

# NATURAL MUSCLE MAGAZINE

**FREE**  
Pick one up!  
**OCTOBER  
2011**

**THE FIT GOURMET  
RETURNS**

**OLYMPIA RECAP & EXPO**

*What type of cardio  
is best for fat loss?*

**YOU'RE NEVER  
TOO BUSY  
TO BULK**

**NATURAL  
BODYBUILDING**  
30-Minute SHOULDER  
WORKOUT

*DON'T LET AN  
OLD MAN MOVE  
INTO YOUR BODY*

*Dr. Sara Solomon,  
Wonder Woman!*





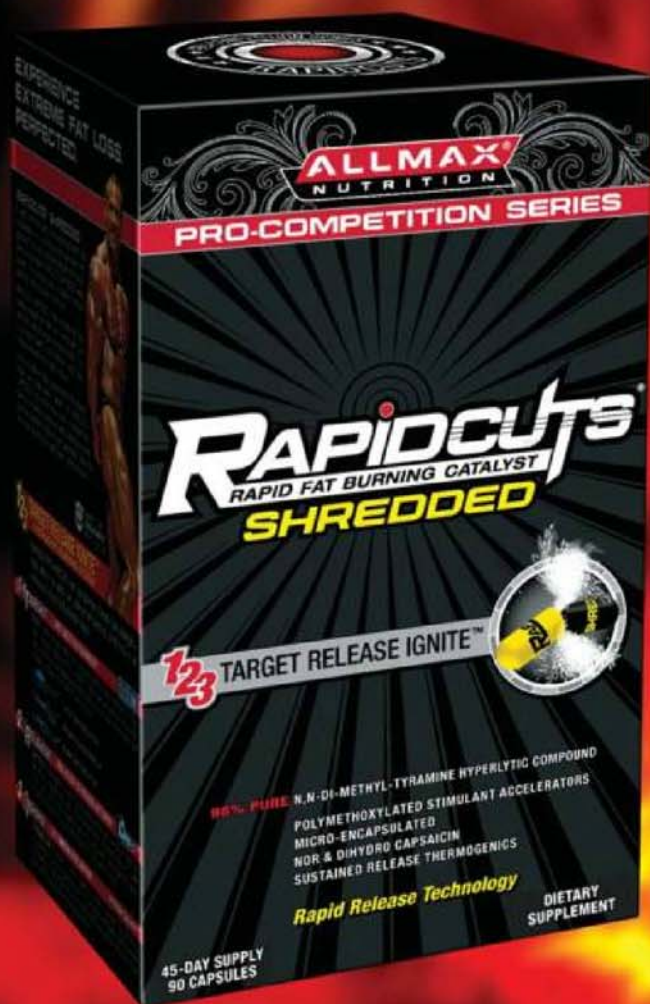
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123

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*I turn guilt into satisfaction and tomorrow's chore  
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- BASED OFF OF VPX'S 5 UNIVERSITY STUDIES ON THE FAT LOSS INGREDIENTS IN MELTDOWN!
- PERFORMANCE ENHANCER
- FAT INCINERATING MATRIX





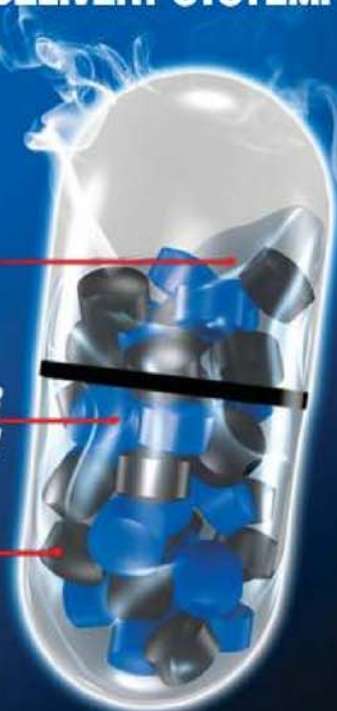
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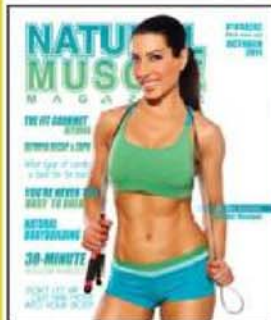
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## ON THE COVER

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Cover Layout by Axis Design  
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TRIPLE BERRY  
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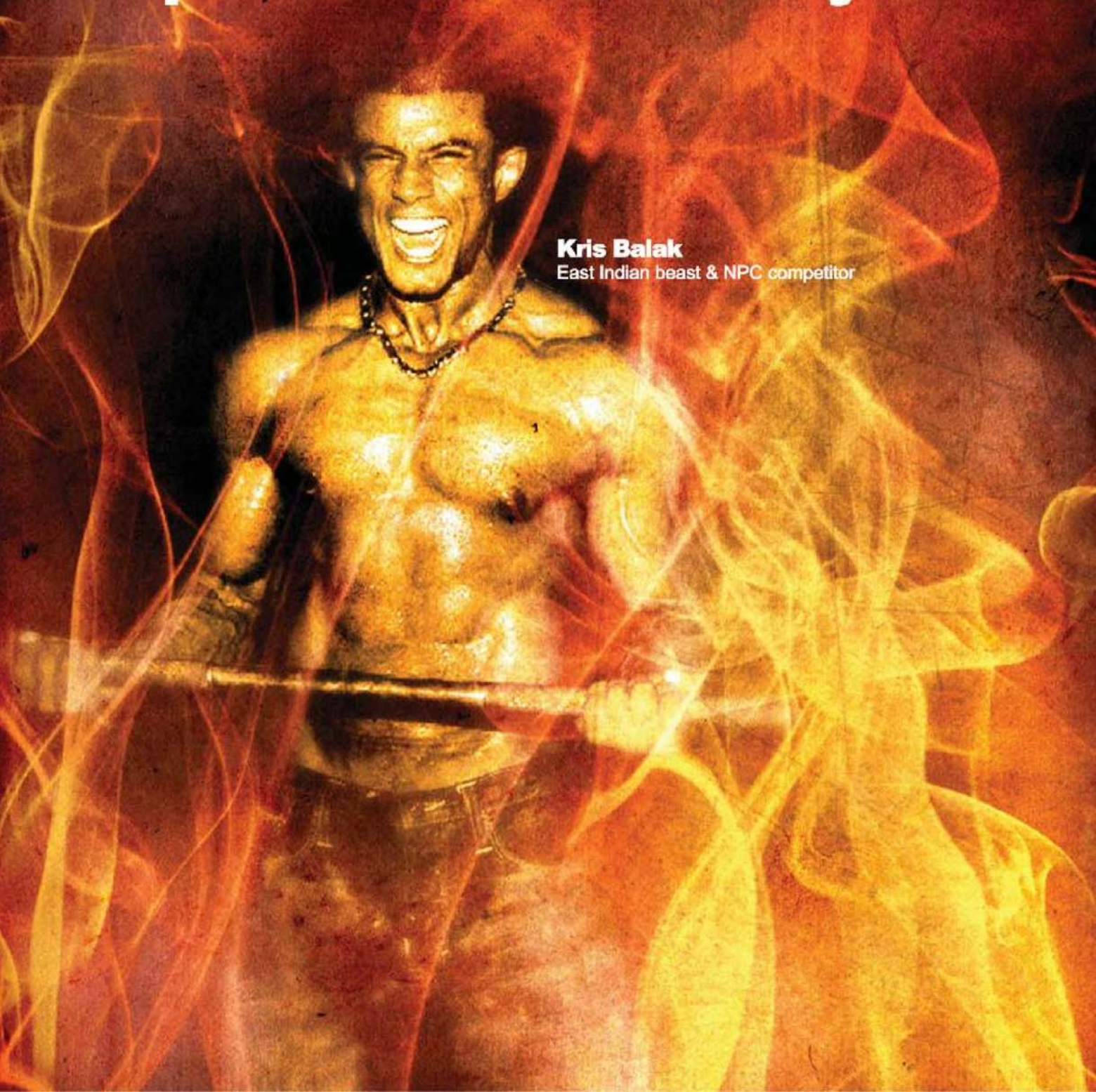
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**Want to lift more, train longer,  
& perform better naturally?**

**Kris Balak**

East Indian beast & NPC competitor





Allow us to introduce to you PROTOVOL! Composed of a powerful leucine metabolite synthesized for maximum absorption and efficiency as well as key ingredients to enhance the bioavailability and effectiveness PROTOVOL has what you need to reach the next level. In studies HICA (important ingredient found in Protocol) has been shown to increase lean muscle tissue and reduce muscle soreness thus allowing you to train harder, train longer, and recover quicker. Getting you ready for the next xtreme workout or athletic event!

## Sound good thus far?

What's even better about PROTOVOL is that it is a natural, non hormonal supplement that you do not have to cycle on and off of like pro hormones or anabolics! PROTOVOL can be used by both men and women of ages 18 and up making it a trully incredible supplement that can be used for a number of muscle building and sparing benefits!

HICA (alpha-hydroxyisocaproic acid) helps increase protein synthesis through it's key molecule Leucic Acid. This concentrated dose of Leucic Acid is delivered to the muscle tissue without being broken down by the gut! Once it reaches the muscle tissue it prevents catabolism (muscle wasting) and increases anabolism (muscle building). End result is increased muscle output and repair.



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# my two cents

Debbie Baigrie



## Press Pause

How old were you when cell phones first entered the mainstream market? I remember how hip I felt having my "mobile" in the center console of my Toyota Camry, driving around, and talking on the phone at the same time! Incredible! The chunky unit was about 6 to 7 inches high... and that's not counting the case that came with it. My phone was thick and heavy, but I'll tell you that it was coolest gift I had ever gotten.

How times have changed. Today, cell phones are as ubiquitous as a wallet in someone's pocket. If the truth be told, it will be in the very near future that we will not even need a wallet. Our cell phones will replace check cards or have they already? Presently, I have my gym membership card on mine, as well as so many other useful apps. We can document our every movement on Facebook and we can search for our true love on Match.com. We can do our banking, make flight and hotel reservations, and shop on the web. Think about it, it is all on our **phone**—anywhere! We don't need a camera and we don't need a calculator. We don't need land lines.

As with computers, this technology does have its downside — we have forgotten that we need to unplug, to press pause! For many of us, our phone is the very first thing we pick up in the morning and the last thing that we put down at night.

The other night I was having dinner at a nearby restaurant, and when I scanned the room, (and this is not an exaggeration) there was someone holding their cell phone at *every table*. They were either texting, reading, or uploading their dinner selection to all their internet friends. Heck, I do it, too. "Let's send xxx a picture of her favorite salad"



Why?? :-)) If we are enjoying the company of our friends or family, it is

downright rude to even have the phone on the table.

*Cellphonitis* is a progressive condition. Gradually, we add more apps until the cell phone has our constant attention—everywhere. We can't put it down. When we do put it down, we check it every few minutes.

It may be that the only way to stop the madness is an intervention. In my case, my phone intervened with the sidewalk. Crash! I picked it up and looked at the shattered screen. Oh no!

For the next 3 days while waiting for a replacement, I was unplugged. The first few hours were strange, but once the DT's wore off, I was in heaven. I was on vacation! I was free!

Now, I am working on pressing pause and putting the phone away for one weekend each month. Perhaps it is something we should all try to do. Come on, I dare you.

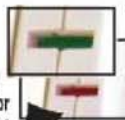


## Win the War on Fat

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...with new Visual Pressure Indicator for accurate measurement



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# Skip La Cour's MASS MACHINE TRAINING

Skip La Cour, six-time national champion bodybuilder.



Sunday – Rest  
Monday – Chest and Triceps  
Tuesday – Legs  
Wednesday – Back and Biceps  
Thursday – Shoulders and Traps  
Friday – Calves, Abdominals, and Forearms  
Saturday – Rest

## I am NOT a Big Fan of Personal Training for Bodybuilding and Fitness Professionals

### Strive to Make Money While You Sleep

I'll tell you right now that I am NOT a big fan of personal training as your ONLY way to earn cash from your passion for bodybuilding and fitness.

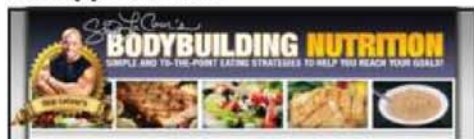
I have witnessed dozens of extremely qualified personal trainers forced to quit their profession because they simply couldn't afford to continue. And, it had nothing to do with their skill level. The profession is simply limiting my nature.

### You must start asking yourself:

#### "How can I make money while I sleep?"

You know, personal training is okay as an avenue to make money from your knowledge and experience, but your moneymaking potential is extremely limited by TIME. What do I mean by that? Let's just say you get \$50.00 per hour training a person one-on-one in the gym. It sounds good, but you can do much better. Going that route, \$50.00 is all you can earn during that hour.

What if you had an ebook that had your best strategies for bodybuilding and fitness success? You could continue doing your personal training (or working at your job) if you wish while selling your ebook at the same time. You can even sell your ebook to your personal training clients to augment their efforts in the gym. It could be a "package deal" that adds even more value. Although you may have written that ebook months (and even years) ago, you could sell it over and over again for many years to come.



Let's say your book sells for \$25.00. You wouldn't need to sell a whole bunch of them to significantly cut your food costs or other bodybuilding and fitness expenses. If you have your own Internet website, you can literally sell ebooks while you are sleeping. You can also sell your ebook over the Internet while you are training someone one-on-one in the gym.

### Budget Your "Cheat" Meals



If you eat and train like a "Mass Machine" most the time, there's no real harm in eating two or three "bad" meals every week. The key here is that these "cheat" meals are planned in advance—as opposed to spontaneous decisions.

That's what makes these scheduled breaks perfect for your structured eating program. Use them wisely. Enjoy them—and then forget them!

## Routine #2

### Monday

#### Chest and Triceps

Exercise	Sets	Reps
Flat Barbell Bench Press	2	4 to 6
Incline Bench Press	2	4 to 6
Incline DB Bench Press	1	4 to 6
Cable Pressdowns	2	4 to 6
Lying Tricep Presses	2	4 to 6

### Tuesday

#### Legs

Exercise	Sets	Reps
Squats	2	4 to 6
Leg Press	2	4 to 6
Leg Curls	2	4 to 6
Stiff Leg Deadlifts	2	4 to 6

### Wednesday

#### Back and Biceps

Exercise	Sets	Reps
Barbell Rows	2	4 to 6
Pull Downs (in front)	1	4 to 6
Low Pulley Row(V-Bar)	1	4 to 6
Deadlifts	2	4 to 6
Alternating Dumbbell Curls	2	4 to 6
Barbell Curls	1	4 to 6

### Thursday

#### Shoulders and Traps

Exercise	Sets	Reps
Dumbbell Shoulder Press	2	4 to 6
Side Lateral DB Raises	2	4 to 6
Bent Over Rear Lateral DB Raises	2	4 to 6
Shrugs	2	4 to 6
Upright Barbell Rows	1	4 to 6

### Friday

#### Calves, Abs, and Forearms

Exercise	Sets	Reps
Seated Calf Raise	2	4 to 6
Standing Calf Raise	3	4 to 6
Weighted Leg Raises	2	10 to 12
Swiss Ball Crunches	2	12 to 15
Wrist Curls	2	4 to 6
Reverse Curls	2	4 to 6



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Lifting weights won't build muscle unless your recovery's comprehensive. Start rebuilding strength, power and size with new Platinum Hydrobuilder™. With 30 grams of staged proteins enhanced with CreaPep™ nutrient delivery peptides, 5 grams of micronized Creapure® Creatine, over 13.5 grams of Essential Amino Acids, and BetaPower™ natural betaine, it's our most complete muscle constructor formula ever. All that muscle building potential in 180 calories. Build with the best: Platinum Hydrobuilder™.

**ONLY 180 CALORIES**

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- Over 13.5 Grams of Essential Amino Acids (EAAs) for Recovery & Rebuilding\*
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- 2.5 Grams of BetaPower™ Natural Betaine to Help Improve Strength, Energy, and Power\*
- Comprehensive Enzyme Complex to Help Support Digestion
- Micronized BCAAs, Glutamine, Arginine, and Citrulline



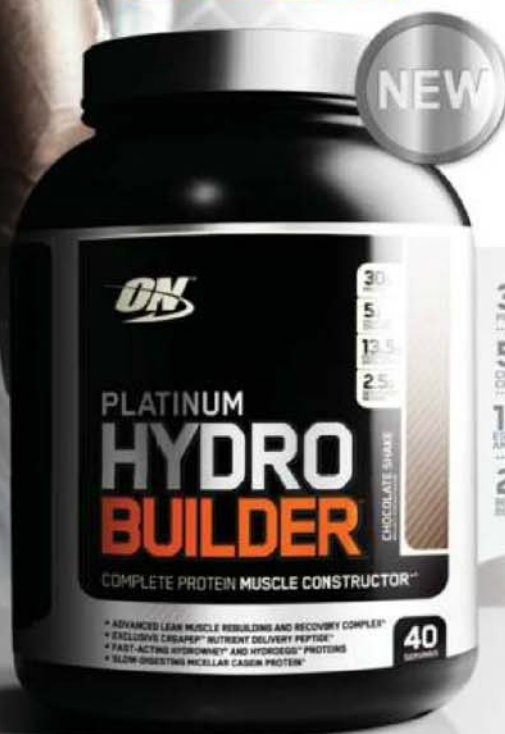
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\*These support muscle building and recovery when used in conjunction with resistance training and a sensible diet.  
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Allison Ethier  
Professional Trainer

## America's Strongest Female Fat Burner!<sup>†</sup>

Since January 2005, SLIMQUICK's been the #1 selling female fat burner in America.\* Why? Because it works...fast!<sup>†</sup> 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.<sup>†</sup>



<sup>†</sup> In a clinical study, women consuming a key ingredient in SLIMQUICK® lost an average of 24.6 lbs vs. 8.1 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. <sup>†</sup>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 25 lbs 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](http://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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1NEW UNIVERSITY PROVEN

# Fast & Furious FAT INCINERATION for 6 Hours!

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.\*

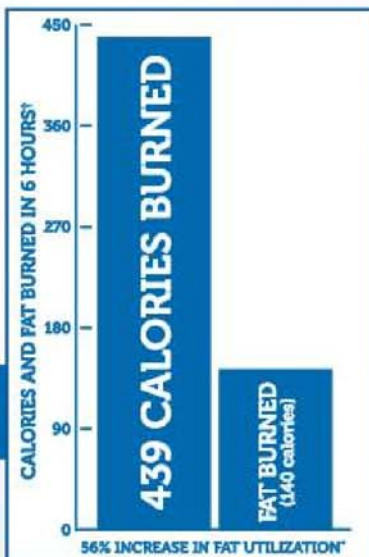
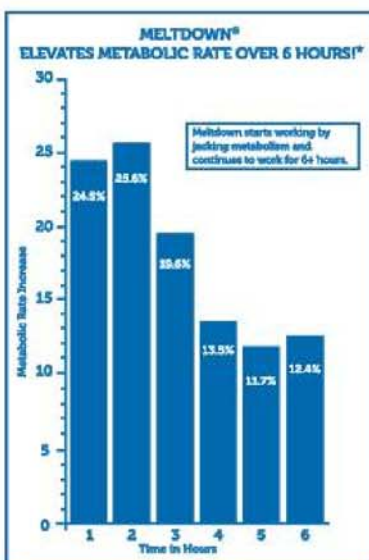
With a 56% metabolic shift in fat burning and a 29% increase in thermogenesis, MELTDOWN is your only answer to losing body **FAT** fast along with diet and exercise. We discovered that women on the Performance Ready team lost on average of 10 lbs of fat weight while dropping an average of 6% body fat! 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!\*

#### MELTDOWN: PROVEN EFFECTIVE BY 5 UNIVERSITY STUDIES!

- Meltdown: One Serving Increases Metabolism for 6 Hours!
- Meltdown Increases Metabolism up to 25.6%
- Meltdown Shifts Fuel Utilization Towards Fat Incineration.†



**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. Tiraschi 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):P606.10.1186/1550-2783-9-S1-P6.



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

**+ 12 FREE capsules & FREE Meltdown Diet!**



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TEXT **VPXMAG9** to 67463 Special Offers!

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

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BURN BURN BURN ON MELTDOWN CAPSULES



## GO GREEN

By IFBB Pro Marzia Prince

[www.marziaprince.com](http://www.marziaprince.com)

# escape FROM REALITY

Recently, I had the luxury of taking a beach vacation with my husband. A relaxing vacation, not the kind of vacation that requires work only to be exhausted when you get home, but the kind of vacation where it put me back in touch with myself again. I did some soul searching and reconnected with my mind, body, and soul. (Oh, and my husband!) I was long overdue to escape reality. It had been a long time since I had a vacation where I didn't bring my work with me. By setting a few ground rules, we enjoyed our vacation thoroughly. We came back energized and ready to live life again.

## THE IMPORTANCE OF A VACATION

Believe it not, vacations are important for your health. There are so many great reasons why one should take a vacation.

### LIVE LONGER

Studies say that those who take regular vacations are much healthier than those who don't. It is important for both mental and physical health. Vacations temporarily relieve stress and offer peace of mind. This is important for the body. By clearing your mind from the everyday to do list, it helps relax the brain improving your mental health. Calming the brain will reconnect you to what's important in life. It gives you the time to reevaluate and reflect on your life goals. Also, by calming the brain you can enjoy the present moment. You know the old phrase "Stop and smell the roses"? Most of us are too busy we forget to enjoy the moment. Take the time to embrace where you are present moment and do some soul searching on your vacation.

### HELP STRENGTHEN BONDS

Want to revamp your relationships? Spending time with loved ones in a different setting can help strengthen your ties with them. Just by being in a different environment, it can alleviate the regular tension of your relationship with them. You can get to know them on a deeper level with some quality time and conversation. So speak up!

### RECAPTURE YOUR CHILDHOOD

On my vacation, my husband and I decided on something exciting and new for us—zip lining. I remember feeling nervous and excited getting into my zip lining gear. I had no idea what to expect. One thing I will never forget was the rush of adrenaline and the smiling scream that came out of my mouth jumping off the very first platform zip lining through the trees. I couldn't wait to do it again. It had been a long time since I felt like that. As adults we have so many responsibilities we forget to play. Think about it, when was the last time that you went out to play? Whether we are young or old, we need time to play. Vacations help you get in touch with your inner child. Find some fun things to do on your vacation that will make you smile and feel alive again. Get out there and explore the child in you.

### CREATIVE INSPIRATION

As a writer, inspiration speaks to me in different ways. As I was sitting on the beach, I was inspired to write about the health benefits of a vacation. Had I not taken this vacation, I probably would have not written about this topic. Being in a new environment stimulates the mind and enhances our thinking. The break from reality will refresh your brain cells. It just takes one thing to stimulate your creative mind that will fire up your motivation when you do come back home to work.

## HOW TO TAKE A VACATION

Now that I have inspired you to take a vacation, here is how you can plan your next escape.

### CREATE A VACATION FUND

Every time you get paid, take some money aside and put it in a vacation fund. You can treat this fund like a regular bill. Before you know it, you will have some fun money to get away.

### SET A VACATION GOAL DATE

Just like setting fitness goals, set a vacation goal date. Look at your calendar and find a realistic timeline for your next get away. This could be used as a motivating factor to work hard because you can see a light at the end of the tunnel.

### DON'T PLAN EVERY MINUTE

Vacations shouldn't be about stress. After planning your vacation, take in account what you will be doing. Take time to enjoy your destination. Have a general schedule of what you would like to do and don't forget to schedule in some "me" time.

### LEAVE WORK AT HOME

In today's work obsessed culture combined with the advances of technology it is easy to bring work on vacation, which defeats the whole purpose of going on a vacation. Try to leave your work at home. If you have to bring it, schedule in work times on your vacation so that it doesn't interfere with your relaxation time. If possible,

leave your phones or laptops in the hotel room when you do your fun activities and dinners. It will help you from being distracted that way you can enjoy the present moment.

### STAYCATION

What if you are short on cash and time? If you can't do a vacation, do a "staycation". A staycation is a vacation in your home area. Due to the poor economy these days, staycations are on the rise. A staycation can be a real vacation if you do it right. The point of a staycation is getting out of your regular everyday routine and environment to relax. You can still experience new things in your home city.

The bottom line is that we need to take some time from our busy lives to regroup. So take a little "me" time to energize your zest for life again.



Marzia and Keith vacationing in Hawaii



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# the ART of time



## WONDER WOMAN?

People often ask me, "Sara, how do you find time to prepare your food and train for fitness competitions if you are also a dentist, physiotherapist, personal trainer, spinning and jump rope instructor, author and lecturer, photographer, videographer, and a spokesmodel? No, I'm not Wonder Woman. I have merely mastered the art of time management. If you are looking for strategies to increase your productivity, then keep reading.

## 25 HOURS A DAY?

Have you ever wished there could be more than 24 hours in a day? Are you unable to get everything done and constantly feel pressured by time?

The good news is that all time management skills are learnable. With good time management skills, you will be able to find a balance between your work, personal and family time.

Time management starts with a commitment to change. The first step is identifying what you will need to change about your habits, routines and attitude.

There is always much more to do than anyone could possibly accomplish in 24 hours. So instead of trying to do it all, be very selective about how you will spend your time. My parents always made me follow the policy, "work first, play later". This strategy, which I still implement to this day, ensures my vital daily activities are accomplished.

Be protective of your planned time. Strategically plan what to do and when, and then follow through. Not only will this reduce your stress, but it will also boost your productivity.

## TIME MANAGEMENT TIPS

Time is a fixed variable. Half of our time is devoted to sleeping, eating, commuting, working and personal grooming. What we elect to do with the remaining time is a variable we can control. Many of us; however, are guilty of falling prey to "time-wasters" such as facebook, twitter, texting, watching television or talking on the phone. The following are tips outlining how to allocate your time to accomplish your goals.

1. Identify where you are wasting time and commit to minimize these time-bandits.
2. Take on fewer tasks than you think will fill your day because tasks tend to expand beyond their allocated time frame. I often find myself guilty of putting too many tasks on my daily "to-do" list, which leaves me feeling overwhelmed and stressed.

3. Subdivide larger tasks into smaller, more manageable ones. For example, whenever I write an article, I spend one day gathering research, one day making an outline and one day actually writing the article. By breaking it up into realistic daily tasks, I am able to complete it without compromising my other daily chores. Don't start by saying, "I'm going to build a wall". Instead say, "I'm going to lay a brick every single day until I have a wall".

4. Use small blocks of time effectively. Thirty minutes a day can add up to days of productive work at a time. For example, when I am creating a video, I'll spend 30 minutes of my time filming. The next day, I'll spend 30 minutes selecting useable footage. The next day, I'll spend 30 minutes adding text, photos and music. The next day, I'll spend 10 minutes promoting the video on my social networking sites. Had I elected to make the video in one 2-4 hour block, then I would have sacrificed my gym time, meal-prep time and my sleep.

5. Don't procrastinate. In the time it takes for you to complain about what you have to do, you could have already started it and made some headway!

6. Plan your daily schedule in advance. Everyday I carry a list of what I need to accomplish before bedtime. I also have a list taped to my computer of all projects (listed in order of urgency) that need to be completed.

7. Be flexible. Because life happens, there will be times when you have to modify your schedule.

8. Be sure to get 8 hours of sleep. When you are scrambling to get through your never ending to-do list, cutting back on sleep can seem like the only answer. Sleep deprivation; however, has a wide range of negative effects that go way beyond daytime drowsiness. Skimping on shuteye can affect your ability to think and respond, compromise your cardiovascular health and ability to fight infections, as well as lead to weight gain.

## TOO BUSY TO EXERCISE?

"Those who think they have not time for bodily exercise will sooner or later have to find time for illness." Edward Stanley

Some people do not exercise or eat healthy meals because they do not think they have time. Very few athletes have the luxury of being paid to train. Most of us have to balance exercise with work, family, chores and social commitments.



# management

Here are my tricks for juggling a demanding training schedule with a hectic life.

**1. I save time by ordering my groceries online and having them delivered.** I cook in bulk twice a week. All my meals are portioned into separate containers in the fridge. Before I leave for work, I place my meals for the day into a cooler with an ice pack.

**2. Purchase home exercise equipment.** I save a significant amount of time by rolling out of bed and doing 40 minutes of cardio in the privacy of my own home. I don't waste time or money commuting to a gym or doing ablutions before I jump on the treadmill. A cheaper option is a jump rope. You don't need to break the bank. All you need are a few dumbbells, a stability ball, an ab wheel, and a mat. This will allow you to exercise whenever you have free time.

**3. Be organized.** Plan your training schedule in advance. If you know exactly what you are training, you will be more likely to follow through. Fill your water bottles and get your workout gear ready the night before, so you won't waste time in the morning.

**4. Break up your workout into twice a day sessions.** If you do not have time for a full workout in the morning, then do your cardio in the morning and your strength training in the evening. Save your long training days for weekends.

**"Lost time is never found again"**  
~ Benjamin Franklin

**5. Plan your rest days around your commitments and obligations.**

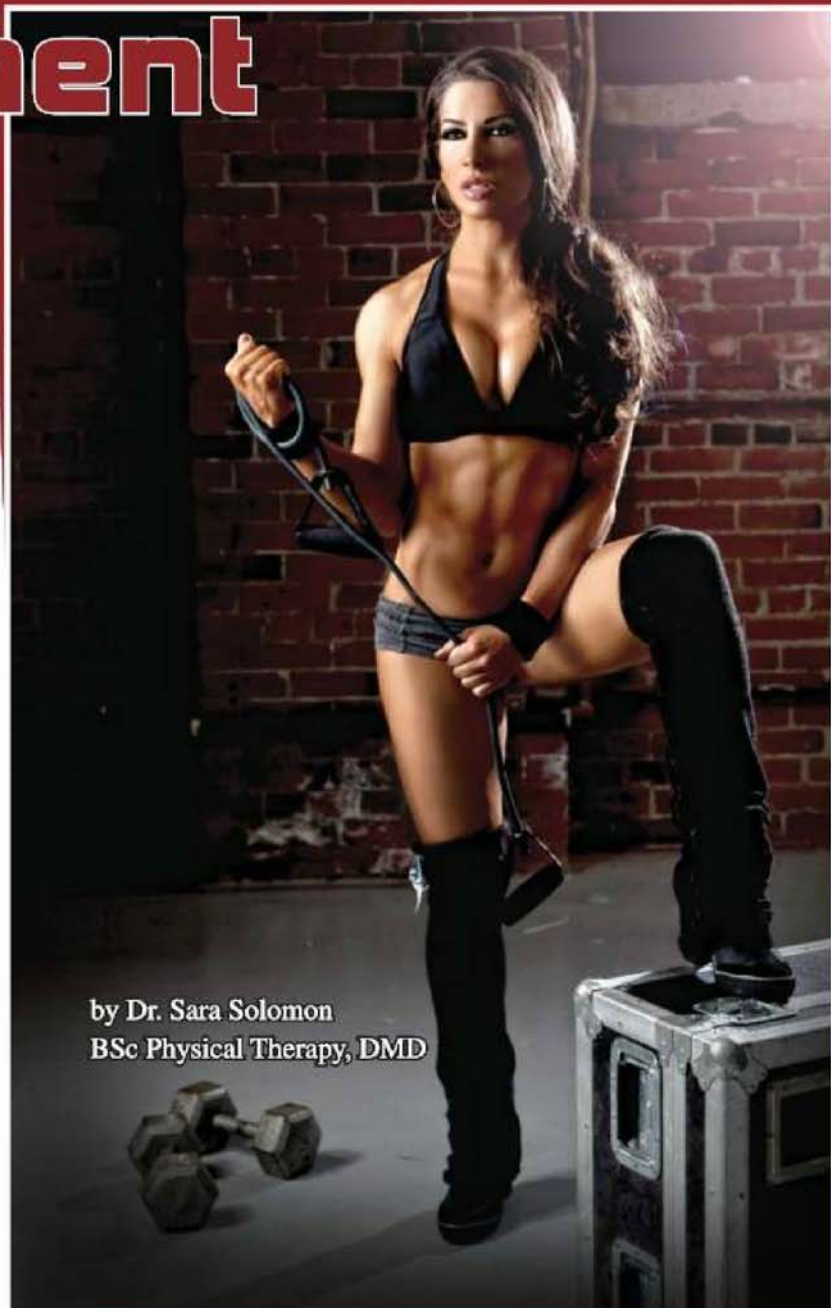
**6. Use your commute time for training.** Can you bike, rollerblade, walk or run to work and/or the gym?

**7. Wake up early and train in the morning.** If you train in the morning before your daily commitments begin, then you do not have to worry about missing your workout if scheduling conflicts arise. Furthermore, you will be exhausted by the end of the day, which may decrease your motivation to exercise. I find after a long day of practicing dentistry, the last thing that I feel like doing is exercising.

**8. Your workout doesn't need to be long to be effective.** If you are doing cardiovascular exercise, opt for 20 minutes of high intensity interval training rather than steady state training for 45 minutes. Do supersets. Instead of standing around between sets, do a different exercise that targets the opposing muscle group. Or do a circuit of several different exercises with no rest between them. This allows you to engage in cardio while training for strength.

## CONCLUSION

With good time management skills, you will be in control of your time and your life. Your stress levels will be reduced and your productivity levels will increase. As long as you commit to action, then time management is easy.



by Dr. Sara Solomon  
BSc Physical Therapy, DMD

Photos by Eva Simon

Dr. Sara Solomon received her BSc in Physical Therapy and her DMD from McGill University in 2001 and 2005 respectively. She is a general dentist in Toronto, Ontario, Canada. Sara is also a WBFF PRO Fitness Model, a certified personal trainer, a SPINNING® instructor, a physiotherapist, a certified jump rope specialist with the Jump Rope Institute, a university and continuing education lecturer, a photographer and the spokesmodel for the sports nutrition supersite, [www.nationsupplements.com](http://www.nationsupplements.com).

To learn more about Sara, visit her website at [www.dr.sarasolomon.com](http://www.dr.sarasolomon.com)



# an **AVOCADO** keeps the doctor away ... *APPLES ARE SO OUTTA HERE!*

**T**hese green goodies are great at helping you avoid being fat, because, they contain fat. Just the mention of the word scares people into hiding their bikinis. However the truth about fat is that you can either lose it or avoid it. You still need it -- at least the good kind.

Considered a single-seeded berry fruit by its botanical criteria, the avocado contains about 330 calories and almost 30 grams of fat. That's more calories and fat than a Snickers candy bar. Now, before you flip the page because of the fat content, or run out to buy a candy bar, lets figure out the facts. Yes, avocados are phat with fat - but it's good kind of fat. Bad fat makes you fat. Good fat fights fat. Got that?

Monounsaturated fat is actually your friend. It lowers cholesterol levels, which takes care of your ticker. Avocados contain some of the highest amounts of beta sitosterols, a plant sterol, that naturally lowers cholesterol. A single avocado can deliver a 95 milligram punch of beta sitosterol. Plant sterols lowers cholesterol by reducing the amount of cholesterol that is absorbed from food into the stomach. See what I mean? The bad stuff doesn't stay with you.

One study found that after several months of including avocado in the diet, 45 subjects of the study averaged a 17 percent drop in cholesterol.

## DUMP THE DIET PILLS

"Fat burners" don't just come in a bottle. They grow on trees.

A natural way to fire up your fat-burning furnace is to eat foods rich in L-carnitine. You guessed it, avocados are a rich source of this nutrient. L-carnitine is an amino acid found in your body and is produced in the liver. It helps facilitate fat metabolism and thus promotes fat loss. Additionally, it is known to increase energy production in muscle cells and increases blood circulation in the brain. L-carnitine also helps to reduce triglycerides and increases good cholesterol, which helps to protect the heart.

Avocado also contains a unique, weight-loss-friendly carbohydrate called mannoheptulose. This is a rare form of sugar that has been found to lower insulin secretion. To understand how the inhibition of insulin is helpful to weight loss, let's look at insulin resistance.

Americans are fatter than ever, and a major reason for the obesity epidemic is insulin resistance. This occurs when the cells lining your arteries become resistant to the action of the hormone insulin. The body uses insulin to pull sugar from your blood and into your



Gina, with granddaughter Nevaeh

cells where it can be used as energy. Insulin is produced when the body is overloaded with sugar and needs to metabolize it. Much of it is stored in fat cells. That "sleepy feeling" you get after a huge meal comes from your body being inundated with insulin. That groggy feeling means your body is packing on the fat!

When cells become resistant to insulin, the body still has to do something with the blood sugar. Since it can't be metabolized, it is stored as fat. People with

insulin resistance make too much insulin. This makes the problem of weight gain worse. It also makes weight loss especially hard because the body is so good as storing calories instead of burning them. Avocado can help reverse the problem of insulin resistance, by virtue of the presence of mannoheptulose and its high content of good fats.

This is when eaten in moderation, remember. If you eat three of these little beauties a day you'll be stuffing



1,000 calories and 90 grams of fat into your body. A little avocado goes a long way.

## FIBER FIGHTS FAT

The avocado can help taper your tush in another way -- by providing more fiber.

The average American gets less than half of the American Dietary Association's recommended daily dose of fiber. The suggested amount is about 30 grams for women and 38 grams for men. Too little dietary fiber is a major risk factor for gaining weight. Fiber fights fat in two ways. First, it's filling. Secondly and perhaps most importantly, it slows sugar absorption into your bloodstream after meals. Remember, every single molecule of fat on your body was put there by sugar being dissolved into your bloodstream and then stored in your fat cells.

Per ounce, avocados contain more fiber than other fruits. A typical whole avocado has a whopping 14 grams, which even rivals the fiber in a serving of those so called "high fiber" cereals.

Like anything else, too much of a good thing, is not good! Include avocados in your diet for their nutritional value and benefits, but do remember they possess many calories. Nevertheless that is also part of their value in a good, overall diet. The rich, creamy texture can be more satisfying than a stick of celery.

## A YOUNGER YOU

Are you often accused of not acting your age? That has to do with your brain, not your body, so avocados can't help you there.

However, if you want to be accused of not "looking" your age, avocados are known to decelerate aging and delay the appearance of the undesirable signs that

come along with it. The old adage "You are what you eat" holds true. What you put in your body is, arguably, more important than all the products you religiously slather on. You know that expensive goop that promises to erase wrinkles, lift, tighten and stop Father Time dead in his tracks? They might help a little, but, they mostly wreck your pocketbook! Take stock in avocados, the dividends are sure to deliver! And while you're at it, buy a new pocketbook with your savings.

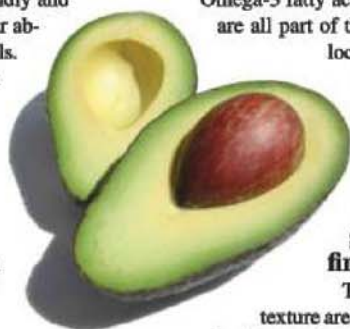
Supple skin, knockout nails and happening hair are also benefits of an occasional date with the avocado. Omega-3 fatty acids, biotin and vitamins C and E are all part of the deal. So make a date at your local grocery. Bring this "green guy" home and start what should be the lasting relationship for which you've been looking.

**Listen to your grandma, and for now, to this grandma. Avocado is a fine first food for babies.**

The buttery flavor and creamy texture are pleasing to the palate and fun for the fingers. According to the American Academy of Pediatrics, avocado is a great source of nutrition for babies. It's never too early to instill good eating habits—and there's a lot of good in avocados. Plus, it sure makes for good photos. Go ahead, let them play with their food!

Depending on your baby's age, avocados can be served mashed alone or mixed with cereal, fruits or veggies. If you're wondering, yes, I insisted my daughter feed them to the grand baby! Grandmama's do know best.

Sometimes babies don't eat a lot, so, providing nutrient dense foods like the avocado can help provide the calories, vitamins, and minerals needed to help them grow big and strong! But, do they have to grow up so fast? Enjoy while you can!



**Are you man enough for her?**

## Gina's Vegan Chocolate Avocado Mousse

### Ingredients

(Makes 3 small ramekins full.)

- 2 Ripe Avocados, cored and diced (I prefer Haas over Florida variety for its creamier consistency))
- 3 ounce Dark chocolate (at least 60% cocoa), chopped The higher the %, the lower the sugar.
- 1 tablespoon Stevia or Truvia
- 1 tablespoon unsweetened cocoa powder
- 2 teaspoon corn starch
- 3 tablespoon unsweetened Almond milk
- 1 teaspoon pure vanilla extract (alcohol-free)

### Method

Warm the almond milk in small sauce pan and whisk in the corn starch. stir on low heat until thickens about 2 minutes. Turn off the heat.

Put the chocolate and cocoa in to a blender or vita-mix and process while pouring the warm thickened almond milk, until smooth and creamy. When chocolate has completely melted add the avocados, vanilla, sweetener and blend some more until smooth and creamy. Transfer in serving bowls, chill for 30 minutes before serving.



Happiness just might grow on trees. With three times as much Vitamin B6 as a banana, which is promoted as the 'good mood' food, we can call the avocado the 'bestest ever mood' food!



Known as "Poor Man's Butter" because of its creamy texture, avocado is a healthier and lower-fat sub for those who love buttering bread. What a great addition to morning toast -- a delicious, healthy food that improves your mood! Husbands take note and serve it with coffee to your wives before talking in the morning!



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# Perfect Balance that Builds

Written by Carolina Gonzalez [Carolina@axisdzn.com](mailto:Carolina@axisdzn.com) Photos by Carolina Gonzalez [www.axisdzn.smugmug.com](http://www.axisdzn.smugmug.com)

*When looking for personal trainers, sometimes we hire them based on their physique alone, hoping and believing that their knowledge will change our bodies; but the truth behind real body transformations relies mostly on how the knowledge about training, dieting, nutrition, and self-improvement is delivered, and Unni Greene and Willie Del Sol from Somifitness of South Florida have mastered their teaching techniques and have helped world-wide champions to achieve their athletic goals as well as men and women of all ages and shapes. Today, they share their secrets and proudly talk about their achievements.*



Unni and Willie have been trainers for nearly 20 years, and together they have empowered hundreds of people. They have mastered their profession by finding ways to connect body and mind, and they have inspired others to enjoy a healthy and fit lifestyle.

They have worked with fitness champions like Jennifer Nicole Lee whose titles and accomplishment have surpassed the competition stages making her one of the most successful entrepreneurs and models in the world. According to them, Willie has worked one-on-one with Jennifer Nicole Lee for the past 5 years; he has been involved in her preparation for her two consecutive world titles: Ms. Bikini Diva World, and has also helped her prepare for astounding appearances, countless editorials and magazine covers. Both, Willie and Unni, are involved in some of Jennifer Nicole Lee's main projects by helping her reach out to others as she motivates the masses to gain a better life through health and fitness.

Another great champion that has been under their brilliant spell is Glen Johnson, the World Champion Light Heavyweight who at age 41 decided to make a comeback to the boxing world as a Super Middle

Weight. Unni helped Johnson to shed 18 lbs of fat and even gain 6 lbs of muscle, and he went on to win the match in the 8th round over his 10 years younger opponent Alan Green. Currently, Johnson and Unni are focusing on injury prevention and impeccable nutrition to keep Johnson at maximum strength and conditioning. "Unni will never deplete a boxer to meet his fight weight; instead, she focuses on shedding fat and retaining muscle mass to keep the fighters as strong as possible", added Willie.

Another name that shines on their list of champions is Luis Franco, undefeated Cuban featherweight and current WBO Inter-continental Champion. Franco's latest victory came on August 6th, 2011 after working closely with the power duo in creating a diet that not only gave him the proper nutrition but a nutrition plan that allowed Franco to feel content and in control; important elements to a professional athlete's focus. "We found foods that Franco liked and incorporated those in the diet. Instead of just telling him what to eat, we found that allowing him the feel in control made him more receptive to the nutritional plan and he went on to quickly shed 8 lbs of fat in less than 3 weeks".

These three big names and their stories: Jennifer Nicole Lee, Glen Johnson and Luis Franco, are great examples of Unni and Willie's remarkable work. Not only can they help others to transform their bodies, but their lives. So, I asked them to share a few of their teaching techniques as well as the philosophy behind their work. With conviction and awareness, they shared their minds:

1. "To be a successful trainer, the first thing you have to realize is that **each and every individual is different**. In training and nutrition there is no such thing as 'one size fits all'. What works wonders for one client, may be detrimental to another".

2. "**Push the body to change the body**". Trainers must treat the trainees as Athletes, and make them set their minds as such. "Professional athletes are highly motivated to follow a training and nutritional plan as their results directly impact their financial and personal futures and lives; for that reason, they are highly motivated and easily adhere to instructions. Consequently, we encourage all trainees to set goals, as professionals athletes do, in order to push harder and to break new barriers. Realistic goals can highly improve their progress; examples of doable goals are photo shoots and local competitions for amateurs".

3. **Believe!** Once a goal has been set, everyone involved in the transformation, trainer and trainee, must visualize the goal. "**If you believe it, you can achieve it**", they both say constantly to their apprentices.

4. **Positive reinforcement is a must** as it motivates the athlete. "We never resort to yelling as reproach, belittling or otherwise intimidating".



5. **Patience and Persistence are as important as protein and vitamins on a balanced diet.** "It is not easy to get into top physical shape, and many people underestimate the level of sacrifice and dedication it takes to get there. We are in a society that wants instant gratification, and many of us are afraid or unwilling to make the daily sacrifices required. We always tell our athletes to take the entire process 'one day at a time'. We can provide the tools and suitable advice needed to achieve a goal; but is they that need to work hard and earn it, and that ultimately takes time and dedication".

6. **Preparation and Commitment are vital.** "**Fail to prepare and you prepare to fail**", says Unni emphatically. This translates into having healthy



# Champions

snacks at work or school. Preparing large quantities of healthy staples and keeping them in the fridge to reheat when you get home tired at night". This principle applies to the training routine as well, explained Willie, a trainee must have a schedule and a plan and just follow them". In other words, commit to your plans!

**7. Explaining and Understanding are of the essence.** Trainers have to make sure the trainee understands the importance of following a nutritional program is as significant as teaching proper form when instructing, for example, weight lifting. Both, Unni and Willie go as far as cooking meals for athletes in order to help them modify their eating habits; "because it is not enough sometimes just to tell people what to eat; but to show them the way to follow the nutritional plan". They will take the time to educate the person about nutrition. Unni has a resounding phrase to emphasize the effects of having and following a proper diet: "You can't out train your diet". Many people, she says, spend so much time in the gym only to undo their hard work by not eating properly or worse, not getting fantastic health gains from their workouts because they eat the wrong foods".

**8. The success of a trainer is based on Teamwork,** affirms Willie. "We tell them that they are a reflection of us, and they can either makes us look good or bad; hence, we work really hard in helping them to achieve their goals as if they were ours".

**9. "The most important component to be a successful trainer and to be a triumphant athlete is our minds.** Using our minds to help us achieve our goals is the best thing we can do to succeed".

Unni and Willie are Certified Personal Trainers and Certified Master Trainers; both are certified by the NFPT – National Federation of Professional Trainers; ENW, Exercise and Nutrition Works, and ISSA, International Sports Sciences Association have also certified Unni; she is also a specialist in Exercise Therapy. Furthermore, Unni holds certifications in Sports Nutrition. She is a Nutritional Coach, and specializes in Fitness Nutrition.

Both will be feature on the soon to be released DVD series: Jennifer Nicole Lee Fusion Program; the exercise DVD series comes with a nutrition program co-authored by Unni, who also wrote a chapter on the "Fun Fit Foodie" book also written by Jennifer Nicole Lee and that will be published on the upcoming months.

It is also important to mention that together, Unni and Willie, every year during the months of November and December, collect toys for the children of South Florida. And to add to the amazement of the 'living by example' approach of this power couple, Unni is the mother of four beautiful kids, ages 22, 20, 17 and 14.

**"If you believe it, you can achieve it".**

For more information, visit [SomiFitness.com](http://SomiFitness.com)





# THE CARDIO QUESTION

## what type of cardio is best for fat loss?

**MUSCLE  
& STRENGTH**  
THE ULTIMATE TRANSMUTATION

By Cliff Wilson

The thought of doing cardio usually invokes strong feelings for most people. In my experience most people either love doing cardio or hate doing cardio. There are very few people that are indifferent on the subject. Some love the feeling they get from hopping onto that treadmill and working up a good sweat, while others would rather drive over their own foot just to have an excuse to skip their cardio for the day. Whether you love it or hate it, when it's time to start getting lean for a show cardio poses a lot of questions for a lot of people.

Questions about duration, frequency, and what type of cardio is best, flood my inbox every day. Cardio is necessary to get ultra shredded for a show, but you have to get it right. Too much and you'll be lean alright, but you will also sacrifice muscle to get to that point. Too little and you'll find yourself on the far left of the stage where you won't get in the way of the judges ability to see those that got lean enough. If your diet is on point, and you get your cardio right, you can be sure you will come in lean and muscular. This is the formula for champions.

### Getting Started

When transitioning from offseason to contest prep the first thing that must be established is how many days per week cardio sessions should be performed. This is often where people's love or hatred for cardio comes into play. Those that love cardio will tend to start with too many sessions per week. This is not a good thing, because the human body is highly adaptive. Your body will adjust to this level of cardio faster than you would like, resulting in a weight loss plateau.

Once this happens your only choice is to cut calories or increase the cardio. Those that take this approach will find themselves only a few weeks into their diet doing two cardio sessions per day every day just to keep fat loss moving. This will lead to overtraining and muscle tissue breakdown, leaving you flat and small come show day.

Those that hate cardio will tend to try to ease themselves into their workouts by starting really low and trying to increase it slowly. Not necessarily a bad idea, but when dieting for a show, time is of the essence, and you must use it wisely. In my experience if you start with too few sessions per week you won't be ready.

The best approach is a more moderate one. The amount of cardio that you should start with is highly dependant on your body type, so I can't give you exact specifics on frequency, duration, and intensity. Just know that starting with a more moderate approach and moving upward from there will ensure the best results.



### The Great Debate

The number one question most people have about cardio is, "What type of cardio is best for fat loss?" There are those that say low intensity cardio performed for longer periods of time is better for fat loss, while others claim that short duration, high intensity cardio sessions will give the best results. This is the part that tends to confuse people the most. Advocates on both sides of the argument are usually pretty passionate in their beliefs. To know which style of cardio to perform, it helps to know how each one helps you burn fat.

### Low Intensity, Long Duration Cardio

For many years this has been a staple in many bodybuilders fat loss arsenal. Generally, this type of cardio is performed at a constant pace for 60 minutes or more. It is commonly called Low Intensity Steady State Cardio (LISS). The main argument for this type of cardio is that, of the calories burned, most of it comes from fat.

During any type of exercise, the level of intensity

is very important. It is well known that the lower the intensity of any exercise, the greater the percentage of energy derived from fat oxidation. (1) As the intensity of exercise rises more of the calories being burned, come from muscle glycogen and muscle tissue. This is why advocates of LISS usually prefer to walk on a treadmill or stair stepper for long periods of time. They think that by doing this they are burning more fat and less muscle.

The only problem is that during the entire time that any type of cardio is being performed your body is in a catabolic state and it is breaking down muscle tissue for energy. Switching from a low intensity pace to a more moderate pace and lowering the duration a little may be a better option.

Moderate intensity steady state cardio has been proven to lead to the greatest amount of fat oxidation. Research has shown that fat oxidation is highest when training at about 65% Vo2 max. (2) At this intensity level, not only is the greatest amount of fat being burned, but this rate of exercise can be continued for somewhat longer durations as well.

When dieting for a contest body fat levels will become minimal at some point. At this point muscle





tissue breakdown becomes more likely. Limiting the amount of time that your body is catabolic is of utmost importance if you wish to hold onto all the muscle you worked so hard for. So for maximum fat loss and muscle retention, moderate intensity cardio for a rather moderate duration is the best choice.

### High Intensity, Short Duration Cardio

High intensity, short duration cardio has become more popular in recent years. The most effective form of high intensity cardio has been proven to be High Intensity Interval Training (HIIT). HIIT allows for very high intensities to be used and alternated with short periods of recuperation. Many people shy away from high intensity cardio claiming that nearly all the calories that are expended come from stored muscle glycogen and not from fatty acids.

This is very true, but those people are forgetting one very important thing. Fat loss occurs through a process called lipolysis. Lipolysis occurs during periods when energy expenditure exceeds caloric intake. (3) The most important thing during cardio is burning enough calories to create a deficit. This could be accomplished in much less time with high intensities.

Even though stored carbohydrates as muscle glycogen are the primary fuel source at higher intensities, fat loss will be greater with the use of HIIT. Studies show a greater loss of subcutaneous fat with HIIT as compared to those that performed standard LISS endurance training. The reason for this is because post exercise lipid utilization is greatly enhanced with HIIT. (4) This means that even after activity has ended your body will keep burning fat. So not only can you burn calories during training, but your metabolism will also get a boost. This is definitely a nice bonus if you ask me.

Another concern that a lot of people have about HIIT is that at higher intensities a greater amount of amino acids are broken down and used as energy. This is true, but many people will be shocked to find out that if HIIT sessions are kept short then they can actually help retain and even build muscle. You read that right, cardio can help you build muscle. Any type of intense cardio will cause your body to release growth hormone (GH).

The growth hormone response to aerobic activity is determined by the % of Vo2 max. (5) Therefore, the more you push yourself, the higher growth hormone levels will go. I know many of you are thinking, "So what? If I am supposed to keep my sessions short I will only get 15-20 minutes of higher growth hormone levels." The good news is that, not only will these brief, high intensity sessions cause an immediate GH increase, but GH levels can keep increasing even after training has ceased. (6)

GH is not the only hormone affected by HIIT. Testosterone levels can also be optimized through strategic use of HIIT. During, and following high intensity aerobic exercise, testosterone levels become elevated and remain elevated for a couple of hours into recovery. This only holds true with short durations though. Prolonged high intensity exercise results in an initial increase in testosterone followed by a decrease to below baseline levels. (7)

This is yet another reason it is important to keep these sessions as intense as possible, but very brief. There is one problem with HIIT though; there are limits as to how many sessions can be performed before it becomes counterproductive. If high intensity sessions are performed too often, then baseline testosterone levels will decrease, and will lead to an increase in amino acid breakdown. This is why it is best to keep these sessions to only a few per week.

Anabolic hormones, such as testosterone and GH, are the key to building and keeping muscle. HIIT training can produce sharp increases in both of these hormones, which will go a long way to help retain muscle when calories are low. HIIT training can also increase fat burning by boosting the metabolism. This is why HIIT cardio is also a great choice for getting shredded while maintaining or even gaining muscle along the way.

### Which One?

So, which type of cardio should you use to help you get to that next level of conditioning? The answer is...both. HIIT cardio can only be performed a few times a week for it to be effective, but not many people can get into contest shape doing only a few cardio sessions per week. LISS sessions will need to be added to make sure enough cardio is being performed every week.

This is not the only reason to use both types of cardio. Both approaches shed fat effectively, but thru different pathways. HIIT cardio will increase lipolysis primarily by speeding up the metabolic rate, whereas LISS will burn more fat and calories during the actual workout. As I stated earlier, I can't give an exact number of sessions you need to perform each week since the differences in individual metabolism's can vary greatly. A good place to start would be with 2 to 3 HIIT sessions per week and add in some LISS sessions as needed.

Even though some people love cardio and others hate it, I think it is safe to say everyone loves winning. Applying sound strategies in your cardio routine will help put you one step closer to first place.

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# the ladies TAKE THE STAGE

## AT the OLYMPIA 2011



By Nancy Di Nino,  
Free lance Media Correspondent  
www.nancydinino.com

Whether a fan, fitness enthusiast or athlete, the utter words of the Joe Weider Mr. Olympia releases a state of anticipation, excitement and the thrill of counting down the days to what was this years 46<sup>th</sup> Mr. Olympia. What I love about the Olympia is the

"Positive energy" that is shared among one other. On and off stage, from the competitors, your favorite fitness icons, industry leaders, to the hardcore fans, everyone is consumed with such an inspired feeling of happiness, all stemming from their love for fitness and health. It was an action-packed weekend filled with various events including the Press Conference, Meet the Olympians Night, Flex Bikini Model Search, the Expo and of course the IFBB Fitness, Figure, Bikini and Bodybuilding events.

The weekend expo at the Las Vegas Convention



Centre was by far more than a concert crowded affair with eager fans waiting to get the best seats in the house for the competitions, strongman events and spots in line to fill their oversized bags with give a ways and products. It was definitely

a fitness wonderland with various competitions that included powerlifting, weightlifting and of course the IFBB Women's Bodybuilding, Fitness, Figure and Bikini Prejudging. I made sure to get my VIP seats in order to have a first hand look at who the top contenders were.

(Photos on the next page)

### Fitness, Figure & Bikini:

Friday kicked off with the ladies of the Olympia where the women's fitness, figure and bikini prejudging took place. The scent of spray tan and body oil was in the air and the stage was lit up with beautiful women wearing studded suits, and sun glazed tans.

The Bikini division was filled with 28 competitors looking to take the 2<sup>nd</sup> ever Bikini Olympia title. If you have ever had the chance to watch the bikini stage, you would quickly see that aside from a healthy, fit and feminine look, the winner will clearly be the one who can wow the judges with their "sass, class and swagger". Reigning bikini champion Sonia Gonsalves had her work cut out for her with 27 other women looking to walk the catwalk displaying their stellar physiques and their wow factor

As they filed out individually and in their comparison rounds it was evident that there was a new Bikini bombshell in town and her name was Nicole Negrani. At 20 years young, Nicole displayed a balanced physique with soft feminine lines combined with innocence and beauty that made her the new Bikini Olympia champion. Close behind her was Brazilian beauty Nathalie Melo taking 2<sup>nd</sup> place bringing a complete package.

One of the newest of the Bikini Pro women, Dianna Dahlgren, made sure everyone new she meant business this year with already having earned a pro win in her rookie year, but more so positioning her self into 3<sup>rd</sup> spot surpassing other veteran competitors such as Jamie Baird who took 4<sup>th</sup> place for a 2<sup>nd</sup> time on the Olympia stage. It was a tight race with these 2 women with Dahlgren and her Hollywood glam appearance, and Baird with a stage presence that in my opinion was one of the best of the night. The surprise of line up was seeing the reigning

champion Sonia Gonsalves fall into 5<sup>th</sup> place and newest rookie India Paulino rounding off the Top 6 line up. Gonsalves was clearly not at her best leaving the door open for those to rise and her to fall.

The Fitness Girls lit up the stage of course with their more then stronger physiques and who was crazy enough to bet again 5-time Fitness Olympia Champion Adela Garcia? Again she brought a complete package, with a stellar physique and routine that made our "chica loca" the Fitness Olympia champ for yet a 6<sup>th</sup> time, making history. Veteran Pro Tanji Johnstone played bridesmaid to Garcia yet again taking 2<sup>nd</sup> place. Canada's Myriam Capes was more then pleased taking 3<sup>rd</sup> place, moving up from last years 4<sup>th</sup> place win in 2010, resuming this as her best placing to date. No complaints by Mimi I am sure.



Bikini



Fitness



Figure

### And then there was Figure.

Twenty nine beautiful women took the stage. Would the reigning champ Erin Stern retain her title as Figure Olympia or would the former 2009 Figure Olympia and current Figure International Champ Nicole Wilkins be the winner? The anticipation rose as these two women "quarter turned to the right" to display their elite physiques. As Wilkins took the stage, it was evident she had an edge over Stern. Wilkins improvements where displayed in her fuller and tighter streamlined physique. Those ingredients combined with her polished aesthetics and posing paved the way for her to recapture her title, now allowing Wilkins to retain both the Figure International and Olympia titles simultaneously.

Erin who is known for her fuller elongated, "statue-ess"

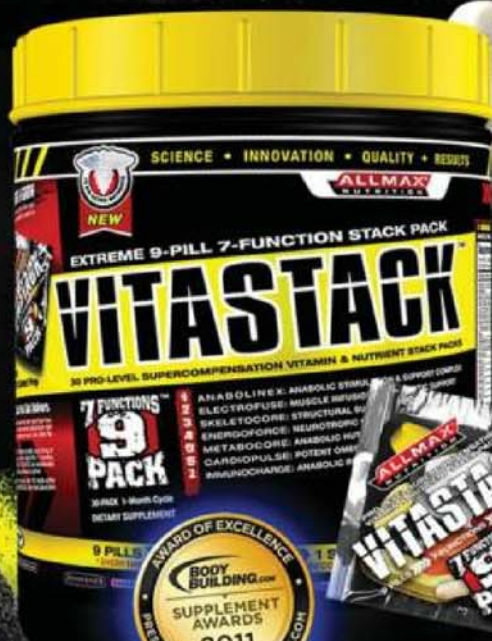
physique appeared to have lost her pizzazz by coming in a tad too lean causing her to lose that striking presence she typically brings to the stage. Florida's own Ava Cowan took 3<sup>rd</sup> place while rookie Candice Keen came in 4<sup>th</sup> place followed by Theresa Anthony in 5<sup>th</sup> and Alicia Harris in 6<sup>th</sup>.



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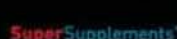
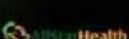
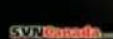
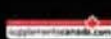


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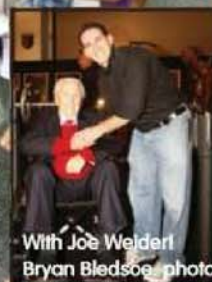




Greg Plitt



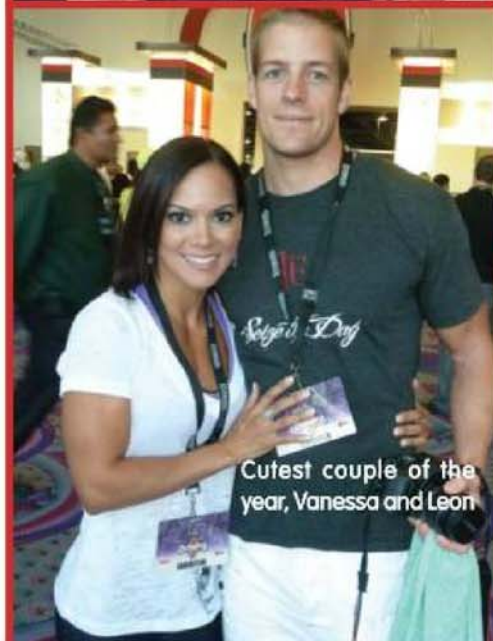
My cousin Dr. Adam Berkovits worked backstage and walked the expo with the family



With Joe Welder  
Bryan Bledsoe photo



With Kim Lyons.  
I think mini Gunter likes me :-)



Cutest couple of the year, Vanessa and Leon



The boys of BBS



This month's cover model, Dr Sara

## FROM LAS VEGAS OLYMPIA EXPO 2011

Photos by Debbie Baigrie and random helpers



My buddy, Chris Cormier



Marzia Prince





Timea



Jaquelyn and Jay



Lucky Matt Chalek,  
with me and Jamie Eason



Andre Rzazewski



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Hugo Rivera CFT, SPN, BSCE

# Natural Bodybuilding

## 30-MINUTE SHOULDER WORKOUT

Here is an awesome 30 minute natural bodybuilding workout by popular demand.

This month, I want to share with you a 30 minute shoulder workout that is guaranteed to fry the shoulder muscles. Once again, remember that there is not one magic bodybuilding workout that will give you all the muscle growth you desire. You should change your workout routines every 3-4 weeks to keep results coming. The more advanced you become, the more variation your training needs.

Another thing, no workout routine will burn off the fat for you. Burning off the fat only happens when the diet is correct. If the nutrition is inadequate, your fat will stay right where it is. And if your nutrition is horrible, the fat stores may actually increase. Thus, make sure that you are following a good nutrition program,

such as the fat burning diet on my website (if losing fat is what your goal is).

Now, if you are looking to stimulate some new muscle growth in your shoulder muscles, this 30-minute shoulder workout routine is guaranteed to add inches of width to your back, as well as thickness!

It is fast paced and involves the use of trisets and supersets. A triset is three exercises performed one after the other with no rest in between. You only rest the prescribed amount of time after the third exercise. A superset is the same as a triset but with only two exercises in the circuit.

It is important to understand that this routine is for the more advanced bodybuilders who have a minimum of a solid year and a half of training under their belt.

### Workout Split To Use

For workouts like this, I like to use a one body part per day training split. A one body part training split is designed in such a way that only one muscle group is targeted in each bodybuilding workout. This is a great way to train for very advanced bodybuilders who are significantly strong and can generate such a high level of intensity in each workout that training less frequently will allow for better results and recovery.

### There are two advantages to this workout split:

1. It allows the advanced bodybuilder to just concentrate on the body part at hand and work it from all possible angles. At an advanced level, the goal is to not only build new muscle mass but also to correct any imbalances and achieve perfect symmetry (or harmony among body parts).
2. It allows the muscle to better recover from the high volume and intensity required from this advanced level of training.

This is how I would set up my one muscle group per day training split in order to prioritize my chest.

Monday: Chest/Calves

Tuesday: Hamstrings/Abs

Wednesday: Arms

Thursday: Shoulders/Calves

Friday: Quadriceps/Abs

Saturday: Back/Abs

Sunday: Rest

### 30 Minute Natural Bodybuilding Specialization Workout Routine for Shoulders

#### (Triset)

- |                                 |  |
|---------------------------------|--|
| <b>Dumbbell Shoulder Press</b>  | 4 sets of 8-10 reps (no rest)                      |
| <b>Lateral Raises</b>           | 4 sets of 8-10 reps (no rest)                      |
| <b>Bent Over Lateral Raises</b> | 4 sets of as many reps as possible (1 minute rest) |

*Note: Use the same dumbbells you used for the lateral raises for your bent over laterals.*

*You may need to decrease the weight in order to stay within the recommended repetition ranges for the 2nd, 3rd and 4th trisets.*

#### (Superset)

- |  |                                      |
|--|--------------------------------------|
| <b>Barbell Upright Rows (shoulder width)</b> | 3 sets of 8-10 reps (no rest)        |
| <b>One Arm Dumbbell Lateral Raises</b>       | 3 sets of 10-12 reps (1 minute rest) |

#### (Superset)

- |   |                                      |
|---|--------------------------------------|
| <b>Front Dumbbell Laterals</b>                        | 3 sets of 12-15 reps (no rest)       |
| <b>Rear Delt Rows/ T-Bar Row Machine or a Barbell</b> | 3 sets of 15-18 reps (1 minute rest) |

*Note: For the rear delt rows you can use a barbell and perform them as you would a bent over row but with the elbows out to the side (as if doing a reverse bench press)*

Follow this workout with either a protein shake that contains carbs, as well -OR- 6 ounces of chicken breast (3 ounces if you are a female), vegetables, and a carb such as baked potato or rice in order to maximize recovery and get the muscle growth process started.

### Conclusion

Try this workout out for four weeks before changing to another one and feel free to alter the order of the exercises every week to keep things different for your body.

By the way, after doing this workout, I recommend that you do a lower volume workout such as the 5 sets of 5 reps workout for 4 weeks. Subscribe to my YouTube page at: [www.youtube.com/hugoriverafitness](http://www.youtube.com/hugoriverafitness)



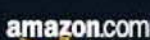


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## Side Bar

### Darla's Tips to Stay Healthy Eating...

Eating healthy every day is key to maintaining a Stay Healthy Life. In fact, it is a balance of being active and eating well that will enable fitness goals to be reached and lived for life. It is not a choice of one or the other...both are needed despite what you may have been told. These are helpful hints I give to clients and follow in my daily life to maintain a healthy body:

- Eat 5 to 6 small meals per day (I eat something healthy every 2 1/4 hours)
- Eat meal 1 when you wake ~ kick start your metabolism
- Use small lunch plates instead of large dinner plates (visual is important)
- Portion size is the palm of your hand (simple as that)
- Eat a balance of lean proteins, fiber, antioxidants, and healthy fats daily
- Water: start point- 1/2 body weight in ounces of water per day minimal intake
- EV olive oil and Balsamic for salad dressings
- Cook at home and be in control of what you are eating
- Eat with others and enjoy meal time
- Eat slowly (it takes 20 minutes for the brain to register satiety)
- Eliminate temptations at home ~ if you buy healthy, you will eat healthy
- Eliminate sugars and salts
- Use herbs and spices for food preparation
- Make healthy menu selections when out ~ HAVE IT COOKED YOUR WAY
- Substitute an unhealthy food item with a healthy item
- Do not eat in front of the TV (mindless snacking occurs here)

Enjoy a Stay Healthy Life with regular exercise and following the above tips for healthy nutrition. Get additional motivation by following my Stay Healthy Fitness Blog at

<http://stayhealthyfitness.blogspot.com/>



Darla Leal, LCPT  
[www.stayhealthyfitness.com](http://www.stayhealthyfitness.com)

# Stay Healthy Tilapia Tacos

Tilapia is one of my favorite fish and that I include in my weekly meal planning. The best part about this fabulous fish is the very mild, flaky taste which enables me to use it in a variety of recipes. Tilapia is an excellent source of protein and contains minimal fat and cooks in minutes. This wonderful dish could go from stovetop to table in under 30 minutes....now that is a WIN WIN in my Stay Healthy book....So, pick up 2 fillets and let's get cooking...

## Stay Healthy Tilapia Tacos

### Ingredients:

- 2 Tilapia fillets
- 8oz bag shredded red cabbage
- Small container prepared \*Pico De Gallo  
\* Or chop small amount of fresh tomatoes, onions, jalapenos & cilantro. Mix.
- 2 limes
- Lemon pepper
- 1 package handmade style white corn tortillas (these are the best)
- 1 can low sodium black beans for side dish

### Preparation:

Heat oiled flat skillet to medium/high heat. Place fillets, season with lemon paper and squeeze fresh lime juice over. Cook until fish starts to turn white, turn fish over, and continue cooking. Continue to season fish with the lemon pepper and lime juice to taste. Start flaking fish apart on heated skillet while it is cooking. Keep warm on skillet

While fish is cooking, have a small pan heating the low sodium black beans & a griddle heated and oiled to warm tortillas.

### Putting it all together: (Makes 4 fish tacos)

Place heated tortilla on a small dinner plate and layer with 1/4 fish mixture, squeeze additional lime juice over fish, add Pico de Gallo, and shredded cabbage

1/2 cup black beans for side dish (I like to sprinkle Pico on this as well)

Ready to Enjoy a Stay Healthy Tilapia meal in minutes!





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# you're never too busy to BULK



By Brian Willett

**W**ith so many other commitments outside the gym, it can be hard to find time to get into the gym.

I spend a lot of time on fitness forums answering questions and checking out the latest trends in training and one of the most common questions I see, especially around this time of year, involves how exactly one finds the time to bulk amid the demands of school, sports and work.

Finding time is half of the problem. While training is obviously an essential part of building mass, eating enough calories is also necessary. If you're busy enough, like many of today's students are, either one of these tasks can be difficult to achieve alone. However finding time for both training big and eating big can seem nearly impossible.



The key word here is nearly. If you don't think you can manage to keep up with your grades and your weight, think again! It's entirely possible and it's not as hard as you think. To help you out, I'm going to do you a favor and offer some much-needed advice for bulking up during a busy semester.

## Plan Ahead

If there's only one thing you take away from this guide, it's this – a successful bulk, especially one completed during a busy time of year, requires planning. What may surprise you, though, is that it only takes a few minutes.

Simply print out your schedule so you can visualize where your free time lies so you can make the most of it. Ideally, you should place your workout during your longest period of free time. But your short breaks are far from useless – use those to pack in a few hundred precious calories.

## Make the Most of Your Meals

One misguided trend that many beginner and intermediate lifters buy into is the philosophy that every meal needs to be the same size. While this can help curb cravings and keep your blood sugar levels at a very consistent level, it's not absolutely necessary. If you know you're not going to have enough time to eat for a fairly long time, there's nothing wrong with eating a larger meal to hold you over. When you're bulking, it's all about getting the calories in however you can.

## Be Ready to Eat on the Go

It's inevitable that life is going to get in the way of your regular meal consumption and when you're bulking, this is especially true – you're busy trying to pack in tons of calories, so eating is going to take up more of your day. Unfortunately, unless you're a full-time chef, you're not going to be next to a refrigerator all day long, but there are a few things you can do to make sure you can still get in enough calories when you're on the move. Packing some QUICKMASS in a shaker bottle and then adding water when you need to can be a lifesaver. And if you're creative, use your ALLMAX protein

powder to whip some up of these delicious recipes to take on the go.

## Concentrate on Compounds

There's a reason that the Big Three are exercises that nearly every strength-training athlete swears by – and it's not because they're easy – rather, compound exercises such as squats, deadlifts and bench presses recruit many muscles and boost testosterone levels. If you're trying to balance bulking with a busy schedule, compound exercises will allow you to get the most work done in the least amount of time.

So now that you've taken in a few tips, I'll share a typical day in my life. It can be tough to pack in 4,500 calories, but it's possible – just watch and learn.

## BRIAN'S BULKING REGIME

7:20 AM:	Wake-up and shower. 2 cups oats, 2 scoops ALLWHEY Butterscotch Maple Fudge, handful of almonds
8–8:50 AM:	First class
9–9:50 AM:	Second class; ISOFLEX Triple Layer Protein Bar Chocolate Peanut Butter Fudge
10–10:50 AM:	Third class
11–11:50 AM:	Fourth class
12 noon:	Lunch – about 1000 calories (usually pasta, meat, potatoes)
1–1:50 PM:	Final class
2–3 PM:	Relaxing or training a client at the gym
3 PM:	Pre-workout meal: 600 calories (usually two sandwiches)
4–5 PM:	Workout
5:10 PM:	Post-workout meal: 700 calories (usually two scoops ISOFLEX, cereal/something sweet)
6:30 PM:	Dinner: 700 calories (similar to lunch)
7:30–9 PM:	Meeting
9 pm–11 PM:	Homework or training clients at the gym
11:10 PM:	Pre-bed meal: 500–600 calories (usually two scoops ISOFLEX mixed with peanut butter)
1 AM:	Bedtime

Not so hard, is it? Obviously, these numbers aren't written in stone, and depending on class and work schedules, meal times fluctuate. Along the same lines, this advice isn't just for students who are trying to hit the books and the weights all in one day. If you have a busy job or a demanding family life, you can adopt some of these tips to make your life a little bit easier. So if you're serious about bulking, it's time to quit reading and start eating!

Brian is an ACE-Certified Personal Trainer and is currently completing his degree in Public Relations Journalism at the University of North Carolina. He grew fond of weight-lifting during his hockey career and is now happily addicted to the iron. Brian can be contacted via email at: [TarHeelTrainer@gmail.com](mailto:TarHeelTrainer@gmail.com)



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25 G PROTEIN, 0 G FAT & LOW CARB



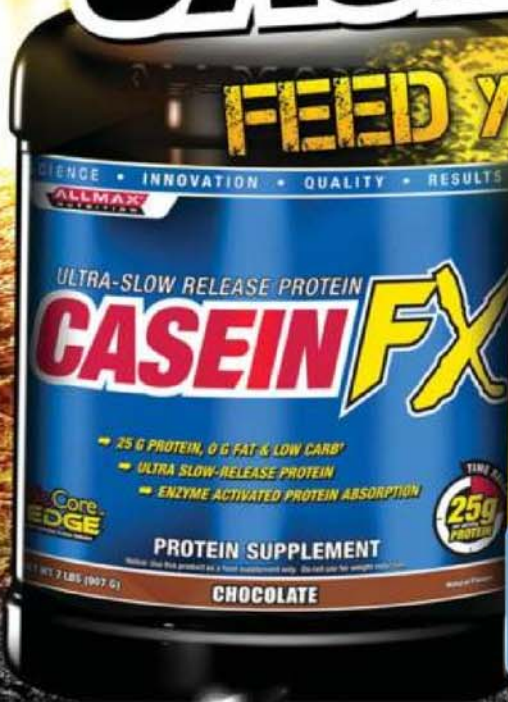
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ENZYME ACTIVATED PROTEIN ABSORPTION

ULTRA-SLOW RELEASE PROTEIN

# CASEIN FX™

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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  
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ULTRA SLOW-RELEASE PROTEIN  
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■ CASEIN provides a slow long duration stream of Amino Acids.  
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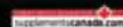
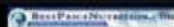
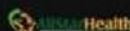


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Dedication and hard work pays off. Here are some of our readers who competed this year!

**V.H. Shelton**

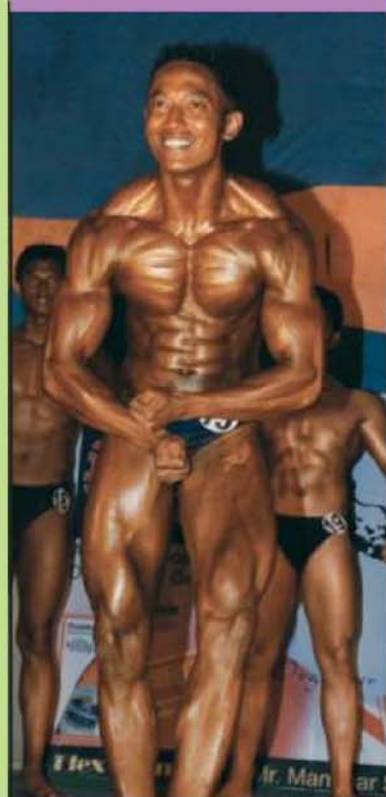


**Anoj Shakya**

Competition - Mr. Dharan, 2008

I won the title.

The Mr. Dharan is one of Nepal's oldest Bodybuilding competitions. It is named after the town DHARAN, a mecca of bodybuilding in Nepal.



**Tomeka Flowers**  
Texas Shredder Classic- 2011

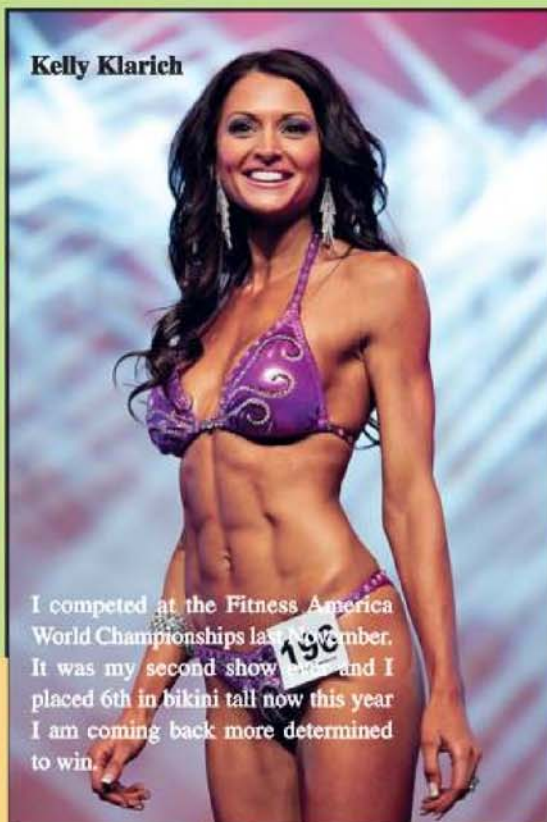
## taking the STAGE!



On April 9, 2011 I competed in the Natural Muscle Associations Natural North East Bodybuilding and Figure Championships. I competed in the Open Middleweight Division. I won, not only my division, but also the overall title to earn my pro card.

**Frank Gigante**

**Kelly Klarich**



I competed at the Fitness America World Championships last November. It was my second show and I placed 6th in bikini tall now this year I am coming back more determined to win.



**Kathy Everton**  
Fitness America



**Carlotta Peters**  
Contest: WBFF Fitness Atlantic  
April 16th 2011



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# SUMMER MIGHT BE OVER

## but your quest for a **SIX-PACK** needn't be!

Maybe you're lucky and live in a location where summer continues, or maybe it's hot all year round in your neck of the woods. For most people however summer has either ended or is nearing its end. Extra layers of clothing will be going on, but that doesn't mean an extra layer of fat needs to go on too, nor does it mean you should give up on your quest for a six-pack.

As I sit here and write this article (September 14<sup>th</sup> 2011) there's just under 16 weeks left in 2011. That's a whole lot of time. It's enough time for any one to make serious progress, including you 'the six-pack seeker'.

### THE SIX PACK FACTORS

What influences one achieving a six-pack, and are your abs really made in the kitchen? There are many factors that influence a person's ability to achieve a ripped midsection, and how quickly they will achieve these results.

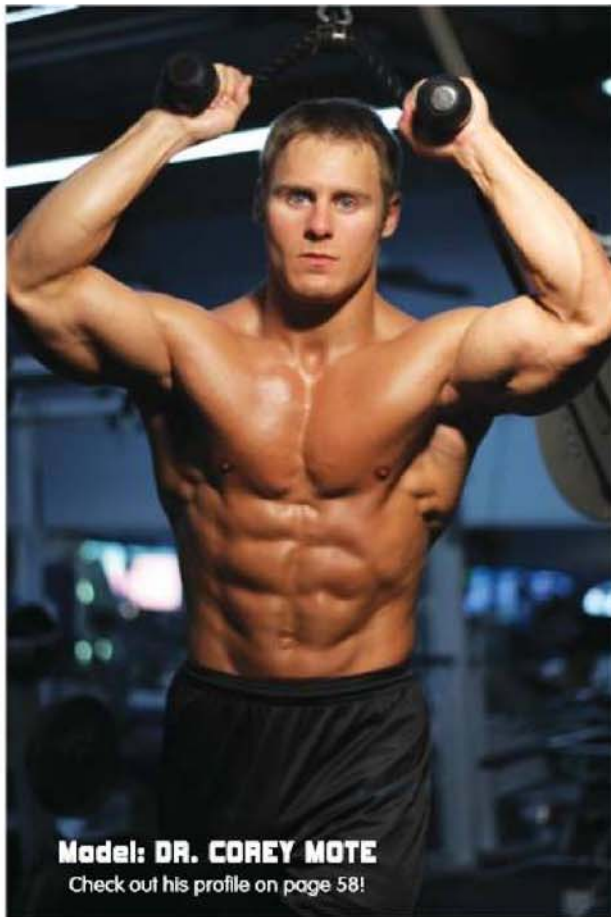
Your abs (and the visibility of them) are 'made' via several factors, which includes genetics, training background, current training regime, hydration, supplementation and diet or nutritional practices. Other lifestyle factors such as sleep and stress will impact your training and level of progress.

To answer the question about your abs being made in the kitchen, the answer is NO. Your abs aren't made directly in the kitchen, but it's through the kitchen (your nutrition) that your abs will ultimately be revealed, so it's one of the most crucial of the six-pack factors to be addressed.

Genetics and training background are out of your control at this point, so going forward your focus needs to be placed on the formation of your current training regime, hydration and your diet and supplementation plan.

What about direct ab work? Nowadays it's become the cool thing to tell people they don't need direct ab work, and to simply state 'your abs are made in the kitchen' or 'it's all down to diet'. Well I disagree for many reasons. Yes heavy presses, pulls, squats and deadlifts are great, but we've got to set aside our hard-core training egos for a moment and address the goal in the same way that we would any goal. The sprinter who wants to get faster we will have sprint, won't we? The thrower who wants to throw farther we will have throw. Correct? Same as the girl who wants better glutes, we'll have to address the glutes, or the guy who wants bigger arms will eventually address and isolate the arms.

Why should the abs be addressed differently? They shouldn't be. They should be addressed completely, taken into account the impact the entire training program will have on them. From the indirect stimulus, they receive from bigger compound lifts, the metabolic effect and afterburn effect that will be generated via metabolic resistance training, conditioning work and interval training. So where and how does direct or isolated ab work fit in?



**Model: DR. COREY MOTE**

Check out his profile on page 58!

### SELECT, DON'T NEGLECT

We shouldn't neglect direct (isolated) abdominal or core work, we should select appropriate and effective exercises that supplement and add value to the overall training program.

Core stabilization exercises, rotational exercises and anti-rotational exercises are all great for building up the core musculature, core stability and endurance. Core stability exercises can be divided into static and dynamic variations.

A traditional prone (face-down) plank where you are aiming to remain as stable as possible for a specific period of time is considered a 'static core stability' exercise. Exercises like the dumbbell plank and row,

where you will assume the plank position while holding a dumbbell in each hand and perform alternating rows in the plank position, is considered a more dynamic core stability exercises, as well as an anti-rotational exercise.

As you remove one dumbbell/hand off the ground to perform the rowing action, you have to fight the rotational forces generated to maintain a stiff core and proper body alignment. This exercise is a lot more challenging than you would think and 90% of people I see that perform this exercise are performing it very poorly and instead of resisting rotation they are going into rotation. Most people will need to start this exercise without any weights in the hands.

In closing, I'd like to remind people that a six-pack isn't something that's achieved in 6 days or 6 weeks regardless of what you've heard or been told. To see real 'visible' improvements in your midsection give yourself a minimum of 8 weeks.

You will, and should, notice small changes within the first few weeks, but for you to see some major improvements I feel most people need at least 8 weeks of solid and consistent training and nutrition to make improvements that will be good enough to get noticed from others around you.

I'll be back next month with another abs article to assist you in your quest for a six-pack. Until then, keep training hard and smart!

Article By Ian Graham, The ABS Coach  
and NM Facebook administrator  
Website: [www.theabscoach.com](http://www.theabscoach.com)  
Email: [ian@theabscoach.com](mailto:ian@theabscoach.com)







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My name is Coach A.

## welcome to MY WORLD

To contact Coach A:  
ateamx@patriot.net  
703 450-1658

www.onemodelplace.com/jwathertonphotography  
www.jwathertonimages.com

Where were you born?	Falls City, NE
Marital Status?	Married
Children?	Not yet! Just rman Shepherd ogs D
Education?	Bachelors of Science in ursingN ISSA ertifiedC Personal Trainer
Age?	25
Height?	5'10"
Weight?	140 Off-season , 130 ontest c

**M**y Wife and I traveled to Kansas City early in this year to shoot a new WBFF show put on by the now married, Micah and Diana LaCerte. Late last year at the WBFF finals in Mississauga, I shot Diana Rose Chaloux, and she ask me if I would shoot and write on whoever won the Diva Bikini Pro for the their coming competition. I said, "Yes!" Their show was an astounding success by any standards and my first photo shoot in Kansas City turned out to be the Diva Bikini Pro winner! I think that was another of those God things! So actually, I had two photo shoots in one weekend with Ali Marie McClafferty and I loved it!

Ali and her husband, Jeff, an Army career officer, are people with roots. Ali is 2x Kansas state high jump and Kansas state basketball champion. If you couple this athleticism with stunning looks, a killer-smile and down-home, real warmth that would melt the most cynical; then you know why I love my job. I was hooked at the first look through the lens. My name is Coach A, welcome to MY WORLD!

**What is your least favorite workout?**  
Running distance at a steady pace. I get bored easily!

**What is your Favorite workout?**  
Anything involving high intensity!

**What is your Favorite body part?**  
Legs

**First thing you do tomorrow?**  
Cardio before breakfast!

**Last meal?**  
Baked Chicken, Potatoes, Asparagus

**Last cheat food?**  
Burger, Fries, and a beer!

# Ali Marie McClafferty



**What do you consider your greatest lesson learned?**

My greatest lesson learned would be to always be myself and never forget my roots.

**Is there anyone you would like to thank?**

I would like to thank my husband and family for their support, as well as my trainer, Diana Chaloux. Without her, I would not have gained the knowledge or had the accountability to get to the place I am now.

**What do you consider your greatest triumphs?**

Having the opportunity to play a collegiate sport was a great experience, but winning my first fitness competition and earning my pro card triumphs them all!

**List your athletic achievements.**

High School: Two-time State Champion in High Jump; State Champion Basketball Team; All-Tournament Team; WBFF US Central Championship - 1st place tall bikini division - earned pro card

**What do you do for a living?**

I am a certified personal trainer and registered nurse in Manhattan, KS.

**One thing you would like to improve about yourself.**

I would like to increase my self-confidence. It was something I lost after being in great shape from playing sports all my life, but I am slowly gaining that back!

**Person who has influenced you the most?**

My mother has had the greatest influence on me. She has instilled a healthy lifestyle in me and has always encouraged me to be active.

**Who is your Favorite fitness athlete?**

Jamie Eason and Diana Chaloux. I love that they are still true to who they are and I admire their success in the fitness industry.

**How have you contributed to the fitness industry?**

I have had people tell me that I have inspired them and there is no greater feeling than being able to do that for someone. Also, as a trainer, seeing my clients' progress and transform their bodies and lifestyles is equally amazing.

**How and why did you get involved in fitness?**

I have always been an athlete, so I was lifting and working out all the time. Competing was one thing to keep the athlete going for me. I also love motivating others and inspiring others to change their lifestyles to a healthier one!

**Favorite book, movie, and cheat food.**

My favorite cheat meal is a good burger and fries (not from a fast food restaurant)

**Who influenced you the most?**

My mother went back to school to become a Physician's Assistant when my sisters and I were very young and she completed her degree, with honors. All while raising a family. She was always there to take extra time to explain things to me even when I was frustrated to tears.

**Who do you admire the most?**

I admire my husband, Jeff, for his hard work and dedication to his family and to his country as an Army Officer.

**What did you think about your first competition?**

Wow! I was so inspired just being backstage and seeing hard work and dedication. Stepping on stage for the first time was a rush and rewarding at the same time.

**Who do you want to emulate?**

Diana Chaloux and Micah Lacerte, not only have success in the fitness industry, but they also have a successful business while continuing to influence others.

**How do you want to be remembered as an athlete?**

I want to be remembered as being that girl who worked her tail off to her accolades while being Honest and Sincere. To me, there is nothing better than knowing someone is genuinely real and honest.

**What do you see that is good in Fitness today?**

The idea of fitness is still going strong and is becoming more and more popular, especially with the obesity epidemic.

**What needs to change in Fitness today?**

I would change is the "quick fix" fitness idea: It is hard work and unless you put that time and effort in, it will never become a habit and your lifestyle will not ultimately change. Hard work does pay off!

**Coach A?**

From the moment I met Coach A and his wife, I instantly felt like I had known them forever. We got to spend a lot of time together the weekend of the show and they are amazing, down-to-earth-couple. I am very blessed to have met them! :)

**What is your passion?**

My passion is creating a healthy lifestyle and helping others reach their fitness goals.

**What makes you tick?**

I wake up every day knowing that I have the best family and support system ever. I can't wish for anything more.

**Name 10 things you would take to a deserted island.**

My cell phone, bikini, my dog, food, water, my I-pod, a few fitness magazines, my laptop, my husband (if he is considered a thing), and sunscreen

**Sum up your philosophy of fitness/athletes in one sentence.**

Work hard, don't think twice, and get the job done, no matter what obstacles come your way.

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

I appreciate all the support and following so far! It has been wonderful!

You can follow me on: Facebook: Ali McClafferty - WBFF Pro Twitter: Ali McClafferty





# avoid *scary* little HALLOWEEN TREATS

**T**hose little pesky Halloween candies looking at you from the bowl, tiny and bright colored and just about leaping up at you with the sweet chocolate that you know that you LOVE so much. Unfortunately, they are very evil! You know you want one, just a tiny little one to snack on. Your craving increases and you yearn for one or two but as you try you just cannot say no....or can you? HA, NO, no I can't say no!

Halloween candy is some of the worst stuff that you can eat, (reality check). But how can this be? It is small it seems you should not worry too much about the calories (even if you eat 20). Here is where the point hits home, or let's say hits the body: it is high in saturated fat, sugar, and high fructose corn syrup – the worst of the sugars! There is so much around at this time of year that it is hard to avoid. In fact it would be hard to find an office building anywhere in America that does not have a few bowls of Halloween candy lying around on from October 1<sup>st</sup> until November 1<sup>st</sup>.

I saw some astounding "spooky" facts in a story not long ago in the "The Wall Street Journal". It has been proven that eating just two pieces of candy every workday can cause a weight change because of those two tiny little pieces of candy. This could really add up, especially if you are not cutting calories elsewhere or not increasing exercise. Did you know that two pieces of candy for five days a week, over 4 weeks, gives you an extra 1,920 calories? Just a little FYI. At this rate the total calories for a year will be an extra whopping 24,960!! Shockingly scary right?!

Another research study found that when chocolate candy was prominently displayed in a clear jar, workers ate 2 ½ pieces more per day than when the chocolates were in an opaque container. As a result of all these extra calories the weight gain was 7.13 pounds. Does this make you think twice about eating that extra piece of candy? Thank goodness Halloween season only lasts for about a month right?!



## FYI

If you would like more information about my online training programs or online nutrition you can go to my website at [LauraMak.com](http://LauraMak.com). In addition, you can check out my 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!!!

Hershey Bar	Fun Size bar	90 calories
Reese's Cup	1 cup	80 calories
Butterfinger	Fun Size bar	100 calories
Nestle's Crunch	Fun Size 3 bars	210 calories
Peanut M&M's	Fun Pack 2 bags	80 calories
M&M's	Fun Pack 2 bags	180 calories
Snicker's	Fun Size 2 bars	160 calories
Milky Way	Fun Size 2 bars	150 calories
Kit Kat	Fun Size 2 bars	100 calories
Twix	Fun Size 1 bar	80 calories
Almond Joy	1 snack size bar	90 calories
Milk Duds	1 treat size box	40 calories
Butterfinger	1 snack size bar	100 calories
York Peppermint	1 pottle	70 calories
Twizzlers	1 treat size pkg	45 calories
SweetTarts	1 treat size pkg.	50 calories
1 Tootsie Pop	1 pop	60 calories
1 Tootsie Roll	1 small roll	13 calories



Living Fit with Laura Mak, MS  
IFBB Fitness Pro

If you are not worried about all of these extra calories over the next Halloween season that is fine, but if you would like to avoid Halloween candy and the calories that they offer here are a few tips.

**1. Eat healthily so you can stay away from Halloween candy.** If you keep yourself on track for eating smart including your protein, complex carbohydrates, fruits and vegetables, then avoiding the Halloween candy is easier because you will not be hungry and already feel satisfied.

**2. Change your thought process around the little Halloween candy.** Most of us will remember these candies with childhood and that carefree feeling, instead think of them as something that will raise your blood sugar, quickly decrease your blood sugar, and can make you "ancy", not conducive to a work environment or any environment really.

**3. Purchase only the Halloween candy that you do not like.** What may be tough for someone to resist may not be too hard for you to resist. If you know you love the chocolates, then buy the sweet tarts and other non-chocolate options.

**4. Make Plan and decide what your treat will be, ahead of time.** Review the list above, there are some good decisions that you can make that will stop you from making this a weight gain holiday by eating the right Halloween candy. I am a big fan of Tootsie Rolls and those are apparently OK to eat. Or set a limit and a day of what you are going to enjoy, and then enjoy it, guilt free.

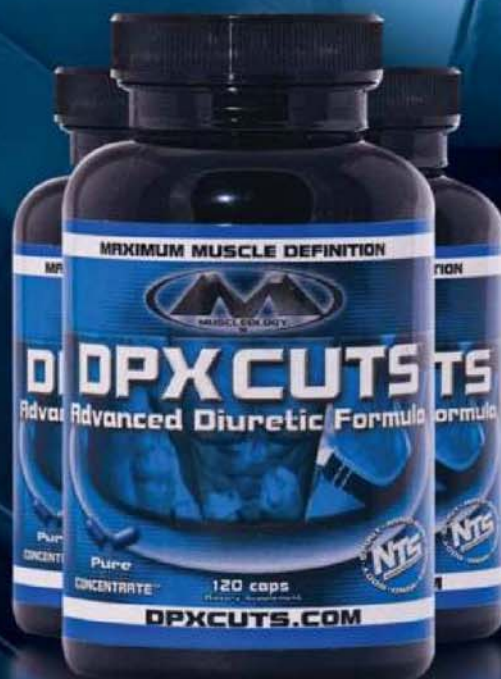
**5. Just steer clear.** There is some willpower involved in not eating the things that we are not supposed to eat. Have some willpower and you can stay away from treats. If you have to take another route in the office at work to avoid the candy desk, do so to avoid the daily temptation. After all it is only a one week holiday anyway, right?



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BETTER BODY SPORTS

**FAITH JAY DANIELS**  
Fitness Spokesmodel & Better Body Sports Athlete



# EXTREME FAT ANNIHALATION!

My name is Atheena and I am a 27 year old single mother of an almost 8 year old. I've always lived an active lifestyle and been athletic all my life. Well after having my son, he took precedence over me and my wants. I had been lurking around on a body building website because I wasn't happy with my post baby body. I wanted my fit athletic body back.

In April 2009, I happened to be on the body building website at just the right time and saw this company, Better Body Sports, that had this new fat burner out and was looking for people to test and log it. They would ship you the product and you just take it and log it. I thought ok easy enough why not, what do I have to lose?

At this point I was 5'6" and weighed almost 140 pounds. For my frame and me usually sitting between 118-125 I was literally miserable in my own skin. I worked out regularly but still wasn't seeing the results that I wanted. I even took other fat burners with no luck. I can't tell you how many I had tried over the years and either they left me so nauseous I couldn't take them or too jittery that I couldn't sleep.

So this was a new product and I felt that I had nothing to lose by testing it. I posted my statement why I felt I was a good person to be chosen to test and log it. I was so happy when I was chosen! The people within the company were so nice and friendly, very supportive and they motivated us to keep at it. I officially started logging in with them on April 20, 2009. I was very impressed with the Phoenix. No jittery, sick feeling. In

fact it was all just the opposite! I had never been more focused in any workout than I had on this day! I had energy as well and it's a great appetite suppressant, so much that I had to remind myself to eat!



I did workout everyday and ate a well balanced diet. The Phoenix was and is amazing! I was hooked! I would never again take another fat burner. There was no need to. On May 6, 2009 I weighed in at 125 pounds and the pictures don't lie! I had already lost 15 pounds and several inches of my waist and thighs. I got injured shortly after, so I was able to finish logging it. However, today I still take Phoenix and it is helping me reach my goals for my first figure competition in October. I would truly be lost without Phoenix, it is such a great product and the company is awesome and great people to deal with!

Seriously if you're skeptical, what do you have to lose other than the physique you aren't happy with?! I recommend Phoenix to everyone! It's a fat burner, appetite suppressant and energy booster all in one pill and it's ALL natural! I 100% stand behind Phoenix by BBS and if I don't believe in something I wouldn't represent it!

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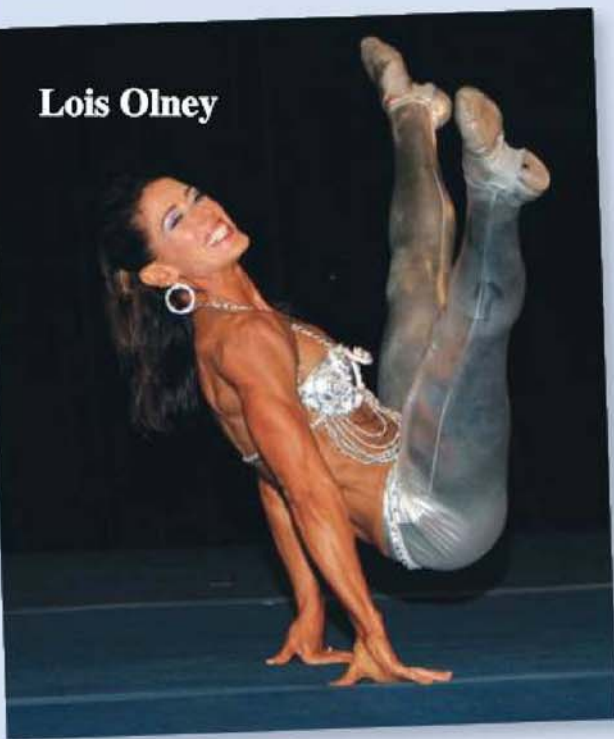
# athletes of the TRIFITNESS

By Lindsey Rosen  
Photos By: Ed Johnston, Thomas Oed

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

This month, we feature Andrea Ramsay (Oklahoma) and Lois Olney (Pennsylvania) who have achieved success in the Tri-Fitness World Challenge during the past decade.

Lois Olney



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

**Lois:** I met Al Rosen years ago when I was working as a fitness model at the Super Show in Atlanta, Georgia. Al's enthusiasm for creating a one-of-a-kind and fair athletic competition for women was contagious. In the fitness and bodybuilding world I was accustomed to, women were often exploited by photographers and venues were rigged. I entered my first Tri-Fitness competition in 1999 and, on average, compete about every other year.

**LR: What do you like about Tri-Fitness?**

**Lois:** Tri-Fitness is about pushing yourself and supporting others. Ask anyone what they like about the Tri-Fitness and usually the first response is "the people and the camaraderie," which is my answer as well. We encourage and inspire each other in and out of the gym. The Tri-Fitness venue enables me to train and compete with a fantastic group of athletes from many backgrounds. There

is nothing quite as challenging and rigorous as training for the four events because each event requires athleticism, focus, grace, speed, skill, and hard work.

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

**Lois:** Through fitness, I met my best friend, Anne Groff, who has shown me what it means to be a friend, gracious competitor, and not take myself so seriously! We train hard, do the best we can, give thanks to God, and then go home to our wonderful husbands. My husband and I have biked the mountains of Italy, Thailand, Australia, and Tasmania during the last two years.

**LR: Tell the readers about yourself:**

**Lois:** Born in 1963, I was reared on a dairy farm in Lancaster, PA—a Mennonite preacher's kid. I obtained my Registered Nurse degree in 1993, specializing in long-term care management. Currently I am a full-time student in a Nursing Leadership Master of Science degree program through Eastern Mennonite University. I am married to Bruce Olney, the man who has supported me faithfully through all my fitness endeavors. My love of fitness began in 1996 when I discovered the fit lifestyle was "just what the doctor ordered" to channel my restless and sometimes destructive energy into something positive.

is nothing quite as challenging and rigorous as training for the four events because each event requires athleticism, focus, grace, speed, skill, and hard work.

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

**Lois:** I train with an awesome coach, Rick McMillan, of McMillan Training Systems at his new athletic and obstacle course training center in Lancaster, PA. Group training consists of plyometrics, speed and agility work, weight-training, and conditioning. My second workout of the day is either practicing my fitness routine or do-







**LR: Please tell the readers about yourself:**

**Andrea:** Starting in middle school I was introduced to team sports. My favorite was volleyball. I loved jumping, hitting and diving on the floor! The competitiveness and adrenaline had me hooked! I competed in high school, college, and a little in Europe. While volleyball was my only love, I knew I was missing out on other sports. That's when my trainer, Shar Courtney, introduced me to into a huge world of fitness. First, I competed in NPC figure shows. Then, it was Women's Tri Fitness. The adrenaline rush was back, and I was completely on-board for a challenge!

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

**Andrea:** In February 2009, my trainer took me to a Tri-Fitness obstacle course training. It was foreign and difficult, but I accepted the challenge. I've now competed in 5 Tri-Fitness competitions in Las Vegas and Tampa. Every competition becomes more rewarding.

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

**Andrea:** The best part of the Tri-Fitness challenge is meeting and seeing all the new and veteran athletes. It's a great inspiration to see all ages of athletes compete and their love for fitness. While you're competing, your biggest fans are your competitors! Oh, did I mention box jumping? 50 box jumps on a 20" box. I love it!

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

**Andrea:** Training started off in the gym practicing box jumps, shuttle runs, and push-ups until failure. On Saturdays I headed to Dallas to train with Jenny and Chance Williams on the obstacle course. Their trainings were very effective and couldn't afford to be skipped!

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

**Andrea:** I've been inspired and motivated by numerous coaches and trainers in my life. With inspiration and dedication anything can be accomplished. Start with a small goal. Keep building onto it. The sense of accomplishment is amazing every time.



**Andrea Ramsay**



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Paula Jager CSCS

# MUDDER UP

**Strength, Speed & Power.** Most of my competitive and professional life has revolved around these three aspects of fitness. While definitely not one to neglect balance, agility, coordination, flexibility, accuracy, stamina, and cardio respiratory endurance; they were secondary in my personal goals. I wanted to be strong, fast and powerful and have lots of muscle. Still do.

Paula Jager CSCS and Level 1 CrossFit and CF Nutrition Certified is the owner of CrossFit Jaguar. Her exercise and nutrition programs yield life changing results  
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**M**any of my clients have endurance goals and I have trained them accordingly with much success. When many of our members came up with the idea of training for the Tough Mudder I encouraged them and began putting together a 16 week plan. I had no intention whatsoever of joining them. For those of you unfamiliar with the Tough Mudder it is a grueling 12 mile course with about 19 obstacles interspersed throughout. [www.toughmudder.com](http://www.toughmudder.com) While I enjoyed running obstacle courses I was used to 160 yards, not 12 miles. Our team rapidly grew to over 40 participants and the pressure was on—"why aren't you doing this with us?" It is not a timed event but rather a team challenge—leaving no man behind. The bonding and camaraderie will be strong and it was not a time to be on the sidelines coaching but rather alongside them. So, sign up I did.

Dear God I thought—I'm going to have to train for this; especially considering my last 5 K (my idea of distance running) was over a year ago. I really do not like to run more than 100m or maybe 20 m. Did that mean I would need to forsake the iron and run Long Slow Distance all the time while visions of muscle wasting danced through my head?

Absolutely not. However there are many dangers associated with excessive endurance training. Dating as far back as the 1970's, the misconception of mainstream training philosophies of 45 minutes to an hour or more a day of intense aerobic activity has led to an overtrained, unfit, immune-compromised exercising population. Man was not meant to continue at a chronically sustained high intensity aerobic pace. We've all seen it in the local globo gym—day in and day out, week after week Jane and John plod away on the treadmills and ellipticals or pedal themselves into exhaustion in spin classes. It has done nothing to shed the extra fat on their butts and guts let alone tone them. I have never been impressed by any of these results.

Several problems can be caused by training for long periods of times at high intensities such as...

- Debilitating osteoarthritis... at young ages
  - Tendonitis and other repetitive strain injuries
  - Recurrent upper respiratory infections
  - Increased oxidative damage (free radical production)
  - Decreased fat metabolism
  - Susceptibility to injury
  - Loss of bone density
  - Depletion of lean muscle tissue
- Coupled with the common high refined carbohydrate intake promotes a dangerous level of continuous systemic inflammation.

Aside from the disastrous results mentioned above why is high intensity aerobic pursuit such a dead end? One reason is the high level of carbohydrates consumed needed to sustain this activity leads to chronic inflammation. You've all seen it—Sally and Johnny are running a 5 K so they load up on a big bowl of pasta the night before, and chow down on bagels and juice immediately after their 36 min 5 K. Type 2 here we come.

All being said there are still people out there that want to run a half or whole marathon, participate in a triathlon or the Tough Mudder and there is a better and smarter way to train for it while avoiding the negative risks mentioned above. The days of logging mileage in excess of 20+ a week are rapidly becoming archaic. And so is the weak and skinny appearance of the stereotypical endurance athlete. Many are finding that by incorporating strength and conditioning workouts into their training routine along with shorter more interval based training they are improving speed, power and overall performance along with reducing injury potential.

Our 16 week training program was modeled after a proven template by Brian MacKenzie of [www.crossfitendurance.com](http://www.crossfitendurance.com). MacKenzie has created quite a stir in the endurance training world upsetting many with his radical ideas. Radical they may be but they are working and working very well. His methods have taken both amateur and elite level distance runners and triathletes to the next level with record breaking performances and

a dramatic reduction in both training time and mileage.

For our Tough Mudder program, I modified his program specific to the obstacles/terrain. In a very simplified description it consists of 3-4 strength and conditioning workouts over the course of a week along with 3 runs (short intervals, long intervals and a long run). Depending on one's starting level of fitness the workouts may need to be scaled down appropriately. The adjacent page shows our program for the initial 4 weeks. As you can see each week has 1-2 max effort



strength sessions with a short "finisher" along w/ 1-2 power sessions and 3 running days. The mileage will increase as the week's progress.

We are now 6 weeks into our program and if you're wondering my strength and power are as good as when I started if not better. My endurance has improved dramatically and I'm definitely faster. My muscle is still there although I'm leaner and I've even gained a little in the hamstrings—imagine that. Wonder if it's the sprinting? The team members are doing outstanding with amazing all around improvements and I am actually looking forward to the event. If you need a new challenge in your fitness routine I highly recommend giving this program a try along with the event—cause it's time to mudder up!



# Tough Mudder Training Program Weeks 1-4

This program should be modified according to your starting fitness level. A thorough warm up should precede each workout along with some stretching/mobility work at the end. This is not for the weak in body and mind.

## Workout Legend

Suggested weights are given for some exercises in the workouts. Male suggested weight on the left/ female on the right. Scale as needed.

• **60-70% of 1 rm:** means 60-70 % of the weight you can lift 1 time for the given movement

• **3. 3. 2. 2. 1:** a set of 3, a set of 3, a set of 2, a set of 2, a set of 1

• **21. 15. 9 (or 9. 6. 3):** means 21 (9) of everything, 15 (6) of everything and 9 (3) of everything

• **DB's:** dumbbells

• **RFT:** rounds for time

• **AMRAP:** as many rounds as possible

• **EMOM:** performed every minute on the minute

• **Best Effort:** a time trial or as fast as you can

• **C2b pull-ups:** chest to bar (modification would be regular)

• **Manmaker:** burpees with dumbbells

• **HSPU:** hand stand push up

• **Double unders:** getting the jump rope under 2x with 1 jump (sub is 3-4 x as many jumps)

• **Toes to bar:** hanging ab exercise in which you bring your toes to the bar (modification would be knees to elbows or knees to chest)

• **Goblet squat:** dumbbell held in front of chest like a goblet

• **Farmer's walk:** a walk carrying dumbbells for specified distance (usually in meters)

## Week 1

### Monday:

- Bent Over Row 5 sets of 3 reps using progressively heavier weights (rest 2-4 min between)
- Rest 5 to 10 min
- 15 weighted sit ups 20#/15#, 15 good mornings 65#/45#, 50 m tire pull 3 RFT

### Tuesday:

- 5 c2b pull ups, 3 manmakers 35#/25#, 25 double unders AMRAP in 8 min  
*3+ hours before or after*
- 6 x 200 m w/ 2 min rest between

### Wednesday:

- Shoulder press 5 sets of 3 reps using progressively heavier weights (rest 2-4 min btwn sets)
- Rest 5-10 min
- Diane
- 21. 15. 9 of deadlifts 225#/15, hspu

### Thursday:

- 4 x 800 m with 3 min between

### Friday 8/12:

- Good Mornings 3 reps EMOM (every min on the min) @ 60-70 % of your 1 rm
- Rest 5 min
- 1, 15 ft rope climb, 12 db snatches ea arm 55#/35# 4 RFT

**Saturday/Sunday: Off/run a 5 K for best effort**

## Week 2

### Monday:

- Push press 60-70% 1 rm 3 reps as fast as possible every 30 sec for 6 sets or 3 min
- Rest 5 min
- 3. 5. 7. 9. 7. 5. 3 of: hspu, toes to bar, ring dips, power snatch 135#/95# for time

### Tuesday

- 5 pull ups, 10 push ups, 15 squats AMRAP in 10 mins advanced athletes use weighted vest  
*3+ hours before or after*
- 3-6 x 800 m w/ 3 min btwn

### Wednesday:

- Sumo deadlift 3. 3. 2. 2. 1 (2-4 min btwn sets)
- 5-10 min rest
- run 100 m backwards 4x, run 100 m forwards, , 100 double unders, 50 knees to elbows, 30 swings 70#/50#, 20 box jumps For time

### Thursday:

- 10-12 x 200 m w/ 2 min between

### Friday:

- Weighted chin ups 3. 3. 2. 2. 1 (2-4 min btwn sets)
- 5-10 mins rest
- 6 x AMRAP 90 s on / 90 s off: 5 pull ups, 5 power cleans 135#/95#, 5 burpees

**Saturday/Sunday: one day off, one day run a 5 K at 85% of last weeks pace**

## Week 3

### Monday:

- Deadlift @70% of 1 rm 10 x 2 every 45 s
- Rest 5 to 10 min
- 5 clean & jerk 155#/105#, 15 swings 55#/35#, 25 push ups 5 RFT

### Tuesday:

- 7 back squats 250#/150#, 7 chest to bar pull ups AMRAP in 8 min  
*3+ hours before or after*
- 6-12 x 200 m w/ 90 s rest

### Wednesday:

- BO Row 8 x 3 @ 60-70% 1 rm every 45 s
- Rest 5 to 10 min
- 10 lateral burpees, 20 box jumps, row 250 m 4 RFT

### Thursday:

- run 3-6 x 800 m w/ 2:30 min btwn

### Friday:

- Front Squats 3. 3. 2. 2. 1 (2-4 mins btwn sets)
- Rest 5 to 10 min
- 10 sit ups, 10 goblet squats 70#/50#, 15 toes to bar
- AMRAP in 10 mins

**Saturday/Sunday: one day off/ one day run 5 miles at 85% of your 5 K best effort**

## Week 4

### Monday:

- Bench Press 3. 2. 2. 2. 1 (2-4 mins btwn sets)
- Rest 5 to 10 min
- 9. 6. 3 of: push jerk 185#/125#, dead hang pull ups for time

### Tuesday:

- 10 power clean 185#/125#, 10 burpees 4 RFT  
*3+ hours before or after*
- 2-4 x 1000 m w/ 3 mins rest btwn

### Wednesday:

- Box squats @ 60-70% of 1 rm 10 x 2 every 60 s
- Rest 5 to 10 min
- 9 pull ups, 12 push press 95#/65#, 50 m farmers walk 55# db's/35# db's AMRAP in 15 min

### Thursday:

- 3-6 x 400 m w/ 2 min btwn

### Friday:

- Shoulder press 8 x 3 @ 60-70% 1 rm every 30 s
- Rest 5 to 10 min
- 3, 15 ft rope climbs, 10 swings 70#/50#, 20 push ups AMRAP in 15 min

**Saturday/Sunday: one day off, one day run a 10 K at best effort**



# DON'T LET AN OLD MAN MOVE INTO YOUR BODY

By Jason Aaron Baca  
[www.jasonaaron Baca.deviantart.com](http://www.jasonaaron Baca.deviantart.com)

I don't know of a whole lot of people that are not goal oriented but for the ones that are, things can get tough in the gym when there is no reason for it. I have friends that have every excuse why NOT to workout and stay fit. I tell them they should write a book since they devote so much attention into why they shouldn't.

I know people that suddenly appear at the gym on New Years with these high hopes of suddenly getting serious about working out. Then a week later when their body aches all over, you don't see them again. Their minds are under the impression that this is something that will always be, that their bodies are older now and can't take this sort of resistance. What they don't realize is if they continue to workout their muscles, that pain period will pass. They think the aches and pains they are feeling afterwards are a bad thing but in reality, they are a good thing. It means that they trained hard enough to tear the muscle tissue and force it to create new fibers thus making the muscle grow.

They let their minds control them instead of taking control of their minds! When these people originally walked into the gym they probably had a thought or an idea of how they wanted to look. Maybe they caught a glimpse of someone that they wished they had a body like. Apparently they must have not wanted it bad enough.

For a lot of people, they just call it quits at a certain point. They reach a certain age and think that because they are that age now that they need to "act" their age. I remembered when they were in the gym in their early 20s with me I'd hear them say "Man when I am 40, I will never let myself get fat. I will always take care of my body." So how come now that they are in their late 30s or 40s that attitude changed? Is it because they are married now and have kids? And if so, why should it be against the rules to still have a nice body?

It's not a matter of a person not acting their age; I see it as not allowing an old man to move into your body! I don't want to look 60 when I'm 50 and I don't want to look 70 when I'm only 60.

I do not believe in Botox or having surgery to stay young looking either. No! I believe in exercising and putting nourishing foods into the body and seeing how the body ends up. I believe in using moisturizer on dry skin, I believe in doing everything possible to make my face and body look its best naturally. And I stress the



word "Naturally."

How many times have you turned on the TV and seen a show where some lady had a bad plastic surgery job? I see some of the younger reality stars are doing it all the time. Look at the cast of Jersey Shore. What are they doing to themselves? They believe it's an easy way to avoid aging but at what cost? I don't want to make this article about plastic surgery but I have that rant that must be exposed! The plastic surgery business is booming because there are so many people that want to go the easy way.

My point is, if you exercise, live in a healthy protein rich diet, scrub with dove and Neutrogena soaps, and apply plenty of rich in vitamin E creams, then there should be no reason to ever consider surgery. If

you are still considering surgery, then you must not be working out as hard as you possibly can. You must not be eating as clean as you should. Something must be the reason other than just giving into seeing a plastic surgeon. I think lazy people do that. People will look at you anyway and say that sure you look good but it's because you paid to look good. Why not do it on your own. Get a compliment that is real! I love compliments that come from my hard work and determination. All it will cost is an annual membership at your local gym.

Ok so I have your attention now. So then what do you do? Where do you begin? Well if you are reading this magazine then you more then likely have some ideas on some excellent workout routines. If you are a beginner, stick with the basics. I like to do the same 4 exercises for each body part until I am comfortable. Usually 16 sets will work the muscle well. Do a weight that you feel comfortable doing 10-12 reps if you are after a lean ripped body.

If you are looking to gain strength, then do a warm up set then go progressively heavier on each set. End you last set at the highest weight. Try to do 6-8 reps. If you feel you are straining at the 4th or 5th rep then you know that is a good strength gainer weight to work with. Eventually your body will adjust and you'll be able to do that wait no problem for 10 reps. That is when you can increase the weight a little.

In the gym, try to stay in there for 1 full hour. If you finish your weight lifting and look at your watch and it's only been 40 minutes, do some weak point training for the rest of the time. Don't cheat yourself out of a good workout. If you hurry and get it done because you have an appointment to go to then you aren't benefiting at all. Just because you feel you've gassed out early doesn't mean you can't handle a little more exercising. Catch your breath for a minute and continue. Push through the hard parts. When you get that extreme tired feeling, step off the machine and walk over to the water faucet and get a drink.

Not everyday will be a good one, some days you'll be driving to the gym and will be on the bubble as to whether you should still go in or not. I try to evaluate how I feel once I arrive at the gym. A good rule of thumb is to always have a piece of fruit handy in the car. Eat it and then decide if you should workout or not. The fruit will provide you some necessary energy and could give you much needed motivation to hit the weights.



Now let's talk about eating. What foods are good for a nice body and what foods are good for a bad body. If you want a bad body, the list is endless! Just go to any restaurant nearby you and you'll see that 90% of the menu is filled with carbohydrates. Pastas, Pizza's, Sauces with thick rich creams. Restaurants tend to be bad news. My wife and I went to a local restaurant where I ordered the rotisserie chicken, thinking that I was making the healthy decision. When the waiter brought my order it was drenched in its own oils, the vegetables were also coated in grease making the entire meal unhealthy.

I ate the meal anyway even though I wasn't happy with the order. Restaurants should put more healthy choices on their menus but they don't and they never will as far as I'm concerned.

If you allow yourself 1 day per week so screw up on your diet, then that is fine. Bodybuilders do this to get in the extra calories. However it should be the exception not the rule. Beer and alcohol are a big waste of empty calories too. It does the body no good. There is nothing in alcohol that can be useful for a nice body. Whatever they say out there, don't believe it.

For the days that I am eating clean, I eat foods that are high in protein, low in carbohydrates. Foods such as chicken, fish, pork loin are excellent sources of animal protein. Foods such as black beans, cheese, milk, & cottage cheese are also good sources. I try to make all the above items my main foods that I eat and surround those meals with fruit and veggies.

I don't eat food any later then 6:30pm. If I get a craving late at night, I drink some water which helps curb my appetite.

I believe in taking multi vitamins as well as protein shakes. The protein shakes that are made today that you find at local GNC's or Nutrition centers are really excellent quality. They just keep improving their products so that you get a high whey protein supplement with very little carbs or fat per serving. On top of that, some of them are delicious! I almost prefer the flavors of some of these shakes over my favorite hot fudge sundae.



Now, as far as hygiene goes, I believe in taking care of my skin. When you exercise, you sweat. Your pores in your skin can get clogged and you get black heads. There is nothing worse then having a great body but then having skin issues. I shower daily and exfoliate my face a couple times per week. I also know that when I shave my face, that is actually exfoliating the face as well, riding myself of any dead skin. I also use an anti-wrinkle cream put out by Homme. When that dries, I make sure to use a high quality brand of facial moisturizer. The one I use right now is put out by The Body Shop which has a lot of great ones to choose from that won't cause your pores to clog.

Hey I figure, all this may sound funny but you can avoid looking old if you follow my rules. And this doesn't take long to do either. The gym takes an hour, the shower and after shower shouldn't take more then 30 minutes, and eating... Well just stick to the clean protein. You know when you are doing wrong, you know when something tastes extra good it's usually because it's extra bad for you.

So there you have it. Your better body in a nutshell if you will! I hope this will prove useful to you and can have these secrets in your back pocket from this day forward.

Don't slack off. If you do, jump right back in the gym. Don't give yourself an excuse to not exercise like some stubborn people I know. If you are reading this article it's because you are motivated about exercise and

health. You are interested in learning how to sculpt a body. This is where it all begins though. To me, because you picked up this magazine and began reading it, it's just as motivating as that moment you decide to get off your butt and tie your shoe lace.

I hope you can find this article useful in your workouts and stay focused.



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## Moroccan Salsa

### Ingredients:

- 3 large red peppers\*
- 3 tablespoons extra-virgin olive oil
- 1½ teaspoons cumin
- ¼ teaspoon ground cinnamon
- ½ cup Kalamata olives, pitted and chopped
- ¼ cup red onions, chopped
- 1/3 cup fresh cilantro, minced
- ¼ cup golden raisins
- 3 tablespoons fresh lemon juice
- 1 tablespoon fresh mint, minced
- 2 teaspoons orange zest
- ½ teaspoon cayenne pepper
- Salt and pepper to taste

### Directions for Salsa:

1-Preheat broiler. Cut peppers in half lengthwise; discard seeds and membranes. Place peppers skin side up on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place bell peppers in a large zip-top freezer bag and seal; let stand for 10 minutes. Peel peppers, coarsely chop and place them in a medium bowl.

2-In a small skillet heat 1 tablespoon olive oil over medium heat, add cumin and cinnamon; stir until fragrant, about 1 minute. Remove from heat and pour mixture over peppers.

3-Next, mix in 2 tablespoon of olive oil and all remaining ingredients. Season salsa with salt and pepper. Salsa can be made 2 hours ahead. Cover; let stand at room temperature and toss occasionally.

### Time Saving Tip:

Substitute already made roasted red peppers instead of broiling them yourself. You can usually find a large selection of all types of flavored flame roasted red peppers that would compliment this salsa recipe and also save you lots of time.

## Cumin-Crusted Chilean Sea Bass

### Marinade:

- 1/4 cup fresh lemon juice
- 1 tablespoon fresh cilantro, minced
- 1 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 3 garlic cloves, crushed
- 4 (6-ounce) sea bass fillets (about 1 inch thick)

### Moroccan Spice Rub:

- 2 tablespoons ground coriander
- 2 teaspoons freshly ground black pepper
- 2 teaspoons ground cumin
- 1 teaspoon caraway seeds
- 1 teaspoon paprika
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons fresh cilantro, minced
- Lemon and lime wedges

### Directions:

#### To prepare marinade:

In a small bowl combine first 5 marinade ingredients, mix well. Place fish fillets in a large zip-top plastic bag; pour marinade over fish, seal and marinate in refrigerator for 45 minutes. Remove fish from bag; discard remaining marinade.

#### To prepare spice rub:

In a medium bowl combine coriander, pepper, cumin, caraway, paprika and salt. Rub fish with spice mixture, coat well.

#### To prepare fish:

Heat oil in a large nonstick skillet over medium heat. Add fish; cook 5-6 minutes on each side or until fish flakes easily when tested with a fork. Top with Moroccan Salsa (recipe to follow), garnish with lemon and lime wedges and sprinkle with fresh cilantro. Try serving over couscous for a great meal!



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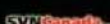
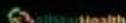
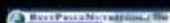
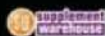
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# DR. COREY MOTE

PROFESSIONAL NATURAL BODYBUILDER, CHIROPRACTIC PHYSICIAN

**D**r. Corey Mote started off in high school training for sports such as football, soccer, and track with weight training. By his eleventh grade year, he decided to compete in powerlifting competitions. Within less than a year of powerlifting, he won the National title for his weight division as a teenager. After the Powerlifting Nationals, he decided to go into Olympic-style weightlifting, an entirely different type of lifting and training. He ended up rather successful with this sport as well, placing 2nd in the Georgia Games with pre-Olympian competitors. After a couple years of Olympic-style weightlifting, he decided to go into bodybuilding. His first show was in 1999 at the Amateur Athletic Union's Mr. Teenage America in Cleveland, Ohio, where he ended up placing 3rd in the competition. He then went onto compete and win the NPC Teenage Georgia the following year. After that, he competed in and won several other shows before deciding to put a hold on competitions—although staying in top shape for future contests—for a few years, so he could focus on school and other priorities. He started back competing in September 2010, and, this time, it was in another country altogether. He competed in the Musclemania Britain in St. Albans, a city just outside of London. He ended up winning both for his weight class and the Overall, earning the status as a Musclemania Professional natural bodybuilder. From that point on, his sights were set on making an impact at the pro level in the sport. He immediately began training for the Musclemania Universe that was to be held in Miami in June 2011. Here he would make his pro debut, and he wanted it to be special. It was. He ended up placing 3rd in the Pro Heavyweight division, shocking a lot of people, including himself.

Dr. Mote was first exposed to chiropractic in his second year of college, upon having a sacroiliac sprain that was unrelenting. He visited a chiropractor for it, and the injury was resolved within two to three visits. Mote then realized that he needed to make use of chiropractic more often with all the training he was undertaking. Dr. Mote feels that the supplementation of chiropractic therapy elevated his performance in the gym to new heights. From that point on, he knew becoming a chiropractor was in his future.



"I first came to a chiropractor to relieve pain, but the doctor I went to explained to me the importance of using chiropractic for optimal physical function and, thankfully, I listened. I do not think that I would have been nearly as successful with bodybuilding had I not used chiropractic care."

Dr. Mote currently owns and manages Performance Chiropractic and Rehabilitation in Clarkesville, Georgia located an hour north of Atlanta, and has been planning to branch out his practice around Atlanta and further into other cities across the U.S. in the future. Mote graduated from Life University's Doctor of Chiropractic program in September 2008, and began his practice in March 2009. Dr. Mote sees mostly personal injury and sports injury patients. Along with manual spinal manipulation, he uses various modalities, such as electrical stimulation, therapeutic ultrasound, traction, flexion distraction, and therapeutic exercises in his practice.

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[illegible]

A photograph of two muscular men standing outdoors against a stone wall. The man on the left is Black, shirtless, with his arms crossed and one leg raised. He is wearing blue jeans and white sneakers. The man on the right is White, shirtless, with his arms crossed and one leg raised. He is wearing dark blue pants and white sneakers. The background is a stone wall with some greenery. The text 'chris musclefx.com' is visible in the bottom left corner.



Bodybuilding has helped me through various aspects of my life. One area that bodybuilding has affected help change my life forever. I have always done pretty well in school, but I never did anything that was extraordinary. I simply did what was required to get by and never went out of my way as I never felt there was a need to so. However, after my first bodybuilding show, I possessed the 3-D's that has helped bring my education to a higher level. After completing three months of strict dieting and intense training, I literally felt that I could accomplish anything. From the day after my show to where I currently stand, I have carried over the discipline I received from bodybuilding and applied it to my studies. The 3-D's has helped me go from the average student to making all A's with an occasional B every once in awhile. Now that you have heard what the 3-D's have done for me, I will give you some basic rules that can be applied to ensure better results in the class room.

Now that you understand how to plan your week out, simply plan a time for the gym. For some, this can be easy as their schedules allow them to go to the gym every day at a set time. For others, their schedules may be too hectic. They must go at different times of the day whenever they are able to squeeze some free time into their busy days. Their schedules are never the same, day in and day out (I fall under this category).

### 3 Ways to Manage Your Time Wisely

1) I like to go to the gym first thing in the morning as your body's testosterone levels are naturally elevated from a good night sleep. Many people (college students in particular) do not get the proper sleep that their bodies require and they are too lazy to get out of bed and head to the gym in the morning. This may



mean waking up as early as 5 or 6 a.m., but this is when you must ask yourself if you are serious about achieving your set goals. (If you listen and take the initiative to wake up early, you will be golden. If not, well then you may as well bend over and grab your ankles).

2) If you have gaps in between classes, this is a perfect time to hit the gym. You can alleviate any stress that could have been bestowed upon you from school. I can remember my first semester in college when I would train in between the gaps that were in my schedule. This proved to be a great way to fit training into my busy schedule. I like to refer to this idea as killing two birds with one stone.

3) If for whatever reason, you cannot fit training into the above two ways, then attempt to go to the gym at night once you get off work or school. I do have some friends that go to school full-time, as well as work. My advice to them is to utilize the weekends to fit training into their schedules as they do not have to worry about going to class.

### The 3-D's for Success

In order for someone to be able to accomplish anything in life including their fitness goals, they must possess the 3 D's.

#### Those 3 D's are: Discipline, Dedication, & Determination.

Anybody who has ever achieved difficult things such as getting a college degree or achieving their fitness goals knows that it requires a lot of discipline. The way we look at things is you have to go into a different state of mind, and as we like to phrase it, you need to "turn on the light switch." This means that you must be willing to sacrifice many things that you normally would not do such as staying home and not going out so can wake up early to exercise and get the proper amount of rest. In a world full of fast food restaurants and junk food, it is rare to see someone who can diet and stay focused on their set goals.

It requires an abundance of dedication to be successful and stick to your diet and fitness routines. After hanging around the gym and speaking to people who have dieted moderately or say they watch what they eat for the most are people who get results and they do accomplish some of their fitness endeavors, but it is so easy for them to slip up and go right back to where they were before they started. On the other hand, we have seen those individuals who have dieted and stayed committed to their set goals and it makes all the difference in the world. They look absolutely amazing and have all the self-confidence in the world.

Last, but not least, is determination. We truly believe that if you want to get into the best shape of your life, there is no other option other than to give it a 110% effort and be determined that you are going to accomplish your set goals. If you cannot follow the 3 D's, then half the battle is lost as you have already defeated yourself mentally. You cannot eat your cake and have it too. Always remember these three things and your set goals should be fantastic.

Anthony Alayon is a C.F.T. (Certified Fitness Trainer) and the creator of The Fat Extinction Program. Anthony is also the proud owner of his own clothing line, mobile apps and has collaborated with some of the top health experts in the industry.

To learn more about Anthony Alayon, visit his website at [www.fatextinction.com](http://www.fatextinction.com).

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By: Pz Hopkins

# And the AGING DRUM BEATS!



From the moment we draw our first breath, it begins...a drum beating faintly off in the distance. Like death and taxes, no one escapes it. In the beginning, there is much impatience and we want to speed up the process as fast as possible. We hear the drum and wish only for it to come closer. In the middle, we finally get the gist of it, and as the drum beats a little louder it's a time when we choose cereal for fiber and not the toy. In the end, we come to fear it or despise it or wish we could prevent it or halt it and do everything in our power to run from it and ignore it. The drum beat is deafening. It's upon us.

Aging is a given. It's a wonderful and perplexing and mysterious and maddening physical phenomenon and psychological accord that we human beings experience during our lifetime. Although that lifetime journey is not the same for each of us, the way each of us age is not the same either.

There are some who handle aging much better than others. Some embrace it and accept it as an inevitable way of life. Some reject it, rail against it, and would sell their soul like Dorian Grey to be able to stop it. Wherever you come down on the aging spectrum, the song remains the same. It's happening to you, right here, right now.

One thing is clear. Aging isn't what it used to be. Throughout modern history mankind has lived a specific number of years that have gradually increased. That is what we refer to as life expectancy. The U.S. has a life expectancy of 78 years. For many obvious reasons we are living longer. What we do with those extra years and how we see ourselves in relation to how others see us are questions our society has begun to confront. No matter how old you are, it's worth taking a look at how you feel about growing old and how you want to age. After all, there's no getting around it. There's no dodging the beat of the drum.

## PZ'S POINTERS ON AGING AND GETTING OLD

### Hollywood defining worth

The epicenter of youth and glamour, Hollywood, has long sent the message that young is good and old, well, not so good. Leading men and women are cast in parts primarily based upon looks and youth and are celebrated and adored based less upon talent and more upon the package we're being sold. Women are especially victims when it comes to the negative connotations associated with aging and actresses mainly so. It used to be you were through at forty and relegated to the side of the stage playing an interesting, lesser character role. With the real coming of "older age" actresses like Streep, Mirren, Keaton, and Bates, it's now being said old is gold as veterans are bagging lead roles in serials and film. If that trend continues, a new and improved way of looking at aging might have a chance to emerge. That would be a positive and welcome movement with invaluable and far-reaching ramifications. When Hollywood shows you who they deem bankable and worthy, the rest of society might rearrange their programmed, obsolete views and get on board. Old could actually become cool. What a concept!

### You can be wise and old or just old

There is a myth we've come to believe that the older you are the wiser you become. On the face of it the concept would make sense. Surely, one would think that as we live we would learn and the accumulation of life experiences would have us become a vessel of infinite wisdom and knowledge. Look around and you'll find that simply isn't the truth. The reality is one doesn't automatically go with the other. Old doesn't necessarily mean you're anything other than old. Wisdom comes to us from a source that has no bearing on chronological age. It's like a fertile plant in perpetual motion that blooms and thrives and spouts new life and showers us with its presence and beauty. Think of the old people you know. Some are not at all evolved and probably don't know and don't care. Others are extraordinary and are wise beyond whatever age they have currently reached. To a ten-year-old, forty is old. To a forty-year-old, maybe it's fifty-five or sixty. To an eighty-year-old, it could be a whopping one-hundred. You see, what is

old for one isn't for another. But it's not how old you are but who you are at any age. Does your age define you or are you defined beyond age? Which person will you be when the time comes that somebody calls you old?

### Health and fitness equal healthy aging

It's no secret that how we treat and care for our body is a big determining factor for how we age. A healthy body and a fit body ages better and has superior quality of life than one that is neglected and abused. Look at the fitness industry and examples abound of men and women who have aged in such unbelievable ways thanks to the lifestyle they chose. Superficial things we're obsessed within our society don't contribute to longevity like diet and exercise do to healthy aging. The prevailing thought on aging is that maintaining an outward appearance is more important. Human beings are more than that. We're a total inside and outside complex specimen. Don't forsake those parts that need your attention most.

### Fools are fools no matter what their age

Like wisdom, age doesn't dictate whether or not we're a good person. Fools come in all ages, shapes, and sizes. Don't blame problems or shortcomings solely on the fact that someone is old. That crotchety old woman was probably a mean young woman. She's not all of a sudden nasty or hateful because of her age. She's the same woman wrapped in an older veneer. Don't let the fools at any age give being old a bad name.

### Vibrant or worthless and left to languish on the vine

Our traditions show a tendency to throw people away like discarded trash when they deem they're too old or washed up. That philosophy is arrogant and insensitive and robs us of this valuable resource. More and more, the population living longer is remaining in or re-entering the workforce, either because they want to or they have to. Idle people become sick people. Disengaged people become depressed people. The worst thing that could happen is for people to lose their purpose and will to live. George Burns said it best when he said, "Age to me means nothing. I can't get old; I'm working. I was old when I was twenty-one and out of work. As long as you're working, you stay young. When I'm in front of



an audience, all that love and vitality sweeps over me and I forget my age." Here's a guy who worked up to shortly before his death. He died at the age of 100! The longer a person stays a vibrant, active part of society the better off we all are.

### Elderly versus elder

What immediately comes to mind when you hear the word elderly? Maybe you're thinking frail or feeble or weak or unproductive. Perhaps idle or uncreative or slow or useless pop up. Now think of elder. What picture comes to mind when you think of an elder? You might be thinking of a leader or a chief or guide or director. Words like wise, knowledgeable, learned,

**"Wisdom doesn't automatically come with old age. Nothing does - except wrinkles. It's true, some wines improve with age. But only if the grapes were good in the first place."**

*~Abigail Van Buren, Advice columnist*

or accomplished could pop up. Words have meaning and in a certain context shape our opinions and values. Elderly is used as an adjective like the elderly man or as a noun like the elderly. There are negative implied meanings that go along with elderly. Elder is always a noun and has an entirely different positive associated meaning. If more old people acted as elders we'd have fewer tendencies to treat them as elderly. If we referred to old people more often as elders rather than elderly they would feel more of a sense of value and importance. One feeds into and benefits from the other.

### Outside improvements are for some not for all

We live in an era of discoveries and procedures where we can physically alter the outside of our appearance. The choices are many. The reasons are simple. We want to look as good as we can for as long as we can. The cosmetic industry offers products to help enhance our look and helps us feel prettier to ourselves and others. The plastic surgery industry offers procedures to help alter or improve our look and helps us feel better to ourselves and the rest of the world. At the heart of all this is age, or anti-aging as we've come to know it. Society has sent messages for many years telling men and predominantly women that you can do this, that, or the other to improve your appearance. This is where the whole concept of aging gracefully has sprung. A

face without wrinkles is more appealing or sexy or desirable or marketable than a face with them. At least that's what sells and what we're buying. Self improvement is an individual matter. More than that, it's often determined by what the media is telling us and by what others are doing. If you're having a procedure done or engaging in treatments that makes you happier or healthier that's what counts most. Anything you do for yourself on the outside should match who you are on the inside. If you're making changes to your body for the wrong reasons you'll end up still disappointed. If you're trying to keep ahead of aging by signing up for one procedure after another that won't stop the calendar from moving or the clock from ticking. Our idea of beauty in this culture has been skewed in the direction of the superficial and unattainable. Aging naturally is not valued or appreciated as it should or could be. We could take a lesson from countries like Japan, Egypt, or Italy where the emphasis is on embracing old age rather than obsessing on preventing it.

### Changing attitudes and coming to terms is all good

If we were bombarded with advertising that aging was beautiful and being old isn't being useless or dead, our whole attitude as a culture would change. I do see signs that it's improving...slowly. It has to. There are too many people living longer than ever before and the sooner we come to terms with it the faster that it will spill over to the thinking of all ages. Looking at aging through a lens of respect and reverence will take us a long way towards triumphing over it.

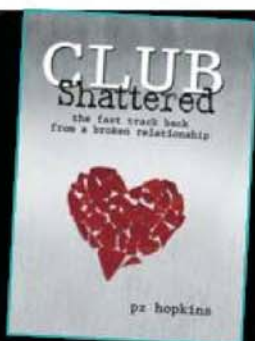
When I was young I was surrounded with people much older than me. I was wise as a kid—one of those wise past her years, and very intuitive-type creatures. Now that I'm no longer a kid (except at heart) it seems most of my friends are younger—funny how that works. Still, I'm grateful that my journey has included, up until now, a lifelong search for growth and wisdom beyond what age affords or constricts. About one thing I am sure. It is never too late to learn. It is never too late to grow. It is never too late to age with purpose. It's never too soon to start. It's okay to age. Aging affords us the opportunity to have one more day of life to live. It provides us one more opportunity to fulfill our desires. It provides us one more day of being. The gift of life and aging is one that we should not dismiss and abhor rather honor and revere. When an unwrinkled heart becomes more important than a wrinkled face, just maybe, we'll begin to scratch the surface on the true meaning of aging and the beauty in growing old. Then, the beat of the aging drum will be pleasing music to our ears and our souls.

**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](http://www.pzpower.com)

Have questions or feedback? Pz wants to hear from you: [pz@pzpower.com](mailto:pz@pzpower.com)





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# EMBRACE

By Steve Shaw  
for [MuscleandStrength.com](http://MuscleandStrength.com)

# FIRE

**What is your athletic background, and how did you get involved with weight training, and what do you love most and least about it?**

As a child, I was very athletic. I grew up in all sorts of sports, from gymnastic, figure skating and dance, to martial arts, where I obtained my black belt. However, I have also always suffered from a lung condition that limits my air capacity, and as I got into high school, I found that sporting teams or instructors were less sympathetic to my condition, which caused me to give up on a lot of things and become more sedentary.

I quickly became the archetype of skinny fat – 96 lbs at 5'2, still a size zero, but not a muscle to be found. And climbing a flight of stairs was a challenge that left me winded! This is when I decided that things needed to change, and started to approach fitness from a lifting perspective.

It worked out wonderfully! In a short time, I put on 10 lbs of muscle, and dropped my body fat by nearly 10%. It was only a few months after that, some local photographers contacted me, who really suggested that I should take what I was achieving and put it into photos. Now, here I am!

**What do you love most about fitness and training?**

My health. Nothing could truly compare to waking up feeling refreshed, when you couldn't dream of sleeping before. Nothing compares to being able to pick up something heavy rather than ask for help. And when I get to the top of a flight of stairs and don't feel the slightest bit winded, I feel like I've given myself the most precious gift.

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

I'm heavily focused on weight lifting, so I'm hitting the dumbbells six days a week. I break up my workouts based on a split I adopted while doing the FST-7 program, and have modified for my weaknesses. I train one major muscle group a day along with a complimentary group (I.E.: Chest/Triceps), and I make sure to hit my lagging body parts (Lower body and shoulders) twice every week to ensure maximum benefit.

The thing I like most about lifting heavy, regularly, is that I always feel as if I am achieving something great. I push myself to the limit with nearly every workout, and I see the results when my body starts to change before my very eyes. I wouldn't feel the same way about a cardio heavy routine.

**How often do you perform cardio?**

My cardio schedule is heavily dependent on the season. During the summer I maintain a consistent schedule of cardio 4 times a week, for between 30-60 minutes. This allows me to keep to a fairly rigorous cardio routine to stay lean for my shooting.

When the semester begins, my cardio routine comes down to around three times a week for 20-45 minutes. This is because my classes are usually early in the morning, so getting in a full weight routine is difficult. I'd rather get up, do cardio at home on those days and hit the weights later.

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

Oh definitely! I love to get out and try new active things, like taking specialized classes for things like pole dancing or kickboxing or rock climbing, and I LOVE to surf! I'm no good at it, and I only get to do it when I go away to places with warm waters, but I still really enjoy it. It is such a killer workout for the shoulders and core.

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

I try to switch up my routine at least every 4-6 weeks, just to keep my body guessing. The longest that I will remain with a single program is 2 months before changing to something different, even if I come back to the original program later on. I do periodize my workouts, and I do so based on season. The fall and winter I lift heavier for less reps, and summer becomes more cardio intensive.

**What are your thoughts on fasted cardio?**

Sometimes, I just like to roll out of bed and get my cardio on, first thing! This is what really gets me ready for those early morning history classes. Overall though, I think it is more beneficial in terms of results to do cardio after weight lifting, therefore usually after a meal. I usually eat, then do cardio two hours later, so I finish just in time for my next meal.

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

Definitely HIIT cardio. I have a lung condition that causes me to have a diminished lung capacity, so steady state or endurance cardio can be very painful to perform. I need a chance to recover. That's why I love the HIIT programs – I can still challenge myself and get an awesome workout, without worrying about passing out from something I can't control.

**What are some of your most and least favorite muscle building workouts approaches, and why?**

I'm a big fan of the FST-7 program: I noticed tremendous gains while doing it, and I truly enjoyed my workouts. I left the gym every day knowing that I was going to be sore the next day, and it really helped me break through – no, shatter – some plateaus.

**Do you have any gym, muscle building or fitness pet peeves?**

I absolutely cannot stand people in the gym who are discourteous, and the most selfish thing that I see people do is drop weights. My philosophy is that if you cannot put it down safely, you shouldn't be using it! It makes me crazy watching people letting dumbbells drop to the ground at the end of their sets – they're breaking equipment we all share. So yeah, it's absolutely a pet peeve of mine when people can't think beyond themselves at the gym.

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

Abs are truly made in the kitchen, to use the old cliché adage. If you want great abs, you can train them to death, but, without having your diet on track, they're never going to come out. So, I recommend making sure the diet is 100% clean with no empty calories like liquids and condiments, ab specific training 2-3 times a week, a moderate amount of cardio, and to hold your abs tight when you work your other muscle groups!

What advanced training techniques work well for you? I'm a big fan of slow negatives, supersets and giant sets. I think that these three advanced training exercises create a better burn, ignite the metabolism, and help target a specific muscle group in several different ways, respectively. I often incorporate these three techniques when I think that one of my body parts is lagging behind in progress, and I always notice a speedy improvement.

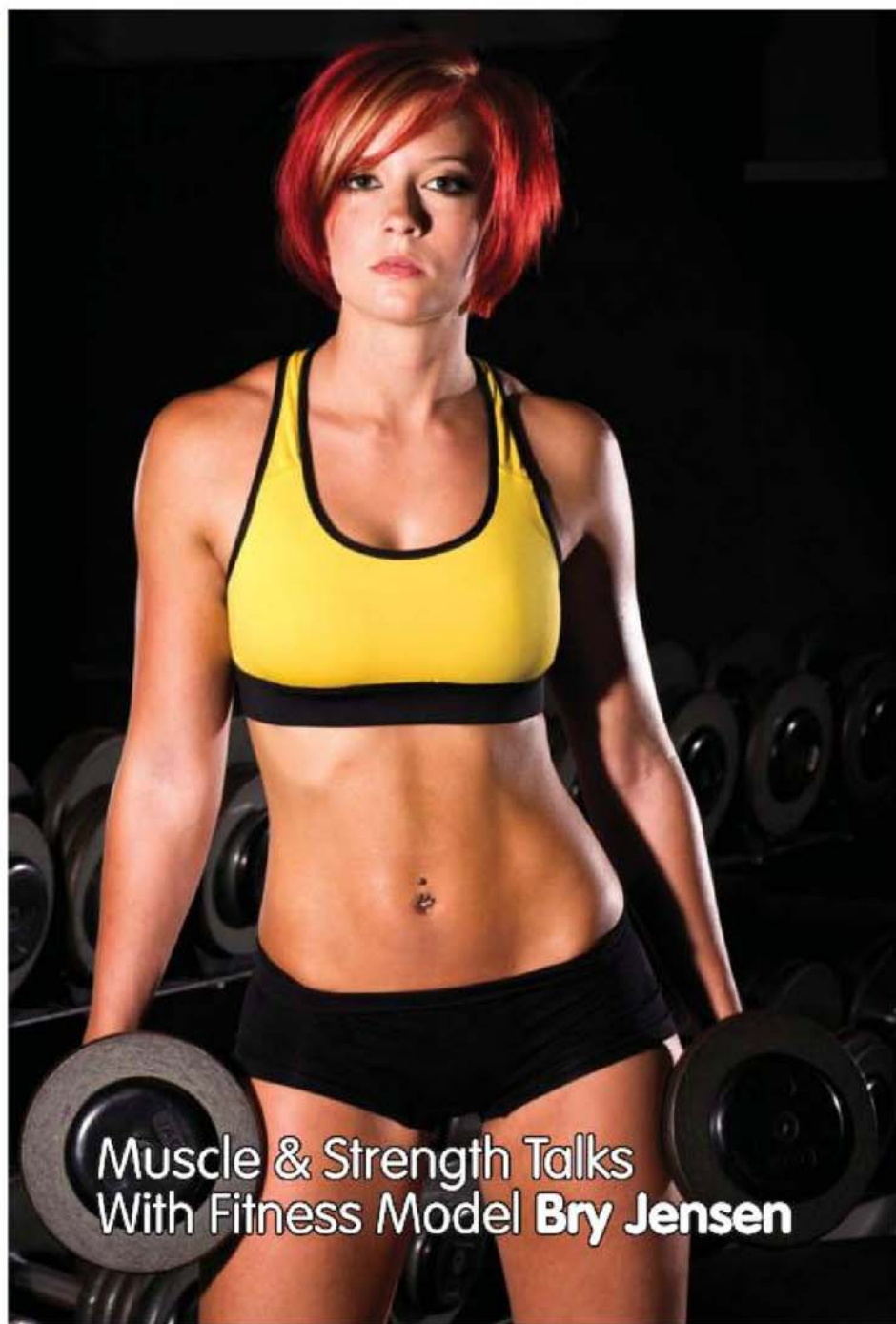
**What does your post-workout nutrition and supplementation look like?**

I honestly keep it pretty simple: when I'm finished working out, I have a protein shake with 50 grams of protein and 5 grams of glutamine. That's 500 calories as well, so that holds me off until my next meal, which is usually lunch.

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

I cook for the week, except for my snacks and breakfasts. On Sundays, I'll grill up a ton of chicken





## Muscle & Strength Talks With Fitness Model Bry Jensen

breasts for lunch and dinner, steam a big batch of rice (every 2-3 days, so it doesn't go bad), ensure there is a container of baby spinach in the fridge along with a gross of eggs, as well as plenty of Greek yogurts. If I can foresee a sweet craving, I'll also bake up a batch of clean eating cookies, along with a few bowls of protein pudding.

**Do you believe recomping is possible (gaining muscle while losing fat), and if so, is it as difficult as most people think it is?**

Yes I believe it is possible – you can sculpt lean muscle while burning fat, but it requires great balance, and the

diet to be on point. If you want to recomp, then you have to be eating clean 100% of the time, balancing your cardio with lifting, as well as balancing lighter high rep lifting with heavier low rep lifting. It is by no means an easy thing to do, but it certainly can be done.

**What are your favorite cheat meals and foods?**

Cinnamon buns or anything with brown sugar. I'm also just in love with oatmeal Crisp cereal – the vanilla almond kind.

**What are some of your best diet, nutrition and supplementation tips for someone who just wants**

**to look good and ripped, but doesn't want to compete?**

Eat clean. It honestly is the simplest, most straightforward thing you can do for yourself. Avoid anything that is processed, do not consume liquid calories like juices or milk, limit or eliminate your condiments, and opt for your lean proteins and complex carbs. Unless you're looking to compete, clean eating done right is all you need.

**What does your current supplementation plan look like?**

For the most part, I like to keep it simple. I stick with a solid protein powder, glutamine for recovery and to inhibit the catabolic burning of muscle, an additional BCAA powder if it is not already in my protein, and a multi-vitamin.

**What are some of your favorite supplements and why?**

Gaspari Myofusion is my favorite protein powder on the market – for some reason, a lot of proteins upset my stomach, or leave me feeling very nauseated for a long while afterwards. I find Myofusion to have the right texture and taste at the right price point, without leaving me feeling sick.

**What are your favorite meals and foods?**

Definitely spicy chicken, and brown rice with hot peppers. I LOVE hot food, like you wouldn't believe! I could eat hot peppers like a child eats candy... and often do!

**Which athletes do you admire any why?**

Jamie Eason will always be my number one fitness idol: I think she has the perfect body, and such a great, humble attitude about fitness. She has always been incredibly supportive and encouraging, and shares her knowledge freely with the desire to see everyone succeed. I also highly admire Pauline Nordin for her dynamite dedication, Dana Linn Bailey for her approach and No-BS style.

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

Right now, the best places to contact me are on my Facebook fan page: <https://www.facebook.com/Bry.Jensen.Fitness> and my personal blog: <http://embracefire.net/>. I'm currently in the process of working on <http://BryJensen.com> as well, so that will be the best place to keep in touch very soon!

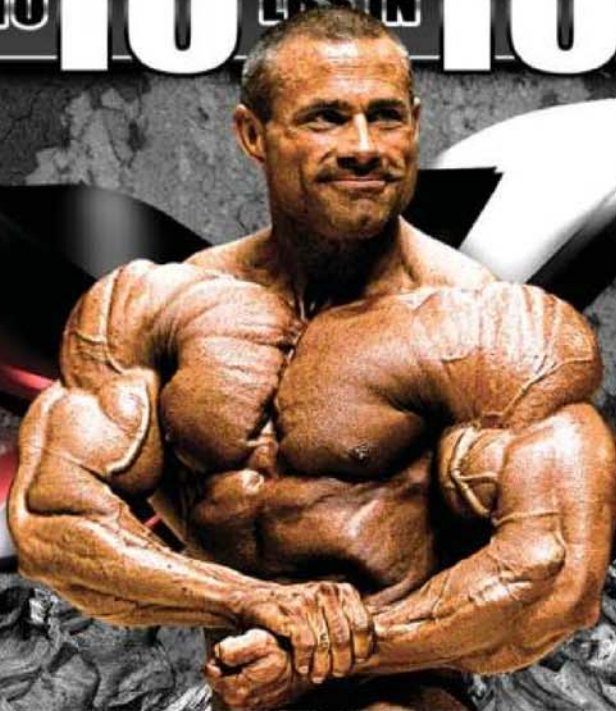
**What attracts you to the natural side of sports and competition?**

I believe in results from hard work. I'm so disheartened when I see people who have earned their gains not from sweat, but from steroids or plastic surgery – to me, those aren't legitimate rewards, or something to admire either. This industry is about disciplining ourselves beyond the average person and reaping the payoff, and I think that the unnatural individuals in the industry really take away from that positive message.

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



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[www.QUICKMASS.COM](http://www.QUICKMASS.COM)

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



# QUICK MASS<sup>®</sup> LOADED

Based on Research at CALIFORNIA STATE UNIVERSITY

## RAPID MASS GAIN CATALYST

- 1010 SCIENTIFICALLY ENGINEERED CALORIES PER SERVING\*
- RAPID WEIGHT GAIN CATALYST\*
- GAIN 4.5 TIMES THE FAT-FREE MASS!
- 4 DELICIOUS FLAVORS!

### OMEGA 3/6/9 EFAS, CLA & MCT FORTIFIED

4

EASILY THE MOST NUTRIENT DENSE CALORIES YOU CAN CONSUME AND WITH OMEGA 3/6/9 FORTIFICATION, YOU GET A FULL SPECTRUM OF ESSENTIAL FATTY ACIDS COMBINED WITH FAT BURNING MCTS THAT ACTUALLY ENHANCE AND SUPPORT THE NATURAL PRODUCTION OF TESTOSTERONE.



### ACTIVATED ABSORPTION COMPLEX

5

NP5 IS A POTENT ABSORPTION AGENT WITH ENZYMATIC NUTRIENT ACTIVATORS TRIGGERING RAPID GAINS IN LEAN BODY MASS. THE RESULT, YOU ABSORB THE HIGHEST QUALITY NUTRIENTS EFFICIENTLY TO TURN CALORIES INTO MASS.



BASED ON RESEARCH AT CALIFORNIA STATE UNIVERSITY

## COMMANDING SIZE

requires scientifically engineered nutrients built on rock solid research. QUICKMASS<sup>®</sup> packs 1010 MASS-BUILDING CALORIES into the highest quality macronutrients known to nutritional science. Exclusive NP5 Calorie Activation Technology<sup>™</sup> puts unprecedented GROWTH at mind-blowing SPEED within your reach.

QUICKMASS has become the standard in MASS GAINERS. Within the past year, literally hundreds of thousands have chosen QUICKMASS, not just because it works; because it works FAST!

BODY MASS GAIN  
IN JUST 8 WEEKS



BASED ON CSU 8 WEEK STUDY



BODYBUILDING.COM  
2011 BREAKOUT BRAND  
OF THE YEAR NOMINEE

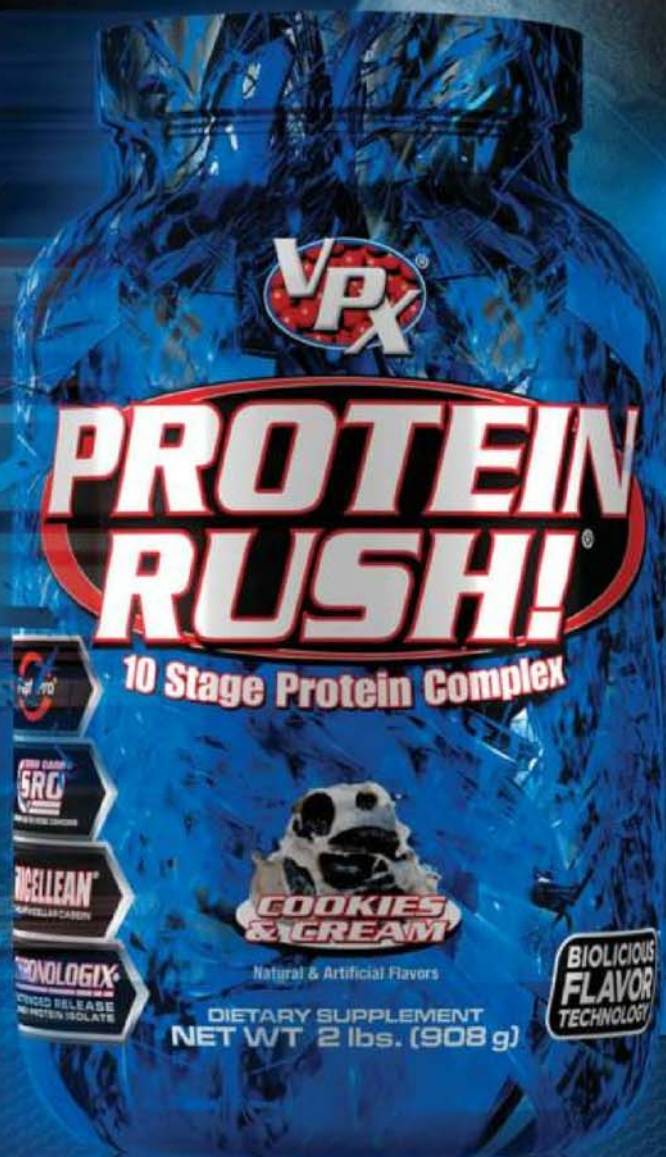






# WORLD'S FIRST 10 STAGE PROTEIN COMPLEX

Protein Rush™ a 10-stage protein complex designed to provide a constant and steady stream of amino acids needed to enhance muscle protein synthesis and limit muscle protein breakdown.



**PeptoPro®**

**ZERO CARB SRO**

SPIROFUSE REVERSE OSMOSIS

**MICELLEAN®**

7-HOUR MICELLAR CASEIN

**CHRONOLOGIX®**

EXTENDED RELEASE  
WHEY PROTEIN ISOLATE

- **PEPTOPRO** – a whopping 85% casein hydrolyate, considered the undisputed anabolic king of proteins.
- **ZERO CARB SRO** – SpiroFuse Reverse Osmosis whey protein isolate is jam packed with highly prized low molecular weight bioactive protein micro-fractions.
- **MICELLEAN** – Micellar casein which yields sustained plasma amino acid levels and prolongs protein synthesis for up to seven hours.
- **CHRONOLOGIX** – the newest and world's only sustained release whey protein isolate

**NEW INNOVATION!**

**TRY ALL OUR DELICIOUS FLAVORS!**



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