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**NOVEMBER
2011**

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Universe

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**TEAM GO
FITNESS**

Introducing The Healthy Housewives

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BODYBUILDERS FAIL TO
ACHIEVE BODYBUILDING
GAINS**

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16 years!**



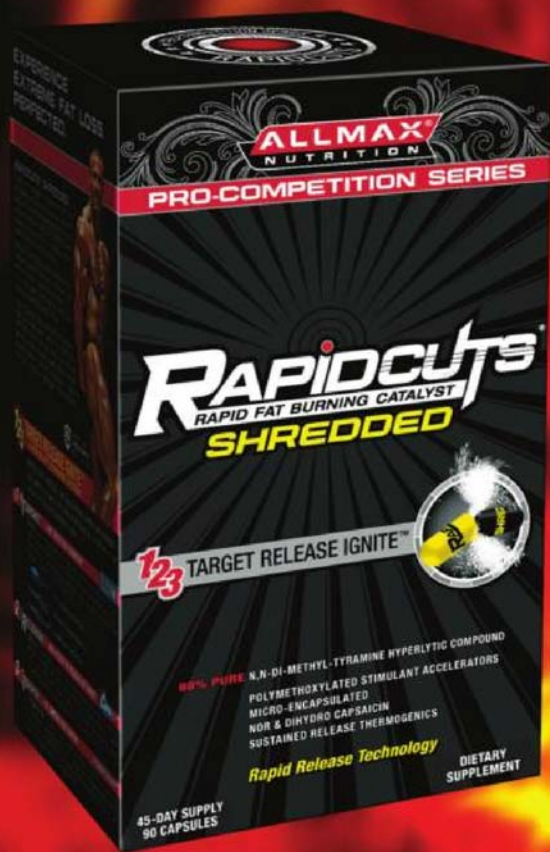
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cont ents

November 2011

celebrating 16 years!

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ON THE COVER

AJ Ellison

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Erin Stern

Erin Stern
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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!

visit www.betterbodysports.com & receive 25% off by using code nmpx11 for a limited time!



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my two cents

Debbie Baigrie



Lookin' for Love in all the Wrong Places

According to an old Hindu legend...

...there was once a time when all human beings were gods, but they so abused their divinity that Brahma, the chief god, decided to take it away from them and hide it where it could never be found.

Where to hide their divinity was the question. So Brahma called a council of the gods to help him decide. "Let's bury it deep in the earth," said the gods. But Brahma answered, "No, that will not do because humans will dig into the earth and find it." Then the gods said, "Let's sink it in the deepest ocean." But Brahma said, "No, not there, for they will learn to dive into the ocean and will find it." Then the gods said, "Let's take it to the top of the highest mountain and hide it there." But once again Brahma replied, "No, that will not do either, because they will eventually climb every mountain and once again take up their divinity." Then the gods gave up and said, "We do not



know where to hide it, because it seems that there is no place on earth or in the sea that human beings will not eventually reach."

Brahma thought for a long time and then said, "Here is what we will do. We will hide their divinity deep in the center of their own being, for humans will never

think to look for it there."

All the gods agreed that this was the perfect hiding place, and the deed was done. And since that time humans have been going up and down the earth, digging, diving, climbing, and exploring—searching for something already within themselves.



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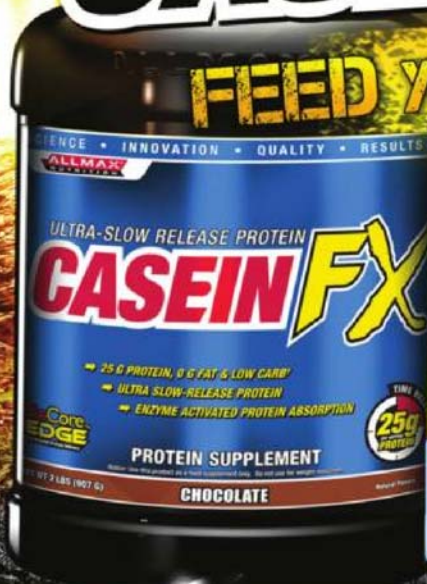
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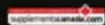
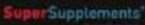
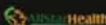


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Sunday – Rest
Monday – Abdominals and Shoulders
Tuesday – Legs
Wednesday – Chest and Triceps
Thursday – Abdominals, Back, and Traps
Friday – Calves, Biceps, and Forearms
Saturday – Rest

How To Evaluate All of the New and “Revolutionary” Bodybuilding and Training Information Presented on the Internet

Many bodybuilding and training “experts” are trying to tell you that their way of training and eating will get you better results in just a fraction of the time.

These “gurus” want you to believe that their methods are far more effective, far easier, and make a lot more “common and scientific sense” than the ones those “obsessive, stupid bodybuilders who just do what every other bodybuilder has done for years—without putting any thought into what they are doing.”

Well, I’m here to tell you from 20 years of experience coaching people all over the world that all bodybuilders are NOT obsessive. In fact, the majority of people who have started on this bodybuilding and training journey are rather lazy.

All bodybuilders are NOT hardworking. Many are constantly looking for shortcuts—and always have.

All bodybuilders are NOT highly motivated to do whatever it takes to produce great results—no matter if what they are told to do is extremely time consuming and difficult. Most will never do what it takes to build an outstanding body no matter how simple what they are instructed to do is.

And, even if they were highly motivated to do whatever it takes no matter how difficult was for a period of time, you can bet that didn’t last forever. Don’t you think that, during those less-than-motivated times



when they couldn’t follow through, they would have discovered and said, “Wow! I’m putting in half the effort and STILL getting awesome results! It’s great to learn that I never have to work that hard again to get amazing results!”

You bet they would have. And they would have told all of their friends too!

If there was a way to get outstanding results—with half the time and half the effort—that would already be the STANDARD that every bodybuilder works from!

It’s a nice “sales job” that the revolutionary new “experts” are trying to get you to believe—but it just doesn’t work the way they telling you it does.

They are selling you on the fact that they are the most highly-evolved, intellectual, and scientific authority on the planet—and everyone else is and always has been stupid “Neanderthals.”

Just like you, I wish it was that easy.

Routine #3

Monday

Abdominals and Shoulders

Exercise	Sets	Reps
Cable Crunches	2	10 to 12
Weighted Leg Raises	2	10 to 12
Seated Dumbbell Press	2	4 to 6
Military Press (To the front)	2	4 to 6
Side Lateral Db Raises	2	4 to 6
Seated Rear Lateral db Raises	2	4 to 6

Tuesday

Legs

Exercise	Sets	Reps
Squats	4	4 to 6
Dumbbell Lunges	2	4 to 6
Stiff Leg Deadlifts	2	4 to 6

Wednesday

Chest and Triceps

Exercise	Sets	Reps
Flat Barbell Bench Press	3	4 to 6
Incline Dumbbell Press	3	4 to 6
Weighted Dips	1	4 to 6
Incline Triceps Extensions	2	4 to 6
Lying Triceps Extensions	2	4 to 6
Cable Pushdowns	1	4 to 6

Thursday

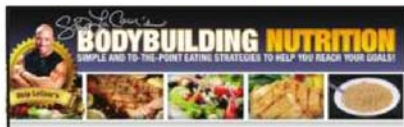
Abdominals, Back, and Traps

Exercise	Sets	Reps
Swiss Ball Crunches (Bodyweight)	3	15 to 20
Swiss Ball Leg Raises (Bodyweight)	3	15 to 20
Pull-ups 3 each set to failure		
Cable Rows (straight bar)	2	4 to 6
Bent-over Barbell Rows	2	4 to 6
Barbell Shrugs	2	4 to 6

Friday

Calves, Biceps, and Forearms

Exercise	Sets	Reps
Leg Press Calf Raises (one leg at a time)	3	6 to 8
Seated Calf Raises	2	6 to 8
Barbell Curls	3	4 to 6
Curl Bar Curls	2	4 to 6
Barbell Wrist Curls	2	6 to 8
Standing Dumbbell Curls	2	6 to 8



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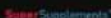
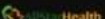
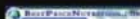
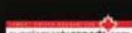
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Allison Ethier
Professional Trainer

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† 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 IRV F/D/Nix sales for SLIMQUICK® Brand latest 52 wks ending Dec. 26/10. †Based on a review of all available published research on the absolute amount of weight loss from other female fat burners. Read the entire label before use and follow directions. © 2011. All rights reserved.

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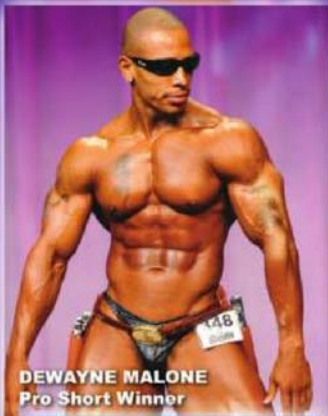
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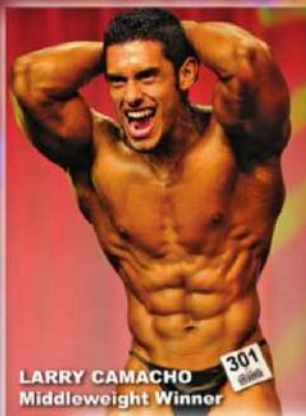
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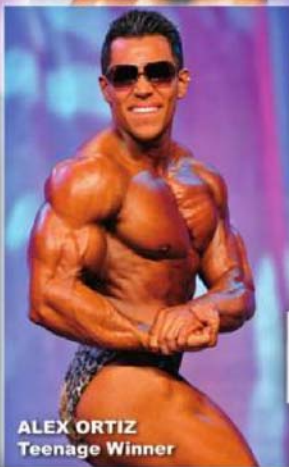
DEWAYNE MALONE
Pro Short Winner



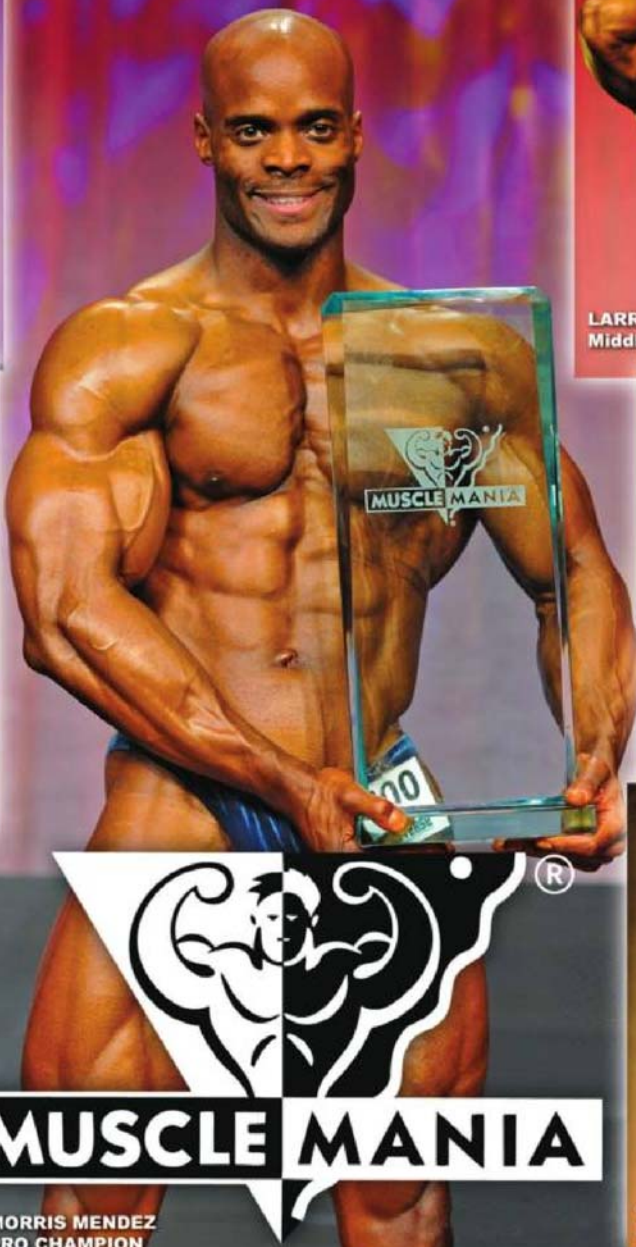
LARRY CAMACHO
Middleweight Winner



ADRIANA PALACIO
Women's Winner



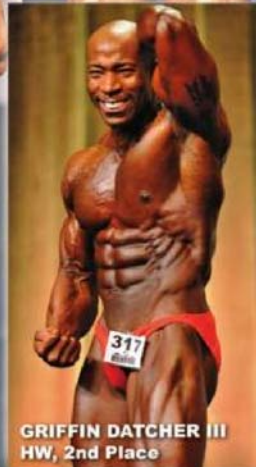
ALEX ORTIZ
Teenage Winner



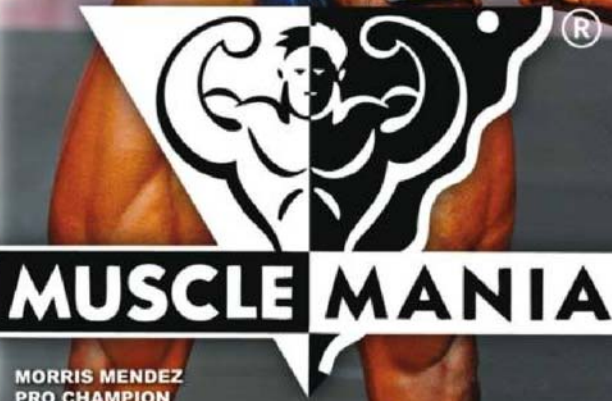
MORRIS MENDEZ
PRO CHAMPION



GERALD PANGAN
Pro Short, 2nd Place



GRIFFIN DATCHER III
HW, 2nd Place

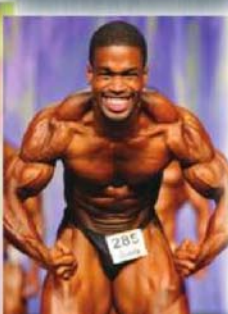


Natural bodybuilding exploded at the recent Musclemenia Universe Championships in Miami with over 100 of the world's best drug free bodybuilders flexing for international honors. Topping the heap of talent was Morris Mendez who grabbed the Professional Division. The 5'10", 200 lbs. veteran star always brings class and dominance to any stage. Middleweight Winner Larry Camacho delivered a powerful, ripped and symmetrical package and finally earned his MM Pro status. But, it was Yoon Jong Muc from Korea that took the Open Division with his thick, powerful physique. Women's Winner Adriana Palacio from Colombia captured the top placing among a tough line-up. For more information, visit musclemenia.com.

PHOTO CREDIT: GORDON J SMITH



NATHANIEL VEERIS
LHW, 2nd Place



DARREN GUMBS
LW, 4th Place



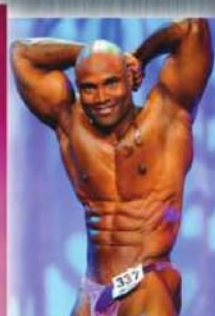
YOON JONG MUC
Open Champion



TYRUS REED
HW, 5th Place



WILLIAM SANCHEZ
MW, 2nd Place



KENNETH STEWART
LW Winner



CHANDRA JONES
4th Place



LANTONYA ELLERBEE
2nd Place



ADRIANA PALACIO
Winner



YALANDA BALDON
3rd Place



ANNAROSA ZAMBONI
5th Place



LAMAR BYRD JR.
Junior Winner



DUBE ROSEME
Novice LW, 3rd Place



COREY MOTE
Pro Tall, 3rd Place



FRED POMPO
Pro Short, 5th Place



ARLANDO RUSSELL
MW, 4th Place



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By IFBB Pro Marzia Prince
www.HealthyHousewives.com

Going green just got hotter! Meet the Healthy Housewives. They are one lean green team to empower you to take charge of your health and that of Mother Nature. You would think being beautiful, sexy, and fit would be enough for these ladies, right? Wrong. They decided to green their fitness routine and take it one step further, save the planet. That's right! These eco-friendly divas have joined forces to save the world. Have you ever wanted to know what you can do to help save the environment but don't know where to start? Well now you can! This eco-educated group offers expertise in health, beauty, fitness, fashion, home, garden, family, pregnancy, kids, and animals. So what are you waiting for? Let's go green!

Photos by Wade Livingston

THE GREEN TEAM

MARZIA PRINCE: Creator and co-owner of the Healthy Housewives. After going through a major health scare back in 2009 from years of competition dieting, she had to relearn how to be healthy again. She adopted a vegan/vegetarian/raw food lifestyle. Through this lifestyle she became more aware of her environment. Marzia believes this health scare saved her life. "After getting my health

in check, I knew that this is what I was meant to do. I came up with The Healthy Housewives to help educate people out there on the who, what, and why's of the food industry," claims Marzia. She is a Cooper Institute certified trainer. She holds certifications including pre/postnatal, geriatrics, nutrition, biomechanics in resistance training, and life coaching. She owns her own business specializing in training women. She trains pageant title holders, bikini fitness competitors, to the regular housewife. She educates women how to eat, workout, and balance their busy lives. She is an eco-expert in fitness, nutrition, and fashion.

Her motto: Fitness is not a look, it is a lifestyle!

SHANON GRIFFEE: Co-owner of the Healthy Housewives, licensed auto dealer, specializing in DIY proj-

ects-home and garden. This native California beauty is the epitome of a guy's girl. This down-to-earth girly girl loves manual labor. She loves shooting guns, fast cars, landscaping, working out, and shopping at Home Depot. Shanon recently got her concealed handgun license and she is very proud of it. She also installed hardwood floors in her own home herself and when she couldn't find the perfect sectional couch for her living room, she

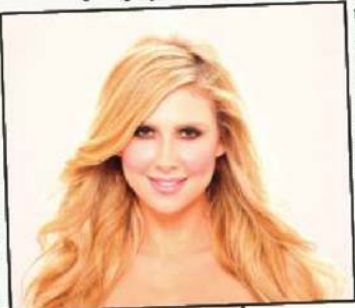
built one from scratch! But, don't let these activities fool you, a tomboy she is not. She loves to get dressed up in a ball gown and go to black tie charity events, too. She wants to inspire women that they can do eco-friendly DIY projects around the house for cheap. Whether it's home or garden, she can teach you how to go green.

Her motto: Some say a healthy lifestyle is a challenge, but I don't mind a little hard work!

lost the weight within a year and did her first figure competition and won at 40 years old. She is a firm believer that if you put your heart into it, you can do it. She says living a healthy lifestyle keeps the insanity of everyday life at bay. With child obesity on the rise, she believes in teaching children a healthy lifestyle while keeping the planet in mind. "Our children are the future to making the planet a better place to live. Let's lead by example!" She is an eco-expert on green parenting, kids, pregnancy, and family issues.

Her motto: A healthy household is a happy household!

SHELLY MAC: Growing up as a skinny ugly duckling, Shelly found out she liked herself better when she took



care of her health. She perfected her beautiful exterior through nutrition, working out, and the right skincare. She knows that being pampered from time to time is important for a woman's health. She has worked side by side with one of the world's best dermatologist, Dr. Howard Murad. She wants to inspire women to look and feel their best through skincare and makeup. She is the leading Esthetician for her spa that she has won 7 awards. She is an expert on green beauty products.

Her motto: Some say a healthy lifestyle is a luxury, I make it a priority!

The Healthy Housewives believe if everyone made small changes in their everyday lives, this would help out the planet tremendously. A little education today goes a long ways for our future. To get educated right now go to www.HealthyHousewives.com to join them in saving the planet.

SANDY CROSSLIN: This multitasking super mom of twins (boy and girl) embraces the challenge of owning her own business, raising twins on her own, staying fit, and trying to find love again. Sandy has found the right combination to balance her crazy busy life and hopes to inspire other single mothers out there that you can do it all. Having a fitness setback while going through the fertility treatments for 4 years and then a tough pregnancy, Sandy gained 70 lbs with her twins and was put on bed rest for the last 2 months pregnancy. She did not let that get her down. She was so determined, she



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A full-page photograph of a muscular man, AJ Ellison, posing for a fitness magazine cover. He is shirtless, wearing a white tank top pulled over his shoulders, and blue jeans with a brown belt. He is standing in front of a white brick wall. His arms are raised, with his hands behind his head, and he is smiling at the camera. The lighting is bright, highlighting his muscle definition.

COVER STORY

AJ Ellison

HOW I BECAME A PRO FITNESS MODEL

Photo by Eva Simon

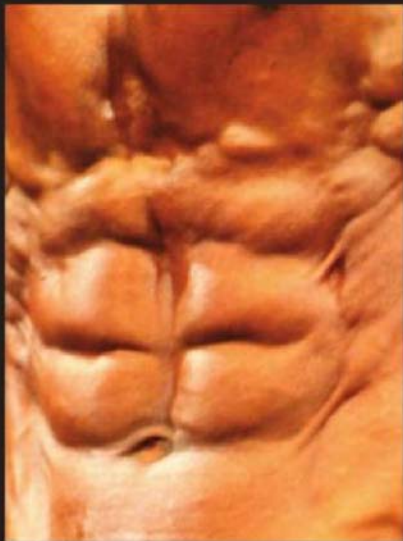
If you were to ask me a year ago about competing (let alone getting my pro card) I would have laughed it off as if it were impossible. Being tied down with two jobs and working 56 to 60 hours a week with only having Sundays off to recharge the batteries is a chore in itself. I've always been athletically inclined and have been involved with organized sports even after college as I was a Division I NCAA collegiate track and cross country athlete so finding time to hit the gym has always been a must. Last year, I was encouraged by a few friends to step on stage and give the fitness modeling a try. I was very hesitant at first as I didn't think I had the time it took to take an average body to an insane level of fitness. Nor did I think I possessed the driven dedication that I once had as an elite class runner because I knew what I had to give up to achieve comparable level of success.

After countless encouragement from my buddies, I entered my first competition in Kansas City and told myself, "It's just for fun." I had no clue what I was doing with my diet. But, I used common sense and limited my calories, carbs and sugars in a crash diet and smashed it in the gym to drop body fat. I definitely looked "beach season ready," so I took that physique on stage not knowing the level of conditioning it would take to win such a competition. I received a morning call out, but at the evening show I was overlooked. All I could recollect after hearing the last name called was me telling myself to keep a smile on my face. After the show I quietly gathered my things and packed my bag, disappointed, as I knew I shouldn't have taken that competition so lightly. That night I found out something about

myself. I still had a fierce competitor within me! I took a few days to collect my thoughts and I realized why I didn't make that top 10 call out. I had the mindset that it was just a hobby and I didn't bother to take my dieting seriously. At that point I made up my mind to fully committing myself to this fitness thing and set my sights toward my next competition which happened to be the WBFF World Championships in Mississauga, ON. I had three months to become a student of the sport, research, and learn as much about nutrition and dieting as humanly possible. I spent countless hours scouring the internet, thumbing through books for information I could use to plan my cutting cycle. With my diet plan in tact I found that I had to prepare six meals a day for 10 weeks. Not only did I have to plan each meal, I also had to find time to train twice a day around my work schedule.

I dedicated myself to training for three solid months and strict dieting for two and a half months and finally came to the realization that after twelve years (and 50lbs) later, I found my second wind in another sport I'm passionate about.

I arrived in Canada ready to get on stage in the best shape of my life. I told myself that no matter what the results, I would be proud of myself for the level of commitment I dedicated to this competition. The odds were in my favor as I took the stage that day with a third place finish overall in the Muscle Model division which secured my pro status with the WBFF. It was a sigh of relief and very humbling experience to have been selected top three in the world in my first year of competing. I look forward to 2012 as I make my pro debut, continuing my dedication to the sport.



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CONTEST PREP WORKOUT

AM

DAY 1 stadiums x
15 walk back
recovery

DAY 2 rest

DAY 3 rest

DAY 4 60 sec hard,
60 sec light for
20 min on the
row machine

DAY 5 rest

DAY 6 rest

DAY 7 hill sprints x
15 with walk
back recovery

PM

legs

chest

back, abs

shoulders

legs

abs, calves

rest

learn to lose **fats** by eating good **fats** AND FOLLOWING THE **RIGHT** DIET RULES

The Importance of Fats and Basic Bodybuilding Diet Rules for Fat Loss

By Cecile Bayeul, RN

When most people start a bodybuilding diet they say to themselves that the first step is to eliminate all the fat from their diets. Even though eliminating the consumption of fats in order to lose fat seems very logical, it is a big mistake that will prevent you from achieving your bodybuilding goals!

KINDS OF FAT

Indeed, there are two kinds of fats:

- 1) Bad fats, like saturated fats that are high in cholesterol and partially hydrogenated oils.
- 2) And the good fats like fish oils which are high in the omega 3, 6, and 9.

Your body needs all of these good fats to function properly. For example, they are used for proper brain function, for better thinking ability, proper functioning of the heart, joint health, and they even play a huge role in our production of necessary hormones (including the muscle building/fat loss ones like testosterone and growth hormone).

Without the good fats, the body simply does not work properly, fat loss stops and a variety of health problems can arise from not taking them.

HOW MUCH FATS DO YOU NEED FOR BETTER HEALTH AND FAT LOSS?

Typically, 20-30% of your calories should come from good fats. You can accomplish this by doing the following things:

- Add 2 teaspoons of extra virgin olive oil per meal in your vegetables.
- Do not add oil to a meal if you are eating a fish like salmon which is rich in good fats.
- If you do not like olive oil or oily fish, eat your grilled meats and your natural vegetables, but do not forget to add another source of good fats. What you can do in this case is to consume around 20 grams of almonds or walnuts three times a day with any meal. Also take an essential fatty acid supplement that contains the Omega 3s. I suggest a dose of 3 capsules in at least 2 of your fat free meals.

Now that we have covered the myth that to lose fat you need to stop eating fats, let's talk about the sort of food that you can eat to promote fat loss.

FOODS THAT PROMOTE FAT LOSS

When we start a diet, the first thing to do is to make the right food choices. I will eliminate all the confusion on what to eat by detailing exactly what foods help to promote fat loss:

- Choose the right carbohydrates like whole grain pasta, brown rice, oatmeal, potatoes, peas, corn (and yes, these are vegetables but in the category of starchy carbohydrates).

Forget processed carbohydrates that come from candy, cakes, processed breads, cereals and breading as these will get you fat.

- Choosing the right proteins like chicken (knowing that the chicken breast is much less fatty than other parts such as the thigh or the wings), white fish and salmon (yes, salmon is a fatty fish but the fats are GOOD fats loaded with Omega 3s), 90% lean steaks, egg whites (with 1-2 egg yolks as these also contain good fats), and turkey. Avoid pork (because it is high in saturated fats) and reconstituted meats such as chicken nuggets, Cordon Bleu, deli meats and fast foods that contain a lot of fat.



- Don't forget to eat your vegetables. The best vegetables you can eat are: green beans, broccoli, cauliflower, mushrooms, spinach, asparagus, lettuce, tomatoes, peppers, cucumbers, garlic, and onions.

- You can have a dessert, but it has to be a healthy one. Concentrate on low calorie desserts like Sugar Free Jello and you can also have a piece of fruit with it. Samples of good fruits are: apple, kiwi, peach, strawberry, pear, pineapple, watermelon. All these fruits are good for health but like all fruits, they contain fructose. Thus, for the best fat loss, do not eat more than 2 of these fruits per day when on a fat loss diet.

- For good fats, concentrate on getting them from the following sources: extra virgin olive oil, fish oils, almonds, walnuts, hazelnuts. Eliminate butter, cheese and other sauces that come already prepared as they usually contain added sugars and the wrong kind of fats!

PUTTING IT ALL TOGETHER AND CREATING YOUR BALANCED DIET

- With all these food choices, it is now easy to compose a balanced meal without bad fats. What is a balanced bodybuilding diet you may ask? One that consists of 5-6 small meals a day consisting of 40% carbs, 40% proteins and 20% fats.
- An average man needs 2000 to 2500 calories a day. Thus, at 40% Carbs/40% Proteins/20% Fats he will need around 200-250 grams of carbs, 200-250 grams of protein and 45-55 grams of good fats per day divided over 5-6 meals. (Note: 1 gram of carbs = 4 calories, 1 gram of protein = 4 calories and 1 gram of fat = 9 calories).
- A normal woman with average activity who is weight training and looking for fat loss needs 1200 to 1500 calories per day. That comes out to 120-150 grams of carbs, 120-150 grams of protein and 26-33 grams of good fats per day divided over 5-6 meals.

Conclusion

There you have it! Now you have a very good base to design your diet and get started on your way to fat loss. The power is within you!

About the Author

Cecile Bayeul was born in France in 1982 into a firefighter family. She wanted to become a firefighter and passed the tough professional firefighter tests which included various physically demanding feats. However, she decided to keep a more peaceful job (as her family wanted her to) so she became a nurse.

As a registered nurse, she ended up studying various diet protocols for patients with special nutritional requirements due to their sicknesses.

To relieve stress from her job and to heal from anorexia caused by a difficult divorce, she picked up natural bodybuilding. Through bodybuilding she learned to regain her confidence and to be happy with her body. She competed for the first time at the 2011 Hurricane Bay, winning the Overall Female Bodybuilding Title.

Her passion for fitness led her to start conducting personal training not only for women but for men as well. She teaches that by embarking into a fitness program you can achieve any body that you want; something that builds up faith in oneself and develops the valuable skill of goal setting; things that at the end of the day improve every single aspect of your life! She can be contacted via her fan page: <http://www.facebook.com/cecilebayeul>

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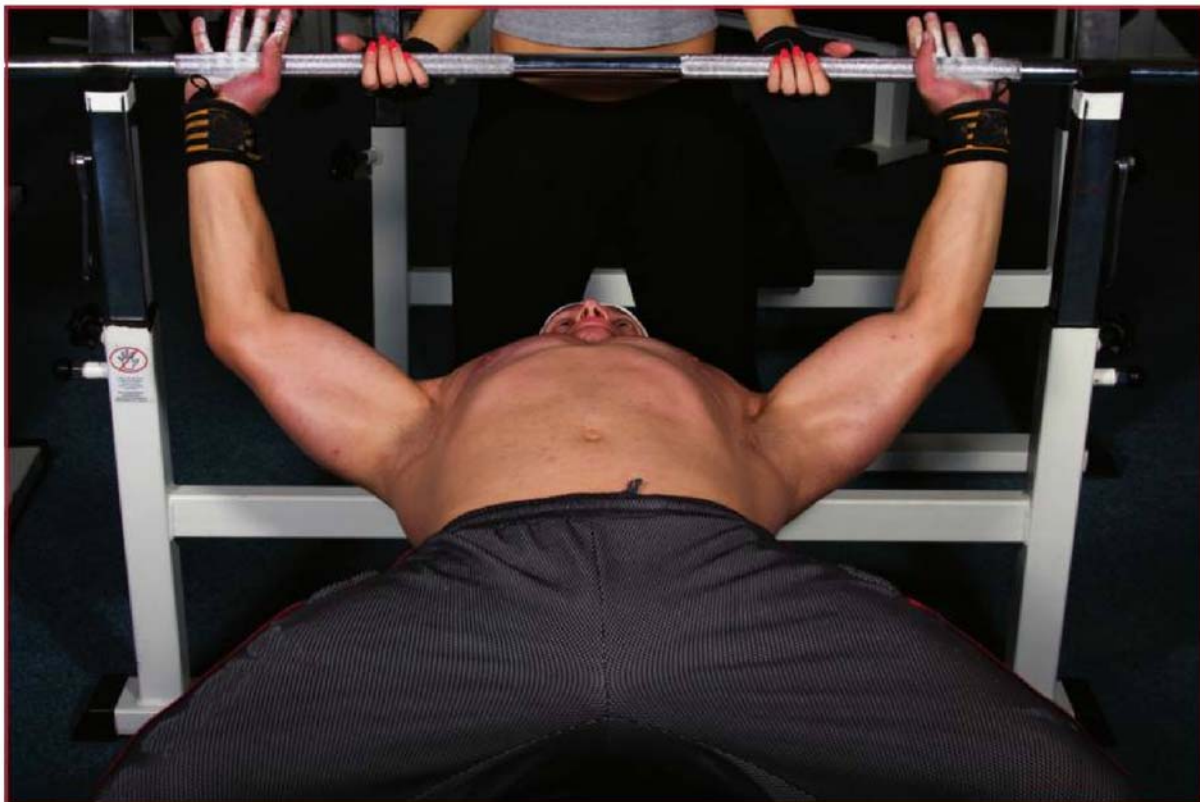
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BUILD A **BIGGER** BENCH PRESS

By Steve Shaw

How much ya bench? If you're like most of us the answer to that question is "not enough." The bench press can be a frustrating exercise. A small percentage of lifters are naturally able to press a ton of weight, while the rest of us struggle to hit 225 pounds for reps. Is there anything you can do to improve your bench press numbers? Absolutely. Read on. The following 20 tips are guaranteed to help. They certainly helped me. My bench press started at a paltry 95 pounds for reps and peaked at nearly 430 pounds years later.



20 Tips To Improve Your Bench Press Strength

TIP #1 – ROW THE BAR

Row the bar? Yes, row the bar. Row the bar towards your chest. We all know that keeping a tight back is an essential aspect of good form. To help achieve a tight back, concentrate on rowing the bar towards your chest as if you were performing a barbell row or lat pull down.

TIP #2 – PLANT YOUR FEET

One of the hidden keys to a bigger bench press is leg drive. Stop shuffling your feet, and learn to plant them firmly in a position of leverage and power. Start each bench press rep by driving from the floor. If you focus on turning the bench press into a full body exercise, your pressing numbers will improve.

TIP #3 – BE PATIENT

Stop expecting to add 20 pounds to your bench press each month. This isn't going to happen. Instead, focus on small steps like trying to knock out an extra rep per set. Over time these small steps add up to big gains. You're better off pushing for consistent improvement rather than putting an extra 50 pounds on the bar and trying to grind out forced reps.

TIP #4 – GET RACKED!

No spotter? Bench press in a squat rack. Adjust the pins to a safe depth that can catch the bar a hair below chest level if you fail on a rep. And if you have no squat rack and are without a spotter, avoid the Smith machine at all costs. You're better off doing dumbbell bench presses.

TIP #5 – BEEF UP YOUR BACK

When training for a big bench press you also want to build up your back strength. A powerful back assists your pressing drive, and will also help prevent injuries. When you only train "push" movements and ignore "pull" movements, you create muscular imbalances. The back is your bench press table. Beef it up with heavy rows.

TIP #6 – SQUEEZE THE BAR

After finding your proper grip width, squeeze the bar and pretend you are trying to bend the ends of the bar inward towards your feet. This will help you keep your elbows in a better position, improve your eccentrics, and assist with keeping your upper body tight and strong.

TIP #7 – DON'T FORGET THE CNS

The CNS, or central nervous system, plays an integral role in moving heavy iron. If your CNS is not properly warmed up, the weight will feel overly "heavy". There is a way to help make a weight feel lighter. Instead of adding a lot of weight to the bar for each warm up set, jump by smaller increments - say 30 pounds - and perform only a few reps per warm up set. This will help prime, or prepare your central nervous system for your heavier sets.

TIP #8 – TAKE YOUR TIME

Take your time in between heavy sets. It may be necessary to rest as long as 3-5 minutes between each intense effort. When training heavy, give your body a

chance to recover before having at it again. Remember, you are training for strength and not for speed or endurance.

TIP #9 – EAT!

If you want to get strong, stop undereating and worrying about your abs. Add some food to the plate. No one is asking for you to get fat, but you do need to eat enough daily calories and protein so that you can properly build strength (and muscle).



TIP #10 – TRAIN YOUR TRICEPS

The bench press is not just a chest movement. To be a strong presser you also need to have powerful triceps. When working the triceps directly make sure you use quality compound exercises such as close grip bench presses and board presses. Even exercises such as dips will help build tricep strength, and are a much better choice than tricep extensions or dumbbell kickbacks.

TIP #11 – DON'T MAX OUT

You don't need to max out each and every session. In fact, you really don't need to max out at all. Pick a rep range you enjoy, generally between 5-12 reps per set, and focus on doing more reps per set each workout. This will build strength. Once you have built a substantial amount of strength it may be beneficial to use lower reps, but until that point, stop maxing out!

TIP #12 – BENCH FIRST

Sounds like an obvious tip, but it needs to be stated. If you want a beefy bench press, make sure it's the first lift you perform that training day. Devote all your energy and strength into the bench press, and then move on to other exercises.

TIP #13 – EYEBALL THE CEILING

After unracking the bar, keep your eyes on the ceiling. When completing each rep try to press the bar back to the same spot on the ceiling each time.

TIP #14 – STOP FLARING YOUR ARMS

This is by far and away the biggest bench press mistake. Stop flaring your arms! This is horrible on the shoulders, bad form and not good for strength. It is far better to have your elbows at approximately 45 degrees from your torso. This is a good starting point, and minor form adjustments can be made from here.

TIP #15 – FOCUS ON FORM

If you want to get strong, stop trying to "feel" your chest working when pressing. Train the lift, not the muscles. When you focus on chest, and only chest, you are taking your attention away from proper form. And when you stop thinking about form, you open yourself up to decreases in strength and the possibility of injury. No one ever masters form. You must be giving form your constant attention. Forget about the "mind muscle" connection and train the bench press as a lift.

TIP #16 – EXPLODE!

Power involves speed, and speed requires an explosive force. Stop trying to baby or power each rep up. Instead, focus on pressing the bar in an explosive manner. This will not only help complete an extra rep or two, but will also help build strength in the long run.

TIP #17 – PRACTICE PROPER ALIGNMENT

When the bar is at chest level, your forearms should be perpendicular to the floor. Also, make sure your wrists are directly over your elbows, and that your knuckles are pointing towards the ceiling. This is proper bench press alignment.

TIP #18 – WORK YOUR STICKING POINTS

Where are you the weakest? Is it off the chest, or do you have a hard time locking out each rep? Learn to train your weaknesses. If you are weak off the chest, try using pause-reps. If you have a weak lockout, incorporate some board presses or pin presses.

TIP #19 – GAIN SOME PERSPECTIVE

Youtube is full of videos featuring powerlifters benching 800 to 1000 pounds. These guys are using bench press shirts that add hundreds of pounds to their lifts and are competing in non-drug tested meets. For a natural trainee a 300 pound raw bench press is a great accomplishment. A 400 pound raw bench press is rare, despite all the bro-speak and posturing on forums.

TIP #20 – WORK THE REAR DELTS AND TRAPS

Don't forget the rear delts and traps. Small and weak upper body muscle groups can limit your pressing power. If you want to bench big, build stronger rear delts and traps.

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



TIGHTENUP PLAN:

YOUR COMPLETE GUIDE TO
SCUPLTING YOUR
DREAM PHYSIQUE!

By Carol Medina

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

www.DialedInFitnessOnline.com

www.FitFoods4You.com

Sculpting the body of your dreams is not an easy endeavor, as you probably have already experienced. Nonetheless, it's absolutely achievable and does not necessarily mean it has to be difficult either. What you need is a plan that is created to cover all the important aspects of building lean muscle, shedding fat, improving conditioning, and dialing in your nutrition. That's what this plan will do for you!

This training plan is based on effective training & nutrition protocols that ensure every body part, muscle fibers, aerobic capacity, intensity, and recovery periods get addressed. And, providing the essential nutrients to maximize the hard work you sweat off from each training session. Not just that, it's far from confusing with everything specifically laid out for you to start it now, so let's get to it!



WORKOUT ON THE NEXT PAGE

Cardio

Think chaining yourself to the treadmill, elliptical, or any other piece of cardio equipment will do the trick? Wrong... and isn't that music to your ears, because who in the world likes to spend countless of hours doing some repetitive boring exercise anyway, right?

There are two different types of cardio training methods: Interval Training or Steady State Cardio Training.

Interval Training focuses on periods of intense exercise coupled with rest or recovery periods. This training style is high intense, taxing, and disturbs the nervous system. Therefore, proper recovery time is needed prior to being able to perform again. Interval training is awesome fat burning tool because it not only burns lots of calories in short periods of time, but also, even after your workouts you'll be burning fat and sky rocket your metabolism. Yes, because you have disturbed your nervous system so much, for the next 24-48 hours following your workout, you are burning fat even when you are sitting on your sedentary desk job! Hard it is... but it's so worth it!

Steady State Cardio on the contrast, are less intense and a lot less strenuous on the body, therefore can tend to be of longer duration and can be performed more often. Although, great for your circulatory system (heart, lungs, blood vessels) and burning calories, because of the lower intensity factor, once you have completed the workout, your calorie burning stops there. Steady state cardio has its place in fitness and health, but please do not make it to be your only or most important source of exercise when aiming to get in shape.

Strength Training:

Strength Training is your most vital tool to sculpting your desired physique! This is where you get most return on your investment, so to speak. Strength training is extreme anaerobic activity where periods of high intensity lifting are combined with recovery periods. An intelligent strength training program will ignite your metabolism, build muscle, burn fat, strengthen your bones and connective tissues, correct postural and muscular imbalances and the list goes on. These reasons prove that strength training should be the cornerstone for everyone's fitness goals. From athletes to gym rats, moms to fitness models, bodybuilders to seniors all benefit and maximize their potential through strength training.

This "Tighten Up Plan" focuses on a smart strength-training program that contains compound exercises, isolation exercises, various intensities, and hits every body part so effectively. It maximizes your time in the gym and allows ample time for your hectic schedule; leaving no place for failure.

Nutrition:

Focus on 5-6 meals and snacks per day. As a rule of thumb, eat every 2.5-3 hours with your first meal no longer than 1 hour after rising. Focus on complete lean proteins in every meal and snack. For your 3 main meals, eat 25-40 grams of protein each main meal. For snacks, aim for 15-30 grams of protein. This will obviously depend on your weight, gender, and physical activity. In general, women aim for the lower end of the protein serving size and men towards the higher end.

Eat only complex carbohydrates, with the exception of your post workout meal. Complex carbohydrates keep insulin levels in check, provide energy for kick butt workouts, and keep you full and satisfied. Eat 3-5 meals

that containing carbs. Again, this depends on your current body fat levels, activity, and metabolism. Shoot for $\frac{1}{2}$ cup or 4 oz. to 1 cup or 7-8 oz. of starchy carbs per carb containing meal.

Load up on veggies, especially those dark green and leafy colored ones. "The more the merrier" applies. I don't measure veggies, I just make sure I consume enough and with as many meals as possible. If eating veggies at every meal tend to be hard thing to implement, opt for Life Extension's Vital Greens Mix which is a blend of organic whole plant superfoods found on our store. Fruits are also good, but in moderation and always eaten with a protein to control sugar. Yes, it is natural, but sugar is sugar. Pairing it with a lean protein prevents the raise in blood sugar.

Eat fat to burn fat. Sound like an oxymoron, doesn't it? Well, it's true: healthy fats help you lose fat (especially abdominal fat), protect your joints and heart, keep you full, and even help with mood and building muscle! Eat plenty of fatty fish (salmon), flaxseeds, nuts, avocado, nut and seed butters, coconut oil, olive oil, and flaxseed oil. Don't skimp on your fish oil supplement either.

Pay extra attention to your post workout meal! This is the only time where you want to aim for a fast digesting carb. Its best to have a low fat shake post workout that contains whey protein isolate and fast digesting carb such as Karbolyn. Another, super important nutrition tip we can't leave out, is drinking plenty of water and then drinking more. Check out my website, blog, or store for more nutrition tips, diet plans, and supplement recommendations.

Bringing It All Together:

Your "Tighten Up Plan" will have you hitting the weights hard with total body workouts 3 days per week using various training protocols and intensities. You will hit every body part with various combinations of resistance and angles. Total body workouts burn more calories than splits because they work more total mass than with splits that train each body part by itself.

You will use three different loads corresponding with three different target rep ranges:

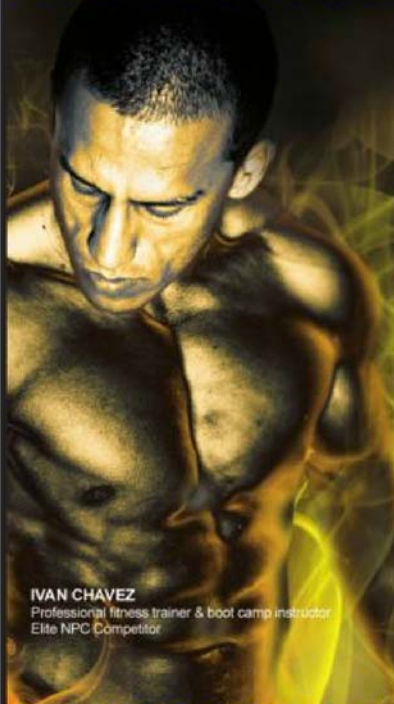
- Heavy: a weight you could lift 4-6 reps before failure for 5-6 sets.
- Medium: a weight you could lift 8-12 reps before failure for 3-4 sets.
- Light: a weight you could lift 15-20 reps before failure for 3-4 sets.

You'll use the same load for all sets. Just stick with the recommended loads and total reps and sets and stay committed on this plan for 4-6 weeks.

Following your strength training workouts, you will incorporate several rounds of intervals within your workout. On the low end I'd start with 5 rounds, and on the high-end you can work up to 10-12 rounds. Another good rule of thumb is to begin with a 1:3 work: rest ratio, and over time decrease that to 1:2, then 1:1 ratio. Remember, intensity is key!

In between your strength training/ interval training workouts, you will perform 2-3 steady state cardio sessions lasting 30 minutes to 60 minutes. A good base to set is 45 minutes each session, 2 times per week. The amount of time and days will depend on how much fat you want to shed and how eager you are to attain it. While 3 times per week is "ideal" for quick fat loss, it can be mentally draining to get in the gym on the weekends. Focusing on keeping a sound nutritional plan, will pay big in this respect.

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TRAINING SPLIT

Here you go...your complete training plan to build, tighten, and sculpt your dream physique. The rest is up to you. Train Hard!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Workout A + Interval Training	Steady State Cardio	Workout B + Interval Training	Steady State Cardio	Workout C + Interval Training	Off (Steady State Cardio Optional)	Off

WORKOUT A

EXERCISE	SETS/ REPS	REST
1. Barbell Squats	3-4 sets/ 8-12 reps	2 minutes
2A. Romanian Deadlifts (RDL's)	3-4 sets/ 15-20 reps	30 seconds
2B. Laying Leg Curls	3-4 sets/ 8-12 reps	2 minutes
3A. Lat Pulldowns	3-4 sets/ 15 reps	No rest
3B. Barbell Chest Press	3-4 sets/ 15 reps	90 seconds
4A. Dumbbell Laterals	3-4 sets/ 15 reps	No rest
4B. Dumbbell Bicep Curls	3 sets/ 15-20 reps	No rest
4C. Dumbbell Overhead Extensions	3 sets/ 30-60 secs	90 seconds
5A. Hanging or Bench Leg Raises		No rest
5B. Planks		2 minutes
INTERVAL TRAINING		
• Jump Squats		
• Kettle bell or Dumbbell Swings	5-10 total rounds of 1:3, 1:2, 1:1 work: rest	

WORKOUT B

EXERCISE	SETS/ REPS	REST
1. Deadlifts	6 sets/ 4-6 reps	2 minutes
2A. 45° Incline Leg Press	3-4 sets/ 8-12 reps	No rest
2B. Leg Extensions	3-4 sets/ 15-20 reps	2 minutes
3A. Dips	3-4 sets/ 8-12 reps	No rest
3B. Seated Cable Rows	3-4 sets/ 15 reps	90 seconds
4A. Standing Military Press	3-4 sets/ 8-12 reps	No rest
4B. Rope Pulldowns	3-4 sets/ 15-20 reps	No rest
4C. Standing Calf Raises	3 sets/ 20 reps	90 seconds
5A. Kneeling Rope Crunches	3 sets/ 15-20 reps	No rest
5B. Stability Ball Crunches	3 sets/ 15-20 reps	2 minutes
INTERVAL TRAINING		
• Burpees		
• Mountain Climbers	5-10 total rounds of 1:3, 1:2, 1:1 work: rest	

WORKOUT C

EXERCISE	SETS/ REPS	REST
1A. Bent Over Rows	6 sets/ 4-6 reps	2 minutes
1B. Walking Lunges	3 sets/ 8-12 reps	No rest
2A. Clean & Press	3 sets/ 30-40 total steps	2 minutes
2B. Bent Over Rear Delt Flys	3 sets/ 8-12 reps	No rest
3A. Step Up/Reverse Lunge/Bicep Curls	3 sets/ 8-12 reps	2 minutes
3B. Single Leg Curls	3 sets/ 15 reps	No rest
4A. Plank Rows to Push Ups	3 sets/ 8-12 reps	2 Minutes
4B. Reverse Grip Pushdowns	3 sets/ 16-20 total reps	No rest
4C. Seated Calf Raises	3 sets/ 20 reps	No rest
5A. V- Sit Ups	3 sets/ 15-20 reps	2 minutes
5B. Windshield Wipers	3 sets/ 12 reps	No rest
	3 sets/ 12-15 reps	2 minutes
INTERVAL TRAINING		
• Plyo Lunges		
• Cable Woodchops	5-10 total rounds of 1:3, 1:2, 1:1 work: rest	

Eat protein with every meal and snacks

Eating protein with every meal, can make you reach your goal faster. Here's a few reasons:

- Build more lean muscle mass and improve recovery from exercise
- Maintains lean muscle mass as you lose body fat
- Keeps you fuller for longer

Whether your goal is to improve health, body composition or performance (or ideally all three) getting adequate protein will help you to reach your goals faster. Adequate protein intake is especially important for athlete's and people who exercise on a consistent basis, as these populations have higher protein needs.

Protein is necessary for not only building new muscle, but also for proper recovery, enzymes, and the strength of your immune system. Undereating protein will decrease the results of your efforts in the gym to improve your health, body composition and performance.

A simple rule of thumb for adequate protein is somewhere in the neighborhood of 1 gram per pound of bodyweight. Now this doesn't have to be exact, as long as you are within $\pm 10\%$ on average, you should be fine. It is ok if you undereat some protein one day, as you can make up for it the next. The real key is your average intake over time.

Let's put this in perspective a little bit. Let's take a 180lb man and a 150lb woman. The protein needs of these two people would be roughly 160-200 for the man, and 135-165 for the woman. As long as you average somewhere in that ballpark on a daily basis, you are helping to maximize your ability to build new muscle, or retain the muscle you already have.

Great Protein Sources to include:

- Whole eggs
- Egg whites
- Nonfat or Low fat yogurt and cheeses (Nonfat Greek yogurt and Low Sodium Low fat Cottage Cheese are my favorites)
- Grass-fed or at least "naturally" raised beef/bison/game meats (Bison ground beef can be found at Whole Foods)
- Poultry: skinless chicken or turkey breast- Seafood: salmon, tilapia, haddock, tuna, lobster, scallops, etc

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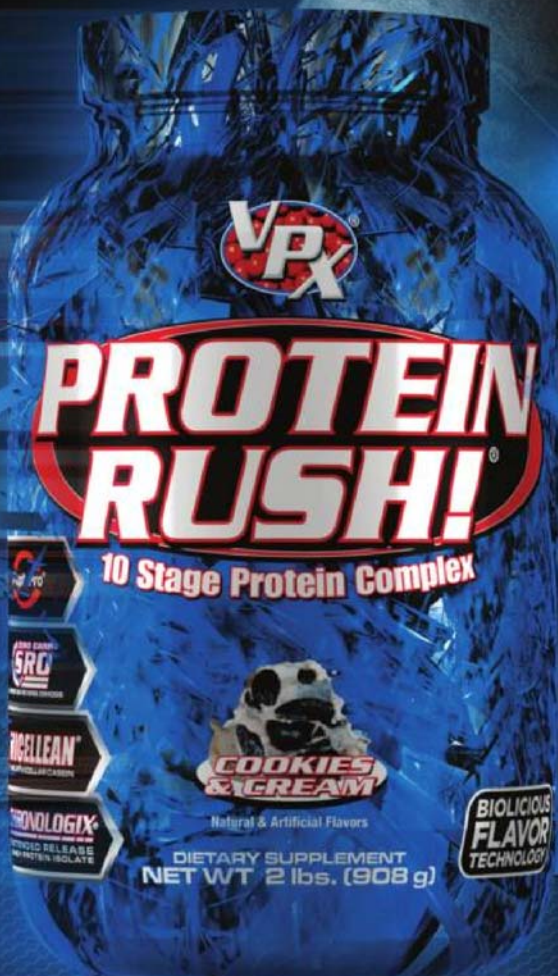
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Top 5 Reasons WHY BODYBUILDERS FAIL TO ACHIEVE BODYBUILDING GAINS

Hugo Rivera CFT, SPN, BSCE



1. LACK OF BODYBUILDING GOALS

Without goals we are like a ship in the middle of the sea, just drifting away with no sense of direction. It just goes with the flow, so to speak, and if it ever gets anywhere it is just by mere accident. To achieve success in our bodybuilding program, our goal should be clearly defined and ingrained in our brains. Otherwise, like the boat on the example above, if you get anywhere it will be by mere chance.

2. LACK OF A SENSIBLE BODYBUILDING PROGRAM

Unfortunately, many bodybuilders who are just getting started make the mistake of either choosing a bodybuilding routine that is too advanced for their level, or simply go to the gym without any training plan. Too much too soon leads to injury and just going from machine to machine without any set routine just leads to marginal bodybuilding results at best.

The cure to this problem is to grab a sensible bodybuilding routine that fits your training level and execute it day in and day out.

3. NOT FOLLOWING A SENSIBLE BODYBUILDING DIET

Without a bodybuilding diet to go along with your training program you will fail to lose body fat and gain muscle. Nutrition is what gives us the raw materials for recuperation, energy, and growth. Therefore, it is important that you get familiarized with the Characteristics Of A Good Bodybuilding Diet (which are listed at the end of this article) and apply those principles in order to ensure getting the bodybuilding gains that you are looking for.

4. EXPECTING BODYBUILDING SUPPLEMENTS TO DO ALL THE WORK FOR YOU

Supplements do not make up for improper training, or lack thereof, and/or a low quality diet. Bodybuilding supplements only work when your diet and your training program are optimal. Keep in mind that supplements are just additions to an already good nutrition and training program. Once all of those aspects of your program are maximized, then you can start thinking of adding bodybuilding supplements to your program.



5. LACK OF PROPER REST AND RECOVERY

Muscles do not grow as you work them out. They grow while you sleep. Therefore, sleep deprivation will cost you valuable bodybuilding gains.

Ensure a good night sleep every night and avoid staying up late if you don't need to in order to keep cortisol levels low. Seven to ideally eight hours of sleep each night will not only keep you healthy and more energetic, but also will ensure that bodybuilding gains keep on coming.

Many bodybuilders go to the gym day in and day out, yet fail to achieve any significant bodybuilding gains. In this article I discuss the top reasons why bodybuilders fail to achieve significant gains in the form of new muscle mass and fat loss.

Characteristics of a Good Nutrition Program

1) It should favor smaller and frequent feedings throughout the day instead of large and infrequent ones. Why? Because, when you feed your body several times a day, your metabolism increases. Therefore, you burn more body fat. Frequent feedings are of particular importance since after three to four hours of no food your body switches to a catabolic state (a state in which you lose muscle and gain fat!). The body believes that it is starving and it starts feeding itself on lean muscle tissue and it prepares to store calories as fat. Bad scenario! Therefore, in order for your program to work, you will eat between four to six meals (depending gender and goals) a day spaced out at 2-1/2 to 3 hour intervals.

2) Every meal should have carbohydrates, protein and fat in the correct ratios. Having a meal that is not balanced (for example, a meal that is all carbohydrates) won't yield the desired results. Every macronutrient has to be present in order for the body to absorb them and use them properly. Without boring you with the effect of food on the body's biochemistry, let's just say that if you only eat carbohydrates in one meal without anything else, your energy levels will crash in about 30 minutes and your body will be storing any carbohydrates that were not used into fat. Conversely, if you only eat protein, you will lack energy and your body will not be able to turn the protein into muscle because it is difficult for the body to absorb protein in the absence of carbohydrates. In addition, the ratios for each particular macronutrient have to be correct to get the results that you want. The ratio of our diet will look like the following:

40% Carbohydrates
40% Protein
20% Fats

Note that for every serving of carbohydrates, you get a serving of Protein. You can use Bill Phillips' Method of creating meals which is to count a portion of carbohydrates as the amount of food the size of your clenched fist and a portion of protein as the amount of food the size of your open palms.

3) The calories should be cycled. I strongly believe in caloric cycling as this will not allow the metabolism to get used to a certain caloric level; something that leads to stagnant results.

Therefore, bodybuilders in search of just muscle mass should follow 5 days of high calories (lean body



mass x 15) with two days of lower caloric intake (lean body mass x 12). Bodybuilders in search of losing fat while building muscle at the same time should follow 5 days of lower caloric intake (lean body mass x 12) with 2 days of higher calories (lean body mass x 15). (Note: If you build muscle and lose fat at the same time you will not gain muscle as fast as you would if you just concentrated in muscle mass. However, you do get both goals accomplished at the same time).

People interested in bodysculpting (or simply toning their physiques) should alternate between two weeks of lower calories (around 2000 for men and 1200 for women) and two weeks of higher calories (around 2500 for men and 1500 for women). These caloric intakes assume a normal activity level that only includes weight training and moderate cardiovascular activity. Those of you involved in activities like marathon running or heavy physical labor jobs need to adjust your calories upwards accordingly mainly in the form of carbohydrates to support your higher levels of activity.

Conclusion

So there you have it, the top 5 reasons why you may not be getting results at the gym. Now that you know what the causes for lack of results are, analyze your bodybuilding program and fix the area where you are lacking in so that you can start getting the results that you deserve.



About the Author
Hugo Rivera, About.com's Bodybuilding Guide and ISSA Certified Fitness Trainer, is an internationally-known best-selling author of over 10 books on bodybuilding, weight loss and fitness, including "The Bodybuilding Bible for Men", "The Bodybuilding Bible for Women", "The Hardgainer's Bodybuilding Handbook", "The Weight Training Diary", and his successful, self published e-book, "Body Re-Engineering". Hugo is also a national level NPC natural bodybuilding champion and you can visit him at: www.hugorivera.net, www.bodybuilding.about.com, www.losefatandgainmuscle.com and www.youtube.com/hugoriverafitness

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Side Bar

The Benefits of Pecans

Nuts are a fabulous part of my nutritional intake and I enjoy the different flavors and textures in addition to the numerous health benefits. Take a look at what I discovered about the Pecan:

Pecans are a powerhouse of different forms of vitamin E namely tocopherols, and numerous phenolic substances with wonderful antioxidant abilities. Studies have shown that these nutrient rich nuts can decrease unhealthy oxidation of LDL (bad) cholesterol in the blood as much as 33 percent. This means a reduced risk of cardiovascular problems. "Landmark research published in the Journal of Agriculture and Food Chemistry (June 2004) found that pecans rank highest among all nuts and are among the top category of foods to contain the highest antioxidant capacity, meaning pecans may decrease the risk of cancer, coronary heart disease, and neurological diseases such as Alzheimer's." In addition to the cholesterol lowering benefits of pecans, they are also linked to weight control.

Studies on nuts like pecans have been proven to increase metabolic rates and enhance satiety. Pecans contain high quantities of heart healthy monounsaturated fats and no Trans fat. They are also nutrient



dense containing 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins and zinc. One ounce of pecans provides 10 percent of the recommended Daily Value for fiber. Pecans are also a natural, high-quality source of protein that contains very few carbohydrates and no cholesterol. Pecans are also naturally sodium-free, making them an excellent choice for those on a salt- or sodium-restricted diet.

Pecan Nutrient Facts:

A one-ounce serving of pecans (about 20 halves) contains 196 calories, 20.4 grams total fat (1.8 saturated fat), 0 mg cholesterol, 0 grams sodium, 2.7 grams dietary fiber and over 19 vitamins and minerals including vitamin A, vitamin E, calcium, potassium and zinc.

Pecans are also a good source of oleic acid, vitamin B1, thiamin, magnesium and protein.

food



Darla Leal, LCPT

www.stayhealthyfitness.com

Stay Healthy

Marinated Stuffed Pecan Crusted Chicken Breast

I absolutely loved creating this recipe and the BEST part...no pounding the chicken breast and wrapping around the stuffing. I simply cut large slits down the sides of each chicken breast to create a pocket, and placed chopped apples and goat cheese in the center. Sealed with tooth picks ... presto! This is like gourmet ... no kidding ... and taste ... absolutely fabulous. Usually, you will find lots of cracker crap, salt, enriched bread crumbs and other unhealthy items coating a stuffed chicken breast...but not this Stay Healthy version.

Enjoy the recipe and let me know what you think.

Marinated Stuffed Pecan Crusted Chicken Breast

Ingredients:

- 2 b/s chicken breasts, marinated
- Marinade (recipe follows)
- 1 apple, chopped
- 2 tbsp soft goat cheese
- Pecan Coating (recipe follows)

Stuffing the Chicken

Preheat the oven to 350F. Cut slits in the marinated chicken breast to create large pockets for stuffing. Stuff each chicken breast with chopped apples and goat cheese. Insert toothpicks to seal the chicken breast and hold the stuffing in place during cooking. Set aside

Pecan Coating:

- ½ c. oat flour
- 1 c. course ground pecans
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp, paprika
- 1/8 tsp. pepper
- 1 teaspoon cayenne pepper (optional...but delish)
- 1/4 c. sesame seeds

Cooking Time!

Prepare a square baking dish rubbed with canola or olive oil (I love to use stone wear...it requires no oil prep). Combine flour, ground pecans, seasoning, garlic powder, paprika, peppers and sesame seeds in a large round bowl. Place sealed/stuffed marinated chicken breasts one at a time in pecan flour mixture, gently pressing the stuffed chicken until well coated on both sides. Place coated chicken breasts in dish and bake uncovered approx 25-45 min, depending on oven. Chicken is done when the inside of the chicken is no longer pink. My chicken cooked in 40 minutes and absolutely delicious!

Suggested side dish: Spinach Apple Cranberry Salad



MARINADE FOR UP TO 4 CHICKEN BREASTS:

- 2 tbsp balsamic vinegar
- 2 to 3 tsp dried Italian seasoning
- (I also put in a sprig of fresh basil-optional)
- 2 tbsp Dijon mustard or Regular Yellow Mustard
- 1 tsp garlic powder (optional)
- 1 tsp onion powder (optional)
- 1/4 cup EV olive oil
- 1 to 2 tsp freshly ground black pepper

DIRECTIONS:

Put the vinegar, Italian seasoning, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast in the bag. Close and shake the bag to coat evenly. Marinade the chicken at least 2-4 hours.

Cooking tip: Marinade can be added to chicken and frozen for future use.

Melissa

Cary

Coach A's Model of the Month

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when it pays to CHEAT on your diet

By Brian Willett

So if you've got it all dialed in, what should you do about cheating?

You've probably heard that cheaters never prosper. While that's the case most of the time, you may be able to bend the rules regarding your body. For example, giving yourself a little break or cheating on your diet from time to time can do more for you than against you. There's no question that eating tiny meals or restricting yourself to certain foods can be difficult and take quite a toll on your mind. When your stomach starts rumbling and decadent desserts start appearing in your dreams, it's easy to start reconsidering your attempts to whittle down your waist size. While dedication and will power do bring about results, studies have shown that caving to your cravings can help you out in the long run.

Recently, a study measured the metabolic differences between a group that engaged in "overfeeding" (also known as a 'cheat' or a 'refeed' in the dieting and bodybuilding world) and a group that engaged in fasting. While you might think that the fasting group, by consuming fewer calories, would come out ahead in their pursuit of weight loss, this was not the case. The group that engaged in the overfeed experienced an increase of nearly 9% in a 24-hour resting energy expenditure, which meant that this group burned up to

Before you cheat, you should make sure that everything else in your diet is on track.

424 calories more over the course of the day, without factoring in activity.

But that's not all. The fasting group actually experienced a decrease in their 24-hour resting energy expenditure—more than 9%—leading to the burning of 526 fewer calories throughout the course of the day. The positive effects of the overfeeding weren't just limited to the waking hours, however. Sleeping metabolic rate (SMR) in the overfeeding group increased by an impressive 18%. This translates to up to 464 additional calories burned per day. In this respect the fasting group fared worse as well, as that group's SMR slowed significantly, by 4.4%. The researchers found that this would mean fasting could cause a decrease in 257 calories expended during a 24-hour period. And the extra calories did not appear to sabotage body composition either, as body weight did not significantly change.

While this is good news for dieters—everyone needs a break once in a while—it's not a license to go crazy with calories. Ultimately, consuming fewer calories than one expends over the long run is what determines weight loss. So if you're going to cheat or overfeed—keep it within reason. Several studies have also suggested that what you eat on your refeed can also make a difference.



One study compared the difference between two groups that overfed—one on predominately carbohydrates, and the other on predominately fats. Despite the traditional diet dogma that carbohydrates make you fat, those in the carbohydrate group fared better in terms of storing the excess energy. Only about 75% of the excess energy from the carbohydrate overfeed was stored by the participants, while between 90 and 95% of the excess energy was stored from the fat overfeed. Additionally, the carbohydrate overfeed triggered an increase in carbohydrate oxidation and energy expenditure, while the fat overfeed had minimal effects on fat oxidation and energy expenditure.

But that's not to say that all fats should be avoided. A study that compared overfeeding with mostly medium-chain triglycerides, or MCTs, and long-chained triglycerides, or LCTs. Although the number of calories in each scenario was identical, the MCT group gained an average of 20% less weight than the LCT group. The researchers found that MCT intake resulted in reduced body-fat deposition, because MCTs were oxidized in the liver rather than stored as fat. This led the researchers to conclude that MCTs "may have potential for dietary prevention of human obesity."

So if you're going to cheat, cheat smart. Opt for a

higher-carbohydrate cheat rather than a higher-fat one. If you do find yourself in the mood for fattier foods though, try to include some sources of MCTs, such as coconut oil, palm kernel oil or butter.

Dieting is tough, but don't make it impossible. Give yourself an extra edge with RAPIDCUTS SHREDDED and when you cheat, cheat wisely.

SOURCES:

1. Weyer, C., et al. Changes in Energy Metabolism in response to 48 h of overfeeding and fasting in Caucasians and Pima Indians. *International Journal of Obesity*, 2001; 25(5): 593-600.
2. Horton, TJ, et al. Fat and carbohydrate overfeeding in humans: different effects on energy storage. *American Journal of Clinical Nutrition*, 1995; 62: 19-29.
3. Geliebter, A., et al. Overfeeding with medium-chain triglyceride diet results in diminished deposition of fat. *American Journal of Clinical Nutrition*, 1983; 37: 1-4.

Regular cardiovascular activity is a must, and supplementing with a quality fat burner such as ALLMAX RAPIDCUTS SHREDDED will give you an extra edge. In order to maintain muscle mass, consuming a high-quality whey isolate shake made with ISOFLEX Whey Protein Isolate before and after workouts can be very beneficial as well.

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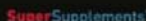
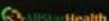
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Dedication and hard work pays off. Here are some of our readers who competed this year!



Amanda DeLauter
7th overall Jay Cutler Competition
This was her first competition!



Mitchie De Leon
OC Muscle Classic



Kelli Bruggeman
Miss Bikini Universe
at the Fitness Universe
Pageant



Karine Pilon
Musclemania-Fitness Universe



Monica Winn
OPA show in May, Bikini
Model category.

taking the STAGE!



Greg Taylor
Fitness Universe 2011
Model America



Fatima Leite Kusch
Pro Diva Model WBFF
Worlds 2011 - My 1st Pro
Show - I placed 8th



Joe Herr
Hurricane Bay, overall
Men's Physique

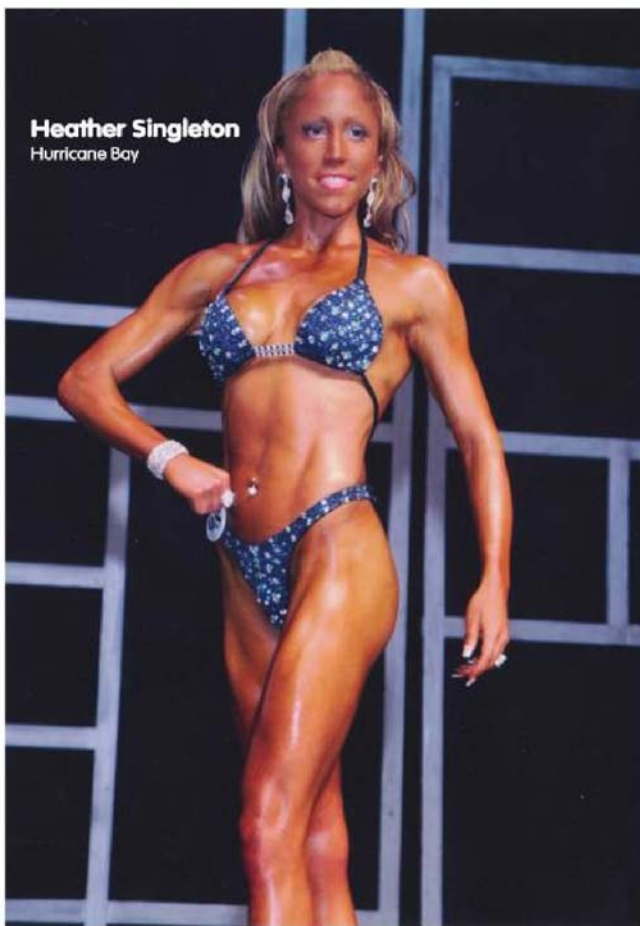
DREAMS OF TAKING THE STAGE COME TRUE!

Ever since I was a young girl, I had admired the fitness models and figure competitors. I had always dreamed of competing and being a role model just like they were. Growing up, I struggled with an eating disorder, which took over most of my teenage years and early college years. At age 15 I had anorexia and my lowest weight was 95lbs. I was physically and mentally starving my body and mind. I was in great fear of food and gaining weight. After a few years I got over this fear and started to eat more but I then took it to the other extreme. I started binge eating, mostly for comfort and emotions. It became out of control and it was my nightly escape and high to shove junk down my mouth. Waking up the next morning was a nightmare and I had to face the reality of what I did the night before. My way of "purging" the food was through excessive cardio up to 2-3 hours a day. I had become obsessed with the way I looked and my body. I had very negative thoughts of my body and always compared myself to other girls, feeling not good enough.

It wasn't until a time came in my life that I had totally lost myself completely, when I realized that I have a choice to make. I can change my perspective of myself and of my body. I can love myself for who I am and appreciate my health. Once I came in touch with my spiritual side and found my deeper self, my world changed night and day. I was living in peace and happy with myself from that moment on. I want to give credit to two books that changed my life. One is "Personal Power Through Awareness" and the other is "Living With Joy", both by Sanaya Roman. I started using these books daily and everything in my life was becoming brighter and all falling into place. They taught me how to use positive energy and positive affirmations.

I believe that in the fitness industry we can lose ourselves by trying to please others and live up to others expectations as to what we should be or look like. I told myself that before I stepped on stage I was doing this for ME and would not be disappointed in myself no matter what place I got. This made the competition prep journey such a delight and I enjoyed the whole process. I did not view the competition as a sacrifice, I viewed it as a choice which helped keep my thoughts very positive. This also helped me not get caught up in the competition itself. I did get doubts several times and I felt as if I was not ready to step on that stage and display my physique, but I held my beliefs in myself strong and trusted that everything would work out perfect, and I would have a great first experience, and that was just what had happened!

Facing the UNKNOWN to me was the scariest part. The whole competing scene seems so serious and intimidating to many people but let me tell you, it is not that at all. It is what YOU make of it. Everyone was so helpful backstage and made my first experience one to remember forever! For so long I was afraid to compete because I thought it would only trigger my eating disorder and make it worse. As I learned more about my feelings and emotions through self-awareness, I was able to control certain feelings and see that emotions and feelings come and go from moment to moment and are not really YOU. I no longer was involved in emotional eating and deprivation. I ate to fuel my body for energy and to feel healthy. Food was not the enemy nor used for comfort. By changing my perspective, getting ready for my show was a piece of cake! I had energy and felt alive and healthy all the time, while normally when you meet people getting ready for a show, they tell you how drained they feel and how tired they are. I knew there was a better way to prepare for a show and I believe if you keep your healthy eating and physical exercise in check and in moderation you will feel great year around, and will not have to go to extreme diets to whip yourself into contest shape. Things normally get out of balance if you do not keep things in



Heather Singleton
Hurricane Bay

check and that is when the dark side can roll in and trigger eating disorders, emotional eating, and negative feelings.

By loving my own body and not comparing it to others really helped me stay on track as well. I told myself my only competition was me and that I would be the best me possible! Change your thoughts, and change your world, dream big and have the courage to go after your dreams! I have been down low in the dark before, but that was what it took to bring me up in the bright sky.

I want to give a special thanks to DNC supplements for sponsoring me and helping me achieve all my fitness goals! Naz Agemy has the biggest heart in the fitness industry and will beat your lowest price on any supplement! Check them out! - dncsupplements.com

COMBINING A GENERAL AND SPECIFIC WARM-UP ENHANCES MAXIMAL STRENGTH TESTING

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

Assessing an individual's muscular strength is important for various reasons (e.g. evaluation of functional capacity)¹. A common reliable measure of muscle strength is the one-repetition maximum (1RM), however its precision is affected by many factors, one being the warm-up procedure¹. Testing guidelines recommend warming up prior to 1RM tests in order to enhance the precision of assessments².

A warm-up routine is aimed to reduce the risk of injury and enhance performance³. It is recommended that the warm-up include both general and specific activities. The general warm-up consists of low to moderate intensity aerobic activity (e.g. jogging or cycling) designed to raise muscle temperature. It's also recommended to perform specific warm-up (SWU) with exercises that mimic the main activity at progressively higher intensities. This is done in order to enhance neuromuscular activation. There is a lot of research supporting the benefits of SWU^{4,5}, but the effects of general warm-up on strength tests are still unclear. Despite the lack of evidence supporting the use of general warm-up protocols, it's likely that increased muscle temperature enhances motor performance because higher body temperature underlies the benefits of warming up (e.g. faster nerve conduction velocity, enhanced enzymatic activity)⁶. A group of researchers from the University of Sao Paulo, Sao Paulo, Brazil conducted a study aimed to investigate if performing both a general and SWU would affect leg-press 1RM values. They hypothesized that a general and SWU protocol would improve 1RM test results compared with an SWU only protocol.

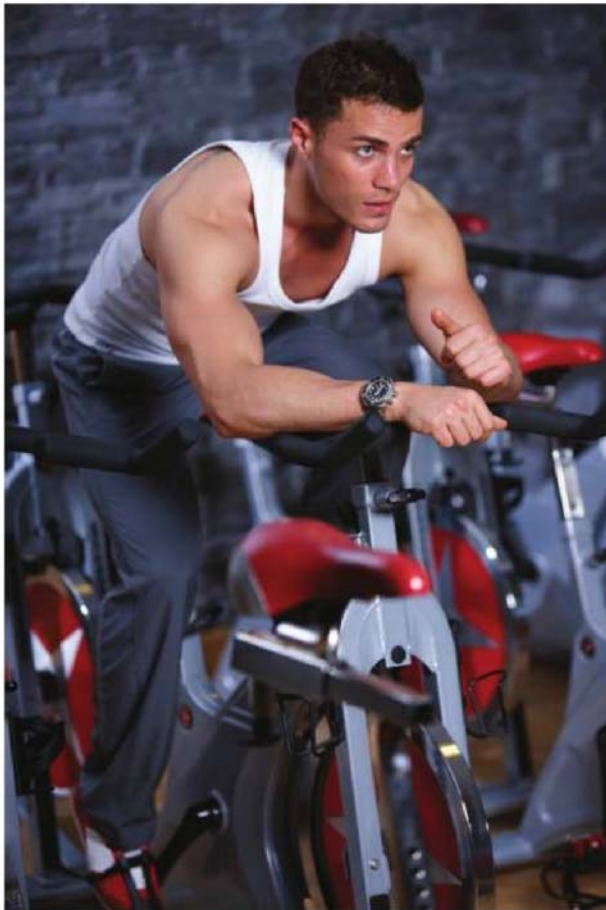
This study utilized a crossover design in which all subjects experienced both conditions of the 2 different warm-up protocols. Condition 1 consisted of a general warm-up (G) (20 mins of cycling at 60% max HR) + SWU (1 set of 8 reps at 50% of estimated leg-press 1RM followed by another set of 3 reps at 70% of estimated 1RM). Condition 2 consisted of SWU (same as above) only. Both warm-up protocols were followed by a leg-press 1RM test.

Results demonstrate that 1RM strength values were significantly greater in the G + SWU (8.4%) condition, compared to the SWU only condition. These results are clear that moderate intensity general warm-up routines should be performed in association with specific warm-up before max strength testing to improve performance and obtain accurate maximal strength assessments. It's important to note that this study was limited to maxi-

mum strength tests and doesn't necessarily apply to other strength tests (i.e., 8 RM tests). In spite of this, combining a general and specific warm-up prior to resistance training may enhance performance in your lifts. This may be something you want to experiment with. Make sure you follow the specific warm-up protocol along with a general warm-up of approximately 15-20 minutes. Previous research showed that muscle temperature doesn't increase (~3 C) until after 15 to 20 minutes of moderate intensity activity^{7,8}.

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This month's feature gives me the opportunity to write on some old acquaintances that are now friends. All NMM readers are familiar with both Gina and Walt Ostarly. Walt has shot many of the covers we've enjoyed and Gina's features continually challenge us to think a little deeper and grow. Reading Gina's monthly columns increased my curiosity as to what made her tick; so, I contacted Gina and she graciously agreed to be in MY WORLD. I meet Gina, Walt and TeamGOFITNESS (see other feature in this month's issue) in Miami and spent 2 delightful hours shooting, laughing and getting to know them.

I see Gina as down-to-earth REAL, beautiful inside and out, gracious in thought and action, as well as, genuine, intelligent, loving and the camera likes her. Her GoFitnessTEAM is equally open, outgoing and tons of pure FUN. The Bible tells us, "...out of the abundance of the heart, the mouth speaks", meaning if you look at what Gina writes and coaches, you can tell the condition of her heart. To me, her team and her words indicate her heart is growing towards the light! As usual, check it out for yourself - My Name is Coach A, Welcome to MY WORLD!

What do you consider your greatest lesson learned?

Losing my Mother has proven to be my greatest life lesson. Her death has made me realize "life is indeed too short!" Some of you may think it is gloomy that I now, 9 years later, consider my Mom's passing a blessing. However, It has forced me to take inventory of who I was, what I'm REALLY here for, what's important and what's not? This circumstance instantly painted a much bigger picture and "thawed me out". I credit who I have become to my Mother. I am coming to believe life's events are just groundwork for our future - even the saddest ones. Slowly, and often painstakingly, we learn that the life's best means learning to love unconditionally, accepting the good moments as well as the bad.

Is there anyone you would like to thank?

I would like to thank Natural Muscle's publisher/editor, Debbie Baigrie, for the continued opportunity to share my passion of health and fitness every month in her publication! Thank you Debbie!

What do you consider your greatest triumphs?

Since you didn't specify "fitness", I'm going to sneak in my life's career highlights!

- Wife of 25 yrs, mother of three and grandmother of one!
- Opening GOFitness, my fitness studio in 2001
- Placing top 10 in a field of 74 at the Flex Model Search, at age 40.
- My first cover, Natural Muscle Magazine 2007
- My first layout, Ironman Magazine 2007

Athletic achievements?

I have competed in fitness, figure, bodybuilding and more recently fitness model competitions since 1998. I lost track of "the list" sometime ago! For me, every time I step on stage, I consider it an achievement!

What do you do for a living? Where?

I own a personal training studio, GOfitness LLC, located in Stuart, FL.

My passion of fitness fuels me to educate and share the knowledge needed to adapt and maintain a healthy lifestyle.

Last meal?

My last meal, my 2nd meal of the day, was 6oz plain nonfat plain Greek yogurt with 2 tbsp slivered almonds and a tbsp of mixed dried fruit

Last cheat food?

Grandma's pizza!

One thing you would like to improve about yourself?

I am a little bit of a procrastinator - okay, a lot! Even though I tend to be organized and work well under pressure.

Lives: Stuart, FL

Email: Teamgofitness@aol.com

Born: New Orleans, LA

Married: To my high school sweetheart, Walter, for 25 yrs with whom I have 3 children ages 24, 22, 19 & 1 grand child age 1!

Age: 44

sure, I am inclined to push projects and assignments to the deadline!

My least favored workout?

Never been able to tap into that high that the "cardio junkies" get. So, I will confess, "I am not a great lover of cardio, at all!" However, I manage to find ways to incorporate it since it should be part of a well-rounded fitness routine. I like to take it out doors as much as possible, train circuit style and more recently started doing HIIT.

Favorite workout?

My favorite workout is 'leg day' which is also my favorite body part. I have worked so hard to bring in my legs! I genetically do not have a lot of muscle, so it's a work in progress..... and still is!

My favorite body part?

Legs

First thing you will do tomorrow?

Drink coffee and read something inspirational to help set my tone for the day.

Person who influenced you the most?

My mother

How have you contributed to the fitness industry?

At age 40, I branded myself "The New Forty" to encourage others that they are not yet "over the hill!" In fact, life looks great from up here. The New Forty is about loving that you are 40, or 44 for me. I seek to "rock it," knowing I that inspiring others is my passion.

How/Why did you get involved in fitness?

Fitness was always been an important part of my life. It became increasingly more important after having 3 children (2 by c-section), turning 30 and realizing that the once tight, toned body was slowly disappearing - I discovered my motivation! I was not willing to fall prey to the myth that my body could never look as good as it did in my younger, pre-pregnancy years. It concerned me to hear women saying "that they looked pretty good for having kids" or "I am not 20 anymore" I decided that I wanted to be in great shape and prove that it can be done! Today at 44, I can truly say, "I am in the best shape of my life!" My motivation has always been to be an example for all mothers everywhere and TO INSPIRE others continues to drive me to be the best I can be!

Favorite book, movie, cheat food?

Book: Conversations with God, always gives me peace.
Movie: "Gone with the Wind" is best love story ever.
Cheat Food: Doughnuts, I think I own the "Krispy

their butts. My friend, Kristine, "tanned and "bitted me up" --the rest is history! It was one of my most memorable shows! I made placed 5th out of 15 in my first fitness event.

Who do you want to emulate?

As I get older (and better), my appreciation grows for Rachel McLish. She is an icon and the ultimate example of timeless beauty for women. Rachel exemplifies we CAN be strong and sexy at any age!

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

"It's not who you are that holds you back, it's who you think you're not!"

Coach A?

Being the wife of a fitness photographer, I am not approached often by other photogs. I have followed Coach A's work in NMM for

GINA OSTARLY

Kreme Queen" title. I profess my love of them regularly. Haha!

Who influenced you the most?

My clients have and continue to be m best and greatest influence on a daily basis - I am surrounded by driven, motivated and committed individuals daily!

Who do you admire the most?

Male? My husband, Walt: I admire his ability to do whatever he puts his mind to.

Female? My oldest daughter: I admire her strength to be a single mom and a good mother while going to school and working full time.

What did you think about your first competition?

My first competition was truly a blessing! It laid the foundation in the sport for me. The promoter, Don Hollis had a genuine interest in his competitors and was so helpful! He met with me prior to the show, putting me at complete ease. Later he placed me in contact with an experienced competitor. She was also competing and was willing to help me at the show. Thank goodness she was there!

I showed up to my first show with Neutrogena, a self-tanner and was clueless to bikini bite! I couldn't figure out why those girls were putting roll on deodorant on

years and I was thrilled when he contacted me to shoot. It is a real treat!

What is your passion? What makes you tick?

My passion is educating others in areas of health and fitness, but what really makes me tick, is being personally involved in someone's transformation.

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

Hmmm? I like brussel sprouts!

Sum up your philosophy of fitness?

First: to establish accountability; second: to constantly teach a healthy balance to commitment, and finally third: to push to develop a personal self-desire to be the best that I can be.



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attitude of gratitude AND CELEBRATION LIST FOR HOLIDAYS

Living Fit with Laura Mak, MS
IFBB Fitness Pro
36 weeks pregnant!

The holidays will be upon us before we know it and so will the hustle and bustle of the season. Most of us will become overbooked, overworked, over-socialized and over-stuffed. However this should be the time of year where we take a pause and really appreciate the many things we should be thankful for. Do you ever stop to think how grateful you are for your body, flaws and all? I know that we are always trying to improve and change our bodies and make them a more "healthy body". But can you stop and think of three or four things that are unique and special to you?

Our bodies are an amazing creation, and although we all have the same general features like our head, arms, legs, etc, we all have special unique qualities. There are some things we can change and other things we cannot. Once we begin to embrace our "uniqueness" then we can move forward and become more appreciative.

I remember that I used to think my legs were crooked because of the bow at my knees. In the beginning I feared I would not become a very good fitness competitor because my bone structure could be considered a flaw. What if I got marked down for it? Well, I figured out ways to disguise it, and was able to present a polished physique. Not only was I able to accomplish my competitive fitness goals, I also was known for my "sweep" in my quad and hamstring. What I thought that may have been a flaw was used to my advantage.

I challenge you to take a moment and think of three things you are grateful for in or on your body. I am willing to bet with the attitude of gratitude other aspects of your life appear even better. For me in my life currently, I am so grateful that my body is growing and changing every day. I am 36 weeks pregnant with a little baby boy growing daily in my belly. He will be here in the beginning of December, and we are so looking forward to this chapter of life with him. Although at times it may appear shocking to me that my body has gone through tremendous changes, it is so worth it to have a healthy baby. My attitude of gratitude, with just weeks left in my pregnancy, has been that each and every change in my body has been for the health of the baby and the blessing he is going to be in our lives.

If the attitude of gratitude seems challenging to



you, then the first step is to enhance your positive attitude. You know, it is REALLY easy to have a positive attitude when things are going well. The challenge is when things are NOT going well. What do you do? Do you have ideas or thoughts that "tornado" out of control over to the negative side? Or are you able to stop them and replace each negative thought with a positive one. It seems like this time of year can be especially challenging because it can just transpire into a hectic time of year at a very rapid rate.

I will share an easy way how to replace a negative thought with a positive thought. I have always kept a diary. My journal has been especially handy in stressful or

serious decision-making times because I would use the writing to create lists of pros and cons. It seemed to be helpful to see how long each list was, and usually provided the answers I was looking for regarding the decisions I needed to make.

In addition, now what I do, which is even more beneficial, is just making a Celebration list so I don't need to review the cons list. I have an appreciation page. What are the things I am truly appreciative of? Who are the people who impact my life on a day-to-day basis? What are the nice things I do for others that are "just because"?

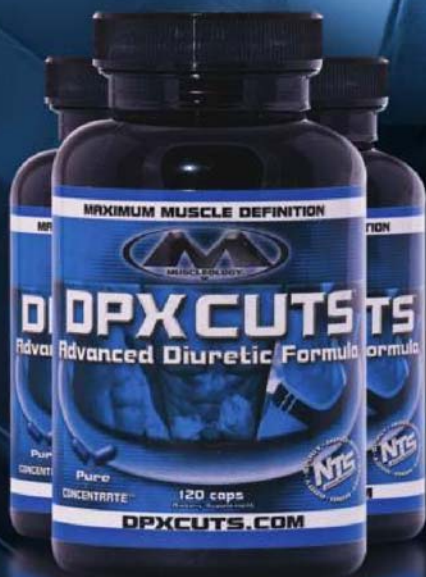
After creating this celebration list I really do feel better. When was the last time that you created your celebration list? I encourage you to take a few moments this month to make your celebration list as well as practice your attitude of gratitude. By using these techniques, it should help you get through the busy holiday season with a little more clarity, peace, and happiness.

If you would like more information about my online training programs or online nutrition you can go to my website at www.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!!!

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athletes of the TRIFITNESS

By Lindsey Rosen
Photos By: Thomas Oed, Tom Yip, Ed Johnston,
Kimi Thomas

Each month we feature Tri-Fitness athletes who have competed and performed at the highest level. What is an athlete?

Well, a Tri-Fitness athlete is one who demonstrates strength (bench press), speed (obstacle course and shuttle run), flexibility (routine), agility (shuttle run and obstacle course), and endurance (box jumps, obstacle course, routine, shuttle and bench). Through a healthy diet (eating as an athlete) and extreme training, these athletes achieve a fit, athletic physique that enables them to succeed in our event.

This month we will feature Lauren Majewski and Gina Germano Raines who have achieved success in the Tri-Fitness World Challenge during the past decade.

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

Lauren: I am 29 years old, married and have a 2-year-old son. I am a teacher, business owner, and health/fitness coach. Growing up in Calvert County Maryland, I was an elite gymnast and member of the track and field

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

Lauren: I took a break for a year and a half as I recovered from childbirth. I was unhappy with my appearance and my lack of strength after years of being physically active and fit before childbirth. I was looking for something to give me the motivation to dive back into a fitness routine. I missed being a part of a team and that sense of camaraderie. My good friend and reigning Tri-Fitness Champion Connie Knott persuaded me to join the Tri-Fitness Family. I began a serious work out program again in 2010 when I decided to challenge myself by entering the 2010 Tri-Fitness National Challenge.

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

Lauren: I love the combination of Grace, Beauty, Athleticism, and Strength. You have to look feminine and fit but also be able to perform both before and after you step on the stage. I absolutely love that it is truly a competition for everyone. Your goal may be to challenge yourself to just clear the wall, or beat your personal best times, or it may be to win the title of Champion. No matter what your goal, there is a large sense of "Family" and sportsmanship. Everyone cheers each other on and roots for you to surpass your personal bests. The Obstacle Course is my personal favorite event in the challenge. I love the adrenaline rush that I get while challenging myself on each of the 10 obstacles. My goal is to run the course under 50 seconds in this year's upcoming Tri-Fitness Challenge.

Lauren Majewski



team. In college, I was a member of the University of Delaware 2001 UCA National Cheerleading Championship team and member of the Baltimore Ravens Stunt Team. After graduation, I worked as a neurotherapist and member of the Washington Redskins Cheerleaders. As a WRC, I was able to travel to over 30 countries while touring with the USO and AFE.



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

Lauren: I maintain a fitness routine of 3-4 days a week when I am not training for the challenge that keeps me physically fit. About two months prior to the event, I up my training to 6 days a week. My workouts become more intense and are mainly max interval strength training and plyometric cardio. I enjoy the variety of my workouts and knowing that I can just pull over the car and get a workout in while on the go. I do an upper body weight training circuit including bench press twice a week. Sprints are my favorite form of a workout. It is generally a quick work out which, for a mother on the go, is a must, and I love what they do for your legs and glutes.

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

Lauren: I believe that YOU must take on fitness as a lifestyle if you want to succeed and accomplish your fitness goals. It is an equal balance between exercise, nutrition, and healthy living. In every aspect of our lives, we are expected to make responsible choices and work hard to be successful. When you don't there are consequences. When it comes to your health and your body, it is no different.

LR: Please tell the readers about yourself:

Gina: I grew up in Torrington, CT, before moving to Tampa, FL 12 years ago. My parents always encouraged me to participate in sports so I kept busy in dance, gymnastics and springboard diving through most of my childhood. Recently, I started my own business providing video services to the legal community. I feel extremely fortunate to have the best job of all and that is of being a Mommy. My son was born on June 23, 2010 and my husband and I have been blessed with an amazing addition to our family.

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

Gina: I started Tri-Fitness 5 years ago when a friend of mine, Adriane Kulvinskas asked me to come out and try a Saturday morning practice. I remember being very hesitant because I wasn't sure if climbing 10-foot walls and flipping over 15-foot cargo nets was my thing. I had so much fun with AI and the tri-fitness athletes I was hooked. It was the hardest and most intense workout I had ever had and I could not wait for the next practice.

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

Gina: What I like best about the Tri-Fitness are the athletes! I have been inspired time and time again from the amazing people I have met through Tri-Fitness. I am happy to say those amazing people have become my friends and family over the years and I look forward to training with them at each practice. Although it is a competition, everyone is so encouraging and supportive; it is hard to believe it is a competition.

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

Gina: I decided to train for the World Tri-Fitness Challenge in May 2011 as my first competition after having my son, Major. I started back to obstacle course practice, strength training and fitness routine practice in January. When I was 12-weeks away from the



Gina Germano Raines

competition, I started working with certified personal trainer and health coach, Willie Thomas to help me with my nutritional plan. I put forth a lot of time and energy during those 12-weeks to be 100% ready for the competition. I was so thankful to have AI, Willie and all of the competitors for their support because at it gets closer to show time it does become more difficult. I was pleasantly surprised at my 7th place finish overall and top 20 in grace & physique. The fact that I had challenged myself less than a year from having a baby was an incredible feeling but to finish the competition with a personal best was just icing on the cake.

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

Gina: Tri-Fitness is a way for those who participated in sports to be able to continue with their competitive spirit or can be for those brand new to the world of fitness. It can be the right FIT for anyone as long as you have the determination to TRY something new. I am very fortunate to have an amazing husband who has always given me the encouragement and support to achieve any of my goals.

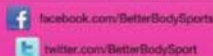


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Paula Jager CSCS and Level 1 CrossFit and CF Nutrition Certified is the owner of CrossFit Jaguar.

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paula@jaguarfit.com

Oven Roasted Fowl

- Organic, pastured turkey or chicken
- Grass fed raw butter (2-6 tbs depending on size)
- Fresh thyme, chopped
- Fresh sage, chopped
- Sea salt and freshly ground black pepper

Preheat oven to 400. Wash and dry your chicken or turkey with paper towels taking care to remove the giblets and save for other uses. Place the bird in your roaster breast side up. Pull back the skin from the breast and place the butter in between the skin and the meat. Sprinkle the entire bird with the chopped herbs and sea salt and pepper to taste.

If cooking a chicken: lower heat to 375 degrees and cook for 1 hour, 15 min to 1 hour, 30 minutes or until juices run clean and bird is nicely browned.

If cooking a turkey: Cover loosely with foil and roast for 20 mins. Lower the heat to 350 and cook for an additional 20 min per pound, uncovering the last 45 mins to hour to brown. Remove and let stand 20 mins before carving. Use a meat thermometer for accuracy; inserted in the thickest part of the thigh (avoiding the bone) until it reaches 160 degrees



PRIMAL Holiday Feast

With the holidays approaching and autumn culinary delights in abundance, there is no need to fall off the health & fitness bandwagon. With just a few changes, our holiday favorites can fit right into our primal lifestyle.

My mouth is already watering for Thanksgiving, one of my favorite holidays but what I don't crave is the way I used to feel all afternoon after consuming mass quantities of ill prepared starches and processed foods.

A typical Thanksgiving meal often consists of steroid/hormone/antibiotic infested conventionally raised turkey. Breasts are so disproportionate (kind of like some male bodybuilders that don't train legs) that they can't stand up let alone fly. Accompaniments often include the green bean casserole with canned soup loaded with msg and French fried onion rings out of a can on top. Along with mashed potatoes (often from a box), stuffing (usually from a bag loaded with more msg and ingredients we can't pronounce), Pillsbury crescent rolls laden with trans fats all topped off with a pumpkin pie full of Crisco (plastic fat), sugar and flour. No wonder we don't feel good. Ok, maybe I exaggerated a little and it is the holidays but there's no need for your nutrition to take a nosedive.

With just a little creativity, we can make the meal much healthier and delicious. Try some of these primal fall favorites and leave the guilt behind. . .

Sweet Potato & Apple Casserole

- 4 large sweet potatoes, unpeeled and cut into chunks
- 1 apple, unpeeled and cut into chunks
- ½ tsp ground allspice
- ¾ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ cup 100% maple syrup
- ¼ cup grassfed raw butter
- ¼ cup chopped pecans

Place sweet potatoes in large saucepan and cover with water; bring to a boil and cook for 6 to 8 mins or until tender. Drain and transfer to a large mixing bowl. Add the apples, spices, maple syrup and butter and mix well. Spread the mixture evenly into an 11 x 7 glass baking dish. Top with the chopped pecans and bake uncovered at 350 for 30 to 35 mins.

Yield: 6 servings

Brussel Sprouts in Mustard Cream Sauce

- 1 lb fresh organic Brussels sprouts
- ¼ cup grassfed raw butter
- ½ cup raw cream
- ½ tsp sea salt
- 1 tsp Crystal hot sauce

Cut the bottom off each sprout and make an X to allow more even cooking removing any tough outer leaves. Steam Brussels sprouts until tender, about 10-12 minutes. Meanwhile, place remaining ingredients in a small saucepan and heat on a low setting until butter is melted and sauce slightly thickened (about 5 mins). Pour over drained sprouts and serve immediately.

Pumpkin Crème

- 1 ½ cup fresh organic pureed pumpkin (may subs canned organic)
- 1 egg, slightly beaten
- 1 tbs arrowroot
- 6 oz raw cream or coconut milk
- ½ cup maple syrup
- ½ tsp vanilla
- ¼ tsp sea salt
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp ground allspice
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- 1/3 cup raw cream
- ½ tsp vanilla
- Pecans for garnish



Preheat oven to 400. In separate bowl mix arrowroot, sea salt and spices together. Combine slightly beaten egg, pumpkin, cream or coconut milk, maple syrup and vanilla, stirring until well blended. Add in the spice mixture and mix well. Pour into four, 6 oz ramekins and bake for 10 mins. Reduce heat to 350 and bake for an additional 25 to 30 mins or until almost set.

Let cool completely. Beat cream and vanilla on high speed of electric mixer until stiff peaks form. Spoon or pipe onto cooled pumpkins as desired and garnish with pecans. Yield: 4 servings

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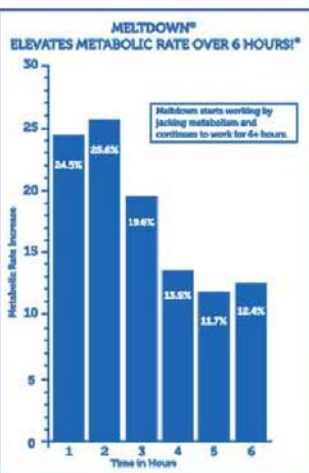
With a 56% metabolic shift in fat burning and a 29% increase in thermogenesis, MELTDOWN is your only answer to losing body **FAT** fast along with diet and exercise. We discovered that women on the Performance Ready team lost on average of 10 lbs of fat weight while dropping an average of 6% body fat!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

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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!*

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*Hoffman JR et al. Thermogenic effect of an acute ingestion of a weight loss supplement. Journal of the International Society of Sports Nutrition 2009, 6:1. Tisdemon 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 2006, 5:32. Tisdemon RJ et al. Thermogenic effect of Meltdown (FD7™) 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):P50doi:10.1186/1550-2783-6-S1-P5

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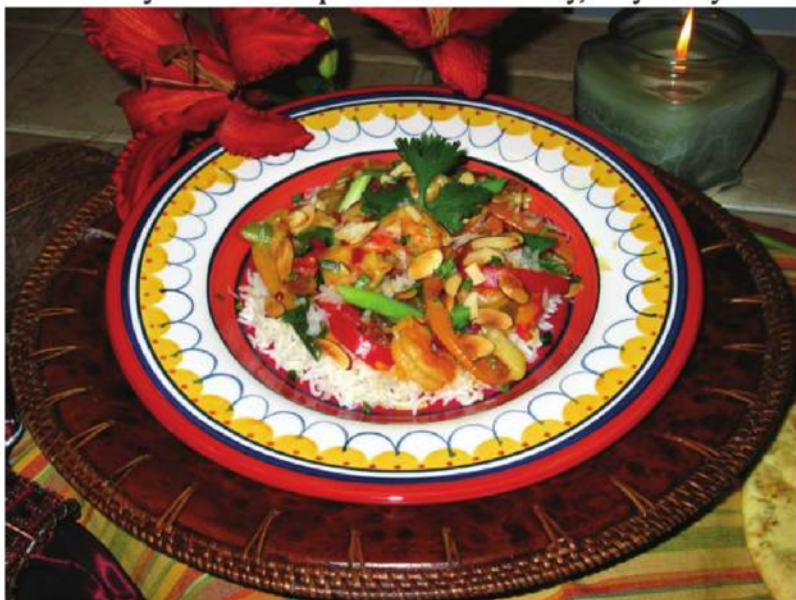


By Danielle Singh, APCA
Personal Chef/ Fitness Professional
Nutrition & Natural Health Consultant

www.fitandbeyond.com

Photos and meals prepared by:
The Fit Gourmet©

Stir-fry's are a healthy choice and can make preparing fresh, nutritious meals easy and fun! The perfect fit for a healthy, busy lifestyle!



Stir-Frying Made Simple:

Prep and assemble all the ingredients.

The real secret to successful stir-fry cooking is to have everything prepped, organized and ready to be added before the cooking starts. This can also be done a day or two in advance. Simply prepare all the ingredients, place in containers then label and store in frig until cooking day. All ingredients need to be cut into small pieces for quick, even cooking. By dividing the ingredients into bowls in the order they're needed, ex: meats, vegetables, aromatics, and sauce ingredients, makes stir-frying that much easier.

Heat the wok or skillet until hot before adding the oil.

It's very important to always heat the wok or pan before adding the oil. Any good vegetable oil, with the exception of olive, will work well. Olive oil will impart a strong flavor and will breakdown at a lower temperature. Much of your success of stir-frying will depend on the heat of the oil.

If the oil is too cold then the food will absorb too much and become soggy. If it's too hot the aromatic ingredients such as garlic will burn.

Add the oil and heat to 350 to 375 degrees.

When the oil reaches 350 to 375 degrees, throw in the aromatics and heat for 30 seconds, such as garlic, ginger, hot peppers. This will add flavor to the oil.

Add the meats or fish.

Add any meat or fish your recipe may call for now and stir-fry until it is browned, about 3 to 4 minutes. When browned simply remove the meat or push it to the sides of the pan to slow the cooking process while you add the veggies.

Add the vegetables.

Add any remaining veggies and stir-fry 3 minutes until tender but crisp. Always add the denser, thicker vegetables first and then add the smaller ones so that nothing will be overcooked or underdone.

Add the sauce.

Finally add the sauce ingredients, stir and toss until sauce has thickened and stir-fry ingredients are evenly coated.

If done properly, stir-fry cooking makes it possible for food to retain its color, flavor, and nutrients. This method uses very little oil so it's a great for people who are watching their fat intake as well as an excellent choice for those of us on the go who are simply looking for the healthy choice made simple.

Indian Shrimp-Coconut Stir-Fry

Ingredients:

- 1½ lb. large shrimp, peeled and deveined
- 1½ T. vegetable oil, divided
- 1 T. curry powder
- 1/2 tsp. ground coriander
- ¼-½ tsp. cayenne pepper, (depending on your spice preference)
- 3 garlic cloves, minced
- 1 T. fresh ginger, thinly sliced
- 1 red chile pepper, minced
- 1 cup red bell peppers, cut into strips
- 1 cup yellow or orange bell peppers, cut into strips
- 1 cup green onions, diagonally sliced
- 1 cup light coconut milk
- 1/4 cup orange juice
- 1½ T. cornstarch
- 1 T. low-sodium soy sauce
- 1/2 tsp. ground ginger
- 1/4 tsp. salt, optional
- 1/4 cup golden raisins
- 1/4 cup sliced almonds, toasted
- 1/4 cup shredded sweetened coconut
- 1 T. fresh cilantro, chopped
- 3 cups basmati rice, cooked

Directions:

1. In a medium bowl combine, shrimp, 1/2 T. vegetable oil, curry powder, coriander, and ground red pepper; toss together and set aside.
2. Heat a large skillet or wok over medium-high heat. Add remaining vegetable oil and heat to 350°-375°. Add garlic, ginger and chile peppers; stir-fry for 20-30 seconds. Add shrimp; continue stir-frying 3-4 minutes. Next, remove shrimp or push to side, toss in peppers and onions; continue stir-frying another 3 minutes.
3. In a small bowl, combine coconut milk, orange juice, cornstarch, soy sauce, ginger and salt; whisk together well then add mixture to stir-fry; continue stir-frying another 4-6 minutes allowing sauce to thicken. Toss shrimp back in stir-fry.
4. Stir in raisins, remove from heat and sprinkle dish with almonds, coconut and fresh cilantro over basmati rice. Serves 6.

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Team GO FITNESS

A great benefit of writing and shooting for Natural Muscle Magazine is meeting new people, shooting them and getting to know them. For years I have loved Gina Ostarly's writing and enjoying her husband, Walt's photography. In Miami this year I put real faces to the pages of NMM and met Team GOFITNESS.

Hey, these ladies make even me look good and thanks for Walt for the image.

COACH GINA OSTARLY

Age: 44

Height: 5' 3.5"

Weight: 117

Occupation: I own a personal training studio, GO FITNESS, in Stuart, FL and coach TEAM GO FITNESS

Triumph: Wife (25 years), Mother of 3 and Grandmother of 1

Passion: to educate and share the knowledge need to adapt and maintain a healthy lifestyle!

Pride: My family and my team

JODEE NICHOLAS

Age: 39

Height: 5' 10"

Weight: 133

Occupation: Mortgage banking; now a full time Mom

Greatest triumph: carrying my twins to full term

Greatest lesson: No to see myself through others' eyes

Thanks: Gina and Walt Ostarly for helping me gain the courage to actually step on stage and, of course my Team GoFitness, they are awesome!

Values: Honesty and kindness

Thoughts: Remove "can't" from your vocabulary. If you tell yourself you can't, your probably never will. Go into everything with "I can" and you will achieve more.



Walt Ostarly

NICOLE CAVALLARI

Age: 29

Height: 5' 1"

Weight: 117

Occupation: Firefighter Paramedic for Indian River Fire Rescue

About Me: I am Cuban/Italian, a little sassy and struggle with control, but I am loyal and not afraid to admit that I am wrong. My family is my heart and God continues to bless.

Values: Loyalty, passion and humor

Thanks: My daughter for being my salvation; my husband for his unconditional love and tolerance and my parents for always supporting me keeping me grounded in every chapter of my life.

First thing in the morning: I run to the coffee pot!

Remember: I'd like people to remember me for my mental strengths, as someone who was part of the fitness because of passion, not because of obsession. I do it because it makes me better inside. I do it because the ultimate reward is self-improvement, health and happiness.

Feature by John Atherton

GRACE VASO

Age: 45

Height: 5' 4"

Weight: 120

Occupation: Relationship Manager for BankAtlantic

Triumph: Competing in my first contest at age 45 and placing in the top 10

Influenced: My mother and father; my coach, Gina Ostarly

First thing in the morning: Teach spin class @ 7AM

Values: Being positive and striving to be selfless

Thanks: My brother, Dom, for always being there in the toughest situations; Gina, for allowing me to believe and helping me strive to be the best that I can be and, Ramon Bardales, for his love, commitment, loyalty, support and encouragement!



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COLLEGE LIFE

Rob Bouchard, COLLEGE STUDENT-PROFESSOR

TORNADOES, EARTHQUAKES AND TERMITES

We are consistently bombarded with news about the disastrous effects of Mother Nature. The big three, so to speak, are hurricanes, tornadoes and earthquakes, those are Mother Nature's big guns, her weapons that cause all the damage...or are they? Even though these three forces get all the advertising, termites create more damage than those three combined!

What does this have to do with fitness? Similarly, in the fitness world we are bombarded with new, cutting edge diets and workout strategies. And although these aspects are very important, we often forget the powerful impact that the little things have on our health. Much like the termites, these "minor" aspects can indeed make or break your fitness progress. This article stresses three minor things that can have major influence on your success.

The first thing that I would like to draw your attention to is simple multi-vitamin consumption. We've all heard about the importance of eating our veggies and a wide array of food on a consistent basis. However, in the busy lives we lead, this is not always possible and you should take some action to ensure you get all the vitamins and minerals necessary to your diet. Vitamins and minerals, although often overlooked, are of great importance to your fitness success. Think about it, if your body doesn't have the vitamins necessary for normal daily functions, how much emphasis will your body put on adding some muscle to your frame?

FIT TIP: Take a daily multi-vitamin. No matter your goal, whether it be to gain muscle, be healthy or lose weight, we need to ensure that all our most basic dietary bases are covered. A simple multivitamin taken on a daily basis will ensure that your body can successfully meet its basic micronutrient needs. Afterward, it can then prioritize getting you to your goal, whatever it may be.

So you say you already take a multi and have a great diet that contains every type of food imaginable. So what else is there to do? Well, the next step is to ensure that your body will easily absorb all the nutrients that you consume. A metaphor that may help with this understanding is having a library of books in front of you and not be able to read any of the information. When it comes to nutrients, the easiest way to improve the absorption is to simply

drink water. Water has many benefits such as aiding in the transportation of nutrients, accelerates recovery and provides a high impact on performance.

FIT TIP: Drink your water. It is imperial that you ensure you consume enough water on a daily basis. A simple way to proceed with this task is simply to carry a gallon jug of water around with you. Simply carrying this around will provide ease of access to the water, which will make it easy to drink. Another benefit of carrying around a jug is that it allows you to easily track the amount of water you drink.



The third thing that I would like to discuss is consistency. Our bodies are very intricate machines that work best when they follow a routine that is embedded with consistency. Arnold says in his book "Education of a bodybuilder" that our bodies thrive off consistency and that we need to provide them with as much consistency as possible.

FIT TIP: Inject consistency into your day. Consistency needs to be a part of your everyday routine. It should start from waking up at a consistent time and falling asleep consistently as well. Your meals and workout times should also be held consistent on a daily basis. This consistency will help your body run like a well-oiled machine.



In conclusion, although it can be easy to get caught in aw at the sight of a tornado, don't forget the impact of termites. These little buggers, although small, pack a lot of punch. Together they can work intricately to bolster your success if given enough attention. Remember, it's the little things, those that others overlook, done day in day out that forge success.

It is not the straining for great things that is most effective; it is the doing the little things, the common duties, a little better and better. -Elizabeth Stuart Phelps

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



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- Promax (*Promax, Oatganeous, Rampage Bars*)
- Protan Performance Brands
- S.A.N. Nutrition (*Vault, Tight, V12*)
- Scivation (*Neurostim, Xtend*)
- Six Star Nutritionals
- South Beach Diet Bars
- SportPharma (*Just Whey*)
- Syntrex (*Nectar*)
- Think Products (*Think Bars*)
- Trimspa
- Twinlab (*Ripped Fuel, Diet Fuel, Amino Fuel*)
- Universal Nutrition (*Animal Pak, Doctors Carb Rite Bars*)
- Vyotech Nutritionals (*Viraloid*)
- Weider (*Tiger Milk Bars*)
- Worldwide Sports Nutrition (*Pure Protein Bars*)
- Zone Perfect Bars

**NATURAL
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By: Pz Hopkins

YOU ARE WHAT YOU SPEAK!

"A word is dead when it is said, some say. I say it just begins to live that day."

~Emily Dickenson (American Poet)

Words are everything. Without words what would we be? Who would we be? Words are powerful yet we sometimes dismiss that power or misuse it or abuse it.

How often have you heard a man on trial for committing some heinous crime tell a jury he behaved a certain way as an adult because of the things he heard about himself as a child? His dad told him he was a worthless piece of crap. His mom told him he'd never amount to anything. His schoolmates made fun of him and his teachers didn't expect much from him. He heard words of discouragement from as early as he can remember, thus he came to believe those words. After all, wouldn't his dad and mom know better and tell him the truth? Wouldn't he have to be a loser and a screw-up if they said he was? Lots of kids live up to that negative billing—the old self-fulfilling prophesy. On the flip side, you hear the Olympian say how their dad supported them and built them up and told them day after day how talented and deserving and wonderful they were. You have the musician who tells how her mom was there for her and believed in her and told her she could become anything she put her mind to doing. All of these instances involve the words a child hears or doesn't hear from when he or she is old enough to understand what words mean.

I think of words as having wings. Once they shoot out of our mouths they fly off into the atmosphere ad infinitum. We can't corral them or lasso them or retrieve them or beckon them back. These words are our words. We own them all by our lonesome. No one else can claim these words. They say something about us, about who we are, not just on the surface but deep inside. Do we speak words of love or words of hate? The words we say do matter. They matter because altogether we are what we speak.



Pz's Pointers on the power of words

Dying over words—

Years past our words were not so easily shared, easily heard, or easily seen. Due to men with innovative minds like Jobs and Gates or Murdoch and Turner or Zuckerberg and Dorsey our words can have immediate impact on one or one million. This doesn't happen in the time it took the Pony Express to deliver the letter or CNN to broadcast the nightly report or Rush Limbaugh to air his mid-day show. It's a new day. This happens immediately, appears instantly, faster than you can say *Evanescence*.

There's much talk these days of bullying and how many young people, gay and straight, are resorting to self-destructive behavior as well as suicide. Bullying is certainly nothing new. What IS new is the lengths ignorant and mean people can go in order to get their bullying message across. It's no longer restricted or limited to harassment in school or on the bus or at the mall. Face

to face bullying is one thing and it's insidious and hurts, but it's only one factor of the bullying equation. Bullying has been ramped up to a whole new level. With the advent of Facebook and Twitter, technology currently provides kids a platform through novel and creative avenues for saying the words they say. Rarely are kids passing around hateful notes on real paper written with a real pen that heretofore eventually got crumbled up and tossed in the trash. What's being written now can be saved with one keystroke and archived permanently. No pencils can erase the words being posted. Words are spewing out of immature brains in the form of cryptic sentence fragments that total 140 characters at a pop.

The sticks and stones philosophy, while forever relevant, is a tougher sell today than ever before. Kids learn their mean ways and their mean words somewhere. Often we can connect the bully dots back to hurtful words and behaviors they've been exposed to in their own narrow world. One important thing to remember is

kids don't remain frozen in time as kids. They grow up to become adults. If we focus more on teaching little ones the true importance of words—good and bad—and the true consequence of the words they speak, text, tweet, and post, they'll grow to value words in a more profound way. If we focus more on leading by example and demonstrate by our kind words and our positive deeds then those who are looking at us or up to us may follow in those footsteps. When we know better we show better.

Open mouth then insert foot—

More often than not, lots of us speak before we think. We don't give much thought to what we say or how it affects others and we, in essence, leap before we look both ways. Once we're out in the middle of traffic it's too late. Make a conscious effort to be more discerning when you speak. Ask yourself is what you're saying going to enhance or worsen the situation? Are you speaking helpful or hurtful words? Are you building up or tearing down? Are you speaking with tolerance or nastiness? Are you speaking constructive or destructive in your communication? Your words can make or break a deal or a life. Make a commitment to doing the best you can to say better things. Only give an opinion when you are asked and even then proceed with caution. Be confident in what you know but sure about what you don't. (There's nothing more irritating than a know-it-all.) If you're wrong say so. If you're right, just be right and leave it at that. If you're not sure keep your mouth shut, and be quiet.

Knocking someone down doesn't elevate you—

As Secretary of State, I have a great deal of respect for Hillary Clinton. She is one smart and savvy politician, and if not for Obama pulling off his party's nomination, she most likely would have occupied the Oval Office. Instead, she travels the world as the high-ranking representative on all things germane to foreign affairs. When she talks people listen. War or peace and ally or enemy hangs in the balance. Her words, therefore, matter a great deal. Recently when talking with Afghan President Hamid Karzai, GOP Presidential hopeful Herman Cain was brought up in the conversation. She fed into the disingenuous of Mr. Cain, dismissing him as a former pizza executive who started Godfather's Pizza. All the while, she was laughing and gesturing and passing off Mr. Cain to President Karzai as some, not to be taken seriously, buffoon. Sorry Hill, but your funny wasn't funny. Although I'm not a supporter of Mr. Cain, it's refreshing that there are citizens entering the race who aren't the typical Harvard, Yale, Stanford lawyers or predictable, repeat career politicians. Whether Mr. Cain is a joke or not is not the point and the American people can decide. The fact Mrs. Clinton spoke in those terms under those conditions felt pompous and unnecessary. If she thought making Mr. Cain look foolish in the eyes of a world leader somehow elevated her, her party, her cause, or her President, she was wrong. Last time I checked, she's in office, and the party opposing Mr. Cain is in office. She's sharp enough and should be confident enough in her position that she doesn't need to resort to feeding that negative rhetoric in a foreign setting. There's plenty of time for her to sling mud—or sauce—right here at home when the race for reelection heats up next year. In the meantime, I wish leaders like

her, in such a position of prominence and power, would take the higher road, be a better example, and use their words more wisely. It may be wishful thinking, but one can still wish.

Negative begets negative and so on—

The world isn't a perfect place. People aren't perfect either—not by a long shot. That doesn't mean we can't strive and aspire toward creating a better world and becoming a better person. It all starts at home with you, with me, with each one of us as a party of one. If you're a regular negative Nellie and see the world as bleak and hopeless, then that's precisely what you'll get. That's one of the major problems facing our nation at this very moment. Everywhere we turn we hear negative words and negative descriptions of the condition of the economy and of our people as a whole. There is no doubt that our problems are big and for many individuals and families the struggles are overwhelming. Now is not the time to remain in that negative, fearful mindset, spouting that constant negative-speak. If folks heard a brighter message they would feel an entirely different feeling in their mind and soul. If you bring a message that is positive, positive things have a chance to take root and grow. Try your best to speak words of encouragement and support whenever possible. Practice what you preach in word and deed. Don't talk a big game and be nothing more than an empty suit. Have muscle behind your words. Refrain from judgment and offering up negative opinions. Once you apply living in that positive frame of thinking, you can't abide those who persist on living otherwise. Use your precious and valuable time where it matters most. Think, speak, and do positive things in your life and life will most graciously reciprocate in kind.

What words do—

Words are everything. Words inspire, motivate, encourage, and comfort. Words cripple, crush, humiliate, and harm. Words lift, brighten, teach, and train. Words upset, spoil, wound, and offend. Words change, please, unite, and incite. Words disappoint, disrupt, defeat, and divide. Words are magical and mysterious. Words can cut like a knife or bring you to your knees. Words do all these things and more. In fact, there aren't enough words that exist in our realm of consciousness to describe all that words do. Treat the words you say with more dignity, more respect, more reverence. Be more aware of what you say and how you say it. Your words are your own personal legacy. From here forward begin to think of them in those terms. Remember, you are what you speak. Choose wisely. It's for you to decide exactly who you want to be. Let your words do the talking.

A Note from Pz...



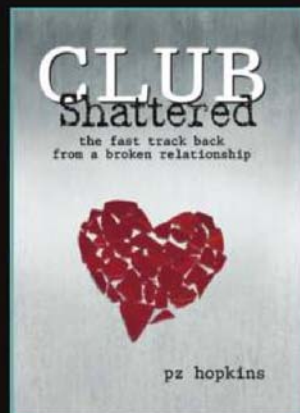
I'd like to take this opportunity to wish Natural Muscle a Sweet 16 Anniversary. Wow—16! Here's to the woman at the helm, Debbie Baigrie, and all the great people who have contributed their talents over the years. I am grateful to be a part of the NM family. Congrats ...<3

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

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

Go to www.pzpower.com

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



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

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Licensed Marriage and Family Therapist

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Health Coach

SARAH VARNNO

By Steve Shaw
for Muscledandstrength.com

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

I started playing soccer and basketball at the age of 5. Being athletic was instilled in my blood. People were amazed at how athletic I was! Not to toot my own horn, but I was GOOD! I played everything from pickup games to recreational teams, junior Olympics, and high school sports. Realizing I needed to stay in shape and wanting to live a healthy lifestyle, I turned to the gym. I loved lifting weights and saw immediate results. Being conditioned at an early age was extremely important.

I remember when other gym members would comment on my physique back then when I only weighed 120 lbs. I was super lean. Since then, I have packed on another 20 lbs of solid muscle. Although I have never had the interest of competing, I have always loved the look of females with muscle. This led me to the interest in female fitness modeling.

I started researching photographers and magazines and began shooting with top models around the world! I was thrilled to meet such amazing women who shared the same interests as me. Since 2003 I have appeared in numerous fitness magazines such as Planet Muscle, American Curves, Men's Fitness, Muscle & Fitness, and Muscle Magazine International. In the last few years I have grown to love the other side of the camera as well and often do my own shots! I feel honored to be a role model for other women who strive, everyday, to look good and feel better about themselves.

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

It took me quite a few years to figure out my body, what it liked and didn't like. I have always enjoyed lifting heavy weights because I needed to build muscle

in certain areas to balance out my body. I try to listen to my body on a daily basis because it's a great indication to what I will be doing for a workout.



I honestly believe there is no right way or wrong way to train, as long as what you do works for you! I'm a firm believer in supersetting all or most of my sets. I don't need to work out for hours to see results. My body loves to be pushed hard, and that can be done in as little as 20 minutes sometimes. You'd be surprised but sometimes those are my best workouts! Because I train clients and instruct 3 classes a week I need to balance out my own workouts. I do have my favorite muscle groups though ... don't we all?

Monday - Arms. Either morning or afternoon power-walking, 30 minutes. 30 minutes of instructing complete upper body using light weights. I don't have a chest routine because I get enough of it in class!

Tuesday - Legs. Either morning or afternoon power-walking, 30 minutes. 30 minutes of instructing leg class consisting of lunges, squats, plyos.

Wednesday - Back and Shoulders. Either morning or afternoon power-walking, 30 minutes. 30 minutes of instructing ab/core class.

Thursday - Either morning or afternoon power-walking, 30 minutes.

Friday, Saturday and Sunday - OFF

My cardio is based on the seasons in New England. I'm not thrilled about indoor cardio so I enjoy power-walking outside as many times as I can in between clients. During the colder weather I usually hit the treadmill for some power-walking. (My body generally responds well to 25-30 minutes per cardio session)

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

I have always believed in changing up my routines. Even after 15 years of weight training I'm still sore after my workouts. I usually go a few weeks at a time before changing an entire program I have been using, otherwise I might add or take out a certain exercise. Too many people

often get comfortable with a routine and then wonder why they're not seeing results. The key is to listen to your body, and keep it guessing.

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

My body doesn't need a lot of cardio; therefore I can get away with steady state power-walking. Don't get me wrong, if I'm on the treadmill and a great song comes on I'm all for picking up my pace, however, I honestly enjoy a power-walk than a run.

My clients are a different story. 99% of my clients need to lose weight, which brings me to personalized HIIT programs. They need the individualized cardio programs created for their bodies and medical history.

I start with 75% of their heart rate and change their speed and/or incline to 85/90% of their heart rate. After a month I change up their cardio programs again. They get results because my programs work!

What are your favorite 5 muscle building exercises and why?

Seated incline curls: I feel I have a lot of control while seated. I can take each arm and make it work to its potential. It starts me out for a great pump!

Leg extensions: Since I do 3 foot variations my quads feel it tons! Especially curling heavy weight, it has made great gains in my definition as well.

Dumbbell shoulder press: One of my heavier lifts that I really enjoy! Presses have given me nice thick shoulders, and have developed quite nicely over the years. I really enjoy the movement of overhead presses and look forward to shoulder days!

Incline sit-ups holding heavy dumbbell: Using a weight really helps my abs pop out! Incline sit-ups have to be done just right though. The movement is very small and each contraction is very important. This exercise has really helped my core strength and has created my V-shape!

Deadlifts: I sort of have a love/hate relationship with these guys, haha. I enjoy the stretch in my hamstrings; however I usually can't walk normal for 3-4 days! I have to stretch constantly! To be honest, my hamstring area is my trouble zone and therefore makes me motivated to work them all the more!

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

YES! My biggest pet peeves are people who have outrageous form while performing exercises! I understand not everybody is knowledgeable, so I try to help those I can. The second is people whose body odor permeates throughout the facility: folks, it's called shower & deodorant! The third is people who don't put weights and plates away. It's a common courtesy to re-rack weights!

What advanced training techniques work well for you?

I LOVE supersetting almost everything! I get a great pump, it keeps my heart-rate up and I get my workouts done! I really enjoy tri-setting when I'm in a rush and I need to get a workout in between clients. This really shocks my muscle groups and keeps everything guessing. Because I do lift heavy, I have no choice but to lift slowly, making sure my safety is in check and so I can actually do sets without a spotter.

Example:

- Biceps: I will superset seated incline curls with standing straight-bar (full range, low half, upper half).
- Back: I will tri-set lat pull-downs, seated rows and upper cable rows together.

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

Preparing ahead of time is key! I cook meat about 3 times per week. Usually Sundays is my biggest cooking day and I will make something I can have for a few days. Because I work a split shift, I can come home and cook in the afternoon if needed. I always cook my organic chicken in each pack all at once. Veggies are easy to heat and take no time at all; however I do like to heat them just before I eat them because otherwise they get soggy. My usual meals consist of 4oz chicken with either asparagus or broccoli.

A couple times per week I will have salmon and a salad. My meals are very easy to prepare and having that grab and go method makes my life a lot easier!

What are your thoughts of niche diet approaches like the Paleo Diet, Adkins Diet, Keto Runs, the Warrior Diet, Intermittent Fasting, etc.?

I definitely don't believe in diets! In fact, if I have a client whose on one I make



them get off it so I can teach them about foods, fats, protein and carbs. This is why diets don't work! They don't teach the individual about serving sizes and why their eating certain foods.

Diets may work at first because the person is usually eating better than they previously were, however the moment they stop the diet, they have no idea how to manage their foods; what to eat, how much, when to eat etc. It's all about "healthy eating" folks...it's not rocket science!

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

- Website: www.sarahvarno.com: my personal training site for local clients, however, I do offer online training as well.
- Facebook: [Facebook fan page](#) for people who want to keep up with my modeling.

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

MONDAY

Arms

Exercise	Sets	Rep Goal
• Incline Dumbbell Curl	3	5-8
• Barbell Curl - 21s style	4	12
• Dumbbell Curl	3	8
• Cable Curl	3	6-8
• Tricep Extension with Rope	3	6-8
• Overhead Cable Extensions	3	6-8

TUESDAY

Legs

Exercise	Sets	Rep Goal
• Leg Extension (3 foot variations - 4 reps per variation)	3	12
• Leg Curl	3	6-8
• Cable Kickback	3	12-20
• Cable Side Leg Lift	3	12
• Glute Kick back	3	6-8

WEDNESDAY

Back and Shoulders

Exercise	Sets	Rep Goal
• Lat Pull Down	3	6-8
• Seated Cable Row	3	6-8
• Dumbbell Row	3	6-8
• Dumbbell Overhead Press	3	6-8
• Dumbbell Front Raise	3	6-8
• Dumbbell Lateral Raise	3	6-8

Strength in Numbers with Volume Training

Written By Valeria Fazio

Playing with your training numbers is one of the best ways to avoid hitting plateaus.

Whether you switch up your reps, sets or even rest times, you are causing your body to play a guessing game that instigates muscle growth. For example, periodized volume training (VT), a method of training that typically incorporates a high number of sets per exercise or per muscle group, promotes the growth of lean muscle.

VT, known for its ability to build lean muscle, has a higher training frequency than HIT Training. People following a VT program will typically train three to six days a week opposed to the two to four days a week with HIT. Central to VT is the concept of periodization, as it implements different training cycles (strength, hypertrophy, endurance) to avoid plateaus. Changing from strength to hypertrophy training as soon as gains begin to level off or stop occurring altogether, is a solid way to make sure you continuously witness progress in your physique and training. In addition to helping fight off plateaus, VT training will also help keep you focused and motivated in the gym as your goals will constantly be changing in conjunction with your body's developments. As a guideline to VT newcomers, programs are typically broken down into phases lasting anywhere from 4 to 12 weeks.

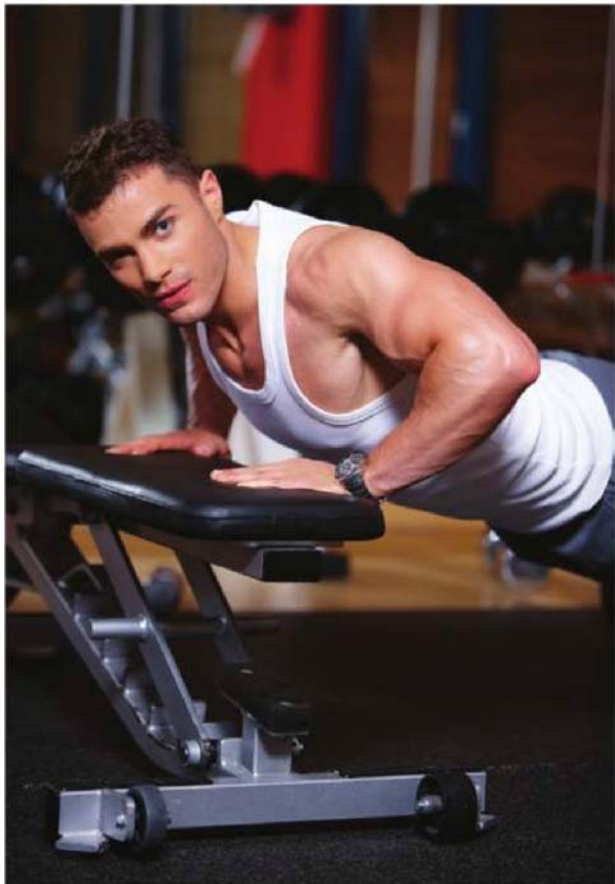
A typical cycle should begin with hypertrophy, followed by strength, and completed with endurance. Once endurance

is reached and conquered, your options for training are endless. As such, the number of sets and reps is strongly dependent on what you as an individual are training for. Two popular program methods of VT are 10x10 or 8x8. Both programs are guaranteed to cause large muscular tears in each workout leading to noticeable growth. In the German volume training method (the 10 sets method) for example, the body adapts to stress by hypertrophying the muscle fibers targeted.

Although this training seems foolproof, there are a couple of downsides. Without proper periodization and nutrition, it becomes easy to fall into overtraining. So, depending on your body type and eating habits, you may require extra recovery time to avoid training stagnation and injury. To avoid this training pitfall, perform VT training on one to two exercises per muscle group. For example, perform eight sets of eight on the bench press and peek fly, and regular sets on the decline bench press.

Combining VT training with the right sports nutrition is a surefire way to build muscle in a minimum amount of time. Try stacking this training cycle with ALLMAX CreMAGNavol and Isoflex whey protein isolate for optimum muscle growth and recovery.

With CreMAGNavol, you can maximize your lean muscle growth, while reducing recovery time. Designed to help develop strength and size in as little as 30 days, CreMAGNavol is by



far one of the most potent creatines on the market. Created with a magnesium bond, it is absorbed into the blood stream rather than broken down in the stomach. This helps fight bloating and water retention that usually occurs with creatine consumption. It also produces a high rate of muscle tissue oxygenation that speeds recovery in war-torn muscles.

If size is your goal, volume training should become a central concept to your training. So switch up your numbers and play with your programs. The burn only lasts a day.

Valeria Fazio holds a B.A. Honors degree in history from Carleton University and a diploma in professional writing from Algonquin College.

She has been competing in amateur fitness and figure competitions for three years, and has recently qualified for the 2011 Ontario Provincial Figure Championships. As a certified personal trainer and nutritional coach, Valeria helps others in her free time to achieve their fitness goals.



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