THE WORLD'S FIRST 100% DIGITAL BODYBUILDING MAGAZINE™

JACK'D™

MAGAZINE

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23" GUN SALUTE

MASS MONSTERS TAKE OVER VEGAS!

jackdmagazine.com

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FALL 2012

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JACK'D™ MAGAZINE

THE EDITOR

derek hart

WELCOME

the world's first 100% digital bodybuilding magazine

Welcome to the first edition of JACK'D MAGAZINE!

I'd like to personally thank you for downloading and supporting the new evolution in bodybuilding magazines - JACK'D MAGAZINE. Bodybuilding is forever evolving and it's time that the bodybuilding magazine industry follows suit. JACK'D MAGAZINE is the world's first, 100% digital bodybuilding magazine. We're proud to bring you a hard-core, no-nonsense, magazine that's not full of fluff and bull sh*t. We get right to the point by giving you articles and advice on hard-core training, nutrition and supplementation, up-to-date information on strength and conditioning research, facts and fiction regarding supplement ingredients and proper use, with reviews of the newest products on the market and more.

JACK'D MAGAZINE will change the rules on how the sport of bodybuilding is read by you the bodybuilding fan. No longer will your basement be full of print magazines taking up space, you can keep JACK'D MAGAZINE on your ipad, iphone, android device or computer and access it's features at any time. JACK'D is fully interactive, includes videos, online-polls, links to facebook, twitter, youtube, your favorite bodybuilding sites and more - it's a magazine and fully interactive website in one!

Every now and then a new idea comes along and changes the way people think - JACK'D MAGAZINE does just that. So welcome to the new age of bodybuilding magazines; remember, train hard, eat smart, use your supplements, always give 100% in everything you do and **GET JACK'D!**

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COVER: Cutler Athletics

CAN YOU HANDLE IT?

Are you searching for the most powerful pre-workout available? The truth is, DARK RAGE is so freakin' strong most guys can't even handle one scoop... can you? Forget about 1,3-DMAA – it ain't JACK SH%# compared to the powerful pump inducing, mind altering, blood volumizing and hair raising pre-workout DARK RAGE. The question isn't whether DARK RAGE will blast your training into the muscle building stratosphere. Instead, the question is "*Can You Handle It?*"

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GREEN COFFEE IS DA' SHIT!

» A new university clinical study has shown that green coffee bean extract may have the ability to boost the body's own natural ability to burn fat at an increased rate while also helping to regulate blood-sugar levels and supplying the body with the extra healing power of antioxidants. Coffee, the nations #1 addiction can be good for you!

COFFEE REDUCES RISK OF HEART FAILURE!

» 2 cups of coffee a day has been shown in a new research study to help decrease the risk of heart failur. Now this is two 8oz cups of coffee, not your triple-shot, venti mocchachico or Trenti cup from your favorite Starbucks!

A-H-H-NOLD!

ARNOLD'S BACK IN ACTION!

Arnold is staring in Expendables 2 which will be released on DVD and Blue Ray Nov. 20th. It stars action heavyweights Sylvester Stallone, Jason Statham, Jet Li, Dolph Lundgren, THE, yes THE Chuck Norris, Terry Crews, Randy Couture, Liam Hemsworth and the one-and-only, he makes chicks with bricks, JVD – Jean-Claude VanDamme!

!!!CLICK ON ME TO PLAY DAMMIT!!!

GOOGLE KICKING SAND IN THE FACE OF GOLD'S VENICE!

» Google is taking over the famed Venice Beach by moving a shit-load of sales and technology employees into 100,000 square feet in two buildings and it's not stopping there! Google is negotiating leases on another 100,000 square feet, 31,000 of that includes the lot which is currently home of the Mecca of bodybuilding - Gold's Gym! Unfortunately the gym where it all started might be closing their doors forever.

HE'S BACK AGAIN!

THE LAST STAND:
»He told you he'd be back, and he kept his promise! After 8 years of service of Governor of California, Arnold Schwarzenegger is back where he belongs – starring in action flicks. In the 'The Last Stand', Arnold plays an aging Sheriff who must stop a dangerous cartel who needs to pass through his small town to reach the Mexican border.

R?? YA HEARD

Arnold Schwarzenegger spent a little time behind bars when he was 18, after he got caught skipping out on his military duties to attend a bodybuilding contest.

The actor and former California Governor told reporters that he was serving his mandatory year in the Austrian Army in the 1960s, when he decided to leave town and attend the Junior Mr. Europe contest in Germany.

He won, but the stunt landed him two or three days in the army jail. Eventually, his officers supported his efforts and even helped him with food and a makeshift gym.

> "ARNOLD DID EVERYTHING HE COULD TO FOLLOW HIS DREAM OF BEING THE BEST BODYBUILDER ON THE PLANET!

Schwarzenegger, who went on to win titles like Mr. Olympia and Mr. Universe, is the subject of the new ESPN Films documentary, "Arnold's Blueprint."

23" GUN SALUTE

Model:
Lou Joseph

Website
loujoseph.com

Location
Windsor, Ontario

Years Training
15

100% CERTIFIED JACK'D!

"Balls to the wall routine to help you get those 23" guns!

Everyone wants big arms, it's the first thing people train when they start bodybuilding - aside from chest of course! But the problem is many beginners and even experienced bodybuilders over-train their arms and actually hurt their progress rather than help it. Here's an exercise routine you can do once a week to help you pack on the size and prevent you from over-training.

Note: Since we're going all out with these exercises make sure you warm up properly and stretch both your bi's and tri's before starting. Don't perform a routine like this not fully warmed up and stretched, you'll just get hurt.

PREACHER CURL:

First exercise we'll do is the preacher curl. Depending on your size and what feels comfortable will dictate whether you use a close or wide grip. Let's face it, if you're jack'd with shoulders as wide as a 747 you're not going to be doing close grip. This will feel wrong, as if you're

"DON'T BE A PUSSY, MAKE EVERY SET AS IF IT WERE YOUR LAST!

» Lou knows what it takes to get 23" guns, he trains with 100% intensity at every workout!

shrugging your shoulders inward and may lead to injury. From here you'll be doing 3 sets using a weight where you can only do 8 reps max with an additional 2 forced. By now you should start feeling your muscles pumping up like crazy!

SKULL CRUSHER WITH PRESS:

Next flip to a movement for tri's so you can give your biceps a rest - skull crushers. Once again you'll be doing 3 sets of skull crushers, 8 reps max with an additional 2 forced reps at the end. After your forced reps on each set, bring the bar up to your chest and do presses to failure. It shouldn't take long if you've done the skull crushers right - your tri's will be toast. And remember, they call this exercise the skull crusher for a reason, so make sure you have a spotter you can trust!

SEATED DUMBBELL CURL:

Now that we've done one exercise for the biceps and one for the triceps we'll go back to biceps again with the seated dumbbell curl; seated so you don't cheat!

Set the bench up at a 45 degree angle and then when seated, keep your upper arm perpendicular (at a 90 degree angle) to the floor and do not move it while performing the exercise. Curl the weight up until you feel the full squeeze in your biceps, hold the weight at

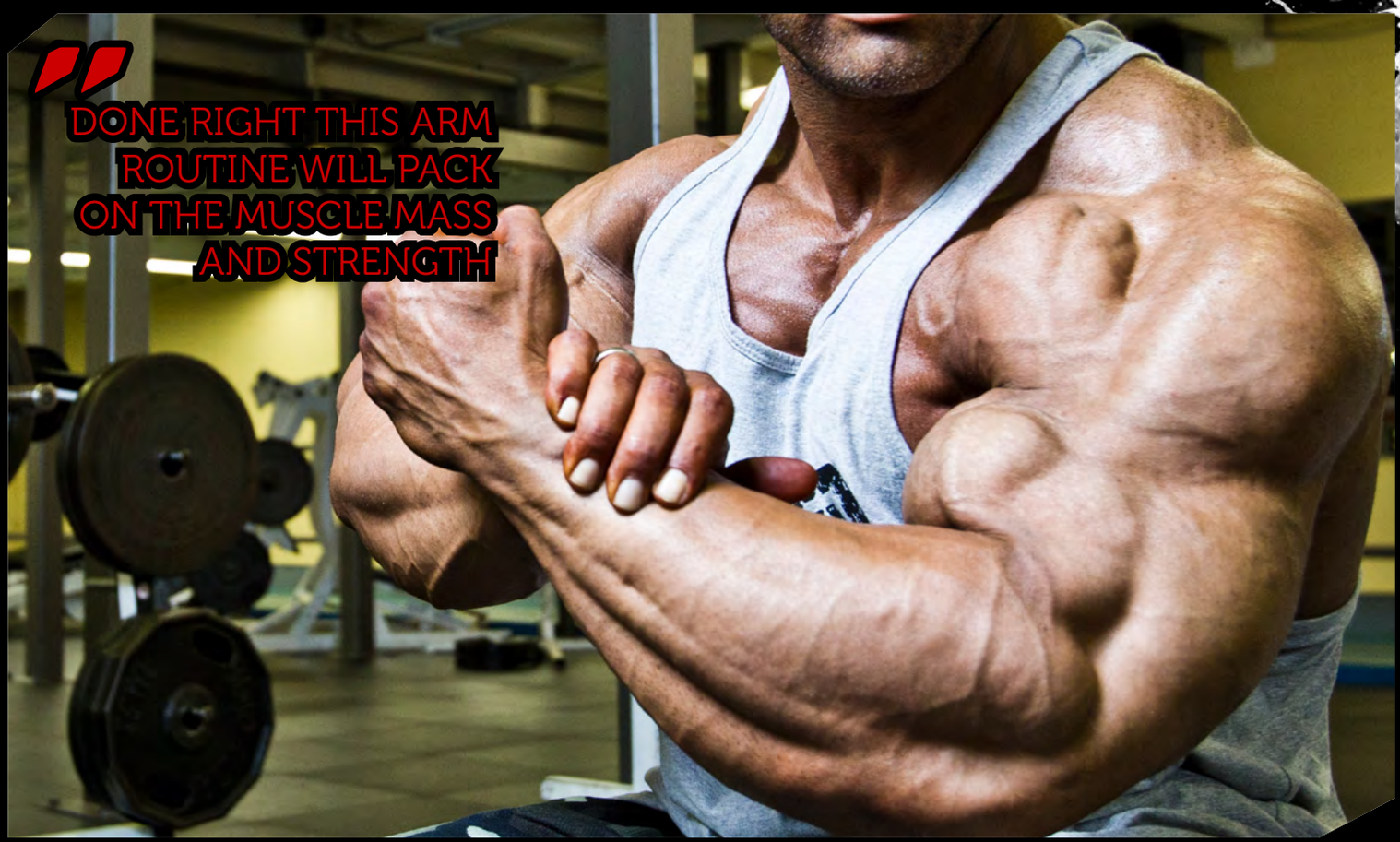
the top for a second and then control the weight while you lower it - don't just drop it. Once again 3 sets of 8 and 2 forced.

DIPS ON A BENCH OR BARS:

Dips on a bench or on the parallel bars are next. Your arms should be starting to scream at this point, so if you can do weighted dips great, if not, don't worry it's not the weight you lift, but how you lift it that counts. Keep training like this and your strength will skyrocket! 3 sets for 8 reps and 2 forced, however if performing the exercise weighted on a bench substitute the 2 forced reps by removing the weight and going to failure; unless you want your training partner to either straddle you and pull you up from the hips or slide underneath you and press you up by your ass! Needless to say, don't do either!

HERCULES CURL:

Now your arms should be screaming, so we'll do less of



CUTLER ATHLETICS

Jay Cutler

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> AT THE END YOU CAN GIVE IT A LITTLE TWIST OUT AND POP YOUR TRIS EVEN MORE

...NOW YOUR ARMS SHOULD FEEL LIKE THEY'RE GOING TO POP AT THE SEAMS!!!

a mass movement and flip to Hercules Curl to get the blood flowing and to stretch out your muscle fibres. Set up the cable-crossover machine to it's highest level and choose a weight where you can do 3 sets of 15-20 reps with an extra final 2 forced. By this time in the routine the weight won't be much but it'll give you one hell of a burn. After the last forced rep, extend your arms and hold them out for a count of 60 which will stretch the muscle fibres allowing more blood to flow to the muscles - now your armsthey should feel like they're going to pop at the seams!

TRICEPS PUSHDOWN:

One last exercise and you're done, the triceps cable push-down using the rope. Why use the rope you ask and not the straight or cambered bar, because at the end you can give it a little twist out and pop your tri's even more. You can use either if you prefer, but that little extra kick goes a long way. Just as you did with the Hercules Curl, do 3 sets of 15-20 reps with 2 forced reps at the end. This time at the end of your last forced rep, lower the weight so your arms are fully bent twist your body so it's facing away from the stack so now the rope is behind your head, take a little step forward until you feel a

stretch in your tri's and hold for a count of 60.

HAMMER CURL:

Every now and then if you're feeling up to it and you're not about to puke or pass out, do one set hammer curls after the workout using a medium weight so you can pump out at least 20-30 reps until failure, just to give your forearms a little push to grow even bigger - as if they're not on fire already!

There you have it, give this routine and blast your arms out 'till they explode and see how much your arms will grow and how your strength will skyrocket - and in no time you too may be giving your own 23" GUNS SALUTE!

BICEPS

- Preacher Curls
- Seated Dumbbell curls
- Hercules curls
- Hammer curls

TRICEPS

- Skull Crushers
- Dips on Bench or Bar
- Rope Pushdowns

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WHAT COLOR IS YOUR PEE...

AND WHAT DOES IT MEAN??

NOTE: CHANGES IN URINE COLOR CAN BE AN INDICATOR FOR SOME SERIOUS HEALTH ISSUES. WE ARE NOT DOCTORS OR CLAIM TO BE, WE ARE GIVING YOU SOME INSIGHT TO WHAT CAN HAPPEN AND DO NOT HAVE DEFINITIVE ANSWERS TO YOUR INDIVIDUAL SITUATION. ALWAYS CONSULT YOUR PHYSICIAN WITH QUESTIONS REGARDING THIS TYPE OF ISSUE.

Ever go to the restroom after eating a sh*t load of asparagus and low and behold your pee is green, let alone smells a bit off? How about after taking your multivitamins, ever notice your urine turns bright yellow, heck, pee can even be blue or brown. What does this mean, is your body doing something funky making pee all colors of the rainbow, or does it actually mean something health wise? Well, here at JACK'D we were thinking the same thing one day after one of the boys had a wild night out on the town and ended up peeing blue here at the office – what the F*#K is that!?!?

LIGHT YELLOW – NORMAL COLOR

Your kidneys are used by the body as part of its filtration system. They process blood plasma allowing water, sugars, vitamins, amino acids and other vital substances back into the bloodstream while eliminating excess water, salts and minerals, as well as urea from protein digestion (your body doesn't

soak up all that chicken breast you eat), uric acid, creatinine from muscle breakdown (This one is important for bodybuilders), as well as other waste and toxins. One of these is urochrome, which is a yellow pigment that comes from the processing of dead blood cells in the liver (another part of your body's filtration system) and this is what gives your pee it's pale yellow color, almost straw like color which is normal.

Straw colored, light yellow urine is usually an indication of healthy kidney and body functioning. The light straw

"It's a few nights before my next show

it's time to get serious and the water must go,

So down goes one gallon, two gallons, three

So much water every minute I pee!

Can't leave the house, can't even fall asleep,

'cause as soon as I do I have to take a leak!

Two days of this, maybe even three,

how much water, can one person pee?

It's Friday before the show, no more water I need drink.

Time to carb load, reflect and think...

But wait a second, I continue to pee,

flushing the water from under me skin so now everyone can see,

how shredded I am, with muscles so thick,

Peed so much I nearly blew off my..."

yellow urine may have little to no odor, with a few bubbles in the urine, little to no foam and have a clear urine consistency. The light color of the pee indicates that your body is well hydrated and excreting waste at a normal level.

CLEAR URINE

If you've been hitting the gym pretty hard and been drinking an excess of water, or taking diuretics such as coffee or beer (come on, you have to have some fun), the urine may have little or no color and appear clear. This can be normal and the body should reset its water balance giving you light yellow pee, however, if you have taken too many diuretics and your pee continues to be clear this could be a problem as you may have eliminated too much salt, potassium and other vital nutrients from your body which can cause serious health effects, even death. Drinking an excess amount of water can also lead to this type of situation in the body. Remember, there is a delicate balance with hydration and your body – you don't want to upset this!

DARK YELLOW URINE

Opposite of drinking too much water, urine becoming a deeper yellow may be a sign that you have not been drinking enough liquids and your body is dehydrated which can be caused by excess sweating as you're pumping out those last few reps. Remember the golden rule, if you're thirsty, then you're already dehydrated. You may also notice that your pee may turn a bright yellow when taking multivitamins as there is an excess amount of waste being excreted by the body. Liver problems or jaundice can also cause your urine to become a darker shade yellow color. Be sure you have been drinking enough fluids before jumping to conclusions, but when in doubt, consult your physician.

GREEN URINE SOMETIMES OCCURS DURING URINARY TRACT INFECTIONS CAUSED BY PSEUDOMONAS BACTERIA YOU MIGHT HAVE PICKED THAT UP FROM THE HOT DATE YOU HAD LAST FRIDAY.

ORANGE URINE

You've probably eaten too many carrots if you pee is orange – gone a little juicer crazy have you! Also, too much Vitamin C may turn the urine orange as well as certain medications such as the anti-inflammatory drug sulfasalazine (Azulfidine), some laxatives and other drugs. In some cases, orange urine can indicate a problem with your liver or bile duct, especially if you also have light-colored stools. Orange urine may also be caused by dehydration, which can concentrate your urine and make it much deeper in color as discussed previously.

GREENISH OR BLUE URINE

A urinary tract infection, bile problems and certain drugs can cause the urine to turn greenish. A brighter green color is an indication of an excess of B vitamins. Urine with a bluish tint can be caused by a psuedomonas bacterial infection. It can also be an indication of high levels of calcium. Discolored urine is often caused by medications, certain foods or food dyes. Once again certain medications produce blue or green urine, like Propofol – yes that Propofol. In some cases, though, changes in urine color may be caused by certain health problems. Familial hypercalcemia, a rare inherited disorder, is sometimes called blue diaper syndrome because children with the disorder have blue urine. Green urine sometimes occurs during urinary tract infections caused by pseudomonas bacteria you might have picked that up from the hot date you had last Friday.

COLORS THAT MAY INDICATE SERIOUS HEALTH PROBLEMS!

CLOUDY OR MILKY LOOKING

Cloudy or milky urine is a sign of a urinary tract infection, which may also cause it to have a bad smell. Milky urine may also be caused by bacteria, crystals, fat, white or red blood cells, or mucus in the urine – the hot date you had last Saturday.

BROWN URINE

Joking aside here we get serious. Brown urine can be an indication of a serious medical condition. It could be caused by liver disease, hepatitis, melanoma cancer, or copper poisoning. A

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WHAT'S YOUR HYDRATION STRATEGY?

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...his legs felt as if they were splitting in half like a hot dog left in the microwave too long. He thought he had just over did it, until he went to take a piss and it looked like iced tea.

number of drugs can darken urine, including the antibiotics metronidazole and nitrofurantoin, laxatives containing cascara or senna, and methocarbamol — a muscle relaxant.

Some liver and kidney disorders can turn urine dark brown, as can some urinary tract infections. One of these is excessive muscle breakdown or even muscle death. But note that if you had recently eaten fava beans or taken a laxative, your urine also could turn brown.
"I ate his liver with some fava beans and a nice bottle of Chiante, pfffffftpfffffftpfffffftpffffft..."

SIDE STORY: This is not a joke. I know of someone who hadn't done squats in a while and then one day went to an MMA gym to

take part in a tryout. Not wanting to look like he was a wimp, kept on doing free squats along with the instructor with sets of 100 then running 4 flights of stairs in between each set. His legs were killing him and he couldn't do any more.

Well a few days later, the stiffness you usually feel from a good workout didn't go away. In fact, his legs felt as if they were splitting in half like a hot dog left in the microwave too long. He thought he had just over did it, until he went to take a piss and it looked like iced tea. Thinking to himself, this is odd, he drank a few bottles of water to rehydrate himself. Well the brown color didn't go away. After about an hour he called his doctor and was told to go to the emergency room right away. Turns out he trained so much he didn't just break down some muscle, he actually killed it. The dead muscle cells were clogging up his kidneys and he was close to kidney failure. Luckily they caught it in time and were able to flush his kidneys out and after about a month or two of severe, and I mean severe leg stiffness and pain he was back to normal. Moral of the story, don't be a hero, your muscles burn when you do hard reps for a reason, don't push it!

Pink, Red or BLOOD

Despite its alarming appearance, red urine may not be necessarily serious. It could be caused by certain foods like beets, blackberries and rhubarb. Some antibiotics and other medications and even mercury poisoning can also turn the urine red. However, if you see any hint of red in your pee call your doctor as this can also be caused by blood in the urine. Factors that can cause urinary blood (hematuria) include urinary tract infections, enlarged prostate, cancerous and noncancerous tumors, kidney cysts, long-distance running, and kidney or bladder stones. Even the smallest amount of blood in the urine can give it a red tint. Sometimes you may even see actually droplets of blood. A bladder infection, kidney stones or bladder stones can result in urine with red in it. Also, a slight injury to the bladder or kidney can result in bleeding into the urine. Some MMA fighters have been known to pass blood in their urine after a fight.

> "if you see any hint of red in your pee call your doctor as this can also be caused by blood in the urine!

If you see what looks like blood in your urine, it is a good idea to go to the doctor!

FINAL WORD...

The color of your urine may determine the state of your health. Your kidneys process liquids from what you have been eating and drinking, and the resulting urine consists of water and dissolved waste material. Certain colors of your urine can indicate problems, diseases or imbalances in your diet, make an appointment with your health care provider if you have:

- Abnormal urine color that cannot be explained and does not go away
- Blood in your urine, even once
- Clear, dark-brown urine, especially if you also have pale stools, yellow skin and eyes
- Pink, red, or smoky-brown urine that is not due to a food or medication

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WELCOME
to the
ULTIMATE
CHEAT MEAL!

Going to Vegas to watch the Olympia, well make sure you check this place out and see if you got what it takes to down this behemoth of a burger...

Imagine it's the summer and the date is coming up fast – September and the Mr. Olympia in beautiful Las Vegas Nevada! This is the time when you can meet with other bodybuilders, talk shop, but most importantly hang out at the show and by the pool and show everyone what you've trained so hard for. And if you're lucky enough to actually be competing that weekend, enjoy your time on the grandest stage of all – Mr. Olympia! Now then, after the weekend is over what do you do? Well if you don't have a photo shoot scheduled the first place you'll be heading is the restaurant – you've dieted long enough and now it's time to cheat – but what do you have? Well this just may be the Ultimate Cheat Meal you can have in Las Vegas, the Quadruple Bypass Burger at the Heart Attack Grill! That's right you heard correctly – the Heart Attack Grill, the home of one of the biggest, meatiest, cheesiest, bacon filled, monsters you may ever lay your hands on.

» CONTINUED

The Heart Attack Grill is located at 450 Fremont Street in the heart of old Las Vegas. You'll notice the neon sign right away with their very own ambulance parked right underneath. Once through the doors you will be greeted by a nurse, dressed in a skin tight nursing uniform straight off the set of your favorite video produced in Chatsworth California ('da valley) who will certainly start your blood pressure to rise … and you haven't even taken a bit of the burger yet! The owner Jon Basso dresses as the staff cardiologist, complete with doctor's coat and stethoscope. The diners are called patients and are adorned with hospital gowns while they partake in the party-clinic atmosphere.

At the Heart Attack Grill you will gorge yourself on a simple menu of meat, potatoes, shakes and booze. And get this, they have a scale on site, and if you weight more than 350 Lbs you eat FREE – yes FREE! I don't want to be the owner when the strongman competitors head that way, those guys can eat! Get ready for this, the "Flatliner" fries are cooked in lard, their milkshakes are made with pure cream, and there are four flavors of "bypass" burgers, as in single, double, triple or quadruple bypass. Not to mention the assortment of alcoholic beverages, with the top of the list being the 22oz, half-liquor, frozen margaritas; well, this is Vegas ya' know!

Once you've placed your order and are all gowned up and ready to go, the nurse will bring you what could be

your last meal ... a juicy, mouth-watering, cheese laden, bacon wrapped, topped to the gills burger that will make your eyes pop! The first bite and your mouth will be filled with ecstasy as your taste buds have been subjected to the fantastic flavors of plain chicken, fish and maybe some bland, sweet potato. Now your body doesn't know what to do, this isn't part of your normal getting ripped for the Olympia diet, this is red meat, filled and topped with fat – how sweet it is!

As you continue to eat your mouth will drool, your hands will shake and you'll begin to sweat as all of the super-fatty goodness, laced with carbs and bacon (yes bacon is its own food group) is absorbed by your stomach and quickly rushed to your starving muscles. Then for the next day or so you'll have what may be the best pump of your life, along with veins that pop out of your skin like pythons covering your body ... ahhhhhh what a feeling.

After you're finished what could be the craziest burger you've ever eaten, crammed as many fries into you as you can and washed it down with some iced-cold booze ... I prefer liquors as beer will bloat you and take up valuable hamburger space in your stomach ... you'll be ready to hit the town or the toilet!

If you visit the Heart Attack Grill while in Vegas, be sure to take photos and send them to us to post online or even in the mag and share with the world your experience with the Ultimate Cheat Meal!

The Quadruple Bypass Burger can top 10,000 calories. Basso said the Guinness World Records book contacted him to say that the burger was being crowned as the most caloric sandwich on the planet!!!!

GUINNESS WORLD RECORDS

» CONTINUED

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Flavor Muscle & Bodybuilding, October 2011, "Best Tasting Chocolate Protein"

WARNING: you may want to consider bringing along with you your own survival pack due to the fact that if you've been dieting hard your body hasn't seen any food like this for some time and it may not know how to react. This should include a bottle of antacid, pepto, maybe some Imodium to slow the digestion down a bit, your own toilet paper (let's face it, some of the stuff in public washrooms is like sand paper) and some ass wipes. Let's just say that what your body doesn't absorb, may just come rushing out the back end so to speak – IT MAY GET MESSY IN THERE!

The Quadruple Bypass Burger can top 10,000 calories. Basso said the Guinness World Records book contacted him to say that the burger was being crowned the most caloric sandwich on Earth.

the latest diet craze is here... click on the big guy to play!!!
<---

WTF, check out the News Below!!!

Just as this article was being written a second person collapsed of a heart attack (no joke) while consuming a bypass burger. Owner Jon Basso said Monday that he wishes the customer a swift and full recovery. But, he added, the woman got exactly what she asked for: a brush with death.

"We attract an avant-garde clientele — thrill seekers, risk takers," he told the Los Angeles Times, adding that his restaurant is a "bad for you but fun" restaurant that "attracts people who don't really take good care of their health." The condition of the woman was not immediately known; she was wheeled out of the restaurant by paramedics. She had been downing a margarita and smoking a cigarette before she was stricken, Basso said.

"She was eating, drinking, smoking, laughing, dancing, having fun," Basso said of the restaurant-goer, who fell unconscious Saturday night. "But when you treat your body like that day in and day out, eventually your body is going to give out." The Heart Attack Grill is a hospital-themed restaurant that belly laughs at doctors' orders to steer clear of excessively caloric and fatty meals.

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DISCLAIMER: Government agencies and various politically-correct busy bodies insist that we state: "The American Medical Association has denied Dr. Jon the right to continue practicing medicine in the United States. His nurses are not certified by the state of Nevada."

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TORONTO PRO SUPERSHOW SUMMER REWIND REVIEW... 2012

Big Bill Wilmore Wins The Second Annual TORONTO PRO SUPERSHOW!

Just a few weeks after the famed New York Pro some of the top bodybuilders in the world made their way to Toronto, Ontario, Canada to compete in the TO Pro Super Show . Toronto is home of the CN Tower, the Toronto Blue Jay's, the Raptors and the infamous, but always a crazy-good time, Government Night Club.

This is the second edition of the Toronto Pro Super Show organized by promoter Ron Hache, and it is quickly becoming a must-see show in the IFBB circuit. Along with pro bodybuilding, the Toronto Pro Super Show includes pro fitness, figure, bikini, physique, MMA, strongmen, weightlifting events and more. There is also a very large trade show/expo where the best supplement and fitness companies in the world come to show off their products and services.

Like the Olympia and Arnold Classic, the Toronto Pro Super Show is split up into a three day event. Prejudging for the various categories is Friday during the day and at night; finals for the women are Friday night and Saturday night are the finals for the men. The trade show is open to the public Friday, Saturday and Sunday where fans can take in the action and have a chance to meet some of their favorite pros for autographs, photos and the chance to chat. One booth in particular was the highlight of the expo and that was the one organized by Valerio Mosca and Team Body Pro. Team Body Pro hosted the past four Mr. Olympia's at their booth all at the same time! This of course was Jay Cutler, Ronnie Coleman, Dexter Jackson and reigning Mr. Olympia "The Gift" Phil Heath. These pros were signing autographs and mingling with the fans! Give it up for Team Body Pro owner Valerio Mosca for bringing such a great lineup to his Team Body Pro booth! No other show I can think of have ever had so many Mr. Olympia champions in the same booth – it was truly

1.BILL WILMORE

2.JON DELAROSA

3.GRIGORI ATOYAN

4. VAUGHAN ETTIENNE

5. CHRIS WHITE

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WHAT'S YOUR HYDRATION STRATEGY?

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1.LUKAS OSLADIL

2.MUHAMMAD MASOOM BUTT

3.MBOYA EDWARDS

4.GUY CISTERNINO

5.LYNDON BELGRAVE

history in the making. The response was huge! Fans were lined up for hours around the corner to meet these icons and true ambassadors of the sport of bodybuilding. I mean come on, where else could you get Ronnie Colman's autograph, take a photo with him, chat for a couple mins, then move a few feet and meet Phil Heath, then Dexter Jackson and then the man himself, Jay Cutler? This is why the Toronto Pro Super Show truly delivered an amazing weekend and is becoming one of the must-see-events of the IFBB season.

Now let's get to the action on stage with the pros. The 212 division was just as large as it was in New York City with some 11 competitors hitting the stage with great physiques showcasing these athletes hard work. Some of the competitors included Lukas Osladil, Muhammad Massom, Mboya Edwards, Guy Cisternino and Lyndon Belgrave. For a few of the athletes, this was their first time competing on the IFBB Pro stage. One of those was Lukas Osladil, the winner of the 212 division– who I like to call the "Czech Commando" 'cause he destroyed the competition! Lukas first made his mark to the body-building fans in North America when he competed in the amateur division of the Arnold Classic. With the condition and muscle size he brought to the stage it is no wonder he took the title. He certainly made his mark at his first pro show in Toronto. This dude was shredded, shredded, shredded - and he wasn't afraid to show it! What really got the crowd JACK'D was when he did a wave with his glutes during prejudging and gratuitously every chance he could get during his night posing routine! I don't think anyone has seen any bodybuilder do anything like this before as the crowed went crazy – guys in the audience were like "Whaaaaaa" and the girls, well they just went nuts! The difference made from increasing the 202 pound division to 212 pounds is easily visible as these guys look huge, had full muscle bodies and a few of them, onion-like skin. Hell, some of them could have competed in the Open Class too – they looked that good!

The top five 212 men competitors were:

1. **Lukas Osladil**
2. **Muhammad Masoom Butt**
3. **Mboya Edwards**
4. **Guy Cisternino**
5. **Lyndon Belgrave**

The open class featured some of the same names who competed a few weeks earlier in New York City; as well as a number of Canadians trying to win the only Canadian title in the IFBB calendar this year. Unfortunately for them this did not happen. Big Bill Wilmore finally scored his first IFBB win after six years of hitting the trenches and we have to say that it was well deserved.

The top five Open Men's competitors were:

1. **Bill Wilmore**
2. **Jon Delarosa**
3. **Grigori Atoyan**
4. **Vaughan Ettienne**
5. **Chris White**

Jon Delarosa who's only 28, placed fifth a few weeks ago in New York and looked impressive for being one of the lighter guys in the open ranks. He held his own when posing next to Big Bill and was close in many people's opinions in toppling the big man off the number-one spot. Jon is certainly one of the new pros to watch. He reminds many of a young Victor Martinez, great muscle-mass while staying lean and keeping those classic muscle lines.

The figure, fitness and bikini divisions hosted a large number of competitors, approximately 60 in total - quite a lot to take in but fun to watch. Check out our gallery of photos to check out the action that happened on stage.

Top 5 Women's Physique:

1. **Kim Tilden**
2. **CeaAnna Kerr**
3. **Debbie Barrable-Leung**
4. **Jenessa Ray**
5. **Nicole Ball**

Top 5 Figure:

1. Rosalind Vanterpool
2. Gennifer Strobo
3. Aleisha Hart
4. Catherine Holland
5. Natalie Waples

Top 5 Fitness:

1. Jodi Boam
2. Vanda Hadarean
3. Fiona Harris
4. Danielle Ruban
5. Jaklyn Sutton-Abrams

Top 5 Bikini:

1. Pollianna Moss
2. Jennifer Chapman
3. Yeshaira Robles
4. Dayna Maleton
5. Dianna Dahlgren

And let's not forget the female bodybuilders also took part in the show. In a division that is slowly dying with some of the big names in women's bodybuilding morphing into the Women's Physique division, Toronto is one of the few shows to feature women's bodybuilding for all the hard-core fans.

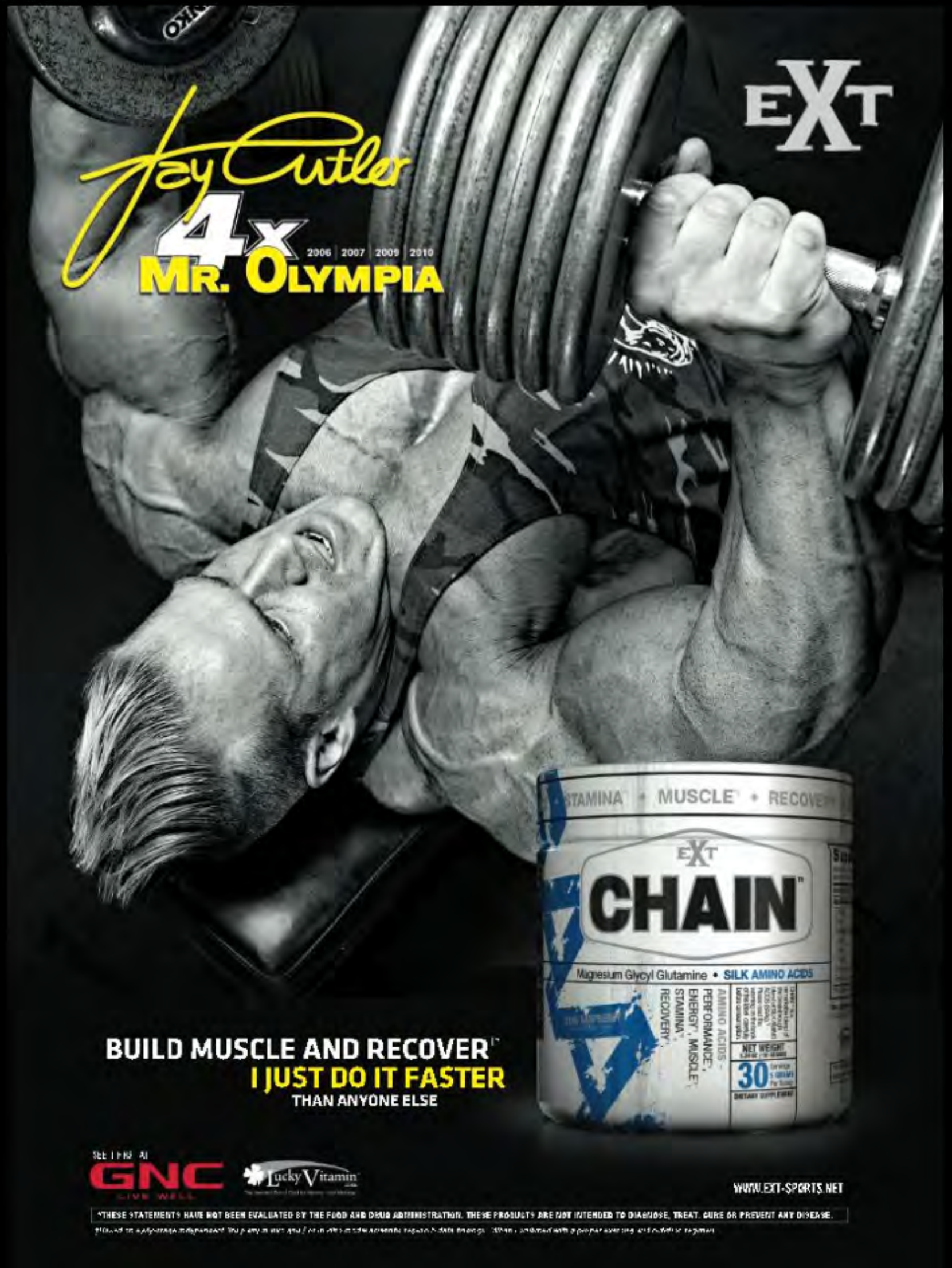
Top 5 Women's Bodybuilding:

1. Lisa Giesbrecht
2. Kim Buck
3. Wendy McCready
4. Gillian Kovack
5. Laura Carolan

All in all this year's Toronto Pro Super Show did not disappoint and was a excellent show for the both the pros and the fans alike. With some of bodybuilding's biggest names and a well-produced show, Canada can be proud of Ron Hache and his team – well done!

After the show was over many of the fans and pros themselves hit the streets of Toronto to eat and party the night away. Turns out the shows venue is just blocks away from Toronto's club and restaurant scene which is one of the best in the world. To find out what happened after hours check out the Mosca Madness section of the magazine ... You'll be glad you did!

CHECK OUT MORE OF THE ACTION IN OUR WEBSITE GALLERY SECTION AT JACKDMAGAZINE.COM!



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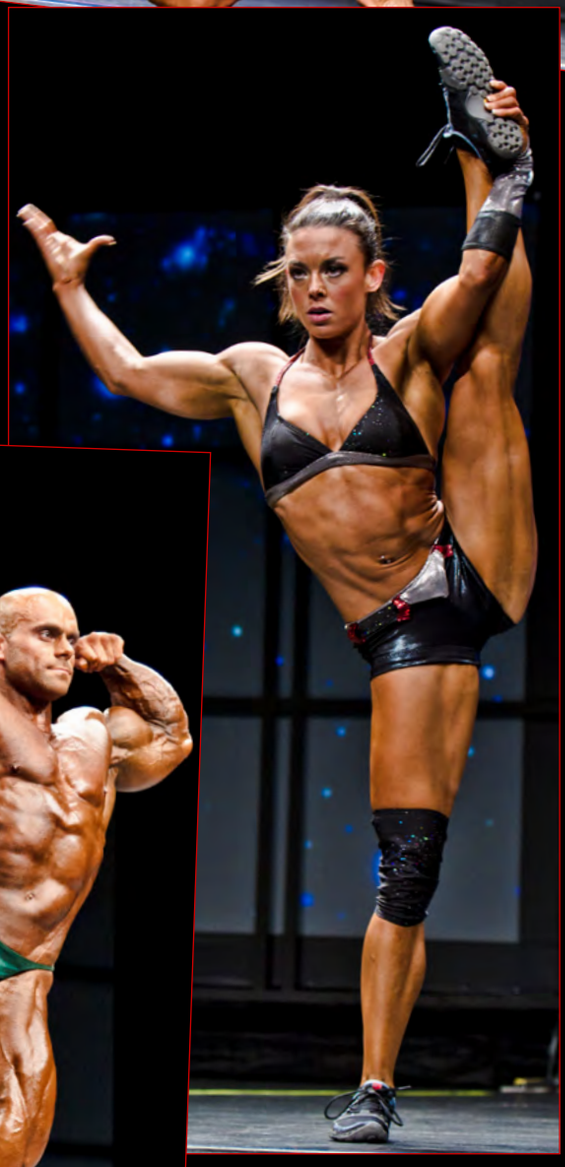

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KAI WAS A HIT WOWING THE CROWD WITH HIS POSING ROUTINE ON STAGE AND AT THE EXPO SIGNING AUTOGRAPHS!

TEAMBODYPRO

BACK 2 BASICS

Exercises to build a barn-door back!

Got what it takes???

What does every Mr. Olympia have in common, especially in the past 20 years ... A super wide and thick back! A good back is sometimes the determining factor for who wins the title; when the top 2 turn around on stage and pull out a rear late spread and a back double biceps you can usually tell who the winner is!

Many people neglect training their back properly and end up having too big a chest and arms with a weak back causing them to be severely disproportioned - almost hunched-back looking. The following routine will target all the backs muscles; your "lats" - used for pulling the shoulders downward and toward the back. Your middle back or "rhomboids", found in the center of your back used to squeeze the shoulder blades together and your "traps". The diamond shaped muscle located near the top of the back which helps neck and shoulder blade movement. Hit all 3 areas with the same intensity you would chest or arms and you'll be turning sideways whenever you walk through a door!

> "A thick back will set you apart from the rest of the guys in the gym

Deadlifts

Start off with the deadlift. One of the best power building, mass building exercises that you can do... so good in fact, it's almost a total body exercise hitting almost every muscle in the body!

Stand directly in front of a barbell with your feet shoulder width apart. Bend at you knees - NOT YOUR BACK - and grab the bar using a grip slightly larger than shoulder width apart. Some lifters prefer an underhand grip, some an

»STORY CONTINUED...

overhand grip and some with an over-under hand grip. Do whatever grip you prefer, but as your strength increases and the weight you are lifting goes up and over-under hand grip may be best - unless your grip is so strong from choking the chicken you don't need to! Anyway, keeping your arms straight, and your back straight, pull the barbell off the floor by straightening your legs and torso until your body is completely erect and at the top of the movement, pull your shoulders back. Hold for a second then lower the bar back to the floor and repeat for 8-10 reps for 3 sets.

Barbell Bent Over Rows

Since you already claimed your area in the gym and have the bar set we'll do barbell bent over rows next. The bent over row is an exercise that works your lats, traps and erectors and even you biceps and forearms and hams. This

Squeeze the muscle with every rep you do to ensure you get the maximum amount of growth!

exercise helps add thickness to your back and increase your back strength.

Stand with your feet shoulder width apart and pick up the bar as if you are doing a deadlift. Once you are standing straight up step up onto the box bend your knees slightly and while keeping your arms straight, lower your back from the hips until it is parallel to the floor making sure you keep your neck straight in line with your spine. Don't be lifting your head up to check out the hot blond doing squats next to you!

Now keeping your body in this position, pull the bar up to your chest using your back muscles - no jerking, no bouncing, just a smooth, controlled movement. Squeeze and hold for one second to really hit your back muscles, then lower the weight until your arms are straight and repeat. Do 3 sets of 8-10 reps.

Pull Ups

Pull ups are the true test of strength and works your lats, rear delts, biceps, and forearms since you are lifting your entire body weight ... unless you use a Gravitron, but we won't go into that! Jump up or stand on a box and grab the chin bar using a wide grip with your palms facing away from you. Hook your feet together and tighten your core so you don't start swinging back and forth hanging from the bar and tilt your chin up as if you are looking up to the ceiling. From here, pull yourself up using your back muscles until your chin is in line with the bar, squeeze your back and then lower yourself back down to the starting position. Do 3 sets of 8-10 reps. Now if you can't get 8-10 reps at first have your training partner assist you buy lifting your at the waist until you can do 8-10 on your own. Once you get stronger you can add weight by either using the weight belt you use for dips or by having your training partner place a dumbbell in between your feet to add

»STORY CONTINUED...

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BACK 2 BASICS EXERCISE TIPS:

- USE ONLY YOUR BACK MUSCLES WHILE DOING THE EXERCISES, DON'T PULL THE WEIGHT WITH YOUR ARMS
- THINK OF YOUR HANDS AS HOOKS WHEN PULLING THE WEIGHT, SO YOU RE ONLY USE YOU R BACK MUSCLES
- REMEMBER IT S NOT HOW MUCH YOU LIFT BUT HOW YOU LIFT IT ... USE PROPER FORM AND SQUEEZE THE MUSCLE WITH EACH REP!

Don't be a chest and arms guy ... work your ass off in the gym and get a crazy back worthy of the Olympia stage!

extra weight then removing it when you reach failure and you can pump out a few more reps.

One Arm Dumbbell Rows

Now we'll add an exercise that will help isolate each side of your back individually and add some size and thickness to your middle back - the one arm dumbbell row.

To start, stand in front of the dumbbell rack and the weight you are going to be using for your set. Stand with a staggered step having one foot in front of the other, shoulder width apart and place one hand on the dumbbell rack. Using your free hand grab the weight you are going to use and lift it off

rack and lower your back until it's parallel to the floor and your arm straight. From here you will lift the weight using your back muscles up to the side of your chest in a controlled fashion without any jerking or swinging the weight. Squeeze the lats before lowering the dumbbell to the starting position about an inch off the floor and repeat for 8-10 reps for 3 sets alternating between each arm

Dumbbell Shrugs

Some people do shrugs while they are training their shoulders, I prefer however to do them with back as it works your traps which ties into the back. Once again stand in front of the rack and the weight you are about to use, this time feet shoulder width apart. Grab the weight and hold it at your sides so you arms are straight. Now keeping your arms straight and using a weight you won't bounce around or jerk because it is too heavy, try to touch your shoulders to your ears by shrugging straight up, as high as you can. Hold the weight and squeeze for a second to really hit your traps, then lower the weight using a controlled motion back to the starting position - don't just drop it, control the movement to maximize growth. Don't roll your shoulders around, hunch them over, jerk the weight or any of that other crap you see people in the gym doing, just do clean, proper shrugs.

Now you're done and probably pretty wiped out! Back can be a gruelling workout, almost as bad as legs if you do it right. But when you do, and you keep it up, your back will get stronger, thicker and wider and you'll be on your way to stepping on the Olympia stage!

»END

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For years companies have debated whether DMAA should be included as a natural ingredient in supplements. Some decided that it was far too risky, where as others realized that it had great potential. Today the ingredient can commonly be found in pre-workout and fat-burning supplements for its stimulant and weight-loss effects. Over the past few months however, DMAA has been making a lot of waves in the news and with many regulating bodies around the world. Debates have intensified whether this controversial stimulant is derived from the geranium plant or is synthetically produced. In addition, the safety of the ingredient has been repeatedly questioned, as the media continues to report adverse events from individuals consuming DMAA containing products. Although, companies stand strong that there is no reason to believe there are any safety issues, as proven by the millions of doses of DMAA sold.

The Compound

Eli Lilly, the pharmaceutical giant, originally developed DMAA in the 1940s and marketed it as a nasal decongestant in 1971, under the name Forthane. This was a synthetically derived chemical, similar in structure to ephedrine and amphetamine. They have since stopped marketing Forthane and the drug has faded into the darkness. DMAA is a vasoconstrictor and central nervous system stimulant similar to caffeine or ephedra. Scientists

argue that it is an amphetamine-like ingredient that poses a serious health risk and has potentially life-threatening side-effects. Nevertheless, over the past couple of years DMAA has grown in popularity in the dietary supplement industry.

How It's labelled

DMAA (1, 3-dimethylamylamine) or geranamine is known by a number of synonyms (1, 3-dimethylpentylamine; methylhexaneamine or MHA; methylhexamine; 4-methyl-2-hexanamine; and 2-amino-4-methylhexane). DMAA is thought to come from the geranium plant *Pelargonium graveolens* and has been listed on product labels as being derived from geranium oil, stem or as an extract. These names are used interchangeably, though much of the current debate circles around whether DMAA and geranium are actually linked.

The ScienceIssue- Natural vs Synthetic

One of the major issues with DMAA lies with the science. There is only one paper by Ping et al. that showed DMAA is a naturally occurring component of geranium1. Chinese researchers had reported in a single analysis, that DMAA is a constituent of geranium. The problem is, that no other published papers have been able to reproduce the results nor reported its presence, including a study by Lisi et al.2. The absence of DMAA from the plant was recently confirmed in a study published in June 2012, which tested for detectable levels of MHA in several supplements and in authenticated plant material or its oil9. Results did not confirm its presence, as the amounts measured in the supplements were suggestive that the MHA was of synthetic origin. New studies continue to emerge which show that DMAA is not a constituent of geranium. After critical reviews of the new literature, experts continue to conclude that the presence of DMAA/MHA from geranium is not scientifically valid; as there are no known published credible reports demonstrating that DMAA is naturally occurring in geranium or any other natural source.

» **Freaked-out Muscle!**

» **DMAA HELPS MAKE THIS...**

HOW CAN SUCH AN INNOCENT FLOWER CAUSE SO MUCH CONTROVERSY, COME ON ... THE STUFF IS GROWING IN MY GRANDMA'S GARDEN!

The Rising Problems

Although this topic has been debated for several years, it was not until recent events hit the headlines that the regulating bodies gave the ingredient a second look. Below is a brief time-line of several reported events:

- 2009, the New Zealand government placed DMAA on it restricted substance list as it continued to grow as a party pill
- 2010, a 21 year old New Zealand man suffered cerebral haemorrhage after ingesting two DMAA pills along with alcohol and caffeine
- 2010, WADA places DMAA on its banned substance list
  Since then DMAA/MHA has been the focus of dozens of doping scandals worldwide affecting athletes of varying disciplines
- 2011, an English rugby player was charged by UK Anti-Doping, testing positive for DMAA
- 2012, a Syrian runner tested positive for DMAA at the 2012 London Olympics

Although, these offences have been consistently growing, what really shot DMAA into the spotlight was a series of class action lawsuits against supplement marketers and their DMAA containing products. The issues were with the product labeling and safety. One major supplement player was hit in May of 2011 with a suit claiming that the company fraudulently marketed its product, as it contained a non-plant-derived synthetic ingredient. Then in November another company selling DMAA products was hit with a lawsuit, as lawyers claimed that this company was selling dangerous, amphetamine-like ingredients. Subsequently in December of last year, the company marketing the category leading pre-workout supplement, at the time, was sued in a California court. The plaintiff argued the product contained a synthetic DMAA, in which they did not notify the FDA of the new dietary ingredient, thus making it illegal and unsafe.

Adding Fuel To The Fire

As the controversies grew and the lawsuits started to pile up, the question of the safety of DMAA once again exploded into the spotlight. On December 3rd, 2011, the United States Military issued a massive worldwide recall of all DMAA-containing products from military stores. This followed the deaths of two soldiers from cardiac arrest, along with several additional reported adverse health effects in other service members using DMAA products.

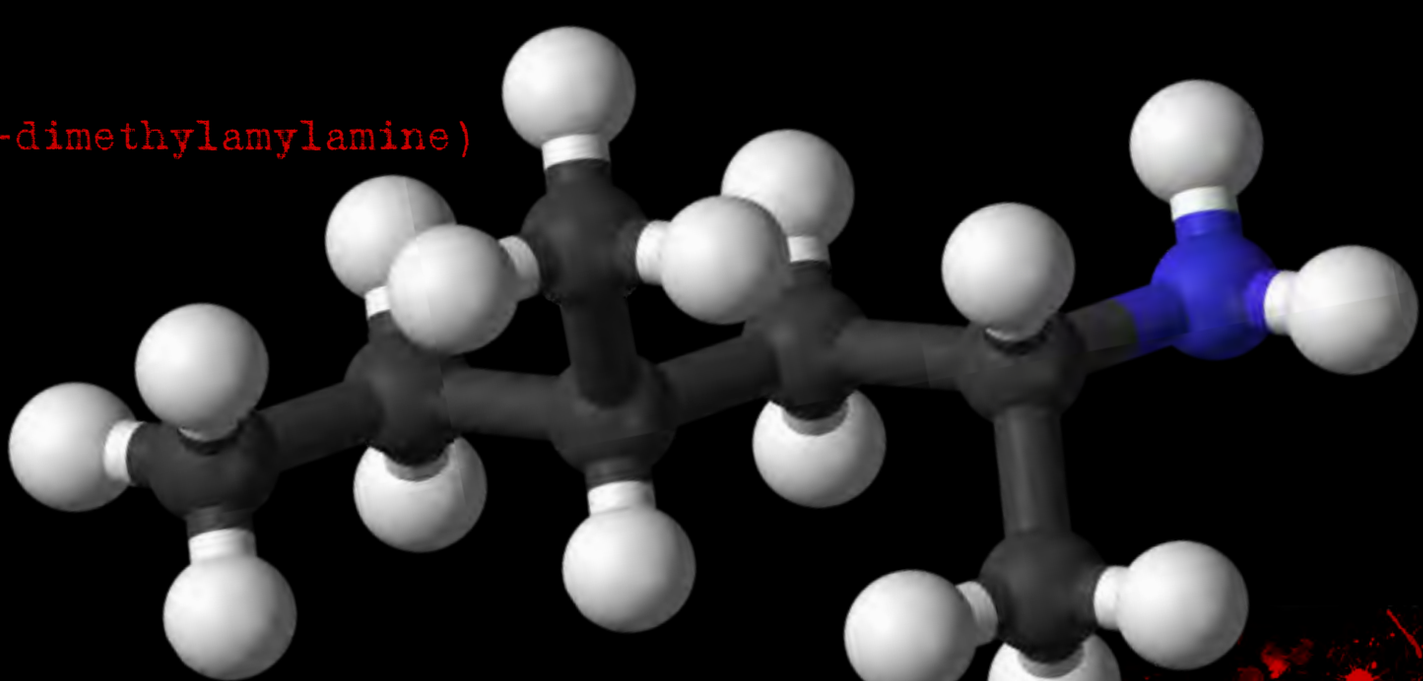
The recall was a precautionary measure as no conclusions or links have been validated scientifically by the Army regarding DMAA. The Department of Defense has initiated a scientific review to probe into the safety of DMAA. It is still too early in the investigation to tell if there is a relationship with DMAA as all the medical conditions reported can have multiple causes. The review will take several months to conduct as the product is being held in storage until recommendations can be made.

The Industries Response

WHY IS IT THAT EVERY TIME A SUPPLEMENT IS FOUND TO WORK AT ENHANCING ATHLETIC PERFORMANCE IT GETS BANNED BY EVERYONE AND THEIR UNCLE?

The companies that are currently using DMAA in products claim that it is a naturally occurring compound found in the geranium plant *Pelargonium graveolens*. They state that it has been consumed as part of the human diet for more than a century and that it meets the legal definition of a dietary supplement and is therefore not a drug. Companies also argue that there is not medical evidence to suggest the products are dangerous when used as directed. It is estimated that over a million doses of DMAA containing products have been taken and have not caused any problems. Each company stands by the safety of their products.
One company has done its due diligence and has performed studies on their DMAA containing products3, 4, 5, 6, 7, 8. The products did not show any adverse effects in heart rate or blood pressure but did show positive potential for weight and fat loss.

DMAA
(1,3-dimethylamylamine)



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The FDA

In late April of this year, The FDA threw gasoline on the fire when it issued warning letters to 10 manufactures and distributors of dietary supplements containing DMAA. The FDA announced that products containing DMAA were allegedly altered for three reasons 1) DMAA is a new ingredient and requires an NDI (notification to the FDA before it is used); 2) there is no history of use or evidence of its safety and 3) synthetic botanicals are not allowed. Although, these FDA letters may look like a bad sign, they are not proof of a violation; they just represent the agencies opinion. These companies have time to respond to the allegations and prove the legitimacy of their products and the ingredient.

How It Affects The Industry

DMAA reminds many of us of the case of ephedra, another stimulant banned as a dietary supplement in 2004, after the deaths of several prominent athletes. As with ephedra, media coverage of adverse reports first began to grow before the controversial topic came to an end, with ephedra being banned. One must realize that adverse events do not equate to scientific/medical evidence that shows a product or ingredient can cause harm. It is the growing number of lawsuits that the industry must be weary of. These can lead to companies removing it from the market even before a full ban occurs.

The Final Word

As the DMAA controversy rages on, one begins to wonder the eventual fate of DMAA. Companies continue to battle through the storm. At this point, it is the class action litigation that represents the biggest threat to the industry, perhaps even more serious than the FDA, given the scope of the potential liability. Companies that have done their homework, conducted studies and can back their findings with substantiated data will be able to make strong defense arguments and win these lawsuits. Although, this will be a lengthy process, industry experts foretell a bleak end to the DMAA story, similar to what happened with ephedra.

This article was written to educate the consumer and athletes around the world about the current topic of DMAA. Any supplement purchaser should exercise caution when considering which supplement to buy. Especially elite or college athletes who need to be aware and educated in order to make informed, reasoned decisions about the source and purpose of the products they are using. Doping violations in sport are a huge deal when you have devoted your life to pursue your dreams. This is more than just a risk benefit of your career. These are your dreams on the line!

DMAA IS JUST ONE OF THE MANY I.O.C. BANNED SUBSTANCES

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Animal.

Jose Raymond blasting his arms after at Gold's Gym Vegas.

MHP'S MAX REP

CON- »

Jose Stats

Name

Full Name:
Jose Raymond

Nickname:
The Boston Mass

Height/Weight

Height: 5'4"
Contest Weight: 202 lbs
Off-Season: 225 lbs

Favorite Supplements

A-BOMB
NO-BOMB
GLUTAMINE-SR
ISOFAST 50
POWER PAK PUDDING
ACTIVITE

MHP's Jose Raymond is the top contender for the 212 lb crown at this year's Olympia as his mass and paper thin skin are unmatched in the division!

Background: I am the youngest of 8 and was adopted in the 4th grade. I spent many years in foster care until a home was found to take both me and my older brother Tito. We ended up in a beautiful town 15 minutes north of Boston where we both excelled in sports and both went on to play college football and to compete and win many national titles - 11 between the two of us. Bodybuilding and weight training gave us both an outlet for what was not the ideal upbringing and set the tone for what we would both end up making our living out of.

Athletic Background: I played football for 15 years from Pop Warner through college. I was an all-star baseball player as well and wrestled through high school and a few years in college

Idol / Influences: My older brother Tito was and will always be my biggest influence not only in bodybuilding, but in life. He has shown me not only how to train and eat, but how to be a man.

Best Lifts: Squat 405 lbs. 30reps, Front Squat 315 for 20 reps. Flat bench 405 lbs. for 8 reps.

Hobbies: Watching movies, eating at good restaurants, diving and snorkeling and traveling.

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†Based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings. When combined with a proper exercise and nutritional regimen.

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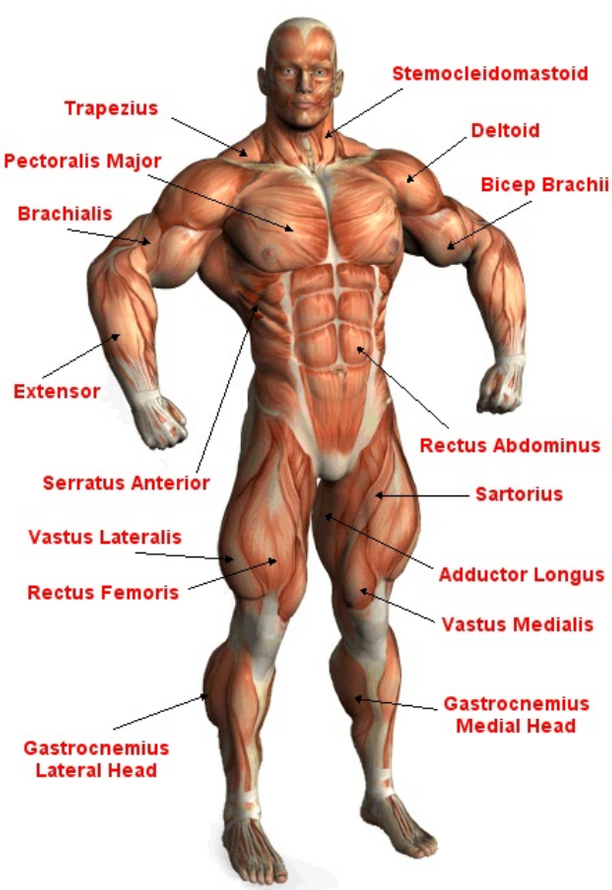
Frontal Muscle Anatomy



Back Muscle Anatomy

Beautiful Clearwater Beach Florida was the setting of the 9th Annual International Society of Sports Nutrition (ISSN) Conference & Expo. Unfortunately, there was no sun as tropical Storm Debbie pounded the Florida Coast from the Gulf of Mexico. Luckily the ISSN Conference once again delivered high quality speakers and attracted a diverse range of attendees that minimized the distraction of the hurricane force winds outside.

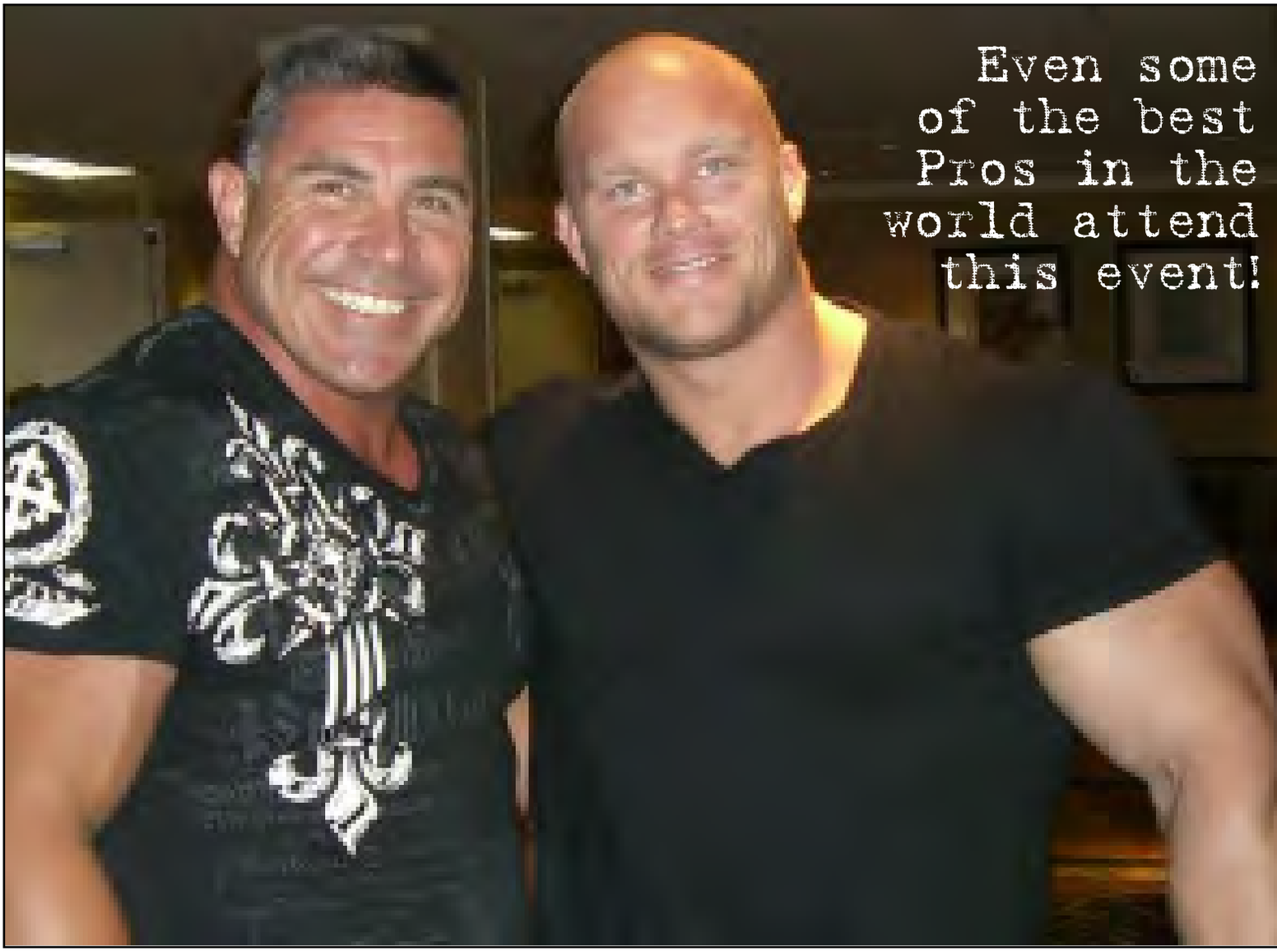
"ISSN is where product developers and formulators come to learn about the latest breakthroughs in ingredients and nutrient timing"

Introduction

The ISSN conference has been a bit of an industry secret for the past 9 years. It attracts the brightest minds and is one of the only events that has effectively blended academia with industry experts from around the world. These experts meet annually to discuss the latest scientific research and published literature. This annual meeting also provides the opportunity for up-and-coming scientists, dieticians, strength and exercise coaches, bodybuilders and personal trainers to learn the latest nutritional strategies that promote muscle hypertrophy, optimize body composition, enhance exercise and/or training adaptations leading to improved health and performance.

Attendees

ISSN is a must go for anyone studying within the nutritional or exercise sciences, personal trainers, dieticians, amateur or pro athletes and bodybuilders. Aside from hearing the latest research on nutritional timing and ingredients, what other conference can you go to and meet two former consultants for the movie Bigger, Stronger, Faster. Then hear the history of steroids and how they became illegal! You have the opportunity to mingle with industry experts and the world's top researchers of sports nutrition.



Dr. Paul Cribb, one of Australia's leading scientists, flew 36 hours to present the topic "The Best of Nutrient Timing"

Presenters

It is unbelievable the quality of presenters ISSN has provided over the past 9 years. Presenters range from top nutritional and exercise scientists to the trainers and dieticians of NCAA athletes, UFC fighters professional sports teams and Olympic athletes, including some that competed in London this year. The presenters at ISSN are the brilliant minds that use the most recent research to supplement and train the athletes of today and the future. By taking an evidence-based approach (meaning that it has been proven and is not bro-science) to training and supplementation, the presenters help shape the history of nutritional timing and dietary supplementation.

"ISSN speakers have shaped the history of nutritional timing and dietary supplementation"

Highlights of this year's Conference

Dr. Paul Cribb, an expert on nutrient timing and one of Australia's leading scientists, flew 36 hours from Australia to present his topic "The Best of Nutrient Timing". Dr. Cribb presented the latest science on nutrient timing providing clarity and evidence-based recommendations for how to improve strength gains and boost body composition. One area of growing interest that he discussed is the potential anabolic window during sleep. We have all heard of night time proteins, however, new research is looking into this window to help maximize and boost GH and Testosterone levels.

Doug Kalman, one of the founders of the ISSN.

A surprise unscheduled addition to this year's talk was Doug Kalman, one of the founders of ISSN, who gave an educational and humorous presentation titled "Death by Protein". If you have ever questioned the amount of protein that you should be taking, this is where you should come to have your questions answered! Doug dispelled many common misconceptions such as how much protein is safe? And do high protein diets affect kidney function or bone? Although there is much debate on how much protein is required or necessary, Doug explained how the 0.8 g/kg/day has essentially been developed to reduce your risk for chronic disease and does not take into account athletic needs. He covered how protein intakes of 1.4 -2.0 g/kg/d for physically active individuals are safe, and can improve training adaptations to exercise performance. The major teaching from his talk is that nutrition is not a 'one size fits all'; you need to take into account where you are and where you want to be, especially with your protein intake!

John Romano was just one of the well known speakers at this year's ISSN Conference and Expo.

Now, normally at any conference the last time slot is emptier than a Scottish pay toilet (no offense to any Scots out there!), as attendees try to sneak in a little R&R before heading home. However, this year the last time slot was reserved for John Romano, a very successful and popular contributor in the bodybuilding world. John had appeared as steroid expert on HBO, ESPN as well as consulted on, and

appeared in, the steroid documentary Bigger Stronger Faster. John's amazing talk titled "The Uncomfortable Truth about Drugs, Supplements and Liberty" was a nail bitter. In a very interesting and enthusiastics fashion, John explained the history of how steroids became illegal; from the old days of Arnold and Lou training at Gold's gym to Barry Bonds and the baseball drug scandals. Nowhere else could you get this type of information except at ISSN!

These are only a handful of the speakers who presented this year. The information from the speakers truly comes from years of personal experience combined with the published literature.

"The information presented at this conference is what has been a driving force behind many of the top product formulations on today's market"

Exhibit Hall & Expo
Similar to any bodybuilding show, ISSN hosts an exhibit hall where the sponsors have the opportunity to highlight their latest formulations or services. Also, presented are posters of the latest innovative research on ingredients and/or products. You can speak directly with the scientists and students who are working at the ground level on these studies and who are the future experts of sports nutrition.
Well represented with booths this year was GNC, GENr8, VPX and the one of the newer additions Dymatize, each company displaying their last product innovation. And Like any show, samples and swag are readily available.

You never know who you will run into at the expo. One moment you are chatting with a product consultant, the next you could be bumping into IFBB pro 'Big' Ben Pakulski. Ben was a surprise attendee at this year's conference, listening to the speakers and learning the best of nutrient timing and how to optimize training for maximum muscle hypertrophy.

Conclusion
From inspiring young scientists to the trainers of professional, you have the opportunity to learn the latest in nutritional supplementation from the best in the world. And being able to run into the likes of Ben Pakulski as he prepares for the Olympia can make for an unforgettable experience.

If you want to network and meet the brightest minds in the supplement industry who have been driving the sports nutrition market for the past 10 years, then you need to attend the 10th Annual Conference. Email JACKD Magazine for details.

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ATHLETICS

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Jay Cutler

TRUE OR FALSE??

THIS IS WHERE WE SEPARATE TRUTH FROM ALL THE B*S
THAT'S FLOATING AROUND THE BODYBUILDING WORLD...
OUR LEADING SCIENTISTS AND TOP MEN GATHER AROUND
THE ROUND TABLE TO ANSWER YOUR QUESTIONS.

Proteins are a major energy source for our bodies?

True/False

FALSE – Although protein can be used for energy in certain emergency circumstances, carbohydrates and fats are the major sources of energy for our bodies. Our brains and red blood cells rely almost exclusively on glucose for energy and our body tissues such as muscles use glucose (a simple carbohydrate) for energy both at rest and during exercise. Fat is another key source of energy, both at rest and during low intensity exercise but also becomes an important fuel source during prolonged exercise.

Our protein needs are calculated based on our body weight?

True/False

TRUE – The bigger you are the more protein you need!

Although, widespread confusion exists among many exercise professionals and the public regarding both the role that protein plays during exercise and the protein needs of active people there are scientifically recommended amounts based on your activity. The protein intake for people regularly participating in endurance activities should be about 0.55 - 0.64 grams/pound per day (1.2 - 1.4 grams/kilogram per day). The protein intake of people regularly engaging in strength exercise should be about 0.73 – 0.77 g/lb per day (1.6 -1.7 g/kg per day).

The B–vitamins are an important source of energy for our bodies?

True/False

FALSE – The B-vitamins (thiamin, folate, riboflavin, vitamin B6 & B12, niacin, pantothenic acid and biotin) do not directly provide energy for our bodies. They play critical roles as cofactors for various enzymes ensuring that our bodies are able to generate energy from carbohydrates, fats and proteins (or some combination of these) during exercise.

The terms carbohydrate and sugar mean the same thing?

True/False

FALSE - the term carbohydrate refers to both simple and complex carbohydrates. The term sugar refers to simple carbohydrates or monosaccharides (meaning 1 sugar). They include glucose, fructose and galactose. However, the disaccharides (meaning two sugars) are also commonly referred to as simple carbohydrates. They are formed when two monosaccharides combine with each other forming: sucrose (glucose + fructose, table sugar), lactose (glucose + galactose; milk sugar) or maltose (glucose + glucose; a by-product of digestion). In contrast, complex carbohydrates or polysaccharides are long chains of sugar molecules bonded together, they are better known as starches and fiber.

Drinking until we are no longer thirsty always ensures that we are properly hydrated?

True/False

FALSE – Although our thirst mechanism signals that we need to drink, it is not sufficient to ensure we are completely hydrated. Although, it varies from person to person, the majority of individuals are already 1-3% dehydrated before the sensation of thirst kicks in. This may not sound like a lot but mental acuity and coordination can both be decreased by just 1% dehydration. The secret to optimal performance and health is to ensure that you are drinking enough fluids. Don't wait until you get thirsty to drink!

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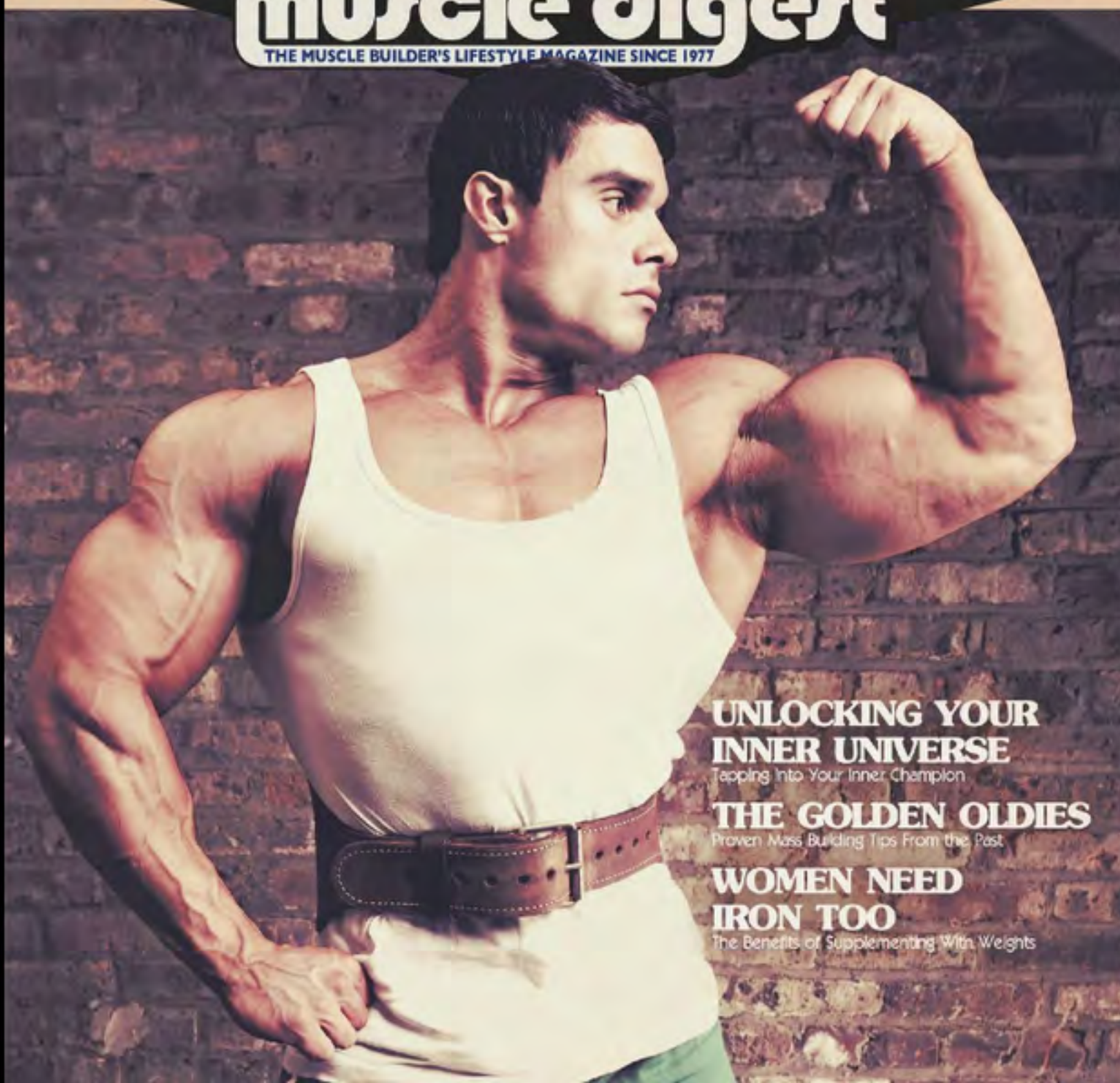


UNLOCKING YOUR INNER UNIVERSE

Tapping Into Your Inner Champion

THE GOLDEN OLDIES

Proven Mass Building Tips From the Past

WOMEN NEED IRON TOO

The Benefits of Supplementing With Weights

Presented by

Unlocking Your Inner Universe.

Tapping Into Your Inner Champion

Ever had sand kicked in your face? Sure you have, Mac. We all have. Maybe it didn't happen on a beach in Belmar. Maybe it was in the schoolyard, the office, or at an amusement park. Some guy insulted you, made you feel small and weak. You were embarrassed, utterly humiliated. You felt insignificant. We know how you felt. For many of us, this is why we turned to iron and entered the weight room for the first time. We wanted to be changed. We needed change.

So maybe you turned to magazines and handbooks for advice on getting bigger and stronger. You read ads that promised to make you a "new man" in months, days and even minutes. You started training for the first time and eating more beef. You went through the motions for weeks and even months – with very little to show for your efforts. Dejected, you decided to give up your quest for an amazing physique. Once again, we know that feeling. We've also been there before.

You see, bodybuilding is often thought of as a superficial sport. To be a genuine meathead, all you need to do is go to the gym for two hours every day and down a few protein shakes. Just lift weights and eat a lot, right? But the truth is, bodybuilding is much more than that – bodybuilding can transcend just being a "sport". To become truly successful, you need to do more that just go through the motions. To reach your potential, to become your own champion, you need to first find and then unlock your inner universe.

In this article, we'll talk about how you can tap into your true potential by opening yourself up to real inspiration in order to accept the progressive ideals of bodybuilding. Only after you embrace those masculine ideals, can you then find the true motivation to power through your workouts and meals to achieve something great. This motivation is what lies behind your drive, what fuels your discipline, and what defines your dedication. Without it, you simply go through the motions.

The Inner Universe

When we hear the word "universe", we think of space and the cosmos. We all live on a tiny planet racing around a hot ball of gas at 67,000 miles per hour with nothing significant around for millions upon millions of miles. If that wasn't fast enough, our solar system is located on an arm of the Milky Way Galaxy that is hurtling around its center at close to 500,000 miles per hour! The scope and majesty of the universe out there is hard for us to imagine. But the truth is, inside each of us is a blueprint of that power of the cosmos. Inside each of us is the power that fuels great and magnificent change. Let's talk about tapping into it...

(continued at www.universalusa.com/muscledigest)

Victor Martinez

THE DOMINICAN DOMINATOR VICTOR MARTINEZ BATTLES BACK!

With the help of his friends, family, trainer and sponsor MHP, Victor Martinez goes full-out, balls-to-the-wall training to once again dominate the competition!

Victor Martinez is no stranger to adversity and having to fight battles and hardships throughout his life. Like the well-publicized and contested second placing to Jay Cutler at the 2007 Olympia, after placing first at the Arnold Classic. Many thought that Victor's size and classic symmetry outshone the reigning champion and even former Mr. Olympia Ronnie Colman stated that Victor will one day wear the Olympia crown. But Vic was not to be discouraged and vowed to take the Arnold Classic the following year and then capture the elusive Olympia title. However that was not to be, Vic ruptured his patellar tendon while performing warm-up lunges preparing for the 2008 Arnold Classic and had to take the year off to recover after re-constructive surgery. The following year Victor battled back from his injury and took second at the 2009 Arnold Classic only to have his family devastated by the sudden and tragic passing of his sister. Bodybuilding fans from all over the world sent their condolences and thought – what else could happen to a guy as nice as Vic? After all the hardship and drama in his life, Victor brought back his classic physique to Olympia stage to take 4th place and from there, travelled to Madrid Spain to capture the first ever Euro Arnold Classic title.
Vic was back and was on a roll. Then after he returned to the US the walls came crashing down once again! Due to and immigration snafu, his papers had expired and had not been renewed by the government so he was denied entry into the US and taken into

custody for an agonizing seven months. He was released in late April of this year and is now on the road back to the bodybuilding stage with a vengeance! So you want to know what's happening in the life of Victor Martinez, well let's get the answers straight from the man himself as we chat with him and get the scoop on his road to once again dominate the I.F.B.B. stage:

IT'S BEEN A TOUGH ROAD THESE PAST FEW YEARS FOR YOU AND WITH NO ACCESS TO A PROPER GYM, PUSHUPS AND PULL UPS CAN ONLY DO SO MUCH. AS ANY BODYBUILDER WILL KNOW, DIET IS A KEY FACTOR TO GAINING MUSCLE MASS, WHAT IS YOUR DIET SINCE COMING BACK; HAS IT BEEN ALTERED FOR BUILDING MORE MASS AS COMPARED TO USUAL?

Since my main goal is to pack on the mass, I eat everything and anything I can, except for bologna and any other well-known food that is affiliated with the Government. LOL This is not like my usual diet preparing for a show which is far cleaner and far more structured macro and micronutrient wise. I'm

"THIS YEAR MY FOCUS IS DEAD ON. I PRE-VISUALIZE EVERYTHING, EVERY SET, EVERY WEIGHT, I RUN THROUGH MY HEAD AT FULL INTENSITY PRIOR TO MY ACTUAL SET"

not weighing anything, counting my calories, measuring my protein intake and the like; after all of these years training I pretty much know what and how much to eat by just eyeballing the food. As I've said, I'm not counting calories, just making sure I get a shit-load of protein to help me pack on the muscle, along

with carbs and fat to ensure I make it through my intense workouts. I do love a good pizza or a kick-ass burger from somewhere like Counter Burger from time to time, hey, I'm not trying to cut up right now, just focusing on building muscle mass! You put a thick T-bone steak in front of me, what am I going to say ... no thank you, I'm watching my weight. LOL Hell no! I'm gonna' wolf that mother down with a mountain of mashed potatoes; ask for seconds, then thirds!

SHIT, YOU COUNT US IN ON THAT MEAL; I CAN JUST IMAGINE YOU AT THE DINNER TABLE AT THANKS GIVING. YOU MUST HAVE TO COOK A 20 POUND BIRD! SO YOU'RE NOT ON A SUPER-STRICT DIET AT THE MOMENT SINCE YOU WANT TO PACK ON THE MASS. HOW HARD HAS IT BEEN TO GET BACK INTO THE SWING OF THINGS WITH YOUR TRAINING SINCE BEING AWAY FROM THE GYM FOR SUCH A LONG TIME?

Man, it's like starting all over again like when I was 16! Fortunately for me I have the experience and muscle memory behind me to get me where I need to be in all my gains. At first I felt a bit rusty in the gym, not training properly for a period of time your body gets deconditioned and you definitely cannot start training balls-to-the-wall like you use to; you have to ease into it. After a few sessions of dusting off the cob webs I'm back to the intensity level I was training at previously – even more so with the help of my coach Victor Munoz and my very close friend, fellow I.F.B.B. Pro Jon Delarosa kicking my ass in the gym every day making sure I give 110%! There's nothing like those two guys encouraging me to get even bigger and better than I was before. Every day before we hit the gym we take a dose of NO-BOMB from MHP, it's a pre-workout formula designed to increase my pumps, increase my energy and endurance as well as burn some fat and give me a massive pump. We then plan out our strategy for the training session, what we're going to train, how we're going to train it. Super-heavy to pack on the thickness or a day of reppin' it

"INTENSE DOESN'T COME CLOSE TO DESCRIBING HOW FOCUSED VIC IS ON WALKING OUT ON STAGE AND SHOWING THE WORLD HIS NEW PHYSIQUE!"

out to hit the different muscle fibers and get a kick ass pump! I want to prove to all of my fans and fellow bodybuilders around the world that I may have my setbacks, but I always return bigger and better!

SOUNDS LIKE YOU GUYS REALLY TURN IT UP IN THE GYM. WHAT IS YOUR TRAINING ROUTINE; DAYS ON, DAYS OFF, EXERCISES, REPS, ETC. IS IT ANY DIFFERENT FROM YOUR USUAL PREP?

My training routine has changed slightly; but now that I'm back into the swing of things there's not much of a difference. I still split body parts into two workouts a day like I have always done. It took me a while to get back up to the amount of weight I was used to in order to build the mass but now I feel like I'm on fire every time I hit the gym. I am training 6 days a week and I have added a second workout in the day, 5 days a week. This was necessary in order to get myself back to close to where I had been previously around the time I won the Euro Arnold. It is still a work in progress; any bodybuilder who tells you otherwise is a liar. You can never become stagnant with regards to your physique; you always have to strive to be the best and to improve every day. If you start to become complacent with how your body looks, you'll never improve and most of all you'll never excel! At this point I am training three days on, one day off, which is not too different from my usual contest prep. We vary the number of sets and reps depending on how we are feeling and what are goal for training is that day. You have to constantly adjust your schedule or you'll plateau and your gains will come to a complete stop and you'll feel like shit. One way I help prevent this is by using a product called DARK MATTER after every training session to improve my muscle recovery and growth, as well as replenish the glycogen stores I just drained training. I'm not going to get into an in-depth science lesson into how it works, you can check out MHP's website for that, I'm going to tell you the simple facts. Does it work – YES! Does it taste good – YES! My favorite flavor at the moment is the Blue Raspberry, but I do switch it up from week to week between that and the Grape and Fruit Punch.

SWEET! IT'S ALWAYS COOL TO FIND OUT HOW THE SOME OF THE I.F.B.B. PROS TRAIN, AND

WHAT SUPPLEMENTS THEY USE. AS WE CAN SEE, YOU DEFINITELY PUT IN YOUR TIME AND PAY YOUR DUES AT THE GYM. HOW GOOD DOES IT FEEL TO GET BACK INTO THE SWING OF THINGS AND BODYBUILDING?

"MHP PRODUCTS HELP ME BREAK THROUGH PLATUES AND PUSH MY TRAINING TO A LEVEL FAR BEYOND WHAT I COULD DO ON MY OWN; THE GAINS IN MUSLCE AND STRENGTH HAVE BEEN NOTHING SHORT OF AMAZING!"

I have to say it's great to be back in the gym! Sometimes you take things for granted and spending time away from the gym made me realize how much I love to train and how much I love competing in the I.F.B.B. Let's face it, nothing feels better than cranking out a kick-ass workout in the gym and getting a pump that makes it feel like you're going to explode! Hell, after taking some NO-BOMB and hitting the gym I can barely brush my teeth or button up my shirt for a hot date I'm so pumped! Arnold said it best, and picture me doing an impression of Arnold as crazy as it sounds... "The greatest feeling you can get in the gym, or the most satisfying feeling you can get in the gym is the pump... it feels like your muscles are going to explode... like someone is blowing air into them... it feels fantastic. It's as satisfying as cumming is, after having sex with a woman and cumming. I'm like getting the feeling of cumming in the gym, the feeling of cumming at home, back stage when I pump up, when I pose in front of 5000 people... I'm cumming day and night, so I am in heaven !" LOL

WE CAN'T STOP LAUGHING ... ONE OF THE BEST MOVIE SCENES OF ALL TIME, PERIOD! NOW THAT EVERYONE KNOWS YOU'RE YOUR TRAINING IS GOING WELL AND YOU'RE IN HEAVEN 6 DAYS A WEEK FROM TRAINING AND YOUR PUMP, WHEN CAN WE EXPECT YOU BACK ON STAGE?

Not just yet. I have made an executive decision not to make a mockery by stepping on stage at less than 100%. I want to make a statement to the world and take it all the way to the bank and become Mr. Olympia! I have to say that when you do see me on stage, people are gonna' be like – damn, look at Victor Martinez, he looks like a freak! I've been taking a supplement that's not yet available to the public called MYO-X. It's the world's first clinically tested myostatin inhibitor and I have to say people are gonna' be rocked when it hits store shelves. It's helpin' me pack the muscle mass on big time! With this shit in my arsenal and the fact that no one else has it, I'll be kicking ass and taking names ... everyone is going to have to

play catch up to me when I hit the stage!

WOW THAT SOUNDS LIKE SOME CRAZY SHIT; CAN'T WAIT TO SEE WHEN IT HITS THE STORE SHELVES! WITH TRAINING TWO TIMES A DAY, HOW DO YOU HAVE TIME TO DO ANYTHING ELSE IN YOUR LIFE RIGHT NOW? WHAT'S A TYPICAL DAY LIKE IN YOUR LIFE OF VICTOR MARTINEZ?

Are you serious? Eat, train, eat, train, sex, sleep, eat, train… LOL That about sums it up. But in all seriousness, a typical day goes something like this:

6:00 am – get up, take a dose of Activite, a complete multi-vitamin and T-BOMB II, a testosterone booster and the new MYO-X, all from MHP, throw down an ISOFAST protein shake, then go out to meet my boys at the gym.

8:00 am – have a bit more to eat on my way to the gym and meet up with Victor and Jon, we take our NO-BOMB and some A-BOMB, DARK RAGE and some DOPAMITE to kick the metabolism into high gear, then plan and prep our workout and decide how we're gonna' hit it.

9:00 – 10:30 – train my ass off and get shit kicked into high gear by Vic and Jon!

10:30 – 11:00 – take a serving of DARK MATTER with some GLUTAMINE-SR thrown in and cool down while having an in-depth conversation about T&A. LOL

11:00 – 12:00 – Eat like a mo-fo' … by this time I'm starving again after training!

12:00-4:00 – run errands, eat, play some Xbox, or PlayStation, eat and get ready to hit it again in the gym.

4:00-6:00 – meet up with the boys, take another serving of NO-BOMB, A-BOMB, DARK RAGE and some DOPAMITE and hit the gym for round two!

6:00 – 7:00 – take my DARK MATTER and GLUTAMINE-SR, get ready for my plans that night, eat, eat and eat then go out with family or friends to de-stress and enjoy life.

11:00 or so, take my ACTIVITE and T-BOMB II, eat some more or have another PROBOLIC-SR, and get ready for bed… maybe play some more Xbox or chill watching a movie, or head out to the club for a little R&R on the weekend. Right before bed I take some CYCLIN-GF to help my body recuperate while I sleep for the shit I'll put it through at the gym the next day.

CRAZY DAY, BODY3UILDING IS TRULY A LIFESTYLE FOR YOU AND AT YOUR LEVEL, ALL ENCOMPASSING. WITH ALL THIS DETERMINATION AND FOCUS IN THE GYM, PEOPLE WILL WANT TO KNOW WHEN YOU WILL COMPETE AGAIN AND IF YOU'LL BE BACK AT THE ARNOLD EUROPE TO DEFEND YOUR TITLE?

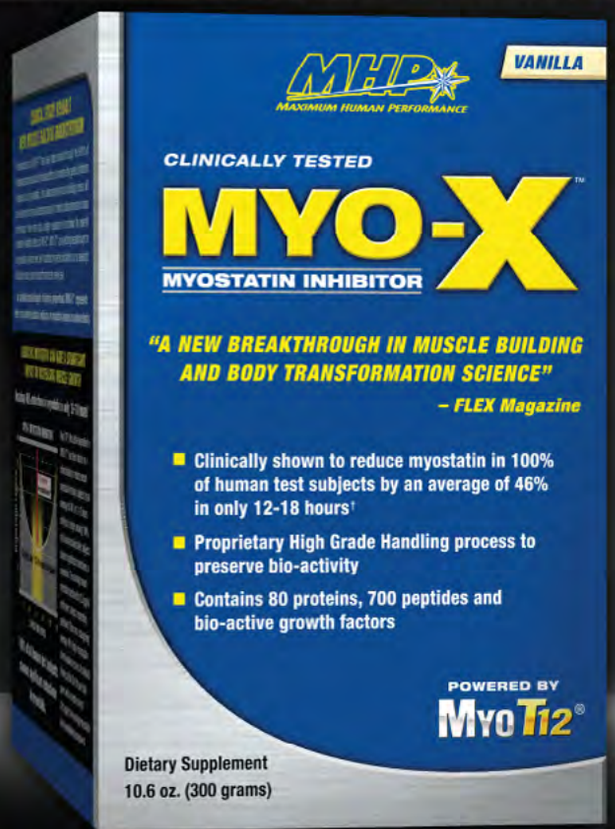
I will not be defending my title at the Arnold Europe, but I will be doing some shows early 2013. As I said, I want to make an impact when I step back out on stage. Who knows, maybe you'll see me in March stepping on stage with some of the best in the world, only time will tell.

It's likely that every odybuilding fan can't wait to see Vic back on stage. He has one of the most classic physiques of all time and the Olympia stage, or any stage for that matter, isn't complete with Vic on it. But enough blabbing, check out the video below from Mike Paulincetta of Victor hittin' the weights … the proof is in the pudding!

So now Victor is focused, both mentally and physically, training like a man possessed, eating more protein than you can fathom. Using supplements like ACTIVITE, T-BOMB II, A-BOMB, NO-BOMB, PROBOLIC-SR and DARK MATTER, and a MYO-X that's soon to hit store shelves from MHP, he is well on his way to carving out the chiseled physique he is known for throughout the world and stepping on the I.F.B.B. Pro stage with hopes of one day hoisting the Sandow over his head in victory!

CLICK ON ME BELOW TO PLAY!

THE MOST EXCITING MUSCLE BUILDING BREAKTHROUGH THE WORLD HAS EVER SEEN!



See What Top Athletes And Bodybuilding Authorities Are Saying About This Muscle Building Breakthrough!

"A new breakthrough in muscle building and body transformation science." – **FLEX Magazine**

"A monumental advancement in muscle enhancement and performance nutrition. MHP is once again leading the industry into a new frontier." – **PLANET MUSCLE & BODYBUILDING Magazine**

"I've never experienced anything like MYO-X. This stuff has extremely powerful muscle building and recovery effects." – **Victor Martinez, IFBB Pro Bodybuilder**

"If you're looking to get bigger and stronger, you need MYO-X. It truly activates muscle growth and speeds recovery faster than anything I've ever taken." – **Brian Shaw, World's Strongest Man**

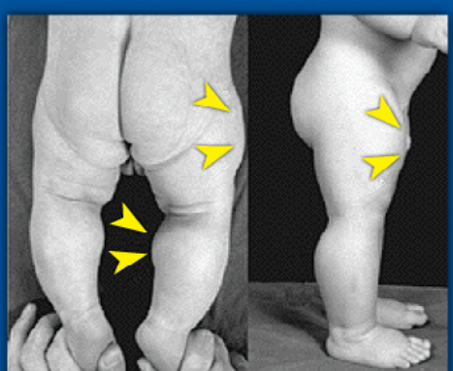
TURN THE PAGE FOR MORE INFORMATION ABOUT MYO-X!

Scientists Call Myostatin Inhibition A Monumental Muscle Building Advancement

"Double Muscling" is a real scientific term used to describe the extreme muscle hypertrophy found in mammals, including humans, lacking myostatin (a member of the Transforming Growth Factor ß superfamily of secreted growth factor proteins). Myostatin is a powerful negative regulator of skeletal muscle mass that restricts muscle growth. While scientists are not attempting to duplicate muscle doubling, they have been eagerly searching for a way to reduce myostatin and increase muscle building for the treatment of muscle loss. Every bodybuilder on the planet would also want to have lower levels of myostatin to enhance their muscle building potential. And now they can with the world's first natural myostatin inhibitor, clinically tested MYO-X. While MYO-X will certainly not eliminate myostatin or duplicate "Double Muscling," it is clinically proven to significantly reduce myostatin to decrease muscle loss and increase muscle building capacity.

Since the discovery of myostatin in 1997, scientists have been intrigued by its actions and have sought methods of intervention to reduce myostatin levels and induce muscular growth. For instance, research at Johns Hopkins University as early as 2001 showed that a 20% reduction in exercise-induced serum myostatin resulted in significant gains in muscle mass. As a result, sports physicians began studying this compound in hopes of introducing some type of viable myostatin inhibitor to athletes. At the forefront of this research was Carlon Colker, M.D., a dedicated medical doctor with a vision of building bigger, stronger athletes.

REAL EXAMPLES OF MYOSTATIN DEFICIENT "DOUBLE MUSCLING" EFFECTS



Documented cases of myostatin deficiency in mammals, including humans, display astonishing muscular growth and reduced body fat levels. Researchers have been studying the rare accelerated growth of a German child deficient in myostatin since he was first referenced in the *New England Journal of Medicine* in 2004, while the tremendous muscularity of the Belgian Blue bull and "Bully" Whippet dog breed are other prime examples of "double muscling" due to the absence of myostatin in animals. While you will not experience the full double muscling phenomenon, reducing myostatin will prime your body for maximum muscle gains.

Revolutionary Breakthrough In Myostatin Inhibitor Technology Shows Huge Muscle Building Potential For Bodybuilders!

For decades, the medical community (and bodybuilders) have been urgently searching for a mechanism that would inhibit the production of myostatin, a genetic protein responsible for limiting muscle growth in humans. Spurred by scientists' widely held belief that myostatin inhibition represents a powerful strategy for promoting significant muscular gains, the principle researchers involved in this area of inquiry have been relentless in their efforts to isolate a viable myostatin inhibitor and make it available to athletes. Now it appears that their efforts have been rewarded with the development of a highly bio-active compound.

Carlon Colker, M.D., along with other doctors and scientists from around the world, identified and isolated a natural bio-active compound that goes through a proprietary High Grade Handling process and carefully preserves and magnifies the concentration of 80 proteins, 700 peptides and numerous biologically active growth factors absolutely unique to this product. This patent pending compound, MyoT12®, functions as a modulator and antagonist to myostatin production and is validated and backed by extensive laboratory testing, human clinical studies, and peer reviewed and published results. One key study demonstrated that MyoT12, the active ingredient in MYO-X, reduced serum myostatin levels up to 46% with a single serving. This is a very significant breakthrough for bodybuilders, athletes and even aging adults looking to increase muscle mass and strength. Myostatin is present in all of us and regardless of how hard you train, myostatin will limit your muscle building potential. Myostatin reductions such as these will help counter the forces that have restricted your ability to build more muscle and will open the door to new muscle building potential. Under exclusive license, MHP's MYO-X has emerged as a powerful approach to extreme muscle enhancement for all athletes!

MYOSTATIN INHIBITOR

†Colker, C., "Effect on Serum Myostatin Levels of High-Grade Handled Fertile Egg Yolk Powder," *Journal of the American College of Nutrition*, Volume 28, No. 3, Abstract 47; October 2009.

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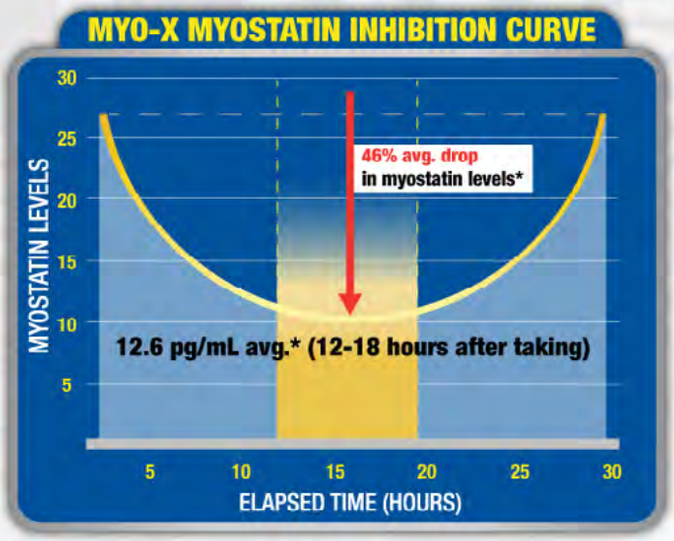
MYO-X

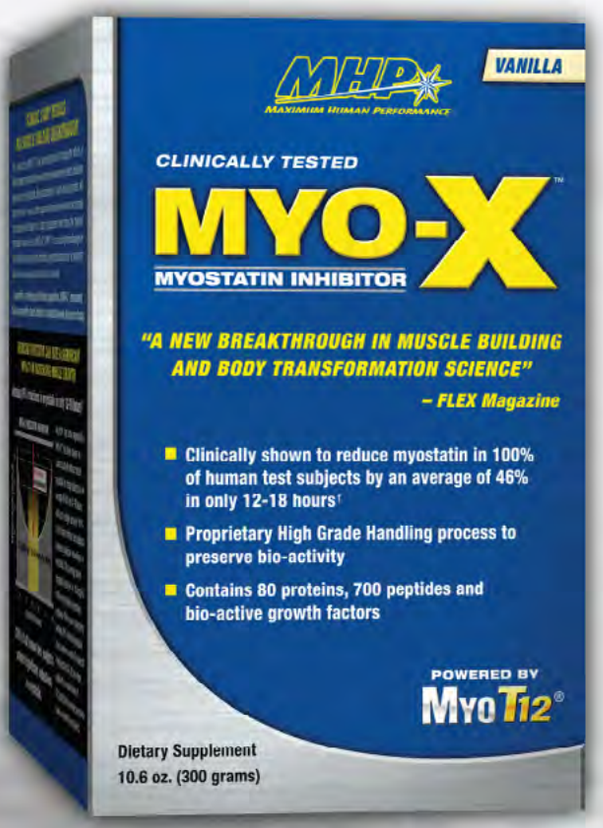
Clinical Study Reveals Unprecedented 46% Reductions In Myostatin In Just 12 Hours!

MYO-X's key active ingredient, MyoT12®, has been shown in a clinical study to reduce serum myostatin in study subjects by an average of 46% in 12-18 hours with just a single serving! 100% of all human clinical test subjects showed significant reductions in myostatin. The average serum myostatin declined to 12.6 pg/mL with every subject responding positively. This was a staggering average 46% drop in myostatin from baseline across all subjects. Finally, at the 24-30 hour time point with a mean value of 28.1 pg/mL, the average myostatin level completely normalized.†



"Research has shown that a reduction in serum myostatin levels is likely to result in clinically significant muscle gains. In my work with elite athletes I have seen firsthand the muscle enhancement impact of MYO-X when used in conjunction with intense weight training. These athletes have made vast improvements in muscle size, strength, performance and improved recovery."

Carlon M. Colker, M.D., FACN, Sports Performance Physician, Inventor of MyoT12®



"Myostatin Inhibition May Represent the Safest & Most Powerful Way to Build Lean Muscle Mass."

- Robert Hariri, M.D., Ph.D.

- Backed by more than a decade of evolutionary bench work and published scientific research showing it can truly reduce human myostatin levels!
- Clinically tested and shown to suppress myostatin in 100% of the human test study subjects and reduce blood levels of myostatin by an average of 46% in only 12-18 hours!
- Manufactured using a proprietary High Grade Handling process and contains a magnified concentration of 80 proteins, 700 peptides and numerous biologically active growth factors.

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RESEARCH

Shifting through the BS to give you the goods...

Eat Beets for Bigger Pumps!?!

Mounting evidence has revealed that the nitrate content of certain vegetables can exert natural ergogenic or performance enhancing effects. Beets are of major interest as they are very nitrate-rich. The body converts the dietary nitrate from beets into nitric oxide (NO). NO has many important functions in the body, however in terms of exercise, it regulates muscle contraction and increases blood flow to muscles, making it easier to produce energy. Previous studies have shown that beetroot juice improves time to exhaustion during exercise and reduces the oxygen cost of exercise (the amount of oxygen needed by muscles during activity). In other words, you have more energy for a longer period of time, allowing you to burn less ATP (energy), and therefore last longer. A recent study, published in 2012 has confirmed previous results by having subjects ingest 200g of whole beetroot (~500mg nitrates) prior to exercise. Subjects increased their performance, without any change in heart rate and reported lower perceived exertion, early in their trial run. Collectively, the research suggests that consuming beets high in nitrates can enhance exercise efficiently helping to produce higher power outputs for the same level of effort. Interestingly, beets are also highly nutritious, high in unique pigment antioxidants and phytonutrients. Beets are rarely eaten however with continuing research supporting their performance benefits and NO capability; they may one day find their way as a staple into the bodybuilding and athlete d.

Murphy et al. 2012. J Acad Nutr Diet. 112(4):548-55

REFUEL WITH CHOCOLATE MILK

Chocolate Milk – Nature's Post-Workout Recovery Drink

New research suggests that the most effective recovery drink may already be in your refrigerator - chocolate milk! Chocolate milk is not only a source of high-quality protein to help repair and rebuild muscles after strenuous exercise but it is also a valuable carbohydrate source necessary for glycogen recovery. In addition, it contains key electrolytes (calcium, potassium, sodium and magnesium); plus B vitamins necessary for harnessing energy and ever so important bone-building nutrients such as calcium, vitamin D, phosphorus and potassium. Fitness experts agree that there is an anabolic window after exercise which is critical for muscle growth and recovery. Numerous studies have investigated carbohydrate (CHO) or protein-CHO nutrient interventions during recovery, however very few have examined the influence of whole-food protein-CHO sources, such as milk. A series of studies published in 2011, has shown that athletes, who drank low-fat chocolate milk after exercise, had improved training times, better body composition (less fat and more muscle) and were in better shape than those who drank carbohydrate-only drinks. Several of these findings were recently confirmed in a new study that investigated fat-free chocolate milk vs. a CHO-only beverage. Results demonstrated that chocolate milk immediately after exercise significantly increased protein synthesis while limiting protein breakdown. The take home message is that whether its fat-free or low-fat chocolate milk, milk represents a cost efficient recovery drink which is easily accessible to everyone!

Lund et al. 2012. Med Sci Sports Exerc. 44(4): 682-691

Chocolate Milk Facts per 8oz

Protein:
8 g

Carbs:
13 g (12 g sugar)

Fat:
2 g (1.5 g Saturated, 0 Trans)

100 Calories, plus it tastes great and you can get it at almost anywhere at any store!

Testosurge™ Jacking Testosterone by 178%!

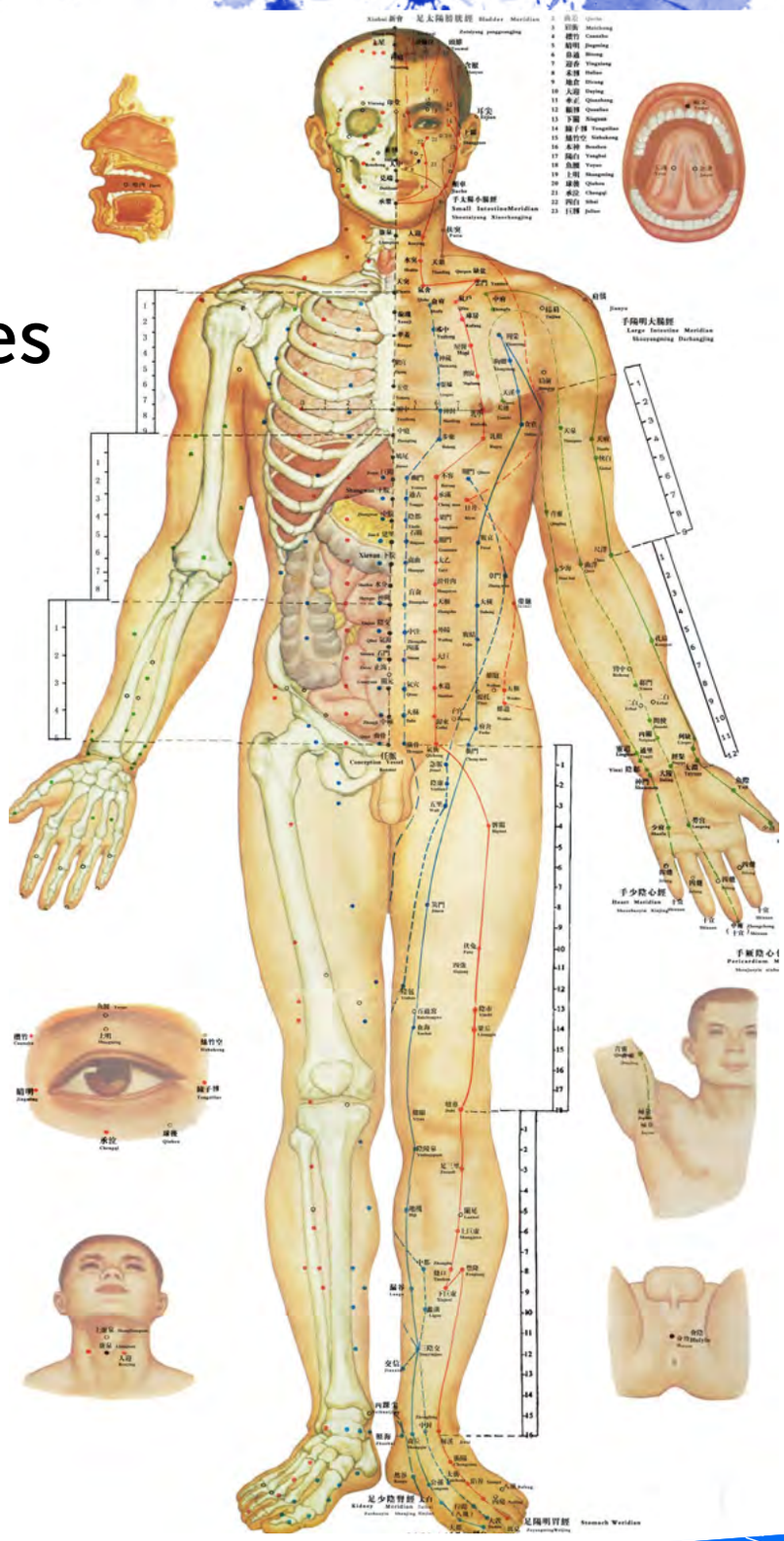
> Mutant Test is just one of the many great products that contains Testosurge.

Testosurge™ is an innovative standardized ingredient discovered by a Drug Discovery Company specializing in developing proprietary technology to isolate, purify and stabilize pharmaceutically active components from botanical sources. Standardized at 80% glycosides, Testosurge™ was studied using the gold-standard of research – a randomized, double-blind, placebo controlled study – And the results were amazing! After 8 weeks, previously trained subjects showed a 146% increase in total testosterone and a 178% increase in bioavailable testosterone levels, when combined with a resistance-training program. The significant increases in total and bioavialable testosterone occurred without a corresponding increase in estradiol and DHT, leading researchers to conclude that Testosurge™ inhibits aromatase and 5-alpha reductase activity. Therefore, aside from boosting testosterone levels, Testosurge™ is also an AI and 5-alpha reductase inhibitor! These increases may represent some of the largest observed using a natural botanical ingredient in a controlled experimental study and published in a peer-reviewed journal. Interestingly, subjects in the treatment group also experienced over 200% greater fat loss. Testosurge™ is truly a scientific breakthrough for jacking testosterone levels. It won't be long before you see Testosurge™ popping up in leading testosterone products.

Wilborn et al. 2010. Int J Sport Nutr Exerc Metab. 20(6): 457-465

针灸

Acupuncture decreases skeletal muscle loss!!!



In spite of the widespread use of acupuncture as a treatment for various diseases, it is still regarded by some in Western Society as obscure and suspicious.
This could all begin to change as new research presented in April, at the Experimental Biology 2012 meeting, showed that acupuncture therapy can prevent muscle loss. The main focus of the study was on muscle specific mRNA levels (the blueprint of proteins), such as atrogin-1, which are involved in skeletal muscle atrophy (breakdown). The scientists showed that acupuncture significantly reversed loses in muscle mass and lowered mRNA levels of atrophic genes. Skeletal muscle, as we know, has high plasticity (easily shaped or molded); typical interventions to prevent atrophy include exercise training, improved nutrition and mechanical stimulation. These can be challenging goals for those who are already frail or who have severe medical conditions. Therefore, acupuncture represents a potential non-pharmacological strategy for preventing skeletal muscle loss in the future. Although, this research was completed in mice, this finding holds promise for those seeking improved mobility through muscle recovery. Who knows in a couple years we may all be receiving acupuncture therapy after a hard-core strenuous workout. Crazier things have happened in this world!

FASEB (2012, April 23)

There are literally hundreds of acupuncture points on the body affecting the muscles.

MUSCLEMEDS

NICK TRIGILI
6'0" • 305 lbs.

KAI GREENE
5'8" • 295 lbs.

TY YOUNG
5'11" • 290 lbs.

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» METHYL ARIMATEST
Dual Action Pharmadynamic Testosterone Technology

» HEXAGHEN
GHRP-2 Hexapeptide Muscle Growth Accelerator

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"Simply...AMAZING!!!! I gained 30 pounds in 3 months last year while using Mutant Mass...I swear by it and endorse it to everyone...I always seem to get the question.. "what do you use?" and I simply say "MUTANT"."

– Bruce K., iammutant.com

"I LOVE Mutant Mass!!! It is part of my daily nutritional routine.... Helps me gain/maintain lean body mass... There's no way I would be able to get my current size without this supplement."

– Paul Rykiert, MUTANT Facebook Fan Page

"Great tasting product! The results were awesome I did 2 scoops twice a day, one every morning with breakfast, one after training on training days, and one before bed on off days! Thanks for the great product :D"

– B CorkeryCollapse, MUTANT APP

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GH and IGF-1:
effects on muscles and tendons.

It is well known that exercise not only creates adaptive responses within skeletal muscle fibers, but also enhances collagen synthesis both in muscle and connective tissue.

Exercise and training have been shown to activate systemically the GH/IGF-I axis, as well as increase local expression of IGF-I.

Human studies, involving either chronic GH administration or acute injection of IGF-I into connective tissue, demonstrate enhanced expression and synthesis of collagen in muscle and tendon, supporting a far more potent stimulatory effect of GH/IGF-I on connective tissue (in muscle and tendon) than on skeletal muscle contractile proteins.

However, GH/IGF-I may play an additional role in skeletal muscle by regulation of muscle specific stem cells (i.e., satellite cells), as increased satellite cell numbers are found in human muscle with increased GH/IGF-I levels, despite no change in the rate of myofibrillar protein synthesis.

Reference:

Heinemeier KM, Mackey AL, Doessing S, Hansen M, Bayer ML, Nielsen RH, Herchenhan A, Malmgaard-Clausen NM, Kjaer M. GH/IGF-I axis and matrix adaptation of the musculotendinous tissue to exercise in humans. Scand J Med Sci Sports 2012 Mar 1. doi: 10.1111/j.1600-0838.2012.01459.x. [Epub ahead of print]

Lab-Engineered Muscle Implants Restore Function in Animal Studies

New research shows that exercise is a key step in building a muscle-like implant in the lab with the potential to repair muscle damage from injury or disease. In mice, these implants successfully prompt the regeneration and repair of damaged or lost muscle tissue, resulting in significant functional improvement.

"While the body has a capacity to repair small defects in skeletal muscle, the only option for larger defects is to surgically move muscle from one part of the body to another. This is like robbing Peter to pay Paul," said George Christ, Ph.D., a professor at Wake Forest Baptist Medical Center's Institute for Regenerative Medicine. "Rather than moving existing muscle, our aim is to help the body grow new muscle."

In the current issue of Tissue Engineering Part A, Christ and team build on their prior work and report their second round of experiments showing that placing cells derived from muscle tissue on a strip of biocompatible material - and then "exercising" the strip in the lab - results in a muscle-like implant that can prompt muscle regeneration and significant functional recovery. The researchers hope the treatment can one day help patients with muscle defects.

"The implant that wasn't exercised, or pre-conditioned, was able to accelerate the repair process, but recovery then stopped," said Christ. "On the other hand, when you exercise the implant, there is a more prolonged and extensive functional recovery. Through exercising the implant, you can increase both the rate and the magnitude of the recovery."

A variety of laboratory tests were used to measure results. A test of muscle force at two months, for example, showed that animals who received the implants with extra cells added had a threefold increase in absolute force compared to animals whose muscle damage was not repaired. The force-producing capacity of muscle is what determines the ability to perform everyday tasks.

"If these same results were repeated in humans, the recovery in function would clearly be considered significant," said Christ. "Within two months after implantation, the force generated by the repaired muscle is 70 percent that of native tissue, compared to 30 percent in animals that didn't receive repair."

Just imagine if this research was applied to the sport of bodybuilding ... it would be like the super human Van Damme in Universal Soldier!

George Christ, Ph.D., Benjamin T. Corona, Ph.D., lead author, Masood A. Machingal, Ph.D., Tracy Criswell, Ph.D., Manasi Vadhavkar, MD., Ashley C. Dannahower, Christopher Bergman, and Weixin Zhao, M.D., all from Wake Forest Baptist.

Imagine this guy coming up and beggging you for some nuts!

Those who received the implants with extra cells added had a threefold increase in absolute force compared to animals whose muscle damage was not repaired.

STUFF

Stuff you need & want

by derek hart

This is the section of the magazine where we review products we use regularly and like, or products that don t cut the mustard and want to educate you about so you can decide whether or not you d like to make a purchase no marketing here or kickbacks given from any of the companies, just our honest opinion. The products could be anything along with the normal bodybuilding gear, bodybuilding supplements, gym reviews. Products like favorite foods, drinks, electronic devices, movies, television shows; hell, anything and everything you can possibly imagine.

> No sugar coating here, we tell's it like's we see's it, when it comes to reviews of anything and everything!

If you have a product suggestion, review or any type of comment , like or dis-like, about our product reviews give us a shout online and we ll take a look to see if it s indeed up to snuff, to make it on the STUFF list.

Rating System

★ CRAP

★★ NOT AS CRAP

★★★ DECENT

★★★★ A GOOD BUY

★★★★★ AWESOME!

» RockStar Recovery

THE GOOD

Available in orange, grape and lemonade flavors RockStar Recovery has all the kick of regular RockStar with only 20 calories and no carbonation. No heart burn here – love the stuff!

THE BAD

That it only comes in 3 flavors... a fruit punch or something else would be nice as well.

THE STATISTICS

★★★★★

Price	$2.99
Taste	Great
Flavors	3
Would you Recommend	YES

Can't get enough of this stuff ... keeps me JACK'D all day long!

» Oil of Oregano

THE GOOD
You're probably thinking to yourself, what the F*#K is this shit, well it's simply oregano, but in a high dose which kills most bacteria and viruses. Why would you want it ... gargle with this stuff if you feel a cold coming on after you've hit the gym which is a breeding ground for germs!

THE BAD
Tastes like shit but it works!

THE STATISTICS

★★★★☆

Price	$19.99
Taste	Shitty
Does is work?	YES
Would you Recommend	YES

4 stars as it tastes like crap but it works really well!

» Gasp Hoodies

THE STATISTICS

★★★★★

Price	$99+
Quality	Great
Colors	Black White Grey Green
Would you Recommend	YES

THE GOOD
Best quality hoodie I have ever purchased, yes I bought one, no free hand out so my review is un-biased. Great colors, personal favorite has to be the white hoodie.

THE BAD
A bit pricy, but then again the quality is outstanding and this hoodie won't shrink and twist at the zipper after you wash it and it will last you for years!

» Gillette Fusion Razor

THE GOOD
If you're gettin' ready to hit the stage, or just going to the beach and want to show off the body you've worked so hard for, or ya' got a hairy back and it just grosses the chicks out, the Gillette Fusion Razor is by far the best razor I have ever used to date.

THE BAD
A bit pricy, and this bad boy has 5 blades ... be careful around your nipples!

THE STATISTICS

★★★★½

Price	$19.99
Sharp?	YES
Does is work?	Hell Ya
Would you Recommend	YES

4 1/2 just due to price, I'm a cheap ass SOB!

GP8 Sport Water

THE GOOD

GP8 is a super clean and purified water designed specifically for the athlete in mind. It helps promote increased energy and stamina, helps you recover faster, helps increase performance so you can work out harder and of course, increases hydration.

THE BAD

Right now it's only available in specific outlets but distribution is growing.

THE STATISTICS

★★★★☆

Price/12 Pack	$20.00
Quality	Great
Does it work?	YES
Would you Recommend	YES

Would recommend, it's ph balanced to help fight lactic acid.

Arrid Deoderant

THE STATISTICS

★★★★☆

Price	$2.99
Quality	Great
Smell	none this is scent free
Would you Recommend	YES

THE GOOD

Best spray deoderant ever. Use the scent-free version and you won't stink up the pits of your shirts and you'll be invisible to every animal in a 10 block radius. Then when you put on your cologne you won't have 2 scents fighting each other which drives the ladies away!

THE BAD

In my neck of the woods this sells out all the time so you have to buy it in bulk.

Schiek Wrist Wraps

THE GOOD

Strong and reliable wrist wraps with adjustable straps from Schiek that protect your wrists while giving them support when you are lifting heavy.

THE BAD

Nothing really, these are good wraps by a good brand who pride themselves with producing top notch lifting accessories.

THE STATISTICS

★★★★★

Price	$19.95
Does it work?	Yes
Color	Black
Would you Recommend	YES

Helps protect your wrists from getting cut up when you're lifting heavy-ass weights.

» Inversion Table

THE GOOD
A must have for the serious athlete. Helps to decompress the spine, increase blood and fluid flow throughout the body. After a heavy day of squatting this baby will help you get the 3 inches of height you lost while loading the plates up on your back!

THE BAD
Takes up space even when folded up.

THE STATISTICS

★★★★☆

Price	$200+
Quality	Var-ies by brand
Does is work?	YES
Would you Recommend	YES

Great way to decompress the spine!

» Striploin from Costco

THE STATISTICS

★★★★☆

Price	$30
Quality	Great
Taste	really, really, really, good!
Would you Recommend	YES

THE GOOD
Great steak at a great price and they cut them sooo thick you'll have to cook the sides first like a pro. $30 will buy you 3 huge pieces that should last you a few days ... or from some pro's, a day!

THE BAD
Would be better if they lowered the price even more so you could buy more, still a great quality steak can't be beat!

» Tug Toner

THE GOOD
First there was the Shake Weight, then there was the Free Flexor, now thanks to Jimmy Kimmel there's the Tug Toner! With this ground-breaking device, your grip strength will improve as well core strength and stamina. This is the one, and only piece of exercise equippment you'll ever need! No longer will you have to go to the gym and sweat it out; the tug toner is a total gym in one easy to use device!

CLICK HERE TO WATCH!!!!!!!

THE STATISTICS

★★ ★★★

Price	$39.95
Shape?	sex toy
Does is work?	YES!!!!
Would you Recommend	YES

5 stars you'll never buy another piece of equippment again once you try this baby out!!

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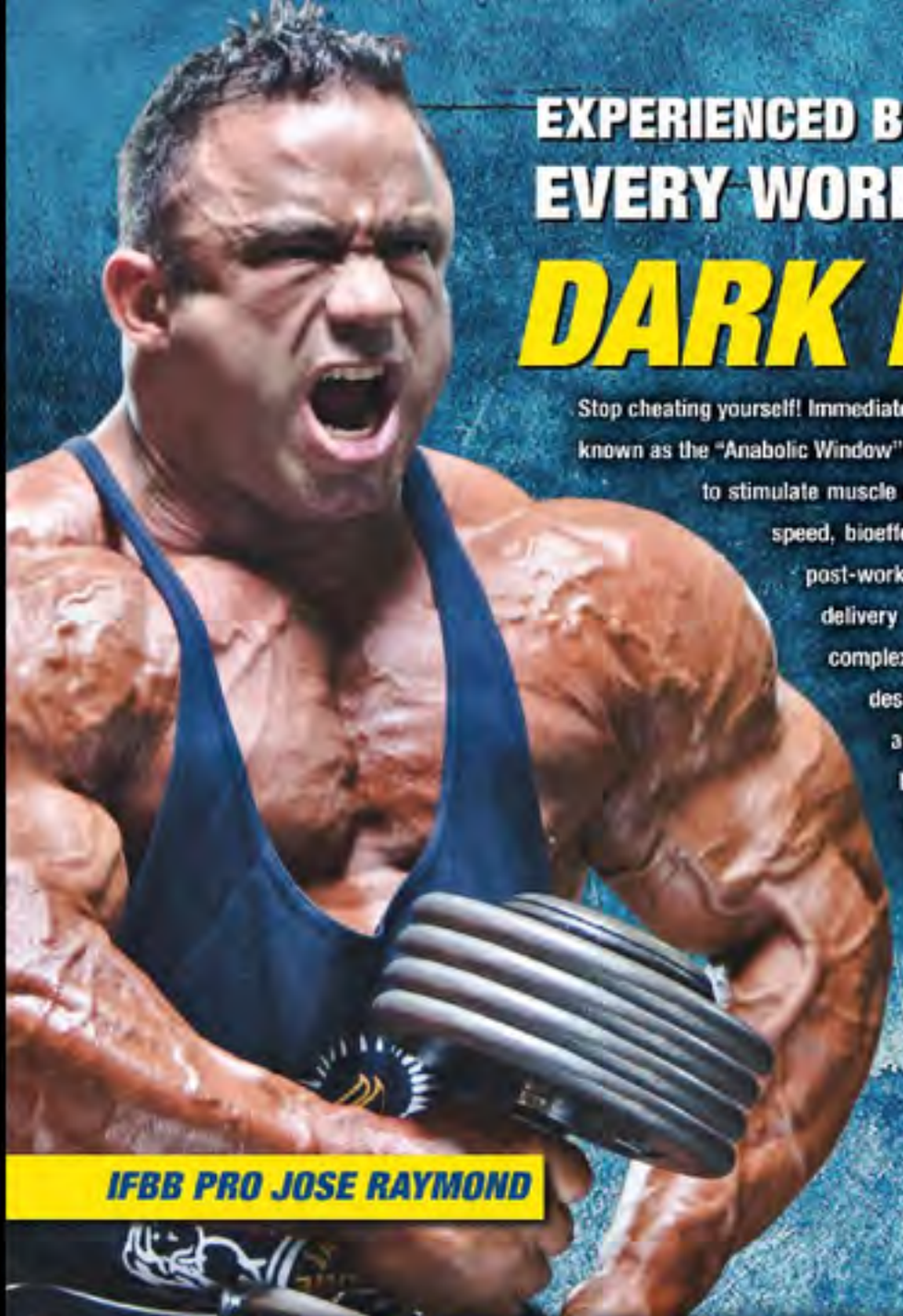

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WARNING: May contain some sh*t some people may find offensive!

MOSCA MADNESS WITH BIG V!

Ok, let me first introduce myself for people not already in the know... my name is Valerio Mosca, I'm not just any other, ordinary bodybuilder – I'm a bodybuilding fanatic!

I live in Toronto, Ontario, Canada and run Team Body Pro Athletics; which specializes in clothing for bodybuilders. Not dropping any names here, LOL, but I am friends with just about every top pro on the planet. Cutler, Colman, Heath, Jackson just to name a few. One day I was sitting in the hot tub with a smokin' hot chick and I got a call from the people from JACK'D who had heard about some of my adventures and asked me to write a column for them. I thought, what the f#*k, why not? Then everyone in the world can get a taste of what I like to call "Mosca Madness"!

Why the hell would anyone give a crap about what's going on in my life and what my opinion is on crap; well as I said, I've been behind the scenes in bodybuilding for some time and can give you a look at some of the crazy shit you don't see, stuff that'll make you laugh out loud and make you think, did that really happen?!? Well, it sure did. My life is anything but boring, so let's get going, enough about who I am, let's talk some shit!

Let's start off with this years' Toronto Pro Show.

...CUTLER leaned over, "Yo Val, I'm hungry, what's there to eat?"...

I always have a booth at this show as it is growing every year and is becoming a kick-ass show. So in my wisdom I decided what better place to get all four of the Mr. Olympia's at one booth for people to see. So I called in a few favors and made a few calls, booked some flights and hotel rooms and it was set. The Team Body Pro booth would be the only booth at any show, ever, to have Jay Cutler, Phil Heath, Dexter Jackson and Ronnie Colman at the same booth at the same time. How awesome is that! The line up to meet these guys is going to go out the front door and it did! People stood in line for hours to be part of this once in a lifetime chance to take photos, meet and greet, talk some shit with some of the greatest bodybuilders of all time. It was going awesome, then it started... Cuts leaned over, "Yo Val, I'm hungry, what's there to eat?" Wait a second, didn't we just have breakfast like an hour ago? I mean I planned for about three to four big meals a day since they're not dieting for any show. I thought that would be enough... Fawwwwwwwwwk was I ever wrong. Then Dex heard Jay and was like "Yeah man, I'm starvin'!" Colman and Heath were then like "food, you're getting' some food?". Ok, out came the cooler where I packed steak and rice meals for everyone, hell, that's what I usually eat, so I'm sure they'll like it too. After about a minute they were all done, or so I thought.

The day went on, fans were f*#king loving it, the booth was a hit! Then about an hour and a half to two hours after they ate, Cutler said it again. "Val, got anything else to eat?" "F#*k dude, you guys just ate all the food I brought!" What the hell was I going to do now? Needed to get some food fast, but what? I can't go out and leave the booth for too long to get them something, they just ate enough food to feed an army for a week between the four of them! Shit, I know, they're not dieting, I'll get them some street meat from the truck outside of the convention center. Dex was like "That sounds good, I'm coming out

... at times it was like eatin 'dinner with 'The Klumps! I could hardly eat I was laughin so hard!

with ya and grab some before these mo-fo's eat 'em all."
So out onto Front Street in Toronto strolled Mr. Olympia, Dexter Jackson to get some street meat with me. Got ourselves about 15 or so dawgs, loaded them up and headed back inside. Shit, Dexter ate two before we even hit the front door.

And if you think that's crazy I had to dish out 7 liters (close to 2 gallons) of water per guy that day ... that's 28 liters in less than 8 hours at the booth! For the entire weekend it was pretty much 100 liters (25 gallons) of water. Shit, I should have just hooked up a garden hose right to the booth!! The only saving grace was that the washroom was directly behind the booth, or we would have had one hell of a golden shower going on!
F*#k, Ronnie chilled at my place from the Thursday 'till Monday morning after the show ... we went through 15 lbs of protein powder!!! Thank god I'm sponsored by MUTANT and they give me a shit load of the best protein powder for free!!! Ronnie used so much MUTANT MASS that he said his stomach was sore... well f*#k ya, wouldn't you be heaving if you were taking in 6 scoops at a time with all the MCT oil, fats and the carbs per shake! That's 600 grams each serving and he did 4 shakes a day like this ... 2400 grams of carbs not including meals a day on shakes alone ... RONNIE IS A FREAK!!!!!!!! Ronnie was HUGE and full as a house working the booth, not to mention lettin' off some pretty nasty farts! LOL

These guys eat a lot, but don't forget, when they were struggling and climbing their way up the bodybuilding ladder they had to make some sacrifices along the way. Both Ronnie and Dex told me how when they were new to the sport they could only afford ketchup and mayo sandwiches ... they had such little money that was the only thing they could eat. Well the sacrifice paid off big time, now both will be forever in history holding the title of Mr. Olympia.

And that's just Ronnie, don't forget Jay, Dexter and Phil had their fair share too! ! And shit hit the fan when we all went out to eat to an all you can eat sushi bar. I mean, the poor guy who owns the place never thought he'd have four guys like this walk into his restaurant and order all you can eat. They ate tons and tons of sushi and everything else they could get their hands on. These dudes are characters too ... at times it was like eatin' dinner with The Klumps! I could hardly eat I was laughin' so hard! LMFAO!

I have to say the turnout at the Toronto Pro and my booth was a great success. Next year come to Toronto and check out the show and my booth, if you thought this year was good, wait 'till next year, it'll blow your mind! Thanks to Jay, Dex, Ronnie and Phil – one hell of a group of guys!

CHECK IT OUT! CLICK ON THE VIDEO TO SEE DEXTER JACKSON GET HIS FIRST TASTE OF "STREET MEAT!"

Now let's get into the nitty gritty of things ... my top 10 favorite sexy babes! Why, why the hell not! This is my column, I can pretty much do what I want. ;) Now although I've listed them in order, I have to say it was a tough call as all these babes are smokin' hot, there's no real favorites. Except for number one ... she's really my number one!

At the top of the list is Olivia Wilde. She has played a doctor on "House" a lesbian on "The O.C." and a futuristic babe in the movie Tron. What gets me all rev'd up is her tight ass and those crazy sexy eyes. Can you just imagine those eyes lookin' up at you while she's goin' down on you ... I sure can!

CHECK OUT OLIVIA HERE!

Next is Megan Fox ... she just leaves me speechless. Perfection, thy name is Megan!

CHECK OUT MEGAN HERE!

Latin bombshell Sophia Vergara takes the next spot. She's got all the right curves in all the right places and if you think she's hot on TV, you should see some of the photos of her in a bikini – I mean come on! (literally) And her voice, that accent is so sexy, and seems like she'd be the one to take control in the bedroom and show you a trick or two.

CHECK OUT SOPHIA HERE!

TANIA AND I AT A SHOOT... COULDN'T KEEP MY EYES OFF HER T*TS!

Tania Amazon hits the list next. She's a pin-up model who's pinned me down on more than one occasion. She's f*#kin' hot with a huge set of t*ts ... just want to put my face in there and go crazy! LOL

CHECK OUT TANIA HERE!

So far the list has been pretty good huh, well check out Amanda Carrier online. This model/actress has appeared in the hallowed pages of MAXIM magazine among others and was also an athlete playing for the Chicago Bliss at the Lingerie Bowl ... now that's hot!

CHECK OUT AMANDA HERE!

For a flawless face, kick-ass tattoos and a cool job, DJ Megan Daniels hit's the spot. I'd love to spend a night at the club with her spinnin' some tracks while watching her get down to the beat ... here that Megan, let's hook up next time you're in TO, you can spin on top of me!

CHECK OUT MEGAN HERE!

Nikki Benz is another on my list who I feel has a great set of t*ts and a rockin' ass! Don't get jealous Megan, you do too; there's plenty of BIG V to go around! ;)

Nikki is an "actress", let me repeat ... an "actress" and has appeared in hundreds of movies. Yes, hundreds. She was also voted 2011 Penthouse Pet of the year. Check out her website, you'll see why. Just make sure your over 18 years of age, there may be some material that might cause a teenager with less experience to explode in their pants!

CHECK OUT NIKKI HERE!

MAKE SURE YOU CHECK OUT THE WEBSITES FOR ALL THE CHICKS ON MY TOP 10 LIST, YOU'LL BE GLAD YOU DID. HELL, IF YOU TWEET THEM, TELL 'EM BIG V SAYS HELLO!

For another killer set of eyes I wouldn't mind staring up at me while I grin from ear to ear is Tina Jordan. She's a model/actress who caught the eye of Heff and became a playboy bunny. So much so that Heff himself got in on the action – way to go Heff, you're like 1000 years old and still going strong!

ME WITH SOPHIA, SERIOUSLY, CAN LIFE GET ANY BETTER THAN THIS!

CHECK OUT JORDAN HERE!

Taylor Wane is another "actress" all the way from the UK. Sexy body, English accent, I'd dress her up in a sexy maid outfit and let her clean me up – Val's a dirty boy! Or how about as a nanny, Val's been a bad boy and may need a spanking!

CHECK OUT TAYLOR HERE!

Now for my number one, the hottest, sexiest, girl I know, Sophia Rossi! A very gifted and talented "actress" knows what to do, how to do it, and keep you on the edge without spilling over for hours and hours ... pure erotic bliss!

CHECK OUT SOPHIA HERE!

BIG V'S TOP 10 HOT CHICKS

10. OLIVIA WILDE
9. MEGAN FOX
8. SOPHIA VERGARA
7. TANIA AMAZON
6. AMANDA CARRIER
5. MEGAN DANIELS
4. NIKKI BENZ
3. TINA JORDAN
2. TAYLOR WAYNE
1. SOPHIA ROSSI

BIG V SAYS TO...

MAKE SURE YOU ALWAYS RUB ONE OFF BEFORE A HOT DATE WITH AN "ACTRESS". YOU DON'T WANT YOUR BIG MOMENT TO END PREMATURLY!

WTF!

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JOE WEIDER'S
OLYMPIA
FITNESS & PERFORMANCE
WEEKEND
2012
19
2012 OLYMPIA
REVIEW

ONLY A FEW SHORT WEEKS AGO THE ENTIRE BODYBUILDING WORLD WAS FOCUSED ON THE 2012 MR. OLYMPIA COMPETITION IN LAS VEGAS. OPEN MEN, FIGURE, FITNESS, BIKINI AND THE 212 MEN PUT ON A GREAT SHOW AND ROBIN CHANG AND THE WEIDER CREW PUT ON A GREAT PRODUCTION FOR BOTH THE ACTUAL COMPETITION AND THE TRADE SHOW ITSELF, WHICH WAS TWICE AS BIG AS PREVIOUS YEARS SO FANS HAD A LOT OF GROUND TO COVER AND GOT TO SEE ALL THE TOP PLAYERS IN THE INDUSTRY WITH HUNDREDS OF BOOTHS AND ALL OF THE BEST BODYBUILDERS IN THE WORLD.

The Best of the Best pose for the cameras!!

With so much going on this past year the Olympia stage looked quite different than it has in previous years. Unfortunately, the one big change was that this was the first year for many, many years that Jay Cutler wasn't competing for the Olympia crown. This is huge as he's been a staple in the lineup and has always given the crowd a show over the past 10+ years. As well, Victor Martinez bowed out of the show focusing on getting himself prepared for the 2013 season after a lengthy time away from the stage, and from the sport of bodybuilding itself all together. So who was left to take on Phil Heath for the crown in the Men's Open and vie for Olympia titles in the other divisions? The following report will take you through the Olympia weekend, complete with profiles on all the competitors trying to climb up the mountain to dethrone the current champion in their division with the scoop on if they brought it to the stage ... and some did just that!

The main battle in the Men's Open was between two of bodybuilding's biggest stars; Heath, Heath, Heath, Heath and Kai, Kai, Kai, Kai ... that's all you could hear in the auditorium as the bodybuilding competitors' stepped on to the stage at The Orleans Theater in Las Vegas. The crowd was chanting the entire time as the top two posed down; that's right, they didn't even call out the top five at first – judging started with the top two and the crowed went crazy! They were chanting for Kai, then they chanted for Phil, then Kai, then Phil; it went on and on, and everybody loved it. No one can argue that the crowd this year wasn't extremely vocal with who they thought should take the title, and at the finals Saturday night, they turned it up a notch and went crazy, which was perfect for the competitors on stage who loved every minute of it and pushed the crowd for more! But before we break down the Men's Open Class, let's take a look at the other elite athletes who stepped on the Olympia stage on the weekend of September 27-30.The Women's Fitness, Figure, Bikini and Bodybuilding competed first on Friday during the day for prejudging on the Expo Stage, and then for the finals on Friday night at the Orleans Arena, before the big boys took part in their pre-judging later that same night.

FITNESS

The first ladies of Fitness were the first to compete, and as always, the great Adela Garcia took the crown as she came in amazing shape and had a routine that blew the crowd away. After seven victories on the Olympia stage, Adela shows no signs of losing her step and should hold on to the crown for as long as she continues to compete. Oksana Grishina, who is originally from Russia, and now resides in California,

FITNESS

1. ADELA GARCIA

2. OKSANA GRISHINA

3. TINA DURKIN

4. MYRIAN CAPES

5. TANJI JOHNSON

and is famous for her elaborate and entertaining fitness routines, took second place and is sure to be one of the top contenders for the Fitness Olympia crown once Adela decides to step down. Tina Durkin who always shows up in top form took third place, and is another one of the ladies moving up the ranks looking to take on the champ. She also performs captivating routines and looks great! Myrian Capes and Tanji Johnson rounded up the top five, making for quite the competition between second and fifth place. To many, it could have gone either way.

Top Five Women's Fitness:

1. **Adela Garcia**
2. **Oksana Grishina**
3. **Tina Durkin**
4. **Myrian Capes**
5. **Tanji Johnson**

BIKINI

Bikini did not disappoint, as the always amazing Nathalia Melotook earned a long deserved first place and her first Olympia crown with a toned body that would turn heads anywhere! After placing fifth at the Arnold Classic, Nathalia fought her way back and is now the best in the world! There's no denying she truly is deserving of the title. Nicole Nagrani, who was the defending Olympia Champion, took a close second with her seductive curves and toned physique. She will likely come back strong next year to try and take the title back from Nathalia, and make the 2013 Olympia quite a show. India Paulino, who's always in great form, took third place, but many in the audience thought she should have placed higher. Dianna Dahlgren brought in the Va-va-voom factor and took third in doing so. She's been competing as an IFBB Pro for only two years now, and is one to watch; you can't help but not take your eyes off her when she hits the stage! She definitely has the "it" factor in the bikini division.

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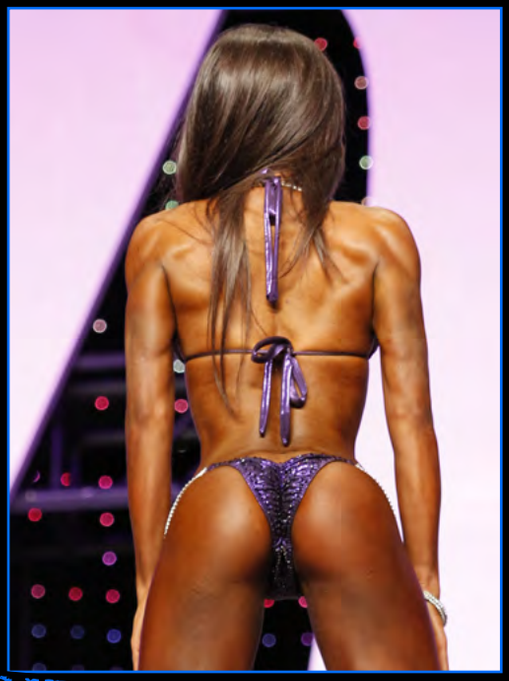
BIKINI

1. NATHALIA MELO



2. NICOLE NAGRANI

3. INDIA PUALINO

4. DIANNA DAHLGREN

5. JAIME BAIRD

Fifth place went to Jaime Baird from Orlando Florida. She consistently places in the top five of every contest she competes in, and if she can fine tune her body in 2013, she will place even higher.

Top Five Bikini:

1. NathaliaMelo
2. Nicole Nagrani
3. India Paulino
4. Dianna Dahlgren
5. Jaime Baird

FIGURE

In between Fitness and Bikini you'll find the women of the Figure division. After placing second last year and at the 2012 Arnold Classic, Erin Stern regained her Olympia Figure crown from Nicole Wilkins. In a hard fought battle, Erin and Nicole duked it out with Erin coming out the victor thanks to a slightly more toned body, and a smile that would light up the room. We can't wait to see how this battle evolves at the 2013 AC, as this is becoming quite the rivalry! Candice Keene placed third and is no slouch in the Figure division either. With a third place win at the AC and several first placing finishes prior to the Olympia, Candice is nipping at the heels of Erin and Nicole, and is hungry to take a title from the top two women of the figure division. Heather Dees who has the cute, girl-next-door kind look about her took fourth place, while Mallory Haldeman took fifth.

Top Five Figure:

1. Erin Stern
2. Nicole Wilkins
3. Candice Keene
4. Heather Dees
5. Mallory Haldeman

WOMEN'S BODYBUILDING

The Women's Bodybuilding division had the usual battle between the amazons Iris Kyle, Debi Laszewski and Yaxeni Oriquen. Either of these women could have placed first as they were all in amazing shape, with physiques that would make the ordinary man jealous! Depending on how you read the call-outs, many thought that either Debi or Yaxeni should have come in first, but it could have gone either way; it was that close! Yaxeni was diced and showed it off by curling her hamstrings on stage leaving the audience speechless, and in many people's opinion should have placed higher. As it stood, Iris took the title, with Debi earning runner up honors, Yaxeni taking third and AlinaPopa, who is climbing up the ranks, took fourth. Brigita Brezovac rounded out the top five.

Top Five Women's Bodybuilding:

1. **Iris Kyle**
2. **Debi Laszewski**
3. **YaxeniOriquen**
4. **AlinaPopa**
5. **BrigitaBrezovac**

212-POUND MEN

The very first to hit the stage on Saturday for prejudging at the Olympia were the men of the 212 pound (formerly 202) division. Fan favorites like Flex Lewis, David Henry, Eduardo Correa and "The Boston Mass" Jose Raymond battled it out on stage and with former 202 Olympia Champion Kevin English missing this year's competition due to injury the crown was up for grabs. All the competitors in this division made an impression when they stepped out onto the stage; however, stand outs were Flex Lewis, and David Henry, who returned to competition after a tour of duty in the Middle East. Flex, who came in second last year, which was a heavily disputed second place we might add, took the crown with a diced, full physique that in many people's opinion, should grace the Men's Open Division.

Former 2008 202 Olympia Champion David Henry put up a good fight taking second place in the process. David is another bodybuilding who, like Phil Heath, has crazy proportions and could easily take first place at any competition he competes in if he shows up in top form, like he did this year at the "O". The always ripped Eduardo Correa came in diced again to take third place. After only three years of competing on the Pro stage, Ed is one to watch as a future Olympia title holder. Jose "The Boston Mass" Raymond, who's physique was full and hard with his trademark onion like, super-dry, freakish skin, came in fourth, but was close to both Ed and David in conditioning; it all depends on what type of physique you prefer.
Al Auguste rounded out the top five in the 212 division. Al has only been competing in the pro ranks for two years and showed off a pleasing physique with a good balance of mass and symmetry. He was in good condition, just not as freaky as the top four, and will top higher once his physique matures.

Top 5 212-Pound Men:

1. **James Flex Lewis**
2. **David Henry**
3. **Eduardo Correa**
4. **Jose Raymond**
5. **Al Auguste**

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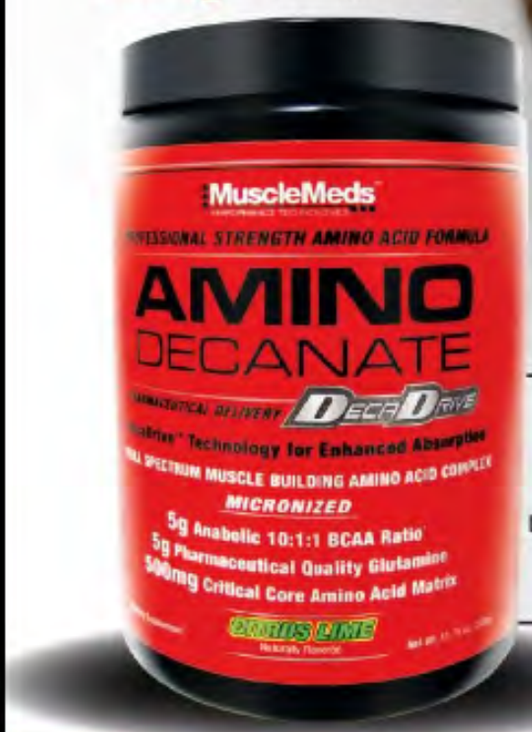

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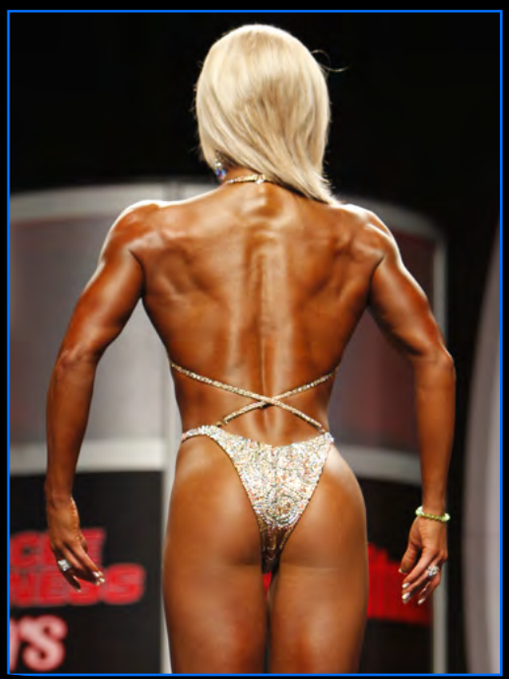
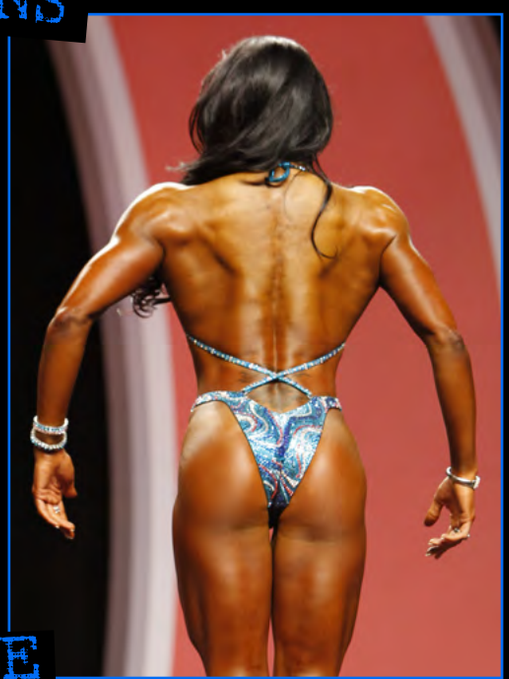
FIGURE

1. ERIN STERN

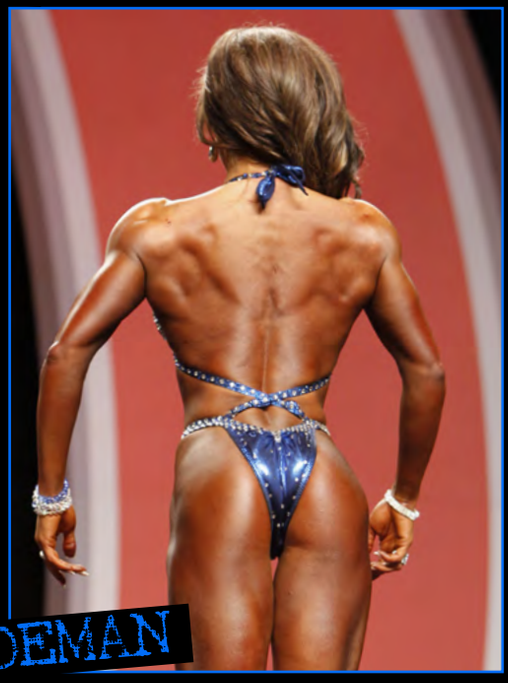


2. NICOLE WILKINS



3. CANDICE KEENE

4. HEATHER DEES



5. MALLORY HALDEMAN

WOMEN'S BODYBUILDING

1. IRIS KYLE

2. DEBI LASZEWSKI

3. YAXENI ORIQUEN

4.ALINA POPA

5.BRIGITA BREZOVAC

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MEN'S OPEN:

Now for the Men's Open class, which was a fight to the finish between "The Gift" Phil Heath and "The Predator" Kai Greene. These two athletes put on quite a battle for the top spot; Phil with his unbelievable mass, and the world's craziest most muscular matched to Kai's freaky muscle mass and shape. It could have gone either way and the crowed would have been happy. On Friday, at pre-judging, it seemed that Kai had the upper hand, as Phil appeared a bit more subdued than usual, and not as tight as he has been in the past. But then at the finals on Saturday the roles were reversed; Kai seemed a bit more humble with his posing and Phil, knowing he was in a fight for his life, put on a show with energy and intensity that let everyone in the crowd know he was number one. Many feel that if Phil would have came out with the same energy level he did in pre-judging, the title would have gone to Kai. Still others feel that the title of Mr. Olympia should still have gone to Kai, as there was only one point difference between the two. Remember though, you got to knock out the champ to win! Take a look at the photos and judge for yourself. Shawn Rhoden, who surprised everyone with his very classic physique, took third, besting greats like Branch Warren and former Mr. Olympia Dexter Jackson. The audience was amazed at his conditioning; it was like he came out of no-where – sure, he has won some smaller shows in the IFBB Pro schedule, but at the show of shows, in only his second outing, he jumped from 11th place in 2011 to third in just one year! We can't wait to see what happens at the 2013 Arnold Classic if he decides to compete or next year's Olympia if he waits it out. Shawn is a future Mr. Olympia if he plays his cards right!

Former Mr. Olympia Dexter Jackson took a well-deserved fourth place. At 43 years of age, Dexter is still going on strong, showing some of the younger pros how to show up in top form for a competition. It's no wonder Dex is an Olympia title holder; with his tight waist (the man doesn't do a sit up at all, and has one of the best midsections in the sport) and full muscle bellies, Dexter is sure to be a top contender past the age of 45 if he wants.

Rounding out the top five was 2012 Arnold Classic winner Branch Warren. Forced to sit out the 2011 Olympia due to injury, Branch wanted to come out in 2012 and show that he could be a champion. He brought an energy to the stage that rev'd the crowed up and showed off his freaky, massive, grainy physique. However, this was not to be one of Branch's best placings, as the competition was stiff and it seemed that the judges were looking for aesthetics more than pure bodybuilding mass on this day.

Top Five Men's Open:

1. **Phil Heath**
2. **Kai Greene**
3. **Shawn Rhoden**
4. **Dexter Jackson**
5. **Branch Warren**

2012 PHIL HEATH

Once again the Olympia did not disappoint; a great show produced by the crew at Weider, in one of the craziest cities in the world – Las Vegas. This is THE show of shows, with all the top athletes stepping on stage to battle it out for the crown; add in the crazy-loud crowd, and you got yourself one hell of a show. We can't wait to see what happens next year!

212 BODYBUILDING

1."FLEX" LEWIS

2.DAVID HENRY

3.EDUARDO CORREA

4. JOSE RAYMOND

5. AL AUGUSTE

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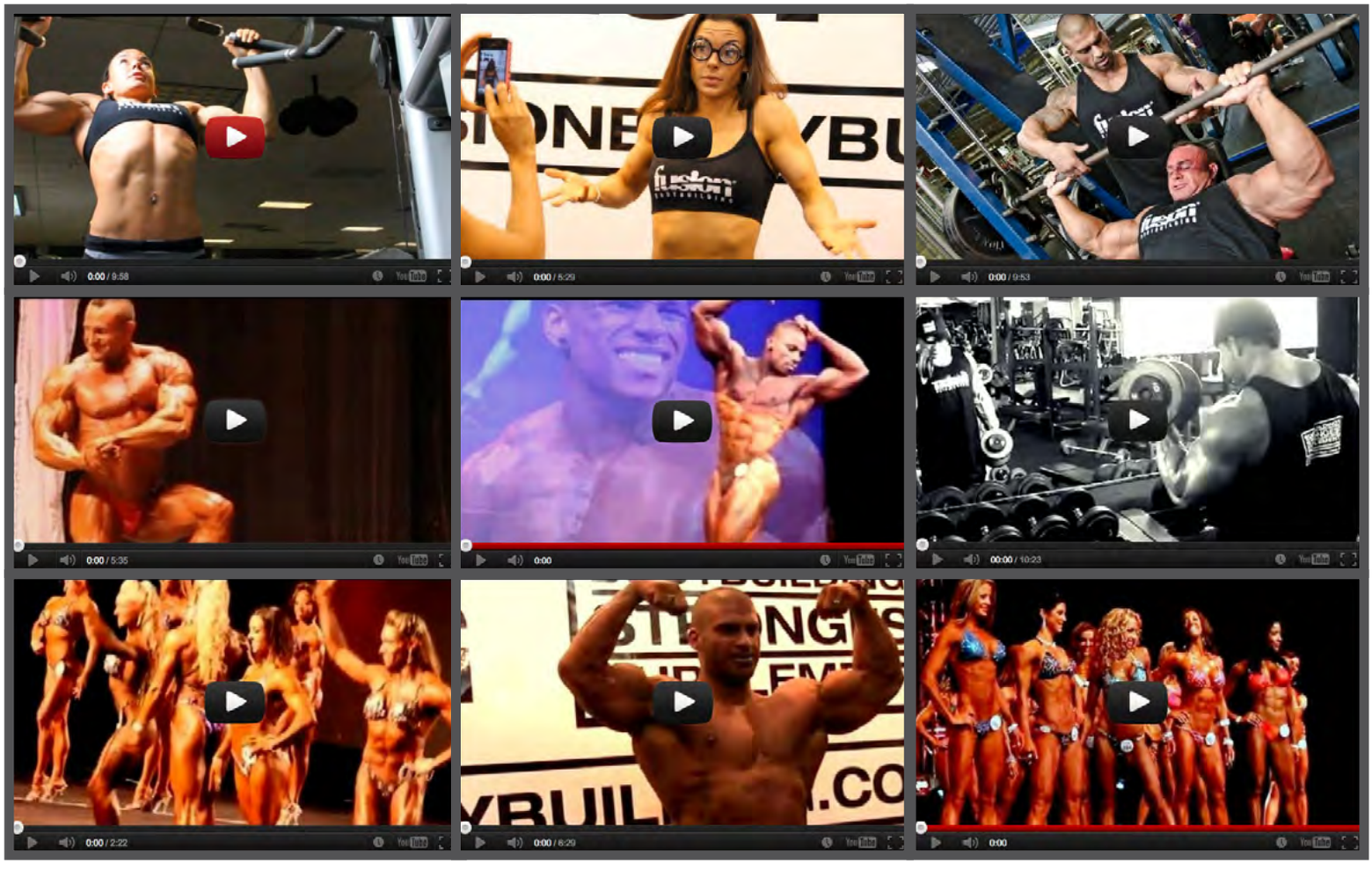

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OPEN BODYBUILDING

1. PHIL HEATH

2. KAI GREENE

3. SHAWN RHODEN

4. DEXTER JACKSON

5. BRANCH WARREN

19
17

17
18

19

EFX
EFX

19

17

19
17

Phil and Kai wait it out for the final placings ... and Phil wins by only one point!

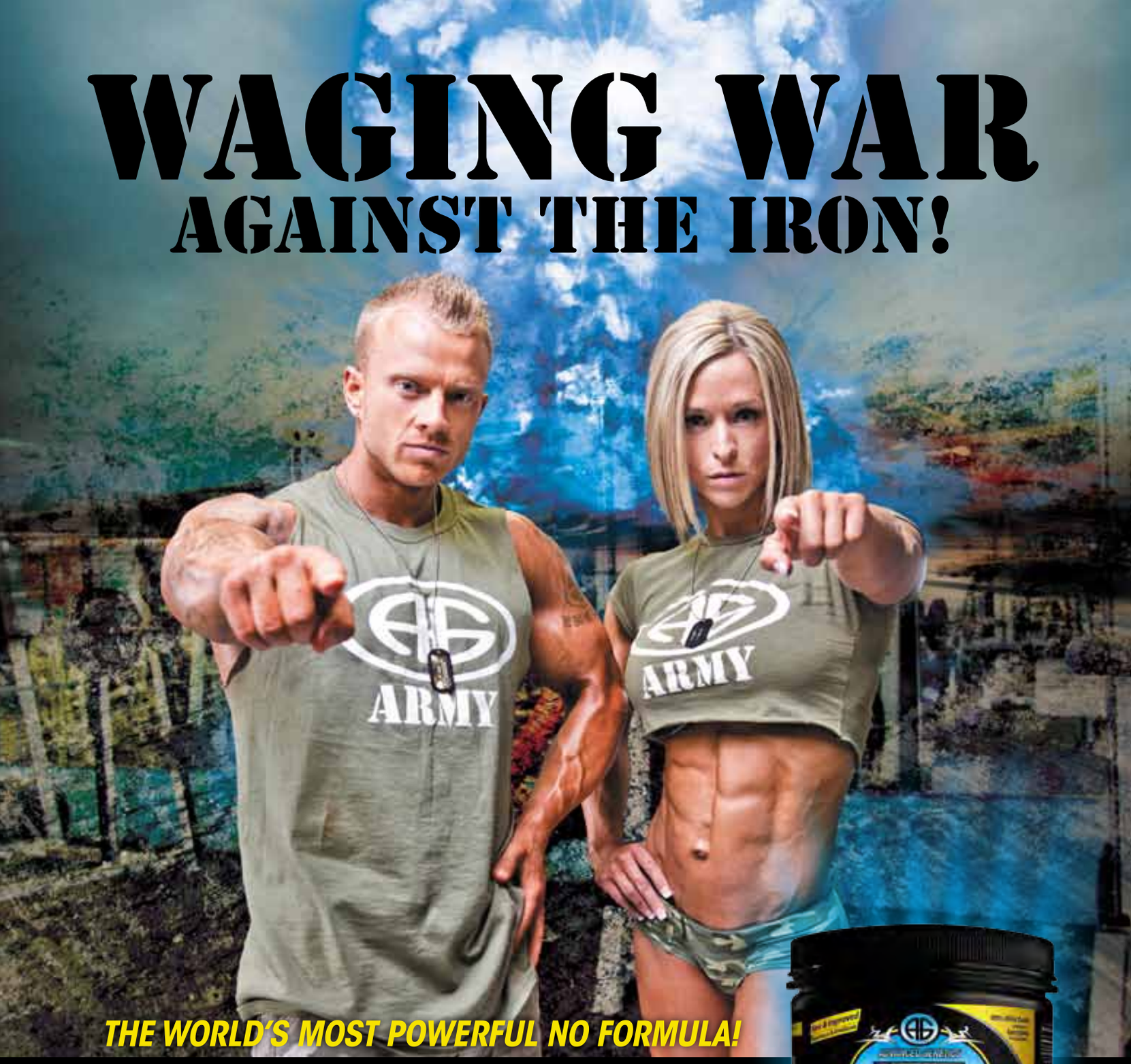
17

17

11

A back like that only comes from lifting heavy-ass weights!

WAGING WAR
AGAINST THE IRON!



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1ST
PHIL
HEATH
19

THOUGH A BIT OF THE "WOW" FACTOR WAS MISSING FROM LAST YEAR, THE GIFT IS STILL GENETICALLY SUPERIOR TO ANYONE IN THE SPORT RIGHT NOW. STILL THOUGH, HE HAD TO FIGHT LIKE A TRUE WARRIOR ON SATURDAY NIGHT TO HOLD ON TO HIS TITLE FROM A HARD CHARGING KAI GREEN. A WELL-DESERVED, SECOND CONSECUTIVE SANDOW!

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19

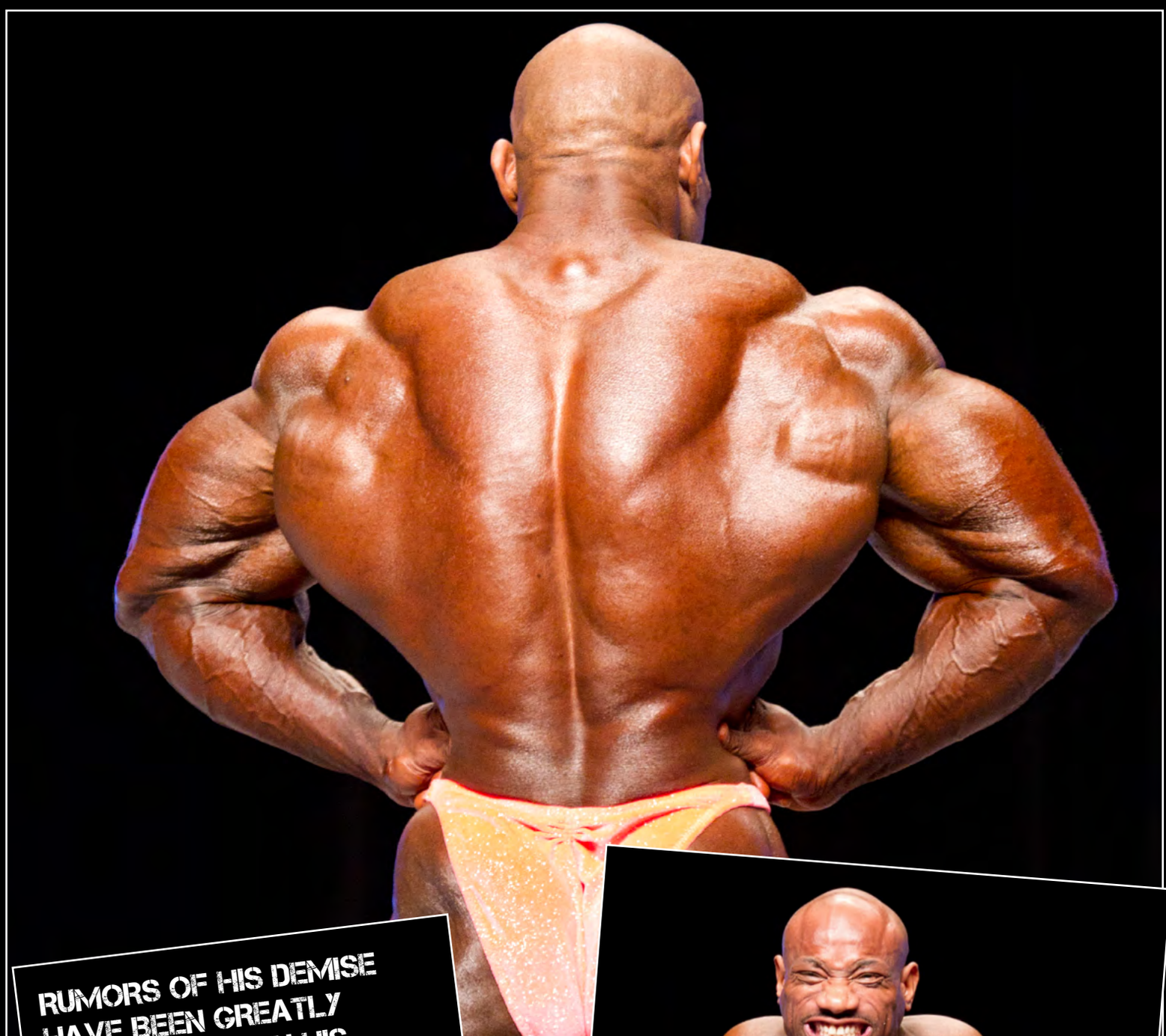
2ND
KAI
GREENE

IN THE SHAPE OF HIS LIFE, KAI GAVE HEATH ALL HE COULD HANDLE AND HAD HIM BEAT IN SOME POSES. WITH HIS FEATHERED QUADS, HAMS AND TRICEPS, TIGHT WAIST AND BOWLING BALL ARMS, KAI HAS CLOSED THE GAP BETWEEN HIM AND PHIL, BIG TIME.

3RD
SHAWN
RHODEN

AS AESTHETICALLY PLEASING A PHYSIQUE AS YOU WILL EVER SEE, SHAWN SERVED NOTICE THAT HE IS HERE TO STAY! WITH HIS SIGNATURE FRONT DOUBLE BICEPS POSE AND A RAZOR SHARP AB AND THIGH POSE HIGHLIGHTING HIS TINY WAIST, HE KNOCKED OFF SEVERAL BIG NAMES TO TAKE HOME THIRD PLACE. IF HE CAN ADD A FEW MORE POUNDS OF MUSCLE TO HIS FRAME, WHILE MAINTAINING HIS LINES AND AESTHETICS, LOOK OUT, BECAUSE HE JUST MAY BE MR. OLYMPIA ONE DAY; HE'S THAT GOOD!

4TH
DEXTER
JACKSON



RUMORS OF HIS DEMISE HAVE BEEN GREATLY EXAGGERATED! IN HIS BEST SHAPE SINCE CIRCA 2008, DEX BROUGHT THE CONDITIONED PHYSIQUE HE BUILT HIS REPUTATION ON AND WAS REWARDED FOR IT WITH THE FOURTH PLACE NOD IN AN ULTRA-COMPETITIVE LINE-UP. THE FORMER MR. OLYMPIA PROVED THAT AGE IS NOTHING BUT A NUMBER, AND THAT HE AIN'T GOIN ANYWHERE!

5TH
BRANCH
WARREN
1

BIG, GRAINY, AND HARD AS NAILS, BRANCH BROUGHT A PHYSIQUE TO THE STAGE THAT FANS LOVE, WHICH EARNED HIM A TOP 5 PLACING AND AN AUTOMATIC SPOT IN THE 2013 OLYMPIA. HE WAS IN TOUGH AGAINST A REAL AESTHETIC TOP OF THE CARD, BUT AS USUAL, HE FOUGHT HIS WAY THROUGH. LOOKED LIKE HE MAY HAVE BEEN HOLDING A TOUCH OF WATER IN THE MID SECTION ON SATURDAY NIGHT, WHICH MAY HAVE HURT HIS PLACING, AND WHICH WAS MAGNIFIED WHEN STANDING NEXT TO THE LIKES OF RHODEN AND JACKSON.

1

1

1

6TH
DENNIS
WOLF

WOOOOOOOOOOOOOOOLF!
THE WOLF LOOKED GREAT! WITH AMAZING ARMS, A VASTLY IMPROVED BACK AND A LIGHTS OUT SIDE CHEST POSE, IT REALLY SPEAKS TO THE QUALITY OF THE LINE UP THAT DENNIS LANDED IN THE 6 SLOT. WITH SOME ADDED LOWER BACK THICKNESS AND A LITTLE MORE CONDITIONING IN THE MID SECTION, DENNIS MAY HAVE MOVED UP A SPOT OR TWO. THOUGH HE HAS TO QUALIFY, EXPECT TO SEE HIM ON THE OLYMPIA STAGE NEXT YEAR!

14

7TH
TONEY
FREEMAN

AT 46 YEARS OLD, THE X-MAN APPEARS TO BE GETTING BETTER AND BETTER WITH AGE! WITH HIS WIDE DELTS, BIG GUNS AND HIS AMAZING REAR LAT SPREAD POSE, TONY SEWED UP SEVENTH SPOT, BEATING OUT MANY GUYS WHO HAVE MORE THAN 10 YEARS ON HIM IN TERMS OF AGE. IF TONY KEEPS IMPROVING AT THIS RATE AND CAN BRING UP HIS THIGH SWEEP, HE MAY CRACK THE TOP 5 IN THE BIG SHOW NEXT YEAR! WHAT AN ACCOMPLISHMENT THAT WOULD BE!

3

8TH
EVAN
CENTOPANI

A TOP 10 FINISH AT YOUR FIRST OLYMPIA CONTEST IS NOTHING TO BE ASHAMED OF; IN FACT, IT'S SOMETHING TO BE APPLAUDED, WHICH IS EXACTLY WHAT EVAN DELIVERED ON WITH HIS EIGHTH PLACE FINISH. HIS LEGS HAVE COME WAY UP SINCE HE TURNED PRO. THAT SAID THOUGH, THEY APPEARED TO BE A BIG BIGGER AND SEPARATED A FEW WEEKS OUT. HE MAY HAVE LOST A LITTLE SIZE AND SWEEP IN HIS WHEELS WITH THE DIET. IF HE CAN RETAIN SOME OF THE SIZE IN HIS LEGS AND FILL OUT HIS UPPER CHEST A LITTLE MORE, HE IS GONA BE REAL, REAL DANGEROUS! BONUS MARKS FOR AN AGGRESSIVE POSING ROUTINE AND SONG SELECTION!

9TH
JOHNNIE
JACKSON

A 'BEST-EVER' JOJ, COMPLETE WITH BIGGER TRAPS TO GO ALONG WITH NEW ADDED BACK SIZE AND WIDTH, LANDED IN THE NINTH SPOT. HIS BEST SHOWING AT THE OLYMPIA TO DATE, THIS IS A GREAT RESULT FOR JOHNNY! HIS UPPER BODY IS AS HEAVILY MUSCLED AS ANYONE IN THE SPORT AND THOUGH HE HAS BATTLED CONDITIONING ISSUES IN THE PAST, HE NAILED IT ON THIS DAY. IF HE CAN BRING HIS WHEELS AND CALVES UP, LOOK FOR HIM TO MOVE UP, WAY UP!

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†When combined with a proper exercise and nutrition regimen. Based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings.

‡Biol Pharm Bull. 2010 Feb;33(2):273-8.

10TH LIONEL BEYEKE

A DARK HORSE GOING INTO THE SHOW WHO MANY THOUGHT COULD SURPRISE AND CHALLENGE FOR A TOP 6 SPOT, LIONEL BEKEYE FROM FRANCE ROUNDS OUT THE TOP 10. LIONEL HAS THE SIZE, SHAPE AND STRUCTURE TO DO REALLY WELL IN THE SPORT. CONDITIONING HAS BEEN HIS ACHILLES HEEL IN THE PAST, AND IT EMERGED ON THIS NIGHT AS WELL, AS IT LOOKED LIKE HE WAS HOLDING A FILM OF WATER. ONCE HE FIGURES OUT HOW TO COME IN DRIER AND TIGHTER, THIS IS A GUY TO REALLY WATCH OUT FOR.

UNIVERSAL

11TH
BEN
PAKULSKI

FINISHING JUST OUT OF THE HIGHLY COVETED TOP 10 WAS CANADIAN BEN PAKULSKI. EVEN THOUGH BEN WAS, SELF ADMITTEDLY, NOT AT HIS 100% BEST, HE STILL SPORTED THE BEST WHEELS AND CALVES ON STAGE. ONCE HE FINDS THAT ELUSIVE BALANCE BETWEEN HIS UPPER BODY AND LOWER BODY, AND GETS THE REAL FINITE DETAILS OF HIS CONTEST PREP DOWN PAT FROM A TIMING AND CONDITIONING STANDPOINT, HE IS BONA FIDE TOP 5 MATERIAL.

4

4

12TH
ROELLY
WINKLAAR

COMPETING IN HIS 4TH SHOW IN THE LAST 2 MONTHS, ROELLY LOCKED UP 12TH. PEAKING FOUR TIMES IN THAT SHORT AMOUNT OF TIME IS DAMN NEAR IMPOSSIBLE, SO YOU GOTA HAND IT TO ROELLY FOR BATTLING JUST QUALIFY FOR THE BIG SHOW. WITH ARGUABLY THE BEST TRICEPS IN THE BIZ, EYE POPPING BI'S AND FREAKY SIZE, ROELLY IS A FAN FAVORITE WHO THE CROWD LOVES. IF HE CAN QUALIFY FOR NEXT YEAR'S O EARLY IN THE YEAR, AND HAVE A SOLID LEAD IN TO THE SHOW, EXPECT BIG THINGS.

16

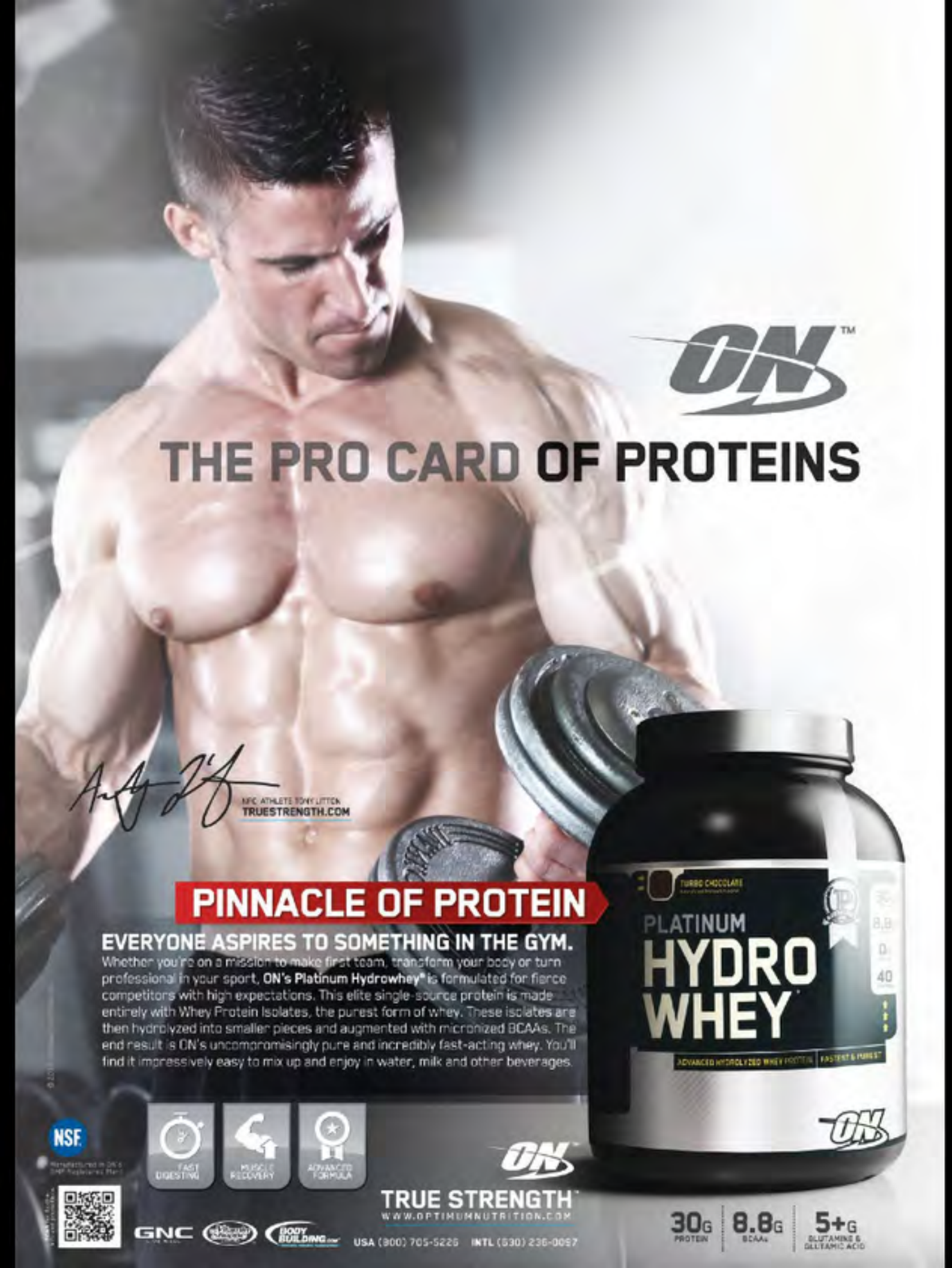
16

13TH
RONNY
ROCKEL

NOT THE BEST RESULT FOR RONNY, GIVEN THAT HE FINISHED AS HIGH AS 6TH AT THE O JUST TWO YEARS AGO. HE WASN'T AS DRY AS HE'S BEEN IN THE PAST AND LACKED THE DEEP MUSCLE SEPARATION AND SOME OF THE SIZE THAT WE SAW AT THE 2010 OLYMPIA. HE'S A VETERAN OF THE SPORT THOUGH WHO POSSESSES THE RIGHT STRUCTURE AND PARTS ... AND HE'S TASTED SUCCESS AT THE BIG DANCE, SO LOOK FOR HIM TO PUT TOGETHER A SOLID 2013 SEASON.

10

10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– IFBB Pro Bodybuilding Champion

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14TH ESSA OBIAD

HAMPERED BY WHAT APPEARED TO BE AN INJURY TO HIS RIGHT BICEP, WHICH RESULTED IN IT BEING A LITTLE FLATTER IN COMPARISON TO THE LEFT, BIG ESSA LANDED IN THE NUMBER 14 SLOT. ESSA IS A TRUE DIAMOND IN THE ROUGH AND ONCE HE REFINES HIS PHYSIQUE WITH SOME MORE DETAIL TO HIS BACK, AND HIS BICEPS LEVEL OUT, HE HAS THE SIZE AND STRUCTURE TO PUSH UP TO THE TOP 10.

2

2

2

15TH
HIDETADA
YAMAGISHI

A STUDY IN CONDITIONING AND HOW TO GET SHREDDED, "HIDE" WAS ON POINT, AS HE CLAIMED THE 15TH SPOT. THE PROBLEM IS THAT HE'S GIVING UP WAY TOO MUCH SIZE TO THE MAJORITY OF THE OTHER GUYS. YES, HE'S SHREDDED TO THE BONE, BUT HE'S GOING UP AGAINST OTHER GUYS WHO, THOUGH THEY MAY NOT BE QUITE AS SHREDDED, OUT-MUSCLE HIM BY 20, SOMETIMES 30 POUNDS. WE'D LOVE TO SEE HIDE DROP DOWN TO THE 212-LB DIVISION AND STAND NEXT TO FLEX LEWIS IN A LINE-UP; NOW THAT'S A COMPARISON!

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LISTEN, you're getting leaner, tighter and feeling good. The workouts are good… even great. You're at a personal crossroads of a destiny changing decision. There's a volcano waiting to erupt within you. You've got this idea in your head that great just isn't the level that will cut it for you. It's time to stir the fat burning lava and propel your mental intensity!

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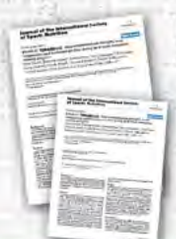

PUBLISHED CLINICAL STUDY

- Wilbon et al. (2010). Effects of a purported aromatase and 5-alpha reductase inhibitor on hormone profiles in college-age men. IJSNEM. 20(6): 457-465
- Poole et al. (2009). Effects of TESTOSURGE Supplementation on Strength, Body Composition and Hormonal Profiles during an 8-Week Resistance Training Program. JISSN. 6(Suppl 1):P12

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9
16TH
BILL
WILMORE

THOUGH HE MIGHT NOT HAVE BEEN AS SHARP AS HE WAS IN HIS BIG WIN AT THE TORONTO PRO SUPER SHOW BACK EARLY IN JUNE, AND LOOKED TO BE JUST A BIT DOWN IN SIZE, BILL REPRESENTED HIMSELF WELL AND STILL POSSESSES A TRUE WORLD CLASS PHYSIQUE. A REAL CLASS ACT ON THE STAGE AND OFF! REMEMBER TOO, DUDE'S OVER 40!

6

6

15
16TH
MICHAEL
KEFALIANOS

WITH TWO SECOND PLACE FINISHES AT THE AUSTRALIA AND FIBO POWER SHOWS RESPECTIVELY, MICHAEL QUALIFIED FOR THE O EARLY, AND USED THE LEAD UP TIME TO ADD SOME MASS TO HIS PHYSIQUE. THOUGH HE WAS DEFINITELY CARRYING MORE MUSCLE ON HIS FRAME, HIS CONDITIONING SUFFERED A BIT. DYNAMITE ARMS AND QUADS, HE'LL BE BACK!

15

15

16TH
BAITOLLAH
ABBASPOUR

AN OLYMPIA ROOKIE, BAITOLLAH REPRESENTED HIMSELF WELL AND IMPRESSED MANY WITH A GREAT, CARVED OUT SIX-PACK AND A REALLY SOLID MOST MUSCULAR POSE. WITH SOME ADDED SIZE, WIDTH AND THICKNESS TO HIS BACK, AND A FEW MORE SHOWS UNDER HIS BELT, YOU CAN EXPECT TO SEE HIM CRACK THE TOP 15.

FLEX

11
16TH
FRED
SMALLS

ROUNDING OUT THE FIELD WAS FRED SMALLS, ANOTHER NEWCOMER TO THE OLYMPIA STAGE WHO QUALIFIED VIA THE WINGS OF STRENGTH SHOW. HE WAS A LITTLE OFF IN TERMS OF MID-SECTION CONDITIONING, WHERE IT LOOKED LIKE HE MAY BE HOLDING A BIT OF WATER, BUT HE MADE UP FOR IT WITH SOME SERIOUS BACK WIDTH AND A DYNAMIC POSING ROUTINE. ONCE HE PUTS THE ALL THE PIECES TOGETHER, HE'LL HAVE PEOPLE TALKING.

11

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I.F.B.B. Events for 2013 ...

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Contest info and dates subject to change.

MARCH 9-10

AUSTRALIAN PRO

Aussie, Aussie, Aussie Oi Oi Oi!
The weekend after the AC many of the top pros head down under to battle for the Australian crown. After the show you can head out to the beach and swim with the sharks!

PRIZE: $20,000
MORE INFORMATION:
promuscle@dohertysgym.com
TO BOOK CALL:613-9388-0866

APRIL 11-14

FIBO POWER GERMANY

Head out for Europe's biggest tradeshow and check out the competition on stage, remember to bring your glow sticks because Germany has one crazy-ass night-life!

PRIZE: $20,000
MORE INFORMATION:
jens.thieme@reedexpo.de
TO BOOK CALL: 705-561-0775

APRIL 26-27

ARNOLD CLASSIC BRAZIL

The Arnold makes its way to South America and beautiful Brazil in the first competition for the IFBB in a country known for it's amazing beaches!

PRIZE: $???
MORE INFORMATION:
www.arnoldclassicbrasil.com.br

appleal@terra.com.br

MAY 25

NEW YORK PRO

This is one of the events you can't miss! One of the loudest crowds you'll ever hear, New York doesn't dissapoint bringing some of the best the IFBB has to offer - Steve and Bev always put on one of the best shows of the year!

PRIZE: $20,000
MORE INFORMATION:
bev@bevfrancis.com
TO BOOK CALL: 705-561-0775

featured event

MARCH 1-2, COLUMBUS OHIO

ARNOLD CLASSIC

This is one weekend you don't want to miss - from bodybuilding, to MMA, to strongman, armwrestling, and power lifting and of course the ARNOLD CLASSIC, the Arnold has it all!

PRICE: $300,000
MORE INFORMATION: mattlorz@rrcol.com
CALL: 614-443-1877

MAY 31/JUNE 1-2

TORONTO PRO SUPERSHOW

This year's event showcases not only IFBB Pro bodybuilding but also MMA, boxing, arm wrestling, a strongman challenge, kickboxing, model searches, amature competitions, the one and only Valerio and more!

PRIZE: $20,000
MORE INFORMATION:
ronhache@unitz.ca
TO BOOK CALL: 705-561-0775

JUNE 29

EUROPA BATTLE OF CHAMPIONS HARTFORD

Hartford rocks this weekend with the IFBB Pros, some Wrestling, Grappling, Karate, Kung-Fu, powerlifting, and the chance to watch some of the IFBB's top pros train and more...

PRIZE: $20,000
MORE INFORMATION:
Ed & Betty Pariso
bettypariso@aol.com
TO BOOK CALL: 817-498-3631

JULY 5-6

WINGS OF STRENGTH CHICAGO

This show in the Windy City features both open and 212 men's bodybuilding, women's figure, physique and body-building as well as an NPC national qualifying event.

PRIZE: $20,000
MORE INFORMATION:
Tim Gardner
tgflex@aol.com
TO BOOK CALL: 813-908-7843

AUGUST 9-10

PBW CHAMPIONSHIPS FLORIDA

The Grand Hyatt in Tampa Bay is the location for IFBB and NPC bodybuilding, figure, physique and bikini hitting the stage. You can't go wrong in sunny Florida and Tim puts on a good show for the fans - go check it out for yourself!

PRIZE: $20,000
MORE INFORMATION:
Tim Gardner
tgflex@aol.com
TO BOOK CALL: 813-908-7843

AUGUST 16-17

EUROPA PRO DALLAS

The Europa Pro show in Dallas Texas is one of the years big shows you have to see. Not only is Dallas a beautiful city, the show is big and brings in some of the best the IFBB has to offer. And you can also visit the world-famous METROFLEX GYM in Arlington Texas. It's only about a 15 minute drive from the airport.

PRIZE: $20,000
MORE INFORMATION:
Tim Gardner
tgflex@aol.com
TO BOOK CALL: 813-908-7843

SEPTEMBER 28-29

MR. OLYMPIA VEGAS BABY!

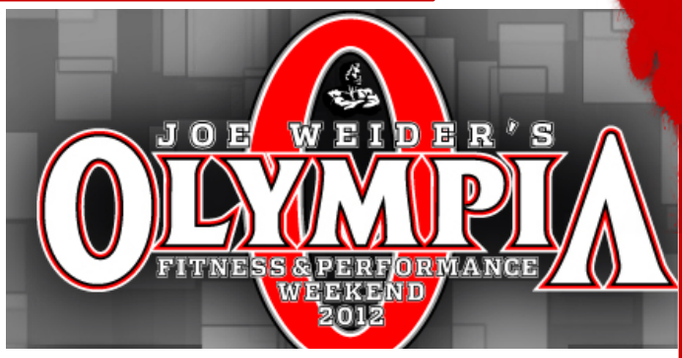
What more can be said, the Olympia is where the best of the best battle it out in sunny Las Vegas for the sports ultimate title - Mr. Olympia! Watch as your favorite pros rock the stage to try and dethrone current champ Phil Heath.

The trade show is huge with all of your favorite supplements, equipment, bodybuilding stars and more.

Everyone comes out to Vegas for this event so start training, tanning and eating clean to show off what you got ... this is the premier competition you can't miss!

PRIZE: $300,000
MORE INFORMATION:
www.mrolympia.com
TICKETS: (888) 234-2334

featured event



SEPTEMBER 27-28, ORLENES ARENA, LAS VEGAS

MR. OLYMPIA

Join JACK'D Magazine and everyone else in the world of bodybuilding at the year's top event in Vegas and witness history in the making as Phil Heath defends his title!

PRICE: $300,000+
MORE INFORMATION: www.mrolympia.com
TO BOOK TICKETS CALL: 888-234-2334

OCTOBER 12-13

ARNOLD CLASSIC EUROPE

Yeah that's right, the Arnold Classic now takes place in Madrid Spain as well! This event is like it's big brother the AC held in Columbus Ohio, and it's Brazilian brother featuring bodybuilding, strongmen, powerlifting, MMA, figure, bikini and more. End the year right with a trip to Europe and then hop over to England!

PRIZE: $125,000
MORE INFORMATION:
info@ifbbevents.com
CALL: +34 67 388 8752

OCTOBER 19-20

IFBB BRITISH GRAND PRIX

London England rocks the house with a competition that would surely make the royals blush. Bodybuilding, figure, bikini and more will take over this historic city and if you're lucky, while you're out on the town having a pint of sweet, sweet Guiness to wash down those fish and chips you might catch a glimpse of Pippa's famous ass!

PRIZE: $20,000
MORE INFORMATION:
Neil Hill
neil@grandprixexpo.co.uk

WANT YOUR EVENT OR PRODUCT FEATURED?

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Email: info@jackdmagazine.com

the health benefits of sex

THE BENEFITS OF SEX IS NOTHING NEW, HERE'S SELCUK AN ANCIENT GOD OF FERTILITY... HE MUST HAVE HAD ONE HELL OF A SORE BACK LUGGIN THAT THING AROUND!

If you didn't know that sex is beneficial for your health, you have not been paying attention to the signs! Aside from the obvious reason that sex is totally awesome and fun, it turns out that it also has many healthy benefits that extend well beyond the four walls of your bedroom (or back seat of your car). You may have never thought of them but I am sure you have all experienced some of these! And don't think masturbation is the same! Scientist have studied the differences in hormone levels between the two (seems like they will study anything). This is why an orgasm from sex is way more satisfying than self pleasure. Although, there are some purported benefits of self-love but we won't go into them here. As for having sex, the listed benefits are not anecdotal – each is backed by scientific or experimental research. We are not making this stuff up!

Sex is GOOD Because

1. Sex Lowers Stress Levels!

Numerous studies have shown that sex relieves stress levels by reducing anxiety, boosting relaxation and by lowering blood pressure. Researchers had subjects keep records of sexual activity, whom they then subjected to stressful situations such as speaking in public and doing verbal arithmetic (math). Turns out those who had intercourse, had better responses to stress than those who engaged in other sexual behavior or abstained. This seems pretty obvious as I know everyone can relate to that intense wave of calm and relaxation that comes over us once we've blown our load.

ANY TIME, ANY WHERE, THE MORE YOU HAVE IT, THE BETTER IT GETS - SEX!

2. Sex Boosts Immunity!
Having a healthy sex life can mean better well-being for us. Scientist have confirmed that having sex once or twice a week has been linked with higher levels of an antibody called immunoglobulin A (IgA). This antibody increases the immune system and helps protect us from getting colds and to fight other infections (except not the bad sex kind of infections, you know what I am talking about!). Remember to wrap it before you pack it!

3. Sex Counts as Exercise!
Sex can be a great means of exercise to keep you fit and improve strength, flexibility and balance. No, you are not going to get that beach body but depending on how vigorous the activity (this is where you use your imagination) you can burn some extra calories. You can burn approximately 4-5 calories per minute or perhaps 300 calories per hour having sex (provided you are not a minute man!). Of course this all depends on how you define vigorous. If you do the math, 12 one hour sessions or 24 half-hour sessions will burn about 3600 calories, enough to lose a pound. You know what this means? You need to have MORE Sex!

4. Sex Improves Cardiovascular Health!
Researchers have found that having sex twice or more a week reduced the risk of fatal heart attack by half the men in the study when compared with those who had sex less than once a month. Why is this so? Because sex is beneficial for your heart and blood circulation. Call it the natural 'body pump'! When we get aroused our heart starts to beat at a quicker rate pumping more blood through our body. The heart, like any other muscle, needs to be worked to get stronger. Hey, is that why all those people are on the ellipticals? But really sex can be very beneficial for the ole ticker!

5. Sex Boosts Self-Esteem
The more active your sex life, the more attractive you may be, as high sexual activity causes the body to release pheromones. These are chemicals, just like in the savage jungles, that attract the opposite sex. It is the 'sex panther' of the human body.... '100% of the time it works every time!' Simple math dictates the more sex, the more pheromones, the more women

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†Based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings. When combined with a proper exercise and nutrition regimen.

are attracted to you, therefore more sex. Wow, a fantastic little circle (results may not be as described). And there is nothing better for your self-esteem then being naked in front of that new sweetie you just met at the gym!

6. Sex Improves Intimacy

Having sex boosts our levels of the hormone oxytocin, the so-called 'love' hormone. This helps us bond and nurture, to build trust but also reduces fear. Researchers have found the more physical contact the higher the oxytocin levels. The feeling of generosity has also been linked with higher levels of oxytocin. And most interestingly as oxytocin surges, endorphins are released! (see #7 below)

7. Sex Reduces Pain

Endorphins are the body's natural pain killer. They are chemicals that lock onto opioid receptors. The same receptors that opiates, such as heroine or codeine work on! Endorphins block the transmission of pain signals and produce a euphoric feeling leaving you with a sense of well-being. It is a feeling of a 'Natural High'. If you have ever seen Pumping Iron, you will now know what Arnold meant when he said "I am like getting the feeling of cumming in the gym; I'm getting the feeling of cumming at home; I'm getting the feeling of cumming backstage; when I pump up, when I pose out in front of 5000 people I get the same feeling, so I am cumming day and night".

8. Sex Reduces Prostate Cancer Risk

Several studies have found that frequent ejaculations, may reduce the risk of prostate cancer later in life. Frequent ejaculations were defined as 21 or more when compared to less frequent monthly ejaculations such as four to seven. They also found men in their 20s had a 1/3rd reduced risk with five or more ejaculations a week! The good news here boys, is that self pleasuring counts towards a happier prostate!

9. Sex – The Fountain of Youth!

As we learned above, frequent orgasm's is good for you! What we didn't tell you is that orgasms can increase your lifespan by reducing your death risk. Having at least two orgasms a week can increase your life span. After you reach orgasm, several hormones are released into the blood including the steroid hormone DHEA

(dehydroepiandrosterone). DHEA (but the combination of all hormones) also helps boosts your immune system, repairs tissue, improves cognition and can even work as an anti-depressant. So keep the orgasms coming (no pun intended)!

10. Sex Helps You Sleep Better!
Remember that fantastic love hormone that boosted endorphin levels, well according to research oxytocin also promotes sleep. And we all know that there are other benefits to sleep aside from recovering from our intense workouts (such as maintaining a healthy body weight and blood pressure, not to mention it reduces stress and promotes relaxation). Bottom line is that sex increases your sleep quality. More sleep, better recovery!

Conclusion
Having regular and enthusiastic sex as mentioned has many physiological and hormonal advantages. Here is a quick summary:
Looking good gives you self-esteem, which increases your chances of sexual relations, the more sex you have the more attractive you become. The physical act of sex makes you feel better, relaxed, less stressed, increases your immune system and allows you to get more restful sleep. Sex lowers your risk of several diseases and may even increase your life. However, the real number one reason for having sex is because it is AWESOME and FUN!

Now, before we conclude, we wouldn't be doing our job if we didn't tell you that there is such a thing as having too much sex! The greater number of sexual encounters increases your chances of injury and the risk of contracting something you really don't want. All that we ask is that you use your brain and don't try to get on everything that moves. Over the years the research has told us: 'what is important is the satisfaction and meaning that you attach to sex'. If you are having sex frequently, that is compatible with who you are, then it is healthy! Sex can build trust and intimacy in a relationship. If it's not broke, don't fix it! Just remember, play safe!

TOP 20 SEXUAL POSITIONS:

1. Asian Cowgirl
2. Doggy Style
3. Blind Love
4. Missionary
5. The Shortstack
6. Inverted Missionary
7. Spooning
8. The Slope
9. The Deckchair
10. The Cowgirl
11. The Figure Eight
12. Tight Squeeze
13. Lock Your Head
14. The Flamingo
15. Up, Up And Away
16. Side Wind-Her
17. Standing Tiger Crouching Dragon
18. Frisky Floor Show
19. Trophy Goddess
20. The Frog

... for more inspiration visit jackdmagazine.com

AWESOME TRAINING TUNES!

Some of the best tunes to listen to while training sent in by viewers from around the world!

Nothing can help get you motivated more when you're hitting the gym like kick-ass tunes playing in the background. Unfortunately some gyms don't play music that would inspire anyone to lift heavier or pump out that extra rep, they play boring elevator music that would make you want to scream and pull your hair out! So we here at JACK'D put out the call online for people around the world to send in the names of some of the tunes that help inspire and push them in the gym. We got a good response, so the follwing are some of the tunes we agree kick some ass!

01 USA

John from the US:
"Meaning of Life" by Disturbed

This song definitely kicks ass! Also, it is a staple in the posing routine of 2-time Arnold Classic Champion Branch Warren and can be heard playing religiously at Metro Flex gym in Arlington Texas ... what many consider the most extreme, hard-core bodybuilding gym there is. We give it a 10 out of 10 on the get your ass out and train hard factor!
BUY IT HERE!

click on me to play

02 CANADA

Dave from Canada
"Simon Says" Pharoahe Monche"

Great hard-core, hip-hop tune to train to. Be advised that there is some language so don't go blaring it in your gym if there's someone you might offend. This tune is great to train to when it's cranked up full blast!
BUY IT HERE!

click on me to play

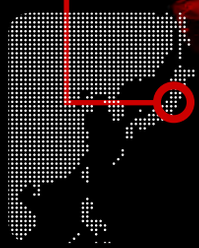
03 FRANCE

Antoine from France:
"Eye of the Tiger" Rocky Soundtrack

The classic Rocky training montage, what else can you say? This is the original, get your blood pumpin' and trainin' tune everybody and their grandmother knows! Now if this song doesn't get you psyched to push yourself as hard as you can in the gym nothing will.
BUY IT HERE!

click on me to play

04 JAPAN



Hachiro from Japan
"Thunder Kiss 65" Rob Zombie

Thunderkiss is an oldie but still kicks ass. - it's that crazy intense! This one rates among the best with everyone here pumpin' iron in between meetings at JACK'D!
BUY IT HERE!

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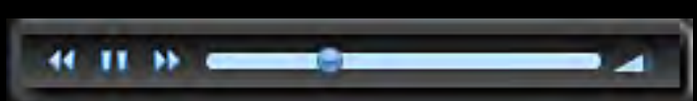
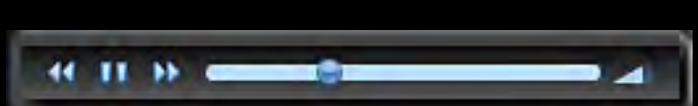


05 UK

Dorian from the UK
"Demanufacture" by Fear Factory

Hard and heavy, that's the only way you can describe anything written and performed by the band Demanufacture. It's intensity will help any one into heavy lifting and going balls-to-the-wall when they train push themselves to lift heavier than they ever though possible. Not for the faint of heart and sure to be playing in every powelifting gym there is around the world.
BUY IT HERE!

click on me to play

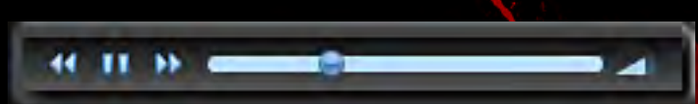


06 ITALY

Alessandro from Italy
"Welcome to the Jungle" Gn'R.

You can play this song on an endless loop and you'd get through a 3 hour workout in about 10 minutes ... Welcome to the Jungle is one of those songs everybody seems to like no matter what their taste in music is. Just listen to the background at football games, hockey games, etc. etc... this song is a get off your ass and give 110% classic!
BUY IT HERE!

click on me to play



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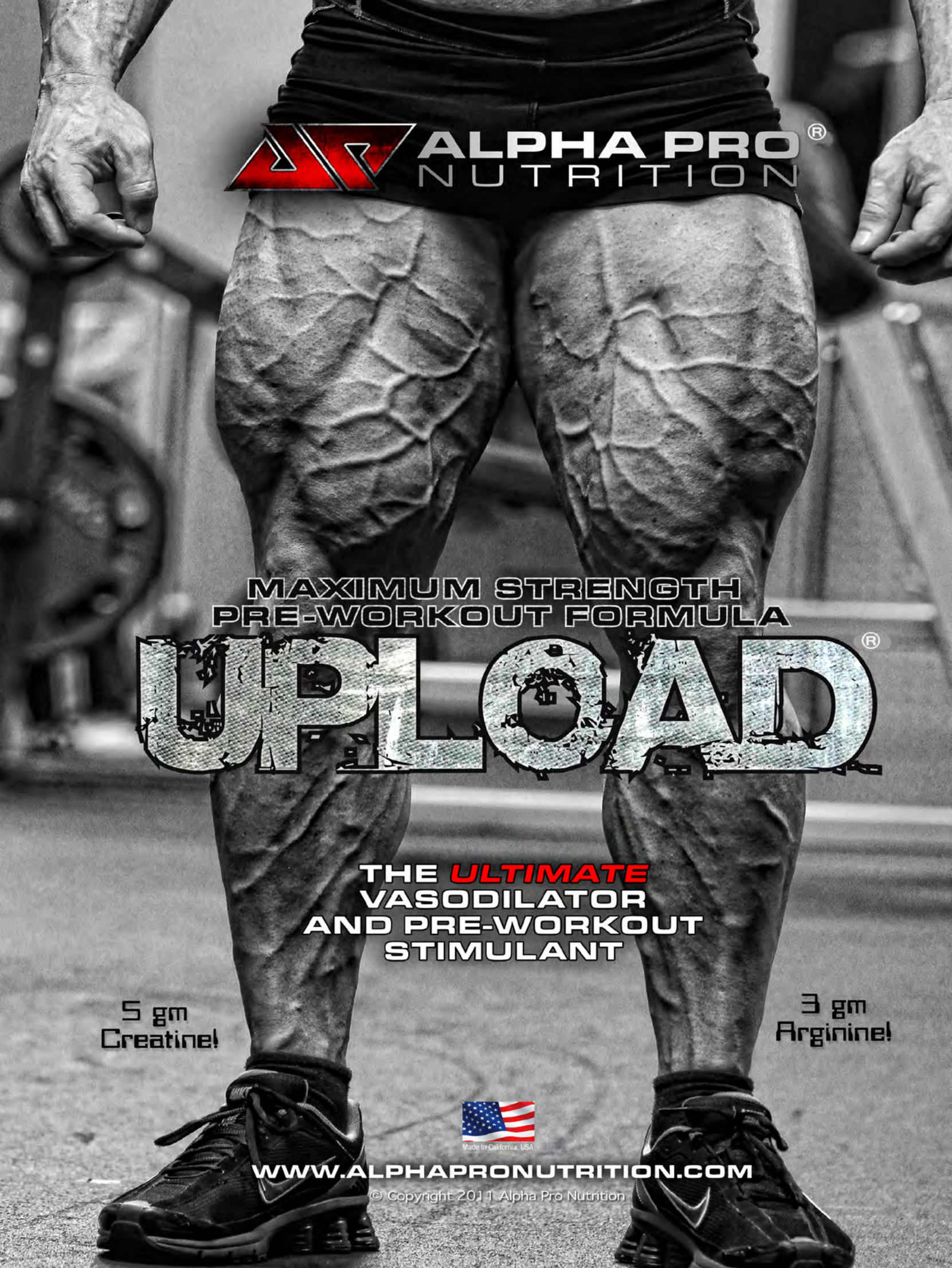
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'SUP WITH SUPPLEMETS...

Information on the products dicussed in 'SUP WITH SUPPLEMENTS comes directly from the companies represented and does not imply an endorsement by JACK'D.

MUSCLEMEDS - CREATINE DECANATE

The revolutionary DecaDrive Delivery Technology involves the use of pharmaceutical delivery methods using the compounds PEG (as polyethylene glycol) and Decanoate (as sodium caprate) to increase amino acid infusion. PEG is a proven intestinal absorption enhancer used to increase the solubility and dissolution of amino acids, thereby promoting overall conditions for maximizing transcellular and paracellular routes of absorption. Decanate is a clinically tested intestinal absorption enhancer. Its principle mode of bio-dynamic action includes increasing the paracellular permeability by enlarging the tight paracellular junctions (openings), thereby allowing greater uptake and transport of aminos into the bloodstream. AMINO DECANATE's amino acids are also micronized to reduce particle size and further optimize intestinal transport through the transcellular and paracellular pathways. The end result is increased solubility, dissolution and enhanced transcellular and paracellular absorption for faster, greater and more potent amino acid utilization.

FUSION BODYBUILDING - STRONGMAN

Developing hard, quality muscle is never about just doing one thing right; it's about doing everything right: training, nutrition, supplementation and even sleep. But nutrition isn't just macronutrients – proteins, carbohydrates and fats – it's also essential micronutrients. Micronutrients are the vitamins, minerals and other biochemical compounds the body needs to build a hard-muscled physique.

STRONGMAN™ was formulated exclusively for bodybuilders like you to provide the complete package of essential micronutrients you need to optimize muscle growth.

STRONGMAN's four complexes – MUSCLE•MULTI™, SPINACH•FLEX™, OMEGA•OIL™ and E•400™ – work together to help to kick-start muscle growth, speed recovery and fuel metabolism. Plus, thanks to FUSION BODYBUILDING's exclusive SPINACH•FLEX complex, each box contains the equivalent of over 12 cups of spinach and greens. Strong muscles start with a strong base, and strong muscles start with STRONGMAN.

ADVANCED GENETICS - NITIRC IMPACT

To grow muscle you need to transport vital nutrients via the blood into the muscles. The most effective way to do this is by expanding your blood vessels (aka vasodilatation) and by enhancing your circulatory system. NITRIC IMPACT combines a number of carefully selected, unique ingredients to create the perfect environment for muscle growth beyond anything you've experienced before. NITRIC IMPACT™ will engorge your muscles with nutrient-rich blood, anabolic hormones, aminos, and glycogen causing them to go into "hyper-anabolism" – making them instantly bigger and stronger!

NITRIC IMPACT will:

- INDUCE A 400% INCREASE IN VASODILATION!
- PROMOTE RAPID FULL BODY SKIN-BURSTING PUMPS!
- SPARK INTENSE ENERGY AND FOCUS!
- STIMULATE AWE-INSPIRING VASCULARITY
- CAUSE SIGNIFICANT INCREASES IN LEAN MASS AND STRENGTH
- EFFECTIVELY TRANSPORT AMINO ACIDS, GLYCOGEN, NUTRIENTS AND ANABOLIC HORMONES TO MUSCLE
- REDUCE POST-WORKOUT SORENESS

MHP - DOPAMITE

DOPAMITE works by helping your body balance a naturally occurring chemical known as dopamine in the reward system of your brain, a.k.a. "the fat-burning control center". Simply stated, when dopamine and your reward system are in balance, so are you, literally and figuratively. With DOPAMITE, dieting for weight-loss becomes a piece of cake!

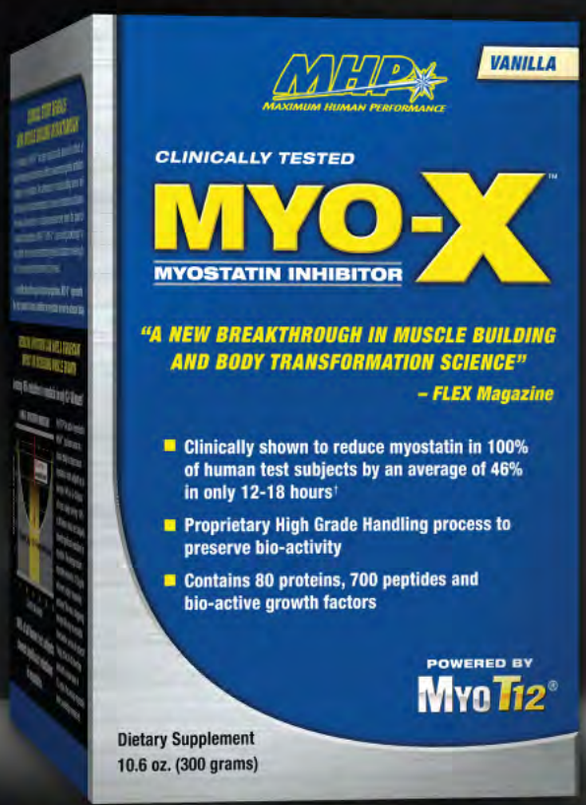
By helping your body balance dopamine, DOPAMITE promotes normal healthy levels of energy, satisfaction, motivation and pleasure. The result: You're less likely to seek out these sensations from food. This makes it easier to avoid overeating, burn fat, lose weight, and achieve the six pack set of abs you've always wanted.

MUTANT - MUTANT MASS

MUTANT MASS is without a doubt the most complete and effective weight gainer formula in the world! When it comes to packing on quality mass, bodybuilders all over the world rely on MUTANT MASS. After years of relentless research and development, MUTANT MASS has been specifically formulated with one goal in mind — to help you quickly pack on MUTANT size!

Every serving of MUTANT MASS delivers 52 grams of muscle-building protein featuring the Mutant Pro Multi-Staged 10 Protein Matrix. The unique protein matrix found in MUTANT MASS supplies the body with 10 complete protein sources, which provides an immediate and long-lasting increase in protein synthesis! When you combine the powerful protein matrix with the other key anabolic nutrients found in MUTANT MASS, you have the ultimate formula for rapid gains in rock-hard mass!

THE MOST EXCITING MUSCLE BUILDING BREAKTHROUGH THE WORLD HAS EVER SEEN!



See What Top Athletes And Bodybuilding Authorities Are Saying About This Muscle Building Breakthrough!

"A new breakthrough in muscle building and body transformation science." – **FLEX Magazine**

"A monumental advancement in muscle enhancement and performance nutrition. MHP is once again leading the industry into a new frontier." – **PLANET MUSCLE & BODYBUILDING Magazine**

"I've never experienced anything like MYO-X. This stuff has extremely powerful muscle building and recovery effects." – **Victor Martinez, IFBB Pro Bodybuilder**

"If you're looking to get bigger and stronger, you need MYO-X. It truly activates muscle growth and speeds recovery faster than anything I've ever taken." – **Brian Shaw, World's Strongest Man**

MYO-X
MYOSTATIN INHIBITOR

CLINICALLY PROVEN TO REDUCE MYOSTATIN BY AN AMAZING 46%!

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MHP MAXIMUM HUMAN PERFORMANCE

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