

NATURAL MUSCLE MAGAZINE

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JUNE 2011

**Do YOU Have
a Game Plan
POST SHOW?**

**3 BEASTLY
BENCH PRESSING
TIPS**

Bikini America

**FIX DISPROPORTIONATE
MUSCLE GROWTH**

FURRY FITNESS
keeping our furry
friends healthy, too!

**On the cover
KRISSY CHIN**
2x IFBB Figure Olympian

**Menopause
Weight Gain**
INEVITABLE OR PREVENTABLE?

GIDDY UP, SADDLE DOWN
targeting and toning your
thighs, rear and hips

**great
recipes!**



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!*

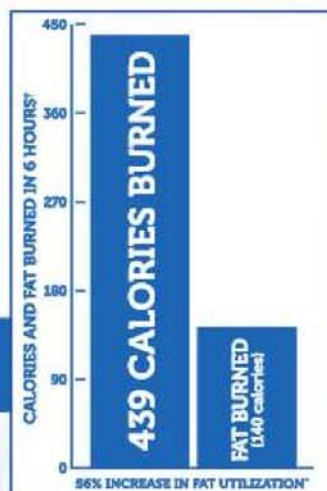
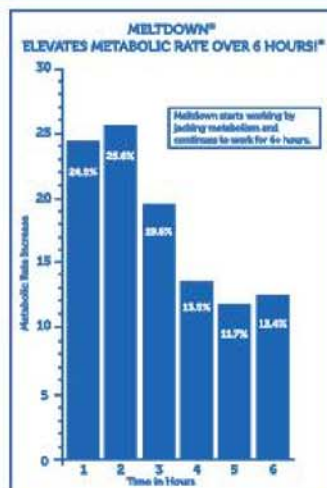
One University Study graph shows you that just three MELTDOWN capsules increases metabolic rate 972% greater than 20 mg of Ephedrine! This is important because before ephedrine-based fat burners were banned, these were the most powerful weight loss agents available. Meltdown is the world's only fat burner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

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- 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!

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*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. *Rashid S et al. Thermogenic effect of Meltdown RTD™ energy supplement in young healthy college women. 2009 International Society of Sports Nutrition Conference and Expo, New Orleans, LA, USA, 14-15 June 2009. Journal of the International Society of Sports Nutrition 2009; 6(Suppl 1):P900.10.1186/1550-2783-6-S1-P9.

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22 lbs.
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STONY BROOK, NY 11790

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motivation is my brush

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and make no excuses

I turn heads

and hold my head high

I have no bad angles

I am confident in every light

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because in the gym,

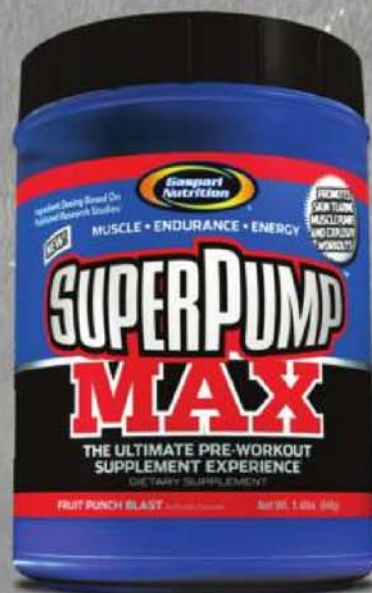
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I TRAIN WITH
MAX
DO YOU?
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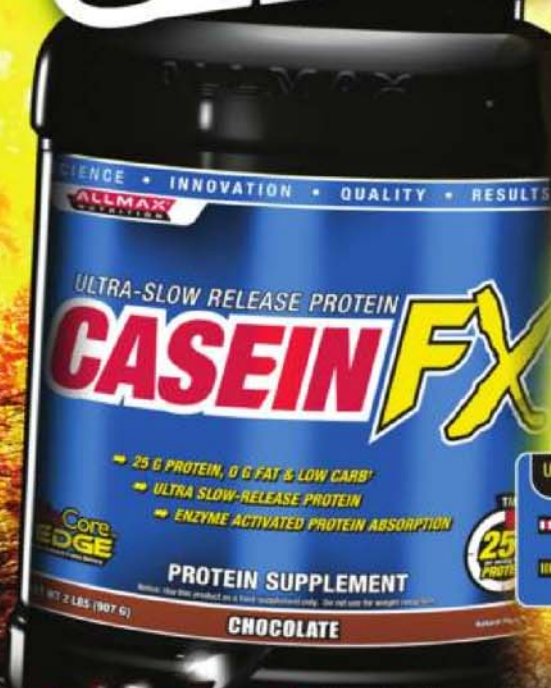
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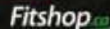
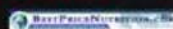
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FEED YOUR MUSCLES!

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Krissy Chin

Photography by Eva Simon.com

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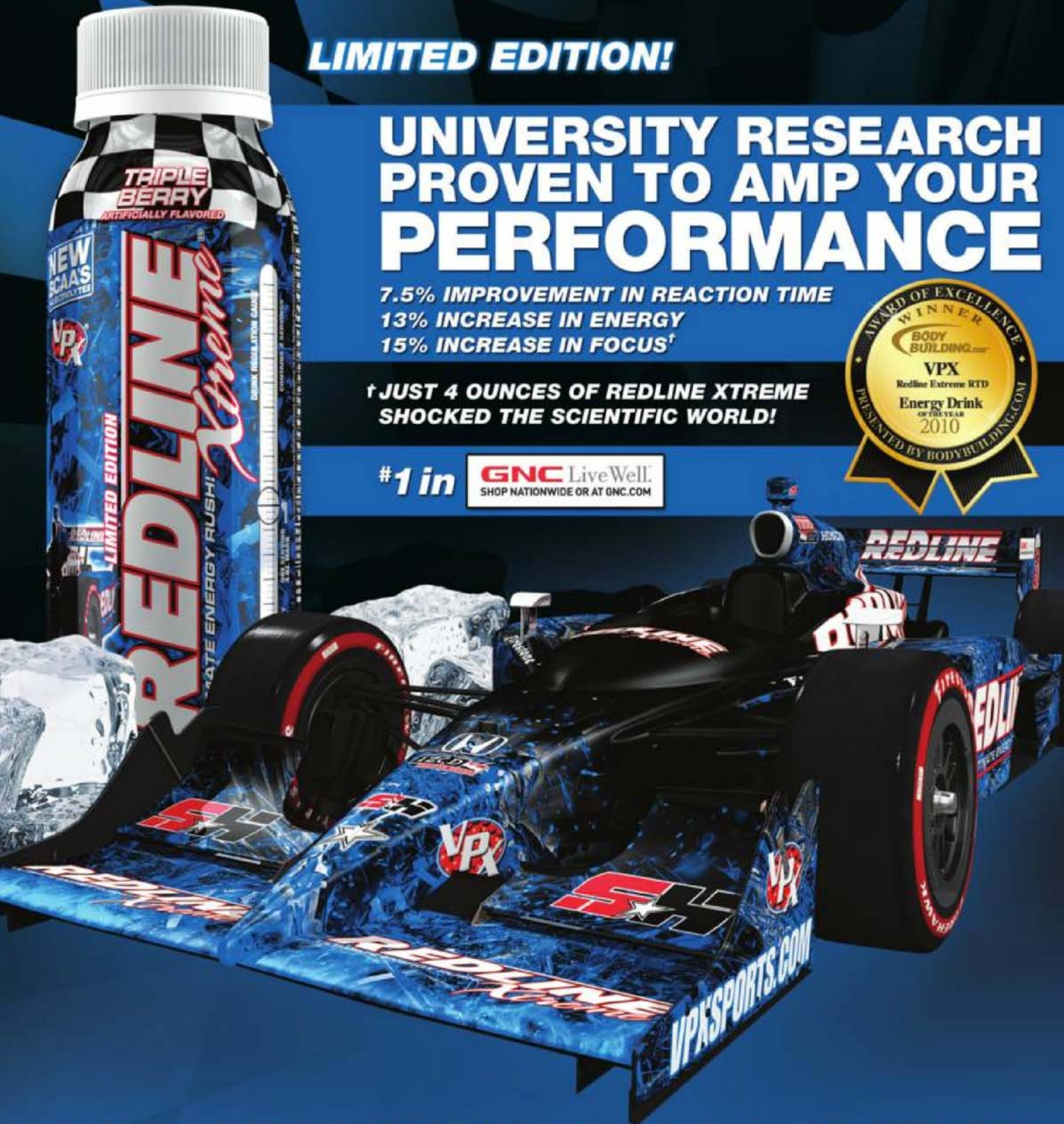
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Erin Stern

Erin Stern
2010 Figure Olympia Champion
Team Dymatize



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my two cents

Debbie (Willow) Baigrie



Find a Job you Love and Never Work a Day in your Life, part deux.

I know I've written about this before.

I look forward to sitting at my desk every morning. It rarely feels like it's a job. I am very lucky.

I just got off the phone with a gentleman who had heard rave reviews about the magazine and was interested in having us do a free write up about his amazing new product. I listened as he went on about how even a "major" magazine just did a free write up. He continued on about his product, "nothing like it, everyone loves it!"

I politely explained that as a free magazine we are not in a position to give free product write ups to non advertisers. He persisted ... and persisted. I stood my ground. I offered him a good rate on ad space. As a free magazine, the editorial pages are not paid for by the consumer, it is paid for by the magazine. Simple enough ..

At this point, he was mad and I mean MAD! He went on to declare all the magazines 'full of crap'.

"All the magazines just want to make money, and am in business trying to educate people. It's not about making money! Who cares about making money? All you people are just after

the mighty dollar!"

Unless he is selling his "amazing product" at cost, he is making money.

Patiently I responded, "If we allowed everyone to write about their products for free, how would we generate income to print the magazine and to pay the bills? Nonadvertising pages are dedicated to editorial content. Period."

Again ... "All you care about is money! If you need the magazine to pay your bills, you are in the wrong business."

What does that even mean, dude??

At this point, it was beyond discussion. It was pointless.

Here I sat explaining —no —justifying why I must generate an income to survive! It was ridiculous.

The most rewarding thing in life is to be able to do

what we are so passionate about AND generate an income.. We all need to pay rent, electric, etc. Why not pay for it with

income generated from what we love doing? Sounds about right to me.

We should never feel like we must *justify* making money and loving what we do, just because others may not. Making money from what we are passionate about is not 'unholy or sinister'. It is a gift! We are all here to get the very most out

"Money will buy you a fine dog, but only love can make it wag its tail"

-Richard Friedman

of life, to find our passion and follow it every day. The individuals who can make a living on it are the blessed ones, not the evil ones. That gentleman is one of the blessed ones, too. He just can't see it.

To that man who I made so angry, (or was he already angry before he called), enjoy your #@\$ life. Enjoy being able to parlay what you feel passionate about in life into a business. The rest of us are. (I hope)

Or if you prefer, I can post your company on our website, and let everyone know your products are now being sold at cost because you care. :-)

I dedicate this issue to the memory of my Mother, Marilyn.

Each day I can still hear her say, (in her Jewish voice), "Find a job you love and never work a day in your life! That's my Willow!"



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Krissy Chin BS, MSPT
IFBB PRO/Physical Therapist
2x IFBB Figure Olympian
Phot by Evasimon.com

On the cover

2x IFBB Figure Olympian

The other day, I was doing a little spring-cleaning in my office and I happened to come across a few priceless gems. One of these gems was a stage photo of me in my very 1st NPC figure competition—the 2003 Sunshine Classic. I then thought to myself, “Wow! That is where it all began!” Many people have asked me how I first got started into competing. Well, this is my story of how it all began. I was training in Florida at the time mainly to stay in shape but training was also an outlet for me. Gym time was, “MY time.” Well one day, I walked into the gym and I happened to see this flyer on the front desk. It was for the Sunshine Classic Bodybuilding, Fitness & Figure Show and yes, it peaked my curiosity.

I was very new back then. Well to be honest, I was pretty much clueless about competing and about competitions. So, I asked a couple of the trainers at the gym, “What is this bodybuilding, fitness and figure show?” Some of them had actually competed before so they were able to give me some information and details about what it was all about. Well...that very day, I decided I was just going to do it! I was going to jump into my very 1st figure competition all systems GO and I had exactly 15 days to accomplish this.

I honestly borrowed one suit from a friend and purchased another one online. I also bought a pair of clear heels and some Pro Tan and competed in that very show—the 2003 Sunshine ClassicJ. I just remember feeling so amped up and excited since this was a whole new experience for me. I can remember vividly back to that very day. They were lining my figure class up backstage and all my adrenaline and excitement gave me this natural “high.” I remember watching the ladies carefully before me on stage to see what I was supposed to do once I got called out onto the stage (yes, this is very trueJ). Reflecting back to that day, I just remember feeling so excited and just really happy. I literally was beaming on stage with a huge smile on my face and just doing my thing without a worry in the world. Well, guess what?! It was the most wonderful and enjoyable 1st competition experience for me! After it was all said and done, I placed 6th out of 15 in my 1st figure competition and I was HOOKED! Now, I was determined and on a

KRISSY CHIN

REFLECTING BACK ON MY FITNESS JOURNEY

mission to learn anything and everything that I could about the sport of figure.

That was 8 years ago. My journey as an NPC and now IFBB Pro figure competitor has been and continues to be a truly amazing one. I have met so many incredible people and friends along the way and they each have enriched my journey in their own way. To this day, I am continually learning and growing and becoming not only a better athlete but also a better person. I am truly grateful and thankful for every individual who has been a part of my humbling journey as well as for the many opportunities that I have been blessed with. Through my journey, I have been fortunate enough to be featured in various fitness magazines, supplement ads, the 2011 Powertec catalog and promotional posters, the 2009 & 2011 Status Fitness Supermodel calendars as well as others, I have also done video, radio and online interviews sharing my story and so much more. I am also currently part of some incredible and amazing Teams! I am a proud Team Gaspari Athlete, an Oddo's Pro Angel and a member of Team Pro Tan & Team Powertec. Yes, I am extremely THANKFUL!

On the competition front, I have now competed in 16 IFBB Pro shows with my best placing at the 2009 Europa Super Show where I placed 2nd. I am also very honored to have competed on the two most prestigious stages-The Olympia (2x) & The Arnold (Figure International), which I am in still in awe about! Today, I am currently prepping for the 2011 season working extremely hard and diligently with my coach Kim Oddo to bring my best package to date to that Pro stage. My 1st show of the season will be the 2011 Optimum Classic Pro Figure Show in Shreveport, La on May 20-21st. Wish me luck!

In addition to prepping for the upcoming season, I will also be making appearances on behalf of Gaspari Nutrition including Fibo in Germany! I am also currently test judging on the NPC level and working on transferring my physical therapy license to the state of California, taking physical therapy seminars, enjoying spending time with family & friends and more importantly just trying to maintain a healthy and happy balance in my life~

So many gracious people have helped me and have supported me along my journey and continue to do so today. Therefore, I personally love helping any one that I can when I am able and I love giving back to the sport!

I would like to say thank you to all of my family, friends, sponsors and fans. I appreciate and love you all tremendously!!!! I am thoroughly enjoying my journey and loving every minute of it. I truly am just so THANKFUL. For all of you reading my article, please feel free to contact me. If you happen to see me at an upcoming show, expo or just out & about, please say hi! I absolutely LOVE meeting new people. That truly is one of the best parts of the whole fitness industry & of life- Meeting & making new friends~

Wishing you all the best of health!



Recently, many newbie competitors have approached me and have contacted me asking for tips or advice for their 1st or upcoming show. Here are some of the tips/advice that I have shared:

- Do your homework-Look into the different organizations/divisions and decide where you feel you & your physique would fit best
- Attend a competition before you compete to get a good grasp on what it is all about
- Look at pictures from previous shows to give you an idea about suits/shoes/posing
- Be familiar with the current judging criteria for the division in which you are going to compete
- Note that stage color and stage make-up are VERY different than your every day tan & make-up. You have to take into consideration the stage lighting
- Give yourself ample time to prepare for the show-Typically 12-16 weeks for your 1st show. This of course depends on many factors including your current level of conditioning
- If you are looking into working with a coach/trainer- Do your research (certifications, educational background, experience, current clientele...)
- Speak with current competitors to see what advice/recommendations they can share with you
- Attend a posing/presentation workshop if you are able
- Practice, practice, practice your posing and stage presentation - IT MAKES A HUGE DIFFERENCE!
- MOST IMPORTANTLY-HAVE FUN!

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FURRY FITNESS

By IFBB Pro Marzia Prince,
photo by Walt Ostarly

www.MarziaPrince.com

As I became more educated about health and fitness with myself, I started to wonder about my pets. Are they getting enough exercise? Are they eating the right foods? I read labels for myself all the time, have I even stopped to look at the ingredients of my pet's food? Eating dry pellets a couple times a day can't be that good for them. As I did my homework and became more educated I realized that I was doing more harm than good to my furry little kids. With some research I discovered how to nurture my pets for a long and healthy life.



Pets and Nutrition

According to the Centers for Disease Control and Prevention (CDC) stats from 2010, over 68% of the US is overweight or obese, so it shouldn't come as a surprise that our pets are overweight too. The Association for Pet Obesity Prevention (APOP) states that more than 54% of our pets are overweight or obese. This is because pet owners are feeding their furry loved ones too much food and the lack of exercise. It has been proven that there is a strong connection between fat animal owners and fat pets.

As pet owners we find a bag or can of food from the pet food aisle, read the fancy marketing on the package that persuades us that this is what is best for our pet, and then we buy it. We tend to buy the same brand of food day in and day out for years to feed our

pets. Over time, poor nutrition and lack of variety can play a toll on our pet's health. Not to mention I think we all have been guilty of feeding our pets table scraps because of "the stare" that melts our hearts when they look at us. This is definitely one of the worst things we can do to our pets.

Throughout my pet food research, I learn that commercially store bought food was not the best choice. Most of today's pet food is processed and refined much like the fast food of humans today but worse. The pet food companies put chemicals in the food to get your pets addicted to their brand. Another thing I had learned, that pet food manufacturers fill their food with the cheapest protein and unnecessary chemicals and fillers. Dogs and cats are carnivores by nature. They need high amounts of quality protein to thrive. Real protein, not

factory produced "meat by-products" (which means it can range from road kill to diseased livestock parts). Their bodies are not designed to break down modern man's processed or refined foods nor will it ever.

After interviewing four vets, two holistic vets and two regular vets, this was my conclusion to what they said...

I learned that raw is optimal for healthy pets. You can find great raw food brands in the freezer sections of specialty pet stores or you can order online. Raw is great for your pet because it is 70-80% water and in its closer to its natural state. The protein is real meat not a by-product. Things to look for on the package of raw pet foods are the American Association of Feed Control Officials (AAFCO). This means it has been nutritionally balanced approved for all stages of life. Also, make sure that it is made in the USA.

The next best option would be can foods. Canned pet foods also contain about 70-80% water as well.



TIPS FOR A HEALTHY PET

Make sure to feed your pet twice a day. (Unless it is a puppy, they tend to eat 3-4 meals.)

Make sure to feed your pet the required amount for this age, weight, and breed.

Make sure to read labels on pet food and educate yourself what is quality pet food.

Avoid giving your pets unnecessary snacks and table scraps.

Exercise is necessary for physical and mental health of your pet.

Take your pet on daily walks

Monitor your animal's weight with visits to your vet if overweight.

Reward with love instead of food.

Get annual vet exams.

Get annual teeth cleaning.

Even though it is cooked, it still is better than dry pet food. Please read labels on canned foods. Make sure it is high in real protein, followed by fruits and veggies on the label. If your pet is overweight, make sure it is low in fat. Also, make sure it is grain-free or low in grains.

Another great option would be dehydrated. Dehydrated is dry until you add water. Then it will have 70% water. Through the dehydration process the food hasn't been processed at high temps so some of the nutrient value is still there. This is a good option for pet owner who don't want to buy raw or canned foods.

The last option would be dry food because it lacks moisture content. It contains about 12% of moisture. Studies say that pets who have been feed dry food have a higher change of kidney stress. Also, contrary to popular belief, dry dog food does not "clean your pet's teeth". This is a myth. The only way to clean your pet's teeth is by brushing them regularly and annual teeth cleanings at the vet. Real bone for a chew can also help aid in cleaning them but make sure to research the proper bones to feed them. The wrong bones eaten can be dangerous to your pet.

So again, much like a human, the fresher the food the better. The vets also said that if you choose to go the raw food route, make sure to add a multivitamin and a digestive enzyme to their food for optimal health.

Pets and Exercise

Today's most dogs and cats are more like little couch potatoes. They are over fed and lack enough exercise. Just like humans, pets need to be exercised on a daily basis. Exercising your pet regularly will not only keep them trim, but will help them with muscle tone and a sharp mind.

With any exercise program, start slowly and work your way up. You can walk dogs 3 days a week for 30 minutes and work your way up to an hour. Depending on the breed, more athletic breeds like to run and they need more exercise time. If you can't run yourself, consider biking next to them as they run. Or you can always hire a dog walker. If you have cats, you need to get creative. Outdoor cats get more exercise than indoor cats. If you have an indoor cat, you can have various toys that around the house that will catch their attention. Hiding them around the house will give them that "prey in the wild" excitement. Also, having something for them to climb on is fun for your feline friend. Depending on how active your cat is, there is a cat wheel. Much like a hamster wheel, a cat wheel works the same principle as a treadmill.

Do not let weather be an excuse either. Dogs are smart creatures. They can be trained to do about anything. If it is too cold outside to walk them you can even put them on a treadmill. If it is hot outside, don't walk them at the hottest part of the day. Early in the morning or late in the afternoon would be ideal. Taking them to a dog park and playing fetch is great exercise and bonding time too. Just make sure there is fresh water available whenever exercising.

BONE APPETITE!

homemade dog food recipes for your furry friend!

Cluck-A-Doodle-Doggie Treats

Homemade dog treats are fun to make and healthier than many of the store-bought versions.

Ingredients

2 cups Flour
1 cup cornmeal
1 egg, lightly beaten
1/2 cup chicken broth
3 tablespoons vegetable oil
2 teaspoons fresh, chopped parsley
1 cup cooked chicken livers, chopped

Instructions

Preheat oven to 400 degrees
Combine flour and cornmeal in a bowl. In a large bowl add the egg, oil and broth and mix. Add the flour mixture about 1/3 at a time and mix well between additions. Add chopped chicken livers until well incorporated into a stiff dough. Turn out dough onto a lightly floured work surface and kneed for about 1 minute. Roll out to a thickness of about 1/2". Cut into shapes using a cookie cutter dipped in flour. Place on greased cookie sheets. Bake treats for about 15 minutes or until firm.



Storing Dog Treats

In general you should store dog treats the same way you would homemade people cookies. That being said, there are two main variables that determine storage time - the amount and type of fat in the recipe and your local weather conditions. If your recipe uses fats such as butter, or meat bits or juices then it will be more prone to rancidity than a recipe that uses some vegetable oil or shortening. Your treats may mold or spoil much faster in humid or very hot climates.

Refrigeration and Freezing - Refrigeration will prolong the life of more fragile dog treats. Make sure to store in a tightly sealed container or zip lock bag. You can also freeze most treats in zip lock freezer bags. Allow to thaw completely before use.

www.gourmetsleuth.com

Basic Balanced Dog Food Recipe

This recipe combines meat, rice and vegetables for a well-balance pet food.

Ingredients

1lb ground beef, preferably antibiotic and hormone free
2 cups cooked brown rice
1 lb bag mixed vegetables
1-2 lb plain yogurt

Instructions

Brown ground beef in a frying pan. Set aside.

Steam vegetables until tender in a pan fitted with a vegetable steamer. Remove from steamer allow to cool slightly. Add vegetables to the beaker of your food processor and pulse until the vegetables are coarsely chopped.

Combine chopped vegetables with rice, add ground beef. Store refrigerated in a tightly sealed container.

Multi-Grain Dog Food Recipe

It is suggested make kibble in small quantities to ensure freshness and quality. Recipe uses whole wheat and all purpose flour, cornmeal, soy flour, powdered milk, oats, wheat germ, brewers yeast, egg and corn oil.

Ingredients

2 cups whole wheat flour
1 1/2 cups all-purpose, unbleached flour
1/2 cup soy flour (find in health food stores)
1 cup cornmeal
1 cup nonfat dry powdered milk
1 cup rolled oats
1/2 cup wheat germ
1/2 cup brewers yeast
1 tablespoon salt
1 large egg
5 tablespoons corn oil
3 cups water

Instructions

Preheat Oven To 350 degrees.
In a large mixing bowl combine all dry ingredients.
In a small bowl combine egg and corn oil.
Stir water into dry ingredients, then add egg mixture, mixing well. The batter will be thin.
Divide the batter between baking sheets spreading evening 1/2" thick, as though for pizza. Bake 45 minutes.
Cool kibble, then break into small pieces. Store in covered container in refrigerator or divide into individual servings and place in freezer bags and freeze.

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AWAKEN

THE ATHLETE IN YOU

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By Gina Ostarly

Photo by Walt Ostarly



**HALT!
TIME
OUT!**

Most football or basketball games are halted with dramatic times out. One team is getting whipped, so, the exasperated coach uses those precious seconds to yell at his players and put in a new game plan. Usually both. Do you need a fitness time out?

I'll be glad to do the yelling and offer a plan. My clients say I'm pretty good at that!

Times out begin with doing nothing. You must stop whatever is going on, craft a new course, then get going again. The reason you're not reaching your fitness goals right now, or not achieving the level you want, is that whatever you are doing isn't working. Too simple, right? Wrong. Too many people keep on plodding along, hoping things will somehow change by themselves. They won't. If you're driving your car in the wrong direction, you'll never get to your destination.

My recurring "life issue" is being too busy. I've started trying to call a "time out" on Thursdays. I don't come into the office, and instead, take that day to deal with everything else that piles up on the to-do list. It doesn't always work, of course. Sometimes my husband, Walt, and I have photo shoots. But overall it's been a good plan and forces me to re-focus on needed activities.

And other times, it just gives me time to unplug for the most part of the day. Nice change of pace some days. Add pearls and an apron, even better! I always did like June Cleaver's life. She wears heels and pearls while doing light house work. The dinners seem to cook themselves. She occasionally has to deal with minor issues concerning the Beaver and Wally. But overall it's a good life. Well, at least sometimes. I would get bored in a hurry!

Back to you. Time for me to start yelling. You've been about your same weight or fitness level for how long now. Three months. Three years? Longer than you can recall? Time is more than wasting, it's getting shorter. Each year of aging sees our bodies lose lean muscle mass. It gets harder and harder to stay in shape every year. Our bodies don't "bounce back" as fast as they did when we were teenagers. The longer you wait, the worse off you are. That isn't what you want.

So if you're in over your head, and just treading water, it's time to get some direction in your life and start heading for shore. Eventually, you will drown, if you don't.

A recent sermon at my church focused on God telling us to: "Launch out!"

The fifth chapter of Luke talks about heading out into deep water, without fear. The point is that we are not capable of holding ourselves up. It takes God and the support of others for us to reach the shoreline again. That support can come in many forms: this magazine, friends, family, inspirational messages and of course your friendly neighborhood fitness trainer. Think of those support systems as a life jacket — they're useless unless we reach out and grab hold.

What made this message even more special is that we usually attend Saturday night service. My son had a jazz night debut on Saturday, which is when we usually attend church. So we went on Sunday instead. And even the pastor changed his sermon from what it normally would have been that week. He started his talk by saying: "Throw away your outline. God wants me to give you a different message." He explained that late the prior night God impressed upon him to give a different message than had originally been planned. Because it was last minute, there wasn't enough time to print a new outline.

It wasn't man's timing for that message, but God's time. Hard times force us to rely on Him. Not such a bad thing, ya know?

So, time is ticking. We need a new plan before the game starts again.


First thing's first. What do you want? Think about it a few minutes and write it down. Plaster it in your computer at home, your computer at the office, the refrigerator, your bathroom mirror and everywhere else. Yes, I want you to get sticky notes and position them in a way that fills your mind with your goal! Lose 10 pounds? Add five pounds of muscle? Get your body fat percentage to a certain number? Run three miles in a certain time? Set it and don't forget it!

How do you get there? What is the plan? You're holding it in your hands. Issues of this magazine can help you achieve just about any goal you want. You do keep the back issues, right? Never know when you'll want to go back and see something you read a year ago. But once you have a plan and a guideline to reach it, life gets so much better from there. I also offer on-line training. Serious inquiries can be sent to teamgofitness@aol.com That's right, you can have your own, personal helping of Vitamin G whenever you need it.

Time out is over. Let's get out there and play hard! Game on!

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High-Density, Chlorophyll-Rich Nutrients: The math is simple, CYTOGREENS has as much as DOUBLE or more of the Dark Green chlorophyll-rich nutrients as top "greens" supplements, so what are you paying for with other products, celery & soy?

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Ultra-Potent ORAC-Listed Anti-Oxidants: CYTOGREENS has 346 mg of Standardized, Free-Radical Neutralizing, High-ORAC Anti-Oxidants (1.4 g if you count our Matcha Green Tea) — look at most "greens" on the market, you won't find any ORAC rating, or even a standardization.

Ingredient Amounts that Matter: Many so called "green" supplements supply dozens and dozens of



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ingredients at dosages that are so small, it's a wonder they are there at all, 5 mg here, 10 mg there — truly miniscule amounts.

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In fact some of the ingredients in CYTOGREENS are successfully used in cases of acute toxicity in patients who have been poisoned by heavy metals exposure. Just imagine what they will do for you. Chlorophyll literally binds to highly damaging toxins (such as mercury, lead and arsenic that can build up over time) and shuttles them out of your body.

Highly effective and optimally dosed organic-source Milk Thistle (80% Extract) has a long track record of effective liver detoxification. While other so-called "greens" give you an ineffective dosage of 15 mg, 25 mg maybe 50 mg — CYTOGREENS understands the value of these ingredients and has included a full 200 mg in every serving.

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OF DARK LEAFY GREENS!**

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THE CRUNCHLESS WAY

to lean and tight abs

Summer is here! You've waited all year for this time to come and it's finally here, yet you just don't feel like your body, especially your abs, is in shape for what this season brings. Perhaps you going on vacation, planning on spending time at the beach or would love to wear this season's hottest new fashion outfits so you absolutely want your abs to look awesome, well this crunch-less workout plan will get you there!

Did you read this right? How is it possible to get lean and rock hard abs without crunches? Sure, crunches and sit-ups work your abdominals. And don't get me wrong, they do absolutely have a place in your workout plan. But the reality is that just doing crunches or focusing only on them, will never get you those abs you've been dreaming about. So it's time to set all those misconceptions straight. I'm going to ask you to just forget and erase everything you've heard about getting lean abs and absorb everything you can from this article.

There are no secret abs exercises that you haven't heard of or tried. No abs training machine in the world will get you get lean abs, so don't waste your hard earned money. And no, you don't have to practice circus acts by balancing on balls, ect. Sometimes, we humans complicate things and therefore lose sight of reality. The abdominals are a group of muscles and just as you don't perform 100 reps of squats, bench presses, or curls for your legs, chest, and biceps respectively, why in the world would you treat your abs that way? Aren't they muscles as well? With that same thought, your abs needs to be stimulated with various loads, progressive resistance, and in variety of movement patterns. The workout plan in this article will ensure you of that while also blasting fat, boosting metabolism, and burning tons of more calories at the same time!

The exercises in this workout plan train your abs while strengthening and sculpting your entire rest of the body. This workout plan includes various types of loading the body with one arm/one leg exercises and overhead lifts which take some time to learn, but the benefits are absolutely worth it. These types of lifting exercises are awesome because they load our spine unequally, as in the real world, and raise the body's center of gravity which forces the core to stabilize, and develop abdominal strength. This workout plan maximizes your results entirely, saves time, improves overall conditioning, and prepares the core the way it was meant to be used in the real world; Preventing lower back issues in the long run.

Before we hit this killer abs & overall physique transforming workout, we also need to cover a very important principle to rock hard abs... Diet! Yes, our diets will account for the effectiveness and results of this workout plan and lowering body fat levels to make you lose the gut. You've heard the sayings: "You can't out train a bad diet", "You are what you eat", and "Abs start in the Kitchen". Yes, they are all absolutely true! Don't worry, it doesn't mean you must eat bland foods or never see your favorite meal ever again. You most definitely can enjoy what you eat and get fast results in those hard to lose areas that we all complain about, including your abs. Simply follow the nutrition guide listed below and see the fat melt off as you sculpt your body with this month's workout plan!

NUTRITION GUIDE:

1. EAT REAL FOOD- Sounds funny? Well, the majority of people eat loads of processed foods. Fast food and even regular sit down restaurants serve you foods contaminated with preservatives to ensure longer shelf life, adds flavors, and change coloring to foods to make it look more appetizing. Even "so called health foods" are loaded with these preservatives, chemicals, and many artificial*. All of which are health demoting ingredients that not only makes us fat, slows metabolism, makes us sick and susceptible to diseases. Eat foods that are in their natural state such as, lean proteins, vegetables, fruits, grains, legumes, nuts and herbs. If it's packaged, needs no refrigeration, or can last longer than a week (once prepared), it's fake or contains fattening ingredients!

2. PORTION CONTROL- Even the right foods in overconsumption can lead to weight gain. Monitor your portions and eat according to your activity requirements. Eating a pound of chicken, although skinless and lean will make you fat. Anything your body doesn't burn or use towards normal body functions and building and repairing muscle, turns into fat.

3. DRINK LOTS OF WATER- Drinking water will not only hydrate you, keep you full, cleanse your organs, help metabolize foods, improve skin, keep you energized (the list can go on forever), it also keeps cravings away and help with satiety. A lot of the time we think we're hungry and start craving things, our body is confused and is really asking for water. So before you reach for snacks, drink a tall glass of cold refreshing water.

4. EARN YOUR STARCHY CARBS- First, always choose complex carbs. They prevent fat promoting in-

sulin spikes, keep you full, provide lasting energy, fuel muscle glycogen, and are nutrient dense and higher in fiber. However, just as their main purpose is to provide energy and fuel glycogen levels, you must earn them. What this means is eat them when you are most active, balance them according to activity requirements, and around your workouts. This does not mean you can't have carbs at night how some say. Just base it on how active you were that day. If you train in the evening, you should absolutely eat carbs after your workout. Even if you train in the day time, if your life is pretty active as a whole or you trained very hard that day (even earlier), you can still benefit from eating carbs in evening while losing fat (remember 2nd point: portion control).

5. MONITOR YOUR PROGRESS- Keep track on your eating patterns, serving sizes, energy levels, and progress and manipulate your nutrition gradually to ensure progress.

LEAN ABS TRAINING PLAN:



This super effective workout plan will train your abs in a way they were meant to be used. Although there is not much isolation exercises for the abs, you will notice your abs getting leaner and looking tighter as you continue with your training. Consistency and intensity are key! So prepare yourself to train hard and be consistent while focusing on the end result: Fabulous Abs!

Perform this workout plan weekly. Ensure your weight is properly selected by making sure you fatigue at the last rep. This means you can perform only the required amount of reps in good form. If you can do more than the required rep range, move up to a heavier weight (approx. 5% increase). Rest just enough to recover to complete your next set (this takes trial and error since we all have difference endurance levels. A good rest range to start is 1 1/2 to 2 minutes between sets). If you fail to complete your next set's required rep count in good form, you didn't rest enough so lengthen the rest a tad. Once, you have found a rest range that meets your endurance level, stick to that for 1-2 weeks (or when you notice that your next set isn't so hard to complete as it used to be), then challenge yourself by shortening your rest a tad. Once you have reached 45 seconds of rest between your sets, move up in weight until you start again the need to rest 1 1/2 to 2 minutes between sets.

TRAINING GUIDE



MONDAY
WORKOUT A

TUESDAY
CARDIO

WEDNESDAY
WORKOUT B

THURDAY
CARDIO

FRIDAY
WORKOUT C

WORKOUT A

1a) Overhead Squat
1b) Leg Extensions

2a) Single Leg RDL
2b) Laying Leg Curls

3a) Pull Ups
3b) Cable Squat & 1-Arm Rows

4a) Incline Bench Press
4b) Push Ups with DB Rotations

5a) Cable Low to High Chops
5b) Plank Hip Hinges

WORKOUT B

1a) Bent Over Barbell Rows
1b) Reverse Grip Pull Ups

2a) Alternating DB Shoulder Press
2b) DB Side Laterals

3a) Barbell Squats
3b) Push Ups with Lower Body Twist

4a) DB Deadlifts
4b) 1-Arm Overhead Lunges

5a) Alternating Bird Dog on Hands & Feet
5b) Cable High to Low Chops

WORKOUT C

1a) 1-Arm Front Squats to Press
1b) Bent Over DB Rear Delt Flys

2a) 1-Arm Deadlifts
2b) Standing DB Curls

3a) Leg Press
3b) Body Weight Skull Crushers

4a) Prone Rows (Plank Rows)
4b) Single Leg Squats

5a) Turkish Get Ups
5b) Supermans



CARDIO PLAN

Warm Up: Light jog for 3 min

Work Interval: Run for 1 min
(scale of 8; 10 being an all-out effort)

Rest Interval: Light Jog for 2 min
Repeat until 20 minutes (not including your warm up) have been completed.

Increase 5 minutes every week until you've reached 45 minutes of work time. Once you've reached 45 minutes, return to the 20 minutes of total time, but reduce your rest time by ½ the time. And repeat increase of time each week until reaching the 45 minutes again.

How do Preservatives affect our Health?

The human body is a well-crafted piece of machinery and at a cellular level, it was made to repair itself and protect us from harmful effects of external attacks to our body and our immune system. However, when we introduce outside chemicals into the body such as by eating preservatives, the natural defenses do not know how to react and this results in the body either absorbing these foreign substances or causing illness and breakdown of our organs. Studies have shown that a number of diseases that are occurring in humans such as cancer, chronic fatigue syndrome, migraines, irritable bowel syndrome, weight gain, and so many more illnesses are because of the chemical food intake. Stay away from them!

Get to work on your best physique ever & obtain lean & tight abs this summer all without spending countless of hours doing crunches and left only disappointed on your results!

recipe

Hi Protein Lime Ice Cream

Ingredients:

- 2 cups unsweetened vanilla almond milk
- stevia to taste
- Zest and juice of one lime
- ½ scoop Vanilla Prograde protein powder
- ½ c. unsweetened shredded coconut
- 1-3 basil leaves (more or less to taste)

Blend, and add to ice cream maker or popsicle maker. Enjoy when ice cream is set. Makes 2 cups.

Nutritional Info: 1 cup serving

Calories: 219

Protein: 8.5gms

Carbs: 13.5gms

Fat: 9.5gms



LOOSE THE GUT FITNESS TIP:

It only takes 20 minutes to a super t you!

You don't need to spend 1-2 hours in the gym to get in your best shape.

What is the #1 excuse people use to skip their workout? I've heard it over and over again....."I don't have enough time."

Can you spare 20 minutes or less out of the 1,440 minutes there are in a day and dedicate that time to exercising and reducing your belly fat? Awesome! That will still give you 1,420 minutes to get the rest of your stuff done during the day.

Yes, you absolutely can loose the gut in just about 20 minutes by completing effective workouts 6 days a week! Get off the couch and get your abs flatter than ever before.

By Carol Medina

Dialed In Fitness Owner,
International Figure Athlete,
and Fitness Expert

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AN ANALYSIS OF THE INFLUENCE OF RESISTANCE EXERCISE on lean body mass in aging adults

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

The term sarcopenia has become a familiar and is used to describe the vulnerability to weakness, disability, and general diminished autonomy among older adults. Aging per se is merely a crude proxy for determining sarcopenic risk. The hallmark predictors of age-related morbidity¹ and decreased autonomy have been weakness and functional deficit. Age-related loss of skeletal muscle often coincides with increased intermuscular adipose tissue infiltration and overall fat mass (i.e., "sarcopenic obesity")², inflammation, metabolic syndrome, arterial stiffness, and glucose intolerance^{3,4}. Failure to prevent the progression of sarcopenia can lead to loss of independence, increased health care cost, and overall reduced quality of life⁵.

Resistance exercise (RE) is considered the preferred approach to elicit muscular hypertrophy and strength in healthy adults. A group of scientists from the University of Michigan conducted a meta-analysis, a systematic review to scrutinize treatment effects for lean body mass (LBM) across multiple training dosages⁶. Among aging adults, there is a scarcity of data examining the overall benefits of RE while considering a continuum of dosage schemes, treatment durations, and/or age ranges. The purpose of their research was to determine the effects of RE on LBM in older men and women while taking the factors mentioned above into consideration.

The results of this meta-analysis suggest that RE elicits approximately 1-kg increase in LBM among older adults. Although this is modest compared to healthy young adults, this increase is in contrast to the 0.18-kg annual decrement that may occur beyond 50 years of age through sedentary lifestyles. It is important to take into account that volume of training and age of participation are crucial determinants of effectiveness, suggesting that higher dosages (i.e. volume) result in greater responses, and that aging individuals should consider starting a regimen of RE as early as possible to optimize results. Bottom line is that performing resistance exercise in a progressive fashion has been shown across all types of studies to be the most effective countermeasure for preventing the loss of LBM and strength as we age, thus attenuating the loss of functionality and independence. Although research has demonstrated that elderly men and women can make significant gains in LBM and strength with an appropriately designed resistance training routine, it is important to take up resistance training as early as possible in life in order to optimize the effects and build up a reservoir of skeletal muscle tissue!



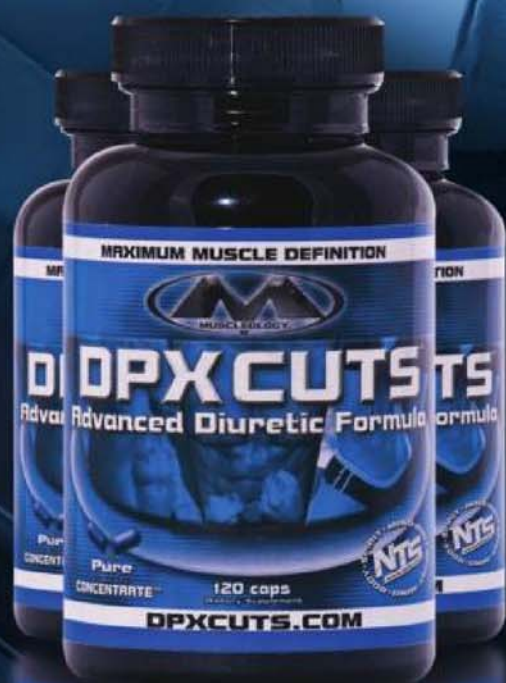
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BODIES LOOK BETTER

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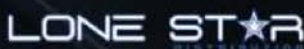
DPX CUTS

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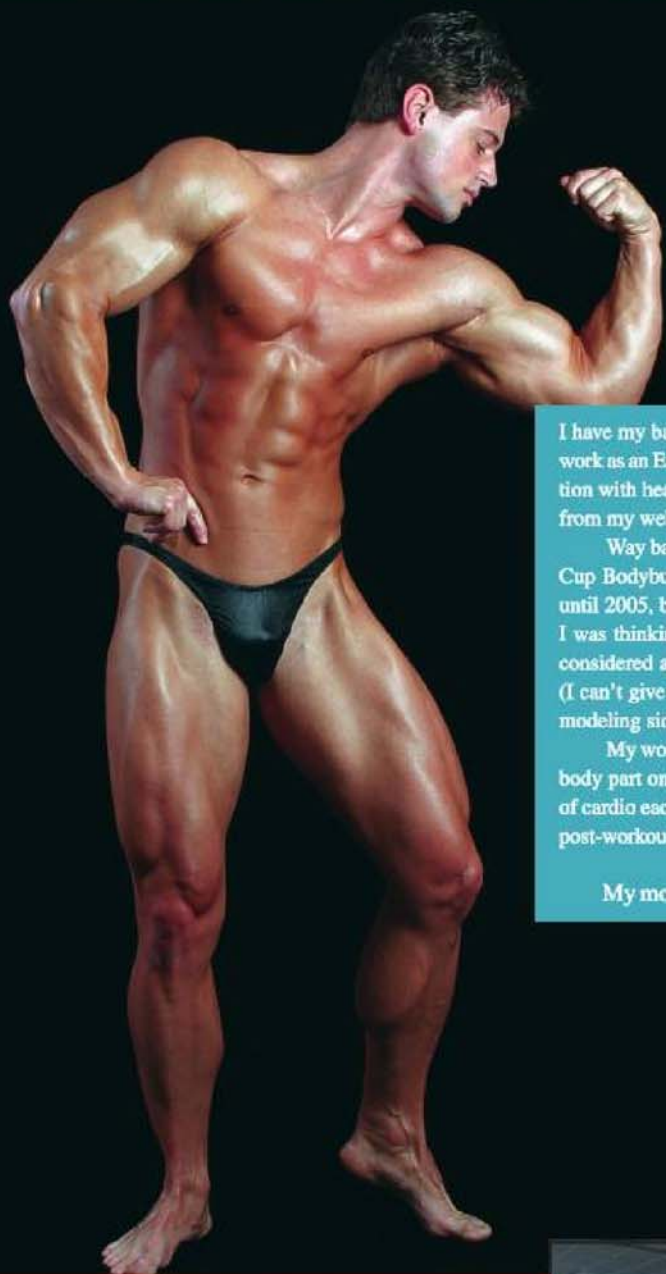


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QUICK BICEP TRAINING

with jeffrey beck



I have my bachelor's degree in Exercise Science with a minor in Nutrition from the University of Utah. I work as an Exercise Therapist at Intermountain Medical Center, specifically in Cardiopulmonary Rehabilitation with heart and lung patients recovering from surgery. I also provide online personal training services from my website and a personal training app I created for the iPhone and iPad.

Way back in the year 2000, I entered and won my first bodybuilding competition which was the Utah Cup Bodybuilding Championships Teenage Division Overall. From there I competed internationally up until 2005, but victory always eluded me and I've been on hiatus ever since. After all these years though I was thinking about competing again locally for ol' times sake, but I think coffee consumption is now considered a performance enhancing drug in Utah and I would be fearful of immediate disqualification (I can't give up my coffee!). Only kidding, I just use that as an excuse. I mainly just focus on the fitness modeling side now instead of doing bodybuilding shows.

My workout routine consists of both weight and cardio training 5 days per week. I generally train each body part once a week, performing at least 16 sets per muscle group. I also do a minimum of 45 minutes of cardio each day. I usually stick to a high protein/low calorie diet with 8-10 egg whites being my favorite post-workout meal, mainly because it is a complete protein. I certainly don't enjoy them because of the taste!

My motto is "Always be original in everything you do because nobody remembers ordinary".

I do these exercises when I don't have a lot of time and want to do a quick bicep workout. I superset laying bicep curls with inner bicep curls, performing 4 sets of 10 reps each. Then I finish with 4 sets of 12 reps of hammer curls either single or double.



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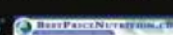
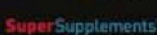
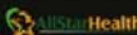
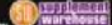
DNA Gene-Chip Analysis was used to determine the impact of specific ratio BCAA supplementation. 45:30:25 ratio BCAAs increased the direct p70^{S6K} cellular signaling by 350%! This research was astounding and better yet, it was performed at one of the world's premier Amino Acid Research centers in Stockholm, Sweden. So prestigious that this institute gives away the Nobel Prize.

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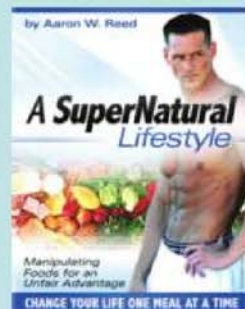




Muscle Meals with Aaron Reed

This meal is great because it is really quick and easy. It is also a meal that is easily ordered at a restaurant. As long as we don't mix any breads or other sugars with this meal such as potatoes we are able to remain on track with our plan. For more information on this type of meal read *A SuperNatural Lifestyle* and start to change your life One Meal at a Time.

This book is available at www.supernaturalphysiques.com. Be sure to sign up for my newsletter to! That is a great way to get tons of free and direct information about anything that involves fitness.



Great Evening Meal

ENGAGES:
Beta-Oxidation



New York Strip

WITH MUSHROOMS AND LETTUCE AND TOMATO

company coming?
How about this elegant
variation?

New York strip Steak with whiskey-mushroom sauce

Serves 2

INGREDIENTS

2 New York strip steaks, each 4 ounces,
trimmed of all visible fat
1 teaspoon trans-free margarine
3 garlic cloves, chopped
2 ounces sliced shiitake mushrooms
2 ounces button mushrooms
1/4 teaspoon thyme
1/4 teaspoon rosemary
1/4 cup whiskey

DIRECTIONS

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Grill or broil the steaks until slightly pink on the inside, about 10 minutes each side. Or until a food thermometer indicates 145 F (medium rare), 160 F (medium) or 170 F (well done). Transfer to a plate and keep warm.

In a small saucepan, heat the margarine over medium heat. Add the garlic, mushrooms, thyme and rosemary. Saute lightly until the mushrooms are tender, about 1 to 2 minutes. Remove from the heat and carefully add the whiskey (be careful not to flame). Stir the sauce for another minute. Top the steaks with the mushrooms sauce and serve immediately.

Ingredients:

1 New York Strip
1 Tomato
1 handful of White Mushrooms
2 Handfuls of Romaine Lettuce
1/2 Cup Worcestershire Sauce
Generous amount of Garlic
1 tsp Sea Salt
1 tsp Pepper
1 tsp Coconut Oil

Directions:

First off we need to get our steak ready. I like to place my steak in a container with the Worcestershire sauce, Garlic, Sea Salt, and Pepper to marinate for at least 20-30 min. (the longer it

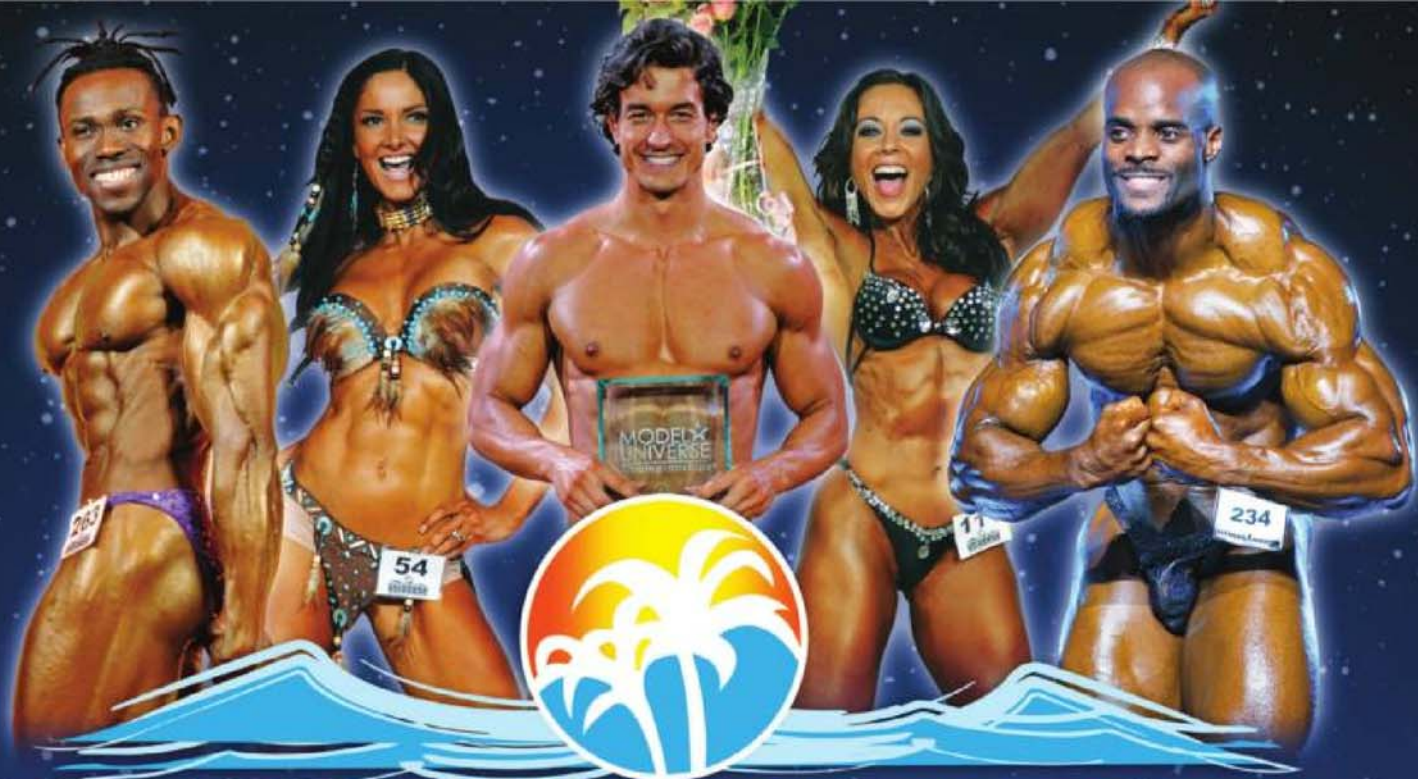
sets the better). While that is setting you can prepare the veggies. Cut the Romaine lettuce up to make it like a salad and place it on the plate. Then, cut the Tomato up to get it ready but sit it aside for now.

Turn the burner on high and put the coconut oil in the skillet. After it gets hot place the Steak and Mushrooms in the pan to sear for 60 secs on one side then 60 sec on the other. (Searing it allows the flavors to stay in the steak making the flavor stronger). After the searing is done turn the burner down to a medium to medium-high heat and cover with a lid for another 4-6 min depending on preference.

When the steak is cooked to the desired consistency, remove it from the pan and place it onto the bed of romaine lettuce. Leave the mushrooms in the skillet covered to finish cooking for another 3-4 minutes. After the steak is resting on the bed of Lettuce surround the dish with the cut up tomatoes. Finally place the mushrooms on top of the steak and pour the remainder of juice in the pan onto the steak and get ready to eat.

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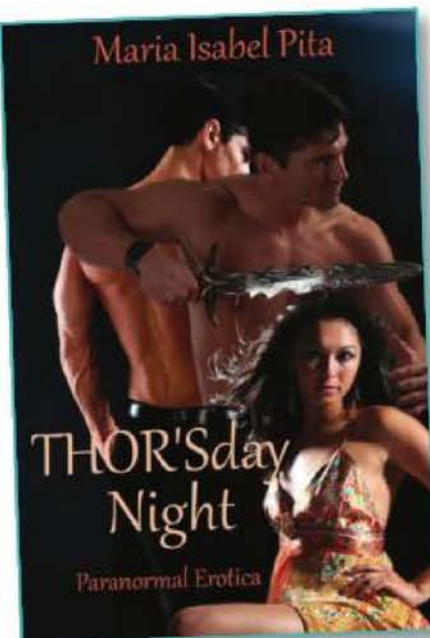
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REPS!

oxygen

Jason Aaron Baca

romance & suspense book cover model workout



So you want to get your husband off the couch and back on his feet exercising like when you first met him? Ok good! Now is his response to you "Sure honey, just let me finish watching the rest of this game and then I'll workout with you"? Probably I'm sure. Well if that response isn't the one you are looking for then he should be aware of what lies ahead for him if he remains on that couch every night he gets home from work! Be sure to explain how a male uses 10 calories less per day after the age of 30. His metabolism slows at a rigerous pase. The only way to take the turn is to start showing him photos of his old days, when

he was in his top shape. If you can get him on his feet with your words, let me help guide you from there. I have a workout that I live by that he can use.



Age 37
Ht & Weight 5'11 170lbs.
Hometown Los Gatos, CA
Currently living in San Jose, CA

MY SPLIT ROUTINE

Day 1 is Chest with Triceps

Day 2 is Shoulders

Day 3 is Back

Day 4 is legs with biceps

I do forearms, calves & abs daily since those are muscles that get used regularly and require more work if you are going to see any real results. I try to do them at the end of my regular workout.

FOR CHEST

I do 4 sets incline, decline & flat bench followed by 8 sets of fly's. On the last set of flies, I make sure to do as many as I can and squeeze at the top. I do my triceps on the same day as chest since they are already worked from the pushing motion of doing chest. I usually do 8 sets of triceps.

FOR SHOULDERS

I do 4-5 sets military press. On the last set I flex at the top for maximum burn. I follow military press up with 4 sets front, 4 sets side, and 4 sets rear deltoids. Its important that a person not forget to do their rear deltoids which you can do with seated dumbbells leaning over your knees moving in a sort of fly motion. For rear deltoids I go light and really burn them in.

FOR THE BACK

I do 4 sets pull-ups either on the nautilus machine or freestyle lifting my body weight and holding for a second at the top. I also really stretch the muscle when I come down allowing my body weight to stretch the upper back and arms. From there I usually do 16 sets of a variety of back movements. I tend to like using the row machine.

FOR LEGS

I do 5 sets hack squats followed by 4 sets hamstring raises, 4 sets quad Machine, and 4 sets lunges. For the calves, I do a weight that it is difficult for me to do more than 8 reps. Calves have to be hit hard & heavy if you are going to make them grow.

FOR BICEPS

I do 16 sets total. I don't get complicated with them. I do 4 sets seated curls from nautilus machine, 8 sets curls, 3 sets incline curls, 1 set of 21's. (which is done by doing 7 reps from chin to belly button, resist, repeat. Then 7 reps curling from legs to belly button, resist. Then finally, 7 full reps.)

FOR FOREARMS

I do 4 sets of the bench bar. I usually sit at the end of a bench press, holding the bar with wrists at end of bench and I twist using only my forearms to control the weight. I try to do at least 20 reps. If I make it to 20 reps too easy, I try to burn in 30 total for 4 sets.

FOR ABS

I do 4 sets of 20 leg lifts followed by 200 ab crunches. I always make sure to squeeze at the top and keep my arms away from my body or above my head for maximum movement.

FITNESS REGIMEN

My fitness regimen is not very complicated. I try to already have it planned out in my head before I get to the gym. A lot of people go straight from work or a staff meeting and walk into the gym and immediately start doing curls. To me, this is no good. You have to mentally prepare yourself to workout during the day. I go over what I'm planning on doing when I walk into the gym.

I can't stress enough about the importance of flexing at the top of your movement. When you flex or squeeze at the top, it really burns in the muscles on any part of your body that you work. It will turn a good workout into a blistering one! I have a friend at the gym that is a bodybuilder that taught me this and I've never stopped since.

FITNESS PHILOSOPHY

My fitness philosophy is that if you want to be successful in working out then you have to go through a pain period! It's pain that you get from the 11th or 12th rep of an exercise when you feel you can't hold on much longer. If you want those muscles to really and truly grow, then you have to tell yourself that I don't care what this pain feels like, you have to be able to tell yourself "I don't care if I make the most crazy face in the gym right now, as long as I do this one last rep. No matter what!"

If you can put yourself through this in the majority of your workouts, then results are bound to happen positively for you. If you can't make it through this pain, then you'll be just like 90% of the people in the gym will need work just like 6 months ago when you saw them in the gym. No improvements.

BACKGROUND

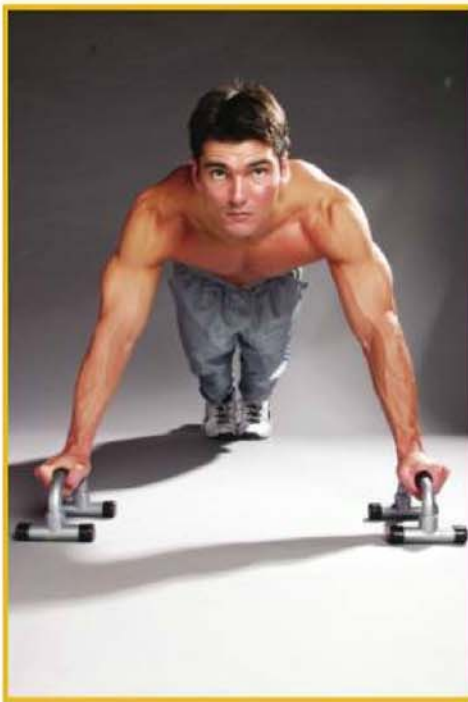
I grew up in a poor family but in a rich neighborhood. My family did what they could with what they had available to them. I liked it though, I didn't like having all that I asked for at Christmas. I also learned to eat foods that I didn't care for as a kid because it was all my parents had to offer. This actually helped me as a fitness & nutrition freak because later in life it taught the mind to tolerate plain tasting foods. Hey now I can eat egg whites and tuna out of the can! Not many people can put up with that every day.

I played baseball in high school and college. I always had that competitive nature to me. In baseball, I enjoyed being one of the elite on my team. The funny thing about it though, I was never a team player, I was always in it for myself. Even though we'd be playing another team, I was always keeping track in my head how so and so was doing on the team. I always wanted to do slightly better than the next guy.

FUTURE!

As far as my future plans go, I am right in the heart of my Book Cover career. It seems like my photo shoots keep getting better, not worse so I will keep pushing. When I reach 500 book covers, then I'll consider

something new. But then again, maybe not! Besides the modeling, I do plan on publishing a 4th and 5th book. The 2nd book I wrote "Overexposed" was designed to help models learn the ropes in the business and how to diet and exercise before a photo shoot. I really get into detail about what foods make you look bloated and puffy and what foods work for you. This 5th book that I've started in on does a look back at what I've achieved and am proud to say I've accomplished as a fitness/print/romance model. I talk about gym rules and teach how dirty looks from others is "a good thing."



DIET

Yes a lot of people ask me "what do you eat?" They ask me that more than what I do for exercise! I am always in a balanced diet; but allow one day a week to eat whatever I want. If a photo shoot is coming, I eat clean the entire time on up to the shoot.

Basically every night I pack my lunch for the next day. Usually it consists of 2 pieces skinless chicken, 3 egg whites, 1 orange, 1 balance bar, 1 cliff bar, 1 tuna sandwich with lite mayo, lettuce & 100% whole wheat bread. I also do 1 centrum multi-vitamin 5 days per week. I do not eat all this food at once, each hour I have a little more. At 6 pm I will have a light dinner possibly asparagus & meat sandwich. I do not eat any later than 6pm! Any foods consumed after 6pm will probably end up getting stored around your midsection. You don't need food after that time anyways.

There is a little trick that I like to play with my mind when it comes to late night snacking and dieting. I always pull out that photo of Marky Mark (Mark Wahlberg) when he was in the top shape of his life. I remind myself that I have that goal of wanting to look

just like that. I look at the photo, then look over at the bag of chips and decide, "Which of you would I rather have?" I always end up putting the bag of chips away. I am destined to have a body like his! It is a constant work in progress but that's what makes this all so much fun to me.

WORKOUT PARTNER OR SOLO?

I work out solo but if you insist on having a workout partner, make sure you select one that will benefit you in the gym. Sit down and discuss with them what your/his goals would be. If he is equally as serious as you are then you need to explain that you will be in the gym at this specific time everyday. If you find after a few weeks that he is arriving late or comes in and starts talking on his cell phone to people or checking out the crowd then you may need to cut him off.

I have had many friends that want to work out with me but don't want to workout! When I say lets go over to this machine now and do this exercise, I'd hear them say, "oh I don't like that exercise, I think I'll do something else."

I'd also get friends that would be 20 minutes into a workout with me and then start discussing their relationship problems or talk about what's for dinner. I tell them that if they want to continue to workout and train with me, then I need their undivided attention. If they MUST talk, then we can talk about how our muscles feel when we exercise, we can talk about pushing each other to do 3 more reps. Any discussion will be about the gym, muscles, or pain until we step back outside the gym.

I have gotten disturbed many times at my friends because they don't understand my thinking. They say that I'm too serious, but I tell them to look around the gym and notice all the people that have below average bodies. I tell my friends to ask themselves what all these people have in common. My answer is that they are all visiting and treating the gym like its social hour.

ADVICE

My advice to men that want a body like mine is to stay focused! Its not easy to go to the gym every day and put a whole bunch of grueling nights and hours in their. When I saw the photo of Marky Mark for the first time, I would have to say that it was in my heart, in my eyes, and in my mind that I wanted nothing more, then to have my body look like his.

Having a roll model will help a lot. If you just say to yourself, "I want to get in shape." Well then the brain doesn't really know specifically what its going after. So its going to do the best that it can to get in the shape it thinks you want it to get in. If on the other hand you say to yourself, "I want the abs of so and so, and the arms of so and so" and you have visual aid to go with it, well then hey, you have just taken your first serious step! Your brain can now begin to imagine what it would be like to have this type of body.

If my body type is what you want to achieve, then study my photos and get to work. Anything is possible if you just allow your brain to think it.

8 BEASTLY BENCH PRESSING TIPS

By Steve Shaw

Let's do an experiment. I'm sure you'll figure out how it ends. Take a buddy to the gym today. But don't say a word about the workout. Let him slip on his workout gear, tighten his lifting belt, and grab his water bottle. As he enters the gym, what piece of equipment will he be looking for? **The bench press, of course!**

Every freak that's ever touched a weight wants a beastly bench press. There is just something so behemoth about being able to toss heavy loads off your chest. And to have two steak-sized slabs of beef hanging on our chest – well that would be priceless. Nothing screams leave my girlfriend alone like massive pecs.

Bench press freaks, get ready to hit the “print” button. Take these tips with you to the gym. Memorize them, and sleep with them under your pillow. It's time to go Hulk Smash crazy.

Tip 1 - Titanic Triceps

Whoa, Nelly! The first thing you need to do if you want a big bench press is to train the triceps. I'm not talking about performing 12-20 sets of isolation or shaping exercises either.

To strengthen your triceps, you must use pressing movements that involve heavy weight. Exercises like the JM press, close grip bench press and incline bench press. You also want to add in dips, heavy overhead dumbbell and barbell extensions.

And remember this... the bench press is about triceps strength, not pec strength. Focus on the triceps, first and foremost.

Tip 2 - Plane Back Training

Notice, I said plane... not plain. When working your lats, train them primarily along the same plane that you train the bench press. This removes pull-ups and pulldowns from the equation.

Focus on exercises that “pull” the weight towards your chest, like dumbbell rows, Yates rows and (especially!) barbell rows. Barbell rows should be your staple. You can also use low pulley rows, and t-bar rows.

Plane training adds balance and strength to your bench press.

Tip 3 - Shoulder Blades

This is an often neglected aspect of bench pressing. You need to pull your shoulder blades together, and keep them clenched tightly together during a bench press.

Keeping your shoulder blades tight creates greater pressing stability, and shortens the distance that the bar has to travel. Both of these factors aid in pressing more weight.



Tip 4 - Bend the Bar

You need a tight grip on the bar. With a tight grip, unrack the weight. From this position, visualize yourself bending the ends of the bar together along the horizontal plane. This technique serves two purposes.

First, by bending the bar, you will be focused on keeping a tight grip during the full range of the movement. Secondly, the visualization of bending the bar will assist you with keeping your elbows in tighter towards your torso.

Pressing with your elbows flared out at a 90 degree angle is a sure-fire way to lower your bench press total, and a good way to strain the shoulders.

Tip 5 - Leg Drive

The bench press starts with leg drive. The first movement of any good bench press effort is an explosive push with the legs. This leg drive will assist you in putting your weight properly on your upper back and traps, and will help propel more weight up.

On the other hand, if you lay completely flat on the bench, and use no leg drive at all, you are short-changing your performance. It takes practice to master leg drive. Take your time, and use lighter weight at first to get the feel for this technique.

Tip 6 - Proper Breathing

This might seem like a trivial tip, but it's not. Listen up! You need to learn how to breathe into your stomach when you bench. Do not, under any circumstances, breathe deeply into your lungs. If you're a chest-breather – someone whose chest rises and falls as they take deep breaths – you will be creating lift instability.

Suck the air into your belly, and hold it during the pressing movement. Try not to breathe in and out during the lift. This is a mistake, and might weaken your press attempt.

Tip 7 - Upper Back and Traps

Not much to this tip. When you set up for a press, grab the bar, clench your shoulder blades tightly together, lift yourself slightly upwards, and lower your body so your weight is resting on your upper back and traps. Got all that?

It will take practice to master this slight benching nuance, but it's worth it. Placing your weight on the small of your back will reduce the effects of leg drive, as well as lengthening your total pressing line. Keep your weight on your upper back and traps.

Tip 8 - Strong Shoulders

Developing strong shoulders can really propel a bench press to the next level. The shoulders are an often neglected muscle. It is quite common for bodybuilders to use laterals as the staple of their shoulder workout routines.

This won't cut it if you want a big bench press!

It was only when I began pushing serious weight with overhead dumbbell and barbell presses, that my bench press hit 400. And don't rule out the importance of incline dumbbell and barbell presses either.

HIT THE GYM!

These 8 tips are enough to get your bench press up, and moving in the right direction. Take time and learn how to bench press properly.

Don't go slapping heavy weight on the bar while trying to learn these techniques...that's a good way to injure yourself. Practice these tips and techniques with light weight and good form. Slowly integrate them into your bench press. Soon, they will become second nature.

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.

NATURAL MUSCLE MAGAZINE



QUESTION What's the best book or ebook you've read on the subject of total body transformation?

Jillian Sarno Teta: *The New Me Diet* by Jade And Keoni Teta (hardcover). the softcover version is called *The Metabolic Effect Diet*.

Gabi Pellemans: Tom Venuto's *Burn the Fat, Feed the Muscle* is a great and informative read.

Andrew Ryan Spruill: *Burn The Fat, Feed The Muscle* or any of Vince Delmonte's stuff.

Kyle Lopez: *Body by Design* by Kris Gethin

Raymond Ho: Dave Drapper's *Brother Iron Sister Steel* is the best I've read so far
Shawn Murray: Jim Wendler's *5-3-1*, it allows for all types transformations while always increasing overall strength.



Justin Gardner: *Biology for Body-builders*

Micah Hankins: I'd say there is no one book as there is no one total solution. Immerse yourself in as much information as you can and DO NOT neglect anatomy and physiology. Go outside the line, train with trainers with lots of years under the bar with a true understanding of movement.

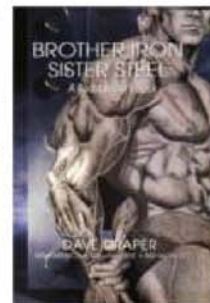
Kristen Genest Herlicka: *Primal Blueprint* by Mark Sisson

Justin Lopez: *As A Man Traineth*

Andrew Browne: *Truth About Abs*. <http://www.truthaboutabs.com/>. It's not just about abs though.

Henrik Viberg Forsgren: *Eat Stop Eat*

Ben Thompson: *Visual Impact Muscle Building* By Rusty Moore is a fascinating system, strictly for aesthetic training.



and how about:

TRAINING AND NON TRAINING RELATED BOOKS.

Theresa Van Der Linde Geneen Rogers. *Women, Food And God!* a must read!

Lisa Clayton *Eat Clean Diet*

Raymond Ho *The Tao of Physics*

Emil Berkovits Ellen Frankel's *Syd Arthur* is a great read.

Krity Christi *Primal Blueprint*

Lauren Simons *What to Expect When You're Expecting*

Lori Grisham *Transformations* by Bill Phillips....good book

Wendy Patricia Newspaper! :D

Heidi Charest *The Paleo Diet for Athletic Performance* and *The Water is Wide*

Jason Wood, Gregg Valentino's- *Death, Drugs, and Muscle*

Mitchie De Leon Sarmiento *Beauty Detox Solution*

Nancy Uliano *MASTER YOUR METABOLISM*

Micheale Holzmiller *The China Study*

Melinda Patton I admit, I have three going...*Soul Print* by Mark Batterson, *Onward* by Howard Schultz, and *Death, Deceit* and some Smooth Jazz by Claudia Mair Burneey. Thanks for asking, and to everyone else for sharing!

Micah Hankins *The Art Of War* and *Different*.

Travis Kerns *Atlas Shrugged* (for the 3rd time)

Eva Miles *Busting Your Butt And Gutt* - Marty Tuley

Vanessa Tib *The New Encyclopedia of Modern Bodybuilding* by Arnold Schwarzenegger.. love it!



Jenna Rennee

Written by Valeria Fazio

Saddle bags – those heinous lumps of excess body fat that sit on your glutes, hips and outer thighs. They are strategically located right below the muffin top. They are what help define many women as pear-shaped or hippy. Nice or not, there is nothing appealing about these bags and it is time to banish them once and for all.

How your body stores fat is usually predetermined by a number of factors such as age, heredity, genetics and inactivity. All these variables can play a role in the development of saddlebags and for women, it is not uncommon to carry excess fat in the rear.

Many women chalk up their misfortunes to genetics, and accept the pear-shaped title, but you know what? Genetically, I am a chubby Italian with a pasta belly. I was told at the beginning of my training that I simply did not have the genetics to build a stage-worthy physique. Not being a science major, this statement did not cause a significantly negative impact on me. In fact, it motivated me to prove this individual wrong – “I’ll show you genetics [insert inappropriate name calling here]!”

Yes, genetics do play a part on how your body stores fat. But chances are, you were not born with saddle bags and therefore, a lack of attention to physical activity and nutrition has allowed you to store that fat in the first place. So, if you too are feeling some extra motivation and you’re ready and willing to wage war on your genetics and every other excuse in the book, then you’re ready to giddy up.

So, first things first: Let’s not get ahead of ourselves. Spot reduction is close to impossible. As such, the solution here is not endless hours on the treadmill. Excessive cardio, in fact, will not help develop shapely toned legs. This type of training, if you are not careful, is actually very catabolic and counterproductive to burning fat.

To eliminate the fat on your lower body, you must be willing to work through a full-body fat-burning program that combines cardiovascular training with high intensity resistance training, resulting in a boost to your basal metabolic rate (BMR). This has been shown to increase as you build lean muscle and also revs up your metabolism.

GIDDY UP, SADDLE DOWN

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NUTRITION

targeting and toning your thighs, rear and hips

Consider that for every percentage of lean muscle you build, your body will burn an extra 50 calories.

Are you with me now?

When I want to lean out my legs, I plan for two leg workouts a week. Day one focuses on weight resistant lifts such as squats and dead lifts. Day two is based on bodyweight plyometrics that help to attack muscle fibers that are not necessarily trained in standard lifting. Plyometrics are also one of the best forms of training for fat burning simply because it forces you to use your entire body, even when you are just focusing on your legs.

Once you have your training in check, it’s time to control your hormones. For women, it has been scientifically proven that our hormones run amok when we attempt to lose body fat. In a study that investigated exercise in relation to energy balance, intake, and expenditure, it was found that exercise had a positive fat-burning impact in males but a far lower impact in females. This difference has been attributed to circulating hormones, specifically ghrelin, insulin and leptin that regulate energy balance and promote fat loss in women.

When these hormones are out of whack, fat loss can seem almost impossible. Gender (along with genetics) should not be an excuse. That is why ALLMAX took the female hormone balance into account when designing a fat burner specifically for women. Rapidcuts Femme works with these hormones, helping to control cravings, appetite and stress – all contributors to fat storage. Additionally, it is formulated to attack, release and burn pesky fat stores. Vitamins B6 and 12 are present to help your body maintain energy production.

So while ALLMAX can help your hormones stay on track, the following two leg training days will help your goals do the same.

Begin both workouts with 20 minutes of high intensity intervals on the treadmill or elliptical and finish with a 10-minute cool down on the bike.

Rest for only 45 seconds between sets and rest for 10 seconds between the box jump sets.

LEG TRAINING DAY 1

- **Squats** 4 sets of 15 reps.
- **Reverse Lunge with Knee Lifts** (I do this off a step) 3 sets of 15 reps each side.
- **Superset to Lateral Bench Step Up** 3 sets of 15 reps each side.
- **Decline Dumbbell Leg Curls** 3 sets of 15 to 20 reps.
- **Superset to Plié Squat** 3 sets of 25 reps.
- **Leg Press** 4 sets of 20 reps.

LEG TRAINING DAY 2

- **Bodyweight Sissy Squat** 4 sets of 20 to 25 reps. Switch Squats on BOSU (begin in a squat position with one foot on the BOSU, the other on the ground. Pop up and over the BOSU to the other side and land with the opposite foot on the BOSU) 3 sets of 20 reps total.
- **Superset to Bench Step Up with Knee Lifts** 3 sets of 15 each side.
- **Walking Lunges** 3 sets of 30 steps.
- **Superset to One Legged Deadlifts** (begin with bodyweight, hands on hips, and progress to dumbbells or a barbell) 3 sets of 15 each side.
- **Box Jumps** 10 sets of 10 reps.

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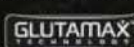
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Save Money and Eat Healthy Cooking with a Crock Pot!

I maintain my 47 year young physique with Crock Cooking

I have to admit that I have found the BEST way to have my healthy meals ready to go. I hear so many times how families have no time to cook healthy and resort to unhealthy fast, processed foods during family dinner hour. Funny, Crock pots have been on the scene for so long and I have landed the Stay Healthy goldmine to answering the call to "having no time to cook healthy".

During the week, I grab my 2 large Crock's and fill one with 8 boneless/skinless chicken breasts seasoned as in the recipe or the flavor I want to create, and the other I prepare my spicy brown rice. When those are done, I grab my steel cut oats and do the same thing. I make enough chicken, brown rice, and oats to last me and my hubby a week. This really saves money, time, and ensures that Stay Healthy foods are being consumed at every meal. It is also a good accountability tool, when the food is ready to go...NO EXCUSES to not eat healthy.



Stay Healthy Food Challenge: Purchase one or two Crock pots, start buying your b/s chicken in bulk on sale & the same with the brown rice and steel cut oats. Take one day over the weekend to fill the pots, cook the food, and put in containers in your refrigerator. I would love to hear how this works for you. Stay Healthy!

Spices I used, but feel free to be creative:

Medium heat salsa 1 cup
Crushed red peppers 1
tbsp
Cumin 1tsp
Cayenne pepper 1tsp
Chili powder 1tsp
Curry powder 1tsp
Onion powder 1tsp
Paprika 1tsp
Taco seasoning to taste

food



Stay Healthy

Spicy Brown Rice & Chicken

I created this meal using brown rice that I prepared overnight in my Crockpot as well as the boneless/skinless chicken. I really enjoy the ease of making a meal when I cook in bulk and it ensures that there are always healthy ingredients to put a meal together in minutes. If you do not have a Crockpot, then prepare the brown rice as directed on the package.... just remember that brown rice takes longer to cook than white rice. The spicy kick to this dish is fabulous and the best part...Simple, Stress Free, and Stay Healthy cooking at its BEST. I have to share that I prepared this meal for Cinco de Mayo but plan on making it again and again...it is that GOOD!

THE INGREDIENTS:

2 boneless/skinless chicken breasts
(or bulk cook in Crock Pot)
Brown rice (prepare enough to serve single,
double, or family batch)
Fresh tomatoes for garnish and eating
Fresh avocado ¼ per serving
Non-fat plain yogurt instead of sour cream



MEAL PREPARATION:

CHICKEN:

Crockpot Chicken: Prepare your chicken the night before in a Crockpot. Put chicken breasts, spices and pour salsa over the top with a small amount of water. I set my Crock to finish cooking in 8 hours. The chicken breasts will be setting in broth when done...start forking the chicken apart until shredded & the broth has soaked into the meat. Sample the meat...if you need to add more spice or salsa, feel free. I am usually good to go.

or Marinated Grilled Chicken: Marinate the chicken breast in the salsa with the spices for at least an hour, grill until cooked thought and moist, remove and shred.

BROWN RICE:

Crockpot brown rice: Cooks really quickly within 4 hours in the Crock. Put in the amount of rice you want to use for the recipe or cook plenty to have throughout the week. Follow the package directions for rice to water amount. Add the spices and salsa. Cover and cook. Enjoy the aroma filling your home;)

or Stovetop brown rice: Simply follow the package directions adding the spices as listed and as you desire to taste.

Slice up the fresh tomatoes and avocado

PUTTING IT ALL TOGETHER:

Place a serving size portion of the spiced brown rice in the center of a lunch size plate, create a divot in the rice and place the shredded chicken in the divot and over the rice. Slice ¼ of the fresh avocado and place over the chicken, add the non-fat plain yogurt and garnish the outside of the dish with fresh tomatoes. This is a simply tasty dish that will please everyone...and oh so Stay Healthy!

**Francisca
Dennis**



Coach A's Model of the Month

www.jwathertonimages.com 703 450-1658 ateamx@patriot.net

natural bodybuilding workout that FIX DISPROPORTIONATE MUSCLE GROWTH

Disproportionate muscle growth, or having muscles on one side of the body grow more than on the other, is a normal problem in natural bodybuilding that beginners who are just getting started encounter. Listed below are my recommendations on how to deal with this problem, with sample natural bodybuilding routines on how to fix an uneven chest and shoulders.

The first thing that I would do is check your form. When one is a beginner, the stronger side (typically the right one if one is right-handed though this is not always the case) tends to do more work than the other one resulting in disproportionate development.

My recommendations to fix this are:

1. Practice perfect form: By ensuring proper form not only you ensure that the targeted muscles are the ones doing the work but also that both sides are putting an equal amount of force as the movement is performed, thus preventing imbalances.
2. Concentrate on activating the muscles of the weak side: When performing the movement, really concentrate on using and squeezing the muscles of your weak side to move the weight. This extra concentration will ensure that your dominant side is not the one doing the work.
3. Perform extra sets of unilateral movements to only target the underdeveloped area: Doing a few extra sets that solely focus on your weak side will teach the body to better activate the muscle fibers of that side.



Hugo Rivera CFT, SPN, BSCE

SAMPLE NATURAL BODYBUILDING ROUTINES THAT FIX DISPROPORTIONATE MUSCLE GROWTH

Listed below are a couple of examples of how you can set up a routine that will help you fix your imbalances.

EXAMPLE #1: CHEST ROUTINE

Superset:

- Incline Bench Press 4 x of 8-12 reps
- Unilateral Dumbbell Press 4 x of 8-12

(Ensure that the dumbbell is light enough as you will need to balance yourself)

Superset:

- Chest Dips 3 x of 8-12
- Unilateral Incline Flyes 3 x of 8-12

EXAMPLE #2: SHOULDER ROUTINE

Superset:

- Unilateral Lateral Raise 3 x of 12-15
- Upright Rows 3 x of 8-12

Superset:

- Bent Over Laterals 3 x of 10-12
- Uni. Shoulder DB Press 3 x of 12-15

Routine Notes: Only rest 1 minute in between supersets and watch those lagging areas grow.

Workouts A and B train both sides of the body equally while Workouts (C) and (D) should just consist of Unilat. movements for the left side only. See the sample Unilat. workouts below:

Workout C

- Unilat.Incline Dumbbell Press 4 x of 8-12 reps
- Unilat.Flat Dumbbell Press 4 x of 8-12 reps
- Unilat.Pulldown (use a pulley) 4 x of 8-12 reps
- Unilat.Dumbbell Row 4 x of 8-12 reps
- Concentration Curl 3 x of 8-12 reps
- Hammer Curl 3 x of 8-12 reps
- Triceps Pushdown (Use Pulley; Palm facing down) 3 x of 8-12 reps
- Overhead Dumbbell Triceps Ext (left arm only) 3 x of 8-12 reps

Workout D

- Unilat.Shoulder Press 3 x of 8-12 reps
- Unilat.Rear Delt Machine 3 x of 8-12 reps
- Unilat.Lateral Raise 2 x of 8-12 reps
- Lunges (left side only) 4 x of 8-12 reps
- Unilat.Leg Press (left side only) 3 x of 8-12 reps
- Unilat.Leg Extensions 2 x of 8-12 reps
- Unilat.Leg Curls 4 x of 8-12 reps
- Unilat.Calf Press 3 x of 8-12 reps

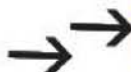
Workout Notes: Only rest 1 minute in between x.

What if One Whole Side of the Body is Visibly More Developed Than the Other One?

If one side of the body is visibly more developed than the other, as often happens to athletes who practice sports like bowling, where one side is used predominantly, then I would recommend dedicating whole workouts to exercising only the weak side.

The sample natural bodybuilding workouts below illustrate how to set up a unilateral bodybuilding routine that for example purposes is targeting the left side of the body (as the right side is the more developed one):

Workout A	Chest/ Back/ Biceps/ Triceps	Monday
Workout B	Delts/ Thighs/ Hamstrings/ Calves	Tuesday
Off		Wednesday
Workout C	Chest/ Back/ Biceps/ Triceps	Thursday
Workout D	Delts/ Thighs/ Hamstrings/ Calves	Friday
Off		Weekend



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BREAKING NEWS: Champion Nutrition USA signs **Joe Herr**. Joe is a lifetime natural athlete and earned his Pro Card in 2010 by winning the Tampa Musclemenia. He recently competed in the Male Physique division where he hopes to earn a Pro Card and compete in the IFBB Mr. Olympia!

"Look for Joe to appear in numerous publications and various events around the country. He is a great addition to Team Champion and we are proud to sign him" says Champion's Michael Carrubba.



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A black and white photograph of a muscular man's back, showing the trapezius and latissimus muscles. Overlaid on the right side of the image is a white molecular structure diagram with spheres and connecting lines. The background is a solid blue color.

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- *After just 16 training sessions, subjects in the NO-SS group showed the following compared to the Isocaloric carbohydrate group:*
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- **99.1% Greater Gain in Lower Body Strength**
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- **98.7% Increase in Myosin Heavy Chain 1 Protein**
- **41.5% Increase in Myosin Heavy Chain 2 Protein**
- **227.3% Increase in Myo-D**
- **163.6% Increase in MRF-4**
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VPX HAS DONE IT AGAIN! This is the world's first study showing that the potent stack of NO-Shotgun and NO-Synthesize (collectively called NO-SS) packs on the beef and gives you herculean strength. VPX currently has funded several projects resulting in the publication of eight scientific papers. No other company in the category can match this record of science. The NO-SS study represents the 9th study on a VPX product.

Subjects consumed NO-Shotgun pre- and NO-Synthesize post-workout for a period of 4 weeks. They trained 4 times per week for a total of 16 training sessions. As you know, the nutrient timing window (Pre-, During, and Post-Exercise) is the most important feeding window of the day, period! Breakfast comes in 2nd to this feeding window. After the study period, scientists measured strength, muscle mass, and looked at various protein markers as well.



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Scientific Reference:

Shelmadine B et al. Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, N0-Shotgun®, on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. Journal of the International Society of Sports Nutrition 2009, 6:16 (5 August 2009)

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

My name is Coach A.

welcome to MY WORLD

To contact Coach A:

ateamx@patriot.net

703 450-1658

www.onemodelplace.com/

jwathertonphotography

www.jwathertonimages.com

For 11 years, MY WORLD has been privileged to provide profiles of fitness' hottest stars, known and up-and-coming! This month I am going to depart from my norm to tell an amazing testimony of God's grace and faithfulness.

Most of you know him as the dynamic and charismatic bilingual host of Fitness Universe annually held in Miami Florida. His savvy repartee, quick wit, empathic demeanor and calming professional manner have endeared this emcee to thousands who have trod nervously across the stage.

Several years ago I sat down with David Octavio Gandell to get to know him better and to understand his world. I asked him why he had cut his hair? Today, I count it an honor to tell you what he said! My name is Coach A, and welcome to MY WORLD!



PROFILE:

Lives: South Beach, Miami Florida

Born: Puerto Rico

Marital Status: Single

Education:

-B.A. Marketing Management;

-B.A. Speech Communication;

-Certified Personal Trainer

Age: 35

Height: 6

Weight: 75-180

David Gandell

What do you consider your greatest triumph?

Surviving CANCER TWICE and being chosen to Tell God's story.

What do you do for a living?

LIFE COACH, Professional Fitness Trainer, General Manager @ Gold's Gym South Beach; Inspirational Speaker, Writer

Why did you get involved in fitness?

I became a trainer when I was 18 to help change peoples lives and to continue to enhance my fitness goals. I started to realize that training had a lot to do with building relationships and the reason that one of the reasons clients achieved their goals was through the trust in their trainer.

Favorite:

Book? The Bible

Movie? Passion of Christ, Letters to God, Notebook, Secret of My Success, Listen to Me (Each have a special meaning in my life)

Cheat Meal? Pizza

Who influenced you the most athletically?

I've been blessed with great coaches in sports; but in life as a trainer three names come to mind: Ron "Alcatraz" Coleman, Tim Gardner and Ty Pena

Who do you admire the most?

Male: My Father, David Gandell: He fought in the front line in Korea, Has survived a heart attack, back problems, cancer and yet he has taught me patience, and continued faith in God

Female: My mother, Maria Gandell: A captain in the Army during the Vietnam War and became a miracle when giving birth to me, was brought back to life after surviving 9 cardiac arrests, a great motivational speaker, and she taught me "I can do all things through Christ who strengthens me"

How do you want to be remembered?

I want to be remembered as someone with Faith that never gave up.

What traits do you value the most?

Loyalty, Honesty, Faith

What do you see that is good in Fitness today?

The amount of women over the age of 30 that are competing and inspiring others

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

We need to inspire others and not be negative about others in the industry. We all have different ways of reaching people and we all have our own purposes.

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

Thanks to all who have and continue to pray for me. I know faith in God has healed me and given my life purpose, passion and meaning. I am convinced that knowing that your Dreams are part of His plan is essential to a fruitful life.

Coach A?

Coach A was a special person in my life before any pictures were ever taken! We talked and found things in common. He is a Godly man who truly gives of himself



to others by listening to their story. And Coach A does take some WOW images.

How do I contact David?

octaviogandell@yahoo.com
www.davidgandell.com
www.goldsgymsouthbeach.com

If you had a magic wand and could instantly change something about your life, what would it be?

Everything I have experienced is part of a plan that God has for my life. I am living a bonus life! I'm late for my funeral and I believe that everything here is a preparation for the future.

What else do you want the readers to know about you?

I am blessed to have been the Host of Universe Weekend for almost 10 years and I look forward to being part of this great event for many years to come.

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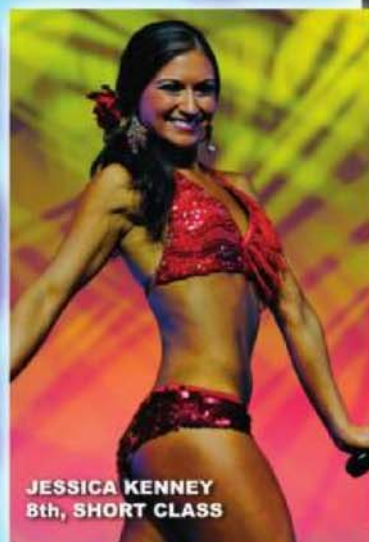
CHRISTINA JUPINKO
2nd, TALL CLASS

LORI HARDER
OVERALL WINNER

JOHANNA SAMBUCINI
3rd, TALL CLASS

OLGA SVRYDOVA
4th, TALL CLASS

Tony, sassy and natural, the ladies at the Ms. Bikini America were among 600 amazing competitors at the Las Vegas fitness extravaganza. Surprising everyone was Ms. Bikini America winner Lori Harder of Minnesota who also won the Figure America Championships. Like aameleon, Lori was able to adjust her body shape, condition and presentation to impress two different judging panels. Other winners included Tina Giannitsopoulos (Masters), Lea Newman (Classic), Ekaterina Schload (Short) and Angelique Van Derlinde (Medium). In June, Lori will compete with hundreds of other natural competitors at the Fitness Universe Weekend in Miami. But she will move into the Fitness Universe Pageant and test her athletic, dance and performance skills.



JESSICA KENNEY
8th, SHORT CLASS



MARIE PISCITELLI
4th, MEDIUM CLASS



JULIET COTTERILL
8th, TALL CLASS

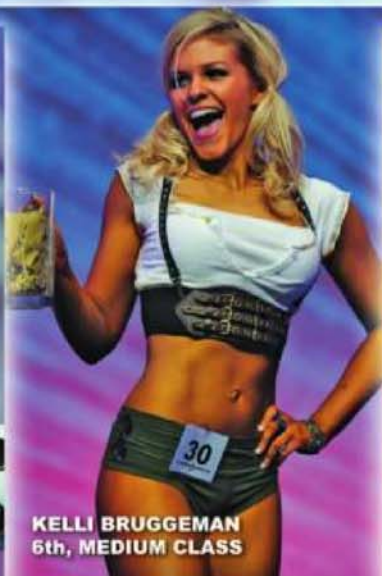


AZUCENOI VALENTE
8th, MEDIUM CLASS

PHOTO CREDIT: GORDON J. SMITH



TRACY GRAMER
5th, MEDIUM CLASS



KELLI BRUGGEMAN
6th, MEDIUM CLASS



ALEX NAVARRO
7th, SHORT CLASS



STEPHANIE BREWSTER
7th, MEDIUM CLASS



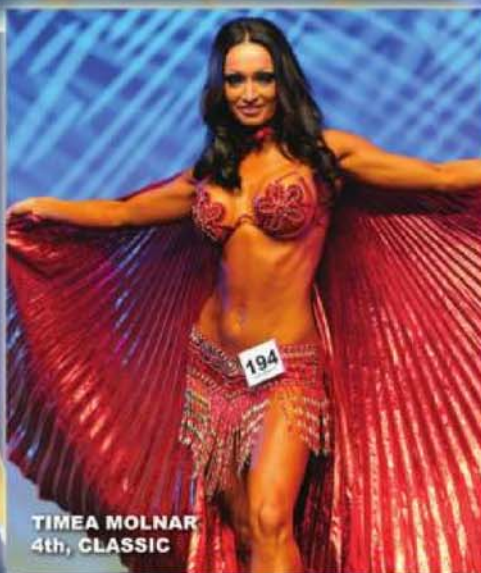
TALL CLASS LINEUP



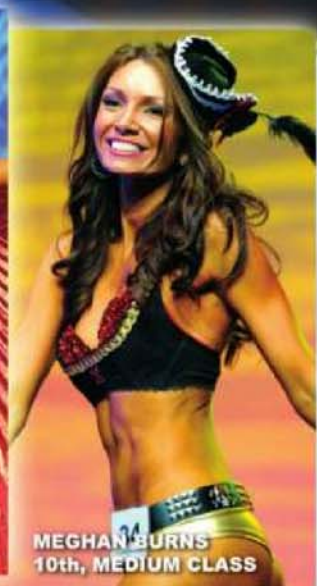
KIRSTY KIM
9th, CLASSIC



ALICIA HARAKSIN
4th, SHORT CLASS



TIMEA MOLNAR
4th, CLASSIC



MEGHAN BURNS
10th, MEDIUM CLASS

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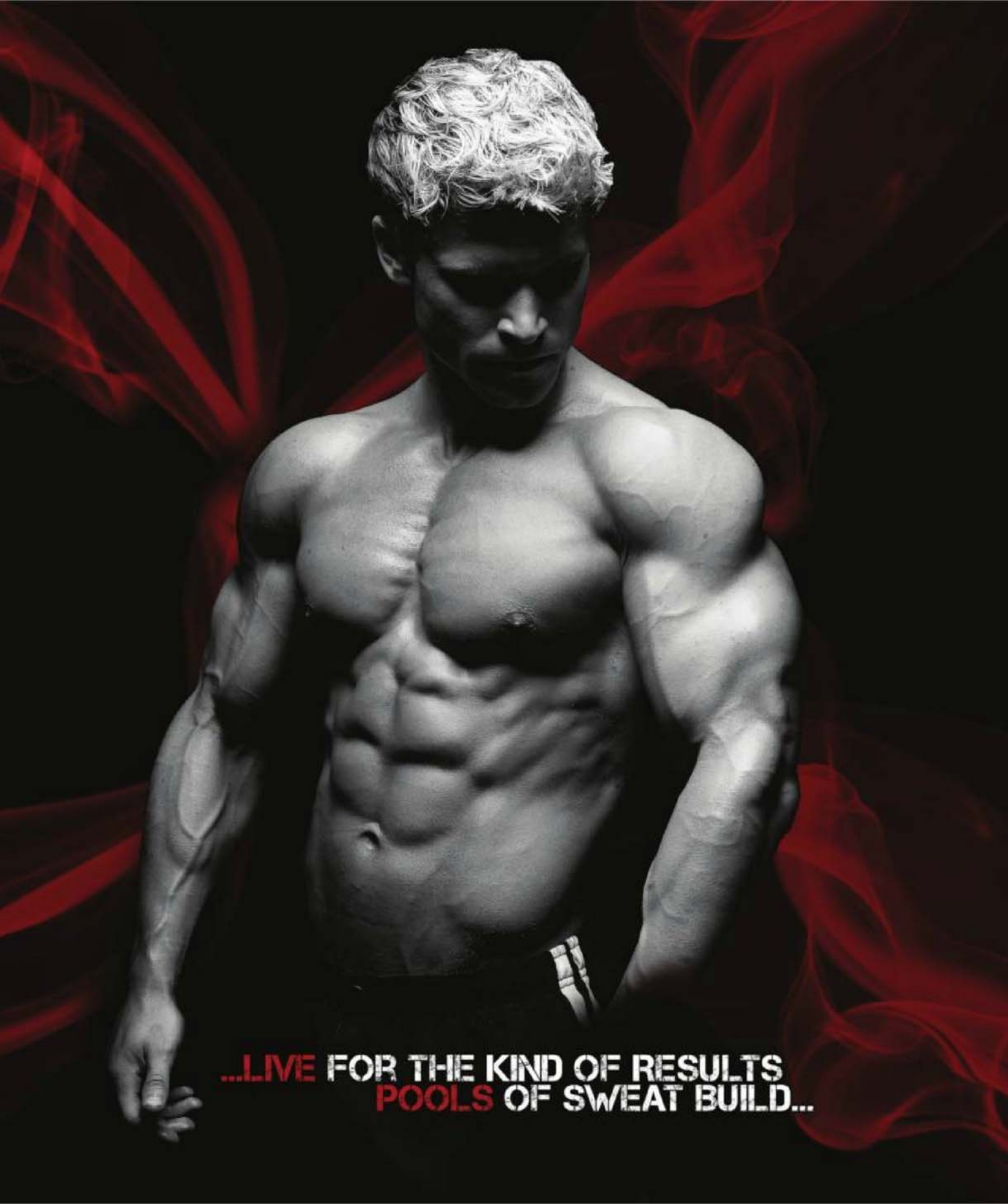
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women of THE PBO PERFECT BODY ONLINE

From Lindsay Messina: When Kelly Klarich walks into a room with her captivating smile and Australian accent she seizes the attention of everyone in the room. Not only is she a stunningly gorgeous brunette, but she is as down to earth and sincere as they come. With her positive attitude and genuine personality, people are just drawn to her. I am so proud to have her featured in Muscle Magazine as a representative of PBO. Kelly represents everything a PBO model should be. She is always a team player and enormous supporter to other women. The way she carries herself with confidence, class and beauty, she is a true inspiration and role model to other women.

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

A PBO girl is someone who is confident and sexy, lives a balanced, healthy lifestyle and has plenty of 'class and sass'. There are many mothers who embody these traits and those are the real PBO women who inspire me. Being part of PBO also means you have access to the best photographers, products, jewelry and so much more, all at discounted rates.

You've been modeling for a year or so now, how does your Photo shoot experience with Liana Louzon compare to past photo shoots?

Liana is phenomenal! She understands a woman's body and exactly how it translates into an amazing image. She offers suggestions on poses and makes you feel so comfortable, confident and beautiful. If you ever have an opportunity to shoot with her, it is a must!

What's your strongest asset?

I am extremely determined and driven. I want what I want and I am prepared to work hard for it.

Being a Bikini Competitor can you tell us about your background?

Growing up I played Netball for many years (I am not sure it's played much here in the States) and was very active in a variety of sports. It was in my mid-20s that I started my love affair with the gym. After years of doing the same workouts I then discovered the competitive world of fitness and chose the Fitness America Pageant as the federation in which to compete. I believe they look after for the women and, therefore, attract great competitors.

Can you list your accomplishments?

At my first ever show I placed 2nd in Bikini Tall, which gave me the courage to step on stage at the Fitness America Championships in Vegas where I placed 6th in Bikini Tall and 10th in Model.

What are 5 interesting FACTS about yourself?

While I enjoy going to watch a movie, I rarely stay awake until the end. I ran the NYC Marathon back in 2008. I dislike beer but love a glass of Sancerre. It bugs me when people don't use your/you're correctly. I took out a mortgage at 22 and bought my own home.

What makes you tick?

Traveling, white sand beaches and a beautiful sunset.

Tell the Natural Muscle readers about your heritage and where you're from.

I am the daughter of an English mother and Australian father. I was born in beautiful Perth, the capital city of Western Australia. Western Australia is the largest state in Australia, taking up approximately a third of it. I spent my first 27 years there before moving to the bright lights of New York City. Growing up, my father competed in rodeos, so my brother and I were around horses and learned to ride from a very young age and were always encouraged to enjoy the outdoors. I still believe Perth has some of the most perfect weather and is paradise for those who enjoy water sports.

What do you use for your skin? Your face is so clear and fabulous.

Firstly, I refuse to spend a fortune on skincare. There are so many great and affordable brands available – Vichy is a favorite of mine. My one rule? I remove my make-up every night, despite how tired I am! I like to

use a heavier moisturizer to work throughout the night. Another favorite is the Neutrogena foaming cleanser, it's actually a scrub but light enough to use daily.

What does your weekly workout routine look like?

Typically I weight train five days a week for about 45 minutes. I also do a functional workout once a week and my day to rest is generally Sunday. I dislike cardio so don't really do a lot of it, although an early morning run along the Hudson River can be so peaceful.

How do you feel being featured in Natural Muscle Magazine?

I am truly honored! One of my 2011 goals was to appear in a respectable fitness magazine and now here I am. So I say a big thank you to Natural Muscle Magazine and Perfect Body Online for making my dream come true.

What's your favorite quote and why?

Life begins at the end of your comfort zone. -- Neale Donald Walsch.

My fiancé is the one who pushes me to try new things, challenge myself and not be afraid.

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

Right now it's all about my shoulders -- I am working to build and gain definition. I love the look of a figure competitor's shoulders. Front and lateral raises are part of my program and I am trying to perfect my handstand push-ups.

Can you tell us your most embarrassing moment?

Ugh, nothing comes to mind.... or maybe I've just permanently blocked it out! LOL

Can you give us two pieces of advice from your experience in competing and modeling?

Surround yourself with positive and supportive people -

I am part of Perfect Body Online not only because it's a one stop online shop for competitors and models but because they provide a platform for networking with women who share the same passion. Lastly, have fun and enjoy -- we work so hard preparing for a competition, then show day arrives and everything can go by so quickly, so soak up every moment.

Do you represent any supplement companies? If so, what's your favorite product.

I am lucky enough to represent ISS Research and their brand OhYeah! It is easy to represent a brand when you feel strongly about their products. The Complete Whey Powder is great because it actually dissolves, making it easy if you're on-the-go and don't have time for a blender! Their wafers and bars are all delicious too... stopping at one is the problem.

What are your goals and plan for 2011?

At the Fitness America Championships in Vegas I was 6th, meaning I just missed out on a place, therefore my goal for this year is to place top 5 at Fitness Universe in Miami in June. And since I have achieved my goal of appearing in a leading fitness magazine I am now aiming for a cover. Aim big I say!



KELLY Klarich

WEIGHT GAIN & MENOPAUSE

INEVITABLE OR PREVENTABLE?

Paula Jager CSCS

One morning mid February I had an urge to try on my bathing suit—I don't know why I just did. Most likely because it had been cold, spring was around the corner and I had been hiding out in my sweats enjoying mass quantities of comfort foods—I didn't gain much weight—the scale could not be right. If I had gained it had to be muscle. Well, I put on that swimsuit, grabbed a mirror and checked my rear. That could not possibly be my body looking back at me! What the hell happened?

I am a CSCS and owner of a CrossFit facility who eats "right" and exercises year round. I am passionate in my efforts as well as my nature. I practically get on a pulpit and shout it from afar. I workout an average of 3-4 days a week consisting of 2 to 3 high intensity weight lifting days and 1 day of some type of sprinting with mobility work interspersed throughout the week. How in the world could I have gained 11 pounds? And 9 1/2 of it was in my rear—that's pure genetics there. Could it be my age, I am 51? Could it be because I am post menopausal?

In my "youth" I often laughed and rolled my eyes at my older female friends who complained of life disrupting hot flashes and "inevitable" weight gain around the middle once they hit menopause. It seemed to be the scapegoat for whatever ailed them. My answer was always the same—"stay away from the donuts and do some wind sprints—it's what you eat and whether or not you move your arse. You can look nearly as fit at 50 as you can at 30". They did not appreciate it and most of them responded with "wait till you're my age—you'll see". Well, life rolls along and here I am 51 and post menopausal. I was the heaviest I had ever been in my entire life at 126 lbs, 19% body fat and I had a roll around the middle. Could I possibly have been wrong? Does the body change? Well of course it changes as we age but was it really out of my control?

First off, I don't even like the sound of the word

"That could not possibly be my body looking back at me! What the hell happened!?"

"menopause". It seems to be looked upon as a disease of some sort. For many I will admit there is definitely some dis-ease. But what exactly is the cause of that dis-ease and is it preventable through proper nutrition and exercise? I don't believe it is something that necessitates a "pill" or a "replacement" for. It is a natural transition in a woman's life, not something to be afraid of or looked upon as the end of life as once known. I have firmly believed if one eats right and exercises throughout their life—while there are definitely changes related to aging—one can do so gracefully, embracing this chapter of life and avoiding the inevitable weight gain and other common issues. A few years prior I did experience a few "warm moments" in the spring and fall but nothing that disrupted my life or lasted very long. Until this spring

Part 1 of a 2 Part Series

THE BEFORE



and the roll in the middle I have felt basically the same as I have for much of my adult life. I decided to test my hypothesis: was this weight gain inevitable or reversible through lifestyle modification? I say reversible.

I established a goal: 115 lbs and approximately 12% body fat. I chose a start and end date: 3/15-6/1. I kept a detailed food log for 3 weeks in www.fitday.com; changing not a thing for an honest assessment of what I had been consuming. This can be tedious, time consuming and not something I would do long term or for more than the duration of an occasional reality check or fat loss effort. However, if I did not know what I was consuming and in what amounts I would not know what I needed to change. Here's what I found...

The macronutrient ratios were near ideal. The foods were all from quality sources and home cooked. But my average daily caloric intake

was well over 2400 calories a day and my "indulgences" were averaging 2-3x a week coming from homemade ice cream, 70% organic cacao bars and grits; largest meal eaten late at night. So maybe that's why all that junk was in my trunk?

Based on my findings eating as I had been all winter I was surprised yet the answer was clear. I knew what to change and now had a plan.

Stay tuned for the conclusion, what I did and After Photos. Let's see if the hypothesis stands...

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 www.crossfitjaguar.com paula@jaguarfit.com



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

food

Green Pea Salad Cups

Ingredients

- 1 1/2 cups frozen peas, thawed
- 2/3 cup finely chopped celery (about two stalks)
- 1/2 cup shredded mozzarella cheese
- 1/4 cup mayonnaise
- 1/4 cup buttermilk
- 2 teaspoons sugar
- 1/2 teaspoon vinegar
- 1/4 teaspoon garlic powder
- 1/4-1/2 teaspoon dried dill, crushed with fingers
- 1/8 teaspoon salt
- 1/8 teaspoon paprika
- 12 wonton wrappers

Directions

To make the dressing: Combine mayonnaise with next 7 ingredients in a small bowl. Refrigerate 1-2 hours.



Makes approximately 1/2 cup.

Low fat Ranch dressing can be used instead of making a dressing.

Preheat oven to 325.

Place one wonton wrappers in each cup of a regular muffin pan. The wrappers should

be a bit bunched up to form sides. Keep an eye on them the first couple of minutes in to make sure that the sides don't collapse.

Bake for 10 minutes or until golden.

Remove and cool.

While baking cups, prepare salad. Combine thawed peas, chopped celery, and cheese in a bowl. Mix in 1/4 cup of dressing.

To serve, spoon a heaping spoonful of the salad into prepared wonton cups.

Salmon Fillets

with dill couscous and spicy kale



Ingredients

- 3 tablespoons olive oil
- 1 red onions, chopped
- 1/2 lb kale, stemmed and chopped (about 1 bunch)
- 1/2 teaspoon crushed red pepper flakes
- salt & freshly ground black pepper
- nutmeg, freshly grated
- 2 1/4 cups chicken stock divided; (1 cup with the kale; the remaining 1 1/2 cups is used in the couscous cooking process)
- 4 radishes, sliced thin

- 1 lemons, juiced
- 2 lbs salmon fillets, cut into 4 equal pieces
- 1 tablespoon Old Bay Seasoning
- 1 tablespoon butter
- 1 1/4 cups couscous
- 1/4 cup fresh dill, chopped
- 1/4 cucumber, cut into 1/4 inch dice

Directions

- In a large skillet, heat 2 tablespoons oil over medium high heat and cook onion for 4 minutes; add kale, crushed red pepper flakes, season with salt and pepper, and a few pinches of freshly grated nutmeg.
- Add chicken stock, cover, reduce heat, and simmer 10 minutes. Uncover and stir in radish and half the lemon juice.
- Meanwhile, in another skillet, heat remaining tablespoon of oil over medium high heat.
- Season salmon with Old Bay Seasoning and cook in second skillet, turning once, until cooked through, about 5 minutes; sprinkle with half the lemon juice.
- In a medium saucepan, combine 1 1/4 cup chicken stock, butter, 1/2 teaspoon salt, cover and bring to a boil.
- Stir in couscous and dill, remove from heat, cover and let stand 5 minutes; fluff with fork.
- Serve salmon on top of kale with couscous on the side; top salmon with cucumber.

Crab Stuffed Cherry Tomatoes

Ingredients

- 1/4 lb lump crabmeat
- 1-2 teaspoon chili sauce
- 1/4 teaspoon dijon-style mustard
- 2 tablespoons low fat mayo
- 1/2 teaspoon Worcestershire sauce
- 2 scallions, finely chopped
- 1 tablespoon fresh basil, chopped
- 1 tablespoon fresh chives, chopped
- 40 cherry tomatoes (approx.)
- salt



Directions

In a mixing bowl, combine the crab meat, chili sauce, mustard, mayonnaise, Worcestershire sauce, scallions and herbs.

Mix well.

Cover and refrigerate until needed.

Using a serrated knife, cut a very thin slice from the stem end of each tomato.

Carefully scoop out pulp and seeds with the tip of a teaspoon.

Lightly sprinkle the insides of the tomatoes with salt. Invert them on paper towels and let them drain for about 15 minutes.

Using a small spoon, stuff the tomatoes with the crab, mounding the filling slightly on top.

Serve cold.

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BROOKE NIC

talks with muscleandstrength.com

By Steve Shaw

Photos by Andrew Nicholson

What is your athletic background, how did you get involved with figure and bikini?

Was the ultimate tomboy growing up and involved in all sports including cheerleading, basketball, golf, cross country, and softball which I earned a scholarship to college on. It wasn't until I finished college that I got a membership at a local [gym](#). Seeing changes that we all face as we get older I knew it was time to kick it in the gym. I was just your typical gym rat who did a lot of aerobics classes and cardio but never doing much free weights.

I was approached by two trainers to see if I had ever thought about competing with my first reaction being "NEVER!!!" I didn't want to bulk up which was my initial vision of [bodybuilding](#). Soon after a snow skiing accident led me to ACL surgery and this is where my story begins, which was filled with recovery, determination and setting the ultimate goals.

What do you love most about competing?

The thing I love the most...that adrenaline rush you thought you would never have after the fun school years filled with sports and comradery.

What were the major milestones that gave you that "extra" motivation boost?

The biggest was rehab from ACL surgery. Learning how to walk again was very difficult and I knew I had to push myself to get back into great shape. My very first trainers, surrounding myself with people in the fitness industry that I could relate to and top [fitness models](#).

What keeps you motivated?

Setting GOALS...never too big or small for me. If I set goals its that sense of accomplishment that keeps me going.

Who were your heroes and how did they help inspire you to get involved with fitness?

Jamie Eason, was who I was introduced to in a calendar, motivated my decision to get started in the fitness industry. She is still my idol today and I have had the honor of getting to know her personally as



well. Lori Harder is another inspirational leader for me too. Not only do I adore working with her at the big events such as the Arnold and Olympia but she is an amazing cook, competitor and just an all around respected [fitness model](#).

What are your future goals, dreams and plans?

After 10 years of working in the flooring industry as an interior decorating, fitness was something I did on the side and now I am preparing to move from my home town of 26 years to pursue fitness full time.

Complete online training services, one on one personal training, continuing my position as a Bodypump and Zumba instructor and many more ideas to come that I cant wait to share one day!!!

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

I am currently training with Cathy Savage Fitness which consists of weights and cardio that build speed, endurance and [strength](#). I group muscles together working them 4 days and week and cardio five days a week. Diversity is key in training and Cathy Savage training defines that. My body is constantly being shocked and my muscles continue to advance in the direction I need to shine on stage.

How often do you perform cardio?

5 days a week mixing up high intensity and low intensity. Every week I try to do a totally different cardio set to keep my body working in different ways and the biggest thing so it doesn't get boring.

Do you supplement your weight training and cardio with any other physical activities?

I am a Bodypump and Zumba instructor so I definitely get a great workout there but I love my 2 nights a week of Yoga. Of all the craziness with my schedule, yoga zones me out to relax and release any [stress](#).

How often do you change your training routine, and do you periodize your training?

Change is GOOD!!! As I quoted earlier, the body can get use to the workout and that's why we hit a plateau. Even if it's the smallest like adding or taking away weight, or adding pushups at the end of each set. Anything to change up what you're used to doing.

What are your thoughts on fasted cardio?

Definitely not a believer in fasted cardio. Water and food equals [energy](#). You have to get the body hydrated along with some [carbs](#) before for time released energy.

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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.

I never do any workout without taking in food and water at least 30 minutes prior.

Which do you prefer, and why...stead state cardio or HIIT?

HIIT for sure. Gets my heart rate up and down which burns calories and fat quicker.

What are some of your best training tips for someone who wants to get ripped, but doesn't want to compete? Eat clean, incorporate at least 3 days of cardio a week along with weight training.

Do you have any gym or fitness pet peeves?

Probably the only two things for me are music and machine hogs. I love loud music even though it may bother others, but music gets my adrenaline up, making it energetic and setting the tone for a great workout.

What does your post-workout nutrition and supplementation look like?

I eat 6 meals a day consisting of protein, veggies, carbs, good fats and fruits. Of course they are portion controlled but I like to diet with healthy foods and just multivitamins. That's why I love working with Cathy Savage Fitness.

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

Pandora "Chemical Brothers radio" for cardio, Latin for Zumba classes I teach, heavy metal or alternative for weights. I am a music freak and it pushes me through an aggressive or light workout.

What are some of your favorite motivational quotes?

Those who risk going too far can possibly find out how far one can go.

"Perfection is not attainable, but if we chase perfection we can catch excellence." - Vince Lombardi.

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

www.brookenicolefitness.com or FACEBOOK: Brooke Nicole Fitness <http://www.facebook.com/home.php#!/brookenicolefitness>.

Do you have any tips for someone who is looking to compete in your sport?

Go for it! The biggest thing is hire a good trainer! That's what I did which has got me to where I am now! Always search the top competitors and study them. They are the top for a reason.

What attracts you to the natural side of sports and competition?

Determination, overcoming fear, discipline, appreciation for food, I can go on and on...these are just a few words that describes my attraction.

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

Love adventure races consisting of mountain biking, running, surprise obstacles, decorating, of course manicures/pedicures, chillin with my friends!

Movies and TV shows you've enjoyed recently?

The Office, love dance shows, this season of American Idol, I am all about funny movies and suspense. Funniest thing you've seen at the gym recently? Watching people use equipment and form. You can see some pretty "off the wall" moves. I did have a lady in my Zumba class go straight into split form and busted some moves...the biggest highlight for me as an instructor

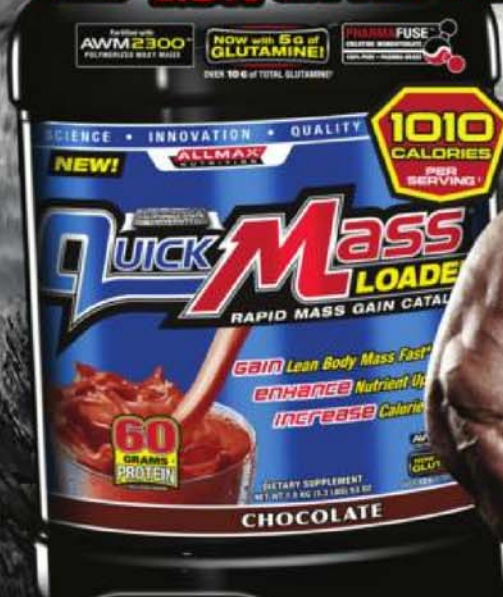
Which college or professional sports teams do you root for?

Alabama Football, baby! Even though I'm moving to Arizona my heart will always be for Bama.

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By: Pz Hopkins

WHO ARE YOU ?

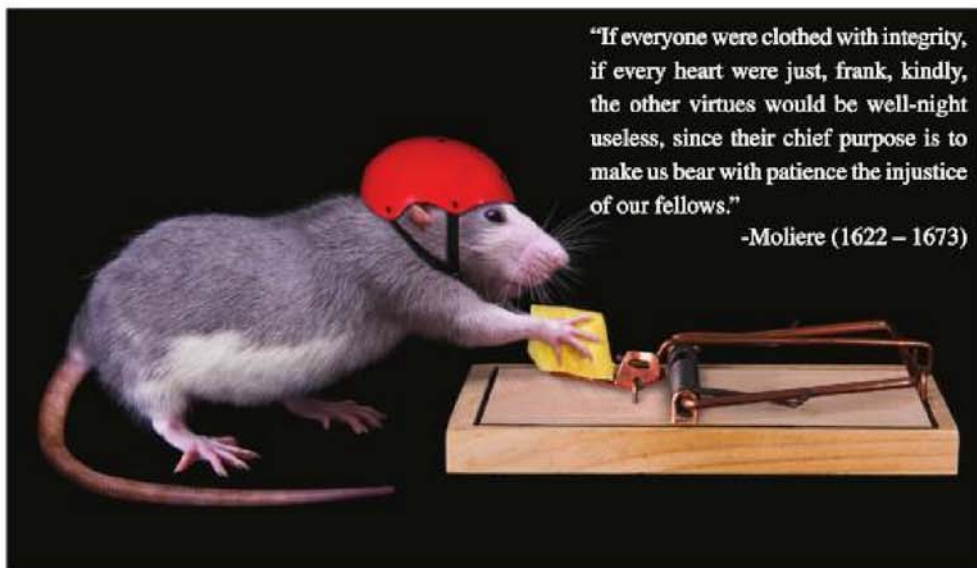
when no one's looking !

Here we go again. Another big shot gets the lid blown off his hidden life. In this case the big shot happens to be one of our boys. He's so famous, in fact, you only have to use his first name and the world knows who you mean. That's right, Arnold might have gone from Hollywood action hero to the Governor's mansion but he's still and always will be a fitness giant to us. He earned that title and that status time after time. Unfortunately, this recent revelation has nothing to do with titles or elections or box office numbers or ballots and referendums.

By now you've all heard about the admission by Arnold that he fathered a child some 13 years ago with a household staffer named Mildred Patricia Baena. Some would argue who Arnold slept with other than Maria is none of our business. Some would argue further that Arnold is doing nothing more than behaving like a large percentage of men have since man began roaming the earth. So what's the problem, and where's the story here anyway?

Well, sorry to break it to those folks who come down on the side of what's the big deal, but that's not the society we live in today. News of everybody's business becomes everybody's business and can be brought to us in a split second 24-hrs all day every day. In Arnold's case, we have a guy who has been steadily growing in notoriety and fame since the 1970's. He framed his career purposefully to conquer whatever field of endeavor was before him. Representing a true American dream success story, Arnold climbed to the highest peak of the highest mountain in bodybuilding, in movies, in business, and in politics. To top it off, his personal life scaled similar heights when he married into one of the greatest family dynasties in American history. He became a member of the Kennedy clan--our version of royalty and married top of the heap. Maria Shriver was the perfect catch. One could say Mr. Schwarzenegger possessed that Midas touch turning his life into one gold reward after another.

Now we find the gold is tarnished. This is not by anyone else's doing but by the man himself. The interesting thing about this story is how Arnold was able to keep this secret all these years. Especially



"If everyone were clothed with integrity, if every heart were just, frank, kindly, the other virtues would be well-nigh useless, since their chief purpose is to make us bear with patience the injustice of our fellows."

-Moliere (1622 – 1673)

when he ran for political office...it still didn't surface. That accomplishment in and of itself is incredibly phenomenal. He was able to keep this affair and this child out of the public until now. When stories like Arnold's seep into the public consciousness we react by going on forums and in chat rooms and jump on the bandwagon of disdain. We criticize and judge and throw the biggest stones we have to throw, branding him a cad and Maria a victim and the kids victimettes and the housekeeper a slut and a home wrecker and the love child the worst casualty of all. We act disappointed or indignant like Arnold not only did this to Maria but he did this to us.

This is an issue of character. Character is defined as a complex of mental and ethical traits. These character traits and qualities are built into our lives and are the most valuable possessions we'll ever acquire. Arnold has shown us through his admitted behavior that he has some enormous work to do in the character department.

Every incident or misfortune that comes our way comes with a built-in lesson and gives us an opportunity to evaluate our own character. It creates the chance to hold up the mirror and look into it and see if we like what we see.

PZ'S POINTERS ON IMPORTANCE OF CHARACTER

Eventually it will come out-

We hear of story after story-- a revolving door of mess upon mess where somebody gets caught for doing something that affects and hurts somebody else. Just when you think we'd learn a lesson from the many fallen ones who came before, it's obvious we haven't. Mankind can be arrogant and motivated in a way as to think consequences don't apply to them or that the dastardly deed(s) will never be found out. Mankind can lack character when and where it matters most and make decisions based upon their own selfish needs with no regard for others. When you operate without pure and authentic character your actions will eventually be discovered. No power or money or luck or smarts can hide the truth forever. Remember when you hear the next story of this nature and you ask yourself, "Didn't they think they'd get caught? Didn't they think the truth would come out?" The answer is no. They didn't have enough character at the time to even care.

Everybody else does it—

Just because a behavior is practiced over and over throughout history doesn't make it right. Lying is a good example. In our soul we know lying is lying and rationalize doing so because we know we're not alone in our lying. Mankind lies a lot. Anyone can justify their own lies based upon the premise that everyone else is doing it so I can too. Being of good character is a tall order. Character building requires a lifetime of commitment. You can't use what everyone else is doing as a gauge when you know what they are doing isn't right. Do you jump off a cliff if everyone else is jumping? Do you drink the Kool-Aid because Jim Jones says to drink? Do you cheat on taxes or your wife because others are? Character regulates the majority of life decisions. It embraces the whole person on many levels. Base your decisions on what speaks loudest to you from your inner voice and not from the voices of others.

It's the nature of the beast or not—

Often, we dismiss acts of unfaithfulness (expressly with reference to men) as boys being boys. We hang our hat on the assertion that men are biologically wired differently than women and inherently designed to stray. Why should we expect men to be faithful when it's their nature not to be monogamous? Why are we surprised when apple trees produce apples? We shouldn't, therefore, be surprised or outraged when we find they haven't been. The problem here is bigger than biology or anthropology. This problem is one of the head AND the heart. If it happens that you're that certain someone on the receiving end of the infraction or infidelity you can cite all the studies ever created and it won't help a lick. Other parts of the world claim to view infidelity like Arnold's as not a big deal and definitely not a deal breaker. They look at countries like America and feel we are silly and puritanical and unrealistic about sex and sexual behavior outside of a committed relationship. They turn their cheek and accept the inevitable as being the way it is and don't react or show hurt feelings if one is so inclined to participate in bad behavior. Commitments and vows mean different things to different people. We view promiscuity as more than an act of bad taste. Inward values determine outward actions. Character motivates us to do what is right in every situation including and particularly those that are self-serving or difficult at the time.

Private matters of character have become public spectacle—

Even if these matters aren't our business the media has put them out there as part of our new reality. We can turn away like coming up on a bad car accident, we can gawk for a moment, long enough to see that there was damage, or we can pull out our cell, snap a picture, and have the proof to refer to and share with others ad infinitum. The only person's character we

have control over is our own. Most people's decisions don't affect us directly. Unless they are in a position of power where they have a direct influence over our lives and our country, their character or lack of isn't for us to judge. Don't revel in someone else's sorrow. Take the lessons from the mistakes of others and see how you can make yourself better. On a larger scale, what does matter is that human beings are either living up to their greatest potential or they aren't. When each of us is full of good character there is nothing greater—the whole world wins.

Don't allow those without character destroy yours—

Your character traits and qualities determine your response to any and every situation. If you are firmly planted in the doing the right thing because you know it is right to do what is right, nobody can shake you off your post. Especially in today's tough and troubled world, you'll be faced with times when someone could influence you to abandon yourself and all you stand for and hold dear. Life is presenting some hard choices for many of you right now. People of low moral character and unethical motives may show up to tempt you with what they're selling. When you sell your soul you lose—not just for the moment but for a lifetime. Character lives through every destruction, every turmoil, and every temptation. It is like a thread woven tightly through grains of sand. It can go with the shifts of the earth but remain strong and unbroken.

My intention is not to paint Arnold out to be a bad guy. The story is the story. He did what he did. He's not married to me and has never done anything to me personally. Maybe Arnold is a good guy behaving badly. Maybe he is a man of character who lost his way and forgot what's important. Maybe his ego and power and fame and privilege got the best of him and resulted in bad decisions. In the end, his wife and his family have to decide how this impacts them and how to proceed. The fitness industry has to decide how it impacts them. The movie industry has to decide how it impacts them. The political arena has to decide how it impacts them. We, the public, have to decide how to proceed when it comes to Arnold and how or if he impacts us. But more important than all these people,

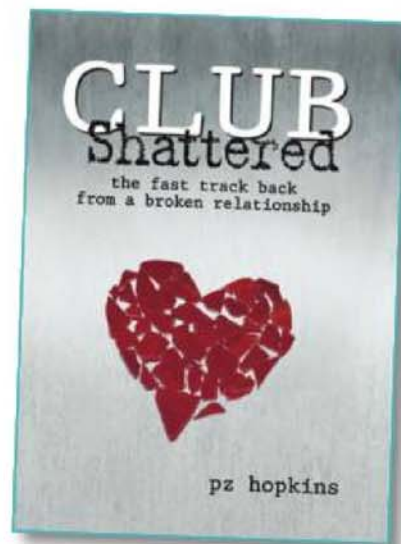
Arnold needs to look at himself and decide how he wants to proceed with his life. This could be his chance to look in the mirror and instead of focusing on the superficial and the outside, like he has for so many years, look at what he sees on the inside. Perhaps he can change his focus to raising the bar on standards of good character and lowering it on his acceptance of the bad. He has a chance to do better. It will undoubtedly be a long journey back and many other shoes may drop before the dust settles. I'm pulling for him and his family. This could be his finest hour. I hope he comes to realize it's what he does when no one's looking that matters most. We'll see or maybe we won't. One thing is certain...he will.

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.

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



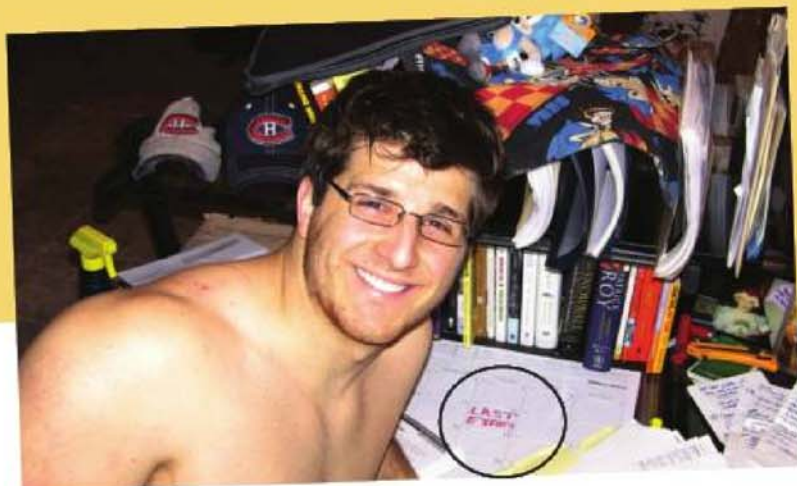
PZ Hopkins, through her own honest story of recovery from being shattered offers a step-by-step guide for healing a broken heart and creating a new life of wholeness and happiness.

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COLLEGE LIFE

Rob Bouchard, COLLEGE STUDENT



one more PUSH!

Exam season is upon us and my exam schedule this year was the best it's ever been. I was lucky enough to have them spread out over the month, which left me with plenty of days in between each one...to study of course. My friend Josh on the other hand wasn't so lucky and like many students he got stuck with an exam on the last possible exam slot. We got together the night I wrote my final exam, so that I could gloat of course, and he kept saying how he "doesn't even care how he does anymore" and how he "just wants it to be done!". It was his refrain for the night and it got me thinking how hard the last push often is.

We often run out of gas, out of will to continue and we find ourselves just wanting to pack up camp early and call it a day as soon as possible. We start rationalising and debating with ourselves about how nine reps is enough, and how rep ten would just hurt too much. We've all been there, but many simply don't get past this point and this is where and why they plateau.

Whether it be in school or in the gym, it's that last rep that makes us, that forces us to grow in either intelligence or in muscle. It is those individuals that can routinely make the last push that succeed. This article hopes to put the extra step in your stride that will help you break through this barrier time after time.

A few months ago I was training hams in the school gym. As I concluded my ninth, and what I

thought was my final rep, my friend Kyle came behind me and urged me to continue. I know my limits well, but if Kyle thought I had a few more reps in me, the least I could do was try! I managed to satisfy his desire of seeing me in pain by squeezing out three more excruciating reps.

FIT TIP: You can only train so hard alone, a training partner can be a great asset to ensure you train to failure safely. On the other hand, a training partner can also be detrimental to your workout if they distract you from the task at hand. Be sure to choose a partner that keeps you focus and brings out the best in you, not someone that you will chit chat with the entire training session.

Another great tool that should not be overlooked is music. Music has many benefits such as keeping you focused and ensuring that you keep an upbeat tempo while in the gym. Another great benefit of listening to music, is that people don't try and chat with you when you've got headphones on, which lets you simply focus on your workout.

FIT TIP: Load up a playlist on your MP3 with your favourite gym tracks to keep you motivated and focussed. Just be sure that only the songs that motivate you are part of this list. I made the mistake of putting "till" a tear becomes a rose" in my gym playlist (don't ask how it got on there!), talk about a intensity buster!

"We rate ability in men by what they finish, not by what they attempt"
- Unknown

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

The best motivator is yourself, because in the end only you truly know how hard you are pushing your limits. For this reason, among many others, keeping a log in the gym is a great way to stay motivated. As long as you push to out perform your previous workout, you will be well on your way to success.

FIT TIP: Keep a training journal! I know I sound like a broken mp3 player but seriously, there are so many benefits of keeping a log. Not only will you be more focused in the gym but you will also have something concrete to base your results on. Try to beat the book every workout and you will be able to make the final push with every exercise.

Making that final push, or final rep in everything is life is what truly separates the people that are simply going through the motions, from those that are going somewhere. In the gym, that final rep is what creates muscle growth, and in school, it's that extra studying that gives you confidence when writing your final.

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- **Clif Bars**
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**NATURAL
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Do You Have a Game Plan POST SHOW?

By Karen Gallagher

You have just spent the last half of your year dieting and training your butt off to grace the fitness stage in the world's tinniest bikini or Speedo ever. Within almost seconds, your 2 minutes of fame has disappeared and now you are free to live and eat! You spend the remainder of the evening gorging on your favorite foods and then it hits you - the Sunday morning food hangover and emotional letdown! If you have ever competed in any physique competition then you have experienced this at least once in your fitness competition career. I'm not going to lie, it happened to me my first show and boy did I ever learn quickly from experience. Today, I would like to share with you some insights into what many competitors experience physically and emotionally and provide you with a few tips in how to cope with the post competition blues.

What exactly are the post competition blues? I describe it to my team athletes as the transition phase from the hardcore regimented competitive athletic lifestyle to a somewhat normal athletic lifestyle. A normal lifestyle in which you can enjoy an evening out with friends or family and not have to bring your own cooler with Ziploc chicken or have a strict curfew of 7pm.

As fitness athletes, we experience post contest blues for several reasons. Regardless of the outcome of the competition, every athlete faces this letdown after spending months of rigorous training and dieting; which realistically, can not be maintained year round. However, this does not mean that you can't look and feel great in your off season while still improving your physique. Sometimes this rebalancing can be just as challenging and important and requires equal commitment as preparing for a competition. It is a time for you to allow more variety and enjoyment in your life while still keeping control of your emotions and commitment to a balanced and healthy lifestyle.

I not only practice and experienced these transitions myself but I also work closely with my athletes in coaching them through a healthy and effortless transition from competitive season to off season. I would like to share a few of my tips with you and teach you how to easily shift into a more positive and healthy off season.

Create a list of things you would like to do after your competition and make a point of scheduling them your first week off from show prep. You spend months training and dieting and quite frankly you do not have the time or energy to add in any other activity to your all ready overloaded day. And NO, sleeping is not an activity! Now you have the time and energy to commit to something new. After my first show, I wanted to learn hot yoga and take a much needed active vacation. To this day, I still practice yoga. Not only did it help divert my mind from overindulging in my favorite foods, it also allowed me to refocus on a new challenge for my body and best of all, it gave me the opportunity to spend time with loved ones.

Set aside a few days of active rest.

I never really recommend taking not moving at all. In fact, I encourage my athletes to keep active after the competition by focusing on activities they would typically not include during their competition prep. By keeping active in different activities and sports, you will gain a tremendous physiological boost and be able to allow the body to actively recover by cross training. This is an excellent opportunity to try something new with your family and friends and to prevent physical and mental burnout.

Continue to eat clean and maintain a balanced yet relaxed schedule.

I teach my athletes clean, balanced and frequent eating with variety year round. I like to gradually add non competition foods back into their nutrition program to avoid shocking the digestive system. I find that having variety is a key component in controlling splurges

Photos: EvaSimon.com!
MUA : Lori Fabrizio

from occurring. It also helps to prepare healthy meals ahead of time. Maintain a frequent and manageable eating pattern and introduce healthy foods that were limited during competition season. You may want to try a new healthy recipe or experiment with new foods or even new cultures. As well, be sure to get 7-8 hours of rest a night and keep a consistent sleep schedule.

Spend more time with family and friends.

It is important to maintain healthy relationships with loved ones. Studies show that people who have close confidants have better immune systems, stronger cardiovascular health and less depression and anxiety, not to mention the fact that they have more fun! Having a broad social network in and out of the industry is important because it allows for you to open up and share your thoughts and feelings. Just always remember that you are not alone post competition, sometimes having a friend in the industry who is dealing with or has dealt with the same experiences as you, can help you get back on track and focused on reality.

Allow your next fitness contest goal to occur naturally.

I have witnessed several times in my career of athletes planning their next show and have yet to even walk off the stage! Take some time to recover, refocus and rebalance your life and let the urge to compete come naturally. When you do make the decision to compete again, you will be confident that it is the right choice and that you will enjoy the process.

Learn from your minor setbacks.

One of the most important tools is to learn from your setbacks and minor mistakes before they snowball into larger ones. If you had a bad eating day or missed a workout then don't beat yourself up over it. Be aware and learn from your mistake and start fresh immediately. Take each day one by one and learn to appreciate what your body is capable of and focus on making the gains you need in the off-season. Get excited for every off season because it is a time that you can make changes and growth in your physique and mind. Many people don't take advantage of this because they are too focused on trying to keep that unrealistic perfect physique year round.

Have a plan and create excitement in your off season.

Always have a plan or a goal even if it is short term. If you have no direction then you will more than likely get discouraged and revert to bad habits. Even in your off season, plan what you will do the day after, two days, a week and a month after your show. Create excitement by planning new activities with friends and family. I have seen several times over the years how competitors go to opposite extremes which could potentially cause problems. Some take no time off and go immediately into intense training with little rest which could lead to overtraining, burnout or injuries. Others take too much time off completely which can lead to little desire to train at all. It is important to find a balance in your lifestyle and doing so requires a plan or goal. Exercise is an excellent avenue for stress relief which if not addressed could potentially lead to depression, loss of self-esteem, increased risk for disease, vulnerability to environmental stress, fear of competition and even greater physical fatigue. Always have a plan and create excitement within your plan. Have your trainer develop an off season program and meal plan for you to follow, doing this will make the transition much easier.

Remember you have only one body and only YOU can take care of it, so always listen to what it has to tell you and not what others are trying to tell you or convince you. You are the best judge of your body and the physique that you have crafted. Never forget who you truly are and the reasons why you love this sport. We are all unique as athletes and this is something we should take pride in and be fortunate to have the opportunity to live such a dedicated, beautiful and healthy life in hopes of encouraging the dreams and healthy lifestyles of others.



A FEW MORE HELPFUL TIPS...

You may take a week off from weights and just do cardio depending on how you feel
Your weight gain following a competition is primarily water 90% - so drink LOTS of water!

Avoid binge eating especially after 24 hours of competition

Return to your Game Plan as soon as possible work closely with your trainer

Continue to eat frequently with high lean protein intake

Surround yourself with positive family and friends to stimulate your senses rather than indulging in comfort foods

Maintain a cardio base of no less than 50% of pre-contest levels

Limit post show weight gain to 5-10 lbs

Be sure to include your essential fatty acids to help maintain sugar levels

DO NOT drink your calories they will be automatically absorbed as body fat!

Training Over 40

By Hugo Rivera, CFT, SPN, BSCE

For the over 40 bodybuilder, and even over 30, I would recommend training smart. No longer are we teenage kids who load up the bar with 225-lbs and bench press it without a warm-up, living to tell about it. Our joints can no longer handle that. So here are some training recommendations that I want to share with the over 40 crowd:

» USE THE RIGHT TRAINING ROUTINE:

a well periodized training routine that alternates between periods of higher volume/higher repetition (10-15 reps) work with periods of lower repetition/heavier weights (5-8 reps) will work best. Active recovery phases where training volume is dramatically reduced should also be incorporated. The training routine should not be more than 60 minutes long and frequency of body part training will depend upon individual recovery. Generally, teens and those in their twenties can train a bodypart every 48-72 hours (so twice a week). Thirty year olds and those in their forties benefit more from once every five days. Fifty year old and older, once every seven days.

» USE PROPER WARM-UPS:

warming up is extremely important, and it becomes more important as we age. While in my opinion, we only need to thoroughly warm up for the first exercise of a body part, not doing so puts you at the risk for injury. To properly warm up, if you know you will be doing 225-lbs on the incline bench for 10 repetitions, the first set I would just do 135-lbs for ten controlled slow repetitions. Then I would increase the weight to 185 for ten reps and only after that second set I would go up to 225-lbs and that would be my first work set. However, if working out on a cold climate, besides wearing warm clothing, I may ride a stationary bike first for 6-10 minutes, not in search of aerobic conditioning but with the goal of increasing my core body temperature. Alternatively I've also used abdominal training as a way to increase my core body temperature as well.

» PERFORM THE RIGHT EXERCISE TECHNIQUES WITH THE PROPER WEIGHT:

Proper execution of exercise and proper lifting speed is crucial. The exercise form should never be sacrificed in the name of adding weight. Nothing good has ever come out of that combination. In addition, jerking the weight up and down not only affects how much the muscle is actually stimulated (so your muscle building results will be less), but also puts much of the stress



on the joints, leading to unnecessary micro-trauma. So always choose a weight that allows for full control of the weight and a lifting speed that is steady and controlled on the way up and slower on the way down. Contracting the muscles at the top position also helps to provide maximum stimulation without unnecessarily having to use super heavy weights.

» ENSURE ROTATOR CUFF HEALTH:

One of the most common injuries in weight training is that of the rotator cuff. The reason for this is that as the shoulder muscle gets stronger, the rotator cuff gets weaker unless you train it directly with 3 sets of 15-20 repetitions of rotator cuff exercises. Some external rotations at the end of your chest or back workout will do the trick.

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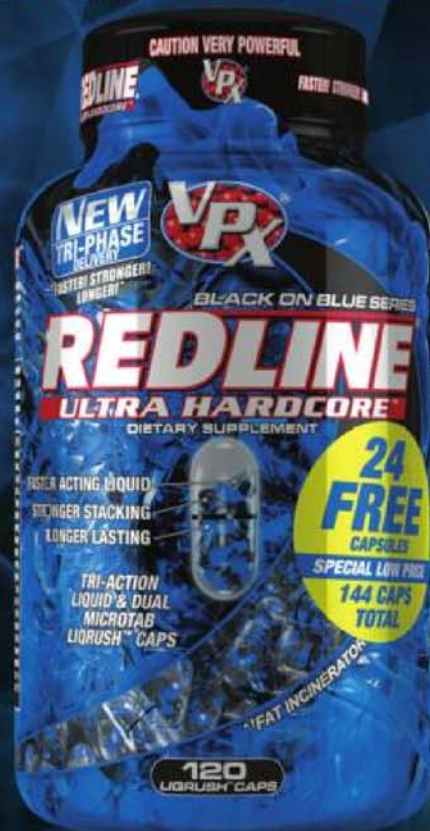
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