

LA MUSCLE WORKOUT

ISSUE 4 / 2016

SMALL
CHANGES
FOR WEIGHT
LOSS

YOGA FOR
WEIGHT
LIFTERS

HOW
MUCH
PROTEIN
**TO BUILD
MUSCLES?**

**DARIUS
DAR-KHAN**
A MODEL ACTOR

WHY SHOULD
WOMEN LIFT
WEIGHTS?

**CORTISOL
THE ENEMY
WITHIN**

**WHAT'S
THE BEST
TIME TO
EXERCISE?**

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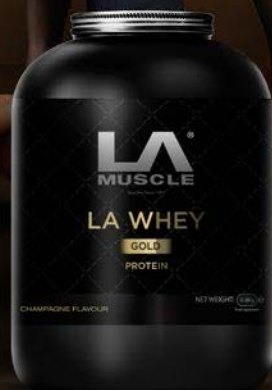


TRY THE WORLD'S FIRST CHAMPAGNE PROTEIN



LA Muscle's incredible new **LA Whey Champagne** has been in development close to 1 year. It tastes incredible, it mixes instantly, it has almost 50g of protein per serving and is a world first - totally unmatched.

BE A VIP EVERY DAY AND BRING OUT THE BUBBLY AFTER YOUR WORKOUTS!



WORKOUT WELCOME

Welcome to the 4th Issue of LA Muscle's Workout Magazine.

The word for this issue is "choice". Back in 1997 when LA Muscle first started manufacturing Pharmaceutical Grade supplements, there was not much choice for customers; only a handful of supplements companies.

It's 2016 and you can now choose from hundreds of brands. Choice is great, it encourages competition, gives you options and reduces prices. Choice also has a flip side, it confuses and allows for lower quality brands to slip through the net and reach customers.

What makes you "choose" your favourite clothing brand? The quality, the durability, the materials, the look, the statement it makes and the group of similar-minded people that choose that brand. In choosing LA Muscle, you are going through the same process and you are giving yourself something unique.

LA Muscle uses the finest raw ingredients, the most high-tech manufacturing facilities, fully FDA-approved & inspected and is the chosen brand by professionals that don't want to waste time "experimenting". They want to get it right the first time and get the best results. LA Muscle is also the only brand that gives you it's Premium Service, similar to the high-end designer boutiques.

I will never forget around 2007, a very well-known female bodybuilding competitor sponsored by another major brand would call LA Muscle 4 weeks out from her competitions and pay full price for LA Muscle supplements even though she was getting her sponsor's supplements for free. In my mind, I knew the answer but decided to ask her why and she said: "Because I don't want to leave anything to chance and want to make sure I win".

Whether you want to "win" and hence your choice of LA Muscle or you want to increase your knowledge by reading this magazine, we hope you enjoy this issue and thank you for choosing LA Muscle. We know you have a lot of choices :)

Parham Donyai
Editor

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<http://www.lamuscle.com/workout-magazine/>

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DARIUS KHAN

A MODEL ACTOR

• HE LIVES IN LONDON'S FASHION CAPITAL OF KNIGHTSBRIDGE

• HE'S A FITNESS MODEL AND FASHION MODEL

• HE IS APPEARING IN ONE OF THE MOST WATCHED TV SHOWS IN THE WORLD LATER THIS YEAR

• HE'S APPEARED IN MAGAZINES ALL OVER THE WORLD

• HE'S APPEARED ON THE COVER OF NOVELS INTERNATIONALLY

• HE'S PLAYED A LEAD IN A BOLLYWOOD FILM

• HE'S WORKED WITH MICKEY ROURKE AND TAMER HASSAN

THIS IS THE
LA MUSCLE
PROFILE ON
DARIUS
DAR-KHAN

DARIUS HOW DID YOU GET INTO WEIGHT TRAINING ?

I was a undernourished weak kid, I just wanted to be strong and healthy. Also my dad wasn't around so I think subconsciously I needed strength and security – weight training was the solution. It was also a great way to channel my energy.

I also had the great fortune of meeting a man named George Malekos (a.k.a: *THE SHADOW*) he is the CEO of SHADOW SECURITY AND MARTIAL GUARDS. A great guy with a massive build who was hired to take care of trouble at troublesome nightclubs in London and gangland problems. He has a 24 inch neck and has 6 foot wide shoulders and is a multi talented martial artist, he gave me a my first job as a bouncer and body guard, so with this new inspiring boss and strength as a job requirement my motivation to train was always there.

TELL US ABOUT YOUR TRAINING

I train at MUSCLEWORKS GYMNASIUM London in a very simple way:

**ONE EXERCISE PER MUSCLE
3 DAYS ON ONE DAY OFF
10 SETS PER MUSCLE**

DARIUS, WHICH SUPPLEMENTS DO YOU USE?

I LOVE LA WHEY GOLD, vanilla flavour. I add it to my coffee before a work out instead of crème. Tastes great and is a nice lean protein source.

THERMOXEN! a very convenient fat burner, I use it to give me energy when I am on a LOW CARB / LOW CALORIE DIET. The good thing with this is it keeps your arteries clear of cholesterol, cuts me up for a photo shoot nicely.

NORATEEN HEAVYWEIGHT 2. I think this is a true alternative to steroids, it keeps my biochemistry in an anabolic state and I find it easier to put on muscle with this product. It's clean and natural, I really feel healthy with products like **NORATEEN**, steroids become so out dated now.

DARIUS, WHY DO YOU CHOOSE LA MUSCLE PRODUCTS OVER THE REST?

I HAVE 4 PERSONAL REASONS FOR RELYING ON LA FOR MY SUPPLEMENTS:

I. You know I am serious about my career, so I need supplements that work, I just can't rely on the cheap stuff, I need to be in shape for filming or modelling. So I do spend the little extra dollars and I see it as a return on investment, I think most successful fitness/entertainment professionals see it this way.



“FROM WEAKNESS COMES STRENGTH IT'S LIKE AN INNER BURNING IN MY SOUL THAT DRIVES ME. IT'S AN EMOTIONAL THING”

II. LA Muscle don't use horrible chemicals, so I know my body is pure. I know the natural way is always the best.

III. LA Muscle use herbs/plant extracts in their products which don't just have a physique benefiting property, but they also have numerous health benefits.

IV. LA Muscle use no bulking agents, bulking agents are NOT agents that bulk you up. Bulking agents are crappy cheap chemical fillers that are added to products to make them look bigger, so you think: "wow, I am getting a lot for my money" but really, you are getting ripped off. LA Muscle have a company policy never to use these fillers. I like that company ethos.

“CATWALK MODELLING IS A JOB THAT REQUIRES YOU TO BE IN SHAPE”

TELL US ABOUT YOUR FAMILY AND UPBRINGING

A troubled childhood, broken home, useless parents who really didn't care, poverty. It wasn't nice. The only family I have are the family I choose: Luka Mansour, Navid Nourizadeh, George Malekos, Michael Malekos. Lee Phypers, Savita Kaye, Rohan Bonnick and Rakesh Jhahli. I am blessed to have these great people in my life.

WHAT MOTIVATES YOU TO DO WELL IN LIFE?

Coming from poverty drives me forwards. There is a great saying: From weakness – comes strength. It's like an inner burning in my soul that drives me – it's an emotional thing.

TELL US ABOUT LIFE WORKING AS A LEAD CATWALK MODEL FOR HOUSE OF #IKONS

A fantastic job, a great company to work for, house of #ikons is rocking the fashion world, its taking the fashion world by storm, designers are queuing up to work with house of #ikons and #ikons is making huge successes of designers.

House of #ikons is owned by the fashion media mogul Savita Kaye (a.k.a: Lady K). It's amazing to work with Lady K, her fashion shows attract attention from Hollywood A list celebrities, royal families, high net worth investors and executive buyers from major boutique retailer corporations. I love seeing the constant progression of house of #ikons and its a great way to travel the world. Also like working as a bouncer or bodyguard, catwalk modelling is a job that requires you to be in shape.

WHEN YOU'RE WORKING OUT OR WORKING IN ACTING AND MODELLING, WHAT ARE YOUR PASTIMES?

I like hanging out with my cats, I like walking in green areas, horse riding, I read a lot, recently I read an amazing book called THE TEN MINUTE BACK PAIN CURE. It's an amazing book about zonal probing techniques that work, so if you're working out a lot and your bones/joints are suffering – have a read of this book, it's awesome!!! I can't recommend it enough. A great read for health enthusiasts. This book will save you fortunes in osteopathy and physiotherapy fees.

WHAT ARE YOUR LONG TERM GOALS?

TO CONSTANTLY IMPROVE MY PHYSIQUE AND HEALTH

TO CONSTANTLY IMPROVE MY CAREER

TO START A CHARITY FOR ENDANGERED CAT SPECIES

ANY THANK YOU'S ?

Thanks to George Malekos
aka THE SHADOW
for mentorship

Thanks to Savita Kaye (aka lady k)
for getting me out there in my career
Thanks to Savas Kyriacou
for advice

Thanks to Michael Malekos
in times of need

And thanks to LA MUSCLE
for producing LA Muscle supplements:
putting athlete's health before monetary
profits. That's the first time I've seen a
supplement company do that!!!

WHERE IN THE MEDIA WILL WE SEE YOU AGAIN?

My next media appearances will be:

*February 20th 2016 London fashion week,
the house of #ikons show,*

March 2016 I will be on the cover of

a New York times best selling authors book,

April 2016 I will appear in a major

TV Series (cant disclose it yet).



You can keep up with me on my website
www.dariusdarkhan.com



WHAT TIME OF DAY IS BEST TO EXERCISE?

READ ON FOR THE ANSWER - SCIENTIFICALLY PROVEN!

DANNI LEVY
TV Star, Fitness Expert

ONE OF THE MOST COMMON QUESTIONS I'M ASKED HAS TO BE THE 'WHEN'S THE BEST TIME OF DAY TO EXERCISE' QUESTION.



IT'S ONE OF THOSE THINGS THAT LOGICALLY SHOULDN'T REALLY SEEM TO MATTER- AFTER ALL, A MILE IS A MILE WHEN YOU'RE SWEATING YOUR SOCKS OFF TO RUN IT, RIGHT? WRONG!

If you've not been planning your training around your meals, read on to discover the truth behind the magic of the pre-breakfast push.

THE STUDY THAT SAID IT ALL...

In 2010 I came across a study in the Journal of Physiology that immediately caught my attention. *

The experiment- which spanned 6 weeks and featured 28 healthy and active young men- was intended to test the effects of eating breakfast before exercise, eating breakfast and not exercising at all, and eating breakfast after exercise.

All the while, the men were consuming a diet with a whopping 50 per cent more fat and 30 per cent more calories than they needed. Over this period, one would normally expect the subjects to gain weight.

THE FINDINGS WERE AS FOLLOWS:

GROUP A ate breakfast, then exercised. They gained an average of 3lbs over the 6 weeks and had started developing the warning signs of insulin resistance. They had also begun to store fat within and between their muscle cells.

GROUP B ate breakfast and didn't exercise at all. Not surprisingly they packed on an average of more than 6lbs. They had also developed insulin resistance and had begun storing fat within and between their muscle cells.

GROUP C ate breakfast after exercise. They gained almost no weight and showed no signs of insulin resistance, despite following the same calorie- and fat-laden diet as the other two groups. They also burned the fat they were eating more efficiently than the other two groups.

THE VERDICT:

EXERCISING IN A FASTED STATE (USUALLY ONLY POSSIBLE BEFORE BREAKFAST) COAXES THE BODY TO BURN A GREATER PERCENTAGE OF FAT FOR FUEL, AS OPPOSED TO RELYING PRIMARILY ON CARBOHYDRATES.

DanniFIT



CUTTING-EDGE INNOVATIVE FORMULAS

LA MUSCLE IS ONE OF THE LONGEST ESTABLISHED SPORTS NUTRITION BRANDS IN THE WORLD, SERVING CUSTOMERS SINCE 1997. **LA MUSCLE** FORMULAS ARE EXCLUSIVE TO LA MUSCLE IN THAT THEY ARE RESEARCHED AND DEVELOPED IN THE **LA MUSCLE** LABORATORIES AND NOT GIVEN OUT TO ANY OTHER BRAND.



LA MUSCLE SUPPLEMENTS ARE PHARMACEUTICAL GRADE

Most other supplements companies buy generic white label formulas and just re-brand them. LA Muscle is one of only a handful of companies that spends millions of pounds developing its own cutting-edge innovative formulas.

Most other brands are only food grade. LA Muscle supplements are also 100% natural, contain no artificial additives and include catalysts and uptake agents to make the formulas work faster than cheaper rivals. For more details of why LA Muscle is the best premium sports nutrition brand in the world, please check www.lamuscle.com.



SMALL AND EASY CHANGES FOR WEIGHT-LOSS SUCCESS

When it comes to weight loss, it's often the little things that can really add up to make a big difference. When you think "diet" you might think of a radical revamp of your life and eating habits with misery-inducing restrictions. This is why, when it comes to lasting weight loss, I like to encourage my clients to make small, consistent changes rather than aiming for a major diet or lifestyle overhaul. The key is in keeping the changes practical and sustainable so that you can permanently adopt them into your everyday life. I find that making tiny adjustments to eating habits enables people to stick to their new routines helping making slimming more successful.

FOLLOW THESE EASY HABITS FOR WEIGHT-LOSS SUCCESS:

▶ AVOID SHOPPING WHEN HUNGRY

Healthy eating habits start with healthy shopping habits. If you shop when you are hungry, you are more likely to impulse buy high calorie and indulgence foods rather than what you really need. Make a shopping list and stick to it. Ensure your list includes plenty of fruit and vegetables for vitamins and fibre, proteins to fill you up for longer and good complex carbohydrates for slow energy release. Good proteins are white meat and fish which are also low in animal fat, one of the main causes for high cholesterol. Choose whole grains for carbohydrates for extra fibre and less additives.

▶ ELIMINATE FIZZY DRINKS

When it comes to drinks, water is best. Fizzy drinks contain so much hidden sugars it is no surprise that, by eliminating fizzy drinks alone, people see a difference in weight after one week already. Even fruit juices are high in sugars but are at least natural so, if you can't bare the taste of water alone, I suggest you dilute pure fruit juice with water to the rate of 1/10 (1 unit fruit juice, 10 units water). This will give you water a hint of flavour without the cravings for more sugar after consuming a fizzy drink.

▶ NEVER SKIP BREAKFAST

Research shows people are more successful at losing weight, and keeping it off, when they eat breakfast. If you don't already eat breakfast, start. If you are already a breakfast eater, try eating the same breakfast multiple days each week. Repeating the same meals can help you shed pounds and saves time in the morning. One of my morning favourites: owl of porridge oats (40gr of rolled oats) with cooked with water for 2 minutes in the microwave. I love adding one teaspoon of cinnamon which aids with weight

LINA GERACI
PERSONAL
TRAINER



loss, some chopped nuts and one teaspoon of honey or one tablespoon of plain fat free yoghurt. Try topping with half a chopped banana for extra fibre. This meal delivers a modest amount of calories, along with filling fibre and protein. It's also ready in less than 5 minutes, so forget about using any "I don't have time for breakfast" excuses (see www.cubancardio.com/advice-1/the-importance-of-eating-breakfast, for more info on the importance of eating breakfast).

▶ LIMIT ALCOHOL

Avoid drinking too much alcohol, especially during weekends, it could undo all the good work you have done during the week just in a few drinks. If you find yourself at a party or night out and feel out of place without a drink, try sipping at a club soda or diluted fruit juice so you have something to carry like everyone else. It's not just about calories but about control, if you drink a lot you won't have as much control over what you eat afterwards as well and a late junk food grab becomes more inevitable than if you are in control of yourself and your drinking.



▶ RESIZE YOUR PORTIONS

It seems silly but it is true, we eat less when we use smaller dinnerware. The theory is that our eyes get tricked into thinking we are eating more because our plate is full, making the food portions look bigger. The result: we are satisfied with less food. Try eating your meals on salad plates instead of larger dinner plates. You can also try to reduce your normal portion by 1/3. Put that into a container and your lunch is ready for the next day. Reducing your meal portions through the day by 1/3 can easily save around 500 calories per day. This means 3500 by the end of the week and equates to a weight loss of 1 pound per week...a no brainer really!

▶ KEEP HEALTHY SNACKS AT HAND

Going hungry is not the key to weight loss. Having healthy snacks in between meals will keep your sugar levels up and away from the biscuit tin and the chocolate bar. Choose from dried fruits such as mixed nuts or rice cakes topped with one teaspoon of peanut butter or one tablespoon of fat free cottage cheese sprinkled with a teaspoon of honey. A piece of fresh fruit is also ideal and portable so no excuses at work! Keep a selection of healthy snacks in your desk drawer, like nuts and seeds, dried fruits such as apricots or figs, rice cakes or even low fat cereals flakes with no added sugars instead of crisps.

▶ BE ORGANISED WITH YOUR MEALS

I often hear my colleagues say, "you are so organised!" It really is no big deal and takes no extra time. My meals at work are simply intentional left overs. I cook enough to take one portion to work the next day. This means my meal is ready when I get hungry, it saves me from hitting the nearest place to buy a sandwich or anything else to eat. All our good intentions seem to be wiped away when we are hungry so we will be tempted to buy anything just to curb our cravings. Homemade meals also put you in control with what exactly goes in them, like too much salt, sugars or fats.

▶ UP YOUR PROTEIN INTAKE

Eating protein rich food with every meal will keep you full for longer. Hard boiled eggs are a good, practical meal or snack to have. You could prepare them the night before and sliced them up to top 2-3 rice cakes with hummus or fat free cottage cheese in the morning. Fat free or Greek yoghurt is also high in protein. Pulses like beans, lentils and chick peas are all rich in proteins for a vegetarian option. They can easily be combined with grains such as quinoa and vegetables to make a complete, filling, protein, vitamins and fibre rich meal. Use spices instead of salt to flavour your food, you will be surprised at how easy it is to prepare yummy meals, just experiment!

"GOING HUNGRY IS NOT THE KEY TO WEIGHT LOSS"

▶ AVOID EATING LATE AT NIGHT

I understand this can be difficult especially if work keeps you out until late but if you follow the above suggestions there is no excuse for eating late cause you would have had your dinner at work at a decent time by simply bringing in some left over homemade food. Eating late means you will go to bed on a full stomach. This could also interfere with your sleeping which in turn stimulates hormones that encourage weight retention, especially around the waist. Our calories expenditure slows down during sleeping hours, whatever we eat late at night will not be burned by any activity. This encourages weight piling up over a period of time and is something that can be avoided without a great effort. Avoiding food late at night will also help with waking up less bloated and hungrier. Eating breakfast will become more attractive if you are a no-breakfast-cause-I-am-not-hungry-first-thing-in-the-morning person, kick starting a healthy eating routine right from the start of the day.

BE MORE ACTIVE

"I DON'T LIKE WORKING OUT, IT'S NOT MY THING!" "I HATE GYMS!" "I DON'T HAVE TIME!"... "I...I...I...!"
WHATEVER YOUR EXCUSE, "I" HAVE HEARD THEM ALL!

BUILD IN MORE ACTIVITY IN YOUR DAY BY:

Getting off the bus/tube one step before your usual one and walking to your destination

Take the stairs not the lift or escalators

Walk a couple of times a week to the local shops for your fresh groceries instead of just driving to the supermarket once a week for the big shopping

Walking up and down the stairs twice before going upstairs again, whenever you are going up the stairs for some reason

Walk your kids to school instead of driving if you can

Use half your lunch time to walk around the office block

TRY THIS:

YOU CAN MAKE UP YOUR OWN HIIT WORKOUT, IT ONLY TAKES 4 MINUTE.

Chose two activities from, jumping on the spot, jump lunges, side steps, jumping jacks, jumps squats, burpees, press ups and so on. Set your phone on a tabata style timer, 20 seconds work – 10 seconds rest. Alternate your two chosen activities during the 20 seconds work time and rest for 10 seconds in between. During work time, do as many repetitions of your chosen activity as you can, give it all you have, raise your pulse, raise your heartbeat, get sweating! Don't forget to warm up before exercise and cool down after exercise to avoid injuries.

GET MOVING!

GET FIT WITH LATIN SPIRIT!

LINA GERACI

FOR MORE TIPS ON HEALTHY LIFESTYLE AND EXERCISES CHECK OUT
WWW.CUBANCARDIO.COM

SHREDDED DIESEL



BENEFITS OF EXERCISE AND FITNESS

CORRECT AND REGULAR EXERCISE RESULTS IN A LARGE NUMBER OF BENEFITS NOT ONLY TO THE BODY BUT ALSO TO THE MIND. THE KEY BENEFITS THAT YOU WILL DERIVE ARE MENTIONED BELOW

- IT IMPROVES YOUR MENTAL OUTLOOK AND YOUR MOOD THROUGH THE RELEASE OF CHEMICALS CALLED ENDORPHINS IN THE BODY.
- IT IMPROVES GENERAL HEALTH, WARDS OFF DISEASES, AND SLOWS DOWN THE AGEING PROCESS.
- IT HELPS YOU TO ACHIEVE A BETTER COMPOSITION I.E. LOWER BODY FAT AND MORE MUSCLE.
- IT IMPROVES THE STATE OF MIND, PROMOTES BETTER MENTAL HEALTH, AND IMPROVES SLEEP.
- IT HELPS IN ACHIEVING BETTER BONE DENSITY.
- IT ENHANCES SELF CONFIDENCE AND IMPROVES THE APPEARANCE OF THE PERSON.
- IT HELPS YOU TO AVOID ATROPHY. ATROPHY REFERS TO THE SHRINKAGE OF MUSCLES AS A RESULT OF LITTLE OR NO EXERCISE.

**SHEREDDED
DIESEL**
CELEBRITY TRAINER





A RARE CLINICALLY PROVEN WEIGHT LOSS SUPPLEMENT **THERMOXEN**™

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



*Amorphophallus Konjac,
commonly as Konjac or
"Devil's Tongue"*

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

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

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

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

- No side effects
- 100% natural
- No stimulants
- Clinically proven

By taking **THERMOXEN** you will:

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

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

COMPLETE ALL-IN-ONE

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

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

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

You REALLY HAVE TO!

By taking Complete you save money:

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



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

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

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

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

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

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

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

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

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



SALLY LOOMES
MISS GALAXY

WHY SHOULD WOMEN LIFT WEIGHTS?

IF YOU'RE STILL RUNNING AND GOING TO AEROBICS CLASSES AND FIND YOU AREN'T SEEING THE RESULTS YOU ARE STRIVING FOR THEN TRY LIFTING WEIGHTS. HERE ARE SOME REASONS WHY YOU SHOULD SERIOUSLY CONSIDER HITTING THE GYM!

You've possibly thought about lifting some weights but feel a little intimidated by the whole set up, not sure what to do and don't want to feel self-conscious and worried about doing the exercises correctly.

So you've heard the stories that weights make women big and masculine. Well they don't, they make you strong and sexy with a toned body. The old saying that if you stop muscle turns to fat, you may as well say you can turn a cat into a rhinoceros!! Muscle cannot turn to fat. Cardio vascular training does have its place but it's not enough to give a strong healthy body. How many times have you seen a marathon runner and thought they look too thin?

FAT LOSS

Although many people consider weight training only a means to add size, when contrasted head-to-head against cardiovascular exercise, resistance training comes out on top in the battle to burn calories.

The huge advantage to weight training is your body's ability to burn fat during and after exercise.

After a heavy bout of strength training, you continue to consume additional oxygen in the hours and even days that follow. This is known as excess post-exercise oxygen consumption, or EPOC.

When your body uses more oxygen, it requires more caloric expenditure and an increased metabolic rate.

MORE MUSCLE, MORE CALORIE EXPENDITURE

As you increase strength and lean muscle mass, your body uses calories more efficiently. Daily muscle contractions from a simple blink to a heavy squat contribute to how many calories you burn in a given day. Sitting burns fewer calories than standing; standing burns fewer than walking, and walking burns fewer than strength training.

The more muscle contractions you experience during a day, the more calories you'll burn. If you have more lean muscle mass, you'll have more muscle contractions and thus burn more calories.

A SHAPELY BODY

As you build muscle, your body begins to take a nice hourglass shape. Though endurance exercise can help you lose weight, that weight comes in the form of both fat and muscle tissue. If you're losing both fat and muscle, you can lose those lovely curves as well. Strength training can help create and sustain them.

SLEEP

Strength training greatly improves sleep quality, aiding in your ability to fall asleep faster, sleep deeper, and wake less often during the night.

HEALTHY STRONG BONES

As you age, you are at risk of losing both bone and muscle mass. Postmenopausal women are at a greater risk for osteoporosis because the body no longer secretes estrogen. Resistance training is an excellent way to combat loss of bone mass, and it decreases the risk of osteoporosis.

STRESS RELIEF

Exercise in general is a great way to manage stress. Researchers have consistently found that those who regularly strength train tend to manage stress better and experience fewer adverse reactions to stressful situations as those who do not exercise.

LADIES, LIFT!

All of us want to feel strong, determined, and confident in everything we do: from fitting into jeans, to moving heavy furniture, to playing with kids, to dealing with a stressful career.



**RESISTANCE TRAINING CAN
BENEFIT IN ALL ASPECTS OF
YOUR LIFE. PUT IT IN YOUR
FITNESS PLAN AND FEEL
STRONGER, HEALTHIER, AND
MORE CONFIDENT!**



HOW MUCH PROTEIN IS ENOUGH PROTEIN TO BUILD MUSCLE?

BY: OLIVER JOHNSON B.SC

THIS IS THE QUESTION I SEE AND HEAR, ASKED BY SO MANY! PROTEIN IS SUCH A BUZZWORD IN THE HEALTH, FITNESS, AND FOOD INDUSTRY RIGHT NOW.

Food packaging is now covered in "PROTEIN!", TV commercials are screaming the word "PROTEIN!", and all the bro's down the gym are still talking about "PROTEIN!"

But how much protein do we really need to be ingesting on a daily basis to ensure our muscles are receiving an adequate volume of amino acids, to encourage muscle growth and repair? What is the optimal? Unfortunately, there isn't a definitive one-size-fits-all answer, however I can give you some solid guidelines as a great starting point for you to tweak and build upon, as you see and feel your body's response to the dietary changes you make.

First of all, let's not be using the government's recommended daily allowance (RDA) for protein intake of 0.8 grams per kilogram of bodyweight. If you're reading this article, I do hope we can assume that you are physically active, and as the title suggests, seeking to build lean muscle mass. So, you've guessed it... We need more!



HOW MUCH MORE? TRY DOUBLING IT!

I could now go on reeling off the many research papers that have tried and tested and snubbed varying levels of protein intake, and the effect these different levels have upon protein synthesis and the body's subsequent ability to build lean muscle. But I won't bore you with that. I spent many many hours trawling through those papers at university, so for now and the sake of giving a recommendation that you can apply to your diet, the guideline is 1.6-2.2 grams per kilogram of bodyweight.

SO WHERE DO YOU SIT ON THIS GUIDELINE SCALE?

This will depend on several factors, such as; your metabolism, training level, training goal, total calorie intake and where (which other macronutrient sources i.e. carbohydrates and fats) those remaining calories are coming in from, all of which are difficult to really explore and discuss right now, as these are going to be different for each individual.

So if your goal is to lose unwanted body fat and maintain and/or build lean muscle, a good starting point may be 1.6-1.8g/kg bodyweight – remember that 1 gram of protein yields 4kcal, so if you want to lose weight, keep an eye on calories-in too. At the other end of the scale, if you want to bulk out and build muscle mass, start at the other end of the scale with 2.0-2.2g/kg bodyweight. I can't stress enough that each one of us will have a different response to the same diet plan, so it's down to you to learn how your own body responds and adapts to the protein and fuel that you put into it.

Caveat: Diet is incredibly important, some would say the most important factor, but as eluded to earlier on, physical activity is pretty key for building muscle too! So don't come knocking on my door if you're hitting 2.2g/kg bodyweight of daily protein and your muscles aren't getting bigger because you're sat scratching your arse head all day!

YOGA FOR **WEIGHT LIFTERS**

Ever felt like your hamstrings were sabotaging your squats? Yoga might be the answer. Weightlifting and Yoga may look like they have nothing in common, but both require an intense inner focus to work towards and beyond your limit. Both use a focal point (Drishti in Yoga) to aid concentration. And both use balance, strength, efficiency of movement and body alignment to execute lifts or asanas correctly. Here are five ways Yoga can help you stay and get stronger.

Miranda Menzies,
YOGA INSTRUCTOR AT EQUINOX AND GYMBOX

/ INCREASED FLEXIBILITY

Yoga uses static, active and passive stretching. Meaning that in some poses you are working against your muscles to create more space in the joint. Flexibility and mobility are needed to reduce injury and help spine alignment. Your strength will also improve as you will be able to execute moves with correct form getting more from your workout.

/ ACTIVE RECOVERY

Yoga is a good, low impact way to exercise on days. It encourages blood to flow to repairing muscle tissues, and help them heal faster. It's also an easy way to incorporate yoga into your schedule.

/ BREATH

The fundamental part of every yoga practice is the breath. Ujayi Pranayama (victorious breath) is a deep diaphragmatic breath through the nose. When the body receives more oxygen, performance is improved. You can apply this breathing to your weight lifting, the inhale can be used to set up, the exhale to execute the lift. If you practice regularly you'll hear your teacher talk about using Bandha's. Combining Uddiyana Bandha (upward ab lock) and Mula (root lock) will awaken deep core muscles to support spine, rather than relying on back and abdominal muscles for strength.

/ STRENGTH

Like functional training, Yoga has you working with your own body weight. The poses engage large and small muscle groups training them to work in balance with each other. Holding poses for longer increases muscle endurance whilst encouraging you to find the most economical way to move. The more connected to your body you can be, the more focused each rep will be. As your practice develops the more challenging Yoga becomes. Learning advanced poses like arm balances and inversions are great ways to test balance and body awareness but can also be a huge confidence and energy booster.

/ MINDFULNESS

Yoga cultivates a deeper familiarity with your body. You become more aware of how it feels when you move in certain ways, where your limits or weaknesses might be as well as strengths. If you're used to lifting heavy weights and the burst of adrenaline that comes as a result then heightened body awareness may help you spot a strain or notice muscle fatigue and avoid injury.

When it comes to your body, balance and flexibility are extremely important. The good news is that the downsides of a weightlifting routine can be counteracted by the benefits of Yoga. Just one class a week at the start can be enough to notice a difference.

ZORAN'S BACK ATTACK

THE BACK IS A MASSIVE MUSCLE GROUP THAT GETS NEGLECTED BY PEOPLE AND MOSTLY BY "NEWBIES" AND IS GREATLY UNDER DEVELOPED WHEN COMPARED TO CHEST, SHOULDERS AND ARMS. THIS IS DUE TO THE BACK MUSCLES NOT BEING VISIBLE AND BECAUSE YOU CAN'T SEE IT YOU DON'T REALISE HOW MUCH IT NEEDS TRAINING. HAVING A WELL-DEVELOPED BACK IS CRITICAL FOR AN AESTHETIC AND ATHLETIC PHYSIQUE AS WELL AS POSTURE OF COURSE.

TRAINING THE BACK WILL INVOLVE A LOT OF PULLING MOVEMENTS AND I'LL REVEAL HOW I TRAIN MY BACK.

PULL UPS

A lot of people use pull ups as a finisher pump up exercise for the lats. I like to start my back session with pull ups as I feel it stretches out my back muscles and gets my lats firing, getting the blood rushing and warmed up for the demolition session that's upon me.

SEATED CABLE ROWS

This is one of my favourite exercises because it can be performed with different handle grips, wide or narrow grip. I like to use the narrow grip as it works predominantly the middle back. After 4 sets I would then change the grip for a bar. Perform the exercises with my hands under the bar and keeping my arms shoulder width.

DUMBBELL ROWS

Rowing exercises will get you a thick detailed back, therefore after seated cable rows I do more rows. This is an isolation exercise targeting the lats and the trapezius muscles. When performed with correct form you don't even need to go heavy, just focus on contracting the muscle.

LAT PULL DOWNS

I like to perform lat pull-downs with a narrow grip as I feel more of a stretch on my lats and then the contraction. The exercise can be performed with a wide under or over bar grip if you don't feel comfortable with the narrow grip.

SINGLE ARM MACHINE ROW

More rows, more gains. Yet another rowing exercise. If your gym has this machine make use of it as it allows you to isolate further your lats. Although it can be performed by pulling with both arms I prefer to do each arm separately for the muscle contraction and pump.

PULL OVERS

Although it's predominantly a chest exercise it targets the lats depending on how you position yourself. Be sure to keep your torso as low to the ground as you can when moving the dumbbell over your head and back. You'll notice more stretch on your lats than chest.

THE FINALE: DEADLIFTS

The king of all exercises and the one most people dread as it leaves them exhausted and broken at times but with a lot of gains. It targets not only your whole back but your whole body. Some like to deadlift at the start of the session as they want to be fresh to break personal records, I like to deadlift at the end of my session. If I was to deadlift at the beginning I'd feel fragile for the rest of my workout as I would be too exhausted to concentrate on contracting my muscles; especially on isolation exercises.

THEREFORE I DEADLIFT AT THE END OF MY SESSION WITH AS MUCH POWER AS I HAVE LEFT IN THE TANK AND LEAVE THE GYM FLOOR EXHAUSTED AND SATISFIED.

ZORAN
LA MUSCLE ATHLETE

PLANK VARIATIONS

FOR A KILLER ABDOMINALS CORE WORKOUT

DO YOU WANT A STRONGER CORE? IF A SIDE PLANK VARIATION ISN'T PART OF YOUR REGULAR CORE WORKOUT ROUTINE, YOU'RE MISSING OUT ON ONE OF THE MOST EFFECTIVE AND SAFEST CORE STRENGTHENING EXERCISE

BY: **LAZARO ALMENARES**
FITNESS GURU



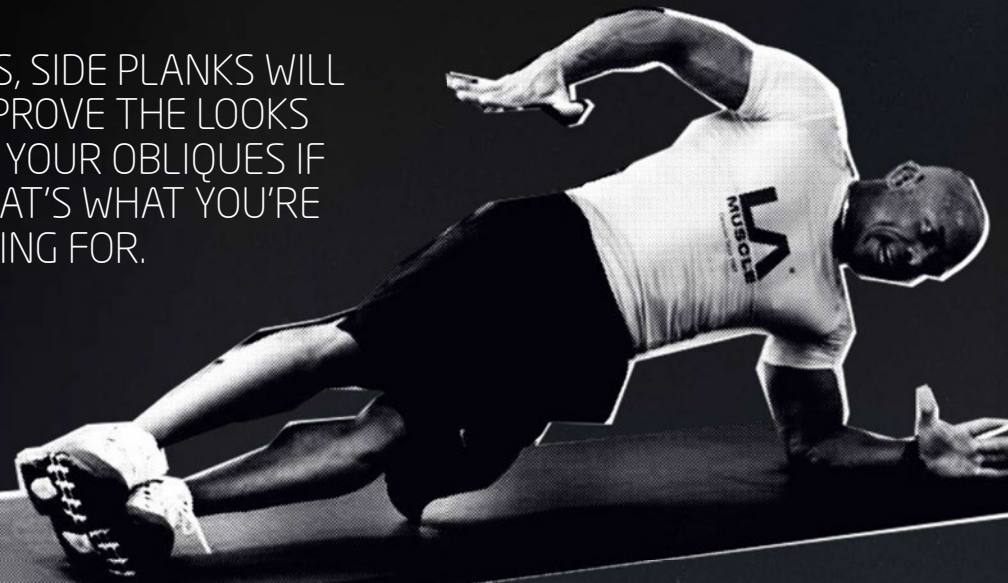
YES, SIDE PLANKS WILL IMPROVE THE LOOKS OF YOUR OBLIQUES IF THAT'S WHAT YOU'RE GOING FOR.

THE SIDE PLANK PRIMARILY STRENGTHENS THE OBLIQUES MUSCLE WHICH ARE LOCATED NEXT TO YOUR ABS ON BOTH SIDES OF YOUR BODY. HOWEVER, THIS IS A FULL BODY EXERCISE THAT ALSO TRAINS THE MUSCLES IN YOUR WAIST, HIPS, CHEST AND SHOULDERS.

Side Plank variations are based on the same philosophy as traditional Planks, which is to prevent movement of your spine how your core is designed to function. Rather than working your oblique by bending laterally with Dumbbell Side Bends, your muscles isometrically contract to prevent your spine from bending sideways, also known as anti-lateral flexion.

As an athlete or fitness individual this is a critical skill. Your lumbar spine, located in your lower back, is designed for stability, not mobility. Repeatedly moving the vertebrae in ways they aren't designed to handle may cause back pain and ultimately lead to an injury, such as a herniated disc.

Although there's no moving in the Side Plank, it increases your endurance, power, strength and makes you a better athlete. A more stable and stiffer core is better able to transfer energy between your lower and upper body. You'll be more powerful in skills such as throwing a ball, you'll have better balance and you'll be harder to knock off the ball and more efficient when moving around the field, thanks to having better control of your body. And yes, Side Planks will improve the looks of your obliques if that's what you're going for.



SIDE PLANK VARIATIONS

HERE YOU GO THE CUBAN CARDIO SIDE PLANK VARIATIONS IN ORDER OF INCREASING DIFFICULTY. YOUR CURRENT CORE STRENGTH WILL DETERMINE HOW LONG OR FOR HOW MANY REPS YOU CAN PERFORM THESE MOVES. AS A GENERAL GUIDELINE, START WITH 3 SETS OF 30 SECONDS OR 10-12-15-20 REPS.

BENT-KNEE SIDE PLANK



- Lie on your side with your bottom elbow on the ground underneath your shoulder and your forearm perpendicular to your body.
- Bend your knees to 90 degrees and stack your feet on top of each other.
- Place your top hand on your hip.
- Drive your hips up to form a straight line with your body from head to toe. Tighten your abs, glutes and quads.
- Hold this position. Repeat on your opposite side.

SIDE PLANK



- Lie on your side with your bottom elbow on the ground underneath your shoulder and your forearm perpendicular to your body.
- Position your top foot on the ground in front of your bottom foot.
- Place your top hand on your hip.
- Drive your hips up to form a straight line with your body from head to toe. Tighten your abs, glutes and quads.
- Hold this position. Repeat on your opposite side.

ELEVATED SIDE PLANK

- Lie on your side with your bottom hand on the ground underneath your shoulder.
- Position your top foot on the ground in front of your bottom foot.
- Place your top hand on your hip.
- Drive your hips up to form a straight line with your body from head to toe.
- Tighten your abs, glutes and quads.
- Hold this position. Repeat on your opposite side.



SIDE PLANK WITH LEG LIFT

- Lie on your side with your bottom elbow on the ground underneath your shoulder and your forearm perpendicular to your body.
- Stack your feet together and place your top hand on your hip.
- Drive your hips up to form a straight line with your body from head to toe.
- Tighten your abs, glutes and quads.
- Raise your top leg into the air as far as range of motion allows.
- Hold this position. Repeat on your opposite side.



SIDE PLANK KNEE TO ELBOW CRUNCH

- Lie on your side with your bottom elbow on the ground underneath your shoulder and your forearm perpendicular to your body.
- Stack your feet together and place your top hand on your hip.
- Drive your hips up to form a straight line with your body from head to toe.
- Tighten your abs, glutes and quads.
- Raise your top leg into the air as far as range of motion allows and extend your top arm overhead.
- Bring your top knee to your top elbow without moving your torso.
- Extend your leg and arm to return to the starting position.
- Perform 10-12-15-20 reps. Repeat on your opposite side/opposite side.



SIDE PLANK ROTATIONS

- Lie on your side with your bottom elbow on the ground underneath your shoulder and your forearm perpendicular to your body.
- Position your top foot on the ground in front of your bottom foot. Raise your top arm vertically to form a T with your upper body.
- Drive your hips up to form a straight line with your body from head to toe.
- Tighten your abs, glutes and quads.
- Keeping your core tight, rotate your torso and place your opposite elbow on the ground to assume a Side Plank position on your opposite side.
- Continue in an alternating fashion.



THE CUBAN CARDIO BEST PLANK YOU AREN'T DOING

It takes only 10 seconds.

How long can you hold a plank? Three minutes? Five? (The current record is five hours, 15 minutes, and 15 seconds, by the way.)

Whatever your number, you probably shouldn't brag about it too much. While planks are awesome for building core strength and stability, if you do them right, you shouldn't need to hang out in them for minutes or hours on end, says Lazaro the crazy Cuban Cardio. Another way to put it: If you are able to hold one for that long, you're probably using pretty bad form.



The best solution: the crazy Cuban Cardio plank. It starts off like your everyday version, but you crank up the intensity by maximizing the amount of tension in your body, making your core muscles including your stabilizers work up to four times more than in the traditional plank. A mere 10 seconds in the Cuban Cardio plank is enough to make even the most solid six-packs shake, and Here's how to do it:

HOLD IT REAL GOOD: THE CRAZY CUBAN CARDIO PLANK

- Get into a traditional forearm plank position, shoulders directly above your elbows, feet together, face pointing toward the floor. Your body should form a straight line from head to heels.
- Clench your hands into fists, pull your shoulder blades apart, and push your forearms into the floor as if you're trying to drag your elbows toward your toes.
- Squeeze your glutes and hamstrings so that your tailbone tilts down, your lower back flattens, and you can feel your butt and legs working.
- Keep your knees locked.
- Hold, focusing on maintaining the maximum tension possible throughout your body.

THE MOST SURPRISING EXERCISE THAT IMPROVES SEX DRIVE

DO YOU NEED TO EXERCISE DOWN THERE? (UHHH YOU WILL LOVE THIS AMIGO)

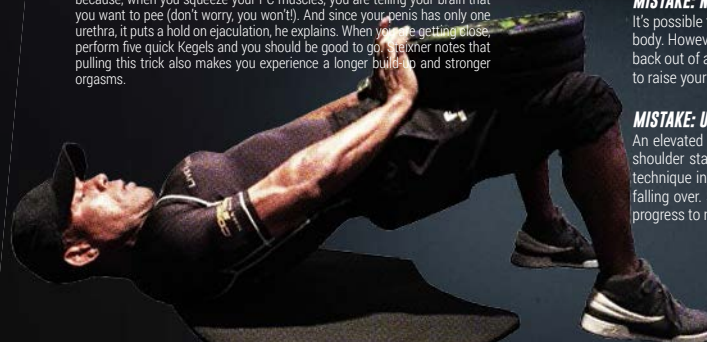
If you aren't doing so already, there are serious benefits to Kegel exercises, tiny contractions of your pelvic floor's pubococcygeus (PC) muscles. The exercises which women often practice to help recover from childbirth and increase sexual pleasure are becoming increasingly popular among men across the country. And for good reason: It turns out Kegels can curb everything from premature ejaculation and, on the flip side, erectile dysfunction to crooked penises. They can also make orgasms more intense. "There isn't a day that goes by that I don't teach Kegels to at least five guys for various conditions."

I will explain, amigos, that the pelvic-floor muscles are a group of tissues that hang out in (you guessed it) your pelvis and act like a sling, holding up your internal organs and intestines. But the different muscles that make up the pelvic floor, most notably the PC muscles, which stretch from your anus to your urinary sphincter, are critical in your penis's health.

For instance, Kegels are a mainstay treatment option for both ED and premature ejaculation. After all, by working the pelvic-floor muscles, you not only strengthen the muscles that support erections, but you also improve blood flow to the penis ("ED is really just a heart attack of the penis"). In one BJU International study of men ages 20 and older, 40 % kicked ED completely by performing Kegels for six months. Another 35.5 % significantly improved their symptoms.

What's more, when you are erect, you'll look, well, more erect. "Some research shows that Kegel exercises can make erections point further up in men whose penises tend to point down or straight forward when erect." As far as premature ejaculation goes, Kegels work largely by strengthening the urinary sphincter and other muscles that control ejaculation. In a 2014 Therapeutic Advances in Urology study, 82 % of men who had suffered with lifelong premature ejaculation increased their latency time after just 12 weeks of Kegels.

You can also perform Kegels during sex to delay the inevitable. That's because, when you squeeze your PC muscles, you are telling your brain that you want to pee (don't worry, you won't). And since your penis has only one urethra, it puts a hold on ejaculation, he explains. When you're getting close, perform five quick Kegel and you should be good to go. Steinhilber notes that pulling this trick also makes you experience a longer build-up and stronger orgasms.



HOW TO KEGEL

The next time you're peeing, try stopping and starting your stream. Or pretend you're in a crowded elevator and need to hold a fart in. That muscle you feel tightening is the one you need to work.

That simple squeeze will work your pelvic-floor muscles and, if you're doing it right, you'll actually see your penis "jump" a bit. You can also make sure you're doing it right by placing a couple of fingers behind your testicles and feeling for the muscles there to tighten. You can also try putting a finger in your anus and try to clamp down on it, (madre mia mamasita querida Uuhhhhh yea I balk) but a few of guys hesitate unwilling to accept an idea at that. Either way, perform 3-6 sets of 10-12-15-20 reps, 3 times a day, and Here we go guys lets do it!!!!

THE PLANK EXERCISES MAY SEEM QUITE SIMPLE, LIKE THE PLANK, BUT A FEW COMMON MISTAKES CAN REDUCE THE EFFECTIVENESS OF THIS FANTASTIC EXERCISE.

MISTAKE: YOUR TORSO ISN'T PERPENDICULAR TO THE GROUND

When you set up for a Side Plank, be aware of your body position. Stack your shoulders one on top of the other, and keep your chest perpendicular to the ground. Maintain this position throughout the set.

MISTAKE: YOUR HIPS SAG DOWN

In a traditional Plank, the lower back often sags. The Side Plank is similar, but the hips are the culprit. Sagging hips indicate that your core isn't doing its job of keeping your spine straight. Tighten your core as if bracing for a punch and drive your hips up into the air. Draw an imaginary line straight through the center of your body from head to toe.

MISTAKE: NOT ENGAGING YOUR GLUTES AND QUADS

It's possible to hold a Side Plank without engaging your lower body. However, it's not as challenging, and your hips may shift back out of alignment with your body. Just as you tighten your abs to raise your hips, also contract your glutes and quads.

MISTAKE: USING AN EXTENDED LOWER ARM TOO SOON

An elevated Side Plank is very difficult if you don't have sufficient shoulder stability. This can put your shoulder at risk and ruin the technique in your Side Plank, because you'll be so focused on not falling over. Start slow with your elbow on the floor and gradually progress to more advanced variations.

THE MOST EXTREME MUSCLE BUILDER

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

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

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

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- ✓ 39g of pure LA Whey protein per serving – the best 100% whey protein powder on the market
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"He's just not
our scrawny little
Eric any more"



**LA WHEY
EXTREME**

THE "GET BIG FAST"
PROTEIN



START YOUR DAY IN A HEALTHY
AND VIBRANT WAY WITH LOTS
OF ENERGY BY USING

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LA Whey Porridge is LA Muscle's premium, healthy breakfast alternative and is a blend of delicious and highly nutritious oat flakes and whey protein ISOLATE. LA Whey porridge is the perfect way to start the day. Fortified with L-Glutamine - an amino which reduces cortisol levels, thus can increase the body's capacity to burn fat and gain lean muscle tissue. This unique protein porridge provides 28g of carbohydrate which is a slow releasing source of energy that will maintain your body's satiety levels and fuel your morning training until lunch time. LA Whey Porridge also provides 3g of fibre to help with your digestive system and it provides 19g of pure, fast-acting protein per serving to help with muscle mass growth.



- ✓ It contains healthy oats
- ✓ It has low GI carbs so it sets you up for not craving sweets all day and eating lean
- ✓ It contains 19g of quality protein including whey protein isolate
- ✓ It contains virtually no fat
- ✓ It contains 3g of fibre for a healthy digestive system
- ✓ It is absolutely delicious, even more so than normal porridge
- ✓ It is so easy and fast to make



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

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

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WITH NO SIDE EFFECTS

GETS RID LAYER
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5 EXCLUSIVE SYNERGISTIC
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GO TO YOUR FULL POTENTIAL EVERY DAY WITH **LIMITLESS**



IF YOU ARE TIRED
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It all sounds too good and you bet! **LIMITLESS** really is too good. You have to try it for yourself to see what an incredible supplement it is. The beauty of **LIMITLESS** is that you can actually feel and see its benefits for yourself in just one pill. **LIMITLESS** comes with LA Muscle's unique guarantee that if you don't love it, you don't pay for it, as simple as that.

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

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

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

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

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

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

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

cortisol

$C_{21}H_{30}O_5$

Cortisol also known as Cortisone and Hydrocortisone is a steroid hormone produced by the Adrenal Glands in response to stress. As such Cortisol is often referred to as the primary "STRESS HORMONE". In the body Cortisol is needed to maintain normal physiological processes during times of stress. Without Cortisol, that Lion charging for us from the bushes would cause us to do little more than wet our pants and just stand there staring. With an effective Cortisol Metabolism, however we are primed to run away or stay and do battle.

Cortisol secretion releases amino acids, (from muscles), GLUCOSE (from the liver) and FATTY ACIDS (from adipose tissue) into the bloodstream for use as energy.

SO CORTISOL IS "GOOD" RIGHT ? WELL YES AND NO.

Exercise, such as that undertaken for example by endurance athletes and athletes from all sports that are training for hours on end without the correct supervision and monitoring the different hormones the body is producing or not producing, it can have the opposite effect, increasing body fat, suppressing immune factoring, increasing the risk of injury and incasing muscle loss.

Elevated Cortisol levels are also associated with reduced levels of Testosterone and IGF-1 in men exposed to high stress; Both are considered to be not anabolic or muscle building hormones. Also these people tend to have reduced muscle mass and higher body fat levels.

STRESS MAKES A PERSON FAT, PRIMARILY BECAUSE OF AN EXCESSIVE SECRETION OF THE KEY STRESS HORMONE CORTISOL ALONG WITH THE REDUCED SECRETION OF THE KEY ANABOLIC HORMONES SUCH AS DHEA AND GROWTH HORMONE.

THE ENEMY? WITHIN?

This combination causes the body to store fat, lose muscle, slow metabolic rate and increase appetite, all of which have the ultimate effect of making a person fatter. So there you have it. Keep your stress levels that you can control down to normal levels and I'm talking to you "two hour cardio" lot and also to the "volume training brigade" which is in the thousands and more accurately in their millions globally. Train with high intensity and learn to spent every minute of your training more productive by start using more logic and more science in your training and stop following the blind that are using ways of training that just because that is what everybody has been doing for years, it does not mean it works the best.



If it was not for the excessive use of certain chemicals most of the athletes would have given up training altogether because of such a small return and most of the time nothing in return for their efforts.

I always use a very simple analogy for people to take notice of what I am saying. For thousands of years people believed that our planet earth was flat as a pancake. When they were told that it was round, every-body laughed and rediculed the the round earth believers. Well who is laughing now?

I actually believe with my long experience as a gym owner that it's much easier to get someone to change their religious beliefs than to get them to change their way of training and even if they have seen no progress at all for ages.

SUPPLEMENTS CAN HELP BUT IMAGINE HOW MUCH MORE THEY WILL IMPROVE BY TRAINING WITH MORE COMMON SENSE AND LOGIC WITH THEIR TRAINING.

SAV KYRIACOU
Trainer of champions
MUSCLEWORKS GYM



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Most companies that don't like spending money on research & development or don't have the capabilities for high-end manufacturing processes will tell you that protein is protein. This is not the case. As with anything else, you get the cheap version or the one that has gone through the works and is not the best money can buy. LA Whey Gold is "the best your money can buy" protein.

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- ✓ 100% natural and GMO-free
- ✓ Triple filtrated for no lactose using Patented CFM process



- ✓ No artificial colours, sweeteners, additives or flavours
- ✓ Highest level of Glutamine at 17%
- ✓ High levels of the 3 Branch Chain Amino Acids (BCAA)
- ✓ Highest Biological Value of 159+, meaning the most amount of protein deposits in your muscles
- ✓ Pharma Grade and not just food grade
- ✓ Ionic Exchanged, meaning only the best protein factions are chosen
- ✓ Cold processed, so no denaturing of protein. Most other companies use heat!

- ✓ Wheat-free, gluten-free, suitable for vegetarians
- ✓ Virtually no fat
- ✓ Very low carbs so ideal for those wanting lean muscle mass
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- ✓ Hypo-allergenic, thus suitable for those who are usually allergic to dairy
- ✓ LA Whey Gold gives you no gas, bloating, stomach problems or bad breath

BEST MUSCLE BUILDER WINNER!

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

THE ONLY SUPPLEMENT WITH ALL 4 PROVEN BLOOD FLOW PUMP AGENTS

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

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

IT WORKS BY EXPANDING BLOOD NOT BY WATER RETENTION

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

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

MASSIVE ADVANTAGE BY WORKING INSTANTLY

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

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

COMPLETELY NATURAL

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

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

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



**MEN'S
HEALTH
SUPPLEMENTS
AWARDS**

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

PHARMA GRADE SUPPLEMENT SCULPT

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

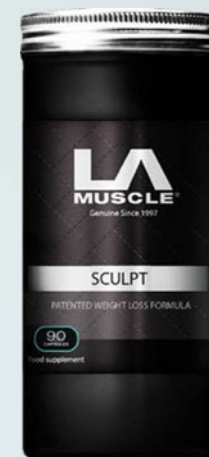
Original, certified, proper CLA is expensive stuff and only a handful of companies in the world have the licence to sell it. LA Muscle is one of them. Why is LA Muscle's CLA

so special? Because it is the actual Conjugated Linoleic Acid as shown in scientific studies to do some amazing things. Other so-called CLAs are just vegetable oil or sunflower oil... but you would never know.

THE "REAL DEAL" CLA DOES THE FOLLOWING:

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

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



ARE YOU READY TO GET POSSESSED

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

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

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

THE ONE THAT GIVES YOU AN INCREDIBLE KICK

WHAT'S IN THE POSSESSED PRE-WORKOUT FORMULA?

Here's the list of active ingredients and explanation of how each one will enable you to smash your workout:

BETA-ALANINE - A strong performance enhancing amino acid that works by reducing the onset of fatigue, enabling you to work harder for longer.

CREATINE MONOHYDRATE - Research proven to increase exercise performance by enhancing strength, speed and power.

L-ARGININE ALPHA-KETOGLUTERATE - Increases the bioavailability of Nitric Oxide which improves vasodilation and oxygen utilisation and efficiency.

CITRULLINE MALATE - The amino acid that fights fatigue and produces big muscle pumps during a workout.

CAFFEINE - Improve mental focus and cognitive function, whilst also delaying the onset of fatigue and thus enabling a higher work rate.

OLIVE LEAF EXTRACT - Powerful antioxidant that will aid the removal of harmful toxins that build up during exercise, known as free radicals.

MALTODEXTRIN - Rapidly absorbed source of energy to fuel your workout from beginning through to the last rep.



NORATEEN® HEAVYWEIGHT II

"Best Muscle Builder" MEN'S HEALTH MAGAZINE
As seen and extensively reviewed on **BBC TV** and **SKY**

When it comes to guaranteed muscle building, there is only ONE supplement in the world that has been a best-seller across the globe since the late 1990s and that is Norateen. Other cheaper formulas will not work as well and fast as Norateen Heavyweight II. And if you think protein alone will get you big and strong, then you are being misled.

If you want to get muscular and increase strength, you need a powerful, natural Testosterone and Growth Hormone Booster that delivers. Norateen Heavyweight II contains a precise blend of proven, active and rare Pharmaceutical Grade ingredients that will immediately increase your strength in the gym.

After a few days (and as long as you are eating) your muscles start growing bigger due to the increase in Testosterone and GH in your body - all activated by Norateen Heavyweight II.

Norateen® Heavyweight II is one of the World's top-selling gym muscle supplements, sold in over 100 countries worldwide since 1997. Other companies may claim to sell you stronger, but only Norateen® Heavyweight II has a sales record in the millions across 5 continents with guaranteed results for everyone each and every time.

**IF YOU THINK
PROTEIN ALONE
WILL GET YOU BIG
AND STRONG, THEN
YOU ARE BEING
MISLED**

LA MUSCLE capsules are manufactured in one of the USA's highest grade facilities - inspected twice a year by the FDA. Don't be fooled by copy-cat or cheaper products. There is only one Norateen® brand, and that is the creation and Registered Trademark of LA MUSCLE.



SIX PACK PILL EXTREME

SUPER-RIPPED
ABS IN A BOTTLE



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

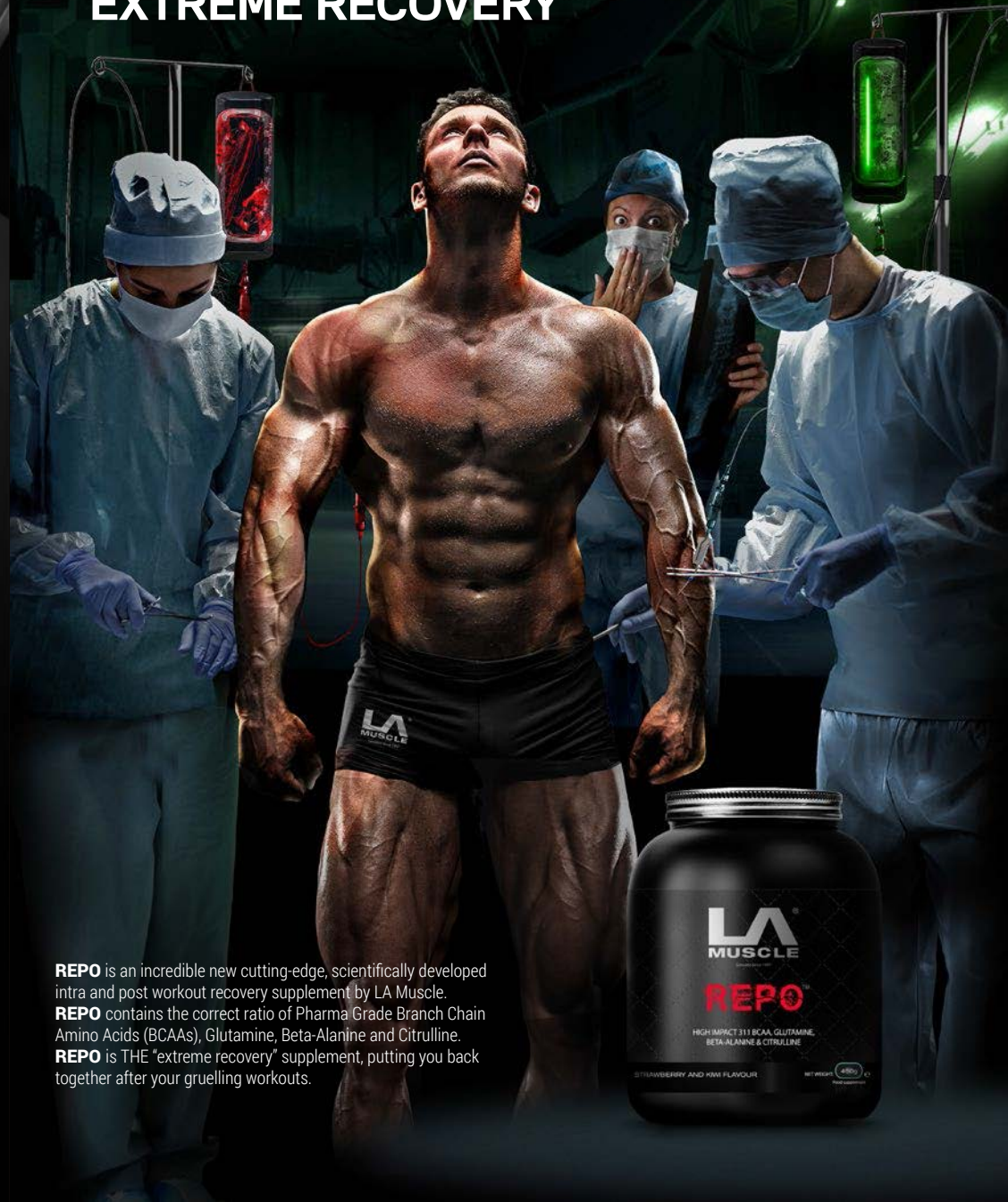
Additionally caffeine is present in the form of the highest grade Green Coffee Bean Extract and Green Tea Extract at a standardised potency (not the average generic crop). The Green Tea Extract contains 40% Polyphenols, meaning that it is also a strong antioxidant that can effectively decrease the amount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

AS USED BY CELEBRITIES AND ACTORS FOR QUICK WEIGHT LOSS.

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

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

REPO™ EXTREME RECOVERY



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

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

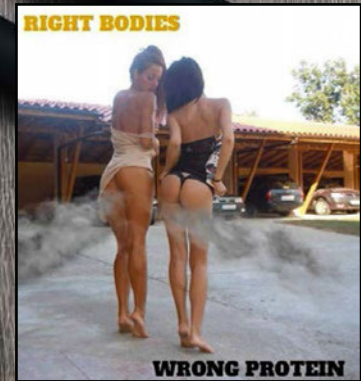
REPO is THE "extreme recovery" supplement, putting you back together after your gruelling workouts.

LAMUSCLE.COM | 0800 328 2345

f LAMuscle @LAMuscle la_muscle



THE FUNNY PAGE



PREMIUM SERVICE

LA Muscle is proud to be the only sports nutrition brand to offer Premium Service. What is LA Muscle's Premium Service?

Trained customer service team members on the phones from 8:30 a.m. - 5 p.m. every day, ready to answer any query you may have. No answer-phones or machines, only real people, trained and knowledgeable to a very high standard.

24 hour phone order-line. Call any time of day or night and we will take and process your order. 0044 208 9651177.

All calls answered within one ring (90% of the time).

Freephone number for all your orders in the UK: 0800 328 2345.

Instant Live Help via www.lamuscle.com weekdays. Get instant advice to any questions you may have from training questions, to supplements or the status of your order. Open 8:30 a.m. - 6.30 p.m. Monday - Friday. This is a manned service and not a gimmick!

All your emails answered same day or by the morning of the next day if sent after 3 p.m. (weekdays).

100% of all products always in stock.

Rapid dispatch within 30 minutes of placing your order, weekdays for the fastest delivery.

Guaranteed next working day delivery as long as you order before 5 p.m.

No hassle money back guarantee within 30 days of purchase - even if you have used the whole tub. We want you to be happy and to recommend LA Muscle to all of your friends.

100% No Regret Purchase - If you regret buying anything, send it back within 30 days for a refund or exchange.



SPECIAL OFFERS

SUPER SIZE

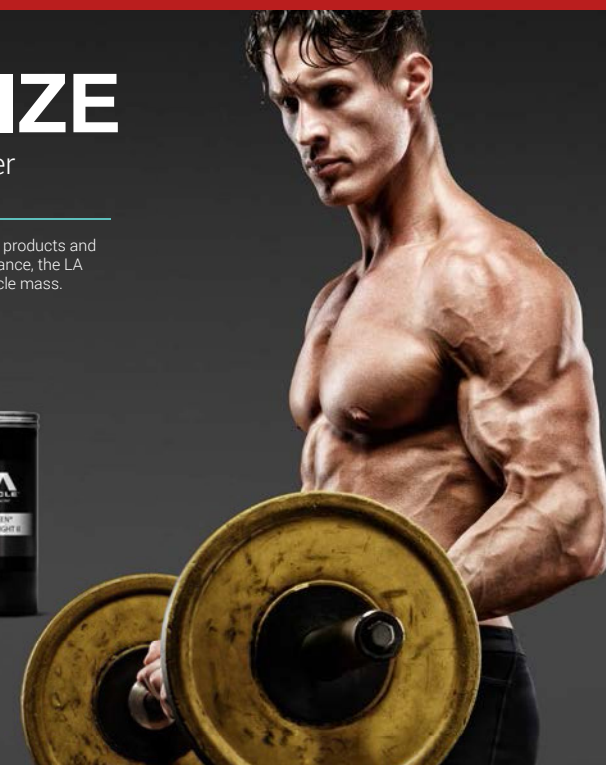
Top Norateen Muscle Builder & LA Whey Gold Protein

The Super Size Pack is a fantastic set of LA Muscle products and provides a number of beneficial properties. For instance, the LA Whey Gold Protein will contribute to growth in muscle mass.

ONLY
£110



- ✓ Save £40
- ✓ No.1 Muscle Builder Norateen Heavyweight II
- ✓ Best selling protein: LA Whey 2.2kg
- ✓ 1 month's protein and Norateen
- ✓ Incredible deal for beginners and pros.



SIX PACK IN 4 WEEKS Extreme

Thermo24, Thermo24 Intense & Six Pack Pill for Rapid-Action 6 Pack

LA Muscle Six Pack Pill in 4 Weeks has been purposefully designed to ensure it contains 3 of LA Muscle's best selling supplements.

ONLY
£110
SAVE £45



- ✓ Powerful with rapid action
- ✓ 100% natural
- ✓ Ideal for both men and women
- ✓ World exclusive formula

GO NUCLEAR!



NUCLEAR CREATINE

EXCLUSIVE PATENT-PENDING SUPER-DELIVERY FORMULA

NUCLEAR CREATINE is the strongest Creatine formula on the market boosted by Nitric Oxide agents, similar to those in Vasculator. If you want size, strength and lean mass FAST, then go Nuclear. **NUCLEAR CREATINE** contains rare and exclusive ingredients at Pharmaceutical Grade and in complete synergy. Expect results within the very first dose.

