



- PRESENTS -
On October 15, 2005 from 9 AM to 5 PM

Nutrition & Training SUPER-SEMINAR

Learn The Fitness and Bodybuilding Know-How and How-To of the Experts

**ORDER YOUR TICKETS WHILE SEATING IS STILL AVAILABLE
SAVE \$100!**

**YES, You Pay Only \$99 (regular price is \$199) When You Order Your Ticket
From www.bodybuilding.com/seminar.htm or call toll free 1-877-991-3411**

Or when you present this discount flyer at the seminar for onsite payment.
But Seating Is Limited - So Order Your Super-Seminar Ticket Today!

**ABOUT
The Bodybuilding.com
Las Vegas**

Nutrition & Training SUPER-SEMINAR

Featuring bodybuilding legend
Bill Grant
and nutrition & training expert
Daniel Gastelu, M.S., MFS

When/Where Is The Super-Seminar?

When: Saturday, October 15, 2005

Time: 9 AM TO 5 PM

Seminar Length: 6 Hours of intensive seminar/instructional/demonstration sessions: 9 AM to Noon - 3 hours of nutrition topics in the morning; Noon to 1 PM - lunch break with question and answer sessions and personal instructions; 1 PM to 4 PM - 3 hours of training topics in the afternoon; 4 PM to 5 PM question and answer sessions with personal instructions.

Location: Las Vegas Hilton (next to the Las Vegas Convention Center), 3000 Paradise Road, Las Vegas, Nevada 89109

Get the Know-How and How-To From the Experts



Dan Gastelu
About Nutrition



Bill Grant
About Bodybuilding



Learn To Get
Abs That Pop!

- Get the most updated info about nutrition & training!
- Get the inside secrets of the experts!
- Get the best bodybuilding & fitness results you can!
- Finally know what foods & supplements work best!

Get Answers to Your Questions

Want to be sure about your weight training or cardio exercises?
Want answers to your nutrition, supplement and training questions?
Want to know the inside secrets of trainers, bodybuilders and athletes?
Want the best results from the time you spend exercising?
Are you interested in knowing what supplements work best for fat loss, muscle building and health?
Do you want to know how to get the best results you can - FAST!



Learn The Secrets
of the Experts



Find Out What
Supplements Work



For Men
and Women

This Seminar Is For You!

Bodybuilders
Supplement Users
Power Lifters
High School Athletes
Fitness Trainers
Nutritionists

Fitness Exercisers
Weight Lifters
Strength Athletes
College Athletes
Coaches
Military Personnel

Law Enforcement
Gym Instructors
Health Food Store
Personnel
Journalists
Newscasters

See Other Side For More Super-Seminar Details

MORE ABOUT ...
The October 15, 2005
Bodybuilding.com

Las Vegas

Nutrition & Training

SUPER-SEMINAR

Featuring bodybuilding legend
Bill Grant
and nutrition & training expert
Daniel Gastelu, M.S., MFS

Get the Bodybuilding, Nutrition, Training and Fitness Know-How and How-To From the Experts - For Your Best Results

Nutrition Topics

You Will Learn All About Nutrition and Supplements for Bodybuilding, Sports and Fitness:

- Nutrition foundation planning.
- The latest nutrition and supplement research developments.
- About weight loss diets.
- Best supplements for muscle building.
- Best supplements for fat loss.
- Best supplements for peak performance.
- Review of the top supplement ingredients.
- Daniel Gastelu's Dynamic Nutrition Approach to Bodybuilding, Sport Specific, and Performance Nutrition.
- Supplement combining techniques.
- What vitamins and minerals work the best.
- Good Carbs, Bad Carbs.
- Good Fats, Bad Fats.
- Good Proteins, Bad Proteins.
- Best foods to eat and why.
- Foods to avoid and why.
- Demystifying nutrition.
- Anaerobic Bio-Energetics and the nutrition connection.
- Foods and supplements for peak energy.
- Foods and supplements for healing and recovery.
- Meal timing and composition for best results.
- Proven bodybuilding nutrition and supplement plans.
- Essential Fatty Acids
- Macro-Nutrient modulation.
- Mastering carb-loading .
- Nutrition to get lean for looking good or to win bodybuilding Contests.
- Body composition and the nutrition connection.
- How to know what nutrition plan is best for you.
- Nutrition for peak physical and mental performance.
- Bill Grants bodybuilding nutrition and supplement secrets. **Build Muscle & Strength**
- About Cheat Dieting
- Identifying and avoiding the anti-anabolic foods and supplements (some will surprise you, like saw palmetto.)
- Water Intake
- Answers to your nutrition and supplement questions.
- One-On-One nutrition and supplement program analysis.



Dan Gastelu
About Nutrition



Bill Grant
About Bodybuilding



Learn To Get
Abs That Pop!



For Men and Women



Find Out What
Supplements Work



Learn The Secrets
of the Experts



Bill Grant Has Maintained
Massive Muscles for over 40 Years!
He will tell you how.

Weight (Resistance) Training Topics

You Will Learn All About Weight Training for Bodybuilding, Sports and Fitness:

- Bodybuilding and fitness weight training.
- Intensity, Duration and Frequency Training principles.
- Sets, reps, super-sets, compound-sets.
- The last rep.
- Super-size your muscles.
- Bill Grant's Modulated Training Approach for bodybuilding.
- Strength sport weight training.
- Aerobics & bodybuilding.
- How aerobics fits in.
- Foundation building.
- How to evaluate your training program for best results.
- Best approach for year round training.
- The most recent scientific research developments about resistance training.
- Demonstrations of weight training exercises.
- Free weight versus machines; what works best?
- Bill Grants Ultimate Bodybuilding Training Program.
- Best exercises for each muscle group.
- The Big 10 exercises you need to do all the time.
- Motivation techniques.
- Fitness life planning.
- Putting your training, nutrition and supplement program together to get the best results you can.
- Special session on posing techniques for bodybuilders.
- Answers to your training questions.
- One-On-One personal training demonstrations.



About
Fat Loss
Supplements



About Protein &
Mass Builder Supplements



About Creatine, Glutamine
Supplements, and more ...

ABOUT Daniel Gastelu, M.S., MFS, is President and Founder of SUPPLEMENTFACTS International LLC, serves as Director of Nutritional Sciences for the International Sports Sciences Association (ISSA), is an author, a "trainer of fitness trainers", and a sports nutrition and dietary supplement industry expert. Dan Gastelu developed and authored ISSA's Specialist in Performance Nutrition certification program and course book, which is used to certify doctors, physical therapists, fitness trainers, strength coaches and nutritionists. Dan Gastelu is also author of several books about nutrition, dietary supplements, fitness and sports nutrition and training. In addition to his education related activities, he has worked as an executive in the dietary supplement and sports nutrition product industry for 2 decades and has developed hundreds of dietary supplements and other health products. Dan Gastelu is a graduate of Rutgers University, where he taught science courses. Dan has been following the bodybuilding lifestyle for over 30 years.

ABOUT Bill Grant, a Bodybuilding Legend, is the President and owner of Bill Grant Nutrition. He has over 40 years of professional experience in bodybuilding, health and fitness. His multi-faceted and enthusiastic approach and concepts for building a total fitness package appeals to everyone. Bill's many credits include producing and hosting his own successful Comcast Cable television fitness program and radio show on WEVD 1050-AM "Fit for Life"; U.S. and International Champion Bodybuilder, Mr. America (1972), Mr. World (1974), Professional Personal Fitness Trainer, Nutrition Consultant, Television & Radio Show Host, Master of Ceremonies, Bill appeared in "Pumping Iron (starring Arnold Schwarzenegger).

See Other Side For More Super-Seminar Details, Location and Ticket Ordering