

NATURAL MUSCLE

M A G A Z I N E

OLYMPIA
E X P O

7 TIPS TO
SURVIVE
THE DOWNTIMES

(AND GET YOURSELF
BACK ON TRACK)

**YOUR MORAL
COMPASS**

**QUAD
TRAINING**

GREAT
WORKOUTS
AT HOME

**WHERE ARE
THEY NOW?**

(SOME OF OUR GREAT WRITERS)

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November
2006

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YOU NEED TO



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UNLEASH THE BEAST[®]!!

WITHIN YOU!

Testosterone has always been the most coveted of the anabolic hormones and for good reason. It is responsible for building Muscle Mass and strength not to mention increased sex drive. **SuperTest[™]** is a Professional Strength Anabolic Complex that contains more than 10 Testosterone Boosting agents to drive your Test levels off the charts. By combining these testosterone boosting compounds into specific fractions, **SuperTest[™]** allows for maximum production of the anabolic/androgenic hormones as well as the release of bound testosterone. In short, **SuperTest[™]** will jack your Test levels like no other product. The first time you use **SuperTest[™]**, you will actually feel a Testosterone surge that will power your workouts with a beast-like intensity.

By now we know the importance of NO (Nitric Oxide) for building Mass, Strength and Endurance. What puts the "Super" in **SuperTest[™]** is that it contains 4 different Arginine derivatives to peak NO levels to keep you jacked and pumped all day long.

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

Given the diet and supplement intake of the typical bodybuilder, the Liver and Kidneys can be overworked at times. Proper function of these organs is imperative for maximum performance. **SuperTest[™]** contains Liver and Kidney detoxifiers that will keep these vital organs functioning at optimum levels at all times.

Once you use **SuperTest[™]** you will agree it is the most powerful All-in-One Testosterone product available.



2006
Double XL Magazine
Testosterone Product of the Year

SUPPLEMENT FACTS

Proprietary Blend	2270mg	Amount per serving	% DV*
TESTOSTERONE BOOSTING ANABOLIC COMPLEX 1000mg **			
Steroid Saponin Factor***			
25-d-epiandrosta-3,5-diene			
5-alpha-Androst-20(22)-en-12-one-3 beta, 26-diol			
5 alpha-Androst-12-one-3 beta, 22, 26-triol			
Protodioscin			
*** From Bulgarian Tribulus Terrestris 40% Protodioscin and 60% Total Steroid Saponins			
Testofen (50% Fensuide), Tongkat Ali (100:1 Extract), Samed Musti Extract, Rhodiola Rosea (3.5% Rosavin), Indian Ginseng (8% withanolides), Vitex Agnus Castus (4:1 Extract), Cissus Quadrangularis (20% Ketosteroids), Cyanotis Vaga (50% 20-Hydroxy-Ecdysterone), Brazilian Ginseng			
NITRIC OXIDE BOOSTING ARGININE COMPLEX 500mg **			
Arginine Orotate, Arginine Ethyl Ester, Di-Arginine Malate, Arginine-Alpha-Keto-Glutarate			
ESTROGEN SUPPRESSION COMPLEX 200mg **			
3,5,4-Trihydroxy Transstilbene (from 20% Japanese Knotweed Extract), Dindolylmethane, Calcium D-Glucarate			
DHT SUPPRESSION COMPLEX 150mg **			
Urtica Dioica Extract, Pygeum Africanum (4:1 Extract), Pumpkin Seed (10:1 Extract)			
LIVER & KIDNEY DETOXIFICATION COMPLEX 100mg **			
Milk Thistle Extract (90% Silymarin), Cranberry Extract (5% anthocyanins)			
VITAMIN & OROTIC ACID MINERAL COMPLEX 230mg **			
Vitamin B-6, Magnesium Orotate, Zinc Orotate			

* Based on 2000 calorie diet. ** Daily value not established.

The **SuperTest[™]** formula contains the most advanced ingredients for:

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

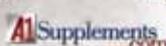
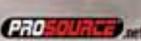
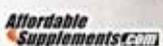
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NO-Shotgun™: may fuel episodes of psychotic physical and biochemical intensity to induce Muscle Hyperplasia, HX-1™ & HX-2!™

The science of exponential muscle growth!

There are three ways muscles can get larger. The first and most limiting is called muscle **Hypertrophy**. This is where you practically kill yourself in the gym to force your genetically pre-existing amount of muscle to get larger in size. Are you the chosen "1 in 10,000" that God blessed with a ton of fast twitch muscle? Probably not. So for you, training to make your genetically limited amount of muscle increase in size really sucks. Visualize a white male who trains intensely and eats right for 10 solid years and then a typical brother walks into the gym for the first time and is leaner and more muscular having never touched a weight. **White men can't jump for a reason – they don't have enough fast twitch muscle!** But, there are also plenty of black people and persons of all races who struggle with their God given genetics. The great news is that **Hyperplasia** can level the playing field!

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

Hyperplasia X-2 or HX-2 is new muscle fiber that forms when muscle fiber precursor cells known as satellite cells are stimulated. This is where the **NO-Shotgun™** matrix shines a potent biochemical light. **NO2** (Nitric Oxide—I'm talking real Nitric Oxide, not some fake-@\$\$ supplement)-induced vasodilation (opening up the veins and capillaries) literally floods the muscle with massive amounts of powerful muscle building "EX" (Ethyl Ester HCl) compounds. If you review the studies on arginine or glutamine, these amino acids were infused into the blood intravenously to stimulate Nitric Oxide or GH (growth hormone). This is why simple **AKG** chemical salts of Arginine (Arginine **AKG**) have proven to be ineffective at increasing muscle size in three clinical studies. **YES, IF YOU PURCHASED ANY NO2-TYPE PRODUCT WITH ARGININE AKG, STUDIES SHOW YOU GOT PUNKED! DON'T FEEL BAD, THE NO A-AKG SCAM RIPPED YOUR FRIENDS OFF TOO FOR ABOUT \$75,000,000!** Take home message: three studies prove **NO2**-type products containing Arginine **AKG** simply do NOT work. Further, Arginine should be consumed with Citrulline in order to produce nitric oxide. **NO-Shotgun™** contains the sophisticated compound, Arginine Ethyl Ester HCl (**AEX™**) which does not need to be injected and is further enhanced with Citrulline – necessary to facilitate **NO** production. Along with these ingredients, Ellagic Acid works in concert with **AEX™** and Citrulline to further improve **NO** output.

There's more: **NO**-induced vasodilation results in killer pumps in the gym. The greater the pump the more muscle fiber trauma. The pain associated with "The Pump" is what Arnold referred to as "better than

sex". The Nitric Oxide vasodilating effect of the muscle is very similar to that which occurs in the genital region when one takes **Viagra®** or **Cialis®**. The pump is so pronounced in the muscle (or genitals) that it is painful due to **NO**'s opening of the veins, arteries and capillaries like flood gates. This condition brought on by **NO** (Nitric Oxide) over fills the muscle with nutrient dense blood to produce a **NASTY PUMP™!** Consequently, Arnold was way ahead of his time when he associated the pain/pleasure response generated by a **great muscle pump as better than SEX!** Follow me closely here! The physiologic response to **NO** causes extra trauma to occur when the blood-engorged™ muscle is subjected to **INTENSE** weight training. Greater injury to the muscle is a result of significantly increased internal pressure (the blood-engorged™ pump) within the muscle when muscle fibers rub violently against each other during training. It is my personal theory that when the vascular (veins etc.) system floods the **DAMAGED MUSCLE** with powerful nitrogenic and scientifically proven protein synthesis stimulating compounds like, Branched Chain Amino Acid Ethyl Esters along with Beta-Alanine Ethyl Ester and Creatine Ethyl Ester, massive physiologic changes in the muscle take place and muscle fibers can be split and new satellite cells can be formed to actually cause muscle **HYPERPLASIA!** **This is where both mechanisms of hyperplasia, HX-1 AND HX-2 take place i.e., where new satellite cells are formed and muscle fibers branch and split. Until now, gaining ungodly amounts of HX-1 and HX-2-induced muscle occurred only by getting jacked on a poly-pharmacy of bodybuilding drugs.** And, obviously with a massive pump and the off-the chain bioactive compounds present, so to are existing muscle cells getting larger. It's the muscle hypertrophic/hyperplastic™ **TRIFECTA** for gaining and even creating new lean muscle tissue! The **NO-Shotgun™** subculture will be



the first generation to be able to actually create new muscle tissue (hyperplasia) without injecting massive amounts of steroids, testosterone, insulin and **IGF-1!**

Lastly, why have caffeine present when caffeine interferes with creatine absorption? Well studies show that caffeine inter-feres with regular creatine absorption. **CEX®**, the first ever Creatine Ethyl Ester, appears to be unaffected by caffeine because of its superior ethyl esterified chemical structure stabilized with an HCl molecule. Further, **Redline's®** explosive energy technology allows one to train with the insanity and intensity that initiates the process of splitting muscle fibers and causing new satellite cell formation to reach our goal of **HYPERPLASIA!** Hopefully when I run into you at the gym,-

NO SHOTGUN™

Muscle Hyperplasia, HX-1™ & HX-2™

Arnold Classic or Olympia, you'll have your own outrageous NO-Shotgun™ story to share with me. Just to give you a heads up—don't take NO-Shotgun™ if you're going to walk around with your man-boobs and cry estrogen-induced tears that you're sore and can't move for three days. This is what Shotgun is designed to do! During my personal chest workout with NO-Shotgun™, I benched weight that I hadn't done since my competitive days, then after endless set and reps, wrapped up training with a personal best 51 dips. The next day, I through three, 45 lb plates and a quarter on each side of the Hammer® shoulder press for 9 reps and did the Rear Delt machine with 170 for 14 reps, that was three more reps with 40 more pounds which is an insane increase for the small posterior deltoid muscle. This is what I mean when I say, NO-Shotgun™ is the catalyst that fuels episodes of psychotic physical intensity.

There's another special creatine in NO-Shotgun™ that allowed rats to swim several hundred percent longer than the control group who incidentally drowned. Sad but true, the take home message here is don't let your NO-Shotgun™ using buddy or competitor bury you! The blood-engorged pumps, the killer workouts, staying hard long after the gym and actually making noticeable gains in muscularity are what you and I live for.

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

Jack Owoc,
VPX CEO and Chief Scientific Officer



NO-Shotgun's™ Muscle, Appearance and Performance Enhancing Ingredients

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

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

2) Arginine Ethyl Ester HCl or AEX™ – mechanism of action is boosting nitric oxide (NO) production

» The Key to Massive Growth!

which amplifies the effects of all muscle building compounds. Boosting nitric oxide in muscle tissue can have many anabolic effects including increased nutrient transport and vasodilation (increased blood flow which leads to massive muscle pumps!). Arginine can even boost natural Growth Hormone (GH) levels as seen in a study published in the journal, *Medicine and Science in Sports and Exercise*. A published study conducted at Sinai Hospital in Baltimore showed that two weeks of arginine supplementation in healthy, older individuals increased serum IGF-1 (insulin-like growth factor) levels and created an improved and positive nitrogen balance (creating a more anabolic state for growth). **DON'T BE FOOLED—THIS IS NOT A SIMPLE CHEMICAL SALT LIKE "OLD SCHOOL" ARGININE AKG**, this is a powerful, stabilized Arginine Ester that is highly bioactive. Think about it, would you want an outdated six year old computer or the latest version? Well, AEX™ is the latest and greatest!

3) Creatine Ethyl Ester HCl (CEX™) – We know that creatine is the most proven and potent supplement to increase lean muscle mass and strength. This specific "EX" form takes creatine to a whole new level! CEX™ is a membrane permeable form of creatine that can enter muscle cells without bothering with the regular creatine transporters like sugar etc. This means up to 98% can enter the muscle compared to regular creatine where only 4% makes it into the muscle! CEX™ does not cause bloating, cramping, or stomach discomfort because it doesn't sit in the stomach — it gets into muscle tissue fast to support the more production of ATP for massive intracellular volumization, muscle size, power, and strength!

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

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

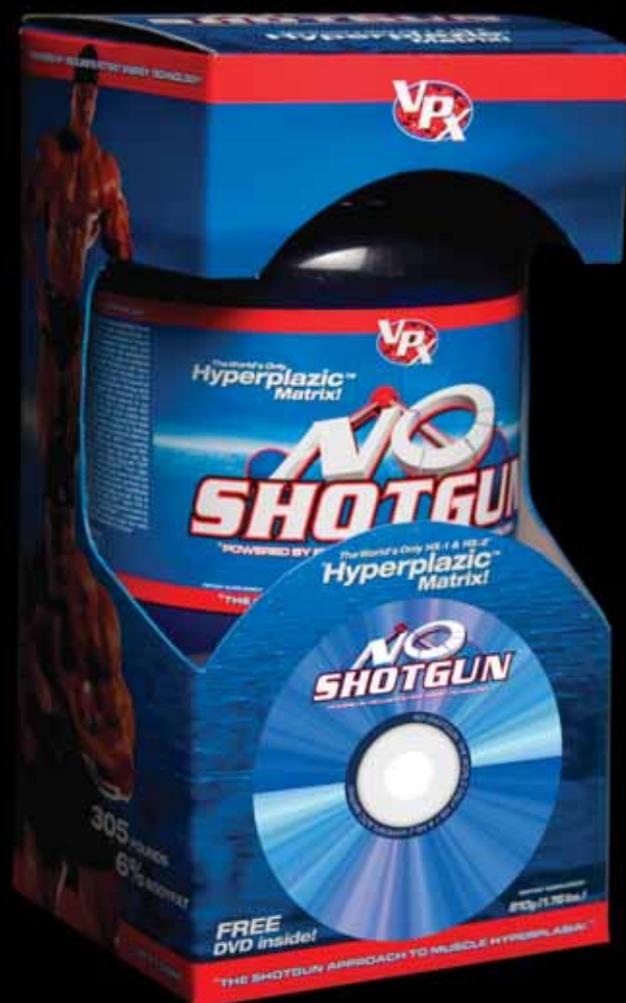
6) Beta-Alanine Ethyl Ester HCl (BAEX™) – Another compound found only in NO-Shotgun™! This beta amino acid is also sometimes referred to as carnosine. Research shows that it supports lean muscle mass and can enhance muscle fiber synthesis. This nutrient actually helps create carnosine in muscle tissue.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

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



FREE: DVD AND/OR TEE SHIRT

NO-Shotgun™ is not yet available in stores. Call 800-954-7904 Now for offers to get a FREE NO-Shotgun™ TEE Shirt and DVD of the most dramatic real time footage of a pro bodybuilder swelled up to 287 pounds on NO-Shotgun™!

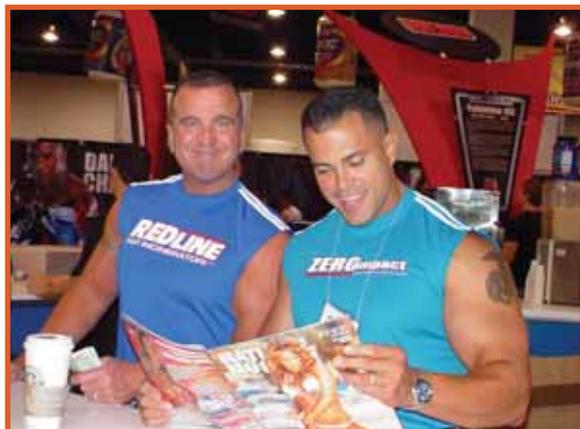


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TRADE DRESS & TRADE DESIGN

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november 2006



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This month's recipe:
Balsamic Chicken



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On the cover:
Publisher, **Debbie Baigrie**

Photo by: Walt Ostarly

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Alex Gonzalez
of Axis Design

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D-Fine⁸



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SAY "NO" TO JUGS



- Are you sick of scooping protein powder into little bags when you travel?
- Are you tired of reaching into plastic jugs for a serving of protein and having your hand covered in powder?
- Isn't it frustrating to try and find storage for the jugs?
- Does your spouse complain about those jugs being left on the counter?

Now, here's a solution!

These are all issues that I experienced in my 20+ years of taking protein powder. When Nutraceutical Corporation and I created the Supplement Training Systems™ (STS™) brand, a new and innovative sport nutrition concept, one of the main things we addressed is the problem of big jugs.

I have been weight training for more than 20 years and I competed at the national level for twelve years. When I traveled to different bodybuilding shows, it was always a problem taking my protein powder with me. So the STS™ brand invented PowerStix™ packets. PowerStix™ packets are convenient packets that are easy to mix and can go wherever you do - to the gym, on a business trip, to the office, or on vacation. PowerStix™ packets easily fit in a suitcase, gym bag, drawer or cabinet! Just think: No more plastic bags! No more wasted counter space! No more complaints from your spouse! But most importantly, the **QUALITY OF INGREDIENTS, MIXING ABILITY** and **OUTSTANDING TASTE** of PowerStix™ far exceed any other protein powders.

Unleash your taste buds on our cutting edge PowerStix™ packets and they will be thankful!

Try our convenient PowerStix™ packets in the Pro Muscle Whey™ XP, Pro Muscle Gainer™, Pro Muscle Glycotein™, Pro Muscle Creatine™, Red Heat Juice™ and Carnitine Juice™ formulas!

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my two cents



“You’ve achieved success in your field when you don’t know whether what you’re doing is work or play.”
Warren Beatty *US movie actor, director, & producer*

On the 10th anniversary of Natural Muscle, I think about how people might measure the success of a magazine. I believe that a majority of publications would consider page count and profit margin. Well, 10 years have gone by and although Natural Muscle is still not a 200 page publication and may never be, I count myself as one of the most successful publishers in the country.

As I reflect back to all the people I’ve met, the close friendships I’ve made and the enormous amount about publishing I’ve learned, I know I have achieved steroids for sale success! So far, it has been a great ride—thanks to all the writers, advertisers and



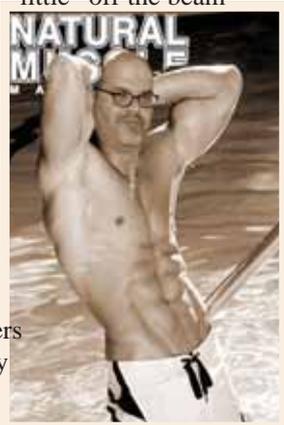
My daughters Dana, Laura and Brittney have been on the job from the beginning.



The photographers are all so talented..and a little “off the beam”



I love to see all my customers at the trade shows! Probably the best part of my job!



I met Pz at a fitness show 8 years ago and now “a day without a phone call with Pizzi McBride, is like a day without sunshine”!



Elizabeth, Danielle and Jason have been such an important part of this magazine and an even more important part of my life.

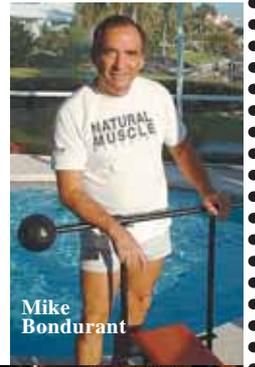


I met Skipitis the month we started publishing and today he’s like a brother.



Facts worth mentioning ..

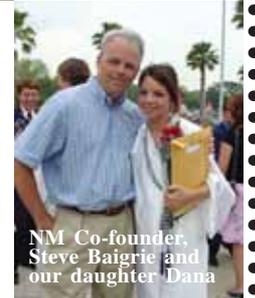
- **NATURAL MUSCLE RECORDS:**
- **Longest Writer:** Mike Bondurant. He started writing in our very first issue, until he retired just a few months ago.
- **Longest Advertiser:** VPX- 9 years
- **Most Covers:** Toss up between Sherry Goggin, Laura Mak and Melissa Hall
- **Funniest Advertisers:** Accugays!
- **They laid the foundation:**
 - *Steve Baigrie:* I was married to Steve for sixteen years. We raised a beautiful family together and he is the co-founder of Natural Muscle. Without him, I would not have been able to do this. He is now happily remarried.



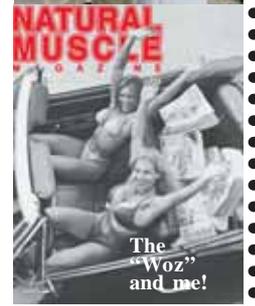
Mike Bondurant



VPX Founder Jack Owoc and me at the Olympia



NM Co-founder, Steve Baigrie and our daughter Dana



The “Woz” and me!

- *Elizabeth Wozniak:* She worked for the magazine for 5 years and they were the most fun 5 years I’ve had. We became best friends and remain best friends today! She is a huge part of the success of this magazine.

- *Brian Harrison:* My printing salesman. He’s been my salesman from the start. We’ve been through alot!

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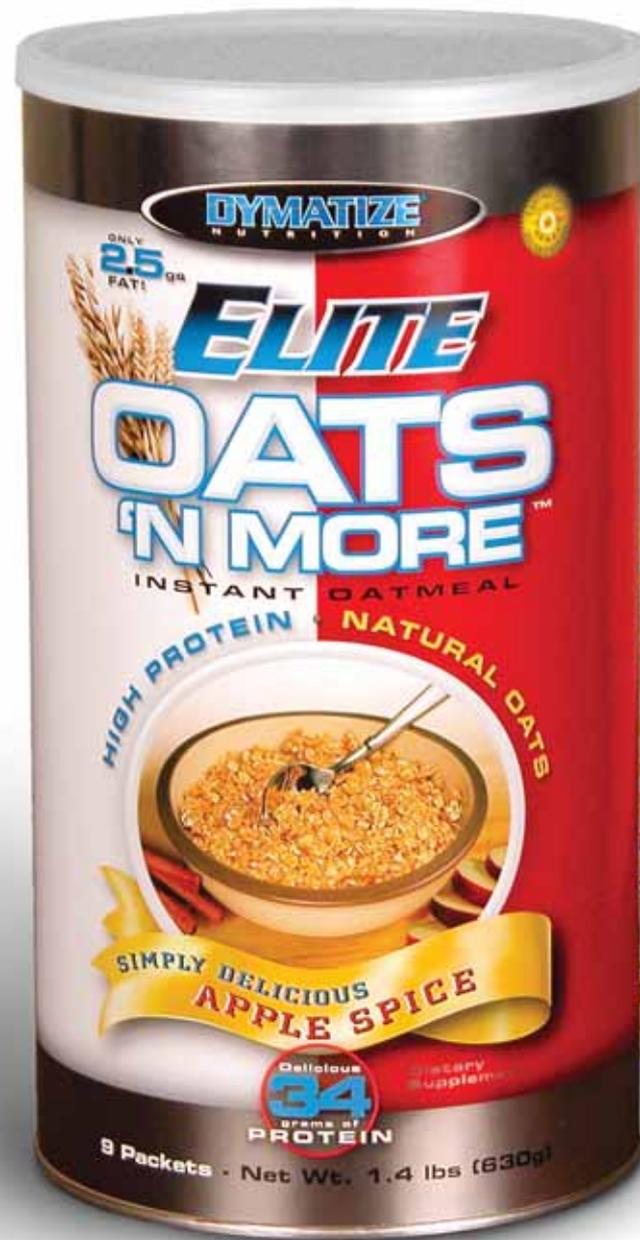
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contributors who makes us great each month

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FOR ELITE OATS 'N MORE.



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SO, INSTEAD OF FUELING UP WITH SIMPLE CARBS. GET A REAL START WITH PROTEIN AND THE NATURAL GOODNESS OF WHOLE OATS. OUR 4 MOUTH WATERING FLAVORS, BROWN SUGAR CINNAMON, GRANOLA CRUNCH, APPLE CINNAMON AND SUNRISE COCOA, MAKE ELITE OATS 'N MORE A WELCOME AND HEALTHY TREAT ANY TIME OF DAY! ^X

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NUTRITION

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RFC Mixed Martial Arts tampa, fl

By Richard Nannis

Photos by Andrew Nannis

This September a mixed martial arts event was held in Tampa. Because a few guys at my gym are involved in fighting, I thought this would be a great type of event to cover. (Look for the guys with wool caps & sweatshirts. They work out with great intensity.)

We anticipated a few hundred people would be at the matches, but to our surprise the venue was packed with a crowd of 1,500. The contestants had come from all over the U.S.. Several of the fighters from Ohio traveled over sixteen hours to compete.

I have seen some matches on PPV, and the Tampa match was every bit as exciting. The contestants were all shredded and well schooled in fighting techniques. The experience was thrilling. It is easy to see why so many people came to watch.

Mixed martial arts (MMA) are fights with no restrictions as to style. It includes boxing, grappling, submission holds, and other martial arts. The contestants are schooled in all of these areas. The fights are real and are under the supervision of the Florida Athletic Commission. Each match is divided into weight categories. And consisted to three five-minute rounds.

The match is over upon a knockout, submission, or referee stoppage (a fighter can no longer defend himself of disqualification). If the bout goes to

conclusion, the judges & referee determine the winner based on criteria such as aggressiveness, & number of strikes.

None of the matches we

watched went any longer than two rounds. The shortest match was the ultra-heavy weights (270 lbs.). The match lasted 11 seconds. One fighter started to spar and feel out his opponent, the other one threw a really big punch and it was all over.

This sport is growing fast and the next match scheduled for November 4 at the Florida Sun Dome, Jason Freyre the promoter, expects 15,000 to attend. This will put Tampa on the map in the MMA world as one of the big players.

If you are interested in seeing the match, tickets are available through tickmaster, or at



HISTORY

Real Fighting Championships, Inc. was formed by Joe Valdez & Jason Freyre in October of 2004. RFC's first event, on February 18th., 2005 was the beginning of a new Tampa Bay tradition. RFC is committed to bringing top ranked professional fights to the bay area and other cities in Florida.

Joe Valdez is a native of Tampa, and has been around the fight game for many years. His knowledge will show in his ability to bring you exceptional fights as a veteran in matchmaking.

Jason Freyre grew up in New York City and has been a resident of Florida for over 30 years. Jason is also the President of Jason's Hauling, Inc. and has been in business for the past 15 years. His dedication in business shows he too is devoted to bringing top ranked fights for all fight fans to enjoy.

RFC solely promotes Mixed Martial Arts, No Holds Barred fights. MMA demonstrates fighting styles such as kick boxing, grappling, jujitsu, judo and many more. No Holds Barred (NHB) definition is very limited rules. Every thing goes except, eye gouging, kicking to the head, and biting.

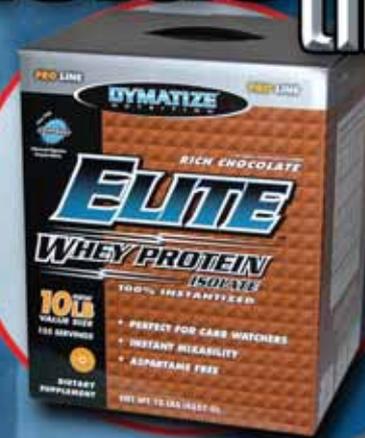


www.realfightingchampionships.com. If you are interested in participating, get a black belt in something, learn how to box at a professional level, learn wrestling and submissions, and get in really good shape.

It's Time to Think **Inside** the **BOX**

Elite Whey Protein Isolate 10 lbs

- Perfect for Carb Watchers
- Instant Mixability
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- Reduce Body Fat & Increase Muscle Tone with LipidFuel
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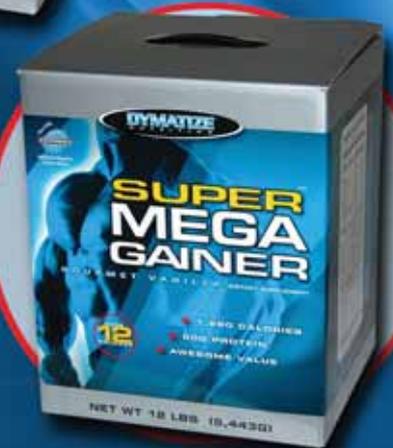
Mega Gainer 10 lbs

- 60 Grams of High Quality Protein
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- Advanced Digestive Enzyme Blend
- BCAA Complex



Super Mega Gainer 12 lbs

- Amazing 1,280 Calories per Serving
- Added Creatine & Amino Acid Blend
- 50 Grams of Protein
- Awesome Value



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2006 Olympia expo

sept 28-30
las vegas

photos by :Debbie Baigrie



Lenda Murray, one of the finest bodybuilders ever!



Brad and Michael from Dymatize



The BEAST



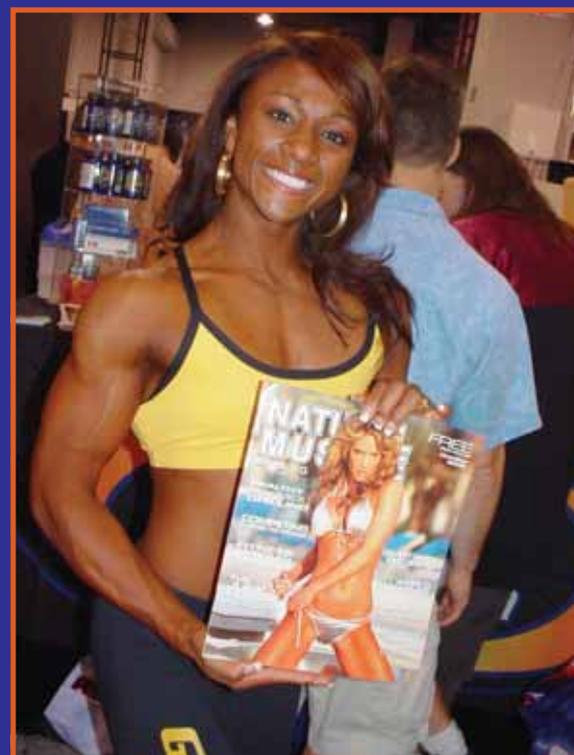
STS- the PowerStix people!



NM writer Cynthia Bridges helped out a BSN



Princess Sherry (Goggin) at Pinnacle



NM writer Tanji Johnson



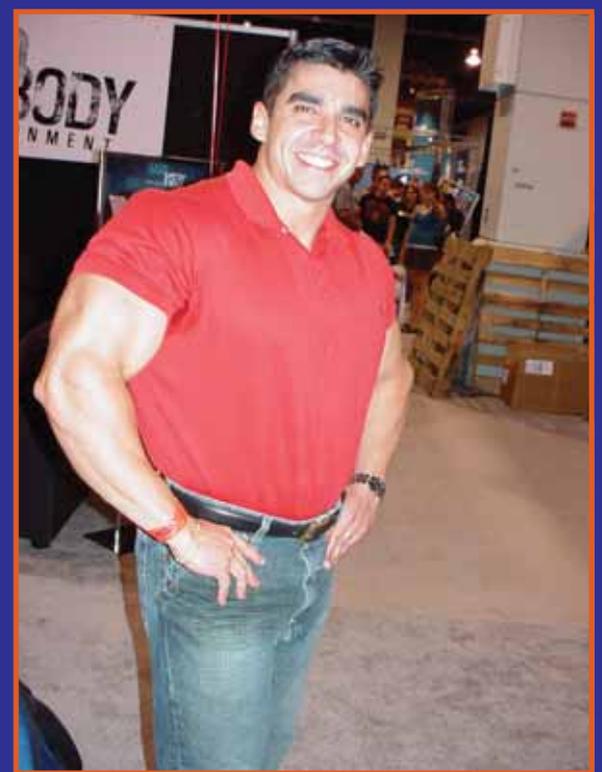
Interesting costumes ...



NM associate, Brittney Adamo and Dione Miller



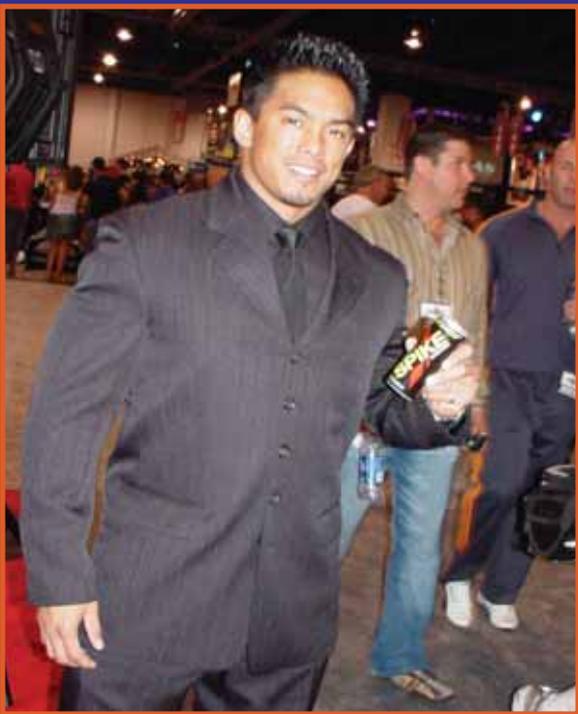
Morris Mendez and me



Hugo Rivera



Melissa Hall, Katie Uter and
Hardbody Productions', Lou Zwick



Stan "the man" McQuay, sans entourage.



The Mak Attack!



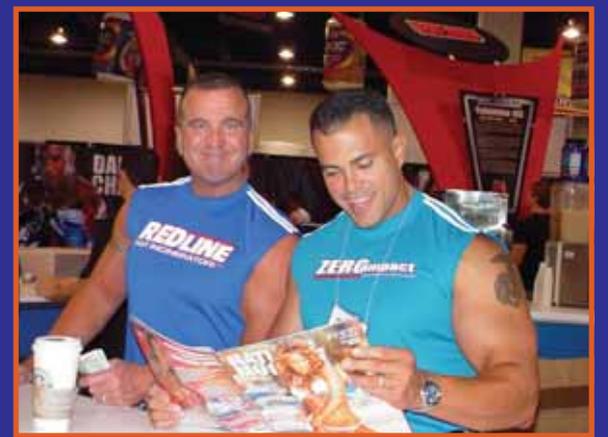
These guys sell the best Jerky!



Fitness writer Dianne McCabbe, with future fitness photographer Don.



The ladies of CEL



The VPX guys know a good read when they see it!



MHP



VPX graphic guru and Kimberly Philips



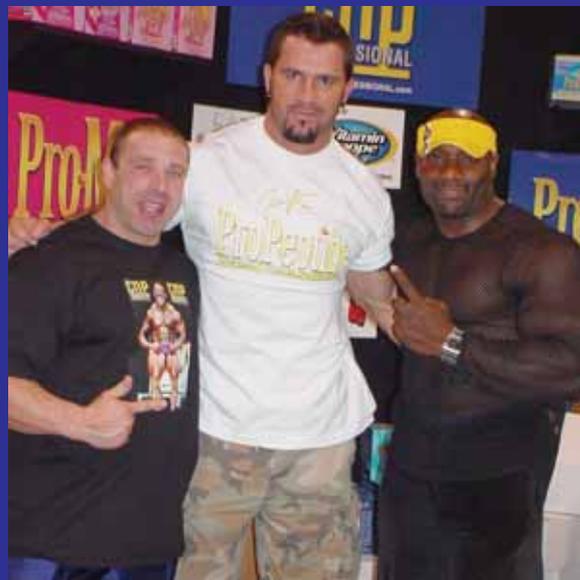
Gina Ostarly, Debbie Kruck and Chris Mascia at VPX.



Grace Grimes



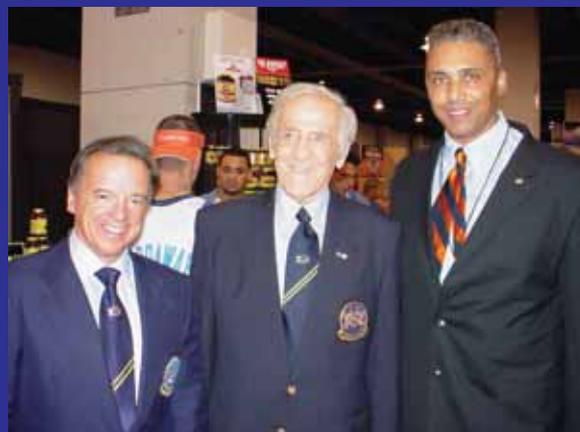
Bob Cicherillo at the BB.com booth



Tricky Ricky



1998 Fitness America Champ, Tanya Merryman



Rafael Santonja, Ben Weider And Rob Wilkins



House of pain

2006 OLYMPIA WEEKEND EXPO

from the BODYBUILDING.COM BOOTH

By: Brenda Kelly

The exciting 2006 Mr. Olympia weekend is a bodybuilding and fitness extravaganza whirlwind year after year held this year in opulent Las Vegas.

Fans, friends and family come to enjoy the contests for the crowning of the Olympia titles for the Mr. Olympia, Ms. Olympia, Fitness Olympia and Figure Olympia. Right at the top of the Olympia weekend

“Must-Do” list is attending the 2-day Olympia Expo. In fact there are many who travel from far and wide to visit the Expo specifically... foregoing the evening contests held at night in trade out for a night out on the town or to attend the many star-studded Olympia After Parties in Sin City!

The Mr. Olympia Expo is a sight to see filled with high tech booths from the top supplement companies in nutrition, fitness apparel, extreme sports, new training devices and everything and anything related to health and fitness. You can get personal autographs from Pro Athletes and your favorite sexy Magazine models. Attendees all are carrying stuffed, packed bags full of free samples (in Hollywood we call it “SWAG”) and if that weren’t enough, there are and tons of beautiful bodies everywhere you look to inspire you to look after your physical self for the entire year.

The Bodybuilding.com booth rocked the Expo with a line up of top industry representatives and the best and most sample give aways ever! We had Mr. Olympia Masters Champ, Bob Cicherillo, Cover Models Timea Majorova, Christina Lindley, Fawna Dietrich and myself. We also had beautiful bikini and figure models Ginger Redeker and Gina Lara. IFBB Olympia weekend competitors Valerie Waguman - who placed 12 in the Ms. Olympia Figure and Dayana Cadeau -



who placed 2 in the Ms. Olympia stop by to sign autographs for the fans. Congratulations to both and to all of the athletes!

Russ Deluca our *Buff Daddy Boss* came from the home offices in Boise along with CEO Ryan and Jeremy Deluca to check out the action and meet and greet. Also from the home offices were Head Webmaster Will, Richard, Gary and marketing director David Middleton. We needed all of the help we could get, as the Bodybuilding.com booth is always a favorite for all to visit and there is never a lull in the action. We handed out more samples from the top supplement companies than any other booth at the Expo. Bodybuilding.com was incomparable for traffic and the always-popular Olympia T-shirts were on hand for free for those who entered their E-mail addresses at the computer stations right in the booth. Another main attraction at the Bodybuilding.com booth was the media section where the Chapman Media Group taped webcast shows throughout the weekend.

I had a spectacular show on Saturday afternoon called Brenda Kelly’s 2006 Olympia Expo Girl Power Hour. It was an awesome array of the best female bodies and athletes that were there for the Olympia weekend. There were 4 separate interview sessions that came in to join me for the webcast.

Download my show for free from Bodybuilding.com found on the 2006 Olympia video section under Brenda Kelly.

The latest greatest news flash talk at Bodybuilding.com was all about BodySpace. BodySpace is the newest grooviest way to meet health and fitness minded people. Go to Bodybuilding.com and sign on for your very own page. It’s free and only takes minutes to create your fitness profile. This is a chance to strut your stuff worldwide, promote your personal website, learn the secrets from the best bodies in the world, post PICS, get connected with others who have achieved their fitness goals and get noticed where it counts. Check it

out and say hello to me there under DivaBK.

Bodybuilding.com also had its own annual supplement awards presentation during the Olympia Expo right in the Bodybuilding.com booth. Check out who won! This is your chance to see what’s new, tried and proven to really work for you!

The 2006 Olympia Expo at the Bodybuilding.com booth was completely excellent. I recommend it to all who want to experience the pursuit of bodybuilding, health, fitness and the need to be on the cutting edge.

See you at next year’s Olympia!

Take care of yourself. You’re worth it.

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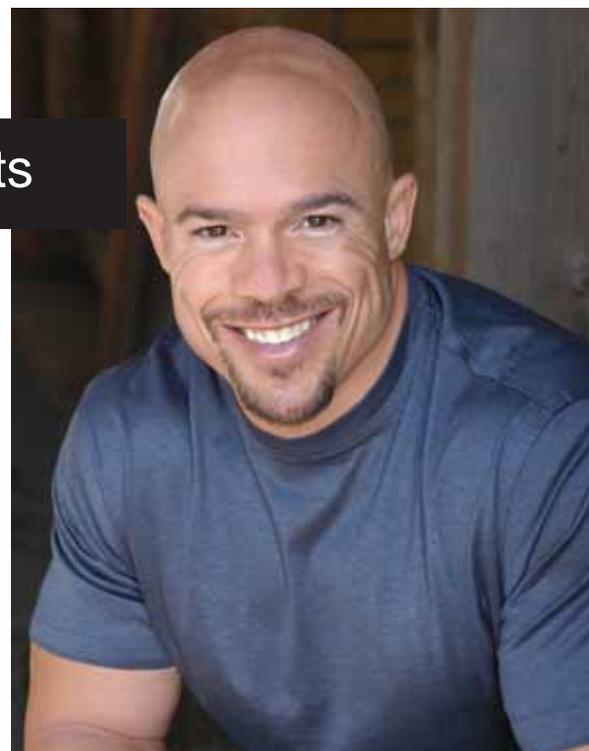
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BODYBUILDING.COM

Motivation

Getting Back On Track with Your Healthy Habits

7 TIPS to survive the downtimes



By Skip La Cour

It's easy to get into the gym and have productive workouts when things are going well. But just how do you get yourself to keep working toward your fitness goals when you aren't motivated? That's a real challenge.

One way or another, you need to find a way to get yourself through the difficult times. It's your *longevity*, simply sticking with your program just a little longer in order to produce the results you want, that's one of the most important factors toward your ultimate success.

If you do anything long enough, the chances that you'll become very good at what you do increase significantly. It's the continual stopping and starting of your exercise program that robs you of your progress. In order to do anything well, you need to do it consistently for a long enough period of time to see results. And, the results you will experience after your committed workouts will be a terrific source of motivation that will fuel your continued efforts. The purpose of this article is to give you the motivation to hang in there just a little longer and stick with your healthy exercise and eating habits.

Here are seven tips to help you work your way through the slumps that we all experience at times:

1. Relax!

First of all, you need to relax. It's common for your level of motivation to go through cycles. The mental challenges that come your way are an inevitable part of the process. Almost everyone, even the people who are best examples of health and fitness who you have come to respect have gone through their own ups and downs. Those people who have earned your respect have simply *overcome* those challenges. You

shouldn't believe for a moment that they haven't endured the same struggles and roadblocks as the ones you face.

Realize that you will have occasional lapses in motivation, accept them, and then take the steps necessary to gradually increase your desire to train.

2. Resist taking a prolonged break from training.

As I mentioned, there will be times when your drive to train is stronger than others. However, I don't believe that taking a few weeks off because you don't "feel" like training is a good idea. Unless you have some sort of physical injury or health problem, I wouldn't recommend taking unscheduled time off. Who knows? You may never feel like coming back after your layoff. I have seen this happen to many once-dedicated people over the years.

Even if your motivation is lower than you would like, make the concerted effort to get into the gym and do your best to follow your training program. Put the pressure on yourself to get back on track instead of giving into your whims to take a prolonged break. Putting yourself through this discomfort now will spare you the intense pain of letting yourself down that you'll probably suffer in the future. Trust me!

I often warn the people who I coach not to fall victim to their *feelings*. Feelings are not reliable indicators for what you should and should not do in any aspect of your life. Your feelings can change a dozen times throughout the course of a week.

Instead, take a scheduled week off from training every seven or eight weeks—even if you don't feel like taking that time out of the gym. I have found this strategy to be tremendously helpful in keeping my motivation level high and preventing me from mental burnout. At the end of my scheduled week

off, I'm typically more ready than ever to get back on my program. My motivation and intensity are high and I've had plenty of time to let my mind and body rest.

3. Set Simple Training Goals.

Creating a short list of "training disciplines" can be extremely helpful. This list can include a few simple tasks that you'll focus on during your workouts even when you're not as motivated as you'd like to be.

Simply getting to the gym on time, completing every one of the exercises and sets that you planned to do when you stepped into the gym, making sure you really focus on the targeted muscle group during every repetition, and completing your training session in an hour are just a few examples of what you can include on your list of simple training goals. You don't need to be extremely detailed right off the bat, but create some structure to your workout so you feel like you are progressing. As you track to your goals, you will continually increase your level of focus and successfully take your efforts to the next level.

This is when discipline becomes important. The Merriam-Webster dictionary defines the word *discipline* as control gained by enforcing obedience or order. In other words, you sometimes have to do things that you may not necessarily feel like doing for the greater good in the long run.

4. Appreciate what you've already accomplished.

Look back for a moment. Haven't you really accomplished a lot more than you may have thought? Aren't you a lot farther along than you were a year ago today? Wouldn't it be great to look back in another year and see the continual progress you have made?

What if you wasted an entire year simply because you lost your motivation and strayed away from your plan? Wouldn't that wasted time feel much worse than if you simply remained committed and worked through the times when your motivation is a bit lower than you would like?

The chances are pretty good that you've worked through times like these before. There probably aren't any good reasons why you won't successfully pull through these downtimes again.

5. Get in the presence of highly motivated people.

Associate with people who are like-minded and appreciate your health and fitness objectives. They should be motivated to succeed in life and understand the goals that you are striving towards. Heck! If you're lucky buy steroids enough to be invited into their groups, team with those people who are even *more* driven than you are to help ignite your desire.

6. Reevaluate your priorities.

Whether your training is going well or not, you are probably getting what you are focusing on. If you aren't getting what you want out of your workouts, then you may need to re-evaluate your priorities in your life and dedicate the focus needed to get you where you want to go.

7. Don't do anything differently.

Maybe you shouldn't do anything differently during these times. Take responsibility for your success or failure. Maybe it's not the training routine you are using that is the cause of your lack of success. Maybe your need to fortify your efforts with a little more mental muscle.

Just because you have failed in the past does not mean you will fail in the future. Sometimes you should do nothing—except work to increase your focus. Don't make rash decisions to change your routine, start a new diet or change gyms. Put the pressure on yourself to work through your problems and setbacks in the past—rather than run from them.

Keep working toward what you ultimately want from your health and fitness efforts during your more challenging times. I'm certain that one or more of these mental tips will be just what you need to survive the downtimes and get your healthy habits back on track.

*Skip La Cour's **Get Your Swagger Back!** two-day seminars specialize in helping adult men ages 30 to 55 regain their self-confidence and charisma, learn the skills of persuasion and influence, and incorporate health and fitness into their busy lifestyles. Step-by-step, he outlines effective strategies that will help create positive change and generate unstoppable momentum.*



To learn more about Skip La Cour's "Get Your Swagger Back" personal development seminars for men, go to www.getyourswaggerback.com or www.skiplacour.com.

starting next month

NATURAL MAGAZINE MUSCLE

Nutrition
in the
Kitchen

With
Gina Ostarly

Photos by Walt Ostarly

New feature starting in the Dec 2006 issue of Natural Muscle Magazine. We will be featuring a new model each month with tips from the kitchen.



the
fit gourmet

Balsamic Chicken

*with Peppers, Raisins,
Almonds & Fresh Thyme*

By Danielle Nagel, APCA
Personal Chef/ Fitness Professional
Nutrition & Natural Health Consultant

www.fitandbeyond.com
Photos and meals prepared by:
The Fit Gourmet©



The best balsamic vinegars have nothing else added to them - only the grapes.

Lesser ones will add brown sugar or caramel to mimic the sweetness of the better ones. If a company produces a "traditional" balsamic vinegar, they will also produce a less expensive, but high quality vinegar as well. This is the same vinegar with the same heritage but not aged as long. You can have confidence in purchasing these balsamic vinegars.

CHECK YOUR LABELS!

Bursting with flavor!

Ingredients:

- 2 Tablespoon olive oil, divided
- 2 red bell peppers, cut into strips
- 2 yellow bell peppers, cut into strips
- 2 green bell peppers, cut into strips
- 1/3 cup raisins
- 1/2 cup balsamic vinegar
- 1 teaspoon sugar
- 2 tablespoon fresh thyme, chopped
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 lb. chicken breast, boneless and skinless
- 1/2 cup Italian-style dry breadcrumbs
- 1/4 cup Parmesan cheese
- 1/4 cup sliced almonds, toasted



Directions:

- 1 In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Sauté peppers for 6-8 minutes. Next, add raisins, balsamic vinegar, sugar, thyme, salt and pepper then sauté for another minute. Remove from heat.
- 2 Cut chicken breasts in half lengthwise. Next place chicken between two sheets of plastic wrap on a cutting board and pound out gently with a meat mallet using the flat side. (This will guarantee the tenderest chicken.) Then cut each chicken breast into 3 or 4 bite-size pieces, depending on chicken breast size.
- 3 On a large plate or shallow dish combine breadcrumbs and Parmesan cheese. Dredge each piece of chicken through breadcrumb mixture and set aside.
- 4 In a large skillet, heat remaining oil over a medium-high heat. Add chicken and cook 3 minutes each side or until done. Next, combine pepper mixture with chicken and toss together well. Serve over brown rice topped with toasted almonds and fresh thyme! Bon Appetite!

Did you know?

- Balsamic Vinegar is made from white Trebbiano grapes. 'Balsamic' means 'like balsam' - and balsam is an aromatic resin - balsamic vinegar simply refers to the fact that it is thick (resin like) and aromatic. This aromatic, flavorful vinegar ages to a rich, dark brown. It has a full-bodied, slightly sweet flavor with a hint of tartness and is best known for its flavoring in vinaigrettes, sauces, and many aromatic dishes. Balsamic Vinegar can be found in most large supermarkets and gourmet stores.
- Modena Italy's balsamic vinegar is aged at least 6 to 12 years and some are aged for 50 to 100 years. (As could be expected, these vinegars can be quite expensive, some costing over \$200 per ounce!)
- This distinctive vinegar has long been cherished: in fact, it was once considered so valuable that it was included in the dowries of young ladies of nobility and was specifically mentioned in wills. And in 1944, when reports of approaching American bombers reached the Modena area, small kegs of balsamic vinegar were packed up along with money, jewelry and other valuables.

Reference: www.foodreference.com

While you have the Balsamic out ...

Balsamic Vinaigrette

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon red wine vinegar
- 1 tablespoon Dijon mustard
- 1 teaspoon light brown sugar
- 1 garlic clove, crushed through a press (optional)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 3/4 cup extra virgin olive oil

Instructions

To make the vinaigrette, in a medium bowl whisk all the ingredients except the oil until mixed. Gradually whisk in the oil until smooth.

Yield: about 1 cup

homecooking.about.com



Grilled Asparagus and Tomatoes with Balsamic Vinaigrette

- 12 ounces asparagus, trimmed
 - 6 ripe tomatoes, halved
 - 3 tablespoons olive oil
 - 1 clove garlic, minced
 - 1 tablespoon mustard
 - 3 tablespoons Balsamic vinegar
 - 1/3 cup olive oil
- Salt and pepper Heat grill pan over medium high heat. In a large bowl toss asparagus with olive oil and salt and pepper. Brush tomatoes with remaining olive oil in bowl. Grill asparagus and tomatoes, separately until tender but not falling apart. In a bowl combine garlic, mustard, balsamic vinegar, and olive oil with a whisk or hand blender. Season to taste with salt and pepper. Serve grilled vegetables drizzled with vinaigrette.

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Want to save money on your protein powders? Just use half as much, mixed with one-cup egg whites in place of water or milk.

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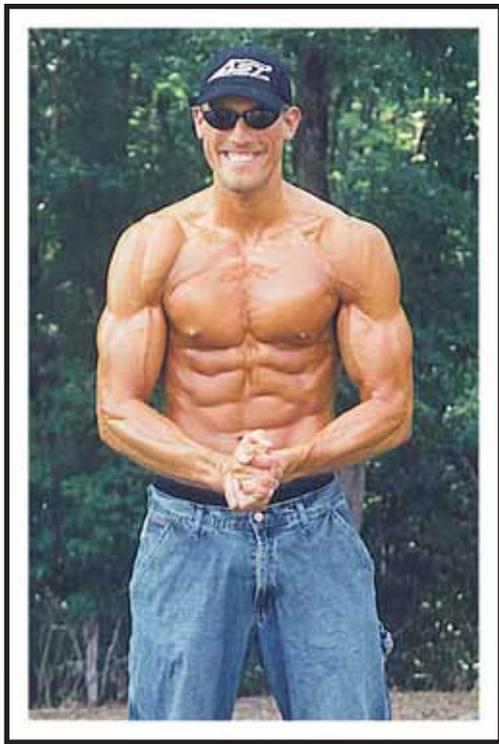


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the hardgainer

It's not the the workout program ..it's

YOU



By Russ Yeager

The majority of us have read countless bodybuilding and fitness magazine articles and books, watched every DVD and video on training and nutrition, and tried every workout program, diet, and supplement under the sun. Yet, the vast majority of you reading this particular article still have not achieved the bodybuilding and fitness goals you set for yourself. Well, if the very same programs that have produced chiseled, muscular, healthy physique for others have not done the same for you, then what is the answer? That's right, its you!

That may seem a little "in your face" and maybe it is. However, as a fitness professional my job to help get you the results you really want and to stay motivated while working towards those results. It's not to be nice (although I am a pretty nice guy too). The truth is that just about ANY muscle building or fat-loss program out there will work to some degree. Yes, some are more effective, efficient, and safer than others, but they all will work.

Let's say that I have two clients; Client A and Client B (yeah, I know, real creative). I can put Client A on my absolute best periodization macrocycle training routine, perfectly timed and proportioned elite athlete level nutrition program, and top of the line nutritional supplements, while I get Client B working on a very basic weight training program, eating 5-6 small frequent meals throughout the day, drinking lots of water, and taking only a multi vitamin and some whey protein. Who is going to get better results? Client A of course, right? How about if Client B is more focused, more consistent, and more diligent about following through every day on his program compared to client A? Client B every single time!

Some personal trainers may argue with me and that's OK. That's because they want people to think that they have the "secret recipe" for success and

you need to hire them to find out what that is. I have news for you. There is no secret recipe! Don't get me wrong. I'm not saying that personal trainers and fitness professionals are worthless. I would be an idiot to since that's my profession! However, I believe the role of a fitness professional is to properly educate clients on safe, effective training and proper nutrition, and most importantly to make sure clients actually follow through with the program. It all comes down to motivation and accountability.

So now that we know it's not the program, my advice is to find a training and nutrition program that gets you excited and motivated. Have a fitness professional look over it to make sure it is safe and effective (it probably is), and then GO FOR IT! If I have a client who is completely fired up about a new hot workout routine or nutrition plan then I'll help them implement it, get the most out of it, and hold them accountable to follow through (as long as it is safe and effective). I don't care if it's the Zone Diet, Atkins, Mediterranean Diet, or spaghetti squash and grapefruit diet.

It's the underlying principles, consistency, and follow through that gets results. The sooner you understand and accept this the sooner you can focus on execution and getting results instead of searching for the "perfect" workout and nutrition program and then blaming outside factors when you don't get the results you want.

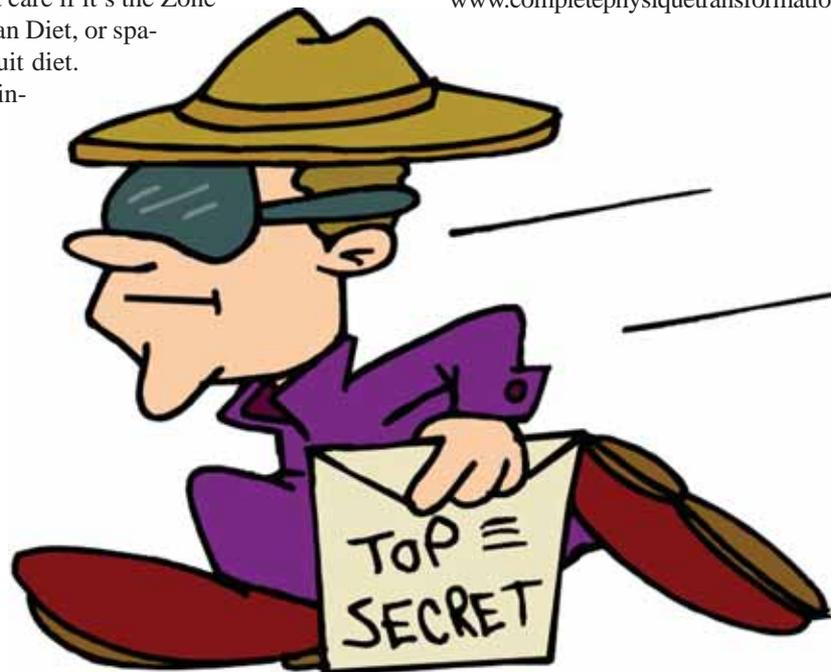
You have seen your friends achieve the type of results you want so you know it can be done.

Maybe it was easier for them then it will be for you and maybe it won't be. It really doesn't matter. What matters is having the focus and courage to do what it takes for YOU to get where you want, but that's a whole other article. Decide to take personal responsibility today for your health and fitness and watch what a difference it makes!

Russ Yeager is a 6'6' lifetime natural bodybuilder, fitness coach, and "Physique Transformation Expert." His passion is helping others make dramatic improvements to their physiques, health, and level of life happiness. Russ is a Certified Fitness Trainer (CFT), writer, owner of Russ Yeager's Fitness Solutions (<http://www.russyeager.com>), and owner of Fitness Together Personal Training Studio in Norcross, GA.

To obtain a free copy of Russ's brand new e-book "27 Must-Have Tips For A Complete Physique Transformation" visit [http://](http://www.completephysiquetransformation.com/)

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PUMP & BURN

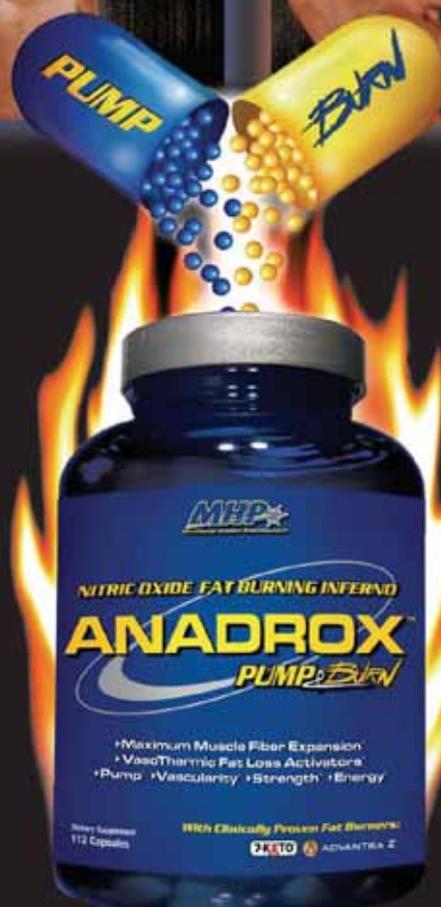
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pz's perspective

is your moral compass working?

by: Pz

She made the announcement to drop out of the competition. Not that she had a chance to win—most likely she would have only lasted a few more weeks—but it didn't matter. There were more pressing issues taking place in her life that required her immediate and full attention. The reality show just had to go. Apparently, she's decided her husband of 13 years has to go, too.

Sara Evans might not be the greatest dancer, but the girl can sing. A rising country star, Sara is just hitting her stride. With a steady string of platinum hits, sold out concerts, legions of adoring fans, and accolades from her peers, Sara has established herself as one of country music's leading female vocalists. Ironically, she sings about loving and cheating and all those traditional heart wrenching topics one would typically expect out of a woman with a big voice with tons of twang. Unfortunately, for Sara, it looks like some of those tunes are coming to life, in her own life. Makes one wonder how things could have veered off in such a tragic direction and ended up in a ditch.

The initial reports are pretty scandalous for a gal like Sara, for her young children, and, especially, for her husband, Craig Schelske, who has previously walked in some serious political circles. (In 2002, he had an unsuccessful bid for Congress from the state of Oregon.) Allegations of adultery might not carry the same shock and awe value as in days gone by, but just ask the person on the receiving end, and you'll soon discover that nothing about this deceitful act has become commonplace. Allegations of inappro-

priate marital misconduct can cover a lot of other sticky bases, and the old stand by, irreconcilable differences, is included to round out the graphic, explicit, and disturbing charges that Sara now makes in the divorce papers she has filed against Craig. Craig, thus far, adamantly denies these accusations. In time, we'll see how this sordid tale plays out.

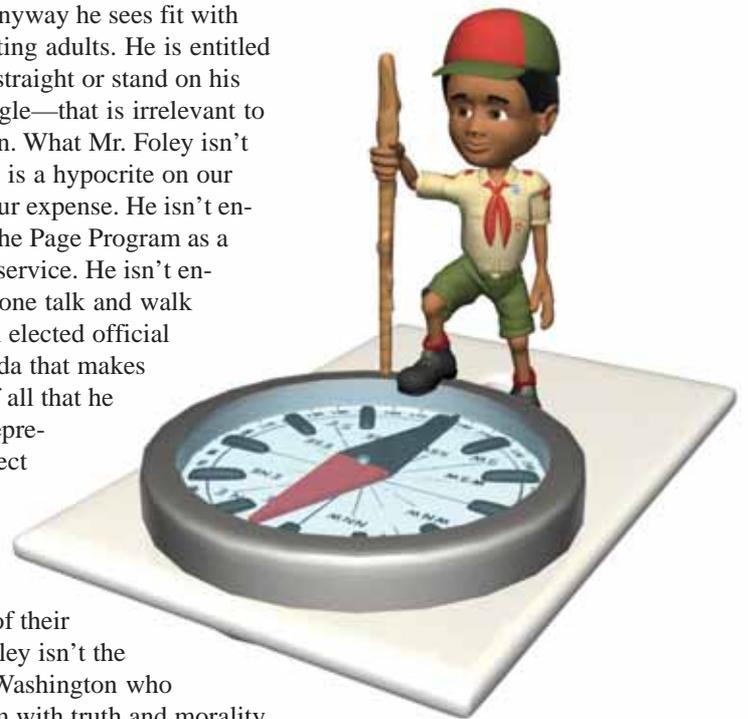
Another beauty, Christie Brinkley just resurfaced from her marriage meltdown in seclusion at Heart Break Hotel—to become the new voice of the Hyatt. (You can get a wake-up call from the supermodel and a buck from each call goes to Make-a-Wish Foundation.) Christie got her own wake-up call earlier this year when she learned Peter Cook, her architect husband of 10 years, was having an affair with a teen. Here's yet one more example of an individual operating with no moral compass, who had everything to lose and nothing to gain, beyond what the stoking of the ego brings when an 18 year-old personal assistant says yes to your charm, your money, and your advances. What was he thinking? Where was his compass? Was it even working? Peter, unlike Craig, came clean and admitted to what he couldn't escape, and hoped to salvage his wife and family, but the damage was done and the marriage is history.

Without question, the former Representative from Florida, Mark Foley, checked his moral compass at the door when he entered the hallowed halls of Congress. Conveniently, he only referred to it when the time came to make legislation that required sitting in judgment on issues regarding higher moral ground. Mr. Foley is entitled to his sexual preference and to

live his life anyway he sees fit with other consenting adults. He is entitled to be gay or straight or stand on his head and juggle—that is irrelevant to the discussion. What Mr. Foley isn't entitled to be is a hypocrite on our time and at our expense. He isn't entitled to use the Page Program as a built-in chat service. He isn't entitled to talk one talk and walk another as an elected official with an agenda that makes a mockery of all that he purports to represent. We expect more from our leaders.

Exercising good judgment is part of their job. Mark Foley isn't the only one in Washington who has a problem with truth and morality. Perhaps we need to examine all our leaders a little more closely, do a little House cleaning and toss some of these rotten apples out of office—it's called voting! He is the one, however, we're zeroing in on at the moment—his infractions are too egregious to ignore.

Sara's husband Craig, Christie's husband Peter, and Congressman Foley lost their way out there on the path of life. They consciously took a couple of wrong turns and now they have to face the music. Their moral compass wasn't pointing them in the right direction. Maybe it was broken and in need of repairs. Maybe they just weren't paying attention. Maybe they were too arrogant, or too drunk, and thought the rules didn't apply to them. What about your compass? Are you



traveling down the right path? Is your moral compass working?

Pz's Pointers to following your moral compass:

You're only as good as your word—Strip away all the external trappings and what you are left with is your word. In the end, it is all you really have. Before lawyers and lawsuits a man's word was his bond. A handshake was as powerful and reliable as any contract written in blood. We have traveled far a field from those simpler times. We have slowly chipped away at the fabric of honor and truth pushing the line that used to be so unmistakable further and further off into the distance. That line, that used to be so clear, has now become blurred. When you speak one thing and do another

you diminish your true value and sense of authenticity. You become phony and fake. When you give your word, you must mean it. When you make a promise, you must keep it. When you make a mistake, you must own it. When you hurt someone, you must fix it. Fix it by fixing yourself. When you say what you mean and mean what you say your words have real meaning and are taken as such. When you stand up to truth when you have fallen down in the face of it, you will find your way back to that pure place where the line will once again be crystal clear and within view.

Don't allow immediate gratification to dictate your actions—We are the best society in the world at wanting our quick payoff and easy reward. Sometimes we just can't get what we want when we want it and maybe we shouldn't. Building character comes from layer upon layer of life experiences. Hall of Fame football coach, Vince Lombardi, once said, "The dictionary is the only place that success comes before work. Hard work is the price we must pay for success. You can accomplish anything if you are willing to pay the price." When your moral compass is set with that philosophy in mind, you will find your way even in the dark.

Distinguishing between thought and deed— When running for President, Jimmy Carter was interviewed by Playboy magazine. The story has become classic. Somehow in the questioning, his words got taken a little out of context. It was reported that he had lusted in his heart for other women but wouldn't act on the feelings because he was a loyal, married man, and this behavior would be off limits and not appropriate. In this case, the fact that he expressed the thought turned out to be worse than if he had actually committed the deed itself and it almost cost him the election. Later, Mr. Carter explained what he meant was it was normal to have such thoughts, but acting on them was another situation entirely. He was making the distinction between thought and deed. Some would disagree with the former President, saying the thought—good or bad—is as potent as performing the deed. Others would say it is the deed—good or bad— that matters and the deed that ultimately determines who we are as conscious or unconscious individuals. For example:

You might feel so much rage towards someone that you think of killing them. Your thoughts, if carried out, can have calamitous results. Each one of us has to decide what we do with our less than positive thoughts, that if acted upon would harm another or have some dire consequence, or whether, instead, they constitute acknowledging, letting go, and filing away in the recesses of our mind. Your moral compass can help you distinguish between the two and act responsibly and accordingly.

The role of parents —And just where does this sense of morality originate? Most of us were raised by honest, hard working, loving parents with an obvious set of ethics and integrity. Even if they were divorced they instilled the best sense of right and wrong they were able and we respect them and their opinion of us and the world around us. Even if they weren't perfect and made mistakes, we still revered them. They were the touch stone for the foundation we developed as thinking and caring human beings. Reflect on all the things you have done that, if your mom or dad knew, would cause you shame, embarrassment, or put you in a bad light in their eyes. Parents are an extended conscience, a built-in gauge of where the line is that we shouldn't cross. They helped us draw that line. No matter how old you get that gauge remains embedded in your soul and their influence is part of that moral compass that directs you through life. When our parents are proud of us it makes us feel as though we have done something right, something worthy, and, therefore, are worthy individuals.

The importance of forgiveness— Isn't it interesting how we break a rule or commit a crime or do that which we know to be harmful or hurtful to others, sometimes over and over, and don't stop until we get caught? Then, we are remorseful, and throw ourselves on the mercy of the court—so to speak—check into rehab, cry, promise change, plead insanity or stupidity, and beg for forgiveness. Human beings aren't perfect and do make mistakes—some big, some small. It's the nature of this flawed beast. Human beings are also forgiving. Forgiveness is something that shouldn't be taken for granted. It isn't something that should be expected, either. Be open to forgiving others. Who knows, you might head off in the wrong direction, lose your way, and be in need of your own forgiveness someday.

Living your authentic life—What you do when no one is looking is as important as how you behave when everybody is. It should be obvious by now that stuff comes out in the wash. Eventually, it just does. We are all meant to live our highest calling. We are put here for a reason and a purpose. There is a framework within where we all must live and co-exist—ever striving for peace and harmony. Each one of us plays a vital role in the grand design. Each one of us is obligated to make a contribution that only we can make. When we opt to do wrong rather than right our actions have a ripple effect. So too, when we opt to do right rather than wrong the same principle applies. When we know the difference we have an obligation to do better. We must. Our moral compass is a tool in our bag of life that helps us navigate

the course. It needs to be in fine working order to get us the results we need. The closer we get to living our best, most honorable, and most trustworthy life, the closer we are to becoming the authentic, unique, and extraordinary human being we were born to be.

Pz is a motivational writer specializing in the area of relationships and the human condition. Have a topic you would like to feature? Contact Pz with ideas, questions, or comments: pzpower@aol.com

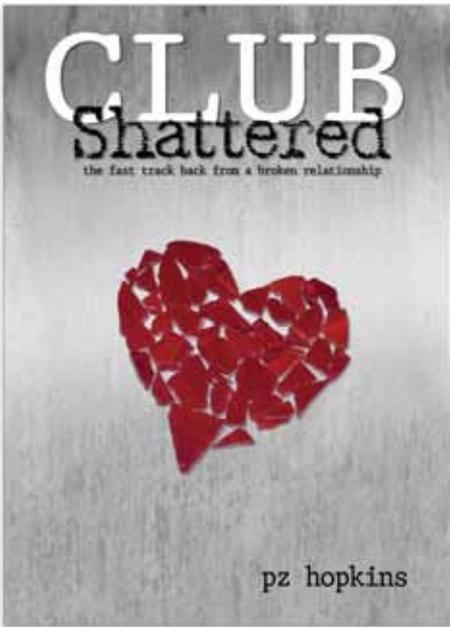
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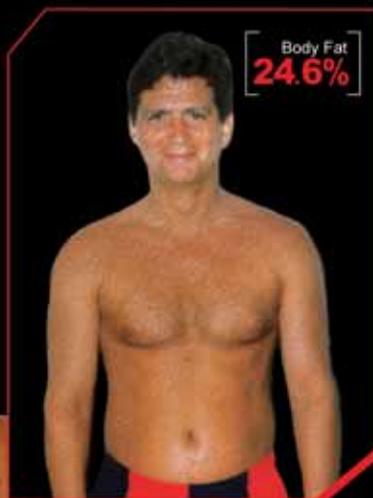
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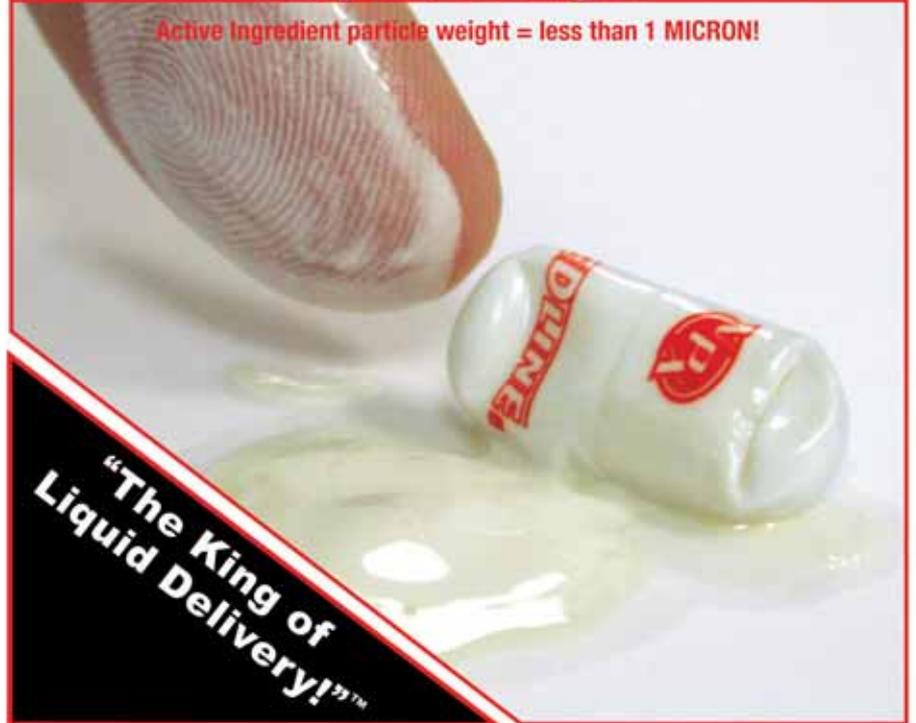


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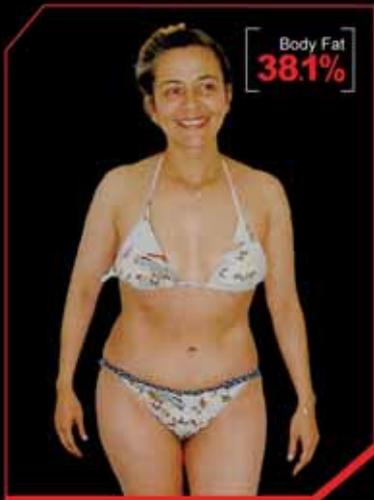
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FAT%	19.7	5.9	
(LBS)	42.4	12.4	30.0
MUSCLE	172.6	197.4	24.8

	PRE WORKOUT	POST WORKOUT	PROGRESS
WEIGHT	230.0	208.4	
FAT%	25.7	5.8	
(LBS)	59.1	12.1	47.0
MUSCLE	170.9	196.3	25.4

	PRE WORKOUT	POST WORKOUT	PROGRESS
WEIGHT	227.0	209.4	
FAT%	29.3	7.7	
(LBS)	66.5	16.1	50.4
MUSCLE	160.5	193.3	32.8



Body Fat
26.3%

(Before)



Body Fat
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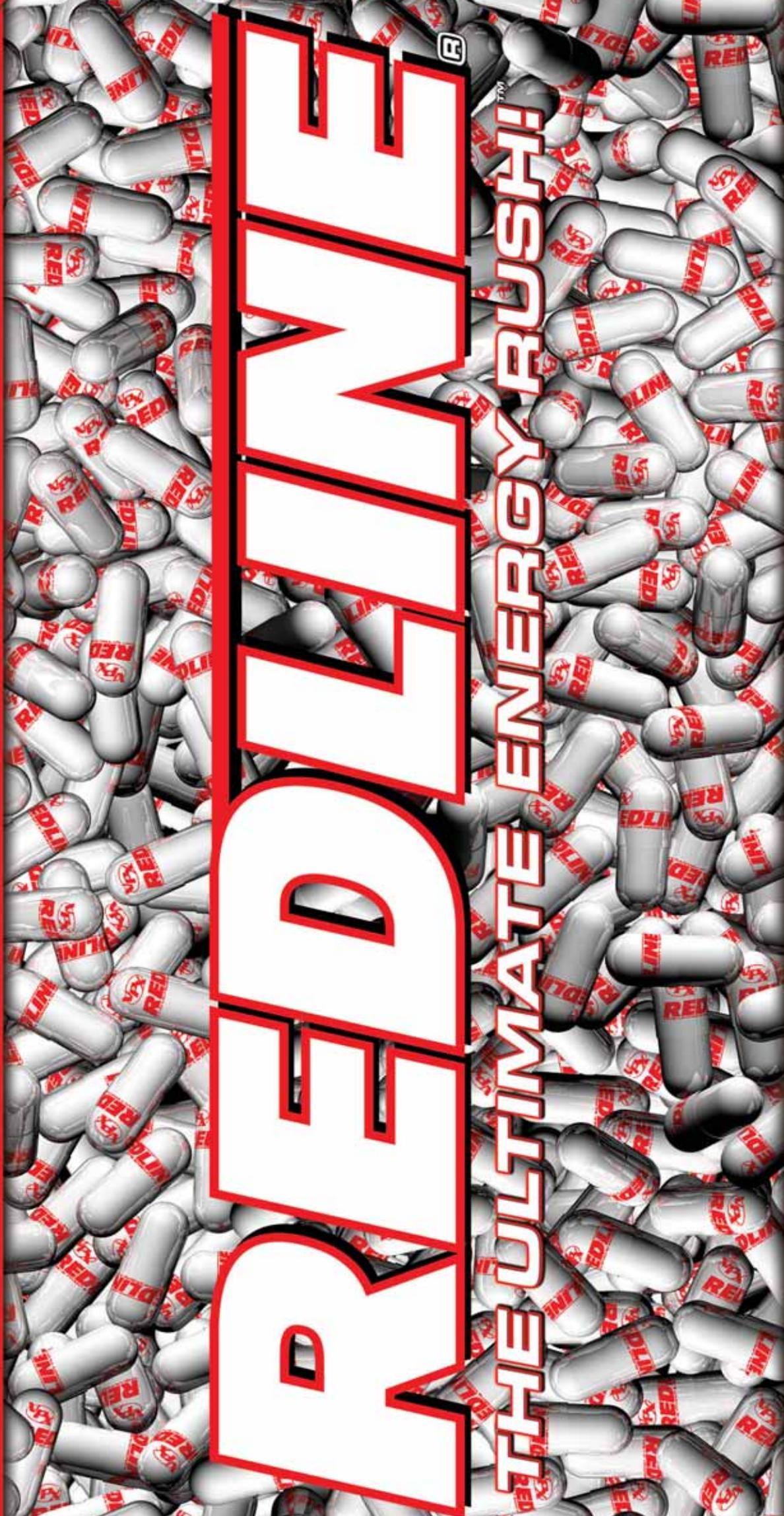
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By Eric Hoult B.S., Pro Bodybuilder
Special Feature: Shandi Carline
Photos by Axisdzn.com

QUAD TRAINING

Shandi's Current workout Schedule is:

Monday-Shoulders/Chest/Back

Tuesday-45 min. Treadmill

Wednesday-Biceps/Triceps/Abs

Thursday-Cardio 45min

Friday-Quads/Hams/Glutes

Saturday-Outside Sport

Sunday-REST.

You can contact Shandi at:
www.shandicarline@yahoo.com

In this kinesiology segment, we are taking a look at Shandi's Quad routine and different muscles in the lower body region. This segment will give you some great information that will help or even change your existing workout.

These are the exercises that we'll cover:

I. Leg Extensions

II. Smith Machine Lunges

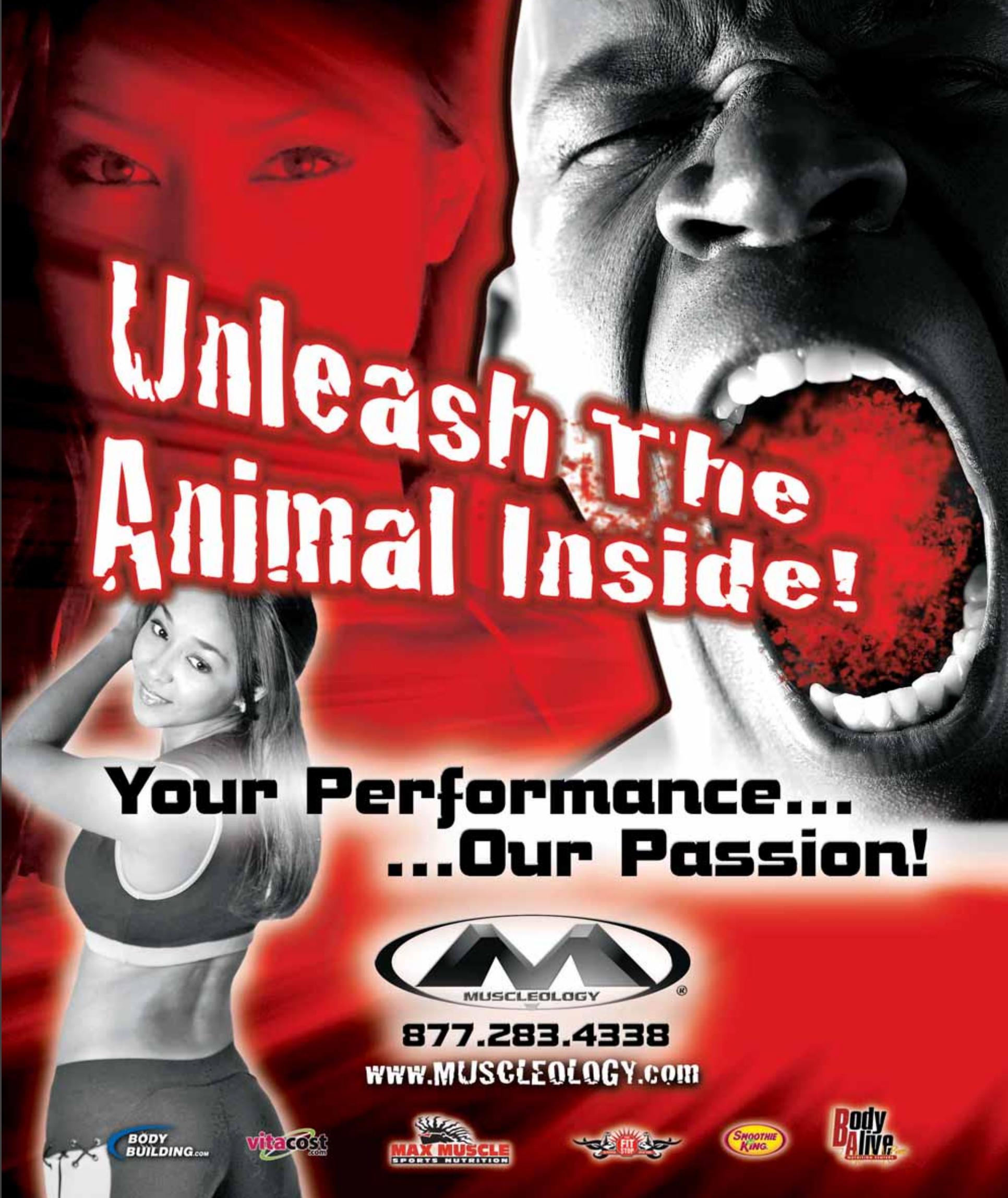
III. Ball Squats

IV. Hack Squats.

In these different exercises, we will cover muscles that are emphasized, execution, form, musculology, and the anatomy of each exercise. Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer if you are having any problems performing these exercises. Always remember to stay tight and strict in all your movements, and train with good mental focus.

Until next issue's training segment, make time for your health & fitness goals. Always be consistent, incorporate new ideas, and stay committed to make changes to your Mind, Body, and Spirit. Train with Heart and Train Desire. GOD BLESS

great QUAD. routine on the next page ...



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Hack Squats

Muscle Position and Execution:

- Start off with shoulders on the pads & knees bent
- Feet can be close together or shoulder width
- Make sure your back and shoulders are back against the machine
- Press up and move both handles out
- Squat down in a controlled fashion, slight pause at the bottom
- Repeat Movement

Tips and Form:

- Squeeze the legs and butt tight at the top of each rep
- Keep your knees slightly bent at the top when you are in the starting position
- Use a nice controlled fluid movement on each rep & do not go to deep
- Always keep your feet flat on the floor & keep pressure on the whole foot



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Feet Together Leg Extensions

Emphasized Muscles:

Heavy Use: Vastus medialis, Vastus intermedius, Rectus femoris, Vastus lateralis

Muscle Position and Execution:

- Start off low back and butt tight against the seat
- Feet should be touching each other
- " Curl your legs up using the front of your legs (keep your butt in the seat)
- Step-1 Step Flex legs to the top position
- Step 2- At the top position flex your leg for 2 seconds
- Step 3-Lower weight to controlled fashion and slightly pause at the bottom of each movement

Tips and Form:

- Always start with a weight light enough to control
- Use the front of your legs in a controlled fashion
- Do not lift your butt up out of the seat during your set
- Use slow and controlled movements when coming to the top of the movement
- Try not to not to over flex at the top of the movement



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Smith Machine Lunges

Emphasized Muscles:

Muscle Position and Execution:

- ❑ Start ~~steroids online~~ with one leg forward and one leg back
- ❑ Start with knee slightly bent in the forward position
- ❑ Squat down bending both the front and your back leg
- ❑ Come to the bottom of the movement controlling the weight
- ❑ Push up with the front leg using the back leg to guide you
- ❑ At the top of movement squeeze the glute muscle on your back leg

Tips and Form:

- ❑ Very important to use a weight that is not too heavy
- ❑ Keep your both legs tight at all times during the movement
- ❑ Do reps in a controlled fashion, Do not bounce at the top or bottom
- ❑ Do high reps with controlled movements



Muscleology: The four quadriceps muscles primary action is to extend the knee-joint and causes the thigh to move away from the shin.

Muscle Anatomy: Located on the front of the thigh, the quadriceps muscles consists of the Vastus medialis, Vastus intermedius, Rectus femoris, Vastus lateralis. The Vastus medialis is located on the inside lower thigh, Vastus intermedius is the deepest of the muscle group and is located in middle upper portion of the quad, Rectus femoris lies on top of the intermedius in the middle-upper thigh, Vastus lateralis is located on the outside of the thigh and gives the quad it's sweeping appearance.

Ball Squats

Muscle Position and Execution:

- ❑ Stand with your feet together and toes elevated on a plate
- ❑ Keep the bar in the of your trap muscle so it do not hurt your neck
- ❑ Squat down keeping your knees together
- ❑ Squat down until you feel the ball touch you butt (NO BOUNCING)
- ❑ Do not sit on the ball
- ❑ Press the weight up using you glute and leg muscles

Tips and Form:

- ❑ These should be done at a moderate tempo
- ❑ Keep your chest out and your shoulders back
- ❑ Keep your hands more the shoulder width apart
- ❑ Keep torso tight and shoulders square
- ❑ Always use one fluid motion throughout movement- NO BOUNCING





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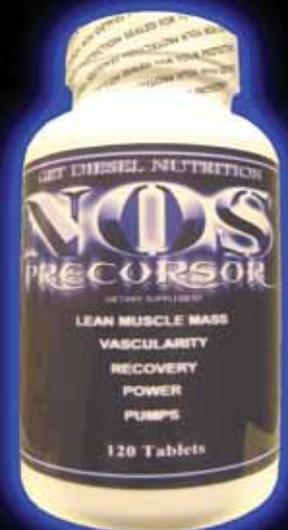
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By Hugo Rivera, BSCE, CFT (at the airport)

home gym equipment

get a great workout at home

There are many reasons why one may decide to have a home gym in addition to a commercial gym membership:

1-Variety 2- In case you miss your training at the commercial gym, you always have your home gym available. 3- No excuse to miss a workout when the commercial gym is closed.

With all of the fancy expensive gadgets that appear on TV it may seem very confusing for somebody that is looking to set up a home gym to know what to get.

Since I like to keep things simple and cheap, I believe that all you need to have an awesome home gym is a **strong and stable adjustable bench and a set of adjustable dumbbells**. With this limited equipment you can perform the following basic mass building exercises:

◆ **Back:** One Arm Dumbbell Rows (Palms facing your body), Two Arm Dumbbell Rows (Palms facing forward as if you were doing regular barbell rows), Two Arm Dumbbell Rows (Reverse Grip), Pullovers.

◆ **Chest:** Incline Bench Press, Flat Bench Press, Flyes (Incline and Flat).

◆ **Thighs:** Dumbbell Squats (hold each dumbbell by your side), Wide Stance Dumbbell Squats, Lunges (press with toes).

◆ **Hamstrings:** Stiff Legged Deadlifts, Lunges (pressing with heels)

◆ **Shoulders:** Dumbbell Press, Upright Rows, Lateral Raises, Bent Over Lateral Raises.

◆ **Traps:** Dumbbell Shrugs, and Upright Rows.

◆ **Biceps:** Dumbbell Curls, One Arm Dumbbell Preacher Curls (using the bench in its incline position), Incline Dumbbell Curls, Concentration Curls, Hammer Curls.

◆ **Triceps:** Dumbbell Lying Triceps Extensions, Dumbbell Overhead Triceps Extensions, Close Grip Bench Press, Triceps Kickbacks.



◆ **Calves:** Two-Legged Dumbbell Calf Raises (you can point your toes in, out or forward for variety) & One Legged Dumbbell Calf Raises

◆ **Abdominal:** Sit-ups, Crunches, Leg Raises, Knee-Ins, V-Ups.

If you also get yourself a **squat rack with a chin-up bar** in it, and a dip station along with an **Olympic set** then you have just added more exercises to your arsenal. Also, if the weight bench you bought has a good **Leg Extension/Leg Curl attachment** to it and a **Pull-down bar**, those are even more exercises added to your list. These are additions that I would recommend for the very serious bodybuilder.

Somebody that is trying just to firm up and get in great shape however can certainly just get by with the dumbbells and bench alone. The key here is the quality of the equipment. Unfortunately, I have seen



a lot of crappy things out there on the market. The best sets of dumbbells that I recommend for home use are the **Powerblocks** and the **IronMaster Quick Lock Dumbbells**. The reason for this is that they save a lot of space, they are easily adjusted in weight and very safe.

If you choose to go for a different set of adjustable dumbbells, then my next best recommendation is that you look for those that secure the weights on the sides on a very reliable manner. As far as the bench, go for a strong one that is stable and does not wobble when you start adding some serious weight. Again, safety in this matter is key. If you try to save some money by buying crappy weightlifting equipment it may turn out to be more expensive on the long run.

To the right, I have listed a few routines that can be built using this limited equipment.

Conclusion

Successful advanced bodybuilders are able to determine how much volume they need in order to stimulate muscle growth while avoiding overtraining. Therefore, the later routine may be modified according to the needs of the advanced bodybuilder.

In other words, someone more genetically gifted who can tolerate higher amounts of volume may be able to handle 5 sets per exercise while another bodybuilder with less than optimal recovery capability may handle 3.

I hope that with the routines above have provided enough ideas on how to setup a weight training program with minimum home equipment. Note that even if you have a gym membership, you can still use these routines for those days that you cannot make it to the gym. Also, since what these routines require are only dumbbells and a bench they are great to follow at the gym when such is crowded. You just need to secure a bench and then the dumbbells.

Finally, don't feel restrained to following my routines exactly as laid out. Feel free to make up your own as well based on the knowledge that you now have.

So there you have it. No more excuses to miss workouts and no more waiting in line at the gym for equipment. Good luck to all of you!

About the Author

Hugo Rivera, *About.com's Bodybuilding Guide* and *ISSA Certified Fitness Trainer*, is a nationally-known best-selling author of over 8 books on bodybuilding, weight loss and fitness, including "The Body Sculpting Bible for Men", "The Body Sculpting Bible for Women", "The Hardgainer's Bodybuilding Handbook", and his successful, self-published e-book, "Body Re-Engineering". You can visit Hugo Rivera at www.bodybuilding.about.com and at www.HRFit.net.

Advanced Bodybuilding Routine

Day 1 - Shoulders and Arms

Triset:

- ◆ Dumbbell Shoulder Press
- ◆ Dumbbell Curls
- ◆ Overhead Triceps Extensions

Giant set:

- ◆ Dumbbell Upright Rows
- ◆ Lying Triceps Extensions
- ◆ Overhead Triceps Extensions
- ◆ Incline Curls

Triset:

- ◆ Lateral Raise
- ◆ Hammer Curls
- ◆ Bent Over Lateral Raises

Superset:

- ◆ Concentration Curls
- ◆ Triceps Kickbacks

Day 2 - Legs and Abs

Triset:

- ◆ Lunges
- ◆ Leg Curls
- ◆ Dumbbell Squats (Medium Stance)

Triset:

- ◆ Dumbbell Squats (Wide Stance)
- ◆ Leg Extensions
- ◆ Stiff Legged Deadlifts

Superset:

- ◆ Dumbbell Calf Raises
- ◆ One Legged Dumbbell Calf Raises

Triset:

- ◆ Sit Ups
- ◆ Leg Raise & Crunch
- ◆ Knee Ins

Day 3 - Chest & Back

Triset:

- ◆ 75 Incline Dumbbell Press
- ◆ Two Arm Dumbbell Rows with Pronated Grip (Palms Down)
- ◆ Incline Flyes

Triset:

- ◆ Two Arm Dumbbell Rows with Supinated Grip (Palms Up)
- ◆ 45 Incline Dumbbell Bench Press
- ◆ One Arm Rows

Superset:

- ◆ Flat Dumbbell Bench Press
- ◆ Dumbbell Pullovers

Sets/Reps/Frequency

For this routine do 3 sets of 8-12 reps per exercise (Abs and Calves can handle 15-25 reps) on Day 1, and 3-4 sets per exercise on Days 2 and 3. Rest only 1 minute in between sets.

As far as frequency, you can either do 6 days a week or 3 days on, one day off. Others have implemented the routine just five days a week (weekdays) by starting out on Monday with the workout that follows the one done on Friday.

Body Sculpting Routine

Goal: Designed for toning and fat loss. However, also a great beginner's bodybuilding routine.

3 Days A Week Full Body Routine

- ◆ 75 Degree Incline DB Bench Press
- ◆ DB Bench Press
- ◆ One Arm Rows
- ◆ DB Pullovers
- ◆ Bent Over Lateral Raises
- ◆ DB Upright Rows
- ◆ Dumbbell Curls
- ◆ Overhead Triceps Extensions
- ◆ DB Squats
- ◆ Lunges
- ◆ Stiff Legged Deadlifts
- ◆ Calf Raises

Sets/Reps

Perform 2 sets of each exercise for 10-12 reps. Move up to 3 sets after 4 weeks. At 2 sets per exercise the routine lasts 45 minutes if you rest 1 minute in between sets. At 3 sets it lasts 60 minutes. Do cardio on the days off (20-30 minutes) and also do abs (4 sets of Leg Raises and crunches for 15-40 reps).

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JASON COHEN

It is hard to believe that I have been associated with Natural Muscle for almost ten years. I can remember the day I met Debbie like it was yesterday. We met at the Arnold Classic back in 1998 at the fitness expo. Back then I was writing for Iron Man Magazine, practicing as an attorney and still an amateur bodybuilder. In addition, I was associated with a start up supplement company called Performance Biomedical Labs. Ten years later, some things are still the same, but my life has become a bit more complicated.

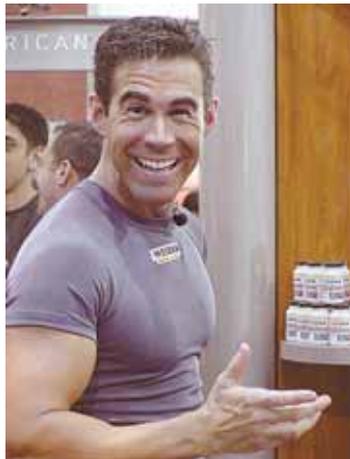
For starters, the most exciting change in my life has definitely been the addition of my daughter Carly. I have been married for three years, to Jessica, one of Natural Muscle's cover models and my daughter is now two years old. I am still practicing law (part time) and still bodybuilding. I earned my pro card in bodybuilding about six years ago and have since retired from competitive bodybuilding. Believe it or not, that small start up company, PBL, has become my full time work. I have been instrumental in developing new products, testing new products and overseeing the entire operation. My job is basically to see to it that PBL remains as honest a company as the day it was started. I

still believe that there can be honesty in what has been labeled an "under-minded" industry. I still enjoy writing about fitness, nutrition and bodybuilding, which I am still very passionate about. I also pride myself in educating myself on a daily basis and passing the information on to the readers.

Finally, and very important to me is that I have maintained a special relationship



with Debbie Baigre. Debbie has not only been a person I have confided in over the years, but she has been a true friend. I have not had the time to write for the other two bodybuilding magazines I used to write for, but Natural Muscle has always been a special place for me. I hope I can be a part of the Natural Muscle family for another ten years to come. Thanks for giving me the opportunity to be a part of a great publication!



Comedien, Tim Wilkins

I am honored to have been a part of Natural Muscle and even more happy to see that it is still growing! I am still touring as a comedian, hosting bodybuilding shows and most recently have become the co-host of a morning talk show in the Tampa area's CBS affiliate called, "Studio 10". I look forward to seeing your magazine with its articles and hot pictures every month

PHOTOGRAPHER SKIP FAULKNER

Photographer Skip Faulkner made a move a couple years ago and is living in Maryland. "Living in Florida was the best, and I still come down for shoots, and to see old friends." Fitness is still a part of Skip's photography, but he has opened up his strong photojournalist style shooting style to weddings the arts, and other types of photography. Most people that know Skip in the industry had no idea how diverse his work is, and he actually shot a wedding in Belize last year, and is just having fun shooting what the world has to offer. Take a peek at his new web site, www.skipfaulkner.com.



where are

The backbone of Natural Muscle is it's on to other things, however they will always family. I asked them all to write in and let

PAUL PEAVY

He is still writing, speaking, and counseling with the theme of helping people, "Rediscover the Joy of Life!" He and his wife both finished their first Ironman triathlon (2.4 mile ocean swim, 112 mile bike ride, and 26.2 mile run [yes, all in the same day!]) "I have gotten so slow that I have resorted to doing triathlons so I did the Ironman as the Ironnerd".



SPICE WILLIAMS-CROSBY



I'm on a film, right now, with Luke Goss and Vernon Wells. I've had a good run of films this year that involved my acting, martial arts and stunt skills. I also have been asked to a run of infomercials involving supplements and I'm currently 18 months away from my doctorate in Holistic Nutrition. I was honored by the Academy of Television Arts & Sciences for being the founder of the Stunt Peer Group/Emmy. And in July, a 30ft Bronze Olympic Statue of me that I posed for, representing all the past, present, and future female athletes of the US Olympics & PAN AM Games, was erected in front of the US Olympic Training Center in Colorado Springs, CO. This year was full of travel, from the UK to Washington D.C.,

to sign autographs at SciFi conventions and next year will start my involvement in a major motion picture my husband, Gregory Crosby, is producing on the life story of Pfc Desmond T. Doss, the only American soldier in history to win the Congressional Medal of Honor without ever touching a gun. Gregory, my son, Luke, and I are all on a Fitness journey together. I'm going for my 2nd Dan in Arjkanpo and 2nd Brown in Eskrima, and Luke is going for his RED belt along with just achieving his yellow/green cord in Capoeira. Gregory, my gorgeous hunk, is benching 290lb and is ripped! A family that works together, trains together, eats healthy together, and spiritually evolves together....just doesn't get any better than that!

they now?

writers. Some have come and gone
 remain apart of the Natural Muscle
 us know what they've been up to.

I am still living in Studio City, CA with my husband Greg Goggins & 2 1/2 year old son. I have my own "Training with Hart" fitness facility on our property & work with high profile clients from well known actors/actresses, directors & producers to owners of big companies like "Guess" clothing. I specialize in Core Trunk Strengthening using my Physical Therapy credential & many of my clients are referred by a well known chiropractor in Beverly Hills. I'm also working on doing Fitness Camps with Coach Sylviane Chapoulaud (www.sylviane.com) at her Fitness Club in Pasadena, CA for girls who want to compete in Fitness for Figure & Fitness Routines & Sports Aerobics where I will go through my Competitive Edge Fitness Handbook which contains almost all the articles I have written for Natural Muscle and much more!! The camps will be starting in the Spring of 2007...keep checking into www.kimhartt.com for details.

**Kim Hartt-Goggins,
 with son Juliane**



I am also very involved in our church called "In His Presence" in Woodland Hills, CA. Both my husband and I teach Sunday school for 4th & 5th grades which we feel is a very important age for kids to really know their identity & who God is in their life before they transition into youth which as we all know has a lot more peer pressure than ever before...ESPECIALLY living in LA/Hollywood.

We have recently started our own Private Franchise e-commerce company that is affiliated with very big companies & is predicted to go into critical mass in the next couple of years with everyone now starting to shop more and more online. Our website is www.shopabundantlife.com and to enter it just put "guest" under access code & you can see our AWESOME Nutrition Health supplement line which is currently #1 on the internet. My husband is a very talented musician who plays the alto, soprano, tenor saxophones, flute, piano & is a singer/songwriter. He is working towards writing scores for big production films and we look forward towards opening our own music production company in the near future as well as expanding our family. Our son Julian is already in the gym doing weights...he is our little Bam Bam who is at 98 percentile for his height & the doctor says he has very advanced motor skills (of course I already have him in obstacle course training & we run every morning & do the monkey bars at the park!!).

I really enjoyed writing articles for Natural Muscle & believe it the best magazine out there for what is going on in the Bodybuilding & Fitness Industry & it is filled with both informative & inspirational information!! Thank you Debbie for your faithfulness to this fascinating industry & for producing such a great magazine for us every month for 10 years. Again, Congratulations on 10 years of Natural Muscle Magazine!! :):)

ELIZABETH WOZNIAK Director of Operations

Woz is living in Cleveland, Ohio and managing the Operations Accounting for America's Body Company, Inc..

In her spare time anabolic steroids for sale to stay in shape, she is playing women's tackle football in the NWFA league on the Cleveland Fusion team (Division Champs 2006!) as a defensive back and special-teams headhunter. "Cleveland is really a die-hard, home-grown sports loving town even thou we have trouble winning it all - but the women's team has gone further than the men's Pro teams have!"

Her other passion these days comes in the form of tending to her two airedale terriers, Macy & Bubby.



"If I might add, that working for Natural Muscle & DB really was an excellent five years of my life and as well



am still reading the mag. Folks today ask me how on earth I know so much about health, fitness, nutrition, supplementation & weight training — afterall I'm a bean-counter again, who is more in tune with labor standards and overhead variances than I am with tricep-curls and the benefits of taking creatine in sports. Sure, knowing what I know about operations accounting will help ABC earn bottom line dollars and the backing of the investment community, but what I have learned from being a part of Natural Muscle, and the friends I've made ;-) will last a lifetime for me."

Still doing what I do. Nutrition and Supplement Industry Consulting through Discovery Nutrition, Inc.



**ALAN SUGARMAN
 SUPPLEMENT ADVISOR**

SARA LYONS
 -ASTROLOGER

I am currently in my 14th year of business as a professional astrologer. Currently, besides seeing clients, I write for Paradise News, a St. Petersburg beach publication and New Times Naturally Magazine, our Tampa bay area Metaphysical publication.

This is my second year serving as President of the Astrology Association of St. Petersburg, FL. Last month I was the featured astrologer for WTAN's Starscope Radio show.

I am a member of the International Society for Astrological Research and the Organization for Professional Astrologers.



with Gina and Jamie

Looking for a fun way to tone *and* trim your lower body?

Try this lower body circuit with a training partner to tighten up and lean out all in one workout.



by Gina Ostarly and Jamie Eason
photos by: Walt Ostarly

1

Reverse lunges from a step(s) with 5-10lb dumbbell curls.

★ Start on top the step(s) lunging back with the right leg for 10 reps while curling dumbbells.

★ Repeat on left side.

The circuit consist of a 5 exercise sequence.
Rest 30 seconds between exercises.
Perform each exercises with strict and controlled form

2

Side squat off step(s) while holding same dumbbells used for # 1

★ Start on top of the step(s) squatting off the step with the right foot for 10 reps while holding dumbbells center.

★ Repeat on left side.



3

One minute step up/downs

★ Stand on your step.

★ Step down right foot, left foot.

★ Step up right foot, left foot.

★ Repeat for one full minute.



4

One leg squat on steps (or bench)

★ Begin in a sitting position on steps or bench.

★ Holding one leg off the ground, come to a standing position.

★ Slowly lower yourself back down slightly touching the steps/bench.

★ Repeat 10 times on each leg.

★ Holding your arms shoulder height in front of you will help you balance.



5

Standing alternating lunges (not shown)

★ Start with feet together.

★ Lunge forward with right foot keeping weight centered, push back to starting position.

★ Alternate right and left.

★ Repeat 10 times.

★ Rest 3 minutes ★ Repeat exercises #1-5 ★ Repeat this circuit 2-3 times.



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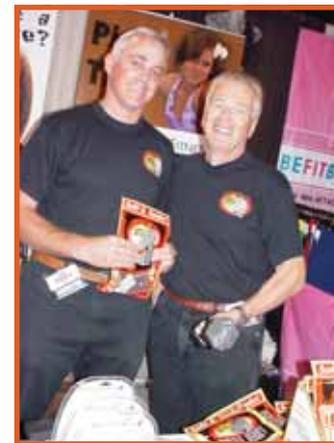
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BODY BUILDING



Recently, I had the pleasure of shooting with the one and only Coach A! My shoot with John was in Miami, Florida at the Eden Roc Resort and it was done with a level of professionalism and fitness that I, quite frankly, have not experienced with others.

Although we were in a somewhat crowded pool area, John took shots of me that were powerful, artistic and captivating; all while utilizing the light and natural colors around us to bring out features I didn't even know I had! He made me feel completely relaxed, his cues were motivating, and he was respectful to my person and to my comfort level with regard to posing.

I was so happy with the images and the whole experience that we are already talking about another shoot! He also created a beautiful comp card and business card for me. I must also mention the fact that he is a great guy and perfect gentleman!

Feel free to contact me for a reference and check out his website for Coach A's new web portfolio!

-Brooke Doran

JW Atherton Photography
 ateamx@patriot.net www.ateamxtreme.com
 703 450-1658



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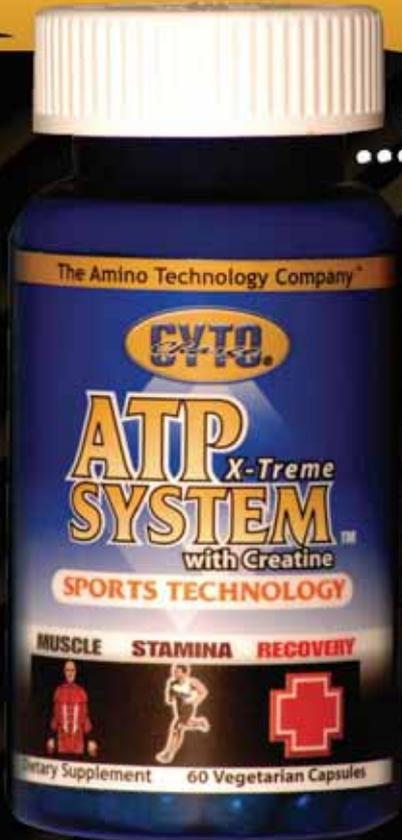
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- Ergopharm (*6-OXO, Ergolean Amped*)
- HDT - Human Development (*Pro Blend, 5+1 Protein*)
- IDS - Innovative Delivery System (*Creatine Titrate*)
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- Luna Bars
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- MHP - Maximum Human Performance (*Trac, Up Your Mass*)
- MMUSA Creatine Serum (*ATP, Xtra, Thermo, Stratos*)
- Muscle-Link (*Muscle Meals, Creasol*)
- Muscle Sandwich Bars
- Muscletech (*Hydroxycut, Cell-Tech, Nitro-Tech*)
- Nature's Best (*Isopure*)
- Next Proteins (*Designer Protein, Detour Bars*)
- Nutrabolics (*AE2, NOZ, Diabolo*)
- Nutrex Research (*Lipo-6, Vitrix*)
- NVE Pharmaceuticals (*Stacker*)
- Optimum Nutrition (*Pro Complex, Serious Mass*)
- PDS (*The Natural Bar*)
- Pharmagenx (*Ventilean, Mojo*)
- Powerfoods (*Powerbar, Harvest, Powergel*)
- Premier Nutrition (*Eight, Odyssey, Protein 40 Bars*)
- Primaforce (*Substance, Thermal Rage*)
- Pro Fight Supplements (*Pitbull, JPF-1*)
- Prolab Nutrition (*Cuts, NLarge, Matrix*)
- Promax (*Promax, Oatgaceous, Rampage Bars*)
- Protan Performance Brands
- S.A.N. Nutrition (*Vault, Tight, V12*)
- Scivation (*Neurostim, Xtend*)
- Six Star Nutritionals
- South Beach Diet Bars
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MHP

MAXIMUM HUMAN PERFORMANCE

Athlete of the Month

Kristen Arntz-Poltorak



Height: 5'5"

Weight: Contest - 125 lbs; Off season - 145 lbs.

Home: New Jersey

Career: Real Estate Assistant

Personal Accomplishments:

2003 NPC Queens, 1st Place and Overall Figure

2003 NPC Physique, 1st Place Medium Class

2005 NPC Bev Francis, 1st Place Medium Class

Favorite Body Part: Shoulders

Favorite Exercises: All shoulder exercises

Favorite MHP Products: Proabolic-SR protein - its unique sustained release technology supplies my

body with high quality aminos all day long. XPEL is the best diuretic on the market today.

Training Beliefs: The effort you put into your training = the results you'll see

How, when, why, did you get started? My best friend Barbara Moran (Blanco) inspired me to get involved in fitness, and my divorce pushed me to compete!

Best Advice: Have a solid support system, stay focused and don't let anything stand in your way.

Contact Info: figuregrl2003@aol.com

welcome to my world

interview and photos by:
Dr. "Coach" Atherton

INTRODUCTION

I know I have spoken and preached before crowds, played and coached football before thousands; yet, I am actually a little shy when around lots of people. I can rise to the occasion, but I think I prefer to sit back, just watch and analyze folks. I find it difficult, mostly because there are a lot of nuts out there, owning a camera, thinking and promising anyone they shoot that they will now be famous, to approach someone I do not know and see if they are interested in a photo shoot and maybe be in my column. Case in point, 2005 Miami, FAP, I shot on stage a schoolmarm! Pizzazz, boom, and spunk collided with beauty, wit and reality to produce a "Kodak moment." I remarked to my TW, aka, *The Wife*, "I would like to shoot the tall blonde in the pink racing suit." She said, "Why don't you do it!" "Well, I don't know her!" That afternoon as I was walking out the hotel door to the pool for another shoot, Brooke Doran invaded MY WORLD and really wanted to shoot! From our first meeting, I loved her strength, assertiveness, and charm! Something beckoned me to get to know her better. I did and, as a result, you too are WELCOMED in MY WORLD..... You think, do you think she will be FAMOUS?



Born:	Emporia, Kansas
Marital Status:	Happily married with 3 beautiful, happy, <i>loving life</i> girls: Lexie 17, Annalee 11 and Chole 4
Education:	Master's degree in Education
Age:	<i>C'mon now...42!</i>
Height:	5'7"
Weight:	<i>You're killing me!</i> Off season: 135 In Season: 128

BROOKE DORAN

What do you consider your greatest lesson learned?

I tend to put my hands in too many cookie jars! I take on too much and try to cram as many accomplishments as I can into one day. I am learning to slow down and live in the moment- life should not endure amid rush every single day. Lately, if I am tired or my kids ask me to, I'll skip the gym and just hang out, which is an entirely new concept for me!

Is there anyone you would like to thank?

I have tons of people to thank -mostly my late grandmother, who encouraged me to attend college ever since I can remember. My Mom, for her "tough love" approach (which I still get!) and my husband, who has loved me and is enabling me to be me, to love myself in the right way! Also, I have to thank Cathy Savage and Jodi Jones, who have given me the confidence I lacked for many years! Coach Cathy has given me the sense of self-empowerment as well!

What do you consider your greatest triumph(s)

I have a few, which basically all revolve around the same situation. I was in an abusive marriage to with a man who had a horrible drug addiction. To survive, I had to leave this relationship, raise my 2 girls, go back to college and then find a job. I did somehow managed to hold onto my house and accomplish all of those things, but it was torture. In retrospect, my workouts and eating healthy really helped to pull me through.

What do you do for a living?

I teach 5th grade in Bridgewater and also do personal training and fitness classes at USA Health and Fitness in Pembroke Massachusetts

How/Why did you get involved in fitness?

I was working at Body to Soul, in Pembroke, Ma and Cathy Savage came in to talk about competing. My boss had suggested I listen to her. 5 minutes into her presentation, I realized my boss wanted me there because she thought I should compete! I was NEVER going to step on stage! I only went to Cathy's training sessions because my girlfriend didn't want to go alone. I was trying to have another baby and just didn't think I could ever be in that type of condition to compete. The energy there absolutely consumed me - the women, the workouts, the FUN! One of life's ironies, my girlfriend ended up getting pregnant and I ended up competing!

Who influenced you the most athletically and academically?

My Mother influenced me academically. She is one smart cookie! She married young and never went to college and has managed to work her way up to a very successful position. I admired her for doing so. All of my friend's mothers stayed home, but my mother worked and raised my brother and I. I knew I wanted to do the same. She is responsible for my strong work ethic. My brother Dave and my Dad influenced me athletically. I was a major Tomboy when I was younger! They always took the time to throw the ball around with me and I played sports all through school.

Who do you admire the most?

I admire so many people, all for different reasons. The ones who get to me the most is someone who beats the odds to achieve what they want to achieve. I am a firm believer in making things happen independent of the circumstances. I like people like who understand you play with the cards you are dealt and you don't complain!

What did you think about your first competition?

Ha! I was totally unprepared! I made the cardinal mistake of matching the color of my eye make-up to my suit color, which was Royal Blue! (So sorry Cathy!) I didn't place, but I did learn something very important about the caliber of people about TEAM SAVAGE: We were backstage, lined

up and watching Mandy do her Shooter's routine. Suddenly, she broke her thumb, ran backstage, and was writhing in pain. When the MC called the Figure Line out on stage, Teammate Katie B all over Mandy, soothing her, calling for ice and taking care of her. She missed her stage call and could have cared less! Mandy was her number one concern. Think of the weeks of training and she let it all go! *I knew I was with the right kind of women at that point!* Incidentally, Katie was later able to complete her turn!

Who do you want to emulate?

Athletically? Monica Brant is my fitness idol. She is just so down to earth, happy with her husband and always smiling!

How do you want to be remembered as an athlete?

I want to be remembered as an athlete who is a positive role model to women of all ages. I didn't start competing until I was 41 and I want all women to know that it is never too late!

What traits do you value the most?

Honesty, reliability, compassion and patience are at the top of my list: I am learning the patience bit!

What do you see that is good in Fitness today?

I love the fact that there are so many opportunities. We are not all built the same: there is a niche for everyone. I also applaud the fact that women are being discouraged from becoming too lean. I love the new look of Figure! Also many local shows allow athletes to get their feet wet on a smaller stage without having to qualify first - awesome!

What needs to change in Fitness today, in your opinion?

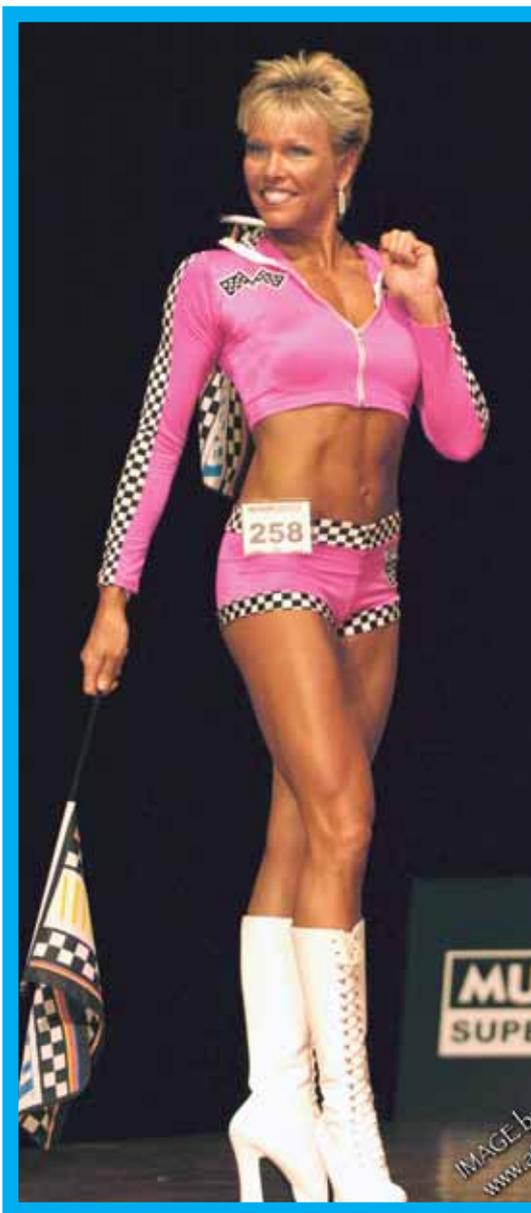
Federations need a very seasoned panel of judges. One show I did last year had the head judge looking for judges out by the pool! There needs to be consistency in judging. I would train and eat differently for an FAP show than I would for an NPC show. I would also like to see more definition between Figure and Bikini in some federations.

What would you like to say to the reader of NMM?

STAY NATURAL and remember not to expect overnight results. Also, remember that after the show, when you are not cut and lean and stage ready, that you are still beautiful and worthy and successful!

Who do you want to thank?

Coach A, you are true to your word! Thank you! Steve, Coach Cathy and my girls, you keep things real!

What are you doing today?

I am interested in talking to kids about dieting, self-image, steroids, fitness and living a healthy lifestyle. The media is bombarding kids today with mythical information on sugary snacks. Also, I am currently working on a product that I call Brooke's Buff Muffs. These are all natural protein muffins that are best utilized as a Post Workout snack. They contain whey protein, egg whites, carrots, bananas and flax meal and are simply delicious! I am working on a website. My portfolio can be viewed at www.ModelMayhem.com model # 18986

What is your passion? What makes you tick?

My passion is to live each day to the fullest! Balancing work, fitness, family and marriage is what makes me tick! I want to be the best at everything I do!

Sum up your philosophy of fitness/athletes in one sentence?

Fitness athletes are self-driven, tenacious, fun loving people!

What else do you want the readers to know about you?

I am no different than anyone else! Some of you readers are saying, "Oh, she has more time than me, or more ambition than me or what ever.... PLEASE, I use a little creative time management and hard work in the gym, YOU CAN DO IT TOO!"

Who are 10 people you would like to have a cup of coffee with?

Jesus, Oprah Winfrey, Princess Diana, Bob Marley, Albert Einstein, My deceased grandmother, Mumsie, John F Kennedy, Monica Brant, Tiger Woods, John Berardi- Nutrition and Fitness guru!

If you were on a desert island, who/what do you want with you?

My family, Ipod, Computer, Sunglasses, Protein Powder, Freezer full of ice cream, Coach bag full of toothpaste, toothbrush, hairbrush, lipstick, sunscreen and bottled water, Reading material, Fresh herbs, Chickens...*gotta have those egg whites!!*

If you had a magic wand and could instantly change something about your life, what would it be?

If I could change one thing about my life...I would definitely change the fact that I am forced to work in order to support my family. Although I truly love teaching children, there are many days I PRAY that I could devote 100 percent of my attention to my own children, husband: to be there for all of their activities, school functions, sports, etc. Teaching is bittersweet - I would home-school my children and be a full time wife and mother. I constantly have to slow myself down and I am constantly prioritizing. It gets exhausting sometimes and my kids will only be young once! *So, where do I get this wand?*

Coach A can be contacted for training/Photography through www.ateamxtreme.com. Check out his new web portfolio!

obstacle course training

how to clean the CARGO NET (the most technical obstacle)



By Lori Anne Lloyd

The cargo net is the most technical obstacle on the course and it is where you can save the most time on your run. To get a better grasp on completing this obstacle clean and free of blunders, we will break the technique down into categories of the approach, ascent, transition and descent.

The technique literally starts with the obstacle prior, which is usually the balance beam. In approaching the net you want your key foot to attack it. This would be the same foot you use on the wall so that you have that same explosiveness. Many people stutter step when they approach the cargo net as to get their key foot in play. I recommend you becoming ambidextrous on the balance beam since it is not a key obstacle so that you can approach the net without stutter stepping. Remember, stutter stepping depletes your power and eats up your seconds. If you are doing the switch foot dance before you approach a key obstacle, then to exchange your starting foot, which in this case would be on the balance beam.

To begin a successful ascent you must leap onto the net rather than just

stepping onto it. The leap drives you upwards so use that momentum to assist with your speed and take the highest steps possible according to your leg length. The less steps taken, the faster you will be. Any sprint coach will tell you this because stride is such



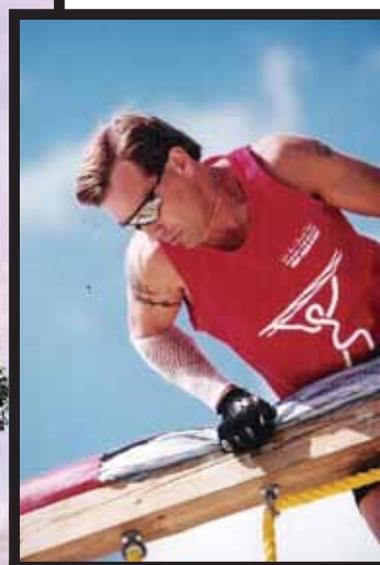
an important factor to improve sprinting speed. It takes twice as long to step on each rung than to skip it to get to the next one. That's why you see the

Tonia D'anna, the Queen of Torque taking the net at three rungs step and did you notice Flash Gignilliat (Kelly G's) record breaking run in Vegas a couple of years ago? We changed her cargo net ascent to double steps rather than her usual single pitter-patter of

the past. Don't let the visual fool you.

Longer steps appear to be slower until you put a stopwatch to them!

Transition over the cargo net should



be quick and clean with NO hesitation.

There are appropriate transitions to accompany various rules of

organizations. A good guideline to use is the following: Terminator race ~ 1. Use the free fall head over heels flip, as the legal rung to reach is closer to the bottom of the net. 2. My aerial flip is a

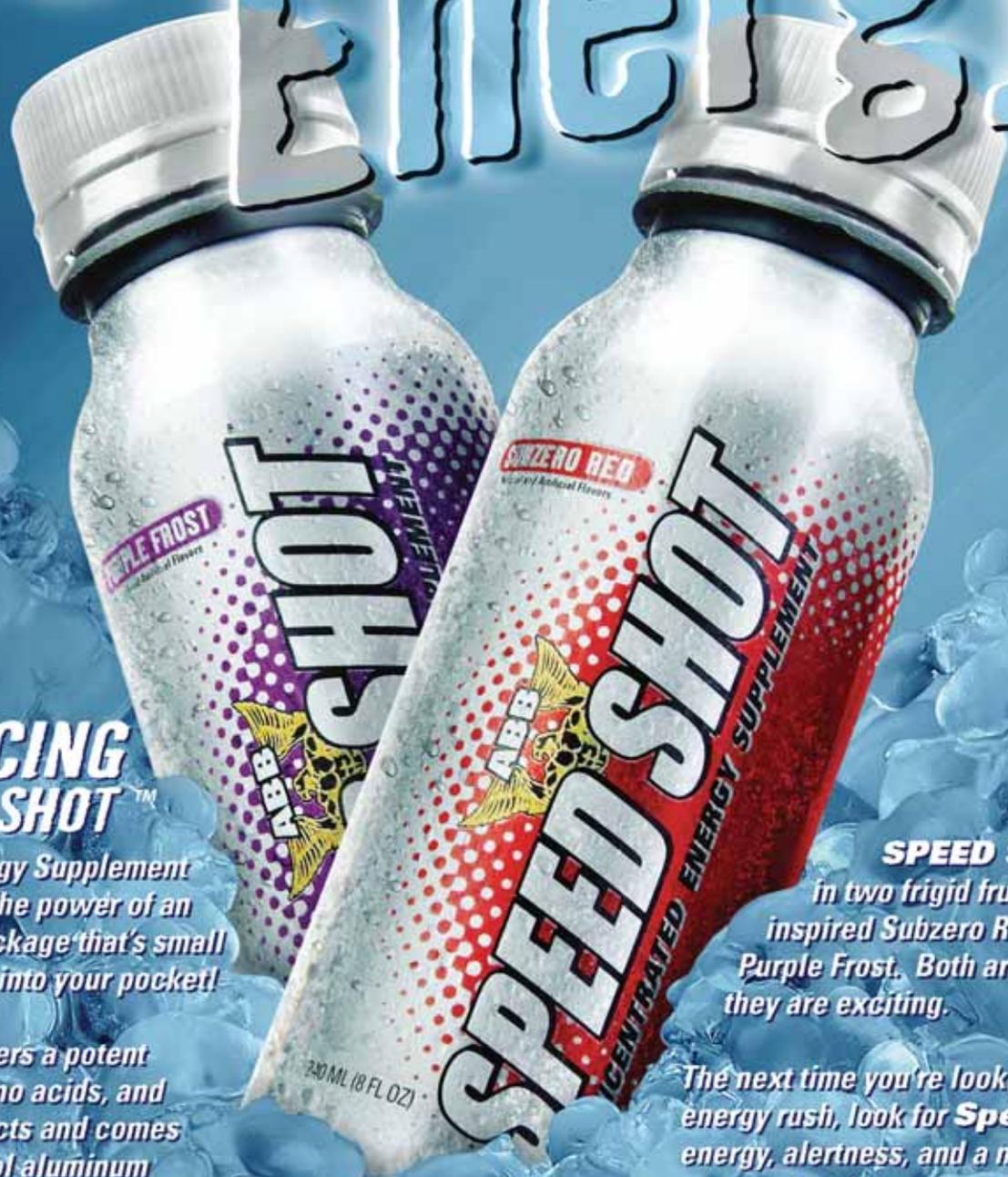
close second to this and extremely effective. If one cannot perform the free fall flip without any hesitation, then the aerial is a faster choice. Nova race ~ The aerial flip is the quickest way to the bottom because my free fall flip is not allowed. Once you perform the aerial you can descend the net with only two main upper body grabs without using your feet. The Tri-Fitness cargo net over the years has evolved to where now you do not have to lower yourself to a designated rung to be able to drop off the net. You can just flip and go! The best flip is the aerial for this because there is no need to free-fall, it would waste time in this case. If you did the head over heels flip on the first run without free falling, it will take you longer than performing the aerial because of the air-time and prep time involved.

The best tip I can give for descending the cargo net is, do not hesitate to move once you have made your transition over! Take the opportunity immediately to let go and get off. Also take advantage of the race's rules on when you are allowed to drop off. You'll notice many people at the Tri-Fit races that keep hanging on the net once they have already flipped. Instead of letting go, they climb down a rung or two before dropping and that is costing them a few seconds, which is a very, very long time on the obstacle course!

Of all the obstacles on the course, the cargo net is where the most seconds can be saved on your run with proper execution. Feel free to email me if you have any questions.

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Are YOU skipping meals?

by sherry goggin

Although many weight conscious individuals contend skipping meals is the best way to manage one's weight, it may be one of the worst.

A "fast-all-day, feast-all-night" eating pattern is often seen in overweight individuals. Skipping breakfast and/or lunch usually results in people being so ravenously hungry when dinner rolls around that they eat significantly more than they would have if they had eaten during the day. Furthermore, when overwhelming hunger strikes, people typically grab whatever food is available, rather than preparing a healthy, well-balanced meal. The cycle continues the following day when these guilt ridden calorie

counters wake up with fresh resolve and minimal hunger, only to once again skip meals early in the day, and stuff themselves later in the evening. Eating regular, well timed meals (including breakfast) helps stabilize blood sugar, which in turn quells hunger, and helps people control their weight.

Breakfast is important for other reasons as well. Many studies have shown that people who eat breakfast are far ahead of those who skip breakfast when it comes to nutrient intake and maintaining a lean physique. Those who ate breakfast are also ahead in terms of mental and physical performance thanks to a better blood glucose (sugar) level. Your brain and nerve cells require glucose for energy, so low blood sugar impairs your ability to think and react.

For optimal energy and better weight control eat more meals not fewer. If it has been over 3 hours since your last meal, and your next one is at least an

hour away then opt for a healthy snack. (Snack food doesn't have to be junk food.) Use snacks to help round out your diet by eating the foods your body needs more of. Be a smart snacker: Combine fruit, vegetables, or whole grains (pretzels, tortilla chips, bread) with some lean protein..

According to Barry Miller, M.D., a nationally recognized obesity specialist many chronic weight watchers starve themselves into obesity. Here's why:

many chronic 'weight watchers' starve themselves into obesity.

1. Skipping meals signals the body that a famine is eminent. Your body responds by decreasing its calorie needs by 150 to 200 calories per day. (How many pounds will you gain each month if you cut your calorie needs by 200 calories per day, but don't change your energy expenditure?) Concurrently, your body produces more lipase, a fat storage enzyme, to ensure that you don't deplete your fat reserves too quickly.

2. When people become physiologically famished their body craves calorie dense foods. People who stick to a nighttime eating

pattern typically eat in excess of 2000 calories a day— far too much for the evening hours.
3. After denying themselves food all day, nighttime eaters reward themselves for their resistance. Once they get their minds into the reward mode it diminishes their resistance to overeating.





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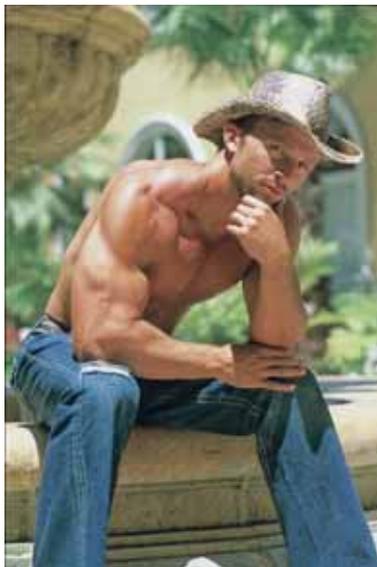
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by :David Norrie

With only about 20% of his vision, Beres Baker relies largely on his sense of touch to evaluate his client's form and progress, a skill which he honed over the years into

what he buy anabolic steroids now considers a real advantage.

without a mirror

Next time you're training in the gym, take a count of how many times you look in the mirror.

Do the same at home.

In bodybuilding, our sight is as important a measuring tool as there is. We use it to judge the mass of our delts, the shape of triceps and the separations in our quads.

Now imagine a moment when you couldn't see that reflection. Envision an instant when you couldn't flex in the mirror to evaluate the physique you worked so diligently to sculpt. After all, isn't that the primary attraction many of us have toward bodybuilding? The visual gratification we see not only in our own physique but in others as well.

Now imagine your dedication and love of the sport had your vision been stripped away. Would the passion still flow within your veins as strong?

It does for bodybuilder and personal trainer Beres Baker.

In his early twenties Baker's vision began to deteriorate. By the time he was 26-years old a degenerative retina left him legally blind. It was a life altering challenge. Since he was a young boy in Kingston, Jamaica Baker thrived in athletics, eventually playing soccer for Carol City High School in South Florida.

Weightlifting was still fairly new to him at the time his vision began to fail. A few years earlier he had joined Holiday Health Spa in Hialeah and was discovering that being in the gym made him the happiest. It didn't take long for him to realize competitive bodybuilding was what he wanted to devote his life to.

Although life as he knew it would never be the same without his sight, he was determined not to lose vision of his goals.

"Of course I was nervous at first," Baker said. "I didn't know what was going to happen. I lost everything but my peripheral vision. I kept going to specialist who said there was nothing they could do for me. They couldn't find a way to correct it.

"Once I knew the diagnosis I just told myself I wasn't going to let it stop me from achieving my goals."

Baker then set out resolute on finding ways around his disability. He got used to his surroundings and with trial and error found a way to overcome the daily tasks he once took for granted. He simply found ways to do things, including weightlifting. He says the hardest part was not getting around the gym but getting to the gym, using friends or cabs to get him back and forth.

One continuing source of inspiration was pro bodybuilder Vince Taylor. The two had met at Animal House Gym in Miramar in early 1990. Being around Taylor was what originally inspired Baker to compete.

In 1992 Baker entered his first show, Mr. Miami, taking top honors in the middleweight division.

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He followed it up two years later winning the overall title at the 1994 South Florida Bodybuilding Championships as a light heavyweight. In doing so he qualified for Junior Nationals. People in bodybuilding circles encouraged him with words of his potential.

But Baker's love of the sport centered more around knowledge and teaching than competition. He began personal training on the side and started his own fitness magazine. Although it covered the competitive circuit but was more in tuned with articles about health and fitness, not solely bodybuilding.

His knowledge of the body was growing. He would search out topics and have friends read to him on hours, learning more and more about the anatomy of the body as well as nutrition. His magazine was a success and eventually bought out by a larger fitness corporation.

That's when he turned his efforts exclusively towards personal training.

"I still had the urge to train but I got this high from watching my clients succeed," Baker said. "When I used to compete and pose I never was able to look in the mirror, I had to know, at the most basic levels, correct form and proper positioning. And I think that helped me explain to people about training and how things should feel."

With his reputation for getting results on the rise, his client base grew. With only about 20% of his vision, Baker relied largely on his sense of touch to evaluate his client's form and progress, a skill which he honed over the years into what he now considers a real advantage.

"If somebody is doing an exercise, their muscles react a certain way," he said. "And for instance if their hand position is not right the muscle will not react properly. I touch someone muscles and I can tell if they are doing the movement properly right away by how they react."

It's a technique that certainly seems out of the norm for most trainers and even some clients. But most people are referred to Baker based on reputation and are aware of his techniques so they are not really surprised. But they are often curious to see his methods in action.

And as they say, the proof is in the pudding. In 2001, at the NPC Southern States Bodybuilding Championships in Fort Lauderdale, Baker, representing Gold's Gym of Pembroke Pines, was presented with a special award for the show's top trainer. Nine of his clients, including women's overall winner Loleta Riley, competed and placed higher cumulatively than any other trainer.

Two years later he helped Mavis Tozzi take first place at the NPC Junior Nationals in Women's Fitness. He also guided Norma Nieves to an overall title at the 2002 NPC Southern States as well as a first place middleweight crown



at the 2005 NPC Nationals in Atlanta. - NPC Jr. Nationals - 1st Place, Class B - Qualified for IFBB Pro Figure Card -

Results such as that increased his business by considerable measures. On average he trains anywhere from 15 to 20 clients at a time, with approximately 40% of them competitive bodybuilders. He says, looking at the positive side of his vision loss, it's helped him become what he feels is a better trainer, more in tuned with the body than most others.

"I believe it does benefit me in a lot of ways," Baker said. "Most trainers with vision take things for granted and overlook things. I can't overlook them. I have to focus more. I have to be very patient.

"And because I have a vision problem certain senses are more heightened. I have to touch the muscles. A lot of trainers don't do that because they don't have to. They rely on sight. So when I explain things to my clients I go for the feel, not just the look."

With his knowledge growing still and his personal training business better than ever, Baker says he plans on pursuing greater achievements, coaching his clients to the top of the sport.

He still visits Miami's Bascom Palmer Eye Institute on a monthly basis, getting regular check ups while hoping to hear about new research which might help restore his sight. While the thought of watching his clients take the stage one day in full focus remains a hazy uncertainty, he has not allowed his dreams of success in the sport to be blinded.

He says he will never allow what people say or think to stop him from going after what he wants in life.

"The mind is so powerful," Baker said. "If you want to do something you can work around it. There is a lot more to life than just seeing so you can't let it halt your potential or stop you from achieving your goals.

"Sometimes we limit ourselves more mentally than we do physically. I honestly believe that by being strong and perseverant you can overcome anything you put your mind to."

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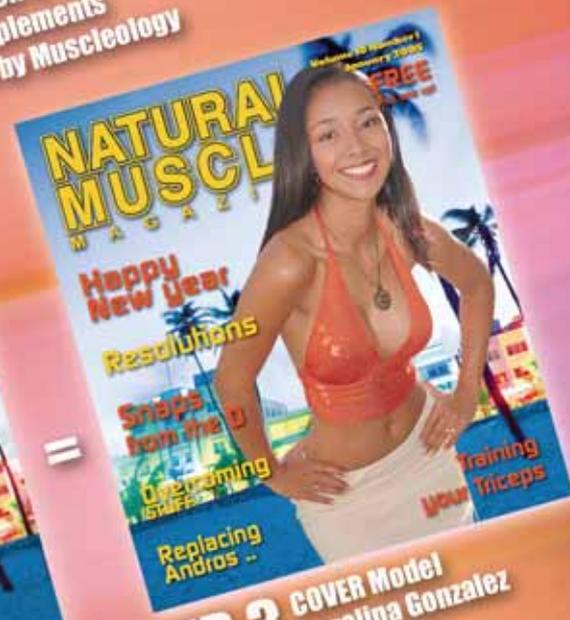
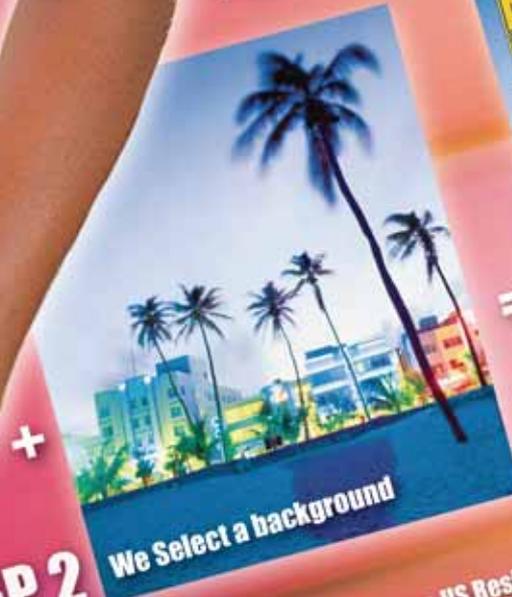
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