantastic for your midsection. As competitors, we all do abdominal work on some level. And it *(continued on page 140)*

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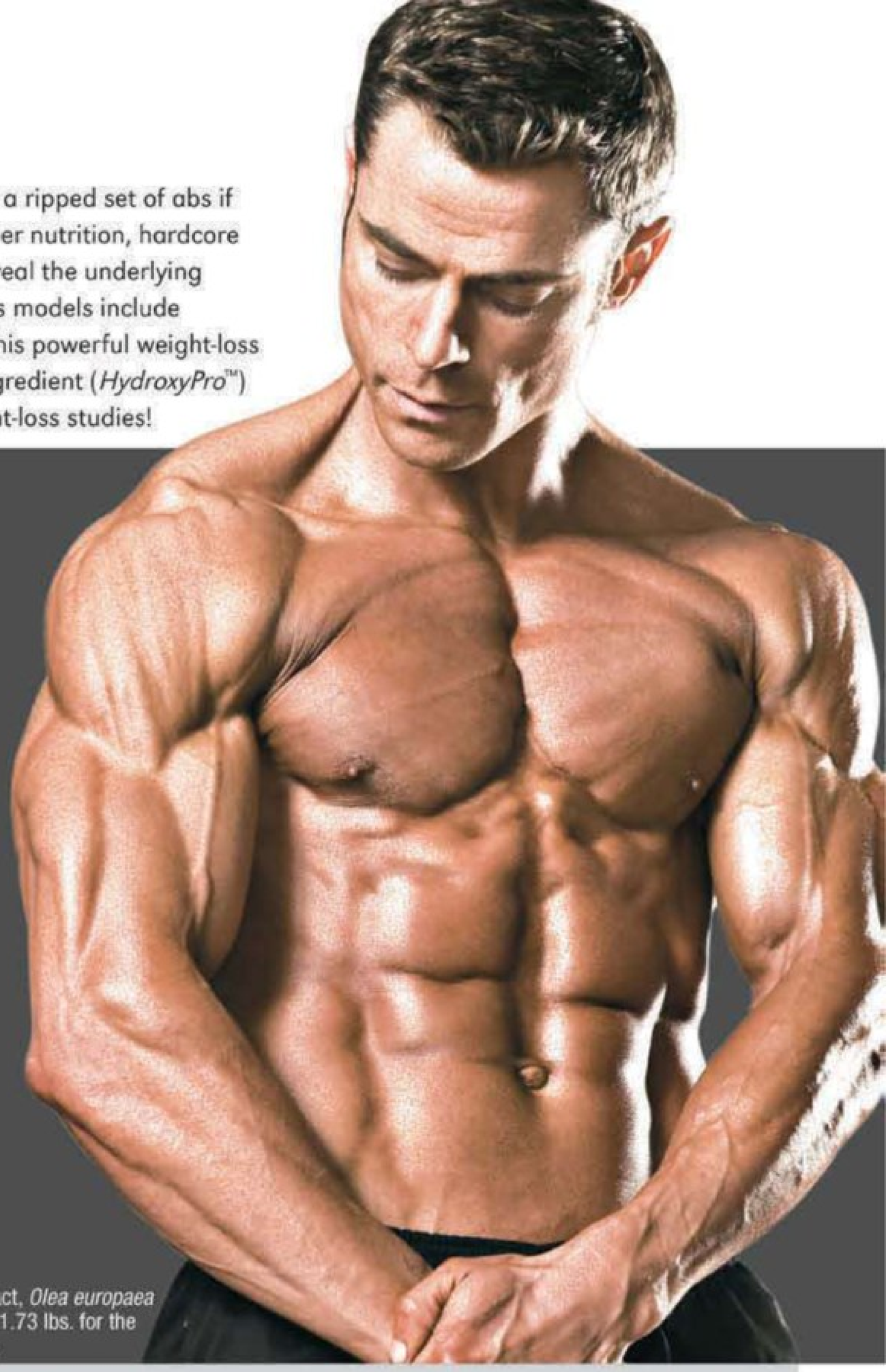
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"Getting ripped is challenging, but *Hydroxycut Hardcore Pro Series* really helped me lose weight to get me looking lean and shredded!"

– **JEREMY PATTERSON**

Average weight loss with the key complex *HydroxyPro™* (*Alchemilla vulgaris* extract, *Olea europaea* extract, *Cuminum cyminum* extract, *Mentha longifolia* extract) was 16.50 lbs. vs. 1.73 lbs. for the placebo group in one 8-week study. Both groups followed a calorie-reduced diet.

WEIGHT-LOSS RESULTS PROVEN IN 2 CLINICAL STUDIES!

HydroxyPro is an extremely potent weight-loss complex. It's one of the very few compounds in the industry today that has been tested in two gold-standard clinical studies. Data analysis of the results from both clinical trials on this powerful key ingredient complex showed that there is statistical significance for test subjects having lost 7 times more weight than placebo subjects! So when you're shopping around for a product that's going to help you get ripped, see how many of them are formulated with a key complex shown to deliver dramatic weight-loss results. There aren't many, if any at all.

Hydroxycut Hardcore Pro Series contains a key complex clinically proven to help you lose weight to get ripped!

PROVEN WEIGHT-LOSS RESULTS!



In a gold-standard clinical trial conducted over **8 weeks**, test subjects using the key complex in *Hydroxycut™ Hardcore Pro Series®* lost an average of 16.50 lbs. while those using a placebo lost an average of 1.73 lbs. Both groups followed a calorie-reduced diet.

In **12 weeks**, subjects using the key complex in *Hydroxycut™ Hardcore Pro Series®* lost an average of 20.94 lbs. vs. those using the placebo, who lost an average of only 1.70 lbs. Both groups followed a calorie-reduced diet.

Believe the Facts.

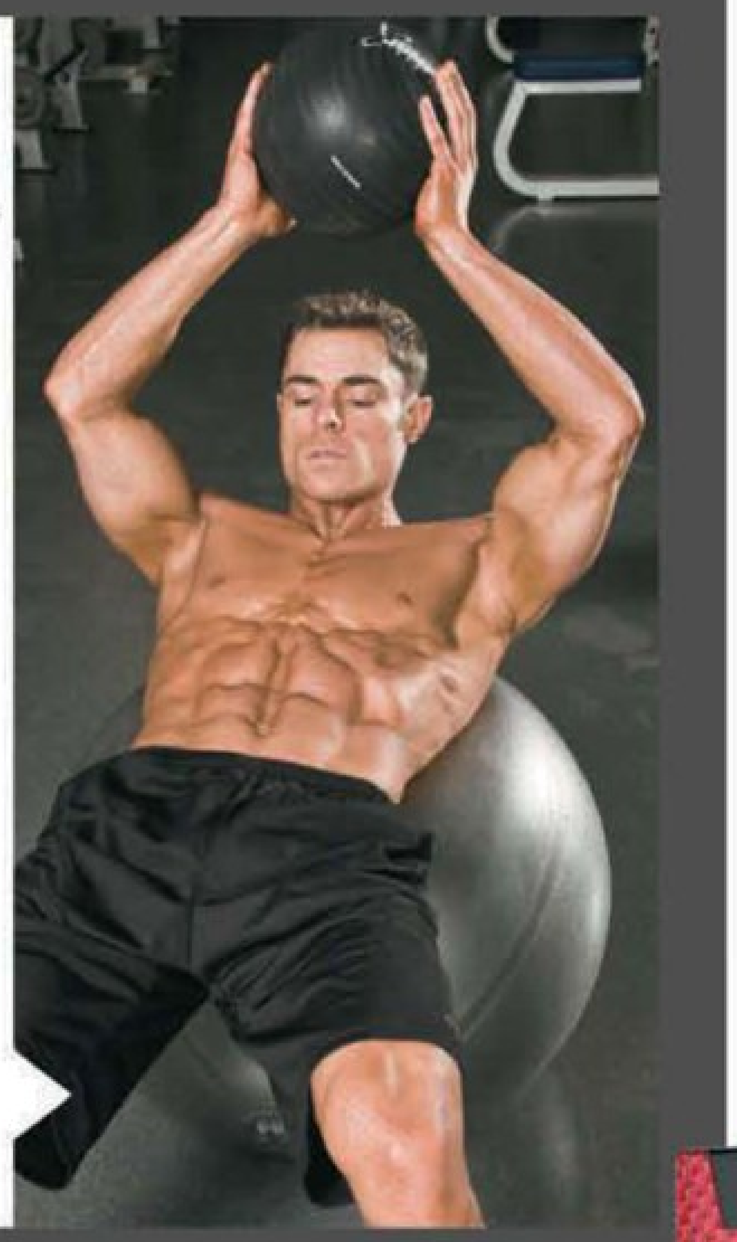
The fact is that the key weight-loss complex in *Hydroxycut Hardcore Pro Series* works. It also contains an ingredient (caffeine anhydrous) that delivers an intensely powerful rush of energy! The key complex in *Hydroxycut Hardcore Pro Series* will help you lose weight to reveal muscle definition to help you look ripped! The time is now. Get on *Hydroxycut Hardcore Pro Series.*

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At the end of the day, you train hard to get ripped. You want to be able to peel your shirt off and catch people checking out your shredded abs and ripped arms. So why wouldn't you use a powerful formula to help you do it? Choose a formula with a weight-loss complex that's been clinically proven in two gold-standard studies to help subjects lose significant weight. Choose *Hydroxycut Hardcore Pro Series*.

SUMMER
AB-SHREDDING SUPERSET
THE 6X20

Bent crunches	**max 20 reps**
Rest for 45 seconds to 1 minute	
Hanging leg raises	**max 20 reps**
Rest for 45 seconds to 1 minute	
Pulldown crunches	**max 20 reps**
Rest for 45 seconds to 1 minute	
Ball crunches	**max 20 reps**
Rest for 45 seconds to 1 minute	
Ball vertical crunches	**max 20 reps**
Rest for 45 seconds to 1 minute	
Medicine ball twist	**max 20 reps**



WHAT IS A GOLD-STANDARD STUDY?

A gold-standard study adheres to strict scientific testing protocols. In order to be considered gold standard, a clinical study should be conducted in a randomized, double-blind, placebo-controlled fashion.

RANDOMIZED

Test subjects are randomly divided into groups and they don't know if they'll be in the test group (receiving the active ingredient) or the placebo group (receiving an inactive pill).

DOUBLE-BLIND

The trial should also be double-blind. This means that neither the test subjects nor the testers know what sample is being administered to which group.

PLACEBO-CONTROLLED

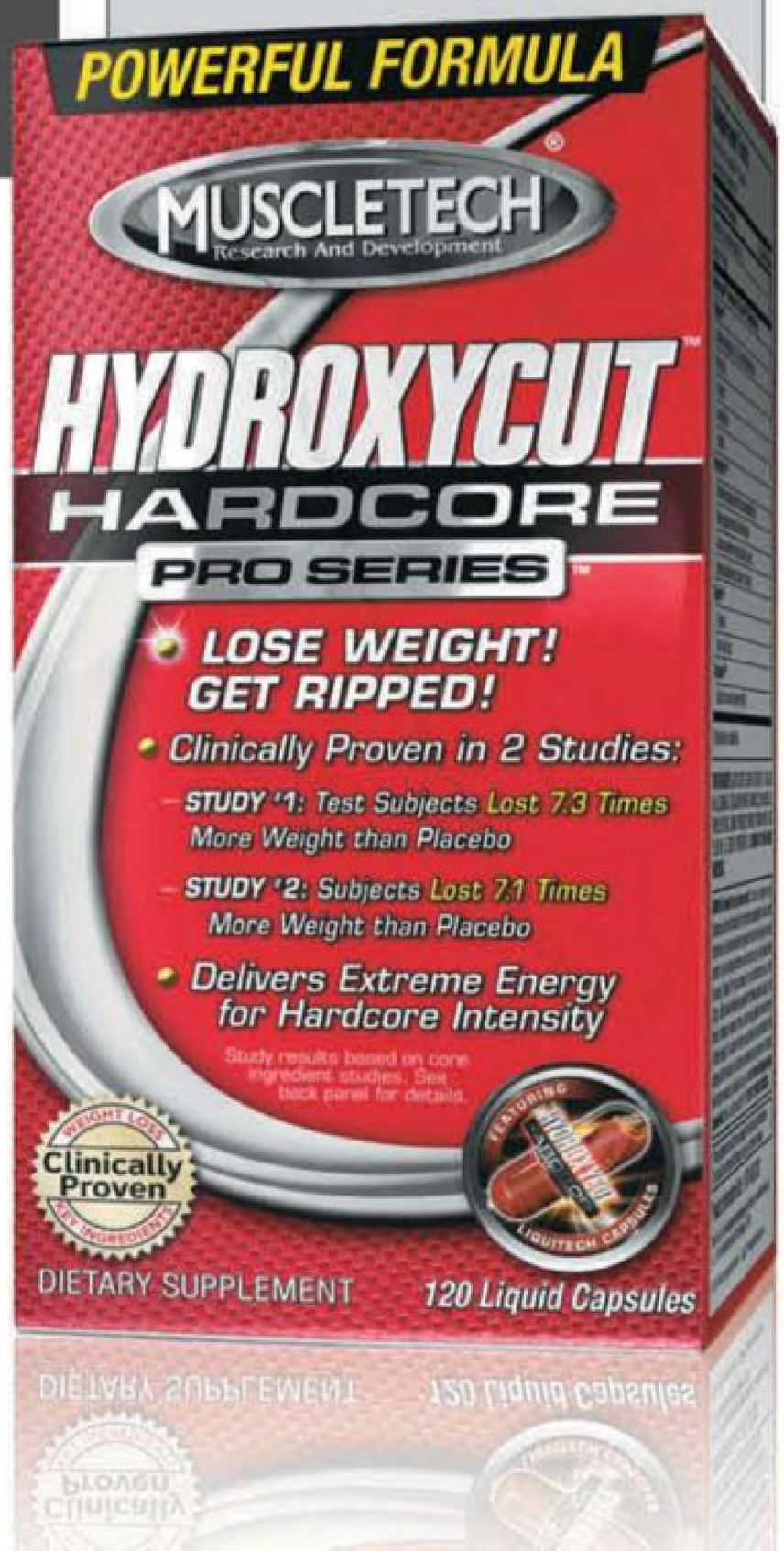
This means that a portion of the test group will receive the active ingredient, while the other receives the placebo.

For both of the clinical studies conducted on the powerful *HydroxyPro*™ complex, researchers adhered to a gold-standard testing protocol.

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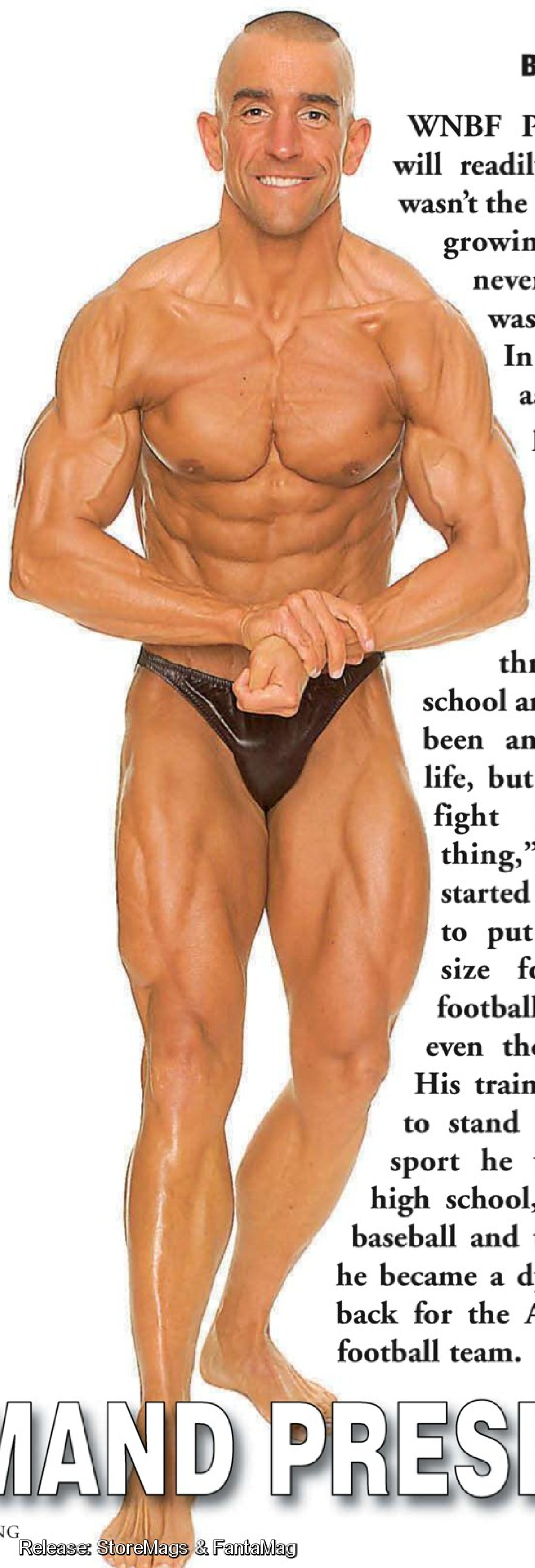
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BILL MURPHY

COMMAND PRESENCE

By Pete Dombrosky



WNBF Pro Bill Murphy will readily admit that he wasn't the biggest guy while growing up. But he never treated it like it was an impediment. In fact, he used it as motivation to pack on more muscle and train harder than anyone else so that he would excel in sports throughout high school and college. "I had been an athlete all my life, but I always had to fight the size/height thing," Bill says. "I started training as a way to put on weight and size for high school football. It was a way to even the playing field." His training allowed him to stand out in whatever sport he was playing. In high school, it was football, baseball and track. In college, he became a dynamic defensive back for the Allegheny college football team.

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But once his schooling ended, his training did not. When he left college, he had already established an undying motivation to keep himself in peak physical condition. That mindset continues to this very day and if you're a criminal in Woburn, Mass., that means bad news for you. Bill is a police officer for the Woburn, Mass. police department. Standing at 5-6, you might not think he would be an intimidating figure. That is, not until you actually saw Bill coming to apprehend you. His thick chest, ripped arms and strong lower body serve two purposes for his job.

The first is what police call "command presence." Bill says that an intimidating appearance is key because people don't want to mess with a guy that looks squared away and can handle himself. Just being muscular and fit is enough incentive to stop violence before it starts. The second purpose for his stalwart physique is more functional. "We are required to chase, wrestle, handcuff and physically restrain all shapes and sizes of people," Bill says. "It just makes sense that being stronger, having more endurance and flexibility will help you to perform your job more efficiently, thereby reducing the risk of injury to yourself and the suspects."

The 45-year-old police officer and police drill instructor also keeps fit for his own personal pleasure. When he started lifting weights for football in his younger days, his progress in the gym took on a life of its own and he says "the gym became a destination in and of itself." Since then, he has competed in numerous bodybuilding competitions, claiming three first place titles (the most recent being the 2003 INBF Naturalmania, where he won his WNBF pro card). And his training hasn't been limited to packing on lean muscle, either. He has also become an outstanding runner – completing five Walt Disney World marathons and three half marathons.

No matter what kind of fitness endeavor he is taking on, his training philosophy is always the same – high intensity. He believes in short and intense workouts that he changes up frequently. He says that because the whole purpose of training is to provide a stimulus for your body, you must constantly provide new stimuli so that the body continues to adapt. During the week, he trains on Mondays, Tuesdays, Thursdays and Fridays, with low reps and high intensity. He uses six sets per body part, working to failure on every set. Some weeks, he will train every other day, using supersets and high reps. And then there are the weeks where he will change the body parts up totally and go with a completely different training protocol, including super slow lifts and giant sets.

He performs cardio about three times per week in the offseason and every day during his pre-contest training. For these cardio sessions, he likes to utilize HIIT (High Intensity Interval Training) to get the most out of his time.

The second half of Bill's success comes from his diet plan. His contest dieting is strictly based on feedback. Progress and indicators from his body dictate what changes he needs to make, because he says "there is no cookie-cutter diet program that works for everyone the same way." He learned this style of dieting from renowned nutrition expert and trainer Dr. Joe Klemczewski. Dr. Joe became Bill's close friend and mentor over the years and Bill says he owes a tremendous amount of his success to him. "[Dr. Joe] is a genius and I have acted like a sponge in an attempt to absorb all of the wisdom he has imparted onto me," Bill says. "The most important lesson that I learned from him was how to interpret what my body is telling me."

NO MATTER WHAT KIND OF FITNESS ENDEAVOR HE IS TAKING ON, HIS TRAINING PHILOSOPHY IS ALWAYS THE SAME – HIGH INTENSITY. HE BELIEVES IN SHORT AND INTENSE WORKOUTS THAT HE CHANGES UP FREQUENTLY.

Even though he spends plenty of time with his police work and bodybuilding training, Bill still finds the time to train others so they can reach their bodybuilding and Figure dreams. Other than spending time with his family and coaching youth sports, Bill's other passion lies in training people from all different walks of life, because of how rewarding it is to see his advice changing lives right before his eyes. And to say that his clients have been successful would be an understatement. Bill has the Midas touch when it comes to training fellow competitors. Most recently, he had 10 trainees compete at the INBF Northeast Classic – taking home 14 top-five places. Three of those entrants also competed the following weekend at Robert Fulton's INBF Natural Connecticut, taking home seven first place finishes and two pro cards. In addition, he has also trained PGA professional and Senior Tour golfer Paul Parajeckas.

And just as he passes on his physical fitness wisdom and unwavering support to his clients, Bill also has a group of people that support him. Besides Dr. Joe, he says he cannot thank four-time world bodybuilding champ Nancy Andrews enough for her guidance and advice through the years. And last (but certainly not least) he says he owes plenty of credit to his wife Michelle and his three kids, Bobby, Shawn and Molly, for always reminding him what it takes to be a champion at life.

For those just beginning their journey into the world of bodybuilding and Figure competition, Bill says that a support group like his is key for success because knowledge and support are two of the most important aspects of the sport. "There are so many resources available today, so you need to take advantage of them," Bill says. "Life is too short to play the trial and error game. When you learn from the mistakes of others, you will get there in a tenth of the time." ★

COVER STORY

ULYSSES FOWLER

THE ANTI-REGIMEN

By Mary Gillis

For most natural bodybuilders, it's all about "routine." You know what I'm talking about: Eat. Workout. Eat. Workout. Eat. Sleep. Repeat. And even the most extreme circumstance – a natural disaster, Christmas Day or a faulty alarm clock – can't break an athlete from his or her own schedule.

But Ulysses Dwain Fowler likes to shake things up. Unlike many of his fellow INBF competitors, Fowler rejects the concept of routine altogether. Instead, his approach to training is like a pendulum that swings from one end of the fitness spectrum to the other. One day, he will train in the morning. The next, it'll be in the evening. And sometimes Fowler will even wake in the middle of the night, not able to fall back asleep until his urge to train is satisfied. So, what's the deal with this approach? Why so anti-regimen?

"My body tells me what it needs and it's my job is to listen," says Fowler. "One day I may train in the AM, other days in the PM. One week I may be using heavy weights and another week I may use light weights." Regardless of the time of day, the amount of sets, reps or weight, one thing is certain: Fowler always pushes himself to muscular failure. Some of his favorite lifts include dips, straight bar curls and 21s. Additionally, Fowler has the advantage of living in Fitchburg, Mass. – the second hilliest city in the entire country. The city's hills make for great conditioning workouts, which is something he feels has really benefited cardio his training.

When it comes to fueling up, Fowler – once again – simply listens to his body. "I tend to eat a very lean diet high in steamed veggies, chicken breast, fruits, nuts and plenty of water." He'll also substitute meals with whey protein drinks while supplements are relegated to a One-A-Day.

For over 15 years now, Fowler has subscribed to this rather relaxed approach to training, yet the results have been a series of first place finishes in some of the industry's top competitions including 2010's Long Island Experience and 2011's Northeast Classic Pro America.

When he's not busy prepping for an upcoming show, Fowler likes to spend time with his wife, Jennifer, and his children Lauren, Ulysses Jr., Derek and Tyson. The family is also expecting a new addition – baby boy Paul will be arriving later this summer.

In addition, Fowler's been preparing for his personal training certification exam. He hopes to spread his message of being drug-free by motivating others to get in shape the natural way. "Anyone could take the easy way out and bulk up with drugs," he says. "It's much more challenging, not to mention fulfilling, to do it naturally." ★

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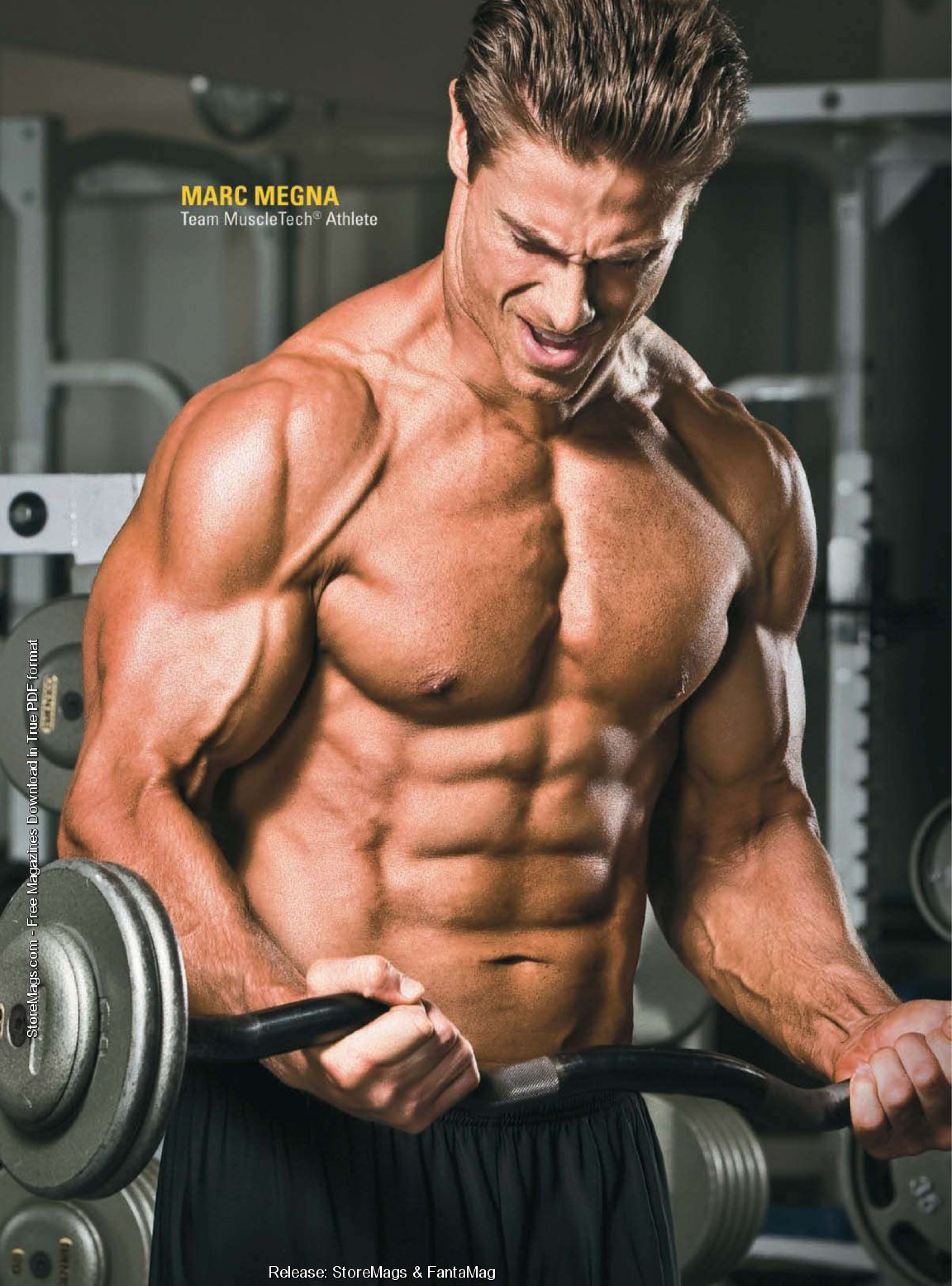
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AKEY TO VICTORY

By Pete Dombrosky



Amy Akey is a competitor. She adopted her personal motto from legendary Green Bay Packers head coach Vince Lombardi, who said "Winning isn't the everything – it's the only thing." Amy strives every day to live up to this adage.

It was always Amy's dream to become a champion Figure competitor. She started competing in Figure contests in 2005, where she impressively took second place in the Figure overall and first in the Figure tall class, weighing in at a lean 118 lbs. After her first show, her drive to compete became even stronger and she vowed to make training one of the main components of her day-to-day life. She began lifting heavier weights and increased her protein and carbohydrates intake during the offseason.

In 2006, Amy set her sights on the INBF Gate City New Hampshire All Natural Bodybuilding and Figure Championship. She ended up taking third in the contest, further reassuring her that the Figure stage was where she was meant to be. Amy took the following year off from the competition scene to focus on building the perfect body and spend more time with her family.

The following year, she returned to the contest circuit, determined to win her pro card. In May 2008, she entered the highly regarded INBF Northeast Classic in Massachusetts and achieved her goal, winning her pro card. "I placed first in the Figure tall division and also won the overall Figure competition," Amy says. "As a role model to my three children, I was proud of what I accomplished in such a short amount of time."

In 2008, Amy found her own role model in Nancy Andrews to help her with her Figure competition career. Nancy was a WNBF champion and mother of two. Amy was also a mother, and she realized that if she followed a similar path as Nancy, she could be a pro Figure champion, in addition to being a great mom. "Nancy is a leader and is brilliant in the ways that she connects to the fitness industry," Amy says. "She is a true woman who is willing, serious and determined to reflect the beauty of each competitor, that is why I look up to her so much."

With a new role model and her goal to take home a pro Figure championship, Amy worked hard the next few years, but didn't find what she was looking for. She took third place in the WNBF Northeast Classic in June 2009 and then struggled the following November at the WNBF Pro Natural World Championships, taking home a disappointing seventh place spot. This could have been a devastating set back for most competitors, but Amy didn't let it get her down. She knew what she had to do and how to do it.

In the 2010-2011 season, she once again set out to become a WNBF pro Figure champion. And on June 4, 2011, Amy heard the judges call her name at the end of the Figure competition, awarding her the coveted first place trophy for the WNBF pro Figure championship. It was the biggest achievement of Amy's competition career and she says it all happened because of persistence. "It was a dream of mine to become a champion, but it wasn't easy," Amy says. "I held onto my dream and my vision to win and that helped me overcome all the hurdles I encountered."

Even though Amy has overcome plenty of hurdles to get to where she is today, she has one more plan that is more ambitious than all of those that came before. Her future goal is "to obtain an athletic sponsorship by a company that she trusts and believes in" and wishes to become the WNBF Worlds winner, to ultimately become the

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top winner in natural bodybuilding history.

To pull this off, Amy has created a specific weight lifting plan that she feels will do the trick. It consists of hitting the gym Sundays, Mondays, Wednesdays, Thursdays and Fridays, with rest days on Tuesday and Saturday. Sunday is the day she trains her legs and abs, Monday is for chest and triceps, Wednesday is for back and biceps, Thursday is for cardio and Friday is slated for shoulders and calves. (See the sidebar for her complete workout.)

Amy is also employing a specific diet to keep her muscles growing. This pre-contest diet is one that she has used successfully before. It consists of five low carbohydrate days and two high carbohydrate days. She will eat six small meals a day that look like this:

- Meal 1 – Six egg whites (one yolk) and a half-cup of oatmeal;
- Meal 2 – A protein shake and one tablespoon of flaxseed oil;
- Meal 3 – Four ounces of chicken, a half-cup of brown rice and broccoli;
- Meal 4 – A protein shake and one tablespoon of peanut butter;
- Meal 5 – Four ounces of chicken and some broccoli;
- Meal 6 – Four ounces of tilapia and asparagus.

In addition to her meals, Amy also uses a number of supplements. She takes Intek Evolution pre-workout, Intek Evolution post-workout, Intek Evolution protein and a multivitamin. And just like every other WNBF athlete, Amy doesn't even consider using performance enhancing drugs to get an unfair advantage. She prefers to use her own, "natural drug." "When you exercise, your body releases all of these endorphins that make you feel good," Amy says. "Those are the only drugs I need, because I always want to be respected and admired by my family, friends and fans without the use of drugs to enhance my body image."



And if you think that you cannot follow the same path as Amy, becoming a champion through only hard work and proper nutrition, think again. "I encourage any beginner bodybuilder and Figure competitor to set a goal to compete and become a winner onstage," Amy says. "The journey to get there takes time and dedication, but if I can do it, so can you!" ★

AMY'S WEEKLY WORKOUT

Sunday: Legs & Abs
Squats – 3x10;
Squat Presses – 3x10-12;
Leg Extensions – 3x10.

Monday: Chest & Triceps
Bench Presses – 3x10;
Dumbbell Flyes – 3x12;
Incline Bench Press – 3x6;
Rope Pulldowns – 3x10-12;
Overhead Dumbbell Extensions – 3x8-10;
Skull Crushers – 3x6-8.

Tuesday: Off

Wednesday: Back & Biceps
Bent-over Rows – 3x8;
Wide-grip Pull-ups – 3x8-10;
Lat Pull-downs – 3x10;
Straight Bar Curls – 3x10-12;
Hammer Curls – 3x8;
Concentration Curls – 3x10.

Thursday: Cardio
Stair climber for 30 minutes

Friday: Shoulders & Calves
Barbell Shoulder Presses – 3x6-8;
Bent-over Lateral Raises – 3x10;
Side Lateral Raises – 3x10;
Seated Calf Raises – 3x12;
Standing Calf Raises – 3x10.

Saturday: Off

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AGAINST ALL ODDS

DONNA KRATZ

By Donna Kratz

Every once in a while a story gets passed along to me that I feel needs to be told. At the INBF Hercules this past June, I had the pleasure of announcing Donna Kratz as the winner of the Open Figure division and new WNBF Figure Pro. As tears rolled down her cheeks, I had a feeling that the reason was greater than the joy of victory. I was right and she shared her story with me in an email. Think about it the next time you don't feel like going to the gym. – Rich Fitter



"How silly I must have looked up there on stage, muscles pumped, holding the first place trophy at the 2011 INBF Hercules, sobbing like a newly crowned Miss America. But I couldn't help it. I never expected to be here – especially not after the medical report I was facing just seven months ago.

"When I woke up on the morning of October 1, 2010, my body betrayed me. I had such pain throughout my right side that I wondered if I was suffering from a stroke – or perhaps a heart attack. The muscles in my back, neck and shoulders started to spasm uncontrollably, and I couldn't feel my thumb, pointer or middle finger. I got to my feet just to fall back onto the bed and told my husband to just quickly start rubbing my back that it was all knotted and I didn't know the source of the pain.

"No, I didn't have a stroke or a heart attack, thank goodness. I came to find out – after visits to the doctor – one of the discs in my neck had ruptured and cut the flow of my spinal fluid by 50 percent. By the time I was diagnosed a few days after the initial incident, I could not lift my head off the pillow, and my right arm had lost so much strength that lifting a spoon to my mouth was difficult. In fact, I had to use a straw to drink because I couldn't raise my head to tilt it back. I couldn't feel my face to wash it or had strength to even gently wash my face. When sitting, pain would travel down my shoulder blade into my hand.

"It's an injury that would be painful to anyone, for sure. For me, the injury went beyond the physical pain. I had hopes, at 43 years of age, of achieving a goal to become a professional bodybuilder. In 2009, I entered my first amateur figure competition, The Battle of York and took second place in Figure novice and third place in open Tall.

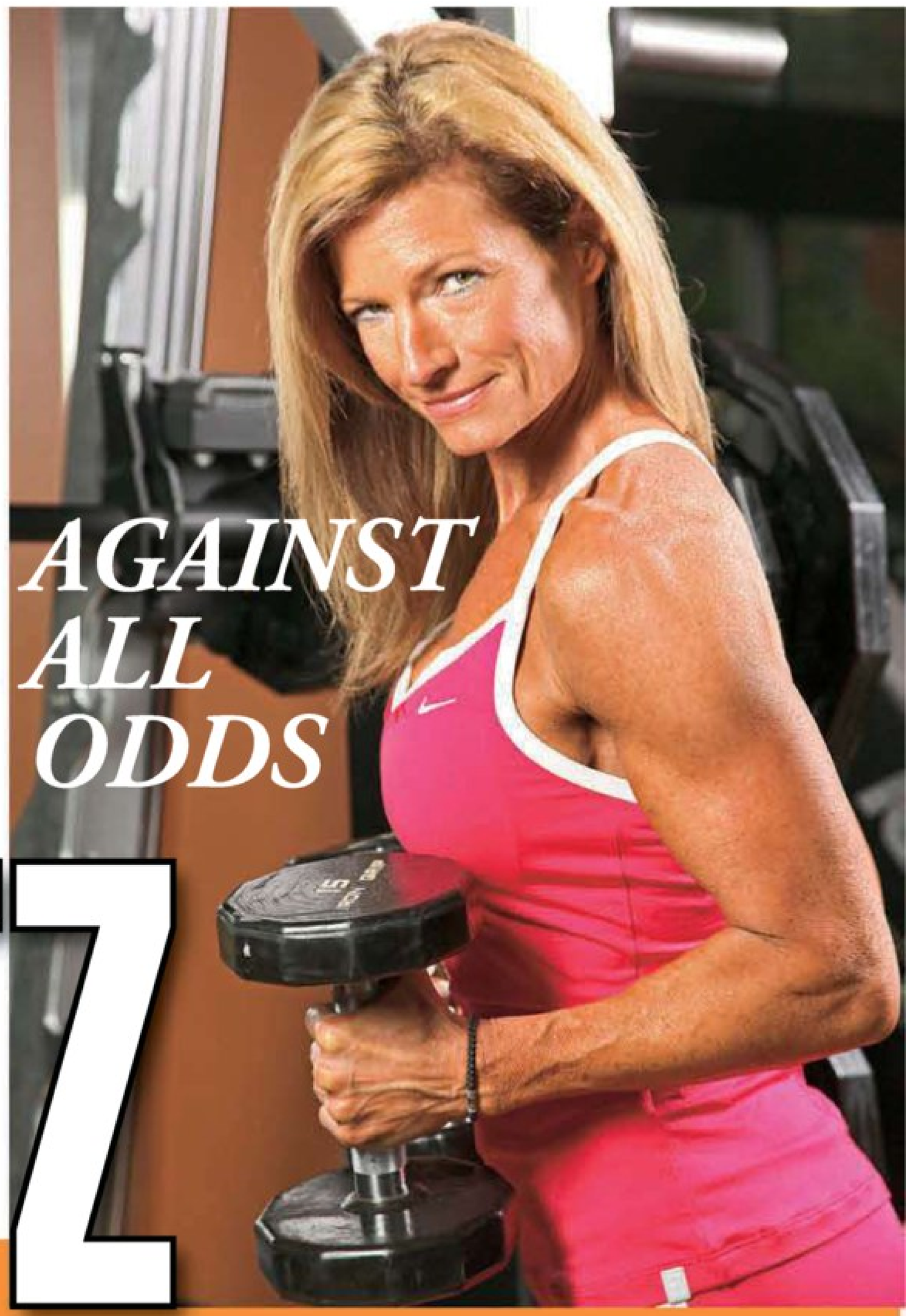
"In 2010, I entered the Natural North America and took third in Open and fourth in Masters. In June 2010, I entered the Battle of York and took first in Open tall and first overall and first in Masters Over-35. Encouraged, I started to teach Body Pump classes and decided to study for my personal trainer's license. But my dream of bodybuilding got even bigger, and I decided to enter a competition in November 2010.

"That's when my neck went out. Oh well, I thought to myself, it's just not meant to be. I should be grateful for what I had already accomplished. I backed out of the competition and set about to get well.

"First, the doctors tried prednisone shots. I felt great for a couple days, until the pain rushed back on me all at once. Then three separate doctors told me surgery was my only other option. So I had the spinal fusion on November 30. The surgery went well, but it left me with vocal cord paralysis. For four months, I could only whisper.

"I was determined to get back into competitive shape. The driving force was the nerve damage. My right arm had atrophied and was shrinking significantly in size at an alarming rate. Three of the surgeons told me I'd be in a soft collar for six weeks minimum, but I was out of my soft collar in a few days because I did not like how my neck muscles were feeling stiff from lack of use. The doctor told me to use it as needed.

"I was back in the gym two weeks and three days after surgery because I was determined to keep my muscles working and do what I could so that my whole body wouldn't continue to lose muscle tone. The workouts were tough. In fact, I would go home from the gym and sit in a recliner to rest my neck. I would do a five day workout, plus a day of cardio and a day of rest. I'm a very active person and was having a difficult time mentally and physically, but I had a great trainer and friends who worked out with me to keep my spirits up. More importantly, they encouraged me to stay on track." ★



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CHRISTEN KWAN

Live. Breathe. Achieve. Repeat.

By Carmel Tempel



Name: Christen Kwan
Age: 50
Hometown: North Vancouver, B.C., Canada
Occupation: Owner/ Personal Trainer of Core Ten Physical Evolutions – Private Personal Training Studio
INBF Shows:
•2008 INBF Canada Bodybuilding and Figure Championship (Edmonton, AB): 1st place lightweight bodybuilding, 1st place Masters bodybuilding and 2nd place overall.
•2010 INBF Canadian Natural Bodybuilding and Figure Classic (Edmonton, AB): 1st place Masters bodybuilding and 3rd place lightweight bodybuilding.
•2010 INBF Southern California Classic (La Jolla, California): 1st place bodybuilding and 1st place open bodybuilding.

Simply put, Christen Kwan is possibly INBF Canada's toughest female bodybuilding competitor and has the experience, outlook and focus of a champion.

22 competitions under her proverbial belt, spanning a period of 11 years, Christen has dominated the bodybuilding competition circuit that has reached across the country of Canada and even extended down into the states of California, Washington and Florida. She discovered INBF Canada in 2008 and has competed within the federation since with shows in Canada and California, claiming first place in the Masters division each and every time.

At 50 years old, a mother of three children (her oldest is 22 years old) and a competition history that can be only described as epic, Christen shares with ***NB&F*** when it all started and where she continues to grow and go from here.

Born in Connecticut and raised in Vancouver, British Columbia, Canada where she still resides, it is difficult to believe her claims of never having been athletic in her youth and her endearingly honest admission of having despised physical education classes in school and never belonging to a sports team.



In 1997, after focusing on raising her children and remaining busy in her accounting career, she decided that it was time for her to make a major physical change. "I wanted my body back," she remembers. And for the first time in a very long time, she realized that there was not another being inside, attached to or dependent on her physical being anymore. Christen shares, "It was time to take back the controls."

She started working out again as she had in her later college years and enrolled in the necessary courses to obtain her certification as a fitness instructor and before long, she found herself taking a leap in a career change from accounting to a fitness leader and personal trainer.

In the fall of 1997, she watched a close friend of hers compete in a bodybuilding competition and then it seems the planets conspired to align and a personal transformation ensued. As a result, Christen summarizes this time so well and admits, "the competitive seed was planted."

In late 1999, she finally made the decision to try her hand at a physique competition and trained hard for seven months to enter her first show in June 2000 in the fitness division. Even though she didn't possess any gymnastics background and knowing what a significant challenge it would be for her, Christen rose to the occasion, persevered and claimed first place! After the show, the head judge advised her that she looked much more like a bodybuilder and that her physique was way too lean and hard for a fitness division. "Although I thought it was odd that he was basically telling me that I looked too fit for a fitness division, I decided to take his advice," she says. "The following year I started into bodybuilding and never looked back!"



Nearly two dozen competitions and more than a decade later with a remarkable amount of federations to have had her grace their stage, she has worked around a busy schedule, raised three children, started her own business, dealt with a failing marriage and at one point, trained and competed with a bulging disc. Remarking on the days when she needed to dig deep for the motivation and sought the drive and push to continue she states, "I know that bodybuilding is not what I do, it's who I am."

In 2008, when INBF Canada's Bodybuilding and Figure Championships debuted in Edmonton, Alberta, Christen jumped at the opportunity to compete within the organization. "I have always tried to compete in natural organizations, as being a natural athlete is extremely important to me," she said. "I am always disappointed to see obvious "cheaters" in other organizations that claimed to be fully tested. So I was ecstatic when I discovered INBF, as I knew I could be confident with the polygraph testing and that I was on an even playing field with the other competitors on stage."

That faith and belief in the INBF organization has resonated so much with Christen that she continued to compete with INBF into 2010 and is currently taking that passion a step further by organizing one of INBF Canada's most *(continued on page 141)*

PHOTOGRAPHY BY TREVOR HOWELL

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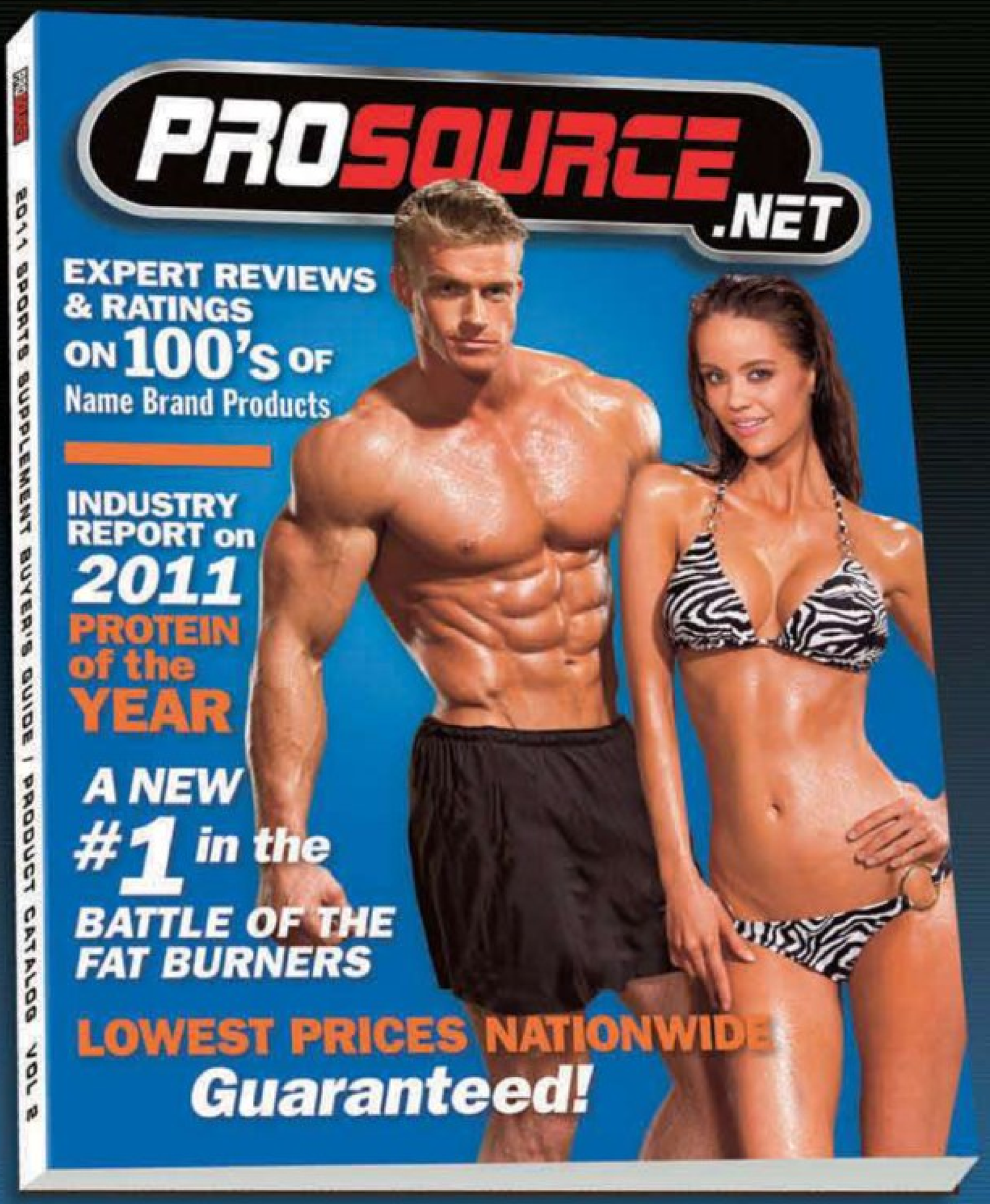
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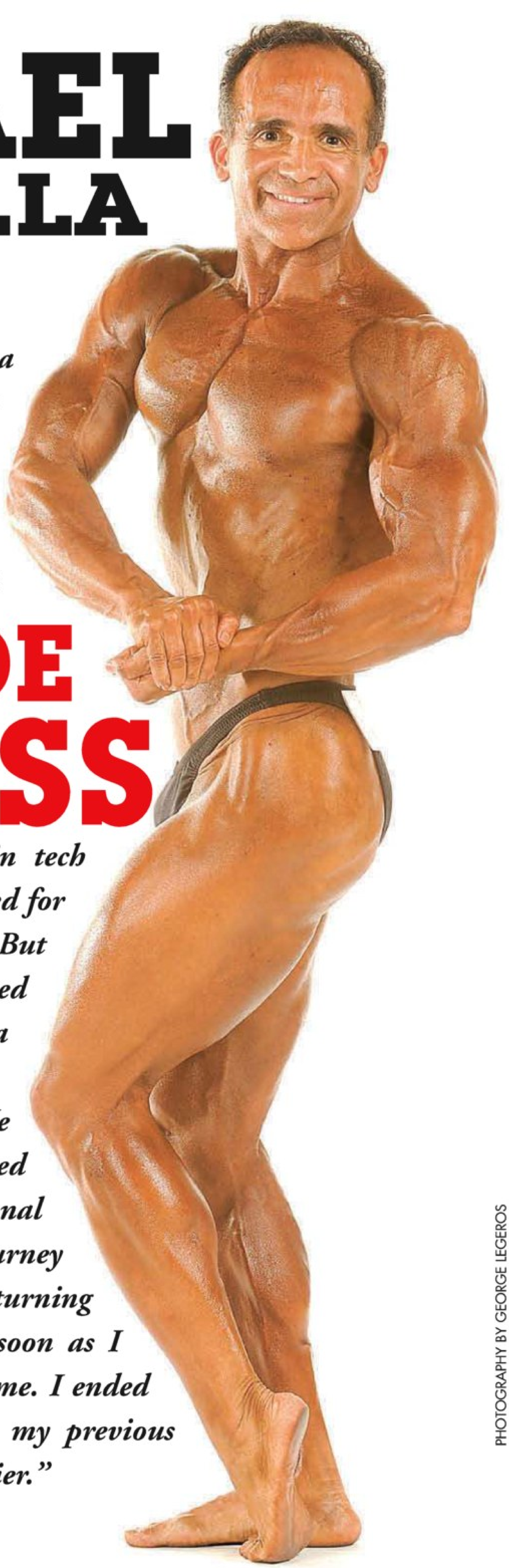
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RAPHAEL CALZADILLA

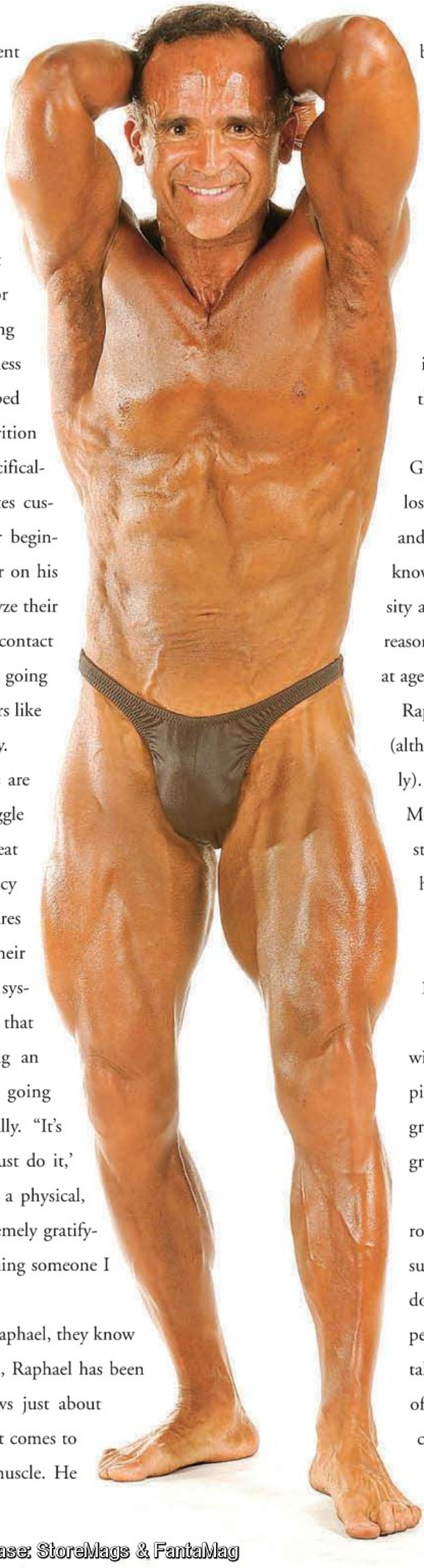
SELF-MADE SUCCESS

By Pete Dombrosky



Raphael Calzadilla doesn't teach in a classroom, but there is plenty that we can learn from him. This ACE certified personal trainer committed himself to what he loves through no easy means. When he graduated from college, he spent 10 years working in tech sales. He had a high income and worked for a number of prestigious companies. But one day, he realized how much he hated his job. So, rather than continue down a path of unfulfilling monetary gain, Raphael took the risk of a lifetime. He quit his job and sold his home. He moved into a small apartment, got his personal trainer certification and started his journey into the fitness world. "That was the turning point in my life," Raphael says. "As soon as I entered this industry, I knew I was home. I ended up earning more of an income than my previous career and was a thousand times happier."

PHOTOGRAPHY BY GEORGE LEGEROS



This West Palm Beach, Fla. resident is now a self-employed online coach and fitness blogger. He has two websites that he runs to help clients mold their physiques in a supportive and efficient atmosphere. The first – http://www.fitbyraphael.com – is primarily for people who are interested in lowering bodyfat and improving their fitness level. The second, http://www.rippedbyraphael.com, is a training, nutrition and contest preparation service specifically for bodybuilders. Raphael creates customized workouts with videos for beginning clients and has a meal tracker on his website that clients can use to analyze their eating habits. He keeps in close contact with his patrons and takes pride in going above and beyond to help customers like they are members of his own family.

Raphael says most of his clients are unfit, overweight women that struggle with stress and aren't sure how to eat right, work out or build consistency in their lives. Raphael not only shares his knowledge of how to change their bodies, he offers a constant support system for them because he believes that part of being successful is having an appreciation for what they are going through physically and emotionally. "It's easy to berate someone and say 'just do it,' but to help motivate someone on a physical, mental and emotional level is extremely gratifying," he says. "It's a pleasure watching someone I work with become empowered."

When clients take advice from Raphael, they know it's going to be beneficial. After all, Raphael has been training for 35 years, so he knows just about everything there is to know when it comes to cutting fat and putting on lean muscle. He began hitting the weights hard when he was 18 years old. He trained at World Gym East and learned from the great bodybuilder Mike Katz. It wasn't super-modern at World Gym East, but Raphael says it was one of the best gyms he has ever trained at. "By today's standards, that gym was very primitive," says the 5-4, 135-pounder. "But it had an ever-present, super-intense level of energy and you'd want to go there just to feel that electricity."

These days, Raphael trains at Powerhouse Gym in West Palm Beach. His training philosophy centers around listening to his body and training with strict form. He says that knowing when to push hard by increasing intensity and when to back off is vital. Those are the reasons he is still able to be competitive on stage at age 53.

Raphael typically works out five days a week (although he changes up his workouts frequently). He works his traps and shoulders on Monday, his back on Tuesday, quads and hamstrings on Wednesday, chest on Thursday and his biceps, triceps and forearms on Friday. He performs cardio three times a week for 20-25 minutes or at a higher intensity for 12-15 minutes.

For his diet, Raphael eats six meals a day with high protein at each meal. While prepping, his daily protein intake is about 225 grams, while he consumes about 150-200 grams of carbs and 40-50 grams of fats.

Through strict dieting and a solid exercise routine, Raphael has established himself as a successful pro bodybuilder and it's all been done the natural way – without the help of performance-enhancing drugs. "I've always taken pride in making bodybuilding a matter of added muscle and vibrant health, I've never considered taking drugs," Raphael says. "To me, that's what it's all about." ★

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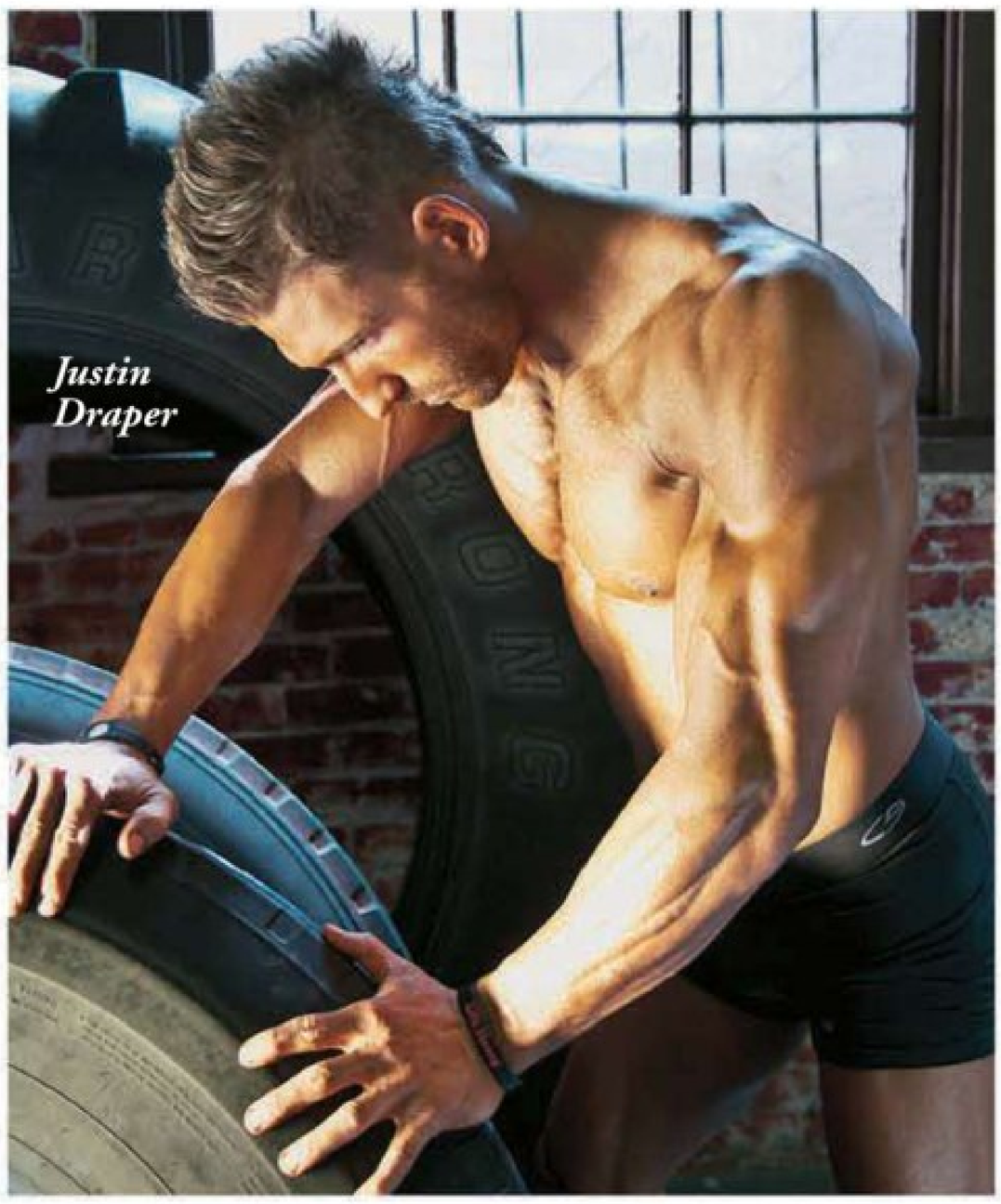
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PEAK MIND ZONE

By Mathew J. Park

POWER PRODUCTIVITY

So many of us are engaged in so many tasks and activities throughout our day that we get bombarded with distractions and activities that result in no results! Have you ever felt that feeling when you get home after a long day at work, reflecting on your day and realize that you spent more time on the phone, answering emails and checking Facebook messages than actually engaging in what you needed to get done? It's more and more prevalent in today's world with the evolution of technology and our fast paced lives. Our society has shifted to working long hours, working crazy shifts and trying to be a super-human going non-stop for 16 hours a day. Well let's be realistic here, we all know the value of working hard, having that passion and trying to push ourselves further and further, but quite often, all this extra work could be avoided, as it creates little to no benefit to our lives, it's just a distraction to our main core purpose.


Justin Draper

Now at age 26, I own and/or am involved in three different companies, and I can honestly say I have been on both sides of the spectrum. Competitions, business and life have taught me so much about how to be most efficient with my time, but even more importantly, what to continually focus on to generate results. I am consistently learning and growing and I have made more mistakes than successes, but I believe that is why I have learned so much. Here are three key tools that will elevate your productivity in your day, especially for athletes in competition mode. These strategies will help you to lower your cortisol levels and will also help increase your anabolic environment.

BLOCKING

Remember when you started a project and were excited to get going, but didn't have a target end time to finish it and then you lost steam and the project fell through the cracks or was put off? This can also relate to a goal. A goal with no finish line is like getting ready to run a 100-meter sprint with Michael Johnson and stopping at the 60-meter mark.

Ninety minutes has been shown to be the most productive time period to sustain-laser like focus. What you do is set up 1-3 90-minute blocks in your day. I suggest starting off with at least one and build the habit of practicing it daily, then proceeding with two or more. After a 90-minute session, step back from the activity and disengage entirely, go get some food, walk around the block, listen to some light music, do some light reading or just sit and relax. Disengaging yourself from your focus is like recharging yourself for round two.

During the 90-minute block, you will also want to ensure you do not have any distractions that could potentially cause you to lose focus. Turn off your cell phone, sit in a quiet area and engage 100-percent into whatever you have planned.

BEFORE 12 PM

Completing your two most result-producing tasks before 12 p.m. is such a powerful energy boosting technique. When we take control of ourselves first thing in the morning and engage ourselves 100-percent into those few things that get us excited and juiced, you will notice a sense of enhanced fulfillment. In the morning, our minds are also much more fresh, creative and what I call "clean." This term refers to a mind that isn't exposed to all the daily distractions: Cell phones, calls, texts, emails, Facebook, Twitter, etc.

THE QUESTION

What can I do right now that will generate the best results? The key here is results – what will actually give you results. Reinforcing this simple question in our minds before each of our 90-minute blocks is critical, even if we have already planned out our block. Sometimes, in our planning sessions, we think that the tasks that we placed into those very important blocks are of importance, but in reality, we find out that they could be better. Do you notice that the question only asks for one task? This is to challenge you to find out the key task that will give you the best results, instead of bombarding your 90-minute block with multiple low value tasks. Then and only then if completed, can you move into a new task. Don't overcomplicate this process. It is geared toward being very simple and easy.

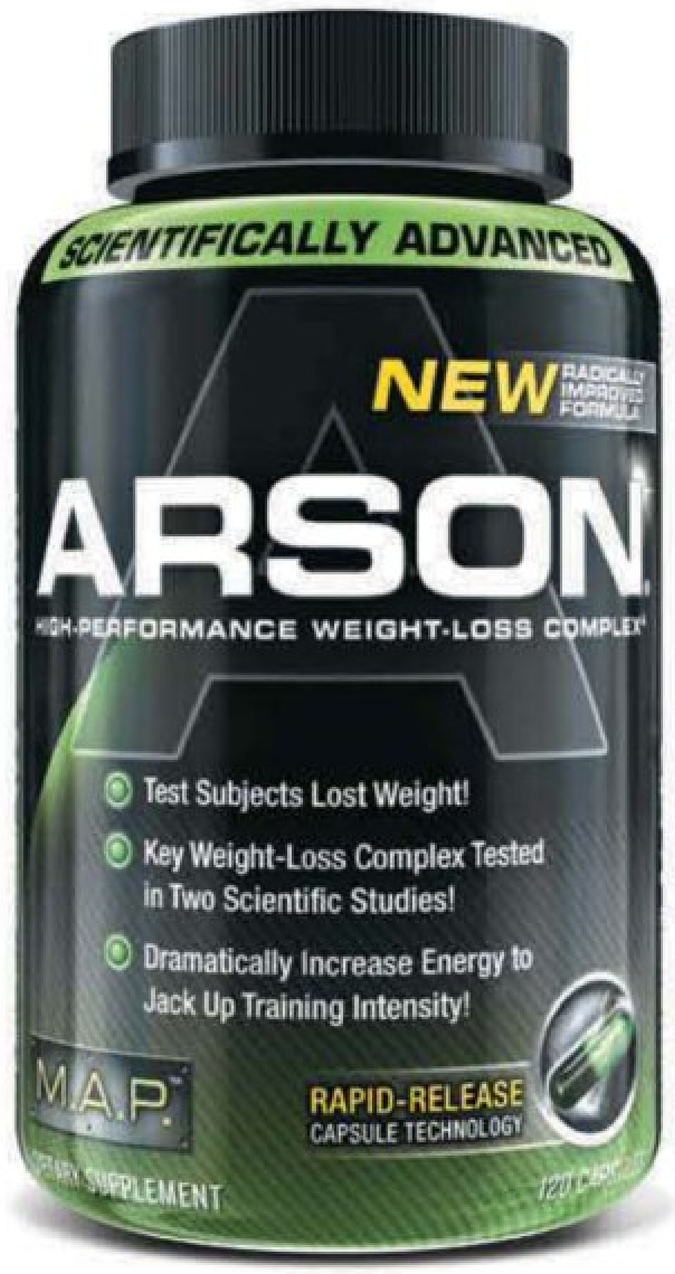
Now these three techniques may seem relatively easy, but trust me, easy is one thing, consistent action is another. Productivity is not rocket science nor is building muscle. Just as we all are striving to become the next world champion by training consistently with heavier loads to improve our overall muscle growth, the same applies in strengthening our mind muscle. World champions are no different between the two. Once we harness these simple yet effective techniques, I would love to hear from you! Until then, you need to take action! ★

PHOTO BY KEN SNOW

Editor's Note: Mathew J. Park, N.A.I.T. P.F.T. Diploma, N.A.S.M. – C.P.T., C.E.S., P.E.S. & C.S.E.P. – C.P.T., C.E.C.., is a WNBF Pro, Bodybuilding Peak Mindset Specialist, Professional trainer, President of INBF Canada Inc., Vice President of RE7 and owner of MatParkMuscle. Mat can be contacted through his website http://www.MatParkMuscle.com.

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THERE'S MORE TO WEIGHT LOSS THAN 6-PACK ABS

ARSON® is a high-performance complex that can help you lose weight. It's been scientifically formulated with *C. canephora robusta* - a unique coffee extract that's actually been shown to deliver weight-loss results!

Users in two separate clinical trials on this extract lost more weight than those who weren't using it. If you're wondering what to add to your hardcore training program to help you get in shape to look your best, get on the formula with a key extract that's been shown to help you do it. GET ON ARSON.

In one third-party study, subjects taking the key ingredient (*C. canephora robusta*) in ARSON® lost, on average, 10.95 lbs. vs. the placebo group, which lost an average of only 5.40 lbs., in 60 days! Both groups followed a low-calorie diet. In an 8-week study funded by the makers of ARSON®, subjects using the same key ingredient lost an average of 3.7 lbs. vs. subjects using a placebo, who lost an average of 1.25 lbs. Both groups followed a low-calorie diet and performed moderate exercise. Read the label before use. © 2011.

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MONDAY
Leg extentions – 3 X 20 with 190 lbs.
Lunges – 4 X 20, 20, 16, 16 with 135, 155, 185, 225 lbs.
Single-legged toe presses – 4 X failure with 140 lbs.
Glute/ham raises – 4 X 20 with 0, 10, 25, 45 lbs.
Standing calf raises – 4 X failure with 250 lbs.
Tibialis raises – 4 X 20 with 50 lbs.

TUESDAY
Standing dumbbell curls – 3 X 12 with 50 lbs.
Dumbbell kickbacks – 3 X 16 with 40 lbs.
Incline hanging curls – 3 X 12 with 40 lbs.
Overhead triceps extensions – 3 X 12 with 30 lbs.
Rope cable curls – 3 X 15 with 65 lbs.
Rope triceps extensions – 3 X 15 with 95 lbs.
Forearm extensions – 3 X 20 with 60 lbs.
Forearm flexion – 3 X 20 with 80 lbs.
Hanging leg raises – 3 X 25
Rope crunches – 3 X 25 with 95 lbs.

WEDNESDAY
Barbell rows – 3 X 12 with 225 lbs.
Shrugs – 3 X 15 with 315 lbs.
Weighted pull-ups – 3 X 12 with 45 lbs.
Straight-arm rope pulldowns – 3 X 15 with 65 lbs.
One arm T-bar rows – 3 X 10 with 55 lbs.
One arm rear lateral raises – 3 X 15 30 lbs.
Wide-grip upright rows – 3 X 12 with 135 lbs.
Lateral raises – 3 X 15 with 40 lbs.
Back extensions – 3 X 20 with 25 lbs.
Reverse back extensions – 3 X 20

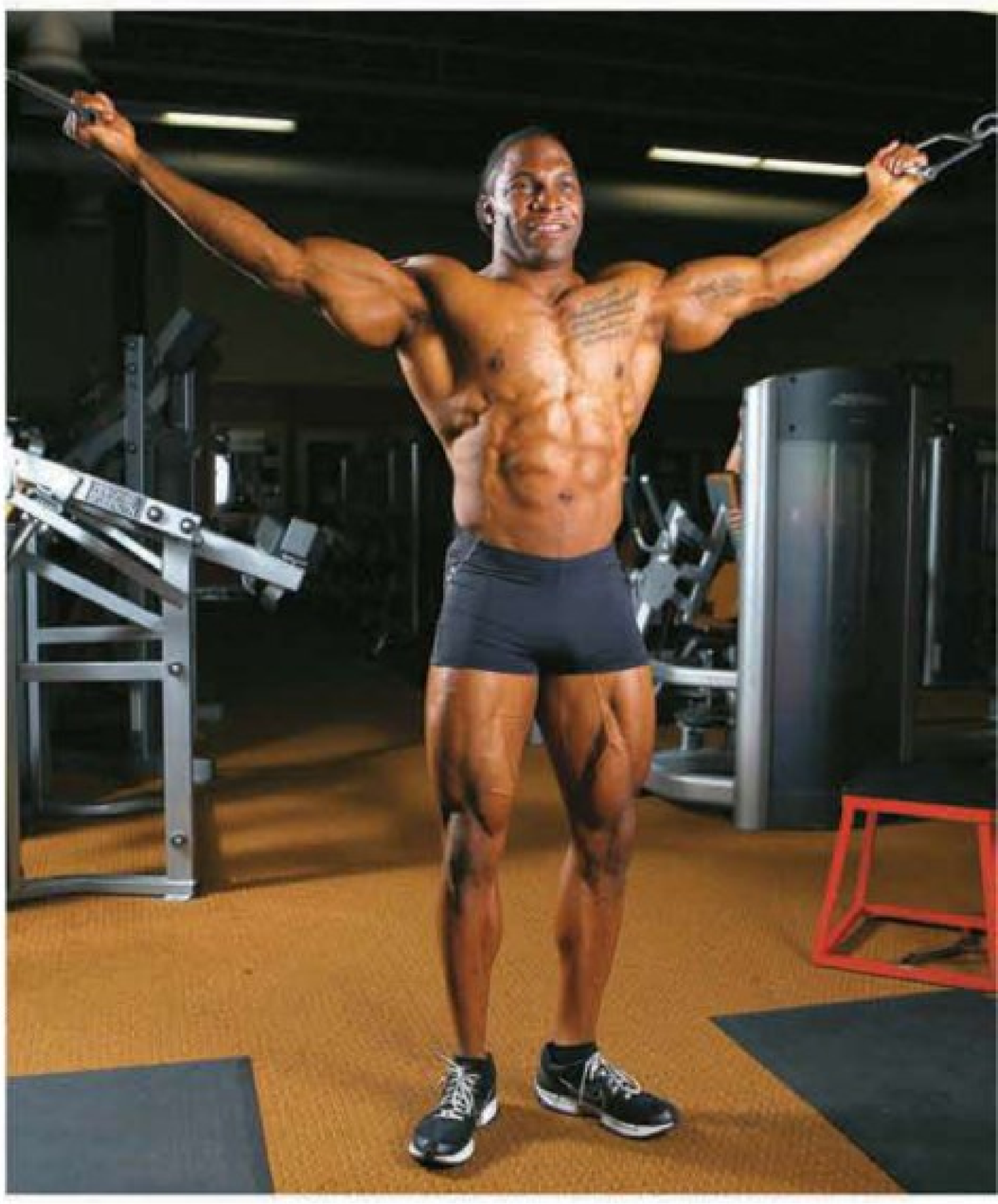
THURSDAY
Leg extensions – 3 X 20 with 190 lbs.
Front squats – 4 X 20, 20, 16, 16 with 135, 155, 185, 225 lbs.
Seated leg curls – 4 X 20 with 190 lbs.
Back squats – 1 X 20 with 315 lbs.
Lying leg curls – 4 X 20 with 140 lbs.
Standing calf raises – 4 X 16 with 230 lbs.
Toe presses – 4 X 16 with 320 lbs.
Tibialis raises – 3 X 20 with 150 lbs.

FRIDAY
Incline bench presses – 3 X 12 with 225 lbs.
Cable crossovers – 3 X 15 with 35 lbs.
Incline dumbbell flyes – 3 X 12 with 60 lbs.
Dumbbell pullovers – 3 X 85 lbs.
Weighted bar dips – 2 X 15 with 90 lbs.
Military presses – 4 X 10 reps with 135 lbs.
Lateral raises – 4 X 15 with 40 lbs.
Front dumbbell raises – 3 X 10 with 35 lbs.
External rotations – 3 X 15 with 20 lbs.
Hanging leg raises – 3 X 25
Side crunches – 3 X 15

SATURDAY & SUNDAY
Cardio – Step Mill 30 min. intervals
Leg raises – 4 X 25
Rope crunches – 4 X 25 with 95 lbs.
Side crunches – 3 X 15
Standing calf raises – 4 X failure with 360 lbs.
Forearm extensions – 3 X 20 with 60 lbs.
Forearm flexions – 3 X 20 with 80 lbs.

ROBERT PEACOCK
A REASON TO STRUT
By Rich Fitter

The first time I saw a photo of Robert Peacock was after he had earned his WNBF pro card at the 2007 INBF Cardinal Classic. To say that I was impressed by his overall size would be an understatement. Standing at six feet and weighing 200 lbs. in contest shape, Robert can match size with the best of 'em in the WNBF. He proved that this past June at Nancy Andrews WNBF Pro American when he notched the top spot in the heavyweight class.



The Cleveland, Ohio native works security and as a personal trainer, training at Lifetime Fitness in Beachwood and Iron Asylum Gym in Cleveland. The big man trains seven days per week concentrating on targeting the muscles from every angle in order to stimulate full development. A staunch advocate of building his body naturally, Robert relies on Universal Animal Paks, CNP Pro Peptide protein and Applied Nutriceuticals RPM, Drive, Neovar and HGH Up to supplement his high-protein diet. When cutting down to compete, he uses Cellucor's Extreme Weight-Loss stack.

With a black belt in Karate, Robert has always been athletic. He played semi-pro football and had some contact from the professional ranks. But, bodybuilding was his calling and he has rapidly established himself as a top challenger for the WNBF Pro Natural World Championships.

After 17 years of training, Robert has some unique insight on being in shape naturally, "As a personal trainer, it is important for me to demonstrate the healthy lifestyle that I teach my clients as well as what is possible with hard work and determination," he says thoughtfully. "As far as my business in security and bodyguarding, I need to be in top physical shape in order to protect my employers and/or their establishments should the need arise."

With his sights set on three more WNBF shows this year – Dr. Joe's Mid-America, the Pro Universe and The Worlds – Robert is looking to continue his winning ways. With his combination of size, symmetry and conditioning, look for a new king to reign in Cleveland! ★

PHOTO BY REG BRADFORD

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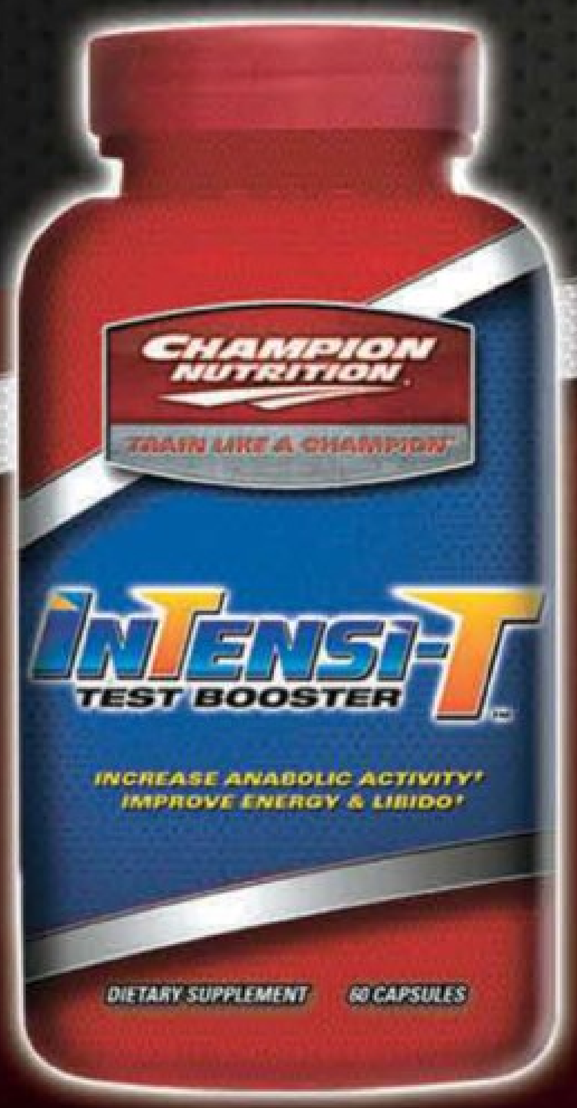
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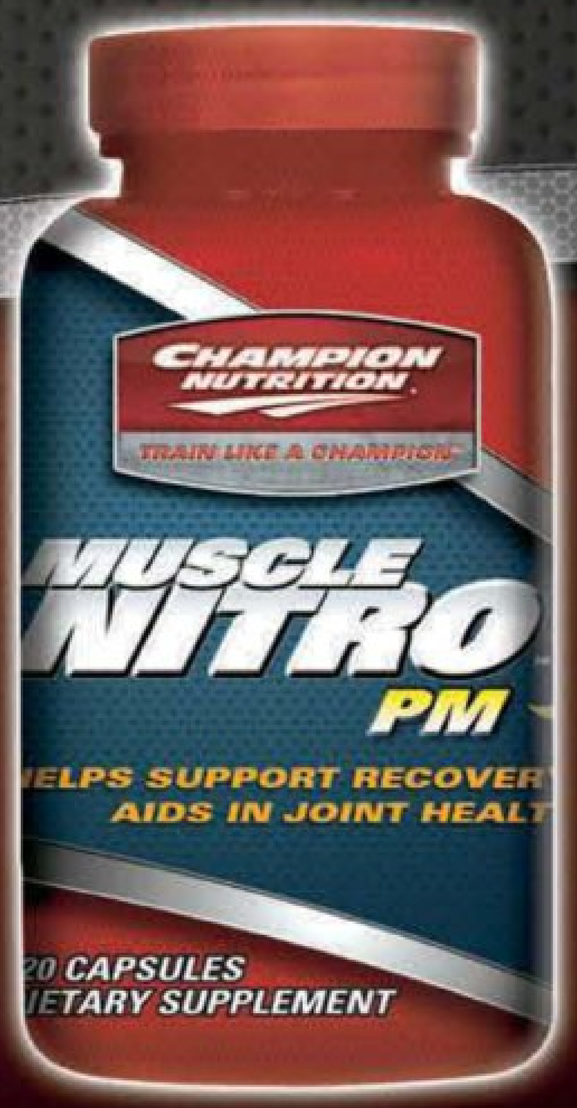
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TEST BOOSTER

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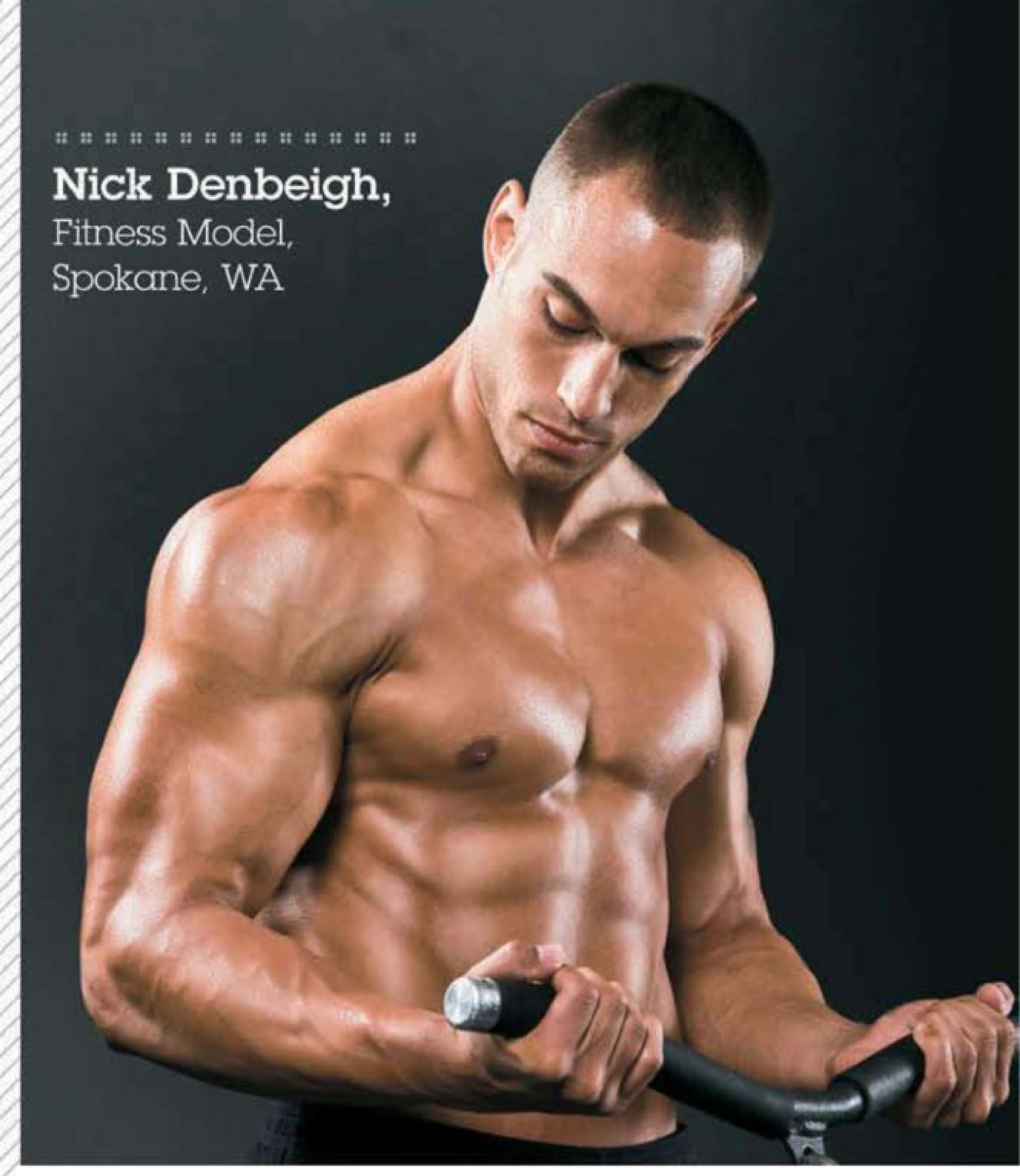
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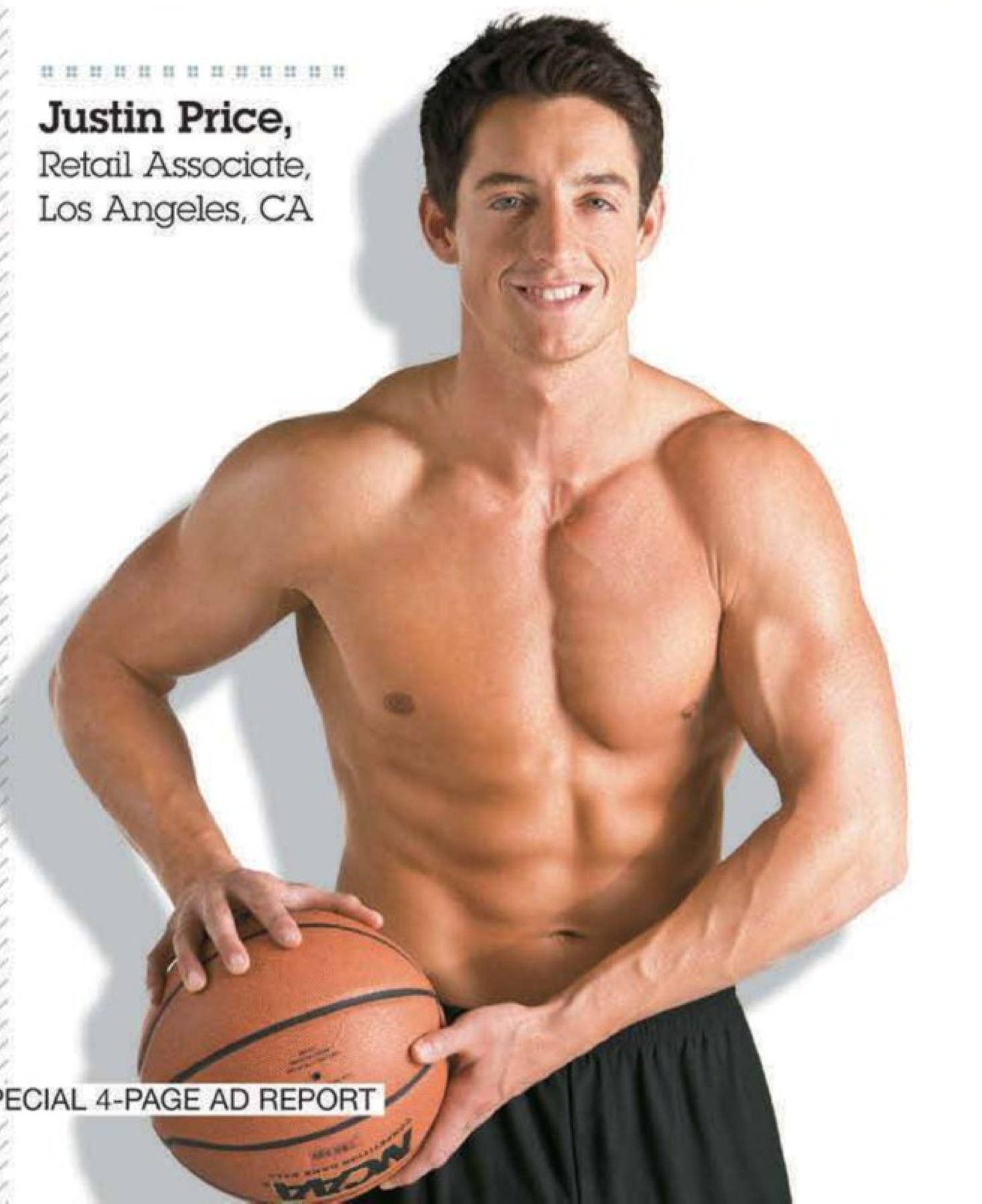
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10 MEN IN TRANSITION

Nick Denbeigh,
Fitness Model,
Spokane, WA



Justin Price,
Retail Associate,
Los Angeles, CA



SPECIAL 4-PAGE AD REPORT

"I put on more lean muscle than I ever thought I could!"

Nick

Born and raised in Spokane, WA, Nick Denbeigh spent time playing college and Arena football before moving to Los Angeles to start a career in modelling. "In LA, it's all about 'body jobs'. Everybody wants guys with good physiques." It wasn't long before Nick discovered Team MuscleTech® and decided to sign up for their transformation program. "I started noticing changes in my physique in the first two weeks" says Nick. "Taking Nitro-Tech and Cell-Tech was definitely a benefit to my training. I noticed I could push more reps and explode through my workouts". Now, after completing his 14 week transformation, Nick is bigger, fuller and more confident than ever before. "I book a lot more jobs now, and more guys at the gym are asking me what I did [to achieve these results]. Cell-Tech and Nitro-Tech Hardcore Pro Series® exceeded my expectations – I'm in the best shape of my life right now."

"I'm definitely happy with the results I got from taking Cell-Tech and Nitro-Tech Hardcore Pro Series." Nick

MORE LEAN MUSCLE!



Nick Denbeigh used *Cell-Tech Hardcore Pro Series* and *Nitro-Tech Hardcore Pro Series* with diet and training for 14 weeks. He has been remunerated. In a 28-day study, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* gained an average of 4.5 lbs. of muscle. In a six-week study, subjects taking the core ingredients in *Nitro-Tech Hardcore Pro Series* gained an average of 8.8 lbs. of muscle.

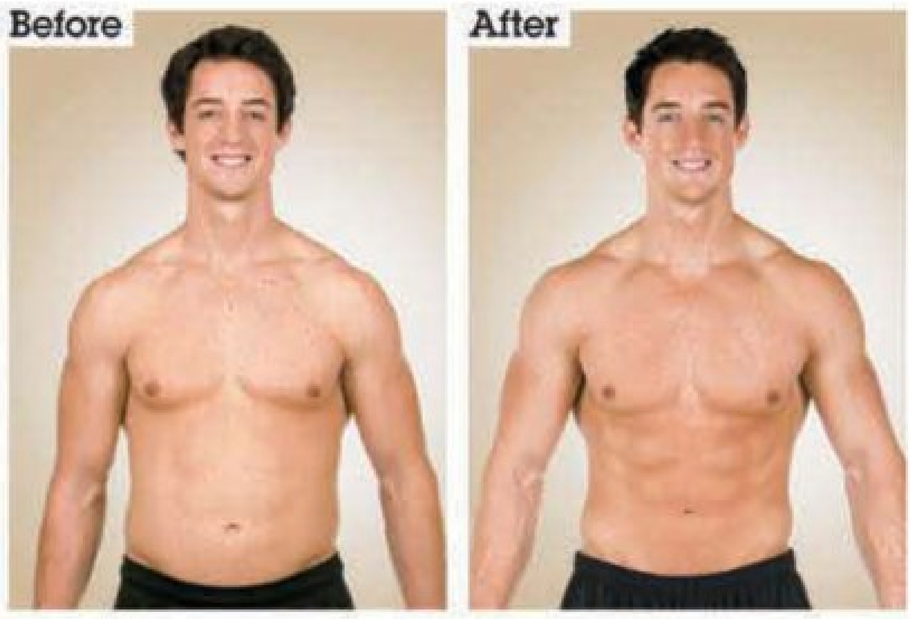
"My biceps are jacked and my lats are rockin'!"

Justin

Having moved to LA from small town Georgia in search of better opportunity, Justin Price had fallen out of shape and let himself go. A former high-school and college lacrosse player, he knew he had what it took to get back into shape, and joining forces with Team MuscleTech was just the opportunity he was looking for: "Hooking up with Team MuscleTech gave me what I needed. They believed in me and I didn't want to let them down," says Justin. "I started noticing changes in my physique within two weeks. My biceps were jacked, my lats were rockin' … I couldn't be happier with the results I got from taking Cell-Tech and Nitro-Tech Hardcore Pro Series. When I started I had the same problems with my physique that a lot of guys have… but as the weeks went along, I started getting more confident – I could take my shirt off! My experience with Cell-Tech and Nitro-Tech was amazing!"

"As the weeks went along, I started getting more confident and I could even take my shirt off in public!" Justin

BIGGER AND STRONGER FAST!



Justin Price used *Cell-Tech Hardcore Pro Series* and *Nitro-Tech Hardcore Pro Series* with diet and training for 14 weeks. He has been remunerated. In a 28-day study, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* gained an average of 4.5 lbs. of muscle. In a six-week study, subjects taking the core ingredients in *Nitro-Tech Hardcore Pro Series* gained an average of 8.8 lbs. of muscle.

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With results like these, it's no surprise that *Cell-Tech*™ *Hardcore Pro Series*® and *Nitro-Tech*® *Hardcore Pro Series*® have both stood the test of time. To this day they are still the best-selling creatine and whey protein formulas ever developed by Team MuscleTech® researchers! Every level of

Best-Selling Creatine and Protein Formulas Ever Developed by Team MuscleTech

athlete, from bodybuilder to fitness enthusiast, can trust the *Cell-Tech/Nitro-Tech Hardcore Pro Series* Stack to help build muscle and increase strength.



FOR BEST RESULTS, take Cell-Tech immediately after training and Nitro-Tech 30 minutes later.

Core Ingredients Backed by University Research

What makes the *Cell-Tech/Nitro-Tech Hardcore Pro Series* Stack so effective? The hard-hitting, research-backed core ingredients found in every bottle. For instance, *Cell-Tech Hardcore Pro Series* is loaded with an incredible 10,000mg of ultra-pure creatine (twice as much creatine per serving as other top brands) to help build muscle, increase strength and improve recovery time between sets. Plus, this post-workout creatine formula is engineered with a patent-protected 75g dose of high-quality dextrose to help spike insulin and drive more creatine into your muscles!

Nitro-Tech Hardcore Pro Series is yet another MuscleTech® supplement built on the foundation of science. The core ingredients in this advanced musclebuilding whey protein formula have been shown in multiple scientific studies to help you pack on more muscle

Core Ingredients Backed by More Than 75 Research Studies and Abstracts

size and strength, fast! The whey protein component in *Nitro-Tech Hardcore Pro Series* provides 11g of leucine and 13g of additional BCAAs with each daily dose. And, it delivers a massive 50g of high-quality protein per two scoops.

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In a 28-day placebo-controlled study on 32 individuals divided into four groups and conducted at a physiology lab in Greenwich, CT, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* with a hardcore training program built more muscle than those taking creatine with juice after 7 days (3.4 vs. 0.8 lbs.).



In a six-week university study conducted on 36 subjects with at least three years of weight-training experience, subjects taking the core ingredients in *Nitro-Tech Hardcore Pro Series* gained 73 percent more muscle than those using whey protein powder alone (8.8 vs. 5.1 lbs.).

ADDED 10 LBS. TO HIS FRAME

"Anyone thinking about taking Cell-Tech Hardcore Pro Series and Nitro-Tech Hardcore Pro Series should just do it! They really work! Now that I'm in better shape, all the girls know me."

Miguel Zapata, Security Guard, New York

GAINED 13 LBS. OF PURE MASS

"I wish that I had started taking the Cell-Tech/Nitro-Tech Hardcore Pro Series Stack sooner. The size and strength this stack gave me would have helped me when I was younger. I definitely recommend these products."

Aristotle Stamat, Waiter, New York



All individuals used *Cell-Tech Hardcore Pro Series* and *Nitro-Tech Hardcore Pro Series* with diet and training. Their transformations lasted 18 weeks and they have been remunerated. In a 28-day study, subjects taking the core ingredients in *Cell-Tech Hardcore Pro Series* gained an average of 4.5 lbs. of muscle.

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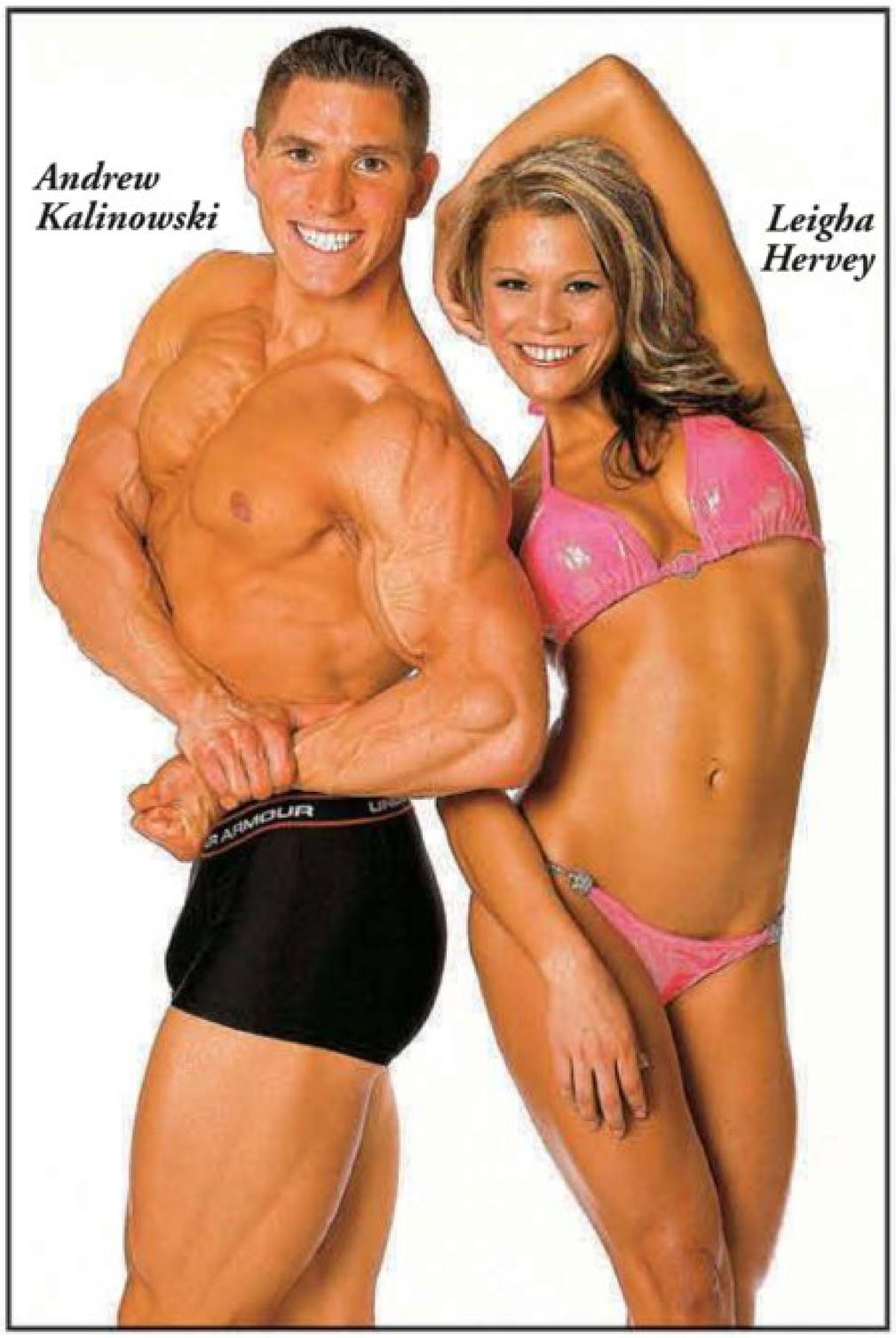
SCIVATION NOVEM FOR THE NATURAL ATHLETE

Scivation Novem was designed to produce results for natural athletes. No bells or whistles in this formula, just effective ingredients that won't leave you questioning whether or not you will pass your upcoming drug test.

SCIVATION NOVEM

The Perfect Pre-Workout Supplement for Natural Athletes

Today's supplement market is filled with products containing exotic herbal extracts and chemicals with names too long to pronounce, which can leave the natural athlete leery as to whether or not the product will cause them to fail a drug test. Nothing would be worse than putting in all that hard work and effort getting ready for a bodybuilding competition only to fail the drug test due to a supplement you legally bought and thought was acceptable to use. Scivation has always been a supporter of natural bodybuilding and once *1,3 Dimethylamylamine* was placed on the WADA banned substance list, it was time to reformulate our current pre-workout product Quake 10.0 and create Novem, a truly effective formula that each and every natural athlete can use without fear of failing a drug test.



SCIENTIFICALLY PROVEN-EFFECTIVE INGREDIENTS

Our goal when designing Novem was to use ingredients with legit scientific backing, specifically studies done on humans that showed benefits. Our goal was not to search *PubMed* for an herbal extract that no one has heard of that has one in-vitro study on it with no proof it provides benefits to humans, in an attempt to awe consumers with a never-before-seen ingredient. Instead, we put research proven-effective ingredients in their research-backed dosages together in a formula that will truly enhance your training results.

Novem is not a "pump" product or an "insane energy buzz" product that only provides transient effects. Novem is a pre-workout product that will deliver actual improvements in your performance. Novem contains nine synergistic ingredients: *Creatine Monohydrate, Beta-Alanine, taurine, N-Acetyl-L-Tyrosine, caffeine anhydrous, N-Acetyl-Cysteine, NA-R-ALA*, vitamins C and E.

Novem does not contain flashy, never before seen ingredients, but rather, contains scientifically proven-effective, legal ingredients that any natural competitor can take.

TRANSIENT EFFECTS VS. RESULTS

Consumers often mistake the muscle pumps they get from a product as results. Yes, the muscle pump can be beneficial with regards to nutrient delivery, but in terms of actual improvements in weight training performance, muscle growth and fat loss, the muscle pump fails to deliver. Whenever you workout, *nitric oxide* (NO) levels increase substantially. We theorize that increasing NO levels through arginine supplementation, in addition to the increase in NO levels caused by exercise will lead to the formation of a large amount of free radicals that will cause excessive oxidative stress and damage. We feel it is much better to allow the NO increase during exercise to work on its own and supply anti-oxidants to help keep free radical production in check. Therefore, we did not include arginine in Novem, but included the sodium salt of *R-Alpha Lipoic Acid*, N-Acetyl-Cysteine, vitamin C and vitamin E to support the body's nitric oxide production.

The energy boost of a supplement is often used as the measuring stick for its effectiveness. The use of stimulants can be beneficial, especially on those days where you are dragging and lacking energy, but taking multiple stimulants and getting shaky, jittery energy is not conducive to long term results. Instead of relying on large amounts of multiple stimulants, Novem contains caffeine, along with N-Acetyl-Tyrosine. The benefits of caffeine and tyrosine are well established and the combination of the two provides a steady boost in energy and focus, while delaying fatigue.

Two ingredients have been shown in scientific literature to work synergistically together to improve performance and lean mass gains – creatine monohydrate and beta-alanine. Creatine monohydrate and beta-alanine are both tried and true ingredients that have passed the tests of science and real world results. The backbone of any effective pre-workout supplement should be creatine monohydrate and beta-alanine, both of which are safe, proven-effective, legal supplements.

The Novem formula is rounded off with taurine. Taurine, a nonessential amino acid, is the most abundant amino acid in skeletal muscles, the heart, brain, leukocytes and the retina of the eye. Exercise depletes taurine levels in the working skeletal muscles, specifically from fast-twitch muscle fibers, making supplementation of taurine to meet this increased metabolic demand a particularly smart idea. ★

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By Laura Anne Rega-Crossan

TARA MARTIN

The gal who keeps coming back – better each time.

It takes a lot to get a pro card. Some fortunate men and women have the ability to take home their pro card at their very first show. For others, it isn't so easy. They train and train and often get pushed to the sidelines, feeling marred by the judges, praying for an indefinite comeback. Then, on one extraordinary day, their name is called on stage after an overall posedown and they are handed that revered pro card for making it to the top. It is only then that they realize just how quickly they are dumped into a pool of pros and are left swimming to reach the surface once again. But, let it be discerned that it is not the placing that counts in the end. Instead, the one who may fail in an effort to do something great is truly the one who will one day reap a harvest from all that they have sewn. This is the person that shall never know defeat . . . they were victorious, even before they hit the stage.

Tara Martin is one of these people. She has been training for the last five years to follow her dream of competing as a Figure athlete. She trains at General Fitness Center in College Point, Queens, N.Y. near her home in Whitestone.

Strategic efforts in the gym have previously awarded her a first place trophy in the novice Figure division at the 2006 INBF Naturalmania. She proceeded to take first place in the short class and win her pro card at the 2006 New York State Championships.



Most recently, in 2008, Tara placed second in the Ms. Fit division at the World Championships in New York City. Looking to the future, Tara plans to compete at the 2011 Pro Universe and the 2011 World Championships in New York City.

The 5-2, 113-pounder is an attorney who specializes in commercial real estate financing at Stark Amron & Liner, LLP – a New York-based law firm. "My fitness level gives me the endurance to work up to 16 hours a day and although I love my job, training relieves much of the stress that comes with those days," she says.

Academically, Tara has a bachelor's degree in English and Medieval Studies from Fordham University and a Juris Doctor Degree from Brooklyn Law School. She is admitted to practice law in New York and New Jersey.

Her training philosophy is commendable. "Train the best you can with whatever you've got in order to keep whatever you've got healthy (and upright!) for as long as possible," Tara says. "Your body has got to last you a lifetime – treat it well and it will treat you well."

The brunette's long-term training goal is to get her legs to develop to be more in proportion with her upper body. Two years ago, Tara increased her leg workouts to two days per week, but she has not yet seen the results she is looking for. Today, Tara has since increased her leg workouts once again and consolidated and plateaued her upper body workouts (See the sidebar for Tara's detailed seven-day workout schedule).

In addition to her work as an attorney, she also moonlights as an AAPTE certified personal trainer. However, she is not your typical trainer. "I refuse to accept payment for training, so I don't have regular clients," Tara says. "But I do donate packages of training sessions to charity auctions and prefer to train older clients."



In terms of her diet, Tara's is quite rigid. She starts off her day with a bowl of Fiber One or oatmeal with strawberries or blueberries and skim milk. Her next meal consists of two protein shakes (one scoop of protein split between two cups), made with water and powdered egg whites. Her third meal of the day consists of chicken or turkey or fish with vegetables and a sweet potato. For a snack, she will opt for a rice cake, almonds and an apple. Her dinner usually involves chicken, turkey or fish and some vegetables. Her final meal of the day consists of two protein shakes (similar to the above), made with just water. She consumes at least a gallon of water daily and designates Sunday as her cheat day. Tara supplements her diet with protein powder, a multivitamin and calcium.

Tara's top idols include her parents. Her mom, Elizabeth, who is her best friend and cheering section at every show. The duo goes to the gym together as often as possible. Unfortunately, Tara's father, Victor, didn't live long enough to see her start training, but he is always with her in spirit.

Interestingly, Tara is a PADI certified scuba diver and a third degree brown belt in Okinawan Karate. She has also traveled to Russia, Ireland, England, France, Spain, Italy, Venezuela, Mexico and most of the Caribbean islands. Her other hobbies include sewing, baking and remodeling projects on her tiny tudor-style house in Queens, New York, which she deems "a work in progress, like me." How's that for eclectic?

Tara considers her best bodypart her back. "It is my strongest and most defined body part, which is funny because maintaining good posture has always been an absolute effort for me," she says. Her favorite back exercise is unassisted wide grip pull-ups. "Persistance pays off," she says. ". . . and so do pull-ups."

Throughout her life, Tara has never smoked, done drugs and can count the number of drinks she had on one hand. She also resents the times she took an occasional OTC painkiller. "Polluting myself and gambling with the effects of steroids is just not an option . . . no matter how bad I want more defined (*continued on page 139*)

PHOTOGRAPHY BY REG BRADFORD



TARA'S 7-DAY WORKOUT

Day 1: Chest (Flat Presses – 3 sets of 12, Flyes – 3 sets of 12, Decline Presses – 3 sets of 15),
Biceps (Dumbbell Curls – 3 sets of 12, EZ Curls – 3 sets of 12, Hammer Curls – 3 sets of 12), Abdominals (Leg raises – 3 sets of 35).

Day 2: Legs (Single Extensions – 4 sets of 8-12, Single Standing Curls – 4 sets of 8-12, Hack Squats – 4 sets of 8-12, Walking Lunges – 2 sets of 24, Angled Calf Raises – 4 sets of 20 plus Unweighted Floor Raises to failure).

Day 3: Shoulders (Dumbbell Presses – 3 sets of 12, Posterior Flyes – 3 sets of 12, EZ Raises – 3 sets of 12, Anterior Dumbbell Raises – 3 sets of 12), Abdominals (Cable Crunches – 3 sets of 20).

Day 4: Legs (Double Extensions – 4 sets of 8-12, Presses – 4 sets of 12 plus 3 drop sets of 20 or to failure, Calf Presses – 4 sets of 30, Barbell Deadlifts – 4 sets of 12).

Day 5: Back (Wide Grip Pull Ups – 3 sets of 16-20, Cable Rows – 3 sets of 12, Cable Pull Downs – 3 sets of 12, Machine Pull Downs – 3 sets of 12 or Dumbbell Rows – 3 sets of 12, Extensions – 3 sets of 15).

Day 6: Legs (Double Extensions – 4 sets of 8-12, Prone Curls – 4 sets of 8-12, Barbell Squats – 4 sets of 8-12, Donkey Kicks – 3 sets of 8-12, Hip Adductions – 3 sets of 15-20, Hip Abductions – 3 sets of 20-25, Seated Calf Raises – 4 sets of 12, Tibia Curls – 4 sets of 30).

Day 7: Triceps (Skull Crushers – 3 sets of 12, Cable Pull Downs – 3 sets of 12 and Weighted Dips – 3 sets of 12), Abdominals (Weighted Decline Crunches 3 sets of 35).

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MIKE NEUMANN

By Mary Gillis

If you go to YouTube and type in the words "Super Human" in the search box, a laundry list of videos will appear. And no, these are not HD excerpts from Marvel Comics summer blockbusters such as "Spider Man" or "The Incredible Hulk." Instead, INBF competitor Mike Neumann – who some of you might recognize as the co-host of Natural Bodybuilding Radio – pops up.

Mike's passion is natural bodybuilding. Emphasis on the natural. All of the videos he produces feature one-on-one interviews with some of the industry's finest – from the up and coming to the most seasoned veteran-athletes. "I travel across the Midwest to promote the personalities of the sport by shooting YouTube videos of natural competitors," Mike says. "I'll get an interview in-between shows or we will go to a local gym and shoot a training video."



Surely this is a great way to put a spotlight on others, but what's in it for Mike? Well, producing these videos is his way of spreading a very important message throughout a community he cares deeply about. This message is that coaches, athletes and aspiring competitors should aim for nothing less than drug-free fitness. As a natural competitor himself, Mike puts his respect and admiration for the sport above of all else – especially drugs. "I don't do this to be huge or to look like a freak," Mike says. "Don't get me wrong, the goal is to be as freaky as possible, but without drugs."

Mike's career started early – he began weight lifting at just nine years old after deciding he no longer wanted to be the chubbiest kid in his class, but the strongest. Not much of a team player, Mike continued to lift through high school, opting for bodybuilding shows over pep rallies and football games. Now, at 35, Mike makes certain that natural fitness intersects all areas of his life. In addition to his work as a producer and radio host, Mike works as a personal trainer out of Impact Fitness in Bradley, Ill. He boasts an impressive list of clientele – all of whom support and train by his drug-free philosophy. He's the first to admit, however, getting clients is much easier when he's in top physical shape.

So, Mike keeps his head down and focuses on training just as he's done since grade school. Only now, the playing field has gotten much larger. The goal isn't just to be the strongest in the classroom, but the strongest and most visibly fit onstage. To help him get to that next level – sans performance enhancers – Mike enlisted the help of Graig Presti, aka "The Diet Doc," (who owns The Diet Doc franchise in Chicago). "The results have been outstanding and I learned that carbs are not the enemy! The diet is all about keeping your macronutrients consistent each and every day," Mike says. "The goal is to find out how many carbs you can take in and still lose weight while maintaining muscle."

Additionally, Mike's workouts have been focused on isolating muscles to make his body feel as if it's lifting more heavily than it actually is. This led to an improvement in joint flexibility and a great upper chest. With his diet in check and his lifting on schedule, Mike hopes to compete in a pro-qualifier by the end of this year. With so much going on, one might wonder how he's able to remain so upbeat. Well, it all circles back to his drug-free approach. "I've noticed that people in the natural bodybuilding world are much friendlier and down to earth than those of the opposition." Thanks, Mike – I couldn't have said it better myself! ★

PHOTOGRAPHY COURTESY OF MIKE NEUMANN

SUPER HUMAN



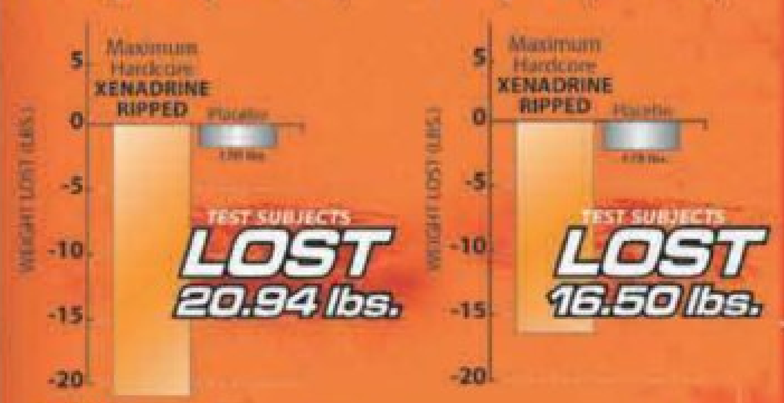
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STUDY 2
In a separate 8-week trial, funded by the makers of Maximum Hardcore Xenadrine® RIPPED, test subjects used the same key ingredients. They lost an average of 16.50 lbs. versus those using the placebo, who lost an average of 1.73 lbs! Both groups followed a calorie-reduced diet.

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Research Review

By Fred DiMenna, Ph. D., C.S.C.S.



New WNBF Pro Alexander Bushuev

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It is an important decision that every competitive bodybuilder with potential for success must make. And it is often not as simple as, "Just say no!" Sure, it's easy to espouse the drug-free alternative if you compete just for the fun of it or have a genetic predisposition that clearly limits what you can hope to achieve. But if you're dedicating your life to bodybuilding and are lucky to be blessed with attributes that allow you to dominate the drug-free stage, a day might come when you realize that you probably could be doing the same thing in the untested realm. And if this thought enters your mind, it's misguided to think that there won't be at least a modicum of temptation to do what is necessary to bring that dream to fruition.

Drug-free bodybuilding has come a long way since the birth of the WNBF in 1989. And the proof is in the pudding. For example, if you peruse the pages of this magazine, you'll see photos of WNBF bodybuilders that are incredibly talented and that talent will allow them to accomplish quite a bit in the federation. But even the staunchest fan of natural bodybuilding will have to admit

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A HEARTBREAKING DECISION

that at least at present, there is still a greater ability to earn money and achieve notoriety in the untested world. And this clearly creates a temptation. For example, in just the last several years, a number of prominent WNBF pros have switched affiliations and, presumably, in doing so, also decided that what they could achieve in professional untested bodybuilding outweighed whatever negative repercussions there are related to performance-enhancing drug use.

One of the reasons steroid use is so prevalent and has been going back more than 40 years is that information regarding the benefits and risks of using these drugs has been sketchy at best. For example, when athletes began using steroids to enhance performance in the '60s, the medical community responded with two general statements regarding this practice. The first was that steroids had no positive effect on strength, muscle growth or athletic performance. Unfortunately, while this was meant to discourage use, it wound up doing the exact opposite because individuals who knew athletes taking steroids saw obvious evidence that this was not the case. Consequently, the natural assumption was that the second warning from the medical community was also bogus and that warning was legit: Taking these drugs for non-prescriptive purposes can be hazardous to your health.

By spreading falsehoods about the (lack of) benefit of performance-enhancing drugs, the medical community undermined its important message, which was that these drugs might harm or kill you. Indeed, to this very day, there are those who think that the risks associated with steroids are blown out of proportion by factions trying to discourage their use. Clearly, more objective research is required to set the record straight and a recent article in *Medicine and Science in Sports and Exercise* published ahead of print on the American College of Sports Medicine website is very helpful in this regard.

In the article "Anabolic steroid associated to physical training induces deleterious cardiac effects", a research team from Brazil (*Carmo et al.*) examines the series of events that likely causes heart problems in those that abuse steroids. In their introduction, they explain that anabolic steroids are known to induce adverse effects on the cardiovascular system including myocardial structural changes and cardiac hypertrophy. In other words, while steroids can make your skeletal muscles grow, they can also make your heart bigger and this type of growth is a bad thing because a thicker *myocardium* (the muscle of the heart) is prone to disease. The authors also explain that if you add exercise training into the mix, it results in maladaptive remodeling and further deterioration in cardiac performance. This means that steroids might very well eliminate the positive cardiovascular changes that typically come from exercise training and actually turn them into a negative.

The authors explain that they have previously found a combination of physical training and *nandrolone decanoate* (ND; commonly known by the brand name Deca Durabolin) causes an increase in heart collagen concentration and cardiac hypertrophy that is associated with activation of the cardiac *renin-angiotensin* system. This system plays an important role in regulating cardiac growth and remodeling the cardiac extracellular matrix and the effect occurs due to regulation by angiotensin II. The authors also explained in the article that it appears as if this regulation occurs in conjunction with the action of *aldosterone*, which is a hormone produced by the adrenal gland that is responsible for the retention of sodium and water in the body. This means that aldosterone could play an important role in the cardiac abnormalities associated with steroid use.

The authors suggest the following sequence of events: First off, the production of aldosterone in the myocardium might stimulate the extracellular cardiac matrix resulting in an increase in cardiac fibrosis and remodeling. This would cause the heart muscle to stiffen and become dysfunctional. They further speculate modulation by inflammatory factors such as TGF and osteopontin. These have been shown to play a role in dysfunctional cardiac hypertrophy.

Based upon prior findings, the authors suggest that the cardiac renin-angiotensin system might be an important component involved in the deleterious effect precipitated by ND when associated with physical training. However, the degree to which aldosterone also plays a role is unknown. Their objective, therefore, was to determine the degree to which cardiac aldosterone is involved in the process whereby ND causes cardiac hypertrophy and fibrosis both alone and in concert with physical training. To answer this question, they undertook two separate evaluations on rats.

Initially, the researchers evaluated the effect of ND (both alone and in conjunction with training) on activation of cardiac aldosterone synthesis, inflammatory markers and geometry and function of the left ventricle (the heart chamber responsible for sending blood around the body). They used M-mode echocardiography for these assessments. In the subsequent evaluation, they tested whether pharmacological blockage of angiotensin II or aldosterone would attenuate the deleterious effects.

In this study, rats were divided into eight separate groups (14 rats each) to provide for a control group and ones that received a variety of treatments – ND alone, training alone, ND and training together, as well as both ND alone and ND and training together with two different pharmacological agents. These drugs were an AT1 receptor antagonist to block angiotensin II (*Losartan*) and a mineralcorticoid receptor antagonist to block aldosterone (*Spironolactone*). The latter (brand name Aldactone) is often used as an anti-androgen agent and a diuretic by bodybuilders competing in untested shows. ND doses were titrated to mimic what athletes frequently use for doping (e.g., the equivalent for a rat of what would be 700 milligrams per week for a human) and the training protocol consisted of swimming five days per week for increasing durations up to 60 minutes. Extra weight was gradually added (up to five percent of body weight) to increase intensity throughout the 10-week training period.

In addition to echocardiography, the blood pressure of the rats was measured non-invasively during the study. Following the

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study, the rats were decapitated so that their hearts could be removed and analyzed. Cardiac hypertrophy was determined by the ratio of left ventricular weight to the rat's body weight and also by cardiac muscle cell diameter. Finally, myocardial interstitial collagen volumetric fraction was determined and molecular and biochemical analyses were performed to assess various enzymatic (e.g., angiotensin-converting enzyme I) and genetic (e.g, cardiac protein expression) factors.

When all of the testing was finally complete, the authors reduced the data and summarized their findings. First off, they showed that cardiac aldosterone and inflammatory factors TGF and osteopontin do, indeed, participate in the cardiac fibrosis induced by ND both with and without physical training. These findings were reinforced by the fact that pharmacological blockage that disabled angiotensin II and aldosterone prevented the increase of cardiac collagen and diastolic dysfunction observed in both the ND and ND-plus-training groups. Interestingly, however, ND did not raise blood pressure in the rats, which is contrary to what might be predicted being that many studies in humans suggest increased blood pressure in anabolic steroid users. This means that the negative cardiac effects that were present did not occur due to a hypertensive adaptation.

Similar to what occurs in humans, the rats who trained aerobically without the steroid intervention experienced cardiac hypertrophy that was beneficial. This occurs because the heart chamber becomes bigger with no functional impairment to the tissue itself. However, once ND was added into the mix, diastolic dysfunction characteristic of pathological change was observed. So, as predicted, steroid use turns the characteristic cardiac effects of endurance training from good to bad.

ND induced deleterious cardiac hypertrophy by 10 percent alone and by 17 percent when combined with training. Furthermore, in both groups, there was an increase in collagen volumetric fraction and cardiac collagen type III expression. Finally, in addition to the aforementioned inflammatory markers, the ND treatment also increased left ventricular angiotensin-converting enzyme activity, ATI receptor expression, aldosterone synthase activity and expression of the gene for *11- hydroxysteroid dehydrogenase 2*. The latter is a cardiac receptor for aldosterone that is likely a critical link in the deleterious adaptations that were observed.

The present study provides more evidence that steroid use has long-term health risks. From a practical standpoint, the findings reveal some important things to consider. First off, heart damage occurred from ND even though blood pressure was not elevated. This means that simply monitoring blood pressure and ensuring no elevation while using steroids does not guarantee that your heart won't be growing larger and becoming fibrotic (effects typically associated with hypertension). The fact that endurance training did not attenuate the effect (and actually amplified it) also means that hitting the treadmill a few times per week to offset any damage that might be taking place is not a viable strategy. The bottom line is that steroid use is inherently bad for the heart, so at least in this regard, there is probably no way to use them safely.

Every successful bodybuilder has to decide whether or not to use steroids and there are many things that must be considered when making this decision. These include legality (use without a prescription is now a felony), spiritual beliefs and the ability to get steroids that are real (with federal crackdowns, doctors are now more hesitant than ever to dispense indiscriminately and counterfeit drugs are prevalent). The present study suggests that health risks (at least to the heart) are not exaggerated and must also be added to this list. ★

Editor's Note: Fred DiMenna is a retired WNBF pro who has a Ph.D. in Exercise Physiology. He can be reached at mrnaturalus@yahoo.com.

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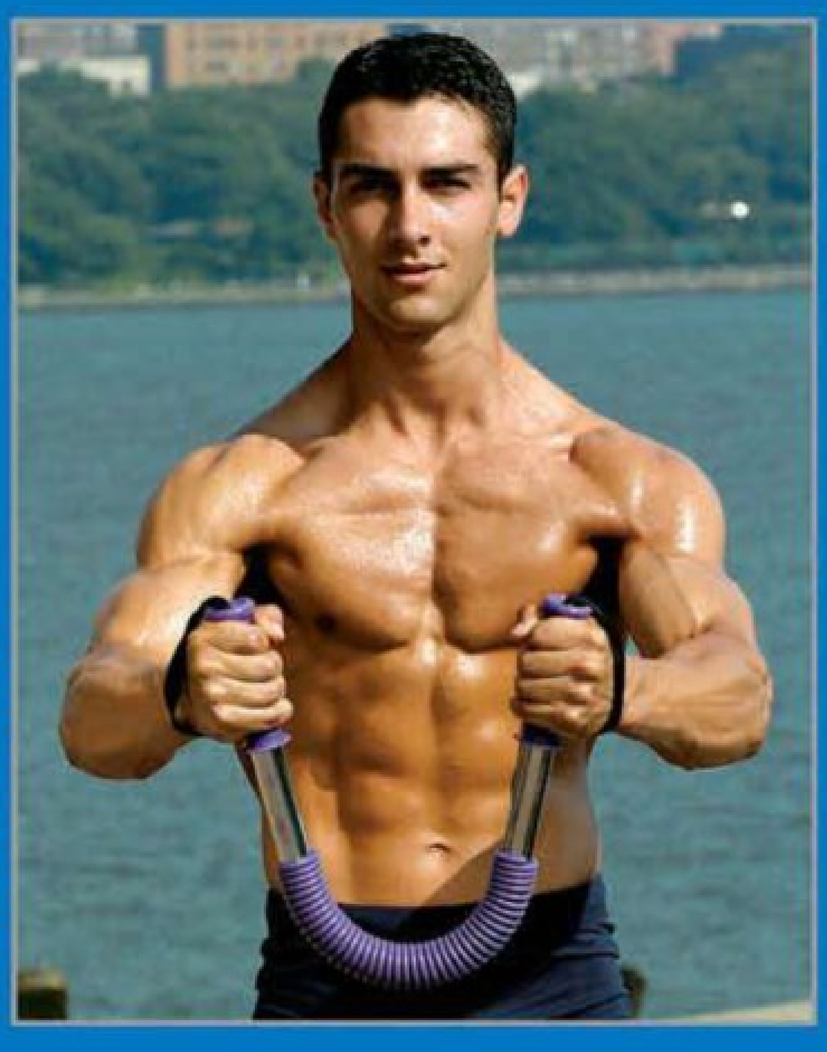


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Improve Results by Improving Rep Performance

By Michael Lipowski

There is no shortage of fitness magazines you can read or Internet sites you can visit to find training routines that will lead to "massive muscles . . . mind blowing strength . . . faster growth . . . a championship physique . . . shredded muscle" and a laundry list of other desired benefits of weight training. It's interesting (and amusing) to read the scientific explanation given by the author as to why and how his program will succeed where others have failed. Provided are all the reasons for the systematic placement of each exercise, how they should be rotated, stacked and staggered, as well as the specific repetition range, targets and percentage of one-rep-max that must be adhered to in order for the magic formula to work.


Dan O'Brien

Routines such as these typically fail to live up to their billing. The most obvious reason why is that no routine or specific formula can address or make up for the various intrinsic and extrinsic factors of all individuals. However, the second most common reason (and the one we're going to address in this article) has to do with how exercises are performed. More specifically, the fact that detailed instructions on repetition performance is rarely provided other than a few generic recommendations like, "lift the weight under control," "don't cheat" or "move slowly."

It is impossible to provide anyone with a training routine that is certain to produce the desired result unless you are assured that the exercises will be performed properly or in the manner intended. Although the repetition is the most fundamental element of weight training, it is also the most overlooked, underappreciated and misapplied component. This should not come as a surprise. Consider how many trainees (this author included) stepped into a gym for the first time and had mapped out exactly how they would perform their very first repetition. It's not a long shot to say none, unless the first visit was with a very mindful and detail oriented personal trainer.

Unfortunately, many bad habits are established within those first few months of training that, for the majority of trainees, will never be reversed unless conscious thought and effort is given to improving rep performance. Whether new to exercise or a seasoned veteran, it serves one well to be very clear about the purpose each repetition serves. It should not be to simply move the weight from point A to point B – that's a simpleton's approach. The purpose of each repetition is to maximize muscular tension and force output, so as to effectively recruit the greatest number of muscle fibers available and deplete the muscles' chemical resources (ATP and glycogen) while minimizing the overall force and strain placed on the joints and tendons of the body.

This is best accomplished by moving at a tempo slow enough to keep momentum from becoming a contributing factor in the completion of each repetition and being able to feel the muscles fully engage at each point of the exercise's range of motion. Generally speaking, fast repetitions (i.e., 0.5-2 seconds to lift the weight, 0.5-2 seconds to lower it) utilize momentum to carry out a better part of each repetition, whereas repetitions performed slowly (i.e., 4-6 seconds to lift the weight, 4-6 seconds to lower it) must rely on the muscular force generated in order to complete each rep. Moving slowly makes performing the exercise harder and as we know, the harder or more demanding an exercise is, the greater the likelihood of it encouraging a physically adaptive response. It also makes focusing on and feeling the muscles at work significantly easier.

Effective weight training begins and ends with the repetition. It is the foundation from which every set of every workout is built, and will be a determining factor in any programs success. Address the rep and everything else will begin to fall into place. ★

Editor's Note: Michael Lipowski is President of the International Association of Resistance Trainers (I.A.R.T.) and Pure Physique Personal Training. He is the author of *Pure Physique: How to Maximize Fat-loss and Muscular Development* and a personal training educator, professional speaker and competitive natural bodybuilder. You can learn more about a personal training education and opportunities as a fitness professional through the I.A.R.T. and Pure Physique at http://www.ExerciseCertification.com and http://www.PurePhysique.com.

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KATHY MCCLARE

By Mary Gillis

A Whole (istic) Approach



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I'm sure most of you reading this have heard the adage "No man is an island." And it's true. No one goes it alone. The "it" varies based on both the individual and the situation. For example, an entrepreneur might enlist the help of a financier. A soon-to-be-bride – if the alternative is her future mother-in-law – may recruit a wedding planner. And, just recently, I wanted to move some furniture around in my NYC apartment and, literally, could not do it alone. So, I waited until my boyfriend came home from work to help me. Then I let him do it alone.

Not surprisingly, the saying also applies to getting and staying in shape. And if there's one athlete who epitomizes this approach to fitness, it's Kathy McClare. That's right. Kathy's the poster-child for "No man (or woman) is an island." And we could all learn a thing or two from her. Because rather than a source of weakness, Kathy's attitude toward collaboration is her biggest source of strength. In fact, for the past 15 years, it's been the key to her spiritual, personal and professional success.

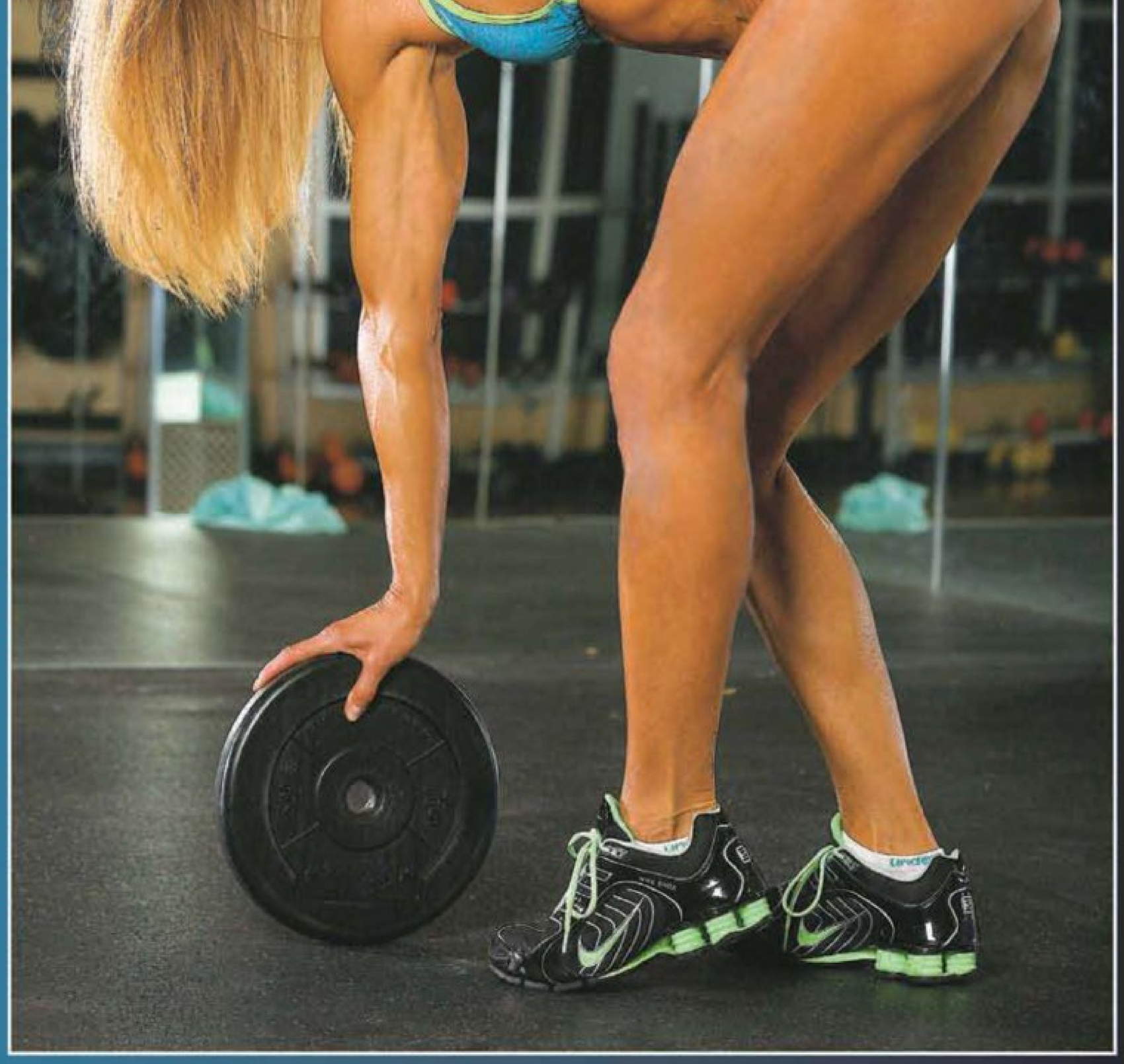
When Kathy hits the training room, she greets the dumbbells as if she were greeting an old friend. "I don't show up ready to do battle. I'm inclined to work with the weights," Kathy says. "How are we going to team up and get the job done? Sure, the weights challenge me, but I accept the challenge every time as an opportunity."

A refreshing perspective to say the least and clearly, it's paid off in spades. Her competition resume boasts an impressive list of top finishes in some of the industry's most coveted natural bodybuilding events. And just this past year, Kathy took the crown at 2011's WNBF Pro American Championship.

Interestingly, Kathy doesn't have a training regimen until about nine weeks out from competition. Any workouts done prior to that are based on intuition and sheer hunch. But in those two months before show time, Kathy drops her reps, ups the weights and integrates plyometric workouts likened to those of a power lifter. And although she eats lean and clean, her diet is not without it's share of carbohydrates. "I'm a carb-machine," Kathy says. "It's not unusual for me to eat 400-450 grams of carbs a day."

Naturally, Kathy's passion for competition inspired her to become a personal trainer. She currently operates "Just My Fitness" in upstate New York. And if there were ever a time that necessitated collaboration, it would be when an athlete is just starting out. Kathy takes this approach with clients looking to improve their physical fitness. "I encourage my clients to take a holistic approach," Kathy says. "Fitness goals bring up emotional, social and interpersonal components and it's only when one deals with them will they get results."

In addition to competing and running Just My Fitness, Kathy likes to spend time with her two children – and biggest supporters – Julia and AJ. Juggling a family, a business and a career as a professional athlete, one might wonder how Kathy's able to do it. "When there's a will, there's way," Kathy explains. "Determination is one thing, but applying it with heart, honesty and integrity while maintaining a loving commitment to one's family is quite another." Speaking of honesty and integrity, Kathy would like to applaud the federation for it's strict drug-testing policy. "I want to know what I can do, not what a drug can do." ★



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By Joe Klemczewski, Ph.D.

SCIENCE OR FICTION?

POST-TRAINING NUTRITION: THE PLOT THICKENS!

One of the most common questions I receive is what to eat before and after training and cardio sessions. A quick review of the best research shows that eating carbs prior to training is critical in order to delay cortisol and provide support to spare glycogen and therefore amino acids. Add some easy-digesting protein and your pre-workout meal is complete. Still other studies show that five grams of BCAAs provide just as much anti-catabolic power as 20-25 grams of whey protein.

Recently, studies have shown that adding carbohydrate is just as beneficial for pre-cardio nutrition, proving that fasted cardio isn't the best option. My recommendations are the same now as they were 10 years ago – this study doesn't mean eating a large meal before cardio is the best option when trying to lose body fat, but that some nutritional support can help prevent muscle loss and can increase overall thermogenesis, calorie usage and therefore overall fat loss. A small amount of carbs and protein (or BCAAs) does the trick without compromising fat-loss goals. Post cardio and training needs include immediate protein to stop catabolism, but the inclusion of carbs can speed recovery and increase anabolism.

If you add carbs to the post-cardio meal, however, you decrease the amount of fat used as energy in the next couple of hours. The goal when dieting for a contest isn't anabolism – it can't be. It's anti-catabolism. I do recommend carbs after training just as I do pre-training, but it has to be commensurate with your overall carb/calorie intake. Some people can afford more than others based on metabolism and body type. Questions have revolved around where to put carbs since most physique competitors eat protein at every meal and many errantly feel it's almost a "free" food.

A new study, assuming the confirmed knowledge that carbs are necessary for maximum recovery, investigates the opposite: Is protein necessary? In full disclosure, it's important to know this study is not measuring anabolism/catabolism, but immune

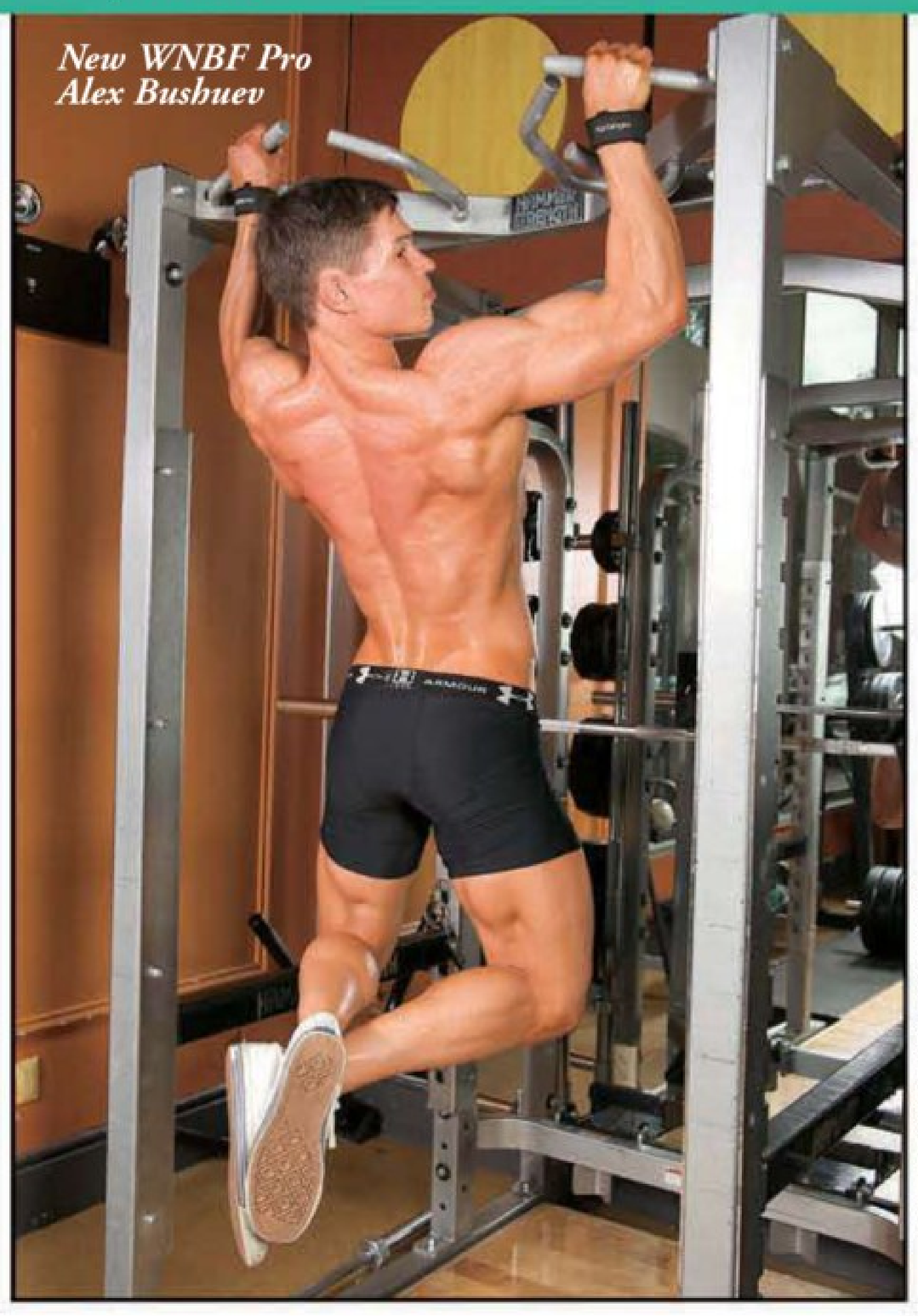


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response. However, if immunity is compromised, so are all parts of recovery and potential anabolism. If the body is stressed enough to show declines in immunity, catabolism is occurring.

We already know that carbohydrate ingestion maximizes recovery and increases anabolism, so it's no surprise that post-workout carbs boosted immune function. Exercise immunologists propose a direct effect on stress hormones as the mechanism. You may find it odd, though, that adding protein to those carbs did not change the effect at all.

Earlier, I stated that other studies confirm the need for post-workout protein to mitigate catabolism, but it appears carbohydrates alone can have a similar effect. There's no need to throw the baby out with the bathwater on this one, but it does show that timing – immediately after training – is more important than what you eat if the best recovery is your goal. It also shows once again that ketogenic/very-low carb diets are not only going to speed muscle loss, but will hamper immunity.

Consume a moderate amount of carbs pre-workout, some carbs pre-cardio, a little protein with each (or BCAAs), a good serving of protein after both cardio and training, and a good amount of carbs post-training. Carbs after cardio can be delayed until the next meal as long as protein is consumed immediately if body fat loss is your primary goal, but if performance and recovery is your greatest goal, carbs post-cardio are definitely your friend.

HEALTH & MUSCLE

I have to admit that it bothers me when physique competitors don't care about their overall health. It can be true of any athlete, I know, but I hold my worldwide iron brothers and sisters to a higher standard. We strive to be lean, strong and carve out the best work-of-art physique we can for the stage and that gives us the appearance of health, especially against the backdrop of a world dying from obesity. I'd like to think we take that potential role model status seriously and enjoy the benefits of a healthy life 365 days a year. For those of you who do, here's a smattering of recently found health tidbits:

Caffeine has been found to help with insulin resistance providing protection against Type II Diabetes. That doesn't mean there aren't downsides to abusing caffeine, but it does help me rationalize my AMP.

Those who consume a higher percent of trans fats in their diet have a 48 percent increase risk of depression. That is a big number; stay away from fat in processed foods.

One serving of blueberries per week was found to decrease high blood pressure risk by 10 percent. Antioxidant power – keep fruit in your diet.

Allergenic *rhinitis* and *chronic rhinosinusitis* negatively impact the sex lives of 83 percent of the 30-40 million people afflicted. Who knew? Come to think of it, none of my children were born nine months after spring allergy season.

Vitamin D is the current golden boy of media health quips, but there are still questions regarding dose. The RDA was raised from 200-400 IUs to a newly-recommended 600-800 IUs, but that is far below what many suggest is necessary. Some capsules contain 2,000 or more IUs. Experts are cautioning that long-term trials need to be done before pushing it too high, but they are quick to recognize deficiency in D3 definitely needs to be addressed.

War on cancer was declared from the office of the president 40 years ago, but for a complex web of reasons, many battlefronts show only losing efforts. One new approach is identifying all the unique characteristics of cancer stem cells: The cells that maintain tumor growth and allow them to reform even if almost all of the cancer is removed or destroyed. It's always heartening to hear of advances in cancer research, but the two biggest factors in cancer prevention remain exercise and nutrition. It is my opinion that much of the appearance in a losing war on cancer is our decrease in nutritional and activity status as well as an increase in environmental toxins, chemicals and different forms of radiation. An ounce of prevention is worth more than a pound of cure when it comes to cancer. ★

References available upon request.

Editor's Note: Joe Klemczewski, Ph.D. is a WNBF Pro who helps bodybuilders and figure competitors achieve their best condition through his unique online "Perfect Peaking" program. Dr. Joe can be contacted through his website, perfectpeaking.com.



Steroids.com

BOOST YOUR BODYBUILDING SUCCESS!

By Berend Breitenstein



Berend Breitenstein

I asked myself a lot of questions during my three decades as a bodybuilder, trainer and book author. I also received countless inquiries from people who are striving to get the best results in muscle building out of their training routine. People often want to know what the ideal number of reps are during a particular set.

I am sure you heard the phrase: "Lift heavy and get big." This statement has a solid foundation. Let's take a look at why using heavy loads is important for you to build massive and dense muscularity.

The reason is because of the nerve-muscle connection. Nerve and muscle cells are partners. Each nerve cell supplies a specific number of muscle cells with nerve impulses. This alliance between nerve and muscle cells is called a motor unit. The command for a muscle contraction comes from the cerebrum, the central area for contractions of skeletal muscle. Just imagine yourself lying on an incline bench, gripping the barbell above you and lifting the weight out of the rack. You do this by saying to yourself "let's do it." Then the impulses for muscle contraction reach the anterior horn cells of the spinal cord. The transmission of nerve impulses to the skeletal muscles happens through *dendrites*. Dendrites are ramifications of nerve cells. At the motor end plate, the nerve impulse is transmitted to the muscle cell. As a result of this transmission, muscle cell contraction begins to set in. This means that training with heavier weights always activates a higher number of motor units in comparison to weight training with lighter weights.

It is also a fact that muscle cells only get activated when they are trying to overcome a given resistance. Consequently, training with heavier weights and performing 5-8 reps per set, activates more muscle cells in comparison to using lighter weights for 15-20 reps per set. It is logical that the higher the number of contracted muscle fibers, the thicker and denser the muscles will be. However, one must keep in mind that bodybuilding is not primarily strength training.

In contrast to weight lifting or power lifting, where the main emphasis is put on lifting the heaviest weight for one single rep, the goal in bodybuilding is muscle growth. This means that heavier is not always better. Using weights that can be moved between 1-4 reps per set to improve strength ability. However, due to the short duration of training stimulus, a less than optimal effect is achieved in regard to muscle hypertrophy.

Weights that are too heavy don't build optimum muscle mass and the same rule applies for weights that are too light. Training with weights that enable you to do between 20-30 additional reps per set do not provide a stimulus for building thick and dense muscles. For building massive and dense muscles, it is not possible to avoid heavy training with 5-8 reps per set. But when it comes to reaching your absolute best shape ever, it is not sufficient to simply train with heavy iron. Even if it is possible to achieve fantastic results with a combination of heavy training, aerobic activity and clean eating, additional weight training must be done in order to achieve ultra ripped muscularity.

To help you visualize this process better, let's take a look at the anatomy of skeletal muscle cells. Skeletal muscle cells consist of three different types of fibers. White muscle fibers (which are also called type 1 muscle fibers) are fast contracting (fast-twitch) fibers. These particular kinds of muscle fibers are activated when moving heavy weights between 5-8 reps per set.

Fast-twitch muscle fibers are needed for high intensity, short-term muscle contractions. Due to the high glycogen content of white muscle fiber, energy comes mainly from burning carbohydrates used as muscle fuel without the participation of oxygen (anaerobic energy production).

The second type of muscle fiber is called red (type 2) muscle fiber. Red muscle fibers are slow contracting (slow-twitch). Each time a muscle has to work over a longer period of time, these muscle fibers play a major role in muscle contraction. The contraction of red muscle fibers is needed when performing sets with a higher rep range (15-25 reps per set).

Because of their high content of hemoglobin, these muscle fibers are called red muscle fibers. Hemoglobin has a red color and is an important substance for transporting oxygen into the blood. Type 2 muscle fibers mainly burn carbohydrates and fatty acids as fuel using the participation of oxygen (aerobic energy production).

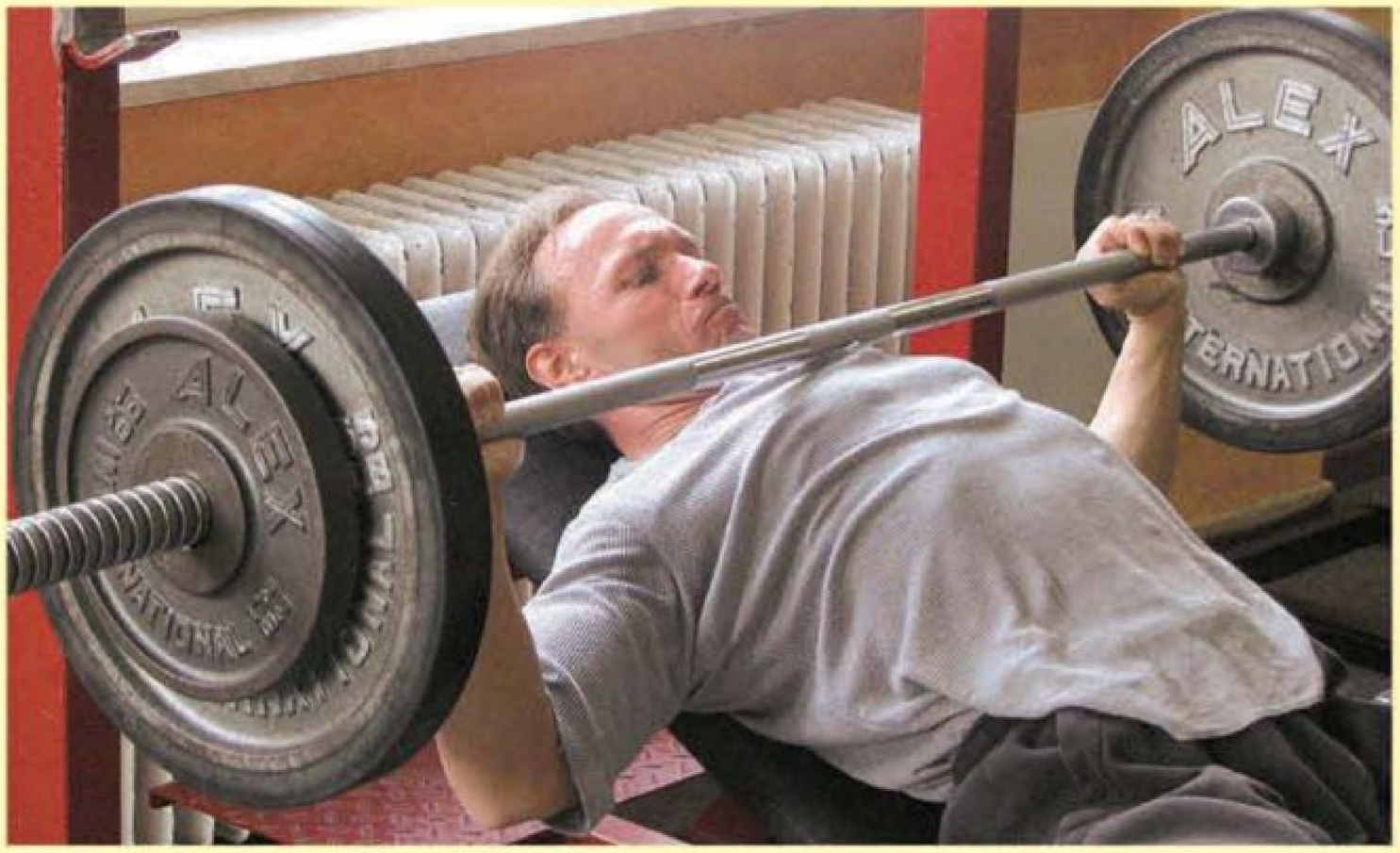
The third type of muscle fibers is called an intermediate type that cannot be fully assigned to either type 1 or type 2 muscle fibers.

In order to receive optimized results in muscle building, you must stimulate all types of muscle fibers. It is especially important to set an intense growth stimulus for the white and red muscle fibers during the peaking cycle. So, how can this theoretical approach be put into motion? Try mixing heavy weights, medium-heavy weights and lightweights within a single workout for a given muscle group. As a result, the muscle fibers are highly stimulated from the different number of performed reps per set. Training with varying weights and rep ranges give you a perfect package for optimum stimulation of all three different types of muscle fibers within single body parts.

This exemplary chest workout shows how specific muscle type training for a given body part can be practiced. In search of the best workout routine to fit your needs,

COMPARISON OF WHITE AND RED MUSCLE FIBERS:

White muscle fibers	Red muscle fibers
*Fast contracting	*Slow contracting
*Fatigue quickly	*Fatigue slowly
*Enable powerful muscular contraction	*Enable endurance muscular contraction
*Low myoglobin content	
*Energy comes mainly from Glycogen (anaerobic respiration)	*Energy comes mainly out of oxidation (aerobic respiration)



SPECIFIC MUSCLE TYPE TRAINING

Body part: Chest

Exercise	Sets	Reps per Set
Barbell incline presses	3-4	5-10
Flat bench dumbbell flyes	3-4	12-20
Barbell bench presses	3	6-10
Cable-Crossovers	3	15-20

you must also consider the percentage of different muscle fibers found in skeletal muscles. In general, equal amounts of white and red muscle fibers are present within muscle tissue. The existing amount of white and red muscles fibers depend on the functional aspect of a given muscle group, as well as of individual genetics. For example, abs and calves often contain a higher number of slow contracting red muscle fibers, while the biceps muscles frequently show a greater percentage of white, fast contracting muscle fibers. However, this is a variable factor between human beings.

Nature has given each of us a different percentage of white and red muscle fibers. There is an equal split existing between the total amounts of different kinds of muscle fibers found in the body of most humans. However, some individuals are born with either a higher percentage of white or red muscle fibers. Those who are genetically given a high amount of white muscle fibers have an advantage in relation to muscle building. This is because white muscle fibers show a greater ability for muscle growth than red muscle fibers. To exemplify this, compare the legs of a sprinter and a marathon runner. The sprinter's legs are heavily muscled in comparison to the smaller, filigree muscles of the long distance runner.

It's possible (to a certain extent) to change the characteristics of white muscle fibers into those of red muscle fibers by working out with high reps per set. This change of muscle fiber characteristics does not function in the opposite direction. This means that if you were born with a high percentage of red muscle fibers, no amount of heavy training will result in an increase in white muscle fibers.

One of the few ways to find out the exact percentage ratio between white and red muscle fibers within in your body is to do a muscle biopsy. This very painful process requires a medical practitioner to surgically take some muscle tissue from a given body part. A better strategy to find out if you have a higher amount of white muscles fibers compared to red muscle fibers is to thoroughly observe your body's reactions when using weights and performing the number of reps per set. Doing this with some practice will enable you to identify the best training approach for your hereditary individuality.

Some athletes react much better to heavy weights and lower reps (because of muscle hypertrophy), while others need medium-heavy or light weights to get best results when muscle building in the weight room. The particular kind of exercise resistance you prefer depends mostly on the percentage found between white and red muscle fibers in your body.

To summarize, specific muscle type training is an important tool for building massive, thick, dense and ripped muscles onto your body frame. It is important to work out with different weight loads, performing a wide range of reps within a workout for a given muscle group where each of the existing types of muscle fibers becomes optimally stimulated for muscle growth. Mixing weights and reps for training each body part results in maximum muscle hypertrophy. ★

Editor's Note: Berend Breitenstein is a WNBF Pro Masters Bodybuilder, Chairman of WNBF Europe and Founder and President of GNBF (German Natural Bodybuilding Federation). Berend's first English language book *Bodybuilding. Successful. Natural. Healthy.* is available at http://www.amazon.com. For further information, visit http://www.berend-breitenstein.net or http://www.wnbf-europe.eu.

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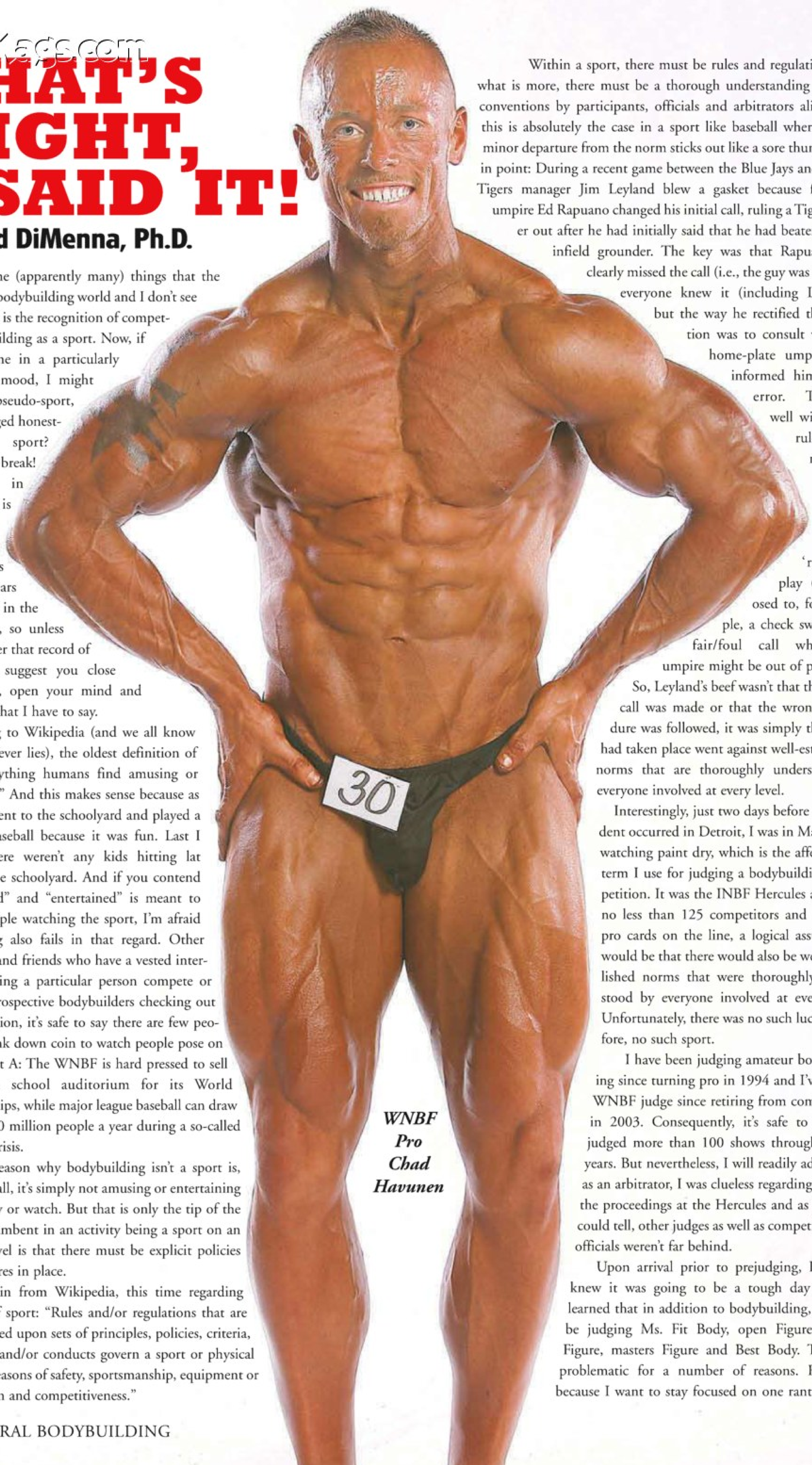
by Fred DiMenna, Ph.D.

One of the (apparently many) things that the mainstream bodybuilding world and I don't see eye to eye on is the recognition of competitive bodybuilding as a sport. Now, if you catch me in a particularly conciliatory mood, I might concede to pseudo-sport, but full-fledged honest-to-goodness sport? Give me a break! And keep in mind, this is coming from someone who has spent 20 years participating in the . . . activity, so unless you can better that record of longevity, I suggest you close your mouth, open your mind and learn from what I have to say.

According to Wikipedia (and we all know Wikipedia never lies), the oldest definition of sport is "anything humans find amusing or entertaining." And this makes sense because as a kid, you went to the schoolyard and played a sport like baseball because it was fun. Last I checked, there weren't any kids hitting lat spreads at the schoolyard. And if you contend that "amused" and "entertained" is meant to apply to people watching the sport, I'm afraid bodybuilding also fails in that regard. Other than family and friends who have a vested interest in watching a particular person compete or current or prospective bodybuilders checking out the competition, it's safe to say there are few people who plunk down coin to watch people pose on stage. Exhibit A: The WNBF is hard pressed to sell out a high school auditorium for its World Championships, while major league baseball can draw more than 70 million people a year during a so-called attendance crisis.

So, one reason why bodybuilding isn't a sport is, unlike baseball, it's simply not amusing or entertaining to either play or watch. But that is only the tip of the iceberg. Incumbent in an activity being a sport on an organized level is that there must be explicit policies and procedures in place.

Once again from Wikipedia, this time regarding regulation of sport: "Rules and/or regulations that are publicly agreed upon sets of principles, policies, criteria, descriptions and/or conducts govern a sport or physical activity for reasons of safety, sportsmanship, equipment or facility design and competitiveness."



WNBF Pro Chad Havunen

Within a sport, there must be rules and regulations, but what is more, there must be a thorough understanding of these conventions by participants, officials and arbitrators alike. And this is absolutely the case in a sport like baseball where even a minor departure from the norm sticks out like a sore thumb. Case in point: During a recent game between the Blue Jays and Tigers, Tigers manager Jim Leyland blew a gasket because first-base umpire Ed Rapuano changed his initial call, ruling a Tigers player out after he had initially said that he had beaten out an infield grounder. The key was that Rapuano had clearly missed the call (i.e., the guy was out) and everyone knew it (including Leyland), but the way he rectified the situation was to consult with the home-plate umpire who informed him of his error. This is well within the rules, but rarely if ever done on such a 'routine' play (as opposed to, for example, a check swing or a fair/foul call where an umpire might be out of position). So, Leyland's beef wasn't that the wrong call was made or that the wrong procedure was followed, it was simply that what had taken place went against well-established norms that are thoroughly understood by everyone involved at every level.

Interestingly, just two days before the incident occurred in Detroit, I was in Manhattan watching paint dry, which is the affectionate term I use for judging a bodybuilding competition. It was the INBF Hercules and with no less than 125 competitors and multiple pro cards on the line, a logical assumption would be that there would also be well-established norms that were thoroughly understood by everyone involved at every level. Unfortunately, there was no such luck; therefore, no such sport.

I have been judging amateur bodybuilding since turning pro in 1994 and I've been a WNBF judge since retiring from competition in 2003. Consequently, it's safe to say I've judged more than 100 shows throughout the years. But nevertheless, I will readily admit that as an arbitrator, I was clueless regarding some of the proceedings at the Hercules and as best as I could tell, other judges as well as competitors and officials weren't far behind.

Upon arrival prior to prejudging, I already knew it was going to be a tough day when I learned that in addition to bodybuilding, I would be judging Ms. Fit Body, open Figure, novice Figure, masters Figure and Best Body. This was problematic for a number of reasons. First off, because I want to stay focused on one rant, I won't

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start in on the pointlessness of all these new women's classes (for anyone interested, see the February 2011 issue) but, suffice to say, I'm not the biggest fan of these beauty contests infiltrating the bodybuilding stage. But the specific problem with respect to judging is it's difficult to remember precisely what you're looking for when what seems to be a never-ending parade of attractive women in various states of dress doing a variety of different things prance their way across the stage. Does face count? Is too much muscle no good? Do we want cuts this time? And to make matters worse, from prior experience, I knew that the same women would be crossing over and competing in all of these classes that are set up (presumably) to assess different qualities. In addition to belying the need to have separate classes in the first place, this makes it almost impossible for a judge to keep track.

Fellow judge Alan Leff had a solution: He had arrived equipped with a piece of paper with a bunch of scribbling on it (Alan's handwriting leaves a bit to be desired) that (at least according to him) explained all of the various attributes that we should be judging in each case. Admirable, but too much work, the way I see it, so I went with a more practical option: I sat next to WNBF Figure competitor Sherri Caraccia and gave her explicit instructions to remind me what I was looking for when each class took the stage. This seemed to work because when I reviewed my scores, they wound up pretty close to Sherri's and for the ones we differed on, it was fairly obvious that I was the one who made the right call.

When (after about an hour of prejudging) the competition finally shifted to bodybuilding, I figured (poor choice of words after what I had just endured) I'd be back to familiar territory. I figured wrong. It seems that during the four-year hiatus when I was out of the country and hadn't judged, a new round was added to 'facilitate' the judging process. Specifically, we now had a muscle-mass round in addition to symmetry and muscularity. And all of these rounds were scored separately. I'm not sure who is responsible for this stroke of genius (I suspect our Editorial Director might have at least played a role), but it's a classic case of reinventing a wheel that is already round and perfectly capable of functioning as is.

Truth be told, I'm not even a fan of the previous two-round system: I remember a day when judging bodybuilding simply required writing one numerical placement down after assessing the total package. This is how it should be because once you put multiple separately-scored rounds in place in an attempt to increase objectivity, it only reduces what has to be a subjective aspect of this type of process. Objectivity is good when you're dealing with black and white, but when you have multiple shades of gray, subjectivity and common sense must be entered into the mix.

Evaluating bodybuilders' physiques is like comparing apples and oranges, except you also have watermelons, cantaloupes and countless varieties of grapes to consider. But for simplicity sake, consider a two-man class comprising bodybuilder A, with conditioning that is spot on, but God-given shape that is lacking, and bodybuilder B, who has perfect lines, but is not nearly as defined as he needs to be. Needless to say, the former bodybuilder would get the nod in the muscularity round while the latter would wind up with top spot in 'symmetry.' (Note: In bodybuilding lexicon, *symmetry* is synonymous with shape as opposed to equality between different muscles and the same muscles on different sides of the body, each of which is what the word suggests, but both of which are rarely paid attention to.)

So, with two scored rounds, you wind up with a 3-3 tie that each judge will have to break in conjunction with their particular perspective. In other words, subjectivity, but that's how it has to be. So, a judge like me, who believes that what you work hard to build should be weighted heavier than what you were born with, will typically go for bodybuilder A, but not necessarily all of the time.

For example, if the shape of bodybuilder B was proportionally greater than the conditioning of bodybuilder A, even I might wind up (begrudgingly) giving him the nod. Again, it's all about gut feel. But the key thing is the better bodybuilder in an overall sense should be the one that wins when all is said and done and more numbers do little to ensure this.

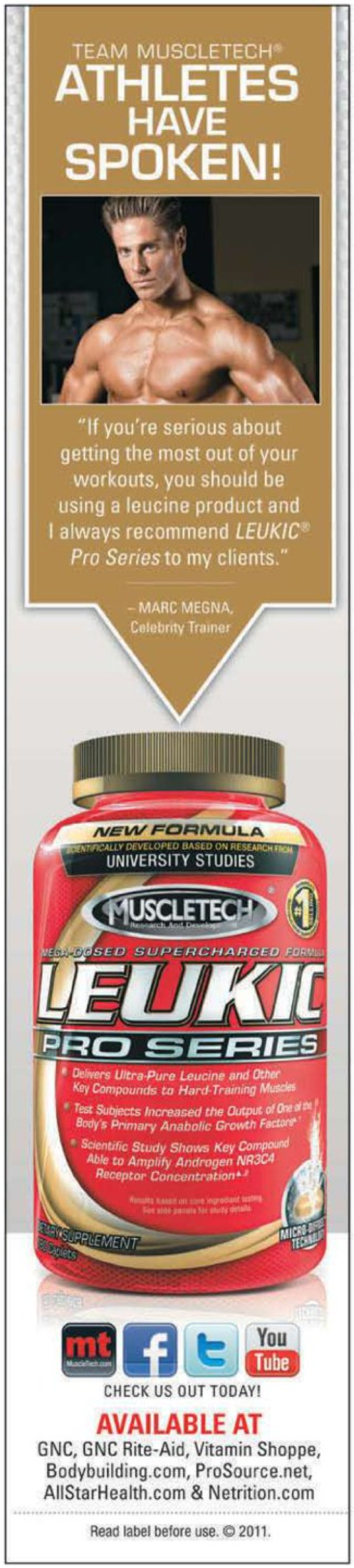
As you can see by this example, scoring two rounds was no different than scoring one because it all came down to a subjective assessment in the long run anyway. And more often than not, that was the case even if there were more than two competitors in a class. But add in a third scored round and now things really change dramatically.

For example, in the aforementioned example, it is very likely that bodybuilder B would also have had more mass because he didn't bother getting ripped. (After all, why go through all that trouble since your parents already gave you the perfect-sized waist?) So, you wind up with a 4-5 score and a victory for a competitor that clearly should not win. In essence, you have relegated the most important part of bodybuilding (conditioning) to but 33 percent of the ultimate determinant of success.

Now, it's very important to note in the aforementioned example that any judge worth their seat on the panel would use common sense and have bodybuilder A win the class, even though the scores do not add up that way. That very thing happened in a women's class at the Hercules and the correct placement was made. But this begs the question: If the judges are going to have to make this determination in the long run, what's the point of having the extra round of judging? Best case scenario, it just confuses things further with the right person winning and at its worst, it creates a situation where some judge without common sense goes strictly by the numbers and you've got a major injustice on your hands.

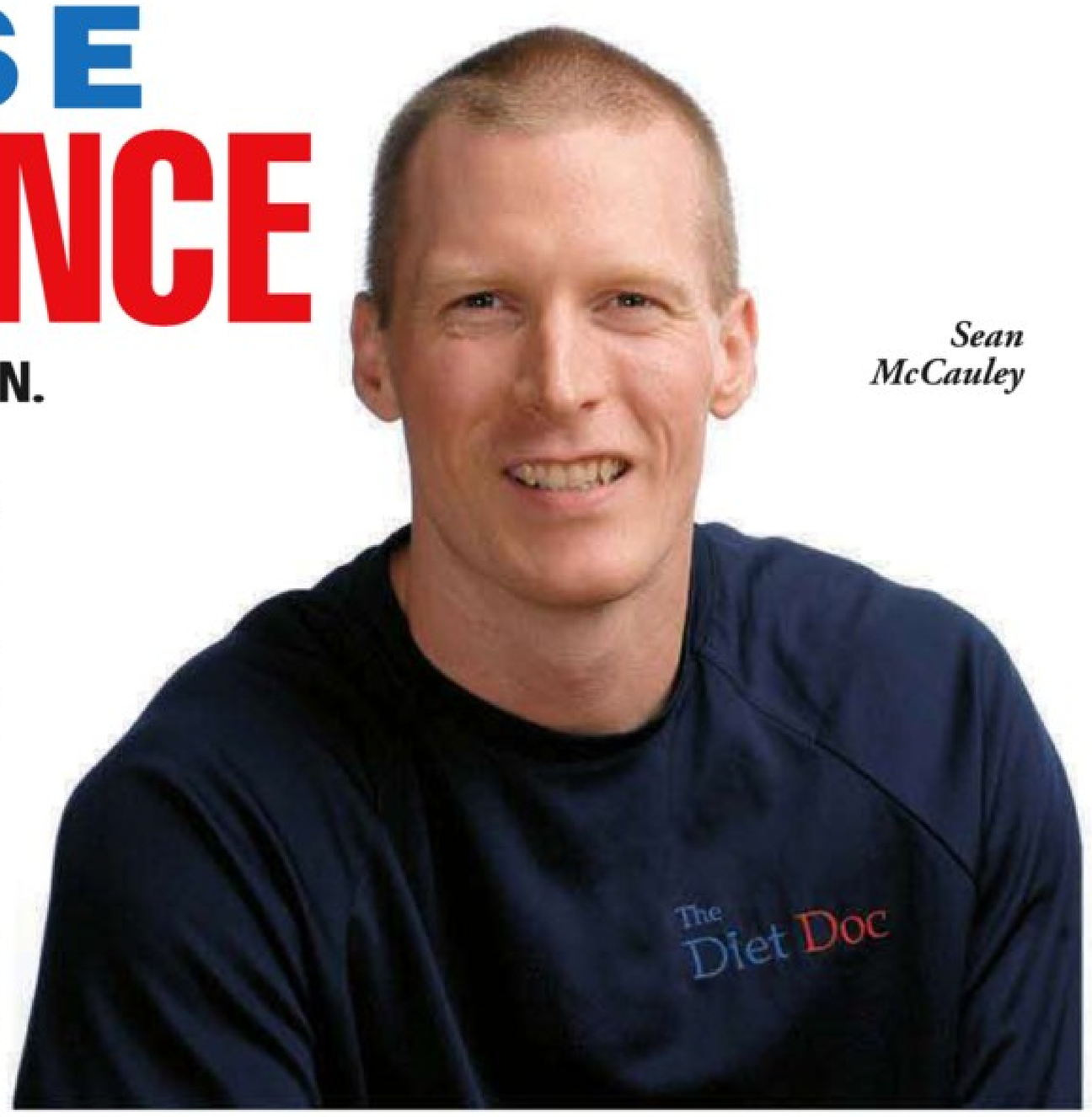
So, to summarize what we have learned here today: 1.) Competitive bodybuilding is not a sport; 2.) Alan Leff has messy handwriting and 3.) The mass round must go. That's right, I said it! ★

Editor's Note: Fred DiMenna is a retired WNBF pro who has a Ph.D. in Exercise Physiology. He can be reached at mrnaturalus@yahoo.com.



EXERCISE IRRELEVANCE

By Sean McCauley, C.S.C.S., C.I.S.S.N.



Sean McCauley

One of the most common topics in the gym is exercise selection. Dominating the topic is the underlying belief that certain exercises or versions of a certain exercise will "shape" muscles or "target" certain parts of a muscle. Nothing could be farther from the truth. In fact, the more you dig into the topic, the more you learn that when it comes to training, there is more exercise irrelevance than you may think.

Simply said, physiologically and biomechanically variations of a given exercise just don't have much value. When a muscle contracts, the entire muscle contracts. And a contraction under a great enough load creates structural damage to the muscle tissue. That is what causes the body to respond and develop new tissue. Here is the key though: That only happens if you can put enough force through the tissue. Read and underline this next sentence because it will forever change the way you approach things in the gym: Doing an exercise that does not allow for maximal force production is not going to stimulate new growth, no matter how interesting or new it is to you. That is why the leg extension will never beat the squat. That is why the flye will never beat the chest press and that is why the pull-up will never beat the deadlift. It's purely a matter of leverage and overload.

So we know that muscle growth is dependent upon the amount of force you can create. The next step is realizing the amount of force you can create is dependent upon your joint position. Thus the effectiveness of every single exercise you will ever do is completely and utterly dependent upon proper positioning of your body and proper form.

Every joint in your body has an optimum position for exerting force. And that force is the only way to activate all the muscle fibers in a given muscle (they are only recruited as needed). That means if your goal is to stimulate a muscle for growth, it's all about optimal positioning of your body. This desirable joint position is called the "close-packed position." That is the position you must maintain during an exercise to allow your muscles to generate 100-percent of their possible force. Here is a flow chart to help illustrate: Optimal joint position leads to maximal potential for muscle contraction leads to maximal structural damage to the muscle tissue leads to maximal levels of protein synthesis (muscle growth).

Any joint position outside of that optimal spot is going to be largely ineffective and most likely dangerous. But if you are like me, it's easier to learn with examples. Let's explore an example that we commonly find.

"Deep hack squats with a narrow stance will build your quad sweep (lateral quadriceps)."

This is a great one because it is completely and utterly false for a few reasons. First, because it's believed that a narrow stance will shift more force to your lateral quads. Not the case. A narrower stance will indeed reduce the load applied to your adductors (inner thighs) and thus put more on your quads. Note: I said "on your quads." Not on your lateral quads because you will not apply any more force to your lateral quads in doing so. But there is more here. The narrower you go, the more you encounter a point of diminished returns. This means a sumo stance on this exercise is going to bring a lot of adductor in and reduce the quadriceps involvement. However, anything narrower than shoulder-width on any squat (hack squat included) and you are no longer in an alignment that is favorable for muscle stimulation. And in the knee, like any other joint, alignment is everything if you want to put enough force into a muscle to create overload.

If you get into a hack squat, force your knees close together (thus out of proper alignment) and squat, you are not in that favorable position. Not only will you cease to activate the muscles you are trying to hit due to the inability to create true overload, but you will be putting yourself in some danger, as well. The lateral meniscus will be under a ton of pressure and sooner or later that game of Russian Roulette will catch up to you and you'll be in the operating room with a big hole in your meniscus or your articular cartilage or both.

Conversely, if you get into a hack squat, take up good stance position, externally rotate your feet a bit to allow for a little more freedom with your hips and then load on more weight than a close-stance would allow, you are going to stimulate more tissue courtesy of that good joint position and maximize your potential development as per your genetics.

Secondly, we need to assault the notion that squatting deep is good – for anything. The facts just prove otherwise. Squat depth beyond parallel to the ground is ineffective for muscle growth. EMG studies show it over and over again due to progressively decreased quadriceps activation as the angle of joint decreases past parallel. So you hit less muscle with a deep squat. Furthermore, it is incredibly dangerous for your intervertebral disks, spinal erectors and SI joints to go much below parallel. Use good stance width, a slight level of external rotation at the hips and go down to parallel. Anything more is asking for a career-ending injury.

So a hack squat with a narrow-stance and a very deep range of motion does not in any way target the lateral quadriceps, is ineffective for muscle growth and it's also dangerous. We can throw that version of an otherwise great exercise into the trash can right now and we'll all be better bodybuilders if we do.

The moral of the story is simple. Don't *(continued on page 141)*

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BOOK REVIEW

Reviewed by Pete Dombrosky

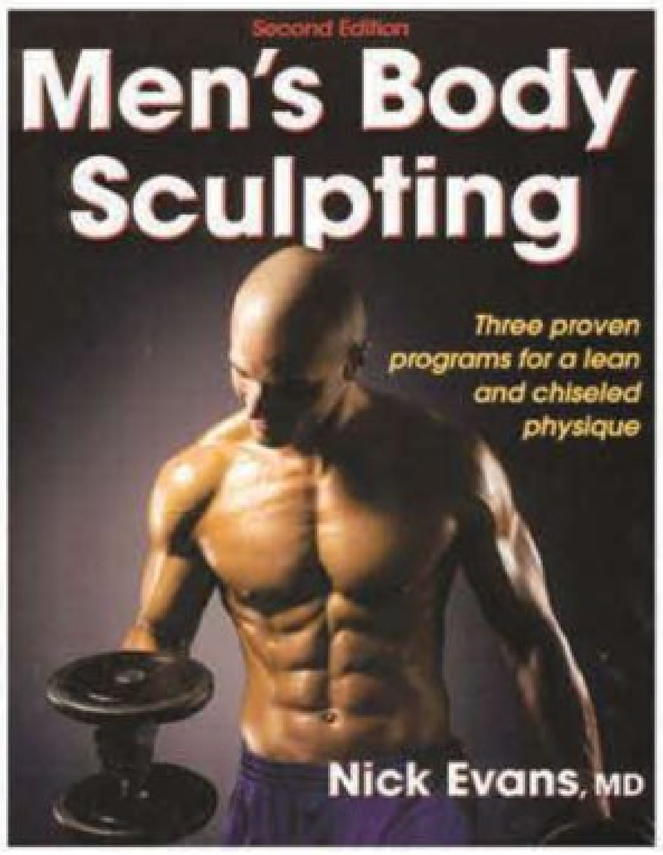
MEN'S BODY SCULPTING

SECOND EDITION

Human Kinetics, 243 pp.

When I think of the British, the first things that come to mind are Big Ben, the royal family and fish and chips. But after reading *Men's Body Sculpting – Second Edition* by British orthopedic surgeon Nick Evans, I added physical fitness to the growing list.

This tome encompasses everything you need to know to grow your muscles and maintain an excellent physique through exercise and proper nutrition. This 243-page book is an easy read that clearly examines every facet of the human body and translates that knowledge for readers of every level of physical fitness. It is broken down into five sections that contain 3-4 chapters each. These sections are "Body-Sculpting Science," "Maximizing Muscle Mass," "Cutting Body Fat," "Chiseling the Ultimate Body" and "Muscle "Maintenance." Although each section is broad, the chapters within them contain specific information about that particular topic.



In addition to information about how to add muscle, lose fat and safely lift weights, this book also features three proven programs for achieving a lean and muscular body. The first is the Mass Generator program. As its name suggests, this is an exercise and diet plan that is intended to be used to gain muscle and improve overall mass. After six weeks on this program, the author is confident you can gain 4-6 lbs. of muscle and add an inch to your chest and a half-inch to your arms and legs. The exercise regimen featured here includes all of the lifts you should do, the sets and reps you should perform, as well as the rest periods involved. It is fully illustrated and easy-to-follow for stress-free muscle gain.

The remaining two programs are the Body Fat Blitz and Hybrid Hard Body. The Body Fat Blitz is designed to help you lose body fat and the Hybrid program is designed to build lean muscle while shedding overall body fat. These follow the same format as the mass program, explaining the expected results and how to achieve them. All three programs include specific meal plans that encompass all of your daily meals and snacks.

In addition, the plans contain charts that list numerous body weights that you can match up with to find out the specific number of macronutrients (protein, carbohydrates and fats) that you should include in your diet to gain muscle, lose fat or both. There are also sections on how to accurately measure different body parts to track your progression. These sections show that there is more to measuring your health than just hopping on a scale.

The final two chapters are, in my opinion, two of the most important. They are entitled "Sculpting Safely" and "Survival Strategies for the Peak Physique." These two chapters ensure that you don't hurt yourself while working out and explain how to get the best results from your diet and exercise plans. Here, you learn how to avoid sustaining injury to every body part by using correct technique and steer clear of common exercise problems like overtraining your body.

Although these final chapters only make up a small portion of the book, all of your fitness goals and dreams may very well go awry without them.

So check out *Men's Body Sculpting – Second Edition* if you finally want to get the best body of your life, without being bored to tears. ★

Editor's Note: Men's Body Sculpting – Second Edition is available at http://www.amazon.com.

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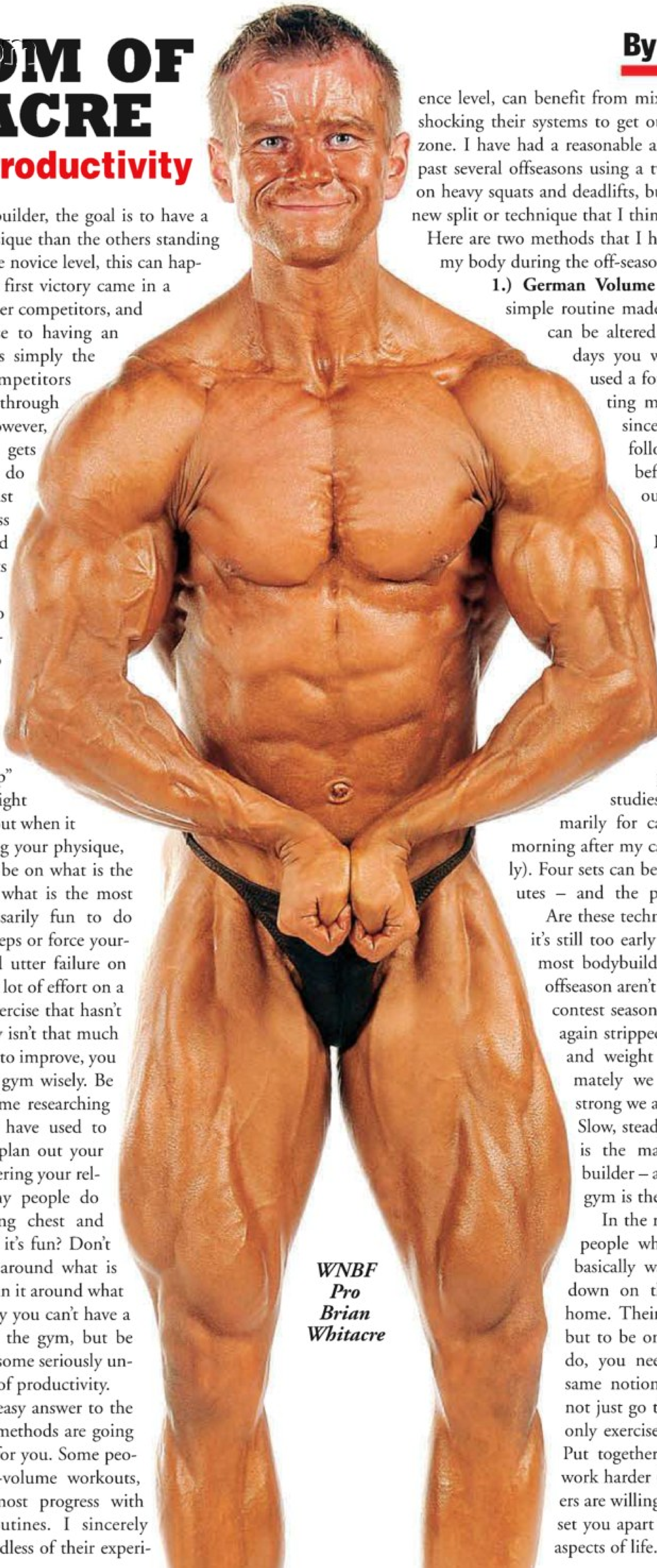
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WISDOM OF WHITACRE

Keyword: Productivity

By Brian Whitacre



WNBF Pro Brian Whitacre

PHOTO BY REG BRADFORD

For a competitive bodybuilder, the goal is to have a better, more complete physique than the others standing on stage next to you. At the novice level, this can happen simply by chance. My first victory came in a tiny contest against five other competitors, and none of us was even close to having an impressive physique. I was simply the "least bad" of the competitors onstage. As you progress through the bodybuilding ranks, however, the level of competition gets tougher and tougher. To do well along the way, you must make every effort to address your shortcomings and improve the lagging aspects of your physique.

Unfortunately, I see too many competitive bodybuilders who don't seem to be particularly concerned with making progress. Let's face it – going to the gym is fun, and it feels great to "train for the pump" or move some serious weight on your favorite exercises. But when it comes to actually improving your physique, the focal point should not be on what is the most fun, but instead on what is the most productive. It's not necessarily fun to do deadlifts for 10 sets of 10 reps or force yourself to go to complete and utter failure on high-rep squats. Focusing a lot of effort on a weak bodypart or on an exercise that hasn't been productive historically isn't that much fun, either. But if you want to improve, you must use your time in the gym wisely. Be productive! Spend some time researching the different ways people have used to improve weak points and plan out your training regimen by considering your relative strengths. How many people do you see constantly training chest and arms on Mondays because it's fun? Don't plan your weekly routine around what is going to be fun to train, plan it around what needs work. This isn't to say you can't have a good time while you're in the gym, but be prepared to suffer through some seriously unfun workouts in the name of productivity.

Regrettably, there is no easy answer to the question of what training methods are going to be the most productive for you. Some people respond best to high-volume workouts, while others make the most progress with shorter, more intense routines. I sincerely believe that all lifters, regardless of their experience level, can benefit from mixing up their routines and shocking their systems to get out of the dreaded comfort zone. I have had a reasonable amount of success over the past several offseasons using a two-week split that focuses on heavy squats and deadlifts, but I'm never afraid to try a new split or technique that I think might be worthwhile.

Here are two methods that I have recently used to shock my body during the off-season:

1.) German Volume Training. This elegantly simple routine made up of 10 sets of 10 reps can be altered based on the number of days you want to train per week. I used a four-day per week split, putting my arms early in the week since they are relatively weak. I followed this split for a month before returning to my previous two-week split.

2.) Occlusion Training. Fred DiMenna has written about this topic in previous issues of ***NB&F***, and you can research articles on the topic on http://www.pubmed.org. I bought two cheap blood pressure cuffs on eBay and now use them to replicate the pressure used in different studies. I use this technique primarily for calves, and I do it in the morning after my cardio sessions (twice weekly). Four sets can be done in less than 10 minutes – and the pain is truly excruciating.

Are these techniques productive? For me, it's still too early to tell. Unfortunately, for most bodybuilders, the true merits of an offseason aren't known until the following contest season when the bodyfat is once again stripped away. Offseason strength and weight gains are nice, but ultimately we are not judged on how strong we are or how much we weigh. Slow, steady improvements over time is the mantra of a natural bodybuilder – and being productive in the gym is the key to that mantra.

In the real world, there are lots of people who show up to work and basically wait for the clock to wind down on their day so they can go home. Their paycheck may show up, but to be one of the best at what you do, you need to be productive. The same notion applies to the gym. Do not just go through the motions or do only exercises that are fun to perform. Put together a plan for yourself, and work harder (and smarter) than all others are willing to. That is what will truly set you apart onstage – and in all other aspects of life. ★

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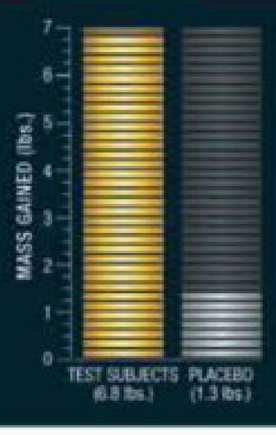
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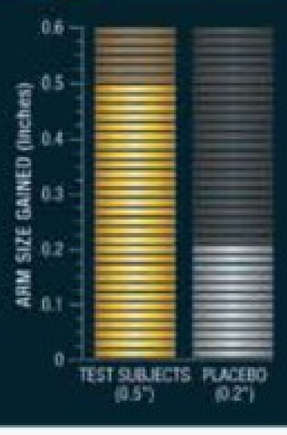
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2011 WNBF PRO AMERICAN AND INBF NORTHEAST

June 4, 2011 · Marlborough Middle School · Marlborough, Mass.

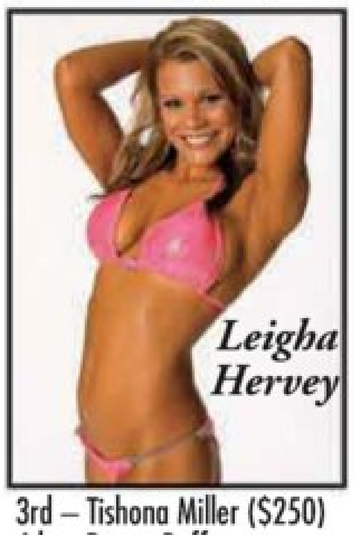
Promoter: Nancy Andrews
Judges: Charlie Carollo, Jim Broderick, Sheila Resendes, Laura Tourtellot, John Yobst, Kim Nobrega & Julie Chapleau

RESULTS

PRO MEN LIGHTWEIGHT
1st – Ulysses Fowler (Overall Winner – $1500)
2nd – Eric White ($300)
3rd – Mick Winzeler ($300)
4th – Ken Akey
5th – Brian Beylo
6th – Chad Troup
7th – Wil Rivera
8th – Antonio Bongiovanni

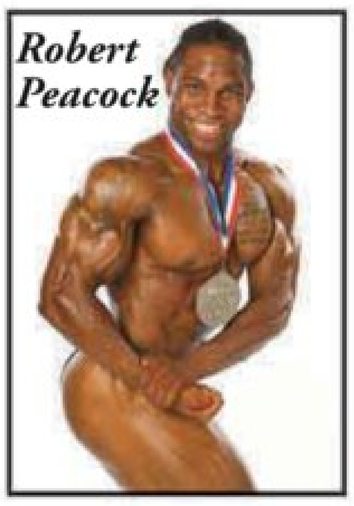
PRO MEN HEAVYWEIGHT
1st – Robert Peacock ($500)
2nd – Adrian Hope ($300)
3rd – Bartolomew Nnatu ($200)
4th – Erik Jensen
5th – Tanner Parker
6th – Frank Anderson
7th – Rawle Springer
8th – David Lee Nall

PRO WOMEN BODYBUILDING
1st – Kathy McClare ($1000)
2nd – Julie Hall ($500)



3rd – Tishona Miller ($250)
4th – Penny Ruff
5th – Tracy Verdegan
6th – Amanda McDonald
7th – Irhassette McClean
8th – Shauna Dutton
9th – Theresa Maloney
10th – Margo Martinez
11th – Angela McDermott

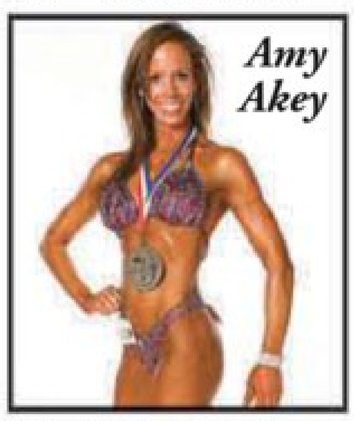
PRO FIT BODY
1st – Katy Cilinski ($600)
2nd – Melissa Scott ($300)
3rd – Kathy McClare ($100)
4th – Suzanne Barlas
5th – Jennifer Rasmussen
6th – Amy Akey
7th – Sarah Mitzel
8th – Jacqueline Zediker
9th – Theresa Maloney



10th – Megan Cormack
11th – Kerrie Michaud

INBF NORTHEAST CLASSIC

JUNIOR MEN
1st – Domenico Cannella
2nd – Benjamin Halliwell



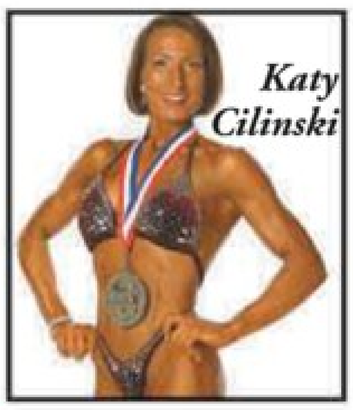
3rd – Michael Lambert
4th – Jesse Faipler

MASTER'S MEN
1st – Gerry Ruck
2nd – Ray Little
3rd – Will Smith
4th – Ramon Alicea
5th – Eric Rodriguez
6th – Reynolds Shepherd
7th – Peter Cusson
8th – Carlos Silva
9th – Chuck Yankee

SUPER CLASS 60 and Over
1st – Reynolds Shepherd
2nd – Frank Clark
3rd – Melvin Cooper

NOVICE LIGHTWEIGHTS
1st – Mike Judge
2nd – Peter Guay
3rd – Jason Capps
4th – Andrew LaBonte
5th – Arthur Arpinian
6th – Jeremy Leap
7th – David Vidinha
8th – Jesse Faipler

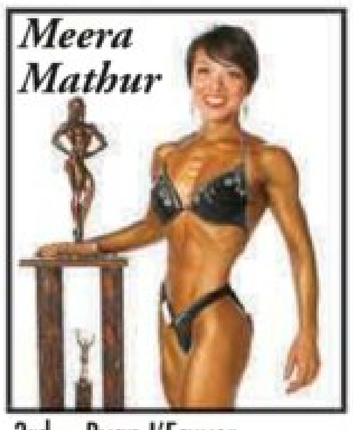
NOVICE MEN HEAVYWEIGHTS
1st – Chris Grgach (Overall Winner)
2nd – Jamie McDonald
3rd – Fritz Luxema
4th – Banjamin Halliwell
5th – Ed Sullivan
6th – Peter Cusson
7th – Clint McLaughlin
8th – Amahad Hakim



OPEN MEN LIGHTWEIGHTS
1st – Ramon Alicea
2nd – Domenica Cannella
3rd – Sean Murray

OPEN MEN MIDDLEWEIGHTS
1st – Andy Kalinowski
2nd – Eric Brown
3rd – Bradley Hess
4th – Sean Campbell
5th – Eric Rodriguez
6th – Reynolds Shepherd
7th – Carlos Silva

OPEN MEN'S LIGHT-HEAVYWEIGHTS
1st – Gerry Ruck (Overall Winner)
2nd – Vic Cuzzupe



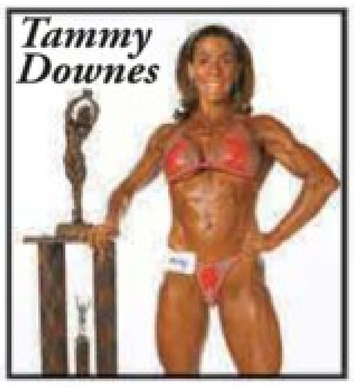
3rd – Ryan L'Ecuyer
4th – Jaime Rivera
5th – Donnie Talley

OPEN MEN HEAVYWEIGHTS
1st – Ray Little
2nd – Will Smith
3rd – Garo Bechirian
4th – Pierre Auguste
5th – Michael Lambert
6th – Joe Malinn

MASTER'S BIKINI
1st – Chris Gesualdi
2nd – Judy Oliver
3rd – Teri Halio
4th – Robin Pitts
5th – Julie Harris
6th – Naomi Godfrey
7th – Julie Deane

BIKINI SHORT
1st – Leigha Hervey (Overall Winner)
2nd – Jessica Sestokas
3rd – Lupe Lomeli
4th – Zhanna Virkerman
5th – Danielle Holmes
6th – Ashley Rose LeGrand
7th – Deanna Avery
8th – Teri Halio
9th – Robin Pitts

BIKINI TALL
1st – Kristin Sama
2nd – Laura Blaisdale
3rd – Emily Wirling
4th – Amanda Marois
5th – Suzanne Barlas
6th – Heidi Levasseur



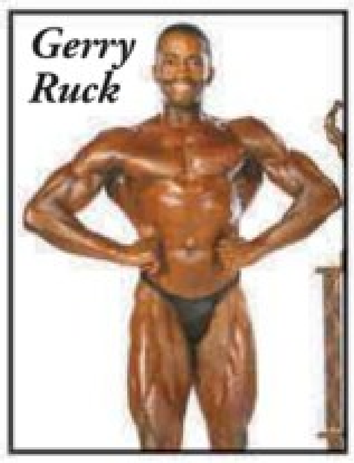
7th – Judy Oliver
8th – Julie Deane
9th – Lauren Pond
10th – Naomi Godfrey
11th – Melissa Lambert

NOVICE FIGURE SHORT
1st – Ashley Rose LeGrand (Overall Winner)
2nd – Sherri Benedetto
3rd – Rachelle Novello
4th – Zhanna Virkerman
5th – Robin Pitts
6th – Julie Harris
7th – Danielle Holmes
8th – Linda Julien

NOVICE FIGURE TALL
1st – Jen Christiansen
2nd – Stephanie Metayer
3rd – Kati Bloom
4th – Judy Oliver
5th – Naomi Godfrey
6th – Beth Ann Hickey
7th – Julie Deane

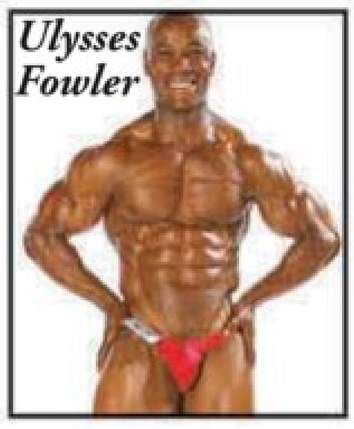
FIGURE CLASSIC 50 AND OLDER
1st – Donna Johnson

MASTER'S FIGURE
1st – Cyndy Bohn
2nd – Tammy Downes
3rd – Thea Knust
4th – Lynn Rousseau
5th – Brenda Donahue
6th – Christine Gesualdi
7th – Kathleen Berney
8th – Sherri Benedetto
9th – Julie Harris
10th – Donna Johnson
11th – Judy Oliver



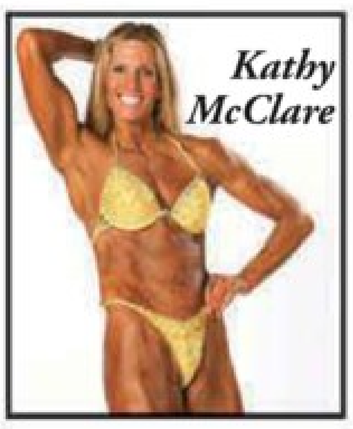
12th – Christine Habeeb
13th – Naomi Godfrey
14th – Nancy Taylor
15th – Beth Ann Hickey
16th – Linda Julien

OPEN FIGURE SHORT
1st – Meera Mathur (Overall Winner)
2nd – Wendy Spencer
3rd – Christine Gesualdi
4th – Thea Knust
5th – Colleen Shellgren Burns
6th – Tammy Downes
7th – Kathleen Berney
8th – Deanna Avery
9th – Jackie Gallant



OPEN FIGURE TALL
1st – Cyndy Bohn
2nd – Brenda Donahue
3rd – Lynn Rousseau
4th – Emily Wirling
5th – Jayza Rodruguez
6th – Karen Rix
7th – Christine Habeeb
8th – Nancy Taylor

MASTER'S FIT BODY
1st – Tammy Downes
2nd – Thea Knust
3rd – Brenda Donahue
4th – Josie McClary
5th – Julie Harris
6th – Judy Oliver
7th – Beth Ann Hickey



FIT BODY
1st – Tammy Downes
2nd – Jenny Schneider
3rd – Kathleen Berney
4th – Wendy Spencer
5th – Lynn Rousseau
6th – Jackie Gallant
7th – Brenda Donahue
8th – Colleen Shellgren Burns
9th – Jayza Rodriguez
10th – Rachael Novello
11th – Judy Oliver

MASTER'S WOMEN BODYBUILDING
1st – Tammy Downes
2nd – Dawn Brophy
3rd – Leslie Crook
4th – Kathleen Berney
5th – Lynn Drehobl
6th – Lisa Kelly
7th – Maria D'Agostino
8th – Laleh Telebian
9th – Amy Noble
10th – Poppy Gillingham
11th – Petra Conti

OPEN WOMEN'S LIGHTWEIGHT BODYBUILDING
1st – Tammy Downes (Overall Winner)
2nd – Melissa Scott
3rd – Dawn Brophy
4th – Lori Bernard
5th – Jayza Rodriguez
6th – Maria D'Agostino
7th – Laleh Telebian
8th – Amy Noble
9th – Poppy Gillingham
10th – Petra Conti

OPEN WOMEN'S HEAVYWEIGHT BODYBUILDING
1st – Leslie Crook
2nd – Jenny Schneider
3rd – Kathleen Berney
4th – Tara Faria
5th – Lynn Drehobl
6th – Tracy Carson

PHOTOGRAPHY BY REG BRADFORD

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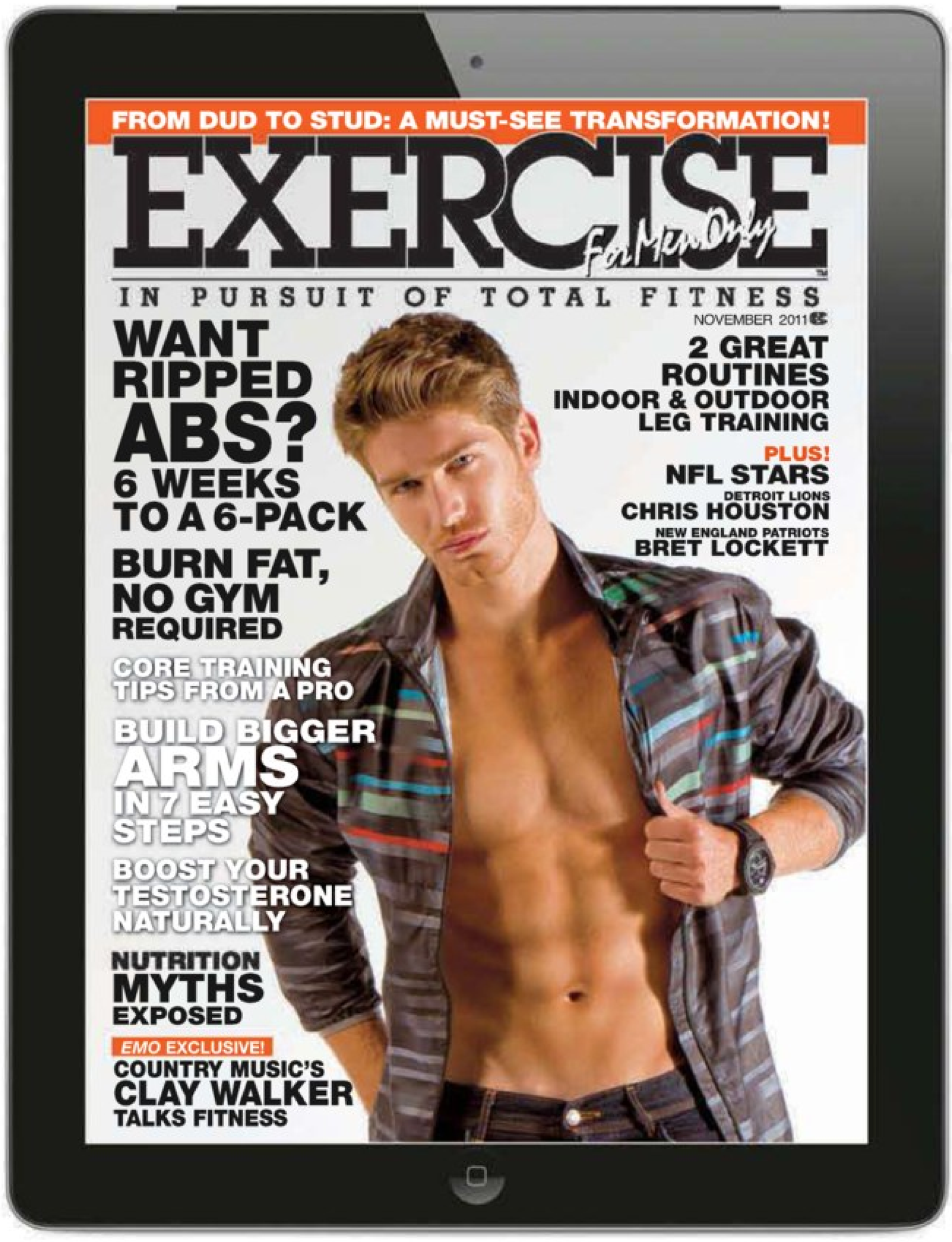
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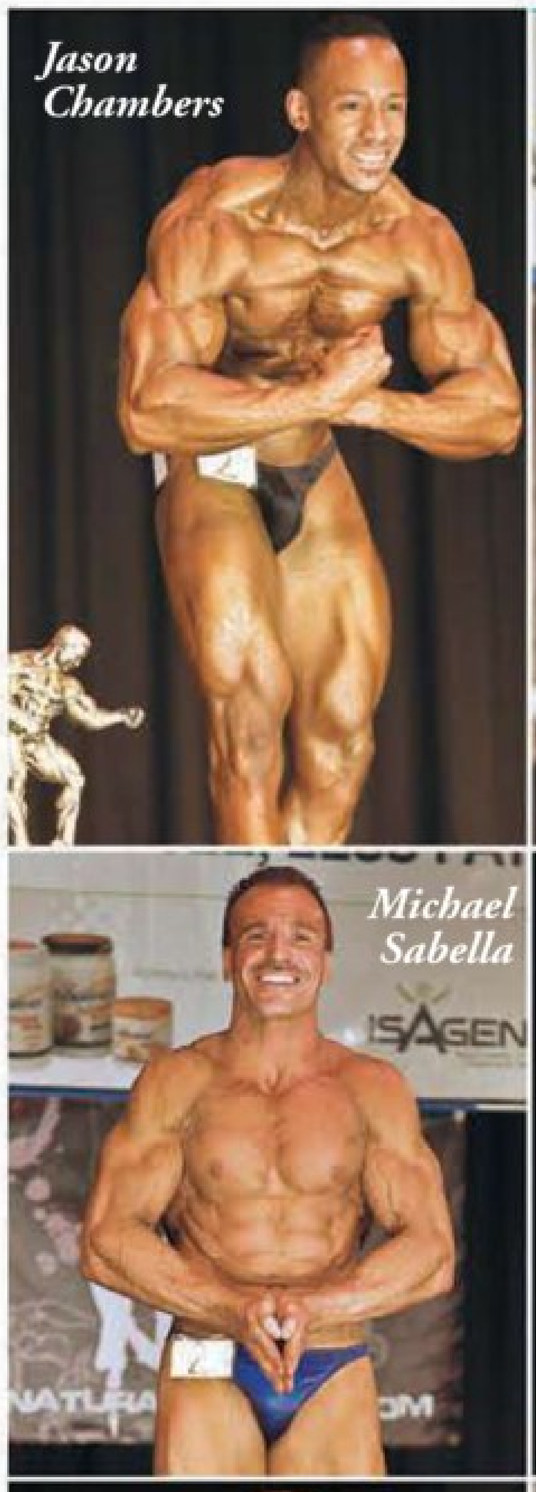
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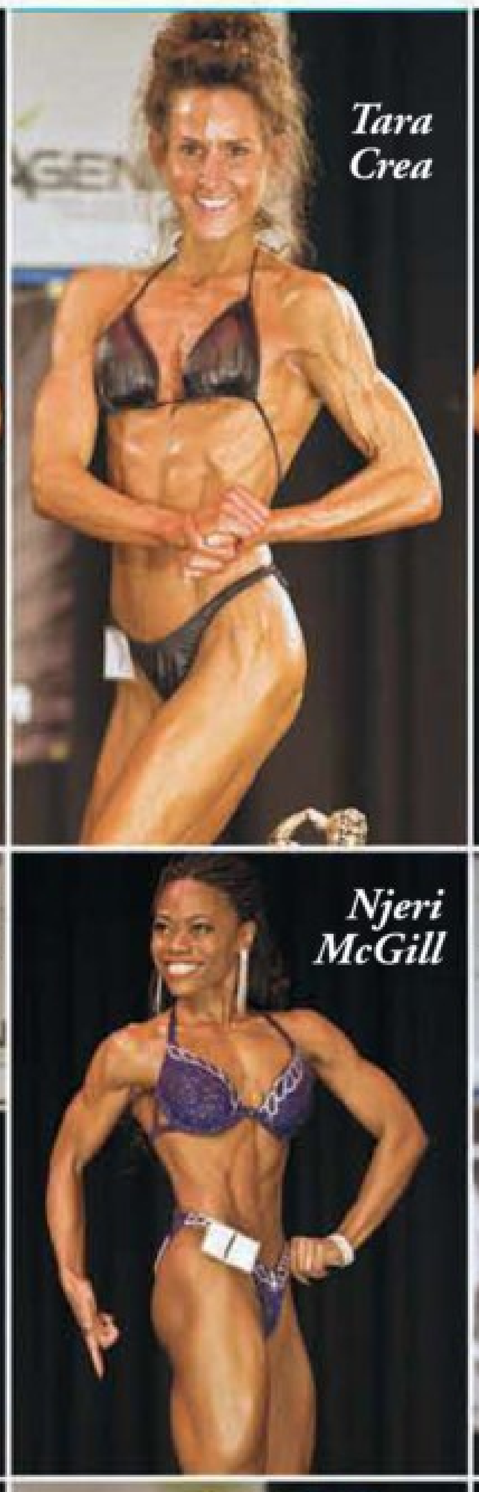
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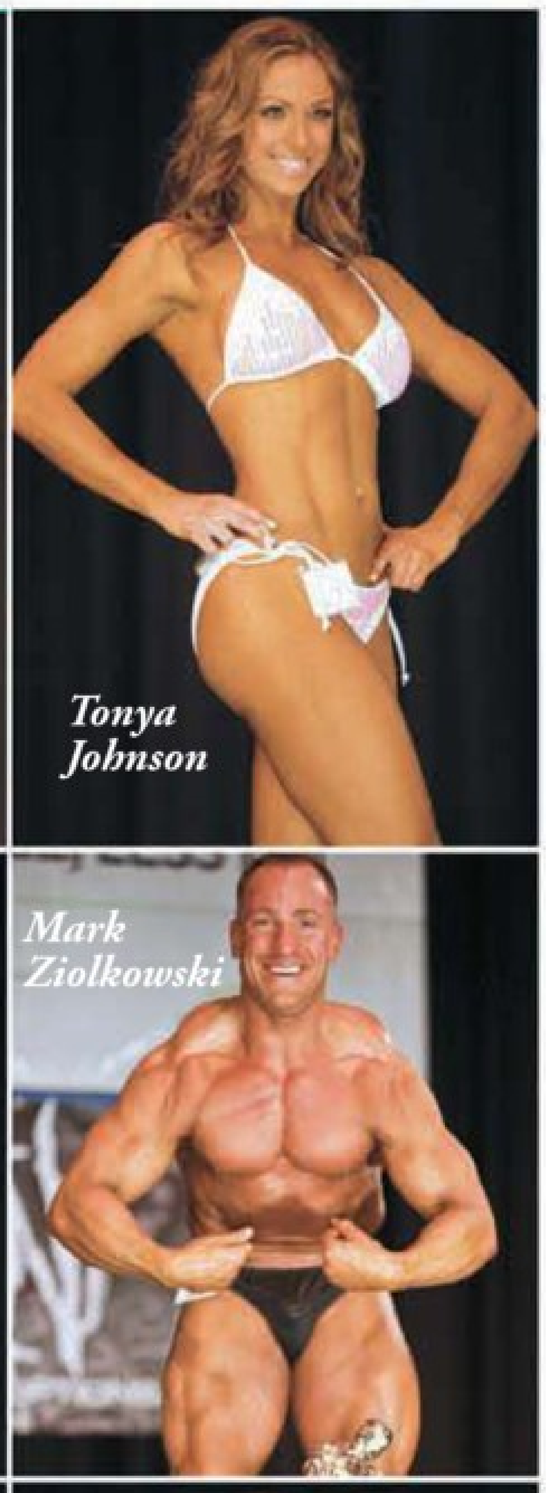
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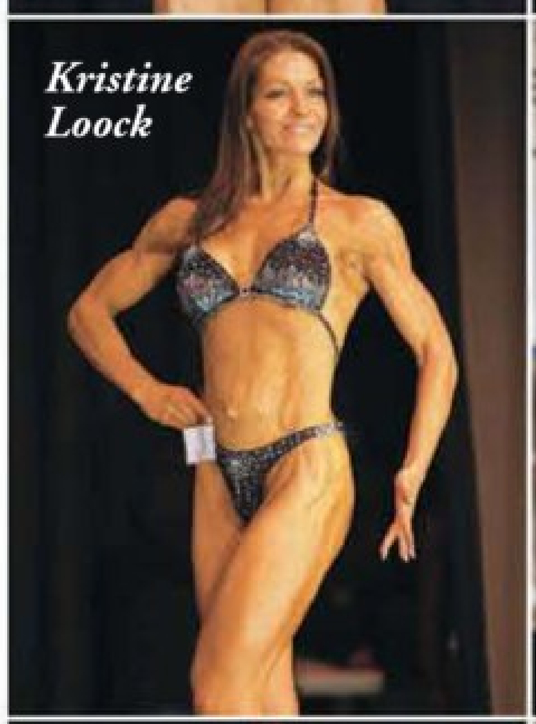
INBF Northeast America

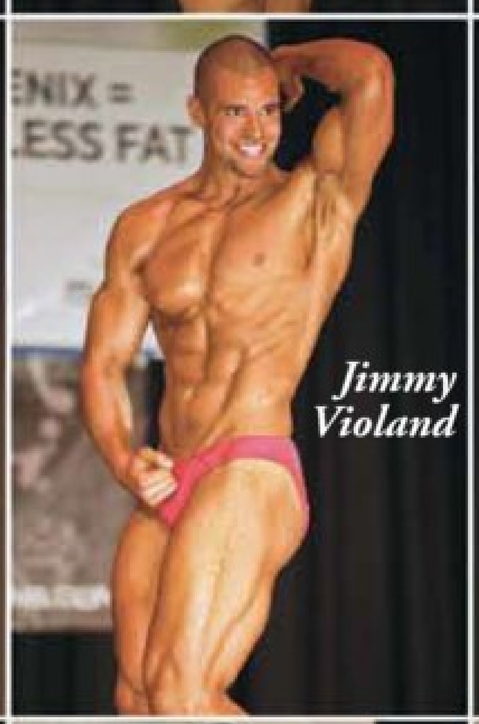
Matawan Regional High School · Aberdeen, N.J. · April 16, 2011





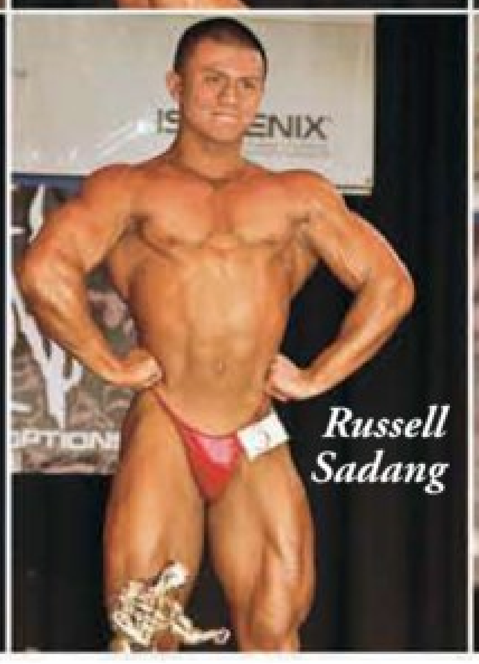




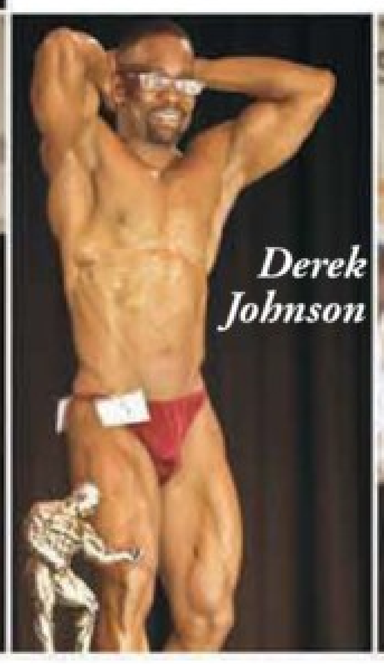


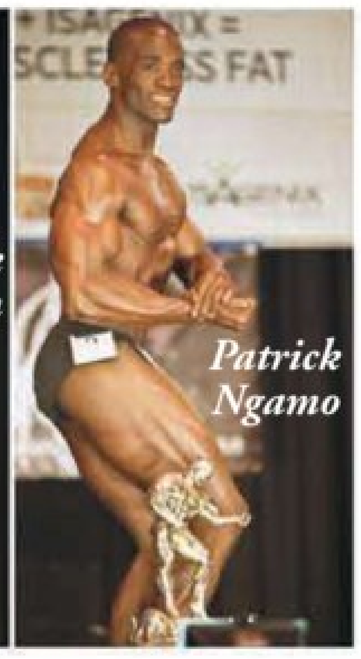












PHOTOGRAPHY BY JORDAN SAMUEL PHOTOGRAPHY

RESULTS

Best Body
1st – Tonya Johnson
2nd – Jenni Barry
3rd – Jillian Kelly
4th – Ashley Hernandez
5th – Tara Gianni
6th – Sarah Brockner
7th – Christina Hargrove
8th – Kristy Ciaravino
9th – Jesa Henneberry
10th – Tenasia Hatch
11th – Lori Marangi

Master Women Bodybuilding
1st – Tara Crea

Novice Women Bodybuilding
1st – Cynthia Mustafa
2nd – Angela Lo Brutto

Open Women Bodybuilding
1st – Tara Crea (WNBF Rookie Pro Card)
2nd – Jennifer Maddalena

Open Figure
1st – Njeri McGill (WNBF Pro Card)
2nd – Robin Scott
3rd – Carly Pisarri
4th – Lori Perez
5th – Bennetta Taylor
6th – Tara Gianni
7th – Christine Signoretta
8th – Christine Zeppieri
9th – Laura Smestad

Novice Figure
1st – Kristine Loock
2nd – Nadine Ianniello
3rd – Jenni Barry
4th – Kristyn Ciaravino
5th – Denise Abad
6th – Ashley Hernandez
7th – Lori Marangi

Teen Figure
1st – Ashley Hernandez

Masters Figure
1st – Nadine Ianniello
2nd – Benetta Taylor
3rd – Denise Abad

Miss Fit Body
1st – Njeri McGill
2nd – Kristine Loock
3rd – Benetta Taylor

Master Men Over 40
1st – Patrick Ngamo (WNBF Pro Card)
2nd – Douglas Almanzar
3rd – Michael Sabella
4th – Mark Ziolkowski
5th – Alberto Hernandez
6th – Jeffrey Philips
7th – Marc Tomasella
8th – Louis DeVlieger

Masters Men Over 50
1st – Derek Johnson (WNBF Rookie Pro Card)
2nd – Robert Jackson
3rd – Willie Langley

Novice Men
1st – Jimmy Violand
2nd – Christopher Thomas
3rd – Derek Johnson
4th – Pete Willette
5th – Willie Langley

Bantamweights
1st – Michael Sabella
2nd – Robert Isif
3rd – Marc Tomasella
4th – Jeffrey Philips

Lightweights
1st – Russell Sadang
2nd – Dan Murray
3rd – Douglas Almangar
4th – George Kondratas
5th – Curt Terrano
6th – Robert Masson
7th – Louis De Vlieger

Middleweights
1st – Patrick Ngamo
2nd – Alberto Hernandez
3rd – Kuang-Ying-Chen

Light-heavyweights
1st – Jason Chambers (WNBF Pro Card)
2nd – Tom Stinson

Heavyweights
1st – Mark Ziolkowski
2nd – David Jones
3rd – Don Licari

Where Theory Meets Reality

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The last decade has been one of the most progressive in the history of bodybuilding. New divisions such as figure, best body, and bikini have expanded physique sport to include more competitors. At the same time, supplementation, drug-free mass, and contest conditioning have gone off the chart. During that time, Joe Klemczewski has not-so-quietly amassed unparalleled success with his Team K Perfect Peaking program. Closing in on over 200 pro card wins and 50 pro titles, Dr. Joe has shown the industry that education, science, and experience does matter.

Through the years Joe has attracted a growing staff that has enhanced client progress in a tangible way. Web-cam/real-time posing programs, high-yield online training programs, sport psychology, and client-prep camps, including the famed Team K Fantasy Camp, have created indisputable results for clients!

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Dr. Joe and Sean McCauley will work with you from the creation of your initial plan through the moment you raise your trophy in the air. Unsurpassed communication and assessment are critical to the management of your nutrition program.

Supplementation

Don't be a slave to marketing or even dangerous, unproven supplements. We use science and fact to help assess your needs and make suggestions. Sean, Kori, and Joe are all certified through the distinguished International Society of Sports Nutrition, founded by Jose Antonio, PhD.

Training

Sean McCauley pioneered this program for Team K and it has created off-season and pre-contest outcomes that impress even veteran pro clients. A rep-by-rep, workout-by-workout training program will be designed specifically for your goals and and it will be managed with no less precision than your nutrition.

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2011 INBF HERCULES CHAMPIONSHIPS

Martin Luther King Campus
New York, N.Y. · June 25, 2011

RESULTS

Teen
1st – Tavaar Foust
2nd – Dalvin Tavares
3rd – Ajmal Ghafoori
4th – Dan Agosta Jr.
5th – Jakub Redziniak
6th – Michael Huber

Masters Men Over 40
1st – Jeff Steel
2nd – Ken Lyles
3rd – Elix Camacho-Landrau
4th – Doug Phillips
5th – Clifton Hollis
6th – Jonathan Petrie

Masters Men Over 50
1st – Elix Camacho-Landrau
2nd – Richard Elliott
3rd – John Salazzo
4th – Howard Leff
5th – Willie Langley

Master Men Over 60
1st – John Wright

Novice A
1st – Fred Miller
2nd – Anthony Delgado
3rd – Alfonso Mendoza
4th – Luis Aucay
5th – Ray Drewes
6th – Talen Larkin

Novice B
1st – Dan O'Brien
2nd – Usman Javed
3rd – Jason Capps
4th – Caldwell Dann Jr.
5th – Jeremy-Greene Taub
6th – Tavaar Foust

Novice C
1st – Joe Pappalardo
2nd – Fritz Luxuma
3rd – Donald Perceval
4th – Clifton Hollis
5th – Michael Huber
6th – Willie Langley

Men Bantamweights
1st – Alex Groumbas
(Overall Winner)
2nd – Brett Freeman
3rd – Brice Yves
4th – Jeff Steele
5th – Curt Terrano
6th – Allan Izaguierre
7th – Andrew La Bonte
8th – Binaya Shakya

Lightweights
1st – Sean Campbell
2nd – Eric Gibson
3rd – Cody Wyer
4th – Mike Clark
5th – Tyrone Robinson Jr.
6th – Adam Pfau
7th – Shawn Livingston
8th – Elix Camacho- Landrau
9th – Ken Lyles
10th – Eric Ruiz
11th – Doug Phillips
12th – Richard Elliot

Middleweights
1st – Stu Yellin
2nd – Anthony Langevin
3rd – Nick Montalbano
4th – Todd Maloney
5th – William Neco
6th – Michael Shreve
7th – David Franklin

Light-heavyweights
1st – Akinyemi Damola
2nd – Brodyn Bloom
3rd – James Siletti
4th – Ryan L'Ecuyer
5th – Roger Clark
6th – Arius Ammon

Heavyweights
1st – Alexander Bushuev
2nd – Haras Karimi
3rd – Ryan Sullivan
4th – Seth Winn
5th – Michael Johnson

Novice Figure
1st – Catherine Vidal
2nd – Afiya Kamau
3rd – Danielle Zito
4th – Michelle Brietenback
5th – Denise Abad
6th – Denyse Raynor

Masters Figure
1st – Donna Kratz
2nd – Ava Diamond
3rd – Michelle Brietenback
4th – Patricia Greaves
5th – Barbara Ziemrowski
6th – Denise Abad

Ms. Fit Body
1st – Ava Diamond
2nd – Tonia Ward
3rd – Rebecca Jefferson
4th – Patricia Greaves
5th – Maryann Sciascia
6th – Jennifer Gura

Best Body
1st – Tamara Brod
2nd – Tonya Johnson
3rd – Dannielle Zito
4th – Jennifer Gura
5th – Jessica Nunez
6th – Denyse Raynor

Masters Women Bodybuilding
1st – Gwen Hansen
2nd – Denise Serra
3rd – Paula Franklin

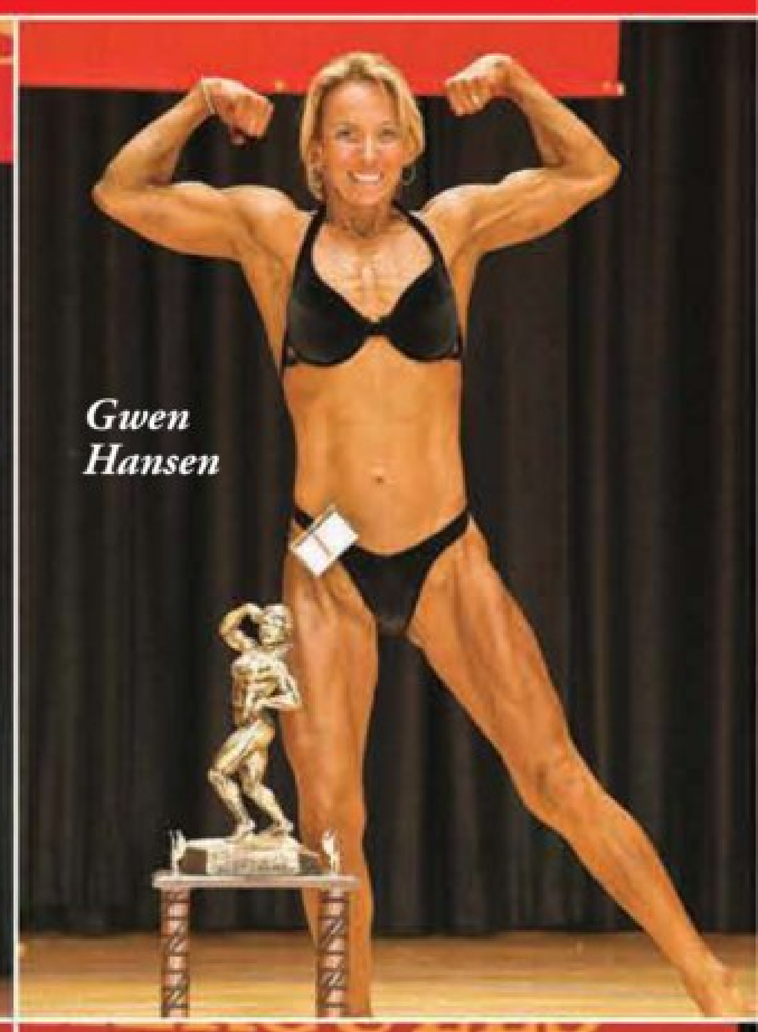
Figure A
1st – Penny Seabolt
2nd – Melissa Tarrab
3rd – Rebecca Jefferson
4th – Ava Diamond
5th – Barbara Ziemrozaski

Figure B
1st – Donna Kratz
2nd – Adriana Aliotta
3rd – Tonia Ward
4th – Eugeniya Ponomarova
5th – Jennifer Keys

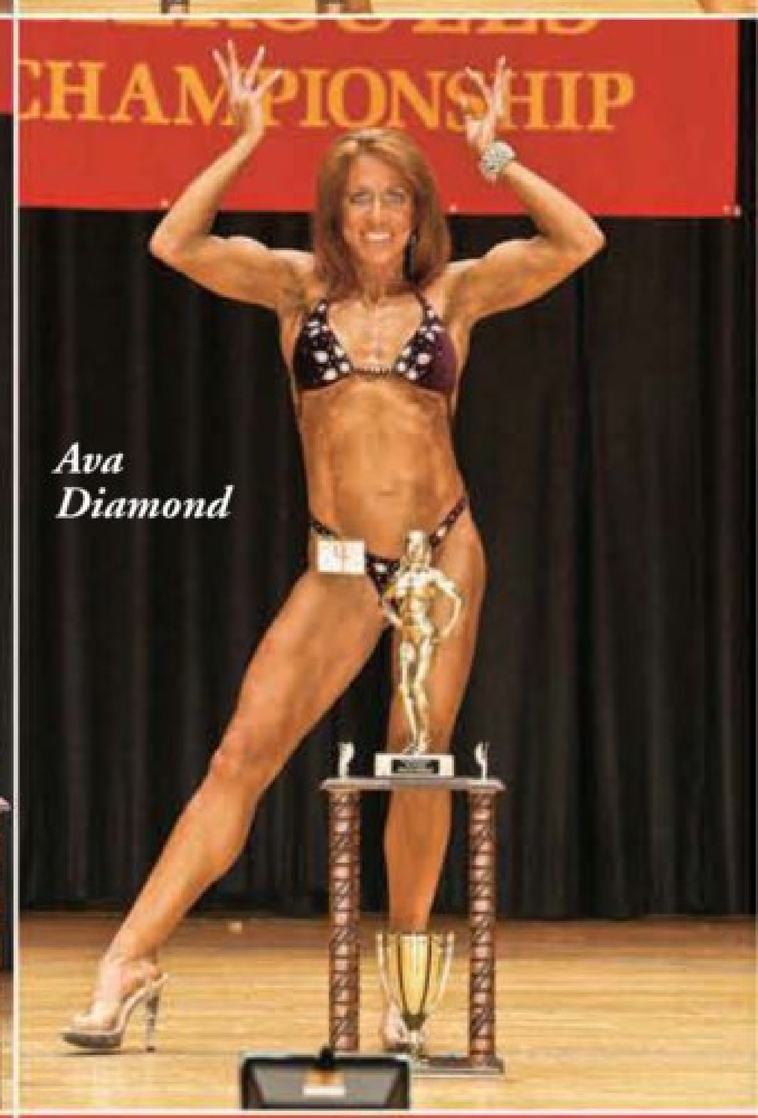
Women Bodybuilding Lightweights
1st – Gwen Hansen
(Overall Winner)
2nd – Mary Ann Sciascia

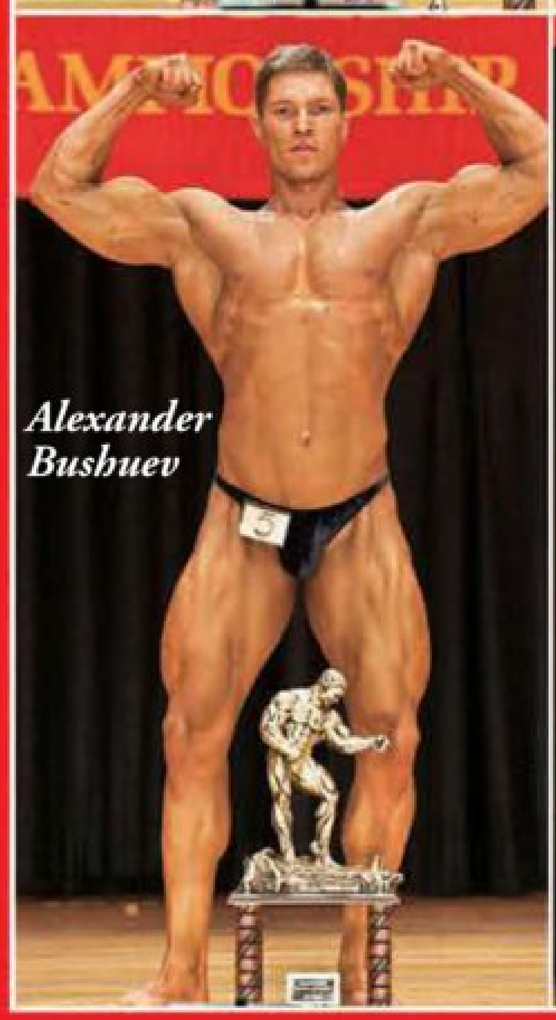
Heavyweights
1st – Denise Serra
2nd – Paula Franklin

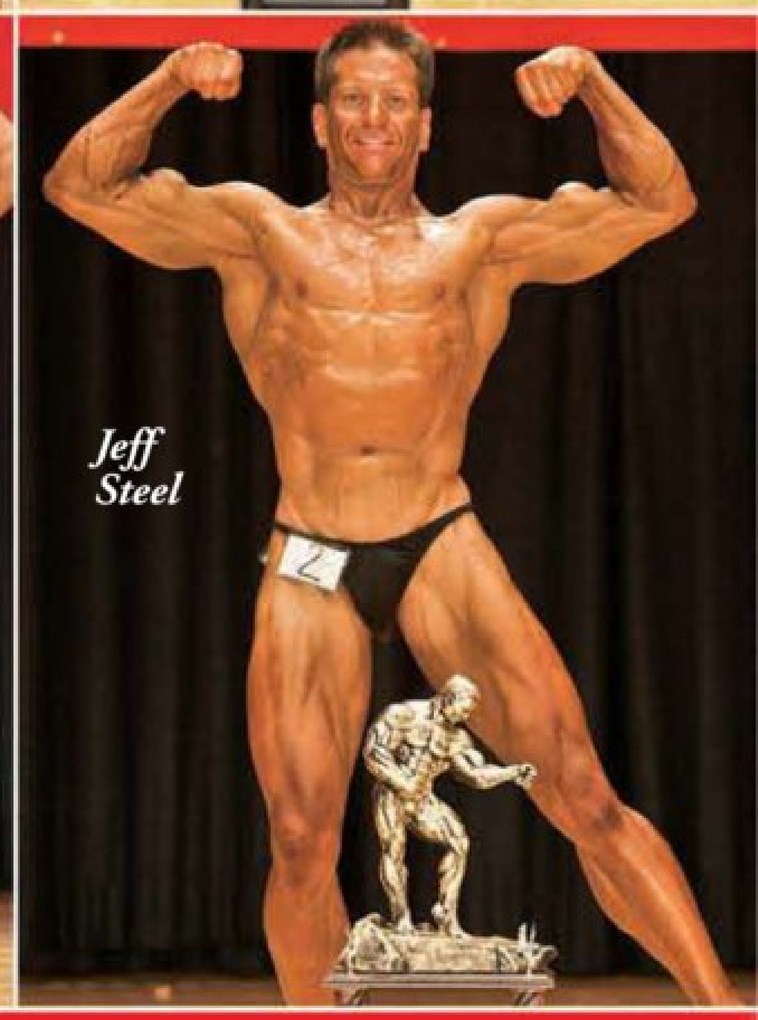






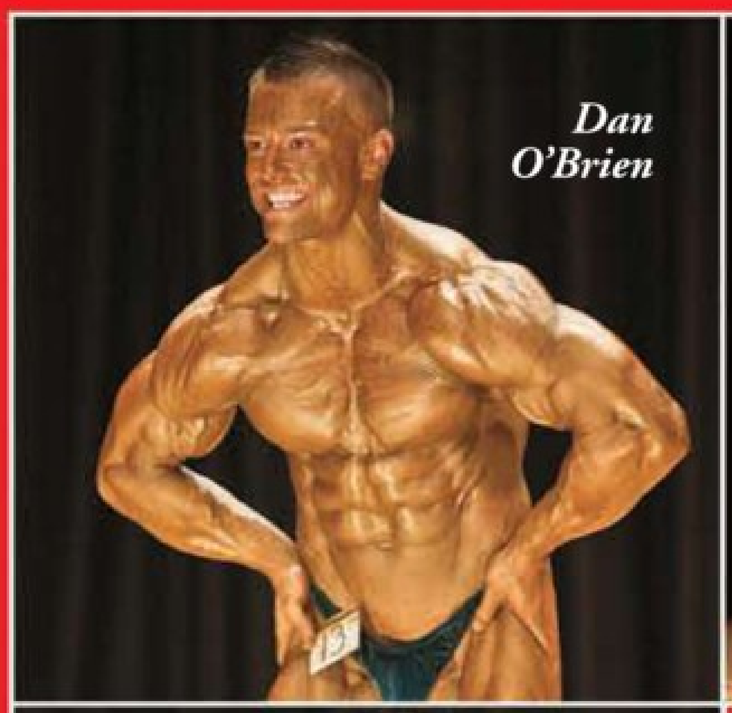


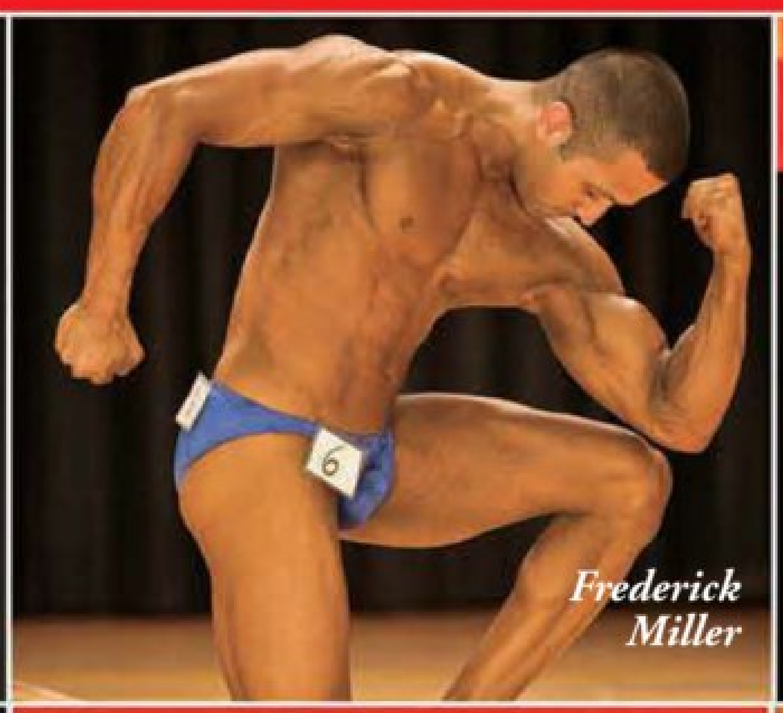


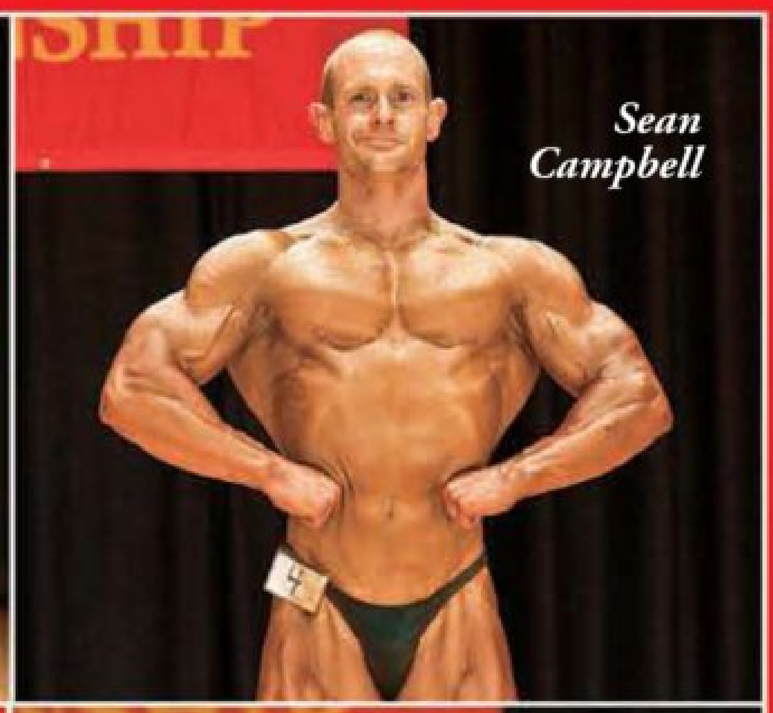


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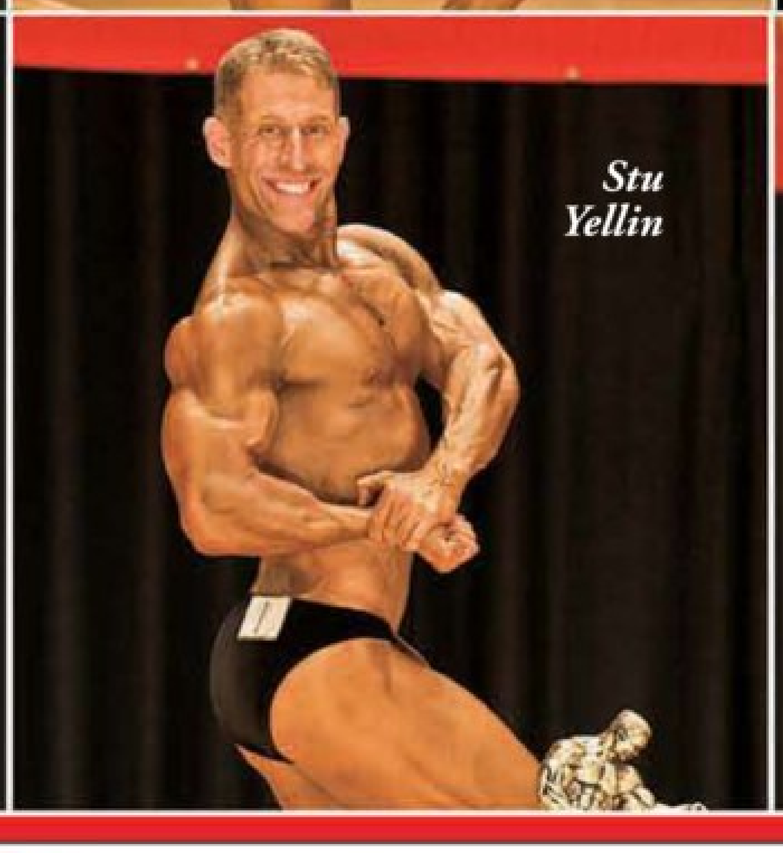
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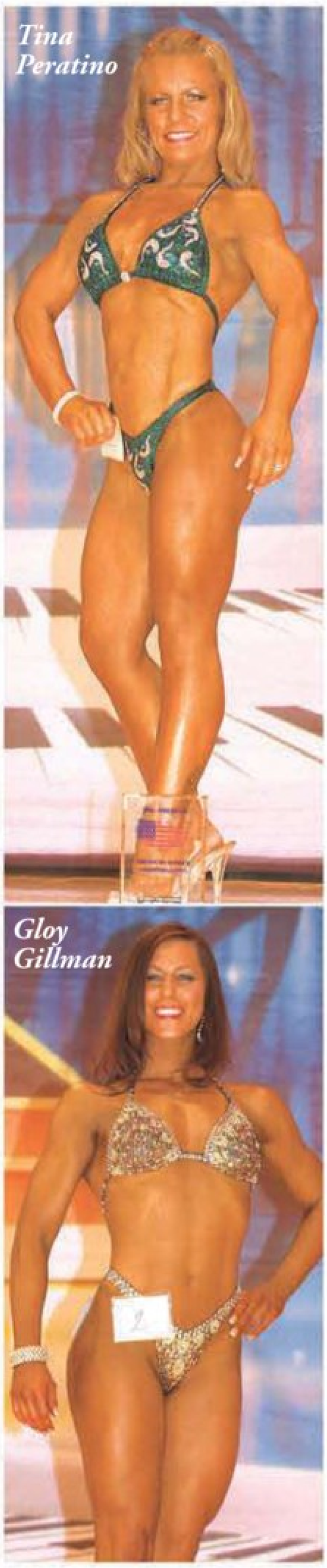
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THE 2011 INBF MR. AMERICA AND WOMEN'S CHAMPIONSHIPS

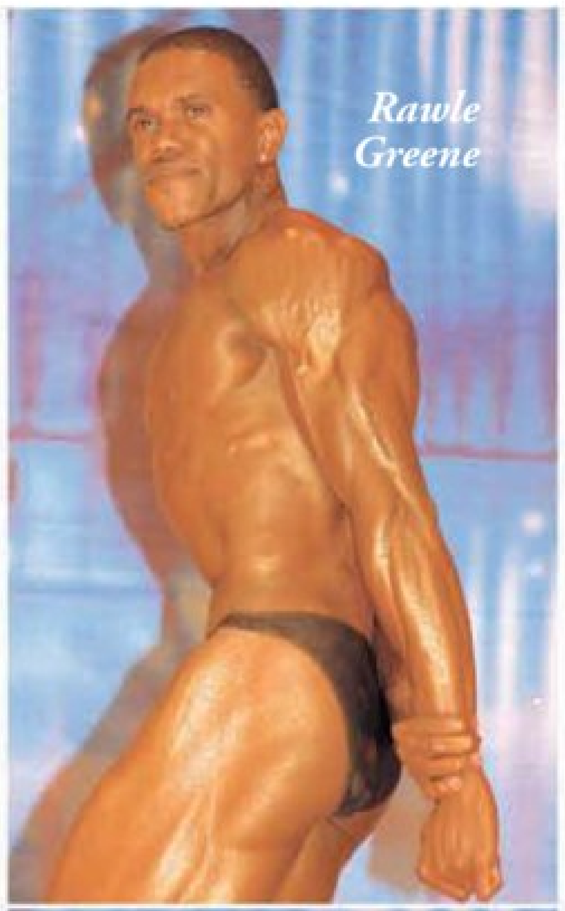
BY ALAN LEFF

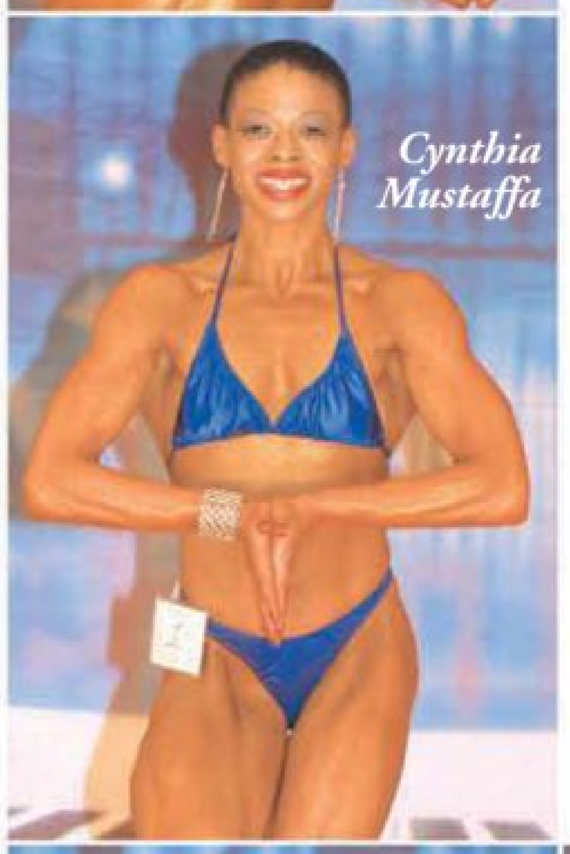
For any male competitive bodybuilder, holding the AAU sanctioned title of Mr. America is the highest honor that they could strive toward. This contest was first run in 1938, when the word "drug" meant aspirin. And supplements referred to desiccated liver tablets, whole milk, raw eggs and red meat. However, during more recent years, that may not have necesarily been the case.

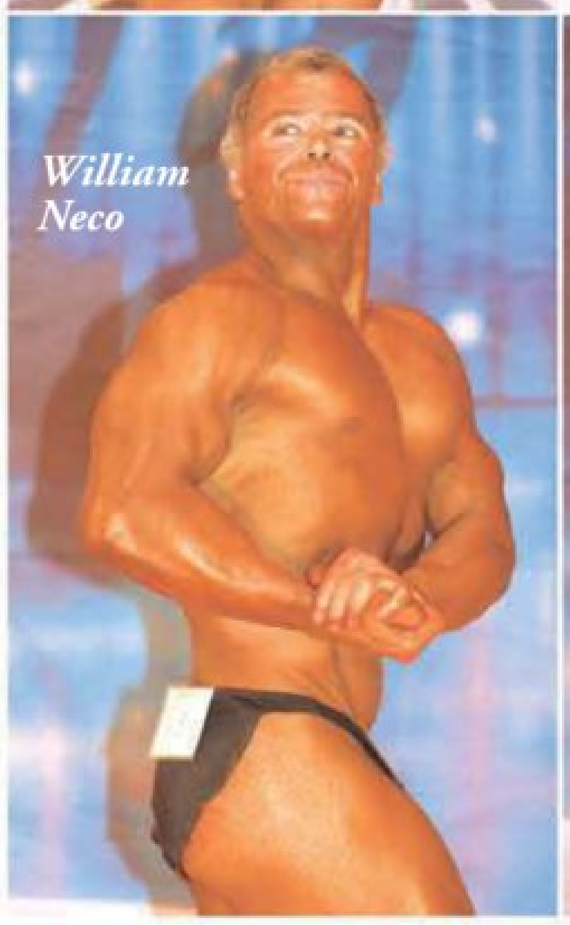


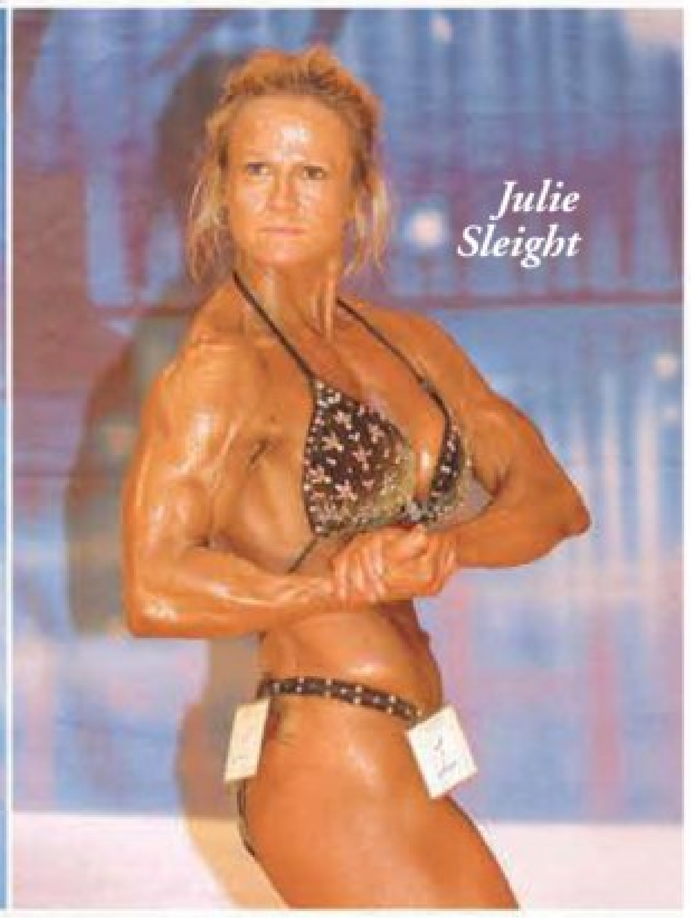
With the legal transfer of the title to Bob Bonham, owner of the Strong and Shapely Gym in East Rutherford, N.J., and under the sanctioning of the INBF, there was no question of the drug-free nature of the contest, which took place on May 21, 2011 at the Martin Luther King Jr. High School in Manhattan. Each competitor was polygraphed for the seven years drug-free status, and all of the other INBF rules were in effect. The number of competitors should have been better, considering the history of the Mr. America title, and I look forward to 2012.

It seems that for bodybuilders, as for most of today's young adults, past history seems to mean what happened two months ago. Names such as Bert Goodrich, John Grimek, Jules Bacon, Alan Stephan, Steve Reeves, Reg Park, Bill Pearl and Joe Abbenda should be recognized for their accomplishments by today's competitors. Knowledge of your past helps you know how to improve over past physique competitors and then you can know where you are headed. ★









RESULTS

Women's Bodybuilding Lightweight
1st – Cynthia Mustaffa

Women's Bodybuilding Heavyweight
1st – Julie Sleight (Overall)

Women's Masters
1st – Julie Sleight

Masters Figure
1st – Ava Diamond

Open Figure
1st – Gloy Gillman (Pro Qualifier)
2nd – Jill Fiorillo
3rd – Tina Peratino
4th – Barbara Ziemsewski
5th – Ava Diamond
6th – Benetta Taylor
7th – Jill Fiorillo
8th – Barbara Ziemsewski

9th – Benetta Taylor
10th – Rebecca Jefferson

Best Body Swimsuit
1st – Tatyana Redko

Ms. Fit Body
1st – Tina Peratino (Pro Qualifier)
2nd – Tamara Brod
3rd – Ava Diamond
4th – Jill Fiorillo
5th – Rebecca Jefferson
6th – Benetta Taylor

Men's Bodybuilding Masters 40 and Over
1st – William Neco
2nd – Pete Floris
3rd – Tomme Coleman

Men's Masters 50 and Over
1st – Butch Paradis
2nd – Tomme Coleman

Men's Masters 60 and Over
1st – Tomme Coleman
2nd – Lou Mirro

Men's Masters 70 and Over
1st – Lou Mirro

Teen
1st – Ryan Lee

Men's Novice
1st – Rey Ramos
2nd – Binaya Shakya
3rd – Chris Shea

Men's Open Bantamweight
1st – Brice Yves

Men's Open Lightweights
1st – Jermain Edwards
2nd – Robert Mason
3rd – John Navarro

Men's Open Middleweights
1st – Rawle Green (Overall and Pro Qualifier)
2nd – Stu Yellin
3rd – Omar Carter
4th – Pete Floris

Men's Open Light-heavyweights
1st – William Neco
2nd – John Salierno

Men's Open Heavyweights
1st – Norman Rial
2nd – Chuck Kohout
3rd – Tomme Coleman

PHOTOGRAPHY BY ALAN LEFF

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"FREE Book Reveals The Fastest Way To Go From Struggling Hard Gainer... To HUGE, Ripped and Respected"

And the best part is you can start seeing results in only *weeks*... NOT months or years needed with conventional training.

If you've ever lusted for the ability to pack on muscle as quickly as possible... **and reach your genetic potential in months instead of years**... then this short letter is going to *change your life*.

Listen, I'm not a professional writer, but what I've discovered is so amazing and so effective I wanted to write you myself. So please bare with me and my occasional bad grammar.

My name is Rick Gray. I'm a former hard gainer who finally discovered **the secrets to gaining muscle mass FAST.**

Most bodybuilders only master a handful of training techniques for building muscle. These may work for a few months... but your gains almost always grind to a screeching halt... even though you're busting your butt in the gym!

Many of the champions from the Golden Age of bodybuilding (before rampant anabolic steroid use) realized *this*: You'll soon plateau and stop growing if you don't have...

An Advanced "Bag Of Tricks" For Stimulating Muscle Growth.

After more than 25 years of experimentation, studying the masters... and plenty of blood, sweat and tears in the gym... I've discovered **the bodybuilding secrets that will help you gain muscle faster than you ever dreamed possible.**

See, I was the typical scrawny kid who tried EVERYTHING to gain muscle.

After years of frustration and minimal gains - even though I was training as hard and heavy as possible - I just about gave up.

The only thing that kept me going was I *knew* the champs had training, nutrition and supplement secrets - when used in the right combinations - that could trigger anabolic responses in your body...

Almost As Effectively As Anabolic Steroids!

So I made it my life's mission to discover the jealously guarded secrets that can **transform a hard gainer into a MASSIVE ripped bodybuilder...in MONTHS instead of years.**

Decades of interviewing (and in some cases *bribing*) as many top bodybuilders as possible... and years of mad scientist-like experimenting in the gym revealed...

The Secret To Producing An Anabolic Environment In Your Body... Safely And LEGALLY.

After decades of testing and refining my methods on hundreds of bodybuilders... I'm finally revealing these secrets in my new book, ***Muscle Overload Training.***

I haven't held anything back. I'm revealing everything you need to make **HUGE gains in muscle mass as fast as physiologically possible.**

Here's just a *small* sample of what you'll discover:

- ✓ Why most bodybuilders are ***dead wrong*** in how they train for massive size gains. **(If you're training *this* way, your gains are gonna be *painfully* slow!)**
- ✓ The 3 muscle growth stimulus factors you need to manipulate to get **maximum results from your training.** Most routines (like the one you're probably using now) only pay attention to one or two of these "growth factors"... **but ignore the most important one for rapid growth.**
- ✓ How eating the wrong foods can literally ***vaporize*** **your precious muscle mass.** (You'd be amazed at how many guys think they're eating "healthy"... **but their diet is actually causing them to *lose* muscle mass.)**
- ✓ **How to DOUBLE your muscle growth by training 45 minutes or less!** (The truth is, your testosterone levels start declining *rapidly* during intense training… so long workouts are actually **cheating you out of at least *half* of the gains you *should* be getting!**)
- ✓ Why the amount of rest between sets can have an ***enormous*** **and long-lasting impact on your size.** (Almost no one knows this, but it's been a jealously guarded secret of top level bodybuilders for more than five decades.)
- ✓ How to combine volume and high intensity in the same workout - giving you **the most physiologically-effective "shortcut" to building quality muscle size quickly.** (Almost nobody knows this one!)
- ✓ If you're over 35, how you can **get ALL the gains of a younger man... without the risk of injury** you'd have with a conventional routine.
- ✓ **How to "shock" your muscles into growing faster than they want to.** (Plateaus will be a thing of the past!)

There's so much more, it would take me eight more pages just to outline it all here.

The fact is, *Muscle Overload Training* will help you put on huge, dense, rock-hard slabs of muscle as fast as humanly possible.

Why Am I Finally Revealing My Most Powerful Secrets To You?

The answer is simple: It pisses me off to watch while hard-working bodybuilders like you keep getting handed worthless training programs, diets and supplements... and downright lied to by all the "armchair experts!" Enough is enough! You deserve to know the TRUTH!

Here's How To Get Your FREE Copy Of My New Book...

My publisher says I need more testimonials before they can promote the book. So here's the deal:

I'll send you the book absolutely FREE... no strings attached.

The only thing I ask... if you try the program and get good results (like most others have) please send me a brief testimonial with your permission to use it in a future promotion. That's all.

Here's what you need to do right now:

Call the Toll-Free 24-Hour Recorded Message: 1-800-474-3115

...and after the brief message, leave your name and address to request your FREE copy of ***Muscle Overload Training***. Or you can download a FREE digital copy at **www.MuscleOverloadTraining.com.**

That's all there is to it. If you're like most who've tried this, you'll start seeing ***massive*** **muscle gains** very quickly.

Thanks for reading this message.

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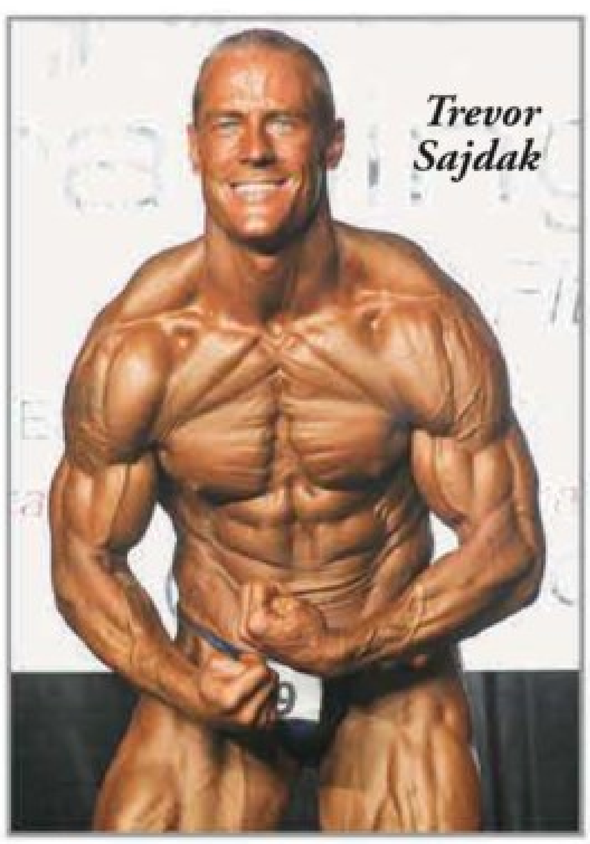


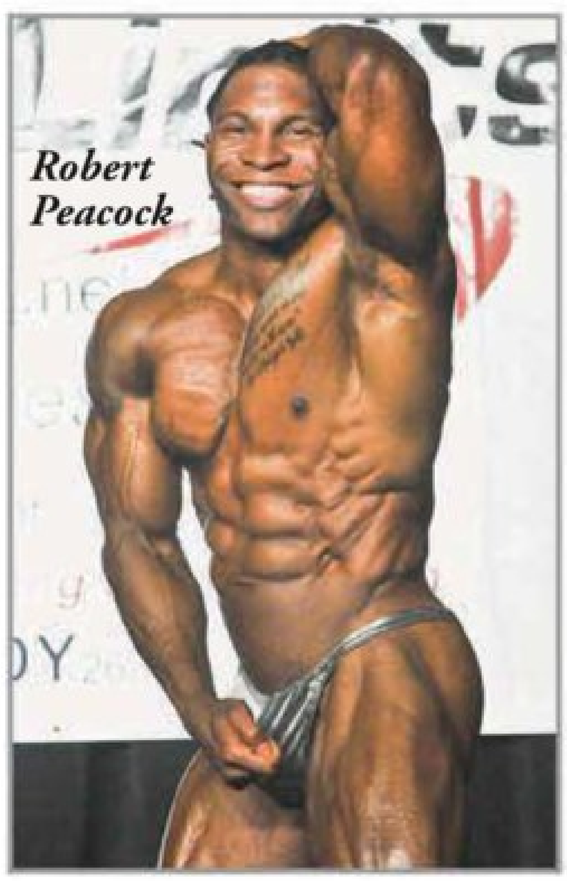
WNBF TOURNAMENT OF CHAMPIONS & INBF NATURAL BUCKEYE

By Rich Lauro

The sport of natural bodybuilding and Figure continues to thrive as evidenced by the larger and deeper lineup at the 2011 INBF Natural Buckeye Classic and WNBF Pro Men's Tournament of Champions. Rich Lauro and TheNutritionX.com introduced the Drug-Free Wheelchair Nationals and drew in 108 total competitors (138 with crossovers) from 17 states.

The Pro Men's Tournament of Champions came to Columbus, Ohio with a bang with 11 great competitors! However, the top six stood apart. Sean Tydings finished sixth with incredible conditioning, while Elijah Lewis presented a very complete and symmetrical package in fifth. Dan Balsavich finished in fourth place with good thickness. Only two points separated the top three with massive Robert Peacock taking third and veteran Rodney Helaire taking second place with extreme thickness. Conditioning and symmetry won out with new pro Trevor Sajdak making a splash in his pro debut.


Trevor Sajdak


Robert Peacock

The Drug-free Wheelchair Nationals was the most touching portion of the day's events inspiring tears from across the Convention Center. Eric Keen placed fifth with an amazing posing routine. Josh Dillaberry took fourth with good development and Ethan Schneider's thickness pushed him into third. Adelfo Cerame's symmetry and size landed him in the runner-up spot, but Rich Knapp's conditioning and total package earned him the win and first-ever WNBF Wheelchair pro card!

The teenage and novice portion proved fierce with 40 competitors in total. Tyler Hartshorn lit up the teen class with good size and symmetry. Wendy Spencer won the women's novice overall with great presentation and lines over the athletic novice tall champ Brooke Kisha. Lightweight Brice Yves won the men's novice overall with great density and shape over heavyweight novice champ Andrew Ross.

Debbie Heffernan's size and balance won out in the Masters Figure, while Brian Mickens reigned supreme again in the Masters Men class. Jerry Merritt improved to win the Masters Men 50 and over class.

The Ms. Fit Body showcased some of the best from the Open Figure with Angie Ratliff taking the title. Sandy Richardson shred-



WNBF Tournament of Champions lineup

PHOTOGRAPHY BY KEN SNOW

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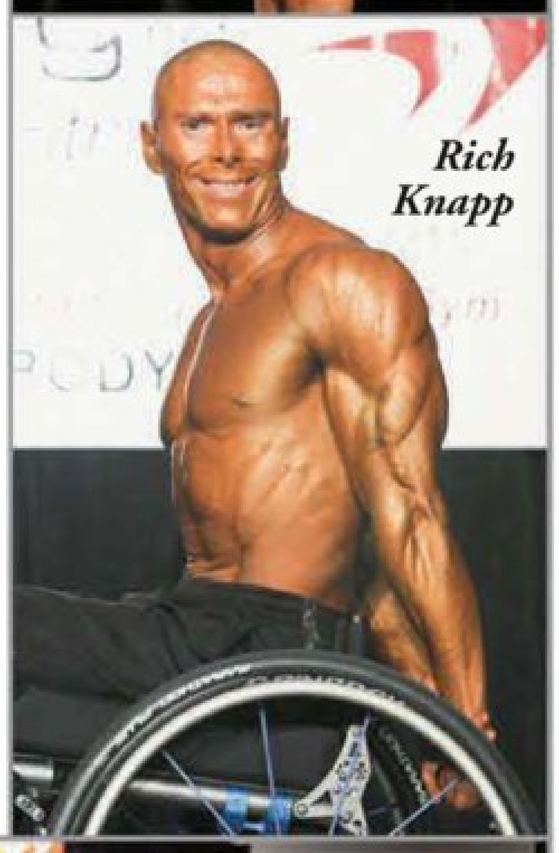
ded up the women's lightweight bodybuilding class, but the size and shape of Angela McDermott proved too much as the heavyweight champ took the overall and WNBF pro honors!

The Women's open Figure winners included last year's Novice champ Heather Cech in the short, Angie Ratliff in the medium and Nicole Barton in the tall. Angie Ratliff took home the overall narrowly with great development and poise earning a WNBF pro card in a deep Figure lineup.





Men's Bodybuilding was no different with five classes loaded with talent. Matt Strapp took the bantam class with great symmetry. Jay Johnson striated the ultra competitive lightweight class. Justin Draper sliced up the middleweight class and Kyron Moses continued his streak taking the light-heavyweight class. Nick Papania won the formidable heavyweight class. Jay Johnson knocked off many of worthy opponents this day by taking the Men's overall and joining the WNBF pro ranks. ★





RESULTS

WNBF Pro Tournament of Champions
1st – Trevor Sajdak ($2,000)
2nd – Rodney Helaire ($1,000)
3rd – Robert Peacock ($500)
4th – Dan Balsavich ($300)
5th – Elijah Lewis ($200)

Drug-free Wheelchair Nationals
1st – Rich Knapp
(WNBF Wheelchair Pro Card)
2nd – Adelfo Cerame
3rd – Ethan Schneider
4th – Josh Dillaberry
5th – Eric Keen

Men's Teen Bodybuilding
1st – Tyler Hartshorn
2nd – Tyler Elliott
3rd – Evan Patzer
4th – Caleb Baker
5th – Andrew Noltemeyer

Women's Novice Figure Short
1st – Wendy Spencer
(Novice Overall Winner)
2nd – Emily Kreuz
3rd – Kristina Grogan
4th – Demi McBeath
5th – Susan Maruca

Women's Novice Figure Tall
1st – Brooke Kisha
2nd – Liza Steinmann
3rd – Sarah Beatty
4th – Aime Anderson
5th – Lisa Barefield

Men's Novice Lightweights
1st – Brice Yves
2nd – Justin Morrison
3rd – Logan Hess
4th – Daniel Aipa
5th – Richard Marasco

Men's Novice Heavyweights
1st – Andrew Ross
2nd – Fritz Luxama
3rd – Scott Willard
4th – Keith Godwin
5th – Andrew Milbrandt

Women's Masters Figure
1st – Debbie Heffernan
2nd – Nicole Huss
3rd – Sherry Dittoe
4th – Karen Gabbard
5th – Demi McBeath

Men's Masters 40 & Over
1st – Brian Mickens
2nd – Richard Marasco

Men's Masters 50 & Over
1st – Jerry Merritt
2nd – Roy Bower
3rd – Tim Gaunt

Women's Ms. Fit Body
1st – Angie Ratliff
2nd – Heather Cech
3rd – Debbie Heffernan
4th – Brooke Kisha
5th – Nicole Huss

Women's Open Lightweight Bodybuilding
1st – Sandy Richardson
2nd – Melanie Freeland
3rd – Beverly Haile

Women's Open Heavyweight Bodybuilding
1st – Angela McDermott
(Overall & WNBF Pro Card)
2nd – Megan Albert
3rd – Juliet Gotthardt
4th – Jennifer Shackelford

Women's Open Figure Short
1st – Heather Cech
2nd – Lisa Patterson
3rd – Melissa Lewis
4th – Nicole Huss
5th – Heather Gartner

Women's Open Figure Medium
1st – Angie Ratliff
(Overall & WNBF Pro Card)
2nd – Kim Conger
3rd – Carrie Paris
4th – Debbie Heffernan
5th – Sarah Johnson

Women's Open Figure Tall
1st – Nicole Barton
2nd – Jamison Bays
3rd – Melissa Nobbe
4th – Crystal Eddy
5th – Summer Denny

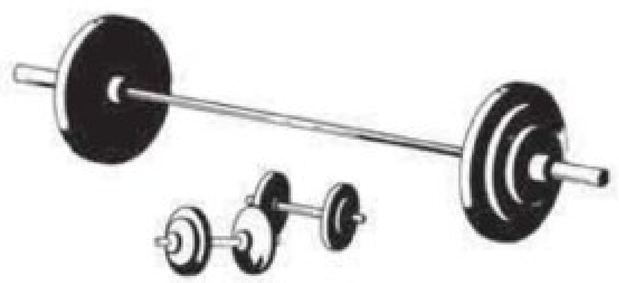
Men's Open Bantamweights
1st – Matthew Strapp
2nd – Drew Benton
3rd – Evan Patzer
4th – Matthew Daniels

Men's Open Lightweights
1st – Jay Johnson
(Overall & WNBF Pro Card)
2nd – Jermain Edwards
3rd – Travis Kovach
4th – Brad Hess
5th – Heath Wenzel

Men's Open Middleweights
1st – Justin Draper
2nd – Anthony Gales
3rd – Jim Walter
4th – Marcus Booker
5th – Jeff Sabo

Men's Open Light-heavyweights
1st – Kyron Moses
2nd – Ray Cummerlander
3rd – Jeff Dunmire

Men's Open Heavyweights
1st – Nick Papania
2nd – John Cole
3rd – Brian Mickens
4th – Joe Swartz



2011 INBF CANADA CALGARY STAMPEDE SPRING CASINO CLASSIC

By Rozanne Pyper

INBF Canada's promoters, WNBF pros Misty Allen and Mathew Park, hosted yet another amazing Calgary Stampede Casino Classic in Alberta, Canada. The show had standing room only and tickets were sold out.

The event's sponsors included Dynamis Sport Nutrition, Gold's Gym North Gate and Eau Claire, Fusion, RE7, Herb's Monster Bites and The Diet Doc. Attendees swarmed each of their booths during the intermission.

The show kicked off with the singing of the Canadian National Anthem by INBF Canada athlete, Renee Prusak-Blake. It was emceed throughout by, Fitness competitor and Calgary's own Global TV News anchor, Cara Fullerton. She awed the crowd with her charm and great sense of humor.



The intermission was full of a non-stop entertainment mixture that kept the audience having fun with Dynamis a free product give away and crowd participation. Then the Zumba Girls, from Eau Claire Gold's Gym, energized the stage and mesmerized the crowd with two extremely upbeat dances.

With a family-like atmosphere and mutual support among all involved, INBF Canada would like to sincerely thank all of its athletes, spectators, sponsors and contributors for making this spring competition another huge success!



Starting off the evening was the introduction of the all-new fitness division. Doreen Holden took first as she wowed the crowd with her intricate routine that was fun and upbeat. Second place was awarded to the fun and smiling Laura Caswell and the beautiful Jacqueline Curl came in at a very close third.

The Best Body category was divided into two exceptionally large and stunning classes. Best Body short class started it off with the amazing curves and long blond hair of Vanessa Lebrasseur-Rheault taking home the first place trophy and the Best Body overall title. In second place, was the gorgeous 2010 Best Body champion Sarah Howard, third place went to the very fit and firm Tea Cuk. In fouth place, blond bomb shell Sommer Chiasson, fifth place the sleek Leslie Stearns, sixth place the stunning Jennifer Mikla, seventh place the curvatious Carla Randall, eighth place Allison Miller, ninth place Kelly LaValle and 10th place Angela Gardin.

The Best Body tall class came next with the tall blonde beauty, Amber Simpson taking first, the confident and fun Jacqueline Curl taking second place, the radiant natural beauty, Manuella Francois-Sait-Cyr took a close third place, Candice Selfried took fourth place, Christine Shudra took fifth place, Leanne Smit took sixth place, Sherilene Pshyk took seventh place, Meryl Wheeler took eighth place and Kait Dinunzio placed ninth.

The beauty didn't stop there, as another large turnout for the Figure class hit the stage! Melissa Pham took first place as she showed off her beautiful figure with elegance. Second place went to the stunning Tara Wakelam, third place to tall beauty Shannon Bomark, fourth place to the extremely muscular and fit, Lori Lundgard, fifth place to Susan Dowse, sixth place to Meryl Wheeler and seventh place to Abena Edugyan. The Figure tall class had the crowd in awe as symmetrical and muscular Tamara Garvie graced the stage, taking home the first place trophy and an overall win in the Figure category. The stunning Jennifer Landry took second place, Emily Witcher took third place, Tamara McGovern took fourth place, Heather Stangler took fifth place, Doreen Holden took sixth place, Carla Moritz took seventh place and Vanessa Lebrasseur-Rheaunt finished in eight place.



RoAnna McLenahan definitely showed for the Women's middleweight bodybuilding division. Full of hard and lean muscle, she was awarded first place and a rookie card to be able to compete at a WNBF pro level.

Men's bodybuilding was up next and started with the lightweight division. Mike Todd brought an extremely symmetrical and muscular physique to the stage and not only took the first place trophy, but was also awarded the overall championship title. William Niemeyer, also very muscular, took second place. Fernando Borrayo took third place. All time favorite, Chuck Thomson place fourth, Paul Mirtle placed fifth and Travis Van Ember placed sixth.



The middleweight division started as Neil Tkatchuk showed up with a hard, lean and muscular build and took home the first place trophy. Justin Dicknoether then placed second and Michael Haung finished up in third place.

Then the Men's heavyweight division stunned the crowd as the massive Leroy Nevins showed off his amazing physique and took home the first place trophy. Alongside of him was another very muscular build, Craig Taylor. Craig, a sponsored athlete of Dynamis, was a definite crowd pleaser with his dance routine and placed a close second. Paul Carmen then came in third place. Men's Masters division then took off with Leroy Nevins taking the first place trophy, Paul Mirtle placed second, Chuck Thomson placed third and Justin Dicknoether places fourth.

Mr. Fitness is always a crowd pleaser for the ladies, as the INBF Canada judges are looking for their next Mr. Fitness Model! Jon Pham placed first as he sported his funky boxer's and pleased the crowd with his energy and great smile. The fit and lean William Niemeyer placed second, the handsome Ryan Robinson placed third and the muscular Justin Dicknoether placed fourth.

INBF Canada would also like to acknowledge the athletes who took home special awards. Craig Taylor for Best Poser, Doreen Holden for the Best Fitness Routine, and Paul Carmen for Most Improved. Congratulations!

We at INBF Canada are proud to announce that the following overall winners were awarded their WNBF pro cards – Tamara Garvie for Figure and Mike Todd for men's bodybuilding.

It is truly an honor to have all of our athletes participate in, endorse and support our federation! We truly believe you are all worthy champions and thank you for doing such an incredible job to help grow the sport! ★

PHOTOGRAPHY BY TREVOR HOWELL

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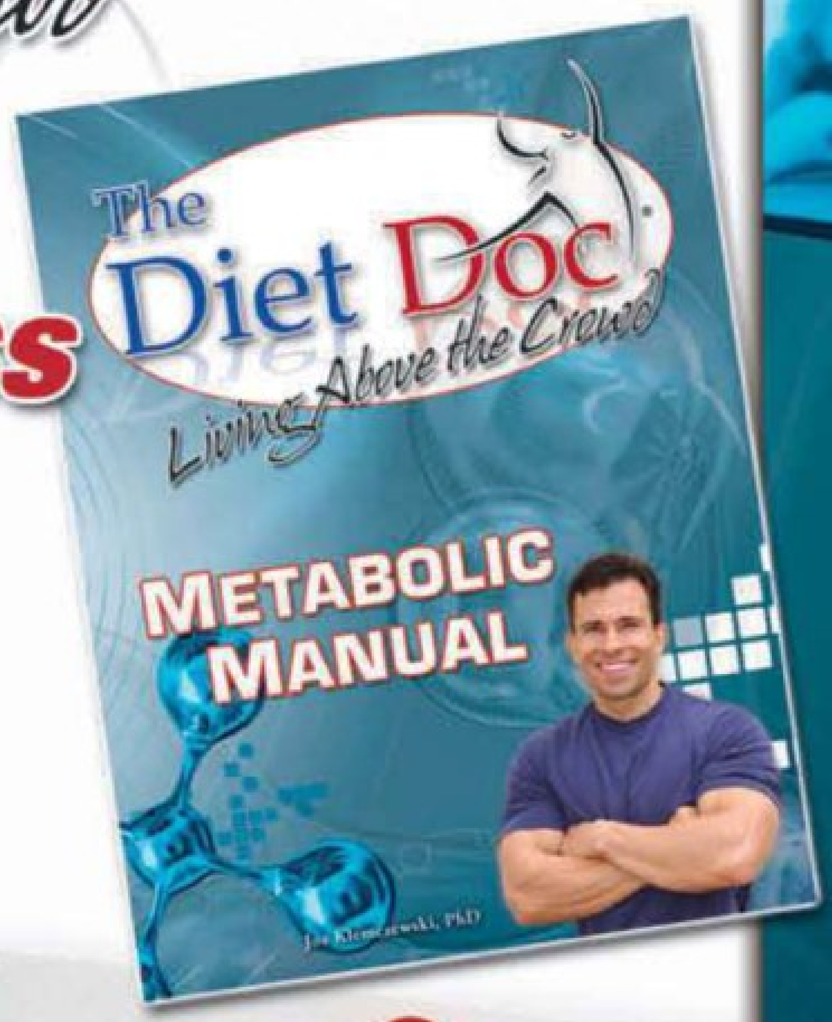
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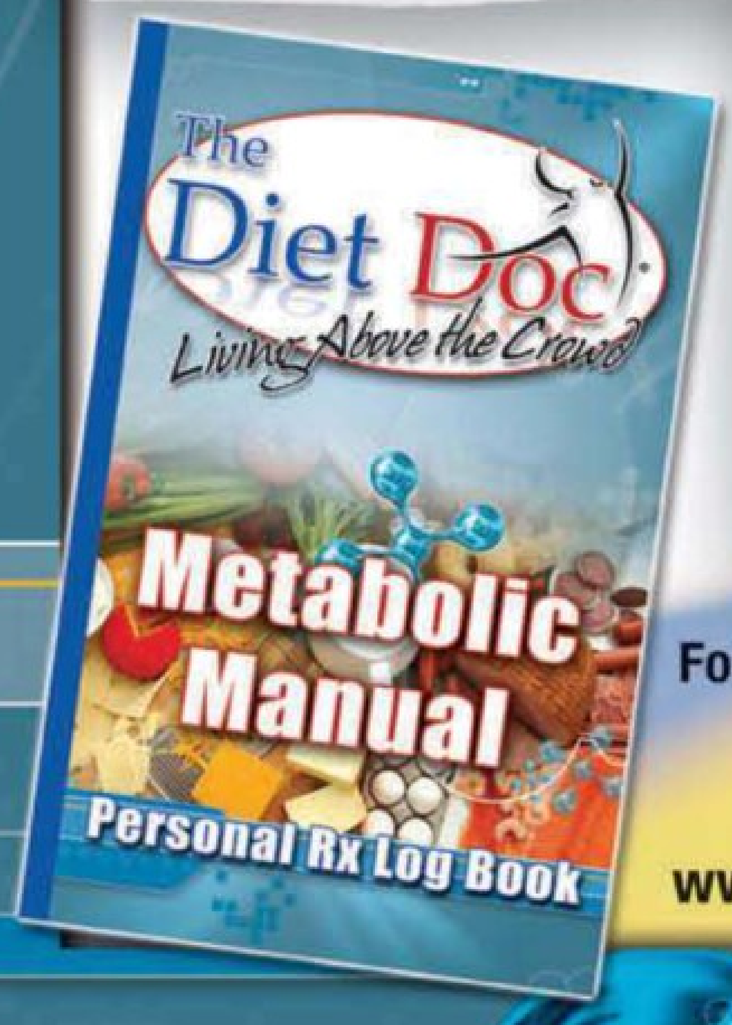
~ Liberty Gray, Michigan

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~ Anthony Monetti, Karen Walsh, New Jersey/New York

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~ Michael Wilkie, New Hampshire



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~ Steve Dodd, West Virginia

For more information, contact Dr. Joe at:

812-868-8710

dr.joe@thedietdoc.com

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2011 INBF NORTHERN STATES SUPER NATURAL

March 19, 2011 · Maryvale Senior High School, Buffalo, N.Y.

By Marian Giallombardo

The Northern States Super Natural Bodybuilding & Figure Championships were promoted by Donnie Cray and I on March 19 in Buffalo, N.Y. More than 60 competitors came to compete. Huge trophies, lifting straps and dip belts (provided by WSF Fitness Products) and participation medallions were just some of the prizes awarded. Vitamin World and Kanaberra Gel also sponsored the show and provided awards and gifts to the competitors.

Please note that the overall women's bodybuilding champion was disqualified after receiving the results of her urinalysis. Congratulations to Shrell Krawczyk (lightweights winner) and Sharise Odunsi (heavyweights winner).

A special thanks goes out to our staff and our sponsors. We are now promoting two annual shows. Our fall show is October 1, 2011 and is an amateur show in conjunction with our Women's Pro Masters Natural Bodybuilding Championships. Our next spring show is March 17, 2012. Both of these shows are being held at Maryvale Senior High School.

Check out http://www.northernstatessupernatural.com for updates and applications or visit Super Natural Bodybuilding and Fitness on Facebook. ★





PHOTOGRAPHY COURTESY OF MARIAN GIALLOMBARDO

RESULTS

Male Model
1st – Ryan Kurek
2nd – Simon Zhu
3rd – Tony Rodriguez Jr.
4th – Jesse Nelson
5th – Twanta Craig

Best Body Bikini
1st – Jenine Ditzler
2nd – Christie Nelson
3rd – Lindsay Jerge
4th – Kerry Champlin
5th – Cori Sannicola

Bikini Masters
1st – Lori Wojcik
2nd – Vicki Massenburg
3rd – Dr. Heather Browne
4th – Dee White-Paris

Teenage Bodybuilding
1st – Nicholas Ring
2nd – Tony Rodriguez Jr.

Ms. Fit Body
1st – Laurie Wojcik
2nd – Sabrina Davila
3rd – Sally Allgaier
4th – Jody Musolino
5th – Lindsay Jerge
6th – Gina Landrio
7th – Jodie Hudack
8th – Mariel Santana-Sano

Men Novice Classes
Novice Class A
1st – John Bruno
2nd – Nicholas Ring
3rd – Tony Rodriguez

Novice Class B
1st – Daniel Gasiecki
(overall novice winner)
2nd – Eric Lindenau
3rd – Tim Oneill
4th – Joseph Fitch

Figure Novice Classes
Novice Figure Short
1st – Lindsay Jerge
2nd – Gina Landrio
3rd – Cori Sannicola
4th – Deana Olivella

Novice Figure Medium
1st – Amy Claroni
(overall novice winner)
2nd – Rhonda Rotterman
3rd – Nicole Missel
4th – Corinna Booth

Novice Figure Tall
1st – Mariel Santana Sanio
2nd – Jodie Hudack
3rd – Monica O'Connor

Men's Masters Over 40
1st – Trevor Sajdak
2nd – Jim Smith
3rd – Bob King
4th – Eric Lindenau
5th – Dwight Nelson
6th – Jeffrey Powell
7th – John Bruno
8th – Anthony Andrew
9th – Tom Oneil
10th – Joe Fitch
11th – Tony Rodriguez

Women Novice Bodybuilding
1st – Rhonda Rotterman
2nd – Barb Polcyn

Ms Fit Body Over 40
1st – Sally Allgaier
2nd – Rhonda Rotterman
3rd – Laurie Wojcik
4th – Deirdre Callahan
5th – Michelle Gerace
6th – Vaso Kroto

Couples Bodybuilding
1st – Maria Melo & Dwight Nelson

Women's Bodybuilding Over 40
1st – Sharise Odunsi
2nd – Rhonda Rotterman
3rd – Sally Allgaier
4th – Barb Polcyn
5th – Maria Melo

Open Figure Short
1st – Ann Strauch
(overall winner, pro card)
2nd – Lori Hales
3rd – Jody Musolino
4th – Vaso Kroto
5th – Michelle Gerace

Open Figure Medium
1st – Eileen Hagerty
2nd – Deidre Callahan
3rd – Christie Nelson

Open Figure Tall
1st – Sabrina Davila
2nd – Laurie Wojcik

Women's Open Bodybuilding
Open Lightweights
1st – Shrell Krawczyk
(pro card winner)
2nd – Ann Strauch
3rd – Maria Melo

Open heavyweights
1st – Sharise Odunsi
(pro card winner)
2nd – Sally Allgaier

Figure Over 40
1st – Laurie Wojcik
(Masters Figure pro card)
2nd – Rhonda Rotterman
3rd – Vaso Kroto
4th – Nicole Missel
5th – Michelle Gerace
6th – Dee White-Paris
7th – Vicki Massenburg
8th – Dr. Heather Browne

Men's Open Bodybuilding
Open Lightweights
1st – Brett Freeman
2nd – Bob King
3rd – Joe Rich
4th – Michael Wiseman
5th – Dwight Nelson
(as per Masters)
6th – Jeffrey Powell
(as per Masters)
7th – Twanta Craig

Open Middleweights
1st – Justin Draper
2nd – Rich Patterson II
3rd – Kuang-Ying Chen

Open Light-heavyweights
1st – Trevor Sajdak
(overall winner, pro card)
2nd – Anthony Andrew

Open Heavyweights
1st – Richard Shape
2nd – Jesse Nelson

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2011 INBF/WNBF Natural North America

April 30, 2011 · Alexandria, Va. · Promoters: Ken Stewart & Mary Bell





PHOTOGRAPHY BY GEORGE LEGEROS

RESULTS

WNBF Pro Card Winners
Fit Body: Katy Cilinski
Tall Figure: Myra Caffarey
Short Figure: Melissa Cunningham
Womens Bodybuilding (Rookie Card): Candice Scott
Men's Masters and Open Winner: Anthony Blake
Overall "Runner Up" Middle Weight winner: Brian Beylo

WNBF Figure Pro Winners
1st – Katy Cilinski
2nd – Suzanne Burlas
3rd – Denise Frysinger
4th – Jennette Jackson
5th – Natalie Benjamin

Bodybuilding Open Heavyweights
1st – Luther Bradford
2nd – John Hooks
3rd – Donald Sanders
4th – Clinton Beach
5th – Jimmy Violand

Bodybuilding Open Middleweights
1st – Brian Beylo
2nd – Eric Holmes
3rd – Garnett Barbour
4th – Khaled Shalaby
5th – James Thomas

Women Bodybuilding
1st – Candice Scott
2nd – Kelly Miller

Bodybuilding Novice
1st – Doug Phillips
2nd – Brett Thaler
3rd – Jeremiah Carrasco
4th – Darryll Reynolds
5th – Dustin Smisson

Bodybuilding Open Bantamweights
1st – Anthony Blake
2nd – Brandon Diehm
3rd – Eric Peratino
4th – Rob Conner
5th – Brian Blackman
6th – Charles Allen

Bodybuilding Open Mens Masters
1st – Anthony Blake
2nd – Garnett Barbour
3rd – Luther Bradford
4th – Eric Holmes
5th – Brandon Diehm
6th – Doug Phillips
7th – Rob Conner
8th – Eric Peratino
9th – Brian Blackman
10th – Chales Allen
11th – Darryll Reynolds

Fit Body
1st – Katy Cilinski
2nd – Tina Peratino
3rd – Tonia Ward
4th – Kimberly Linton
5th – Jenette Jackson
6th – Carrie Greene

Figure Masters
1st – Suzanne Barlas
2nd – Tina Peratino
3rd – Myra Caffarey
4th – Tracy Seefried
5th – Kimberly Linton
6th – Gretchen Eisenberg
7th – Lori Beach
8th – Katy Smallwood
9th – Betty Napier
10th – Cori Cheeks
11st – Heather Wilson

Figure Open Tall
1st – Myra Caffarey
2nd – Kimberly Linton
3rd – Tracy Seefried
4th – Betty Napier
5th – Katy Smallwood
6th – Tonia Ward
7th – Carrie Green
8th – Heather Dotson

Figure Open Short
1st – Melissa Cunningham
2nd – Glory Billman
3rd – Tina Peratino
4th – Alma Syers
5th – Gretchen Eisenberg
6th – Lori Beach
7th – Heather Hoff
8th – Cori Cheeks
9th – Christi Lee

Figure Novice
1st – Emily Groll
2nd – Amy Morton
3rd – Nicole Pittman
4th – Shelly Vest
5th – Heather Wilson
6th – Cory Luzardo

Fit Mom
1st – Myra Caffarey
2nd – Melissa Cunningham
3rd – Tina Peratino
4th – Tracy Seefried
5th – Gretchen Eisenberg
6th – Jennette Jackson
7th – Katy Smallwood
8th – Cori Cheeks
9th – Heather Dotson
10th – Nicole Boettcher
11th – Cory Luzardo

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WOMEN'S EXERCISE

The Exercise For Women Only Magazine™

NOVEMBER 2011

GET BACK IN THE FITNESS GROOVE!

THE BEST BOOTS EVER!

FAST FITNESS
THE RIGHT WAY TO BUILD YOUR CHEST

FOODS TO GIVE YOU A YOUTHFUL GLOW

FOOD STORAGE TURNS GREEN

WANT TO BOOST YOUR METABOLISM? TRY GRAPE SEED EXTRACT

8 TIPS TO BE BETTER IN BED
P. 110

FIT FINDS FOR FALL

WHY GO VEGAN? TURN TO P. 132

PLUS!
- OLYMPIC SPRINTER NATASHA HASTINGS
- JARI LOVE IS REVVED TO THE MAX!

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HEALTH NOTES

By Pete Dombrosky

SEX FOR WELLNESS

As we get older, our health tends to deteriorate. That is just a fact of life. But there are plenty of ways to sustain our wellness in all areas and that includes sex. If your sex life just isn't as good as it used to be, there are plenty of things you can do to get back on the right track. According to Harvard Medical School, the following eight suggestions can keep you sexually healthy and happy.

1. Educate yourself. Plenty of good self-help materials are available for every type of sexual issue. Browse the Internet or your local bookstore, pick out a few resources that apply to you and use them to help you and your partner become better informed about the problem;

2. Give yourself time. As you age, your sexual responses slow down. You and your partner can improve your chances of success by finding a quiet, comfortable, interruption-free setting for sex. Spending more time having sex isn't a bad thing; working these physical necessities into your lovemaking routine can open up doors to a new kind of sexual experience;

3. Maintain physical affection. Even if you're tired, tense or upset about the problem, engaging in kissing and cuddling is essential for maintaining an emotional and physical bond;

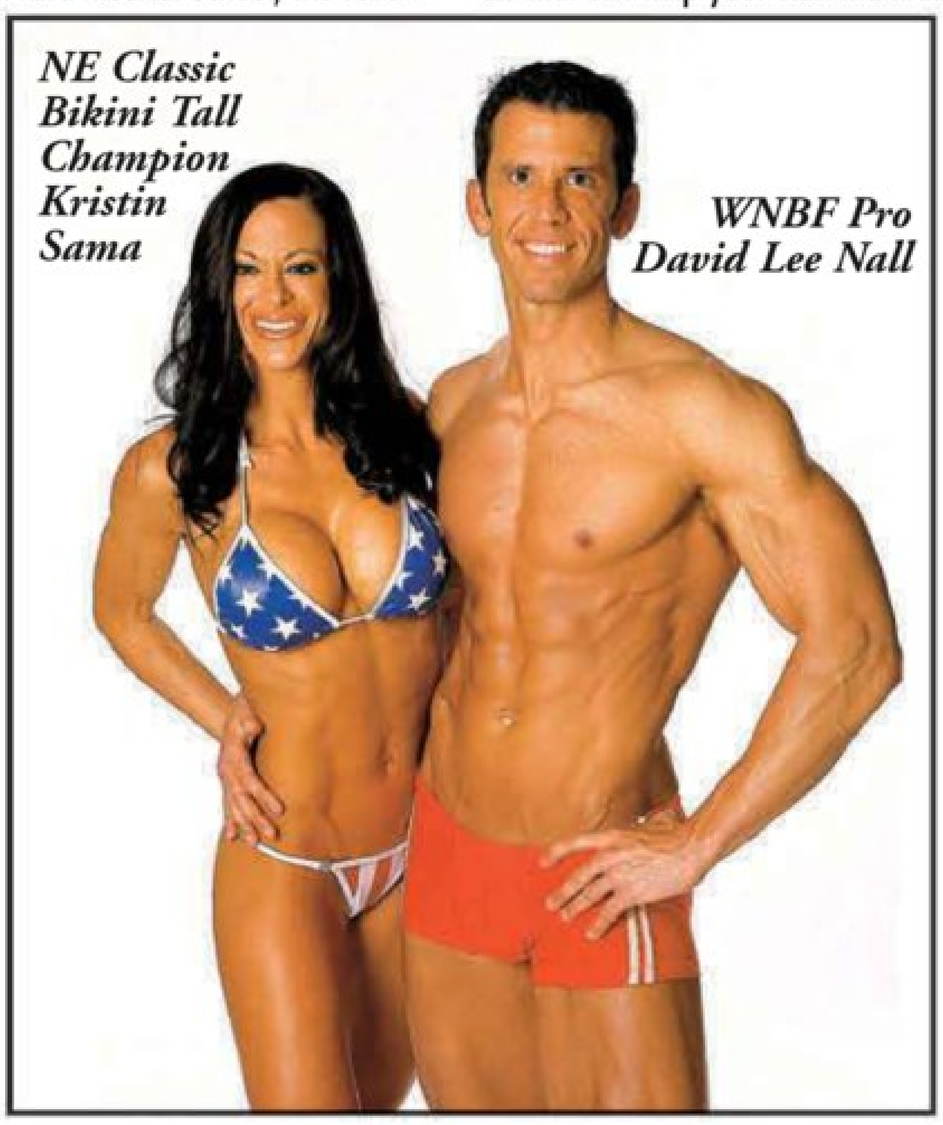
4. Practice touching. The sensate focus techniques that sex therapists use can help you re-establish physical intimacy without feeling pressured. Many self-help books and educational videos offer variations on these exercises. You may also want to ask your partner to touch you in a manner that he would like to be touched. This will give you a better sense of how much pressure, from gentle to firm, you should use;

5. Try different positions. Developing a repertoire of different sexual positions not only adds interest to lovemaking, but can also help overcome problems. For example, the increased stimulation to the G-spot that occurs when a man enters his partner from behind can help the woman reach orgasm;

6. Write down your fantasies. This exercise can help you explore possible activities you think might be a turn-on for you or your partner. Try thinking of an experience or a movie that aroused you and then share your memory with your partner. This is especially helpful for people with low desire;

7. Do Kegel exercises. You can improve your sexual fitness by exercising your pelvic floor muscles. To do these exercises, tighten the muscle you would use if you were trying to stop urine in midstream. Hold the contraction for two or three seconds, then release. Repeat 10 times. Try to do five sets a day. These exercises can be done pretty much anywhere – while driving, sitting at your desk or standing in a checkout line;

8. Try to relax. Do something soothing together before having sex, such as playing a game or going out for a nice dinner. Or try relaxation techniques such as deep breathing exercises or yoga.



SKIN FOOD

The market is overrun by skin health products for women. I'm sure you've seen advertisements for a myriad of products every day that promise to give you younger, healthier looking skin. I won't knock on these creams or lotions, because there are many that really do make a positive difference in your skin. But to have truly healthy skin void of blemishes and dryness, you have to get nutrients to it from the inside out. Your diet effects every single area of your body and your skin is no exception. So, if you don't want to spend a fortune on miracle creams or costly lotions, incorporate some of the following foods into your diet to get the most naturally healthy skin you've ever had:

•**Brazil nuts.** These nuts are high in selenium, which slows down the aging process, reduces the chance of sunburn and can even aid in the treatment of skin cancer;

•**Bananas.** Bananas contain biotin, a B vitamin that helps to build healthy nails, hair and skin. This tasty fruit also helps prevent various skin irritations such as dermatitis;

•**Cantaloupe.** This sweet and nutritious fruit has vitamins A and C. These are two vitamins your skin needs to stay healthy and looking youthful;

•**Spinach.** This powerhouse vegetable is loaded with vitamins and minerals that can help your skin maintain a healthy glow. It has very high concentrations of vitamins K, A, manganese and folate. In addition, it also helps prevent osteoporosis, heart disease and ovarian cancer;

•**Avocados**. Avocados have lots of B-complex vitamins and are an anti-inflammatory, which is very beneficial for the skin. These delicious green fruits (yes, technically avocados are fruits) can be added to sandwiches, mixed into guacamole or even eaten raw to ingest all of their benefits.

BETTER LATE THAN NEVER

If you engage in physical activity or exercise on a regular basis, let me congratulate you on your terrific life decision. If you have never exercised in your life, let me also congratulate you on reading this. By opening up this magazine, you will find information on just how valuable physical fitness is. Taking an interest is the first step to exercise. Whether you want to get healthier, look better or just need a way to burn up some of your daily stress, getting active is a perfect solution.

That brings you to the second step, a commitment to exercise. This can be hard to do, considering how busy many of us are. And if you haven't worked out before, you may be hesitant to start something unfamiliar. But just like eating foods you've never had before, you will never know what physical fitness "tastes like" until you try it.

Before you begin, check with your doctor if you have questions about starting a program. Once your queries are answered and you are approved to start a regimen, set some goals for yourself. Make sure they are realistic, measurable and specific. "Losing weight" is not specific enough. Try something more along the lines of "I want to lose five lbs. before my high school reunion in two months." Your plan should start with a warm-up and end with a cool-down and stretching. Include activity to increase your heart and lung fitness (aerobic exercise), endurance, flexibility and muscle strength.

Aim to exercise at least three times a week. Once you know you can handle this much activity, try hitting the gym 4-5 times a week. Write down the number of sets, reps, weight and length of time you exercise every day. Once you see improvement on paper, you'll know you're getting healthier. ★

PHOTO BY REG BRADFORD

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Classic Images





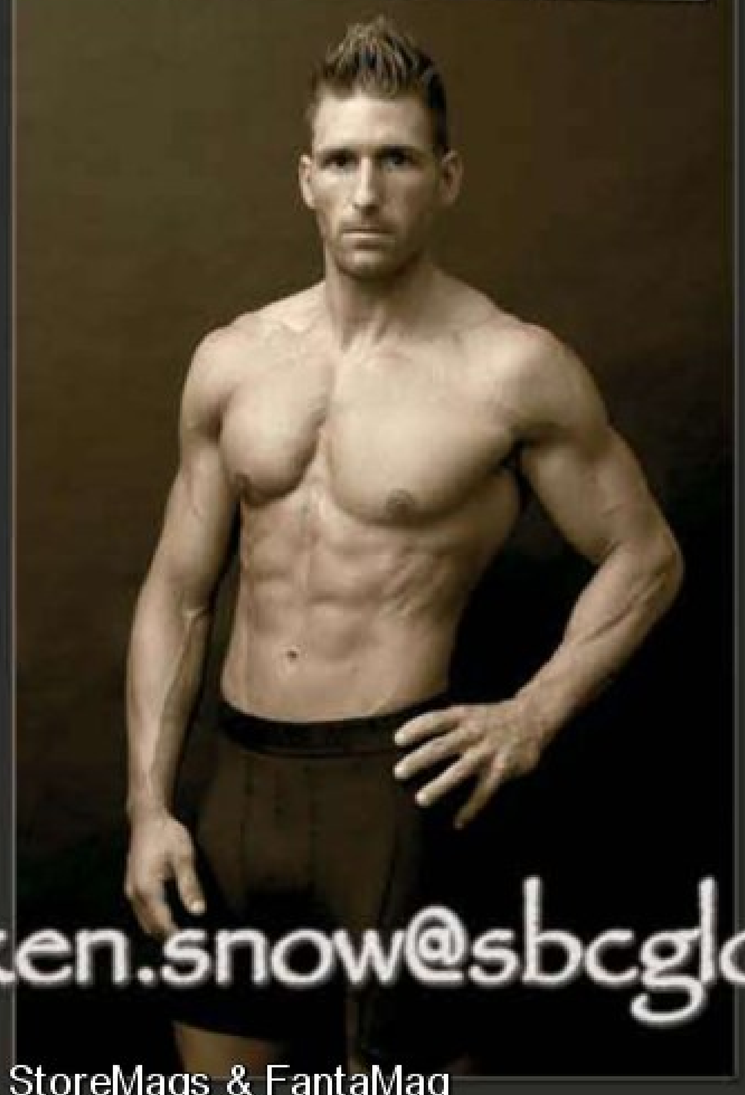














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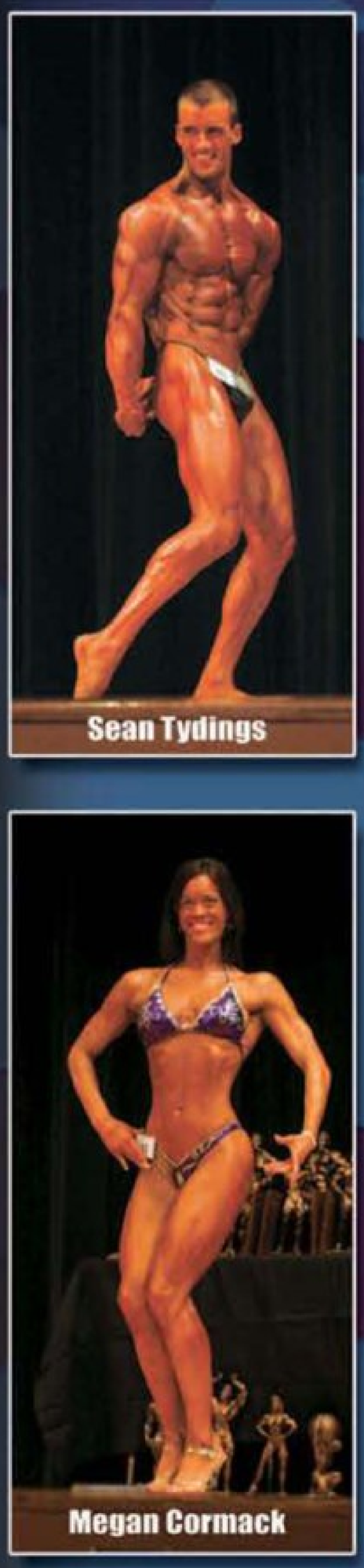
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- Teen

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- Novice
- Master (40+)

FIGURE
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WESTERN TRADITION MEETS MODERN STYLE

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By Rich Fitter





I've been married long enough to understand the importance of the role of shoes and boots in my wife's wardrobe. Footwear has specific applications for specific events and while the latest fashion trends may change annually, there are some things that never go out of style.

As summer ends and we head into autumn, boots are becoming more noticeable as the popular choice of footwear.

Among the leading brands of boots, Justin Boots (**1.** Cafe Desperado, **2.** Glazed Red Puma), Nocona Boots (**3.** Legacy, **7.** Safari) and Tony Lama Boots (**4.** Black Signature Calf, **5.** Beige Aspen, **6.** Cognac Vail) stand out among their peers. For more information, visit http://www.justinboots.com, http://www.tonycama.com and http://www.nocona.com ★

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FIGURE FIRST



Janet Marsico

So the day finally came and went and you woke up the next morning feeling either the glory of the win or the agony of the defeat. However, even if you didn't place, you should always wake up feeling like a winner because hey, you got up there and gave it your all, didn't you? Unfortunately, this is not always how most people feel, no matter how much coaching they get. So let me try to help you learn exactly what to do during your offseason.

Recovering from the "Aftermath." Staying in the game after a competition.

By Janet Marsico,
WNBF World Figure Champion
& WNBF/INBF Official Stage Coach

PHOTO COURTESY OF JANET MARSICO

First of all, this is not the time to binge eat. For example, after my very first competition, I thought, "Hey, look at me, I lost all this weight, what is one week of binging? I won't gain anything back." Wrong! You certainly will! After my first show, I went so far off the deep end that I shot up from 118 to 130 lbs. so quickly I couldn't believe my eyes! And what hurts the most is when people see you and don't think you're the same person they saw three weeks ago on the stage. Yes, it does happen that fast. Plus, remember this: You have opportunities to go on modeling shoots or even a television appearance. If you are not in at least 5-7 lbs. of your contest weight and you receive a call from one of the people from the INBF or WNBF affiliates who have referred you for an opportunity, you will not have ample time to get in shape for this. Most of the time, you will have some notice, however there can be times when you will only receive a few days' notice for an event and if you are not ready, they will simply have no choice but to move on to the next person in line.

A great example of this is happened last year. WNBF Chairman Rich Fitter contacted myself and fellow WNBF Figure Pro Allison Vernon to appear on the "Early Show" to be fitness models for a live demonstration for a product called the "Power Push Up." This was an amazing opportunity for both of us, but we had only three days' notice. Thankfully, I was well within a safe offseason range that the added 10 lbs. from the camera was not going to be an issue. I weighed only 122 lbs., which was a perfect offseason weight for me, because in my offseason, my goal was and is always to be able to do modeling and be prepared for any live events that may come up. Allison and I were both there and able and the producers and owners of the Power Push Up were more than pleased with our conditioning that day.

This also goes for the men, too. There was a male competitor with us that day and he was also in a great offseason shape for live filming. All three of us were on live television, plus we received a lot of recognition and magazine coverage in ***Natural Bodybuilding and Fitness.***

Remember, getting ready for a competition and dieting for 12-16 weeks, then stepping on stage and waking up the next day should not mean that you call it quits after that. Take advantage of your offseason. Stay within range and continue a healthy life style and maintain a conditioned physique to ensure modeling and appearances are available to you year round. Don't fall by the wayside after your competition.

Here are some tips to help you keep in the game year round:

1. Try to maintain a diet or healthy life style in your offseason and stay within 5-7 lbs. of your contest weight at all times;

2. Make sure to get the names of all photographers who have appeared at INBF/WNBF competitions and e-mail them not only your contact information, but some modeling shots of yourself in your offseason in workout and regular clothes – not just competition shots;

3. Contact the head judge the Monday after your competition to find out any and all suggestions made regarding your physique. Find out any changes that the judges thought you need to make to improve your placement, even if you won your competition;

4. Continue to go to as many local INBF/WNBF competitions that you can, and if there are vendor tables set up (especially the clothing lines and/or supplement companies) make sure to go to them, introduce yourself and pass out business cards. Let the vendors know that you are always available for modeling, trade shows, etc.

Maintain a healthy lifestyle in your offseason and try to stay within 5-7 lbs. of your contest weight at all times. You never know when a modeling or sponsorship opportunity might arise.

These are only a sample of how to keep yourself in the game in the offseason, but basic marketing skills and getting yourself very involved with the industry in the offseason really does help you with modeling and even possibly picking up a sponsor or two, which you should absolutely be trying to find if you do plan on competing for a long time. The cost of competing alone can be extremely expensive, plus this is another way to get more modeling jobs and magazine and modeling exposure.

The key factor is to stay in shape during the offseason. I cannot reiterate this enough. If you need to, contact a good nutritionist to help you with this. You do not need to suffer, either. Cheat days are my favorite. Watching your diet all week long is a lot of fun when you know you have something at the end of the week to look forward to, but don't deprive yourself. If you want to pick up that piece of chocolate, by all means do so within moderation. Remember, we want to stay within a good healthy range year-round so we can get those calls! ★

Editor's Note: Janet Marsico is a WNBF World Figure Champion and Official Stage Coach for the INBF and WNBF. Send Figure First topic suggestions to marsico711@aol.com.

FitnessRepublic.com

FAST FITNESS

By Rich Fitter

CABLE CROSSOVERS

Almost every exercise has a place in a bodybuilder or Figure athlete's repertoire. Choosing the right exercise to help achieve a desired result requires careful selection. Chest training is no different and there are many exercise choices available to help you sculpt perfect pecs. The more you understand how this muscle group works, the better your movement selection will be.

The *pectoralis major* is a large fan-shaped muscle that has two heads. The two heads cover the front torso, spanning from the collarbone to the sternum. Each head attaches to the upper arm bone (humerus) so it can internally rotate the shoulder and pull the upper arm across the chest (horizontal adduction).

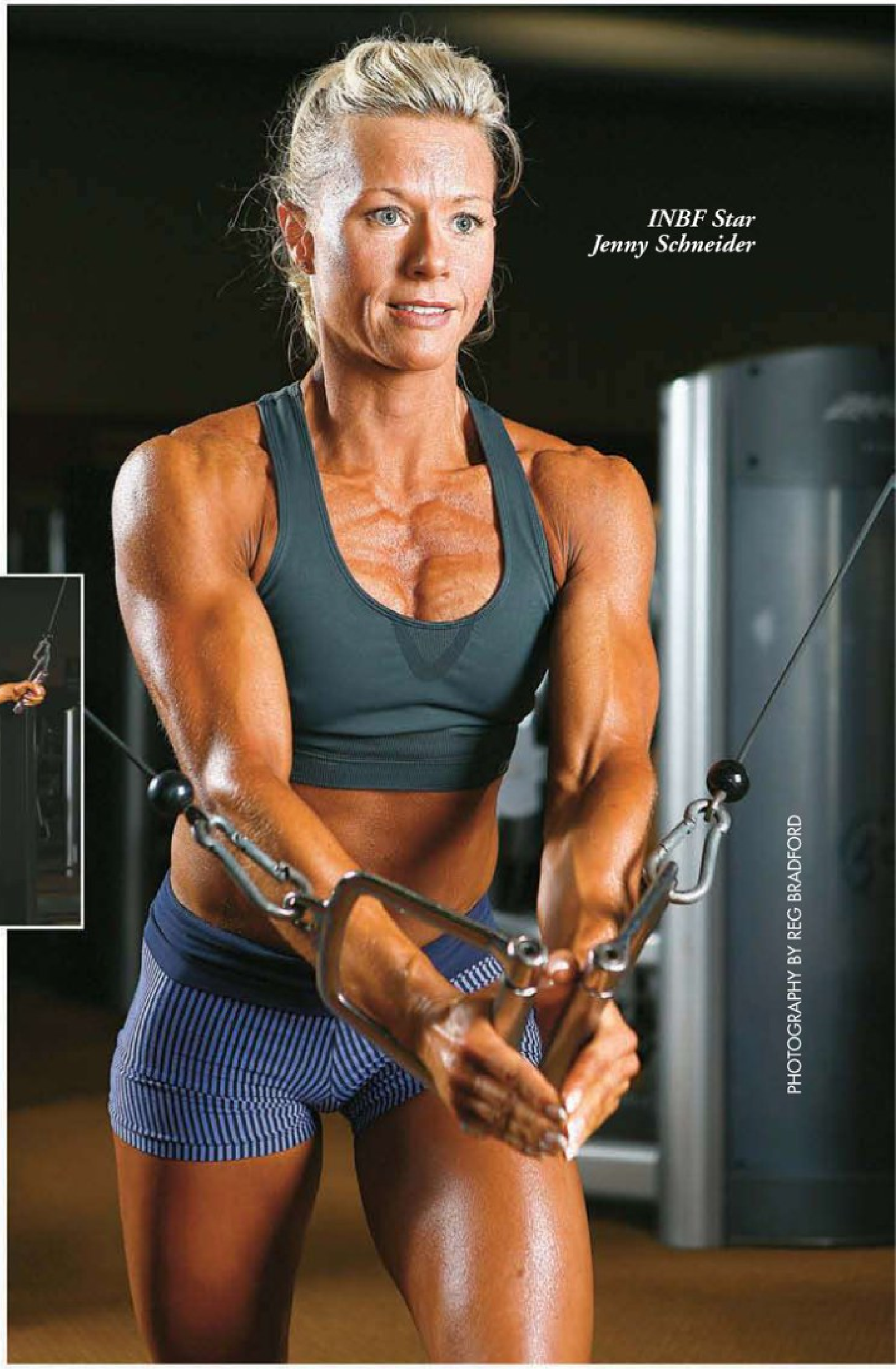
Exercises for your chest can be divided into two types – multi-joint and isolation. A multi-joint movement requires action at more than one set of joints. Bench-pressing movements require your shoulders to internally rotate (activating your chest muscles) and also extension at the elbows (activating your triceps). Because more weight can be used on these types of exercises, they should definitely make up the majority of your routine, if you are trying to overload the target muscle.



Isolation movements involve movement at only one set of joints. Working your pecs by only moving at your shoulders limits the involvement to primarily one muscle group. If you are attempting to involve only a specific target muscle, isolation movements are invaluable.

One of the best isolation movements for your chest is the cable crossover exercise. Unfortunately, this exercise is not performed properly in many gyms, as it resembles more of a cable press by those using too much weight.

Read on, for the proper performance of this popular exercise. ★



INBF Star Jenny Schneider

PHOTOGRAPHY BY REG BRADFORD

CABLE CROSSOVERS

Stand in the center of a cable crossover machine. Grasp the D-handles attached to the cables coming from the high pulleys with your palms facing down. Squeeze the handles together in front of your lower abdomen. Avoid leaning forward excessively; your arms should travel at a 30-degree angle in relation to your torso. Keep your elbows bent slightly throughout; the handles should remain parallel. When the handles touch in front of you, squeeze them together to contract your pecs forcibly before raising them back up; repeat. Perform three sets of 12-15 repetitions.

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CONTAIN YOURSELF!

FOOD STORAGE TURNS GREEN

By Laura Anne Rega-Crossan



Season-Serve Container ($20)

Planning your next dinner party? It is easy to be creative in the kitchen with the help of Tupperware.

Start with the **Season-Serve Container ($20)**, whose built-in grids on its base and seal allow marinades to flow freely around food for ultimate coverage and flavor. Use this to season the perfect teriyaki steak.

When it comes to side dishes, one tool that no gal should be without is the new **Quick Chef Pro System ($64.50)**, a versatile, quick and easy-to-use food processing system that requires no electricity. It features three sharp blades for chopping vegetables, herbs and fruits, a paddle whisk for whisking and mixing, a funnel with measurements for making dressings, a small basket to dry fresh herbs and small salads, an ergonomic cover with an easy-turning handle and an airtight seal for storing. Try making Butternut Squash Puree (see recipe in the sidebar!) to accompany your steak. The Quick Chef Pro System will also be of aid when it comes time to whip up the perfect salad.



Eco Fashion Bags ($16)



The five-inch **Santoku Knife ($49.50)** is best known for its sharp edges and well balanced grip – making it ideal for chopping, dicing and mincing cheese and veggies. To add a Tex-Mex appeal to salsas, salad dressings, spreads, soups and sauces, the **Simple Indulgence Southwest Chipotle Seasoning Blend ($8)** features the flavors of smoked jalapeno, cilantro, garlic, onion, salt and tomatoes. Entice your guests with Chips and Southwest Chipotle Salsa until the steak is sliced.



Tumbler & Seal Brush Set ($16)

The salsa is sure to leave you thirsty. Add the right

UNIQUE RECIPES

COURTESY OF TUPPERWARE

BUTTERNUT SQUASH PUREE

1 (3 lbs.) butternut squash, peeled and cut into 1-inch cubes (about 5-6 cups)
1 teaspoon Simple Indulgence Cinnamon-Vanilla Seasoning Blend
1/4 cup maple syrup
3 tablespoons butter
Salt and pepper, to taste

Fill Smart Steamer water tray with 1 3/4 cups/400 ml. of water. Place the squash cubes in the base container of the steamer. Sprinkle with Cinnamon-Vanilla Seasoning Blend, a salt and pepper. Cook the squash for 15-20 minutes on high power, or until the squash is fork tender.



Measure maple syrup in a 2-cup Micro Pitcher and add butter. Heat in microwave 1 minute; stir to melt butter completely and combine. Place half of the squash in a Quick Chef fitted with the blade attachment. Add half of the maple syrup and butter mixture to squash and mix until a puree is formed. Place in a serving container and repeat with remaining squash and butter mixture. Stir to combine; add additional seasonings to taste. Makes 4 cups of puree. Serve warm.

ORANGE CRANBERRY SAUCE WITH APRICOTS

1/2 cup dried apricots
1 (16 oz. bag) fresh or frozen cranberries
1 orange, zested and juiced or (1 tbsp. orange zest and 1/2 cup orange juice)
2/3 cups sugar



Place the apricots in the Chop N Prep Chef. Replace cover and pull the cord several times until the apricots are chopped in coarse pieces. Place the apricots and cranberries in the 3 quart base container of the Stack Cooker, stir in orange zest, juice and sugar. Cover and microwave on high power for 15-20 minutes. Stir and place in a serving container; may be served warm or cold. Makes 2 cups.

PHOTOGRAPHY COURTESY OF TUPPERWARE

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amount of lime to your beverages with **Tupperware's Lemon Lime Press ($24.50)**, ideal for juicing lemons, limes and small oranges. Store leftovers in the new **Lime Keeper ($9.50)**, whose air- and liquid-tight seal allows lime wedges to stay fresh and juicy.

When your dinner party is done, be sure to take a reusable bottle of water and your leftovers with you the next day in Tupperware's new **Eco Fashion Bags (set of two for $16)**. These durable, reusable, fashionable bags are an eco-friendly solution to disposable bags. They boast a roomy interior that is super easy to wipe clean. When you return back home, be sure to wipe your water bottles until they shine with **Tumbler and Seal Brushes (set of four for $16)** – perfect for hard-to-reach spaces.



Speaking of cleaning, the **Microfiber Sponge Set (set of four for $16.50)** are unique sponges that offer two cleaning options. The first option is a waffle weave fabric that is durable enough for scrubbing pots and pans. The other option is a bristle weave fabric that is soft enough for washing a car or cleaning countertops. **The Microfiber Dishcloth Set (set of two for $10)** and **Microfiber Kitchen Towel Set ($18.50)** are kitchen must-haves. These cloths reduce the opportunity for bacteria growth. The sponges and cloths are dishwasher and washing machine safe.







Tupperware products support three tenants of smart living: They are good for your health, good for your wallet and good for the environment. Tupperware allows consumers to live healthier lives by cutting waste and living green. Learn more at http://www.tupperwarebrands.com. ★



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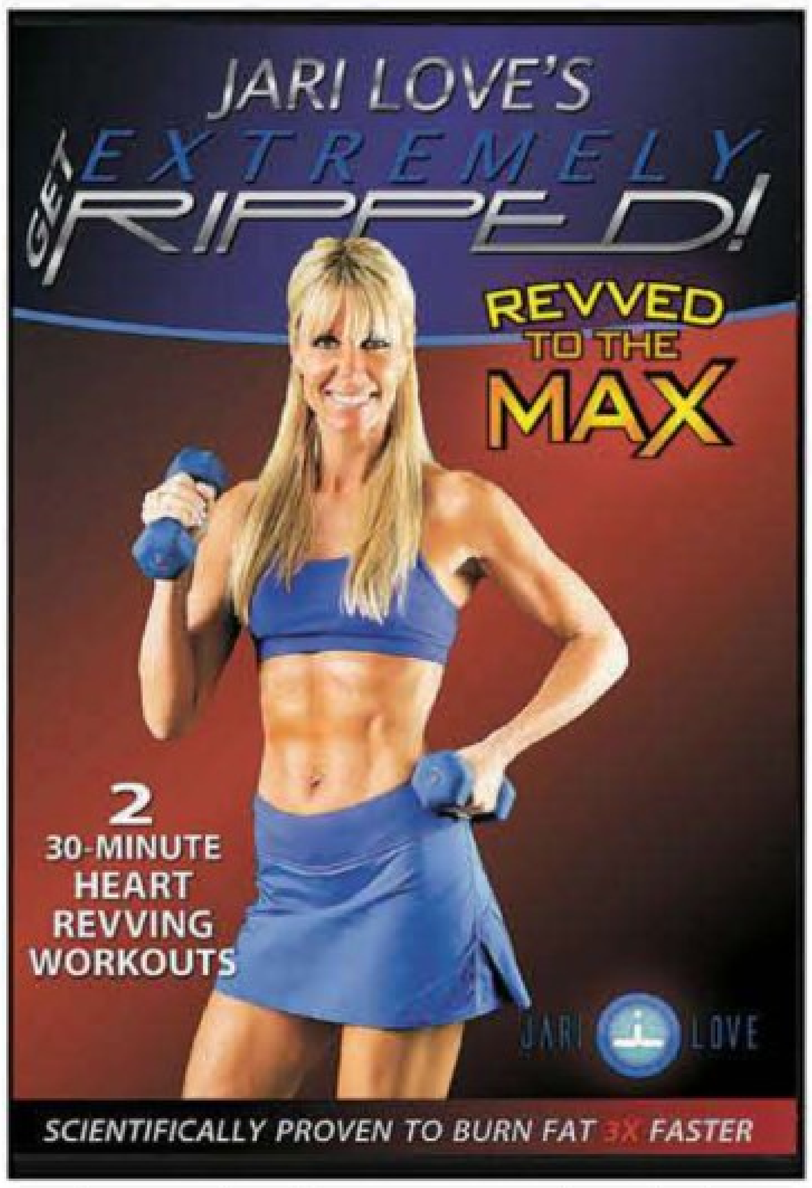
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By Laura Anne Rega-Crossan

Get RIPPED! Revved to the Max

2011, Get Ripped, Inc., 80 mins.



Looking for an intense workout DVD that will help you break a sweat in a limited amount of time? Look no further than "Get RIPPED! Revved to the Max" ($14.99 at http://www.jarilove.com)!

When an injury sidelined fitness expert and self-proclaimed "cardio junkie" Jari Love from running, she went into research mode. She wanted to find a way to lose weight and boost her metabolism without the skeletal stress and boredom of running. Metabolic cart testing led Love to create the workouts in "Get RIPPED! Revved to the Max."

Jari proves you can use weight to lose weight. She and her team lead viewers through linked fast-paced, mini-sets of compound exercises that burn three times more fat than traditional isolation or single joint exercises. The resulting program looks like strength moves, but works like cardio. An average person may burn 500 calories on the treadmill in one hour. Jari's testers burned 550-750 calories doing "Revved to the Max. "Viewers will need dumbbells (3-10 lbs.) and a step (optional) for this workout that firms the entire body and revs the heart to the max! The DVD includes two 30-minute workouts and an option to play the complete 60-minute workout.

The high-energy background music will motivate you to follow Jari and her team to get your heart rate elevated and engage your metabolism to achieve that maximum calorie burn that keeps working all day. Modifications are demonstrated to make this program perfect for both beginners and advanced participants. The step is used for strength moves. There's no fancy footwork or absurd dancing involved. You will feel great as you burn the maximum number of calories and build lean muscle tissue – both of which are essential to losing weight and keeping it off.

This heart-pumping DVD contains the following bonus features:

- A unique on-screen time clock;
- An option for doing two 30-minute segments;
- A menu option to combine both segments for a full 60-minute workout.

Jari Love is the creator of the "Get RIPPED!" fitness workout series and the Hypnotherapy weight loss CD. A graduate of Mt. Royal College in Calgary, Alberta, Jari is a certified personal fitness trainer with more than 20 years of physical fitness teaching experience. She is an author and has contributed to fitness articles in major newspapers and magazines throughout North America. She is a member of the advisory board for *Fitness* magazine and has regularly appeared on numerous television and radio shows across the United States and Canada sharing her fitness and weight-loss secrets. Maintaining her health has allowed Jari to play an active role in her community. A wife and mother of two, Jari continues to give the gift of her time to local charities and people in need.

For more information and a list of Jari's "Get RIPPED!" DVDs, visit http://www.jarilove.com. ★

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NATASHA HASTINGS

By Pete Dombrosky

It was her dream since she was 10 years old. Natasha Hastings would picture it in her head. She would be standing there in front of a cheering crowd with a gold medal hanging around her neck. It wasn't just any gold medal, it was Olympic gold.



PHOTO BY ERROL ANDERSON

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THE 400 METER DIVA

And then only 12 years later, it wasn't a dream any longer. It was reality. Natasha finished the third leg of the 4x400 meter relay by running a 49.87 split for the United States in the 2008 summer Olympic games. It was only the first round, but that didn't matter to her. She just wanted to compete and represent her country. Her effort helped spur an Olympic victory and she couldn't have been more proud.

But Natasha's medal ceremony didn't quite happen the way a dream of this nature usually does. "My story is a little unique," Natasha admits. Because she only ran in the preliminaries, she didn't get to stand on the podium and hear the "Star Spangled Banner" play in front of the Beijing crowd while receiving her medal. Her medal ceremony was held back in her native New York. She was visiting a middle school in Queens and the entire school was present at her assembly. There, they sang the national anthem for her and officially congratulated the Brooklyn-raised runner. It didn't matter to Natasha that her medal ceremony was more low-key. "Any time you put on the United States uniform, it gives you a sense of pride and enjoyment, it's an enjoyment in itself," Natasha says. "To hear the national anthem played in your honor, it's another moment of pride and you're just thankful you can represent your country in such a way."

Although Natasha says that her Olympic gold was the most meaningful win she's ever captured, it certainly hasn't been the only one. Before she even got to college, Natasha was winning races. She started competing seriously when she was only nine years old, after her mother brought her to watch the Colgate Games in Brooklyn, which is one of the nation's largest women's track and field series. After witnessing the excitement of the track events, Natasha was hooked. And it didn't hurt that both of her parents were former track runners, as well.



As a 10-year-old, she began running the 100 and 200, but her coaches told her that her body type was best for the 400. So she started running the longer distance and started winning. As she got older, Tasha (as she is affectionately referred to) got faster. As an eighth grader, she took first place at the USATF Junior Olympics in the 400m youth girls division. After the win, she was invited to compete at the High School Indoor National Scholastics, where she placed fifth in the 200m.

Tasha hit the ground running when she entered A. Phillip Randolph Campus high school, which had one of the top-ranked girl's track teams in the country. That is when she set the freshman national record in the 200m (a record previously held by U.S. track star Marion Jones). Then Tasha broke the school record for the 300. Shortly after, she set the national record for the 300m with a time of 37.77. In 2003, she was the world youth champion. In 2004, she became a world junior champion.

With such success, she garnered the attention of universities and colleges around the nation. She was recruited by Stanford, the University of Texas, UCLA and USC, just to name a few. But she ultimately chose to compete at the University of South Carolina under a full scholarship. She really liked the coaching staff and team at South Carolina, but she says that she knew since the ninth grade that she would become a Gamecock. Tasha's first visit to the campus simply confirmed the decision she had made years earlier.

It was during her college years that she earned the nickname "the 400 meter diva." She laughs when she thinks back to how it happened. It was her freshman year and the team was preparing for the Penn Relays, one of the biggest track events in the country, held in Philadelphia, Pa. A reporter asked her why she chose to go to school at South Carolina. In the course of her answer, she mentioned that the rest of the team were, for lack of a better word, "divas." The reporter ran with it and the headline the following day read "Gamecock Divas Come to Philly." Tasha's teammates and coaching staff took an immediate liking to the term and even had shirts printed up with "Gamecock Divas" on them. To this very day, the team still refers to itself as the Gamecock Divas.



While attending South Carolina, Tasha honed her skills even more. Although her 2006 season was plagued by injury, she rebounded in 2007 to become the NCAA indoor and outdoor champion, SEC champion and was ranked ninth in the world by Track and Field News. And until 2010, she had set the indoor 400m collegiate record with a time of 50.80 (the current record is now 50.54).

Tasha is now only 25, but she has racked up more achievements that most athletes can achieve in a lifetime. And she isn't done. She is currently training for the 2011 Outdoor Championships this August and has also set her sights on the summer Olympics in 2012. When asked what her training is like on a weekly basis, she asked back "Are you sure you have enough pen and paper for that?" She wasn't kidding. Tasha trains twice a day, usually three days a week. She hits the weight room and track Monday-Wednesday, travels to different competitions on Thursdays and does some light workouts on Fridays. Saturdays are reserved for competitions and Sunday she travels back home to recover. On her workout days, she is in the weight room for an 90 minutes and on the track for well over three hours. "It's pretty strenuous, I like to refer to my career as a lifestyle," Tasha says. "Everything I do is in account of what I do on the track, like what I'm eating, how much rest I get and everything in-between."

Like she says, her diet is an important aspect of her life. Although she says it isn't too strict, she tries to cook for herself as much as possible (her favorite meal is salmon and asparagus) and is sure to get plenty of protein, fruits and vegetables. She drinks water almost constantly to stay hydrated and avoids sugary foods – although she allows herself to cheat every once in awhile with a cookie or scoop of ice cream.

During her down time (which is rare) Tasha loves to shop and listen to music. She has also started Pilates because it is a more tame and relaxing way to train, compared to her normal grueling regimen in the gym and on the track. Some day, she says she would love to travel more out of leisure (all of her travel now is for different track meets). "I love visiting other cities and experiencing new cultures," Tasha says. "I love seeing how people around the world live, because I know there are more people on the planet besides myself."

She's certainly correct that there are others on this planet, but when it comes to pure speed, Natasha Hastings leaves most of them in the dust, and she has the hardware to prove it. ★

Editor's Note: To learn more about Natasha Hastings and see how she fares in upcoming events, visit her website online at http://www.natashahastings.net or follow her on Twitter @natashahastings.

PHOTOGRAPHY BY TYRENN REDD

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FIT FINDS

Compiled by Laura Anne Rega-Crossan

1. JASON NATURAL DEODERANT

As summer winds down to a close and fall sports begin, tackle your sweat glands while avoiding unnecessary chemicals. JASON paraben-free natural deodorants in roll-on and stick form are available in five pleasing botanical scents, as well as two unscented formulas. Whether you're trying to tackle seasonal sweat or just looking for a natural alternative to your drugstore deodorant, JASON offers an exceptional collection of natural products to suit your health and personal care needs.





The Natural deodorant stick ($6.95) is a paraben-free stick that offers safe, soothing, maximum odor and wetness protection that goes on smooth and silky. Formulated with certified organic corn starch and baking soda to effectively absorb moisture, this natural deodorant combines age-old botanical secrets from flowers, plants and herbs and contains no alcohol, aluminum chlorohydrate or animal by-products. Choose from an array of different formulas and scents. Our favorite is Naturally Fresh, made with an exclusive combination of green tea extract and vitamin E for long lasting freshness.

JASON products are available at health and natural food stores in the United States and Canada, and online at http://www.jason-natural.com. Call toll-free 1-877-JASON-01 for a location near you.

2. LARENIM MINERAL BAMBOO SKIN POLISH

Larenim Mineral Make Up recently introduced their full skin care line that is now available at beauty stores around the country and online. The skin care line houses everything you need to achieve beautiful, healthy skin. You must try their new Bamboo Skin Polish, made from bamboo stem extract and cocao shells to help exfoliate without using harsh and damaging chemicals. Larenim also developed a unique alpha-hydroxy-acid blend from sugar cane and sugar maple – perfect for everyday exfoliation. Learn more online at http://www.larenim.com.



3. MICROPLANE ARTISAN SERIES HAND-HELD GRATERS

Microplane recently announced the launch of Artisan Series Graters, a new collection of paddle-shaped graters featuring an enhanced contemporary design at an attractive price point. The graters were crafted in six kitchen colors – white, grey, blue, yellow, green and red, as well as four different grater styles – fine, medium ribbon, coarse and extra coarse. The comprehensive Artisan Series Graters are priced at $9.95 each, and are available now at retail outlets nationwide.



Created for both the professional chef and home cook, the new Artisan Series features a wide blade design that is sturdily framed on all sides in a highly durable, soft-touch rubber material, which won't crack after extensive use. The dishwasher-safe graters feature the company's patented, made in the U.S.A. stainless steel blades with extremely sharp edges that quickly and effortlessly cut through hard and soft foods without tearing. The expansive, paddle-shaped Artisan Series Graters offer ample surface to make fast work out of zesting citrus, grating potatoes, carrots, onions and cheese, coconut, chocolate and other foods. The Artisan Series Fine Grater is ideal for grating all types of citrus peel without lifting off the fruit's bitter-tasting pith. It is also the perfect kitchen tool for grating a variety of hard spices – such as nutmeg, cinnamon and cloves – that can add subtle or robust flavors to many of your recipes.

Designed to grate in both directions to save valuable time in the kitchen, the Artisan Series Medium Ribbon Grater excels at grating hard and soft cheeses for omelets, gratins and other savory delights, as well as onions and potatoes for hash browns. The versatile grater can also tackle hard foods, such as chocolate and parmesan cheese for baking or garnishes, as well as root vegetables like carrots and radishes for vitamin-packed salads and slaws.

The Artisan Series Coarse Grater easily grates hard cheeses such as parmesan and romano, as well as wide range of fruits and vegetables, from pears, apples and coconut to fresh carrots, peppers and ginger. The Artisan Series Extra Coarse Grater excels in grating cheddar and other cheeses, as well as wide range of fruits and vegetables, such as apples, onions, cabbage and potatoes.

For information on the new Microplane Artisan Series Graters and other kitchen tools, visit http://www.microplane.com.

4. DICHROIC GLASS LINKED BRACELET

The art of dichroic glass work has finally evolved into a contemporary mainstay with NGlassworks' stunning pieces of jewelry. Whether you're looking for a beautiful piece of everyday jewelry or a focal piece to be oohed and aahed over, each is a miniature work of art to be worn and enjoyed. This linked bracelet is a wonderful new addition to the NGlassworks line. Its bright bold and makes a statement. NGlassworks is available in galleries across the nation. Nancy's works of art will be featured in the 2010 Best of American Glass Artists Book and have won awards at art shows in Virginia and North Carolina. Learn more at http://www.nglassworks.com.



5. NUMI ORGANIC TEA

Pu-erh (pū-ĕr) is a variety of post-fermented tea produced in China. Its health benefits are legendary in Asia and, in fact, it's called "skinny tea" in Taiwan. Numi Organic Tea, the first company to market a full line of organic Pu-erh blends here in the United States, now offers delicious Pu-erh boxed teas and ready-to-drink iced teas.



Different types of tea have a wide spectrum of health benefits but Pu-erh is thought to offer even more: Increased antioxidants, reducing cholesterol, supporting healthy weight loss, naturally boosting energy as well as improving digestion and metabolism. Often called "dark tea," Pu-erh is highly prized in Asia. Unlike traditional teas that are oxidized over an eight-hour period, Pu-erh undergoes a unique 60-day fermentation process resulting in a bold, earthy flavor with hints of malt and more antioxidants than green tea. Pu-erh can be compressed into bricks and aged, like fine wine, for months, years or even decades. This increases its value, health benefits and premium taste. Numi's Organic Pu-erh comes from 500-year-old, wild, organic tea trees grown in China's pristine Yunnan mountains. The maturity of these trees yields a superior tasting tea compared to younger pruned bushes.



Numi currently offers four delicious Organic Pu-erh Tea box flavors, as well as six refreshing Organic Pu-erh bottled iced teas. The tea boxes are available

in: Chocolate Pu-erh, Emperor's Pu-erh, Magnolia Pu-erh and Mint Pu-erh. Numi also offers an Aged Pu-erh Brick of compressed loose tea.

Numi's Pu-erh iced teas come in: Earl Grey, Jasmine, Mango, Mint, Peach & Classic Pu-erh. Each flavor is low in sugar (10 grams or less per bottle). All are made with 100-percent real ingredients, freshly brewed, full leaf tea, and have three times the antioxidants as leading green and black iced teas. Learn more at http://www.numitea.com.



6. AMELIA TOTE PACK

Fun, fabulous and functional, the Amelia Tote Pack by Ellington is a musthave this season. With nylon web grab handles and a detachable nylon web shoulder/crossbody strap, this bag is truly multi-functional. It easily converts from a crossbody bag, to a shoulder bag or a backpack complete with stowable straps. It also boasts a large exterior zip pocket and a main compartment that has a secure zipper closure. The interior has two slip pockets, a zip pocket and a key clip with logo print lining.

Take the Amelia Tote Pack anywhere from the gym to the Caribbean. Learn more at http://www.ellingtonhandbags.com.



7. THERAPEARL

An innovative new line of alternative, home healing products has just hit the market. Created by a renowned doctor and entrepreneur, TheraPearl is the next generation in pain relief. Based on the frozen peas concept, TheraPearl's unique "Pearl Technology" allows for hot or cold therapy that is malleable, reusable and non-toxic. Ideal for sprains, aches, pain and muscle soreness, TheraPearl will quickly aid in the recovery process. Available in a multitude of shapes and sizes for whatever the ailment. Be sure to check out the handy back and neck wraps, as well as the convenient sports packs. Purchase yours at http://www.therapearl.com.

8. OKABASHI FLIP FLOPS



The next generation of flip flops have arrived. We would like to introduce you to Okabashi. Although many of the less expensive styles consist of merely a flat piece of rubber and a toe thong, every Okabashi style is carefully crafted with ergonomic footbeds, heel cup and arch support, toe rest and messaging beads, based on the ancient concept of reflexology. The best part is Okabashi stands behind its product to ensure durability with a two-year guarantee. The anti-slip line is both dishwasher safe and machine washable. It also contains antimicrobial agents and are odor resistant. Oh, and did we mention they are completely water proof and will not change shape or fade?

Okabashi is endorsed by the American Chiropractic Association and is sold in podiatrist's offices nation wide. With all manufacturing based in Buford, Georgia, Okabashi has produced wellness-oriented casual footwear in the United States since 1984. All Okabashi footwear is designed with a massaging insole, superior arch support and ergonomic foot beds. For environmental wellness, Okabashi operates a clean manufacturing facility, which only produces 100-percent recyclable shoes. Customers can find shoes for men and women in a variety of styles and colors. Shoe collections include flip flops, casual slides, mid-heels, sandals and clogs. Check them out at http://www.okabashi.com.

9. ifrogz iPad 2 BACKBONE CASE

So you just purchased the newly released iPad2. It is sparkly and clean, so in an effort to keep it that way, ifrogz has released the BackBone case ($34.99 at http://www.ifrogz.com) to keep you traveling in style. Fashioned from injection-molded, super-durable polycarbonate, this slender, one-piece snap-in BackBone case has a luxe finish that shields the surface from dust and scratches. The best part is the BackBone case is compatible with Apple Smart Covers. In fact, the BackBone case is available in a multitude of colors like light blue, red, tan, pink, brown, dark blue, green, grey and orange – all of which match perfectly with the Apple Smart Cover. There are also neutral colors to choose from like white, black and clear, just in case colors are not your style. The fully functional case allows access to all ports, inputs and sensors. It's perfect for any gal on the go! ★



ANYTHING BUT THE GYM



"After spending years as a trainer in New York's top gym, I decided to create a whole new kind of fitness, one that brings play and social interaction back into the lives of adults. Getting in shape should be something you look forward to, not something you dread. And who doesn't like to play with friends?"

Mary Gillis

Founder and President of Anything But The Gym

ANYTHINGBUTTHEGYM.COM

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L'S KITCHEN

By Laura Anne Rega-Crossan

RiceSelect Texmati



It all started about 40 years ago, when RiceSelect planted American basmati rice in the rich soil of the Texas Gulf Coast. Years of research followed, and RiceSelect eventually produced a flavorful, all-natural aromatic rice that we now call Texmati.

Flash forward to today, and you will often find grocery shoppers throw the cheapest bag of white rice in their cart without really considering the taste and quality of the rice they are purchasing.

RiceSelect is causing consumers to think twice about which rice they buy with its unique Texmati Rice. Similar to basmati, the award-winning Texmati has a delicious nutty flavor, delightful aroma, unique texture and easy cooking characteristics that set it apart from all other aromatics. It tastes great served on its own as a side dish or is perfect in dishes that are enhanced by its fluffy texture and exotic aroma. From seed to the dinner plate, Texmati brings a new flavor to the dinner table and a delightful aroma to the kitchen.

Texmati's even more unique characteristics include:

- Produced by American family farmers;
- Packed in reusable, re-sealable and recyclable jars;
- Naturally nutritious;
- Gluten-free;
- Low in fat, cholesterol and sodium;
- Certified Kosher by Star K;
- Available certified as 100-percent U.S. organically grown and in white, brown or light brown varieties.

The combination of its one-of-a-kind nutty flavor and an appealing popcorn aroma make Texmati a household name among consumers and chefs. Available in a variety of sizes, there is a package of Texmati for every pantry.

During the months of September, October and November, all RiceSelect Texmati white jars will sport pink lids and front labels in support of breast cancer research. These efforts will enable RiceSelect to donate a whopping $50,000 to Susan G. Komen for the cure this year.

RiceSelect's product line also includes Jasmati, Kasmati, Royal Blend, orzo and couscous products that retail at national retailers including Kroger, Publix, Target, Safeway, Food Emporium, Winn-Dixie, Kings and countless others. Learn more at http://www.RiceSelect.com. ★

CHICKEN & RICE L'ORANGE



1 cup uncooked Texmati Rice
1 cup orange juice
1 cup water
1 teaspoon salt
3 tablespoons butter; divided
1/4 cup sliced almonds
4 boneless, skinless chicken breast halves
1/4 cup orange marmalade
1/4 cup sliced green onions

Combine rice, orange juice, water and salt in a 2-3 quart saucepan. Heat to boiling; stir once or twice. Reduce heat; cover and simmer 15 minutes. While rice is cooking, melt 1 tablespoon of butter in a large skillet over medium-high heat. Add almonds and cook and stir until golden, about 2-3 minutes. Remove almonds and set aside. Melt remaining 2 tablespoons butter in skillet. Add chicken; cook until brown on both sides. Add orange marmalade to skillet and stir to coat chicken. To serve, spoon rice onto plate, top with chicken. Sprinkle with toasted almonds and green onions. Serves 4.

CARAMELIZED ONION, SMOKED GOUDA & PECAN RICE TART



2 tablespoons butter
4 cups sliced sweet mild onion (about 3 large)
3 cups cooked Texmati Light Brown Rice
3/4 cup Parmesan cheese
3 eggs
2 cups shredded smoked Gouda cheese
3/4 cup chopped pecans

Preheat oven to 400 degrees. Heat butter in large skillet over medium heat. Add onion and saute 8-10 minutes, stirring periodically until browned and caramelized. Meanwhile, combine rice, parmesan and eggs in a medium bowl. Press mixture into bottom of a 10-inch removable bottom pan. Distribute onion over crust and top with smoked Gouda and pecans. Bake in preheated oven for 12-15 minutes, until pecans are toasted. Serves 7.

PHOTOGRAPHY COURTESY OF RICE SELECT

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Competitors may enter the Mr. Fitness Contest and crossover to the INBF Naturalmania Nationals Bodybuilding Championships (held the same day), if they desire. All crossover competitors will be drug-tested for Naturalmania entry. To find out more about the WNBF, visit www.wnbf.net.

Send your e-mail request for Mr. Fitness/INBF Naturalmania Nationals entry forms to inbf@epix.net or call 570-643-0139.

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2010 Mr. Fitness Overall Winner Craig Capurso

PHOTO BY NIKOS TSAKINIS

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By Anil Shrikhande, Ph.D.

GRAPE SEED EXTRACT

Enhance endurance, metabolism and your overall health.

Like most women, you are probably trying to eat better and exercise more. But are your blood vessels – which continuously carry blood to your muscles – also in great shape?

According to the medical journal *Circulation*, about one in three U.S. adults have hypertension or high blood pressure. It's the number one risk factor for having a stroke, and contributes to heart attacks, heart failure, kidney failure and hardening of the arteries.



Stress contributes to hypertension. Each time you open your credit card bill or fill up your gas tank, your blood pressure may be rising to a dangerous level. There are so many reasons why everyone should be concerned about their blood pressure. If you only go to a doctor once a year, or less frequently because you do not have health insurance, you may not even know you have a serious problem.

Scientific evidence shows adding grape seed extract to your diet may improve your blood flow and reduce your chances of having a heart attack or stroke, and may also benefit your exercise routine.

Researchers have long claimed that red wine, concord and rubired grape juice, as well as high-quality grape seed extracts, are good for your heart. Some studies indicate that substances found in grapes and grape seed extracts may:

- Reduce your risk of cancer and strokes;
- Reduce pre-hypertension and improve circulation;
- Reduce atherosclerosis (hardening of the arteries);
- Increase calorie burning;
- Nourish organs, as well as muscles, helping them to work more effectively;
- Enhance physical endurance.

You would have to eat a lot of grapes or raisins or drink gallons of wine to consume the same level of active components analyzed in most studies. High-quality grape seed extract is an excellent alternative because it is a pure source of *procyanidins*, compounds believed to be responsible for grapes' benefits, without the added calories, sugar or alcohol.

PHOTO COURTESY OF GAIL ANDERSON/MEDIA RELATIONS

HOW PREMIUM GRAPE SEED EXTRACTS WORK

Grape seed extracts have properties that are comparable to another well-known molecule: Nitric oxide (NO), as the two have similar metabolic pathways. One patented ingredient, available as MegaNatural-BP, has been shown to affect the flexibility of blood vessels. Blood vessel walls are, like all tissues, a collection of cells. This grape seed extract acts on the endothelial cells that contribute to the tone, or flexibility, of the blood vessel wall.

The interior of a blood vessel is called the *lumen*. Blood pressure increases when the lumen is constricted. Conversely, blood pressure decreases when the blood vessel walls are relaxed and the lumen can dilate, or increase in size. This effect, called *vasodilation*, helps the body achieve positive physical gains beyond healthy blood pressure.

A dilated blood vessel allows an increased flow of blood to hungry tissues, nourishing both smooth (organ) and striated (skeletal) muscles and ultimately allowing them to become more effective. More blood flow into muscle tissues and cells, called *perfusion* or pump, is very desirable to people who are health- and fitness-conscious.

This powerful circulatory effect lends the use of premium grape seed extract to at least three applications that appeal to the health-conscious, waistline watchers and iron-pumping gym buffs alike.

BENEFITS FOR THE HEALTH-CONSCIOUS

Studies indicate that grape seed extract may be a major benefit to anyone concerned with his or her long-term health.

"Results of the first human clinical trial on grape seed extract were impressive. Participants in the two groups receiving MegaNatural-BP grape seed extract experienced an equal degree of reduced blood pressure," says C. Tissa Kappagoda M.D., professor of cardiovascular medicine at UC Davis Health System. That's good news for the one third of adults who must manage this condition.

BENEFITS FOR WAISTLINE WATCHERS

The same grape seed extract properties that reduce blood pressure may also impact the millions of people who are trying to manage their weight. Balancing energy and activity poses a challenge to men and women everywhere.

Early research into the action of grape seed extract led to its new role in a class of dietary supplements called *thermogenics*. Thermogenesis literally means "creating heat." Thermogenics raise the body's core temperature and, in turn, raise the metabolic rate and accelerate energy expenditure (calorie burning).

The tough equation that's so important for weight management, "calories in = calories out," becomes easier when a grape seed product can accelerate the calories burned during and even after exercise by as much as 60 percent.

BENEFITS FOR GYM BUFFS

MegaNatural-BP grape seed extract offers an additional benefit to the hardcore athlete when this supplement is paired with a well-studied nitric oxide precursor – the amino acid *arginine*.

Arginine is a substrate of nitric oxide, which means it is required for nitric oxide production or synthesis. When paired with arginine, MegaNatural-BP grape seed extract upgrades the reaction between arginine and ENOS (an enzyme found in the endothelium of the blood vessel) to *(continued on page 141)*

AROUND THE WEB . . .

Compiled by Laura Anne Rega-Crossan

THE RIGHT DEAL

Spa Week Media Group, the industry leader for all things spa, travel, beauty and beyond, has announced the launch of TheRightDeal.com – a new, weekly resource that utilizes group purchasing to offer spa deals at up to 90 percent off. Created by Spa Week (http://www.spaweek.com), TheRightDeal offers consumers exclusive "deal mail" every Wednesday with one, hand-picked special from a top-rated spa or business in their area. The site recently launched in New York City and will be expanding its offerings to multiple days and multiple cities in the near future.

So, what sets TheRightDeal apart from other deal sites? TheRightDeal is the first and only deal site to offer a valuable free gift with every purchase, making it one of the most innovative group purchasing tools available. From full-sized beauty products to gift cards and even jewelry, consumers can expect to see top brand name items paired with every amazing deal. In order to keep each deal exclusive, it's limited to the first 250 people who purchase. This ensures that there is absolutely no sacrifice when it comes to quality and service, and unlike other deal sites, there are no inconvenient tipping points needed to purchase. This means that TheRightDeal does not need a minimum number of buyers to activate, making it available immediately.



But what makes TheRightDeal so right? Well, savvy New Yorkers have been taking advantage of group buying sites for years, but never before has any site offered consumers a free, full-sized gift with purchase. Plus, TheRightDeal staff works with spas to offer exclusive treatments for $99 or less – every time, every week.

And with good intentions, hundreds of spas have tried group deal sites, but recent articles have shown that many businesses suffer financially when they have to accommodate thousands of deal site appointments for pennies on the dollar. To make it right, TheRightDeal caps deals at 250 units per week. This allows spas to welcome a manageable amount of new clients and ensures there is no sacrifice when it comes to quality of service.

How TheRightDeal works: 1.) Deals go live on http://www.TheRightDeal.com every Wednesday at 9 a.m. and are available for purchase for 48 hours; 2.) Purchase it quickly. Since each deal is limited to the first 250 purchased, interested buyers need to act fast; 3.) Share it via email, post or tweet the deal or purchase multiple deals for friends and family; 4.) Print out vouchers via email to receive the deal and free gift.



AN APP FOR MOMS-TO-BE

Looking for a new way to document your pregnancy? Thinking about something more than just taking pictures of your growing belly? How about a baby shower activity in the palm of your hand? Try Art Bellies Pocket, the new iPhone app that let's you easily turn your pregnant photos into fun digital works of art.

"Our goal is for every pregnant woman to feel amazing about her shape and to be comfortable with her changing body," says Paola Dias, the founder of Art Bellies. "So we created a pregnancy app that lets anyone turn a regular photo into a totally creative digital painting. The results are creative and stunning! Women see their pregnant portraits and instantly feel beautiful!"

Here's how it works. Take a picture of you and your growing baby bump, trace and share. That's it! It's an easy way for non-artists to make art and to share their digital creations with friends and family.

After you take a picture with the built-in camera or choose a photo from your library, you trace the outlines with your finger. Paint with a brush for big strokes or draw with a pencil for detail. Choose from a color palette that includes all available skin tones and then swap out the original photo for a fancy background such as worn canvas or rice paper. The end result is quick, simple, impressive art.

And if making the art sounds like fun, sharing the pictures is even better. You can upload any of your pregnancy portraits directly into your Facebook account. You can email your artwork to your friends and family. You can even send high-resolution images to http://www.TinyPrints.com and print out baby shower invitations and baby announcements. Purchase Art Bellies Pregnancy Art Kits on the iTunes App Store for only $2.99. Learn more at http://www.artbellies.com.

LITTLE KAY GARDENS

This website is both economically friendly and ecologically sound. Little Kay Gardens offers flowering gift wrapping paper that can be planted after the gift is unwrapped.

This is a cutting edge attraction in the recycling industry. Plantable seeded paper is made of 100 percent recycled paper that is embedded with wildflower seeds (i.e., Corn Poppy, Red Coreopsis, Plain Coreopsis, Black-eyed Susan and Baby Snapdragon).

For $12, you get four large 24 by 36-inch sheets (enough for eight shirt boxes. The package comes with six gift cards and instructions. Learn more at http://www.littlekaygardens.com.



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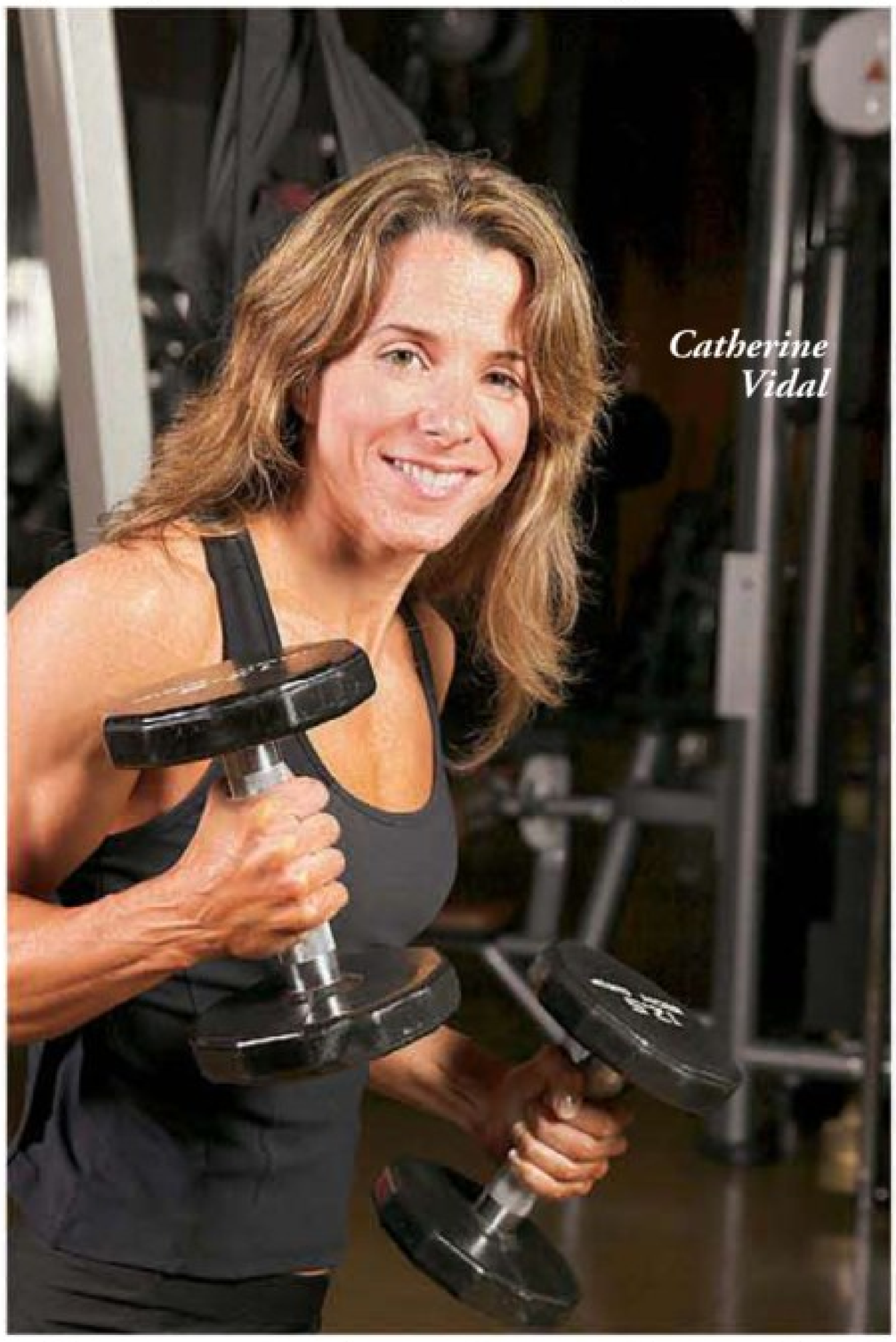
Best Body

VEGAN BODYBUILDING

By Jessica Roberts

You don't see those two words together often. In a sport that is dominated primarily by animal-derived, high protein nutritional plans and supplements, how could one conceive the idea of a vegan competing successfully?

For many, the word vegan conjures up visions of anemic, frail looking people who eat nothing but sprouts, granola and other weird vegan foods only found in underground health co-ops. While you may come across such an individual, let's take another look at veganism and how you can incorporate the benefits of a plant-food based diet into your current nutritional plan.



I have followed a vegan/vegetarian diet for most of my life. When I decided to enter my first Figure competition, I followed a relatively traditional contest nutrition plan that included chicken, fish, whey protein and some dairy. It was an emotional and physical challenge for me to eat that much animal protein on a daily basis. After my competition, I needed to transition back to my vegan diet.

A vegan diet does not include any animal products or by-products. To take the definition a step further, in her book *Veganist*, Kelly Freston calls a veganist one who looks closely at all the implications of his or her food decisions as it affects their bodies, the animal community and the land, medicine, the money it takes to sustain them and decides how to act. There is a passion about achieving and maintaining optimal health and wellness without destructive self-deprivation. This is the ideal foundation for any sustainable and successful nutritional diet plan.

The benefits of eating a plant-food based diet are numerous: Naturally low in fat and cholesterol;

- Decrease risk for cancer, heart disease and diabetes;
- Anti-aging and anti-disease properties;
- Cost-effective;
- Promote responsible animal welfare and sustainable environmental practices.

There are some downsides and things to watch out for if you are adding more plant-foods to your diet. You may experience some mild gastrointestinal upset such as bloating and flatulence. Go slowly and only add a few new foods per week. If you are on a vegan diet, be mindful of your iron, vitamin B12, vitamin D, EFAs and calcium intake. With a variety of foods, you will be able to meet most of your requirements and then supplement as needed. The same can be said for protein on a vegan diet. There is a wide variety of foods, products and supplements that will more than satisfy your need for protein on contest diet.

This year, my goal is to prepare for a competition as a vegan. I contacted Dr. Joe Klemczewski after hearing of his accolades and already being familiar with Team K from reading their articles. The Perfect Peaking Program's focus on individualization and constructing contest plans that are uniquely tailored to one's needs and goals made the choice to work with Team K an easy one. As a vegan, I've found my contest diet to be extremely easy.

Here is an example of a typical contest meal plan for me, with average macronutrients being 115-120 grams protein, 100-105 grams carbs and 30-35 grams fat.

Meal 1
1/3 cup oats
1 tablespoon almond butter
1 serving Sun Warrior rice protein powder

Meal 2
1 veggie burger
3 oz. apple

Meal 3
4 oz. seitan (vital wheat gluten)
1 cup spinach
1/4 cup non-fat tomato sauce
1 teaspoon vegan parmesan cheese

Meal 4
3 oz. sweet potato
1 tablespoon tahini
1 serving Sun Warrior rice protein powder

Meal 5
1 large mixed green salad with cucumbers, onions, mushrooms, celery, peppers
3 oz. veggie "beef" strips

Meal 6
1 serving Sun Warrior rice protein powder

Supplements
Calcium/Magnesium
Vitamin D
B-complex with Tyrosine
Plant-based EFAs
Iron
Maca Root
Glutamine
BCAAs

As you can see, it is very easy to meet my protein requirements with a variety of plant-based foods and supplements. Here is a list of protein packed foods that I like to include in my meal plans: Seitan, (vital wheat gluten or "wheat meat") tofu/tempeh, hemp seed and hemp protein powders, rice protein powder such as Sun Warrior, nut butters, spinach, *(continued on page 141)*

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TOO MUCH TOO SOON

RHABDOMYOLISIS

Whether it's due to an injury, unexpected life events or sheer boredom, there's been a time when each of us has taken a training hiatus. And while it's true that our muscles remain intact even after we've stepped away from exercise, to what degree they remain in tact no one knows for sure. So, naturally, when we're ready to hit the weights again, we must be vigilant of a very important piece of advice: Don't do too much too soon.

No matter what your age, abruptly resuming your workouts after even a few weeks off can be a recipe for fitness disaster. Over-doing it not only causes increased fatigue, unnecessary injuries and frustration, but it can bring about a serious condition known as *rhabdomyolisis*. (Say that three times fast.)

I came across the term rhabdomyolysis while reading a case study in an issue of the *Southern Medical Journal*. The report talks about a doctor's encounter with a patient at a student health clinic on a college campus. The patient, described as a 21-year-old Caucasian male, had come to the clinic complaining of dark, "cola-colored" urine and upper pectoral soreness. Despite these two symptoms, the young man appeared to be in peak physical condition. And even the soreness wasn't anything out of the ordinary as the young man confessed to doing two consecutive 90-minute chest workouts just a few days prior. But when the student mentioned that his workouts were his first after several months away from his prior gym routine, he was immediately admitted to the emergency room and diagnosed with rhabdomyolisis.

Here's what happens: Exercise damages the building blocks of muscles, specifically the *myofibrils* and the *sarcolemna*. When a muscle is damaged, materials are excreted into the body such as creatinine, uric acid, myoglobin, among others. In small doses, these materials are harmless. In fact, it's these materials that allow us to gain strength and experience muscle hypertrophy. But if there's too much damage to the muscle, there will be an excess of excreted materials and the result will be rhabdomyolisis. The most common cause of rhabdomyolisis? Doing too much too soon.

So, when it comes to getting yourself back into your fitness groove, it's best to take it slow. Although the condition is rare, the effects can be lethal and include kidney failure, hypotension and even cardiac arrest. There are certainly precautions we can take when re-introducing our bodies to exercise: 1) Gradually increase your intensity; 2) Properly hydrate pre- and post-workout; 3) Avoid exercise in extreme temperatures such as hot or humid weather, and; 4) Don't try any strange, new food-combinations before an intense workout as meal experimentation should be saved for your lighter days. Happy lifting! ★

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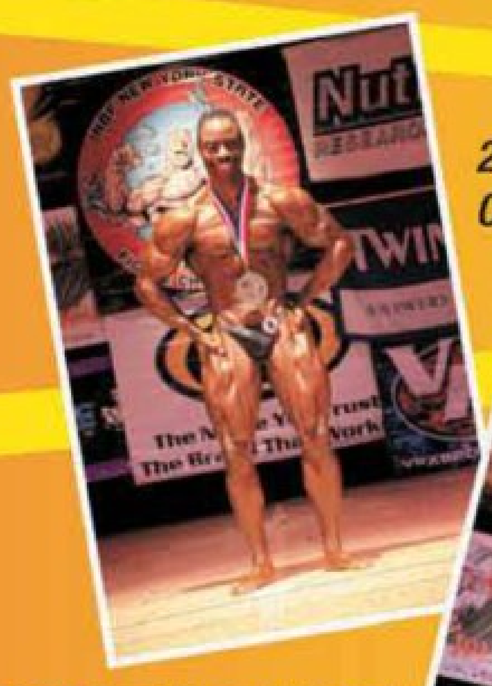
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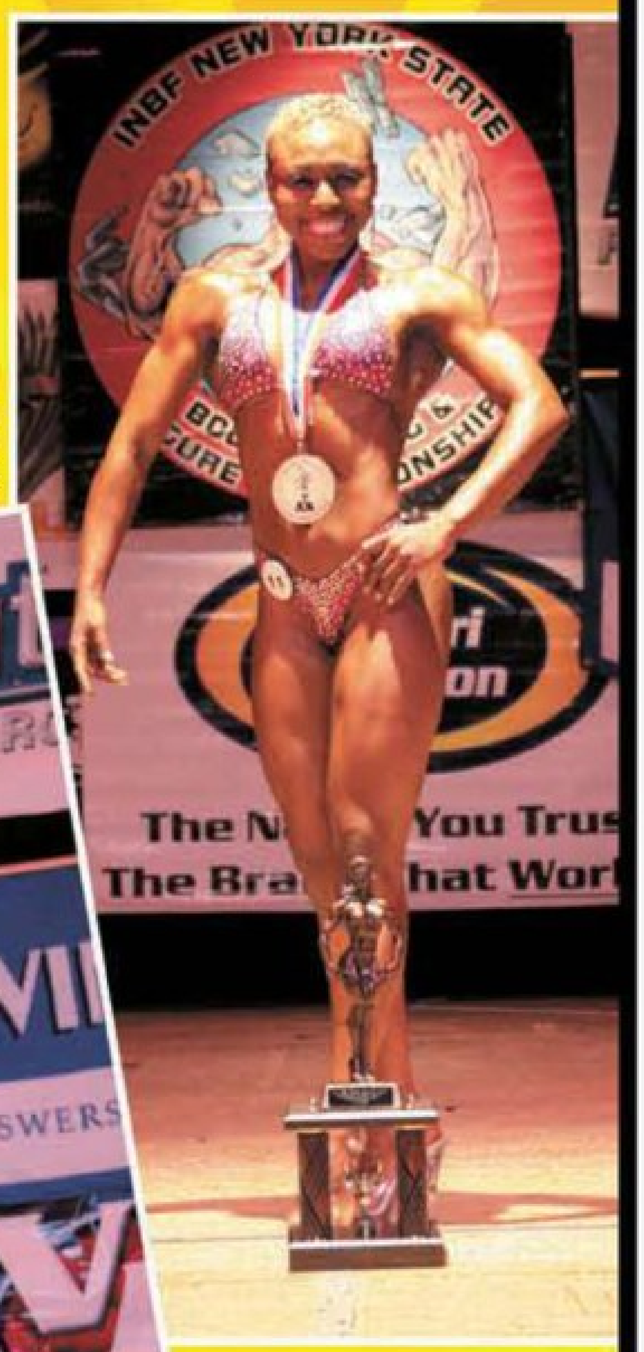
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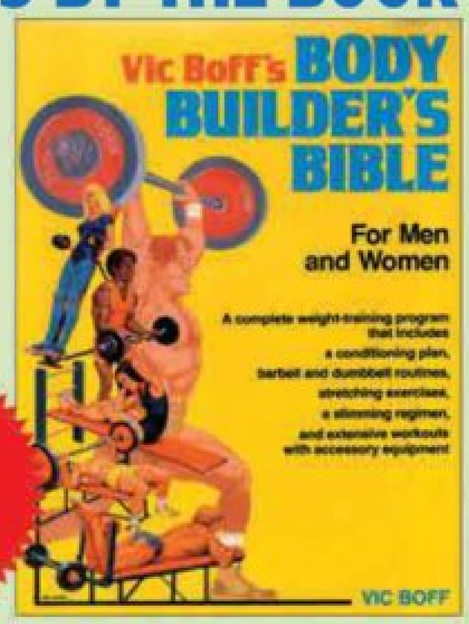
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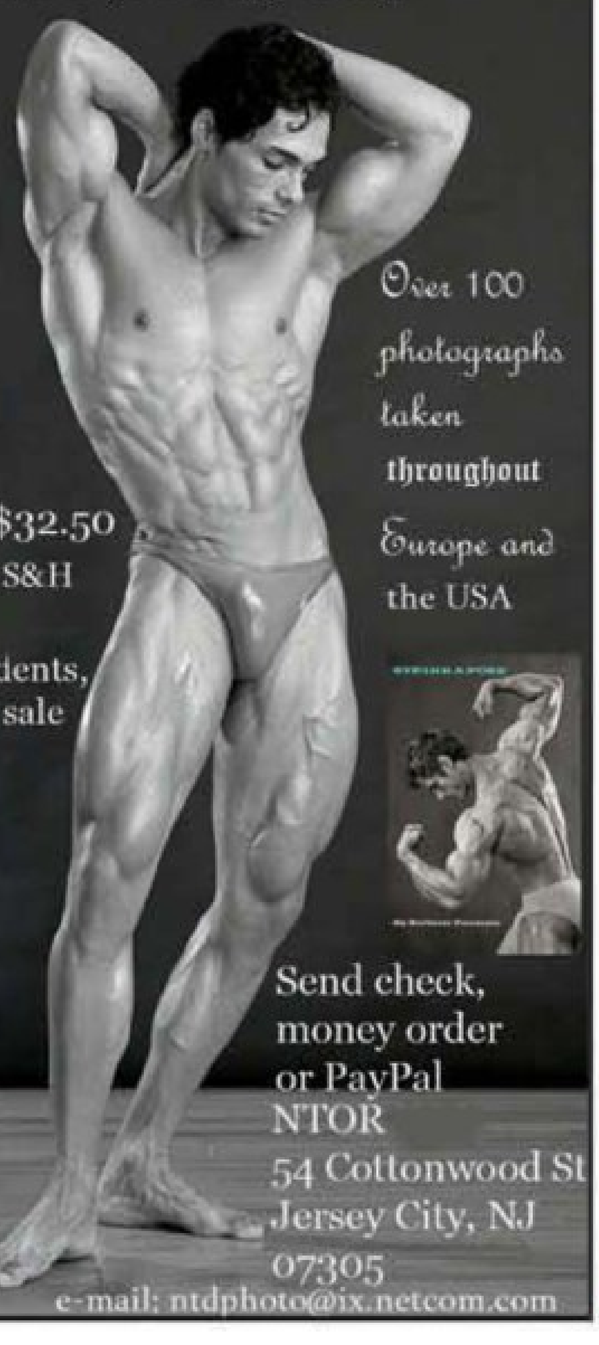
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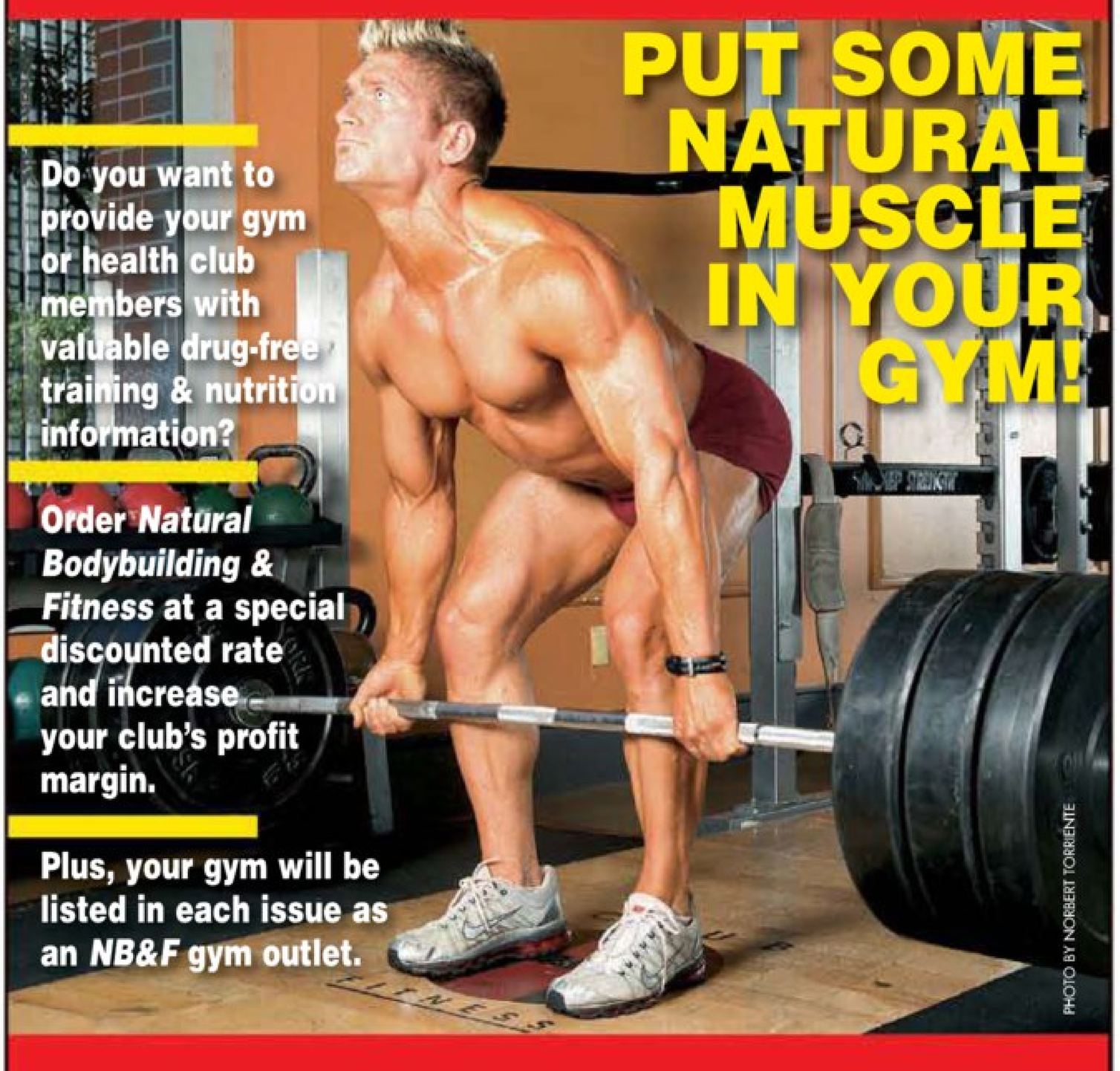
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WNBF Pro World Champion - Nancy Andrews presents

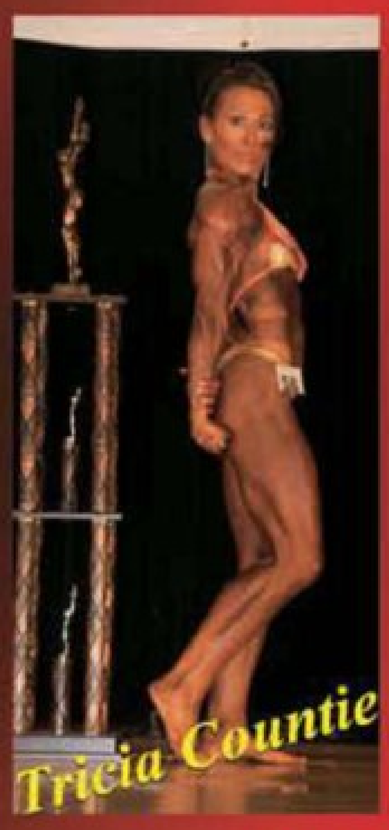
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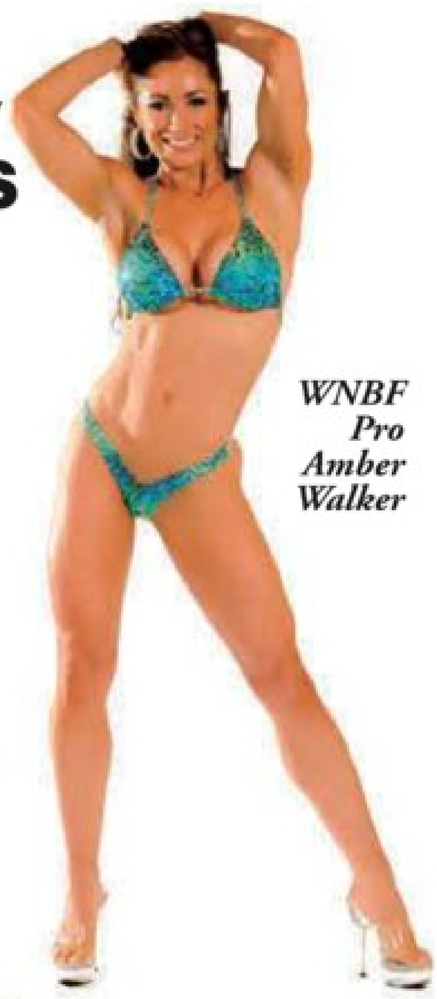
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2011 WNBF PRO UNIVERSE & INBF NATURALMANIA

Plus the PRO/AM BEST BODY BIKINI & MR. FITNESS CONTEST



WNBF Pro Amber Walker

Saturday, September 17, 2011

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Pre-judging times:

9 a.m – WNBF Pro Figure & Pro Women Bodybuilding & Pro Men
11a.m. – Mr. Fitness & Best Body Bikini
12 p.m. – INBF Naturalmania

NIGHT SHOW: 5 p.m.

Ticket Prices:

Pre-judging $30
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PRO PRIZE MONEY

Mr. Fitness (Classes TBA) $2,100
Best Body Bikini – 1st place $500; 2nd place $200; 3rd place $100.

Pro Open Men (2 classes) Total prize money: $3,500.
1st place $1000; 2nd place $300; 3rd place $200.
Overall Winner receives an additional $500.

Pro Women's Bodybuilding (1 class) Total prize money: $1,500.
1st place $1000; 2nd place $300; 3rd place $200.

Pro Figure (1 class) Total prize money: $1,500.
1st place $1000; 2nd place $300; 3rd place $200.

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1st place $1000; 2nd place $300; 3rd place $200.

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ANIMAL INSTINCTS

(continued from page 34)

There are plenty more out there like him: Huge quads, cannon ball delts, triceps that look possessed by aliens, no waist, wide back, etc. I look at my physique in comparison and am left to think, "You better work even harder! You better find a way to take it to another level or the judges aren't even going to notice you on the stage!"

While the constant reminders of humility can be frustrating, you must learn to use them as motivation. When reminded that "You aren't that good!" there are two choices: Quit or work harder! I'm not a quitter! I also hate mediocrity, so I will do anything to be more than just an average bodybuilder who gets overlooked in the line-up. While I constantly remind myself of how good the competition is, I also continue to do two important things:

•Work as hard as I possibly can every day;
•Maintain faith in my ability to continue improving my physique.

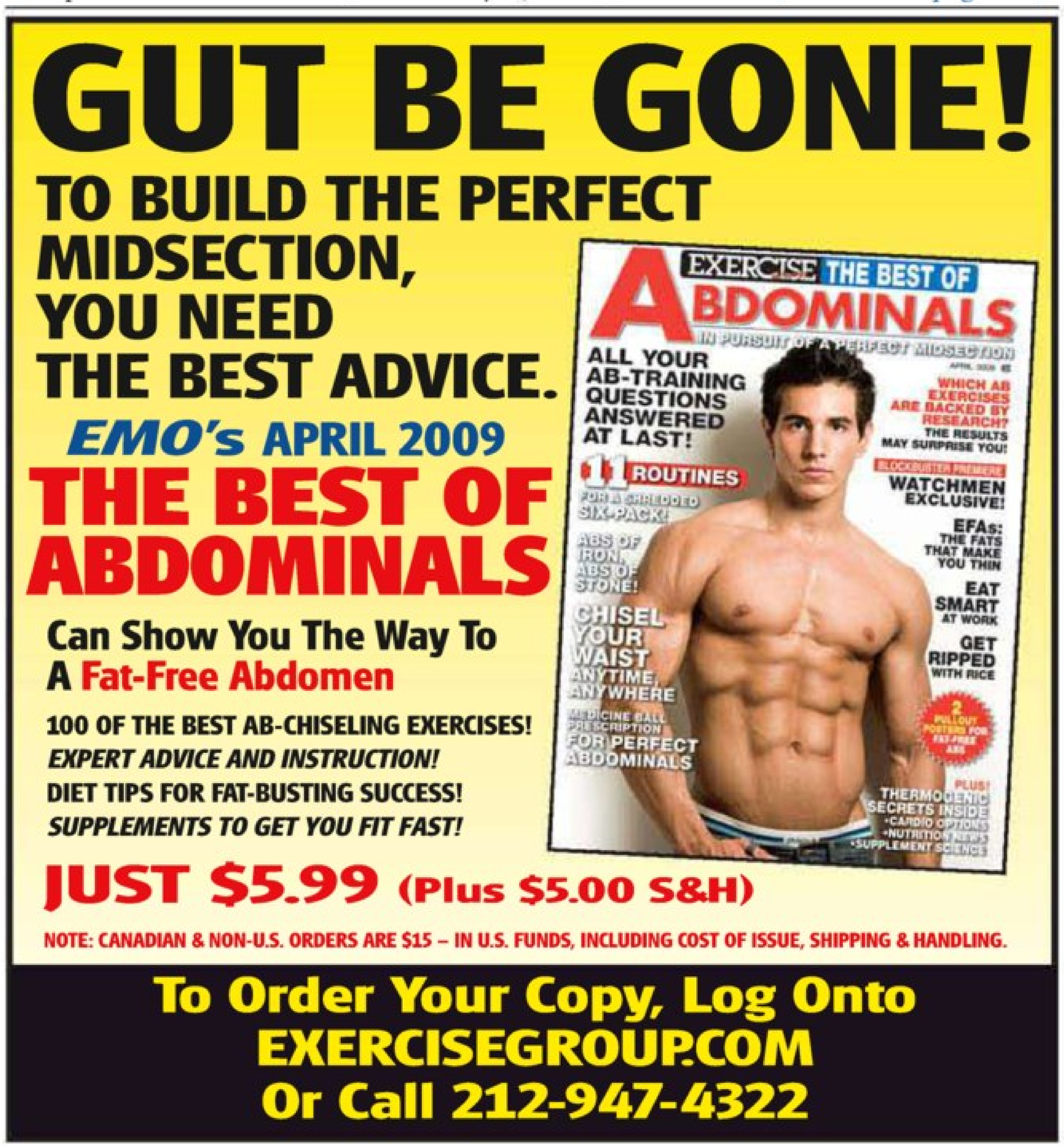
Fortunately, there are plenty of stories of those who did not attain success right away, but rather had to persevere. As a former hockey player and lifetime hockey fan, the recent Stanley Cup Playoffs offer a great example of a humble hero, who always worked hard, never gave up and realized a life's dream. Tim Thomas, goaltender for the Boston Bruins, not only led his team to a Stanley Cup, but also captured the Conn Smythe trophy as the MVP of the playoffs. While Thomas has reached the pinnacle of his career at age 37, having won the Stanley Cup, Vezina Trophy and Conn Smythe Trophy, his road to NHL stardom was a long and arduous process. Thomas spent years shifting around the minor leagues, before ever making it in the NHL. He didn't make it to the NHL until he was 28 years old and did not become the starting goaltender for the Bruins until he was 31. While we all need reminders that we are not that good, we also need inspiration that enables us to believe we can become better, if we never stop working toward our goals. Humility and perseverance work hand-in-hand in the success of many late-blooming stars. Athletes like Thomas remind us of that. Stay grounded, work hard and never lose sight of your goals! ★

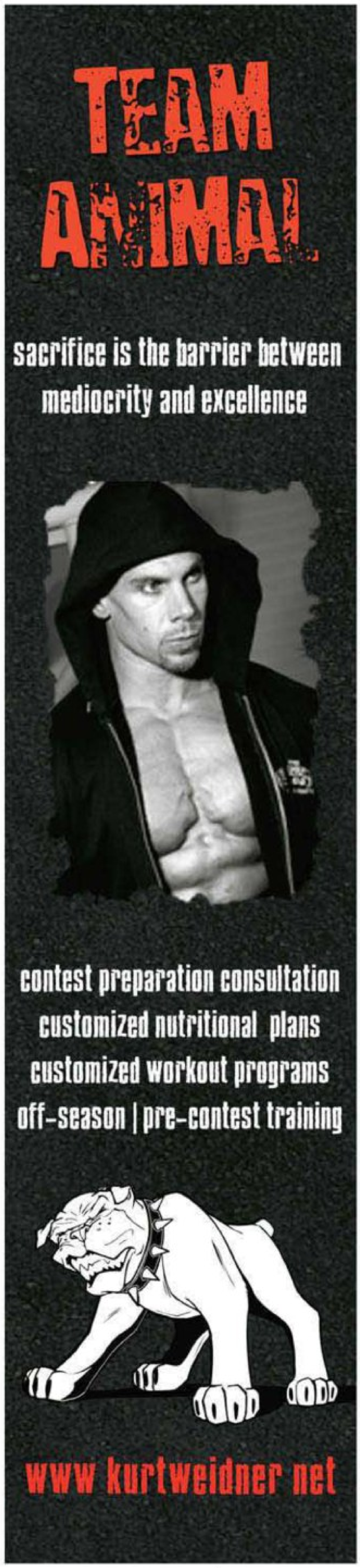
TARA MARTIN

(continued from page 66)

legs," she adds.

For all aspiring Figure competitors out there, take heed of *(continued on page 140)*





Steroids.com

TARA MARTIN

(continued from page 139)

Tara's most notable advice. "I started competing, not necessarily to win, but to develop confidence and that confidence has carried through to my career," Tara says. "I never expected to win my first two shows as an amateur, obtaining my pro card in a matter of weeks and being able to compete in the WNBF so fast, and I found the pro stage to be humbling. People ask why I continue to compete, even though I often fail to place well as a pro, and the answer is that I enjoy it and my advice to aspiring competitors is that they do the same, viewing each contest preparation as an experiment in discipline and self improvement and thriving on constructive criticism, rather than being discouraged by it.

"If you're ever put off to the side in a line-up on stage, keep your chin up and a smile on your face, knowing that though you may not be leaving with a trophy, you're going home with objective input from the judges. Tweak your routine or your diet and keep coming back – better each time."

Leave it up to Tara to do just that and more this contest season. Be sure to check out http://www.wnbf.net to find out how she fares. ★



REAL WORLD BODYBUILDING

(continued from page 38)

serves us well. But do you think your core is as strong as it should be? If you can say yes, then read no further. But if you are like most of us, you know you can be stronger and better. And if that is the case, functional training is likely what you need to go to that next level. It will activate every muscle fiber in your trunk if you do it right. That in turn will determine if you are suffering from any imbalances or weaknesses there. It will also prevent injury. And that will directly make you stronger during your big lifts, because of your body's ability to stabilize itself.

So you will realize strength benefits if you do functional training. But we should not neglect the fact that it's also great form of cardio as it can be done as either lower or higher intensity cardio work. It's easy to integrate into any given workout, should you want to combine your cardio with some weight training and it gives you a lot more options in terms of creating a program. So you get more variety that is good physiologically and for the psyche as well.

That is a hidden bonus for sure. Additionally, a monster benefit of functional work is the increased level of neurological efficiency you will get. Meaning you become more coordinated and have better control over your body. And that has implications not only on the stage but in day-to-day life too, both of which are fantastic.

The moral of the story? While functional training alone won't put you on the competition stage, integrating it into your existing workouts may just move you closer to the center of the stage. Seems to me like that is worth exercising on a BOSU ball once in a while. ★

Editor's Note: Sean McCauley, B.S., C.S.C.S., is the program director of The Diet Doc and spearheads the Team Klemczewski Online Training Program. He can be reached at sean@thedietdoc.com.

KORI'S CORNER

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who express deep annoyance when people make comments or assumptions about their dieting, training or otherwise strange or neurotic behavior. My guess is that if you're reacting negatively to how others are acting around you in this situation, you're also doing it elsewhere. It has much more to do with how you decide to perceive it and respond to it than it does about the

individual who may just be curious.

Have you adequately prepared yourself and others for your competition prep? Outside of the context of the months you'll be dieting and the suit color you will be wearing, more substantial decisions must be made to protect the delicate balance that exists between your body, mind and the people who are important to you. You take the time to prepare your food, calculate your macros, train and sleep. Make sure you spend as much time nourishing who will be there after you win the show. ★

Editor's Note: Kori Propst holds a B.S. in Exercise Physiology, an M.S. in Counseling and is pursuing her Ph.D. in Health Psychology and Behavioral Medicine. She is a WNBF Pro in bodybuilding, Figure and Fit Body. As the Wellness Director for the Diet Doc, she created the Mental Edge Program to aid individuals in developing individualized strategies for optimal performance in their lives and for competing. She can be contacted at kori@thedietdoc.com.

EXERCISE IRRELEVANCE

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rely on things you hear in the gym and certainly be skeptical of information you get telling you of the effectiveness of a specific exercise on a specific muscle group. It is not that simple. Use good exercises with good form. Use correct approaches to periodization. And make sure you avoid advice that is derived from a locker room experts' intuition, as opposed to science. Do that and you'll be as good as you can be. And you'll likely be one step ahead of the field. ★

Editor's Note: Sean McCauley, B.S., C.S.C.S., is the program director of The Diet Doc and spearheads the Team Klemczewski Online Training Program. He can be reached at sean@thedietdoc.com.

VEGAN BODYBUILDING

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quinoa, beans/legumes.

By keeping a variety of complex carbohydrates with grains and vegetables, adding in some fruit, healthy fats and plant protein, I am not only able to eat in a way that makes me feel good emotionally, but also in a way that will help me achieve my goals of obtaining a winning physique on stage.

While you may not be ready to become a veganist tomorrow, my intention is to point out that a predominantly animal food based diet is not the only way to achieve and maintain a winning physique. Small positive changes in your nutrition can add up to big changes in how you look and feel. Go ahead and try something new today! ★

References available upon request.

Editor's Note: Jessica Roberts is a certified Health Coach through the Institute of Integrative Nutrition and a certified Personal Trainer through N.A.S.M. She is currently working with Team K in preparation for competing this fall in the INBF. Learn more about Jessica by visiting her online at http://www.navalightnow.com.

CHRISTEN KWAN

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highly anticipated events on the west coast of Canada.

With unwavering energy, Christen shares, "I am currently focusing on promoting the INBF Canada Vancouver Cup on September 10, 2011 in North Vancouver, B.C. It is very interesting, exciting and challenging to be on the organizational side of a show."

When asked if she would like to share any advice with our readers, Christen fills says, "Stay natural, stay true to yourself and always maintain a level of fitness for physical and mental well being" and "I am determined to make INBF Canada Vancouver Cup on September 10, 2011 a raging, perfectionist success. ★

SUPPLEMENTS

(continued from page 129)

produce nitric oxide, thus giving the athlete a double punch. This combination provides a boost to natural nitric oxide production. In clinical trials, this unique ingredient combination has been shown to result in a nearly five-minute increase in overall physical endurance.

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Editor's Note: Anil Shrikhande, Ph.D. is an expert in food and wine chemistry. He is currently Vice President of Research and Development and the President of Polyphenolics for Constellation Wine U.S.

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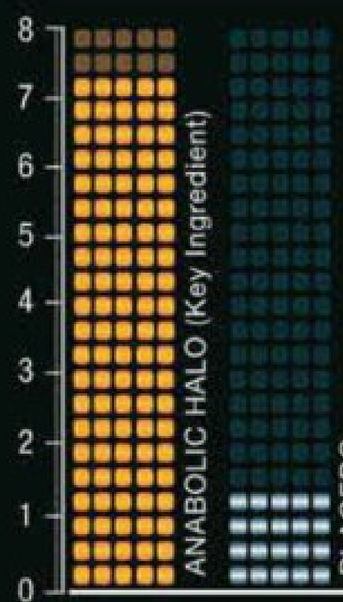
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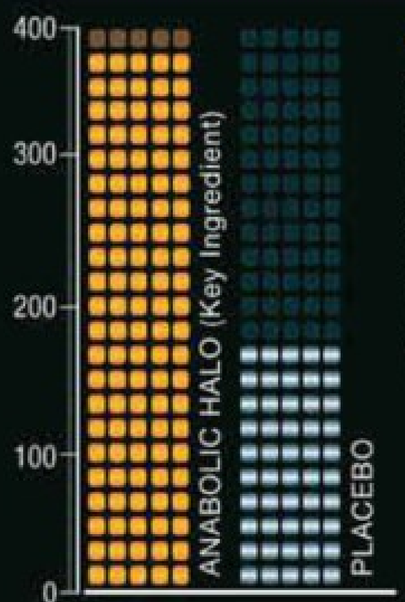
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