

LA MUSCLE WORKOUT

INTERVIEW WITH FOOTBALL STAR

HAL ROBSON-

KANU

THE BEST ABS BY:
**LUKE BAKER AKA
"ABZILLA"**

WORK YOUR
BUTT OFF

**BICEP
TRAINING**

BEAT
STRESS

HORMONE
BASICS

THE
KETO DIET

DON'T LET
SUGAR RUIN
YOUR SUMMER

**BLASTING
ARMS**

ISSUE 5 / 2016

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Nuclear Creatine is the ideal Creatine supplement for everyone due to its fast-acting properties and amazing ingredients. Creatine is brilliant for increasing physical performance in successive bursts of short-term, high intensity exercise.



WORKOUT WELCOME

There are not too many feelings like having a nice healthy & fit body. Somehow, having muscles, reducing body fat and increasing stamina makes you feel really good about yourself. It is most certainly not an easy route and comes with ups and downs. If it was easy, everyone would be super-fit and mega-lean.

The point is to start and to do a little bit at a time to get to your goal - or close to your goal, at least. There is a saying: "winning starts with beginning". This saying applies to many things in life and certainly to health & fitness. You can even say it applies to this magazine! We started this magazine after many "ifs and buts" and within 5 issues, it is already reaching more people than the top 3 health & fitness magazines in the UK! Winning, starts with beginning.

Issue 5 of the LA Muscle Workout Magazine is packed full of some of the best and most exclusive articles you will ever read. The goal is to motivate you, to increase your knowledge and to get you to either start or further improve your health & fitness regime.

LA Muscle has never been just about profits. This is what distinguishes it from every other supplements brand in the world. This magazine is proof of LA Muscle's commitment to you. If you want to improve your health, fitness and body, here is a simple plan:

1. Set a goal and make it realistic "to you".
2. Give yourself good enough reasons to stick to your new regime.
3. Start one day at a time and make it a "habit".
4. Make no excuses and don't give up.
5. Make a note of positive changes and celebrate them.
6. Remember, nothing worth-while is going to happen overnight.
7. Be persistent and you WILL get there.

Enjoy issue 5 of the LA Muscle Workout Magazine and thank you so much for your support.

Parham Donyai
Editor

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IN THIS ISSUE

STRESS	4
ROSS POTTER	
THE BEST ABS	8
LUKE BAKER	
DON'T LET SUGAR RUIN YOUR SUMMER	14
AMY WAKEHAM	
BEING ROCKY HORROR	18
DOMINIC ANDERSEN	
WORK YOUR BUTT OFF	22
LINA GERACI	
BICEP TRAINING	28
SAV KYRIACOU	
OPTIMISING WEIGHT LIFTING	32
JORDANE ZAMMIT TABONA	
HORMONE BASICS	36
MATHEW GUDGEON	
THE KETO DIET	40
SEAN DUNNE	
BLASTING ARMS	44
ZORAN TOT	
CUBAN CARDIO	46
LAZARO	
INTERVIEW WITH	50
HAL ROBSON-KANU	

STRESS

OVER THE YEARS I'VE BEEN COACHING MY CLIENTS, THERE HAS ALWAYS BEEN ONE ISSUE WHICH, MORE OFTEN THAN NOT, HAS HAD A DETRIMENTAL IMPACT ON THEIR RESULTS. MANY COACHES UNDERESTIMATE THE DAMAGE STRESS CAN DO WHETHER THEY RECOGNISE IT OR NOT. HOWEVER, THIS IS OFTEN THE ROOT OF MANY PEOPLE'S PROBLEMS AND WITHOUT BEING MANAGED, CAN BRING RESULTS TO A HALT.

This topic is extremely lengthy and I'd need to write an e-book to cover all the content. I've decided therefore to choose the most important and relevant information and unwrap it so you'll be able to make changes without getting bogged down in the science.

Stress itself comes in many different forms such as physical, mental or nutritional and each can be divided into good and bad stress. If we were to take physical stress (exercise) for example, you can see that exercising has a positive effect on the body, thus creating a positive stress. Over-training would cause immune system suppression (bad stress) so you can see that too much of anything is a bad thing and finding the right balance is crucial.

There are six types of stress in total which can be divided into two different stressors - internal and external. External stressors are things that stress the body from the outside, be it sunlight, injury or chemical exposure etc, and internal stressors come from within the body and are more often than not a reaction to external factors. If you're in an unhappy relationship (external), you'll experience a chronic stress within the body and it's this chronic stress which releases hormones for your survival and well-being. All stressors, be it internal or external, are funnelled together and processed by the autonomic nervous system. The nervous system acts as a traffic light system allowing a steady flow of traffic flowing optimally. If for any reason the sum of all stressors placed on your body is too great, you'll begin to fall out of balance and the traffic light system collapses. This system collapse activates catabolic (the breakdown of cells) hormones. The hormones activated create a rise in cortisol which causes fatigue, depression, breakdown, depressed immune system and decreased growth and repair, meaning no matter how hard you work or how clean your diet is, your body is in survival mode and will hold onto everything it has.

IT'S NOT AN ALARM CLOCK IT'S AN OPPORTUNITY CLOCK

TASK:

I'd like you to write down and identify your primary stressor and focus on the area which is causing you most stress, be it work, finance or relationship etc. I then want you to make a realistic plan to address it, or a series of achievable short/medium term goals. Keep an eye out for learning platforms such as books or guides or perhaps speak to someone who has been through it themselves. I'm often asked how I eliminate stress and I have two very effective methods - self hypnosis audio books and aromatherapy oils.

Learning how to deal with stress is fundamental when undertaking any fitness programme and from time to time, I would advise turning off all electronic devices, finding a quiet space and just allowing your mindset to reboot and re focus.

The number one reason for having stress is fatigue and poor work-life balance. 120 hours for working, 5 hours for sleeping, 20 hours for coffee... Sound familiar?

ROSS POTTER
Personal Trainer

IF YOU WANT
TO TAKE
JUST ONE
SUPPLEMENT,
THIS IS IT...

Some people don't have the budget or time to take many different supplements. Complete by LA Muscle is an all-in-one synergistic formula of the best ingredients proven to build muscle, shred fat and give you that big, lean muscular look.

Complete is stronger than ALL OTHER all-in-one supplements on the market. Just check their labels against Complete and you will see.

If you have tried other all-in-ones and been disappointed with the mixing, taste or results then you have to try Complete.

You REALLY HAVE TO!

COMPLETE ALL-IN-ONE



By taking Complete you save money:

- ✓ Replaces your daily protein shake
- ✓ Replaces your post-workout protein shake
- ✓ Replaces your post-workout carbohydrate shake
- ✓ Replaces your amino acid pills
- ✓ Replaces your Creatine powder
- ✓ Replaces your Glutamine pills or powder
- ✓ Replaces the need for fat burners as it contains CLA

LA Whey Premium Protein 28g. The best protein for your muscles, 100% pure whey protein, highest Biological Value meaning more protein gets deposited in your muscles than any other protein.

Milk Protein Isolate - A slow drip feed of protein to feed your muscles 24/7 for continuous growth.

Creatine Monohydrate 6g. An instant dissolving and fast-acting Creatine with no impurities.

Glutamine 6g. Ideal for muscle recovery and rebuilding. The purest Glutamine you can get at the highest Pharma Grade.

CLA 2g. The original and Patented Conjugated Linoleic Acid, ideal for muscle preservation, muscle recovery, lean definition and fat loss.

Taurine 1g. Superb catalyst and energy booster. Taurine supercharges the ingredients in Complete to get them working in as little as 1 hour!

Leucine 3g. The strongest amino acid for increasing protein synthesis, muscle building and muscle recovery.

Maltodextrin & Dextrose for the powerful insulin spike. This enables all ingredients to get into the muscle cell and perform their function. Inulin for a healthy digestive system.

If you were to buy all the ingredients in Complete separately at Pharmaceutical Grade, it would set you back over £400! And it would still mix horribly and taste bad. Complete has it all, at Pharmaceutical Grade, mixes instantly and tastes great.

LUKE BAKER

LA MUSCLE Athlete

Nickname:

ABZILLA

Profession:

**Nutritionist, Athlete and
Dancer for The Dreamboys**

Food Vices:

**Coconut and jelly (I eat the cubes
straight from the packet)**

Recommended LA Products:

**Bloat No More,
LA Diet Whey
& Vasculator**

**“I CONSIDER
TRAINING AS
MY DRUG AND
MEDICINE IF
YOU LIKE”**

HOW DID YOU GET STARTED INTO FITNESS MODELLING AND DANCE?

I started off as a sprinter for Birchfield Harriers, and competed as a Latin and Ballroom dancer as a young teenager. I was fortunate enough to be blessed with a great set of genes from such an active and physically beautiful family. However, my passion and hard work has got me to where I am today.

WHERE DOES YOUR MOTIVATION COME FROM?

I was brought up in an environment and family culture which focussed on health and being active from there I grew more and more passionate and with such an addictive personality I just got hooked and I consider training as my drug and medicine if you like.

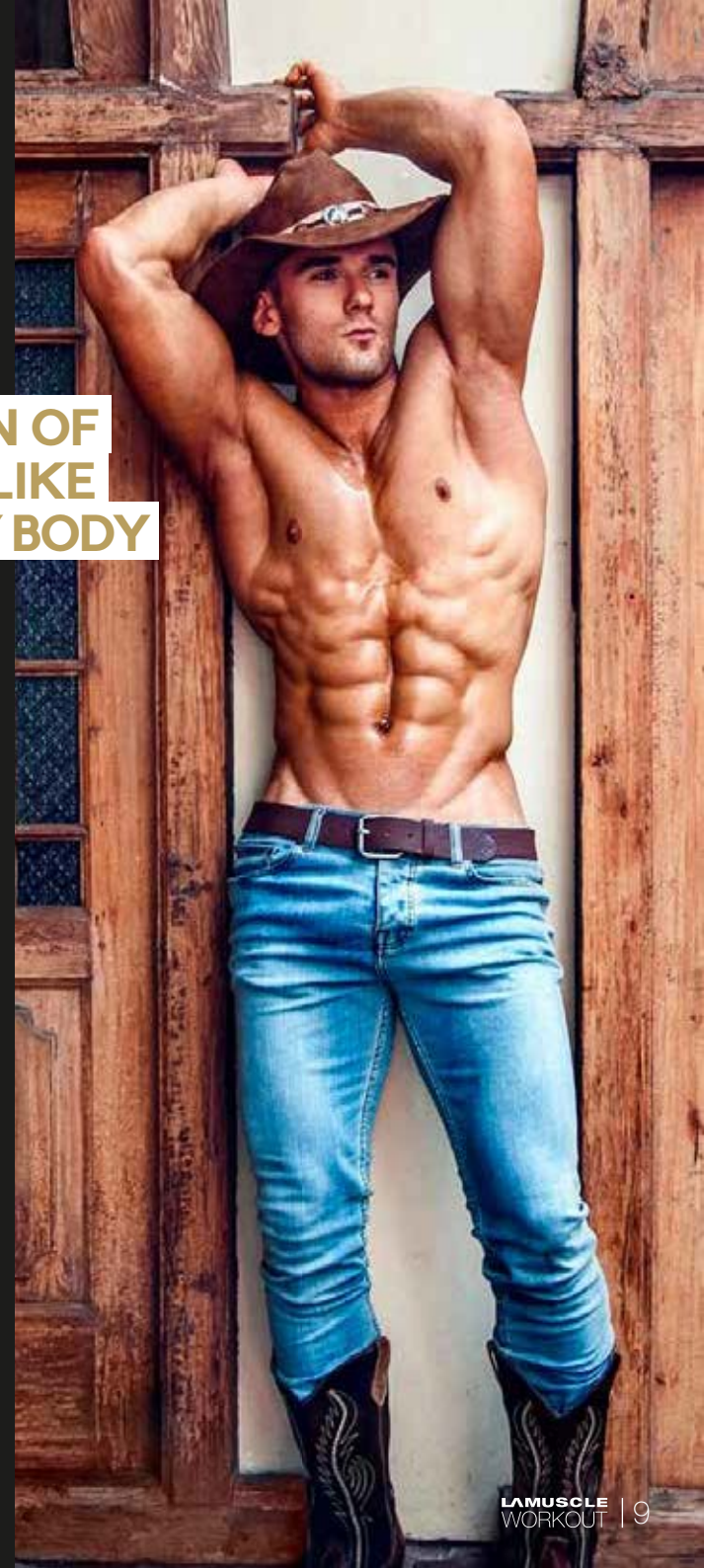
**“I’M NOT A FAN OF
ROUTINE SO I LIKE
TO SHOCK MY BODY
CONSTANTLY”**

WHY HAVE YOU BEEN NICKNAMED ABZILLA?

I have always had thick blocked abdominals from a young age. Abs in my opinion are a difficult to maintain all year round and eating clean is so important. However, training them correctly is just as important. I focus on muscle recruitment so using slower muscle contractions and executing the exercise slowly feeling the muscles work. I combine suspension training and utilise the Swissball which I find very beneficial. Weighted abdominal exercises also are great to thicken the abdominals.

WHAT WORKOUT ROUTINE HAS WORKED BEST FOR YOU AND CAN YOU TELL US HOW TO GET A DREAMBOY BODY?

The word routine does not suit me. I’m not a fan of routine so I like to shock my body constantly. Variation is key for me. I tend to break up my week with four days of the week being a push and pull day (2 of each) and then I include 2 very intense interval circuit combining plyometrics, suspension calisthenic training. On top of that I always stay active dancing in my job, walking around London, swimming first thing in the morning and yoga once a week to keep my body in tip top form.



MY TYPICAL WEEK WOULD CONSIST OF



MONDAY (PULL DAY)

DEADLIFT
5 x 6-8
WEIGHTED PULL UPS
(20kg with wide grip) 3 x till failure
WEIGHTED HAMSTRING BRIDGES
4 x 15
BENT ROW
4 x 10-12
ROPE PULLS
(Tabata 8 x 20 secs / 10 secs rest)
ROW MACHINE
50 secs on 10 secs off x 5

TUESDAY (PUSH DAY & YOGA)

DB BENCH
5 x 5
WEIGHTED PUSH UPS (40kg)
4 x 15 (4010 tempo)
BARREL PUSH (weighted)
4 x 60 seconds (using the studio)
CLEAN & PRESS
5 x 5

WEDNESDAY (HIIT CIRCUIT)

I combine exercises such as:
Step ups with barbell
Weighted dips
Pull ups
Walking DB lunges
Burpees
Box jumps
Speed ladder drills
TRX abdominal exercises

THURSDAY

Repeat Monday pull session

FRIDAY

Repeat Tuesday push session

SATURDAY

Rest Day

SUNDAY

All Out Circuit (outdoors)
Using exercises such as:
Tyre flips
Hills sprints
Step work
Bear crawls uphill
Push up variations
Sandbag slams
Sandbag rows

WHAT'S YOUR ADVICE ON ACHIEVING

THE BEST ABS POSSIBLE?

Everyone dreams of a washboard midsection. The majority of people focus on performing endless repetitions of crunch like movements day in day out. This will not get you anywhere!! Having a great set abs comes from a bit of discipline in the form of eating a controlled nutrition protocol and training smarter. When training the abdominals I like to focus on building the foundations first so I focus on building my core stability, utilising exercises that target the deeper muscles and incorporating exercises that work our bodies in more than one plane of motion. Think exercises like TRX roll outs, using the Olympic rings which really get the deeper muscles firing and then utilising rotational movement patterns so I hit every part of the anterior region.

I like to build thickness to my abs, as you can see from my pictures. Thicker abdominal walls come from smarter training techniques and using added resistance. Using plates, medicine balls and/or barbells with your exercises can really pack on the density of the muscles in the abs.

To achieve the best abs possible this cannot be done without a controlled eating regime which will focus on high levels of quality protein sources, low GI carbohydrates and good essential fats is the pinnacle of a good midsection. Without the right nutrition it is very difficult to maintain great abs. In my eating plan I like to mix things up a bit using both meat and vegetarian sources. On the other hand I tend to focus on the food groups for my blood type which is O positive. Food sources such as lean game, turkey breast, white fish for my main protein sources along with plenty of leafy greens and high quality fats from sources like avocado's, chia seeds, spirulina, flaxseed and raw nuts (walnuts, almonds). These type of foods are essential for my blood group and having trialed this it does wonders and compliments my training nicely.



FOLLOWING A STRATEGIC SUPPLEMENT PLAN WILL ALSO FACILITATE YOUR PROGRESS FOR ACHIEVING GREAT ABS.

FAVOURITE QUOTE

"NOTHING IN LIFE IS WORTH HAVING IF ITS EASY!!!"

FOR ME LA MUSCLE PRODUCTS HAS DEFINITELY HELPED OPTIMISE MY FAT LOSS LEVELS AND HELPED AID MY ENERGY LEVELS

The supplements I would choose to compliment my training and nutrition would have to be the following: Thermoxen, LA Diet Whey, Bloat No More and The Six Pack Pill. These complement each other nicely in achieving maximum fat loss and maintaining a mid-section good enough to wash your clothes on.

**LUKE
BAKER**

HIIT TRAINING is also something that I swear by in achieving better fat loss and better looking abs. performing some high quality intervals at maximal intensity will really stimulate testosterone levels and help torch fat cells. Using Tabata style sessions using 8 bouts of 20 second intervals with 10 second recovery intervals I find work. I would opt for either the cycle ergometer (spin bike) or the rower as these really hammer the muscles as well as expends a lot of calories. On the other hand, for me Sprint Training I find the best for torching fat and stimulating muscle gains especially in the legs. As I have always said sprinters have the best physiques of any athlete. I usually perform the following routine down at the track:

PYRAMID RUNS USING A WALK BACK RECOVERY

80m>120m>150m>200m>150m>120m>80m

WHAT ARE YOUR FAVOURITE ABDOMINAL EXERCISES YOU USE?

1. TRX ROLL OUT

This exercise really helps engagement of both the anterior and posterior core muscles. I use this exercise to start my ab workout to get the brain and muscles working efficiently and really get the stabilisers on fire.

2. HANGING LEG RAISE

This exercise for me is a great lower abdominal move. However, it's all about executing each rep with strict form and control feeling the contraction and breathing correctly. Without strict form on this exercise and those who tend to use momentum throughout each rep will end up cheating themselves and bring into play the hip flexors a lot more than abdominal engagement.

3. CABLE OBLIQUE CRUNCH (USING THE ROPE)

This is basically the same as a cable crunch; however using one arm you pull across aiming to touch the elbow to the opposing knee. This move again requires strict form and controlling a strong breath with each rep.

4. WINDSCREEN WIPERS

This advanced move packs a punch and will really target all regions of the abdominal area. As an advanced move I would start performing this exercise on the floor first then progress to a bar.

5. WEIGHTED DECLINE CRUNCH

I use this to help thickness to my abs. I would recommend mastering the decline crunch without weight to start with focussing on control then progressing to a medicine ball or plate. I tend to use a barbell in my routine as this really smashes the abs to pieces and you feel every muscle in the abdominal region firing.

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.



DON'T LET SUGAR RUIN YOUR SUMMER

It's a very 'British' thing, summer comes and with it a crash diet to not feel so bad on the beach. The common reactions to feeling fat are not to eat and to certainly not eat any fat. Starve the weight off, who cares about the consequences. Well there is a better way...

DON'T NOT EAT

Don't ever miss meals, never, unless you want to get fat or go crazy. The best way to add fat and feel awful is to miss meals and under eat, then binge on refined carbohydrates. Once you miss a meal or eat an inadequate amount of calories, your body produces fight or flight response, your central nervous system gets stuck in sympathetic mode, increasing cortisol and adrenaline levels in your body. These catabolic (breakdown) hormones destroy the good things like lean muscle and encourage fat and water storage, plus they make you feel on edge.

GENETICS, REMEMBER, NOW IS THE TIME YOUR BODY WANTS TO MAKE FAT

If you have typical British heritage, then this is the time of year your craving for sweet things will increase more than usual. Remember, the summertime was the only time fruits were available and your ancestors' gorged on them with one thing in mind; getting fat to see them through the winter. So guess what your body wants to do with the excess carbs even more than ever in the summer? Make more fat.

BEWARE OF EXCESS SUGAR!

By now you should be getting the message, excess sugar and you don't mix. Let me explain. Once carbohydrates enter your body, they are broken down into glucose, whether that be a potato, a piece of fruit, or a Lucozade or Powerade drink. Once the carbohydrates have been broken down into glucose, it enters the blood stream, which is a signal to your body to produce insulin. Insulin is an anabolic (build up) hormone, that converts glucose into glycogen, which is then moved to the liver and to the muscles cells where it is stored for energy use. Here is the problem, when these reserves are full, the excess circulating glucose, is converted into triglycerides. These triglycerides are then stored in your adipose tissue, your body's fat stores.

SO HOW MUCH CARBOHYDRATE IS TOO MUCH?

It's a lot less than you think, especially if you are eating calorie dense foods like pasta, potatoes and bread. For a 10 stone woman for example, any more than a maximum of 40 grams per serving, and the chances are some of that is going to be stored as fat. The key is to eat foods that are not calorie dense, like vegetables, so you can eat more, make yourself feel full, without overloading the carbs and calories.

POST-WORKOUT THE ONLY EXCEPTION.

The only time your body is particularly bad at converting carbs into fat is immediately after a hard workout. Following a workout your body's primary concern is to replenish the lost liver and muscle glycogen, and it is not too interested in turning those carbs to fat. This does not mean you should be shovelling down carb drinks and fruit straight after training, far from it, even if your goal is to add muscle. Your body can only store up a certain amount, and guess what happens to the excess? Fat. If your goal is to get leaner, then minimise your carb intake after training, and let your body go on burning body fat.

NEVER CUT FATS, FATS ARE FANTASTIC

Without adequate fat you are a mess. FACT. The fatty acids alpha linolenic acid (omega 3) and linoleic acid (omega 6) are needed by every organ, every cell in the body. Deficiencies in omega 3 and 6 are proven to create problems with the hormonal system, nervous system and in particular, fat gain. One reason fats are so important to help you get leaner, is the message they send to the body. When EFA's (essential fatty acids) enter the cells, they tell your genes to burn more energy. The second message is even better, it is to tell the genes to slow down on how they are making fats. Another bonus of a good intake of EFA's is reduced water retention. EFA's aid the kidneys in eliminating extra water from the body.

FOOD CRAVING, SUGAR CRAVINGS

A craving is a sign of a deficiency. EFA's help to reduce food cravings, by giving the body what it needs. If you are hungry and haven't eaten for 5 hours, then the likelihood that you will want to binge on bread, crisps, chocolate is inevitable.

WHERE TO GET EFA'S

You get them in eggs, meat, fish, nuts, seeds and dark green vegetables. You can also buy them in supplement form. However, EFA's are destroyed by heat, light and air, so they must be packaged in dark containers, and kept refrigerated once opened. Any man-made fats, trans fats (like the ones found in margarines), low fat meals; they are to be avoided at all costs. The fats that occur naturally in butter, meats, fish, avocado, they are where you should be looking.

GOOD LUCK GETTING THROUGH THE SUMMER

AMY WAKEHAM



A RARE
CLINICALLY
PROVEN
WEIGHT LOSS
SUPPLEMENT

THERMOXEN™

LOSE WEIGHT AND BODY FAT
MAINTAIN HEALTHY CHOLESTEROL LEVELS
BE MORE ENERGETIC AND LESS TIRED

Thermoxen is specifically formulated with a premium Pharma Grade LA Glucomannan which has been clinically proven to aid weight loss. This is the important factor here. No other supplement has been CLINICALLY PROVEN to aid weight loss in the same way as Thermoxen's super-charged ingredient.

LA Muscle's in-house studies have shown Thermoxen to be most effective when combined with a healthy diet and exercise regime. Many people take Thermoxen for incredible, rapid results all year round. Thermoxen is the only Pharma Grade supplement to contain the effective "super-dry" Glucomannan with the highest possible concentrations.

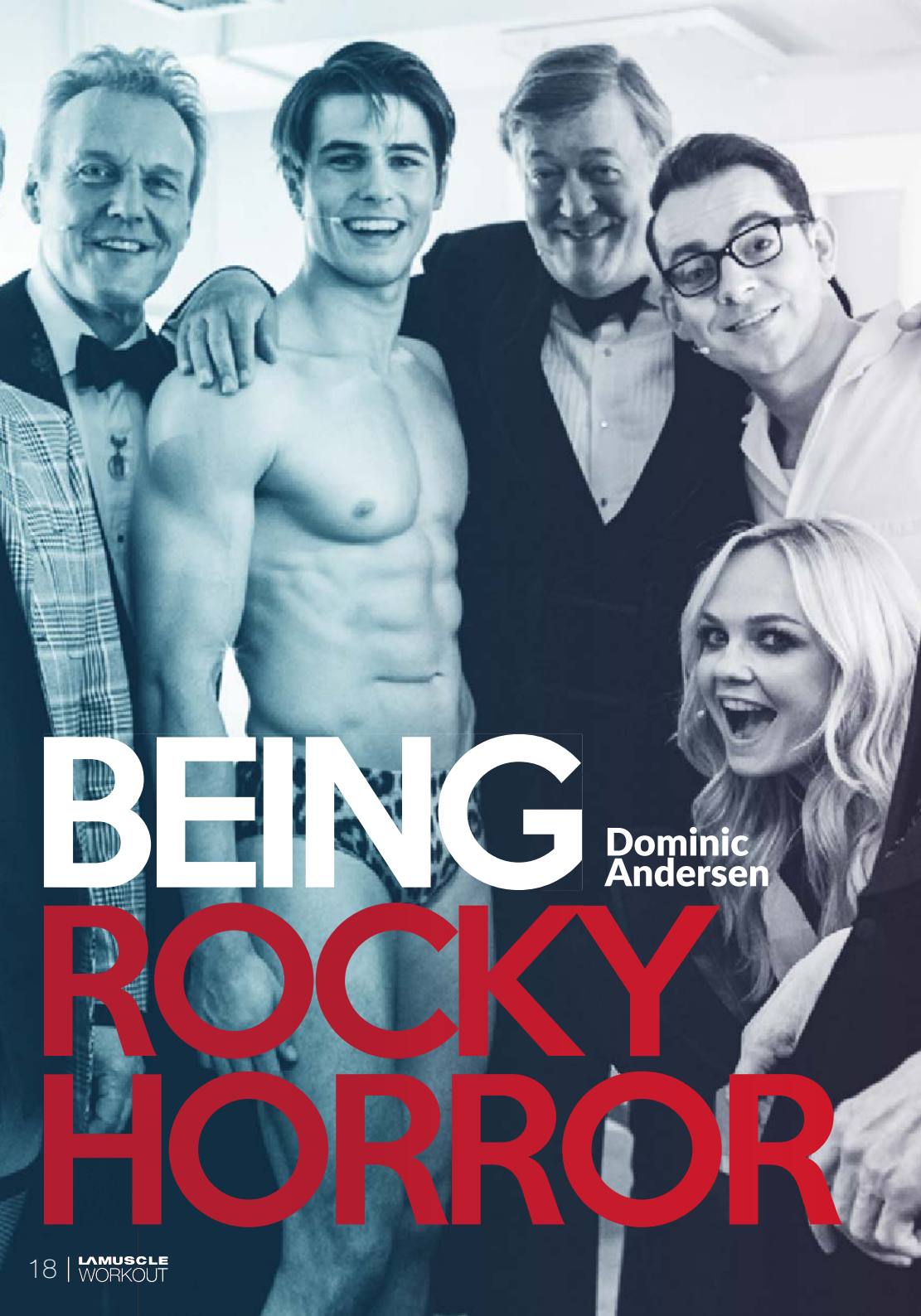
Thermoxen also contains Vitamin B6 which contributes to the reduction of tiredness and fatigue. This unique formulation of Glucomannan and Vitamin B6 will contribute to weight loss, reduce signs of fatigue and aid with the maintenance of normal cholesterol levels.

Thermoxen is 100% natural, stimulant free and can be taken any time of the day by men and women. This is the ONLY ingredient for weight loss approved by the European Food Safety Authority (EFSA).

- **No side effects**
- **100% natural**
- **No stimulants**
- **Clinically proven for weight loss**

**DO NOT ACCEPT
COPY-CAT OR CHEAPER
SUPPLEMENTS.
WHICH DO NOT CONTAIN
THE "SUPER-DRY"
GLUCOMANNAN.
BUY THE ORIGINAL
THERMOXEN RIGHT HERE.**





BEING ROCKY HORROR

Dominic
Andersen

Being Rocky Horror means I have to perform 8 times a week 6 nights out of 7. It's not like doing competitions where you have a particular window you need to be ultra ripped/big for, it's an all year round aesthetic building job meaning I have to be aesthetically pleasing month in month out...

I was lucky enough to get cast in a good shape and size already and so it was about improving on what I already had.

I will usually do 3 days of strength training and 3 days of resistance training a week in order to maintain size and tone. These will be broken up into chest and back, shoulders and legs and arms. Strength training will usually be 5 sets of 5 reps on 90-100% max weight and resistance will be 3-4 sets of 12-15 reps at about 75-85% max weight. I like to work with free weights as I find that they work more muscle groups and work better for the show as they prevent injury when doing moves such as flying pressups on stage in the long run. I enjoy doing super sets as they keep the heart rate up throughout my workout and give me a particularly nice wrap around effect when I decide to do a back and chest day.

IT'S CRUCIAL TO ME TO HAVE A SPOTTER AND BEING IN A CAST WITH SOME LIKE MINDED LADS (WILL KNIGHTS, BEN KERR, BEN FREEMAN, LIAM TAMNE, RICHARD MEEK AND ZACHARY MORRIS) MEANS I HAVE A PERMANENT GYM BUDDY THROUGHOUT THE SHOW AS WELL AS NEW MATES FOR LIFE.



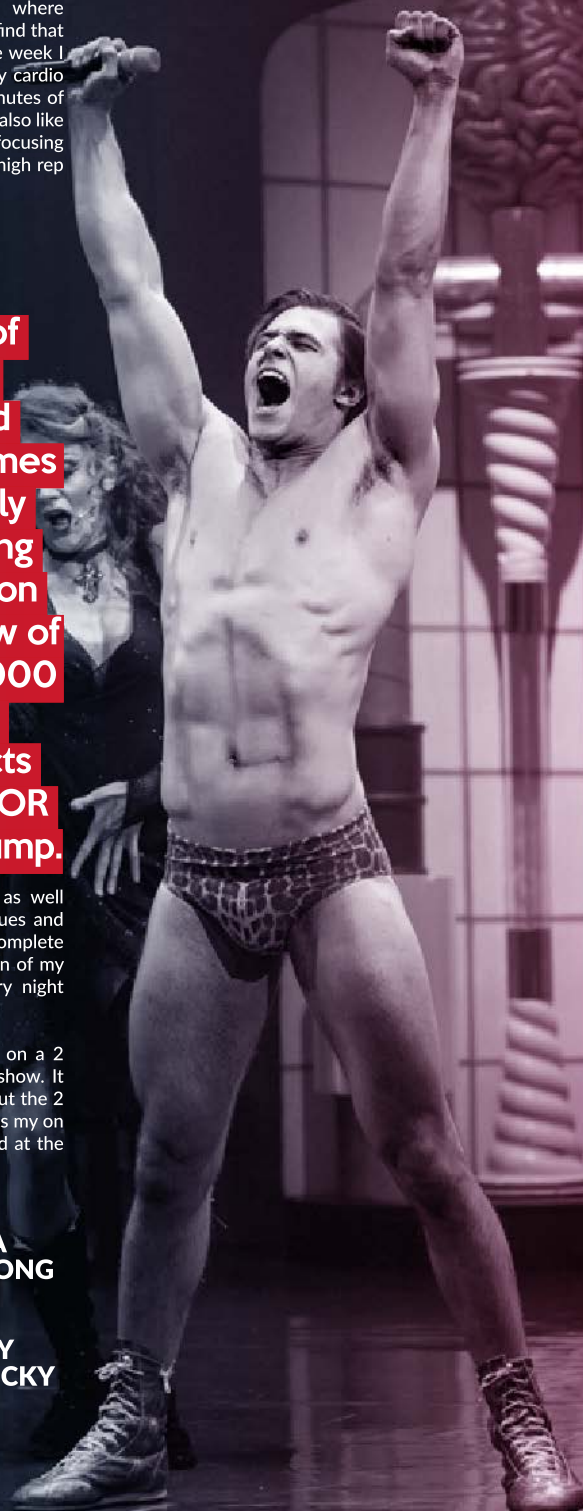
Being part of a high energy show where everything is fast paced and physical I find that if I do too much cardio throughout the week I lose alot of size and therefore limit my cardio in the gym to 3-4 sessions of 5-10 minutes of HIIT training on the rower or elliptical. I also like to finish every session with an ab hit focusing on weighted movements one day and high rep the next.

It's very exposing having to walk on stage in just a pair of leopard print pants night after night and there have been times when I will massively panic before spinning round on my creation machine to the view of sometimes over 2000 audience members and so I use products such as VASCULATOR for that on stage pump.

Each show is completely exhausting as well as the stresses of touring weekly venues and I wouldn't be without my LA Whey complete after each show to stop the breakdown of my muscles and allow me faster recovery night after night.

I will also use Possessed occasionally on a 2 show day to get through the second show. It gives an incredibly fresh kick throughout the 2 hours I'm on stage and massively boosts my on stage energy when we are all shattered at the end of the week.

AS LONG AS I HAVE MY LA MUSCLE PRODUCTS, A DECENT DIET AND A STRONG WORKOUT PLAN I FEEL SAFE GOING OUT THERE AND PERFORMING EVERY SINGLE NIGHT IN THE ROCKY HORROR SHOW!

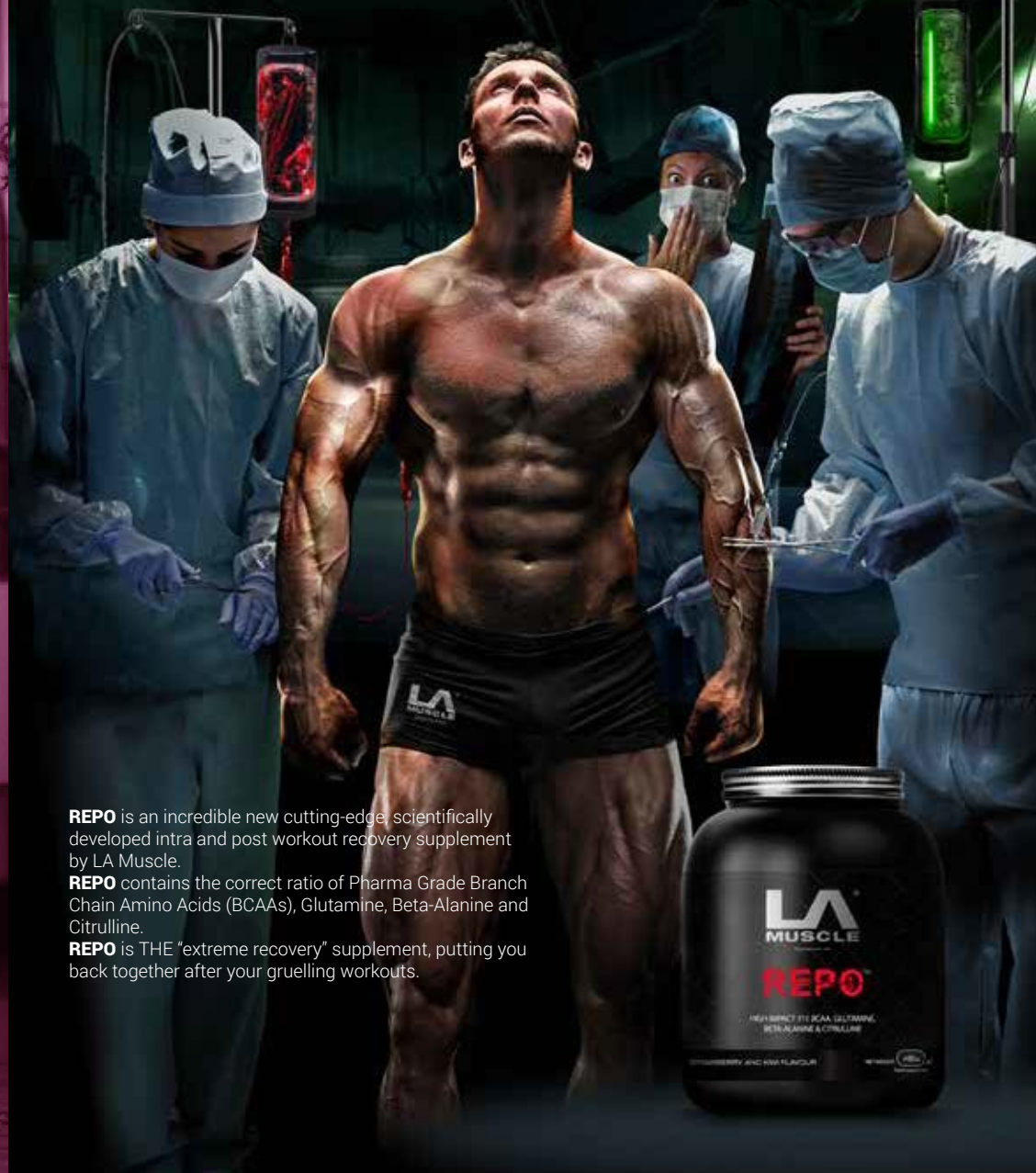


REPO™

EXTREME RECOVERY

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f LAMUSCLE @LAMUSCLE la_muscle



REPO is an incredible new cutting-edge, scientifically developed intra and post workout recovery supplement by LA Muscle.

REPO contains the correct ratio of Pharma Grade Branch Chain Amino Acids (BCAAs), Glutamine, Beta-Alanine and Citrulline.

REPO is THE "extreme recovery" supplement, putting you back together after your gruelling workouts.



WORK YOUR BUTT OFF!



With summer fast approaching most of us are already worried about what our sweet derrières will look like in a bikini...

We promise ourselves to work hard, lose weight, tighten up, tone, sculpt... we hit the gym, we go crazy... but what exactly are we working at and how?

Ok, so we want to lift that butt and shape it up but how do we do that? Which are the muscles involved?

Well, let me tell you. Bikini or no bikini, summer or winter, your butt deserves and should get a good workout the whole year round and here is why. Rather than worrying about how good our butt looks in those tight jeans we should really understand the important role this muscle group plays in our everyday life.

The muscles we are talking about are the gluteal muscles (gluteus maximus, gluteus medius and gluteus minimus). The largest one, the gluteus maximus, is regarded as one of the strongest muscles in the human body and a powerful hip extensor.

It is connected to the coccyx, or tailbone, as well as other surrounding bones. However, it also assists in femoral external rotation and abduction, as well as knee stabilization. The glute max is most active during force production with a flexed knee, for example, when rising from a seated or squat position and when climbing stairs. The gluteus maximus is generally inactive when standing and walking. Examples of isolation exercises include glute bridges and box reaches. Examples of complex exercises include squats, deadlifts, bulgarian split squats and lunges.

THE GLUTEUS MEDIUS AND MINIMUS

Play an important role in injury prevention because they are the primary stabilizers of the pelvis. They also abduct and externally rotate the femur. Examples of isolation exercises include clamshells, lateral leg raises. Examples of complex exercises include single-leg box squats and lateral lunges.

My clients will probably tell you how I am always asking them to engage their glutes or squeeze that butt. I make sure the glutes are worked out at every session whether it's with lunges or squats, lateral lunges or box jumps, glute bridges or walking side squats. The reason I do that is because the glutes are often overlooked or ignored in training terms and therefore become weak and inhibited.

THE GLUTEUS MAXIMUS

Allows us to keep an upright position needed for bipedalism. With evolution the gluteus maximus enlarged in humans to assist in stabilising the trunk while standing and counteract the high impact forces that tend to flex the trunk anteriorly during running and sprinting. Modern lifestyle sees us chair bound most of the day, consequently the glute muscles gradually lose tone. People that spend many hours seated tend to have tight, overactive hip flexors and lengthened, inhibited glutes. If left unchecked, this imbalance is often the root of lower back, hip and knee pain. This can be prevented by including hip flexor stretching and mobilization combined with glute motor control and strengthening exercises in your training programs keeping your body healthy and functional. Glute training is extremely important in the prevention of lower back, hip and knee dysfunction. If you're not sure which exercises will serve this purpose, be sure to include single-leg exercises in all of your programs as they will develop all three of the glute muscles.

THE GLUTEUS MAXIMUS AND LOWER BACK STABILITY

Activating and strengthening the glutes needs to form an important part of your core routine.

As some of the fibres of the gluteus maximus are continuous with the fibres of the erector spinae, any contraction in the gluteus maximus will contract the muscles of the erector spinae as well providing stability and strength. Gluteus maximus contraction also generates a pull on the lower end of the thoraco-lumbar fascia, this is a thick layer of ligamentous connective tissue positioned at the lower back. Tightening of this fascia stabilises the vertebrae. People with low back pain often have weak and deconditioned glutes.

It becomes very obvious how working out all three muscles that form the gluteus group is extremely important, not just to look good and draw a crowd (I just thought to throw that one in!) but most importantly for the health, stability and strength of our lower back and lower body in general.



HERE ARE SOME EXERCISES TO FIRE THOSE GLUTES BACK INTO ACTION

GLUTEUS MAXIMUS

- GLUTE BRIDGES
- BOX REACHES
- SQUATS
- DEADLIFTS
- DB BULGARIAN SPLIT SQUAT
- DB LUNGES

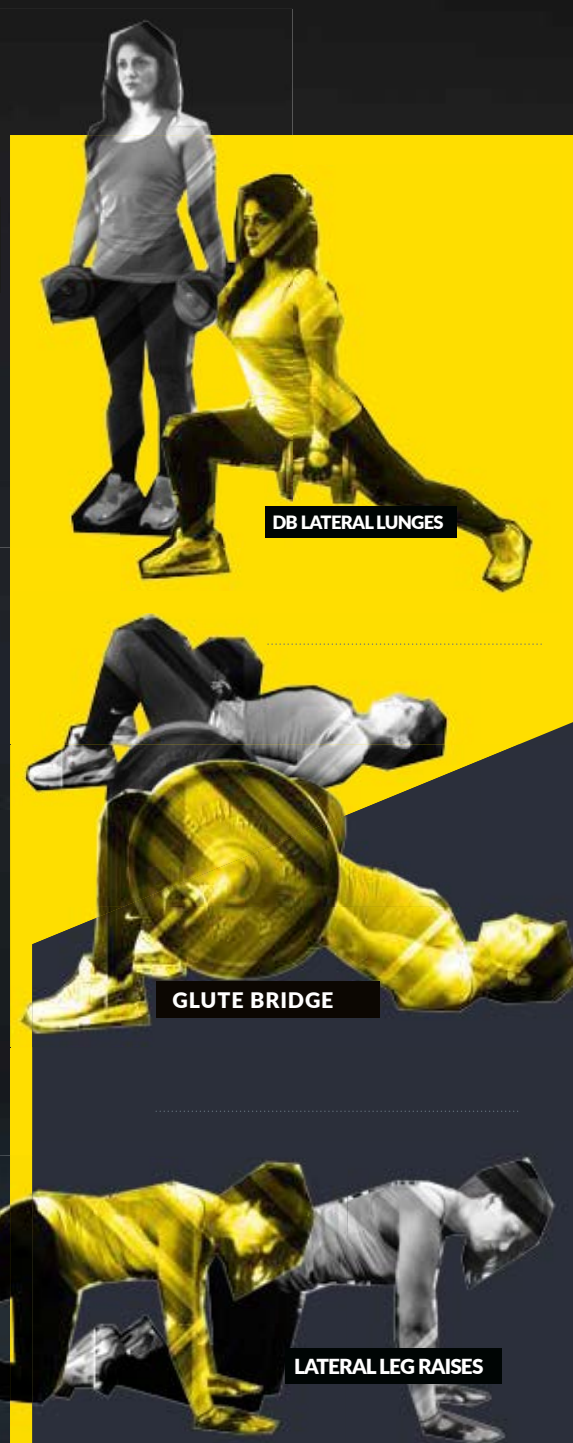
GLUTEUS MEDIUS AND MINIMUS

- CLAMSHELLS
- LATERAL LEG RAISES
- SINGLE-LEG BOX SQUAT
- DB LATERAL LUNGES

WHAT ARE YOU WAITING FOR? LET'S WORK OUR BUTTS OFF!!

Lina Geraci

WWW.CUBANCARDIO.COM
FOR MORE WORKOUT TIPS AND TRICKS
CONTACT ME AT LINA@CUBANCARDIO.COM



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:

- ✓ Reduces Cortisol instantly so you preserve all your muscles and your body will no longer tap into muscle mass to use it for fuel.
- ✓ Burns body fat day and night. In fact without wanting to promote laziness, Sculpt burns fat even if you are not exercising.
- ✓ 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.



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 safeguard 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. Thermo 24 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.

BICEP TRAINING

WE MUST ALSO TAKE INTO CONSIDERATION THE FACT THAT ALL OF US HAVE DIFFERENT LEVERAGES DUE TO OUR DIFFERENT BODY TYPES.

HAVING TRAINED MANY ATHLETES AND FITNESS COMPETITORS FOR MANY YEARS, I HAVE DEvised A LIST OF TOP TIPS THAT HAS LED THEM TO SUCCESS AND WINING MAJOR TITLES.

3. INCLINE DUMBBELL CURL:

This is the most effective exercise for isolating the long head of the biceps. The incline position allows the elbows to be drawn back away from the body, thus recruiting the long head. Also I regiment that you curl both arms together because doing them alternate will allow you to create momentum which encourages cheating.

4. STANDING BARBELL CURL:

Barbell curl will only work for your benefit if it is done the way it was intended to be done. What I mean by this is that I very rarely see athletes do this exercise correctly. The problem is that its so easy to cheat oaths movement probably more than any other exercise. To minimize cheating and maximize isolation, many coaches recumbent pressing your back against a wall and having your elbows touching the sides of your torso.

Also the longer your arms the more stricter the exercise should be done. If you're from say the Ectomorph group of body types then all exercises will have to be done with more care as your leverages are not the best for weight training and thus you have to be thoughtful in your choice of exercises for all body parts.

5. STANDING LOW PULLEY CABLE CURLS:

This exercise, if you follow my instructions to the letter could become one of your more productive of all bicep exercises.

Using a short straight bar, grab the bar shoulder width and stand back to the point that the blocks of weight are not touching which means as you go to the bottom of the movement you don't lose resistance by having the weight resting on each other. Also, you must try and lean slightly back as your arms are coming down during the negative part of the movement and that way you keep constant tension on the biceps and by doing this you're activating more muscle fibers that you would normally if you're doing it the normal typical way.

1. SEATED DUMBBELL CONCENTRATION CURL:

Curling dumbbell while resting your upper arm on the inside of your thigh. Make sure like all exercises you do, that you are in complete control of the movement. You can only do this by using the appropriate amount of weights.

Part of the reason why I always thought that this exercise is the best for bicep building was the fact that you hardly use your Anterior Deltoid to help you perform the curl which means more bicep work. Well this has been proven by science because of the research that has been done by the American council of Exercise at the University of Wisconsin -Lacrosse and its Clinical Exercise Physiology Program. They discovered that this is the most effective bicep exercise.

2. SINGLE-ARM DUMBBELL PREACHER CURL:

Whilst most bicep exercises require some assistance stabilisation work by other muscle groups, the preacher allows you to isolate the elbow flexors by eliminating the possibility of using other body movements, you exclude the assistance muscles from participating in the movement.

THERE IS NO SUCH THING AS A "SINGLE BEST" ARM EXERCISE. ALTHOUGH THERE ARE DIFFERENT EXERCISES FOR TRAINING BICEPS, SOME ARE BETTER THAN OTHERS. A VARIETY OF MOVEMENTS ARE NECESSARY FOR COMPLETE DEVELOPMENT. RELYING ON ONLY A FEW EXERCISES CAN LEAD TO OVERUSE INJURIES, SLOWER PROGRESS AND ALSO BOREDOM.

SAV KYRIACOU

Trainer of champions
Muscleworks Gym



6. DOUBLE BICEP CABLE CURLS:

This is an unbelievable bicep exercise that if done correctly will add inches on your biceps within weeks. Basically you're doing a double bicep pose while holding a handle in each hand using the top pulleys on a crossover cable machine.

If you have ever done a double bicep pose, this is the same while you're pulling with the handle weights in a nice controlled manner by bringing your hands towards your ears and controlling the weight on the way back until your arms are straight and in full stench position.

7. PREACHER REVERSE CURL:

This exercise in addition to adding more muscle to the biceps is also a tremendous forearm developer. Often bicep growth is limited by the development of the brachoradials. This exercise corrects this weak link and as such can quickly promote tremendous growth in the biceps. Use an EZ curl bar to reduce the stress on the wrist.

8. SEATED CONCENTRATION BAR CURL ON LOW PULLEY:

Place a flat bench or stool in front of a low pulley machine. Attach a short bar on the low pulley cable and grasp the bar about 6 inches apart. Sit far enough from the machine to allow your arms to support the weight stack when you're sitting on the bench with about twenty four inches apart. Rest your elbows against your inner thighs about four inches up from your knees. Curl the bar by keeping your elbows on your thighs.

These are the best most productive exercises that I would recommend to use for maximum results for bicep growth. These exercises have been tried and tested with athletes that I have helped in the past and athletes that I'm advising at present. Doing the exercises in the most productive way will have to be half the answer to big arms, the other half is the volume of the workload. You have to understand the basic principle of hypertrophy is that there is a limit in your recovering ability which means simply that volume is not the answer due to no recovery equals no growth. I will go as far to even say that you could actually shrink the muscle.

SAV KYRIACOU

THERE ARE PEOPLE AND SO CALLED EXPERTS THAT WOULD SAY LOOK AT ALL THE TOP CHAMPIONS, THE WAY THEY TRAIN AND HOW THEY TRAIN. IN REALITY, IF YOU LOOK AT ALL THE CHAMPIONS THEY ALL HAVE ONE THING IN COMMON, INCREDIBLE GENETICS. THE ONLY THING THAT I KNOW WILL WORK UP TO A POINT IS SUPPLEMENTATION. SUPPLEMENTS WILL ONLY WORK IF YOU TRAIN CORRECTLY, NOT JUT BY HOW HARD

THE MOST EXTREME MUSCLE BUILDER

Norateen Extreme is a very powerful muscle builder designed for bodybuilders who work out in the gym and want to get HUGE FAST. Norateen Extreme contains 7 incredible Testosterone & Growth Hormone Boosters that create an incredibly fertile ground for your body to just grow and grow.

The first thing you will notice when taking Norateen Extreme is amazing strength in the gym. Increases in personal bests of 40-50% are normal. After this, the muscle size kick in. Keep your protein intake high and you will see a whole new body in as little as 7-10 days.

NORATEEN EXTREME IS TOO POWERFUL FOR SOME PEOPLE AND IT IS NOT RECOMMENDED FOR ANYONE UNDER 20 YEARS OF AGE OR ANYONE WHO IS NOT SERIOUSLY BODYBUILDING. IT MUST NOT BE USED FOR MORE THAN 2 MONTHS AT A TIME.

If you are tired of supplements that promise the world and give you nothing but take your money, then you have to try Norateen Extreme today. It really is on the extreme side when it comes to results. As a taster, LA Muscle Workout Magazine has a unique voucher code just for you to tempt you into trying this amazing one-off scientifically researched power-supplement.

Go to WWW.LAMUSCLE.COM and order Norateen Extreme.



THE MOST EXTREME MUSCLE BUILDER ON THIS PLANET

NOT SUITABLE FOR ANYONE UNDER 20 YEARS OF AGE

OPTIMISING WEIGHT LIFTING

2 OF THE MOST COMMON DYSFUNCTIONS AND HOW TO FIX THEM

Do you want to optimise WEIGHT LIFTING? Do you want to lift HEAVIER? Have you reached a plateau that you just can't break? Are you experiencing PAIN when you are lifting? Is there an INJURY you just can't shake off? If your answer is yes to any of these questions, this is for YOU.

FUNCTION360 believes that everybody should be given the opportunity to enable their body to perform at its absolute BEST. We treat a variety of patients ranging from the sedentary office worker to elite athletes, both injured and uninjured, and our aim is to enhance performance.

Over the years WEIGHT LIFTERS have become one of our most common client type. Why? Well, we lift weights too and we know what it feels like to hit a wall because of injury.

For this reason, WE want to protect YOU from this, by giving you the tips you need to prevent injury AND recover from it too!

THE MOST COMMON DYSFUNCTIONS LEADING TO INJURY IN WEIGHT LIFTERS ARE DISCUSSED BELOW

1. POOR SHOULDER BIOMECHANICS

The shoulder is potentially one of the most unstable joints of the body, with very little bony stability or containment. There is a fine balance between the mobility to perform athletic activities and stability required to power and stabilise the arm. For this reason it is often a problem area in any form of weight lifting.

Correct muscle recruitment of the shoulder is important to prevent shoulder injury. What commonly tends to happen in weight lifting is that poor FORM causes poor muscle recruitment, which leads to muscle compensation, and muscle imbalance. This is where injury becomes a risk!

With weight lifting, as you all know, muscle tightness may become the norm. When the muscles of the neck, shoulder and the shoulder blade become tight, they stop working as they should and all start compensating for one another, by over working or becoming lazy.

At this point the shoulder blade begins to do its own thing, the shoulder slips forward and development of an impingement type injury is common, which is usually a slow and frustrating recovery.

This kind of injury generally causes more compensatory change, especially when left untreated, which WILL lead to a more chronic shoulder injury, neck pain, elbow pain and/or wrist and hand pain.

HOW DO YOU FIX THIS?

Scapular setting exercises are what you need to include in your 15-20 minutes of stretching, mobility and activation PRIOR to your training (and also on your non-training days, if you really want to save yourself from future injury!).

HERE IS ONE OF THE ONES I FIND WORKS REALLY EFFECTIVELY:

1. Starting position: Standing or long sitting with the ends of a band or two cables in either hand.
2. First activation: Pull your shoulder blades down and together, keeping your arms straight.

3. Pull your elbows back keeping them tucked in by your sides, and keeping your shoulder blades engaged. Do not allow your shoulder blades to lift.
4. Hold this position for 5 seconds.
5. Return to the first activation position without allowing deactivation of the shoulder blade muscles.
6. Hold this position for 5 seconds and relax.
7. Repeat until you feel a burn in the lower shoulder blade muscles – the rhomboids.



II. POOR GLUTEUS MEDIUS RECRUITMENT

The gluteus medius works in hand with the core muscles to provide a stable base for lower limb power. Yes, the stronger your gluteus medius is, the more powerful your legs become! Who would have thought?

One would think that when squatting 20kgs or 200kgs the gluteus muscles MUST work. I'm sorry to break the news, but this is NOT the case!

The glutes are made up of different muscle fibres that activate differently and therefore need to be trained differently. If the glutes aren't trained to activate when they are unloaded (no weight, not even body weight), they definitely won't fire when they are loaded (weight lifting, even if it is a really light weight for YOU!).

The glutes need to be trained to fire automatically when they are both unloaded and loaded TOO! When the gluteus muscles lack automatic activation the entire lower limb biomechanics is altered. This is where injury becomes a risk!

Weakness or poor recruitment of the gluteus medius causes chaos! The lower back, hips, knees and feet may all be affected. Can you imagine how the SQUAT technique will be affected if your biomechanics is implemented? And guess what, if your biomechanics and technique are not quite optimal, your POWER WILL be highly LIMITED!!

HOW DO YOU FIX THIS?

Gluteal activation exercises are what you need to include in your 15-20 minutes of stretching, mobility and activation PRIOR to your training (and also on your non-training days, if you really want to save yourself from future injury!).

HERE IS ONE OF THE ONES I FIND WORKS REALLY EFFECTIVELY:

- 1.** Starting position: Lying on one side with knees bent (the CLAM position), and your top hand on your gluteus medius muscle (just above the hip bone).
- 2.** Simply attempt to switch that one muscle on and off without any movement or any other muscle activation.
- 3.** Can you speed up this contraction without compensating by moving the leg or activating other muscles?

You're finding this hard right?

ACTIVATING THE RIGHT MUSCLES DURING ANY SORT OF MOVEMENT IS KEY, ESPECIALLY IN WEIGHT LIFTING.

Sometimes the right muscles need to be reminded that they need to recruit automatically, at the right time. Retraining these muscles means that they are on standby at all times, your FORM is optimised, your POWER is constantly progressing and risk of INJURY is MINIMAL! Doesn't that sound AMAZING? Yes it DOES, and it's completely POSSIBLE.

The 2 exercises I let you in on today are both really SIMPLE and beginner level. These exercises may both be progressed and developed depending on your individual capabilities, sport AND injury history. We are happy to teach YOU how to progress them and discuss YOUR INJURY and PERFORMANCE.

If you found these exercises difficult, or you are still experiencing pain, don't worry because WE are HERE to HELP YOU!

Whether you are in pain or not, at Function360 we ensure each assessment is tailored to your individual needs, your problem areas are addressed and fixed, and the areas that are not yet problems, will be addressed before they develop! We aim to optimise your performance in your daily life AND your sport. We create YOUR treatment plan with YOU, and we teach you how to manage your own pain and prevent it from recurring or even occurring in the first place.

We endeavour to help you to make your body Your Performance Innovation Centre - Let us help YOU, we can't wait.

JORDANE ZAMMIT TABONA

Founder & Owner of Function360
Lead Sports Physiotherapy Specialist
jordane@function360.co.uk

LIMITLESS

GO TO
YOUR
FULL
POTENTIAL
EVERY
DAY

LIMITLESS is a very powerful super-pill by LA Muscle. It can be used as a pre-workout as well as an every day tiredness blaster.

LIMITLESS acts directly on your brain and its hormones to make you more alert, awake, faster and to enhance your cognitive skills.

It all sounds too good and you bet!

LIMITLESS really is too good. You have to try it for yourself to see what an incredible supplement it is. The beauty of **LIMITLESS** is that you can actually feel and see its benefits for yourself in just one pill.

LIMITLESS comes with LA Muscle's unique guarantee that if you don't love it, you don't pay for it; as simple as that.

LIMITLESS is not a gimmicky pill. **LIMITLESS** is an incredible supplement scientifically researched and developed by LA Muscle Laboratories, containing:

CYANCOBALAMIN - also known as vitamin-B12 is required for proper red blood cell formation which carry valuable oxygen to the cell to produce energy.

L-GLYCINE - a non-essential amino acids responsible for the conversion of glucose into energy.

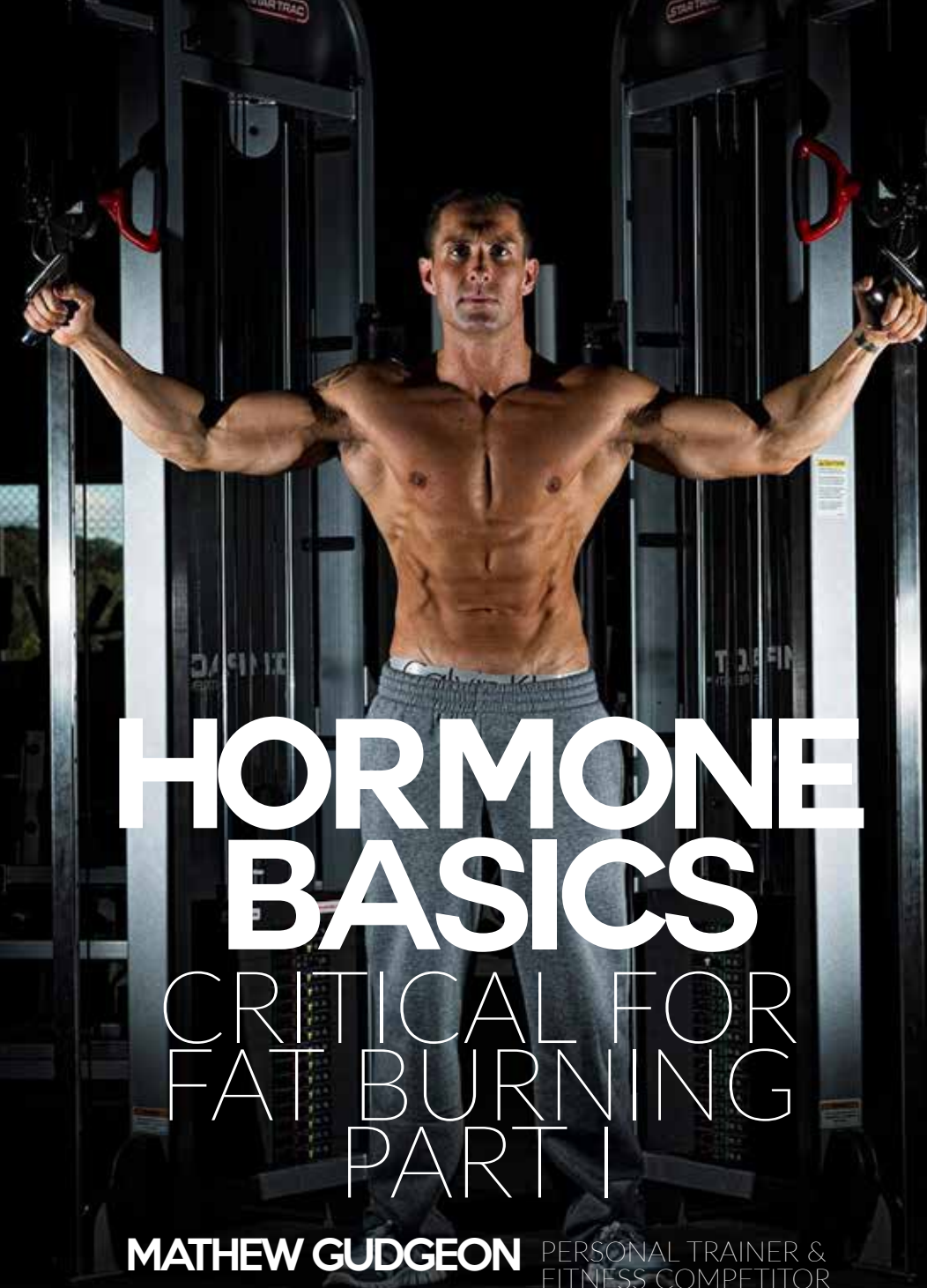
KOLA NUT EXTRACT - a natural source of caffeine which up regulates the body's central nervous, providing more energy.

SIBERIAN GINSENG - increases energy and reduces the effects of stress and anxiety.

L-LYSINE - is an essential amino acids which plays a vital role converting fatty acids to energy.

L-PHENYLALANINE - an essential amino acids which can reduce fatigue and depression.





HORMONE BASICS

CRITICAL FOR FAT BURNING PART I

MATHEW GUDGEON PERSONAL TRAINER &
FITNESS COMPETITOR

THIS IS AN INDUCTION TO HOW HORMONES PLAY A PART IN WEIGHT LOSS AND HEALTH AND HOW BAD DIET CHOICES AFFECT THEIR NATURAL BALANCE INCLUDING TIPS FOR CONTROLLING AND REPAIRING THEM

Most of the time I get asked the question "how do I get rid of belly fat?", "how do I get rid of this bit." Or "how do I get abs?" Questions which are not a one answer solution.

With the health and fitness industry full of varied information readily available to the world these days via Internet, TV and magazines, no wonder everyone is confused by all the mixed messages. One of the biggest mistakes over the past few decades which people have been led to believe is the concept of calorie counting and believing controlling calorie intakes the way forward. Calories in and calories out right...? Wrong! The same with fat free products and so called 'health conscious foods'. It couldn't be anymore further from the truth!

Hormones are the signallers and messages to all the different types of cells from our brain to our organs telling each other what to do and how to respond depending on many different factors. They work synergistically together aiming to balance out and repair your body. Here is a breakdown of the hormones you need to understand with the food and lifestyle choices to help guide you in the right direction.

ADRENALIN

Adrenalin is the gas pedal hormone. When weight training, adrenaline signals the body to begin burning fuel. A chain reaction then causes the release of other hormones - cortisol, testosterone, and HGH (human growth hormone) to be triggered and the body goes into fat-burning mode.

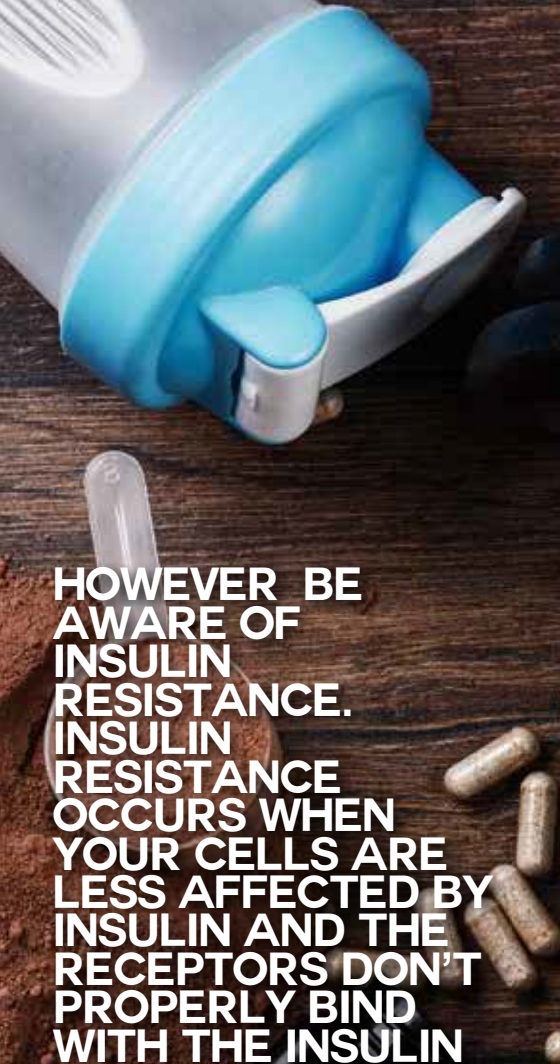
However, when the adrenaline is released in someone with high insulin and leptin levels, the body switches to a sugar-burning (fat storing) mode. This is why it is vital for you to get your nutrition right so your body can maintain homeostasis (balance) and be at its fat burning potential. A lot of people are using this hormone to excess nowadays via over stimulating the adrenal glands to dangerous levels with the workload they now place on their 'busy' lives.

SOLUTION

Control your sugar intake and become more insulin sensitive by eating as many fibrous vegetables as you can daily with adequate protein and fat intake in each meal depending on your metabolic type and macronutrient ratios. Avoid stimulants and get adequate antioxidants to support adrenals. Rhodiola roses are a good adaptogenic herb which will support adrenal health. Insulin is a storing and locking hormone. High insulin levels assure that any extra calories be stored as fat, whilst putting a lock on fat cells and inhibiting the body's ability to release fat.

CARBOHYDRATES

(starches, sweets, processed foods) impact dramatically on elevating insulin levels, increasing fat storage and decreasing fat burning. The pancreas stores insulin in order to help the body process the blood glucose. Insulin is the only hormone we have 100% control over, so take advantage of this and regulate it to look younger, be healthier and prevent it becoming pre-diabetes or being diagnosed with diabetes. In a healthier body, the insulin binds with receptors on your cells. When a cell has insulin attached to it via the receptor, the cell activates other receptors (that act like messengers) to absorb the glucose from the blood stream into the cell to be used for energy.



HOWEVER BE AWARE OF INSULIN RESISTANCE. INSULIN RESISTANCE OCCURS WHEN YOUR CELLS ARE LESS AFFECTED BY INSULIN AND THE RECEPTORS DON'T PROPERLY BIND WITH THE INSULIN

Insulin resistance is as if you have locks on the doors to your cells. In healthy body, the insulin similar to a 'key' that opens the door of the cell so that the glucose (from carbs you have eaten) can move from your blood into your cells where it is either burned or stored. If your body is very insulin sensitive and you eat foods that manage insulin secretion, your body will work like a well-oiled machine and the whole process will be very efficient. But, if your cells become resistant to insulin, the pancreas will secrete more and more insulin because of the continued presence of glucose in the blood. The pancreas will think more 'keys' are needed to open the door to cells. This will lead to high levels of insulin and glucose circulating but none of either are going where they are supposed to in the body.

Rather, the insulin will trigger the body to release the stress hormone cortisol and the high blood glucose will be turned into fat. You will have low energy levels because your cells are not getting the fuel they need and many other processes in the body will be negatively affected.

SOLUTION 1

Eat a higher protein and fat diet with lower carbohydrates. Foods that will stimulate a high glycemic response are starches like breads, pastas, potatoes, rice, baked beans and sugary processed foods. Eliminating grains, particularly wheat is the most important principle regarding carb intake. Wheat influences blood sugar levels the same way as plain table sugar. Lower glycemic response foods like dark green leafy vegetables and dark berries will be the foods which manage your insulin response better and will provide you with the fibre and antioxidant contents to support health.

The best source of fibrous low-glycemic foods are strawberries, blueberries, bilberries, raspberries, cherries, kale, broccoli, lettuce, cabbage, cauliflower, mushrooms, green beans, asparagus, cucumber, spinach, peppers and zucchini. Bananas, pineapples and oranges have a much higher glycemic index.

SOLUTION 2

It is important to stay active and weight train. This will help make you burn more energy; this also goes for sprint/interval training. The higher the intensity the better for insulin sensitivity however, low intensity can still be beneficial.

For best results, heavy weights and high volume will lead to greater energy expenditure and optimal insulin health.

SOLUTION 3

Make sure you have adequate amounts of basic nutrients. Including omega 3 fish oil. The most important nutrients that supports insulin sensitivity are magnesium, zinc and Vitamin D. Many people are deficient in these. Other herbs and minerals and antioxidants which will help are cinnamon, resveratrol, probiotics, Vitamin K, carnitine and green tea to name a few.

SLIMMING AND DIET PROTEIN PROVEN FOR WEIGHT LOSS

✓ 39g of pure LA Whey protein per serving – the best 100% whey protein powder on the market

✓ Contains 1g Thermogen per serving

✓ Quick-dried Glucomannan which is ultra-pure

✓ The Strawberry and Raspberry flavour contains delicious real fruit pieces

✓ All amino acids and BCAAs essential for maximum muscle growth and strength

✓ Unisex product Ideal for men and women looking to sculpt a lean physique

✓ Virtually no saturated fats

✓ High potassium-sodium ratio, to relieve and reduce water retention, helping expose those six pack abs!

✓ Not over-processed, so the protein is 100% intact and not denatured in any way

✓ Triple filtrated protein to remove all impurities

✓ High Biological Value of 159+ which means you don't have to use as much (more cost effective than cheaper proteins)

✓ Super-nitrogen-depositing power, meaning protein synthesis is increased and more protein turns to muscle

✓ Powerful weight loss meal replacement - just replace one meal a day with 2 scoops of Diet Whey

Try Diet Whey today. There are other copy-cat and "me-too" diet proteins out there but ONLY Diet Whey has been scientifically proven to aid weight loss.

You have never experienced anything like Diet Whey, that is a 100% guarantee. It is delicious, creamy, instant mixing, high in protein and allows you to burn fat whilst building muscle. Diet Whey can be used by anyone wanting to build lean muscles and keep body fat levels low and it can also be used by those who want to lose weight. It is especially super-effective for rapid weight loss when you supplement one meal and one snack per day with Diet Whey.

THE KETO DIET

SECRET TO A LEAN PHYSIQUE

TURN YOUR BODY INTO A FAT BURNING MACHINE

A lot of people are always asking me what I do to drop body fat or maintain a lean look so I'm going to share with you a popular method of dieting that I have been following for some time and it has enabled me to maintain a lean and muscular physique with relative ease as well as allowing me to be flexible with what I'm eating without worrying about putting on fat.

Today I will be talking about the Keto Diet. Ketogenic dieting, Keto for short, is a popular type of dieting that can produce fantastic results in a very short period of time and is similar, in parts, to other popular diets such as Atkins and Paleo.

To get this diet to work you will need to get your body into a process called ketosis. This is where your body stops using carbohydrates as fuel and gets it burning ketones instead. The way to do this is to start drastically reducing your carbohydrate intake to 50g per day or lower. If doing this correctly, it takes the average person 7 days to achieve this. If already doing high intensity training, this can be achieved within a few days. Think of this as kind of a metabolic reset for your body.

Being in a state of ketosis will increase your body's ability to utilise fats for fuel, as the body gets very lazy on a high carbohydrate diet. When on a typical high carbohydrate diet the body can expect a steady energy source, but in ketosis the body has to become efficient at utilising fats for energy.

THE DIET WILL CONSIST OF YOU REPLACING THOSE MISSING CARBOHYDRATES AND CALORIES BY CONSUMING HIGH AMOUNTS OF FAT. EATING FAT TO BURN FAT?? SOUNDS ABSURD RIGHT. WELL THERE'S SCIENCE BEHIND THE MADNESS!

As well as burning body fat more efficiently, ketosis also has a protein-sparing effect which means that as long as your protein intake is sufficient, the body will go to fats for energy with more protein available for other functions. Hold on, doesn't a calorie reduced diet result in loss of muscle, we hear you ask? Yes, in general dieting tends to cause this as the body has less energy coming in and will look to other sources of energy – protein and muscle. However, ketosis is different! When in ketosis, the brain prefers ketones to glucose, so with the body possessing large amounts of fat (both stored and consumed), there is no need to oxidise protein to generate glucose. The body will be forced to use fat storages for energy, lowering your body fat whilst the protein goes to work on building and revealing those muscles!

A keto diet also enables the body to keep insulin levels low. This enables beneficial hormones to be released such as growth hormone and some other powerful growth factors. A normal high carbohydrate diet will spike insulin levels and prevent the body from using fatty acids as energy.

As with all diets, there are a few things to be prepared for when starting out. During the first few weeks of the ketogenic diet, you can usually expect a few side effects such as a small level of fatigue, brain fog and a bit of dehydration. These can all be combated with taking a few steps to prevent them such as increasing your water intake and ensuring that you stay hydrated throughout the day, especially around workout times. Limitless is a great product to take and especially during this phase as it will help keep energy levels high as well as mental focus and reducing tiredness and fatigue.

Once in ketosis, the body will no longer experience "low blood sugar crashes" that you usually get with high carbohydrate diets and once you get used to it, you should also have much more energy throughout the day than you used to have! Also, make sure you are taking a high-strength multivitamin as, with the carbohydrate intake being reduced to below 50g per day, issues of micronutrient deficiencies can occur. These side effects can last for up to 2 weeks but are perfectly normal and just your body's way of adjusting to the changes. It can be tough for some people but battle through it and you'll be amazed at your results after a few weeks, promise!

With a normal ketogenic diet your protein will come from lean sources such as eggs, fish, chicken, beef, pork, turkey, LA Whey and lamb. Your 50g or lower of carbohydrates allowed daily should try and come from vegetables and these should mostly be leafy greens such as spinach, kale, broccoli, green beans and asparagus to name a few. They will provide your fibre as well as help you suppress your appetite and you'll feel fuller for longer.

Now onto the main part of the diet; Fats. You'll mainly want to stick to healthy fats such as Omega 3 and Omega 6 and will get a lot of these from your intake of fish and eggs. Other great fats to be eating include avocados, butter, hard and soft cheeses and peanut butter. Nuts are also useful such as macadamias, walnuts, almonds, cashews and pistachios, however be careful with the quantity you eat per day as the fatty acids and calories can become hard to keep track of.

**KETO DIET
ENABLES THE
BODY TO
KEEP INSULIN
LEVELS LOW**



Your diet will consist of around 75% fats, 20% protein and 5% carbohydrates. The key to this diet working is that you cannot go over 50g of carbohydrates per day as doing so will take your body out of ketosis again and back to square one as it will take another 1-2 weeks to get your body back into ketosis. This diet won't suit people who like to stray from their diet too often with a few carbohydrate heavy cheat meals so I'd recommend this diet as a good way to quickly drop body weight up to 8 weeks before an important event or occasion such as a holiday or photoshoot. This will enable you to stay focused on the diet as you'll have a deadline for your goal and won't be too tempted to come off your diet. This diet can suit people whose carbohydrate intake is already very low as it won't be too taxing to get used to it but it can also be perfect for people with a short amount of time (3-4 weeks) to drop their body fat quickly.

I follow this diet almost all year round as it's an easy way to stay lean as it keeps my metabolism fast and I generally feel healthier when on it. With my carbohydrate intake drastically reduced I hardly ever experience any negative effects associated with eating carbohydrates such as bloating, water retention, letharginess or crashes.

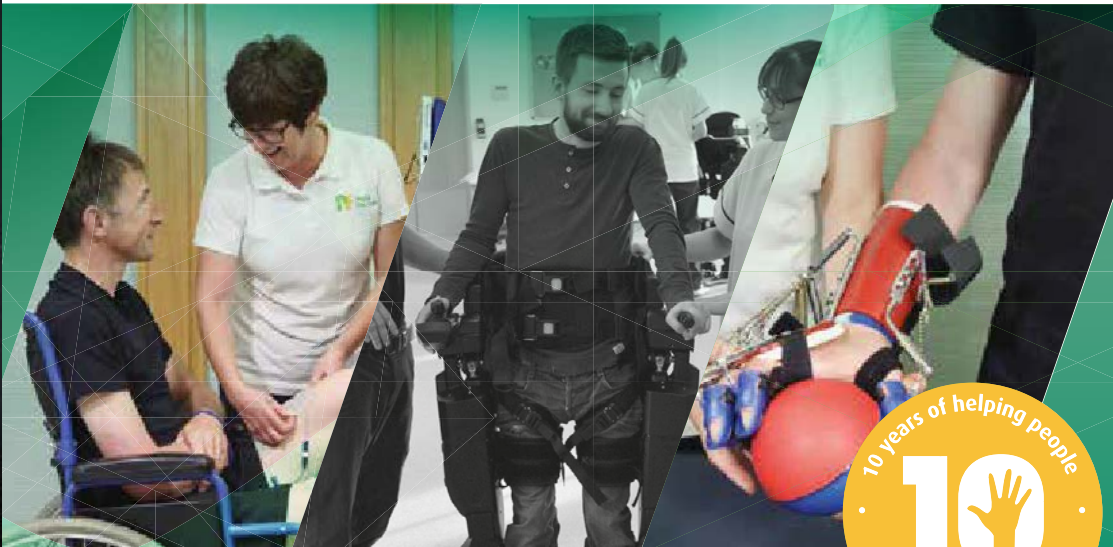
Around 8 weeks out from something important I'll start to be very strict with my diet and ensure everything I eat is accounted for as I stay under 50g of carbohydrates per day. My training will include 2 cardio sessions and 4 weight sessions per week. Cardio will be one session of HIIT and one of LISS. Around 4 weeks out I'll drop my carbohydrate intake to 30g per day and increase my cardio sessions to 4 times per week and reduce weight sessions down to 2-3 times per week, which will be full body circuits. The cardio sessions will be HIIT and LISS, 2 of each performed first thing in the morning before breakfast as fasted cardio.

The supplements I used to help me along the way were LA Whey Gold to increase my protein intake, Norateen Heavyweight II to aid with muscle growth, Sculpt to protect my muscle when

dieting, Limitless for energy and mental focus and Thermoxen for help suppressing my appetite. I also like to use a combination of Possessed and Vasculator to get a good muscle pump in my workouts and Repo for muscle recovery.

If you only want to use this diet for a short term weight loss goal to drop body fat within 3-4 weeks then you can skip straight to what I do from 4 weeks out and just stay extra vigilant with your diet and training to reach your goal.

If followed correctly, within a few weeks you'll have an impressively toned physique ready for whatever goal you've been training hard for. People will admire it and you'll be asked what is your secret! You will also be able to pull this diet and training plan out of the bag whenever you have something else you need a deadline to be ready by. But don't take my word for it, give it a go and see the results for yourself!



Maximum Independence Optimum Mobility

For more than ten years **PhysioFunction** have been helping people to maximise their independence following life changing events such as stroke acquired brain or spinal cord injury and other neurological conditions. When other healthcare services have reached the limit of their time and resources we can often pick up the baton and help our clients continue their rehabilitation journey to reach their potential.



Services

Our services include:

- Neurological Physiotherapy
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- FES Cycling
- Neurofit
- Hydrotherapy
- Home exercise programmes
- Medical reports for legal purposes

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PhysioFunction offers both clinic-based appointments at our growing list of centres across the UK or home visits.

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or email us at:
rehab@physiofunction.co.uk

ZORAN'S BLASTING ARMS

BIG ARMS ARE DESIRED BY EVERY WEIGHTLIFTER. EVERY NEWBIE JOINING THE GYM PROBABLY JOINED BECAUSE HE WANTS TO HAVE BIG ARMS TO LOOK IMPRESSIVE FOR THE LADIES. IN THE GYM YOU'LL FIND PEOPLE PERFORMING ALL KINDS OF STRANGE EXERCISES WHEN TRAINING ARMS BUT THE TRUTH IS BICEPS AND TRICEPS ARE SMALL MUSCLE GROUPS WHEN COMPARED TO CHEST, BACK, ETC. OVER COMPLICATING THINGS WILL NOT MAKE ARMS GROW BIGGER; FOCUSING ON KEY FUNDAMENTALS WILL. THEY CAN BE TRAINED IN A VARIETY OF WAYS; DROP SETS, SUPER SETS, IN CIRCUITS OR THROWN IN WITH MAJOR MUSCLE GROUPS.

I generally train arms twice a week. When training chest I'd throw in a few exercises and blast my biceps. The same goes for triceps when training shoulders. On days when I'm solely trying to concentrate on my arms I'll dedicate a super-setting session to them. I've spoken about super-set training before; performing two exercises one after the other with no rest in between.

I DO THE FOLLOWING EXERCISES TO BLAST MY ARMS, WHICH TRIGGERS A RESPONSE FROM THEM TO GROW BIGGER.

DUMBBELL BICEPS CURL & DUMBBELL ONE ARM TRICEPS SCULL CRASHERS

First exercise as a warm up I'd start with dumbbell one arm triceps scull crushers super-setting with dumbbell bicep curls. Light weights and high reps to get the blood flowing in those muscles.

CLOSE GRIP BENCH PRESS & BARBELL CURLS

I love bench pressing and besides chest, the secondary muscle group dealing with the load of this compound exercise are triceps. By performing this exercise using a close grip triceps are more activated. Generally I would go heavy, squeezing 6-8 REPS FOR 5 SETS. SUPER-SETTING WITH BARBELL CURLS FOR THE SAME AMOUNT OF REPS.

"OVER COMPLICATING THINGS WILL NOT MAKE ARMS GROW BIGGER. FOCUSING ON KEY FUNDAMENTALS WILL"

CABLE TRICEP EXTENSIONS WITH ROPE & HAMMER CURLS

Now, moving on to one of my favourite tricep exercises; cable extensions. The key to this isolation exercise is to focus on the negative to keep the tension on the triceps for as long as possible. I would normally super set this with hammer curls which not only pump up the biceps but also contribute to the development of the forearms as well, if heavy weighted sets are performed. 3 SETS OF 8-12 REPS.

DIPS & EZ BAR CURLS

To finish off the session with a long day lasting pump, I'd do close grip dips with weighted belt or a heavy weighted chain hanging around my neck (depending on availability). Superset it with ez-bar curls focusing on contracting the biceps. 3 SETS OF 12-15 REPS.

SOME "MUST HAVE" SUPPLEMENTS FOR LONG LASTING ARMS PUMPS

VASCULATOR & POSSESSED

ZORAN
LA MUSCLE ATHLETE

THE CUBAN CARDIO SUPER MORNING

The Cuban Cardio team love to sip on a healthy smoothie mixed with LA WHEY in the morning

I'm typically not a huge breakfast person, especially so early in the morning, but it is important to put something nutritious into your body before a workout. My Super Morning Green Smoothie mixed with LA Whey is quick, easy and tastes great! The Breakfast of Champions.

THE CUBAN CARDIO SUPER MORNING GREEN SMOOTHIE

Just combine and blend!
"My secret formula"

- 500 ml Almond milk • Spinach
- Kale
- Frozen strawberries or a banana
- 1-2 scoop LA Whey Vanilla Protein Powder

Get fit with Latin Spirit
www.cubancardio.com

Between being full-time working and a contestant on the upcoming new season of bodybuilding competitions, managing my career and family keep me extremely busy. Keeping a morning routine is what keeps me going! Hot on fire and positive as well as totally energized!

I wake up at 5 a.m. I start the day with hot water and lemon.

I then make have an espresso and sit on the couch catching up on emails while drinking the coffee and watching the news.

Then I'll make breakfast with either my shake or eggs with gluten-free bread.

Option 2 would be a rice cake topped with sliced avocado or just oats.

JUST LOOK AT WHY LA WHEY IS SO SPECIAL

- ✓ 100% whey protein, no cheaper protein sources
- ✓ Almost 50g of high grade protein per serving
- ✓ 100% natural and GMO-free
- ✓ Triple filtrated for no lactose using Patented CFM process
- ✓ No artificial colours, sweeteners, additives or flavours
- ✓ Highest level of Glutamine at 17%
- ✓ High levels of the 3 Branch Chain Amino Acids (BCAA)
- ✓ Highest Biological Value of 159+, meaning the most amount of protein deposits in your muscles
- ✓ Pharma Grade and not just food grade

- ✓ Ionic Exchanged, meaning only the best protein factions are chosen
- ✓ Cold processed, so no denaturing of protein. Most other companies use heat!
- ✓ Wheat-free, gluten-free, suitable for vegetarians
- ✓ Virtually no fat
- ✓ Very low carbs so ideal for those wanting lean muscle mass
- ✓ High potassium to sodium ratio, helping to get your six-pack abs out!
- ✓ Hypo-allergenic, thus suitable for those who are usually allergic to dairy
- ✓ LA Whey Gold gives you no gas, bloating, stomach problems or bad breath

BY **LAZARO** CUBAN CARDIO



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



*"He's just not
our scrawny little
Eric any more"*



**LA
MUSCLE**
Genuine Since 1997

**LA WHEY
EXTREME**
THE "GET BIG FAST"
PROTEIN





INTERVIEW WITH
HAL ROBSON-KANU
WELSH PROFESSIONAL FOOTBALLER

AFTER A GREAT QUALIFYING CAMPAIGN WHAT ARE YOUR EXPECTATIONS FOR THE UPCOMING TOURNAMENT WITH WALES?

I'm expecting it to be an exciting time for our nation. It's 60 odd years since we last qualified for a major tournament so it is something special which we will be relishing and making the most of!

WHAT'S IT LIKE WORKING WITH WORLD CLASS STARS SUCH AS GARETH BALE AND AARON RAMSEY?

As a group we've all been together for 7/8 years now so we all know each other and get on so well. You need world class players in any successful team and it's nice having a few of them! I doubt many teams will look forward to facing us...

TELL US ABOUT YOUR DIET. WHAT'S YOUR TYPICAL DIET FOR OPTIMUM PERFORMANCE.

My diet is high protein high nutrient based. I supplement at the right times, MMA in the evenings and Creatine at certain times of the training season. The build up to games is always the most important times and it's a time which can help you excel.

WHAT'S YOUR FAVOURITE CHEAT MEAL?

This would have to be a full English breakfast followed by a plate of pancakes, it's always nice having that the day after a win!

DO YOU SPEND A LOT OF TIME IN THE GYM? IF SO, WHAT TYPE OF TRAINING DO YOU DO?

Yes, I'm in the gym at least twice a day every day.. Mornings involves pre-training workout, movement strength and controlled activation work. After training involves stretching in the gym. And an afternoon workout involves power work in a controlled environment!

DO YOU USE SUPPLEMENTS? WHICH ONES ARE YOUR FAVOURITES?

I take a recovery Protein shake straight after training which contains high protein and a medium amount of carbs. Omega-3's are essential as well as multi-vits plus additional vitamin C, when you workout everyday it's important you don't get run down.

DO YOU USE CREATINE TO IMPROVE PERFORMANCE? WHEY? BCAAS ETC?

Creatine at certain times during the season. Whey straight after a workout, and BCAA's beforehand.



HOW DO YOU LIKE TO UNWIND WHEN YOU'RE NOT WORKING?

I like to play golf, I also clay pigeon shoot and also try and spend as much time with my family.

WHAT WOULD YOU HAVE BEEN IF YOU WEREN'T A FOOTBALLER?

I would have wanted to have been involved in football so would have probably been a coach and then been a manager!

WHO'S THE STRONGEST FOOTBALLER IN THE WEIGHTS ROOM WHO YOU'VE WORKED/TRAINED WITH?

Strongest footballer in the weights room would probably be Ashley Williams - Wales and Swansea Captain. He's a beast and plays like it.

WHAT MOTIVATES YOU?

Just a desire to give my best everyday! Work hard believe in myself and see where it takes me.

SQUATS OR DEADLIFTS?

Deadlifts

ANY TIPS FOR ALL THOSE ASPIRING FOOTBALLERS OUT THERE?

Work on every element of your game and if you work harder and longer than your opponent - YOU WILL WIN!

**A DESIRE TO GIVE MY BEST
EVERYDAY! WORK HARD
BELIEVE IN MYSELF AND
SEE WHERE IT TAKES ME**

ROBSON- KANU



BEST MUSCLE BUILDER WINNER!

There is only one supplement in the world that can quite literally get you big in one dose and that is Vasculator. When you take Vasculator before your workouts, it acts to increase pumps, vascularity and muscle definition instantly. The results can be FELT and SEEN within minutes. No other supplement can do this! Vasculator is the winner of the "Best muscle supplement" in the prestigious Men's Health Supplements Awards.

THE ONLY SUPPLEMENT WITH ALL 4 PROVEN BLOOD FLOW PUMP AGENTS

Vasculator is GUARANTEED to give you the most amazing pumps in and out of the gym. Without the "pump" and proper muscle contraction, you will struggle to build maximum muscle size. Vasculator guarantees that you get that elusive full muscle contraction each and every time. This is crucial if you want real results and fast.

Common areas to pump up are the arms, chest, back, shoulders and legs. Vasculator really is something completely different and very unique.

IT WORKS BY EXPANDING BLOOD NOT BY WATER RETENTION

The beauty of Vasculator is that it works just like or even better than Creatine and it does it by not having anything to do with water balance/retention in your body. This is why Vasculator is such an amazing product as firstly it can be taken by competitive bodybuilders even on the day of competition and secondly it can be taken alongside Creatine to give you double the results.

Vasculator enables more blood to be pumped into your muscles. This blood carries with it, oxygen, proteins, carbs and nutrients. The more pumped you get, the stronger and more muscular you will get over long term.

MASSIVE ADVANTAGE BY WORKING INSTANTLY

The huge advantage of Vasculator over other products is that it gives you almost instant results. If you regularly go to the gym and get a pump every now and then, you will be completely astonished by Vasculator's immediate power. This product has been designed to get to work instantly and make you and those around you see and feel the results.

Your gym friends and on-lookers will not recognise you...we promise! You will look like you are a "real" bodybuilder as opposed to some underweight guy working out!

**MEN'S
HEALTH
SUPPLEMENTS
AWARDS**



COMPLETELY NATURAL

Vasculator is a completely natural product and can be taken by IOC athletes as well as natural bodybuilders. This really is a hardcore bodybuilding product so is best suited to those training with heavy weights on a regular basis.

Competitive bodybuilders MUST take this product on competition day or they will regret it! You can't go on stage without the extra size & pumps.

LA Muscle were the first company to bring you Citrulline into the UK. You find this and many more powerful ingredients in Vasculator - give it a try and see what a REAL pump product is all about!

ARE YOU READY TO GET POSSESSED

THE INCREDIBLE NEW PRE-WORKOUT POSSESSED IS THE PASSIVE-AGGRESSIVE TYPE

It is extremely aggressive on the pre-workout side yet totally passive when it comes to giving you a post-workout downer! And this is exactly the kind of pre-workout you need. One that gives you an incredible kick before your workout but is not going to give you a bummer of a come-down afterwards.

The scientifically researched formula behind Possessed ensures you get the best pre-workout on the market whilst ensuring you do not get any nasty side effects. Possessed is fast becoming LA Muscle's no.1 selling supplement as there is nothing else on the market that touches it in terms of results, taste and effectiveness of formula. Possessed is 100% Pharma Grade and

If you are ready to try the pre-workout that is at the top of the league, the as a reader of the LA Muscle Workout Magazine, you are being given a very special offer.



BE *ADMIRERD*



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.

