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PERFORMANCE

PRES.

October 2008

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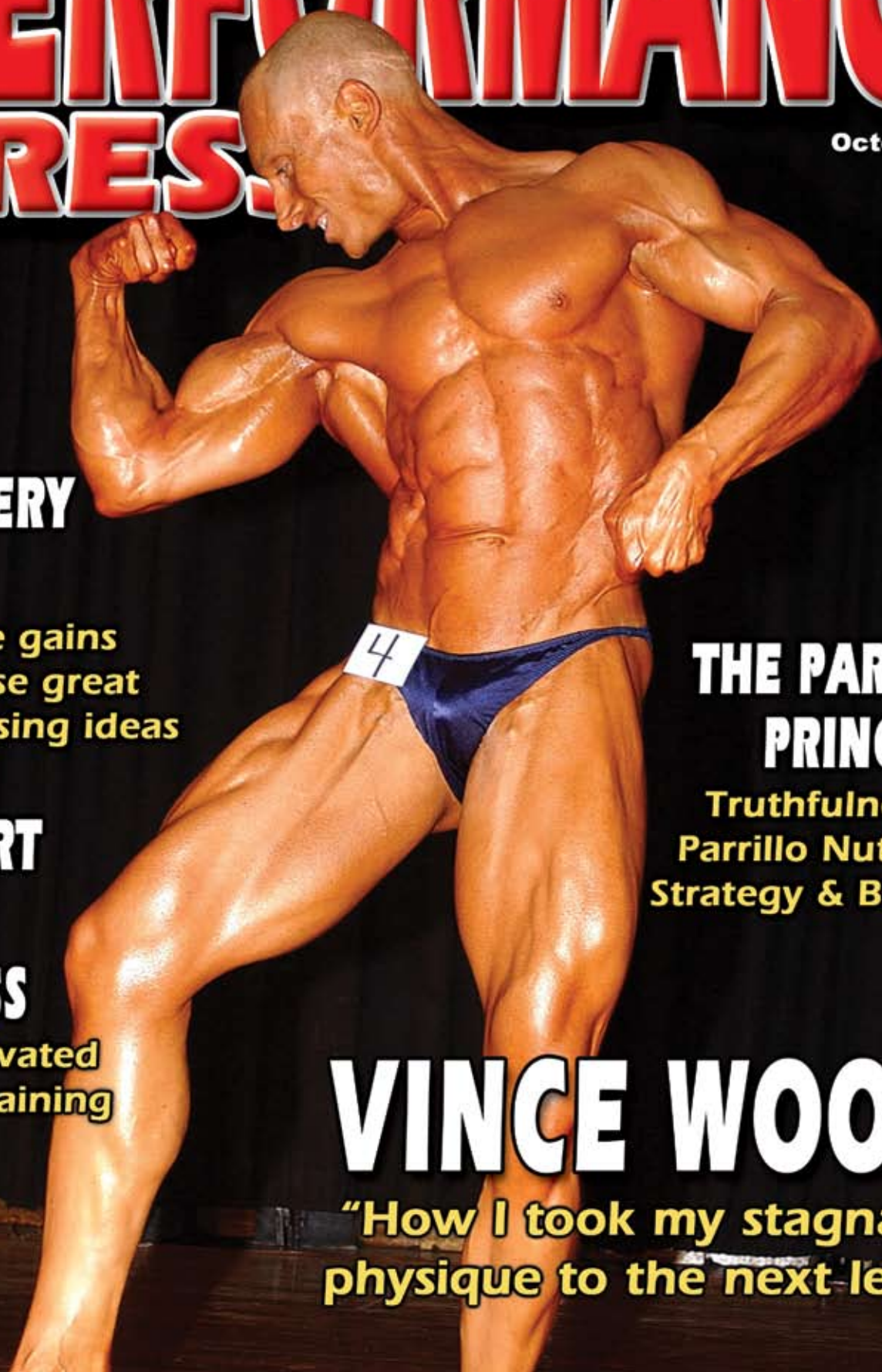
THE PARRILLO PRINCIPLES

**Truthfulness, the
Parrillo Nutritional
Strategy & BodyStat**

VINCE WOOD

**"How I took my stagnant
physique to the next level."**

**Photo by
Mark Vigna**



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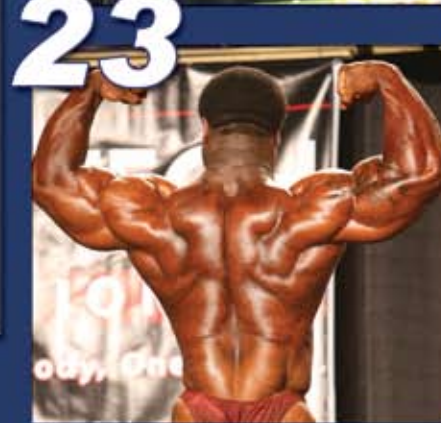
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Vince WOOD



Goal-Driven
Bodybuilder
&
Powerlifter

Photos by Mark Vigna

VINCE WOOD

“How I took my stagnant physique to the next level.”

Photos by Mark Vigna and Lester Fields

Vince Wood was at a crossroads. A nationally ranked bodybuilder, Vince was experiencing “burn out.” He was tired of his longtime proven-effective approach. He was losing his enthusiasm. Vince was becoming convinced he had taken his career about as far as it was going to go following the road he was on. Vince felt impaled on the horns of a dilemma: that his current methods worked was beyond dispute. What was also beyond dispute was the cold hard fact that he hadn’t *significantly* improved in over a year. Should he abandon his proven effective ways and strike out in an entirely new bodybuilding direction – with no guarantee that his new approach would yield results? Should he “Man Up” and stay the course, using his tried-and-proven methods of training and eating? Should he reconcile himself to the fact that as a 40 year old man, future progress would be measured in teeny steps and infinitesimal degrees? Which way should he jump? Should he jump at all? The 5’9” athlete competed in shredded-and-ripped condition weighing 175 pounds and was known for his symmetry and muscular delineation. Vince knew he was treading water and the tipping point came when his enthusiasm, al-

ways off the charts, began to wane. He knew a drastic repositioning and recalibration might be the only way to reenergize his enthusiasm. Still he was haunted by doubts and indecision. “I felt as if I had painted myself into a corner. I had spent many years getting to a certain level – yet once I obtained my pro card I hit a plateau that I could not overcome.” As a longtime Parrillo adherent, it eventually dawned on Vince that he had to take a chance and make the leap: if he were to generate radical results he would need a radically different approach. As John Parrillo has pointed out since 1980, a competent competitive bodybuilder needs a series of effective training regimens ready to roll out when stagnation inevitably sets in.

To use an appropriate analogy, think of effective weight training and cardio routines as shirts hung neatly on hangers in a closet: when one shirt gets dirty or when a particular routine goes stale, time to throw the shirt/routine into the wash and time to pull

another fresh shirt/routine off the rack. Note that we didn’t say “time to throw the proven effective routine in the trash,” we hang the proven routine (or diet) back in the closet for future use. Top pros might have a dozen different routines, proven routines, and rotate them regularly. At the elite level, seasoned bodybuilders actually anticipate stagnation



Vince winning his division at the WNPJ New Jersey State Powerlifting Championships on June 28, 2008



Vince combined hardcore powerlifting with cutting-edge Parrillo-style nutrition, seeking "strength above all else."

rillo-style nutrition and seek "strength above all else." He reasoned that this approach, powerlifting and "straight Parrillo" nutrition would allow him to maximize muscle mass without adding excessive amounts of body fat in the process.

Power training amplified with Parrillo-style nutrition:

Vince came up through the bodybuilding ranks admiring the "power look." His physique role models were the men who looked strong

From the early days of Bill Pearl and Reg Park, on through the incredible Sergio Oliva, on into the modern era of bodybuilding spearheaded by Arnold and Franco and down through Fox, Yates and Ron Coleman, the great ones had the "power look" for one reason: they were powerful. The way you build massive thighs is to develop a massive squat ala Tom Platz, a man who could squat 500 for 20 reps. The way to build a thick back, a back with mountain-range traps, python erectors and humongous lats is to build a massive deadlift: Ron Coleman deadlifts 800 for reps. Do you want to construct a massive chest? Construct a massive bench press! There is an undeniable correlation between massive strength and massive muscles. Vince was excited. "I decided to head in an entirely new direction. I decided to powerlift. I'm talking competitive powerlifting – not just adding the three powerlifts to my bodybuilder training routine – no – I would actually compete! I decided that if I

was going to strike off in this new direction I would need to immerse myself. That meant competing in powerlifting competitions." Vince had been weight training 5-6 times a week and for the first time ever, this 41 year old was experiencing serious joint pain. "In the past few years I developed some serious aches in my knees and shoulders. I was a bit apprehensive that by shifting to pure powerlifting I would aggravate this condition. It blew my mind when after committing to a full blown power program my joint pain disappeared!"

Vince attributed the disappearance of joint pain to a reduction in his overall training volume. "As a bodybuilder I trained 5-6 times a week and as a powerlifter I train three times a week. Despite handling way more poundage, my sessions were less frequent. Miraculously, my joint pain vanished completely. It seemed counterintuitive; it turned out that even though I was handling far less poundage, training often, using higher reps, was far more joint-inflammatory than slamming big iron for lower reps on a relatively infrequent basis." Vince also rediscovered his enthusiasm. Within a week of commencing his new training template he felt reborn and reinvigorated. "I found that only training three times a week had tremendous psychological benefit. Instead of dreading going to the gym to do the same old stuff in the same old way, I suddenly was so fired up that on my off days I would daydream about the weights I would be handling in my next scheduled session. By purposefully staying out of the gym I found myself dying to get back into the gym." Vince combined his newfound enthusiasm with a power training template and

underpinned it all with a classical Parrillo "off-season" nutritional template. The first order of business was to "up" his clean calorie intake. He kept doing his cardio; he wanted to ensure his weight gains were muscle gains and not fat gains. His clean Parrillo-style eating and infrequent power training caused his body to explode with growth. "Previously, my off-season bodyweight would be in the 200 to 205 pound range; using my new approach caused my body weight to leap up to 218 pounds – and I felt great!" Vince intends to powerlift for all of 2009 and return to competitive bodybuilding in the year 2010. "I want to dedicate myself to the path I am on for the next fourteen months then return to bodybuilding. Ideally I would like to add another 15 to 20 pounds of muscle. When I return to bodybuilding I want to compete weighing a ripped 195."

"I would say that the highlight of my bodybuilding career was winning my World Natural Bodybuilding Federation pro card in April of 2005. I won the middleweight title and also captured the overall title at The Natural Northeast America, a pro qualifier. As the overall winner I was awarded professional status. I went to my first pro natural show in 2005 and placed 4th out of 14 competitors.



Within a week of commencing his new powerlifting training template Vince felt reborn and reinvigorated.

In 2007 I placed 4th in my class at the prestigious Pro Natural Masters Cup." Vince wanted to mention how grateful he is to another pair of Parrillo cover people: the Kansas-based husband and wife team of Fred and Jan Rowlett. "Fred and Jan are bodybuilding powerhouses; they put on the best bodybuilding competitions I have ever competed in. Fred and Jan always go that extra mile to accommodate both the athletes and the audience. As a competitor I appreciate the nice hotels that we stay at. I appreciate the gift bag each competitor receives. I appreciate the fact



"I decided that if I was going to strike off in this new direction I would need to immerse myself. That meant competing in powerlifting competitions."



"I feel as if I could swing back and forth between these two sports for years to come"

Division squatting 500, bench pressing 300 and deadlifting 530 pounds.

"My goal for 2009 is to concentrate totally on powerlifting; push my lifts upward as much as possible and in doing so create a lot of new muscle mass. I feel that I can squat 530 to 550, bench press 325, and deadlift 575 to 600 pounds. Even now at my current level I am carrying more muscle than at any time in my life. The ultimate goal is to swing back to bodybuilding in 2010, hopefully weighing 230 pounds carrying a 10% (or less) body fat percentile. I will then embark on a Parrillo-style "lean out" program that will, I sincerely hope, result in my weighing 195 to 200 pounds carrying less than 5% body fat." Vince feels great, looks great, and at an age most men his age

are contemplating retirement from bodybuilding, Vince plans on re-emerging bigger and better than ever. "This dose of undiluted powerlifting has infused me with enthusiasm: physically I am strong and getting stronger; psychologically I am fired up. I would unreservedly recommend that any bodybuilder feeling stale and burnt out consider my approach." Vince Wood intends to compete at the national level in powerlifting this coming year and his lifts will make him extremely competitive in the master's division. His unique blending of "pure power and Parrillo" is both innovative and effective. "I feel as if I could swing back and forth between these two sports for years to come – when I feel I've gone about as far as I can go in one direction I'll switch directions and compete in the second sport. Bodybuilding and powerlifting are completely complimentary assuming you use Parrillo-style nutrition as the unifying foundation."

Vince Wood Training Split

Monday	Squats Calf raises	4 sets of 5 reps 5 sets of 10-15 reps
Tuesday		30 minute outdoor power walk
Wednesday	Bench press Floor press Incline press Military press Lateral raise Curl Hammer curl	4 sets of 5 reps 3 sets of 5 reps 3 sets of 5 reps 3 sets of 5-8 reps 3 sets of 8-12 reps 3 sets of 8-12 reps 3 sets of 8-12 reps
Thursday		30 minute outdoor power walk
Friday	Deadlift Rows Chins Bench (close) Weighted dip French press	4 sets of 5 reps 3 sets of 8-12 reps 4 sets of 4-8 reps 3 sets of 5 reps 3 sets of 5 reps 3 sets of 8-12 reps
Saturday		Long outdoor power walk
Sunday		Long outdoor power walk

that every year, every show gets better and better and better...Fred and Jan are two very classy people and a terrific credit to bodybuilding. In a sport where a lot of people tear down one another, Fred and Jan draw universal praise from friends, fans, competitors and clients. Their efforts are appreciated." (Look for an article on this dynamic duo later this year.) Vince has competed in two powerlifting competitions in 2008: in February at the World Natural Powerlifting Federation's "Raw" World Championships, he took second place. Weighing 218 pounds, lifting as a 'master' (over 40) lifter, Vince nailed a 450 pound squat, a 285 pound bench press and a 515 pound deadlift. This past June at the New Jersey State Championships, Vince won the Master

"I will throw in hanging leg raises and crunches for my abdominals on Monday after leg training. Technique is paramount; squats are low, benches are paused and deadlifts are locked out fully and completely at the top of each and every rep. Each week prior to a competition I seek to add poundage to the top set of each of the three prime powerlifts: squat, bench press and deadlift. I reduce the training reps in the final month leading up to a competition. I compete in "raw" powerlifting, i.e., no lifting "gear" is allowed other than a lifting belt: no knee wraps, squat suits or bench shirts. Again I am a bodybuilder engaging in powerlifting and raw lifting is perfect for my purposes."

Daily Meal Schedule

- **Meal I 6am:**
3/4 cup oatmeal with 2 scoops of Parrillo Optimized Whey Protein™
- **Meal II 9am:**
50/50 Plus™, 5 grams of Parrillo Creatine Monohydrate™
- **Meal III 12pm:**
Parrillo Energy Bar™ (cherry cordial or graham cracker)
- **Meal IV 3pm:**
Chicken breast, yams, broccoli
- **Meal V 6pm:**
10 egg whites omelet w/broccoli, green peppers, spinach
- **Meal VI 9pm:**
Parrillo Optimized Whey Shake™

"I drink a double serving of 50/50 Plus™ after my early morning work-

out and drink at least a gallon of water during the day. I am a longtime Parrillo supplement user. All Parrillo supplements are potent, effective and tasty. I cannot say enough good things about John Parrillo and his nutritional approach. Unlike other supplements that make outrageous claims, John always states that real food is the foundation and supplements are used to round out a sound food program. I cannot imagine training for a bodybuilding competition – or a powerlifting competition – without using Parrillo nutritional tactics and Parrillo nutritional supplements. I have a thriving personal training business and I insist my clients use Parrillo supplements and the Parrillo nutritional system.

Every day I take Parrillo Essential Vitamin Formula™, Enhanced GH Formula™ and Liver Amino Formula™. I find that by taking a handful of liver tabs between meals I am able to stay anabolic and maintain positive nitrogen balance. I enjoy all of John's bar formulations and find they taste awesome; the bars are mini-meals in wrappers. I eat bars between food meals or when I travel. I use Pro-Carb™ (vanilla flavor) when I am at a powerlifting competition. I mix a massive amount of Pro-Carb™ in a gallon water jug and sip the mixture throughout the competition. This keeps my energy sky high. I love Parrillo Pancakes™ and look forward to eating a big pile every Sunday morning for breakfast. I have been a Parrillo Performance Product user



"I have a thriving personal training business and I insist my clients use Parrillo supplements and the Parrillo nutritional system."

since 1990 – I guess that tells you everything you need to know about how I feel about the purity of these amazing products. Thank you John for these amazing products and for your amazing nutritional system."



A BODYBUILDER IS BORN: Generations

Episode 19: Back to School

Ron Harris -www.ronharrismuscle.com-

It's funny how your attitude about certain things can change as you get older. When I was a kid, late August was a miserable time of year. It meant that the glorious summer vacation was almost over, and very soon life would return to the monotonous drudgery of waking up every day and going to school, doing homework, and counting the days until the next vacation – much the way prisoners mark the days until their release into freedom. I think I actually used to mark the days in hash marks on the wall of my cell, er, I mean bedroom. I would even stay awake through the entire 36 hours of the annual Jerry Lewis Labor Day telethon for muscular dystrophy, as this truly represented the last gasp of summer. It was my desperate attempt to distract myself from the inevitable return of the school year, which I equated with boredom, confinement, and suffering. You would think I attended The Hitler Military Academy and my instructors were Saddam Hussein, Genghis Khan, Idi Amin, and Benito Mussolini.



"The day you think you know it all, you're done."

Apparently I greatly exaggerated the cruelty of my teachers and the torture of the school day in my feverish little mind.

Now, seemingly centuries later, I find myself anxiously awaiting the start of the new school year rather than dreading it. As a father of kids entering third and ninth grades, I would at last have them back into a

routine and out of my hair for most of the week. No longer would I be pressured out of guilt into endless trips to beaches, amusement and water parks lest my precious little angels ever have to experience boredom, and made to feel more like the activity director on a cruise ship than a parent ("Macarana lessons on the main deck at noon!") My daughter had a vast social network yet was still too young to drive, which put me in the position of her personal chauffeur on call 24 hours a day. Now, blissfully, many of those hours she would be stuck inside a classroom and I would be free to work, train, or do whatever I pleased all day.

Actually, at two weeks before the first day of school, Marisa was already being kept busy practicing for her new sport, field hockey. Never have I seen a piece of sporting equipment that seemed more suited to bludgeoning a human skull than hitting a ball than the field hockey stick. My client Jared was now in football practice,

the only sophomore playing on the varsity squad. Physically, he was now just as muscular and powerful as his older teammates (if a bit shorter), which was a testament to his hard work in the gym over the past year and a few months. And like a real trooper, the kid was still keeping up his lifting despite being out working his tail off in practice for five or six hours in the sickening humidity of Massachusetts in August. Under my advisement, he went home and had an enormous meal of steak and potatoes and laid down for a solid hour-long nap before meeting me at the gym. I also had him slugging several 50/50 Plus™ shakes during breaks in practice to keep his strength and endurance up, in addition to using other products like Max Endurance™, Liver Aminos™, and Muscle Aminos™ in copious amounts due to his grueling physical activity regimen.

I was at the gym with him now, putting him through the paces of his very basic routine that wasn't much more than bench presses, deadlifts, squats, and power cleans for a few sets of five reps each. We only did this three nights a week, as practice was so incredibly demanding even for someone so young and in such excellent physical condition. This was not the time for him to be training like a bodybuilder, and he knew it. Still, I was impressed with the effort he was consistently putting out in our brief sessions.

"Are you drinking one of those energy drinks before you come here, like Red Stallion or Pop Star?" I asked. Recreational drug use thankfully seemed to be on the decline among teenagers lately, but they were all knocking back those energy drinks. I knew there were jittery kids bouncing around my town that would suck down three



"We must never stop learning and experimenting."

or four cans a day, the equivalent of 12-15 cups of coffee. Teenagers need that much caffeine about as much as morbidly obese people need more donuts and ice cream. I would hear them howling and hollering as they marched down the sidewalks in packs like rabid wolves, occasionally attacking each other or the nearest inanimate object. All that energy had to go somewhere. Too bad we couldn't harness that

manic energy as a replacement fuel source for gasoline.

"Naw, the nap recharges my batteries pretty good," he said, loading another ten-pound plate on one side of the Olympic bar as I got the other. "And after I get home, eat and shower, I am out like a light until the morning."

"With the schedule you're on now, you need all the rest you can get. I have always tried to make you understand how critical rest and recovery are."

"I know," he said, sliding the spring clip on the bar's sleeve to keep the plates from flying off during his explosive power cleans. "Most of the Seniors on the team are out every night partying. I don't know how they do it." He did his set of five authoritative reps with 175 pounds, and we added another dime to each side. "They just don't know any better," I told him. "Those kids would be doing better in practice if they were getting a few hours more sleep instead of chasing girls around town until one in the morning and probably having the occasional adult beverage."

"Lucky I have you to guide me," Jared said, "You know everything."

I let him do his set before responding.

"Jared, I do not know everything – far from it." He appeared puzzled. "Yeah, but you've been doing this

since way before I was born.”
 “True, and the funny thing is that the longer I’ve been doing it and the more I learn, the more I realize how little I actually know and how much more there is to learn. When I was in my early to mid-twenties, I really did think I knew it all. I look back now and wince at how obnoxious and pompous I was back then. When it comes to weight training, nutrition, and supplements, I eventually had to realize that you need to continue learning forever. So basically, I’m a student at it all just like you are. I may be considered to be in a higher grade or level, but I am definitely nowhere near finished with my education. Okay, last set now, concentrate.”



“School is always in session!”

Jared pulled five good reps off the floor and on to his clavicles, and looked like he had a couple more in him. That’s exactly what we wanted. I wasn’t trying to work this poor kid to death, not when he had to be on the field again in about ten hours for yet another marathon practice session of drills under the blazing sun. We stripped the bar to 135 and together set it up on the stands of the power rack so he could start warming up on squats. He gestured to the gym floor, which was reasonably crowded.
 “These guys don’t all spend time trying to learn anything new, do they?”
 “No, they probably don’t, and that’s why they usually don’t make much progress over time past the initial

first couple years of training when everyone makes decent gains. I always say that the day you think you know it all in bodybuilding, you are all done. There are so many

different techniques to try that you would be foolish to not learn about as many as possible and try the ones that sound like they may have potential. It could be something so simple as experimenting with a new exercise, or even just changing your hand or foot position on an exercise you already do. It could be grouping bodyparts differently, or adjusting your pre or post-training meal, or using a new supplement. There are so many different variables to play around with, but unless you make

an effort to find out about them, you wouldn’t even be aware of them.”

“So I guess I have an awful lot more to learn, then, huh?” he asked.
 “Yeah, but don’t feel bad – so do I.”

While Jared did his squats, I pondered the implications of what we had just discussed. With all the magazines, books, and web sites available these days, the only reason someone would not be able to perpetually bolster his or her education in all things iron-related would be out of sheer laziness or stubbornness. In my own youth, an out-of-control ego and a stubborn resistance to accepting my own relative ignorance kept me mired in mediocrity for years. Only when I opened up my mind to new information and allowed the possibility that I still had much to learn did I truly begin to make significant progress again.

When I got home, I turned on the TV and the first thing that came on the screen was a commercial for Old Navy. In it, kids from what appeared to be ages 8-18 were dancing around ecstatically in their cool and colorful new fall fashions, practically frothing at the mouth in glee about going ‘Back to School.’ What a crock of crap, I thought. If anyone right now feels like celebrating the new school year, it’s us parents!

Ron Harris is the author of Real Bodybuilding, available at www.ronharrismuscle.com

HOT OFF THE GRILL



A Recipe by Dominique Parrillo



Stuffed Zucchini

- 3 large zucchini cut lengthwise into halves
- 1 medium zucchini cut into small cubes
- 1 cup chopped red bell pepper
- 1 cup chopped onion
- 3 cloves garlic, minced
- 2 TBS CapTri®
- 1 medium tomato seeded and chopped
- 1 tsp dried basil
- 1 can Garbanzo beans, drained and rinsed



With a spoon, hollow out the large zucchini and discard the seeds. In a large skillet, place chopped zucchini, red pepper, onion, garlic and CapTri®. Cook on medium high heat until tender about 8 minutes. Add tomato and basil, cook until tomato wilts. Add beans to the side of the skillet and mash about half of the beans. Mix well. Spoon mixture into hollow zucchini and place on hot grill. Lower heat to medium, close lid and cook for 10-15 minutes.



REST, RECUPERATION, & GH

John Parrillo

Rest and recuperation can work in conjunction with growth hormone (GH) if this relationship is properly understood. For background, growth hormone (GH) is a protein hormone made by the pituitary gland, a small secretory gland at the base of the brain. Hormones, chemical messengers secreted by endocrine glands into the bloodstream, are delivered to target tissues, where they exert their effects. (1) Although growth hormone is of interest to adults, its primary function is to promote growth during childhood. Actively growing children have the highest levels of growth hormone. Gradually, GH release decreases with age. The decline in GH levels may in fact be the cause of some of the processes of aging. If you haven't made good gains in awhile try to incorporate some of the following GH-releasing ideas.

GH & Rest between Sets

An important exercise parameter that seems to enhance GH release is to use shorter rest intervals when training. To do this, of course, you have to use lighter weights (and more reps). A difficult protocol that works well to increase GH levels is to train to failure at 10 reps (use 10 rep maximum weight) combined with one-minute rest intervals (5). If you're used to resting 3-5 minutes between sets, shorten up the rest interval

to one minute or less; it will work wonders. Sometimes bodybuilders get into a rut; they plateau and can't figure out the problem. It might be that they're training like powerlifters: very heavy weights, very low reps with long rest intervals.

In 1993 a scientific study compared the GH-release of 20 sets of one rep each (done maximally) to 10 sets of 10 reps (also maximum) and found the 10 sets of 10 reps resulted in greater GH release (6). Why? Probably the larger volume of work, done with enough reps to result in some lactic acid production, combined with short rest intervals, is the best way to trigger GH release. It may prove beneficial to include some high intensity aerobics as part of your cardiovascular training. There seems to be theoretical justification to include sprinting for better results

A postscript here: Weight training is incredibly intense exercise and within seconds of the commencement of a heavy set, energy reserves are depleted and waste products begin to accumulate (1-4). Creatine phosphate serves as an energy donor and helps to maintain the supply of ATP, the molecule used by muscles to power contractions. ATP is rapidly depleted and strength fades as a heavy set proceeds, muscular contractions soon stop altogether. During the rest interval between sets ATP and creatine phosphate stores

are repleted. Supplementation with Creatine Monohydrate can help the entire depletion-regeneration process as it increases intracellular Creatine pools(5-6). Supplement with our Creatine Monohydrate Formula™ and you will get a better training effect.

Sleep & Stress Issues

Always try to get enough sleep, especially since GH is naturally released at night. If you are unable to sleep optimally, your recovery will suffer and you won't be able to train each muscle group as frequently.

You can also stimulate the release of growth hormone through the ingestion of amino acids. Arginine Pyroglutamate and Lysine Monohydrochloride, two potent amino acids, when isolated and grouped together and taken on a regular basis have been shown to promote the secretion of growth hormone in the body. Parrillo Performance has grouped this amino duo in its Enhanced GH Formula™. These two aminos have been shown to stimulate the release of GH in test subjects. Growth hormone is the mightiest of all hormonal secretions as it increases mass and decreases bodyfat simultaneously, and aids in joint repair!

This particular amino grouping is best taken on an empty stomach and

it is suggested to take Enhanced GH Formula™ immediately upon awaking, before training and just before bedtime. Taken before bed (2 to 3 capsules), these easy to digest capsules will dissolve as you sleep, providing you with GH-triggering amino acids. Grow while you sleep! Take them in the morning too, and prior to training.

Muscle growth and decreased body fat are the ultimate goals of every hard-training bodybuilder and strength athlete and muscle can't grow without growth hormone. Growth hormone increases lean body mass by stimulating protein synthesis and increasing nitrogen retention. GH is anabolic, meaning that it acts to promote incorporation of nutrients into new body tissues (1,2). One way to increase your natural GH levels is through supplementation with a special combination of amino acids (3), combined with adequate rest and sleep.

Beyond GH: Rest & Recovery Nutrition

Nutrition plays an absolutely central role in the rest and recovery process. The foods you eat supply you with the building blocks the body needs to repair itself. If you are training intensely and getting enough sleep but not eating right, then your growth potential will be severely limited. You should be getting one to two grams of protein per pound of body weight every day for optimal growth and recovery (7-10). Most bodybuilders use a protein supplement as the foundation for their nutritional program. We think the best protein on the market is our Hi-Protein Powder™ or Optimized Whey Pro-

tein™. Our whey protein is fortified with extra glutamine and branched chain amino acids. In terms of recovery and growth the two most important supplements are protein powder and Creatine Monohydrate.

Carbohydrates are required to maintain your muscle glycogen stores. When muscle glycogen is depleted, strength and endurance drop off markedly (1-4). If you are no longer getting a good pump after a set, this is a sign that you are running low on glycogen. In this case, increase your

Always try to get enough sleep, especially since GH is naturally released at night.



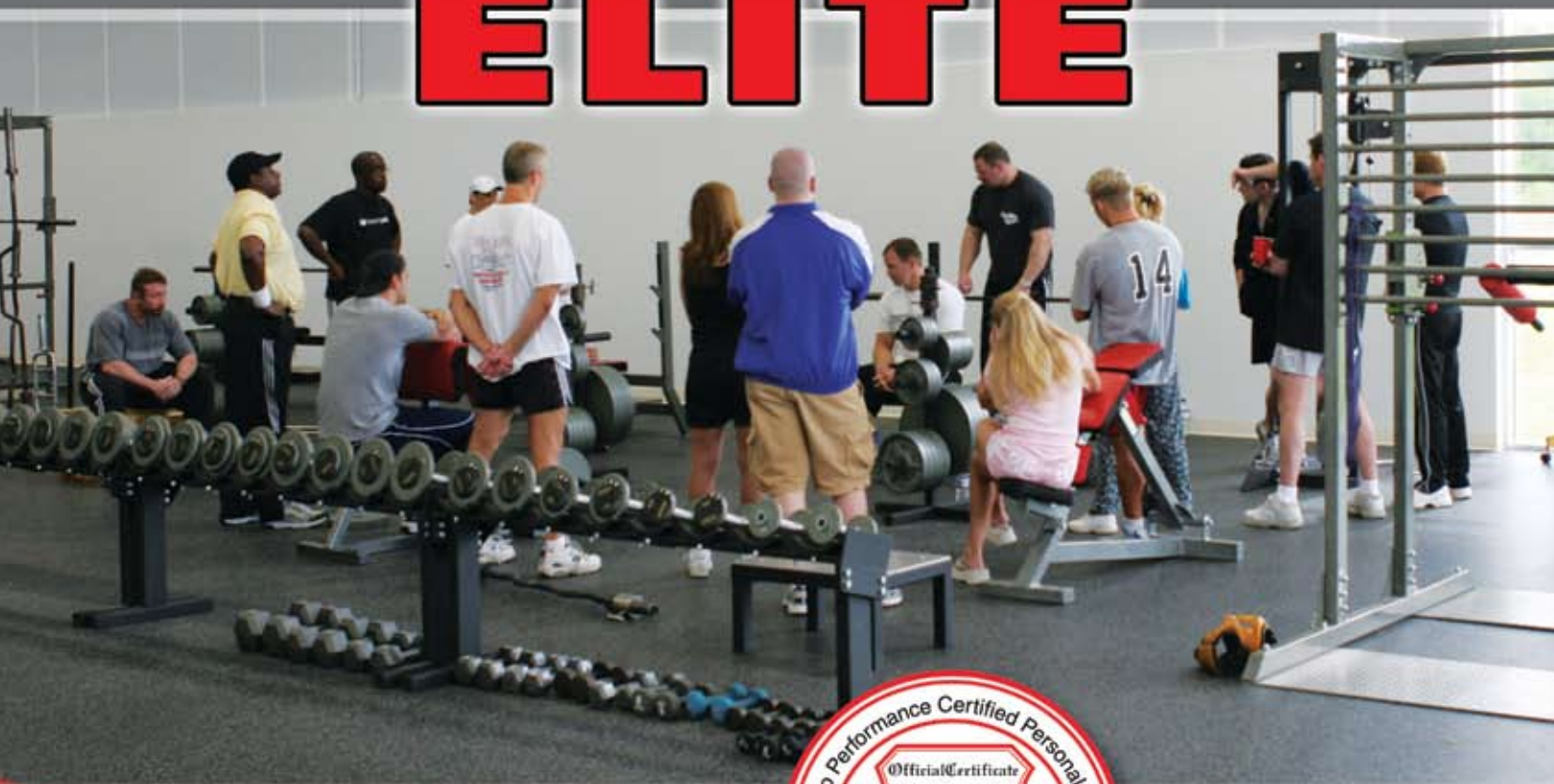
carbs by using two to four scoops of Parrillo Pro-Carb™ after your workout. This is the perfect time to supplement with carbs as they will be stored as glycogen. Don't forget to take your vitamins and minerals. I suggest six meals a day, spaced at regular intervals. Each meal should include a protein source (such as lean chicken or turkey), a starch, and a fibrous vegetable. Good starches include potatoes, rice, beans, and corn. Stay away from simple sugars and refined carbohydrates such as pasta or bread. Metabolically, refined carbohydrates behave much like simple sugars. Also avoid milk and fruit, which are rich in sugars. Consult the Parrillo Performance Nutrition Manual for detailed instructions. Adequate nutrition and sleep are two critical ingredients in achieving

optimal recovery. Don't be afraid to vary and experiment with your rest intervals and training frequency.

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THE PARRILLO PRINCIPLES

Truthfulness, the Parrillo Nutritional Strategy and BodyStat

By Andre Newcomb



What differentiates John Parrillo from the rest of the fitness world is his cold allegiance to the truth – even if the truth is detrimental to his own financial wellbeing. Back in the early 1980s I was an avid supplement taker, indiscriminately leaping from one “magical” supplement to the next. I was lured in by outrageous advertising claims made by unscrupulous supplement makers. I desperately wanted to believe that the bold lies (told with such easy assurance) were in fact true. Had I been a little smarter I would have noticed that the advertising templates were predictably the same: purchase a full color ad in a muscle magazine and have some monstrous bodybuilder proclaim that the featured supplement was critical and indispensable and without this particular product it would have been impossible for the monster man to construct the body he displayed in the ad. Factually these bodies were built using steroids, growth hormone, insulin and all manner and type of illegal drugs. The second widely used advertising template involved beautiful, scantily clad women. This clever tactic caused male bodybuilders to pause before turning the page. The

boys and men would gaze lustfully at these exotic sex objects and by keeping the men and boys staring at the page the message about the supplement would be communicated. Another successful supplement template used multiple images of normal folks radically transformed in ‘before and after’ shots. This tactic was brought to high art by one outfit whose owner bragged in my

Parrillo promoted the unpopular notion that using his supplements would allow the user to train more not less and train harder not easier.

presence that he had no compunction about advertising deception and outright lying because, and I quote, “No natural supplement works: none of them are worth a damn!” He also bragged about how in every \$85 supplement “kit” sold, he had less than \$3 in actual cost. This man built a fortune using this cynical ruse: his New Jersey mansion was featured in Architectural

Digest and his collection of vintage rock guitars (kept in a specially built hermetically sealed room) was valued at over \$1,000,000. He died at age 39 of a prescription drug overdose and was considered the salesmanship “role model” by the rest of the industry.

John Parrillo said repeatedly that natural supplements, *potent* natural supplements, can and do work – assuming the supplements are potent and used in precise conjunction with a diet based on the expert use of real food. From day one Parrillo Performance Products has been upfront about the realistic results that can be procured from natural supplements. Parrillo has flatly and repeatedly stated that potent nutritional supplements can add 10-20% to the final finished physical product: and that my friend is *huge!* Compared to the over-the-top deceitful lies proclaimed by other supplement makers, John’s realistic claims seemed tame. Parrillo promoted the unpopular notion that using his supplements would allow the user to train more not less and train harder not easier. His supplements were never designed to provide the user a way to avoid the disciplined eating and

ferocious training necessary to transform the human body. Parrillo Products seemed pedestrian compared to the incredible results claimed by supplement liars. Despite the pressure to go along with the crowd, John Parrillo never wavered in his complete allegiance to

precise use of potent, natural nutritional supplements would allow the serious trainee to train harder and train more often, train longer and recover quicker from the intense resistance and intense cardio he recommended. His truth telling stood him apart from the rest of the crowd back in the 80's and it still sets him apart from the crowd in the year 2008.

Parrillo's sophisticated approach has evolved slowly and methodically over the past four decades. He honed his system to razor-edge perfection by preparing over a thousand bodybuilders for competition.

The methods first developed for elite national and international level bodybuilders have proven incredibly effective when applied to regular folks in pursuit

of more modest fitness goals. The Parrillo nutritional approach empowers the user by providing them with a system whose foundation is built on the precise use of regular food. This foundational food base is augmented and amplified by the inclusion of powerful nutritional supplements. The Parrillo Nutritional approach enables the trainee to custom design a dietary approach that suits their lifestyle and melds with their particular needs and circumstance. The Parrillo nutritional approach starts by establishing realistic goals. Once the goals are set the Parrillo trainee uses the *BodyStat Kit* to monitor results. The *BodyStat Kit* includes the *BodyStat Manual*, *BodyStat sheets* and *skin-fold calipers*. The trainee uses *BodyStat* procedures to evaluate what is happening to his or her

body composition: the ratio of lean muscle mass to body fat. Readings are taken weekly and results are monitored on a continual and ongoing basis. Based upon the weekly *BodyStat* results, the trainee might tweak their diet, they might tweak their training or they might tweak both. The idea is to keep progress going by manipulating the variables. The Parrillo method used today was developed over many, many years of trial and error. The overall goal is simple to grasp....

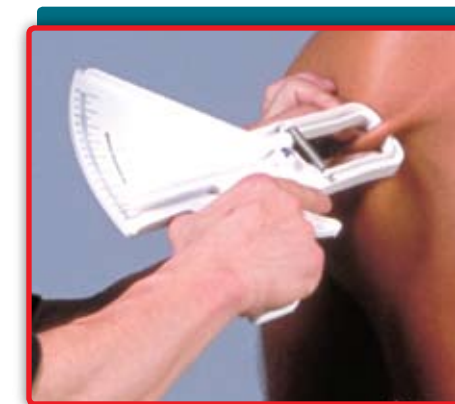
Try and gain muscle without gaining fat; try to lose fat without losing muscle.

The easiest way to gain muscle is to stay in a *calorie-surplus* state. In the Parrillo mass building system, the trainee eats enough clean calories to gain between 1 and 2 pounds per week. Progress is charted using the *BodyStat Kit* to determine what percentage of body weight gained is muscle and what percentage of weight gained was fat. If the weight gain is all muscle then you have hit the mark. You keep doing what you have been doing. If an unacceptable portion of the weight gained is fat, the trainee tweaks their diet. They could increase the lean protein intake while lowering starch carbs. This particular tactic increases glucagon and decreases insulin. Perhaps the trainee leaves the diet intact and alters the weight training or aerobics. There are, as the old saying goes, many ways to skin a cat. If the goal is to become as lean as possible, the easiest way to lose fat is to create a caloric deficit. Generally speaking, and depending upon the size of the individual,

the goal should be to lose between 1 and 2 pounds of body weight per week and use *BodyStat* charting to determine if the weight lost was body fat. If your weight loss was fat loss then you keep doing what you have been doing. If you lose an unacceptable amount of muscle in the process, then this indicates a tweak to the diet or a tweak to the training is in order. *BodyStat* methodology keeps you from getting fat when you are trying to add muscle size. *BodyStat* methodology keeps you from losing muscle when you are trying to burn off body fat. *BodyStat* charting alerts you if you are on the right or wrong track and tells you when it is time to make a change in your strategy. *BodyStat* charting eliminates the guesswork. The bathroom scale can be incredibly deceiving: you could lose two pounds of body weight, think you are doing great when in fact you have starved yourself, shut the metabolism down and have actually lost two pounds of muscle! You think you are on the right track when in fact your fat percentage remains untouched. Using the scales alone can leave you fat, dumb and happy – quite literally.

BodyStat charting is all about logic: if you are on a mass building program and after a protracted period of time *BodyStat* charting alerts you that your body is unable to put on another pound of muscle (the only weight gain is fat gain) then it is time to reverse directions and start leaning out. Cut the starch carbs and up the aerobics. This opens up the insulin receptor sites and adds capillary density to muscles. Down the road you can go on

another mass gain cycle. Likewise when the lean-out strategy has run its course and you can't seem to lose another pound of fat without losing muscle, then it is logically time to switch directions and start gaining a pound or two of weight per week. This switch will speed up your metabolism and enable you to start losing fat again as well. This is the essence of the Parrillo approach and the *BodyStat* system is the cornerstone, the foundation, of the Parrillo nutritional sys-



BodyStat testing eliminates the guesswork!

tem. *BodyStat* charting allows the trainee to create a weekly report card. If you are really serious and want to make continued progress this is the ideal system. This system allows you to continually chart progress and eliminate the guesswork. Remember that every diet works if the calories are low enough – you will lose body *weight* – but are you losing body *fat*? *BodyStat* charting will give you the answer to that critical question. Our system lets you figure out which diet is the best diet for you. We find that if you do things right your me-

tabolism constantly increases: this is called building the metabolism. John Parrillo was the first person to show that you could get lean and muscular by eating a lot of calories – if it is done right. John has had competitors win major world bodybuilding competitions eating 10,000 calories per day and eat that amount of food without adding a single ounce of fat. How is that possible? Over time, using the *BodyStat* system, the metabolism gradually acclimatizes and is able to handle an ever increasing number of calories. The modern bodybuilding champions are able to step onstage weighing 250+ pounds carrying 4% body fat percentiles: they have trained their metabolisms to handle massive amounts of calories without shuttling excess into fat storage.

To use an appropriate analogy: a raging bonfire is able to burn giant logs. A pathetic, smoldering fire can only burn twigs. A raging metabolism can burn massive amounts of clean calories and burn them thoroughly and completely. A stunted metabolism turns excess calories into body fat quicker than you can say “Pass the pie!” Parrillo's genius was modifying the tactics of the champions for use by regular people. The champions blazed the trail and normal people can use these advanced tactics to pursue their own goals. For \$39.95 you can purchase the *BodyStat Kit* and start issuing your own weekly report card. Combine potent Parrillo supplements with the expert use of regular food. Use the *BodyStat Kit* to inform you of weekly changes in body composition. Why fly blind?



Parrillo supplements are meant to supplement a sound diet, not replace regular food.

the factual truth. Maybe that's the reason that Parrillo Performance Products are still around, thirty years down the road. This in an industry where the 'shelf life' of a new supplement is, on average, less than a year and supplement companies disappear completely after a few short years of existence. Are you aware that a half dozen Parrillo supplements remain popular *thirty years after their introduction!* Nutritional supplements are meant to *supplement* a sound diet. A “sound diet” is a diet based on the studied use of regular food, the kind purchased at the grocery store. Honest supplementation is not designed to replace regular food; nor is the use of supplements supposed to magically eliminate or reduce the time or gut-busting effort needed in the gym. Parrillo contended that

tips & tidbits

of the month

ATHLETE spotlight

Wilma McFadden

"My name is Wilma McFadden and on June 7, 2008, I was a contestant in the Metabolix Natural North America competition sponsored by the International Natural Bodybuilding & Fitness Federation, Inc., held in Arlington, VA. I placed first overall in Women's Bodybuilding, earning my World Natural Bodybuilder Federation (WNBF) Pro Status. I was elated with the fact that in addition to all of the demanding physical preparation required for the contest, I was particularly pleased to note that my use of your Parrillo nutritional supplements made a significant difference in my physique and overall appearance."



FOOD of the month:



Green Beans

- Fresh or frozen green beans can be quickly prepared by steaming, blanching or sautéing
- Good source of dietary fiber, Vitamin A, potassium & calcium, while low in Calories

Nutritional Information for 100 grams, cooked:

Calories 25	Phosphorus 37mg
Protein 1.6g	Iron .6mg
Fat .2g	Sodium 4mg
Total Carbs 5.4g	Potassium 151mg
Fiber 3.2g	Vitamin A 540
Calcium 50mg	

Use green beans in these great recipes found on ParrilloZone.com (Healthy Recipes section):

- Pot Chicken
- Green and Crunchy Salad
- 4 Bean Salad
- Gourmet Green Beans
- Pour **Ginger Sauce for Vegetables** over steamed green beans

Training Tip of the month:

You'll hear some say to train heavy to gain muscle but do a lot of reps to lose fat. Basically, that's wrong. You need to keep training heavy while losing fat; if you eliminate heavy sets and start doing a lot of reps to burn fat, your muscles will shrink. Strive to keep training as heavy as possible even as you diet down to provide the stimulus needed for muscle hypertrophy. Weight training for high reps just isn't a very effective way to burn fat. Weight lifting is fueled mainly by burning carbohydrate from muscle glycogen. Aerobic exercise is much more effective for fat loss because it burns many more calories than you ever could by lifting weights and a higher proportion of those calories are derived from body fat. So while losing fat, keep training heavy but do more aerobics.

Nutrition Tip of the month:



Fibrous vegetables don't supply many calories but are the prime sources of fiber, a critical nutrient for bodybuilders. Fiber slows the rate of release of glucose into the bloodstream thus helping to moderate insulin levels. Good fibrous vegetables are lettuce, spinach, asparagus, broccoli, cauliflower, brussel sprouts, beans (not canned), lentils, peas, turnip greens, squash, zucchini, okra, oatmeal, oat bran, cabbage, celery, peppers, sweet potatoes, eggplant, cucumbers, onions and whole grain brown rice. Stay away from avocados, olives, and nuts, as they are high in fat.

Breaking News

Fitness & Nutrition

Plant Foods for Preserving Muscle Mass

Fruits and vegetables contain essential vitamins, minerals and fiber that are key to good health. Now, a newly released study by Agricultural Research Service-funded scientists suggests plant foods also may help preserve muscle mass in older men and women. The typical American diet is rich in protein, cereal grains and other acid-producing foods. In general, such diets generate tiny amounts of acid each day. With aging, a mild but slowly increasing metabolic "acidosis" develops. Acidosis appears to trigger a muscle-wasting response. So the researchers looked at links between measures of lean body mass and diets relatively high in potassium-rich, alkaline-residue producing fruits and vegetables. Such diets could help neutralize acidosis. Foods can be considered alkaline or acidic based on the residues they produce in the body, rather than whether they are alkaline or acidic themselves. For example, acidic grapefruits are metabolized to alkaline residues.

The researchers conducted a cross-sectional analysis on a subset of nearly 400 male and female volunteers aged 65 or older who had completed a three-year osteoporosis intervention trial. The volunteers' physical activity, height and weight, and percentage of lean body mass were measured at the start of the study and at three years. Their urinary potassium was measured at the start of the study, and their dietary data was collected at 18 months. Based on regression models, volunteers whose diets were rich in potassium could expect to have 3.6 more pounds of lean tissue mass than volunteers with half the higher potassium intake. That almost offsets the 4.4 pounds of lean tissue that is typically lost in a decade in healthy men and women aged 65 and above.

- Rosalie Marion Bliss, 2008, *Plant Foods For Preserving Muscle Mass*, News from the USDA Agricultural Research Service

Interesting Article Fact:

An important exercise parameter that seems to enhance GH release is to use shorter rest intervals when training. *To read more about this topic, turn to John Parrillo's article on page 14.*

Dominique's Time Cruncher



→Buying in bulk can save you trips to the store, and some stores charge less for larger purchases. So stock up and spend less time driving to the store and waiting in long lines!

Question of the month:



Question: "I've heard doing aerobic exercise is a good way to burn body fat, but won't it also cause me to lose muscle mass?"

Answer: Never underestimate the power of aerobics in your training program. It has numerous benefits, from fat-burning to cardiovascular health to improved recovery mechanisms. Many bodybuilders, however, typically shy away from aerobic exercise, particularly in the growth season, fearing that it will cause a loss of muscle mass. This loss, however, has less to do with aerobics and more to do with improper diet. A bodybuilder who loses muscle during a period of aerobic training is simply not eating enough to compensate for the calories spent by the aerobic activity. Take in enough quality calories, and you'll preserve muscle mass while your body fat drops. Do your aerobics in the morning for 45-60 minutes, before breakfast, so you burn fatty acids for energy in the absence of glycogen.

Reader Tip of the month:



"Dieting does not have to mean bland and boring food. I have become very creative with my foods and eat a variety of things on a daily basis. I have learned to appreciate the varied flavors in fresh vegetables and experimented with different seasonings to make my lean protein meals unique. The variety keeps the cravings away!"

→Email your tips to feedback@parrillozone.com!

Supplement of the month:



Evening Primrose Oil 1000™

- Provides critical Essential Fatty Acids
- Reduces joint pain resulting from heavy training & EFA deficiency

Evening Primrose Oil is a concentrated source of Essential Fatty Acids, which keep joints lubricated, hair and skin healthy, and brain neurons firing correctly. It is suggested that you take one to three capsules daily.



Support Your Success

Cliff Sheats, PhD., F.R.S.H., Certified Clinical Nutritionist

It's been proven time and time again: Support for your fitness efforts is a very potent part of your motivation. In my Lean Bodies classes, I've always found that the most consistent participants are the ones who work out with a partner. Often, another person's willpower may be just what you need when you are tempted to skip a workout or go off your program.

How then do you find the best support? Here are some tips:

- You and your partner or exercise group should be "like-minded," that is, be interested in exercise, nutrition, and good health – and the benefits they bring.

- Your partners should share the same workout and nutrition philosophies. It's important, for example, that you all be on the Parrillo Nutrition Program, so that

you can share recipe and nutrition tips and ideas.

- Each one of you should be a "positive motivator," and not a "cheap complimenter." In other words, don't tell your partner he's looking great, when in fact he has only worked out twice. Tell the truth. Be supportive and encouraging – especially when new fitness goals are attained.



Tempted to skip a workout?

Find yourself an exercise partner!



- Partners should have compatible schedules so that you can work out at the same time during the week. It's easier to stick to a set routine rather than do sporadic activities.

Schedule your exercise sessions at the same time, on the same days. This is an excellent carrot to dangle in front of you. Eventually, your workouts will become cemented into your daily routine.

- Both of you should be willing to work out at the same intensity levels and not be afraid to sweat! Commit yourself gradually and progressively by increasing your intensity.

- You should also consider the Parrillo staff in Cincinnati, Ohio as part of your extended support. If you have questions about working out or eating properly, feel free to call the Parrillo Performance info-line at 513-874-3305 (Monday through Friday, 9am to 6pm EST). You'll be able to talk personally to one of the Parrillo consultants, who will answer your nutrition and training questions, keeping your individual goals in mind.

Remember, support is one of the ways you can become the best you can be.

IRON VIC SPEAKS

By Iron Vic Steele

10 sets of 10...Olympic Drugs...Chew on This! Olympic Lifts for Bodybuilders?

Vic, I am an advanced guy who competes in bodybuilding. I am looking for a change of pace going into my competitive off-season. I compete in a local drug-free federation and despite being able to come in 'shredded' (I usually step onstage carrying around 7% body fat) I always place out of the money. I have asked the judges what I need to up my placing and the collective answer seems to be I need size, particularly in my thighs. I was a high school gymnast and have that kind of build: good shoulders, arms and pecs and light leg development.

Any advice would be gratefully accepted and implemented – I am tired of placing 5th! I need some thigh size!

Tom, Reno

I would recommend an Old School Parrillo mass program called "10 sets of 10." You identify a weak body part and once a week blast the targeted muscle using 10 sets of 10 reps with static poundage and a "big" exercise. I have a really good mental image of your physique based on your own comparison to a gymnast. I knew a champion gymnast in high school. This guy was really good and won a college

scholarship. His specialty was the rings and as long as he kept his pants on he looked like Hercules; once he pulled on a pair of shorts he looked like half a Hercules. Or, as one of my old training partners used to say about top-heavy bodybuilders; "That guy looks like a muscular man riding an ostrich." I would suggest the following routine: for illustrative purposes I will assume you can squat 200 pounds for 10 deep reps in the squat...you can adjust this hypothetical poundage up or down based on your actual current 10 rep squat maximum.

Day I: Squat Warm up 95x10

reps then squat 150 pounds for ten consecutive sets of ten reps.

Here's the deal: whatever your current 10 rep squat max is, use 75% for 10 x 10. Even though you

WANT MORE THIGH SIZE?

Forget about leg extensions and lunges for a while:

Man Up with

10 X 10!

can do a lot more for one set of 10 reps (33% more to be exact) trust me when I tell you that on the final sets with 75% the cumulative effect will make that 150 feel like 500. By the time you have finished this workout you will have done *100 repetitions with 75%* of your 10-rep squat max! In the following workout in the following week, and assuming you successfully hit 10x10 with 150, you bump the poundage up to 160 and repeat the process. This is brutal stuff and I wouldn't recommend it for a rookie. Since you are a seasoned competitor and have developed some degree of pain tolerance, this is the ticket for blasting those puny thighs up to the next level. Squat like this once a week and finish the leg workout with some lying leg curls and seated calf raises. Need I tell you that you have to "smart bomb" with a 50/50 Plus™ shake after this slaughter-fest? I would recommend a double or triple

serving. One helpful hint: I suggest you drink your 50/50 Plus™ shake in around the 5th or 6th set as this will help you make it across the finish line. Also: be sure and use spotters and make sure to take more and more rest as you get deeper into the 10 sets. Squat once a week: the overall goal is to push the 150 pound 10 x 10 up to 200 pounds 10 x 10 in five consecutive weeks. If you slam down lots of quality calories you can add 2 full inches to your thighs in five weeks time. Squat low and don't start fudging on the depth as you get deeper into the sets. This routine will work – assuming you can handle it. Write back and let me know how this works out. Be sure and use Parrillo fascial stretching between each and every set. I like the "hurdler layback" stretch. Forget about leg extensions and lunges for a while: Man Up with 10 x 10!

*Vic,
I was watching the Olympics on TV yesterday and caught some of the weightlifting. I saw this incredible 17 year old, 123 pound Chinese kid snatch 286 and clean and jerk 363 pounds – how are the commies getting away with this? Obviously this kid is on drugs. What's the deal? How is it possible that a midget kid so young can shatter all-time world records and not be gassed to the max – obviously the Chi-Coms have found a way to beat the drug test.*

Disgusted in San Relemo

Several possible explanations....

1. The kid is *not* on drugs. Allow me to explain. In a totalitarian society containing 1.3 billion people, the coaches and sports medical people have a lot of specimens to pick from. In the United States we have less than 1,000 competitive Olympic weight lifters. In China they have over 1,000,000 competitive lifters in the 123 pound class alone. That's a big pile to pick from. In China they have an incredibly sophisticated "farm system" designed to spot potential Olympic athletes at the earliest possible age. Kids are identified early based on body type, degree of muscularity, genetic gifts and mental toughness. The best of the best are sent to regional coaching facilities and if they excel they are sent to national training camps for their respective sports. The cream of the crop are usually identified by age five and the 17 year old you saw (I saw him lift) likely had ten years of expert coaching under his belt. By having a huge pile of athletes to pick from, and given the fact that parents willingly give up their kids, it could be possible that this kid was drug free.

2. Another explanation is that the Chinese have developed some sort of genetic engineering to create a race of 'super kids' – wait till you get a load of their 14-year old teeny girl gymnasts. Most sport scientists agree that at some point in time it will be possible to alter the genetic codes of children to improve their physical characteristics. Is the future now? Have the communist sports doctors figured a way to

create genetically superior children through gene-splicing? Have they taken budding superstars and magnified the already gifted through medicine and science? I sort of doubt this scenario – but the smartest sports scientists I know tell me that this eventuality is not a matter of *if* but *when*.

3. The idea that the Chinese have invented an undetectable drug is a distinct possibility. It would take a massive effort involving tons of money, an army of scientists and a protracted effort involving coaches, doctors and lots of coordination at the highest levels. Could it happen? Absolutely! Is it happening now? I honestly don't know. Again, they have so many athletes to choose from it is impossible to know with any certainty. My gut instinct is that I sort of doubt it; I lean towards the first explanation.

*Iron Head,
Have you tried the new Parrillo Chew Bar™? I got a box of Vanilla Chew Bars™ and loved them so much I went through the entire box inside a week! I love these things! I am looking to drop about 25 pounds of fat and I got to tell you, by the time I am done eating one of these delicious bars all my sweet cravings vanished! Tell Parrillo for me – great job! The Chew Bar™ is going to allow me to break my ice cream habit!*

Roy P., The Big Easy



What does it take to go for the GOLD?

Join the Chew Bar™ "love club" Roy. I am in total agreement with you. I love the way you are using them. The Chew Bar™ is a god-send for folks looking to quit sweets. In my opinion the Chew Bar™ is the ideal nutritional supplement for a dieter with a sweet tooth. Back when I was a kid, one of my favorite candy bars was called "Bit-O-Honey." Their candy bar slogan was "Just one bite lasts all day." The texture of the Chew Bar™ is incredible and puts me in mind of the ancient Bit-O-Honey. There is no way you are going to gobble a Chew Bar™ down – the chewiness forces you to chew each and every bite and chew it for a long while. Nutritionists point to the fact that overweight people (by-in-large) gobble their food without chewing or tasting. One trick of the obesity trade is insisting fat folks chew each and every bite of food 10-20 times before swallowing. There are several reasons for this: chewing each bite for a lot of "reps" creates saliva and when

lots of saliva is mixed with food, it improves digestion. Breaking each bite of food down into small parts via repeated chewing makes their digestive task much, much easier. The person that gulps down their food without chewing creates extra work for the digestive process. Obviously a bite of food torn into smaller parts and laden with saliva has a huge digestive jump on a big lump of swallowed food. Check out the Chew

Bar™ nutritional statistics: protein, 20 grams; carbohydrate, 19 grams; sugar, 2 grams; fat, 2.5 grams (CapTri® MCT). Each bar contains 180 calories. The flavor selection is mind-boggling: Vanilla, Chocolate, Strawberry, Peanut Butter, Hazelnut Espresso, English Toffee, Licorice, Root Beer, Chocolate Graham Cracker, and

If you are looking to shed some fat and you have a sweet tooth, I can think of no better supplement than the delicious Parrillo Chew Bars™

- 20g Protein
- 2g Sugar
- 2.5g CapTri®
- 180 Calories



Chocolate Toffee flavor. If you are looking to shed some fat and you have a sweet tooth, I can think of no better supplement than the Parrillo Chew Bar™. Not only will

this 50 gram powerhouse provide you with a bounty of nutrients, it will also force you to chew each bite 20+ times. This long-lasting taste treat is a welcome addition to the Parrillo Nutritional arsenal.



Two training tricks bodybuilders can 'steal' from weightlifters: incorporate super deep squats & front squats and get real good at the power clean.

Iron Man, I am really digging watching the weightlifting on TV at the Olympic Games. I am noticing that all the lifters have relatively small arms and pecs – but their back and leg muscles are incredible – how do these guys train? Is there anything that we bodybuilders can do to develop traps and erectors like these dudes? My traps look anemic and deficient compared to those guys: big traps really make a man look powerful.

Arn, Lake Windsor

I used to be an Olympic lifter and I still love the purity of this sport. I think there are a lot of aspects of their training that bodybuilders could expropriate strictly for muscle building purposes. Inter-

national level Olympic lifters confine their training to six exercises and use extremely low reps: they do the clean and jerk, the snatch, back squat, front squat, jerk off the racks and power clean.

Reps never exceed 5 and usually are singles or doubles. They train often, like six days a week and sometimes multiple times per day. The fact that they limit their training menu means that they get very, very good at the very few exercises they do. The reason they have small arms and pecs is they purposefully don't do any exercise that stimulate these muscles.

Top O-lift coaches feel that big pecs interfere with the shoulder flexibility needed to hold those 400 pound snatches and 500 pound jerks overhead. In addition coaches feel that massive pecs and arm muscles "take away" from adding more back and leg muscle. Two training tricks that bodybuilders can 'steal' from weightlifters: incorporate super deep squats and front squats and get real good at the power clean. Weightlifters squat super deep in training in order to be able to power upward from a squat clean with 400 + pounds racked on their shoulders. Dimas, the Greek 181 pound two-time Olympic gold medal winner, could front squat 660! That's no typo Arn. Start squatting and front squatting low and watch those thighs explode with growth. The power clean is absolutely the finest

trap developer of all time. Power cleans blow shrugs into the weeds when it comes to building traps. Use this procedure: stand over a barbell and keeping a tight back squat down to the barbell. Using a shoulder width grip, pull the bar straight up. When the bar reaches pec height flip the wrists and catch the barbell on the shoulders. Use a slight knee dip and always keep a tight, taunt back. Start light and develop the technique before piling on the plates. The trick is to accelerate the bar coming off the floor: if you simply pull the bar upward like a deadlift the instant you stop pulling the barbell will drop like a guillotine. The idea is to use a weight light enough so that you are able to create upward momentum. When you stop pulling the bar keeps traveling upward, allowing you that extra second to dip under and catch the bar. Take 2-3 light sets before tackling one, all out set of five reps. Each successive training week seek to add 5-10 pounds to the top 5-rep set. If the technique starts to disintegrate, stop and drop the poundage back. A correctly performed power clean is a trap and erector developer without peer – an incorrectly performed power clean is one of the most dangerous of all barbell exercises. Deep squats, including front squats, are the ticket to massive thighs; power cleans are the tickets to traps that look like a mountain range. I use straps on my power cleans.

PRODUCT PRICE LIST

SUPPLEMENTS

CapTri®.....	High Thermogenic Energy Source.....	32 Fluid Ounces.....	\$40.00
Butter Flavor CapTri®.....	High Thermogenic Energy Source.....	32 Fluid Ounces.....	\$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.....	500 Tablets.....	\$38.00
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
Evening Primrose Oil 1000™.....	Essential Fatty Acids.....	90 Gelcaps.....	\$24.95
Pro-Carb Powder™.....	Clean Carbohydrate Energy Source.....	35 Ounces.....	\$24.00
	Available in Vanilla, Chocolate, Peach, Banana, or Strawberry Flavors		
HI-Protein Powder™.....	Outstanding Functional Protein.....	32 Ounces.....	\$39.95
	Available in Vanilla, Chocolate, Peach, Strawberry and Banana Flavors		
HI-Protein™ Powder Single Serving Pouches.....	Outstanding Functional Protein.....	20 Pouches.....	\$45.95
	Available in Vanilla and Chocolate Flavors		
All-Protein Powder™.....	High Efficiency Protein Dietary Supplement.....	28 Ounces.....	\$44.95
	Available in Milk Flavor		
Optimized Whey Protein™.....	High Biological Value Protein.....	28 Ounces.....	\$44.95
	Available in Vanilla Malt, Chocolate Malt and Strawberry Malt Flavors		
Optimized Whey™ Single Serving Pouches.....	High Biological Value Protein.....	20 Pouches.....	\$50.95
	Available in Chocolate Malt and Vanilla Malt Flavors		
50/50 Plus Powder™.....	Protein and Carbohydrates for Workout Recovery.....	32 Ounces.....	\$36.00
	Available in Vanilla, Chocolate, Milk and Orange Cream Flavors		
Parrillo Sports Nutrition Bars.....	Perfect Portable Nutrition.....	12 Per Box.....	\$26.00
	Your choice of Cappuccino, Layered Peanut Butter/Chocolate or Peanut Butter Flavor. Available in Box Quantities Only		
Parrillo Protein Bars.....	Portable 60/40 Nutrition.....	12 Per Box.....	\$30.00
	Your choice of Vanilla Creme, Fudge Brownie, Strawberry Shortcake, Banana, Peanut Butter Delight, Layered Peanut Butter/Banana, Pineapple Flavor, Pistachio Flavor, or Cinnamon Roll Flavor. Available in Box Quantities Only		
Parrillo Energy Bars.....	High Powered Nutrition.....	12 Per Box.....	\$26.00
	Your choice of French Vanilla, Sweet Milk Chocolate, Peanut Butter Supreme, Chocolate Almond Coconut, Cherry Cordial, Graham Cracker, or French Toast		
	Available in Box Quantities Only		
Parrillo High-ProteinLow Net Carb Bars™.....	Low Net Carbs.....	12 Per Box.....	\$36.00
	Your choice of Creamy Chocolate Fudge, Creamy Vanilla Fudge, or Creamy Peanut Butter Fudge flavors. Available in Box Quantities Only		
Parrillo Protein Chew Bars™.....	Chews Like Taffy.....	12 Per Box.....	\$30.00
	Your choice of Vanilla, Chocolate, Strawberry, Peanut Butter, Hazelnut		
	Expresso, English Toffee, Licorice, Root Beer, Chocolate Graham Cracker, Chocolate Toffee flavors. Available in Box Quantities Only		
Instant HI-Protein Low Carb Pudding™.....	High in protein, Low in Carbs.....	16 Ounces.....	\$26.95
	Available in Chocolate, Vanilla, Banana and Butterscotch Flavors		
HI-Protein Pancake & Muffin Mix™.....	Great Taste. Guilt Free.....	24 Ounces.....	\$19.95
	Available in Maple and Banana Flavors		
HI-Protein Cake & Cupcake Mix™.....	Great for Strict Diets.....	24 Ounces.....	\$19.95
	Available in Chocolate and Vanilla Flavors		

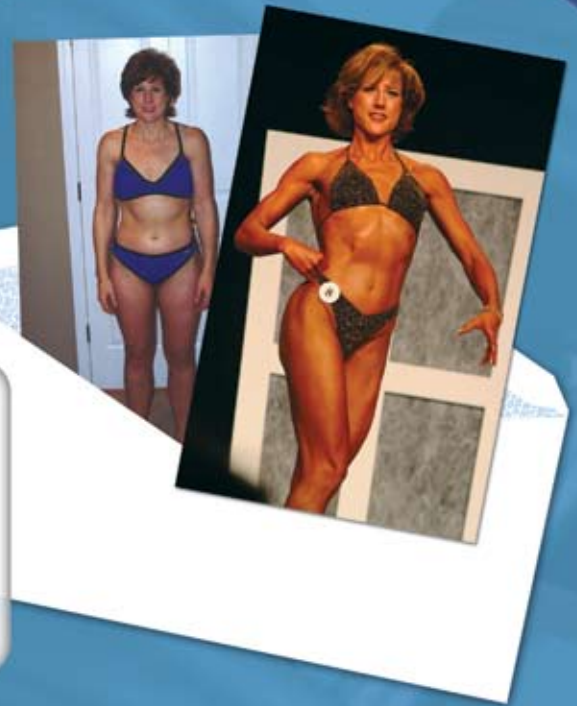
PUBLICATIONS

Nutrition Program.....	Nutrition Manual, Food Composition Guide.....	\$49.95
	30 Diet Trac Sheets, CapTri® Manual, CapTri® Cookbook, Supplement Guide, and 450 Gram Deluxe Food Scale.	
Training Manual.....	Proper Exercise Techniques, Special Fascial Stretching and.....	\$49.95
	High Intensity Routines	
BodyStat Kit.....	BodyStat Manual, 12 BodyStat Sheets, and Skinfold.....	\$39.95
	Callipers Bound Separately	
Performance Package.....	Nutrition Program with BodyStat Kit.....	\$79.95
Total Performance Package.....	Training Manual, Nutrition Program & BodyStat Kit.....	\$129.95
CapTri® Cookbook.....	Strict Recipes Using CapTri® to Make Your Food Taste Great.....	\$9.95
John Parrillo's Performance Press™.....	12 Monthly Information-Packed Issues (US).....	\$19.95
Computer Nutrition Program.....	Design Your Diet at the Touch of a Button (PC only).....	\$69.95

What's Holding You Back?

Send Us Your Story!

Why are you hesitating? We know you're good enough. You know you're good enough! Send in some pictures, give us a little detail and one of our staff writers will contact you directly to shape your story into a masterpiece.



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