ISSUE 2 PRICE £3

LAMUSCLE WOLLSON

UP CLOSE & PERSONAL WITH TV STAR

Dean Ash

Muscle Masterclass with Sav

MY GRUELLING CHEST WORKOUT

SUMINSKI TWINS ON ABS

LEAN GAINS

Creatine for strength

WHY IS NORATEEN SO STRONG?

She SQUATS!





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WORKOUT

Welcome

The first edition of this magazine was published as a way of bringing health & fitness in a fun and informative way to the general public. It had a 20,000 print run and it sold out in most gyms and shops within a couple of weeks! We were contacted by many people asking when the next issue would be out. We hadn't planned on another so fast!

Through LA Muscle, we have exclusive access to some of the world's best-known, most knowledgeable and respected health & fitness professionals, as well as dieticians, nutritionists and scientists who will be sharing their incredible knowledge with you.

This second issue has a 70,000 print run and we expect it to be sold out as fast as the first. Incredibly, this print run is already more than some of the biggest muscle magazines in the UK put together!

In this issue you will learn a little bit about the heritage of one of the UK's longest established sports nutrition companies, LA Muscle, as well as read about the power of protein, fad diets, high GI carbs, slowing the ageing process, new home-health remedies, top 10 supplements proven to work and so much more. Enjoy!

Parham Donyai

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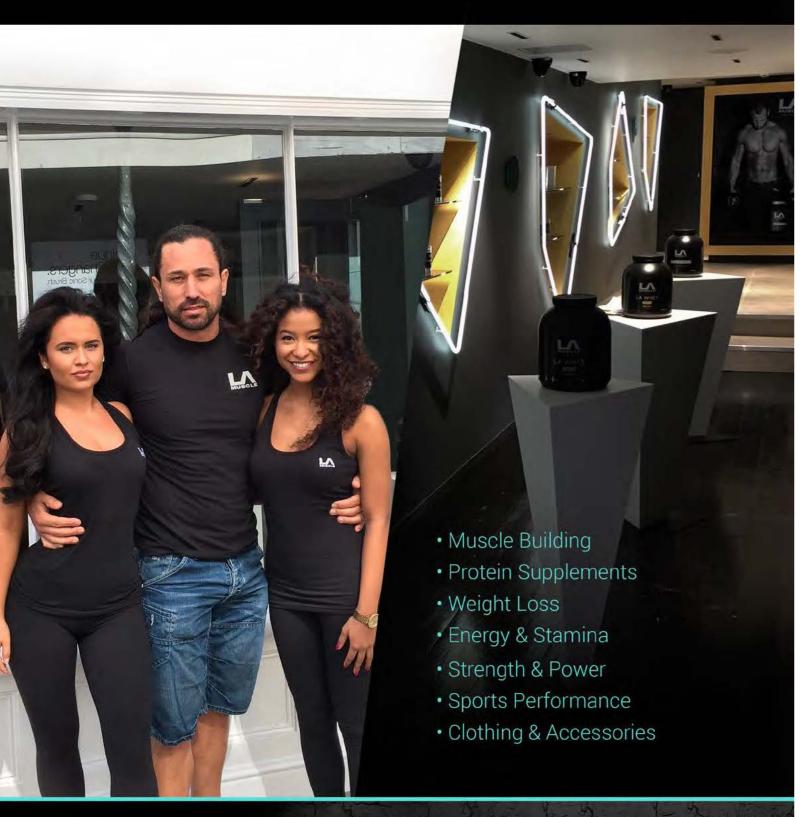
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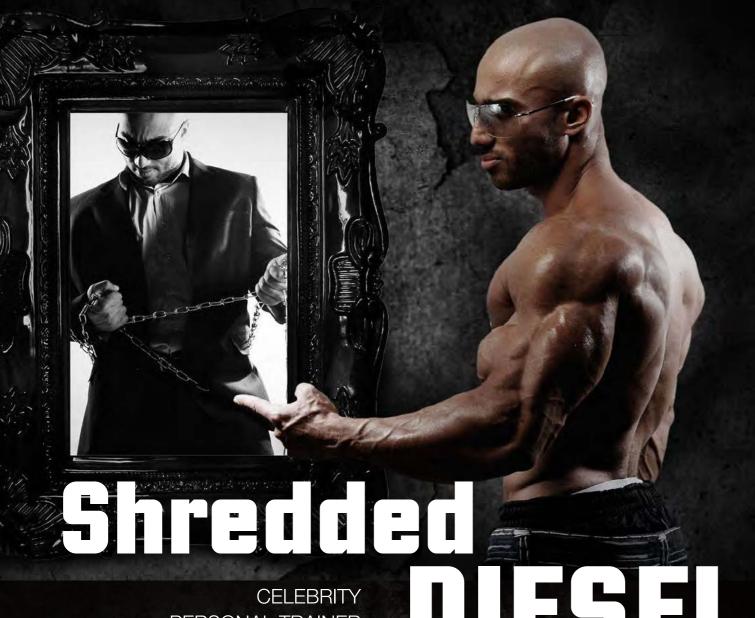


Kew Garden



Channing

LAMUSCLE |5



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

NO.1 TIP

FOR GETTING IN SHAPE

I get 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 genetics.

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, then everyone would have looked hot and you wouldn't feel that special.

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

Stay tuned.

in Class

LA Muscle Supplements are continuously shortlisted in various awards due to their exclusive formulas and incredibly high quality.

LA Muscle's Energy Gels have just been voted BEST BUY by 220 Triathlon Magazine.





Also this month, LA Muscle's Limitless, LA Whey Porridge and LA Energy Gels have been shortlisted in the prestigious

Runner's World 2015 Personal Best Awards.



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

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.

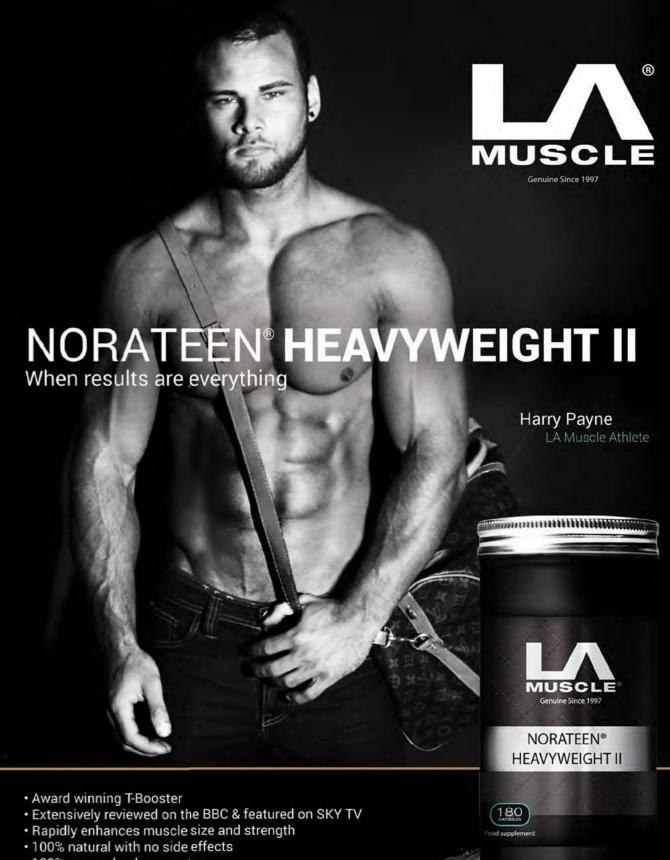
7: Preacher Reverse Curl. This

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 brachioradialis. 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.

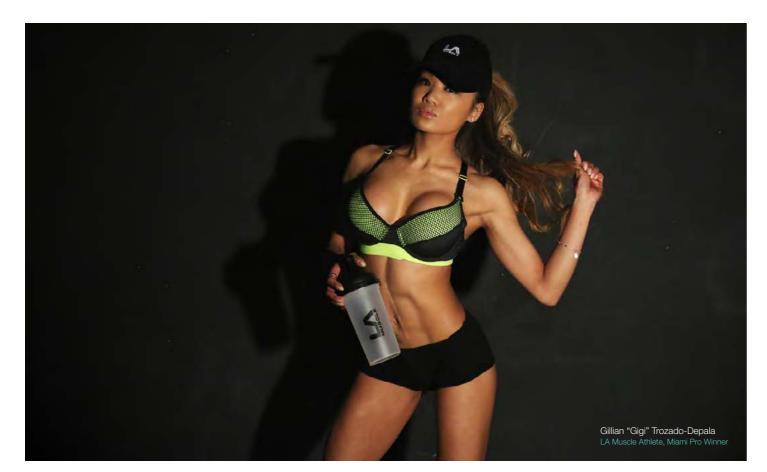


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$M() \mid A \mid A$ PROTEINS ARE CREATED EQU



LA Whey Gold has been developed with specialist food scientists

A friend of mine, Jake who recently started weight training was having a go at me for using LA Whey Gold. He was saving that it is very expensive and that there are other proteins out there just as good and much cheaper. In particular, he was raving on about another "gold" protein which was "the business", used by everyone and £15 cheaper than LA Whey Gold. I am all for trying new things but before doing so, I decided to have a look at the ingredients and nutritional info of this other protein.

My findings only proved what I was saying to him and not the other way round! In fact, Jake is now on LA Whey Gold and happily paying the difference in price. What did I find out that made me stick to LA Whey

The other well-known, widely uses protein contains not one, but 2 artificial sweeteners in alarmingly high levels. It has additional artificial fillers. It has the less used highly processed, denatured form of whey protein. It contains more sodium and saturated fats than LA Whey Gold.

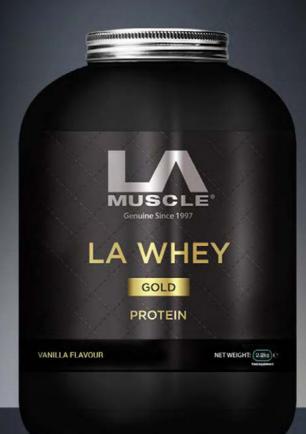
LA Whey Gold on the other hand is all natural with no artificial additives or sweeteners. In fact it is sweetened with the new Stevia plant extract. LA Whey Gold has a high potassium to sodium ratio, meaning it gets rid of water retention. LA Whey Gold has also been developed with specialist food scientists, meaning it mixes instantly and has delicious flavours that are great for short and long

LA Whey is more expensive than the other brands but it's not like you are getting the same protein when you pay more. You are getting a far more superior protein. It doesn't just stop there either. LA Whey Gold has more BCAAs and more Glutamine than all other protein brands. It is triple filtrated using CFM to ensure it has zero lactose and zero impurities - it is hypoallergenic. It also has the highest Biological Value of any protein.

When you use LA Whey Gold, you don't have to use as much as other cheaper proteins as it does not have any fillers or binders. In effect you are saving money and like for like, it is not expensive at all but great value.

Best Protein Shake for Hard Gainers

MEN'S HEALTH MAGAZINE



- 49.6g pure protein
- No artificial colours or flavours
- CFM filtrated for no impurities
- High glutamine content
- High BCAAs
- Instant mixing
- 100% whey protein
- No denaturing of protein
- High potassium to sodium ratio
- Naturally flavoured with stevia

At the end of the day, you get what you pay for. If you are really pushed for funds and can't afford the creme de la creme of proteins, then that is understandable.

However if you do have the funds and think that you are doing your body any favours by putting in cheaper proteins, then please reconsider. You would just as easily spend £4 on a pint. Why not invest in your body with decent protein? Not only will you see better results by using LA Whey Gold, you are also ensuring you feed your body the healthiest, most natural protein out there.

Artificial additives are not good and nature has not intended you to put them in your body. Most foods now routinely contain them as they are cheap. However if you are serious about your training and your health, you need to reduce them as much as possible and make sure you are always going for the natural products in tune with your body.

LA Whey Gold is 100% natural and its price reflects all the efforts that have gone into making it the best.

LA Whey Gold is not only produced using Good Manufacturing Practices (GMP), it is also Pharmaceutical Grade, meaning it is made using the highest-grade processes available. This ensures no impurities and that what you get on the label is exactly what is

Most other cheaper brands rely on the fact that you would never pay thousands of pounds to have their products analysed, so they put in whatever they like! As a recent survey found, many so-called whey proteins are full of fillers, soy and cheap milk proteins. LA Whey is batch-tested to ensure purity,

Let's get up close and personal with this real life Adonis

How did you get into weight training?

Action movies of the late 80's and 90's as a very young lad. I watched Arnie and co dominate the big screen. At the time and since a competitive athlete in several speed and power events I took the notion to improve performance by lifting weights alongside, track, gymnastics and rugby. It was always in my mind that I wanted to look like my heroes of the big screen, so I followed the classic body-builders reading Mike Mentzer books, fascinated by the amazing shapes of Arnie, Zane and later Shawn Ray and Kevin Levrone!

Outline a typical day on your diet?

I start the day with higher fats and protein to regulate blood sugars coming from the fasted state of sleep. I love eggs so generally it will be whole eggs scrambled, breakfast burrito bowl, eggs florantine, generally with avocado to ensure a good start on fibre for the day or the burrito bowl will have pinto beans for example to do the same. I don't take the yolks out so that I benefit from the Omega 3, vitamin A,D,E and K and almost half the protein that people often discard and the cholesterol that is one of the most important elements of diet for muscle building.

Pre workout I tend to have lots of veg especialby broccoli and beets for the L-Arginine and in the case of broccoli fibre and the micro nutri-

Neil Anderson WBFF Muscle Model & NABBA Winner

ent benefits of greens. I take LA Muscle's Vasculator to increase vasodilation from the combination of L-arginine and L-citruline with the AKG assisting my recovery throughout the day. I also take LA Muscle 311 BCAA's that ensure my amino profile during meal times is optimised and if I under eat due to a difficult schedule, I am not short and suffer muscle catabolism.

Post training I take LA Whey Gold, a great combination of high bio available whey and additional BCAAs easy to drink it's rare for me to take protein that really feels light on me yet satisfies that protein need post training, also I am very happy at the small amount of simple sugar, just enough to replace glycogen and start the resynthesis but not too much! I get carbs in my post training meal, mostly from white potatoes or rice, then later on either from sweet potato or rice, occasionally I eat pasta or the odd pita pocket filled with chicken and salad.

I eat about 5 large meals a day. Due to my schedule I like to make fresh to optimise the nutritional content so meals are quick and easy. I have 1-2 LA Whey Gold protein shakes a day.

Outline your typical training week?

Bulking Phase:

Monday chest & biceps

Tuesday thighs Wednesday rest

Thursday back & triceps
Friday shoulders & calves

Saturday rest (legs after mid point of

training cycle)

Sunday rest

Favourite 3 exercises?

Bench Press, Lat Pulldowns, Squats.
Simple big compounds that are great for developing shape

Most dreaded exercise?

Deadlift. Although my strongest was a 300kg lift at 90kg a few years ago, these days I rarely deadlift.

HIIT or steady state cardio?

HIIT. As steady state adaptations work against my goals

Plans for the coming year?

Several video shoots in Europe and the US, Compete in the WBFF pro Worlds in Vegas in August, a couple guest judge appearances and guest posing. I'm looking forward to Expos too and attending the WBFF circuit seeing the amazing talent from such a progressive and competitive event!

Favourite cheat meal?

Wood fire grill steak béarnaise sauce, hand cut chips with spinach and blue cheese salad, finished off with hot sticky toffee pudding with ice cream.

What do you enjoy doing away from the gym?

I love to surf. I have surfed since I was very young and have surfed all around the world. I also love to snowboard having lived for a couple of seasons just in the foothills of the Canadian Rockies. Travelling too, meeting people whether closer to home around the coast of Ireland, or further afield. I also love motorbikes and the freedom of travelling that way. Love food and socialising too!

What keeps you motivated?

Competition is a good motivator. Since I won my first show competing in NABBA first timers I was hooked competing not just against the other competitors but myself and constantly improving my physique. This year for me it is the challenge of breaking through in a different and exciting set up within the WBFF, seeing the other amazing athletes to be amongst the best in the industry is incredibly motivational.

Favourite supplement and why?

Vasculator by LA Muscle - gives me insane pumps, doesn leave me spent after but gives a lasting pump and allows me to push that last couple all-important reps!

Competition is a good motivator

QUICK FIRE ROUND Arnie or Ronnie Coleman? Arnie Squats or deadlifts? Squats Rocky or Rambo? Rocky Volume or strength? Strength Blondes or brunettes? Blondes

Football or rugby? Rugby

Bikini or Women's Physique? Bikini

Men's Physique or Bodybuilding?

Day or night? Day

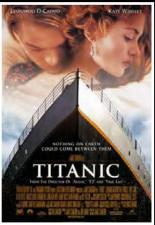
Muscle Model ;)

I love the challenge of lifting and setting new goals and targets. Also the confidence of being physically capable and being happy

What do you like most about

about how I look, it may seem a little vain however as a teen I gained real confidence from competitive sport and looking like a muscular athlete before that I really struggled with confidence and was extremely shy.

LA MUSCLE HERITAGE, HISTORY, FUN



EST. 1997



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ALWAYS SEXY



FUN AND FRIENDLY!









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14 | MUSCLE

HOW SOME DIETS ARE ULTIMATELY DOOMED FOR FAILURE

SHOCKING

Let's take a look at some mindblowing diets and their followers.

Over the years, there have been many different diets devised by all sorts of people from bored housewives to eminent doctors. There is no doubt that some diets do work well but how can you choose the right one? Let's have a look at some interesting diet fads first.

The Grapefruit Diet

Around from the 1930s and said to be favoured by the likes of Marilyn Monroe, this diet entails eating half a grapefruit before every meal. The theory is that the grapefruit's enzymes boost metabolism and fat burning.

The so-called Master-Cleanse Diet

This involves drinking a liquid made up of water, lemon juice, maple syrup and cayenne pepper. It is supposed to detoxify the body. The dieters are further encouraged to take laxatives too. Yuk!

Watercress Soup Diet

Another fad diet which consists of you drinking up to six cups of watercress soup every day - and nothing else! Watercress has diuretic properties so this diet also gets rid of water retention too. This diet is said to be favoured by the likes of Liz Hurley.

The Air Diet

If you think the above is ridiculous, wait for this one! The Air Diet consists of brining food up to your mouth, then looking at it and instead of eating it, you then drink some water and some salt soup. No, this is not a joke! It is an actual diet.

The Drunk Diet

This one is apparently favoured by Lady Gaga. It involves drinking whisky with every meal! Whatever next?!

Unfortunately for dieters, any "diet" is likely to fail long term! This sounds strange but the truth is that unless you see your eating habits as a way of life, you will not lose weight over the long term. If you re dieting, you will always see the "diet" as a short term solution to a long-term problem.

So what is a diet that works?
That's the million dollar question!
A diet that works is one that
is in tune with your body and
aligned with human evolution i.e. just before the introduction
of processed foods. This means
a diet which consists of high
protein, medium carbs, preferably
low GI, some saturated fats but
mostly "good fats".

Adiet that actually Let's call it, a "new way of life" that works.

If you want a diet that works, you need to start with the basics. When what you are eating is more than what you are using up, you are going to put on weight. In order to lose weight, you need to a) eat less than what you use up, combined with b) burn some of the accumulated fat off through exercising.

Generally, people in so-called modern societies are eating much more than they need to. "Grazing" has become the norm. People seem to think that having an empty stomach for a few hours is a sin and that they have to constantly munch on something. Here's a good diet:

PRF-BRFAKFAST

Upon waking up, drink a glass of water. If you are in heavy training, drink a high quality protein shake like LA Whey Gold.

BREAKFAST

140

A low GI carbohydrate breakfast is good.

Porridge is great but make sure you don't drown it in maple syrup, honey or sugar.

Coffee/tea is fine. Protein such as cheese, eggs or low fat yoghurt is OK too. Don't over-eat.

MID-MORNING

Drink water! No need to eat anything. If you are very hungry, have a few almonds. They will curb your appetite and help give you the feeling of having eaten.

LUNCH

Whether you want to go Paleo, Atkins or Dukan, protein should be the major part of your meal. You can have lean meats, poultry, fish or vegetarian proteins. Salads and vegetables should make up part of your meal too. Should you have carbs? This is up to you. You can in theory have a little complex carbohydrates. However if you are looking for optimal weight loss, you are better off having a big portion of protein instead.

MID-AFTERNOON

Drink water! If you are very hungry, you can have some

DINNER

Same as lunch but with no carbohydrates.

BEFORE SLEEP

Drink water! If you are very hungry have an LA Whey Gold Shake or some low fat cheese.

Try not to eat any substantial meals at least 3 hours before sleeping.

Do you need some help and extra encouragement?

THERM024/7

Ideal fat metaboliser with zero side effects. Thermo24/7 gets into your body fast and starts moving fat out of deep pockets. This is a best-selling supplement for men and women, previously called Fat-Stripper with a proven sales record in the millions.

THERMOXEN

An amazing new supplement with full European EFSA-Approval. Thermoxen has been approved for weight loss and cholesterol maintenance. Don't go for cheaper alternatives or unproven weight loss products.

CELLUBURN

Scientifically formulated extra special Pharmaceutical Grade Gel that you just rub locally on fatty areas. Comes with 100% money back quarantee and it really works. Try it, you have nothing to lose but fat!

All available from lamuscle.com or your local reputable gym/shop.



HIGH

AND WHY THEY ARE **STOPPING YOU** FROM ACHIEVING YOUR DREAM BODY

Carbohydrates are the body's primary source of energy and come in many different forms, which are typically measured using the glycaemic index (GI) and glycaemic load (GL). For the purpose of this article, we will solely be referring to the GI of a carbohydrate, which measures the speed at which a carbohydrate is converted to its smallest molecular form (glucose) in a scaling system out of 100. Carbohydrates with a high GI (70+) such as sugary foods and white bread will be broken down to glucose at a rapid rate.

HIGH GI CARBS

These days high GI carbohydrates (sugar) are everywhere we look, simply because companies aren't silly, they know people love them and they know you'll be back for more of the same! The issue is that even in moderate daily doses at the wrong time, sugar is a metabolic nightmare and can cause your weight loss goals to fizzle out into unachievable dreams.

In order to recognise why this is such an issue, you firstly need to understand the systematic, healthy metabolic process sugar should go through -

1. Sugars are ingested and broken down by enzymes into glucose molecules (blood sugar). 2. This glucose is readily available energy for active cells, such as muscle cells when the body is exercising. 3. In order to enter the cells, the pancreas secretes the hormone insulin, which acts as a key to unlock the cell for the glucose to enter and produce energy for

This process is all well and good in two scenarios. Firstly, if you are mid-way through an exhaustive bout of exercise and glucose & glycogen (stored glucose) levels are low. Secondly, if you have just finished an exhaustive training session and you need to replenish glycogen (energy) stores. The issue is - more often than not - people don't stick to these fundamental rules for weight loss, and they consume sugar throughout the day - this is a problem.

When sugar is consumed without functional purpose (not exercising) it has a very different fate - metabolic issues and the accumulation of fat. This problem arises between phases 2/3 (in the above list), where this sugar is converted into triglycerides and stored in the body's fat cells as energy for future use.

Another issue is the fact that insulin is a storage hormone, which continually tells your body "don't burn fat!". With fat loss being the aim, this is the polar opposite hormonal response we need and is directly attributed to consuming sugar.



GET YOUR INSULIN LEVELS DOWN

Once you get the simple carbohydrate consumption down, you will also reduce your insulin secretion, allowing the process of fat burning to be optimized. A really effective way to bring insulin levels right down to base level is to eliminate carbohydrates from your diet completely whilst increasing the consumption of fats. This is known as a "ketogenic diet", which I myself used in preparation for my recent photo-shoot with LA Muscle, to fantastic effect. This not only minimises insulin secretion, but also increases fat burning enzyme activity, making your body far more efficient at utilizing fat as an energy source, and thus reducing total body fat percentage.

Another way would be to switch from simple carbohydrates to more complex carbohydrates (Low GI), such as sweet potato and quinoa. These types of carbohydrates convert to sugar in a far slower process, thus keeping insulin secretion far more stable, allowing the fat burning response to take affect.

BEST SUPPLEMENTS

Whey protein

Whey protein, together with casein, is the major class of milk protein and it contains high levels of the amino acid cysteine, as well as some branched chain amino acids (BCAAs). A negative protein balance can occur, if inadequate levels of amino acids are consumed before or after exercise, leading to detrimental side effects. Protein supplements can help to meet the daily requirements and increase muscle hypertrophy and recovery. Whey protein has a great bioavailability, is water soluble and is digested quickly and, when taken after exercise can aid recovery, increase muscle mass and strength, by improving protein oxidation and increasing blood levels of essential amino acids. Also, an increase in whey protein in the diet, has been shown to be beneficial to weight loss, as compared to lower protein diets. LA Muscle products containing whey protein are LA Whey Gold 2.2kg, Diet Whey and Complete



Creatine

Creatine is an amino acid synthesized in the liver, kidneys and pancreas from arginine and methionine and 1 g/d of creatine is also consumed with the diet. Approximately 90-95% of the body's creatine can be found in the muscles. Of this, 2/3 exists as phosphocreatine (PCr), which plays an essential role in energy metabolism and it is involved in the generation of energy at high rate for a period of 10-15 seconds.

Due to the role played in energy regulation, and because of its limited availability during intense short-term exercise, it has been suggested that an increased PCr concentration could improve the performance of short-term maximal exercise. Studies have shown that creatine can increase performance in exercise capacity and increase resistance training.

According to the evidence, the recommended dose is 0.3g/kg bodyweight for 5-7 days, followed by a maintenance phase of 3-5g a day (for instance, a person weighing 80kg would need to take 24g/d for the first 5-7 days and subsequently 240-400 g/d). This will result in an increase of muscle creatine stores of 10-40%. Creatine can be found in LA Muscle's Explosive Creatine, Nuclear Creatine and Creapure.

Caffeine

Caffeine is a powerful ergogenic aid and it can be beneficial in training and competition. It can affect both the central nervous system and the skeletal muscle, by increasing fat oxidation, facilitating recovery after exercise and enhancing contractile force. Caffeine has been shown to increase exercise performance by reducing fatigue and increasing alertness and concentration. Several studies reported that an intake of caffeine 2.5-6mg/kg/bodyweight improved performance, cognitive function and increased glycogen resynthesis, which enhanced recovery.

The recommended dose for optimal performance is 6 mg/kg of bodyweight, ingested 1 hour before exercise (for example, an individual weighing 80 kg would need to take 240mg). Studies have also shown that withdrawal and tolerance do not affect performance, however some studies suggestcaffeine intake in habitual users, merely alleviates the symptoms of withdrawal therefore improving performance



Green tea

Green tea extract (GTE) is rich in polyphenol catechins and caffeine and its effects on health and performance have been widely investigated. The most active form of catechins, epigallocatechin gallate (EGCG), has been shown to have antioxidant, anti-inflammatory and metabolic effects. The caffeine contained in green tea can also act synergistically with EGCG to enhance the body's metabolism, increase fat oxidation and aid weight loss. Several studies have observed an increased loss in body weight and fat, when consumption of green tea catechin was combined with exercise. Also, due to its antioxidant properties, green tea can decrease the muscular damage and oxidative stress caused by exercise, aiding recovery. Green tea extract is an ingredient in LA Muscle's Green Tea, Diet Whey, Thermo24 Intense, Six Pack Pill Extreme and Couture Curves.



BCAAs

The term branched-chain amino acid refers to a complex of essential amino acids, including leucine. isoleucine and valine, characterized by a similar structure and with a branched-chain residue. Free BCAAs play an important role in the metabolism of protein, especially leucine, which has been shown to increase protein synthesis and to inhibit protein degradation during exercise. Intense physical activity will increase BCAA's oxidation and supplementation with BCAAs has been proven to reduce



LA WHEY

GOLD

PROTEIN





Conjugated Linoleic Acid (CLA)

Conjugated Linoleic Acid refers to a group of linoleic acid isomers, characterized by the presence of conjugated dienes. It is mainly assumed through the consumption of meat and dairy products and it's been shown to reduce body fat and preserve muscle tissue, when approximately 3.4 g of CLA per day are administered. Together with fat loss, CLA has been shown to have an effect on hormone resistance, by decreasing blood glucose levels, as well as having anticarcinogenisis and antiatherogenesis effects. Other benefits of CLA supplementation include an increase in metabolic rate, immune function, muscle growth and a reduction in LDL cholesterol levels, LA Muscle uses CLA in Complete and Sculpt



L-Glutamine

L-Glutamine is the most abundant amino acid in the body and is involved in cell division, thus providing energy and optimal conditions for nucleotide biosynthesis. Therefore, it plays a vital role in maintaining a functioning immune system and it also contributes to the removal of ammonia from the body. L-Glutamine increases fluid retention in cells, stimulating their growth and increasing the production of protein and glycogen. L-Glutamine prevents muscle catabolism and increases the rate of recovery after exercise because of increased muscle cell performance.

Also, several studies have been carried out to assess its effects on tumours and supplementation has been shown to clinically improve the condition and metabolism of cancer patients. An ingredient of LA Muscle's LA Glutamine and Complete is L-Glutamine.



Omega-3 polyunsaturated fatty acids (PUFAs) can be found in cell membranes and when they are incorporated in red blood cells, they allow oxygen to be delivered and carbon dioxide to be removed. Eicosapentaenoic acid (EPA) and docosahexonic acid (DHA) are the main omega-3 PUFAs and they are involved in the production of arachidonic acid (AA). When EPA is replaced with AA in the cellular membranes, the inflammatory response to exercise is reduced. Several studies have reported positive effects on muscle damage, inflammation and metabolism

during exercise, following the ingestion of 1-2 g/d of EPA and DHA, at a ratio of 2:1 EPA to DHA. Fish oil, which is rich in omega-3 fatty acids has been proven to decrease muscle soreness, increase the rate of recovery, induce the oxidation of fat, sparing glycogen and improve cognitive functions Fish oil supplements, together with regular exercise, have also been proved to aid weight loss.

Beta Alanine

Beta alanine is a substrate of carnosine, which is a major contributor of H+ buffering in the skeletal muscle and helps lessen the drop in pH associated with high intensity exercise. Acidosis, caused by this drop in pH, is responsible for reduced force production and fatigue. Therefore, by attenuating a drop in pH, it would be possible to exercise at a higher intensity for a longer period of time. When beta alanine is ingested, it can be resynthesized into carnosine and according to a study, a dosage of 4 to 6 g/d, administered for 28 days, resulted in increased intramuscular levels of carnosine by 60%

Many studies have reported increased resistance in exercise performance, increased work capacity and delayed onset muscle soreness, following the administration of beta alanine supplements

L-Carnitine

L-Carnitine is a non-essential amino acid synthesized from the amino acids lysine and methionine. It's involved in the transport of fatty acids into the mitochondrial matrix and it allows fat to be oxidized to produce energy, sparing glycogen for higher exertion. As L-carnitine allows fuel to be processed more efficiently, stamina and endurance will increase, facilitating fat loss.

L-Carnitine has been proved to increase work capacity, by decreasing lactic acid production and thus, enhance recovery. Its antioxidant properties will protect the cells from the damage caused by free radicals, making I-carnitine an excellent candidate for the treatment of many conditions, such as type 2 diabetes and wasting syndrome. L-Carnitine is in LA Muscle's Thermo24, Six Pack



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, mak-

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

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 -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 enhancing 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

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 cut 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 mayon-

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,

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

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 vogurt bars, frozen fruit or coconut water bars, frozen cherries right from the bag.

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



QUICK **HOME REMEDIES** FOR COMMON HEALTH PROBLEMS

TINNITUS

For some people it is so bad, that they consider ending their life! A quick and effective remedy for Tinnitus is to slightly lift the nail on your little finger, on the side affected. i.e. if your left ear is ringing, lift the nail of your left little finger with your right thumbnail or index finger. You will lift it (without pulling your nail off obviously!) for a few minutes until the ringing subsides

You can repeat as much as necessary. If you have chronic Tinnitus, please visit your doctor.

STROKE

Stroke is fast becoming one of the biggest killers and certainly one that affects millions of people worldwide. If you are lucky enough not to die of it, you will almost certainly be disabled in some way for a short or long period of time. There are lots of things you can do at home to treat Stroke but this magazine is not the right place to discuss these. Physiotherapy is a must if you want to get better. Computer games are good too.

One of the newest and most result-producing treatments for Stroke is the Hyperbaric Oxygen Chamber. Results from going to a chamber and breathing oxygen are almost miraculous. The brain is still not very well understood and no one can say exactly how the oxyger chamber has such dramatic effects, however it definitely improves those who have suffered a Stroke and often in a dramatic positive way. Your GP will almost certainly not advise it or will be indifferent. However if you are desperate and want to get well and have tried other avenues, do try the local Hyperbaric Oxygen Chamber

DERMATITIS

Dermatitis is almost always caused by something you are eating or something you are touching on a regular basis. It can be as small as ketchup on your food or dairy products or even a supplement such as extra iron. It can also be brought about by touching plastic, certain metals or other things such as perfumes or powders.

You need to make a diary of when it started, when it gets better and when it gets worse and try and narrow it down to what the cause can be. Sometimes this can be quite difficult but you really need to THINK and analyse what you are coming in contact with either internally or externally and then just avoid it!

NERVOUSNESS

Where do we start? Many things can affect this

- * Get enough sleep less than 8 hours a night can contribute to waking up nervous and tired.
- * Reduce all meat products The hormones in
- modern meat can affect the human body. Some people even believe you are "eating the animals"
- * Meditate Reduce stress in all areas such as work and personal relationships. Take some time to yourself and meditate.
- * Eat foods that can naturally relax you such as those high in B vitamins, cabbage, bread, hemp and
- * Pace yourself Don't take too much on. Don't be afraid to say no. Look after yourself first; if you are not well, you are not good to yourself or anyone

* Try Hypnosis - This can really help your subconscious take more control and reduce nervousness Nowadays you can get downloads online and listen

Arthritis is an acidic condition in the body. The main culprits are the

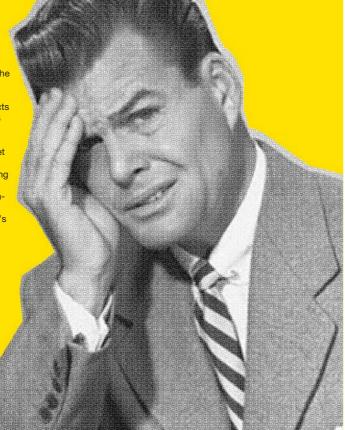
- * Uric acid from red meat products * Lactic acid from dairy products
- * Citric acid from citrus fruits

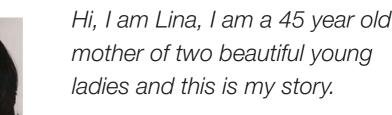
If you want to truly beat it and get better, then you need to reduce and ideally cut out these offending foods for at least 6 months. Cod liver oil, Glucosamine, Chondroitin and MSM are good supplements to take. Try LA Muscle's Injury Pro for good results.

HEADACHE

Put your thumb against the roof of your mouth and press for a few minutes. This should ease your headache!

THE ABOVE IS NOT A SUBSTITUTE FOR SOUND MEDICAL ADVICE. IF YOU HAVE A MEDICAL CONDITION, PLEASE SEEK THE ADVICE OF A DOCTOR.





an overweight mum

To A Hitness

RAINER

a Figure Class Competition. I was convinced straight away, in fact that would have been an amazing achievement, something I never thought possible, not in my wildest dreams.

My body transformation took 6 months of training, training and more training, I mean serious weight training. I was leg pressing 340kg, that was insane! The hardest part however, for me, was the diet even though I had spent my life dieting. This diet was different, there was no return, no cheating, no 'I am fed up with it today', no nothing, I stuck to it, I was focused on my goal. Lazaro and I prepared for a routine to music for the competition and practised the posing many times over.

I was 40 years old, covered in fake tan, in a bikini and heels, somewhere between scared and excited and on stage! I made it! Not only, my first competition and I placed second bringing home a trophy! I was a proud mum, but most of all, a proud woman, I had come such a long way and I made my dream come true, completing my journey from being an ordinary mum to a Figure Class Competitor. This totally changed my life. It inspired me to inspire others. Since then I became a Personal Trainer myself and have helped others achieve their goals, with support, motivation and passion. My client's goals are my goals too.

My other achievements since have been numerous including: Competing at BNBF and NPA competitions, Exercise to Music Instructor, Kettlebell Training Instructor, Kettleblast Training System DVD and Kettleblast Training Course endorsed by Skillsactive with CPD points, Zumba, Zumba Gold and Zumba Chair Instructor and more...

For anyone out there thinking 'I can't do that', think again! Whatever your goal is, whether it's shedding a few pounds or a lot of weight, gaining weight, putting on muscle, getting shredded, improving your overall health, stamina, flexibility or just wanting to start some physical activity after being stuck on your couch for many years...

Don't let 'YOU' stop yourself form achieving your dreams! You can contact Lina at . lina@cubancardio.com or visit: cubancardio.com



have always struggled with my weight, from my teenage years all the way to adulthood. I tried many diets and my

weight would just yo-yo up and down,

never getting me where I wanted to be and

how I wanted to look.

shoulder injury.

How I went from

My weight ballooned even more after I had my children and at the age of 30 I was 70kg heavy and only 1,60m tall, or short should I say, actually petite sounds better. I went on for many more years trying out other diets until I was forced to hit the gym after my physiotherapist advised me to do some light weight training following a

This injury is where my journey begins. I have always had a passion for weight training and loved being in the gym working out. This is also where I met Lazaro, the crazy Cuban (I mean seriously crazy!), and my Personal Trainer. Lazaro helped me with stabilising my shoulder and, once that was back in shape, he motivated me to get the rest of me in shape too. Once I started training. I rediscovered my passion of weight training and, with Lazaro's advice and support, I was getting better and

At some point I had lost so much body fat and my muscle definition started showing, Lazaro suggested I should enter



irst of all you are looking at burning fat and not just losing weight. Weight loss is a very ambiguous term and can suggest the loss of other things such as water, glycogen (carbohydrate stored in muscle) as well as lean muscle tissue itself; which is not what we want. So do not base your results on scale weight alone, use it as a tool in correlation with things like progress photos, site measurements, body fat percentage, how you feel and how your clothes fit you.

You should not look for a quick fix as this will almost certainly put you in a worse position in the not so distant future because training obsessively or dramatically lowering your calories can not be sustained. Aim for longevity and a sustainable lifestyle change, subtly making changes to your training and diet over time. The more controlled and slower this is done the more muscle you will keep and therefore keeping your metabolic rate up due to more active tissue (muscle). Burning 0.5 – 1.5lb a week is a good rate to be looking at.

Now, the problem is everyone wants a quick fix and/or the easy option but nothing beats hard work and consistency. So first things first; you should be looking for optimal health because a healthy body is going to be a more efficient one, thus allowing you to burn fat far easier. So choose sources of food that fit in with your lifestyle and enable you to stick with it eg; rice, chicken, beef, berries, eggs, vegetables, avocados etc. You have to be able to enjoy what you are doing to make

Choosing a good split between prote carbs and fats will help put your bo in a state where it can fuel itself for v intense workouts and being able recover from them. I would gener recommend implementing 1.2g of pro per Lb of body weight, 0.5g of fat Lb of body weight and the rest will made up of carbohydrates to fit you caloric total. This is just a general startir point for you. The key is to find a point of reference to work off of so you can the alter your ratios accordingly.

With a diet there is not a one size fits some people may handle more carbs better or work better on a higher fat diet. It all comes down to trial and error, what you like or any intolerance you may have. Experiment with it and make notes on how it affects you.

AND HOW TO ACHIEVE IT FAST

Don't always look to drop calories - as you reduce your calories through food your metabolic rate will lower in accordance with this as there is no longer a demand for it to

Weight training should be a priority when wanting to lose fat as the more muscle tissue we retain or grow will mean more calories burnt at rest. Also resistance training is very demanding and causes a lot of metabolic stress (the burning of more calories). This is what we are looking for. I suggest that you keep the rest time between sets short, the intensity up and still train as heavy as you can with control focusing on time under tension.

> "choose sources of food that fit in with your lifestyle"

will also need to be added but use and when it is needed, for example you hit a plateau. 10-20mins of HIIT h intensity interval training) will be great or S (low intensity steady state) cardio of 45-Omins like hill walking can be utilised. Either vill work, it'll just come down to which you orefer and have time for. Also do not worry about the time of day you perform this at as long as you are getting it in.

> David Rowe. **Personal trainer**



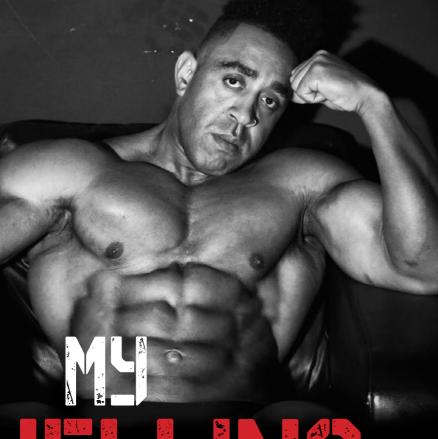
ssume that every bodybuilder wants to pack on impressive muscle gains and are willing to put in the intense work required emphasize smooth movements and proper form. The amount of weight use should only be secondary concern.

Here I reveal my favourite exercises for gains in my chest, and the weights that I use:

start my chest workout with flat dumbbell press up to 5 warm up sets I go heavy for 4 main sets using dumbbells between 50kg all way up to 80kg. I keep reps as high as 12.

2nd exercise I move on to incline dumbbel The weights I use in this exercise, I do 3 sets with 60kg dumbbells

3rd exercise I choose to do an isolate peck exercise. I use the incline version of chest press and I load the machine with a weight that all do 4 sets of 12 reps



CHEST WORKOUT

Rob "The Rock" Reinaldo, WABBA Mr Universe

4th exercise I invented myself due to several years I had of lack of development! The sides of my chest were weak, so I created a flyer-press exercise which include bringing the dumbbell the lowest as you can, feel your rear delts touching the edge of the bench hold the dumbbell down for 3 secs, expand the chest out and squeeze on the top while finishing the move. This exercise has proven to be very effective and I have tried with my clients achieving great results.

5th exercise I do 4 sets of 20 reps on the peck deck; it's a great exercise to shape up your chest as well as get very good muscle contraction.

Finally, my very last exercise is the bench press. When many do this exercise as one the main exercise I like to do it at the when your chest its very exhausted. Many people have asked me why I do the bench press as last and not at the start of the workout, my answer goes like this: considering I have won several bench press competitions, it's what I do on my chest workout and is working very well.



GET GLUTES

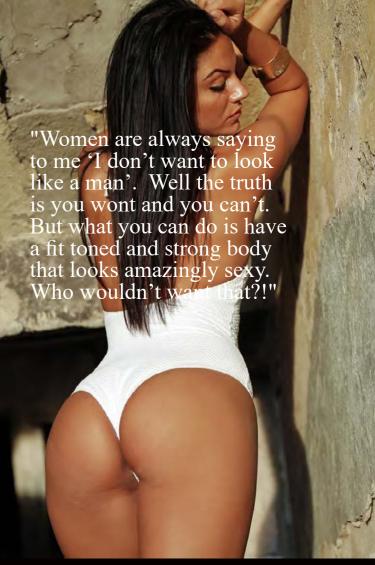
Sally Loomes Miss Galaxy



A big part of having a sexy body is to have a toned butt! For many years I neglected mine, I rode horses when I was a child and when I first got into weight training, I was doing so much running that I only trained my upper body. Huge mistake! I had a flat, pancake behind and dreamt of having a squatters butt!!

My biggest problem was my glutes had forgotten how to work - gluteal amnesia. We spend so much time sitting behind our desks and in front of screens that the glute muscles sit back and let the hamstrings and lower back muscles take over their main job of extending the hips and rotating our femurs in their sockets and over time, this can lead to back, hip or knee pain.

I had to spend time teaching myself to engage my glutes, due to having bulging discs in my spine, my quads always took over. This began with small movements and a lot of clenching! Whatever I'm doing, be it cooking dinner or queuing in the supermarket I will do small kickbacks to engage my glutes. I'm way past caring what others think!!



The gluteus maximus is, on average, the largest muscle in the body, and it can handle a lot of volume and frequency. I personally train my glutes 3 to 4 times a week. I always include glute ridges, back extensions, walking lunges and dead lifts. I do squat but with fairly low weight due to my back problem and as always practise good form and full range movement so that my glutes engage.

Many people mistakenly assume that if they fail to get sore in their glutes in the days following a training session, then the workout was unproductive and inferior. This could not be further from the truth. If you want to get incredibly sore, you could simply train the glutes infrequently, perform exercises that stretch the glutes under load such as lunges, focus on performing controlled eccentric actions and include unfamiliar movements. Each of these methods will produce soreness. However, soreness isn't the end-all-be-all with regards to growing muscle. Many of my clients who have seen the best results in glute growth never got very sore in the glutes during their transformation process.

Getting stronger is vital for developing the glutes. If you're the same strength next year as you are right now, then your glutes probably won't have changed shape to much degree. However, you can't get stronger at the expense of using sound technical form. If your knees cave in dramatically during squats, your back rounds dramatically during deadlifts or your back arches dramatically during hip thrusts, then you won't be working your glutes optimally. Moreover, you could end up hurting yourself, and if this happens, your glute building potential will come to a grinding halt. In order to ensure optimal progress, you need to make sure your form is spot on and that you always feel your glutes working during the various glute exercises. In addition, you should feel a burn in the glutes and attain a glute pump during certain exercises such as hip thrusts and back extensions, as this can enhance the glute building process.

Finally my glutes are changing shape and the flat pancake is disappearing, its been a long process but well worth the wait!

ALWAYS TIRED

SOLUTIONS WITH MEN'S PHYSIQUE WINNER DEMETRIS IERONYMIDES

1. NOT EATING RIGHT OR ENOUGH

- Try to have a balanced diet incorporating all the macronutrients (e.g Carbs, Protein, Fats) to keep your body's energy levels sufficient.

2. ANAEMIA

 Can be checked with a regular blood test to ensure your iron body levels are stable. If you are iron-deficient then
 Anaemia is the reason why you feel tired and battered all the time. Enrich your diet with iron containing foods such as red meat and spinach.

3. DO YOU GET ENOUGH SLEEP?

- As a general rule of thumb, you need less sleep as you get older. Make sure, however, that you get at least 5-6 hours of sleep. If you need more just treat yourself with a lie in.

4. CHECKED FOR DIABETES?

 It might be worth having a blood test done for diabetes.
 In the case of diabetes sugar unfortunately stays trapped in the bloodstream instead of travelling to the rest of the body where is needed for energy, resulting to fatigue and tiredness.

5. SYMPTOMS OF DEPRESSION2

If you experience symptoms of depression then mayous behind being tired all the time. Trying to alleviate the symptoms can help reduce levels of fatigue. So don't juthere, seek for medical advice.

6. HEART PROBLEMS

 Sometimes we find ourselves being tired and exhaust when climbing the stairs or when gardening and in any everyday life activity really. This can sometimes be becauour heart does not function efficiently or up to speed.
 Changes to lifestyle habits and medical treatments can be to monitor this.

7. THYROID ISSUES

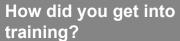
If you find yourself putting on weight and tired all the time maybe your thyroid is to blame. An under-active thyroid slows down the speed at which food is converted to energy to fuel the body's functions. This can result in fatigue. Check with your GP if you have an under-active thyroid and prevent symptoms of fatigue and weight gain.

8. FOOD INTOLERANCE

- Sometimes our body responds badly to certain food. For example, some people tend to bloat up really fast when using food that contain gluten. Another sign of food intolerance can be tiredness as well. If you feel exhausted after eating a particular food then maybe your body responds badly to that food. Contact your GP to alleviate these symptoms using techniques like an elimination diet.



UPCLOSE& PERSONAL with TV Star



I was a small kid in school. Some kids tried to pick on me and from then I decided to focus on getting bigger and stronger.

What do you like most about training?

The release of endorphins, training also helps to relieve me of stress. I also enjoy training with other people, strength gains motivate me and noticing how my body

Outline a typical day on your diet?

Fasted Cardio – 5 am Morning 6 am – 60g LA Whey Porridge and a LA Whey Gold shake (banana) 100g fillet steak, 30g or raw cashew nuts

Second training session

Meal 2 10 am – 125 g Chicken breast, 100g basmati rice, 100g spinach, 30g raw cashew nuts Meal 3 12.30 pm – 160g Turkey breast, 130g broccoli, 30g raw cashew nuts Meal 4 2.30pm – 160g steak, 160g sweet potato, 100g cauliflower

Third training session

Meal 5 5pm – 150g chicken breast, 125g white basmati rice, 125g spinach Meal 6 7.30pm – 150g salmon, Asparagus spears,

Meal 7 9.30pm – 150g lean steak mince, 60g broccoli, handful of lettuce

11pm – LA Night Protein Strawberry

Outline your typical training week?

Monday

Leg Extension x 4 sets Squats x 3 sets (alternate front one week and back the next) 45 degree leg press x 3 sets (alternate with horizontal press each week) Hack squats x 3 sets D/bells walking lunges x 3sets

Chest and tricep 10-12 reps Peck deck x 4 sets incline d/bell press x 3 sets (alternate with b/bell press every other week) Decline d/bell press x 3 sets (alternate with b/bell every other week)
Flat d/bell flys superset, push ups x 3 sets (so do 12 flys then straight onto 12 push

Tricep 10-12 reps

EZ bar skull crushers x 4 sets (use on slight incline bench usually one pin up

Straight bar cable push downs x 3 sets Rope push downs x 3 sets (open rope at bottom of rep and pause for 1 second) Dips x 3 sets



Wednesday

Back and bicep 10-12 reps Wide grip chin ups x 4 sets Close grip lat pull downs x 3 sets B/bell rows x 3 sets Hyper extensions x 3 sets

Bicep 10-12 reps Standing b/bell curls x 4 sets Seated d/bell curls x 3 sets Standing ez bar wide grip cable curls x 3 sets Standing B/bell 21s

Thursday

Shoulders 10-12 reps Seated d/bell press x 4 sets (alternate with b/bell every other week) B/bell upright rows x 3 sets Superset side raises with front raises x 3 sets

Hamstring 10-12 reps Lying leg curls x 4 sets Deadlift x 3 sets Single leg curls x 3 sets B/bell walking lunges x 3 sets

Abs 12-15 reps (twice a week) Leg raises x 3 sets Crunches x 3 sets

Calves 12-15 reps (twice a week) Standing calf raises x 4 sets Seated calf raises x 3 sets

Favourite 3 exercises?

Pull ups Incline bench press



GETTING ON STAGE IS AN AMAZING FEELING..

Most dreaded exercises? Calves and abs

HIIT or steady state cardio? Steady on stationary bik

Plans for the coming year?

To try train more often as due to work commitments I'm abroad almost every week either in a hotel or with clients taking care of their needs.

Favourite cheat meal?

Nando's and a large Ben and Jerry fish food (yummy)

What do you enjoy doing away from the gym?

I skydive and ride anything with 2 wheels so either superbike track days or doing trial bike riding or off road thru the woods. I also enjoy big game fishing catching marlin and other fish in various places like Mauritius, Mozambique and Dubai. I also work as a bodyguard so I'm fortunate to travel the world on private jets and yachts seeing the world meeting different people.

What keeps you motivated?

Training has been a part of my life for what feels like my entire life and the discipline I've learnt from the sport has helped me in my general, personal and business life. I've also met great people in the sport and as I'm always trying to better my fitness and my clients health I'm always researching and developing new training methods and trying different diets. The feeling of self satisfaction from competing and changing clients' lives maybe just for general health or assisting them in getting on stage is a amazing feeling.



Poweclub-training For fat loss and

aving presented 7 shows for The Active Channel dedicated to Power Club training it's fair to say I'm a big fan of using them, but maybe you're fairly new to them or haven't heard of them before? So let me give you some background on what they are, where they came from and how they can help you get a strong, flexible and fit.

Clubs have been around forever. They were used for hunting, as weapons, as exercise equipment (the Russians used them to train their strongmen. gymnasts and olympic lifters), and in the 19th Century The British and American Armies adopted Indian club swinging as a method of training the body. Power Clubs are a hybrid of Indian Clubs and Kettle bells, mixing the benefits of the enhanced mobility and rehabilitation you get with Indian clubs with the functional strength, power and muscular development you get from Kettle bells.

So what is a Power Club?

Basically, it is a weighted metal bat that is heavier at one end. This offset of weight distribution gives you a considerable amount of leverage across the joints and muscles as you use it. The weight sits at the barrel end. Once you start swinging the club. the barrel head drives the motion and adds to the momentum. The skill is to control that momentum by controlling the acceleration and deceleration of the club. It's simple, effective and incredibly tough! Adjusting where you grip the club can have an affect on how heavy it feels as it's all down to what we call 'lever length'. So if you grip the club high up on the shaft you are shortening the lever and the club will feel lighter. If you grip it right at the base of the shaft. it gets harder. This means that you can buy one set of clubs and make them feel heavier or lighter, depending on where you grip them.

performance

with Vanessa Bird, **Personal Trainer**





Why should you use Power Clubs? Well, as my clients have discovered they do amazing things to your body. Whether you use them on their own or throw in a few Power Club moves as part of your more traditional style of weight training (they work well as heart rate elevating supersets), you'll certainly feel the benefits the next day and be pretty impressed with how they challenge you. Swinging the clubs and having to constantly control the acceleration and deceleration of them not only works your muscles hard, but it also conditions your tendons and ligaments meaning that you are able to lift heavier, improve your overall health and protect yourself from future injuries. You'll find that your heart rate elevates rapidly and remains high throughout too so you'll get a fantastic cardiovascular workout from this style of training. Not only will your stamina improve, but you'll burn fat and lean out fast!

I've listed some of the physical benefits you can experience from training with **Power Clubs:**

- · Improved strength and power
- · Muscle hypertrophy
- · Improved muscular endurance, enhanced movement and flexibility
- · Increased range of motion
- · Improved body composition (more muscle, less fat)
- · Enhanced cardiovascular fitness
- · Conditions the connective tissues of the joints
- · Improved hand to eye coordination
- · Improved health and wellness
- · Improved sports performance for those sports that involve grappling, contact sports or racquet sports

So now you're convinced that Power Clubs can challenge your body, how do you select the range of clubs that suits your ability? Remember, these feel a lot heavier than the number on the club so don't be put off if the weights sound too light. I promise you, they will break you!

For Guys

Are you a beginner or of average strength? Select clubs between 4-6kgs. If you're intermediate level and class yourself as strong, then choose 6-8kgs. If you are advanced level and very strong, then you want to be using 10kgs upwards.

For Ladies

If you class yourself as a beginner or of average strength, select a club between 2-4kgs.

If you are intermediate level or strong, use 4-6kg clubs.

If you are advanced level and very strong, then 6-8kgs and upwards.

Remember, this is a tough workout and you need to make sure you warm up properly, have plenty of space to swing those clubs and perhaps tune in to one of my Power Club shows on activechannel.com to get some workout ideas.

Once you've got into the swing of it you'll find they are a fantastic way to blast your body through a plateau, boost your strength and fitness levels and give benefits that standard weight training alone just can't

TRY THESE SUGGESTIONS

"My favourite weight loss supplements are Thermo24, Sculpt and the amazing Six Pack Pill. I rely on them to keep in shape and at the lead up to competitions."

Yvette Geary

Sculpt

Fitness Competitor

The original CLA supplement, ideal for preserv-

ing muscle mass (especially for hard gainers)

original Registered Tonalin CLA product, Don't

with no CLA in them! You get what you pay for

with CLA. If you want results, you want Sculpt.

go for cheaper copies that are only sunflower oil

and for losing fat. LA Muscle's Sculpt is the



Monday

Spinach

Full of iron and Vitamin K, ideal for bone development and bone density. Also high in Flavonoids which fight free

Tuesday

Each medium egg has 7g of high quality protein and 9 amino acids! Eggs are also full of vitamins & minerals and Choline, great for brain power. A real super-food!

90 Capsules £49.99



Nuclear Creatine

This is a really special Creatine. It is the most advanced Creatine formula you can get COMBINED with an extreme NO (Nitric Oxide) formula. This means it gets you big in the gym, strong, muscular and keeps on giving even out of the gym. Gains of 4-5 kgs in around 10-14 days are normal. Amazing, exclusive ingredients including D-Aspartic Acid & L-Ornithine, Try it! 100% money back if you don't love the gains.

903g tub £69.99

Vasculator

Absolutely crazy gym pumps! If you are the type that is impatient and doesn't like looking small in the gym, then take some of this incredibly powerful supplement containing all 4 proven blood pump and vascularity ingredients. Other companies don't give you all 4 to save costs. Vasculator is the only one of its kind and that's why you see results in just 1 day!

90 capsules £69.99



Wednesday **Blackberries**

Blackberries are full of antioxidants as well as vitamin C and vitamin K. They protect against UV rays and are great for the heart and brain.

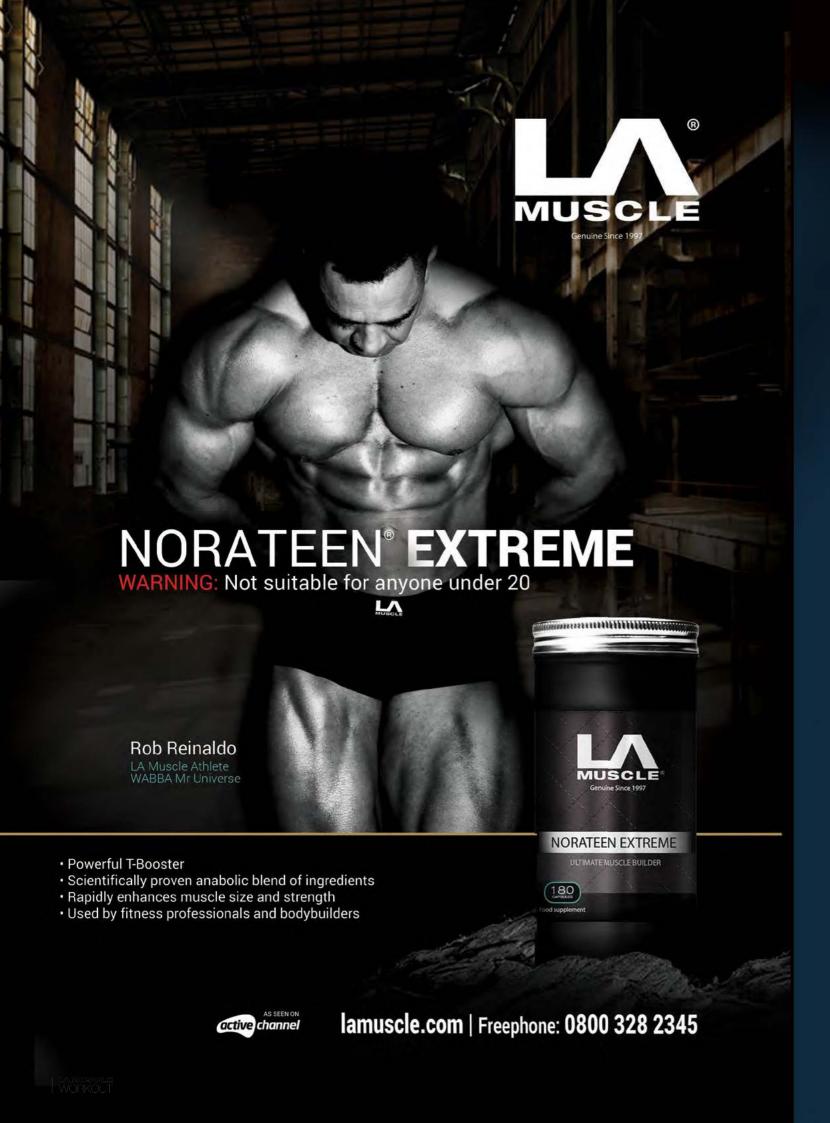
Thursday Paprika

Contains vitamin E for healthy blood vessel function as well as the anti-stress vitamin B6

Friday Mango

Very high in fibre, so great for those who suffer from constipation. Also contain vitamin C, A and E. A really great fruit for all-round healt





DEFINITIVE SHAPE UP

Rebecca Hamilton, Fitness Model, Mum

With summer just around the corner it is that time of year when people start thinking about shaping up to get that summer body. It's not about starving yourself, it's making sure you eat a balanced diet eating the right foods. You will actually be surprised how much food you can eat if good clean nutritious foods.

Ideally you would have started preparation during the winter months; it shouldn't be an excuse to go all out pig out and forget about training. Winter should be used to make that summer body, continuing to train hard, enjoy eating a few extra calories to make changes and working on what needs improving on. Try keeping it healthy as possible 80% not to over indulging too much so you can make some nice lean gains and make life a little easier when it comes getting ready for summer. If you haven't however no need to panic it's never too late. Here I have put together a few tips and things that I have found have worked for me to get you on the road to not only your summer body but changes you could make to your lifestyle a fit body is for life not just for the summer.

- Firstly determine what your calorie intake should be using a online calculator. Put in your stats, how much you workout etc. It will work it out for you. Cut your calories b
- If you are going to be counting your macros I suggest 1g protein per lb of bodyweight. Try eating 5-6 smaller meals, keeping the metabolism burning throughout the day.
- Don't skip meals or restrict calories too much this will slow down your metabolic rate and will have the reverse effect. The idea is to keep it all fired up all day long to make you a lean mean fat burning machine.
- Eat a good source of lean protein with each meal and a good variety of vegetables especially green ones, as a diet high in fibre keeps you feeling fuller for longer as well as being packed with vitamins.
- Never Skip breakfast, it is the most important meal setting you up for the day! It's your fuel for rest of the day, kick starting your metabolism.
- Drink more water water makes up half your body weight, it is very important for your body to function properly and helps flush everything though.

- Watch what you're drinking; some drinks contain as many calories as a meal, some people are not aware of this. Limit coffee to 2 cups a day as too much caffeine can have an effect on your cortisol levels the stress bormone.
- Drink green tea great for fat loss has been proven to boost the metabolic rate assisting fat burning, it comes in so many delicious flavours too! My favourite at the moment is cherry bakewell.
- Use coconut oil cooking, has been proven as one of the most beneficial oils and tastes very yummy!
- Use herbs and spices to season your food rather than calorific sauces. Make sauces yourself using either tomatoes as a base or 0% fat Greek yoghurt if you want a creamy sauce. You be surprised at the calories and sugars in shop-bought sauces.
- Go easy on the salt though, swap to rock salt.
- Take good quality fish oils and multi vitamins daily.
- Keep sugar to the minimum, try using natural sweeteners such as Agave Nectar, Maple syrup, moscovado sugar.
- Check food labels, if its low fat 9 times out of 10 they have added more sugar instead.
- Swap breads for wraps, pittas bread, flat bread, rye bread, wholemeal bread, buckwheat bread or rice cakes.
- Stick to complex carbohydrates such as brown rice, sweet potato, basmati rice, millet, oatmeal, green veggies, beans, wholegrain pasta/bread/rice, most fruit, natural sugars, quinoa and buckwheat. I tend to keep my carbohydrates in the morning, lunch, early afternoon or around my workout. This works best for me when I'm trying to slim down.
- Fruit although is good for you especially berries still contain sugar, would be better to limit to 2-3 a day.

"My absolute favourite product is LA Muscle Diet Whey"

- Make sure you get good fats into your diet. Many people make the mistake of thinking if I eat fat I will get fat, this is not true. Eating good fats will actually help burn fat, good fats would include - coconut oil, extra virgin olive oil, avocado, nuts, oily fish, salmon, chia seeds, seeds, flax seed, red meat.
- Make sure you get enough sleep. Also making sure you are giving your body a chance to rest and
- Prepare your food when you are hungry and have nothing at hand to eat is when you are more likely to reach for high sugar, fatty unhealthy convenient snacks. So try to be prepared, even if you are in a rush a protein shake with a piece of fruit or nuts its perfect when you on the go.
- Don't be over strict, reducing calories too low or putting things completely off limit will only make you crave things more. It needs to be maintainable changes that you can keep up with and make your weight loss permanent.
- Treat yourself once a week with your favourite meal and pudding, some people find this really helps keep them on track. Don't go too mad though and turn it into a cheat day as you don't want to undo your hard work. Don't beat yourself up if you slip up it is not the end of the world just make sure you next meal is

Curbing those sweet tooth cravings – try Cocoa chocolate powder - 2 spoons of powder and natural sweetener with some almond milk. A couple of cubes of 90% dark chocolate which is actually good for you - it's all the sugar and rubbish that add to milk chocolate that makes it bad.

Sugar free jelly is great for sweet tooth and really nice mixed with blended 0% cottage cheese. Use less water when making it and add to jelly mix. Sugar free gum, green tea, fruit tea or drink a glass of water you could be thirsty not hungry.

Low calorie hot chocolate with almond milk. There is always a healthy alternative; get creative there are so many great clean eating healthy recipes on line, there is no need for it to be boring!

I've made cauliflower pizza, cauliflower rice or courgette noodles for low carb option, chilli, sweet potato cakes, snickers, cheese cake, banoffee pie, cookies, raw chocolate, flap jacks, muffins to name a few and these were healthy versions. You can adapt any favourite recipe to a healthy one you just have to be a bit inventive or look it up!

Supplements

There are a number of products that can help aid muscle building and fat loss its so hard to know which one is the right one. The ones I use and would recommend are LA Muscle Explosive Creatine, my strength has really increased since taking this and muscle growth has definably kicked in.

Sculpt helps with fat loss and has really helped my keep my muscle mass during completion prep, which I struggled with before. My absolute favourite product is LA Muscle Diet Whey. Tastes amazing, contains Glucomannan, so aids fat loss as well as supplying my muscle with good quality protein to repair and nourish mv bodv.

Thermoburn is great for aiding fat loss and gives you a boost during your workout.

For the men I can't recommend Norateen Extreme enough; fantastic for building muscle mass, improves sex drive, quick results, it does exactly as it say on the

Multiman - a great quality vitamin by LA Muscle.

311 BCAA - Great support for weight training supplying your body with the best quality most important Amino acids.

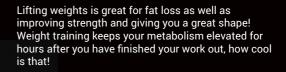
Exercise

Compound movements are great for fat loss and muscle building as it involves using two or more joints for that exercise. You will be working more muscle groups therefore burning more calories and it triggers the body to release more testosterone/growth hormone than if you were preforming isolation exercises.

Compound exercises - Dead lifts, Bench press, pull ups, clean and press, squats, press ups, military press, leg press, lunges, bent over rows. These are just a few, there are lots of variation of theses exercises too, if you are unsure or need more guidance log onto the Active Channel, it's full of workout and step by step easy to follow workouts.

Weight lifting - Don't be scared of lifting heavy you will not get massive girls! I should know it takes a lot of hard work I've been at it for couple of years now and it's a slow progress! Ladies will never naturally produce enough testosterone in their bodies like men to be able to achieve the muscle mass men usually have.

You can do as much cardio as you like but if you haven't built a base there won't be any shape when the fat layers come off. Its weight training that gives you shape, what you waiting for!



Weights I would preform 4-6 times a week depending on your goals and making sure you get enough rest

All over body weight sessions a couple of times a week, then a couple of days isolations work on areas that you want to improve most.

Here is an all over body workout packed for you to try:

- Warm up 5-10minutes cardio machine.
- Front barbell squats into overhead shoulder press x
- Dumbbell press up with dumbbell row x 10 each arm
- Dumbbell lunges with tricep kick backs x 10 (as you step forward into lunge position pause and preform tricep kick back with dumbbells, back to starting position repeat.)
- Wall sit single with single arm hammer curls x12-15
- Dip/weighed dips x 15 Bench/dumbbell press x15
- Rear flys with dumbbells x15 (preform this in a squat position leaning forward) - Step up with kick back and lateral raises x 10 each
- Dead lift x 15
- Jumping lunge x 20
- Front kettlebell swing x20
- 1min plank

Repeat 2-4 times, depending on you fitness levels and how you find it.

Cardio - Cardio is a must for fat loss I would suggest doing it 4-6 times a week for best results.

Everyone has their view on what is best, fasted, non fasted, hilt, slow steady cardio etc. I have to try fit it in when I can as am very busy, I try to get mine done early morning but if not later whenever I can squeeze it in as long as it's done. I like to mix it to make it different. I would suggest the same, here are few ideas below:

- Slow steady cardio aim for 40 min -1hr
- 20mins HIIT followed by 20mins slow steady cardio.
- Spin 45min class
- 30mins of sprints (sprints are my favourite for lean out legs and gives me a flat tummy)
- Fitness class pump/zumba/insanity some people find cardio boring and find classes motivate them more, if that's what gets you going do it! Just keep

Get out doors go jogging, get on your bike, skating whatever it is you enjoy! Getting outside training makes me feel refreshed and time always seems to

"Everyone has their view on what is best"

Make you own fat burning circuit using some of these exercises - mountain climbers, bunny hops, high knees, jumping lunges, squats jumps, box jumps, kettle bell swings, star jumps, skipping, push ups, burpees, squats, butt kicks, crunches, leg raises, backwards lunge into forward kicks, punches, ski squats, step ups.....

Choose a 8-10 exercises perform 20 of each, with one minute rest repeat 2-6times or to change it up slightly have 10 seconds rest in between each exercise, 30 second rest at end of circuit then repeat 2-6 times.

These are all just a few ideas of mine to get you kick started, if you are unsure of anything exercises etc... look them up on the internet or head over to the activechannel.com, LA Muscle website/facebook page where there are step by step guides for all fitness levels, lots of fitness tips and nutrition tips too!



HUMOUR







WHAT IF FACEBOOK **TOOK LA MUSCLE?**

Having taken LA Muscle's Testo Boosters, Javier felt so confident that he decided to take up art!









GYM HUMOUR





GYMHUMOUR

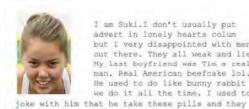
NEW LA MUSCLE SQUAD.

YOU NEED PROTECTION?

for years in

preparation for

that moment ...



I am Suki. I don't usually put advert in lonely hearts colum but I very disappointed with men out there. They all weak and lie. My last boyfriend was Tim a real man. Real American beefcake lol. He used to do like bunny rabbit

were my real boyfriend not him, haha. It was MAN by LA something. Anyways maybe true. Then he lost job and lost money and didn't buy pills and he was no beefcake no more. He was

So now I look for real man and real love. I want to make a man happy and he make me happy and we

If you are a man like this and you no need no pills and potions then you can Suki. Or maybe if you woman, call too. I don't know. I confused.

> Chicago Weekly Lonely Hearts Ref: 312143 For Suki, call: 0231 4123445



RELAX YOUR MUSCLES WITH THE NEW WORKOUT RECOVERY ACTIVE GEL



METABOLISM

HOW IT AFFECTS BODY-FAT AND WAYS TO INCREASE IT

Simply speaking, our metabolism dictates the entire chemical processes that go on continuously inside the body; things like breathing, repairing cells and digesting food are all chemical processes, which require energy. So in theory the faster our metabolism is, the more energy and fat will be utilized by the body in every day functions. It's no surprise then that many of us strive to find ways to increase our body's rate of processing energy.

Did you know that everyone has a unique metabolic type? It's important to learn how to eat right for your metabolic type because the same foods that keep your friends slim may be making you feel boated and lethargic. Try and listen to your body and take note on how various foods make you feel! For example, some people feel tired after a high carbohydrate meal whilst some feel invigorated and fully energized. How you feel may be directly related to how your body is able to process the food and how your metabolism can cope with a sudden surge of specific macronutrients. Much of this is trial and error, so try keeping a food diary for 14 days - it's amazing how quickly you discover which foods, in what quantities, at what time of day make you

It is claimed that certain foods and drinks can boost your metabolism, including green tea, black coffee, spices and energy drinks. The evidence behind these claims is questionable and the effect on our metabolism is said to be respond differently to each product! However, there are certainly ways to keep our metabolism running at its most optimal level even if we can't control it as much as we'd like.

Keep moving - Being active wherever possible and reducing time spent sitting down will help burn extra calories and encourage the various bodily tasks to be performed efficiently.

Incorporate resistance training - The benefits of working with weights is two fold; you will gain aesthetic and functional muscle whilst also keeping the bodies "fire" burning for hours after your workout has finished (this also applies to most high intensity physical exercise). Research concludes this will promote a healthy

Build muscle - in a similar point to above, muscles burn calories even when you aren't working them. Research tells us that a pound of muscle burns up to 4 times more energy than a pound of body fat even at rest!

Eat smaller, frequent meals - keep the fire burning; by feeding yourself often and small, you are able to keep the metabolism working at its most optimal. Never go on crash diets or go through a period of under eating to lose body fat - this will be counterproductive for the metabolism and it will slow down significantly (this prepares the body for a possible starvation

LA Muscle's Thermoburn is the perfect supplement to compliment your training programme as it enables you to tackle excess fat stores. Thermoburn will help kick start the metabolic system, which may lead to a reduction in excess fat stores and an increase in thermogenesis.

As with many specifics in health and fitness, much of how you respond will be very unique to you, your lifestyle and your body type. Many bodily functions are genetically predisposed, meaning we don't have a lot of control over how they operate - however, the above points can all be implemented by anyone - and even if you don't notice a massive difference in your metabolism as such, these are all points which will help promote and maintain a very healthy



NICK CAMERON. PT



DON'T LET IT RUIN YOUR GAINS

with Fitness Model Chris Foster (expert drinker by the looks of it!)

Teguila is currently under studies claiming that in actual fact it could 'help you lost weight'. This is due to it originating from the 'agave plant', the same plant that gives us the natural low GI sweetener

ine - a couple of glasses will contain more calories than the other However what you get with red wine is some health benefits. improved cardiac health. Research suggests a possible that antioxidants, such as flavonoids or a substance called have heart-healthy benefits.

vasodilator which means it expands the blood vessels, next day you'll get an amazing pump and appear more

plan your night of drinking. I know the night gets wild ways that one person that wants to do all different shots. a goal, a mission...

a limit of the amount you'll drink and in between drinks, of tap water from the bar and neck it. You'll feel better for

Make your last meal before drinking high in protein and a big serving various vegetables, with some healthy fats. Avoiding carbohydrates pecause you'll be having them later in form of alcohol!

4) When the night is over DO NOT eat. Get yourself home and have a pre-made shake. In this shake add an additional 10g LA Glutamine & 311 BCAA. Make the shake before you go out so when you get home you can take it from fridge and get it down you. This will help preserve muscle and help your hangover tomorrow due to L-Glutamine's detoxifying

You could also throw in some Norateen Heavyweight II before bed. Alcohol lowers your testosterone levels, so by taking supplements as mentioned you can help prevent your testosterone levels from

5) WAKE UP: Get yourself a pint of water with a Multiman (LA Muscle multivitamin). Drink this and then have a strong black coffee/espresso. Take yourself for some Low intensity cardio around the block/over the woods. This will help clear your head and help 'burn off' any of the alcohol energy. Leaving you to start your diet for the day.

6) MEAL 1: I find having something like smoked salmon and eggs really help. Not only are you missing carbs here (giving your body chance to process last night's) but these two foods are mood enhancers. The fatty acids and aminos found in eggs and salmon help boost levels of serotonin. Serotonin is the feel good hormone. Boosting this will help you feel better. Wash it down with some green tea, which again will help detoxify you and also help speed your metabolism up. Perhaps even pop a fat burner such as Thermo24. These are just a few simple things you can do.

playtime doesn't have to ruin all your progress.

It's all about working hard and playing hard too sometimes. That

ergogenic aid on the market today

And is arguably one of only a select few that is proven to enhance performance. As a result of its well-documented performance enhancing effects, you have more than likely heard of or come across this substance, commonly found in powder or pill form. But are you using it correctly and for the right reason?

First of all let's quickly establish what exactly creatine is. It's an organic acid produced to help supply energy to cells in the body, and more specifically, and what we're interested in, to muscle cells. Stored in skeletal muscle, creatine turns into creatine phosphate, which in turn is used to make adenosine triphosphate (ATP). ATP is the primary energy source used for muscular contractions, and hence is of great importance to anyone participating in exercise or sport. Since it's the primary energy source, it's also the first to deplete during high intensity exercise or movements, and thus by increasing our basal creatine store levels, our energy output is enhanced. This is where creatine supplementation comes into play.

Research has shown that with supplementation, creatine can induce increases in strength, speed and power, fantastic for athletes and gym enthusiasts, and hence it's huge popularity. This is all great to hear, but should you be dabbling in the creatine craze, and if so, how and when should you be using this 100% safe and legal gym rat gear?

Ok so let's put this into practice. There are several supplementation protocols out there, but the one that I'd recommend and that has multiple papers to show its worth, is the following:

Loading Phase: Load on creatine for five days at a high level – 20-30g per day (i.e. 4x 5-7.5g servings). If you'd like to be specific, use the formula:

Body mass (kg) x 0.3 = grams of creatine monohydrate to ingest (split into 4 servings)

Maintenance Phase: Maintain the supraphysiological concentration with 5g of creatine daily thereafter for

Towards the end of the maintenance phase your basal creatine levels will sink back to a 'normal' level, towards that of what they were pre-loading phase.

In terms of timing, during the loading phase you should take with meals (carbohydrate has been shown to enhance the absorption of creatine into the cell), evenly spread throughout the day. And on training days, always take one of the servings post-workout (commonly within a protein shake), as this is the window when your body is most receptive to ingested nutrients and uptake is enhanced. During the maintenance phase also take post-workout, and on non-training days, at any time during the day with a meal.

So there you have it; Creatine is a hugely popular supplement that features in many athletes, bodybuilders and gym enthusiasts' dietary protocol. Most commonly used when trying to increase strength or size, it also has its place when trying to lose unwanted body fat and retain strength and lean muscle mass. Available in it's purest form, Creapure®, at 99.99% purity, or alternatively there are scientific research driven creatine formulas such as Explosive Creatine, with added uptake agents to further improve delivery and performance of the creatine monohydrate itself. So, now it's just time for you to try it for yourself. Train hard. Eat wise. Get stronger.

Oliver Johnson BSc, Sports science



EXPLOSIVE CREATINE

If you're competing or getting ready for a shoot then chances are you'll know the negative effects alcohol can have and therefore avoid it completely. But for those who want to look good on the beach or who aren't competing / shooting there are a few simple rules you can implicate to cut down the damage of drinking. You've trained hard all week, and your diet's been on point, Saturday's here and your friends are going out. You want to get involved, but you don't want to undo all this week's hard work. If you're willing to make a few changes to your drink choice and follow a few simple rules you can.. " have your booze and drink it" so to speak!

CalvinKlein

1) Drink choice: ALL ALCOHOL contains calories, everything from sugary Alchopops to spirits.... So many people don't realise this. Some do however contain more than others. So, we simply choose the drink with the least calories ... Simple right?

These are my top 5 alcoholic drinks for preserving gains (sounds contradicting right)

- 1. Gin & slim line tonic / diet tonic
- 3. Vodka & slim line tonic/diet tonic
- 4. Red wine
- 5. Vodka & No added sugar Cranberry/pomegranate

46 | LAMUSCLE

WITHZORAN How to make lean gains Everyone wants to gain muscle mass without gaining fat with it. Gaining lean muscle mass is all about increasing your calorie intake slightly above the maintenance level whilst still training hard to utilise it. Having a "clean" diet is key when trying to build lean muscle, as having a lot of sugar-based foods, saturated and trans fats will contribute to body-fat being gained. The diet should be rich in protein, in my case 50% of my caloric intake comes from protein. Great sources of protein are eggs, fish and lean meats such

as chicken and steak. The rest of the calories come from nutritious carbohydrates such as sweet potato, organic oats and brown rice. And my healthy fats choices are almonds, olive oil and avocado. It's very important your fat intake is not at a bare minimum as it plays a vital role in balancing hormones and building muscle.

A lot of people will disagree with this as they believe carbohydrates should be the staple of every bulking diet even when lean bulking, not protein. This might be the case for some but certainly not for me. If 50-60% of my calories were to come from carbohydrates I'd blow up and gain fat real fast, which has happened before. Let's not forget protein builds muscle and if you're not eating enough of it you will not build any. Having said that I'm not bashing carbohydrates as they do have their place and I've seen benefits from them. I try to get in my carbohydrates around my workout, some of it pre but the bulk of it post. This is the time when you need to get your insulin levels high, as your broken down body is craving nutrients in order to repair and grow. Normally it's recommended you have some sort of high glycaemic carb like dextrose, which I mix with LA Whey Gold Protein.

Generally when gaining lean muscle mass (caloric surplus) your body has the capacity to train harder and longer. Depending on the training programme you chose to follow you have a greater chance to increase your strength than if you were on a cut (caloric deficit). Ideally you would want to focus on hypertrophy training, in which the rep ranges form 8 to 12 for muscle stimulation. Studies have shown training intensively in those rep ranges with 85% of your one rep max accelerate lean muscle growth. In my experience I found out I build more muscle and

still recover reasonably fast when hitting 5 sets per exercise. On every workout day I would do at least one compound exercise such as bench press, military press or squat followed by isolation training to pump more blood and oxygen to one particular

To prevent fat gains whilst adding muscle mass it's vital to do cardio at least once a week. For cardiovascular health and to burn extra calories which might be stored as fat if not utilised. HIIT (High Intensity Interval Training) is the type of cardio I chose when building lean muscle mass as it enables me to keep my body fat low.

Research has shown it elevates metabolism for more than 24 hours, meaning you'll be burning calories throughout the day even when not training. An example of HIIT cardio is sprints, sprinting as fast as you can, walk back and do it again for 10 rounds.

So in order to acquire lean muscle mass you will have to have to be in a caloric surplus on a high protein diet, train intense to stimulate muscle growth and do cardio in order to keep body fat low.

5 Supplements I take when **Aesthetically Bulking**

LA Whey Gold **Explosive Creatine** BCAAs Multiman Norateen Extreme

Building Muscle Mass for WOMAN

THE BIGITET

By: Lindsey Cracknell, Fitness Model



It's a known fact that being a women it is harder for us to build muscle mass due to our hormonal set up. Most women feel that by lifting heavy weights you will get bulky but don't worry, women just don't have the genes or hormones to get big without the help of chemicals. The majority of trainers advise the 'high rep' method in order to aid weight loss and get you toned - which no doubt this method will - but if your goal is to build muscle mass this method is not for you.

In order for you to build your muscle mass the key is to lift heavy weight. Aim for 4-6 reps for 3 sets per exercise with a 2-3 minute rest between sets for your body to recuperate. Heavier weights equal bigger muscles. If you are succeeding every set then you are not going heavy enough. The main element here is the weight, if you are not upping the weight accordingly and you are not completely fatigued by that 6th rep it is time to up your weights.

There are three fundamental exercises you should do regularly to build your muscle mass. Known as the 'Big Three' Squats, Deadlifts and Bench Press. These exercises are essential to work in to your training programme. The 'Big Three' are known for getting you big and building that muscle mass. There are many variations of each of the 'Big Three' exercises, mix them up and ensure you increase that weight accordingly.

When you're trying to build your muscle mass try and avoid those marathon workouts. Being in the gym for 2 hours at a time can make you feel good and give you a sense of achievement but DON'T as training for long periods of time can have a negative effect on our muscles. When building muscle mass DON'T over do it. Stick to short, heavy and intense workouts. If you're one of those people who enjoy the gym enough to be there long periods of time, try to cut the time down to around 40 minutes. The thing to remember when you're nearing the 40th minute of your workout is that training with weights breaks the muscle, it doesn't build it. By over training you risk breaking the muscle right down. If you end your workouts with cardio this will be sure to kill any chance of building your muscle mass. If you work cardio into your training regime, add it sparingly. Cardiovascular exercise is a great way of losing body fat and increasing endurance

and improve heart health but it tends to tone your body, not build muscle. I find it best to set a training day aside purely for cardio. If you enjoy cardio it is a good idea to work this in before your workouts. It is also a good thing to bear in mind if you are looking to lose body fat also that in turn by building your muscle mass you are affectively increasing your metabolism and your body will be burning more calories, even at rest, so more muscle mass the more body fat you will burn. Lifting weights is a very effective way of burning body fat.

One big factor in building muscle is your protein intake. It is vital that you get protein into your body as soon as you can after your workout to replenish your muscles. It is important that you take your shake to the gym with you to have at hand after your workout . It is important that you consume lots of protein rich foods and carbohydrates before and after weight training workouts. The protein will build your muscle mass, the carbohydrates will give you energy and helps the protein find your muscle cells. In order to build your muscle ensure that you fuelling your body correctly. Protein should be your first priority, make sure that you're getting some protein every time you eat. You should aim for 1.5 grams of protein per pound of body fat.

If you are trying to build your muscle then you will need to ensure that you are taking in enough calories. If you are going to build muscle or lose weight this is dependant on your calorie intake. If you are training hard but not increasing your calorie intake this will have a negative effect. To ensure that you build mus cle rather than losing body weight, you will need to increase your daily calorie intake by around 250 ca ories a day over maintenance. Being in a calorie sur plus will ensure your training increases your muscle mass but don't over do it, if you intake more calories than your body requires this can turn in to fat.



LAMUSCLEWORKOUT

een training with weights since the

4 and I come from a great gene pool

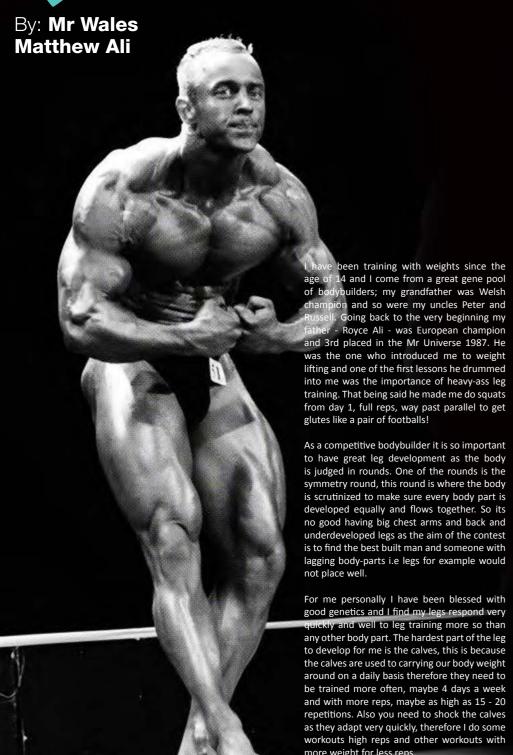
ilders; my grandfather was Welsh

and so were my uncles Peter and

oing back to the very beginning my

Royce Ali - was European champion

BILIQUADS



Again I've always had great potential to have biglegs but I have had to work my ass off for them too! I believe squats are the best exercise for overall leg development, when I say squats I mean ass to the grass full squats, however that being said I do believe that certain people with different structures and body types are more suited to maybe the leg press for example. The leg press is also a personal favourite of mine maybe more so for ego reasons . My training partner Regy Silcox and I this year have leg pressed without knee wraps for full reps as much as 1400lbs.

For legs I typically do 3 main exercises for quads and 3 exercises for hamstrings, calves are trained separately when I'm fresh and energy levels are at their maximum. A typical leg routine for me is as follows; Leg extensions to pre exhaust the thighs. 1 warm up set 15 reps moderate weight. Then 1 all out set with heaviest weight possible. I typically do 10-12 repetitions then my partner will assist me or spot me in a further 2-3 repetitions followed by a rep or 2 in the negative style fashion. This is how I train every body-part, one warm up then 1 all out set to failure with forced reps and occasionally negatives.

I'll then move on to full squats or the leg press. I tend to alternate between each exercise week to week to shock the muscles. I will perform the same rep range and number of sets as the previous exercise in the same manner. Last exercise is hack squat . I do hack squats to give my thighs thicker knees and the flaring look when I turn to the side. The extensions are a great isolation exercise which pre exhaust the legs so when you move to squats or leg press they are already exhausted so you get more benefit out of the exercises and you don't have to use as heavy a weight reduci ng risk of injury, particularly the lower back, spine and

For hamstrings I do single leg leg-curls, these really isolate the hams and bring out detail in the back of the leg. I then move to seated leg curls for 2 sets this exercise I can go a lot heavier and build the bulk of my hams up before finally finishing with stiff legged dead lifts with dumbbells. This exercise really targets the glutes as well as the hams and I find by squeezing my glutes on the positive part of the movement I can tone this area up too.

The best thing for shredded glutes is obviously weeks of dieting and then lunges and stiff legged deadlifts. These two exercises really get your glutes shredded. I recommend training legs first in the week when enthusiasm is highest and you're less likely to skip or blow them off.

Finally after the gruelling balls to the wall high intensity leg session I like to consume LA Whey Gold immediately after training with some 311 BCAAs and LA Glutamine. I also find by doing low impact cardiovascular training such as the cross trainer at a steady pace helps the legs recover and gets toxic waste products circulated out of my

TV FITNESS STAR DEANASH

visits LA Muscle shop, Richmond, Surrey, UK







THE ROAD TO COMPETING

Neal Maher

Having competed in my last show in only November making my stage debut we had a short off season over the Christmas period before prep started for the UKBFF South Coast qualifier in April and then another show at the NEC in Birmingham. We're currently around 5 weeks out and on track to bringing a better package to the stage this time around, each week making some slight carb manipulations to our diet and increasing our cardio to make sure our conditioning is at its best it's ever been come show time whilst at the same time making sure were bring some good quality size and muscle.

Our main goal for this year is just building on what we did last year and hopefully qualify for a place at the British finals in November. Competing at the NEC has always been a dream of mine and we'll achieve that dream this year with the south coast championship being the perfect tune up just 3 weeks before the NEC show helping to ensure we come in at 100% for the expo and hopefully make an impact.

Prep-wise so far I've been happy with how training has gone, I'm lucky to have a great trainer who knows how to get the very best out of me and pushes me to the absolute limit, the day after the last comp we were back in the gym working on our weaknesses and what needed to be improved to achieve our goals for this year. Diet-wise we started carb back loading at 7 weeks out reducing our carb intake by 50g a week going further into depletion as the show gets closer with a re-feed day once a week. We found our body reacts well to this kind of carb manipulation during the last prep so didn't change to much this time around apart from being just a little more structured in our food and training timings. A typical day of my meals looks something like this for me right now.



CURRENT DAILY MEAL PLAN:

Fasted cardio on LA Muscle's 311 BCAAs

BREAKFAST Steak, 6 egg whites

MEAL 2

12 eggs, (4 whole, 8 whites)

SNACK

2 scoops LA Whey Gold

MEAL 3 White fish fillets and Asparagus

White fish fillets and broccoli

PRE WORKOUT Scoop of LA Whey Gold

POST WORKOUT 50g waxy maize 2 scoops of Whey Gold

400g white potato, White fish fillets and mixed veg

MEAL 6 150g of oats, 12 egg whites

MEAL 7

White fish fillets, asparagus Before bed 2 table spoons of LA Peanut Butter



PILL EXTREME

Mhat's the first thing that comes to your mind when you hear a supplement is called Six Pack Pill Extreme? Like most people, you are probably skeptical and brush it off as a gimmick or a fad. This is totally understandable as you may not believe it or perhaps you have been "hurt before" by using something similar and not gaining much.

Let's just pause for a second and think "what if"? What if this Six Pack Pill EX-TREME really worked and actually gave you a six pack fast? Read below why you may be in for a surprise...

The Six Pack Series of products has been developed by deploying LA Muscle's formidable Research & Development capabilities. They are not just normal pills or gels. They have been developed by scientists and pharmacists, tried and tested and manufactured using state of the art technology.

Six Pack Pill EXTREME contains several active ingredients specifically designed to target PRIMARY fat storage areas. This in

with most fat burners is that they are full of thermogenic ingredients at random or unproven dosages and that's why you get side effects from them. Six Pack Pill EXTREME has a precise and gentle amount of Thermogenic agents, just enough to kick-start your own body into turning up the temperature in your own fat-burning furnace!

on this area the most.

geting the fat on your abs. It is true that you cannot "spot reduce" fat, however there are 2

exceptions to this. It was these 2 exceptions

that have led to LA Muscle developing an in-

The first exception is that you "can" target primary fat storage areas and the second

exception is that you "can" spot reduce fat by

applying a functional gel on the local area in

need of fat reduction. This gel is LA Muscle's

Six Pack Toner and can be purchased from la-

Six Pack Pill EXTREME contains the following:

Potent Fat Metabolisers - They go in and break deep fat down. As long as you are mov-

ing/exercising and drinking water, these dis-

lodged fatty deposits will come out of your

system, leading to overall fat loss. As the abs

are a primary fat storage area, the fat metab-

olisers in Six Pack Pill EXTREME get working

Slight Thermogenic agents - The problem

muscle.com or reputable gyms/shops.

credible series of Six Pack products.

Metabolism Stabilisers - When you regulate sugar and your own metabolism, you no longer need to worry too much about what you are eating or how it is affecting your body. Six Pack Pill EXTREME contains proven activators which regulate the way your own body uses food. A six pack is all about losing fat and not accumulating more fat. Six Pack Pill EXTREME's unique formula ensures you don't accumulate more fat on your abdomi-

At the end of the day, results matter and you won't know until you have tried it! Six Pack Pill EXTREME comes with LA Muscle's castiron and industry-leading guarantee: Use it, enjoy it... if you don't see the results you expected and you are not 100% happy, you will get 100% of your money back. NO COM-PANY gives you this level of confidence and this guarantee is not just words. Occasionally people do send the product back and they are astonished at how quickly they get their money back. You have nothing to lose. Try Six Pack Pill EXTREME today.





Suminski twins, Anthony and Jason, are stars in the popular British reality television series, The Valleys. The muscle-bound tattoo covered brothers are massively into health and fitness, joining the LA Muscle team of brand ambassadors in early 2015, and since then have gone from strength to strength!

Diet is essential to drop enough body fat to gain visible abs for most of us including ourselves. Without a calorie deficit through a structured diet and sufficient cardio it would not be feasible. In a nutshell 70% diet 20% training 10% supplements. Which gives an insight into how important a diet really is to lose body fat. The best way to lose body fat is to eat little and often, around 5 meals a day leaving around 2.5 hours between each meal. If we're on the go we always prepare our meals and take them in a food storage bag. That way you can always have meals on time and in the correct order. It's also important to weigh your food so you know the exact nutrient content your getting. This is vital if your counting macro nutrients.

If we're trying to lose body-fat we will keep carbs, fats and protein in throughout the process but keep carbs minimal because we are both carb sensitive. We don't believe cutting out a food group is necessary during a cutting cycle. A cutting cycle will last between 12-16 weeks, any longer than this then we would lose interest because of the amount of will-power and determination that goes into a cycle. Stick to whole foods and organic if possible even though sometimes this can be costly. Unless you're drastically trying to cut weight we would suggest to aim to lose just a couple of lbs a week as this will keep your abs looking full and tight by the end of the diet.

For our ab routine we keep it relatively simple and straight-forward, your core gets strengthened by other staple primary exercises such as squats. So our workout would mostly consist of just floor work, due to the fact some core exercises such as weighted sit-ups for example would thicken your waste, which would be great if you're a mixed martial arts fighter, boxer etc but would not be the primary focus for a person looking to body build.



Our ab routine on a typical workout would be something as follows

4 sets x 8 reps vacuums (1 rep- hold 10 secs) - Floor crunches (4 sets x 20 reps)
Hanging leg raises (4 sets x 12 reps) - Oblique crunches

Cardio vascular is also of great importance during a cutting cycle. On a typical week, we would both do High intensity and low intensity training (LIT) to keep the body guessing. Our LIT would consist of either 30 mins uphill treadmill walk or 20 mins on a stair master. For HIT it would consist of 10 minutes of intervals on a treadmill (30 secs on 30 secs off) or 6 mins battle ropes. (30 secs on, 30 secs rest)

The intensity and duration of resistance training will also aid in weight loss. It doesn't take a genius to work out we ensure we give 100% to each workout -

-To assist in our workouts we only use the best supplements to maximise our results, LA muscle! Before a workout we would take Raspberry Ketones as a ement to a pre-workout as we are both sensitive to stimulants and the LA range is stimulant free.

-Branched chain amino acids (311 BCAAs) with each meal and pre/post workout, these aid in maintaining muscle mass especially during a calorie deficit diet which could lead to a catabolic state if your diet is not executed correctly i.e missing meals which in turn could slow your metabolic rate down and see a decrease in

-Sculpt CLA capsules are also an important factor during our cutting cycle as these really promote fat loss and not only that as their a fatty acid they also have lots of health benefits. These are too taken with every meal.

-Post workout we would then have a LA Whey Gold shake, vanilla is our favourite. The protein content is second to none which is essential post workout to aid in recovery and promote lean muscle mass.

WHY IS NORATEEN SO STRONG?



"BEST MUSCLE **MEN'S HEALTH MAGAZINE**

Ask anyone who is into gym and bodybuilding to name a few supplements companies and they will give you several names. Ask them to name a well-known muscle builder and they will almost certainly name Norateen Why is Norateen so well-known and respected amongst those the in the know? Let's find out.

If you type Norateen in Google, you will get a whole host of answers. They range from people on forums telling you how hyped it is, all the way to respected magazines and features on television, telling you that it is and has been the strongest muscle building pill around for many years.

What the casual reader may not know is that almost all the forums criticising Norateen are owned by competing supplements companies or those who have a vested interest in promoting other brands and products - because LA Muscle (the makers of Norateen) do not pay them money for advertising with them.

A supplement like Norateen Heavyweight II that has been around as a best seller for over 15 years and has been extensively reviewed and discussed on no less than the BBC and various SKY television programmes has to have some merits.

"BEST MUSCLE BUILDER" Men's Health Magazine

Just why is Norateen Heavyweight II so good? When you are young, life is good. Hormones are high, Testosterone is flowing, Growth Hormone is in abundance and you don't have to worry about muscles and staying lean. If you hit the gym a few times a week, you will get big and lean.

As you grow older, Testosterone levels decline and Growth Hormone becomes almost non existent. If you want to build serious muscles over and above what you have (and are losing every decade) then you need to either take Steroids, which are harmful, illegal and you can lose your gains when you come off - or you can take a natural Testosterone booster that works with your body. Problem is, most of them are rubbish for a whole host of reasons.

Why don't the other T-boosters work?

a) Untested formulations b) Random, irrelevant ingredients c) No safety procedures d) Not natural e) Not high grade f) Full of impurities g) Too low or too high dosages h) Not standardised Potency

So much has gone into Norateen Heavyweight II that it is no wonder this supplement is considered the Holy Grail of muscle supplements. Let's have a look.

Firstly, LA Muscle who bring you Norateen Heavyweight Il are the company behind Beta Ecdysterone's arrival in Europe. Most other companies hadn't even heard of this amazing ingredient when LA Muscle started its R&D and eventually included it in Norateen. It was included in the right dosage, according to the limited clinical trials done at the time. Other companies jumped on the bandwagon and didn't know how much they should

be using and didn't know where to get the exact Beta Ecdysterone that was used in trials from.

 $No rate en\,Heavy weight\,II\,contains\,natural\,Test oster one$ Boosters and Growth Hormone Boosters that work with your body to enable "it" to raise your natural hormone levels. This is crucial as it is ONLY through this method that the body can monitor and maintain its hormone levels and then if you do decide to come off using the supplements, your body continues to monitor and thus keeps all its muscle gains.

Furthermore, Norateen heavyweight II has a number of expensive anti-oestrogen agents that ensure none of the excess Testosterone is turned into the female hormone Oestrogen which would be catastrophic for your muscle building and lean gains. Norateen Heavyweight II is Pharmaceutical Grade, manufactured in LA Muscle's FDA-Approved laboratories. The standards in raw ingredients and manufacturing for Norateen Heavyweight II are not only superior, they are quite simply NOT MATCHED.

If you are really serious about building strength, muscle and size and fighting the natural loss of Testosterone and Growth Hormone, then don't waste your money on anything else. Try Norateen Heavyweight II. It comes with LA Muscle's 100% money back guarantee. Not that you need it!

THERMOXEN

With **LA Muscle, premium** price equals **premium** product



THIS IS PREMIUM SERVICE



LA MUSCLE'S

AIM IS TO HAVE

100% SATISFIED

CUSTOMERS

The LA Muscle Shop in Richmond is a first in the sports nutrition industry. For the very first time, customers are able to come in and experience the ultra-premium service that makes LA Muscle truly unique. To be honest, some people are afraid of coming in the Shop as it looks very high end! I have had people say that it looks like an art gallery and that they weren't sure if they can just walk in! We are all very friendly, I can assure you and of course, everyone is most welcome to come in.

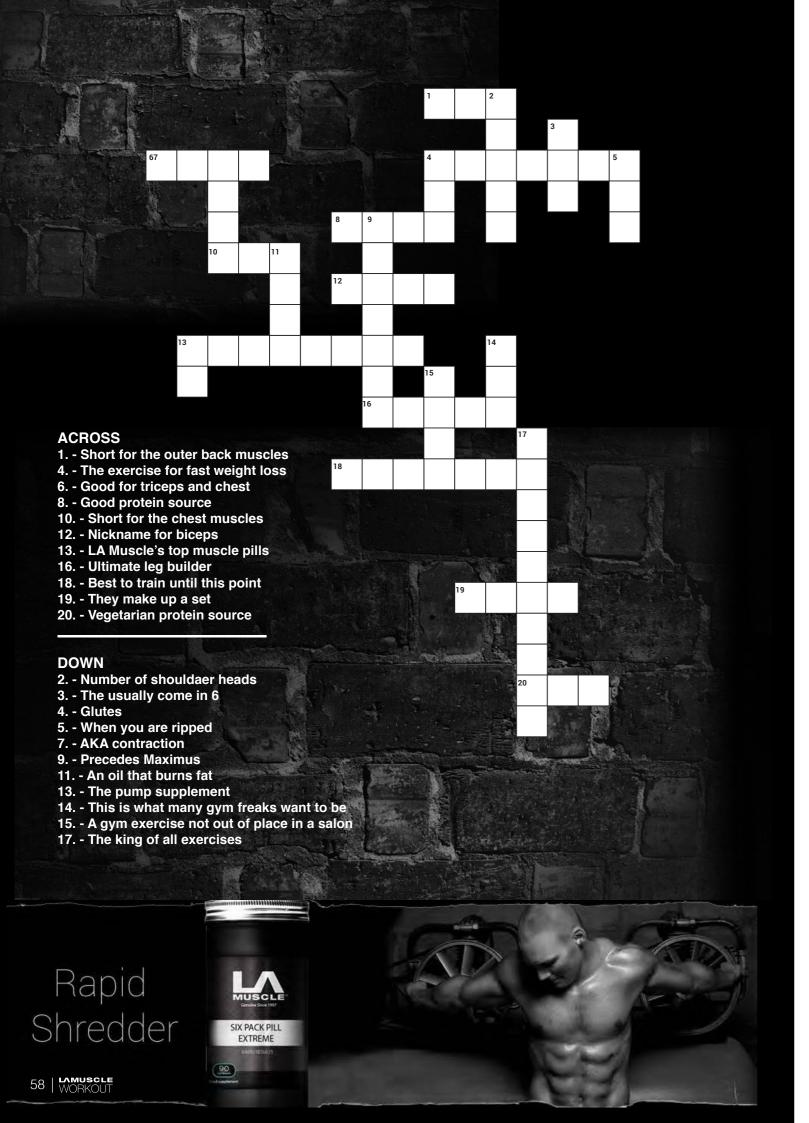
I guess there is nothing else to compare the shop with, as we strive to be the best and nothing will stop us from providing the ultimate level of service.

I will give you an example of LA Muscle's Premium service: we had a customer that came in the shop the other week. He was from Brazil and he really liked one of our Limited Edition T-Shirts. This was a limited run of 5 medium T-Shirts with a beautiful sexy fitness model on the front. The only problem was that he wanted an XL!!! I spoke to our manufacturing facilities and organised for a unique one-off T-Shirt to be made just for him in XL and we shipped it free of charge to him in Brazil! This is what I mean by ultra-premium service from LA Muscle and that we have no preconceptions as to where this should begin or end!

LA Muscle's aim is to have 100% satisfied customers at all times and we will do whatever we can to make sure your experience is top notch. This is especially so in this first LA Muscle Shop in Richmond as we are able to see our customers face to face and serve them in the best way we can. If you are in the area, please pop in; we would love to see you and tell you about LA Muscle and just what makes it so unique and sought-after.

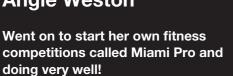


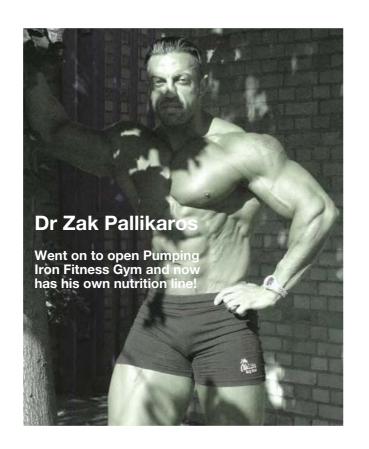
MATTHEW LONGBOTHAM
Manager
LA Muscle Shop,
Richmond











Louise Rogers

Went on to become an IFBB Pro athlete, model and presenter for The Active Channel.





Rob Riches

Went on to become one of the top fitness models in the world, currently in the USA.



Stelianour Sani

Went on to become a very well respected fashion photographer with many covers to his name.



Paul "Ab Man" Amos

Went on to become a TV presenter and top personal trainer.



Natalie Minh

Went on to become a fitness model, photographer, mum and marketing and PR expert.



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by User Pdcasapian



COMPETITION



PROUD PARTNERS



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WWW.LAMUSCLE.COM/COMPETITION

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