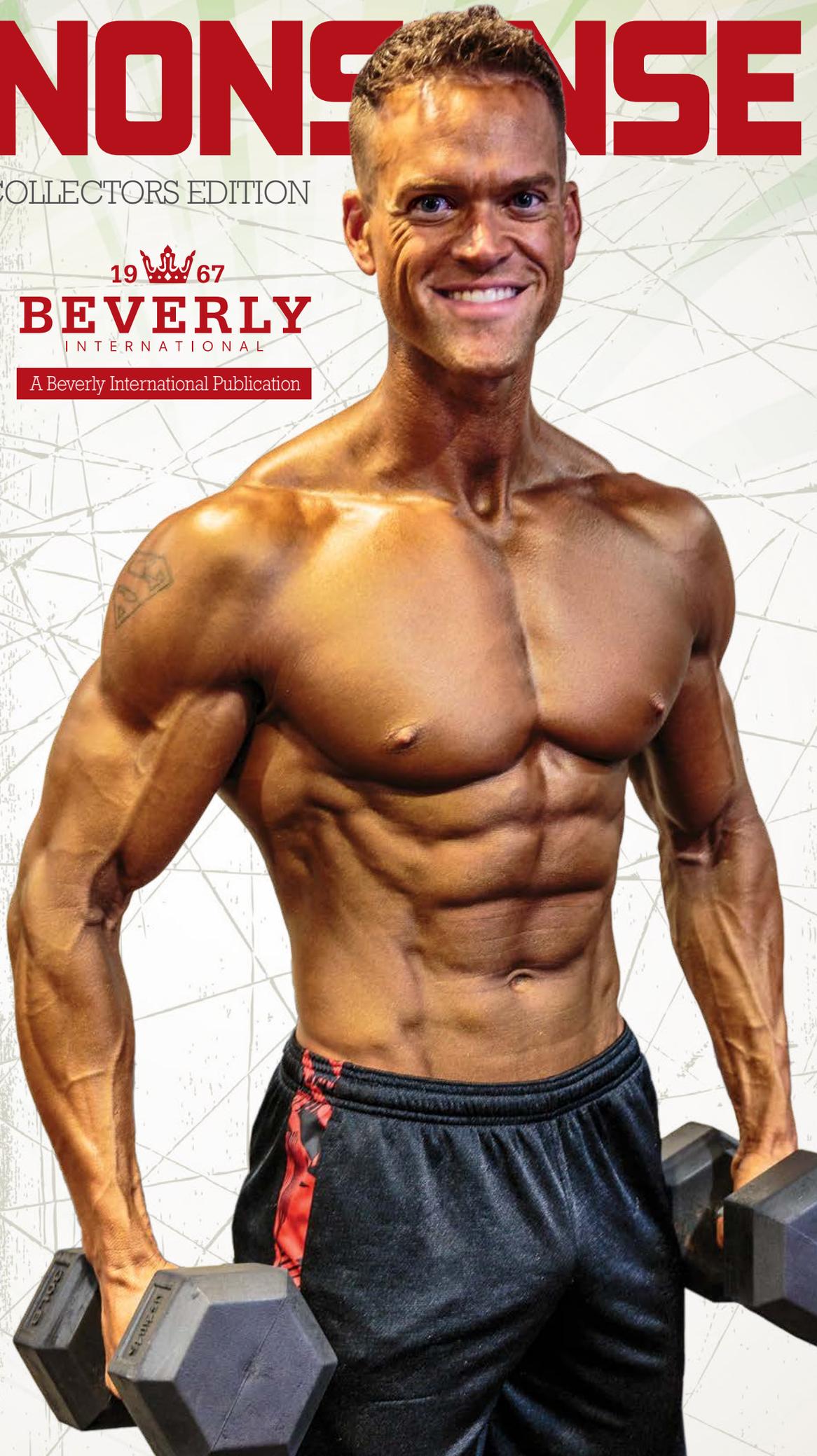
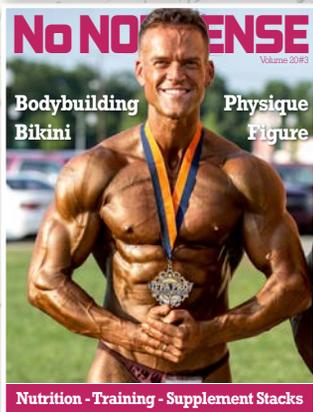
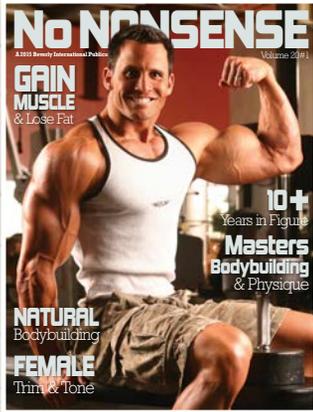


# No NONSENSE

2016 PLATINUM COLLECTORS EDITION



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**BEVERLY**  
INTERNATIONAL

A Beverly International Publication

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# Trim and Tone Figure Plan

Lose fat, tone up, while you add lean, shapely muscle and strength!

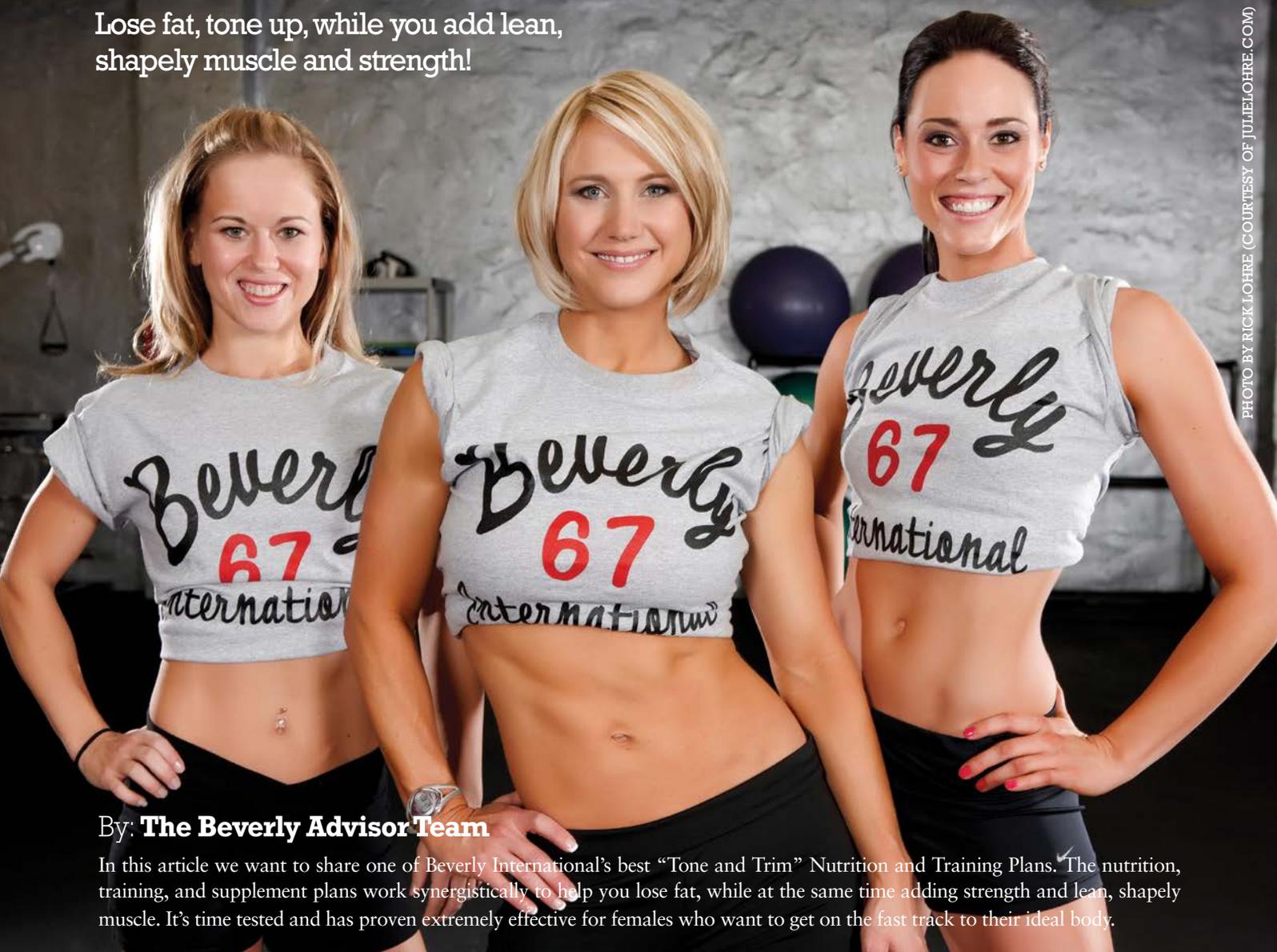


PHOTO BY RICK LOHRE (COURTESY OF JULIELOHRE.COM)

By: **The Beverly Advisor Team**

In this article we want to share one of Beverly International's best "Tone and Trim" Nutrition and Training Plans. The nutrition, training, and supplement plans work synergistically to help you lose fat, while at the same time adding strength and lean, shapely muscle. It's time tested and has proven extremely effective for females who want to get on the fast track to their ideal body.

## Trim and Tone Figure Nutrition Plan

**Meal #1:** Protein Source (choose 1 or 2 from the list below) along with ½ cup oatmeal

- A. 1 whole egg + 3 egg whites
- B. 1 scoop Ultimate Muscle Protein
- C. 3oz lean beef or chicken breast

**Meal #2:** 2 scoops Ultimate Muscle Protein, 1tbsp healthy fat source (olive oil, flax oil, almond butter or heavy cream)

Whole Food Option: 1 can or pouch tuna steroids for sale, one small apple or orange

**Meal #3:** 5oz lean meat, ½ cup cooked brown rice or 4oz sweet potato, 1 cup green vegetables or 2 cups green salad with 2 tbsp vinegar & oil dressing

**Meal #4:** 2 scoops UMP in water

**Meal #5:** 6oz salmon or very lean meat (chicken breast, fish, turkey breast, lean beef – sirloin, filet, etc.), 1 cup low carb vegetables, and/or salad with 2 tbsp vinegar and oil dressing

- Consume at least 2 liters of water each day.

## Trim and Tone Figure Supplement Plan

Now, we'll take a look at the best supplement program to achieve your goal of a tight, fit physique. We've listed two levels, Essential and Advanced. Choose the one that best fits your budget and time line. We recommend you start with "Essential" for at least one month. Then add the supplements in the "Advanced" category during the 2nd month.

### ESSENTIAL: Ultimate Muscle Protein (UMP), Lean Out and 7-Keto MuscLean

- **UMP:** Start with 2 containers of UMP (pick your favorite flavors, and be sure to mix it up for variety). Use 2 UMP shakes daily as directed in the Trim and Tone meal plan.
- **Lean Out and 7-Keto MuscLean:** Start with two bottles of each. Take 2 Lean Out with each and every meal. The full dose of 7-Keto is 3 capsules 2x daily about 6 hrs apart. Meals

1 & 3 would be a good time to take 7-Keto. If you have a caffeine sensitivity, begin with 2 capsules 2x daily and work your way up to the full dose.

**ADVANCED: Glutamine Select or Muscularity** - to accentuate lean muscle retention and building (choose Glutamine Select if you prefer a powdered drink mix or Muscularity if you prefer capsules)

- **Glutamine Select:** Mix 1-2 scoops in water and take during training (and between meals if you need something to help with cravings and hunger).
- **Muscularity:** Take 2 or 3 capsules with each and every meal and shake.



## Trim and Tone Workout Plans for Females

### Trim and Tone Course #1

For beginners or those who have taken an extended lay off from the weights

If you're new to weight training or have had an extended lay off, here is a routine that will help you get started on the road to your best you. You'll be using a total body workout 3 days a week.

Don't be misled into thinking you need to focus on certain muscle groups with different exercises each workout. Working your total body each workout has numerous advantages at this stage of your program. By working large muscle groups (legs, glutes, back, and chest) each workout you'll burn more calories and increase your strength much faster. You'll also be learning to work hard and use your body as a unit. You can do all these exercises at home with a barbell or dumbbells and a bench.

Exercise	Sets	Reps
Squat	3	8-12
Deadlift	3	6-10
Bench Press	3	8-12
Bent Row	3	8-12
Shoulder Press	3	6-10
Curl	3	8-12
Crunch	2	12-15
Leg Raise	2	12-15

If you work hard on these exercises, you will experience noticeable results by week 4. You should try to complete this course of exercises in 45 minutes each workout. Add weight whenever you reach 10 or 12 reps in perfect form on all 3 sets. On abs, continue to add reps until you reach 25 per set.

### Trim and Tone Course #2

For females with weight training experience or who one day would like to compete (or look like you could if you wished to)

Your weight training goal for this program is to improve your muscularity, muscle tone, and separation while developing an athletic looking physique. Train with weights 5 times per week Monday through Friday. You can adjust the days as necessary but really try to get in 5 training sessions per week. We'll be focusing on the parts that are especially important for achieving a "Figure/Physique Competitor" like look - the legs, back, shoulders, and arms (and of course abs and glutes).

- Day 1: Legs (Quad emphasis)
- Day 2: Back / Delts / Biceps
- Day 3: Chest / Triceps
- Day 4: Legs (Glute / Hamstring emphasis)
- Day 5: Back / Delts / Arms

In this program you'll use the most effective progression scheme, the Double Progressive System. After a warm-up, use the same weight for all sets. Start at the low end of the suggested rep range. Gradually increase the repetitions, usually adding one rep each week until you reach the top number of suggested reps for each set of a particular exercise. Then add weight and start over at the lower end of the rep scheme.

Use as much weight as you can with perfect form for the target amount of reps. If you can do more reps than the target, add weight. If you can't get at least the lower recommend amount of reps, then lighten the weight slightly. Go pretty quick between sets. You should not rest more than 90 seconds between sets. (continued on next page).



## MONDAY: LEGS (QUAD EMPHASIS)

- Leg Press 3 x 10-15 reps
- Squats 3 x 8-12 reps
- Hack Squat Machine 3 x 10-15 reps \*do the Hack Squats as One and One Half Reps. This means go all the way down below parallel with your quads, then come half way up, then all the way back down, and then all the way up. This equals 1 repetition.
- Stiff-Legged Deadlift 3 x 12 reps
- Leg Extensions 3 x 12 reps
- Abs for a total of 8 sets of 25-50 (use any variety of exercises you want)

## TUESDAY: BACK, DELTS, BICEPS (LIGHT DAY)

- One Arm DB Row 3 x 8-10 reps
- Pulldowns 3 x 8-12 reps
- Seated Cable Row 3 x 8-12 reps (or do any seated machine row)
- DB Lateral Raise 3 x 10 reps each way (bent-over lateral, side lateral, front raise)
- Cable Curl 3 x 8-12 reps
- Incline DB Curl 3 x 8-10 reps
- Calf Raises for a total of 6-8 sets of 15 reps on any combination of machines

## WEDNESDAY: CHEST, TRICEPS

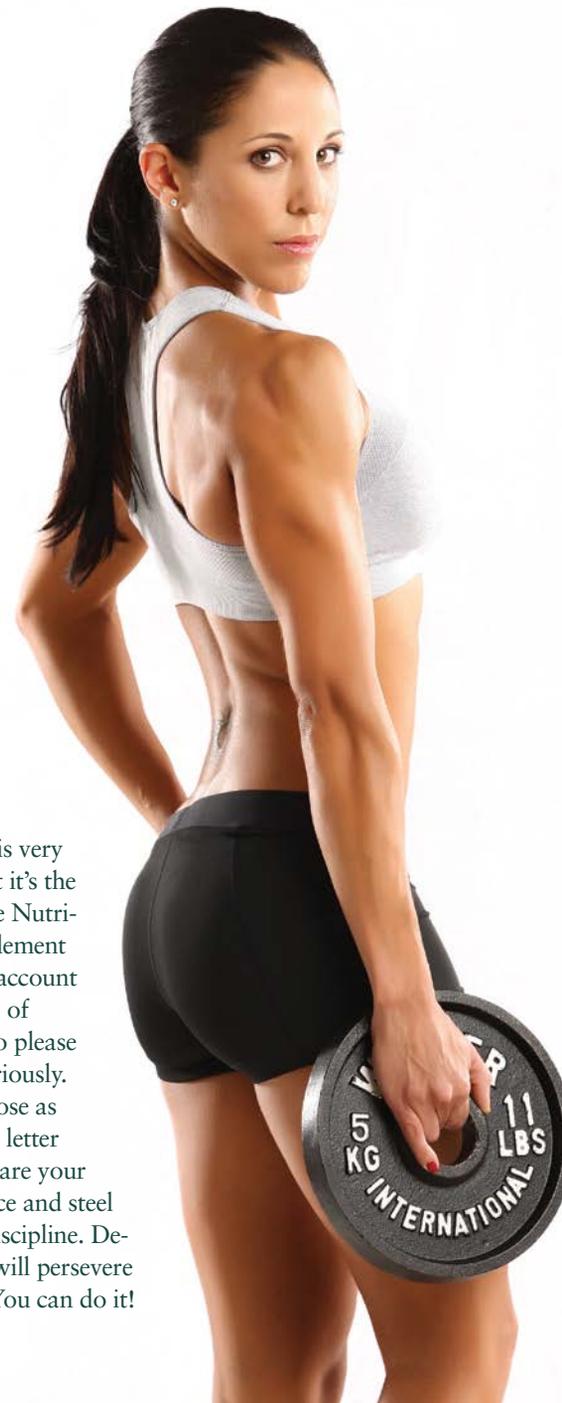
- Incline DB Press 4 x 6-10 reps
- Flat Dumbbell Press 4 x 8-12 reps
- Pec Deck 3 x 8-12 reps
- Tricep Pushdowns 4 x 8-12 reps
- Lying Tricep Extension 4 x 10-12 reps
- Abs for a total of 6 sets of 15-25 reps

## THURSDAY: LEGS (GLUTE EMPHASIS)

- Romanian Dead Lift 3 x 10-15 (superset with next exercise)
- Wide Leg Press 3 x 10-15
- Leg Curl 3 x 6-8 (superset with next exercise)
- Walking Lunge 3 x 12-15 steps with each foot
- Leg Extension 3 x 12 (superset with next exercise)
- Smith Machine Squat 3 x 12 (do not lock knees at top)
- Calf Raises for a total of 6-8 sets of 15 reps on any combination of machines

## FRIDAY: DELTS, BACK, BICEPS, TRICEPS

- Shoulder Press 3 x 6-10 (superset with next exercise)
- Lat Pulldowns 3 x 8-12 reps
- Upright Row 3 x 8-10 (superset with next exercise)
- Straight-Arm Pulldowns 3 x 10-12 reps
- Bent Over Laterals 3 x 10-12 (superset with next exercise)
- Seated Cable Row 3 x 8-12 reps
- Barbell or EZ Curl 3 x 6-10 reps (superset with next exercise)
- Close Grip Bench Press 3 x 6-10 reps
- Concentration Curl 2 x 10-12 reps
- Bench Dips 2 x 10-15 reps
- Abs for a total of 8 sets of 25-50 (use any variety of exercises you want)



Your training is very important, but it's the Trim and Tone Nutrition and Supplement plan that will account for up to 80% of your results, so please take it very seriously. Follow it as close as possible to the letter each day. Prepare your food in advance and steel up your self-discipline. Decide that you will persevere and succeed. You can do it!

# **GAIN MUSCLE AND LOSE FAT**

## **NUTRITION & TRAINING PLAN FOR MALES**



By: **The Beverly Advisor Team**

On page 3 we featured one of our best Nutrition, Training, and Supplement plans for females. But, we didn't want to leave you guys out so here we present our best "Gain Muscle / Lose Fat" nutrition program for males along with a workout designed especially for naturals to develop muscle size and strength while expediting fat loss.

### **Gain Muscle and Lost Fat Nutrition Plan**

**Meal #1:** 1 whole egg + 3 egg whites, 5oz lean meat, ½ cup oatmeal

**Meal #2:** Protein Drink: 2 scoops Ultimate Muscle Protein, 2 tbsp healthy fat (almond butter, flax oil, olive oil or heavy whipping cream), add enough water to make a shake the consistency you desire.

**Whole food option:** 8oz lean beef, 1 apple

**Meal #3:** 8oz lean meat, 6oz sweet potato or 2/3 cup cooked brown rice, 2 cups vegetables (broccoli, etc.), salad with 2 tbsp dressing

**Meal #4:** (same as meal #2)

**Meal #5:** 8oz lean meat, 2 cups vegetables, salad with 2 tbsp Newman's Own vinegar and oil dressing

**Meal #6:** (if you weigh 185lb or more): Protein pudding – mix two scoops Ultimate Muscle Protein in a bowl with just enough water to make a pudding texture. Add 1 tbsp of almond butter, walnuts, or heavy cream.

**Beverages:** Make sure that you drink at least six to eight 8oz glasses of water each day (that's four 16oz bottles). Watch out for empty calories in the liquids you drink, juices and regular soft drinks will sabotage your progress. Limit beverages to water, coffee, unsweetened tea, diet sodas, and Crystal Light.

## Gain Muscle and Lose Fat Supplement Plan

**ESSENTIAL:** Ultimate Muscle Protein (UMP), Mass Amino Acids, Ultra 40

- **UMP:** Start with two containers (stick with your favorite flavor or mix it up for variety) and take it as recommended in the meal plan.
- **Mass Aminos and Ultra 40:** Start with one bottle each of Mass Aminos and Ultra 40. (Note: see how Aaron Whitten added 20lbs of muscle naturally using this time tested, proven effective muscle building stack in the “Article” section of BeverlyInternational.com.) You should take 1 tablet each of Mass Aminos and Ultra 40 for every 10 pounds of bodyweight. If you weigh 180lbs that equates to 18 tablets each per day or 3 or 4 with each meal or shake.

**OPTIONAL:** Quadracarn, Muscle Synergy, Creatine Select, Super Pak

- **Over 35:** Quadracarn for anti-aging, hormone support and recovery benefits. Take 3 tabs twice daily with meals 1 and 5 for increased recovery, fat loss and muscle building. Add 3 additional tablets on training days with your pre-training meal.
- **Over 50:** Muscle Synergy for its muscle preservation properties.
- **Added strength:** Creatine Select is the perfect add-on to the Essential stack.
- **General health benefits:** Super Pak with your first meal every morning.

### SPECIAL FOCUS ON WEIGHT GAIN OR FAT LOSS

- **Need to gain weight:** Add a Mass Maker Ultra shake (before and/or after your workout) to the above meal plan and Essential supplement stack.
- **Need to cut fat:** Add 2 Lean Out with meals #1, 3, and 5 to the Essential supplement stack.



## **■ The Best Muscle Size Workout for Naturals**

This workout program is based around a 1 on/1 off, 1 on/2 off training split. This type of split allows you to work really hard, yet still get maximum recovery. This routine has produced WONDERS in size and strength gains across a wide range of population bases. Chances are it will do the same for you.

### **DAY ONE: CHEST, TRICEPS**

- Bench Press: (3 warm up sets of 20,12, and then 6-8 reps); work sets: 2x6 with 80% of your 1-rep max (1RM); 2x3 (90% 1RM); rep out for 1 set of 8-15 (60-70% 1RM)
- Low Incline DB Press: 1x12-15 (warm up); 2x6-9 (enough weight to fail before 10)
- High Incline DB Press: 3x6-9
- Triceps Pushdown: 1x10 (warm up); 2-3 sets of 6-8 reps
- Pullover and Press: 1x10 (warm up); 2x8-12
- Alternate DB Curl: 2-3 sets of 8-12 reps
- Crunches: 3-4 sets of 15-25 reps

### **DAY TWO: REST**

### **DAY THREE: LEGS, BACK**

- Squats: (2 warm up sets of 15 and then 10 reps); work sets: 3x6-8 (75% 1RM); 1x10-15 (65% 1RM and add 5 half squats at the end of the set); 1x15-25 (50% 1RM and again, add 5 half squats at the end of the set)
- Leg Press: (2 warm up sets of 20 and then 10 reps); 3-4 sets of 6-10 reps (add weight each set and go to failure)
- Bent-Over BB Row or DB Row: 1x12 (warm up); 3x6-10
- Lat Pulldown: 1x15 (warm up); 2-3 sets of 8-12 reps, to failure

### **DAYS FOUR AND FIVE: REST**

### **DAY SIX: CHEST, SHOULDERS, BICEPS**

- DB Bench Press: 1x15 (warm up); 3-4 sets of 6-8 reps to failure each set; 1x15 (for pump)
- Front DB Raises: 1x15 (warm up); 2-3 sets of 8-12 reps
- Shrugs: 1x20 (warm up); 3x8-15 (increase weight each set)
- Straight Bar Curls: 1x20 (warm up); 1x10-15 (to failure); 3x8-12 (to failure)
- Hyperextensions: 2 sets-max reps
- Crunches: 2 sets-max reps



## DAY SEVEN: REST

## DAY EIGHT: LEGS, LOWER BACK

- Leg Extension: 5x12-16, superset with Front or Smith Machine Squats: 5x8-12
- Leg Curls: 3x10-15, superset with Deadlift: 3x8-12
- Seated Calf Raise: 3x10-15 (add partials at the end of each set)

## DAYS NINE AND TEN: REST, AND THEN START OVER WITH DAY 1 WORKOUT

### **A Note about Pounding Progression:**

Here are some guidelines you can use to get the most out of your “Muscle Size” workout. Increase the poundage a small amount (and don’t be afraid to use the 2.5lb plates) the next workout if:

- A. Rep range is 2x6 or 2x3 –and you can successfully get 6 reps (or 3 reps) on both sets
- B. Rep range is 6-8 or 6-9 – and you can get the top number on the 1st set, and 6 or more on each of the remaining sets. Ex: 9,7,6.
- C. Rep range is 8-12 and you can get 12 on the 1st set; or rep range is 10-15 and you get 15 on 1st set, etc.

If you want to gain muscle and strength, while losing fat give this program a try for 16 weeks. If the workout is more than you are accustomed to, start with 1 or 2 less work sets on each exercise. Then gradually work into the full routine. But, even if you are used to training more often or with more volume, please don’t add anything to the routine. It is tested and proven to be one of the most effective workout plans ever. Combine the “Best Muscle Size Workout Plan for Naturals” with the “Gain Muscle and Lose Fat” nutrition and supplement plan for the next 4 months and be ready to see a dramatic positive change in your physique, body composition, and strength.



Photos by Ralph DeHaan

# 10 YEARS

## and Still Evolving

By: **Sarah Sweis**

My initial introduction to weight training was tagging along with my family to the Vic Tanny spa at an early age. My mom was the sales manager there and would let us in the gym after hours. I loved being in the workout area, picking up different weights, and trying to use the machines. I still love it today.

When I grew older I began working as a personal trainer. At the time, a female's only choice was bodybuilding and I just didn't think my physique was right for competition. Then I heard about a new division, Figure. I thought, "This sounds like something that might be just right for me." After attending my first local competition I knew my intuition was correct. I began to train for my first figure competition.

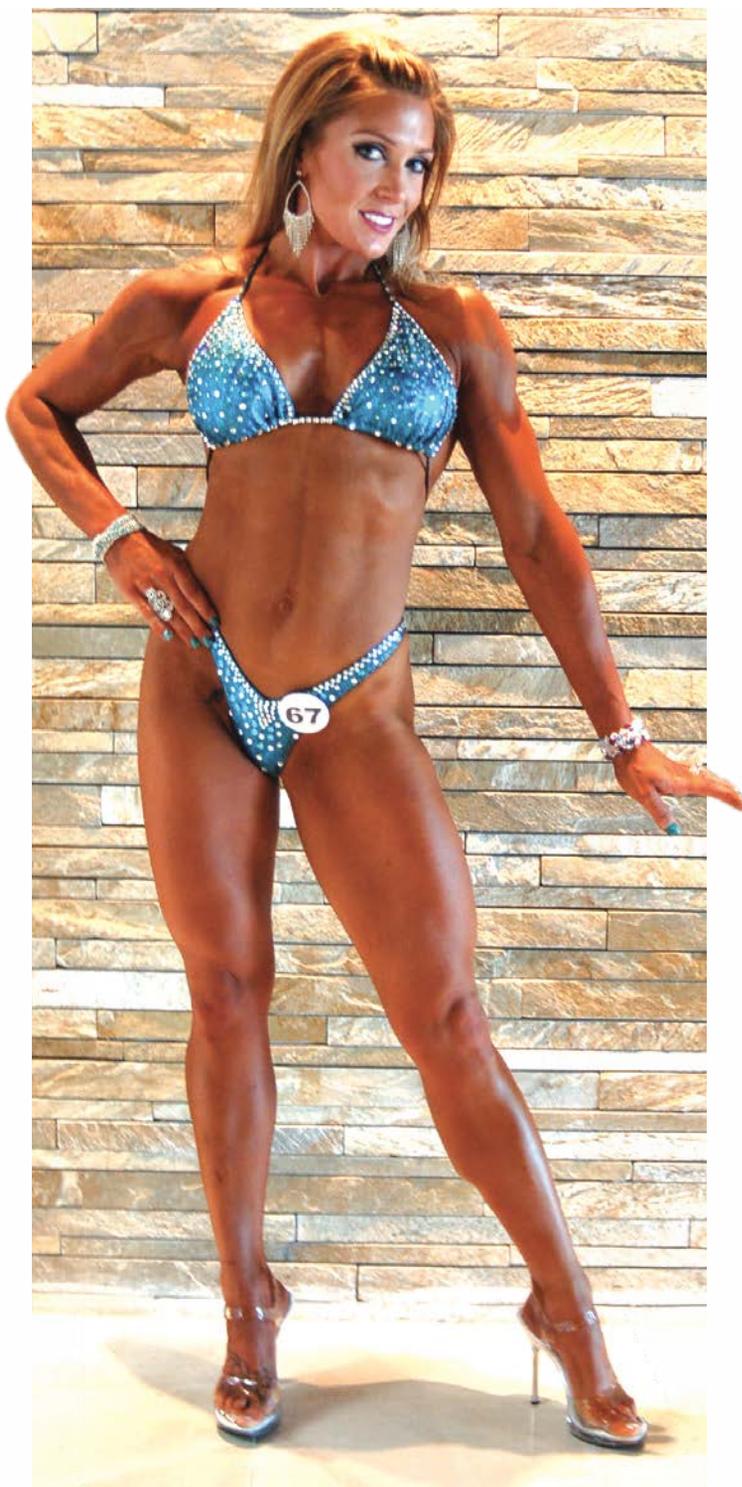
That first competition was scary and thrilling both at the same time. At that time I weighed about 105lbs and placed 5th in my class. After the show two things were sure; (1) I knew I wanted to continue competing, and (2) I needed to focus on improving my physique. Seeing how serious I was, Jesse Dale, the manager of the facility where I worked, recommended I try Beverly International. I'd used various brands of supplements before, but was blown away by the results I got from Beverly.

That was over ten years ago and my physique has improved constantly over the years. I've learned and evolved with each competition prep. But, one thing has not changed; I still use and recommend no other brand but Beverly International. As you read on, I'll tell you more about how I prepared for my latest contest.

### Contest Prep Nutrition

Because I tend to stay fairly lean year round I typically start my show prep 8-10 weeks out. I take a very moderate approach to my prep. In fact, not much really changes for me other than slowly adding in cardio and adjusting my supplement regimen at the 6 week mark.

One tenet I follow both off-season and precontest is my family comes first. That means I am careful that my preparation for a contest does not interfere with their lives. Preparing meals in ad-



vance is vital. Since I love anything grilled, turkey burgers, chicken, strip steak, and hamburgers (97% lean) are a staple in our house. Along with the grilled meat I also prepare an assortment of grilled vegetables (peppers, mushrooms, onions, and squash). I usually fix two or three days' worth of meals at one time.

For my contest diet I follow Figure Plan A from the Beverly Pre-Contest Manual, here is a copy of that plan direct from the manual:

## Beverly's Figure Plan A

### Meal 1:

1 whole egg + 3 egg whites, 3oz very lean meat, 1/2 cup oatmeal – (both meat and oatmeal is measured/ weighed before cooking)

### Meal 2:

Choose an option

Option A: Protein shake with two scoops Ultimate Muscle Protein, one tablespoon healthy fat source (olive oil, flax oil, almond butter) or heavy cream plus very cold water

Option B: 1 can tuna, one small apple or orange

### Meal 3:

5oz lean meat (chicken or other lean protein source), 1/2 cup cooked brown rice or 4oz sweet potato, 1 cup vegetables or 2 cups green salad with 2 tbsp vinegar and oil dressing

### Meal 4:

Two scoops Ultimate Muscle Protein in 16oz water

### Meal 5:

6oz salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc.)

1 cup low carb vegetables and salad with 2 tbsp vinegar and oil dressing

### Meal 6:

(This is an option if you reduce meal #4 to one scoop protein; you get to make up the rest with meal #6. Which is better? – Whatever works better for you.)

Option A: Protein Shake or Pudding: 1 scoop Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire

Option B: 6 egg whites with 1 cup of vegetables

This plan provides me with a ton of food, and lots of needed energy. I can honestly say I am never hungry during prep. In fact, I find myself not finishing some meals. I also switch up some of the foods if I become bored. (Jasmine rice, red potatoes, etc.) I also like to keep jello cups (sugar free) on hand in case of a sweet tooth emergency.

## Lifestyle Supplements

Supplements have been a key success factor for me. My year round “lifestyle” supplements are Fit Tabs, UMP, Glutamine Select, Creatine Select, and Mass Aminos.

**UMP** - I can't say enough about this product. I don't know what I would do without it. I religiously make protein pancakes and shakes for my entire family. The taste is incredible, it keeps you full and is perfect if you need something sweet.

**Fit Tabs** - No explanation needed here, they are a well-rounded vitamin that everyone should incorporate into their diet.

**Glutamine Select** - At first I wasn't noticing much impact from Glutamine Select. Then I stopped taking it! My workouts became less intense; I was sore and run down all the time. Now it's definitely on my top three list.

**Creatine Select** - I have only added Creatine Select into my arsenal this past year. What a difference! I have put on five pounds of solid muscle and on my small frame that makes quite an impact.

**Mass Aminos** - I've been taking Mass Aminos year round for years. Amino acids are the building blocks of muscle and I love knowing that I have these working for me day in and day out.

## Contest Supplements

At the 6 week point I add in 7-Keto, Lean Out, and Muscularity.

**7-Keto MuscLean** - An amazing product! I get an energy boost and it keeps my metabolism cooking, helping me to get the extra fluff off.

**Lean Out** - another key product in tightening up. It really takes your body up a notch.

**Muscularity** - has been a secret weapon of mine. I get an extra sharpness to my physique in just a couple of weeks when I take it.

## My Training

My training has evolved over the past ten years along with my body. I used to do a typical gym workout - 30 minutes of cardio, 3 sets of each exercise, a bit of stretching, and go home. Don't get me wrong, this is a good workout plan, but I got to the point where good wasn't good enough for me. What about great? I knew I would have to further challenge myself and my training slowly began to evolve. My current workout and cardio can best be described as “quality over quantity”, while continually trying to break through old limits. I set goals for my training and as soon as I achieve one I set a new goal. For example, one of my original goals was to be able to perform one wide grip pullup without assistance. Now I can do ten. My new goal is to do twenty. I use this same goal setting process for nearly every exercise that I do. It could be to achieve a certain number of reps, use a particular poundage, or even reduce rest intervals between sets of a particular exercise.

I currently workout six days a week with Sunday off as follows:

- **Monday:** Legs
- **Tuesday:** Back, Shoulders
- **Wednesday:** Chest, Biceps, Triceps
- **Thursday:** Shoulders
- **Friday:** Legs
- **Saturday:** Back

Most of my workouts incorporate a variety of basic exercises. I add in ab specific movements a couple days a week. One of my current workout innovations is to alternate various plyometric moves with my standard exercises. Here's an example of how this works on my Friday leg workout.

- Squats alternated with "low jumping jacks"
- Sumo squats alternated with "woodchopper lunge"
- Seated leg press alternated with "split squat jump"
- Standing hamstring curl alternated with "bench jump squats"
- Lying hamstring curls alternated with various "high knees" exercises

Note: you can Google these exercises to view proper performance. Work into them slowly. At first, you might want to do each plyo exercise for 15 seconds. Slowly work up to 30-45 seconds per exercise. A great device to measure your "work" and "rest" intervals is the Gymboss. I've been using mine every workout to set predetermined rep and rest times.

## ■ Cardio

My cardio is minimal compared to many competitors' standards. Off season I do 15-20 minutes, 4-5 days a week. Precontest I typically do 20-40 minutes, 5-6 days a week. I add it in a little at a time to make sure I don't compromise my hard earned muscle. I tend to use the stair mill most often and work in 1 minute on - 1 minute off intervals. I also enjoy spinning and doing lunge intervals on the treadmill at a high incline.

## ■ In Closing

I often have people asking me why I work out as hard as I do. Well the answer is simple, "It's fun!" If I could give one piece of advice to people looking to change their bodies it would be, "Get comfortable with being uncomfortable". Figure out what will inspire and motivate you and keep that in your mind every day. Don't set an end goal or a finish line- reach one goal, set a new one, and keep going.



## SARAH SWEIS AT A GLANCE

**Age:** 34

**Occupation:** Entrepreneur

**Family:** married to the man of my dreams, three children, Gus 7, Greyson 6, and Saylor 2. And one very large poodle, Romeo.

**Current Residence:** Washington, Michigan

**Years training:** I began consistently going to the gym at age 16, and began competitive bodybuilding at 21.

**Height:** 5'2-1/2" **Weight:** 128 (Off-Season), 120 (Contest)

**Favorite clean eating meal:** UMP pumpkin pancakes (you have to try these!!!!)

**What would you recommend to someone who has never used Beverly supplements before?** I always recommend UMP first, but I stand behind every product. You really can't go wrong.

**Music:** I have different music for different moods I'm in, usually Lincoln Park or Disturbed for leg days, Iggy Azalea, Nikki Minaj, and Pit Bull for most other days. I've also been enjoying motivational videos on You Tube - when I need an extra push.

**Hobby:** My world revolves around my family. I spend all of my free time doing fun things with my kids. We are a big soccer family, so lots of our time is spent at the fields practicing, playing, or at games.

**Words to live by:** "Pain is only temporary." This quote can be applied to so many things in life, its simple and to the point.

# JUGGLING ACT

## Balancing Life's Demands with Bringing my Best to Stage

By: **Chad Forrester**

Bodybuilders often experience tunnel vision when it comes to getting ready for a contest. They allow their training schedule, diet, posing, etc. to take over every fiber of their being. Friends and family become alienated. But, it doesn't have to be that way. Producing a stage worthy physique does not have to consume your total being. The key is maintaining healthy relationships and balance in your life while still getting it done in the gym (and at the dinner table).

I was fortunate enough to gain the assistance of prep coach, Ray Binkowski, who explained things to me in Yoda-like fashion. Ray said, "Remember, it's your family and work which allow you to do what you do." In other words, real life takes precedence over prep and training. "If you need a day off, take one. If you have a birthday dinner, eat it." I lived my last prep according to this cardinal rule. My experience was much more enjoyable than my previous contest preps. I could still satisfy my OCD-like personality by following his direction to a "T". However, he had built enough flexibility into my training schedule and diet to allow me to achieve a balance between family, job, life in general, and bodybuilding.

### Life's Demands

My career is very demanding. I am a retail store manager for a large home improvement company. I work long hours and have to remain somewhat flexible as my schedule can and does often change. Passion for my job is an understatement. And it's a good thing since much of my pay is tied directly to job performance. During this latest contest prep, a new element was thrown in the mix. Our company is continually looking for ways to give back to our community. Last fall we took on the challenge of completely remodeling a duplex which had been given to a homeless Army Veteran and his family. Although rewarding, I worked on



the project 12 hour days, 7 days per week for a month in order to complete it on time. This was smack dab in the middle of my contest preparation. I continued to make my lifts in the gym (before or after work) and keep my diet on point whether I was home or on the construction site.

Even more important than my job, is my family. My son plays football for Grand View University in Des Moines, Iowa. Of course I wanted to see him play, so I took several nine hour round trips to Iowa on Saturdays to watch his games. My daughter, a junior in high school, was cheering for Friday night football games and performing on a competitive cheer squad. I didn't miss out on those either.

The point is I did not compromise the important things in life (being a good husband, parent, leader, co-worker, etc.) for bodybuilding, but I still stepped on stage looking my best. In the remainder of this article I'll tell you how I got into bodybuilding and provide my training program, diet, and supplement program. This has helped me continue to make muscle gains while dropping body fat, as well as allowing me to stick to my diet while on the job site, traveling to my son's games, and attending my daughter's cheering events.



Photo by Carlos Cruz Ichiban Photography

## **CHAD FORRESTER** AT A GLANCE

**Age:** 43

**Family:** Married, 2 children

**Occupation:** Manager, "Big Box" Home Improvement Store

**Training Music:** Kill Switch Engage on Pandora

**Favorite Contest Prep Meal:** Blackened salmon, sweet potato, and green beans

**Favorite Cheat Meal:** Greasy burger and fries

**Favorite Beverly Supplement:** Hands down UMP, utterly the best protein I've ever had. Tastes incredible, mixes great!

### **Why I started bodybuilding**

I have always been an athlete, was a four letter athlete in high school, and even played a couple years of college football. I trained with weights throughout, but after my organized sports career was over and life stepped in, my lifting became an "on again, off again" (mainly off) proposition. One day in 2006, as my wife and I were getting ready in the bathroom she mentioned that I looked like I had put on a few pounds. That's all it took. Off to the gym I went. I started with a typical three day per week program, much like how I had trained for athletics. Then I added a fourth day, and eventually a fifth. After a few years of steady training a friend suggested that I think about competing. I did some research and in 2010 I took the plunge into competition. I made a respectable showing, and then took 4 years off to live life. But, the itch returned. I decided to compete again in the OCB Midwest States in November of 2014. I was hoping to attain my natural pro card but the competition was of an extremely high caliber. I was still able to place fourth in the master's class, and fifth in my open class.



## Training, Cardio, Nutrition, and Supplements

Here is one of the best parts of my program – my training, nutrition, and Beverly supplement programs allowed me to step on stage having done NO cardio! That's right, no cardio! To be honest with everything else I had going on, I don't know if it would have been possible to do the kind of cardio I had always done for past contests.

In the training program on the next page, almost all exercises were supersetted. This had a two-fold positive effect of cutting down my time in the gym while keeping my heart rate elevated and allowing me to burn more calories each workout.

Train 4 on 1 off, Repeat.

Core exercises are performed at the end of workouts on days 1, 2, and 3. On day 4, I performed a special superset designed to cut up my quads (which were lacking).

Core Workout	Sets	Reps	Rest
Crunch	4	20	0
Toe Touch Crunch	4	20	0
Bicycle	4	20	0
Plank	4	20	0
Alt Knee to Elbow	4	20	60

Day 1	Sets	Reps	Rest
Pullup	3	15	0
Dip	3	15	30
Bench Press	4	8	0
Bent Row	4	8	30
DB Flye	4	8	30
Wide Lat Pulldown	4	8	0
DB Shoulder Press	3	12	0
DB Lateral Raise	3	12	0
DB Front Raise	3	12	30

Day 2	Sets	Reps	Rest
Leg Extension	4	12	0
Leg Curl	4	8	30
Lunge	3	15	0
Squat	3	15	30
Leg Press	3	25	0
Stiff Leg Deadlift	3	12	30
Seated Calf Raise	3	30	0
Leg Press Calf Raise	3	8	30

Day 3	Sets	Reps	Rest
DB Curl	3	12	0
DB Extension	3	12	30
DB Hammer Curl	3	12	0
DB Skull Crusher	3	12	30
DB Rotating Curl	3	12	0
Close Grip Bench	3	12	30

Day 4	Sets	Reps	Rest
Leg Extension	10	10	0
Leg Curl	10	10	60
Seated Calf Raise	4	35	0
Leg Press Calf Raise	4	15	30

Special Quad Cutting Superset: 60 seconds rest after completing both exercises, repeat for 4-6 sets

Front Squat	4-6	12	0
Hack Squat	4-6	12	60

## 2 DAYS IN A ROW - HIGH

### Meal 1:

2 eggs  
4 egg whites  
6oz lean meat or chicken breast  
¾ cup oatmeal

### Meal 2:

2 scoops of Ultimate Muscle Protein  
2 tbsp heavy cream  
handful of berries

### Meal 3:

8oz lean meat, chicken, or turkey  
2 cups of vegetables  
1 tbsp olive or flax oil and vinegar  
8oz sweet potato or 1 cup brown rice

### Meal 4:

2 hard-boiled eggs  
Greek yogurt with fruit

### Meal 5:

8oz lean meat, chicken, or turkey  
2 cups vegetables  
6oz sweet potato or 1/2 cup of rice

### Meal 6:

Protein bar  
1 hard-boiled egg

## 2 DAYS IN A ROW - LOW

### Meal 1:

2 eggs  
4 egg whites  
4oz lean meat or chicken breast  
1 grapefruit

### Meal 2:

2 scoops of UMP  
a handful of berries

### Meal 3:

8oz lean meat, chicken, or turkey  
2 cups vegetables  
1 tbsp olive or flax oil and vinegar

### Meal 4:

2 hard-boiled eggs

### Meal 5:

8oz lean meat, chicken, or turkey  
2 cups of vegetables

### Meal 6:

Protein bar

## My Specialized Beverly International Supplement Stack

A specialized supplement stack of Beverly products helped me achieve and maintain balance in my life. UMP made it convenient to stay on track while road tripping to college games or locally for cheer. I felt better and had more energy, drive, focus, and improved health. Week after week I continued making muscle gains while dropping body fat. You read that right; I was building muscle and losing fat at the same time as a drug free athlete. When my day was done, ZMA 2000 helped me sleep like a rock. The Quadracarn/Muscularity combo helped me drop fat without cardio while Density helped me retain max muscle.

### SPECIALIZED SUPPLEMENT STACK

- 4 Mass Aminos per meal
- 4 Ultra 40 per meal
- 1 Super Pak with Meal 1
- 3 ZMA 2000 before bed
- 3 Density per meal
- 3 Quadracarn with  
3 Muscularity 3 times per day

Why did I use Beverly? My trainer said that it was the only brand he would recommend. That got me researching their products, and after learning about Beverly's quality and reputation, I decided to go all in. I am so glad I did. I truly believe my prep experience would have been a much different outcome if not for Beverly. Having prepped for contests with and without Beverly International supplements, I can say that with Beverly I gained more muscle, and had more energy and FOCUS.



**Chad with trainer, Ray Binkowski**

# Magic Happens

# IRYNA MCCRAW'S

# Road to Success

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By: **Steve Colescott,**  
**The Guerrilla Journalist**

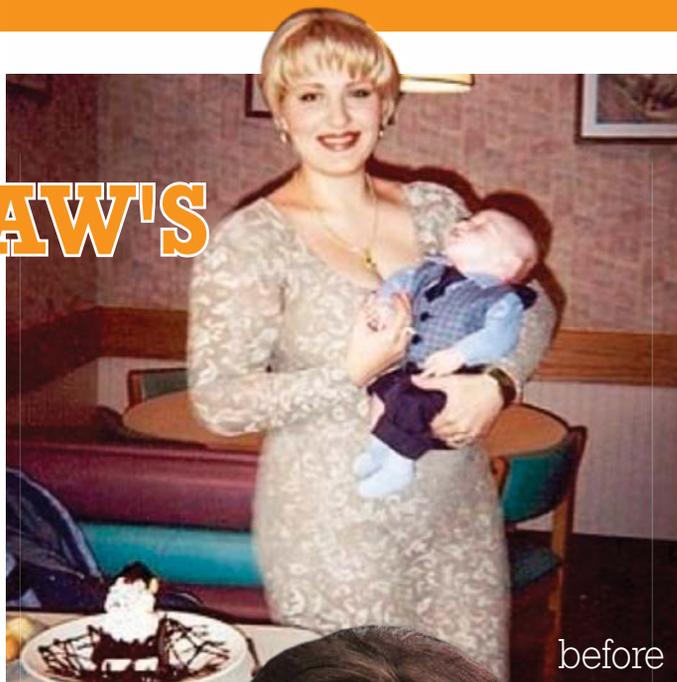
There are various levels of gym devotion, from the lazy gym wallflower (that directs equal effort into cable crossovers as they do to texting on their cellphones) all the way up to the all-or-nothing iron fanatic (that wouldn't think twice about missing his mother's funeral if it falls on leg day). The best lifters, however, land somewhere in the middle, with their fitness goals being very important to them, but just one part of a very rich and balanced life.

Russian-born immigrant Iryna McCraw is an excellent example of someone that fits family, career, and training into a life in which she can excel at all three. Her resume includes raising two happy, well-adjusted children; the founding of her own training business (Success Fitness Systems Gym in Madisonville, Kentucky) with a full roster of one-on-one, group and online clients; and a number of championship placings in figure competitions, with the goal of eventually earning her IFBB pro card. But Iryna was not always certain for fitness success. She faced a well-defined turning point which led her to completely transform her lifestyle.

Iryna's defining moment occurred following the birth of her first child in 2001, when her body weight rose to an unhealthy 210 pounds. It was this moment of reckoning that served as the impetus for her to force dramatic change, with the gym, kitchen (and eventually figure stage) being the staging grounds for that rebirth.

Iryna found that having a weight problem was extremely difficult, both from a physical and emotional perspective. "I was embarrassed to wear certain clothing," Iryna says. "I remember wearing long stretchers under my jeans so I wouldn't look so chunky. I also remember feeling very intimidated in the gym with my chubby arms."

"I didn't know how to start," Iryna recalls, "but I knew I had to do something." Due to her competitive nature, the hard work, even if not necessarily focused in the right direction, started to change her body. "I began pushing myself even harder in the gym and experimenting with nutrition. With consistency and determination, the results that I wanted began appearing." This is when she started to get the attention, and help, from more experienced



Iryna McCraw  
deserts baby  
weight and  
sweets for the  
lean, fit Beverly  
Lifestyle!

PHOTO BY STEVE ROSE

lifters in the gym. They mentored her and (most importantly) showed her the areas she needed to explore to get her training, nutrition and supplementation right.

When the results in the gym really started to show, Iryna was told that she HAS TO compete in figure events. It turns out this is exactly the motivation and focus she needed to give her efforts greater purpose. She first competed in 2004 at the NPC Kentucky Muscle, and she has since continued to compete, even winning the overall at the 2011 Northern Kentucky Figure, one of the most competitive regional events in the country. Her goal is to win an IFBB pro card. A goal that seems attainable by someone as driven as Iryna.

It was at the 2004 Kentucky Muscle show that Iryna met Sandy Riedinger. "I asked Sandy for her feedback on my physique and how I can improve because I knew deep down inside that there is no turning back for me!" Iryna not only received competitive guidance from Sandy, but she was introduced to the Beverly International products, which have contributed greatly to her progress.

Iryna has created a foundation and support system of like-minded women that bolsters the support she receives from her family and clients. "Meeting so many wonderful and strong women inspires me to continue. I am now officially hooked! I approach my daily workouts with great enthusiasm." She looks forward to her training sessions each day, as it helps her relieve stress, sharpen her focus and discipline and continually challenge and improve herself. "Staying healthy and fit is necessary for me to have the energy to balance my busy life. It is necessary for me to stay sharp in all areas... mental, physical and emotional... and is something that my healthy lifestyle affords me."

Since starting, Iryna has become a student of the game, learning everything required to optimize her training, nutrition and supplementation. This has allowed her to share that knowledge with her clients, both those that train in her commercial gym and those she helps through her online coaching business ([www.irynameccraw.com](http://www.irynameccraw.com)). Their progress mirrors her own and not only has driven the success of her coaching, but made her work extremely fulfilling. "I can't imagine myself living without working out and the way it makes me feel."

## Iryna's Training Program

As a busy trainer and someone who values her family time, Iryna keeps her training fast-paced and gets things accomplished quickly. This is part of the reason she makes great use of super-setting, to cut down her rest periods. This follows her "working my muscles, not my mouth" philosophy. In addition to being an efficient way to train, Iryna also feels that the short rest periods contribute to keeping her lean. Here is a typical week's training:

### MONDAY: LEGS

- Alternating Lunge Jumps 3x30 (warm-up) explosive split movement
- Leg Extensions 4x10 super-setted with...
- Walking Lunges 4x20
- Weighted Side Lunges 4x10
- Leg Curls 4x15 super-setted with...
- Abductor Machine 4x25
- Good Mornings 4x10
- Leg Press (wide-stance) 4x30

### TUESDAY: SHOULDERS

- Heavy One-arm Dumbbell Press 4x12,12,10,8
- Arnold Press 3x10 super-setted with...
- Palms Up Laterals 3x20 to emphasize front delts
- Alternate Dumbbell Front Raises 3x15 super-setted with...
- Decline Push-ups 3x20
- One-arm Lateral Raise 3x12 super-setted with...
- Full-range Laterals 3x20
- Bent-over Lateral Raises 3x12 super-setted with...
- Plate Front Raises 3x20

### WEDNESDAY: CHEST

- Incline Bench 4x12
- Cable Crossovers 3x15 emphasizing the bottom half of the movement
- Heavy Flat Flyes 4x10 super-setted with...
- Explosive Push-ups 4x10
- Flat Dumbbell Press 4x15
- Pec Deck 3x10
- Pullovers 3x15

### THURSDAY: BACK

- Dumbbell Rows 4x12
- Dumbbell Deadlifts 4x10 super-setted with...
- Hyperextensions 4x10
- Wide-grip Pulldowns 4x12
- Narrow-grip Pulldowns 4x12
- Wide-grip Behind-the-Neck Pulldowns 4x12
- Bent-over Pulldowns 4x10

## FRIDAY: LEGS

- Wide-stance Leg Press 4x15 (light)
- Narrow-stance Leg Press 4x10 (heavy)
- Weighted Walking Lunge 3x20
- Straight-leg Deadlifts 3x15
- Leg Extensions 4x15 super-setted with...
- Adductor Machine 4x25
- Alternating Jump Lunges 3x30

## SATURDAY: ARMS

- Dumbbell Skullcrushers 4x10 super-setted with...
- EZ Bar Preacher Curls 4x10
- Incline Hammer Curls 3x15
- Supinating Dumbbell Curls 3x15
- Standing Cable Curls 3x15
- Bar Dips 3x10
- Narrow-grip Pushdowns 4x20

## SUNDAY: OFF

## Additional Info

**ABDOMINAL WORK.** Iryna does not train abs on any particular day or with a specific program. She trains them occasionally and without heavy weights as she wants abdominal development without thickness. She also finds that they already get worked since they are stabilizers for everything from squats to triceps pushdowns.

**CARDIO TRAINING.** Iryna usually doesn't do any cardio during the off-season to ensure that she maintains her muscle gains. She starts her contest prep diet twelve weeks out, which does not include cardio until four to six weeks out (depends on her fat loss progress and overall conditioning). Her cardio is 30-35 minutes long, four times a week and includes sprints and the Stairmaster in the late evenings. "I like looking ready two weeks before the actual event so that I can polish a few things without killing myself and don't look exhausted and flat," says Iryna. This level of year-round preparation keeps contest dieting from being torturous. "I guess all of us at some point need to realize everything we do in life voluntarily needs to be enjoyable."

**POSING PRACTICE.** Iryna practices her posing all year long. "To be honest, I never stop. I think it is fun, improves my posture, and helps me project a natural look on stage." Iryna makes this part of her consistent regimen.

## BANANA NUT MUFFINS TOPS

- 2 cups UMP Vanilla
  - 1 cup apple sauce
  - ½ cup sweetener (stevia)
  - 1 cup liquid egg whites
  - 2 mashed bananas
  - ½ cup fine chopped pecans (optional)
  - 2 cups oats bran
  - 2 tbsp coconut oil
  - 1 tbsp baking powder
  - 1 tbsp vanilla extract
  - 2 tbsp banana extract
1. Preheat oven to 350°.
  2. Combine all ingredients.
  3. Stir until well blended.
  4. Pour into Pam-sprayed muffin top pan and bake about 12-15 minutes.
  5. Muffin tops should be firm in the center when done and must be refrigerated or frozen.
  6. Pop it in the toaster in the morning or eat cold on the go. Good for pre- or post-workout healthy treat.



**P.S. For chocolate lovers, substitute vanilla UMP with chocolate UMP and add sugar-free chocolate chips (optional). And you simply can't go wrong with Beverly International Products. Enjoy!**

## Iryna's Nutrition Program

“We all know where abs truly are made... in the kitchen!” says Iryna. If you follow a clean diet of healthy foods with proper caloric amounts, you will have no problem seeing your six-pack. Here are examples of Iryna's eating protocol...

### Off-Season

**Meal #1:** 1 cup steroids  
online scrambled Liquid

Egg whites, ½ cup oatmeal (before cooked) with 1c Carbmaster milk (Kroger brand), 1tbsp unrefined coconut oil, 1tbsp chia seeds, 1tbsp flax seeds

**Meal #2:** 5oz baked fish with 1 ½ c fresh bell pepper and cucumber

**Meal #3:** 5oz grilled chicken breast, 1c of brown rice, ½c homemade guacamole

**Meal #4:** 2 scoops UMP mixed with 1c egg whites, ½c water and ½c ice, 4 low sodium rice cakes

**Meal #5:** 4oz lean ground beef burger, 4oz sweet potato

**Meal #6:** 1 scoop chocolate UMP pudding with PB2 spread on 2 apple cinnamon rice cakes

**Meal #7:** (30 min. prior bedtime) 3oz flank steak, 2 hardboiled eggs (no yolk), ½ avocado

### Contest Prep

**Meal #1:** 2 scoops UMP mixed in 1c egg whites, ½c water, ½c ice, 2 rice cakes

**Meal #2:** 5oz chicken breast, 10 asparagus spears, ½ avocado

**Meal #3:** 5oz flank, 5 Brussel sprouts with 2tbsp salsa

**Meal #4:** (post workout) 2 scoops UMP mixed in 1c egg whites, ½c water, ½c ice and 2 rice cakes

**Meal #5:** 4oz lean ground beef burger, 4oz sweet potato

**Meal #6:** 1c liquid egg whites omelet with spinach and mushrooms

**Meal #7:** (30 min. prior to bedtime) 5oz fish, 10 asparagus spears

- .....
- As an energy snack, I have a half grapefruit twice during the day.
  - I drink about one-and-a-half gallons of water a day and add about an extra gallon during pre-contest with extra electrolytes added to the jug.
  - She has a number of recipes using Ultimate Muscle Protein (UMP) as the base, but her Banana Nut Muffin Tops recipe is her favorite (see previous page).



PHOTO BY STEVE ROSE

## Supplementation Guidelines

Iryna has been taking Beverly International supplements since 2004! “I subscribed to the Beverly No Nonsense magazine and also received one of their books about the benefits of taking BI products. It provided easy, step-by-step guidance for beginners all the way up to advanced bodybuilders.” Beverly is more about passing on proper knowledge than selling products. That said, they also have a line of supplements of the highest quality. “Our bodies must recover with best available supplements on the market,” says Iryna. “You can’t go wrong with Beverly. I have been using it for years and it works!”

### Iryna’s Favorite Beverly International Products

**Ultimate Muscle Protein:** “The one and only! Occasionally, I have tried different brands but always come back to Beverly products for the best flavor, texture and quality. UMP also helps me with my sweet cravings.”

**Glutamine Select:** “This is the best during/post-workout recovery drink made! Plus, it also contains BCAA (leucine, isoleucine, valine) which helps maximize recovery and build solid muscle.”

**Ultra 40:** “The ingredients speak for themselves. BEEF it UP!!! This is made to gain lean quality muscle. It contains heme iron, the most bio-available form of iron in the diet.”

**Quadracarn:** “Quadracarn gives me tremendous energy, drive, pump and muscle hardness. I absolutely love the way it makes me feel.”

The Beverly line of products have become a consistent part of Iryna's daily intake. She also lists the Super Pak and/or Fit Tabs among her regular purchases, and adds in 7-Keto MuscLean and Lean Out as a contest approaches. “I also take them during work travel and family vacations.”

The Beverly International products are well-regarded by all members of the McCraw family. Iryna's husband Ron also set a goal to feel better overall and lose weight (he lost 50 pounds) and included Beverly supplements in his diet. 14-year old son Daniel, who plays football, uses Glutamine Select for post-workout recovery. “My 3-year old daughter Eva even likes to sip on my vanilla UMP shakes!”

Since her livelihood is based on providing results, Iryna also makes it a point to recommend Beverly products to all of her clients. “The changes with using Beverly have been unbelievable!” says Iryna. “Supplements help my clients to stay focused and always on top of their game. They are busy people so if I can teach them to incorporate a shake and supplements into their routine, it will easily fit into their hectic schedule and keep their energy levels stable. And the taste of Beverly’s protein is truly the best. I dedicate my life to helping people who want to achieve their goals, and Beverly is a helpful part of that.”

Iryna McCraw serves as a great example of how a person can make the decision to go from a life of quiet desperation to accomplishing amazing things. “With the right nutrition, training, supplements, unwavering focus, determination and belief in yourself, magic happens! I truly believe that there is nothing that is unattainable. Trust yourself. Trust results. Trust Beverly!”



Iryna says  
“YES!” to  
Beverly.

# Sixty may be the **NEW 40**

By: **John Lankford**

“For a man to enjoy his work and accept his lot in life is indeed a gift from God” (Ecclesiastes 5:19). This verse from the Holy Bible could sum up my whole bodybuilding career. When I was a kid I was very skinny and it seemed as though nothing I did helped me gain weight. I would see the Charles Atlas ads in the back of magazines and think “Wow! If only I could do that.” My mom thought buying a set of weights for me would be a waste of money. She thought I wouldn’t keep it up, so I made my own. I used an iron pipe with bricks attached to the end and used duct tape wrapped around a rock as my collars to keep the weights from falling off. To increase the weight I added more bricks. So at the age of 13 my bodybuilding journey began.

When I was 16, we learned I had a spinal condition, not from lifting weights, but it was genetic in nature. I had to stop lifting and didn’t lift again until I was in the Air Force some 3 years later. I entered basic training at 5’9” and 135 lbs. Later, while stationed at Loring Air Force Base in Maine, I met Tom Kerrigan who became my training partner for the next 4 years. It was here that I was first introduced to Beverly International. I began taking Beverly Vitamin Packs and eating anything that didn’t move. I gained 30 lbs in 6 months and my bench press went from 175 lbs to 275 lbs. I began competing in powerlifting meets and later bodybuilding competitions as well.

In September 1977, I opened Nautilus Fitness Center in Spartanburg, SC. I was 26 years old and I quickly learned that just because you own a gym doesn’t mean you will be able to train and compete any time you want. I had a family and the most important thing was providing financially for them. Even though I continued to train, I gave up competing for many years.

In the late 90’s I decided to give competitive bodybuilding one more try. The big difference was that in 1987 I had gone to a Billy Graham Crusade in Columbia, South Carolina and had given my life and my business to the Lord. When I began to compete again I only wanted to give glory to Him. I was doing very well placing 1st or 2nd in every show. In 2005 after competing and winning my division in the Carolina Supernatural in Asheville, NC I decided that this one would be my last competition. Later that evening after the competition was over, the show promoter asked me if



I would consider taking over the Carolina Supernatural as promoter. After my longtime friend, Art Littlejohn offered to help; we decided it would be a great venture. We moved the show to Spartanburg, SC and June 13, 2015 will be its 20th anniversary.

When I turned 60, I got the itch to compete again. I really wanted to know if I still had it. I knew that I would have to be more focused than ever. I couldn’t miss even one day of training and my meals had to be perfect. I have been taking and selling Beverly International supplements in my health club for years, so I knew they would be a major factor if I was going to be my best. I wasn’t leaving anything to chance as I set my goal on the 2011 Master’s Universe. One month out from the show I was amazed that I looked better at 60 than I had at 50. Everyone wanted to know what I was doing. I was more than happy to tell them what Beverly supplements I was taking and how that it had paid off as I won the Master’s Universe. I thought, what a way to end a career.

However, in 2014 I was at it again, preparing for the SNBF Grand Finale in Georgia. This one posed a unique challenge as we had already committed to going on a “Journeys of Paul” cruise of the Mediterranean only weeks before the competition. I had to eat clean, as well as get my workouts in, while on the cruise. I had just 2 weeks until the competition once I returned from the cruise. Once again, I was blessed to win the Masters 60 and over division. The only problem was, I met 2 promoters from Franklin, NC that night who were promoting a show they were having in March 2015. Yes, you guessed it. I was on my way to training for still another show. This time my wife just gave me a blank stare when I told her once again that this would definitely be my last competition. When I walked off the stage in Franklin, NC in March it was different. I realized God had blessed me once again with a win. Psalm 18:35 says, “You give me your shield of victory, and your right hand sustains me.” God gave me a peace in my heart that night. This was indeed the last time.

The 10 years of training and competing has been a great experience and I have been blessed not to have any major injuries. I believe it’s not how hard you train but how smart you train. As you age your body is more prone to injury and recovery takes longer. That is why it is so important to eat clean and take the right supplements. My training is always very intense but I never try to train like I did 30 years ago. Bodybuilding is all about shaping your body as a sculptor would shape a very expensive piece of marble. One mistake can be very detrimental. If you want to be able to train in your 60’s, 70’s and beyond, you must be smart and listen to your body.

## Nutrition and Supplements

In my bodybuilding career I have always tried to have a perfect balance of 3 major factors: nutrition, training and rest. Nutrition is first because without the right fuel for the body it would be like having a fast car but using a low grade fuel. You could never win a race. In this area I believe you need to find out what works and stick with it. Too many people change their meal plan before they even give it time to work. The following pre-contest meal plan is one that has worked or me for many years.

**Meal #1:** 12 egg whites, ½ cup oatmeal, 1/3 cup blueberries

**Meal #2:** 2 scoops UMP, 15 raw almonds

**Meal #3:** 10oz grilled chicken, ¾ baked sweet potato, 4 cups salad, 4 TBSP oil and vinegar dressing

**Meal #4:** 2 scoops UMP, 15 raw almonds

**Meal #5:** 10oz tuna (water packed) or 99% lean ground turkey, 3 cups raw or steamed cabbage

**Meal #6:** 16oz wild caught cod, 3 cups steamed broccoli or asparagus

**Meal #7:** Carb Load Meal (Sunday and Wednesday only)

1 cup oatmeal and 1 cup baked sweet potato.

The seventh meal is only added to my program when my body fat is 7% or lower. I consume 1 ½ to 2 gallons of water daily.

## JOHN LANKFORD AT A GLANCE

**Age:** 64

**Occupation:** Owner Nautilus Fitness Center, Spartanburg, SC (established 1977)

**Family:** Marilyn (wife), Laura, 37 (daughter), John, 44 and Andrew, 31 (sons)

**Years of Training:** 50

**Height:** 5’8”

**Weight:** 172 (off-season), 162 (contest)

**Favorite Supplements:** UMP Strawberry (It tastes great). Quadracarn has made all the difference in my training and physique; at 64 I really feel 40!

**What would you recommend to someone who has never used Beverly supplements before?** If you want to be the best, you need to use the best. Beverly supplements are second to none, and that’s no nonsense!

**Favorite Music:** Contemporary Christian

**Most Inspiring Book:** Holy Bible

**Hobbies Outside of Bodybuilding:** Playing the guitar, golf, being with family

**Words to live by:** “He is no fool who gives up what he cannot keep, to gain what he cannot lose.” Jim Elliott

## Supplements Schedule

1 Super Pak with meal 1

5 Density with meals 1, 3, and 6

3 Quadracarn with meals 1, 3, and 6

3 EFA Gold with meal 1

3 Joint Care with meals 1 & 3

5 GH Factor 15 minutes before meal 1

2 Scoops of Muscle Synergy 15 minutes before training

1 Scoop of Glutamine Select before and during workout

## Training

The second major factor is muscle stimulation or training. Notice I didn't say annihilation but stimulation. Remember at 60 and over you must train smart if you want to be injury free. I train 5 days a week using a lot of supersets. My training usually lasts about one hour and 30-45 minutes. Like my meal plan, I rarely change my training. As I have gotten older, I do use more machines than earlier in my career, because there is less chance of injury.

### DAY ONE: CHEST, ARMS, SHOULDERS

#### CHEST:

- Nautilus Decline or Decline Dumbbell Presses – 2x12 warm up, 3x12 (increasing weight each set)
- Incline Smith Machine Press – 3x10 (increasing weight each set)
- Nautilus Decline Machine & Pec Dec (superset) – 3x10 (same weight)
- Cable Crossover – 3x12

#### ARMS:

3 Giant Sets (do all six exercises with no rest between, then rest 45 seconds, and repeat for 3 rounds of 10 reps)

- E-Z Bar Curls
- Triceps Press Down
- Seated DB Alternate Curls
- DB Kick-Backs
- Dumbbell Concentration Curls
- Nautilus Nitro Triceps Machine

#### SHOULDERS:

- Nautilus (or dumbbell) Lateral Raises – 3x12
- Nautilus (or dumbbell) Military Press – 3x12
- Bent Over Cable Lateral – 3x12
- Nautilus Rear Delt Machine – 3x12

### DAY TWO: LEGS

- Leg Extension – 2x12 warmup, 4x12 (increasing weight each set)
- Leg Press – 4x12 (increasing weight each set)
- Dumbbell Walking Lunge – 5x24
- Seated Leg Curl – 4x12
- One Leg Isolation Leg Extension – 3x12 (hold at the top)
- Calf Raises – 10x20

### DAY THREE: BACK

- Nautilus Pullover Machine – 2x12 light warm-up
- Wide Grip Cable Pulldowns – 3x12
- Cable Row – 3x12
- DB Row – 3x12 each arm
- Nautilus Pullover – 3x12 (work sets)
- Hyperextensions – 3x15-20

### DAYS FOUR AND FIVE: REPEAT DAYS 1 & 2

- Weighted Abdominal exercises are performed every other day:
- Nautilus Ab Machine – 3x15
- Cable Crunch – 3x15
- Knee-Ins (with ankle weights) – 3x15

I do no structured cardio training such as bike, treadmill, etc. My fast training pace utilizing super sets, tri sets, and giant sets takes care of the cardio aspect for me.

## Rest / Conclusion

The third major factor in bodybuilding success is to make sure you get plenty of rest. A lack of sleep and rest can cause many problems. This is especially true as we get older. It becomes very important to let your body recuperate and rejuvenate so you will be 100% for your next training session.

In closing, remember, it's all about attitude. If you think you are old, then you probably are. Personally, I believe 60 is the new 40!



# Over 45 Starter and Intermediate Workouts

If someone over 45 wants to get into serious shape after having not been in the gym in a long time or never having worked out at all, certain steps must be taken.

1. Face the fact that you are not 25 any longer. I am not saying you can't make some great gains, but you need to train smart.
2. If it has been years since you last worked out, then of course it would be wise to get a physical just to be on the safe side.
3. Let a good certified trainer or coach help you get started. If you can't afford a trainer the following routine would be a good starting place.

I prefer machines over weights for someone just starting out. Machines are a controlled movement and there is less chance of injury.

If you are a member of a gym with machines the following routine would be for you. Your training would be a full body workout, every other day, 3 days per week.

## BEGINNER FULL BODY PROGRAM: 3 DAYS PER WEEK

- Warm-up 5 minutes on a cardio machine, bike, treadmill, etc...
- Low back machine 1 x 12
- Leg Extension (for quads) 1 x 12
- Leg Curl (for hamstrings) 1 x 12
- Row Machine (for back) 1 x 12
- Pec Deck (for chest) 1 x 12
- Lateral Raise (for shoulders) 1 x 12
- Bicep Curl Machine (for biceps) 1 x 12
- Triceps Machine (for triceps) 1 x 12
- Abdominal Machine (for abs) 1 x 12
- Complete your workout with 15 to 20 minutes of cardio. This entire workout should take 45 min-1 hour.



## Intermediate Program

After a few weeks you should be ready to begin a more aggressive program, but keep in mind we are still laying the foundation. You will still be working out 3 days per week, but now on a split routine. Take 1 or 2 days rest after each workout. Begin each session with 5 minutes of cardio for a warm-up. At the end of each session, or on off days, perform 20-30 minutes of cardio.

### DAY ONE: CHEST, BACK, ABDOMINALS

#### CHEST:

- Flat Dumbbell Press 3 x 10
- Incline Dumbbell Press 3 x 10
- Pec Deck or Dumbbell Flies 3 x 10

#### BACK:

- Pulldowns Wide Grip 3 x 10
- Pulldowns Close Grip 3 x 10
- Bentover Rows with Dumbbells 3 x 10

#### ABDOMINALS:

- Crunches 3 sets x 20
- Abdominal Machine 3 sets x 20
- Knee Ins 3 sets x 20

### DAY TWO: LEGS, ABDOMINALS

#### LEGS:

- Leg Extension 3 x 10
- Lunges (stationary) 3 x 10
- Leg Curl 3 x 10
- Stiff Leg Deadlift 3 x 10
- Calf Raise 5 x 20

#### ABDOMINALS: SAME AS DAY 1

### DAY THREE: ARMS AND SHOULDERS

#### BICEPS:

- E-Z Bar Curl 3 x 10
- Seated Alternate Dumbbell Curls 3 x 10
- Concentration Curls 3 x 10

#### TRICEPS:

- Triceps Pressdown 3 x 10
- Lying Nose Breakers 3 x 10
- Dumbbell Kick Backs 3 x 10

#### SHOULDERS:

- Seated Dumbbell Press 3 x 10
- Seated Lateral Raises 3 x 10
- Standing Front Alternate Raises 3 x 10

## Supplement Recommendations for Beginners and Intermediates 45 and older.

To get the best gains possible, the right supplements are a must. They also must be high quality supplements.

**Number 1** for me is protein. It is very hard to get enough through food sources. This is a must for building lean muscle. I always recommend UMP or Muscle Provider. Quite simply, it is the best on the market!

**My number 2** recommendation is Mass Aminos. If you are training hard and eating clean, then you want to keep that hard earned muscle. Without mass aminos you may very well lose muscle.

**Number 3** is Quadracarn. I believe this is probably the best product on the market for a person who wants to feel and look younger, healthier, and more vibrant.

**Number 4** is the Beverly Super Pak. It is hard to get everything you need in a one-a-day vitamin like many people take. With the Super Pak you get what you need daily in the way of vitamins and minerals without having to think about it. It is also easy to take the packet with you when you travel.

Depending on the individual need, I would suggest taking Lean Out or 7-Keto for someone trying to lose weight. Both of these products are great aids for that in addition to eating clean.

As we age it is important to remember that your body will treat you only as good as you treat it. The worst thing you can do for your body is nothing. A great motivation is to set attainable, short-term goals and stay focused until you have reached your goal. Then you can set your next goal. Your reward will be a healthier, happier you!

# MIS NATURAL KY BIKINI

## Shares her Lifestyle Challenges, Training, and Diet Tips

By: **Julie Parent**

I have always had a passion for athletics - from little league soccer, basketball, track and field, to cheerleading, dance, and gymnastics. In high school, I narrowed my competitive focus to the dance team, but, I still signed up for every Physical Education class that Corbin High School offered. One of my classes was weightlifting with the football team. I loved it! Even though I thought it was far-fetched at the time, that's when I first entertained the thought of someday entering a physique contest. Upon graduating, I attended the University of Kentucky where working out took a back seat to my course load. Although I managed to get in the gym when I could and played intramural sports in my sorority, I would have to wait until after graduation to take things to the next level and pursue my goal to compete.

Even after I earned my undergrad degree there was still one obstacle I had to overcome before I could step on stage - my fear of the unknown. I knew the only way to overcome my anxiety was to take action, and there was no time like the present. I started researching competition prep coaches in the Northern Kentucky area (where I moved following graduation). After a lot of research and several personal recommendations, I joined Julie Lohre's FitBody Competition Team. With her guidance and knowledge, and the encouragement of the team, I not only stepped on stage, but took home several awards in the Bikini division. In my second show, ever, I won 1st place NANBF Ms. Natural Kentucky Bikini.



PHOTO BY RICK LOHRE

## Lifestyle Challenges

Before getting into my actual diet and workout schedules there are a couple of lifestyle challenges I faced that I'd like to share with you.

My job is not the typical 9-5, which makes staying on top of my nutrition, supplement, and exercise schedule a task in itself. I work for Central Clinic, an extension to University of Cincinnati's psych department. The division I work in is focused on trauma treatment therapy for children, visitation for foster kids with their biological parents, and alcohol and drug dependency group therapy. I work 10 hour days, with a 45 minute commute each way. I wake up around 5:30am to knock out some cardio before starting my work day. After work I drive directly to the gym for weight training and any remaining cardio. By the time that I get home in the evening, it's around 9:30pm. That's when I prepare my food for the next day and complete any homework I need to do for either of my school programs. I carry my Isolator Fitness cooler everywhere I go, which is how I'm able to stay on track throughout the day. Being gone so long, I eat all of my meals while I'm at work, so preparation in advance is the only option for me. I fix and weigh out all of my food the night before, that way in the morning I can just throw everything in my cooler and go. It's always comical the looks I get from my coworkers and sometimes clients when I drop everything I'm doing to take my supplements or run and get my Tupperware every 2-3 hours.

Another area I've had a hard time adjusting to throughout prep is the fear of "missing out" on social events with my friends and family. My goals and fitness ambitions are different than a lot of other 24 year olds, so making plans becomes a little more complicated for me. I love to travel, so I was weary of how that would work with my prep. If I go out of town, I have to be sure that I plan everything out, which is sometimes kind of stressful. But it's doable. I spent 10 days at the beach with my family in the middle of my prep, and it actually was easier than I thought it would be. My suitcase contents were 50% clothes and toiletries, and 50% UMP tubs, food scale, and my other Beverly supplements. My carry-on was my Isolator Fitness bag (which is TSA approved, ice packs and all), filled with everything I needed in order to stick to my plans during a full day of airports and flights. Again, it's all a matter of planning.



## JULIE PARENT AT A GLANCE

**Age:** 24

**Occupation:** Full-Time Admin for University of Cincinnati's Central Clinic, Trauma Treatment Facility. Part-Time student at Northern KY University in Masters of Health Informatics, and Part-Time student at Strayer University in Masters of Health Service Administration

**Family:** I have one older sister, Josiane (28) and I recently became an aunt and godmother to my nephew, Rowen Patrick.

**Birthplace:** Montreal, Canada

**Current Residence:** Newport, KY

**Years training (total):** 10 years total, 1 year for bikini

**Height:** 5'8", **Weight:** 145 (off-season), 138 (contest)

**Favorite Fitness Meal:** Protein Pancakes! I'm a sucker for breakfast foods, so this is definitely what I look forward to when I wake up every day!

**Favorite Supplements:** Muscle Synergy is my favorite supplement. I take one scoop before training and it increases my pump and vascularity so much... It's awesome!

**What would you recommend to someone who has never used Beverly supplements before?** UMP is the best protein, hands down. I have recommended it to so many people for numerous reasons. Not only does it taste amazing, but it is so versatile in how you can prepare it. You can drink it straight, make protein pudding, ice cream, bake with it, etc. I've never made anything with UMP that didn't turn out delicious.

**In your CD player:** Krewella or Dance Cardio Pandora Radio stations are always playing when I'm training and/or doing cardio.

**Most Inspiring Book:** "Heaven Is For Real" by Todd Burpo

**Hobby or interests outside bodybuilding:** Anything outdoors owns me. I love to go on a nice run or walk through town, and spend most of my weekends in the summer on Lake Cumberland with some of my closest friends.

**Words to live by:** "There is only one thing that makes a dream impossible to achieve: the fear of failure." ~ By Paulo Coelho

## My Contest Prep Plans

Contest prep definitely took some getting used to; however, I'm thankful that my coach, Julie Lohre, made it as straight forward as possible. My plans were altered based on check-in's and body comps throughout my prep, so as I was changing, so were my plans. But, here are the basic diet, supplement, and workout schedules that I used for my contest prep.

### Diet

**Meal #1:** Protein Pancakes (1 scoop UMP, ½ cup of oats, and 3 egg whites)

**Meal #2:** PB&J (2 pieces of low cal/high fiber bread, 1tbsp peanut butter, 1tbsp sugar-free jelly), 1 apple

**Meal #3:** Taco Salad (4oz Ground turkey, ½ cup of black beans, ¼ cup of avocado)

**Meal #4:** 2 scoops UMP, 1 banana

**Meal #5:** 4oz grilled chicken, ½ cup zucchini, baked sweet potato fries

The number one tip I have is to make everything in bulk and prepare it for a few days in advance that way everything is already ready. It eliminates guess work on what to fix if in a time crunch, and ensures you stay on track.

### Supplement Schedule

**Lean Out:** 1 with 5 meals per day (Fat loss)

**7-Keto:** 3 in AM, and 3 in afternoon (Thermogenic/Appetite suppressant)

**Density:** 3 with 3 meals per day (Muscle gain with fat loss)

**Fit Tabs:** 2 in AM, and 2 in afternoon (Multivitamin)

**Glutamine Select:** 1 scoop before training (Reduce muscle soreness, enhance recovery)

**Muscle Synergy:** 1 scoop before training (Strength & muscle gains)

**UMP:** 3 scoops per day (see meal plan above)



PHOTO BY RICK LOHRE

## Training Schedule

I work out with weights five days a week taking Sundays and Wednesdays off. My favorite muscle group is a toss-up between legs and shoulders. I think that it is very important to push myself every week to go up in weights and increase strength, even if it's just 2.5lbs. Here's my workout.

### SUNDAY: OFF

### MONDAY: BACK, HAMSTRINGS, GLUTES

- Lat Pulldown 4 x 10-12
- Bent-over BB Row 4 x 10-12
- Straight-arm Pulldowns 4 x 10-12
- Wide Stance Squats 4 x 15-18
- DB Deadlift 4 x 15-18
- Low Cable Kickback 4 x 15-18
- Hamstring Ball Curl-ins 4 x 15-18

### TUESDAY: CHEST, BICEPS, ABS

- Flat Bench Press 4 x 10-12
- DB Fly 4 x 10-12
- Pushups with feet elevated 4 x 10-12
- Standing BB Curl 4 x 10-12
- Hammer Curl 4 x 10-12
- Ball Crunch 4 x 15
- Hanging Leg Raises 4 x 10
- Obliques 4 x 10 (each side)

### WEDNESDAY: OFF

### THURSDAY: DELTS, TRICEPS, ABS

- DB Lateral Raises 4 x 15-18
- Bent-over DB Raises 4 x 15-18
- Sumo Deadlift High Pull 4 x 15-18
- Press Downs 4 x 15-18
- Bench Dips 4 x 15-18
- Reverse Decline Crunch 4 x 15-18
- Floor Crunch with weight 4 x 15-18

### FRIDAY: QUADS, GLUTES, CALVES, PLYOMETRICS

- Leg Press 4 x 15-18
- Walking Lunges with weight 4 x 15-18
- Leg Extension with pause 4 x 15-18

### FRIDAY: CONTINUED

- Standing Calf Raise 4 x 15-18
- Pushups 4 x 15 super setted with...
- Switch Lunges 4 x 15
- Crunches 4 x 25 super setted with...
- Squat Jumps with Medicine Ball 4 x 15
- Lying Leg Raise 4 x 15 super setted with...
- Bench Rebounds 4 x 15

### SATURDAY: DELTS, BACK

- Seated Overhead Press 4 x 10-12
- Front Raises 4 x 10-12
- Inverted Pushups 4 x 10-12
- Plank Position DB Row 4 x 10-12
- Assisted Pullups 4 x 10-12

## Cardio

I do high intensity cardio on the StairMaster for 45 minutes, 4 times per week. I split it up in 2 sessions, if my schedule allows. I tend to lose some steam after about 25-30 minutes, so in order to make sure that I am giving it 100% the entire time, splitting the 45 minutes into 2 sessions works best for me.

## Presentation Tips

Practice makes perfect!! I can't stress that enough. Your posing routine is what ties in all the hard work and preparation you have done leading up to the show. Looking comfortable and graceful in 5in heels is not as easy as it looks. Also, trial runs on your hair and makeup BEFORE the show are super important. That way you already know what works and what doesn't so that you don't have to stress out on show day. There is so much happening on the day of your competition, usually starting at 8am, so there is very little room for trial and error.

## Some Final Advice

It's okay to say no. It took me a while to understand that when I changed my priorities, I would have to say no to some things I'd normally do if I were not prepping for a contest - usually food related. Sometimes the people around you, no matter how supportive, won't understand your journey unless they are going through it themselves. And that's okay. It also doesn't mean you have to be antisocial. The best thing you can do if you are struggling with this, like me, is to surround yourself with supportive and understanding people. Joining the FitBody Team was the best thing I could have done. You will undoubtedly find yourself messaging your team members and coach about the most off the wall things. I constantly reflect on some of my conversations with one of my teammates, who has become like a second sister to me, and laugh because who else would understand how to measure the perfect tablespoon of peanut butter??? Looking at the big picture and setting/tackling personal goals is what helps me every day. When I step on stage, I take great pride in knowing that I didn't cut any corners and deserve to be standing next to some amazing athletes.

# Six Weeks to, **POWER & MUSCLE**

By: **The Beverly Advisor Team**

Are you looking for a new workout approach? Here's one that focuses on increasing both your muscle mass and power. Special emphasis is given to developing your shoulders, chest, and pressing strength, aka your "Coat Rack".

The key to this program's success is the incremental increase in workout poundage, nutrition, and nutritional supplements each week. Be sure to start at a comfortable level in each of these three key progress areas. Progress gradually, but consistently in each area each week.

## Here's the basic workout structure.

### DAY 1

- Chest (heavy)
- Triceps (light)
- Delts (light)

### DAY 2

- Quads (heavy)
- Hams (heavy)

### DAY 3

- Chest (light)
- Triceps (heavy)
- Shoulders (heavy)

### DAY 4

- Back (heavy)
- Biceps (heavy)

\*Heavy Abs on day 2 and 4.

\*Calves – 1 exercise up and down the weight stack for 15 reps per set on day 1 and 3.

## Here are the workout specifics (all Protocols are Sets x Reps):

### DAY 1: MONDAY

- Incline Bench Press – 6 x 6
- Flat DB Press – 6 x 6
- High Pulls – 4 x 4 or Upright Row – 6 x 6
- Dumbbell Laterals – 2 x 6-8 each way (front/side/rear)
- Triceps Pressdown – 4 x 6-8

### DAY 3: THURSDAY

- Incline Bench Press – 6 x 6 (use 85% of heavy day)
- Flat DB Press 6 x 6 (85% of heavy day)
- Shoulder Press – 6 x 6
- Lying Triceps Press – 6 x 6

### DAY 2: TUESDAY

- Leg Press – 6 x 6
- Squats – 6 x 6
- Leg Curl – 4 x 6-8
- Leg Extension – 4 x 6-8

### DAY 4: FRIDAY

- Dead Lift – 6 x 3 (increase weight each set)
- Barbell Row – 6 x 6
- Curl Grip Pulldown – 6 x 6
- Barbell Curl – 6 x 6
- Dumbbell Curl – 6 x 6

Note: Use the same weight for all sets of a particular exercise except the dead lift. On the dead lift add 20lbs or so each set, so that only your final set will be with your working weight.

The most important factor to the success of this program is that you DO NOT start too heavy. On 6 x 6 exercises start week one with a weight you could perform 12 reps if you had to, but only do the prescribed six reps. Progress at a pace that allows you to get all 6 reps on all 6 sets each workout throughout the first five weeks. Your goal should be to complete every rep (Unassisted!) each workout. Only go for an all-out, max effort during the final week!

## Six Weeks to Power and Muscle Supplement Plan

### Core Supplements

**Mass Maker Ultra:** add 2 servings (2 scoops each) per day mixed in 12-14oz water or milk to your regular meal plan. You can find a sample Maximum Strength and Muscle Gain meal plan at [www.bevnut.com/solutions/nutrition](http://www.bevnut.com/solutions/nutrition).

1 Super Pak with breakfast for nutritional micronutrients and muscle building co factors

4 Ultra 40, 4 Mass Aminos, 1 Multiple Enzyme Complex with each meal and shake

**Muscle Synergy:** 1 serving (8 tablets or 1 scoop) first thing in the morning; another serving 30 minutes prior to workout; and a final serving immediately following your workout. On non-training days, take Muscle Synergy twice – one serving in the morning and another mid-afternoon.

### Special supplement instruction for weeks 4 - 6

Add one additional Ultra 40 tablet and one Mass Amino tablet to each meal on week 4, then another on week 5, and a third additional Mass and Ultra 40 to each meal or shake during week 6. This will end up as 7 Mass tablets and 7 Ultra 40 tablets with each meal during week 6 (about 35-42 tablets each for the day).

For even greater gains add **Glutamine Select** and **Creatine Select** to the core supplements as follows:

**Glutamine Select:** Sip 3-4 scoops mixed in water during training

**Creatine Select:** Load during week 1 by taking 1 scoop with each meal. For the next 5 weeks take 1-2 scoops daily. On training days, take 2 scoops pre-workout (with **Muscle Synergy**). Non training days – 1 scoop.

*\*\*\*Beverly Advisor Team member, Steven Wade, devised this program and gained nearly 15lbs of lean mass his first six weeks on it.\*\*\**

# Leader of One, **LEADER OF MANY**

By Changing His Own Life's Direction,  
**TIKO BLANE** Leads by Example

By: **Tiko Blane**

*EDITOR NOTE: This story is different from any athlete profile we have ever printed. The beginning is not unlike that of many people in our society...young men without direction, opportunity or hope, surviving through drug sales and coping through drug use. Physique competitor and trainer, Tiko Blane's story differs because training in the gym not only provided him with a different direction, but offered goals that lead him to serve as an example to others about what can be accomplished through a healthy lifestyle and persistent discipline.*

## **My Story**

As far back as I can remember, I knew I would do something physical with my body for a living. As a child, my favorite class was gym and I broke every record in the pull-up, sit-up, and push-up competitions. My fourth-grade gym teacher, Mr. Johann, told me he had never seen a kid as strong as me, and with those words, my love of fitness began.

My childhood dream was to become a running back in the NFL. My older brother, Karly, was a high school star and I wanted to emulate everything he did, but better. I even made a promise to my mother that I would buy her a home when I made it to the pros. That promise is still a goal of mine.

During my seventh-grade football season, I started walking to the local high school to weight train. In the weight room, I found something else that seemed was a natural fit for me. My goal was to lift as much as the bigger, older guys so that's who I worked out with. During my junior year of high school, before the first game of the season, I broke my wrist when one of my best friends fell on me during a tackle. Not only did that break my wrist, it broke my spirit. I never played football again.



His incredible physique (and life) transformation makes **TIKO BLANE** ALL smiles.

PHOTO BY BRIAN

When I was cleared to train again, I immediately began going to the gym. My goal then was to be in our 1,000-pound club. That was the group of people whose combined powerlifting total (1-rep max in bench press, deadlift and squat) was 1,000 pounds or more. Also, sometime during my junior and senior year of high school, I started smoking marijuana on a regular basis. We would skip school, go smoke weed, then come back to school after class to workout with the football players in the weight room.

This was fine until the head coach's assistant, Coach Olsen, noticed that I smelled like weed and he banned us from the weight room. That was a huge disappointment for me because Coach Olsen was partly responsible for a lot of my muscle and strength gains. I wanted to work out so badly that I would sneak back in the weight room when the football team would go outside. The last time we tried, Coach Olsen chased us out of the weight room and banned us for life. After that, we had to make use of hand-me-down weights with the busted-up concrete plastic coated plates and work out in the front yards or basements of any friend's house that had them.

After graduating, I started joining gyms. I kept the same strategy; find the biggest, strongest guys and workout with them. In 1998, I ended up at a local gym called The Pit Barbell Club. Ironically, I'd be in there high out of my mind, working out with many police officers, sheriffs, powerlifters and a few bodybuilders. I got very serious with my training, even planned to compete in a powerlifting meet. That came crashing down in October of 1999 when my brother, Karly, died of a drug overdose.

That day I realized that if I continued down the weed smoking and dealing path I was on, that I could end up in prison like many of my relatives or dead like my brother. Although I never competed in the powerlifting competition, I continued to work out. I realized that I needed to channel my emotions into something positive, and for me that was the weight room and coaching my brother's son at little league football. The weight room was my therapy. With 24-hour key access to The Pit, I began working out by myself at various hours of the night. The weight room was the only place that I could let out my frustration, cry, scream or display whatever emotion I chose to without being judged by anybody.

On top of that, the post-workout high, felt better than any blunt I ever smoked. While coaching football for many years, and lifting weights primarily by myself, I found a new passion for being a coach and mentor. Many of the kids I coached looked up to me, and often times people in the weight room would ask me advice on how to do certain exercises. Although I loved to help people, it hadn't yet occurred to me that I could earn an income by doing so.

By that time, I was working to provide for my soon-to-be daughter. This was 2003, and although I was working, I hadn't yet left the street life completely alone. I was still selling weed. I ballooned up to 180 pounds. It may not seem like a lot, but I graduated high school weighing less than 120 pounds.

## Family and Health Issues

On December 30, 2003 my daughter Jalia was born healthy and vibrant. I had purchased a brand new home, a brand new truck, and life was good. Two months later, Jalia had emergency heart surgery at Riley's Hospital to repair her aorta. In 2007 while working for CSX, at a company health screening the nurse pulled me to the side and told me to go see a doctor immediately. My blood pressure was in the 150/100 range. I followed her advice, walked in the doctor's office a couple of days later and told him... "I'm not taking medication for the rest of my life, what do I need to do?" He told me that stress, genetics, weight, diet and exercise are major factors in controlling high blood pressure. I knew I could control all but one, the genetics.

At that point, Jalia's mother and I separated and I made up my mind to change my lifestyle for the better. I left that doctor's appointment filled with all kind of emotions... primarily guilt and shame. I felt guilty because I knew that high blood pressure ran in my family. I felt that I was the cause of Jalia having heart troubles. I felt guilty because I was still selling weed. "What if I die like my brother?" "What if I go to prison?" "What will happen to Jalia?" "If I would have known how to take care of myself better could her surgery had been prevented?"

I felt ashamed because the doctor gave me medication to take, and being the person who looked fit, and was known to always workout, taking a medication was something that embarrassed me. From that point on, I made a decision to do everything in my power to ALWAYS be here for my daughter. To always be free. To stop hustling. To do everything in my power to be the best man, father and role model that I could be.

As fate would have it, around that same time in my life, a lot of the people I was dealing with were being sent to federal prison. I'll never forget going to federal court for the trial of one of my cousins and during the break the prosecutor comes over to me and one of my other cousins, calls us both by name and tells us we are next. I was scared straight; by my doctors and by the prosecutors. From that point on, I've focused on a positive life.

During my next doctor's appointment, he advised me against powerlifting because of the added weight to my small frame, to stop taking pre-workout stimulant supplements, and to increase my cardio. I HATED cardio. I never did it. In 2008, my younger brother Larry was overweight and was told by his doctor to lose body fat. I took him to the gym with me a few times, and he never came back. Not long after that, he tells me he is doing P90X and he lost 30 pounds. I thought, "Big deal! You finally got off the couch, of course you're going to lose some weight."

## P90X, Insanity and MY First Contest

Meanwhile, I was running, swimming, and lifting lighter weights for higher reps. Now my goals were different. I thought, "If I have to lose a few pounds and eat cleaner for my health and to get off medication, I might as well get ripped." Larry stayed committed to P90X, and lost 70 pounds. When he sent me his before-and-after pics, and he had a hint of abs, I got jealous, thinking, "I can't let little bro outdo me." I went over to his house to see what this was all about. I followed the Insanity program, got down to 163 pounds and even earned a spot on one of their promotional infomercials. This led me to develop a following as a trainer.

I eventually chose to personally train just a few handpicked clients who wanted to work hard. I realized that I enjoyed teaching, speaking and working with crowds of people over training people in a one-on-one setting. One of my fellow instructors, Marlon, competed in his first men's physique competition. I was only aware of the bodybuilding aspects of competitions and I knew I didn't want to do that. When he explained to me how men's physique works, with the limited posing and board shorts, I knew I could compete.

One of my goals is to be a fitness model, and I know that doing men's physique can be a great opportunity to get my name and face out there. Also, it would be one of those things that I would kick myself later for if I didn't try. No more "what ifs?" for me!

I competed in my first Open Men's Physique contest this spring and was thrilled to place 4th in both the novice and open divisions. In the remainder of this article I'd like to share with you the training and nutrition schedules that got me into my best shape ever and a few "contest" tips for any of you who might be thinking about competing.

## My Training

I work a full-time job with a rotating schedule and I'm a group exercise instructor. I am aware that I can overtrain, so my workouts are short, hard and they vary weekly. I usually train two body parts per day while focusing on short rest periods between sets (less than one minute). Here is my current workout:

### MONDAY: CHEST/TRICEPS

#### CHEST

- Flat Bench – 5x10,8,6,4,2 (adding weight to each set)
- Incline Bench – 4x8,6,4,4
- Incline Dumbbell Press – 4x8,6,4,4  
superset last 3 sets with...
- Cable Flye Burnouts (done until failure)

#### TRICEPS

- Overhead Triceps Dumbbell Press – 4x12,10,8,6
- Triceps Extensions – 4x12,10,8,6
- Weighted Bench Dips – 3 strip sets to failure. Start with 90 pounds placed on lap until failure, strip off 45, go until failure, strip off the final 45, and continue until failure.

### TUESDAY: LEGS / ABS

**LEGS** (For time management, I do my calf exercises in between quad, glute or hamstring work sets)

- Squats – 4x10,8,6,4
- Seated Calf Raises Slow – 1x12
- Leg Press – 4x8 (same weight on all 4 sets)
- Seated Calf Raises – 1x12
- Leg Extensions – 4x12,10,8,8  
superset the last 3 sets with...
- Walking Dumbbell Lunges
- Seated Calf Raises Slow – 1x12

#### HAMSTRINGS

- Stiff-legged Deadlifts – 4x12 (same weight all 4 sets)
- Standing Calf Raises on Hack Machine – 1 set to failure
- Hamstring Curls – 3 sets to failure
- Standing Calf Raises on Hack Machine – 1 set to failure

**ABS** (I believe in doing ab exercise with weights and I primarily focus on lower abs. Perform three sets of each exercise for 25 reps or until failure, whichever comes first.)

- Weighted Sit Ups on a Decline Bench
- Hanging Leg Raises with 10lb dumbbell between feet
- Decline Bench Russian Dumbbell Twist
- Wood Chop 25 reps each side supersets with...
- Weighted Low Planks (45-pound plate on upper back)

## WEDNESDAY: BACK/BICEPS

### **BACK**

- Weighted Negative Pull-ups – 4x5
- Lat Pulldown – 4x10,8,6,4
- Seated Rows – 4x10,8,6,6
- Dumbbell Pullovers – 4x10,8,6,6 superset last 3 sets with...
- Single-Arm Lawn Mower Pulls to failure

### **BICEPS**

- Standing Straight Bar Curls – 4x10,8,6,6
- Standing Preacher Curls – 4x10,8,6,6
- Single Arm Bicep Curls until failure superseded with...
- Seated Preacher Curls or Cable Curls until failure

## THURSDAY: SHOULDERS/ABS

### **SHOULDERS**

- Overhead Barbell Press – 4x12,10,8,6
- Dumbbell Shoulder Press – 4x10,8,6,6
- Rear Delt Flyes – 3x10
- Front & Lateral Dumbbell Raises (light weight) – 3x10

### **ABS**

- About the same as Tuesday

## FRIDAY: CHEST/LEGS

### **CHEST**

- Flat Bench Press – 4x10,8,6,4
- Flat Dumbbell Press – 4x10,8,6,4
- Cable Flyes – 4x10-12

**LEGS** (Include standing and seated calf raises between exercises, same as Tuesday)

- Squats – 4x10,8,6,4
- Hack Squats – 4x10,8,6,6
- Leg Extensions – 4x10
- Leg Curls – 4x10

## **Cardio**

I teach 8-10 group fitness classes for my off-season cardio, but 4 weeks out from a contest I add 30 minutes fasted HIIT training (in the form of Insanity Max :30). In the last 5 years or so, I've also added another twist to my routine, and that's Hot Yoga. I believe hot yoga will be a benefit to many bodybuilders.



PHOTO BY RANDAL WILLIAM LOHMAN

## Diet

When it comes to “diet,” (I use that word loosely because I refer to my food intake as a nutritional plan) mine is really simple. I don’t count calories. I do, however, aim for at least 20-25 grams of protein with every meal to preserve and build muscle. I follow a handful of guidelines to keep me lean all year around and use sensible portion sizes. When it’s time for a photo shoot or contest, I dial it in more for about four to six weeks and carb cycle for two to three weeks. I believe by following this simple eating plan, it affords me the luxury of shortening my pre-contest prep. A sample off-season or lifestyle plan is as follows:

## Off-Season

**Meal #1:** 1 scoop Cookies & Crème UMP mixed into ½ cup oatmeal with a handful of blueberries & strawberries. I call it ProOatmeal.

**Meal #2:** 4 egg whites plus 1 whole egg omelet with jalapeno & banana peppers, 1 cup of kale & spinach mix, diced tomatoes, ½ grapefruit

**Meal #3:** Grilled chicken breast, ½ cup of brown rice, 1 cup spring mix salad, handful of almonds, ½ grapefruit

**Meal #4: (pre-workout shake)** 1 scoop of UMP Cookies & Crème mixed with 4oz unsweetened almond milk, 4oz water & ½ banana.

**Meal #5: (pre-workout shake)** 2 scoops of UMP Cookies & Crème mixed with 4oz almond unsweetened almond milk, 4oz orange juice, ½ banana, handful of strawberries.

**Meal #6:** 6oz baked salmon, ½ large baked sweet potato, ½ cup brown rice, steamed asparagus

My go-to, get-lean-while-building-muscle supplements are UMP (I like Cookies & Crème – it’s a perfect blend of fast- and slow-release proteins, blends and cooks well, and tastes great), 7-Keto MuscLean, Lean Out, Quadracarn, and Glutamine Select. Since I’m concerned about heart health, I find that 7-Keto and Lean Out help get you shredded without the jitters. Glutamine Select helps me to recover so that I can continue to train hard and Quadracarn, gives you a great pump, makes me feel great, and improves my overall physical appearance. I can definitely see and feel a difference when I stop taking it.

## Pre-Contest

As a contest approaches, my nutrition does not change dramatically. Six to eight weeks out, I add my supplement stack of 7-Keto, Lean Out, Quadracarn and Glutamine Select. I also add a 30-minute fasted cardio HIIT session into my training about four weeks out from the contest while sipping on Glutamine Select to preserve muscle. I also carb cycle for two to three weeks. My pre-contest prep involves two days of low carbs and one day of moderately higher carbs. Here is my low-carb example:

**Wake (5:00AM)** 7-Keto upon arising and sip Glutamine Select during my 30 minute HIIT cardio

**Meal 1 (6:00AM)** 1 scoop of UMP Cookies & Crème blended with water, ice & 1tsp coconut oil, 1 serving of Lean Out, 1 serving of Quadracarn

**Meal #2 (9:00AM)** 5 egg white omelet with jalapeno & banana peppers, sautéed kale & spinach mix, diced tomatoes, 1 tsp of coconut oil.

**Meal #3 (noon)** 2 servings of baked cod, 1 cup spring salad mix, handful of almonds, 1 serving of Lean Out

**Meal 4 (3:00PM) (pre-workout shake)** 1 scoop of UMP Cookies & Creme with water, 1 serving of 7-Keto, 1 serving of Quadracarn

**Meal #5 (5:00PM) (post-workout shake)** 2 scoops of UMP Cookies & Crème blended with water, ice and 1 tsp of coconut oil.

**Meal #6: (7:00PM)** Grilled chicken stuffed with baby spinach, large spring mix salad, 1 serving of Lean Out, 1 serving of Quadracarn

On my HIGH CARB DAYS I simply add a serving of slow carbs at meal 2 or meal 3, (usually oatmeal) and an extra serving of fruit.

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## In Closing

For almost two years now, I have been a coal handler at our power plant. The job is dirty, dusty and dangerous with many hazards. Our primary job is to ensure coal flows into the power plant in order to produce electricity. I primarily operate a D9 bulldozer pushing coal into the coal feeders or using the dozer to stockpile coal for later use. The best part about this job is that we have a great supervisor and a full kitchen. My supervisor allows me to prepare meals on my breaks. Some of my healthy eating habits have rubbed off on most of our department. We work a swing shift so it can be a challenge to stay on a consistent workout plan.

That’s pretty much my life story. I believe that all my past experiences led me up to this moment. I’m excited about the future. I believe as long as I continue to put 100% into what I do, the man upstairs will bring people and circumstances into my life and those things will lead to greater opportunities.



# BEAT With: Sandy Riedinger

Winter 2016

## BELIEVE IN BEVERLY

Questions are always popping up about our USA Reseller program. We love it when we can add a new member to our Beverly RESELLER family NETWORK. We primarily extend our reselling opportunities to nutrition supplement stores, fitness facilities, Doctors/practitioners, Spas, personal training centers, E-sites, as well as those unique businesses that cater to those like-minded individuals that love buying a premium brand. If you are interested, here's how it works.

1. Call Beverly direct or email us for a Reseller application: (800-781-3475) / BevNut@BeverlyInternational.net.
2. Complete the application and send it back to Beverly International. SandyR@BeverlyInternational.net, BevNut@BeverlyInternational.net.
3. I will review your application. If it looks like a good fit, you will receive an email starter kit.
4. After taking time to review your starter kit, I will personally call you and discuss business opportunities. Easy stuff!

## HERE ARE 6 REASONS YOU MIGHT WANT TO DO BUSINESS WITH BEVERLY INTERNATIONAL.

1. We are the manufacturer and distributor. YOU are buying direct. NO middle man.
2. We do not have a set minimum order total. Every business and selling environment is different.
3. Win - Win. We offer our resellers a 100% money back guarantee.
4. Free shipping over \$250.00.
5. Easy to order - 3 ways. Email, Fax, or Phone.
6. Personal care - live bodies with real knowledge answer your calls and emails. We enjoy giving that kind of attention!!

Have you been thinking about selling the Beverly line in your business? Please don't hesitate to make your move! Act now! We invite you to begin the process of becoming a certified Beverly reseller. The most frequently used word by our resellers is, BELIEVE. "We believe in Beverly".

## Welcome to the Family!

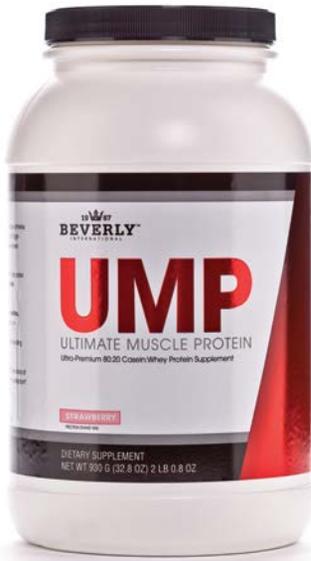


## WE ARE PARTNERS NOW

### POWERLIFTER CORY ALLEN

Cory Allen, 26 was diagnosed with Ewing's Sarcoma in March 25, 2009. A tumor was found on his right inner quad the size of a pop can. They removed the tumor, removed the muscle and part of his femur. He lives today with a cadaver bone, a titanium rod and 8 screws in his leg. He's so passionate about lifting that he worked and trained his way back to powerlifting competition. HIS own way. Six years later, he raised over \$6,000 for childhood cancer research and broke national and state PL records at the APF Michigan State Powerlifting Championships earlier this year! He trains about 6 days a week at Body Rocks Gym in Livonia, MI. The wheel barrel full of BI is called the Cory STACK!!!!





## THE POWER OF UMP = IMPROVED LIFESTYLE!

UMP... it shakes, it bakes, it pancakes, it cooks, it whips, it gives results and most importantly, it unifies our BI Family. UMP is a People Protein. How many conversations do you think have been started with, "What is UMP?" "Where do I get that?" "Is it any good?" Have you asked those questions? Think back when you first were introduced to UMP!!! It's a wonderful memory!

### UMP Fun Facts!

- Rich and creamy taste, just like a milkshake
- Easy on the stomach
- Keeps you from getting hungry
- Low in fats and carbs
- 5 delicious flavors to enjoy- You will be happy when you drink it.
- YOU will crave it. I do.
- Mixing is easy even in water!
- More technical details found on our website! These are just for the fun of it!

## MORE UMP NEWS!

We've received a mad whirl of nonstop Pleasure comments since we unleashed the long awaited, out of this world tasting UMP Strawberry!! Read what your Beverly Family is saying about it...

*So far I haven't had a person say that it was NOT their favorite. Last client just said it reminded them of Strawberry marshmallows in Lucky Charms cereal. Also heard it tastes like strawberry cotton candy. Great Stuff. - Brian, brian@wiefit.com*

*I wanted to let you know the Strawberry UMP ROCKS - I have never liked strawberry protein, ice cream or anything of that nature. But, it may now be my favorite UMP flavor. Shocking to me. I handed out samples and everyone has really loved it so far! - Robyn*

*I just purchased UMP Strawberry. It is no exaggeration to say that it is easily the best tasting strawberry-flavored protein powder on the market! My wife loves it so much that she would not let me take the bottle to the office, she wanted to be able to use it at home. - Larry Mattera*

*Good afternoon Sandy! I just wanted to drop you a quick note on how impressed I was with the Strawberry UMP. The flavor is so OUTSTANDING that it's all that I want to eat / drink. I hope my taste buds settle down soon as I'm not sure if I can afford to support their new addiction. What a great new addition to your already impressive protein portfolio. - Jonathan Abrams*

## CHECK OUT OUR FACEBOOK PAGES

- [www.facebook.com/nononsensemagazine](http://www.facebook.com/nononsensemagazine)
- [www.facebook.com/BeverlyInternational](http://www.facebook.com/BeverlyInternational)

We will be posting more tips, client secrets, and UMP recipes galore!!!

## NEW - HOT OFF THE PRESS

Do YOU need a Beverly catalog? We have them!!! Just ask for a new catalog when you order!

Want to see yourself in the NNM? If you would like to submit a testimonial or even write an article, our biggest stopgap is getting High Resolution photos from you. Plan ahead and get a few just in case you need them in the future!! You never know!! Thank you for your loyalty and we love serving you. TA TA for now!



## ASHLEIGH CARTER

One thing I can tell you about competing is that you will learn a lot about yourself. You also need to be mentally tough because this sport is not for the weak! The closer you get to the show you'll start to ask yourself, "Why am I even doing this!?" Make sure you have a quick response for yourself every time! For me, my response was, "Because I started and I am not going to quit!" I finish what I start, period. I compete for myself and to teach to my children how important it is to follow through with what you commit to doing. Competing is a way to challenge yourself by staying loyal & true to your word through your actions. This philosophy along with inspiration from my dear friend, Angelo Christo, and training advice from Jim Collins led to my winning 1st place (out of 21 in my class) Open Bikini B at the recent Kentucky Muscle contest.

### Ashleigh's Stats

**Age:** 30

**Occupation:** Childcare Provider and model

**Family:** Married for 8 years, mother of two great boys!

**Height:** 5'2", **Weight:** 120 (Off Season), 108 (Contest)

**Favorite Fitness Meal:** Salmon, rice or potatoes, and vegetable with honey.

**Hobbies and Interests:** Playing with my kids, cuddling with my husband, cooking, traveling and shopping.

**Favorite Words to Live by:** You Can Do Hard Things!

I am an extremely busy mom so food prep can be a challenge. On top of that I am unique in that I follow a pescatarian diet. This means that my only sources of protein are eggs, protein powder (UMP), & fish. I prepare staples for my two boys and husband, as well as myself twice per week on Monday and Thursdays. My go-to meal is grilled or baked cod with Mrs. Dash seasoning & roasted broccoli with sea salt & pepper. Whenever possible I grill my fish and veggies. If it is too cold to use the grill I bake it in the oven at 350 for 30 minutes. Here's a look at my daily diet:

**Meal 1:** 5 egg white veggie omelet and 1/2 grapefruit OR UMP pancakes with Walden Farms syrup!

**Meal 2:** 1 scoop UMP & 1/2 cup old fashioned rolled oats

**Meal 3:** 4oz cod with 1/2 cup rice

**Meal 4:** 4oz cod with 2 cups of vegetables

**Meal 5:** 4oz cod with 2 cups of vegetables & 1/4 avocado

**Meal 6:** 1 scoop UMP & 1 tsp of flaxseed oil

**Post workout meal:** 1 scoop UMP



### Ashleigh's Beverly Stack

**UMP** - 3 scoops per day. Morning, post workout, & evening. UMP is tasty, versatile, and a macro friendly meal. Best way to start & end the day!

**Lean Out** - I started taking Lean Out during contest prep for the fat loss support. I take 2 Lean Out with every meal.

**7-Keto MuscLean** - 3 capsules in the morning & 3 capsules late morning. This product helped get me going in the morning and helped the fat burning process, especially towards the end when my body was being stubborn and trying to hold on to the last bit of fat.

**Quadracarn** - I would take this in the morning while in prep. This "one size fits all" supplement is necessary for anyone training & dieting hard! It helps with strength, fat loss, recovery, etc.

**Glutamine Select** - This supplement is necessary for anyone who does any type of regular, intense exercise. Glutamine Select helps with recovery, muscle soreness, and muscle loss prevention. The best part is, it tastes amazing!

**You work hard for your gains; preserve them with the proper supplements!**

## COMIC BOOK ARTIST AND ACTOR: KYLE HOTZ

My name is Kyle Hotz, and I live with my family and four pugs in Bellbrook, OH. I'm 44 and have been a full-time comic book artist and writer since I was 22. In the last few years I've been able to pursue one of my childhood goals of acting and have appeared in a few local films, most recently as the lead character/bad guy in a pilot for a web series called Bana: Heart of Darkness, that should be out soon (the trailer is already out here: [www.youtube.com/watch?v=oEBoYUMfD8Q](http://www.youtube.com/watch?v=oEBoYUMfD8Q))

**Sandy Riedinger (SR):** How did you first hook up with BI?

**K:** I finally got fed up with all the nonsense promised in the thousands of ads I'd seen over the years, and the times I'd been duped by their promises. I'd heard of Beverly as kind of a "cult supplement" and finally decided to try them. I told myself, this was the last stuff I'd ever try, if these supplements didn't work, then all supplement companies were a bunch of garbage. Obviously I was pretty happy with the results --I'm still using Beverly today!

**SR:** What are your favorite products and how do you use them?

**K:** I know almost everyone seems to point out the protein powders as their favorite, and they are awesome and versatile, but if I could only have one Beverly product it would be Density. When you give your body all those essential aminos and fill in whatever gaps you might have for whatever reason in your protein needs, the results are fantastic. I take 10-15 before a workout and it gives me a better pump than any of the crazy stuff out there. I've given Density to friends who have tried everything (EVERYTHING); and they say there's nothing like it--they swear there's got to be something else in there, haha. Lately, I have been trying to eat more whole food, so I have relied on Density even more. To me, the next best are Mass Amino Acids and Ultra 40, for very similar reasons. Muscle Provider is the best postworkout protein powder there is, along with some more Density tablets.

**SR:** Was there a specific need or goal you had when you began using BI?

**K:** When I first started using Beverly, it was just desperation - to try to find something to help a skinny ectomorph finally put on some noticeable muscle. More recently though it was for injury recovery. I had a pec tear last year (the only time in my life I was working with a trainer and I have my first and only training injury!), and after a layoff from surgery, I needed everything on point to try to get back whatever I had lost in the months with no upper body training. I got pretty close to getting back in shape when I was offered the acting role in the web series I mentioned earlier. I wanted that character to be imposing and intimidating, not only mentally, but physically. Since I am 6'4", I knew I'd have to add around 20 pounds to get where I wanted. I really



upped the Mass and Ultra 40 at every meal (up to 8 to 10 of each), along with taking up to 15 Density with my workouts. I also went up to 3 scoops of UMP instead of 2 in my shakes. That along with switching from the keto diet/lifestyle I usually followed to a 'carbs with every meal' type of diet (like the one Dwayne Johnson follows, with lower calories since he's a monster, and I'm not quite there) got me pretty close to my goals.

**SR:** Can you sum up how you feel about Beverly as a supplement company?

**K:** Added to all that I've already said about the products, the people are great. I first met Sandy at the Arnold Classic years ago and she treated me like an old friend. I've run into people who have helped me with diets in the past from Beverly, who don't even work there anymore and they are still so eager and willing to be helpful. To be totally honest, Beverly could have robots or uninterested operators take their orders, and the products are so good, I'd still buy them happily. But, when you add genuinely good people to the mix, it elevates the entire experience.

## JULIE REAUMOND

My journey began 3 years ago at the age of 51. One of the trainers at my health club suggested that I do a "Figure Competition". I laughed... I really didn't even know what it was. I have always worked very hard at staying fit. Fitness and good nutrition have always been important to me. But a figure competition? It was so outside my box... My husband and I went to a local competition to see what it was all about! I was very intrigued by the show and the rest is history. I began working with a trainer. I wasn't sure I could really do it, but I was determined to do my best.

My husband was my biggest supporter. He had total faith in me and never let me waiver! Five months later after a lot of hard training, dedication and a clean diet, I was up on stage giving it my best shot!! I was scared to death! I was shaking, I was so nervous. It was an amazing experience! I took first in Masters in my first competition! I've competed four more times over the next 2 years.

Beverly International was a huge part of my success and confidence! My fantastic coach, Keith Hunter, was a big fan of Beverly International and got me started with their products. I followed the regimen and called them with a lot to ask questions. They were always extremely helpful and always interested in what I was doing. I will be 55 in October and don't plan on giving this up anytime soon. The dedication and determination is something that I am very proud of! Age is just a number! Anything is possible if you put into it more than what you are expecting to get out of it!!!



### Julie's NUTRITION Advice

Your nutrition has to be spot on! It's the hardest part of preparing for a figure competition. You must be willing to sacrifice, but the results are always rewarding. I promise you!! It is truly amazing the transformation your body will make when you begin this journey in earnest. Big Tip...I found that my sweet cravings were satisfied with my chocolate UMP shake.

### Lifestyle supplements:

**Breakfast** – 2 Fit Tabs, 3 EFA Gold's with breakfast and dinner

**Each Meal** – 3 Ultra 40, 3 Muscularity, 2 Lean Out, 1 Energy Reserve

**Training** - 2 scoops Glutamine Select & 10 Muscle Mass (when I need a boost, I take Up-Lift before training)

**Before cardio** – 5 Muscle Mass + 2 Energy Reserve

I drink 2 gallons of water a day. I often add a few scoops of Glutamine Select to the water and drink it throughout the day.

### Julie's Stats

**Age:** 54

**Family:** Married to my husband for 33 years with 4 children

**Height:** 5'2"; **Weight:** 115

**Favorite Supplements:** I love UMP!!! I blend it with oatmeal, strawberries/blueberries and ice! Delicious! I also love the Lean Out and Muscularity....they work great together.

**What would you recommend to someone who has never used Beverly supplements before?** Just try it...you will love them! I tried so many other brands! UMP is amazing! Many of the other brands upset my stomach. UMP is a perfect blend and very easy on the stomach! I will never use anything other than Beverly Products.

AS FAR AS I'M CONCERNED, YOU NEED TO KNOW THE INS AND OUTS, WHY'S AND HOW'S ABOUT BEVERLY! SINCE YOU ARE READING THE NNM, LET'S START HERE.

## WHY DO WE (BEVERLY) PUBLISH OUR OWN MAGAZINE?

(Insider abbreviation: NNM = No Nonsense Magazine)

### Great Question!

**How it all began:** The "No Nonsense" began in 1995 as a black and white newsletter. We were looking for a way to educate and showcase our clients' transformational achievements. Beverly's real world before and after compilations became a popular and inspirational way to share how one can change their body with correct nutrients and foods, supplements and proper training methods.

**Gotta be a BEVERLY User to get in the door:** As the years went by, the lay out and creative techniques were improved. But, one thing remained constant. Every person featured in the magazine is a real BEVERLY user. You can't get in the magazine without being the real deal. The articles are written and submitted by Beverly clients. Roger is the Editor in Chief. If you are not a BEVERLY User we are not interested. Just Keepin' it real.

The articles are timeless. These real-life stories have been an inspiration to first timers and offer continuing encouragement to veterans to keep up the Fit Fight!!!

We tell you **How to do it:** The NNM is a teaching tool. I went into our online archives and carefully reread a few of our past articles. My goodness, the training information alone is a treasure-trove **alpha tren**. We know some of you cannot afford to pay a trainer. But, many trainers also use the NNM to find 'workouts that work' to train their clients or themselves. The NNM is multipurpose. It feeds your need for inspiration, offers nutrition and training guidelines along with REAL People explaining how they actually use BI products to make changes to their physiques.

**Should I share my story with Beverly or not?**  
Heck Yea! If you do not share your accomplishments or journey with us, we have absolutely no idea that you are even interested. I may run across someone from Facebook or receive an email that gets their story rolling. Don't wait for us to ask you. If you would like to share, contact us. My email is sandyr@beverlyinternational.net. Never assume!!! Often, we don't even know that you are a BEVERLY user. YOU have to tell us!!!! Please!

**BEVERLY INTERNATIONAL**  
"THE NO NONSENSE SUPPLEMENTS"

Volume #1, Issue #1 March 1999  
Newsletter

Welcome to the first edition of our Nutrition Newsletter. Education is our prime goal. It is our intent and purpose to keep you informed of the best ways to obtain and maintain optimum health through applied nutrition. It will also allow you to know what is happening in the areas of development of new and quality Beverly International products. With all the misinformation and advertising hype currently going on in our marketplace, an informative "NO NONSENSE" consumer information bulletin is long overdue. It is our intent to provide such a newsletter.

Jim & Carolle Helms  
BEVERLY INTERNATIONAL

**What's New In Nutrition?**  
"Chromium Picolinate combined with Branch Chain Amino"

During the recent months a tremendous amount of media hype has been directed toward the work of Dr. Gary Evans of Benedict State University in Missouri concerning the use of Chromium Picolinate as a possible anabolic agent. Through intensive research with weight trainers and athletes, Dr. Evans and his associate Dr. Marcell Gilman, concluded that the use of Chromium Picolinate did indeed produce significant increases in lean body mass. The assumption is that chromium is essential in insulin activity within the body and that insulin increases the influx of amino acids into muscle cells, enhancing the assemblage of them into protein. Beverly International, having been aware of the importance of Chromium Picolinate, consulted with Dr. Evans' associates in putting together an optimum product, adding the maximum advantage of Chromium Picolinate by combining it with the Branch Chain Amino Acids, the key amino acids in formation of muscle tissue, and with the essential B Vitamins, B12 and Biotin, important to the support processes. Although many companies have since come out with a Chromium Picolinate product, we at Beverly International looked beyond the hype and at the reality of what product combinations, including Chromium Picolinate, would be of the most benefit to the athlete. Needless to say, we have received great feedback from the many world class athletes using this product.

**BEVERLY INTERNATIONAL**  
NO NONSENSE NEWSLETTER

WINTER, 1998

**Straight Up... It Starts With Training!!**  
By Dennis Robinson

Training is one of the most progressive actions for an athlete who wants to gain strength, muscle, lose fat or increase overall athletic performance. Why is this so very so? There are several reasons, but the most important are maintenance and personal capabilities.

Maintenance has been in the fitness arena since day one. The main reason you think like that. A successful athlete never due to genetics, lack of nutrition, then he writes an article, with a few great quotes or action shots along with it that look incredible. Then hundreds of people read it and try to implement the same techniques that 90% of the time are bogus and will never meet your needs. I see read an article where an athlete said he did 40 sets for his back muscles.

If someone did that many sets they would need to go to the hospital and get medical attention. The point is that for a young person who sleep 8 hours and get 4 hours of rest and look at the photos and then go to the gym and get 4 sets that's not a lot. The result would be up being sore, sore muscle gains, and then flapping a lip.

To remember that these crazy methods where people are training 7 to 9 sets per week and lifting every subject from a week are not sufficient even if you are on the point. Dennis Yates, Mike Munker and Neil...

**Contest Dieting**  
by Timothy Robertson

I have been competing for almost four years, but I was able to make more progress during the past three months than the previous three and one half years.

After placing second in my weight class at the last two shows, the 1994 Ohio South District and the 1995 State. I was told by several people that I needed to come to number 1 to win to place higher. I devoted an entire year to preparing for the 1995 Ohio South District. My primary objective was to come in second. I began dieting June 1, four months out from the show. I weighed 183 lb, with 12.1% body fat.

July 1, my weight was 168 and my body fat was 9.7%. Some say body fat had come down, but I'd also lost experience pounds. This is what I finally decided to call Roger Redinger for advice. We set an appointment for the next week. As Roger reviewed my diet, he became evident that I needed a whole new perspective on contest preparation. First, I thought that I was already pretty close to contest shape. Not so! Additionally, my high carb/low fat approach would have to be abandoned if I was going to finally achieve my goal of coming in first and second.

The first modification was to eliminate the carbs that I drink each day and instead eat my protein and carbohydrate bars that I eat throughout the day. These products are typed by the vitamins/minerals response to increase muscle retention and muscle gain.

**Meet Gayle Moher**  
1996 NPC Nationals Overall Champion

Gayle Moher did not actually get started in bodybuilding while you were still in high school. When I lived in England I trained in a gym where most of the clientele were interested in general fitness. There were no competitive bodybuilders in my gym. Pictures in the various bodybuilding magazines were all I had to go by. I kept looking at the photos of the female competitors featured and decided that was how I wanted to look.

It wasn't until I returned to North Carolina that I actually trained in a gym with other competitive bodybuilders. My first bodybuilding gym was Ford's Fitness. I started training under the guidance of Vic Lavender, met you and Roger, and started my nutrition and Beverly International supplement program.

Gayle, I remember reading products in your magazine that were the best I've ever read other than Beverly International.

I've used Beverly International supplements from the beginning of my bodybuilding career, when the National Championship was just a dream. I think they are an excellent company and would recommend them to anyone who follows the bodybuilding lifestyle.

How long did it take you to achieve your present physique?

It took me six years to achieve my present condition. I've focused my training on conditioning to my improvement, always with the goal of achieving the absolute best physique that I am capable of building.

I now train about 1 to 1 1/2 hours each day. I vary my workouts according to my needs each day. I used to train a lot longer, but realized that I was over-training. I found that I could make faster muscular gains by decreasing my training time and getting more rest.

— continued on page 2

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NO NONSENSE NEWSLETTER

WINTER, 1998

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**BEVERLY INTERNATIONAL**  
NO NONSENSE NEWSLETTER

WINTER, 1998

**PLATINUM COLLECTORS EDITION**  
VOLUMES XI AND XII

NO, the writers are not sponsored athletes! The NNM contributors are not sponsored, they offer their stories because they want to give back to the BEVNUT community and maybe catch a bit of stardom for themselves. Maybe recognition is the driver. Maybe they realize that if we publish their story, they can help their gym, trainer, contest promoter, photographer and others who have contributed to their success. It's one big linked chain all connected together by one publication.

**Increased Exposure:** We are happy that the authors receive increased exposure after their articles are showcased in No Nonsense. Some of those featured have businesses and it really helps them pick up new clients. Since we print over 100,000 magazines each issue, the exposure is forever out there. We love to help others (it's actually a LIFE goal of mine and Roger's) and see how their businesses and lives are enhanced from the magazine. Many NNM's are handed off to friends and family after being read. Some have a library where each issue is collected and saved year after year. (We'd love for you to share a photo of your NNM library with us.)

**Keep in touch, Friend:** The NNM allows us to keep in touch with our Beverly Population. We publish 4 issues each year. It costs you nothing to sign up and it's delivered at no charge to you. You can also view it digitally in the "ARTICLES" section of our website. We also have a No Nonsense Magazine Facebook page dedicated to the articles in each issue.

**The magazine is BEVERLY:** It's an extension of our Beverly International brand. Beverly does not advertise in other publications. You want to get to know us? READ the magazine!! Just like Jimmy Olsen from Superman said, "READ all about it!" You will get a good feel for what we are about. We are unique like this. We pride ourselves on manufacturing top quality products. We publish a free, user friendly, educational magazine with a NO Flash-NO Nonsense approach to selling supplements that actually do what they are intended to do. There is never a hard sell. NO push. Our goal is to have knowledgeable clients. We believe that the more you know about the supplements you are using, the better supplement users you will be. Beverly

resellers use the NNM to assist their staff and clients as well. If you haven't received our BEV product catalog you should get one.

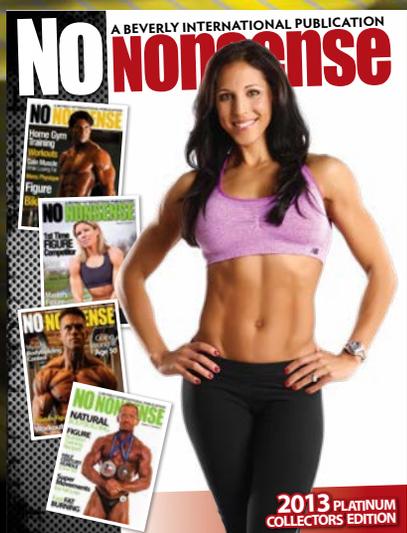
**You've heard of Word of Mouth advertising:** The NNM is our word of mouth tool. It is the chief expenditure in our Marketing budget. It is our written message to our BEVNUTs!

**One post on our Facebook page said:** "The magazine offers lots of information about diet, training and supplements. It is never a hard sell."

**Here's one of the best things I can hear from someone:** "It's a dream come true for me to be in the magazine. It's been a goal of mine for years. I can't tell you how much I appreciate being featured."

**Now that you know:** The NNM has been an ongoing year in and year out project that we are proud to mail to your door. Roger and I enjoy working together on this project. I love being the connector with you. We appreciate you being a learned "BEVNUTer" and sharing our magazines with others.

**If you have a story, let's share it with the world. My email address is [sandyr@beverlyinternational.net](mailto:sandyr@beverlyinternational.net).**



# SAVE YOUR TIME AND MONEY AND BUILD YOUR BODY BETTER WITH BEVERLY

The fact that you're reading this means you are serious about building your body and want supplements that can help you do it better. You're not alone if you find it frustratingly difficult to choose a sports nutrition brand you can trust, with products you can count on to deliver results, not just once (placebo effect?), but purchase after purchase. So what makes Beverly the better choice? Let us walk you through the ways.

## #1: We educate rather than exaggerate.

To start with, we don't waste your time with marketing hype. You won't find exaggerated claims on our product labels or Web site, or in the pages of our catalogs or magazines. We speak the truth, and we encourage our clients to do the same when sharing their experiences with our products. We prefer to educate rather than exaggerate. This is all part of what's come to be known as our "No-Nonsense" approach.

Do you want to make big changes to your body? Most of us do. Maybe you want to gain muscle, lose fat, or bench press more weight than you've ever done before. Whatever your goal, it won't happen overnight. Big changes occur gradually and require that you commit to an effective workout and diet plan. This, not supplements, will be the crucial determinant of your success.

Supplements can put the icing on the proverbial cake, but only if they are high-quality and used properly. To help you do the latter, we provide "360 degrees" of free educational support to our clients, from our Supplement Advisors (discussed below), to our glossy No Nonsense Magazine, the Solutions and Recipes sections of our Web site, our social media channels, and more.

## #2: We deliver more results for your money.

Our surveys reveal that the top 2 reasons people switch to Beverly is the quality of our products and the results they deliver. While other brands may sell cheaper products, in the end, ours actually cost you less. How so?

Consider getting your car detailed. You know that if you spend more to use a better detailer, your satisfaction with the result can more than compensate for the additional expense. You drive your car home in showroom condition, its paint looking like a sea of glass. Whereas, when you try to save a few bucks by taking it to a cheaper place, there's a good chance you'll end up disappointed in the result. Because of this, it actually ends up costing you more. Whatever you're buying, remember that the cost is relative to the results. A great deal is possible only if you get great results.

We believe so much in the quality of our supplements and the results they deliver that we back them with a 60-day, zero-risk, 100% satisfaction guarantee. You've essentially got nothing to lose. This is a promise few brands are willing to make.



PHOTO BY RICK LOHRE

## #3: We have a track record of nearly 50 years.

We have a track record of nearly 50 years. Of course, many brands claim that their products are high-quality. We don't expect you to just take our word for it, particularly if this is your first encounter with our brand. This brings us to our history.

Beverly was founded in Laguna Hills, California in 1967. This has given us nearly 50 years to perfect our craft. We know how to make products that deliver results, purchase after purchase. To say that our formulas have withstood the test of time is an understatement. Some of them have remained virtually unchanged for decades. We don't change them because they work, time and time again.

#### #4: We offer world-class customer service.

Even some Fortune 500 companies don't provide the kind of customer service that we do. Sure, placing an order over the phone may seem old-school. But isn't it comforting to know that if you want to order over the phone or you have a question that you want answered by a real human being, you can reach one? And doesn't it make you feel more confident in the brand if the person you speak with actually uses the products? This describes Beverly's customer service.

Monday through Friday, 9 AM to 5 PM ET, our Supplement Advisors are available to answer your calls at our Cold Spring, Kentucky headquarters. Each Advisor has been hired and trained by Beverly and personally uses our products. They are passionate about helping you achieve maximum results and will never recommend a product to you unless they feel it is in your best interest.



#### #5: Beverly is for every body.

When you read our No Nonsense Magazine, you'll see pics of some very muscular, ripped athletes who have enjoyed great success while using our products. But this doesn't mean you have to be a hardcore bodybuilder to enjoy success of your own.

With nearly 30 different products to choose from, we can help the natural athlete achieve virtually any goal faster. Muscle size, fat loss, tone, definition, strength, power, stamina -the list goes on. Whether you're a bodybuilding or a bikini competitor, a college athlete or a weekend warrior, a newbie or a seasoned pro, we can help you reach your natural best.

If you're a beginner, you want a brand that can walk you through those sometimes difficult first few steps. If you're a personal trainer or a coach, you want a brand that you can recommend to your clients or athletes without fear of harming them or your reputation. If you're on a budget, you want a brand that can create a supplement stack designed to suit your particular needs and goals as economically as possible. For nearly 50 years, we have been that brand to all of these people and more. Simply stated, if you have a body, we can help you build it better.

## A "Sneak Preview" of our Top 10.

In the section that follows, you'll encounter our Top 10 best-selling products, followed by our stacks. Below is a quick preview of the former...

1. **ULTIMATE MUSCLE PROTEIN (UMP)** is the king of "anytime" proteins. Its deliciously flavored, naturally balanced blend of casein and whey supports muscle building and takes a bite out of hunger for hours.
2. **LEAN OUT** is a must-have if you're trying to lean out (hence the name), or you're an off-season athlete trying to gain muscle with a minimum of body fat. This stimulant-free formula helps your metabolism process fat, carbs, and cholesterol efficiently.
3. **7-KETO MUSCLEAN** contains an "age-defying" ingredient shown in clinical studies to amplify the fat-loss effects of diet and exercise up to 3-fold. Our clients stack it with Lean Out to help them break through fat-loss plateaus, achieve peak contest condition, and reverse age-associated fat gain.
4. Fans of **QUADRACARN** say it really does do it all: energy, mood, cognitive performance, sexual health, testosterone, vascularity, pumps, recovery, anti-aging, etc. It's especially popular with men who use it as a natural testosterone optimizer.
5. While other amino powders have come and gone, **GLUTAMINE SELECT** continues to deliver. Based on a clinical study, this formula helps prevent post-workout soreness and quicken recovery.
6. When you're looking for the best whey protein powder money can buy, reach for **MUSCLE PROVIDER**. This "best of breed" formula feeds tired muscles faster than you can say "I want another scoop."
7. Clients regularly report that their muscles become fuller, harder, leaner, and stronger while using **MASS AMINO ACIDS**. Stack this rare amino nitrogen technology with ULTRA 40 for out-of-this-world gains.
8. **ULTRA 40** is a nutritional treasure from the pre-steroid era. These liver tablets obtained from healthy, hormone-free Argentinian cattle are an all-natural performance enhancer unlike any other.
9. **CREATINE SELECT** turns creatine "non-responders" into responders, time and time again. This unique blend of creatine, phosphates, and beta-alanine promotes rapid gains in mass and lifting prowess, without the bloating or puffiness caused by many of today's creatine formulas.
10. "Finally, a multi I notice working!" Users of **FITABS** tell us that it's easy on the stomach and produces noticeable improvements in overall energy and performance, and the quality of hair, nails, and skin.

# ULTIMATE MUSCLE PROTEIN

## Once you try it, you won't want to be without it!

UMP is our “gateway” protein supplement. Once people try it, they’re hooked. Its unique, naturally balanced blend of ultra-premium milk proteins stays with your muscles, and satisfies your appetite, for hours. This makes it appealing for a variety of applications and times of use -breakfast, post-workout, meal replacement, nighttime snack, etc.

## Benefits

- **Muscle Building & Preservation**
- **Recovery**
- **Fat Loss:** Fat loss is a secondary benefit of supplementing your diet with high-quality protein. Here’s how it works:
  1. Protein promotes meal satiety, reducing your tendency to overeat.
  2. Protein promotes thermogenesis, a natural process by which your body burns off calories in the form of heat. Increased thermogenesis is protective against fat gain.

## Why people like it

- Rich, satisfying flavors, and creamy mouthfeel make it a treat to eat.
- Stomach-friendly: Easy to digest. No gas or bloating.
- Hours of muscle-building support: Clients report that UMP stays with their muscles, and satisfies their appetite, longer than other protein powders. We attribute this to its naturally balanced blend of proteins, discussed below.
- Unique formula: 90% of the protein in UMP comes from milk protein isolate obtained from fresh skim milk. It contains the same 80:20 ratio of sustained-release casein and fast-acting whey found naturally in milk.
- Low in carbs and sugar.

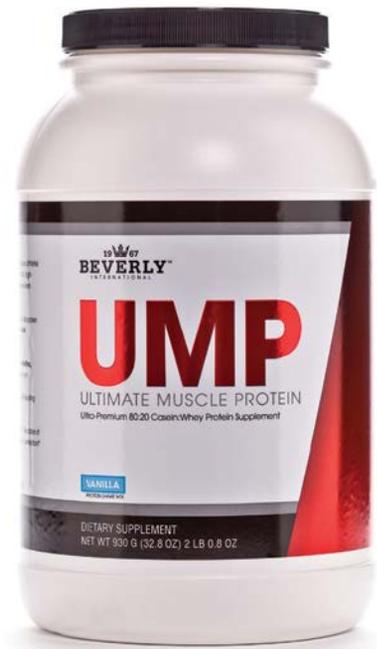
## How do I choose between UMP and other Beverly proteins?

### Choose UMP if:

- You want a protein supplement that can be used at any time of day, or as a meal replacement, or
- this is your first time using a protein supplement.

## Small changes, big results!

New to supplements? The simplest place to start is with a Beverly protein. Incorporating one of our delicious protein powders into your daily diet and exercise routine is a small change. Yet it can help you build, tone, and shape your body in a big way.



**Size:** 2 lb, 0.8 oz (930 g) (About 30 servings)

**Flavors:** Vanilla, Chocolate, Strawberry, Cookies & Crème, Rocky Road.

## Supplement Facts

Serving Size: 1 scoop (31.5 g)  
Servings Per Container: About 30

	Amount Per Serving	%DV*
<b>Calories</b>	120	
Calories from Fat	25	
<b>Total Fat</b>	3 g	5%
Saturated Fat	0.5 g	
Trans Fat	0.0 g	
<b>Cholesterol</b>	10 mg	4%
<b>Sodium</b>	170 mg	7%
<b>Potassium</b>	220 mg	6%
<b>Total Carbohydrate</b>	5 g	1%
Dietary Fiber	1 g	2%
Sugars	1 g	**
<b>Protein</b>	20 g	40%
<b>Calcium</b>	297 mg	30%
<b>Iron</b>	0.4 mg	2%
<b>Magnesium</b>	118 mg	30%

**Ultimate Protein System™** 21 g \*\*  
(Milk Protein Isolate, Calcium Caseinate, Whey Protein Concentrate, Whey Protein Isolate, Micellar Casein, Egg White, L-Arginine, L-Glutamine, L-Isoleucine, L-Leucine, L-Valine)

\*Percent Daily Values (DV) are based on a 2,000-Calorie diet.  
\*\*DV not established.

Vanilla Supplement Facts panel shown.  
For other flavors, visit [BeverlyInternational.com](http://BeverlyInternational.com).

## Secrets to Success

- As a rule of thumb, take roughly 1 scoop for every 50 lb of body weight, daily. Example: Let's say you weigh 180 lb. Divide 180 by 50, and you get 3.6. Round this up to 4 scoops daily.
- The best times to take UMP are mid-morning, mid-afternoon, and before bed.
- At least 1 scoop should be taken immediately after working out. (Most men seeking to increase muscle size take 2 scoops post-workout.)
- When traveling: Take 1-2 scoops of UMP in a Ziploc bag or shaker bottle. When it's time for a shake, just add water!

## Think outside the shake!

At Beverly, protein shakes are just the beginning. Our proteins can be used to make delicious, guilt-free brownies, puddings, pancakes, cookies, muffins, and more. They can be easily mixed with water, your favorite milk (dairy, almond, coconut, soy, cashew, etc.), juice, greens drinks, and smoothies, or used as a yummy topping on hot or cold cereal.

Try our easy, guilt-free recipes at:  
[www.BevNut.com/recipes](http://www.BevNut.com/recipes)

## What people are saying

(The testimonials shown below and in other product pages were collected online. Some have been edited for grammar, clarity, and the sake of space.)

**PSReora says:** "I live on UMP. You can do so much with it. For starters, it's easy to turn it into a pudding by adding very cold water. It will fluff right up. Secondly, it's easy to bake with and tastes GREAT. Beverly provides you with several recipes on their website. You can also adapt your own and substitute in some protein powder. I've never had better protein powder. UMP will be a hard one to break me away from."

**Julie Lohre (IFBB fitness pro and cover model) says:** "UMP is truly a staple in my daily nutrition plan. I credit it with helping me maintain a lean, photo-ready physique year round. I use it to make protein waffles or pancakes. I make high-protein granola bars and banana bread for my family. My favorite flavor is vanilla because it is so versatile. Being tempted by a cookie? Please. I can pass up any sweet knowing that I have my UMP!"

**Neona says:** "I am finishing my first bottle of UMP Cookies & Crème. With 3-4 scoops per day, my body is looking leaner and I am so energized. Running, soccer, gym, cycling -when will I be tired finally? I'm going to try chocolate next!"

**Runarak says:** "By far the best protein on the market. Great taste, no fillers, and just what I need before and after my workout. Is it more expensive? Yes, but it is so worth getting a high-quality product. I've tried many of the top brands, none compare to UMP."

**Michinator says:** "Best-tasting protein powder I've ever had. Mix in water and it's delicious. On top of that, Beverly is one of the easiest companies to trust that their labels are true. Great stuff."

## No-Nonsense Guarantee

Our guarantee is as no-nonsense as everything else at Beverly. Here's how it works: If after using any of our products for 60 days you aren't satisfied, we will refund your money.

# LEAN OUT

## Put your metabolism on the fast-track to lean!

Lean Out is a must-have if you're on a fat-loss or cutting diet, or you're an off-season athlete trying to gain mass with a minimum of body fat. This unique formula works in two ways to create a metabolic environment that is optimal for getting lean. First, it helps your body transport fat released from adipose tissue to other tissues like your liver and muscles where it can be burned as fuel. Second, it helps your metabolism handle carbohydrates more efficiently.

### Benefits

- Fat Loss
- Wellness

### Why people like it

- Unique formula: Lean Out contains *lipotropics*, which help transport fat from adipose tissue to the liver and muscle where it can be burned as fuel.
- Clients report that Lean Out helps reduce the urge to overeat and improve carbohydrate tolerance.
- Stimulant-free: Lean Out can be taken day or night.

### Who is this product ideal for?

Anyone who is:

- following a healthy weight-loss plan,
- training hard on a calorie-restricted diet (e.g. contest prep, cutting, fat-loss), or
- trying to minimize fat gain on a mass-gain (e.g. off-season) diet.

### Secrets to Success

- First 2 weeks: Take 1 capsule with each meal, including shakes. Week 3 and beyond: Take 2 capsules with each meal, including shakes.
- Read the Lean Out & 7-Keto MuscLean Q&A on page 26 before using.
- For maximum results, stack Lean Out with 7-Keto MuscLean. Users typically report the greatest results when following this practice.



Size: 120 capsules (30 servings)

### Supplement Facts

Serving Size: 4 capsules Servings Per Container: 30

	Amount Per Serving	%DV
Vitamin B12 (as cyanocobalamin)	100 mcg	1667%
Biotin	450 mcg	150%
Chromium (as chromium picolinate)	200 mcg	167%
Inositol	1000 mg	**
Choline Bitartrate	1000 mg	**
DL-Methionine	1000 mg	**
L-Carnitine	600 mg	**
Betaine HCl	100 mg	**
Coenzyme Q10	10 mg	**

\*\* Daily Value (DV) not established.

### What people are saying

**Justagirl says:** "I started taking Lean Out at the recommendation of my trainer along with a diet full of good fats and proteins. This supplement really worked for me. I noticed a slimmer mid-section and I lost a total of 30 lb! I really recommend this supplement, but you have to eat clean and exercise to see desired results, as with anything."

**Chunkybutt says:** "Lean Out is the kind of product you can benefit from taking year round. Start right away is my best suggestion. Two capsules with EVERY meal and it will help stabilize blood sugar and ensure that fat is constantly being mobilized for energy usage. I don't EVER go off Lean Out! I tend to not tolerate carbohydrate well. Lean Out has been a savior, allowing me to finally incorporate more carbs in my diet. Much needed."

# 7-KETO MUSCLEAN

## The ideal fat-loss catalyst!

7-Keto MuscLean is a rarity among fat-loss products: While other brands tout the latest "magic bullet", this formula has remained unchanged since 2003. That's because it continues to provide satisfying results to thousands of Beverly clients.

## Benefits

- **Fat Loss**
- **Muscle Building & Preservation:** 7-Keto MuscLean helps preserve lean muscle during a calorie-restricted diet.

## Why people like it

- It works! While Lean Out helps your body transport fat to tissues where it can be burned, 7-Keto MuscLean stimulates your metabolism to burn fat more quickly. When stacked, these two products can truly transform your physique.
- Clinically based: Its flagship ingredient, 7-Keto®, has been tested in numerous clinical trials and been granted 5 U.S. patents for its effects on weight loss. In clinical studies, men and women who took 7-Keto® while exercising and following a calorie-restricted diet lost an average of 3 times more weight than subjects who took a placebo.

## Who is this product ideal for?

- Anyone who is training hard on a calorie-restricted diet (e.g. contest prep, cutting, fat-loss).
- Individuals 40 years and over who wish to combat age-associated fat gain.

## Secrets to Success

- Caffeine-tolerant users: Take 3 capsules in the morning. Repeat 4-6 hours later.
- Caffeine-sensitive users: Begin by assessing your tolerance with 1 capsule. Repeat 4-6 hours later. After 1 week, depending on tolerance, increase your dosage to 2 capsules in the morning and 2 capsules 4-6 hours later. After 2 weeks, depending on tolerance, increase the dosage to 3 capsules in the morning and 3 capsules 4-6 hours later.
- Read the Lean Out and 7-Keto MuscLean Q&A on the following page before using.
- For maximum results, stack Lean Out with 7-Keto MuscLean. Users typically report the greatest results when following this practice.



Size: 90 capsules (30 servings)

## Supplement Facts

Serving Size: 3 capsules Servings Per Container: 30

	Amount Per Serving	%DV
<b>Niacin</b>	20 mg	100%
<b>7-Keto® (7-keto DHEA)</b>	100 mg	**
<b>Green Tea Extract 4:1 (Camellia sinensis)(leaf)</b>	500 mg	**
<b>Guarana Extract (22% caffeine) (Paullina cupana)(seed)</b>	500 mg	**
<b>Hoodia gordonii (powder)</b>	120 mg	**
<b>Bromelain 600 GDU</b>	45 mg	**
<b>Grapefruit Extract 4:1 (fruit)</b>	45 mg	**

\*\*Daily Value (DV) not established.

## What people are saying

**Sosh says:** "This is a superior fat-loss product to use in conjunction with a proper exercise and diet routine. Unlike popular, hyped-up products, this one works very effectively."

**Angie2014 says:** "This product is great! After exercising for a few months all I was seeing were slow results. Once I started taking 7-Keto MuscLean, I lost 17 lb in 3 weeks. It helped me steadily lose weight while suppressing appetite. I love this stuff! I love Beverly products."

**IA says:** "I highly recommend the 7-Keto MuscLean/Lean Out stack. Wow! With the right diet, it is very rewarding. I recently went off of them for 3 weeks and could not wait to start again. I noticed a big change in my energy level and performance without them. Now I love my workouts with your products. Thank you so much!"

# QUADRACARN

## Head-to-toe physique and performance enhancement.

Distinguished by four types of carnitine, Quadracarn (pronounced “kwa-dra-carn”) became a hit soon after its release, particularly with men 35 years of age and older. Regular users of this product report that it provides “head-to-toe” benefits including improvements in energy, mood, cognitive performance, sexual health, testosterone, vascularity, pumps, muscle hardness, stamina, recovery, and more.

### Benefits

- **Performance**
- **Recovery**
- **Muscle Building & Preservation:** Quadracarn promotes muscle building and recovery in part by enhancing the effects of testosterone.
- **Fat Loss:** During Beverly’s own beta tests, men and women reported they were able to gain muscle and get leaner at the same time while taking Quadracarn on a fat-loss diet.
- **Wellness**

### Why people like it

- Wide range of benefits: Users tell us that Quadracarn enhances sex, testosterone, energy, mood, cognition, pumps, vascularity, fat loss, definition, and more.
- Unique formula: It contains 4 types of carnitine, plus Gymnema sylvestre leaf, to support healthy glucose (blood sugar) metabolism.

### Who is this product ideal for?

Though Quadracarn is especially popular with men 35 years of age and older, it can be used by men and women of all ages and fitness backgrounds.

### Secrets to Success

- Take 3 tablets, 3 times daily on workout days. On rest days, take 3 tablets, 2 times daily.
- Carnitine accumulates in your tissues relatively slowly. It is important to not miss a dose. You will be rewarded for your patience!
- During periods of heavy training (e.g. twice-a-day workouts), athletes may wish to stack Quadracarn with ZMA 2000 to promote recovery.



Size: 120 tablets (40 servings)

### Supplement Facts

Serving Size: 3 tablets Servings Per Container: 40

	Amount Per Serving	%DV
<b>N-Acetyl L-Carnitine HCl</b>	750 mg	**
<b>L-Carnitine</b>	450 mg	**
<b>L-Carnitine L-Tartrate</b>	300 mg	**
<b>Propionyl L-Carnitine</b>	15 mg	**
<b>Gymnema sylvestre leaf extract</b>	250 mg	**

\*\*Daily Value (DV) not established.

### What people are saying

**Mikem says:** “This product really does do it all. Energy, libido, recovery, strength. It’s amazing. It makes me look more cut, gives me a good endurance boost, good pumps, helps with recovery, gives me a little more of a veiny look, and really helps my sense of well-being. If you’re one of those people who expect massive, abrupt changes, then this is probably not for you. The results are spread out over time and cover a wide range of benefits. I love Quadracarn because it does exactly what it says it does.”

**Tammy C says:** “I love, love, love Quadracarn. I am able to keep on a lower-carb diet, stabilize my blood sugar, and have more energy! I ran out a few weeks ago and Lord have MERCY, I could tell the difference. I was praying for the delivery man to hurry up and bring my order!!! Great stuff! P.S. I keep THREE unopened bottles in the cabinet in addition to the one I am taking. NO WAY do I want to EVER run out again!!!”

# GLUTAMINE SELECT

## Say goodbye to soreness.

If your muscles are still sore from your last workout, you may not be able to give it your all at the next one. This is just one of the reasons why hard-training athletes love Glutamine Select. Its clinically dosed blend of L-glutamine and BCAAs helps stop muscle soreness in its tracks so that you can recover faster between workouts.

## Benefits

- Recovery
- Muscle Building & Preservation
- Performance

## Why people like it

- The results: Glutamine Select helps reduce muscle soreness, quicken recovery, and keep you hydrated.
- Many clients use Glutamine Select to help alleviate cravings and preserve lean muscle on a calorie-restricted diet.
- Unique formula: Glutamine Select contains 8,000 mg total of pharmaceutical-grade L-glutamine and BCAAs in the same doses shown to enhance lean muscle and strength in a clinical study.
- 60 servings!

## Who is this product ideal for?

- Hard-training athletes who frequently perform high-intensity or prolonged, exhausting workouts (e.g. CrossFit, MMA, triathletes).
- Many athletes consider Glutamine Select to be the best product of its kind for reducing muscle soreness and quickening recovery.
- Anyone on a calorie-restricted fat-loss or cutting diet.

## Secrets to Success

- Mix 2 scoops of Glutamine Select with 12-16 oz of water and drink during and immediately after workouts to reduce muscle soreness, quicken recovery, and boost anabolism.
- If you are on a calorie-restricted diet, drink Glutamine Select in between meals to help alleviate cravings and protect lean muscle.



Size: 552 g (60 servings) Flavor: Natural Black Cherry

## Supplement Facts

Serving Size: 1 scoop (9.2 g)  
Servings Per Container: 60

	Amount Per Serving	%DV
L-Glutamine	5000 mg	**
L-Leucine	1500 mg	**
L-Isoleucine	750 mg	**
L-Valine	750 mg	**

\*\*Daily Value (DV) not established.

## What people are saying

**Sylvia A says:** "I have been out of competition for 4 years and am preparing to make a return. Glutamine Select is an awesome choice for muscle recovery. I'm a figure competitor, and I just can't have sore muscles. This product prevents the soreness and helps me recover quickly."

**Anthony S says:** "Best glutamine product hands down. There's a reason Beverly has been around for so long, and that is because their products flat-out work! This stuff is great. 60 scoops last quite some time. Not only do you get 5 grams of pharmaceutical-grade glutamine per scoop, but you get leucine as well. Buy this product. You will be kicking yourself that you didn't."

# MUSCLE PROVIDER

## A high-speed whey unlike any other.

Muscle Provider is the pinnacle of no-nonsense whey protein supplements. Its exceptionally high level of WPH allows it to produce lighter, non-filling shakes that feed your tired muscles lightning fast without leaving you too full to eat later.

## Benefits

- Muscle Building & Preservation
- Recovery
- Fat Loss

## Why people like it

- Ideal for use pre-contest, pre- and/or post-workout, and as a non-filling snack to carry you between meals.
- Tastes like fresh chocolate cupcake batter!
- Exceptionally high in whey protein hydrolysate (WPH) and isolate (WPI). WPH is cross-flow filtered and enzymatically hydrolyzed to produce a mixture of peptides and free amino acids that is ready for rapid uptake.

## How do I choose between Muscle Provider and other Beverly proteins?

### Choose Muscle Provider if you mainly want to use it:

- immediately pre- and/or post-workout,
- pre-contest, or
- as a non-filling, high-protein snack between regular meals.

## Secret to Success

- To promote muscle building and recovery, at least one serving should be taken immediately after your workout. For maximum results, enjoy another serving 4-5 hours later.

## What people are saying

**Misshelly says:** "10/10. I've never seen so many lean gains from a protein powder as I have with Muscle Provider. It is delicious and makes a great brownie in the microwave. It is worth the higher price."

**Workingitinhobbs says:** "Muscle Provider tastes great and speeds muscle recovery on days when you hit the weights hard."

**Darrell says:** "Great-tasting, fast-acting protein. Has multiple forms of whey, which I'm a fan of. Great for post-workout."



**Size:** 1 lb, 14.7 oz (870 g) (About 30 servings)

**Flavors:** Vanilla, Chocolate

## Supplement Facts

Serving Size: 1 scoop (29 g)  
Servings Per Container: About 30

	Amount Per Serving	%DV <sup>1</sup>
<b>Calories</b>	110	
Calories from Fat	10	
<b>Total Fat</b>	1 g	2%
Saturated Fat	0 g	0%
<b>Cholesterol</b>	25 mg	8%
<b>Total Carbohydrate</b>	4 g	1%
Sugars	1 g	**
<b>Protein</b>	21 g	
<b>Calcium</b>	105 mg	10%
<b>Sodium</b>	160 mg	7%
<b>Potassium</b>	260 mg	7%

**Muscle Provider Whey Protein System™** 26.1g \*\*  
(Whey Protein Isolate, Hydrolyzed Whey Protein Isolate, Whey Protein Concentrate, Egg White)

<sup>1</sup>Percent Daily Values (DV) are based on a 2,000-Calorie diet.  
<sup>\*\*</sup>DV not established.

Vanilla Supplement Facts panel shown.  
For chocolate, visit [BeverlyInternational.com](http://BeverlyInternational.com).

# MASS AMINO ACIDS

## Make your muscles fuller, harder, leaner, and stronger with this rare supplement technology!

This one-of-a-kind formula is a valuable aid for building and preserving muscle. Bodybuilders, powerlifters, weekend warriors, collegiate athletes, and everyday fitness enthusiasts of all ages report gaining muscle and getting leaner when using Mass Amino Acids tablets as directed.

### Benefits

- Muscle Building & Preservation
- Recovery

### Why people like it

- The results: Clients report greater muscle fullness and strength in just 2 weeks. Men and women regularly tell us that Mass Amino Acids is the best solution they've found for protecting hard-earned muscle gains during a fat-loss or cutting diet.
- Double your anabolic power: The chief ingredient in Mass Amino Acids is a partial hydrolysate of casein which contains large amounts of peptide-bonded amino acids (PBAs). Studies suggest that PBAs have up to twice the anabolic potency of regular food.

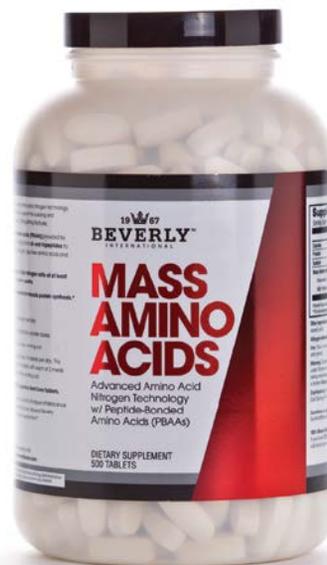
### Who is this product ideal for?

Anyone who is struggling to:

- gain muscle mass and strength,
- maintain muscle mass and strength while dieting, or
- rebuild muscle mass and strength after a temporary layoff from training.

### Secrets to Success

- Take 1 tablet for every 10 lb of body weight, daily. Divide your daily allotment of tablets into smaller doses. The best times to take a dose are with meals and during workouts.
- Clients typically find that they get the most impressive results by stacking Mass Amino Acids with Ultra 40. A personal trainer told us that he puts his clients on Mass Amino Acids, Ultra 40, and a Beverly protein powder. Everyone who takes this stack reports getting leaner and stronger within just 2 weeks.



Size: 500 tablets (125 servings)

### Supplement Facts

Serving Size: 4 tablets Servings Per Container: 125

	Amount Per Serving	%DV*
Calories	20	
Protein	4 g	8%
Sodium	70 mg	3%
Mass Amino Hydrolysate Blend™	5000 mg	**
(Pancreatic Digest of Casein, Whey Protein, Lysine HCl, Milk Protein Hydrolysate)		

\*Percent Daily Values (DV) are based on a 2,000-Calorie diet.  
\*\*DV not established.

### What people are saying

**Lambo2006 says:** "10/10. Excellent product. I used Mass Amino Acids to prepare for three bodybuilding shows this year. It kept me full and hard, even during the cutting stages. I took 25 tablets per day - 5 in the morning, 5 mid-day, 5 pre-workout, 5 post-workout, and 5 before bed. I won my weight class in all three shows, two of which were national qualifiers."

**PaulRed says:** "When combined with Ultra 40, and taken as per the label (1 tablet per 10 lb of body weight), Mass Aminos work! Greater fullness in my chest, arms, and shoulders after only 2 weeks. I came across this old-school approach from the late Vince Gironda, and I think that Beverly has done a great job capturing the magic! I'm sold!"

# ULTRA 40

## A nutritional treasure from the pre-steroid era!

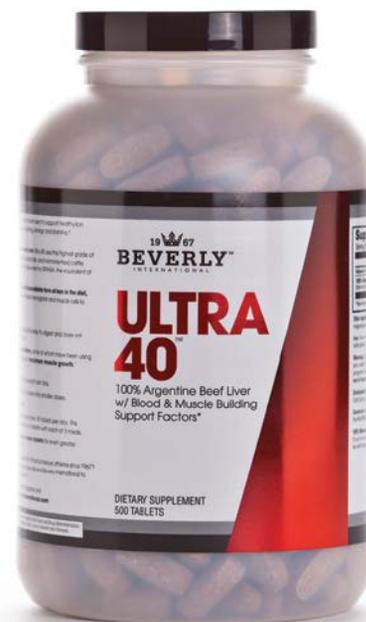
Ultra 40 is an all-natural performance enhancer obtained from cattle that graze on the grassy, fertile hillsides of Argentina. Each tablet contains 100% Argentine beef liver loaded with a powerful array of vitamins and other growth factors that support optimal blood and muscle health, and much more. Many Beverly clients consider Ultra 40 to be one of the best supplement investments they've ever made.

## Benefits

- Performance
- Recovery
- Muscle Building

## Why people like it

- Results: Users report improvements in muscle fullness, pumps, stamina, strength, and tone. By supporting the health of red blood cells, Ultra 40 helps your muscles re-oxygenate faster during intense, fast-paced workouts.
- All-natural formula: Ultra 40 is made with 100% Argentine beef liver from healthy, free-range, grass-fed cattle. The animals are raised under pesticide- and hormone-free conditions in facilities inspected by SENASA, the equivalent of the FDA.
- Heme iron: Liver is rich in heme iron, the most bioavailable form of iron in the diet. It is used by red blood cells and muscle cells to synthesize the oxygen-carrying proteins hemoglobin and myoglobin, respectively. These two proteins promote stamina by allowing your muscles to reload with oxygen quickly during high-intensity workouts.
- Stomach-friendly: Users report that Ultra 40 does not cause gas or stomach upset, unlike other liver tablets.



Size: 500 tablets (125 servings)

## Supplement Facts

Serving Size: 4 tablets Servings Per Container: 125

	Amount Per Serving	%DV
Vitamin B-12 (as cyanocobalamin)	300 mcg	5000%
100% Argentine Beef Liver Blend (from liver extract 10:1, and liver powder)	3,920 mg	**

\*\*Daily Value (DV) not established.

## Did you know?

Bodybuilding “gurus” of the 1950s and 60s advised taking liver tablets –up to 100 daily—to promote muscle building and recovery. The results were often compared to steroids, minus the side effects.

In 1951, Dr. B.H. Ershoff, M.D., reported on a study in which he fed rats desiccated liver and had them perform a swimming test. The rats fed liver swam for nearly 10 times as long as the rats that did not.

While some of the “steroid-like” claims may have been exaggerated, the proof is in the pudding –or liver, as it were. Give Ultra 40 a shot. You’ve got nothing to lose, thanks to our No-Nonsense Guarantee.

## Secrets to Success

- Take 1 tablet for every 10 lb of body weight, daily. Divide your daily allotment of tablets into smaller doses. The best times to take a dose are with meals and during workouts.
- Clients report that they get the most impressive results by stacking Ultra 40 with Mass Amino Acids. A personal trainer told us that he puts his clients on Mass Amino Acids, Ultra 40, and a Beverly protein powder. Everyone who takes this stack reports getting leaner and stronger within just 2 weeks. A high school teacher and national Taekwondo competitor increased his lean muscle mass by 8 lb in 6 weeks while stacking Ultra 40 and Mass Amino Acids. His strength and endurance also increased.



Stack these two products to accelerate your physical transformation!

## What people are saying

**Manofsorrow says:** "Without changing anything else in my diet, within one week of using Ultra 40 as directed (1 tablet/10 lb of body weight), my life changed. My energy went through the roof, waking up without effort, feeling exuberant all the time, etc. My wife was like, "What has gotten in to you?" Second, my muscles became hard as rock. Third, my lifts dramatically increased –more weight and more reps. I can't say enough about how pleased and impressed I am. No other supplement has had such a profound effect."

**Velmtxmaz says:** "Ultra 40 is a product that you have to take in the recommended dosage to feel the full effect, but it is worth it. Everything from strength, stamina, and energy to greater muscle fullness is the reward when you use it consistently. Ultra 40 will always be on my list of essential supplements. I highly recommend it to anyone. Remember to take the recommended dose."

**SQBubble says:** "I'm on my second bottle of Ultra 40, and I will forever buy this product. It makes you stronger and feel more in control when you lift heavy. It makes your muscles feel good and full. FYI, I take 18 tablets a day (4x4 or 3x6) on workout days and 12 tablets (4x3 or 2x6) on rest days. Get this if you want results."

**Johnboyw says:** "Ultra 40 is the real deal. I usually don't respond to anything. I've tried many pre-workout products that gave me little or no help. I started taking Ultra 40 at 1 tablet/10 lb of body weight. Monday came and the workout was as usual. Wednesday came and the workout was phenomenal. I hit 10 reps on every set of every exercise. Adding Ultra 40 was the only change I made. It wasn't a placebo effect either because I was expecting a 0% increase in strength and energy."

## Why we're not a discount brand.

We don't "push" our products onto store shelves by offering heavy discounts to distributors or retailers. This allows us to spend more money filling them to the brim with high-quality ingredients and educating consumers how to use them for maximum results. This creates real demand for our products and loyal, satisfied customers.

# CREATINE SELECT

## Turns creatine non-responders into responders, time and time again.

For rapid gains in muscular performance, without the bloating or puffiness caused by other creatine products, Creatine Select is a sure thing. This tasty, sugar-free formula is armed with the most proven form of creatine, plus phosphates, electrolytes, and beta-alanine.

## Benefits

- **Performance** (strength, speed, power, and stamina)
- **Muscle Building & Preservation**

## Why people like it

- It's the only creatine product many of our clients tell us they have responded to.
- Phosphates help your muscles use creatine more efficiently. Much of the creatine taken up by your muscle cells is converted into creatine phosphate. This requires a steady supply of phosphate.
- Users report that Creatine Select does not make them feel bloated or puffy, or cause stomach discomfort.
- Natural orange flavor tastes like "Tang" and "orange freeze pops"!

## Who is this product ideal for?

- Anyone who wants to gain strength, stamina, and mass.
- Creatine Select may be especially useful for experienced athletes who feel that they have hit a training plateau or are struggling to break a personal best.

## Secrets to Success

- For the fastest possible results, we recommend loading with Creatine Select by taking 1 serving (1 scoop) mixed with 10 oz of water, four times daily. Allow as much time between servings as possible.
- Once loading is complete, you can maintain by taking 1 serving daily.
- Numerous clients have reported impressive results by stacking Creatine Select with Quadracarn.

## What people are saying

**Paul says:** "One of the best creatine supplements on the market. My body simply did not respond to other creatines, but it certainly did to this one. Tastes good, as well. Within 2 weeks, I added 15 lb to my bench and probably 8 lb of muscle."



**Size:** 480 g (40 servings) **Flavor:** Natural Orange

## Supplement Facts

Serving Size: 1 scoop (12 g)  
Servings Per Container: 40

	Amount Per Serving	%DV*
<b>Total Calories</b>	15	
<b>Total Carbohydrate</b>	4 g	1%
<b>Sodium</b>	60 mg	2%
<b>Potassium</b>	310 mg	9%
<b>Creatine Monohydrate</b>	5 g	**
<b>Beta-Alanine (as CarnoSyn®)</b>	1 g	**
<b>Potassium Phosphate</b>	700 mg	**
<b>Sodium Phosphate</b>	300 mg	**

\*Percent Daily Values (DV) are based on a 2,000-Calorie diet. \*\*DV not established.

**GBH says:** "I've had great success with Creatine Select. I have used other brands of creatine and never really noticed a difference. With Creatine Select my strength went up, reps went up, rest time went down. I highly recommend it."

**Shark says:** "I have used every creatine out there and have seen the best results with Creatine Select. The added phosphates have assured that bloating never takes place and the strength gains are huge! I take this supplement all the way through the day of a show."

# FIT TABS

## Custom-designed for the fitness lifestyle.

Like Super Pak, FitTABS is custom-made for Beverly. It is especially popular with active women who like the fact that it contains a probiotic and an easily absorbed form of iron known as iron peptonate that isn't commonly found in multi-vitamin/mineral supplements. Regular users of FitTABS report improvements in their overall energy and physical performance, as well as the quality of their hair, nails, and skin.

## Benefits

- Wellness
- Performance

## Why people like it

- Unique formula: FitTABS is made exclusively for Beverly. It contains 25 essential vitamins and minerals, including iron peptonate, plus liver concentrate, RNA, a probiotic, and other nourishing ingredients not commonly found in multi-vitamin/mineral supplements. Iron peptonate is a pre-digested, readily absorbed form of iron that does not produce the side effects (e.g. constipation, cramping) associated with some forms of iron.
- You can feel the difference: We hear it all the time. A client decides to take a multi-vitamin/mineral supplement because they think it will make a difference in how they feel. A couple of months pass, and they haven't noticed a thing. No change in energy, no difference in recovery –nothing. Not with FitTABS. Take it for two months, and you will notice a difference in how fit you feel. We guarantee it.

## How do I choose between FitTABS and Super Pak?

- If you are an advanced athlete who frequently performs long, exhausting workouts, choose Super Pak. Otherwise, choose FitTABS.

## Secrets to Success

- Take 2 tablets in the morning and 2 with your evening meal.

## What people are saying

**Jo Ann Broquie says:** "All of the Beverly International products that I have tried have been amazing. I love FitTABS and see noticeable changes in nail growth, skin condition, and weight loss. I will continue to use this vitamin and many other products by BI."



Size: 120 tablets (30 servings)

Supplement Facts					
Serving Size: 4 tablets Servings Per Container: 30					
	Amount Per Serving	%DV			
<b>Vitamin A</b> (as 55% beta carotene and palmistate)	25000 IU	500%	<b>Molybdenum</b> (as sodium molybdate)	2 mcg	3%
<b>Vitamin C</b> (as ascorbic acid)	500 mg	833%	<b>Potassium</b> (as potassium chloride)	50 mg	1%
<b>Vitamin D3</b> (as cholecalciferol)	1000 IU	250%	<b>Choline</b> (as choline bitartrate)	150 mg	**
<b>Vitamin E</b> (as di-alpha tocopheryl acetate)	200 IU	667%	<b>Inositol</b>	150 mg	**
<b>Thiamine</b> (as thiamine hydrochloride)	50 mg	3333%	<b>RNA</b> (ribonucleic acid)	90 mg	**
<b>Riboflavin</b> (vitamin B2)	50 mg	2940%	<b>Beef Liver</b>	75 mg	**
<b>Niacinamide</b> (vitamin B3)	60 mg	300%	<b>Betaine Hydrochloride</b>	50 mg	**
<b>Vitamin B6</b> (as pyridoxine hydrochloride)	50 mg	2500%	<b>PABA</b> (para-aminobenzoic acid)	50 mg	**
<b>Folic Acid</b>	400 mcg	100%	<b>Bacillus Coagulans</b>	50 mg	**
<b>Vitamin B12</b> (as methylcobalamin)	50 mcg	833%	<b>Pepsin</b>	50 mg	**
<b>D-Biotin</b>	50 mcg	17%	<b>Papain</b>	50 mg	**
<b>Pantothenic Acid</b> (as d-calcium pantothenate)	50 mg	500%	<b>Lecithin</b>	50 mg	**
<b>Calcium</b> (as dicalcium phosphate)	975 mg	98%	<b>Citrus Bioflavonoid Complex 10%</b>	25 mg	**
<b>Phosphorus</b> (as dicalcium phosphate)	750 mg	75%	<b>Hesperidin Complex 15%</b>	25 mg	**
<b>Iron</b> (as iron peptonate)	30 mg	167%	<b>Rutin</b>	25 mg	**
<b>Iodine</b> (as potassium iodide)	150 mcg	100%	<b>Rose Hips Fruit</b>	25 mg	**
<b>Magnesium</b> (as magnesium oxide)	250 mg	62.5%	<b>Lipase</b>	25 mg	**
<b>Zinc</b> (as zinc amino acid chelate)	25 mg	166%	<b>Malt Diastase</b>	25 mg	**
<b>Selenium</b> (as sodium selenate)	15 mcg	21%			
<b>Copper</b> (as copper oxide)	3 mg	150%			
<b>Manganese</b> (as manganese sulfate)	40 mg	2000%			
<b>Chromium</b> (as chromium chloride)	10 mcg	8%			

\*\*Daily Value (DV) not established.

**Davin333 says:** "10/10. Before switching over to FitTABS, I never saw a difference from taking multivitamins. I had reasoned that vitamins sped up my recovery but only to a small degree, nothing noticeable. After discussing my feelings on multis with a friend, he suggested I try FitTABS. The difference is astounding. I have a lot more energy throughout the day, I am more cognitive as well. My recovery times are quicker and believe it or not, I seem to have slowly pulled through a couple plateaus. This product has become an invaluable part of my supplement protocol."

# STACKS FOR MEN

## Get My Body Back!

**Goals:** Start to build muscle, lose fat, and improve overall health and fitness.

**Ideal for:** Any healthy man who has recently embarked on a structured exercise program in an effort to get back in shape.

- **Level 1:** Ultimate Muscle Protein (UMP), Lean Out
- **Level 2:** UMP, Lean Out, and Creatine Select
- **Level 3:** UMP, Lean Out, Creatine Select, Quadracarn

## Natural Muscle Size

**Goals:** Increase lean muscle size and strength.

**Ideal for:** Any healthy man who performs resistance exercise at least 3x/week and whose chief goal is building muscle.

- **Level 1:** UMP, Ultra 40, Mass Amino Acids (the latter two products should be taken together for maximum results)
- **Level 2:** UMP, Ultra 40, Mass Amino Acids, Creatine Select
- **Level 3:** UMP, Ultra 40, Mass Amino Acids, Muscle Synergy, Quadracarn

**NOTE:** If you want to gain weight, choose Mass Maker Ultra in place of, or in addition to, UMP.

## Fat-Loss Accelerator

**Goals:** Increase fat-burning metabolism and preserve muscle.

**Ideal for:** Any healthy man who exercises regularly (resistance exercise & cardio) and wants to trim body fat without losing muscle.

- **Level 1:** UMP, Quadracarn
- **Level 2:** UMP, Quadracarn, Lean Out, 7-Keto MuscLean (the latter two products should be taken together for maximum results)
- **Level 3:** UMP, Quadracarn, Lean Out, 7-Keto MuscLean, Density or Muscularity

## The 3 Levels of Stacking

With Beverly, stacking is literally as simple as 1, 2, 3:

- **Level 1:** Start here if you are new to stacking, you are a novice athlete (e.g. 1 year or less of training), or you are on a strict budget.
- **Level 2:** If you are an intermediate-level athlete, are already quite familiar with stacking, or have a medium-sized budget, you can jump right up to Level 2.
- **Level 3:** Level 3 is for advanced athletes (i.e. individuals who are close to their genetic potential) or anyone who wants the most comprehensive stack available to help them accomplish their goals.

On the next pages, you will see that some of our products “float” from one level to the next, depending on the stack. This can be explained by the differences in goals between stacks.

**NOTE:** Whichever stack you choose, we strongly advise that you accompany it with a comprehensive micronutrient formula such as Super Pak or FitTabs. If you are an advanced athlete, choose Super Pak. Otherwise, choose FitTabs.

## Mature Muscle (40 years of age & up)

**Goals:** Reverse age-associated loss of lean muscle size and physical conditioning.

**Ideal for:** Any healthy man 40 years of age or older who exercises at least 3x/week (resistance exercise & cardio) and seeks to restore lean muscle size and performance.

- **Level 1:** UMP, Quadracarn
- **Level 2:** UMP, Quadracarn, Muscle Synergy
- **Level 3:** UMP, Quadracarn, Muscle Synergy, Density

**NOTE:** For Level 1, choose Provosyn in place of UMP if you consider yourself a hard gainer. For Levels 2 and 3, add 7-Keto MuscLean if you are struggling with age-associated fat gain.

## Contest Prep

**Goals:** Maximize muscle density, fullness, vascularity, and overall conditioning during pre-contest dieting.

**Ideal for:** Bodybuilding and physique competitors, 8-10 weeks out from competition. Performing resistance exercise and cardio 5x/week or more.

- **Level 1:** UMP, Mass Amino Acids, Ultra 40
- **Level 2:** UMP and/or Muscle Provider, Ultra 40, Density, Lean Out, 7-Keto MuscLean
- **Level 3:** UMP and/or Muscle Provider, Ultra 40, Density, Lean Out, 7-Keto MuscLean, Glutamine Select or Muscularity

**NOTE:** For Levels 2 and 3, add Quadracarn if you are 40 years of age or older, or struggling to achieve good vascularity.

# STACKS FOR WOMEN

## Get My Body Back!

**Goals:** Start to build muscle, lose fat, and improve overall health and fitness.

**Ideal for:** Any healthy woman who has recently embarked on a structured exercise program in an effort to get back in shape.

- Level 1: Ultimate Muscle Protein (UMP), Lean Out
- Level 2: UMP, Lean Out, Glutamine Select
- Level 3: UMP, Lean Out, Glutamine Select, Energy Reserve

## Slim & Tighten

**Goals:** Reduce body fat, and improve body shape, tone, and definition.

**Ideal for:** Any healthy woman who exercises at least 3x/week (resistance exercise & cardio) and want to slim, tighten, and tone their body.

- Level 1: UMP, Lean Out
- Level 2: UMP, Lean Out, 7-Keto MuscLean, EFA Gold
- Level 3: UMP, Lean Out, 7-Keto MuscLean, EFA Gold, Glutamine Select or Muscularity

**NOTE:** For Levels 2 and 3, add Energy Reserve if you wish to accelerate your rate of fat loss.

## Bodysculpting

**Goals:** Compared to Slim & Tighten, this stack places greater emphasis on developing and defining lean muscle.

**Ideal for:** Any healthy woman who performs resistance exercise at least 4x/week and wants to take their muscle development to the next level.

- Level 1: UMP or Muscle Provider, Glutamine Select
- Level 2: UMP or Muscle Provider, Glutamine Select, Lean Out, Density
- Level 3: UMP or Muscle Provider, Glutamine Select, Lean Out, Density, Ultra 40

**NOTE:** For Levels 2 and 3, add Quadracarn and Muscle Synergy if you are over 40, or are struggling to achieve a satisfactory level of muscle fullness.

## Contest Prep

**Goals:** Maximize fat loss while preserving lean muscle during pre-contest dieting.

**Ideal for:** Fitness, figure, physique, and bikini competitors, 8-10 weeks out from competition. Performing resistance exercise and cardio 5x/week or more.

- Level 1: UMP or Muscle Provider, Lean Out, 7-Keto MuscLean
- Level 2: UMP or Muscle Provider, Lean Out, 7-Keto MuscLean, Glutamine Select
- Level 3: UMP or Muscle Provider, Lean Out, 7-Keto MuscLean, Glutamine Select, Density, Energy Reserve

## Fit 45+

**Goals:** Reverse age-associated fat gain and loss of muscle, and improve physical fitness and wellness.

**Ideal for:** Any healthy woman 45 years of age or older who exercises at least 3x/week (resistance exercise & cardio).

- Level 1: UMP, Quadracarn, 7-Keto MuscLean
- Level 2: UMP, Quadracarn, 7-Keto MuscLean, Lean Out, Glutamine Select or Muscularity
- Level 3: UMP, Quadracarn, 7-Keto, Lean Out, Glutamine Select or Muscularity, GH Factor

# STACKS FOR SPORTS

## Sports Performance (Men & Women)

**Goals:** Football, basketball, baseball, hockey, lacrosse, soccer, martial arts, tennis -- no matter what your sport, this stack will help you perform your best.

**Ideal for:** Male and female recreational and competitive athletes who wish to improve strength, speed, power, stamina, or endurance.

- Level 1: Ultimate Muscle Protein (UMP) or Mass Maker Ultra (MMU)
- Level 2: UMP or MMU, Creatine Select, Glutamine Select
- Level 3: UMP or MMU, Creatine Select, Glutamine Select, Up-Lift

# My 9 Year Journey to an **IFBB FIGURE PRO CARD**

By: **Karina Rhode**, IFBB Professional

“You’ve just won a trip to the most amazing place you ever wanted to go! Oh, and your plane leaves....NOW!”

Cue me with “deer in the headlights” expression as my brain tries to process, “Wait! I have nothing packed and none of my laundry is done!”

That’s how it felt winning my IFBB Pro Card at this season’s Masters Nationals and then launching right into prepping for my first show as a Pro at the Pittsburgh Pro Masters. Well let’s just say that if I have nothing else packed, the first thing on my list is going to be my Beverly International supplements! I started this journey back in 2007 and many things have changed over the years. The one that hasn’t changed is that Beverly International has been with me ever since I began and I’m not going anywhere without them!

I’ve always been very active and never had any real weight issues until I got married. The reality of getting a desk job coupled with matching eating habits with a husband who is blessed with a lightning fast metabolism scored me a weight gain I’d never experienced before. It happened slowly and I didn’t really notice it since I gained it symmetrically pretty much everywhere. So as a result, I didn’t think much about it until one day I nearly fell on one of my clients while doing a Thai massage. I was horrified. It was at that moment I realized how weak my core had become and how unaccustomed my body was to all the additional weight. My peripheral awareness for balance with these two factors in play had become seriously compromised! The next day I hired a trainer and haven’t looked back.

I had no intentions to become a bodybuilder. When I started, I simply wanted to get back to a weight where I was comfortable in my body again. Along with the weight gain, I was also noticing premenopausal type symptoms such as hot flashes and mood swings. I was only in my early to mid 30’s so I knew this was wrong. My first trainer worked with me on balance and beginning strength maneuvers and prescribed cardio. I started tracking calories and serving sizes and getting a better handle on what to eat for myself rather than blindly matching portion sizes with my husband.



PHOTO BY DAN RAY

It didn't take long to master the basics and soon I was on to trainer #2 who coached me in developing strength through heavier lifting and kettlebell training. I was fascinated by the connection between muscle function, development, and metabolic activity. I got hooked on Oxygen magazine and admired the physiques of the gals on the pages. They looked strong and healthy. When I realized that these ladies were Figure competitors, I had to know for myself how it felt to train like that. Enter trainer #3, an old school classic women's bodybuilder. I told her I just wanted the experience of training "LIKE" a bodybuilder but had no interest in competing. Well that was enough to open the door for her. Before long, she was hounding me to compete. She said I had the symmetry and the drive and encouraged me to consider it. I still remember the phone call I made to her one day while standing at the gas station filling up the car. "Are you just blowing sunshine up my skirt about me being right for competition or are you really serious?" After she stopped laughing over the choice of words I had just used, she swore she meant every word so I gave in and we picked my first show.

I quickly realized I was going to need help. Preparing for a contest wasn't your everyday style of eating and training. I was going to need help in metabolism and recovery (especially at 37 years old). I had a good trainer but I needed a nutrition plan. Suddenly I was facing uncharted territory: an ocean filled with protein powders, BCAA'S, pre-workouts, and fat burners. I knew enough about the human body to know that most of this at the local sport supplement store was pretty much flotsam and jetsam. I needed a company that actually cared about the people who used their product. Enter Beverly International.

I had been introduced to UMP by trainer #1. To this day, it's still one of my favorites! Between the taste and the fact I actually could see changes as a direct result of having it as part of my diet, I contacted Beverly International directly. I was able to speak to a real human being who actually sounded passionate about the product from more than a commission standpoint. We spoke at length about what my goals were and by the time I was done, I had my first stack of supplements geared towards my specific training program!

Two years after this conversation, I won my IFPA card. If I wasn't hooked before, I certainly was now! I did one show as an IFPA Pro and pretty much got my booty handed to me. Up until now, I'd been writing my own diets and had gone as far as I knew how to go. It was time to get serious and hire a diet coach. In addition, since I'd scaled the mountain of that particular competing club, I figured, while I was at it and changing stuff up, I might as well go for what I considered to be Mount Everest (a.k.a. NPC/IFBB). Now I was on to trainer (& diet coach) #4. I was a little concerned when I first hired him because I had a comfort zone with Beverly International. I knew it worked for me and I was a little apprehensive the diet would come back with a bunch of supplement garbage on it. To my surprise and relief, when I opened my diet document, there were a host of Beverly International supplements (including my beloved UMP)! Well, that made me feel really good about hiring my coach! Obviously this man knew quality when he saw it!

Four years after signing on with him (also my last and still my present coach), I finally claimed my IFBB Pro Card! Like I said, a lot of things changed over the years but one thing has stayed the same. Four coaches and two pro cards later, the core of my supplement program has always been Beverly International. Consistent and faithful. And we're just getting started!

## KARINA RHODE AT A GLANCE

**Age:** 46

**Occupation or Education:** Owner/Operator of BodyWorx by Karina - massage/bodywork therapist

**Family:** Husband-Tony, Fur baby (sheltie)-Zephyr

**Current Residence:** Noblesville, IN

**Years training (total):** 9

**Height:** 5'5"; **Weight:** 130 (Off Season), 125 (Contest)

**Favorite Fitness Meal:** If I'm in a savory mood, beef cubes with roasted asparagus & roasted onions. If I'm in a mood for something sweet, Chocolate Muscle Provider Sweet Potato Cake (see Sweet Potato Cake sidebar for recipe)

**Favorite supplements:** By far my favorite supplements are the Muscle Provider & UMP protein powders. They not only satisfy my need for sweets but they incorporate into numerous recipes so you don't feel like you're missing out! The added bonus is you're supporting your gains and recovery while you're treating yourself to something delicious!

**What would you recommend to someone who has never used Beverly supplements before?**

Start with the protein powders. They're the best tasting protein you'll ever encounter and you'll see the results you want for your investment in the product. The proof is in the pudding (or cake, or ice cream, or pancakes, or whatever you want to make with them)! See recipes at [www.BeverlyInternational.com](http://www.BeverlyInternational.com).

**Music:** I listen to classical and new age music all day so when I hit the gym or I'm in my car, it's heavy metal for this girl!

**Most Inspiring Book:** "The Power of Right Believing" and "Unmerited Favor" both by Joseph Prince

**Hobby or interests outside bodybuilding:** Gardening and cooking

**Words to live by:** "Life is the proper binge."  
~ Julia Child

## Diet

I stick to the basic meats and starches. For variety, I swap out my veggies. I use onions, cabbage, Brussels sprouts, asparagus, and celery all for good crunch and satisfaction. Another trick for changing up my menu is the vast variety of spice mixes I have on hand. Broccoli, rice, and chicken can go Mexican, Cajun, or Asian quickly with just the shake of a spice! I also love quantity, which is why I limit carbs during the day so that I can have popcorn at night. I love eating it one piece at a time and I split a bowl of it almost every night with my husband. It gives us both the feeling of something normal when we can share a treat in my contest prep! And as for sweets, thanks to Beverly International's protein powders, I'm never at a deficit!

All values are pre-cooked with the exception of the rice.

**Meal 1:** 70g Steel cut oats with a mini pack of Sunmaid raisins, stevia, cinnamon, & pinch of Penzeys Spices sweet ginger bits, 150g raw egg whites & 18g raw egg yolk scrambled (1 whole egg + 4 whites)

**Meal 2:** Muscle Provider shake or Chocolate Muscle Provider Sweet Potato Cake

**Meal 3:** 150g chicken breast and 50g brown rice over cabbage salad (served warm with salsa and Cajun spices)

**Meal 4:** 150g chicken breast

**Meal 5:** 130g beef cubes with oven roasted onions and asparagus, 2.5 ounces air-popped popcorn sprayed with olive oil

**Meal 6:** UMP shake or UMP soft serve ice cream

Fortunately for me, I like to arrive early for a lot of things including Peak Week. As a result, I don't do a traditional Peak Week because I'm already stage ready. I just stick to my weekly prep.

## UMP Soft Serve Ice Cream

35g vanilla UMP  
 9g sugar free Jell-O instant pudding powder (butterscotch is my favorite)  
 2 pkts Stevia in the Raw  
 ½ c crushed ice  
 ½ -1 c water  
 ½ c frozen cauliflower



You'll need a beast of a blender to pull this off. I have a VitaMix so if you haven't invested in one yet, you might want to consider it.

Put all ingredients in the blender. Start blending speed on medium-high and use plunger to keep pushing ingredients towards the blades. Use more water if you need but this mix should be VERY thick and will take a little time to work into the blades. Keep mixing until smooth and a steady vortex forms. You will also notice the mix doubles in size (let's hear it for increased volume – HOORAY!).

Using spatula, scoop out ice cream. Eat right away or freeze for up to 2 hours for a firmer set.

No blender? Skip the ice and cauliflower and add just enough water to get the mix to a pudding-like consistency. Blend all ingredients using a whisk and freeze for 2 hours.

## Supplement Schedule

**Morning Cardio:** 6 GH Factor + 3 Lean Out

**Meal 1:** Super Pak + 3 Joint Care

**Morning Lifting Session:** 2 scoops Muscle Synergy Powder + 1 scoop Creatine Select

**Meal 2:** Muscle Provider as a shake or cake

**Meal 4:** 2 Lean Out

**Evening pick me up drink:** 1 scoop Glutamine Select + 1 scoop Muscle Synergy made into a slushy (Hey! You can never have too much recovery support!)

**Meal 6:** UMP shake or UMP ice cream + 2 Lean Out

**Bedtime:** 6 GH Factor

## Cardio

During off-season, I try to build and spare muscle as much as possible so my cardio is relatively short consisting of four 20-minute sessions per week. 2 HIIT & 2 LISS.

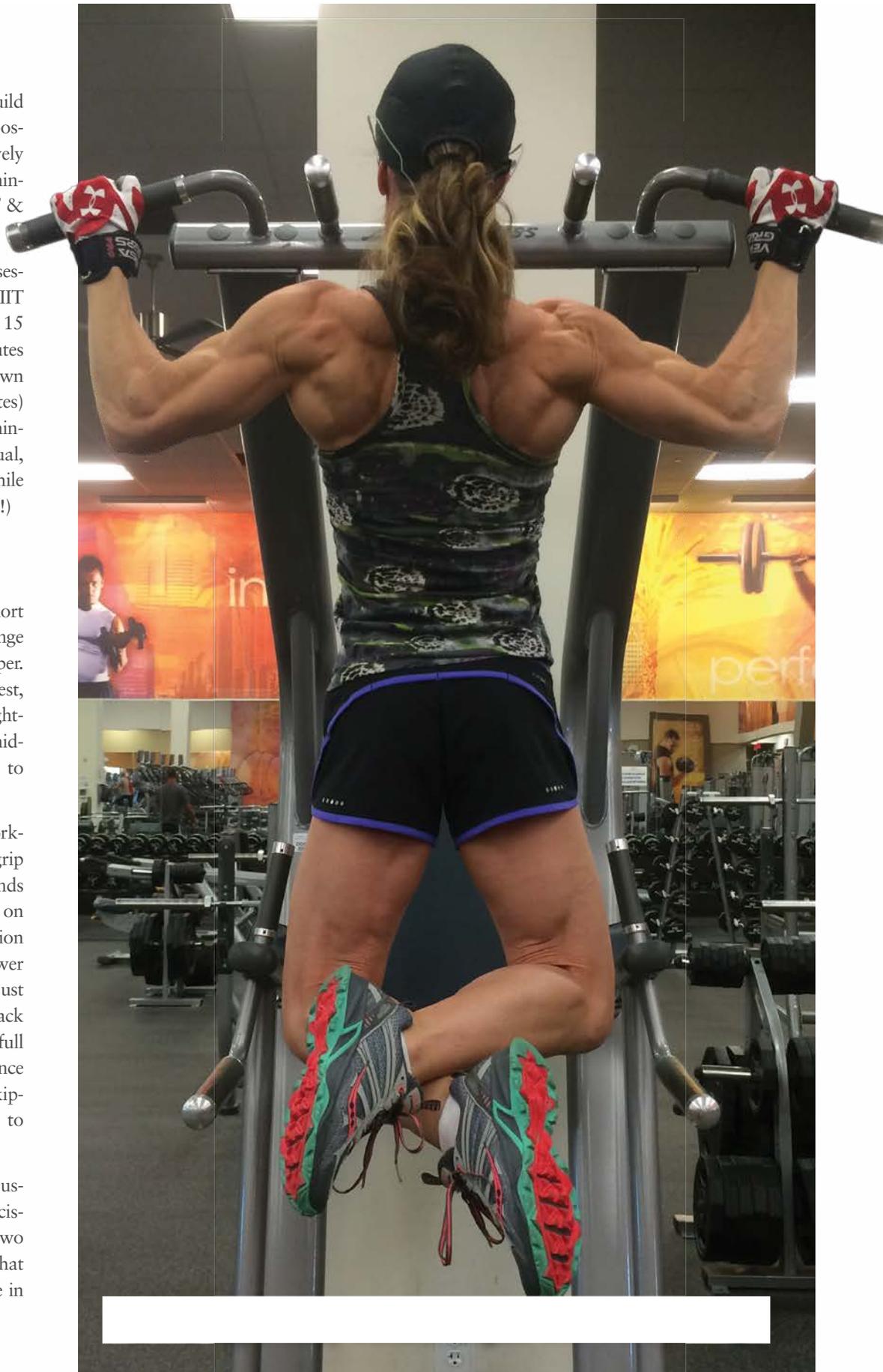
In prep, I'll do as many as 6 sessions per week alternating HIIT & LISS. 3 HIIT sessions at 15 minutes (including 5 minutes each warm up and cool down for a grand total of 25 minutes) and 3 LISS sessions for 40 minutes (where I'll feed my spiritual, self inspirational literature while reading on my recumbent bike!)

## Training

As a Figure competitor with short collarbones, my biggest challenge has been to create a great v-taper. Doing my best to widen my chest, back, and shoulders while tightening and narrowing my mid-section has been a quest akin to hunting for the Holy Grail!

For me, every upper body workout begins with 30 wide grip 1-1/2 pull-ups. Begin with hands set wide and overhand grip on the bar. Start in full extension and pull up above the bar. Lower your body so your head is just below the bar and then pull back up. This is one rep. Return to full extension and repeat the sequence as many times as you can (no kipping!). Rest when you need to but get in 30 total.

As for the waist, I've stopped using weighted abdominal exercises. Instead, I've implemented two kinds of abdominal work that have made big changes for me in less than 10 weeks!



## ABDOMINAL VACUUM

“Shhhh... she’s had a hard workout. She’s probably sleeping.” Ha! Nope. I am doing my abdominal exercises! The beginning of this prep season I found an article about how the old school bodybuilders such as Frank Zane and Arnold Schwarzenegger trained to get tiny waists. The technique is referred to as “vacuum training” and may be done lying down, standing up, sitting, or even on all fours. The muscle trained here is the transverse abdominus. It’s the body’s deepest of the abdominal muscles and its function is to hold in and support the abdominal contents. By pulling the belly button in towards the spine as hard as you can and holding it there for a duration of time, you’re training the transverse abdominus to become tighter and better conditioned. The result is a smaller waistline and it’s easier to hold your tummy in while you’re on stage.

### Sequence:

- 25 basic crunches concentrating on keeping belly button pulled in tight towards the spine
- 1-minute vacuum hold
- Repeat sequence 3x’s without rest

Great thing about vacuum training is you can do it anytime and anywhere without folks knowing you’re doing it! I like to do it in the car on my drive home from work. I try to hold the vacuum for as long as I can or between certain major intersections just to make the drive home more entertaining.

## SEATED TWIST

Another exercise I’ve found beneficial is the seated twist. This helps on two fronts: 1) it tightens the oblique muscles, and 2) it helps you get a better range of motion when you twist in your posing on stage which, in turn, contributes to the illusion of a smaller waist.

Sit on an exercise ball that allows your knees and hips to be at 90-degree angles. You may do this with a broomstick or dowel rod across your shoulders or just holding your arms out. Keeping both feet on the floor and hips level, twist using only the oblique muscles. Twist as far as you can and look behind you. Your body will follow your eyes so the further you attempt to look behind you as you twist, the more range you will gradually achieve. Hold and squeeze at maximum range and then rotate to the opposite side and repeat. I do 100 of these (50 per side). I also employ vacuum holding while I do so for the added benefit!

## Chocolate Muscle Provider Sweet Potato Cake

- 130g raw sweet potatoes
- 35g Beverly International Chocolate Muscle Provider
- ½ tsp baking powder
- 2 pkts Stevia in the Raw
- 5g Ghirardelli unsweetened cocoa powder
- 1 tsp vanilla extract
- 1/4-1/2c brewed coffee



Spray foil with cooking spray. Seal sweet potatoes & one ice cube in foil packet & bake at 400 degrees for 55 minutes (yes, they’ll burn a little but that’s ok - you want them to caramelize). Leave sweet potatoes sealed in foil pack until they cool (keeping the moisture in the packet will help release the caramelized potatoes from the foil).

Mix together baked sweet potatoes, Muscle Provider, baking powder, stevia, cocoa powder, & vanilla until blended well & no chunks of sweet potato remain. Add in enough coffee to make a pourable batter. Pour mixture into a baking dish sprayed with cooking oil. Put dish in a cold oven & set temperature for 375. Bake for approximately 25 minutes.

Eat the whole thing! It’s one serving for your meal! If you want to share or save some for later, just split the macros below. You can make this with as little as 125g of sweet potatoes or as much as 175g. More or less than that and it tastes a little starchy or the consistency is a little lacking.

**OFF-SEASON YOU CAN ADD A LITTLE MORE FUN:**  
(see photo above)

Add 15g Ghirardelli semi-sweet chocolate chips to the batter before baking and top with fat free whipped cream

I’ve made 4 batches at the same time when traveling and just cooked them all in a 9x16 pan. Then did my best to cut them into 4 EQUAL serving days (refrigerate unused portions). You’ll be testing your willpower with this approach, however, trying not to mooch some from the next day because they’re that good!!!



## **Presentation** **SMOKE AND MIRRORS:**

How you pose and your suit can make or break you in a second! Here are two of my secrets:

1. Stand up straight and hold your chest high. Imagine that there's a string attached to your sternum pulling your chest up. This results in stretching out (and up) the abdominal area, which in turn lends to the illusion of a narrower waist.

2. Make sure that your suit bottom is pulled up high on the sides. Many competitors allow the sides of their suit bottoms to be below their belly button. This makes the legs look short and the waist look thicker. Wearing them parallel in line with the belly button adds to the illusion of an accentuated v-taper, longer legs, and smaller waist! And be sure to glue those suckers so they stay where you put them!

## **In Closing**

I got into competing to see what my body could do and man, have I learned a lot! After every contest, I love going over the elements of the journey. I learn something new about myself every time and I've grown not just as a competitor but also as a person. Win, place, or show, I encourage you to enjoy the ride. Take the time to look at where you've been and what you've accomplished regardless if you have hardware in your hands for the effort. My ultimate goal every time has been to learn something about myself that helped me to grow stronger in life. If you can do that, you've won!

**“Beverly International  
has been with me  
from the beginning  
and I'm not going  
anywhere without  
them.”**

# Here's How I Trained for **2 Half-Marathons** and a **Professional Bodybuilding Show** ...at the Same Time!

By: **Sean Young**, IFPA Natural Professional

I am always up for a challenge. My wife runs marathons and I'm a natural pro bodybuilder. That made it hard for us to train together in the past. But, now that our daughters are no longer babies, I decided to train alongside her for a couple of half marathons, and then immediately transition into contest prep for a bodybuilding show. Now I know this goes against "traditional" bodybuilding wisdom. You're supposed to add size during the off-season, not train for half-marathons. It was definitely going to be a challenge. My goals were to have a respectable time in the half marathons, yet come in full and conditioned a few weeks later for a professional bodybuilding contest. All four aspects of my traditional training would need an overhaul.



## Training

The first step was to develop the perfect workout strategy to maintain muscle while gaining endurance. For my bodybuilding workout, I followed a normal 5-day split.

- Monday – Chest
- Tuesday – Legs
- Thursday – Back
- Friday – Arms
- Sunday – Shoulders

Since I wanted to make sure to stay injury-free, I concentrated on using perfect form and slightly higher reps than normal. Still, I trained as heavy as possible within these parameters.

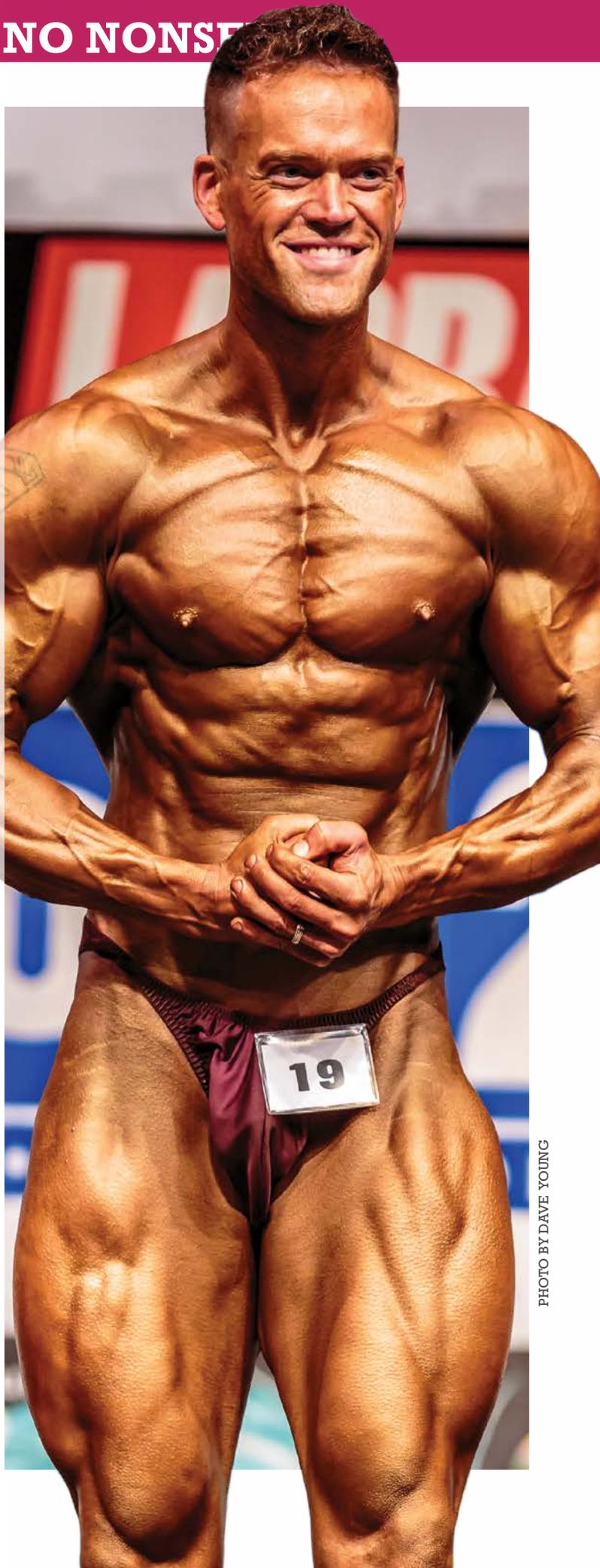


PHOTO BY DAVE YOUNG

## High Rep/Endurance Volume Workout

(4 sets each exercise unless otherwise noted)

- Week 1: 15-18 Reps
- Week 2: 12-15 Reps
- Week 3: 10-12 Reps
- Week 4: repeat week 1, etc.

### CHEST

- Pushups (2 sets wide, 2 sets shoulder width)
- Smith Machine Bench Press (on floor)
- Flat Dumbbell Flyes
- Pec Dips (elbows out, leaning toward the floor)
- Cybex Incline Press
- Incline Dumbbell Press (palms facing in) – 3 sets

### LEGS

- Barbell Squats (wide stance)
- Seated Machine Leg Press (narrow stance)
- Barbell Stiff Leg Deadlift
- Smith Machine Front Squat (narrow stance)
- Bench Step-Ups
- 1 Mile on Elliptical at highest resistance and highest incline (forward motion only)

### BACK

- 2-Arm Bent-over Dumbbell Rows (lower DB all way to ground)
- Smith Machine Deadlifts
- Standing 2 Handle Rows in Cable Crossover (cable at chest height)
- D-Handle Pulldowns
- Reverse Grip Pulldowns
- 1-Arm, 1-Handle Pulldowns (sit sideways on pulldown machine)
- Seated Cable Rows (reverse grip)

### ARMS

#### Biceps

- Barbell Curls (2 sets regular grip, 2 sets wide)
- EZ-Bar Cable Curls
- Standing Dumbbell Curls (for the first half of each set, curl inward and touch dumbbells together; for the second half, keep elbows tucked and DBs out wide)

#### Triceps

- Overhead Rope Tricep Extension
- Dumbbell Kickbacks
- Dips (Elbows tucked, keep upright positioning)
- Superset: 1-Arm Dumbbell Extension and 1-Arm Concentration Curl – 3 sets

### SHOULDERS

- Dumbbell Lateral Raises (arms straight, bring weight directly off the side of the hips)
- Front Raises on High Incline Bench
- Dumbbell Upright Row
- Seated Short Range Shoulder Press (keep elbows bent throughout movement, touch DBs just above your head)
- Bent-over Lateral Raise

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## Cardio and Running Program

The next step was to incorporate fat burning/muscle sparing cardio along with endurance training. I believe cross training is the key to being injury free and protecting the joints. Even though running 13.1 miles in a decent time was the end goal, I felt that I needed to incorporate different angles, inclines and types of cardio to keep the muscles fresh and avoid repetitive joint injuries. Let me show you how I did it:

**Phase One: 4 days/week of HIIT on the elliptical or treadmill for 15 minutes.** On the treadmill, I alternated one minute of fast jogging at various inclines, with one minute of walking. I varied the resistance on the elliptical while going fast in the forward motion for a minute and then slow in the reverse direction for a minute.

**Phase Two: 3 days/week of HIIT on the elliptical or treadmill for 20 minutes.** And 1 day/week a distance run on Saturday in place of one of the HIIT sessions. I started with a 3-mile run on Saturday and gradually increased the distance.

**Phase Three: 2 days/week of HIIT on the elliptical for 20-30 minutes. And 2 days/week of running.** In the weeks leading up to the race, I substituted a 2nd day of running for one of the HIIT sessions. On Wednesdays, I would run 3 miles for time, trying to decrease my time a little each week. On Saturdays, I continued my longer run, successively adding mileage as the weeks grew closer to the race. I did two days of HIIT intervals on the elliptical, 1 minute fast in the forward rotation and 1 minute slow in the reverse rotation for 20-30 minutes.



## Nutrition

The next piece of the puzzle was diet. I knew I was going to need more carbohydrates than usual to fuel my long runs, but would need to manipulate some variables for continued fat loss. I began with my usual diet of 250g of protein, 400g of carbs and 50g of fat. When I started the long runs on Saturdays, I bumped my carbs to 475g two days prior and 450 the day before the run for added glycogen. This was important since I was still working out hard in the gym. At 11 weeks out from the bodybuilding contest I ran my first half marathon. My average macro count at that point was 260g of protein, 370g carbs and around 35g fat.

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My average meal plan at this point looked like this:

Meal 1: Egg whites, honey, and steel cut oats, grits or cream of wheat

Meal 2: Chicken and sweet potatoes or red potatoes

Meal 3: (Pre-workout): Muscle Provider and an apple or orange

Meal 4: (Post-workout): Muscle Provider and rice cakes

Meal 5: Egg whites, grits or cream of wheat

Meal 6: 93% lean ground turkey and vegetables

Meal 7: UMP and peanut butter

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To get my numbers to where they needed to be, I varied the portion sizes and added or subtracted grams of fats, carbs and proteins. To bump my carbs before the races I added in Ezekiel bread or muffins.

Two days before the race I bumped my carbs up to 500g and the day before I consumed 450g. Given that my upcoming bodybuilding competition was the end goal, I paid close attention to how my body looked after these carb up meals during my morning posing practice sessions. I noticed that I looked best two days after the carb up meal. This helped me develop my final peak week as the contest approached.

## Supplements

The final piece of the puzzle was my supplement program. In addition to the Beverly proteins, which are always a part of my diet, I relied on three “specialty” supplements.

**1. Muscle Synergy** was “number 1” on my list to maintain muscle mass. I took 8 tablets upon arising, 8 prior to workouts, and 8 more tablets after workouts. I also took a scoop of Muscle Synergy powder at night. I would heat it up in a coffee mug and sip it like tea. This was especially helpful as a nice nighttime treat. As the show approached I would also heat it up and sip on it during posing practice.

**2. The next supplement I added was Joint Care** to help me remain injury and pain free while pounding my legs in the gym and on the pavement. I took three capsules upon arising and then again 3 capsules before bed.

**3. Quadracarn** was my third key supplement. I rely heavily on Quadracarn year round for improved pumps, vascularity, fat loss, definition, and recovery. I took 3 tablets, 3 times per day.

## Final Preparations

The first race went very well and I established a personal best for the half marathon. My next race, the Cincinnati Flying Pig Half Marathon, would be just 4 weeks out from the bodybuilding show. I would have to start tightening things up even as I was preparing for another half marathon. My training and nutrition schedules now looked like this:

**Monday:** 30 minutes of posing and stretching in the morning; Chest and 25 minutes of HIIT on the elliptical in the evening

**Tuesday:** Legs – no cardio or running on leg day!

**Wednesday:** 30 minutes of posing and stretching in the morning; 3 mile timed run in the afternoon

**Thursday:** 20 minutes posing in the morning; Back and abs in the evening

**Friday:** 20 minutes of posing in the morning; Arms and 30 minutes of HIIT on the elliptical in the evening

**Saturday:** Long run

**Sunday:** Shoulders, 20 minutes of posing, and 20 minutes of HIIT all in the morning

At this point my carbs were down to about 300g/day. For the race, I bumped them to 400g two days before and 350g the day before. Although being somewhat depleted, my time was even better than it had been in my first race 7 weeks prior and I set a new PR!

Now it was time to switch to straight bodybuilding mode for the final four weeks. I didn’t want to change a lot. I continued to run, but cut the distance for my long run on Saturday to 5 miles at maximum. I no longer added extra carbs before the run and basically just kept things steady.

## My meal and supplement plan at 4 weeks out looked like this:

**Upon awakening:** (8 Muscle Synergy tablets, 30 minutes prior to meal 1)

**Meal 1:** 8 egg whites, 3oz cooked grits, 3 Quadracarn

**Meal 2:** 6oz chicken breast, 12oz sweet potato, 5oz baby carrots

**Meal 3:** 1 scoop Muscle Provider, 1 small apple (8 tablets Muscle Synergy and 3 tablets Quadracarn prior to workout)

**Meal 4:** 1 scoop Muscle Provider, 5 rice cakes (8 tablets Muscle Synergy between meals 4 and 5)

**Meal 5:** 7 egg whites, 1 whole egg, 7oz sweet potato, 3 Quadracarn

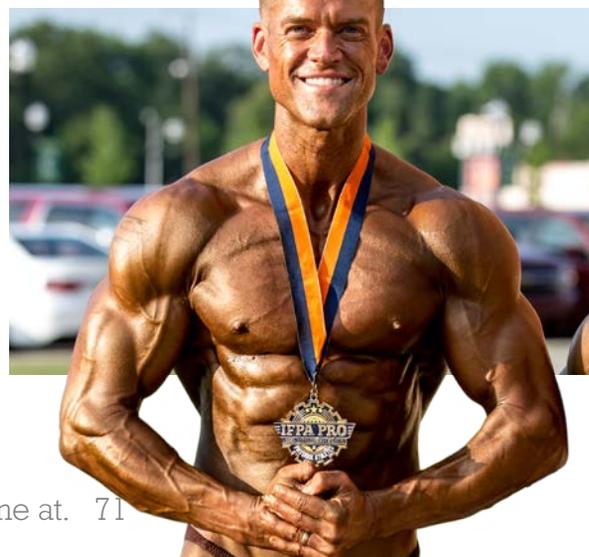
**Meal 6:** 5 egg whites, 7oz onion, (1 scoop Muscle Synergy Powder sipped as tea between meals 6 and 7)

**Meal 7:** 1.5 scoops UMP, 24grams natural peanut butter

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I used this basic format all the way to the show, with some minor adjustments in my ratios depending on my look. I always am instinctive with my diets, so I would tweak things as necessary depending on how I was looking. Given that I had been observing from this whole time how my body responded to the carb up meals for the runs, I knew how much to bump my carbs to peak for the show.

Since bodybuilding is normally a 24/7 sport, it was definitely a mental and physical challenge this year to train for a race while preparing for a professional bodybuilding show at the same time. I have to admit though, it was fun! I came into the show at my heaviest weight to date and placed second in the IFPA Pro Galaxy Elite amongst very tough competition.



Becoming the

# BEST VERSION OF ME

Is more important than any contest placing

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By: **Savina Nikolova**, NPC Bikini Competitor

A year ago, I would have laughed at the thought of joining the bodybuilding world and getting on stage, especially as a bikini competitor. Before I met my coaches, I struggled a lot on my diet and exercise regimen. I hated my body and my eating habits reflected this. I went through periods from eating poorly, to not eating at all, to binge eating. I stressed all the time about food. I was doing multiple workouts a day and ridiculous amounts of cardio just trying to burn as many calories as I possibly could. I wasn't making any progress and my health had begun to suffer, not to mention my mental outlook. That is when a friend recommended I get a coach and things began to turn around for me.

After training with my coaches, Gene and Tina Goode, for a few months they encouraged me to compete. I decided to go for it, but I continued to struggle mentally. I'd look at other women and I wished I looked like them. No matter how many exhausting workouts I put myself through, or how much I dieted, I still didn't look like the women I idolized. It wasn't until a few weeks out from my first show that I realized the woman I wanted to look like was myself, at my best, and I am a work in progress. I am my own motivation and my only competition.

My first show was the Kentucky Derby Festival, in which I placed 6th in Bikini Open B, 9th in Bikini Novice B, and 3rd in Bikini Collegiate B. My second show was the KY Open State Championship, where I placed 3rd in Bikini Open B, 3rd in Bikini Novice B, and was Collegiate Bikini Overall Champion.



PHOTO BY GUSTAVO ALFARO

Sure, everyone on stage wants to win, but what I've learned is that beating my previous best self is more gratifying than any placing. Don't get me wrong, bringing home hardware is awesome, but looking back and noticing all the progress you've made is what keeps me going. That brings me to my first piece of advice – take lots of photos throughout your journey to track your progress.

My second piece of advice is to make sure you understand that preparing for a competition and dedicating yourself to a fitness lifestyle are very different. Competing requires a whole other level of dedication and mental toughness.

Twelve months ago, the women who once I idolized to become, now is the woman I look at in the mirror. Through sacrifice, self-discipline and dedication, I now have two shows under my belt and my third competition prep is in full swing. My goal is to compete at Nationals and my dream is to one day be an IFBB Pro Bikini Competitor.

The following diet and exercise tips are how I approached my first two competition preps and how I've started on my third. My diet changes the closer I get to the day of the competition. The way my diet changes depends on my physique and how close I am to being stage-ready.



## Diet

**Meal 1 (8:00 AM):** 4 egg whites; 1/3 c plain instant-oatmeal, 1/2 grapefruit

**Meal 2 (11:00 AM):** 1 large UMP Rocky Road protein pancake; 1 tsp plain almond butter

*In a bowl, mix 1 scoop of UMP Rocky Road, 3oz water, and 2 tbsp liquid egg whites. Spray a small pan with non-stick spray and pour protein batter in pan. The batter should be thick, but still able to spread across a small pan with the help of a spatula. Cook on one side until the top starts to bubble, then, flip. Cook the other side for 1-2 minutes, lightly pressing the top with a flat spatula. Check to make sure both sides are cooked as desired and serve. Goes great with a large cup of black coffee sweetened with Truvia!*

**Meal 3 (2:00 PM):** 5oz chicken breast, turkey breast, tilapia, or tuna; 2 c spinach or salad of choice; 2 tsp Newman's Own Lite Balsamic Dressing

**Meal 4 (5:00 PM):** 1 scoop UMP Cookies & Crème protein pudding

*In a small bowl, add 1 scoop of UMP Cookies & Crème and a little water. Mix. Add a little more water and mix again. Do this until the pudding is the desired consistency.*

**Meal 5 (8:00 PM):** 5oz chicken breast, turkey breast, tilapia, or tuna; 2 c low-carb vegetables (broccoli, asparagus, or green peppers)

**Meal 6 (11:00 PM):** 4 egg whites with 1 c omelet vegetables, such as red pepper, mushrooms, or spinach (my three personal favorites)

**Carb Loading (Monday & Thursday):** This meal should be consumed within the hour right before bedtime. On Monday and Thursday evenings, carb loading replaces meal 6. If you start to feel extremely full during this meal do not force yourself to finish it all at once. Never make yourself sick trying to finish any of your meals in one sitting.

**Water Intake:** 1 gallon of water throughout the day. Water intake is important to stay hydrated and, as crazy as it sounds, avoids bloating. Competitors, I advise you to drink more than a gallon the closer you get to peak-week and throughout the final week itself. It will help you water deplete the day of the show.

## Meal Prep Tips

As far as seasoning goes, I use Mrs. Dash seasonings on my meats and vegetables because they have no sodium. For my salads, I sometimes just use plain vinegar rather than dressing (I promise it's not as bad as it sounds!). I cook all of my meats in a pan on medium to high heat and I steam all of my vegetables, except for the asparagus, which I generally bake for 15 minutes at about 350 degrees F. I suggest keeping a few cans of canned chicken and/or tuna as a back-up plan for days where you are short on time or just don't feel like cooking. It will keep you from skipping a meal or eating something you normally wouldn't on those hectic days.

I believe in flexible dieting, which is why the majority of the meals provide options. The times listed are based on a typical school/work day for me. Do I eat at exactly those times every single day? No. I do, however, always eat breakfast 30 minutes within waking, eat about every 3 hours, and eat my last meal as close to bedtime as possible. The point of a meal plan is to provide your body with essential nutrients throughout course of the day.

## Supplement Schedule

**Ultimate Muscle Protein:** Meal replacement for meals 2 and 4. (See diet for details.)

**FitTabs:** 2 tablets with meals 1 and 5.  
(Daily total: 4 tablets for immune system support. Serves as a multivitamin and iron supplement.)

**7-Keto MuscLean:** 3 capsules with meals 1 and 3.  
(Daily total: 6 capsules to reduce body fat and optimize lean muscle mass.)

**Lean Out:** 2 capsules with meals 1, 3, and 5.  
(Daily total: 6 capsules to reduce body fat.)

**Muscularity:** 2 capsules with meals 1, 3, and 5.  
(Daily total: 6 capsules BCAAs to assist in building lean muscle mass with co-factors for diet support.)

**Fast-Up:** 3 capsules prior to exercise.  
(Only as needed on those long exhausting days when I just do not feel like working out. I take on my way to the gym to boost my mood, energy and my focus.)

## SAVINA NIKOLOVA AT A GLANCE

**Age:** 21

**Occupation:** Student, University of Kentucky Graduate School (Degree: Bachelor of Arts in Biology with a Focus on Exercise Physiology and Human Nutrition), future Physician's Assistant.

**Family:** Mother, Father, and one older sister.

**Current Residence:** Lexington, KY

**Years training (total):** 4 years total. October 2014 started training for my first competition with my coaches, Gene and Tina Goode.

**Height:** 5'2", **Weight:** 125 lbs (off-season), 118 lbs (competition)

**Favorite Fitness Meal:** 4 pan-cooked egg whites mixed with 1/3 cup oats (I use Simple Truth instant Oatmeal) and 2 packets of Truvia, 1/2 grapefruit, and one large cup of Stash Moroccan Mint green tea sweetened with Truvia.

**Favorite supplements:** My favorite supplements are Lean Out and 7-Keto MuscLean. I started taking both supplements 10-12 weeks out from a competition to help me burn fat more efficiently. My all-time favorite supplement is Fit Tabs. I take them year-round for immune system support and they work better than any over-the-counter vitamin I have tried!

**What would you recommend to someone who has never used Beverly supplements before?** Before you even consider taking a supplement, determine what your goal is and do your research to familiarize yourself with the supplements... Are you overweight? Underweight? Based on where you are and your goal(s), decide which supplements will get you from where you are to where we want to be. I did this with the help of my coaches, but if you don't have a coach or someone to help you select the right supplement(s), Beverly International has an expert team standing by the phones to help walk you through your selection process. I started with UMP. Later, they added Lean out, then 7-Keto MuscLean, and so on. Slowly, but surely, we developed a supplement regimen that was just right for my body and my goals.

**Music:** My music selection goes from one extreme to another. One minute I'm blaring rap and the next I am screaming my lungs out to some old school Shania Twain.

**Most Inspiring Book:** A Penny's Worth of Character by Jesse Stuart, because you're never too old to learn the value honesty from children's literature.

**Hobby or interests outside bodybuilding:** I have a passion for motorcycles. I started riding dirt bikes when I was twelve and I bought my first street bike, a Yamaha YZF-R6, a few years ago. I also really enjoy traveling. I hope to see as much of the world as I possibly can in my lifetime.

**Words to live by:** "For God did not give us a spirit of timidity, but a spirit of power, love, and self-discipline."

## Cardio Schedule

### HIIT TRAINING BEFORE WEIGHT TRAINING

Each weight training session begins with HIIT training. HIIT is not my favorite cardio type of cardio, but it definitely yields the best results. I think it is the most effective way to burn fat and preserve muscle. I stick to three forms of HIIT.

**Treadmill:** Warm-up by walking at a 2-3% incline for 2-5 minutes. Then, step to the sides and set the speed at a sprint. For me, that is about 8.4 mph. Hold onto the side panels and place yourself on the belt. Sprint for 20 seconds and then, holding onto the side panels, step to the sides. Rest for 10 seconds. Repeat. Do this for 10 minutes making your warm-up and sprint total 12-15 minutes.

**Bike or Elliptical:** Warm up by pedaling slowly for 2 minutes, gradually increasing the resistance to a relatively difficult setting. On a scale of 1-10, for me, that is about a 7. Once warmed up, sprint for 20 seconds and rest (pedal slowly) for 10 seconds. Repeat for a total of 10 minutes. Again, your warm-up and sprint total should be 12-15 minutes.

**Stair Stepper:** Warm up for about 2 minutes. I use the interval program and set it on intervals of 20 seconds at a high-speed climb and 20 seconds at a low-speed climb. Again, do 10 minutes of intervals, total of a 12 minute cardio session.

### ADDITIONAL CARDIO AFTER WEIGHT TRAINING

Each weight training session is followed by 20-30 minutes of cardio Monday – Friday. No cardio is performed on Saturday or Sunday. My favorite machines for this additional cardio workout are the stair stepper or the elliptical. On the stair stepper I set it on intervals of 20 seconds high-speed climb and 20 second low-speed climb. This is the same as my stair stepper HIIT workout, but the duration of the exercise is longer. On the elliptical I also do intervals. The intervals are 4 minutes at low to moderate resistance and 4 minutes at high resistance. I generally split each resistance interval and pedal forward for the first two minutes and backward for the last two minutes. Sometimes, when I am in a time crunch, I will perform my cardio at another time of the day rather than after my weight session. On those days I generally perform cardio at my apartment, where I will jump rope, go for a jog, or do another round of HIIT on the treadmill.

## Weight Training Schedule

### MONDAY: ARMS

- Superset: Close-Grip Press & Barbell Curls (3x12 each)
- Superset: Tricep Pushdown & Lying Cable Curls (3x12 each)
- Superset: Skull Crushers & Preacher Curls (3x12 each)

### TUESDAY: BACK

- Chin-Ups 3x12
- Dead Lifts 3x12
- Superset: One Arm Dumbbell Row & Cable Row (3x12 each)
- Tri-set: Close-grip Pulldown, Machine Row & Straight Arm Pulldown (3x12 each)

### WEDNESDAY: LEGS

- Squats 4x12-15
- Leg Press 2x50
- Superset: Leg Extension & Leg Curl (3x12 each)
- Superset: Stiff Leg Dead Lift (3x12) & Calf Raise (3x20)

### THURSDAY: SHOULDERS & TRAPS

- Shoulder Press 3x12
- Tri-Set: Side Raises, Front Raises & Bent-Over Raises (3x12 each)
- Super Set: High-Pulls & Reverse Pec Deck (3x12 each)

### FRIDAY: CHEST

- Superset: Bench Press & Dumbbell Flyes (3x12 each)
- Superset: Incline Press & Decline Press (3x12 each)
- Superset: Raised Feet Push-ups & Pec Deck (3x12 each)

### SATURDAY: REST

### SUNDAY: ABS

- 60 second Plank
- 50 Crunches
- 50 Reverse Crunches
- 60 second Plank
- 50 Mountain Climbers
- 25 Hanging Leg-raises
- 60 second Plank

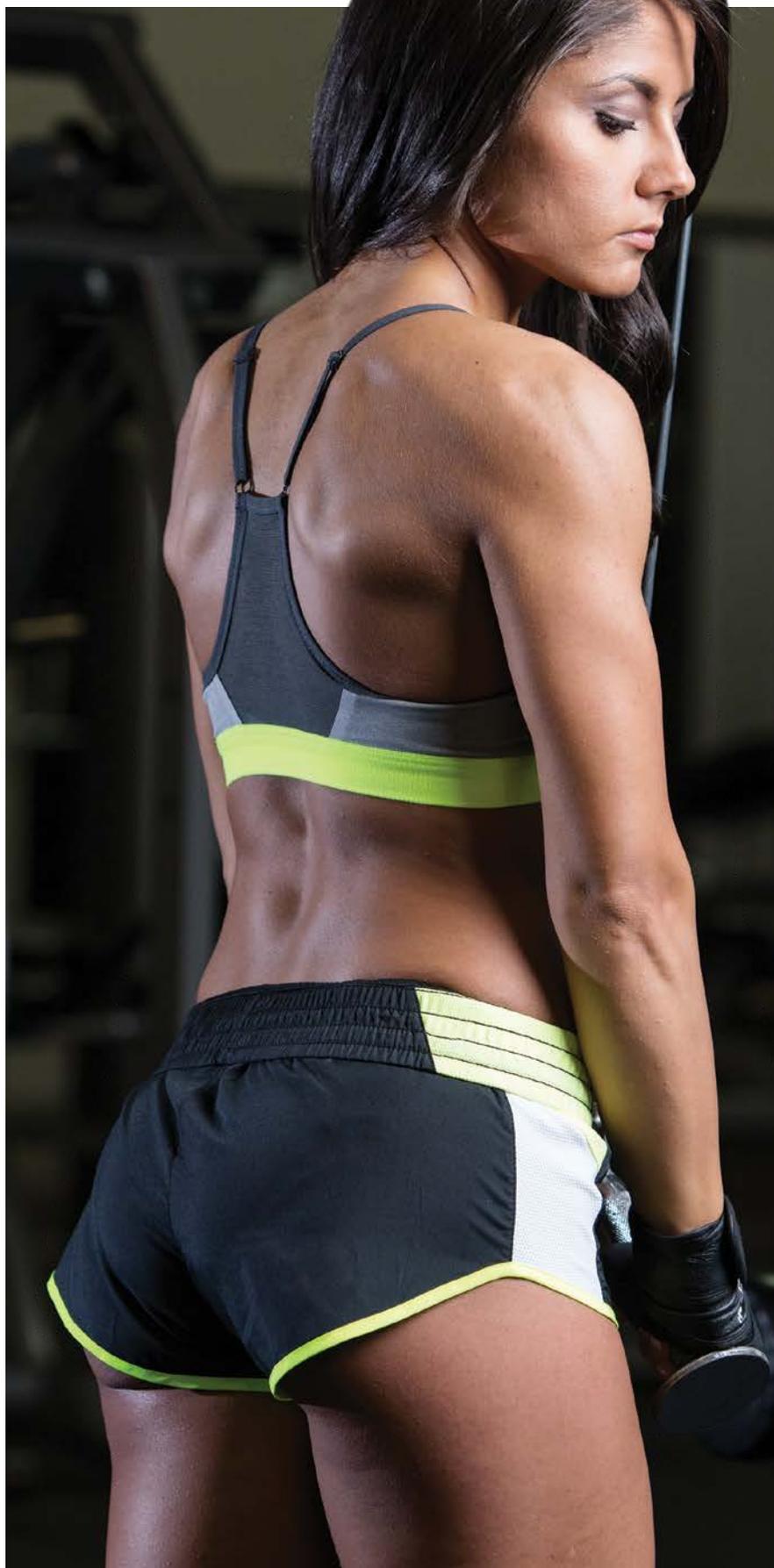


PHOTO BY GUSTAVO ALFARO

## Presentation Tips

Presentation will either make or break you on stage. Unfortunately, the judges don't see how hard we work or how much time we dedicate to diet and exercise. What they see is just the few minutes you are on stage. Posing is everything. Your poses and your routine should complement your physique. No two competitors have the same presentation because no two competitors have the same physique. My coaches and I worked on my routine one day each week. If you are a bikini or figure competitor I suggest buying your competition shoes early and practicing in them. Practice your routine as if you are on stage every single time - from your smile to the way you flip your hair. It's all about feeling comfortable and natural. The way you practice is the way you will execute your routine come competition day.

As far as beauty tips go, mine are quite simple - go with what you know. Your spray tan will cover the majority of your flaws. I get my face sprayed each time and I never wash it. You should wash your face if you plan to use an all-over face make-up. I leave the spray on to develop overnight and I use that as my all-over face color. I highlight my cheekbones with some bronzer and glam up my eyes with some eye shadow and liner. Then, layer on the mascara for dramatic effect. Lastly, I use a lip rosy lip color to add a little sass and make my teeth look a little brighter. I keep my jewelry flashy, yet subtle, and I do my own my hair in some simple style I am comfortable with. Basically, overall, I just stick to what I know and am used to.

My final piece of advice is that which I consider most important - stay true to yourself. You should pursue your fitness journey for no one other than yourself. Committing to competing is tough, but it is also inspiring. Some people will appreciate your hard work and dedication and others will not. Not everyone will understand what you do or why you do it and I've learned to be okay with that. What matters most is that you make yourself proud. Overall, just be honest, stay humble, and never settle.

# CYDNEY GILLON

## Second Generation Fitness Leader

By: **Steve Colescott**

Cydney Gillon's life changed when she was six years old. Not by a choice of her own, but by one both of her parents made. Her parents (Skip and Tangelea) went beyond the decision to change their lives to be healthier. Both of them transformed themselves and stepped on the bodybuilding stage. Eating healthy became the way of living in her house. But this wasn't a choice that six year old Cydney agreed with.

"I started planning to get my junk food elsewhere, at school or at friend's houses," says Cydney. "I had little restraint on what I would eat. So much so, I developed high cholesterol by the age of twelve. My cholesterol was so high that I would get sodium migraines and my doctor suggested I started taking medication." Cydney's mother, who was already established as a daily user of Beverly products, decided against that. Besides her high cholesterol, Cydney consumed so much sugar that she developed very bad cavities. She knew it was time to change her lifestyle.

Cydney's childhood involved visits to the gym, an appreciation for discipline and hard effort, access to Beverly International products, and now an understanding that what you eat brings about ramifications. Much like her parents, her change was not a gradual one. She wanted to compete!

Cydney wanted to do fitness but did not have the gymnastic-based tumbling skills so decided to do figure. "The sparkle and the heels are what drew me to figure," says Cydney. She wanted to compete at 13, but was discouraged by promoters. Since they had no teen classes she was directed towards novice, but insisted on the open class. One of the promoters told Cydney that she could do a show when she was 14, making sure she had some time to reconsider. Unlike most children, she had her mind set.

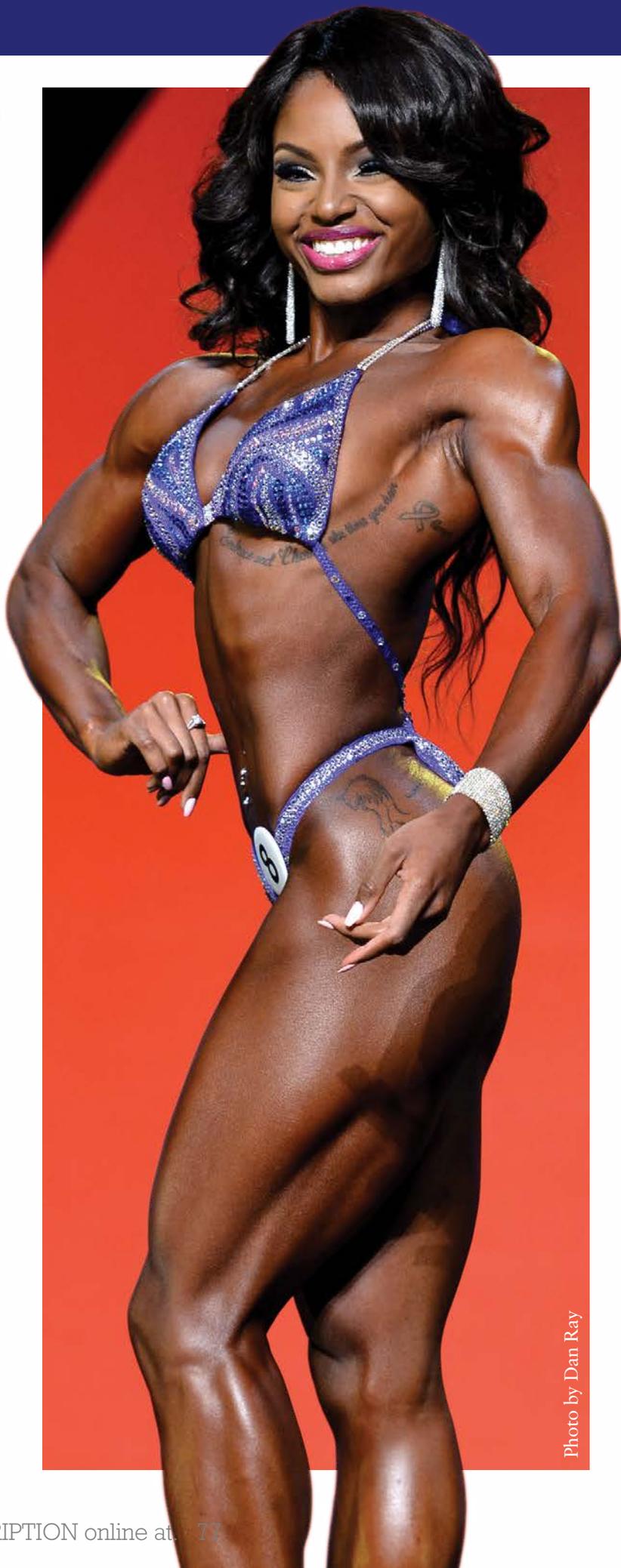


Photo by Dan Ray

“When I was fourteen, I did my first show,” says Cydney. “And that was all she wrote from there!” Eight years later, Cydney has competed in more than a dozen shows and earned her IFBB pro card. In addition to the support of her parents, she also inherited great genetics, including a narrow hip structure and broad shoulders. “Just add muscle to it and it gives me a V-taper.”

Through her scholastic career, Cydney also excelled at sports, particularly track. Her powerful legs made her a natural sprinter, which led to her becoming a varsity track athlete at the University of Pennsylvania. She graduated in 2014 with a Bachelor's degree in psychology.

Shortly after turning twenty, Cydney won the 2012 NPC Nationals. She has also placed in the top ten of all eight pro shows that she has competed in. This includes the Figure Olympia, where she placed ninth and eighth (2014 and 2015) and a ninth-place finish at the Arnold Classic-Figure International. Most impressively, she is the two-time Chicago Pro IFBB Wings of Strength Pro Figure champion.

She earns her living as a personal trainer, posing coach, and choreographer. Although young, her accomplishments allow her to motivate clients and pass on the knowledge for them to succeed.

## CYDNEY GILLON AT A GLANCE

**Age:** 23

**Occupation:** IFBB Pro Figure Competitor, Personal Trainer and Posing Coach

**Education:** University of Pennsylvania (Bachelor of Arts)

**Current Residence:** Douglasville, GA

**Years Training:** 8

**Height:** 5'3 3/4"; **Weight:** ~142 pounds in the off-season; contest weight varies

**Favorite Fitness Meal:** Protein Pancakes!

**Favorite Supplements:** UMP and Density - I used both primarily while I was in track season to make sure I was able to recover and make sure I did not burn off muscle since my cardio level was so high. Density allowed me to maintain my lean muscle tissue.

**For someone who has never used Beverly before:** I would say prepare to have your physique change; the better your supplementation, the better your physique. I always recommend starting with the Ultimate Muscle Protein (chocolate) because it is my favorite protein.

**Hobbies:** Yoga!

**Words to live by:** "If you want to succeed as much as you want to breathe... then, and only then, will you be successful."

## Training

Training is one of Cydney's favorite ways to spend her time. She enjoys the struggle for improvement and overcoming the challenge of the weights. Pushing herself is what relaxes her. “The main thing I have learned in my years of training,” says Cydney, “is to pay attention to your body and know what works for you.”

Cydney lifts at least three times a week. She splits her body into three parts: 1) chest and back, 2) shoulders, and 3) hamstrings and quadriceps. She does not train her arms at all.

In the off-season, she spends about two hours in the gym in a typical session. As a contest approaches, she speeds things up and tries to finish within anabolic steroids for sale an hour. Her training varies, but here is one of her favorite intense workouts as follows:

### 1: Overhead Squat

3 sets of 5

### 3: Barbell Squats

5 sets of 5

### 2: Power Cleans (weight varies depending on your max)

2 sets of 5

3 sets of 3

### 4: Barbell Step Ups

3 sets of 6



For cardio, Cydney likes to add sprinting to her routine. When she does this, she incorporates the workouts that coaches gave her in college. As an elite track athlete, she is able to recruit serious power when she runs. This type of explosive sprinting is difficult (but burns fat quickly). This forces her to cut her workout that day in half, to avoid overtraining.



## Arms By Gillon

Although Cydney's arms are developed to the point where she no longer needs to do specific arm training, she recommends this workout for anyone who is starting to train for Figure or who needs to tone and/or tighten her arms.

### BICEPS

**E-Z bar Bicep Curls:** 3x15

(Rest 1 min)

**Hammer Curls:** 3x15

(Rest 1 min)

**Concentration Curls:** 3x15

(Rest 2 min)

### TRICEPS

**Tricep Pushdowns:** 3x15

(Rest 1 min)

**Tricep Dumbbell Kickbacks:** 3x15

(Rest 1 min)

**Reverse Tricep Cable Extensions:** 3x15

(Rest 2 min)

**Standard push-ups:** 2x10

**Diamond Push-ups:** 2x10

(All final sets 30 seconds rest)

**Cool down and static stretch**

If you are not able to do body weight push-ups, push yourself to not drop to your knees. You want to give each rep a try, so do one and if you do not complete the rep, reset mentally and try again until you get to 10.

If you have absolutely no upper body strength in the beginning, complete a straight arm plank, with legs slightly separated. Hold your abs tightly, and relax into the plank with no arch in your back, for a count of 20 slow counts.

Eventually you can work your way up to a full push-up.

## Nutrition

Cydney changes her diet depending on her condition and goals. Some of the basic principles of her current eating protocol include:

- She generally likes to eat six meals a day.
- To keep her metabolism up, she eats every two-and-a-half to three hours a day.
- Hydration is important. She drinks at least a gallon of water a day.
- Her diet is super high protein, moderate carbs, low fat, with lots of veggies for roughage.

For Cydney, a typical day's eating would be like the following:

**Meal 1:** ½ cup oatmeal, 6 egg whites, ½ grapefruit

**Meal 2:** Protein Pudding! (Ultimate Muscle Protein), 1 tbsp almond butter

**Meal 3:** 5 oz. lean protein , 2 cups veggies, 3 oz. sweet potato

**Meal 4:** UMP protein pudding or shake

**Meal 5:** 4-5 oz. lean protein , 2 cups veggies

**Meal 6:** 4 oz. lean protein or UMP shake

"This year I worked on keeping more of a balance," says Cydney. Even after a contest diet, her childhood junk food binges cannot be a part of a pro figure competitor's life. This is not acceptable if she wants to advance in the rankings. "I put together a plan in advance on what I was going to eat after the show, so I wasn't going to go crazy. I also chose a date in which I was going to get back on a stricter plan so that things didn't get out of control." That is a realistic and wise strategy.

## Supplements

Due to her parents' influence, Cydney grew up with Beverly products. "Beverly is the only supplement line I have taken since day one. It has been a staple for my entire career. I will never go without it the rest of my life. It is going to be here to stay."

Here are some of her favorite products:

**Ultimate Muscle Protein:** Cydney regularly consumes Beverly protein. "I used to be a protein shake lover, but I read in one of the Beverly magazines people talking about the pudding. So I had to try it out in pudding form, and I haven't had a shake since. I'm addicted to them! You have got to try mixing a scoop of chocolate with a scoop of strawberry!"

**Density:** Cydney uses Density three times a day to keep her body charged with high quality amino acids. "I take Density to make sure I maintain my muscle during hard workouts."

**Super Pak:** She covers all her bases with a quality multi-vitamin and mineral combo. "After breakfast, Super Pak keeps my immune system on track. Without it, I don't feel as energized."

**Fast-Up:** Cydney takes this to sharpen her focus, boost her energy and get the most from her training (without jitters). She recommends, "Take it pre-workout if you need a little more energy."

## Conclusion

As Cydney approaches a new competition season, her goal is to compete at the Arnold Classic and qualify again for the Olympia. Her long-term goal is to win both contests (and not just once).

"Having made it to the Arnold and the Olympia were big stepping stones for me," says Cydney. "The best of the best are there. It is an honor to be among them."

She has a unique situation as a top pro competitor. Although she is always the youngest in the show, she often has more experience than most in the lineup. Her future is bright as Cydney's body continues to mature and she gets more experience in IFBB competition.

Success requires more than just training, nutrition, and supplements. A proper mental state is also important. To succeed, Cydney feels that you need to be secure in yourself and remain steadfast. "You can't let anyone's opinion let you falter from your goals. You need to press on. Life doesn't stop for your shows so you need to be resilient and bounce back from whatever is going on." Success requires both strength and passion. Cydney Gillon has shown that she has both in quantity!

Cydney invites you to follow her on Instagram @vytamin\_c

# Don't Call It A Comeback!

# FRANK LAGARDE'S

## Nine-Year Competitive Pause Leads to BIGGER Wins

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As told to: **Steve Colescott**

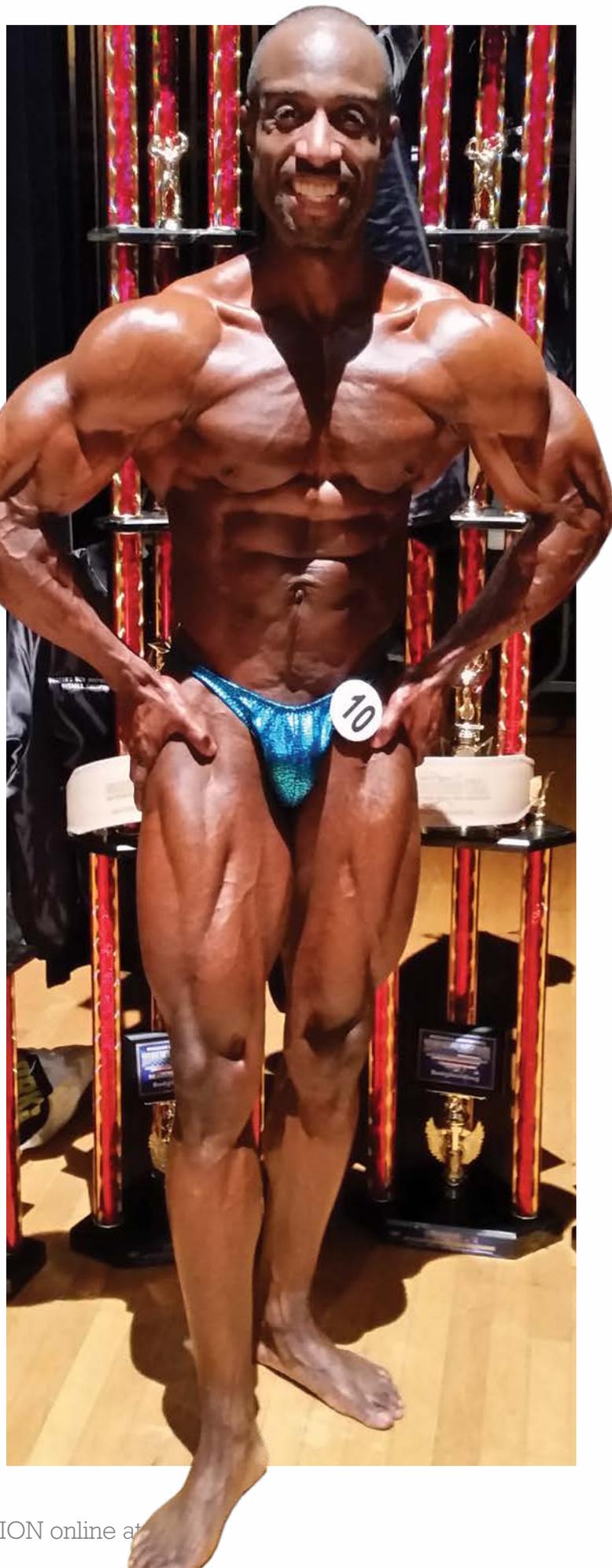
It is traditional for winning athletes to retire; step away from the gridiron, court, field or ring; focus on other things. Then, given time, they find their mind questioning things: Do they have what it takes for another win? Are their best years behind them? Most of all, have they accomplished everything that they are capable of in the sport?

For natural bodybuilders like Frank LaGarde, the situation can be different. Taking almost a decade away from the posing platform, did not remove him from the gym. Bodybuilding is a sport in which 99% of the athletic performance takes place before the day of competition. LaGarde's nine-year break was not a retirement.

"In addition to getting married and moving, doing too many shows in a three-year period burned me out," LaGarde says. "I also knew I needed time to put on some muscle since I was squeezing into the middleweight class (at six-feet tall)."

Natural bodybuilding requires time, even for those possessing good genetics. Frank LaGarde definitely has some genetic advantages, including broad shoulders and a small waist. His V-taper exaggerates itself when he diets for a contest. "It's a gift and a curse. It helps you in bodybuilding but it is hard to buy clothes that fit you." This is NOT a terrible burden.

Frank began lifting for basic recreational exercise after high school but he got serious in 1999, which led to him competing in 2000. "I went to a contest that one of my wife's col-



lege friends competed in and said, 'I can do that'". Since Frank placed well in his early contests (and went on to win in the most of the ones he entered) he became hooked on competing. Here is a listing of his three hectic early years in the sport:

- 2004 NPC Natural Ohio**  
(Middleweight: 1st place)
- 2004 NPC Upper Ohio Valley**  
(Middleweight: 1st place)
- 2004 NABBA Canton Open**  
(Middleweight: 1st place)
- 2005 NPC Natural Ohio**  
(Middleweight: 1st place)
- 2005 NPC Upper Ohio Valley**  
(Middleweight: 1st place /  
Overall Champion)
- 2005 NABBA Canton Open**  
(Middleweight: 1st place /  
Overall Champion)
- 2005 NPC Mike Francois Classic**  
(Middleweight: 1st place)
- 2006 Team Universe (National Contest)**  
(Middleweight: 5th place)
- 2006 NPC Motor City Classic**  
(Middleweight: 1st place)
- 2006 NPC Ohio State Championships**  
(Middleweight: 1st place)

Prior to taking a break from competition, Frank had difficulty dieting down to the 176-pound limit of his weight class. Few things are as frustrating as whittling away hard-earned muscle mass just to weigh-in for a class victory.

## Resurgence

During his nine-year break from competitive bodybuilding, Frank's focus outside of the gym had been on marriage and career. In the gym, he slowly added muscle onto his new light-heavyweight build. He now plans to bring up his calves and traps before looking for the next areas required for ongoing construction.

Frank works from 8:30 until 5:00pm as a Sales Rep for AT&T-Midwest in the Small Business Sales department. His co-workers respect his bodybuilding goals and the job fits in well with his needs.

After work, he returns home, gets something to eat or drinks a shake, and makes it to the gym around 7:15. After work, Frank trains at Pep Wahl's Body Builders Inc in Akron, Ohio. Body Builders Inc is one of the country's best (and most under-rated) gyms. Need to chalk your hands? No worry about having to clean up after yourself. Chalk boxes are positioned throughout the gym. Body Builders' has an uncommon "men-only" rule. What might seem like an outdated rule insisted upon by the landlord 35 years ago, does have its benefit for those that train there. Lack of the fairer sex removes the need for gym clothes that match. You don't see men in custom-designed athletic footwear, \$60 gym hoodies, or matching lifting belt-and-shoe combos. Heck, even a hairstyle flattened by the pillow is not uncommon here. The vomit buckets get used and hard work is typical, with powerlifters, bodybuilders and non-competition gym meatheads all training hard and driven by their own purpose...whatever it might be.

Frank trains solo and likes to hit each body part twice a week. His training takes between 90 minutes to two hours, so he is home by around 9:00. This gives him just an hour to relax with his wife, Jennifer, before wrapping up his day.

Frank's approach in the gym doesn't change much pre- or post-contest. As the contest approaches, he does go a bit lighter, slightly reduces the rest periods, and does high-rep burnout sets (with maybe 15-20 reps). For example, his chest training may involve a heavy pressing movement followed by higher reps pec deck or flyes.

Why does Frank not make big changes to his training as a contest approaches? "I don't let my body composition get out of control." Like other smart and dedicated lifters, his off-season condition does not become sloppy with some type of "bulking" strategy. "At the recent NPC Natural Northern USA, I came down from around 212-213 and competed around 180." This contest (promoted by Dave Liberman) is one of the largest regional drug-free contests in the country so Frank's overall wins in both the Open Class and Masters Class show that he properly filled out his now light-heavy frame. This made his return to the stage a success:

- |  |   |
|--|---|
| <b>2015 NABBA Rubber City Classic</b><br>(Light-Heavyweight: 1st place)    | <b>2015 NPC Natural Northern USA</b><br>(Overall winner and Light-Heavyweight class 1st place)                |
| <b>2015 NPC Ohio State Championships</b><br>(Light-Heavyweight: 1st place) | <b>2015 NPC Natural Northern USA Master's Class</b><br>(Overall winner and Light-Heavyweight class 1st place) |
| <b>2015 NPC Ohio State Championships Master's Class</b><br>(1st place)     |   |

## Maximum Potential

So why did Frank LaGarde make the decision to contact Beverly International? “My initial goal was to maximize my potential in order to get the very best results when competing,” Frank says. He started reading the No Nonsense Newsletter around 2000, but didn't try the products until 2003.

“When I first started bodybuilding, I was not using Beverly. But I decided to give Beverly a try. I noticed that the people winning at the shows were being featured in the No Nonsense Newsletters as loyal Beverly supplement users. That was proof enough for me!”

“I've been using BI supplements for so long, I do not have anything to compare it to. I guess that's pretty good.”

“I first met Steven Wade at the Beverly booth at the Arnold Classic, I believe it was 2002. We talked about the different products, mostly the protein powders.” When Frank decided to begin using Beverly he sent an email detailing his goals, and Steven was the Beverly Advisor Team member who replied. The two men crafted a contest diet that he has been using to this day. “Why change, if it's working?”

Frank's use of Beverly supplements is very diverse. His favorite products include Ultimate Muscle Protein (UMP), Provosyn, and Quadracarn.

In his off-season, Frank takes one scoop of UMP and one scoop of Provosyn, two to three times daily. He also adds in four Ultra 40 tablets and four Mass Aminos twice daily, first thing in the morning and in the evening post-workout. For overall vitamin/mineral support, he has a Super Pak in the morning. To fuel his training, he has two scoops of Glutamine Select post-workout or three scoops sipped during training. He wraps his intake up with Quadracarn, three tablets, three times a day.

Like many successful bodybuilders, Frank's supplement intake makes minor increases as the competition approaches. This is to protect against muscle loss when calorie intake and metabolism are more strictly controlled. He increases his intake of Ultra 40 and Mass Aminos to four of each with every meal (five times a day). He increases this to a sixth dose of the two products as the diet continues. Beverly's Creatine Select is added in to keep his muscles full of creatine when glycogen may be a bit low. The contest prep period also includes two Lean Out and four Muscularity with each meal. GH Factor is also included with six capsules in the morning and another six before bed. As a final support, Frank includes three 7-Keto MuscLean capsules in the morning, followed by a second similar dose in the afternoon.

“I didn't want to waste time with a lot of guess work and experimentation. Beverly has definitely helped me with that. They've helped me meet my goals...from the very beginning up until current day. Their input has always been on the money. Even after I took nine years from competing, Steven was still there to help me get back into contest shape.”

Frank's praise of Beverly International goes beyond his own contest victories and reflects his early views of the newsletter (which has now transformed into the No Nonsense magazine). He likes BI “mainly because they use “real world” people such as myself, not just professional bodybuilders and fitness models, but regular people who have to be at work every day. I think that goes a lot further, when discussing real world results.”

In life, real world results are the barometer of success. This involves goals taken beyond wishful dreams to becoming accomplished objectives. Frank LaGarde's impressive extensive list of contest victories demonstrate real world results. And now his profile in a Beverly article may serve to inspire more future champions to accomplish their own real world results!

### Meal Plan

**Meal 1:** 1 whole egg, 6 egg whites, 1 can tuna, 1 scoop Muscle Provider, ½ grapefruit

**Meal 2:** 1 can tuna mixed with 4 boiled egg whites

**Meal 3:** 8oz grilled chicken breast, 2 ½ cups green beans

**Meal 4:** 2 scoops Muscle Provider, 1 tomato or ½ grapefruit

**Meal 5 (pre-workout):** 1 can of tuna or 10 egg whites

**Meal 6:** 7oz turkey breast or 8oz white fish, 2 cups of steamed vegetables (usually broccoli)

**On Mondays and Thursdays, I ate the following in place of my normal 6th meal:**

1 ½ cups of oatmeal (measured before cooking) or 1.5 cups cooked brown rice, 10oz sweet potato, 1 banana, 1 cup vegetables, and 1 tablespoon butter

## **Training**

As mentioned before, Frank's training program doesn't change drastically between his pre-contest and off-season sessions. He attacks most body parts twice a week to encourage optimal growth. His typical workout each week breaks down as the following:

### **MONDAY: ABS, HAMSTRINGS, CHEST, BICEPS**

Ab Crunches or Declined Sit Ups: 4x25  
Leg Curls: 5x10  
Straight-Leg Deadlifts: 5x10  
Chest Press Machine: 5x10  
Pec Deck Flyes: 5x10 (sometimes superset with Dips 5 x10)  
Standing Bicep Curls: 5x10  
Dumbbell Hammer Curls: 5x10

### **TUESDAY: ABS, BACK, SHOULDERS, TRICEPS**

Weighted or Machine Crunches: 3x25  
Lat Pull Down: 5x10  
Seated Rows: 5x10 (sometimes superset with Shrugs 5x10)  
Machine Shoulder Press: 5x10  
Lateral Raises or Upright Rows: 5x10  
Triceps Pressdowns: 5x10  
Overhead Triceps Rope Extensions: 5x10

### **WEDNESDAY: REST**

### **THURSDAY: ABS, CALVES, HAMSTRINGS, CHEST, BICEPS**

Hanging Ab Crunches: 4x25  
Seated Calf Raises: 5x10  
Leg Press: 5x10  
Standing Ham Curls: 5x10  
Incline Chest Press: 5x10  
Wide Chest Press: 5x10  
Preacher Curls: 5x10  
Rope Curls: 5x10

### **FRIDAY: REST**



### **SATURDAY: BACK, QUADS, SHOULDERS, TRICEPS**

Romanian Deadlifts: 5x10  
Front Squats: 5x10  
Reverse Grip Lat Pulldowns: 5x10  
T-Bar Rows: 5x10  
Machine Shoulder Press: 5x10  
Rear Delt Flyes: 5x10  
Single Arm Triceps Pressdowns: 5x10  
Overhead Triceps Extensions: 5x10

### **SUNDAY: REST**

# My Journey from Competitive Boxer to **WOMEN'S PHYSIQUE COMPETITOR**

By: **Rebecca Powell**  
2015 Natural Ohio Masters Women's  
Physique overall champion

I have always been an avid fitness enthusiast. I was raised in a very active household and physical activity has always been a part of my life. In the '80's it was aerobics and later, Tae Bo. But, deep down I always wanted to be like one of the "fit" girls on the magazine covers. Although I tried to stay active as I raised a family, I really couldn't dedicate any significant time to fitness until my sons grew older. In 2012 I began taking cardio boxing classes at a local gym and fell in love with it. After a year of boxing for fun and fitness, I decided to take it to the next level and began training to box competitively. My first tournament was at the 2014 Arnold Classic. I came in second. What an amazing experience! Following that tournament I continued to train and looked forward to my next fight.

Then, in the fall of 2014, my oldest son, Christian competed in a bodybuilding competition. It was the Natural Ohio, hosted by Dave Lieberman. My husband and I made the trip to cheer him on. We really enjoyed the show and were proud and thrilled when Christian placed first in several classes. Another highlight of the show was the Women's Physique competition. I was completely taken aback and in awe of those women. I loved their combination of femininity and muscle without the glitz and glam of those in the Figure or Bikini divisions. Right then and there I knew that I wanted to compete in Women's Physique. I nudged my husband and said, "I can do that...I know I can do that!"



Lisa Greco Photography

And so my “physique” journey began. Being an “all in or all out” girl, I knew I needed help if I was going to successfully make the switch from boxer to physique competitor. Training and diet changes would be a necessity. Instead of emphasizing quickness and conditioning alone, I needed to eat and train for muscle growth and development while minimizing bodyfat. Luckily, I was fortunate to have the opportunity to work with some amazing coaches. Coach Rob Quimby, former bodybuilding champion and owner of Fitness Lifestyle Personal Training, along with Coach Tina Triguero, IFBB Pro and owner of Tfit Training, gave me all of the tools that I needed to succeed.

## REBECCA POWELL AT A GLANCE

**Age:** 39 (will be 40 on July 3rd)

**Occupation:** Branch Manager for Mueller Roofing Distributors, I am 5th generation in our family-owned business.

**Family:** Curt (husband), sons Christian (age 22 and also a body builder), Tristan (19) and Trenton (19) (twins)

**Current Residence:** Liberty Township, Ohio

**Years training:** 3 years

**Height:** 5' 2"; **Weight:** 130 (Off-Season), 122 (Contest)

**Favorite UMP recipe (off-season treat):**

Peanut Butter Protein Bites - 1/3 cup natural peanut butter, 1/4 cup honey, 1 scoop chocolate UMP, 3 tbsp ground flaxseed, 3 tbsp mini dark chocolate chips. Mix all ingredients together. Form dough into quarter size bites. Store in the refrigerator.

**Favorite BI Supplement:** Muscle Mass - This is an excellent BCAA! I used it throughout my prep to aid in muscle preservation and muscle recovery. Taking Muscle Mass during training is the secret to sustaining my intense training schedule.

**Supplement Recommendation:** Make it simple! Start small... more isn't always better. Follow the BI plan that best aligns with your goals ([BevNut.com/solutions](http://BevNut.com/solutions)).

**Music:** Anything from the 80s and 90s to current: Van Halen, White Snake, Prince, Journey, Eminem, Alter Bridge, Metallica and Anthrax

**Most Inspiring Book:** The Servant by James C. Hunter

**Hobbies:** Boating with my family, reading, and traveling

**Words to live by:** "You were born to win, but to be a winner, you must plan to win, prepare to win and expect to win."

~ Zig Ziglar

## 20% Bodyfat to 7.7% Nutrition and Supplement Plan

Starting with a body fat percentage of about 20%, I had my work cut out for me. I began my overall nutrition and training prep about 20 weeks out from my contest. At 12 weeks out, I really tightened things up. Here is the nutrition and supplement program that I used to drop my bodyfat to 7.7% while maintaining all my muscle.

### Meal 1:

2 eggs + 6 egg whites  
1 cup broccoli  
½ cup oatmeal  
½ grapefruit

### Meal 2:

Strawberry UMP  
shake

### Meal 3:

6oz chicken  
1 cup asparagus  
4oz sweet potato

### Meal 4:

Strawberry UMP  
shake

### Meal 5:

6oz tilapia  
1 cup broccoli



I am a busy girl so I like to keep things simple. I do all of my meal planning and prep for the week on Sunday afternoons. It takes about 3 hours but saves me loads of time during the week and it keeps me on track. I cook 10 skinless chicken breasts at a time in the crock pot with salt and pepper, Flavor God seasoning, and 2 low sodium chicken bouillon cubes. I bake tilapia with lemon juice and a little pepper. I pre-cut all of my veggies, separate them into servings and I place them all into disposable steamer bags for easy storage and cooking. Meals #2 and #4 are UMP Strawberry shakes. I prepare them the night before by adding 2 scoops to a shaker bottle with about 10oz water. I then put it in the freezer overnight. I take the frozen shake with me to work and by the time I'm ready to drink it, it's a slushy! I LOVE it.

## Supplements

### **(PRIMARY GOAL: GAIN/MAINTAIN MUSCLE MASS WHILE LOSING FAT)**

During my meal planning sessions, I also prepare my supplements in daily dosages and store them in a pill organizer to expedite things during the week. Beverly products were instrumental to my success. When boxing I had used various supplements, but my contest prep trainer said that Beverly was the best and helped me design a supplement plan to gain lean muscle mass while losing fat. I noticed a huge difference in my ability to gain muscle and lose fat. Here's the program I used to lose more than 12% of my bodyfat in 20 weeks while securing all of my muscle.

**UMP:** (Chocolate and Strawberry) Strawberry is my favorite... a treat that tastes like cake batter!

**Ultra 40:** (3 with each meal)

**Mass Aminos:** (3 with each meal)... switched to Muscle Mass around 8 weeks out (3 with each meal and 10-15 total taken before, during and after training)

**Lean Out:** (2 upon rising and 2 with each meal)

**7-Keto MuscLean:** (3 upon rising and 3 mid-afternoon)

**Joint Care:** (3 capsules twice daily) I swear by this supplement...I have bad tennis elbow and as long as I keep this on board I am in good shape.

**EFA Gold:** (3 softgels twice daily)

**Glutamine Select** (2 scoops while training and 1-2 scoops throughout the day to curb hunger)

Kudos to Beverly and excellent customer service! The online ordering page is fantastic and repeat user friendly. My order is always spot-on and arrives at my doorstep within a day or two at the most!

## Weight Training

I work a sedentary job from 7:30-4:30 daily, and then go right to the gym where I meet my husband. We train together for 1.5 – 2 hours, six days a week. We work with one of my coaches, Rob Quimby, on two of those days.

Rob and I focused on leaning out my legs while also improving shoulder and chest mass. Although I have a decent amount of muscle in my legs, I tend to carry some excess "baggage" there too. I trained them twice a week in completely different ways to lean them out and expose those detailed lines. My favorite leg exercises are squats alternating with 150# sled pushes. Here are the basic parameters for my training:

- Trained each body part twice weekly
- Focused on weight for reps (12-15 reps per set/4-5 sets each exercise/  
Increased weight with each set/Enough weight that the final few reps of the final set are very challenging and near failure)
- Use a lot of supersets

### MONDAY: LEGS (MY FAVORITE)

Deep heavy Barbell Squats superset with 30-yard 150# Sled Pushes  
Leg Extensions and Sissy Squats superset with 20-yard steep Hill Runs  
Heavy barbell Walking Lunges superset with 40-yard Sprints  
Weighted Jump Squats

### TUESDAY: CHEST/BACK

#### CHEST

Dips superset with Incline Dumbbell Press  
Flat Dumbbell Press superset with Chest Flyes  
Barbell Bench Press  
Incline Barbell Bench Press  
Dumbbell Pullovers superset with Push-ups

#### BACK

Heavy Deadlifts superset with Seated Cable Rows  
Chin-ups superset with One Arm Dumbbell Rows  
Wide Grip Pulldowns superset with Bent-over Barbell Rows  
Inverted Chin-ups using the TRX suspension trainer

### WEDNESDAY: SHOULDERS/BICEPS/TRICEPS

#### SHOULDERS

Seated Arnold Press superset with Behind the Head Pulldowns  
Standing Dumbbell Press superset with Side Lateral Raises  
Barbell Press in front of head and behind  
Bent Over Rear Delt Raises superset with Barbell Upright Rows  
Shrugs superset with Cable Face Pulls

*workout continued on next page...*

## **BICEPS / TRICEPS**

Close Grip Pullover & Press superset with weighted Bench Dips  
Skull Crushers superset with Tricep Pushdowns  
Overhead Tricep Extensions using the rope/cable  
Barbell Curls superset with Reverse Curls  
Standing Dumbbell Curls superset with Hammer Curls  
Preacher Curls or Concentration Curls over a bench

## **THURSDAY: CHEST/BACK** REPEAT TUESDAY WORKOUT

## **FRIDAY: LEGS (HEAVY)**

Heavy Squats  
Leg Press superset with Leg Curls  
Romanian Deadlifts superset with Swing Squat Machine  
Donkey Calf Raises superset with weighted Reverse  
Hyperextensions

## **SATURDAY: SHOULDERS/BICEPS/TRICEPS** REPEAT WEDNESDAY WORKOUT

## **Cardio**

20-30 minutes of fasted HIIT cardio first thing in the morning on the treadmill, 6-7 days per week- incline jog/sprint.

Evening cardio following weight training: 20-30 minutes on the stationary bike 5-6 evenings per week.

## **The Results**

I competed in my first show in March of 2015, the NPC Natural Ohio. I was thrilled to garner second place in the Women's Physique Open "A" Class and win the overall in the Master's Women's Physique division. Four weeks later, I competed in the NPC Kentucky Derby and placed third in both the Women's Physique Open Class "A" and Master's Women's Physique Class. It was a great start to what I know will be a challenging but rewarding experience in Women's Physique. A big thank you to my awesome coaches, my amazingly supportive husband and family for helping me battle through this huge accomplishment.

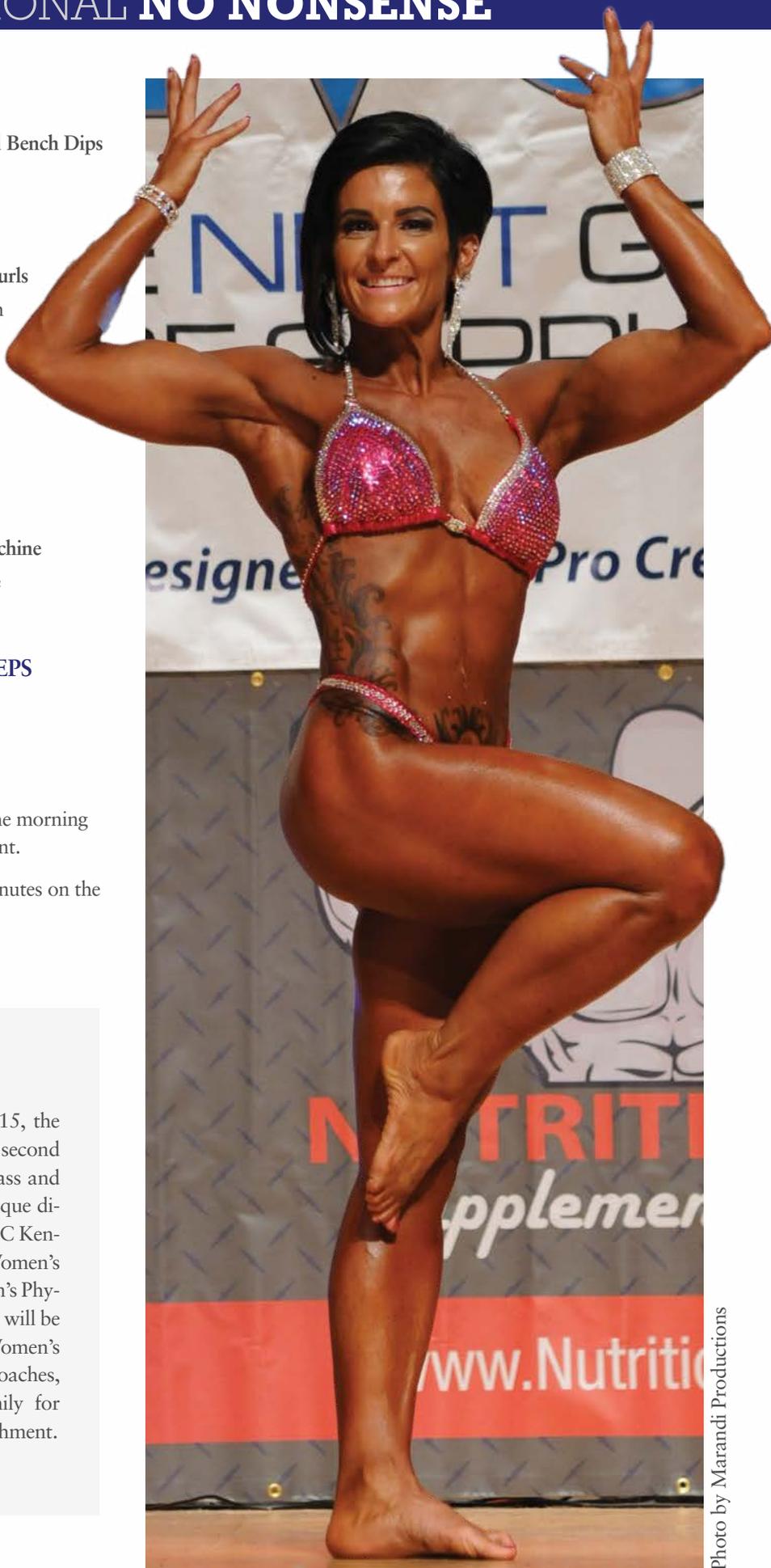


Photo by Marandi Productions

# Bodybuilding as a **LIFESTYLE**

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By: **Khoshal Azami**

I always wanted to look “BIG” and fit. Growing up as a teenager in the 90’s, I was under the impression that lifting was all there was to “getting big”. Then, when I began training for my first competition I quickly learned that there was a lot more to it than just pumping iron. I had no idea that training went hand-in-hand with the right diet, the right supplements, and the right amount of cardio. Looking back, I did everything wrong. I dieted wrong, I trained wrong, I dehydrated trying to get the “dry look”, any mistake you could make, I made it. But, in the long run it was a valuable lesson. You progress in bodybuilding, as in life, by learning from your mistakes. After that first contest I knew I had a lot to learn and I applied myself to learning it. I continued to refine my training and cardio. And I even studied for and passed my personal training certification. Last year I also became a Certified Nutrition consultant.

The training aspect came easier for me than the nutritional one. My workouts were spot on but the results just weren’t there. I tried everything from calorie counting to intermittent fasting without any progress or results. The more I studied and the more nutritional techniques I experimented with, the more confused I became. Real results finally came when I started receiving the No Nonsense magazine! There were finally people I could relate to in this mag, not Mr Olympia or Mr Universe, but regular people who had attained the results that I was working so hard to achieve. Reading and analyzing their nutrition and supplement programs showed me how to fix my problem. I needed to speed up my metabolism. The solution was simple - eat small meals, many times throughout the day, and supplement with Lean Out and 7-Keto MuscLean. I dropped the fat that wouldn’t leave in almost no time at all! I added muscle building shakes, puddings, and brownies infused with delicious Muscle Provider at least twice each day. This made sticking to my muscle building, fat-busting nutrition plan so much easier. It didn’t feel like I was dieting at all! The Muscle Provider protein pudding and brownies killed all my cravings for sweets.

Now that I finally have a handle on all of the aspects of looking big and fit – training, cardio, nutrition, and supplements, I’d like to share it with you. I hope it will help you as earlier No Nonsense magazine articles helped me.



Winning  
the overall  
at the 2014  
NPC Natural  
Muscle  
Classic



At my first  
contest in  
2009

PHOTOMADOX

## **KHOSHAL AZAMI**

AT A GLANCE

**Age:** 38

**Occupation:** Owner, Body by Khoshal Personal Training; co-owner Lifestyle Fitness, Wilmette, IL

**Family:** Sophia, wife. We have a 3.5 year old daughter.

**Years training (total):** 16 years

**Height:** 5'8"

**Weight:** 210 (Off Season); 176 (Contest)

**Favorite Bodybuilding Meal:** Protein Pancakes made with sweet potato and two scoops of Muscle Provider.

**Favorite Supplements:** My favorite supplement is Muscle Provider Vanilla because I love the taste! I incorporated it in my morning pancakes, snacks, and shakes! I love the flexibility it has—I can mix it into anything! I also love Creatine Select. It not only gives me energy but most importantly, makes my pre-workout shakes delicious!

**What would you recommend to someone who has never used Beverly supplements before?** For somebody who has never used any Beverly supplements, I would definitely recommend Muscle Provider because it can be mixed into anything! It is honestly the best tasting protein that I have ever come across.

**In your CD player:** Nothing! I love my Sirius XM radio!

**Most Inspiring Book:** The Kite Runner  
**Hobby or interests outside bodybuilding:** Going to the movies!

**Words to live by:** "All things are difficult before they are easy. It's not about falling, it's about getting back up. Success is not a skill, it is a persistent attitude."

- Marc

## **Training**

### **MONDAY: CHEST DAY**

Barbell Bench Press: 4x10, 8, 6, 4

Barbell Incline Bench Press: 4x10, 8, 6, 4

Dumbbell Flyes: 3x10, 8, 6

Parallel Bar Dips: 3x15, 10, 8

Pullovers: 3x15

### **TUESDAY: BACK DAY**

Chin-Ups: 4x10 minimum

Close-Grip Chins: 4x10 minimum

T-Bar Rows: 4x15, 12, 8, 6

Bent-Over Barbell Rows: 4x8-12

Deadlifts: 4x20, 15, 10, 6

Lat Pulldown: 4x25, 20, 15, 10

Dumbbell Pull-Overs: 4x20, 15, 10, 6

### **WEDNESDAY: LEG & ABS DAY**

Squat: 1x20 warmup, then 4x10, 8, 6, 4

Front Squats: 4x10, 8, 8, 6

Hack Squats: 3x10

Leg Curls: 4x20, 10, 8, 6

Standing Leg Curls: 4x10

Straight-Leg Deadlifts: 3x10

## **CALVES**

Donkey Calf Raises: 4x10

Standing Calf Raises: 4x15, 10, 8, 8

## **ABDOMINALS**

Crunches: 3x25

Bent-Over Twists: 100 reps each side

Machine Crunches: 3x25

Crunches: 50 reps

## **THURSDAY: SHOULDERS**

Behind-Neck Barbell Press: 1x15 warmup, then 4x10, 8, 8, 6

Lateral Raises: 4x8

Bent-Over Dumbbell Laterals: 4x8

Dumbbell Shrugs: 3x10

Barbell Shrugs: 4x20

Upright Row: 4x20

## **FRIDAY: ARMS**

Standing Barbell Curls: 5x15, 10, 8, 6, 4

Incline Dumbbell Curls: 4x8

Concentration Curls: 3x8

One-Arm Triceps Extensions: 3x10

EZ Bar Curls: 4x10-20

## **FOREARMS**

Barbell Wrist Curls: 4x10

Reverse Wrist Curls: 3x10

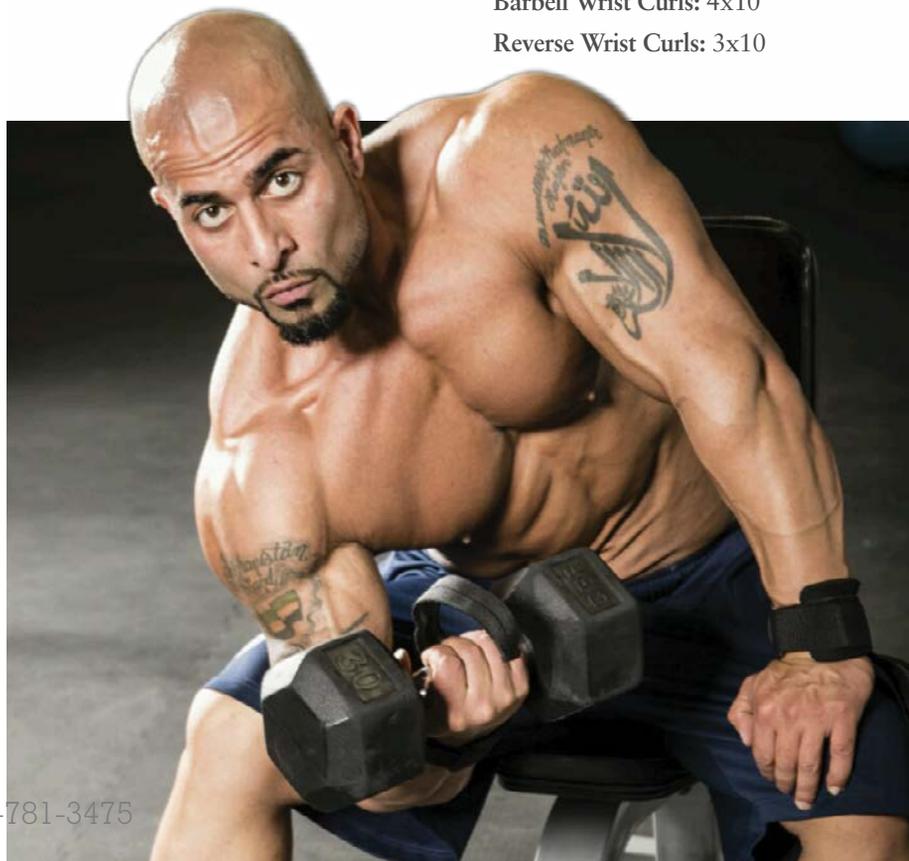


Photo by Emil Sinanagic

## Nutrition

Preparation for a competition takes weeks, months or even years! I have to stay on a strict diet for at least 16 weeks, which used to be difficult because my mom is such an amazing cook. Coming from a large family and such a rich culture, dieting was hard in my household. Being persistent and proactive is what helped me cope and over the past couple years I have implemented my bodybuilding diet into my daily life, making it part of my lifestyle. I taught my family the importance of healthy eating. My mother even started implementing healthy substitutions into her cooking. Eating healthy, in my household, is now a part of our life. One tip I can give you is to always try to eat with someone, because eating in front of the TV or the computer can lead to mindless over-eating.

### HERE'S MY 16-WEEK PRE-CONTEST DIET PLAN.

**Meal 1:** 6oz 96% lean beef or 10 egg whites, 1 cup quinoa

**Meal 2:** 6oz grilled chicken, 8oz sweet potato

**Meal 3:** 6oz 96% lean beef, 1 cup brown rice, 6 asparagus spears, ½ cup spinach

**Meal 4:** 6oz white fish, 8oz sweet potato, 6 asparagus spears, 1 cup broccoli

**Meal 5:** 6oz white fish, 1 cup brown rice, small green salad, 6 asparagus spears

**Meal 6:** 6 egg whites, 4 asparagus spears (I often make a pudding or brownies with Muscle Provider chocolate and occasionally have a UMP shake in place of meal 6)

## Supplement Schedule

**Lean Out:** (6 capsules per day) I consider Lean Out a must-have to keep my bodyfat in check.

**7-Keto MuscLean:** (3 capsules, twice a day) stimulates my metabolism to burn fat more quickly.

**FitTabs:** (2 tablets, twice daily) I can feel the difference in my energy and well-being when I take FitTabs.

**Glutamine Select:** (1-2 scoops before and/or after workouts) for muscle recovery.

**Creatine Select:** (1 scoop prior to workouts) builds size and strength.

**Density:** (5 tablets, twice a day) supplies the essential amino acids necessary to build muscle.

**Muscle Synergy:** (1 scoop in water during my workout) for pumps, strength, and muscle development.

**Multiple Enzyme Complex:** (1 or more tablets daily as needed) to help in digestion and assimilation of nutrients.



## Cardio

My favorite type of cardio is the stair master. I usually have to be at work by 5am, so I wake up an hour early to do cardio. It's such a great feeling and perfect for weight-loss because I do it on an empty stomach. My aim is always 45 minutes but going an extra 15 is never a problem, if I have time.

## In Closing

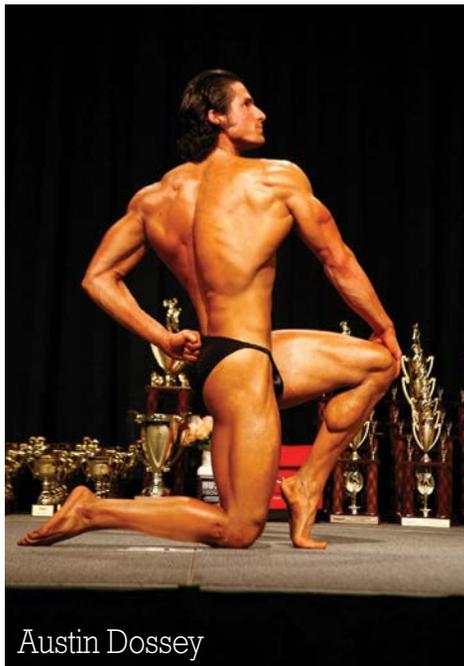
Preparing for a competition is only a hobby but it is the #1 factor in helping me get in shape fast. Knowing a contest is approaching motivates me to become much more disciplined in my training and especially in my nutrition plan. And I love the outcome, especially if it's a late spring or early summer show – just in time for my summer beach body. Since my first competition in 2009, I have done five more competitions. On November 22nd, 2014 I won the overall at the NPC Natural Muscle Classic in Rockford, IL. So whether you want to look “BIG” and fit like me, or just want to live a healthier lifestyle, I hope that this article inspires you the way past *No Nonsense* articles have motivated me.

# CLASSIC PHYSIQUE

By: **The Beverly Advisor Team**

All photos courtesy of Rick Lohre

Have you been itching to compete but don't feel you are quite big enough for Bodybuilding and also aren't crazy about competing in Men's Physique? A new division called "Classic Physique" could be just the thing for you. It's planted firmly between the extremes of the massive, ripped muscle prioritized in Bodybuilding and the smaller, cover model look of Physique divisions. Many of you will naturally fall into this category based on your structure and genetics. Plus, if your goal is to look more like Frank Zane, or even closer to Arnold, than Kai Greene, you now have a competitive outlet.



Austin Dossey

As regular readers of No Nonsense already know, BI users and followers of our diet methods have been achieving this type of look for years. A physique where shape, symmetry and a pleasing athletic, muscular look is rewarded. It's the type of overall physique that the majority of men will see and say, "That's what I would like to look like". And most women will prefer looking at!

Best of all it's a look that's realistically achievable for most aspiring natural competitors with hard work, dieting and proper supplementation. Going to "extremes" is not necessary and it can be balanced with your real life that includes jobs and families.

This is a brand new division and we're going to get you way ahead of the curve by presenting a complete program to achieve the "Classic Physique". Whether your goal is to compete, or to just do it for yourself, in the remainder of this article we'll provide a 3-Phase Nutrition Program, a specialized 2-Phase Workout including "Feeder Workouts" to help you develop your "Classic Physique", and if you wish to compete, we'll also include a Presentation Section to help you better show off your "Classic Physique". In closing we'll include a Table of Classic Physique measurements to give you specific body part goals to shoot for.



Bill Yates



Jeff Schaffer

# “Classic Physique” Nutrition

Your Classic Physique nutrition plan is designed help you gain and retain muscle while you lean out. You should start your diet for the contest as early as possible. Don't wait until the last minute. The earlier you start, the more time you will be able to spend in Phase 1 (the Musclebuilding phase). There are 3 diet phases in all. Each one emphasizes excellent food choices which will allow you to keep gaining muscle where you need it while you whittle away fat from your waist and other problem areas.

## Phase 1 “Classic Physique” Nutrition Plan

Start the Phase 1 nutrition plan at least 16-20 weeks out from your contest date. The first phase is designed to help you gain as much muscle as you can while increasing your muscularity. But even this early in your preparation, you should still focus on achieving that classic small waist, so losing fat is also a priority. Train as heavy and hard as possible, but use textbook form and concentrate mentally and physically on improving any weak points in your physique. (See Phase 1 Training on page 26) The recommended high protein foods and quality supplements will allow you to continue to make improvements to your physique so make every training session count.

Note: In the meal plan below if you weigh less than 165 lbs reduce meat and carb portions listed by 2oz. (All meats are weighed prior to cooking.)

**Meal 1:** 2 whole eggs + 4 egg whites, 6oz lean meat, ½ cup oatmeal – (measured before mixing with water and cooking)

### Meal 2: (Choose one option)

Option A: Protein Drink with two scoops Ultimate Muscle Protein, 1-2 tablespoons healthy fat source (olive oil, flax oil, almond butter) or heavy whipping cream.

Option B: 8oz lean beef or chicken or 10-12oz tuna, one small apple or orange

**Meal 3:** 8oz lean meat (chicken or other lean protein source), 6oz sweet potato or 2/3 cup cooked brown rice, 2 cups vegetables (broccoli, etc.) or green salad with 4 tbsp vinegar and oil dressing

**Meal 4:** (same options as meal #2)

**Meal 5:** 10oz very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, filet, etc.), 2 cups vegetables, salad with 2 tbsp vinegar and oil dressing

### Meal 6:

**Option A:** Protein Shake or Pudding: 2 Scoops Ultimate Muscle Protein, add enough water to make a shake or pudding the consistency you desire

**Option B:** 8 egg whites + 2 whole eggs or 6oz beef, 1-2 cups vegetables

## Essential Supplement Program:

- 1 Super Pak with meal #1
- 4 Ultra 40 tablets and 4 Mass Aminos with each meal

## The Best Optional Supplements for Phase 1 (in priority order)

**Glutamine Select** – take 2-4 scoops during training to preserve muscle during precontest dieting.

**Muscle Synergy** – if you want to continue to add muscle, get a great pump every workout, and can afford it – then Muscle Synergy is for you. You have to take enough though, eight tablets or 1 scoop twice a day if you weigh less than 185; if you're a light heavy or heavyweight you'll benefit most from 24 tablets or 3 scoops per day. Muscle Synergy holds lean muscle tissue while dieting better than anything. We just don't always recommend it to everyone because of the expense.

**Creatine Select** – will help you keep your strength up and train harder while dieting so that's another product you should consider. Take 5 scoops per day with meals for the first 5 days, then 2 scoops daily on training days, and 1 scoop on non-training days.

## An economical way to use Muscle Synergy and Creatine Select during Phase 1:

Weeks 1-2:

Use Creatine Select as directed above.

Weeks 3-4:

Take Muscle Synergy and Creatine Select together for the next two weeks.

Weeks 5-6:

Creatine Select, no Muscle Synergy.

Weeks 7-8:

Creatine Select and Muscle Synergy.

**If you have any questions at all about our supplements be sure to email our Beverly Advisor Team at [BevNut@BeverlyInternational.net](mailto:BevNut@BeverlyInternational.net) or call them at 1-800-781-3475.**

## Phase 2 “Classic Physique” Nutrition Plan

This is the first “precontest diet” that you’ll follow. In general you will switch from Phase 1 to Phase 2 at 8-10 weeks out. If you think that you are not leaning out fast enough go to Phase 2 at 10 weeks out; if you’re on track wait until the 8-week mark.

Note: As before, if you weigh 165 or less, reduce the meat portions by 1 or 2 ounces in each of the listed meals. (All meats are weighed prior to cooking.)

**Meal 1:** 8oz lean beef or turkey, 3 egg whites, 1 yolk, 1 grapefruit

**Meal 2:** Protein Drink: 2 scoops UMP or Muscle Provider, 1 tbsp healthy fat (olive oil, flax oil, almond butter, etc.) or 1 tbsp heavy whipping cream

**Meal 3:** 8oz chicken or turkey breast (weighed prior to cooking), 2 cups vegetables

**Meal 4:**

**Option A:** Protein Drink: 2 scoops UMP or Muscle Provider, 1 tbsp healthy fat (olive oil, flax oil, almond butter) or 1 tbsp heavy whipping cream

**Option B:** 6oz can tuna or 5oz chicken, 3 egg whites, 1 whole egg, 1 tomato

**Meal 5:** 10oz lean meat (chicken, turkey, fish, 93% or leaner beef, etc.), 4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.), 2 tbsp cider vinegar and 1 tbsp olive oil for a dressing

**Meal 6:** 5oz chicken or turkey breast; 6 egg whites, 1 cup omelet vegetables

**Monday and Thursday:** In place of meal 6 (or as an added 7th meal if you weigh over 185 and your condition warrants it): 1.5 cups oatmeal (precooked) or cooked rice, 10oz sweet potato, 1 medium banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil

### Best Supplements - Phase 2

**Meal 1:** 1 Super Pak, 3 EFA Gold

**Each meal:** 4 Ultra 40; 3 Density (and/or Mass Aminos); 3 Muscularity; and 2 Lean Out.

**Training:** 2-4 scoops Glutamine Select plus BCAAs and 10-20 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select).

Take 3 Quadracarn 3 times daily: 1st thing in the morning, before training, and before bed.

**Optional:** Up-Lift – 2 scoops before training; Creatine Select w/ beta alanine – 2 scoops daily or Muscle Synergy – 2-3 scoops (or 16-24 tablets) daily

### Best Supplements - Phase 3

**Meal 1:** 1 Super Pak and 3 EFA Gold

**Each meal:** 4 Ultra 40; 3 Density; 3 Muscularity; 2 Lean Out.

**Training:** 2-4 scoops Glutamine Select plus BCAAs and 10-20 Muscle Mass (5 Muscle Mass per scoop of Glutamine Select). Optional take 5 Density just before training.

Take 3 Quadracarn 3 times daily: 1st thing in the morning, before training, and before bed.

Take 3 7-Keto MuscLean capsules twice daily, in the morning and afternoon.

## Phase 3 “Classic Physique” Contest Peaking Nutrition Plan

Phase 3 is a no-frills, no nonsense, basic precontest diet program that works for nearly everyone. However, you should stay with your Phase 2 Plan as long as you are getting results in terms of improved conditioning. Don’t change just for the sake of change.

Kick in the Phase 3 plan at 4 to 6 weeks out and only if your progress has stalled.

**Meal 1:** 5oz lean beef or turkey, 6 egg whites + 1 whole egg, 1/2 grapefruit

**Meal 2:**

**Option A:** Protein Drink: 2 scoops Ultimate Muscle Protein or Muscle Provider, 1 tablespoon healthy fat or heavy whipping cream (optional), 4 strawberries (optional), 16oz water

**Option B:** 6oz tuna or chicken, 3 egg whites + 1 whole egg, 1 tomato

**Meal 3:** 8oz chicken (weighed prior to cooking), 4 cups salad (lettuce, tomato, carrot, cucumber, green peppers, etc.), 2 tbsp cider vinegar and 1 tbsp olive oil for a dressing

**Meal 4:**

**Option A:** 6oz tuna or chicken, 3 egg whites, 1 whole egg, and 1 tomato or a cup of vegetables

**Option B:** Protein Drink: 2 scoops Muscle Provider, 12oz water (if post training); or 2 scoops Ultimate Muscle Protein

**Meal 5:** 8oz lean meat (chicken, turkey, fish or 93% lean beef, etc.), 2 cups vegetables

**Monday and Thursday:** Add a 6th meal at the end of the day: 1.5 cups oatmeal (precooked) or cooked rice, 10oz sweet potato, 4oz banana, 1 cup vegetables, 1 tbsp butter, almond butter or oil

# “Classic Physique” Training

Your training programs should be designed to develop proportion and symmetry, as well as muscularity. You should not be looking to simply add as much size as possible or to overdevelop any particular bodypart. Overall proportion and aesthetic muscularity is the goal. We’ve developed the following training programs with those parameters in mind. They are based on decades of training experience to give you the ultimate solution to a well-balanced “Classic Physique”.

There are three parameters of progress that you should be concerned with during both Phase 1 and Phase 2 training:

- Increase reps with same weight
- Increase weight for the same rep range
- Decrease rest intervals between sets – if your strength seems to have plateaued as you get closer to your contest, performing the same number of sets in less time becomes a very valuable form of progress.

It is very important to work each muscle through its fullest range of motion using complete extension and contraction on each exercise.

Use a workout journal to keep your progress on track. It can be a spiral notebook or as fancy as you like. Keep track of every training session. Use the “star method” to track your progress. Every time you use a heavier weight than before on a set, get more reps with a particular weight, or complete a series of sets in less time give yourself a star in your journal. A 10 Star workout means you did an extra rep or used more weight on at least ten sets during your workout. Finish a bodypart in record time and you get another star.

## Phase 1 “Classic Physique” Training Program

Train 2 days on, 1 day off until 12 weeks out.

Day 1: Legs and Calves - Shoulders

Day 2: Chest / Triceps

Day 3: off

Day 4: Shoulders / Biceps / Calves (feeder workout)

Day 5: Back

Day 6: off

From 12 weeks out until 8 weeks out, train 4 days consecutively, then take the 5th day off.

You’ll be using two progression schemes and an advanced technique that we call “Feeder Workouts” (see description at right.)

## 1. Pyramid Training:

Add weight lower the reps each set.

Set 1: 12 reps with a very easy warm-up weight – not all you can do for 12 reps

Set 2: 10 reps still pretty easy

Set 3: 8 reps – use a weight you could get for 9 – 12 here but stop at 8

Set 4: 6 reps – use a weight you could get 6 – 8 reps with but stop at 6

Set 5: 4 – 6 reps - a max set. Here’s where you can earn stars in your training journal. Once you reach 6 reps add weight to the final 3 sets (which will earn a star on each of these sets next time) and start back at 4 reps on set #5. Exercises **alpha pharma using the Pyramid system are marked with \***.

## 2. Double Progressive System:

Use the same weight for all sets. Start at the low end of the suggested rep range. Gradually increase the repetitions, usually adding one rep each week until you reach the top number of suggested reps for each set of a particular exercise. Then add weight and start over at the lower end of the rep scheme. Exercises where you should use the Double Progressive System are marked \*\*.

## 3. Feeder Workouts:

A feeder workout is performed two days after your primary workout for a specific bodypart. We have included feeder workouts for the shoulders, lats, and calves – full development of these body parts are essential in developing a classic physique. The feeder workout is a single all out rest-pause set where you complete a set of 6-10 reps taken to failure, followed by a short break (just long enough for you to take three to four slow, deep breaths), and immediately continue on to failure a second time (you should get somewhere between three and six additional reps, depending on the level of muscular endurance and the muscle fiber composition of the particular bodypart). At this point, take another short pause before going for one to four more (as many as you can get) reps. This will not only provide a nutrient-rich flush of fresh blood but will provide maximal muscle cell activation in minimum time.

## Day 1: Legs and Calves

Squat\* (pyramid) 5 sets x 12/10/8/6/4-6 reps

Leg Press\*\* or Hack Squat\*\* 4x10-16 reps (the Hack Squat is preferred if you have the equipment available)

Leg Extension\*\* 3x12-15 reps

### Superset:

Leg Curls\*\* 3x10-12 reps and Lunge or Straight Leg Dead Lift\*\* 3x10-12

### Superset:

Seated Calf Raise\*\* 5x10-12 and Free Standing (no weight) Calf Raises\*\* 5x25-50 (OUCH!)

*Note:* The original standard for a classic physique was that your calves and arms should measure the same. If any single muscle rates as the least developed of all muscles among bodybuilders – it's the calf. They are stubborn and difficult to develop and require special attention. So don't neglect your calf work.

## Shoulder Feeder Workout

Machine, Cable, or Dumbbell Side Laterals: One Extended Work set – 6-10 reps (close to maximum), rest for 3-6 deep breaths then 3-6 more reps, 3-4 more breaths then 3-4 reps to failure.

Shoulder width is key to developing a classic physique, that's why it is our first "feeder" workout.

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That ends Day #1. There are lots of opportunities to earn "stars" in your training journal. Don't be in a big rush to use as much weight as possible in each exercise. Try to leave each workout knowing you can improve in at least one exercise the next.

## Day 2: Chest, Triceps, Calves

DB or BB Bench Press\* (pyramid) 5x12/10/8/6/4-6 - Dumbbells are preferred if you can give up the barbell bench press in developing squared off "gladiator pecs" preferred in the classic physique

Incline DB Press (double progressive) \*\* 3x6-8 reps constant weight. First session do 6 - 6 - 6 and gradually add reps and earn stars until you get to 8 - 8 - 8 then add weight and start back at 6. If you get bored adding reps, reduce rest time between sets to earn additional "stars."

DB Flyes\*\* 3x8-12

DB Pullovers\*\* 3x8-12 (These work the serratus muscles. "The serratus magnus muscles are the 'jewel-like' muscles of your chest ... they add width to the chest, shape, muscular definition – as well as classic beauty." ~ Vince Gironda)

Close Grip Bench Press\* (pyramid) 4x12/10/8/5-7

### Superset:

Triceps Pushdown\*\* and Dips\*\* 3x6-12 reps each – constant weight no rest between exercises, rest only after both exercises have been performed.

Heavy Calf Raises\*\* 4x8-12

Light Calf Raises\*\* or Donkeys\*\* 4x15-20

## Back Feeder Workout

Shoulder-width Parallel-grip Pulldown (for width) or Under-grip Cable Seated Rows (for back density): One Extended Work set – same procedure as above: 6-10 reps (close to maximum), rest for 3-6 deep breaths then 3-6 more reps, 3-4 more breaths then 3-4 reps to failure.

## Day 3: Off

## Day 4: Shoulders / Biceps

DB Press\* (pyramid) 4x12/10/8/6-8

DB or Machine Laterals\*\* 3x8-12

DB or Cable Bent Laterals\*\* 3x8-12 reps

Barbell Curl\* (pyramid) 4x12/10/8/6-8

Incline DB Curl\*\* 3x8-10

Machine Curl or Preacher Curl\*\* 2x8-12

## Calf Feeder Workout

Standing Calf Raise: warm-up x 10-15 reps, 4x25, 1x100 (no weight on the 100-rep set unless you can get the full 100 reps without resting.) Remember what we said earlier about calves. You must bomb them into growth.

## Day 5: Back

Wide-grip Chins\*\* 4 sets of as many reps as possible per set or Wide Pull-downs\* 5x12/10/8/6/4-5

Deadlifts - 3 sets 10 reps (add weight each set but stay at ten reps per set) Concentrate on perfect form and add weight very gradually in 5-lb. increments each week.

Bent Rows\* or T-Bar Row\* – 4 sets (pyramid) 12/10/8/6-8

Reverse Grip Front Pulldowns\*\* or One Arm DB Row\*\* 3x8-12

Straight Arm Pullovers\*\* 3x10-12 (lie on a bench length wise – keep arms straight)

10 minutes of abs

**Choose One Feeder Workout, not both:** Same procedure as back and shoulder feeder workouts.

**Chest:** Incline Flyes

**Quads:** Smith Machine Squats

## Phase 2 “Classic Physique” Training Program

Start your Phase 2 training program eight weeks out from your contest. During Phase 2 training you’ll be doing a lot of supersets. Supersets allow you to get more work done in less time. Remember, less rest between sets is one of the parameters of progress. Your Phase 2 training will be more focused on improving your proportions and increasing your chest to waist ratio. Note: Steve Reeves, one of the all-time best examples of the “classic physique”, is reported to have attained a 23” differential between his chest and waist measurement. A good goal for you is 15” or more. If your expanded chest measures 45”, your waist would measure 30” or less. As your diet becomes stricter during phase 2, it will become harder and harder to increase reps or poundage, so reducing the time between sets becomes more and more important. You’ll be supersetting antagonistic muscle groups to improve balance and proportion as well as to add a fat burning aspect to your training.

It’s not necessary to “run” from one exercise to the next when supersetting. After you complete a superset rest 60-90 seconds and then start your next set. Since you will be working each bodypart twice every eight days, we will no longer be performing feeder workouts.

Train three days on – one day off:

Day 1: Chest and Back

Day 2: Legs

Day 3: Shoulders and Arms

Day 4: Off; Repeat

### Day 1: Chest, Back, Abs

#### Superset #1:

DB Bench Press 4-5 sets of 7-10 reps

Chin-Ups 4-5 sets max reps per set or

Lat Pulldowns 4-5 sets of 8-10 reps

#### Superset #2:

Incline DB Press 3-4 sets of 8-10 reps

1-Arm DB Rows 3-4 sets of 6-10 reps

#### Superset #3:

DB Flies 3-4 sets of 10-12 reps

Cable Rows 3-4 sets of 8-12 reps

#### Finishing Exercise:

DB Pullovers 3-4 sets of 10-15 reps

#### Lower Back:

Hyperextensions 3 sets of 15- 20 reps

#### Abs:

Three or four exercises, 3-4 sets each for 15-25 reps per exercise.

You should count total reps for abs per workout with a goal of 250-350 total.

### Day 2: Legs, Calves

#### Superset #1:

Leg Extensions 3 sets of 8-10 reps

Smith Machine Squat or Leg Press  
3 sets of 8-12 reps

#### Superset #2:

Hack Squat 4 sets of 6-12 reps

Straight Leg Deadlift 4 sets of 10 reps

#### Superset #3:

Lunge 3 sets of 10-15 reps

Leg Curl 3 sets of 6-10 reps

#### Calves:

Standing Calf Raise 4 sets of 15-20 reps

Seated Calf Raise 3 sets of 10-15 reps

Donkey Calf or Calf Press 3 sets of  
20-25 reps

### Day 3: Shoulders, Arms, Abs

#### Straight sets for shoulders:

Shoulder Press (your choice between machine, dumbbell, military)

4 sets of 6-10 reps

Side Lateral Raise 3 sets of 8-10 reps

Rear Laterals (DB, Cable, or Machine) 3 sets of 10-12 reps

Side Cable Raise 3 sets of 8-12 reps

#### Superset #1:

Concentration Curl 3 sets of 6-10  
reps (squeeze)

Triceps Pushdown 3 sets of 10-12  
reps

#### Superset #2:

DB Curl 3 sets of 6-10 reps

Lying Tricep Extension 3 sets of 8-10  
reps

#### Superset #3:

Barbell or Preacher Curl 3 sets of  
6-8 reps

Close Grip Bench Press or Dips  
3 sets of 10-12 reps

#### Triset #1:

Reverse Curl 3 sets of 8-12 reps

Wrist Curl 3 sets of 12-20 reps

Overhead Pulley Tricep Extension or  
Triceps Machine 3 sets of 8-15 reps

#### Abs:

Same as Day 1 (250-350 total reps)

### Day 4: Off

## “Classic Physique” Presentation

Not only has proportion, balance, and symmetry taken a back seat during the current bodybuilding scene, but the art of physique presentation has also taken a back seat. If you attend a bodybuilding contest you’ll see years of training, strict nutrition, and who knows what else has been done, go to waste when you see the awkwardness many of the competitors exhibit onstage. That’s another reason for the institution of the “Classic Physique” division.

As you follow both your nutrition and workout programs to a tee, you will be well on your way to developing a Classic Physique which highlights proportion, symmetry, pleasing lines, and a small waist. Aesthetics are as important as muscularity and in order to display your physique to its best advantage you’ll need to practice your presentation. If your goal is to compete in the “Classic Physique” division you’ll need to know the rules of competition. The prejudging will consist of semi-relaxed quarter turn comparisons and these five compulsory poses.

### The Classic Physique Compulsory Poses

1. Front Double Biceps
2. Side Chest
3. Back Double Biceps
4. Abdominal and Thigh pose
5. Favorite Classic pose (most muscular is not permitted)

In the finals you’ll perform your posing routine (up to a maximum of 60 seconds) and if you win your class you’ll compete in a posedown for the overall title.

Here are some tips to get started on a structured posing practice regimen:

### PHASE 1 POSING PRACTICE

- Remember! “Classic Physique” competition is posing! No one will ask what you can bench press or squat. How you present yourself and look on stage is all that counts.
- Start posing practice two days per week at 12 weeks out.
- Start with 2 sets of each pose (quarter turns and mandatories) for 10 seconds. For the next four weeks hold each pose for an additional 5 seconds each week.
- Spend most of your time practicing on your front facing pose and finding which variations of your compulsory poses best highlight your physique.
- Start each pose from your feet up to make certain your legs are flexed.
- Work your way around in a circle hitting every pose.
- After completing all of the quarter turns and compulsory poses, that’s one set. Do 2 total sets.

### PHASE 2 POSING PRACTICE

Eight weeks posing practice schedule: Start at 2 sets of each pose for 20-30 seconds. For the next four weeks hold each pose for an additional 5 seconds each week.

Remember to start each pose from the feet up - make sure to keep your legs flexed, suck in your gut, lift your chest, and relax your facial muscles.

- Front stance
- Quarter turn to the right
- Quarter turn to the rear
- Quarter turn to the right
- Quarter turn to the front
- Front Double Biceps
- Side Chest
- Back Double Biceps
- Abdominal and Thigh pose
- Favorite Classic pose – this should be your best pose. Experiment until you find the exact variation of a pose that best highlights your symmetry, proportion, and muscularity. Then practice it to perfection.

**10-minute Prejudging Drill:** Make a 10-minute recording where you call out quarter turns and poses just like the head judge at prejudging. This drill is tremendous for practicing quarter turns. No rest between poses; stay tight the entire drill.

For variation get a video of an actual prejudging off of You Tube and go through it just like you’re on stage.

**The Individual Routine:** Six weeks out (or sooner) start working on your individual routine. Your posing routine should complement your strong points (e.g. symmetry, shape, conditioning, etc.) while at the same time expressing personality.

- You can develop your routine by starting with the mandatory poses, then add a few flattering optional poses. You’ll be able to find many classic physique photos on the web. Mimic each pose you see and determine which ones feel comfortable and flatter your strong points.

- Your routine should be based solely on your strongest poses. This is your opportunity to show the judges only what you want them to see.
- Select your music well in advance and make a professional quality CD. Often it is nearly impossible to create a posing routine based on your favorite song. It is usually better to choose your music to fit your routine, not vice versa. Record only the 60 seconds of music on which you will base your routine. Don't record the entire song. Make a "posing practice CD" with your 60-second selection recorded over and over with a 30 second delay between cuts. You can practice your routine over and over without restarting the CD.

### Points to Remember:

- You will often be asked to hold the front facing pose on stage much longer than the others. You should continue to hold this stance anytime you are on stage throughout the show when you are not being directly judged or as others are "called out". Never completely relax and always keep your legs tensed.
- Practice hitting the poses with your eyes closed and then opening them to see if you are hitting each pose correctly. Remember, on stage you have no mirror.
- It is not necessary to complete all of your posing "sets" at one session, but be sure to complete all scheduled "sets" of each posing round - facings, mandatories, and individual routine with music - by the end of each day.
- Posing sessions are one of the key factors in developing hardness and muscle separation - you can overdo training or cardio but you can't pose too much

## Closing Thoughts

In closing, we'd like to give you some guidelines as listed in *Building the Classic Physique The Natural Way* by Steve Reeves with John Little and Bob Wolff.

These are the maximum symmetrical proportions for each individual male based on height and bone size:

### Classic Physique Proportions

ARM SIZE = 252% of wrist size	CHEST SIZE = 148% of pelvis size
CALF SIZE = 192% of ankle size	WAIST SIZE = 86% of pelvis size
NECK SIZE = 79% of head size	THIGH SIZE = 175% of knee size

Remember, these are maximum symmetrical measurements, and it is your proportions that count. In other words they are the maximum measurements for a body part without getting out of proportion. A good goal is to aspire to reach 90% of the maximum. For example, if your wrist measures 7", the maximum symmetrical arm measurement would be 18". 90% of 18" is 16.2" which would be very commendable. If you'd like a website to do the math for you go to: [www.muscleandstrength.com/tools/ideal-measurements](http://www.muscleandstrength.com/tools/ideal-measurements)



Steve Reeves also devised a chart that determines the maximum ideal weight for a person's height en route to building a classic physique. A 6' male's ideal weight is 200 lbs. At 5'11" it goes to 190 lbs and at 6'1 to 210 lbs. After that every inch below 5'11" results in a reduction 5 lbs per inch. Every inch above 6' results in an addition of 10 lbs. At 5'8" the ideal weight is 175 lbs and at 6'3", it is 230 pounds. Again, the 90% of maximum criteria is a worthy goal for Classic Physique competition.

The NPC has developed their own chart of acceptable heights and weights which you can find on their website at [www.npcnewsonline.com](http://www.npcnewsonline.com). They are a little more lenient and go above Reeves' maximum weights. For example, a competitor 5'11" - 6' may weigh up to 207 lbs. One who is 5'7" up to 5'8" may weigh 177 lbs. In Classic Physique there is no advantage to weighing in at the top of your class, symmetry and proportion are what counts, not size.

In this article we have laid out a comprehensive program to help you achieve a "Classic Physique". If you are training for a specific contest we've given you a step-by-step guide to follow. If you follow it to the letter - nutrition, supplements, training, and posing practice - whether you compete or not, you'll be in the best shape of your life.

HERE'S HOW YOU CAN GET  
**No NONSENSE**

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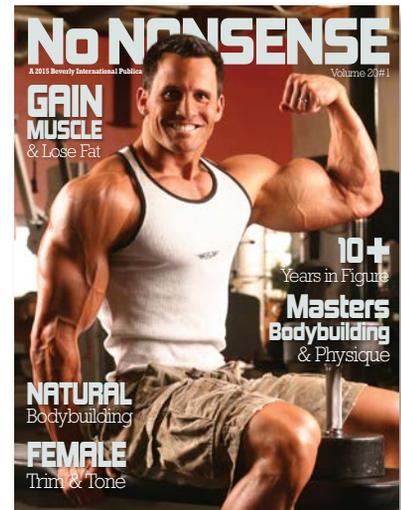
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