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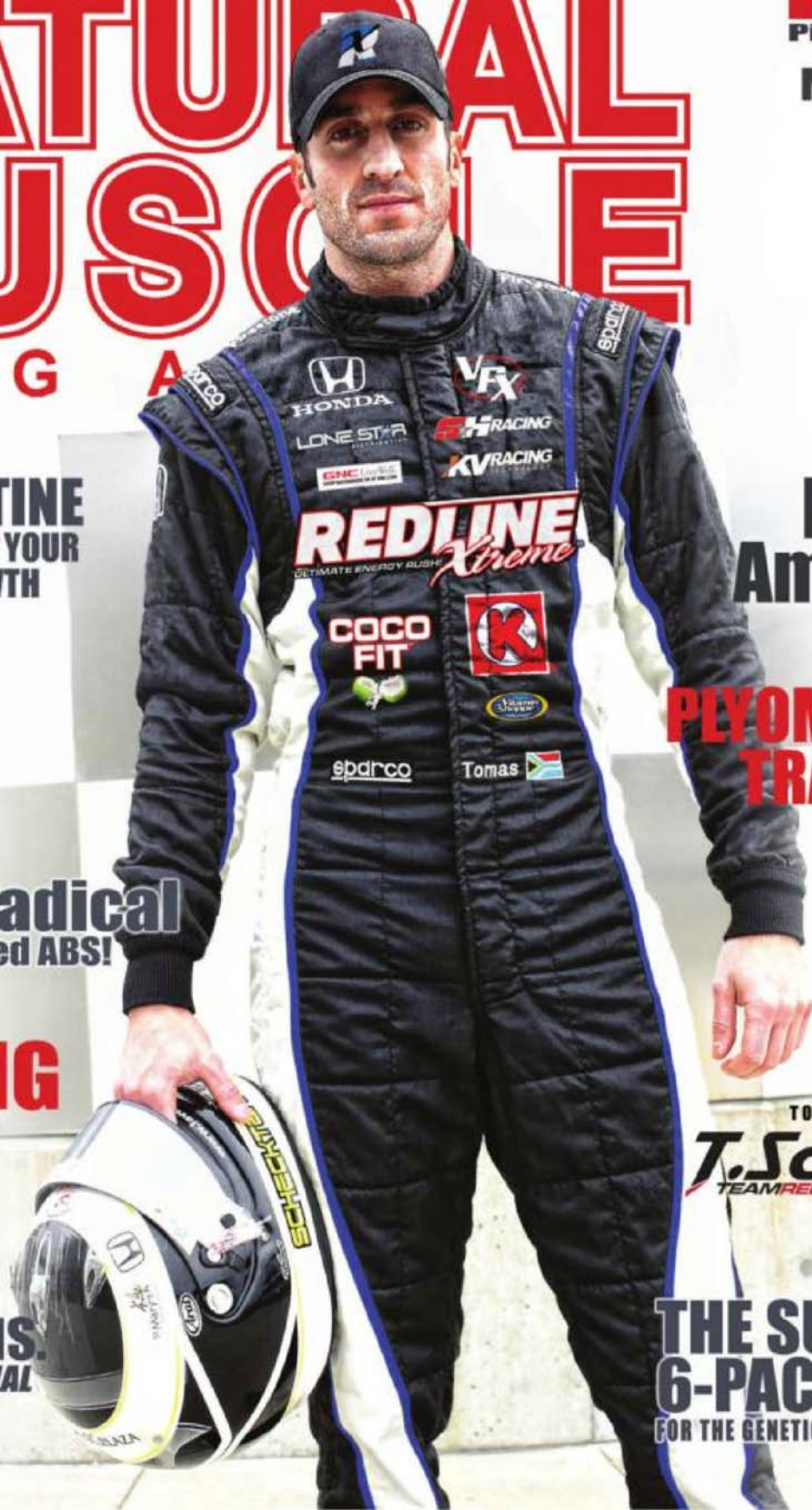
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Scientific References:

Shahmadine 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)

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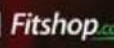
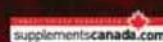
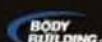


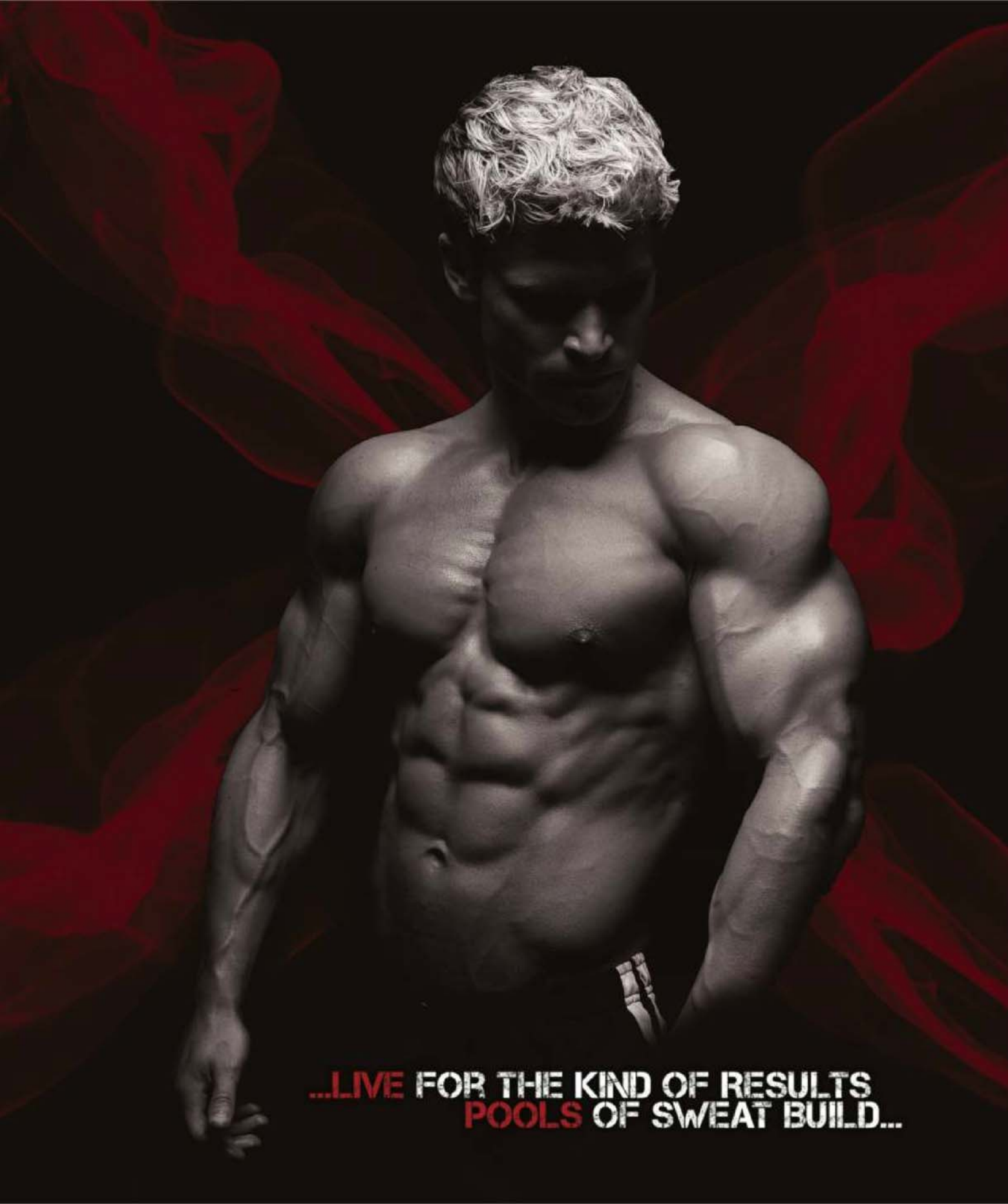
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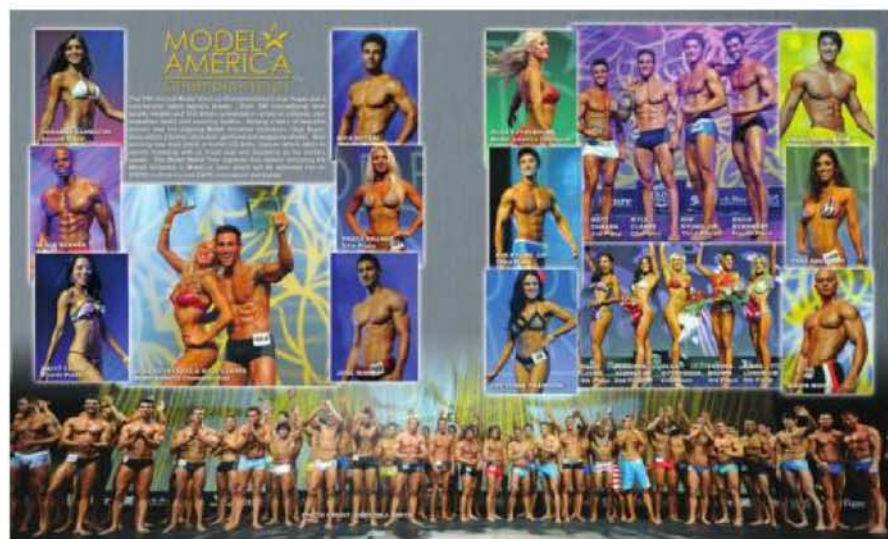




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POOLS OF SWEAT BUILD...**

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PUBLISHER/EDITOR

Debbie Baigrie
TotalH@aol.com

CONTRIBUTING WRITERS

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

PHOTOGRAPHERS

John Atherton
Danny Fittro
Carolina Gonzalez
Walt Ostarly
Liana Saadi
Eva Simon

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Look, I'm happy :-)

my two cents

Debbie Baigrie



Dance Like No One's Watching ... or as I like to say ...

There Is Never A Happy Ending To An Unhappy Story

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice vacation, when we retire.

The truth is, there's no better time to be happy than right now. If not now, when?

Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. Alfred D Souza said, "For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

There is no way to happiness. Happiness is the way. So, treasure every



moment that you have. And treasure it more because you shared it with someone special, special enough to spend your time...and remember that time waits for no one ...

So stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until that zit goes away, until your bangs grow in, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until you get that bonus, until you win a competition, until "he/she" calls, until he asks you out, until your song comes on, until you've had a drink, until you die, until you are born again to decide that there is no better time than right now to be happy.

Happiness is a journey, not a destination.

You've heard it before ...

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Love like you've never been hurt,
And dance like no one's watching.

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All You Need to Know About Aerobics

By Hugo Rivera, CFT, SPN, BSCE

FOR FAT LOSS

Due to a lot of recent research that has been conducted on the topic of aerobics regarding what is the best way and time to conduct them for optimal fat loss and muscle preservation, I have received a lot of questions on the subject. Thus, I decided to put this article together in order to clear up the confusion.

One thing that I would like to mention, having an engineering background with experience doing research and development, when a research study is conducted there are many variables that one must account for in order to ensure that you are getting the right answer to the postulated question. If an important variable is disregarded, your test results will either come out inconclusive or flat out wrong.

HOW WEIGHT LOSS IN THE FORM OF FAT HAPPENS

Before I move on to talk about the topic of aerobics, I think it is important that I refresh your memory on how weight loss in the form of fat happens:

- Weight loss is a function of calories in vs. calories out for the most part. If you take in less than what your body burns on a given day, you will lose weight. Simple.
- The tissue that you burn will depend on your macronutrient intake (intake of carbs, proteins and fats). If you eat the right combination and sources of carbs, proteins and fats, you will keep (or even gain) muscle as you lose body fat. If you take in less calories than what you burn but you eat the wrong foods, then you will still lose some fat but you will mostly lose muscle along with it due to the fact that the nutrition is poor. This in turn lowers your metabolism and makes it harder for you to keep losing body fat.
- The best way to accomplish a permanent loss in body fat while keeping or increasing your muscle mass is weight training.
- Cardiovascular exercise is used only in conjunction to weight training as a means of burning extra calories in order to accelerate the weight loss efforts. When performed in the right amounts and correctly, you will get some very good health benefits from aerobics as well as burn extra calories. Aerobics should always be done in conjunction to weight training, never as a standalone solution.

With that said, let's now cover the topics that are causing confusion in light of the recent research. If there is a question that you may have about aerobics not covered here, please feel free to email me



and I will be happy to include it in this discussion.

WHAT IS THE BEST TIME TO PERFORM AEROBICS

I've always recommended cardio first thing in the morning on an empty stomach or right after the workout as during these times you get to burn a greater percentage of the calories used from fat.

In reality, the type of fuel burned is not as important as the total amount of calories burned since at the end of the day, the biggest factor in determining fat loss is whether or not we have a caloric deficit. Now, as a competitive bodybuilder I have always wanted to have every single edge I could, so for me, aerobics on an empty stomach have always been a part of my schedule.

In order to protect muscle from being burned I have always properly hydrated myself by consuming 16 ounces of water prior to my aerobics along with 5 grams of creatine, 5 grams of glutamine and 10 grams of BCAAs (Branched Chain Amino Acids). In addition, I always consume some caffeine prior to the workout also as research indicates this practice spares muscle glycogen use and facilitates the release of fats instead. By the way, if muscle glycogen is being spared, then that means that proteins are protected as well.

If you cannot do aerobics in the morning, and for whatever reason you cannot do them after the workout, then simply do them 2-3 hours after a meal. It will not be the end of the world to not being able to do it first thing in the morning. All I state is that in order to get maximum benefit, especially for a competitive bodybuilder, I feel that first thing in the morning is the best time; besides the fact that doing it at this time wakes you up and makes you feel good right from the start of the day due to the endorphin release aerobics cause.

WHAT HAPPENS IF I AM NOT IN THE FAT BURNING ZONE?

The fat burning zone is just a formula that provides you with a good heart rate to shoot for in order to exert enough work to burn calories and work your heart without over exerting yourself or undertraining. It should not be taken as an absolute number that dictates whether you lose fat or not. Remember that at the end of the day, fat loss happens when you burn more calories than what you consume on a daily basis.

I suggest that if you are just starting out, you strive to exert an effort that gets your heart beating at $(220 - \text{Age}) \times .75$ in beats per minute. As you get more advanced, you can push yourself more in order to burn calories. Being above what is called the Fat Burning Zone will not burn muscle tissue.

I HAVE HEARD THAT IF YOU DO YOUR AEROBICS TOO HARD YOU DON'T BURN FAT?

The harder you perform the aerobics, the more carbs are burned during the workout. Even in the morning on an empty stomach, if your aerobics are very intense, your body may have to burn some stored glycogen (carbs). The lower your aerobic intensity, the more fat you burn during the workout. However, at the end of the day, whether you burn more calories from carbs or fats during the aerobic activity is not as important as the total amount of calories burned. Remember that what is most important for fat loss is the total daily deficit of calories.

Never lose sight of the fact that the main way aerobics help you to lose fat is by helping you to create a caloric deficit. Thus, I say that when it comes to aerobics you should push yourself as your condition gets better.

HIIT VS CONVENTIONAL AEROBICS: WHICH TYPE OF AEROBICS IS BETTER?

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By IFBB Pro Marzia Prince,
photo by Walt Ostarly



I love it when I hear a song that speaks to me. It does not matter where I am at. I perk up like a dog and my senses change to audio. I am a dancing marionette. My head starts to bob up and down and I move my body from left to right like the music has cast a spell on me. With all of this, comes a smile. There is nothing more motivating than having great music to move to. Music has such a positive impact on the brain to get your body moving. So turn up the volume and let music motivate you!

BRAIN POWER

The temporal lobe is the part of the brain that is involved with the recognition of tone and music. For the past 30 years research shows that music affects the brain wave patterns. Scientist have found that music affects the bio-electric current of the brain and central nervous system. There are so many types of music that affects your brain differently. Some songs awaken your senses and energize you while others calm you down to relax you. Depending on what your workout is, you need to match your music to stimulate your brain power for that activity.

HERE ARE SOME EXAMPLES OF MATCHING MUSIC TO ACTIVITY:

Weight training- Research shows that harder music genres like rock, metal, and certain pop songs produces changes in the cardiovascular system by increasing heart rate. The faster paced music will produce more adrenaline to allow weight lifters to increase more oxygen to working the muscles. Bottom line-the right music will give you that surge of energy to work harder in the gym. So rock it out when you pump iron!

Running- Use music to set your pace. The genre isn't important in running. Runners use music to synchronize their pace to the tempo of music. Countless research proves that running to music helps improve physical and mental performance. Pop in your ear buds and go with the beat of the music.

Yoga- Music is used as a healing mechanism to relax the individual. Research proves that slow nature and earth type of music has a calming effect on one's nervous system. It also proves that meditative, harp, and chanting types of music have shown to strengthen one's immune system. In this case, music is therapy to one's soul. Go with the flow of the music. Close your eyes and take a deep breath in...and release...ahhh.

Zumba- From the beginning of time, man has been dancing to music. Back then dancing and music was to tell stories and used as an art form. Today it still hold true but we as man, have taken the art of dance and music to the next level—exercise! There are many types of fitness dance classes today. Part exercise and part dancing, Zumba is a fun way to workout. You won't even know that you are working out with the high energy dance music to move to. Shake those hips! Aye yi yi, ZUMBA!

NATURAL ENERGY

We all have those days where we do not want to go to the gym. We are tired from our busy lives and have every reason in the world why we do not want to be physically active. Having music on hand is a mental booster. I don't know about you, but listening to one motivating song instantly energizes me and changes my "Ugh, I don't want to be here" attitude to "Let's do this!" Now I am attacking my workout. Music helps block that little voice in your head telling you to quit. People who consistency listen to music are more likely to adhere to a workout program than those who do not listen to music.

Top 10 reasons to listen to music while exercising

- 10- Puts you in a positive mood
- 9- Instant energy boost
- 8- Puts the fun back in exercise
- 7- Helps you push harder
- 6- Help you go longer
- 5- Takes your mind off muscle fatigue
- 4- It can relax you
- 3- It gets your adrenaline going
- 2- Helps you focus
- 1- Makes the time go by faster



Marzia's Playlist

- S & M by Rhianna
- Dynamite By Taio Cruz
- Blow by Kesha
- I Like That By Richard Vission and Static Revenger
- Bleed It Out by Lincoln Park
- Face Down by The Red Jumpsuits Apparatus
- I Don't Care by Fall Out Boy
- I'm Not Your Boyfriend Baby by 3OH!3
- E.T. by Katy Perry (Featuring Kanye West)
- Anything Song by Black Eyed Peas!

Whether you are working out in gym or outside, get a great MP3 player or an iPod. Create a customized playlist to your workout. Choosing your favorite music will help increase your enjoyment and complete your workout. You will find that music will lift your mood and encourage you to put some effort into it. You will get both mental and physical benefits from being stimulated by music. Think of it as fitness for your brain!

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TIME TO TOTAL RECOVERY

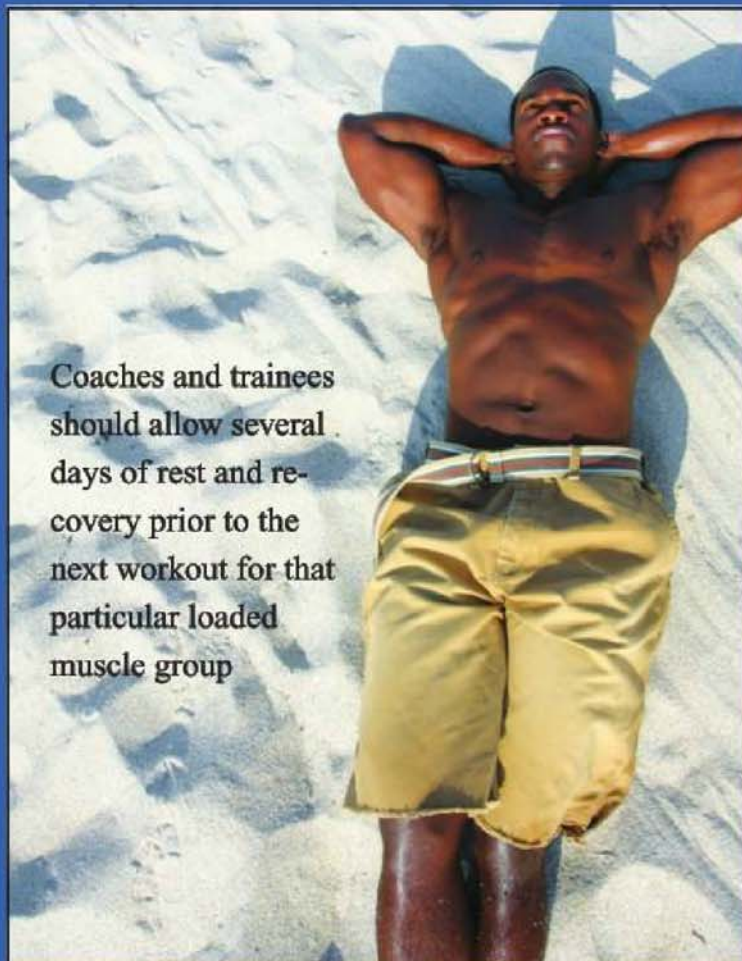
after heavy resistance exercise in strength trained men

Dr. Paul C. Henning, Ph.D., CSCS

It's known that mechanical strain on muscle tissue during heavy resistance exercise (RE) produces disruptions in the structural integrity to contractile elements within the fibers leading to muscle soreness and temporary impairment of muscle functions following exercise¹. In the days following a heavy RE session, a remodeling process occurs and muscle function recovers to pre-exercise level, or even beyond that (i.e. supercompensation). The cumulative effects of repeated bouts of heavy RE produce accumulations of specific proteins eventually leading to enhanced muscle mass and strength². Loaded muscle tissue expresses local growth factors such as insulin-like growth factor-I (IGF-I) variants IGF-IEa and mechano growth factor (MGF), and systemic hormones (e.g. testosterone). This is part of a signaling network involved in regulating the remodeling process in skeletal muscle^{3,4}. Research indicates that RE can induce increases in gene expression of IGF-IEa and MGF in human skeletal muscle over several days post exercise². It's proposed that an increase in gene expression of IGF-I isoforms increases myofibrillar protein synthesis and induces satellite cells to be activated, thus causing repair of damaged muscle fibers.

Testosterone is an anabolic hormone that stimulates muscle protein synthesis, decreases muscle protein degradation, and improves the reuse of amino acids⁵. Testosterone mediates its effects by binding to androgen receptors (AR) on muscle cells. The expression of AR on skeletal muscles may be related to the exercise-induced changes in serum testosterone concentrations because androgens are shown to regulate AR gene and protein expression⁶. It can be proposed that changes in AR content is crucial in mediating the effects of testosterone in skeletal muscle². A research group from Finland designed a study to investigate the effects of hypertrophy type heavy RE on AR, IGF-IEa, and MGF expression in previously strength trained men². They also measured the exercise-induced changes in serum testosterone concentrations, and indicators of muscle cell disruption such as creatine kinase (CK), muscle strength, soreness, and swelling during the exercise bout and 48-hours of recovery. The exercise bout consisted of heavy RE (5 x 10 repetition maximum (RM) leg press and 4 x 10RM squats). Their purpose was to study the relationship between exercise-induced changes in AR, IGF-IEa and MGF expression, serum testosterone, and select muscle disruption markers during the recovery period. The exercise bout caused an acute decrease in maximal isometric force and it increased testosterone concentrations. After 48 hours of recovery, maximal isometric force and subjective perception of physical fitness remained significantly lowered, whereas CK, subjective muscle soreness, and muscle swelling were significantly increased compared to the values taken prior to exercise. The subjective perception of physical fitness was followed up to 7 days, and by 6 days postexercise, it was still elevated above the pre-exercise level. Basal testosterone levels were not changed after the exercise. Also, there were no changes in AR protein or gene expression, but IGF-IEa and MGF expression increased compared to pre-exercise levels.

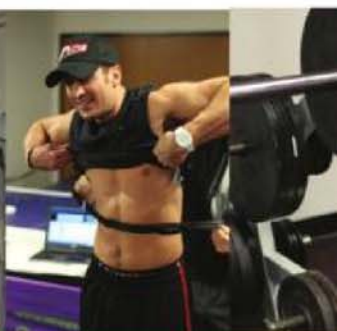
Findings from this study indicate that IGF-IEa and MGF may be related to acute regenerative processes in muscle due to exercise and may contribute to skeletal muscle adaptations to RE. Also, subjective perception of physical fitness seen in this study suggests that recovery over a pre-exercise level of the present type of heavy RE can take about 6 days. The findings of the recovery profile following heavy RE could be utilized when designing resistance training programs for different subject groups and purposes. Coaches and trainees should allow several days of rest and recovery prior to the next workout for that particular loaded muscle group(s)².



Coaches and trainees should allow several days of rest and recovery prior to the next workout for that particular loaded muscle group

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Team Redline Xtreme Driver Tomas' Radical Workout & Ripped ABS!

Written By John Romano - Photography By Alex Gonzalez

Tomas Scheckter was born in Monaco in 1980, the son of 1979 Formula One World Champion Jody Scheckter. His family soon moved to South Africa, where he began his racing career at the age of 11. In 1995, at only 15 years of age Scheckter won his first major championship by clinching the South African Kart Championship. The championship earned him berths in major South African racing circuits, the South African Formula Vee series, and the South African Formula Ford series. Tomas began his INDYCAR career when he came to the United States in 2002 and signed to drive for Cheever Racing. In that year's Indy 500 Scheckter earned co-Rookie of the Year honors. Amazingly, he led the race for 85 laps only to suffer a rear tire puncture only laps away from victory. Scheckter went on to run in a total of eight Indianapolis 500 events, starting on the fourth row in seven of those races, and finishing in the top twenty in six of those eight Indy 500s. He's made 111 starts in his career, won several championships, and secured Rookie of the Year honors in several series along the way.

Scheckter is part of a new breed of super fast and highly aggressive drivers that have raised the bar when it comes to peak performance, physical fitness, razor sharp reaction time. While it may appear as if Indy 500 race car drivers just sit in a car and drive for a few hours, the reality is that a race is very physically, mentally and emotionally demanding.

INDYCAR drivers these days are extraordinarily fit. Typically, Indy 500 race car drivers weight 180 pounds or less -- the lighter the driver, the faster the car. On top of that, the supreme amount of exertion expended in manhandling a race car for three hours through numerous high speed corners at 230 mph on a high banked oval requires them to maintain a level of fitness few of us can imagine.

Drivers must be able to withstand G-loads in excess of five Gs around corners and under hard braking; prolonged elevated heart rates ranging between 140 and 180 or more; increases in blood lactate levels; mental fatigue; rough steering feedback that can fracture wrists; and heat stress from cockpit temperatures as high as 150 degrees shifting the body and car into the Redline Xtreme zone!

This mind-blowing cockpit temperature combined with wearing fire retardant race suits that do not breathe can have a driver sweat off eight pounds of water during a race. In consideration of these stresses, it is no wonder that intense physical training is the norm in the INDYCAR Series and is a standard component of every driver's preparation, and when it comes to intensity in the gym, Scheckter is a beast! From his ripped abs to his radical workouts, Scheckter epitomizes the idea that race car drivers are elite athletes.



Scheckter's workouts are intense. They include boxing sessions that focus on his accuracy, core strength, reaction time and endurance. An INDYCAR driver travels the length of a football field in one second. Consequently, it is extremely important that Scheckter maintain precision and focus when his heart rate is elevated traveling at such spectacular speed. The boxing sessions and other radical training methodologies accomplish this.

Tomas is an avid user and personal human tester of sports nutrition supplements that redefine the envelope and cross the line between sanity and insanity. While it's been said that insanity is doing the same thing over and over and expecting a different result -- this definition couldn't be further from the truth. Insanity is what is required for record breaking performance and speed and VPX/Redline cooks up the liquid body and brain candy that transcends mere and highly overrated sanity into WINNING! -- Jack Owoc, VPX Chief Scientific Officer.

Along with Redline Xtreme his focus and stamina are further enhanced fueling Scheckter's hour-long endurance training sessions running the bleachers. This is an extremely intense cardio workout where endurance and stamina are taxed beyond belief. Mr. Scheckter vacillates between using Redline Xtreme and NO--Shotgun before he settles into the rowing machine for intense interval session. This exercise taxes his cardiovascular system and does so while Scheckter is in a similar seated position as he would be in his race car. Other unique functional training exercises are implemented on the road to Indy designed to test reaction time, peripheral vision, endure lactic acid, and in general focus and react and endure physical and mental stresses while heart rate is elevated. These are incredibly brutal and intense and are made much more tolerable and efficient when Scheckter does them fueled with Redline Xtreme. In addition to increasing energy, performance, reaction time and focus, Redline Xtreme also contains electrolytes and branch chain amino acids that aid in physical recovery after intense workouts.





VRX
T. SCHECKER
TEAM REDLINE Xtreme

Drivers must be able to withstand G-loads in excess of five Gs around corners and under hard braking; prolonged elevated heart rates ranging between 140 and 180 or more; increases in blood lactate levels; mental fatigue; rough steering feedback that can fracture wrists; and heat stress from cockpit temperatures as high as 150 degrees shifting the body and car into the Redline Xtreme zone!



Scheckter epitomizes the modern race car driver. Not only does he utilize a vast array of unique and individualized training protocols designed specifically for high speed driving, but he also utilizes the most effective, university proven, VPX sport supplements available. Scheckter trains for Indy with Xtreme intensity, his car is Xtreme, and so is his energy drink. Be sure to watch Tomas Scheckter and Team Redline Xtreme take on the Indy 500. Whatever the outcome, there will be one thing you can count on.... it will be Xtreme!

INDY 500 May 29th 2011

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JUMPING ROPE FOR FAT LOSS?

Because so many people feel that cardio is boring, I decided to give my readers a bonus, sharing some of my secret ways to make cardio fun and exciting! As a result, I have given 6 unique ways to perform cardio that you may have not realized!!

By: Anthony Alayon

Though for some odd reason hardly anybody uses a jump rope for aerobic exercises, I feel that jumping rope is a great way to getting a great cardiovascular exercise workout while enjoying it. In addition, jumping rope can not only help with cardiovascular health, but it also helps to improve coordination and agility.

If this exercise is performed frequently, it can also help with muscular endurance. Besides, how many times have you not gone to the gym or performed a morning walk due to bad weather conditions that cannot be controlled? Jumping rope could have been a great alternative in this scenario.

Six Great Reasons to Use a Jump Rope as a Means of Cardiovascular Exercise

1. Jump ropes are inexpensive. You can purchase a good quality jump rope for about \$20.
2. Jump ropes are great if you travel and do not have access to a gym. You can carry a jump rope with you just about anywhere since they are so small in size.
3. Not only can you use a jump rope in a gym, but you can also jump rope indoors, as long as you have enough space to perform a full motion. You can also jump rope outside and at the office on a lunch break.
4. Jumping rope serves as a nice change for those who have gotten tired of performing the same cardiovascular exercises day in and day out.
5. Jumping rope is a great way to burn calories. If you were to jump rope for an hour, depending on your metabolism you could burn up to 1000 calories.
6. Helps to strengthen your entire body. Yes, that is right. Most of the major muscle groups in the upper and lower body will strengthen by jumping rope if performed on a consistent basis.

How to Choose a Good Jump Rope

Choosing a jump rope is easier said than done. First off, I recommend using a jump rope that is leather as it will not depreciate over time like other ropes would. Then, make sure that the handles of the rope are thick and comfortable. Finally perform the following test to ensure adequate rope length:

Hold the handles of the rope in each hand and place your feet in the middle of the rope as it is touching the ground. If the handles are just below your armpits, then you have a good rope.



Some Tips on How to Prevent Injury From Jumping Rope

1. Always wear comfortable shoes. This way you decrease the chances of an ankle injury occurring. Also, a good pair of shoes prevents your joints and feet from wearing and tearing.
2. A great warm-up that prevents injury is to perform jumping jacks and stretch. Jumping jacks will help your body to get in the motions that you will be performing while jumping rope.

Starting Out

Jumping rope is an exercise that is not easy to perform,

especially if you are a beginner. It requires a lot of coordination and agility to jump rope for a period of time. Below I have three phases in which you can attempt to jump rope. These phases are the beginning, intermediate and advanced stage.

Beginning Stage

This stage is the most important and difficult one to go through but you must persevere. When I first started jump roping, it took a lot of patience to get used to the motions. Jumping rope is far more complex than hopping on a bicycle or a treadmill.

In order to properly jump rope, execute the following steps:

- **Step 1:** Start out by holding the handles in each hand and have the rope touching the back of your heels on the ground.
- **Step 2:** Attempt to complete a few full motion revolutions. Practice these steps for about 5 minutes as at that time you will start to feel comfortable with what you are doing.

At this stage I would just perform 5 minutes of jumping rope 3 days a week. Do not exceed 5 minutes a day as you may be sore for the first couple of times you perform this exercise.

Intermediate Stage

After four weeks or so you should feel comfortable with the beginners stage, have improved your agility, muscle coordination and endurance. Now you can attempt to jump rope 10 minutes a day, 3-5 days a week. This may seem too easy, but jumping rope can be a rigorous activity which requires a lot of practice.

Advanced Stage

After the intermediate stage has been completed (which should last around 4-6 weeks), you can crank things up a bit more and jump rope for 20-30 minutes, 3-5 times a week. If you can make it to this stage, you will be in top notch shape and reap the health benefits that go along with this difficult endeavor.

A FEW TECHNIQUES

Alternate leg jumps:

Jump under the rope with one leg at a time. First you jump with your left foot, then the next revolution you jump with your right foot. Always keep only one foot on the ground.

Double leg jumps:

Same as alternate leg jumps, except you jump with both feet simultaneously. This is good for balance and foot speed.

High Knees:

Jump rope one leg at a time raising your knees as high as possible with each revolution of the rope. Go as fast as you can. If you really want a painful workout add some wrist weights to your jumping session. You'll find ropes with weighted handles. Don't buy those because the weight distribution is different and wearing wrist weights will transfer the effects of the jump rope to the right places with minimal strain as opposed to weighted handles.

Double leg high knees:

Same premise as the high knee jumps, except you SHOOT off the ground with both feet leaving the ground at once, bringing your knees to your chest. This is one is a real killer!

Criss Cross:

This is a tricky and advanced movement for the jump rope enthusiast. After the rope passes under your feet and is over your head, cross your elbows over each other at about the middle of your torso and jump through the

rope as you would normally. The twist must be done quickly and accurately in order to make the jump. You really need to extend the elbows over each other to make the hole bigger for you to jump through.

Double Unders:

These are my favorite. Any method of jumping you choose, make sure the rope swings under your feet two times before you land on the ground. These are very difficult and requires (and builds) A LOT of explosive power in the calves and quads. When attempting these, do not jump up as high as you can; you should only jump a little bit higher than you would on a normal jump and the swing the rope with your arms as fast as you possibly can. If you can get 3 swings under, god bless you. I am currently trying for 4 swings, but I still got a long way to go!

Run skipping:

You gotta get outside for this one. Pretty much you just start running while jumping the rope either with regular jumps, high knees, criss cross, etc. just keep running on a straight path while jumping rope. You can also utilize this method while running backwards, which is far more challenging.

Ali Shuffle:

Jump rope just like Muhammad Ali. Get in a stationary position, and jump rope while moving side-to-side, forward and back, criss cross side to side, any angles you can incorporate which move your upper body around but keep your feet in the same general jumping vicinity.

sample jump rope routines:

Routine 1

- Jump rope non stop for 30-60 minutes

Routine 2

- High knee jumps for 30 seconds (very high intensity)
- Regular double foot jumping for 30 seconds (moderate intensity)
- Repeat for 4 minutes, rest for 1 minute, and then go again.

Routine 3

- High knee jumps for 30 seconds (very high intensity)
- Criss cross jumps for 30 seconds (focus on speed of movement)
- Repeat for 4 minutes, rest for 1 minute, and then go again.

Routine 4

- Alternate leg jumps for 30 seconds (very high intensity and very high speed)
- Double unders for 15 seconds (very very high intensity)
- Double leg high knee jumps for 15 seconds (very high intensity)
- Repeat for 3 minutes, rest for 1 minute, and then go again.

Routine 5

- Run skipping for 30-45 minutes

Routine 6

- Ali Shuffle jumping for 30-45 minutes

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RELENTLESS TRAINING GUIDE

for a Seriously Hardcore Body

What constitutes "hardcore fitness" anyways? Is it an individual's strength or power? How about the amount of muscle one has or is definition and leanness more important? What about one's speed or endurance? Does flexibility overpower stability? Which of these really account to having a hardcore body? Other than in the sports field, in which each sport specific athlete needs to excel in their specific sport requirements and abilities, "hardcore fitness" means an overall trained body that is capable of pushing through any modality it encounters. Yes, having a seriously hardcore fit body pretty much means making your body somewhat bulletproof against most physical challenges it faces! This is what this training guide is all about...

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

With this relentless training guide, you will be able to benefit from overall functional strength and power, a lean muscular structured and defined physique capable to move with speed and have endurance capable of sustaining through intense workouts! Your well balanced physique will not only look amazing but you'll even benefit from increased joint stability while improving your flexibility to move your body free of joint pains and injuries. Best of all, you'll encounter results super fast and shed body fat quicker than you ever thought possible making you feel like you are unbreakable!

Get seriously stronger and muscular as you get leaner!

We all set forth strength, power, and hypertrophy when it comes to getting in our fittest physique. Of course we all desperately desire lean muscular cuts throughout our entire body...things like shapely defined quads, wide lats, small waists, broad awesome delts, outstanding defined arms, and rocking abs, right? Therefore, we hit the gym and focus on bodybuilding heavy hitters like squats, pressing, deadlifts, and pulls and isolation exercises like leg extensions, bicep curls, tricep extensions, and crunches in aim of creating our dream physiques, but is this going to make us truly hardcore? Not so much. Don't get me wrong, nothing can replace their effectiveness on adding muscle size and increasing strength, however, they don't maximize on functional strength or motor potential. Take a look at most bodybuilders for an example. They have ridiculous jaw dropping physiques, don't they? However, have you seen them try to pick up something of the ground, scratch their backs, or even try to simply quickly get

up from a low chair or car? They have such a difficult time. Some are even incapable of scratching the back of their shoulders. They pull and injure muscles left and right in simple everyday life activities and suffer joint pain. Let's compare them to most athletes for a second. These men whether massive or slim shaped can move at high speeds, transition from one position to another in a blink of an eye, can sustain shock and trauma and get right back up and continue their play. What about their physiques? For the most part, they carry a solid amount of muscle size and are lean and defined overall! Not just that but they are quick, can move, throw, push with technique and agility and have endurance qualities we can all admire. Yet, they don't seem to train following a bodybuilding only program, do they? NO, they focus on an integrated approach for maximum results. That is what this training program sets out forth!

A Non Traditional Workout Challenge Approach

What does integrated approach training consist of? Let's look at athletes to help us answer this question. They need to be capable of flipping a man (sometimes even bigger than them) over, throw a football across the field while switching from a position and a mass of men tackling them, fly through the court to dunk a basketball, and so on. Do you think they'll be capable of doing any of this by training in an isolating manner with bicep curls, tricep extensions, or leg extensions? Absolutely not. They need to fully integrate many muscles in a matter of seconds.

This Relentless Training approach to fitness focuses on challenging the body in multiple levels with various intensities and modalities while maintaining a focus on getting maximum results and altering your

physique fast, in safe environments, using efficient functional movements that can relate to day to day life. So get ready to flip things and throw things around, push big weight, jump and leap, and burn some crazy calories getting you the leanest ever!

Granted, some of these movements are not being used daily or maybe ever for you, but the mechanics of them will teach your body to move as a unit as opposed to individual parts. Since bending and lifting things, getting into and out of compromising positions, chasing after our children, and moving is part of our day to day life. Plus, you never know when you'll be faced with being in a situation where your life will depend on getting something up of you or dragging a stranger out of their car in an accident, wouldn't be optimal to train your body to be fully equipped to face that? Well, this plan does that for you!

The body, when fully engaged, with proper technique and focus will absolutely amaze you at how strong and effective it can be.

Because there is always a place and time for isolation and integrated exercises, this plan ensures you get the best of both training benefits and advantages. By simply incorporating nontraditional movements into a traditional training program, you can really enhance your muscular growth potential, see consistent progress, get stronger, leaner, and agile all while burning fat much faster.

TRAINING GUIDE ✓

| MONDAY WORKOUT #1 | TUESDAY WORKOUT #2 | WEDNESDAY UPHILL SPRINTS /ABS | THURDAY REST DAY | FRIDAY WORKOUT #3 |
|----------------------|-----------------------|----------------------------------|---------------------|----------------------|
|----------------------|-----------------------|----------------------------------|---------------------|----------------------|

WORKOUT #1- LOWERBODY

| | |
|----------------------------------|-----------------------------------------------------------|
| Squats* | 4 sets x 20, 15, 12, 10 reps |
| Anterior Loaded Barbell Step Ups | 3 sets x 12 reps each leg |
| Altitude Drop Lunges | 3 Sets x 10 reps each leg |
| Cable RDLs | 4 sets x 20, 15, 12, 12 reps |
| Superset | 3 sets of Leg Curls (12 reps) with DB Swings (20 reps) |

WORKOUT #2- UPPERBODY

| | |
|---------------------------|---------------------------------------------------------------------------------------|
| Barbell Rows* | 4 sets x 20, 15, 12, 10 reps |
| Superset | 3 sets Pronated Grip Pull Ups (12 reps) with Rope Straight-Arm Pulldowns (12 reps) |
| Plank Rows | 3 Sets x 10 reps each arm |
| Overhead Barbell Press | 4 sets x 20, 15, 12, 12 reps |
| DB Push Ups with Rotation | 4 sets x 16 reps (8 reps each arm) |
| Superset- | 3 sets of Rope Bicep Curls (20 reps) with Rope Overhead Extensions (20 reps) |

WORKOUT #3- TOTAL BODY CONDITIONING

| | |
|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| Clean & Press | 3 sets x 15, 12, 10, 8 reps |
| Superset | Cab Squats w/ SupGrip Rows 3 sets x 20 reps with Leaping Burpees 3 Sets x 12 reps (20 yards) and Drags (20 yards) |
| Weight Plate Push | 3 sets x 15 reps each side |
| Resistance Band Low to High Chops | 3 sets x 8 reps each arm |
| Turkish Get Ups | 3 sets x 16 reps (8 reps each arm) |
| Walking Planks | |

UPHILL SPRINTS & ABS

- Using a treadmill, set it up to 10-15% incline.
- **Warm Up:** Walk on uphill for 2-5 minutes, increasing the speed progressively.
- **Work:** Run as fast as possible uphill for 20-30 seconds.
- **Recovery:** Walk at moderate pace for 1.5-2 minutes.
- Repeat cycle 4-8 times (depending on fitness level).
- **Cool down:** Return to the walk pace and progressively slow down until your heart rate & breathing return to normal pattern.

ABS:

Complete the ab exercises in circuit manner. Moving from one to the next without rest. At the end of the circuit, rest 1-2 minutes and repeat.

Hanging Leg Raises- 3 sets x 12-20 reps

Stability Ball Crunches with Weight Plates in front- 3 sets x 12-20 reps

Bicycles- 3 sets x 20-30 reps (10-15 each leg)

Planks- 3 sets x 20 seconds to 90 seconds hold

recipe

Quinoa, Chickpea, Squash, Spinach Power Salad

Super charged delicious side item that contains slimming complex carbs, fiber, and protein!

Ingredients

- 1 cup Organic Earthly Delights Quinoa (costco)
- 1 cup Dry Garbanzo Beans (chick Peas)
- 1 Zucchini, Large, Raw
- 2 medium Summer squash all varieties raw
- 4 1/2 cups Spinach, Raw
- 1 1/2 whole yiel LEMON Juice, Fresh Squeezed
- 2 tbsp Balsamic Vinegar
- 1/2 tsp No Salt Magic Seasoning Blends
- 1/2 tsp Paprika
- 1 tbsp Parsley, Dried
- 1 tsp Gourmet Blends Five Spices
- 1/4 cup Dill, Fresh

Directions

Make 1 c Quinoa with 2 cups water with 1 Badia Sazon Tropical pouch in rice cooker. Set to cool.

Cook the chickpeas with paprika, garlic powder, and parsey. Drain and set to cool.

Place the zucchini & summer squash on baking sheet sprayed with Pam olive oil spray and Roast in oven with magic seasoning (no salt) and balsamic vinegar in oven for 20min on 400 degrees.

Combine the quinoa, chickpeas with spinach and squash mix. Add the lemon juice evenly and the dill.

Yields: 9 (5 Oz) Servings



**RELENTLESS
EXERCISES ON THE NEXT
PAGE!**





Anterior Barbell Loaded Step Ups

Stand in front of bench. Hold a barbell on top of shoulders, cross hands and hold the barbell keeping your elbows up and pointing straight forward throughout the entire movement. Place one of your feet on top of bench, maintaining a tight core, chest up, and elbows up and step up onto bench tapping lightly on bench and return to starting position. Repeat on the same leg until all specified reps are completed. Switch and do the other leg.

Plank Rows

Place both dumbbells on the floor. Grip the dumbbells and position yourself as if you were on the top part of a push up but place your feet slightly wider than hip width apart. Maintaining a tight core and one hand on the floor, raise one of the dumbbells off the ground and row the dumbbell up. Squeeze your back and keep elbows high. Return to the floor and repeat the movement on the other hand for one rep. Repeat in an alternating manner.



Clean & Press

Grab the barbell in front of your thighs with straight arms hanging down and your hands at least shoulder width apart. Maintaining a tight core, chest up, looking straight ahead, and arms hanging down, squat down until thighs parallel to floor. From the bottom of the squat position, stand up and simultaneously bend your arms and crawl the bar up right under your chin and rotate the wrist up as you catch the barbell right in front of your shoulders. Immediately, squat down again keeping your chest up, core tight, and barbell shoulder height and exhale as you stand up while pressing the barbell over your head. Inhale and return the barbell back to starting position, and repeat for the specified number of reps. Keep a loose grip on the bar, crawling up through



your biceps, rotating wrist to place the bar in front of shoulders. There are multiple things going on during this exercise. Be very careful; make sure that your core is always core is always maintained tight to keep your body stable and your spine supported.

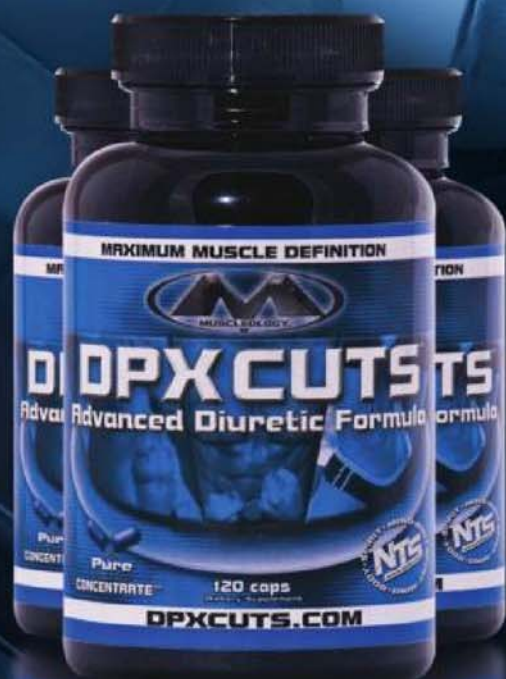
Altitude Drop Lunges

Stand on top of bench near the edge with one foot on the bench and one off the bench. Brace your core, and drop from bench right into a lunge position. Step back on bench and complete for the required amount of reps before moving to the other leg. Caution: This is an advanced movement and should not be used for beginners or people with knee issues. Do Plyo Lunges or Lunges instead.

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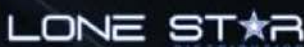
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PLYOMETRIC TRAINING

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Elite athletes have been striving for the best training techniques since the first Olympics in Athens, Greece. This includes sport specific training as well as a proper nutritional combination. Athletes want to have that edge over their competitors. One type of training that has been gaining recently popularity is Plyometric training.

The first documented Plyometric training originated from Soviet coaches. It was developed in the middle of the last century with the main purpose of increasing the rate of force for highly competitive athletes. This training style has evolved, and is still used today in a variety of fitness programs. Plyometric training was not a typical mainstream style of training used to "get into shape". Currently, not only are elite athletes using this type of training, but also many bootcamps, group training classes, and personal trainers incorporate this training technique as a key factor in re-shaping the body.

When executed correctly, this type of training is challenging, highly intense, and focuses on the fast twitch muscle fibers. Most researchers recommend weight training for about 6 weeks consistently before incorporating a plyometric training program into a fitness routine. The body must have enough strength to control and execute the plyometric exercises correctly to prevent injuries. Any more than 1-2 days per week of plyometrics can be too strenuous, not beneficial, and even cause injury.

Plyos, are an anaerobic activity, which means it is done without oxygen. One round can be done in a time frame of 5-60 seconds. The plyo is typically repeated for as many repetitions in a short period of time. Plyometric training will elevate the heart rate close to the maximum beats per minute.

The rest and recovery time in between is longer than the actual activity because of the intensity. You should give yourself approximately one to three minutes. The heart rate should return to slightly above normal, and within your focused target heart rate zone.

Plyos, consist of a variety of jumping, bounding, rebounding, sprinting, and hopping. Some of my favorite plyometric exercises are step-ups, pop squats, lunge jumps, sprints in the sand, and one-legged run.

STEP-UPS can be considered a bounding exercise. These can be done on a bench or a step. The exercise begins with the left foot on the top of the bench. The right foot on the floor springs off as the left leg extends to a straight leg. The



right foot returns quickly to the floor and repeats. During this exercise there is no stopping at the top or bottom of the movement. Repeat the step up with the right foot on the bench. This exercise can be done for time or for repetitions. Depending on your condition, you can immediately begin the second leg, or if you need to take a short rest in between



legs, you may do so. To increase the challenge you can hold dumbbells in the hand, just remember that this is a speed bounding exercise so use a weight that will still allow you to go fast.

POP SQUATS are both a rebounding and a jumping exercise. This is one of my favorites because it feels so great on the glutes. Begin with your legs wider than shoulder width and the toes may be slightly turned out, 45 degrees or less. Bend the knees to begin the jump and then explode as high as you can and land with your feet together. Then immediately rebound with a jump so your feet return to the start position. Continue to repeat this for either repetitions or time. To increase the intensity on this exercise, take the squat low so the hips are even with the knees and jump higher increasing your "hang time" in the air.

LUNGE JUMPS are also a rebounding and a jumping exercise. Begin in a lunge position. After descending, jump as high as possible while switching the feet, land with the other foot forward and descend into the lunge. Immediately jump from the low lunge position into a high jump switching the feet. This exercise can

be done for repetitions or for time. To intensify this activity you can add light dumbbell weights in each hand, as long as you maintain the height and speed of the exercise

SPRINTING is an excellent exercise for glutes, hamstrings, quads, calves, and core. This can be trained for time or distance within a set time. A great way to intensify a sprint is to run on the beach. The sand adds another level of difficulty.

ONE-LEGGED RUN is considered a hopping plyometric exercise. (This is one plyo that I trained regularly as an elite level gymnast.) Start on the left leg leaning forward slightly. Let the right knee lift up and forward. Push off of the left foot propelling yourself forward as the right leg moves backward. Use the arms in opposition, just as is you are running. This exercise can be done for time or distance.

Plyometrics are a great conditioning exercise for those who have been consistently weight training. This type of training can really take the body to another level. By using plyometric training and a powerful nutritional program, you are sure to reach your fitness goals. Enjoy the challenge with plyometric additions in your workout and see how the body changes both internally and externally.

For a more detailed plyometric routines, be sure to check out Laura Mak's recent book, "Fast and Fierce Fitness Made Fabulously FUN!" In this book she includes not only a booty kicking twelve week fitness program, but also motivational tips, complete detailed descriptions and photos of each exercise, and well as an easy to follow tracking program created with progressions to keep you challenged! Get results for the next twelve weeks. You can find her book at www.LauraMak.com



Michelle Baker
Team Champion Athlete

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Muscle Meals with Aaron Reed

This is how I start my day, everyday. This meal is perfect it is quick, easy, filling, and above all delicious. It doesn't get much better than this. Let me start by saying EVERYONE should start there day with a piece of fruit to engage the metabolism. Doing this will ensure the body begins to produce lots of energy. Next you will notice there is Oatmeal in this bowl. Oatmeal is a calorie dense food and I only use it to reach my calorie quota. There is some debate about how good Oatmeal is for you but I have decided it is awesome. In fact, I included it in my top ten list in my book "A SuperNatural Lifestyle"

Having said that, I leave this meal with an option of adding protein. It is not necessary but variable depending on the individuals goals. If someone is trying to build muscle and achieve a tight toned look or even grow muscle I suggest including some protein. If this drives the calories too high and the individual still wants to have a tight and toned body, exclude the Oatmeal and replace it with Protein and vuala! We are moving forward to reach our goals "One Meal at a Time."

MEAL 1
ENGAGES:
Glycolosis



RAW Rolled Oats with fruit

got more
time?

Banana Oatmeal Pancakes

- 1/3 cup of oats
- 1/3 cup of egg whites
- 1/2 mashed banana
- 1/2 tsp baking powder
- 1/2 tsp vanilla
- 1/2 tsp cinnamon

You can top with the other half of the banana, blueberries, blackberries, chia seeds, soy nut butter, or maple syrup.



INGREDIENTS:

- Natural Rolled Oats (I use 1 cup because I weigh over 250lbs)
- One banana
- Four or five Strawberries
- Optional (Egg or Whey Protein Powder)

DIRECTIONS:

It doesn't get much easier than this. That is another reason its great for the first meal in the morning.

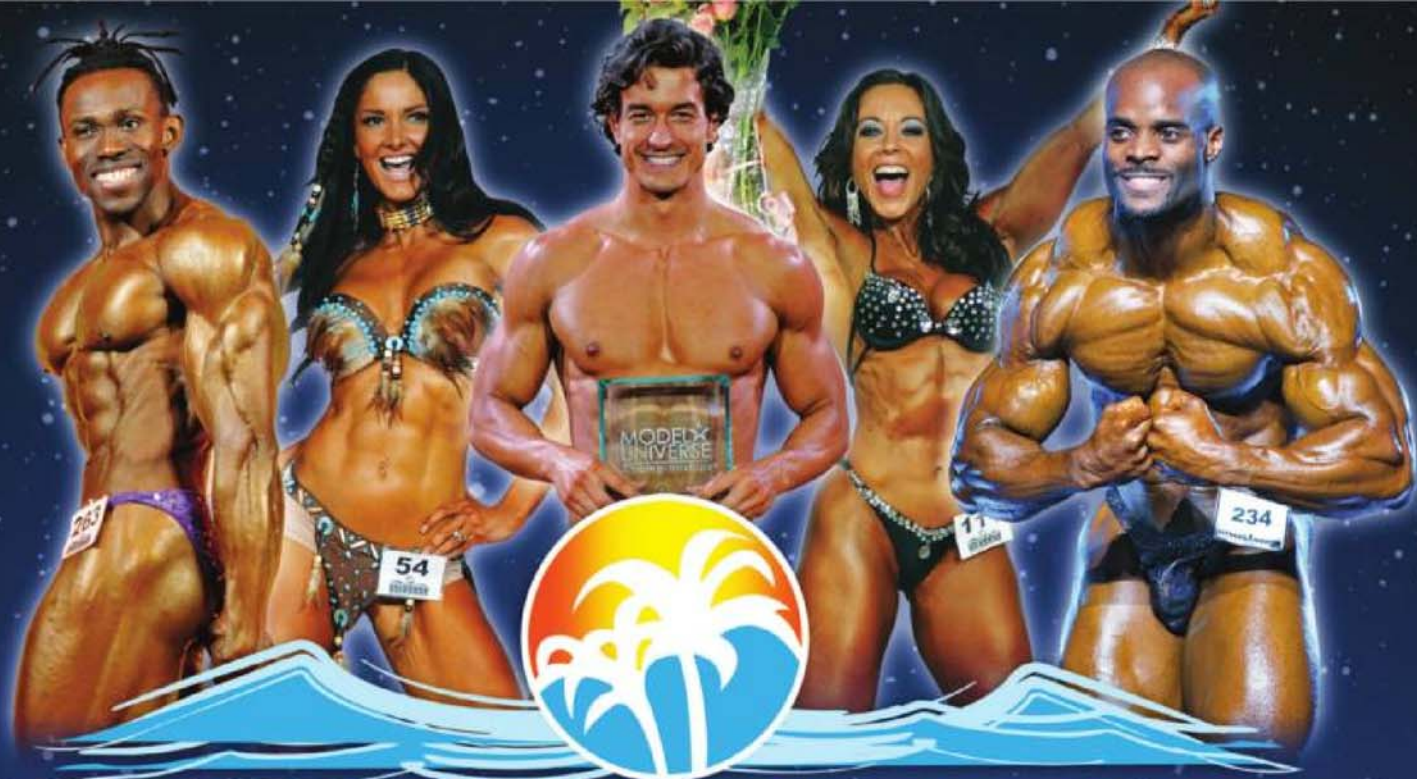
Start by grabbing a bowl and scoop out the oatmeal. Then peel the banana and slice it over the bowl of Oats with the spoon you will be using to eat the meal. Next, chop up the strawberries and dump them in. Finally, add water, stir and let set for approx one minute and eat.

That's right. You do not have to cook Oatmeal. In fact by not cooking it preserves more of the naturally occurring nutrients in the food itself. After this meal you are ready to start your day. If you did this right you should be hungry in about 3 hrs.



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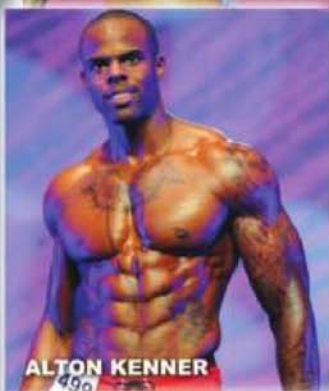
The 10th Annual Model America Championships in Las Vegas was a commercial talent agent's dream. Over 100 international level sports models and first timers presented a variety of cultures, cosmopolitan looks and stunning bodies. Among a bevy of beautiful women was the reigning Model Universe Champion, Olga Svyrydova who's a former Ukrainian gymnast and magazine model. Also winning was Kyle Clark, a former US Army Captain who's taken to sports modeling with as much zeal and discipline as his military career. The Model World Tour expands this season including the Model Universe in Miami in June which will be televised live on ESPN3 in America and ESPN international worldwide!



JOHANNA SAMBUCINI
Second Place



NICK ROYBAL



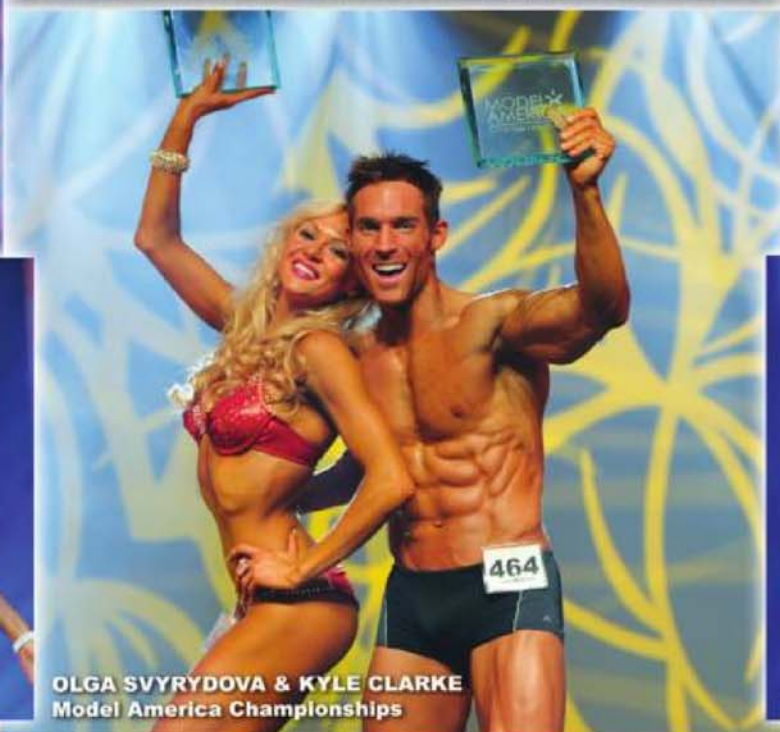
ALTON KENNER



TRACY GRAMER
11th Place



SALLY LUONG
Fourth Place



OLGA SVYRYDOVA & KYLE CLARKE
Model America Championships



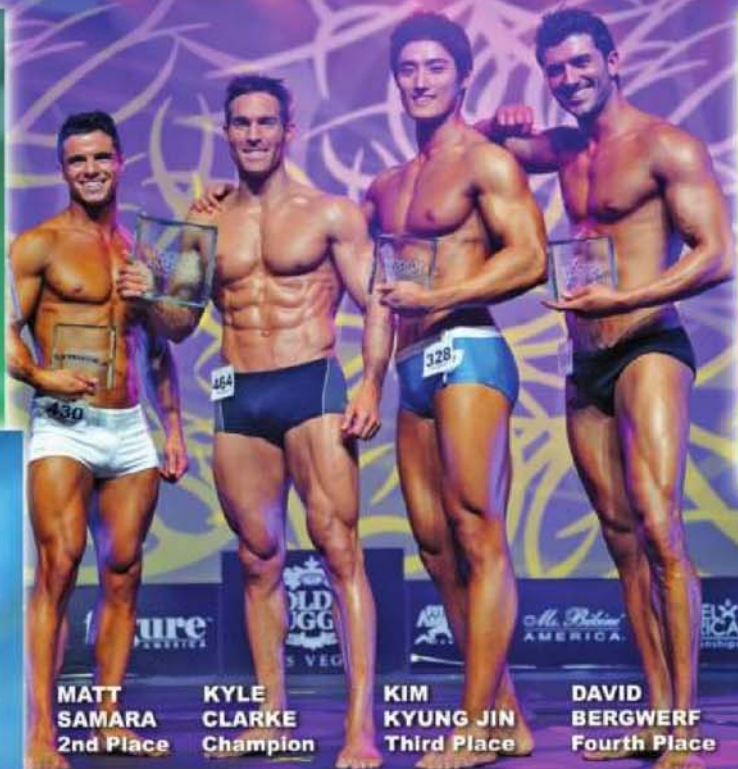
JOSE IBARRA



PHOTO CREDIT: GORDON J. SMITH



OLGA SVYRYDOVA
Model America Champion

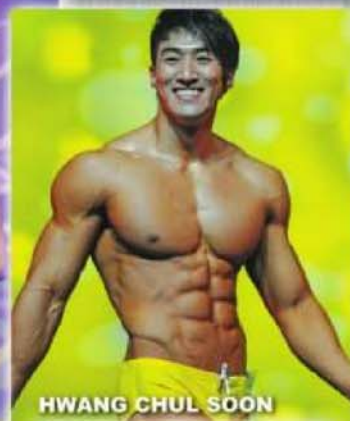


MATT SAMARA
2nd Place

KYLE CLARKE
Champion

KIM KYUNG JIN
Third Place

DAVID BERGWERF
Fourth Place



HWANG CHUL SOON



KIM KYUNG JIN
Third Place



TARA ARELLANO



CHEYENNE PRAWDZIK



SALLY LUONG
4th Place

JOHANNA SAMBUCINI
2nd Place

OLGA SVYRYDOVA
Champion

FAYDRA BROWN
3rd Place

KIRRA LONGMUIR
5th Place



AARIN MOORE



PROS AND CONS.

5 NONCONVENTIONAL DIET APPROACHES

The following diet approaches are considered nonconventional. The term nonconventional is not used to imply ineffective, or that these eating approaches are fads. Each of these approaches have been embraced and used successfully by members of the fitness and body recomposition community. It is highly recommended that you do further research before trying any of these approaches. Many of them are intended to be used as lifestyles, and not temporary solutions. The pros and cons for each approach are listed, along with other pertinent information. If you have further questions, please feel free to email me, or to consult the Muscle & Strength forum.

By Steve Shaw



THE PALEO DIET

The Paleo Diet focuses on the consumption of foods that were prevalent prior to the first agricultural revolution - the Neolithic Revolution. It was during this time (approx. 10,000 years ago) that man moved from a hunter gatherer lifestyle to a settlement-based agricultural lifestyle. The Paleo Diet emphasizes that for most of human history, man did not consume foods such as refined sugars and grains and high glycemic carbohydrates.

Food Intake - Food intake is generally limited to lean meats, fruits, seafood, nuts and vegetables.

Calorie Restrictions - None.

Best Used By - The Paleo Diet can be used for muscle building or fat loss. Some individuals have claimed that they were able to gain muscle and lose fat at the same time.

Meal Frequency - The Paleo Diet does not advocate a meal frequency. A Paleo lifestyle can be combined

with a frequent feeding approach to help you achieve your muscle building and/or fat loss goals.

Paleo Diet Pros - The Paleo Diet separates you from many harmful foods, including refined sugars and grains. For most individuals, it is very difficult to overeat on the Paleo Diet. Paleo eating can often feel more natural, because you can eat when you are hungry without feelings of guilt.

Paleo Diet Cons - Eating in a Paleo manner can be expensive. In addition, some individuals will find it easier to retain muscle mass with the addition of

grain-based carbs. Paleo Diet followers often talk about the negative impact of grain-based carbs in health. This is a hotly contested point, with a fair share of evidence backing both sides of the debate.

THE WARRIOR DIET

The Warrior Diet involves eating only one major meal per day, and consuming the bulk of your food during a dinner window that lasts up until 2 hours before bedtime. The idea behind the Warrior Diet is that during the day, while fasting, your survival mechanisms will kick in and you will burn fat. During this period, you will also feel more alert and less sluggish, as your body is said to be in a heightened, animal on the prowl searching for a kill type state.

Food Intake - The Warrior Diet does not restrict carbs, protein or fats. You basically eat what you want during the evening, as long as it's healthy. During the day, or underfeeding window, you eat little to no food. You are

allowed very minor low-glycemic fruits, such as strawberries and blueberries, or a small handful of nuts, or a small portion of a protein food. The large evening meal begins with a salad, progresses to veggies (broccoli, etc.), and then moves on to the main course of protein and carbs. The Warrior Diet often follows a 2 day cycle, one day high protein, the second day high carbs.

Calorie Restrictions - None.

Best Used By - The Warrior Diet is a very effective weight loss approach, and works very well for individuals that are heavy evening eaters.

Meal Frequency - One large nightly meal, stopping two hours before bed. You generally eat until you start to feel very thirsty.

Warrior Diet Pros - Nightly meals are very satisfying. You can lose weight fast while eating a large amount of healthy food. One of the hidden benefits of the Warrior Diet is that you feel very good during the day - you will rarely feel tired and sluggish.

Warrior Diet Cons - The Warrior Diet is not best suited for muscle building and/or weight gain. Some muscle loss may occur. In addition, during the first few days on the Warrior Diet, you may experience headaches and/or fatigue.

KETOGENIC DIET (KETO RUN)

The Ketogenic Diet is generally considered a fat loss approach that is run anywhere to 2 weeks to several months. The goal of a Keto Diet is to get your body into ketosis, at which point your body stops using carbs for fuel, and begins burning body fat. The Keto Diet focuses on very low daily carbohydrates, in most cases a maximum of 30-50 grams per day. There are two popular variations of the Keto Diet - the TKD or the CKD. The TKD (Targeted Keto Diet) allows you to eat carbs the night before, and following your workouts. The CKD (Cyclical Keto Diet) allows for 30-50 grams of carbs per day, and then a "carb up" phase one to two days per week where you carb load, and eat very little fat.

Food Intake - 5-6 days per week you eat only proteins

and fats, keeping carbs under 30 to 50 grams per day. 1-2 days per week (12-18 hours, and in some cases 12 to 36 hours), 40 to 120 grams of carbs are eaten with each meal. Protein intake remains high during this period, but fats are minimized.

Calorie Restrictions - Eat no fewer than 500 calories below maintenance levels (DCML).

Best Used By - The Keto Diet can result in a loss of 2-3 pounds of fat per week. It is best used when trying to get "ripped."

Meal Frequency - If muscle size or definition are a goal, stick with a frequent feeding meal plan.

Keto Diet Pros - A very effective fat loss method. You will feel full and satisfied, and generally have better energy than on most low carb diets.

Keto Diet Cons - The first week or two of a Keto Diet can be difficult. Side effects may include fatigue and/or a feeling of foggy.

CARB CYCLING, OR ZIG-ZAG EATING



Carb cycling, also called zig-zag dieting, is a method of eating that focuses on day to day calorie fluctuations to help minimize fat gains while bulking, and to help maximize muscle retention and the stalling of your metabolism while cutting fat. While many zig-zag approaches focus only on calorie intake, because protein and fat consumption remains fairly consistent on a daily basis, a zig-zag diet will have you primarily cycling carbs.

There are numerous variations of carb cycling and zig-zag eating. Most carb cycling approaches focus on low, moderate and high carb days, while some zig-zag approaches have you eating more for 2 week periods, followed by lower calorie (carb) intake for 2 weeks.

Food Intake - Most carb cycling diets are structured based on your DCML. If the goal is weight loss, on the average you will eat fewer daily calories. If the goal is weight and/or muscle gain, on the average you will eat more daily calories. For example, if your DCML is 3000 and you are trying to gain weight, you may aim for an average of 3300 calories per day. This may include cy-

cling between low days of 2700 calories, and high days of 3900 calories to achieve the 3300 calorie average.

Calorie Restrictions. Calories are based on goals, which include fat loss, muscle/weight gain, or body weight maintenance.

Best Used By - Because this is a very flexible eating approach that allows for "overeating days", it can be used by just about anyone with any goal.

Meal Frequency - If muscle size or definition are a goal, stick with a frequent feeding meal plan.

Carb Cycling Pros - You have "high calorie" days each week, which can help battle cravings and dieting monotony. Carb cycling can also stave off metabolism adjustment, allowing you to diet longer. When bulking, carb cycling helps to battle excessive fat gain.

Carb Cycling Cons - High calorie days can be difficult for individuals who find it hard to eat enough.

INTERMITTENT FASTING

Intermittent Fasting and the Warrior Diet are very similar in nature. Intermittent Fasting calls for a 16 hour fasting window in which you eat nothing. During the 8 hours of "feasting", you consume your daily calories. This can include a pre-workout meal, and generally focuses on a very large post-workout meal.

Food Intake - Intermittent Fasting does not focus on calorie or macro-nutrient intake (carbs/protein/fat). Obviously, it is prudent that you focus on clean, healthy eating, and a quality balance of carbs, proteins and fats.

Calorie Restrictions - Calories can be adjusted to suit specific goals.

Best Used By - While Intermittent Fasting is considered an excellent way to reduce bodyfat, it can also be used by individuals seeking to gain muscle as well. Intermittent fasting

is a solid option for anyone trying to get back in shape, lose weight and regain their health.

Meal Frequency - You eat nothing (fasting) during a 16 hour period, and feast of healthy, clean foods during an 8 hour period (feast).

Intermittent Fasting Pros - You get to eat like a king for 8 hours per day, which can make the Intermittent Fasting lifestyle more satisfying. Like the Warrior Diet, it is normal to feel awake and aware during the fasting period.

Intermittent Fasting Cons - It can be difficult for hardgainers with a fast metabolism to gain muscle using this approach. Some individuals may experience muscle loss while using Intermittent Fasting. Also, during the first several days on this diet, you may experience fatigue and/or headaches.

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.

THE SUMMER 6-PACK PLAN for the genetically challenged

Nothing is more aesthetically pleasing than a chiselled set of abs. Achieving a washboard stomach, however, is not always easy. It typically requires a combination of clean eating, hard training and attention to detail. For others, it can be even trickier. Genetics are not always kind. Some individuals, myself included, are not blessed with the genes that would allow us to naturally rock a 6 pack. For these individuals, I have developed the Summer 6-Pack Plan. So to begin, let's examine how to train for 6-pack abs.

By Valeria Fazio

Model: Aaron Reed

With the assumption that you have taken the time to develop inner core strength, the following training regimen should not be a problem. If you have no clue what I am talking about when I say inner core strength, you may need to proceed gradually to avoid any injuries.

For more on developing core strength, check out my article on *The Inside Scoop on Core Training*.

If you've already spent the time preparing for a 6-pack, it's time to think hypertrophy and lift heavy. Your abdominals react just like any other muscle in your body. So, if you want them to grow, you need to build them.

Choose one exercise from each group and perform the exercises in a circuit, after your regular weight training. Perform the circuit for 3 sets at least 3 times per week.

Upper Abs

- Weighted Cable Crunch
- Weighted Stability Ball Crunch
- Decline Weighted Crunch

Lower Abs

- Hanging Leg Raises
 - V-Ups
- Scissor Cycles (with weights)

Obliques

- Cross Body Cable Chop
- Decline Weighted Twist
- Roman Chair Weighted Twist

Next, help reveal your abs by taking a load off (your mid-section) by concentrating on fat-burning cardio and high intensity training. Studies suggest that exercising above your lactic threshold (LT) at least three times per week is more beneficial to burning abdominal visceral fat when compared to training at a low to moderate level of intensity, or below your LT.

By ramping up your intensity, you will be increasing the secretion of lipolytic hormones, such as GH and epinephrine that help your body break down lipids predominantly in your mid-section. Supersets, circuit



training and cardio intervals are all good examples of high intensity workouts that will help you release these hormones into your body.

THE 6-PACK DIET PLAN

Begin by making leafy fresh vegetables and antioxidant rich berries a staple in your meal plan. These sources of energy are low calorie, high fiber and don't taste as bad as we remember them as kids. They are able to fill you up, without filling you out.

Sip some Yerba Mate Green Tea. This potent extract has a richer antioxidant and polyphenol profile as well as stronger free radical strength than regular green tea. Consuming one cup in the morning before breakfast can help you burn more calories throughout the day. To keep your engine revving, you can supplement with ALLMAX Nutrition's Yerba Mate Green Tea to help keep you focused, alert and burning calories all day long.

Be sure to include slow-digesting carbohydrates like whole grain breads and pasta, quinoa, oatmeal and rice. These foods are high in fiber and low in sugar. They aid in stabilizing your blood glucose levels, lowering your cholesterol and giving you the energy you need to kill your abs during a workout. Starting your day with a cup of oatmeal and chasing it with a lunch inclusive of sweet potato or brown rice are two ways to ensure your energy levels stay as stable as your blood sugar and metabolism.

Finally, increase your protein intake. Eating food rich in protein naturally boosts your body's supply of leptin. This is the hormone responsible of telling your brain that you are full. Delicious protein shakes are not only a good way to recover after a workout, but also a great way to fend off sweet-tooth cravings and create a full feeling later in

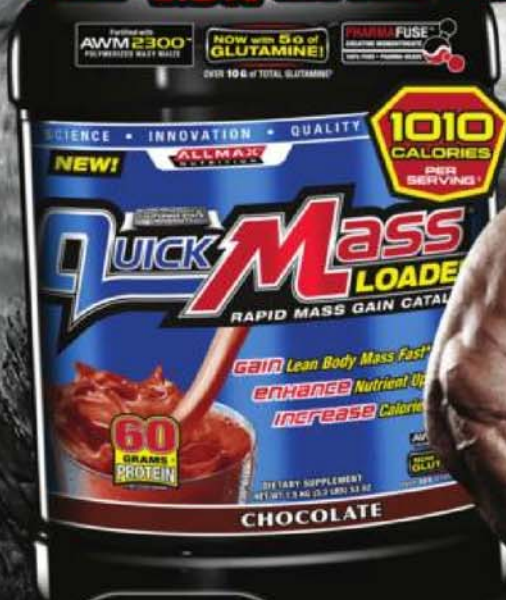
the day. ALLMAX Nutrition's Isoflex 90% pure whey protein isolate is available in numerous flavours and can help you reach your 6-pack dreams.

So that is the plan. Stay focused, stay determined and most of all stay positive. Rome wasn't built in a day and your 6-pack won't be either. But with this plan in hand, even for us genetically challenged training enthusiasts, you will be able to rock your swimsuit of choice come June.

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STAY HEALTHY OATMEAL RAISIN VANILLA WHEY PROTEIN BALLS

As you know, I love being creative in the kitchen ... and as I tossed this and that together, I came up with this no-bake, make in minutes Stay Healthy snack. I love to put several of these together the night before and place in snack bags for a ready to go instant power house pick me up.

INGREDIENTS AND PREPARATION:

- 2 tbsp Natural Almond Butter
- 1 scoop vanilla whey protein powder
- 1 tbsp flax meal
- 1 tbsp ground oats or Scottish oatmeal
- Handful of raisins
- 1 tsp cinnamon (I put more....love spices)
- Water – just enough to moisten & form into balls *(be careful...too much will make the dough gooey)*

Place all the ingredients in a bowl and mix until crumbly, carefully add the water 1 tsp at a time. Use your hands to pick up the dough and form into 2-3 protein balls. Roll in additional cinnamon if desired. Enjoy!



Olive Oil Health Benefits:

Did you know that olive oil is the only vegetable oil that can be consumed as it is - freshly pressed from the fruit? Olive oil contains high amounts of monounsaturated fatty acids and anti-oxidative substances. Studies have shown that olive oil offers protection against heart disease by controlling LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels. Olive oil is very well tolerated by the stomach and provides a protective function against ulcers and gastritis. Olive oil has also been proved to lower the incidence of gallstones. Studies have shown that people who consumed about 2 tbsp of virgin olive oil daily for 1 week showed less oxidation of LDL cholesterol and higher levels of antioxidant compounds. Further studies have shown its link to colon cancer prevention. But while all types of olive oil are sources of monounsaturated fat, EXTRA VIRGIN olive oil, from the first pressing of the olives, contains higher levels of antioxidants, particularly vitamin E and phenols, because it is less processed. Olive oil is clearly one of the good oils, one of the healing fats. Most people do quite well with it since it does not upset the critical omega 6 to omega 3 ratio and most of the fatty acids in olive oil are actually omega-9 oil which is monounsaturated.



Darla Leal, LCPT, LCMT

Stay Healthy

Garlic Chicken Wheat Pasta with Olive Oil

I can remember as a child, we would have a designated spaghetti night and the family would sit around the table and enjoy great conversation over a fabulous meal. When I want to take a trip back in time, I prepare a spaghetti night with a Stay Healthy twist. I prepared this dish using 100% whole wheat pasta, grilled chicken breast and I absolutely LOVE sundried tomatoes, and they add a special compliment to the entire burst of combined flavors. This dish can be prepared in the time that it takes to cook the noodles and on the table to enjoy in less than 30 minutes.....Now that is Simply Fabulous! Let's head to the kitchen for a Stay Healthy spaghetti night.



Ingredients:

- 100% whole wheat pasta
- 1-2 prepared grilled boneless/skinless chicken breast
- Sundried tomatoes
- Extra virgin olive oil
- Minced garlic
- Basil (fresh or dried)
- Crushed red pepper flakes (optional but I like it spicy)
- Light Parmesan Cheese to sprinkle on top (optional)

Preparation:

Cook the pasta according to box directions and for the serving size you desire. Drain and place into a large pasta serving bowl. The sauce is prepared at the same time as the pasta.

In a large sauté pan, heat olive oil over medium heat, careful not to get too hot. The point is to heat or warm the oil. Add the garlic and sauté until fragrant. Do not burn. Add the fresh chopped or dried basil and continue to stir. Add the red pepper flakes and sauté for 1 minute.

The Sauce:

- 1/3 cup Extra Virgin Olive Oil
- Minced garlic equal to 4 garlic cloves (or use fresh roasted garlic)
- 1/2 tsp Basil (fresh, chopped)
- Crushed red pepper flakes to taste

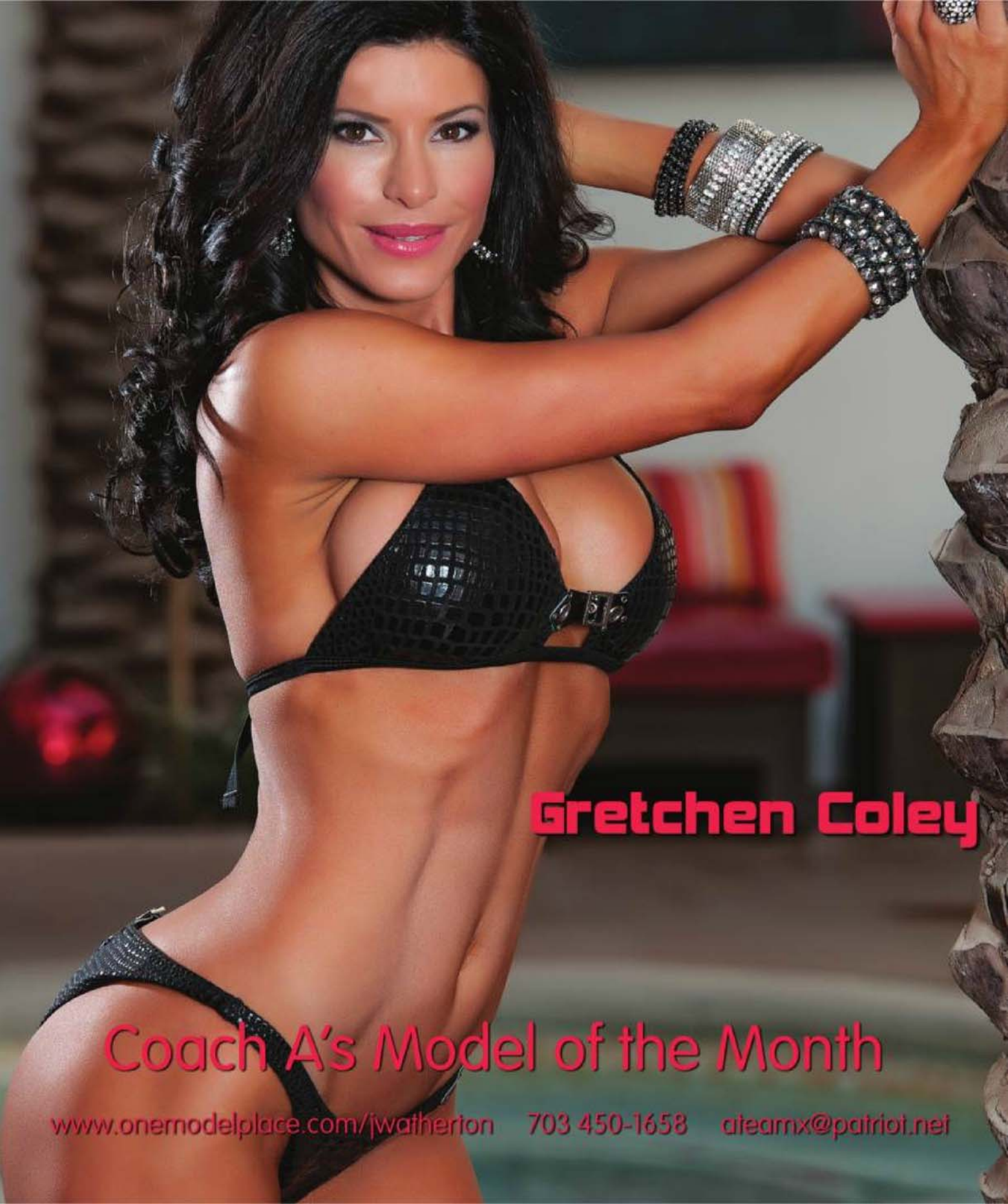
Have Ready:

- Chopped boneless skinless prepared chicken breast
- Chopped sundried tomatoes
- Parmesan to sprinkle (optional)

Put It All Together:

In the large pasta bowl, add the chicken breast and sundried tomatoes. Pour the sauce over the mixture and gently toss until well combined. Sprinkle with a light parmesan if desired.

www.stayhealthyfitness.com



Gretchen Coley

Coach A's Model of the Month

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BICEP ROUTINE

for SHOCKING your biceps into GROWTH

By Hugo Rivera, CFT, SPN, BSCE



Try this biceps bodybuilding routine out for 3-4 weeks before changing it and let me know what you think.

If you find the information useful, please feel free to check out any of my best selling natural bodybuilding and fitness publications here.

Also, don't forget to subscribe to my YouTube page at www.youtube.com/hugoriverafitness.

If your current natural bodybuilding routine for biceps is no longer delivering the muscle growth that you need, then it is time for a change. After all, the best bodybuilding routine is the one that your body has not gotten used to since the body then needs to adapt to it by growing more muscle tissue. But once the body adapts to a workout, then it is time for a change.

In this article, I will disclose a fast and intense bodybuilding biceps routine designed to fry every single muscle fiber on the biceps.

There are 2 bodybuilding techniques that we will be using

- Pre-Exhaustion: You first do an isolation movement, and once failure is reached in that movement, with no rest you go ahead and perform the basic exercise. Repeat the process for the prescribed amount of sets.
- Supersets: A superset is two exercises performed one after the other with no rest in between them. The rest will only happen after the second exercise is performed.

Superset #1

- ☐ High Pulley Cable Curls 3 sets of 12-15 reps (no rest)
- ☐ Dumbbell Curls 3 sets of 8-10 reps (60 sec rest)

We will start by a superset of an isolation exercise, High Pulley Cable Curls, followed by a basic exercise: Dumbbell Curls. The High Pulley Cable Curls are an excellent isolation movement that will cause a powerful contraction on the biceps. After performing this exercise for 12-15 repetitions, then I want you to take some dumbbells and perform 8-10 solid repetitions of alternating dumbbell curls. There should be no rest in between these two exercises so be sure to choose the dumbbells that you want to use before starting. After a one minute rest, I want you to go again for two more sets like this. Keep in mind that because we are pre-exhausting the biceps by doing the cable curls first, you will not be able to use the same amount of weight that you may be used to using for your dumbbell curls.

Superset #2

- ☐ Incline Curls 3 sets of 12-15 reps (no rest)
- ☐ Incline Hammer Curls 3 sets of 6-10 reps (60 sec rest)

This second superset will start with the incline curls, which will deliver a powerful stretch of the muscle that will really break down some muscle fibers. Be sure to go all the way down and all the way up in this exercise. Make each movement a calculated and deliberate one; all the way up and all the way down. After 12-15 glorious reps, move on without rest to the incline hammer curls, in which you will do 6-10 reps using the same weight used for the incline curls. Again, practice perfect form when doing this exercise. Once done, rest 60 seconds and start over for 2 more sets.

After doing this bodybuilding biceps routine I guarantee you that your biceps will be screaming for mercy. However, this is the kind of effort that will get you the bodybuilding results that you are looking for.

NATURAL BODYBUILDING BICEPS ROUTINE NOTES:

1. Train the biceps twice a week.
2. You can do them in conjunction with your chest and triceps, or your back, or your chest and shoulders. For more information on different training splits please take a look below:

Bodybuilding Training Split #1:

- Day 1: Chest, Biceps, Triceps
- Day 2: Legs
- Day 3: Back, Shoulders, Abs
- Day 4: Rest
- Day 5: Start Over

Training Split #2:

- Day 1: Chest, Back, Abs
- Day 2: Legs
- Day 3: Shoulders, Biceps, Triceps
- Day 4: Rest
- Day 5: Start Over

Training Split #3:

- Day 1: Chest, Shoulders, Triceps
- Day 2: Legs
- Day 3: Back, Biceps, Abs
- Day 4: Rest
- Day 5: Start Over

3. If you have limited time, just do 2 sets per exercise.

My name is Laura Jeanne and I'm a 25 year old fitness model and NPC bikini competitor. I've been modeling for several years and have had the amazing opportunity to work with photographers such as Walt Ostarly, Andrew Nicholson, Bobby Black and the amazing OAMG team. Fitness is a huge aspect of my life! I played sports all throughout grade school and high school, but when I went to college I didn't do anything - didn't even go to the gym on a regular basis. It wasn't until I graduated, moved home, and realized I was unhappy with my body that I joined a gym and began working out on a regular basis. Now I can't imagine NOT working out! I'm extremely proud of the progress I've made and where I'm going in my life and the changes I continue to see in my body. :)

lniedermayer@gmail.com

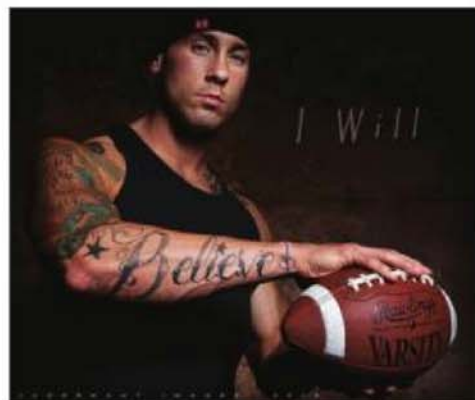


Laura J. Niedermayer



From the basketball courts at 10 years old, to the weight-room and then Model of the Year, check out Federal Agent, John Rahn's story in the next issue of NM!

John Rahn



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!*

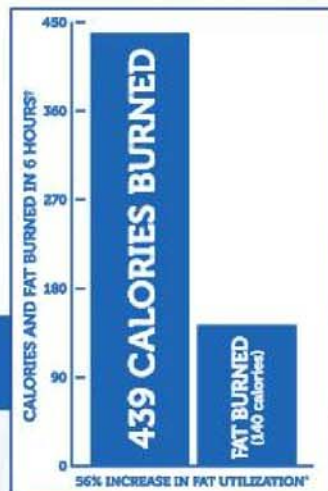
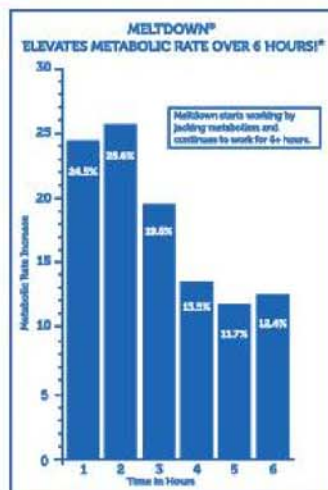
One University Study graph shows you that just three MELTDOWN capsules increases metabolic rate 972% greater than 20 mg of Ephedrine! This is important because before ephedrine-based fat burners were banned, these were the most powerful weight loss agents available. Meltdown is the world's only fat burner 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%!



*Hoffman 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. T. Reath 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, 14-16 June 2009. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P00010.1106/1550-2783-6-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

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*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.



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SHOW RESULTS BASED ON MELTDOWN CAPSULES

My name is Coach A.

welcome to MY WORLD

A couple years ago in Vegas while waiting for my next shoot, I sat down next to my friend and fellow photographer, Harry Grigsby III, and began to "bust his chops" before he could get started on me.. Always coaching young Harry, I asked him if he had taken a picture at the back of the massive aquarium at the Nugget. He said something like, "It can't be done!" Well.... That sounded like a challenge; so I corralled the beautiful young lady who Harry was going to shoot to be my model and took the shot! Thankfully, the image turned out WOW and I have to admit, I did enjoy showing sending it to Harry.

Kimberly Murgatroyd was model and she was in MY WORLD! Latter the next year, my camera caught up with Kimberly along the River Walk in Miami. Without a doubt, Kimberly's effervescent personality draws your attention, her gorgeous smile captivates you and, not very long later, you're a fan. Mom and Dad, "MAJOR KUDOS," you did a great job raising your daughter! Besides, any coach I know would love her favorite saying: "EXCUSES ARE OVER – IT'S TIME TO LIVE!" My Name is Coach A, Welcome to MY WORLD

Lives: Atlanta GA

Born: Manchester, New Hampshire

Status: Married with a 12 year old daughter

Education: BS in Exercise Science

Age: 31

Height: 4'11"-ish

Weight: 107 lbs Contest, 112 lbs Off-Season



IMAGE by J W Atherton

KIMBERLY MURGATROYD

What do you consider your greatest lesson learned?

To be grateful! Being grateful for every little thing that you have in your life, even if your life as a whole isn't going the way you have planned. Every morning before my feet hit the floor and every night before I go to bed, I give thanks for the my health that of the people in my life, my personal strengths and I ask for assistance with my weaknesses. I think having a consciousness of gratitude and being thankful keeps you focused on the positives in life.

What do you consider your greatest triumph(s)?

My greatest triumph is following through on the dreams and goals that I set for myself, such as competing in Fitness Universe. So many people let their dreams pass them by when life gets in the way. What has helped me stay focuses on what I want in my life is a vision board. I cut out images of the things I want, goals I want to achieve, people who inspire me, places I want to visit or live. I update this board every 3-6 months so it's always fresh, inspiring and in line with my current goals and dreams

What do you do for a living?

I own a website called Jet Set Life (www.JetSetLife.tv) with my husband. We turned our passion for travel into a business that we can operate from anywhere in the world! Together we travel the world, shooting a travel show and writing hip guidebooks that focus on a trendy or boutique type of travel. We get to experience awesome destinations like Rio de Janeiro, Saint-Tropez, Mykonos, Florence and Buenos Aires.

Last meal?

Grilled Chicken Breast with a Citrus Salsa Verde and Kale Chips

Last cheat food?

Freshly baked, warm chocolate chip-walnut oatmeal cookies

One thing you would like to improve about yourself?

I try not to say no to any requests from friends and family to do things for them so, I have a tendency to overwhelm myself.

Least favorite workout?

Running = Boring!

Favorite workout?

My Savage Fitness Girl workouts! Reminds me of my old workouts for gymnastics- lots of body-weight exercises mixed with plyos!

Favorite body part?

My legs- I've always been strong and they're pretty easy for me to get lean quickly.

First thing you do tomorrow?

Make my husband coffee. He can't function without it. Then it's a 5:30am workout!!!!

Person who influenced you the most?

My parents: They taught me at an early age the meaning of consequences - good and bad consequences! They al-

lowed me to succeed and fail equally. They didn't shelter me from failure or try to exaggerate my success. This really helped me earn and build self-esteem that could last because I did it myself. To date, the gift of failure is the best gift that I have ever been given.

How have you contributed to the fitness industry?

I spent many years as a personal trainer and nutrition coach. At first, I only wanted to work with athletes and fitness minded individuals. However, over time I realized that the work that I did with the elderly and with overweight children actually was my favorite because I could really see the improvements in their daily lives. For them, it wasn't just about "fitting into a pair of jeans," it was about improving their health and quality of life.

How/Why did you get involved in fitness?

Like so many women, I saw the Fitness America Pageant on ESPN. Having had to retire from my gymnastics career at an early age, I missed the competition and challenge. The Fitness America Pageant showed me that I could still have a competitive, athletic career post-adolescence. I began with local fitness and bikini events around 2000. Over the past ten years I've competed off and on, both locally and nationally. However, this year at Fitness Universe, I finally accomplished the original goal that I set for myself while watching the ESPN FAP show in 1998- to compete in the fitness division at the national pageant. And my experience there did not disappoint me- being on that stage was exhilarating!

Favorite:

My favorite book: The Reluctant Tuscan

My favorite movie: Vicky Christina Barcelona

My favorite cheat food: Carrot cake with cream cheese & mascarpone frosting!

Who influenced you the most athletically, Academically?

Athletically: My Father. He was an athlete and came from a long line of athletes. He always encouraged my participation in team and individual sports as I was growing up. As a little girl I became the mascot for his high-school basketball team's cheerleaders. I had a little uniform and they let me do kart-wheels around the gym and even incorporated me into some of their cheers and dances.

Academically: My Mother. She's a brilliant teacher. She always encouraged me to work harder, become better and not give in to mediocrity.

What did you think about your first competition?

Wow! Boy was I unprepared! I came with an ugly tie-dyed one piece spandex costume that I bought off the internet that was hideous; a routine that I choreographed myself and music that I made on my tape player...yes I said tape player! It was terrible. I was the only fitness competitor, so I actually won first place and qualified for the nationals (which I thankfully realized was way out of my league at the time!).

What do you see that is good in Fitness today?

It is fantastic that the classic and master divisions are growing - I really love this! There's nothing more



inspiring to me, than seeing a woman such as Ms. Bikini Universe Master Class Champion, Pamela Balick-Hynes, who at fifty years old has a better booty than girls literally half her age!!!

What needs to change in Fitness today, in your opinion?

The fitness division is seeing a decrease in numbers and it needs some new life! It's definitely a larger commitment, but one that is so worthwhile personally. I hope that some of the talented women that compete in other divisions will try it, at least once. Competing in fitness is so rewarding, regardless of what you score or where you place. It enhances so many parts of you that maybe you haven't used in a while like your creativity and showmanship. In addition, you get to challenge yourself and learn new skills like dance, gymnastic or strength moves. It honestly makes you a better-rounded person.

What would you like to say to the reader of NMM?

Watch out! Now that I've had my first bite of the national fitness stage, I'm hooked. I'm not going anywhere! I have much improving to do, but I'm ready for the challenge!

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

I love to take candid photos! I especially love taking photos while I'm traveling. I was lucky enough to have CNN.com has actually use many of my travel photos on their website. Last year I even had one photo chosen as one of the Top 10 travel photos of 2009! People ask me about the type of camera I use, but it's just a normal point and shoot. I think that I have a good eye, not necessarily a good camera.

By Gina Ostarly
Photo by Walt Ostarly

ARE YOU PREPARED?

All one needs to start a fitness program is a new pair of tennis shoes and a great attitude, right? Wrong. Actually, that's the best way to fail. Starting a new fitness plan, without actually having a fitness plan, is like heading to the airport without bags and a ticket. You'll be sitting there doing nothing, too. So, what works? Years of watching people fail and flourish prove these four tips work.

Set training appointments

You make lunch and coffee dates. Then you make a dentist or doctor appointment. Treat your workouts like scheduled appointments. Make a date with yourself or a buddy. If you don't use a calendar or organizer, start by designated training days. Have your fitness buddy do the same.

But "life happens" and you're going to break some of those dates, right? Not without a plan to make it right back again. At my fitness studio, I require my clients to reschedule their missed appointments at least 24 hours from the time the original appointment was broken. That means the appointment isn't missed, just delayed. This is a common practice in many service oriented businesses, and it deters habitual no-shows. It will do the same for you!

There's a huge difference in saying "I'm working out Tuesday at 7 p.m. with my friend" instead of "I hope to find a little time to work out this week."

Written workouts

Once you get to the gym, what's next? You need a plan to get the most out of your time. That means both of a weekly basis and a routine basis.

Your week should include both cardiovascular work and weight lifting. Don't worry about getting "big" by pumping iron, ladies. Unless you're fanatic and live in the gym, it won't happen. Weights do improve your muscle tone and increase metabolism. You'll love feeling stronger and burning more calories at the same time.

It is very easy to walk into a gym and wander around aimlessly. Come on, don't tell me you have never seen the other wanderers? You're not there to look at the exercise equipment and the hot bodies using them. The idea is to be one of the hot bodies using them. That starts with a pencil and paper.

Write down a plan of action to keep focused and aware of what you're supposed to be doing.

Going to the gym without written structure is like an unplanned trip to the grocery store. You go in not knowing exactly what you need, so exit with a few things you didn't need and even without some you did. Surely you didn't plan to buy that big tub of ice cream, did you? A list always works better!



Written food plans

Don't put that pencil away yet, there's more writing to do.

Familiar with the phrase, "Poor planning leads to poor performance?" If you're serious about winning this war, you have to be willing to invest the extra time and effort that goes into planning.

I never said this was going to be easy, just that it was going to be worth it!

Structure meals much the same as you would the workouts. Write down what you are going to eat, and when. Since we tend to be creatures of habit, this isn't going to be as much work as you think. Whether you are eating bad food or good food it tends to be a lot of the same things. Think about it.

The real power of this strategy is that it helps prevent the mindless snacking that sabotages a healthy eating plan. Nobody makes an eating schedule that includes: "Big bag of chips at 2 a.m." or "Half-dozen cookies with milk, right after work."

Be careful

Those making a "new" commitment to exercise should do so with caution. Working out two or three times a week was not part of your routine before. Expecting it to be easy to show up to the gym that often is not realistic thinking, but manageable.

A fitness plan is a lot like running. Those who start out the fastest often quit the soonest. People with the "gung ho" personalities will sometimes dive into a program by working out five or six days a week. Once the new wears off, or they injure themselves by doing too much too fast, they're right back on the sidelines again. And they're not likely to return anytime soon.

Try taking it the other direction. Pledge to work out once or twice a week. If you end up getting to the gym twice or even three times, you've met or even exceeded your goal. That is very motivating. But if you start going four times, then slack off to just two, you're left with a sense of failure and frustration. Those aren't good emotions to add to a fitness plan.

Health and fitness come with constancy. That starts with a pencil and plan. Go get one, and get after it!

Who's stopping in on the Natural Muscle

facebook WALL

Natural Muscle Magazine

Who trains/workout at home? If so, do you have a home gym set up or just a few pieces of equipment you pull out each time you train/workout? Also, what equipment do you use for your home based workouts?

Wendy Patricia: I train at home, body solid lever action home gym! Elliptical, leg magic and determination

Scott Watkins: Workout at home! A bench, dumbbells and body weight exercises! Complete everything without the hassle!

Owen Williams: Power rack with low / high cable pulley, barbells & dumbbells

Jenavieve Autumn: A few pieces @ home- pull up bar, weights, med ball & some P90x

Nancy Ullano: I workout at home.. I run & my only equipment are weights

Dewey Cooper: A rack with a couple of pulleys, a couple of kettlebells, about 900lbs of weights, an adjustable bench, some adjustable dumbbells, a pullup and dip stand and a couple of heavy bags. And a treadmill.

Angela Chege: I do lots of home training.. Pull- up & weighted bars, adjustable kettle bell & DB, weighted vest, ankle weights, bosu, balance&med balls, bands, boxing gloves n pads, adjustable n incline/decline step box n most my clients hv some cardio equipment, bench, and/ other machines.. N it's getting warm: bleachers!

Diane Nielsen: Train at home and love it. Life Fitness Elliptical. Nautilus cage with cables, squat rack, bench, plates etc., dumbbell rack, stability ball, weighted balls, resistance bands, yoga mats, pull up bar, dvd's when changing it around. Great sound system and a view of my garden. About the only thing I don't have, would love to have, but have no room for is a sled/leg press machine.

Renae Witzaney: Right now using kettlebells and my treadmill along with some bands.

Gabi Pellemans: Home trainer as well... working on getting different equipment one piece at a time ...4 now, use a stay ball , heavy bag, pull up bar, resistance bands, ab straps, dumb bells that I can add weight plates to and a coffee table with flat pillows for certain ab workouts:-)...also train using muscle and fitness hers training guide that I incorporate with p90x, p90x plus and insanity. Best part... is having my whole foods ready for pre and post workout and daily meals....:-)



Josh Batts: Here in MN I bought rubber dumbbells 5 to 120lbs, Hoist V2 cable machine with leg press, Hoist squat machine, pull up dip rack, Life fitness elliptical and True treadmill. Quitting Lifetime and buying equip. was the best move ever with two kids as you can go down at anytime to get a workout in. The dumbbells are by far the best investment while you can do everything with them.

Donna Winkler Clendaniel: Treadmill, bowflex, some free weights, and bands, and just my own resistance - getting TRX soon!

Fay Hammel Mitchell: Love my home gym! Multi-station 2-stack Parabody- got a great deal on it used, adjustable bench & full set of DB's, t'mill, 2 fitness balls, ez curl bar, mini tramp & step, inversion table...built it up, piece by piece, over the years! Very convenient but miss having gym buddies!

Kathy Chase: A bench some dumbbells and a medicine ball.

Darin Teal: Smith, row, preacher, leg press, dip station, adjustable dbs, punching bag, elliptical. Love my home gym. :)

Angelique Millis: dumbbells, bench, stability ball, plyometrics, cardio intervals with jump rope...great for circuit training for when I'm at home and can't make it to the gym!



Lori Zona: Train mostly at home. Have to with a kid. No cardio equip. I use dumbbells, bands, medicine ball, exercise ball, and universal type machine for leg extensions, chest fly, lat pulldowns, chest press. Also have a bench.

Jennifer Van Laanen Michaels: Home... dumbbells, kettlebells, stability

ball, jump rope, bands, sandbag, bosu, concept 2 rowing machine, pull-up bar in doorway, 10# ankle weights, weighted "vest".

Kitten Mullen Mannara: Universal gym, run outside with weighted vest, use curbs, stairs inside, do jump ups on my pillar bases, jump ropes, bands, weighted balls, free weights, push ups bars, use my wooden floors for side to sides, lunges around the pool, exercise balls, balance boards, chairs, benches, anything i can get my hands or feet on.....

Vicky Haukom: I train at home body solid, horizon, golds gym competitors series cable and leg machine, bench with free weights and dumbbells I love it no waiting around for equipment to free up and good music.



Glen Fletcher: Train at home. Responsible for turning my physique from an above average dedicated commercial gym member to an obsessed, determined man-cave training fanatic. You name it, within in reason, I have everything to hit my muscles from numerous angles. And, when I encounter a problem coming up with a way to hit the

muscle in a particular way, I refer to my exercise inventor guru NICK NILLSON or invent some of my own exercises. After 30+ years of training, took my dream of competing since I began lifting to not only enter my first contest, but walked away with the title of Over 50 Master's Champ on April 2, 2011 at the NPC NATURAL OHIO DRUG TESTED BODYBUILDING SHOW. If it is worth dreaming, it is worth pursuing!! IF YOU THINK YOU CAN, YOU CAN!



Get Fit Coaching: I train some clients at my house, I have a dip station, pull up bars, a complete smith machine with oly bar, 2 benches, dumbbells, seated leg curl and treadmill.





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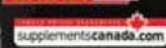
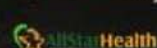
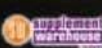
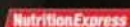
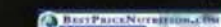
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Each month, we feature Tri-Fitness athletes who have competed and performed at the highest level. What is an athlete? Well, a Tri-Fitness athlete is one who demonstrates strength (bench press), speed (obstacle course and shuttle run), flexibility (routine), agility (shuttle run and obstacle course), and endurance (box jumps, obstacle course, routine, shuttle and bench). Through a healthy diet (eating as an athlete) and extreme training, these athletes achieve a fit, athletic physique which enables them to succeed in our event.

This month we will feature Nichole Franklin and Charlene Ferderbar who have achieved success in the Tri-Fitness World Challenge during the past decade.

athletes of TRI

By Lindsey Rosen

Photo's By: Ed Johnston, Jennifer Rosen, Thomas Oed

Nicole Franklin

LR: Please tell the readers about yourself.

Nichole: I'm 28 years old and I live in Palm Harbor, Florida. I have been involved in fitness for the past 10 years and it's become a lifestyle for me. I am a certified CrossFit trainer and I aspire to become a nutritionist in the near future.

LR: How long have you been doing the Tri-Fitness and what got you started?

Nichole: I've been involved with Tri-Fitness for the past 6 years. My good friend (Mandy Magnuson) joined Tri-Fitness in 2005 and she told me about how much fun Tri-Fitness was and how it had become a new challenge for her. After joining her for a Saturday practice, I was hooked. I was immediately drawn to the camaraderie between all the athletes that were there that day, and at the same time they were so competitive. It was the perfect environment for getting in great shape and having fun!!

LR: What do you like best about the Tri-Fitness?

Nichole: There are so many things I love about Tri-Fitness, but if I had to pick one, it would be getting ready for each competition and seeing how self disciplined I can be and how much I can get out of my body.

LR: How did you go about training for the Tri-Fitness?

Nichole: I truly believe in shocking the body constantly (routine is the enemy). I try to do that through weight training, crossfit, yoga, and running as well as a pretty strict diet year round (although, I do love ice cream). I usually practice the obstacle course once a week with Tampa teammates.

LR: Would you like to add anything else for our readers?

Nichole: Sometimes it can seem a little overwhelming with all the different exercise beliefs out there, but my

advice would be to just get started!! Get out there and get your heart rate up. There is so much information available on the internet and in publications, like Natural Muscle; just find a starting point and dive in!



FITNESS

Charlene Ferderbar

LF: Please tell the readers about yourself.

Charlene: I'm a 40 year old mother of a 15 year old daughter named Julia, from Lancaster, PA. I am a grown up woman that gets to have recess and play at the playground everyday with her best friends. YES.... that is how I feel about my life. It took me 36 years to find out what I wanted to do when I grow up. I found it. After finally following my heart, I am now a nutrition and accountability coach as well as a fitness competitor. I train with a group of women and men, from all walks of life, that have the same drive, passion and determination, but are all so very different after we leave the gym. How much better does it get? My job is not a job. I am helping people reach their personal health goals by not only helping them with their diet, but also with assistance in focus and accountability.

LF: How long have you been doing the Tri-Fitness and what got you started?

Charlene: I have been training in a gym for 15 years, but everything changed when I found Tri-Fitness in July, 2007. My trainer, Rick McMillan, introduced me to the most amazing group of women I'd ever met. They were of all ages, personalities and from so many walks of life. Well, that's all she wrote. They were Tri-Fitness competitors! Tri-Fitness has given me another family. That group of amazing people and support system has helped me through some very rough times, and now I am helping others by recruiting them, or just guiding them with a healthier lifestyle.

LF: What do you like best about the Tri-Fitness?

Charlene: Although I absolutely love "Game day... or should I say Game Weekend", it's the journey up to that point that I love best. I enjoy all the training and the camaraderie that goes along with it. You may be judged on your personal times, reps and look, but

it feels much more like a team sport because of the individuals, that not only bring it all together, but also compete. Specifically, I guess my favorite events would be box jumps, the course, and grace and physique. I suppose that's because the events I tend to do best in J.



LF: How did you go about training for the Tri-Fitness?

Charlene: I train with a fantastic coach in the northeast, Rick McMillan and the Lancaster team. I train 5 days a week and most of what we do is focused on the Tri-Fitness events and conditioning. We do tons of plyometrics, tabadas, as well as speed and agility training, but also train heavy for strength. We work with prowlers, sleds, battle ropes, tires, etc. A lot of what we do hits the entire body. Additionally, we will work on sprints, run bleachers and work on hurdles. It is far from conventional training.

LF: Would you like to add anything else for our readers?

Charlene: I have met so many women and men over the years that are in their 20's, 30's, 40's and 50's...that have told me they just don't have a goal or a reason to continue working hard in the gym and would love to have something like Tri-Fitness but don't think they have the ability. Let me tell you...YOU DO!! I was personally never interested in marathons or triathlons...too long distance...my

body and my brain didn't do well with that...haha. I love training with weights, but also get bored with doing the same old routine, and wanted something that was performance related. The Tri-Fitness Challenge is the perfect solution to those of you who want a focus and need a goal. You could even be that marathon runner, golfer or that business person or stay at home mom that needs something else positive in their life. This is for everyone, and all ages. Join us...it's a blast!!!



DIFFERENT ROUTE same destination

Part 3 of a 3 Part Series

Paula Jager CSCS

We'll conclude our flexibility series with a look at Mobility Wods. Most everyone is somewhat familiar with Pilates and Yoga—two excellent ways to improve range of motion, focus, flexibility and balance in both body and mind. Mobility wods (workout of the day) are a relatively new term developed by Kelly Starrett, a physical therapist and CrossFit affiliate in San Francisco.

The premise of the mobility wod is not new and has its roots in proprioceptive neuromuscular facilitation aka PNF stretching. PNF stretching was designed in the 1940s and 1950s as a form of rehabilitation and has been very effective in that area. It increases flexibility while improving muscular strength. Anytime we go inside our bodies and tap into our awareness we also engage the mind-body connection.

PNF is a combination of passive stretching and isometric contractions. In addition to being used for rehabilitation it can also be used on healthy athletes. The improvements seen in flexibility and coordination as a supplement to your strength and conditioning program encourages quick gains in range of motion thus improving performance. An improved range of motion makes better biomechanics, reduces fatigue and helps prevent overuse injuries.

Before taking on PNF stretches it is important to perform a 5 to 10 minute appropriate warm up. The warm up should consist of a light physical activity like walking, jogging, stationary biking or other easy aerobic activity. The intensity and duration of the warm up should be dictated by the fitness level of the athlete. The goal is to simply elevate the heart and respiratory rate increasing blood flow and muscle temperature allowing for a more effective stretch. End result should be a light sweat.

There is much research and detail on PNF stretching on the internet. For simplification purposes—as it could be an entirely separate article—a PNF stretch involves the following...

- The muscle or group to be stretched is positioned so that the muscle(s) are stretched and under tension. The individual then contracts the stretched muscle for 5-6



seconds while a partner or immovable object applies resistance to inhibit movement. The effort of contraction should be relevant to the level of conditioning.

- The contracted muscle group is then relaxed and a controlled stretch is applied for 10 to 30 s. The process is then repeated for the desired number of "repetitions" or duration of time. You will find the repetitions, timing and a few other factors differ slightly depending on who you are talking to. Researching, experimenting and personal experience can lead you to determine which provides the maximum benefits for you.

If you are brand new to the idea of PNF stretching or the aforementioned Mobility Wods where should you start

and how often? First begin with some education on the subject; I highly recommend a visit to Kelly's blog <http://mobilitywod.blogspot.com/>. Not only does he post a daily video on how to perform the designated "stretch", by typing any muscle group, body part or problem area into the search engine you will come up with several specific recommendations. After a general understanding of how the theory works you can begin to implement and practice appropriate drills and you can do this at home with minimal equipment. I would first watch the video, a few times if necessary and then go to it. You may not get it right at first but with daily (yes, daily) practice of only 5 to 15 minutes you will begin to see huge improvements.

I attended Kelly's Mobility Seminar in South Florida last month after becoming acquainted with his site, theories and practice and wanting to know more. Within a mere 4 weeks of returning home and implementing mobility wods in my CrossFit facility our client's performances have been through the roof. Not to mention the reduction of back, shoulder, hip and knee pain. Personally, I have PR'd (personal record) on at least 7 lifts since adopting his practices. Personal records may not be everyone's goal but I would be willing to bet that resolving aches and pains and improving the function of activities of daily living are. In addition, the mind body awareness is not lost as the focus, breath and time spent on each drill releases more than just tension in the muscles.

While Pilates and Yoga have great benefits Mobility Wods offer a unique yet highly effective route to the same destination. They ultimately enhance each other as well as your strength and conditioning program and life in general. Give it a try... it feels pretty good to set a PR!

Paula Jager CSCS and Level 1 CrossFit and CF Nutrition Certified is the owner of CrossFit Jaguar. Her exercise and nutrition programs yield life changing results

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food

Grilled Sea Bass

With Roasted Red Pepper Sauce and Broccoli Puree
(made in a pan the way the chefs do!)

INGREDIENTS

roasted red pepper sauce

- 2 red peppers
- 2 tablespoons olive oil
- 1 shallots, minced
- 3 tablespoons white wine
- 6 tablespoons chicken stock
- lemon juice, to taste
- salt & freshly ground black pepper

broccoli puree

- 1 head broccoli, about 14 ounces/390 g
- 1 leeks, washed and trimmed
- salt & freshly ground black pepper
- 1 tablespoon butter, plus more to taste
- 1 lemons, juice and zest of, to taste

grilled sea bass

- 4 (4 ounce) sea bass fillets, about 4 ounces each
- salt & freshly ground black pepper
- 1 tablespoon butter
- 1 tablespoon olive oil



DIRECTIONS

To prepare the roasted red pepper sauce: Preheat the oven to 400 degrees F. Set the peppers on a baking sheet and roast until the flesh is soft and the skin puckered, 35 to 45 minutes. Remove the peppers from the oven and put them in a bowl covered with plastic wrap. Set aside for 10 minutes to sweat. Remove the wrap, peel and seed the peppers. Cut the flesh into pieces and set aside.

Heat the oil in a saute pan. Add the shallot and cook until soft. Deglaze with white wine and cook 1 minute. Add the stock and the cooked red pepper. Cook 5 minutes. Cool slightly, and puree in the blender. Season with lemon juice, salt, and pepper, and transfer to a small saucepan to reheat in a few minutes.

To make the broccoli puree: Bring a pot of water to a boil. Cut the florets off the broccoli stem in even sizes. Peel the stem and thinly slice. Slice the leek into rings and rinse well.

Salt the boiling water, as for pasta, and add the broccoli and leek. Cook until very tender, about 10 minutes. Drain. Drop in the butter and puree with an immersion blender. Taste and adjust the salt. Add pepper, lemon juice and lemon zest, to taste. Serve the broccoli puree hot as a bed for fish.

To prepare the fish: Season the filets with salt and pepper. Heat the butter and oil in a skillet. Fry on both sides until golden and cooked through, about 4 minutes per side. Serve on a bed of broccoli puree with red pepper sauce alongside.

For the plate: Add a spoonful of broccoli puree to a plate and top it with the fish. Swirl the red pepper sauce around the plate and enjoy!

Low fat Raspberry Souffle

Ingredients

- 2/3 cup(s) seedless raspberry spreadable fruit, (no-sugar-added jam)
- 1 tablespoon(s) fresh lemon juice
- 4 large (1/2 cup) egg whites
- 1/2 teaspoon(s) cream of tartar
- 1 teaspoon(s) vanilla extract
- 2 tablespoon(s) sugar



Directions

1. Preheat oven to 375 degrees F. In large bowl, with wire whisk, beat raspberry fruit spread with lemon juice; set aside.
2. In small bowl, with mixer at high speed, beat egg whites and cream of tartar until whites begin to mound. Beat in vanilla. Gradually add sugar, beating until sugar dissolves and whites stand in stiff peaks when beaters are lifted.
3. With rubber spatula, fold one-third of whites into raspberry mixture until well-blended, then fold in remaining whites. Spoon mixture into 1 1/2-quart soufflé dish; gently spread evenly.
4. Bake 15 to 18 minutes or until soufflé is puffed and lightly browned. Serve immediately.

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country girl fitness model



By Steve Shaw

What keeps you motivated?

I have a number of things that keep me motivated to stay in shape. About 4 years ago I was overweight. At first, I made the wrong choices to lose weight. After ending up in the hospital weighing a scary 98 lbs I decided that I would commit my life to a balance of nutrition and weight training and have not looked back since. When looking at pictures and comparing them from then and now, I am still amazed at how far I've come in such little time. I think that alone is more motivating than anything.

Another thing that really keeps me going is people who come to me for advice, whether they are going through the same thing I did or they just need that extra push to live a healthier life. My family is also very motivating for me, they support my lifestyle 100 percent and anytime I am in a rut they are right there to push me through it.

What does your current training and split look like, and what do you like most about it?

Right now I am finding a lot of success with the current workout program I am on. I am weight training a different muscle group each day (lifting heavy) with little rest in between sets. Instead of just doing 3 sets of each exercise I am doing 4, starting with higher reps and working down to lower reps. I can feel myself getting stronger, haha!

I try to make it a point to switch my workouts up every 6-8 weeks, or as soon as I find myself just going through the motions. If my mind starts getting bored with the workout then so do my muscles and that means that it's time to switch it up! I believe it is important to do this in order to help keep from hitting a plateau.

What are some of the most common mistakes made when someone is trying to build muscle and/or get ripped?

A common mistake (one that I am guilty of as well) is too much cardio. In the past I would do about an hour a day of cardio along with my weight training 6 days a week. I am already pretty tiny as it is and have trouble gaining muscle size so this was in no way beneficial to me. So with that being said, I have lowered my cardio tremendously! I am only doing 20-30 minutes of low intensity cardio 2 to 3 times a week and I usually do it right after my workouts. Needless to say, I've noticed a huge difference in muscle gains, and I am still lean.

Another common mistake is not stretching before your workout. Stretching is extremely important to prevent injuries during weight training. I would have to say about 95 percent of people that I see walk into the gym go directly into their weight training without any type of warm up or stretching. Other than preventing injury, stretching will also help aid in muscle recovery and soreness/stiffness after a workout.

Do you have any gym, muscle building or

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.

JENNA RENEE

talks with muscle and strength

fitness pet peeves?

Oh I have tons of gym pet peeves! People leaving 10 plates on the leg press machine after they are finished using it would have to be one of my biggest...It's a pain in the butt for people (especially us girls) to have to go through an entire lifting routine in order to start our own workout. Also if I'm in the middle of a set and you try having a conversation with me (especially when I have headphones on) don't be surprised if my reaction isn't a pleasant one. ;)

How do you prepare meals? Do you cook daily or cook for the week?

I prefer to cook twice a week in bulk. Usually Sunday and Thursday night. If I don't do this and I'm not prepared then I find that I'm more likely to eat something I'm not supposed to, or even skip a meal so I make it a point to prep ahead of time. A couple favorites would be lean ground beef or ground bison sautéed with onions and a couple tomatoes with chili seasoning (my fiancé makes this for me and it's amazing!). Then I just portion it out and use Ezekiel wraps, and spinach.

Also I always grill or bake a bag of the frozen chicken breasts and throw them in the fridge. Another favorite is tilapia tacos. I sauté or bake a few tilapia filets, mix in some salsa and lemon and spinach and eat them just like that or with Ezekiel wraps. I love cooking so this is the perfect lifestyle for me!

What are your favorite cheat meals and foods?

I typically stay pretty strict on my diet; however, after a photo shoot I will splurge (sometimes). So, since I am a dessert kind of girl I'd have to say my favorites would be donuts, cupcakes, ice cream, cupcakes and cookies. And my favorite cookies are the sugar cookies with sprinkles from Publix! They are seriously to die for. And look! I said cupcakes twice!

What are some of your best diet, nutrition and supplementation tips for someone who just wants to look good and ripped, but doesn't want to compete?

It is all about dedication. Eating clean and knowing when and what to eat at the right time in the day. Also, it's important that you don't get too caught up in what those athletes look like on stage. To be like that year round would not be healthy. There's a lot of dieting and extreme dedication that goes into that, and they only look like that for about 1 maybe 2 days. So for a maintenance year round diet, you just want to make sure you are giving your body the nutrients that it needs in order to grow muscle and to maintain that



muscle. The more muscle you have, the more fat you will burn.

It's also important to make sure you're eating every 2 to 3 hours which will keep your metabolism burning like a furnace! That way your body is on a schedule and constantly burns what you're eating, rather than storing it. When you're eating 1 to 2 meals a day, or if you are skipping meals this will put your body in a fasting mode which will actually break down your muscle tissue. Instead of constantly burning the food as energy your body will in turn store it as fat because it doesn't know when the next time it will be fed.

What are your thoughts of niche diet approaches like the Paleo diet, Adkins diet, keto runs, the Warrior Diet, intermittent fasting, etc.?

Don't waste your time! Your body needs proteins, fats, and carbohydrates to function properly. For any diet to say you need to rid one completely of your diet to lose weight is not healthy, nor is it necessary. As long as you are getting these in the correct amounts and at the right times, there is no need for any of these diets. Fitness and clean eating is a lifestyle and should be an everyday awareness, not a two week crash to lose 10 pounds while potentially damaging your body and feeling like crap in the process.

Workout music - Don't care, or MP3 player?

My MP3 player is a necessity in the gym! I've gotta have it. On my playlist you can find everything

from Lil Wayne, Eminem, Nelly, Lady Gaga, Britney Spears, Justin Timberlake to As I Lay Dying, Killswitch Engage, Darkest Hour, Through the Eyes of the Dead, Project 86, Lamb of God, It dies Today.... and a lot more. I love my music!

If you could be one athlete or person for a day, who would it be and why?

A couple years ago had you asked me this question I would have replied with a list of different names. I look up to a number of different athletes; however, I, for once in my life, can honestly say I am 100 percent happy with who I am. So don't take that in the wrong way, but it really is a great feeling to know who you are and how hard you worked to get there.

If someone wants to connect with you, where can you be found?

You can visit my website at www.jennareneefit.com.

Favorite activities and hobbies you enjoy when away from the gym?

I grew up riding horses, so any chance I get, I am out riding my horses! I also love traveling and camping. I am very outdoorsy, love hiking, skiing, fishing, and anything outside.

Which college or professional sports teams do you follow?

New Orleans Saints...Boston Red Sox...gotta support my Orlando Magic, but I love the Celtics too!

SUPERMODEL SUCCESS FOR PHOTOSHOOTS

A new supermodel is born! Is getting in front of a skilled camera lens all it takes? Not! There was a time when every supermodel was in the making. The hidden story that led to success is behind the scenes where real detailed focus comes in to pay off big time. There is no substitute for preparation. If any supermodel was discovered with just a camera phone 'a la natural' it is in pretend land.

By: Brenda Michiko Kelly

Book a Photographer

Quality matters here. A great photographer really can launch your career if you do your part. All photos are not the same and shooting a lot of pictures with mediocre photographers just gets you a lot of mediocre photos. Introduce yourself to local photographers and alert any out of town photographers when you are travelling. Let them know you are ready to shoot! Remember to give proper photography credit.



Practice Modeling Expression

Extension of self is a different feeling in front of the camera. There will be positions and expressions your photographer will like and want you to hold. The end result can be the shot you were looking for so learn to breathe during a pose while holding your expression steady and stomach in with an effortless type feel.

Facial expression? Check. Have you practiced in the mirror yet? Good. Keep it up. I like to use the vowels. Aaey. Eeei, Ayee, Ohhw, Uuuw. Practice keeping your lips in a relaxed smile with different expressions saying the vowels slowly. You will want to have many different

expressions not just one or two. Have some key memories to think of when needing inspiration. More mirror practice - poses that are standing, kneeling and lying down.

Hands and fingers matter! You can spot an amateur model by the unaware hand 'claw' marring an otherwise beautiful photo. Make sure your fingers are extended and relaxed. Where is your thumb? Put it with the rest of your hand.



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Skin Prep

For a glowing body complexion in front of the camera without Photoshop, exfoliate! Skin cells are fresh for 3 days before they slough off so for best results, scrub, spray tan and moisturize - all the 3 days before. Don't forget your feet! If they will be out, get a pedicure or do one yourself.

Wardrobe

Choose 5-10 different set up looks. A full day of shooting is usually a 3-5+ set up plan. If you don't have a stylist you can become your own with some help and input from your photographer. Find out your backdrop, lighting and figure this into your color schemes and themes. Accessorize with the rule of 3. Find 3 things that go with the 'shot' wardrobe. You can always ditch any accessory during the shoot if it doesn't work in. I like to have more than one option of them and choose with my photographer on the day of.



Make-Up Please!

Hair and Make-Up can make or break your best shot. Outstanding artists can truly make a beautiful complexion and hair pieces look perfect for shoot durations so do look into a pro for the job. I do know models who can do their own make-up and hair more beautifully than any one else but that is pretty rare. Most need help or at least practice before an outstanding shoot.

Guys: Yes, you will wear make-up. It's OK. It washes off. Some foundation, lip color or clear gloss, sometimes blush and some eyeliner are called for. Ask a girl who you trust for help with an opinion if you are not sure.

DURING YOUR SHOOT:

Start your shoot with the most 'natural' or low key of your set up looks and build to your most dramatic makeup or any super oily or wet set ups.

Blood Sugar and Hydration

Prepare a couple of grab and eat things that will work for your dietary needs for some hours. Even if it is just coffee and raw nuts...avoid end of the shoot droop. It will show in your photos. Energy swings can lead to mood swings which have no place at your shoot.

Nudity Guidelines

No one will force you to pose nude. This is a personal choice of each individual model. Trust in your photographer is essential.

Do realize you are in a 'Body' industry if you are interested in fitness modeling for a career.

Don't shoot photos you won't want to see on the web in five years.

All Model Alert

Be careful and watch out for bogus photoshoot projects or other projects someone offers just to hit on you.

Have a great shoot! One of these very images may be the 'shot' that catapults you straight to physique Supermodel status.

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By: Pz Hopkins

LIFE IS *FLEETING* ...

live it.
don't miss it.

The other night while surfing the channels, I stumbled upon the Michael Jackson 30th Anniversary Special. There was Michael singing and dancing and moon-walking his way across the stage as only he could do. He had long ago been crowned the King of Pop—music royalty. As the camera panned the audience and caught the actions and reactions of the legions of screaming fans, there, in the front row, was Elizabeth Taylor, clapping, and smiling and going crazy along with the rest of Madison Square Garden. Elizabeth Taylor had long ago been given the honor of Dame but most would consider her the Queen of Hollywood—our American royalty. The irony of this show was it took place in New York as a series of two concerts on September 7th and 10th of 2001, and wrapped up mere hours before the planes crashed into the Twin Towers just a short distance away in Lower Manhattan.

Without warning I felt a wave of sadness wash over me. The reality struck home. Michael is gone, Elizabeth is gone, and all those lives from the World Trade Center are gone. These are lives that left us much too soon. It also was a reminder of the up-coming Royal wedding on April 29th. This involves the British monarch and its royalty. Prince William and his lovely Catherine 'Kate' Middleton will walk down the aisle where his mother, Princess Diana, once had with his father, Prince Charles. Alas, Princess Diana won't be there to witness her son's glorious day. Like Michael and Elizabeth, Diana is gone too, and, much too soon.

So you have a King and a Queen and a Princess, no longer here with us on this Earth plane. Although each, in his and her own way, made their extraordinary mark on having lived, one can only imagine what else might have been. Michael would have completed his "THIS IS IT" comeback tour. Elizabeth would have raised more money and awareness for AIDS. Diana would have continued on with her causes and her influence and maybe even found the true love and happiness that seemed to elude her. Then, all the many lives of those in the World Trade Center—untold story after story of what could have or should have or would have been. But the good news is we did have them, all of them, for a time, and the world was a different place for having

them in it. I'm sure if you'd asked if they were ready to leave they would have told you no, not just yet. They were here one day and not the next. That's the same for us all. I say these things not to make you upset or sad. Death is not a topic that is ever easy. It is a topic, however, worth acknowledging. That's because it's part of life—my life, your life, everybody's life. Just like in *Meet Joe Black* where Brad Pitt declares, "Death and taxes"—two things we can't avoid. Taxes aside, he's right on the other. Nobody does get out alive. Life is funny that way. We're all treated the same in that regard—sort of one size fits all.

Today is the day we have. We don't have yesterday and we don't have tomorrow. We only have now, the moment, this very precise place and space in time.

Some of us never quite think about life in those terms. We think we're invincible or untouchable and have forever on our side. Age isn't a guarantee. Money isn't a guarantee. Beauty isn't a guarantee. Health isn't a guarantee. There are no guarantees for any of us when it comes to this life—when it comes to our life. Life is fleeting. We have the designated time we have, and we have to choose how we live and what we do with that limited time while it's still ours.



PZ'S POINTERS ON LIVING WHILE YOU'RE HERE . . .

Discover what you are meant to do

If you ask some people what they are meant to do—their best case scenario—they could probably tell you. It might be to sing or dance or entertain or heal or help or lead or build or invent or concoct or cook. It could be something lofty and grand or something simple and ordinary. I am meant to write and educate and empower. I am as sure of that as I am that my eyes are brown. Other people have never figured out exactly what it is they've been put on this earth to accomplish. Some people honestly don't know. What about you? Do you know?

After the game, the king and the pawn go into the same box.
~Italian Proverb

Can you answer this question in clear terms? If you can, great, that's half the battle. If you can't, you had better get about the serious business of sorting it out. Get to the bottom of what you are meant to do and your life will stand a better chance of traveling in that direction.

Determine who you are meant to be

What you do isn't who you are. Tiger Woods is an athlete. Tiger Woods is a golfer. No, Tiger Woods is a great golfer. He is currently working on his game and rebuilding his swing. Tiger Woods is also working on his image and rebuilding his reputation. The image and reputation are components of who Tiger Woods, the man, really is. He went a long way in destroying that image by his personal behavior. In the end, his game did suffer. Think of it like this . . . he could still be a great golfer and not necessarily a good person or he could become a well respected and revered person which could spill over into the rest of what he does as a golfer. In Tiger's case, I feel he's still trying to figure out who he is. We're all, to some extent, a work in progress. Some of us have just a little more work to tackle and a little more progress to go out in front of us. Remember, who you are means everything when it comes to how you do what you do!

Decide to Give Your Best to What You Do Best

You might be the most brilliant scientific mind since Einstein, yet you're working on computers rather than working on a cure for cancer. You might be the best pitcher to ever throw a baseball since Roger Clemens, but you don't practice and you're drinking too much with the wrong crowd. If you know what you can do best than you owe it to yourself and to the world to pursue it and give it your best shot. So many gifted and talented people never live their true or full life potential because they don't go after excelling in their craft or are too lazy or complacent to maximize their ability. It's never too late. Don't let anybody get in the way of you being the best you. Surround yourself with people who support you and cheer for you to thrive. Support others in the same fashion. Encourage others to take risks and tap into all their palpable possibilities.

Head fear off in your head

We paint pictures in our heads of the way we think things are. If those pictures are based on fear the outcome will be less than a pleasant or positive one. Living with worry and insecurity and anxiety and unworthiness doesn't make for a happy, healthy, purposeful life. We have been conditioned to accept fear. We expect it to be there. It, therefore, takes our power away and makes us weak so we end up making poor choices and dreadful decisions. Plant positive seeds in your head and in your heart to draw from when you need reinforcements. Paint pictures in your head and visualize the way you want things to be. You are what you think. Live your life with thoughts as if the whole world can read them too.

Leaving your mark requires meaningful action

Life can be hard. Right now it's hard for a lot of folks who don't deserve what they're in. You could be one of those folks. Even though there are no magic bullets or potions to provide all the answers or all the fixes, find the good in everything. Make sure everything and everyone you touch is better in some small or meaningful way. Don't just go through the motions. Don't succumb to negative people or negative forces. Through the good and the bad remain confident. Show and share your positive energy. Let others see that even when your back is against the wall, you'll find a way out. You're here for a reason. You're meant to be meaningful. The world should be the full recipient of the marvel of you.

Lift a glass in celebration

One thing I know for sure is nobody has the inside track on how long their stay on this earth will last. We come when we come. We go when we go. I happen to believe we all have our own unique grand plan—our very own distinct destiny. For that alone, and for the privilege of being given this opportunity called life, we should lift a glass in celebration. Appreciate each other now and not wait for when we're gone like Michael Jackson or Elizabeth Taylor or Princess Diana or those lost in the World Trade Center to finally show your gratitude. Help someone now while it can matter most. Use your power. Use your influence. Use whatever you have in your expert arsenal to lend a hand. Give someone something to celebrate.

You May Not Be a King or a Queen or even a Princess, but you are the exact you the world needs. Your life and your contributions have just as much value and impact as any other human being from any other walk of life. At the end of the day, if you've done your best with the hand you've been dealt, that's all you can ask of yourself and that's all the world can ask of you. For as long as you're here, and the world is blessed with you and your gifts, make your life a life that counts. Life is fleeting. It goes by in a blink and if you blink you'll miss it. You don't want to miss it! This IS it!

PZ Hopkins is motivational writer and Personal Power Educator in 'All Things Relationships.'

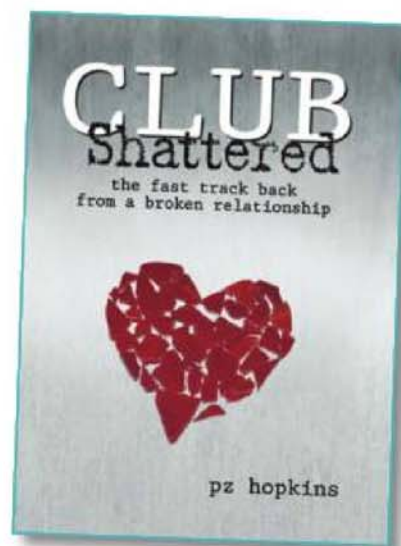
Her book *Club Shattered: the fast track back from a broken relationship* is available.

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."

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COLLEGE LIFE

Rob Bouchard, COLLEGE STUDENT



Rob Bouchard

"For changes to be of any true value, they've got to be lasting and consistent." Tony Robbins

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

THE HIERARCHY FOR SUCCESS

part 2 of 2

I got stopped the other day in the gym by a gentleman who read my article, he greeted me and then began by saying "Ok, Ok, I get it Rob, I need to drink lots of water, schedule in some gym time and eat frequently. But seriously, what else do I have to do to lose weight?"

The truth of the matter is that until you tackle these three things on a consistent basis, you should not be moving forward. Think of it like trying to ride a bike before you put on the wheels, you just won't go very far. However, once these first three tiers of the fitness success hierarchy are completed on a regular basis, you are more than ready to tackle the final three tiers.

The fourth tier consists of protein consumption. Physically active people like ourselves need to consume a higher amount of protein than the average individual. More importantly, we need to ensure that this protein is evenly distributed throughout the day in the small frequent meals that we consume (see level two in last month's issue). This does several things for our body, but the most important is that it keeps a constant flow of amino acids in our bloodstream. By doing so, this ensures that our muscles are protected against being broken down and they can be repaired when need be.

FIT TIP: Consume at least 1g of protein per pound of bodyweight. By doing so you provide your body with the essential building blocks that it requires to build muscle. If your goal is to lose weight, remember that muscle is your friend, by keeping muscle on your frame, you are giving yourself a higher caloric allowance which in turn means you can eat more food.

The fifth tier specialises in carbohydrate consumption. Carbs are your friend, in effect, they are your bodies preferred source of fuel. They can also be your enemy if taken at the wrong time. Simply put, if you are going to be moving, exercising, running, you need carbs. However, if you are sleeping, sitting on a couch, you need less. If you think that carbs equal energy and make a conscious effort to only consume them when you are active, you will be headed in the right direction.

FIT TIP: Schedule your favourite carb foods right after the gym so you can still enjoy them. By doing so you give yourself a treat for a job well done working out and you are giving your body what it needs, energy to replace the energy you just lost. Just be sure that these sources are not full of fat! This is because fat slows the absorption rate of carbohydrates and your goal post workout is to get those carbs in you asap.

The final level of our hierarchy is supplementation. I am aware that many people place supplementation way up on their list of musts, but the truth is until you get all the lower levels complete, supplements simply won't make that big of a difference. In reality, supplements only represent one tenth of your fitness success.

FIT TIP: Once you are succeeding on every other level of this hierarchy, then feel free to go supplement shopping. I would stay with the proven winners that have lasted the test of time such as creatine and l-glutamine. Keep it simple, once you go down the supplement road, you often find yourself lost. A good starting point is 5g of creatine and l-glutamine before and after your workout.

This concludes the hierarchy for fitness success. Remember that you need to build your success from the ground up, otherwise like a deck of cards, it is more likely to come tumbling down. If you want a sure fire way to keep on top of your hierarchy, send me an e-mail and I'll send you a simple spreadsheet for you to keep track of your daily success so that you can make sure you are completing each level.



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** (*Nytro 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, Metabolol*)
- **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

ALLISON

A Weight Lost Transformation

Written By: Carolina Gonzalez - Photography by: Carolina Gonzalez

Currently, there are hundreds of successful stories about people who had decided to transform their overweight bodies into fit, athletic and healthier ones; some people manage to keep the weight off, and others achieve success only for a couple of weeks before putting the pounds back on. But Allison Earnst's story is one full of empowerment, motivation and tenacity. Allison has managed to keep her 'new' weight and inspire others with her hard work, knowledge and friendliness.

Allison's weight lost journey started six months after giving birth to her third child. Lack of energy and exhaustion were some of the main reasons she decided that she needed a change. But those who are parents or take care of infants and babies might relate to the tiredness and think that adding more activities to the 'to do list' is just crazy; but as crazy as it sounds, it works!

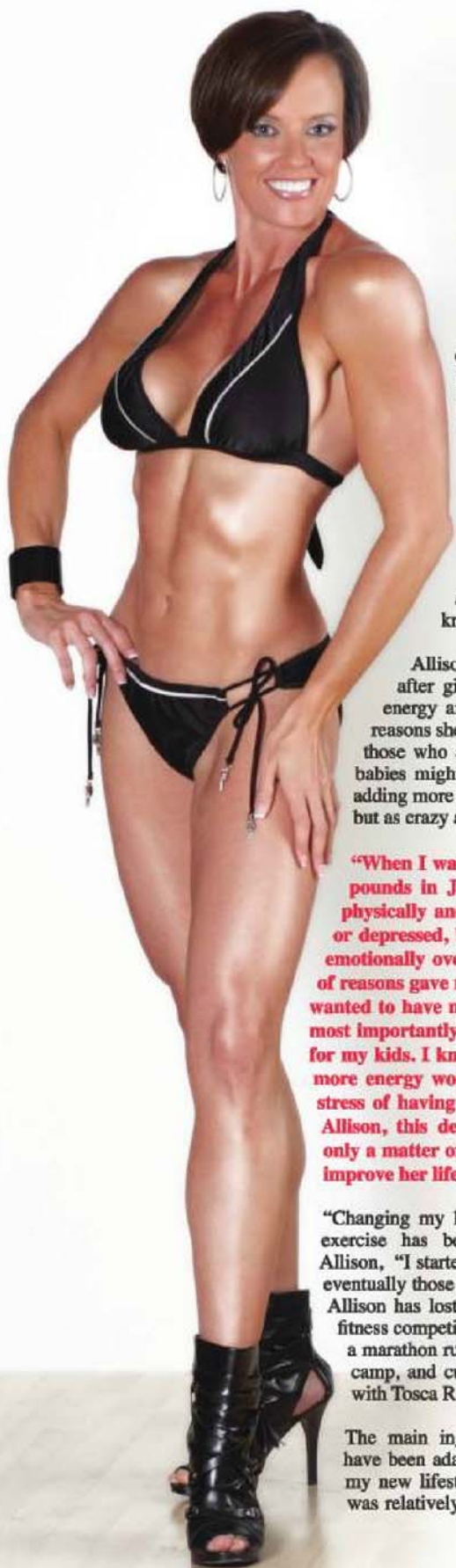
"When I was overweight and reached nearly 200 pounds in June of 2007," said Allison, "I was physically and mentally exhausted; I was not sad or depressed, but I was lacking patience and I felt emotionally overwhelmed. Suddenly, a combination of reasons gave me the final push to change my life. I wanted to have more energy, I wanted a fit body, but most importantly I wanted to be a healthy role model for my kids. I knew that getting healthier and having more energy would naturally help me deal with the stress of having three very young children." So, for Allison, this decision to change her body was not only a matter of pounds, but also a new mentality to improve her life.

"Changing my lifestyle with a clean diet and regular exercise has been an ongoing process," explained Allison, "I started slowly by making small changes and eventually those small changes added up to big results." Allison has lost nearly 70 pounds, has participated in fitness competitions, she is an NPC Bikini Competitor, a marathon runner, a class instructor for Ladies Boot camp, and currently she is 130 pounds, and works with Tosca Reno and the 'Eat Clean Diet' program.

The main ingredients for Allison's transformation have been adaptation and consistency. "Adapting to my new lifestyle when it came to diet and exercise was relatively simple because I made small changes

and I did it gradually; but most importantly, I stuck to those changes. I believe that when someone tries to do a complete transformation overnight, it gets overwhelming; because what is being transformed or modified is the lifestyle and not just the body, therefore, their lives."

According to Allison, eating right and exercising have the power to also modify the mind and the way we deal with things. "Working out, for example, makes me feel happier, stronger and empowered; and it has become a positive outlet for things that stress me out. Also, by training and reaching my goals, I remind myself that I am worthy of all the things I want from life."



EARNST

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Allison, continuously motivate herself by setting small goals, by surrounding herself with positive and supportive people, and by avoiding self-pity. "I have learned that when I slip up, have had a bad meal or have missed a workout, the only thing for me to do is to jump right back into being healthier. We all can make bad choices sometimes; but the key is to not beat oneself up with the mistake but rather learn from it and move on."

AGE: 36 years young
WEIGHT: 130 pounds
HEIGHT: 5'6"

As Allison says, "the journey to a complete body transformation is full of ups and a few downs; it is a process with good days and bad days; but overall, it is a process that changes all aspects of one's life for the better." "The best advice I can give to someone who wants to change their life is to just go for it. Get started today, get your mind set, get motivated, don't wait for 'everything' to be perfect in order to feel successful, enjoy the journey, and when feeling defeated, remind yourself that the best choice is to keep on keeping on!"

Allison's Recommendations:

Use the resources around you!

There are hundreds of books, videos, and tools that you can incorporate and utilize to transform your body, diet and mind. Allison is following The Eat Clean Diet program.

Surround yourself with supportive people!

Personal trainers, couches, and gym buddies are cool examples. Allison works daily with John Di Fede. A speed, strength and agility coach. "He has taught me how to really challenge myself and take my training to the next level. At this stage I am maintaining weight loss while building lean muscle."

Find the time to exercise, even if it is only a few minutes a day!

"My favorite exercises are compound movements that work the most muscles in the smallest amount of time. Movements like squats with dumb bells into a shoulder press or walking lunges with a barbell."

Read Allison's blog!

Allison took her personal transformation by the horns, and took the time not just to go the gym and follow a diet list. She took the time to educate herself about nutrition and proper training; that is why she has been featured in programs like Good Morning America and other respected magazines and TV shows. Visit: www.allison-livinthe goodlife.blogspot.com

Written by Carolina Gonzalez - carolina@axisdzn.com
Photography by Carolina Gonzalez



Weight Management

& Key ways of Training for Muscle Growth & Definition!

Everybody would like to reach the body of their dreams, but in the Health & Fitness industry the knowledge, passion, and consistency will bring you the results you wish to achieve. Let's begin by explaining a few key facts that you should know that will help you during your fitness journey. Weight management while training is one of the main aspects to keep in mind, the reason is because there is a variety of work outs that can help you get stronger, give you a solid definition, strength and overall body wellness.

Moving on, here are some of the ways that you could train with weights that will help you during your work outs to obtain nothing but the best results, as I will be explaining each and one of this factors for you to try and improve your physique to another level.

By: John Carter

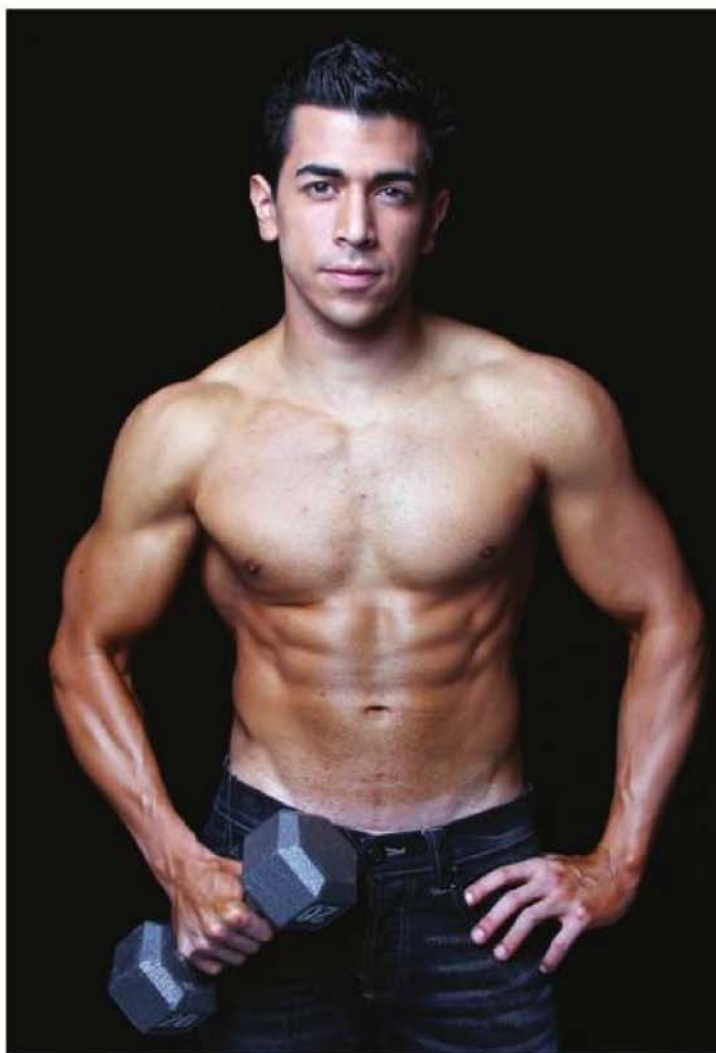
WEIGHT MANAGEMENT:

Light Weight: Believe it or not, light weight is one of the best work outs to do, many people are afraid to lift light in front of others because it makes it seem that they aren't "strong enough" to lift the heavy weights, my number one advice for you is to get that thought out of your head and focus on lifting and improving your physique. Lifting light weight will help you obtain great body definition, and stamina. What is the cool thing about lifting light weight? That you can target those deep tissue muscles in every angle when doing an exercise. It is a very popular and effective work out routine.

Light Weight Example: Pick up the weight you would like to lift, then focus on lifting between 15-20 Reps for your first set, then after your first set you could increase to 25 reps max and sets of 4, always make sure that your form is correct. When doing the exercises, you will be able to feel strength kicking in, the pump and vascularity will come into place as well. A lot of weight, isn't always better.

Heavy Weight: Heavy weight tends to be everyone's favorite way to train, but they don't focus on lifting heavy with the correct form, the most important aspect while training with heavy weight is your form, if you avoid training heavy with the correct form you are in risk of the following: Injuries & not getting any results, as I mentioned before, a lot of weight is always better. The number one priority is your safety. What is the advantage of lifting heavy? It will develop your strength, power and endurance as you progressively get used to heavier weights.

Heavy Weight Example: While training heavy, follow this tips that will help you maximise your results, pump and muscle growth. Always use a spotter while training heavy for safety and for the extra support you might need while pushing for extra reps. Always focus



on your technique by pushing the weight in control. The reps while doing heavy can be the following, between 8 and 12 and sets of 5.

What happens when you lift heavy using a SLOPPY technique?

Injuries

Tear ligaments / joints

Not doing the exercise the right way

NO Results

KEY WAYS OF TRAINING

Muscle Failure: Muscle Failure work-outs are definitely one of the most intense ways of training yet very effective. Many people tend to follow this routine to improve their strength, stamina, and muscle growth. Muscle failure consist of using light weights and doing a series of reps until you are unable to do anymore. Keep in mind that warming up before this intense work out it's recommended. This work out works for guys and girls, the benefit of doing this work out is that you will be able to move up to use heavy weight in no time.

Drop Sets: Drop sets is another great work out that will help you obtain solid muscle growth, definition and stamina. Drop sets consist of using a certain amount of weight, then decreasing the weight for 4 sets. For example, while doing a bicep work out, you start with 45's, then you drop to 35, then you drop to 25's. The number of reps may change depending what you would like to do, usually sticking to the same amount of reps you started with will it's recommended to not overtrain the muscle.

One Body Part: Training one body part each day is one of the most effective work out plans while training. It is your choice on how many body parts you would like to train, but focusing in one body part will allow you to maximise your pump, growth, definition and targeting those hidden muscles that you have

not worked on before.

In conclusion, this key essential way of training will help you develop and reach the body of your dreams, always focus on your technique, the results will come. Being sensible about the weight you lift will avoid any injuries. **TRAIN SMART & HARD!**

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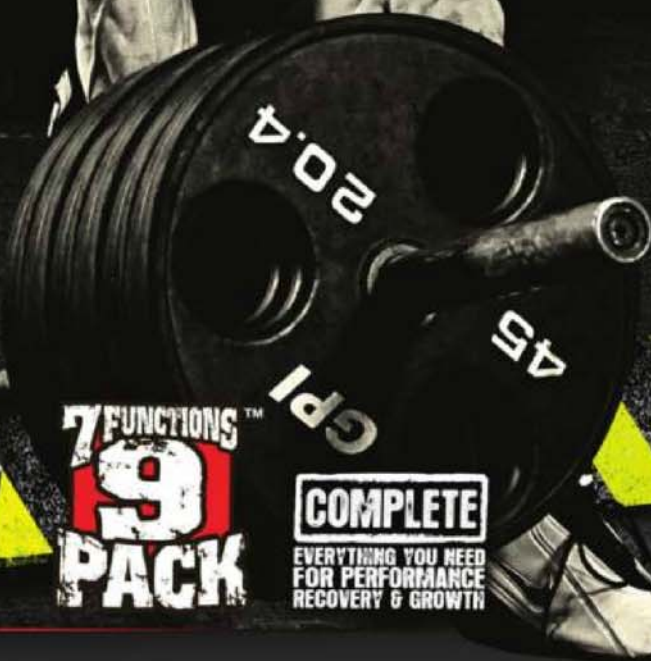
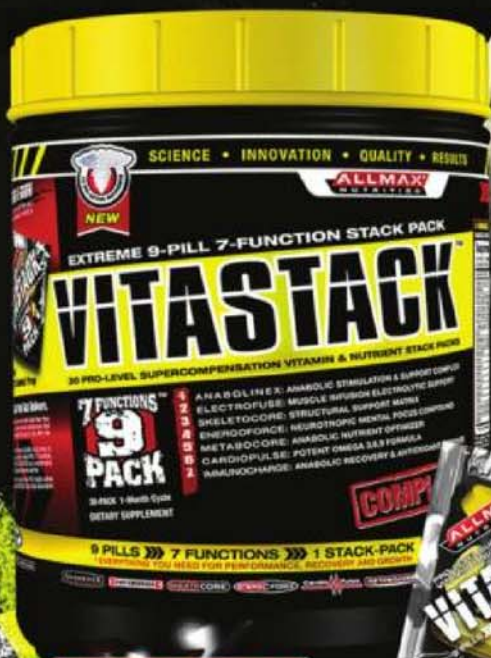
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