WTF FALL CHALLENGE

FAME NORTH AMERICAN CHAMPIONSHIP

SOHO EXPO

RFC ULTIMATE FIGHTING

Happy New Year!

LOW FAT HEALTHY MEALS IN UNDER 15 MINUTES

ARE VITAMINS NECESSARY??

ABS & LEGS WORKOUT
The world’s 1st & Strongest Yohimbe
Fat Burner Helped Him Torch
33 Pounds of Fat
In 12 Weeks!*  

“Take it from me. This stuff works like crazy. I’ve never dropped so much fat in so little time. I felt it go to work right after my first serving and 12 weeks later, I was peeled to the bone. That’s why for me, it’s Y3 or nothing.”
- Santana Anderson, National Level Bodybuilder

Only Y3™ unleashes the full fury of yohimbe:
• 9 mg of yohimbine per serving, including yohimbine HCl and 11-hydroxy-yohimbine
• Increase norepinephrine by up to 56%*  
• Potent Neuro Intensity Complex increases focus and performance
• Advanced Time Release Technology – all it takes is one daily serving

FREE TRIAL
Visit Y3Blaze.com for your free 4 day sample. (while supplies last)

*Results not typical. Individual shown has been remunerated. Carefully read the entire label before use. Regular exercise and proper nutrition are essential for achieving your weight loss goals. ©2006 Y3™. All rights reserved.
Testosterone has always been the most coveted of the anabolic hormones and for good reason. It is responsible for building Muscle Mass and strength not to mention increased sex drive. SuperTest™ is a Professional Strength Anabolic Complex that contains more than 10 Testosterone Boosting agents to drive your test levels off the charts. By combining these testosterone boosting compounds into specific fractions, SuperTest™ allows for maximum production of the anabolic/androgenic hormones as well as the release of bound testosterone. In short, SuperTest™ will jack your test levels like no other product. The first time you use SuperTest™ you will actually feel a testosterone surge that will power your workouts with a beast-like intensity.

By now we know the importance of NO (Nitric Oxide) for building mass, strength and endurance. What puts the “Super” in SuperTest™ is that it contains 4 different Arginine derivatives to peak NO levels to keep you jacked and pumped all day long.

Let's not forget about estrogen maintenance. With your test levels soaring, there is the possibility of estrogen conversion. SuperTest™ has you covered. The formula contains powerful estrogen inhibitors to prevent the aromatization of testosterone to estrogen. It even contains DHT (dihydrotestosterone) blockers. For those not in the know about DHT, let us explain. DHT is another by-product of elevated Test levels and is the primary cause of male pattern baldness as well as prostate enlargement. SuperTest™ contains an effective combination of DHT blocking agents to prevent DHT from doing its dirty work.

**SUPPLEMENT FACTS**

<table>
<thead>
<tr>
<th>Proprietary Blends</th>
<th>Serving Size: 4 Tablets</th>
<th>Servings per Container: 30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Testosterone Boosting Complex</td>
<td>300mg **</td>
<td>**</td>
</tr>
<tr>
<td>Growth Factor Blend**</td>
<td>2 to 4 capsules</td>
<td></td>
</tr>
<tr>
<td>5-Alpha Rins 2.5mg</td>
<td>5 capsules</td>
<td></td>
</tr>
<tr>
<td>Testosterone 12-14 2.5mg</td>
<td>15 capsules</td>
<td></td>
</tr>
</tbody>
</table>

**Proprietary Blends**

- Testosterone Boosting Complex
- Growth Factor Blend
- 5-Alpha Rins
- Testosterone 12-14

**Nitric Oxide Boosting Complex**

- L-Arginine 250mg
- L-Citrulline 250mg
- L-Leucine 250mg
- L-Theanine 100mg
- L-Carnitine 100mg
- L-Glutamine 500mg
- L-Histidine 500mg

**Anabolic Agent Complex**

- DHEA 100mg
- Stinging Nettle Extract 200mg
- Amino Acids 50mg

**Liver and Kidney Protection**

- Turmeric extract 100mg
- Bromelain 200mg
- N-Acetyl Cysteine 50mg

**Vitamin and Mineral Complex**

- Vitamin B-6 1mg
- Magnesium Oxide 1mg

The SuperTest™ formula contains the most advanced ingredients for:

- **Maximum Testosterone Production**
- **Enhanced Muscle Mass, Strength and Density**
- **Nitric Oxide production for Massive Pumps**
- **Endurance**
- **Estrogen and DHT Control**
- **Liver and Kidney Protection**
- **Greater Intensity and Focus during training**

![THE HUNT IS OVER!]

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*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

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- ProSource
- AffordableSupplements.com
- AI Supplements
- BodybuildingStore.com
- The XPLODE Store
- BN Sports
- Boss Supplements
- Planet Performance
NO-Shotgun™: may fuel episodes of psychotic physical and biochemical intensity to induce Muscle Hyperplasia, HX-1™ & HX-2™!

The science of exponential muscle growth!

There are three ways muscles can get larger. The first and most limiting is called muscle Hypertrophy. This is where you practically kill yourself in the gym to force your genetically pre-existing amount of muscle to get larger in size. Are you the chosen “1 in 10,000” that God blessed with a ton of fast twitch muscle? Probably not. So far you and almost all of us, we have to train hardcore just to coerce our genetically limited amount of muscle increase in size over so slightly. And, as you know this really sucks. Visualize the individual who trains intensely and eats right for 10 solid years and a new member walks into the gym for the first time ever and is leaner and more muscular having never touched a weight. Some men and women just aren’t gifted with enough fast twitch muscle and, therefore, struggle with their God given genetics. The great news is that Hyperplasia can level the playing field!

Hyperplasia occurs when existing muscle actually forms new muscle fibers and can occur by two different mechanisms. The first is actual fiber division resulting in splitting or branching of existing muscle to form more muscle fibers. Hyperplasia X-1 (HX-1) occurs during muscle trauma such as heavy negative reps and high volume/high intensity training. Redline® unparalleled energy technology contained in NO-Shotgun™ is the driving force behind the intensity you need to trigger HX-1-induced muscle growth. I’ll gel real with you, without insanely attacking the weights, HX-1 just isn’t going to freakin’ happen. Redline® the catalyst that fuels episodes of psychotic physical intensity!

Hyperplasia X-2 or HX-2 is new muscle fiber that forms when muscle fiber precursor cells known as satellite cells are stimulated. This is where the NO-Shotgun™ matrix shines a potent biochemical light. NO2 (Nitric Oxide-) I’m talking real Nitric Oxide, not some fake-S® supplement--induced vasodilation (opening up the veins and capillaries) literally floods the muscle with massive amounts of powerful muscle building “EX” (Ethy Ester HCl) compounds. If you review the studies on arginine or glutamine, these amino acids were infused into the blood intravenously to stimulate Nitric Oxide or GH (growth hormone). This is why simple AKG chemical fragments of Arginine (Arginine AKG) have proven to be ineffective at increasing muscle size in three clinical studies. YES, IF YOU PURCHASE ANY NO2-TYPE PRODUCT WITH ARGinine AKG, STUDIES SHOW YOU GOT PUNKED! DON’T FEEL BAD, THE NO A-AKG SCAM RIPPED YOUR FRIENDS OFF TOO FOR ABOUT $75,000.00! Take home message: three studies prove NO2-type products containing Arginine AKG simply do NOT work. Further, Arginine should be consumed with Citrulline in order to produce nitric oxide. NO2 or AKG contains the “amino acid” compound, Arginine Ethyl Ester HCl (AEX®) which does not need to be injected and is further enhanced with Citrulline — necessary to facilitate NO production. Along with these ingredients, Ellagic Acid works in concert with AEX® and Citrulline to further improve NO output.

There’s more: NO-induced vasodilation results in killer pumps in the gym. The greater the pump the more muscle fiber trauma. The pain associated with “The Pumo” is what Arnold referred to as ‘better than sex’. The Nitric Oxide vasodilating affect of the muscle is very similar to that which occurs in the genital region when one takes Viagra® or Cialis®. The pump is so powerful it is used to stretch muscle (e.g.,_gapstills) that it is painful due to NO’s opening of the veins, arteries and capillaries like flood gates. This condition brought on by NO (Nitric Oxide) over fills the muscle with nutrient dense blood to produce a NASTY PUMP™! Consequently, Arnold was way ahead of his time when he associated the pain/pleasure response generated by a great muscle pump as better than SEX! Follow me closely here!

The physiologic response to NO causes extra trauma to occur when the blood-engorged™ muscle is subjected to INTENSE weight training. Greater injury to the muscle is a result of significantly increased internal pressure (the blood-engorged™ pump) within the muscle when muscle fibers rub violently against each other during training. It is my personal theory that when the vascular (veins etc.) system floods the DAMAGED MUSCLE with powerful nitroglycerin and scientifically proven protein synthesis stimulating compounds like, Branched Chain Amino Acid Ethyl Esters along with Beta-Alanine Ethyl Ester and Creatine Ethyl Ester, massive physiologic changes in the muscle take place and muscle fibers can be split and new satellite cells can be formed to actually cause muscle HYPERPLASIA! This is where both mechanisms of hyperplasia, HX-1 AND HX-2 take place i.e., where new satellite cells are formed and muscle fibers branch and split. Until now, gaining ungodly amounts of HX-1 and HX-2-induced muscle occurred only by getting jacked on a poly-pharmacy of bodybuilding drugs.

And, obviously with a massive pump and the off-the-chart bioactive compounds present, so are existing muscle cells getting larger. It’s the muscle hypertrophichyperplasia™ TRIFECTA for gaining and even creating new lean muscle tissue! The NO-Shotgun™ subculture will be the first generation to be able to actually create new muscle tissue (hyperplasia) without injecting massive amounts of steroids, testosterone, insulin and IGF-1!

Lastly, why have caffeine present when caffeine interferes with creative absorption? Well studies show that caffeine interferes with regular creatine absorption. CEX® the first ever Creatine Ethyl Ester, appears to be unaffected by caffeine because of its superior ethyl esterified chemical structure stabilized with an HCl molecule. Further, Redline’s explosive energy technology allows one to train with the intensity and intensity that initiates the process of splitting muscle fibers and causing new satellite cell formation to reach our goal of HYPERPLASIA! Hopefully when I run into you at the gym, Arnold Classic or Olympia, you have your own outrageous NO-Shotgun™ story to share with me. Just to give you a heads up — don’t take NO-Shotgun™ if you’re going to walk around with your man-mobs and cry estrogen-induced tears that you’re sore and can’t move for three days. This is what NO-Shotgun™ is designed to do! During my personal best workout with NO-Shotgun™ I benched weight that I hadn’t done since my competitive days, then after endless set and reps, wrapped up training with a personal best 510s. The next day, I through three, 45 lbs plates and a quarter on each side of the Hammer® shoulder press for 9 reps and did the Rear Det machine with 170 for 14 reps, that was three more reps with 40 more pounds which is an increase appropriate for the small posterior deltoid muscle. This is what I mean when I say, NO-Shotgun™ is the catalyst that fuels episodes of psychotic physical intensity. There’s another special creatine in NO-Shotgun™ that allowed rats to swim hundreds percent longer than the control group who incidentally drowned. Sad but true, the take home message here is don’t let your
NO-Shotgun™ using buddy or competitor bury you! The blood-engorged pumps, the killer workouts, staying hard long after the gym and actually making noticeable gains in muscularity are what you and I live for.

I’ve enthusiastically worked many late nights conducting medical research and into the wee hours of the morning in VPX’s state of the art laboratory to produce NO-Shotgun™ and am so confident that it’s the best product in its class that I’m making an opening offer right now to any supplement company of $100,000 if they can conclusively prove that their product is better in a double blind University Study at producing lean muscle, greater ATP production, more explosive workouts and initiating Nitric Oxide-induced - blood engorged pumps!

Jack Owoc, VPX CEO and Chief Scientific Officer

ETHYL ESTER(EX) TECHNOLOGY INSURES MAXIMUM ABSORPTION AND UPTAKE – NO-Shotgun™ contains the key amino acids (mentioned below), creatine and other radical compound innovations that are engineered with Ethyl Ester pharmaceutical delivery enhancements. This means that these important muscle building compounds enter into the bloodstream AND THE MUSCLE almost 100% intact. NO-Shotgun’s™ Ethyl Ester (EX) Technology is far superior to regular Amino Acids, Creatine, and Arginine where you might only absorb 13% to 37% and only 4% might actually get into the muscle! This special and highly advanced EX technology shuffles all NO-Shotgun™ compounds across the muscle cell membrane where they can cause explosive growth!

1) BCAAEX™ (Branched Chain Amino Acid Ethyl Ester) Matrix – Another first in the exclusive array of compounds found only in NO-Shotgun™ BCAAEX™ are the Ethyl Ester version of these key muscle protein synthesizing amino acids, BCAAs have been shown to promote lean muscle mass by increasing protein synthesis and nitrogen retention in muscle tissue. Studies have shown that subjects who consume BCAAs while dieting have greater levels of lean muscle mass retention. And, another study showed that BCAA consumption had a powerful nutrient partitioning effect resulting in rapid fat loss in the abdominal and thigh regions, two areas of concern for many men and women in regards to fat loss. Consequently, this makes BCAAEX/NO-Shotgun™ a prime choice for contest prep or any other intense dieting. NO-Shotgun™ also contains the potent Arginine enzyme inhibitor L-Nor Valine! This novel Nor Branched Chain Ethyl Ester Amino maximizes the active life of the AEX™ (Arginine Ethyl Ester) by preventing the body from destroying AEX™ and allows it to increase G+ and Nitric Oxide for extended periods of time.

2) Beta-Alanine Ethyl Ester HCl (BAEX™) – Another compound found only in NO-Shotgun™! This beta amino acid is also sometimes referred to as carnosine. Research shows that it supports lean muscle mass and can enhance muscle fiber synthesis. This nutrient actually helps create carnosine in muscle tissue. Carnosine is mainly found in muscle tissue and can help buffer H+ (normalizing pH) so we can exercise longer and harder—basically it helps delay fatigue. Research shows that the higher the carnosine levels in muscle, the greater the power. Regular carnosine is not absorbed well so the BAEX™ is used to maximize carnosine production in muscle tissue. A recent study showed that just 4 weeks of Beta-Alanine supplementation significantly increased lean muscle mass. More reps and less fatigue equal muscle growth! Beta-Alanine Ethyl Ester rocks!

3) Creatine Ethyl Ester HCl (CEX™) – We know that creatine is the most proven and potent supplement to increase lean muscle mass and strength. This specific “EX” form takes creatine to a whole new level! CEX™ is a membrane permeable form of creatine that can enter muscle cells without buffering with the regular creatine transporters like sugar etc. This means up to 88% can enter the muscle compared to regular creatine where only 4% makes it into the muscle! CEX™ does not cause bloating, cramping, or stomach discomfort because it doesn’t sit

**Beta Alanine & Beta Alanine Ethyl Ester HCl Authentication Testing for NO Shotgun at VPX Research & Development Facility**

All muscle building compounds have a unique fingerprint. VPX’s state of the art research & development facility verifies the authenticity of these complex molecular structures and compounds with highly sophisticated testing equipment. VPX has had over $1,000,000 worth of raw materials tested! I’m going to get real with you; other supplement companies don’t have the same sophisticated testing equipment as VPX. These supplement companies either purposely or unknowingly use “cut,” fake or bogus “raws” that yield no results in return for your hard earned money. In fact, we just busted some clowns from NJ with close to $500,000 in bogus raw materials.
in the stomach — it gets into muscle tissue fast to support the more production of ATP for massive intra-cellular volumization, muscle size, power, and strength!

4) L-Glutamine Ethyl Ester HCI (GEX™) — This powerful amino acid is the most abundant amino acid found in human muscle and plasma. GEX™ addresses the major Glutamine absorption problem by allowing it to be maximally absorbed—as much as 80% of regular L-glutamine cannot be absorbed by the gut. L-glutamine can help increase muscle “fullness”, increase protein synthesis (the making of muscle), and decrease catabolism (the breakdown of protein). It can also boost immune function, boost GH levels, enhance glycogen re-synthesis, and boost anti-inflammatory cell function. New research shows glutamine is highly correlated with glutathione (the muscles most powerful antioxidant) and can help protect muscles from damage. According to some very interesting research out of the Swedish University of Agricultural Sciences, glutamine concentration is 10% higher in type II muscle fibers vs. type I fibers. Type II muscle fibers have a large disposition for growth and are used mainly in weight training. After exercise, the same researchers showed a 45% decrease in glutamine in both fiber types. This is why GEX™ is critical for muscle growth and serious pumps.

5) Methyl Hydroxy Chalcone Polymer (MHCP) — This compound is found only in No-Shotgun™. MHCP improves cellular glucose utilization and increases the sensitivity of insulin receptors in laboratory studies. Research conducted at Iowa State University and published in 2001 concluded that MHCP is a super effective insulin mimic! Since insulin helps transport amino acids and glucose into muscle tissue, the other ingredients in shotgun are further amplified. AND, you will get fuller muscle pumps due to the increased glycogen storage! Professional bodybuilders inject insulin because insulin makes you HUGE. In fact, insulin is more anabolic than testosterone, steroids and GH (Growth Hormone). MHCP is close to real insulin as it gets.

6) Arginine Ethyl Ester HCI or AEX™ mechanism of action is boosting nitric oxide (NO) production which amplifies the effects of all muscle building compounds. Boosting nitric oxide in muscle tissue can have many anabolic effects including increased nutrient transport and vasoilation (increased blood flow which leads to massive muscle pumps!) Arginine can even boost natural Growth Hormone (GH) levels as seen in a study published in the journal Medicine and Science in Sports and Exercise. A published study conducted at Sinai Hospital in Baltimore showed that two weeks of arginine supplementation in healthy older individuals increased serum IGF-1 (insulin-like growth factor) levels and created an improved and positive nitrogen balance (creating a more anabolic state for growth).

7) Redline® Energy Technology — There’s a reason Redline® is #1 in GNC® and Vitamin Shoppe® — It kicks serious @$%! Redline®s the catalyst that fuels episodes of psychical physical intensity and also promotes rapid fat loss! And, NO Shotguns™ contains Redline’s potent energy technology! If that wasn’t potent enough, NO Shotguns™ also contains citrulline, a compound that MUST be used in conjunction with Arginine to cause the release of NO (Nitric Oxide) and Ellagic Acid to boost further jack up Nitric Oxide and modify cytochrome p450! Further, KIC is added to synergistically work with the world’s most powerful BCAA called, Leucine Ethyl Ester HCI to induce serious anabolism (muscle growth!)

$75,000,000!
NITRO T3™: Increase Testosterone and NO at the Same Time

- Helps maximize "test" and NO for fast gains in muscle and strength
- Designed to boost total and free, unbound testosterone
- Helps minimize estrogen, DHT and cortisol

VASO™: The World’s 1st and Only 4th Generation Nitric Oxide Stimulator

- Helps to dramatically stimulate natural NO production
- Increases gene transcription of nitric oxide synthase
- Gives arginine free reign to help produce even more NO

Methyl RIPPED™: Bodybuilding’s Strongest Fat Burner™

- Helps spare muscle while getting you shredded!
- Contains 7 new complexes and 9 new ingredients
- Rapid Gel Technology: Feel it within minutes

CHAD NICHOLLS speaks out...

“When it comes to adding muscle, gaining strength and gaining muscle, N-4 Labs products are in a class on their own. If you want results, and you want them fast, you’ve got to add these formulas to your program.”

- Chad Nicholls
“The Diet Doctor”
GET JACKED.
GET PUMPED.
GET SHREDDED.
THE RESULTS ARE IN AND

Aaron Giverson,
Competitive Bodybuilder

LOST 43
IN 6 WEEKS

Basil Brown,
National Level Bodybuilder

GAINED 27%
IN 7 WEEKS

*Results not typical and depend on your diet and exercise program. Individuals shown have been remunerated. Carefully read the entire label before use. Regular exercise and proper nutrition are essential for achieving your body building goals. © 2006 NCLabs Inc. All rights reserved.
**NEW**

**THEY'RE EXTRAORDINARY!**

**Bodybuilding’s Strongest Fat Burner™**

- Unlike many fat burners, Methyl RIPPED is designed to spare muscle while getting you shredded!
- Contains 7 new complexes and 8 new ingredients never before seen in bodybuilding.
- Rapid Gel Technology: Easy to swallow and acts fast – take a serving and feel it within minutes!

---

**The World’s 1st Protein Synthesis Stimulator**

- AMINOVOL increases protein synthesis at the cellular level to help you build muscle, fast!
- Helps control cortisol to decrease muscle breakdown.

---

**CHAD NICHOLLS speaks out...**

Let’s face it… if it was easy to put on muscle and burn fat, everyone would be jacked. But it takes a lot of hard work and know-how. That’s why bodybuilders who know get on formulas like AMINOVOL and Methyl RIPPED. Combined, they’ve helped bodybuilders across North America put on quality mass while they burn fat to help take their physiques to the next level.

*– Chad Nicholls “The Diet Doctor”*
100% POLYLIPID™ Liquid Delivery takes particle weight down to less than one micron! The particles are so small that you need a high powered microscope to see them. And, the Polylipid Delivery System™ and ingredients are so pharmaceutically pure that there is no smell whatsoever. If you want the most efficacious fat burner and energy producing supplement on the planet and you care what goes into your body we invite you to embrace the REDLINE® experience.
Redline

Acute & critical total body Fat Loss™
12 weeks after. Body Fat: 14.2%

Eliminate Abdominal Fat.
Improve Leg Definition.
Obtain Rock Hard Buns/Glutes.

Courtney
12 weeks After
REDLINE® Liquid Capsules: The Geometric Destroyer of Body Fat

The brain is the most important factor in fat loss yet, today’s poorly designed fat burners fail to address this master control center. As the most prolific developer of body-altering supplementation on the planet, I am the only researcher to address all of the above factors in the fat loss equation with Redline®. My dad always said that, “In this world you are measured from the shoulders up.” It was based on this principle that Redline® was developed. The brain controls the body and this is why Redline® starts working on the brain first by enhancing mood via dopamine and serotonin. Without controlling these potent brain chemicals you’ll always lack the self control it takes to eliminate junk and other foods that destroy the way you look and feel.

Because REDLINE® solved this biological puzzle: Mind X Body = extreme fat loss, REDLINE® was used to induce a 127 pound fat loss record! Not only that, Team Redline® also gained 82 pounds of lean muscle which shows that Redline® is the only truly proven product that will allow you to gain muscle while losing body fat. Other fat burners are notorious for destroying lean muscle tissue—sure you lose weight on these inadequate fat burners, but who wants to look like a crack addict? Fat is burned inside of the muscle so, when you destroy muscle you also destroy your ability to burn body fat.

For this reason, you must build muscle for long term fat loss. Women want to look “tone” and tone is simply the absence of fat and the presence of muscle. This is very important because most women don’t understand this concept and have been lead to believe that muscle will make them look bigger—a actually the opposite is true.

More REDLINE® Fat Loss Science

VPX was the first company ever to address activating β1, β2, β3, alpha-1, alpha-2 and alpha-3 fat receptors simultaneously with a product so powerful it is now banned. However, we took this same concept and formula base to create Redline®. This enables you to use Redline® for a multi-factorial assault on body fat and experience geometric fat loss far more powerful than any other fat-burning product available. Redline® has a dozen advancements that will provide you with fat burning and energy beyond your wildest imagination.

REDLINE® is designed to meet the demand for people who insist on scientific and Cutting Edge Innovation!

- **REDLINE®** is the World’s Most Potent Fat Burner!
- **REDLINE®** Attacks Cellulite!
- **REDLINE®** Targets Abs, Butt, Thighs and Love Handles!
- **REDLINE®** Enhances Mood within Minutes!
- **REDLINE®** Burns Fat Faster and Longer!
- **REDLINE®** Controls Cravings!
- **REDLINE®** Kicks up a Thermogenic Storm!
- **REDLINE®** Increases Metabolism & Energy at the Cellular Level!
- **REDLINE®** Provides Sustained All-day Energy!
- **REDLINE®** is the Official Record Setting Fat Burner used by three Hollywood Florida law enforcement officials to lose 127 pounds of Body Fat in 12 Weeks!
- **REDLINE®** doesn’t destroy muscle like other fat burners.
- **REDLINE®** is the only fat burner that backs these claims by unadulterated real time before-and-after video footage. A fresh approach to the unscrupulous companies out there who use Photoshop® to alter photos and have models stick their stomachs out in before pictures.

In less than five minutes you’ll feel the fast acting power of REDLINE®’s fat incinerating and energy producing compounds racing through your blood. Just think, when have you ever been guaranteed results in five minutes? REDLINE® was the unanimous fat burner of choice for the team who set the 127 pound fat loss record. In fact, they were so impressed with REDLINE® that the team name for the record setting winners of the 911 Fitness Challenge was Team Redline! For in depth info, log onto RedlineRush.com.
The World's Most Potent Energy & Fat Burning Drink!

FREEZE & BURN

#1 Energy Supplement

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#1 Selling Beverage

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Liquid Capsule

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2004 WORLDSTAR AWARD

2005 ENERGY SUPPLEMENT OF THE YEAR

REDLINERUSH.COM 954-641-0570

*When combined with increased exercise and a reduced calorie diet, this product is a dietary supplement. 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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- Energy to Power Your Workout
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INTRODUCING BODYBUILDING'S

RAPID FAT LOSS!
Ripped. Shredded. Diced. To serious bodybuilders these aren’t words. They’re objectives. That’s why many use banned substances like CLENBUTEROL and CYTOMEL to get cut, fast. The NxLabs™ researchers investigated the pathways and mechanisms of these potent drugs when developing the new Methyl RIPPED™ formula. It’s that forward thinking that led to the inclusion of 8 new ingredients never seen before in bodybuilding. Add 7 exclusive complexes including CYTO-T3™ and over 360 mg of methylxanthines per serving, and new Methyl RIPPED is Bodybuilding’s Strongest Fat Burner.

And check out the extraordinary results Marlon got. His 8-week Methyl RIPPED cycle helped him get shredded in record time! And he didn’t sacrifice an extra ounce of hard-earned muscle since Methyl RIPPED contains CC-VOL™, a Cortisol Control Complex. That makes it the world’s first anti-catabolic fat burner. For Marlon, that meant taking home all the hardware.

“For real, Methyl RIPPED is the most hardcore fat burner I’ve ever tried. It’s strong, fast, and by putting it in my pre-contest program, got me absolutely ripped! After running an 8-week cycle of Methyl RIPPED, I dropped 52 pounds and took home all the hardware!”
– Marlon John
– Competitive Bodybuilder

CHAD NICHOLLS speaks out...
If you want to get peeled - fast - you have to get on Bodybuilding’s Strongest Fat Burner!
– Chad Nichols “The Diet Doctor”

GNC LiveWell
STONGEST FAT BURNER!

AFTER

Marlon John - AFTER Methyl RIPPED

“I felt Methyl RIPPED working after my first dose. In 8 weeks, I dropped 52 pounds of fat and won the whole show!”*

*NxLabs™
THE FUTURE OF BODYBUILDING™

*Risks not typical and depend on your diet and exercise program. Individual shown has been remunerated. Carefully read the entire label before use. Regular exercise and proper nutrition are essential for achieving your bodybuilding goals. © 2006 NxLabs™. All rights reserved.
my two cents
Debbie Baigrie

“Change has a considerable psychological impact on the human mind. To the fearful it is threatening because it means that things may get worse. To the hopeful it is encouraging because things may get better. To the confident it is inspiring because the challenge exists to make things better.”

King Whitney Jr.

It’s that time of year again—resolution time. Resolutions are great. The new year gives us an opportunity to reflect upon what we should and can change about our lives. Are we truly happy with where we are and what we are doing? What can we change to make things better?

That, my friends, is the hard part—change. Writing down the resolutions is great and hanging them up on the wall is even better. But, actually changing our patterns to make these things happen is ‘iffy’, at best.

Many of us are so fearful of change (or shall I say the unknown) that we go through life on autopilot and without achieving many of our goals simply to be safe and feel comfortable. We stay in lousy relationships, dead end and unfulfilling jobs—even continue bad habits and nasty behavior, protecting ourselves from the fear of the unknown. “What if that new job doesn’t work out? What if I don’t like my new neighbors? What will I do on Friday nights if I part ways with my happy hour buddy (even though I can’t stand him)?” What if ...those are hard words for many. (I know a man that still wears a ‘mullet’ hairstyle. Ya think he’s afraid of change? :-) Things change and what may have worked for us in the past, may not be working now. We have to always adjust to the changes. One day we may in love and five years later, we’re not. Do we have hope that things will change back? We all know the truth—things never change BACK.

My mother always said to me, “Debbie, everything always comes up smelling like roses for you”

I used to take offense to that. But as I grew older, I became very grateful that I always took the road less travelled, the Road of No Fear. Who knows, maybe the fact that she said it so often instilled in me that everything always does turn out in the end for me. I have found that staying in any situation feels wrong never reaps a tolerable scenario.

If you are ready for change in your life, pick up a copy of Who Moved My Cheese, by Spencer Johnson, MD. It is a wonderful story that teaches us how to deal with change—whether it be in work or in our personal lives. Johnson uses mice going through a maze as his delightfully metaphoric story line.

At the end of the mice’s journey, one mouse sees the handwriting on the wall... and it goes...

**Change Happens**—they keep moving the cheese

**Anticipate Change**—get ready for the cheese to move

**Monitor Change**—Smell the cheese often, so you know when it is getting old

**Adapt to Change Quickly**—the quicker you let go of old cheese, the sooner you can enjoy new cheese

**Change**—move with the cheese

**Enjoy Change**—savor the adventure and enjoy the taste of new cheese

**Be Ready to Change Quickly and Enjoy it Again and Again**—they keep moving the cheese!

Are you ready for some changes in your life? Go out and get this book. It will take you a few hours to read and it will really change your life. And remember, you are not the only one writing down those resolutions. Embrace, encourage, and never hinder the change in the people you love!

Have a happy, healthy, and different new year!
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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.
By Russ Yeager

Day in and day out you hit the iron with unbridled passion and determination. There is no feeling quite like the accomplishment of an intense weight training session where you know you gave your all. For bodybuilders and fitness enthusiasts, the gym is a second home. It is a part of our everyday lives, and the thought of missing a workout is not an option.

Heavy weight training sessions initiate the muscle-building process, and if you want to get the most out of your training program you should NEVER miss a planned workout, short of being too sick to safely complete the workout. However, at the same time, you should plan to have a scheduled week every few months where you stay out of the gym completely! Time out of the gym is a part of every bodybuilder’s schedule, or at least it should be.

This week is my scheduled week off from training. I will not perform any weight training or cardiovascular exercise all week long. While heavy weight training provides the stimulus for muscle growth, it is outside of the gym where your muscles actually recover and grow bigger, granted you are providing your body with the proper nutrients it needs to grow.

Our bodies are able to recover and respond to training in between weight training sessions. However, intense weight-training puts a tremendous amount of stress on your body, and it is not just your muscles that are affected. The entire neuromuscular system, as well as immune function is stressed by weight-training. The bottom line is that your body physically needs time off approximately every 8-10 weeks. Some individuals may need a recovery week more often than this and some less often, but 8-10 weeks is a good general guideline. I would rather err on the side of taking a recovery week too soon rather than waiting until I am completely over trained. In this case, a week off may not be enough to let your body recover.

A week away from the gym also provides an important mental break from the daily rigors of an intense weight-training program. I always come back to the gym with a new vigor and desire to train. It is amazing how much a week away from the gym will do for your motivation and level of intensity. It is impossible to train with the utmost intensity week after week and month after month, and especially year after year, if you never take time off from the gym.

You may think that you are training at maximum intensity, but you really are not. It is easy to get caught up in going through the motions, and often you don’t realize that your intensity level has dropped off until you take a step back and take some time to recover.

Taking a recovery week also allows you to break up your training into 8-10 week cycles instead of a never-ending marathon of training sessions. When your workouts are divided into 8-10 week cycles, it is much more manageable to set goals and try to improve every single week.

Now, if you are not accustomed to taking a week off from training then it can be a little tough mentally until you get use to it. I know there are some of you out there thinking that you are machines and you never need time off! I know people at my gym that have not taken a week off in 2 years or more! But guess what, they look pretty much the same as they did two years ago, and are lifting the same amount of weight. So, are these people doing themselves a favor by never taking time to recover? Not if there goals are to build the maximum amount of muscle over the long haul.

I use to be one of those stubborn souls who thought that I would “shrink” or lose all of my strength if I took time away from the gym. I now know logically and scientifically that this is not true at all. Still, if you are not use to taking a recovery week, it can bring on feelings of guilt and laziness. This is normal and nothing to be concerned about. It is just the warrior inside that wants to make sure you are doing everything in your power to build as much muscle as possible.

Once you realize that a recovery week is an important part of the muscle-building process, it is easier to mentally accept the recovery week. I love to train hard more than anything, but I have learned to enjoy my recovery week as well. For one week every several months I don’t have to wake up in the wee hours of the morning and get to the gym for an intense workout. I don’t have to bring three separate bags, a huge cooler of food, and hang-up clothes for work with me (I swear, my neighbors must think I am going out of town for a month every morning!). I only have to prepare 7 meals for the day instead of 13. For one week, I can live the life of a “normal” person, and enjoy doing other things or get caught up on work.

Now, just because you are not training, it does not mean that you have to be a slug and lay around the house all day. Although, I do not perform cardio during my recovery week (unless I am less than 16 weeks away from a competition), some moderate activity is fine. It is also very important to continue to eat well during your recovery week in order to provide your body with the nutrients it needs to recover and grow. Remember, the point of your recovery week is to let your muscles and your body recuperate from intense weight training. You must have high quality protein and nutrients in order to do this.

My nutrition plan is very similar to a normal week, except that I do not have all of my pre and post-workout meals, which results in lower calories and lower carbohydrate intake.

Now that I understand the importance of a recovery week, I can rest assured that taking this time off is beneficial to reaching my long-term bodybuilding and health and fitness goals. I have learned to enjoy my extra rest, and by the end of the week my motivation to hit the gym is through the roof!

I normally go about 75% my first week back to get my body re-acustomed to training. It is during that second week back that I really feel the benefits of taking a week off. I am always very strong, motivated, and fresh to attack my workouts and take my training to a new level.

If you are reading this and have not taken a week off from training in over three months, then I strongly suggest you take a full week off immediately! I think you will be amazed at the positive impact this time off has on your level of motivation and your overall progress in the gym.

russ@russyaeger.com
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& UNLEASH THE ENERGY

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Good Things Come in Threes for Tri-Fitness

By Laura Leder
Photos By Ed Johnston & Dick Smith

brittany garcia
adriane kulvinskas
Shuttle run. Box jumps. Bench press … you may cringe when you think about them. At the Ultimate Fitness Challenge series though, witnesses cheered and applauded at the sheer spectacle of athletic prowess as competitors executed them.

Staged outdoors at Leto High School in Tampa, FL this past August, September and October, the Ultimate Fitness Challenges were a series of heart-pumping races through the obstacle course, plus a high-intensity fitness skill.

The shuttle run commands the ability to quickly pick up and drop off ten bean bags, set 20 yards apart, in the shortest amount of time. At the August event, Mandy Magnuson ran off with the top score. The obstacle course was won by Amy Pierce with an outstanding score of 51.25.

Completing 50 repetitions in just 40.06 seconds Mandy Magnuson championed the box jump event in September. And while her performance looked practically effortless anyone would agree the box jumps are no simple feat. Mandy ran away with a first place finish on the course with a time of 52.38 seconds.

At the October event Sharon Rasponi topped everyone by pressing out 50 repetitions at 60% of her body weight on the bench press. Adriane Kulvinskas sprinted to a first place finish on the course with a time of 51.81.

If you missed any of the Ultimate Challenges, you can catch the special coverage at TriFitTV.com. See an interview with Canadian athlete Bernadette Schimmowski visiting from Manitoba.

For athletes who’d never seen the obstacle course before and for seasoned competitors, these events provided an opportunity to prepare for the Fall Classic in November or to ramp up for the Tri-Fitness World Challenge held annually in Las Vegas. And every athlete experienced another good thing that comes in threes (the Women’s Tri-Fitness motto) – Wish, Train, Fulfill! For more information, see www.womenstrifitness.com

Sub One Minute Times on Obstacle Course:

1) Amy Pierce 51.25 August
2) Adriane Kulvinskiak 51.81 October
3) Mandy Magnuson 52.38 September
4) Joanna Lewis 54.43 October
5) Pam Forrest 55.31 September
6) Theresa Winterhalter 55.91 September
7) Brittany Garcia 57.12 October
8) Sharon Rasponi 57.57 October
9) Michellelevendoski 58.75 October
10) Melissa Lake 58.78 October
11) Nichole Franklin 59.25 September
12) Anne Groff 59.75 September
13) Melissa Wuorinen 59.96 October

Amy Pierce
Joanna Lewis
Mandy Magnuson
Michelle Levendoski
Nichole Franklin
Melissa Wuorinen
Height: 6’3”
Weight: 280 lbs. (Bodybuilding-compet- ing)
310 lbs. (off season)
Home: N.J.
Career: Personal Trainer, Body Guard
Years working out: 15

Personal accomplishments include:
Winning the NPC Jr. USA and Jr. National Super-
Heavyweight Championship.

Favorite body part: My fans tell me it’s my chest, but I have great symmetry and don’t believe in a favorite body part.

Favorite exercises: I have none. I enjoy training all my body parts hard ‘n equal. That’s what makes a champion—no short cuts.

Favorite MHP Product: Up Your MASS shakes and bars. Up Your MASS is the only lean mass gainer out there that gives me the dense nutrition I need to grow ever bigger! The bars are massive and they taste incredible!

Training beliefs: Only the strong survive! Nothing in life comes easy but if you set goals, train hard, eat right and take MHP supplements, YOU can be the next champion!

How, when, why, did you get started? I started weight training at the very young age of eleven to get bigger for football. My football coach taught me the basics of strength and conditioning. That experience led me to love the results I achieved with hard work. Now look at me!

Best advice: Set long term goals and stay committed to your goals, and NEVER settle for less. Nothing in life comes easy, but if you’re determined and focused on achieving better health and fitness, then the sky is the limit! Good Luck!

Contact information: SeanBigsean@aol.com

BIG SEAN ALLAN

check us out online at www.naturalmuscle.net
“Average Joe’s endure the Pain”

My name is John Mason. I am 40 years old and live in Cape Coral, Florida. A year or so ago, I bought my first set of House of Pain workout gear. As corny as this sounds, the gear actually got me motivated to start power-lifting again. I had a several year lay-off from lifting (business, kids, job). Now almost a year later, I am starting to get back into shape, as I purchased the House of Pain gear. Currently, I am starting to get back into shape, 19” arms, 198 pounds. My goal is to set a new bench record in my entire life. 150, as I am sure you can tell by the 52” 54” chest, 27” arms, and a 405 bench. Which would match my all-time best lift from 10 years ago.

John’s 5 Favorite Hop Items

- Leather Vest $129
- Blue Flame Long Sleeve T $20
- House of Pain T-shirt $25
- 2 Pack Raglan $40
- Chrome Tribal Hoodie $40
- Tribal Beanie $13

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SURE, there are other fat burners that say they’re hardcore. But how many target every essential fat-burning mechanism at a cellular level to help max out your results? REVxp HARDCORE does. In fact, the key ingredient in its Extreme Thermogenic Complex can reduce body fat by 10.3%*. REVxp HARDCORE also includes Lipolytic, Neuro Intensity, Diuretic and Insulin Sensitizing Complexes to help raise your fat-burning potential. And they all start working fast with an exclusive Rapid-Release Technology. Throw in The HARDCORE Guide to Getting Shredded included in every box, and you’ve got the ultimate partner for getting shredded in no time flat. Now that’s hardcore!

“After 12 weeks, I dropped 46 pounds and still looked huge. REVxp was a huge part of my success… it helped me take the overalls for a shot at my pro card. I can’t wait to see how shredded I’ll be after I add REVxp HARDCORE to my nationals run.”

- Lou Joseph, National-Level Bodybuilding Champion

* A double-blind placebo-controlled clinical study showed that subjects using a key ingredient in REVxp HARDCORE reduced their body fat area by an average of 10.3% in 12 weeks. * Results not typical. Regular exercise and a reduced-calorie diet are essential for achieving your weight-loss goals. Individual results will vary. Carefully read the entire label before use. Individual results may vary. Refer to the label for details. This is not a joint or REVxp HARDCORE.
"I'm a medical doctor and a bodybuilder. So when I say REV Hardcore belongs in every bodybuilder's program, I mean it. This formula is incredibly strong and tackles fat burning from many angles. Add the diuretic and neuro intensity complexes, and you've got a surefire means to get dialed in.

- Dr. Lawrence Beker,
Make healthy choices a habit. This leads to a healthy lifestyle! Make a commitment to eat well, move more, and get support from family and friends. Even better, start eating healthier and being active together!

Remember to be realistic about your goals. If you try to reduce the calories, fat, saturated fat, and sugar in your diet AND promise to make a drastic change in your physical activity level, you may be setting yourself up for failure. Instead of trying to make many changes at once, set smaller, more realistic goals for yourself and add a new challenge each week.

Conduct an inventory of your meal/snack and physical activity patterns. Keep a food and activity journal. Write down not only what you ate, but where, when, and what you were feeling at the time. You will see what triggers your hunger and what satisfies your appetite. What foods do you routinely shop for? What snacks do you keep in the pantry?

Goal yourself with eating 5-6 feedings per day, this will keep your metabolism racing!

Eat a small amount of protein with each feeding (protein stabilizes blood sugar & keeps you feeling full)

Drink at least half your body weight in ounces of water per day

Have you decided to start eating healthier and become more physically active? Have you realized that healthy choices have a positive impact on not only yourself, but also those around you?

If your goal is to lose weight or maintain your current healthy weight, here are some tips to help you achieve that goal. Remember, to maintain weight, you must balance calorie intake with calories burned through physical activity. If you eat more than you expend, you gain weight. If you eat less (reduce calories) than you expend, you lose weight!
QUICK & HEALTHY in under 15 minutes

GINA’S CAJUN CHICKEN SALAD FOR TWO

INGREDIENTS

* 12.5oz can chicken breast...we use Sweet Sue Brand 98% fat free (located near the Tuna in your grocier)
* 1 tbsp. olive oil
* 1 tbsp. parsley flakes
* 1 tsp Old Bay or any Cajun Seasoning
* 2cps fresh spinach
* 1 can MEXICAN ROTEL (lime ciantro diced tomatoes & chile peppers)
* 1 tsp. black pepper
* 1 tbs Safflower Mayo or any Lite-mayo

Drain chicken and ROTEL, combine in large bowl then
Mix in the olive oil, Cajun Seasoning, parsley flakes & Black pepper.
Add in fresh spinach and safflower or lite mayo. Toss until everything is coated.

Lightly toast a 100% whole wheat (stone ground if possible) Pita
Fill toasted Pita with your Cajun Chicken Salad and enjoy...

PAN SEARED TILAPIA OVER RICE CAKE

INGREDIENTS

* 2 tablespoons fresh lemon juice
* 1/4 teaspoon dried basil
* 1 tbsp. parsley flakes
* 1/4 teaspoon ground black pepper
* 1/8 teaspoon onion powder
* 1/8 teaspoon celery salt
* 2 pounds tilapia fillets
* 4 lightly salted rice cakes

DIRECTIONS

1. Preheat non-stick frying pan (spray with non-stick butter spray).
2. In a small bowl mix lemon juice with dried basil, pepper, onion powder and celery salt. Mix well and set aside.
3. Arrange fillets in a single layer on the prepared pan sprinkle with parsley flakes. On high Sear for 2 minutes. Flip the fillets over add in bowl mixture and sear for 2 more minutes. Cover the fillets and lower heat and cook for 4-5 more minutes or fish flakes easily with a fork.

While still hot arrange each fillet atop a rice cake (a tbsp of liquid from the pan on each fillet) and garnish with fresh spinach cover plate with foil and let stand for a few minutes then serve.
The world’s foremost authority on rapid fat loss and lean muscle accrual.

The ZI Diet™ (Zero Impact Diet™) is based on the fact that most profound and rapid improvement in appearance occurs by gaining muscle and losing bodyfat. Although this concept is relatively simple, the 12 year scientific process of developing the all-inclusive Rapid Fat Loss ZI Diet™ is very complex. However, the highly advanced supplementation and complicated nature of this ZI-strategy-made-simple and put into a comprehensive Kit, is what fuels body fat loss results that defy modern biology.

The ZI Diet™ is a revolutionary paradigm shift by treating food as a drug. Owoc points out that, “food even fits the US Government’s definition of a drug – any substance that causes a physiologic response in the body.”

“The hormonal influence of food is effective enough to cause a human being to store several hundred pounds of bodyfat and in rare cases up to 1000! There is no drug I know of that is this powerful!” “Conversely, it is in respect of the potent drug-like effect of food in the body that has made the ZI Diet™ the most efficacious physique altering protocol on the planet!” “Revolutionizing the diet industry, we used food’s drug-like effect to influence the body to lose fat and gain muscle.”

The ZI Diet™ shows you how to trick science by naturally turning off fat storage promoting hormones, while simultaneously and dramatically increasing the body’s natural fat burning and lean muscle building hormones. Food, supplementation and exercise have a profound effect that stimulate this hormonal event seven to 10 times daily. This results in unparalleled and radical improvements in your appearance, energy levels, sexual vigor, mental acuity, overall health and performance! In other words, you look, feel and perform like a world class individual.

The ZI Diet™ is a nutrition, exercise and supplementation strategy to facilitate rapid fat loss and increase lean muscle tissue. Fat is burned inside of muscle tissue. Consequently, the more muscle you have, the faster your metabolism and the greater your capacity to burn fat.

The ZI Diet™ boasts the most profound fat loss and lean muscle increase record ever documented; three Hollywood, Florida detectives collectively lost 127 pounds of pure fat and gained 82 pounds of lean muscle in just 12 weeks!

The ZI Diet™ teaches women not to be afraid of gaining lean muscle. Women want to be tone, which is merely the absence of fat and the presence of muscle. Traditional diets that focus purely on “weight loss” result in lost muscle. Loosing muscle, the place where fat is burned, shuts down your metabolism and destroys your ability to burn fat! Maintaining or gaining muscle while loosing fat greatly improves shape and appearance.

The ZI Diet™ is also just as successful for those seeking to end their battle with excess weight and body fat and achieve long term weight loss. Whether you are a competitive athlete, model, actor or just want to look and perform like one, the ZI Diet™ has a tailored plan for just for you. The ZI Diet™ is responsible for a person who gained 30 pounds of muscle and has permanently reduced his body fat by 17% for more than 10 years!
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2003
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Won $5,000!

2004
127 lbs Fat Loss
82 lbs Muscle Gain
Won $5,000!

ZERO IMPACT DIET KIT CONTAINS INSTRUCTIONAL DVD, SUPPLEMENTS TRAINING PROGRAM AND DIET USED BY FORMER TEAM REDLINE WINNERS TO COLLECTIVELY LOSE 127 POUNDS OF FAT & GAIN 82 POUNDS OF LEAN MUSCLE IN 12 WEEKS!

Look What’s Inside!

*When used in conjunction with increased exercise and the ZERO IMPACT™ DIET and VPX SUPPLEMENTATION. Individual results will always vary and are never typical. 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.
How’s Your Staying Power?

by: Pz

Our troops are still in Iraq; Keith Urban is still in rehab, still married, and still at the top of the charts; and, Nicole Richie is still skinny. Britney has kicked K-Fed to the curb; the voters have kicked Republicans out of their seats; and, the Dallas Cowboys have kicked enough field goals to make Parcells proud. Ah, the highs and lows of life! Science has long been telling us the world turns ’round and ’round. I think they need to look closer; they might discover it’s really moving up and down. And everybody on planet Earth is on the same wild ride as we head out of the old and into another brand New Year.

Yes, here we go again. A New Year is right around the bend. Isn’t it amazing how that happens? (Kind of sneaks up on us.) We know it’s coming, yet we think someway, somehow we can cheat time or stave it off for just a while longer. We think we have enough months or weeks or days on that current calendar to still get everything on the to-do list done. After all, we have plans—little plans, big plans—and we’re bound and resolute to carry out those plans—we just need a little more time. In the end, though, we always lose, and time marches on whether we’re ready or not.

What you did or did not accomplish in 2006 is history. Whatever business is left undone remains undone. Whatever goals fell short, well, they simply fell short. I don’t know how you’d rate 2006, but I can guess that for some of you there were many ups and downs and it wasn’t exactly the stellar year you had envisioned. But the fascinating part about life is that it does give us the chance to do more or do better or do something different than what we had done in the past.

What you are able to accomplish in 2007 is yet to be realized and is out there, just over the horizon, waiting to be written in your next chapter of the book of life. Now, that’s exciting stuff. A New Year brings with it a fresh beginning and another opening to make of it whatever you choose. I’m not going to beat around the bush.

I’m going to get right to it—time is of the essence. I want to get you thinking on the right track so you can get off to a great start. I want to give you some simple but powerful pointers as to how you can make that happen. I need to ask the question, how’s your staying power?

PZ’S STAYING POWER POINTERS FOR THE NEW YEAR:

Stay the course—First, you need to establish if the course is worth staying. Don’t stay on the sinking ship if you know the iceberg has been struck or you’re going down with Captain Smith. Don’t stick with a stinking war if you know there’s no chance of winning what you went there to win or you’ll pay a bigger price than is necessary. If, on the other hand, you determine that the course you’re on is worth the fight, then fight. Fight on and fight hard. Fight with all your might. It’s hard to keep at a task or follow a dream if things aren’t going as well or happening as fast as you would like. The more common response is to get discouraged, give up, and move on. Don’t you dare give up. Don’t you dare move on. Keep going. Keep plugging away. Keep making strides, no matter if they are baby steps—keep at it.

Stay true to yourself and to others—There is nobody on the entire planet quite like you. Remember: you are pretty spectacular and listen to that inner voice when it speaks to you. Don’t try to be something you aren’t. Don’t envy others for who you think they are. Nobody can fulfill the role you were born to carry out. Nobody can walk in your shoes or define your destiny. Be who you are and become who you are meant to be. When you are living your authentic life is when you can be true to others as well. Too many people are walking around living a bunch of lies—too many lies. Some are having affairs and putting partners’ hearts and health at risk. Some are living in the closet or on the down-low or running from the reality of who they are. They’re not being true to themselves or to others. Don’t be afraid to be who you are. This is your life and the only one you have. Make the most of it now. If you are in a relationship that matters, then behave like it does. Honor it, cherish it, delight in it. If you love someone, then act like you do. Don’t hurt others because you are too scared or too selfish to step up and get real. Work on being the best you possible, and the best of what life has to offer will come to you and to those you love.

Stay in the room—I once heard a story of a couple married for over 50 years. When the man was asked the secret as to why it lasted so long, his answer was quite simple. He said, “As long as you stay in the room you have a chance. You stay and face whatever it is that’s the problem at the moment. You don’t run from it thinking it will get better by itself. If you at least stay in the room you have a chance. You stay in the room you have a chance. You stay in the room you have a chance.” How sweet and simple it is that? How sweet and simple lovely is that? Think of the many ways you can apply your staying power here! This philosophy can also be applied to many of life’s situations.

Stay away from rumors—Our appetite for gossip and celebrity news is insatiable and borders on a little sad and a little scary. What is it about the human condition that thrives on the pain and suffering of others? What makes us so interested in the likes of those whose lives we believe to be more interesting than ours? Why are we so
consumed with what Paris Hilton did last night and by what she wore and by who she sissed and by who she kissed? Why do we care if Lindsay Lohan was drunk or acted out in public in inappropriate ways? Why do we need to know all the intimate details on Paul and Heather or Reese and Ryan? Yet, apparently, we do. Or at least enough of us that account for the feeding frenzy it has become. We feed this machine on many levels. It’s turned into a marketing, money monster. There is no escaping it. How often do you hear about those who have successful relationships like Paul Newman and Joanne Woodward, Michelle Pfeiffer and David E. Kelly, or Kelly Preston and John Travolta? Not everyone is unhappy and headed for divorce court. And some famous people actually earned their fame. They actually did something worthy or significant or remarkable to earn our attention and accolades. A priority check might be in order. A shift in what we deem as relevant and important might be a good attitude to adopt for the New Year.

**Stay positive**—A negative attitude is contagious. It breeds more of the same. That’s just the way it is. Being around cynical, skeptical, judgmental individuals is not the way to maintain a positive outlook. I’m big on getting rid of those negative forces in your life. Tell the whiners to shut up and get out of your way. You have a job to do and a life to live and you don’t need them putting the kibosh on your party. They will, for just as long as you allow it.

**Stay focused**—Take your sights off of it for a second and you’ll lose ground. Get sidetracked for a minute and you’ll fall behind. Turn to the left; turn to the right; and when you look back, you’ll wonder what has happened. I’m talking about fulfilling your purpose. You have to eat, sleep, and breathe your purpose. It has to envelope your every thought, word, and deed down to your very core. You have to focus straight ahead, and with blinders, gradually eliminating the outside distractions. Those of you who have never had such a dream or such a passion will find this message foreign and has little meaning. The rest of you who have tapped into that special place will surely relate. It’s hard to stay focused. It requires that you believe in yourself. Don’t stop pushing. Don’t stop believing.

**Stay in a place of gratitude**—Anyone who has spent any time traveling around the world will tell you they wouldn’t trade living in this country for any place else. There is something so magnificent about this grand experiment called the United States of America that we have come to take for granted. As a nation and as a people and as individuals we are so blessed and so fortunate to be part of a land of such promise and opportunity.

We’ve become spoiled and downright arrogant. We expect more than we are willing to give. Instead of being thankful for all this country affords us we abuse it and behave as if we were the only people worthy of its bounty. Step back and take a look at what you’ve got. Make yourself small and stand in awe of the wonder that surrounds you.

**Stay patient in the midst of failure**—We all know how difficult it can be to be patient in this crazy world. Add failure to the mix and it’s enough to send us over the edge or looking for a high bridge to jump from. None of us like failure. None of us give our heart and soul to a relationship or a project or a goal or a dream in hopes we’ll fail. We don’t delve into something expecting a disappointing outcome. We want it to work. We want it to work on a grand scale. When it doesn’t we have to regroup and take a look at what we have. We have to find every last kernel from the seeds of the lessons that were planted in the midst of the failure. Those kernels are the foundation to our future success if we can just remain on our plane and be patient enough to nurture them until they’re finally ready to spring forth.

**Stay tuned in**—Earlier this year, a special TV documentary aired on the possible scientific ways in which the earth, and civilization in its current state, could be immeasurably altered or annihilated, destroying life as we know it. It was a heavy doom and gloom scenario of unfathomable proportions leaving me wondering what if? What if they are right? What if man is right around the corner from disappearing? I say, let’s keep going for as long as we are here and as long as we are able. I say, let’s look at the predictions and see if there is anything we can do to alter the future and change the direction of the dark destiny. I say, the earth is our planet, our home, and worth every ounce of our energy we can exert to keep it alive and well. In keeping it, we save ourselves and pave the way for all those who come after us.

Wishing Everyone Happy Holidays and The Most Joyous New Year to you all!

**Pz** is a motivational writer specializing in the area of relationships and the human condition. Have a topic you would like to feature? Contact Pz with ideas, questions, or comments: pzpower@aol.com
SAY "NO" TO JUGS

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These are all issues that I experienced in my 20+ years of taking protein powder. When Nutraceutical Corporation and I created the Supplement Training Systems™ (STS™) brand, a new and innovative sport nutrition concept, one of the main things we addressed is the problem of big jugs.
I have been weight training for more than 20 years and I competed at the national level for twelve years. When I traveled to different bodybuilding shows, it was always a problem taking my protein powder with me. So the STS™ brand invented PowerStix™ packets. PowerStix™ packets are convenient packets that are easy to mix and can go wherever you do - to the gym, on a business trip, to the office, or on vacation. PowerStix™ packets easily fit in a suitcase, gym bag, drawer or cabinet! Just think: No more plastic bags! No more wasted counter space! No more complaints from your spouse! But most importantly, the QUALITY OF INGREDIENTS, MIXING ABILITY and OUTSTANDING TASTE of PowerStix™ far exceed any other protein powders.

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Meditation Muscle

Does your workout leave you dragging? A few minutes of meditation may be a good way to recover. During strenuous workouts, lactate can accumulate in your blood, causing muscle fatigue and post-workout soreness. However, in a recent study, runners who followed their workouts with meditation experienced a significant reduction in blood lactate levels.

RealAge Benefit: Doing stamina building exercises for at least 60 minutes per week can make your RealAge as much as 6.4 years younger.

Foods to Smile About

Good oral health isn’t only about brushing your teeth and avoiding sweets. It’s also about eating a diverse diet. Research suggests that some foods may inhibit the growth of plaque-causing bacteria that can lead to cavities and oral disease. Onions, shiitake mushrooms, cheese, and foods rich in polyphenols, such as herbs, nuts, and teas, are all thought to possess this plaque-fighting feature.

RealAge Benefit: Flossing and brushing your teeth daily can make your RealAge as much as 6.4 years younger.

Loud and Proud

No doubt about it, laughter is contagious. But to really share the joy, you may have to laugh out loud.

A recent study revealed that voiced, songlike laughter elicits a more positive response from listeners than an unvoiced laugh. So don’t hold back when something tickles your funny bone. Laughing out loud may help your friends and family members to share in the stress-reducing benefits of a belly laugh.

RealAge Benefit: Laughing often can make your RealAge up to 8 years younger.

Alcohol Advice

Want to stop a hangover before it happens? Choose your drink carefully. Studies show lighter-colored alcoholic beverages have fewer of the alcohol byproducts that make hangover symptoms worse. These byproducts, called congeners, are more prevalent in dark wine, bourbon, or brandy. Choose pale beers, gin, or vodka drinks instead.

Moderate consumption of alcohol—one drink per day for women, two drinks per day for men—can make your RealAge 1.9 years younger.

Fast Fitness Fix

Just because you’re short on time doesn’t mean you can’t shape up. Research shows that you’ll reap the same body benefits whether you schedule several short fitness breaks throughout your day or work out for 30 minutes all at once. Even a series of 5-minute cardiovascular workouts can burn calories, decrease body fat, and lower blood pressure just as well as a daily 30-minute session.

RealAge Benefit: Exercising regularly can make your RealAge as much as 9 years younger.
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By Eric Hoult B.S., Pro Bodybuilder
Special Feature: Shelly Alcantaro

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Tuesday- Shoulders/Triceps/30min Cardio
Wednesday-Quads/Hamstrings/Glutes
Thursday-Biceps/Abs/30min Cardio
Friday-Chest/30min Cardio
Saturday-Shoulders/Triceps

Email:shellyalcantaro@aol.com

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**Horizontal Ball Crunch**

**Muscle Position and Execution:**
- In a push up position place feet and shins on the ball
- Hand position should be shoulder width
  
  Keep body in a straight tight line parallel to the floor
- Step 1: Keeping arms tight slowly lift your knees towards your elbows
- Step 2: Pause and squeeze your abs tight at the top of each movement
- Step 3: Extend your legs back and straighten out your body to a horizontal position
- Step 4: This movement requires a lot of strength and flexibility, and could put stress on shoulder joint. If you feel you can no longer complete a rep, bring your knees slowly to the floor and stop movement.

**Tips and Form:**
- Always keep your hands flat on the ground
- Always keep the top of your foot on the ball throughout the movement
- Keep your abdominal muscle tight and do not let your stomach drop to the floor
- Release the air slowly and controlled during both phases of this movement
- NO BOUNCING — this exercise should be done in a slow controlled fashion

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**Twist Floor Crunch**

**Muscle Position and Execution:**
- Seated position toes under bar, with feet close together
- Place hands on the back of your neck (Do not pull on your neck)
- Step 1: Start with torso off the floor
- Step 2: Crunch abs towards knees
- Step 3: At the top of movement twist torso to the left or right side (this is a short movement) Alternate sides each time you start over.
- Step 4: Coming back down to starting position in a controlled fashion

**Tips and Form:**
- Very important to use a weight that is heavy enough to support your body weight
- Very important not to pull on your neck during this movement
- Do reps in a controlled fashion. Do not over rotate the twist at the top of the movement
- Very important not to let your back touch the ground throughout this movement
Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer, if you are having any problems performing these exercises. Proper technique with moderate weight will always give you better results apposed to heavy weight with sloppy form.

**Standing Side Lunges**

**Muscle Position and Execution:**
- Start off with light weight
- Start off with one side at a time
- Take a step out to the right side bending your knee keeping your opposite leg straight
- Step up pushing off with your bent leg back to an upright position
- Come back to the middle after lunging to each side

**Tips and Form:**
- Always start with a weight light enough to control
- Step out to the side in a controlled fashion
- Do not bend torso forward during movement
- Use slow and controlled movements when pushing towards the top of the movement
- Keep the foot of your extended leg flat on the floor.

**Elevated Hamstring Push**

**Muscle Position and Execution:**
- Start out lying on floor with feet elevated on plates
- Lift your toes and push you glutes towards the ceiling
- Come down in a controlled fashion...keep your butt from touching the floor
- Control legs and squeeze legs tight to the top of each movement
- Repeat steps

**Tips and Form:**
- Very important to keep hands flat on the floor
- Keep your legs & Glutes tight at all times during the movement
- Do reps in a controlled fashion, DO
- NOT bounce at the top or bottom
- Do high reps with controlled movements

**References**
Greene, Paul. Kinesiology: Movement in the context of activity (St. Louis: Mosby, 1999)
The Art of Photography

See You at the
ARNOLD CLASSIC 2007
Photos by: Alex Gonzalez

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- Andrew Sinclair

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Nothing looks more impressive than a well-built physique with a six pack of sharply defined abdominal muscles in front of it. Remembering that abdominal definition is entirely dependent upon an awesome bodybuilding diet (as unless you strip enough body fat from your body to get down to 6% for males and 12% for women you will not be able to clearly see your abdominals), I will present below a routine that guarantees quick results in terms of hardening the abdominal wall.

The routine below is composed of 7 abdominal exercises carefully chosen to hit both the upper and lower abdominals. You will note that it can be performed very easily in the comfort of your living room. You will also notice that no direct oblique work is present. The reason for this is the fact that in my experience, direct oblique work only leads to a wider waistline. Besides, obliques get enough indirect stimulation from basic exercises like Squats, Deadlifts, and Standing Presses, as well as Sit-ups, V-Ups, etc.

**MODIFICATIONS FOR ABSOLUTE BEGINNERS**
Note that this is an advanced abdominal routine. I would not recommend it to absolute beginners. Beginners would be better off just performing 1 set of each exercise with a minute of rest in between sets for 6 weeks. After 6 weeks, they can move up to 2 sets for each exercise resting a minute in between sets. After remaining at this new challenging level for 6 more weeks then they can move on to the advanced routine thereafter.

**WHEN TO PERFORM THE ROUTINE**
You can perform this abdominal routine at any time that is convenient for you. Even in the late afternoon as you watch the news.

Ideally, I like to do abs followed by cardiovascular exercise first thing in the morning and weight training in the afternoon. That way I get to spike up my metabolism twice a day. If due to schedule conflicts I can only do one session on a particular day, then the order below is the way in which I do it all at once:

- Abdominal Routine
- Weight Training
- Cardiovascular Exercise

*Abdominal Routine*  
(Great warmup before the weight training session)
ABDOMINAL WORKOUT FREQUENCY
You may perform this routine a minimum of 3 days per week with the maximum being every day. However, keep in mind that you will not get to see your abs unless you are eating slightly less calories than your body burns. Remember that I am not talking about starvation here.

I am referring to 5-6 small meals a day composed of roughly 40% carbs, 40% Protein and 20% Fats. People with higher metabolisms may need a bit more carbohydrates however. In addition, ensure that you are doing at least 3 days of cardiovascular exercise work for 30-45 minutes.

WORKOUT MODIFICATIONS
If you cannot do an exercise due to lower back injuries, for instance, then feel free to substitute it for an exercise that does not bother your back. If on the other hand, if you have a healthy lower back and would like to add a bit of mass to your abs, I would just do this routine three times a week but use some resistance in the exercises.

INSTRUCTIONS FOR QUICKEST RESULTS
Assuming that you are an advanced bodybuilder, the quickest results will come from performing this routine on a daily basis in conjunction with aerobic exercise first thing in the morning with weight training performed later in the afternoon.

CONCLUSIONS
I cannot overemphasize enough that if your bodybuilding diet is not dialed in neither will be your abs no matter how much cardio or exercise you do. So stick to your diet, weight train hard, and bomb those abs. Come Spring and Summer and I guarantee that if you have paid your dues you will have a better midsection than the one you have now.

About the Author

ABDOMINALS TRAINING ROUTINE

EXERCISE 1:
PARTIAL SIT-UPS
Primary Target: Upper Abs
Secondary Target: Lower Abs and Obliques
- Lie flat with your back on the floor and your knees bent. Your legs should be secured under a piece of heavy furniture. (Note: I am assuming that you are doing this routine at home).
- Place your hands crossed in front of your chest.
- Flexing your abdominals, raise your torso until your torso is lifted about 30 degrees off the floor. Exhale as you perform this step.
- Retaining tension on the abs, lower your torso to the beginning position as you inhale.

EXERCISE 2:
LYING LEG RAISES
Primary Target: Lower Abs
Secondary Target: Upper Abs and Obliques
- Lie flat with your back on the floor and your legs extended straight in front of you.
- Place your hands at your sides by the floor for support.
- Flexing your lower abdominals, raise your legs and exhale until they are perpendicular to the floor.
- Retaining tension on the abs, lower your legs to the beginning position stopping just an inch off the floor as you inhale. Safety Note: Maintain full control throughout the movement and avoid the temptation to rock back and forth.

EXERCISE 3:
LYING LEG RAISE & CRUNCH COMBO
Primary Target: Upper and Lower Abs
Secondary Target: Obliques
- Lie flat with your back on the floor and your legs extended straight in front of you.
- Place your hands at your sides by the floor for support.
- Flexing your lower abdominals, raise your legs until they are perpendicular to the floor.
- At this time, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor as you exhale.
- Retaining tension on the abs, bring your torso to the starting position as you inhale.

EXERCISE 4:
KNEE-INS
Primary Target: Lower Abs
Secondary Target: Upper Abs and Obliques
- Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support.
- Keeping your knees together, pull your knees in towards your chest as you exhale until you can go no further.
- Keeping the tension on your lower ab muscles, return to the start position as you inhale and repeat the movement until you have completed your set.

EXERCISE 5:
MODIFIED V-UPS
Primary Target: Upper and Lower Abs
Secondary Target: Obliques
- Sit on the floor (or on the edge of a chair or exercise bench) with your legs extended in front of you and your hands holding on to the sides for support.
- Simultaneously bring your legs up as far as possible while at the same time bringing your torso towards them as you inhale.
- Exhale as you return to the start position and repeat the movement until you have completed your set.

EXERCISE 6:
CRUNCHES
Primary Target: Upper Abs
Secondary Target: Lower Abs and Obliques
- Lie flat with your back on the floor and your legs in front of you bent at the knees.
- Place your hands crossed in front of your chest.
- At this time, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor as you exhale.

EXERCISE 7:
KNEE-IN & CRUNCH COMBINATION
Primary Target: Upper and Lower Abs
Secondary Target: Obliques
- Lie flat with your back on the floor and your legs straight in front of you.
- Place your hands at your sides by the floor for support.
- Slowly bend your legs at the knees bringing them towards your chest.
- Once the knees are by your chest, raise your shoulders and torso as far as possible from the ground in a curling movement without raising your back from the floor as you exhale.
- Return your legs to the starting position and bring your torso back to the floor as you inhale.
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Super Mega Gainer 12 lbs
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Athletes rolled in from all across North America last weekend for the FAME North American Championships, the last show on the 2006 FAME World Tour. Quebec was well represented as was Ontario and British Columbia. There were athletes from many different States as well, including Kansas, California and Kentucky, all gathering in downtown Hollywood, Florida at an intimate and cozy theatre venue, nestled amongst the palm trees. The Hollywood Playhouse opened its stage doors to welcome our athletes to a two-day event to remember!

Saturday morning saw our FAME Muscle, FAME Figure and FAME Fitness competitors take the stage. Washington Zambrano, a 36-year-old Miami native stunned the crowd with his conditioning as he graced the stage as a lightweight FAME Muscle male. Squeezing his legs into an abdominal and thigh call out from head judge, Ian Walling, had them all crunching and squeezing until they were standing in a pool of sweaty ProTan!

The very beautiful Sheri McCall Vucick leave it to the Pro Fitness Models to outshine the bright stage lighting in this star-spangled line up! With very similar physiques and with an equally graceful stage presence, Maggie Diubaldo and Julie Marsland battled it out for the top spot. Maggie, dressed in a white Roman motif for her theme wear portion, was showered with rose petals by long-time friend, WNSO Pro and FAME Muscle Champion, Andre Rzazewski. Our panel of judges, including WNSO Pro and FAME Fitness Champion, Lyzabeth Lopez, WNSO Pro and FAME Muscle and Figure Champion, Cheryl Mitchell, and Jason Bell, FAME Media Group VP of Marketing & Operations, requested that Head Judge, Ian Walling hold the stage an extra long time as they deliberated at length their final decision. And what a tough decision it was as they sat on pins and needles in anticipation. Maggie pulled slightly ahead in the end although Julie promises to always threaten that top spot!

The very beautiful Sheri McCall Vucick took third place, taking home her second trophy of the night. The judges certainly had a tough time with the likes of New Yorker, Sylvia Tremblay, also representing Quebec tumbled onto the stage in a Groucho Marx costume -- which was cleverly torn off by a nearby coat rack to expose a well-conditioned physique. Sylvia is always a crowd pleaser and this was no exception as she took second place. In the top spot was Sheri McCall Vucick, who came out in the electrifying colors of Jamaica. She obviously heeded the advice of the judges from her last performance as her jumps were phenomenal. How she got that kind of height is anybody’s guess …… who said white (wo)men can’t jump?? Amelie Verret was the third athlete representing Sherbrooke, Quebec and took home with her the third place trophy. Joyce Weideman and Chantel DiCaire also performed well and helped to make this Pro show a really spectacular event

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The very beautiful Sheri McCall Vucick took third place, taking home her second trophy of the night. The judges certainly had a tough time with the likes of New Yorker, Sherilee Newton, Florida’s Miami native, Marisel Rodriguez and Aishah Akbar from Mississauga, Ontario also in the ranks!
In the Male Fitness Model Pro category, Tommy Bryant stole the show with his Calvin Klein underwear ad abs! Peter Marrero’s smile lit up the entire theatre and won the hearts of the audience and judges alike, putting him in second place. A well-developed set of pecs didn’t hurt his placing either! Trevor Ryan took home another trophy to add to his collection from the weekend as he took third spot. Sylvia Tremblay’s boyfriend of many years, Chris Morris finally took the stage as a FAME Fitness Model, despite having at one time stated this wasn’t for him. He had one of the biggest smiles on stage and Sylvia’s voice could be heard from the audience shouting words of encouragement -- which gave him even more confidence on stage. He looked great and after having lost 30 pounds, he certainly had abs to smile about!

The Pro Figure category was equally impressive with Sherilee Newton taking top spot. Sherilee competed in both Pro Fitness Model and Pro Figure categories, dazzling the audience with a dynamic routine that was high

powered and edgy. To everyone’s surprise, Sherilee dislocated a shoulder in her efforts, although the audience would have never noticed. She was lucky to have Peter Marrero, the champion trainer in South Beach ….maybe trainer to the Stars! Let us know how it all plays out Garrett! Coming in ahead of Garrett in first place was Kendall Wood of Atlanta, 22 years old, took second place with Sarah Shakespeare not far behind. Sarah came all the way from Calgary to compete and was equally excited to see Ocean Drive, where she enthusiastically snapped pictures to share with her daughter, who is also a big South Beach fan!

In fact, many of our athletes took advantage of Miami’s sunshine and white sand as their competition trip extended into a small holiday. Garrett Ratleff, third place winner of the Male Fitness Model category on Sunday, was seen exiting his South Beach Hotel on Monday and it was discovered after chatting with him that he has decided to move to Miami! This U.S. Marine of Jacksonville, Florida certainly commanded attention on stage with his American good looks and chiseled body. No doubt he’ll find work as a personal trainer in South Beach … maybe trainer to the Stars! Let us know how it all plays out Garrett! Coming in ahead of Garrett in first place was Kendall Wood of Atlanta, who was all class! The symmetrical model was tall, lean and mean with a dazzling smile and washboard abs! Yes, Miami even heated up when Kendall became the newest FAME Fitness Model Champion and WNSO Pro! When given the mic, Kendall announced that he would make FAME proud. Kendall, you’ve already done that! In second place was David Maynard from nearby Fort Lauderdale. The hometown boy made Florida proud, beating out 11 other worthy competitors in one of the largest categories in the show.

Another massive category was our Fitness Model Females who took the stage on Sunday also hoping for a WNSO Pro status. There were 18 beautiful women, with Jill Cancellosi taking first place in the Tall class and winning the overalls to walk away with her WNSO Pro status. The 29-year-old from Jacksonville broke down in tears after her win and she was so gracious and lovely as she thanked all the judges individually. Her proud parents were on hand to chat after the win and mentioned that this was Jill’s first show and she was so thrilled to see all her hard work pay off. She looked absolutely stunning and was full of grace. Congratulations Jill!

Homiera Khierkhahan took first place in the Short category and was a very close second to Jill in the overall. Homiera displayed poise and elegance in her posing and has a brilliant smile that sets her apart from her competition. A great show, Homiera! Crystal Scamolla was back on stage after a great performance the previous weekend in Hamilton at FAME Halloween Mayhem. She kept her mojo going as she took home the third place trophy. Trisha Halimi came in well sculpted and took second place. Her husband could be heard cheering her on from the crowd and was obviously so proud of her as this was her first competition as well. Kiya Knight came out swinging with a golfing theme as she and Valeria Buitrago took second and third place respectively in the Tall class. FAME Fitness Model proved to be the biggest division this weekend and all the models should be very proud to have competed in a category that was so well represented and by so many talented athletes.

The Masters Fitness Models were local athlete, Olga Fernandez, a 35-year-old teacher, and Renee Waddell, a 36-year-old who also competed in the Open class and walked away with first place in the Masters division.

As the FAME North American Championships drew to a close on Sunday afternoon, we all felt a little nostalgic as we reflected back on a very successful 2006 FAME World Tour. What a fabulous year and what found memories. We are happy to have concluded the Tour in sunny Miami with such a great venue and such talented athletes. And all of the athletes were elated to receive over $150.00 of free goodies from our very generous sponsors: NxLabs, Vitamin Shoppe, SlimQuick, Allmax, JBN, Met-Rx among others!

We have already begun to look ahead into the new up-and-coming 2007 FAME World Tour with its five-tier system, multiple Pro shows, huge cash prizes and fabulous new venues and can’t help but feel excited! We are certainly looking forward to another great year and to seeing you again on stage!

---continued on the next page---
RESULTS

Fitness Model Male:
1. Kendall Wood
2. David Maynard
3. Garret Ratliff

Physically Challenged:
1. Harold Bostick

Fitness Model Female:
1. Homiera Khierkhahan
2. Trisha Halimi
3. Crystal Scarnola

Male Model Winners

Muscle: (Men) Lightweight
1. Washington Zambano

Fitness Model Female: (Tall)
1. Jill Cancelosi
2. Kiya Knight
3. Valeria Buitrago

Muscle: (Men) Heavyweight
1. Caine Wendt

Masters Female:
1. Renee Wadell
2. Olga Fernandez

Muscle: (Female) Grandmaster
1. Ruby Carter Pikes

Pro Fitness Model: (Female)
1. Maggie Diubaldo
2. Julie Marsland
3. Sheri McCall Vucick

Fitness:
1. Valerie Martel
2. Debbie Cole

Pro Fitness Model: (Male)
1. Tommy Bryant
2. Peter Marrero
3. Trevor Ryan

Pro Fitness:
1. Sheri McCall Vucick
2. Sylvia Tremblay
3. Amelie Verret

Pro Muscle: (Men)
1. Andre Rzazewski
2. Washington Zambano
3. Trevor Ryan

Figure:
1. Ruby Carter Pikes

Pro Muscle: (Female)
1. Christen Kwan

Pro Figure:
1. Sherilee Newton
2. Mary Pier Gaudet
3. Sarah Shakespeare

Female Model Winners

Male Model Winners

Ruby Carter Pikes
Christen Kwan
Valerie Martel
Sheri McCall Vucick
Harold Bostick
A Natural Products Industry Trade Show and Convention.

SOHO EXPO
2006

Industry members from all over the world gathered in Orlando for this outstanding four day event. The show, in its 35th year, combined education programs for businesses with exhibits featuring all the ‘latest and greatest’ products—from natural soaps, vitamins, as well as very tasty health food choices.
The SOHO EXPO is produced by the National Nutritional Foods Association Southeast Region, Inc. (NNFASE) and is operated by people from the natural products industry. Profits are used for the benefit of the entire industry. NNFA SE is a nonprofit trade association. The show is a “closed show” and is not open to the general public.
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- Balance Bars
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- HDT - Human Development (Pro Blend, S+1 Protein)
- IDS - Innovative Delivery System (Creatine Titraten)
- Instone Products (Protein Pudding, Leanfire)
- Iovate Products (Lean Balance)
- Isatori (Lean System 7)
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welcome to my world

interview and photos by:
Dr. “Coach” Atherton

INTRODUCTION

About a year ago, I had the opportunity to shoot Melissa in Miami. Later, I wrote the following: “Melissa resonated a genuine chord with me at our first meeting. The more contact I have with her - the more I want to have. She is basically KOOL - bright, brainy, beautiful and believable because the stuff within comes out to play. I undeniably like what I see!” Today, I feel no different and I encourage you to spend a moment in MY WORLD. The prose is honest; and her pictures walk in beauty - Melissa Hall is an extension of KOOL! I am betting this Coach knows good stuff when he meets, greets and shoots it! I am betting your heart will warm as your lips smile!

ACHIEVEMENTS

* Former professional cheerleader for the MN Vikings and Timberwolves,
* Miss MN USA,
* Ms. Fitness MN,
* Mrs. Minnesota,
* Mrs. Minnesota America,
* Ms. Bikini Universe 200

Melissa Hall

Born: Minneapolis
Marital Status: Married, no children & 2 “roly-poly” cats
Education: Some college, NESTA Certified Personal Trainer
Age: 33
Height: 5’6
Weight: 123
What do you consider your greatest triumph(s)/achievements/awards?
Helping my mother battle breast cancer, which she lost June 7th, 2003. 2005 - Ms. Bikini Universe. This was my first national title after 7 years of competition.

What do you do for a living?
Co-owner of Young Quest Fitness. Personal trainer. Fitness guest for Shop NBC. Currently launching new business Melissa Hall Fitness. Professional Fitness Model.

How/Why did you get involved in fitness?
I wanted to set a goal and start leading a healthy life since hypertension and strokes are part of my family history.

Favorite book, movie, cheat food?
Tuesday with Morrie, “The Green Mile,” and Cheeseburger with fries!

Who influenced you the most athletically, academically?
My parents, an interracial couple in the 60’s, had many battles to overcome! I admire their love and commitment! They have been a married couple for 34 years and continue to be an inspiration to Jason (my husband) and I.

What did you think about your first competition?
I could not believe that I committed to this dieting thing. I was bummed about placing 4th! Yet, I began to learn is “fitness is truly a destination not a journey.” as Dr. Kenneth Copper states. Along the road, I am grateful to be learning that fun and fitness comes with the enjoyment of meeting new people who shared the same passion as me.

Who do you want to emulate?
Serena Williams - She is a true example of a strong athlete who is humble.

How do you want to be remembered as an athlete?
I hope I will be remembered as someone who helped others achieve their same goals and that I cared about people!

What traits do you value the most?
Integrity and compassion because in today’s culture they are very difficult to genuinely follow.

What do you see that is good in Fitness today?
That it is recognized as a lifestyle.

What needs to change in Fitness today?
Fitness needs to continue on the quest to produce HEALTHY INDIVIDUALS. Too many times, the short cuts taken to achieve an instant success trade temporary “false perfection” which can lead to negative future health. In most cases, slow and steady progression is the best and most lasting reward.

What would you like to say to the reader of NMM?
Believe in your dreams! Smiling is contagious; you should do it as much as possible. Coach A is a true class champ. His photography is magic.

What else do you want the readers to know about you?
I truly enjoy helping people lead healthy lifestyles!

What things would you bring with you to live on a desert island?
My family, matches, water, dried foods, medical kit, tool kit, sun block, lip-gloss, and a Bible.

If you had a magic wand and could instantly change something about your life, what would it be?
Not to worry so much.

Tell me something about you that I don’t know?
Unfortunately, I am a horrible driver; inanimate objects have a way of jumping out in front of my Jeep.

Who are 10 people you would like to have a cup of coffee with?
Eddie Hall (grandfather I never met) Jesus Christ, Mother Teresa, Marilyn Monroe, Thomas Jefferson, Oprah Winfrey, Brett Farve, Frederick Douglas, Vince Lombardi, Martin Luther King.
This November the RFC held it’s event in the Sun Dome at the University of South Florida. The crowd was huge filling 60% of this large facility. Many fans recognized Stephan Bonnar who was commentating. He is a well-known fighter with the UFC in Las Vegas and has been featured in many televised events.

Another first was the match featuring Elizabeth Posner, Canada, and Kim Predmore, Ohio. That’s correct! The women were fighting and it was not nice. I have to say that Kim was a real warrior. She took a real beating but would not tap out. The match was stopped and awarded to Elizabeth. The contest was too brutal for my taste. I would not feel that way if two males had been fighting this match. Call me a Chauvinist if you will.

The event was featured on cable on Catch 47. Upcoming events include February 24th at the Sun Dome and June 2nd. The June event will be broadcast on Sun Sports. Many people feel that mixed martial arts fighting may become more popular than boxing. Tampa is a great sports city and may become a major player in MMA.

In an exclusive interview with Rob Kahn of Gracie Jitsu, Tampa Florida, we discussed the training aspects of the fighters. Rob heads the gym and holds a black belt, as well as being a MMA fighter.

The connection between performance enhancing drugs and weight.

I was curious to know if Florida required drug testing. Rob informed me that it did not. He further stated that although some fighters may take steroids or some other enhancement drugs, that it is less prevalent in the MMA sport than in others. The reasoning behind this is weight.

All matches fall into weight classes. 150,170,185,205 and heavyweight class. There may also be a 265+ category in the future. Fighters are matched by weight to equalize size and strength advantages. Each fighter has a “normal weight and strives to fight at the top of their weight category. Say a fighter fights in the 185 lb category. They may usually weigh a few more pounds, but at the weigh-in the goal is to be 185 or 184 lbs.

In Florida if a fighter exceeds their weight limit, the opponent as the right to refuse the match, or ask for some monetary concessions. If the fighter is 10lbs over the limit, there is no fight. So how does a fighter loose weight before a match? The answer is the sauna or steam room. It is possible to loose up to about 20lbs this way in a single day. This not dieting or fat loss, it is strictly temporary water loss.

If a fighter takes performing enhancing drugs, their normal body weight will increase, and the fighter will move up in weight class. The result will be larger and stronger opponents. This makes the use of performing enhancing drugs counter-productive. I still would like to see required drug testing in this and other sports.

The RFC website contains fighter bios, dates of future matches, ticket information, and a bunch of other things. The website is realfightingchampionships.com.
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These concepts of ‘do what I say and not what I do’ have been around for a long time...maybe since the beginning of time.

Every day there are chances for good lessons as well as tough ones. The tough ones are tough. I mean way tough. We all have to deal with strife and struggle in our daily lives at some points. It is quite easy to do the right thing or say the right words when all is going well.

It is how we choose to act during those more difficult times that will determine our characters.

If you are kind, people may accuse you of being selfish with ulterior motives; Be kind anyway.

Are your actions and words consistent with each other? What percentage of the time would you say this happens? Be honest with yourself.

Do you really do what you say? When giving your advice, do you act how you say others should act in the same situations? Does a special circumstance give you permission to act a certain way when you would not normally act this way or tell a friend to act this way? Do you always choose to stay true to yourself? Or do you sometimes give into pressure and act out of your own character rather than stand your ground by your own values?

It is possible to change your core beliefs. There may be something you want to reprogram or add that you would like to have more of in your life. All it takes is practice! Think of this like training a muscle. When you train with consistency and with the correct intensity, your muscle will become firmer. If you stop training or never even start, your muscle will atrophy and not be as firm.

A great way to start to add a positive belief and make it real to you is with a verbal affirmation sentence. Writing this down will help you on your way to a better way of viewing a belief, however saying it out loud with intensity but not force will allow it resonate through your body more thoroughly. You may feel silly at first. Say it anyway. You may not even believe what you are saying. Say it anyway. Say it anywhere at least once a day. More is better. Say your affirmation sentence in the shower, the car, while walking or exercising. Make your affirmation sentence full of what you want to manifest in your life. Do not hold back, go for it and make your life more spectacular!

If you are kind, people may accuse you of being selfish with ulterior motives; Be kind anyway.

Here are some of my favorite words written By Mother Teresa.

- People are often unreasonable, illogical, and self-centered; Forgive them anyway.
- If you are kind, people may accuse you of being selfish with ulterior motives; Be kind anyway.
- If you are successful, you will win some false friends and some true enemies; Succeed anyway.
- If you are honest and frank, people may cheat you; Be honest and frank anyway.
- What you spend years building, someone could destroy overnight; Build anyway.
- If you find serenity and happiness, they may be jealous; Be happy anyway.
- The good you do today, people will often forget tomorrow; Do good anyway.
- Give the world the best you have, and it may never be enough; Give the world the best you’ve got anyway...
- Walking your talk will become a habit with practice of your verbal affirmations and easier to do all of the time...if you teach yourself to do it anyway.
- Reprogramming your words to fit your actions with your life is not only empowering, you are the only one who can do it!
ARE VITAMINS NECESSARY?

by Sherry Goggin

For thousand and thousand of years, people got all the vitamins and minerals they needed from the foods they ate. However, in today’s world there is processed foods, drugs, cigarettes, and alcoholic beverages that interfere with adequate nutrition.

Because of this, for some people even a reasonably well-balanced and varied diet can’t supply enough of certain nutrients needed for the body. These people would need to increase their consumption of foods rich in certain vitamins to compensate and possibly add supplements of one or more vitamins to make it beneficial.

Pregnant and Nursing Women:

Vitamin supplements are given to women who are pregnant or nursing and in the ideal situation this should not be necessary except for extra iron – since both pregnancy and lactation increase a woman’s need for calories and because she is eating extra food, she naturally consumes extra vitamins. However, women who have morning sickness beyond the morning, or who have diets for weight control the pregnant women will often have reduced blood levels of vitamins A, C, B6, B12, and folacin. If this should happen, then vitamin supplements would be prescribed. Generally a multivitamin and mineral supplement are prescribed to all women who are pregnant and nursing.

Infants:

Infants that are given vitamin supplements are usually not needed because the RDAs for infants are based primarily on the vitamin content of breast milk which is the ideal complete food for infants for the first six months of life. There are however some differences in vitamin content between breast milk and cow’s milk and a vitamin supplement may be important for babies who are not breast fed.

Women using oral contraceptives:

Using the birth control pill will often found to have reduced blood levels of thiamin, riboflavin, B6, B12, folacin and vitamin C. B6 deficiency while on the pill has been linked with mental depression and a vitamin supplement will be needed.

Smokers:

Those who smoke one and a half packs of cigarettes a day have 30%-40% less vitamin C in their blood than nonsmokers and this is because the Vitamin C is being used up when their body attempts to repair damage to the cells caused by the toxic elements in tobacco smoke. This vitamin C deficit can be made up by either consuming an 8-ounce glass of orange juice per day or a vitamin C supplement.

Drinkers:

A heavy drinker will require more thiamin, niacin, folacin and B6 than person who drink only socially or not at all even if their diet is extremely good. Alcohol damages the liver and interferes with its ability to store needed vitamins, especially folacin and to convert the vitamins to their active chemical forms. Drinking alcohol also leads to poor absorption of vitamins from foods, and it will increase the requirement for vitamins by using some to metabolize the alcohol and to repair the tissue damage it has caused. A heavy drinker usually does not eat properly cause they substitute nutrient-deficient alcohol calories for nutrient rich food calories and compromise their vitamin intake. You will need a daily multivitamin supplement if you drink the equivalent of four or more shots (2 ounces of pure alcohol) of alcohol a day.

Drug Users:

Use of certain prescriptions and over the counter drugs can result in a vitamin deficiency. Prolonged use of any antibiotics can destroy the intestinal bacteria that produce vitamin K and several B vitamins including biotin, pantothenic acid and even possibly thiamin. Use of certain diabetes drugs (metformin and phenformin) can also interfere with the absorption of B12.

You have to also remember that certain vitamins taken excessively can interfere with the action of certain drugs and if you are under treatment for a medical problem and are taking many different vitamins, be sure to tell your doctor about your vitamin intake.

Certain Disorders:

People with chronic infections, cancer, or chronic loss of red blood cells will require additional folacin. Some inherited disorders can lead to vitamin deficiencies that cannot be corrected by ordinary vitamin supplements and in some cases a very large dose administered in a way that bypasses the gastrointestinal tract will be required for prevention and treatment of severe vitamin deficiency symptoms.

Elderly persons:

Elderly people will tend to absorb less of thiamin, Vitamin C and B than younger people and may need to consume more than the usual amounts of these vitamins. They may also benefit from a daily multivitamin and mineral supplement if they are not getting their full nutritional needs in their food choices.

Dieters:

People on weight loss programs who have made major cutbacks in their caloric intake and consume only a limited variety of food should take a daily multivitamin and mineral supplement. Your vitamin supplements should not exceed 100 percent of the RDA for someone your age and sex and the the percentage of the USRDA listed on the label of the bottle for each vitamin can serve as an adequate guide.

Before you start any exercise program or any diet or supplementation program, please consult your physician. For further info you can go to: www.sherrygoggin.com
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