LAMUSCLE WORKOUT COLLECTOR'S EDITION



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 ou ask them if it is the ciginal 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.



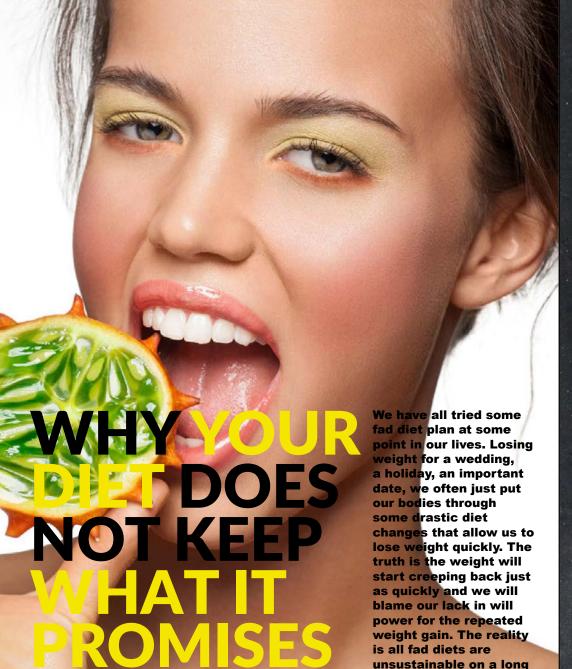
THE "REAL DEAL" CLA DOES THE FOLLOWING:

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 bodyfat (DRAMATICALLY reducing body-fat), then Sculpt is the one.



By: LINA GERACI

run. They are far too

and teach us nothing

about real nutrition.

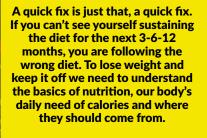
restrictive to be healthy

To put it very simple, calories come from carbohydrates, proteins and fats. The food we eat will have these three nutrients present in different percentages. Each one of them is important and allow our bodies to function efficiently. Cutting any of these macro nutrients out completely from our diet is the wrong approach to long term weight loss and a healthy lifestyle.



PROTEINS

Proteins are responsible for growth, maintenance and repair of the body. Every living cell and some tissues, like skin, hair, muscle, tendons and ligaments are made of protein. Proteins also perform various physiological functions. Digestion, for instance, is based on a series of chemical reactions controlled by enzymes which are proteins. Antibodies are also proteins. These are produced by white blood cells and help us fight off infections. Proteins are made of amino acids, 8 essential and 12 non – essential ones. The former cannot be made by our body and need to be provided by our diet, the latter can be produced by our bodies if in short supply.



FATS

Even if some believe that fats are bad for our diet, they have some very important functions. Protection of organs, control of body temperature, growth, repair and development of body tissues, uptake and storage of fat soluble vitamins, supply essential fatty acids such as Omega 3 and Omega 6, just to name a few. In particular, the essential fatty acids (EFA) are extremely important for the prevention of heart disease, blood clots,

to on heart disease, blood cites, transport of oxygen by red blood cells, controlling and reducing lipids in the blood. They are called essential because, like the essential amino acids, they cannot be produced by our bodies and need to be supplied by our diet.



CARBOHYDRATES

The main function of carbohydrates is to provide energy. Carbohydrates are always converted into glucose by our bodies before they are used as energy by cells. Glucose is stored in the muscles and in the liver and is used by muscles to contract when the exercise intensity is high.

It is very clear, reading through the above, how extremely important all macro nutrients are for the correct and efficient function of our body. A balanced diet should consist of 50-70% of carbohydrates, 10-30 of proteins and 10-30% of fats.

The percentages vary depending on the goals each individual wants to achieve, their physical activity, the intensity and type of physical activity and to some extent, age and gender. They should be applied to the Basic Metabolic Rate (BMR) of each individual as we all have different calorie requirements.

YOU ARE FOLLOWING THE LATESTFAD DIET

As mentioned before, fad diets provide quick fixes, nothing else. The weight will drop off quickly and be piled back on just as quickly. The unsustainable nature of these eating regimes make them impossible to be adopted on the long run. Aim for a balanced diet that includes all macro nutrients in the right percentage for your goals as explained before. Eat three main meals and 2 snacks to keep your sugar levels up and keep you away from irrational food choices when you are hungry.

YOU MIGHT EAT **MORE THAN YOU** ■ THINK YOU ARE

Most people underestimate how much they eat. Keeping a food diary is the best way to keep those calories under control. Many calories also come from "hidden" nutrients, those that we usually don't take into consideration because they are so minimal we think they are irrelevant. Think of low calorie drinks or low sugar sweets. Even if they contain 10, 20 or 30 calories per item, if during a day you take in 5 of them, it adds up to 50-150 calories a day, 350 calories a week. That alone could be the ence between TRY TO LOSE .

WEIGHT TOO QUICKLY

If you try to lose too much weight too quickly, you are likely to eat too little and setting yourself an unrealistic goal. Undereating will leave you feeling exhausted, low in energy, moody and at some point will lead you to over eating. Eating too little also sends your body into "starvation" mode. Your system will hold on to fat to survive, exactly the opposite to what you want to achieve. Choose a rate of weight loss that is realistic and sustainable. 1-2 pounds a week is reasonable. It doesn't sound like a lot but remember the weight that you lose slowly is the one you will keep off.

YOU ARE NOT BEING KIND TO YOURSELF

Break down your total weight loss into several smaller goals and treat yourself when you reach them. If you have 20 pounds to lose, reward yourself every time you lose 4 or 5 pounds. Celebrate! You have come one step closer to your finishing line. You saw an amazing little red dress you have been wanting to buy for ages or you have found tickets to see your favourite team play...GO FOR IT! You have earned it! It is all about feeling good in more than one way. The ultimate way is looking and feeling great about finally managing to change your eating habits for good. Learning how to keep your weight under control because you have learned about your NEEDS and not your WANTS is a step in the





BLOAT 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

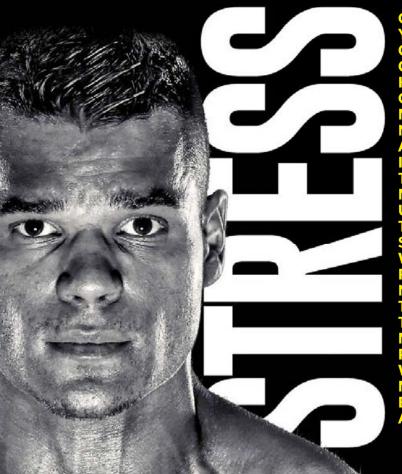
COMBATS WATER

100% NATURAL WITH NO SIDE EFFECTS

GETS RID LAYER COVERING ABS

5 EXCLUSIVE SYNERGISTIC INGREDIENTS





LAMUSCLE

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.

his 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 of all stressors placed on your body is do 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 fat depression, breakdown, depressed in system and decreased growth and meaning no matter how hard you work or how clean your diet is, your body is in surv mode and will hold onto everything it has.

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 gue and poor workance. 120 hours , 5 hours for ng, 20 hours for . Sound familiar?

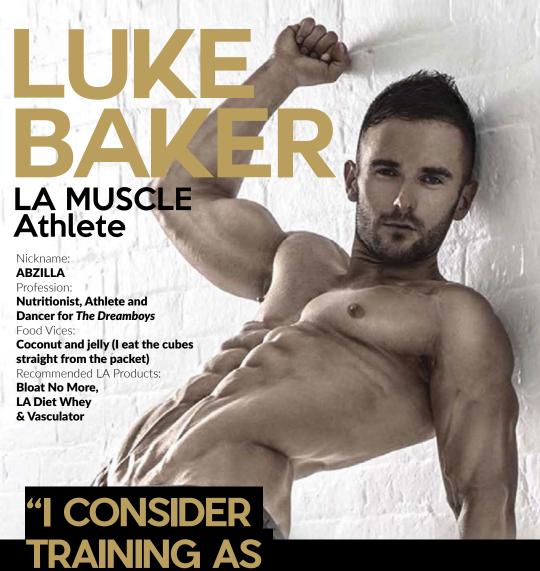
TASK:

I'd like you to w wn and identify and focus on th your primary str area which is ca gyou most stress, be lationship etc. I then itwork, finan alistic plan to address ble short/medium want you to n it,ora*s*€ e out for learning term goals. ooks or guides or meone who has been es. I'm often asked how I eliminate stress and I have two very effective methods - self hypnosis audio books and aromatherapy oils.

ROSS POTTER

Personal Trainer

NUSC



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

"I'M NOT A FAN OF ROUTINE SO I LIKE TO SHOCK MY BODY

CONSTANTLY"

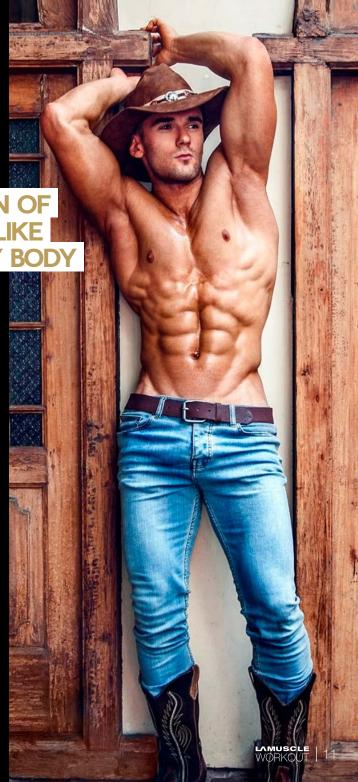
WHY HAVE YOU BEEN **NICKNAMED ABZILLA?**

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. 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 dansing in my ich walking around 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.





MONDAY (PULL DAY)

DEADLIFT 5 x 6-8

WEIGHTED PULL UPS

(20kg with wide grip) 3 x till failure

WEDNESDAY (HIIT CIRCUIT)

Step ups with barbell

Walking DB lunges

Speed ladder drills

THURSDAY

TRX abdominal exercises

Repeat Monday pull session

Repeat Tuesday push session

Weighted dips

Pull ups

Burpees

Box jumps

FRIDAY

I combine exercises such as:

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)





FAVOURITE QUOTE

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



THE BEST ABS POSSIBLE?

veryone 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 trialled this it does wonders and compliments my training nicely.



FOR ME LA MUSCLE PRODUCTS HAS DEFINITELY HELPED PTIMISE MY FAT OSS 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



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

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;

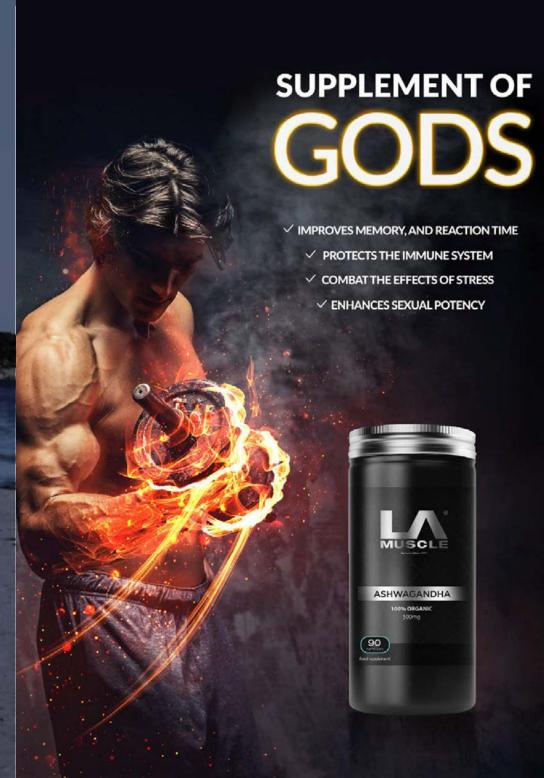
however using one arm you pull across aiming to touch the elbow to the opposing knee. This move again requires strict form and controlling a strong breath with each rep.

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 us ethe floor first then progress to a bar.

5. WEIGHTED DECLINE CRUNCH

luse 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.



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 **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 It's a very 'British' thing, than ever in the summer? Make more fat. 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

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**

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 crabs 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.

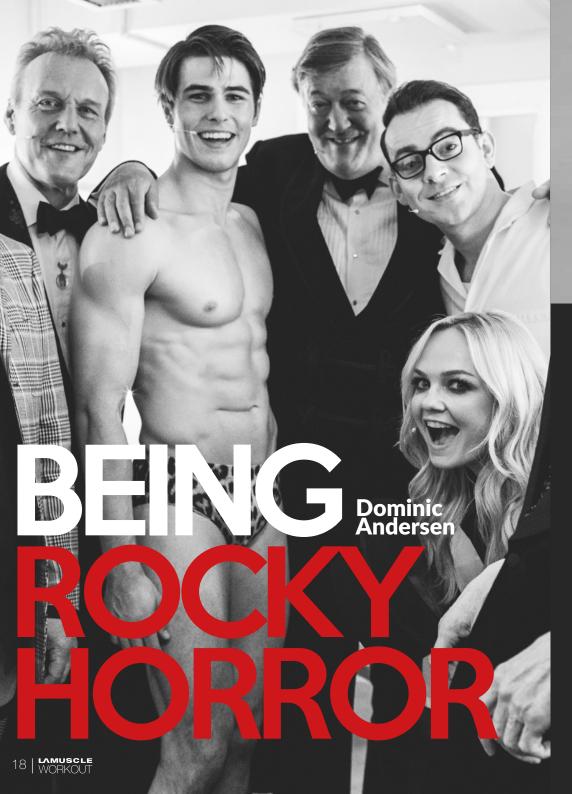
chocolate is inevitable. WHERE TO GET EFA'S You get them in eggs, meat, fish, nuts, seeds and dark green vegetables. You can also buy them in supplement form. However, EFA's are destroyed by heat, light and air, so they must be packages in dark containers, and kept refrigerated once opened. Any man -made 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.

AMY WAKEHAM

off, who cares about

the consequences. Well

there is a better way...



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...

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 eliptical. I also like to finish every session with an ab hit focusing on weighted movements one day and high rep

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!**



WORK

/ith summer fast approaching most of us are already worried 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

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

The muscles we are talking about are the gluteal muscl (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 extens

tailbone, as well as other surrounding The glute max is most active during seated or squat position and when climbing stairs. The gluteus maximus is squats, deadlifts, bulgarian split squats

THE GLUTEUS MEDIUS AND

Plav an important role in iniurv prevention because they are the primary stabilizers of the pelvis. They femur. Examples of isolation exercises include clamshells, lateral leg raises, 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 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

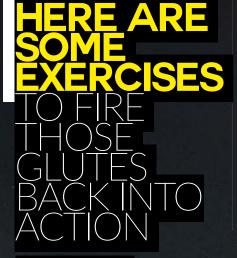
Allows us to keep an upright position needed for bipedalism. With evolution the gluteus maximus enlarged in humans to assist in stabilising the trunk while standing and counteract the high impact forces that tend to flex the trunk anteriorly during running and sprinting. Modern lifestyle sees us chair 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 vertebras. 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 (Liust thought to throw that one in!) but most importantly for the health, stability and strength of our lower back and lower body in general.



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







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.

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.

THERE IS NO SUCH THING

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.



Trainer of champions

Muscleworks Gvm

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.



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 **UPTO A POINT IS** SUPPLEMENTATION. SUPPLEMENTS WILL ONLY **WORK IF YOU TRAIN CORRECTLY. NOT JUT BY** HOW HARD

SIX PACK PILLEXTREME

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 alik 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 norma 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 metaholism

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 tha 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 of Six Pack Pill Extreme. Do not accept copies of 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

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.

MUSCLE



OPTIMISING WEIGHT LIFTING

2 OF THE MOST COMMON DYSFUNCTIONS AND HOW

TO FIX THEM

o 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

I. 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.

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 its 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!

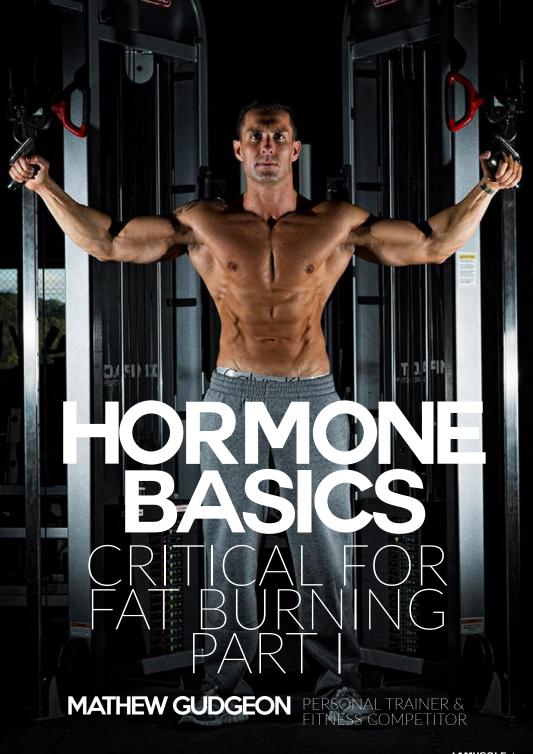
Whether you are in pain or not, at Function360 we ensure each assessment is tailored to your individual needs, your problem areas are addressed and fixed, and the areas that are not yet problems, will be addressed before they develop! We aim to optimise your performance in your daily life AND your sport.

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



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

ost 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 our 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 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

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

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, resveratol, probiotics, Vitamin K, carnitine and green tea to name a few.

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 usin 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 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 sulin levels and prevent the body from using fatty acids as energy.

As with all diets, there 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!

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

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.

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, lethargicness 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.

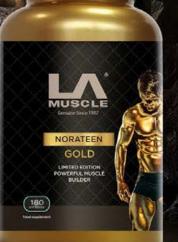
If you only want to use this diet for a short term weight loss goal to drop body fat within 3-4 weeks then you can skip straight to what I do from 4 weeks out and just stay extra vigilant with your diet and training to reach your goal.

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!



A VERY LIMITED EDITION "NEXT LEVEL"
NORATEEN PROVIDING THE MOST FERTILE
ANABOLIC ENVIRONMENT FOR OPTIMUM
MUSCLE & STRENGTH BUILDING, NORATEEN
GOLD CONTAINS THE VERY BEST HIGHEST
PHARMACEUTICAL GRADE ANABOLIC
ACTIVATORS IN THE WORLD IN A FORMULA
UNLIKE ANYTHING ELSE EVER PRODUCED.





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.

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 crashers 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

ZORANLA MUSCLE ATHLETE



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

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 D0?

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 multivits plus additional vitamin C, when you workout everyday it's important you don't aet 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?

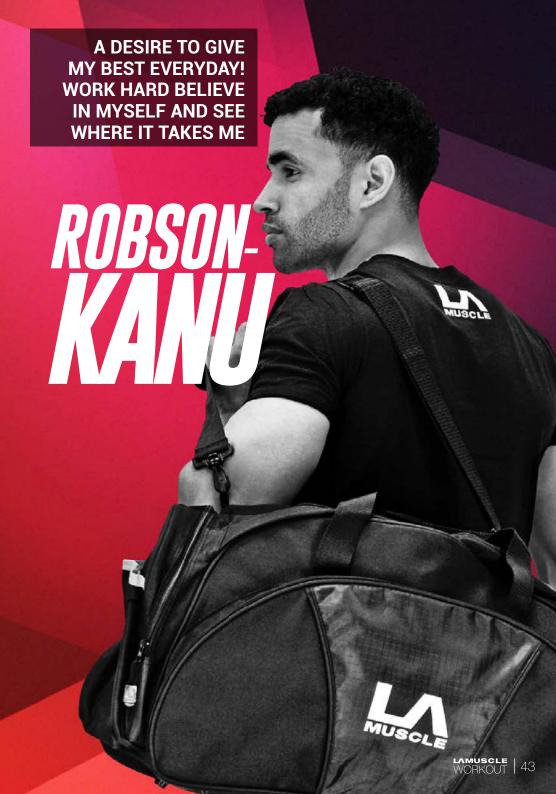
Just a desire to give my best everyday! Work hard believe in myself and see where it takes me.

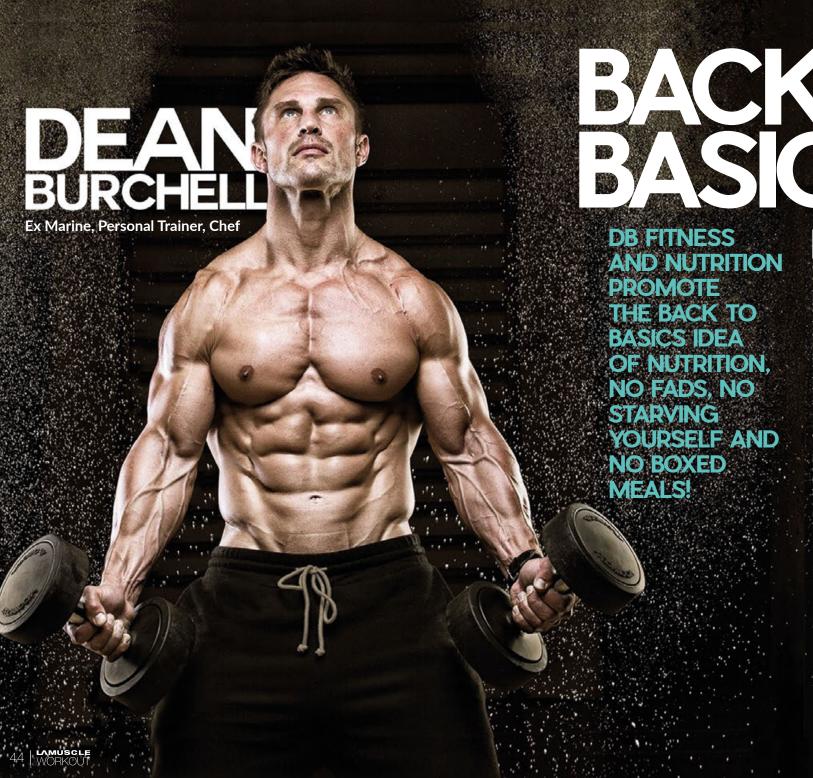
SQUATS OR DEADLIFTS?

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!





ACK TO ASICS

ack to basics (B2B) is an effort to eat like we used to back in the day, with a significant move away from processed foods.... If your Gran didn't cook or eat it, neither should you, with one exception, your cheat day! Mine is a Sunday, when I'll eat whatever I fancy. This also remains flexible, as I don't want a strict schedule to get in the way of every day life! This cheat day will shock your metabolism but remember a cheat day is to allow you to eat the things you have been restricting, not to eat to

So what is (B2B), anything we could hunt or find - meats, fish, nuts, leafy greens, seasonal veggies and seeds. Sorry, the pasta, cereal and sweets will have to go! Instead, you'll be eating things like chicken stir fry, fish dishes and steamed or roasted Mediterranean vegetables.

I don't like keeping track of how much I've eaten or obsessing over how many grams of a particular nutrient I've had (with the exception of protein). Not only do I hate counting calories but I know that calories are really only half the battle, as they're not all created equal - 400 calories of Doritos do NOT affect your body in the same way as 400 calories of high-quality vegetables or protein. If you can implement just a few of these ideas and remove certain types of food from your diet, you can stop worrying about counting calories forever.

I'D LOVE TO SUGGEST A PARTICULAR TYPE OF EATING THAT DOESN'T REQUIRE COUNTING A SINGLE CALORIE AND ALLOWS YOU TO EAT
UNTIL YOU'RE NO LONGER
HUNGRY. IT CAN HELP YOU
LOSE FAT, BUILD MUSCLE
AND GET IN THE BEST
SHAPE OF YOUR LIFE.



BOD DEMETRIS IERONYMIDES DYSMORPHIC DISORDER Living and working within the fitness industry one can certainly agree that appearance is a very important aspect of it. All of us spend time

in front of the mirror checking out our looks but some definitely spend more time than others with some even unable to stop checking their appearance and become obsessive. This can go on to develop what is called a Body DYSMORPHIC DISORDER (BDD).

> his constant preoccupation on appearance and possible or imaginable body flaws is what we call BDD. BDD involves obsessions regarding the body's appearance and body image. A lot of the body flaws or the imperfections they see can be tiny but the obsessive thoughts magnify them. Some of these obsessions are so distressing for the individual that they might make them feel they are too horrible to be seen.

> Some behaviors accompanied by BDD are compulsions and avoidance. Compulsions involve 'fixing' the tension caused by the obsessive thoughts. This can provide a temporary relief from the painful distress and tension caused by the distorted body image. Avoidance behavior is also part of BDD. Avoiding to be seen or covering up their face, not participating in activities, all these are examples of avoidance behavior that a person with BDD can exhibit.

FIRST PLACE?

With BDD being closely linked to Obsessive Compulsive Disorder (OCD) anxiety disorders and depression. experts argue that serotonin is to blame here. Serotonin is one of the brain's neurotransmitters and problems in controlling serotonin can lead to anxiety disorders, OCD, depression and in our case BDD. Obviously some people are more prone to serotonin imbalances and that's the reason behind why not everybody develops BDD.

An important aspect of being diagnosed with BDD is not only genetic but cultural as well. Verbal bullying, rude comments about appearance and unkind comments (usually when someone is growing up) can contribute to an increased likelihood of developing BDD. It is widely believed that signs of BDD start become evident in teen years and if left untreated can continue to adulthood.

BDD can interfere with people's lives, taking away the sunshine and introducing darkness and distress. A mental health practitioner can always help with alleviating these bad symptoms and giving back to the person the happiness and the energy to enjoy life once again.

Our world nowadays is mainly revolving around fitness, staying healthy, having a six pack and big arms, nice glutes and toned legs. Is this what health is though? Being constantly obsessed about our body parts and always seeking perfection? Yes do set your goals high, do train and ask the best for yourselves, but when this becomes an addiction I think you should take a step back and visualize things.



BY THE TIME
ARMS WERE
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TO CHANGE

The same should be said about back exercises relative to biceps, however my back would dominate the lifts and the biceps, as synergists, really didn't seem to engage that well. As with the majority of individuals training I put emphasis on general size and the pleasure of shifting big weights. By the time arms were trained it was either late in a busy week or later in a workout when I was too tired to deliver. This approach had to change, as did other aspects of arm training as was once said "you do what you always did, you get what you always got".

There had no doubt been continued developments simply lifting heavy weights as I have always done on all body parts, however tempos, rep ranges and weights hadn't changed in some time. On biceps especially I was more focused on weight than I was on form, my dominant shoulders would carry the burden of the larger loads at the expense of quality bicep engagement. This has to be one of the most common mistakes I witness on a daily basis when it comes to bicep work, yet it is sometimes hard to break convention and drop our egos. Triceps I maybe didn't vary rep ranges enough to get over humps and again tempos hadn't changed over lot of months, we tend to settle into a daily grind that doesn't change much over time and this simply causes plateaus.

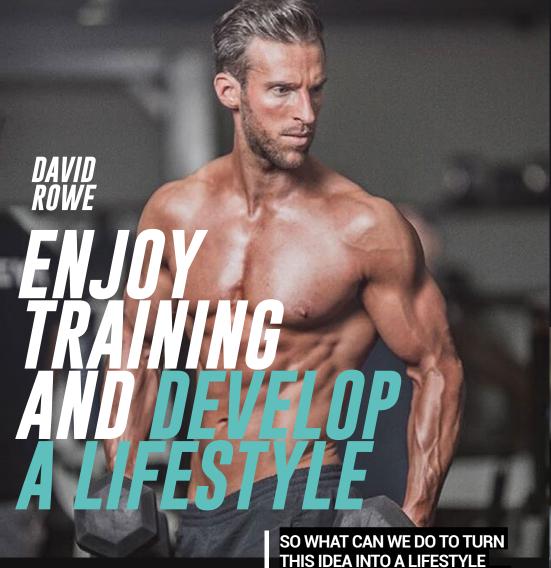


The more we practice the approach, the greater the number of fibres called into action during the range of movement and thus strength is improved, another result is hypertrophy. Now this is true when it comes to a massive load too, however at the end of the rep range of a bicep curl with a very heavy weight, the first movement of the weight likely comes from the deltoid under the heavy load. With a lighter load with the pause, we can recruit the bicep for the full range. Over this tempo or rest/pause phase of my training the loads were increased week-week, the pumps were arm splitting, the DOMS ferocious and my strength steadily improved. Variations were performed, for example a concentration curl on a 45 degree bench hammer grip with a 3 second eccentric and 1 second concentric phase, I would rotate to a supinated grip to engage the peak more effectively, a great technique outline by Charles Polloquin. Otherwise sets would include hammer grips. supinated (underhand grip) and pronated (overhand grip) in order to cover all movements the Bicep is capable of and to engage as much myofibril as possible. Triceps I did the same however with a range of compound movements too, these allow for the greatest load to be lifted and thus greater development, for example a close grip bench. On the close bench the focus was elbows. dropping close to the body just below the chest, I concentrate on generating the force from triceps (again the pause on the low point allows focus and move with pace to illicit strength gains). All exercises were stripped back to about 85% of what I would ordinarily lift at that range, at the start of my campaign. I increased approximately 5% a week for 4 weeks putting me at week four over my previous best with less than perfect form.

THE OLD BODYBUILDING STANDARD OF BACK AND **BICEPS HAD SEEN ME UNDER** LIFT ON BICEPS FOR A LONG TIME. I SIMPLY CHANCED THAT TO WORK BICEPS WITH **CHEST. THIS WOULD ALLOW A** MORE FOCUSED EFFORT ON MY PART.

Also the possibility of actively stretching the biceps during presses working as antagonists to the triceps may allow greater pump when the focus is turned to biceps. The additional benefit of the biceps working a couple days later as synergists to the back on back and triceps day maintains protein synthesis at the muscle. I would then top this off by adding an addition biceps and triceps day for a few weeks at a time. This method I ran for a couple phases including first7 when I used 7 sets of 10 on bicep exercises and 7 sets of 7 with 30-second rest at the end of workouts for crazy pumps and additional





e're nearing the end of the new year and most of us will be looking at the resolutions we made which inevitably involved fat loss, adding muscle, getting toned, fitter and going to the gym and will question have we done enough to make sure we're happy with in keeping with where we planned to be by now.

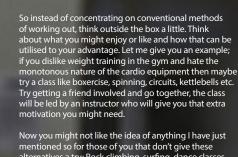
Now as we know this is a good idea in theory but when trying to execute this and even take it past that initial 4-6 week marks when the enthusiasm and motivation wears off is hard.

AND NOT JUST A FLASH IN THE PAN?
Well this is an individually specific thing but looking at what

you actually want to achieve and setting some goals will be a good start. Having the vague goal of "I am going to start going to the gym" or "I want big muscles and a six pack" will not work, it is too general. You want to ask yourself "Why do I want to go to the gym?""What do I want to achieve?"Once you have decided this you can then start to add in some realistic time frames for your changes, some goals and targets to hit like dropping half a stone in 6 weeks. With all of that in mind, how you go about achieving your goals will be different. Going to the gym, which is what everyone thinks of straight away, is only one option to choose from as there are plenty more which I will go into shortly.

NOW TO MAKE SOMETHING WORK AND LAST YOU HAVE For example if your goal is to increase your fitness and lose body fat, running on the treadmill for 30 mins, 1 hour, 2 hours might not be for you and to me sounds hideous. So why do it? Generally it will be down to a lack of expertise or guidance in this area so do not be afraid to ask for help from a personal trainer or fitness instructor to help you on your way. The fact is

that a certain exercise could theoretically be the best exercise in the world for fitness or fat loss but guess what; if you don't like what you are doing you will not enjoy it. You will get bored, you will lose enthusiasm and stop trying as hard and then, yes you've guessed it, you'll give up until January next year. My point being is that if you don't like to run - don't run. If you don't like to cycle - don't cycle there is always something else to try.



alternatives a try; Rock climbing, surfing, dance classes, martial arts, swimming, coastal walking, ice skating. Whatever it is you choose find something you like the ound of and then just do it you might end up loving it ind bingo you have found a new hobby and have met some new people. Win win. If you do then lose interest then try something else, it's not the end of the world. Fitness is all about trial and error.

Remember it does not have to be the stereo-typical gym kercises that you do. The most important factor here is to enjoy what you do and it will not seem like a chore so therefore you are more likely to continue this for a long time. This concept will cover a wide aspect of your lifestyle too from the diet you choose to the work you do. So use it to stay on track in all aspects of your life.

Now get active, get that body moving and see those results start to happen.weeks. With everything that has been said how you go about achieving your goals will different. Going to the gym which is what everyone thinks of straight away is only one option to choose from there are plenty more which I will go into shortly





hat was responsible for this endless energy? What can only be described as a permanently inspired high?

The question that triggered my curiosity was, if I recall correctly. What do you think about when you train? How do you feel when you train?

Peculiarly, even as an athlete who spends nearly two thirds of their life in the gym, to be caught off guard with such questions, surprisingly, stopped me in my tracks for the better half of a good minute? A whole minute? Never?

So, two things? As an avid enquirer of cause and effect. I moved on to ask myself, 'How the hell did that throw me?'. And two, how did it have such a powerful effect on the rest of my week and the weeks moving forward? In one word. 'Flow'.

Flow is the most desired state in existence but also the most elusive. Claremont Graduate University Psychologist Mahaly Csikszentmihalyi chronicled this phenomenon, which he calls 'flow'. Csikszentmihalyi defines flow as a state in which people, "are completely absorbed in an activity. During this optimal experience they feel, "strong, alert, in effortless control, unselfconscious, and at the peak of their abilities".

So, an attempt of explanation to my question earlier then. I have never been compelled to force a reason for doing what I do. It is an automatic inbred mechanism that appears to activate without effort; that requires no logic or acumen from me.

Simply put, when you love what you do, there is zero friction or slowing.

According to a study by Young and Pain (1999), the concept of flow is completely relevant to athletic endeavours and the term is used interchangeably with the term "the zone". The authors describe 'flow' as a state in which the athlete performs to the best of their ability. They even go as far as describing the concept as '...magical and a place where performance is exceptional, consistent, automatic...'

Significantly, sports athletes are better at hacking the state of flow than anyone else in history.

A current example would be that of Carlos Braithwaite, in the recent West Indies Twenty20 title. Taking all the headlines. He describes his mind state when he took the title," It's surreal...You know what? I Just enjoyed the moment. It was a question of backing your abilities and backing your preparations.." Braithwaite had only batted twice in the competition prior to the final but seized his moment when it mattered most with the most spectacular bowl

So, an explanation to question two perhaps? Now, fully aware of the altered mind state I found myself in? How, therefore, did it have such a powerful effect on the rest of my week?

It is a given that anyone can access the state of flow. People can a experience short burst of euphoria at any given moment during the week or if fortunate, daily.

The triggers of flow can be used for any given task. Couples connecting; a moment with friends; family bonds tightening or being enhanced. Hitting targets at work; achieving a goal or hitting a ph in training. The list goes on. The significance, however, is when you are able to gain that access and then be able to alter or manipulate your daily so that the phenomenon can be used to work to 'your' personal advantage.

Let me put it to you like this, there are individuals that have achieved a handful in their life paths, however, duly noted, without ever gaining that extra edge, or for lack of a better way of explaining it, simply put, the 'x-factor'.

HYPER-FLOW

A perfect illustration of my next point is demonstrated using Michael Jordan's universally memorable experience during the 1992 NBA championships series against the Portland Trailblazers, hitting seven 3-pointers in a row and scoring 35 points in the 1st half an hour. Jordan was so shocked by his performance that by his 7th 3 pointer, he just threw up his hands as if to say, "I can't explain it".

So it presents itself. A perfect example of an athlete accessing the 'penthouse peak' of flow. I'm calling it 'Hyper-flow' or 'Hyper Fluidity'.

'Hyper-flow' is flow but graduating with honours, the first class cabin rather than economy, and I'm not referring to class or status here, rather prestige and finesse. Huge difference. It is only at this destination where you will be able to maximise your true potential or breakthrough existing plateaus or free yourself from what I like to call a 'temporary funk'. Which every individual, whether they like it or not, has experienced one way or another in their life journey.

I guess the questions begs, whether you choose to remain in that 'funk' or move forward using both eyes rather than one, so to speak.

This terminal of 'hyper-flow' should you choose to check in and encompass it, should, in my mind, essentially be the goal or destination of every athlete. Again, true to form of the competitive, driven nature of the athlete. Or even, to a degree, the inspired individual who commits to embarking on their own journey, be it fitness, or not. Who should never, might I add, forget 'why' they chose to embark in the first place.

Acceptance and willingness are the precursor to flow. Once one has checked in to the terminal, after withstanding the various curb balls that life has thrown at them, and however slow off the blocks in the initial stages. It is here that one will gain insight into a version of your higher self; your ultimate self. Where you are able to excel for your own individuals reasons. specifically for an athlete in that hyper competitive world we live in.

THE WAY **FORWARD**

What does it take to gain access into a state of hyper flow? First and foremost, you need to place yourself in the moment of total absorption. This means focusing on nothing else but the task at hand.

Sensory systems

Even the smallest details such as deflecting from, 'what meal prep might be later on this evening,' or replaying conversations from earlier. One must, 'Shut down shop, everything stops. Only encompass that very moment that you are in. Call me crazy, but I like to think about an energy or a light encasing the lower half of my body, gravitationally pulling me to the floor. A mental state of mind that keeps me grounded. Then to enhance this state of mind, I simply turn to my sensory responses. I think about the temperature that surrounds me: how cold or warm I may be. I observe the details of objects around me; the embossed logo on a coffee cup. The feel or look of the fabric that I'm wearing or the chair I'm sitting on; and how it feels on my post-workout dom infused glutes. I am then able to disconnect from subconscious thoughts re-enforcing the razor sharp alertness necessary to fully apply myself

THE RISQUÉ YOU?

Once you have focus, you will have flow. Stemming from overcoming fear is the element of risk. Risk drives flow into the now. The brain can't tell the difference between physical consequences and emotional risk.

At times, taking a social risk every now and then can be classified as taking a physical risk. Effectively, forgive me for being blunt but the notion of 'growing some balls' springs to mind. Speak up in meetings. Tell someone how you really feel about them, positive or negative. Make the first move. Really laugh when something is funny. Really cry when you feel sad. Smash a dish or two when you're mad. Tell the truth even if it feels awkward. Perfectly pitched by Kolter, (who I will introduce you to shortly), "If you are not giving someone space to fail, you are not giving them space to risk. Move fast and break things. Engage in rapid experimentation. High consequences will drive flow and you get further faster."



BE WEIRD BE BOLD BE YOU

Those brave enough to express their individualism possess an element of fearlessness, an attribute of someone already in a state of flow.

The effect of unpredictability, novelty and the unconventional all add to channelling flow.

If you are only compelled to wear your 'Nike Atrium' as opposed to your 'Nike Sky Highs' on Tuesdays, then do so. Everyone has their own quirks and those that are selfassured enough to declare their own individualism without seeking approval, have pre-set yourself to the beginnings of the 'Flow mode'.

I also need to give mention to the environment that surrounds you, which can trigger flow. The idea is to get out of old habits and routines. When we are on auto pilot, it may be efficient, yes, and the routine may save the brain energy. but it is a flow dampener. Instead, be spontaneous, shake things up a little, and change your routine. Shock and reboot the system every so often.

A perfect example would be how Steve Jobs designed an atrium in the centre of the Pixar offices, positioning the meeting rooms, cafeteria, mailboxes, and bathrooms around it. Such conditions massively upped the amount of novelty, unpredictability, and complexity in the environment. As a result, a direct flow increase leading to enhanced innovation, and creativity.

POSITIVE AFFIRMATIONS

Approach every practice as an opportunity to only learn and improve. Avoid self-critiquing yourself with the 'negative'. Negatives do not exist in hyper-flow. There is no place here for victims. No more, "I messed up again, or "I can't get this right". Use positive affirmations. My staples are, "I'm going to do this", "This will happen," or "this is happening," 100 per cent".

Beautifully conveyed by the great Muhammad Ali, "It's the repetition of affirmations that leads to belief. And once that belief becomes a deep conviction, things begin to happen"

SCIENCE IS BUT AN IMAGE OF THE TRUTH

When you are placed in the now under your very own freeze frame effect your mental and physical ability rockets. The brain takes in more information per second, processing it more effectively.

No magical, voo-doo, guru, superpower nonsense ere, I assure you. Sounds super elusive I know. If ve only succeeded in educating you half-heartedly. hen perhaps this will give you food for thought. en a person is in a state of flow, all five potent, rochemicals are activated, massively amplifying the nune system. Definitely the way forward, owing to the fact that stress is our society's largest ailment.

st estimates from the Labour Force Survey 2015 a shocking 9.9 million working days lost per o stress. Equating to an average of 23 days

in prolonged periods of flow, stress-causing re flushed out of the body and the e and nervous systems go haywire.

ER ENDING IS LLY JUST A V BEGINNING

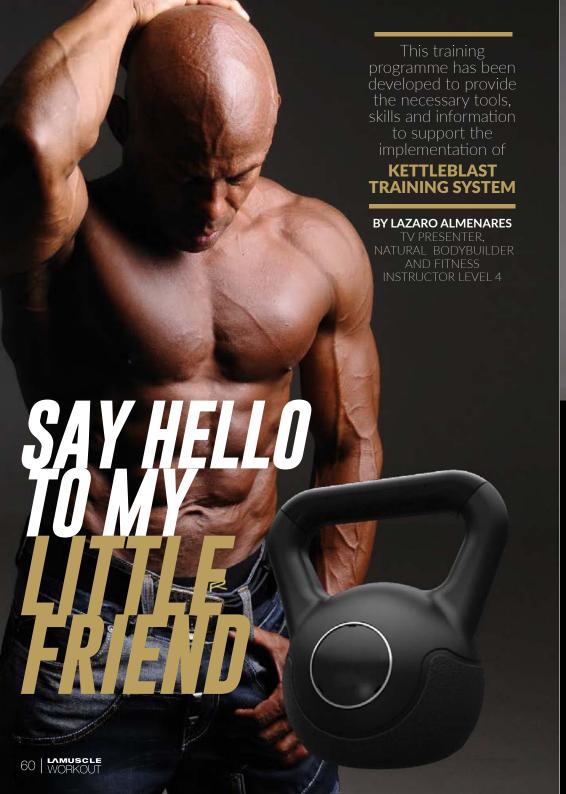
e, I wish to leave you with an experience of of flow, that of the author Steven Kotler. In hich I urge you to read) entitled the 'Rise of an; Decoding the Science of the Ultimate formance.

contracted Lyme disease and spent the of three years bed-ridden. Highlighting that tional only, about an hour a day. " I couldn't hallucinating. And I was going to kill myself t like I as a burden". Then the transition r friend reached out and demanded he go ner. "Just to shut her up, I said f*** it. Help ", he savs.

less than a minute of being in the water himself experiencing another dimension. y, his muscle memory had reactivated and ghtened. In the water he gained access to he water he returned to his disabled state. ommitted himself to continuous trips to isfying his entry to 'Hyper-flow'.

ver the course of six months he went from unctionality to 80 per cent. Kotler describes nena as having a 'quasi-mystical experience'.

science writer all he could think was, "What oing on?" Sound familiar? low effect strikes again. If you can identify can obtain it. And to maintain it, will change





The System is used by pro-athletes, celebri-

of body composition.

ties and fitness models that rely on it to help

achieve their ideal body type, fitness and level

WHY "KETTLEBLAST"?

The name Kettleblast was chosen to reflect the combination of research carried out on Russian-USA kettlebell training and Cuban Cardio Training System.

Pavel Tsatsouline the leader and founder of the RKC (Russian Kettlebell Challenge) is Cuban Cardio Kettleblast's inspiration. He was originally the strength trainer for the Russian Special Forces and moved to the USA in 1998, where he developed the RKC system. Since then, he has led the RKC community, continually improving it and making it more effective.

The Kettleblast Training System has been used to help improve the fitness of Olympians, pro athletes, bodybuilders and modelling physique competitors. In fact, it has been proven to be the fastest and most effective body transformation Training System.

WHY DO PEOPLE NEED KETTLEBLAST?

Kettlebells have gone from relative obscurity to highly popular and commercialised fitness kit. They have been rubberised even turned pink and are now available in mainstream fitness for everyone. But the boom in popularity is still at its early stages, and more men and women are looking to a deeper workout to build their fitness.

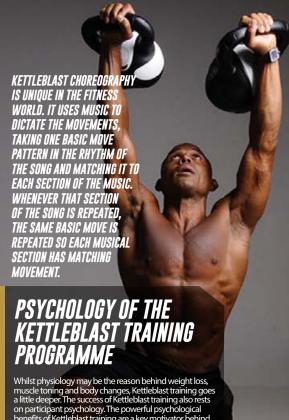
With Kettleblast, you can practice more than 100 different drills whilst saving time and space. The movements are simple and easy to learn. Participants can make very quick progress.

Kettleblast Formula

THE THREE ELEMENTS OF THE KETTLEBLAST FORMULA ARE:

K=A+M2+HIIT+W

The moves and steps have an authentic feel. Kettleblast has developed basic movements, and the formula applies a systematic approach to add variety using the whole body, fitness variations, and the beat of the soundtrack. The variation of these elements creates endless options, all built around basic movements. The unique Kettleblast training formula offers an exclusive way to revolutionise the fitness world. The combined elements of the formula result in a new and dynamic fitness experience.



on participant psychology. The powerful psychological benefits of Kettleblast training are a key motivator behind participant buy-in and a primary factor behind the programme's success.

If most fitness programmes do work, why do many participants not succeed with their ultimate goals? It is often because they lack the psychological motivation to participate actively and consistently. The Kettleblast Training Programme helps participants succeed over the long-term because:

It combines high energy and motivating music with unique moves and combinations that allow people to manage stress through exercise

It is based on the principles that a workout should be easy, exhilarating, energetic and effective. This helps participants stick to their fitness plan and achieve long-term health

It breaks the mould by making the fitness class an exciting, invigorating activity. Kettleblast is never something people feel they have to do, but rather one that they want to do. Kettleblast class participants can't wait to go to class!

It is a blast! The magic of the music motivates participants to perform movements with more intensity than if they were doing a series of regular squats or set of controlled lat

The training programme doesn't only benefit for the whole body. It is also great for the mind. It is a feel-good wellbeing workout, with a fun, party-like atmosphere that improves self-esteem, self-confidence and self-image.

THE SECRETS BEHIND THE KETTLEBLAST TRAINING

What sets Kettleblast training apart is its ability to target the entire body, from the top of the neck down to the toes. We are one big interconnected chain of muscles, ligaments, tendons and bones, all synergistically working at the same time. Kettleblast Training means motion and movement where everything is interrelated. Just as you can see the body work as one unit at the same time, our joints, bones and muscles works with one another in a synergistic way to prevent injuries, promote strength and maintain structural integrity.

We start with at feet, which are the foundation of almost all movements. The foot is an amazing, dynamic structure, a collection of 26 bones, 33 joints, 19 muscles and tendons and 107 ligaments. Your feet don't simply support your body weight: they also need to propel it in different directions, sometimes with explosive force. Foot stability is essential to healthy movement.

There is a strong connection between foot mechanics and knee positioning. When you exercise, the leg and knee can be affected by how your foot strikes the ground.

Throughout this training, we will explore how the simple vet incredible Kettleblast Workout Training System uses burpees, squat jumps, squat thrusts, lunges, jumps and more to target the entire kinetic chain. We will also look at how participants will be able to do all of this, with high repetitions and appropriate high intensity, and at any age.

The Kettleblast Training System will help participants stay strong and flexible in the hamstrings and hips, to hit core stability, and to maintain shoulder health. Kettleblast training greatly reduces compressive forces around the back joints and promotes shoulder joint integrity. The shoulder (a ball socket joint) is the least stable joint in the body. It is highly susceptible to the muscular forces behind and in front of the joint, but is also the most responsive joint to strengthening therapies. Weak muscles can create a lot of problems for any type of athlete or fitness participant. Strong muscles can reduce problems by stabilising the shoulder joints. The Kettleblast Training System targets all the muscles around the rotator cuff area with specific drills. The Kettleblast Training System will help participants stay strong and flexible in the hamstrings and hips, to hit core stability, and to maintain shoulder health.

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THE SCIENCE OF KETTLEBLAST TRAINING

TO UNDERSTAND THE PHYSIOLOGY AND BENEFITS OF KETTLEBLAST TRAINING, WE NEED TO LOOK AT THE WIDER GROUP FITNESS INDUSTRY. TYPICAL CATEGORIES OF GROUP FITNESS ARE:

AEROBIC: induces cardio and endurance, generally working at 60-85% of maximum heart rate to fuel oxygen to the muscle that is needed for performance. Participants can exercise for longer periods of time aerobically than anaerobically. Many aerobic classes follow a well-shaped curve in terms of cardiovascular intensity.

MUSCULAR: includes strength, flexibility and muscular endurance. Muscular strength is usually an anaerobic exercise, meaning no oxygen is used. The participant is working above 85% of the maximum heart rate without oxygen to fuel the muscle. Anaerobic exercises can only be performed for short periods of time before fatigue and failure or high levels of lactic acid release will occur.

INTERVAL TRAINING: includes a combination of the above two formats with interval segments of cardiomuscular-cardio-muscular or intervals of cardio-recoverycardio-recovery. An interval training format is an excellent option for both beginner and advanced fitness levels. The beginner would maintain a moderate intensity (60-80%) and the advanced would use a high intensity (70-90%), reaching the anaerobic phase. Many competitive pro athletes use High Intensity Interval Training (HIIT) to increase cardio capacity, performance levels and lactic acid level

FLEXIBILITY: includes programmes that increase and improve the flexibility of muscles, joint mobility and elasticity, range of motion and suppleness. These include stretch classes, Pilates and others.

BODY-MIND: includes voga and other classes that involve meditation and energy flow such as tai-chi and Pilates. Kettleblast Training has been structured to incorporate all five categories. It makes efficient use of class structure and allows participants to achieve the highest level of fitness in the quickest possible time.

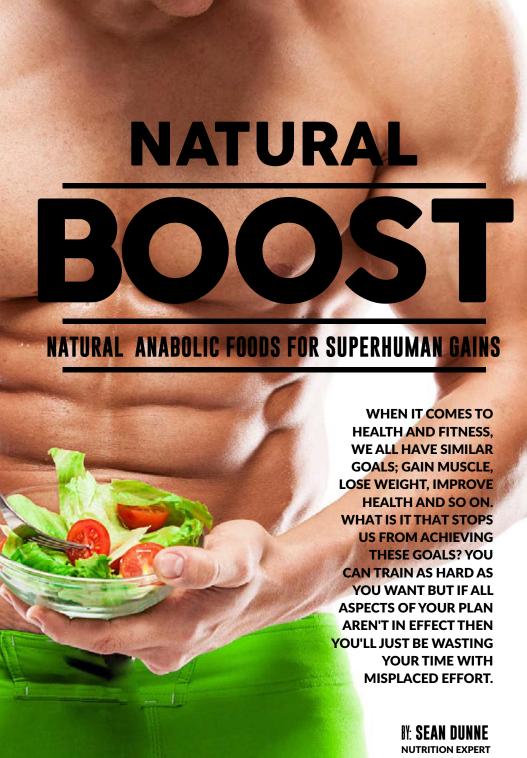
KETTLEBLAST CAPITALISES ON THE FAT BURNING, ENDURANCE AND STRENGTH BENEFITS OF AN AEROBIC WORKOUT AS WELL AS THE PHYSIOLOGICAL AND PSYCHOLOGICAL BENEFITS **OF THE INTERVAL TRAINING.** Additional benefits

include muscular development and aerobic fitness. People of all ages and levels of fitness can successfully engage in Kettleblast training, benefitting from the effective training programme offered by the unique format.

The Kettleblast Training Programme does not follow the perfect bell-shaped curve or the strict guidelines of the Interval Training. It combines aerobic and interval training with protocols of muscular fitness, becoming its own method called Intermitted Training.

Ultimately, any fitness training programme can be successful if it is achievable, safe, effective and scientifically proven to deliver results if followed over a period of time.





ith most people I talk to, I always find one of the main causes that prevent them from achieving their fitness goals to be inconsistency in their diet. Some are either on a diet for a few days and then give up, some will try a diet and then change to a different one after too short a time if they don't see good results and the others are eating the wrong types of foods for the goals they have.

Today i'm going to cover some foods that will not only improve your health but will naturally boost your testosterone levels along with a whole range of other health benefits. You may already be familiar with them as they are very popular foods but most people are not using them to their full potential so give them a try and hopefully you'll have a few extra foods that you can add to your diet for a bit of extra variety that will work wonders and make a significant change to your health and physique.

When people hear the words "anabolic" and "steroids", they always tend to think of the illegal synthetic kind that are taken to enhance performance and improve physical appearance however natural steroids are completely

THINK TESTOSTERONE, OESTROGEN, CORTISOL AND EVEN CHOLESTEROL. THESE ARE ALL NATURALLY OCCURRING

SPINACH

It seems Popeye was on to something with this one as spinach contains high amounts of phytoecdysteroids, including ecdysterone and dehydroepiandrosterone which can increase the protein synthesis of cells by 20% and reduce protein degradation. Ecdysteroids are also considered to be the best kinds of natural steroids found in plants. Spinach is also a natural nitrate so it can increase nitric oxide levels in the body which will improve blood flow in the body and is also rich in vitamins and minerals.



WILD OATS

Think 'wild organic oats', these are rich in steroidlike saponins and are known for their ability to boost testosterone and luteinizing hormone levels. They're scientifically proven to increase your testosterone levels mainly because of the high saponin content. Make sure they're organic and unwashed as processed oats or if you wash wild oats will both remove the testo-boosting saponins.

EGGS

A no brainer here as eggs have long been known for their many health benefits and should be one of the first foods in any well-balanced diet. All of the egg should be consumed as the egg yolk is rich in dietary cholesterol whilst the egg white will provide bio-active amino acids, which builds your muscle tissue and improves your overall health.



HOW TO GET

Do you want a flat stomach? I don't know a person who doesn't! People spend millions, if not billions of dollars, each year in the quest for a flat stomach. Right now there are about 200 or more ab exercise devices out there.
There's the ab do-it, the ab rock-it, the ab roller, the ab dolly, and so many more that you see advertised on TV and newspapers such as Al Waseet. You would think that with all of these amazing new products that most people would be walking around with that nice, lean mid-section they've always wanted. Unfortunately, that's not how it

Most, if not all of these products, will do little or nothing to flatten your stomach. And that's because these exercise contraptions cannot eliminate the layer of fat that lies on top of your abs.

In order to be successful at thinning your waistline you must have a basic under standing of how the ab muscl function and how your body burns fat.

The first thing that needs to be understood is the difference between fat and muscle. Fat is excess calories and is primarily stored in layers on top of muscle tissue. Muscle is made up of fibers that contract or shorten to produce movement. Fat cannot turn into muscle and muscle cannot turn into fat! However, you can lose muscle and you can gain fat. That's what happens to most

So if your goal is to thin your waist line and have a nice flat stomach, the first thing you need to do is decrease / eliminate the layers of fat that are on top of your abs. We all have a flat stomach; it's just some of oar's are covered by excess fat.

The most effective way of flattening your stomach is a combination of strength training (with a extra focus on mid-section), cardiovascular exercise (short, hard workouts), and stable blood sugar (keeps you from adding additional fat and makes it easier for the body to use body fat for fuel).

YOU MUST DO SOME ORM OF PROGRESSIVE

STRENGTH TRAINING
The primary function of the ab muscle is to flex your torso forward. However, there are also muscles that flex your torso to the side and muscles that rotate your torso. Often times you see people on their ab roller every day doing hundreds of crunches or sit-ups.

If you want to effectively strengthen your stomach you need to incorporate the following types of exercises:

THE EXERCISES

SICYCLE MANOEUVER

Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head. Bring knees up to about 45-degree angle and slowly go through a bicycle pedal motion. Touch your left elbow to your right knee, then your right elbow to your left knee. Keep even relaxed breathing throughout.

Stabilise your upper body by gripping the handholds and lightly pressing your lower back against the back pad. The starting position begins with you holding your body up and legs dangling below. Now slowly lift your knees in toward your chest. The motion should be controlled and deliberate as you bring the knees up and return them back to the starting position.

CRUNCHES ON EXERCISE BALL

Sit on the ball with your feet flat on the floor. Let the ball roll back slowly. Now lie back on the noor. Let the ball roll back slowly. Now lie back on the ball until your thighs and torso are parallel with the floor. Place hands behind your head (or cross your arms over your chest) and slightly tuck your chin in toward your chest. Contract your abdominals raising your torso to no more than 45 degrees. For better balance, spread your feet wider apart.

RTICAL LEG CRUNCH

Lie flat on the floor with your lower back pressed to the ground. Put your hands behind your head for support. Extend your legs straight up in the air, crossed at the ankles with a slight bend in the knee. Contract your abdominal muscles by lifting your torso toward your knees. Make sure to keep your chin off your chest with each contraction. Exhale as you contract upward; inhale as you return to the starting position.

REVERSE GRUNCH
Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head or extend them out flat to your sides-whatever feels most comfortable. Crossing your feet at the ankles, lift your feet off the ground to the point where your knees create a 90-degree angle. Once in this position, press your lower back on the floor as you contract your abdominal muscles. Your hips will slightly rotate and your legs will reach towards the ceiling with each contraction. Exhale as you contract; inhale as you return to the starting position.

TRADITIONAL CRUNCH Lie on your back with knees bent and feet flat on the floor in front of you. Lie on an exercise mat rather than hard floor to prevent back strain. Position your feet hip distance apart. Place your hands behind your head so that your thumbs are tucked behind your ears. Hold elbows slightly out to the sides and keep chin pointing upward. Curl up and forward lifting your head neck and shoulder blades off the floor. Make sure you're not pulling your head forward with your hands.

The abs, are muscles just like any other and should be worked at most 3 times per week. You also want to make sure you are training them progressively, working them harder each time.

2.USE CARDIO WORKOUTS TO INCREASE METABOLISM

Cardio workouts are important because they CAN, if done correctly, increase your metabolism for 4-24 hours or more! This means you are less likely to store any excess calories as body fat because they are more likely to be used by your elevated metabolism. Plus, you are more likely to burn off some excess body fat.

A sample interval workout that can be done with just about any activity such as (walking, bicycling, swimming, stair climbing, etc.).

3.STABLE BLOOD SUGAR IS THE KEY And most importantly, you must stabilize your blood

sugar! This is by far the most important factor when it sugar! Into is by far the most important factor when it comes to burning away that excess body fat and keeping it off! To effectively stabilize your blood sugar you must feed your body frequently; like every 2-3 hours. The key is to give your body only what it needs at that time. Your body burns calories 24 hours a day, so, why would you only feed it once or twice a day? Give your body the fuel it needs usgatables fruits not a horsics what arraise and needs: vegetables, fruits, nuts, berries, whole grains, and lean proteins (chicken, fish, lean beef, eggs, etc.), Along with the right supplement stack such as the following

Diet Whey Six Pac Pill Extreme Sculpt Bloat No More Six PacToner



Everyone wants bigger and fuller arms. To achieve them, there are some cruwcial concepts you need take into consideration!

The basics of biceps training is curling your arms by flexing at the elbow joint, using resistance. This will improve strength and size but won't be enough to create that all round full look you are longing for.

TRAINING SECRETS FOR

BIGGER ARMS

LINA GERACI THE MAIN MUSCLES **OF YOUR ARMS** BICEPS, has two heads. A short one, best worked with your arms in front of the body (preacher curls, high cable curls...) and a long one, best worked with your arms behind your body (incline dumbbell curls, hammer curls...) BRACHIALIS, also an upper arm muscle that flexes the arm and sits underneath the biceps muscles. Even if it is a small muscle, because it lies underneath the biceps, increasing its size will push the biceps up making them look fuller and bigger. Best worked with your arms in a neutral position (hammer curls...) BRACHIORADIALIS, is the largest muscle of your forearm. It sits atop your forearm and crosses the elbow joint. It is involved in some elbow flexion movements and is best worked with overhand grip movements (reverse grip curls...) Working all four muscles instead of just concentrating on your biceps will give you an overall fuller, bigger look.

THINGS TO KEEP IN MIND WHEN TRAINING YOUR ARMS

Start with the exercise that allows you to work with the heaviest weight. Consider which exercise can you perform with more weights, for instance hammer curls or barbell curls? I guess the barbell curls wins on that quest so that is what you will start with.

CHOOSE A WEIGHT THAT IS CHALLENGING

Choose a weight that is challenging, not the same old one that allows you to comfortably reach your ten reps each and every arm day. You have just started your arm workout, your muscle fibres are fresh and can take the load so bring it on! Do an appropriate warmup then hit those biceps with a weight to manage about 6 reps before reaching failure for 3-4 sets, then continue with a weight that allows you 8-12 reps for the rest of your workout.

Hit both bicep heads by flexing your arms in different starting positions, both in front and behind your body line. Think preacher curls where your arms are clearly positioned in front of your body hitting the short head and an incline dumbbell curl where your arms are hanging down beside and behind your bodyline, hitting the long head.

Use different hand positions. By using a wide underhand grip on a barbell curl, the emphasis of the contraction is felt more on the inside of your biceps, therefore stimulating the

short head. On the contrary when using a narrow underhand grip on a barbell curl, the emphasis is more on the outside of your biceps, stimulating the long head instead.

Do chin-ups for a multi joint biceps exercise to build mass. Working biceps only engages one joint, the elbow. In order to engage more joints and work your arms harder, a chin-up is a good example as it works your lats and biceps and engages both elbows and shoulder joints.

Isolate the muscle with concentration curls or preacher curls. The fact that you are resting your arm against your inner thigh or a bench, totally eliminates any chance of momentum meaning all the work is done by your biceps. This also means you need to use a smaller weight in order to maintain good form. Keep your elbows locked when performing biceps curls to maximise the tension on your bicep muscles rather than taking your shoulders into question to perform the exercise.

Blast your brachialis, that upper arm muscle that lies underneath you biceps and will therefore make your arms look bigger by increasing its size. As mentioned before, exercises with a neutral hand position, palms facing each other, works this muscle best. This hand position also engages the brachioradialis, which is the biggest forearm muscle making it the perfect transition exercise from upper to lower arm exercises.

Don't forget to work your forearms, they are part of your arms and will assist in achieving the overall full look. As a smaller muscle, leave the forearms to last. If you try to work them first you will find some limitations in working your biceps as they assist in most of the arm exercises. If they are already exhausted you will therefore not be able to curl as much weight in your main biceps workout.

Remember that your biceps are also assisting in any back exercises. Some people like to train back and biceps on the same day referring to it as "pulling day". As the smaller muscle group, keep in mind to work your biceps after working your back. If working back and biceps on different days, keep at least two days between them preferably as your biceps would already be exhausted if you would attempt to train them the day after back day.







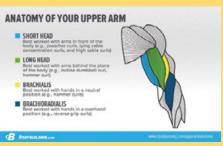
HERE ARE SOME GREAT BICEPS EXERCISES

- INCLINE DB HAMMER CURLS
- **INCLINE DB INNER BICEP CURLS**
- EZ BAR CURLS
- WIDE GRIP STANDING BB CURLS
- **ZOTTERMAN CURLS**
- BB CURLS (WIDE GRIP AND NARROW GRIP)
- **B CURLS**
- PREACHER HAMMER CURLS
- **OVERHEAD CABLE CURLS**

DON'T FORGET ABOUT YOUR BACK

Even though the muscles of your back are the prime movers on back day, your biceps help move the weight as well. That's why so many lifters train both muscle groups on the same day, sometimes called a "pull day" workout. You can arrange your split so that you train biceps after back on the same day (never before back-always train the larger muscle group first), but don't do a biceps day immediately after back day since your biceps would already be fatigued. There's any number of ways to split these body parts at least two days from each other, but keep your back in mind when devising your training split.

UPPER ARM ANATOMY



READY... STEADY...GO GET SOME GUNS! BANG!

BY LINA GERACI PERSONAL TRAINER, NUTRITION ADVISOR, FITNESS ASSESSOR FOLLOW ME ON FACEBOOK

LINA LOMBARDO GERACI

INTERVIEW WITH

RYAN LIBBEY

PERSONAL TRAINER AND 'MADE IN CHELSEA' TV STAR

SO YOU'RE A QUALIFIED PERSONAL TRAINER? HOW LONG HAVE YOU BEEN IN THIS PROFESSION FOR?

5 years, have been freelance for eight months.

WHAT MADE YOU DECIDE TO BECOME A PERSONAL TRAINER?

Passion for physical activity and being competitive. Love the thrill of physical challenges and pushing the body. Get equal merit and joy in helping others achieve their goals.

YOU'RE CURRENTLY DATING A WELL KNOWN CELEB FROM HIT SHOW MADE IN CHELSEA

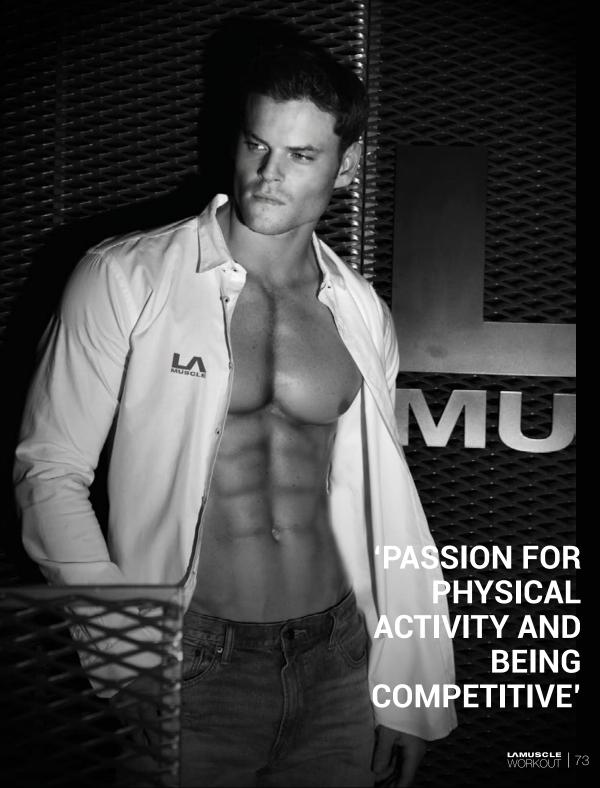
WHO IS/ WAS ONE OF YOUR CLIENTS. HOW WERE YOU INTRODUCED?

We were introduced via my brothers girlfriend who works for IMG sports brand media PR. I did train Louise once in a professional mannel but the dynamics soon changed. And now her we are...

WHAT'S IT LIKE DATING A CELEB?

Different, but nice. She's a very humble persoland handles the attention well. Having our relationship on tv is a challenge and we do face scrutiny. But things between us are strong and we are very happy.

YOU HAVE ALSO APPEARED IN THE HIT SHOW, HOW DID



SO YOU'RE SLOWLY BECOMING A BIT OF A CELEB YOURSELF. HOW DOES IT FEEL?

Exciting no doubt, but I'm not going to get ahead of myself.

WHAT HAVE YOU LEARNED ABOUT YOURSELF SINCE BEING IN THE LIMELIGHT?

Do not listen to the naysayers. Stay true to your beliefs and don't let the opinion of others sway you.

DO YOU FEEL MORE PRESSURE TO KEEP IN SHAPE?

I have a very strong intrinsic motivation to be in great shape, but I guess in all honesty, now I'm more conscious of keeping up appearances.

WHICH PART OF YOUR BODY ARE YOU MOST PROUD TO SHOW OFF?

My back

WHICH PART OF YOUR BODY DO YOU DISLIKE THE MOST?

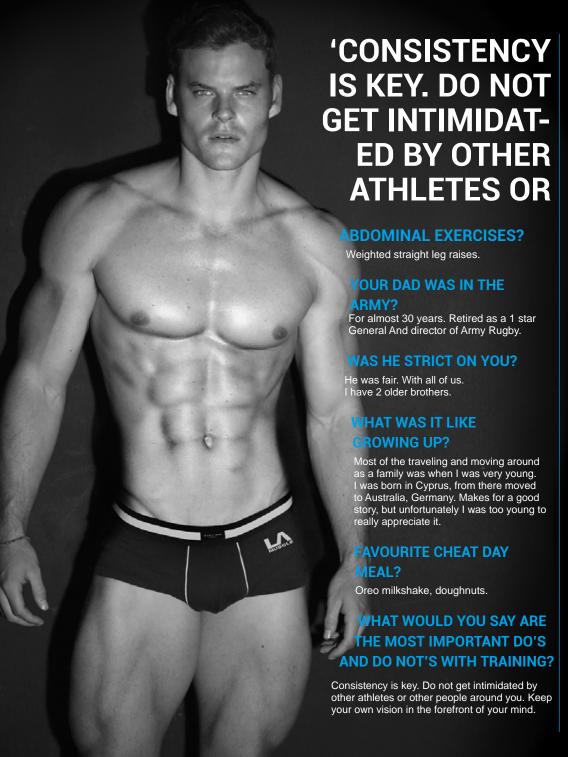
My calves

WHAT DOES YOUR TYPICAL WEEKS TRAINING CONSIST OF?

Combination of weights and cardio.

I like to vary the reps and set range, to allow for overall peak condition and stimulate the muscles in different ways.

WHAT ARE YOUR FAVOURITE



IN GENERAL, HOW WOULD YOU ENCOURAGE PEOPLE TO CARE MORE ABOUT THEIR FITNESS AND WELLBEING?

We only have one body. This is the best instrument we will ever have. Enjoy the process of getting fit and the reward that comes with it. Do it for the right reasons, for your reasons. It doesn't have to be for the admiration of others. It runs deeper than that, especially if you expect to see real results.

DO YOU TAKE SUPPLEMENTS? WHICH ARE YOUR FAVOURITES AND WHY?

I take whey protein, typically LA Whey after training sessions to help with muscle recovery and repair as well clamping down on the cortisol in my system post workout.

I take BCAAs during every session such as 311 BCAAs or REPO by LA Muscle, regardless of the style of training. BCAAs allow me to recover faster and preserve the condition of my muscle. I also cycle with creatine, during stages of the year. A Creatine such as Explosive Creatine gives my muscles a fullness and added condition.

DO YOU HAVE ANY ROLE MODELS?

Steve cook and Anthony Joshua

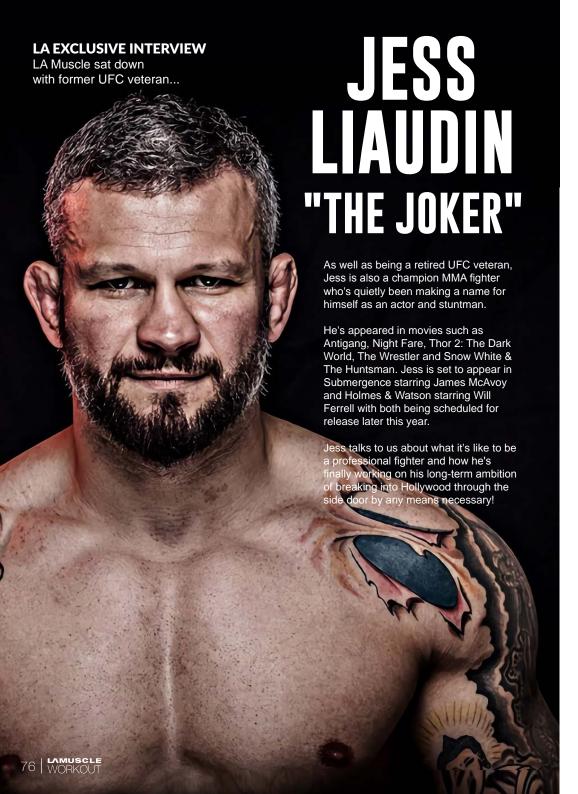
WHERE DOES YOUR MOTIVATION COME FROM?

Strong desire to be the best version of myself possible. Because of my profession, as a personal trainer, sponsored athlete, and fitness model, I want my physique to be the best advertisement possible.

HOW DO YOU LIKE TO UNWIND IN YOUR SPARE TIME?

I like to relax with a movie. I like to cycle around London and explore new places. I love to spend time with family and my new baby niece Sophie.

74 | MORKOUT



HOW LONG DID YOU DO MMA FOR PROFESSIONALLY AND IN WHAT EVENTS?

I started Martial Arts at the age of 8 and began competing by the time I was 16. At this time I was competing in Thai boxing and in 1993 I fought in Houston aTexas and won a Kickboxing championship. Because I was the only foreigner competing I found that all of the other competitors wanted to chat to me. The first ever UFC had taken place only a few weeks earlier and everybody was talking about it. The following day I watched the tape from the event and from there I knew that is what I wanted to do. As that type of competition was fairly new, it took a few vears for it to gain momentum. In the meantime I was fighting in various style around the world until I settled down in London in 1996. I started competing in MMA in Europe around 1998. In the beginning we fought in small events or as part of unlicensed boxing matches but by the mid-2000's the sport began to grow and we started to compete in a sold out Wemblev arena. I signed with the UFC in 2006 and before I knew it I was knocking out my first opponent in front of 20,000 people at the 02 arena and live TV around the world.

WHO IN YOUR OPINION WAS YOUR TOUGHEST OPPONENT?

Myself. I know it sounds like cliché, but that's because it's true. So many skilled fighters lose because they can't put it together mentally on the day. It doesn't matter how good and tough you are but on fight day you have this massive weight on your shoulders, that is the pressure to win, perform, fear of getting knocked out, having your contract renewed, title hope or title defence etc ... this type of pressure will slow you down and can literally eat you alive. The only thing you want is to shake it off because it's literally crushing you. As soon as they called my name and I began my walk towards the cage it all flew away and you are slowly getting into your element, but sometime it doesn't work that way. That feeling can come from many things but that usually because that there is more at stake. Once again you can brush it of as soon as you start moving around and land a few strikes - but if it doesn't go your way and your opponent gets you first with a take down or he's controlling you against the cage or it is is just something that stops you from getting into your rhythm. If this happens, the fight becomes a nightmare. Most fighters don't give up because they get hurt, but because they just want this

pressure to go away as if it's chocking them out. Now knowing this, you may understand a bit more what fighter mean when they say that they are their own biggest oponent.

WHO DO YOU MOST ADMIRE IN THE INDUSTRY?

In the beginning I wasn't a fan of the sport, for me it was an ultimate way to test my martial art skills and that's the first thing that appealed to me, but by the late 90's I discovered the Japanese MMA circuit and some of the charismatic and well rounded fighters like Hayato Sakurai or Rumina Sato and that's when I really started appreciating the fights. Frank Shamrock was the first MMA athlete with a well rounded skill and great athletic ability so he had a huge impact on me. At the time I also really liked Bas Rutten and the young Vitor Belfort. Today I really enjoy seing Demetrious Johnson fighting and I am very appreciative of what Conor McGregor has done for the sport.

"ON A FIGHT DAY YOU HAVE THIS MASSIVE WEIGHT ON YOUR SHOULDERS, THAT IS THE PRESSURE TO WIN"

DID YOU ALWAYS WANT TO BE A FIGHTER? HOW DID IT BEGIN?

No. you could say that I became a fighter by accident. As a kid I was very introverted and didn't have any friends. I used to get physically abused by my father nearly on a daily basis. To the point that one day I went to school with two black eyes. So the only thing I wanted is to stay by myself locked in my room. So even though I started martial arts very young I wasn't competitive at all. in fact I would let people beat me up. At 14 I left home and stared my new journey as an homeless person before moving to a special care centre. From then I became a lot more competitive to the point that I wanted to prove I was the best all of the time. Back then I didn't want to become a champion with belts around my waist, all I wanted to do was to test my martial skills in real combat.

For me doing kicks in front of a mirror and wrist lock on willing opponent wasn't enough, I wanted to use all those moves in a real fight against another skilled martial artist, and that's how my career started without me realising it because all the fights offered to me started coming at me very quickly due to my agressive and acrobatic style. Also it was a great way for me to express myself creatively. Before you know it you have over 60 fights and have starting fighting in MMA professionally. I had to press the reboot button at one point in my MMA career after a pretty bad losing streak. I realised that all of the fights that I had won up to then were by natural ability and by that point in my life I hadn't yet trained like a professional athlete. It was at that point that I realised that I was a professional fighter and that I had to decide what I really wanted to do; give up or start the journey of becoming an athlete. I picked the second option wish took me to the UFC and eventually a world title.

"FOR ME DOING KICKS IN FRONT OF A MIRROR WASN'T ENOUGH, I WANTED TO USE ALL THOSE MOVES IN A REAL FIGHT AGAINST ANOTHER SKILLED **MARTIAL ARTIST"**

WHAT KIND OF TRAINING ARE YOU **DOING THESE DAYS?**

I'm nearly 44 years old and my body is pretty beaten up, so I do what I can. I usually do 10 training sessions a week, I usually train at 8 am and 5pm with between 45min to 90min sessions. Four times a week I lift weights, once a week I do a circuit training and all the other session are me doing some bag work or Boxing, Kickboxing, Wrestling or Grappling sparring. Due to the amount of injuries I've had over the years they've taken their toll and I can't really run anymore or train my body the way I used to.

HOW MANY BONES HAVE YOU HAD BROKEN?

I've broken my nose three times in a row, both of my wrists, two ribs, I have pieces of cartilage floating around my elbow joint, both of my ankles are killing me constantly, I have three bulging discs and my L4 is so compressed that I can hardly walk some days. That's it really!

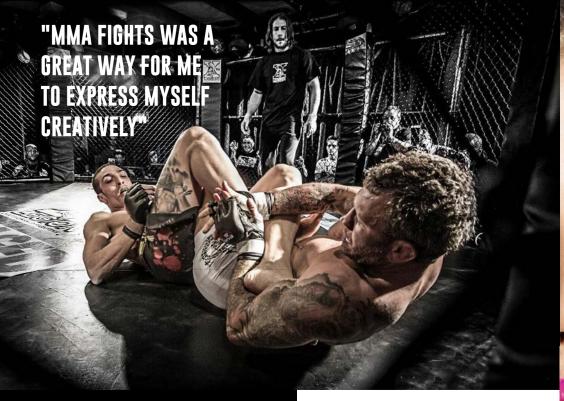
HOW DID YOU GET INTO ACTING?

As I told you earlier I had a few childhood problems. What stopped me becoming a serial killer I think was the fact that I was full of creativity and I used to spend hours drawing and writing stories either on paper or in my head, so I found refuge in my little world. In fact it hasn't changed that much, I find myself still walking around like a crazy person talking to myself with a blank face in public. But anyway, I was very creative and at 14 vears old I got myself a little job in a local video store and started to watch films and that where my love for movies started. I would watch anything from B kickboxing movies to documentaries and oscar winning dramas. It didn't take me long to realise that this is what I wanted to do. Unfortunately in the 80's early 90's they didn't have openings for a street kid like me to get into the film business, therefore it took me nearly 30 years before I realised that anyone could do it. Sure, I wasn't going to get it by the front door like the lucky ones but if I walk around the house long enough, there would eventually be a window open at some point. I started by taking acting classes and doing a bit of work as an extra followed by short films. I eventually met some stunt coordinators that recognised me who asked me to train them and that gave me the opportunity to be a SPAC (Stunt Performer & Co-Ordinator) and do a few stunt jobs in films like Snow White and the Huntsman and Thor. Like any actor, it's often about being in the right place at the right time and to keep hustling in between jobs. I eventually started to get a few lines in small budget movies until I received my first main role in an action thriller called Night Fare. It was my big break and I quickly followed up with a French film called Antigang opposite Jean Reno. This gave me the opportunity to get a better agent and now I'm hustling like any other actor with of course the handicap of having a French accent and being incredibly good looking. Well, that is if you think that a potato head with cauliflower ears is sexy of course!

WHICH ACTOR DO YOU MOST ADMIRE?

My biggest inspiration comes from Jean Paul Belmondo, Gary Oldman, Ralph Fiennes and Emma Thompson.





WHAT'S YOUR DIET LIKE? DESCRIBE BRIEFLY WHAT YOU EAT AND FOR WHAT PURPOSE.

My diet is made up of old fashioned cocktails, Gin & Tonic and cigars..... Seriously, I competed for 24 years and that meant at least 3 fights a year, for which I trained intensively twice a day and lost between 10 to 30lbs each time. For example when I fought in UFC 89 I dropped from 14.2 stone to 11 stone and on the fight day and I didn't just walk around in my culotte on stage but I had to fight for 15 mins.

So now when you talk to me about dieting I get a chill down the back of my neck. Now, I'm exaggerating a little but you have the idea, My diet is ok, I have porridge with egg whites at 5:30, have a shake after training, chicken with rice at broccoli at lunch, sweet potato and egg white the afternoon and fish with avocado at night. That's Monday to Friday but on the week end it's pretty much no holds barred. The only reason I would diet is if I have to get my top off in a film, it's definitely not to do a selfie on social media.

WHAT'S YOUR FAVOURITE CHEAT MEAL?

Booze and I love spaghetti!

WHAT DO YOU LIKE TO DO FOR FUN, ANY HOBBIES?

Travelling. I've travelled and lived in a lot of places around the world but there is still so much for me to see. If I ever had a lot of money I wouldn't buy big boys toys, I would just travel the world Business class.

DO YOU USE SUPPLEMENTS? IF SO, WHICH ONES ARE YOUR FAVOURITE AND WHY?

Nowadays I only use a protein shake after my weight sessions because it's easy and convenient.

I take a few supplements for my joints because they're often very painful.



DANNI LEVY

Celebrity Trainer



BUT WHAT IS THE SIGNIFICANCE OF THIS DEFINITION? WHY DOES IT MATTER TO ME?

Put simply, foods are given calorie contents to define their potential to give us energy. If we don't put enough energy into our bodies, we need to source it from somewhere else in order to keep going. Our bodies are clever machines. Unlike a car, which stops moving if it runs out of fuel, our bodies will draw on energy reserves to stay active.

WHERE DO THESE ENERGY RESERVES COME FROM?

As most of us are aware, following a low-calorie diet can help us to lose weight. This is because if we leave our bodies in a calorie deficit, they often draw upon fat reserves in order to survive. There is a simple equation many dieters use to calculate the amount of weight they can lose, and that is:

1 pound of fat = 3,500 calories

It would follow then, that for every 3,500 calories UNDER our required intake we consume, we will lose one pound of body fat. Unfortunately, it's not that simple!

There are 3 main food groups, or macronutrients that most of us consume on a daily basis. These are:

- 1. CARBOHYDRATES- CONTAINING 4 CALORIES PER GRAM
- 2. PROTEIN- CONTAINING 4 CALORIES PER GRAM
- 3. FAT- CONTAINING 9 CALORIES PER GRAM

Without going into unnecessary detail, our bodies don't simply choose to draw upon fat for energy in times of deficit. In fact, depriving our bodies can even send us into starvation mode, which encourages us to store more fat in case of a rainy day.

SO IF CALORIE DEPRIVATION ISN'T THE ANSWER TO FAT LOSS, THEN WHY DO CALORIES MATTER AT ALL?

Sadly, whilst calorie restriction won't automatically lead to fat loss, consuming more calories than our bodies need for energy will almost certainly lead to weight gain.

If there was a simple equation we could follow in order to get our bodies in perfect shape, we'd all be walking round with Baywatch bodies. However, we can certainly guarantee successful fat loss if we pay attention to the following

DANNIFIT RULES:

1. EAT MORE PROTEIN

Protein is the food group needed to build lean muscle. Muscle uses more calories that fat to survive. Lean muscle bruns fat for energy. And not only that, protein contains a hormone called glucagon that helps with the fat burning process. Our bodies don't store protein as we do carbohydrates and fats, so they either need to convert them into other energy sources (such a glucose) or excrete them in our urine. This requires energy, or calories. What a bonus!

I RECOMMEND CONSUMING AT LEAST 1 GRAM OF PROTEIN FOR EVERY POUND OF BODY WEIGHT PER DAY

2. DON'T CUT CARBS COMPLETELY

Low-carb and no-carb diets have been all the rage in recent years, but contrary to popular belief, they are not the answer to sustained fat loss. Not only are there endless nasty side effects that can accompany carbfree diets, but our brains alone need an estimated 500 calories carbs per day to survive, and their first choice of energy is...carbs! Choose LOW GI carbohydrate foods such as wholegrains, lentils and pulses and dark green fibrous veg. Banish white carbs and processed foods from your cupboards.

3. DITCH THE SUGAR!

The golden key to fat loss is hidden in that evil biscuit tin. Once you find it, hold onto it, because sugary foods will make you fat and stop you losing fat! But sugar isn't always that easy to avoid- so print out my SUGAR ALPHABET and stick it on your fridge before letting anything in!

Food manufacturers use all sorts of tricks to disguise sugar in their products. These all mean sugar, but some are not so obvious!



THE SUGAR ALPHABET

Barley malt, Cane sugar, Concentrated fruit juice, Corn fructose, Corn sweetener, Corn syrup, Demerara sugar, Dextrin, Dextrose, Diatase, Fructose, Galactose, Glucose, Grape sugar, Hydrolysed starch, Maltodextrin, Maltose, Manitol, Malt syrup, Maple syrup, Polydextrose, Sorbitol, Sucrose

WOW WHAT A MOUTHFUL!





AVOCADO

The humble Avocado is a well known superfood. It is a rich source of vitamins, potassium, folic acid and cholesterol. Research at Penn State University found that taking avocado has lowered LDL cholesterol and boosted testosterone levels. It also contains 35% more potassium than a banana and a good dose of fibre. The majority of the calories come from healthy fats whilst it also contains oleic acid which is scientifically proven to lower bad cholesterol.

FAVA BEAN

Also known as broad beans, are known for their ability to increase Human Growth Hormone (HGH) and dopamine levels, both of which will help you to increase your testosterone levels. The reason behind this is due to the high content of L-Dopa, a natural steroid and a scientifically proven precursor for dopamine and growth hormone.

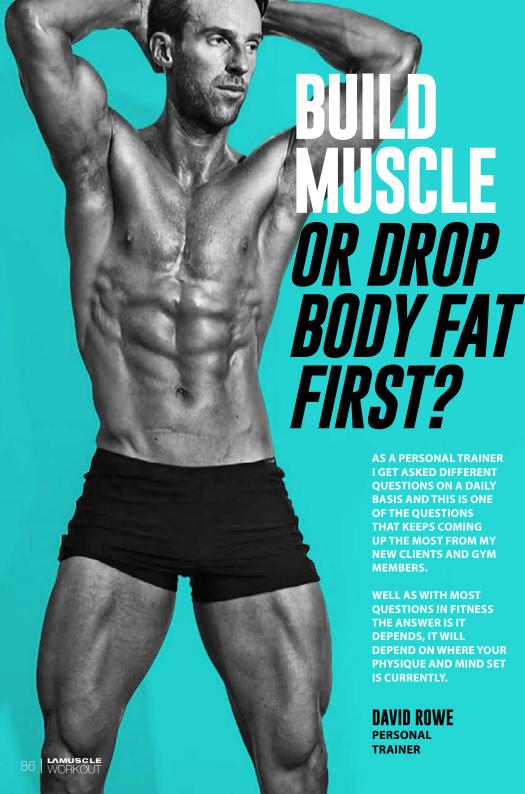


QUINOA

Similar to Spinach, Quinoa is also rich in ecdysteroids and steroid-like saponins; known for their effects to increase testosterone and luteinizing hormone. Quinoa is also high in many different testoboosting vitamins and minerals as well as being gluten-free, so it makes a perfect substitute for grains. Be careful when preparing to cook Quinoa as it should

LAMUSCLE





s a coach I believe you should get to a point that you are happy with in regards to your physique and body fat levels before looking at adding any size. So generally speaking we all usually feel better about ourselves in a leaner state with lower body fat. Now how lean will change from person to person. What I would recommend is getting to a point where you are happy first and this is why.

Psychologically speaking if you are in a place where you are happy I have found you are more likely to commit to a phase of adding muscle. You are now in the right mind set to train harder, be able to perform better and eat more so you can add that muscle you want.

Whereas if you are in a place where you are not quite so happy with how you look to start with you will typically not give it your all and commit to adding any quality size. This is because in the back of your head you will always want to be leaner. So With that as your mind set you will half-heartedly enter into a "bulking" phase and therefore not really get anywhere with your goals. So you will need to prepare your mind as well to achieve the results you want.

On another note if we are holding more body fat than we want 15-20% maybe more depending on gender, then this slightly changes our hormonal balance. So the more fat we have the higher our oestrogen levels are which will throw off our Testosterone to Oestrogen hormone ratios. So what we want is a higher lean muscle to body fat ratio this will in turn give you a better testosterone to oestrogen balance and as we know the better this is the easier it is to keep fat off and build muscle.

Another good point about dropping your excess fat first is if you are holding less so it will visually highlight the areas that you need to work on more, your weak points, as your muscles will be more predominant so you can analyse everything in its true form. You can see if everything is symmetrical, fits your frame and the look that you want.





"IN MY OPINION GET LEAN FIRST, SEE WHAT YOU NEED TO WORK ON THEN LOOK AT ADDING MUSCLE"

If you were to try to add muscle first you would obviously need to be in a calorie surplus, so basically taking in more calories than you are expending. Your calories would have to be made up of a good balance of protein, carbohydrate and fat sources which is essential. Now unless you are meticulously weighing out your food, counting your calories and food prepping on a day in day out basis you will probably add some body fat too. With that being said even if you are that strict it is probable you still will. So in my opinion get lean first, see what you need to work on then look add adding muscle.

The good thing about dropping fat first is you will look bigger anyway because when you are leaner everything is more solid looking, has more shape and detail. So the best way to look 10lbs bigger is to drop 10lbs of body fat.

In order to lose this unwanted fat you would want to analyse you're training and nutritional habits, look at getting some consistency with your eating plan and meal frequencies. What I would suggest is keeping a food diary until you have done it long enough to know what you need and not stray from your new regime. Plus this gives you an idea of what you are actually consuming regularly so you can make small tweaks to it as and when necessary.

You are going to want to be in a slight calorie deficit whilst maintaining enough food to fuel and recover from your workouts and generally maintain your energy levels as much as possible. Yes you will be hungry to a degree but get used to it, that's how we feel when we need to burn fat.

Keep your weight training plan the same as if you wanted to build muscle this will keep your muscles looking full and maintaining your muscular size. Centre your training on big compound lifts such as horizontal and vertical pressing movements, squatting and deadlifting etc. You should look at hitting somewhere in the region of 8 to 15 reps per set.

Slowly integrate some cardio to accelerate your fat burning with a mixture of LISS (Low Intensity Steady State, HIIT (High Intensity Interval Training) cardio and short weighted circuits (Metabolic Circuits) or whichever one you prefer or like to do.

Taking all this into consideration it will obviously all dictate on your starting point, so this is why I would always advise hiring a personal trainer to help construct your goals, training and diet but my advice in most instances would be get lean first then grow.





are doing some kind of sporting activity

or just training to look better or maybe,

Bodybuilding Competition.

even competing in some type of fitness of

The most ludicrous statement and advise that I have heard been given by so called self proclaimed experts and guru's doing cardio on empty stomachs as it will make you lose more fat because your stomach is empty. This the most ludicrous, stupid, backward and thick statement I have ever heard.

Trainer of champions **MUSCLEWORKS GYM**

It is all to do with blood sugar levels, glycogen levels and cortical levels that would dictate the calories that you burn while doing cardio would come from and trust me if you get that wrong your calories that you would be burning would be coming from your muscle, not fat.

The body finds it so easy to burn muscle for energy actually if it was to be even more accurate you could put on fat on top of doing it the wrong time e.g. straight after doing one hour, hour and a half of persistent training (weight training) and then going to do another hour cardio.

Reason being by then you would have depleted all your glycogen levels from your muscles and because you have not allowed enough time for your body to replenish your muscles with more glycogen or even if you did not eat enough, your body should convert fat into glycogen if you are on the correct diet with having healthy fats e.g. omega 3-6-9 what would happen is that by going straight to do cardio when the body is depleted the body sends signs to other parts and your body starts producing more cortical and also makes your muscles secrete B.C.A.A's and glycogen out of the muscles and stores it round your waist area as future energy to be used when your are under fight or flight situations which will not occur for other various reasons which it means you keep losing weight (muscle) but not getting leaner because your storing thin layers of fat in specific areas.

You should only do cardio when you are well rested, not exhausted and should never do it for long periods of time. For Example, doing 45minutes twice per day would be much better for fat lose than doing one and half hours in one session.

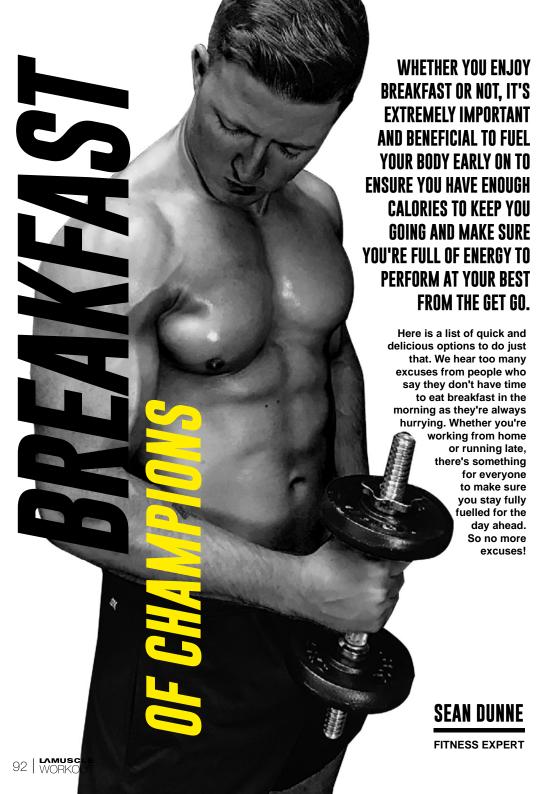
You should only do cardio when you are well rested, not exhausted and should never do it for long periods of time. For Example, doing 45minutes twice per day would be much better for fat lose than doing one and half hours in one session.

If somebody has been training doing resistant training for guite some time and then started doing cardio while they are still training the cardio will not have the same affect if someone started to do cardio only.

THE METABOLIS THAT'S THE ONLY ACTIVITY THAT YOU BUT ONLY IF ALL OTHER THINGS ARE DONE GORRECTLY.

BE VERY IMPORTANT

AND VERY SERIOUS.





EGG BREAKFAST MUFFINS

These are really effortless to make, great tasting and last all week. In a bowl blend a few eggs with some spinach, few slices of cooked bacon and some cheese. Pour mixture into muffin tins and cook for 20 mins. Let cool and then serve and enjoy. LA Tip: Store in fridge and in the morning take 1-2 muffins with you for a quick and easy breakfast on the go!

NUT BUTTER, BANANA & CHIA SEED TOAST

This is simply a different take of peanut butter on toast. Simply choose your favourite nut butter, eq. Peanut. almond, cashew, etc and spread it on two toasted slices of granary wholemeal bread, plain wholemeal bread is fine if you don't have that, top them with slices of banana and sprinkle them with chia seeds.

LA Tip: sprinkle some cinnamon on top for added flavour and fat burning!

OUINOA FRUIT SALAD

A deliciously fresh fruit salad that's quick and simple to make. Add a few scoops of quinoa along with some strawberries, blueberries, blackberries, and sliced mango to a bowl. Add a drizzle of honey and squeeze in some lime. The fruit and quinoa will provide a quick and steady boost of energy to keep you going until lunchtime.

LA Tip: prepare the night before and put in the fridge to chill it overnight for a crisp taste in the morning.





PEANUT BUTTER & BANANA SMOOTHIE

This delicious drink takes less than 5 mins to make and will fill you up for hours. In a blender add one banana, 2 tablespoons of peanut butter, 200-300ml of semi-skimmed/ skimmed milk. Blend for 30-60 seconds and it's ready to drink!

LA Tip: Add a scoop of whey protein before blending to pump up the protein content.

QUINOA & CHIA PORRIDGE

A great alternative to oats for a hot breakfast and packed full of protein and complex carbs.

In a pot simply cook some quinoa in milk (cow, soy or almond depending on preference), sprinkling some chia seeds, ground cinnamon and nutmeg in the mix. Bring to boil, simmer and stir. Serve in a bowl, adding some berries and a drizzle of honey on top.

LA Tip: Add some nuts on top to increase protein and add some crunch!





DAMN, I WANNA DO THAT AGAIN'.
FRUSTRATED WORDS RESONATING
IN MY MIND STEPPING OFF THE
WBFF ASIA STAGE KOREA, SEOUL
MAY 2016. PLACING TOP 10 ASIA.
BUT COULD I HAVE PERFORMED ANY
BETTER? I ASKED MYSELF.

How many times have we heard words that bare resemblance from a coach, a parent, a competitor or even a teammate?

'If only she could deliver like she does in practice', 'If only she would just let herself go', 'He can do so much better than this', 'He has so much potential.' The list goes on. As an athlete or any individual for that matter, you will be subjected to the 'pressure cooker' situation, and any given situation or sporting event can be extremely stressful with added pressure from coaches, competitors, teammates, opposition or sponsors, and perhaps worst of all the athlete themselves.

One of the biggest fears of an athlete, let's be honest is failure. Failure to miss their target, or achieve their goal, failure to place, to win, to achieve.

FEAR

I'd like to take a closer look at fear. Fear by definition is considered a reaction to something immediate that threatens the security or safety. The emotion of fear is felt as a sense of dread, alerting you to the possibility that your physical self might be harmed, thus motivating you to protect yourself.

CHANGE

Fear is a direct outcome of change, which enters into our lives at different magnitudes. It is different for all of us. Before I move on I'd like to take a moment to actually look at change. Do we really understand change? Or more importantly, what does it really take to fully embrace the changes we make.

The first step towards change is developing awareness of what is actually going on. I'm going to break it down into what Ive termed my 'DIY process of elimination'.

Identify, Accept, disassociate, delete, move-on. Question? If something is not working for you, why would you choose to stick around? Or adopt the same methods previously used when you failed? The obvious is stated, why are so many individuals stuck in the same negative mindset; the same unfulfilling line of work; the same failing relationships, be it coach, sponsor or spouse, unable to place; unable to achieve. Why? Their process of elimination remains just that, a process. Some may be stuck and forever 'identifying' or some have

identified yet refuse to accept. Whatever the case may be, their process is stagnent. Hence blocking the progression of change.

So, it presents itself, a mishmash of uncertainty, of fear, of change, do I stay or do I go.

The mind feels trauma, fear or uncertainty on a scale that doesn't make any sense. Our mind is primed to feel sorry and biased. So what do we do? How do we bypass this unfortunate block?

I'll tell you how, by removing the wool from your over your eyes, by wiping the sweat from your brow, and by bare knuckling an actual solid decision. No hesitation. The light is green and you MUST just go!

FIGHT OR FLIGHT

Stop, go, yes or no? The fear response, in it's most basic form is recognised in animals and human beings upon being threatened. One may play 'dead ' or 'freeze' or adopt a fighting response, scream, shout or any other physical action. Let's relate this to the world of an athlete. Do any of these traits sound familiar?

THE FIGHT RESPONSE

Sip of pre-workout anyone? Perhaps a dose of energy or adrenaline. Anxiety or added stress or stimulation actually causes the athlete to step up to the plate, actually improving their performance. Interestingly these type of athletes 'crave' pressure situations and you can often depend on these 'stars' to make the play.

To name a few of the greats, Muhammad Ali, Michael Jordan, Wayne Gretzky, Usain Bolt, Michael Phelps.

They are known for overcoming situations and excelling particularly when the pressure is on. The personality trait of this type of individual is usually extremely competitive and intuitive, more than likely seen as biting off more than they can chew, but handling everything that falls before them.

THE FLIGHT RESPONSE

Cruise control but not quite making the destination. Individuals or athletes who often tend to fail in situations of high pressure oftem fall into this category. This is not due to the fact that they lack the ability or tAlent, but purely because they sabotage themselves and they over think the situation. Overthinking leads to freezing up. A.K.A 'choking' in the sporting community. These type of individuals or athletes usually posess a linear, unbudgable, way of thinking and their ways are set in concrete. Yes they are intelligent and fully capable of analysing a situation, They possess the know how and what to do in pressure situations, however often fall short when their anxiety takes over.

YOUR INTERPRETATION PRESSURE COOKER TO PODIUM

We have to examine the basics of the situation. Failure can often be traced back to the way an athlete has interpreted an event or situation. Individuals who fear failure often interpret stressful situations as the odds are against them; the task is risky or unsafe, the obstacle is too difficult.

Sounds rather dramatic upon presentation doesn't it?
Being defeated before even starting. But the fact of the matter is you would actually be surprised how many would rather take the first exit or run home to safety rather than face that situation head on. The mindset alone is responsible for the 'choke' effect. Due to this mind block, doubt floods the brain, thus causing late reactions, hesitation and triggers negative thought process, their true self is not recognisable. They doubt their ability and fear that they will disappoint those that are important to them, be it their coach, teammates or sponsors. Such worry and anxiety occurs when they fet they have no control over the end result.

SOON ENOUGH IS WELL ENOUGH - DRIVE FEAR AWAY

So here we are, faced with another new year. 2017. New years resolutions, ambivalent hopes and dreams, re-evaluation of strategy, in with the new, out with the old, kind of vibe or to keep it simple. Change. This is us re-evaluating ourselves, analysing what worked for us last year and what didn't quite fit the bill.

Having already touched on change earlier. How can we make it actually work for us rather than against.

APPROACH CHANGE FREE FROM FEAR

Time and dedication is required for the development of mental skills. Mental training but more importantly 'Mental Skills Maintenance' needs to be an integral part of any athletes daily training regime. It can no longer be an optional extra but a must. I believe in a few simple steps to get the process of overcoming fear well underway. Although there has been almost three decades worth of systematic research. I choose to highlight what has worked for me. Maybe what has worked for me may be of benefit to you? Interestingly, Carol Dweck a professor of psychology at Stanford University highlights changing your mindset to disengage fear.

THE MINDSET THAT WORKS: THE GROWTH MINDSET STEPPING INTO FEAR

This is the mindset that actually allows the athlete to fail, welcoming obstacles in life because they are confident that such obstacles will benefit them. When one can silently accept their failures or mistakes they can learn from them. Thus becoming a better person and athlete from the knowledge and experience. To fear failure, dwell on the negatives, hesitate and avoid obstacles in life and sports one will never, god forbid, experience either failure or success, amounting to a less than average experience and growth that will eventually plateau or worse be non existent.

CHANCE THE PERCEPTION OF FAILURE

I never look at a situation as failure, I look at it as feedback. Why look at an end result as failure even if it is much different to what was initially expected and predicted. I look at it as an opportunity to identify areas that we are weak at and require immediate action. In addition, such feedback will help us gain clarity in how not to perform if the previous event was unsuccessful. For me, it is not failure but in fact a 'small victory' amounting to invaluable progress with my very own knowledge and self awareness. Athletes that possess the ability to produce positive elements from negative scraps no matter how large or small are the ones that will advance ahead of the rest, ultimately becoming mentally tougher.

RELAX & BREATHE

'Just take a deep breath' there really is substance behind this commonly used comforting expression. Very few people actually understand the physiological effect of such a small act of calming down.

In 1921, Otto Loewi, a german physiologist discovered that by stimulating a nerve called the vagus nerve, we can reduce our heart rate. What is this vagus nerve? Vagus is latin for wondering. The vagus nerve midst an extensive branch system rooted in the cerebellum and brain stream wanders to the lowest viscera of your abdomen touching the heart and other major organs along the way. It is the vagus nerve that constantly reports sensory information concerning the mind and the body to the brain. Heard of the saying, 'trust your gut'? In actual fact 'trust your vagus nerve' would be more appropriate. Such feelings and gut instincts are emotional intuitions that are transferred to the brain. This system works by creating an inner calm state during moments of safety or FLIGHT or FIGHT phenomena. In simple terms, stimulation of the vagus nerve triggers a neurotransmitter which acts as a tranquilliser which we administer ourselves by taking a few simple deep breaths. Moreover all the physical responses from fear such as shaking hands, sweaty palms, dry mouth, upset stomach are a result of the vagus nerve disengaging. Fortunately for us, through correct adoption of breathing we can override these responses and thus perform well under pressure.

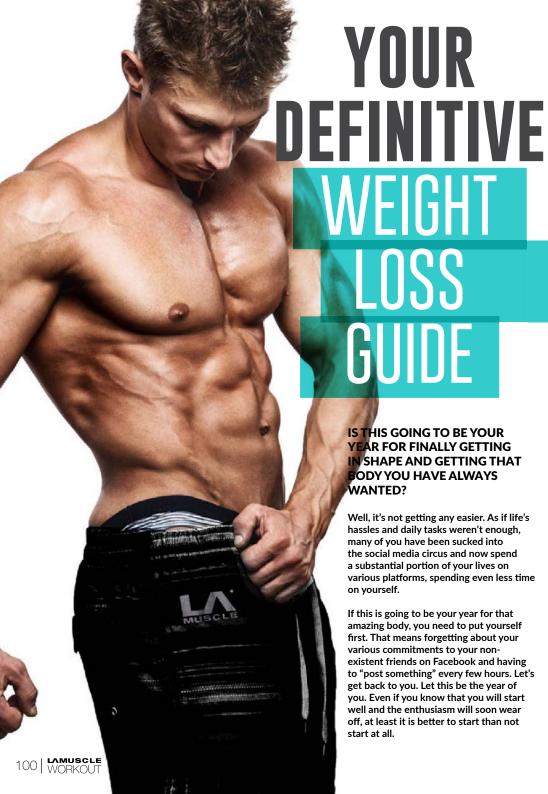


JUST KEEP GOING, NO FEELING IS FINAL

Fear will always present itself one way or another. As an athlete you will be faced with fear, it is inevitable. I have chosen to present advice that merely scratches the surface of overcoming fear, embracing change and moving forward. Yet I can't help but ask the question, as an athlete you mentally vow to follow you passion do you not? Could fear be seen as a subconscious alarm bell informing you that what you are about to do or should do means that much to you that you should stare it straight in the face, nomatter what?

FEAR STRIKES MY CHORD EVERY TIME

Six months later I stepped back into my fear on the same wbff stage, before the same judges, under the same pressure, this time, more relaxed, more self-aware, having accepted my earlier flaws, mistakes and set backs. But this time I stepped off the stage with nothing but self-fulfilment, gratification and this time the new wbff European Champion and not a single question to ask myself.





THE FIRST THING YOU NEED TO DECIDE ON IS THAT YOU ARE GOING TO CUT DOWN YOUR CARBOHYDRATES AND YOUR SUGARS.

They are the main culprits when it comes to obesity and putting weight on. You need to start thinking about having less carbohydrates as the day goes on. This means you can have carbohydrates for breakfast and some for lunch but none for dinner.

As for sugar, you need to try and halve your current sugar intake. Sugar is a big spiker of insulin and insulin in turn stores fat. Try and reduce your sugar intake if you can, as this will really help with weight loss.

An obvious culprit for excess body weight is saturated fats. Make sure you read the labels of the foods you are eating. Really obvious ones are biscuits, pastry, chocolates and fried foods.

Your main concentration should be on proteinrich foods with vegetables. Even fruit should be reduced, as too much fruit can also make you hold on to weight. Aim for having a high protein meal at every meal, with vegetables.

AN EXAMPLE OF A GOOD DIET IS:

BREAKFAST

Porridge with skimmed milk Tea/coffee Eggs

LUNCH

Lean steak or roast chicken or some other form of protein such as fish with vegetables. If you are hungry you can have some rice or potatoes or pasta but not a lot.

DINNER

Should be the same as lunch but without the carbohydrates. You should drink a lot of water spaced throughout the day as water burns fat and shifts fat out. Don't "snack" during the day as that sends a bad signal to your body and keeps you fat. Make sure you eat some form of protein "before" you get hungry. If you get hungry, your body starts craving sugars and that is not good.



EXERCISE

YOU NEED TO MOVE. MORE AND MORE, PEOPLE ARE SITTING DOWN AND NOT MOVING AND THAT IS GETTING THEM OBESE. YOU NEED TO JUST GET IN THE HABIT OF WALKING AND MOVING. DON'T SEE MOVING AS A BAD THING! VOLUNTEER TO MOVE. IF YOU PARTNER ASKS YOU TO GRAB SOMETHING FROM THE KITCHEN, EMBRACE IT! IT'S MOVEMENT!

You don't have to spend money on going to the gym if you don't have it. Make sure you are going fast walking for 45-60 minutes ideally 5-6 times a week. Running, rowing, swimming, cycling, dancing are all good.

Use the gadgets on your phone to track how much movement you are having and set some goals for yourself. You need to do more activity than you have been doing, especially if you have body fat to burn.

IF YOU EAT BETTER AND YOU MOVE MORE, YOU WILL 100% LOSE WEIGHT.



LA WHEY GOLD is a great protein to take when you don't have access to protein, when you are in a hurry, when you don't want to have meat or when you want to top up on your protein intake. LA Whey Gold has the highest protein content and concentration of any protein supplement and comes with a whole host of technological tweaks that make it the very best in the world.

LA WHEY GOLD HAS BEEN VOTED AS "THE BEST PROTEIN POW-DER" BY SEVERAL MAGAZINES INCLUDING MEN'S HEALTH.

FAT STRIPPER INTENSE is a powerful and very popular weight loss supplement that has been a best seller across the world for close to 20 years. It is ideal for men and women who want to see results fast and is 100% safe and natural. Many people are skeptical of fat burners and don't think they work. If you are one of them, then you are missing out! Proper fat burners that are scientifically formulated and proven to work such as the LA Muscle burners give incredibly fast results and as you already know, the LA Muscle fat burners come with 100% guarantee that they will work.

At the end of the day, everything you achieve is as a result of the decisions you make. You have a choice to make the right decisions for 2018 right now.

CHOOSE TO EAT BETTER, CHOOSE TO MOVE MORE AND CHOOSE TO SEE FASTER RESULTS WITH LA MUSCLE SUPPLEMENTS. THE VERY BEST OF LUCK.



YOUR DEFINITIVE MUSCLE BUILDING GUIDE

BUILDING YOUR IDEAL BODY



TRAINING

This is stating the obvious. You need to train to get muscular but HOW you train and how often, are what is important in your quest for a muscular body in record time. You must make sure that your training is very heavy and intense enough for you to stimulate new muscle growth. If you do the same weight or the same intensity, you will not get bigger.

You also need to make sure that you do not overtrain and that you give your muscles enough time to rest and recuperate. Overtraining is as bad as not training and can definitely stop you from getting muscular.

REST IS AS IMPORTANT AS BEING IN THE GYM. REMEMBER THAT MUSCLES ARE REALLY BUILT "AFTER" YOUR WORKOUT.

A good workout needs to be one where your muscles fully contract and stretch; this is why good form is important. You also need to make sure you split your body, so you are not overtraining certain body parts, especially smaller muscles like the biceps.

Ideally you need to train each body-part no more than once every 5-7 days. This is so crucial, especially if you are not using steroids and you are a natural trainer. Those people you see who are in the gym every day training the same body parts use a lot of steroids and they lose most of their gains when they come off steroids!

A good training regime is a split routine, where you train your various body parts once a week and you concentrate on large compound movements - similar to powerlifters. An Example is below:

MONDAY: CHEST, TRICEPS AND SHOULDERS

TUESDAY:

WEDNESDAY: BACK, BICEPS, FOREARMS

> THURSDAY: RFST

FRIDAY: LEGS, CALVES

SATURDAY:

SUNDAY: CORE, ABS

LAMUSCLE

NUTRITION

Nutrition is a huge part of "getting big". You really need to eat like a bodybuilder to look like a muscleman. You need to eat way over what you are used to and you need to get the idea of having just a sandwich for lunch out of your head! To get big, you need to eat big.

A good example of someone that gets big fast is Tom. He cooks a big bowl of pasta and chicken at night and he eats it the next day between 5-7 meals of it! Yes, this is what you need to eat to get big, especially if you find it hard to put size on.

You must not stay away from carbohydrates if you want to get big and you must ensure you are eating at least 5 times a day at regular intervals and that each of your meals contains a sufficient amount of carbs and protein.

PROTEIN

REMEMBER WE TALKED
ABOUT "SECRETS" EARLY
ON? WELL, PROTEIN IS ONE OF
THOSE SECRETS TO BUILDING
A BIG MUSCULAR AND LEAN
PHYSIQUE IN RECORD TIME. THE
HOLLYWOOD ACTORS THAT GO
TO THESE SPECIALIST TRAINERS
AND END UP LOOKING AMAZING
IN A FEW WEEKS ARE QUITE
LITERALLY DRIP-FED PROTEIN
HOURLY, EVEN THROUGHOUT
THE NIGHT

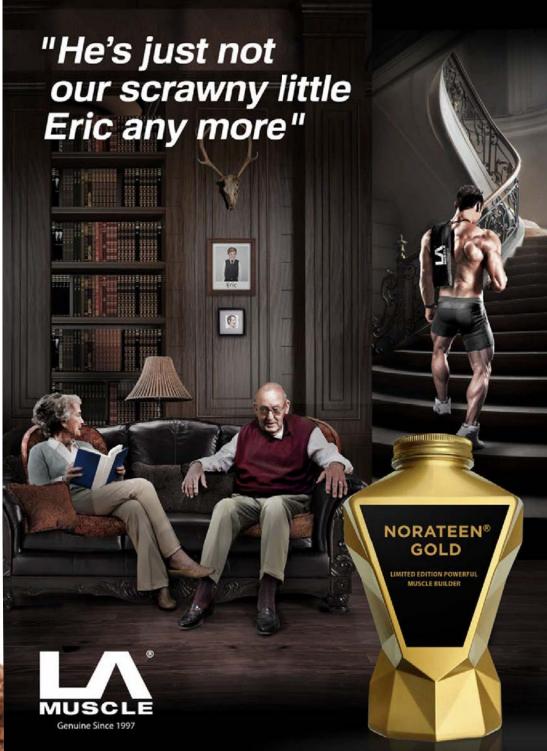


You must not neglect protein intake when it comes to building a muscular lean body. You have to aim for 2g of protein per lb of bodyweight and make sure you ARE ingesting that much every day at regular intervals. Forget others who don't know what they are talking about. EVERY top celebrity trainer crams protein into their client's bodies, IF they want to get big.

The best sources of protein are meat such as beef, chicken, turkey and fish. Many people find it difficult to cram in a lot of quality protein constantly, so this is where high quality protein powders come in. And remember, you need "high quality" to get the results you are looking for. Cheap protein will not do the job and will most certainly not get you lean.

Make sure you drink a high quality protein shake like LA Whey within 10 minutes after your workout and throughout the day, especially when you can't get the meals in.





HOW TO BUILD MUSCLES

BUT NOT LOOK LIKE A BODYBUILDER

If we had a pound for every time someone would say they want to build muscles but don't want to look like a bodybuilder, we would probably double our turnover!

It's a common misconception that if you want to get a little bit more "serious" about your weight training, you are going to start looking like a drug using bodybuilder. You should be so lucky!!!

The fact is that building muscles is not always so easy and the chances of you looking like a huge drug freak are very low. Anyhow, you are always in control of your physique and if you find yourself getting too big, you can always drop the weight or reduce the protein!

Get started and don't worry about too much size.



There are some basic rules you have to follow if you want to build more muscle size. Don't start putting a "quantity" on the desired muscle size. You want to build muscles and look decent a bit like Brad Pitt in Fight Club or maybe Mark Wahlberg or Sylvester Stallone? The majority of people don't want to look like Arnold, as awesome as he is/was to many bodybuilders.

HERE ARE 7 BASIC RULES THAT YOU MUST STICK TO:

Drop the cardio – You cannot build a decent muscular physique if you are doing every other sport under the sun. Precious calories are going to go to waste. These calories are imperative for building muscles so you have to drop the other activities as much as possible. This means in the period that you are building serious muscles, no football, running, cycling and so on.

Train hard and heavy – If you train like a kid, you are going to look like a kid! Doing 70% of your max or being afraid of increasing the weight is just plain wasting your time! You need to go hard and heavy. It is only by lifting heavy weights that your body starts breaking down and then it is "forced" to build new muscle mass. You must force it.

Build muscles but not look like a body-builder

Increase the weight or intensity every time you are in the gym – If you do not increase the weight on each exercise or at least do the same weight in a quicker space of time, you will never get more muscular. This is a fact. You must aim to increase the weight on each and every exercise EVERY time you are in the gym. Even if this is by just 500g or 1 kg. If you simply cannot do any more weight one week because you are tired or overtrained, then you must do the exercises quicker so there is more intensity.

Example of a good routine where each body part is rested for 7 days before the next session:

MONDAY: Chest, triceps, shoulders

TUESDAY: Rest, eat, sleep

Wednesday: Back, biceps

Thursday: Rest, eat, sleep

Friday or Saturday: Legs

Sunday: Rest, eat, sleep

Now by the time Monday comes, you have left a whole week for your chest, triceps and shoulders to rest and they are ready for a hard and heavy workout. You will be rearing to go!

Eat and drink extra protein - Your muscles are 70% water and 30% protein. It is imperative that you take in extra protein to help the recovery and repair process of your muscles. This is not a conspiracy to sell more protein to you. It is a fact that when you take in more high quality protein whilst you are training hard and heavy, you will feel less soreness, you will feel stronger and you will look bigger. Take a quality protein like LA Whey and you will also get rid of extra water and

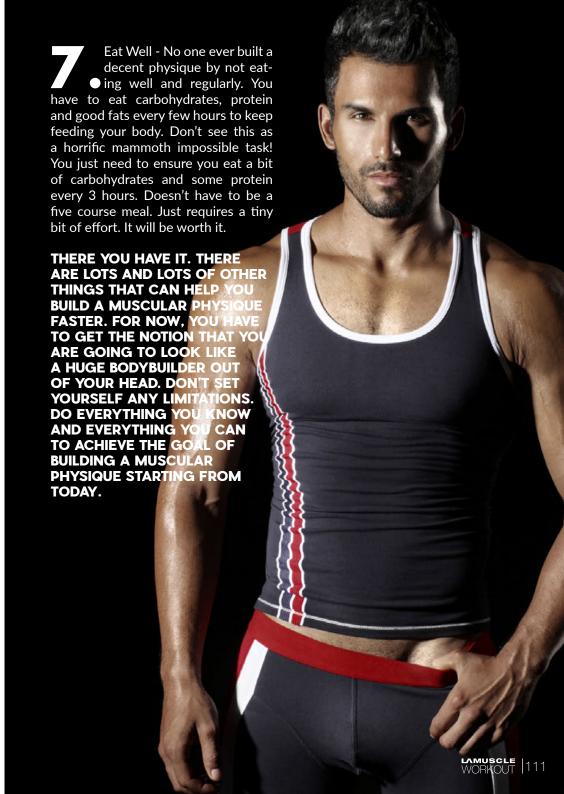
quite literally see yourself building that muscular physique you desire faster than if you were to take a cheap protein or no protein at all.

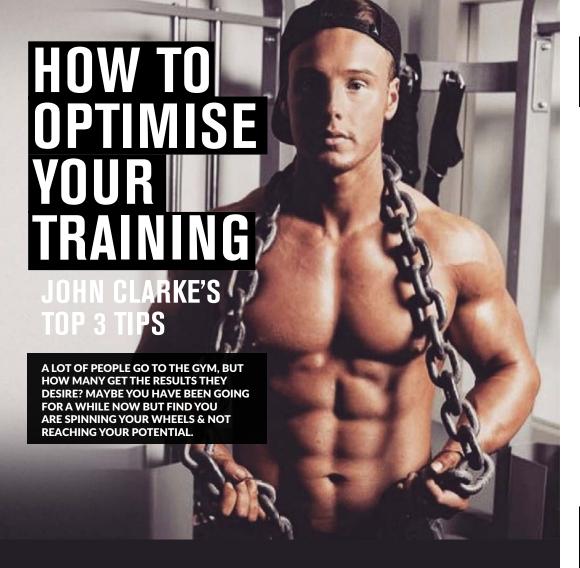
Choose a growth supplement and stick to it for 1 month - How much do you spend on a night out? £20, £50, £100? Most people struggle in the gym, day in, day out and never make any real progress. The thought of spending £50 on a decent supplement to give them the body of their dreams is a foreign one, yet they gladly waste much more than that on alcohol or cigarettes or drugs, which harm their body and shrink their muscles!

If you are lucky enough to find a decent supplements company that manufactures real supplements that actually work, you will soon find that you can double or triple your muscle gains in just weeks. This is not fantasy. It is a reality experienced by millions of supplements users worldwide.

Using a growth supplement like Norateen Heavyweight II or Explosive Creatine will dramatically increase your strength and muscle size. You need to stick to the dosage and to the instructions and you will see incredible gains in size. If you are serious about gaining muscles and gaining the respect you really deserve, then you need to get serious about using the right supplement too. The beautiful bodies you see around you, especially the ones that are build in record time, have almost certainly been built with the aid of supplements.

DON'T THINK YOU CAN DO IT FAST AND EFFICIENTLY WITHOUT ANY SUPPLEMENTS. AT THE VERY LEAST, YOU SHOULD BE USING A QUALITY PROTEIN LIKE LA WHEY IMMEDIATELY AFTER EACH AND EVERY WORKOUT.





1. ALWAYS TRACK WHAT YOU DO.

Keep a record of your lifts and weights; sometimes you have to look back to know how to go forward.

to be the essential, key components to track:

- BODY FAT
- WEIGHT
- CALORIES/ MACROS
- BODY MEASUREMENTS
- WEIGHT AND REPS AND **PERSONAL BESTS**

You might also want to track your mood: are you loving or hating training currently? How is your sleep and recovery? The more data you record the better you can improve.

2. USE PROPER **FORM**

Don't go to the gym and throw weights around. If you don't know how to use proper form then invest in a trainer, or at least take some time to do some research. Results will come much faster with proper form and you will stay injury free for much longer.

Don't make the mistake of "ego lifting" (lifting heavier than you can manage for fear of being judged), swinging and making the wrong muscle lift the weight. Concentrate on a good mind muscle connection. Squeeze and contract during each repetition and remember that momentum is an outside force; your muscle should be doing the work. Learn about time under tension and lifting tempo.

REMEMBER: IF YOUR GOAL IS TO LOSE WEIGHT THEN YOU MUST BE IN A CALORIE DEFICIT (YOU MUST **CONSUME FEWER CALORIES THAN** YOUR BODY BURNS) AND TO GAIN **WEIGHT YOU MUST BE IN A CALORIE SURPLUS (CONSUMER MORE** CALORIES THAN YOUR BODY BURNS).

Select good food sources: avoid processed and fast foods at all cost - they are calorie dense and nutrient deficient. Keep your protein intake high and use supplements where necessary to help where your diet lacks and to get extra vitamins and calories on the go.





3. DIET IS **ESSENTIAL**

It is often said that it's 10% training and 90% nutrition to achieve your dream body. Although i would recommend you put 100% into both, it is especially important that you fuel your body correctly in order to have any hope of building muscle / losing fat.

If you're busting your guts in the gym to build your dream physique, it would be detrimental to not fuel your body adequately with the nutrients your body needs. I personally use LA Muscle Supplements where possible especially the LA Whey Protein, Repo Pre Workout and Norateen Gold Muscle Builder.



THE GREAT **PROTEIN** LIE

WHAT 3 SUPPLEMENTS WOULD TOTALLY CHANGE YOUR BODY IN UNDER A WEEK?

Let's be honest. LA Muscle supplements are not cheap. Unlike most other manufacturers, LA Muscle does not go to a generic manufacturing plant and re-label their white label products. LA Muscle has its own high-tech FDA-Approved manufacturing plants in the USA and UK and its own scientific Research & Development team. This means, you get exclusive formulations at the highest qualities in this industry.

What if you wanted to pick 3 supplements that would make you look very muscular and ripped. Which LA Muscle supplements would they be? The answer may surprise you, most of all because protein does not fit the bill!

In many ways, you have been sold a big protein lie over the last 10 years by most other supplements companies. Whilst protein does help your body recover and build more muscle, when it comes to the crunch and if you were to choose just 3 supplements that would make a "dramatic" difference to your body in a few weeks, protein would not come in that top 3.

Protein may come in the top 3 of other supplements companies that don't have the R&D and manufacturing capabilities of LA Muscle, but not here! Read below what will make a huge difference and make your protein powder feel like plain water



TESTOSTERONE BOOSTER & GH ACTIVATOR

Without doubt, the strongest muscle & strength builder on the planet is Norateen Heavyweight II. If you had £70. should you take protein or Norateen? The answer is so obvious! If you say protein, then you have either been reading too much protein hype from other manufacturers or you don't know much about Norateen.

Norateen Heavwyweight II will dramatically increase your growth hormone and Testosterone levels from day one. Protein powder does not do this. When you take Norateen Heavyweight II, you get incredible gains in lean muscle mass in as little as 3 days and your strength will go through the roof in under 1 week.

Norateen Heavyweight II has been praised by many magazines and media such as BBC TV and SKY TV. There is no other supplement like it. If you have £70 and want to build muscle mass and see significant gains, don't even think about wasting it on anything else.

NITRIC OXIDE

Nitric Oxide is a powerful tool for getting a pump in the gym, leading to more muscle growth inside and outside of the gym. There are many nitric oxide supplements out there but none give you all 4 premium nitric oxide boosters and none are Pharmaceutical Grade like LA Muscle's Vasculator.

When you take Vasculator you immediately look bigger in the gym and start looking pumped and massive all the time, even when you are not in the gym! Vasculator was voted "best muscle supplement" by Men's Health Supplements Awards for 2 reasons: 1, because it works and 2, because it is the strongest gym supplement you can buy.

METABOLISING FAT BURNER

Losing fat and getting that six pack is "always" going to be hard for most people. You can get close, but it can still feel like you have a long way to go! LA Muscle's Fat Stripper Intense gives you ingredients that you would ordinarily not find in foods. Nor in protein. If you want to lose weight, burn fat and get your six pack, then all the protein in the world won't do

You need to take a strong, scientifically formulated Pharmaceutical grade super-supplement like Fat Stripper Intense to start metabolising the fat and shifting it out of your body fast. Results are usually seen by men and women within 3-7 days.



There you have it. Top 3 LA Muscle supplements for really re-shaping your body and seeing actual results. Whilst protein supplementation has its place, if you were on a budget and had to choose, the above are recommended. You can always get protein from food! You can't get the above from food however hard you try!



NOT BEING IN A CALORIE DEFICIT

A calorie deficit is having less calories than your body needs normally to function throughout the day. This is known as your maintenance level. Most of the time, when dieting people will cut out any food that's bad for them and eat mainly healthy foods but they still don't see any results.

HOW MANY TIMES HAVE YOU HEARD SOMEONE SAY "I'M EATING REALLY HEALTHILY BUT I JUST CAN'T SEEM TO LOSE WEIGHT"?

When you find out more about what it is exactly they're eating it may be "healthy" but when it all adds up by the end of the day it's an excess of calories that don't support their weight loss goals.

If you're serious about losing weight then it's basic science that needs to be applied when it comes to achieving this, but don't worry as there are many free tools online to help achieve this. Firstly, you'll need to go online and search for a 'calorie calculator'. Secondly, once you've found one this simple tool will ask for some basic information about you such as height, weight, weekly activity level, etc. After you've filled it out your details it will provide you with calorie requirements for your maintenance level as well as basic levels for fat loss and weight gain.

If for example your daily calorie requirements for maintenance are 2,200 calories then you should lower them gradually so that you start to see a difference. Start with a 200 calorie drop for the first week and if you start to see good results keep it at that until you reach your target weight. If you don't see results then week by week reduce your calories by 100 until you do. Do not go lower than around a max of 700 calories below your maintenance as you'll struggle to ensure an adequate amount of nutrition to fuel your body with quality foods when dieting.

NOT COUNTING YOUR MACROS

As well as being in a calorie deficit, you also need to count your macros. Macros is short for macro nutrients, which is the term used to describe the three key food groups we all require for our bodies to function: carbohydrates. fats and proteins. This is where a bit of maths is required as you'll need to use the nutrition labels on products to make sure you're getting the right kind of nutrition with none of the bad stuff. Plan your meals and write down the macros from each meal, ensuring that your total calorie intake for the day will be met without being exceeded by unnecessary calories.

AS A RULE, 1 GRAM
OF PROTEIN YIELDS 4
CALORIES, 1 GRAM OF
CARBOHYDRATE YIELDS 4
CALORIES AND 1 GRAM OF
FAT YIELDS 9 CALORIES.
IT'S ALSO IMPORTANT
TO NOTE THAT 1 GRAM
OF ALCOHOL YIELDS 7

Alcohol, although not one of the main three, is a macro nutrient and a common cause of excess calories as they are not usually factored in when people set up their diets!

It might seem like a lot of effort to do this but it is an extremely important part of your diet and will mean the difference between eating healthily and actually setting out to achieve your fitness goals. You can factor into your diet everything that you eat and drink in a day and ensure that you meet your daily calorie requirements. Your diet will need to be evenly balanced with quality nutrition that meets your needs and if you want to eat or drink anything not part of your diet, save it for one evening at the weekend when can afford a few extra bad calories.

NOT TRAINING INTENSELY **ENOUGH**

Training often is great but it's not enough. You can train 5-6 times per week but if the intensity isn't there you'll just be going through the motions and all that hard work and discipline will go to waste. A lot of people don't actually enjoy the process and see exercise as a means to an end. This is fine, as it's not for everyone but if you don't give it 100% then you'll have even longer to go and will be even more disappointed when you don't reach your weight loss goals.

If weight training, your rest in-between sets should be kept to a minimum and you should be aiming to complete your workout as quickly as possible. This will keep your heart rate up which will burn more calories. Focus on adding lots of drop sets, super sets and pyramid sets to your training plan or add some circuits if they seem a more attractive option. As well as a few sessions of steady state cardio, be sure to add a few sessions of HIIT cardio into your workout as it will greatly increase your metabolism and speed up your fat loss.

HORMONE IMBALANCES

These will not only cause you not to lose any weight but can also prevent you from adding lean muscle and can even cause weight gain! Factors such as not getting enough healthy fats. low testo-levels or high stress can cause water retention, slow down your metabolic rate and increase oestrogen levels.

In order to balance these out your diet will play a major part with supplementation also beneficial. To start with, try consuming healthy fats on a daily basis such as avocados, nuts, olives, salmon, egg volks, seeds and various oils (olive, coconut and flaxseed oils are best).

To boost your testosterone naturally you should be taking a testosterone booster such as Norateen Heavyweight II. This will aid lean muscle growth quickly without any nasty side effects. It works even better when paired with Estro Block as it will prevent the build up of estrogen and allow the body to focus on testosterone production in order to build lean muscle quicker.

FINDING WAYS TO LOWER YOUR STRESS LEVELS CAN **ALSO PLAY A BIG PART AS REST AND RELAXATION ARE EXTREMELY IMPORTANT FACTORS** WITH MANY FUNCTIONS IN THE BODY.

Reducing stress levels will help the body to recover guicker as an elevated mood will increase your quality of sleep and aid muscle growth and



INTOLERANCES

In recent years there's been an increased focus on intolerances in the body.

GLUTEN, WHEAT AND DAIRY ARE COMMON INTOLERANCES AND THERE IS SUBSTANTIAL **EVIDENCE THAT RIDDING** THEM FROM YOUR **DIET WILL NOT ONLY** SUBSTANTIALLY IMPROVE YOUR HEALTH BUT IT **WILL ALSO BOOST YOUR PERFORMANCE AND** LIFESTYLE.

Famous athletes have featured heavily in articles stating how ridding gluten or dairy from their has helped them get fitter than ever and helped them reach the peak of their respected sports.

But how does that help us? Well the best thing to do would be to have an intolerance test and then you will know exactly what it is you're eating and drinking that is stopping vou reach vour weight loss goals. Chances are if you are eating or drinking something and then feeling bloated or nauseous later that you have an intolerance to it.

If for some reason you can't take a test or want to get started before that then start by removing foods from your diet that cause negative side effects such as bloating, nausea, dizziness, etc and you'll be surprised at the difference this will have on your body. Not only will you feel better but it will do wonders to your internal systems and boost your metabolism.

There you have it, these 5 factors are key to you achieving the physique of your dreams and as long as you address them and keep working hard then you'll achieve it all in no time!





One thing that I often get asked is what eat in order to stay looking the way I do without getting fat buy yet pack on more and more lean muscle. For the first time I will be sharing this information with you and for me, it has not only kept me lean and muscular but I have dropped a considerably amount of body fat at the same time. The trick is to eat regularly but smartly ensuring you get all the macros needed from all the right sources that are right for you.

However, before getting down to the details, I would like to encourage the thought that every single person is different in their make up including their nutritional requirements therefore although this diet has treated him very well, it may also not be the right one for you. So take this is an example and work around the foods which will be mentioned later in the article. This will include the amounts I eat to make up the calories required in the day for my daily output. This again will be different for different people. Not everyone is my shape and size and so naturally, the food and drink you would need to ingest would be different.

I am also lactose and gluten intolerant which makes every difference to digestion and bloating. So this needs to be eliminated from my diet. One thing which is essential for muscle building and recovery is protein as protein is the building block of muscle tissue. So from all the proteins available in the market I have found Norateen Protein by LA Muscle. Not only is it the best on the market for its quality and taste but its make up is incredible as its hypo-allergenic protein is triple filtered to eliminate lactose and contains a high potassium to low sodium ratio which fits nicely into my diet as it allows me not to retain water in the skin, keeping it in the muscle where it is required for training.





SO HERE IS ALL MY GLORY... ALISTAIR'S WEEKLY NUTRITION:

Low carb/High Protein Days: (6 days per week - (Monday/Tuesday/Wednesday//Thursday/Friday/Sunday)

Daily water intake 2-4 litres

Daily Vitamins/Minerals: Vitamin C 1000mg, B Vitamin Complex, Omega 3 1000mg, Vitamin D 10mg, Digestive Enzymes (daily recommended dosage), magnesium 400mg

7.15AM:

Black tea/green tea, Blueberries x 60g and 30g of almond nut butter with 40g oatmeal made with water or milk

9.30AM:

2 x whole eggs or 80g of smoked salmon, with 50g of kale/spinach or broccoli topped with oil based dressing X 10ml Green Tea or skinny Americano coffee

11.30AM:

30g of nut butter or hand full of almonds OR protein shake (Norateen Protein by LA Muscle)

1.30/2PM:

120g of Chicken/Turkey/white fish (30-35g protein) with 30g carbs (100g sweet potato/50g brown rice or quinoa)

4.30/5PM:

120g of chicken/turkey/white fish (30-35g protein), salad (options: spinach/rocket/watercress/kale, half a pepper, 30g asparagus, 3 cherry tomatoes or 1 tomato 20g cucumber, 20g red onion, 20g sugar snap peas, carrot x2, radish x 4, olives, x 5, pomegranate pieces 1/4 fruit coriander, celery x 2, parsley, mint, fennel) and half avocado OR Norateen Protein shake with 250ml water or milk

7PM POST WORKOUT:

Vitamin C X 1000mg (I like to use this after a workout or exercise otherwise, take it with second meal) Pink Grapefruit, 1 X half (only consumed post-workout), herbal tea and LA Muscle Repo.





8.30/9PM:

120g of chicken/turkey/steak/white fish (30-35g protein) and large vegetable stir-fry.

9.30PM:

Herbal tea. Magnesium 400g, Zinc 50mg

I will have a high carb day every Saturday adding an extra 150g of carbs allocated across the day by adding the following carb sources:

Daily water intake 2-4 litres

7.15AM MEAL:

I add an extra 30g berries to the oatmeal.

9.30AM MEAL:

Add 30g carbs (100g cooked sweet potato/50g cooked brown basmati rice/grain of choice).

8.30PM MEAL:

Add an additional 30g carbs (150g cooked sweet potato/40g cooked brown basmati rice or quinoa) & 20 g dark chocolate (70% or higher) – his favourite bit!

I hope you find this effective and useful although I should add that you should always seek professional advise when it comes to diet and indeed exercise as it is important to understand the needs of your body before you impact on to it something that actually may create more harm than good. In that way, make sure you recognise what it is you need to do to achieve your own personal goals and not just follow a 'fad' diet or random exercise routine without knowing first how your body works. That way you will not only achieve your goals more effectively but also more efficiently.

MASTERCLASS MASTERCLASS

Trainer of champions Sav Kyriacou, Muscleworks Gym



Although there are different exercises for training biceps, some are better than others. A variety of movements is necessary for complete development, otherwise this can lead to overuse, injuries, slower progress and boredom. We must take into consideration that all of us have different leverages due to our different body types.

These exercises are the most productive for bicep growth which I have been recommending for years to all the athletes that have been under my supervision and have been successful in winning big tittles.

1 : Seated Dumbbell Con-

centration Curl. "While resting your upper arm on the inside of your thigh." This exercise is one of the best for bicep building because you hardly use your anterior deltoid to help you perform the curl which means more bicep work. 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. They found out, that this was the most effective bicep exercise.

2: Single Arm Dumbbell

Preacher Curl. Whilst most bicep exercises require some assistance stabilization work by other muscle groups, the preacher bench 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.

3: Incline Dumbbell

Curl. 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. Curl both arms together, doing them alternately will allow you to create momentum which encourages cheating.

4: Standing Barbell Curl.

The problem is that it's so easy to cheat this exercise, probably more than any other exercise. To minimize cheating and maximize isolation, many coaches recommend you press your back

against a wall and having your elbows touching the sides of your torso. Also the longer your arms the more strictly 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 is one of the most productive of all bicep exercises if you follow my instructions to the letter. Using a straight bar, grab the bar shoulder width apart and stand back to the point that the weight stack are not touching. Also you must try and lean back slightly as your arms are coming down during the negative part of the movement and that way you keep constant tension on the biceps. By doing this you're activating more muscle fibres than you would normally do than if you're doing it the normal typical way.

6: Double Bicep Cable Curls.

This 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 of a crossover cable machine. If you've ever done a double bicep pose, this is the same while you pulling with the handles in a nice controlled manner by bringing your hands towards your ears, and control the we weight on the way back until your arms are straight and in full stretch position.

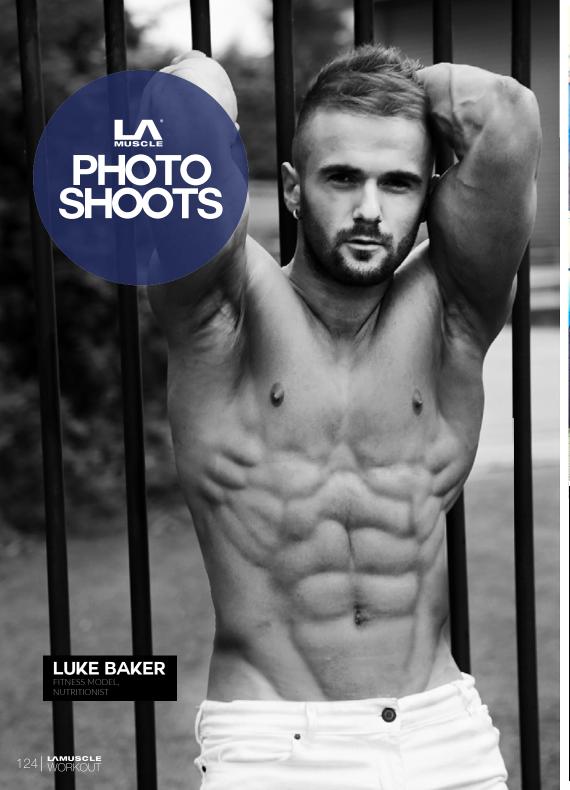
7: Preacher Reverse Curl. This

exercise in addition to adding more muscle to the biceps is also a tremendous forearm developer. This exercise can quickly promote tremendous growth in the brachioraddalis. Use an EZ curl bar to reduce the stress on the wrist.

8: Seated Cable Concentra-

tion Curl. 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.Rest your elbows against your inner thighs about four inches up from your knees. Curl the bar by keeping your elbows on your thighs.

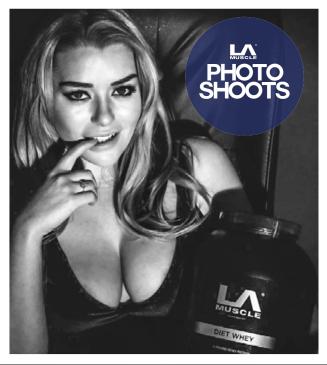
The answer to achieving big arms is in the volume of the workload. The basic principle of hypertrophy is that there is a limit in your recovering ability which means that simply volume is not the answer due to the simple fact that with no recovery, comes no growth. The only thing I know that will help this up to a point, is supplementation, but supplements will only work if you've done the correct training.















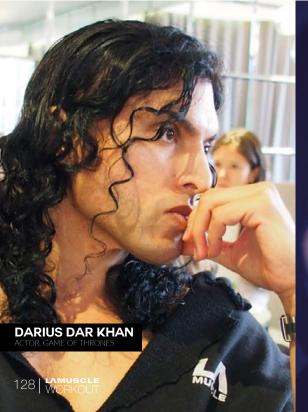


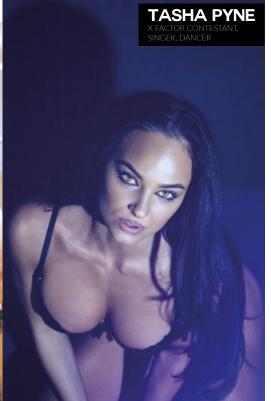






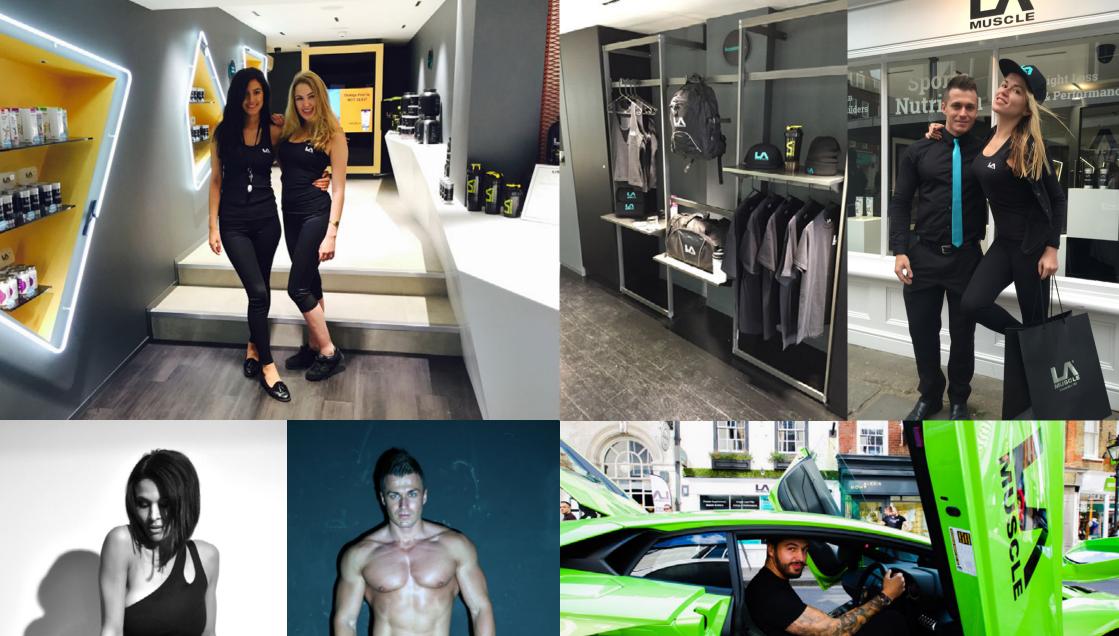




















LA MUSCLE SUPERCARS



























have my three older brothers to really thank for getting me into the fitness life style because if it was not for them, I wouldn't be where I am today and have the set goals for my future in mind. The gym isn't just somewhere to 'keep fit' just to 'look good'. The gym is somewhere for me personally and a lot of other people where it challenges the mind, allows the mind to grow and become stronger. Nevertheless, who doesn't want to look good?! I love it. Being able to sculpt your body which ever way you want - it's as easy as that! Obviously with nutrition playing a huge part - you can't outdo a bad diet!

WHAT DOES THE GYM DO FOR ME THAT IT COULD ALSO DO FOR YOU?

SELF CONFIDENCE

Would you believe me if I told you I was the shyest person a few years ago? Would never have much to say, hated being 6'0"ft tall, always put myself down. How things have changed. The gym has given me confidence I probably never thought I would have. Not many people at 19 may feel comfortable taking 'selfies' in lingerie, or even younger at 18 years old where I stepped on stage in a bikini in front of over 1000 people! Now I love to inspire people to bring their inner diva out! Embrace everything about you! I loveeeee my height, always get people commenting on it - now I realise how lucky I am!

ALLOWS ME TO MEET NEW PEOPLE EACH DAY

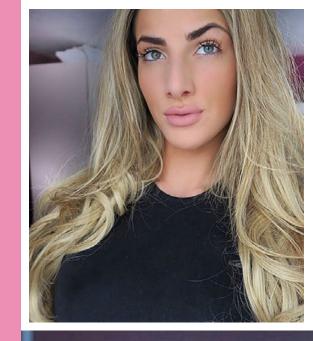
Who have such motivating and ambitious life goals that it makes me want to work even harder! Surround yourself with people with similar mind sets!

ALLOWS YOU TO LOOK DAMN HOT!

Who doesn't want to look good?! Looking good makes you feel good. Sculpt your body how yo want, whatever makes you happy. Start now ar you'll see the results!

IT ALLOWS ME TO WORK HARD IN EVERYTHING ELSE

The gym for me is a place of discipline. Pushing myself through a gruelling leg workout asl know once I'm done it will all be worth it. This allows me to understand that nothing in life comes easy. Work now, party later.





MY TOP BOOTY BLASTING EXERCISES

LUNGES

Boy are they a burner! I love the lunge because they focus predominantly on your glutes and quads. To feel the burn you don't even have to go heavy, simply rep them out and the lactic acid will build up and up!

STIFF LEG DEAD LIFTS

One of my NEW favourite exercises! A perfect exercise if you're trying to build up your hamstrings along with your glutes! For each repetition at the bottom hold for atlas 2 seconds!

LYING HAMSTRING CURL

A perfect exercise to superset with the stiff leg deadlift! it's all about taking your time and really squeeeezzzing your muscles! "NO PAIN, NO GAIN!"

SQUATS

An obvious exercise and the most talked about! The squat, with so many different variations it's hard not too include it in a booty blasting session! If performing the squat on the squat rack or the smith machine, I always recommend pouncing at the bottom of each rep for at least 2 seconds - you want to feel your muscles working! Another variation being the Bulgarian split squat perfect if you have back pain while performing the squat on the squat rack or smith machine as this focuses a lot more tension on your quads!

Learning new exercises and having a variation is always better! You don't want your sessions to become boring!

As a Personal Trainer having a variation of exercises for my clients is key as everyone needs exercises tailored specifically to their needs and comfort.



I will be competing in the WBFF show in May 2017 at the Bodypower Exhibition in Birmingham! I will be starting my 16 week prep come January in the new year. Until the end of December I am in a bulk season (eating A LOT of carbs!) as the booty doesn't grow from eating thin air! This will be my second competition as I have previously competed in the Miami Pro show back in 2015 when I was 18 years old. I will be prepping myself throughout the entire 16 weeks, just in time for those summer holidays!

I have recently started my Y @sofiashamimi where I will be vlogging throughout my prep - full day of eating, workouts, days in the life & more!

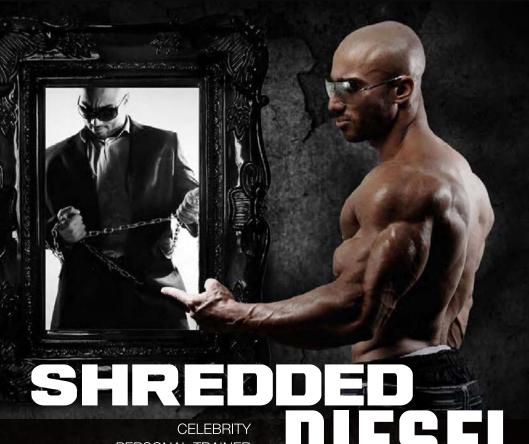
IT WORKS FAST, **REGARDLESS** OF SEX, AGE **OR EXERCISE** REGIME.

FAT STRIPPER INTENSE

is scientifically formulated superadvanced with 7 proven, fastacting weight loss ingredients for rapid fat loss. Fat Stripper Intense contains Choline which contributes to normal lipid metabolism and caffeine in the form of Green Tea. Guarana and Yerba Mate. Fat Stripper intense is science-based, safe and strong, with no side effects and is used worldwide by men and women.

The fact that Fat Stripper Intense is so strong and vet gives you no side effects is very important. You can get another cheaper supplement with more caffeine or unproven ingredients and it may even feel like it is working but most other weight loss supplements are not researched and give you side effects such as insomnia, constipation. palpitations and more. Trust the LA Muscle name and use LA Muscle's scientifically researched and natural supplements such as Fat Stripper Intense to get the fast results you expect without any side effects.





PERSONAL TRAINER TO STARS SUCH AS P DIDDY AND TIMBALAND SHARES HIS

NO.1 TIP

FOR GETTING IN SHAPE

Lagt a lot of questions on how to lose weight and burn fat and seems to me every one has some special trick here and there, picking it up mostly by researching just like what you're doing now. Well the conclusion can become very confusing and annoying; you will end up looking and staring around and maybe giving up.... Please don't do that! At the end of the day what works for others might not work for you and that's simply due to different body genetics. If you want some thing so bad you simply have to keep trying till you find that key and it will be worth every trial and error you have done in the past. You will have to learn and understand your own body's

Let's not make it too complicated and let's be basic Have you heard of Calorie Deficit? Maybe, maybe not. I will explain more.

A calorie deficit must be created to burn fat and every diet end goal is to eat fewer calories than your body burns. No way around it. Due to genetics, people have their own calorie maintenance level which is the amount required by the body in order to properly function and have the right amount of energy and to be strong and to perform tasks throughout the day. So first find out what your calorie maintenance level is, which will depend on your height, weight, metabolism and activity level.

After that, a combination of dieting and cardio which is aerobic and best done first thing in morning on an empty stomach and not less than 30min and not more than 45min will help you burn fat. also work out by lifting weights which is anaerobic; same method as cardio session timing between 30min to maximum of 45min per session which will help bring out your muscle. It will also help you get a firmer body in order for you to show off that HOT physique because you deserve it. Remember if it was an easy task,

Hope you enjoyed this short article. We will be talking more about interesting subjects in our next issue.

Stay tuned.

5 REASONS WHY YOU SHOULDN'T USE SCALES FOR WEIGHT LOSS

GETTING ON THE SCALES AND SEEING THE WEIGHT STAYING THE SAME, NOT GOING DOWN OR **EVEN WORSE GOING UP CAN BE** VERY FRUSTRATING. BELOW ARE **5 VERY STRONG REASONS THAT** GOING ON THE SCALES SHOULD NOT BE PART OF YOUR DAILY ROUTINE.

Bve Bve Scales!The scales don't measure water retention - If you are bloated, for example because you had too much salt, you may seem to have put weight on but it's iust temporary and so going on the scales will be a wrong actual reading of your average weight.

The scales don't measure body mass - You could seem to be putting weight on but this can be muscle weight which will weigh more than fat. In other words the scales may tell you that you are fatter but you actually look better!

Seeing more weight or no shift in weight can be stressful - Stress releases hormones that store more fat! So by going on the scales daily and seeing no movement you could be getting stressed and thus inducing more weight gain!

The Scales don't measure body fat as such, just weight - If you have lost body fat and say put on muscles, you won't be able to see this.

Your weight will go up and down at different times of the day - Catch yourself at the wrong time on the scales and it can be traumatising.

IF YOU ARE REALLY **STRUGGLING TO LOSE WEIGHT, TRY** FAT STRIPPER, A SAFE, **NATURAL, EFFECTIVE FAT LOSS AID FOR** MEN AND WOMEN.

> Three much more accurate and simple ways of measuring progress in terms of actual "fat" loss are the mirror, a camera and your belt! They will all give you a good indication of whether you are losing actual body fat or not.

- 1. Check yourself out in the same mirror every other day.
- 2. Take naked photos of yourself every week in the same position and light!
- 3. See if your belt or clothes sizes are going down.

Remember, if you are going to the gym and building muscles at the same time as trying to lose weight, it may not seem like you are losing weight if you go by the scales. You will lose some fat, put some muscle on, the scales stay the same!

However when you measure your progress with the mirror, through photos or by your belt/dress size, you will truly see a difference.

SLOW By: Lazaro Almenares THE AGEING PROCESS

Maintaining a stable weight is never easy, and if you're a woman or man age 40 or over, it can be a daunting challenge. Weight gain does come more easily as people age, and it tends to accumulate in the abdomen, increasing health risks. And both biology and behaviour contribute to this. The "spread" of increasing amounts of abdominal fat is not inevitable, and can be avoided with mindful living. While metabolic and hormonal changes do play a role in weight gain, these can be offset with an increased focus on healthy living, eating less, moving more, and moderating stress.

Why is Weight Gain So Much Easier Over Age 40? •Metabolic rate slows by about 5% every decade:

Translated into calories, this means most people by age 50 need to consume about 200 calories less every day compared to calories eaten at age 20, just to maintain the current weight. And while exercise can contribute to weight maintenance, eating too many calories is the main reason for weight gain.

·Hormonal changes:

While hormonal changes do not directly trigger weight gain, it becomes easier to gain weight with an altered hormone profile. Declining estrogen & testosterone along with increasing cortisol levels with increasing stress can all contribute to fat distribution in the body even without weight change. Elevated cortisol levels can also shift where excess weight is stored, making the abdominal region more susceptible to storing fat!

•Muscle mass decreases with age, while fat increases:

Contrary to popular belief, muscle does not "turn into" fat. This comes from eating too much, and not exercising enough. Losing muscle mass does however reduce daily caloric expenditure, making weight gain easier.

And the one unique trick that boosts your anti-ageing hormones so

you can look and feel 20 years younger:
The ageing process can be slowed, IF you know what to do According to science, there's a difference between chronological age and biological age, which means you can be 50 years old and literally have the body of a 20 year old. I'm sure you've met someone that not only looks 10 years younger, but has boundless energy and stamina. That being said, I'm sure you've seen the exact opposite as well, someone that looks and acts much too OLD for their actual age.

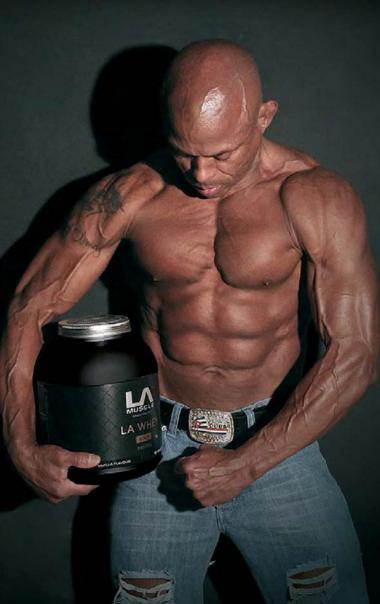
So what's the deal? Is it genetics? You know it sounds like the most reasonable answer. But genetics have very little to do with how fast or slow you age. Believe it or not, YOU have way more control over the ageing process than you think.

Here are some things that have worked really well for me —

Here are some things that have worked really well for me – Stop The Cardio!

Too much cardio can make you age FASTER

Too many people think that cardio is the answer to everything related to weight-loss and fat-loss. And although cardio can help with weight loss (if done properly), it does nothing to slow the ageing process. In fact, it does the exact opposite! Doing long frequent cardio sessions will break down your muscles and increase the production of free radicals. These free radicals are nasty little things that damage the cells in your body and accelerate ageing. Don't worry if you're concerned about your heart health. There are much more effective ways to improve your cardiovascular health, which I'll cover in just a minute. And here's the best part, it takes only 1/3 the time of a conventional cardio workout AND it also triggers your youth enfancing hormones instead of those nasty free radicals that age you faster!



A Low-Fat Diet

It's hard to believe that "low-fat" is still a dietary recommendation because science has proven that fat is not the cause of weight gain or heart disease. In fact, since the introduction of the fat-free diet, the world has gotten more fat and sick than it has ever been before.

Fat is not the enemy. Fat does NOT make you fat. In fact, fat is an absolute must if you want your body to look and feel younger! Why? Because healthy fats are an essential source of good cholesterol, which is KEY to producing the hormones that enhance your youthful qualities. Not all cholesterol is bad; by the way good cholesterol is a crucial component of healthy skin tissue, making your skin more supple, glowing, and youthful. If you're following a low-fat diet, you're depriving your body of the nutrients it needs to slow ageing and keep your youth.

My Secret Foods That Help Sculpt & Define Rock Solid Abs

To trim calories daily, it's the small, steady changes that matter most. Try these seven simple and tasty nutrient-rich food swaps that out calories and maintain good taste:

Instead of: "Starchy sides" like pasta and mashed potatoes Try: Zucchini linguini (thin strips of zucchini), spaghetti squash, mashed parsnips or cauliflower

Instead of: High-calorie condiments like ketchup, regular mayonnaise, and barbecue sauce

Try: Whole-grain mustard, reduced-fat (not fat free!) mayonnaise, Sriracha or hot sauce

Instead of: Full-fat salad dressings and dips like blue cheese and ranch or sour-cream dips

Try. Balsamic vinegar alone, a "reverse" oil and vinegar dressing (instead of 2/3 oil and 1/3 vinegar, reverse the proportions), dilute ranch dressing with buttermilk; replace full-fat sour cream with Greek yogurt for dips.

Instead of: High-calorie liquids like fruit-juice based cocktails, sodas, juices

Try: Sparkling white wine, seltzer with fruit, ice cubes or fresh sliced fruit, seltzer with a splash of real juice, a 12-ounce light beer, low calorie mixers for spirits like seltzer or diet sodas

"Believe it or not, YOU have way more control over the ageing process than you think" Instead of: High-fat salty snacks like fried potato, corn, or vegetable chips:

Try: Air-popped popcorn, raw carrots and celery with some Greek yogurt dip , home-made oven baked pita chips

Instead of: High-calorie sweet treats like ice cream, and candy Try: Chocolate dipped strawberries or bananas, frozen Greek yogurt bars, frozen fruit or coconut water bars, frozen cherries right from the baq.

The good news is mindful monitoring of calories with a daily 30-minute brisk walk (contributing around 100 calories) can "stop the spread" of unwanted abdominal weight gain.

Lazaro Almenares is a fitness expert, TV presenter and founder of The Cuban Cardio Exercise Program. For more information, check out: cubancardio.com



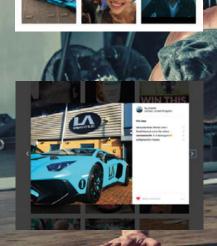
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