

DOUBLE X

Issue 6

- ◆ health
- ◆ fitness
- ◆ lifestyle

CHUCK LIDDELL

UFC

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Anabolic Xtreme ProHormones Are Back!



SUPERDROL™

Superdrol is a very active form of a designer supplement. According to the book values, Superdrol should be 1/5 as androgenic as the reference standard Methyl-testosterone, but 10 times as anabolic. Most users gained, on average, 8 to 10 pounds of lean muscle in under 3 weeks, while losing water and dropping fat on hyper-caloric bulking diets. The diuretic effects of Superdrol will at first mask the gains as you lose water and gain muscle. The chemical structure of Superdrol prevents conversion to estrogen. With this and the low androgenic properties, the normal side-effects associated with pro-hormones have virtually been eliminated. As with all methyl's, liver protection is essential.

Superdrol™ Amount Per Serving:
Methasteron™ - 10mg 2a,17a-Dimethyl-17b-hydroxy-5a-androstan-3-one



ERGO MAX LMG™

ErgoMax LMG™ contains the original legendary Pherobolix™ matrix created with a extensively tested specific 7:2 ratio of the most anabolic 2-ene and 3-ene analogs. To put into perspective just how powerful this synergistic matrix is, consider these facts: The specific 2-ene desoxy-analogs in ErgoMax LMG™ are 1600% more anabolic than testosterone but only 210% more androgenic. The unique 3-ene desoxy-analog is 600% more muscle building anabolic than methyl-testosterone and only 50% as androgenic. The result is one of the very best dry lean muscle mass promoters with quality weight gain with limited potential for negative side affects. Naturally the pumps are amazing and are second only to the reported strength gains users are experiencing. ErgoMax LMG™ is the only product to ever contain micro-matrix technology. The science is what makes ErgoMax LMG™ work.

ErgoMax LMG™ Amount Per Serving:
Pherobolix™ - 10mg 17-methyl-delta-2-etiallocholane



PHERA-PLEX™

Phera-Plex™, also known as 2-ENE™, is a naturally occurring pheromone that we have slightly tweaked to increase its oral bioavailability. It is a de-oxy derivative of methyl testosterone in which the bond of unsaturation has been shifted from the four-carbon to the two-carbon atom on the molecular chain. This change makes it 1.9 times as androgenic as methyl testosterone, and 12 times as anabolic. The beauty in this compound is that it is milligram for milligram 1.5 times as anabolic and 9.4 times as androgenic as Superdrol™, so its androgenic profile is quite different. A lot of the "alpha-male" properties associated with anabolics are due to their androgenic effects, such as increases in strength, increase cell volumization, in-gym pumps, and increased focus - and of course, increased libido. Weight gains on Phera-Plex™ are greater than Superdrol™, but they are wet, and resemble gains MIT would produce.

Phera-Plex™ Amount Per Serving:
2-ENETM - 10mg 17a-Methyl-17b-hydroxy-5a-androst-2-ene



PROSTANOZOL™

Prostanazol™ is a non-alkylated extreme repartitioning agent. Its unique structure increases lean mass building potential providing a hard, full look to musculature. Prostanazol™ is highly anabolic, but mildly androgenic, resulting in lean mass gains. The muscle drying effects of Prostanazol give muscles a dry, hard look with increased separation and vascularity. And of course, since it does not aromatize to estrogens, there is no potential gyno to worry about. Since it is a non methyl, Prostanazol™ is the perfect product to add to any Superdrol™, ErgoMax LMG™, or Phera-Plex™ cycle resulting in an anabolic synergy that produces explosive gains.

Prostanazol™ Amount Per Serving:
25mg - [3,2-c]pyrazole-5alpha-etiallocholane-17beta tetrahydropyranol™



PCT™

PCT (Post Cycle Therapy) is a hormone optimizer that can increase your natural testosterone production by as much as 400%, while combining a new powerful anti-aromatase that decreases estrogen levels in males an average of 50%. There is also a new and highly aromatase inhibiting compound that binds to aromatase more tightly and prevents estrogen conversion. Bottom line, when finishing any Anabolic Xtreme Cycle, no other recovery product will help you keep your gains like PCT.

PCT Amount Per Serving:
AX Proprietary blend - 135mg (Avena Sativa Extract 20:1, Agaricus bisporus extract., 6-acetoxy-3-hydroxy-17-keto-etioallocholane, 17a-methyl-17b-hydroxyl-3-keto-delta 1,4,6-etioallocholtriene, Condensed Agaricus bisporus extract)



RETAIN™

This matrix of compounds including 17a-methyl-baET works by inhibiting a natural enzyme to lower muscle destroying cortisol levels in the muscle tissue. Cortisol is the number one reason for losing muscle mass after an anabolic compound cycle. Retain also increase T-3 production from the thyroid which causes an increase in metabolism and fat-loss. This is the only post cycle product to ever keep your body in an anabolic state while cutting fat, to get you completely shredded. When combined with PCT and proper diet, most users report no post-cycle muscle loss and up to a 3% drop in body fat.

Retain Amount Per Serving:
Retain Proprietary Matrix: 50 mg (p-Tyramine, Clary Sage Extract, 17a-methyl-baET)



PERFECT CYCLE™

Perfect Cycle™ is a liver protectant that has it all for an affordable price. Extensive research went into formulating this unique blend of ingredients that balances your liver enzymes to a normal level, and gives you the best all around liver protectant available.

No other product on the market gives you synergism of the three key ingredients:

- N-Acetyl-Cysteine: Detoxifies liver
- Milk Thistle Silymarin: Lowers cholesterol, liver antioxidant
- Alpha-Lipoic Acid: Lowers elevated liver enzymes

PCT Amount Per Serving:
N-Acetyl-Cysteine - 1000 MG Milk Thistle - 600 MG (80% standardized provides 480 mg Silymarin)
Alpha Lipoic Acid - 200 MG



RAMPAGE™

Rampage™ was designed to bring the consumer the best all around pre-workout energy supplement with price in mind. We needed to design a formula that would not counteract with a pro-hormone cycle, deliver clean jitter free energy, and not break your wallet. The main mechanisms that produce the intense energy and fat-burning effects are the Synephrine of Citrus aurantium, Green Tea Extract, Caffeine, and Coleus Forskohlii from ForLean. Combined in the right amounts these ingredients act synergistically to bring you the ultimate in explosive energy and fat loss.

Rampage Amount Per Serving:
Core Burn Blend 1133 mg. (Citrus Aurantium (6% synepherine), Green Tea Extract, Caffeine, Coleus Forskohlii 20%)

Anabolic Xtreme

Visit us online today at www.AnabolicX.com to get more detailed information on any of the products shown. You can also get information on our "Ultimate Cycle" stack and "Gain and Retain" stack. All this and much more at www.AnabolicX.com.



Whey Sensation 81

100% Bioactive Whey

We developed Whey Sensation 81 to be the one protein you will actually look forward to using. No need to add anything! Whey Sensation 81 is available in 3 delicious flavors and mixes up smooth and creamy—even in water. Unlike many economy proteins no shaker cup or blender required here. Here at Ultimate Nutrition we have put in the extra effort to agglomerate our proteins giving you hassle free spoon mixability in a few short seconds. Whey Sensation 81 is currently available in delicious Chocolate Truffle, Iced Vanilla Cream, and Berry Blast Off Flavors in 908g (2lb) containers.

Available at fine retailers everywhere.

- **Tastes Great & Mixes Instantly**
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- **Gram per Gram Best Quality**
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- **81% Protein**
- **Low Fat & Low Carb**
- **100% Whey Protein Isolate & Concentrate**



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Still the most calorie-packed and best-tasting Weight Gainer on the market.

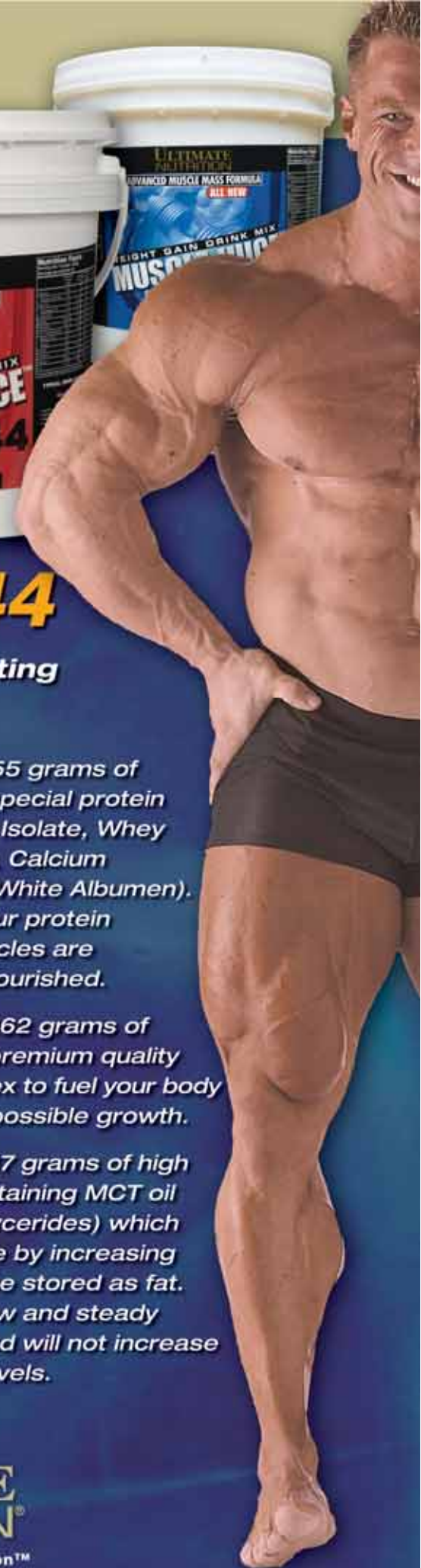
If your current weight gainer doesn't give you the following, switch immediately!

- **55 grams of protein per serving?**
- **List Whey Protein Concentrates and Whey Protein Isolates as the FIRST ingredients?**
- **Contain at least 4 different types of quality proteins including Whey, Egg and Caseinate?**
- **Deliver over 13,000mg (13g) of BCAA's per serving?**
- **Provide over 10.9 grams of Glutamine precursors per serving?**
- **Provide over 1.4 grams of Arginine?**
- **TASTE AMAZING?**

GROW Muscle with 55 grams of Ultimate Nutrition's special protein blend (Whey Protein Isolate, Whey Protein Concentrate, Calcium Caseinate, and Egg White Albumen). This provides a 6 hour protein release so your muscles are constantly fed and nourished.

GROW Muscle with 162 grams of Ultimate Nutrition's premium quality carbohydrate complex to fuel your body to obtain maximum possible growth.

GROW Muscle with 17 grams of high performance fat containing MCT oil (Medium Chain Triglycerides) which support performance by increasing energy and cannot be stored as fat. MCT allows for a slow and steady release of energy and will not increase serum cholesterol levels.



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Melvin Anthony
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"Land of the free and home of the brave" does not accurately describe the current climate and state of affairs in our quest for physique perfection and muscular dominance here in the United States of America. Governing officials are steadfastly working hard to prevent forward progress and ergogenic evolution with bans on every effective product ranging from ephedra to pro hormones, leaving a hungry iron warrior starving for an effective replacement to quicken the muscle building process.

Just as we started moving forward in developing safe, steroid free muscle building alternatives the hammer was dropped on us without warning. Now pro hormones are banned forever leaving us with no resort other than to watch our hard earned muscular gains slowly disintegrate before our very eyes. Real world bodybuilders and athletes in our iron subculture like you are now reluctantly switching back to outdated, ineffective products that never really delivered drug like results. Countless overly hyped new products just don't stand up to the promises leaving you discouraged and frustrated. Some vague research says that these compounds work, so we sell ourselves on hope, rather than the results achieved by athletes in real gyms across the country.

Fortunately for the scores of disheartened weight trainers,

bodybuilders and fitness enthusiasts hoping for the rapid inception of an anabolic miracle, there is light at the end of the tunnel. Before you throw in the towel and decide that you might as well take up tossing around lawn darts instead of 45 pound cast iron plates you have one more shot at your dream of building head turning muscle mass. Modern science has facilitated the creation of the most technologically advanced full spectrum anabolic alternative that will change the sports nutrition industry forever. We are about to commence a new era of estrogen free protein synthesizing anabolism with the most powerful muscle building analogue the bodybuilding subculture has known. In this post andro era of hype and empty promises there has been no revolutionary advances until now.

Prohibition forces evolution and forward thinking, and the andro ban is no exception to this rule. Through contemporary science and sophisticated chemical processes the researchers at Vyotech have fashioned a formula that will make you disregard illegal pro hormones and anabolics. If you're new to the iron game then you could not be reading this at a better time, as you will inadvertently sidestep the trial and error phase of anabolic experimentation and step straight into the domain of side effect free muscle building and strength intensifying proficiency. All who have sought the perfect anabolic can rejoice, as the day has finally

arrived for you to experience a whole new world of chemical mastery in the science of testosterone stimulation and immediate muscle mass acquisition.

For centuries native tribesmen in remote areas of Ghana, South Africa have utilized an assortment of herbs for their ability to amplify virility, heighten sexual potency and promote strength before battle. If you are a student of performance enhancement then you surely are familiar with factual information on such herbs that have found their way into the performance nutrition world. These compounds in their raw state are effective if used in extremely high dosages, as proven by the sacred value they have earned by African natives and modern day athletes.

Vyotech's research team has discovered, patented and employed the use of a highly sophisticated Multi-Fraction Extraction (MFE) process in the development of 17-HD. This patent pending hydroxylation process rearranges the hydrogen and oxygen molecules on the natural steroid ring of the highly anabolic herbal plant substrates contained in 17-HD. However, there are no additional synthetic "side chain" attached (This would be classified as a designer steroid because the synthetic side chain is added) so therefore it is legal for sales in the United States.

*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.

Now here is the untouchable claimant regarding the use of this meticulous MFE process in developing 17-HD. By perfecting a chemical process of extracting and isolating the most concentrated components of the naturally occurring anabolic substrates, the effects mimic that of prescription androgens in raising testosterone and increasing muscle mass by stimulating protein synthesis without raising estrogen. Now the muscle cell will utilize protein more efficiently for muscle tissue repair and growth without any of the negative side effects of estrogen and DHT conversion such as subcutaneous water retention, body fat gain, hair loss and depression.

Now here is the benefit of the MFE process in layman's terms so the rest of us can understand what makes 17-HD in a superlative class of its own. Most conventional testosterone boosters utilizing an herbal base are simply just that, an herb broken down in its raw form encapsulated for ingestion. Now here is where the MFE process comes into the equation to bolster the effectiveness of 17-HD by pulling out the most highly concentrated components of the plant derivative.

Imagine you spilled a cup of strong coffee on your carpet. You could wet a towel and attempt to "soak up" the liquid out of the fibers of the carpet in an attempt to remove the stains and odor from the fabric. In doing this you will remove some of the liquid but there still are microscopic particles and odors that will be impossible to remove with a towel or soap and water. Now in order to remove the odor and discoloration, you would need to use a powerful steam cleaner in order to extract the densely configured microscopic particles from the carpet to restore it to its previous color and odor free condition.

The MFE process exerts the same activity on the anabolic substrates it extracts from the plant actives in 17-HD. Current methods of extracting actives from herbal compounds act as the towel while the MFE process facilitates the extraction process like the steam cleaner. MFE can filter and remove the highly concentrated, dust like particles from the plant in order to produce a highly concentrated formula that dramatically increases the potency of 17-HD. MFE packs each capsule of 17-HD with a colossal amount of the pure, crystallized constituents that are easily absorbed and efficiently utilized by the body. The result is a fast onset of action once ingested, which explains why 17-HD users report such a pronounced and noticeable effect after the very first dose.

The results speak for themselves as you can see that 17-HD delivers all that we could ask for in a premium anabolic:

- Highly Anabolic & Androgenic
- Fast Acting & Easily absorbed
- Accelerates Recovery Time
- Heightens Training Intensity
- Decreases physical and psychological perception of fatigue
- Amplifies explosive muscular power and contractility
- No estrogen conversion and no water retention
- Supports protein synthesis for rapid gains in lean tissue
- Anti-catabolic properties prevent overtraining syndrome



Research indicates that there is a larger increase in Serum levels of free testosterone in the test group utilizing the 17-HD along with those in the comparative group that was administered 7 mg per day of synthetic anabolic. This compared to 6.51 times the increase in serum testosterone while using placebo.

This was consistent with up to 2% reduction in body fat and an increase in lean muscle mass up to 11 pounds.

The study was a placebo controlled double blind double cross study.

Take your physique to a new level with Vyotech's technologically advanced super human performance discovery in 17-HD. 17-HD will now catapult dedicated trainers into the ranks of the elite real world physique superheroes. "Out of the darkness of the andro ban shines light, a light that can illuminate and outclass all other unconvincing testosterone boosters without rivalry and contention. That source of strength, power and luminosity is nothing other than 17-HD. 17-HD ignites muscular development by instilling in you the power to conquer the heavy iron in your quest for physical supremacy.



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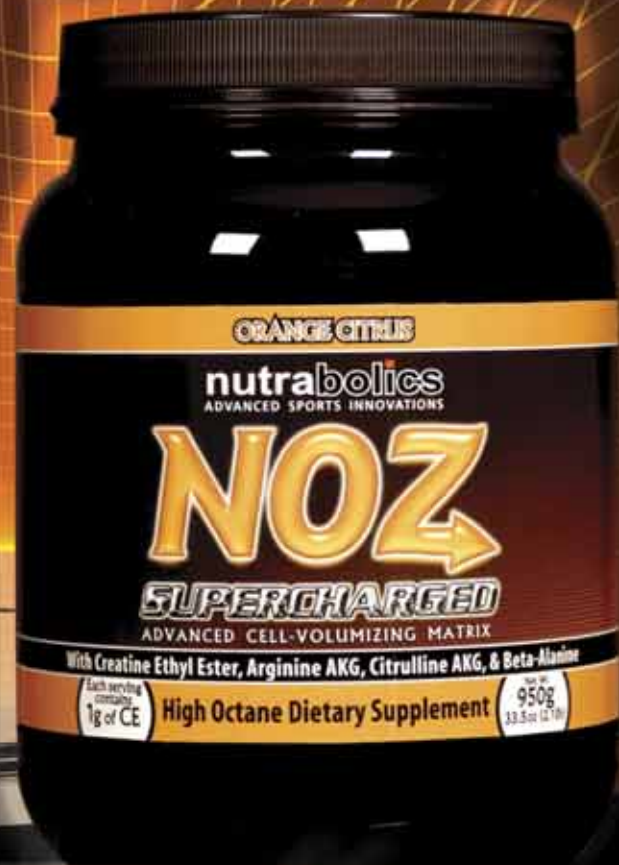
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Jacques Gevril
A FOUNDED FOREFATHER
of
SWISS HOROLOGY

If a watch can be resplendent in honoring time, then Gevril Swiss Timepieces are some of the most beautiful and technically advanced creations to ever mark its passing. Born in La Chaux-de-Fonds in the LeLocle Valley, Jacques Gevril began his career in the mid-1700s as a restorer of timepieces. He was a most sought after master of horology at a time when Swiss watch-making was just getting started.

In 1743, Gevril created his first Chronometer and in 1744 his first Repetition Dial. Perhaps his most notable achievement was when Mr. Gevril was named Royal Watchmaker to the Spanish crown in the year 1758. Gevril became known for his impeccable craftsmanship and for creating timepieces of unmistakable beauty and quality.

Today the Gevril name can be found in various European museums and history books that attest to the strong influence of Jacques Gevril on watch making history. Gevril's dedication to the fine works of art that he created caused his timepieces to find their way into the salons of the royal and rewarded Gevril with a position of prestige in the history of the very measurement of time itself.



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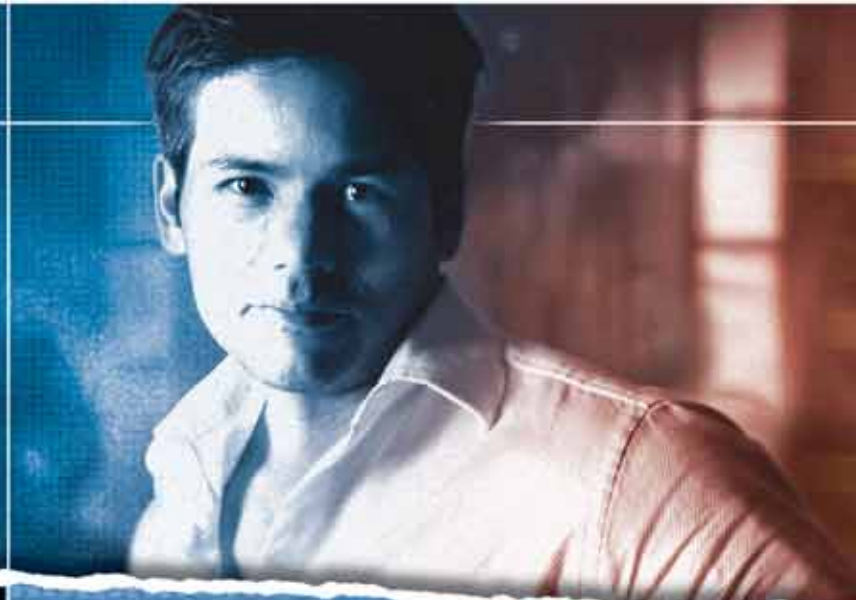
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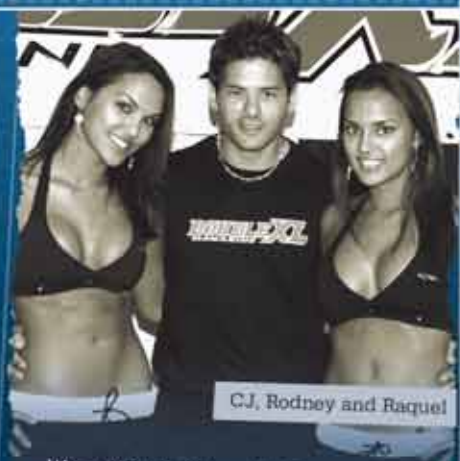
EDITOR'S LETTER

So much has happened since our last issue, and I am excited to share the events and happenings of the last few months with you. The Double XL crew descended upon the Mr Olympia tradeshow in Las Vegas and met some great people in the health and fitness industry. We were honored to receive compliments on our magazine's style and features. For example, our Ken Shamrock and Forrest Griffin article received strong praise from none

other than the UFC president Dana White. In this issue we will try to outdo ourselves by featuring two current UFC champions in Chuck "The Iceman" Liddell, and Matt Hughes. Miss CJ and Miss Raquel Gibson, two of the biggest names in women's fitness have combined their genes, motivation and undeniable beauty to grace 8 pages in this issue. We'd like to thank them for their double dose of energy as they worked with Double XL.

Speaking of DXL cover models, every issue will include a feature called "Editor's Choice." I select a strong candidate and present her to you, our readers, for your feedback. If your opinions are pronounced, then a cover spread is likely in her near future.

Let me tell you about some exciting developments at Double XL. Check out the Double XL website for upcoming tradeshows, parties and special events in your city and chances to win prizes in a growing number of contests including daily contests. You may also notice our fashion and gadget section expanding as we explore the biggest and hottest names in the industries.



CJ, Rodney and Raquel

We at Double XL would like to thank you, our ardent readers, for your enthusiasm and dedication to living an "XL" lifestyle and hope you enjoy this issue of Double XL Magazine. Remember, your comments and suggestions are definitely welcome. You may contact me personally at r.jang@doublexlmagazine.com

Rodney Jang

RODNEY JANG, EDITOR-IN-CHIEF



Chuck and Rodney to square off?

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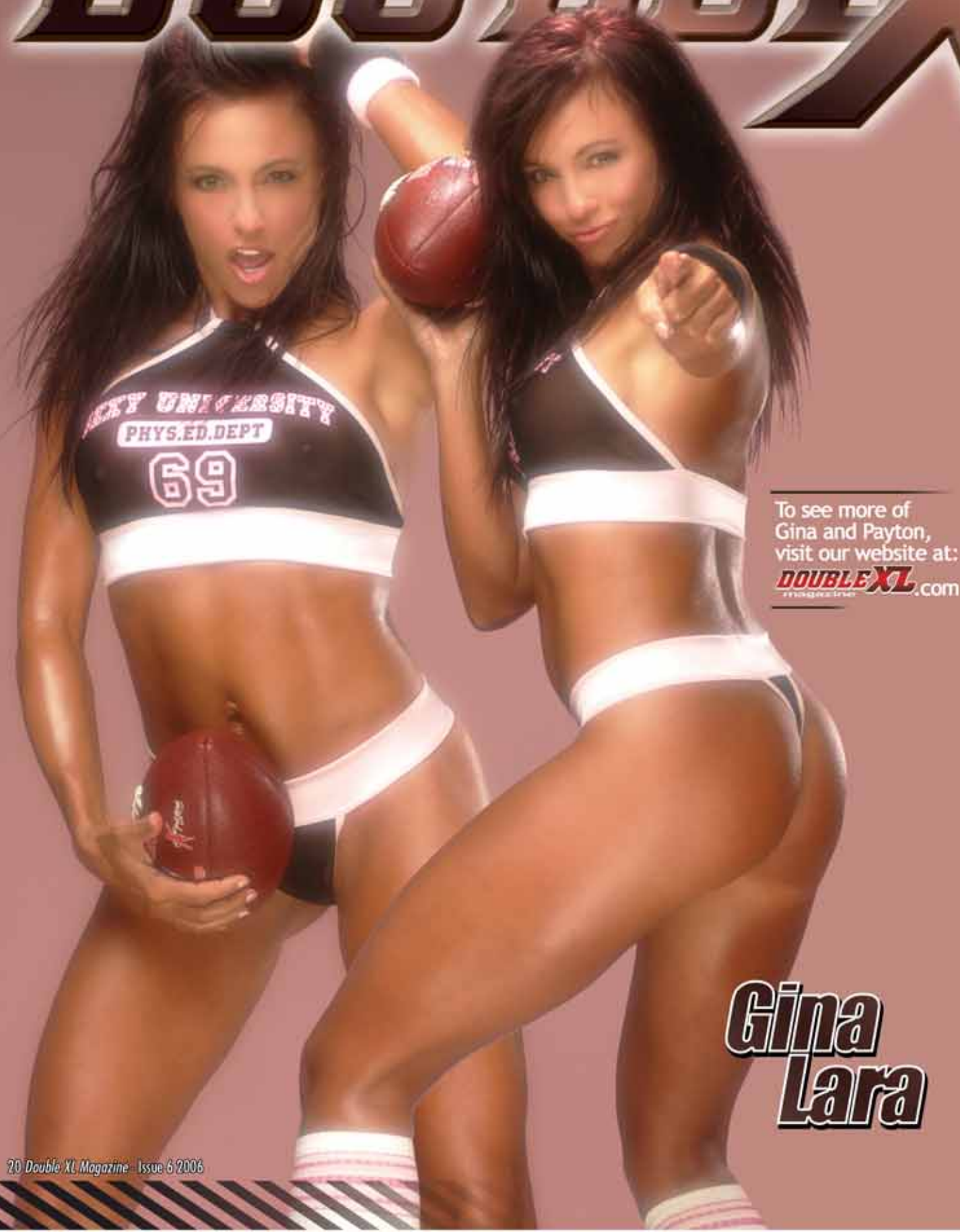
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EDITOR'S CHOICE



www.MarkesePhotography.com

Brandy Grace

Age: 20
Residence: Southern California
Height: 5'4"
Weight: 105 lbs.
Measurements: 34c-24-34
Eyes Color: Brown
Hair Color: Brown
Ethnicity: Korean/American
Occupation: Model
Favorite Color: Red
Favorite Food: Anything chicken, lol.
Favorite Supplements: Multi vitamins
Favorite Movie: Badder Santa
Favorite Past time/Hobbie: Reading, arts and crafts, drawing
Favorite Car: BMW 745
Favorite Body Part on you: My stomach is my favorite part of my body because it's pretty flat and defined.
Favorite Body Part on a guy: I love when guys have very toned and muscular arms, but not too muscular!
Type of guys you like: I like tall guys with dark hair who have a great personality and can make me laugh. It's also a plus if they are toned! I'm also a sucker for smiles.
Why do you think you should be a future Double XL Cover girl: I think I should be a future Double XL cover girl for a few reasons. I catch peoples eyes because I am exotic looking, I would be a good role model to other girls, and because I've worked hard to get where I want to be. Never give up!

Brandy Grace is this issue's Double XL Magazine Editor's Choice. Visit our website for more photos and information on Brandy. Do you think Brandy should be a future DXL Covergirl? We want to hear from you.



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Creatine Supplements

Creatine Alpha-Ketoglutarate is creatine monohydrate molecularly attached to AKG. Creatine monohydrate is derived from glycine, arginine and methionine and helps to produce and circulate ATP (adenosine tri-phosphate) - that is responsible for muscular contraction. Regular creatine supplementation has been shown to increase total body weight, lean body mass, muscle strength, cardiovascular ability, endurance, brain function and overall athletic performance. Because Creatine Alpha-Ketoglutarate is attached to the transport molecule AKG, its absorption rate and bioavailability are greatly increased over regular creatine monohydrate.

Tri-Creatine Malate is creatine monohydrate combine with malic acid. Malic acid is involved in the Krebs energy cycle as an intermediate substance and helps to provide energy to the body. When malic acid and creatine monohydrate form the compound tri-creatine malate, the resulting product is more water-soluble than regular creatine monohydrate, eliminates the possibility of gastric disruption and is more efficient at efficaciously impacting the ATP cycle.

Creatine Ethyl Ester is creatine monohydrate with an ester attached. Creatine monohydrate is semi-lipophilic. This means that it inefficiently uses fat as a transport mechanism. The esterification of substances will increase their lipophilic abilities, and thus, esterified creatine will use fat more efficiently to permeate the cell wall and exert its effects upon cellular function. This means, that the dosage requirements are lower, but the absorption of esterified creatine is increased.

Nitric Oxide Supplements

Arginine HCL is a special form of arginine that's been shown to cause massive increases in nitric oxide production, which dramatically increases blood flow and nutrient delivery. Increased blood flow will serve to deliver more nutrients to muscles, thus helping muscles become larger when subject to stress. The fact that Nitric Oxide acts to reduce inflammation should also make it of interest to athletes as it has the potential to reduce the pain associated with subjecting muscles to extreme stress.

Arginine Alpha-Ketoglutarate (A-AKG) and Arginine Ketoisocaproate (A-KIC) combine to boost short term Nitric-Oxide levels. Increased strength and markedly improved stamina can also be expected. In fact, the results may be classified into three categories: 1) the promotion of extended muscle pump; 2) signaling muscle growth and speedy recovery; 3) increased strength and stamina.

L-Glutamine Products

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N-Acetyl-L-Glutamine is the acetylated version of L-Glutamine and technically known as an acetylated Glutamine analogue. It is more stable in water and metabolically efficient at delivering glutamine's biological effects over conventional Glutamine or Glutamine Peptides. Acetylglutamide is also known as a neuro-stimulant, assisting the important mind-muscle connection.

Glutamine Alpha-Ketoglutarate is a new state-of-the-art glutamine compound which is not only extremely well tolerated by the body, but has much better uptake and retention profile than plain L-Glutamine. AKG is actually a glutamine precursor that efficiently bypasses the gut and has the ability to directly enter the muscle cell for absorption and cell volumization. This helps your muscles get totally pumped while you are working out, and even after you have finished working out, 24 hours a day.

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THE STORY OF TWO CHAMPIONS

BY ARNOLD "THE SUSHI BOY" LIM



Liddell

Known simply as the "Iceman" Chuck Liddell is knocking out the competition left, right, and centre and now holds the UFC light heavyweight crown around his waist after fighting in the UFC for 7 long years. Having coached the Reality TV show "The Ultimate Fighter 1" and defeated competing coach Randy Couture in their rematch after the culmination of the show, Liddell has clearly stepped into the forefront with his cool demeanor and Octagon shaking power. Just ask Jeremy Horn, whom Liddell just defeated in his first title defense and punched in the face until Horn was forced to tap out due to the fact he had been blinded by an accumulation of punches to his eyes, and could no longer see. It is becoming violently clear that the "Iceman" is ready and willing to go to war with both fists cocked and is taking the MMA world by storm.

Considered by most industry pundits as pound for pound, the physically strongest fighter in the UFC, Matt Hughes has carved himself a healthy sized niche in the world of Mixed Martial Arts. He is not only the long running UFC welterweight champion, but also along with teammate Rich Franklin, one of two coaches of "The Ultimate Fighter 2" reality T.V. show that sees fighters train and knock each other off in the Octagon one by one until there is only one fighter left standing. The former electrician and current part time farmer has all the tools to be on top of the MMA for a long, long time and as many of his past opponents will tell you, once Matt Hughes gets on top of you, chances are you aren't getting back up anytime soon.

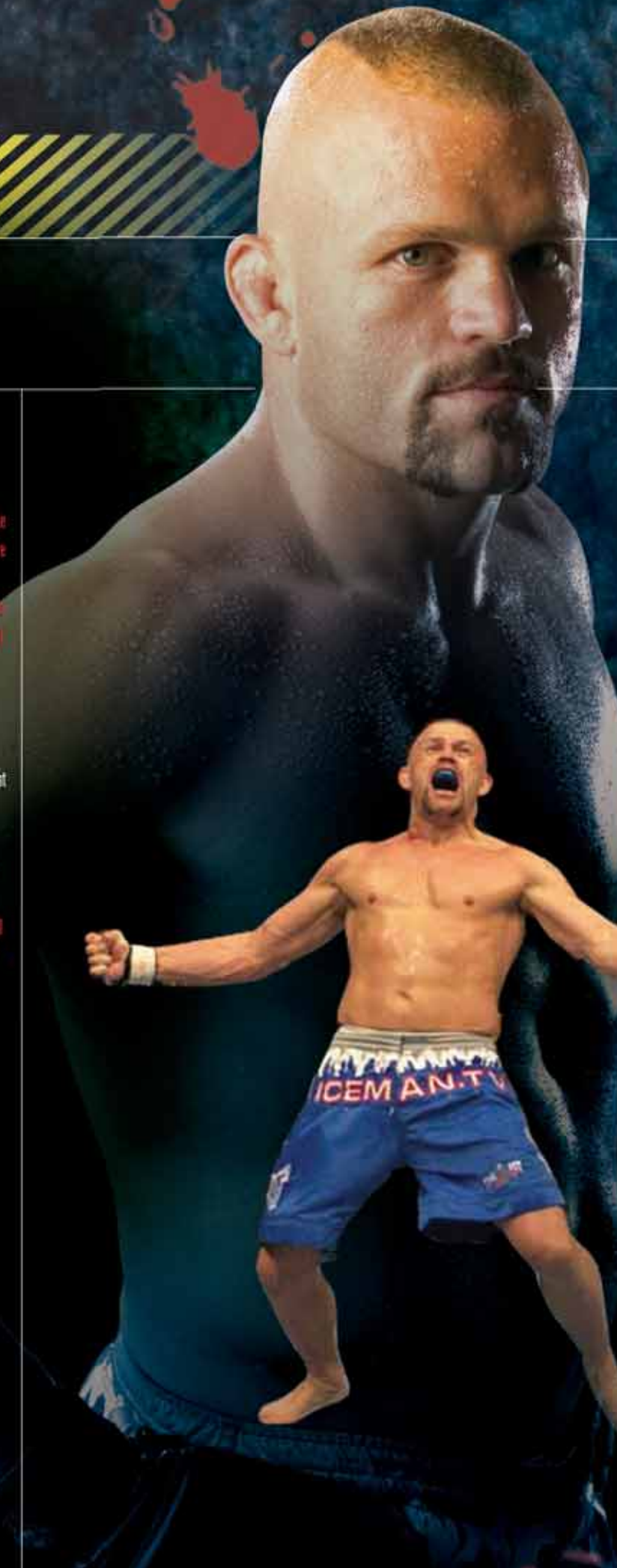


Hughes

EXCLUSIVE INTERVIEWS WITH
CHUCK LIDDELL & MATT HUGHES

CHUCK LIDDELL

THE ICEMAN



DNL: How did you get started in the sport of MMA?
CL: I have done martial arts and wrestling most of my life. I was doing kickboxing and college wrestling when I was finishing at college, someone asked me if I wanted to fight in the UFC. I started learning jiu jitsu and started fighting in the UFC.

DNL: Did you start kickboxing first or did you start wrestling first or at the same time?
CL: I did martial arts when I was twelve and did wrestling when I was 14.

DNL: Tell me about your training what is the hardest training regiment that you have ever had to participate in?
CL: It is because you have to train in everything, you can't just train in one thing and do cardio. You have to do your cardio, and then you have to do your strength and then you have to wrestle, do jiu jitsu, boxing, kickboxing, you need to learn everything.

DNL: Who do you train with that works with all those aspects and makes you into a mixed martial artist?
CL: John Mackleman and John Lewis are my main trainers for mixed martial arts.

DNL: What makes John Mackleman and John Lewis good trainers for Mixed Martial Arts?
CL: Experience, lots of knowledge when it comes to technique, and they work good together.

DNL: Coming into a fight what kind of diet do you follow and does your diet change coming into a fight or is it the same?
CL: The diet does change definitely because I need to lose weight usually in order to fight. I diet down about ten pounds.

DNL: How much weight do you have to cut when you step into the Octagon?
CL: Right before a fight I cut about 5 pounds.

DNL: So your diet changes dramatically after your fight is over and you are not in fighting mode?
CL: Yeah I usually take a break from my diet then I clean it up, then I have an off season which is pretty clean, but I allow myself to cheat here and there.

DNL: What supplements do you take if any to help you with your diet and help you become a top mixed martial arts fighter?
CL: I have a multi vitamin I take, I take a glucosamine chondroitin, and then CG3 from Xyience, my sponsor, it is a blend of arginine, glutamine and creatine.

DNL: So not only are you sponsored by them, but you also use their products?
CL: Yup.

DNL: Did you use their products before you were sponsored by them?
CL: I didn't use their but I used a similar product. One of my friends owned a supplement store and he gave me all my supplements. I never had to pay for supplements it wasn't like I got a sponsor to give me supplements. I had a local supplement store where I could take any supplements I wanted. I had to check them out to make sure they were a suitable quality.

DNL: You were on the Ultimate Fighter TV show. What was it like being sequestered like that on a TV show?
CL: I wasn't sequestered, they talked about maybe doing it with the coaches too, but they thought it wasn't as good TV with the coaches in there making sure they didn't do anything they weren't supposed to.

DNL: What do you think about the level of fighters on the first Ultimate Fighter TV show?
CL: They are all good guys but do need work. They all have potential but a lot of guys with potential do need work. In time they could be some of the main guys in the sport. They are talented guys but need experience and work.

... I take a glucosamine chondroitin, and Nox CG3 from Xyience

DNL: You were training guys that were light heavyweights. You are a light heavyweight. You trained those guys and taught them technique and things like that. What happens if you have to face one of those guys such as a Bonnar or a Griffin down the road?
CL: Well I have trained with them since then too. I have trained with Bonnar before then, but eventually you are going to fight some of the guys you have trained with. The guys that you train with keep getting better and better and sooner or later you have to fight. You know it just makes for a better fight. It will make it more interesting to me.

CL: WDWL. So it is all business?
CL: It is all business.

DNL: So when you step into the octagon no friendships, no alliances, it is all just you against your opponent?
CL: Definitely.

DNL: Having lost to Jeremy Horn did that motivate you more to beat him or did you even care about that?
CL: Definitely that is why I asked for the fight in the first place.

DNL: Having beaten him once that some time in the future to do a rubber match with him?
CL: I don't think a rubber match with him. I mean I don't see why. After the beating I gave him I don't think he wants it either.

DNL: It was a long time coming you were kinda stuck behind Tito Ortiz for a while, but now that you are the champion. What are your goals now that you are already the champion?
CL: My goals are to keep the belt as long as I remain in the UFC. I want to go on and have the best fights coming up and show them that the UFC fights are.

DNL: Having said that how much longer would you like to fight for?
CL: As long as my body will let me I am happy to go.

DNL: You are now a professional mixed martial artist before when you were a struggling mixed martial artist. Did you have to do any jobs, work and train at the same time and if so what types of things did you have to do?
CL: I know my way get and tried to harvest.

DNL: What is the most difficult aspect of being a top MMA fighter?
CL: Well the hardest part for me is knowing the primitive stuff and training for fight, you have got to present everything but you also you have got to train to fight. It is hard to learn because you are training by the time.

DNL: What is the best aspect of being a pro fighter?
CL: I get to do what I love and get paid for it. I love martial arts I have done martial arts since I was a kid and that is what I ended up doing.

DNL: What would you like to do after you get out of the sport of MMA?
CL: I don't know if I will ever be out of it completely so it is hard to say that. I don't know what I am going to do when I am done.

DNL: Is there any last sentiments you would like to parlay to your fans out there?
CL: If they want to check anything out check out iceman.tv that is my website but other than that just keep watching me fight, keep watching this sport, I will keep trying to make exciting fights for people.

After the beating I gave him I don't think he wants it (rematch) either.

MATT HUGHES

THE ULTIMATE FIGHTING CHAMPIONSHIP'S Welterweight Champion



DHL: How did you get started in the world of Mixed Martial Arts?

Matt Hughes: I started fighting back in '96 and before that I was a college wrestler and I had just got done with my junior year of wrestling. It was in the summer and I took a small fight and I liked it and I enjoyed it, a whole year after that I took a second fight. It was just a hobby and I got done wrestling and I was coaching at Eastern Illinois University and I wanted to compete. I was coaching all these wrestlers and they were competing and I was watching them and I had a longing to compete myself. So I somewhat took this sport up as a hobby only and one thing led to another and I got a shot in the UFC, started fighting on PPV, moved to Iowa, trained full time, and I took a title shot.

DHL: Was there ever a time when you thought "I don't know if MMA is the sport for me" because at that time the money was so crappy, so low. You just couldn't seem to be able to find a way into the big show?

MH: There was two times when I really went through a decision on staying with fighting. The first was right before I moved to Iowa. I was working as an electrician for SCB JB and hour and I was coaching wrestling and I loved both of those jobs and I worked them both at the same time. I was working the electrician job all about 3.50 and then at 3.00 I went straight to college and I was a wrestling coach on I loved that lifestyle. My mom told me that I needed to either get into the sport, or get out. It is not something that you want to be half in or half out of, so I took her advice and moved to Iowa. I was either going to get out of the sport or move to Iowa and I chose to move to Iowa.

The second time was I don't know what year it was, maybe in '99 but I lost twice in a row. First I lost to Dennis Hallman at UFC Japan and I lost to [Jose] "Pele" Landi in Kuwait a couple months after that. After that I really went through a "Do I really want to be in this sport?" So I went through a time there where I was going to quit. Actually, the first Carlos Newton fight, if I didn't win that fight I was going to quit the sport. I don't know what I was going to do but I was going to walk away from it.

DHL: Tell me about your training, what is the hardest training regimen that you have ever done in MMA?

MH: Definitely under Pat Miletich, he has been a great guy as a coach, mentor, and positive role model. Pat has put me through some tremendous work outs and usually they consist of me grappling a guy for a couple of minutes, and then a fresh guy coming on top of me for a couple of minutes, and another fresh guy coming on top of me after that. So he used 4 or 5 guys to get one person ready for a fight. And that how everybody is up in Iowa training wise. When somebody has a fight coming up all the attention goes to them.

DHL: Does your reputation as a fighter that does not train as hard as other less talented fighters that are not as genetically gifted bother you at all?

MH: No, that doesn't bother me. Everybody is different and that is just the way it is. I train different than a lot of other people.

You know I would say there are a lot of fighters out there that train less than I do! So it just happens to be the way it is.

DHL: Would you consider that statement incorrect or would you say it is moderately true?

MH: Yeah that would be someone correct, it is not that I have to rely on them but I get in shape quick. That is just the way it is, I am a very lucky person.

DHL: What kind of training do you do that separates Mixed Martial Arts from other sports?

MH: Well in our sport you have got to be very well rounded so I have got to work my boxing, I have to work my kickboxing, I have to work my takedowns, I have to work my submissions. You know in our sport you have got to be very well rounded to work every angle as far as wrestling takedowns and striking. There is not another sport that you have to

take a look at so many angles and try to learn. There is a lot to learn in our sport.

DHL: So what you are saying is that like a baseball player, he can be a good hitter and not be a great field player and still make a good living?

MH: Sure, to be a world champ in our sport you got to be well rounded.

...in our sport you have got to be very well rounded to work every angle as far as wrestling takedowns and striking.

DHL: In terms of supplements, do you take any supplements that help you maintain a high level of fitness, that help your ability to make weight and do all the things to be a top level mixed martial arts athlete?

MH: I like Creatine Monohydrate, it is just something that I have been taking since I was a wrestler, back in my college days and my body just likes it. It seems I get big quick on it and I have never had a cramp, or any other side effect whatsoever with it so I like Creatine Monohydrate.

DHL: You are on the Ultimate Fighter TV show, that must have been different, a big change for you. What was it like being on the reality TV show being sequestered the way that you guys were?

MH: It was very different. I was not used to walking around all day with a camera in my face. It took some getting used to but after a couple weeks I was getting used to it. It was a pure coaching environment. I had no reason not to go to practice and teach, and the guys had no reason not to come to practice. They were there to be coached and I was there to be their coach and that is it. I didn't have to worry about missing the train, or paying bills, picking up my son at school. I mean it was all taken care of for me. All I had to do was coach.

DHL: What are your thoughts on having coached people on the show, people that are in your weight class, that may someday down the road may or may not have to compete against you?

MH: That didn't bother me. If that is the way it is down the road then I can live with that. If one of my pupils beats me too, three years down the road that is fine, that is obviously the way it is supposed to be. I can live with that.

DHL: Was there any time or any point during when you were watching the first four episodes where you felt like they are portraying me in a way that maybe you are not happy with?

MH: No, my wife has gone on the internet and a lot of people think that I am kind of an asshole and I know I replied back to her, this is a tough sport, and I was just there to see who should be there and who shouldn't. And maybe a couple of guys on the show should have been there. What we do is very rough and I got to teach those guys that "Hey if you are going to be in this sport, this is what you have got to get yourself prepared." Because you don't want to walk into the Octagon or into any fight where the other guys are trying to take your head off and not be prepared. So yeah, I spend some guy's eyes up and maybe some guys after the sport are going to walk out and think "I shouldn't be in this sport", but that is what I feel I was there to do.

DHL: Things are obviously going very well with you and the UFC, can you tell me about some of the other jobs that you did before you were an MMA fighter or during the time you were an MMA fighter, other than being a wrestling coach?

MH: I was an electrician for five years, I liked it a lot, the biggest thing that I have done that I still do is I work on the family farm. Actually I was out there today and we were going to shell some corn but we got some rain, that is actually why I am at home right now and not in Iowa is to work on the family farm.

DHL: What in your opinion is the best aspect of being a pro mixed martial arts fighter?

MH: The lifestyle is pretty nice. I can take off whenever I want, I can do anything with my wife. My schedule is pretty much all free I can walk off my own time whenever I see fit.

DHL: Is there anything in that you would like to say to the MMA fans, the ultimate fighter fans and the Matt Hughes fans out there?

MH: Just have to say thanks for the support. I am one of those guys that what you see is what you get. Whatever you see on the show is pretty much how I am. I am a pretty much a down to earth easy going guy but I am a competitor. Everyone needs to know that, I don't like to lose at anything. If there is something that I think I will lose at, I won't do it. Whether it be some game on my front yard throwing bags, or horse rides or something, I won't do it.

I like Creatine Monohydrate, it is just something that I have been taking since I was a wrestler



MMA Ring Report

ARNOLD "THE SUSHIBOY" LIM



Mixed Martial Arts writer and Photographer Arnold "The Sushiboy" Lim is a regular on the Canadian and American Mixed martial arts scene, traveling all over North America for interviews, event coverage and MMA photography. Hailing from Victoria, British Columbia, his stories and Photo's have been seen on the pages of the two biggest mixed martial arts Magazines in the world, Gong and Kakutougi Tsushin magazine, both of which are based in Japan. His stories and photo's have also been seen on the pages of North American magazines Full Contact Fighter, FightSport, and now Double XL magazine. He also runs his own MMA website which can be found at www.mmaringreport.com.

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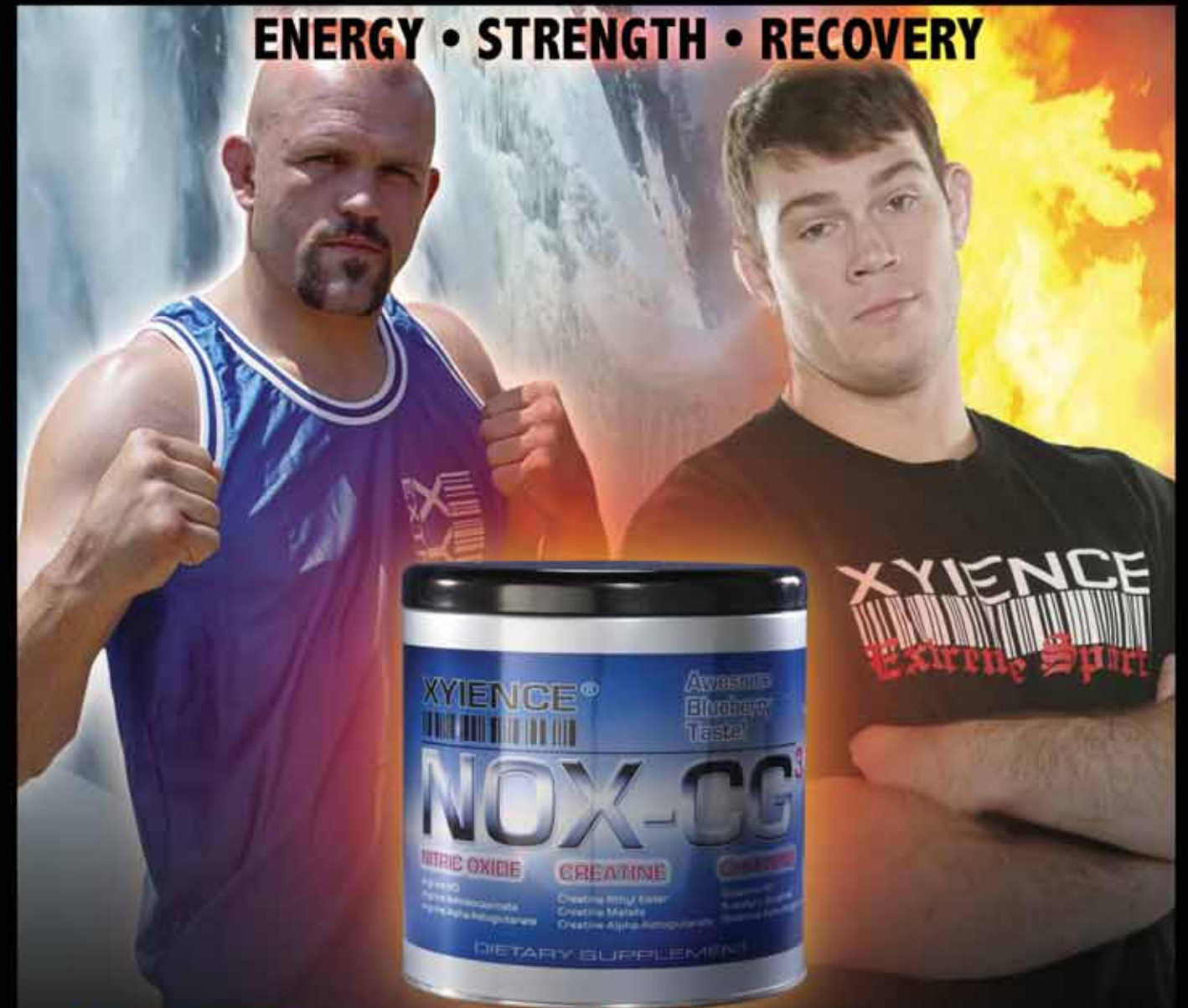
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Camille Anderson, remember that name. She's already broken into the mainstream world of ultra-popular magazines such as *Stuff* (cover August 2005,) *Nuts* (UK top 100 girls for 2005,) *Loaded*, *Playboy*, *Ramp*, *Marie Claire*, *FHM*, *Razor*, *American Health & Fitness*, *Men's Edge* and finally *Double XL Magazine*. Now, she's taking over the entertainment world with her television and movie roles. In her biggest role yet, Anderson appears in the hit comedy film *The Wedding Crashers*, with Vince Vaughn and Owen Wilson.

On television, Camille just signed to co-host Mark Cuban's HDTVAdventure/Travel series, *GET OUT* which films 13 episodes in New Zealand and Australia this Fall.

And if you're a fan of *Las Vegas* on NBC, watch for Camille Anderson. Her character, Lisa, will be returning for more episodes!

Next time you're flipping channels on your television set, beware! Camille has appeared in multiple commercials, such as Sony Play Station, Coors, Bud-Lite, and Burger King to name a few. A consummate professional with dynamic talent, don't be surprised when the name Camille Anderson becomes a household name. (August 2005)

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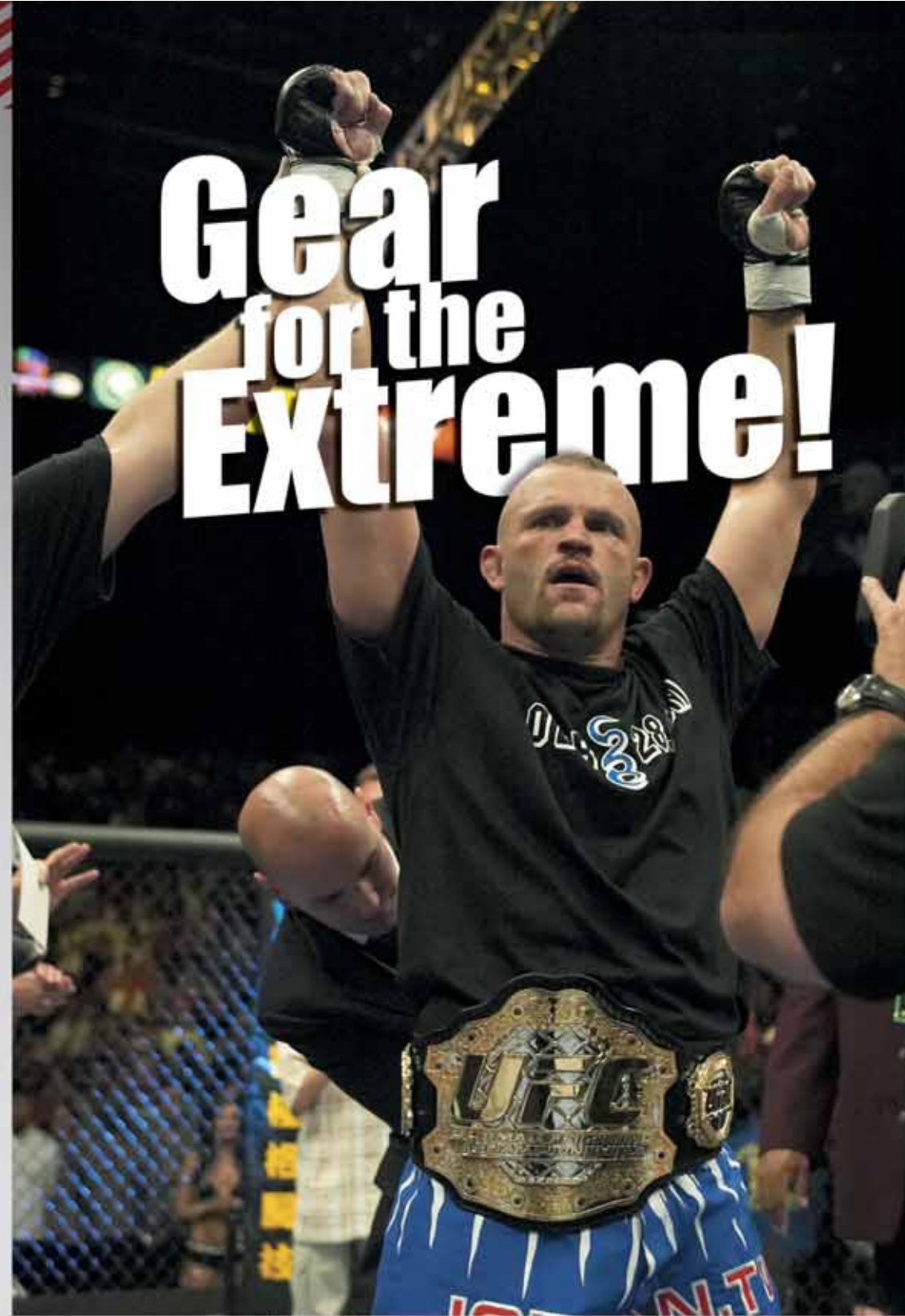
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Hometown: Brodnica, Poland
Measurements: Height
163 cm 90/60/90
Ethnic Background: 100% Polish
Interests: Motor sports and racing,
horseback riding, traveling,
biotechnology.
Hobbies: Health and Fitness.
Turn-Ons: Sexy abs & strong arms.
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