

NATURAL MUSCLE

M A G A Z I N E

**GREEN YOUR
GROCERY
ROUTINE**

**TRIFITNESS
WORLD
CHALLENGE**

*Make Waves
with WaveLoading*

**FIVE SECRETS TO
NATURAL BODYBUILDING
SUCCESS!**

*MAXIMIZE YOUR
GYM TIME*

FREE

Pick one up!

**DECEMBER
2011**

**HAPPY
HOLIDAYS!**

*Athletic Stress
and Adrenal
Fatigue*



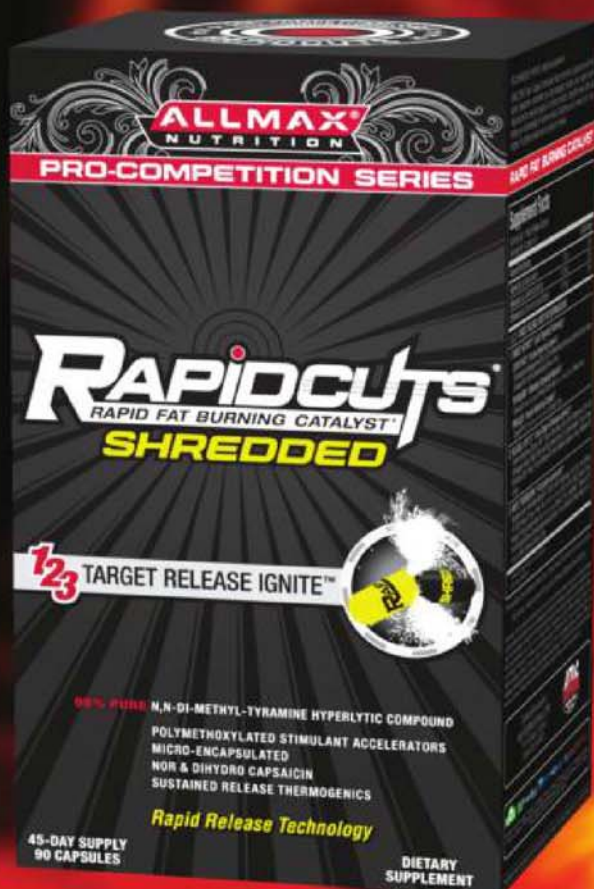
NEW & IMPROVED

- 98% PURE N, N-DI-METHYL-TYRAMINE HYPERLYTIC COMPOUND
- POLYMETHOXYLATED STIMULANT ACCELERATORS
- MICRO-ENCAPSULATED NOR & DIHYDRO CAPSAICIN
- SUSTAINED RELEASE THERMOGENICS

RAPIDCUTS®

RAPID FAT BURNING CATALYST*

SHREDDED



RAPIDCUTS® SHREDDED

EXTREME, POTENT & UNDENIABLY EFFECTIVE!

G6PT™ Raw Green Coffee Extract, Naturate™ Yerba Maté Unfermented Green Tea, Camilia Sinensis Green Tea (50% EGCG) – all backed by research showing profound fat-loss effects. Completely novel and rare Cranes Bill Extract (Geranium Maculatum) at a 200:1 ratio with Hordenum Vulgare and 100% pure Naringin to extend and intensify fat-loss effects; Cardio will never be the same.*

RAPIDCUTS® SHREDDED; the solution for your 8-week diet and cardio program.



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EXTREME
FAT LOSS
PERFECTED.**

123

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3-STAGE FAT BURNING SYSTEM



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MYOFUSION

PROBIOTIC SERIES

ELITE ATHLETE PROBIOTIC INFUSED PROTEIN POWDER

JUST THE FACTS

- » Incredible Taste, Mixes Easily.
- » Advanced six stage protein blend.
- » Patented GanedenBC³⁰ (*Bacillus coagulans* GBI-30, 6086) Probiotic to support immune and digestive health.*
- » Features Whey Protein Concentrate, Brown Rice Protein Concentrate, Whey Protein Isolate, Milk Protein Isolate, Egg Albumin, and fast acting Whey Protein Hydrolysate.
- » Over 9 grams of essential Amino Acids (EAAs) to support recovery.
- » Gluten and Aspartame free formula.
- » Manufactured in a SQF 2000 facility.



	MYOFUSION PROBIOTIC SERIES	ORIGINAL MYOFUSION	LEADING COMPETITOR #1	LEADING COMPETITOR #2	JUST THE FACTS
Contains a Clinically Validated Probiotic	YES ✓	NO	NO	NO	There are very few if any protein powders on the market utilizing probiotics. MyoFusion Probiotic Series utilizes a specific strain that is proven safe (1) and effective (2).
Contains at Least 24g of Protein Per Serving	YES ✓	YES	NO	YES	The nutrition facts don't lie so compare your favorite brand to MyoFusion Probiotic Series. Protein shouldn't be loaded with fats and sugars.
All Flavors are Artificial Color Free	YES ✓	NO	NO	NO	With the great advances in food technology there really isn't an excuse to have products with these in them. Natural coloring isn't cheap, but certainly reflects Gaspari Nutrition's commitment to clean formulation.
Tastes Great	YES ✓	YES	DEPENDS?	DEPENDS?	Gaspari Nutrition partners with the best flavoring houses under the direction of their highly talented R&D team. It wasn't easy to create something even better tasting than the original MyoFusion but it was accomplished.
Made in a SQF 2000 Level 3 Certified Facility	YES ✓	NO	NO	NO	Compromising on quality control or safety is something no customer should settle for. This is why MyoFusion Probiotic Series is made in SQF 2000 Level 3 certified facility. Few companies can say their protein powders are manufactured with this degree of care. (3)



References:

1. Endress JR, Gansel L, Fischer T, Hausswirth L, Hirs G, Probst L, Schuster AG. One-year chronic oral toxicity with correlated reproduction toxicity study of a novel probiotic, *Bacillus coagulans*, mouse fed by gavage. Food Chem Toxicol. 2011 May;49(5):1174-82.
2. Klemm AJ, Kellie G, Farmer S, Warkentin DE. A controlled clinical trial to evaluate the effect of GanedenBC30 on immunological markers. Methods Find Exp Clin Pharmacol. 2010 Mar;32(3):629-35.
3. <http://www.sqf.com/standards/>

*As part of a balanced diet and healthy lifestyle.

Ganeden BC30 is a registered trademark of

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Patent #6,481,607 and pending foreign.

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MYOFUSION PROBIOTIC
Use your smartphone to scan
this with a QR code app.

NEW!

FREE OF BANNED SUBSTANCES
100% CERTIFIED FACILITY

PEOPLE. PRODUCTS. RESULTS.™

48g
*PROTEIN
PER 2 SCOOPS*

18g
*ESSENTIAL
AMINO ACIDS

500mg
*CFU

FUSION
PROBIOTIC SERIES

POWDER



th



INCREDIBLE TASTE! MIXES EASILY!

VANILLA Naturally and Artificially Flavored

PRE | POST | BETWEEN MEALS

MANUFACTURED FREE OF BANNED SUBSTANCES
IN A SQF 2000 CERTIFIED FACILITY

GASPARI NUTRITION. PEOPLE. PRODUCTS. RESULTS.™



48g
*PROTEIN
PER 2 SCOOPS*

18g
*ESSENTIAL
AMINO ACIDS

500mg
*CFU

MyoFUSION
PROBIOTIC SERIES

ELITE ATHLETE PROTEIN POWDER

- » Advanced Six Stage Protein Blend
- » Facilitates Maximum Recovery
- » Infused with a Powerful Probiotic
- » Supports Immune and Digestive Health
- » Gluten and Aspartame Free Formula
- » ZERO Artificial Colors



Net Wt. 5 lbs. (2,232g)



INCREDIBLE TASTE! MIXES EASILY!

MILK CHOCOLATE Naturally and Artificially Flavored

WITH MEALS | PRE | DURING | POST | BETWEEN MEALS

Follow Us:   

NEW MYOFUSION PROBIOTIC SERIES is a revolutionary protein formulation with a highly potent blend of six amino acid packed sources of protein. To further enhance this great tasting new formula, we added the durable and patent protected Canaden BC³⁰ (*Bacillus coagulans* GBI-30, 6086) probiotic to help support digestive and immune health.* This advanced probiotic is strong enough to survive manufacturing, doesn't require refrigeration, is shelf stable, and survives stomach acids to deliver beneficial bacteria to your digestive system all the while having REAL clinical research to back up those claims. Real athletes not only need support for recovery and fueling their muscles, but must also consider **JUST THE FACTS** to support their healthy lifestyles. This is why the MyoFusion Probiotic Series has set the new standard for high quality and great tasting proteins for all elite athletes and health enthusiasts around the world.



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MyoFusion
Probiotic Series

BODYBUILDING
LIVE YOUR DREAM





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Fat-free massed increased in the NOSS group by 7.26 pounds while the placebo group didn't change.
Strength in the chest press increased in the NOSS group by 22 pounds versus 12 pounds in the placebo.
Bicep circumference increased more in the NOSS group (+3.2%) versus the placebo (+1.7%).

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

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ON THE COVER

Holly Bricken

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THE NUTRITION STANDARD FOR ELITE FITNESS

Dymatize's unmatched dedication to science, quality, and superior taste sets us apart from the competition.

Our passion to provide consumers with superior nutrition supplements is unprecedented in the industry.



NSF GMP Certified

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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



**MONEY WILL BUY YOU A FINE DOG,
BUT ONLY LOVE CAN MAKE IT WAG ITS TAIL.**

A petition that included 190,000 signatures challenging Target's decision to open at midnight on Black Friday was delivered to the Minneapolis headquarters of the giant retailer by its employees.

Out of three hundred and sixty five days in a year, we take two days out to spend with our loved ones. Two. Now those two days are sliding down a slippery slope. The two days that we spend with our families and loved ones are now being condensed to make way for even more shopping.

Truth be told, the deals probably weren't even that great. There was probably a low inventory on those *great deals* and maybe some bait and switch, yet still many people left their loved ones to hunt the deals—deals on “stuff”. Geez.



For Hanukkah many years ago, I bought my Mother a wooden back scratcher at the dollar store. She loved to have her back scratched and she kept it beside her bed all those years. Although it cost only one

dollar, I think it was her favorite possession. When she used it she always said, “ahhh!” and her face lit up.

When she passed away I took it home with me. I now have it laying on my desk and it always makes me smile to picture her face.

It is nice to know that a dollar can buy so much!



10 Things Money Cannot Buy

10. Money can buy a bed, but it cannot buy sleep.
9. Money can buy books, but it cannot buy brains.
8. Money can buy food, but not appetite.
7. Money can buy finery, but not beauty.
6. Money can buy a house, but not a home.
5. Money can buy medicine, but not health.
4. Money can buy luxuries, but not culture.
3. Money can buy amusement, but not happiness.
2. Money can buy companions, but not friends.
1. Money can buy flattery, but not respect.

Oh yes, one more ...

Money can buy a 15 foot tree, but not
Peace on Earth and Goodwill to all Men!

Win the War on Fat

DEFENDER
Body Fat Caliper

Military Standard Body Fat Measurements

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...with new Visual
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accurate measurement

...plus Slide Wheel Chart
for fast results

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ALLMAX CASEIN-FX™

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

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

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

25 G PROTEIN, 0 G FAT & LOW CARB



ULTRA SLOW-RELEASE PROTEIN

ENZYME ACTIVATED PROTEIN ABSORPTION

ULTRA-SLOW RELEASE PROTEIN

CASEIN FX™

FEED YOUR MUSCLES!

SCIENCE • INNOVATION • QUALITY • RESULTS

ALLMAX NUTRITION

ULTRA-SLOW RELEASE PROTEIN

CASEIN FX

25 G PROTEIN, 0 G FAT & LOW CARB*

ULTRA SLOW-RELEASE PROTEIN

ENZYME ACTIVATED PROTEIN ABSORPTION

BioCore™
EDGE™

PROTEIN SUPPLEMENT

NET WT 5 LBS (2.27 KG)

CHOCOLATE

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

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

225% INCREASE
IN BIOAVAILABLE
AMINO ACIDS

ULTRA SLOW-RELEASE PROTEIN
Level of AMINO ACIDS over TIME

■ CASEIN provides a slow long duration stream of Amino Acids.

■ WHEY ISOLATE is fast and provides a spike in plasma Amino Acids.

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EDGE™**
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Body

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Skip La Cour's MASS MACHINE TRAINING

Skip La Cour, six-time national champion bodybuilder.



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

Become an “Efficient Eater” and Create an Awesome Physique at Contest Time

If I had to single out only one factor that made the biggest impact on my physique at contest time, it would be that I refined my eating habits with the latest cutting-edge nutritional strategies.

I believe my organized, structured eating habits played a big part in my success over the years. I've always been extremely disciplined when it came to my nutritional practices—especially when I was preparing for a contest. So when you think about the fact that I've eaten every two hours almost every single day—with no cheating for long stretches—for years, it's easy to wonder how can a person improve on that?

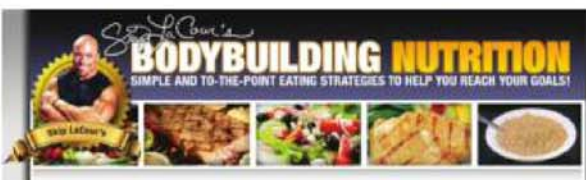
You Can Diet for a Show —and You Can Diet Effectively and Efficiently for a Show

Basically, I learned how to eat the right amount of calories and the right nutrients at the right times of the day. I ate the right types of foods in the right amounts when my body needed them the most. I also did not eat certain foods or as much food when it wasn't needed to grow.

I evolved into an “efficient” eater. I learned how important it was to feed my body with protein both, before, and after my workouts. I learned how important it is to feed your body the right nutrients during the critical three-hour window after your intense weight training sessions. I learned how important it is to eat the right carbohydrates at the right time of the day (starchy, high glycemic carbohydrates before my workouts and within the three-hour window afterwards; lower-glycemic carbohydrates like vegetables during the other times of the day.)

Eating this way, I was able to effectively build muscle all year long because I supplied my body with exactly the nutrients it needed—exactly when it needed them. In the past, I ate a lot of extra food because I thought I had to in order to continually build muscle.

Adhering to these nutritional philosophies, I was also able to stay leaner all year long because I didn't have to consume as many calories during my off-season as I did in the past—without negatively affecting my muscle growth. I carried around more muscle, less body fat, and was equipped with the knowledge to get even more ripped when I wanted to as my contest date arrived.



Routine #4

Monday

Back and Traps

Exercise	Sets	Reps
Deadlifts	3	4 to 6
Bent Over Rows	2	4 to 6
Cable Rows (V-Bar)	2	4 to 6
Pull-ups	2	to failure

Tuesday

Abdominals, Calves, and Shoulders

Exercise	Sets	Reps
Cable Crunches	2	10 to 12
Weighted Leg Raises	2	10 to 12
Seated Calf Raises	2	6 to 8
Leg Press Calf Raises (one leg at a time)	2	6 to 8
Standing Calf Raises (one leg at a time)	1	6 to 8
Military Press	2	4 to 6
Side Lateral DB Raises	2	4 to 6
Seated Rr Lateral DB Raises	2	4 to 6

Wednesday

Legs

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

Thursday

Chest

Exercise	Sets	Reps
Flat Barbell Bench Press	3	4 to 6
Incline BB Bench Press	3	4 to 6
Weighted Dips	1	4 to 6

Friday

Abdominals, Triceps, Biceps, and Forearms

Exercise	Sets	Reps
Swiss Ball Crunches (Bodyweight)	3	15 to 20
Swiss Ball Leg Raises (Bodyweight)	2	15 to 20
Lying Triceps Extensions	3	4 to 6
Cable P.downs Behind Back	2	4 to 6
DB Incline Triceps Ext	1	4 to 6
Barbell Curls	3	4 to 6
Curl Bar Curls	2	4 to 6
Barbell Wrist Curls	2	6 to 8
Standing DB Curls	2	6 to 8

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Allison Ethier
Professional Trainer

America's Strongest Female Fat Burner![†]

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



[†] In a clinical study, women consuming a key ingredient in SLIMQUICK® lost an average of 24.6 lbs vs. 8.1 lbs with diet alone in 90 days. Both groups consumed a reduced-calorie diet of 1350 Cal/day. Regular exercise and a reduced-calorie diet are essential for weight loss. *Based on IRI F/D/Mx sales for SLIMQUICK® Brand latest 52 wks ending Dec. 26/10. [†]Based on a review of all available published research on the absolute amount of weight loss from other female fat burners. Read the entire label before use and follow directions. © 2011. All rights reserved.

LOSE UP TO 25lbs FAST!†

Are You Up For It?

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

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CVS/pharmacy

Walgreens

TARGET

GAIN UP TO 10 LBS IN 10 DAYS*

60
GRAMS
PROTEIN

TRAINER ALL-AMERICAN
VINCE WANRYK
IFBB PRO



IT'S ALL ABOUT THE NUMBERS!

UNIVERSITY RESEARCH-BASED SCIENCE FOR MAXIMUM MASS

1

QUICKMASS® PACKS 1010 MASS-BUILDING CALORIES INTO EVERY SERVING. DURING AN 8-WEEK GOLD-STANDARD STUDY CONDUCTED AT CALIFORNIA STATE UNIVERSITY, SUBJECTS GIVEN THE SAME CALORIE CONTENT AS 2 SERVINGS OF QUICKMASS® PER DAY GAINED 4.5 TIMES AS MUCH FAT-FREE MASS AND INCREASED CHEST SIZE BY 1 INCH.

1010
CALORIES
PER
SERVING

60 G OF 8-STAGE RAPID & SUSTAINED RELEASE PROTEIN

2

QUICKMASS® USES A COMPLEX OF 8 DIFFERENT PROTEINS TO BUILD MASS. OCTAPRO™ CREATES A RAPID AND SUSTAINED DELIVERY OF MUSCLE-BUILDING AMINO ACIDS THAT WORK CONTINUOUSLY. POWER UP YOUR MUSCLE PROTEIN SYNTHESIS AND FUEL YOUR LEAN MASS GAINS!

OCTAPRO

COMPLEX LONG-CHAIN POLYMERIZED CARB BLEND

3

CARBPlex IS CRITICAL TO PROVIDING THE FUEL YOUR BODY NEEDS TO GROW, ALL DAY. HMW POLYMERIZED MALTODEXTRIN IS AN ADVANCED, LONG-CHAIN HIGHLY-POLYMERIZED COMPLEX CARB THAT PROVIDES THE ULTIMATE IN MASS FUEL. SO ADVANCED IT ACTUALLY MATCHES THE OSMOLARITY OF YOUR BODY'S OWN FLUIDS!

**Carb
Plex**



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

QUICK MASS[®] LOADED

Based on Research at CALIFORNIA STATE UNIVERSITY

RAPID MASS GAIN CATALYST

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

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

4

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



ACTIVATED ABSORPTION COMPLEX

5

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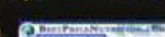
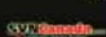
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GREEN YOUR GR

By IFBB Pro Marzia Prince

www.HealthyHousewives.com

Photo by: Wade Livingston



With so many resources being wasted nowadays, we all need to make a conscious effort to go green. One of the easiest ways to go green on a regular basis is your grocery shopping choices. We all have to eat every day, right? Right! So this is one way you can make big impact without too much effort. With a little thoughtful planning and a change in your grocery routine, you can make a difference towards your local economy and that of the planet.

REUSABLE GROCERY BAGS

The easiest way to green your grocery routine is to carry reusable grocery bags. Reusable grocery bags are the best ways to keep plastic bags from our already overly crowded landfills. Most grocery stores now sell reusable grocery bags. You can see them around every checkout stand. They are very inexpensive and most are made from recycled textiles. You can keep them in the trunk of your car so that they are readily available when you do go shopping. To get you in the habit, you can write it on your grocery so you don't forget.

MEAL PLAN

You know the old phrase "If you fail to plan, you plan to fail"? This is so true in this case. Start by planning ahead of what you are going to eat for the week. A tentative meal plan can ensure that you use your food wisely, make healthy choices, will reduce environmental waste, and save you money. See what your busy week entails so that you can match your meal plans and snacks for you and your family. You can pre-make meals and snacks and have them ready whenever hunger strikes. Nutritional planning also keeps you on track from making unhealthy choices on the fly. So take inventory and plan!

EAT FRESH

Food for thought: Just think of how many resources a boxed food company has to use to manufacture that food item. Most boxed foods are refined or processed. So please read labels to know what it is and where it came from. If you do eat boxed foods, make sure see the green and brown USDA organic label and you buy 100% organic. Most organic companies now are using recycled packag-

Green Grocery List

- ☐ Reusable grocery bags
- ☐ Reusable bulk bags
- ☐ Fresh fruit (grown locally)
- ☐ Fresh veggies (grown locally)
- ☐ Nuts (bulk bins)
- ☐ Grains like oatmeal, brown rice, and quinoa (bulk bins)
- ☐ Protein powder (bulk bins)
- ☐ Refillable water at water stations

GROCERY ROUTINE



ing. My advice to you-shop on the outsides of the grocery store aisle and avoid the inner aisles if necessary. Most processed and refined package foods are in the inner aisle. Not all foods are created equal. Are most of your items packaged or boxed? Or are you eating fresh foods that you have to put in your own reusable bags? By choosing to eat fresh produce in your daily diet, not only will you green your grocery routine, you will look and feel better.

SHOPPING LOCALLY

Shopping locally nourishes your own local economy. Farmers markets and local co-ops, have fresh organic produce that are in season. Make friends with the farmers. Most growers are happy to enlighten you on their sustainable growing practices and what will be in season soon. If you have to shop at the grocery store, look for foods that are grown locally. By making this choice, you will keep local farmers in high demand and cut cost on importing transportation pollution.

ELECTRONIC COUPONS

We all know that coupons are a great way to saving our hard earned money. Gone are the days of clipping coupons from Sunday newspapers. Most grocery stores today have electronic coupons. For example, Krogers grocery store allows you to go to their web site and pick the items that are on sale, and then you add it to your

Krogers grocery card. So instead of clipping coupons and forgetting them at home or losing them, they will be on your store card. If you forget your store card, they will look it up by your phone number. Just think of how many trees you will be saving!

BULK SHOPPING

Most grocery stores have bulk bins to purchase grains, seeds, nuts, dried fruits, and even protein powders. So instead of buying these items boxed in the inner aisles, bring your own plastic zip lock baggies and label them to the food item you will put in them. You scoop them out of the bins to the amount that you need.

Then you put it on a scale to weigh the amount.

Sometimes it is cheaper than buying the boxed item. When you get home transfer the food items in air tight containers. Then save the labeled zip lock baggie for the next you need to purchase more of that particular item.

DITCH BOTTLE WATER

Manufacturing, shipping, and recycling water bottles waste a lot of the earth's resources. Also, most bottled water has a harmful chemical called BPA that disrupts the endocrine system. So instead of drinking a dangerous



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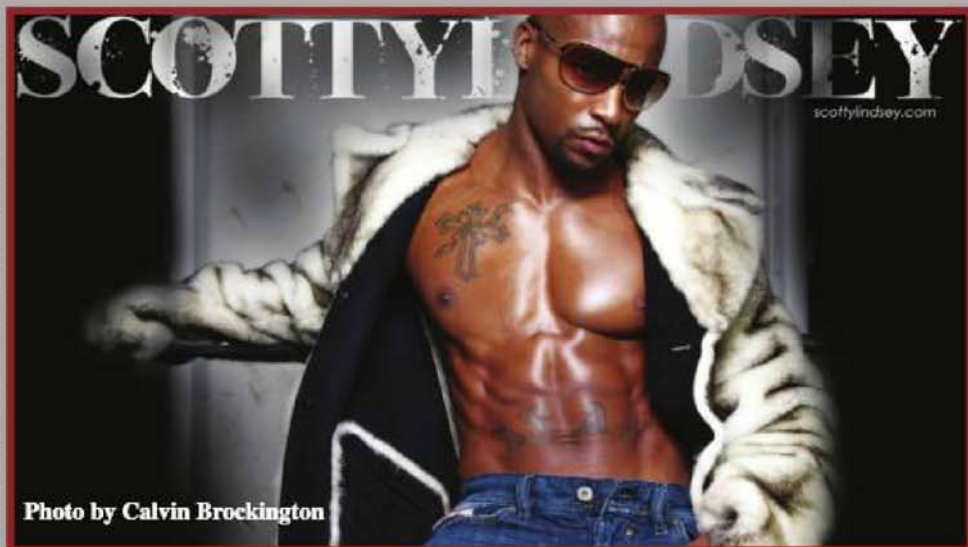


chemical regularly and being wasteful to the planet, install a home filtration system and reuse stainless steel water bottles. Plus, stainless steel water bottles last a lifetime. If you can't do a home filtration system, refill a large water cooler at the grocery store or order a water cooler from a reputable water company. Then refill stainless steel water bottles from the comfort of your own home.

I know that your whole grocery list can't be green, but this is a start to saving your health and that of the environment. Here is a green grocery list to get you started!

PROFILE

Scotty Lindsey is a former Professional Football Player that has become a World Wide recognized Personal Trainer, Health Advocate and Fitness/Fashion Model. Scotty is an aspiring actor and a very accomplished fitness competitor that has been featured in numerous fitness videos and advertisements. The best has yet to come for Mr. Lindsey as he continues to become an established face in the fitness/fashion industry by providing more of his amazing physique, exotic looks and exceptional talent for his followers around the world. It's official.....Scotty Lindsey Has Arrived!!



CREDITS:

- 2011... Cover of Krave Fit Magazine
- 2011... Featured on Muscledandstrength.com
- 2011... Featured in World Physique Magazine
- 2011... REAL Fitness Modeling Competition Winner
- 2011... Featured in Council Magazine
- 2011... Featured in Physically Black Magazine
- 2011... The 2011 Scotty Lindsey Calendar
- 2010... 2nd place in the Real Fitness Modeling Competition
- 2010... Finalist for the Optimum Nutrition Spokesman
- 2010... 4th place in MuscleMania Fitness Modeling Competition
- 2010... TKO Male Model Of The Year
- 2010... Physique of the Month (October) for Krave Fit Magazine : The Blog
- 2009... Abs of the Month for www.sixpacknow.com/scotty_lindsey.html
- 2009... Featured in : At Home Workout Videos (2)
- 2009... Produced and Featured in : Workout Video called "Adrenaline Rush"
- 2008 - Present... Fitness Model for TKO
- 2005 - 2006... Indiana Firebirds (Professional Arena Football)
- 2001 - 2005... Georgia Force (Professional Arena Football)
- 2000 - 2001... Houston ThunderBears (Professional Arena Football)



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Wave Loading

-By Brian Willett for ALLMAX

If you've been stuck in the past, grinding out set after mindless set thinking that brute force is your key to muscle growth, think again! WaveLoading is a progressive and easy-to-follow technique straight from the pros with guaranteed results!

If you've never heard of WaveLoading, don't be surprised, most of us haven't. But if you want progressive, continuous gains in quality muscle, pay close attention – this is your key to busting through every muscle-stagnation plateau you've ever faced.

Of course, when you're just beginning, the gains may come fast and furious, and it will seem as though you can do no wrong. But after your body begins to adapt to the training, you may find yourself faced with a frustrating plateau. It is at this point that training technique becomes critically important.

Just because it's not Summer, doesn't mean you can't make waves.

WaveLoading is not just a way to break through plateaus in strength and size, it's also a way to break out of the typical training rut. Instead of forcing you to hit the gym and slog through the same three straight sets of eight to ten repetitions per exercise, WaveLoading provides some much-needed variety.

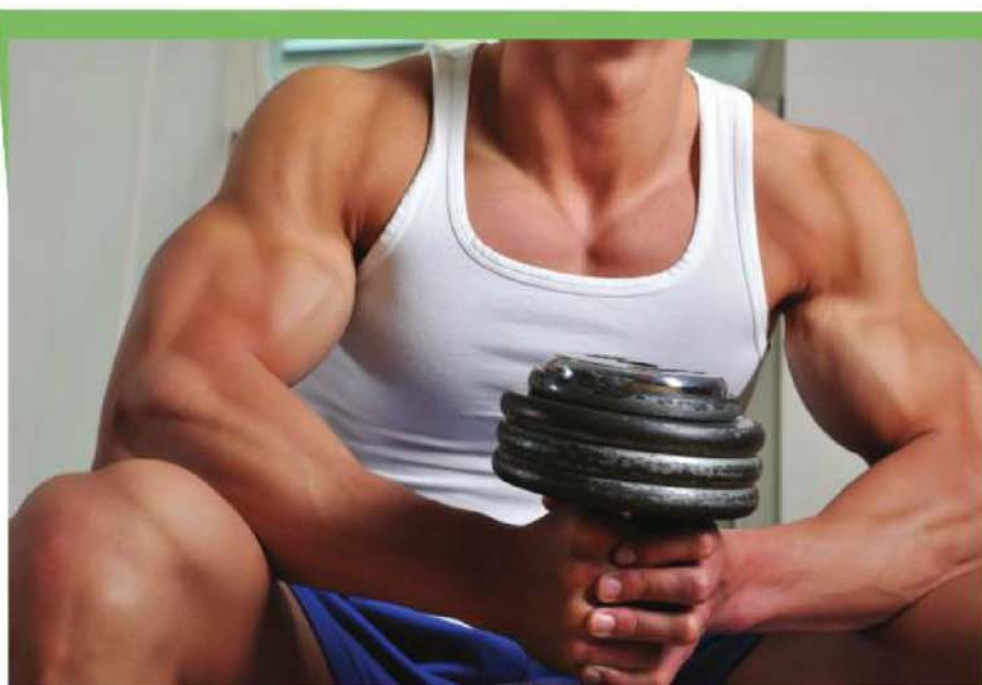
Instead of remaining at the same weight and the same rep range throughout the exercise, WaveLoading fluctuates, providing the high level of intensity necessary to blast through your plateaus. Perhaps the best thing about WaveLoading is that there is an incredible amount of variety within the training protocol. Depending on your goals or even just your mood, the number of waves and direction of progression can be altered.

The simplest WaveLoading protocol would call for one wave, either ascending or descending in weight. For example, a simple one-wave routine might look like this:

WaveLoading 101

- Six Reps at 100 lb
- Four Reps at 120 lb
- Two Reps at 140 lb

Here, the load is increasing progressively, but the volume is decreasing, helping you to build your strength



in a controlled manner. Alternatively, you can choose to begin your wave with higher resistance and lower volume and progress to lower resistance and higher volume.

Another WaveLoading technique that may be of particular interest to athletes or those who rely on explosive power involves alternating between sets of high and low reps within the wave, like this:

WaveLoading Advanced

- Six Reps at 100 lb
- One Rep at 130 lb
- Six Reps at 105 lb
- One Rep at 135 lb
- Six Reps at 110 lb
- One Rep at 140 lb

Here, both of the loads – the high repetition and low repetition – increase progressively. Because you are interspersing heavier one-rep sets, the lighter weight should feel even lighter, allowing you to perform six reps each time.

Even more variation can be provided by using multiple waves. Usually, the waves will both be in the same direction (ascending or descending), but this is not an absolute requirement. While the two waves may increase weight between sets by the same increment, the second wave should begin at a higher weight than the first, like this:

WaveLoading Double Helix

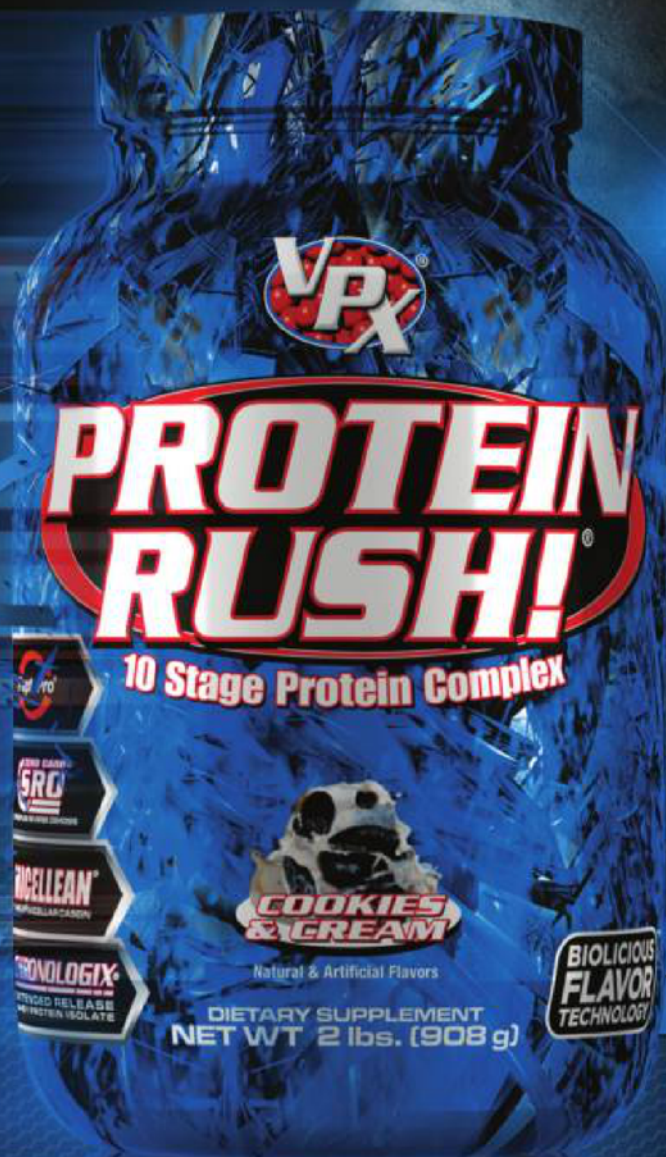
- Six Reps at 100 lb
- Four Reps at 120 lb
- Two Reps at 140 lb
- to:
- Six Reps at 110 lb
- Four Reps at 130 lb
- Two Reps at 150 lb

Keep in mind that WaveLoading can quickly lead to fatigue, so make sure to begin with a lower weight than you normally use.



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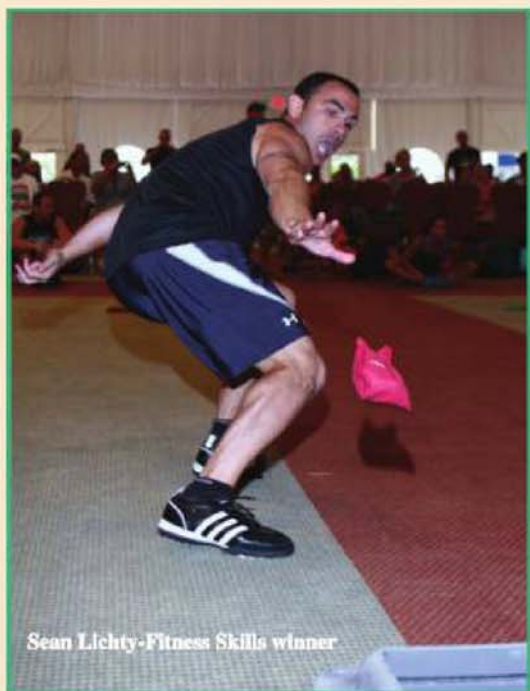


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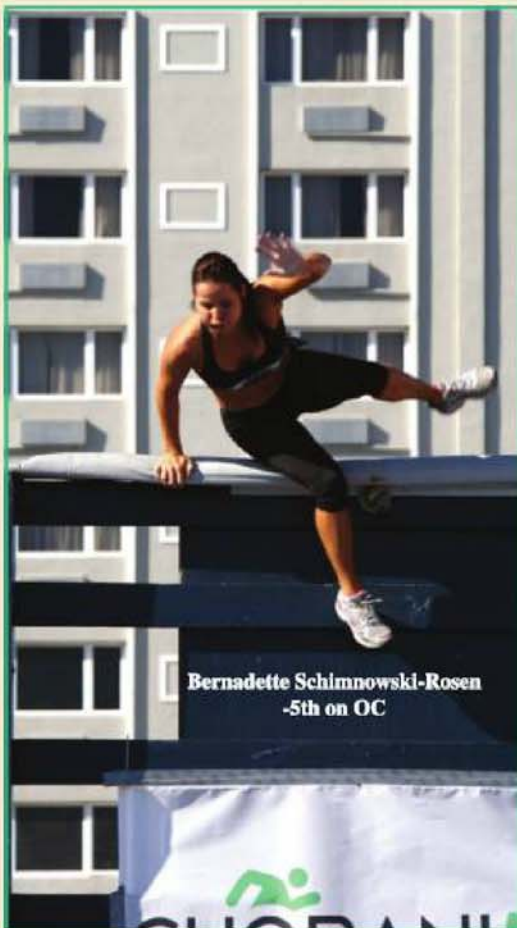


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Sean Lichty-Fitness Skills winner



Bernadette Schimnowski-Rosen
-5th on OC



Kelly Prince 1st grace & physique



Robert Holsopple-3rd in OC

TRIFITNESS WORLD CHALLENGE



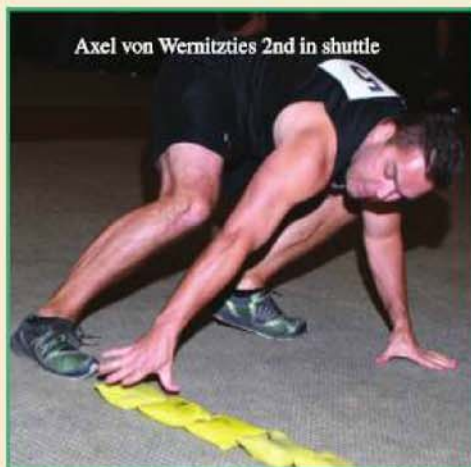
Lorrie Belcher-blasts out 50 bench press reps



Kelly Prince 1st fitness routine



Julie Kicklighter 1st place Tri-Fitness model



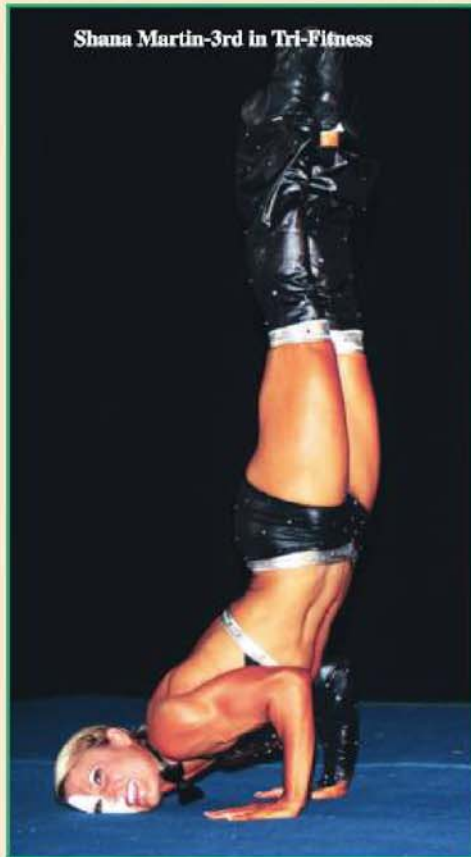
Axel von Wernitzies 2nd in shuttle



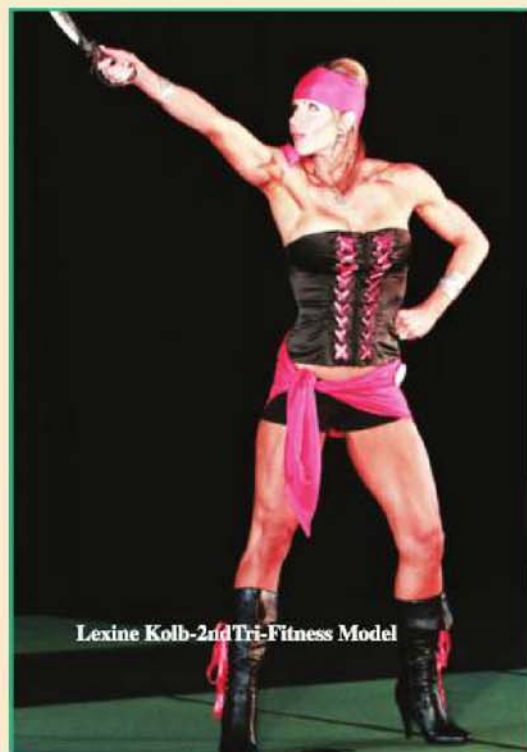
Katrina Vecharielli 7th in obstacle course



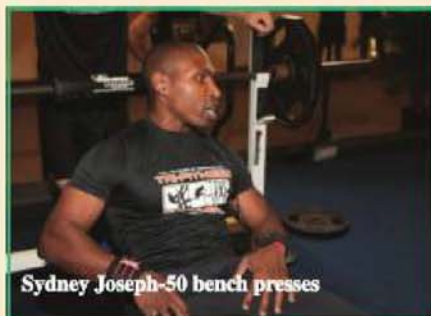
Barry Nadeau wins men's box jumps



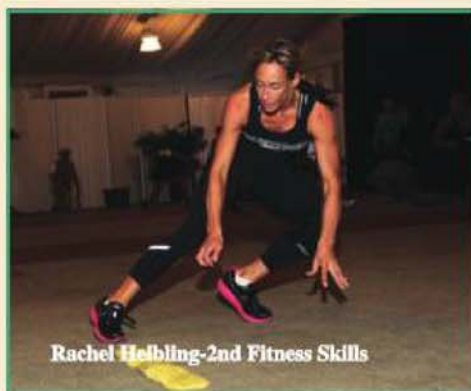
Shana Martin-3rd in Tri-Fitness



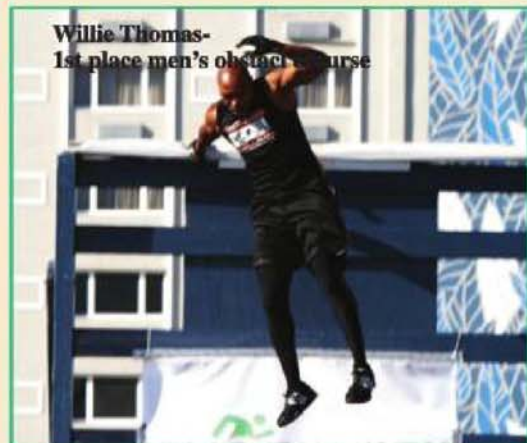
Lexine Kolb-2nd Tri-Fitness Model



Sydney Joseph-50 bench presses



Rachel Hebling-2nd Fitness Skills



Willie Thomas-1st place men's obstacle course

MAXIMIZE YOUR GYM TIME

A Look At The Most Productive Muscle Building Exercises

By Steve Shaw

A workout is made up of only so many sets and exercises. Constructing a workout without a purpose, and without the use of the best available tools will only waste your time. If you want to gain muscle and strength at the fastest rate possible you will need to choose the best possible exercises.

The following exercises are the best of the best. You will notice that they generally fall into three categories:

1. Barbell Exercises.
2. Dumbbell Exercises.
3. Bodyweight Exercises.

When you begin to explore the muscle building workouts on Muscle & Strength, you will notice that the bulk of these routines make use of barbells and dumbbells. These movements are often performed first for a bodypart, and are then followed by machine and cable exercises. While some machines and cables can be beneficial, they are rarely as good as their barbell or dumbbell counterparts.

A Smith machine bench press is not as good as a barbell or dumbbell bench press. A leg press is not as effective as deep squats. And lat pull downs are nowhere near as effective as pull ups.

The following exercises are considered the top seven. If you're goal is to build muscle, consider adding these to your workouts.

THE TOP 7 MUSCLE BUILDING EXERCISES

Squats. Squats are the king of all muscle and strength building exercises. No workout should be without deep squats. They are performed with a barbell, generally in a squat rack. Squats not only build massive legs, but also stress most of the upper body. They are like a hormonal nuclear bomb – destroying the entire body, forcing it to get bigger and stronger with ever rep.

Deadlifts. Second only to squats in effectiveness (and a very close second at that), deadlifts are another manmaker that will pack on slabs of muscle mass while helping you become as strong as a bear. Like squats, deadlifts are a barbell only exercise.

Dips. Dips are often called the upper body squat, and for good reason. Dips work the shoulders, chest and triceps very hard, and are a great overall exercises for

building a beefy upper body. Dips should be performed at a parallel bar dipping station.

Pull Ups. It seems that even the strongest and most fit lifters can barely squeak out more than a few pull ups. The pull up is an excellent exercise for building the back and biceps, and should be used instead of inferior exercises such as the lat pull down when possible.

Bench Press. The bench press is an upper body staple. There are several highly effective variations including the flat bench barbell press, flat bench dumbbell bench press, incline bench barbell press and incline dumbbell bench press.

Overhead Press. As with the bench press, there are numerous quality variations of the overhead press that can be used. Nearly all seated and standing dumbbell and barbell overhead presses are solid choices. You may also use the Arnold dumbbell press, and behind the neck overhead presses. Another popular press variation is the standing push press.

Rows. Both barbell and dumbbell rows are tremendous upper back exercises. Old school barbell T-bar rows are also a solid choice. While cable and machine lifts are generally sub-par, seated cable rows can be very challenging and effective.

THE BEST EXERCISES BY BODYPART

Now that you know which tools are the most productive, let's take a look at the best exercises by bodypart. This list will include some of the top 7.

5 MOST EFFECTIVE CHEST BUILDING EXERCISES

Bench Press. The king of all upper body muscle building movements. The bench press is so popular that it is often seen as having it's own training day - bench press Monday.

Incline Bench Press. The first choice of many top pro bodybuilders.

Dips. Once considered the upper body squat, dips are a great compliment to any bench press movement.

Dumbbell Bench Press. You will really be able to feel the chest work with this pressing variation.

Incline Dumbbell Bench Press. A solid alternative to the incline barbell press.

Decline variations didn't make the list because they shorten the pressing distance and tend to shift some of the focus to the triceps.

5 MOST EFFECTIVE BACK BUILDING EXERCISES

Deadlifts. Nothing builds beefy backs like the deadlift. The sheer act of holding a barbell with heavy weight places the lats under an incredible amount of stress.

Pull Ups. A far superior choice to lat pull downs. If you can do one, try for two. If you can do two, try for three! If you can't do them at all use rack chins.

Barbell Row. No back building workout should be without a heavy row, and barbell rows are at the top of the list.

Dumbbell Row. An excellent second choice to barbell rows, especially if you have a weak lower back. Power Clean. The explosiveness of the power clean effectively works the back from traps down.

5 MOST EFFECTIVE SHOULDER BUILDING EXERCISES

Military Press. This exercise has been a staple of great workouts for decades on end.

Push Press. Very similar to the military press, but utilizing more of an Olympic lifting-style explosiveness.

Bench Press. Yes, you read that correctly. The bench press is an amazing front delt builder. In fact, if your chest day involves several pressing movements there's a good chance you won't need any direct front delt work on shoulder day.

Seated Behind The Neck Press. Go no deeper than arms perpendicular to the floor, and this is a rock solid choice.

Seated Dumbbell Press. A little easier on the shoulders for many because the dumbbells can be placed in a more natural position.

5 MOST EFFECTIVE LEG BUILDING EXERCISES

Squats. The king of all muscle building lifts. 'Nuff said.

Front Squats. Another top choice of bodybuilding beef

kings. Front squats can be tricky to learn, but you will be rewarded with big wheels.

Stiff Leg Deadlifts. Beef up your hamstrings!

Leg Press. If you don't have access to a squat rack this is your next best bet.

Barbell Lunge. Lunges are another quality leg-building staple.

5 MOST EFFECTIVE ARM BUILDING EXERCISES

Chin Ups. A shocker, but chin ups (performed with palms toward the face) are a beastly bicep builder, perhaps even better than straight bar curls.

Close Grip Bench Press. This exercise allows for a heavy amount of weight to be placed on the triceps.

Dips. Much better than most tricep isolation exercises.

Barbell Curls. A classic. Just don't curl in the squat rack.

Seated Two Arm Dumbbell Tricep Extension. Allows you to lift heavy weight and reach a deep stretch. You will need a good spotter.

HONORABLE MENTION

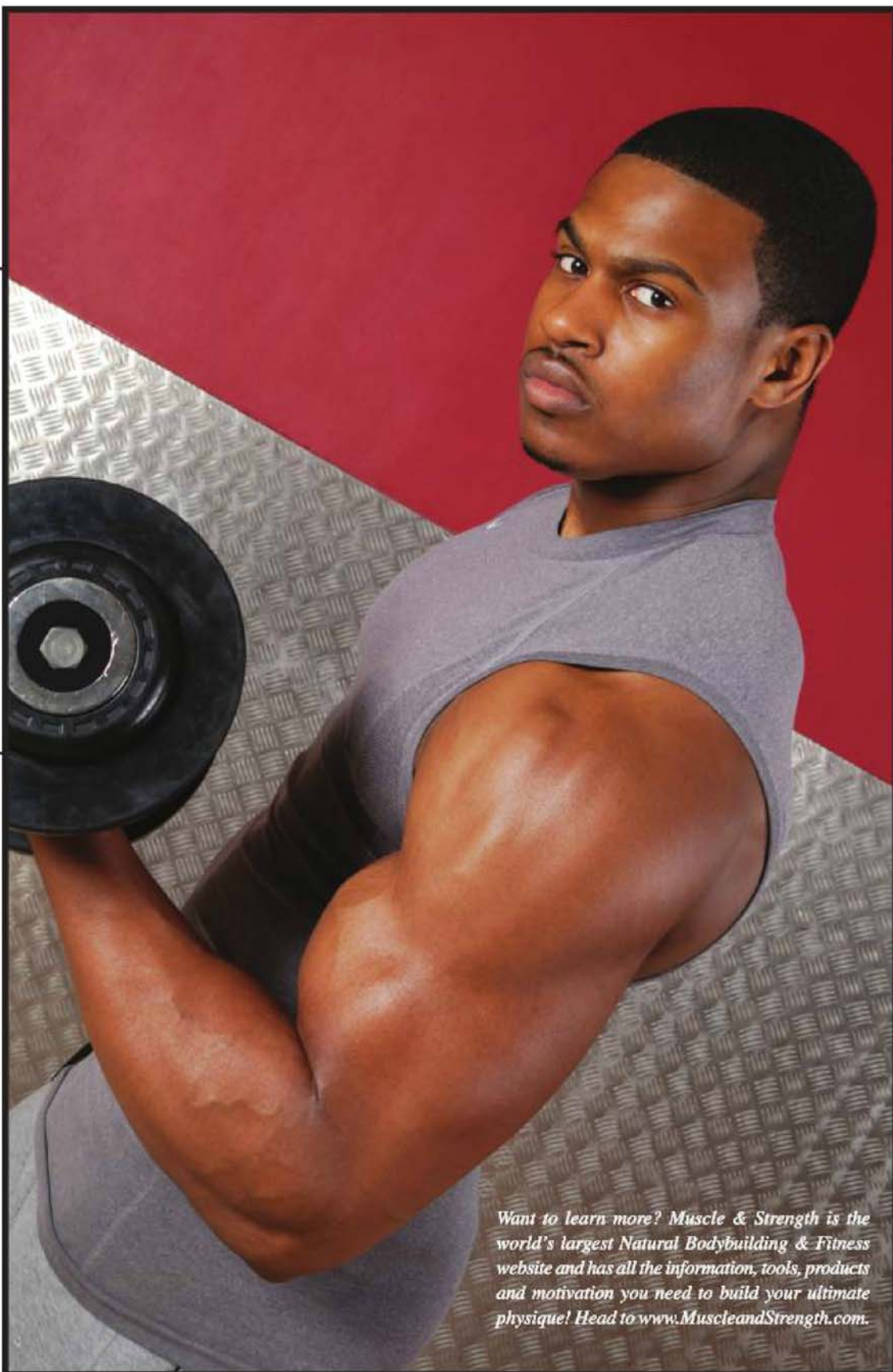
Weighted Sit Ups. Why do volume when you can add weight and also build thickness.

Power Shrugs. Performed with an Olympic lift style explosiveness, power shrugs allow you to move a lot of weight and tax the traps into massive growth.

Cable Crunches. Forget floor crunches - add some weight and thicken your six pack!

Side Bends. Side bends not only help to build core stability, enhancing your performance on other compound exercises, but they also target the obliques, helping to build an impressive midsection.

Seated Calf Raises. The easiest way to isolate and blast the calves.



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.



"CULT & CULTURE" of CROSSFIT

“Obsessed is a word the lazy use to describe dedicated” was the first thing I saw when I walked into my CrossFit box this morning. It was a saying on the back of a member’s shirt that was dripping with sweat and I couldn’t agree more. What is the matter with a lot of people? They expect results without effort; they’d rather take a pill or buy the latest supplement/gadget? Sorry, doesn’t work that way—fitness is one thing money can’t buy and only hard work can.

Anytime the world experiences a hot new workout trend or product for that matter there will also follow controversy. The growth of CrossFit has exploded and the popularity continues to rise; a 10 year contract with Reebok has been signed along with a brand new clothing and footwear line and this year’s games made ESPN2 with competitors being described as “the world’s fittest athletes.” If you watched even a few minutes of the games this year you would be hard pressed to dispute this.

But along with the increasing fame comes the naysayers and many consider it a “cult of

obsessed people”; the latest reference in an article Inside the Cult of CrossFit in Men’s Health by Grant Goddard. <http://www.menshealth.com/fitness/cult-crossfit>

On first reading I will admit or agree to a few faults of the overall program as witnessed in application by some affiliates. Not requiring some type of a Foundational program—throwing people into a regular class that are not technically sound with the lifts and not addressing orthopedic concerns are a sure recipe for injury. Not encouraging full range of motion, too much emphasis on the clock and poor programming will not get results and can often lead to overtraining. But that is something you will find in any fitness program

or facility. As with any other profession you have the good, the bad and the ugly. And it is no different with various CF affiliates. Is that grounds for cult status?

I’d first like to spend a few moments with Merriam-Webster to define both the terms I’m talking about . . .

The current definition of a cult, discounting the obvious as related to religion is a cult is a group of people led by a charismatic person. These people

lifestyle. It is not a fad, fashion or trend but a way of life. We are constantly seeking to better ourselves; we spread the knowledge to friends, family and our children.

And things are happening because of this: not only are people getting faster, stronger and more flexible, improving body composition and looking better they are improving physiological markers and their overall health along with their mindset, bettering relationships and careers. A unique bond of friendship and support develops among these like minded individuals with common goals. This “cult like culture” is transforming people’s lives.

While Mr Stoddard did make some valid points his disillusionment with CrossFit seemed to stem from the fact that he routinely got spanked by “middle aged women”, especially in wods involving pull-ups. He is now off to try Zumba. Well, if you can’t stand the heat . . . get out of the kitchen.

No fitness program is a one size fits all. There are various sports that do require specificity training and people with serious

health challenges that require different paths. Upon final reflection as an affiliate I would have to say yes, there is a definite “cult or culture like” aura associated with CrossFit. IMO it is a very positive one although it’s not something you can dictate, necessarily, but rather something you can harness. . .

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



may have practices that are different than mainstream beliefs. This could certainly describe CrossFitters; most are guided or inspired by a charismatic coach and the founder/leaders of www.crossfit.com would also fit that bill. And our beliefs are most definitely not mainstream. But that’s a good thing because America is sick and fat and “mainstream” is not working.

The definition of a culture is a way of living, a way of life. A set of shared attitudes, values, goals, and behavioral practices that characterizes a group of individuals and the capacity for learning and transmitting knowledge to succeeding generations. Again, this could certainly describe our CrossFit

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Healthy Holidays



by Dr. Sara Solomon BSc PT, DMD

‘Tis the season to be jolly... and gain weight? Unfortunately the Christmas turkey is not the only thing that gets stuffed over the holidays. We are constantly bombarded with desserts, chocolate, candy and a multitude of calorie-rich holiday dinners. The majority of Americans will gain 1-2 pounds by New Year's Day. A study in the New England Journal of Medicine suggests that this holiday weight gain is seldom lost.

By being prepared for the holiday season with a portion-controlled nutrition plan and an exercise program, you will still be able to enjoy your favourite holiday treats in moderation without sabotaging your hard-earned physique.

A strategy I implement is replacing unhealthy ingredients in traditional recipes with healthier options. Not only does this prevent weight gain, but it also helps reduce the risk of heart attack and other cardiovascular diseases.

Here are some healthier ingredient substitutions that will give your traditional recipes a healthy boost:

One of the holiday dessert staples in my household are my mom's homemade buttermints. The buttermint is a tantalizing pastry phenomenon consisting of a list of ingredients that will sabotage your physique: butter, flour, sugar, maple syrup, corn syrup, raisins, pecans and egg which are filled into a flaky pastry and baked until the filling is semi-solid with a crunchy top.

This year, I decided to take an axe to the traditional ingredients of the buttermint, hack away calories and still serving up a drool-triggering dessert.

SARA'S MAPLE RAISIN PECAN BUTTERMINT BALLS

Add the following ingredients to your food processor:

- 1 cup raw pecans (best if soaked & dehydrated)

Process until a fine powder.
Do not over-process or else it becomes oily

Then add these ingredients to your food processor:

- 1 cup steel cut oats (grind into powder with coffee grinder)
- 1/2 cup finely shredded unsweetened reduced fat coconut
- 10 Medjool dates (remove the pits)
- 4 TBSP Agave Nectar
- 2 tsp pure organic maple sugar
- pinch of Himalayan salt

Process until everything is mixed and forms "dough"

Add 1/2 cup of raisins and process for 10 seconds. (optional)

Roll the dough into bite-sized balls.

Recipe yields approximately 25 balls.

These will stay fresh in your fridge for 4-5 days.



Despite common misconceptions, you can cook and bake healthy alternatives for your holiday meals that are physique-friendly and equally tasty! I served my cholesterol-free, sodium-free and calorie/carbohydrate/fat/sugar-reduced "buttermint balls" to my family. They LOVED them! And the best part, is that we didn't have to loosen our belts a notch after eating them! Give it a whirl and let me know what you think! Happy Healthy Holidays!

Nutritional Information:

	Sara's buttermint (1 ball)	Buttermint (1 tart)
Calories	102	210
Fat	4.2 g	9 g
Saturated fat	0.72 g	4 g
Cholesterol	0 mg	25 mg
Sodium	<1mg	65 mg
Carbohydrate	15.8 g	32 g
Fibre	2.28 g	1 g
Sugar	9 g	19 g
Protein	1.6 g	2 g

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Accelerate Your Natural Bodybuilding Gains by Adopting the Five Secrets of Successful Bodybuilders and Fitness Athletes

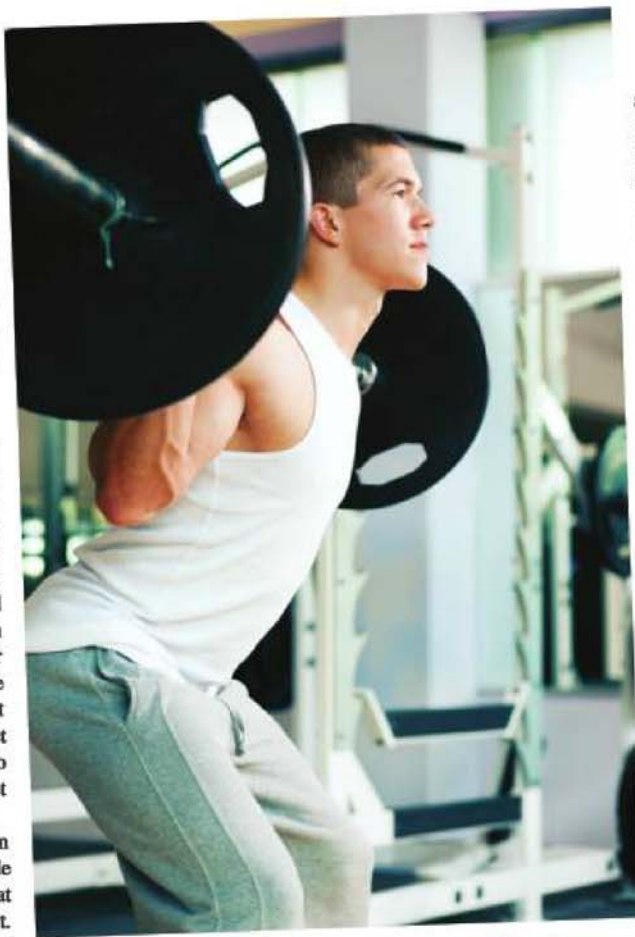
One thing that I have noticed in all successful bodybuilding and fitness people is that their mindset is very different from that of their less successful peers. Since I have spent my share of time talking to many successful bodybuilders and fitness athletes, I can tell you that there are a lot of similarities among them. **Hugo Rivera CFT, SPN, BSCE**

THE 5 SECRETS TO NATURAL BODYBUILDING SUCCESS!

1) They view failure as an opportunity to learn, make adjustments, and try again to succeed as opposed to viewing it as a permanent condition. No matter what you do in life, you will encounter some setbacks. Instead of letting these setbacks put you out of commission permanently, use them to learn from them and become a stronger person. Every setback is an opportunity for personal growth and for learning what not to do in the future. The only time that you fail is the minute that you decide to never stand up again.

2) They have the mindset of success. In other words, when problems come up, instead of letting these interfere with their bodybuilding program, they look for solutions to get through them. In order to be successful in bodybuilding you need to have the right mindset. Bodybuilding is both a physical and extremely psychological endeavor. Of course, we all get frustrated when our schedules are affected by work, or any other life circumstance that may be thrown our way. Life is full of monkey wrenches in case you haven't noticed and it does not make it easy for us to get our workouts and meals in. Therefore, we have to fight aggressively and plan ahead if we want to get our workouts and meals in.

As bodybuilders we must keep our eyes on the ultimate goal, which is always more muscle mass with less body fat. In order to accomplish that one must be consistent with the training and diet. If for whatever reason the program that the bodybuilder has mapped out is too much of a time commitment at a certain period in life, then the solution is to modify the bodybuilding program to one that does fit the time schedule...be flexible. For instance, back in my engineering days there were periods when I had to work



60-70 hours a week, I modified my training to where I would hit the gym 5 days a week for 40-45 minutes of weight training. Since I had no time to do cardiovascular exercise, I would superset antagonistic muscles in order to get some sort of cardiovascular effect (refer to my

abbreviated bodybuilding plan at the end of this article). That is all I could afford to do at the time. I always tried to get my training in before work, but if for some reason I would miss it in the morning, then I always had lunchtime to make it up or later in the evening after work. Worst case, there was always the weekend for makeup sessions. Regarding meals, I always brought in all of my meals with me pre-prepared and also enough protein shakes for those times that I was really on the run.

Some of you for whatever reason may not even be able to do more than three sessions a week. If this is the case, then no issue; make the most out of the time that you do have available to train. The key to making lasting bodybuilding gains at the end of the day is that you have a realistic plan that can be executed consistently, not trying to follow one that looks really good in paper but cannot be executed. You will get to where you want to go, it may just take a little bit longer depending on how much time you can dedicate to reaching your goals.

3) They have a positive attitude and believe in their ability to achieve their bodybuilding goals. This point is of extreme importance as if you do not believe that you can accomplish something, more than likely, you won't. Thoughts are very powerful things and the way that you see things is the way that your reality becomes. It is my experience that most of the obstacles and limitations in life are placed by one's mind. Thus, make sure that you are not limiting yourself! Unleash your potential by bringing down all imaginary obstacles!

4) They have an incredible work ethic and schedule their workout times and meal times with the same

25-30 Minute Natural Bodybuilding Workouts

Workout (A): Chest, Back, Calves

Chest and Back:

- Incline Dumbbell Bench Press and Wide Grip Pull-ups to Front Superset 3 sets of 8-10 reps
- Bench Press and Close Grip Pull-ups (Reverse Grip) 3 sets of 8-10 reps
- Flyes and Low Pulley Rows 3 sets of 10-12 reps
- Calves:
- Seated Calf Raises and Calf Press Superset 3 sets of 12-15 reps

Workout (B): Thighs, Hamstrings, Abs

Thighs and Hamstrings:

- Leg Extensions and Lunges Superset 3 sets of 12-15 reps
- Wide Stance Squats and Leg Curls Superset 3 sets of 8-10 reps
- Leg Press and Stiff Legged Deadlifts Superset 3 sets of 10-12 reps
- Abs:
- Leg Raises and Crunches Superset 3 sets of 15-25 reps

Workout (C): Shoulders, Biceps, Triceps

Shoulders:

- Military Press and Upright Rows Superset 3 sets of 8-10 reps
- Rear Delt Machine 3 sets of 12-15 reps
- Biceps and Triceps:
- Barbell Curls and Triceps Pushdowns Superset 3 sets of 8-10 reps
- Preacher Curls and Lying Dumbbell Triceps Extensions Superset 3 sets of 12-15 reps

importance as they would schedule any item at work.

Most people give their meal times and workout times a secondary importance. "I have too much to do, so I can't work out". Thus, the workouts never get done.

How often I hear this! Most of us have a lot to do! We are all busy so if we want to get in shape, we need to make a commitment to it! Committing means having a very structured day where you have a time for your work and a time for your workouts. Again, I am not talking of living in the gym. 25-30 minute workouts can get the job done! However, you do need to allocate that time to your workouts. As far as the diet, how often I hear, there is no way I can eat 5-6 times a day. Well, if you have a breakfast, a lunch, and a dinner, with protein shakes in between, there is no reason why you could not go ahead and have all of the required meals. And if the excuse is that there is no time to get all of your meals ready, then I suggest that you prepare your food for the next day the night before. Pre-package everything the night before and that way, when you wake up the next day there is no time wasted in the morning with food preparation. You just carry all of the food with you in a cooler and you are good to go.

5) They have an unbreakable determination. After all, determination is the key to success, and when you have a person that is truly determined to achieve something, there is nothing that can get in the way! The great American President Abraham Lincoln used to say: "Determine that the thing can and shall be done, and then we shall find the way."

Adopt the behavior of successful bodybuilders and fitness athletes and you will see how your bodybuilding and fitness gains will increase dramatically!

WORKOUT NOTES:

1. Ensure that all sets are performed with impeccable technique and taken to failure; the point at which performing another repetition with good form becomes impossible.

2. Rest 60 seconds between sets.

3. There should be no rest between exercises listed as a superset. Only rest for 60 seconds after the second exercise of the superset is executed.

4. Perform this routine for a month, doing 3 days on and 1 day off. Alternatively, you can work out 5 days a week by doing your workouts on Monday, Tuesday, Wednesday, Friday and Saturday. That leaves Thursdays and Sundays always off. If you have a good recuperation capability, then simply workout from Mon-Fri resting over the weekends. After a month, change the exercises.



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Side Bar

The Health Benefits of Sweet Potatoes

Did you know that sweet potatoes have been proven to raise our blood levels of vitamin A due to bountiful amounts of beta-carotene. Purple fleshed sweet potatoes have important antioxidant and anti-inflammatory properties. Enjoying 3-5 grams of healthy fats along with your sweet potato increases the uptake of beta-carotene. Studies have further shown that steaming the potato is the best method to maintain the nutritional benefits to include achievement of better blood



sugar results through a lower glycemic index. Sweet potatoes also have storage proteins called sporamins which help prevent oxidative damage to our cells and

promote healing. How sweet it is to your health to eat sweet potatoes!!! They not only taste like dessert but provide some amazing health benefits in balancing sugar levels, lowered health risks for people suffering with digestive tract problems, overall healing of the body, reduced inflammation, improved blood clotting factors, lessened side effects from disorders such as multiple sclerosis, and the latest research has also discovered sweet potato glycosides to have antibacterial and antifungal properties. Time for another Stay Healthy Sweet Potato Pie!!!

Questions from Stay Healthy Fitness Facebook Wall

Q. What is the most effective way to get super abs?

A. Great muscle definition is always gained through consistent healthy (clean) eating and exercise. The ab muscles respond to weight resistance training as any other muscles. I believe in muscle confusion and utilizing many exercises to challenge all muscles in the body to include the abs. The key will be in the consistent nutritional plan to lean up enough to show off the work. Great Discussion Starter! Stay Healthy!

Q. I think I have a "healthy" diet, but I eat plenty of meat, and rice. This would be a no-no for leaning down right? Should I be shelving the rice and having less red meats?

A. I incorporate brown rice all the time in my nutrition...red meat seldom. I prefer the lean white meats in b/s chicken breast, turkey and fish. It truly depends on the portion size and eating frequently healthy throughout the day! Stay Healthy!

food



Darla Leal, LCPT

www.stayhealthyfitness.com

Stay Healthy

Sweet Potato Gnocchi

This was a fun recipe to create because I am such a believer in healthy foods tasting fabulous and being fun to make. Toss the rumors of eating healthy means boiled chicken, fish and steamed broccoli at every meal. I try to always create with spices and herbs that really WOW a healthy meal. Getting to this recipe and my love for sweet potatoes... YES, I eat them several times throughout the week, and they are so perfect as a meal, or cooking/baking ingredient. I have created a healthy gnocchi recipe that you will absolutely love with your favorite sauce ...I will be having it with a marinara next time, but really enjoyed my EV olive oil and Italian herbs and seasoning blends for this recipe. I also believe in simple to make meals in minutes...this has all that and more. Time to get the water boiling!



Please visit my Stay Healthy Fitness Blog at www.stayhealthyfitness.blogspot.com and enjoy being motivated as I share how I maintain my physique at 47 years young through fitness and nutrition.

Stay Healthy Sweet Potato Gnocchi

- 1 medium sweet potato
- ¼ cup ricotta cheese
- ¼ cup chopped fresh basil
- 1 tbsp minced garlic
- 1 tsp Johnny Seasoning or Italian Blend
- 1 egg white
- 2/3 cup Whole wheat flour

Cook sweet potato in steamer until soft, about 20 minutes. Let cool until able to handle, remove skin. In a large bowl

smash the sweet potato until smooth, add the ricotta cheese, garlic, chopped fresh basil, and seasoning until well blended. Add the egg white and flour until sticky dough forms. Have a large pot ready with rapidly boiling water. Have a bowl nearby with extra flour to sprinkle on your hands as you roll the dough into small balls. Work close to the boiling water pot, and as you make each small ball, drop carefully into boiling water. Do not overcrowd. Cook until they float. Remove into a colander and toss with your favorite sauce. These have a texture and taste similar to ravioli and will compliment a red sauce or EV olive oil and Italian seasoning blend. I also sprinkled a bit of Parmesan cheese to serve. Suggested Side Dish: Baked Butternut Squash Cubes



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ATHLETIC STRESS

and Adrenal Fatigue

Prolonged stress, whether it is physical or mental, has a dramatic impact on how your body functions.

The adrenal glands are primarily responsible for the release of major stress hormones that help your body deal with stress.

Stress caused by jobs, finances, family and friends and even bodybuilding can lead to the sub-optimal performance of your adrenal glands.

When your adrenal glands are fatigued, your body becomes susceptible to a number of diseases and syndromes that can affect not only your physical health, but mental health as well.

By Valeria Fazio

Understanding the Adrenal Glands

The adrenal glands are two small triangular masses situated right above the kidneys that work closely with the hypothalamus and pituitary glands. The adrenal glands are responsible for releasing four major stress hormones: cortisol, DHEA, norepinephrine and adrenaline.

Hormones are secreted from one of two sections in the adrenal glands. The adrenal medulla (or inner section) is responsible for the release of adrenaline (epinephrine) and norepinephrine. Adrenaline, which is associated with the fight-or-flight response, increases the body's metabolic rate and improves the rate of force in the muscles in times of trauma or stress. Norepinephrine is released at the same time and functions as both a hormone and neurotransmitter. It is responsible for increasing blood pressure.

The cortex (outer region) of the adrenal gland affects the body's metabolism, and has an effect on chemicals in the blood and on certain characteristics of the body. In this region cortisol is secreted, which helps with the metabolism of carbohydrates. Within the cortex, DHEA is also secreted. DHEA helps prevent hardening of the arteries and is linked to the creation and release of testosterone.

If your adrenal glands are overworked, you can expect to experience weakness, fatigue, low blood pressure, headaches, food cravings and blood sugar disorders.

Adrenal Fatigue and Athletes

Adrenal fatigue is common amongst serious athletes. Calorie restriction, sleep deprivation and excessive exercise all stimulate the release of stress hormones. A study conducted on military cadets found that cortisol levels increased and performance decreased in instances of stressful training where food and sleep supply did not meet the demand. These elevated cortisol levels, if ignored, can lead to depression, injury, panic disorder, malnutrition and weakened immunity.

In periods of prolonged stress (i.e. overtraining or extreme dieting), the over-secretion of cortisol can lead to Cushing's Syndrome. Individuals that suffer from



this syndrome have a distinct appearance that is characterized by a swollen abdomen and/or buttocks, slim limbs and moon (swollen) face. Additionally Cushing's Syndrome can cause mood swings, high blood pressure, high blood sugar, low sex drive, severe fatigue and weak muscles and bones.

Preventing Fatigue

Eating to prevent adrenal fatigue is not rocket science. If you are going to train intensely, you must ensure your nutrition is sufficient. Additionally, athletes should avoid alcohol, excessive caffeine and tobacco. It is also a good idea to limit refined sugar and refrain from eating fried foods, foods high in fat and highly processed foods.

When stress is unavoidable, controlling cortisol levels can become challenging. Supplementing with products that help to keep cortisol in check can help

prevent Cushing's Syndrome, and can also help prevent the storage of fat in the mid-section, hips and buttocks. RapidCuts Shredded can help. The Lipid Targeting technology is designed to target stress-related fat stores with the inclusion of both Korean Ginseng and Ashwagandha. Korean Ginseng helps to strengthen the adrenal and reproductive glands. It is useful when battling low energy levels or stress. Similarly, Ashwagandha can help prevent stress-related illnesses and depletion of vitamin C and cortisol. It also helps to increase endurance and improves sexual function.

A simple detox can also help promote energy levels, revive your metabolism and enhance adrenal gland function. ALLMAX's 21-Day Liver D-Tox formula works to detoxify your body with N-acetylcysteine (NAC) which acts as a body detoxifier, promoting healing, and has anti-aging effects. By helping to remove toxins and heavy metals (like mercury) from the body, it allows you to continue to perform at an optimal level. NAC is commonly referred to as the "athlete's antioxidant."

Further, a properly functioning liver has a direct affect on how the adrenal glands function. Thus, with the inclusion of milk thistle, Liver D-Tox can help reverse insulin resistance and improve the performance of the adrenal glands.

So, if you insist on dragging your body through war, the least you can do is arm it with the proper defense mechanisms to keep it going. RapidCuts Shredded and D-Tox will ensure your body can handle the stress you throw at it, by supporting your adrenal glands and promoting higher energy levels.

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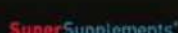
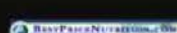
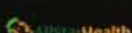
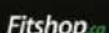
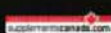


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COMPETITION

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Getting a Grip AND Staying Sane When a Show Doesn't Go Your Way!

By: Abby Huot

In a culture where it seems placements and winning is everything, it's easy for competitors to get amped up and hinge their hopes on taking home a trophy. We all hope to be one of the smiling faces in the photos with their arms triumphantly raised above their heads, basking in the moment.

You've done it all right: The diet, the workouts, the water deplete, got plenty of sleep and took good care of your health the last few months. You've skipped the work happy hours and resisted your Grandma's baking at family events, measured out all your food and counted your carbs to the gram for months. You're winding down to the final days leading up a competition and taking it day at a time, keeping your expectations in check and feeling confident in your progress.

Show day comes and you kick butt at prejudging. You think you figured out your approximate placing... the results come ... and your heart sinks as you realize you weren't even in the ballpark of where you thought you'd be. Maybe you've got the dreaded last place in your class.

Sound familiar? Me too. Ouch!

I started competing in 2008. It is now 2011 and I have yet to ever make the top 5 in any show I've ever done, despite the astounding progress I've made in my physique in the last few years. I was a finalist in Figure Universe's tall class in 2010 and I'm proud to say I made top ten in that show. At the same time, I've had a number of shows where I got dead last place or second to last in my class. I've some good perspective. I've been on both ends of the spectrum at this point and it's a great place to be!

Numerous people I've talked to have had one disappointing show and it takes all the wind out of their sails. I'm telling you



as a fellow competitor, you cannot do that to yourself. Take a step back and take it from me (an expert in not placing where I thought I might): You're doing awesome!

So take a step off the ledge and don't throw out your posing suit yet. Here are a few things for you to think about.

Never Let A Judging Panel Define Success or Failure For You

This isn't just me trying to make you feel better: placements don't tell the whole story. You might have dropped 5% of fat since your last show. The judging panel doesn't know that. You may have been sick or injured and missed a ton of workouts and not came in how you expected. The judging panel has no idea about that. Maybe your starting point was 60 pounds heavier than you are right now; the judging panel doesn't know about that either.

A group of strangers are judging you with strictly subjective viewpoints and opinions, having known nothing about your circumstances and background. When you leave that stage, the couldn't point you out of a lineup if they tried.

What's the point? Don't let a panel of strangers define success OR failure for you. If you do this will cause one of two problems: 1. You'll be scared to get on stage again because you're afraid you won't be as successful as the last show. OR 2. You'll be scared to get on stage and place as low as last time.

The result: Either way, instantly causes anxiety for the next show and sucks all the joy out of competing. Your placement cannot define you or it will poison the sport for you. You know how hard you worked. Enjoy it. Show it off. Don't melt down if it doesn't go how you thought it was going to.

You Never Know Who Is Going To Show Up On Show Day

You might be the leanest you've ever been when you leave for prejudging.... you and everyone else that you're competing against! So relax. Don't sit and compare yourself to people. You're going to make yourself clinically insane by the time your class goes on and Lord knows nobody can afford to have their cortisol levels boost through the roof!



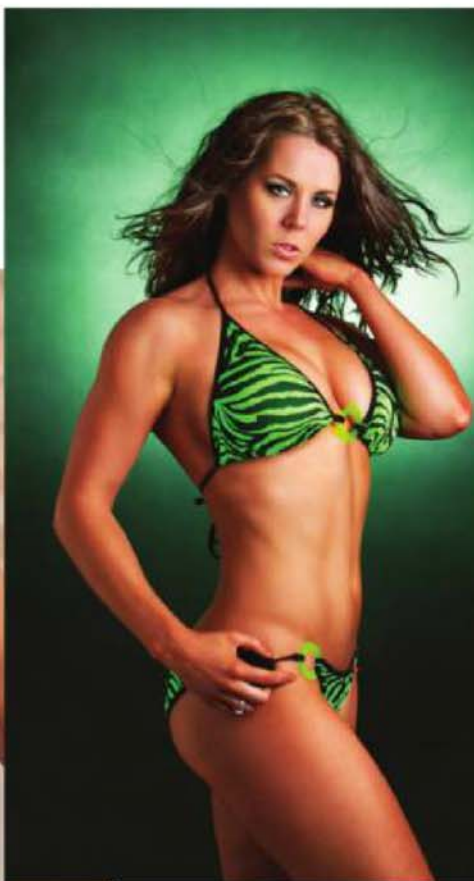
Everyone who shows up to compete has a different story and different background. Some people have been lean their whole lives. Some people might have been overweight until recently. Some people are more genetically prone to cutting fat or building muscle faster than you.

It's a roll of the dice. All you can do is do your best and feel good about your own progress.

Reality Check Time: Look at the Big Picture

I recently competed in the 2011 Fitness Universe in Miami, Florida. I met a girl who was there doing her second show ever. Her class had 44 girls in it and she was STUNNINGLY beautiful, lean, and completely smooth all over. She shined with confidence and told me about how she'd done well in her first show a month before.

After the results came out from her class, she was crushed. She took 15th place and was completely devastated. A week after the show, she texted me and said she



lost all her motivation to train and diet.

Part of it was being very young, but part of it was being a new competitor: She placed in the top 1/3rd of an international show on her second try... and she was crying about it!

I texted her back and told her that. She wrote back and said she hadn't thought of that. That instantly made her feel better.

Even if she hadn't done that well, it shouldn't have mattered. She got up there and looked better than 99% of the world will ever look. She should be proud of her progress. Plus it was only her second show! She has tons of time.

The point is, there is usually another perspective that you start to miss when you start to chase the trophies and titles just so you can validate yourself in the sport. It ruins the spirit of people with loads of potential and it's completely unfortunate.

Nobody Remembers Placements In 50 Years—Good Or Bad

Years from now when you've hung up competing and have retired from the sport, nobody is going to remember your placements. What people are going to remember is the pictures of you on stage looking healthy, amazing, strong, and vibrant with pride. Stage pictures and shoot pictures are going to burn into people's minds much more than how you did in your class that day.

Placements vs. Commercial Success

I've long been excoriated by judges for having a gargantuan butt and my hamstrings not being quite smooth enough yet. "Bring down your lower half", "Tighten butt and hamstrings and you'll WIN!" and "+ upper body, - lower body" are just some of the comments I've gotten from judges. I've spent years agonizing over my lower half, beating myself up for my genetics, torturing myself with lunges, squats, sprints, and stairs. I shot in Miami in June and met a wonderful swimwear designer who provided suits from her line for my shoots. BECAUSE of my lower half (round butt, shapely legs) and my personality, I was asked to be an official model Maison Lyle swimwear.

For once, the area the judges beat me down for since 2008 went from a problem to a positive that made me stand out and was a good thing! Imagine that!

Lots of competitors are under the impression that you have to have wins under your belt in order to get into the fitness industry. Wins and placements are great for competitor resumes and for sponsorships but are not a requirement in order to be a success. How do I know? I'm a "former fat girl!" 29-year-old bikini and figure competitor with zero wins, zero trophies, but I've still managed to get two sponsorships, get picked up as an official model for a swimwear line based on my personality, have been published in a few magazines, and get hired as a fitness and lifestyle model in Minnesota and for websites.

Find and make your own way. If you believe in yourself enough, you won't melt down when the show you worked so hard for.

My hope in writing this is to stop anyone from giving up on themselves before they've even given themselves a chance. Maybe you just had a crippling defeat. Maybe you just won a show and you're scared to death of not winning again at your next show and the pressure you're applying to yourself is making you MISERABLE. People... calm down! You're doing great! Be proud. Smile at your success. Your success is YOURS, nobody else's. Last place is NOT the end of the world. Missing the top 3, 5, or 10 is NOT going to kill you. Dust yourself off, shake off the disappointment, and get right back to work.

A little perspective goes a long way. Trophies are great but staying sane without one is even better.

Best of luck to all competitors in every organization, in every category, and no matter what your experience level is. Nobody what anyone says: Anyone who gets on that stage is a winner.

Abby Huot is a bikini and figure competitor from Minneapolis, MN. She has competed in the NANBF, Fitness America, and NPC since she started competing in 2008. She was formerly nearly 200 pounds when she began her fitness journey in 2008 and dropped to 127 pounds for her first figure competition. She is currently studying to get her NASM certification in personal training and is coached by her boyfriend, Michael Duffy of Motion 4 Life LLC. As someone who was formerly overweight, Abby feels she can provide a unique perspective on the health, fitness, and competitive lifestyles and wishes to inspire others to make life-changing fitness decisions themselves.

Carbohydrate availability influences the rates of skeletal muscle and whole body protein synthesis, degradation, and net balance during prolonged exercise in humans

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

There is limited research on the effect of endogenous carbohydrate (CHO) availability on protein metabolism during prolonged exercise. An early study¹ that examined blood urea nitrogen suggested that when endogenous CHO availability was reduced during exercise, hyperureanemia occurred, perhaps indicating increased protein degradation and amino acid oxidation. Previous research examining the effect of glycogen availability on amino acid flux to obtain estimates of net muscle protein turnover utilized a technique (arterial-venous (a-v) difference measurements) that only allows for measurement of net amino acid balance². This technique can't determine if the increased net degradation is a result of decreased synthesis, increased degradation, or a combination of both.

A group of scientist from McMaster University, Hamilton, Ontario, Canada³ conducted a study to examine the effect of glycogen availability on whole body and skeletal muscle protein turnover at rest, during prolonged aerobic exercise, and during recovery using contemporary stable isotope tracer technology. This current technology represents an improvement over previous studies using a-v balance measurements⁴. They hypothesized that exercise with low glycogen would increase the net negative protein balance at whole body and skeletal muscle levels compared with a high-glycogen condition and this would be primarily due to increase in protein breakdown with additional reduction in protein synthesis.

The major findings from this study were that 1) skeletal muscle net protein balance was lower during exercise in the low-CHO trial compared with the high-CHO trial, due to an increase in protein degradation and a decrease in protein synthesis late in exercise; 2) whole body leucine oxidation was higher during exercise compared with rest only in the low-CHO condition; 3) whole body leucine net balance was more negative during exercise in the low-CHO trial versus the high-CHO

trial, mainly due to lower whole body protein synthesis. These data demonstrate that CHO availability influences rates of skeletal muscle and whole body protein synthesis, degradation, and net balance during prolonged exercise in humans.

In summary, beginning exercise with reduced muscle glycogen content caused a larger increase in net skeletal muscle protein breakdown, which was principally due to an increase in protein degradation but also to a decline in protein synthesis late in exercise. Low-CHO availability was also coupled with greater oxidation of leucine during exercise and decreased whole body leucine net balance, mainly due to a decrease in whole body synthesis compared with the high-CHO condition. These results suggest that commencing endurance exercise with abundant skeletal muscle glycogen levels may spare body protein by reducing net skeletal muscle and whole body protein degradation.



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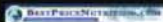
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**welcome
to MY WORLD**

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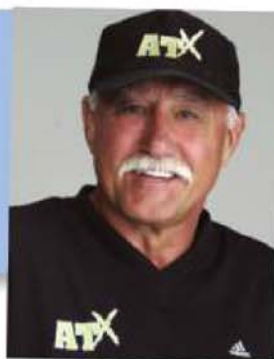
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The first I noticed, well ... after the stunning classic beauty, which was patently obvious to this photog, was how open and responsive Ilona was to coaching. Reading her profile gives you the reason she is a perfect student who make the Coach look good! Again the proof is in the images – as always, you are your own judge? Ilona shot with me in my Great Falls studio for a couple of hours, which went by in a flash. Shot after shot, we talked and I came to admire and respect her journey to become a fitness competitor. More often than not, I write about seasoned athletes whose resumes include national titles; but it was rewarding and refreshing to chronicle a “rookie’s journey.” Ilona Kovas is now a friend on the move and, I will watch her indubitable growth and fitness successes with Coach’s eye.... Watch this one, my friends – My Name is Coach A, Welcome to MY WORLD!

Ilona KOVACS

Profile:

From: New York

Born: New Jersey

Status: Children: Single, no children

Education: BS in biology; Certified personal trainer and nutritional counselor

Age: 39

Height: 5'8"

Weight: 115 lbs



What do you consider your greatest lesson learned?
That the most precious thing we have in this life is time. Without it, there's no enjoying family, friends or work. You can't make more of it; once it's gone, you can't get it back. You can make more money, make new friends, get a new job ... but you can't make more time. So to make the best use of the time we have is the greatest lesson I've learned in life.

Is there anyone you would like to thank?

I would like to thank my Father. I never had a chance to thank him while he was alive but I wanted to get a chance to thank him now. From his example, I have learned to be strong and persevere in the face of adversity and prejudice.

What do you consider your greatest triumph?

My biggest triumph has always been to overcome my extreme shyness and lack of self-confidence. I feel that it's a constant journey. My only language at 5 years old was Hungarian - I went to school not knowing the English language and was chided by children and teachers not knowing the language. I overcame this obstacle by the love and security of my parents, not listening to anyone. Another triumph for me: I took classical piano lessons and every year I had to stand in front of audiences and play a piece by memory, sometimes pieces that were 10-12 pages long! There was certain instance that I clearly remember, where I had to improvise my piece because I totally forgot an entire movement I was playing. I believed that deep down inside me that I could do this.

Over the years, I started to outgrow shyness and increase my self-confidence by challenging myself every day. Triumphs such as, getting into college, graduating college, moving to the biggest city in the whole world by myself and landing my first job have been challenging but rewarding to me. My current triumph is competing. I am proud to say that I have been placing in the top 10 in all the competitions - not bad for a shy girl from New Jersey!

What do you do for a living?

I work in the Information Technology field as an Administrative Manager in New York City.

Last meal?

1 cup egg whites, 1 egg and 1/3 cup oatmeal (it's the breakfast of champions!)

Last cheat food?

I make a great healthy, high protein, low carb, dark chocolate carob chip cookies!

One thing you would like to improve about yourself?
My impatience! I want it now! But am learning that all good things come to those who stay with it, work hard and consistently toward the achievement of a realistic goal - short term goals first, each aimed at achieving the bigger picture.

Least favorite workout?

The one that I missed! If I don't work out for two days, my body starts sending me signals to get back into the gym! I start feeling a craving to work out!

Favorite workout?

I like to work my legs and butt the most. It's my longest workout of the week and it's the most satisfying to me.

Favorite body part?

My legs. I was lucky enough to start ballet at five and continued my teen years. I feel that helped me shape my legs and general posture.

First thing you do tomorrow?

Cook and eat breakfast! Breakfast is very important to have first thing in the morning. It gives me the energy to take on the rest of the day!

Person who influenced you the most?

Mom :-). She was my advisor, my confidant and is to this day ... my best friend.

Favorite fitness athlete?

I am a huge admirer of Jennifer Nicole Lee. I think she is beautiful and fit! I call her "the queen of info marketing!" She is terrific at getting the word out to the public.

Why did you get involved in fitness?

My parents are both athletes. My parents are from Hungary. Both my parents were professional athletes: my father in soccer and my mother in Track (hurdles and sprints). I just followed naturally into sports and fitness. I started ballet when I was five years old and continued it for twelve years. I played field hockey, soccer softball and tennis. I did gymnastics and swam.

Favorites?

Book: "Think and Grow Rich"

Movie: "My Fair Lady"

Cheat food: Bread!

What did you think about your first competition?

At first I was terrified because I'm very shy at the idea of being on stage; but, I again challenged myself. And to my delight and surprise I became completely hooked! The girls all looked amazing and I know I had a lot of work to do to compete but it truly motivated me to a whole new level.

Who do you want to emulate athletically?

Amanda Latona: I think she is a natural beauty who is very comfortable on stage.

How do you want to be remembered as an athlete?
"As someone who inspired others to compete, to be healthy and to set and achieve their goals!"

What traits do you value the most?

Honesty, Reliability, Trustworthiness, Courage, Perseverance, Optimism, and Faith

What do you see that is good in Fitness today?

It promotes a healthy lifestyle, good nutrition, rest and exercise. Being fit is not only looking good on the outside, but it also requires that one be fit inside, mentally and spiritually. Being fit takes effort, dedication and self-discipline.

What needs to change in Fitness today?

America is the fattest nation on earth. And that has to change! There should be even more promotion of fitness to everyone on a national level of priority.

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

Congratulations! You're taking a great step toward a healthier lifestyle! Welcome to a whole new you!

Coach A?

Coach A is a great guy! Our photo shoot was so much fun because his skill and professionalism made it so easy. Coach A's little tips I'll carry for life - gained more confidence in front of the camera. His comfortable ease and genuine interest in me helped me attain some terrific images.

3 people you want to thanks?

My mother is the rock in my life, always believing in me in whatever I want to do with my life. She always said, "You can do anything and be successful!"

My father for his inspirational life, coming to the US with nothing and watching him build a successful career, business, and raising a family. His example always made me feel loved and safe.

My boyfriend for being there for me when I need him the most! When I feel down, he always picks me up! He is my biggest fan and biggest supporter in my life.

What is your passion?

Helping people! I get a kick out of helping people achieve their dreams, especially in health and fitness. There is nothing like getting "that smile" from a client! It makes me feel whole as a person.

Give me 5 people that you would like to have a cup of coffee with?

Robert Kennedy, Barak Obama, Jennifer Aniston, George Soros, Estee Lauder

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

I love to travel (been to over 12 countries) and I speak, read and write in Hungarian

Sum up your philosophy of fitness/athletes in one sentence?

Consistency and self-discipline are the keys to success.



Ready, Set, now

D.O. I.T.

Living Fit with Laura Mak, MS
IFBB Fitness Pro

We are on the countdown until the end of the year. With just days left, how will you reach those fitness goals you have set for yourself? I recommend the "D.O. I.T." program. What does it stand for? Well it sounds similar to the popular shoe saying, but here is what it really stands for:

Discipline
Orderliness
Integrity
Tenacity

When setting goals, it is important to use these characteristics while you are en route to reaching your goals. **Discipline** refers to knowing your boundaries. For example, when focusing on a fitness goal, boundaries are essential. What happens when you are focused on exercising three times a week and one of the nights you are supposed to exercise you have a late meeting? Well, within your boundaries you are committed to three nights a week. Since the night you planned to exercise has changed, you need to adapt to what life throws at you. Just make up your exercise another day during the week. It doesn't matter as much when during the week, but more importantly that it is accomplished during the week. This is why weekly goals are just as important as daily workout goals.

Orderliness is also known as preparedness. For example, what I like to recommend to my online clients is using the fitness goal on a weekly basis as well as a monthly basis. This gives you two chances to succeed. Look at your weekly schedule and determine on Sunday, what days you can commit to exercise, whether it is at home, the gym, or a class. Then stick to it. Plan each day the night before. Bring healthy foods with you to snack on during the day. In addition, include a monthly goal of how many times overall you will hit the gym or the outdoors for your exercise. Give yourself that opportunity to have another successful month. This only works if you are prepared at the beginning of the month, so know when the first of the month comes around, you should already have your game plan ready for action.

Integrity in fitness is an essential part. It is an advanced form of trusting your intuition. There may be days where you are just completely not able to exercise. There is this thing called "life" that happens and sometimes we may have the best plans and intentions but "life" can throw us a curve ball, the boss can hold you over to work late, your child may get sick, or traffic is horrendous. Now, these are all excuses, but nothing too drastic that you cannot make an alternative plan. The integrity part comes into play when you ask yourself, "Is this a road block or an excuse?" If it truly

becomes a day where you have to completely change the game plan, instead of looking at it as a total loss, just use it as your rest day. Rest is an integral part of training too. Now, if you are using the "rest" as an excuse for not training, well then that does not fall into the integrity category.

Lastly, **tenacity**, the ability to hold persistently to a goal, is a quality that one must have to endure and reach their exercise goal. Fitness is not a short-term project but rather something that should become a lifestyle. By keeping your fitness goals in the forefront of your mind, tenacity will help you achieve the goal. You may do this by keeping your goals written on a post it and stuck on the bathroom mirror so you can view it every morning and evening. You may be focusing on your nutrition and keep a positive post it on the refrigerator reminding you of healthy eating creates healthy habits. Whatever you chose to use to stick to your goal consistently doesn't matter, just as long as you do just that, stick to your goal!

Since we just have a few weeks until the end of the year, are you ready to "D.O. I.T."? Begin now before all the holiday parties, food festivities, and gathering become full speed ahead. Take the time now and see what type of goals you can realistically achieve this month. Use the goals this month to catapult you ahead and jumpstart you into a healthy January.

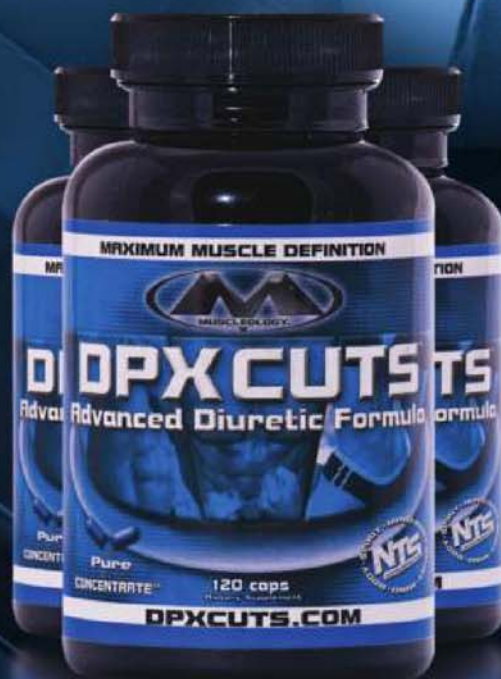
If you would like more information about my online training programs or online nutrition you can go to my website at www.LauraMak.com. In addition, you can check out my fitness and inspiration book, "Fast and Fierce Fitness Made Fabulously FUN!" This is a twelve week program, complete with exercise descriptions, 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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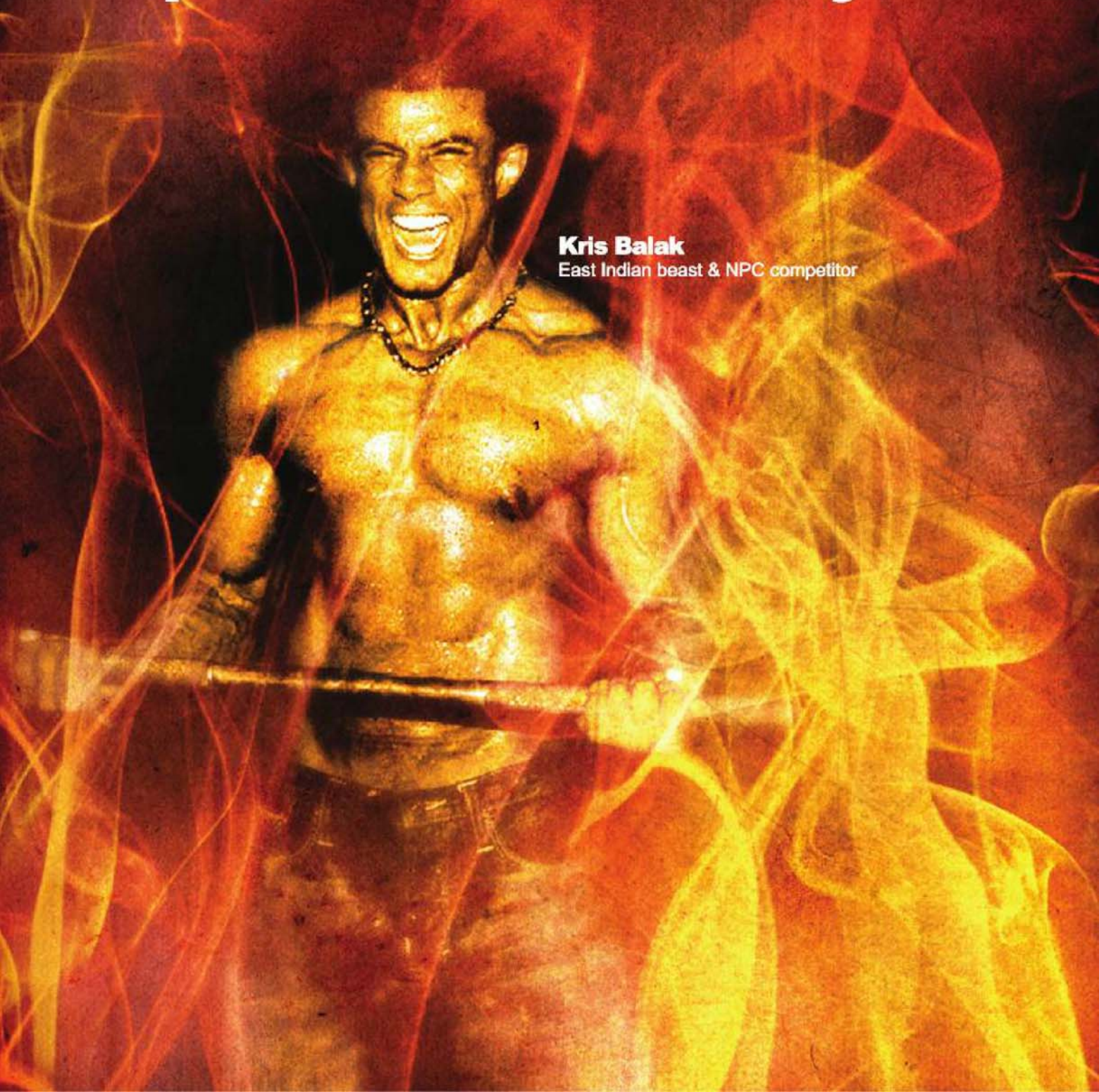
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athletes of the TRIFITNESS

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 Celeste Turner (Louisiana) and Shana Martin (Wisconsin) who have achieved a high level of success in the Tri-Fitness World Challenge during the past decade.

LR: Please tell the readers about yourself:

Celeste: Well, Lindsey, my motto has always been "Winners Train, Losers Complain." And I live by this as a 45-year-old single mom from New Orleans, LA with a passion for fitness. With a degree in journalism and a graduate degree in exercise physiology, I have been in the fitness industry since 1995 as a small business gym owner, nutritional consultant/freelance writer and a certified personal trainer. Competing has always been a dream, with the goal of finishing first and performing at my personal best. I have struggled with certain life obstacles like divorce, the devastation of Hurricane Katrina and my daughter's accident, but through it all, the training both mental and physical has pushed me forward.



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

Celeste: I have been doing the Tri-Fitness contests since November, 2008 when the Tri-Fitness family welcomed me into their competitive arena. I had been disillusioned with the NPC Fitness Shows which seem to play favorites and I really wanted to expand the intensity and level of my competition. Tri-Fitness was the ultimate challenge for me and I only learned about it through their website.

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

Celeste: I truly enjoy the motivating atmosphere and friendly competitors of Tri-Fitness. Although I may not have placed first or second at the contest, it was the words of Al Rosen "Reach for your Personal Best" that keeps my dream alive. And now, the Tradewinds Resort in St. Pete's Beach is an ideal location for the Tri-Fitness Contest because the area is so beautiful, family-friendly and very convenient for an outsider.

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

Celeste: While training for the Tri-Fitness contest, I begin by slowly cutting back on my calories while working diligently on my fitness routine. Choreographing the fitness routine and selecting the routine music/outfit are a few of my favorite tasks of the contest. This is an event that I can really express my personality while showing off my strengths as a fitness competitor. I also travel periodically to St. Amant, Louisiana which is about 45 minutes from my home to practice on an outdoor obstacle course. Then I select one day a week to work on fitness skills: box jumps, bench press and shuttle run.

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

Celeste: When friends and family at home ask me, "Why do you still compete at your age?" My answer is "Because I can!" The feeling of accomplishment and the drive to train harder for each contest is what inspires me to never lose faith and keep the desire to win. "I may win and I may lose, but I will never be defeated." Emmitt Smith.

Celeste Turner



LR: Please tell the readers about yourself:

Shana: I am a born and raised Badger, and graduated from the University of Wisconsin with a degree in Kinesiology – Exercise Science. I'm a Master Trainer for TRX Training and the fitness director at Supreme Health and Fitness, a wonderful health club in Madison, Wisconsin. My love for sports and fitness began at a very early age when I became a competitive gymnast.

I still maintain my gymnastics skills through fitness competitions such as Women's Tri-Fitness, Fitness America, and Ms. Fitness. I am also the head coach of Team Supreme Figure and Fitness, helping other women achieve their goals of looking fit and healthy on stage. Unique and fun sports are what really fascinate me. Frustrated that girls were not allowed to pole vault in high school, I joined the boys track team and became the first female pole vaulter in Madison, WI! I then went on to become the first female pole vaulter at the University of Wisconsin – Madison.

My biggest claim to fame is being a 5-time WORLD champion women's professional log roller and boom runner. Sponsored by Lumberjack's Restaurant and Lululemon, I've been featured on ESPN, ABC Wide World of Sports, and the Outdoor Life Network competing in lumberjack events.

One of the largest focuses of my life is doing my part to help find a cure Huntington's Disease. My mom is currently non-responsive in a nursing home with this devastating disease and I have a 50% chance of suffering the same fate. Huntington's is a genetic brain

disorder that onsets in mid life causing uncontrollable movements, and gradual loss of the ability to walk, talk, eat, and think for oneself. I am honored to be the national spokesperson for the Huntington's Disease Society of America, and have appeared in many news stories, print ads, and public speaking venues to raise awareness for this horrible disease. I am also the current president of the Wisconsin Chapter of the Huntington's Disease Society of America, and host many fundraisers throughout the year.

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

Shana: I started back in 2007 and fell in love immediately. After doing fitness competitions for 9 years, I was looking for a different kind of challenge... a little more athletically focused. I had heard about Tri Fitness from some of the other fitness girls and knew it would be for me.

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

Shana: So many things, but first and foremost I love the family of people. My very first Tri-Fitness contest I showed up alone and was VERY nervous. During my run on the course I had 10 girls whom I never met run along the entire course and cheer me on... it was unbelievable! Since that first year I've made so many new and wonderful friends, all who appreciate fitness, friendly competition, goofiness, and health. Second of all, I love the fact that the competition is so athletically



based. Even if our bodies are not 100% perfect your overall score reflects OVERALL athleticism by including the obstacle course, fitness skills, and routines. There is much less pressure to starve myself before competition and more focus on training as an athlete.

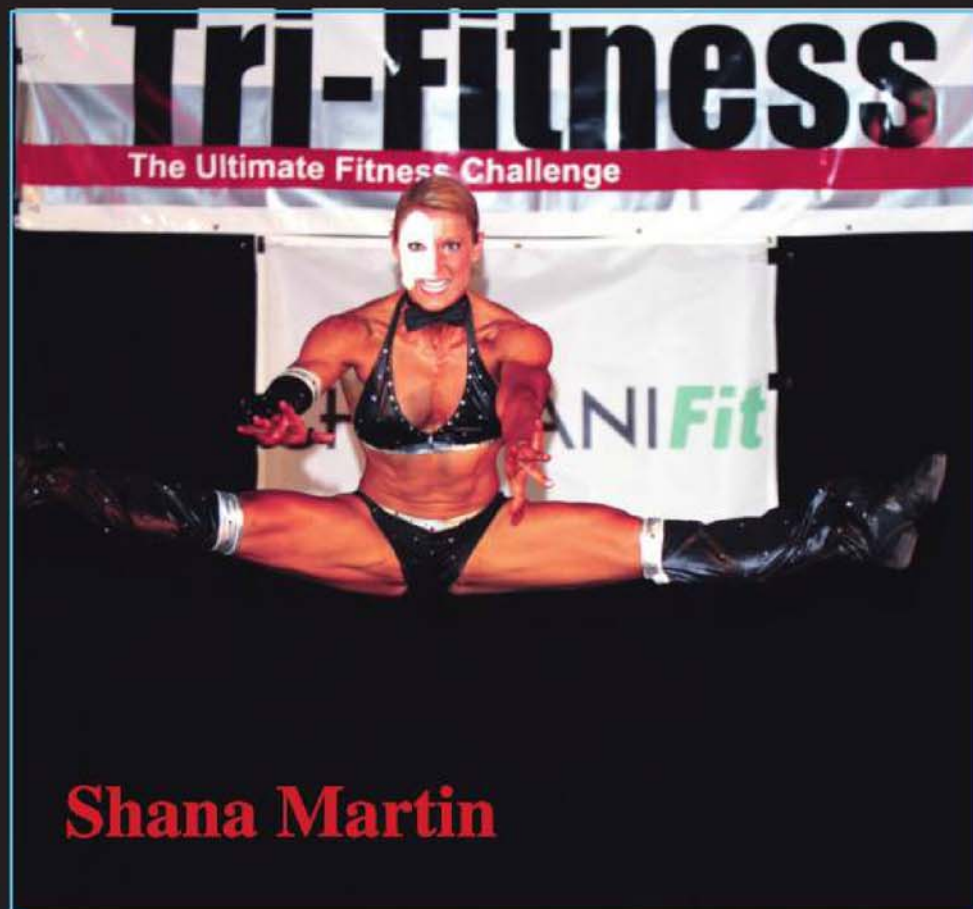
LR: How did you go about training for the Tri-Fitness?

Shana: Most of my training throughout the year revolves around my lumberjack sports, but as Fitness Competition Season approaches, I spend more and more time on my routine and the specific fitness skills. Routine practice in itself is a VERY demanding workout, and taxes similar energy systems needed for the obstacle course... and helps develop the athletic body needed for the bikini round! I am blessed to be sponsored by Cathy Savage Fitness, and have some amazing routine choreography and support.

Because I do not have the actual course available in Wisconsin, I have a very special hill (I HATE IT) that takes about 55 seconds to sprint up. This is also how I prep my body for the high intensity course.

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

Shana: Because of my possible genetic fate, I may not have use of my body forever. That is why I am so blessed to have a group such as Tri Fitness in which I can enjoy the greatest things in life- wonderful friendships, personal challenges, using your body for all it can do in a HEALTHY way, and of course... laughter.



Shana Martin

Do you look good IN HATS?

By Gina Ostarly

Photo by Walt Ostarly

Most days, I'm so busy that I can't even call a number on my "happy scale" of life. Are things really good, like a nine? Or maybe not so great, at a five? I tend to take on too many projects -- wear too many hats, as they say. Two at a time some days? That would seem easy.

My list of "who I am" probably sounds much like yours: wife, friend, mother, grandmother, sister, competitor, business owner, etc.

All fulfilling? You bet!

Realistically there are only 24 hours in a day, and one of me, and one of you. When life gets super busy and we have to make choices and deal with stress, it seems that health and fitness and the first things to be put on the back burner.. What sounds better than relaxing at the end of a long day? Who wants to get up early and work out when they know a tough day lies waiting at the office? And what is better after that long hard day than curling up on the couch, watching TV and eating whatever comfort food we prefer? Does this paragraph paint a visual all too familiar?

One of the best uses of my time, and one of the most satisfying "hats" that I wear, is being a Christian. It's more than a "hat" because it isn't something I take off. It's like being a mom or a daughter -- unchanging and always comforting.

My husband, Walt, and I recently attended a church service that was one of those "call you out" messages it seems God had planned just for me, and all the other overly-busy people there. Hats were handed out before service. Party hats, happy hats, retirement hats, fire hats, etc. This multiple hat wearing seems to be more than just my issue.

Long sermon short, wearing too many hats dilutes us and doesn't allow us to fulfill our most important duties in life! We do so much "stuff" that the very best things don't get the attention they deserve. Not only can the things we love get watered down, but, they can even get drowned out. What was once one of the most important parts of our lives can turn into a "used to be", leaving us feeling guilty and defeated. That is not what God wants in our lives.



It is often in our most difficult times that we are inspired to finally reach for life-changing goals that have been patiently waiting for us all along. If we are to have passion and purpose, those desires and abilities are molded through adversity. Think about it: if you woke up every morning with a perfect body, and could eat your face off and never work out to maintain it, would that body be important to you? Absolutely not. You would miss out on the wonderful goals you achieve, the friends you make along the way and the icing on the cake, that great body. Looking great in a pair of skinny jeans is nice. The EFFORT it took to get into those jeans gives it meaning. And the change is what makes us who we are.

I write both on fitness and Christian topics. As you can tell, they often walk side by side. The fitness articles are easier because of my years of experience and practice. Writing about faith is much harder because it forces me to push harder, dig deeper and learn more about myself and God than ever before. There is no end to faith. No knowing it all. Every step is earned with hard work, prayer and the support of others.

Sound like your efforts to get back to the fitness lifestyle that "used to be" with you? Exactly. And doing any project is much harder when we're a part-timer. You'll never hear a fitness show winner say he trains one day a week. You'll never see a pro quarterback say he read the playbook once or twice. Those too-small jeans of yours will never fit if you eat healthy a couple of times a week.

So, how to we transform ourselves? By throwing away some hats! Are you willing to do 30 minutes of work that will change your life and give you the time and energy to devote to a healthier you? Go get a pencil and paper. You might need several pieces of paper.

Make two columns... one vertical and one horizontal. On the the left hand side of the page, start at the top and list your weekly activities that take up time. Work, hobbies, cooking, cleaning, exercise, travel, etc. Then along the top, write down who or what these activities benefit. Those groups might include: yourself, family, finances, God, friends, career, etc.

Now comes the hard part. There are only "yes" or "no" answers to each of these columns. If one of your weekly activities is bowling, that won't help your finances, so that deserves a "no". Let's not blow smoke and dream you're going to be a professional bowler someday. Your heart and your gut will tell you the right answer. Don't think about it too long, shoot down your first reaction. That will usually be the truth.

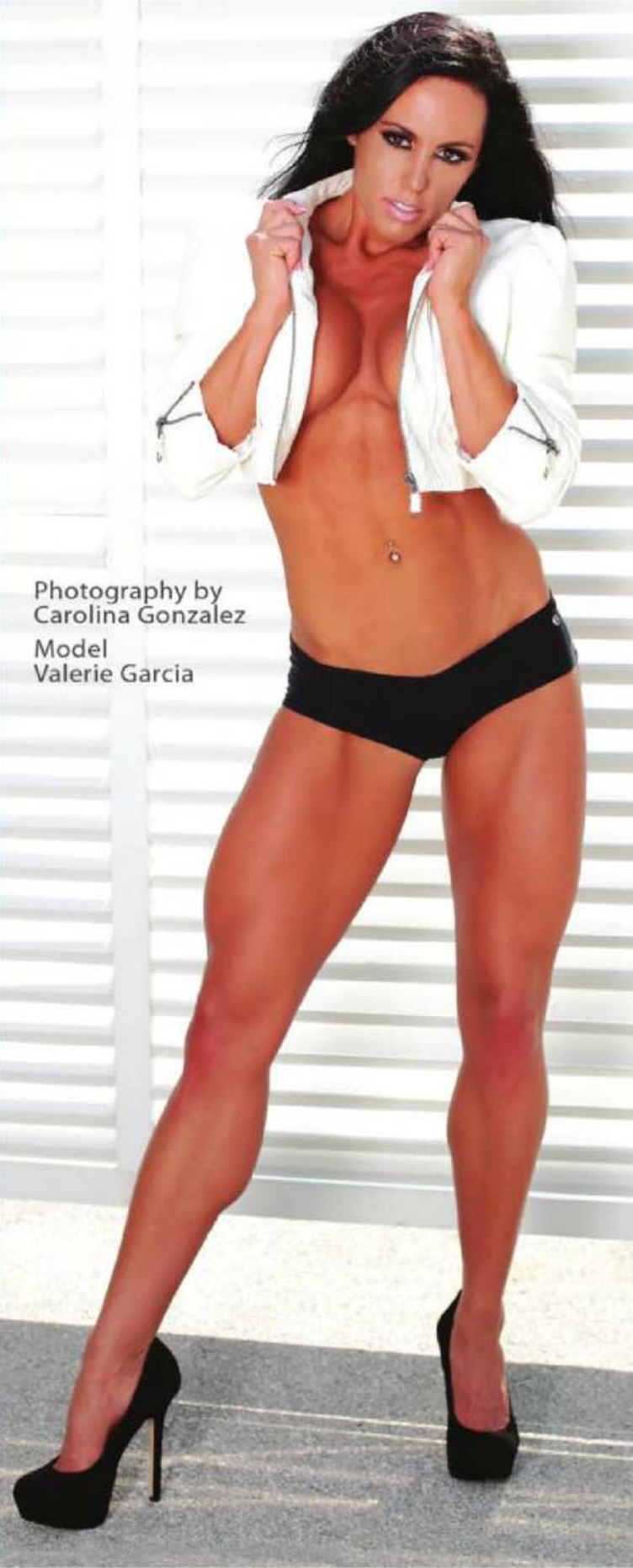
I know, this is going to be hard. I didn't say it was going to be easy, I said it was going to be worth it!

At the end of this exercise, you will see activities that benefit your life in many ways. You'll also see things that are "time bandits" and add very little to your life or those around you. Now it's time to do what is needed to free up your life a little, and give you room to grow. Out with the old and in with the new! Suddenly you'll have free time on your hands, and maybe not a clear plan on what to do with it? That's next month's article!



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I WILL CAPTURE GREAT PICTURES, AND YOU WILL CAPTURE AN AUDIENCE



Photography by
Carolina Gonzalez
Model
Valerie Garcia

1NEW UNIVERSITY PROVEN

Fast & Furious FAT INCINERATION for 6 Hours!

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

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

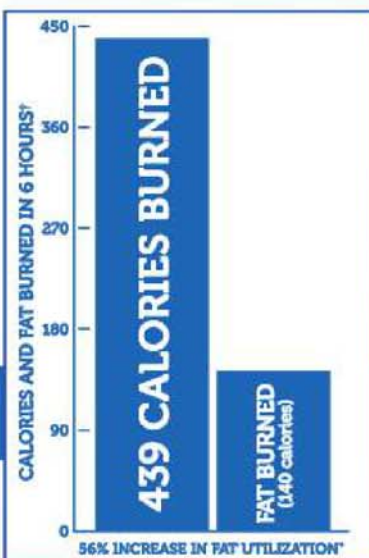
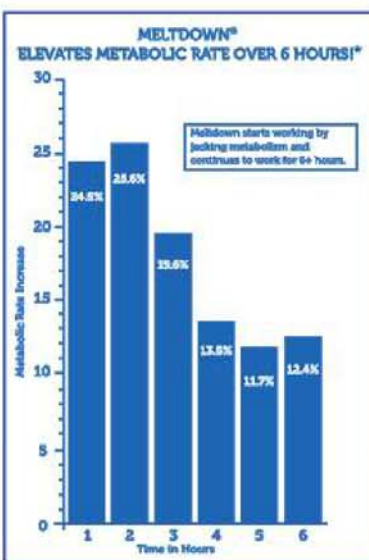
One University Study graph shows you that just three MELTDOWN capsules increases metabolic rate 972% greater than 20 mg of Ephedrine! This is important because before ephedrine-based fat burners were banned, these were the most powerful weight loss agents available. Meltdown is the world's only fat burner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

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

MELTDOWN: PROVEN EFFECTIVE BY 5 UNIVERSITY STUDIES!

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

Increase Metabolism up to 25.6%!



*Hoffman JR et al. Thermogenic effect of an acute ingestion of a weight loss supplement. Journal of the International Society of Sports Nutrition 2009, 6:1. Bloomer RJ et al. Effect of the dietary supplement Meltdown on catecholamine secretion, markers of lipolysis, and metabolic rate in men and women: a randomized, placebo controlled, cross-over study. Lipids in Health and Disease 2009, 8:32. T1Rashti S et al. Thermogenic effect of Meltdown RED™ 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):P54doi:10.1186/1550-2783-6-S1-P5

TIFFANY BEFORE WEIGHT: 178 LBS 34.5% BODY FAT

KRISTY BEFORE WEIGHT: 126 LBS 23.1% BODY FAT



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

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



AFTER WEIGHT: 152 LBS 23.1% BODY FAT

AFTER WEIGHT: 104 LBS 14.8% BODY FAT

+ 12 FREE capsules & FREE Meltdown Diet!



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

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



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STAY HEALTHY WITH MELTDOWN CAPSULES



By Danielle Singh, APCA
Personal Chef/ Fitness Professional
Nutrition & Natural Health Consultant
www.fitandbeyond.com
Photos and meals prepared by:
The Fit Gourmet©

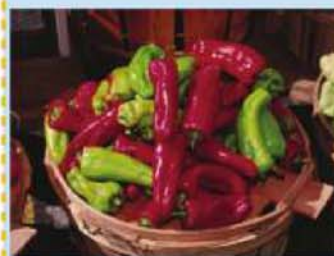
Chili Pepper Facts:

Did you know that peppers contain more vitamin C than citrus fruit?

The fact is that green peppers contain twice as much vitamin C than an orange. Red peppers actually contain three times as much vitamin C and hot peppers, especially the red ones, are even higher! In addition, they are loaded with beta-carotene.

The benefits of including peppers in your diet are many. Peppers are known for their powerful antioxidant properties, promoting cardiovascular health and improving gastrointestinal function such as relieving stomach aches, cramping and gas. The potent hot pepper has been used in medicine for centuries and it's still traditionally used in herbal medicine as a circulatory tonic, believed to improve circulation.

For those of you that suffer from sinus infections, hot peppers are also known for their clot dissolving effects in the blood, opening sinuses and air passages acting as a decongestant. Not to mention they have a positive effect on lowering blood cholesterol.



However, the most interesting study for researchers today is the capsaicin compound found in red peppers, which is what gives chilies their hotness. Some

scientists theorize that in response to the discomfort produced by the chilies' "burn," the brain releases endorphins, substances that at high levels can create a sensation of pleasure. So, next time you are feeling down in the dumps and are in need for a mood booster try going for the hottest peppers you can handle!

*All statements are based on a gathering of information.

Add a little spice to your life with...

CUBAN-STYLE CHICKEN

topped with Fresh Pineapple and Black Beans



CUBAN-STYLE CHICKEN

Ingredients:

- 1 cup fresh pineapple, cut into small cubes*
- ½ cup red bell pepper, diced
- 1 chili pepper, diced
- 3 Tablespoons rice wine vinegar
- 2 Tablespoons orange marmalade
- Few dashes hot sauce
- 1 (15 oz.) can black beans, rinsed and drained
- ½ teaspoon cayenne pepper, divided
- Cooking spray
- 4 (6-oz.) chicken breasts halves, boneless & skinless
- ½ teaspoon paprika
- ¼ teaspoon salt
- 1 cup low-sodium chicken broth
- ¼ cup fresh cilantro, chopped

Directions:

- In a medium saucepan combine pineapple, peppers, vinegar, marmalade, hot sauce, black beans and cayenne pepper. Bring pineapple-bean mixture to a slow simmer over a medium heat; cook until heated thoroughly; approximately 2 minutes. Keep mixture warm on low heat until needed.
- Next, heat a large skillet coated with cooking spray over medium heat. Combine paprika, salt and remaining pepper, and rub evenly over chicken. Add chicken to skillet and cook 4-5 minutes on each side or until done. Add chicken broth, cover and simmer for an additional 4-5 minutes.
- Serve chicken over rice topped with pineapple-black bean mixture and sprinkled with fresh cilantro! Great with tortillas!

*Time Saver:

To save time you may substitute canned pineapple tidbits, rinsed and drained. Also dried cilantro may be substituted instead of fresh but for the authentic Cuban-style taste be sure to go for the real deal!

PRESS RELEASE

The JNL Fusion Program

Workshop & DVD's COMING SOON!

Written by Carolina Gonzalez | Photography by Carolina Gonzalez | Carolina@axisdn.com

Jennifer Nicole Lee and her master team will hold the 2nd JNL FUSION workshop on January 2012, in a private resort on South Beach, Florida.

Between the 13th and the 16th of January 2012, Jennifer Nicole Lee, along with her support team, fitness/athlete coach William del Sol, also known as Wicked Willie, and the Diet Diva, Unni Greene, also a fitness coach and nutritionist, will be helping fitness aficionados, moms, dads, and athletes to improve their lifestyles by learning efficient exercise routines and adequate nutrition that provide outstanding results.

Jennifer Nicole Lee is nowadays one of the most recognizable weight loss success stories in the country and around the world, after her numerous appearances on TV, radio, and magazines, and after her superb participation in fitness competitions; but most importantly, she has inspired millions to achieve their goals, and with a victorious attitude and noble heart she has been sharing her knowledge and secrets to a better, active and healthier lifestyle.

"I created The JNL Fusion program inspired by my own personal frustrations of being a busy mom and wife, and not having enough time to train," explained Jennifer, and with the support of her team and productive approach, she has created "different types of workout methods that provide maximum results in minimum time. Speed, agility, and quickness fused with 30 seconds of "super spiking" cardio bursts, will get you a jaw dropping super ripped and athletic physique."

The goal of the program is "To burn off ugly fat and sculpt sexy athletic muscle tone at the same time, all in under 45 minutes per workout!"

"The JNL Fusion Program is better than a boot camp," affirms Jennifer Nicole Lee "because it super spikes people's metabolism in 30 second intervals, in a complete 6 circuit workout". Plus, by doing the program and continuing what is being taught "you will get "gluteus that salute", "kiss my abs" abdominals, and a TNT body, which is a tight and toned body!" All while melting unwanted fat and learning perfect techniques to achieve and maintain a desired weight.

And if someone is looking to reach a fitness model body, the JNL Fusion program is just right. This program will help you to "look like the super fitness models that appears on the major fitness magazines," said Jennifer.

The only necessary thing to be a part of the JNL Program is "to be ready to 'kick your trash.'"

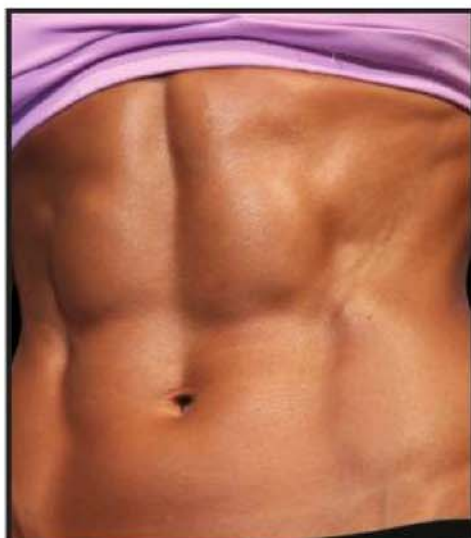
For more information, please visit www.JNLFusion.net

It's my passion to help motivate the masses to their unlimited fitness potential! I want to unlock the athlete in everyone! -JNL

The JNL Fusion Program DVD series, coming soon!!

"This program has been extremely successful. Last year, we had people from all over the world attending the workshops, and due to the positive outcome for everyone involved and the great results of the exercise routines, we had produced a DVD series that will be sold worldwide. The series will be available on 2012."

JNL
FUSION
www.JNLFUSION.com

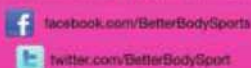


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Phoenix Xtreme consists of key ingredients built to destroy fat while preserving lean muscle tissue! Jam packed with effective dosages of high quality ingredients Phoenix Xtreme gives you more fat loss for your buck! Don't settle for under dosed and over priced fat burners....Renew your physique with Phoenix Xtreme!

Visit www.betterbodysports.com and use code nmpx11 for 25% off your purchase



ELI SAPHARTI

FAT Boy FIT Man

This year I will be turning 42 years old and I am in the best shape of my life. Just a little over 3 years ago I was in the WORST shape of my life. Not only physically, but also emotionally and mentally. I believe these all go hand in hand.

In 2008 I had ballooned to 280 lbs standing at 6' and my body fat percentage was well over



40%. My blood pressure was elevated, I felt tired all the time, if I walked a flight of steps I would lose my breath, my joints were hurting, and I was always getting some type of flu or cold.

Around March of 2008, shortly before the end of an almost 18 year marriage, I had what many would call an epiphany. One day I looked at myself in the mirror and couldn't believe how unhealthy and just plain fat I had allowed myself to get. At that moment I knew I had to do something to change this downward spiral. As I thought about past attempts to lose weight I realized that the "quick fixes" and fad diets I had tried, although successful short term, were not going to work if I wanted to make LIFE-LONG changes.

So, I began what I like to call my "ONE STEP AT A TIME" approach. Since then, I have lost over 100 lbs. (108 to be exact). I have done so naturally by way of proper nutrition and exercise including weight training, running and circuit training. I am now an avid fitness enthusiast and have found my passion in motivation and inspiring others to the same.

Check out his website at:
www.fatboyfitman.com



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COLLEGE LIFE

Rob Bouchard, COLLEGE STUDENT-PROFESSOR

From Good TO GREAT!

“Good is the enemy of great” was the statement that resonated with me throughout my reading of the business book “Good To Great”, by Jim Collins, over the weekend. At first, I must say that I was both dumbfounded and taken aback by this statement. After all, how could this possibly be true? I have always thought of being “good” as a stepping-stone towards greatness and Mr. Collins was telling me that I couldn’t have been farther from the truth.

What the author was trying to get across in this bold statement, was that it is simply much easier to settle for being “good” at something than it is to strive to be great. Furthermore, he hammers in his point by offering us some insight into the great minds that achieve greatness, they are simply not satisfied with being good; in fact, they despise it. This very thought forced me to reflect upon how we can take this mentality from a business perspective and apply it to a fitness mindset. In fact, this was the starting point for this very article; to find the things that take someone with a good physique and makes them great. You may be as surprised as I was to find that it’s often the little things, done consistently, that have the greatest influence on greatness.

Achieving greatness in your fitness endeavors begins when you first wake up...or does it? We have all heard that breakfast is the most important time of the day, and although it is very important, I think that something else above all should take priority, waking up on time. Someone who is “good” will hit the snooze button once or twice and then, consequently, be forced to rush through the remainder of their day. However, those who are great don’t hesitate to roll out of bed, in fact they are excited to!

FIT TIP: Wake up earlier. By simply giving yourself an extra 10 minutes a day, you give yourself a very valuable time cushion. This cushion allows you to double check that you have successfully packed everything you will need throughout your day. Another benefit of not being rushed is that this keeps your catabolic stress hormone, cortisol, at a low from the get-go of your day.

Another tool that will take you from good to great is simple planning. In teachers college this is one thing that stresses constantly. Most of us wander through the

day trying to have a meal or a shake every three hours or so. And although this is a good starting point, in order to achieve greatness in our nutritional habits, a definite meal plan with allocated times is required

FIT TIP: Plan your meals. Although a continual alarm on your phone that goes off every 2-3 hours is a great start in meal planning, what really must happen, in order to achieve greatness, is that you develop a strong structure. You must sit down with your school schedule and decide not only on the precise time that you will eat, but also the macronutrient breakdown of each meal. This breakdown should ensure that you reach your appropriate levels of protein, carbs and fats on a daily basis.

Now that you have established a strong foundation of fitness greatness, the only thing left to do is to be great in the gym. Far too often I find that people simply wander in the gym and simply train the muscle groups that “feels” ready to train. I assure you that those with great physiques plan well in advance not only which muscle groups that they will train on any given day, but also the amount of reps they MUST reach for each and every set.

FIT TIP: Keep a logbook. Knowing how much weight you lifted and the number of reps you performed on your previous weight lifting session is the only way to ensure constant improvements and a path to greatness. In order to go from a good physique to a great one, this simple task must be accomplished ritualistically. Great lifters always strive to outdo themselves (by this I mean they either a- lift more weight or b- perform more reps than their preceding workout) and this is what makes them great.

In all, it is simply easier to be good at something. All you need to do is eat most your meals, do an ok job in the gym and be kind of prepared. However, I challenge you to be great, plan your meals, wake up on time and follow through when you say you will.

“Knowing is not enough; we must apply. Willing is not enough; we must do.” Johann Wolfgang von Goethe

Check out my website at JustFitness.ca

Send me an e-mail with any questions

comments at Rob@JustFitness.ca

Yen Nguyen

Hailing from Tampa, Florida, Bikini Model Yen Nguyen is a dentist by day.

The physique that I have today took many years of experimenting with different diets and workouts to achieve. I first started working out in a gym after I graduated from high school and really didn't participate in any sports during school. I had grown up eating foods heavy in fats and carbs, so I really didn't know the first thing about eating healthy.

As I progressed through the years of working out, I didn't see any dramatic changes. Putting in long hours of studying during dental school, I frequently drank calorie-laden caffeinated beverages to get through my day. It was only when I consistently combined the science of nutrition with a solid training regimen that I saw results.

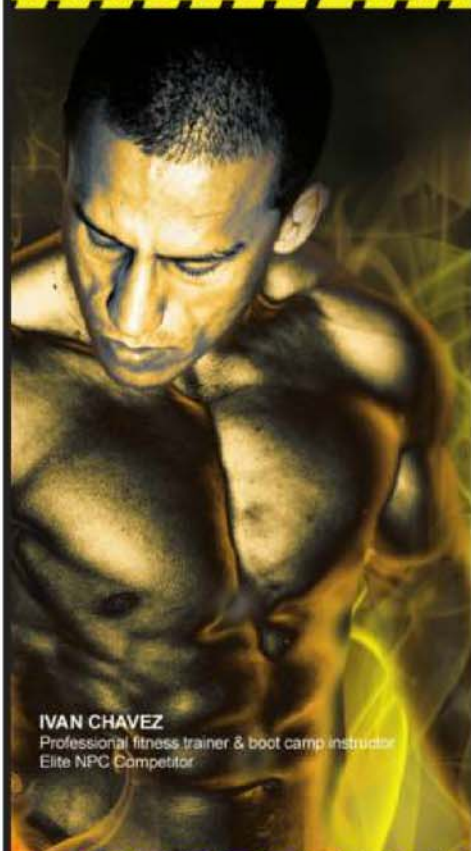
I first started competing in the NPC Bikini Division in October 2010 and I instantly became hooked. I placed second in my first competition, 4th at the 2011 Orlando Europa in Bikini Short, 3rd at the 2011 Florida State Championships in Bikini, and 1st at the 2011 Fort Lauderdale Gold Cup. My next step is to earn my pro card to become an IFBB Pro Bikini Competitor. I love pushing myself to the next level and exceeding my expectations. There are days when I am tired and just want to drink a glass of wine, but there is a little fire inside that pushes me to go forward.

Balancing work, training and daily responsibilities is the hardest thing I have had to face. I am a full-time dentist in my own private practice and also have a charity organization called Support Smiles that restores smiles for domestic violence victims and military veterans. We find that a smile does so much for someone and it is our way of giving to those who truly deserve a reason to smile again. If you stick to your schedule though and allot time for things that you need to have done, it will make your life run a lot smoother.

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By: PZ Hopkins

This world is full of beauty, as other worlds above, and if we did our duty, it might be as full of love.

~ Gerald Massey

living in a world WITHOUT LOVE

Imagine, if you will, a world without love. I mean no love...none. Imagine if the skies opened up and a voice came down from above announcing as of tomorrow there would be no more love. Nobody would love or be loved or seek love or find love or express love or curse love or bless love. There would be no romantic love, no brotherly love, no family love, no patriotic love, no impersonal love, no animal love, no self-love, and no spiritual love. Imagine if folks had to exist and navigate their way through this journey void of one all-encompassing emotion. What kind of world would it be? Is it one you'd be interested in occupying?

As we human beings tend to do, we take so many of life's wonders for granted. Love is something many don't recognize for its importance to the well-being and survival of mankind. Currently many loving people occupy a loving planet. Currently many hostile people occupy a hostile planet. They're both on the same planet. Love can be the key to making the hostile planet disappear leaving only the loving planet and its loving people to exist all by itself. But that can only happen with individuals who have a mindset of love and have faith in its power. What's the big deal about love anyway? Which planet is the one for you? Could you live in a world without love?

PZ'S POINTERS ON THE MAGNITUDE AND MAGIC OF LOVE

Love helps you believe

When you live a life with love at the core of your being you are able to believe in a power or entity greater than yourself. It is a given. During the low periods that come in every life, love helps you to hold on and believe in yourself. It helps you believe in others. They, in turn, can believe in you. It gives you a sense of true belonging free of weakness and fear. Love helps you drop in on the world with belief in compassion, benevolence, and kindness and not drop out in disgust, apathy, or frustration.

Love gives you hope

Even at times when life hands you seemingly insurmountable obstacles, love provides a feeling of hope that you will find a way. Hope is the opposite of despair. With hope you have a chance. With hope your dreams and desires continue to manifest themselves in discernible ways. Love is the driving force behind hope. It gives hope meaning. Hope stays alive from the uplifting air love breathes into its essence.

Love enables tolerance

The world is a diverse and complicated place. Not everyone is the same color, speaks the same language, or worships the same God. The reality is, however, that we are all members of the same race called the human race. The reality, too, is we are more the same than we admit. Challenging as it has been throughout history for different factions to live in harmony, love can still enable us to begin with tolerance of those differences. Many think this concept is absurd, or unreal, or naïve, even dangerous. How could we trust a nation or its members

if we don't have a personal connection? How could we consider love for a nation or a people who have betrayed us or hurt us or maligned us in the past? Surely, we can't begin to feel love under those circumstances. Love, are you kidding? What about the hate? What would we do with all the hate? That philosophy will remain true and play out in real life for as long as our hearts remain closed and hardened to the other possibilities. For as long as we're determined to hate and fight and judge and fear, we will have a world where love isn't the conqueror and where war rules, children suffer, and peace does not have a fighting chance. Unless we give love a shot, and mean it, peace has no legitimate, bona fide chance.

Love accepts flaws and confirms strengths

We are a work in progress...all of us. The beautiful and fascinating thing about love is it doesn't require perfection since it already is. It comes to us in that form. Love itself enables us to have care and compassion for those who have obvious flaws. When we are able to accept in others what is so difficult to accept in ourselves we are on our way to living our best life. Love brings out the best in those who love. It showcases their humbleness and a reverence for life. It imbues them with an attitude of humanity toward their fellow man, members of the animal kingdom, respect for Nature, and the rights of planet Earth. Without love, life, and all therein, would be perceived and regarded as cheap.

Love speaks a universal language

Throughout every spiritual tradition in the world, love is spoken of as being one of the most exalted states--a

higher level of consciousness, angelic, awe-inspiring, divine, and sublime. In viewing the world through the prism of love, you have accessed the entry of enlightenment and got a glimpse of its phenomenal spectrum of colors. Not limited to an idealistic feeling shared between people, love is a state of mind regarding the world. Look around and you'll see the current state of our world is reflected by our attitude of love and our collective state of mind. One feeds the other. When you think it or believe it or live it you become it. The world will only change when its inhabitants change. We become the change we live and breathe. The world will catch on. It will have no choice but to follow our lead.

Love is the perfect healer

Love is a powerful healer. It is perfect in that way. You could go as far as to say love is a miracle. At the heart of our wheel of life is love. It provides us comfort and solace, it shows us humility and gratitude, it engulfs us in its inexplicable splendor. Love brings us the discernment necessary to face the rough knocks of life. It renews and restores if we allow it to work its magic. Love heals everything it's designed to heal if we'll just go with the flow and get out of the way.

Love is a learning process

There is a lot to this wonderful concept we call love. Layers upon layers exist and as we live and thrive we learn better how to love. Love is the energy of the soul. Not everyone has their focus on a healthy soul nor do they love at the same speed in the same way. With love comes respect and admiration. Those feelings may not always be mutual. Does that mean we stop loving

when we are not met with the same in return? Real love doesn't include coercion or control. As we look at love applied to any scale of life we see there is no love in possession or in seeking to dominate. We teach people how to treat us and we teach them how to love us. An abuser isn't showing us love. When we allow the abuse we are not showing love to them or for ourselves. A bully can terrorize an individual; a terrorist can bully a nation. Both are coming from an absence of love. Evil, malice, and hatred are hellish states that are void of love. For every human being who walks in love and light there is one less operating from hate and darkness. The abuser, the bully, and the terrorist are not empowered by their actions nor do they have power over you. Continue on your walk and don't allow anyone to veer you off

bust. The only road back to wholeness is through the valley of forgiveness. Forgiveness isn't easy. In fact, it's pretty damn tough. Often, it's easier to blame or hate or hold grudges. Some folks carry their sorrow around for years unwilling to put it down. Somebody did them wrong, they didn't deserve it, and they sure aren't going to forget it. Love is the ticket to getting on the other side of the pain. You don't have to forget, but love will allow you to forgive. When you forgive you unload the hurt and finally free yourself up to have more room for more love.

Love breeds love

With the exception of psychopaths who generally don't feel love or sympathy or consider it insignificant, I think the rest of us can agree on the value of love. Love is not just a stand-alone emotion but a specific field of energy existing in actual space. Love has a frequency of consciousness that we may tune into—a perspective we're given of seeing and being in the world. When we display or demonstrate love in any capacity that display carries with it inherent benefits and repercussions. Love leaves a trail like writing in the sky. Those who are fortunate to be in the midst of the aftermath get showered on or sprinkled with the residual effects of that love. They can feed from or build upon it however they wish and take the love wherever their heart needs and leads. Love is never wasted because it is and always will be.

What's it going to be...love or no love? Can you entertain the possibility of a future world without love? Could you see yourself as a soulless machine, a Yahoo of sorts, where the soul doesn't exist and a world without love wouldn't matter? Could you be motivated entirely by self-interests and clouded over by artificial needs? Instead, would you rather be moved to

and by acts of the heart which come about to and by the energy of love? Would you rather bring peace to conflict and care and concern to the well-being of others? When you choose love it affects everything. All the gifts of the spirit take hold and come alive. Moreover, you are drawn together with human beings of like minds and open hearts. It's up to you. As The Beatles long ago so suitably sang, "And in the end, the love you take is equal to the love you make." Yes boys, it certainly is.

Happy Holidays to everyone...

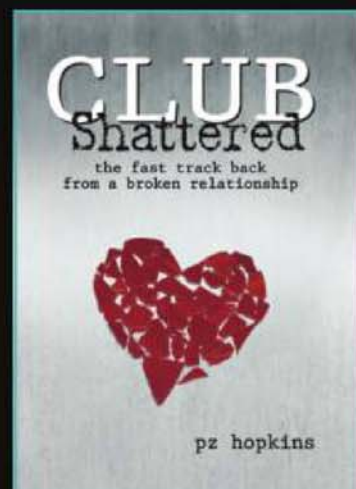
Happy Holidays!

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."

Gail Garland Wilkes, MA
Licensed Marriage and Family Therapist

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course. Love is not a passive state rather it's an active force. Love is beyond what we can see and smell and touch and taste and feel. We flourish in love, and when a soul chooses that vertical path—choice by responsible choice—we shine brighter and touch more and more hearts and souls along the way.

Love allows you to forgive

There will be times when your faith is shattered and your heart is broken. A partner may betray, a friend may deceive, an advisor may con, or an opportunity may go

Competitive Runner And Bikini Competitor **HOLLY BRICKEN** Talks To Muscle & Strength

By Steve Shaw
for MuscleandStrength.com

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

I've always loved all things fitness, but have never been a competitor until now. Four years ago I decided to take my love for health and fitness to another level and make it my full-blown lifestyle. After attending Monica Brant's FEM Camp in 2010, I started laying out my 1 year, 3 year, and 10 year goals, which were focused on fitness and modeling.

The part I love the most about this sport is meeting new people and watching your body as you take it to new levels you didn't know were possible. On the opposite side, it's hard to mentally acknowledge that no one can be in competition shape year round. We tend to strive for perfection and perfection doesn't exist 24/7/365. I never knew about post competition blues until after my first competition.

What do you love most about competing?

One of the things I love most about competing is seeing the dramatic changes you can make to your body when you put in hard work and determination. Also, in a competition setting it's amazing to see the camaraderie among the athletes backstage. Yes, we all want the same thing, but we also have so much in common. How could we possibly not get along?

What are your future goals, dreams and plans?

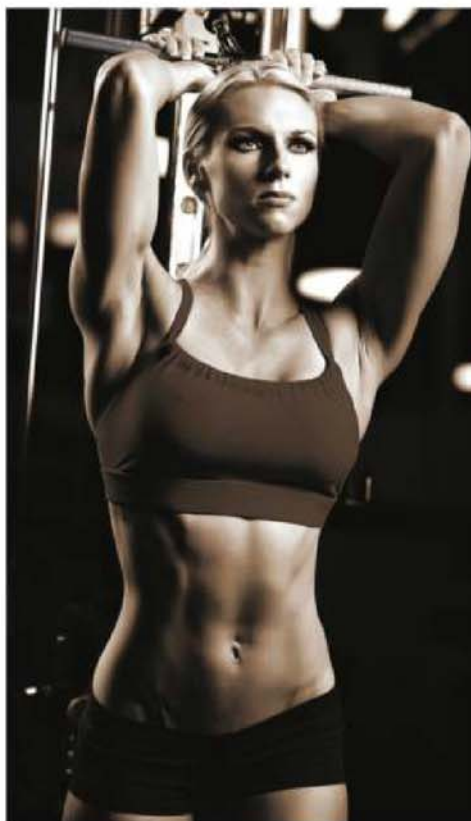
My future goals are long and lofty. At this point in my fitness career, my objectives have turned to training, competing, and modeling as I look toward my dream of inspiring and motivating other athletes through my strong images online and in print.

How often do you perform cardio?

I make it my goal to do at least 45 minutes of cardio a day at least six days a week, but I aim for seven if I have time. My three go-to cardio workouts are distance runs, intervals, and stairs. Depending on what I'm training for, the time and intensity are adjusted accordingly. When training for a race, I focus on distance runs. When trying to burn fat, I incorporate distance, intervals, and stairs into my cardio routine.

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

The most common mistake I see made when someone



is trying to build muscle and/or get ripped is not getting enough protein in his or her diet. With so many forms of protein available, getting enough protein should be easy if you're mindful of your dietary intake. I always advise 1.0 to 1.5 grams of protein per pound of body weight for someone looking to build muscle.

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

My number one pet peeve at the gym is not wiping down the equipment after using it. Not only is it disgusting to go use a machine that has someone's sweat or hair grease on it, it is extremely unsanitary. Staphylococcus is one of the most common infections in gyms and can be easily avoided with a simple wipe-down after your set.

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

My best tip for getting ripped and shredded abs is DIET. You can do a million crunches, but if you have a layer of fat over them you'll never see them. I love the saying, "Abs are made in the kitchen, not the gym." What advanced training techniques work well for you? When working out I absolutely love supersets and negatives. The pump you get from supersets is amazing and the burn you feel from negatives just screams strength and size to me.

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

My current supplementation consists of:

Optimum Nutrition Opti-Women

CoQ10

Vitamin C

Vitamin D

Optimum Nutrition Fish Oil

Optimum Nutrition Glutamine

L-Carnitine

Optimum Nutrition Gold Standard Whey protein powder

Optimum Nutrition Gold Standard casein protein

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

The key to staying on track with your diet is being prepared. I prep and cook my food three times a week (Sunday - Tuesday - and Friday.) The two appliances in my kitchen that I use the most are my oven (baked chicken is a staple in my house) and my rice cooker. My refrigerator is loaded with Tupperware containers containing weighed out baked chicken, measured brown rice, and ready to eat veggies.

What are your favorite cheat meals and foods?

Let's be honest. We all have a craving for something not so healthy sometimes. My go-to cheat (or "reward") meals include anything Mexican (fajitas and queso...mmmm) or ice cream. One of the things I like most about eating healthy though is finding alternatives to your favorite cheat meals. Since I love chips and salsa, I've started making my own tortilla style chips using baked brown rice tortillas that I cut into chip sized pieces and dip with fresh salsa or pico de gallo. YUMMM!

Location
Houston, TX

Born
1978

Competitive Sport
NPC Bikini Competitor,
Half Marathon Runner

Height
5'10"

Years Training
Got serious 4 years ago

Off Season Weight
140 lbs

Contest Weight
136 lbs

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Eva Simon photo

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

I'm definitely not into niche diet approaches. Most fad style diets lack proper nutrition, thus making them hard to stick to for long periods of time. They also have a tendency to make you regain the weight you lost and more once you stop them. The best approach, in my opinion, is to change your eating habits altogether. Filter out processed foods and add in lean proteins, fresh vegetables, fruits, and healthy carbohydrates to your diet. Also, remember to control portion sizes – there's no reason to stuff yourself when you know your next meal is only a couple hours away!

What are some of your favorite supplements and why?

I love the entire Optimum Nutrition/American Body Building line of products. I've been a loyal customer of ON/ABB since I began working out and have never been disappointed in the quality of their products. ON/ABB products are among the top sports nutrition supplements available and in my opinion, are unmatched by any other brand in the industry. Their protein powders are smooth and extremely easy to cook with, which is a huge bonus for those of us looking to make healthy alternatives to our favorite meals.

Workout music – what's on your MP3 player?

I have to have music when I workout. The right song can make or break a cardio session or intense set with weights. Right now I'm listening to DJ Chuckie, Lil John, Swedish House Mafia, Stanton Warriors, Deadmau5, DJ Khaled, 311, and Benny Benassi.

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

Outside of the gym I have many hobbies. I love anything outdoors and active. In the summertime you can find me on the wakeboarding with friends, biking through the trails in Austin, or paddling away on a SUP (stand up paddle board). Winters are dominated with snowboarding and skiing in Colorado and Utah. I never pass on an opportunity to travel either. There is so much to see in the world and I've only just started. Movies and TV shows you've enjoyed recently? I'm not a huge movie buff, but I never pass on a great comedy. Some of my favorites include There's Something About Mary, Super Troopers (all right meow – lol), Pineapple Express, Swingers, and The Hangover.

Funniest thing you've seen at the gym recently?

I was running on the treadmill a few weeks ago and couldn't help but notice this girl on the treadmill in

front of me. I have absolutely no idea what she was doing or how it was considered cardio. She had the machine set to 1.5 for her speed and started dancing on it as it moved. If I was doing intervals at a high speed I may have fallen off from laughter.

Which college or professional sports teams do you root for?

College football is my go to sport to watch in the fall. I love Saturdays for this reason! As alumni of The University of South Florida (USF), I always root for the Bulls. Even now that I live in Texas my USF flag hangs proudly outside my front door. Hurry up September and get here already!

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@muscleand-strength.com.

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from our facebook wall...



Natural Muscle Magazine: What's the BEST thing you've done in 2011?

Michele Griggi: Starting to workout at home almost every day.

Valerie Desiree: my two gym memberships ... Hands down!

Sylvia Mavros: Was in the best condition (body wise) and my trip to Vegas!

Sue Licatovich: Hired a really great trainer.

Morgan Christopher Belden: Lost 90lbs

Louisa Rodriguez: Incredible holiday to Marrakech for my friends wedding, just amazing! Life really is about people you meet, places you go and experiences we have along the way!

Kanittha Supagithuncha: Quit smoking. 17 days already. YES!



Devin Hicks: Getting married

Jane Thompson-Rosenzweig: Started crossfit!

Jana Beam Powers: Lost 50 pounds and changed careers.

Chris Allard: Quit work...sold my home...been traveling throughout Central America for 4 months (3 more to go)...and staying in shape all along the way! I love being 44!

Bry Jensen: Let my fitness modeling career take off!



Wayne Hoefle: Got engaged!

Paul Waller: Stopped smoking

Amanda Shingleton Robles: Spent the summer in Costa Rica and exposed my two young children to another culture!

Carrie Anne Leduc: I bought a membership at a gym and also got myself a personal trainer.

Holly Bricken: Took my body to level I hadn't brought it to before. Ran my first half marathon and got my body in the best ...(and made the cover of Natural Muscle).

Glen Fletcher: Competed and won my division in my first ever bodybuilding show. NPC Natural Ohio Over 50 Master Champion.



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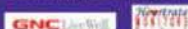


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