

NATURAL MUSCLE

M A C

FREE
Pick one up!

**MARCH
2011**

**COUNTDOWN
TO SHOW DAY**

Say NO
to GMO

**MUSCLEMANIA
WORLD**

KNOW YOUR 1RM
FOR MAXIMUM STRENGTH

**HOW TO READ A
NUTRITIONAL
LABEL**

got muscle?

DEFY YOUR
GENETICS

ON THE COVER:
JENNIFER NICOLE LEE
PHOTOGRAPHY BY CAROLINA GONZALEZ

**EXPLORING
COMMON AB
MYTHS**

got muscle?

NEW UNIVERSITY PROVEN

Fast & Furious FAT LOSS for 6 Hours!

Read ads carefully. Don't be fooled by ads touting "key ingredients & clinical studies". Demand University Studies on finished product. Demand MELTDOWN – backed by 5 University studies!

If you want a sexy, lean and toned body, it's about losing body FAT not body WEIGHT! Look at the photos of the women in this ad – they all lost body fat while maintaining muscle to get a sexy, shapely and toned body.*

With a 56% metabolic shift in fat burning and a 29% increase in thermogenesis, MELTDOWN is your only answer to losing body FAT fast along with diet and exercise. We discovered that women on the Performance Ready team lost on average of 10 lbs of fat weight while dropping an average of 6% body fat! That's right – they did NOT lose a single pound of lean muscle! What's the worst thing that happens when you try to lose weight? You lose muscle. It's important for women to understand that the weight lost during a diet has to be fat loss to get a toned and lean, sexy body. University research shows that Meltdown shifts your metabolism to burn pure fat by 56% in just minutes and continues to burn fat for more than 6 hours!*

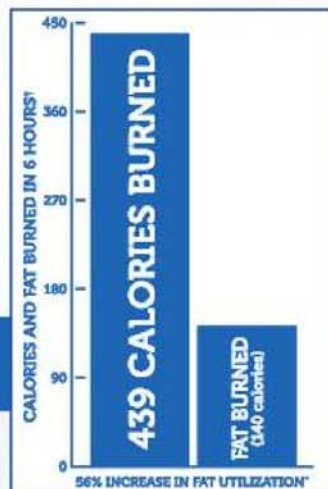
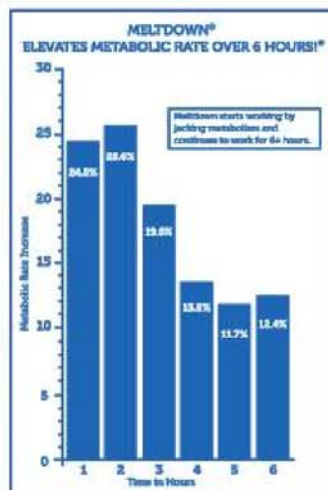
One University Study graph shows you that just three MELTDOWN capsules increases metabolic rate 972% greater than 20 mg of Ephedrine! This is important because before ephedrine-based fat burners were banned, these were the most powerful weight loss agents available. Meltdown is the world's only fat burner proven to burn pure fat while maintaining muscle. Because Meltdown means massive metabolic increases to burn calories and fat faster than any fat burner on the planet, YOU will get better research proven results than any fat burner ever made. Meltdown is the potent Fat Assault Matrix for fast fat loss and a leaner and sexier body for you NOW! Not only will you burn fat faster, but the newest university study proves that you will burn fat longer! In fact you will burn fat for more than 6 HOURS with Meltdown!*

Look at the other ads in this magazine – there is NOT one single ad that has a university proven or clinically proven finished fat burning product. Read the ads carefully and you will see that the actual finished products depicted are NOT tested! Meltdown is backed by 5 University research studies that proves that it is the fastest fat burning product and longest lasting fat burner ever made – all backed by authentic university research you can trust to rapidly lose fat and look great!*

UNIVERSITY PROVEN: BIOLIQUID® CAPSULES

- Burns fat for 6+ Hours! Longer than any fat burner in the world!*
- 972% More Effective than Ephedrine!*
- Shifts Metabolism to burn 56% more FAT!*
- Increases Thermogenesis up to 29%!*
- Backed by 5 University Research Studies and more than any other Fat Burner in the World!

Increase Metabolism up to 25.6%!



*Joffman JR et al. Thermogenic effect of an acute ingestion of a weight loss supplement. Journal of the International Society of Sports Nutrition 2009, 6:1. *Bloomer RJ et al. Effect of the dietary supplement Meltdown on catecholamine secretion, markers of lipolysis, and metabolic rate in men and women: a randomized, placebo controlled, cross-over study. Lipids in Health and Disease 2009, 8:32. *Rastal S et al. Thermogenic effect of Meltdown RTD™ energy supplement in young healthy college women. 2009 International Society of Sports Nutrition Conference and Expo, New Orleans, LA, USA, 14-15 June 2009. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P50ok10.1186/1550-2763-6-S1-P5

TIFFANY BEFORE WEIGHT: 178 LBS 34.5% BODY FAT

KRISTY BEFORE WEIGHT: 126 LBS 23.1% BODY FAT



"I lost
26 lbs.
& 11.4%
body fat with
Meltdown!"
- TIFFANY BERG

"I lost
22 lbs.
& 8.3%
body fat with
Meltdown!"
- Kristie Johnson



AFTER WEIGHT: 152 LBS 23.1% BODY FAT

AFTER WEIGHT: 104 LBS 14.8% BODY FAT

**Get it now
for \$19.95 at**

Walmart
Save money. Live better.

+ 12 FREE capsules & FREE Meltdown Diet!

GNC meijer VPX VPXSPORTS.COM f t TEXT VPXDEALS to 67463 For Our Mobile Special Offers!

*When combined with increased exercise and a reduced calorie diet. Use only as a dietary supplement. Results not typical. Models used Meltdown Capsules during their transformations. Models has been remunerated with free product. Meltdown bottle is protected by U.S. Copyright. ©2011 VITAL PHARMACEUTICALS, INC. ALL RIGHTS RESERVED.

†These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Patent Pending. ©2011. Vital Pharmaceuticals, Inc.

MY BODY

IS LIKE A CANVAS

MOTIVATION IS MY BRUSH

I CONTROL EVERY CURVE

AND MAKE NO EXCUSES

I TURN HEADS

AND HOLD MY HEAD HIGH

I HAVE NO BAD ANGLES

I AM CONFIDENT IN EVERY LIGHT

I BREAK LIMITATIONS

QUITTING IS NOT AN OPTION

BECAUSE IN THE GYM,

I AM NEVER ALONE

I TRAIN WITH MAX. DO YOU?



I TRAIN WITH
MAX
DO YOU?
TRAINWITHMAX.COM



Gaspari Nutrition, Inc. 575 Prospect St. Suite 230, Lakewood, NJ 08701 | 732.364.5060
† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.



Team Gaspari IFBB Fitness Pro
OKSANA GRISHINA
oksana.gasparinutrition.com



THE 2010 BODYBUILDING.COM
MUSCLE BUILDER OF THE YEAR
JUST GOT BETTER...



ADVANCED POLYMETHOXYLATED ENERGY AGENT

RAZOR8™

UNDERSTATED OVERKILL.



HIGHLY POTENT AND EXTREME ENERGY
SUSTAINED LONG-LASTING EFFECTS
RAPID STRENGTH ENHANCING POWER
UNBELIEVABLE TASTE SENSATION

ULTRA CONCENTRATED: 6-8 G Serving
SINGLE SCOOP POTENCY

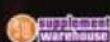
WWW.RAZOR8.NET
ALLMAX UNDERGROUND

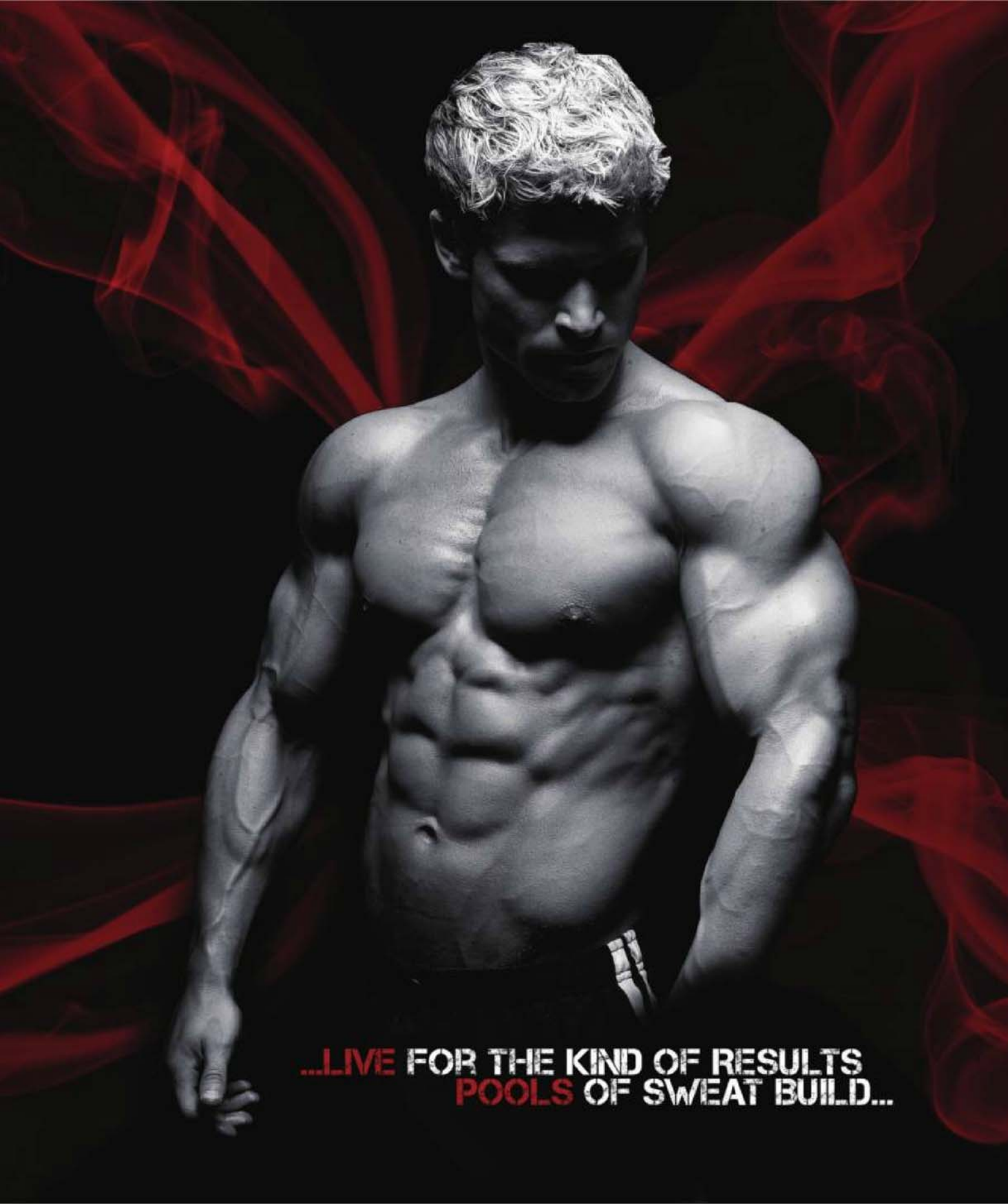
EXTREME CAUTION WARNING:

RAZOR8 SHREDDED AND RAZOR8 BLAST POWDER ARE HIGHLY POTENT AND CONCENTRATED. NEW USERS SHOULD INITIATE WITH ONE HALF THE RECOMMENDED DOSAGE TO ASSESS TOLERANCE. USERS MUST READ THE COMPLETE LABEL AND FOLLOW ALL DIRECTIONS.

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

Find it Here:





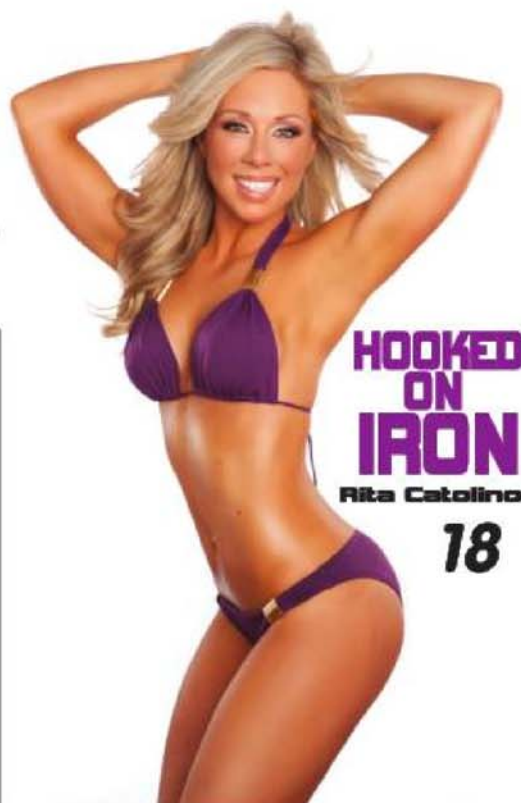
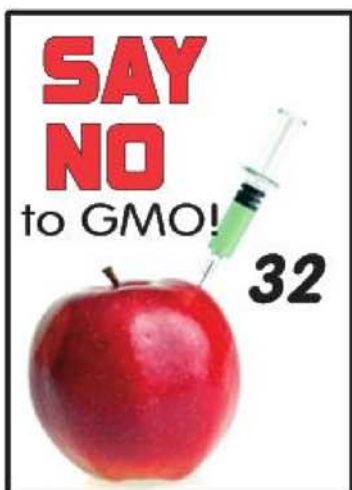
**...LIVE FOR THE KIND OF RESULTS
POOLS OF SWEAT BUILD...**

cont ents

**MARCH
2011**



Musclemania World **30**



FEATURES

14

Q & A with Coach Broser
- Eric Broser

16

Bodybuilding TIPS
-Skip La Cour

18

Hooked on Iron
Rita Catolino

20

Know your 1RM
for Maximum Strength
-Valeria Fazio

22

Vitamin D
-Laura Owens

24

Defy your Genetics
-Carol Medina

26

Freaky Abs
Common Myths
-Steve Shaw

28

13 Solutions to
Exercise Excuses
-Laura Mak

30

Musclemania

32

Say NO to GMO
-Marzia Prince

34

Muscle Meals
-Aaron Reed

36

JNL-
Strong and Fit!
-Carolina Gonzalez

38

From our Facebook Page

40

Stay Healthy Recipes
-Daria Benfield

42

How to Read a Nutrition Label
-Anthony Alayon

46

Welcome to my World
-Coach A

48

Challenge yourself with
this INSANE Workout.
-Hugo Rivera

50

Women of the PBO
-Lindsay Messina

52

Mobility and
Overcoming Obstacles
-Paula Jager

58

Food Investigation
-Mike Adams

60

Pz's Perspective
-Pz Hopkins

62

College Life
-Rob Bouchard

64

Interview with
Victor Egonu
-Steve Shaw

On the Cover

Jennifer Nicole Lee

Photo by: Carolina Gonzalez

DESIGNED BY AXISDZN.COM



NOW IS YOUR CHANCE TO GET SHREDDED!

NEW

INTRODUCING
METHYL
RIPPED
ADRENALINE
BURN FAT, SPARE MUSCLE!¹

Adrenaline - it amps you up, improves reaction time, increases athletic performance, and more importantly, helps you get ripped! It was with this in mind that NxLabs® developed **NEW Methyl RIPPED® ADRENALINE**. With this potent fat burner, you'll harness the power of adrenaline to help you achieve shocking fat loss and even spare more muscle tissue while dieting!¹

AVAILABLE AT:



HIGHLIGHTS:

- Lose Up To 13.2 Pounds-FAST!¹
- Increase Adrenaline by up to 233%!¹
- Enhance 24-Hour Fat Burning by 35%!¹
- Preserve More Muscle While Dieting!¹

NxLABS
.COM

*In a 60-day randomized, placebo-controlled study, 20% of the overweight test subjects using another key compound in Methyl Ripped® ADRENALINE lost over 13.2 pounds! On average, subjects in the treatment group taking this key compound twice daily with meals lost 11 pounds compared to an average loss of 5 pounds in the placebo group. Moreover, the Muscle Mass to Fat Mass ratio was increased significantly in the treatment group compared to placebo (4.3% vs. 1.6%) meaning that subjects gained more muscle while dieting. In other words, test subjects more than doubled their weight loss and kept more muscle! Results of an independent, double-blind, placebo controlled cross-over study showed that subjects who consumed a key compound in Methyl Ripped® ADRENALINE had a significant peak increase in circulating adrenaline of 233 percent during the 3 hour post-ingestion period. This compared to a non-significant minimal change of 62 percent when they took a placebo. A published double-blind, placebo controlled cross-over clinical trial using two key ingredients in Methyl Ripped® ADRENALINE showed fat oxidation levels increased by 35 percent more than the placebo group in the first 24 hours (103 vs. 76.2 grams) after consumption! Regular training and proper nutrition are essential for achieving your bodybuilding goals. Read entire label before use and follow directions. The trademarks shown including NxLabs® are protected by trademark law and cannot be used without written permission. © 2011. All rights reserved.



© 2011 DYMATIZE. These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent any disease. As individuals vary so will results.

When it comes to protein, only the best will do.
DYMATIZE ISO•100 contains Hydrolyzed Whey Protein Isolate processed to near perfection.
While most companies claim to have the best protein, they're no match.

THERE'S NO HIGHER STANDARD

$$\frac{25\text{g of protein per serving}}{28\text{g serving size}} \times 100 = 90\% \text{ Protein}$$



DYMATIZE®
BUILDING BETTER BODIES®

See our entire product line at
dymatize.com

PUBLISHER/EDITOR

Debbie Baigrie
TotalH@aol.com

CONTRIBUTING WRITERS

Anthony Alayon
Dr. John Atherton
Eric Broser
Rob Bouchard
Valeria Fazio
Sherry Goggin
Carolina Gonzalez
Ian Graham
Paul C. Henning
Pz Hopkins
Paula Jager
Brenda Kelly
Skip Lacour
Darla Leal
Laura Mak
Carol Medina
Danielle Nagel
Gina Ostaly
Marzia Prince
Aaron Reed
Hugo Rivera
Steve Shaw
Scott Welch

PHOTOGRAPHERS

John Atherton
Danny Fittro
Walt Ostaly
Liana Saadi
Eva Simon
Gordon Smith

CIRCULATION

Natural Muscle Magazine is distributed to select gyms and health related businesses throughout the USA. If you would like to carry the magazine at your location, email totalh@aol.com, fax 813-354-2460, or order online at www.naturalmuscle.net. There is a one time fee for this. Natural Muscle Magazine is available free of charge at select locations, limited to one copy per reader. No person, without written permission, may take more than one copy of each issue.

DISCLAIMER

Natural Muscle Magazine does not necessarily agree with the views in articles and assumes no responsibility for any claims or representations contained in this magazine or in any advertisement. Copyright © 2011 Natural Muscle Magazine, Inc., all rights reserved. Readers are advised to consult their physician before starting a diet or exercise program.



my two cents

Debbie Baigrie



There's a lot we humans can learn from dogs. If you live your life by the same philosophy that dogs do, you will be much better off in life. In the wild, animals fight only for two things. They just fight for food or a mate, everything else they get after that is just pure happiness.

Dog Philosophy:

1. Never pass up the opportunity to go for a joy ride.
2. Allow the experience of fresh air and the wind in your face to be pure ecstasy.
3. When loved ones come home, always run and greet them.
4. When it's in your best interest, always practice obedience.
5. Let others know when they've invaded your territory.
6. Take naps and always stretch before rising.
7. Run, romp and play daily.
8. Eat with gusto and enthusiasm.
9. Be loyal.
10. Never pretend to be something you're not.
11. If what you want lies buried, dig until you find it.
12. When someone is having a bad day, be silent, sit close by and nuzzle them gently.
13. Delight in the simple joys of a long walk.
14. Thrive on attention and let people touch you.
15. Avoid biting when a simple growl will do.
16. On hot days, drink lots of water and lie under a shady tree.
17. When you're happy, dance around and wag your entire body.
18. No matter how often you are criticized, don't buy into the guilt thing and pout. Run right back and make friends.



www.dogwork.com



WARRIOR

Digital Body Mass Caliper

Win the War on Fat

ADD MUSCLE MASS

LOSE BODY FAT

MEASURE FAT LOSS & LEAN BODY MASS

RIGHT NOW!

Sequoia

Fitness Products USA

sequoiafitness.com

Available at:

BODYBUILDING.com PROSOURCE.net netnutrition.com

Join us on

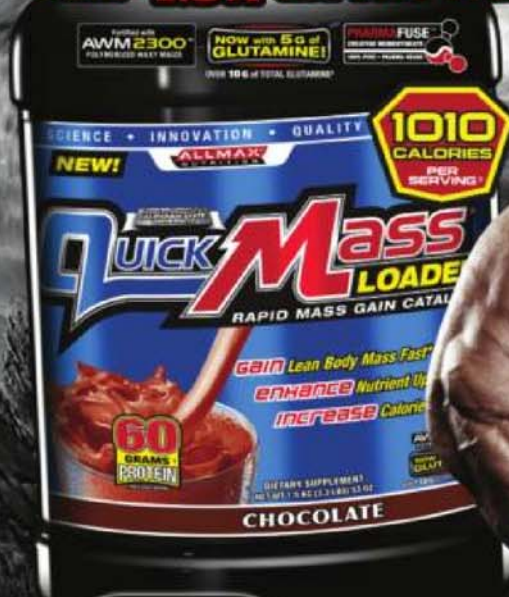


stay connected
upload photos
share your workout
share your recipes

GAIN UP TO 10 LBS IN 10 DAYS*

NEW!

Gain **4.5X** the **FAT FREE MASS!**



- Provides an added 2020 scientifically engineered calories a day for colossal muscle growth.[†]
- Provides 5 grams of Glutamine with a unique delivery matrix of 60 grams of time-release protein for rapid muscle recovery and unprecedented gains in lean muscle mass.[†]

HOW DOES QUICKMASS HELP PACK ON SIZE?

- Glycemic balanced carbohydrate matrix prolongs insulin release to maintain positive nitrogen retention.[†]
- Essential Fatty Acid matrix designed to deliver stable forms of Omega-3, Omega-6, and Omega-9 fatty acids.[†]



DEMAND MORE. GET ALLMAX.
SCIENCE • INNOVATION • QUALITY • RESULTS
www.ALLMAXNUTRITION.COM



GAINED
**19.8
POUNDS**
IN 8 WEEKS*



REAL RESULTS.

WILL YOU BE NEXT?

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





Eric Broser

Q and A

with coach broser

Q. I have done four natural bodybuilding contests so far, and each time I have looked better the week before the show than on the day of the show. My coach has me do the standard three-day carb deplete/load, as I gradually cut my water and sodium down to almost nothing a few days before. This seems to work well for others, so why not me? I just end up flat and less cut! What should/could I do differently to get it right?

countdown to SHOW DAY

A. Well, first, fire your coach (just kidding...maybe)! Ok, perhaps that is a bit harsh, but seriously, ask yourself this pertinent question...If your final week preparation did not work well the first time, what made you (or your coach) think it would work better the second, third, or fourth time? Have you ever heard the saying, "don't fix it if it isn't broken?" Well, in your case, it obviously IS broken and should have been fixed 2 or 3 contests ago!

Now, you say you looked better a week out than on contest day before each show. So, if that is the case, then why mess with your body so much the final week? Why not continue on the same basic path right up until the show? I have competed in about twenty contests over the years, and have prepared clients for at least 100 more, and one thing I can tell you for sure is that there are no special "magic tricks" that need to be performed in the final week. Simply stated...if you are in shape, you are in shape. Yes, some small adjustments should be made in the final days in order to help you "peak" for the show, but nothing radical should be done, because more often than not it backfires (as you have already seen with yourself). You must remember that the body is in a very delicate state near the end of a contest preparation period. You have been eating the same foods, drinking the same amount of fluids, and have been taking the same supplements for weeks, or even months, on end. You are also over trained and under recuperated, as well as experiencing a tremendous amount of stress, both physically and emotionally, from everything involved with contest preparation. Thus, changing things to radically in the final few days can



cause unpredictable reactions in your internal chemistry, causing you to hold water, flatten out, lose vascularity, or all of the above (not good)!

Here is another saying for you..."keep it simple stupid," also known as the K.I.S.S. principle. And with that in mind, I suggest you do the following for your next show. Make sure you are literally ready to step on stage about a week out. This means all body fat should be incinerated, and the only thing you should have left on you is some subcutaneous water. Forget the carb depletion/loading and water restriction, as this rarely works very well. From Monday through Friday eat the same amount of carbs (and same types) and consume the same amount of water as you normally would on any training day. Split your upper body into three sections (no leg training the last week), and train on Monday, Tuesday, and Wednesday. Do not go to failure on any exercise, and keep your reps in the 12-15 range. Stick

to about 10 sets for large muscle groups and 6 for smaller groups. Try to move relatively quickly, going for nothing more than a nice pump in the target muscle.

On Thursday, practice your mandatory poses and your routine, but do not exhaust yourself. Friday should be a day of complete rest so that your mind and muscles are fresh for Saturday's event.

The only variable to be manipulated to any great degree the final few days is your sodium. Keep your intake normal throughout Monday and Tuesday. On Wednesday begin to cut back to about ½ your regular amount. On Thursday, again cut back by about half, and on Friday consume only what naturally occurs in meats,

carbs, and spring water. All the fluid you will be drinking will help flush out excess sodium and "sub-Q" water, while keeping your muscles full, and helping them to store glycogen. This way you will not flatten out like in the past, and your muscles will push against the skin quite nicely.

On "game day" eat a couple of medium sized protein and carb meals, with small amounts of water before prejudging. About 30 minutes before pumping up you can eat something sugary, like a chocolate bar or a Pop Tart, with a sip of water, which will help bring the veins to the surface.

If you use this strategy I can promise you that you will look your best when you are supposed to... on stage in front of the judges instead of in the gym locker room in front of your training partner the week before! Good luck!

**Because you want to *BURN FAT FAST*,
We made *REDLINE ULTRA Hardcore*!**

**FASTER
ACTING!**

**STRONGER
STACKING!**

**LONGER
LASTING!**

**Actual REDLINE
ULTRA Hardcore
Microtabs Enlarged 5x**



WIN A VIP INDY 500 AT TRACK EXPERIENCE WITH REDLINE XTREME RACING! MUSCLE, POWER, SPEED | REDLINEXTREMERACING.COM

Redline® Ultra Hardcore's Tri-Action, Liquid & Microtab Delivery innovation is Biotechnology exclusive to VPX. First, the clear faster acting liquid delivers sub-micron active compounds into your body within seconds. With a high speed sheering blade process VPX reduces active particles to a weight of less than one micron. These advanced liquid phase pharmacokinetics result in ultra-fast absorption. After the liquid actives are released, the specially engineered Black Microtabs bypass the high acid (low pH) environment of the stomach, consequently, minimizing digestive degradation. The high pH alkaline environment of the intestines trigger the Black Microtabs to burst open and go to work within minutes to flood the body with potent fat incinerating factors. When all other fat burners fail, Redline® Ultra Hardcore™ Blue Microtabs release steadily into the system for up to three hours as proven by dissolution studies in VPX's state of the art laboratories! Redline® Ultra Hardcore™ unleashes: "The world's most cutting edge active compounds infused into the world's most cutting edge Tri-Action delivery system!" By volume and by design VPX has developed the most advanced liquid fat incineration innovations in the history of sports and performance nutrition! Redline® Ultra Hardcore™ is so advanced, yet, can be easily understood by the trademarked mantra: *Faster Acting! Stronger Stacking! Longer Lasting!*

Look for Jack Owoc's Muscle, Appearance and Performance Enhancing Substances™ Documentary coming soon.

TEXT VPXMAG9 to 67463 For Our Mobile Special Offers!

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

GNC Live Well.
SHOP NATIONWIDE OR AT GNC.COM

VPX VPXSPORTS.COM





Six-Time National Champion Bodybuilder
Success and Leadership Coach

Skip La Cour's

DRUG FREE MASS BUILDING training

STAY FOCUSED ON WHAT'S BEST IN THE LONG RUN

You Can Pay A Little Now Or Pay A Lot More Later

Many times in life, the things that cause you the most discomfort and pain in the short term become the most character-building, life-launching experiences in the long term.

Isn't that how things usually turn out with your best weight training sessions? It's those types of workouts—the ones when you are slightly fearful, exhibit courage anyway, and smash through physical and mental plateaus—that are the most rewarding in the long run. The same can be said for your cardiovascular training sessions, right? Your most satisfying stints on the treadmill were the ones when you wanted to quit halfway through your scheduled time because you were huffing and puffing so badly—but persevered. At the end of those somewhat painful but rewarding sessions, you didn't only finish your scheduled time, you set personal distance traveled and calories burned records.

Conversely, the things in life that appear to be the most pleasurable in the short run oftentimes become the most painful in the long term.

Have you ever decided to miss a workout for no important reason? Whatever you thought you were going to gain by missing that day of training was soon negated by the feelings of being out-of-sync or letting yourself down. It only takes a few times cheating on your structured, nutritious bodybuilding diet to help you come to those same conclusions. The longer-lasting price you pay in guilt, momentum lost, and diminished self-pride is often too hefty of price to pay for the short-lived gratification of pigging out on junk food.

People often rationalize their way out of feeling the angst. The bottom line is this: Success has a price. You can either pay a little now by effectively dealing with the angst you feel inside or a lot more later on by choosing not to deal with it. Whichever way you choose, you are going to pay something.



Managing the angst now can be quite bothersome at times. There's no doubt about it! Dealing with months or years of denying the angst can be devastating when are forced to look at all the time and God-given abilities you've wasted and can never get back. The choice is yours.

Take Action and Do This NOW

Why don't you become proactive? Decide right now what price you are willing to pay. I think I've been very clear which price I think you should invest into the overall quality of your bodybuilding efforts—and life.

Hang in there. Be patient with yourself. Work with the angst inside. Embrace it. We're all dealing with this same challenge on the inside—regardless of what it may appear to look like on the outside. And remember, the angst you feel inside is your friend—not your enemy.

I want more of a "peak" on my biceps. Can certain exercises change the shape of muscles?

There are no specific exercises that will actually change the shape of a particular muscle or muscle group. Until you reach your maximum genetic potential for that body part's muscle growth, you'll never know what the finished product will look like.

When it comes to the shape of a particular body part, muscle, or muscle group, everything is not under your complete control. Your genetic disposition has the final say in the shape of a particular body part, muscle, or muscle group.

What you can control, however, is the amount of high-quality, dense muscle your genetic disposition has to work with. Your goal is to efficiently stimulate the muscle with good old fashioned weight training in order to maximize the amount of size and mass a particular body part carries.



LIMITED EDITION!

UNIVERSITY RESEARCH PROVEN TO AMP YOUR PERFORMANCE

7.5% IMPROVEMENT IN REACTION TIME

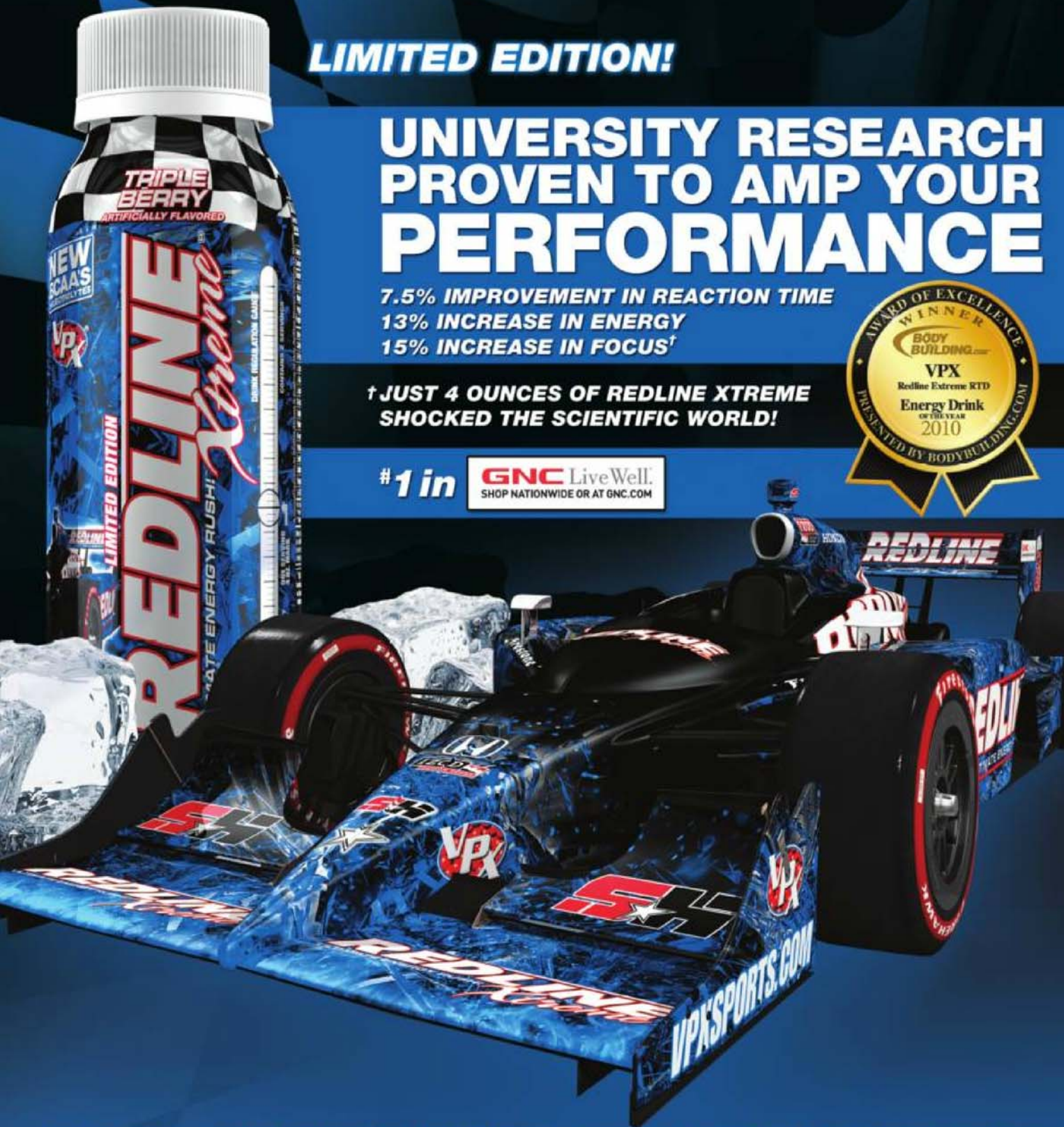
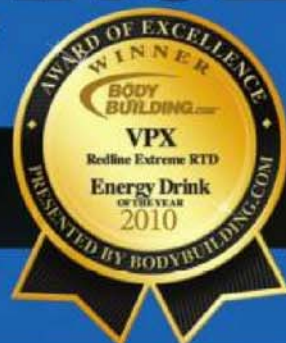
13% INCREASE IN ENERGY

15% INCREASE IN FOCUS†

† JUST 4 OUNCES OF REDLINE XTREME
SHOCKED THE SCIENTIFIC WORLD!

#1 in

GNC LiveWell.
SHOP NATIONWIDE OR AT GNC.COM



WIN A VIP INDY 500 AT TRACK EXPERIENCE WITH REDLINE XTREME RACING! MUSCLE, POWER, SPEED | REDLINEXTREMERACING.COM

GNC LiveWell.
SHOP NATIONWIDE OR AT GNC.COM

BODY BUILDING.com



amazon.com
and you're done.



VPXSPORTS.COM



† These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

TEXT **VPXIMAG9** to 67463 For Our Mobile Special Offers!

Tips to help Rita stay on track

- Scheduling in workouts with friends- makes the workout a social activity
 - Visualizing your goal and pushing yourself even harder in the workout
 - Trying on your bikini in the dead of winter and examining yourself in the mirror! That's motivation!
 - Set up a photo shoot - a great goal to keep in shape, especially in these cold Canadian winter months! Human beings are goal-oriented!
 - In the evening when the sweet tooth kicks in, Rita makes an omelette with chocolate protein powder in it, spreads a little almond butter on top, et voila! A yummy bedtime snack- (make them crepe thin and stack them)
 - Have a vision board with pictures of yourself, not others. The pictures should be pictures when you felt happy, at peace or just a great picture that reminds you of why you were born!
- plan one new thing in your workout each week, or try that new dance aerobic class at your local gym!

- Network with other fitness enthusiasts and share ideas! take a new course! Rita is currently enrolled in Dr. John Berardi's Precision Nutrition course

- Food preparation time! Take time on your Sunday or any other non busy day to prepare some foods to make that busy week less hectic, and less tempting! Rita always has hard-boiled eggs on hand as a snack, or for a cobb salad. Cut up vegetables, roasted squash, quinoa and homemade stews round up the food preparation.

Tips for new (and not so new) moms!

- Include your child(ren) and spouse in your workout. Take the stroller down to the paths and go for a speed walk while taking in nature and showing your child about mother nature sign up at your local community centre for a baby-based class- mom and baby yoga, salsa babies, strollers and tots, babies and weights etc.
- Make sure to schedule in time for yourself- get daddy, grandparents or a babysitter to watch your baby for at least an hour daily and go exercise! You will feel great after!
- Get together with other new mom's and grab the jogging stroller and go for a run
- Prep food for baby and yourself so there are always healthy options available
- In the cold, Canadian winter months, go mall walking with your friends! Babies love the sites and sounds of retail:)

HOOKED ON IRON

Rita Catolino

My fitness journey started after having my little girl in 2007. I grew up watching my own mother experiment with every diet on the market. I watched as she lost and gained weight uncontrollably and realized as I matured that this aspect of her life in turn, affected every other. I didn't realize that I could be heading down that same path if I didn't do something about it. It was this huge milestone at this post-childbearing time of life. I was flabby, out of shape and was not happy at a size 12. This new "precious package" in my arms made me realize that I wasn't happy with my health choices. I needed energy and a positive self image to be able to pass that on to my daughter and break the cycle of yo-yo dieting in my family.

"Okay" I thought, what should I do? Take the green pill? The cleanse master? The calorie counting? What about just grazing on Fruit for a month? I decided to avoid the temptations that my mother previously gave into, and chose the difficult, but oh-so-worth it plan! I got a gym membership, started doing group exercise classes, picked up Tosca Reno's The Eat Clean Diet and was on my way! Okay, it wasn't quite that easy. Initially, I struggled to make it to the gym, often caving in and eating my white pasta and cheese. Did I mention wine? Weekends (Thursday- Sunday) were still a struggle and I cheated more often than I ate clean. I also found the new commitment of motherhood difficult to say the least. Scheduling in workouts, feedings (I breast-fed for a year), nap times and life in general was not an easy task, but one that made me feel in control of my destiny and life. With persistence, dedication and time, the hard work started to pay off and my extended long weekends of overeating diminished, and I learned how to enjoy my "cheat" foods in moderation. Slowly and steadily I started to see progress over the months, and so did my friends. A friend of mine who noticed my progress recommended I get started on a free weight routine and offered to show me the ropes. After that first few sessions, I was hooked on iron! I loved the pump and aggression of lifting weights. I started putting on lean muscle mass and toning my body quicker than I thought was possible. My friend suggested I sign up for my first fitness competition...and I did. In May of 2009, almost 2 years postpartum, I stepped on the stage for the first time. I didn't win, nor did I place in the top 10, but, I felt like a winner and I was hooked.

Now, a year and a half later, competing is part of my lifestyle. It keeps me focussed and motivated. I am constantly training to evolve and become a recognized presence in the fitness industry. I am now a certified personal trainer and eating clean is a huge part my life, as well as my client's and family's, especially my 3 year old daughter's. I hope to continue learning on this journey and inspire people to do the same.



EVA SIMON PHOTO EVASIMON.COM

It's ironic to see me in fitness pictures, and in a bikini period! Rita Catolino, Fitness Model!? This would have looked much different 3 years ago when fitness, nutrition and posing in a bikini or fitness wear was the farthest thing in my life.

Facts about Rita!

- ☐ Trilingual- English, Spanish and Italian
born and raised in London, Ontario to Italian parents
- ☐ Honours Degree in Spanish Language and Literature
Spent over 5 years living in the south of Spain
- ☐ Vice-president of the Salsa club in university- Rita can dance a mean salsa!
Also dances Flamenco
- ☐ Gr. 8 piano degree and 7 years of voice and violin training
- ☐ Assistant Fitness Manager at GoodLife in London, Ontario
- ☐ Loves Italian food, but now can live without it, treating herself once a month to her mom's homemade pasta and sauce!
- ☐ Has been married for 9 years, is 31, a Capricorn and is very stubborn!!
- ☐ Has a 3 year old daughter, Ariana who has already been to Spain 2 times!
- ☐ Loves to travel. Has been to over 8 countries and plans on travelling to more soon!
- ☐ Does boxing with UFC fighter Sam Stout for an extra challenging workout!

Rita is also part of a charity group called "Hot Mom's for Charity." The group formed 2 years ago, and consist of 6 friends who all have children under the age of 3. The group decided they wanted to give back to their community. The mom's made a calendar (all mom's workout together and take pride in their well being) and launched it with the local media. The ladies raised over \$5000.00 for a local mother-child based charity. The 2012 calendar is already in the making, and the moms are confident in raising a lot more this year for their new charity! Stay tuned for more!!

know your 1RM for

How strong are you? In the gym, this is a very valuable question. But how valuable is your answer?

If you were approached with this question would you be able to answer it? More importantly, do you know how to answer it?

MAXIMUM STRENGTH

By Valeria Fazio

In the gym, your strength can be measured with just one rep, better known as your 1RM. Your 1RM is a key indicator in determining your overall/maximal strength. By definition, it is the maximum amount of weight you are able to lift for one rep without breaking form and is typically measured on compound exercises such as the bench, squat, and deadlift.

If you are not sure how to find your 1RM there a number of charts available to help.

Following a proper warm-up, choose a weight that should challenge you between 6 and 12 reps on a compound exercise (i.e. overhead press, bench press, lat pull down or squat). Count how many reps you can complete with perfect form, then refer to the chart.

So, let's say I lifted a 10 lb weight for 7 reps with perfect form on the overhead press. According to the chart, I lifted at approximately 80% of my 1RM.

The 10 lb is then divided 80% (.80) giving me the number 12.5 (or my 1RM).

Now look at the number you have. Are you satisfied? Or would you like to see this number grow? A true competitor never settles. So, are you ready to boost your value with intense strength training?

Since your 1RM is an indication of strength, the best way to increase it, is to cycle through a strength building program that requires you to lift at approximately 80-90% of your 1RM (between 3 and 7 reps).

THE FOLLOWING ARE TIPS TO HELP YOU JACK UP YOUR 1RM:

Develop Your Kinetic Chain

To increase your overall strength a large focus should be placed on developing your kinetic chain. This can be done by incorporating free weights into your program. With free weights you not only target a particular muscle group but also engage other muscles that assist in the work, helping to improve your coordination by improving the neuromuscular pathways that connect your muscles to the central nervous system.

Compound Lifts First

Second, always begin your workout with your biggest

compound lifts (bench, squat and deadlifts) before moving onto other isolation exercises.

Add Variety with Power Training

Maximal strength training can improve exercise economy and endurance performance. Such a program will lay the foundation for increasing your potential for additional power development, but is not effective as a whole. Your 1RM lift requires explosive power that can only be developed when strength is converted into explosive force. Power training should, therefore, be included to help improve the rate of force. Just one day of plyometrics in your typical strength-training split can help you convert your maximal strength into explosive power and help to increase your 1RM.

Rest

Rest comes in two forms – rest between sets and rest away from the gym.

When handling heavy weights, you will require about of 2-3 minutes of rest between sets.

Finally, remember – strength will not increase in the gym. It will, however, flourish with proper rest and nutrition. When pushing heavy weights, schedule recovery weeks in between strength-training weeks. Two weeks heavy, one week light is a good cycle to follow when trying to build strength. Likewise, give each muscle group at least 48 hours of rest. This will help avoid injuries associated with overtraining.

Nutrition

BCAAs are essential in promoting muscle recovery and strength development. More specifically, the BCAA leucine has been found to stimulate protein synthesis and aid in muscle recovery. Leucine is the most concentrated amino acid in the skeletal muscle tissue and can be found naturally in nuts, brown rice, cottage cheese, chicken and fish.

This powerful BCAA works by activating the anabolic pathways (mTOR pathway) that work in conjunction with your body's insulin. Studies have linked leucine to lowering elevated blood sugar levels, as well as increasing growth hormone production. Even more, it aids in achieving positive nitrogen balance. Just 2.8

grams of leucine can help increase protein synthesis by as much as 60%. This boost in muscle recovery will help you keep your weight training frequency at its maximum potential.

Leucine BCAA by ALLMAX Nutrition is a pure and powerful crystalline product that is derived directly from vegetables (corn) and created through a complex fermentation process. It includes zero preservatives, additives, binders or excipients. The result: an ultra fine powder with maximum absorbency.

So go ahead, realize your value and then boost it with intense strength training and leucine. With your new 1RM you will not only rule the gym, you will pretty much own it.

EXAMPLE OF HOW TO FIND YOUR 1RM:

# of Reps	% Perceived Exertion
1	100
2	95
3	90
4	88
5	86
6	83
7	80
8	78
9	76
10	75
11	72
12	70



Valeria Fazio holds a B.A. Honors degree in history from Carleton University and a diploma in professional writing from Algonquin College. She has been competing in amateur fitness and figure competitions for three years, and has recently qualified for the 2011 Ontario Provincial Figure Championships. As a certified personal trainer and nutritional coach, Valeria helps others in her free time to achieve their fitness goals.



PURE 100% INSTANTIZED
MYOTRISOL™
BCAAs

TEAM ALLYSON
JAFFEY SO-MING HEI
PRO BODY BUILDER

PURE 100% INSTANTIZED BCAAs

NEW!

DURING TRAINING

AMINOCORE™

BCAAs

GET THE INSTANT ANABOLIC EDGE

100% MYOTRISOL INSTANTIZED; NO FILM OR PARTICLES ON THE SURFACE!

NOW IN 1,000 G POWDER FORM
over 100 servings!

UNBELIEVABLY DELICIOUS & REMARKABLY CONVENIENT: AMINOCORE™ solves the ultimate athlete dilemma, how to get extremely high, research-directed dosages of BCAAs in a formula designed to get you into an anabolic state, fast wherever you are! Perfectly measured, and absolutely delicious, what could be better? How about 7 completely novel energy-releasing B Vitamins. It has the POWER to put you into an ANABOLIC state, everytime!

210 RAPID RELEASE TABLETS



FRUIT PUNCH BLAST!

AND NOW ALSO IN

CARIBBEAN TROPICAL FRUIT!

AVAILABLE IN TWO DELICIOUS FLAVORS



45:30:25 RATIO TECHNOLOGY

100% PURE FERMENTATION-DERIVED PHARMACEUTICAL-GRADE

DNA Gene-Chip Analysis was used to determine the impact of specific ratio BCAA supplementation. 45:30:25 ratio BCAAs increased the direct p70^{S6} cellular signaling by 350%! This research was astounding and better yet, it was performed at one of the world's premier Amino Acid Research centers in Stockholm, Sweden. So prestigious that this institute gives away the Nobel Prize.

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

ALLMAX™
NUTRITION

DEMAND MORE GET ALLMAX.
SCIENCE • INNOVATION • QUALITY • RESULTS

www.ALLMAXNUTRITION.COM



supplementscanada.com

GNC LiveWell

vitaCost

BODY BUILDING

supplement warehouse



AllStarHealth

SVT Canada



SuperSupplements

Direct From Factory Warehouse

vitamin **D** Guidelines Spawn Debate

Laura G Owens:
Natural Health, Psychology, Social
Trends, Motherhood and more ...

New vitamin D guidelines are stirring a debate among some doctors and researchers who insist the revised RDA is still too low to provide health benefits.

The surge in popularity of vitamin D has largely been prompted by the growing number of doctors recommending patients get their blood levels checked, and then prescribing supplements if results fall below 30 ng/mL. In response, the Food and Nutritional Board (FNB) was commissioned to review the current body of vitamin D research. Results were available last week.

The once under-promoted "sunshine vitamin" has been thrust into the spotlight in the last few years, prompting the need for further studies to establish more precise dosing guidelines.

"I think the confusion is understandable," says Patsy Brannon, a professor of nutritional sciences at Cornell University and member of the panel who presented the new RDA. "The committee is very concerned about the lack of evidence-based consensus guidelines for interpreting blood levels for vitamin D. We strongly recommend that these be developed."

VITAMIN D DOSING STIRS DEBATE

The FNB released the results of their review which included recommending an increase in the vitamin D RDA from 400 IU (international units) to 600 IU for infants through adults age 70, and 800 IUs after age 71. The panel also raised the acceptable upper limit of daily intake to 4,000 IUs for adults, from 2,000.

The panel concluded that for 97% of the population, a blood level of 20 ng/ml of vitamin D is sufficient, a standard vitamin D advocates say is far too low to prevent bone loss or a host of other health issues research has found are associated with a lower levels of vitamin D.

Several major medical groups, including the Endocrine Society and the International Osteoporosis Foundation, concluded that a level of 30 ng/ml is necessary for optimal bone health, while Dr. John Cannell, Executive Director of the Vitamin D Council, goes a step further, recommending D levels for adults and children stay between 50–80 ng/ml all year round.

The 14-member FNB committee was called by the Institute of Medicine (IOM) an independent nonprofit scientific body, at the request of the United States and Canadian governments.

Asked to review the available data on D, the panel looked at nearly 1,000 publications to determine how much vitamin D and calcium people were getting, how much was needed for optimal health and how much was too much.

Critics of the new recommendations say however, that to suggest an adult needs only the same amount of vitamin D as an infant is prepos-

In a response to the revised guidelines, Dr. Cannell issued a response on the Council's website, ("Today, the FNB has failed millions, November 30th, 2010) pointing out that:

- The FNB said toxicity might occur at an intake of 10,000 IU/day but they couldn't produce any evidence except one poorly conducted D study indicating 20,000IU/day could cause mild elevation of calcium.

- The FNB only focused on bone health as they did 14 years prior, ignoring thousands of studies from the last ten years that indicated higher doses of D helps heart, brain, breast, prostate, pancreatic, muscle, nerve, eye, immune, colon, liver, mood, skin and most notably, fetal health.

- The panel reasoned that if so many pregnant women have low D then it must be okay because low levels are so common in pregnant women, yet writes Cannell, this is flawed, circular logic.

- It is nearly impossible to raise vitamin D levels with an RDA of only 600 IU/day. 5000 IU/day is crucial for adults particularly for women who "want their fetus to enjoy optimal vitamin D level," writes Cannell.

The panel consulted with 14 vitamin D experts explains Cannell in his response, yet after reading each report, the panel decided to suppress the findings. In response, the Vitamin D Council is filing a federal Freedom of Information request to the IOM to release the 14 reports.

**THE POWER THREE
ADVANTAGE**
YOUR ROUTINE NEEDS AN UPGRADE.
FatTrack® GOLD PREMIUM
BODY FAT MANAGEMENT
TOOLS PACKAGED TOGETHER
FOR YOUR SUCCESS!



Fat Track II® / MyoTape® / Body Tracker Software
**MEASURE IT • RECORD IT
CHART IT • PICTURE IT**

accufitness.com
GNC Live Well BODY BUILDING

terous and not in the public's best interest.

As a result, the new vitamin D guidelines have stirred a debate among doctors and scientists, between those who feel the guidelines are adequate and those who feel they're too low for most individuals, in particular for pregnant and lactating women who if D deficient, can negatively affect their infants' health.

Studies have shown an association between low D in pregnant and lactating women, and their children being at higher risk for bone mineral diseases such as rickets and other pathologies such as type 1 diabetes and neurological disorders, even autism.

VITAMIN D A HORMONE, VITAL TO BODY PROCESSES - COUNCIL RECOMMENDS HIGHER DOSING

The buzz over vitamin D partially stems from its unique role in the body. Technically not a vitamin, D is a secosteroid hormone, and unlike vitamins, hormones are the keys to unlocking binding sites on the human genome, the genetic content in an organism. The human genome contains more than 2,700 binding sites for calcitriol; the metabolic product of vitamin D. Those binding sites are near genes involved in virtually every known major disease of humans.

Vitamin D deficiency has been associated, writes Dr. Cannell on the Council's website, "in the pathology of at least 17 varieties of cancer as well as heart disease, stroke, hypertension, autoimmune diseases, diabetes, depression, chronic pain, osteoarthritis, osteoporosis, muscle weakness, muscle wasting, birth defects, periodontal disease, and more."

Exact dosing of D depends on a number of factors, including weight, color of skin (darker skinned people tend to have lower levels), illness etc. Caucasian skin makes 10,000 IU of vitamin D after 20 to 30 minutes of exposure to summer sun.

Dr. Cannell recommends healthy adults and adolescents who avoid sunlight exposure supplement with at least 5,000 IU of vitamin D daily, children under the age of one 1,000 IU vitamin per day and children over the age of one 1,000 IU per day for every 25 pounds of body weight. These levels are drastically higher than the new revised RDA of only 600 IU/day.

FOOD AND NUTRITION BOARD SAYS HIGH D NOT NECESSARY

The FNB says the high amount of D often recommended by doctors and testing laboratories is unnecessary and could be harmful. They also concluded that calcium supplements aren't necessary stating in their report that most people have adequate amounts of calcium and vitamin D in their blood supplied by their diets or natural sources of D from sunshine.

"The evidence for [D] for bone health is compelling, consistent and gives strong evidence of cause and effect," says Dr. Brannon. "Yet for the other health

issues, she said, "there are relatively few randomized controlled trials, and even in the observational studies, the effects are inconsistent." (Beck, Melinda, November 10th, 30th. "Triple That Vitamin D Intake, Panel Prescribes," Wall Street Journal. Retrieved December 6th 2010).

The panel was concerned about what they called "emerging evidence of concern" about possible ill effects of too much vitamin D. Dr. Brannon said the panel had seen higher death rates from pancreatic cancer, prostate cancer and other causes in men whose blood levels were above 50 ng/ml. The link is still tentative and may never be proven, she noted: "The difficulty is, you can't design a trial to look at adverse effects."

VITAMIN D ADVOCATES HIGHLY CRITICAL OF FOOD AND NUTRITION BOARD REPORT

Critics of the revised RDA for vitamin D say the numbers don't come close to the required amount people need to assist in the prevention of a long list of health conditions associated with a D deficiency.

Dr. Cannell feels the FNB is publicizing misinformation and that the panel's messaging will make people unnecessarily fearful of overdosing, something he says is extremely rare, particularly with cholecalciferol, referred to as D3. D3 is the naturally occurring form of vitamin D that is made in large quantities when sunlight strikes bare skin; it can also be taken as a supplement.

Dr. Cannell and others are undeterred by the panels' findings, committed to advancing the message that higher D dosing offers scientifically-based health benefits. All parties most likely do agree that further research needs to be conducted to create more precise dosing guidelines since dosing depends on a number of factors.

"I supplement patients who are deficient and they feel better. They come in and say, 'I've been much less achy and stiff or my mood's been better since I've been taking the vitamin D,' said Alan Pocinki for Beck's Wall Street Journal article. An internist in D.C., Pocinki says most of his patients are office workers, and 75% of them fall below the 30 ng/ml level D advocates consider adequate.

"Do we have the data to prove this conclusively? No. We don't have evidence for much of what we do in medicine, but if you wait for the evidence, you may be depriving your patients of beneficial treatments," Dr. Pocinki said.

Disclaimer: The information contained in this article is for educational purposes only and should not be used for diagnosis or to guide treatment without the opinion of a health professional. Any reader who is concerned about his or her health should contact a doctor for advice.



DEFY YOUR GENETICS

& INHERIT A CHISELED, MUSCULAR AND LEAN PHYSIQUE!

You've probably thought to yourself (once, twice or god knows how many times), your genes are the reason that's holding you back from sculpting that strong, muscular, and super lean physique you so desire. You've been lifting weights, doing cardio, and changed your eating habits, but although you've made some changes, you've yet to totally transform your body into that lean, chiseled structure you wanted to be. Whether your muscle building progress is at a standstill, or certain body parts are just not coming in the way you'd like them to... The time has come to stop blaming your genes for your short comings and stand firm to battle and defy your genetics!

This compound- isolation training protocol, also called post-exhaustion training, exceptionally stimulates your mind to muscle connection, allowing you to target all of your muscles intensely while creating ludicrous muscle pumps. This is the sure-fire solution to build the muscle you thought you couldn't build and emancipate you from a bulky appearance into an astonishing shredded physique you never thought could be possible!

The compound- isolation training protocol is basically a super-set in which you start with a compound movement and immediately after the completion of that set, you move into an isolation movement for the same muscle group. After the super-set is completed, make sure you rest 1 ½ - 2 minutes before repeating for a total of 3 sets. The compound movement is performed with low repetitions, while the isolation movement is done with moderate repetitions. The focus on this compound- isolation training protocol is to maximize intensity, stimulate incredible muscle growth, fully exhaust all motor units, and deliver astonishing lean muscle definition. This training protocol allows you develop round muscle bellies, deep cuts, and a chiseled

overall appearance which crushes any genetic limitation you've stumbled upon!

See, compound movements allow you to move heavy weights because they require multiple muscles to come into play. Hence, this allows maximum overall growth and enhanced muscle recruitment. However, in a compound move, your smaller muscles fatigue before your larger muscles can fully be stimulated. Therefore, by immediately completing the isolation move, you ensure you completely stimulate the larger muscles, and by completing a higher amount of repetitions, you fully exhaust all motor units, engaging every type of fiber of the targeted muscle, surpassing any limitation you've ever encountered!

The selection of your repetitions really depends on your fitness level and strength.

A GOOD RULE TO USE TO SELECT YOUR REPETITION STRUCTURE WOULD BE AS FOLLOWS:

Compound Movement

Low to Moderate Strength or Beginners
(new to exercise or starting back) 8-10 reps
Strong or Advanced 4-6 reps

Isolation Movement

Low to Moderate Strength or Beginners
(new to exercise or starting back) 12-15 reps
Strong or Advanced 8-12 reps

**Never compromise form and safety when lifting. Only use weights that enable you to lift all reps with good form. If at the last few reps are sloppy, the weight is too heavy.*

BEFORE YOU EMBARK THIS BATTLE HERE ARE A FEW THINGS TO KEEP IN MIND:

- Warm up properly with a few lighter sets of the exercise you are about to begin.
- Due to the intensity of this training routine, you want to keep volume at no more than 4 total supersets per body part.
- Don't rest more than 10 seconds between the supersets, but take enough recovery time between sets.
- We are all different with various goals or lagging body parts. Certain exercises work best for different individuals so don't be afraid to make up your own combinations to dial in your specific needs
- Always experiment using various angles, grips, equipment, and body positions for an overall approach to your training, to maximize results, and prevent plateaus.

There you have it, your plan to defy your genetics, surpass your limitations, and reveal unbelievable results you never thought possible!

HEALTHY MEAL IDEA

Asian Style Paddock Fish and Soybean Noodles

- Paddock Fish
- 2 tsp Sesame oil
- 1/2 c sweet onion
- 1 tbsp minced garlic
- 1/3 c scallions
- 5 tbsp rice vinegar
- 2 tbsp light soy sauce
- chili powder
- dash of black pepper, paprika, curry powder
- stevia to taste



1. Cook noodles as instructions (add to boiling water, simmer 8 minutes, rinse with cold water) and set aside.
2. In a large pan, heat the sesame oil. Once hot, add the garlic and onions, and cook until browning. Add scallions, rice vinegar, and soy sauce to pan. Add the paddock fillets and cook on medium heat and flipping fillets midway.
3. Serve the fish and pour fish sauce over noodles.

WORKOUT

MONDAY-LEG DAY

Body part	Exercise
Quads	Barbell Squats- Leg Extensions
Quads	Hack Squat + Leg Press
Hams	Romanian Deadlift- Laying Leg Curls
Hams	Seated Leg Curls- Standing Single Leg Curls
Calves	Seated Calf Raises- DB Standing Single Leg Calf Raises

TUES-BACK/ BI'S/ABS DAY

Body part	Exercise
Back	Wide Grip Pulldown + Straight Arm Pulldown
Back	Barbell Bent Over Rows + DB Across Bench Pullover
Back	Wide Grip Pull Ups + Single Arm Cable Seated Rows
BI's	Standing Barbell Curls + Dumbbell Preacher Curls
BI's	Machine Preacher Curls + Single Arm Cable Curls
Abs	Hanging Leg Raises + Stability Ball Rope Crunches
Abs	Across Bench Crunches + Rope Crunches

WED-CHEST/ DELT'S/ TRI'S DAY

Body part	Exercise
Chest	Barbell Incline Bench Press + Peck Deck or Machine Fly
Chest	DB Flat Bench Press + Dumbbell Fly or Cable Crossover
Delt's	Military Press + Dumbbell Side Laterals
Delt's	Arnold Press + Dumbbell Rear Fly
Tri's	Dips + Rope Pushdowns
Tri's	Skull Crushers + Tricep Dumbbell or Cable Kickbacks

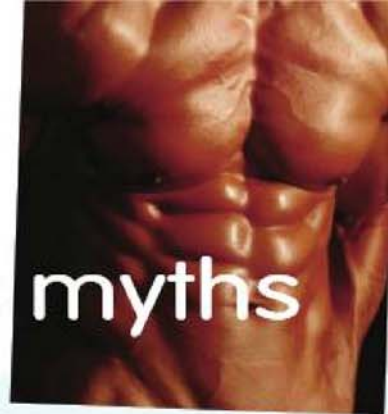
FRIDAY-TOTAL BODY DAY

Body part	Exercise
Quads	Hack Squat + Walking Lunges
Hams	Romanian Deadlift + Laying Leg Curls
Back	Wide Grip Pull Ups + Rope Straight Arm Pulldown
Chest	Flat Bench Press + DB Incline Fly
Delt's	Seated Barbell Military Press + DB Side Laterals
BI's	Preacher EZ Bar Curls + Incline Bench DB Curls
Tri's	Dips + Overhead Dumbbell Tricep Extensions
Abs	Hanging Leg Raises + Rope Crunches
Lowback	Back Extensions + Supermans

By Carol Medina
Diald In Fitness Owner,
International Figure Athlete,
and Fitness Expert
www.DialdInFitnessOnline.com
Email:
carolmedinafitness@yahoo.com

FEAKY ABS

exploring common ab myths



By: Steve Shaw

Endless crunches and situps will tone the abs, and result in a six pack!

Wrong. You can perform 1,000 crunches and situps every day for the next 2 decades and you still won't tone your abs and carve out a six pack. While ab exercises can help to build strong and thick abs, they won't strip away the fat that is currently covering your abs. Only a proper fat cutting diet can tone your midsection, revealing the abs that lie beneath.

As long as you are eating healthy you will lose fat and tone your abs!

False. While eating healthy is a good start, it doesn't guarantee toned abs. It is possible to eat only "good foods" and still gain weight. It is also possible to eat the wrong types of healthy foods, which might cause you to lose muscle, making it harder to see your abs! To lose fat the right way you will need to focus on the total amount of calories you are eating each day, while keeping an eye on protein, carbohydrate and fat consumption.

Resistance training isn't needed when dieting for six pack abs!

While resistance training isn't needed when on a fat stripping diet, it will help you to tone and maximize your current muscle mass. On the other hand, if you don't utilize some form of resistance training, you risk losing fat AND muscle while dieting. The end result might be six pack abs, but not much else to go with it.

Abs must be worked as frequently as possible with high reps!

No, not exactly. While the abdominals are a smaller muscle group, and can generally be worked more frequently, you should still train them like any other muscle group. Far too often the abs are not trained with progressive resistance, meaning that the workouts do not become more difficult over time. It is more important to make ab workouts challenging than it is to perform an endless amount of easy repetitions.

Also, abs should be worked about 1-3 times per week. As a rule, the more frequently you train your abs, the less daily volume you should use. Working abs everyday provides very little benefit, and makes it harder for your ab muscles to grow. As previously mentioned, an excessive amount of ab work will not tone your abs.

Challenging your abs with more resistance will help to build a thicker six pack, and the larger your abs, the more prominent they become!

Working your abs will give you a bad back!

While overworking your abs, or any muscle group for that matter, could create lower back strain, a moderate and sensible amount of abs work will actually strengthen your lower back. The abs and lower back are opposing muscles and work synergistically during ab training.

Crunches are the best ab exercise!

Not so much. Crunching your way into oblivion is not the best strategy for building thick, six pack abs. Most of us can perform 25 to 50 crunches (or more) right now without stopping. The fact that crunches are relatively easy to do, or will become relatively easy to perform after only a week or two, indicates that they are not providing enough resistance. Once the body has adapted and is no longer challenged it has very little incentive to "grow" a muscle.

You can stay "freaky" shredded 365 days a year!

This is nearly impossible, unless you are a freak of nature. Fitness models or bodybuilders appearing on the cover of magazines are often 5-7% bodyfat or lower. It is very difficult to maintain a bodyfat percentage this low for weeks at a time. With that said, it is more reasonable and possible to keep 10-12% bodyfat for extended periods of time. You are a little more "smooth" at this bodyfat percentage, but you will look and feel healthier and should still have abs!

A low or no carb diet is the "only" way to shred the abs!

While low carb diets have many benefits, and are used successfully by some natural bodybuilders and fitness models, they are not the only "carb game" in town. Many fitness models and bodybuilders achieve great results with carb cycling which can involve high, moderate and low carb days. In addition, some of you will not need to cycle carbs at all, and may only need to eat fewer calories each day to strip away the fat. We will address diet later in the article.

It's just as easy for women to get six pack abs!

False. The female body naturally tends to hold higher bodyfat levels, and will often "fight" to retain bodyfat when it's at lower levels. This does not imply that it will be impossible for a woman to have great abs, but rather it will be more difficult to have freaky shredded abs.

You must do an insane amount of cardio to have abs!

Not true. Having a properly structured fat cutting diet is more important. While cardio can certainly help burn fat and stimulate your metabolism, you do not need to spend several hours each day strolling at a fast pace on the treadmill, or Stairmastering yourself into a mind-numbing trance. First and foremost, dial in your diet. Once your eating approach is on point, you can add cardio as needed.

You need strong abs to have a great six pack!

In general, no. While resistance training will definitely help to build thicker, more prominent abs, you do not even need to train your abs to have a six pack. Everyone has ab muscles. At a bare minimum you don't have to do any ab work to carve out a six pack. Once again, it's almost all about diet. Many grade school age children have the outline of a six pack, yet they have very little ab strength. Remember this: diet reveals the abs, resistance training makes them thick. If you don't care about having thick abs, and just want beach abs, you may not have to do any ab training at all.

Once you have abs, maintaining them is easy!

Sorry, but this is incorrect. For the average person maintaining great looking abs takes an incredible amount of discipline. This means eating clean and training hard several days a week. If you develop a six pack, it only takes a few poor diet days for it to soften or even disappear.

Want to learn more? Muscle & Strength is the world's largest Natural Bodybuilding & Fitness website and has all the information, tools, products and motivation you need to build your ultimate physique! Head to www.MuscleandStrength.com.

Delicious Tasting Coco Fit™!

NEW



ONLY 35 CALORIES

OMEGA 3's

**POWERFUL
ANTIOXIDANTS**



ONLY 6G SUGAR

1000 IU VITAMIN D3

SUPER HEALTHY



VPXSPORTS.COM

TEXT VPXMAG9 to 67463 For Our Mobile Special Offers!

13 SOLUTIONS to exercise excuses

Spring is right around the corner and this month we have so many reasons to jump start our training programs. For one, bikini season is about here and this is the time to tighten up those troublesome areas, firm up any remaining winter flab, and get rocking on your fitness program. But sometimes what can happen are those dreadful excuses. Some people like working out, but let's face it even the most energetic people occasionally feel like skipping a workout. Are you familiar to any of these common excuses? Here are some decent excuses - but I have BETTER solutions!

Most common excuses for missing a workout:

1. LACK OF ENERGY

"I don't have enough energy to work out."

It's time to take a good look at your sleeping, dietary consumption, and workout habits. You need at least seven to eight hours of sleep a night. To some this sounds like a "dreamy" idea, because I know how life takes over and sometimes doesn't leave you with enough time, but here is where you really must make the effort and schedule your rest/recovery/sleep time. You must have quality calories from nutritious foods and beverages. Proteins, carbohydrates, and fats are essential. If you aren't sure about the best routine for you, there are several online options and many gyms have a nutritionist you can speak with to make a healthy food menu according to your needs. Check your workout frequency and intensity. It could be possibly you are overtraining, and those symptoms include lethargy, sore muscles, and lack of results. Under training can be a cause of lack of energy. It takes energy to create energy! Remember - exercise has been shown to increase energy levels and leave people feeling better about themselves and more energized.

2. CLUELESS

"I don't know what workout I should do."

Yes, this industry has plenty of controversial info, but not to worry there are plenty of qualified trainers, online resources, and quality magazines that can supply you with workout tricks, tips, and programs. If you select to work with a trainer, choose one who looks the part, has educational background (qualifications and certifications) and experience helping people achieve their goals. Not all trainers are created equal, so it is ok if you need to try a few out to find the right fit. You can also search through the internet to find information or even an "Online Fitness Coach" so you can have safe and ef-



fective workouts created for you (this is more budget-friendly than in person with a trainer). Other options are to select a fitness magazine, ask a friend who exercises regularly for workout tips, or begin with group exercise classes.

difference between working your muscles and hurting your body. If you have a lot of joint issues, you can look at alternative types of workouts like yoga, walking, Pilates, or swimming, which are relatively gentle on the body because there is no impact. You should not discontinue exercising altogether, but do lower intensity training to maintain fitness. You may also want to refer back to excuse #2 - find qualified help to make sure you are not doing something to cause injury. Especially if you do have a legitimate injury or joint issue, learning a proper fitness routine that addresses your needs will help you accomplish your workouts and even help you move out of pain.

4. TOO CHALLENGING

"Working out is too hard."

Fitness workouts don't have to be hard. Find something you enjoy doing because that will be a form of exercise you will continue. For example, if you don't like running, then don't do it. Did you know that if a 130lb

woman walked on the treadmill at an incline of 15, a speed of 3.8mph, for only 30 minutes, she can burn up to 400 calories? You don't burn that many calories running for 30 minutes. (Running is definitely good for the body if you like it, but no need to force yourself with so many options.) Not sure what you like? Try a variety - classes, weights, yoga, pilates, bootcamp, etc - it's all about building a little confidence and realizing that workouts can be FUN and rewarding.

3. IT IS PAINFUL

"I hurt when I work out."

Working out should never hurt. There's a

5. LIMITED TIME

"I'm too busy to work out."

HA! You can find at least 30 minutes to work out during your day. Even if it is three ten minute walking sessions - you can still count it as 30 minutes. If your schedule is filled with important meetings, chores, and appointments breaking up your workouts, there is an easy solution. There are also plenty of effective and efficient workout routines you can squeeze into your schedule in the morning or at lunch. Other resources you can try are online workouts that you can do at home or the gym, or "Fast and Fierce Fitness Made Fabulously Fun", which is an ebook that gives you seven 30 minute workouts with weekly progressions so you will continue to be challenged. (you can find this book at LauraMak.com)

6. GEOGRAPHICALLY UNDESIRABLE

"The gym is too far away for my workouts."

Even if you can't get to the gym to work out every day, you can still get in great shape by working out at home. Buy a set of dumbbells and resistance bands. Stability balls are another great piece of exercise equipment. Home cardio workout only requires a good pair of running shoes, a jump rope, or even bike. Again - there are lots of online "at home" fitness programs you can become a part member of for little or no cost.

7. COMMITMENT-PHOBIA

"I can't make the commitment to stick to a workout routine."

Looking at exercise in the long term can be overwhelming. Start with small goals, such as including some type activity five of the seven days of the week. If you haven't been working out then you may want to start with a smaller goal like three days a week. Be more active each day by taking the stairs, parking farther away from the entrance of the building, and taking short walking breaks during the day. Decide you will wake up 10 minutes early to walk or lift weights. Over time, you can increase your workout time and try new programs. For now, concentrate on weekly goals - you may want to make yourself accountable to a fitness coach or even a friend.

8. BUDDY SYSTEM

"I don't have anyone to workout with."

Many people use the excuse of a lack of a partner for not going to the gym, or use the excuse when their training partner misses, they skip too. Do not let other people choose your destiny or your progress. The gym and your exercise should be for you, so do not let others create obstacles or deter you from your goals. Be sure you have reliable buddy source, such as someone with similar goals or someone who will be there for you such as a fitness trainer. If you are finding your buddy is letting you down, then you may just have to let them go.

9. LACK OF MOTIVATION

"I can't seem to stay motivated to continue working out."

If you're tired, stressed or bored with your workouts, it's hard to keep going. To combat that, change your workout routine every 4 to 6 weeks by trying something new, changing your workout intensity or altering your exercise duration. Keep those short-term goals in mind. Focus on the end result knowing that each day you are getting one step closer to achieving your fitness goals.

10. HAVE TO WORK LATE

"I have work meetings at night or deadlines that keep me late."

If you are consistently working late, then get up early and grab a workout BEFORE work. This is a great way to combat evening excuses. If early morning is challenging, refer back to #1 - and remember sleep is key. There also just may be those days, where appears too crazy to workout. That is a perfect time to incorporate those three

10 minute workouts, refer back to #5. Then just go for a great workout the next day. "Life" will always happen and continue to through unexpected things our way, just be prepared to adapt, and so will your body.

11. WEATHER NOT PERMITTING

"It is too hot, too cold, too snowy, too wet, too something."

Really? Mother Nature may challenge you sometimes, but if you continue to go back to your goals, and re-

ally focus on them, this should be a minor challenge. If outside is too rigorous to get to a gym - there is a home work out you can do. There are several options like check out an online routine from youtube, FitTV programs different exercises, or take the day to select five to seven active stretches. Just review your goals and then get back to your training the next day.

12. WRONG PEOPLE, RIGHT GYM

"My Ex works out at the same gym."

A bad break up can be good motivation to workout harder and let that someone see what they're missing out on. Your other options are to continue to focus on you and ignore the other person, change your workout times, or change your gym - remember sometimes a fresh start can be invigorating.

* 13. NO CLOTHES

"I don't have any clothes to wear for workout."

"This is truly my favorite issue. Granted you're exercising for your health, not to walk the runway, but did you know when you feel good in the clothes you are wearing, it can actually boost your workout? It is a proven fact. You don't have to spend a fortune to look great in your workout gear. The right fitness wear can be helpful so you can actually see the muscles you are concentrating on if you have properly fitted clothing. There are plenty of places to shop online for fitness wear that are budget-friendly, flattering, and fashionable. Try MakAttackFitness.com for a variety of colorful and unique styles made from supplex fabric. Feel good on the inside and look great on the outside.

Bottom line on missing workouts - there really is no "good excuse" - because it is just that, an excuse to justify you missing a day of increasing your health. Do you really want to deprive yourself of a day of self-improvement? You will never be able to get that day back, but you can make the most of every day you have. Go out there and stay focused on your fitness goals, defy any excuse that may creep up, and most of all have FUN with your exercise program!!

For more fitness tips, training tricks, and nutrition nuggets, you can visit LauraMak.com. Be sure to register for the complimentary award winning, "Mondays with Mak Attack Fitness", the weekly e-zine for the health conscious fitness enthusiast who wants to feel good on the inside and look great on the outside!



By Laura Mak Quist, MS
International Fitness Expert
LauraMak.com



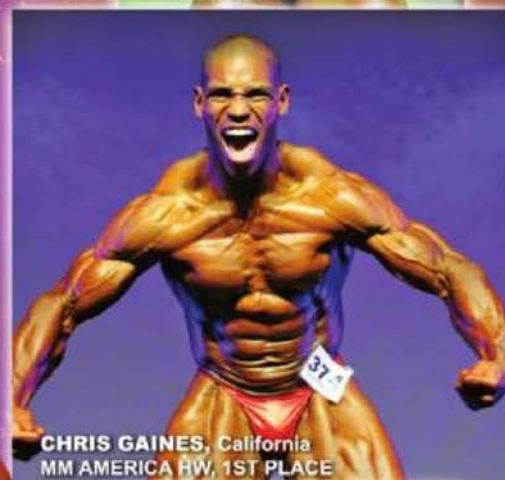
ROBERT GIBBS California
MM AMERICA MW, 3RD PLACE



GERALD PANGAN, Philippines
MM WORLD CHAMPION



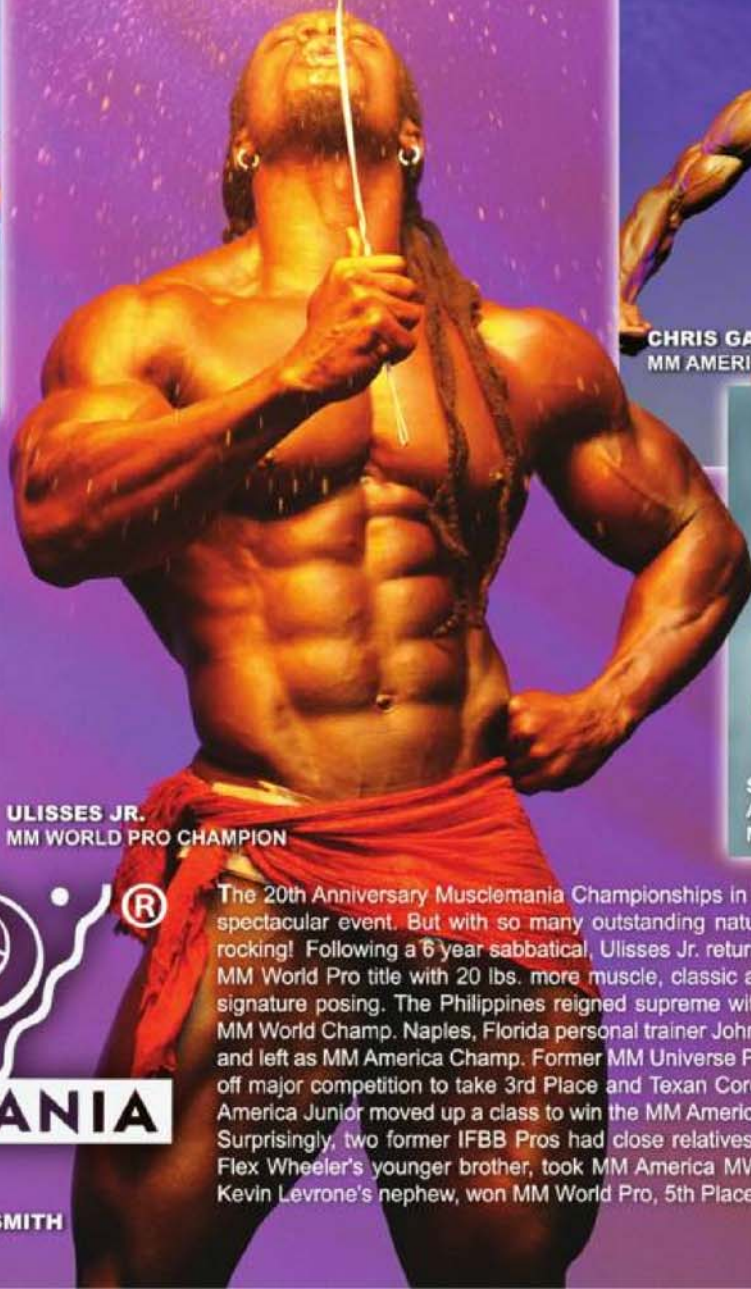
COREY COTTEN, Texas
MM AMERICA LHW CHAMPION



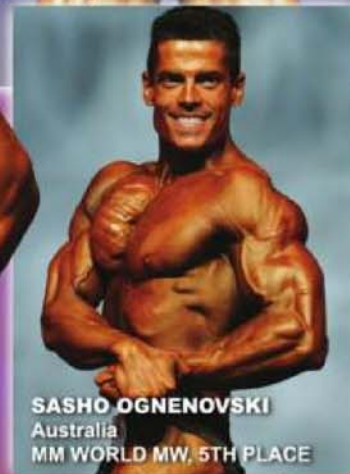
CHRIS GAINES, California
MM AMERICA HW, 1ST PLACE



JOHN PIERCE, Florida
MM AMERICA CHAMPION



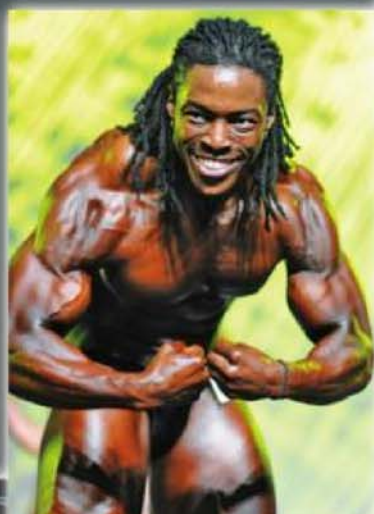
ULISSES JR.
MM WORLD PRO CHAMPION



SASHO OGNENOVSKI
Australia
MM WORLD MW, 5TH PLACE



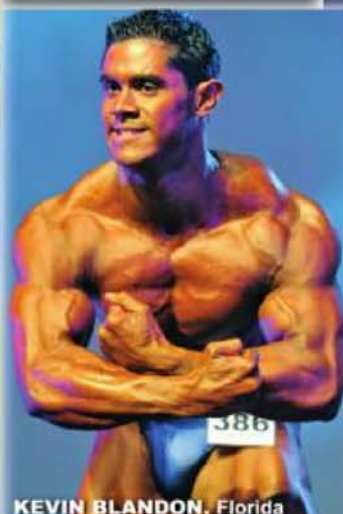
The 20th Anniversary Musclemenia Championships in Las Vegas was expected to be a spectacular event. But with so many outstanding natural bodybuilders, the house was rocking! Following a 6 year sabbatical, Ulisses Jr. returned to the stage and captured the MM World Pro title with 20 lbs. more muscle, classic athletic symmetry and his popular signature posing. The Philippines reigned supreme with Gerald Pangan being crowned MM World Champ. Naples, Florida personal trainer John Pierce entered his first MM show and left as MM America Champ. Former MM Universe Pro Champ David Lovelace battled off major competition to take 3rd Place and Texan Corey Cotten who won the 2009 MM America Junior moved up a class to win the MM America LHW Class and MM Pro status. Surprisingly, two former IFBB Pros had close relatives competing including Rob Gibbs, Flex Wheeler's younger brother, took MM America MW, 3rd Place and Antwaun Smith, Kevin Levrone's nephew, won MM World Pro, 5th Place.



MARIO MOODY, South Carolina
MM AMERICA MW, 2ND PLACE



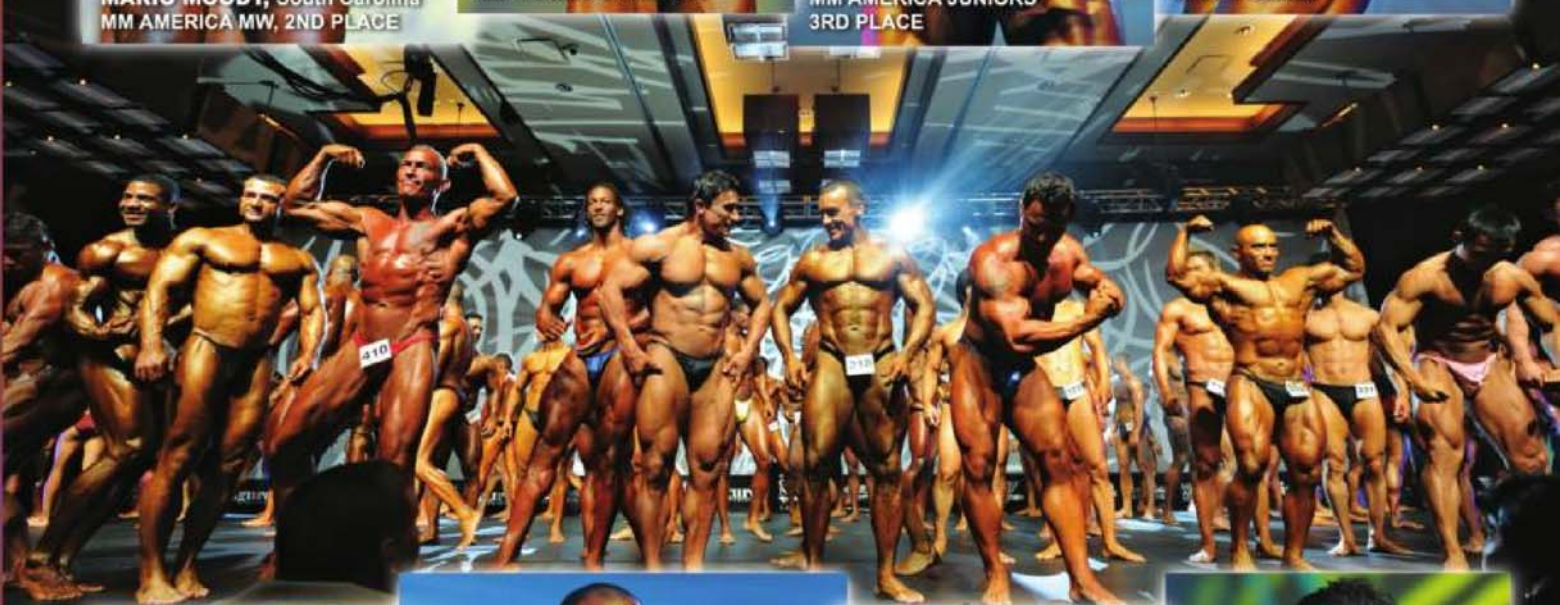
LEEANNE PALMER, Australia
MM WOMEN CHAMPION



KEVIN BLANDON, Florida
MM AMERICA JUNIORS
3RD PLACE



VIKAS SINGH, India
MM PRO CHAMPION
SHORT CLASS



DAVID LOVELACE, Florida
MM WORLD PRO, 3RD PLACE



LAXMAN REDDY, India
MM WORLD HW, 1ST PLACE



BOBBY HINOJOS, New Mexico
MM AMERICA MW, 5TH PLACE



CHUL SOON, South Korea
MM WORLD LW, 1ST PLACE

SAY NO to GMO!

I will be the first one to tell you that I am fascinated with science. I love how far we have advanced as the human race. But, when it comes to my food on my plate that where I draw the line. Consuming artificially mutated foods (AKA Frankenfoods) has been a source of unresolved controversy over the uncertainty of their long term effects on humans since the early 1990's. We are human guinea pigs to science, large corporations, and our government which will cost us our health. The human body has not caught up with the scientific engineering of today's genetically modified food, nor will it ever. And do not expect it to get any better in the future either. In the next decade, we can expect to see an increase in GM foods if we do not do something about it right now. If you care about your health say NO to GMO's!



by IFBB Bikini Pro Marzia Prince
Photo by Walt Ostarly

WHAT DOES GMO MEAN?

According to Wikipedia GMO means –a genetically modified organism whose genetic material has been altered by using genetically engineered techniques such as gene cloning and protein engineering. The acronym can be applied to plants, animals, and microorganisms.

For centuries, food crops have been altered through breeding. But it wasn't till the early 1990's when GMO foods suddenly appeared in about 2/3 of processed foods. Now it is in our whole foods. The first commercially grown GMO whole food was the tomato called the Flavr Savr back in 1994. That same year, they were released to the public without any special testing or labeling which opened the door for other GMO whole foods in today's food supply.

Scientists keep coming up with new ways to change our food and critics fear that GM products are being rushed to market without the proper testing. I don't know about you, but that scares me to death! The only weapon I can give to you to protect yourself is knowledge. Educate yourself on what to put in your body. If you unconsciously put food in your mouth without knowing what exactly it is, you can be doing more harm than good. Know where your food comes from. Know what it is made of.

WHO'S TO BLAME?

One giant corporation who has their hands in most GMO foods today is Monsanto. 95% of all soybeans and 80% of all corn in the United States grow from seeds that have been genetically altered by Monsanto's patents. Monsanto basically has control over 90% of the seed market in today's crops. This large corporation is putting their competitors and small farmers out of business. It should come to no surprise that most GMO crops today come from the United States.

Drug companies are also to blame. One headline I read recently in the news that caught my eye was "Scientist Develop GMO Plant that Produces Pharmaceutical Drug". Not only is GMO in our food source, it is in our healthcare field as well. The drug companies supply the doctors (FYI-most doctors know nothing about nutrition) with the drugs that mask your symptom to the reactions of genetically modified food when it is as simple as eliminating that food item from your diet. Think about it. You have a reoccurring symptom, you go to the doctor, and they prescribe a synthetic GMO drug to mask it. So, now you are most likely still eating the GMO food item and taking a synthetic GMO drug to mask the symptoms at the same time. Sounds like a recipe for a health disaster in the long run.

CONSEQUENCES OF TODAY'S "FOOD"

Look at today's society. Obesity. It is everywhere. Most of today's children do not even know what real food is. They think a GMO high glycemic sugary cereal with hormone laden milk is a "healthy" breakfast. It seems as if eating fruits and veggies is a new concept for them. They think they are getting their fruits from sugary juices and their vegetables from French fries and potato chips. They do not know how food is even manufactured or farmed. They think since it sells at a grocery store that it is food and must be safe for consumption. I have to say in my experience as a certified nutritionist, most parents do not know what real foods are either. There is this new generation of people who are becoming delusional to what is considered "healthy" food is for our bodies.

Here is another one to look at-allergies. It seems as if food allergies have sky rocketing over the past 2 decades. The most common food allergies are dairy, peanuts, soy, wheat, eggs, and shellfish. It seems as if everybody who has an allergy is allergic to the same food items. The same food items are most likely a GMO food. Coincidence? I think not. As a child, I never had a food allergy, not a one. Now as an adult, I have 1 food allergy and 3 food sensitivities. I have wondered why over the past 10 years? Now I know why.

Many natural health experts claim that there is so much growing evidence that GMO's are linked to a vast array of illnesses and disease. Look at America's health. It is failing and failing fast. Four out of the top five leading causes of death in the United States are linked to food. Again, another coincidence? I think not.

COMPARING APPLES TO APPLES

We all know the common phrase is "It's like comparing apples to oranges" which means there is a difference, right? Well, in this case, there is a difference between GMO apples and organic apples.

Have you ever compared an organic apple to a GMO apple? Next time you go to the supermarket, look at the physical differences. Compare them side by side. An organic apple is much smaller in size, looks a little beat up, and the skin isn't very shiny. It looks like maybe an insect has eaten off it by the brown part of the skin. It has a dull look in appearance. Now look at the perfect GMO apple. It is considerably much larger, extremely shiny in appearance, and is perfect looking. Not much bruising or bug bites off it. (Thanks to Monsanto's fertilizer and pesticide spray, no bugs will want to eat it.) It almost looks too perfect. Now let's move on to taste. As an organic coinsurer, I can taste the difference between an organic apple and a GMO apple. The organic apple burst with flavor and it is juicy. The GMO apple has less flavor and not as juicy. It seems as if the GMO apple is a little dryer in texture as well. Next time you go to the grocery



store, do your own science experiment, I promise you will see and taste the result differences right away.

In Europe, laws require labeling of GMO foods. They always seem to be ahead of the game in the food industry with keeping their food supply in its natural state and warning the public if it is not. On the other hand, the US and Canada, food manufacturers are not required to label if it is genetically modified or not. Most Americans have no clue. But the real question is, will

even labeling the product GMO stop Americans from buying it? It seems if you lack the nutrition education, you just do not know what you are eating or buying.

CLOSING THOUGHTS

Eating real whole foods is a life or death situation if you want to survive in today's world. You have a choice. You can change the quality of your life today by choosing to eat real whole foods that Mother Nature intended for us. The quality of real whole foods plays an important role on how you look and feel. Please take this seriously and do your own research. In the mean time, say NO to GMO's until you know more and GO GREEN my friends!

TIPS TO AVOID GMO FOODS

Become familiar with the most common GMO foods- soy, corn, canola and cottonseed oil, high fructose corn syrup, sugar beets (AKA refined sugar), dairy, aspartame, papayas, and farm raised salmon which means-just say NO!

Buy 100% organic whole foods-The US and Canada can't label a product organic if it has been genetically modified in any way.

If the food product doesn't say 100% organic on the label, it could have up to 30% genetically modified. I always look for the green and white USDA organic seal on my products.

Read fruits and vegetable label numbers- This is an important one! If it is a 4 digit number the food is conventionally produced. If it is a 5 digit number beginning with an 8, it is a GMO food item (this means that it is a GMO and heavily sprayed with chemicals!). If it is a 5 digit number beginning with a 9, it is organic. (Applies to most grocery stores.)

Buy locally- Buying organic from your local farmers is ideal. Not only does it help your local community, you are saving your health as well.

Quit buying GMO items- Consumers move the market, not the manufactures. That means stop buying GMO items and they will not make a profit from their Frankenfoods that damage your health. Man was designed to eat real food from Mother Nature. Not a science project! Educate yourself, I cannot stress this enough.



Photo by: Rick Schaff ©

Muscle Meals with Aaron Reed

MEAL 6 OR 7 ENGAGES: OXIDATION

I love this meal! I consider this meal to be a staple of proper nutrition. In case I didn't emphasize it enough I love this meal. It's quick and easy to prepare, tastes great, provides me with energy, and allows me to burn fat while I eat. Yes! That is what I said.

This meal provides us with a great source of fats, Polyunsaturated, a lean protein source, chicken, and plenty of micronutrients from the FRESH veggies. It is designed to engage a main metabolic pathway known as "Beta Oxidation" designed to burn fat for energy, this only possible because no sugars are present. Notice there are NO impactful carbs present, only non-impactful fibrous carbs coming from the veggies. This makes it a great meal for anytime in the evening, even right before bed. To find out more pick up a copy of my book "A SuperNatural Lifestyle!" Found available for purchase on my website www.supernaturalphysiques.com

Health and Nutrition Specialist
Author of "A SuperNatural Lifestyle"

Clean Cut Combo Update

As many of you know, me and my Combros Kyle Rasmussen host our own cooking show once a week on the internet known as, none other than, "Combo's Kitchen." If my meals look appealing check us out at our website www.cleancutcombo.net to watch us step by step cook and explain why we eat the way we do. For all sponsors please contact me at tsnaaronreed@gmail.com to schedule a time to come to your restaurant for any promotions.

A TIP FROM A PRO

When it comes to "Eating Correctly" I am always looking for the best ways to prepare my nutritious meals as quickly as possible. Doing this allows me to stay in constant rhythm with my "Meal Cadence," which can be the most difficult of tasks for many goal seekers when it comes to nutrition.

So here it is, Cook a Whole Bag of chicken at once. This is really easy. Dump the whole bag of FROZEN chicken in a covered pan, sprinkle desired seasonings, set on Med-High heat and come back 25-30 mins later. Turn the stove off and let sit for a few minutes until ready to eat. Take what is needed for now and store the rest in the fridge for later. This will allow us to a great whole food protein source throughout the week.



Ingredients:

This meal is designed for a 250 bodybuilder, so for women I suggest cutting the serving sizes in half. However, fellas, if you want to look like a 250lb bodybuilder you need to eat like one. Dig in.

6 oz Chicken Breast
½ Cup Mixed Nuts with "Sea Salt"
1 Tomato
Romaine Lettuce
Seasonings of your choice
(I like Garlic, Curry, Onion, Black Pepper, Sea Salt)

Instructions:

Grab some already cooked chicken from the fridge, place on a white paper plate and throw it into the micro wave. Warm it up for 45-60 secs. Chop up the Romaine lettuce and the tomato and place on a plate. When the Chicken is done place it on the bed of freshly chopped romaine lettuce and tomatoes. Scoop out ½ Cup of mixed nuts and place on plate. Season the Romaine with as much and as many different spices as desired and enjoy.

Website www.supernaturalphysiques.com Email: tsnaaronreed@gmail.com



UNIVERSETM

WEEKEND
JUNE 2011 • MIAMI, FLORIDA

FITNESS
UNIVERSE
PAGEANT

Ms. Bikini
UNIVERSE

MUSCLE MANIA

MODELX
UNIVERSE
ChampionshipsSM

figure
UNIVERSE

500 HOT BODIES & SPORT MODELS!

- BE DISCOVERED BY SPORTS MODELING AGENTS
- TV, MAGAZINE & PHOTO SCOUTS SEEKING TALENT

888-770-9000 • UNIVERSEWEEKEND.COM

FREE FITNESS EXPO

- NUTRITION, APPAREL & EQUIPMENT EXHIBITS
- EXPO, FASHION SHOW & MODEL SEMINAR

6 AWESOME EVENTS!

- FIRST TIMERS & VETERANS WELCOME
- JUNIORS, NOVICE, MASTERS, WOMEN OPEN, MEN OPEN, CLASSIC AND PROFESSIONALS

MEDIA SPONSORS



EXHIBITOR SPONSORS



STRONG

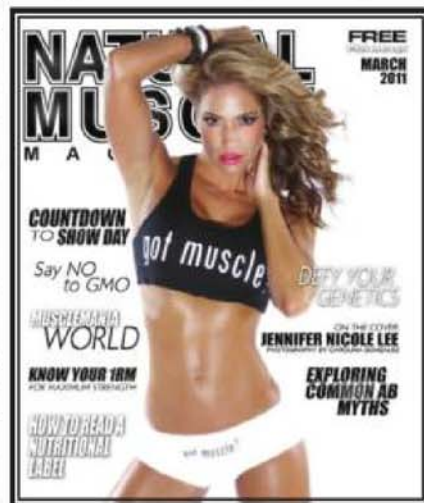
Written By: Carolina Gonzalez - Photography by: Carolina Gonzalez



Being strong and fit is in, and skeleton chic is out! affirmed Jennifer Nicole Lee, fitness super model and bestseller author, during our last interview. Jennifer, who is also a motivational speaker, personal trainer, spokesperson for BSN and the face and partner of Ab Circle Pro, strongly believes that *'everyone, in order to achieve the perfect body and figure, must eat healthier and exercise regularly.'* For some of our readers, these statements are not new; but in today's society it's imperative to deliver the message clearly and constantly; because people of all ages might find themselves in the verge of bulimia, anorexia, starvation and avoiding exercising because of fear to having muscle tone, and because of the misconceptions behind the diets that some famous models, actresses and actors, assured to follow.

This article does not tell our reader what to eat; but it is an invitation to eat healthier and exercise frequently, because to lose weight and to be fit, you must eat healthier and be active. *'It is not good to put oneself through an extreme diet, said Jennifer, because as soon as the diet cycle is over, all of the old bad eating habits are going to come back, and so will the weight. So the best thing, for each person, is to find a balanced diet that provides all the nutrients that the body requires.'* Jennifer, strongly recommends avoiding the yoyo diets because besides being a *'waste of time'*, they can be harmful for the body and for one's self esteem.

The best advice nowadays is to be educated about nutrition and to acknowledge the body needs. Nobody should believe that not eating is a solution; certainly the message is to eat healthy! And everyone should exercise. *"Weight training, for example, will not make a woman super muscular if that is not her desire. Weight training will make her stronger and slimmer if that is her goal, it will make her body bootylicious, curvylicious, and sexy."* So the combination of not eating, doing crazy cardio and not exercising in order to be skinny must be replace with slogans and ideas like



& FIT

Axis Design Inc. www.axisdzn.com



"Strong is the new skinny" and "Got muscle", trade mark phrases that have helped Jennifer to deliver the message in a clear way.

Jennifer's message is one of the strongest in the fitness industry and that message is reaching people of all ages and backgrounds around the world. "I really want to educate people about the secrets of being fit; because everyone has the desire to feel better and look better. I want women to go to the gym and train not just to lose weight or be skinny, I want them to go and become stronger physically, mentally, and spiritually. I want them to achieve their goals and keep them, I want them to learn how to maintain the weight, to be active and more productive. It's a deeper message than looking good in a bikini; it is about self-love and self-respect, it is about having an improved lifestyle".

It is important to understand the negativity behind the skeleton chic diet, because it is not healthy and the results are poor. Weight training, boot camps and exercising in general, combined with a balanced diet are the right answers for a fit, vigorous and content body. *"Weight training for example, says Jennifer, is the fountain of youth. It will give your body the solid architecture to stand strong and to fight gravity, because it makes the muscles powerful".*



It is unrealistic to go on a diet to fit into a size zero or two because of the misconception that almost everyone on television, cinema and magazines fits that description; It is also unrealistic to believe that some of the public figures who look thin and a bit underweight, eat everything and lots of food, and do not exercise; what it is realistic is *"to have control over your mind and body, and to embrace your own beauty"*, added Jennifer, who has published books and articles with valuable advice.

For more information about having a fit and healthy body, you can visit Jennifer Nicole Lee's websites, and/or find the right information for your needs and body type.

www.jenniferNicoleLee.com

Natural Muscle Magazine

I have a friend who cooks a 3-4 pound turkey breast and has that on hand for quick protein. What protein do you always have on hand? And what supplement can you not be without?

Rick Bradley: Eggs

Jack Harris: Whey protein and tons of it. Easy and quick to mix and drink.

Adam Bergroth Redback: Choc. WPI

Dani Waters: chicken, eggs, (legs, thighs or breast) and my supplement is NO explode

Tana Gabrielle: Chilled cooked shrimp dipped in Vidalia Onion salsa from Whole Foods! YUM! Supplement to not live without? This stuff called CHOCODANT. Its high anti-oxidant, healthy hot cocoa w grapeseed extract and stevia.-- 13 calories and it just happens to taste like a warm cup of heaven at night! www.chocodant.com. Thank me later! :-)

Jake Petrykowski: Naturally sweetened whey powder always on hand and can't live without Phytomatrix. The world's first 100% plant/food sourced vitamin/mineral-globally patented.

Monique Battiste: I always have eggs. I can't be without my whey protein, bcaa, glutamine, and cla :)

Bryan Scott: Chicken, Almonds, Eggs, Fish.. Anything VPX too!!

Eric Doyle: Eggs, Chicken Cutlets, O/N Whey and Jack3D!



Julie Thompson: Chicken, tilapia, turkey, shrimp... I stay away from the whey unless it's post workout. I'll be hungry in an hour and it doesn't take much for my metabolism to process it like it would take for a solid source.

Magnificent Mark D: I love all forms of protein. Especially natural ones, the different protein mixes are good to. As long as you have the right amount of water and fiber. To take care of the cholesterol and kidney.

Eva Miles: Can of tuna in spring water and my natural tribulus powder from happy herbs.

Joseph Weidinger: "always on hand" hmmm? I do try to keep my meals organized but in a pinch I keep a MetRx or ON protein bar handy :)



Curtis Kiesling: Eggs, beef, whey, casein, Nutella & an assortment of all kinds of nuts. Nuts - it takes one to know one! ;) and venison jerky!

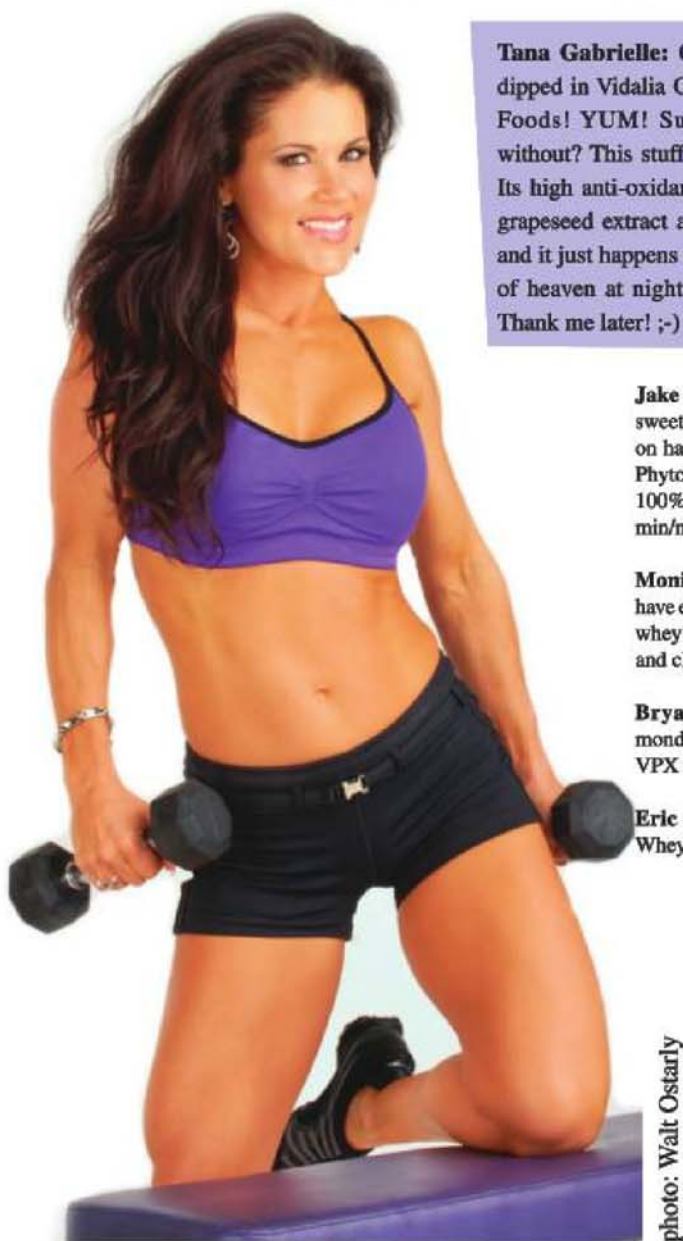


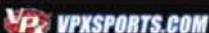
photo: Walt Ostarly

Radical University Proven Muscle & Strength Gains!

BAYLOR UNIVERSITY PROVEN

- Increase Muscle Gene Proteins by 118.65%
- Increase Muscle DNA by 1800%
- Increase Bench Press by 1067%
- Increase Leg Press by 55%
- Zero Water Retention
- 5.5 lbs Pure Lean Muscle Gain in Four Weeks

JOIN [FORUM.VPXSPORTS.COM](http://forum.vpxsports.com) | SEE THE NEW SHOTGUN VIDEO!



TEXT **VPXNAB9** to 67463 For Our Mobile Special Offers!

Scientific Reference:
Shelmadine B et al. Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun®, on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. Journal of the International Society of Sports Nutrition 2009, 6:16 (5 August 2009)

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. *When combined with increased exercise and a low calorie diet. Use only as a dietary supplement.

Dessert!

Stay Healthy Black Bean Brownies

- 1 (15.5 ounce) can black beans, rinsed and drained
- 3 eggs whites and 1 full egg
- 1 medium sized apple, cored
- 1/2 cup cocoa powder
- 2 teaspoon vanilla extract
- 1 1/2 tsp baking powder
- 1/2 cup granulated sugar
- 1/2 tsp decaf ground coffee
- 1/2 bag extra dark chocolate chips
- 1 cup walnuts



Preheat oven to 350 & prepare an 8 x 8 baking pan with canola oil to prevent sticking. In your blender place beans, eggs, sliced cored apple and blend until smooth, empty into mixing bowl, add vanilla, cocoa powder, sugar, coffee, baking powder, chips, and walnuts....mix until thoroughly combined, pour into prepared baking pan and bake approximately 30 minutes. Start watching at the 20 minute mark as you do not want to overcook. When a knife inserted comes out clean, remove and cool slightly. Enjoy warm with a dollop of fat free frozen vanilla yogurt....YUM!

Sugar Free Version:

Substitute 4 tbsp Stevia for the white sugar
Reduce coffee grounds to 1/4 tsp

Enjoy this wonderful recipe full of fiber rich beans, apple, omegas and the best part....no saturated fats from butter. I am hooked on these and they have become a weekly part of my treats. I have to admit that I enjoy one with a cup of tea or coffee for breakfast. They are that good.

www.stayhealthyfitness.com



Daria Leal, LCPT, LCMT

I was raised watching my Mom cook with a little bit of this and a little bit of that and WOW ... fabulous food would be created and I always enjoyed being the helper. Now, as the cook and sharer of my creations with you, I often put together my dishes by what I have on hand. Cooking like this is so low key, no pressure, and FUN. I am very confident in the abilities that have been passed down to me and enjoy teaching the art of simple Stay Healthy Cooking and Baking. I know that you will enjoy making this recipe many times & many ways, and let me share that you will be the talk of the party bringing this dish to a potluck. Let's get cooking with a little of this and a little of that.

What I Had On Hand:

- Left Over Rotisserie Chicken
- 1 Can Of Progresso Fat Free Lentil Soup
- Jarred Minced Garlic
- 1/2 Medium Red Onion
- Salsa
- Spices
- 1 Can Of Enchilada Sauce,
- Small Can Of Ortega Fire Roasted Diced Chilies
- Handmade Style White Corn Tortillas
- Light Shredded Cheese (Cheddar & Mozzarella)

The Prep Process:

* I love stoneware, so I had my pampered chef 9 x 9 set aside, preheated my oven to 350, and foil ready to cover during cooking

* Picked Chicken off the bone and set that aside ...NO SKIN I did this the night before so everything was ready!

* Heated a large sauté skillet on top of the stove..... here I go. Took the can of soup and rinsed in colander because I just wanted the lentils and spinach and no other soup flavor. This also rinses off any unwanted salt. Put the lentils in the sauté pan and sprinkled with the spices to taste, added a little bit of salsa, & the chilies. Put my onion in my food processor, shredded and added to the pan along with garlic, sautéed until onions were soft, added chicken, and stirred until the mixture was well combined and kind of sticky. Tasted again to see if I wanted additional spices. I did, so sprinkled a little bit of everything in the mix.



* Poured the enchilada sauce in a separate bowl and started dunking the tortillas in it to coat and placing them in the pampered chef pan...messy fun here. Work inside of the baking pan, and start filling each tortilla with the

My salad was organic spinach with chopped pear, dried cranberry, a sprinkle of Johnny Season Spice, and tossed with Extra-virgin olive oil and Balsamic vinegar.

Truly this did not take me long to put together since I had picked all the chicken off the bones the day before and it was simply a matter of grabbing my items, heating on the stove, and popping the mixture in the oven.

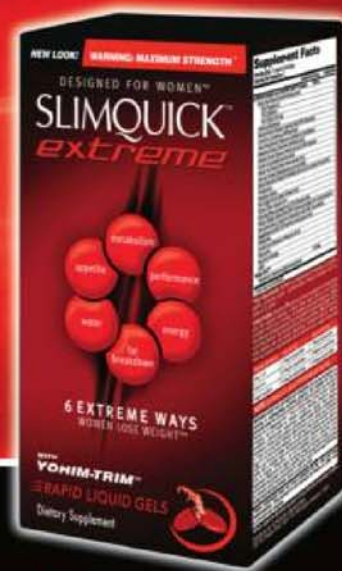
mixture, fold over and seam side down so the contents stay in during baking. Continue this process until you have a nice row of enchiladas. Pour the reserve sauce over the enchiladas and light sprinkle of cheese (this is optional). Cover the pan with a foil and bake for 35 minutes. Remove and let cool for about 5 minutes and serve with a Side Salad. The finished product will look like this:



DESIGNED FOR WOMEN™

SLIMQUICK® *extreme*

Competition-strength female fat burner



**6 EXTREME WAYS
WOMEN LOSE WEIGHT™**

Allison Ethier

2009

North American Fitness Champion

Arnold Amateur Fitness Champion '08
IFBB Pro Fitness Athlete



SLIMQUICK® extreme helps:

1. Increase **METABOLISM**
2. Enhance **PERFORMANCE**
3. Increase **ENERGY**
4. Promote **FAT BREAKDOWN**
5. Reduce excess **WATER RETENTION**
6. Reduce **APPETITE**

Available at:

GNC Live Well.
SHOP NATIONWIDE OR AT GNC.COM

Regular exercise and a reduced-calorie diet are essential for achieving your fat-loss goals. Each serving contains the caffeine content of three cups of coffee. Read entire label and follow directions before use. The logos and other marks including SLIMQUICK® are protected by trademark law and may not be used without written consent. ©2011. All rights reserved.

how to read a NUTRITIONAL LABEL

By: Anthony Alayon

Learning how to read a nutrition label is one of the most challenging things for people to understand. The fact that there are so many things on the back of the nutrition label such as protein, carbohydrates, fats, sodium, cholesterol and sugars causes several people to simply give up and lose interest in an attempt to comprehend this topic.

This is the reason why I created an article on the subject matter as I knew several of my readers would benefit greatly from this. So what I would like to do is break down the 6 main ingredients that can be found on all major nutrition food labels and show you exactly what you will need to know in order to understand how to read one the next time you are shopping at the grocery store.

So without further ado, here are the 6 items to look for the next time you read a nutrition food label.

NUTRITION FOOD LABEL ITEM #1: PROTEIN

Protein is the building block of lean muscle tissue. It is one of the three macronutrients which means our bodies need it to survive. Protein yields 4 calories per gram and should not be a concern when it comes to gaining unwanted weight. However, do not consume protein in excessive amounts such as 60 or 70 grams in one serving.

This should not be an issue for most people while reading a nutrition label as it is hard to consume this many grams of protein unless you drink a large protein shake or eat large portion sized meals such as chicken, steak, ground beef, tuna or egg whites.

NUTRITION FOOD LABEL ITEM #2: CARBOHYDRATES

Carbohydrates are similar to protein in the sense that they yield 4 calories per gram and are one of the three macronutrients. However, they do differ from protein in the sense that they provide us with more energy. One important thing to take note of is that there are different types of carbohydrates.

When reading a nutrition label, remember that complex carbs consists of starchy and fibrous carbs. Green foods such as vegetables are considered to be fibrous carbohydrates while potatoes, oatmeal and bread are considered to be starchy carbs. You can consume fibrous carbs in large serving as they prompt the release of a hormone known as cholecystokinin. This hormone sends a signal to the brain and satiates it so you feel full when in reality you are not.

In addition, fruits such as bananas, strawberries, grapes, mango, etc. are considered to be simple carbohydrates. These carbs are the ones that have the fastest release of energy to your body and are best if consumed right after a workout due to the effects they will have

on your insulin.

The tricky part about reading nutrition labels is they do not tell you what kind of a carbohydrate is in the food itself. This means you will have to use the knowledge prescribed above to know which ones are needed to best suit your overall health needs.

NUTRITION FOOD LABEL ITEM #3: FATS

Of course, the infamous fats that everybody tries to avoid, right? Think again! One of the main problems I find with people reading nutrition labels is they think that all fats are bad for you. However, this is not the case. Saturated fats are the fats that can cause you to gain weight if consumed in excess; however, they are needed in small amounts to assist with hormonal production.

Now polyunsaturated and monounsaturated fats are the types of fats that yield good health benefits. They can actually help lower your cholesterol and maintain triglyceride levels. When it comes to shopping at the grocery store, try to keep the saturated fats to a minimum and do not pay as much attention to the grams of polyunsaturated and monounsaturated fats as they cause



NUTRITION FOOD LABEL ITEM #4: SODIUM

Sodium is an ingredient placed in most canned goods and frozen dinners because of its ability to preserve the food. So as you can see it is a healthier option to buy the same food that comes in a can or frozen dinner

in its all natural state because they are not as high in sodium. A great example of this would be corn eating corn in its natural state as opposed to a can of corn or a bag of frozen corn.

When it comes to reading food labels, if you do decide to buy something that is not in its natural state, then do not consume foods that contain excessive amounts of sodium as they will cause you to retain water and may prohibit you from achieving your fitness goals. Note: a rule of thumb is to consume around 2,000-2,300 mgs of sodium a day.

NUTRITION FOOD LABEL ITEM #5: CHOLESTEROL

Cholesterol is found in the foods that we eat containing fats. As I stated before, it is not that important to count the grams of fat you eat on a daily basis as opposed to the types of fats you eat. If you consume high amounts saturated and trans fatty acids, you will notice a difference in your cholesterol levels as they will increase. By having high cholesterol, you can potentially set yourself up for cardiovascular diseases and even atherosclerosis. But as long as you can follow the guidelines prescribed in this article, you will be better able to control your health and stay fit.

NUTRITION FOOD LABEL ITEM #6: SUGARS

Sugars are a simple carbohydrate as stated above! The way to determine if a carbohydrate is a simple carb or a complex carb is easy. All you have to do is take the total grams of carbohydrates and subtract the grams of sugar to get the total amount complex carbohydrates. The rest of the carbs which is sugar will be the total simple carbohydrates.

So now that you understand what these 6 components are to reading a nutrition label, you should be well on your way to being able to make healthier choices the next time you are at the grocery store! For more free weight loss, nutrition, diet and fitness related tips, you can visit my web site at www.fatextinction.com and get instant access to my newsletter where I send out weekly information and updates regarding these topics!

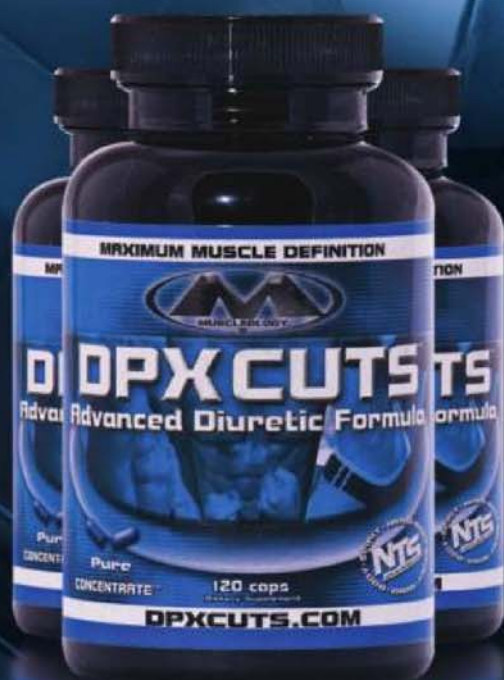
Anthony Alayon is a C.F.T. (Certified Fitness Trainer), has a bachelor's degree in accounting and is the creator of The Fat Extinction Program. He has dedicated over 10 years of his life to health and nutrition and specializes in helping others lose weight. To learn more about Anthony Alayon, visit his web site at www.fatextinction.com.



BODIES LOOK BETTER

GET DRY, HARD AND DEFINED TO THE MAX WITH DPX CUTS!

IN HI-DEF



DPX CUTS

GET SHREDDED BY THE WEEKEND WITH DPX-CUTS

- PROVEN QUICK WEIGHT LOSS FIX
- DROP 2 SIZES & UP TO 8 POUNDS IN 7 DAYS
- ELECTROLYTE ENHANCED FORMULA
- NO CRAMPING SO YOU LOOK & FEEL GOOD
- VISIBLE RESULTS IN 2 DAYS, MAX RESULTS IN 1 WEEK!
- A MUST USE FOR CONTESTS, PHOTO SHOOTS & BEACH PARTIES

MUSCLOLOGY SPORTS NUTRITION

"Your Performance...Our Passion"



vitacost

LONE STAR

BODY BUILDING



FOLLOW US ON: TWITTER | FACEBOOK | YOUTUBE | VISIT US AT: WWW.MUSCLOLOGY.COM
The Most Potent, Fast Acting, Muscle Defining Water Loss Formula Available without a Prescription!

JUSTIN WOLTERING

BIGGER BETTER *FASTER*



JUSTINWOLTERING.COM

Early Inspiration

The oldest of eight children, my early interest in the fitness lifestyle was sparked by Bruce Lee, Arnold Schwarzenegger and Jean-Claude Van Damme. As my skills in martial arts progressed, I wanted to learn more about training and nutrition to improve my performance. Watching my body respond to weight training, I became fascinated with the process of developing an aesthetic physique.

In high school, I trained with a nationally ranked powerlifter and began to adopt his hardcore training style and work ethic. As my intensity peaked, I knew I could achieve more and that it would take more knowledge, time, pain and dedication.

Two Roads Diverged

My life journey, although short, has included many obstacles. In my early years, I lived life "in the fast lane" and made some bad decisions. Many lessons I learned the hard way. While struggling with my fast-paced lifestyle, I was faced with a life-threatening illness that profoundly influenced my thoughts on life and the path I would take next.

The Journey Begins

While developing my body in the gym, I spent the next ten years training my mind by researching human behavior and studying the works of some of the greatest thinkers, philosophers, generals and leaders the world has known. This learning process gave me a sense of enlightenment and created within me a commitment to the progression of mind, body and spirit.

Master Trainer

With a focused mind and positive spirit, I began my journey to develop the most symmetrical physique possible. I knew that balance was the key to my success – balanced meals and water intake, proper supplementation, appropriate rest periods and progressive training. I also became proficient in training flexibility, core strength, power and speed, cardiovascular fitness and meditation. Equally important, all are necessary to connect to your true energy. Once balance is achieved, the forces of nature will align and guide you to the destiny you deserve.

Justin's Powerlifting for Muscle Mass Pack on Size With Heavy Lifting!

Are you stalling on your muscle building progress? Are you confused about how to keep gaining size? The problem could be your diet, but if you've been training for a long time, you might need to switch up your routine. Bodybuilding mass programs are great for a lot of people, but some guys just need to lift some ridiculously heavy weights to get that thick, dense look they're after. Here's a powerlifting for muscle mass routine that'll bust through your plateau!

Train Movements, Not Muscles

A big difference between the way powerlifters and bodybuilders train is that while bodybuilders train specific muscles, powerlifters worry about training movements. Instead of having a chest day, they have a bench day. Instead of doing five or six exercises for their legs, they focus on movements that will improve their squat. Training like this tends to not only make a lifter crazy strong, but super-muscular, as well. You'll sometimes see bodybuilders that aren't all that strong for their size, but you never see a tiny powerlifter!

Day 1: Squat

The squat is still the most important exercise, so you're going to focus on it first! When you squat, use the strongest possible stance, around shoulder-width for most people. Push your butt to the rear and sit BACK as well as down until you reach parallel. Make sure to keep your upper and lower back tight and arched throughout the entire movement to ensure proper body position. Last but not least, focus on perfect form on every rep!

Start by working up to a top, heavy set of five reps.

Work up in moderate increments, and always do five reps. This will ensure you get plenty of good, heavy reps in to improve your form and strength. After squatting, do wide-stance leg presses, heavy weighted sit-ups, leg curls, and a calf exercise. Give each movement your full effort and you WILL be exhausted by the end!

Day 2: Bench

You're going to bench, for sure, but you're going to do it like a powerlifter if you want to really move some weight. Plant your feet firm on the floor, arch your lower back, and pinch your shoulder blades together. Taking your strongest grip on the bar, lower it fast but under control and DRIVE it back up! Slow tempo is not going to make you any stronger, and believe it or not, it's not going to build more muscle mass.

Follow the same protocol for sets and reps as you did for the squat, gradually working up to a heavy set of five reps. Then, do exercises for the chest, shoulders, triceps, and upper back. You'd do best to pick some

kind of dumbbell press, a shoulder raise, an extension for triceps, and two movements for the upper back. Most lifters like to use some kind of pull-up and some kind of row.

Day 3: Deadlift

Here's the lift that will make a man out of you! If you haven't already been doing deadlifts, then you're going to be in for a treat. They will put more mass on your hamstrings, lower back, and upper back than any wimpy cable row or back extension. Put your feet close together, grip the bar strong, and rip it off the ground, keeping it close to your body the whole time. Start from a dead stop and go all the way to lockout every rep.

The deadlift is difficult to recover from, so warm up in larger increments than you did for the squat or deadlift. You're going to do a heavy set of five reps still, but you want every set before that one to be simply a warm-up. After deadlifting, focus on exercises for the hamstrings, quads, and lower back. The exact ones you pick doesn't

matter, just focus on whatever will assist your weaknesses in strength, not the muscle you just happen to enjoy working.

Day 4: Military Press

The military press isn't an actual competitive lift in powerlifting, but it's important nonetheless. To be clear, we're talking about the classic, strict press done in a standing position with NO assistance from the legs and with a full range of motion from clavicle to lockout. You won't be able to sling around the kind of weights you can with a seated press, but this movement will still build your shoulders better than any other.

Since the weights are lighter than on any other big lift, you can handle a little more volume on the military press. Work up to three sets of four to six reps per set, and try to do them all with the same weight. Afterwards, choose another dumbbell press you didn't do earlier in the week, a shoulder raise, a different type of extension, and two more upper back exercises.



NEW!

CREMAGNAVOL
3MPD™ EXTREME TRI-LAYER CREATINE-CHLATE CAPTAINS

STRENGTH, POWER & SIZE
EXPLOSIVE INCREASE
IN RAW MUSCLE
POWER AND SIZE!*

HEMA NOVOL
3MPD™ EXTREME PRE-WORKOUT NITRIC OXIDE CAPTAINS

HARDEST, MOST EXTREME
MUSCLE-VOLUMIZING,
NITRIC-OXIDE INDUCED
PUMP EVER!*

ALLMAX NUTRITION
SCIENCE • INNOVATION • QUALITY • RESULTS
www.ALLMAXNUTRITION.com

POPPEY'S
VITACOST
JIM'S
SUPPLEMENT WORLD
BODY BUILDING
GNC LiveWell

welcome to MY WORLD



Last year I received a phone call from Melissa Kelly wanting to schedule a half-day shoot in my Virginia studio. I obviously said, "yes" and googled her. I was impressed by her achievements and touched by the pictures of her family. As I learned more about this amazing athlete and during our pre-shoot conversation, I sensed our meeting was no accident; but rather, was going to be one of those "God ordained moments." I picked Melissa up at Dulles Airport just after she had found out the airline had lost her luggage and sent it to Denver with all her clothes for the shoot. I sensed no panic but rather, a resolve to work through the situation. Several phone calls and a promise from the airline later, Melissa announced, "The bags would arrive first thing the next morning!" I thought, "Right," but, they did come the next morning and we started shooting. The more time I spent with Melissa, the more I realized God was using this beautiful young lady to teach yet again the same lesson he has been teaching me for years: PATIENCE!

Where were you born: Worcester MA

Marital Status: Widow, Married for 18 years to Kevin Kelley

Children: Two beautiful Daughters, Shauna 12 yrs and Erica 9 years

Education: Associate Degree from Quinsigamond C.C.

Occupation: I am a registered and MRI technologist

Age: 42 years young :)

Height: 5'1"

Weight: Off season 115 lbs...contest 108 lbs

Melissa Kelly is a very special athlete with a poignant life story that earned her the right to be heard. Over my years as a coach, counselor and Pastor, I have known of many "school of self-discovery" moments that have influenced and changed lives. I have found it is far less painful to learn from others "moments" than living it yourself. This Mom taught me some very special lessons that only come from those who have earned the right to be heard.

If you think that athletic life ends at forty, if you think your "mess" has stopped life goals, if you think that you are going through something no one else can possibly understand, I strongly suggest reading about her "school of self-discovery." My Name is Coach A, and MY WORLD is better for knowing the tough, talented, beautiful, resilient and elegant Melissa Kelly....

melissa KELLY

What do you consider your greatest triumph(s)?

Well...to overcome a very depressed time in my life with faith, family and friends. I am a spiritual person, and I have faith and trust in God. The loss of my late Husband Kevin on August 4th 2008 from brain cancer is teaching me to be a stronger person. Life's unanticipated curveballs is teaching me to be closer to God and to transform a very tragic time in my life into seeing a bigger picture seeing the guidance of my faith about life's purpose, who we are and what we have the potential to achieve. It's been a gradual process; but now I see more light than darkness.

What do you consider your greatest lesson learned?

Balancing life by planning and managing my time with family, friends, work and preparing for Figure competitions.

Achievements/award(s)...

Athletic: My Greatest Triumph is winning the WNBFF World Championship title for Figure: Short class, 2009. It was and is certainly great feeling of accomplishment mixed with the WOW factor...I was on cloud nine! I am proud to be a part of the WNBFF, an all-natural and drug free organization.

Academic: It has to be graduating from Quinsigamond Community College as an X-ray technologist in 1989 and then passing my boards for certification that fall. How I hate that long complex test! But, I passed with flying colors.

What do you consider your greatest lesson learned?

To recognize that life is a journey filled with gates to open and trails to be cleared and NOT to be afraid to open those new gates to keep challenging myself with different goals that help me enjoy life to it's fullest with friends and family, even through the most challenging of times. I am learning that it is never to late to achieve your goals.

Person who influenced you the most?

My life has been filled with a lot of people who have taught me many valuable lessons ...my late father and many teachers in my school years. But the person who has most influenced me was my late husband Kevin. He has always stood by me not only encouraged that I can do it...but his wonderful support I will always cherish. His is the reason that I have always enjoyed challenges in the WNBFF competitions over the years. I continue to challenge myself in memory of my late husband. I feel as he is looking down on me and smiling at me even today.

How have you contributed to the fitness industry?

I enjoy helping others achieve their own goals. I started teaching stage preparation in the fall of 2006. It is very rewarding for me to share as much information to the competitors as possible. I have been involved in many INBF Seminars in the MA area. You can view my website for any upcoming seminars to attend: www.melissa4figure.com or send me an email melissa4figure@yahoo.com. I am also on Facebook.

Who do you admire the most?

My late Father and mother; They gave me the confidence to work to be the best at what I wanted in life. Thank you

What do you see that is good in Fitness today?

Fitness seems to pop up everywhere – and that's a good thing: I love seeing the different TV episodes/ reality-shows, infomercials and the new forms of core workouts and each one is showing "it is never to late to reach your own personal goals!"

What needs to change in Fitness today?

I would like to see schools bring back more sports to tackle the obesity problem in kids.

What makes you tick? What is your passion?

Both of these things link together for me: I enjoy teaching others and sending a vibe leading to success and contentment. Isn't that what life is all about?

What would you like to say to the readers?

Self-discipline is the key to everything!

Tell me something that I don't know about you?

I love anything dipped in chocolate!

Sum up your philosophy of fitness/athletes in one sentence?

Discipline = Results!

To contact Coach A:

ateamx@patriot.net

703 450-1658

www.onemodellplace.com/

jwathertonphotography

www.jwathertonimages.com



CHALLENGE YOURSELF

By Hugo Rivera, CFT, SPN, BSCE

with this INSANE Natural bodybuilding workout!

Sometimes, the best natural bodybuilding workout is the one that breaks all the rules. As someone who has been practicing the bodybuilding lifestyle now for 20 years, I have learned that it is ok to break the bodybuilding training rules from time to time, and that doing so, will result in a shock to the body that will deliver more gains.

The last time I broke the natural bodybuilding training rules was just recently. The day before I had a rest day where I just did just cardiovascular exercise. The day of my birthday I was just scheduled to do Back and Chest. However, my ambitious training partner Valentin, who happens to be 15 years younger than me (he is 20 years old), challenged me to a marathon session full body workout. Even though doing so would mean that I would be breaking several natural bodybuilding training rules, starting with the one of keeping the workouts short and the fact that advanced bodybuilders do better with split routines, I decided to give it a shot.

So we took our creatine, glutamine, branched chain amino acids, nitric oxide boosters and some HumanoGrowth as well prior to starting. So without further delay, here is the challenging natural bodybuilding workout that we used to push ourselves to the limits:

CHALLENGING NATURAL BODYBUILDING WORKOUT

Rest between sets: 1 minute

Close Reverse Grip Chin-ups	4 sets x 12-15 repetitions
Chest Dips	4x20
Wide Grip Pullup to Front	4x12-15
Incline Dumbbell Bench Press	4x12-15

Superset:
Alternate DB Curls/Lateral Raises

4x10-12

Lying DB Triceps Extensions

4x10-12

Superset:	
Reverse Grip/Neutral Grip)	3x10-12/8-10
Concentration Curls	3x10-12
Triceps Pushdowns	4x12-15 (last set triple drop set)

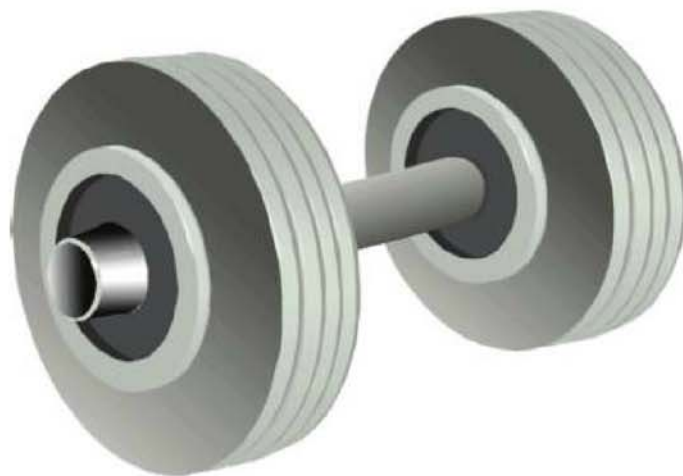
Giant-Set:
-Twisting Crunches
-Crunches
-Lying Leg Raises
-V-Ups/Knee-Ins

3x12-20 for each exercise

Squats	4x8-10
Leg Curls	5x10-12
Leg Extensions	4x10-12
Leg Press	4x12-15
Standing Calf Raises	5x15-20

Cardio: Stairstepper 20 min

Total Time = 2 hours of weight training + 20 minutes of cardio.



END RESULT

I am glad that I went for this because I had an enjoyable and great bodybuilding workout. It broke all the rules but it was nice to workout just for the love of it and feel each and every single muscle get pumped to the max.

It was also fun pushing my body to see in how good of a shape I was in and to see if I can still keep up with someone who is almost half my age (I'm 35).

THE DAY AFTER

Surprisingly, I did not have as much muscle soreness as I thought I would have; a good sign as that means that I am in good shape.

The next day I just did some cardiovascular exercise (30 minutes) and abs in order to enhance recovery, and at the same time, get some rest from the weights. The day after my active rest day, I resumed my regular bodybuilding training split.

CONCLUSION

So when you feel like pushing your body, give this natural bodybuilding workout a try, push yourself to the limits and just lift for the love of it. I promise you that you will not regret it!

Are Protein Shakes More Important Than Real Food In a Bodybuilding Diet?



Real food is by far the most important component of a bodybuilding diet. There are so many nutrients that real food contains, many of which have not even been discovered yet, that you would be doing yourself a disservice by limiting the amount of real food that you are eating.

In addition, real food has what is called a "thermic effect". A "thermic effect" is the impact that real food has in your metabolism. Because real food requires digestion, your body burns more calories in processing it; as opposed to shakes which are already pre-digested.

Regardless of what the ads tell you, protein shakes do not offer any muscle building benefit, nor "secret muscle building ingredient", above and beyond what real food offers you. Yes, I have read the ads too with all sorts of speedy muscle building promises but I can assure you through experience that most of the ingredients advertised as miraculous have not been proven to work neither by science (even though most ads of this nature usually talk about research studies that usually do not exist) nor by actual results at the gym. These products however have been proven beyond the shadow of any scientific doubt to shrink the size of your wallet and bank account.

What protein shakes do offer the bodybuilder and fitness enthusiast is a convenient way to ingest your protein, thus allowing you to have your five to six meals every day without having to ingest real food in all of them. In addition, the best protein shakes in

the market offer a protein blend of different sources of protein, something that introduces amino acid variety into your bodybuilding diet, thus making your diet more complete. However, do not ever think that protein shakes are superior to food.

How Much To Consume

I recommend that you always have a breakfast, a lunch and a dinner consisting of real food items. A breakfast may consist of egg whites and oatmeal, lunch of chicken, some brown rice and green beans, while dinner can be some salmon, with a baked potato and some broccoli. In between meals, then you can have your protein shakes so that you can have fulfill your every 2-3 hour meal requirement. Depending upon what your bodybuilding goals are, you may choose to just use a protein powder and mix it with either water or skim milk (assuming that you are not competing), or a weight gainer that has more carbohydrate calories to help fuel the metabolism of hardgainers. You may also have an MRP (Meal Replacement Powder) or an RTD (Ready to Drink) for the convenience that they offer. For more information on this subject, please take a look at my article on Protein Supplements.

Never take in more than half of your meals in the form of protein shakes. So if you consume 5 meals a day, make sure that 3 of those are real meals. If you consume 6, then up to 3 can be shakes. If you are wondering what I do, I personally have 4 real meals and two shakes.

A large advertisement for TestoFX Loaded supplement. At the top, a muscular man is shown with a pained or intense expression, holding a dumbbell. Text overlay reads: "5-STAGE MALE TESTOSTERONE OPTIMIZER HAS ARRIVED! NEW, Improved & SUPER-CONCENTRATED!". Below this, the product name "TestoFX LOADED" is prominently displayed in a stylized font. A large graphic shows a box of the product with the text "376% MORE TOTAL TEST LEVELS!". The box also features "284% MORE Bioavailable TESTOSTERONE!". At the bottom, there are logos for "ALLMAX NUTRITION" and a list of retailers including "nutrition house", "SUPPLEMENT SOURCE", "POPEYE'S", "SuperSupplements", "GNC", and "SVN Canada". The bottom of the ad includes the website "www.ALLMAXNUTRITION.COM" and the slogan "SCIENCE • INNOVATION • QUALITY • RESULTS".



the women of

PBO

Perfect Body Online

Danielle McGlynn

Last month PBO and Lianas celebrated their First Feature with Amber Ameredes. Now we want to introduce you to the beautiful Southern Bell Danielle McGlynn; the PBO Model who's surely not a stranger to the camera. Danielle has been competing and modeling for years and below you will read how she balances her lifestyle with new son Jacob.

1. Being a PBO Girl, what does that mean to you?

It means a lot to me. I don't exactly know how to put it into words. I know that love working with Lindsay Messina, I trust her and she always makes me feel so special.

2. You've been modeling for a couple of year how does your Photo shoot experience with Liana Louzon compare to past photo shoots?

I love that there was direction with Liana. We knew what we had to shoot and we got it done with time to spare for a little fun! I also felt incredibly comfortable with her and when you are in front of the camera you have got to feel comfortable!

3. What are your goals as a mother, competitor and model?

As a mother, fitness competitor and model, it sounds like a lot, but it isn't. For me it is truly about staying balanced and time management. My goal is simply to do my best as a mother and to be there for other mom's who need encouragement in their everyday life.

4. Being a Fitness and Bikini Competitor can you tell us about your background?

Growing up I loved staying active. Running, Cheering, Tennis, Volleyball, it was all so fun and I physically loved the challenge!

5. Can you list your accomplishments?

The accomplishments I am most proud of starting with, finishing my degree in Holistic Nutrition and paying off my tuition on my OWN, winning the overall title of Ms. Bikini America, running a 1/2 marathon 8 weeks pregnant, and of course, my sweet son, Jacob Mitchell.

6. What are 5 interesting FACTS about you?

I love music and I was 8 when I began playing the piano and I still play. I still send real mail! If someone is on my mind, I stop & take time to actually write a letter. I am probably one of very few people who has a cell phone that still flips open, with limited text messaging and does not have internet access. I HATE horror films, and after 8 years of being married, I still pack my husband his lunches for work and slip in sweet "I love you" notes!

7. What are your goals as a Fitness Model and Competitor?

To inspire, to motivate and to just pay it forward. I know that sounds corny, but it's true. I love so much when someone tells me that I have made their day. Whether they are already a fitness model or are making a lifestyle change and striving to get healthy, I always take time everyday to let someone know how amazing THEY are.

8. What makes you tick in a good way or bad?

Many things can make me tick... the good ticks- love, music, sweets, people that are humble... the bad ticks- arrogance, disrespect, when people run late, jealousy...

9. For someone who wants to get started in the fitness industry what's 2 pieces of advice you would give them?

Honestly, I would first tell them to go into this industry with a good attitude and don't let it get the best of you. 2nd, well I would do what I do now, send them straight to Lindsay Messina with www.perfectbodyonline.com for modeling, and Cathy Savage contest preparation.

10. Being a Mother, what advice you can give mothers who want to model and compete?

To remind them that being a mother needs to stay first. It is HARD enough just trying to get a good workout into my schedule now as a mom and stay on top of eating clean. It's even harder when you shift gears and prepare for a show as a mom. With the 2010 Ms Bikini Universe Pageant, Jacob was only 12 months old and had many more teeth that were coming through, he was still taking bottles, lots of diapers to change and I was still trying to catch up with, well, my overall sanity. (lol) I thought that the smart thing was to prepare a lot earlier in case there were nights I was up with him, or if he got sick and I had no energy to workout. It was so nice because I wasn't stressed about the show and the most wonderful part, I placed 1st and didn't even

come close to expect it. It really just felt so good to be on stage after a few years off.

11. What does your weekly workout routine look like with your busy schedule being a mom and working?

Oh boy is it tough! Most of my workouts get done once Jacob is in bed and the kitchen is completely clean. Thankfully, I have all the equipment I need at



Lm
lindsayonline.com

my house. A punching bag, kettlebells, jump ropes, a bench, sled, and a good pair of running shoes. I'll run no matter what the weather's like, and if I only get in a 20 minute work out, then I make it intense. I've been married to a Marine for 8 years and he has taught me, Marine's make do.

12. How do you feel being featured in Natural Muscle Magazine?

I feel honored. Completely honored to be featured in a magazine I have been reading for more than 8 years! Natural Muscle Magazine was the 1st magazine I was on the cover of and it was dream, that I never had, come true. I know that sounds as if it makes no sense, but I never thought I could ever be in a magazine let alone on this one!

13. What's your favorite quote and why?

Marine's make do. It's my favorite simple saying and applies to anything in life. I'm not a Marine, I married one, and I have learned so much from him. When it comes to training, some people just call it quits if they don't have a full hour to dedicate to train. Learn to make do. If all you have is 20 minutes, make do and make it the best.

14. What is your favorite body part to train and can you give us some exercises?

Abs! I love a strong core and feel it alleviates any back pain or stress. Some of my favorites are hanging from a pull up bar & lifting my legs so that they are parallel to the ground. It's a great exercise as it also is a challenge to your grip strength; I am ALL for incorporating many muscles in one workout. I do 3 sets and my repetitions are until failure.

15. What is your favorite meal and can you share your recipe?

By far my most favorite is my morning protein pancake! 1/2c of plain oats, 1/2 scoop of vanilla protein, 3 egg whites, a touch of almond extract and cinnamon, mixed & cooked like a pancake. I use Agave Syrup. However, about 10 days before a show I pull out the Agave and just have it plain.

16. What is the most important lesson you want your son to learn from you and all your hard work?

To remember to be grateful and say THANK YOU! I feel I have done very well as a Bikini and Fitness competitor and, it because of those that have preceded me. They inspired me to push harder. I have also done well because of those in my life that have helped me along the way. Coaches, fitness friends, photographers, my husband... There is nothing on my life that I have "done of

my own." Not to me at least. I feel that there is ALWAYS someone to thank.

Stay Classy & Sassy,
Lindsay Messina
www.perfectbodyonline.com

MOBILITY

and overcoming limitations

A 3 Part Series

Paula Jager CSCS
CrossFit Jaguar

Regular readers of this magazine will certainly attest to the fact that there are no shortages of articles on strength training, metabolic conditioning and nutrition. If you have ever plateaued in your training or thought you'd reached your ceiling of potential it could be that you are literally "stuck". What often gets neglected in the equation of complete health and fitness is our mobility or flexibility.

Of the ten general characteristics of fitness—strength, cardio respiratory capacity, stamina, power, speed, coordination, accuracy, balance, agility, flexibility/mobility has the greatest capacity to limit the other nine.

As with anything else in fitness or life for that matter there is not "one best method", there are usually a few excellent paths that will lead to the same improved circumstances or results. In a three part series I will touch on Pilates, Yoga and Mobility Wods and the benefits of each.

Any of these are to be considered "supplements or compliments" to a solid strength and conditioning program and not a "substitute". They should be seen as part of a larger fitness regimen and not a complete system of fitness. They can be done on the same days, off days or as "active rest".

Anyone having read my previous articles knows that I am a hardcore CrossFitter and a big advocate of strength training and intense metabolic conditioning no matter the program one trains with. I am not however so myopic in my views to not realize there are other disciplines that will blend very well and actually enhance the chosen strength and conditioning program. One of those programs is Pilates. Consequently both Crossfit and Pilates have their origins in gymnastics. While they are vastly different there are more similarities than actually meet the eye.

Pilates was originated in the early 20th century by a man named Joseph Pilates, a former gymnast and boxer. His frail childhood inspired him to pursue a path of

lifelong fitness. His main goal was to return bodies to a functional level, strengthening the muscular system from the core, with an emphasis on the postural and stabilizing muscles. The use of functional movements and the ability to control your body under a large variety of demands will lead to improved health and fitness. Bodyweight movements are incorporated as well as more advanced gymnastic skills. These basic functional movements of pushing, pulling, squatting and rotating all require our bodies to work with optimal function, a full range of motion in the joint and stability. Many of us, through years of sitting behind a desk, in a car and on a couch have "unlearned" these basic skills lead-

ing to imbalances and dysfunction. As well as those who have primarily trained the anterior chain while neglecting the posterior chain of our bodies. Pilates is one method that aims to return us to that functional level.

It can be the perfect foundation for a serious strength and conditioning program as well as a compliment to one. It will set up the body optimally, restoring muscle balance and aiding the recovery process. Some of its principle guidelines are spinal stabilization, joint mobility, and posterior chain engagement. Pilates, as does the CrossFit method, believes the body works as a whole functioning in an integrated manner and not in isolation such as in bodybuilding. While Pilates does use various "machines" they are minimalist and basic equipment which recruit the body's stabilizers and are relevant to proper functioning.

Three ways to incorporate Pilates would be:

- Attend a group class—they should have all the equipment you need
- Private Lesson—the best way to learn although the priciest
- At home—you will need a video and props and should have some experience before setting out on your own

If you want to perform your best in life and sport you need to have a strong, stable and mobile foundation. Addressing and correcting joint issues and imbalances is also important for injury prevention. By activating your core, becoming dynamically flexible, engaging your neuromuscular system and aware of where and what your body is doing in space can be accomplished by a Pilates routine which will ultimately enhance the efficacy of a strength and conditioning program.

Stay tuned for next month when we explore another avenue to the same destination...



LONE STAR DISTRIBUTION

The South's Premier Sports Nutrition Distributor

Locations:

Dallas - Ft. Lauderdale - Atlanta

1-800-503-4933

www.LONESTARDISTRIBUTION.com

***More delivery routes to more places than
any other sports nutrition distributor.***

Great Service • Great Selection

Great Prices

Featuring:

Worldwide - Met-Rx - Labrada - ANSI - ALRI - VPX

BSN - Next Proteins - ProLine - Cytosport - EAS

Gatorade - Nature's Best - Pro Lab - Power Crunch

Clif - Chef Jays - Gaspari - Hi Tech - Champion - MHP

Oh Yeah - Muscle Tech - Promax - SAN - Universal

...and 40 other top sports nutrition lines

Health Club and Retail Store Owners:

Call now and speak to one of our friendly

Lone Star Representatives at 800-503-4933

or email sales@lonestardistribution.com

Angelique Millis transformation!

My name is Angelique Millis and I am a fitness professional, journalist and lifestyle program developer living in Miami, FL.

I wanted to share my weight loss transformation story with your readers: I lost 40 pounds and 5 dress sizes. but it did not happen overnight- it took a lot of discipline, desire and dedication and I had a clear vision of what I wanted to look like and worked hard every day to achieve my goals.

The Freshman "10" was really the Freshman 40...




At a size 12
and 168 pounds

Just like all college students, I knew exactly how to study under pressure, party like a rock star & "burn the candle at both ends" trying to juggle schoolwork, extracurricular activities, and my social life. I was a huge emotional eater-I would eat when I was stressed, happy, sad, it didn't matter. Before I knew it, all those late nights at Denny's and trips to the Mc Donald's drive thru added up & I found myself at a size 12 and 168 pounds. I was the heaviest of my girlfriends, when we would go shopping I was ashamed to come out of the fitting room. I felt embarrassed and would have to secretly ask the sales lady to bring me a bigger size of whatever I was trying on. I felt drained from the life that I was leading and I knew that if I didn't make a change soon, my health my weight would continue to balloon and my health would suffer.

I am proud to say that I changed my lifestyle by forming great habits and have never turned back. I lost a total of 40 pounds and 5 dress sizes! When I first began my transformation, I endured many struggles and obstacles in embracing a new lifestyle and later even more obstacles maintaining it therefore I believe that one needs to seek a balance of patience and persistence and truly enjoy the detailed process of their personal transformation. There is no magic pill or portion for getting fit and I learned this through my own trials and errors when I was finally able to kick bad habits and embrace health and fitness as a lifestyle. Doing so has allowed me to evolve in other areas of my life and has also given me a new purpose and sense of self. My passion for fitness led me down a new road: I became Fitness Journalist, Author, Lifestyle Program Developer & Bikini Competitor in 2008 as well as co-author of the online www.bikiniinmodelprogram.com, and a year later I decided to change careers and start my own fitness firm Elite Fitness Connection where my focus lies in fitness training, corporate wellness programs and lifestyle workshops.



WOW!



AXIS DESIGN & PHOTOGRAPHY | 954.263.5002 | CAROLINA@AXISDZN.COM

Model Jennifer Nicole Lee
Photography by Carolina Gonzalez
www.axisdzn.com

DOESN'T HAVE TO BE BORING

HEALTH BENEFITS OF ASPARAGUS

Heart Health

Asparagus contains folate, which is essential for a healthy cardiovascular system. Drinking a little amount of asparagus juice mixed with raw honey three times a day helps to strengthen a weak heart.

Natural Diuretic

While asparagus is a good source of potassium, its low in sodium. Its minerals combined with asparagine, an active amino acid, makes it an effective diuretic medicine. It is therefore very useful in relieving premenstrual swelling and bloating. It also helps in relieving irritability, fatigue and depression.

Food for Healthy Gut Flora

The vegetable is rich in minerals. It also contains a carbohydrate called insulin that we cannot digest. But, some health promoting bacteria in large intestine, such as Bifidobacteria and Lactobacilli, feed on it. Hence, intake of insulin (asparagus) increases the number of these good bacteria in the large intestine, which prevents the growth of harmful bacteria.

Birth Defect Fighter

Folate, again, is the key nutrient here. Without a healthy intake of folate, the nervous system cells of a fetus do not divide properly. Hence, it's intake helps to reduce birth defects like spina bifida and decreases the chances of low birth weight in a new born.

Other Health Benefits

- Asparagus juice is high in alkaline property and hence helps reduce acidity of the blood, by cleaning muscle tissues and also helps in dissolving kidney stones
- Contains a phytochemical that produces anti-inflammatory effect, helping in arthritis and rheumatism
- Its regular consumption improves the bowel movement, as its rich in fiber
- It is a good anti-oxidant and can help in preventing cancer, cataract and other eye problems
- Helps in controlling blood sugar levels, making it beneficial for diabetic people
- Increases the success rate of chemotherapy
- Good body detoxifying agent. Helps to prevent Urinary Tract Infections
- Good for nursing mothers, helping in stimulating milk production

Champagne Glazed Chicken

Prep Time: 5 mins Total Time: 15 mins Servings: 2

Ingredients

- 1/2 cup champagne
- 1/2 cup brown sugar
- 1/4 cup honey
- 1/4 cup Dijon mustard
- 1 teaspoon tarragon
- 2 boneless skinless chicken breasts

Directions

Grill, bake or pan-sear chicken breasts until no longer pink in center.
In a small saucepan add champagne, brown sugar, honey, Dijon and tarragon.
Over medium heat, stir mixture often until a glaze forms, about 4 minutes.
Return chicken to pan and turn chicken several times to glaze.



Asparagus with Raspberry Sauce

Ingredients

- 1 1/2 lbs asparagus
- 1/4 cup raspberry salad dressing
- 1/4 cup sour cream
- 1 cup fresh raspberries
- salt
- white pepper



Directions

Break off the tough ends of the asparagus spears and drop in boiling salted water.
Cook until crispy tender, drain, rinse with cold water, wrap in paper towels and chill 1 hour.
Combine salad dressing, sour cream and 1/4 cup of the raspberries, breaking up the berries with a fork.
Add salt and pepper if needed.
To serve, place asparagus on a serving dish, spoon sauce across the middle of the spears and garnish with the remaining berries.



AND FINISH WITH

CREAMY CHOCOLATE PUDDING

Prep Time: 5 mins Total Time: 15 mins Servings: 4

This smooth, rich pudding, lower in fat than many recipes, has many variations. For chocolate almond, chocolate rum, or chocolate mint pudding, simply add either 1/4 tsp almond or rum extract, or 2 drops of peppermint extract along with the vanilla.



Ingredients

- 2 tablespoons cornstarch
- 2 tablespoons unsweetened cocoa
- 1/4 cup sugar
- 2 cups skim milk
- 1 teaspoon vanilla extract

Directions

In a medium saucepan, combine cornstarch, cocoa, and sugar.
Mix well.
Gradually add milk, stirring to dissolve cornstarch and cocoa.
Cook over medium heat, stirring, until mixture comes to a boil.
Continue to cook 2 to 3 minutes, stirring.
Remove from heat and stir in vanilla.
Spoon pudding into 4 custard cups.
Chill.

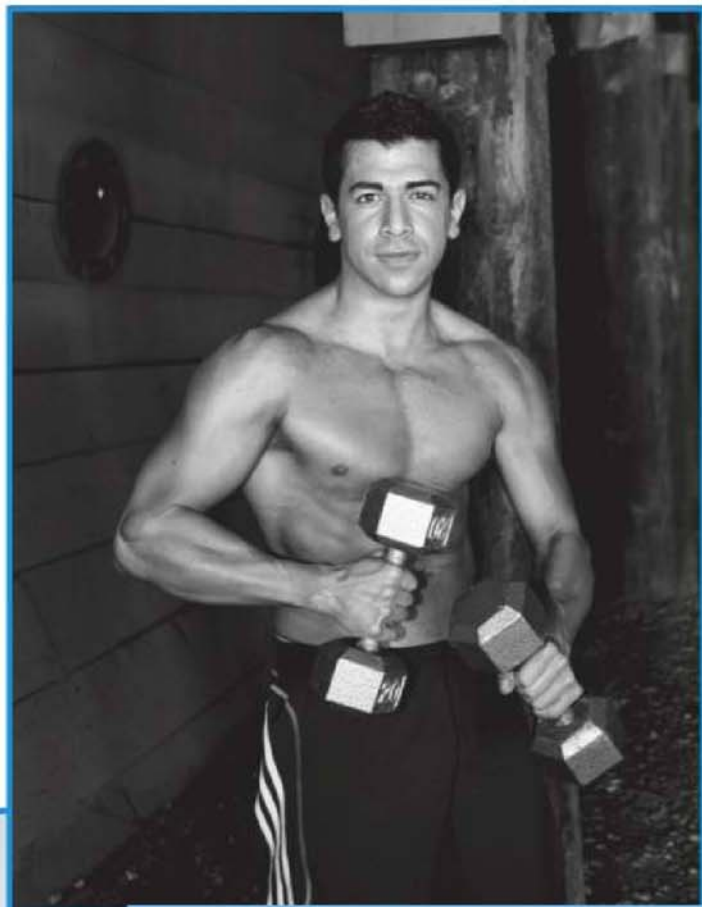
I have only Just Begun!

JOHN CARTER, 22

Staying athletic and active has been the lifestyle that I have chosen to live by. My name is John Carter from Los Angeles, California. I'm 22 years old, majoring in Business Entrepreneurship & Sports Marketing as my minor. Since a young age I've always been into sports and was very athletic. My entire family is really athletic and I guess you can say I followed their footsteps. I've been in the fitness industry for about 5 years now and to say the least it has become a passion and a lifestyle. There is not a better than feeling than waking up and head straight to the gym to get a nice work out.

My Fitness career started when I had the "scrawny" look and transformed it to the "brawny" look. weighing only 130 pounds, with no muscle or definition what so ever. I was not sufficiently content with how I looked and how my body looked. To be honest, I was terrified. Recently after I graduated High School, I decided to start focusing on my physique and take my body to another level. I got my first gym membership and that's where it all started. From spending 2-3 hours at the gym to focusing on my diet and eating habits. Months after, I started to see results, as my body developed shaping to a great physique. After 6-8 months of intense training and diet I reached my goal weight at that time of 175, I was shredded and had my abs showing the way I wanted to.

Health & Fitness is a passion in my life and the journey continues to motivate, inspire and help others to reach the body of their dreams.



Here are some of my accomplishments during my fitness journey.

- Transformation of the Month (BodyBuilding.com) – 2009
- World Physique Featured Interview (April) – 2009
- Cellucor Affiliate Team Athlete – 2009
- World Physique Article Publications – 2009
- World Physique Summer Issue Publication – 2009
- World Physique Writer Self Improvement Columnist – 2009
- Fitness YouTube Featured Channel – 2010
- Gregory Mantell Show Appearance – 2010
- World Physique Winter Issue Publication – 2010
- Super Swole Featured Interview January – 2010
- Male Fitness Model Preview Feature – 2010
- Cutting Edge Internet TV Show Appearance – 2010
- YeahNewYork Preview Fitness Model Feature – 2010
- YeahNewYork Fitness Featured Interview – 2010
- Male Fitness Model Fitness Blog Featured Model – 2010
- NutraGuys Team Member Writer – 2011
- FitnessX Magazine Spread February Issue – 2011
- FitLife Magazine Columnist Writer – 2011
- FitnessX Magazine Columnist Writer – 2011
- FitLife Magazine February Issue Spread – 2011



**Before Taking My Physique
to a Whole New Level!**

FOOD INVESTIGATION

Blueberries faked in cereals, muffins, bagels and other food products

Pictures of blueberries are prominently displayed on the front of many food packages. They are on boxes of muffins, cereals and breads. But turn the packages around, and suddenly the blueberries disappear. They're gone, replaced in the ingredients list with sugars, oils and artificial colors derived from petrochemicals.

A bag of blueberry bagels sold at Target stores is made with blueberry bits. And while actual blueberries are found further down the ingredients list, the blueberry bits themselves don't even contain bits of blueberries. They're made entirely from sugar, corn cereal, modified food starch, partially hydrogenated vegetable oil, artificial flavor, cellulose gum, salt and artificial colors like Blue #2, Red #40, Green #3 and Blue #1.

What's missing from that list? Well, blueberries. Where did the blueberries go?

They certainly didn't end up in Total Blueberry Pomegranate Cereal. This cereal, made by General Mills, contains neither blueberries nor pomegranates. They're nowhere to be found. But the cereal is made with red #40, blue #2 and other artificial colors. And it's even sweetened with sucralose, a chemical sweetener. And that's in addition to the sugar, corn syrup and brown sugar syrup that's already on the label.

A lot of products that imply they're made with blueberries contain no blueberries at all. And many that do contain a tiny amount of blueberries cut their recipes with artificial blueberry ingredients to make it look like their products contain more blueberries than they really do.

Kellogg's Blueberry Pop Tarts shows a picture of plump blueberries right on the front of the box. But inside the box, there's a lot more high fructose corn syrup than actual blueberries. And the corn syrup is given a blueberry color with the addition of — guess what? — red #40, blue #1 and blue #2 chemicals.

Kellogg's Frosted Mini Wheats also come in a Blueberry Muffin variety, with fresh blueberries promi-

nently featured on the front of the package. But inside, there are no actual blueberries to be found. Instead, you get "blueberry flavored crunchlets" — yes, crunchlets — made from sugars, soybean oil, red #40 and blue #2.

And, if you can believe it, the side panel of this box features the "Frosted Mini Wheats Bite Size" logo, followed by the words "blueberry muffin" with pictures of blueberries, finally followed by "The Whole Truth." Except it really isn't the whole truth at all. It's more like a half truth.

These marketing deceptions even continue on Kellogg's website, where one page claims, "New Special K Blueberry Fruit Crisps are filled with blueberries and drizzled with vanilla icing." Except they aren't, really. What they're really filled with is apple powder, partially hydrogenated soybean oil, fructose, sugar, artificial colors red #40 and blue #1, all enhanced with a dash of blueberry puree concentrate.

Even seemingly "healthy" blueberry products can be deceptive. Betty Crocker's Fiber One Blueberry muffin mix enhances its small amount of actual blueberries with petrochemical colors, too: Red #40, Blue #1 and Blue #2.

At least Betty Crocker's Blueberry Muffin Mix admits it contains no real blueberries. Well, if you read the fine print, that is. It's ingredients reveal "Artificial blueberry flavor bits" which are made from dextrose, Corn Flour, Partially Hydrogenated Soybean Oil, Sugar, Citric Acid, Artificial Flavor, and of course the obligatory Blue #1 and Red #40.

When consumers buy blueberry cereals, muffins and mixes, they're under the impression that they're buying real blueberries. No ordinary consumer realizes they're actu-

ally buying blue coloring chemicals mixed with hydrogenated oils and liquid sugars. That's why this common industry practice of faking the blueberries is so deceptive.

Why can't food companies just be more honest about it? Nature's Path Organic Optimum Blueberry-Cinnamon Breakfast Cereal contains — get this — both blueberries and cinnamon.

Better yet, you won't find any red #40, blue #2 or partially-hydrogenated vegetable oils in Nature's Path products.

They even use organic blueberries and organic cinnamon.

Health Valley Low-Fat Blueberry Tarts are also made with real blueberries. You won't find any artificial coloring chemicals in this box.

So why can't Kellogg, Betty Crocker, General Mills and Target stores use real blueberries in their products instead of deceptively formulating them with artificial petrochemical colors that mimic the purple color of blueberries?

It's probably because real blueberries are expensive. And artificial blueberry bits, made with sugar, partially hydrogenated oils and artificial colors, are dirt cheap. If these companies can fool consumers into thinking they're buying real blueberries in their products, they can command a price premium that translates into increased profits.

Once again, in the food industry, deception pays off. And it pays big.

So what can YOU do to make sure you don't get scammed by a food company trying to sell you red #40 and Blue #2 as if they were real blueberries? Read the ingredients. If you see artificial colors on the list — and they're usually found at the very bottom of the ingredients list — just don't buy that product.

Put it back on the shelf and choose something else that's not deceptively marketed. And that's how you solve "the case of the missing blueberries."

This is Mike Adams, the Health Ranger, with Food Investigations for the non-profit Consumer Wellness Center, featured on NaturalNews.TV. If you enjoyed this episode's article, please share it with your friends. And watch NaturalNews.TV for a new episode each week. Take care.



Kellogg's Frosted Mini Wheats come in a Blueberry Muffin variety, with fresh blueberries prominently featured on the front of the package.



But inside, there are no actual blueberries to be found. Instead, you get "blueberry flavored crunchlets" — yes, crunchlets — made from sugars, soybean oil, red #40 and blue #2.

Caribbean Style Clothing Optional Luxury



First Rate Fitness Gym
Oceans Martini Bar & Grill
Exposed Night Club
Weekly Theme Parties
Luxurious Lagoon Pool
Spa Sereno & More



Caliente
Resorts

CLUB
EXPOSED
experience exceeds expectations

Oceans
Martini Bar & Grill

Located 25 minutes north of Tampa
Call 813.996.3700 for more info or
visit us at www.SexyFunResort.com



By: Pz Hopkins

how BIG is your kindness?

My religion is very simple. My religion is kindness.

~ Dalai Lama 1935

I've got to give it to the Dalai Lama. He sure knows how to break it down into plain words with profound impact. Kindness is it. It's everything. It's a universal language that blind men see and deaf men hear. If aliens asked me the one trait I would recommend they learn from us human beings, I'd tell them the ability to be kind. It separates us from the rest of living things. It exposes our spirit and gives us the means to prevail.

If every action was based on a conscious kindness what kind of world would we have? Just think of it. Can't you think that big or imagine that deep? If mankind wasn't so busy being greedy or power hungry or ego-driven 'meaniacs' they might have more time to devote to being more kind. For some, this might be a naïve or simplistic notion. They're viewing the world through their ever-present negative lens and from the history of all the negative forces that came before. For others, like me and the Dalai Lama, the positive light is beginning to shine through. It can no longer stay hidden under that bleak bush. We won't let it. The kindness is just too big. How about you? How would you say you're doing in the kindness department? Where do you stand when it comes to something as basic as being kind to your fellow man?

Pz's Pointers on understanding how big kindness should be

Kindness comes in many sizes

Kindness can be something as small as a quick smile or an acknowledging nod. It can be something as large as donating a new wing to a hospital or adopting an unwanted child.

Large or small, kindness is kindness. We dismiss those little, bitty ones as insignificant or less important. We think kindnesses must be grand gestures or bold demonstrations.

That kind of kindness lives up to its billing. In thinking so, we miss the depth and breadth of kindness when we minimize any act based upon its being seen as major or minor. You have Oprah who builds a school in Africa or Herb Alpert who writes a check for \$500,000 to save an Arts Institution in Harlem...all profound kindnesses. Then, there's you who buys a stranger a cup of coffee or walks an old lady across a busy street...all mundane kindnesses. All kindness, whether mundane or profound, is still big. Value every one. All kindness, no matter the size, comes from the same place...the heart.

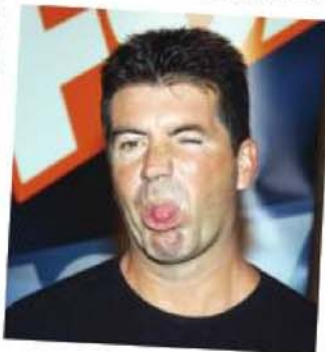
Complain with Class

Sometimes things go wrong. Sometimes your steak is overcooked or your plane was overbooked or your appointment was overlooked. Sometimes we have understandable and legitimate reasons to be upset or complain. No matter the circumstance, using a kind approach in dealing with people in a position to listen or help with your dilemma will win you more points than if you go ballistic. I've witnessed plenty of folks

in 5-star restaurants who make a huge stink if one little detail about the meal or the service is less than perfect. Even if their complaints are valid, making a spectacle or humiliating the staff isn't the answer. If a person is kind to you yet rude to the waiter he is not a kind person. State your case without taking out your anger or disappointment on someone who probably had very little to do with creating the problem. When you treat people with respect they will respect you back. You can get a sticky situation resolved much easier and faster with kindness.

Idol shuffles mean out and kind in

The word was American Idol couldn't possibly survive with the loss of its King of Mean, Mr. Simon Cowell. After all, here's a guy that people love to hate. His style of judging on the show was one of speak your rude mind, tell the brutal truth, and dish out doses of cruel, tough love. Simon never bothered me like he intended because he had an obvious agenda, and his shtick has made him a very wealthy man. The irony is that now in its tenth season, the two superstars who have come in to replace Simon, sidekick Kara, and, should have never been there, Ellen, are actually passionate and kind. Steven Tyler—the Aerosmith rock icon, and Jennifer Lopez—the singer, turned actress, and business mogul are being kind even in the midst of their criticism.



The show is a bit symbolic of where the country and the world are at the moment. We all need some TLC. It's a shame we ever veered so far away, but at least there's hope for society as seen through the eyes of a few on reality TV. It beats having more of the tired, unnecessary harshness of a diva like Cowell. Thankfully, that era had run its course, and even though initial ratings are down, I'd rather give Steven and J-Lo a chance to show America and the contestants just how far a little kindness can take them. Maybe their brand of critique will catch on. Maybe we'll like it.

One 'after you' at a time

There are many circumstances when we have a chance to let somebody in front or go before or ahead of us.

From opening a door to standing in line to merging on an interstate, we each have the chance to say, "Go ahead" or "After you."

When the bus is crowded we can say, "Take my seat." When the gym is crowded we can say, "You go first." A few extra seconds you sacrifice now and then by allowing someone to be next or before you won't compromise your life whatsoever. In fact, it's quite the opposite. The good feelings you create by those simple actions help feed your spirit in a healthy way. It's true that

some folks will take advantage of your kind actions. That's okay. Don't feel like your efforts were wasted. A

kindness is never wasted. Don't let their unappreciative attitude interfere with your positive one. It could be they just aren't ready to get it. You already do.

Cool to be kind

Huey Lewis and the News had a song some years back called, "Hip to Be Square." The implication has gotten even truer as technology has become such an integral part of our lives. Geeks now rule. The same can be said for being kind. I'm declaring mean to be obsolete and kind to be cool. With all the media surrounding bullying and related suicide the message is trickling down to the masses how much harm comes from treating people mean. Being kind might not have been so cool before. It seems to be catching on and getting more positive play. If we can keep the momentum going the idea that there is something to this thing called kindness could actually spread and take hold. How cool would that be?

No best time to be kind

Perhaps you're having a bad time of it, and you think life isn't being particularly kind to you. You're feeling pretty low or depressed and you can't quite get everything to go as you would like. That's not the time to take it out on the rest of the world. Anyone can be kind when things are rosy or at least they're pretty good pretenders. Just

Scatter seeds
of kindness
wherever you go

because you're experiencing some challenges, remain on your higher plain. Keep kindness at the forefront of all you do. Eventually your life will turn around and like a boomerang; all the kindness you've been tossing out will eventually come bouncing back. Then again, maybe you're the enlightened one and you're authentically extending your kindness to folks who you could easily characterize as undeserving schmucks. Does it mean you withhold the kindness because this person is being nasty or a jerk? You don't decide not to be kind because the time isn't right for someone else. Put out what you want to put out that resonates with you. The person on the other end can do with it what they want.

Hustling leaves a bad taste

We live in a complex world where everyone's motives are not always honorable. Some people are out and out hustlers. They haven't reached the point in their evolution where they know the difference between hustling and kindness. They pretend to be nice but underneath they're not. They give the impression they're kind but turn around and use their actions against others for their own selfishness. Hustlers hurt people. They betray people. Maybe you've been taken in by someone's apparent kindness and feel duped. It makes you tainted and skeptical and cynical. Don't confuse hustling with kindness. But if you have been hustled—all in the name of kindness—don't allow the hustler to give kindness a

bad name. Don't allow the hustler to make you trust less or make you less inclined to show kindness yourself.

On the receiving end

When you're the lucky one and on the receiving end of someone's kindness never miss the chance to acknowledge them. Don't ever take a single kindness for granted. Treat each one special like it's the first one you've ever received. Treat each one special like it may be the last one you'll ever receive. Kindness never gets stale. It is forever fresh and novel like a precious baby or a clean-fallen snow.

And even your enemies

Throughout the history of mankind we've shown a pretty consistent track record of creating hating on enemies. We can never seem to find the key to live in harmony on the planet without conflict and war and a struggle for power. When you're being kind—truly kind—it's hard to hate. When you're expressing kindness or showing acts of kindness it's hard to stay in a hateful mindset. Who wants to be kind to people regarded as an enemy or who hate you or want you dead? That's a tough one. But when you're being kind it's hard to be mistrusted or disrespected. Strength by leaders shown from a position of kindness would be a step in the direction that we've never tried. That's the only chance we have of turning enemies towards each other and a finding a more peaceful coexistence.

Don't forget you

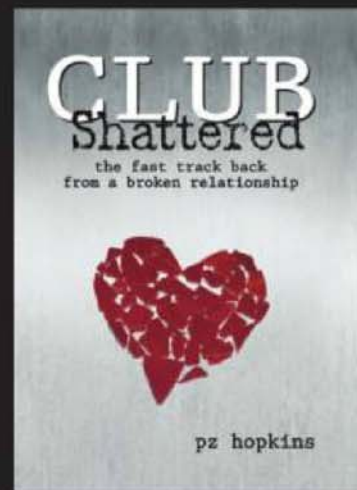
In order to be the most kind to others you must first be the most kind to you. Selflessness does not mean you exclude yourself from happiness and kindness at the expense of others. This is not about being a martyr. This is about striking the right balance between kindness towards them and you. Some people are given what I refer to as a kindness gift. They are innately that way and need no books or articles or reminders to tell them about how to be kind. They just do. They just are. There is a kindness that is already big. Others have to be more conscious of it and practice small acts over and over until they realize what payoff comes from their actions. Kindness makes you feel a certain way. That feeling is good. When we feel good we're more equipped to make others feel the same and so it goes. We're all connected and the kindness thread is an important link that holds us all together in a compassionate and harmonious way.

Maybe you're reading this right now and realizing you've never really made the effort to be kind. Oh, you might not be such a bad person, but you haven't been cognizant of the importance of being genuinely kind and what it means to your life and the life of others. Maybe you haven't been exposed to exceptionally kind people or witnessed acts of kindness with steadfast regularity. If this is you and you want to do better you can. Just knowing and looking for opportunities to practice will give you the kindness confidence you need to grow and expand. Try to do a kind act every day. Do it with pure intention and don't look for reward or return. See how it makes you feel. Do something small if you aren't yet comfortable in diving in the deep end of the kindness pool. You'll be surprised that kindness feeds upon itself and before long your kindness will be as big as you could have ever envisioned...you'll be a natural.

**PZ Hopkins is motivational
writer and Personal Power
Educator in**

'All Things Relationships.'
Her book *Club Shattered: the*
fast track back from a broken
***relationship* is available. Go to**
www.pzpower.com

Have questions or feedback?
Pz wants to hear from you:
pz@pzpower.com

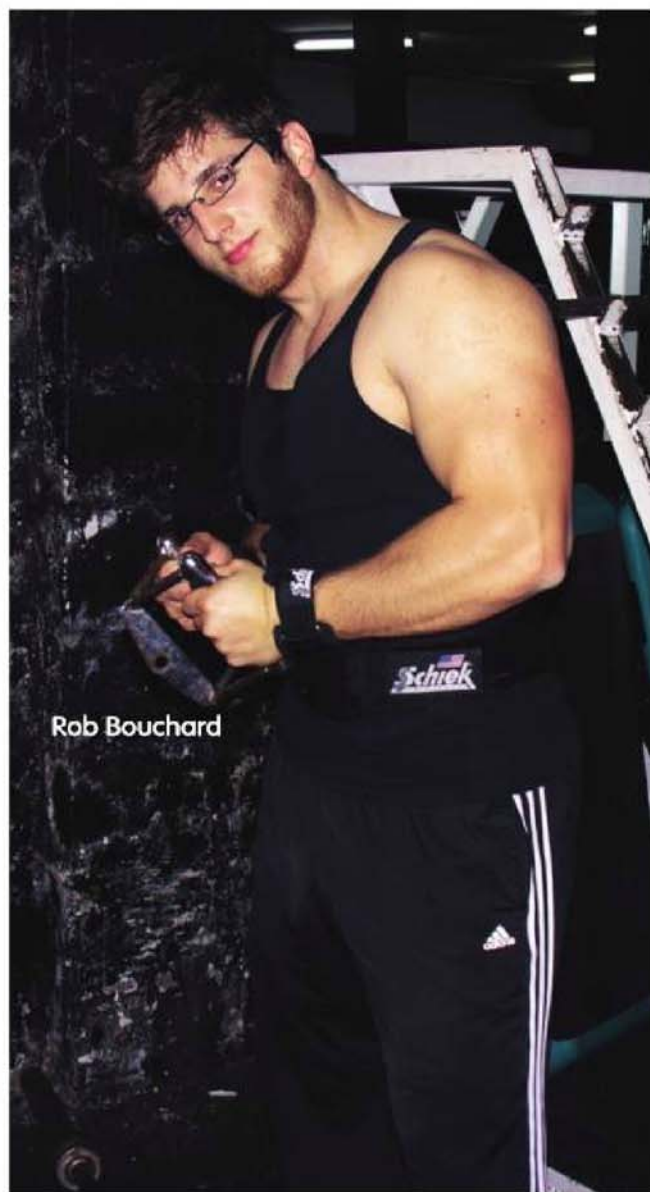


**"PZ Hopkins, through her own
honest story of recovery from
being "shattered" offers a
step-by-step guide for healing a
broken heart and creating a new life
of wholeness and happiness. "**
Gail Garland Wilkes, MA
Licensed Marriage
and Family Therapist

www.pzpower.com

We hear it all the time, a friend saying that he 'should have made it to the gym', another complaining how he 'shouldn't have missed his last meal' and then the whole class complaining about how they 'should have studied more' after leaving the exam room. It happens to all of us. We all have a list of things we know we 'should' do, but just never seem to get around to. So after hearing my friends complain more than I was willing to put up with, about not making it to the gym and following through with their nutrition and study habits, I gave him the following recommendations to help them turn any should into a must.

Quit 'Shoulding' All Over Yourself



Rob Bouchard

1) Get disturbed. Be honest with yourself; don't use any softeners, no rationalizations, no comparisons. This is the point where you need to find reasons to turn your shoulds into musts! Remember that reasons are a much more powerful form of motivation than simple goals.

FIT TIP: Make a list of all the reasons you **MUST** follow through. Make them personal and have a deep meaning. Write them down on the back of a business card and keep it with you for future motivation.

2) Make a real decision. Now that you're disturbed, it is a great time for you to make a real decision. Remember that purpose is power. Also, you want to create a goal that's as specific as possible and has a measurable result.

FIT TIP: Never leave the sight of setting a goal without first doing something toward attaining it. Doing so will ensure that you get the ball moving and create momentum. If you're up for the challenge, take an action that will really commit you (like throwing out your jogging pants that have elastic waist bands).

3) Create a plan. Now that you're all revved up, this is the best time to create a great plan that will get you where you need to go. Make sure you make it as specific as possible so you have a clean, clear and precise outline to follow.

FIT TIP: Make sure to box yourself in to ensure you follow through. Tell your friends, family, in fact tell everyone about your plans. This will give you an extra 'push' to ensure you follow through.

4) Set yourself up to win. In the beginning, give yourself some wiggle room so that your allowed to mess up a few times, after all no ones perfect. For my diet, I give myself one cheat meal a week and my weekends off. By doing so, I ensure that I eat clean the rest of the week, while still staying on the path of achievement.

FIT TIP: Surround yourself with people who you want to be like. As the old saying goes, If you lie down with dogs, you will get up with fleas. As stupid as it may sound its true. By hanging out with people that have the same standards as you, you're both more likely to follow through and stay on target.

In conclusion, I hope these four simple tips will help you stop 'shoulding all over the place', and instead help you start must-ing around. Because in the end, knowledge isn't power, knowledge in application is.

Check out my new nutrition e-book on my website at JustFitness.ca or Send me an e-mail with any questions or comments at Rob@JustFitness.ca



Sports Nutrition

Distributors of Quality Performance
Drinks, Bars & Supplements

- **Absolute Nutrition** (*C-Block, Watershed*)
- **Alacer EmergenC**
- **ABB - American Body Building**
(*Speed Stack, Ripped Force*)
- **Anabolic Xtreme** (*Superdrol*)
- **AST Sport Science** (*Nytra Pro, Dymetadrine Extreme*)
- **Atkins**
- **Avid Source Bars**
- **Balance Bars**
- **BSN** (*Nitrix, Cell Mass, No-Explode*)
- **Biotest Edge** (*Hot Rox, Tribex*)
- **Bionutritional** (*Power Crunch, Proto Whey*)
- **Bodyonics Pinnacle** (*NOX2, Horny Goat Weed*)
- **Chef Jay** (*Trioplex, Rage Bars*)
- **Clif Bars**
- **Champion Nutrition** (*Ultramet, Metabolof*)
- **Cortislim - Window Rock**
- **Cytodyne** (*Xenadrine, Methoxypro*)
- **Cytosport** (*Muscle Milk, Cytomax*)
- **Dorian Yates Approved** (*Pro-MR, Propeptide*)
- **Dymatize Nutrition** (*Elite, Powertech*)
- **EAS Products** (*Myoplex, Phosphagen*)
- **ESN - Enhanced Sport Nutrition** (*Betatropin*)
- **Ergopharm** (*6-OXO, Ergolean Amped*)
- **HDT - Human Development** (*Pro Blend, 5+1 Protein*)
- **IDS - Innovative Delivery System** (*Creatine Titrator*)
- **Instone Products** (*Protein Pudding, Leanfire*)
- **Iovate Products** (*Lean Balance*)
- **Isatori** (*Lean System 7*)
- **ISS Research** (*Oh Yeah Bars, Satur-8*)
- **Labrada Products** (*Lean Body, Charge*)
- **Luna Bars**
- **Met-Rx** (*Big 100 Bar, Met-Rx Powder*)
- **MHP - Maximum Human Performance**
(*Trac, Up Your Mass*)
- **MMUSA Creatine Serum** (*ATP, Xtra, Thermo, Stratos*)
- **Muscle-Link** (*Muscle Meals, Creasol*)
- **Muscle Sandwich Bars**
- **Muscletech** (*Hydroxycut, Cell-Tech, Nitro-Tech*)
- **Nature's Best** (*Isopure*)
- **Next Proteins** (*Designer Protein, Detour Bars*)
- **Nutrabolics** (*AE2, NO2, Diablo*)
- **Nutrex Research** (*Lipo-6, Vitrix*)
- **NVE Pharmaceuticals** (*Stacker*)
- **Optimum Nutrition** (*Pro Complex, Serious Mass*)
- **PDS** (*The Natural Bar*)
- **Pharmagenx** (*Ventilean, Mojo*)
- **Powerfoods** (*Powerbar, Harvest, Powergel*)
- **Premier Nutrition** (*Eight, Odyssey, Protein 40 Bars*)
- **Primaforce** (*Substance, Thermal Rage*)
- **Pro Fight Supplements** (*Pitbull, JPF-1*)
- **Prolab Nutrition** (*Cuts, NLarge, Matrix*)
- **Promax** (*Promax, Oatgaceous, Rampage Bars*)
- **Protan Performance Brands**
- **S.A.N. Nutrition** (*Vault, Tight, V12*)
- **Scivation** (*Neurostim, Xtend*)
- **Six Star Nutritionals**
- **South Beach Diet Bars**
- **SportPharma** (*Just Whey*)
- **Syntrex** (*Nectar*)
- **Think Products** (*Think Bars*)
- **Trimspa**
- **Twinlab** (*Ripped Fuel, Diet Fuel, Amino Fuel*)
- **Universal Nutrition** (*Animal Pak, Doctors Carb Rite Bars*)
- **Vyotech Nutritionals** (*Viraloid*)
- **Weider** (*Tiger Milk Bars*)
- **Worldwide Sports Nutrition** (*Pure Protein Bars*)
- **Zone Perfect Bars**

**NATURAL
MUSCLE**
M A G A Z I N E



Pro Bodybuilding Phenom Victor Egonu

Interview By Steve Shaw

Victor Egonu was bit by the iron bug in 2004 at the age of 14. A mere three years later he hit the stage at the 2007 NGA Potomac Cup Drug Free Bodybuilding Championships, taking home a 1st place finish in the Men's Novice Lightweight class. At the age of 19, Victor Egonu won his pro card. Now, nearly seven years after first picking up a barbell, Victor is a bodybuilding phenom, a natural beast and competing in the prestigious IFPA Yorton Cup against some of the biggest names in the sport.

Muscle & Strength: At 21, your physique is well beyond your years. Can you tell us when and why you first started lifting, and how your training has evolved to maximize results?

Victor Egonu: Well it sort of happened in a progressive manner. In the spring of 2004, a friend from church asked me if I would like to come and workout with him at his home gym. At first I was hesitant, due to the fact that I was a measly 135lbs and had never touched a weight before, let alone perform a real workout. So I swallowed my fear of looking foolish while working out and just went for it. It turned out that although I couldn't bench press more than 115 lbs for 2 reps or do more than 3 pull-ups in a row, it wasn't all that bad. I mean, even though my chest was sore for over a week after that initial workout, something inside of me wanted more. I wanted to go back and do it again. And I did just that, 2-3 days a week for about a year or so.

Then in 2005, I upgraded my training grounds and started training at the local YMCA which lasted for about a year as well. I was on the high school track and field team from 2004-2006 and although I noticed my performance was increasing, I noticed that I wasn't making the gains in size that I wanted. I was only around 145lbs most likely due to the excessive running and poor eating habits. So in the summer of 2006, my family bought an Olympic weightlifting set for our basement which was kind of nice, knowing that I could workout whenever I wanted.

This is also when I felt I needed to start training for something again now that I stopped track, I needed to keep my competitive spark alive if you will. Ever since I was a kid, I've always wanted a superhero-like physique with big proportioned muscles, and the one thing that could give me that was bodybuilding. So I started reading muscle magazines and doing hours of research on the Internet to find out more about this sport, or should I say lifestyle. So I guess my official start in bodybuilding was in the fall of 2006, not yet knowing

I would be competing in my first natural bodybuilding contest in July of 2007.

Since I've started up until now my training has changed drastically, all for the better. For example, I, like many beginners, fell victim to the idea that more training equaled better results. What a fool I was, I mean I was training each body part 2-3x a week over a 6 day period for 2-3 hours a day. And this was without having sufficient knowledge of how to eat properly. Over the years I've learned my lesson that more is not always better and that I needed to give my body proper nutrition and rest in order to make gains.

So currently, I am training each body part once a week (twice for smaller muscle groups: calves, abs) over a 5 day period for about 1-1.5 hours a day, and have my nutrition down pat. To give you an idea of how well I learned over the years, from fall of 2008 to spring of 2010, I gained 25lbs of solid muscle. So this shows how important knowledge is in every aspect of life. Kids stay in school.

Muscle & Strength: Why have you decided to stay on the natural side of the sport, and what do you feel are reasonable expectations for a natural lifter to have?

Victor Egonu: Why have I decided to remain natural? Because my parents would disown me, lol! No, but I guess my logical reasoning is that I believe bodybuilding is an art as well as a lifestyle. I think true art comes from within oneself and I know that performance enhancing substances don't originate from within; therefore I choose not to use them. I also think it is interesting to see what the body's natural limits are without being blurred by artificial substances.

I was very naive when I started lifting as I looked into the magazines and would see pictures of these human hulks and a certain product they were sponsoring. Then in my mind I thought, 'if I just took that supplement I could be just like them.' Later I found out that

these guys weren't just using the supplements they sponsored, and to be honest, it was hard to accept at first. I thought, 'so what do I do now, I don't want to use steroids to help me achieve my goals,' and shortly after this is when I stumbled upon something called natural bodybuilding.

Now don't get me wrong, I don't have anything against bodybuilders who use such substances, and I'm definitely not saying they don't train hard or eat right. By no means am I saying that, in fact it's quite the opposite as I have a tremendous amount of respect for all bodybuilders, both tested and untested, such as 8-time



Mr. Olympia Ronnie Coleman who was regarded as one of the best bodybuilders ever. No one can say he achieved all the success he did simply because he was unnatural. I just think it's a personal decision more than anything else, and I choose stay within the natural limits of my own body.

In my mind the natural lifter should understand the following if they hope to ever succeed. First, understand that bodybuilding is not just a sport or a hobby, it is a lifestyle. Like I said before, I think of it as an artistic lifestyle. This means that bodybuilding has so many requirements to make it work, just like art has to make

it look good and that if you don't have the passion for it, you can't do it. To be a successful bodybuilder, you have to think, eat, train and sleep like one, or otherwise the frustration that comes along will break you apart.

Next, they must understand that it is like a full time job with no guarantees. This means on top of going to work, picking up the kids, doing homework, Facebooking friends and everything else that we do in our busy lives, you must still remember to fit in your weight training, cardio, all 5-7 meals, etc. At times it can get extremely hard, but just remember that it could always be worse and that if it was easy, everyone would be doing it thus degrading the value of such an extraordinary lifestyle.

Lastly and the most important is that you must also have to have balance in your life. This means that since bodybuilding is a big part of your life, you have to add in other elements like family and friend time to balance it out, just like the yin-yang concept. I understand that it is hard to be around people while being two weeks out from a natural bodybuilding contest with only a few carbs in your system, and still having to go to school, work and all the above, but don't push those friends and family members away or you will be alone when the contest is over with. And then what do you have left?

Without balance bodybuilding can consume you and strip you away from everything and everyone, isolate you from the world, and that's not an appealing aspect. So once you are able to factor in the ideas above, then you are on the path for success.

Muscle & Strength: Let's talk off-season eating. How do you structure your "bulking" periods? Do you eat a certain amount of calories above maintenance levels, or focus more on specific carb/protein macronutrient intake, or other?

Victor Egonu: That's a great question. A few years ago, back when I was doing crazy amounts of research on what the proper nutrition for bodybuilding was, I read that there are 3 caloric intake zones, each affecting the body differently. One was caloric deficit zone, which is the zone that is optimal for decreasing body fat and leaning out the physique. Next is the maintenance zone, which describes the amount of calories that you should intake if you want to keep your current weight and physique the way it is. Lastly is the caloric surplus zone, which is the level you should be in if your goal is to increase body weight, the majority of which is muscle mass.

Later on I discovered that this was a generic approach to achieving a given physique status, and that there was a different, more specific method to do so. I call it the Macro-Method which entails that a person discovers the specific amounts of macronutrients that their body required to lose body fat, maintain their current level, or build muscle. This way causes a person to really understand their body on an individual level, meaning they must know how their body will react to a given amount of protein, carbs and fats.

For example, I have seen people who have had very productive off-seasons from a moderate to high protein, high fat, and low to moderate carb intake. Whereas I have also seen people, much like myself, who respond best from a high carb, moderate to high protein and low

to moderate fat diet.

Personally I've tried both methods and find that a combination of the two is best for me, with an emphasis on the Macro-Method. What I mean by this is that during the off-season I know that my goal is to add as much muscle mass as possible while at the same time minimizing fat gain and keeping my energy levels stoked. So, what I do first is figure out what my maintenance caloric zone is by doing a rough calculation of the calories that I burn off due to my daily activities, and body mass in general. Then I know that I must consume an amount of calories equal to the ones that I burn off to maintain what I have.

Next, from my maintenance caloric zone I increase my calories in incremental levels of approximately 200-300 calories per every week or two to allow my body to adjust gradually. Then from there I will assess if I am gaining a good amount of muscle mass or too much body fat. If the former is true, I will increase the caloric level again and hope for the same result, thus increasing



my muscle mass while keeping fat gain to a minimum.

So an example of an off-season nutrition plan for me assuming my bodyweight was around 180lbs would be something like 3500-4000 calories a day which is around 20-22 x bodyweight of 180lbs depending on the training phase I am in and what body part I am training that day. From the caloric surplus zone I will then calculate my macronutrients in grams that I would need to eat in order to hit my target calories for the day.

I take into account that I require significantly high amounts of carbs to fuel my intense training, relatively high protein to recover and an adequate amount of healthy fats to keep my joints healthy and other bodily needs. So my macronutrients look something like 400-500g of carbs which is roughly 2.5x 180, 250-300g of protein a day, about 1.5x 180, and about 70-90g of healthy fats, which is about 0.5x 180.

These combined approaches of the caloric surplus zone and Macro-Method have proven highly effective for me thus far. I used them only once during my 2009-2010 off-season and gained 30lbs, 20lbs of which was lean muscle mass. I plan on using it again during this off-season and tweaking it along the way where I see fit.

Victor's favorite 5 exercises for building mass,

1. Deadlift

One of the best overall exercises, but also one of my favorite back exercises as well. Reason being is that it hits your entire back throughout the course of its movement. I love the feeling of loading up a barbell with insanely heavy amounts of weight and ripping it from the floor. I must say that this exercise could be responsible for a large part of my drastic growth last year due to its ability to pack on the body mass, especially on the back which is a crucial area to have developed to be successful in bodybuilding.

2. Incline bench press

The reason why I picked the incline bench press is because it targets the upper pecs with laser like focus which is an area that looks very good when it is well developed. I also feel like the upper chest is one of the weakest areas on most competitive bodybuilders, thus I emphasize that area so as to have a leg up on my competition. I do switch between this and its flat counterpart from week to week to ensure my pec development is even all over.

3. Front squat

Much more effective in my mind than the back squat when it comes to targeting the quads, specifically the outer quad sweep. I alternate between the front and back squat for the best of both worlds. I know that quads are an area that still needs work on my physique and so I turn to the front squat. When I really need to kick start quad development, I will do the front squat using an intensity technique that I call 7th heaven. Basically you pyramid up in weight for 6 sets, the 6th set being the heaviest and then on the 7th you drop the weight close to the weight of your first set, and you pump out as many as you can get. You take normal rest periods between each set, differentiating it from FST-7's developed by the ingenious mind of Hany Rambod.

4. Military press behind the neck

This is one I use to hit build up the bulk of the deltoids, specifically the medial head which really helps to accentuate the flaring width of the shoulder girth and in turn the overall V-taper of the physique. Sometimes I will do the military press in front for variety, but rarely as I know it hits a lot of the front deltoids, whereas I know that the incline bench press hits this area as well.

5. Overhead skullcrushers

Finally I love overhead skull crushers with an EZ bar. Reason being is that it targets the long head of the triceps like no other exercise. The long head is the biggest part of the triceps and the triceps consisting of 2/3 of the upper arm, so I focus on this movement in my quest for bigger arms.

These or an alternative version of them should be a staple in any off-season bulking routine.

For more interviews of pro natural athletes, fitness models and industry gurus head to www.MuscleandStrength.com, the world's largest natural bodybuilding website. Would you like to be interviewed? Please contact steve.shaw@muscleandstrength.com.



TEAM ALLMAX
VINCE WAWRYK
IFBB PRO

"...10 out of 10. Absolute, Pure Protein Mastery..."

J. Robbins, Sioux City, IA

"...Exceptional Mixability, and Taste
I Couldn't Believe!!!"

T. Koppworth, Shreveport, LA

ALLMAX
NUTRITION

DEMAND MORE. GET ALLMAX.
SCIENCE • INNOVATION • QUALITY • RESULTS

www.ISOFLEXONLINE.COM

SCIENCE • INNOVATION • QUALITY • RESULTS

ALLMAX
NUTRITION

90%
PURE PROTEIN
IN EVERY SCOOP

WHEY PROTEIN ISOLATE

ISO FLEX

30g
PROTEIN

NEW!

QUALITY WHEY PROTEIN ISOLATE

0 TRANS FAT* & ASPARTAME-FREE

COMPLEX • GLUTAMINE COMPLEX • IS COMPLEX

RAPID
ABSORPTION
FORTIFIED
WITH BCAA

(5 LBS)

75 SERVINGS/PORTIONS

VANILLA

Natural and Artificial Flavors

ISO FLEX Triple-Layer High-Energy Bars
30g Protein

"...Truly Amazing Results From Top Ranked Isolate..."

M. Shoenberg, NYC, NY

"...One of the 2 or 3 Best Whey Protein Isolates in the World!!"

Jeff Everson, Los Angeles, CA

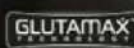
TEAM ALLMAX
NICOLE COSTA
MODEL UNIVERSE WINNER

WHEY PROTEIN ISOLATE **ISO FLEX[®]** THERE ARE NO SUBSTITUTES

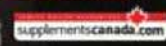
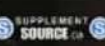
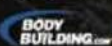
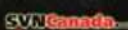
27 G PURE WHEY PROTEIN ISOLATE IN EVERY 30 G SCOOP • 100% WHEY PROTEIN ISOLATE
23% GROWTH-STIMULATING BCAA CONTENT (6 G) • 46% ESSENTIAL AMINO ACID CONTENT (13 G)
0 G FAT & NO SUGAR • ABSOLUTELY DELICIOUS AND MIXES INSTANTLY WITH WATER OR MILK

PROS WHO DEPEND ON THEIR RESULTS DEPEND ON ISO FLEX!

ISO FLEX is Non-GMO, Gluten and Aspartame-Free and with a 90% yield of high-performance protein in every scoop, amazing taste and the perfect blend of RAPID ABSORPTION™, Cold Temperature Processing (CTP™) and ULTRA-FLOW Delivery™ nothing else can really compare. Don't settle for whey protein concentrates or protein blends passed off as the real deal. Pros, athletes and trainers know better.



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



NEW

THIS ISN'T YOUR MOTHER'S MULTI

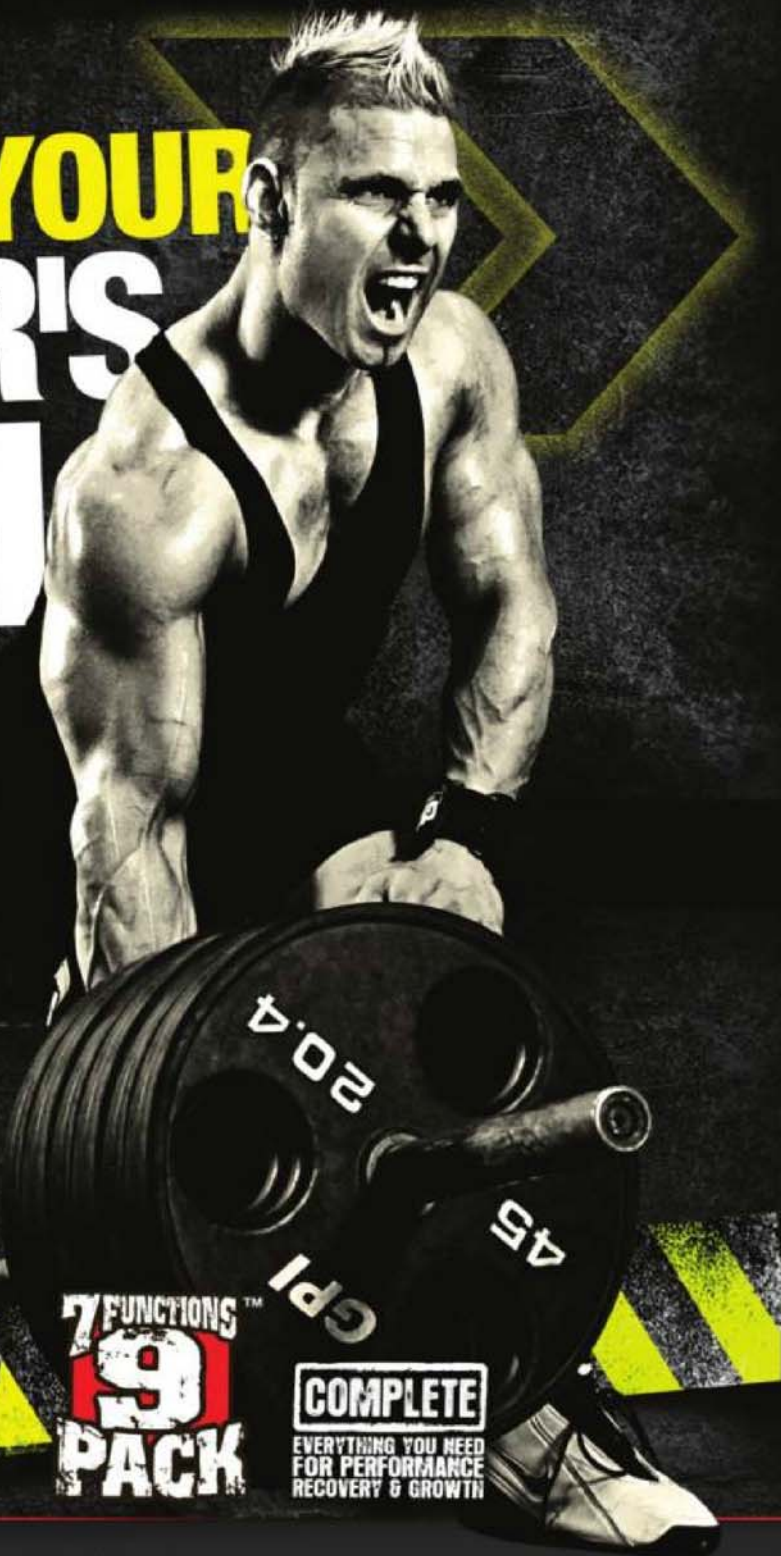
- OVER 70 HIGH-POTENCY NUTRIENTS*
- COMPLETE 30-PACK 1-MONTH SUPPLY
- 9 PILLS WITH 7 UNIQUE FORMULAS
- THE ULTIMATE IN BIO AVAILABLE NUTRIENTS*



ALLMAX
NUTRITION

DEMAND MORE. GET ALLMAX.
SCIENCE • INNOVATION • QUALITY • RESULTS

www.VITASTACK.NET



7 FUNCTIONS™
9
PACK

COMPLETE
EVERYTHING YOU NEED
FOR PERFORMANCE
RECOVERY & GROWTH

BODY
BUILDING.com

POPEYE'S
SUPPLEMENTS

supplementcanada.com

GNC Live Well

SUPPLEMENT
SOURCE.ca

SVN Canada

BestPriceNutrition.com

SuperSupplements

warehouse

USA

vitaCost

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