

HEALTH AND VITALITY THROUGH EXERCISE AND NUTRITION

JOHN PARRILLO'S

PERFORMANCE

January 2019

IRON VIC SPEAKS!

Can a man add a full inch to his arms in four months?

HOW TO HAVE A PERFECT WORKOUT EVERYTIME

A simple checklist for the gym

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photo by
Amir Marandi

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VIC SIMMS

FROM WRESTLING AND TRACK INTO MMA AND BODYBUILDING

By Marty Gallagher



photo by Amir Marandi

Vic Simms is a 41-year old IFBB professional that competes in the Classic Physique division. In July of 2018 Vic won his pro card, this after competing in only seven shows. His rapid rise was attributable to many factors, not the least of which is that Vic Simms is a lifelong athlete. In high school Vic ran track and wrestled. Track developed his speed and agility while wrestling developed his stamina and raw power. All these early athletic experiences later served as a perfect foundation for the ex-wrestler that had decided to try his hand at Mixed Martial Arts. Vic had an outstanding MMA record before personal tragedy intervened and prematurely ended his career. "I went into a bit of a tailspin after the death of my younger brother. I had just won the biggest fight of my career and four months later I lost my brother. When I lost my brother, I lost the will to continue." Fighting seemed meaningless. It took Vic a few years to bounce back. Being the true athlete that is, a few years later when

he decided to get back in shape, his progress was so quick and dramatic that he thought he'd try his hand at bodybuilding, he met with immediate success. The 42-year old licensed plumber won his bodybuilding pro card this past July. What makes his rapid rise so much more impressive was he was competing and defeating men young enough to be his sons. In the first of a few clichés, "cream rises to the top."

Vic has a wide range of athletic interests and a lot of varied training under his belt. It all combined to give him an excellent set of muscles long before he ever took up bodybuilding. His high school athletics served his bodybuilding career well: track built fast-twitch muscle fiber; wrestling gave him a work ethic and leaned him out. He had self-admittedly gotten out of shape after walking away from MMA. "I gained quite a bit of unwanted bodyweight." He headed to the gym and got serious about

training and nutrition. He had a lot of muscle memory working for him. Once he locked in on process, results came rapidly. His MMA background was instrumental creating his outstanding physique. The modern MMA fighter develops incredible cardio. The ability to "not gas out" is the primary goal of modern fight training. To build a bigger aerobic gas tank, fighters engage in high intensity cardio sessions that are right out of the Parrillo playbook. John Parrillo has always favored really intense cardio, for a host of reasons. The best way to get lean is to combine high intensity cardio with a bodybuilder's approach towards nutrition. Vic began MMA style training at a late age. He found he really took to it; so much so that he was urged to take some MMA fights. "I didn't start MMA until my early 30s, which is quite late in life for a fighter. I think I was around 32 to be exact." Despite his age and late entry into the fight game, he was a natural.



"I started off strong. I held the MMA Big Show title with a record of 6 wins and 1 defeat. I had no title defenses for eighteen months. Finally, I got to defend my title and I beat the original guy that held the title. I decided to go pro. My first pro fight was versus a very tough opponent. He was a purple belt in jujitsu and trained with Mark "The Hammer" Coleman. I won via a referee stoppage. I had two more Pro bouts. My record was 2 and 1 as a Pro. My last fight was on April 23, 2013." This was a big win that would open the door to even more MMA opportunity. "Four months after winning my April fight,

I lost my younger brother. Everything spiraled downhill." The blow rocked his world and threw everything off kilter. "I lost my will to train. I didn't care about anything, training, eating healthy. I gained weight. This went on for about two years." Vic came out of his (understandable) tailspin when a friend asked him to set up his MMA training. "A buddy of mine asked me to help him train for his upcoming MMA fight. The fight would take place in mid-2015; I agreed and that's when things began to turn around." Vic was back in the gym and back in the game. He was inspired once again and commenced training, using

bodybuilding tactics. "I trained at several gyms around Cincinnati before finally joining World Gym. I never intended on doing any competitive bodybuilding. My progress came quick; after six months of bodybuilding-style training, I decided to enter my first show. I wanted to compete in the Classic Physique division. In my first competition I placed 2nd, beating a whole lot of seasoned competitors. I was hooked after this first show and my unexpected (for me) high placing." He redoubled his efforts and got deeper into the bodybuilding approach. He began using Parrillo Products and his



"I became an IFBB Pro on July 20, 2018. This was almost five years to the date of losing my brother. This was a very special and emotional day for my family and myself."

photo by Amir Marandi

progress skyrocketed. "I love CapTri®. It made a huge difference."

Vic went on a competitive rampage. "I competed in seven shows between 2016 and 2018." His meteoric rise reached its peak when he won his pro card. "I became an IFBB Pro on July 20, 2018. This was almost five years to the day after losing my brother. This was a very special and emotional day for my family and myself."

Vic improved with each successive outing and his use of Parrillo products accelerated his progress. Scott Canatsey was responsible for introducing Vic to the various Parrillo products and their highly specialized uses. Vic wanted to be sure and thank Calvin Williams and Scott Canatsey for their help in Vic's quest to become an IFBB pro. These two men shared their collective wisdom and greatly aided Mr. Simms in his bodybuilding adventure. Vic made it a

point to thank family first: "I love my three sons; they are my motivation. I goal is to be a positive role model in all their lives. I want to thank my mother for watching over me and allowing me and encouraging me to train." It is another trite cliché to say someone has "barely scratched the surface" of their capabilities and capacities, however in Vic Simms case the cliché is completely appropriate.



He began using Parrillo Products and his progress skyrocketed. "I love CapTri®. It made a huge difference."





THE TRAINER'S PAGE
THE POST SHOW BLUES

By Scott Canatsey – Lead trainer at the Parrillo Performance training facility

Have you ever prepared to compete for a bodybuilding event? Then, chances are you have experienced the “Post Show Blues.” This is a common malady suffered by most every person who has competed in a bodybuilding event. The 12-16 weeks it takes to prepare for the show and the mental and physical grind day after day creates a rhythm that you live by. Every moment is about the final goal. The goal is to win the event. This takes a focused mind, body and spirit working in concert to align your being into a one mission machine. But, how do you come down from that high of being an ultra-fit

machine? How do you come back to normal life?

The first thing to be aware of (especially if you are new to this), is that you want to pace yourself with food. Many tend to over eat like mad. I have even seen people gain over 50 pounds in 3-4 days after a competition. A person cannot even tie their own shoes when they get this out of hand; I have come close to this myself. The high blood pressure and headaches are not worth it. This food binge can also be the beginning of what brings depression on, due to its awful affect. The awful look

of a bloated, sugar and fat laden bodybuilder is truly depressing just to see, let alone the fact that you must look in the mirror and see that.

Get right back in the gym! Even if it is just working light and going through the motions. Keep the good habits alive by practicing them. Get the body moving and get the good food going back in. You want to be packing food in, but it needs to be quality too. You have an opportunity to gain big just after a show, if you train hard and eat up strong with decent food. This is what we do as a Parrillo Performance practice. The six weeks after the show is vital to utilize. Those are the best gains of the year! Not a time to be down. Your body only gets in this state after an event where you have pushed for many weeks and the body is depleted and ready to respond.

Eating poorly after the show is a sure fire way of ruining that beautiful physique that you are so proud of. Seeing yourself bloated and water logged is not attractive. This is when you need to turn it around quickly or the decline for most people will continue. Those folks usually use the default excuse of bulking season and will get back to the gym, but it is common that the eating habits are still haphazard. There must be a way to enjoy the pleasure of a post-show meal or two without going completely off the rails when it comes to nutrition. If you can maintain control and eat smart, you will find that the mental down time is not long and not as debilitating.

A great way that I have found to keep away the PSB, is to already have another goal in mind. Another event on the far horizon is still a marker. You will not experience the lost feeling that occurs when there is not a next goal. When there is just a question mark, the mind has no moorings. Your focus will drift, and this lifestyle will not happen which takes diligence and focus. The next goal should

be of higher caliber to keep you continuing to progress in the ranks of bodybuilding. Remember, no one is standing still. You are either moving forward or backward. In light of this fact, we have no choice but to move forward if you want to succeed.

Having been in this Industry for the past 30 plus years, I have counseled many people through the post show phase. The PSB's seem to be the worst for the newer competitors, but even seasoned vets can get a little lost after a show. This seems to happen worse to the more competitive types. They can get so wrapped up in the process that the entire world has ceased to exist outside of their prep. This makes for a hell of a focused athlete (obsessed actually) and the result can be amazing, but coming back to earth after that can be a bit of a rough landing.

Let us bring to our attention another

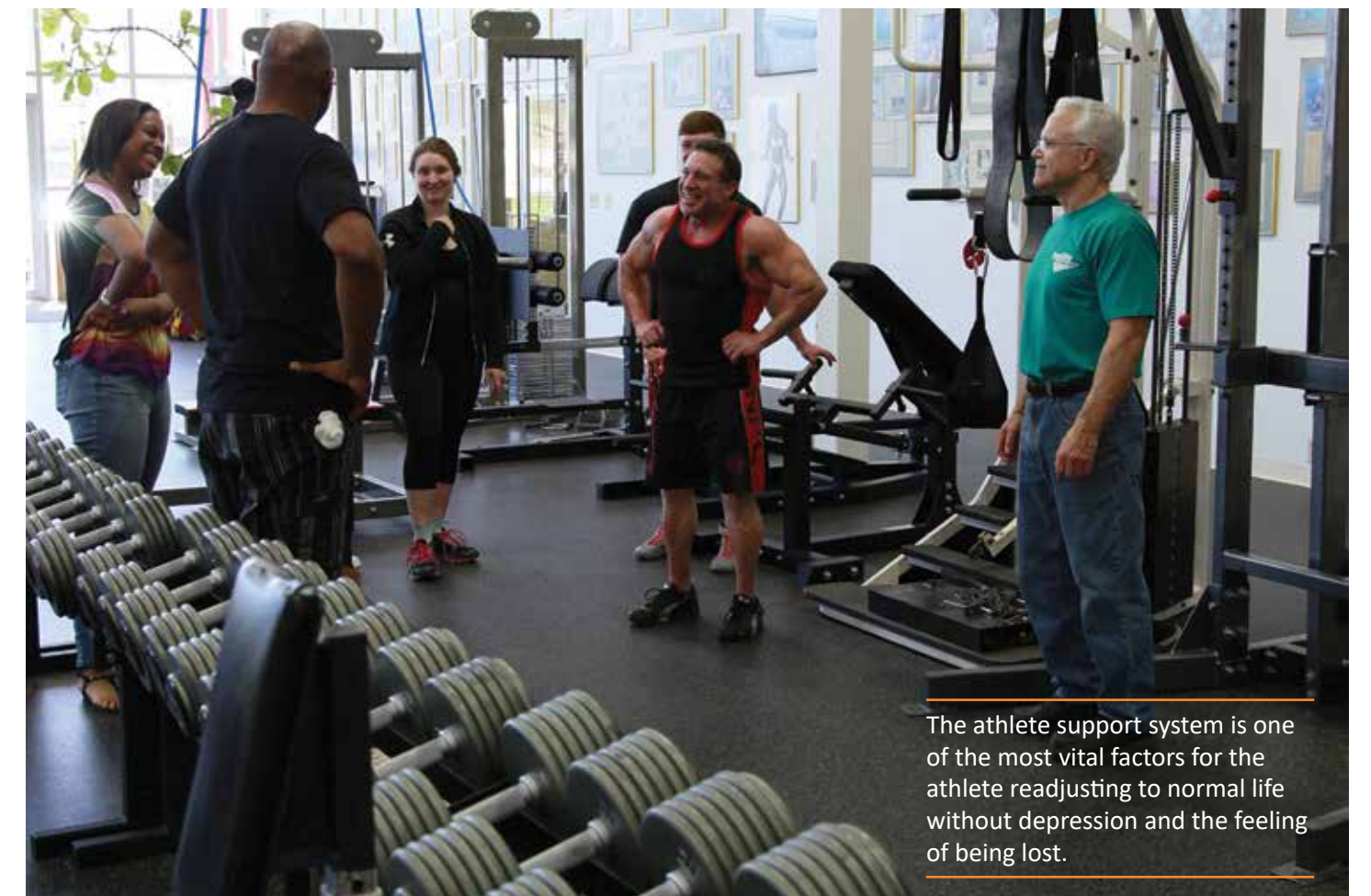
factor of importance. The athlete support system is one of the most vital factors for the athlete readjusting to normal life without depression and the feeling of being lost. The people closest to you went through this with you on some level. Take time to talk to them about the prep. You have certainly been a handful to deal with, so let them vent as well and clear the air. Have a good laugh about it; it can be quite cathartic. Spend a little time doing what they consider to be normal with them. Just make good choices when you go out to eat with family and friends. The show is over. You do not need to be perfect, you just need to be smart with your food choices.

The most excellent way to avoid the PSB's is to adopt the Parrillo Performance lifestyle. You are never in an off-season. It is just changing seasons. **Health and vitality through exercise and nutrition:** this is the foundation of all that we practice. If

you just live as a bodybuilder, eating several quality meals daily, taking extra nutrition when needed, training according to a regimen and schedule and resting to recover from the work put in, you will experience a different level of life quality. Not only is your fitness better, but everything seems to be affected by the higher quality health lifestyle. Being a disciplined person just makes you a different person. Everything becomes very intentional and life seems to become more purposeful.

Follow this prescription to stay away from the PSB's and you will be successful. It takes some folks longer than others to figure this out. I hope this is helpful to someone struggling with this common bodybuilding affliction. Fitness is a positive and joyful thing. Let's keep that glass half full!

~until next month



The athlete support system is one of the most vital factors for the athlete readjusting to normal life without depression and the feeling of being lost.



Shoulder Health: One thing you should be doing

By Dr. Jeremy Girmann

I have received several recent questions related to shoulder pain. Those who have experienced shoulder discomfort to any significant degree are painfully aware of the limitations that it imposes, not only on training, but also on general daily function. I have become increasingly convinced that most of us could be protecting our shoulders and relieving common causes of discomfort by making a very simple addition to our daily routines.

Several years ago, on days when I would perform a number of upper body pressing exercises, I would experience a fair amount of shoulder discomfort. As a Physical Medicine and Rehabilitation physician and musculoskeletal “expert”, I was largely living the “do as I say, not as I do” adage when it came to training the shoulder and chest muscles. I understood that performing an adequate warm-up, balancing and strengthening the rotator cuff

muscles, and maintaining proper range of motion while paying close attention to biomechanics are of premier importance for optimal training and preservation of joint health. Despite my knowledge of this, when time was constrained (and when is it not?), I would take short cuts and fail to properly address these things.

Over time, I began to experience symptoms of shoulder impingement. One of the most common causes of shoulder discomfort, impingement classically results from an inflammation and irritation of the supraspinatus muscle (one of the four rotator cuff muscles) as it passes beneath parts of the shoulder called the acromion and coracoacromial ligament – together, the coracoacromial arch (CA arch). This condition can cause pain, weakness, and limited range of motion. It is often aggravated by overhead movements or by lying on the affected side.

After having dealt with the discomfort for some time, I began to hang from a bar between sets of bench press, shoulder press, and other pressing movements. Before long, I began to notice a significant improvement in how my shoulders felt during the workouts. This led to me to further consider the potential importance

of joint distraction for optimal function and overall joint health. I began to think about the possible consequences of repeatedly engaging in weighted exercises that create joint compression without also performing joint distraction.

As members of the primate family, humans share very similar anatomy with monkeys, chimpanzees, and orangutans. As it applies to functional anatomy, one readily apparent difference in the way that we use our shoulders is that we don’t get around by swinging from tree to tree. The use of arm swinging in arboreal locomotion is known as brachiation.

I figured that hanging from a bar was likely to alter the fluid pressures in and around the shoulder, therefore encouraging changes in the ways in which the blood and synovial fluid are delivered to the tissue comprising the shoulder structures. Perhaps this would enhance oxygenation and nutrient delivery to these regions. Additionally, I presumed that hanging from a bar was likely to stretch muscles, tendons, ligaments, and fascia that are otherwise seldom stretched. I wondered whether this could impart permanent anatomic changes that would alter the ways in which the structures of the shoulders articulate and function.

As I dug deeper, I discovered that Dr. John Kirsch, an orthopedic surgeon who had been struck by similar curiosity, has done some pretty neat work on this concept of hanging. In the course of his investigations, Dr. Kirsch performed CT scans of subjects’ shoulders while simulating the hanging position. To do this, he had subjects lie in a CT scanner with their arm raised overhead while they held a rope that was attached to a 40-60lb. weight, creating traction on the shoulder joint. The images that were obtained from these scans revealed that in this position, the head of the arm bone – the humerus, lifted the CA arch.



Given that the space under the CA arch through which the supraspinatus muscle and tendon pass can narrow over time due to bony changes, stiffening and contracture of ligaments, and development of muscular imbalances, the idea is that repeated hanging could create more space. If done consistently, it will lift the arch and stretch many of the structures that had previously caused narrowing and impingement of the supraspinatus. This, in turn, will decrease the irritation and inflammation that commonly cause shoulder pain.

Surgically, acromioplasty procedures are often performed to decompress and widen the region of impingement. Wouldn’t it be nice, however, if we could widen this space without the need for surgical intervention? Perhaps it’s possible.

I generally recommend the following protocol:

- Perform very light, high-rep dumbbell lateral raises within a range of motion that does not cause discomfort. This will warm up the shoulder joints and soft tissue.

- Hang from a bar for 3 sets of 30 seconds.
- Perform the hanging stretches 5 days per week.

If you cannot comfortably hang with the full weight of your body, it’s okay to keep your feet in contact with the floor and perform this with partial bodyweight.

Though you’ll want to first discuss the cause of your shoulder pain and appropriateness of this protocol with your physician, I have noted successful alleviation of pain with use of this routine even in individuals with partial rotator cuff tears. In the hanging position, the supraspinatus (the most commonly torn rotator cuff muscle) is relaxed and sits safely behind the acromion.

If you’ve been dealing with shoulder discomfort, or simply have an interest in maintaining optimal joint health, consider adding this to your routine.



Follow Dr. Girmann on Instagram
@Dr.JeremyGirmann

EXERCISE SPOTLIGHT

PEAK CURLS

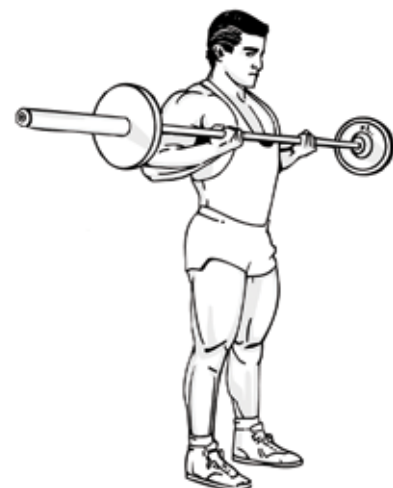
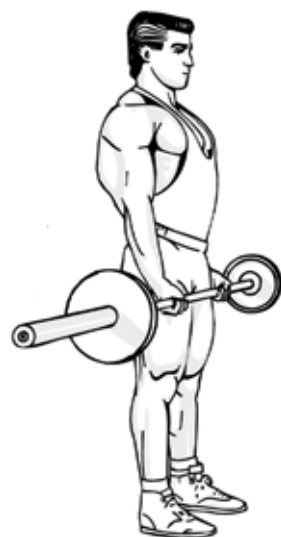
My version of barbell and dumbbell curls is called the “peak curl.” In this exercise, you slide the weight up the front of your body just to your lower pec line. Farther up than that, your elbows come forward and you start working your front delt rather than your biceps.

As you begin, thrust your chest forward slightly and your shoulders down. Lift the weight slowly, keeping your upper arms close to your body. At the top in the contracted position, drop your shoulders and press your elbows even tighter against the sides of your body. You’ll feel total isolation and pressure on the biceps. On the lowering portion of your exercise, let your opposing muscle group—your triceps—do the work. That is, force your triceps to pull the weight back down to the starting position. Keep every muscle tight throughout the exercise. With curls, never swing the weight upward.

A biceps peak is one of the most desirable physique traits a competitive bodybuilder can possess. To build that peak, you have to stress the outer head of your biceps. Curl upward, using a hammer curl in which the palms of your hands face upward at a 30 degree angle. On the upward arc of the movement, drop your shoulders and kick your elbows out slightly. You’ll feel deep isolation on that outer head.

PERFORMANCE POINTS

- Slide the weight up your body just to your lower pec line.
- Thrust your chest forward and your shoulders down.
- At the top, drop your shoulders and press your elbows tightly against your body.



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The Parrillo Training Manual is designed to help you:

- Learn specific exercises that have proven effective for some of the nation’s top competitive athletes.
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- Illustrated movements to show you the proper form for that particular exercise.
- The importance of aerobic training and how it can help improve your physique.
- Chapters on fascial stretching, a revolutionary way to stretch your muscles for maximum growth.
- A chapter on proper posing. Including all of the mandatory poses for most bodybuilding organizations.

HOW TO HAVE A PERFECT WORKOUT EVERY TIME

YOUR SIMPLE CHECKLIST TO GUARANTEE YOU KILL IT IN THE GYM

By Ron Harris

“How was your workout?” Most of us are asked this question all the time. It might be at the gym in the locker room or on the way out, or maybe your significant other poses this question. Are you always able to say it was a great one? If not, don’t blame fate. Productive workouts don’t happen by accident. Here is a checklist to make sure every time you step onto the weight floor, you are ready to make it a workout to be proud of, and one that you will know took you one step closer to your physique goals.

Be well rested

It should go without saying, but a good night’s sleep always sets the stage for a productive day, whether that be at the office, the classroom, or the gym. Aim for the gold standard of 8 hours of uninterrupted, quality sleep.

Eat a hearty pre-workout meal

You may hear some esoteric types recommending that you weight train on an empty stomach to elicit

a better growth hormone release or some such nonsense. You wouldn’t attempt to drive a car on an empty gas tank, so be sure you fuel up your body for good workouts with a solid meal of a lean protein source along with a starchy carbohydrate. Chicken breast and brown rice, or white fish and sweet potato are both excellent choices to put down 90-120 minutes before you start pumping up.

Hydrate

Along with food, be sure to drink plenty of water. Depending on your body size, activity level, and climate, you will want to consume anywhere from a gallon to three gallons a day. If you are even slightly dehydrated, everything about your workout will suffer, including your strength, focus, and ability to get a pump.

Have at least one specific goal

Go into every workout with something to strive for, be it a new personal record on a lift, or even more reps than before with the same weight.

Write out the workout

Don’t just wing it in your workouts. Have not only a plan to follow but take it one step further and either write it down on paper or type it up on your phone’s notes. You will move through your workout with real purpose and direction.

Dress for success

Make sure your clothing is comfortable and functional. For instance, you should never train in any material that restricts your movement in any way. Don’t be a slob and train in clothes you’re already sweated in and haven’t washed, either!

Have the right music

Whatever music energizes you and makes you feel invincible, that’s what you want on your iTunes or Pandora as the soundtrack to your workout. Save a few all-time favorite tracks for your most challenging sets.

Put yourself in the right frame of mind

Finally, take a minute before each workout to put yourself in the proper state of mind. Clear all negative and troubling thoughts and do your best to set aside all your daily concerns about jobs family, relationships, finances, or studies. Your problems will still be there after the workout, so leave them outside the gym doors while you blast some serious iron and pump up your muscles!



Facebook: Ron Harris Writer
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By Duke Nukem

Compare and Contrast: What Sets Parrillo Apart

The differences are profound and obvious

With so many competing bodybuilding strategies, it is nearly impossible for the sincere seeker to find methods that actually work. Most systems promise amazing results, but as any high-level bodybuilder will tell you, obtaining amazing results requires an extraordinary effort and total commitment. Real bodybuilders understand that dramatic results do not occur with halfhearted effort. It takes backbreaking work in the gym coupled with serious nutrition, ample rest and lots of consistency. With so many exaggerated claims and so many contradictory bodybuilding methods, it is easy to be seduced by those that promise the most (results) in return for the least (effort.) We want to believe that there are shortcuts to serious results and that is not the case. Of course, the world is full of gurus that tell you their products are revolutionary shortcuts. Fitness-related products support a billion-dollar industry. Historically, diet books are traditional best sellers; nutritional supplements are more popular than at anytime in history and the access to information has never been better

– with all these modern advantages, why are so many people unable to make the gains they seek? Why is it that so many well-intentioned highly intelligent, motivated and disciplined individuals fail in their fitness efforts? Motivation and discipline are not enough: if you have the wrong game plan, or, more likely, a partial game plan, results will be less than optimal.

At Parrillo Performance results are a forgone conclusion – assuming the recommended strategies and tactics are implemented comprehensively

and in totality. Fragmentation is the enemy. In order to successfully renovate the physique, i.e., build muscle and melt off body fat, a comprehensive approach is required: diet alone, training alone, is not enough. Remolding the human body is something quite profound and to build and shape the body requires a “synergistic” approach that combines highly specific strategies in interrelated disciplines. The Parrillo approach towards bodybuilding is defined by the uniqueness of the elements and how they fit together



Motivation and discipline are not enough: if you have the wrong game plan, or, more likely, a partial game plan, results will be less than optimal.

to form a seamless whole: the Parrillo approach sets in motion highly defined diet and exercise strategies that are interrelated and coordinated. What makes Parrillo unique? Within each of the broad categories (nutrition, exercise) there are numerous Parrillo twists and wrinkles that are completely unique. The comprehensive nature of the overall game plan requires careful planning and a thoughtful, synergistic approach. There are six bodybuilding elements, distinctly and uniquely Parrillo, that differentiate the Parrillo approach from the rest of the pack...

1. Nutrition: the Parrillo nutritional approach “trains” the metabolism to partition food more efficiently. John Parrillo is ground-zero for modern bodybuilding nutrition. So many of the concepts and precepts that are today taken for granted were instituted (and resisted by the mainstream) by John Parrillo in the late 1970s and early 1980s. The classical multiple-meal eating schedule, nowadays standard operating procedure, is a Parrillo innovation. The idea of large caloric intake went against the starvation tactics used by Olympia winners of that era. The Parrillo high-calorie, high protein approach was considered “insane” by the experts of the day. It was “impossible” for a bodybuilder to consume all the calories that Parrillo recommended without “becoming morbidly obese,” as one critic insisted. Food selection is critical: in the Parrillo approach only “clean” calories are consumed, those devoid of LCT dietary fat, sugar, insulin-spiking refined carbohydrates and alcohol. Clean calories, lean protein, fibrous carbs and natural starch carbs, form the backbone of the Parrillo nutritional approach. Only foods preferentially partitioned into creating muscle and burning fat are consumed. Powerhouse foods are augmented with powerhouse supplements.

2. Supplementation: proper nutritional supplementation is integral to Parrillo-style bodybuilding. The Parrillo nutritional system is based on the bodybuilder attaining certain nutrient benchmarks each and every day. Parrillo advises that for optimal results the hard-training bodybuilder should consume at best 1 to 1.5 grams of protein per pound of bodyweight. A 200-pound bodybuilder would be expected to intake 200 to 300 grams of lean protein every day. The need for protein supplementation was obvious. The nutritional supplement makers of the day used impotent soy protein, a cheap and worthless plant-based protein. Every supplement in the vast armada of Parrillo products came into existence to fill a real need. Potent Parrillo supplements are designed to augment the “regular food” backbone. The combination of disciplined food consumption and targeted nutritional supplementation “underpin” the intense and continual training that is required to build muscle and melt off fat. The use of supplements makes the consistent and ongoing need to hit daily nutrient goals far

easier: Parrillo supplements offer a delicious alternative to having to cook and chew every bite of protein consumed.

3. Progressive resistance training: Parrillo weight training is as unique and innovative as the Parrillo approach to nutrition. The optimal Parrillo training routine uses heavy, low rep sets to build mass and thickness. In the same session, in the same exercise, high rep sets are used to build cardiovascular density. High rep sets (and super high rep sets) increase the size and number of blood vessels. When high rep sets are done on a regular basis, the circulatory network is increased. This enables more nutrients to be carried to the muscles and conversely, more toxins and muscle waste products to be removed with greater efficiency. Power train for size and strength, perform high rep work for cardiovascular conditioning. Parrillo recommends weight training for 4-5 sessions per week. The idea is to completely decimate the targeted muscle (or muscles) using high rep sets, low rep sets, forced reps, drop sets, Giant Sets, extended sets., etc. This





The Parrillo procedure is designed to loosen tight fascia by using high-intensity stretching. Over time, and with consistent stretching, tight fascia is made elastic and pliable.

type of high intensity training *must* be supported with high calorie, high protein eating. Without ample nutrients and subjected to this degree of severity, i.e. hardcore weight training, the body will break down. Feed the body amply using a multiple-meal nutritional template that floods the body with the regenerating nutrients needed to complete the growth cycle.

4. Cardiovascular training: weight training is just one of the exercise types that are practiced regularly and religiously using Parrillo protocols. The second type of intense exercise used in the Parrillo bodybuilding system is aerobics, cardiovascular training. Cardio is critical. Aerobic exercise accelerates recovery, aerobic exercise shortens weight-training recovery time, and when cardio is coordinated with a Parrillo-style nutritional approach, fat-burning is accelerated, particularly if the aerobic exercise is done upon arising. “Fasted cardio” is yet another Parrillo innovation. This tactic has gained widespread traction in the wider bodybuilding world: the bodybuilder engages in a high intensity aerobic session

upon arising, when glycogen stores are at a low point. This forces the body to burn fat at an accelerated rate. Competitive bodybuilders will perform a second aerobic session after the last meal of the day. The second session depletes muscle glycogen ahead of the sleep cycle. This means better fat-burning in the next morning’s fasted cardio session.

5. Stretching: there is stretching, and then there is Parrillo Fascia Stretching. This Parrillo innovation is used to loosen fascia, the casing that surrounds a muscle and lies below the skin. Tight fascia is problematic in that it makes muscle growth and muscle expansion difficult. The Parrillo procedure is designed to loosen tight fascia by using high-intensity stretching. Over time, and with consistent stretching, tight fascia is made elastic and pliable. The fascia stretching is part of a three-part procedure: pump a muscle up and immediately stretch the pumped muscle using a targeted fascia stretch. The stretch is slowly and carefully taken to the pain threshold limit and then held for 10 seconds. After the muscle is pumped up

and stretched, that same muscle is then flexed, hard and repeatedly. The flexion pushes muscle tissue into the newly loosened fascia, completing the Parrillo three-phase procedure: pump, stretch, flex. This three-part procedure is repeated and over time (and with repeated practice) tight fascia is made elastic. Fascia stretching has the additional benefit of improving the bodybuilder’s flexibility, making them more injury-resistant and athletic.

6. Mental acuity: John Parrillo has long stated that the Mind can be the bodybuilders’ best friend or worst enemy. To optimize bodybuilding-style weight training, the bodybuilder needs to “push beyond failure.” The Parrillo “intensity enhancing” tactics, going to failure, then using forced reps, drop sets, Giant Sets, etc., to go “beyond failure” require venturing into the pain and discomfort zone. Some bodybuilders have a high pain tolerance while others have a low pain tolerance. The longer and further into the pain zone the bodybuilder can go, the greater the results. This is not the pain

associated with injury or accident, this is the pain related to discomfort – how long can the bodybuilder go before lactic acid build-up become unbearable and causes the bodybuilder to curtail the set. John Parrillo uses the phrase mental acuity to denote the bodybuilder’s level of pain tolerance. Mental acuity can be improved and improved to a dramatic degree if the bodybuilder is diligent and consistent. Practice makes perfect.

The Parrillo difference makes all the difference: there are numerous other aspects to the Parrillo approach: the use of targeted supplementation is taken to high art at Parrillo Performance. Based on your situation and specific goals, specific supplemental ‘stacks’ are devised. To attain individualized effects, several supplements are purposefully taken in combination with one another to further accelerated progress. If the athlete is seeking to add lean muscle mass, the stack might include ProCarb™ and CapTri® C8 MCT. Add to this mass-building stack Parrillo Liver Amino Formula™ tabs, Parrillo Energy

Bars™ and Hi-Protein™ powder. A bodybuilder seeking to lean out could combine Optimized Whey™, Parrillo Soft Chew bars™, Max Endurance Formula™ and Muscle Amino Formula™. Differing goals determine the supplemental combinations: with over 100 Parrillo products and flavors to sort through, supplemental stacking has become varied and innovative. The Parrillo training approach is incredibly complex and varied: regardless if the exercise is lifting or cardio, there are a myriad of training tips and tactics that can be used to generate progress. The Parrillo Training manual, the Parrillo Sports Nutrition Guide, and John’s books, High Performance Bodybuilding and 50 Workout Secrets, are informational sources that should be on every bodybuilder’s bookshelf: knowledge is power and in bodybuilding knowledge is the key to progress.

The synergistic approach: many bodybuilders that should know better make the mistake of picking and choosing among the various aspects of the Parrillo approach: they might like the Parrillo approach

towards weight training – but purposefully ignore fascial stretching. Others love the Parrillo approach towards nutrition – but avoid cardio. Don’t cherry-pick the Parrillo system. The entirety of the approach was designed to work as a unified whole: the high calorie eating supports the high intensity training, the stretching is not optional: the training, eating, supplementation and stretching form a unified philosophy of bodybuilding. When all the component parts of the Parrillo system are in place and practiced on a regularly reoccurring basis, progress is a preordained conclusion. Take away any one of the integral parts of the Parrillo synergistic system and the results will be less than optimal. When all the aspects of the Parrillo system are in place and practiced using the requisite intensities, results routinely exceed realistic expectations. Those that use the Parrillo bodybuilding system as intended never fail to obtain results. The only thing standing between you and the body you want is commitment: for real results commit to the Parrillo process.

What's your story?

Are you a...

- Bodybuilder?
- Fitness Model?
- Gym Owner?
- Personal Trainer?
- Contest Competitor?
- An Avid Parrillo Product User?

Or maybe you...

- Have an amazing transformation story.
- Would like to inspire others.
- Want to show everyone what you've accomplished.

All you need is to:

- E-mail us a short paragraph about yourself and why you should be featured.
- Provide 5 - 8 *high resolution* photos
- Answer some interview questions
- Have a photo release signed by any professional photographers whose photos you will be using.

Contact:
Graphics@parrillo.com
to get started!

Then we want to hear from you!



Recipe Spotlight

Cornmeal Frittata

- 50 g. corn meal
- 25 g. oat bran
- 25 g. oatmeal
- 100 g. egg whites
- 2 tbsp. water
- 1 tsp. chili powder
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1 tsp. CapTri®



Mix all ingredients except CapTri® until well blended. Spray a nonstick skillet lightly with PAM. Heat CapTri® in skillet over medium-low heat. Pour batter into skillet and spread to cover the bottom of the skillet. (You can also pour batter by 1/8 cups to make small fritters.) Cook until batter is golden brown on the bottom and can be lifted with a spatula and turned. Turn and cook the other side until golden brown, remove from skillet, and place on a platter. Cut into wedges.

Try frittatas topped with salsa or your favorite CapTri® sauce. Or try them as a bread base for poultry dishes. For variation, add corn or diced vegetables such as peppers or mushrooms to batter.

Food of the Month

Green Peas



- Frozen peas are better able to retain their color, texture, and flavor than canned peas. Recent research has confirmed that these "important sensory characteristics" of green peas are not affected by freezing over periods of 1-3 months.
- Mix green peas with chicken, diced onions and almonds to make a delicious and colorful chicken salad.
- Green peas are loaded with antioxidants and anti-inflammatory nutrients, and these health-supportive nutrients are provided in a wide range of nutrient categories.

Nutritional Information for:
Green Peas, Cooked, 1.00 cup (137.75g).
Calories: 115.71 Fiber: 7.58g Iron: 2.12mg
Protein: 7.38g Sodium: 4.13mg Phosphorous: 161.17mg
Fat: 0.30g Potassium: 373.30mg Vitamin A: 1103.38 IU
Total Carbs: 21.53g Calcium: 37.19mg Vitamin C: 19.56mg

Question & Answer

Question: I'm dieting strictly for an upcoming competition and I am having trouble with my skin. It's always itchy and dry, probably because I've really reduced my fat intake, but I've heard Parrillo's Evening Primrose Oil™ might help with this. Would it be a good idea to give it a try?

Answer: If you consistently follow a low fat diet (10% of calories from fat or less), if you are very lean, or if you have minor skin problems Evening Primrose Oil™ is definitely worth a try. It can also help reduce joint pain resulting from heavy training and essential fatty acids deficiency. The Parrillo Evening Primrose Oil 1000™ supplement was developed specifically to provide a concentrated source of EFA's so you don't have to eat a tbsp of oil every day. By supplementing gamma-linolenic acid (GLA) directly we also bypass the rate limiting step in the metabolism of omega-6 fatty acids, meaning you need to take even less to get the same effect. Take from 1-3 capsules a day with meals.



News & Discoveries in Fitness and Nutrition

Extended rest between weight-lifting sets could help muscle growth

Researchers from the University of Birmingham have found that extended rest intervals between sets of weight-lifting could help with muscle growth.

The findings, published in Experimental Physiology, go against the conventional belief that favours shorter periods of rest. The study highlights that short rest intervals may actually impair the processes that control muscle growth.

16 males completed resistance exercises interspersed by either one minute or five minutes of rest. Muscle biopsies were obtained at 0, 4, 24 and 28 hours post-exercise and analysed to determine myofibrillar protein synthesis (MPS) and intercellular signalling.

In the early part of recovery, the increase in MPS from resting levels was two-fold greater in those with longer rest periods. They saw a 152% increase, versus 76% increase in those with short rest intervals.

Dr Leigh Breen, from the University of Birmingham, explained, "With short rests of one minute, though the hormonal response is superior, the actual muscle response is blunted. If you're looking for maximised muscle growth with your training programme, a slightly longer interval between sets may provide a better chance of having the muscle response you're looking for."

The team recommend that novices starting out on weight training programs should take sufficient rest, of at least 2-3 minutes, between weight lifting sets.

Dr Breen added, "Over time, they may need to find ways to push beyond the plateau of muscle building that commonly occurs, and so may gradually decrease their rest periods. For experienced lifters, it's possible that they may not experience the same blunted muscle building response to short rest intervals, particularly if they have trained this way for a prolonged period and adapted to this unique metabolic stress. Nonetheless, similar recommendations of 2-3 minutes between sets should help to ensure maximal muscle growth in well trained individuals."

The research team are currently following up the investigation with a longer term study to see effects over a number of months, and further research into how individuals can maximise their training outcomes by manipulating variables, such as rest, in their training.

University of Birmingham. "Extended rest between weight-lifting sets could help muscle growth." ScienceDaily. ScienceDaily, 3 May 2016. <www.sciencedaily.com/releases/2016/05/160503104757.htm>.



Supplement of the Month

Parrillo Protein Frosting Mix™ - Cream Cheese Flavor

Satisfy your sweet tooth and mix up a batch of delicious Protein Frosting to spread on Parrillo's Hi-Protein Cakes and Cupcakes. You can also treat yourself to mouth-watering crêpes, by making Parrillo Hi-Protein Pancakes and filling them with Parrillo Protein Frosting. It's so easy to make, just add a scoop of cold water and stir well until smooth and creamy! Each serving of frosting contains 70 calories, 12 grams of high BV protein, 1g net carbs with no sugar and 1.5 grams of CapTri® Brand MCT oil. Also available in Vanilla, Chocolate and Peanut Butter Flavors.

- Great with the Parrillo Hi-Protein Cake & Cupcake Mix™!
- Packed with 12 grams of protein per serving
- Great Option for Strict Dieting (Sweet Tooth Cure)





CAPTRI® C8 MCT AND THE KETO CONNECTION

By John Parrillo

All the rage lately is the ketogenic or keto diet - a low-carb, high-fat and a higher-protein diet that forces the body into a state of ketosis. In ketosis, your body transitions from using carbohydrates for fuel to using ketones for fuel. (Ketones are substances in urine that indicate your body is burning fat).

This reaction allows your body to burn stored fat and gives you a feeling of fullness. One of the key supplements used in keto diets is medium chain triglyceride oil (MCT oil), such as Parrillo CapTri® C8 MCT.

Let me say this: the Parrillo Nutrition Program is not a keto diet; however, we do recommend that if you want to go low-carb, you definitely want to take CapTri® C8 MCT. It helps you get into ketosis (more on this in a moment).

Scientific studies have shown that when lipids like CapTri® C8 MCT are used in place of carbohydrates on low-carb diets, body fat stores are lower (1,2). When you reduce carbs, you in turn reduce insulin (insulin promotes fat storage) and activate the carnitine shuttle. The carnitine shuttle is a transport system which moves fatty acids inside mitochondria - the furnaces inside cells where foods are burned for energy. The body is then able to shift into a fat-burning mode.

The problem with typical low-carb and keto diets, however, is that you don't have much energy and your metabolism tends to slow down. You're really not consuming any fuels that your body likes to use for energy. Employing a low-carb, high-fat, keto-type strategy, you use CapTri® C8 MCT in place of starchy carbs. This results in decreased insulin production and a higher release of glucagon, a hormone that helps unlock the body's fat stores.

It is desirable to get your body in a fat-burning mode as efficiently as possible. The process of your body shifting from a glucose-fueled metabolism to a ketone fueled metabolism is known as "keto-induction." This means your body, once emptied of glycogen stores,

starts adapting itself to breaking down fat into ketones for fuel. How long the process of keto induction takes varies from person to person. But on average, it takes roughly two weeks.

CapTri® C8 MCT and Keto Induction

New research published in 2018 shows that supplementing with MCTs can help you get into keto induction faster - within the first few days of starting a ketogenic diet - due to the nature of MCTs. (3) Unlike most fats, MCTs are rapidly absorbed and taken directly to the liver, where they can be used immediately for energy or converted into ketones.

MCT oil, in general, is derived from coconut oil. Specifically, there are four



kinds of MCTs found in coconut oil: C6, C8, C10, and C12. (The numbers refer to the length of the carbon chains.) Among these, the most superior is C8, caprylic acid. It has the best ketone-producing profile. Put another way, the body produces ketones when it uses fat for energy, as opposed to glucose. In fact, all the C8 fatty acids in CapTri® are converted into ketones. Parrillo CapTri® C8 MCT is formulated with C8.

Other Ways to Jump Start Fat-Burning

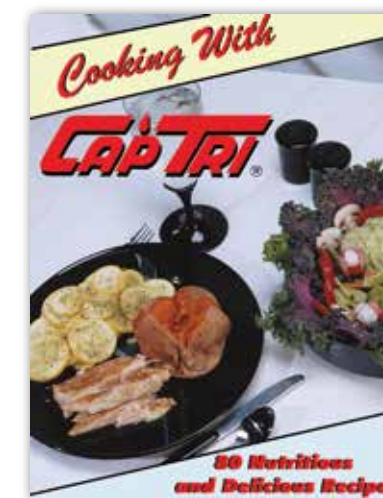
Minimize your starchy carb intake. Normally, your cells use glucose, or blood sugar, as their main source of fuel. However, they're capable of using other fuel sources, including fats and ketones. When your starchy carb consumption is lowered, this sets into motion the release of fat stores in your body, thanks to reduced insulin levels.

Increase your workout intensity. A mound of scientific proof shows that being more active can help you get into ketosis. When you work out, you burn up glycogen stores. (4) Normally, you'd replenish these by eating carbs which are ultimately converted back into glycogen. But if you are low-carb dieting, your glycogen stores stay low. Your liver, in turn, steps up its production of ketones, which can then be used as an alternative fuel source, and your body burns even more fat. This phenomenon is one reason I recommend pre-breakfast aerobics. Upon arising and before eating, your body is low on glycogen. When you exercise, your body immediately taps into fat stores for energy.

The calories from CapTri® C8 MCT provide the energy you need to keep training hard. Also, by substituting CapTri® C8 MCT for an equivalent number of calories from carbohydrates you avoid the slow-down in metabolic rate which

inevitably results from calorie-restricted diets.

Consume ample protein. Achieving ketosis require sufficient protein intake - for a couple of reasons. Protein supplies the liver with amino acids that can be used for "gluconeogenesis" - the manufacture of glucose. This helps ensure that the liver provides glucose for parts of your body that cannot use ketones for fuel, namely red blood cells and regions of the kidneys and brains. Second, you want your protein intake to be high enough to preserve muscle mass when carbs are reduced, particularly during



diets or pre-contest dieting. (5)

Eat at least 1.25 grams of protein per pound of body weight every day. Your major protein sources should be lean meats (chicken breasts, turkey breast, tuna, salmon, tilapia, and egg whites).

Supplementing with CapTri® C8 MCT

Start with one tablespoon a day, and after several days, add in another tablespoon or two. You can:

- Use it as a salad dressing with a little vinegar, herbs, and spices.
- Add it to protein shakes.
- Drizzle it over vegetables or eggs.
- Top baked potatoes with it.

CapTri® C8 MCT is incredibly versatile and tastes delicious. Be careful about

cooking or sautéing with it. Due to its lower smoke point, you have to use low or medium heat when used as a cooking oil. If you see smoke, just turn down the heat.

CapTri® C8 MCT is the most highly refined, ultrapurified MCT on the market, specifically designed for people who want to be as lean as possible. CapTri® C8 MCT is available exclusively from Parrillo Performance. So if you're looking for a good source of calories to provide energy and accelerate keto-induction while dieting, try CapTri® C8 MCT.

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12 BARS / BOX



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CHOCOLATE ALMOND COCONUT

IRON VIC SPEAKS

BY IRON VIC STEELE

- Hamstrings are muscles too!
- Limited protein problematic?
- Can a man add a full inch to his arms in four months?
- Hand and finger strength
- Sweet tooth chocolate substitution principle



Victor,

All athletic coaches worth their salt know that hamstrings are critical. The guys you and I know and respect – all the athletic heavyweights – agree: when it comes to moving, running, speed, explosiveness, **HAMSTRINGS** are critical! Yet there are few if any articles written about the hams – how come so little respect for so important a muscle??

Rollo, Rolando Beach

First off, from a bodybuilder's perspective, you can't see hamstrings in the mirror. And that alone pushes hamstrings down the muscle preference list. Past that, hams are hard to isolate. Difficult to see, difficult to train (properly,) hamstrings are neglected on a widespread basis. Who does anything for the hamstrings other than 3-4 half-hearted set of lying leg curls once a week?? Apparently, hamstrings are the ("I can't get no respect!") Rodney Dangerfield of muscles. Yet, as you note, hamstrings are super critical for athletics. Speed originates in powerful thighs offset by equally powerful hamstrings. Often called the "thigh bicep," hamstring curls and regular bicep curls are identical. Hamstring curls and bicep curls act as counterweight for



To get the most out of lying leg curls, Parrillo advises, "Slow down the rep speed...use what we call, 'continuous tension' on both the concentric and eccentric.



larger, stronger muscles (thighs and triceps.) John Parrillo has a long list of hamstring exercises to choose from. Lots of nifty types of stiff-leg deadlifts designed to activate the thigh biceps. Because the poundage used in these high intensity Parrillo deadlift/ham exercise is so heavy, these movements dig the deepest possible muscular inroad. This type of hamstring training is unobtainable with machine hamstring exercises.

To get the most out of lying leg curls, Parrillo advises, "Slow down the rep speed...use what we call, 'continuous tension' on both the concentric and eccentric. Too many bodybuilders perform seated and lying legs curls the wrong way: they jolt the pad at the start and by going as fast as possible to create momentum.

The better way is to use a slow and controlled start and concentrate on pulling the weight as far as possible using a more complete range of motion. Take the slop out of lying legs curls and they become far harder and far more beneficial." I would tear a page from the Parrillo playbook and train hams twice a week: on day one use the heavier barbell and dumbbell stiff leg deadlifts. Work up to a single set of 5 slo-mo reps. On day two work the machines. Hamstring work done on machines are ideal for forced reps (if you have a training partner) and drop sets where you lower the poundage and keep going without having to get up or change positions. Hit the hams twice weekly using the continuous tension approach on all the exercises.

Vic,

Can I stick to one protein source? I live off the grid and the nearest store is an hour away. I primarily use chicken as my protein source augmented with fish and some elk. I had read that a wide variety of protein was ideal but due to my circumstance I am extremely limited in my choices. Is this a problem? I eat well and try and stick the Parrillo nutritional approach. I ran a gym in Boise before taking a job with the forest service. I actually have a good home gym, an Olympic barbell and bunch of dumbbells, squat racks and benches; I have a good situation to make some gains.

Jackie, Riggins

No sweat, you are doing fine. Plus, you can always order Parrillo, so factually you do have access to protein variety. First off, learn different ways to cook chicken: have you been sautéing chicken in CapTri® C8 MCT? Fry chicken fingers plain or dredge them in ground oat flour first. Fried chicken is delicious and most bodybuilders limit the themselves to grill or bake chicken. Adding frying and sautéing chicken (with CapTri® C8 MCT) adds incredible flavor and variety to a limited menu. Wild game and fresh caught fish are incredibly healthy and beneficial. Elk is wonderful prepared right; with access to the web you can discover all kinds of recipes and methods. I would imagine you likely have some excellent local produce, fresh and seasonally appropriate. Parrillo Optimized Whey™ delivers 34 grams of protein per serving. I would also point to the Parrillo Soft Chew bar™. Each of these delicious bars delivers 22 grams of protein along with 13 grams of fiber carb. The best part of Parrillo nutritional supplements are the taste: devoid of insulin-spiking sugar, the protein shakes and Parrillo bars are absolutely delicious – something tasty and dessert-like to look forward to, which

is a godsend for someone eating a narrow diet of repeating foods. Speaking of deserts, you might be the perfect guy to get into all the high protein Parrillo foods. Why not make Parrillo pudding, pancakes, muffins, cakes or cupcakes? Have you tried Parrillo Contest Cookies or Contest Brownies? Incredible. Use Parrillo products to add protein variety and brighten up a repetitive diet.

Vic,

I need help man. I committed to enter a bodybuilding competition in 16 weeks. I am leg heavy. I need to add some arm size. It would be great if you had some sort of arm specialization program. Ideally I would like to add a solid inch to my arms over the next 16 weeks. I am a lean dude that walks around with a 10% body fat percentile. My problem is not leanness, its adding muscle size. That's what drew me towards Parrillo. I have instituted a high-calorie, clean-calorie diet. All I need is a kick ass arm specialization routine. I also do the fascia stretching. I am 6-foot, 179 and looking to muscle up.

Ross the Boss, Macon

You are perfectly positioned. Generally speaking, a man needs to add about 10-pounds of bodyweight to grow arms a full inch. You have the perfect nutritional approach in place. Make sure you keep the cardio up during this mass-building phase. Aerobics keep weight gain confined to lean muscle mass. Eat big, eat clean, lots of cardio. I'll let you take care of the rest of the training, I will confine myself to the arms...bench presses and overhead presses need to be done before arms as this arm routine blitzes triceps so thoroughly that pressing power is destroyed. Train arms three times a week...drink a double serving of Parrillo 50-50 Plus™ immediately after an arm workout.

Day 1

standing barbell curls, weighted dips, seated dumbbell curls, pushdowns, machine curls with forced reps, rope handle pushdowns

Day 2

standing dumbbell curls, nose-breakers, steep incline dumbbell curls, single-dumbbell overhead tricep press, machine curls, narrow-grip pushups

Day 3

preacher curls, weighted bench dips, spider curls, heavy tricep pushdowns, continual tension cable curls (standing,) machine tricep pushdowns

Superset the bicep and tricep exercises. Five sets are used: the first three sets start off with high reps and light poundage. Hit the heaviest set on the 4th set of each exercise. On the

5th and final set, drop the poundage and hit a 10-12 rep burn-out set. Feel free to use forced reps (if you have a training partner) or drop sets on the final sets of each exercise. On the heaviest sets of each exercise use fascia stretches to 'reset' bis and tris: favored bi/tri stretches? Triceps can be stretched relaxing in the bottommost position of the dip. John Parrillo loves the skin-the-cat stretch for biceps. I use a modified skin-the-cat where I skip the flipping over part and simply reverse grip grab an overhead chin bar. Relaxing the legs exponentially increases the degree of bicep stretch. Another good tricep stretch is to allow a single dumbbell (held sideways) with two hands behind the head. By relaxing the arms while keeping the elbows pointed upward stretches the triceps to a dramatic degree. You should add 10-pounds of lean mass over the next



Train arms three times a week... drink a double serving of Parrillo 50-50 Plus™ immediately after an arm workout.

Iron Vic Speaks!

16 weeks and add a full inch to your arms while staying ripped.

Hello from Austria!

I am a professional mountain climber and free climber and need gripping power, hand and finger strength. Do you have any ideas for radically increasing hand strength – I need strength and I also need strength-endurance in that I have to grip anchor spots until I can attain the next hand hold. Any cool exercises would be appreciated.

Jurgen, Graz

I would look to the world's best power lifters for advice; these gargantuan men dead lift 800 to 900 pounds in the dead lift and develop incredibly strong hands. One great hand strength exercise used by power icons is a form of dead lifting. You place the loaded barbell in a power rack or set on some sturdy boxes. The ideal height is four inches below lockout: this is a very strong pulling position and a lot of poundage can be used. The idea is use a double overhand grip with no straps; stand erect; now you are in a locked out dead lifting position. Now stand erect and breathe; just stand there and the heavy barbell starts to force the hands open. Fight against this even as the bar is on the fingers, fight, fight, fight until the bar escapes your grip and falls maybe an inch or two as the barbell falls onto the rack or boxes. Perhaps in the first session you start with 198-pounds (90 kilos) and time yourself: how long can you stand there and hold the barbell before it escapes your grip? Say you last 40-seconds. Now you can either attempt to hold 90 kilos longer than 40-seconds or push up to say 100-kilos (220) and attempt to hold it for 40-seconds. This type of brutal hand training is light years better and more effective than squeezing a gripper or doing wrist curls or reverse curls.



Howdy!

I have a sweet tooth and a deep love for chocolate. I am also twenty pounds overweight and see the connection. I need to ditch sweets and chocolate. As I was perusing the Parrillo product catalog to place my monthly order, I noticed a product with the most enticing name: Chocolate Fix™ protein powder. The flavors were equally delicious sounding – chocolate almond coconut and chocolate cherry cordial. How can something so wonderful sounding contain no sugar of chocolate – and still taste good? I am ordering some. Can you tell me the rationale behind this particular product?

Susan, Portland

The rationale is simple: create the most flavorful, chocolate-ty tasting drink on the face of the planet – without resorting to sugar or high fructose corn syrup. How does Parrillo products manage to replicate the taste and flavor of chocolate? Expert use of totally defatted cocoa powder and protein isolates: like a good BBQ sauce or rub, there are many secret ingredients in the Chocolate Fix™. The richness of the taste is backed up with outstanding nutritional statistics. I would also mention that I too have a sweet tooth and as a fellow addict would suggest you also try the Parrillo Hi-Protein™ peach flavor. If you are a peach fan this is

a must. John gets mad at me but as a treat I mix a double serving of peach-flavored Hi-Protein™ and mix it with six ounces of raw milk; incredible richness and taste that has to be tasted to be believed. Also: for more chocolate-y deliciousness, it is hard to top the venerable Parrillo chocolate almond coconut Parrillo Energy Bar™. This 65 gram bar is a nutritional powerhouse: 34 grams of slow-release carbs are backed up with 14 grams of high BV protein. With 220 calories, this taste delight is a meal in a wrapper. There are a dozen chocolate choices amongst all the various Parrillo products. We haven't even touched on the various Parrillo food possibilities: the chocolate cake, cupcakes, Contest Cookies, Contest Brownies, etc. It would take some time to work through all the chocolate possibilities within the Parrillo Product line. Start with Chocolate Fix™ powder: this flavorful concoction will make you forget about Mars Bars and Reese's Pieces.



PARRILLO
PERFORMANCE
Health and Vitality through
Exercise and Nutrition

Product Pricelist

Product Name	Description	Quantity	Price
CapTri®	High Thermogenic Energy Source	32 oz	\$40.00
Butter Flavor CapTri®	High Thermogenic Energy Source	32 oz	\$40.00
Max Endurance Formula™	Nutrients for Hard Training	150 capsules	\$32.00
Enhanced GH Formula™	Nutrients for Endocrine Function	150 capsules	\$38.00
Advanced Lipotropic Formula™	Nutrients for Fat Metabolism	150 capsules	\$30.00
Joint Formula™	Nutrients for Healthy Joints	90 tablets	\$19.95
Bio-C™	Vitamin-C with Bioflavonoids	90 tablets	\$9.95
Natural-E Plus™	100% Natural Vitamin-E	90 capsules	\$8.95
Liver Amino Formula™	Power Packed Protein with Heme Iron	400 tablets	\$49.95
Mineral-Electrolyte Formula™	Nutrients for Electrolyte Balance	150 tablets	\$14.00
Muscle Amino Formula™	Nutrients for Muscle Growth	150 capsules	\$34.00
Ultimate Amino Formula™	Nutrients for Hard Dieting	150 capsules	\$36.00
Essential Vitamin Formula™	Nutrients for Vitality	150 tablets	\$18.00
Creatine Monohydrate Formula™	Boosts Muscular Energy Stores	300 grams	\$29.00
Calcium Pyruvate	Calcium Supplement	150 capsules	\$15.95
Evening Primrose Oil 1000™	Essential Fatty Acids	90 gelcaps	\$24.95
Fish Oil DHA 800 EPA 200™	Essential Fatty Acids	90 gelcaps	\$16.95
Pro-Carb Powder™	Clean Carbohydrate Energy Source	35 oz	\$25.00
	Vanilla, Chocolate and Strawberry		
Hi-Protein Powder™	Outstanding Functional Protein	32 oz	\$42.95
	Vanilla, Chocolate, Peach, Strawberry and Banana		
Hi-Protein™ Single Serving Pouches	Outstanding Functional Protein	20 pouches	\$48.95
	Vanilla and Chocolate		
All-Protein Powder™	High Efficiency Protein Dietary Supplement	28 oz	\$47.95
	Milk Flavor		
Optimized Whey Protein™	High Biological Value Protein	28 oz	\$47.95
	Vanilla Malt, Chocolate Malt and Strawberry Malt		
Optimized Whey™ Single Serving Pouches	High Biological Value Protein	20 pouches	\$53.95
	Chocolate Malt and Vanilla Malt		
50/50 Plus Powder™	Protein and Carbohydrates for Workout Recovery	32 oz	\$38.00
	Vanilla, Chocolate, Milk and Orange Cream		
Chocolate Fix Protein Powder	Protein drink for chocolate lovers	32 oz	\$49.95
	Chocolate Almond Coconut and Chocolate Cherry Cordial (NEW)		
Parrillo Protein Bars™	Portable 60/40 Nutrition	12 / box	\$32.00
	Vanilla Crème, Fudge Brownie, Strawberry Shortcake and Peanut Butter Delight.		
Parrillo Energy Bars™	High Powered Nutrition	12 / box	\$28.00
	French Vanilla, Peanut Butter Supreme, Chocolate Almond Coconut, Chocolate Cherry Cordial and Graham Cracker.		
Parrillo Protein Chew Bars™	Chews Like Taffy	12 / box	\$32.00
	Vanilla and Chocolate Graham Cracker		
Parrillo High Protein High Fiber Soft Chew Bars™	Our Newest Bar! Soft and Chewy Texture	12 / box	\$36.00
	Chocolate, Pecan Praline, Toffee and Peanut Butter		
PB for MCT	Protein Packed Peanut Flavored Spread	16 oz	\$21.95
Instant Hi-Protein Low Carb Pudding™	High in Protein, Low in Carbs	16 oz	\$28.95
	Chocolate and Vanilla		
Hi-Protein Pancake & Muffin Mix™	Great Taste, Guilt Free	24 oz	\$21.95
	Maple and Banana		
Hi-Protein Cake & Cupcake Mix™	Great for Strict Diets	24 oz	\$21.95
	Chocolate, Vanilla and Spice Cake		
Protein Frosting Mix™	Delicious with the Parrillo Cakes and Cupcakes	21.2 oz	\$36.95
	Vanilla, Chocolate, Peanut Butter (Allergen-Free) and Cream Cheese		
Protein Ice Kreem™	Make Protein Ice Kreem™ in your ice cream maker	32 oz	\$52.95
	Vanilla, Chocolate and Peach		
Contest Cookie Mix™		25.4 oz	\$26.50
	Plain, Chocolate and Butter Flavored Shortbread		
Contest Brownie Mix™ (Chocolate)		22.3 oz	\$34.95
High Fiber Chocolate Syrup Mix™	Try this on Parrillo Ice Kreem™ or Brownies!	16 oz	\$21.95

Nutrition Program

Nutrition Manual, Food Composition Guide, 30 Diet Trac Sheets	
CapTri® Manual, CapTri® Cookbook, Supplement Guide, and 450g Deluxe Food Scale	
Training Manual	\$49.95
Proper Exercise Techniques, Special Fascial Stretching and High Intensity Routines	
BodyStat Kit	\$39.95
BodyStat Manual, 12 BodyStat Sheets, and Skinfold Calipers	
Performance Package	\$79.95
Nutrition Program with BodyStat Kit	
Total Performance Package	\$129.95
Training Manual, Nutrition Program, & BodyStat Kit	
CapTri® Cookbook	\$9.95
Strict recipes using CapTri® C8 MCT to make your food taste great!	
John Parrillo's Performance Press™	\$29.95
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Kristen McSorley
December 2018 Featured Athlete



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