

LAMUSCLE WORKOUT

A full-page photograph of a very muscular man in a gym setting. He is shirtless, showing his well-defined abdominal muscles and chest. He is wearing a dark grey zip-up vest that is open, and black athletic shorts. He is looking down and slightly to his left, with his hands on his hips/waist. The background is a blurred gym with various pieces of equipment.

ISSUE 11 / 2019

THE LEAN
MACHINE

BODY
STABILITY

POSITIVE
THINKING

IMMUNITY
FOR ALL

GROW
**YOUR
BOOTY**

*I GOT
YOUR
BACK*

PRICE £5

BE ADMIRER



LA
MUSCLE

Voted as "the strongest ever muscle builder" by Men's Health Magazine, as seen on SKY TV and even the BBC's rugby sports panel wanted it banned for being too strong. Norateen Heavyweight II is the strongest legal and safe natural muscle & strength builder in the world suitable for beginners and advanced trainers.

WORKOUT WELCOME

Welcome to another issue of the LA Muscle Workout Magazine.

LA Muscle has been around for over 21 years! In that time, we have served millions of people and produced some of the best-selling supplements in the world such as Norateen Heavyweight II.

Many people absolutely love LA Muscle supplements and there are also some "haters" out there! You can't please everyone.

LA Muscle is not cheap and some people who don't actually bother to see all the effort that goes into LA Muscle Supplements, assume that the products are expensive for no reason.

LA Muscle has never been about pleasing everyone or those that prefer cheap and cheerful. LA Muscle's goal has always been that of producing the very best sports nutrition at whatever cost and providing exceptional premium service. If you have respect for your body and you don't want to pollute it with products that have no research or track record, then LA Muscle is truly your only choice out there. Still owned privately and never about just profits, LA Muscle is here to serve you. This is why you get hours and hours of free instructional videos on LAMUSCLE.TV and LA Muscle's Youtube Channel and why LA Muscle's Workout Magazine has now become the 3rd most popular health and fitness magazine in the UK, with a print-run of 200,000 and growing with each issue.

Thank you for your interest in LA Muscle and enjoy reading this power-packed issue.

Founder
Parham Donyai

SUPPORTED BY:



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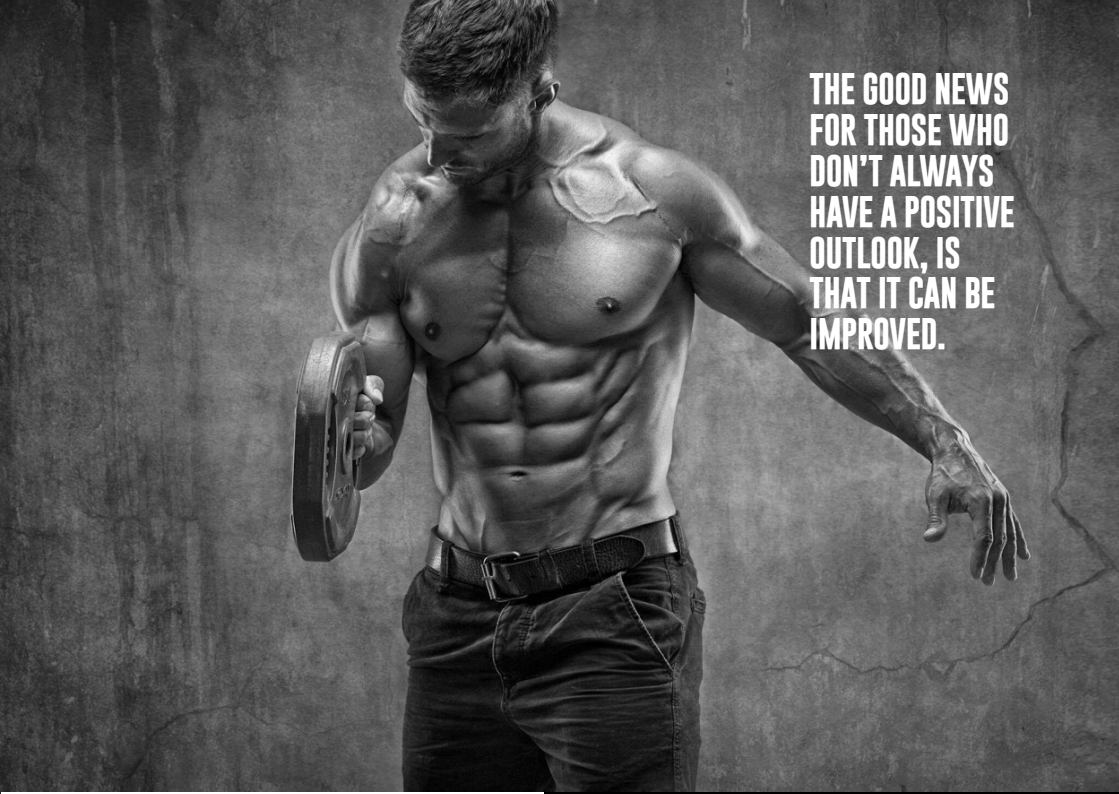
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DEAN
BURCHELL

TALENT, SKILL,
NATURAL ABILITY AND
INTELLIGENCE ARE ALL
GREAT ATTRIBUTES
TO HAVE IN LIFE AND
OPPORTUNITIES AND
LUCK CAN ALSO PLAY
A PART BUT THERE'S
NOTHING AS IMPOR-
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POSITIVE ATTITUDE.

POSITIVE THINKING — ‘THE ROYAL MARINE WAY’



THE GOOD NEWS
FOR THOSE WHO
DON'T ALWAYS
HAVE A POSITIVE
OUTLOOK, IS
THAT IT CAN BE
IMPROVED.

Whether you feel you have a positive or negative attitude, however, is not a birth right. It's something that's developed over time through your upbringing and largely through your life experiences and the influence of the people around you.

I've always been an optimistic person with a positive outlook on life, largely down to my upbringing. My strength of mind and determination was developed further during my time at the Commando training center, Royal Marines in May 2000, where I learnt that anything less than 100% in everything you do is not acceptable.

The good news for those who don't always have a positive outlook, is that it can be improved. While most of us go through life letting our mindset just develop of its own accord, usually based on how difficult or how easy our life is, it is possible to make conscious changes to the way we think, which will provide greater long-term benefits. The better our attitude, the happier and more successful we will most likely be in life.

This resonates across all areas of my life, including reaching my own health and fitness goals. Never underestimate the power of a positive attitude when you are trying to achieve the most from your training.

Ask anyone involved in sport, whatever their trying to achieve, whether it's dropping fat, gaining muscle mass, running a marathon in a PB, or a pro athlete like Anthony Joshua, on his road to becoming heavy weight champion of the world - what do they share? What all these individuals have in common are positive thoughts and a positive attitude towards their training.

We are all exercising for different reasons and different goals but when you get down to it, we all want to make improvements and be a better version of ourselves. The power of the mind is half the battle.

A lifter doesn't prep himself for a PB thinking I can't lift this weight, a boxer doesn't step into the ring thinking I'm going to get knocked out by my opponent and a runner doesn't start a race thinking I'm not going to finish!

SO, WHERE SHOULD YOU START AND HOW CAN YOU GET THERE? FIRSTLY, YOU MUST ADJUST YOUR THINKING.

THE ROYAL MARINES HAVE USED THE MOTTOS "IT'S A STATE OF MIND" AND "99.9% NEED NOT APPLY" FOR YEARS NOW AND IT IS THIS MINDSET THAT SETS ROYAL MARINES APART. THIS SAME MINDSET SUGGESTS THAT POSITIVE THINKING IS A HUGE FACTOR IN THE WAY WE CONDITION OURSELVES TO EXERCISE.

There is a direct relationship between your brain knowing it can achieve something and telling your body to actually do it. Positive thinking can have a massive impact on your weight training and how it affects your brain and body. If you think to yourself that you can do something, it is only a matter of time before your body does it. However, if your brain is convinced that it can't do something, it never will until you start to think otherwise. Take pull-ups for instance. I have a large amount of clients who tell me they cannot do pull-ups.

- A) If they never do a single pull up, they'll never be able to do pull ups.
- B) If they keep telling themselves, they can't do pull ups they're already accepting defeat.

Before your next session do this - think about your individual goal - how are you going to bench press 10 kilos more or dead lift another 3 extra reps or cycle a bit further or faster. Tell yourself that there's nothing that's going to stop you building bigger arms

or losing another 5 kilos of fat. When you are weight training, focus on how much more muscle your gaining with each rep or how much fat you're burning with each minute spent on the treadmill, rather than thinking that you can't achieve what you desire!

Always stay positive and focused on the end result - especially during meal times and at the hardest time of the day, which for most people is in the evenings or when you're bored and the temptation to deviate from the diet plan and eat junk food sets in. Think about how each protein shake or healthy meal is getting you closer to achieving your goals.

Keep positive thoughts and you will succeed in half the time!

Dean Burchell
Former Royal Marine
Personal Trainer
Trained Chef

SIX PACK PILL EXTREME

SUPER-RIPPED
ABS IN
A BOTTLE

Six Pack Pill Extreme is a powerful triple action formula that rapidly targets the fat gathered around your abdominal region. Six Pack Pill Extreme is Pharma Grade (not just food grade) and works very fast for men and women alike. Six Pack Pill Extreme contains Chromium to assist with the maintenance of macronutrients metabolism; the three main macronutrients are carbohydrates, fats and protein. Chromium also contributes to the maintenance of normal blood glucose levels. Raised glucose levels can contribute to weight gain. Another important active ingredient in Six Pack Pill Extreme is Choline which contributes to normal lipid metabolism.

Additionally caffeine is present in the form of the highest grade Green Coffee Bean Extract and Green Tea Extract at a standardised potency (not the average generic crop). The Green Tea Extract contains 40% Polyphenols, meaning that it is also a strong antioxidant that can effectively decrease the amount of toxins in the body as a result of hard training.

AS USED BY CELEBRITIES AND ACTORS FOR QUICK WEIGHT LOSS.

LA Muscle has been selling the original Six Pack Pill and Six Pack Pill Extreme for over a decade and in that time, they have had a cult following from all walks of life including many celebs who need to get in shape quickly and need a reliable supplier. No other supplement on the market has the same synergistic formula, safe & natural ingredients and Pharma Grade quality of Six Pack Pill Extreme. Do not accept copies or cheaper imitations. If you want to see rock hard abs and want to see results fast, then nothing comes close to this incredible world class supplement.

Six Pack Pill Extreme comes with LA Muscle's 100% money back guarantee even if you have used the whole tub. Throw your skepticism away and try this incredible result-producing formula today.





SUSTENANCE OF THE 'SUPERHERO'

IMMUNITY FOR ALL

'THAT CAN'T BE RIGHT?' 'AS A FITNESS PROFESSIONAL, SURELY YOU CAN'T GET ILL?'

Then it dawned on me, how has this assumption managed to fixate in the minds of many for decades, in that whatever your route of professionalism or attachment to fitness be it, athlete, life coach, personal trainer or avid gym goer. We are naturally immune?

Obviously, being super human holds court for the likes of Marvel and DC comic book superheroes. Yes, we are all role models, yes we dedicate our lives to inspire and yes we are committed to training and a healthy lifestyle. But contrary to many perceptions of the role model being unbreakable, we could well become one of the 30.3 million that suffer from chronic inflammation. The truth is we are all susceptible and likely to be living in a state of low level inflammation.

LOW LEVEL INFLAMMATION

We are all aware of inflammation. An association with aches, pains and stiffness. Correct, but there's more. Inflammation is natural and necessary for healing. It is the body's response to illness including infections or injuries. The body's immune system will send an increased amount of white blood cells to the area fighting off infection or injury. Essentially it is the body trying to protect itself from further harm.

But there lies the culprit. In today's society our bodies are faced with a multitude of stressors. Over the course of one's life repeated inflammation can have severely negative effects on our health, such as depleting your body of nutrients, contributing to emotional imbalance and impairing your ability to think.

Take a moment. There's probably at least one thing that may have or has disrupted your flow today?

As time goes on our bodies become more susceptible to the damage of inflammation. Life's ailments such as

Alzheimer's disease, asthma, heart disease, allergies, type 2 diabetes, depression, various types of cancer, arthritis, joint disease and irritable bowel syndrome and stroke and obesity may all be caused or worsened by inflammation.

But when the inflammation is chronically turned on, the immune system's ability to fight off other ailments and pathogens is compromised.

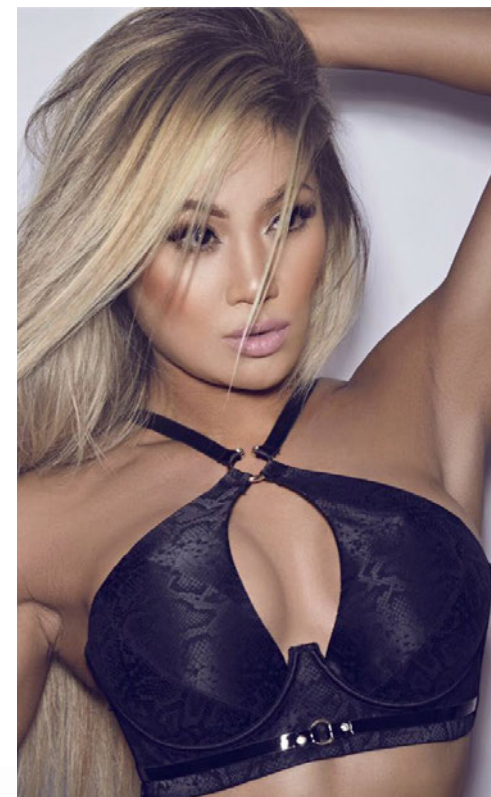
The question begs, is this due to the fact that we are creatures of an increasingly toxic and over stressful environment? Truth is most people are inundated with stress and environmental toxins with endocrine disrupting and cancer causing chemicals from when you clean your kitchen with chemical substances after preparing your daily meal to when you accept an offer for dinner with your nearest and dearest on a Friday night. Inadequate dietary choices, toxins and stress are namely a few of the contributors.

BOOST YOUR IMMUNITY HOW TO COMBAT INFLAMMATION

Just as we need water to live and air to breathe. It is fundamental that we help our bodies with this continuous attack of immune triggers. It's been scientifically proven that one of the better ways to help your body fight inflammation is to embark on taking steps to adhere to an anti-inflammatory diet.

It may seem like common sense, but I for one am amazed at how many people or clients are not 100 percent clear on what this entails.

First and foremost, you want to cut back on or eliminate unhealthy foods including processed foods, sugars and sugary beverages, refined carbs (such as white bread and pasta,) and red, processed meats and alcohol.



ANTI- INFLAMMATORY DIET SPECIFIC CHOICES:

VEGETABLES: Broccoli, kale, Brussels sprouts, cabbage, cauliflower.

FRUIT: Especially deeply coloured berries like grapes and cherries.

HIGH-FAT FRUITS: Avocados and olives.

HEALTHY FATS: Olive oil and coconut oil.

FATTY FISH: Salmon, sardines, herring, mackerel, and anchovies.

NUTS: Almonds and other nuts.

PEPPERS: Bell peppers and chili peppers.

CHOCOLATE: Dark chocolate.

SPICES: Turmeric, fenugreek, cinnamon, etc.

TEA: Green tea.

RED WINE: Up to 5 ounces (140 ml) of red wine per day for women and 10 ounces (280 ml) per day for men.



TO BE MORE PRECISE:

THE TRUTH ABOUT FATS

It makes sense that our bodies consist of fat that encases protects and nourishes all of our essential organs, so why not eat to nourish and replenish that sole purpose.

Omega-3 essential fatty acids not only heal inflammation, but they also help maintain proper brain function, regulate mood, support cardiovascular health, balance hormone production, and preserve the integrity of the cells throughout your body.

When the ratio between omega-6s and omega-3s is too high, the result is increased chronic inflammation. Many staples of our fast-paced life diet i.e. chips, most baked goods, processed foods, chicken and red meat are all high in inflammatory omega-6s.

TO MAKE SURE YOUR RATIO OF OMEGA-6S AND OMEGA-3S ISN'T TOO HIGH:

Avoid the unhealthy foods above

Eat plenty of nuts and seeds (especially ground flaxseeds and chia seeds)

Eat leafy greens often

Add either wild-caught fish (if you choose to consume fish) or an omega-3 supplement that provides the long-chain fatty acids EPA and/or DHA to your diet.

EAT FISH AT LEAST THREE TIMES A WEEK

Choose both low-fat fish such as sole and flounder, and cold-water fish that contain healthy fats, Use oils that contain healthy fats
The body requires fat, but choose the fats that provide you with benefits.

Virgin and extra-virgin olive oil, avodaco oil or coconut oil (organic if possible like this one) and expeller-pressed canola are the best bets for anti-inflammatory benefits. Other options include high-oleic, expeller-pressed versions of sunflower and safflower oil.

NATURAL SUGAR AND SPICE

Sweeten meals with phytonutrient-rich fruits, and flavour foods with spices.

Most fruits and vegetables are loaded with important phytonutrients. In order to naturally sweeten your meals, try adding apples, apricots, berries, and even carrots.

Rather than seasoning your meals with salt, enhance flavour with anti-inflammatory herbs like garlic, ginger, and turmeric.

And for flavouring savoury meals, go for spices that are known for their anti-inflammatory properties, including cloves, cinnamon, turmeric, rosemary, ginger, sage, and thyme.



YOU ARE SWEET ENOUGH

Consuming excess added sugar and refined carbohydrates causes several changes in the body, which help explain why a diet high in sugar can lead to chronic, low-grade inflammation.

Excess production of AGEs: Advanced glycation end products (AGEs). These are harmful compounds that form when protein or fat combine with sugar in the bloodstream. Too many AGEs lead to oxidative stress and inflammation.

Increased gut permeability: Bacteria, toxins and undigested food particles can more easily move out of the gut and into the bloodstream, potentially leading to inflammation.

OPTED ROUGHAGE

Instead of choosing refined grains, opt for fiber-rich whole grains like oats, quinoa, brown rice, bread, and pasta that list a whole grain as the first ingredient.

ONLY SEE RED ONCE A WEEK

Replace red meat with healthier protein sources, such as lean poultry, fish, soy, beans, and lentils.

SOUP FOR THE SOUL

Therapeutic Bone broth

Mineral and nutrient dense bone broth is comprised of animal bones, which boil for several hours (8-24) in order to create a rich, thick broth that has many medicinal capacities. It nourishes the digestive system, detoxification mechanisms of the body, fills the stomach without weight gain, heals the gut, and is an anti-inflammatory. The bones and ligaments within the broth provide us with vitamins, minerals and nutrients such as glycine, proline, glutamine, collagen, magnesium, calcium, silicon. Bone broth drinkers have reported considerable change in their health because of easy absorption of such mighty minerals and nutrients. Significantly, this wonder soup has the added benefit of gelatin and collagen for joint health, detoxification of the digestive system and gut nourishment. Broth users claim the collagen and gelatin over time make a lasting and noticeable difference on their overall health.

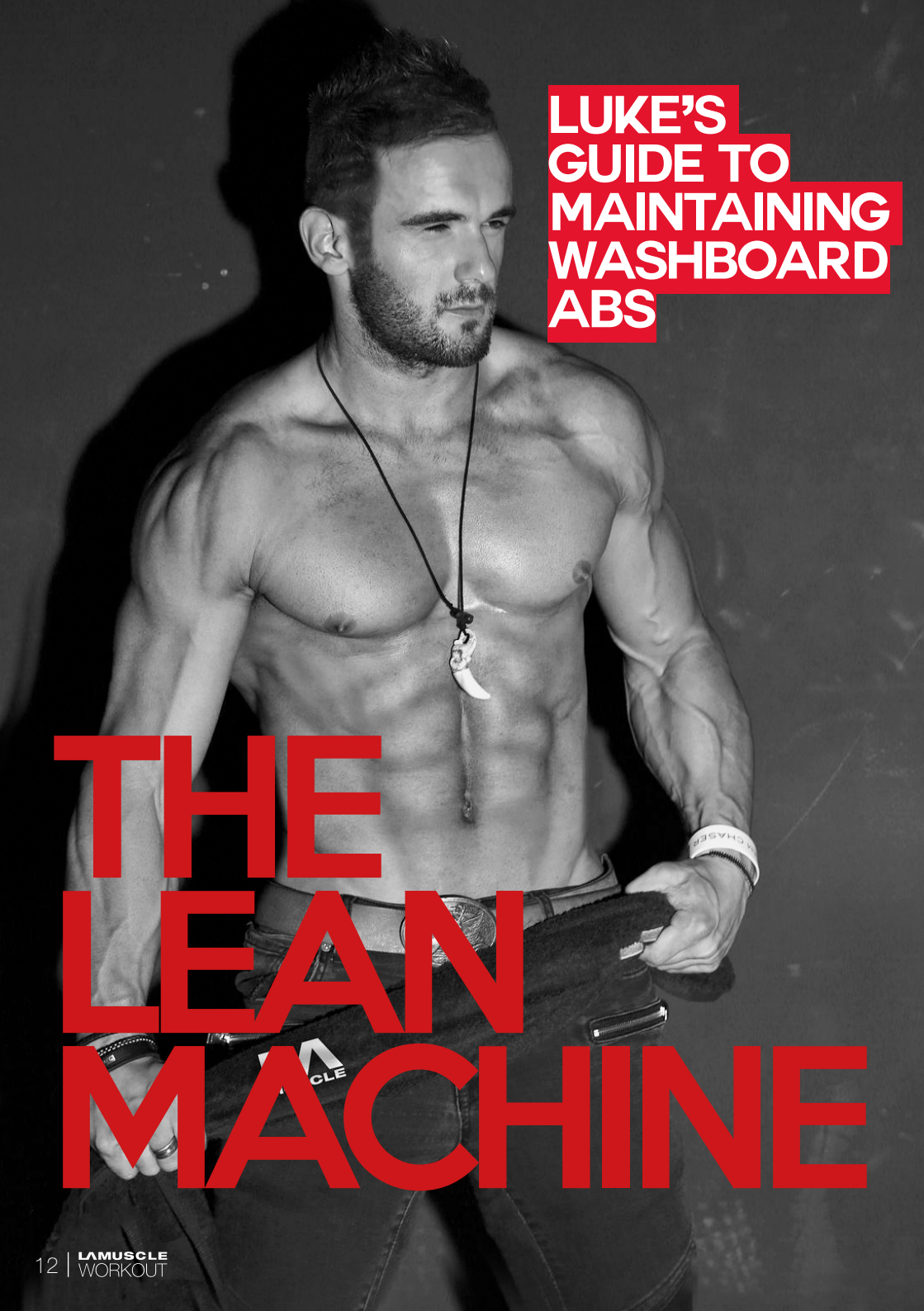
IN A NUT SHELL (COULDN'T BE MORE APT)

Choosing a variety of these delicious, antioxidant-rich foods can help curb inflammation in combination with the balance of movement, exercise and a great night's sleep, which may improve life's inevitable inflammation markers.

So no. Not quite super human. But, yes, the closest we are ever going to get to boosting immunity, ordinarily. There is hope for us yet.

By Gigi Trozado - European Bikini Champion





LUKE'S GUIDE TO MAINTAINING WASHBOARD ABS

THE LEAN MACHINE

LUKE'S BIO

A former competitive track star and current fitness professional embodies the life of an athlete. His mantra in life is to help as many people as possible in their journey to MAXING OUT their health and influencing as many people as possible to live a happier more fulfilling life. A postgraduate nutrition expert and food blogger writing columns for both muscle and fitness magazine and women health. He adopts a plant-based approach to his diet and aims his training as playfulness and using calisthenics to achieve the body he lives in today. A former member of the world famous Dreamboys and model on QVC educating and inspiring viewers through his passion and expertise through health and fitness. Luke is here to help you achieve better health and better choices to achieve your goals and below has written some tips and daily actions he follows to maintaining his lean physique. Welcome to the lean machine's guide to washboard abs.

HABITUALLY ACTIVE

Firstly, something I feel strongly about is what you do outside of that time you've spent slogging away in the gym is what sets you apart from the rest. In this day and age; we have become immune to a more sedentary way of living whether that's being sat at your desk for long hours or getting home from a long day at work and slouching in front of the television. I feel it is 100% how we use our bodies away from that hour we get in the gym that makes all the difference to overall wellbeing and achieving the body we individually desire. My advice for readers is to stay as active as possible and MOVE MORE. Find something that resonates with you and your lifestyle whether that is walking the dog in the morning, allowing a little more time in your day to do your favourite hobby or even making more time to have some playtime with your family. Other examples could be using the stairs instead of opting to take the elevator, taking a few minutes in your office to do a little movement, get those joints lubricated, the blood pumping or even taking up a simple office workout using whatever is around you. Finding a little more time to MOVE more will make such a difference, not just in calorie expenditure, but for overall wellness emotionally and physically.

GO GREEN

I'm all about the greens and taking a green's is clinically proven to regulate fat loss whilst supplying our bodies with the right nutrients for immunity health, thyroid health and higher energy levels. I would highly recommend a good quality greens blend and taking this daily to optimise a healthier lifestyle and providing the body with the micronutrients (vitamins and minerals) we

require. Now you're probably thinking why a greens blend? Unless we all prioritise the time to prepare our food accordingly and load up on leafy greens and all the good stuff we need to take to work with us a greens powder is a life saver. It's convenient, cost effective and can be mixed in your smoothie, added with water or combined with a little coconut yoghurt. A green's supplement is jam packed with phytonutrients, essential amino acids which are the building blocks for muscle tissue and the one's we can only acquire from food sources. There has also been clinical evidence for greens to aid thyroid function, which is our regulator for metabolism so a healthy thyroid a healthy metabolism meaning A FAT BURNING MACHINE.

SLEEP QUALITY

A very important factor for optimal health and something I rely on for maintaining the body I train so hard for daily. Sleep deprivation is one of the highest forms of overeating therefore making sure we get good QUALITY sleep is critical. A good source of nutrition and a natural remedy I like to include in my daily routine is the use of shrooms (mushrooms) like Reishi or Cordyceps. These two medicinal mushrooms provide the body with sleep regulating hormones and vital vitamins and minerals for facilitating quality of sleep whilst providing the body with high quality nutrients.



DON'T NEGLECT THEM FATS

Fat is not the enemy and as a matter of fact it's very important for fat loss and overall wellbeing. Fats are a slow release energy source, they help satiety levels meaning when we are satisfied we tend to not pick on simple sugar snacks and foods like biscuits and/or potato chips. Fat sources also contribute to a healthier cholesterol fighting off the bad cholesterol known as low density lipids (LDL) which transport cholesterol from our liver to the skeletal tissues in our bodies.

I would suggest including some good quality healthy fats in your eating plan and some examples I use daily are foods like avocado's, flax seed, chia seed, brazil nuts, raw almonds and walnuts are some of my favourite healthy fat sources. A source I do love to use daily is using the ultimate oil blend from UDOS CHOICE which supply the body with the perfect ratio of omega 3 & 6 fatty acids. Other sources like cold pressed coconut oil, clarified butter, oily fish sources like wild red salmon or mackerel are also great inclusions.

DRINK UP

Water one of the most abundant and important substances in our bodies making a huge percentage of your total bodyweight. For me, water comes everywhere with me and it's important to drink plenty of water, your liver can effectively metabolise body fat. It makes you feel fuller and a lot the times people nowadays mistake dehydration with hunger. A lot of the population today consume daily numerous cups of Starbucks coffee's and/or fizzy drinks (AKA SUGAR WATER) and neglect the benefits of water. Not only is it an important role for correct functioning, a healthy internal environment but it aids healthy glowing skin and the delivery of nutrients to our cells.

EAT MORE PLANTS

Clean nourishing foods and not crash dieting all the time is so important. I have adopted 80% of my diet as plant based and filling my plate with more plant sources of protein and leafy greens, seasonal fibre rich vegetables. Something I would recommend is making more of a flexible approach to your food consumption and being more mindful with what we put into our mouths. With plant-based foods and more people living the life powered by plants there is plenty of information and food ideas for you to experiment with and try at home or when you're on the move. You can check out some

delicious ways of incorporating plant-based foods in a delicious way following @LUKEBAKERSKITCHEN. Remove the processed meals and making a little time to cooking at home and choosing more wholesome foods, look for colourful foods and create a colourful plate and ditch the cheap carb sources like white bread, white pasta, pre-packaged sandwiches. Why not use little imagination and create your own healthy sandwich or homemade pizza using fresh wholesome ingredients, include plenty of dark leafy greens, colourful root vegetables and healthy fats through raw nuts, seeds and oils.

A TYPICAL DAY OF EATING FOR LUKE

1 Tbsp apple cider vinegar, mixed with 1 lemon, cinnamon and hot water

MEAL 1 – 1 scoop of greens (ORGANIFI), 1 frozen banana, 1 tbsp organic oats, 2 handfuls raw spinach or kale, ½ avocado and 240 ml coconut milk. Top with flax seed or pumpkin seeds.

MEAL 2 – Pea Hummus & rice cakes

MEAL 3 – Buddha Bowl – combination of marinated chickpeas, raw spinach, ½ avocado, shredded carrot, beetroot and cooked quinoa. I usually make a dressing using ginger, lime, tahini (sesame seed paste) and low sodium soy sauce and olive oil.

MEAL 4 – Post workout plant LA Muscle protein with 1 coconut yoghurt mixed together)

MEAL 5 – Wild salmon baked in miso marinade (miso paste, soy sauce and ginger), served with plenty of leafy greens and roast veggies like aubergine, carrots, courgette.

BEFORE BED – Golden Milk – combination of ground turmeric, ground ginger, Reishi mushroom, almond milk or coconut milk and sweetened with maple syrup.

LUKE TOP 5 CORE AB EXERCISES

- 1 OLYMPIC RING KNEE LEG RAISES
- 2 TRX ROLL OUT
- 3 SWISSBALL PLANK
- 4 FRONT LEVERS
- 5 CABLE ROTATION CRUNCHES
- OBLIQUE CRUNCH WITH CABLE

See @LUKEBAKERLONDON for exercise and fitness inspiration.

DO MORE OF WHAT YOU LOVE

Some of the best advice is doing what you love to do. What hobby resonates with you? For me dancing and climbing are my go to things when not going to the gym. A hobby is something you just enjoy, requires very little motivation at all because you LOVE doing it. Also hiking and being in nature is something I love and go to top escape the stresses of life along with being in the fresh air and away from toxicity.

When you do things you love you release happy hormones, reduce stress which is a massive contributor to weight gain and fat gain. Stress as I said is a culprit to weight gain therefore; finding an activity that helps ease that stress, control the cortisol levels in our body and reduce stimulation in the brain for impulsive eating are some good notes to take with you from experience and studying the body.



THE IMPOTANCE OF BODY STABILITY

Stability and balance are key aspects of performance. All too often we fall into the trap of working (and effectively over training) the big muscles and wonder why we hit a plateau or injure ourselves in the strive to get hench! I know, I've been there myself during my 18 years of training.

My name is Alistair Richardson and I am a bio-mechanic and injury rehabilitation specialist. I am also a student at the London School of Osteopathy so to me, the body's health is vital, as we only have one, so keeping it in the best shape it can be is everything for life longevity. The subject content I am writing about in this article is based on injury prevention. There are several concepts involved when discussing prevention of injury, but I would like to start with some simple basics that you can work toward in your current exercise routine.

Variation in your training allows for the muscles to be stimulated in multiple manners and encourages their continued ability through a range of movements or just your straight forward push or pull.

We have to remember, our bodies are 3 dimensional and as such need to be stimulated in all planes of motion. Too often we get caught working our muscles in single planes of motion over and over expecting there to be growth from it. Moreover, we stay on the same exercise plan for too long and wonder why we can't see improvement. The simple answer is to add variety and if you're going to do that, why not implement multidimensional exercises to it?

TRY SOMETHING OUT OF YOUR NORMAL COMFORT ZONE.

Don't be afraid to get your body working in a different way than you're used to. Go lighter. Often bodyweight when we're changing the dynamic of our movement makes it more manageable and therefore more sustainable. If you go too intense at the start of any change, it will only add stress and cause you more issue, which will ultimately leave you wishing you hadn't bothered.

Start with stretching more. We rarely open the muscles to allow for more range in activity, giving them the space to grow into is a starting point to further growth. If the muscles are compressed and tight to begin with, then adding weight to them will only make them shorter and tighter. If width and size are what you're after, get the muscles and soft tissue pliable enough to make that happen. For example, some myofascial release on the foam roller can assist the tension to be opened up to allow for better range of movement. Be sure to look at how to use the foam roller through the use of a fitness professional or professional online guidance.

Work on stability by putting yourself through balance movements. Try some single leg or single arm exercises to differ the rotation movements and see the difference between one side compared to the other. Everyone has predisposed imbalances due to predominant sides. Being left or right handed will ultimately make you more preferable in your movement that way. Challenging your body to use your 'weaker' or less stable side will make your combined movement better. Get your core stronger. The core isn't just abs. It's the whole trunk including side bending and rotation through it. We often get caught in just flexion or extension movements.



Changing the type of exercise you do on a muscle group will also aid in your stability of the joint you're trying to work and ultimately help you 'thicken out'. Ask a fitness professional for help in understanding your body better. Get an objective view and don't be afraid to adapt your movements by decreasing your weight in the exercise. There's nothing wrong with reducing the intensity if its ultimate goal is to strengthen and increase ability overall.

We can't always see or realise the areas we have issues in. Knowing what you do in your movement will help you recognise your areas of weakness and dysfunction. Once you know them, you can work on them alongside your already strong areas. Knowledge is power, which builds confidence in your mental and physical ability. Use your body as a whole as it's meant to be, not just a single part as we so often do when splitting our workouts to individual body parts.

**By
ALISTAIR
RICHARDSON
MSc**



GROW YOUR BOOTY

BY
**ALINA
VORNICU**
QUALIFIED PT

When you think about growing your booty, one of the first exercises that will come to mind is the squat. A lot of people might say, "I do squats, isn't that enough?". The answer, "Not quite". Yes, squats are great if you're looking to increase your overall lower-body strength and size, but variety is essential. Different movements target the glutes in dramatically different ways.

A well-rounded routine will include exercises such as hip thrusts, glute bridges, kick backs, sumo squats, Bulgarian split squats, step-ups, lunges, deadlift and good morning. All of these exercises will help you build the perfect booty. There are also a few rules that you need to follow:

DON'T OVERDO CARDIO

Doing a lot of cardio is great for your weight loss and overall health, but it will not help you get a well-developed booty. Moreover, excessive cardio exercise can break down muscle tissue. For those who need a glute-boosting cardio exercise, try stair climbing! Find the steepest stairs you can climb (or climb two or three steps at a time) and slowly "lunge" yourself up the stairs. You can also use any knee-level platform for a step up, which works the same muscles. You can also regularly use a stair-master cardio machine, which can be found at most gyms nowadays.

EAT ENOUGH PROTEIN

Protein is essential for muscle growth and recovery – this also applies to your booty! Without adequate protein, you can do all these exercises and not get a nice round bum. If you are working out regularly the minimum amount of protein you need daily is 1g per kilogram of body weight. I would recommend consuming about 1.5g of protein per kilogram of your body weight each day. Having a protein shake right after your workout makes it easier to get the proper amount of protein your body requires.

CHOOSE THE RIGHT CARBS

There are good and bad carbs. The good ones will help you to grow lean muscle mass (and a big booty). The bad ones will eventually make you fat. Make sure that you're only consuming the healthy kinds, which are packed with tons of vitamins and minerals. Complex carbs such as whole grains, sweet potatoes, legumes and beans are perfect for your body. Stay away from bad carbs which you can find in any kind of junk food, candy, white bread, white pasta, artificially modified foods and soda.

FAT WON'T MAKE YOU FAT

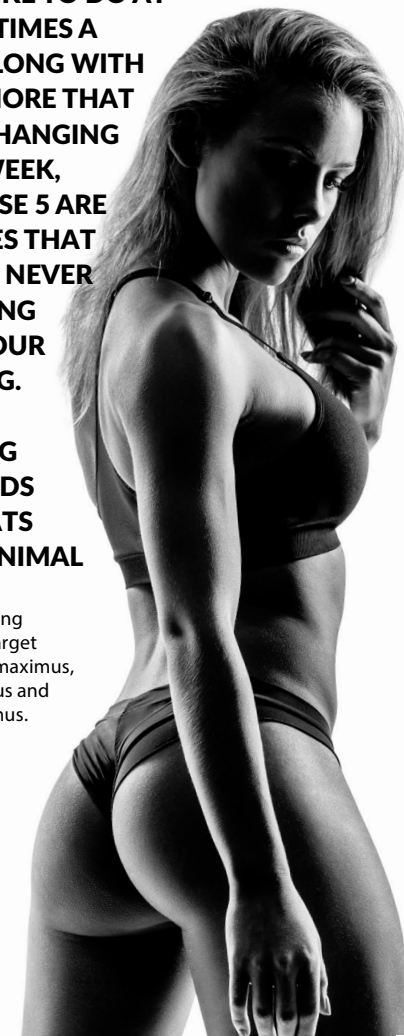
It's also important to make sure you're getting enough fat in your diet. The right kinds of fat are very healthy and will actually be good for you. Some examples of great healthy fats are nuts, coconut oil, avocados and salmon. If you want a sexy bum make sure that you have a balanced diet of protein, complex carbohydrates, vegetables, fruit and healthy fats.

CHALLENGE YOURSELF

If your workout is not challenging you won't see results. By increasing your sets, reps or the weight you are using during the exercises, you'll continue making progress. Training once a week will not give you any results I would recommend you train your booty a minimum of 2 times per week, with your other workouts in between that during the week and most importantly, don't forget recovery. Recovery is as important as all of the other things I mentioned earlier because you need to allow time for the muscles to recover and regrow. Working out the same muscle groups too frequently is counter-productive and will result in muscle break down instead of muscle growth.

I HAVE 5 MAIN EXERCISES THAT I LIKE TO DO AT LEAST 2 TIMES A WEEK ALONG WITH A FEW MORE THAT I KEEP CHANGING EVERY WEEK, BUT THESE 5 ARE THE ONES THAT SHOULD NEVER BE MISSING FROM YOUR TRAINING. INSTEAD OF DOING HUNDREDS OF SQUATS WITH MINIMAL RESULTS,

try the following exercises to target your gluteus maximus, gluteus medius and gluteus minimus.

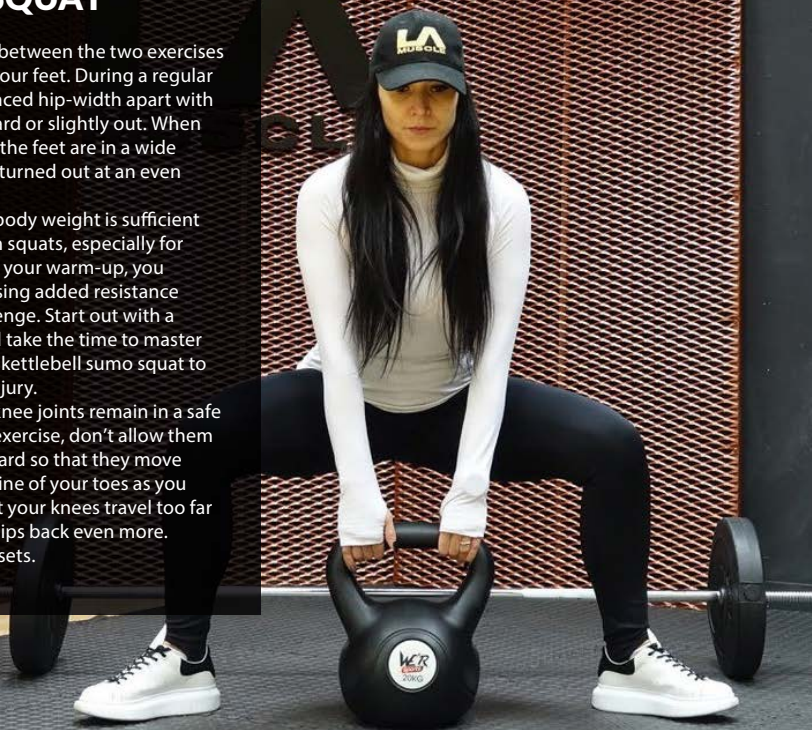


SUMO SQUAT VS NORMAL SQUAT

The main difference between the two exercises is the placement of your feet. During a regular squat the feet are placed hip-width apart with the toes facing forward or slightly out. When doing a sumo squat, the feet are in a wide stance with the toes turned out at an even greater angle.

Although your own body weight is sufficient resistance to do both squats, especially for a beginner or during your warm-up, you have the option of using added resistance to increase the challenge. Start out with a lighter kettlebell and take the time to master the technique of the kettlebell sumo squat to reduce your risk of injury.

To ensure that your knee joints remain in a safe position during the exercise, don't allow them to travel too far forward so that they move beyond the vertical line of your toes as you squat. If you find that your knees travel too far forward, push your hips back even more. Do 15-20 reps of 3-4 sets.



GLUTE RAISES

This exercise isn't quite as compound as the previous move is, so it will isolate the glutes better, while also still slightly working the hamstrings.

These can be done with or without weight across your lap depending on your own strength level. Get into position with your back on a bench, just underneath your shoulder blades, chin is tucked, ribs are down and foot placement is set to your liking.

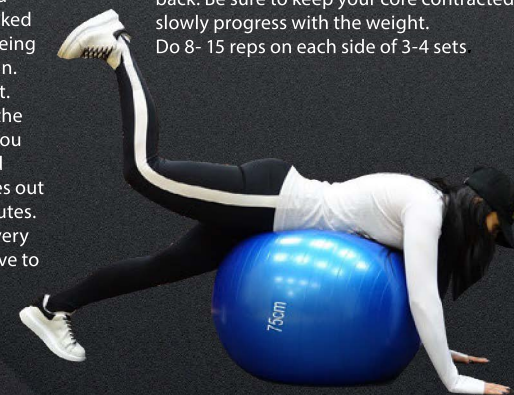
Drive through your heels, SQUEEZING your glutes as you come up until you hit full hip extension. At the top of the movement your torso should be flat, knees at a 90 degree angle and a good contraction in your glutes! With your chin tucked and ribs down, you'll prevent yourself from being able to overextend, which can cause back pain. From here, you'll lower back down and repeat. If you feel your quadriceps taking on a lot of the work, try playing with your foot placement. You can also place a small resistance band around your knees. This forces you to push your knees out against resistance, which will engage your glutes. Hip thrust form has some absolutes, but is a very individual exercise in many ways, so you'll have to experiment to find what feels best for you.

KICKBACKS

There are a few versions of kickbacks you can do which largely depend on your training goals, fitness level and available equipment. They mainly fall into two categories: kneeling and standing cable kickbacks. All are very effective if performed correctly. Other variations include smith-machine donkey kick, straight-leg donkey kick, one-legged kickback on cable machine and bench glute kickback.

When your technique has improved and you feel ready, you can add more weight. While adding weight will aid muscle growth, it can also compromise form and put pressure on the lower back. Be sure to keep your core contracted and slowly progress with the weight.

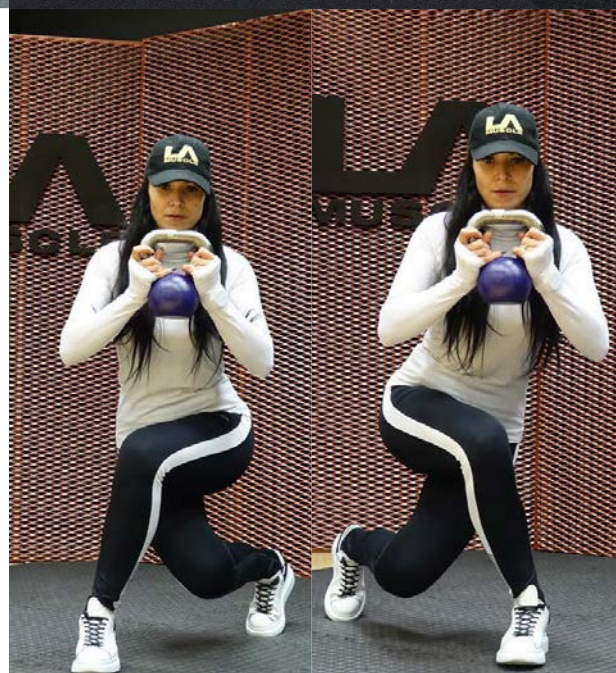
Do 8- 15 reps on each side of 3-4 sets



SPLIT SQUATS

These are one of the best booty building moves to include in your workout program. You can do them with a bar, dumbbells or kettlebells.

1. Stand in front of a flat bench and place one leg back on top of the bench, bending the knee as you do.
 2. Keeping the back upright, bend the supportive leg as you lunge down. The back knee should almost touch the ground.
 3. Pause in this position and then press up through your heels to complete the rep. Perform all reps on one side and then switch sides and repeat.
- 8-12 reps each leg for 3-4 sets.



CURTSY LUNGES

These target your inner thighs as well as your glute medius, a smaller glute muscle that helps stabilize hips to help improve posture. Besides, this exercise engages your quads, hamstrings, calves and back so it works out many parts of your body at the same time. It may be difficult for beginners but it is extremely effective. The initial position is to stand straight with your feet wider than shoulder width apart. Hold your hands on your hips or you can hold your hand in front of you for balance. Step your left leg behind you and to the right so your thighs cross, bending both knees as if you are curtsying. Return to the starting position. Do 10-15 reps and then switch legs for 3-4 sets.

If you have a good clean healthy diet, train consistently and give your body the time to rest and recover, you will see great results in no time at all!

SAV'S FORMULA!

I HAVE A PASSION ABOUT THE WHOLE INDUSTRY AND I LOVE TEACHING PEOPLE HOW TO TRAIN SO THEY DON'T WASTE TIME AND EFFORT. I HAD NOBODY TO TEACH ME AND I WASTED A LOT OF YEARS AND CAUSED DAMAGE TO MYSELF IN THE PROCESS.

I want to create a dogma of training that's logical and significantly correct and not a hit and miss like most training programs. My argument is that the way most people are training these days is wrong. The question that I am asked is that, if it's wrong, why are so many people doing it? Well I will give you an analogy that in a way answers this question. Which newspaper is better for reporting domestic and global news? The Sun or The Times? We all know the answer unless we have just come out of some underground hole. Did you know The Sun sells 20:1 to The Times? Does this mean that people who buy The Sun are stupid? Maybe some are but the majority just don't really care about the news that much. They are more interested about reading who is having an affair with whom and what is happening in their favourite soap on TV.

The same applies to training. Some people cannot be bothered to change or question their training method because that's what they have been told or shown to do when they started training. The expression "the blind leading the blind" comes to mind. The person who gave the advice probably has an incredible physique and that's why you will listen, but that person will never tell you that even before they started training, they already had a physique that probably took most people 5 years of training to achieve, or how long it took to achieve that size and strength. They most probably won't even mention how many mg of testosterone and other steroids they have taken for years on end to achieve that physique.

Genetics are a very important ingredient in the whole formula to achieving an incredible physique or even becoming a champion in the industry. I would say apart from genetics, training correctly is the other most important factor in creating a brilliant physique and to become a champion. One needs the other! Of course, nutrition is important but not as important as genetics and training correctly. As you can see, I avoid using the expression "training very hard" because that factor does not mean anything because most people are training very hard but wrong. Correct training includes the level of intensity at which you should be aiming for. Stop following the methods and styles of training that are so unproductive. We've ended up with a situation where half the people that are training seriously are using some type of muscle enhancers so that they can grow a little because their gains have stopped due to unproductive training methods.

IT'S SO SIMPLE. THE FIRST THING YOU SHOULD LEARN TO DO IS TO START LISTENING TO YOUR MUSCLES WHILE YOU ARE TRAINING THEM.

Allow the best computer on the planet (your brain) to analyse the messages that are being sent from your muscles. You will teach yourself in a very short space of time how to distinguish good and bad messages. Basically, what you need to think about is, if the exercise, movement, speed, positioning and volume is creating sufficient stimulation of the muscle to create hypertrophy (muscle building)? When you master this, which you will because it's not that hard to do, it will become second nature to you while you are training and you will become so in tune with your muscle and brain connectivity that your training will become more productive.

I'M GOING TO USE TWO EXPRESSIONS THAT WILL SEEM A LITTLE CONFUSING BUT TRUST ME, THEY WON'T BE AFTER I HAVE EXPLAINED THEM.

THEY ARE MUSCULAR FAILURE AND STRENGTH FAILURE.

MUSCULAR FAILURE is basically when your muscles cannot do anymore because they have been stimulated to the maximum.

STRENGTH FAILURE is when you cannot do anymore because your strength has been utilised. The difference here is that if you have achieved strength failure before muscular failure, the hypertrophy would not have taken place, which means you would have wasted your time unless you are training for strength only. I have just watched a video on YouTube of someone doing a 735lb bench press with hardly any exceptional chest development, which in simple terms proves the point that if lifting heavy weights develop big muscles, then everybody in the gym would have big muscles. Bigger muscles will give you increased strength also but please stop confusing the two types of training and what they could achieve.

For muscular failure to work for hypertrophy, it must be achieved with the lowest amount of reps you could do for that particular set. Meaning if you could achieve that by doing 10 reps and not 15, that set will be more productive. The best way to achieve this is by making sure you achieve the burn, which is a sign that you are creating hypertrophy in the muscle. You must not get the burn by doing excessive amount of reps to achieve this. Burn with high reps will only achieve stamina in the muscle fibres and not hypertrophy.

If I were to say to someone, achieve a perfect muscle building set, it will be the set with lower amount of reps, but with the burn coming in quite early, say 5th or 6th rep and by the 7th and 8th its all done, meaning you are not able to do any more. Not only because the burn is severe but because your strength is done, meaning you have also reached strength failure but only after you have achieved muscular failure.

THE 3 ESSENTIAL PARTS TO MY FORMULA FOR DEVELOPING AND GROWING MUSCLE, ARE

FREQUENCY, VOLUME AND EXECUTION.

Out of these 3 I would say **EXECUTION** of each movement is the most important and also the most difficult to achieve. Volume means how much workload you actually need to do for each body part, which will up to a point be dictated how good your execution is with each exercise. Basically, the better you can master the execution of the movement the less volume will be needed.

The next part of my formula is **VOLUME**, and that would be the hardest part to master, as you will need to learn to get used to doing less than before and obviously I'm assuming that you were doing volume like most people, you must start by doing the exercises with more precision and not using all your energy and nervous system reserves just to accomplish each movement for the sake of doing them but with no end result. Yes, doing volume will probably stimulate the muscle but it is not the only ingredient that will create hypertrophy.

Recovery will be what helps create hypertrophy, but this will probably never happen as you would have utilised all your recovery ability just to do your marathon workout. A very small percentage of people will be able to do that, and some will start resorting to other means to help them recover (if you know what I mean) and the rest stagnate to a level of development with no progress. Most will just carry on doing the same workouts with no apparent changes and will start to look for some miracle supplement or change their diets and start eating more.

This so called "bulking up" phase otherwise known as getting fat, does not exist. I will talk about these stupid, middle-aged, ignorant phrases and descriptions we and our predecessors gave to the bodybuilding industry in another article.



MORE FOOD WILL NEVER GIVE YOU MORE MUSCLES UNLESS YOU ARE NOT EATING ENOUGH IN THE FIRST PLACE, WHICH IS VERY UNLIKELY. PEOPLE BLAME THEIR DIET INSTEAD OF THEIR TRAINING METHODS. EVERY CONVERSATION I HAVE HAD ABOUT THIS LEADS TO PEOPLE FIRSTLY TELLING ME HOW HARD THEY ARE TRAINING. TRAINING HARD IS NOT THE ONLY THING THEY SHOULD BE DOING, IT'S TRAINING CORRECTLY AND THIS WILL DICTATE YOUR PROGRESS.

The next part is frequency. How often you train each individual body part and how many days before you train that muscle group again. The majority of serious trainers will train each body part once per week. Well wake up everyone and smell the coffee, seven days is a long time apart. There has to come a time where if you have stimulated growth and recovered, the gains you have made will start going back from where they came from if you don't create stimulation again. Clinical studies have shown that after 4-5 days the reversal will start taking place. Obviously if you're indulging in some other "special" supplementation that will not take place as quick, so 7-8 days might be ok, hence the special workouts certain individuals do and seem to be working.

Part of the reason why most people cannot train each muscle more frequently is because of the volume. If someone is doing 25-30 sets for a certain body part, there is no way that they will be able to do more than just one body part each training session, due to the energy and time limitation. Therefore, if you are training with more precision then less volume is needed and you will be able to train more body parts each session and of course be able to train each body part more frequently.

That's all for today! More information on muscle growth next time!

TRAIN SMART!

SAV



HOW TO TAKE BETTER GYM PHOTOS



Lets face it, those of us who go to the gym will almost certainly have posted a gym selfie at one point or another. Gym selfies are actually a good way of tracking your progress over time as well as potentially giving you that extra motivation when looking back at old ones. Taking a quick selfie in the mirror without really thinking about it is all well and good, but there's actually many things to consider to make yourself look even better than you may think. Consider these points the next time you strike a pose at the gym.

LIGHTING IS KEY

Natural light is always best, so if your gym has large windows to let in plenty of natural light always start there. This may sound obvious, but always have the light source shining directly at the subject and play around with the angle to get the perfect balance of light and shadow.

Get someone to take the photo for you. If you have a training partner great, if not kindly ask someone to take a quick snap of you. Photos where the subject is posing and smiling (without holding a phone or camera) always look much better than the quick shot in the mirror holding your phone. Just make sure the one taking the photo has a general idea of what kind of photo you want!

ALWAYS CONSIDER YOUR BACKGROUND

An empty, clutter-free gym behind you is ideal, but lets be honest that's very rarely going to happen. Find a quieter area of the gym and try to minimise the number of people in the background. The use of props/weights is always a good idea to show your followers you're actually doing something, but at the same time you don't really want to show a messy gym with weights all over the place as this does not look good. I'm sure the gym would not be best pleased either.

USE A GOOD QUALITY CAMERA

The quality of your camera/phone is definitely a point to consider. Phones nowadays have such good cameras that you don't necessarily need a camera to capture your perfect gym selfie. The greater the resolution of the image, the more it will highlight your good features and nowadays with so many great photo editing apps it's not too difficult to make a simple gym selfie look like something from a professional photoshoot.

THINK ABOUT YOUR CLOTHING

What you wear can either compliment or hinder your features. Based on your complexion some colours look better than others. If you have fair skin then darker colours always look best. Stay away from pastel colours. If you're more tanned or have a dark complexion then lighter colours tend to look better. In terms of how tight or loose to have your clothing all depends on your body shape. If you still have a bit of weight to shift then something slightly looser fitting will look much better in photos than something tight fitting. However, if you're lucky enough to have ripped, chiselled abs then a tank top/crop top will really showcase them.

To summarise, your gym workouts should not solely consist of getting that perfect gym selfie, however they can be a good way to track your progress. Using the points raised in this article will allow you to take a better photo, look better and not eat up any more time of your workout.

Be sure to download the **LIVE UPLOAD** app to post your gym selfies with a map-based home page allowing you to network with other like-minded fitness individuals.

BY MICHAEL FAULKNER

LA MUSCLE
VIDEOGRAPHER
& QUALIFIED PT

HOW TO BECOME SUCCESSFUL IN MARTIAL ARTS

First of all, you've got to start! There's no point in viewing from the side lines or thinking, "I want to do that" or "That looks cool. Why can't I get involved?". Get involved! The two most commonly asked questions are, "can I get a black belt?" and "how long will it take?". To answer those questions, in reality, not everyone can obtain a black belt. It takes consistency, determination and willingness to learn and many people quit before they achieve the belt that they desire, whether that's black or brown or even just an intermediate coloured belt. So, the first key to becoming successful is to start and keep going!

The key thing with anything in life, as well as karate, is you never stop learning. Even if you feel you've achieved greatness at a certain level you can always be taught something or learn something new or even polish up on techniques within your martial arts or expertise. Don't try to jump ahead and speed through. This can mean you lose the focus on the skills and techniques needed to truly be great. So, although you are progressing quickly you will really be holding yourself back. Imagine a piece of rope, you're pulling the rope one

way because you're trying to elevate yourself, but due to your lack of understanding it's holding you back and you become lost in the translation.

In martial arts there tends to be a grading system and a certain order which we follow like ranks. In order to achieve success I do believe you need to follow all aspects of your particular martial art. It's not all about fighting, kicking and punching, strangling, arm locks, leg locks etc. Some martial arts have forms, some martial arts have basic foundations for each ranking grade which you need to learn as it is a stepping stone for what is to come in the future providing you want to obtain what we are calling greatness here.

I started martial arts at 10 but it took me six years before I finally realized I needed to explore other aspects of my martial arts in order for me to grow as a person and as a martial artist. I was all about the fighting until I was made to practice and understand forms. Once I actually understood the forms for what they are and how they operate it aided my fighting which in turn actually allowed me to move more gracefully.

Apart from karate, I have widened my knowledge in the different types of martial arts. I have trained in judo for 10 years and fought for the Great Britain judo team for 4 years. I am also a 2-time world champion in karate, having also fought at competitions around the world representing Great Britain. These experiences have provided me with a well-rounded understanding of different martial arts, so I know first-hand what it takes to become successful.

There are other key areas in which I believe as a martial artist you would strive for greatness.

STRETCHING, FLEXIBILITY AND CORE STABILITY

They all in turn aid one another as well and I believe using bodyweight exercises are most effective to achieve this.

STRENGTH AND CONDITIONING

This area allows you to take blows and knocks without sustaining massive injuries and teaches your body how to absorb and deflect attacks as and when you need.

THE KEY THING WITH ANYTHING IN LIFE, AS WELL AS KARATE, IS YOU NEVER STOP LEARNING.



SPEED AND AGILITY

If you have agility you are able to avoid and evade hazardous situations, combined with speed this allows you to manipulate a situation to best suit you.

TECHNIQUE

An exercise can be done by two people; one with good technique and one with no technique. It is the same exercise but will only really be effective for one of them.

**GENERAL FITNESS.
IT'S ALL WELL AND
GOOD HAVING ALL OF
THE ABOVE BUT IF YOUR
GENERAL FITNESS IS
BELOW AVERAGE THIS
MEANS YOU WILL NOT
HAVE THE ENDURANCE
TO LAST.**

This is only a glimpse into my mind and the way I think but it gives you an idea of what is needed to become successful in martial arts. For instance, when I focus and hone in on something I need to do this over and over again until it feels natural to me. Once it feels natural to me I then can turn and create this into my own, so I feel comfortable. Once I feel comfortable this means I can then execute said technique with precision.

**THE ONE THING I WOULD
SAY THAT KEEPS YOU
NIMBLE AND ON YOUR
TOES IS SOMETHING
CALLED ADRENALINE
WHICH NEVER GOES EVEN
AT THE TOP LEVEL.**

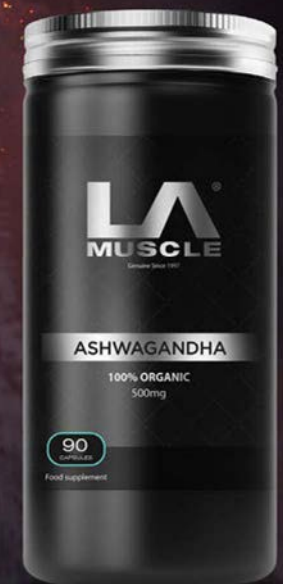
You can be calm, relaxed and confident and still feel this adrenaline. As soon as you become too relaxed though and lose this adrenaline your concentration levels drop and your focus is shifted. This leaves you vulnerable.

For competitions you need to prepare well in advance. Preparation doesn't start on the day in the arena, it starts from your training inside your respected training facility right up until the day of your competition. Once you get to your venue your training still does not stop. This is where you need to be vigilant and attentive as those two things are what might just give you the edge over the other competitors. By knowing where you're competing throughout the day, how many people are in your group, who's in your group, equipment needed, judges and referees, rulings, you are already ahead of 90% of competitors on the day.

**BY LEON GORDON —
KARATE WORLD CHAMPION**

SUPPLEMENT OF GODS

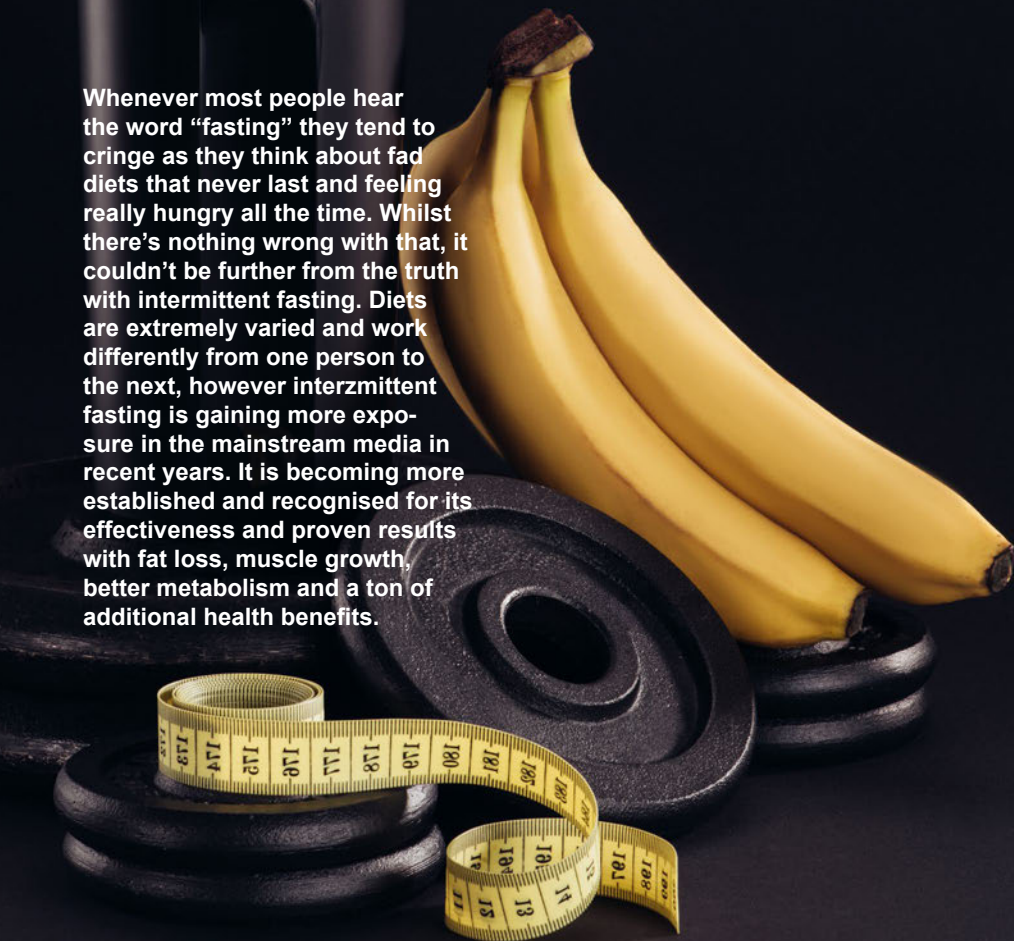
- ✓ IMPROVES MEMORY, AND REACTION TIME
- ✓ PROTECTS THE IMMUNE SYSTEM
- ✓ COMBAT THE EFFECTS OF STRESS
- ✓ ENHANCES SEXUAL POTENCY



THE BENEFITS OF INTERMITTENT FASTING

HOW TO RESET YOUR METABOLISM

Whenever most people hear the word “fasting” they tend to cringe as they think about fad diets that never last and feeling really hungry all the time. Whilst there’s nothing wrong with that, it couldn’t be further from the truth with intermittent fasting. Diets are extremely varied and work differently from one person to the next, however intermittent fasting is gaining more exposure in the mainstream media in recent years. It is becoming more established and recognised for its effectiveness and proven results with fat loss, muscle growth, better metabolism and a ton of additional health benefits.



WHAT IS INTERMITTENT FASTING?

Intermittent fasting, IF for short, is not actually a diet, it's more of a dieting pattern where you consume your daily calories during a set “window” of eating. This tends to be a short window with nothing consumed outside of this time. Living in a society where it's the norm to have at least the traditional three-square meals a day this can sound like crazy talk, but it's actually practiced worldwide and in recent years has continued to grow in popularity as it gets more attention in the media. Fasting can be seen as a ludicrous suggestion to those not willing to give it a try compared to those who are already in some way or another well versed with the eating habits of it. Take for example those who usually prefer to skip breakfast or people who fast for Lent or Ramadan, they are already very familiar with the effects it can have on the body and would be well prepared to take on the challenges involved.

WHAT ARE THE BENEFITS?

There are endless amounts of studies you can find online from renowned scientists to fitness experts who have documented the fantastic results they have achieved with intermittent fasting.

RESULTS THAT INCLUDE IMPROVED METABOLISM, RAPID WEIGHT LOSS, INCREASED MUSCLE GROWTH, IMPROVED MENTAL FUNCTION AS WELL AS MANY OTHERS.

WHAT'S THE BEST WAY TO DO IT?

An effective fast will have 14-20 hours of fasting with a limited time to consume your daily calories. Even with a short window of a few hours this tends to be enough time to get 1-3 meals in, depending on how much you wish to eat in one go. Some people prefer to have one large meal with several dishes whilst others prefer to have a few smaller meals spread out over a few hours.

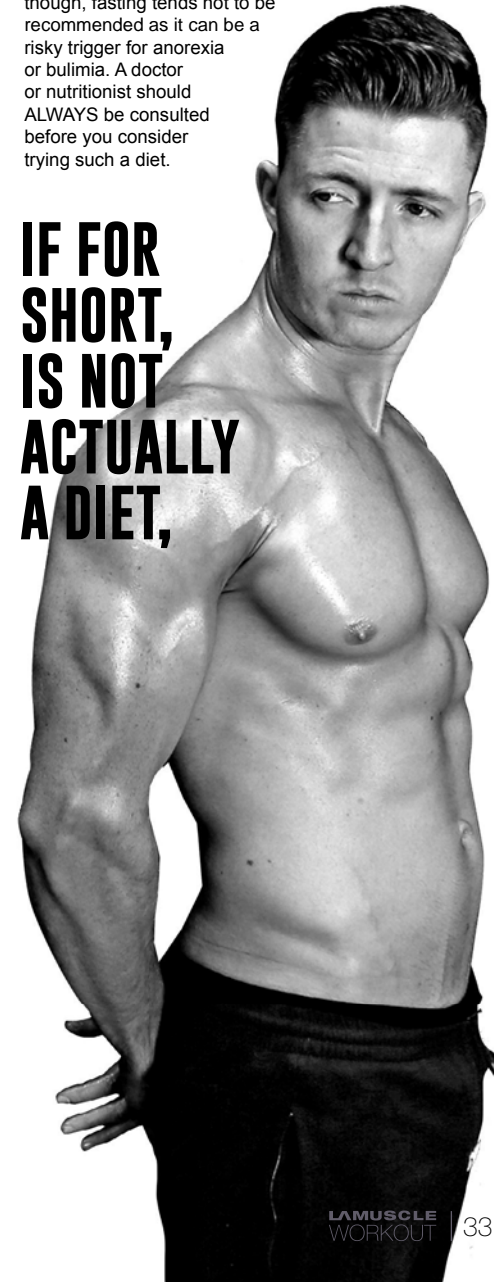
For a lot of people this can be daunting, especially for those who are used to eating at set times and are simply not willing to go that long without food. Well a simple solution to this is to just skip breakfast. Yes, you see plastered everywhere the phrase “BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY”, but whilst it's important to fuel your body no meal time is set in stone. To give this a try we'll assume someone has dinner around 8-9pm and then has their first meal the following day at around 12-1pm. Well that's 14 hours of fasting and will give you an 8-hour window to consume your day's calories.

There are ways to get through the challenge of your body trying to rebel against this new eating pattern such as liquids. As long as they're not calorific, including very little sugar, things like teas and coffees are not included and you can drink as many of them as you need, as well as water of course. The liquids will help fill you up and keep hunger at bay.

IS IT BETTER THAN NORMAL DIETING?

There are many billionaires and celebrities worldwide who swear by intermittent fasting and credit it as being the cause of their weight loss, increased productivity, mental focus, mood and general wellbeing. Studies also suggest it might help reduce the risk of heart disease, cancer, and diabetes. For people with eating issues though, fasting tends not to be recommended as it can be a risky trigger for anorexia or bulimia. A doctor or nutritionist should ALWAYS be consulted before you consider trying such a diet.

**IF FOR
SHORT,
IS NOT
ACTUALLY
A DIET,**



THE THING ABOUT INTERMITTENT FASTING IS THAT YOU GET OUT OF IT WHAT YOU PUT INTO IT, PRETTY MUCH LIKE ANY OTHER DIET.

Can any diet or eating method claim to be the best? Which one is better will always depend on the person asked as the best thing to do is just be open-minded enough to give different things a try and see which works best for you and what you prefer. Is it really worth following a diet that you don't enjoy simply because you see good results? For the short term this might be a good option for you but in the long run it could make you miserable and can even start to negatively affect your health.

WHEN USED CORRECTLY, INTERMITTENT FASTING IS A VERY EFFECTIVE DIET THAT MILLIONS OF PEOPLE WORLDWIDE FOLLOW AND SEE BENEFICIAL CHANGES TO THEIR HEALTH AND PHYSIQUES.

If you plan on doing something like this long-term then we would recommend first trying it for a few days to a week and see if it's for you. Who knows, it might be just the thing you were looking for but if not, just go back to your normal diet or keep trying ones that interest you until you find one that you like.

Personally, I follow and use intermittent fasting regularly and have seen great results using it. The mornings can be tough but if you train yourself to keep your mind busy with work and other things then the cravings will pass and so will the time until you can eat. It's not a miracle diet and it won't get you super lean and ripped overnight, but if followed correctly and enough time allowed then you will get the results you are after as well as an efficient, healthy body and mind.

SEAN DUNNE
FITNESS EXPERT



FAT BUSTER

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THERMOGENIC,
DIURETIC AND
ENERGISER!**

**QUICK-ACTING
RED PILLS FOR
IMMEDIATE RESULTS**

**100% NATURAL &
SAFE FOR MEN
& WOMEN**



Fat Buster is an amazing quad-action natural and 100% safe fat burner and weight loss supplement for men and women. Fat Buster works very fast and most people see results within 3 days. Fat Buster is a fat metaboliser, thermogenic, diuretic and energiser.

I GOT YOUR BACK!

We all will complain about lower back pain at some point in our lives. The frenetic lifestyle we have today often means we do not get enough exercise to strengthen the muscles that support our lower back. Sitting for many hours, whether it is at a desk or behind a stirring wheel, often taking on a bad posture, will undoubtedly make the condition worse. We simply don't use our rear chain muscles enough for them to support our lower back. In time this will weaken the muscles in question and cause the pain.

There are many reasons why we suffer from lower back pain. My suggestion is that you see your doctor about it as soon as possible if it stops you from doing your normal daily activities. It is always recommended to exclude any serious injuries before trying to do anything else to help the discomfort. If nothing serious is causing the pain, the most reasonable thing to do is to keep your lower back as strong, mobile and flexible as possible. This can be achieved by gentle stretching and strengthening exercises. These tend to stretch the muscles around your lower back that tense up causing the pain, and strengthen the ones that have become weak.

Please, always consult your doctor before starting any new exercise routine. If at any point you feel pain or discomfort during exercises, stop immediately and consult your doctor.

Before you start any kind of exercise, warm your muscles by doing some cardio vascular exercise for about 8-10 minutes, or until you start feeling considerably hot. After that, stretch your muscles gently without bouncing. Ease into each stretch until you feel a slight pull to your muscle, stop at that point and hold that position for 20-30 seconds.

HERE ARE SOME EASY TO FOLLOW STRENGTHENING AND STRETCHING EXERCISES:

1. LOWER ABS STRENGTHENING

When your lower abs are weak it brings tension to your lower back which can result in pain. These two muscles work together as a pair. This is a very gentle exercise that aims to strengthen the lower abdominal muscles.

Lying on your back with your legs extended, breath in then slowly breath out whilst drawing one knee towards your chest. Breath out lowering your leg back to the floor to start position. Repeat the same with your other leg.

Repeat on each side 10 times for 3 sets



2. TRANSVERSE ABDOMINIS STRENGTHENING

This involves strengthening the deeper abdominal muscles.

Lie on the floor with your knees bent, feet hip width apart and a small pillow under your head (or place your hands under your head). Relax your body. Breath in drawing your bellybutton towards your spine. Hold this position for 5- 10 seconds. Breath out relaxing your tummy muscles.

Repeat this 10 times for 3 sets



3. BOX REACH

Particularly good for lower back mobilisation, this exercise is one of my favourite ones. It looks so simple but can be really tricky to execute correctly. I have a lot of fun with my clients practising it until we get it right.

Start on all fours, knees hip width and hands shoulder width apart, back straight and neck in line with your spine. Take a deep breath in then breath out slowly bringing out one arm in front of you and extending out the opposite leg behind you. Your arm, back and leg should be aligned. Breathing in, take your arm and leg back to starting position. Do the same on other side.

Repeat this exercise 10 times on each side for 3 sets.



4. GLUTE BRIDGE

An other one of my favourites is the glute bridge. This one is also great for lower back mobilisation. Start by lying on your back, knees bent, feet on the floor hip width apart. Take a breath in, then breathing out contract your glutes (your booty muscles) and raise them off the floor so that you have a straight line from your shoulders through your hips and to your knees. Hold for 20 seconds. Breath in lowering your glutes back to the floor.

Repeat 10 times for 3 sets



5. CAT STRETCH

This exercise is good for lower back mobilisation and to improve flexibility.

Start on all fours, hands directly under your shoulders, shoulder width apart and knees directly under your hips, hip width apart. Keep your spine straight to start with. Breathing in then as you breath out arch your back bringing your bellybutton towards the floor and your bottom towards your heels. Hold for 20 seconds. Breath in bringing your spine to a neutral position again. Breathing out, arch your back towards the ceiling like an angry cat. Hold the stretch for 20 seconds. Breath in bringing your spine back to neutral position.

Repeat both positions 10 times for 3 sets

6. PIRIFORMIS STRETCH

The Piriformis is a muscle in your butt that can cause lower back tension and pain if it is tense. To stretch this muscle, lie on your back with your right ankle on your left knee. Take a deep breath in grabbing your left thigh. Breathing out, pull your left thigh towards your chest and hold the stretch for 20 seconds. Do the same crossing your left ankle over your right knee, pulling your right thigh towards your chest.

Repeat 10 times on each side for 3 sets



7. HIP STRETCH

Tight hip flexors can cause your lumbar spine to arch excessively causing pain.

To stretch this muscle start by kneeling with one leg on the floor and your other foot right in front of you in a 90 degree angle. Tilt your pelvis forwards then breathing out, shift your bodyweight forwards leaning against the foot in front of you. Breath in and return to start position. Do the same with your other side.

Repeat on both sides 10 times for 3 sets



8. SPINE ROTATION STRETCH

I love leaving this one to the end as I feel it gives the spine a good final stretch.

Start lying on the floor, arms extended outwards to your sides, knees bent, feet together. Take a deep breath in, as you slowly breath out, let your knees flop to one side and look in the opposite direction. Hold the stretch for 20 seconds. Breath in and take your knees back up to the centre. Breath out slowly and do the same on the other side.

Repeat 10 times on each side for 3 sets

Aim Train Gain!



By Lina Geraci
Personal Trainer
Nutrition Advisor
Fitness Instructors Assessor

For any other exercises contact
me on lina.geraci@yahoo.com.

POP THE PILLS AND **BLOAT NO MORE!**

BLOAT NO MORE is an exclusive formula that quite literally works within hours to rid you of excess water and give you a more chiseled and lean look. This incredible supplement is ideal for those who want to see quick results and those needing quick water loss including competing bodybuilders, fitness athletes, boxers and celebs.

Not many supplements give results in just hours! LA Muscle want you to see the power of **BLOAT NO MORE** for yourself.

- BRING OUT
THE SIX-PACK
- FLUSHES
OUT TOXINS
- COMBATS WATER
RETENTION
- 100% NATURAL
WITH NO SIDE EFFECTS
- GETS RID LAYER
COVERING ABS
- 5 EXCLUSIVE SYNERGISTIC
INGREDIENTS



BLOCK ESTROGEN BUILD MORE



ESTRO BLOCK

ESTRO BLOCK CONTAINS
3 POWERFUL ANTI-ESTROGEN
INGREDIENTS TO PROTECT
YOUR BODY AND MAXIMISE
TESTOSTERONE PRODUCTION

100% PHARMACEUTICAL GRADE

Why this
SECRET
fat burner is

The CHOICE OF CELEBS

Find out
what the
celebs use
to get their
amazing
bodies

A very well known celebrity boxer was at the LA Muscle offices some 10 years ago. He came with his agent to safe-guard his interests. It wasn't the first time a well-known person had come to visit LA Muscle. He wanted to get stronger, leaner and increase his stamina and he also had a great deal of anger and frustration, which was affecting his boxing and personal life. He was given a variety of supplements including LA Muscle's Anger Management Supplement. He was told not to show it around or let people see him taking it. Do you know what his response was?

He said that since he became known and a "celebrity", no brand had told him to hide their goods from the public eye! He thought it was very refreshing and a nice change. He continued to take LA Muscle supplements until he retired.



What's the point of the above you ask? The point is that since LA Muscle is one of the most established and reputable supplements suppliers in the world, dealing with celebrities has been a regular occurrence at LA Muscle and all LA Muscle team members and staff are used to seeing celebs and have to sign a confidentiality agreement.

This brings us to Fat Stripper Intense and why it is THE choice of celebrities and actors. The reason why you are not being told who uses it is 2 fold: a) most celebrities don't want people to know their secrets and rely on LA Muscle to be discreet and b) most celebrities and people in the spotlight don't want others to know they take fat-burners!

So... you will just have to trust LA Muscle in that many celebrities in the UK and USA rely on this one particular weight loss supplement which delivers without fail. Let's find out what makes Fat Stripper Intense the choice of people in the know and those who demand the very best.

Fat Stripper Intense is 100% natural

Actually whilst some celebs drink and smoke, many of them like to take care of their bodies and they do not like use anything which is not natural. Fat Stripper Intense is 100% natural, made up of natural ingredients and herbs and contains absolutely no artificial fillers or colours or additives. Fat Stripper Intense is as natural as a supplement is ever going to get.

No side effects - Which is RARE when it comes to fat burners.

If you have used a few fat burners in the past, you will no doubt have seen a vast number of unwanted side effects such as: palpitations (dangerous), insomnia (unwanted and annoying), constipation (totally against the fat burning journey), allergic reactions (dubious untested ingredients) and many more.

Fat Stripper Intense gives absolutely NO SIDE EFFECTS to users. Absolutely none. It is very gentle, yet effective and none of the ingredients are in dosages or combinations that can cause side effects. The formula is rigorously tested at LA Muscle's R&D labs and the ingredients are of course Pharmaceutical Grade too which means they are at the top of the table when it comes to quality. Nothing else comes close.

It actually works!

The thing about celebrities is that they don't like to be disappointed! This goes for everyone but especially them as they are used to a whole different standard than the average Joe and they demand and expect to get preferential service and the very best products. It's true that some celebrities opt for prescription drugs when it comes to shedding body fat - but this is a dangerous choice and habit and those who want natural, quick and proven weight loss, come to LA Muscle.

Fat Stripper Intense really and actually works! It does not disappoint.

If you want the CHOICE of celebrities when it comes to weight loss, whether male or female, try Fat Stripper Intense. It comes with LA Muscle's 100% money back guarantee - a guarantee that is unmatched by any other company in this or any other industry.

The guarantee is that if you try this supplement and you don't love it for any reason, you get your money back - even if you have used the whole tub! Now, what are you waiting for? Let's get that celebrity body with Fat Stripper Intense and showcase it to the world.

HOW TO GET OUT OF YOUR COMFORT ZONE

HOW TO REACH YOUR GOALS

DO YOU KNOW WHY YOU DON'T ACHIEVE ALL THE THINGS YOU SET YOURSELF TO ACHIEVE EVERY SINGLE NEW YEAR? IT'S CALLED YOUR COMFORT ZONE AND YOU JUST HATE TO LEAVE IT! YOU HATE TO LEAVE IT BECAUSE IT'S...WELL, IT'S COMFORTABLE!

Look, you are not alone. The majority of people don't get fit, don't lose the weight, don't get the muscles, don't change their jobs or progress and pretty much stay the same or get worse. Getting out of your comfort zone is not easy. It requires a few things that you may not be doing.

Firstly you need to realise that those people that ARE achieving things are not doing what you are doing. They are way out of their comfort zone. In fact, the better they are doing, the more they are out of their comfort zone. Once they get comfortable with their new ways, they get out of THAT comfort zone too! That's the only way to progress and better yourself, whether it is in your job or in the gym.

How many people do you know in your office that do the same job day in and day out? And how many superstars do you know? And most of the time, the others try and put the superstars down because even "seeing" someone do better than them is not good for them and their comfort zone!

YOU WANT TO BETTER YOURSELF? THEN TRY THE FOLLOWING

1. Set a goal in every area of your life. Don't make it a goal that you just know you won't achieve. Make it a reasonable one but one that you will have to make an effort for.

For example, you don't have to change radically in the office but you CAN set yourself the goal of doing ONE thing extra every day. One thing that will make a difference to your productivity. The same goes for the gym. If you never go to the gym, then set a goal to go once a week at least. If you are doing the same thing in the gym all the time, then set the goal to do 5 more minutes on the cardio machines or 2 more reps per exercise.

2. Write down your goals and monitor your progress. Take photos, write down your achievements and make sure you are taking notes.

3. Don't compare yourself to others or try and out-do them. You are only in competition with yourself and if you are doing better than your historic self, then that is great.

4. Try and avoid negative people and those that don't want to get out of their comfort zones. Yes, this can mean avoiding certain people in the office or ditching some friends and relatives - again too many people are "comfortable" with the same negativity around them because it is familiar. Get rid of familiar.

5. Any progress is better than no progress. Never put yourself down or have too high expectations that you may not reach. Take one step and one day at a time and as long as you are not static or going backwards, then you are doing OK.

6. Try new things. Take a different route to work, get off one stop earlier on the train, go to a new place, talk to new people. New is good. New and different things are great for getting you out of your comfort zone.

7. Neurolinguistic Programming (NLP) says "winning starts with beginning" so BEGIN. Take one step and remember it can lead to 2 steps and 3 and so on.

8. They say that "fear" is the number 1 reason why we don't get out of our comfort zones or we regress back into it. Where do you hold fear in your body? Study it and try and eliminate it. You can try repeating the mantra "I am fearless" loudly, several times a day. Try it!

9. Remember your best accomplishments. Put photos of them around you and remind yourself of them. Remember what they felt like, smelt like, looked like. Take yourself back and when you get that feeling again, make a fist and say YEAH! Keep doing this with past accomplishments and then try doing the fist and a YEAH every day when you feel you are being lazy.

10. Ask yourself the question: "what would happen if I did....?". So, what would happen if I go to the gym today? What would happen if I do some extra work today? The worst thing is inaction!

Make this year different. Say "do it now" to yourself when you find yourself lazying back into your old ways. DO IT NOW. It means getting up and getting on with it. No procrastination and no mulling it over. DO IT NOW!

All the best!

PS - If you are REALLY lazy and find it hard to get motivated, try Limitless.

BY: PARHAM DONYAI

CEO, FOUNDER LA MUSCLE

LA MUSCLE SUPERCARS



SIX PACK IN SIX WEEKS

This is an article for all those who want to have ripped, granite-like abdominals as quickly as possible. "six-pack in six weeks" is going to show you how you too can have sexy abs which are the envy of men and women. Stick to what is said below and you are guaranteed to have a solid, fat-free six-pack in 6 weeks.

Before we get going, it is important for you to be in the right frame of mind. Achieving a six-pack is easy, but you need to really want it too. You need to have the following to succeed:

The inner desire for a six-pack, no matter what

DETERMINATION PERSISTENCE DISCIPLINE

If you lack any of the above, then you will not succeed or you may partially succeed. So sit down for a few minutes and imagine yourself with a rock-hard set of abs. Do you want this? Do you want to go on holiday and see people looking at your abs in amazement? Yes, you do and you now have six weeks to get the abs, so let's get started.

THE COMMON MYTH OF SIT-UPS

Almost 90% of people who are asked about a six-pack always assume that the only way to get one is by doing hundreds of sit-ups and crunches. **WRONG!** A six-pack is only 5% about doing exercise and 95% about diet and CV work. So stop wasting your time by doing hours of sit-ups. The only thing you will get for sure is a bad lower back. To exercise the abdominals, do 30 reps of controlled crunches, 2 times a week and no more. If you want your lower abs to get worked, then do some leg-raises too; 30 reps, once a week. Remember, fat is not burnt locally, so stomach work is purely to get the muscles tensed up and not burn fat in that region. Fat needs to be burnt from all over the body.

CV AND AEROBIC EXERCISE IS THE ONLY WAY TO BURN FAT

You all no-doubt have a degree of body-fat covering your abdominal region. Six weeks is a reasonable time to get your bodyfat levels down to levels which allow your six pack to really show. However, if for example you are an obese 17 stone person, then you need to allow a bit more time and work a little harder.

As a general rule, you need to do 1 hour of CV work, 5-6 times a week. This is not a big amount, as the level of intensity will not be high. By CV work, we mean specifically:

**STATIONARY CYCLING
ROWING
STEPPING (NOT IF YOU HAVE
A LOWER BACK PROBLEM)
FAST WALKING**

Do only one of the above per session. Don't go jumping from one exercise to another, as this will get you out of your Target Heart Range (THR). For any aerobic exercise to be effective, you need to do it over 20 minutes and you need to be in your THR. Remember, you won't even tap into fat reserves the first 20 minutes. So if you are one of those people who just jump on the bike for 20 minutes thinking you have burnt fat, **THINK AGAIN!**

To get to and stay in your THR (which is where fat is used to fuel your body), you need to do exercise at a moderate pace. So if you can hardly speak, you are over-doing it and if you have no problems at all speaking, then you need to work a little harder. Stay at this "moderate" level, otherwise you will start using carbohydrates or muscles for fuel. You don't want this. You want to use fat for fuel.



WHAT SHOULD YOU BE EATING

"Six pack in six weeks" is a unique system of manipulating your body in every way to give you a six-pack you can be proud of. The most important aspect of this system is your diet. "What" and more importantly "when" you eat is very important. This is where "discipline" really comes in.

The most important principle is that you must not have any carbohydrates after 5:00 p.m. This means no pasta, potatoes, rice or bread in the evening. It goes without saying that you should not consume any foods that contain high levels of "saturated fats". The following foods are NOT to be consumed:

**CHOCOLATES (YOU CAN HAVE
A LITTLE BIT ONCE A WEEK, IF YOU MUST)
PASTRY, CAKES, COOKIES, BISCUITS,
SWEETS, CRISPS
BUTTER, MARGARINE
FULL FAT MILK, CHEESE, YOGHURT,
CREAM, CUSTARD ETC.
FATTY FOODS I.E. CHIPS, OILY FOODS,
HIGH FAT MEAT**

The idea is to stop your body from accumulating any more fat. The body loves to store everything as fat. It is a survival reflex. The first thing that gets stored as fat is "saturated fat". The next one is "excess carbohydrates" and finally "excess protein" (but to a much lesser degree). So if you stop putting saturated fats and excess carbohydrates into your body, you won't get fatter.



It takes on average around 6 hours for a carbohydrate meal to get ready for use. This is why it is imperative that you do not have a carb-rich meal too late in the day. All that happens when it is ready to be used, is that you will go to sleep. This meal will then have no option but to get stored as fat.

A TYPICAL DIET FOR THE ULTIMATE SIX-PACK

Here is the typical diet to give you a six-pack quick. You are given 2 example days, so use your logic and eat similar foods in a similar pattern for the other 5 days.

EXAMPLE ONE

MORNING: Bowl of porridge, eggs, coffee/tea, grape-fruit juice

MID-MORNING: Banana (only if hungry)

LUNCH: Pasta & chicken + vegetables/salad (don't fill up a huge plate, just eat until comfortable)

MID-AFTERNOON: Pear or banana

EVENING: Turkey or lean meat + vegetables/salad

EXAMPLE TWO

MORNING: Corn flakes, 1-2 slices of toast, low-fat cheese, eggs

MID-MORNING: apple

LUNCH: Potatoes OR rice, lamb OR tuna

MID-AFTERNOON: banana

EVENING: chicken or tofu + vegetables/salad

It is very important for you not to lose any muscle tissue, whilst trying to get a six pack. Therefore it is advisable that you supplement your diet with a good quality low-fat protein such as LA Whey. It is a very good idea to have a shake upon waking up, 1-2 shakes during the day and one before sleep.

EXTRA ACTIVITIES

The whole idea here is to get you using more fat to fuel your body and to make sure that you are not taking in more food than that which you are using. So if you can walk to work, instead of driving, then do so. If you can walk up the stairs instead of using the lift, then do so. Anything which makes you use your feet is good for you and will help you get your six-pack a lot quicker.



A point to bear in mind is that you want to make sure you get rid of fat but not muscle. So if you are going to increase your level of activity, then if you feel you are losing muscle tissue too, up your protein intake.

Hold your stomach in whenever you can. At nights, pose in front of the mirror and try to tense your abs. Push all the air out of them and start learning to control your abs. You need to be able to tense them up whenever you want. Practice this.

FAT-BURNING EXTRAS

The following will "greatly" help you get your six-pack a lot quicker.

Drink "green tea" with every meal. You can get this from any health-food shop.

Take "Lecithin" tablets with every meal. Lecithin is a cheap fat-metaboliser and you can get it from any health food shop.

Eat lots of fibre. Good sources are pears, apricots, plums, prunes, apples, corn and most vegetables.

Drink lots and lots of water; at least 10 glasses a day. Water shifts fat out of your body.

Reduce your salt intake. Salt will make you hold water and gives you that "puffy" look.

Substitute grape-fruit juice for other juices

SO WHAT WILL YOU SEE FROM ALL THE ABOVE?

Caroline PearceBy reducing your carbs late in the day, you will ensure that you are not going to get any more extra calories stored as fat. Depending on how much bodyfat you have, you will start seeing your abs coming out usually in around 2-4 weeks. The more CV work you do (in your THR), the more noticeable your

abs will be. It is imperative that you don't eat for the sake of eating. Have some discipline and stick to the above as much as possible.

NEVER STARVE YOURSELF

Many people think that by not eating food, they will lose fat. WRONG...WRONG. What happens here is you will lose water, muscle and some fat, but you will put it (and more) back on as soon as you start eating again. If you really want to go all out and lose lots of fat to get your six-pack out as quickly as possible, then reduce your carbohydrates and increase your protein. So a good balance would be 70% protein, 20% carbs and 10% natural fats. This regime can make some people slightly tired (as carbohydrates are the main energy providers) but it really works, especially in the short term.

Good protein sources are: white meat, red meat, fish, tuna, eggs, milk.

Good carbohydrate sources: pasta, potatoes, rice, bread.



SUPPLEMENTATION TO GET A SIX-PACK QUICK

Certain supplements will give you quicker and more noticeable results. Think about this: how do competitive natural bodybuilders go from 19 stones off season, to 15.5 stones competitive weight in just 8 weeks? These bodybuilders manage to maintain muscle and lose an unbelievable amount of fat to get granite-like ripped abs in just weeks.

So a six-pack in 6 weeks is certainly possible and is achieved by tens of thousands of disciplined individuals. Below is the "secret" combination used by many of today's top bodybuilders to get their bodyfat levels down to as low as 4%. If you can afford it, try it and you will be amazed. If you can afford only 1 or 2 of the supplements, then choose the ones that make most sense to you.

Please also note that these supplements below are fully allowed by the IOC and ANB and are totally natural:

WEEK 1: FAT STRIPPER + SCULPT

WEEK 2: FAT STRIPPER + SCULPT

WEEK 3: FAT STRIPPER INTENSE + SIX PACK PILL

WEEK 4: FAT STRIPPER INTENSE + SIX PACK PILL

WEEK 5: SIX PACK PILL EXTREME + FAT STRIPPER INTENSE

WEEK 6: SIX PACK PILL EXTREME + FAT STRIPPER INTENSE

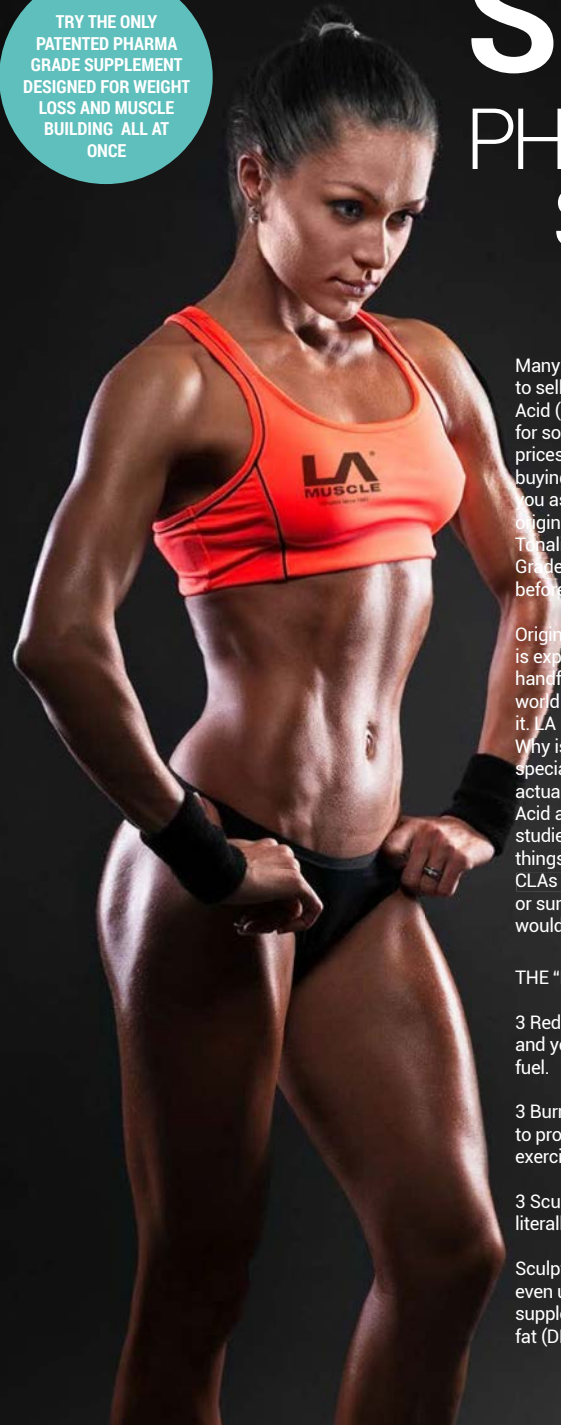
HOW TO KEEP THE SIX PACK

Getting the six pack is not too difficult. If you want to keep it, you must adhere to some of the principles above. It is most important that you do not get into the habit of eating junk or fatty foods. It is also important that you do not "over eat" or start eating carbohydrates again too late in the day. Always monitor your bodyfat levels by paying close attention to your abdominal region. It is a good idea to take periodic photos of yourself too. Factors such as genetics and age obviously play an important role in your long-term success. For example as you age, your metabolism slows down so you have to work a little harder.

If you feel at any stage that you are losing your six-pack, then come back to this page and read this article again. The above methods are unique methods and will work time and time again regardless of where you are and what your situation is.



TRY THE ONLY
PATENTED PHARMA
GRADE SUPPLEMENT
DESIGNED FOR WEIGHT
LOSS AND MUSCLE
BUILDING ALL AT
ONCE



SCULPT PHARMA GRADE SUPPLEMENT

Many companies purport to sell Conjugated Linoleic Acid (CLA) these days and for some ridiculously cheap prices. If you have been buying their CLA why don't you ask them if it is the original Patented version, the Tonalin CLA and the Pharma Grade CLA? It may be a while before they answer you :)

Original, certified, proper CLA is expensive stuff and only a handful of companies in the world have the licence to sell it. LA Muscle is one of them. Why is LA Muscle's CLA so special? Because it is the actual Conjugated Linoleic Acid as shown in scientific studies to do some amazing things. Other so-called CLAs are just vegetable oil or sunflower oil... but you would never know.



THE "REAL DEAL" CLA DOES THE FOLLOWING:

3 Reduces Cortisol instantly so you preserve all your muscles and your body will no longer tap into muscle mass to use it for fuel.

3 Burns body fat day and night. In fact without wanting to promote laziness, Sculpt burns fat even if you are not exercising.

3 Sculpt makes better use of protein, so you get more muscular literally overnight!

Sculpt is revolutionary and even better, it is 100% natural. Some even use it for better health all round. If you want to try just one supplement for building lean muscle mass and reducing body-fat (DRAMATICALLY reducing body-fat), then Sculpt is the one.

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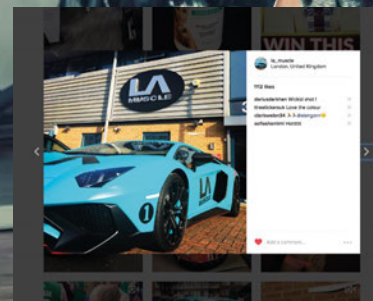
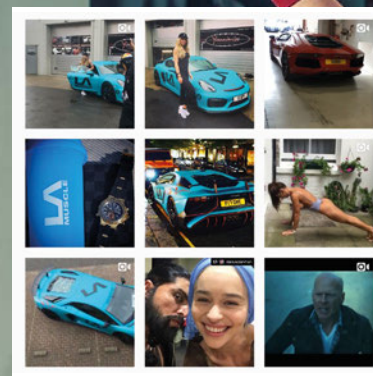
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You can see unique content on health, fitness, exercise, weight loss, bodybuilding, luxury, cars and more.

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