

NATURAL MUSCLE

M A G A Z I N E

FREE
Pick one up!

JULY
2011

*Having the
"IT FACTOR"*

**GET CRAZY RIPPED
WITH THESE 8 TIPS**

GREEN YOUR
FITNESS ROUTINE

**BUILD YOUR ARMS
FOR SUMMER**

**SKIP LA COUR'S
MASS MACHINE
TRAINING ROUTINES**

**STAYING FIT
IN THE OFFICE**

**TRI-FITNESS
WORLD CHALLENGE**



25 G PROTEIN, 0 G FAT & LOW CARB



ULTRA SLOW-RELEASE PROTEIN

ENZYME ACTIVATED PROTEIN ABSORPTION

ULTRA-SLOW RELEASE PROTEIN

CASEIN

FX™



ALLMAX CASEIN-FX™ provides a convenient, easy-to-mix and delicious way to keep your muscles fueled with a constant flood of Amino Acids. CASEIN-FX is a Fat-Free and Low-Carb formula that will help you reach your goals.

ALLMAX CASEIN-FX™ is the Ultimate in Slow-Release Protein Technology. Consuming CASEIN-FX prior to sleeping, or any time you will be without a high-protein meal will keep you from becoming catabolic (a state of muscle breakdown). Muscle Catabolism is most often the number one reason aspiring bodybuilders fail to reach their goals.

225% INCREASE
IN BIOAVAILABLE
AMINO ACIDS

**BioCore
EDGE**
Enzyme Activated Protein Delivery

ULTRA SLOW-RELEASE PROTEIN
Level of AMINO ACIDS over TIME

■ CASEIN provides a slow long duration stream of Amino Acids.
■ WHEY ISOLATE is fast and provides a spike in plasma Amino Acids.



ALLMAX
NUTRITION

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

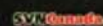


SuperSupplements

SuperSupplements



Fitshop

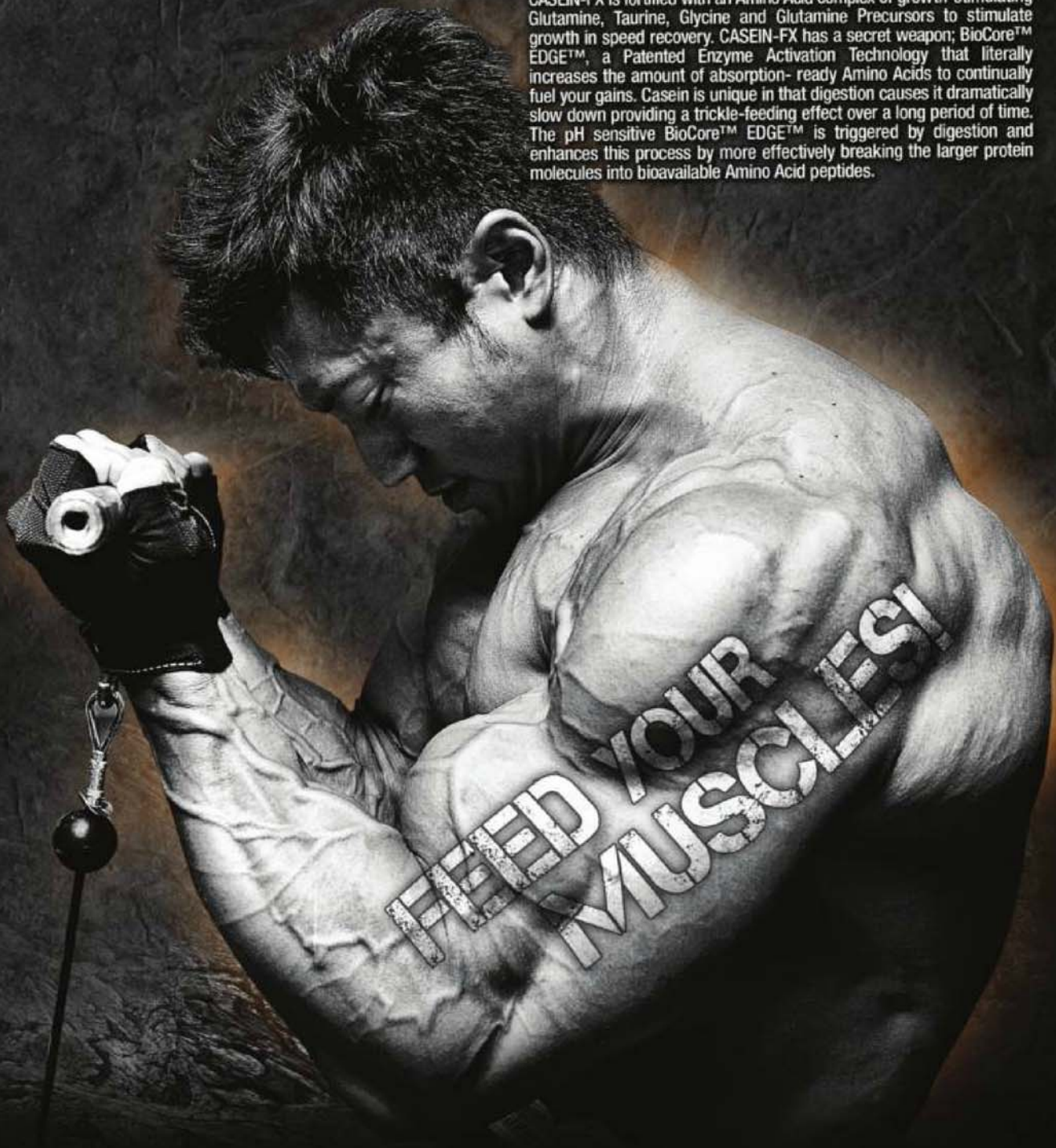


ALLMAX CASEIN-FX™

is a revolutionary approach to keeping your system fueled with a constant flow of **MUSCLE-BUILDING Amino Acids**.

ALLMAX CASEIN-FX has a perfect blend of 100% pure Micellar Casein and Calcium Caseinate to provide an ideal ratio that provides up to 7 HRS of protein digestion!

CASEIN-FX is fortified with an Amino Acid complex of growth-stimulating Glutamine, Taurine, Glycine and Glutamine Precursors to stimulate growth in speed recovery. CASEIN-FX has a secret weapon; BioCore™ EDGE™, a Patented Enzyme Activation Technology that literally increases the amount of absorption-ready Amino Acids to continually fuel your gains. Casein is unique in that digestion causes it dramatically slow down providing a trickle-feeding effect over a long period of time. The pH sensitive BioCore™ EDGE™ is triggered by digestion and enhances this process by more effectively breaking the larger protein molecules into bioavailable Amino Acid peptides.



FEED YOUR MUSCLES!

MY BODY

is like a canvas

motivation is my brush

I control every curve

and make no excuses

I turn heads

and hold my head high

I have no bad angles

I am confident in every light

I break limitations

quitting is not an option

because in the gym,

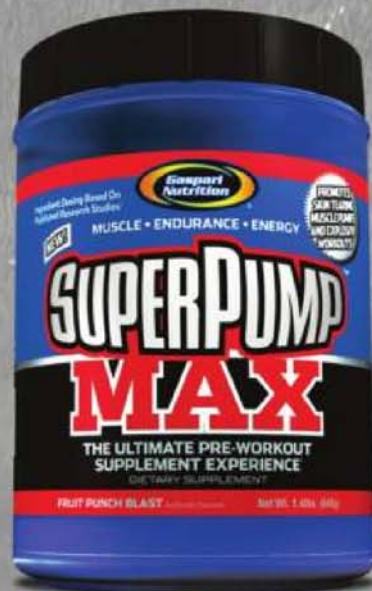
I am never alone

I train with Max. Do you?

I TRAIN WITH
MAX
DO YOU?
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NEW MUSCLE NOW!
MHF-1
MYOGENIC HYPERPLASIA FACTOR-1

University Proven
to Increase Muscle
Gene Proteins up to
515.00%¹

INCREASES IN MUSCLE GENE
PROTEINS WITH NO-SHOTGUN MHF-1¹

Muscle Myo-D Increases	515.00%
Muscle Myo-E Increases	400.40%
Muscle Myo-F Increases	178.60%
Muscle Myo-G Increases	152.30%
Myofibrillar Protein Increases	187.20%

181% More Lean Muscle
100% Bench Press Increase
54% Leg Press Increase



568g (1.3 lbs.)
DIETARY SUPPLEMENT
NATURAL & ARTIFICIAL
GRAPE BUBBLEGUM FLAVOR

UNIVERSITY PROVEN
NO-SHOTGUN
*INCREASE MUSCLE GENE PROTEINS UP TO 515.00%¹ MHF-1

WORLD'S ONLY
MHF-1¹ MATRIX
NEW MUSCLE NOW!
MHF-1
MYOGENIC HYPERPLASIA FACTOR-1

*NO-Shotgun MHF-1¹
Highlights:

- Increases Muscle DNA & Nuclear Gene Proteins to Rapidly Increase Muscle Growth
- Increases Myogenic Regulatory Factors
- Unparalleled Training Results: Mental Acuity & Focus
- Increases Whole Body Protein Retention
- Insulin Sensitivity & Responsiveness
- Insulin Mediated Lipolysis
- Metabolic Resilience & Fat Oxidation
- Muscle Fullness & Blood-Engorged Pumps
- Strength, Power, Endurance & Recovery
- Cribal, Water-Free Muscle Growth
- Blood Flow & Nitric Oxide (NO) Levels

*NO-Shotgun vs. Placebo

- 181% More Lean Muscle
- 100% Bench Press Increase
- 54% Leg Press Increase

*NO-Shotgun vs. Placebo in Human Subjects with 4 weeks resistance training

Warning: Do not take this product if you are pregnant, nursing, or taking any other medication. For use by those aged 18 and over. See label for full directions and warnings.

SUCRALEAN

COP
Lipid Complex (Phospholipids)

PeptoPro

ZERO CARB
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RADICAL UNIVERSITY PROVEN MUSCLE & STRENGTH GAINS!

BAYLOR UNIVERSITY PROVEN

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

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get healthy

ZINC
ZINC SUPPLEMENT



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Scientific Reference:

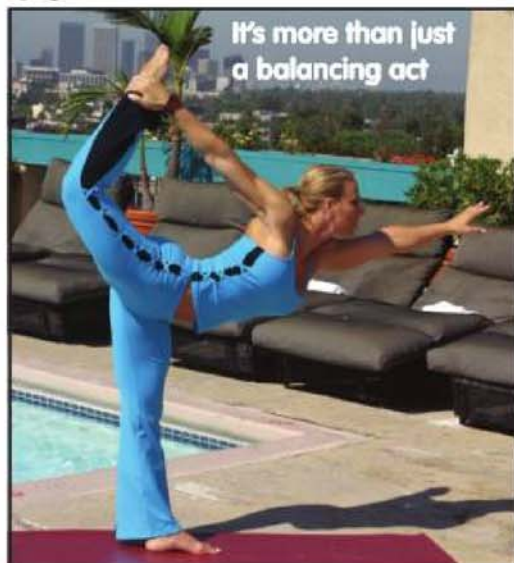
Shelmadine B et al. Effects of 28 days of resistance exercise and consuming a commercially available pre-workout supplement, NO-Shotgun®, on body composition, muscle strength and mass, markers of satellite cell activation, and clinical safety markers in males. Journal of the International Society of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

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

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axisdzn.com

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ANDERSON SILVA
UFC® CHAMPION

WEAK ENDS HERE™



Assault™ is the combination of several powerful, clinically proven, naturally occurring substances, brought together for their performance-enhancing, endurance-boosting and strength-building properties. These key ingredients work synergistically to provide your muscles with true increased energy at the cellular level, for dramatically improved performance.

MUSCLEPHARM'S NEW LOOK IS HERE SUMMER 2011!

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- INCREASED TRAINING INTENSITY & FOCUS
- LACTIC ACID BUFFER

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AVAILABLE AT:



MUSCLEPHARM.COM



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NEW UNIVERSITY PROVEN

Fast & Furious FAT LOSS for 6 Hours!

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

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

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

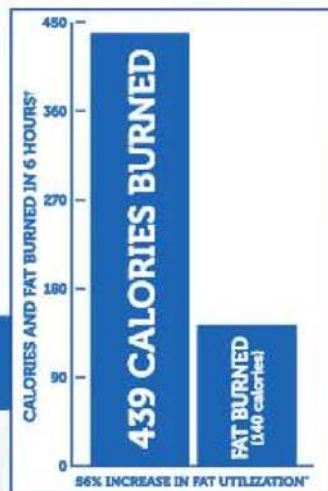
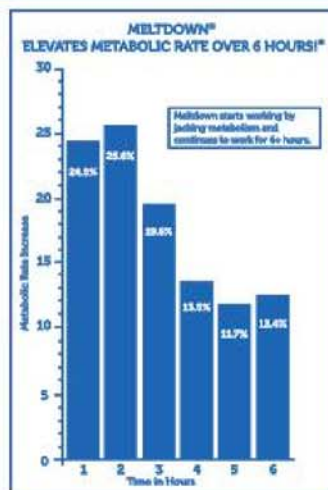
One University Study graph shows you that just three MELTDOWN capsules increases metabolic rate 972% greater than 20 mg of Ephedrine! This is important because before ephedrine-based fat burners were banned, these were the most powerful weight loss agents available. Meltdown is the world's only fat burner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

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

UNIVERSITY PROVEN: BIOLIQUID® CAPSULES

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

Increase Metabolism up to 25.6%!



*Hoffman JR et al. Thermogenic effect of an acute ingestion of a weight loss supplement. Journal of the International Society of Sports Nutrition 2009; 6:1. *Bloomer RJ et al. Effect of the dietary supplement Meltdown on catecholamine secretion, markers of lipolysis, and metabolic rate in men and women: a randomized, placebo controlled, cross-over study. Lipids in Health and Disease 2009; 8:32. *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):P500.10.1186/1550-2783-6-S1-P5

TIFFANY BEFORE WEIGHT: 178 LBS 34.5% BODY FAT

KRISTY BEFORE WEIGHT: 126 LBS 23.1% BODY FAT



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

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



AFTER WEIGHT: 152 LBS 23.1% BODY FAT

AFTER WEIGHT: 104 LBS 14.8% BODY FAT

**Get it now
for \$19.95 at**
+ 12 FREE capsules & FREE Meltdown Diet!

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Save money. Live better.

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

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my two cents

Debbie Baigrie



Some of us will do our jobs well and some will not,
but we will be judged by only one thing - the result
Vince Lombardi

I began my journey into the fitness world very much the same as many of you, as a competitor.

Back in those days, bodybuilding and fitness competitions were the only options for women. Because I could never do a half decent cartwheel, I opted for the bodybuilding route.

I did quite well. After a year or so, I switched over to *exclusively* drug tested competitions. I was getting higher up in the ranks and it was getting progressively more difficult to compete against women who were using steroids. I had nothing against them, I just didn't want to compete in the same contest. They were huge and so hard! I felt as though our journeys to the stage were very different than mine.

I did well in the natural shows. I made it to the national level and competed there for three years. I placed in the top five each year but I never won. My third and what was to be my final year, I placed fourth. I walked off the stage and threw my trophy in the garbage. Poor loser. Sour grapes. I knew I could

never step on stage again. My daughters witnessed me throw that trophy in the garbage. What kind of example was I showing them?

Backstage were 2 women celebrating their 10th and 13th placements.



Hey! Wait a second. Why were they so happy? They didn't even crack the top 5?! :-)

I would be horrified in their place! That was 20 years ago. Looking back with what I know now, damn, I was an idiot. Over the last fifteen years I have read hundreds of amazing inspirational stories of incredible journeys toward the stage. Many stories that you will find right here in the magazine.

There are those who have lost tremendous amounts of weight, those who have overcome illness or trauma ... the list is endless and the successes are outstanding. Who knew what those two women backstage at the nationals were celebrating. But whatever it was, their lower placement and attitude towards it made them the champions. Maybe I was just too young to appreciate my own comeback from trauma. Who knows.

I sit here today in awe of the many athletes who stand on the competitive stage and focus on how wonderful it is to have made it there. Kudos for having

the courage and strength to stand in front of a panel of judges being placed according to *their* personal criteria. There are no stopwatches or written exams.

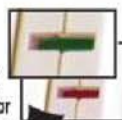
Your journeys are your own personal triumphs and I am excited each month to have the opportunity to share your triumphs, wisdom, passion and achievements. Thank you all.

Win the War on Fat

DEFENDER
Body Fat Caliper
Military Standard Body Fat Measurements



...with new Visual Pressure Indicator for accurate measurement



Sequoia
Fitness Products USA
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...plus Slide Wheel Chart for fast results

Available at: **BODY BUILDING** **PRO SUPPLY** **AMERICAN SUPPLY** **netrition**

Stay tuned on our Facebook wall for exiting updates on the Natural Muscle Fitness Cruise, May 11th, 2012! See, be seen, and enjoy!!

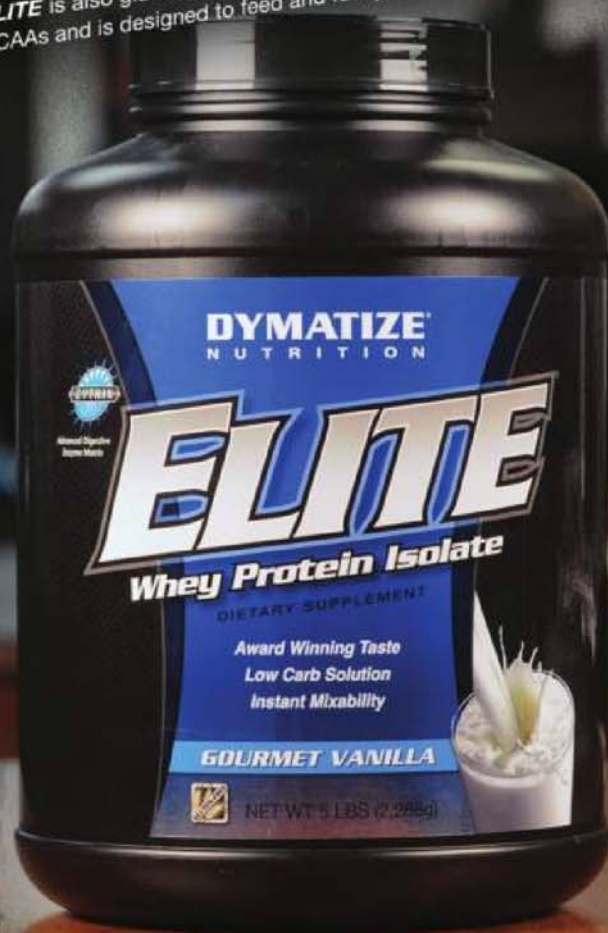


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THE NUTRITION STANDARD FOR ELITE ATHLETES

Not all protein is created equal. Whether you're gaining mass or getting lean, protein matters. **ELITE Whey Protein** gets amino acids to your muscles quickly, stimulating muscle growth and recuperation.

ELITE is also gluten-free, contains high levels of anti-catabolic BCAAs and is designed to feed and fuel your muscles all day long.



Andy Haman

Andy Haman
IFBB Pro Bodybuilder
Team Dymatize

Erin Stern

Erin Stern
2010 Figure Olympia Champion
Team Dymatize

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“having the IT factor”

You can't put your finger on it, but it shines like **diamonds!**

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Email: info@nancydinino.com

As a fitness professional and marketing guru, the average competitor or fitness enthusiast wanting to make gains in the industry will often ask my advice on how they can improve their game on and off stage. Some will go to any means necessary, whether it entails a change in their physique, hair colour, the spending of their last dollar, or even alter their personality just to try to capture what I call the **It Factor** which will clearly determine your success, on or off stage. So exactly what is the **It Factor**? Unfortunately, there is no single defining factor, nor can one put a price tag on it. It is however, clairvoyant. It is visibly present but has a chameleon tangibility to it. You can't put your finger on it, but it shines like diamonds!

So the common questions often prevail. What exactly do I or other judges look for on stage? More so, How do I get into the magazines?

Often many competitors will question the decisions impressed upon them, based on what they think is a perfect or satisfactory physique. How many times does an average judge hear.. How did she place in front of me when I have better shoulders? Sound familiar? Yes as most often competitors feel that because they might have had nicer shoulders, leaner abs, genetic shape or even a better costume, that they deserved a higher placing, if not, even a win. Certainly a misconception given the ingredients to becoming a champion is often a crafted formula. So what are the ingredients to success. I look at it as catching the attention of the judges 3rd eye.

THE WINNING ELEMENTS

There are certain characteristics and criteria that judges and industry professionals look at when determining who they should cast as the winner.

The first eye will always look at the basics of Symmetry, conditioning, degree of athleticism and proportions. The second eye is then looking for overall presentation, package and marketability. And finally the **It factor** is what catches 3rd eye of the judges, the most crucial component that will reveal the winner.

When I look at a competitor, I always start with the basics and fundamentals defining the respective division. For example, what is their degree of athleticism, symmetry and conditioning? After all, that is essentially what we are here for right? I will look for a physique that is symmetrically balanced and conditioned. In short I mean does your overall physique from top to bottom, side to side and on X factor diagonals, equally balance itself without any one particular body part being over or under developed. I will also then take into account size and degree of lean muscle dependent upon the class category in question (e.g. bikini, fitness model, and figure). I will then factor in the quality and detail of conditioning looking at shape and structure.

Secondly, the art of presentation is assessed. The primary key to presentation is the element of posing. Are the poses properly executed? Posing is all other than an illusion we create to present our physiques in the best form and light possible, however, if your poses are not properly executed, it can be very damaging to your placing. I can't even tell you how many times I have come across a competitor who has a wonderful physique, however, does nothing but incriminate him or herself through improper posing.

Now we can move to the aesthetic component of overall presentation and package. By this I am looking for a person that has paid attention to detailing such as skin tone and colour. God knows you can have a bad Pro Tan day or lack there of! Then there is the hair, nails, suits selection, shoes, and jewellery. And finally one's stage presentation to finish it off. The worst thing is seeing a competitor

spent some much time on her physical appearance, and then it is tarnished with her first impression when he or she comes out walking like a limping kangaroo! My fitness bible exerts are Pose yourself a better placing and Walk yourself to win. Having a graceful classy walk that exudes confidence is by far something I look for and that immediately starts grabbing the attention of my 3rd eye. Another prevalent consideration is the degree of marketability. Winners will be awarded with lucrative contracts including sponsorships and magazine appearances. So the real questions in mind are, Can this person market products and services and appeal to the general health and fitness market?

Moving along. So what exactly is this so called 3rd eye I am speaking of? It's looking for that **It Factor**. It begins with the overall demeanour and presence of a person. Are they confident, poised, appear natural, classy, sexy, cool and radiate an infectious aroma to all those in their perspective radar? Although it can't be measured or quantified, the **It factor** is something you see and feel. It is the energy that you feel when you see that person walk into the room and you immediately feel a connection to their showcase and presence perhaps you could say that this **It factor** is that visual sensation that mesmerizes your attention, and no doubt what makes you say that is the winner!

From a young girl...I always knew that I wanted something greater in life. I knew that I wanted to push the boundaries, take risks and embrace the fruitful gratification of success. Life is a journey, not a destination. It is the journey that defines who you are, and where you leave your lasting impressions. So when asked how did you do it all? I think back to when I was that young girl wanting to step outside the box of life. From the first time I tumbled as a gymnast to the journey as a professional salsa dancer and now my career in the media and modeling I continue to reinvent myself; I am a chameleon in pursuit of greatness and therefore the journey never truly ends.



Nancy Di Nino
Cover Model
Fitness Professional

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ANDRE AZAROV
NATURAL PRO BODYBUILDER

TEAM ALLMAX
IFBB VINCE WAWRKY
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POWER & SIZE**
EXPLOSIVE INCREASE
IN RAW MUSCLE
POWER AND SIZE!*

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GENC Live Well
GENC Live Well



Allison Ethier
Professional Trainer

America's Strongest Female Fat Burner![†]

Since January 2005, SLIMQUICK's been the #1 selling female fat burner in America.* Why? Because it works...fast![†] SLIMQUICK is the leader in female fat loss because it's designed specifically for a woman's body and is scientifically engineered to overcome the 6 physiological barriers women face when losing weight. Our Research Team has been working on a revolutionary new fat burner that's even stronger than our original SLIMQUICK formula! We've called this product "RAZOR" and it cuts through fat like nothing you've ever experienced. In fact, in a 13 week clinical study, women added just one ingredient in SLIMQUICK RAZOR to their diet and lost up to 25 pounds.[†]



[†] In a clinical study, women consuming a key ingredient in SLIMQUICK® lost an average of 24.6 lbs vs. 6.1 lbs with diet alone in 90 days. Both groups consumed a reduced-calorie diet of 1350 Cal/day. Regular exercise and a reduced-calorie diet are essential for weight loss. *Based on IRI F/D/Mx sales for SLIMQUICK® Brand latest 52 wks ending Dec. 26/10. [†]Based on a review of all available published research on the absolute amount of weight loss from other female fat burners. Read the entire label before use and follow directions. © 2011. All rights reserved.

LOSE UP TO 25lbs FAST!†

Are You Up For It?

Are you getting cut to enter your first figure contest or doing a photo shoot and wanna rock your sexiest body ever? SLIMQUICK is putting on the most exciting weight-loss challenge in the fitness industry and we want YOU to be part of it! We're going to help you unite with thousands of other women as they lose weight fast to feel great and get into the best condition of their lives! Visit myslimquick.com to sign up for the SLIMQUICK 25 lbs. Challenge and receive free weight-loss support, diet plans, exercise tips, delicious recipes and more.

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LIVE WELL

CVS/pharmacy

Walgreens

TARGET

green

YOUR FITNESS ROUTINE

By IFBB Pro Marzia Prince,
photo by Walt Ostalar

Say hello to Mother Nature and get in touch with your green side. Going green with your fitness routine is easy, fun, and of course, eco-friendly. The impact of your lifestyle today plays a role in tomorrow's future. Here are some ways to embrace an eco-friendly fitness lifestyle that you can feel good about. Now you can be fit and save the planet at the same time.

THE GREAT OUTDOORS

Now that it is summer, the easiest way to go green is to exercise outdoors. No need to burn electricity, burn calories. Moving your fitness routine outside will increase your relationship with nature and your community. The combination of vitamin D from the sunshine and fresh air is sure to enhance your mood. There are so many energy-free exercises to do outdoors that the possibilities are endless. You can walk, jog, bike, hike, tennis, swim, yoga, meditation, and gardening.

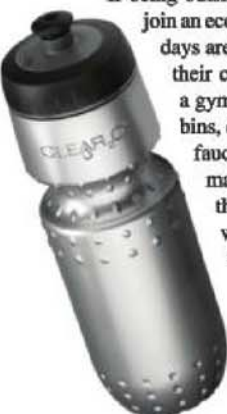
Need a little more power? You can do body weight exercises like pushups in the park, body squats, lunges down a side walk, pull ups at playground, and even step ups on a park bench. You can even play Rocky by finding a flight of stairs to run up. There are also plenty of outside boot camps that include resistance exercises to pump you up.

Competitive? Go to www.organicathlete.org to get your game face on. This eco-sport organization improves not only performance but the planet as well. This non-profit organization is great for any age group.

ECO-FRIENDLY FITNESS FACILITIES

If being outside is not an option for you then join an eco-friendly gym. Most gyms nowadays are on trying to find ways to reduce their carbon footprint. A few ways for a gym to go green is to have recycling bins, chemical free cleaners, lights and faucets with sensors, and energy free machines. If your gym doesn't have these features, you can always meet with the owner or manager to offer your findings to improve their facilities. Spread the word!

BUY REUSABLE WATER BOTTLES



Hydration is critical in the summer months. Instead of buying plastic bottles of water, install a home water filter and fill your own glass, BPA-free plastic, or stainless steel containers. Using your own recycled water bottled over and over will save thousands of plastic water bottles a year. Now I will drink to that, cheers!

GREEN GEAR

Before you buy anymore synthetic workout wear, check out some eco-friendly items to add to your fitness wardrobe. Be sure to look for organic or recycled material for clothing made of a fair trade cotton, bamboo, or hemp. Many eco-friendly companies who make clothing also donate to eco-friendly charities or causes. My sponsor Gaspari Nutrition has eco-friendly bamboo tank tops and shirts. The soft comfort of these tops, feels amazing! Go Gaspari!

Many yoga mats are now being made from bamboo and hemp. So instead of purchasing a plastic yoga mat, invest in an earth friendly mat.

Also, eco-friendly footwear is gaining ground all over the world. Many companies have eco-friendly shoes



lines made with recycled rubber and organic materials. Are your shoes old? Then recycle your old running shoes. Everyday thousands

of athletic shoes are being thrown away in the trash. Go green by recycling your footwear at www.recycle-runners.com.

PERSONAL CARE PRODUCTS

Human beings were designed to perspire to release toxins from the body. Not plug it up with artificial ingredients. What's a stinky fitness peep to do? Don't sweat it. Use organic natural products like deodorant and sun screen. Luckily there are many eco-companies that care. Not only are these products good for you, but they are great for the environment and businesses who try to reduce their carbon footprint. You can even make your own with common household ingredients. See sidebar for homemade deodorant recipe.

GO DIGITAL

Instead of a paper work out or food journal, go digital to save trees. There are many great fitness and nutrition apps available to record your progress. Go to your local app store to see which one suits you. I have an iPhone and I downloaded a running app called RunKeeper. RunKeeper uses GPS technology to track your time, distance, calories, and you can even see your exact path traveled on a map. You can even record your treadmill runs. So save some trees and find a fun app to motivate you! www.MarziaPrince.com

RECIPE FOR ECO-FRIENDLY DEODORANT

I got this recipe off the internet and it is fabulous. You can whip up a batch in your kitchen using natural ingredients, mix, and stuff it into an empty deodorant dispenser tube. It's that easy!

- 1/4 c. baking soda
- 1/4 c. cornstarch
- 2 Tbsp. coconut oil
- A few drops essential oil (optional)



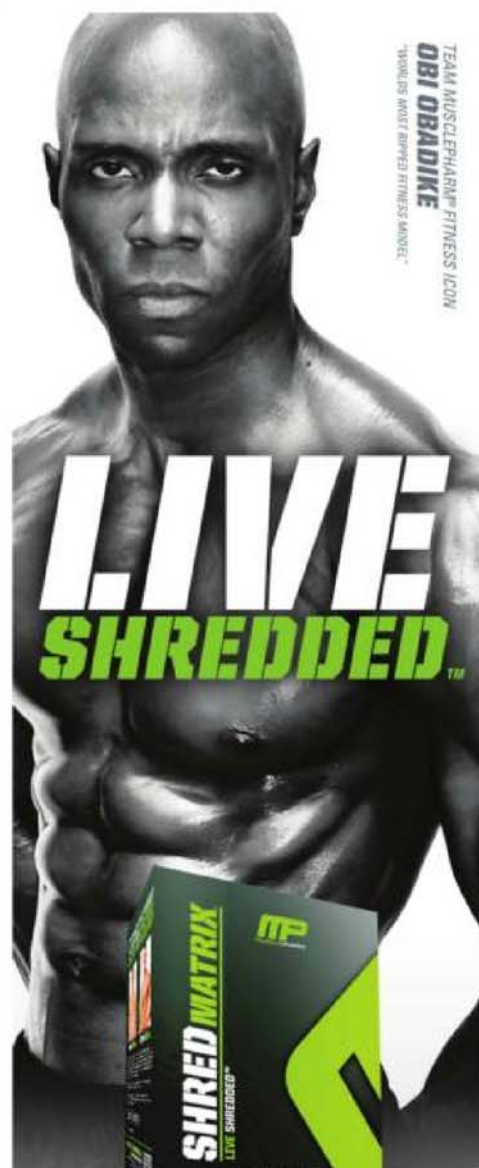
Mix the dry ingredients in a bowl.

Add in approximately 2 Tbsp of coconut oil. Mash together all ingredients with a fork until uniform.

Mash it all together, take a little bead in your hand and squish it with your finger. If there's an oily residue on your skin, you need more dry ingredients. If the mixture is so dry that it won't come together in large chunks of paste, then you need more oil. Additional ingredients should be added slowly and in small increments to achieve desired consistency.

Now take an empty deodorant container, screw the wheel all the way so the holder-piece inside is at the bottom, and pack the mixture into it. You can use your hands to be sure it was all packed down nicely. Smooth off the top with a kitchen knife, and voila! You've made homemade deodorant.

This is what the ingredients do: Baking soda for odor absorption, coconut oil as the base, and cornstarch to mediate the oil and absorb wetness.



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GO AHEAD, SKIP!

sometimes its a good thing!

Just like a school bell signaling it's time to hurry to class, you have a schedule, whether you realize it or not. Question is, are you running your life, or, is it running you?

Most adults in America start their day about 6:30 a.m. They're either at work or busy taking care of the kids shortly afterwards. Lunch is squeezed in, then, afternoon appointments and errands. By about 6 p.m. it's back at the house and time for dinner. Then it's rest and relaxation before preparing for bed and the next day. That's the briefest of versions — we didn't even discuss



laundry, dishes, friends, family, school activities, etc. You're busy.

Most people are so busy it's killing them. They don't have time for exercise or healthy eating. A grilled chicken salad from a fast food place is the closest they get to healthy. Exercise would be the laundry and housecleaning we already mentioned. So if your schedule really is your schedule, then you have the right to change it.

Thursday is a day scheduled for my creative writing class. It's marked in my weekly appointment book in bold print, without fail. That class is two hours that I relentlessly look forward to every week!

JUST BE

I am a woman of fierce loyalties, making attendance to class a priority, except when out of town. Even when not properly prepared, I show up anyway. My teacher and I have discussed the dilemma of my often chaotic weeks. Showing up without anything written doesn't seem like the best plan for writing class, but, we both agree that "showing up" will never leave me empty handed. A point that has proven to be true.

It's the same with fitness. Going to the gym is never a bad idea. It beats sitting home and watching the television. Lots of people are regimented and have "legs day" or "shoulders day" but if you're not to that level yet, just go and get to work. Most likely you'll see someone there who will give you pointers. You might even get lucky enough to find a training partner. Good things happen when you at least get in the game.

BE TRUE

Loyalty plays a huge role in the progression of any endeavor. Whether it's writing class, relationships or your newest fitness plan. Loyalty instills a faithfulness to commitment.

Will you stay in shape by "cheating" on your fitness plan a lot? Nope. Will you be a good mother or wife by neglecting your family? Nope. Fitness really is just as important as your family, because, it will help keep you around longer for them. If you love them, you have to love yourself enough to stay healthy for them. That's loyalty.

Now, let me stick my foot in my mouth! On a recent Thursday at 10:50 a.m., I was not as my scheduled writing class. It really wasn't a case of "do as I say and not as I do." Seriously, that day just felt different. As usual, my week was a non-stop rush of responsibilities. Other activities were chosen, by me, over the writing class. So, I found myself driving to class wondering: "What do I have to give today?" Fully knowing the answer as I drove closer and closer, I silently repeated in my head: "Nothing, absolutely nothing." The appointment I relentlessly look forward to seemed dull. It was like going to the school dance without a date.

But then, like a last-second telephone call from a desperate guy wanting to take me to the dance, I had a thought.

"I will be driving by a Starbucks soon," I pondered. "Should I stop and use my class time to write? Hmmm?"

I felt like that high school girl again. Was I hoping to go with a hastily written piece, or, just finding a way to draw up a plan to validate skipping school? It was a humorous moment.

"Should I, shouldn't I, Should I, shouldn't I, Should I, shouldn't I?" I literally took a deep breath before I pulled off the highway.

I ordered a tall Americano with a splash of breve, my caffeine cocktail of choice. Contemplating maybe I shouldn't be skipping class, feelings of guilt began to set in. I fought to stay confident in my decision, reassuring myself of how I would use this time wisely. The final decision was to use the time wisely and catch up on much-needed time in my journal.

I was the giddy high school girl skipping class. But like most high school smartypants girls, I got busted!

Within a minute of sitting down, my cellphone rang. It was a number I didn't recognize. Feeling even more like that high school girl, I thought: "Maybe it's Barbara, my teacher hunting me down! Uh oh, I've been caught!"

Not answering the call, I stared at the phone waiting for a voicemail message. Yep, it was my teacher. Her message was to see if I was running late, not to call me out on my absence. She explained that only she and one student had showed up for class. They had already decided that if no one else was showing up, they would use the time to catch up on their writing! How coincidental. Or not?

I no longer had to feel guilty for missing a class! There was no class today. Loyalty reigns. I have enjoyed my morning writing! God really knows what we need and leads the way. And, He lets us know when we still aren't sure, it's okay!

JUST START

High school is an analogy for your fitness future. There will be uncertainty, failures, success and second guessing. That's okay. It's supposed to be that way. If it were perfectly structured and robotically regimented — we would all quit from boredom. Your schedule might never go as you plan it, but, as long as you are loyal to you goals then you'll achieve your goals. Probably not exactly in the time frame or manner that you expect, but, that's part of the fun. And looking back, wasn't high school fun?

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MUSCLE 101:

the science of growing muscle

Growing lean, strong, and rock-hard round muscles should be all of our fitness and health goals. Whether you are a woman or man, young or old, stay at home mom or a professional, bodybuilder or swimsuit model, our fitness results relies on lean muscle. Muscle is what gives any physique that admirable contour and appearance. But, muscle is way more than just something impressive to look at. Muscle is the key for a fast metabolism, protection of bones, required for strength and makes it possible for the human body to preform our day to day activities. So it doesn't matter if your aim is to get on stage as a competitive bodybuilder or an athlete for any sport, nor a sexy swimsuit model or a loving and beautiful stay at home mom, neither does it matter if you're in your twenties or a senior, we must all prioritize muscle in our fitness goal. Plus, who doesn't want to walk around with a jaw dropping physique?

Unfortunately, putting on muscle doesn't come easy. There are of course those fortunate individuals who are the exception and simply looking at the weights, they grow muscle. However, for the rest of us, it is much more difficult to achieve. Since this is no easy task, we have to find a precise training approach along with much needed devastating and strenuous work to stimulate unbelievable muscle growth. Yes, besides entering the weight room with the mindset and determination to attack and conquer every single workout, you must have a training routine that is science proved to most certainly force your body to achieve some extreme muscle gains!

You can be sure that the applying these science proven training principles, training split, body part specific exercises and techniques is your direct path to mercilessly give you undeniable muscle gains like anything you've ever tried before!

Extreme Muscle Building Training Principles

Rep Range:

To stimulate and maximize the most amount of muscle growth, you must push the working muscle to failure. Lifting in the 8-12 rep range has been scientifically proven to get maximum results to lean muscle gains. However, a complete effective training routine includes various weight loads progressing from heavier weights for lower reps and lighter weights for higher reps all around the 8-12 rep range.

Intensity:

Lifting to failure is the most common and effective approach to growing muscle. However, to bust through your muscle building goals and achieve them in an extremely fast manner, you do well to push your muscles beyond failure. Training past muscular failure, creates micro damage to the working muscles and forces them to grow bigger, stronger, and faster. It all boils down to how tough you really are.

Rest:

True be told, muscle can only get stronger by stimulating it through hard exercise. However, muscle really grows outside of the gym. Rest is absolutely necessary for its growth. Muscle needs to go through a super compensation period in which your body goes through a recovery process and rebuilds muscles to make them stronger in order to meet the stress of future workouts. NOT resting can slow down the body's ability to recover, repair, and rebuild and be detrimental to all the hard work you're putting in at the gym. Any effective training split must

allow adequate recovery time not just between body parts and workouts, but also your body as a whole needs plenty of overall rest to prevent from overtraining and to replenish for your next assault at the gym.

Compound Exercises:

Compound exercises need to be prioritized in every workout to maximize strength and muscle growth. Compound lifts are serious mass builders because they stimulate the most muscle fibers in a single lift, allow you to lift heavy weight, and cause the body to increase testosterone production which results in more strength and unbelievable muscle growth. Compound moves include squats, deadlifts, bench press, pull ups, dips, military press. Due to the high demand of energy required and heavy weight involved to complete compound moves, it is optimal to perform these lifts early in your workouts.

Variety:

Although the main focus is on compound lifts, it does not mean that we only rely on them. In fact, enormous muscle gains are achieved by targeting the muscles in a multitude of movements, angles, types of resistance, and training techniques. Implementing variety prevents our muscles from adapting to any specific training protocol, plateaus, continue to maximally stimulate lean muscle growth, and progressively builds strength and muscular endurance.

Nutrition:

Proper nutrition is required to feed your body the nutrients it needs to properly repair and build muscle. 85-90% of your lean muscle building efforts will account on you in taking an adequate amount of all macronutrients such as protein, carb, and fats so this is a big aspect that we simply cannot take lightly. Ensure you intake a surplus of calories to enhance and speed up the super compensation process. Eat complete proteins at every meal. Aim to eat 1-2 grams of protein per bodyweight (totaling about 35-40% of your total caloric intake) spread into 6 meals. Optimal protein choices are chicken, top sirloin, egg whites, fish, nonfat dairy, and protein powder. Carbs are of extreme importance to muscle growth and is the immediately ready for use as energy and to replenish glycogen into the muscle. You do well to aim to eat 2-4 grams of carbs per bodyweight spread into 5-6 meals with the total amount at 40-45% of your total caloric intake. Healthy choices for carbs are brown rice, oatmeal, quinoa, sweet potatoes, red potatoes, whole wheat pasta, Ezekiel bread. Limit the amount of sugars for muscle gain without fat. As far as fats are concerned, you should keep at about 20-25% of your total caloric intake. Focus on healthy essential fats such as salmon, avocado, almond, raw nut butters, flaxseeds, olive oil, and fish oils.



EXTREME MUSCLE BUILDING TRAINING ✓

DAY 1 LEGS

Exercise	Sets	Reps	Training Technique
Leg Extensions	4	12-15	Pyramid sets- Increase weight each set.
Squat	6	8-12	Pyramid sets- Increase weight each set.
DB Walking Lunges 4	20		
30 steps Leg Extensions	4	12	Lactic Acid Build Up- Rest only 30 secs between sets.
Romanian Deadlifts	4	12	Pyramid sets- Increase weight each set.
Laying Leg Curls	4	10-12	Drop sets-

DAY 2 BACK, CALVES, ABS

Exercise	Sets	Reps	Training Technique
Pull Downs	4	12-15	Pyramid sets- Increase weight each set.
Bent Over BB Rows	4	8-12	Last 2 sets, drop for a total of 3 drops for one set.
Single Arm Rows	4	8-12	No break between left arm to right arm.
Seated Rows	3	8-12	Last 2 sets, drop for a total of 3 drops for one set.
Seated Calf Raises	4	10-12	Drop sets
Standing Calf Raises	4	15	At the end of the 15 reps, complete 5 partial reps.

DAY 3 CHEST, DELTS, ABS

Exercise	Sets	Reps	Training Technique
Incline BB Press	4	12-15	Pyramid sets- Increase weight each set.
Flat BB Bench Press	6	8-12	Last 2 sets, drop for a total of 3 drops for one set.
Incline DB Press	4	10-12	Last 2 sets, drop for a total of 3 drops for one set.
Hammer Str Decline Press	3	12	Straight sets
Cable Cross Overs	4	12	Lactic Acid Build Up- Rest only 30 secs between sets.
Smith Overhead Press	4	10-12	At the end of your first set, do 5 partial reps.
Seated Lateral Raises	4	8-12	Last 2 sets, drop for a total of 3 drops for one set.
Rear Machine Fly	4	8-12	Straight Set
DB Front Raises	3	8-12	Tri- Set- Complete each exercise back to back with no rest.
DB Bent Over Reverse Raises			
DB Lateral Raises			

DAY 5 BICEPS & TRICEPS

Exercise	Sets	Reps	Training Technique
Ez Bar Curls	4	12-15	Pyramid sets- Increase weight each set.
Incline DB Curls	6	8-12	Forced reps-
Cable High Curls	4	10-12	Last 2 sets, drop for a total of 3 drops for one set.
Press Downs	4	12	Forced reps-
Dips	4	10-12	2 Second on negative/ 1 sec on contraction phase
Skull Crusher to Cl. Grip Prs	4	8-12	Straight sets
Rope Overhead Extensions	4	12	Lactic Acid Build Up- Rest only 30 secs between sets.

Now, muster some courage and mental toughness and put this scientific proven training plan, protocols, exercises, and techniques to good use. Annihilate and conquer every workout and achieve unbelievable muscle growths!

By Carol Medina
Dialed In Fitness Owner,
International Figure Athlete,
and Fitness Expert
www.Dialedinfitnessonline.com
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"I'm Just Saying ..."

By Angelike Psolinos-Norrie
WBFF Pro



Photo by David Norrie

I know I take a lot of risk by writing this. I realize it could black list me from ever doing anything in the industry again. It could potentially piss off a lot of people that feel very differently. It's just a risk I am willing to take.

Being immersed in the fitness industry has been a blessing and a curse. I have been incredibly fortunate to have met some amazing people with inspiring stories and a true purpose. I have had the distinct pleasure of shooting with some of the best photographers and enjoyed the humbling honor of being on a couple prestigious magazine covers; an accomplishment I will always be proud of.

However, the more I have come to know this industry, the more it lets me down. The fitness industry has never been so far from what it is now. It is laden with unhealthy practices, enhancements (both supplemental and physical), and it stands to promote such a vain message that separates rather than supports. I feel the world of competitions is the main issue. Although there is great benefit to the sport for some, there is also great risk. Competing can be very rewarding if you remember why you set out to achieve those goals. If you adhere to the fact the sport should be a practice of being the best of yourself and achieving optimal health and fitness, then you are on the right track. But if you

LIFE ON A TREADMILL

begin to adhere to the practice of competing just for the sake of winning, sizing yourself against others, taking photos and calling it modeling (even when they often aren't paid); you are headed for a downward spiral. It no longer is about chasing a goal, you begin to chase a ghost. Once you get sucked in for the wrong reasons, it's near impossible to see past that world; a world that segregates you from other meaningful relationships. A world so vain you cannot see past yourself and your self-serving desires. A world that once you experience the real stuff in life, you will realize it's a world not worth living in at least as it stands now.

But before I upset anyone or sound hypocritical, I want to clarify some things. I LOVE fitness. I love a lot of people in the fitness industry. I love what they stand for. I observe true balance by watching them juggle their priorities. And of course, in order to live life optimally you must have a fit and healthy lifestyle, especially in a world that is so toxic in general. However, it's what's happened to it and what it has become that strikes a chord.

In the ages of Jack LaLanne when exercise was a phenomenon it didn't take sex, lingerie, steroids, and over-sexed imagery to sell a product or a service. It was about getting healthy and living a long and meaningful life. A life where you could encourage your friends and loved ones to do the same. Now, in many cases not all, it's a life where friends and relationships break up over it because one cannot understand the other and the one immersed in it cannot see past themselves. The industry as it is today is to blame. They market their products by using enormous bodybuilders and women with oversized breasts with their rear-end in the air. Because of this, there is more and more of a demand for it and people strive to become like those fitness idols. Instead of being a healthy and balanced industry it has become an excessive one.

I know it all too well. I have experienced it to the point where I toed the line far too close for even my

own comfort level. I caught myself in an unfulfilling funnel cloud spinning in a direction that could only lead to one's demise. Thankfully, I never took anything unnatural or did anything to embarrass myself or my loved ones. But, there were times when I felt like great was never good enough and I would be overly critical of myself for the wrong reasons. I would be so focused on a personal pursuit that I couldn't see how far I was from focusing on the people that mean the most to me. It was then that I realized I was not adhering to my

own mission as to why I set out in the industry to begin with; to use vanity against itself. My mission was simply to work out and see results. It was to be lean rather than be healthy. For a brief moment I left all else behind, but thankfully I woke up. You must find the balance in this industry to really experience it for what it truly should stand for. I encourage everyone to pursue it for the betterment of themselves, their family and the precious time you spend with them.

And now I sit here a head and shoulders ahead of my previous self. I am happily married now with the

blessing of a baby on the way and I realize that even though health and fitness is a major part of my life, it is not and never will be the only part of my life. My faith and my family are always at the top of my list, being healthy with them and for them is essential. But gone are the days when all that mattered was the pursuit of perfection in the eyes of this vain world. And although I will always eat healthy, lift weights, do my cardio, and get adequate rest; I will rest, pray, love my family, make time for them, laugh with friends, let my hair down, and enjoy dessert! Without that, life is a road to nowhere on a revolving belt; life on a treadmill.





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I've Focused On The Similarities of The Top Drug-Free Bodybuilders—Not Their Differences

While speaking with many of the top drug-free bodybuilders, I've noticed their methods of doing things are often very different. Some of them train very heavily and some rather lightly. Some do up to 20 sets for each body part while others do as few as four. Some of these champs train six days a week and some only three or four. Some diet strictly all year while others start watching what they eat just six weeks before a contest. A few of these athletes use every supplement available while others use just a few.

The differences oftentimes confuse those of us trying to model their strategies for success. Uncovering the similarities is a very complicated process. Many of us quickly give up on looking for those similarities, throw our hands in the air, and say, "I can't learn from them. Everyone is different and responds differently to training and eating techniques!"

Sunday – Rest
Monday - Legs
Tuesday - Arms
Wednesday - Shoulders and Traps
Thursday - Back
Friday - Chest and Abdominals
Saturday – Rest

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Monday- Legs

Exercise	Sets	Reps
Leg Press	3	4 to 6
Squats	2	4 to 6
Stiff Leg Dead Lift	3	4 to 6
Leg Curls	2	4 to 6
Standing Calf Raise	3	4 to 6
45° Calf Press	3	4 to 6

Tuesday- Arms

Exercise	Sets	Reps
Straight Bar Curls	3	4 to 6
Alt. Dumbbell Curls	2	4 to 6
DB Hammer Curls	1	4 to 6
Lying Triceps Presses	1	4 to 6
Tris Cable Press Downs	2	4 to 6
Overhead Tris Extns	2	4 to 6
Wrist Curls	2	6 to 8
Dumbbell Wrist Curls	1	6 to 8

Wednesday- Shoulders and Traps

Exercise	Sets	Reps
Dumbbell Press (Palms facing in at bottom of the movement and rotated forward at the top.)	3	4 to 6
Straight Bar Military Press (In front)	3	4 to 6
Dumbbell Side Laterals	2	4 to 6
Dumbbell Rear Laterals	1	4 to 6
Barbell Shrugs	2	4 to 6
Upright Rows (close grip)	2	4 to 6

Thursday- Back

Exercise	Sets	Reps
Cable Pull Downs (In front)	3	4 to 6
Seated Cable Rows The most effective – the straight bar.)	2	4 to 6
Bent Over Barbell Rows	2	4 to 6
Weighted Hyper-Exts	2	6 to 8
Good Mornings	2	4 to 6

Friday- Chest and Abdominals

Exercise	Sets	Reps
Flat BB Bench Press	3	4 to 6
Incline Dumbbell Bench Press (Incline should be about 25 to 30 degrees)	2	4 to 6
Weighted Dips	2	4 to 6
Leg Lifts (ankles weights)	2	12 to 15
Wt Cable Crunches	1	12 to 15
Crunches (weighted)	1	8 to 10

THE BEST TIME OF DAY TO TRAIN

The best time of day to train is the time that you feel you are the strongest, most motivated, and energized and can feel that way on a consistent basis. For me, the best time of day is 5 a.m.

Now, I know of many scientific studies that believe your natural growth hormone levels are at their peak in the morning and conclude that a person will build muscle most effectively at that time. However, that is not the reason I train at 4:30 a.m. I train at this time because of the way I prioritize my focus and energy.

To explain, I will refer to my life when I made my living working in retail management for fifteen years. Let me tell you, my job was tough at times. Retail management is both physically challenging and mentally stressful. How do you think all of that merchandise you see in a store gets on the sales floor? Employees put it all there! And when that merchandise sells down, those employees replace it over and over again; week after week; month after month. It is quite physical work at times.

As a manager, it was my responsibility to organize the members of the crew and make sure all of this work was done. Dealing with different personalities, different levels of motivation, and continuous time constraints made my job extremely nerve-racking at times as well.

I eventually realized that I was giving the very best of my mental and physical abilities to my employer. I was running on the leftover fumes when I went to the gym after work. Some of my workouts were better than others, but a significant portion of my mental and physical abilities were exhausted at work.

That is when I decided to put my personal life, goals, dreams, and bodybuilding career first, and started training before I went to work. The gains I've made in muscle mass and in my performance in the gym have been incredible since then.

Although I still gave my employer 100 percent of my effort when I was at work, I gave my bodybuilding career top priority. I can say with the utmost confidence that I would never have accomplished what I have as a bodybuilder and as a businessman if I didn't take care of myself first.

I still did a good job at work because it was important for me to do so for my employer. That's what he was paying me to do. Unfortunately, many of us see our bodybuilding and training efforts as something extra. If anything gets eliminated because we don't have enough energy, it usually is our training and not our work.

If you train at night, taking advantage of the most sophisticated, cutting edge nutritional mass building strategies at the same time can become challenging because the time remaining in the day is much shorter than the time you would have if you trained in the morning. This is just one more reason I suggest to those who are serious about their bodybuilding efforts to train in the mornings.

RICH GASPARI INDUCTED INTO THE MUSCLE BEACH HALL OF FAME

Rich Gaspari, one of the most recognizable and inspirational personas in bodybuilding and sports nutrition today, was inducted into the Muscle Beach Hall of Fame on Monday, May 30, 2011. The ceremony was held at the ocean front location in Venice Beach made famous by Arnold Schwarzenegger and was capped off with the dedication of a plaque in his name.

This prestigious honor has been bestowed upon Rich to follow the legends that precede him including Larry Scott, Reg Park, Steve Reeves, Franco Columbu, Corey Everson, and Jack LaLanne among others. Elaine LaLanne was in attendance as Muscle Beach pays its final farewell to Jack. Award winning actor Ryan Phillippe and boxing sensation Sugar Shane Mosely presented Rich Gaspari the Muscle Beach Hall of Fame award.

Nicknamed the Dragon Slayer, Rich was both feared and admired by his peers for his groundbreaking

conditioning and freakish muscularity. His success as a competitor, attributed to his scientific approach to diet and training, and notoriously brutal work ethic, is a testament to a man who, though not as genetically gifted as many of his competitors, toppled nearly every giant of his day.

Crowned the first ever Arnold Schwarzenegger Classic Champion in 1989, some of Rich's other titles include the Mr. America known now as the NPC Nationals, Mr. Universe, Professional Mr. World, and three time runner up of the biggest and most coveted title in professional bodybuilding, the Mr. Olympia.

As President/CEO of Gaspari Nutrition, Rich remains committed to his roots, giving back to the sport by supporting over 100 contests worldwide, sponsoring both amateur and professional athletes. To quote Rich, "It is really a dream come true to be able to spread the message of health and fitness through Gaspari Nutrition. I look forward to playing an important role in the lives of fitness minded enthusiasts and athletes for many years to come."



SNAGGED FROM OUR FACEBOOK WALL ...

Anna from East Sussex, England's PROTEIN POW(D)ER FACEBOOK PAGE ... "like" it!

PROTEIN CORN DOGS!?

couchd.blogspot.com
www.facebook.com/HighProteinFoods



Basically, the concept is to use pea protein and besan for coating the sausages - in this case, venison sausages. I thought this was ideal because pea protein lends itself to thick coats and has a really mild and savory-pancakey flavor. I knew 'traditional' corn dogs call for flour so I felt I should use some kind of thickener. This is when I turned towards chickpea flour. I threw the two powders together in a bowl, together with some coconut milk, one egg, and baking powder until the batter looked thick enough. I then cooked the sausages (two) and, when ready, drowned them in the batter before proceeding to pan fry them. I should have turned them more so they look more cylindrical but not a big deal.

Since I didn't have the sticks required, I used chopsticks. The result of this whole experiment was a big fat YES! Oh, delight! Oh, memories! They were so tasty! They're kind of like a hotdog where you condense the bun and press it around the sausage - but better.

INGREDIENTS

- 1 egg,
- 30g pea protein,
- 10g of besan + 100ml milk or so (+ sea salt).

Add to this two venison sausages and we're talking about 352 kcals, 51g protein, 13g carbo, 11g fat and 2.3g fiber. Now, bear in mind this was an experiment so feel free to play around with it.





Muscle Meals with Aaron Reed

**ENGAGES:
GLYCOLYSIS**



EGG WHITE MEDLEY

WITH MUSHROOMS, APPLES, AND BANANAS

ASK AARON

I answer questions on my website and by email but sometimes its easier to tell everybody at one time. I have been getting a lot emails lately that sound like this one.

AARON,
I've read a couple of your articles each month in Natural Muscle Magazine I get your newsletter and think I eat pretty good. I'm 6'1", 195 lbs and workout five days a week. I am trying to get bigger and stronger. What supplements should I take to get me going to the next level? I like to take pre workout supplements that make me feel energetic but they usually don't work for more than a week or two and then I am back to where I started. Any suggestions?

MY RESPONSE:

There are so many variables to consider it's tough to know what is the reason for your lack of progress, but I will say this.

Do not put all of your faith into a pre workout supplement when it comes to getting a good workout or making gains. They do help and have their place but try eating on a plan as described in my book that is designed to give you the biggest advantage possible from food first, then incorporate supplements. We are in the 21st century yes, but there is still no miracle pill out there that allows us to eat as much or as little as we want and still reach our goals.

I see that you said you eat pretty good but how good is pretty good? As described in my book *A Super-Natural Lifestyle* every meal builds on the next. That means each meal is vital to your progress. Messing up one meal can mean hindered gains for that day. Food is the most important factor in making gains. Especially if you wish to pack on more size my friend.

So, if you are eating like I suggest then and only then are you ready for added pre workout supplements to push you a little further. It is like the icing on a cake. By itself it is only part of a recipe for success. In my book I plainly outline what is necessary to drive yourself to peak performance prior to entering a workout, making sure you will get the most out of your efforts.

Try eating an apple pre workout and compare that to your pre workout potion. This is the most important thing I have everyday before I train after I have nailed all my meals all day. Food first my friend, food first.

Ingredients:

- 1-Cup Egg whites
- 1 banana
- 1 Apple
- 1 Portobello Mushroom
- 1 Green Bell Pepper
- 1 Roma Tomato
- ½ Cucumbers
- ½ Squash
- White Button Mushrooms
- Baby spinach leaves
- Sea Salt, Garlic powder
- 1 tsp Coco oil



Directions:

Chop up the Banana, Apple, Bell Pepper, Cucumber, Squash, Portobello Mushroom, tomato and place it on the ridge of the plate. None of these fruits and veggies are going to be cooked so simple placement is all that is necessary.

Set the stove top to a Med-High heat and drop a tsp of coconut oil into the pan to keep the eggs from sticking. Pour the Egg Whites into a non-stick pan with the baby spinach leaves and the white button mushrooms. Add in the Sea Salt and Garlic. Scramble this up and let it cook until the eggs become white and fluffy. Be sure to allow the eggs to cook on one side long enough to take the flat shape of the pan. This will allow us to put our veggies inside to act as a wrap for the final presentation.

After the Eggs are cooked, throw in some veggies that you just cut up onto one side of the egg whites then flip the other side onto it. Tomatoes, mushrooms, bell peppers are good. (Try a couple pieces of banana to make it interesting. Then fold the other side of the Egg whites over and you're ready to eat!

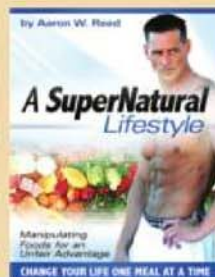
Note:

Eating a meal like this is incredibly beneficial to our health. Because we are not cooking many of the fruits and veggies we are able to preserve all of the nutrients each one has to offer.

Notice how different it feels to have a belly full of fresh fruit and veggies apposed to what you are used to. I'll bet you will feel energetic while maintaining a light stomach. In addition, as I always say there is a best time to eat everything. Remember how we put our meals together makes a huge impact on how quickly we reach our physical goals. For more on these guidelines check out my book *A SuperNatural Lifestyle* and take your physique to the next level!

Check out my website at www.SuperNaturalPhysiques.com there is never a better time to start making improvements to your life than right now! Sign up for my free newsletter! If you like what I have to say then you will love my news letter because it is written entirely by me.

Email: tsaaronreed@gmail.com



2011 MUSCLEMANIA® TOUR



GREAT NORTH- April 23

NEW ENGLAND- April 30

LONE STAR - May 21

NEW MEXICO - May 21

ORANGE COUNTY - May 28

KUMITE CLASSIC - May 27-28

PACIFIC - Sunday, June 5

CAPITAL - June 4

UNIVERSE - June 16-18

EMPIRE STATES - July 16

MOUNTAIN PRIDE - July 16

TENNESSEE - July 30

ALAMO - Sunday, July 31

CAROLINA - August 13

GATEWAY - August 27

ARIZONA - September 10

NORTHERN CALIFORNIA - September 11

SOUTHERN CALIFORNIA - September 24

ATLANTIC - September 25

DIXIE - Sunday, October 2

MIDWEST - October 1

FLORIDA - October 8

CALIFORNIA - Sunday, October 9

CANADA - October 15

TEXAS - October 22

OHIO VALLEY - Sunday, October 23

NEW YORK - October 29

SUPERBODY - October 29

SPACE CITY - November 5

AMERICA & WORLD - November 18-19

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TOP 5

benefits of exercise

By: Anthony Alayon

I already know, you are too tired or simply don't have enough time to exercise, right? While this may be the mentality of many people living a busy and stressful life, I believe it is important to find a way to get a little bit of exercise in on a daily basis. I am not saying you have to go to the gym or lift weights every day, but what I am saying is anything is better than nothing! Even a simple walk around your neighborhood or using such tactics as purposely parking farther away when you get out of your car to go grocery shopping or are running errands is considered exercising.

These may seem like basic steps and even not sound like you are exercising but you indeed are. This is why it is important to realize that the little things you do add up to be a lot when you stop and think about it.

With that being said, I decided to give what I feel are the top 5 benefits to exercising. You may be surprised when you see what they are!!

1. Increased Energy

How many people lack the energy needed or feel tired throughout the day or could use more energy?

Just about anyone I have talked to who does not exercise regularly lack energy and as a result suffer from some sort of bad health problem. This is not the coolest feeling in the world. With a good exercise program and diet that has the right macronutrients in them, you can immediately see the change in your body composition. You will be able to achieve your weight loss goals easier, display a leaner physique and feel better about yourself.

2. Exercise Improves Your Mood

Exercising stimulates certain brain chemicals and can help you feel much better if you are having a stressful day. I know many people who do some form of exercise just to relieve some stress and it works like a charm. It certainly helped me get through accounting school in one piece.

3. Exercise Allows You to Sleep Better

Having trouble sleeping at night? This very well could be a direct response to not exercising regularly. If you exercise regularly you will allow your body to fall asleep faster and deeper. The reason for this is because exercise helps to balance your daily bio-rhythms and hormonal activity.

It is best to not exercise before the time when you fall asleep. Exercising around this time may cause you to have difficulties falling asleep for the simple fact that your heart rate is accelerated and you just performed physical activity. So make sure you perform exercise at a reasonable time for the best sleep results possible.



4. Exercise Can Spice Up Your Life!

Yes, exercising regularly can bring adventure into your life! Many people stereotype exercising as being boring and going through the motions. I beg to differ as you can do a variety of things such as dancing, walking, go mountain biking and several other physical activities that can be performed outdoors.

5. Exercise Increases Your Metabolism

So you have noticed a drop in your metabolism over the years? Are you looking for a way to accelerate your metabolism so that you can lose some weight?

Well, I have great news for you! Exercise will increase your metabolism and allow you to burn off more calories than if you were to stay sedentary. In addition, if you decide to exercise with weights, you will not only boost your metabolism during the time you exercise, but also, you will boost it permanently since you are building some muscle that serves to tone your physique and increase the metabolic rate at the same time! Now I don't know about you but having a lean and hard physique while increasing my metabolism with a little bit of weight training sounds like a pretty cool deal to me!

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get CRAZY RIPPED

with these 8 tips

MUSCLE & STRENGTH
THE ULTIMATE TRAINING PARTNER

By Ian Coleman

Most of you who have spent time in the gym know how to eat to maximize the muscle building process:

- * Meals - Eat smaller meals every 2.5 to 3 hours.
 - * Protein - Consume at least 30 grams of protein with each meal.
 - * Fats - Don't ignore your fat intake! Make sure 20 to 30% of your daily calories come from healthy fats.
 - * Carbs - Focus on quality carbs sources including fruits, veggies, oatmeal, brown rice, quinoa and other complex carb foods.
- These rules are old news. You have tried them, and they work. But now you have new goals. It's time to shed the fat, shred your body and reveal the six pack. Here are 8 tips to help you get crazy ripped.

Tip 1 - Move Some Iron

Forget about training light. Switching to high rep sets and a lighter weight when trying to get shredded is a recipe for disaster. Heavy weight encourages your body to maintain its existing muscle mass. On the other hand, if you stop pushing yourself when trying to shed fat, you send a signal to your body that the extra muscle mass you've built isn't needed any longer.

Hot Tip! Stick with your existing muscle building workout while cutting.

Tip 2 - There is No Magic Diet

One of the most common questions is...which diet is best for cutting? The reality is this: you need to make adjustments based on your body's unique feedback. There is no best diet, but there is a best diet for you. Start with a reasonable calorie intake and protein, carb and fat profile, and make adjustments as needed to tune your fat loss.

Hot Tip! When the going gets tough, try carb cycling between high, medium and low carb days.

Tip 3 - Whoa On The Cardio!

Whoa, whoa, whoa! Slow the cardio. It's a fact that few realize, but diet is far more important than cardio when it comes to getting ripped. Dial in your diet first. When you have reached a consistent rate of fat loss, slowly add in cardio. Slowly. Remember that your body is under stress from being in a caloric deficit. Adding in endless hours of cardio right out of the gate could result in the loss of hard-earned muscle mass.

Hot Tip! Break away from the treadmill and try HIIT instead - high intensity interval training.

Tip 4 - Slow Your Fat Loss Rate

Yes, you read that correctly. The best way to get silly shredded is to lose fat at a rate of 1.5 to 2 pounds per week. While a more rapid weight loss pace can be good if you are carrying around a substantial amount of



extra fat, it's not the best approach when trying to dial down your bodyfat levels into the single digits. Rapid fat loss can also cause you to lose muscle.

Hot Tip! Week one weight loss is always higher than normal. Wait until the 2nd or 3rd week of a cut to make changes.

Tip 5 - Abs Come From Diet

It's ok to chill on the volume of crunches and leg raises you are doing. Overusing direct ab work won't help you strip away belly fat. Keep your direct ab work to 1-3 sessions per week with a moderate amount of volume. This approach will help you maintain your ab size while you get cut.

Hot Tip! Weighted sit ups and cable crunches are an excellent way to add resistance to your workouts, helping you to build thicker abs.

Tip 6 - Become A Cheater!

Did you know that a strict diet involves cheating? Yes, involves cheating. Prolonged periods of dieting drop your body's leptin levels. Leptin is a hormone that helps your metabolism re-ascend as efficiently as possible. A cheat meal or window (or even day in some cases) once a week will surprise your body, and help it to

raise stagnating leptin levels. This metabolic boost will help you to burn more fat.

Hot Tip! Keep it simple by allowing yourself a one hour cheat window. This window can be moved each week to fit your social schedule.

Tip 7 - Get Real About Body Fat Levels

Most individuals underestimate their bodyfat levels - by a lot. Having an unrealistic view of your body composition can lead to frustration as your cutting diet starts to drag on for months without end. The best natural bodybuilders and fitness models in the world have a lean body mass (weight - fat pounds) of no more than 170-180 pounds. It's unrealistic to believe you are currently 240 pounds and 18% bodyfat. The more you get real with yourself, the better equipped you will be for the cutting process that lies ahead.

Hot Tip! Forget bodyfat scales and online calculators. Purchase a skin fold caliper, which will provide a more accurate bodyfat reading.

Tip 8 - Drink Your Water

This seems like an obvious tip, but for many it's not. A good percentage of athletes, even hardcore lifters, don't drink enough water. Some studies have indicated that proper water consumption alone could boost your metabolism by as much as 30% (this study involved drinking cold water). It goes without saying that under drinking water while trying to get shredded will slow the process. Stop guessing about how much water you are drinking!

Hot Tip! Use a shaker or empty milk jug to help you monitor daily water intake.

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.



African tribes always had a reverence for photography
because they wisely realized that an image steals a
bit of their soul.

I think a gifted photographer looks to find something
of the soul in the model with his eye, and then transfers
this form to pixels.

A real WOW image paints light into beauty and strength.

A WOW image steals a little bit of the soul
and presents it with quiet reverence.

A WOW image makes your look, and look,
and look once again, to find what is being said?

Then, often suddenly, the "stare" explodes
as your mind, will and emotions beckons you
to become involved.

A WOW image will be remembered because
it is etched soul to soul!

Psalms 27: 13-14

Keep on, KEEPIN' ON, my friend!

-Coach A

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your guide to STAYING FIT IN THE OFFICE

Our office: a place where a majority of our day is spent. Our desk: a place that many consider a second home. Our swivel chair: our butt's worst nightmare, our lower back's bully and our shoulder's arch nemesis. These three daily factors that make up approximately eight hours of our day, make staying fit a conundrum. Eight hours of daily inactivity can play a negative role on your energy levels, eating habits and worst case scenario, your sanity. It is for this reason that so many of us lose all motivation and give up on personal health and fitness. The trick, however, to staying motivated and on track is to make your typical 9-5 job work for you and your health. The best part in making your office fitness friendly is not as difficult as you may think. All it takes is some quick planning, a little motivation and bit of creativity.

YOUR 9-5 PHYSICAL FITNESS PLAN

1. MAKE YOUR CUBICAL YOUR OWN LITTLE FIT SPOT

Opt for a stability ball rather than an office chair. In doing so, you help engage and strengthen your core muscles by making your abs work as hard as you do all day.

Option 2: Some offices, like mine for example, do not allow their employees to sit on stability balls, as a safety precaution. If your office is the same way, simply adjust your desk to mimic a bank teller's station and stand as you work.

2. STAY LIMBER AND FRESH

Sitting for long periods of time can lead to a pain in your glutes. Taking a moment to stretch out this area can help relieve a lot of tension in your rear and lower back. Use your desk as a glute stretcher. While standing, place the lower part of your leg flat on your desk or table. Slowly bend the leg you are standing on, until you feel a slight stretch in your glute. Hold for 30 seconds while breathing deeply then switch legs.

3. STAY ACTIVE WHEN IDLE

Why just sit there, when you could be exercising? Perform isolating abdominal and glute exercises while sitting in your chair or on your stability ball.

4. TAKE WALKS AT BREAKTIME INSTEAD OF TAKING A SEAT ELSEWHERE

Coffee break does not have to mean taking a seat elsewhere (like the break room or lounge). If you crave your mid-morning coffee, find a nearby coffee shop and take a brisk walk. Tip: Bring just enough coin for a single coffee (to avoid other treats) and stir clear of beverages that are prepared with whole milk or extra sugar.

5. LOOK ALERT

Monitor your posture and be aware of the problems associated with sitting for prolonged periods. If you begin to develop neck pain and tense shoulders, you are slouching. But slouching doesn't just affect your posture, it also obstructs your breathing and limits the amount of oxygen being delivered to your brain. Sitting up straight allows you to breathe deeper and stay more alert.

YOUR 9-5 NUTRITION PLAN

Next, keep in mind that physical fitness encompasses much more than physical activity. You must also take into consideration your nutrition. Beginning your day with a wholesome breakfast will have a positive impact on your entire day. Just half a cup of oatmeal, a handful of blueberries and three eggs is enough to get you through to the afternoon.

1. PACK A LUNCH

If your office is anything like mine, the open buffet of comfort food can seem far too tempting. Especially as mid-afternoon hunger sets in. Brown bag your lunches daily to include a mix of lean protein, complex carbohydrates and leafy greens to help keep you satisfied and energized throughout the afternoon.

2. BE PREPARED

Avoid the mid to late afternoon crash that can lead to poor nutritional choices, like the vending machine. Just one Isoflex protein bar packs up to 32 grams of protein and 9 grams of essentially fatty acids to keep you mentally focused and powered to get you all the way to 5 p.m. These low sugar bars will also help keep you fuller longer, making it less likely for you to binge eat when you get home.

The office does not have to feel like a straight jacket. Follow the tips above and feel the difference a couple more movements throughout the day can make. The extra energy you feel will even help fuel you to the gym that night.



Written by Valeria Fazio



No Time in the Morning??

This powerful breakfast shake will supply your body with the energy it needs to wake up and start moving. When prepared with unsweetened almond milk you also supply your body with a moderate source of essential fats and additional vitamins and minerals.

Isoflex Berry Breakfast Protein Smoothie

- 1 scoop of vanilla Isoflex
- ½ cup frozen berries
- ¼ cup oatmeal
- 1 cup unsweetened almond milk
- 6 ice cubes

Blend everything together, and enjoy.

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Watermelon the perfect Summer Side Dessert

Talk about Simply Stay Healthy Delicious! This simple summertime treat is the perfect ending to any meal or used as a side for that matter.

Did you know that watermelon is packed with some of the most important antioxidants found in nature. This beautiful red fruit is an excellent source of vitamin C, vitamin A, lycopene (an antioxidant that neutralizes free radicals), and



electrolytes sodium and potassium that we lose through our perspiration. Watermelon is also rich in the B vitamins necessary for energy production. Food experts recommend watermelon as a very good source of vitamin B6 and a good source of vitamin B1 and magnesium. Watermelon has a special cooling effect and is exceptionally high in citrulline, an amino acid that our bodies use to make another amino acid, arginine, which is used in the urea cycle to remove ammonia from the body. The antioxidants help reduce the risk of colon cancer, asthma & it's severity, heart disease, rheumatoid arthritis, and prostate cancer. Watermelon is also a good source of thiamin, potassium and magnesium which protect our body from so many diseases. Studies have shown that watermelon aids in energy production and fat loss. WOW I say cut a personal size melon in half, grab a spoon and take in the healthy goodness of this fabulous summer delight! Stay Healthy!

food



By Darla Leal, LCPT
www.stayhealthyfitness.com

Stay Healthy

Grilled White Fish & Squash

Now is the time for fabulous outdoor grilling. Summer is here and there is nothing better than sitting outside and enjoying the aroma of healthy food on the barbie. The absolute BEST part about this simple meal is that it is SIMPLE, is ready in less than 30 minutes, is oh so Stay Healthy good for you, and tastes absolutely fantastic. I used catfish as my chosen white for this meal, but any white fish will do tilapia, cod, halibut, sole. whatever white is your preference it all cooks in about 15 minutes depending on the thickness and the heat of your outdoor grill. If you have not tried grilled squash, it is a MUST MAKE. This meal will leave you feeling satisfied, full of your lean protein, fiber and antioxidant intake.

LET'S GET GRILLING!



Prep the Squash:

Wash and cut the squash lengthwise for grilling. In a gallon size freezer bag pour in ¼ extra virgin olive oil and seasoning that you enjoy (I used a hot sauce, crushed red chili peppers, and Johnny season salt)

Place squash in the bag and coat the veggies well

Prep the Fish:

Season with your Favorite spices (we used lemon pepper, cayenne, dill, paprika, and crushed red chili peppers)

The Grill...set at 350 or medium high gas heat

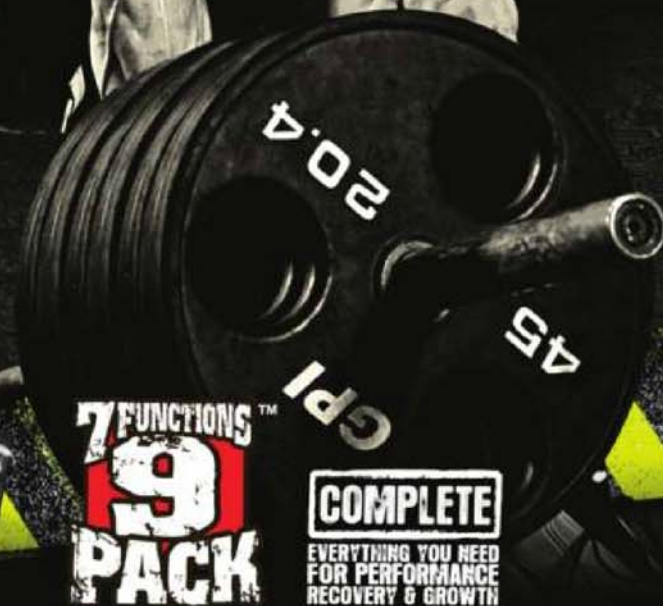
Layer the squash on the grill and cook for about 8-10 minutes before adding the fish. Make room for the fish in the center by turning the squash over, place your fish and cook until cooked, approx 8-10 minutes depending on thickness.

Serve and Enjoy!

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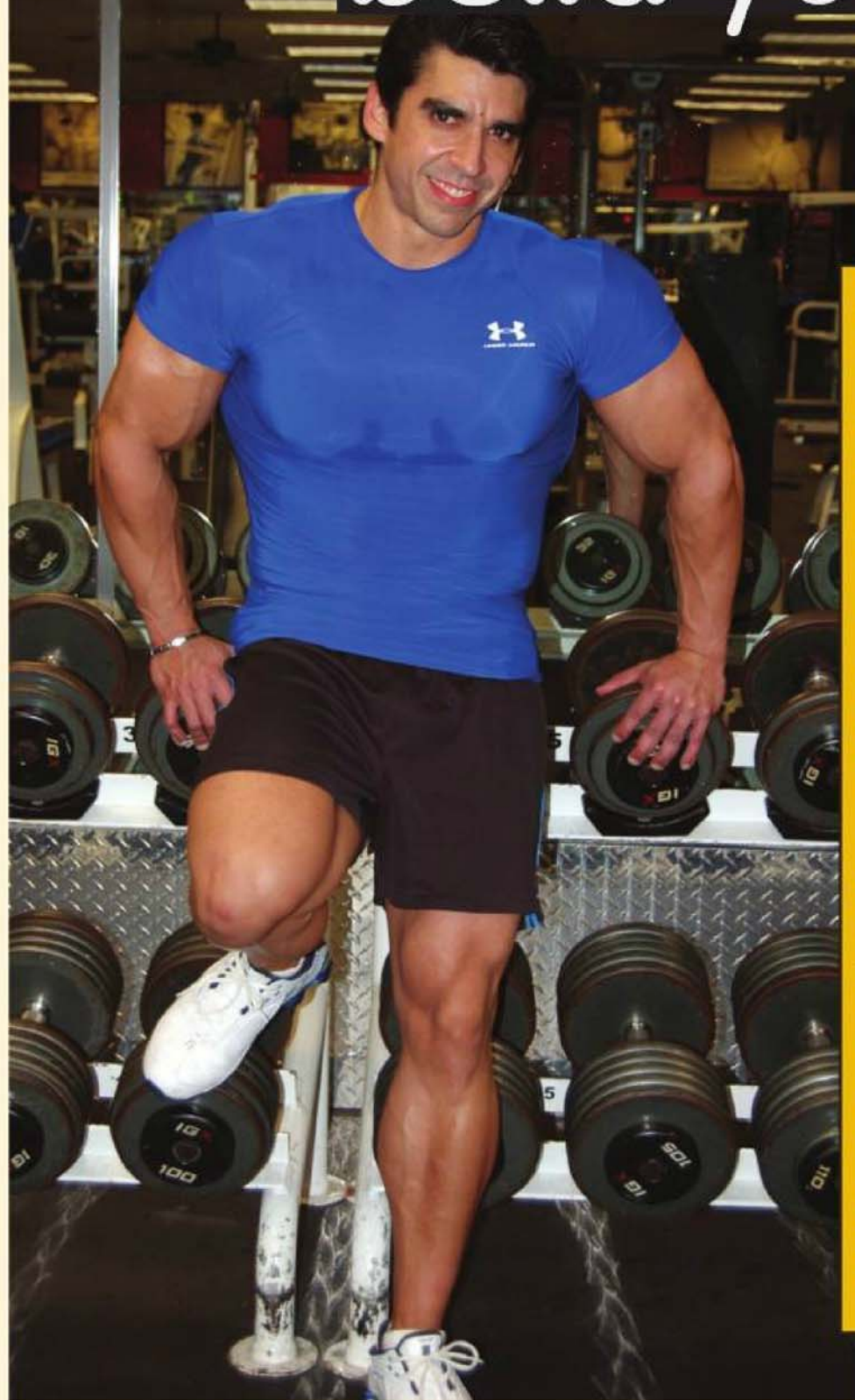
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build your arms



Hugo Rivera CFT, SPN, BSCE

When people think of bodybuilding, the first thing that comes to mind is big arms. How many bodybuilders, me included, just started by doing some biceps curls? After all, one of the most common requests bodybuilders get is to flex their arms. And while a great physique is much more than big arms, nobody can argue that all great physiques have equally great arms!

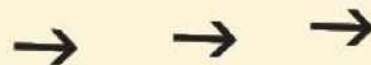
Since I have gotten a lot of requests lately to publish a new arm routine to get the arms ready for summer, I decided to publish one of the latest bodybuilding routines that I have been using to train my arms.

In order to use this routine you will need to incorporate it into a split routine that works both biceps and triceps on the same day. This routine is for intermediate to advanced trainees. If you are an absolute beginner, please refer to the bodybuilding routine presented on my getting started in bodybuilding guide.

Without much further ado, here is your bodybuilding workout for great arms over the summer. You will be using trisets and supersets. A triset is composed of three exercises that get performed one after the other with no rest in between. Only after you perform the last exercise on the triset you can rest for the recommended amount of time and start over.

A superset is the same as a triset, except that it is composed of only two exercises.

As you will see, I am offering you three workouts below. I want you to rotate these workouts. So one day you will do Workout (A), another day Workout (B) and another day Workout (C).



s for SUMMER

Gain Up To An Inch In Your Arms With This Bodybuilding Arms Workout

WORKOUT (A)

exercise	sets	reps
Triset:		
Triceps Pushdowns	3-4	10-12
Concentration Curls	3-4	8-12
Overhead Triceps Extensions	3-4	10-12
(Rest 1 minute between trisets)		

Triset:		
Incline Dumbbell Curls	3-4	6-8
Lying Dumbbell Triceps Ext	3-4	8-10
Hammer Curls	3-4	8-12
(Rest 1 minute between trisets)		

Superset:		
Wrist Curls	2	25-50
Reverse Wrist Curls	2	25-50
(Rest 30 seconds between supersets)		

Workout (C)

exercise	sets	reps
Superset:		
Preacher Curls	10	10
Parallel Bar Dips	10	10
(Rest 1 minute between supersets)		

Triset:		
Cable Curls	3	15-20
Rope Triceps Pushdowns	3	15-20
Barbell Wrist Curls	3	25-50
(Rest 1 minute between trisets)		

Workout (B)

exercise	sets	reps
Triset:		
Triceps Kickbacks	3-4	15-20
Barbell Curls	3-4	8-12
Tri Pdowns w/ Straight Bar	3-4	10-12
(Rest 1 minute between trisets)		

Triset:		
Concentration Curls	3-4	6-8
Triceps Dips on Bench	3-4	15-20
Reverse Barbell Curls	3-4	8-12
(Rest 1 minute between trisets)		

Superset:		
Reverse Wrist Curls	2	25-50
One Arm DB Wrist Curls	2	25-50
(Rest 30 seconds between supersets)		

Bonus Abdominals' Routine

As a bonus, here is a nice abs routine that you can do before the arms workout:

Triset:		
Leg Raises	3 sets to failure	
Bicycle Crunches	3 sets to failure	
Crunches	3 sets to failure	

This abdominals routine took me less than 15 minutes to perform and it proved to be not only a great abdominal workout but also an awesome way to warm-up the body and get it ready for some arm work.

Conclusion

Try out the arms routine above and let me know how it worked out for you. You'll probably have as much fun as I did and will get a great pump as well. The whole thing, counting abs, should take you around 50 minutes, give or take 10.

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ON THE COVER Noemie Tremblay

Let me introduce myself.

I am a Pro WBFF Fitness Model, have been doing martial arts for many years, a gym owner in Canada, a boxing event promoter, a restaurant owner, and most importantly; a proud Mom.

You would probably wonder how I can do it all!

I just do it. Being a gym owner, it's easier for me to train in the morning and in the afternoon. But I have to be on a very strict schedule to be able to handle everything.

I've always been an athlete, I've been doing a lot of different sports: sprinting, gymnastic, Tae Kwon Do, Karate, and of course, Fitness.

Four years ago, I started to compete in figure division to try to get my Pro card. At that time I was competing all around the world in a professional karate team, sparring division. So it was another challenge for me and I loved it!

I won the overall title at the regional contest and overall at the national level 2 years later. I just won my pro card few months ago in the Fitness Model Division.

So how can we be a business woman, a Mom, and a Pro Fitness Model at the same time?

Like I said, planning and follow your schedule is the key.

My clean diet is now part of my life, I'm so used to it, I can't call it a diet anymore. It's hard at the beginning but it gets easier with time. I would recommend to start changing habits for breakfast for a week and then lunch and then dinner. Not too drastic.

My training is my drug. At first I wasn't into weight training. I'm a sports lover. But more I did it, more I loved it. Now, I do weight training 3 times per week. I do cardio 5 to 6 days a week, sometime twice a day.

My husband and my son are my priorities. Family first. As long as they are happy, I'm happy.

To all those women who want to achieve something, to lose weight, compete, or simply to be in shape and feel good **START NOW**, not tomorrow or next week, **AND DON'T EVER GIVE UP!**

Special thanks to my husband, Ren Perreault and my coach Marc Sauvestre for believing in me!



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What do you consider your greatest lesson learned?

One of the greatest lessons that I am learning is to forgive. Forgiveness is the surest sign of spiritual maturity and it truly does benefit the forgiver. Walking around and harboring a root of bitterness poisons you.

What do you do for a living? Where?

I own and am President of a furnished housing company in Florida.

What do you consider your greatest triumph?

My greatest triumph is definitely earning my pro card at WBFF World's in Toronto in September 2010. This was a goal that came from a several attempts and finally meeting my goal! I was and still am on cloud 9 from this achievement. Being at the Pro level is a dream come true.

I also got 2nd place at the 2010 Arnold Amateur, 2nd place at NPC Jr. Nationals in Chicago, 2nd place at the Tampa Classic NPC bikini 2009, and 2nd place at the Florida Championships bikini open division for the FAP in 2009. I also got 4th place at NPC Nationals 2009 and 3rd Place at Europa's Hot Mom contest 2009.

I was awarded a full page in the Rising Stars section of Iron Man Magazine in July 2010 and my transformation story of getting my body back after baby was featured in Oxygen's "Off the Couch" Issue Oct 4th, 2010.

You have done many competitions around the world, which are your favorites?

My first competition in Las Vegas will always stay in my mind because I learned and realized so many different things, and at this time, I fell in love with the sport of Figure. Also, my favorite competition is the WBFF World Championship in Toronto. We had great time there and have met tons of people from the fitness industry. The show was extremely well organized and on time!

Do you use any supplements?

Yes, I think that supplementation is important in any fitness training: glutamine, whey and protein. I use

to MY WORLD



MICHELLE CAGLE

If you were to ask me to describe Michelle Cagle, two things quickly come to mind: 5'2" and eyes of blue and the girl next door! Or maybe, I should say she's the girl you wish lived next door!

Last year at the 2010 WBFF Nationals in Mississauga, Monica Brant called my wife and recommended strongly that I shoot with her friend Michelle. Hey, this photog is no dummy! I did exactly what Monica and TW (aka, The Wife) advised! Early on Sunday morning, we climbed the hill to a beautiful Japanese Garden to make WOW happen. Humbly, WBFF's newest pro knocked this shoot outta the park! Judge for yourself! To say that Michelle Cagle is stunning is to say that the Mona Lisa is just another plebian painting. Image after image, my camera treasured the Okie! Frame after frame, Michelle's easy manner captivates and beckons you to record more, not only the physicality, but especially her inner beauty, strength and character. My name is Coach A, welcome to MY WORLD!

CRAZY NUTRITION by XPN, which is a Canadian brand. I also take omega-3 and multi-vitamins.

What advice would you offer someone coming up the fitness ranks?

I think you have to compete for yourself first! Everything must begin by a personal commitment to perform at your best, and always remember, to continue in the difficult moments!

Last meal?

My last meal was grilled chicken with a salad & Balsamic vinaigrette dressing.

Last cheat food?

My last cheat meal was apple pie and a glass of wine, LOL.

One thing you would like to improve about yourself?

One thing that I would like to improve about myself is to allow myself to relax a little more. I want to stop and smell the roses a little more along the way. I have had some amazing moments in my life.

Least favorite workout?

My least favorite work out is always leg day. This is funny because every coach focuses on my bubble booty the most.

Favorite workout?

My favorite body part is my back. I wear a lot of tank tops, sundresses, and swimsuits in Florida so I get a lot of compliments on a toned back. Honestly, I don't work my back that much but it tones super easy for me probably because I am constantly caring around my 2-year-old son in addition to my workouts.

Favorite body part?

My favorite body part is definitely my shoulders. My shoulders seem to almost give me instant results.

First thing you do tomorrow?

The first thing that I will do tomorrow is to wake up and work out.

Person who influenced you the most and Favorite fitness athlete?

The person who has influenced me the most is Monica Brant. She is a tremendous role model for physique related athletes and anyone who works out. She shows tremendous poise and grace in everything that she does. She has been in the industry for so long and has the best most positive attitude I have ever seen. Haters and negative people will always say unkind words and she is a tremendous example of how to take the high road no matter what. This attitude is hard to find because the smallest thing that you may say to a person may affect them in ways that you may never imagine for the good or the bad in their life.

How/Why did you get involved in fitness?

I got into the fitness industry after taking one of Monica Brant's FEM camps. After this camp, I stuck my toe in the water so to say with a local "Hot Mom Contest" at Orlando's Europa Show of Champions in 2009. I

prepped for this show for 1 week and got 3rd place. I was hooked and kept competing from there, working my way from local shows to National level shows, then finally after several close calls, got my coveted Pro Card.

Who do you admire the most?

The female that I admire the most is Chady Dunmore. I met her for the first time at the Arnold when we were competing together. She has this spark about her: Chady motivates other competitors with the most thoughtful words. She is also a tremendous example of getting your body back after baby and she also copes with a kidney that doesn't function properly. She is one of my dear friends and I am so proud of her accomplishments. I felt like I have been along side her meteoric rise to the top in the fitness world. She has helped me tremendously and she is a wonderful person, a great mother and wife.

What did you think about your first competition?

Oh, my first competition I prepped for a whole week ahead of time. I remember practicing the night before in my hotel room my poses with my husband making up each one. My tan was still wet when I went on stage, but it still looked amazing and I got so many compliments on my tan. I had never smiled before then for so long a time that - it was quivering. People don't just smile that much normally in every day life. I will never forget the thrill of stepping on stage and the rush of energy I felt placing top 3 out with some stiff competition.

How do you want to be remembered as an athlete?

I want to be remembered as an athlete who was inspirational to all women who aspire to get their body back after baby and who is a positive and motivating influence. So many women struggle with self-esteem. Too often, the Naysayer refuses to celebrate but rather sabotage their gains. Women need a good support network that will encourage, celebrate and be happy for athletically and nutritional gains.

What traits do you value the most?

The traits that I value the most are loyalty and discipline.

What do you see that is good in Fitness today?

I see so many things that are good in fitness today. The fitness industry has made so many advancements even in the last couple of years. The biggest advancement is rewarding the new bikini body type as the most marketable body type for women to achieve today. This is the naturally muscular woman who still maintains her womanly curves. This gain is relatable to most women today.

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

One thing that could be changed in fitness today is to stop the elitist "all of nothing" mentality. I think we should celebrate each new change that a person makes in their life that contributes to an overall healthy lifestyle. If someone I meet starts drinking more water each day because of something they saw in me, I celebrate this gain. Most people need to take baby steps to make each new healthy routine a habit. Most can't do this all at once. I celebrate these gains as a step in the direction of a healthier life.



Coach A?

Coach A is an amazing person to work with. He makes you feel right at home and understands the factors that affect an athlete and how to help you put your best foot.

What is your passion? What makes you tick?

I have an inner discipline drive or a passion for fitness that I have had since a little girl. I am a very competitive goal-oriented person. My parents always joke about my ever-present planner I carry from Junior High to this day. I always have my planner with me and plan everything in my life. If I have a goal, I write it down. Then, I ask myself, how am I going to get to that goal? If I tried to meet my goal and didn't, what do I have to achieve to meet it next time. What am I going to do differently next time? OK, let's try again.

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

One thing that you don't know about me is that I really like to sing karaoke and I'm really BAD at it. I belt out the songs like a champ, but only if everyone has earplugs in LOL. I have so much fun! I sang for the first time in a Japanese karaoke bar at my Rotary Student exchange trip and I was hooked. I just laugh and laugh until my sides hurt. I think in another life I was a lead singer.

If you are like me, occasionally, finding your center of gravity can be challenging on basic activities like walking on a crooked side walk, jogging on the beach, lifting weights while standing on a Bosu ball (the half rounded in a gym accessory) or using the stability ball for core work. I think it is just because sometimes I don't pay enough attention to the basic things. Nevertheless, I fortunately have built a strong core to keep the rest of me in harmony when these little incidents arise.

I have chosen three of my favorite yoga balances to help improve your equilibrium, core strength, and overall fitness level during single leg or arm pose. When you can hold a pose steady this will also give you an easier grasp in maintaining your poise when you compensate for unwanted extra movements or falls! By strengthening your stationary stability, this can also translate into your ballistic or day to day activities.

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BALANCING ACT

ONE-ARM HANDSTAND

- Inversion
- Adho Mukha Vrksasana

Like its inverted cousins such as Forearm Balance, Headstand and Handstand, a major obstacle to the One-Arm Handstand is a natural fear of falling. So the basic pose will be described with the heels supported against a wall. This is a great progression into the free standing one arm balance. On the wall you use for support, just make sure that there are no hanging pictures or other decorations on the wall directly above you.

This pose should only be attempted if you have a strong handstand practice. Begin by kicking into the handstand against the wall. Straddle the legs so you are balancing on the wall with your booty. Pick a side to do a slight tilt in the straddle position. I prefer to balance on my left hand, so I tilt my legs towards the left. Slowly lift the right arm out to the right side.

I encourage you to practice on both sides to really learn which side is more comfortable for you. It is also a good idea to keep your body strengthened even on both sides. Yes, one side will feel more natural or easy, but that is all the more reason to practice the more challenging side.

There are many benefits to the handstand. The obvious is it strengthens the shoulders, arms, and wrists. This pose gives a nice belly stretch. While you are improving your upside down sense of balance, it also calms the brain and assists in relieving stress and mild depression. Having a bad day? Do a handstand and feel better!

There are a few contraindications with the handstand pose such as if you have a shoulder, back or neck injury. While I was suffering a frozen shoulder this past year, I had to eliminate this pose in my practice. To me, this was just devastating. But, nevertheless, the shoulder has improved, and so has my return to practicing handstands.

This balance is not recommended if you have headache, heart condition, high blood pressure or menstruating. If you are veteran with this pose, you can continue to practice it late into pregnancy. Don't, however, try to learn or take up the practice of Adho Mukha Vrksasana after you become pregnant.

ONE-LEGGED BALANCE

- Extended Hand To Big Toe Pose
- Utthita Hasta Padangustasana, to The Front And Side

Leg balances are always fun, once you find a focal point, settle into the steadiness of the pose, and are able to maintain a normal breathing pattern. Until then you can look like a tree blowing in the wind.

To enter this pose, reach your right arm inside the thigh, cross it over the front ankle, and hold the outside of your right foot. If your hamstrings are tight, hold a strap looped around the right sole. Squeeze and firm the front thigh muscles of the standing leg, and press the outer thigh inward.

Inhale and extend the right leg forward. Straighten the knee as much as possible. Extend your left arm above the head for an added challenge. The leg may stay at horizontal, but if you are feeling flexible, lift the leg higher and closer to your face, while keeping the support leg straight. When you are steady, gently swing the leg out to the side.

Focus on a point in front of you that is eye level. Breathe steadily; breathing takes concentration, but it helps you balance. Remove any unnecessary movements with the balancing foot, too much pressing right to left can throw off the entire balance.

The benefits of the extended hand to big toe pose is that it not only strengthens the legs and ankles, but it also stretches the hamstrings and calves. Notice as you practice this leg lift, your sense of balance will improve too.

The only restrictions on this movement are concerns with ankle or lower back injuries. You can use a chair back or support for balance. If your flexibility is just not there yet, then you can keep a slight bend in the knee until you gradually loosen the hamstring more. The sit and reach the toes is a nice gentle alternative.

These three yoga balance poses are easy to practice anywhere. Just remember to warm up first. They all will not only increase your stability in the pose, but also during your day to day activities.

Living Fit with Laura Mak, MS
IFBB Fitness Pro

DANCER POSE

- Lord Of The Dance Pose
- Natarajasana

Although there are two variations you may try here with your arms and hands we will just focus on one. Begin in a standing position and try to keep your torso relatively upright. Reach back with your right hand and grasp the outside of your right foot or ankle. To avoid compression in your lower back, actively lift your pubis toward your navel. At the same time, press your tailbone toward the floor.

Next, begin to lift your right foot up, away from the floor, and back, away from your torso. Extend the right thigh behind you and parallel to the floor. Stretch your right arm forward, in front of your torso, parallel to the floor.

There are many benefits to dancer pose like it stretches in the upper body, the shoulders and chest. It also stretches the lower body including the thighs, groins and abdomen. You will feel improved strength in the legs and ankles, and with those strength increases it will help improve your balance.

The only cautions with this pose are if you have low blood pressure, you should not use this pose. Alternatives to this pose can be made to meet your needs such as upward dog or camel pose.



DANCER POSE



ONE-LEGGED BALANCE



ONE-ARM HANDSTAND

If you would like more information about Laura Mak's online training programs or online nutrition you can go to her website at www.lauraMak.com. In addition, you can check out her fitness and inspiration book, *"Fast and Fierce Fitness Made Fabulously FUN!"* This is a twelve week program, complete with exercise descriptions, photos of each movement, motivational guidelines, tracking system, progressions for each level of fitness, weekly upgrades on fitness programs, and most of all, FUN creative workouts that leave you more energized, looking great, and feeling fantastic!



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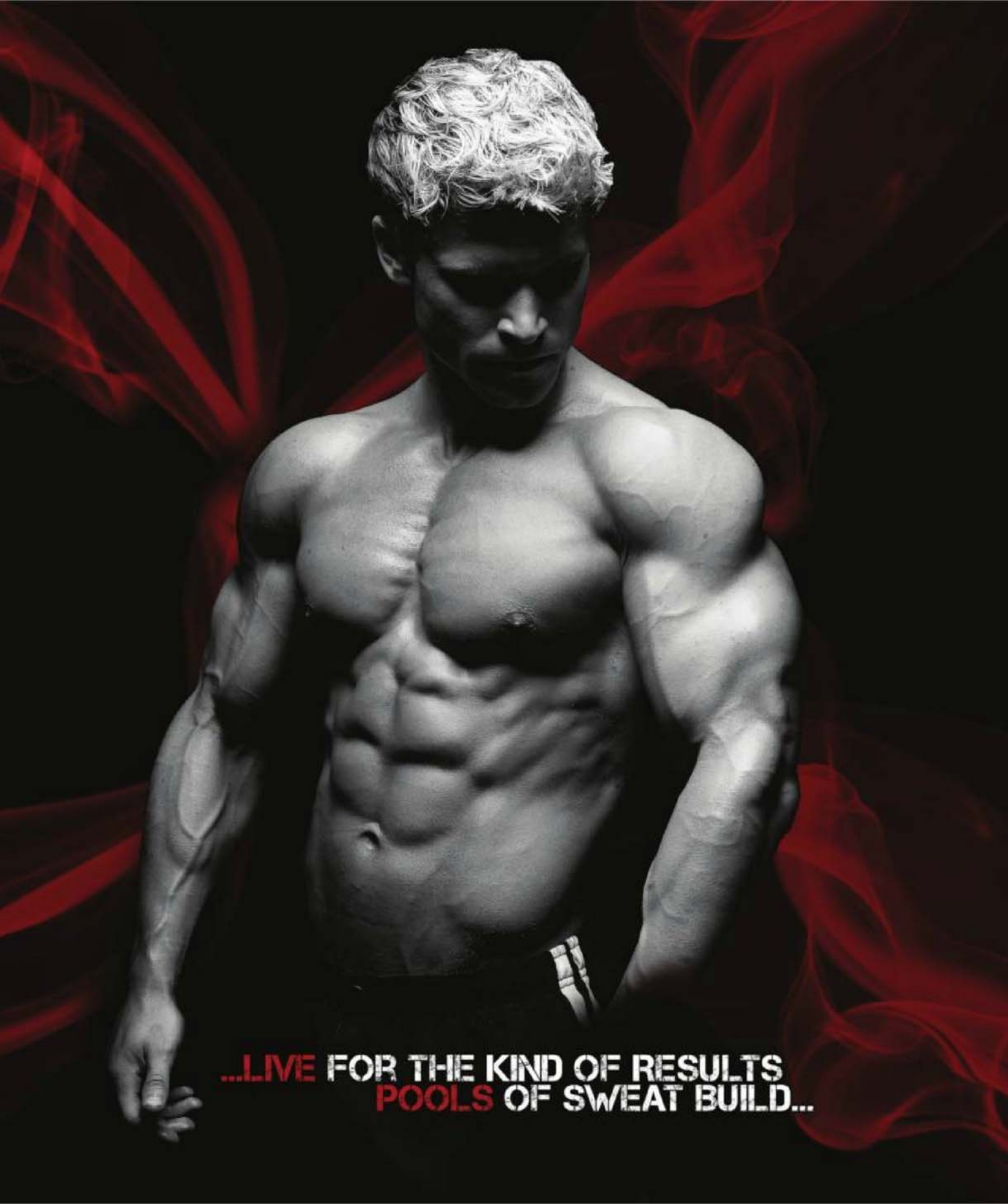
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Each month we will feature Tri-Fitness athletes who have competed and performed at the highest level. What is an athlete? Well, a Tri-Fitness athlete is one who demonstrates strength (bench press), speed (obstacle course and shuttle run), exibility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

This month we will feature Kelly Prince and Jeff Sullivan. They have achieved success in the Tri-Fitness World Challenge during the past several years.

athletes of THE

Kelly Prince

LR: Please tell the readers about yourself and your past:

Kelly: I was born in Sarasota, Florida where I performed in the Sailor Circus for 9 years. After graduating from high school, I moved away to perform at Walt Disney World Orlando and at Walt Disney World in Tokyo Japan. I started teaching hot yoga about 7 years ago and opened my own hot yoga studio in July of 2007. I feel very blessed at the success of the business and also having the opportunity to teach yoga to Derek Jeter and to many athletes at the Athletes Compound in Tampa, Florida.



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

Kelly: I started Tri-Fitness 3 years ago when a friend of mine, Mary Parrott, invited me to come to Tri-Fitness practice on Saturday morning. Al Rosen and the Tri-Fitness athletes made me feel so welcome the very first time I went to practice; I left feeling like I had a new family and I could not wait to go to practice the very next week! I loved it ...I was hooked!

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

Kelly: The thing that I like best about Tri-Fitness is in its name...it's a Fitness show not a beauty show. It's a dead end road to try to change your beauty...but, to change the strength of your arms that can be done! Also, one of the most important things is the athletes! Such amazing people become the best of friends and the biggest support group you will ever have. If you fall they are the first ones to get you back up to try again. Coach Al and all of the athletes are a team. Athletes come from around the world and although we compete and challenge ourselves we feel like we are all in this together!

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

Kelly: Training for the show takes a lot of work ... obstacle course practice, fitness routine practice, weights, speed work, and always hot yoga. Once we are about 2 months away from the show I will train 6 days a week and rest on the seventh. It's hard work but to get better at what you do is to practice. If I fall I get back up and try again. Sometimes I feel like I want to give up but Coach Al and the athletes are right there to pick me up on me feet and have me try again. It is amazing the things you can accomplish when you have a team of people to work with! The trick to it all is to have faith. Be confident in your ability and be tough enough to follow through.

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

Kelly: I would like to add one more thing into this article hoping that someone will read this and realize that there are not alone. Having suffered from an eating disorder in my past, I know it all too well the feeling of wanting to be that... Perfect Person... that Image. When the truth is that it's love searching. Love and accept yourself just the way you are and there will be no search. No search to be better, to be thinner to be prettier to be taller to be smaller. Be strong, be it, be who you are; we are all made beautiful! Health is first and to be able to do Tri-Fitness your Food Is Your Fuel; without it the show becomes impossible. I would never want to go back to that place that I once was and every day even if I feel weak I'm another day further away from the suffering. I thank God, my family and friends for standing by my side helping me on my feet and showing me that, I can. And if you're in those shoes so can you! It's not easy but it's worth it.



Tri-Fitness

LR: Please tell the readers about yourself and your past:

Jeff: I am a 45 year old guy in relatively good shape. I was always active in some type of sports growing up and considered myself a natural athlete capable of picking up any kind of sport and being competitive right out of the box. I started going to the gym 13 years ago because a nagging friend of mine guilted me into it. I really didn't like it at first but I stuck with it and am glad I did. I am definitely not the average 45 year old person because of it. I have to be on top of my game because when it comes to the Tri-Fit Challenge I compete against guys who are in their 20's and 30's and when I come out on top that's a big ego boost. What? You just got smoked by a guy twice your age. I could possibly be classified as a genetic freak, but that's only a self-proclamation now. When I become 2nd fastest on the planet in the Tri-Fit obstacle course, it will be validated.

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

Jeff: I have been associated with the Tri-Fitness organization since October 2007. What actually got me started with Tri-Fitness was the television show, Ninja Warrior, which is a Japanese game show that involved an obstacle course with 4 different stages. I was fascinated by the difficulty and the various disciplines it took to conquer and become a champion. In its 10 year history only 2 men have completed all 4 stages. The second and perhaps most crucial step with becoming affiliated with Tri-Fitness was Mandy Magnusson. She told me about Tri-Fit's obstacle course and was instrumental for coaxing me out to the practice. I gladly accepted the challenge and after having my butt handed to me at my first Tri-Fit World Challenge in November 2007, I became obsessed.

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

Jeff: The best thing about Tri-Fitness is the support everybody gives each other as well as the obstacle course. Also, there aren't any male or female muscle heads out there showing off how big steroids have made them.

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

Jeff: Training for the Tri-Fitness involves a lot of discipline and dedication to the gym for both strength and cardio exercising followed up by sporadic jump rope, jogging, sprinting and a daily dose of everybody's favorite, the Stairmaster. I am fortunate to live in the Tampa area where there are about sixty people training so we practice on Saturdays.

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

Jeff: I would like to encourage all the readers out there, especially those here in Florida to get out there and participate in a Tri-Fitness World Challenge and see how competitive, fun and infectious it is to be part of the Tri-Fit family.

Jeff Sullivan



WEIGHT GAIN & MENOPAUSE

INEVITABLE OR PREVENTABLE?

Part 2 of
a 2 Part
Series

The Junk has Left the Trunk

Paula Jager CSCS

To briefly recap last month's article I woke up this spring at 51 years of age, post menopausal and the heaviest I had ever been in my life with way too much junk in the trunk. I put to the test my hypothesis: weight gain is not inevitable at any stage but preventable/reversible through lifestyle modification. Well, here we are, 10 weeks later.

I exceeded my goal of 115 lbs and 12% body fat. Final weight was 113.5 lbs and 12.1% body fat. I chose to get to this level because I competed in fitness for a number of years and wanted to see if I could achieve a similar look at 51 years of age. I only wish I knew in my competitive years what I now know about nutrition and exercise. This was achievable with very little sacrifice. But isn't that usually the irony of youth?

So what did I do? First thing I did was stop eating so much. That may not be everyone's problem area but it was mine. I am a firm believer in a higher fat, lower carb diet and it works very well for me. However, eating tablespoons of nut butter, hunks of cheese and drowning my fruit in raw cream was going a little overboard and far more fuel than I needed or burned. I cut my calories to around 1800-2000. Some days were a little less and some a little more. I based that on activity, consuming more when my workouts were extra intense and less on the non training days as well as just to keep the body guessing. I stopped eating my biggest meal at night and ate my larger meal around 4 or 5 in the afternoon. Fat was used in measured increments rather than liberal dousing. Dinner became a small token meal like a little protein and veggies more for the social aspect with my husband in the late evening. I continued to keep track of both calories and macronutrient ratios so I would know what to change/adjust. I won't spend the rest of my summer doing this but I now have an excellent idea of what a reasonable portion is enough food to sustain activity and full satiety but not to the point of



gluttony; there's a line there. And if I find myself overindulging and packing the pounds back on I will revisit that process for a week or so to rein myself in otherwise we will get out of control again.

Did I exercise? Of course, I have kept up a regular exercise program since I turned 35. And while that has definitely evolved over the years during my 10 week challenge my exercise remained constant or what it had been through the gorging days of winter. I continued to do 2-3 high intensity weight lifting days, 1 day of some type of sprinting with mobility work and low level aerobic activity interspersed throughout the week. So the change in my body was due solely to my nutritional intake. And guess what happened? The weight (body fat) started dropping, about 2 lbs a week the first 3 weeks and then it slowed to about a pound a week. I was ok with that rate; I wanted to lose primarily body fat and not my hard won muscle, which at this stage of the game is my best friend.

The 6 million dollar question: did the body react differently at 51 than it did at 25 or 35? Damn straight it did; I was somewhat unhealthy at that age but the only thing I had to do to get lean was stop

eating candy at night and cut back on drinking for a couple of weeks. Well, it's not quite that easy now but common sense would expect that. It requires a little more effort at this age, a little more discipline, you can't get away with as much anymore. Life takes a cumulative toll on the body and the skin is not as forgiving or quite as smooth and taut. I'm not one to dabble in cosmetic surgery or toxic botox for the purpose of trying to preserve youth. It is what it is and I accept the fact that I will never, ever look 25 again. I will however look, feel and be the healthiest and best I can be at whatever age I am. I am thankful that life has been as gracious and forgiving as it has to me.

Calories and activity are only a part of the equation along with genetics, age, gender and metabolic individuality. Certain people are

faced with medical challenges that others are not and these things will make this process different for what each individual is able to achieve but in general and for most women (and men)...

The verdict stands: if you want to look and feel your best and be your healthiest at any age eat right and move your arse.

So what now? Maintenance. I will settle in at what I consider my set point weight/body fat around 115 and 14-15%. I will eat reasonable portions of the right foods, continue to exercise, get enough quality sleep, expose myself to sunlight on a regular basis, spend quality time with nature, family and friends and indulge in reasonable ways. Life is good even at this age.

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@jaguar.t.com



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

got TUNA?

Getting tired of opening that can of tuna?
Try these recipes for a nice change!



White Bean & Tuna Salad

Prep Time: 10 mins Total Time: 10 mins Servings: 4

You can serve this with pita bread or pita chips, and/or on a bed of arugula or watercress.

Ingredients

- 1 (19 ounce) cans cannellini beans
- 1 (6 ounce) cans solid white tuna
- 2 tablespoons green onions, sliced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1 clove garlic, minced

Directions

- Rinse and drain beans.
- Drain and flake tuna.
- Combine all ingredients.
- Refrigerate



Tuna Salad Roll Ups (Fast, Light, Low-Carb, Snack)

Prep Time: 10 mins Total Time: 10 mins
Servings: 12

Ingredients

- 6 ounces low-sodium tuna in water (1 can)
- 12 leaves iceberg lettuce
- 1/2 cup diced tomatoes
- 1/2 cup carrots, strands
- 2 tablespoons light mayonnaise (optional)
- or 2 tablespoons mustard (optional)
- 12 toothpicks (for keeping wraps together)

Directions

- Drain tuna and put in a small bowl with tomatoes and carrots. Mix well.
- (If adding mayo or mustard, mix that in as well.).
- Take one lettuce leaf and place some of the tuna mix in the middle of it.
- Wrap the lettuce up and stick a toothpick in so it will stay.
- You should be able make 12 of these.
- Serve and enjoy!



Makes a great
snack or platter.

Prep Time: 5 mins
Total Time: 13 mins
Servings: 4

Ingredients

- 2 (6 1/2 ounce) cans tuna in water, drained
- 2 eggs, beaten
- 1 carrots, scraped and finely grated
- 1/4 cup italian-style seasoned dry bread crumbs
- 1 green onions, finely sliced
- 2 tablespoons chopped flat leaf parsley
- 1 pinch cayenne pepper
- 4 teaspoons olive oil 4 hamburger buns

Tuna-Patty Burgers



Directions

In a mixing bowl, combine tuna, eggs, carrot, bread-crums, onion, parsley and cayenne; shape mixture into four patties.

In a large skillet, heat olive oil over medium heat. Saute tuna patties for four to five minutes on each side; turn carefully as they easily fall apart.

Serve on hamburger buns (really nice if toasted) with your choice of condiments.

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fitness model MATIUS VALE

MUSCLE & STRENGTH
THE ULTIMATE TRAINING PARTNER

talks with muscle and

By Steve Shaw

What is your athletic background and how did you get involved with fitness modeling?

When I was a kid I played soccer for couple years. After I got to high school I changed my sport and became a volleyball player, and played it on a serious level for about 9 years. Hard and exhausting trainings on the field and in the gym gave me the basics for my physique, the sporty athletic look. Playing beach volleyball later in my career only helped to improve it.

These days I play it only for fun, am focusing mostly on my gym training and to stay on the top of this fitness game. I love this sport (lifestyle) a lot, sometimes it gets a bit stereotypy, but the final result always motivates me to push & train even harder. Winning the Model America 06 championship and appearing on 10 magazine covers gets me the strength to go through hard workouts and diets.

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

As I mentioned before in this interview I played volleyball for over 9 years. As the main achievements for me in this sport, was to win the Slovakian junior championship title I believe it was in 1999. We also placed 2nd a year before. Being a member of the junior national was really a big deal for me when I prepared with my teammates for the World Championship in Saudi Arabia. I won few small tournaments in beach volleyball, finished 2nd in the College Championship in Slovakia and won the California A-category title.

With my modeling, you can see my resume on my website. But as for the more important stuff I have done, I would say, being on covers of magazines like Muscle & Fitness, Fitness RX, Muscle & Performance all with enormous circulation is a great achievement for me.

Also the Pathfinder movie poster (as seen worldwide) is featuring myself which I consider as a big deal. Currently I am on 2 national TV commercials for workout products (Shake Weight, T*CORE), which are running on multiple TV channels constantly, this is bringing me a huge amount of exposure.

My best results in fitness modeling competitions, was the 1st place at the Model America 2006 event, which was held in Hollywood. It was a strong line up of over 50 guys and luckily for me the judges

gave me the most points. I also finished 1st at the Model California 05 & 06, but these were a bit smaller contests. My best result at the Model Universe competitions was a 3rd place in 2006.

I am grateful for all the stuff I was able to achieve, some projects were smaller some were bigger, but at the end they all together create a package a signature of my hard work.

What keeps you motivated?

I jumped into this fitness modeling industry without even knowing any people or any names, so I never had anyone who would inspire me in this field. I had many bodybuilders I was looking up to such as Arnold, Ronnie Coleman, Markus Ruhl, Greg Kovacs and others; they were my motivation even when I trained just for fun back home in Slovakia.

Lots of my knowledge and information comes from FLEX and Muscle & Fitness magazines that were my favorite literature, to see and read the tips of pro bodybuilders. My dad is and was my inspiration as well. He is involved in lifting weights almost his whole life, and now, at the age of 60 he still goes to gym everyday. He wrote me my first workout plans, when I started to train at his gym at the age of 14. He is my big role model and everything I do now, is just to make him proud.

During my years as a fitness model/athlete I met almost everyone who means something in this field. One of my favorite person was Eric Carlson, who won the first Model Universe competition I attended as a contestant. As a rookie I placed 4th in a huge 50 guys starting field. Eric was always very friendly, generous and helpful...something not very usual in this competitive industry.

My motivation used to be the fitness modeling competitions I did participate in. It was always important for me to show up on the stage in my very best shape cause I knew there was plenty of amazing looking guys against me. After I won the big Model America event in 06 and Model California in 05 and 06 I decided not to compete anymore, but still needed to improve my physique to be able to compete with the best guys in the industry in landing magazine covers, commercials, supplement ads etc.

So I would say getting better, adding some more lean muscle, playing with the diet to get the wanted results motivates me a lot. Plus emails and comments

from fans from all over the world gives me the boost I need to push even harder.

What are your future goals, dreams and plans?

I would like to stay on the track I am currently at, 2010 has been very good to me so hopefully I will continue with my magazine covers and features, supplement ads and commercials. The competition in this industry is brutal that's why I try to improve as much as possible and be always ready to stay on the top. To find a great sponsor is one of my short term goals, I am known as one of the most lean and most published male fitness models in the world at this time so I would love to take advantage of it and get a great collaboration with a big supplement company.

As a priority for me is to be healthy. Once your health is ok, you have all the potential to do things you love in your life. I would want to continue with my fitness/physique modeling, to improve my body, get my name even more out into the public eyes. Maybe I will be lucky enough to transform all my exposure and achievements into something bigger, maybe a role in a movie that might be considered as my hidden dream. If I continue to work as a massage therapist I would like to have a strong built clientele so I would have a steady income and not worried much about chasing and finding new clients.

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

I have been training almost the same way the past 3-4 years, I don't really like to change my routine. I train 5x a week, leaving the weekend for rest, which my body really needs after a long 5 days of heavy lifting.

I usually train 2 body parts a day plus my abs. Monday I have chest and biceps, on Tuesday I train legs, Wednesday is back and triceps, on Thursday I train chest and biceps again and on Friday it's my shoulders and calves day. That's my training split and since it's working pretty well for me I think I would stick with it for a while.

I am a fan of big amounts of sets, so for an example on my chest day I train around 31-35 sets for chest, heavy, than I add about 16 sets for biceps and another 16 sets of abs, that's why I am in the gym almost 2 and half hours. I always train in the evening hours, that's my favorite time.

ENT

strength

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

I really don't do much cardio, only in my shredding phase. I always chose elliptical machine, in between 20-25 minutes, twice a week. I know cardio is very important, but my workouts are usually over 2 hour long so I burn a sufficient amount of calories lifting weights.

What are your favorite 5 muscle building exercises and why?

Flat barbell bench press, shoulder press, t-bar rows, weighted crunches, leg extensions. All of these exercises are very simple and basic, mass building in my opinion focusing on a large muscles. I have the best mass gain experience while training them...fairly heavy.

What are your best tips for getting ripped and shredded abs?

As we fitness people say, abs are made in kitchen so a smart diet is the main key to a lean physique. Of course with the gym combined and cardio on top of that, the results, if performed according to plan must come. I am quite a big fan of fat burner supplements, so adding that into the mix, will bring the desired look.

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

After my gym, I always take 3 tablespoons of liquid aminos, protein shake with whole milk and glutamine and the whole scale of vitamins and minerals. I always train late evening so my post workout supplementation is usually around 10pm. As a food I am switching between steak, fish or low sodium cottage cheese, sometimes pasta for simple carbs.

What are your favorite cheat meals and foods?

I would say hamburgers, pizza and ice cream. I only eat these foods when I am in my off season, when I am giving my body a rest from everything, even healthy meals.

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

I always bring my iPod with me when I go to the gym.

continued on the next page

JOSEF ADLT PHOTO





[continued from page 57](#)

I like all kinds of music, preferably dance, European style, but also rock, 80 s and little bit of rap.

What are some of your favorite motivational quotes?

Pain is temporary, pride stays forever.

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

Facebook: <http://www.facebook.com/matusv>

Twitter: @thematusv

Website: www.matusvalent.com

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

Competing in fitness modeling is fun, always a great group of athletes, fun weekend, something I enjoyed doing very much. Preparing for these contests is also an adventure, you want to present yourself in the best light, to be the most ready as it gets, adjusting your workouts and diet so the result will be satisfying.

Usually the best or most ripped body doesn't secure a victory at these events. The judges look for the whole package, such as clothes (outfit), presence on the stage, smile, charisma and of course the physique. For a newbies I would recommend to check some videos (many of them are on Youtube) just so they have a brief idea how this competition looks, how ready are the athletes and what to do on the stage.

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

I like to play volleyball, beach volleyball (my two favorite sports), I also like to go to movies. I try to go every Sunday to see a new release.

Movies and TV shows you've enjoyed recently?

Social Network, Tron, Two and Half Men.

Funniest thing you've seen at the gym recently?

Not sure if things I see in the gym are funny. I would say they are more sad, as when people do one arm curls and hold a cell phone in the other arm, or when the most out of shape people (fat or skinny) train forearms like it will change their physique. I am really annoyed when hearing people dropping and throwing weights, it's really disturbing, understand when Ronnie Coleman does it, but not people at LA Fitness where I train.

Which college or professional sports teams do you root for?

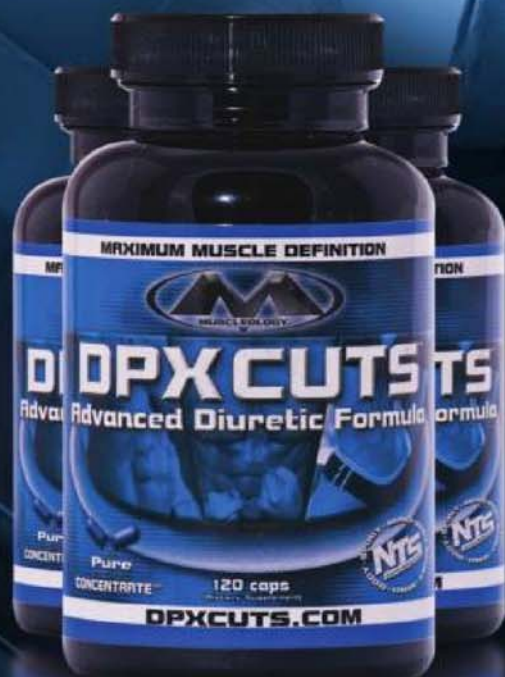
LA Lakers (NBA), all of the NHL teams with Slovakian players.

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.

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By: Pz Hopkins

taking a stand against

MEAN

MEAN

You, with your switching sides,
And your walk by lies and your humiliation
You, have pointed out my flaws again,
As if I don't already see them.
I walk with my head down,
Trying to block you out cause I'll never impress you
I just wanna feel okay again.

I bet you got pushed around,
Somebody made you cold,
But the cycle ends right now,
You can't lead me down that road,
You don't know, what you don't know

Someday, I'll be, living in a big old city,
And all you're ever gonna be is mean.
Someday, I'll be big enough so you can't hit me,
And all you're ever gonna be is mean.

Why you gotta be so mean?
Taylor Swift, Country Singer-Songwriter

People are mean. It's true. Not all people, of course, but enough. In fact, we're living in an epidemic of meanness—a proliferation of mean, like that of an insidious plague spreading like wildfire. You feel it. You see it. You experience it. It's everywhere. I know you do. I do, too.

If there is one topic I hear about that has folks shaking their heads more than ever, it's that mankind has gotten more and more mean. I don't mean just a little mean. I mean crazy mean! We want to understand. We want to know why. For those of us on the other side of the mean coin, we want to know if there's anything to be done to make the mean less mean and maybe even convert some of them over to our side—the kind side. Is that even possible? Should we even care or try?

The psychology of why people are mean isn't simple or cut and dry. There are reasons upon reasons why, and the answers aren't the same for everyone. The more you understand the more you'll be able to

spot the meanie you face. The more you are able to identify the origin of the meanness the more equipped you'll be in being able to handle the effects. Some of us are raised by mean people. Some of us are married to mean people. Some of us work for mean people and with mean people. Some of us are subjected to and put up with mean people and their meanness and it impacts our lives and the quality of our lives.

Mean people are a real but sad fact of life. From the looks of things they're not going anywhere and they're certainly not going away yet. Their numbers can't be quantified like the census, but they're one group that is very much a presence throughout the world. Individuals make up families. Families make up communities. Communities make up cities. Cities make up nations. Nations make up continents. Continents make up the planet. Every single person is a citizen of the world. Every single person brings his or her own positive or negative energy to the process. Every single person who brings their mean energy and spirit to the dance impacts everyone else's dance. They touch us. They affect us. It's a trickle-down effect for as much as we allow. It doesn't have to stay the same. When we know more we can do more.

PZ'S POINTERS ON WHY PEOPLE ARE SO MEAN

All Mean People aren't created equal

As Lady Gaga would say I was born this way. Some people seem to be born with a mean chip or a predisposition to being that way. The old nature versus nurture theory is at play here. Even as children they show behaviors that seemingly haven't been taught or learned from their environment and can't be explained away any other way. Their meanness can't be equated with or attributed to any of the typical factors that impact people as they grow and thrive. These people can become the meanest of the mean, all by themselves, and eventually become famous or infamous for acts that aren't rooted in society or mommy made me do it.

For the rest of us, learning to be mean comes in many different forms and strengths. The origin of the meanness can arise from diverse situations or causes that make up each individual life. There is plenty of blame

to go around if you're looking and you're into blame. Just having the ability alone to be mean exists in some while not in others. Maybe you are that person who has been mean. It comes easy to you. You feel justified or you don't have any qualms about exerting meanness whenever you deem necessary. Maybe you are that person who has never been mean and couldn't be even if you tried. The bottom line is mean people come by their meanness through various means but still have the potential to affect others to a greater or lesser degree.

Mean Springs from Fractured Psyches

It's been said that the short answer to why people are mean is because they hurt. The long answer is because they hurt a lot. The story where the child has a messed up childhood, gets neglected, gets abused, has an all-around horrible life, and grows up to be mean is classic textbook. The only problem is there are just as many children who grow up in horrific surroundings and turn out beautifully. Choices have much to do with why one person turns out one way and the other another.

Mean by Association

On their own some people wouldn't be mean. That all changes when they get around certain groups who influence them and they end up doing things, even committing atrocities, that they never would have without outside persuasion. The gang mentality is at play here, and we all can think of countless examples over the history of mankind that fall into this category. Mean things can be done by otherwise good people with the pressure of or egging on of mean manipulators. Movies have been made about this very subject depicting the mean things people resort to when they associated with mean people. The one that jumps out is Lindsay Lohan's *Mean Girls*. Country music s IT girl, Taylor Swift, has put her pen to paper and recently released her song simply titled *Mean*. Taylor writes about real stuff in the real world. She's a bright, shining, refreshing beam of light and has become a role model for millions of young women and men. Through her music, and the way she conducts her life, she sends a positive message to be your best self, don't follow the pack, and, above all, be kind.

Mean People Breed Little, Mean People

Children emulate what they see from the sources around them. If daddy is being mean to mommy that can affect

how they view relationships. If there isn't an element of respect or civility or honor in a household where are we going to learn it? Growing up my parents didn't argue. They didn't raise their voices. They didn't say evil or vile things to each other that they could never take back. They didn't beat us or each other. They didn't use violence to solve problems. They didn't lie. They didn't steal. They didn't cheat. They taught us to be good citizens and good people. They were kind and generous. They showed us what that looked like. They didn't breed little, mean people. I'm grateful for them and for the example they were. They gave me a foundation of respect that has allowed me to build upon and grow. I've come to revere life, in large part, because of their early example.

Ignorance or Fear Brings Out the Mean

That which we don't understand can make us afraid.

Fear creates a negative backdrop for meanness to arise. It's easier to criticize something rather than put forth the effort to try and embrace it. The world has become a melting pot of races and religions. People are stepping out of traditional roles of race and culture and mingling and marrying. This lends itself to people reacting and responding in a negative, hateful, mean-spirited way to people different from them. Some people are locked into a closed mindset that can't or won't include anything or anyone outside their limited circle. Families will be mean to a member who chooses someone outside the group who isn't black or white or Jewish or Muslim or Indian or Chinese or thus and such like they are. Nations will be mean to other nations when they see each other as enemies rather than human beings. The

only way people will come to know and understand each other is through the knowing. We can't be afraid or live in ignorance and fear. We have to give each other a chance.

Mean to others for being different

Different is in the eye of the beholder. For reasons as simple as being too pudgy or too popular or too pretty or too plain to reasons of being gay or poor or shy or short bullies will bully because they are bullies. Anything that makes one person stand out from another is a reason for low-functioning people to strike. Sometimes there isn't any perceived reason at all. Bullies don't really need one. Most of this behavior happens among kids, but it doesn't end there. Be aware. Adults can be bullies too, and are just savvier at camouflaging the tactics.



Hard times are no excuse for meanness

It's no secret we're facing difficult times. America has joined the rest of the world in experiencing some woes that some are seeing for the first time in history. The economy sucks and for many life sucks, too. When we're down and out is not the time to take it out on others. If somebody has what you want you're not entitled to take it and hurt them and be mean in the process. In the end, all we have is our integrity and our honor. No matter the situation, nothing justifies directing your anger towards others.

Anonymous Mean

I cannot write about this topic without addressing the world of technology and its influence on meanness. The internet has given the world a great gift of information, education, and communication. It has also given us a place where people can spew hate virtually unchecked

and unabated. And, they do this sitting in a room alone in their dirty sweats anonymously. They are the unidentified, faceless hateful entity in the crowd. I'll admit this is right up there on the top of my list of things that make me come unglued. Now that we've been at this whole social technology interaction for a while, I think it's time to develop better coping skills of dealing with the hate and the haters. Haters need something or someone to hate. Let them hate by themselves. Don't feed into it. Don't react to it. Their hate has no power unless you give it some. Withdrawal your consent; withdrawal your participation and the haters will become impotent and insignificant.

It's time to think about the mean people from a different point of view. It's time to recognize them for who they are and what they do to make the world a more miserable place and the inhabitants of the world more miserable people. Each time a mean person strikes they leave a mark behind if we let them. We can do better at fighting back against meanness and meanies. With just a little awareness we can make a dent in their affect. Mean people need an audience who will listen. They need a victim who can be victimized. They need a target to attach themselves to like leeches to their prey. They'll suck your blood if you let them. We won't let them anymore. When we take a stand on meanness and those preaching the gospel of mean we take all the wind out of their sails. Let them sail around aimlessly lost at sea with nobody to touch and nobody to hurt. Remember: When we act rather than react and withdraw our participation, their meanness becomes meaningless and renders them irrelevant. They might not go away, but we can make them go away from us.

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

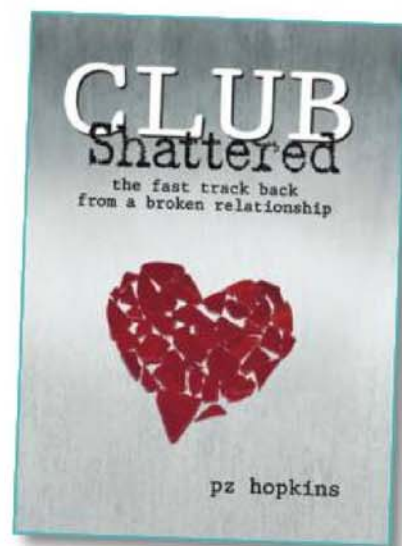
Her book *Club Shattered: the fast track back from a broken relationship* is available.

Go to www.pzpower.com

Have questions or feedback?

Pz wants to hear from you:

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"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



Set-up part 1: Increase sodium intake.

During your week prior to your big day in the sun, prep your body by increasing your sodium intake. By doing this, you increase water retention in your body. This increase also decreases the water retention hormone called aldosterone.

FIT TIP: The easiest way to increase your sodium intake is to simply use table salt freely on all your meals.

Set-up part 2: Increase water intake.

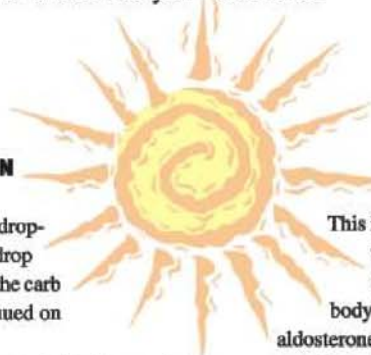
Because you're increasing your sodium intake, it's also important to drink roughly 50% more water than usual. This extra water will help your body flush out the extra salt you're consuming. As well, this step is essential to bring out more definition in the last phase of the process.

FIT TIP: Every time you would normally drink one cup of water, simply drink half a glass more, it's as simple as that.

It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through. -Zig Ziglar

BEACH TIME!

You've spent all winter long training hard in school and in the gym and although you are a modest individual, your itching for a chance to show off your newly acquired muscle. Luckily for you, there's a beach party next weekend and you got an invite. Although you could always simply show up at the beach without prepping, this article will show how to manipulate your water balance, carb consumption and sodium balance to ensure that you turn heads.



DAYS 1-2: DROP CARBS IN HALF.

During this step, you will be dropping your carbs in half. This drop will help ease your bodies into the carb depletion process that is continued on days 3-5.

FIT TIP: Try to focus on complex carbs in the morning and throughout the day. It is ok to enjoy simple carbs before and after your workout.

DAYS 1-5: INCREASE YOUR PROTEIN.

By increasing your protein intake, you prevent muscle breakdown that would be caused by the decrease of carbs in the previous step.

FIT TIP: There's no need to increase protein consumption too much, simply add 50 grams a day. This mild increase not only protects your muscles from breaking down, but it still allows your body to empty its glycogen stores.

DAYS 1-5: TRAIN WITH MORE REPS.

Although I don't usually recommend training with higher reps, by doing so you will empty your bodies' glycogen reserves.

FIT TIP: Decrease the weight you use in the gym and aim for 15 reps per set. Also, due to the decrease in weight, I recommend that you also do 50% more sets than normal (ie, if you usually do 10 sets for biceps, do 15) as this will ensure that your glycogen stores are emptied.

DAYS 3-5: LIMIT YOUR CARBS EVEN MORE.

During this step we will shoot for .7 grams of carbs/lb of bodyweight. By consuming fewer carbohydrates, our bodies excrete more glycogen storing enzymes.

FIT TIP: Focus on complex carbs for the sustained energy throughout the day. Yams and oatmeal are always a great choice.

DAYS 5-7: CUT OUT THE SODIUM.

This is when you will begin to see your hard work pay off. By removing the extra sodium that was in your diet, your body will super compensate and the extra aldosterone secreted in your body will give your muscles a tighter look.

FIT TIP: Stop salting! If you've been going over the top with the salt, ceasing with the table salt should be a big enough shock to your body to see noticeable improvements.

DAYS 6-7: CARB UP, REDUCE WATER AND RELAX.

During these final days you get to relax and not train. Our goal during these days is to restore your glycogen stores. Because those stores are currently depleted, by increasing your carbs your muscles will be in a perfect state to store all the glycogen directly in your muscles. At this point, you also need to reduce your water consumption to half of what you would normally drink. This reduction of water will limit the subcutaneous water from under your skin and supply a harder look.

FIT TIP: Eat 3 grams of carbs per pound of bodyweight. These carbs should come from complex sources, as they are more easily stored in your muscles as glycogen.

DAY 7: BEACH DAY, PUMP UP AND SHOW OFF.

On beach day use some light weights and pump up your muscles. If you followed the aforementioned outline you undoubtedly have the hardest body on the beach.

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



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Tri-Fitness

World Challenge

After 10 years in Las Vegas, Tri-Fitness promoter Al Rosen moved the Tri-Fitness World Challenge back to Florida where the event started 14 years ago. Over two hundred athletes found the TradeWinds Beach Resort the perfect setting to challenge themselves in the ultimate fitness event, The Tri-Fitness Challenge. After competing in 6 events: Grace & Physique, Fitness Routine, Obstacle Course, Bench Press, Box Jumps, and Shuttle Run the event was won by Connie Knott (38,483) to Kelly Prince (38,430). Placing third was Kelly Harderson (37,997). This was Connie's 2nd World Challenge win joining past two time champions Kelly Harderson, Sylvia Ferrero and Jenny Williams. Other Tri-Fitness champions include Katie Uter, Cynthia Hill, Jennifer Rosen, Sandra Augustine and Chrisie Allemand. Winning the Men's Overall and Obstacle Course was Willie Thomas as Sydney Thomas won the Fitness Skills.

By Lindsey Rosen

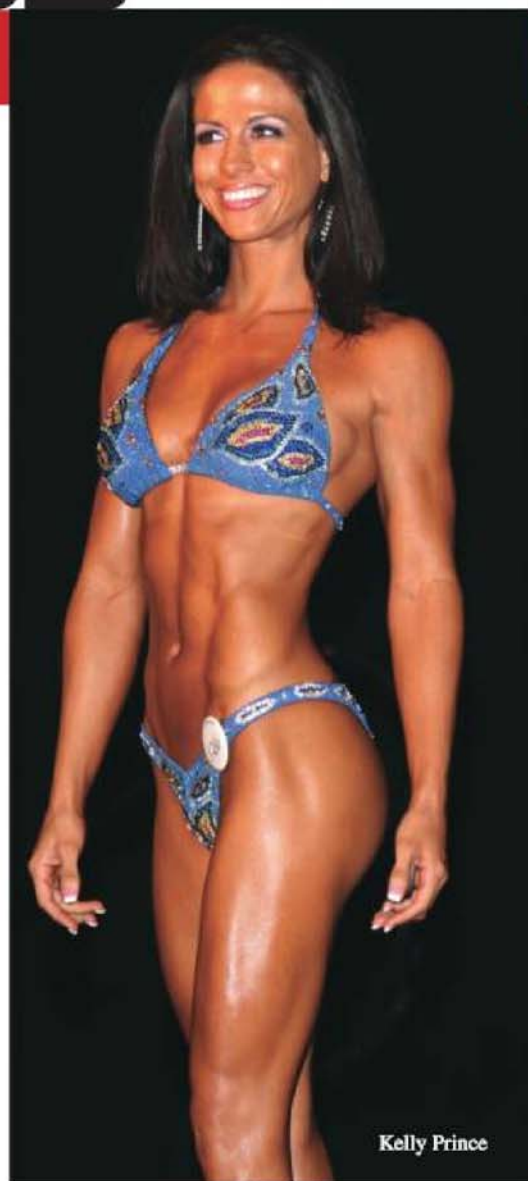
Photos By: Ed Johnston, Marianne Johnston,
Rick Schaff, Tom Yip, Thomas Oed



Willie Thomas



Connie Knott



Kelly Prince

TRI-FITNESS OVERALL - ALL EVENTS

- 1 Connie Knott
- 2 Kelly Prince
- 3 Kelly Harderson
- 4 Lauren Majewski
- 5 Laura Thompson
- 6 Lois Olney
- 7 Gina Raines
- 8 Mary Parrett
- 9 Celeste Turner
- 10 Lindsey Lecroy

- Men's Overall
- 1 Willie Thomas
 - 2 Adam Lowman
 - 3 Jay Conroy
 - 4 Kenny Pantuso
 - 5 Sydney Joseph



Laura Thompson



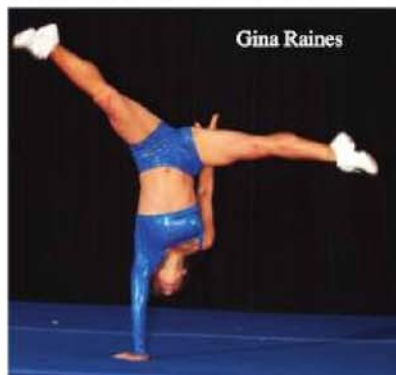
Lois Olney



Kelly Prince

**More pictures and
scores on the next
Page!**





Gina Raines



Laura Thompson



Andrea Ramsay



Nichole Franklin



Nichole Spitzack

Grace & Physique

- 1 Kelly Prince
- 2 Connie Knott
- 3 Kelly Harderson
- 4 Lauren Majewski
- 5 Laura Thompson

Obstacle Course

- 1 Connie Knott
- 2 Kelly Prince
- 3 Kelly Harderson
- 4 Nichole Franklin
- 5 Lauren Majewski

Men's Obstacle Course

- 1 Willie Thomas
- 2 Jeff Sullivan
- 3 Adam Lowman
- 4 Jay Conroy
- 5 Sean Lichty

Fitness Routines

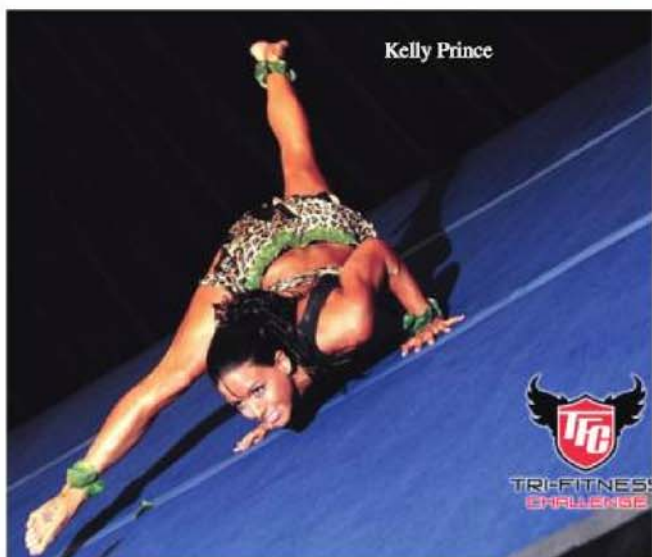
- 1 Kelly Prince
- 2 Kelly Harderson
- 3 Connie Knott
- 4 Lauren Majewski
- 5 Mary Parrett

Fitness Skills

- 1 Andrea Ramsay
- 2 Connie Knott
- 3 Lois Olney
- 4 Rachel Helbling
- 5 Melissa Roschel

Men's Fitness Skills

- 1 Sydney Joseph
- 2 Richard Rivera
- 3 Willie Thomas
- 4 Jay Conroy
- 5 Kenny Pantuso



Kelly Prince



Sydney Joseph



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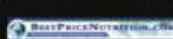
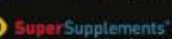
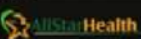
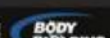
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