

THE WORLD'S FIRST 100% DIGITAL BODYBUILDING MAGAZINE™

# JACK™

AGAZINE



**VICTOR  
VICTORIOUS IN  
TORONTO**

**JACK YOUR Q!  
SICK SHOULDER  
MASS MADE  
SIMPLE**

**BIG RAMY  
STOMPS NEW  
YORK!**

**BOOZE  
AND THE  
BODYBUILDER  
THE SULTRY  
YESHAIRA ROBLES!**

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ISSUE #04  
SUMMER 2013



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JACK'D<sup>TM</sup>  
MAGAZINE

DISCLAIMER: Consult your physician before beginning, altering or making any kind of changes to any exercise or diet program. JACK'D does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.



# THE EDITOR

derek hart



the world's  
first free  
100% digital  
bodybuilding  
magazine

WELCOME

## Welcome to the fourth edition of JACK'D MAGAZINE!

Summer is upon us and it's a hot one at that! In this 4th issue of JACK'D Magazine we'll be covering everything from the Pro shows that took place in Toronto and New York, to an article on Booze and the Bodybuilder, an article on how to buy and cook different cuts of meat as well as our regular columns full of reviews, training tips, tricks and more! Thank you for your continued support and we hope you enjoy this issue of JACK'D Magazine!

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**COVER:**

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# 300

## RISE OF AN EMPIRE

» If you loved the movie 300 then you'll be happy to find out that in March 2014, 300 - Rise of an Empire will be released!

Based on Frank Miller's latest graphic novel Xerxes, and told in the breathtaking visual style of the blockbuster "300," this new chapter of the epic saga takes the action to a fresh battlefield—on the sea—as Greek general Themistokles attempts to unite all of Greece by leading the charge that will change the course of the war.

**CLICK ON THE POSTER TO PLAY THE TRAILER!**



## 2014 TORONTO PRO TO HAVE WHEELCHAIR DIVISION!

» Nick Scott announced at the 2013 Toronto Pro Super Show that in 2014 there will be a wheelchair division at the show! Nick states that "after the competition at the 2014 Toronto Pro, there will then be two IFBB Pro Wheelchair Shows. From that, more wheelchair divisions will eventually be added in specific shows around the world. In order for the IFBB Pro Wheelchair Division to be added to the Olympia stage, there needs to be 4-5 IFBB Pro Wheelchair Shows per year, more IFBB Pro Wheelchair Bodybuilders, and a visible demonstration that our sport can hold its own."

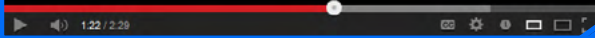
JACK'D is looking forward to supporting Nick and his efforts to make the Wheelchair Division part of the Olympia weekend. To learn more about Nick and his quest to be on the Olympia stage, check out his website at [www.nickfitness.com](http://www.nickfitness.com). And you can see Nick at this year's Olympia at either the Bodybuilding.com or the Muscle Pharm booth.







**CLICK TO PLAY!**



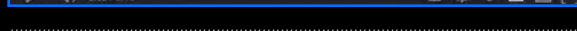
## ARNIE AND SLY TOGETHER AGAIN ON THE BIG SCREEN!

» Bodybuilding and action movie fans are in for a treat as Arnold and Sly, along with 50 Cent, Vinnie Jones, Jim Caviezel and others hit the big screen this October in Escape Plan.

One of the world's foremost authorities on structural security agrees to take on one last job: breaking out of an ultra-secret facility called "The Tomb." Deceived and wrongly imprisoned, Ray Breslin (Sly) must recruit fellow inmate Emil Rottmayer (Arnold) to help devise a daring, nearly impossible plan to escape from the most protected and fortified prison ever built.

## ROCKY ON BROADWAY

» Well, it was bound to happen sooner or later; ROCKY is now a big-time production on Broadway. Think you want to see one of the most cherished guy movies of all time as a musical? No one thought SpiderMan would make it and it's turned out to be the biggest money maker on Broadway of all time. Take a look at the trailer below and judge for yourself.

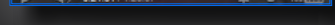


## HEARD OLD-SCHOOL ARNOLD

Wow, if this isn't a blast from the past! Have you heard that Arnold made an exercise video way back in 1982 called Shape Up With Arnold Schwarzenegger! And to top it off his training partner in the flick was none other than Ms. Olympia Rachel McLish. Once we found out about this we had to share the link with the rest of the world so everyone could see it in all its glory!

It's about 1 1/2 hours long so you'll need to grab some popcorn and watch The Oak kick it up old-school style!

**CLICK ON THE IMAGE BELOW TO PLAY... THIS IS A MUST SEE VIDEO!!!**



# SICK SHOULDER MASS MADE SIMPLE:

// How to build a set of caps  
that will get you noticed!

**A** wide set of shoulders with a full set of capped delts can make or break you in the world of bodybuilding. How many times have you seen some guy with a big chest and arms, but no shoulders. Or worse yet, nothing but a set of front and side delts, with no rear deltoids to match? Looks odd, doesn't it? A wide set of shoulders that look like you've stuck two cannon balls on each side of your neck can take you from being called out last, to being called out first; front and center. The following article will break down a simple, yet effective shoulder building routine that will help you add muscle mass and size to your shoulders so you can be the freak called out front and center!

## THE ANATOMY OF THE SHOULDER:

The shoulder is a complex joint with a wide range of movement, when compared to, say, your elbow or your knee. As such, the shoulder is one of the most frequently injured joints there is, which is why you need to warm it up and train it properly, so you don't become one of the many who's bodybuilding progress is stunted due to a blown rotary cuff.

The shoulder is made up of three groups of muscles – the anterior, posterior and lateral heads – and you need to warm each of them up dynamically before you start pressing crazy weights above your head, or blasting out sets of shrugs. So many people start off their shoulder routine doing some sort of heavy press without warming up and eventually, without a doubt, they f\*#k their shoulders up!





THIS SHOULDER ROUTINE IS...

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## THE PRE-EXHAUST WARM-UP LATERAL RAISES:

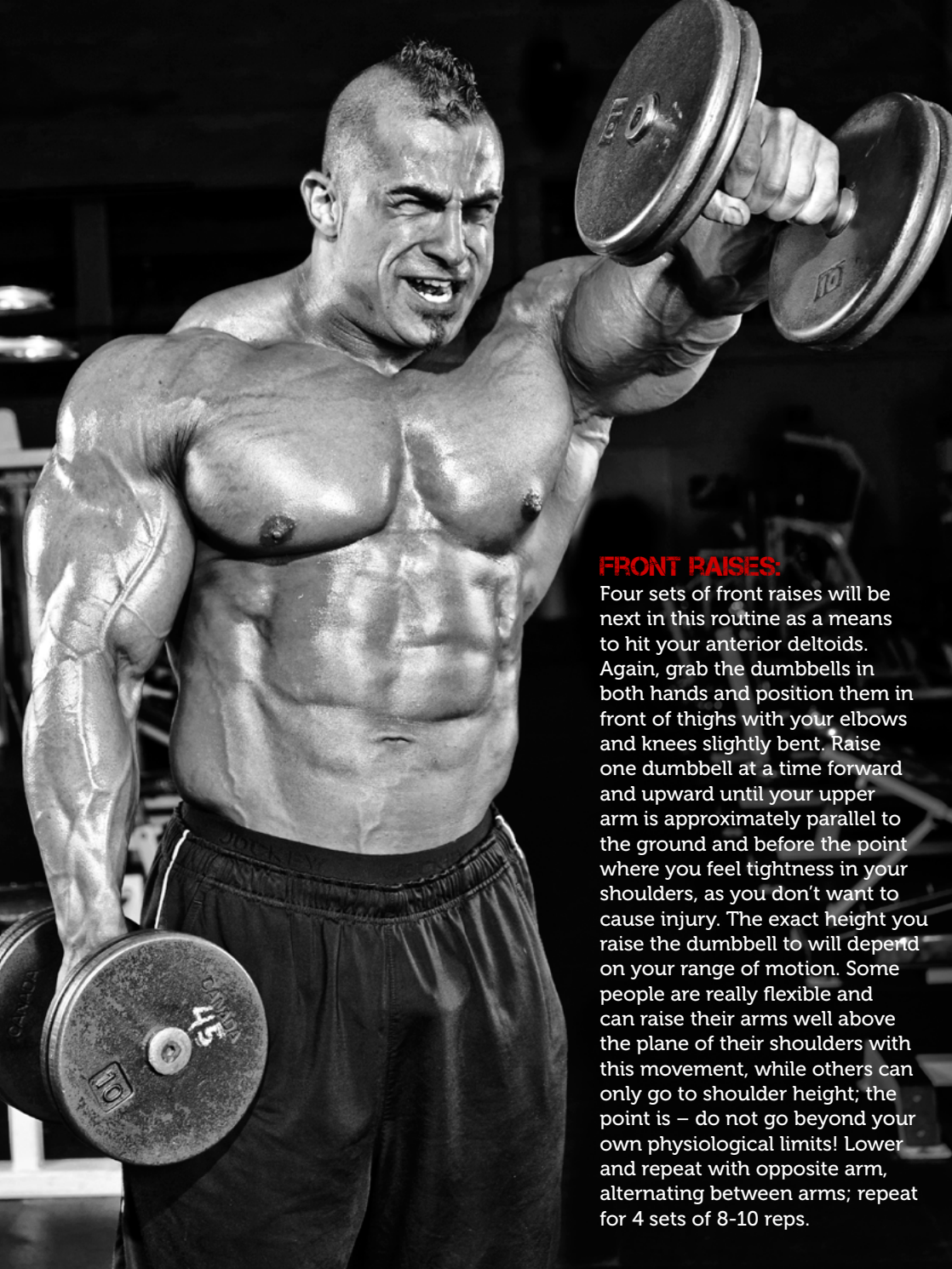
Start off by doing some side lateral raises to warm up your lateral deltoids. Grab a set of dumbbells where you can properly execute 8-10 reps. Remember, you don't want to f\*#k your shoulders up! Hold them in front of your thighs with elbows slightly bent and your knees and hips bent slightly. Keeping your torso locked in this position, raise your upper arms to the side until your elbows are shoulder height – do not break the plane of your shoulders! Breaking the plane above the shoulders will damage the rotator cuff over time so always maintain proper form. Maintain elbows' height above or equal to wrists. Lower and repeat. Do four sets of this movement for 8-10 reps.

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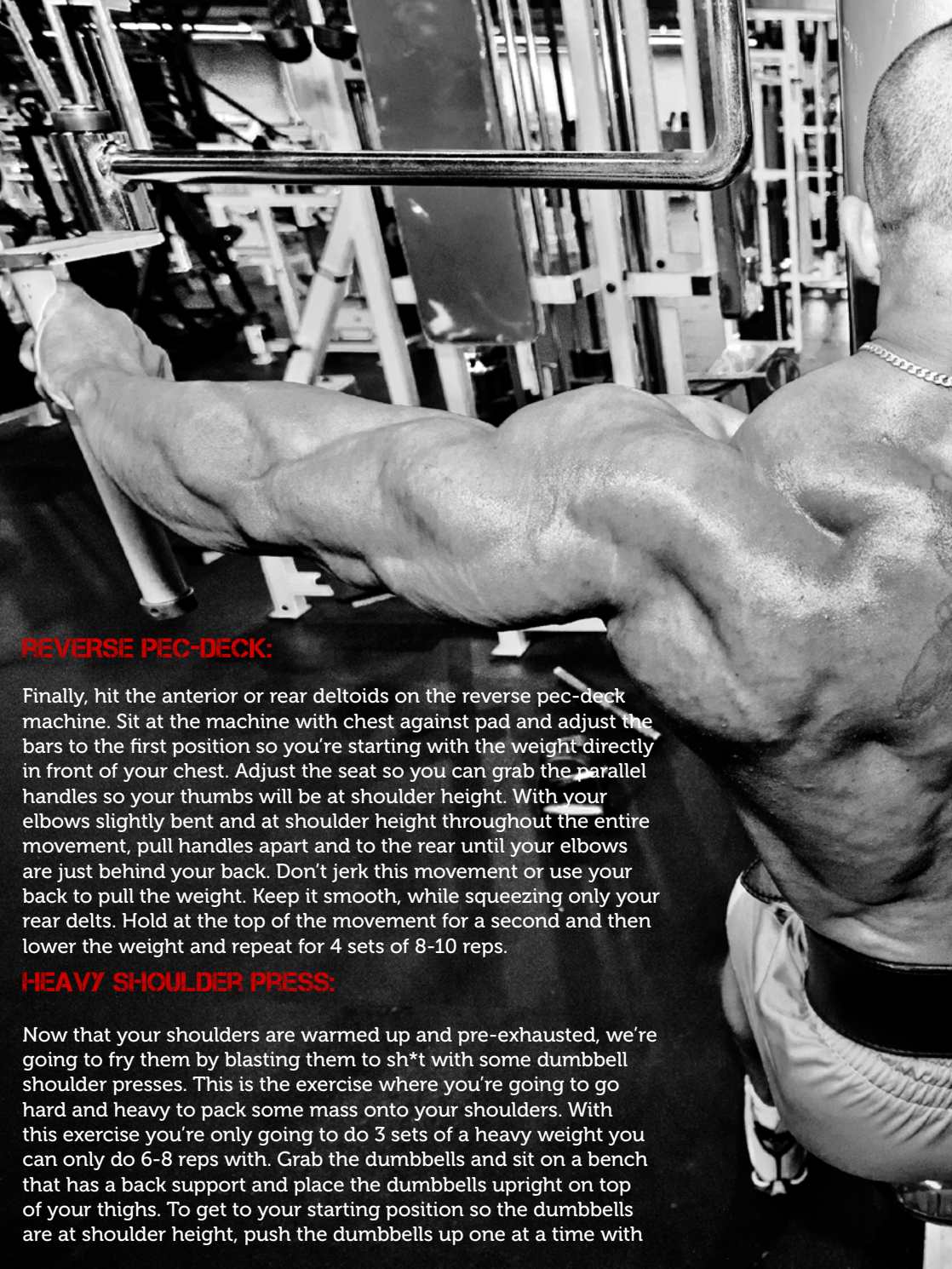
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### **FRONT RAISES:**

Four sets of front raises will be next in this routine as a means to hit your anterior deltoids. Again, grab the dumbbells in both hands and position them in front of thighs with your elbows and knees slightly bent. Raise one dumbbell at a time forward and upward until your upper arm is approximately parallel to the ground and before the point where you feel tightness in your shoulders, as you don't want to cause injury. The exact height you raise the dumbbell to will depend on your range of motion. Some people are really flexible and can raise their arms well above the plane of their shoulders with this movement, while others can only go to shoulder height; the point is – do not go beyond your own physiological limits! Lower and repeat with opposite arm, alternating between arms; repeat for 4 sets of 8-10 reps.



### **REVERSE PEC-DECK:**

Finally, hit the anterior or rear deltoids on the reverse pec-deck machine. Sit at the machine with chest against pad and adjust the bars to the first position so you're starting with the weight directly in front of your chest. Adjust the seat so you can grab the parallel handles so your thumbs will be at shoulder height. With your elbows slightly bent and at shoulder height throughout the entire movement, pull handles apart and to the rear until your elbows are just behind your back. Don't jerk this movement or use your back to pull the weight. Keep it smooth, while squeezing only your rear delts. Hold at the top of the movement for a second and then lower the weight and repeat for 4 sets of 8-10 reps.

### **HEAVY SHOULDER PRESS:**

Now that your shoulders are warmed up and pre-exhausted, we're going to fry them by blasting them to sh\*t with some dumbbell shoulder presses. This is the exercise where you're going to go hard and heavy to pack some mass onto your shoulders. With this exercise you're only going to do 3 sets of a heavy weight you can only do 6-8 reps with. Grab the dumbbells and sit on a bench that has a back support and place the dumbbells upright on top of your thighs. To get to your starting position so the dumbbells are at shoulder height, push the dumbbells up one at a time with





your thighs while bringing the weight up to shoulder height at each side and rotate your wrists so the palms of your hands are facing forward. When both dumbbells are in this position, press the weights up until they touch above your head with your elbows slightly bent, so there is constant tension on your delts. Hold for a second, then lower the weights slowly back to the starting position and repeat.

### **DUMBBELL SHRUGS:**

Finally, we're going to do some dumbbell shrugs. Stand, holding the dumbbells to your side with your knees slightly bent. With a smooth motion, raise your shoulders as high as possible, pause for a second, lower and repeat for 3 sets of 8-10 reps. Don't jerk the weight up, or bounce with your legs or any other stupid way people cheat while doing this exercise; and don't roll your shoulders either. It's a simple exercise – up and down, trying to get your shoulders to touch your ears – keep it that way. Proper form is key to getting those massive traps!





### **THE SUPER SHOULDER STRIP SET:**

Every now and then to really destroy your delts, try adding in a strip set of machine presses after your trap work. If your gym has a machine shoulder press, try doing a super-set of shoulder presses starting off at a weight you can only do for one clean rep. From there, drop the pin 3 spaces and do another set. Drop the pin again 3 spaces and repeat until you've pulled the pin and are pushing the lightest weight possible. Your shoulders will be screaming by the end!

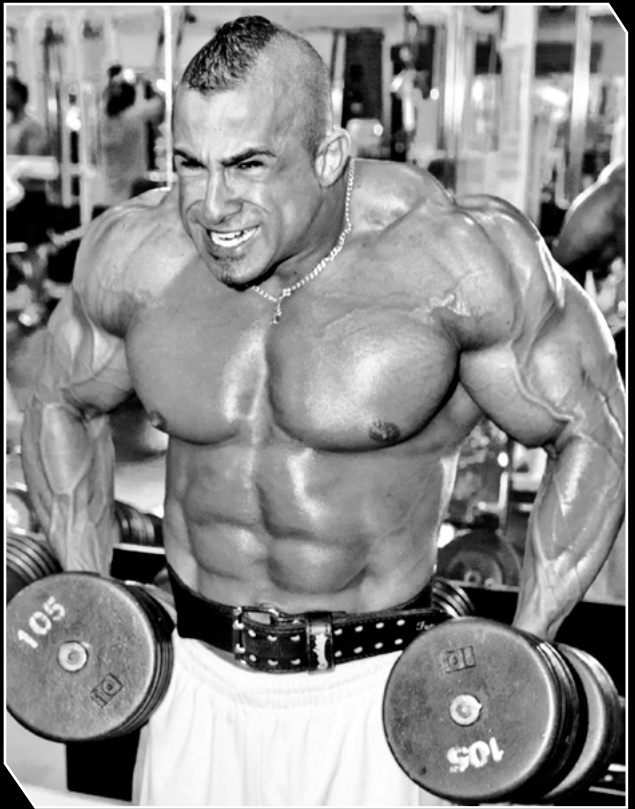
There you have it, a simple, but effective routine to help add on the mass to your shoulders so you stand out in the crowd. With all the new crazy machines are adding to the gym, sometimes the simplest exercises and movements are the best! Keep it simple, do it right, don't cheat and you'll have massive shoulders and avoid injury.

# **KEEP IT SIMPLE, DO IT RIGHT & DON'T CHEAT**

# CRAZY DELTS

## MASS SHOULDER ROUTINE

- LATERAL RAISES
- FRONT RAISES
- REVERSE PEC-DECK
- SHOULDER PRESS
- DUMBBELL SHRUGS



### 3 KEY TIPS THAT WILL HELP YOU TO AVOID SHOULDER INJURIES:

Here are some tips to help you avoid shoulder and rotator cuff injuries:

- (1) Behind the neck pull-downs – don't do them! Due to the external rotation of your shoulders while doing this exercise, a lot of stress is placed on the rotator cuff; so scrap it.
- (2) Another exercise to avoid would be the behind the neck barbell shoulder press. This again puts a lot of stress on the rotator cuff and is a main culprit of rotator cuff injuries in the gym.
- (3) Use a weight that you can control throughout the entire range of motion. If you have to throw the weight around, or can only do partial reps, the weight is too heavy and you are putting undue stress on your shoulder. Lighten the weight and make sure you can go through a full range of motion with correct form/technique.

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# BIG RAMY

WOWS THEM IN  
THE BIG APPLE  
CAPTURING HIS  
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TITLE IN HIS FIRST  
IFBB CONTEST!

...

JOSE RAYMOND  
FINALLY CAPTURES  
THE NEW YORK CROWN!

## 2013 NEW YORK PRO

HOLY SH\*T!!! ... that's all you could hear in the auditorium as big Ramey stepped onto the stage at the Tribeca Theater in New York City for the always exciting Steve Weinberger and Bev Francis' New York Pro. The crowd was in awe as Mamdouh Elsbaiy "Big Ramy" competed in his first ever competition as an IFBB Pro. No one can argue that the crowds in New York are vocal, but that night, they turned it up a notch and were crazy – perfect for the competitors on stage who loved every minute of it!







1. MOMDOUH ELSSBIAY



2. VICTOR MARTINEZ



3. JAUN MOREL



4. JON DELAROSA



5. CLARENCE DEVIS





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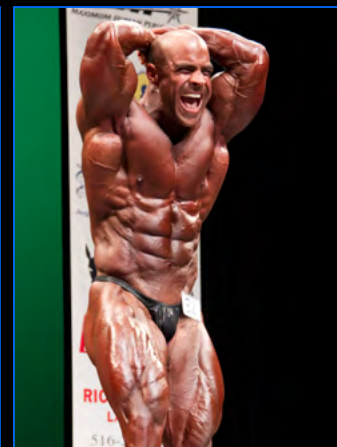
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1. JOSE RAYMOND



2. SAMI ALI



3. MARK DUGDALE





4. AARON CLARK



5. MARCO RIVERA





## 212's

The very first to hit the stage for prejudging at the New York Pro were the men of the 212 pound (formerly 202) division. Some fan favorites like "The Boston Mass" Jose Raymond and Marco Rivera and Mark Dugdale were there as well Sami Ali, and Aaron Clark. All the competitors in this division made an impression when they stepped out onto the stage; however, stand outs were Sami Ali and Jose Raymond. The New York crowd let everyone know that they felt Jose was in top form as the dude had veins on top of his veins ... once again, the New York crowd proved to be unlike any other crowd in bodybuilding! Jose's physique was full and hard, with his trademark onion like, super-dry, freakish if you will skin – truly the "Boston Mass"! Jose put on a good show with his mandatories and his posing routine, playing to the crowd with the tune of Welcome to the Jungle which was the perfect choice for the New York crowd; who believed and let everyone in the lower New York Burrows know Jose was on stage because they were that loud. Jose is poised to sit a top of the 212 division in 2013. Sami Ali, who made such an impact on the

New York Stage, is one of the athletes who seems to have come out of nowhere. Well, he actually hails from Bahrain in the Middle East to be exact. I heard some people asking each other "who is this guy?" Well he's the new Ali and he definitely came to New York City to "float like a butterfly and sting like a bee" and to deliver a knock-out punch to the rest of the competition! Sami has classic lines with a tight waist and not an ounce of fat on him and not a single drop of water under his skin – he was diced and ready to capture the crown for the day. You can be sure that he will certainly be making waves in the bodybuilding world and may be a future 212 Olympia Champion ... we called it here first! Hell, he should compete in the open class as well as he's one of the taller guys in the 212 division.

Mark Dugdale took third place as he was not quite as ripped as Jose and Sami although he was in great shape with his pleasing physique. A little more ripped and he might have placed higher. Aaron Clark and Marco Rivera rounded up the top five in the 212 division. Aaron is a new comer to the pro ranks and at only 23 years old, showed off a pleasing





physique with a good balance of mass and symmetry. Marco was in good condition, just not as freaky as the top three.

The final placing went like this:

1. Jose Raymond
2. Sami Ebrahim Ali
3. Mark Dugdale
4. Aaron Clark
5. Marco Rivera

#### Open Men:

Now for the open class which was a fight to the finish between Victor Martinez and the latest freak to hit the IFBB Pro stage and winner – BIG RAMY. Both these two athletes put on quite a battle for the top spot, Victor was in top form with his classic lines, top-notch physique, had great conditioning and was shredded. Ramy was lean and oddly proportional for his size; which can only be described as freakish! Dude is huge! It could have gone either way and the crowd would have been happy, but on this night, Ramy was number one. It seems the judges preferred size rather than over-all conditioning this night and there were both cheers and boos when Vic was announced in second place. Some feel Ramy shouldn't have won as he was not as diced as Vic and hasn't paid his dues in the pro

ranks yet, but you have to admit ... the dude is huge! Look at the photos, you be the judge. Home town favorites Juan "Diesel" Morel and Jon Delarosa who placed third and fourth respectively and Clarence DeVis from Belgium placed fifth. Not a bad showing at all for these guys, a little more seasoning and maturity to their physiques and they will be some of the top guys in the industry in the years to come.

#### Final Top-5 Placings:

1. Big Ramy
2. Victor Martinez
3. Juan Morel
4. Jon Delarosa
5. Clarence DeVis

Absent from the show this year was women's bodybuilding, however the show did have Figure, Bikini, along with both Men's and Women's Physique. In Figure, Candice Keene who was coming off a win at the Australian Grand Prix and at the Arnold Classic, once again took the top spot with exceptional conditioning and a curvy body that would make anybody, man or woman, drool. Uber sexy and new IFBB Pro Swann Cardot (soon to be Delarosa) placed second and was quite the bombshell. Third was Nicole Wilkins who was off this day and seems to be slipping in her

placements. Rebecca Vera is turning heads and has a bright future ahead and Monica Specking who was in great shape rounded out the top five.

#### Final Top-5 Placings:

1. Candice Keene
2. Swann Cardot
3. Nicole Wilkins
4. Rebecca Vera
5. Monica Specking

Bikini did not disappoint. Yeshaira Robles from New York took first place with a toned body that would turn heads everywhere she'd go. She has the va-va-voom factor and is sure to break the top six at this year's Olympia and is considered one of the top contenders in 2013. Ashley Kaltwasser, who we loooooooved at the Arnold Classic and said was one of the girls to watch placed second in New York and will start winning the top spots very soon. She is also one to watch to break the top six at the "O" and from what we can tell it's anybody's game. Lindsey Waters took third in her first pro show ever which is exceptional, especially for the line-up in New York. She's been competing as an IFBB Pro for less than a year 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. Yarelis Gonzalez and Ashley LeBlanc rounded out the top five.

#### Final Top-5 Placings:

1. Yeshaira Robles
2. Ashley Kaltwasser
3. Lindsey Waters
4. Yarelis Gonzalez
5. Ashley Cronley LeBlanc

The Women's Physique division is quickly taking over and eclipsing women's bodybuilding. So much so that many top IFBB women's bodybuilders are now competing in Women's Physique. However, when Juliana Malcarne hit the stage (a former figure competitor) it was all over! She had muscularity, was lean – very lean, and was still feminine looking – a well put







NPC NEWS  
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Vic was back in top form as he hit the stage for the first time in over a year!





Below is  
Big Ramy ...  
where the  
hell did  
this guy  
come from;  
what a freak!









together package for the Physique division. Her physique was like that of the original athletes of women's bodybuilding, muscular but still very feminine. Look for this division to get bigger and bigger in the IFBB. Karina Nascimento was very lean but did not display the muscularity that Juliana had. She recently placed first at the Optimum Classic Pro and is certainly on her way to become a top contender. Third place went new pro Toni West on her first venture out on the IFBB stage. Not bad for a newbie, not bad at all with Joele Smith and Teresita Morales finishing fourth and fifth.

#### Final Top-5 Placings:

1. Juliana Malcarne
2. Karina Nascimento
3. Toni West
4. Joele Smith
5. Teresita Morales

One of the newest divisions but growing exponentially is Men's Physique. Saidk Hadzovic who had a good combination of size and symmetry took the top prize – could he be the first Physique Olympia title holder, we'll find out this September! Anton Antipov fresh off a win at the Powerhouse Pro took second and Matt Acton placed third. This is a new division with the first ever Physique Olympia taking place this September, it will be interesting to see these guys on the Olympia stage.

#### Final Top-5 Placings:

1. Sadik Hadzovic
2. Anton Antipov
3. Matt Acton
4. Craig Capurso
5. William Sullivan

**EAST COAST MECCA**  
**BEV FRANCIS POWERHOUSE GYM**



#### Conclusion:

Once again the New York Pro did not disappoint. A great show produced by Steve and Bev, in one of the greatest cities in the world. This is one of the shows you should attend leading up to the Olympia. There are always top bodybuilders stepping on stage to battle it out for the crown; add in the crazy-loud New York crowd and you got yourself one hell of a show!

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# ALCOHOL



Alcohol is a widely socially acceptable drug that is consumed daily by many. Unfortunately, this means that bodybuilders may be caught in situations where they feel the need or are tempted to drink alcohol when eating clean. The question is, should you drink or not? The answer will vary on the specific individual, how educated he/ she is on recovery from drinking and knowing exactly how their body deals with alcohol. That doesn't mean you can't have fun and enjoy a drink here and there. Go out, have a good time have a few drinks, just make sure to keep it in moderation!



# **ALCOHOL THE ANTI-NUTRIENT' VS. THE BODYBUILDER**

## **WHY WE USE ALCOHOL**

- Alcohol stimulates a feeling of well being and euphoria, which can eliminate social inhibitions in certain people and can lead to some sticky situations.
- Many athletes are under the impression that a few drinks before an event can be a strong ergogenic aid allowing them to perform better.
- Alcohol is touted as being a powerful tool to increase mental alertness, calm the nerves and dull the sensation of pain.
- With a few drinks, some individuals say they feel more alert, more confident and almost 'fearless' which can also again, lead to some unfortunate situations.

## **QUICK ALCOHOL POINTS**

- Alcohol is often called the anti-nutrient nutrient, because it directly interferes with the body's absorption, utilization, storage and use of other nutrients by the body interfering with the processing of protein and carbohydrates.
- Alcohol doesn't have any nutrients, but does have a caloric value of 7 calories per gram, and can quickly add up as you keep downing those shots.
- The calories from alcohol beverages are considered "empty", because these types of drinks contain only negligible amounts of vitamins and minerals. So that Bloody Ceaser you're having with the celery and tomato juice won't help your diet no matter how much you try to convince yourself!
- Although alcohol is absorbed rapidly it is metabolized very slowly having a negative effect on performance several days later.
- Alcohol will also increase fatigue, interfere with body temperature, cause dehydration, impact cellular repair, deplete aerobic capacity, disrupt sleep, and cause vitamin and mineral depletion.
- Acute alcohol intoxication results in tremor, anxiety and irritability, nausea, decreased mental function, and even vertigo.
- Alcohol can be classified as either a food or a drug, read on ...

## **AS A FOOD**

At 7 calories per gram, alcohol provides almost twice the calories per gram of either carbohydrates or protein, but still less than a gram of fat ... so it not the worst calorie wise, fat is still the king.

## **AS A DRUG**

Classified as an addictive narcotic and/or as a depressant, alcohol appears to have a two-part response: an initial sensation of excitement followed by depressive psychomotor effects.

## **ALCOHOL AND BODYBUILDERS**

If you are a serious bodybuilder you should know that bodybuilding and alcohol do not mix. Having alcohol once in a while, in moderation is not a big deal, however having it more than a few drinks a week can have a serious effect on your gains in the gym.

## **HOW GETTING DRUNK HURTS YOUR GAINS:**

### **ALCOHOL AND MUSCLE GAIN EFFECTS**

1. Alcohol creates what is known as the "hangover"; no, not the movie, and lack of energy lowering your overall workout intensity.
2. Alcohol lowers protein synthesis by lowering testosterone levels. Although, at first you may feel like Super Man, eventually this will reduce your sex drive, and mental health while taking away your ability to "perform".
3. Alcohol dehydrates muscle cells, blocks absorption of many important nutrients key to muscle contraction, relaxation and growth including: calcium, phosphorus, magnesium, iron and potassium .
4. Long-term alcohol consumption puts you at an increased risk of cancer.
5. Alcohol disrupts sleep, increasing fatigue and causes cognitive impairment.

### **ALCOHOL AND FAT LOSS EFFECTS**

Alcohol negatively affects your body's ability to burn fat, making it that much harder to get a shredded set of abs and a freaky split in your bicep. The best advice would be to totally abstain from drinking alcohol while your are training, especially if you are preparing to compete in a competition.



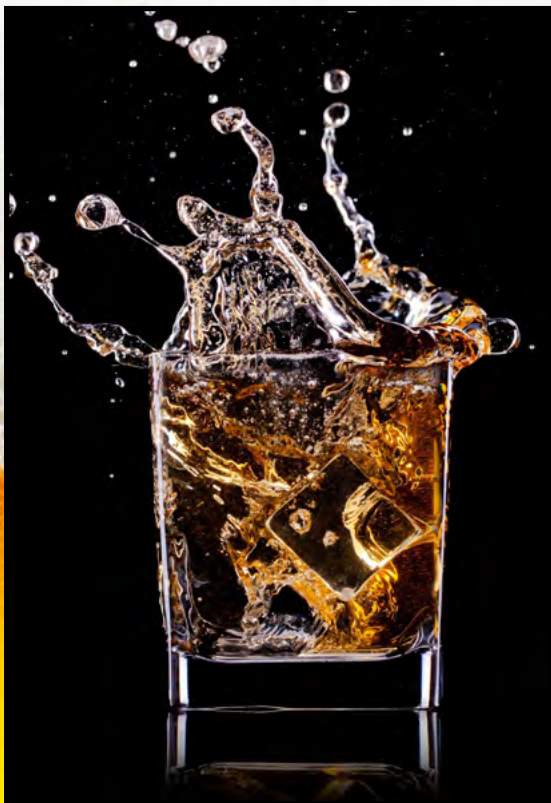
## **ALCOHOL AND STEROIDS**

Alcohol is tough on the liver, just like certain steroids. Using them both at the same time could be even more damaging to the liver.

## **CONCLUSION**

Alcohol consumption is something that bodybuilders should do in moderation, if at all because it has many adverse effects on gaining muscle. The main problem with alcohol is not the number of calories it contains but rather the metabolic effects it has on the body. It is important to keep in mind that even acute alcohol intoxication impairs protein synthesis and anabolic pathways. If you drink moderately, no more than 2-3 drinks per week, you should be OK, but if you are a heavy drinker, you will never improve your physique! If you do go out on a bender for your buddy's stag and do a night in Vegas at the Olympia, here

are some tips to help you recover, since everyone needs to blow off some steam now and then. But don't do it every weekend, Friday, Saturday and Sunday!



## **3 WAYS TO HELP PREVENT HANGOVER:**

1. Leave at least 2 large glasses of water by your bedside to drink when you get home before you go to bed. Not only will this prevent a hangover, but it will also help to rehydrate your muscles after pissing it out all night.
2. Consume something dense in protein before bed as well; a shake, some steak. This will help curb the catabolism occurring inside your body, not to mention you always need protein. And not a XXL Super Burrito loaded up to the t\*ts!
3. When you wake up, eat a big breakfast filled with foods that are rich in protein, calcium, phosphorus and iron. Your body is craving these key nutrients since the alcohol diminished them the night before.

RICH PIANA, Mr. California, NPC CHAMPION

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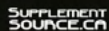


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# ULTIMATE CHEAT MEAL

Holding countless, competitive food-eating records, I know a thing or two about eating! Let me take you around my home town of Toronto and show you where to eat when attending the Toronto Pro Supershow!

By Furious Pete





pete conquers  
toronto:



**F**inally, I get to write about my home town of Toronto while taking part in the Toronto Pro SuperShow! I can't start to tell you how many great places there are to eat in the city, and in this edition I'm going to take you to three of my favorite places. There's more than just three but we'll save more for next time!

First, I'm going to take you to a little place called Smoke's Poutinerie. Now for those of you who don't know what poutine is, it's something crazy delicious, which first got its start in Montreal, Canada. Take a delicious serving of crispy fries made from freshly cut potatoes, cover that with a generous helping or real cheese curds and smother that with some smokin' hot gravy. But at Smoke's, they add a secrete sauce to die for! Now Smoke's puts a twist on the classic poutine I just described. You can add in pulled pork, beef, chicken, steak; you name it! Now it may take the average person 10 minutes or so to eat this 3800 calorie bit of heaven, I find using a fork too slow, so I down a serving of these baby's in 40 seconds with my hands – Furious Pete style!!! Just watch the video and see for yourself.

Next on my journey I travel to PIE Wood Fire Pizza Joint, my favorite pizza place in all of Canada, maybe the world! After I make a quick stop at the CN Tower to hang out. The Toronto Pro SuperShow takes place at the Convention Center right beside



**See me chow  
down on 3800  
calories in just  
40 seconds!**  
**WARNING**  
**your hands will  
get dirty if you  
try this!**

» CONTINUED





**click here**  
**to see Pete eat a**  
**special \$100 pizza!**  
**WARNING this**  
**video is not for the**  
**tight wallets ...**  
**it really costs \$100!**

the tower, so while you're here, take some time and do the Sky Walk. Anyway, back to PIE, pizza pie that is, where they have something special for me; the \$100 Buckie Pie: Tomato, Parmesan, Spinach, Mushrooms, Fois Gras and Black Truffles. Yeah that's right, truffles! Making it an actual \$100 pizza pie! This pie is a thing of beauty. But once again, while others may savor every morcel of every bite, I just can't eat like that. I've got to do it my own way, and that means with two hands and a pint of Guinness in just under 2 minutes! Mmmmmmmmmmmmm. Now that's good eats!

The pizza was just a light snack to tie me over until we arrive at our third destination, Lone Star Texas Grill for their 72 oz. steak



» CONTINUED

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# I GO HARDER.



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– that's one f#@kin' big steak! Yeah, and if you finish it, the steak is free! Medium rare is the way I like it and 72 oz. is no challenge to me as I finish it off in 7 minutes and 20 seconds! Now if a 72 oz. steak is not to your liking, Lone Star also has some other great-tasting food, one of my favorites being the Buffalo Chicken Fajita's; Texas sized. Always a good time at Lone Star and it's located right across the street from the Toronto Convention Center – now that's convenient!

So there you have it, when your in Toronto to see the 2014 Toronto Pro SuperShow check out Smoke's Poutinery, PIE Wood Oven Pizza Joint and take a stab at the 72 oz. steak at Lone Star. Great Places to eat while in Toronto – tell them Furious Pete sent ya!



**You think I have  
what it takes to  
devour a 72oz  
steak in record  
time?**

**WARNING**  
**Only real men  
can handle a  
steak this big!**



**check out some of the other  
crazy sh\*t Pete's done  
across the globe while on the  
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# FURIOUS PETE

Wireless access needed to view the following video by Furious Pete as he hits up places to eat while he visits Germany, home of beer and schnitzle!



»END



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# the forgotten

YOU'RE TRAINING IN A RUT? TRY THE FOLLOWING FORGOTTEN EXERCISES TO HELP KICKSTART YOUR BODY AND MUSCLE GAINS BACK INTO OVERDRIVE!



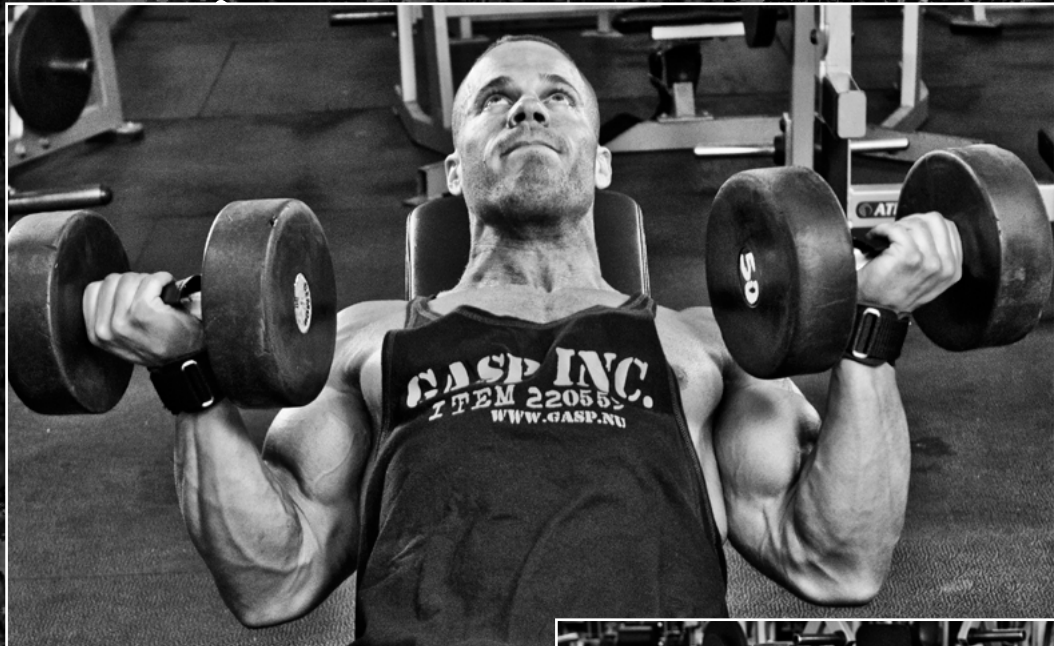




# part: 1

## in a 4-part series

Let's face it, there comes a time in every bodybuilder's life when their routine becomes stagnant and you get yourself into a rut. Not feeling that killer pump anymore? Feel like you're actually loathing going to the gym? 'Cause what's the point when your routine doesn't feel the same as it use to and your muscle gains have plateaued. Well not to worry. We've put together a series of articles outlining a bunch of forgotten exercises that you've probably never done before in your life to help kick your gains back into overdrive. These will give you the spark needed to get your ass back in the gym at 100%!



### TSUKI DUMBBELL PRESS: (CHEST/SHOULDERS/TRIS)

If you're like me, you've had your share of debilitating shoulder injuries. If so, flip this exercise into your routine instead of regular dumbbell presses or flat bench and give your shoulders a break while maximizing your gains. I personally do this as my shoulders are blown to bits from heavy lifting and the minor adjustment of supinating the dumbbells at the start of the movement saves me from a whole world of hurt. It's pretty much an Arnold Press done on an incline bench. Instead of starting the press with your hands pronated, rotate them so the dumbbells are in a supinated (like at the top of a dumbbell curl) and press while at the same time rotating into a pronated position like a normal press. Then lower and rotate back to a supinated position and repeat – easy! And it saves your shoulders while working your chest!



**CLICK ON BUTTON TO PLAY VIDEO**





## SPIDER CURLS (BICEPS)

This exercise is great from giving your bi's a good stretch while forcing you to do the exercise with proper form – remember the old saying, it's not how much you lift but how you lift it! And when you do this exercise right, your biceps will be screamin'!

Lie face down on an elevated bench so your chest is pressing against the top of the bench with your arms hanging perpendicular to the floor with your barbell or pair of dumbbells. Keeping your upper arms perpendicular to the floor (don't move them at all), curl the weight up until you get maximum contraction. Hold for a second then lower and repeat. This is very similar to a preacher curl, but instead of your upper arms being at a 45-degree angle to the floor, they are perpendicular to it. Depending on what your desired result is, rep it out or go heavy for 6-8 reps.



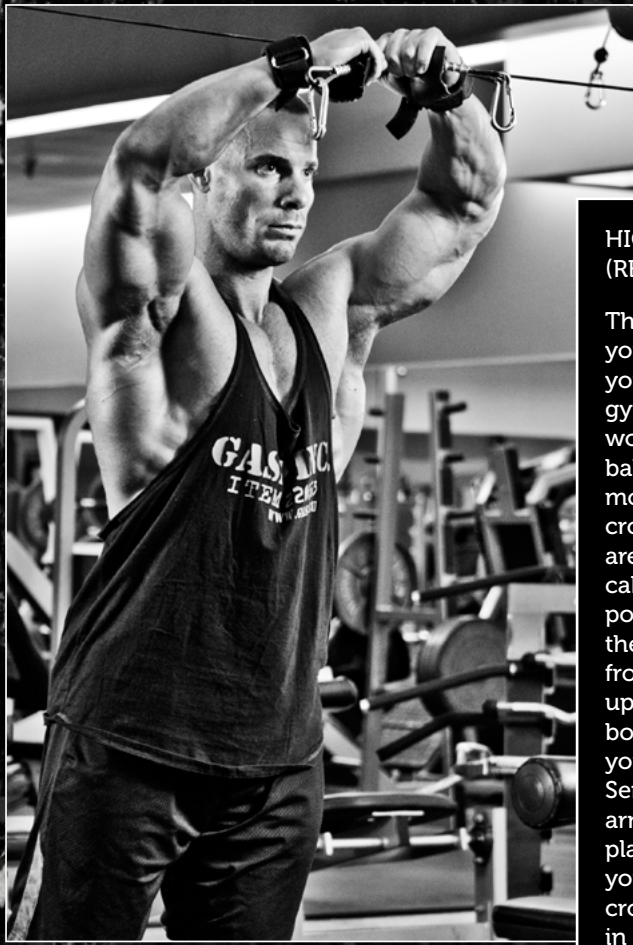


## SINGLE-ARM CABLE EXTENSION (TRICEPS)

This is another exercise I do personally to isolate the outside of my triceps; for some reason with pushdowns, skull crushers etc. I don't feel it directly hit the outside head as much as I do with this exercise. Position the cable at the cable cross-over machine so it's above shoulder height. Using a D-Handle, grab the cable and rotate your body so you're facing away from the machine and lift your arm up until its 90 degrees from your body. Position your free arm under your working arm for support. Keeping your upper arm in this position, extend your arm fully while squeezing your tris. Done properly you'll really feel it on the outer head. Hold the extended position for a second and lower the weight back down and repeat. This is a great finishing exercise when your kicking the crap out of your tris!







## HIGH CABLE CROSS-OVERS (REAR DELTS)

This exercise is great for isolating your rear delts and is a movement you rarely see people doing in the gym... at least in my neck of the woods where it's always hardcore, balls to the wall, compound movements. Set up the cable-cross over machine so the cables are at the top position. Grab the cables without the handle and position yourself in the middle of the station about 6 inches back from the line of the pulleys. Set up into the starting position with both hands touching and above your head; think of the classic Sergio Oliva pose. Extend your arms down and back so you're placing tension onto the back of your shoulders until the cables cross over to form the letter "X" in front of your face. Hold for a second and return to the starting position and repeat.





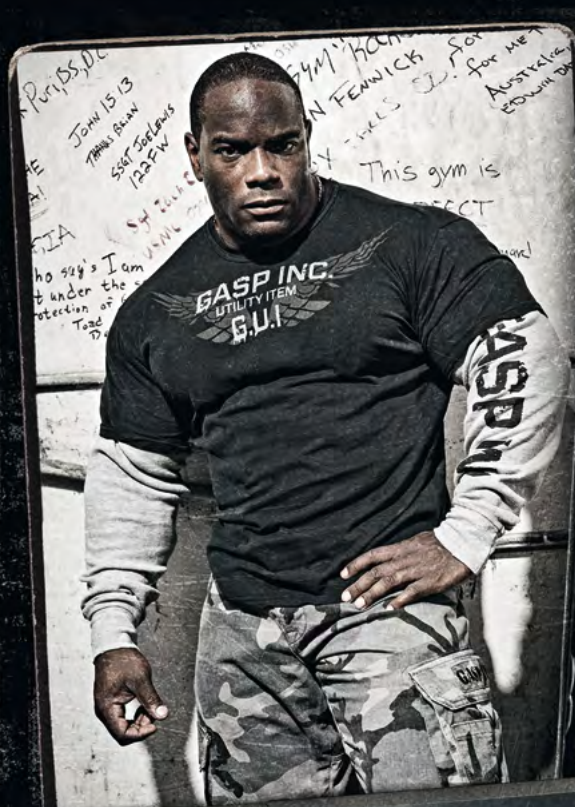
## CABLE ROPE ROWS (REAR DELTS/UPPER BACK)

Soooo many people have crazy front and side delts, and they work them hard. However, most of the time it's the rear delts that get neglected and are disproportioned to the other two. Well here's an exercise to really knock the sh\*t out of your rear delts and bring them up to Olympian levels. Attach a rope to a pulley in its top position and grab it so you're facing the weight standing upright. Step back so your arms are totally extended and stretch your lats. Then pull the weight towards your upper chest while squeezing your rear delts, hold for a second and then return to the starting position and repeat. This exercise really activates the rear delts and allows for a peak contraction helping you build a freaky set of shoulders for a kick-ass back double biceps!





So there you have it, a few exercises you can throw into your routine to help you get out of your rut and to kick start your muscle gains. Stay tuned for Part 2 in the next issue of JACK'D!



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# JACK YOUR Q!

## Grilling The Perfect Steak!



It's the summer and that means for many it's BBQ season – the best season of the year! If you're like us, you're nothing close to being a Vegan (not that there's anything wrong with that); it's just that when it comes to a prime cut of beef cooked up right, nothing can compare. The following article will go over some of the basic points about selecting, how to buy and how to cook various types of beef so you get the most bang for your BBQ buck. Trust me, nothing is as sad as a tender cut of beef that's not cooked to perfection ... it breaks the heart!

**HOW TO CHOOSE CUTS OF BEEF:**

### CHOOSE THE RIGHT CUT OF BEEF

First of all, choosing the right cut of beef for what you're cooking is essential. Are you making fajita's, doing a fast fry, or taking the time to BBQ a beautiful New York strip to perfection? In general, the best cuts of beef for steak come from the rib, short loin or tenderloin primal cuts; they are the most tender cuts and have plenty of marbling, which gives the steak its flavor.

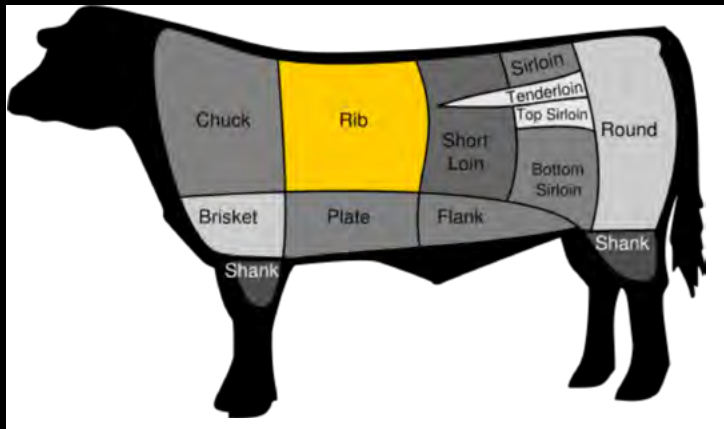
The rib-eye steak, which is from the rib primal cut, is one of the more flavorful cuts of beef, due to the fact it comes from the upper rib cage area, which does not support much of the cow's weight, nor does it have to work hard or exercise. Its





marbling of fat that makes this very good for slow roasting. It also goes well on a grill cooked to any degree.

The strip steak, (affectionately known as a New York strip or Kansas City strip), is taken from the short loin of the cow and are the favorite cuts of beef for many around the world, including us here at JACK'D. There's just something about it, and for many, it's the perfect cut of meat.



The Porterhouse and T-Bone steaks are comprised of meat from both the short loin and the tenderloin. Chateaubriand comes from the center cut of the tenderloin and the filet mignon

**Dry-aged beef produces more intense flavor and is the way that most high-end beef is aged.**

is the steak from the pointy end of the tenderloin. Tenderloin steaks can also be taken from the butt or back end of the tenderloin where a small seam of connective tissue may run through the steak, making it less desirable than the filet mignon. Most people think the filet mignon is the best cut of meat; well, in a way, it is ... in terms of tenderness, as it is a very tender cut of meat. However, the filet, although lean and tender, is not the most flavorful cut of beef. That's why you'll often see filet mignon steaks prepared wrapped in bacon to give it a boost in flavor. The marbling of steak (the fat) is what gives a steak its flavor and the filet has very little marbling. So, if you ever wondered why it was cooked wrapped in bacon, now you know. That's why I consider the New York strip to be the best; marbled, tender and full of flavor!

## HOW TO BUY STEAK

First things first, not all steaks are created equal. When you're at the meat counter at your local supermarket, or if you still have a butcher in your area, there is an abundance of different kinds of cuts of "steak" under the glass. There's chuck steak, blade steak, round steak, tip steak, fast fry and even sirloin steak; all of which may not be your best choices for cooking the perfect steak. Look for the cuts that have the word rib, loin or strip in their name, as these steaks are going to be better cuts for helping you cook the perfect steak. Don't get us wrong, if done right, a chuck or blade steak can be quite tasty if you marinate and season them to perfection; but nothing is as satisfying as cutting into a thick, juicy steak done right.

As mentioned earlier, our favorite steak here at JACK'D Magazine is the New York strip steak.





It's incredibly tender and flavorful. You might ultimately like a different cut of beef for your steak, but whatever type of steak you do decide on, you'll need to do more than just ask for it by name; not all steaks are created equal.

**Notice the marbling in the New York Striploin above, that's what gives the steak its flavor.**

Fortunately, your naked eye can easily discern a high-quality steak from a lesser one. You just need to know what to look for; and that is something called marbling.

Marbling refers to the fat that naturally occurs within the muscle of the meat. The more marbling a steak has, the tastier the steak will be. And of course, the better the steak, the more expensive that cut of meat will be. Have you ever looked at two steaks at the butcher shop and wondered why one cost more than the other? Most likely, the steak that costs more will have significantly more marbling.

Quality designations, such as prime, choice and select can be helpful; but not every steak you buy at the store will have these clearly marked. If they do, the best quality to get is prime, followed by choice, then select. Moreover, these quality designations are based in large part on marbling, so even if the meat hasn't been graded, you just have to look at the marbling to see if you're about to purchase a good cut of beef.

## STEAK THICKNESS

If you're buying your steak at the supermarket, you may be limited to whatever steaks are in



the meat case and you will not have a choice on what thickness your steak will be. But, if there is a butcher on site, or you have a butcher shop or specialty meat store in your area, you can get the butcher to cut your steaks to whatever specification and thickness you want.

To me, the best cut of steak is around 1½ inches thick. You don't want your steaks to thin or too thick. Too thin of a cut and you're missing out on eating a perfect, juicy steak, and you also run the risk of overcooking it since it's so thin. Too thick of a steak gives you the opposite problem: if you're not careful, the outside will look like it's cooked perfectly only to have the inside undercooked. An inch and a half solves both problems and is the perfect thickness for a steak.

## THE IMPORTANCE OF DRY-AGED BEEF

Let's now talk about aging for a moment. All beef is aged before it gets to the supermarket or butcher shop and there are two methods for aging beef, wet and dry. Wet-aged beef is

simply aged in vacuum bags and it's the way most supermarket meat is aged. Dry-aged beef, on the other hand, produces more intense flavor and is the way the most high-end beef is aged.

Dry-aged beef has been hung in a cooler for a length of time, usually for a few weeks under humidity-controlled conditions allowing excess moisture to drain out – remember the scenes from the original Rocky movie? This helps concentrate the flavor and helps tenderizing it by allowing the meat's natural enzymes to break down some of the connective tissues that make a steak tough, leading to a tender, tasty cut of beef.

While most supermarkets probably don't carry dry-aged beef, a good butcher shop or specialty food store may carry it. A warning, though: this superior quality and flavor is going to cost you! Dry-aged

beef is more expensive, pound for pound, because it has less moisture in it than a regular steak. If you think about it, it means you're paying extra for water when you're buying regular supermarket steak. It also has less fat as dry-aged steak is trimmed more, once again increasing the price. So a dry-aged steak will cost more, but it's absolutely worth it!

**Dry-aged beef produces more intense flavor and is the way that most high-end beef is aged.**



## HOW TO COOK THE PERFECT STEAK

Now for what may be the most important thing you'll learn from this article ... how to properly cook your steak. You can have the best cut of beef ever and it will taste like crap if not prepared correctly. We've all been to plenty of BBQ's where the best cut of meat was destroyed by over cooking and instead of a thick juicy steak, we were all eating what felt and tasted like a dry piece of shoe leather!

### DRY-HEAT COOKING

Dry-heat cooking is best for the top cuts of meat like the strip or filet because these steaks come from muscles that don't get much exercise, making them very tender. This makes them excellent for dry-heat cooking methods such as grilling and broiling; grilling being the preferred choice for many. Some cuts of meat are perfectly delicious when cooked using moist heat, but would be extremely tough and chewy if cooked using dry heat. (Think pot roast, for a good example of this.) That's why, for the best steak, we like to stick with the cuts of beef mentioned above. For best results, choose a hardwood coal, such as mesquite, for your fuel. If you don't have a hardwood coal, you can also employ briquettes, but briquettes burn at lower temperatures for longer. There's nothing wrong with propane BBQ's either, you just won't get the taste of the wood smoke in your steak – but it doesn't mean the steak won't taste unbelievable! Gas is far more convenient, but it will not burn nearly as hot as even briquettes do, nor will it impart the same smokiness. In the end, it's a tradeoff between convenience and flavor. For us, the convenience of briquettes trumps the minor flavor advantages of hardwood. Now for us, we're very particular when it comes to grilling steak; after all, we paid a lot for the cut of meat and don't want to f\*#k it up! First of all don't use BBQ sauce! A properly seasoned and prepared cut of beef shouldn't need any of this artificial flavoring; why spend money on



**You can have the best cut of beef ever and it will taste like crap if not prepared correctly.**

an amazing cut of beef just to cover up its natural flavor with sauce – that's wrong, just wrong! You should be able to cook your steak using a minimal amount of seasoning and spice to help enhance the flavor of the steak, not cover it up. Season your steak at least 40 minutes before grilling, and for good reason. When the salt first hits a steak, it sits on the surface. Through the process of osmosis, it'll slowly draw liquid out of the meat, which you'll see pool up in little droplets. The salt will dissolve in this meat

juice, forming a concentrated brine. At this stage in the game — about 25 to 30 minutes in, your steak is in the absolute worst shape possible for grilling, as it will end up dry as the water evaporates off in the grill. Give it a bit more time, and eventually that brine will begin to break down some of the muscle tissue in the meat, allowing the juices to be re-absorbed, and taking the salt right along with it. What does this lead to? Meat that is both better seasoned and more tender and moist when you cook it.

If you've purchased a less marbled cut of meat you can marinate it overnight in beer or our personal favorite, either Italian dressing or balsamic dressing. This is for when you're a bit tight on cash, and are not treating yourself to a \$20-\$30+ cut of beef. Still, don't ruin even this steak with BBQ sauce; that ain't cool.

Get your grill as hot as you can so you initially sear the outside of the steak which will trap the juices and the flavor in. We're talking as hot as you can get it, we pump the JACK'D BBQ up to about 700°F; some restaurants with their super grills go up to 1000°F – that's hot!

**ATTENTION:** Make sure when you're grilling you never leave the BBQ! You don't want to step away for a second only to come back with your steaks engulfed in flames being burned to a crisp! It's a waste of money and can be dangerous depending on how hot your grill is.

#### GRILLING TIMES BY THICKNESS

These are total cooking times. Divide in half for each side. Times are approximate and will vary depending on the type of grill, fuel, weather conditions, etc.

#### GRILLING TIMES BY THICKNESS

Times are approximate and will vary depending on the type of grill, fuel, etc..

Thickness	Rare	Medium	Well	Heat
1"	6-8	8-10	10-14	High
1 1/2"	8-10	10-12	12-16	High
2"	12-16	16-20	20-24	Medium

**NO OBSTACLE TOO HEAVY**  
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Now, unless you're a grill master the best way not to screw it up is by timing it. Depending on the thickness, I sear both sides for 2-3 minutes each; 3 minutes for the thicker steak of course. Place the steaks on the grill on a 45° angle and then flip the opposite way 45° and continue to do so for 8-12 minutes, depending once again on the thickness of your steak. This will be 2 turns to grill on each side of your steak giving the nice grill pattern on the meat impressing your friends.

Invest in a good thermometer as well in order to monitor the cooking. A good steak should be cooked to medium rare (130° – 135° Fahrenheit, 55° – 60° Celsius). Our feeling is that a medium rare steak has the most flavor and is simply the best. Cooking a steak until it's well done gives you that tasteless shoe leather steak that's not worth eating, but to each their own if that's how you like it.

Now if you don't have a thermometer after you've cooked both sides of the steak twice you can just grab a knife and cut open a little sliver to see how the inside of the steak looks; as we said, we like ours red in the middle, but now raw! Use this method if you don't have a thermometer, or you're cooking on someone else's grill or if you have a new grill and don't know its landscape. I say landscape as every grill is different, hotter in some areas, cooler in others, higher BTU's etc. etc. Get to know your grill and after a while you won't need to cut open your steaks to check or use a thermometer; you'll be a grill master!

#### GRILLING SECRET YOU SHOULD KNOW – REST YOUR STEAK:

One secret of grilling you can try once you're a grill master, is to cook the meat until it's just a bit pinker than you normally like, let's say rare instead of medium rare. Then remove the steak from the grill, put it on a plate and cover it up for about 5 minutes and let it continue to cook in its own juices. This helps the steak retain even more flavor as less of the juices are lost to the BBQ and are kept in the steak. Mmmmmmmmmmmmmmmmmmm good!

So that's it. The best steak is a dry-aged steak from the rib, short loin or tenderloin primal cuts, with plenty of marbling and sliced about 1½ inches thick. Cooked over hickory wood and let to rest for 5 minutes after you grill it. Follow these steps and you'll be well on your way to cooking the perfect steak!



# THE POWER OF BEEF AT THE SPEED OF WHEY

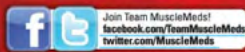
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# Renaldo's Stats



## Name

**Renaldo Gairy**

## Height/Weight

Height: 5'10"

Contest Weight: 220 lbs

Off-Season: 246 lbs

## Favorite Exercise

Machine dips, Incline  
Barbell Press and Stiff  
Leg Deadlifts.

## Favorite Supplements

MUTANT PUMP  
MUTANT BCAAA.7  
MUTANT TEST

## SUPER MUTANT RENALDO GAIRY

I was always active in sports in my highschool years. As I finished the season of one sport, I was starting a new season for another. Basketball, Track & Field and Volleyball were my favorites and I excelled in all of them. In my last year, I joined a the school's weight lifting class which at the time was the best gym I had ever seen...and it was FREE! I quickly fell in love with the weights and often found myself in the weight room even during my lunch hour. I even layed off the other sports because I knew they would slow down my progress. I managed to gain 15lbs in my first three months of training going from a lanky 155lbs to a chiseled 170. I loved the weights and my body loved them too.

While in University I missed a lot of classes, because I was always in the gym trying to get a few more reps in. People would always ask me if I compete or if I ever will. I never planned on it when I started to train, but they must have planted a seed in me. I ended winning my first, second and third that year, and it was much more than I could ever have expected. In 2010 I won my IFBB Pro card and all I wanted after that was to keep improving my physique and compete with the best in the sport of bodybuilding.



REINALDO GARY, IFBB PRO BODYBUILDER

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# TRUE OR FALSE???

The information presented here will allow you to properly incorporate training techniques, nutrition and supplementation into your daily routine, to reach the goal of becoming the biggest, strongest and most shredded individual on stage, on the beach or just driving your car!

TOPIC: Training

**Question: You need to wear a weight belt during every workout? TRUE/FALSE**

**FALSE** - The most common and widely accepted guideline for use of a weight belt is that its benefits are best elicited when used for maximal or near maximal loads that place stress on the lower back as with deadlifts. Weightlifting belts or abdominal belts are meant to work by reducing the forces on the spine, increasing intra-abdominal pressure (IAP). Chronic dependence upon a weight belt during strength training may result in a decreased ability of the abdominal musculature to generate sufficient IAP while performing sport



related movements in the absence of a weight belt. The fact that these belts help you lift more tend to create a false perception that they should be worn at all times, during any lifting activity. This is a myth that will only lead to decreased performance and potential injury. If you are new the gym, leave the belt at home. As you become a more experienced lifter you will understand the importance and when a belt may be beneficial.

#### TOPIC: Supplementation

**Question: You need to load creatine 20g for several days, to see the fastest results? TRUE/FALSE**

**TRUE** - The classical 'creatine loading' regimen consists of an initial 'loading phase' (15-20g per day, in divided 5g doses 4-5 times per day, for 4-7 days) followed by a maintenance dose (3-5g per day). The traditional loading phase is designed to force as much creatine into your muscles cells as possible in the shortest period of time. You could say the process is quick and dirty, but it gets the job done and is the dosing pattern of choice for guys who are looking to bulk up and put on serious muscle size in a hurry. After an initial loading phase you can go into a maintenance phase of 3-5grams per day which should be enough to keep your muscle creatine levels topped up and replace the regular daily loses from metabolism and exercise. Studies confirm that creatine supplementation at doses between 3-10 grams stimulates myofibrillar protein synthesis, promoting muscle hypertrophy and increasing muscle strength.

#### TOPIC: Training

**Question: TRUE/FALSE – I can train like a powerlifter, yet still look like a bodybuilder?**

**FALSE** - Not really, however you may want to read up a little on Jonnie Jackson and Ben White who have used powerlifting to develop very impressive physiques. Research shows that the nature of muscle size and strength depends on the manner in which you lift weights. When the speed of the movement is emphasized, you are more likely to improve maximal power output. This means, you will become stronger since you will increase the maximal rate at which you develop force, however, less emphasis will be placed on increasing muscle mass. Training like a bodybuilder, involves lifting heavy weight with little emphasis on increasing maximal power output. This type of training will





mainly result in greater muscle hypertrophy and strength but will not induce increases in maximal power output. However, this doesn't mean that you have to completely cut out power lifting from your workouts. Many successful bodybuilders include powerlifting exercises in their programs and still obtain great bodybuilding physiques. The way you train is very important to how your body responds and how you look. A carefully developed balanced training program can incorporate powerlifting and have you look like a bodybuilder. However, don't go out expecting to break any lifting records!

TOPIC: Training

**Question: TRUE/FALSE. You need to stretch before you workout?**

**TRUE** - If you stretch 'cold' muscles, you risk the chance of muscle tears. Not surprising a warm muscle exhibits a greater amount of flexibility; therefore you need to warm them up even before stretching. Before training, warm up first with light activity such as walking or jogging, then stretch your muscles, followed by your resistance training. After training, stretch immediately when your muscles are the warmest. Little stretching is required before exercise that does not involve extreme range of motions. However, before engaging in movements or sports that do require full or extreme range of motions, the most appropriate sequence is: light activity followed by light stretching, then a full warm-up using exercises not involving extreme ranges of motion, then comprehensive to extreme ranges of motion. Incorporating stretching into your daily routine especially before and after a workout can be very beneficial as stretching is most commonly credited with the prevention of injuries. Less time out of the gym because of injury is the quickest way to reach your goals!



CUTLER  
ATHLETICS

4<sup>XX</sup>

MIR 10

*Fey Cutler*





# TORONTO PRO SUPERSHOW

## VICTOR VICTORIOUS IN TORONTO!

By Garry Bartlette

Sudbury, Ontario's Ron Hache President of the OPA is one gutsy guy. Each spring he would fly to Columbus, Ohio where he would sit on the IFBB judging panel offering his expertise as a seasoned Pro judge for the prestigious Arnold Classic. Everyone knows that the first weekend in March is the biggest fitness event in the world where all the top names in the fitness industry journey to the Arnold Fitness Festival. So impressed was Hache with the event that he kept asking himself: Why couldn't an event like this work in Canada? Consulting with his long-time friends and business associates Jim Morris and Norm Jacobs they decided to promote Canada's version of the Arnold Fitness Festival at the downtown Metro Toronto Convention Centre back in 2011.

Ron confesses that in the three years of promoting this event there have been a lot of sleepless nights and endless hours of hard work. But what began as a risky financial venture back in 2011 has now grown to the biggest and most successful fitness event in Canada as evidenced by the hundreds of bodybuilders, other athletes, sponsors, and thousands of Expo attendees during the weekend of June 1st. The success of the 2013 event serves as a testament to Ron's vision and all the hard work of his dedicated team of volunteers.

The Toronto Pro Expo featured over one hundred booths of Canada's top supplement and fitness industry exhibitors along with competitions in Bodybuilding, Model Search, wrestling, weightlifting,







# OPEN MEN



1. VICTOR MARTINEZ



2. FOUAD ABIAD



3. JON DELAROSA



4. FRANK MCGRATH



5. MOHAMMAD BANNOUT





# 212 MEN



1. JOSE RAYMOND



2. MARK DUGDALE



3. RAUL CARRASCO



4. MBOYA EDWARDS



5. AL AUGUSTE





# "THE REVOLUTIONARY MUSCLE BUILDING BREAKTHROUGH OF THE CENTURY!"

— MUSCULAR DEVELOPMENT  
MAGAZINE

## SCIENTISTS DISCOVER MYOSTATIN INHIBITION LINKED TO MUSCLE GROWTH

Scientists have been researching a growth factor protein called myostatin and its role in muscle building. Myostatin is a powerful negative regulator of skeletal muscle mass that restricts muscle growth. Documented cases of myostatin deficiency in mammals, including humans, display astonishing muscular growth and reduced body fat levels. "Double muscling" is the scientific term used to describe the extreme muscle hypertrophy found in mammals, including humans, lacking myostatin. 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 is another prime example of extreme muscle growth due to the absence of myostatin in animals. While normal human beings will not experience the full "double muscling" phenomenon, further research on myostatin has confirmed its influence on muscle building.



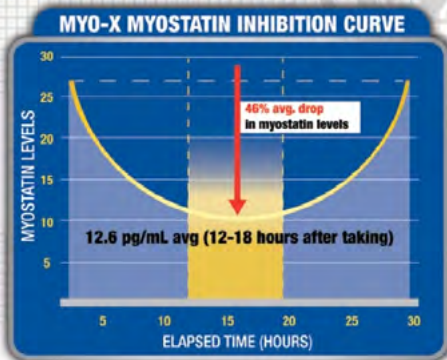
## MYOSTATIN INHIBITORS SPARK MUSCLE BUILDING CONTROVERSY

While a reduction in myostatin will not cause "double muscling," it certainly may have a significant impact on muscle building. This is why there has been such incredible interest among scientists and athletes and such concern by athletic governing bodies over the use of myostatin inhibitors. The governing bodies of sports look at this as cheating, while athletes look at it as a way to naturally enhance muscle growth and improve athletic performance. You should look at the use of myostatin inhibitors as a new and effective way to help you activate muscle growth and build the muscular physique you've been working so hard for in the gym.



# MYO-X: THE MYOSTATIN CRUSHER

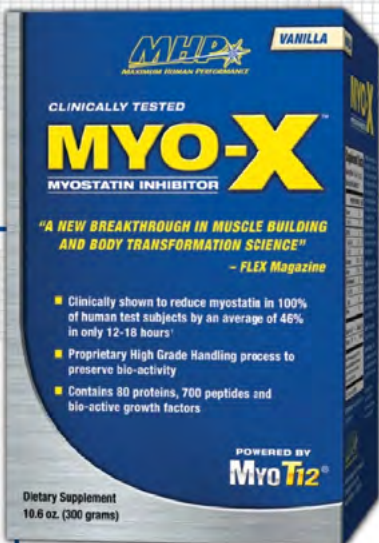
Thanks to this scientific breakthrough, bodybuilders and athletes everywhere may be able to break the limitations created by myostatin and maximize their muscle building potential. MYO-X is an all-natural, clinically tested myostatin inhibitor shown in scientific research to reduce myostatin levels in 100% of test subjects by an average of 46% with just one serving!† This is a significant breakthrough for bodybuilders and athletes looking to increase muscle mass, strength and performance. Myostatin reductions such as these may help counter the catabolic forces that have restricted your ability to build more muscle and open the door to new muscle building potential. In fact, MYO-X is so exciting that *Muscular Development* magazine has proclaimed it to be the "Revolutionary Muscle Building Breakthrough of the Century!"\*\* MYO-X has emerged as a powerful new approach to extreme muscle enhancement for all bodybuilders and athletes!



## CLINICALLY TESTED MYOSTATIN INHIBITOR



## MYO-X TRANSFORMATIONS



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- Shown to Work on 100% of Study Test Subjects



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— Carlton M. Colker, M.D.



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\*\*Sports Supplement Review, "Muscular Development, December 2012. Note: Jermaine Scott and Beau Holden participated in the MYO-X "Bigger Than Nature Intended" Transformation Challenge. They used 10 grams of MYO-X daily for 90 days in conjunction with a weight lifting program. Their results may not be typical. Your results may vary.



power lifting, strongman, boxing, wrestling & MMA. IFBB Pro competitions came in the way of Women's bodybuilding, Fitness, Women's & Men's Physique, Bikini, Figure, and men's 212 lb. & Open Bodybuilding. Along with the pros, one of the highlights of the weekend were the OPA provincial Championships, which broke all records with 475 amateur athletes.

For fitness fans everything and anything was covered throughout the weekend but for all hardcore bodybuilding fans the climax came late Saturday evening at the John Bassett Theatre with the crowning of the Men's open IFBB Bodybuilding Toronto Pro Super Show winner. Along with some substantial cash the victor would receive a much coveted Mr. Olympia qualification. The previous Toronto Pro winners were Craig Richardson back in 2011 and Big Bill Wilmore last year in 2012. Favorite to win this year's event was New York's Victor Martinez.

Over the years however, Vic's IFBB Pro Bodybuilding career has been full of more ups and downs than Circus World's Roller Coaster – if it were not for bad luck some would say Victor wouldn't have any luck at all! In 2007 he was on his way of becoming an IFBB Hall of Famer and joining all the greats of his time by winning the 2007 Arnold Classic and finishing second at the Mr. Olympia, where many thought he beat and should have been awarded the title over reigning



champion Jay Cutler. Then his luck took a serious downturn as he suffered a serious leg injury in 2008. If that wasn't bad enough, his sister was found murdered in 2009. In spite of all the setbacks he regained his former championship physique and journeyed to Spain and won the 2011 Arnold Classic Europe edition only to be set back again by US immigration

officials on his way home due to supposed immigration violations. After spending months locked up in detention where the lack of quality food and training virtually wiped out his physique he finally got released and began serious training again only to suffer a serious biceps tear. In most cases all this bad luck would have ended many bodybuilding careers, but Victor would soon prove he is not a mere mortal like the rest of us!

Common sense would dictate that all of Victor's past wins and his elite status in the IFBB would automatically allow him to compete in this fall's Mr. Olympia. In a lot of sports the organizers are allowed a special invitation to an athlete who they believe would add to the competition; certainly this should be the case for Victor. However the IFBB Pro rules are strict and to qualify for the Olympia you have to earn the privilege every year. Regardless most were of the opinion that all he had to do was show up at any Pro show and he would take it! When he announced that he would be competing at the IFBB New York Pro Championships everyone figured he would be a sure bet



to win and qualify for the Mr. Olympia! But once again Victor drew a losing hand when newcomer, the Massive Mamdouch Elssbiay literally stomped over everyone including Victor (some say controversially) to take the New York Pro title.



Not to shoot down previous winners at the Toronto Pro show but we have not been treated to Mr. Olympia caliber contenders in the Pro lineup. It is not to say that last year's winner Bill Wilmore wasn't a deserving winner but the best he could do this year was 7th. Fortunately, the battle weary Martinez didn't get the





conditioning. Could he have been drier, yes, and it would have taken that bone dry conditioning to successfully challenge Martinez. Regardless, his second place finish was very impressive and provided him momentum for his own Olympia qualification quest.

This year's Toronto Pro Show also featured some pretty intimidating muscle freaks such as Belgium's massive Clarence Devis who finished sixth and fifth place Moe Bannout (nephew of Mr. Olympia Samir Bannout) of Lebanon who was so knurled and hard that he appeared to be forged from hammered steel.

In the mass department Canada's popular Frank McGrath is no slouch and sported some pretty impressive size and awesome muscle density that was good enough to earn him a respectable 4th place finish.

idea that all he had to do to win was show up in Toronto! In fact, several other top IFBB Pros finally clued in that the Toronto Pro show might be a nice opportunity to earn a Mr. Olympia qualification and some spare cash. Ontario's hometown favorite Fouad Abiad has received much attention and fanfare in recent years and his fans have been wondering when he would return home to claim the Toronto Pro title? Certainly momentum was in Fouad's favor and it would take some serious muscle and conditioning for anyone to knock him off track!

Fouad came into the competition sporting noticeable size and mass increases. In fact, the guy just looked huge and had awesome



In every competition someone has to carry the banner for the smaller but superbly balanced and symmetrical guy, and at this year's Toronto Pro Super Show it would be New York's Jonathan Delarosa who took up the cause sporting splendid full-bellied muscles and spot on conditioning that would earn him third place.

Fortunately, the battle scarred Martinez in his efforts to gain a Mr. Olympia qualification didn't take his conditioning and the Toronto Pro Show for granted showing up in Toronto in awesome shape. His exquisite balance, shape and pleasing symmetry that only gifted genetics can deliver were all there. In past events Victor has taken these gifts for granted coming in holding a bit of water and not at his best. For Toronto this wouldn't be the case as he was spot on with his conditioning, which added up to the total package. In spite of his quiet demeanor and humble personality it was obvious that this win was special to him as he was now back on the trail to rejoining his rightful spot with the elite IFBB champions this fall in Las Vegas.

Along with the Open Men, the 212 division sported some of amazing physiques with ultra-conditioned and massive Jose "The Boston Mass" Raymond fresh off his win in New York capturing the crown. What can you say, a week after winning the New York Pro title Jose kept his conditioning and took the top prize again.

Second place went to Mark Dugdale who vastly improved his conditioning compared to New York and came in hard as nails with feathered quads and gave Jose a run for his money. Mark looked great and it was a battle for the top spot to say the least.

Third went to Raul Carrasco who sported some thick muscle bellies while staying shredded. Fourth was Toronto's own Mboya



Edwards who also improved his placing from the New York Pro and fifth went to Al Auguste who was well balanced and proportioned.

The Toronto Pro also had IFBB Figure, Fitness, Bikini, Women's Bodybuilding and both Women's and Men's Physique. First place in Figure went to Ann Titone who came in amazing shape and conditioning after finishing second at the Pittsburgh Pro. Swann Cardot from New York who's making waves in the Figure division came in second with Canadian's Natalie Waples and Aleisha Hart placing third and fourth respectively. Candice John rounded out the top five.

The top placing in Fitness went to Canadian Ryall Graber-Vasani. Ryall continued her winning streak from her win at the Arnold Classic Brazil with tight physique and an equally tight fitness



routine – way to go Ryall! Second place went to Michelle Blank, third was Nicole Duncan, fourth the sexy and super flexible (former gymnast) Vanda Hadarean, and fifth Fiona Harris.

Sexy Ashley Kaltwasser took the top prize in the Bikini division; this girl is all that in all the right places. Take a look at her pics, first place was well deserved. Second went to Jennifer Dawn, third Gigi Amurao, fourth Nathelie Mur and fifth Jessica Renee.

The ever-shrinking Women's Bodybuilding division was represented at the Toronto Pro and was somewhat controversial. First place went to Jennifer Scarpetta, but the crowd believed that second place Anne Freitas should have taken the crown. The Toronto crowd was equaled awed with the conditioning of third place Maria Rita Bello, who was so diced, even put some of the men to shame! Fourth went to Melody Spetko and fifth was Michelle Cummings.

Taking over from Women's Bodybuilding is the Women's Physique division; which is based on a toned, muscular physique while



still retaining a look of femininity. In first place was Toni West besting her third place finish at the New York Pro. CeaAnna Kerr took second, and Mindi Obrien took third after making the switch from being a top IFBB Fitness contender. Fourth went to Kim Tilden who won the title in Toronto last year and fifth place was Jill Rudison.



Rounding out the competition was the growing Men's Physique division. Matt Acton from New York took the top prize after placing third a week earlier at the NYP. Tyler Anderson was second with Billy "The Breadman" Sullivan of P28 fame (some kick-ass protein bread) took third with a diced physique. Vincent Fiore was fourth with Craig Capurso in fifth.



The 2013 Toronto Pro Super Show was a huge success and is becoming one of the premier shows to attend each year and does Canada proud. Congratulations to all of the IFBB Pro athletes who competed and

especially those who qualified to take part in the Olympia competition in September. At JACK'D, we are definitely looking forward to next year's Toronto Pro Super Show as it keeps getting better and better!





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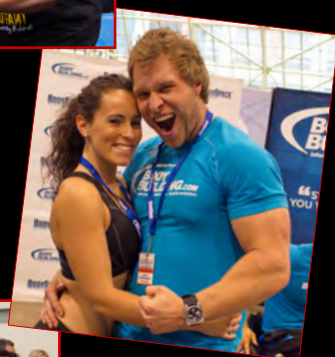




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and took time  
to meet  
fans over the weekend.



# MY TWO CENTS!

DIET AND TRAINING  
WITH ERIK LEDIN

CSCS, CISSN, NSCA-CPT, CK



**Outspoken trainer and nutritional guru Erik Ledin gives us his opinions on everything; what does and doesn't work getting you that coveted, shredded, muscle mass so you're always JACK'D!**

## MEAL FREQUENCY

**Erik, currently many competitors eat 6-8 meals a day. Is so many meals optimal?**

Optimal for what?

This tends to be one of those long-held-to beliefs that says that the more often you eat, the more fired up your metabolism is. In that context, no, it's not.

Metabolism is determined by the total energy intake, not by how many meals you get it in.

2000 in 4 meals vs 2000 in 8 meals is still 2000 calories and your body still has to spend the energy to process that same 2000 calories.

Myth! Myth! Myth! (and one with much research to show it – 24-hr indirect calorimetry, etc.) Some of the intermittent fasting guys, Brad Pilon and his Eat Stop Eat program for example have gone into more scientific detail explaining why meal frequency is doesn't hold any magical fat-loss benefits.



The idea stems from something called the Thermic Effect of Food (one part of total metabolism), which is basically the energy cost to digest incoming energy (this differs for the various macronutrients). So the idea is that the more often you eat, the more TEF goes up and the more metabolism goes up. The problem with this is that it's a bit of a misrepresentation as TEF is actually correlated with the amount of calories in the meal, and therefore total calories at the end of the day.

Rather, it seems that an inconsistent meal frequency is what has potential negative effects.

So from a direct fat-loss standpoint, there isn't really an advantage to 8 meals vs say 4-5. There are however other advantages you could potentially argue for:

- More stable blood sugar
- Possible health benefits
- Control of hunger
- When calories are very high (easier to get them in with more feedings rather than less)

And subsequently, dietary compliance, which is the key to any diet.

There's no disadvantage to a high meal frequency that I can think of, so if you prefer it, stick with it. If you find it hard, you can cut back on the meal number and just make your meals a bit bigger.

(Note – that doesn't mean all your calories in one meal per day :lol: )

I still eat 6x/day and I use 5-6/day with clients as well. The only time I go lower is if they complain that they can't eat that often. For me it's just more convenient to eat frequently. I work from home and have access to food whenever I want, so it's a no brainer for me. For others, who are very busy, and simply don't have the same amount of available time, less meals is likely going to mean better dietary compliance.

Meal frequency should be assessed on an individual basis and meal number for the day should be decided based on what best fits into a person's lifestyle.







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# WHEN SHOULD YOU EAT YOUR CARBS?

I'm trying to lose fat and I always seem to read that you shouldn't eat carbohydrates after a certain time of day, and that if you're going to eat carbs, they should come in the early part of the day. The problem is that I train in the evening. Can I have a bit of carbs?

Yes, you definitely should be eating carbohydrates following your workouts and this holds true regardless of the time of day you train. The suggestion to cut carbohydrates off at a certain time comes from the idea that insulin sensitivity is highest in the earlier parts of the day and falls as the day progresses. According to a number of research papers, carbohydrate metabolism is rather poor in the evening.

However, exercise, and weight training in particular, is the great equalizer. Exercise creates a 'carbohydrate window' where your body is very responsive to carbohydrate intake. The post-workout period is characterized by a period of heightened insulin sensitivity and therefore positive nutrient partitioning. Basically, carbohydrates consumed in the post-workout period, regardless of time of day, are preferentially stored in muscle, where we want them to begin with.

This is the basis of nutrient timing. Carbohydrate and fats are simply consumed during the times they are most advantageous or preferred by the body. For carbohydrates this means the early hours of the day, and the peri-workout (around your workout).

So to answer your question again, yes, make sure that you're consuming sufficient carbohydrate in your post workout meal even if you're training in the evening. While glycogen replenishment isn't really a priority of the post workout meal, since average volume weight training isn't especially glycogen depleting, you'll still get some glycogen replenishment due to the sensitivity of your muscles to carbohydrates at this time. The big reason for taking in carbs around your workout relates to halting the catabolic processes and kick starting recovery. Basically, you're looking to put the breaks on protein breakdown and the gas on protein synthesis and you want a combination of quickly digesting carbohydrates consumed in your post workout meal (or even a pre/during workout meal or drink based on other research) to accomplish this.

How much depends on the volume of your session and your present goals, which you mentioned as being fat-loss focused. The more volume you do, the more carbohydrates you can eat and the less volume you do, the less you can eat. For example, if you're doing a traditional bodybuilding-type workout with a fair number of sets and reps in the standard hypertrophy range, you can have more post-workout carbs. If you're doing more a strength-based/neurological workout with low to moderate sets and reps in the 4-6 rep bracket, you're not going to need a ton of carbs. On average, if you're dieting, you're probably going to be safe falling in the 25-50g range. Remember what builds muscle, is what keeps muscle.



# METABOLIC DAMAGE

I get a lot of emails from people suffering through the obviously anguishing consequences of ill-advised 'dieting', whether that be for competition or not.

So what used to work no longer works, but they continue to try to make it work instead of stopping and realizing that well, this isn't working; there must be a reason. And I get it, it's frustrating and upsetting and discouraging beyond measure I am sure. I obviously don't know this from the experience of having gone through it myself, but I do know this from the experience of having walked alongside during the recovery of many, many who have.

You used to be in great shape and you worked hard for it, but now? You're still working just as hard and arguably even harder and yet ... not only is it not working, you're regressing and gaining and there is seemingly nothing you can do about it. Or maybe you're not in great shape yet, but you've made tremendous progress and now, nothing; and you're regressing.

And you know what? You're right, there really isn't, at least in the short term.



So the emails come daily (yes, daily) and the common experiences are shared but the hope is – “Ok, please help me get shredded, I am trying everything and nothing works. You must have the formula for immediate success here right? An LBC diet that will get this weight off and me back in shape? Like NOW?”

And I totally understand the desperation behind those words.

But then? Well, many are not happy with what I have to say in reply, but really, there is no time for sugarcoating here and there are some harsh realities to face. You need to be told what you NEED to hear, whether it's peachy or not. There's no place for coddling here.

Heck, I've recently heard of a team that has told their clients that metabolic damage doesn't even exist; it's just people being irresponsible and eating too much. Well, those of you who've experienced it first hand know how

careless and insensitive such a statement is. And you can be sure that if someone doesn't believe it even exists, that nothing regarding their programming is going to be mindful of PREVENTING something that can't even happen right?

I think to start, it's clear that most are not really aware of what they're up against or how much worse it can quickly get. There IS in my opinion a point of no return with metabolic issues.

If you have metabolic issues and are DIETING right now, you are making it worse. If you are doing cardio to try to lose fat, eating in a caloric deficit, etc., prevent weight gain, you are making it worse. This is NOT what your body is wanting – obviously – and thus you are trying to force it to do something against its current nature, and trust me, you will lose this battle. Your body will have the final say.

If you're trying to COUNTER the weight gain in ANY capacity, you are making it worse and making further weight gain inevitable. Any attempts to force it in the opposite direction are simply going to result in higher metabolic countermeasures.

You can't do anything positive to metabolic issues with cardio, a caloric deficit, etc. That's ultimately what caused the issues. The problem cannot also be the solution.

And unfortunately, many are just not willing to accept these harsh realities and thus are not even in a mental or emotional position to be helped sadly. On the one hand this is very understandable given the emotions associated, but on the other MUST be accepted if you ever have a chance of 'getting better'.

And I am speaking not from a position of theory, but from a position of loads of experience.

The first step is accepting what's going on, what you're up against and the fact that what you think the solution is, is not going to be the solution. The first step is getting your mind ... set! Committing to the process of recovery, understanding that it'll probably get worse before better, but it can. Think of it like a one step back before you can take two steps forward kind of thing. It requires long-term, BIG picture thinking.

You have to allow your body to do what it needs to do, and stop forcing it to do what it clearly doesn't want to do. A lot of people need to read this, so feel free to share it if you feel the same.





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# RESEARCH

**Sifting through the BS to give you the goods...**

## **Long-Term Testosterone Treatment Leads To Reduced Weight and Waist Size!**

**M**ajor weight loss was an added benefit of testosterone replacement therapy for subjects who participated in a new study. On average, 36 pounds of weight loss was found in subjects undergoing long-term testosterone replacement therapy.

Although prior studies using testosterone therapy in testosterone-deficient men consistently show changes in body composition, such as increased lean mass and decreased fat mass, the net effect on weight seemed unchanged in those studies. However, the new study, which took place in Germany, had a longer follow-up by at least two years and used long-acting injections of testosterone.

The investigators restored testosterone to normal levels in 255 testosterone-deficient men, whose average age ranged 38 to 83 years with testosterone undecanoate. Treatment lasted for up to five years and subjects did not follow a controlled diet or standard exercise program but received advice to improve their lifestyle habits.

On average, the men 36 pounds with treatment. Weight loss was reportedly continuous, with an average reduction in body weight ranging from about 4 percent

after one year of treatment to more than 13 percent after five years. In addition, men lost an average of nearly 3.5 inches around their waist.

Many middle-aged men with testosterone deficiency are obese, due to a vicious circle in obesity and low testosterone. Obesity is associated with reduced testosterone, and low testosterone induces weight gain.

More fuel to the fire that done properly, testosterone therapy can be good for you and lead to a healthier life.

Endocrine Society. "Long-term testosterone treatment for men results in reduced weight and waist size." ScienceDaily, 23 Jun. 2012. Web. 13 May 2013.



# Female Students Get Drunk in Record Time!!!

**R**esearchers studied university students' lifestyles including alcohol and illegal drug consumption habits, sport and food, concludes that most students indulge in unhealthy behavior. One of the main results of the study points to the higher consumption of alcohol. "The amount drunk per unit of time is higher among women. In other words, even though male students drink more often, females do so more intensively in shorter periods of time, which is known as binge drinking

Of the females interviewed, 51.2% lead a sedentary lifestyle, while the percentage in males is 41.7%. When analysing students who maintain an appropriate level of physical activity, 38.6% of males do physical exercise, as opposed to only 20.9% of women.

Researchers were surprised by the high consumption of illegal drugs among university students -- 44.9% of men and 30.9% of women. Anomalous attitudes to food were more evident among women (16.6%), although also present among men (8.8%) and are were much more common among those studying degrees related to education (19.2%) than among those studying courses related to health (6.3%).

Plataforma SINC. "56% of female university students get drunk in record time, Spanish study suggests."  
 ScienceDaily, 28 Dec. 2012. Web. 3 Jan. 2013.

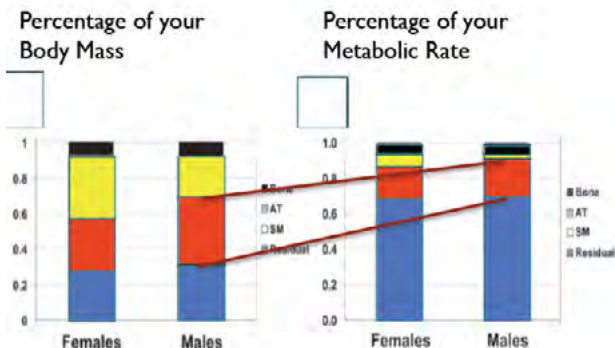


# Muscle Doesn't Burn As Much Fat As You Think!

**Y**ou alwasy hear people talking about how muscle has a big effect on improving metabolism. The fact of the matter is, it really doesn't! In fact, each additional pound of shredded mass you add to your frame increases daily caloric requirements by only 6 cal/lb/day. That is IT! So you pack on 20 pounds of muscle and burn only 120 more calories!

On average, muscle mass makes up about 40% of your bodyweight. However, it only makes up about 20% of your BMR. So this means you can't slack on your diet or cardio regimine just because you've packed on some muscle mass - it doesn't work like that.

Heymsfield SB, et al. Body-size dependence of resting energy expenditure can be attributed to non-energetic homogeneity of fat-free mass. American Journal of Physiology, Endocrinology and Metabolism.





# How Many Licks Does It Take To Get To The Center ... Oral HPV More Common in Men Than In Women

**A**bout one in 15 Americans is infected with oral human papillomavirus, a sexually transmitted virus that causes throat cancers, and the disease is especially common among men, new research shows.

The research is the first major study to document the nationwide prevalence of oral human papillomavirus, or HPV, a disease that has drawn growing attention from public health experts because it has fueled a rise in oropharyngeal cancers affecting the back of the tongue and the throat. Researchers showed last

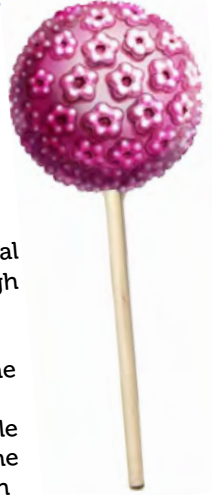
year that throat cancers caused by a particular strain of the virus, HPV Type 16, have tripled in the last 20 years. But it was unclear exactly how many people over all were carrying HPV, which exists in more than 40 forms.

By looking at thousands of people across the country, the authors of the new report found that 6.9 percent of adults and teenagers are infected with oral HPV of any kind. The virus was about three times as common in men as it was in women. And the scientists identified several behaviors that significantly raised the risk of becoming infected: increasing age, greater sexual activity and smoking cigarettes.

HPV is far more commonly found in the genital area, affecting up to 80 percent of men and women at some point in their lives. It is transmitted to the mouth area by intimate contact,

including oral sex. Although no specific treatment exists for the disease, in most people the immune system can fight off the infection. But, in a small percentage of cases, the virus can cause genital warts or lead to cancer, including cervical, vaginal and vulvar cancers in women and anal and oral cancers in men and women.

The research is the first major study to document the nationwide prevalence of HPV, a disease that has drawn growing attention from public health experts because it has fueled a rise in oropharyngeal cancers affecting the back of the tongue and the throat. Researchers showed last year that throat cancers caused by a particular strain of the virus, have tripled in the last 20 years.



# Boost Test Levels By Loosing Weight!

**A** new study finds that weight loss can reduce the prevalence of low testosterone levels in overweight, middle-aged men with pre-diabetes by almost 50 percent. The researchers studied the effect of weight loss and testosterone levels on nearly 900 men exercising for 150 minutes a week and eating less fat and fewer calories.

The results showed that low testosterone levels are common in overweight men with pre-diabetes. At the beginning of the study, nearly one in four men had low testosterone levels, considered to be below 300 nanograms per deciliter. With lifestyle modification, the prevalence of low testosterone levels decreased from about 20 percent to 11 percent after one year, a 46 percent decrease, the authors reported. Men in the lifestyle modification group lost an average of about 17 pounds (7.8 kilograms) over the one-year study, according to the abstract. The increase in testosterone levels in that group correlated with decreasing body weight and waist size. Losing weight not only reduces the risk of pre-diabetic men progressing to diabetes but also appears to increase their body's production of testosterone

Endocrine Society. "Overweight men can boost low testosterone levels by losing weight." ScienceDaily, 25 Jun. 2012. Web. 13 May 2013.

## Beef Up: Middle-Aged Men May Need More to Maintain Muscle Mass

**A** new study suggests that current guidelines for protein consumption are not enough for preservation of muscle mass, particularly for older individuals who are looking to maintain their muscle as they age.

The study that found that eating a 6-ounce serving of 85% lean ground beef resulted in significant improvements in the rate of muscle protein synthesis following exercise. The investigators measured muscle protein synthesis (MPS), which is essential to the body's ongoing growth, repair and maintenance of skeletal muscle in men who did and did not lift weights. What researchers determined was that the quantity of beef needed for optimal MPS for this age group is double the current recommended serving size of meat. The research shows that the quantity of beef needed to maximize the renewal of new muscle proteins was at least 6oz per serving in middle-aged men which is twice as much as the current serving size recommendation. Go figure, protein helps build more muscle – why didn't anyone think of that!

Canadian Science Publishing (NRC Research Press). "Beef up: Middle-aged men may need more to maintain muscle mass." ScienceDaily, 4 Feb. 2013. Web. 13 May 2013.

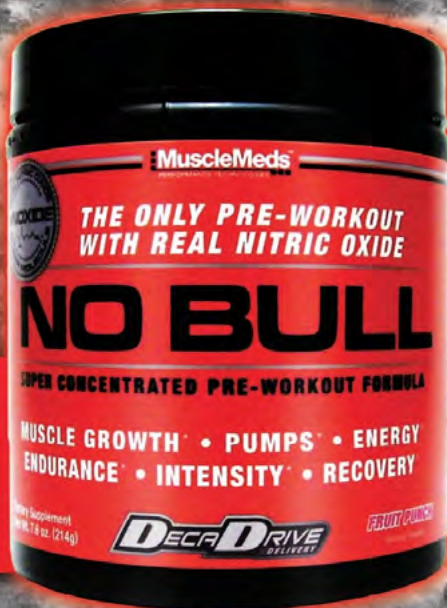


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NO BULL doesn't stop at the pump! It also contains other powerful actives supercharged with MuscleMeds exclusive DecaDrive Delivery to enhance bioavailability for maximum potency. NO BULL is synergistically formulated to trigger a highly anabolic state of extreme power, intensity, energy and endurance to fuel your workouts. The unique mind-muscle synergy created by NO BULL allows you to train harder, heavier and longer so you can maximize muscle growth and performance. Nothing else comes close – NO BULL is the no-nonsense hardcore pre-workout formula for athletes who demand the best of themselves and their supplements.

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# Aerobic Exercise May Protect Cognitive Abilities of Heavy Drinkers

**G**ood news for the college ladies who binge drink, aerobic exercise may help prevent and perhaps even reverse some of the brain damage associated with heavy alcohol consumption, according to a new University of Colorado Boulder study.

The study results indicated that regular aerobic exercise like walking, running or bicycling is associated with less damage to the brain's "white matter" among heavy alcohol users. White matter is composed of bundles of nerve cells that act as transmission lines to facilitate communication between various parts of the brain.

Researchers found that for people who drink a lot and exercise a lot, there was not a strong relationship between alcohol and white matter. But for people who drink a lot and don't exercise, the study showed the integrity of white matter is compromised in several areas of the brain. It basically means white matter is not moving messages between areas of the brain as efficiently as normal."

This study is preliminary, but promising. The major finding is the possibility that exercise might be able to either buffer against or undo some of the damage that heavy alcohol use does to the brain." The study group included 60 people ranging from moderate drinkers to heavy drinkers and who were drawn from a

larger pool of people under study for alcohol and nicotine issues. The study participants had each taken a standard, written test known as the Alcohol Use Disorders Identification Test, used to detect hazardous or harmful drinking behavior. The subjects also self-reported their successes or failures in attempting to control their drinking, as well as the amount of exercise they were undertaking.

The research team specifically looked at several parts of the brain believed to be the place where the origin of thoughts, perception, judgment, decision-making and imagination takes place.

The data suggest is that beyond just giving people a different outlet for cravings or urges for alcohol, exercise might also help to repair the damage that may have been done to the brain. Exercise might even be a more promising treatment approach for alcohol problems because it is both a behavioral treatment and a treatment that has the potential to make the brain healthier. The healthier the brain is, the more likely a person with alcohol issues may recover. Promising to say the least.

University of Colorado at Boulder. "Aerobic exercise may protect cognitive abilities of heavy drinkers." ScienceDaily, 16 Apr. 2013. Web. 11 May 2013.



# Regular Exercise Shown To Help Reduce Chance Of Liver Cancer

**R**egular exercise has been proven to reduce the chance of developing liver cancer in a world-first mice study that carries hope for patients at risk from hepatocellular carcinoma (HCC).

Regular exercise has been proven to reduce the chance of developing liver cancer in a world-first study on mice that carries hope for patients at risk from hepatocellular carcinoma (HCC).

The research announced at the International Liver Congress™ 2013 involved two groups of mice fed a control diet and a high fat diet then divided into separate exercise and sedentary groups. The exercise groups ran on a treadmill for 60 minutes per day, five days a week. After 32 weeks of regular exercise, 71% of mice on the controlled diet developed tumors larger than 10mm versus 100% in the sedentary group. The mean number and volume of HCC tumors per liver was also reduced in the exercise group compared to the sedentary group.

The data showed the significant benefit of regular exercise on the development of HCC. Exercise decreased the level of non-alcoholic fatty liver disease in mice receiving a high-fat diet. Modern, unhealthy lifestyles predispose people to non-alcoholic fatty liver disease which may lead to liver cancer; however it's been previously unknown whether regular exercise reduces the risk of developing HCC. This research is significant because it opens the door for further studies to prove that

regular exercise can reduce the chance of people developing HCC.

Researchers stated the results could eventually lead to some very tangible benefits for people staring down the barrel of liver cancer and I look forward to seeing human studies in this important area in the future. The prognosis for liver cancer patients is often bleak as only a proportion of patients are suitable for potentially curative treatments so any kind of positive news in this arena is warmly welcomed.

HCC is a cancer originating in liver cells and is one of the most common types of tumor. Worldwide, HCC accounts for approximately 5.4% of all cancers and causes 695,000 deaths per year, including 47,000 deaths in Europe per annum. It is the fifth most common cause of cancer in men and the eighth most common cause in women.

European Association for the Study of the Liver. "Cardio could hold key to cancer cure." ScienceDaily, 26 Apr. 2013. Web. 11 May 2013.



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The 10<sup>th</sup> Annual ISSN Conference  
Colorado Springs CO  
June 14-15, 2013

“We’ve Come a Long Way Baby”

## Sports Supplements: A Very Effective Strategy for Enhancing Athletic Performance



By Michael Sedlak MSc.

Despite Colorado Springs experiencing the worse fires in their history and severe thunderstorms across the continental US, delaying flights, the 10th Annual ISSN conference managed to once again gather the brightest minds from both academia (those scientists and researchers) and industry (the product developers of some of the best products on the market).

**“ISSN IS WHERE COMPANIES COME TO LEARN THE LATEST  
BREAKTHROUGHS IN INGREDIENT RESEARCH AND  
NUTRIENT TIMING”**

### INTRODUCTION

We had introduced you to the ISSN in our first issue (the one with Culter on the front) as a must know industry secret. The annual ISSN conference is one of the only events that has effectively blended academia with the supplement industry. It is at this conference that the experts meet to discuss the latest scientific research and how the information can be used most effectively.

### ATTENDEES

The annual ISSN meeting provides an opportunity for personal trainers, strength and exercise coaches, dietitians, up-and-coming scientists and of course bodybuilders to learn the latest nutritional strategies that promote muscle hypertrophy, optimize body composition and enhance overall exercise and/or training adaptations. The 2-day conference offers various speakers that cover the science within sports nutrition, as well as speakers who talk about the practical application of the current science. You have the opportunity to choose what you want to learn and mingle with industry experts and some of the world’s top scientists in sports nutrition.

## THE SPEAKERS

The ISSN once again brought to the table a list of unbelievable speakers. The presenters ranged from top scientists to the trainers of NCAA athletes, UFC fighters, Olympic athletes and of course professional bodybuilders. The speakers take an evidence-based approach (meaning that what they say has been shown by the research and is not bro-science) to training and supplementation, helping to shape the way athletes train, eat and time their supplements.

**"THE SPEAKERS OF ISSN HAVE SHAPED THE HISTORY OF NUTRITIONAL TIMING AND DIETARY SUPPLEMENTATION"**

## HIGHLIGHTS OF THIS YEARS CONFERENCE



### **Paul Cribb – one of Australia's leading scientists**

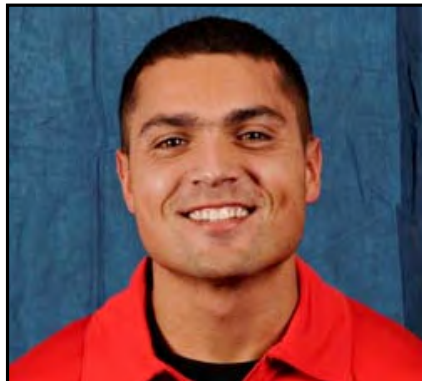
Dr. Paul Cribb, an expert on nutrient timing once again took the top prize for the longest flight to the ISSN, coming all the way from Australia. In his presentation, Dr. Cribb clarified the most important concepts regarding nutrient timing, providing research-based recommendations for those who are looking to improve strength gains and body composition. If you ever had a question regarding nutrient timing, this is the man you need to ask! Dr. Cribb also highlighted aspects of nutrient timing that have been confirmed by the science and that we can use to make gains in the gym. He covered the benefits of protein timing;

leucine timing, the effect of insulin on building muscle as well as the synergistic effects of resistance exercise with protein and/or carbohydrate. What does all this research mean?

The research essentially confirms what bodybuilders have known for years. To build muscle, your meal frequency matters as much as your training, especially the need to include protein rich meals throughout the day and surrounding your workouts!

### **DR. JACOB WILSON, UNIVERSITY OF TAMPA**

One of the most dynamic and passionate speakers we heard was Dr. Jacob Wilson. He lives and breathes the gym life and is a big supporter of high-intensity high-volume training. Our description cannot begin to describe the intensity that he puts their subjects through. Watching video from his lab was like watching Phil Heath training for the Olympia. In fact, he is a good friend and works closely with Ben Pakulski, so when Dr. Jacob talks about training and supplements we listen. Dr. Jacobs had a busy schedule giving two very exciting talks. In his first talk he



spoke about oral ATP, an ingredient that has been questioned in the past whether it actually works. Research from his lab has shown that supplementation can increase muscle size, strength and power, however it worked best under extreme fatigue training. The question of bioavailability remained unanswered however his initial research suggests that oral ATP (or its metabolites in the body) can have some positive benefits if you are following the proper training protocol. Dr. Jacobs second talk sponsored by Chemi Nutra, introduced the sports nutrition world to a new ingredient that is showing potential of being an anabolic signal for building skeletal muscle. A recent pilot study on Phosphatidic acid (PA) completed by Dr. Jacobs, suggests that PA may be a key signal for sensing mechanical stress, such as that occurring during resistance exercise, and that supplementation may turn the switch for protein

synthesis, thereby increasing your response to training helping you to build muscle. PA is still in the testing phases and not currently available however one day you will likely see PA popping up in top products around the industry. You heard it here first!

Now normally at any conference the last time slot is completely empty. The organizers at ISSN are pretty smart, as I have been saying, reserving the last time slot for none other than Shawn Phillips. If this name does not ring a bell then you need to do a little research for yourself. Alongside his younger brother, Bill, Shawn was part of the launch of Met-Rx, the sky rocket growth of EAS, the Body-for-LIFE movement and he cofounded ISatori. Shawn's inspiring and motivational talk, titled "The Anatomy of a Supplement Success Story", discussed the pieces of the puzzle that some of the most successful products and brands have used in the last 20 years. To be successful Shawn stated that companies need to be remarkable and standout, they need to keep it simple and focused. People want to believe, and the way to get them to believe is through science. Science is the ultimate source of belief, which is a credibility booster. The problem he states is that there are many good storytellers out there and the consumer cannot tell the good from the carp. Companies have also been gobbled up by the corporate world, being run from a spreadsheet and looking more for a return on investment than helping the consumers. Companies need to once again make the industry fun, both within the company and for the consumer. Products are essentially brands, and the users or followers are all part of the culture. In order, to get these followers, companies need to differentiate and use science to tell the



**Shawn Phillips owner of Full Strength Nutrition shakes and me brainstorming at ISSN.**



Garden of the Gods ... the beautiful place where the ISSN conference was held this year. Absolutley stunning.



story of the product. What was very clear from his talk is that it takes a lot more than just some ingredients dumped into a bottle and slapped with a label, to create a successful product.

Shawn's talk highlights the value of the ISSN, an organization that bridges the gap between the science and the marketing, helping the consumer choose products that work from the junk that can be found today. This is one of the main reasons we here at JACK'D magazine attend the ISSN, to bring to you our readers, the real information, from the smartest people in the industry

**"ISSN IS THE DRIVING FORCE BEHIND MANY OF THE TOP PRODUCTS ON TODAY'S MARKET"**

### **ADDITIONAL HIGHLIGHTS**

- Dr. Lopez, a board certified specialist in physical medicine and rehabilitation, is one of the few doctors who has integrated exercise and supplementation into his clinical practice. He explained the metabolic benefits of omega-3 fish oils and how it should become a nutritional prescription for athletes of all types. Based on his interpretation of the literature individuals may need above the suggested 3g/d, in fact 5g/d of EPA/DHA is the safe tolerable upper limit according to the regulatory bodies in Europe.
- Dr. Willoughby explained how oral L-citrulline may be a more efficient way to increase L-arginine in the body which can therefore make nitric oxide more available (aka the molecule responsible for your Pump!). Although the ideal dose is not yet known, the science suggests that 3.2g/d is beneficial.

- David Sandler's talk 'Supplement Research vs. Training Application: Is More Better?' explored the positive and negative research findings to whether, 'the more is better approach' may be effectively used. Using scientific studies, anecdotal findings and practiced methods, David presented the material in an argumentative approach, allowing the attendees to decide whether they want to use and apply the information. A very interesting and informative talk!

## EXPO & EXHIBIT HALL

Similar to the Arnold Classic or the Mr. Olympia, the ISSN hosts an exhibit hall where the sponsors have the opportunity to highlight their latest products or services. Of course there are samples for you to try and take home, but best of all, you have the opportunity to speak directly with these companies and the scientists that test the products before they come to market. A new addition this year was the presence of MusclePharm, who earlier in the week had opened up their training and research facility to the public. Also, well represented with booths (and samples!) were GNC, Dymatize, iSatori, VPX, plus many more!



## CONCLUSION

From inspiring young scientists and future strength coaches to the trainers of champions, ISSN offers the opportunity of a lifetime to learn the latest in nutritional supplementation from the top people in the world. If you want to network with the brightest minds in the supplement industry, who have been secretly driving the sports nutrition market for the past 10 years, then plan to attend the 11th Annual Conference in beautiful Clearwater Beach, Florida. If you have any questions, please email us at [mike@jackdmagazine.com](mailto:mike@jackdmagazine.com).





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# STUFF

## Stuff you need & want

by derek hart

**T**his is the section of JACK'D where we review products we use regularly and

like favorite foods, drinks, electronic devices, movies, television shows; hell,

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 kick-backs given from any of the companies, just our opinion. The products could be anything from bodybuilding gear, supplements, gym reviews; the sky is the limit. Products

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

you can possibly imagine.

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

### Rating System

★  
CRAP

★★  
NOT AS CRAP

★★★  
DECENT

★★★★  
A GOOD BUY

★★★★★  
AWESOME!

## » Original Thai Red Bull

### THE GOOD

Since coming across the pond, the Red Bull formula has changed for the "US" market. Well an online store from Thailand still sells the original formula which is 3-4 times more "effective" than what you can get at your local supermarket. This sh\*t is the real deal... it's strong!

### THE BAD

Only available online.  
[CLICK HERE TO BUY!](#)



### THE STATISTICS

★★★★★

Price	\$1.90/ BOTTLE
Taste	LIKE COUGH SYRUP
Flavors	1

KEEP YOUR FIST  
PUMPIN' ALL NIGHT!

## »» Death Wish Coffee



### THE GOOD

You like the original Red Bull, well how about giving the world's strongest coffee a shot! Death Wish Coffee has close to 200% more caffeine than your typical coffee shop coffee while keeping its strong and robust flavor.

### THE BAD

May be too strong for some!

[CLICK HERE TO BUY!](#)

### THE STATISTICS

★★★★★

Price	\$19.99
Size	1lb bag
Taste	Strong
Would you Recommend	YES

If you love coffee you have to try this stuff at least once!

## »» EliteFTS Bench Press Board

### THE STATISTICS

★★★★★

Price	\$18+
Does it work?	YES
Easy to Use?	YES
Would you Recommend	YES

Simple device that works on improving your bench.

### THE GOOD

Looking for a bigger bench or a stronger lockout? Get a bench press board from EliteFTS and improve your bench and lockout strength while helping protect your shoulders from injury.

### THE BAD

Nothing, simple device that works!

[CLICK HERE TO BUY!](#)



## »» Japanese Tongue Exerciser

### THE GOOD

Yeah, you read that right! Designed to help "keep your cheeks from sagging" we all know what this product is used for, so lets strengthen those tongues and take your ladies into a world of pure extacy - and it comes in grapefruit flavor!

### THE BAD

Doesn't come in more flavors

[CLICK HERE TO BUY!](#)



### THE STATISTICS

★★★★★

Price	\$41.00
Fun?	Potentially
Worth the \$\$?	Could Be
Would you Recommend	YES

It gives your tongue a good workout, preparing you for the long nights ahead.

# » Mophie Juicepak for iPhone

## THE GOOD

The juice pack plus is a 2,000 mAh rechargeable external battery concealed inside of a protective form-fitting case. It more than doubles the battery power of your iPhone and provides the complete protection of a soft-touch case and shock-proof band.

## THE BAD

Wish the battery was even bigger.

[CLICK HERE TO BUY!](#)

## THE STATISTICS



Price	\$79.95
-------	---------

Quality	Great
---------	-------

Does it work?	YES
---------------	-----

Would you Recommend	YES
---------------------	-----

You'll no longer run out of juice for your phone, with the mophie you could actually watch an entire movie!

# » MONSTER REHAB NRG DRINK

## THE STATISTICS



Price	\$3
-------	-----

Quality	Great
---------	-------

Flavors	6
---------	---

Would you Recommend	YES
---------------------	-----

Amazing product, tastes great, not too pricey and you can find it almost anywhere.

## THE GOOD

Holy crap, we have to say that this drink kicks ass! They are non carbonated, only has 25 calories, doesn't burn a hole in your gut if you drink a lot of it and it gives you a nice smooth buzz - not a roller coaster ride of shakes and dizziness. This is da' sh\*t!

Monster Rehab comes in 6 flavors, one even with 15g of protein thrown in. Highly recommended!

[CLICK HERE TO BUY!](#)



# INTRODUCING THE NEW MASS 4-SIDED BAG

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REINFORCED HANDLE

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RON PARTLOW, CANADIAN NATIONAL BODYBUILDING CHAMPION

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NEW**

GETTING IN SHAPE IS FOR "FITNESS MODELS" ...  
**FREAKY PEELED-TO-THE-BONE  
DEFINITION IS FOR MUTANTS.**



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*Jay Cutler*



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\*When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



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and I still compete. I still  
outperform the competition.  
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that I take."



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

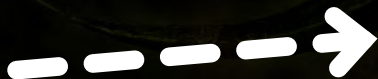
# MOSCA MADNESS WITH BIG V!



O k, I have to say I'm blessed being able to do what I love doing in life – training, being a Mutant athlete, getting to travel around the world to amazing places and getting to train with the best bodybuilders in the world! Jay Cutler, Phil Heath, Dexter Jackson, you name it! Just this past month I was asked to go to Mutant headquarters in beautiful British Columbia, Canada; where we shot some video for the Mutant YouTube channel. If you want to check out some crazy videos and product reviews [click here](#). Anyway, while I was there I had the

chance to once again train arms with the man with the craziest set of pipes, Rich Piana. This dude's arms are freakishly huge, "Mutant" like! LOL Anyway, I asked him if he was up for blasting some biceps with me after the shoot and he said yes – let's see if the Big V can teach Rich a thing or two about training!

My bicep training routine is f@#kin' crazy... it'll make your arms huge man – HUGE! When I workout I concentrate fully on proper form so I get the blood pumpin' into my muscles for crazy volume; making sure I squeeze the sh\*t out of the muscle with each and every rep and you should do the same. It's not about all those posers



// Chicks can't see how much you can curl  
when you're wearing a tight shirt...  
they see the results of your training;  
freakishly JACK'D UP ARMS!

trying to show off to all the tail in the gym by curling ridiculous weight with sh\*t  
form making themselves look like idiots! Seriously, think about it! Chicks can't see  
how much you can curl when you're wearing a tight shirt, showin' off the guns.  
They see the results of your training; freakishly JACK'D UP ARMS!

First we started off with one-arm preacher curls for 3 sets of 8-10 reps to failure,  
makin' sure I controlled and squeezed the f#@k out of each rep. You don't have  
to do a lot of weight if you're doing the exercise right. Now Rich started off with  
hammer curls as he was looking to just pump the sh\*t out of his arms. Hey, who  
am I to argue, his arms are big enough he can do whatever the hell he wants!  
Watch the video and look how the preacher bench is almost completely covered  
up by his arm – WTF, that's crazy!





**THINK YOU'RE MAN ENOUGH TO TRY THIS ROUTINE!  
GIVE IT A TRY AND YOU'LL BE THANKING ME AS THE  
CHICKS DROOL OVER YOUR CRAZY-ASS ARMS!**

Next I do what I like to call my "Monster Set" of barbell curls. Now this one will blast your bi's so they're splittin' at the seams and feel like they're going to explode all over the gym – especially since I take a dose of **MUTANT PUMP** and **MAYHEM** before I hit the gym. This set will make you wanna' puke, but your arms will grow like crazy from it; this is how it goes. I start off with 50 pounds for 10 reps. Then immediately with no rest do 60

pounds for 10 reps. Then 70 pounds for 10 and 80 pounds for 10 reps. The fun doesn't stop there –don't be a pussy! After you do 80 pounds for 10, you drop back down to 70 for 10, then 60 for ten; then finish it off with 50 for ten! Your arms will be so pumped you won't even be able to wipe the sweat from your forehead!

Big Rich already pumped up his arms so he hit a crazy drop set of reverse curls to help his forearms keep up with

this crazy bi's! I don't see too many people in the gym doing this exercise anymore – you want a crazy set of forearms, do this exercise! Keep your thumbs over the bar so you really hit your forearms and grip strength and squeeze 'da shit out of it for a crazy pump!

Next we hit Buddy-Buddy curls for 8 reps ... you need a good training partner for this one and Big Rich is one hell of a partner to have. With this exercise you do a set of barbell curls with





--->---> **CLICK TO PLAY!**



a wide grip. Then immediately pass it over to your partner and he'll do a set of 8 using a close grip. He then passes it back to you for a set of 8 close grip curls and you again pass it back to him and he does a set of wide grip curls. You keep do this crazy sh\*t non-stop until each of you can only get about 2 or 3 reps each. And don't stop until you that time! We're not counting the number of sets here, our focus is to destroy your arms so they grow like f#@K! Do this right and your f@#kin' arms will be on fire after this set; that is if you don't puke on your buddy first!

That's it! You don't have to do hundreds of sets or reps, do this sh\*t right with a lighter weight, proper form while squeezing the sh\*t out or your arms with each rep and you'll have JACK'D UP MUTANT arms in no time!

A TEACHER STARTED TALKING ABOUT THE FINAL EXAM. HE SAID THERE WOULD BE NO EXCUSES FOR NOT SHOWING UP, BARRING A DIRE MEDICAL CONDITION OR AN IMMEDIATE FAMILY MEMBER'S DEATH. ONE SMART ASS, MALE STUDENT SAID, "WHAT ABOUT EXTREME SEXUAL EXHAUSTION?", AND THE WHOLE CLASSROOM BURST INTO LAUGHTER.

AFTER THE LAUGHTER HAD SUBSIDED, THE TEACHER CLARED AT THE STUDENT, AND SAID, "NOT AN EXCUSE, YOU CAN USE YOUR OTHER HAND TO WRITE."

**BIG V'S INFO**

**CONTACT INFO:**  
**bigv@jackdmagazine.com**

**FACEBOOK:**  
**facebook.com/valerio111**

**WTF!**

RICH PIANA, NPC CHAMPION

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# **MUTANT<sup>®</sup>**

## **CHECK OUT SEASON 3 LEAVING HUMANITY BEHIND: EPISODE #3 CALVES AND FOREARMS WITH SUPERMUTANT RICH PIANA**

Rich talks about his forearm and calves training. He explains how a lot of people overlook forearms and calves and don't train them like they should be trained. He also talks about how calves are overlooked in bodybuilding competitions, and that how even some Mr Olympia competitors have weak calves, or no calves at all!



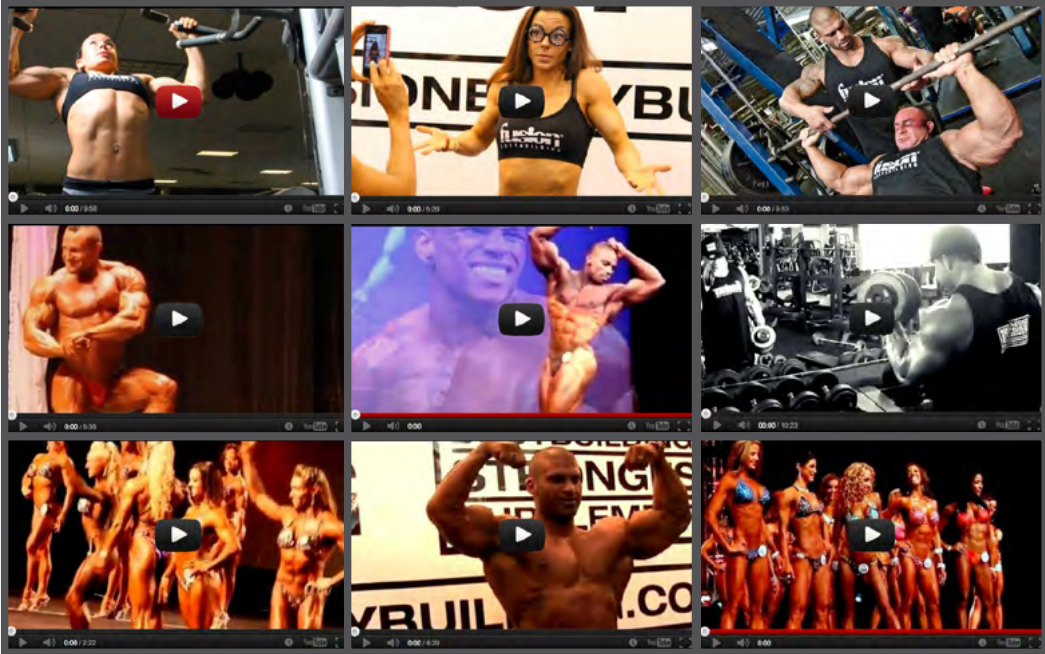


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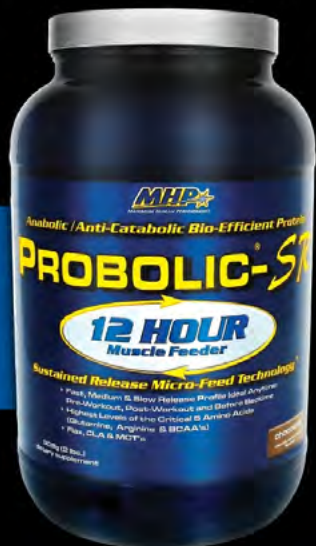
This recent landmark study confirms that consuming a blend of proteins as found in Probolic-SR provides a fast releasing whey, medium releasing soy isolate and slow releasing casein, thereby supplying a prolonged delivery of amino acids to the muscles. This combination increases the "anabolic window," making Probolic-SR superior for consumption following resistance exercise versus whey protein alone.

**Marco Rivera**  
IFBB Pro, Team MHP

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\*Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise, Dr. Rasmussen, et al., 2012.

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**CUTLERS  
ATHLETICS**

*Jay Cutler*



**APPAREL FOR THE  
HARD-CORE ATHLETE**

# MUSCLEMEDS

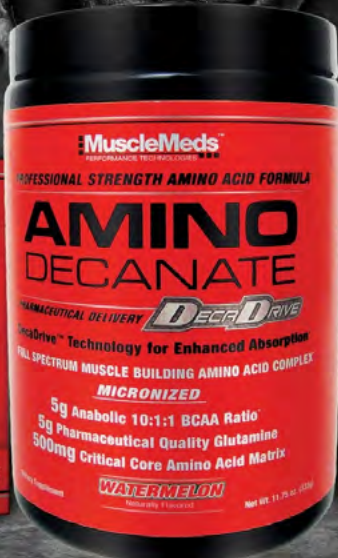


Photo: Jeffrey Sygo

**NICK TRIGILI**  
6'0" • 305 lbs.

**KAI GREENE**  
5'8" • 295 lbs.

**TY YOUNG**  
5'11" • 290 lbs.



» **METHYL ARIMATEST**  
Dual Action Pharmacodynamic  
Testosterone Technology

» **AMINO DECANATE**  
Amino Acid Complex  
with DecaDrive Delivery

» **HEXAGHEN**  
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\*Planet Muscle & Bodybuilding, October 2011, "Best Tasting Chocolate Protein."



PRESENTS

## "NICK KNOWS..."



**Q:** HI NICK, I RECENTLY SAW YOU TRAINING AT BEV AND STEVE'S GYM WHEN I WAS IN NEW YORK RECENTLY TO SEE THE NEW YORK PRO - AWESOME SHOW! I HAVE TO SAY THAT YOU'RE A NICE GUY AS YOU DIDN'T HESITATE TO CHAT WITH ME A BIT IN BETWEEN YOUR SETS. I DIDN'T WANT TO BUG YOUR TOO MUCH OR BE A PAIN IN THE ASS, BUT I HAVE TO KNOW, WHAT'S YOUR TRICK TO BUILDING YOUR MASSIVE BACK? IT'S PRETTY FREAKY! - JOHN

**A:** HI JOHN, I REMEMBER TALKING WITH YOU AT THE GYM; GLAD TO HAVE MET YOU. WELL I DIDN'T BUILD MY BACK OVERNIGHT, IT TOOK SOME TIME WITH HARD WORK AND DEDICATION IN THE GYM AS WELL AS SOME OTHER TRICKS I KNOW THAT I'LL TELL YOU. FIRST OF ALL YOU HAVE TO TRAIN YOUR ASS OFF; TRAIN HARD BUT ALSO TRAIN SMART! I CAN'T STRESS ENOUGH THAT YOU NEED TO USE PROPER FORM WHEN PERFORMING THE FOLLOWING EXERCISES. YOUR STRENGTH WILL INCREASE AND YOU'LL LIFT HEAVIER WEIGHTS IN THE LONG RUN, BUT YOU NEED TO LIFT WITH GOOD FORM FROM DAY ONE IF







**YOU WANT TO BUILD YOURSELF  
A MASSIVE BACK.**

**START OFF BY STRETCHING  
AND WARMING UP YOUR  
BACK PROPERLY BEFORE YOU  
LIFT. MY FAVORITE WAY TO  
STRETCH IS SIMPLE BUT IT  
REALLY PULLS MY LATS AND  
I CAN FEEL THE KNOTS IN MY  
BACK BREAK UP ALMOST  
INSTANTLY AND THAT'S BY  
SIMPLY HANGING FROM A  
CHIN-UP BAR. IF YOUR FEET  
STILL TOUCH THE GROUND  
WHILE YOU HANG THEN  
LIFT UP YOUR LEGS AS IF  
YOU'RE DOING KNEE-UPS  
FOR YOUR ABS. THIS WILL  
HELP STRETCH OUT THE  
LATS, DECOMPRESS YOUR  
SPIN AND IF YOU'RE LIFTING  
YOUR LEGS UP, GIVE A BIT  
OF AN AB WORKOUT.**

**AFTER I STRETCH I START  
MY ROUTINE WITH SOME  
LAT PULL DOWNS.  
I ALWAYS DO PULL  
DOWNS TO MY CHEST  
SO I DON'T OVER ROTATE  
MY SHOULDERS BACK  
WHICH COULD LEAD TO  
INJURIES.**

**TRUST ME I KNOW, I'VE BLOWN OUT MY ROTATOR  
CUFF A FEW TIMES ON BOTH SHOULDERS UNTIL  
I WISED UP AND STARTED PULLING DOWN TO MY  
CHEST. I IMAGINE MY HANDS AS HOOKS WHEN  
I GRIP THE BAR AND PULL THE WEIGHT DOWN  
WHILE SQUEEZING MY BACK TO HELP ME GET  
FULL CONTRACTION AND REALLY HIT MY LATS. I  
DO 3 SETS OF 6-8 REPS.**

**NEXT I HIT CABLE ROWS TO TARGET THE CENTER  
OF MY BACK. AGAIN I USE A WEIGHT I CAN  
HANDLE FOR 3 SETS OF 6-8 REPS SO I'M ALWAYS  
USING GOOD FORM THROUGHOUT THE MOVEMENT.  
AT THE BOTTOM OF THE MOVEMENT I PAUSE AND  
STRETCH MY LATS FOR ABOUT 2-3 SECONDS, THEN  
USING MY BACK AND NOT MY ARMS, I PULL THE  
HANDLE TO MY STOMACH WHILE CONTRACTING  
MY BACK MUSCLES THROUGHOUT THE ENTIRE  
MOVEMENT. I HOLD THE WEIGHT AT THE TOP FOR  
A SECOND THEN LOWER IT AGAIN AND STRETCH IT  
OUT AT THE BOTTOM. I MAKE SURE I FEEL EVERY**



**I IMAGINE MY  
HANDS AS HOOKS  
WHEN I GRIP THE  
BAR AND PULL  
THE WEIGHT DOWN  
WHILE SQUEEZING  
MY BACK TO HELP  
ME GET FULL  
CONTRACTION AND  
REALLY HIT MY  
LATS!**







FIBER IN MY BACK CONTRACTING IN ORDER TO GET THE MOST BENEFIT FROM THIS EXERCISE.

LAST BUT NOT LEAST, I DO THE MOTHER OF ALL MASS MOVEMENTS, DEAD LIFTS! YOU NEED TO USE PERFECT FORM WITH THIS EXERCISE OR YOU'RE LIKELY TO HURT YOURSELF BAD. WHEN GRABBING THE WEIGHT, BEND AT YOUR KNEES - NOT YOUR BACK - AND GRAB THE BAR USING A GRIP SLIGHTLY LARGER THAN SHOULDER WIDTH APART.

I PREFER AN OVER-UNDER HAND GRIP WHEN USING HEAVY WEIGHT SO YOU'RE LESS LIKELY TO DROP THE BAR. KEEPING YOUR ARMS AND BACK STRAIGHT, PULL THE BARBELL OFF THE FLOOR BY STRAIGHTENING YOUR LEGS AND TORSO UNTIL YOUR BODY IS COMPLETELY UPRIGHT AND AT THE TOP OF THE MOVEMENT AND PULL YOUR SHOULDERS BACK. HOLD FOR A SECOND THEN LOWER THE BAR

BACK TO THE FLOOR AND REPEAT FOR 6-8 REPS FOR 3 SETS.

NOW TO KEEP THINGS FRESH I SOMETIMES SWITCH UP MY GRIPS, USE THE D-HANDLE FOR PULL DOWNS OR A WIDE BAR FOR ROWS. THIS HELPS KEEP MY MUSCLES GUESSING AND HELPS PREVENT ME FROM GETTING INTO A RUT AND HITTING A PLATEAU. SOONER OR LATER IF YOU DO THE SAME EXERCISES ALL THE TIME YOUR BODY WILL ADAPT AND YOU'LL STOP GROWING AT A MAXIMUM LEVEL.

ANOTHER TRICK I USE TO KEEP GROWING IS TO MAKE SURE I TAKE IN ENOUGH PROTEIN THROUGHOUT THE DAY IN ORDER TO FUEL MY MUSCLES AND MAXIMIZE GROWTH. ONE OF MY FAVORITE PROTEIN SOURCES IS CARNIVOR MASS BY MUSCLEMEDS.



I'M A MEAT AND POTATOES KIND OF GUY WHEN I'M TRYING TO PACK ON THE MASS SINCE BEEF HAS PROVEN ITSELF AS ONE OF THE BEST ANABOLIC PROTEINS AROUND. THE GUYS AT MUSCLEMEDS ARE THE FIRST TO PROVIDE BODYBUILDERS WITH A BEEF PROTEIN ISOLATE GIVING IT THE FREEDOM TO SPIKE BLOOD AMINO ACID AND INSULIN LEVELS AT SPEEDS COMPARABLE WITH WHEY, RESULTING IN COMPARABLE OR EVEN HIGHER IMPACT ANABOLIC EFFECTS. MUSCLEMEDS BEEF PROTEIN ISOLATE (BPI) IS 350% MORE CONCENTRATED IN AMINO ACIDS THAN STEAK AND MORE CONCENTRATED THAN WHEY, WITH NO FAT OR CHOLESTEROL. IT'S LIKE EATING A GIANT PLATE FULL OF STEAK WITHOUT STUFFING YOUR GUT WITH POUNDS OF MEAT! CARNIVOR MASS IS ALSO ENHANCED WITH 5 GRAMS OF CREATINE AND ADDITIONAL BCAAS FOR EVEN GREATER ANABOLIC POWER HELPING THE BODY BUILD MUSCLE FASTER, GETTING YOU MASSIVE. WITH CARNIVOR MASS GIVES YOU THE MASS BUILDING BENEFITS OF BEEF PROTEIN AT THE SPEED OF WHEY WITHOUT THE LACTOSE, ALLERGIES AND OTHER PROBLEMS FREQUENTLY ASSOCIATED WITH THE USE OF DAIRY PRODUCTS WHICH GETS ME BLOATED AS HELL.

CARNIVOR MASS HAS BOTH THE CALORIES AND THE PROPER MACRO-NUTRIENT BREAKDOWN CREATING A HIGHLY ANABOLIC ENVIRONMENT PERFECT FOR PACKING ON THE MUSCLE MASS! IT'S BASICALLY AN ANABOLIC SUPERFOOD AND MORE ADVANCED THAN ANY TYPICAL MASS GAINER I'VE EVER TRIED. OTHER MASS GAINERS ARE LIMITED IN TERMS OF SPEED OF ABSORPTION AND THEIR POTENTIAL FOR INSULIN SPIKING; THIS IS WHERE CARNIVOR MASS EXCELS. IT COMBINES A UNIQUE BEST-OF-BREED HYDROLYZED BEEF PROTEIN ISOLATE (BPI) WITH A DUAL-ACTION INSULIN SIGNAL AMPLIFYING TECHNOLOGY KNOWN AS ISPIKE™. BPI AND ISPIKE ACT IN TANDEM TO SUPPORT MAXIMUM MUSCLE ANABOLISM WHILE MINIMIZING FAT STORAGE. CARNIVOR MASS IS AN EXTREMELY FAST, CLEAN AND HIGHLY ANABOLIC GAINER. I SWEAR, MY STRENGTH AND MUSCLE MASS HAVE INCREASED DRAMATICALLY SINCE I INTRODUCED CARNIVOR MASS INTO MY REGIME!

THERE YOU HAVE IT, MY ROUTINE AND TRICKS TO GET YOURSELF A MASSIVE BACK. YOU DON'T NEED TO DO HUNDREDS OF SETS WITH TEN DIFFERENT EXERCISES. KEEP IT SIMPLE. TRAIN YOUR ASS OFF WITH THE THREE EXERCISES I DESCRIBED. USE PROPER FORM AND SUPPLEMENT YOUR PROTEIN INTAKE WITH CARNIVOR MASS TO REALLY KICK YOUR BACK-MASS BUILDING ROUTINE INTO OVERDRIVE!



## HIGHLY ANABOLIC ALL BEEF MASS BUILDER!

- + 50g of Protein Per Serving
- + Hydrolyzed BEEF Protein Isolate
- + 125g High Impact Reactive Carbs
- + Insulin Amplification
- + Loaded with Creatine and BCAAs
- + Sugar Free
- + Lactose Free
- + Less than 2 Grams Fat



# JACK'D<sup>TM</sup> MAGAZINE

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**GIVE US A SHOUT WITH YOUR INFO AT  
MEDIA@JACKDMAGAZINE.COM AND GET YOUR  
PLACE WITHIN THE PAGES OF THE FUTURE OF  
BODYBUILDING MAGAZINES - JACK'D!**



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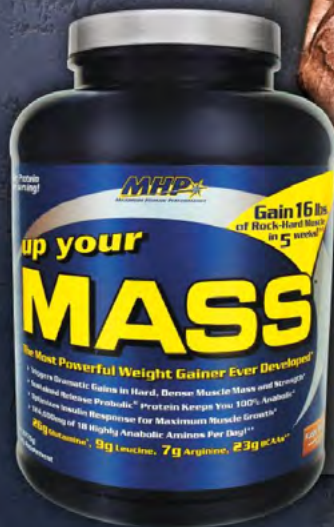
Lean and Clean Mass Builder

# UP YOUR MASS

If you're struggling to put on quality muscle mass, it's time for a massive upgrade. Kick your anabolic muscle building into high gear with MHP's Up Your MASS – the ultimate "lean and clean" mass gainer!

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

---> Don't miss any of the action!

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](mailto: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](mailto: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 competi-  
tion for the IFBB in a  
country known for its  
amazing beaches!

**PRIZE: \$7??**

**MORE INFORMATION:**

[www.arnoldclassicbrasil.com.br](http://www.arnoldclassicbrasil.com.br)

[appleal@terra.com.br](mailto: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 dissappoint  
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:**

[bevg@bevfrancis.com](mailto:bevg@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!

**PRIZE: \$300,000**

**MORE INFORMATION:** [mattlorz@rrcol.com](mailto: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, amateur  
competitions, the one  
and only Valerio and  
more!

**PRIZE: \$20,000**

**MORE INFORMATION:**

[ronhache@unitz.ca](mailto:ronhache@unitz.ca)

**TO BOOK CALL: 705-561-0775**

**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](mailto: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  
tgflx@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  
tgflx@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

## OCTOBER 12-13 ARNOLD CLASSIC EUROPE

Yeah that's right, the Arnold Classic now takes place in Madrid Spain as well! This

## 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](http://www.mrolympia.com)  
TO BOOK TICKETS CALL: 888-234-2334

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](mailto: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 Guinness 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](mailto:neil@grandprixexpo.co.uk)

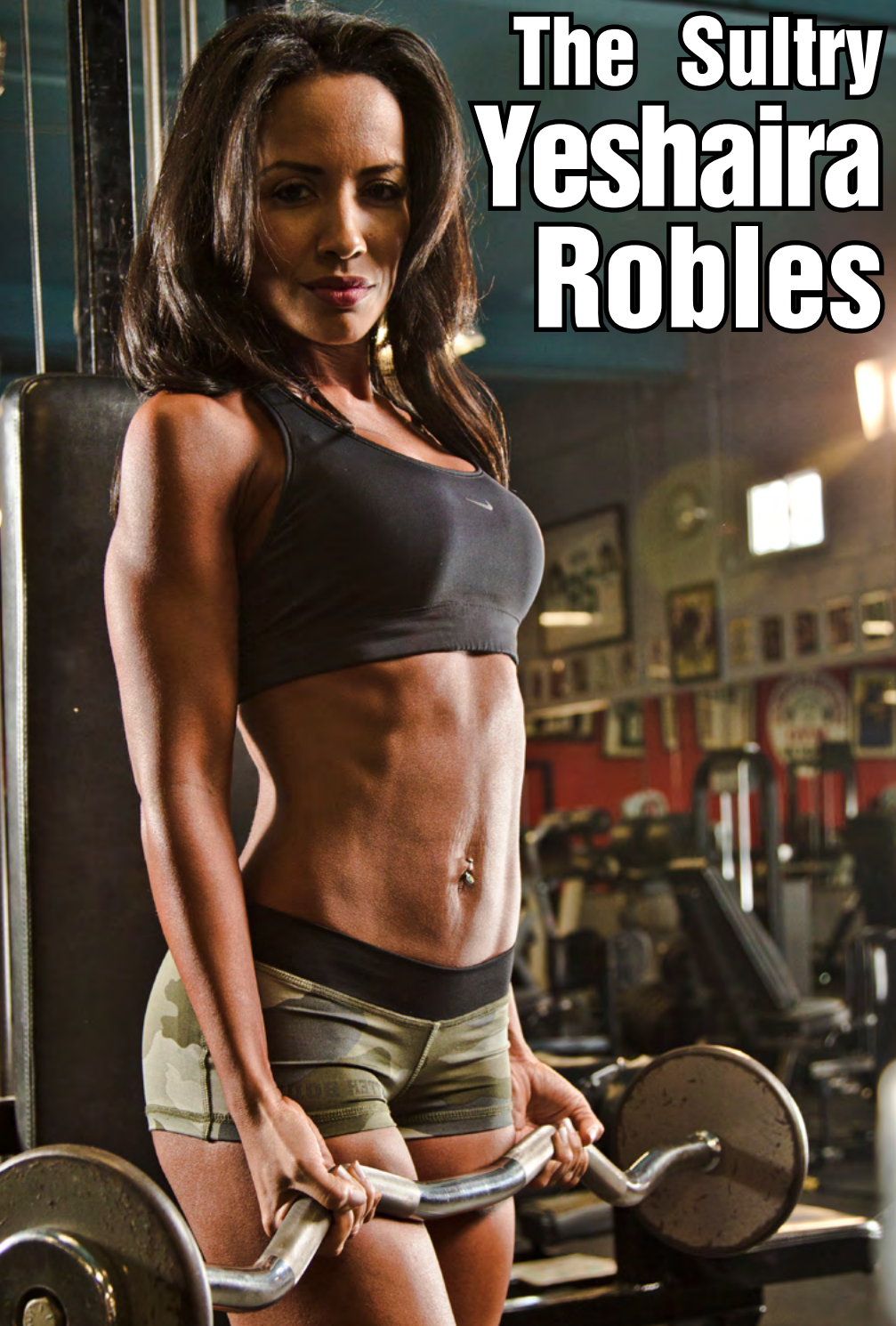
## WANT YOUR EVENT OR PRODUCT FEATURED?

Want your competition, event, product, service or anything else for that matter featured in the pages of JACK'D Magazine then give us a shout!

Email: [info@jackdmagazine.com](mailto:info@jackdmagazine.com)

# The Sultry Yeshaira Robles

Y E S H A I R A R O B L E S









**Hometown: Bronx**

**Height: 5'3**

**Birthday:  
December 29**

**Weight: 118**

**Occupation:  
Hospitality**



MAXIMUM HUMAN



 **EVOL**  
Evogen

*Designed by The Pro*



**B**

**M**  
**D** **EVOL**



**Yeshaira loves  
to work  
her glutes ...  
can you tell!**







## **Yeshaira's Routine:**

**Monday: quads**

**Tuesday: shoulders,  
chest and tri**

**Wednesday: Hams**

**Thursday: back and  
biceps**

**Friday: Glutes**









# DIETING SUCKS!

That's why the scientists at MHP developed DOPAMITE, a powerful dopaminergic fat burning catalyst that doesn't only increase energy and thermogenesis, it gets to the core of what gets you shredded – YOUR DIET! DOPAMITE's effects are driven by dopamine, a potent neurotransmitter that controls the brain's "reward system" and activates feelings of motivation and pleasure. This system is also called the "fat burning control center" because it helps control eating behavior, crushes food cravings and makes you feel motivated. Thermogenics aren't enough – take control of your diet and get shredded with DOPAMITE.



## DOPAMITE – IT'S ALL ABOUT THE DIET!

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RICH PIANA, Mr. Olympia, NPC CHAMPION

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GET READY TO  
**SMASH EVERY**  
WEIGHT IN THE GYM

- GIVES RISE TO UNCONTROLLABLE MUSCLE & STRENGTH GAINS
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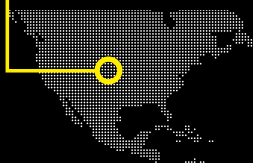


# AWESOME TRAINING TUNES!

**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 following are some of the tunes we agree kick some ass!

## 01 USA

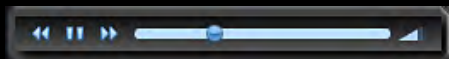


**Branch from the US:  
VILIFY by DEVICE**

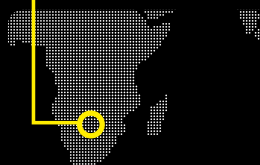
David Draiman of Disturbed and Geno Lenardo of Filter give us the group Device which is a hard-core, electronic rock band with the electric style of Nine-Inch Nails mixed with the killer sound of Disturbed!

**BUY IT HERE!**

click on me to play video



## 02 SOUTH AFRICA

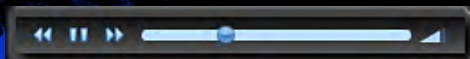


**Rob from South Africa:  
AMERICA by MOTIONLESS IN WHITE**

This is a killer tune that's heavy but not as crazy as there regular stuff ... listen and see what we mean.

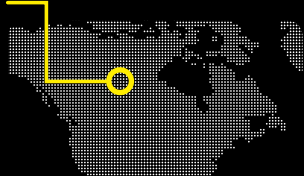
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## 03 CANADA

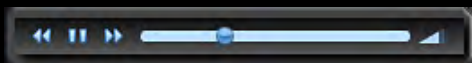


**Mike from Canada:**  
**TWISTED TRANSISTOR BY KORN**

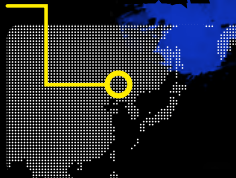
Awesome track with a funny video to go along with it. The guys from KORN know how to kick it up a notch while having a good time doing it. Killer track. This is the live version but check out the official video on youtube for a laugh.

**BUY IT HERE!**

click on me to play video



## 04 CHINA

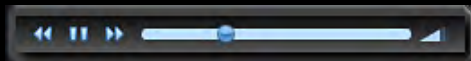


**Gang from China:**  
**BEFORE I FORGET BY SLIPKNOT**

The song was listed as AOL's top metal song of the decade! It's a great song to train to as it gets your blood pumpin' helping you push out that last rep!

**BUY IT HERE!**

click on me to play video



## 06 AUSTRALIA

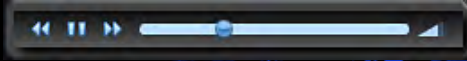


**Craig from Australia**  
**WE'RE THE GREATEST BY LL COOL J**  
**AND EDDIE VAN HALEN**

This is a heavier track by LL he wrote with Eddie VanHalen specifically for something hard to listen to while you work out ... and LL loves to train! It's a cool track with classic Eddie riffs rockin' it out in the background with a solo to boot. A good tune to train to.

**BUY IT HERE!**

click on me to play video



## 05 UNITED KINGDOM

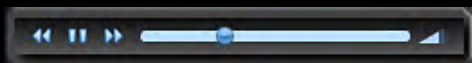


**"Pikey" from the UK (yeah that's the name that was given to us!):**  
**(ROCK) SUPERSTAR by CYPRESS HILL**

Everyone knows this older but amazing track from the boys of Cypress Hill. You can't help but get into the zone when you listen to this tune cranked up to the max in your gym.

**BUY IT HERE!**

click on me to play



**YOU HAVE SOME MUSIC SUGGESTIONS?**  
**EMAIL US AT [info@jackdmagazine.com](mailto:info@jackdmagazine.com)**

# 'SUP WITH SUPPLEMENTS...

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

## MUTANT MASS - NEW 4-SIDED BAG! BY MUTANT

Spawned from countless hours of research and testing on some of the freakiest mass monsters on the planet, MUTANT MASS is a revolutionary, top secret experimental muscle mass gainer that delivers extreme, abnormal mass building results. If you're destroying the iron in the gym to build massive, MUTANT-like proportions of skin stretching muscle and inhuman strength then MUTANT MASS is a must for your mass building arsenal. Every powerful, military strength serving of MUTANT MASS delivers a potent dose of anabolic macronutrients - including exclusive MUTANT PRO® - to shift your body into a state of virtually limitless growth.

- Assembled for absurd gains in muscle mass
- Over 1,000 growth-invoking calories per serving
- Full experimental dose of protein, clean carbs & critical fats
- Addictive tasting formula that mixes easily



## PURPLE-K REPS BY FUSION

Get ready for an intense training session supported by the therapeutically dosed pre-workout PURPLE•K REPS. PURPLE•K REPS takes the muscle-fuelling strength of PURPLE•K® – the King of Creatines – and lifts it to a new level by adding the REPS® COMPLEX.

PURPLE•K REPS is formulated to maximize explosive strength and support muscle endurance for maximum lifts and longer sets, ensuring muscle growth. How? The bioavailable creatine, the muscle-building ingredients such as beta-alanine and pump-promoting citrulline malate, and other supportive, energizing ingredients in PURPLE•K REPS work together to fuel a superior training session every time. Pack on the muscle by making sure your workouts don't fall short.





## SCITEC NUTRITION - STEEL ROCKET



STEEL ROCKET is our food supplement solution to contribute to the optimization of many of your body systems so that there are "green lights to launch the rocket"! The 9 component, Tribulus and D-Aspartic Acid (DAA) based sophisticated complex provides many of the popular active ingredients in this category. We included our fine TRIBU-X Tribulus Terrestris and L-Arginine, which is the precursor of nitric oxide (NO). We provide both the Acetyl L-Carnitine and L-Carnitine L-Tartrate versions of L-Carnitine. Zinc contributes to the maintenance of normal testosterone levels, to normal fertility and reproduction, and to normal protein synthesis\*. Pantothenic Acid contributes to normal synthesis and metabolism of steroid hormones, Vitamin D and some neurotransmitters; and also to the reduction of tiredness and fatigue and to normal mental performance.\* The 100% recommended daily amount Vitamin D contributes to the normal function of the immune system and muscles, and also to the maintenance of normal bones, teeth, and to the normal absorption/utilisation of Calcium and Phosphorus\*.

**NOW GO TO WAR AND DOMINATE WITH YOUR STEEL ROCKET!**

## PRO STIM BY JAY CUTLER ELITE SERIES

PRO STIM™ is a highly specific, very precise selection of ingredients designed to help burn excess fat. PRO STIM™ may be especially useful for Professional Athletes that want to get lean prior to competition. This dietary Fat Burner is not for everyone, however. It's very intense and makes use of some of the most dynamic CNS stimulants and thermogenic-enhancing compounds we've ever seen. In fact, Jay Cutler himself uses PRO STIM™ 4-8 weeks before getting on stage. We don't know of a better endorsement than when the greatest bodybuilder of this era uses it himself.

- A highly specific, very precise selection of ingredients designed to help burn excess fat.
- High Grade Fat Burner
- Thermogenic Enhancing Compounds
- CNS stimulant Health
- Pre Contest Cutting Programs

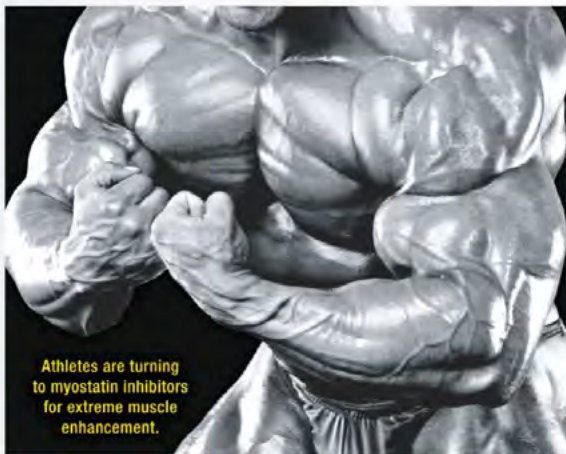


## Myostatin Inhibitors Spark Muscle Building Controversy

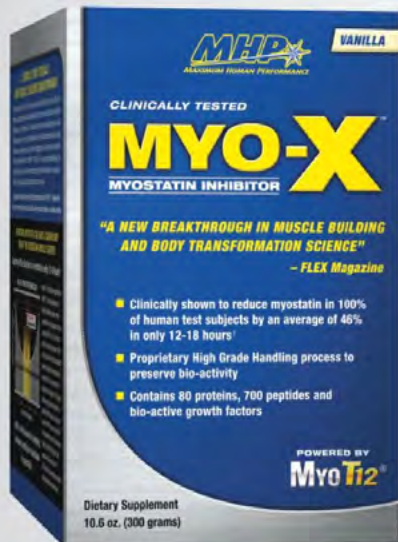
*The secret to extreme muscle enhancement may be myostatin inhibition.*

It's been all the rage of the muscle building press. It's been touted as the emerging bane of the existence of the World Anti-Doping Agency, as they try to keep athletes away from the sheer and ominous power of this new class of muscle building and performance enhancers known as myostatin inhibitors. While the International Olympic Committee may shudder to think of all the records that may be shattered, the United States Anti-Doping Agency actually went so far as to ban substances that utilize this approach as far back as 2008 by creating a new banned category.

So why are these athletic regulatory bodies so concerned about the use of myostatin inhibitors in sports? To best answer this question, let's discuss what myostatin is and exactly how it can positively affect muscle growth and athletic performance.



Athletes are turning to myostatin inhibitors for extreme muscle enhancement.



- Clinically Tested Natural Myostatin Inhibitor
- Reduces Myostatin in Test Subjects by an Average of 46%
- Shown to Work on 100% of Study Test Subjects

### WHAT IS MYOSTATIN?

Myostatin is the greatest single catabolic limiting factor of muscle growth. This natural growth factor protein exists in our bodies and works to regulate and limit muscle growth in a genetically predetermined pattern. Clinical evidence and case studies have confirmed how myostatin suppresses muscle growth. It is theorized that this vestigial control over muscle gains was evolutionarily needed to prevent the human body from being overly muscled. Unfortunately, thanks to this evolutionary process, your ability to put on more muscle is being restricted by myostatin regardless of how hard you train.

This is why there has been such incredible interest among scientists and athletes and such concern by athletic governing bodies over the use of myostatin inhibitors. The governing bodies of sports look at this as cheating, while athletes look at it as a way to enhance muscle growth and improve athletic performance. You should look at the use of myostatin inhibitors as a new and effective way to help you activate muscle growth and build the muscular physique you've been working so hard for in the gym.

### MYO-X: THE MYOSTATIN CRUSHER

Now, thanks to this amazing scientific breakthrough, bodybuilders and athletes everywhere may be able to break the limitations created by myostatin and maximize their muscle building potential. MYO-X is an all-natural, clinically tested myostatin inhibitor shown in scientific research to reduce myostatin levels in 100% of test subjects by an astounding average of 46% with just one serving! This is a very significant breakthrough for bodybuilders and athletes looking to increase muscle mass, strength and performance. Myostatin reductions such as these may help counter the catabolic forces that have restricted your ability to build more muscle and open the door to new muscle building potential. In fact, MYO-X is so extraordinary, *Muscular Development* magazine has proclaimed it to be the "Revolutionary Muscle Building Breakthrough of the Century!" No doubt, MYO-X has emerged as the single most powerful approach to extreme muscle enhancement for all athletes!