JOE WEIDER'S
BIG RAMY
BUILDS THE
BIGGEST
LEGS
EVER

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CHEST
IN TWO MOVES

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WITH THIS CRAZY
SHOULDER ROUTINE

PROTEIN
POWER!
9 SURPRISING
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BICEPS
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ARMS GROW

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CHOCOLATE

27G PROTEIN
0G SUGARS
110 CALORIES

5LBS PROTEIN SUPPLEMENT

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ALL NEW!

TRULY SUPERIOR PROTEIN: ISOFLEX® has taken WPI technology to a whole new level of measurable superiority. ISOFLEX® is significantly lower in lactose, fat, sugar and carbs, compared to regular WPIs. If you’re looking for the highest quality, most premium and fastest absorbing protein, then look no further than ISOFLEX®, a Truly Superior Whey Protein Isolate. In just about every way a protein can be, ISOFLEX® is Truly Superior.*

WHAT DOES THIS MEAN TO YOU?
• A 100% Whey Protein Isolate Source
• Native & Intact, Non-Denatured Whey Protein Fractions
• Laboratory-Tested, Certified & Approved 27 g Pure Protein In Every Serving

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.
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MUSCLETECH® PRO SERIES IS NOW BIGGER THAN EVER!

From the industry leaders with over 20 years of experience comes a new line of superior supplements. MuscleTech® Pro Series delivers research-dosed, lab-tested key ingredients in fully disclosed formulas. They’re guaranteed to energize your workouts, improve your performance, and build more lean muscle. Plus, they mix instantly and taste great! Get them today at your local Walmart.

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SUPERIOR SCIENCE. SUPERIOR RESULTS™

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THE MASTER TRIGGER TO MAKE MUSCLES BIGGER!

BANG MASTER BLASTER is designed around the Patented SUPER CREATINE potent creatine-amino acid di-peptide that is far more soluble than regular Creatine and L-Leucine. Furthermore, The NEW BANG MASTER BLASTER pre-workout contains massive doses of clean performance-enhancing and bodybuilding ingredients designed to work in concert with SUPER CREATINE.

All ingredients are fully disclosed on the label because we are proud that BANG MASTER BLASTER is the most potent, best tasting pre-workout supplement in history!

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A BETTER WHEY IS ON THE WAY

As good as traditional whey proteins are, there is always room for improvement. Our search to find a better whey lead us to an innovative process that extracts delicate whey protein molecules directly from the milk of pasture-raised, grass fed cows. Avoiding the need for cheese making, means less heat, less processing and less denaturation. The result is more consistent flavor and better preservation of the natural, or ‘native,’ characteristics and functionality of the proteins. These novel native whey proteins also deliver naturally higher levels of leucine, glutamine/glutamic acid, and arginine than standard whey proteins to help support lean muscle.*

A better whey is on the way. It’s called NATIVEPRO™ by RIVALUS™*
NEW

INTRODUCING NATIVE PRO™

LESS HEAT, LESS PROCESSING™

SOME THINGS YOU WON'T FIND IN NATIVE PRO™

- NO NEEDLESS ANTIBIOTICS
- NO GLUTEN
- NO ADDED SUGARS
- NO CHEESE RESIDUES

EXTRACTED DIRECTLY FROM MILK

BYPRODUCT OF CHEESE MAKING

NATURALLY RICHER IN KEY AMINO ACIDS FOR MUSCLE SUPPORT*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. 1. Native WPI is the only added protein source. 2. Compared to standard WPI. 3. Native WPI ingredient (dry basis). All amino acids are naturally occurring and approximated. 4. No significant difference has been shown between the milk of BST treated and untreated cows. 5. Native WPI is not a byproduct of cheese or subjected to secondary pasteurization.

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CLINICALLY TEST INCREASE STRENGTH

DOUBLE-BLIND, PLACEBO-CONTROLLED PRELIMINARY STUDY

A recently concluded double-blind, placebo-controlled preliminary study showed impressive preliminary results—that PMP pre-workout resulted in strength gains after a single dose. The supplement group had impressive gains in strength (+586 lbs*), 1-RM bench press increased (+18.73 lbs*), and the placebo group actually experienced decreases in total weight lifted (-57 lbs*). PLUS, the supplement group showed gains in five of the six measured categories and exercises—all from that single dose.

The results led the lead researcher, a world-renowned doctor and scientific leader in sport nutrition, to conclude “There was a trend towards improved maximal strength and total weight lifted in the supplement group...One might speculate that chronic use of the product (i.e. take it prior to every workout for 3-6 months) would lead to statistically significant changes in both performance as well as body composition...it is likely that the consumption of this particular pre-workout may enhance strength and total work performed.”

If you want to get bigger and stronger faster, get your pump on with PMP and achieve Peak Muscle Performance.

To read the full study, go to teamgat.com/pmpclinical

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TED TONIGHT

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2015 Arnold Brazil Champion
Team4AT Athlete, IFBB Pro

“Tstand firmly behind our unconditional
30-day money-back guarantee on all our
products. Stay strong!”

Charles Moser
President & CEO
# PLUS SERIES™

## CARNITINE

**The Thermogenic, Performance Boosting Carnitine**

The L-carnitine blend includes superior forms of L-carnitine that have been shown to promote brain function, recovery from exercise, an increase in muscle carnitine levels and a healthy cardiovascular system. Also includes Gamma butyrobetaine to support your body's own L-Carnitine production and Grains of Paradise to support thermogenesis.

## CREATINE

**The New Era of Creatine, No Bloating, 0 Carbs and No Loading Phase**

The Bio-available Creatine Matrix provides a blend of Creatines that maximize water solubility, improve athletic performance, minimize gastrointestinal distress and support muscular endurance. It features most notably Creatine Magnepower® for its bioavailability and Creatine Citrate for superior water solubility.

## BCAA

**4:1:1 Ratio of Instantized Water Soluble BCAA’s & Delayed Release Leucine**

Features instantized BCAA’s for greater water solubility. This means preventing your shaker cup from being full of foam which is a typical experience for most BCAA users. That foam unfortunately is filled with Leucine, the BCAA responsible for anabolic signaling and the most important in the chain. So if you’re not drinking the foam, you’re not getting the most out of your BCAA’s. Also features Active TR™ Leucine for a delayed release that supports protein synthesis over time.

## GLUTAMINE

**The Rapid Absorbing, Immune System Defending & Glutamine Recovery Formula**

A blend of different forms of Glutamine and Glutamine Peptide plus Vitamin C to promote recovery and immune system support. Stress on the body can also result in inadequate amounts of Alanine, which is also included. It is considered to be one of the most important of the amino acids along with Glutamine for actual amino acid metabolism. The formula also features Sustamine®: a unique dipeptide ingredient that combines the amino acids L-Alanine and L-Glutamine to help your body rehydrate, replenish and recover. Sustamine's® dipeptide structure is quickly and easily absorbed by the body.
PROVEN INGREDIENTS
RE-IMAGINED

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CREATINE
ZERO CARB POST-WORKOUT CREATINE

PLÜS SERIES
GLUTAMINE
ADVANCED RECOVERY & IMMUNE SYSTEM SUPPORT

PLÜS SERIES
BCAA
FEATURING ACTIVE TR™ DELAYED RELEASE LEUCINE

PLÜS SERIES
CARNITINE
METABOLISM & WEIGHT MANAGEMENT

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*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.
CLINICALLY TESTED MUSCLE BUILDING

BEEF PROTEIN

2 SCOOPS, 8 WEEKS
8 LBS. MUSCLE MASS

The muscle building power of beef cannot be disputed. Ask any bodybuilder and they will tell you that they make their biggest muscle gains and feel their strongest when they eat beef. Thanks to the development of CARNIVOR’s advanced bioengineered Beef Protein Isolate (BPI), MuscleMeds has formulated a highly anabolic muscle building protein supplement that’s shown in clinical research to build muscle mass and increase strength!

A new clinical study demonstrated that hard training athletes supplementing with CARNIVOR Beef Protein Isolate gained an average of 7.7 lbs. of muscle mass in just 8 weeks, while increasing strength. Researchers gave male test subjects 2 scoops of CARNIVOR BPI daily for 8 weeks while they exercised 5 days weekly. Athletes taking CARNIVOR BPI added an impressive 6.4% average increase in lean body mass. In contrast, the placebo group did not significantly improve their muscle mass from baseline.

The study also showed that CARNIVOR BPI supplementation significantly increased lifting strength. Test subjects increased their average bench press strength by over 45 lbs. and added more than 90 lbs. to their deadlift over baseline. These impressive clinical findings clearly validate the muscle and strength building power of CARNIVOR Beef Protein Isolate.

EXPERIENCE THE POWER OF BEEF AT THE SPEED OF WHEY!

Everyone knows that beef builds muscle! Don’t waste another workout – start fueling your body with a superior muscle building protein source. CARNIVOR is the world’s first and #1 selling Beef Protein Isolate (BPI), delivering 23 grams of high quality pure beef protein in 10 delicious flavors. Thanks to advanced hydrolysis and isolation technologies, CARNIVOR is a USDA Inspected, 99% pure premium grade beef protein powder that’s highly bioavailable and more pure than any other protein. CARNIVOR’S exclusive BPI not only digests as fast as whey protein isolate, but it’s even more concentrated in muscle building amino acids. And with CARNIVOR, you get all the power of 100% beef with 0 fat, 0 cholesterol, 0 sugar, 0 lactose and 0 gluten. CARNIVOR is loaded with performance enhancing creatine, BCAAs and BCKAs for even more muscle building power. Don’t be fooled by other poorly formulated beef protein imitators. BEEF UP your muscles and get the results you want with CARNIVOR!

- CLINICALLY TESTED MUSCLE BUILDING PROTEIN
- HYDROLYZED FOR FAST ABSORPTION
- MORE CONCENTRATED THAN WHEY OR STEAK
- LOADED WITH CREATINE & BCAAs

Available in 10 delicious flavors!

NEW!
RTD

Available in Chocolate and Vanilla Caramel!
WORLD’S #1 SELLING BEEF PROTEIN

HIGH SPEED MASS – ALL BEEF GAINER!

| 50g | 720* | 0g |
| PROTEIN | CALORIES | SUGAR |

Welcome to a new era in mass building supplementation with CARNIVOR MASS, the fast, clean and highly anabolic lean mass gainer that provides your muscles with 50 grams of hydrolyzed Beef Protein Isolate (BPI) and 125 grams of high impact reactive carbs. CARNIVOR MASS combines a unique best-of-breed BPI with an exclusive iSpike™ technology to deliver a near-perfect insulin spike to support maximum muscle anabolism, glycogen replenishment and tissue regeneration to kick start your recovery, while helping minimize fat storage. With CARNIVOR MASS, you get the mass building support of beef at the speed of whey without the lactose, allergies and other problems that are frequently associated with the use of dairy products. And CARNIVOR MASS tastes amazing! If you’re serious about making big muscle gains, start supplementing with CARNIVOR MASS and watch yourself pack on size right before your eyes!

- 50g HYDROLYZED BEEF PROTEIN ISOLATE
- 720 HIGHLY ANABOLIC CALORIES*
- 125g HIGH IMPACT REACTIVE CARBS
- LOADED WITH CREATINE & BCAAs
- SUGAR FREE & LACTOSE FREE
- ONLY 1.5g FAT*

NEW DELICIOUS SOFT BAKED BARS & BROWNIES

When you bite into a CARNIVOR Soft Baked Protein Bar, you’ll instantly understand why so many people are raving that it’s the best tasting bar they’ve ever tried. CARNIVOR BARS are made using proprietary baking technology to create a bakery fresh texture that’s different than traditional protein bars. CARNIVOR BARS are a decadent, high protein bar that achieves an amazing candy bar taste while packing 30 grams of protein per serving.

These mouthwatering bars have a soft baked cake-like center surrounded by a rich chocolate coating, infused with either a goey peanut butter or a flavorful cookies and cream filling. Support your active lifestyle and feed your muscles with CARNIVOR Soft Baked Protein Bars!

Available in Chocolate Peanut Butter and Cookies & Cream!

Available at: GNC, Vitamin World, Lucky Vitamin, MuscleMedsRx.com

1888.575.7067 • MuscleMedsRx.com

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*Based on Vanilla Caramel flavor. **Based on Chocolate Peanut Butter flavor.

*Sharp et al., 2015 ISSN International Conference (Poster). Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.
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William “the Conqueror” Bonac has biceps to spare. Follow his custom-tailored Y3T routine, courtesy of Neil “Yoda” Hill, for bigger biceps of your own.

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TO BUILD A BETTER WHEY PROTEIN
WE WENT DIRECTLY TO THE SOURCE

NEW RIVALUS™ NATIVEPRO™ uses an innovative process to gently extract delicate whey protein molecules directly from the milk of pasture-raised, grass fed cows. Avoiding the need for cheese making, means less heat, less processing, and less denaturation. The result is higher protein content, more consistent flavor, better retention of native functionality and naturally richer concentrations of key amino acids to help support hard-working muscles.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. 1. Native WPI is the only added protein source. 2. Compared to standard WPI, Native WPI ingredient (dry basis). 3. Amino acids are naturally occurring and approximated. 4. No significant difference has been shown between the milk of rBST treated and untreated cows.
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MARCH 2016

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Train Insane

White Rapids

Controlled Labs

SEE HIM TRAIN...

www.TrainInsaneTV.com

www.ControlledLabs.com
This month marks the 28th annual Arnold Classic bodybuilding competition. In terms of longevity among IFBB professional shows, it ranks second, behind only the Mr. Olympia, and is a midseason highlight for bodybuilding fans. Why midseason? Because when promoters Jim Lorimer and Arnold Schwarzenegger came to Joe Weider saying that they wanted to produce their own top-tier bodybuilding event, they agreed that it would make the most sense to have it six months away from the Olympia. This meant March, and so it has been since the inaugural event in 1989. Hence, it is perfectly spaced with the Olympia to give bodybuilding fans two high points to look forward to during the year.

Speaking of the Olympia, we’re already working on the 2016 edition, and we’re stocking it with spectacular new events, a reconfigured expo, and lots of surprises. It’s important to us that we continue to up the ante with bodybuilding and fitness’ premier event, just as Jim and Arnold have done, and I promise you that the 2016 Olympia Weekend will be the greatest yet.

For more info on the Arnold Sports Festival (March 3-6), go to arnoldsportsfestival.com, and to learn more about the Olympia Weekend (Sept. 15-18), log on to mrolympia.com.
WHAT’S INSIDE?

An enigma. A legend. Within each of us, there is much complexity. And the potential to do great things. Even if others can’t relate, we know what’s inside. The same goes for Pak. Revered for more than three decades, Animal Pak has become a staple for the biggest dudes in every gym. Conveniently pre-dosed packs loaded to the hilt with everything the hardest training lifters in the world require to push to their limits and beyond. But those who swear by it know that Pak is so much more. A legacy of trust, honor and hard work goes into every single can. You can read every word on the iconic yellow label, but that only gives a glimpse of what’s inside.
Not everyone is born with ridiculous genetics, so we put together a 10-week pec-slamming program to help the rest of us build wider, broader, and thicker chests to show off this summer.

10-WEEK CHEST SLAM

Not everyone is born with ridiculous genetics, so we put together a 10-week pec-slamming program to help the rest of us build wider, broader, and thicker chests to show off this summer.

FLEX 2016 ARNOLD CLASSIC COVERAGE

The 2016 Arnold Sports Festival will take place March 3-6, and FLEX will be front and center to bring you all of the IFBB action! Tune in for the best coverage with photos, videos, interviews, callouts and more.

flexonline.com/2016arnoldclassic

SOCIAL ALL-STARS

FLEX LEWIS
Motivated, hungry, and driven by the life I created. Leave 2015 issues there, and move forward by learning from your failures and create the life you want to live. This is what I work hard for every day!

#2016WeHereToConquerYou
#MuchLoveGuys

JUAN MOREL
Just got my @mr.olympia DVD and am watching myself on my big screen!! It's just what I needed to put me into overdrive for my ArnoldClassic 2016 prep.

BIG RAMY
Don't fear failure. Fear being in the exact same place next year as you are in today.

PHIL HEATH
Back in 2012 I had the world wondering... Could I 3-peat? They used to say I was narrow. They don't say that anymore.

Like us at facebook.com/flexmagazine and interact with our 2 million other fans just like you.

Of course we tweet, too. Check out our daily updates by following us at @flex_magazine.
BE STRONGER.

To get a lean physique you need clean fuel. That’s why BPI Sports developed ISO HD™. This ultra clean protein formula contains no unwanted fillers and only the highest purity whey proteins. You work hard for your results and you deserve the highest quality supplements. That’s why all BPI proteins have been quality verified by ChromaDex®. Demand that your protein work as hard as you do.*
8 THINGS TO KNOW THIS MONTH

HIT LIST

WATCH

In Batman v Superman: Dawn of Justice, the Dark Knight travels to Metropolis to battle Superman in the second superhero film to occur within D.C.’s cinematic universe. Meanwhile, Lex Luthor aims to destroy mankind. How will the heroes (including Wonder Woman!) save the world?

March 25

EAT

Antibiotic- and hormone-free bison, packed with 12 grams of protein.

$8, kivasun foods.com

LISTEN

Monster Clarity HD Wireless Earbuds offer crisp audio, precise fit, and easy-to-use buttons.

$90, monster products.com

GO

With more than 900 booths and several fitness celebrities, this year’s Arnold will be huge.

March 3–6
Columbus, OH
IT'S BACK!
PUT THE RAGE BACK IN YOUR WORKOUT

STONGER! HARDER! BETTER THAN EVER!

Nutrex.com
WEAR
- Power through any weightlifting or cardio workout with the durable and stable Adidas Adipure 360.3 cross trainers. A breathable mesh upper keeps feet cool and a flexible EVA midsole provides comfortable cushioning. $90, adidas.com

PLAY
- The 11th installment of MLB’s The Show features updated graphics, new game-play modes, and hundreds of added animations. Available for PS4 and PS3. theshownation.com

GROOM
- All of Vineyard Hills Naturals’ hair and body products are made with grape seed oil/extract, which contain omega-6, vitamin E, and polyphenols that moisturize and regenerate skin naturally. The Milk and Honey bar soap is enriched with olive oil and shea butter. $7, amazon.com

TRAIN
- Available in various sizes, styles, and materials, Bulgarian Bag is a versatile fitness tool designed for full-body strength training. Bulgarian Bag exercises such as hammer curls and front raises increase grip strength while unique moves like the handle spin and arm throw torch the core. $126, suples.com
BANG MASTER BLASTER™ is designed around the Patented SUPER CREATINE® potent creatine-amino acid di-peptide that is far more soluble than regular Creatine and L-Leucine. Furthermore, The NEW BANG MASTER BLASTER™ pre-workout contains massive doses of clean performance-enhancing and bodybuilding ingredients designed to work in concert with SUPER CREATINE.

All ingredients are fully disclosed on the label because we are proud that BANG MASTER BLASTER™ is the most potent, best tasting pre-workout supplement in history!
NO MORE EXCUSES
Research from the University of Brasilia found that missing more than two out of 10 workouts can reduce gains. Tell that to your training partner the next time he tries to bail on you.

GROWTH TIME
A Texas Tech University study found that muscle growth may occur as soon or sooner after starting a workout program than strength gains.

DEAD STIFF
Researchers from the University of Memphis compared the leg curl, glute-ham raise, and stiff-leg deadlifts for engaging the hamstrings. Stiff-leg deadlifts were the most effective.

DON'T FAIL
A study out of the U. of Wollongong, Australia, suggests that maximal gains in strength and size can be achieved without training to failure.

REST LONGER
A study out of Lehman College showed that longer rest periods (about three minutes) between sets were superior to one-minute rest periods for both strength and size gains in trained lifters.

CARB IT?
Researchers from Murdoch University in Perth, Australia, showed that carb drinks during workouts do not improve strength or reduce fatigue.

200+
The number of individual muscles used to perform a free-weight squat.
All New Taste Sensation - HEXAPRO will quite literally ruin any other protein for you. With its thick, milkshake-like texture, you won’t believe that you’re getting 25g of pure protein! You can blend it with milk, but you don’t need to. HEXAPRO mixes perfectly with ice-cold water.

With its 8-hour sustained release, HEXAPRO can be enjoyed throughout the day or as the perfect, high-protein nighttime snack! Our 3 LB size dwarfs the other guys. Don’t pay for 2 LBS when you can get 3 LBS!!! Better taste, Bigger Size... HEXAPRO is simply a better protein!
**MAG FORCE**

An Indiana University study found that every 100mg per day decrease in magnesium increases the risk of pancreatic cancer by 24%. Fill up on leafy greens and nuts to keep your mag levels at the minimum recommended dietary allowance of 400mg.

**HEALTHY FOOD, HEALTHY APPETITE**

A study in the *Journal of the Association of Consumer Research* found that when a food was referred to as healthy—compared with unhealthy—people ordered bigger portions and ate more. If the food was presented as “nourishing,” though, researchers found it reduced the feelings that the healthy food was less filling.

**COFFEE CAKES?**

- Brandeis University: Parbaking green coffee beans to make coffee flour reduces the loss of the antioxidant chlorogenic acid. CGA helps regulate blood sugar and controls blood pressure.

**FAT, NOT FIT**

- People have argued that as long as you’re still active and fit, you can be overweight and be as healthy as someone of normal weight. Research published in the *International Journal of Epidemiology*, though, analyzed more than 1 million men in a study from 1969 to 1996 and found that being obese is related to higher risk of early death, regardless of how much exercise is done.

**EAT BETTER, SLEEP BETTER**

- Obesity and poor sleep have been found to go hand in hand, but a new study from the University of Pennsylvania found that for overweight people, simply starting to eat better and beginning to lose weight can improve alertness and sleep quality.

---

Ounces of almonds needed daily to boost vitamin E, magnesium, and overall protein intake, along with decreasing sodium consumption and reducing empty calories eaten, says a University of Florida study.
WHY NOT YOU?

Ever dream of becoming a personal trainer? Turn your dreams into reality with ISSA education.

Meet Philip

“Most of my adult life has been focused on the health and fitness industry, so becoming an ISSA Certified Fitness Trainer was a huge accomplishment for me. The passion and energy I feel when I can help others achieve their personal athletic achievements or physical goals is immeasurable. My ISSA certification has allowed me to work with top adult athletes, run kids Boot Camps, and help military members optimize their training regimens. There is nothing like having the knowledge and resources that you can acquire as an ISSA professional.

After joining the U.S. Marine Corps, I entered my first amateur bodybuilding competition at the age of 21, while stationed overseas. I then turned professional as a lifetime drug-free Natural bodybuilder and I have won multiple World Championships as a Professional bodybuilder. Having the ISSA personal training certification gives me the training needed to be a true fitness professional and serve my clients.”

—Philip Ricardo, ISSA CFT
PhilipRicardoJr.com

The ISSA Your Trusted Source for Fitness Education Since 1988

ISSA’s nationally accredited distance education programs provide the education you need to become a Personal Trainer, Elite Trainer, or Master Trainer. Take your certification courses even higher and earn an Associate’s Degree in Exercise Science with an Emphasis in Personal Training. TA, MyCAA, and GI Bill approved.

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Fitness Nutrition
Exercise Therapy
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Youth Fitness
Senior Fitness
Associate’s Degree in Exercise Science with an Emphasis in Personal Training

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DEGREE TRACK: 10-week undergraduate online course with weekly lectures, dedicated professor, and guided classroom discussion

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or visit ISSAflex.com mention flex1603
**WHEN TO TAKE IT**

<table>
<thead>
<tr>
<th>NITRO-TECH®</th>
<th>NITRO-TECH® POWER</th>
<th>NITRO-TECH® RIPPED</th>
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<td>Daily</td>
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<td>Daily</td>
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<td>Post workout</td>
<td>Before bed</td>
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**WHICH NITRO-TECH® WILL HELP YOU ACHIEVE YOUR GOAL?**

- **NITRO-TECH®**
  - 30g of protein + creatine shown to build 70% more lean muscle than regular whey

- **NITRO-TECH® POWER**
  - 6-in-1 whey peptide formula featuring 50g of protein + 14.8g of BCAAs with 8g of anabolic leucine to ignite protein synthesis*

- **NITRO-TECH® RIPPED**
  - 7-in-1 protein+ formula featuring 30g of protein + ultra pure CLA, MCTs, L-carnitine L-tartrate and more!

- **NITRO-TECH® NIGHTTIME**
  - Powered by 100% micellar whey that combines ultra-anabolic benefits of whey protein with sustained-release benefits of casein

*Per two scoops
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6-IN-1 WHEY PEPTIDE+ FORMULA

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• Loaded with 48g of BCAAs*, including 8g of highly anabolic leucine, to ignite protein synthesis and put your body in a prime anabolic state.

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• Few ice cubes
• 1/2 cup almond milk
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• 2 tbsp. powdered peanut butter
Mix in a blender until smooth.

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• 1 cup almond milk
• 1 scoop Triple Chocolate Supreme NITRO-TECH® POWER
• 1 tbsp. sugar-free, fat-free butterscotch pudding mix
• 1 tbsp. natural peanut butter or powdered peanut butter
Mix in a blender until smooth.

WHEN TO TAKE

WHEN TO TAKE

Available Flavors

SIZES

SIZES

Available Flavors

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*Research published in a scientific journal shows that subjects using the core formula in NITRO-TECH® gained 8.8 lbs. of lean muscle in 6 weeks compared to subjects who used regular whey protein and gained 5.1 lbs.
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• 2 scoops Triple Chocolate Milkshake NITRO-TECH® NIGHTTIME
• 1 medium banana
• 1 tbsp. natural peanut butter or powdered peanut butter
Mix in a blender until smooth.

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<tr>
<th>Component</th>
<th>1,3 DIMETHYLYLAMINLAMINE (DMAA)</th>
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<tr>
<td>CAFFEINE</td>
<td>RAUWOLFIA CANESCENS (AKA RAUWOLSCINE)</td>
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<td>BAUHINIA PURPUREA EXTRACT</td>
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<td>CIRSIUM OLGOPHYLLUM EXTRACT</td>
<td>GARCINIA CAMBOGIA EXTRACT</td>
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It’s time for that conversation. It may seem early. But this is Mamdouh Elssbiay’s fourth pro year. What holds some people back from bold proclamations about his legs is the fact that the Beast from the Middle East is only 31, and he still seems like a work in progress—especially when you consider how dramatically he’s transformed in just the past couple of years. At the top of the lower-body wish list are deeper cuts in his quadriceps and hamstrings and larger calves to balance out the enormity of muscle above his knees. Maybe we’ll see that at future Olympias—and if we do he’ll likely be hoisting Sandows. Or maybe his “treads” are destined to never match his monster wheels.

For now, let’s focus on what Big Ramy already has. His quads are so colossal he’s run out of space to put new muscle. Meat hangs from the sides like spare wheels on his wheels. When that’s coupled with his small knee joints and undersize calves (not to mention his cartoonishly gargantuan upper half), the effect is so astonishing that his first appearance onstage at the 2015 Olympia generated head-shaking murmurs of laughter. Like a visit to Jurassic World, the unreal is suddenly apparently real. When shape, balance, and separation are factored in with size, there are numerous candidates for greatest legs of all time. That debate continues. But for largest quads ever, ladies and gentlemen, we have a winner. Behold Big Ramy.

How Mamdouh “Big Ramy” Elssbiay Built the Biggest Quads of All Time

By Greg Merritt
Photographs by Per Bernal
LEG EXTENSION

Last year’s Arnold Classic Brazil champ always begins his wheel workout with leg extensions. At times in his career this has been only a warm-up with two sets of 50. On other occasions he’s gone significantly heavier for four working sets of 15. Our sample routine cuts the difference with three sets of 20-25. Think of it as a working warm-up, “This is to make sure my knee joints are warm but also to begin the workout with some real work,” Elssbiay explains.

By starting with the only isolation exercise of his quad routine, he assures that the three compound exercises that follow better target his quads and focus less on his glutes and hips. He will often hold contractions for three seconds. Such tensing against resistance helps bring out quad separation and striations—a major focus for Elssbiay as he hopes to improve on last year’s fifth-place Olympia finish and climb into the top trinity in 2016.
### ELSSBIAY’S QUAD ROUTINE

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<th>EXERCISE</th>
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<td>15-25</td>
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<tr>
<td>Machine Squat</td>
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<td>10-15</td>
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There’s a video on YouTube of Ramy squatting six weeks before last September’s Olympia. He’s cranking out reps with 495—a big enough number that you can see the bar bending slightly, as if starting to surrender. We see him do eight reps, but he began before the video begins, and he’s still going strong when it ends. The final tally was in the 12-15 range, because that’s a typical set of squats for the 316-pound Beast from the Middle East. His Beats by Dre headphones (playing hip-hop) are clamped over his hoodie’s hood. His knees are wrapped over his sweat pants. His stance is wide, and his toes are angled outward. And he’s firing off reps like a piston, up and down without pause, from nearly parallel at the bottom to nearly standing straight at the top, keeping constant tension on his quadriceps.

By angling his feet outward, he creates a steady base from which to hoist such heavy metal, and he also focuses more on his outer quads. This has been chiefly responsible for expanding Elssbiay’s vastus lateralis to dimensions never before seen. In fact, if you had to name one exercise that’s done more than any other to transform the 5’9” Egyptian from 200 pounds at his first contest in 2011 to 316 at the athletes’ meeting two days before the 2015 Mr. Olympia, this would be it. “From the time I learned how to squat correctly, my legs just started growing,” Ramy says. “You need to maintain good form, stay upright, be safe and work consistently at getting stronger.”
Before he was Big Ramy, when he was still just Average Elssbiay, an Egyptian fisherman who started weight-training as a hobby, his first bodybuilding idol was Dorian Yates. The six-time Mr. Olympia (1992–97) eschewed free-weight squats, feeling they didn’t jell with his body mechanics. Yates built his gargantuan quads with three machine exercises: leg extensions, leg presses, and hack squats.

Though Ramy found squats work exceptionally well for him, he otherwise adopted Yates’ three exercises—the mechanical basics.

He does his leg presses on a 45-degree machine. There are two important form factors with this exercise. First, he typically places his feet low on the footplate. This positioning works the quads more and the glutes less. Not coincidentally, it’s harder than when you put your feet high on the footplate. The second form factor is his stance. It’s just wide enough to get his mammoth thighs to the sides of his waist in the low position. This allows him to go deeper than bodybuilders who take a narrower stance. Again, this is the hard way but the most effective way.

Too many bodybuilders waste time on the leg press. They overload it with plates, take a high, narrow stance, and then pump out quarter reps. Elssbiay isn’t out to impress anyone by leg pressing a ton (literally) for short sets of short reps. With less than 1,000 pounds, he makes certain his form maximizes quad activation. He gets deep, fluid reps. And he racks up a lot of them. He may go up to 30. “This one hurts,” he says with a smile. “But you just have to keep going. Fight through the pain.”

---

**RAMY’S RULES**

1. **Focus on the basic exercises.**
2. **Do full reps for full development.**
3. **Master the squat, and always maintain proper form.**
4. **Reps in the 10–25 range work best for quads.**
5. **Train legs once weekly.**
6. **Machines often have advantages over free weights.**
MACHINE SQUAT

Elsbiay ends his quad routine with a mechanical squat. He has a lot of machines to choose from in Kuwait City’s Oxygen Gym, from a traditional hack squat to more modern contraptions. He typically favors a super squat machine. This has become increasingly popular in gyms over the past decade, but in case you’re unfamiliar with it, here’s a quick primer. With your back against the pad, its closest cousin is the hack squat. However, unlike a hack squat, the carriage doesn’t move on a wheeled track. Instead, it moves up and tilts back on hinges. What earns this machine its “super” qualifier is its reversibility. When you face the pad and lean forward, the exercise becomes a power squat, mimicking the motion of a football lineman in the trenches.

The latter position is good for variety, but, as we’ve already noted, Ramy strives to isolate his quads and minimize glute and hip stimulation, so he does his super squats with his back against the pad. As with a free-weight squat, he goes down to approximately parallel and comes up to just short of lockout. He sets his feet a little out in front, which limits his range of motion slightly but also makes this one easier on his knees (no need for wraps). He also takes a narrower stance than on free-weight squats, with his feet about 10 inches apart. The machine locks in his range of motion, and the back pad keeps him in an upright position, so he can focus only on his legs.
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There’s no secret combination of exercises, sets, and reps. If you read this article expecting to learn the key to unlocking Ramy’s incredible growth, it’s hidden somewhere in the atomic double helix of his DNA. He does the standard leg exercises—leg extensions, barbell squats, 45-degree leg presses, and some type of machine squats—for moderate to slightly-higher-than-moderate reps. That information can help you formulate and execute your routine. But the ingredient for maximizing your leg potential is always going to be that special seasoning that makes the recipe—the will to put in hard work. That’s as close as you’re going to get to a nongenetic secret to Ramy’s gargantuan quads.

Elssbiay lived directly above Oxygen Gym for years, just one flight of stairs away from the squat rack. We say of some gym rats they “live in the gym.” Ramy nearly did. Moreover, he applies the same work ethic to his training sessions that family members applied to their long, brutal days of sea fishing. More than any other body part, successful quad training requires regular journeys through pain barriers. The lactic acid is going to build up, especially when grinding out higher reps. Your mind is going to say and then shout and then scream “Stop!” But you need to keep going. Another rep and another and another. Pain becomes your friend, not your enemy, a welcome signal that you’re stimulating new growth. That never-surrender mentality is the key to Big Ramy’s leg workouts, and it’s as close as you’re going to come to the secret to his success.

GOING THROUGH THE PAIN BARRIER IS KEY TO RAMY’S PHENOMENAL QUAD SIZE.
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AARON SINGERMAN
BLACKSTONE LABS, CEO

“ANYTHING IS POSSIBLE. I’VE SPENT MY WHOLE LIFE TRYING TO GET ON THE OLYMPIA STAGE, BUT I ENDED UP PUTTING MYSELF ON THE DAMN BUILDING INSTEAD.”
PJ BRAUN
BLACKSTONE LABS, PRESIDENT

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PJ BRAUN
BLACKSTONE LABS, PRESIDENT
Get the answers to your questions with Dave Draper’s decades of workout wisdom. **Page 60**

Body ink, firefighter calendars, morning routines, and more with top Weider Athletes. **Page 62**

Olympia 212 champ Flex Lewis on post-contest meals and Project Flex for the military. **Page 66**

A battle with cancer led Zach Zeller to the gym. Now he inspires others to live life to the fullest. **Page 68**

Think you’re too old to get ripped? Obviously you haven’t met 61-year-old Eli Portnoy. **Page 72**
Do people recognize you everywhere you go—or can you sometimes maintain a low profile?

There's always at least one guy at the airport who points me out or someone in the hotel lobby or someone in the restaurant or someone on the street. I was in Mexico before Christmas for a much-needed vacation, and even when I'm out by the pool, there's some guy taking his shirt off to show me he knows who I am.

How do you stay motivated in the 12 months between Olympias?

Pretty much thinking about successes in the past and looking at pictures from my career going back to the start. Even though I won, I'm not satisfied that I presented the best I'm capable of. There's always something to work for. I listen to my fans on social media, and I'm always working toward presenting something better. I have a great support network, too—that makes all the difference in the world.

What's special about this year's Phil Heath Classic?

A couple of things have changed! First off, for our fourth year, the Phil Heath Classic is also a Pro Am contest. On top of being an NPC national qualifier for bodybuilding, fitness, figure, bikini, and men's and women's physique for open, masters, novice, and teen competitors, we'll also have IFBB pro men's physique, pro fitness, and pro bikini. Also, we're moving from Houston, TX, to the Dallas Convention Center, and it will be a two-day event, March 11-12, with an expo and everything. It's going to be great! You can find details at texasbodybuildingcontests.com.
And it's one you won't break. R1 Lean 5™ has just what you need to shed those extra pounds. With zero stimulants and a superior 5-ingredient formula, we've created a transparent support system that lives up to our mantra—better input = better output. Along with proper diet and exercise, R1 Lean 5 will help you meet your New Years resolution goals.

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WORKOUT WISDOM

YOUR BURNING QUESTIONS GET ANSWERS FROM LEGENDARY BODYBUILDER DAVE DRAPER
Q Should aerobic exercise come before or after weight training? If you’re reasonably fit, I suggest 15 to 20 minutes of aero-bics first, followed by 10 minutes of midsection exercise, then finish up, unpressured and focused, with your weight routine. Less-fit people prefer to warm up only for five minutes before weight training in order to conserve energy, doing the remainder of their cardio upon completion. Some reserve their cardio for the end of their workout, aiming to burn their excess calories. There are good arguments for all. You chose as you become familiar with your training.

Q How do I get a flat stomach? To tone the muscle and reduce the size of your midsection, plan to do a basic 10-minute routine of stomach crunches and leg raises, three to four times a week. Fifteen to 20 minutes of intense cardio will help overall tone and introduce metabolic improvements to burn body fat, much of which is stored in the hips and midsection. Plan on a sound high-protein, low-fat menu. Note: Overall weight training contributes to the tone of the stomach and the burning of body fat.

Q How many days per week should beginners work out? Allow yourself 60 to 90 minutes, three or four days a week. This will allow you to do 15 to 20 minutes of cardio, 10 minutes to work your midsection, and 45 to 60 minutes for weight training. Pick one exercise per muscle group and do three or four sets of 10 to 12 reps for each exercises. Do this for six weeks, then alter your routine to suit your progress.

Q My shoulder hurts when I bench-press. What should I do? As shoulders endure overuse and misuse, injury and pain are not uncommon. Warm up the shoulders with light weight and high reps. This will align mechanics, bring supportive blood to the muscles, arouse synovial fluid in the joint, and provide warmth for movement ease. If pain persists in your bench as you add weight, try changing your grip (a hand in or a hand out), try the Smith press, or go directly to dumbbells. Dumbbells give you freedom to alter the position of the resisting weight with hand rotation and reestablishment of groove to avoid muscle aggravation. Perhaps a change of angle will allow pain-free movement. You need to listen to the pain and work around it. I prefer this to laying off.

Q Are supplements a waste of money? A good-quality time-release vitamin-mineral is very important. The nutrients needed for muscle repair, resistance, internal health, skin, bone, and energy are required regularly in abundance and often cannot be stored or produced by the body. We rarely eat enough of the right foods to get what we need for minimum health, much less high performance. We are composed largely of protein; protein is the major ingredient for muscle building, hormone structure, energy, and much more. Again, as high performers, we want high-quality protein in abundance throughout the day to build muscle and grow strong with great vitality. A quality protein supplement from whey and casein will ensure this for those times when consumption of solid food is not convenient or desirable. These are the basics you really need. They are not a waste of money; instead, they are a good investment in long life and good health.

Q Do I need a lifting belt? It’s imperative to use a high-quality leather lifting belt to support your lower back when lifting overhead, deadlifting, squatting, or performing intense standing curls and lateral raises. When lifting where there is no excessive demand on the lower spine, train without the belt to allow the muscles to do their job freely. It’s a good idea to do specific exercises to strengthen the lower-back area, like hyperextensions, stiff-leg deadlifts, and power deadlifts.
WEIDER ATHLETES WEIGH IN

WILLIAM BONAC

What is the significance of the tattoos on your arms?

The left one is tribal. It stands for warrior! And on my right arm is the reaper, with a butterfly beneath him. The reaper stands for death, the butterfly for life. The butterfly will pop out to be so beautiful, and it lives just for a few days, but it proves life is worth living, even for just a couple of days. Meaning life is short–make the best out of it!

STEVE KUCLO
Q It was great to see you guest-posing at the Wyoming Classic. Do you like making guest-posing appearances? 
A Guest-posing appearances are one of my favorite parts of being a pro bodybuilder. I really enjoy meeting new fans and going places I have never been to. I think people get a general impression of professional athletes as stuck up or not very social. I always enjoy talking to people and letting them get to know me as a person, not just a bodybuilder.
Q Have you ever appeared in a firefighters’ calendar? 
A Yes, in Dallas about five years ago. It was for charity and not something that went to national publication.

DANY GARCIA
Q What is the secret to mastering your diet—how do you figure out what works? 
A The key is making sure the food I’m consuming is nutritionally rich in addition to being organic and low in fat. I work very hard to offset my caloric restrictions during prep with a detailed holistic supplement program so that the restriction in calories does not translate to a restriction in vital minerals and nutrients.
Q What will be your first contest in 2016? 
A I’m looking to compete again in late summer but will wait until the first part of 2016 is over to pick my shows.
JUAN MOREL

Q You have another child! Want to make a birth announcement?
Izabella Morel arrived on Dec. 19 at 4:51 a.m. My wife and the baby are fine. I’m even getting my sleep.

Q What’s your contest diet like in the last phase? Two weeks out I’m at 400–600 grams of carbs a day, and then I jack it up to 1,000g a day. For the last week it might be 1,200g a day, and in the last couple of days it might be as high as 1,500.

MAMDOUH ELSSBIAY

Q Do you cook your own meals?
I cook about once or twice a day. It’s either my wife or myself preparing the meals, and she does most of the cooking. When I’m tired after a heavy workout, my wife will prepare the post-workout meal.

Q When do you start training for the 2016 season? I took two months off after last year’s Olympia, and I was back in the gym on Dec. 1, ready to focus on the work ahead.

Q What is your morning routine? When do you do cardio? I’m up at 7 a.m., and I take a glutamine and BCAAs suppl right away. About 30 minutes later, I get on the StepMill. Cardio is boring but necessary. The most I do is 45 minutes in the morning. I don’t like doing cardio after my workout.

CODY MONTGOMERY

Q Do you train alone?
My nutritionist, Chris Aceto, is helping me prep for 2016. I train with my good friend and trainer, Roland, who owns the Muscle Factory gym in San Antonio [TX]. Chris Cormier has been a great mentor to me and has always pushed me to be my best. I’m grateful to have such a supportive group of people behind me.
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SPRINGING INTO 2016
LEWIS REVEALS HIS OFF-SEASON STRATEGY, HIS PLANS FOR PROJECT FLEX, AND MORE

Q Is the Project Flex experience going to be offered again this year?
Sure it is! We’ll have four or five Project Flex experiences this year. The first one, in February, is for military members only, and it’s going to be free for the participants. Go to flexlewis.net for more info.

Q You’re at 12 consecutive contest wins. When are you going to try for No. 13? It’ll be at the 2016 Olympia 212 Showdown.

Q How are your wife and baby doing?
Fantastic. Best things that ever happened to me. Better than any trophy or award I’ve won. Ali is back in the gym. She enjoys having that part back in place again—she trained pretty much up until the birth, and then she was counting down the weeks until she could get back.

WHAT IS YOUR MEAL PLAN AFTER FINISHING A CONTEST?
- My trainer, Neil, and I have worked out a schedule in which after my last contest of the year I’m still in the gym daily, because I like to train and the cardio is healthy for me. But instead of eating seven meals a day, it becomes more like two or three. Because of the rebound effect, I go up in weight, maybe reaching 235 to 240 by Jan. 1, which is when my off-season officially begins. And from that point, for a month, when I’m really taking time off—and that means a break from all the extensive eating—I drop down to the 200 to 215 range that I want to be in when I start my contest prep.
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It started out as a typical day for Zach Zeiler. He and his girlfriend, Tara, were just hanging out, as normal 15-year-old kids do, but a gum-ball-size lump on the right side of his neck quickly aroused suspicion.

“I was referred to see an ear, nose, and throat specialist, where I was then supposed to receive a biopsy surgery,” Zeiler, now 21, recalls. “I was diagnosed with cancer on Feb. 26, 2010.”

Four months of chemotherapy wreaked havoc on Zeiler’s mind and physique, taking him from a “semimuscular” 155 pounds to a gaunt 106 pounds. Even walking posed a challenge at first.

Zeiler knew he needed a way to cope. That’s when he turned to the gym, but the chemo port in his chest limited him to body-weight squats, pushups, and dips in his basement.

“I would just try to get better each week,” he recalls.

A year passed, and Zeiler was itching to get into a real gym. He found an offer for a gym membership and started hitting the iron. Some Internet browsing led him to discover the sport of bodybuilding, and that’s when he began upping his intensity in the gym.

Eventually, he started to receive messages from others telling him how his story helped them overcome their own obstacles.

“My drive to build the best possible physique that I can will always remain the same, but now I’ve shifted toward helping people and leaving an impact; that’s something that’s really grown important to me.”

Facing his own mortality at such a young age has matured Zeiler beyond his years. Battling cancer certainly creates a shift in one’s priorities, and for Zeiler, that means doing what he truly loves: He’s an online personal trainer, has plans to release his own clothing line, and still spends every day with Tara.

“We can’t be afraid to pursue things that we truly love in life, because it could all be over tomorrow. I could be diagnosed tomorrow; you don’t know,” says Zeiler. “I’m trying to pursue everything I love doing and make a living out of it.”

Fast-forward five more years and Zeiler has built himself up to a shredded 180 pounds. He trains seven days a week, hitting each muscle group twice a week. As for his diet, Zeiler says that he has always been blessed with a fast metabolism, eating just slightly more than his maintenance calories.

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†Results compared to baseline.
ELI PORTNOY PROVES THAT IT'S NEVER TOO LATE TO START

Eli Portnoy doesn’t consider himself special. In fact, the 61-year-old always saw himself as anything but. After more than 40 years as a successful brand strategist in the corporate world, Portnoy exited that scene to move to Miami Beach, FL. He continued to do consulting work, and his business-oriented mind and confidence attracted the likes of younger people looking for guidance, regardless of the end goal.

“I got involved at 58 years of age, as a result of being asked to help a young, aspiring competitor with some training,” Portnoy recalls. “In the process of doing that with him, I discovered a strong interest in this for myself.”

Since that first encounter, Portnoy’s life underwent a major rehaul: It was all or nothing. First came the diet. Portnoy keeps it as clean as possible—with the exception of his nightly glass of wine. “I wouldn’t give up my red wine for anything,” he says.

“I continue to eat consistently clean as a lifestyle, and I don’t miss eating anything,” says Portnoy. “It’s chicken, vegetables, and the appropriate carbs.”

As for training, Portnoy adheres to a classic split of chest, back, legs, and then shoulders. He works abs and arms every day (C.T. Fletcher–style!), giving his arms a break on leg day.

Portnoy coupled his love for mentoring with fitness to start his own talent agency: CR2 Talent. The team is small, with a cap of 20 clients.

“My approach was to have a small team of men and women athletes, the best of the best,” explains Portnoy. “My background is in brand marketing, and I bring that expertise to training and nurturing these kids into being able to make this a profession—a sustainable career.”

In addition to CR2 Talent, Portnoy also operates a Facebook page titled “Fit Guys Over 50,” with the hopes of inspiring the older crowd.

“I’m an average guy,” says Portnoy. “You have to be willing to give a certain level of commitment and not be frightened of the fact that it takes effort to convert yourself...the process is not that complicated, but many people when they get to a certain age have convinced themselves that it’s too hard.”

**PORTNOY’S ARM WORKOUT**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cable Curl superset with Triceps Pushdown</td>
<td>4*</td>
<td>8</td>
<td>60 sec.</td>
</tr>
<tr>
<td>EZ-bar Curl superset with Skull Crusher</td>
<td>4</td>
<td>21</td>
<td>60 sec.</td>
</tr>
<tr>
<td>Preacher Curl superset with Overhead Cable Extension</td>
<td>4</td>
<td>12</td>
<td>60 sec.</td>
</tr>
<tr>
<td>Hammer Curl superset with Dumbbell Kickback</td>
<td>4**</td>
<td>12</td>
<td>60 sec.</td>
</tr>
<tr>
<td>High Cable Curl superset with Underhand-grip Pushdown</td>
<td>4</td>
<td>20</td>
<td>60 sec.</td>
</tr>
</tbody>
</table>

*Pyramid up in weight after each set.
**Add five pounds after every set.
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TRAINING TIPS TO POWER UP YOUR WORKOUTS

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THE BEST ROUTINE

SHOULD YOU SPLIT UP YOUR BODY PARTS OR DO THEM ALL IN ONE WORKOUT?

OPENING ARGUMENTS

Defense
Split routines produce good gains in size and are used by nearly all competitive bodybuilders. They allow for adequate volume to be used as well as adequate recovery time to avoid overtraining.

Prosecution
Full-body routines allow greater frequency of training each muscle group for more growth stimulus. Volume can be adjusted to match the same total volume per week as with a split routine.

EVIDENCE
An eight-week study compared the effects of training muscle groups one day per week using a split-body routine versus three days using a total-body routine in well-trained men. The split routine hit two to three muscle groups performing two to three exercises with two to three sets per workout. The total-body routine hit all muscle groups with one exercise for two to three sets per workout. Both routines consisted of three weekly sessions done on nonconsecutive days for eight weeks. All subjects performed 18 sets total per session. Each set had eight to 12 reps with 90 seconds of rest between sets.

VERDICT
Subjects using the total-body routine experienced significantly greater muscle hypertrophy. Muscle protein remained elevated approximately 48 hours after workouts. Thus, training a muscle group every 48 hours would keep muscle protein synthesis elevated for longer.

SENTENCING
When reps are higher, use a full-body routine. As weight loads increase and reps drop, move to a split routine to allow greater volume per muscle group and adequate time for strength to recover.
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America's #1 Selling Weight Loss Supplement Brand is unleashing two new advanced formulas that will change the way you approach your weight loss goals: HYDROXYCUT HARDCORE NEXT GEN ACCELERATOR and HYDROXYCUT® CLA ELITE NEXT GEN. These innovations are the latest in weight loss innovations from the brand that's already provided athletes with 20 years of excellence. Both next generation formulas contain a key, scientifically researched ingredient shown to deliver real weight loss results.

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ALL-OUT CALVES
POINT YOUR TOES IN TO HIT THOSE STUBBORN OUTER CALVES

Bodybuilding requires full development of each muscle group. For lower legs, that means equal development of the gastrocnemius, or calf. The gastrocnemius has two heads, the medial (inner) head and the lateral (outer) head. For many, the real challenge is the outer head. Research done at Armstrong Atlantic State University has shown that turning your toes inward when doing standing calf raises shifts the emphasis to the outer head. Yes, it sounds a little confusing, but it’s the way to go for outer calves. Also, seated calf raises place greater emphasis on the soleus, which lies underneath the gastrocnemius.

ALTERNATIVES
Calf raises on leg press (hip sled), toes turned in.

WHEN TO TURN ‘EM IN
Begin calf workouts with toes turned inward while your calves are fresh, then finish with a few sets with your toes straight.

FORM AND FUNCTION
The gastrocnemius traverses two joints, the knee and the ankle. The inner head originates at the inner condyle of the femur. The outer head originates at the outer condyle of the femur. Both heads converge at the calcaneal tendon, or Achilles tendon as it is more commonly known, which attaches to the heel.

ALL-OUT CALF WORKOUT

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standing Calf Raise on Machine (toes in)</td>
<td>3</td>
<td>20-25</td>
</tr>
<tr>
<td>Standing Calf Raise on Machine (toes straight)</td>
<td>3</td>
<td>12-15</td>
</tr>
<tr>
<td>Seated Calf Raise (toes in)</td>
<td>3</td>
<td>20-25</td>
</tr>
<tr>
<td>Seated Calf Raise (toes straight)</td>
<td>3</td>
<td>12-15</td>
</tr>
</tbody>
</table>
Test subjects supplementing with 2.5g of betaine built 55 times more lean muscle than the placebo group (3.75 lbs vs. 0.56 lbs). In a separate study, betaine was shown to enhance muscle endurance.

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- Amazing refreshing taste!

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• Shown to boost strength by 40%
• First dose boost in endurance

AMINO BUILD® NEXT GEN ENERGIZED

• Energized formula for instant energy, focus & intensity
• Amazing refreshing taste!
HYPOTHESIS
- Time under tension (TUT) is the total amount of time the muscle spends contracting against resistance. The principle of TUT does not differentiate among concentric contractions, isometric contractions, or eccentric contractions. During a traditional set, some time will be spent in all three conditions. How much time depends on the specific repetition cadence that is used.

RESEARCH
- Researchers from Brazil and the U.S. performed a study with 22 male subjects with previous training experience. The subjects performed two training protocols (slow and fast) on the Smith machine bench press. Both protocols included three sets, three minutes of rest, and 60% of one-rep maximum (1RM). The slow protocol consisted of six reps with a six-second rep duration, whereas in the fast protocol the subjects performed 12 reps with a three-second rep duration. Muscular activation and blood lactate concentrations were measured during and until 12 minutes after the last set.

CONCLUSION
- Time under tension being equal between two protocols, faster rep speeds result in higher muscle activation and blood lactate levels.

APPLICATION
- When planning your rep cadence for your workout, there is no need to perform your reps slower than three seconds. A one-second up, one-second down scheme works, as does a one-second up, two-seconds down scheme. The important thing is to adequately activate the target muscle while generating as much metabolic stress as you can to produce a good anabolic stimulus.

QUALITY TIME
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Only at Walmart®
Ahmad Haidar could be a paradigm for the new classic physique division. In his 30 pro contests over 11 years (1998-2009), the Lebanese muscleman almost always presented the most proportionate physique in the contest. At 5’7” and 215, he never had enough muscle to shock, but he always presented stellar lines and proportionate development. After winning the 1997 IFBB World Amateur Championships, he earned zero pro titles, but he was second twice (most impressively at the 2005 New York Pro), and he flexed in four Olympias.

To construct a classic physique, the two areas of greatest importance are abdominals and shoulders. A decade ago, no bodybuilder was more celebrated for his superb midsection than Haidar. Too often his abs were all you learned about.

Let’s give some love to his delts. They didn’t wow anyone with an abundance of flesh or grainy, veiny detailing, but they were perfect for his physique, capping off his clavicles and accentuating his V-taper and classic lines.

**HAIDAR’S SHOULDER ROUTINE**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hammer Strength Military Press</td>
<td>4–5</td>
<td>8–10</td>
</tr>
<tr>
<td>Dumbbell Lateral Raise</td>
<td>4</td>
<td>8–10</td>
</tr>
<tr>
<td>Seated Dumbbell Press</td>
<td>4</td>
<td>8–10</td>
</tr>
<tr>
<td>Dumbbell Rear Lateral Raise</td>
<td>4</td>
<td>8–10</td>
</tr>
</tbody>
</table>

**FLEX FACT**

- When he was second in the 2005 New York Pro, Haidar beat two men, Victor Martinez and Kai Greene, who have collectively finished second in the Olympia four times.
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Based on Research at a Leading American University

Test subjects rapidly added mass!

In an 8-week study, subjects consuming a high-protein diet containing approximately 2,300 calories and performing a weightlifting program added 2,000 calories (the same amount found in one serving of MASS-TECH® EXTREME 2000 plus 16 oz. of skim milk) to their regimen. The results were examined and, on average, subjects gained 6.8 lbs. of mass while control subjects gained 1.3 lbs.

Mass Gainer Formula

80g Whey Protein
Delivers a whopping 80g of premium protein per serving (when mixed with 16 oz. of skim milk). Compared with other gainers, MASS-TECH® EXTREME 2000 packs more protein to fuel your gains.

8g Anabolic Leucine
Delivers an 8g dose of muscle-building Leucine (when mixed with 16 oz. of skim milk). Leucine was shown in a clinical study to help subjects increase their 5-rep max strength by over 40% in just 12 weeks.

10g Musclebuilding Creatine
Contains a clinically validated 10g dose of creatine that helps increase strength and regenerate ATP stores that are reduced during resistance training.

2,000 Calories
In a university study, subjects adding 2,000 calories (the same amount found in one serving of MASS-TECH® EXTREME 2000 plus 16 oz. of skim milk) along with a high-protein diet and weightlifting program gained an average of 6.8 lbs. of mass.

400g Multi-Phase Carb Complex
When mixed with 16 oz. of skim milk, the multi-phase carb complex in MASS-TECH® EXTREME 2000 spikes insulin levels and promotes muscle glycogen replenishment.

Mixes instantly Tastes Amazing

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GAINS IN BODY MASS (LBS.)

<table>
<thead>
<tr>
<th>CONTROL</th>
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Five-in-One

MASS GAINER FORMULA

© 2016 NEW! 22 LBS. MASSIVE SIZE
Casey Williams was on top of the world. The 28-year-old Bucknell University graduate and ex-college football player turned powerlifter had the best meet of his life, totaling 2,088 pounds with an 810-pound squat, a 540-pound bench press, and a 738-pound deadlift at RUM8 in Port St. Lucie, FL, one of the most competitive powerlifting meets around.

However, following the meet in early February 2015, things quickly took a turn.

“Last year was extremely frustrating,” Williams recalls. “I was going to compete again in August, then March, for the 2016 Arnold, but I got hurt training for my August meet.”

Williams injured his hamstring, sidelining him for six weeks.

Now the current third-ranked powerlifter at 242 pounds is ready for redemption as he makes his debut at this year’s Arnold Sports Festival in Columbus, OH.

“For this cycle, I went back to a conjugate split: an upper/lower heavy day and an upper/lower dynamic day. I have done that in the past. I did it my own way, now I’m going back to a traditional template.”

Williams works in variations of the main lifts (squat, deadlift, and bench) with box squats, floor presses, or deficit deadlifts to strengthen different weak points.

Yet he makes sure not to ignore other accessory lifts.

“I’ll do my main movement, then one heavy assistance movement, then after that it’s all relatively light,” he explains. “It helps [keep me] healthy and induces hypertrophy. Everyone wants to separate powerlifting and bodybuilding, but they’re not that far apart.”

Williams’ goals for 2016 extend beyond the Arnold Sports Festival: “After the Arnold, a few of the guys talked about competing in the GPC [Global Powerlifting Committee] Worlds. If you win the GPC Worlds, you’re a world champion, so it’d be nice to have that title.”
Designed for the serious athlete, Orange Triad delivers! Serious athletes are unique in that they intentionally subject their bodies to incredible amounts of stress with training and cardio. Over time, muscles, tendons, and ligaments take longer to recover which means you can't train them as often as you would like. Nutritional support is key to getting optimal results from your training. Orange Triad combines key vitamins, minerals, and nutrients for supporting optimal digestion, immune system, and joint health into one “twice daily” dietary supplement. The Joint and Flex Complexes help lubricate joints and cartilage as well as increase the resiliency of connective tissue, while the Digestion and Immune Complex includes digestive aids, and nutrient partitioning agents to take your performance to the next level.

SEE HIM TRAIN... www.TRAININSANE.de.com
www.ControlledLabs.com
Y3T (Yoda 3 Training) is the brand name of my training method, which incorporates a three-week structure based on utilizing low, medium, and high reps with varying training volumes and rep tempos to target all muscle-fiber types. Other people put the “Yoda” tag there. The ideology of Y3T has grown from more than 2½ decades of testing methods with a wide selection of athletes, including four-time Olympia 212 Showdown winner Flex Lewis and IFBB pro William Bonac.

Most programs cater to just one or two fiber types, essentially failing to target more than 50% of your overall muscle fiber mass and, as a result, missing out on huge growth potential. Y3T targets Type 1 slow-twitch fibers, Type 2a medium-twitch, and Type 2b fast-twitch. Y3T’s focus is breaking down muscle fibers, increasing blood flow to muscles while not actually putting the connective tissues under as much stress as other programs.
THE DURATION
I recommend a 12-week training cycle with my Y3T protocol. You’ll complete four rotations of the same three-week training cycle. You can use Y3T forever if your primary objective is to build more muscle, burn fat, improve performance, and stay injury-free. Rather than another training technique to try short term, Y3T is a fully comprehensive, three-dimensional overview of how to train correctly for optimal body-composition changes. After every 12-week cycle, change the exercises for Weeks 1 to 3 and complete another 12-week block. I rotate the three-week training cycle four times to ensure perfect form and establish a mind-muscle connection with each exercise. The neuro-connection between the mind and muscle is essential to maximizing hypertrophy because it’s through the central nervous system that the body recruits muscle fibers. The better the connection, the more fibers you should be able to recruit and in turn see better results.

A PROPORTIONAL PHYSIQUE
Many bodybuilders have concerns about lagging body parts and look for ways to build size on specific muscle groups. Y3T includes crossover between muscle groups and allows for additional stimulation throughout the week. For instance, anterior deltoids will become stimulated on chest day by default. However, if someone still feels they are lagging in certain areas, then I introduce additional stimulation work four to five days after he or she trained the muscle. It’s less intense than the primary workout, with more focus on just flushing the muscle with blood. For instance, if you think you have lagging shoulders, do six to seven sets, with 60 seconds between each set, after training your back.

WHAT ABOUT CARDIO?
Your cardio needs will depend on your goals, body type, gender, and age. I advocate of keeping some degree of low-impact, steady-state cardio in the plan year-round with most athletes for the health benefits. Improved digestion, cardiac health, and blood flow to the muscles help keep you fresh.

THE RESULTS
Y3T is the ultimate recipe for positive changes in overall body composition. With the varied rep ranges, you are targeting both myofibrillar and sarcoplasmic hypertrophy and taxing all the energy systems to maximize fat loss. It’s about understanding physiology properly and then creating a training protocol, which manipulates this to achieve maximal results.
Y3T LIKE A PRO
How four-time Olympia 212 Showdown champ Flex Lewis and IFBB pro William Bonac use Y3T to their advantage

FLEX LEWIS
Flex is very responsive to a training environment in which there’s a lot of iso-tension, which means Week 2 is potentially his sweet spot. However, you cannot train in one range all the time because you will stagnate and miss out on growth potential. With that said, Flex follows a Y3T cycle as follows: Week 1, Week 2, Week 2, Week 3, and repeat. The extra Week 2 really enables Flex to benefit from the tension those workouts bring.

WILLIAM BONAC
William is highly responsive to lower-rep work, with a natural tendency to be extremely strong with great control. William follows a Y3T cycle as follows: Week 1, Week 1, Week 2, Week 3, and repeat. The extra Week 1 really complements William’s muscle-fiber makeup, and as you’ve seen with his dramatic level of growth during the past 18 months, it has worked very well.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Training Days Per Week</td>
<td>4-6</td>
<td>4-6</td>
</tr>
<tr>
<td>Exercises Per Workout</td>
<td>3-5</td>
<td>3-5</td>
</tr>
<tr>
<td>Sets Per Exercise</td>
<td>3-5</td>
<td>3-4</td>
</tr>
<tr>
<td>Reps Per Set</td>
<td>6-12</td>
<td>14-20</td>
</tr>
<tr>
<td>Rest</td>
<td>90 sec.</td>
<td>90-120 sec.</td>
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<tr>
<td>Tempo</td>
<td>4-sec. negative</td>
<td>3-sec. negative</td>
</tr>
</tbody>
</table>

A DAY OF Y3T: WEEK 1, DAY 1

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
<th>REST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Squat</td>
<td>5</td>
<td>8-10</td>
<td>90 sec.</td>
</tr>
<tr>
<td>Leg Press</td>
<td>4</td>
<td>8-10</td>
<td>90 sec.</td>
</tr>
<tr>
<td>Hack Squat</td>
<td>3</td>
<td>10-12</td>
<td>90 sec.</td>
</tr>
<tr>
<td>Lying Leg Curl</td>
<td>5</td>
<td>8-10</td>
<td>90 sec.</td>
</tr>
</tbody>
</table>
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To get big, you need engineered mass building nutrition. Up Your MASS provides 62 grams of a sustained release protein blend* shown to be superior to whey to build muscle mass and boost recovery. It also includes a high quality carb matrix designed to fuel muscle growth and enhance performance. Plus, unlike other gainers, Up Your MASS is not loaded with simple sugars like dextrose or sucrose. It’s so powerful, Up Your MASS can help you gain up to 16 lbs of quality MASS in just 5 weeks! To build maximum size and strength, use what the biggest and strongest men in the world use – Up Your MASS.

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*Based on 1 Serving with 16 oz. whole milk. **Based on Fudge Brownie flavor.
CRANK IT UP

WHETHER YOU’RE AN AMATEUR OR PRO BODYBUILDER, THESE SIX TRAINING TECHNIQUES WILL HELP YOU CARVE YOUR DREAM PHYSIQUE FAST

Anyone who has been training for more than a year knows that at some point muscle gains will start to slow, and in some cases, stop. It’s not necessarily that you’re doing anything wrong, it’s just that your body is adapting to training; in other words, it’s getting used to it. This is when you need to change things up to keep your body guessing. My preferred method is to increase workout intensity. I utilize six intensity multipliers to help break plateaus and spur muscle growth.

The biggest difference between how my amateur and pro clients use these multipliers is how many they employ in one workout. An amateur might use one of these techniques in a workout, but pros use several techniques in a workout, such as partials, negative reps, and flexing. For the average bodybuilder, I recommend using one multiplier per workout. Over the course of time, incorporate all six of these intensity multipliers in your training to make gains like a pro.

1 NEGATIVE REPS
You are stronger in lowering a weight (eccentric) than you are in lifting it (concentric). Your spotter will help you do the positive portion while you do the brunt of the work on the negative portion. For amateurs, I do a full set of negatives while they’re still fresh. Pros do negatives for 3–5 reps at the end of the last set.

2 PARTIAL REPS
You can keep the set going and target a specific part of the muscle. For example, a half cable curl targets the peak of the biceps. Do three to five partial reps during the last one to two working sets of an exercise.

3 PAUSES
A two-second pause at the midpoint of the rep minimizes momentum, maximizes time under tension at full contraction, and recruits more muscle fibers. Do pauses for the last two to four reps of the last exercise.

4 SUPERSETS
These are done by performing one exercise followed immediately by another exercise with little to no rest in-between. For the second exercise, I encourage targeting the same body part from a different angle and training to failure. Dumbbell flyes and pushups are an FST-7 superset that I like.

5 DROPSETS
By reducing the weight after reaching failure, you can get additional reps and extend the set. Generally, it’s a 25–30% reduction for each dropset.

6 INTRA-WORKOUT FLEXING
Flex for 15-20 seconds during FST-7 sets or the last set of an exercise. For chest and shoulders, do a most muscular or side chest pose; a front double biceps for arms; for legs, stand in the front relaxed pose and put pressure on the outer part of your foot. For back, a back double biceps pose; for abs an abdominal and thigh pose.
How do the best shred fast?

Burning fat while not losing muscle is not a skill, but an art.

Learning how to achieve this balance can take years of trial and error. Fortunately, Evogen Nutrition takes the guesswork out of the process with the Shred-Fast Stack. This precisely formulated stack was developed by The Pro Creator® Hany Rambod, and used by Jeremy Buendia, getting him shredded to win the Physique Olympia title in 2014 and 2015. When Lipocide™ and Carnigen™ are combined, the synergy of these two products is extremely powerful. Now this stack is finally available to you.†

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HALF MEASURES
GOING HALFWAY ON REPS CAN MAXIMIZE YOUR GAINS
Sometimes halfway is the best way. Most bodybuilding training advice prescribes full ranges of motion, and generally this is the best strategy. However, if done correctly, limiting your range of motion (ROM) can focus more tension on the targeted body part. We're not speaking here about partial reps done after reaching failure with full reps, though those too can be very effective. Our focus this month is on sets that consist of only half reps or those that start with half reps but end with full reps. This kind of "half-stepping" can make sets both harder and more effective.
HALF-STEPPEING
The reason to do half reps is to focus more on a specific part of an exercise's range of motion. Sometimes this is done with compound lifts to increase your strength during a sticking point. For example, powerlifters may work on only the top halves of bench presses in order to get stronger lockouts—the area where many bench presses fail. Bodybuilders can do the same thing in order to target their triceps, which are the prime movers during lockouts (pectoralis play a greater role during the bottom halves of reps). Because multiple muscles are stimulated during a compound lift, it's crucial to select the right segment of such an exercise to work the targeted area. For example, top deadlifts eliminate most lower-body movement and thus focus more on the back and traps than full deadlifts.

You can also do half reps during some isolation exercises. Select a lift with a long ROM. Shrugs, for example, would be a poor choice because their ROM is short. By contrast, leg curls have a long ROM. You also need to be aware of when the muscle is most engaged. You might assume this is always during the top halves of reps when the muscle maximally contracts, but sometimes it's during the bottom halves when the muscle stretches. For example, the biceps are most engaged during the lower halves of preacher curls. Therefore, doing only the top halves would be inefficient.

HALF-REP ARM ROUTINE

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<tr>
<th>EXERCISE</th>
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<th>REPS</th>
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<tbody>
<tr>
<td>Pushdown 21s</td>
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<td>21*</td>
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<tr>
<td>Overhead Extension 21s</td>
<td>4</td>
<td>21*</td>
</tr>
<tr>
<td>Bench-press Lockouts**</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Barbell Curl 21s</td>
<td>4</td>
<td>21*</td>
</tr>
<tr>
<td>Preacher Curl Half Reps***</td>
<td>4</td>
<td>10</td>
</tr>
<tr>
<td>Dumbbell Curl 21s</td>
<td>4</td>
<td>21*</td>
</tr>
</tbody>
</table>

*7 reps from bottom to halfway, 7 reps from halfway to top, 7 full reps.
**Perform in a power rack. Go halfway down on each rep.
***Go from the bottom to halfway up.
MISSION 1
CLEAN PROTEIN BAR

21G PROTEIN
17G FIBER W/IMO
NO ARTIFICIAL FLAVORS & COLORS
GLUTEN FREE
0G SUGAR ALCOHOLS
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**HALF-REP BASICS**

Select compound exercises that allow you to focus on specific muscles over a limited ROM, such as triceps, during the lockouts of bench presses.

Select isolation exercises that have a long ROM, such as biceps curls.

Combining half reps with full reps in the same set allows you to better target muscles and expand your time under tension.

21s can be done with many more exercises than curls, and they don’t have to total 21 reps.

**HALF-REP TIP SHEET**

We’ve designed an arm routine of only half reps to illustrate what can be done. Generally, only one exercise per body part should feature half reps.

For safety and to assure you hit the precise depth, use a power rack when doing half reps of chest presses or deadlifts.

To better target half reps of compound exercises, do them after isolation exercises for that muscle.

Slow down your half reps.

---

**HALVES AND WHOLES**

Reps of varying lengths can be combined within a set. The best-known way of achieving this is via 21-curls, which consist of seven reps from the bottom to halfway, seven reps from halfway to the top, and seven full reps. Numerology aside, there’s nothing magical about either 21 or seven. You could accomplish the same with subsets of six or eight or similar amounts. Also, 21s are not exclusive to biceps routines. They work with other long-range-of-motion isolation exercises. Triceps pushdowns, leg extensions, leg curls, and pec-deck flyes are among the best candidates for 21s.

Instead of doing both halves plus full reps, you can do half reps followed by whole reps or alternate half reps with whole reps. For example, do leg extensions for eight top-half reps in succession, followed, without rest, by six full reps. You can also alternate slow half reps with fast full reps throughout a set. Partial reps can feel easier after complete reps, and vice versa, breaking up the monotony of a standard set. Ideally, the halves and wholes will complement each other, allowing you to keep the muscles under tension longer than you could with only straight reps.

**NOT HALF BAD**

The key to successfully using half reps is to make certain they apply more stress on the targeted area, not less. Often, bodybuilders limit their range of motion in order to hoist more metal. Invariably, anyone doing this focuses more on the easiest portion of reps (such as the shallow top of leg presses or the bouncy bottom of incline presses) and skips the hardest segment entirely. Utilize half reps to make your sets harder and more efficient, not easier and less effective.
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The verdict is in: Adding greens to your diet is good for your overall health and bodybuilding goals.

Ah, the good old burger. Here’s how you can enjoy this all-American treat without compromising your goals.

What do you do if you can’t stomach regular milk? Try these top-notch alternatives that are easy on your tummy.

Check out this tasty take on a staple bodybuilding muscle meal. This isn’t your dad’s boring chicken and rice dish.

Get everything you need to power up workouts and speed recovery with these new supersupps.
GREEN... GOOD!

CHOOSE THESE FORGOTTEN GREENS TO BOOST VITAMINS AND MINERALS

Greens are an excellent source of powerful nutrients, and this month we look at the beet, mustard, and turnip varieties.

“Just one cup of mustard greens provides 65% of your recommended daily allowance of vitamin C, which aids tissue health and repair,” says Torey Armul, R.D.N., C.S.S.D., registered dietitian and spokesperson for the Academy of Nutrition and Dietetics. It also exceeds by three times your daily vitamin K needs; this vitamin is essential for blood clotting and helps keep our inflammatory system in fighting shape. A 2008 study in Nutrition Research showed that steamed mustard greens could also be an essential tool in helping lower overall cholesterol.

Two cups of beet greens have more than 8 grams of fiber, which helps increase satiety, decrease hunger, and manage weight and are a surprisingly good source of protein, with almost 8 grams in the same two cups. Beet greens also have high amounts of calcium, essential for hormone secretion and bone health, and magnesium, needed for protein synthesis and muscle function.

“Turnip greens are a fantastic source of the antioxidant vitamin A, the key nutrient in eye health,” says Armul. These greens are also tops in calcium content, with more than four times the amount in cruciferous vegetables and almost 17% more than beet greens pack. Turnip greens feature large amounts of phytonutrients—which all greens have—that may help lower our risk of developing cancer.

DARK, LEAFY GREENS HAVE HIGHER RATES OF ABSORBABLE CALCIUM THAN COW’S MILK.

COOKING GREENS
FOLLOW THESE TIPS, THEN TOSS WITH YOUR FAVORITE VINAIGRETTE, ADD CRUMLED BACON OR SALT AND PEPPER, AND ENJOY.

▲ BEET GREENS
Boil for 1 minute in a large pot without covering. Pour into a colander and press out the leftover liquid with a fork.

MUSTARD GREENS
Rinse and place leaves in saucepan over low heat. Cover and steam for 5 minutes. Put in a colander and press out liquid with a fork.

TURNIP GREENS
Rinse under cold water and chop. Let sit for 5 minutes, and then squeeze a lemon half over them. Steam for 5 minutes.
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CHICKEN WITH RICE, PORCINI MUSHROOMS, AND SWISS CHARD
SERVES 2

INGREDIENTS
1 tbsp extra-virgin olive oil
12 oz skinless, boneless chicken breast, cut into 1-inch cubes
1 medium shallot, chopped
1 cup sliced porcini mushrooms
1 1/2 cups low-sodium chicken broth
1/2 tsp black pepper
3 pinches sea salt
1/2 cup parboiled brown rice
8 oz Swiss chard leaves only, cut into 1-inch pieces

DIRECTIONS
Heat oil in a medium-size pot on medium heat. Add chicken and sauté until slightly golden, about 3 to 4 minutes. Add shallot and mushrooms and sauté for 1 to 2 minutes, stirring often. Add chicken broth, pepper, and salt. Bring to a boil, then add rice and Swiss chard and reduce heat. Simmer for 8 to 12 minutes, or until rice has cooked.

Calories 398 | Protein 45g | Carbs 23g | Fat 12g
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CLA 4X™ SX-7® Black Onyx™
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• Non-stimulant formula that includes C. canephora robusta for weight loss
• Plus grains of paradise, supplying 6-paradol

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FAST-FOOD SHAKEDOWN

By Adam Bible

Five Guys
This Fast-Spreading Burger Joint’s Deceptively Simple Menu Hides Some Hits Among the Belly Busters

- Washington, D.C.-area favorite Five Guys burst across the fast-food scene since they started offering franchises in 2003, with well over a thousand locations now open across America, and even Canada and the U.K. The burger joint offers a simple menu with fresh ingredients free of artificial flavors or hidden chemicals. The 80/20 USDA ground beef is hand-formed per order.

- The easiest way to keep your calories, carbs, and fat in check is to nix the french fries. An order of fries adds a whopping 411 grams and more than 900 calories. Employees often throw an extra scoop in the bag, easily flirting with 1,200 calories, so skip ‘em, and while waiting for your order, help yourself to a handful of complimentary roasted peanuts to get in some extra protein and vitamins.

- We like the Veggie Sandwich for a quick and decent pre-workout meal, but steer clear of the fatty and sugary sauces. The Hamburger, which comes with two beef pattles, can sub in for a post-workout meal with plenty of protein and can be ordered without a bun to cut down carbs.

Pre-Workout Pick
Cheese Veggie Sandwich
Grilled onions, grilled mushrooms, green peppers, lettuce, tomato, American cheese, and a sesame seed bun.
Look for foods with complex carbohydrates to fuel muscle and some protein for sustained energy. Stay away from fatty and calorie-heavy foods and try to keep clear of refined carbohydrates.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>510</td>
<td>20g</td>
<td>61g</td>
<td>21g</td>
</tr>
</tbody>
</table>

Post-Workout Pick
Hamburger
Two hamburger patties, pickles, onions, lettuce, tomato, and a sesame seed bun.
After an intense workout you need to build your glycogen stores back up with carbs and lean protein to jump-start muscle tissue repair and the building of new proteins.

<table>
<thead>
<tr>
<th>Calories</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>718</td>
<td>39g</td>
<td>43g</td>
<td>43g</td>
</tr>
</tbody>
</table>

Fast-Food Fatteners
- Sometimes items that appear harmless are actually fat and calorie bombs.
Bacon Cheeseburger and Fries
Two hamburger patties, bacon, American cheese, and a sesame seed bun with regular french fries.
Calories 1,070
Protein 55g
Carbs 71g
Fat 103g

Milk Shake
Base shake with banana and peanut butter.
Calories 990
Protein 17g
Carbs 95g
Fat 40g
NEW!

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- Powerful doses of beta-alanine and citrulline for the ultimate in strength, performance and pumps

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If you have symptoms like abdominal cramps, bloating, diarrhea, or nausea after drinking cow’s milk or other dairy products, you’re probably lactose intolerant to some degree. Fortunately, plant-based milks like almond, hemp, and rice milk are a good option for people with lactose intolerance or a dairy allergy. Some brands are fortified with calcium and vitamin D to give you the extra nutrients most cow’s milk provides.

Coconut milk is higher in calories, but most of these calories come from fat, not protein, so be mindful of that if you start to add unwanted body fat. Another alternative is soy milk, which provides 8 grams of protein per cup. Some bodybuilders believe soy can increase estrogen and tamp down testosterone levels, though a 2010 meta-review published in the journal Fertility and Sterility found no impact on T from soy.

You can also try lactose-free milk, which has added lactase, an enzyme that breaks down lactose, the natural sugar found in dairy that can cause gastrointestinal distress in those missing the genes to produce the helpful enzyme. Lactose-free milk still has good amounts of protein and calories, comes in 2%, 1%, and fat-free selections, and even tastes a little sweeter than regular milk. Mix your protein powder with these alternative milks to help you reap the benefits of your gym efforts.

**MILK MATTERS**

**ALMOND MILK**
Low in protein and calories but has heart-healthy monounsaturated fat. Usually enriched with calcium and vitamins A and D.

**COCONUT MILK**
High in saturated fat with 5 grams per ounce. Contains vitamins C, E, and B, plus lauric acid, an antifungal and antiviral medium-chain fatty acid.

**HEMP MILK**
Nutty, creamy, and good for those with nut or soy allergies. Hemp milk has 10 essential amino acids and has good levels of omega-3 and -6 fatty acids.

**OAT MILK**
Contains more fiber than other milk substitutes. It packs lots of phytonutrients, has a sweet, grassy taste, and is free of saturated fats and cholesterol.

**RICE MILK**
We suggest leaving rice milk on the shelf, as it doesn’t naturally have much nutritional benefit unless it’s been fortified.

**SOY MILK**
High levels of iso-flavones, protein, vitamins, and minerals. Avoid brands with carrageenan, which may cause stomach problems and inflammation.
N.O.x Test™ SX-7™ Black Onyx™
Dual-Function Test Amplifier & Pump Formula

Already offering some of the most cutting-edge and super-extreme formulas available, SX-7™ Black Onyx™ is about to unleash their most innovative and powerful formulas yet. New N.O.x Test™ SX-7™ Black Onyx™ is an intense nitric oxide and muscle pump inducing formula with the added benefit of boosting testosterone. Completely stackable with other pre-workout or testosterone boosters, N.O.x Test™ SX-7™ Black Onyx™ is strengthened with scientifically studied key ingredients to provide athletes with a truly unique experience.

- **L-citrulline**: Helps reach superior peak plasma arginine levels vs. simply a larger dose of L-arginine
- **L-arginine**: Also included to maximize blood flow and vasodilation for the most extreme muscle pumps
- **Quercetin**: Increases key markers of nitric oxide production and reduces a vasoconstricting factor
- **Red wine fruit extract**: Supplies polyphenols, which emerging research suggests may support nitric oxide
- **Boron**: Shown in human clinical research to increase free testosterone and decrease estradiol in just 7 days
- **Rhodiola crenulata & Ginkgo biloba**: Maintains peak anabolic/catabolic balance and enhances performance
- **Brassica oleracea & bladderwrack extract**: Supplies diindolylmethane and fucoxanthin

STACK WITH
Test 3X™ SX-7™ Black Onyx™

For an even greater testosterone boost!

POWERFUL PUMPS & EXTREME HARDNESS
MuscleMeds Performance Technologies

No Bull XMT Pre-Workout and Secret Sauce Post-Workout Growth/Recovery Activator

- Having essential nutrients before and after your workout is just as crucial to muscle growth as the time you spend in the gym. MuscleMeds has taken it into its own hands to design the first-ever bioactive post-workout formula to help you do just that. The bioactive peptides in MuscleMeds’ Secret Sauce allow for an optimal anabolic environment post-workout to take full advantage of every rep and support maximal muscle growth. To complement Secret Sauce, MuscleMeds has designed the pre-workout formula NO Bull XMT, which promotes muscle growth, peak energy levels, and maximum strength output to prepare you for intense workouts.
According to a Harris Interactive survey, 55% of working adults are in search of a new profession. So why not turn your passion for fitness and nutrition into your own business? We carry the top brands and the latest nutritional supplements with a low price guarantee. The right concept, the right opportunity, the right time. Open a Nutrishop today!

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FOOD & SUPPS

SPOTLIGHT

MUSCLE-BUILDING PRE-WORKOUT

- NO Bull XMT is split into three main parts. The first, Power-AMP Complex, couples an optimal creatine blend with clinically dosed beta-alanine to provide peak ATP levels, power, and help reduce post-workout muscle soreness. Next, to increase energy, enhance performance, and provide mental clarity, caffeine, Ilex paraguariensis, Mucuna pruriens, and huperzine are combined in its Sudden Impact Neurotropic Energizer Complex. Alongside these ingredients, the Mucuna pruriens helps increase natural testosterone and HGH levels. Last but not least, NO Bull XMT's DecaDrive Delivery Matrix uses proven compounds like PEG to maximize absorption of all key ingredients in the formula and optimize amino acid absorption.

POST-WORKOUT MUSCLE GROWTH ACTIVATOR

- MUSCLE RECOVERY
  Secret Sauce was designed with the latest bioactive peptides technology from bovine serum albumin (BSA), a bioactive protein that helps speed up muscle recovery for fuller and stronger muscle tissue. The BSA protein contains naturally occurring leucine—a critical amino acid that in combination with 5 grams of a 10:1:1 ratio BCAA creates the optimal anabolic environment.

- PEAK STRENGTH
  The Power-AMP CRE3 Creatine Complex in Secret Sauce combines creatine monohydrate, creatine MagnaPower, and creatine gluconate to help fully saturate the muscle in creatine, allowing for increased muscle mass and peak strength output.

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UNMATCHED RESULTS
• 100% Whey Protein Source
• Primary Source: Whey Protein Isolate
• Laboratory-Tested & Certified, Guaranteed

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BI-ONAC
BICEPS

GIVE YOUR BICEPS THE STIMULATION THEY NEED TO GROW BY FOLLOWING IFBB PRO WILLIAM BONAC’S ROUTINE, DESIGNED BY HIS COACH AND TRAINING GURU, NEIL “YODA” HILL
If you were just getting started as a competitive bodybuilder in 2008 and were significantly lighter than 250 pounds, whose physique would jump out at you while flipping through the pages of FLEX magazine?

This is a rhetorical question, of course. The rookie bodybuilder from '08 we’re referring to is current IFBB pro William Bonac. And the physique that immediately caught his eye belonged to a man he still emulates to this day: 2008 Olympia champion Dexter Jackson. It makes perfect sense. The two are of similar stature (around 5’6” and in the 225- to 235-pound range) and both have inherently aesthetic physiques. Eight years later, Jackson is still going strong at age 46, and Bonac, 33, would love to be doing the same 13 years from now.

“When I saw Dexter for the first time, I thought, ‘OK, his physique is reachable for me,’” says Bonac, a recently inked Weider Athlete whose 2016 competition schedule includes the Mr. Olympia in Las Vegas Sept. 16–17, the Arnold Classic Europe in Madrid one week later, and the inaugural Mr. Olympia Europe in Germany on Oct. 22. “Ronnie Coleman was a big motivation for me, too, but he was so big, and I knew I could never be like that. Dexter’s size and look was more my thing. I look up to Dexter. I don’t think I’ll ever accomplish quite as much as he’s accomplished, but if I can get close, I’m good with that.”

**STAY HUNGRY**

In Jackson, you have a bodybuilder whose physique has always been much more than the sum of its parts. Perhaps his abs are his calling card, but his biggest assets have always been unparalleled symmetry, conditioning, and seamless flow from one body part to the next. Bonac’s physique is cut from a similar mold, except that his legs are naturally bigger. This is to his benefit, obviously, but to someday reach Jackson’s level, Bonac believes he needs to emulate one of the Blade’s other key attributes: consistency.

“After shows, most guys’ physiques go backward,” says Bonac, referring to when a professional bodybuilder has to compete multiple times over the course of several weeks, as he’ll have to do this fall with his two Olympia engagements. “They can maybe hold their shape for one week after, but after two shows they can’t. With Dexter, his physique just keeps getting better.”

What would you attribute that to? Bonac is asked. Genetics?

“Yes, genetics,” he replies. “But also, Dexter’s hungry, man. He wants it bad. When you have to compete more than two weekends in a row, it’s mental. You have to be very mentally strong. You can’t just rely on your physique.”

**THE YODA CARD**

Nobody builds a title-worthy physique alone. William Bonac, like Olympia 212 champ James “Flex” Lewis, has former IFBB pro and training guru Neil “Yoda” Hill in his corner serving as the mastermind for all of his workouts. Creator of his trade-marked Y3T (Yoda 3 Training) protocol, Hill is one of bodybuilding’s most respected training gurus.

In the following pages, Hill breaks down the specifics and rationale of Bonac’s biceps training. Biceps are a strong body part for Bonac, and he’s cautious not to overdevelop them in fear of throwing off his symmetry. That said, he certainly doesn’t ignore his arms, and Hill has a strategic plan even for Bonac’s strong muscle groups.

“There are many reasons why I structure Y3T the way I do, which involves rep tempo, rep ranges, working sets, and rest periods,” says Hill. “Together, they combine

### BONAC’S BICEPS WORKOUT

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
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</thead>
<tbody>
<tr>
<td>EZ-bar Curl superset with</td>
<td>3*</td>
<td>15-20</td>
</tr>
<tr>
<td>Seated Two-arm Dumbbell</td>
<td>3</td>
<td>15-20</td>
</tr>
<tr>
<td>Concentration Curl superset with Standing Preacher Curl</td>
<td>2</td>
<td>15-20</td>
</tr>
</tbody>
</table>

**NOTE:** All exercises are performed with a three-second eccentric (negative) on each rep and 30-second rest periods.

*Not including three to four warmup sets, starting at 50% of “working weight” (the weight that will be used on working sets) and gradually increasing resistance each set.*

### EZ-BAR CURL

**Yoda’s Wisdom:** “This is one of the primary compound movements for biceps training, which means ultimately you’re going to maximize the amount of muscle fibers you recruit within the
muscle,” says Hill. “EZ-bar curls are favorable over straight-bar curls in many instances because of the positioning of the wrists. With a semi-internally rotated grip using a fixed bar it’s easier to keep your elbows tucked by your sides, which minimizes the use of momentum. When you consider the muscle mass William carries, this grip on a fixed bar also alleviates potential stress on the wrist joint. “When using this exercise make a conscious effort to avoid allowing your anterior deltoids to bare too much of the weight and your lower back to generate momentum. We are aiming to break down the biceps specifically in this instance; therefore, we want to load that muscle with as much stress as possible.”
to create a very specific environment for optimized hypertrophy. In Bonac’s biceps workout, the focal point is sarcoplasmic hypertrophy predominantly, but within this rep range there will also be a crossover of myofibrillar hypertrophy. Ultimately, training to achieve both means that you’re maximizing your potential and gaining the benefits from both hypertrophy types. After doing this workout, you will experience tremendous blood flow to the muscle, where the slow- and fast-twitch fibers have been broken down. This is highly desirable, because the extreme blood flow helps stretch the fascia (which houses your muscle fibers) over time, which then allows for added growth."

Hill designed this workout for Bonac, and it falls in Week 3 of his Y3T training cycle. For less-experienced lifters, Hill suggests two working sets of each exercise for a total of eight working sets.

**SEATED TWO-ARM DUMBBELL CURL**

**Yoda’s Wisdom:** “One of the focal points of this exercise is wrist position, which changes throughout the movement because you aren’t using a fixed bar,” says Hill. “At the bottom of the movement, where your arm is fully extended, you’ll be in a semi or fully internally rotated position. However, as you begin to curl, I want you to ensure you move into a fully externally rotated position as soon as possible and remain there until the top of the rep. Once you hit the top of the rep and squeeze the biceps, remain in this position for as long as possible before reaching the bottom again. This is a very effective way of increasing the overall load within the biceps, bringing more muscle fibers into play. You will find this technique is more challenging, and you’ll be using less weight. But that doesn’t matter because the positioning will improve your muscle stimulation, which is the key factor in achieving hypertrophy.”
## Concentration Curl

**Yoda’s Wisdom:** "This exercise is a fantastic isolation movement that removes all other external forces and creates an environment where you can really create tension within the biceps," says Hill. "There are various ways of doing concentration curls, but the seated variation with your elbow resting inside your thigh is the variant I’d recommend. By using this method, you’re leaving the biceps completely isolated, without any input from the anterior deltoid or lower back—two common areas people get "extra help" from.

“The great thing about this exercise is that the angle created at the elbow joint lends itself to placing great stress and load on the biceps in the eccentric phase and isometric phase. Mechanically, it’s perfect for really finishing the biceps off once they’ve been broken down by bigger exercises like EZ-bar and dumbbell curls.”

## Standing Preacher Curl

**Yoda’s Wisdom:** "This exercise is a great isolation movement to finish off the biceps," says Hill. "There are many different angles you can use, but I personally recommend working between 60–75 degrees on the bench. The beauty of this exercise is that you’re able to really stretch the biceps out during the eccentric phase without hyperextending the elbow joint because of the protection from the bench. The angle created when doing this exercise makes it very easy to isolate the biceps, and more than that, allow gravity to help create more tension and load.

“One thing I want you to be very mindful of is keeping the back of your arm planted to the bench—don’t allow it to rise up, because that means you’re now involving other muscle groups and sacrificing tension within the biceps. This probably indicates the weight you’re using is too heavy.”

## William Bonac’s Stats

- **Height:** 5’6”
- **Weight:** 225 pounds (contest); 235 pounds (off-season)
- **Birth Date:** May 18, 1982
- **Residence:** Amsterdam, The Netherlands
- **Career Highlights:**
  - 2015: Dayana Cadeau Pro, 1st; Nordic Pro, 1st; Mr. Olympia, 8th
  - 2014: Golden State Pro Championships, 1st; Russia Grand Prix, 1st
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MEAT-LESS MEATHEADS

Make the move and become a vegetarian monster in the gym without sacrificing muscle or missing meat

BY ADAM BIBLE PHOTOGRAPHS BY BRIAN KLUTCH

There was a time not so long ago when any man dedicated to moving big iron and sculpting dense muscle would have been called a grass-chewing wimp or even (gasp!) a hippie, for turning down a fat, juicy rib-eye steak and instead tucking into a plate of beans and rice with a side salad. But starting in the ’50s, as modern bodybuilding began to take shape, a few dedicated muscleheads brushed off the insults and committed themselves to building an impressive physique all through a diet based on plants.

Bill Pearl, now 85, is probably the most famous vegetarian bodybuilder, though he is technically a lacto-ovo vegetarian, or someone who eats mostly plants and some dairy and eggs. He won numerous contests throughout the ’50s, ’60s, and ’70s while on a plant-based diet, including the Mr. Universe pro four times. His protégé, Jim Morris, took the plant diet even further and became a vegan—he went on to compete for more than 30 years and won contests like Mr. USA and Mr. Olympia Masters until retiring in 1985.

And the Oak himself, Arnold Schwarzenegger, proclaimed that he would start adhering to a meatless Monday schedule for better health and to do his part to cut down on the greenhouse gases emitted in the production, slaughter, and distribution of livestock. In a 2006 report, the Food and Agriculture Organization of the United Nations stated that the way we get meat on our plates is one of the biggest strains on the global ecosystem, with the whole process being one of the largest sources of greenhouse gases, a leading cause of loss of habitat biodiversity and a major reason our waterways are polluted.

Besides the saving-the-planet angle and concern for the welfare of animals, study after study has shown that vegetarian or vegan diets lower cholesterol, reduce the risk for heart disease, regulate blood pressure levels, and help prevent prostate cancer and colon cancer. People who follow a plant-based diet may also have lower body-mass index, better skin, more energy, and live longer. That said, we challenge you to try out the veggie life by taking the following steps to live a healthier.
VANILLA BERRY BLAST RECOVERY SMOOTHIE

INGREDIENTS
2 scoops vanilla rice protein powder
2 cups frozen blueberries
10 oz water

DIRECTIONS
Add all ingredients to a blender and blend for 30 seconds.

<table>
<thead>
<tr>
<th>CALORIES</th>
<th>PROTEIN</th>
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<tr>
<td>398</td>
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<tr>
<td>CARBS</td>
<td>FAT</td>
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PRE-WORKOUT INSURANCE SMOOTHIE

INGREDIENTS
2 scoops vanilla rice protein powder
2 cups frozen strawberries
1 tbsp Wiki's Choice Gi with JHA
10 oz water

DIRECTIONS
Add all ingredients to a blender and blend for 30 seconds.

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<thead>
<tr>
<th>CALORIES</th>
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<td>464</td>
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<td>CARBS</td>
<td>FAT</td>
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<tr>
<td>35g</td>
<td>13g</td>
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life, and maybe even help save the planet—and still pack on muscle.

MAKE THE MOVE
Mike Mahler, a renowned vegan strength athlete and kettlebell master, started on his path to veganism when he was 15. "Then I decided to cut out all meat except fish but kept eggs and dairy in as well," he says. "When I was 18 I took it a step further and cut out fish." Mahler then became a vegan in 1994 when he realized that most factory animals bred for slaughter live and die in horrific conditions.

Newbies interested in cutting meat today should phase out meat and animal products gradually. "Just learning how to put things together was hard at first," Mahler says. "Once I loaded up on legumes, nuts, and seeds everything started falling into place as these combos provide an abundance of complete protein, low-glycemic carbs, and healthy fats for sex hormone optimization." Mahler, who recently hit a deadlift personal record of 555 pounds and squat best of 425 pounds, plus banged out 20 one-arm snatches with a 97-pound kettlebell, says the best part about making the choice to become a vegetarian athlete is that you don’t have to change up your training.

EAT RIGHT
“For all athletes, the majority of your food intake should come from vitamin-, mineral-, and fiber-rich foods, the most nutrient-dense foods they can find,” says Marie Spano, R.D., sports nutritionist for the Atlanta Hawks, and co-editor of the book "The Vegan Nutrition Guidebook." Spano recommends including foods high in antioxidants, omega-3 fatty acids, and vitamin D, which can be found in plant-based sources such as nuts, seeds, and some plant-based milks.

Breakfast:
VEGAN CORNMEAL-CHIA WAFFLES* Serves 1

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>PROTEIN</th>
<th>CARBS</th>
<th>FAT</th>
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<tbody>
<tr>
<td>¾ cup medium- to finely ground cornmeal</td>
<td>26g</td>
<td>25g</td>
<td>29g</td>
</tr>
<tr>
<td>¾ cup chia seeds</td>
<td></td>
<td></td>
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<tr>
<td>½ tsp salt</td>
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<tr>
<td>1 tsp baking powder</td>
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<tr>
<td>1 cup apple sauce</td>
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<tr>
<td>1 cup hemp milk</td>
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<tr>
<td>1 tbsp coconut oil</td>
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<tr>
<td>1 tbsp maple syrup</td>
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<td></td>
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<tr>
<td>1 tsp vanilla extract</td>
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**DIRECTIONS**
1. Toast cornmeal lightly in a pan over medium heat for about 5 minutes, until it is lightly browned and fragrant.
2. Preheat waffle iron.
3. Stir together the cornmeal, chia, ground oats, salt, and baking powder. In a separate bowl, mix together the applesauce, hemp milk, coconut oil, maple syrup, and vanilla. (You may need to microwave the coconut oil for a few seconds to get it to a liquid state for easier mixing.)
4. Stir the wet ingredients into the dry to combine into a smooth batter. Spray the waffle iron with baking spray even if it is nonstick, and pour batter into hot iron. Follow the directions of your waffle iron, or wait until the iron stops steaming.
5. Carefully remove waffles from iron, re-spray with cooking spray, and repeat. To enjoy immediately, top with maple syrup or fruit.
WHAT KIND OF PLANT EATER ARE YOU?

There are lots of variations on the plant-based diet. Some people go superstrict and become raw vegans, while others take a more flexible approach and allow some meat. Here’s a list of the most common:

- **LACTO-OVO**
  No meat, but does include dairy products and eggs.

- **FLEXITARIAN OR SEM**
  Some meat can be eaten occasionally.

- **FRUITARIAN**
  Raw fruit only, with some nuts and seeds.

- **PESCO**
  Can eat fish, seafood, eggs, and dairy.

- **VEGAN**
  More of an ethical stance, all foods and products of animal origin—like honey, leather, marshmallows, etc.—are not eaten or worn.

- **RAW VEGAN**
  As above but eats raw, uncooked plant foods only.

*Recipe courtesy of No Meat Athlete*
You still want to eat whole foods if switching to a plant-based diet—just cut out the meat. Load up on all of the essential fruits and vegetables, plus bump up your intake of beans and nuts, and supplement with meat substitutes like tempeh (made from soy) and seitan (made from wheat) for texture.

- **FRUITS**
  - All types, but in particular: Apples • Bananas • Berries • Figs
  - Grapes • Melons • Oranges
  - Pears • Plums

- **LEGUMES**
  - Black beans • Chickpeas
  - Kidney beans • Lentils
  - Mung beans • Pinto beans
  - Soybeans • White beans

- **GRAINS**
  - Oatmeal and cereals
  - Brown rice • Bulgur
  - Buckwheat • Farro
  - Millet • Quinoa
  - Whole-wheat breads and pasta

- **OILS**
  - Olive • Canola • Coconut
  - Flaxseed • Hemp
for the NSCA’s Guide to Sport and Exercise Nutrition. Vegetarian diets are typically lower in total protein, and many of the available plant proteins are not high in leucine, the key amino acid that turns on muscle protein synthesis.

“The best substitutes for meat and its high-protein content and essential amino acids profile are soy protein and hemp seeds because both contain all eight essential amino acids,” says Spano. “Several beans including soybeans, mung, white, kidney, and navy beans, as well as split peas and lentils, contain a good amount of leucine, making all excellent additions to round out meals.” Spano suggests opting for a higher amount of protein (at least 2 grams per kilogram body weight) based on the amino acid composition of vegetable-based proteins. Try to hit macros of approximately 35–40% protein, 25% fat, and the remainder carbs.

POSSIBLE PITFALLS

“Vegetarian and vegan diets could potentially be lower in calcium, iron, vitamin D, zinc, and particularly for vegans, B12,” she says. To get your fill of zinc, hit up wheat germ, wild rice, peanuts, pumpkin seeds, pine nuts, sunflower seeds, black beans, pink or red lentils, cashews, and mixed nuts. “For calcium and vitamin D,” Spano says, “look for fortified orange juice or milk alternatives such as soy, almond, or rice beverages.”

If you’re flirting with keeping fish in your diet, you can get extra calcium and vitamin D from fatty fish

NUTS (AND ALMOND BUTTER AND MILK)
- Chia seeds
- Cashews
- Flaxseed
- Hazelnut milk
- Hemp seed
- Macadamia nuts
- Peanut butter
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Walnuts
- Sunflower seeds

POWERS
- Hemp
- Pea
- Peanut
- Rice
- Soy

VEGGIES
- All types, cooked and raw, but in particular:
  - Broccoli
  - Beets
  - Brussels sprouts
  - Cauliflower
  - Greens
  - Kale
  - Lettuces
  - Potatoes
  - Red peppers
  - Spinach
  - Sprouts
  - Squash
  - Sweet potatoes
  - Tomatoes
  - Zucchini

MEAT SUBSTITUTES
- Tempeh
- Tofu
- Seitan

LUNCH BLACK BEAN & QUINOA VEGGIE BURGERS*
Serves 4

INGREDIENTS
1 cup dry quinoa
2 tbsp coconut oil
3 cloves garlic, minced
½ tsp sea salt
1 (15 oz) can black beans, drained and rinsed
2 tbsp natural almond butter
2 tbsp tomato paste
1 large egg, or vegan egg substitute
½ cup frozen corn
¼ cup cilantro, chopped
1 tsp cayenne (as needed, start with 1 tsp)
1 tbsp turmeric
1 tbsp black pepper (add to taste)
2 tbsp ground cumin
4 tbsp pumpkin seeds
½ cup rolled oats
¼ cup oat flour

DIRECTIONS
1. Place quinoa in small saucepan with 1 cup water over medium-high heat. Bring to a boil.
2. Reduce heat to low, cover pan, and cook 10–15 minutes until water is absorbed. Remove from heat.
3. Heat coconut oil in small pan over medium heat, and add garlic. Add ¼ teaspoon sea salt; sauté for 5–6 minutes. Place mixture into large bowl.
4. Add black beans and almond butter to bowl, mash together into paste mixture.
5. Stir in tomato paste, egg, corn, cilantro, cayenne, turmeric, black pepper, cumin, pumpkin seeds, ¼ teaspoon sea salt. Add cooked quinoa, oats, and oat flour. Mix well.
6. Form mixture into four patties and place on baking sheet. Cover with plastic wrap, and refrigerate for at least four hours.
7. When ready to eat, preheat oven to 400°F. Coat baking sheet with coconut oil, and place patties on it. Cook 10–12 minutes or until patties are golden brown and crispy. Flip and cook another 10 minutes.

CALORIES: 480
PROTEIN: 22G
CARBS: 67G
FAT: 18G
like salmon, tuna, and mackerel, plus build up your zinc and vitamin D levels with oysters. If you're stacking your plate with lots of beans and leafy greens, you'll get plenty of iron and you can supplement with some fortified foods like breakfast cereal. Vegans can also turn to nutritional yeast for vitamin B12, but make sure to check for B12 on the packaging, Mahler covers his vitamin and mineral needs by taking a multivitamin from Life Extension and supplements with extra vitamins D3, B100, zinc, and magnesium.

Protein-enhanced products and powders are also obviously a go-to for plant-based lifters; look for soy, hemp, rice, or pea protein. Some of the newest protein supplements are great tasting, too. “MusclePharm’s Thrive, Orgain protein almond milk with brown rice as well as leucine-rich pea protein, and PureFit bars with soy protein are all delicious and provide plenty of plant-base protein.” Peanut powder can be used to thicken soups and stews, mixed in yogurt and hot cereals, and used as the base of a protein shake, says Spano.

VEGGIE PLEDGE
Whether you go for meatless Mondays or work up to becoming a vegan, there are tons of options to make the transition easy. Your energy may shoot up, nagging injuries may disappear, and your bros may even call you a hippie. Whatever happens, there’s no shame in getting in more fruits and veggies, even for bodybuilders.
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HAITIAN SENSATION MAXX CHARLES AND HIS INCREDIBLE V-TAPER LOOK TO TURN HEADS AT THE 2016 ARNOLD CLASSIC

BY MICHAEL BERG, M.S.C.A.-C.P.T. PHOTOGRAPHS BY PER BERNAL
Such were the humble bodybuilding beginnings of Maxx Charles. Emigrating from Port-au-Prince, Haiti, to Long Island, NY, with his family when he was 12, Charles was always fascinated with muscle. From lifting whatever he could find around the house, he eventually made his way to a local gym, lying to his mom and dad about his whereabouts at first until they finally relented when he was about 15 and started to at least grudgingly support his ambitions.

"After a while, they gave up and said, "Well, it's what he wants to do, just let it be,"" Charles recalls. "I think they finally figured out it was harmless. I wasn't doing anything bad, I just wanted to go somewhere and work out."

Today, that "somewhere" is the East Coast training mecca, Bev Francis' Powerhouse Gym in Syosset, NY. It's an unseasonably warm Thursday afternoon in early December, and Charles is gearing up for his weekly delt session, a gantlet of free-weight and machine exercises that will annihilate each of the three heads of the target muscle.

Like his physique, it's a workout that took shape over years of not only hard lifting but also an unorthodox approach to determining what movements actually delivered results for him and which

“I WASN’T ALLOWED TO LIFT WEIGHTS. SO I’D WAIT UNTIL MY PARENTS WENT TO SLEEP, AND THEN I’D GO OUT IN THE BACKYARD AND DO PUSHUPS AND LIFT CHAIRS.”
did not. With marathon-length regimens, often abrupt ranges of motion, and a penchant for inventing his own particular exercises, Charles may not be the standard-bearer of by-the-book lifting, but his results demand attention. And he’s banking on those ultrawide delts to grab the judges’ attention at his first Arnold Classic this March in Columbus, OH.

BEHIND-THE-NECK IN EFFECT
A couple of months removed from the 2015 competitive season, Charles is noticeably bigger—he’s been known to carry as much as 300 pounds in the off-season, while still retaining much of the proportion that has garnered him accolades throughout his career. It took him more than a decade of steadfast lifting, but he began contending for an IFBB pro card on the national level in his early 30s, coming close in 2011 and 2012 before earning one at the 2013 NPC USA Championships with his super-heavyweight and overall victory. At 37 he entered his first pro shows, finishing fifth at the 2014 New York Pro and fourth at the Tampa Pro. In 2015 he improved on both of those, moving up to third in New York and capturing his first pro title in Tampa before his 12th-place debut at the Mr. Olympia. The 5’11” 265-pounder made his presence known with a wide, thick back and an upper body perched atop an impossibly narrow waist, creating a V-taper to be envied.

Once his warmups are in the books—he does a few sets of cable pushdowns and overhead cable extensions to warm up his troublesome elbows—Charles heads to the Smith machine for what he deems his favorite shoulder builder:

“YOUR BODY ISN’T COUNTING HOW MANY REPS YOU’RE DOING, IT ONLY KNOWS HOW MUCH YOU’RE BEATING IT UP. THAT’S WHY I DON’T COUNT REPS, I JUST GO.”
behind-the-neck presses.

“Some are scared of these because they think there’s a bigger chance of injury, but to me that’s not because of the movement, it’s because people pick up a weight without knowing how to keep the tension on the muscle they’re training,” Charles contends between sets. “They just bounce it up and down, and it makes them feel uncomfortable. But do it right, and it’s really effective.”

Charles sits upright on an adjustable bench inclined to its highest setting, with his broad upper back in contact with the pad. He takes a grip in which his palms are directly aligned over his elbows, then unlocks the safeties with a twist of his hands. From here, with his chin down, he lowers the weight until it is about ear level behind his head before reversing to push the bar up as he exhales through gritted teeth, stopping before elbow lockout at the top. All told, his reps cover about half the typical range of motion by design, as that’s what he has settled on after years of trial and error.

Today, he does three sets of 20 reps and a fourth in which he reaches failure at 15. Although he doesn’t do so on this day, “about 80% of the time, I’ll finish behind-the-neck presses with a dropset, where I’ll drop the weight three to four times, going to failure each time,” he says as he heads to the nearby Star Trac Seated Shoulder Press machine.

**MUSCLES CAN’T COUNT**

Here is where Charles’ unique approach comes into clear focus. Known for his instinctive, high-volume style, he’s constantly evaluating the angle of push or pull and how to engage the intended muscle group most directly. (“Doing a little geometry,” as he calls it.) On this machine, those thoughts prompted him to flip over, lying facedown on the angled press machine to press instead of on his back as the manufacturer intended.

“I found that facedown targets my front delts more,” Charles says.
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On this, he’ll pyramid up the weight over three sets, ranging up to 50 reps on the final set as he guns for failure once again.

When asked why he does such high rep ranges when typical bodybuilding protocols call for eight- to 12-rep sets, he answers simply, “Your body isn’t counting how many reps you’re doing; it knows only how much you’re beating it up. That’s why I don’t count reps—I just go.”

**IT’S A MARATHON, NOT A SPRINT**

Dumbbell laterals follow for three sets of 20 to 30 reps apiece. His approach is slightly unconventional, at least as compared with those who will keep their arms nearly straight as they rep.

“The best way I can explain it is this: Think not like you’re doing laterals but that you’re shrugging your delts, so you’re squeezing them as you bring them up,” he says. “I’m still moving the weight like I’m doing a lateral, but my elbow is bent and I’m shrugging my delt as I’m bringing the dumbbell up. Basically, I’m keeping all the tension on my shoulder and not on my arms and elbows. When you have your elbow straight, there’s no way you can hit your shoulder the way you’re supposed to.”

The next three exercises are done at a cable station with a long angled bar attachment (the one normally used for seated pulldowns). Charles starts with two sets of upright rows, followed by a set of front raises, and finally brings over a low-back chair that he sits in while facing the weight stack for two sets of high-elbow pull-ins for his rear delts.

“I BELIEVE THAT YOU’RE NOT SUPPOSED TO DO YOUR SET UNLESS YOUR MUSCLE IS READY TO GO. BUT THAT DOESN’T MEAN YOU JUST SIT AROUND—WHEN YOU’RE RECOVERED AND IT’S TIME TO GO, YOU GO.”

“shoulder press”}
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IFBB PRO
2015 VANCOUVER PRO 1st PLACE
2015 DARALD PRO 1st PLACE
TEAM SCITEC

CEDRIC MCMILLAN
IFBB PRO
2015 GOLDEN STATE PRO 1st PLACE
2013 PHO POWER PRO 1st PLACE
TEAM SCITEC

SHAWN RHODEN
IFBB PRO
2012, 2014, 2015 MR. OLYMPIA 3rd PLACE
2012 ARNOLD CLASSIC EUROPE 1st PLACE
TEAM SCITEC

BRANDON CURRY
IFBB PRO
2015 TORONTO PRO 1st PLACE
2012 ARNOLD CLASSIC BRASIL 1st PLACE
TEAM SCITEC

BEN PALKULSKI
IFBB PRO
2013 ARNOLD CLASSIC 2nd PLACE
2012 FLEX PRO 2nd PLACE
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All sets are to failure, which occurs within the 20- to 30-rep range.

**USE IT SPARINGLY**
Notable in Charles’ routine to this point is a relative lack of intensity techniques—which is by design. “I’ll usually do that one dropset on the press, but that’s it,” he admits. “I think people use them too much. It’s like when you’re running fast and you run out of air, you need to catch your breath. It’s the same with your muscles—if you’re doing too many dropsets, supersets, it can fatigue the muscle too much, and it’s now shrinking instead of growing. One good round of dropsets is more than enough for a workout.”

**DOUBLE UP ON YOUR REAR**
With the nearly three-hour work-out grinding toward its conclusion, Charles takes up residence at the reverse-pec station for three sets of rear-delt flyes, then isolates each rear-delt head with rear-delt pull-ins back at the cable station, where he just grasps the end of the cable and pulls it toward his ear, one arm at a time, keeping his elbow elevated throughout and his nonworking hand on the machine for support. Here, each set is a “double”—he’ll rep with the right arm to exhaustion, then do the left, then immediately switch back to the right to rep to failure again before giving the left one more go. That completes his first “double” set of two.

**WRAP IT WITH TRAPS**
Charles wraps up the proceedings with two sets of dumbbell shrugs, also high rep to the point of absolute trapezius obliteration. “I keep my head slightly down but looking forward, and I keep my elbows bent as I shrug with my traps,” he explains. “I see some guys pick up the weight, and their arms are doing too much of the work. I just keep the weight at my waist. The only thing moving is my shoulders, up and down as my traps contract.”

He’ll be back at Bev’s tomorrow, with lessons from the 2015 Olympia in hand. “I tried to learn as much as possible for the next one,” he says. “You know how everybody stands to the side onstage while they’re waiting for their callout? My mindset was, when they call the top five, I was going to be looking at them and seeing what I needed to bring next time. I wasn’t disappointed [in my placing],” he adds. “I was focused on what I need to do next.”

**SNAPSHOT: MAXX CHARLES**
- **Height**: 5’11”
- **Weight**: 265 pounds
- **Contest**: 2013: NPC USA Championships, super-heavyweight and overall champion (earned pro card); 2014: New York Pro Championships, 5th; Tampa Pro Championships, 4th; 2015: New York Pro Championships, 3rd; Mr. Olympia, 12th; Tampa Pro Championships, 1st
- **Sponsor**: Scitec Nutrition
- **Online**: Facebook and Twitter: @Dominate20Maxx

**Birthplace**: Port-au-Prince, Haiti
**Residence**: Long Island, NY
**Contest History**: 2013: NPC USA Championships, super-heavyweight and overall champion (earned pro card); 2014: New York Pro Championships, 5th; Tampa Pro Championships, 4th; 2015: New York Pro Championships, 3rd; Mr. Olympia, 12th; Tampa Pro Championships, 1st
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PREMIUM SUPPLEMENTS. SMART PRICE.
CHEST LAGGING? BRING IT UP WITH DEFENDING 2015 ARNOLD CLASSIC 212 CHAMP JOSE RAYMOND’S PREFERRED MASS-BUILDING MOVES, GUARANTEED TO GIVE YOUR PECS A BOOST.
Is one major muscle group any more important than another up on the bodybuilding stage?

Technically, no. But the beach and swimming pool aren’t a bodybuilding stage, and a few body parts in particular might just warrant a bit higher priority in the next couple of months—and one of those happens to be chest. Not that we’re telling you to ditch leg, back, and delt training, but before the hot months get here, make sure you’re blasting the aforementioned showstopper in the gym.

Leading the charge is Jose Raymond, reigning Arnold Classic 212 champion, who will be back in Columbus this March. Raymond shows you his favorite chest moves, designed to hit that most lagging area: the upper chest. Raymond focuses on incline-bench exercises to build a balanced chest because you’re only as good as your weakest link.

JOSE RAYMOND’S STATS

HEIGHT 5’4” WEIGHT 210 pounds BIRTH DATE Dec. 29, 1974 RESIDENCE North Reading, MA CAREER HIGHLIGHTS 2015: Olympia 212 Showdown, 2nd; Arnold Classic 212, 1st; Prague Pro 212, 1st; 2014: New Zealand Grand Prix 212, 1st; Phoenix Pro 212, 1st; Prague Pro 212, 3rd; 2013: New York Pro 212, 1st; Toronto Pro Supershow 212, 1st; 2011: New York Pro 212, 1st; 2010: Europa Battle of Champions 212, 1st; Tampa Pro, 1st
RAYMOND SAYS

"I like to focus on my weaker areas, which would be upper pecs. And I go after it. I usually pyramid up and do a final heavy set. So I'll do, for example, 100-pound dumbbells, 120s, 140s, upward of 160s. Not every gym has dumbbells that heavy, so if I'm training at a gym that doesn't, I just do barbell inclines. With dumbbells, I come down until the dumbbell actually hits my chest."

INCLINE DUMBELL PRESS

START Sit on an incline bench holding a pair of dumbbells resting on your thighs. Lie back and begin with the dumbbells just outside your shoulders with your arms bent, feet flat on the floor, and head resting on the bench.

ACTION Forcefully press the dumbbells straight up to the ceiling by contracting your pecs and extending your arms. Stop just before your elbows lock out, then slowly lower the weights back to the start position.
A MATTER OF INSTINCT

“My training split is different every week,” says Raymond. “I train instinctively. I train whatever muscle group isn’t hurting anymore. I like to start the week with legs, when the muscle group is fresh and everyone else is doing chest. I usually try to hit each muscle group twice within 10 [training] days. I take one day off a week, either Saturday or Sunday. And then I start the rotation over again.”

RAYMOND’S CHEST WORKOUT

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<tr>
<td>Dumbbell Pullover</td>
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<td>10-12</td>
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*Dropset on the last set of the exercise, dropping the weight two to three times after reaching initial failure.
INCLINE DUMBBELL FLYE

START Lie faceup on an adjustable bench set to 30 to 45 degrees holding a pair of dumbbells over your chest with your arms extended and palms facing each other.

ACTION With a slight bend in your elbows, lower weights out in an arc to your sides until you feel a good stretch in your chest. Contract your pecs to return the dumbbells to the start position, maintaining the slight bend in your elbows throughout.

RAYMOND SAYS “To make sure my muscles are doing the work, I’ll hold the peak contraction at the top of the rep for a two-count on some reps. Let’s say I’m doing 12 reps. I’ll do four reps right in a row, then I’ll do the two-count pause technique on the next four reps, and then I’ll do four more right in a row to finish the set.”
WHO WILL
Every year since 1989 the Arnold Classic has held the honor of being the one contest that sets the tone for the competitive season. Winners top “who to watch” lists heading into the Big O in September. This year, perhaps more than in others, that may be doubly true as none of last year’s Mr. Olympia top five are competing. For all the challengers looking to be “that guy,” there is still one man in the lineup that will no doubt steal the lion’s share of attention: Kai Greene.

Greene famously sat out the 2015 Mr. Olympia, but all the drama aside, he has been the undisputed second-best bodybuilder in the world from 2012–14. One missed opportunity will not erase that fact, and fans are eager to see the Predator back on a bodybuilding stage.

Though Greene may be the favorite, Branch Warren, Cedric McMillan, Justin Compton, Evan Centopani, Juan Morel, and the other six men will be hungry to start 2016 as the breakout star. Here’s a sneak peek at the 2016 Arnold Classic in Columbus, OH, March 4–6.
EVAN CENTOPANI
BIRTH DATE 4/7/82
HEIGHT 5'11" WEIGHT 265 pounds
ARNOLD CLASSIC HISTORY
2014-15: 5th; 2012: 3rd; 2011: 4th
Ox has been in somewhat of a competitive slump, placing fifth at the Arnold the past two years. If he can show greater depth in his torso and more meat to his wheels, he has the structure and grainy density to challenge for the top spot.

MAXX CHARLES
BIRTH DATE 2/21/77
HEIGHT 5'11" WEIGHT 265 pounds
ARNOLD CLASSIC HISTORY
Rookie
After making the top five in his first pro shows, Charles broke through last year with a win at the Tampa Pro. He's got the chest, delts, and arms to stand with everybody else in the lineup, but he'll need more back and leg thickness to make it past his more complete foes.

JUSTIN COMPTON
BIRTH DATE 5/15/88
HEIGHT 5'8" WEIGHT 255 pounds
ARNOLD CLASSIC HISTORY
2015: 3rd
With his spectacular X-frame, humongous guns, and deep, separated quads and hamstrings, Compton's got that rare combination of size and aesthetics. He's on the rise, and, if he can come in with crisp muscularity, he has a real shot at winning the biggest early show of the year.

TONEY FREEMAN
BIRTH DATE 8/30/66
HEIGHT 6'2" WEIGHT 292 pounds
ARNOLD CLASSIC HISTORY
The X-Man's legs have faded slightly, but he's still a threat with his expansive upper body. Freeman is proof that in bodybuilding, elder statesmen can still battle the youngsters.
KAI GREENE
BIRTH DATE 7/12/75
HEIGHT 5'8" WEIGHT 260 pounds
ARNOLD CLASSIC HISTORY
2009–10: 1st; 2008: 3rd

It will be interesting to see which Kai Greene he chooses to unveil here. Will he be the ultrasharp, detailed incarnation or the bigger-than-a-house version? This Arnold Classic will certainly set up plenty of talk for what could happen later this year.

JOHNNIE JACKSON
BIRTH DATE 1/30/71
HEIGHT 5'8" WEIGHT 235 pounds
ARNOLD CLASSIC HISTORY

Jackson has always had the upper-body beef to hold his own against the best in the world. However, less than spectacular legs have hampered him in big shows. Still, the 2010 Olympia World’s Strongest Bodybuilder could crack the top six.

JOSH LENARTOWICZ
BIRTH DATE 4/5/83
HEIGHT 5'8" WEIGHT 260 pounds
ARNOLD CLASSIC HISTORY
Rookie

Lenartowicz was the hit of the late 2015 season, scoring back-to-back wins at the San Marino Pro and Ferrigno Legacy Pro. He has the size to stand with the taller, bigger men here. If he can improve on the separation and detail he showed in 2015, an upset could be in the making.

CEDRIC McMILLAN
BIRTH DATE 8/17/77
HEIGHT 6'1" WEIGHT 270 pounds
ARNOLD CLASSIC HISTORY
2015: 4th; 2014: 3rd; 2013: 6th

Big Mac has won four shows but has been unable to put it together for the majors. With the size and shape combination reminiscent of the great Lee Haney’s, McMillan has the potential to be one of the greatest bodybuilders of this generation—if he can dial it in.
A SHOCKING 96% OF ALL PROTEIN CONSUMERS HAVE SUFFERED FROM THE AGONY OF SCOOP LOSS, THEY HAVE ENDURED THE SENSELESS FRUSTRATION OF DIGGING FOR THEIR SCOOP AT THE BOTTOM OF THEIR PROTEIN FOR FAR TOO LONG.
CODY MONTGOMERY
BIRTH DATE 8/6/94
HEIGHT 5’7” WEIGHT 225 pounds
ARNOLD CLASSIC HISTORY
Rookie
Montgomery hit the record books as the youngest overall winner of a pro qualifying contest when the then-20-year-old nabbed the 2015 USAs. With quality size, he can make a splash in his pro debut.

JUAN MOREL
BIRTH DATE 4/2/82
HEIGHT 5’11” WEIGHT 264 pounds
ARNOLD CLASSIC HISTORY
Rookie
Big Diesel has been eager to wash out the bad taste of a poor showing in the latter half of the 2015 season. Morel tipped the scales at an off-season high of 280 pounds, and, if a good deal of that weight translates to his lower half, he has the height and upper body to be in the running.

BRANCH WARREN
BIRTH DATE 2/26/75
HEIGHT 5’7” WEIGHT 245 pounds
ARNOLD CLASSIC HISTORY
Warren has relied on grainy density to carry him to nine pro wins, including the Arnold in 2011–12. He packs plenty of muscle, and you can bet that if he’s on, he will be in the fight for a possible third Arnold title.

LUKAS WYLER
BIRTH DATE 2/4/87
HEIGHT 5’10” WEIGHT 260 pounds
ARNOLD CLASSIC HISTORY
Rookie
Last year’s Arnold Amateur super-heavyweight and overall winner will be making his pro debut. He has the overall mass, but competing against men who also combine superior shape will be a tall order for the rookie pro. We’ll see how he stacks up against this talented field.
MYTHMAKING
THE SIMILAR PHYSIQUES BUT UNIQUE JOURNEYS OF SERGIO OLIVA SR. AND JR.

BY GREG MERRITT PHOTOS COURTESY OF WEIDER HEALTH & FITNESS
IT SEEMED ALL 5,000 FANS IN THE FELT FORUM OF MADISON SQUARE GARDEN WERE ON THE VERGE OF RIOTING,

so great was their disapproval of the decision. The 1984 Mr. Olympia is now best remembered for Lee Haney’s winning the first of his record eight Sandows. That announcement generated only cheers. The jeers came earlier, when 43-year-old Sergio Oliva, the three-time Mr. Olympia, was awarded eighth. The decision was just, but fans didn’t want to consider the Myth a mere mortal.

Because Oliva had a well-deserved reputation for a short fuse, FLEX’s then editor in chief, Rick Wayne, headed to the stage to urge his friend to stay calm. It had been a 12-year journey back to the O and the good graces of the IFBB for Oliva, so Wayne wanted to make certain the beloved legend didn’t blow it in a fit of rage. Wayne encountered Oliva’s wife, Arlene, who held 4-week-old Sergio Jr. She gave Wayne the baby so he could pass Junior to Senior.
“Go to the mic. Make a speech—a thank-you speech,” Wayne encouraged. The crowd was awed into silence as the colossal icon, holding his tiny namesake, approached the podium. In his heavily accented English, the Cuban-born Oliva gave a proud but gracious speech. Its most rousing moment was when he stated, “It no matter what happen tonight—eighth, 17th, or 20th—I forever be the Myth. And I hold in my arm Sergio Jr., the next Myth.” The crowd roared. Only much later would that last part sound like the anointing of bodybuilding’s next chosen one. At the time, it was merely a father acknowledging what mattered most. No one, least of all the senior Sergio, felt that infant could eventually build a physique comparable with the icon many still regard as the greatest.
bodybuilder of all time. Most likely, he would never again appear on a bodybuilding stage. After all, how do you follow a myth?

**AMERICAN DREAM**

Here's the text message bio of the senior Sergio's first 25 years.


Let's pause here to address “the way things used to be.” Oliva, a black immigrant, lost the 1966 Mr. America to his training partner, Bob Gadja, a white native, this despite the fact that the former didn’t just win the most-muscular award that year, he’d also won it the previous year (when he was fourth). No nonwhite won the AAU Mr. America until 1970, its 33rd rendition. A representative article from the era acknowledged Oliva’s obvious superiority but stated that Mr. America “must be able to speak English fluently.” Before 1966 was through, Sergio bolted to the IFBB, where he promptly won the Mr. World and, minutes later, entered the Mr. Olympia.

**MYTHICAL**

Just three years after he began bodybuilding training, Oliva was in the Olympia. One year after that, he was Mr. Olympia, the first of his three straight O victories. In the last of these, in 1969, he defeated 22-year-old phenom Arnold Schwarzenegger. Oliva was 28, and he was on top of the bodybuilding world—a sensation for his unprecedented size and proportions. That was his apex. Overconfident and underconditioned, he lost to Arnold at the 1970 Mr. World and, two weeks later, at the Olympia. The following year, he was suspended from the IFBB after competing in a rival organization.

As part of its “Nobody Remembers Who Came Second” campaign, a 2002 Visa commercial features Sergio living the very ordinary life of a Chicago policeman. Text near the end states: “Runner-up, Mr. Olympia 1972. To Arnold Schwarzenegger.” To bodybuilding fans, the ad rang hollow. Everyone remembers the Myth, and they do so foremost because of that 1972 Olympia, which remains one of the most hotly debated bodybuilding...
The senior Sergio dominated bodybuilding in the late '60s. Now his son, a new IFBB pro, will try to follow the Myth to the Olympia stage.
contests of all time. Both legends were at their best. With his fuller legs and arms—and his invisible 29-inch waist—many contend Sergio was the superior muscle-man on that fateful day in Essen, Germany. The judges disagreed. The duel is still celebrated for what once was and what could’ve been.

THE LOST YEARS
Then came the lost years, when Oliva dominated mostly scrubs in inferior organizations. This was like LeBron James forsaking the NBA to ball in Turkey. The scarcity of photos of Oliva during this time only grew the myth of the Myth. What if he had been in the Olympia in ’75 (captured in Pumping Iron) or ’76 or ’80, or really any of those dozen wilderness years? Instead, when he wasn’t patrolling Chicago streets in his specially made cop uniform, he was collecting a small check and a worthless title somewhere far away. It was only in 1984, when he was past his prime, that the Myth returned to the O.

ROUGH RELATIONSHIPS
She called it self-defense, he called it an accident. When his mother shot his father five times in the summer of 1986, Sergio Oliva Jr. had yet to turn 2. The bullet retracted from his abdomen effectively ended the Myth’s bodybuilding career and his marriage. In the aftermath, Sergio Jr. and his sister, Julia, divided time between their father’s Chicago home and Alabama, where mother Arlene (a bodybuilder and personal trainer) settled. What followed is not a heartwarming tale of a sports legend driving his son to ever-higher heights. This isn’t Dell Curry and little Steph draining threes endlessly on a practice court.

Having escaped poverty and repression in Cuba, Senior wanted Junior to excel in school and be a doctor or lawyer, not a bodybuilder. That’s why he refused to let the skinny, 145-pound teenager even go to the gym with him. “He was born and raised in the greatest nation in the world, and I think he should take advantage of it,” the older Sergio said in 2007. Meanwhile, the progeny inherited not just his father’s propensity to gain muscle (he packed on 30 pounds in his first three months of training—on his own at 18) but also his anti-authoritarianism. The Sergios clashed. “Our relationship got really rough once I got serious about bodybuilding a few years ago,” Junior said in 2007. “But it’s tough to get recognition from him for anything I do. He’s not much on praise.”

“IT’S A BURDEN, NOT A BLESSING. NO ONE WANTS TO BE MEASURED AGAINST ANY OF THE MR. OLYMPIAS.”

Burdens and Blessings
Though he was only a middleweight, if you squinted at the second Sergio when he stepped onstage for the first time, he was collecting a small check and a worthless title somewhere far away. It was only in 1984, when he was past his prime, that the Myth returned to the O.

It’s a burden, not a blessing. No one wants to be measured against any of the Mr. Olympias.
Oliva Sr.: DaHmen Courtesy of Weider Health and Fitness; Oliva Jr.: Jeff Binns (2)
GRANT KESSLER

ary name. “It’s a burden,” Junior says of that name, “not a blessing. No one wants to be measured against any of the Mr. Olympias, especially when you’re just an amateur. How can you live up to that?” The second Sergio jokes that he was “nuts to even try.”

For a while, it seemed he wouldn’t try. That 2012 flop was his only contest over a five-year span. But he was driven to prove the doubters wrong and make a name for himself. First, he needed to fill out his six-foot frame to super-heavy standards. He did. And last year, after narrowly missing a class victory at the USA, he won the NPC Nationals super-heavy class and overall title (his first title) on the day after his 31st birthday. Forty-nine years after his father was denied the Mr. America, his son earned the title that supplanted the Mr. A.

His mother and sister were cheering him loudly then, but his father didn’t live to see the triumph. The original Myth, Sergio Oliva Sr., died of heart failure at 71 on Nov. 12, 2012. “I don’t know what he would’ve thought of my success,” the son said after winning the Nationals. “I don’t know that he would’ve cared at all. But I don’t think he could deny that I have a future in bodybuilding.”

VICTORIES

In all of bodybuilding’s long and rich history there is no pose more associated with one person than Sergio Oliva’s victory pose. It’s his. Standing tall and straight with colossal arms overhead, fists balled and turned outward, and lats flaring above his wispy waist, his upper body formed a V for victory atop a base of abundant legs. His rendition at the ’72 Olympia is our sport’s most indelible image. The victory pose is so associated with the Myth and so difficult for even the best bodybuilders to pull off that few have even attempted it. You need ludicrously full arm muscle bellies with correspondingly stupendous biceps, triceps, and forearm development, plus a striking V-taper featur-
ing broad clavicles and lats above minuscule hips. Throw in curva-
ceous legs as well.
That singular combination of classical structure and modern mass, and muscles that seem too long for their bones, is what made Oliva the Myth. The Myth Jr. inherited those rare genet-
ics, or some of them anyway. His hips and waist aren't as svelte as Dad's, his chest and traps aren't as thick, and his lats are higher. But, keeping with modern standards, his legs are larger, and he's more finely detailed. Father and son's greatest similarity is their arms. Junior shares the same impossibly long biceps, triceps, and forearm attachments, giving his guns the same distinctive hamlike look as his father's.
It's this that comes across most clearly when the second Sergio strikes the victory pose, as he does in his every contest. Of course he does. It's his family's legacy, after all, and he's embrac-
ing it, because he really doesn't have a choice. No bodybuilding fan will forget his name. He acknowl-
edges where he came from and what he's overcome, but he's also molding his own identity. The Myth was created on Olympia stages more than 40 years ago. The Myth Jr. was christened on an Olympia stage nearly 32 years ago. That moniker, like his birth name, has been more burden than blessing, but Sergio Oliva Jr. will carry both impossible expectations and great genetics forward as he endeavors to return to the Olympia, where it all began. FLEX
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1Subjects combining the core ingredients in MuscleTech® 100% Premium Whey Protein Plus (Creatine and whey protein) with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 vs. 5.1 lbs.). Read label before use. © 2016
Fueled by her competitive fire, Dayna Maleton grabbed her first pro win last year. And she’s just getting started.
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Back in 2009 when Dayna Maleton entered her first NPC bikini contest, she didn’t know anything about the sport or the industry. “Friends of mine were competing in the NPC and said I should do a show,” she says. “I entered the Atlantic City Amateur and won. The NPC Team Universe was a couple of weeks after, and I won my class and turned pro.” Two shows, two first-place trophies, and just like that, Maleton was in the IFBB Professional League. But despite an auspicious start, she couldn’t find the winner’s circle in the pros. Luckily, Maleton is as tough as she is beautiful. “I’ve always been a competitor,” she says. “I thrive on competition.” So she fought on, made improvements, and above all, always believed she was good enough. Faith in her abilities eventually led to a win at the 2015 Toronto Supershow. “I was overwhelmed with so much emotion that I got offstage, sat on the floor, and cried because I was so happy,” Maleton says. “It was probably one of the best moments of my life so far.” With the IFBB Pro League season just starting, you can bet Maleton’s competitive spirit will drive every rep and every set of every workout so that she can have more “best moments” of her life in 2016.

SNAPSHOT

DAYNA MALETON
D.O.B. 2/17/81 HEIGHT 5’2” WEIGHT 106 pounds RESIDENCE Freehold, NJ
CAREER HIGHLIGHTS 2015 Toronto Supershow, 1st; 2009: Team Universe, Class B, 1st
INSTAGRAM: @daynamaleton FACEBOOK: IFBB bikini pro Dayna Maleton
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“Traveling, making new friends, and seeing what limits I can push my body to are what I like best about being a competitive athlete.”

“My favorite exercise would have to be weighted barbell bridges. It hits the glutes and hamstrings without too much tension on the quads. And, incidentally, glutes happen to be my best body part.”

“I don’t train upper body that much because I tend to build muscle rather quickly and that’s not what the judges are looking for in bikini.”

“As silly as it sounds, my favorite thing to do outside of training is taking my dog to a dog park. And I also love my jobs, which are managing gyms and being a freelance makeup artist.”

“Three weeks touring Europe is my idea of a dream vacation. Maybe one day...”
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*Based on Chocolate Fudge Flavor. **Based on Chocolate Peanut Butter Flavor.
SAMPLE CORE WORKOUT

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MALETON’S TRAINING SPLIT

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Inside the World of Dexter Jackson

UN: Dexter, you’ve very been very busy lately. Tell us again about the remarkable year you had in 2015.

DJ: Well, I won the Arnold Classic USA, Arnold Classic Spain, Arnold Classic Australia, the Prague Pro, and took 2nd place at the Mr. Olympia.

UN: Amazing. But it sounds like a tough act to follow. What are your plans for this year, 2016?

DJ: This year my goal is to place first at the Mr. Olympia and win the Arnold Classic in South Africa. I want to earn more pro victories than any other bodybuilder.

UN: With that kind of performance, I bet you get a lot of sponsorship offers. How did you decide to work with Ultimate Nutrition?

DJ: Like I always say, if you want to be the best you need to use the best. The best is Ultimate Nutrition, plain and simple.

UN: Makes sense. But what is it that makes Ultimate Nutrition the best?

DJ: Ultimate has the best quality and prices, hands down. They make their own products right here in the states and they have their own testing and R&D labs, which is huge. They control quality from the beginning to the end, and every ingredient is lab-tested.

UN: Which Ultimate Nutrition products do you use?

DJ: For a pre-workout I like Horse Power X. It has clinical dosages of citrulline, beta alanine, creatine, Capimax®, and Torabolic® – everything you need to charge through a serious training session.

Red Zone gives me added energy when I really need it. It’s great right before a cardio session, and provides a surge in power you can really feel.

Another must-have is Flavored BCAA 12,000. It’s definitely the best-tasting BCAA product I’ve tried, and it’s a good deal, too: 6,000mg BCAAs per serving in a 60-serving bottle.

Prostar 100% Whey This one’s easy: 25g of protein per serving, great flavors, easy mixing – the best blended whey protein on the market.

For fast gains, I like ISO MASS. More than 60 real-world muscle-building ingredients in one good-tasting, easy-to-take supplement. 8g results fast with less time, effort and money.

ZMA & Prostar Casein are a great combination just before bedtime.

I also take Daily Complete Formula, Power Caps, Glutapure, Beta K, Waxy Maize, Iso Sensation, IsoCool, and Muscle Juice.

Dexter Jackson
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One of bodybuilding’s fastest-rising stars, William “the Conqueror” Bonac, joins Team AMI/Weider. Plus, IFBB Pro League bodybuilders, fitness, figure, bikini, and physique athletes prepare for a blockbuster weekend at the Arnold Sports Festival.

A pizza party backstage at the Mr. Olympia? Yes, it happened! We know how much starving bodybuilders look forward to chowing down after a contest, but these four guys couldn’t even wait for the 2004 Mr. Olympia to end. Poor pizza never had a chance.
What could’ve been? When bodybuilding careers begin with much hype but end soon thereafter, questions haunt us. Chris Cook and Desmond Miller won the NPC Nationals two years apart yet never stood on the same stage. Though both were heralded as possible Olympia contenders, each was a pro for only two years, and neither flexed on the O stage.

When Cook won the NPC Nationals in 2004, the 28-year-old Californian had abundant legs and delts. His chest was shallow, and he wasn’t HD, but he sported a superb structure. He barely missed an Olympia qualification in his 2005 pro debut, but his conditioning was murky in subsequent shows. He last posed in 2006 before pursuing a finance career. That same year, New Yorker Desmond Miller shocked the muscle world when he beat favorite Evan Centopani to win the NPC Nationals. His shoulders and back lagged, but his legs were among the world’s best. He qualified for the Olympia in his rookie season (and beat Kai Greene and Branch Warren) but chose to forgo the O. Smoothness dropped his placings in 2008. After a lengthy hospitalization for pneumonia, Miller retired—leaving us all to wonder, as with Cook’s too-brief career, what could’ve been.
By Greg Merritt

**STRENGTHS**
Legs, biceps, abs

**WEAKNESSES**
Shoulders, back

**WORST POSE**
Rear double biceps

**BEST POSE**
Side chest

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**CHRIS COOK**

**STATISTICS**

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**DESMOND MILLER**

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The Arnold Classic has come a long way since the 15-man bodybuilding contest debuted in 1989 in Columbus, OH. Rich Gaspari won that show, and since then, there have been 14 champions to hold the title, including Flex Wheeler, Kevin Levrone, Jay Cutler, Ronnie Coleman, Dexter Jackson, and other legends. Growing with the expanding bodybuilding and fitness industry, the Arnold has now morphed into the biggest weekend of the early season. The Fitness International was added in 1994, the Figure International in 2003, the Bikini International in 2011, the Arnold Classic 212 in 2012, and Men's and Women's Physique Internationals in 2015. Two-time Fitness International champ Oksana Grishina and Figure International champ Camala Rodriguez-McClure will attempt to defend their crowns. All told, more than 100 IFBB pro athletes will be competing for the prestigious Arnold Classic titles.

In addition to all the IFBB events, the weekend plays host to the world-famous Arnold Fitness Expo, the largest of its kind, with more than 500 booths displaying the hottest innovations in sports equipment, nutrition, and apparel. Also, thousands of athletes will be on hand to compete in exciting events such as the Arnold Strongman Classic, USA Powerlifting, arm wrestling, CrossFit, cheerleading and dance, model searches, pole fitness, and even Olympic sports like archery, soccer, fencing, gymnastics, equestrian, swimming, and much more. Plus, there’s the Arnold Sportsworld, an expo with sports and activities for kids and teens.

Finally, the weekend concludes with the ever-popular Arnold Sunday Showcase, featuring the winners of the IFBB pro division titles and the man himself, Arnold, covering a wide range of topics and fielding questions from the audience. It all happens March 3 to 6 in Columbus. Go to arnoldsportsfestival.com for the complete schedule. Follow our complete coverage at FLEXonline.com!
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It wasn’t that long ago that William “the Conqueror” Bonac was one of the best-kept secrets of the European bodybuilding circuit. Competing in the 212 division in 2012, Bonac did well enough, but in 2014 he did a whopping nine shows, all of them in the open division, winning two and placing 15th in his Olympia debut. Last year, he added the Nordic Pro and the Dayana Cadeau Pro to his tally and placed eighth at the Olympia. Now an AMI/Weider athlete, Bonac said of his exclusive contract: “I feel privileged to be a Weider athlete. I’m absolutely speechless. Wow! All I can say is thank you for this amazing opportunity, and I won’t disappoint you!”

Look for Bonac at the Mr. Olympia in September and the Mr. Olympia Europe, Oct. 21 to 22 in Germany.

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- More Strength - 228.3%
- Less Fat - 139.7%

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Average Musco MXT® Users

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<th>Total</th>
<th>Muscle</th>
<th>Av Size</th>
<th>Av Mass</th>
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Sub Total $ __________ Shipping $ __________ Grand Total $ __________

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*Those, et al. (2013) JISSS Winter World Congress Conference (Poster), Muscle mass data based on male subjects, weight and strength gains compared to baseline. Based on 8 weeks of daily protein intake only. Female subjects also experienced an increase in muscle mass.