

JOHN PARRILLO'S

PERFORMANCE

PRESS

February 2010



TIMING IS EVERYTHING

Get results by timing your supplements

A BODYBUILDER IS BORN

High reps have a purpose

FAT BURNERS FROM FAT

Supplements with a lipotropic benefit

RESOLUTION REVOLUTION

One man's quest to build a better body & lifestyle

MERAL ERTUNC

Super Trainer is Super Fit at age 47

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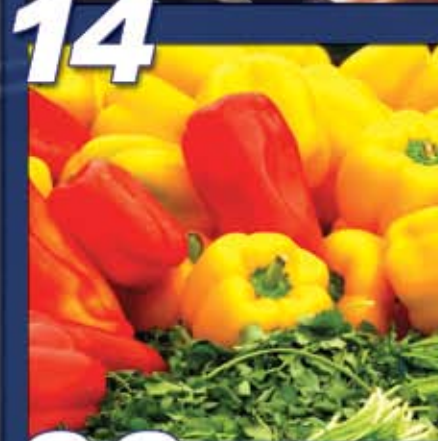
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Yum!



New!

CONTEST Brownie MIX™

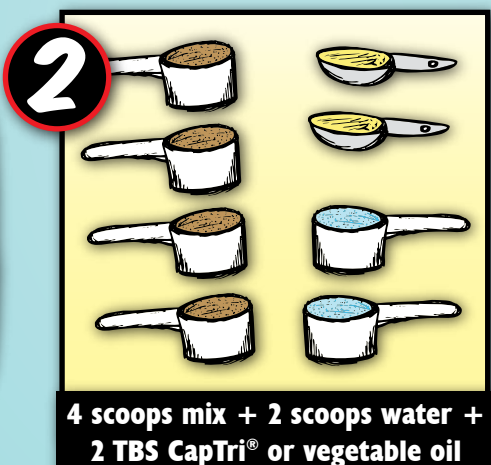


BROWNIES

on a diet? That's right!



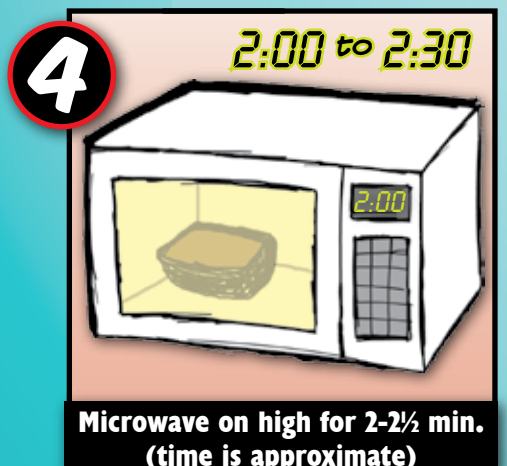
What you'll need



4 scoops mix + 2 scoops water + 2 TBS CapTri® or vegetable oil



Mix until smooth



Microwave on high for 2-2½ min. (time is approximate)



Remove from microwave and let cool



Cut into 12 equal pieces and ENJOY!

4g Protein, 0g Sugars, & Only 1.4g Net Carbs Per Serving!

Meral Ertunc

Super Trainer is Super Fit at age 47

Meral Ertunc has been the cover person for the Parrillo Performance Press on three separate occasions: in 1994 Meral first graced the PPP cover and created a sensation amongst our readers. Her unique combination of muscle, symmetry and sultry looks made her a standout amongst standouts. Her second cover appearance occurred in September of 2006 and again she was sensational, displaying curves, muscle, leanness and perfect proportionality. The issue you are currently reading marks her third appearance. Meral Ertunc is a longtime fitness professional and owner of a wildly successful private personal training facility, *Bodylines by Meral*, located in Orlando, Florida. The diminutive Ertunc stands 5 foot 2 inches and was born in Turkey. She has been successfully renovating clients for decades. "I am proud to say that some of my clients have been with me for fifteen years. I train all ages and all types; my youngest member is fourteen and my oldest member is a youthful 85." Successful fitness professionals understand that in order to survive and prosper you have to obtain real results for regular people and do so on a consistent basis. Anyone can lure in new business, but few are able to provide members what it is that drove them to join a fitness facility to begin with: significant physical improvement, i.e., a radical decrease in body fat and a dramatic increase in lean muscle mass.

"I have been able to consistently generate significant results for all types of clients. To obtain results for different people with completely different wants and needs, I think it comes down to this: everyone is *the same* at a certain basic physiological level – yet everyone is *totally different*." Asked to amplify on this seemingly contradictory thought, Meral offered an answer that was both general and specific. "Everyone is the same in

that each person needs to engage in some form of resistance training and some form of cardiovascular training. Each person needs to practice a regimented approach towards diet and nutrition. Everyone is different in that background, personal circumstance, available time, physical limitations and ability mean that everyone needs and deserves a customized training and nutrition program – one that takes into account personal

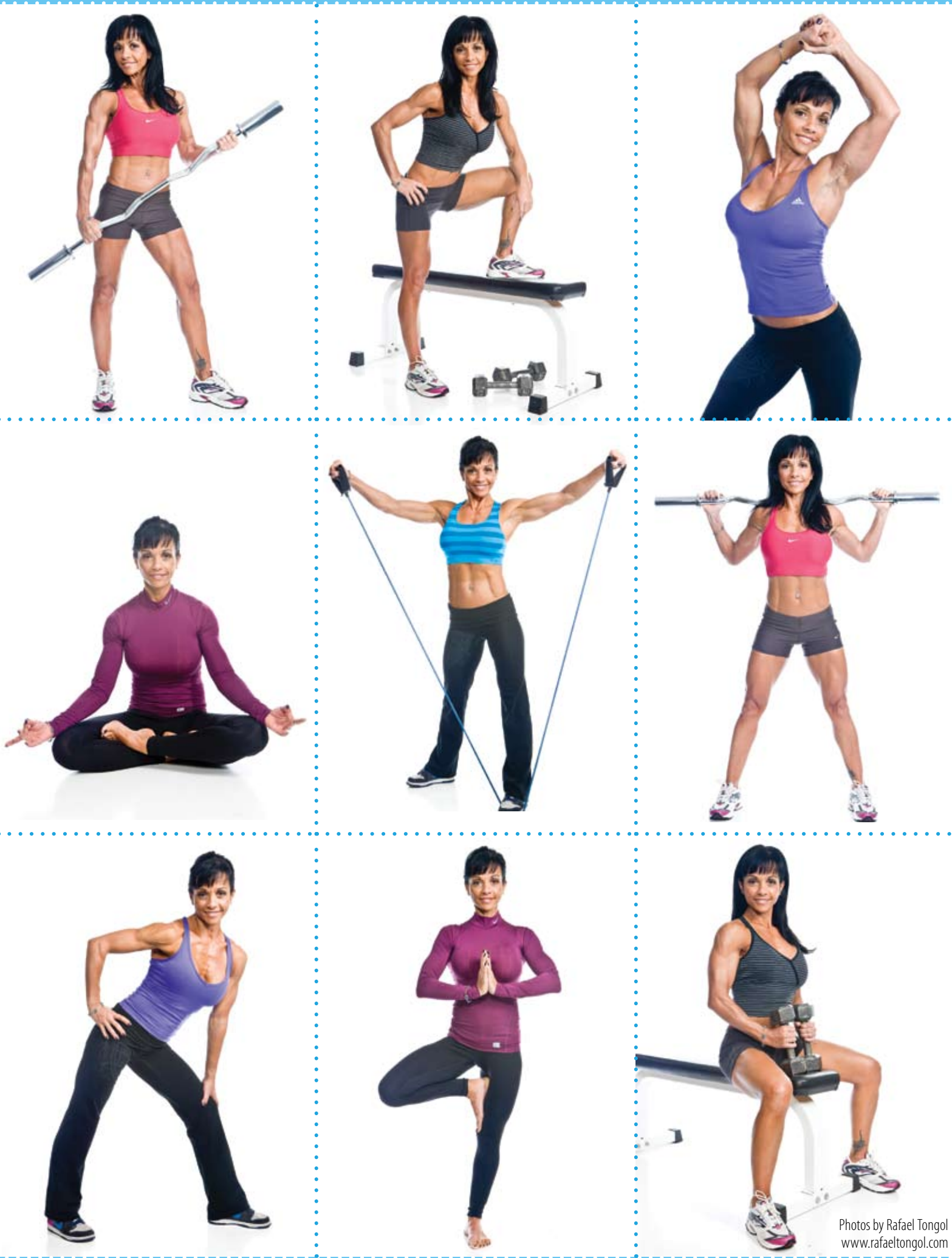




Photo by Evelisse Duran

her facts straight about “real training and real nutrition.”

It was no coincidence that when she began training and preparing with this squad of topflight competitive bodybuilders (in the Washington DC area) she was introduced to Parrillo Performance Products. “I have been using Parrillo products since 1991 and since then not a single day has gone by where I have not used one or another of John’s amazing products. I am *more* enthused about Parrillo Products now than I was back when I was competing.” Within a year of becoming a competitive bodybuilder, Ms. Ertunc shot to the top of the national female bodybuilding scene. She captured the Wash-

ington DC IFBB Grand Prix event, took a controversial third place at the NPC Junior Nationals in 1991, and seemed on her way to IFBB superstardom when a freak accident temporarily derailed her bodybuilding career. “In 1992 I was preparing to audition for the then popular *American Gladiator* TV Show. I took a nasty tumble riding my mountain bike and broke my elbow.” The indomitable mighty mite was forced to take a year off and rehabbed and reconditioned her broken elbow. She reentered the competitive arena with a vengeance and won the nation’s toughest amateur bodybuilding competition: the NPC National Championships. “It was shocking and exhilarating to come off a potentially career-ending injury

and win the biggest amateur competition in the country.” She secured one of her ultimate bodybuilding goals: an IFBB Pro Card. Meral went on to compete in top competitions including Ms. Olympia and the Jan Tana and Arnold Classic. Unfortunately for the uber-feminine Meral, women’s bodybuilding was undergoing an identity crisis, one that plagues it to this day: competitors became ultra-masculine. Meral noted wistfully, “I didn’t leave competitive bodybuilding, it left me.”

While Meral got better with every show, her look was decidedly feminine, natural, proportioned and dare we say *sexy*. The hard masculine look that was favored by the judges meant Meral Ertunc was SOL. The age of the grotesquely muscular female



Photo by Stephanie Caits

“People are shocked and amazed when they find out I am 47. I feel as if I am in my twenties. I owe it all to bodybuilding & the bodybuilding lifestyle.”



Photo by Stephanie Caits

Meral frosting some Parrillo Hi-Protein Cakes™

bodybuilder had arrived and while the judges were ignoring Meral, the public was going crazy for the exotic Turk. “I was modeling clothes and in high demand; each year I would sell completely out of my posters at the annual Daytona Bike week. The public loved my look while the judges were favoring women with 16 inch arms.” Meral moved to Florida in 1992. Initially she was “just visiting” and the plan was to immerse herself in bodybuilding for the NPC show then move back to DC. “I was living in suburban Washington DC when I decided to take a sabbatical and go to Florida for three full months prior to the NPC Nationals. I wanted to ‘hibernate,’ to dedicate myself completely to preparing for the NPC show. I told myself that this was a learning experience and that if I could place in the top five I would be ecstatic. I ended up winning and turning pro. I decided to relocate to Florida and soon was traveling the world competing. Turning pro caused me to take my physique and my approach to the next level. Pro bodybuilding taught me willpower, preparation tactics, fine tuning and the meaning of real work and real dieting. I learned a whole lot in a very short period of time and the whole professional bodybuilding ex-

perience provided me with knowledge and expertise that I still use to this day.”

Unfortunately in 1996 Meral contracted cancer. “I was in the best shape of my life. I won the nationals weighing 114 and then added size to compete as a pro weighing a full 126 pounds. I was in rock hard and ripped condition. I was on my way to Turkey to put

on an exhibition when I was diagnosed and had surgery almost immediately.” Her world was turned upside down. “Suddenly I was no longer worried about contest preparation and judging standards, I was worried about life and death.” Thank-

fully she has been cancer-free for the past fourteen years. “The bout with cancer served as a demarcation point: my life up until the cancer and my life post-cancer.” Fast forward to 2010 and Meral is as sexy and lean and muscular as ever. “In a lot of ways, I am in the best shape of my life at age 47.” One glance at the photos accompanying this article leads one to believe that when Ms. Ertunc relocated to Florida she must have discovered the Fountain of Youth that Ponce de Leon fruitlessly searched for back in 1505. Meral currently weighs 115 pounds of pure muscle carrying an honest 11% body fat percentile. “People are shocked and amazed when they find out I am 47. I feel as if I am in my twenties. I owe it all to bodybuilding and the bodybuilding lifestyle.” To demonstrate just how youthful she looks, acts and feels, this past



Photo by Stephanie Caits

Meral in front of the SoBeFit's Fittest Person of the Year competition poster. She's the 2nd on the right.



Photo by Stephanie Caits

"I spend a lot of time showing clients how to prepare great tasting foods."



Photo by Stephanie Caits

"Once they are empowered with the ability to make meals, meals that they genuinely enjoy eating, results occur rapidly."

November, on a whim, Meral entered a 13.1 mile half marathon. "I was in Miami visiting and saw that there was going to be a half-marathon road race. I decided to enter despite not having trained for it. I averaged 8:44 minutes per mile for 13.1 consecutive miles. I did fantastic, finishing ahead of lots of men. Inside the race packet I found a magazine called SoBeFit. The magazine was running a competition called 'The Fittest Person of the Year.' I decided to enter."

Meral had to fill out a three page questionnaire that delved into her background, her credentials and her knowledge about health, fitness and all things related. In addition she had to send along a picture. Out of 3,000 initial entrants the magazine whittled the contestants down to the top 500. Meral made the initial cut and months went by and she forgot about the contest. "Out of the blue I received a phone call informing me that I was being considered for the finals."

Thirty men and women were gathered together and put through a "brutal workout" overseen by the SoBeFit judges. The judges found it incomprehensible that someone could be so fit and so good looking approaching age 50. Had the judges alone been the final arbiters Meral likely would have won. The judge's scores were tallied and that accounted for half of the final score. The magazine readers were allowed to vote online for the second half of the final tally. "All the other competitors were in their twenties. I was thrilled to make the final cut and end up in the top twelve." The winner was announced at a red carpet event sponsored by SoBeFit. A slew of celebrities attended. "It was thrilling to attend the finale. I was glad I had entered and happy that I did so well." Meral feels that the main reason she looks so good at her age is her 'take no prisoners' approach towards training: "I train hard and I train all the time." She follows a disciplined, Parrillo-based approach towards nutrition and supplementation. "John Parrillo is a genius and his products are the absolute best available anywhere. I use them and I insist my clients use them."

Meral is a skilled cook that loves preparing delicious "diet foods." She mixes commonsense food prep with an eye towards infusing diet foods with terrific taste. "If you hate eating diet foods then it is just a matter of time before you quit." It is no coincidence that Meral has a kitchen in her training studio. "I spend a lot of time showing clients how to prepare great tasting foods. Once they are empowered with the ability to make meals, meals that they genuinely enjoy eating, results occur rapidly." Meral uses Parrillo nutritional strategies on each and every client. "My approach is pure Parrillo; eat multiple balanced meals throughout the day;

each meal should contain a serving of lean protein, some fiber carbs in the form of green vegetables and a small serving of starchy carbs. In between food meals I urge clients to consume Parrillo supplements." Meral has her clients maintain a food log. She periodically takes a Parrillo BodyStat reading to determine the effectiveness of the training and eating. "I create grocery lists of acceptable foods and have sample meal plans based on caloric intake." Meral doesn't want clients to improvise. "Nutrition is 90% of the battle and my Parrillo-influenced methods work; the last thing they need is modification." Meral has

been so successful at renovating clients that she is extremely selective about who she will work with. "I will turn down a new client if I feel they are less than 100% committed to 'the process.' I am only interested in working with sincere individuals that are ready, willing and able to completely commit to the practices and procedures that I use; procedures that work every single time they are properly implemented." Meral Ertunc cranks out renovated physiques with the regularity of an auto assembly line. Any client that stumbles into Body by Meral seeking assistance is lucky beyond belief. "I love what I do and I remain passionate about helping others help themselves."



Photo by Stephanie Caits

Meral feels that the main reason she looks so good at her age is her 'take no prisoners' approach towards training: "I train hard & I train all the time."

Meral's Training Split

- Monday:** legs, shoulders, biceps, abdominals and calves
 - Tuesday:** legs and abdominals
 - Wednesday:** legs, back and biceps
 - Thursday:** repeat Monday
 - Friday:** repeat Tuesday
 - Saturday:** repeat Wednesday
 - Sunday:** off
- For lower body exercises, I do 20-30 reps and for upper body exercises I do 20 reps.

Cardio: I love cardio. On Monday I like to take a five to six mile run. On Tuesday I ride my spin bike for 60 to 75 minutes. On Wednesday I will run again, this time stretching to six to eight miles. On Thursday and Friday I will Spin for 45-60 minutes. Saturday I will take a long run of eight to ten miles or cycle for 50 to 60 miles. Sunday is my rest and recovery day.



Photo by Stephanie Caits

Meral's Daily Meal Schedule

- Meal 1 7:00am:** Egg white Omelet, 100 grams of potato or 1/2 cup Oats
- Meal 2 9:30am:** Parrillo Cup Cake™
- Meal 3 11:00am:** Tofu 200 grams, 3 cups mixed veggies, 1 1/2 cups cooked multigrain rice
- Meal 4 1:30pm:** Parrillo Chew Bar™
- Meal 5 3:30pm:** 2 cups of salad, 125 grams of chicken, 1 cup of cooked rice
- Meal 6 6:00pm:** Repeat meal 5 except protein is 150 grams of Tilapia
- Meal 7 8:30pm:** Egg white omelet made with lots of veggies
- Meal 8 10:00pm:** Parrillo Ice Kream™, 1 cup



A BODYBUILDER IS BORN: Generations

Episode 35: High reps have a purpose

Ron Harris -www.ronharrismuscle.com-

The holidays were upon us at last. Spirits were high all around. A monster of a blizzard had dumped a foot and a half of the light, fluffy stuff on my town on December 20th, ensuring that all-important White Christmas Big Crosby sang about. As for the Blue Christmas in the Elvis song, we even had that covered with the release of the blockbuster film *Avatar*, with blue aliens in 3-D. The snow itself had indeed been light and fluffy. While I still had to spend a total of around five hours shoveling out my driveway, at least I hadn't wrecked my lower back tossing hundreds of shovel's worth of it over the six-foot fence into my neighbor's yard (hey, more snow for your little brats to cavort in, buddy!). When I have done the same with heavy, wet snow, I often woke up the next day with my back feeling like I had participated in some marathon deadlift workout of 50 sets of 20 reps.

something I can take my 10-year-old son to, I might as well watch it in style and in the best quality possible. Oh, I earned this – do you know how many stupid kid's movies I have sat

or kitchen. Why, in the current real estate market, my house is now almost worth as much as we paid for it over eight years ago! The market has to come back eventually. Hell, even bell-bottoms did that.



"We have have a tendency to become set in our ways."

My sole client Jared had just started his school Christmas vacation less than two hours before, but here he was in the gym with me. Our high school football team had finished with a dismal record of 1-10 for the season on Thanksgiving Day. There was occasion to give thanks – at least that humiliating season had ended and they could all look forward to doing better next year. In the interest of time, it being Christmas Eve and the gym closing early, Jared was simply training with me as I did my own chest and triceps workout. In just a few hours, I would be at my sister-in-law's house for her annual party. In addition to a house packed with Cubans and Puerto Ricans and salsa music loud enough

to make your ears bleed, there would be an abundance of food and drink. I planned on doing some real damage there in both departments, but first I needed to make sure Jared got a great workout. He had his heart set on competing next summer in a local show, and my job was to make sure he looked the best he possibly could.

As for me, I had not taken any time off from the weights since the Team Universe contest, and I certainly hadn't taken a break in the six months preceding it – which meant the whole year I had been mercilessly blasting away with heavy iron. A couple weeks ago I had finally recognized that I needed to back off for a week or two. My arthritic shoulders were starting to ache again and the tendonitis in my perpetually inflamed right elbow was the worst it had been in a very long time. At first I considered a week off from lifting and only doing cardio. That was pondered all of ten seconds and rejected. I love training too much to stop even for a week. So I reached a compromise with my stubborn self. I would use lighter weights, higher reps, stop all sets shy of failure, and reduce the overall volume. I would do that for two weeks in lieu of not lifting at all. That would give my joints and tendons a chance to heal up a little, and provide me time to do a bit more cardio. I had bulked up to 235 pounds in less than three months after competing at 198, and the extra weight had me snoring so bad it sounded like some insane lumberjack was sawing logs in my bedroom all night. The wife wasn't too pleased with this.

But a funny thing happened during that first week. I actually enjoyed the higher reps and taking shorter rests

between sets. The pumps were outrageous, and I was connecting perfectly with the muscles even though I wasn't even attempting to emphasize the contraction point of the rep as I normally do. The one thing that made me decide that this style of training



"A simple change like increasing reps can shock the muscles."

would be something I would have to include in the future was when my biceps got sore from four sets of fifteen on incline dumbbell curls. I had abandoned the exercise a couple years ago because it killed my wrists and pulled on my shoulders in a weird way. That had been with 45's or 50's for sets of 6-8 reps. Staying with 25's for four sets, my wrists and shoulders felt fine – but my biceps were on fire!

They even got sore the next day, a rarity for them. I was sold.

I was now in my second week of that, and of course Jared just had to know why I was doing weights that he himself could almost handle. And why was I doing sets of 15 reps today, when I had instilled in him that 8-12 was the optimal range for growth? After explaining that I was taking a break from my normal heavy training for a couple weeks, I also informed him that this was something I would probably do every couple months from now on, and not as a way of easing up. Instead, I would start incorporating higher-rep weeks every so often, but taking the sets to failure. This would shock the muscles in a different way than what they were accustomed to. "Should I do that too?" Jared asked.

"I don't think it makes sense for you to at this point to do entire workouts that way, but certainly we can have you finish off a bodypart with a few high-rep sets."

"That training system I was reading about has you do that, and supposedly it helps break up the muscle fascia." I smiled.

"That John Parrillo in Ohio I mention all the time was talking about breaking up muscle fascia to permit greater muscle growth almost ten years before you were born, kid. He advocated aggressive stretching during the workout while the muscles were

fully pumped for best results. He also talked a lot about high-rep sets as a tool to increase the capillary density inside the muscles." Jared clearly had no idea what I was talking about. My expertise in the area was admittedly limited, but I did my best.

"Capillaries are tiny blood vessels, smaller in diameter than veins and obviously arteries, but they are critical for transporting nutrients into the muscles and shuttling out waste products. If you can create more of those, which high-rep training does, you increase the amount of blood available to your muscles during a workout. You'll get bigger and better pumps."

"So that's what high reps are good for?" he asked.

"Parrillo also believed that by engaging in very high-rep sets, you would increase the number of mitochondria in the muscle, allowing for more work, as well as open up more high-threshold nerve pathways so a higher percentage of muscle fibers are able to fire. One of his infamous tools for this was 100-rep sets of belt squats, done on a device he invented and sold. Anyone who ever tried those will tell you it was just about the most brutal experience of their lives."

"Did you ever do them, Ron?" I looked away and flashed back to that baking-hot August day in 1997 in Pasadena, California. A whole group of spotters had gathered around the belt squat on the outdoor workout deck of World Gym, both to assist and to prevent my escape before all 100 reps were complete. I vaguely recalled begging, whining, pleading, and being on the

verge of tears. But the burning agony in my legs, lower back, and lungs is something I will never forget.

"Yeah, I think I did them once," I re-



"New types of stimulation can mean fresh new gains."

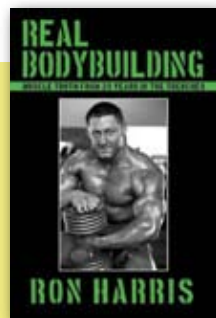
plied. "When you come back to your normal type of sets and reps, you are able to perform at a higher level. And lately, I have also started to believe that without doing higher reps for the muscle groups and getting that extra degree of pump is critical for growth, especially in stubborn bodyparts."

"Like your arms?" Jared grinned. "Wow, what a zinger," I retorted. "Why don't you go down to the local meeting of Little People and make fun of how short they are, too?" His smile disappeared. "So we'll start adding those in. In fact, we've done your heavy work on triceps already. Let's have you finish off with rope

pushdowns. We'll trade off for sets of 15-20 reps, I go you go." He nodded. A few minutes later, both our tris were swollen and tight with nutrient-rich blood.

I left the gym feeling good. Jared was bursting with excitement to be training like a bodybuilder again and couldn't wait to compete, and that type of enthusiasm is always infectious. I had just picked up on a technique I had ignored and/or forgotten about after many years, and it could help me make new gains past age forty. There was a punch bowl of Mojitos and a feast of roast pork waiting for me in a few hours, and in a week or two the kick-ass home theater I had always wanted would be finished. As I got into my car, even the snowflakes that had just started to drift out of the slate-gray sky couldn't bring my mood down. I turned on the radio. My wife had been messing with my pre-sets again because it was tuned to an

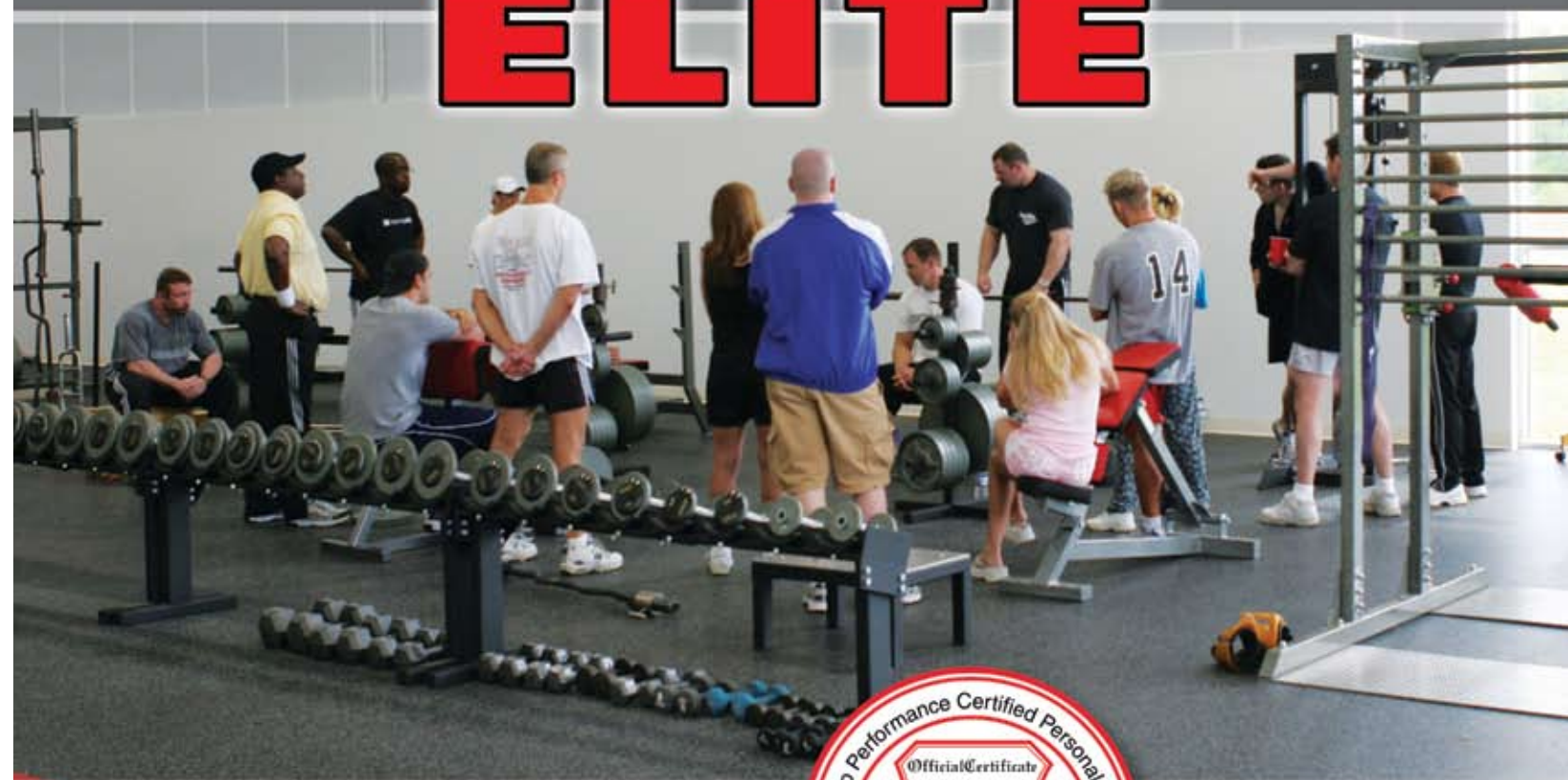
Oldies station. And what was playing? I kid you not - "Let it snow."



Ron Harris is the author of

Real Bodybuilding, available at www.ronharrismuscle.com

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Resolution REVOLUTION

How one man finally got traction in his quest to build a better body

PART TWO

BY DUKE NUKEM

Reese Reynolds stood gasping for breath between his fifth and sixth squat rep. He had 455 pounds on his back and it felt like a house. “C’mon Reese! Three more reps!” Big Bo Bennington hissed as he stood directly behind Reese. Bo had his beefy arms underneath Reese’s armpits; in case Reese collapsed he’d catch him. Reese ground out squat rep number six, all the while listening to and obeying Bo’s commands: “Down, down, down, down – UP!” Reese immediately began rep seven upon locking out rep six. He barely made seven. Utterly and completely spent, Reese needed to take in no less than ten giant breaths of air before he broke his knees to begin rep eight. While huffing breaths, Reese gathered his mental psyche and summoned up every ounce of power he had left. “C’MON REESE! PUSH!” Bo screamed as Reese ground out rep eight. It was a slow motion exercise in torture; Reese teetering on the brink of collapse throughout. “That eighth and final rep,” Bo would later remark, “expanded and redefined

Reese’s ideas about limits and pain and pain tolerance.” Being a terrific coach, Bo Bennington threatened, cajoled, pled, and screamed – whatever it took to get Reese to make his reps. Eight reps in the squat with 455 was a new personal record for the 269 pound, 38 year old high school football coach.

“That eighth and final rep,” Bo would later remark, “expanded and redefined Reese’s ideas about limits and pain and pain tolerance.”

As Reese locked his legs to complete rep eight, Bo grabbed Reese from behind, under Reese’s armpits and with tattooed 20 inch arms, dragged Reese back into the squat rack. Reese collapsed onto a nearby exercise bench and seemed in danger of having a heart attack.

Bo ignored Reese’s labored breathing and beet red face. “Pull yourself together tomato man. You ain’t got no dramatic lead in no movie...no cameras or audience here, so let’s jus’ skip the post-set histrionics and get to moving. We still need to do leg presses and hack squats. Get your breathing normalized and let’s get cracking – I got clients stacked up like an air traffic controller has jets on a busy day at Dulles.” Reese looked up and raised a finger (not the one he wanted to) to acknowledge his coach. Bo proceeded to drive Reese through three quick sets of eight reps in the leg press: starting with 500 and working up to a final, high rep/forced rep set with 700+ pounds. This was followed by three, even quicker sets of hack squats, pyramiding ever upward in poundage on each successive set. The workout was concluded with endless alternate sets of calf and hamstring exercises. A set of calf raises then a set of hamstrings... back and forth, back and forth, for what seemed to Reese like an eternity. In reality the entire body-

shattering, leg-decimating training session took slightly less than 90 minutes. Or, as Reese would later call them, “90 minutes of pure hell on earth.” It was gut-busting work from start to finish. This approach to weight training had, along with hard cardio and disciplined eating, miraculously transformed Reese Reynolds dramatically and in slightly less than a year.

Reese knew the smartest thing he could do after completing this type of super hard workout was to drink a triple serving of chocolate flavored Parrillo 50/50 Plus™. As he sat sipping, sweating and recovering, he thought back over the past year. The year of his transformation...Reese Reynolds started training under Bo Bennington on January 3rd 2009 weighing 368 pounds, most of it excess body blubber. Coach Reynolds was on the fast track to a heart attack or becoming a diabetic. He knew this for a fact; his doctor had told him so. To his eternal credit, Reese actually carried through on last year’s annual “I’m going to get-in-shape this year” New Year’s Resolution. Reese had recognized that he had a fitness “problem” and needed some professional help. He had the good fortune to live in a neighborhood where a Parrillo Certified Personal Trainer plied his trade: Bo Bennington was a Parrillo Certified PT and had been for the past ten years. Parrillo personal trainers are a breed apart from other personal trainers in that PCPTs are all about results: period, end of story. Bo Bennington was quite happy to get paid lots to kick Coach Reese’s ass, when and as hard as needed. Bo appealed to Reese’s manhood and to his sense of pride. He alerted Reese

to an indisputable fact: if Reese did *exactly* as Bo told him, Reese would be able to transform his physique. And that is *exactly* what Reese did. He followed every nuanced instruction of Bo’s complex teachings; he followed all instructions to a proverbial Tee; he never missed a workout or a meal and he morphed magnificently, from fat and flaccid into lean and fit and all in eleven short months.

Reese had regained an amazing physical condition he had once achieved back in the mid-nineties as an All Conference defensive end. Reese was a star defensive player on a very good Division II college foot-



He never missed a workout or a meal and he morphed magnificently, from fat and flaccid into lean and fit and all in eleven short months.

ball team. After a short career as a professional football player, Coach Reynolds had let himself go. Fifteen years of garbage eating, combined with zero exercise, and Reese found himself weighing a few pork chops (with gravy) shy of 400 pounds. His doctor shook his head as he told Reese “straight up” that if he stayed this heavy, or got any heavier, he could expect to *die* by age 60. That conversation scared coach straight. That’s when Reese got religion and

contracted Bo’s professional services. In the interceding year, and through a determined and sustained extended effort, Reese had completely renovated his body – and his life. Reese had blown the collective minds of his family, friends and coworkers. Best of all, Coach Reynolds had blown the minds of his high school football players. In a year’s time, Reese had gone from the butt of bathroom stall fat jokes to being a genuine inspiration to every overweight, under-confident young man that played for him. Reese stopped daydreaming when Bo plopped down on the bench across from him. Bo’s all-business, gruff coach persona had morphed into a kinder, gentler version. “Excellent effort, excellent leg session; four more sessions like that one and you’ll be handling 505 for reps. Your legs will explode with growth – assuming you ‘up’ your clean calorie intake.”

“I have a bottle and half of CapTri® left. I love that stuff. I even cook with it. I am eating a ton of calories and I am still losing body fat. It’s amazing stuff. Getting my metabolism squared up made all the difference.”

Bo told Reese in a hushed way reserved for serious stuff, “You’ll need to increase your CapTri® intake to compensate for how hard we are pounding you in the gym.”

Reese nodded. “I’m way ahead of you...I’ll up my daily intake of CapTri® from four to six tablespoons; I’ll be taking in almost 700 CapTri® calories per day,” Reese related. He was feeling slightly woozy and knew he needed to get home and eat

a 'real food' meal before he passed out. "I hate to part good company Coach, but I have two pounds of giant shrimp thawing in the sink. I'd invite you by – but then I'd have to share the delicious steamed spiced shrimp with you – and then there wouldn't be enough for me!" Both men laughed. Despite eating 4,000 calories of real food per day and another 700 CapTri® calories, Reese was getting much harder and more muscular. This seemed impossible. How could a man eat so much and get leaner at the same time? Bo had 'built Reese's metabolism' using a sophisticated Parrillo strategy designed to elevate a person's Basal Metabolic Rate by combining intense sustained exercise with perfect eating. John Parrillo first proposed this specific approach thirty + years ago and ever since has added even more layers of refinement and nuance. Bo taught Reese how to eat his meals and how to time his supplement meals. It was critical that Reese 'refuel' at equal intervals throughout the day. Each succeeding week Bo had Reese eat slightly larger amounts, more wholesome, natural, highly potent foods...a continual increase in CapTri® consumption. Reese started consuming the right foods in the right amount at the right time of day; Reese stopped eating processed foods. Reese began supplementing on a regular basis. Reese began melting off body fat and adding muscle.

Bo had Reese hitting cardio twice a day: once immediately after waking up in the morning and another less formal session sometime later in the day. Both sessions lasted for 45 minutes. Reese rode his fancy exercise bike stationed in his bed-

room as soon as awoke and drank a coffee. He'd watch the early morning news show while pedaling and afterwards he'd eat the first of six meals. Reese made an egg white omelet using red onion, spinach, bell peppers, carrots, a dozen whites with two yolks. This provided him with 40+ grams of protein and a boatload of fiber. Reese sautéed his egg-and-vegetable omelet in Cap-

Each succeeding week Bo had Reese eat slightly larger amounts, more wholesome, natural, highly potent foods...a continual increase in CapTri® consumption.

Tri®; and mixed in some hot Italian pepper flakes to amplify the taste. He savored every delicious bite. Reese packed his various Tupperware containers, stuffing them full with the day's food meals: chicken, turkey breast, tuna, salad makings, four Parrillo bars of various types, his prepackaged Parrillo Pills. Into four sandwich bags Reese had allotted specific amounts of Parrillo pills and powders....

- Liver Amino Formula™ - four
- Muscle Amino Formula™ - four
- Bio-C™ - two
- Natural E-Plus™ - two
- Ultimate Amino Formula™ - two
- Mineral Electrolyte Formula™ - two
- Essential Vitamin Formula™ - two
- Creatine Monohydrate™ - three servings

Reese would squeeze in a second cardio session at school; being a coach at a high school made it easy for him to jump on an exercise bike or jog laps around the high school track at the end of the school day. Reese was pushing his body hard: a dozen cardio sessions each week, five weekly weight sessions – each one a crushing, devastating event. Reese *had* to eat 4,000+ calories per day just to survive the physical trauma. Reese would chow down at lunchtime on a mountain of lean protein, lots of fiber vegetables and a goodly amount of starch in the form of rice or potatoes. Mid-morning and mid-afternoon he would consume a "supplement meal." The first consisted of a Hi-Protein™ shake and a Parrillo cupcake™; mid-afternoon Reese would drink an Optimized Whey™ shake and eat a chocolate almond coconut Parrillo Energy Bar™. Reese's training split was consistent: Bo called it 'Power Training.'

- Saturday legs
- Sunday chest, triceps
- Monday off
- Tuesday back, biceps
- Wednesday shoulders, light chest
- Thursday light legs, arms again
- Friday off

Lately, at Bo's suggestion, Reese had been downing a big handful of Muscle Amino Formula™ capsules after every weight training session. Bo was big on the benefits. "I am convinced that taking a massive amount of branched-chain amino acid, in the form of Muscle Amino™ capsules, 'saves' muscle wasting associated with hard and intense weight training. The most

effective strategy is to wash down a handful of Muscle Aminos™ with a 50/50 Plus™ shake." On the drive home Reese stopped off at the vegetable market and picked up a variety of fresh produce, along with some exotic rice. Arriving home, Reese unloaded the groceries. He steamed the shrimp and japonica rice; he made a monster vegetable salad and created a triple serving of chocolate Parrillo Pudding™ for dessert. Before bed Reese drank a final Hi-Protein™ shake and downed a handful of Enhanced GH™ capsules along with a half dozen Liver Amino™ tablets. After his delicious dinner, he couldn't resist stepping on the scale before he climbed in bed. Even at night, after a full day of food and fluids, Reese only registered 270 pounds; he was within five pounds of his defensive end playing weight back in college.

In a year, Reese had lost 100 pounds and added a considerable amount of muscle: he was squatting over 500, benching 400 and deadlifting 550. He could strict front press 245 and power clean 295. He was strong and getting stronger. He was suddenly popular with the opposite sex. A year ago, Reese had given up on the dating scene: the women that were interested in him, he wasn't interested in. The women he was interested in weren't interested in him. What a difference it makes to lose 100 pounds of fat, add 20 pounds of muscle and discover that under all that facial fat, laid the sculpted face of a Norse God. Reese went from a zero to a movie star hero. Suddenly the hottest women were attracted to him as if by magic. His dating card went from empty to overflowing in a matter of months. It would

have spun a lesser man's head in a circle and made him into an egotist. Reese had been ignored for so long that he took in all this newfound attention with an amused air of detachment and quiet disbelief. Reese was smart: he stayed true to his fitness lifestyle and didn't fall into the party scene trap.

His new goal for the coming year was to whittle his bodyweight down to 240 pounds and maybe even enter a bodybuilding show. Reese was



After his delicious dinner, he couldn't resist stepping on the scale before he climbed in bed.

determined to stay locked into his monk-like fitness lifestyle. That was easy for nowadays; no longer did he crave the manmade sweet treats and the endless cans of soda and beer that ruined his body; no longer did he lead a sedentary lifestyle; Reese now embraced "The bodybuilding lifestyle," and it suited him. Bo pushed Reese a little longer and a little harder each succeeding session each week in the gym. Reese ate with ever-improving discipline. He could run ten miles maintaining an eight minute pace and each week Reese seemed to grow a little stronger in one or another of his weight training exercises. Each succeeding week Reese was able to go a little further and do so at a little faster

pace in his numerous aerobic activities. Each succeeding week saw Reese upping his caloric intake, just enough to accommodate his ever-increasing exercise frequencies, durations and intensities. After one savage back workout Bo clapped Reese on the back of his sweat-drenched tee-shirt. "It is truly unbelievable how far and how fast you have progressed. I have a suggestion and I think you ought to give it some serious consideration."

"And what might that be?" Reese replied, exhausted yet elated. He sat on a lawn chair gathering his lifting gear and placing it back into his oversized Nike gym bag.

"You should consider becoming a Parrillo Certified Personal Trainer." Bo said. "You know the whole Parrillo System inside and out – that's what I've had you do from day one. You have been groomed in the Parrillo approach to training and to nutrition; that's all you've ever done – you have been *immersed* in the Parrillo System. Getting certified for you would be like a casual walk in the park – for a normal human, going through the Parrillo certification process is the equivalent of being forced to walk at bayonet point in the Bataan Death March. You could yawn your way through it; it would be like a dull day at the office for you."

Reese's first inclination was to dismiss it out of hand. He was self-deprecating and would cut himself down in a heartbeat; it was an old and bad habit he was working hard on overcoming. This time he caught himself. "You know what Bo...that might be one hell of a good idea!"



Timing Is Everything

John Parrillo

Does it matter when I take my nutrition supplements?

Yes, the “when” of taking supplements is just as important as the “why.” By timing your supplements to coincide with your workout schedule, you’ll maximize your performance, energy levels, muscular growth, and more. Here’s a closer look at when to take certain supplements.

Parrillo Essential Vitamin Formula™ & Mineral Electrolyte Formula™:

Vitamins and minerals interact with each other in complex ways. Some nutrients work best in the presence of other nutrients. And some nutrients compete with others for absorption. So, ideally, most vitamins and minerals should be taken together. Take these supplements with a meal or substantial snack because the nutrients in them work best in concert with other nutrients found in foods. Take one tablet of each with each meal.

Natural E Plus™: Take one a day with a meal or snack that contains some fat to promote better absorption.

Upon Rising: Take two to three **Parrillo Enhanced GH Formula™** supplements (GH releasers) preferably on an empty stomach. The morning is one of the periods during the day at which natural levels of growth hormone are elevated.

GH releasers are thought to burn fat, build muscle, and have a stimulatory effect on the production of growth hormone in the body.

Four Hours Prior to Training:

A carbohydrate-rich meal eaten approximately four hours prior to exercise significantly pumps up muscle and liver glycogen content for better intensity for workouts, according to research. You can increase the carbohydrate content of your meal by including **Parrillo ProCarb Formula™** or **Parrillo Energy Bars™**.

30 Minutes Prior to Training:

Also, I recommend that you take **Parrillo Max Endurance Formula™** on an empty stomach 30 minutes to an hour before training. This supplement contains the following endurance-enhancing nutrients: inosine, a nutrient that improves oxygen utilization for better stamina, possibly by forcing additional production of energy-producing ATP; l-phenylalanine, an essential amino acid that acts as a potent mental stimulant for improved concentration during workouts; d-phenylalanine, an amino acid that promotes a higher pain threshold; and ferulic acid (FRAC), a nutrient that stimulates the endocrine system to aid recovery and boost workout capacity. This supplement also contains magnesium and potassium aspartates, which help filter waste products from the system, giving you extra stamina and extending endurance.

Immediately Prior to Training:

Supplement with **Parrillo Creatine Monohydrate™** right before your workout. That way, you can load it into your muscles at just the right time to maximizing muscular reserves and restocking ATP.

During Endurance Training and/or Competition:

Energy expenditures increase by two to three times if you’re an endurance athlete undergoing strenuous activity, such as training or competition. That’s why it’s vital to consume carbohydrate during such prolonged exercise. Increasing the availability of carbohydrate improves performance, spares muscle glycogen, and thus sustains energy. Carbohydrate feeding during weight training is helpful, as well, particularly for maximizing energy levels. Your best bets are **Parrillo ProCarb Formula™** or our **Parrillo Energy Bar™**.

Many endurance athletes with whom we have worked like to mix ProCarb™ with **CapTri®**, our medium-chain fatty acid supplement, for super-charged endurance levels during training or competition. This practice is supported by clinical research.

Case in point: At the University of Capetown Medical School in South Africa, researchers mixed 86 grams of MCT oil (nearly 3 tablespoons) with two liters of a sports drink to see what effect it would have on the performance of six endurance-trained cyclists. The cyclists were fed a drink consisting of the sports drink alone, sports drink plus MCT oil, or MCT oil alone. In the laboratory, they pedaled at moderate intensity for about two hours and then completed a higher-intensity time trial. They performed this cycling bout on three separate occasions so that each cyclist used each type of drink once. The cyclists sipped the drink every ten minutes.

Performance improved the most when the cyclists supplemented with the MCT/sports drink mixture. The researchers did some further biochemical tests on the cyclists and confirmed that the combination spared glycogen while making fat more accessible for fuel. (1)

Post-Exercise: Immediately following your workout, consume a mixed carbohydrate/protein supplement such as our **50/50 Plus Formula™**. Scientific experiments demonstrate that this type of supplement (with the added protein) initiates the rapid uptake of carbs by your muscles – faster than carbs alone. (2)

In addition, a carbohydrate/protein supplement taken following a workout stimulates the release of two hormones (insulin and growth hormone), creating an environment favorable to muscle growth and recovery. (3)

Taking creatine monohydrate after your workout is a good idea too. Creatine enhances the movement of amino acids in cells for tissue growth and repair following exercise.

Also, I recommend that you take creatine with our **ProCarb Formula™**. Scientific research shows that taking creatine with a liquid carbohydrate supplement boosts the amount of creatine accumulated in muscles by as much as 60 percent. (4)

Here’s more proof of how effective supplement timing can be. In Australia, researchers looked into whether timing had any effect on muscle growth, fat loss and strength gains. They put 17 trained male subjects through a 10-week weight-training program. Eight of the subjects consumed a mixed supplement that contained about 32 grams of protein, 32 grams of glucose, and 6 grams of creatine immediately before and after workouts on the four days a

week they trained. The other nine subjects consumed the same supplement before breakfast and before bed on the four days a week they trained.

The researchers found that the subjects who took the supplement immediately before and after workouts showed an increase in muscle mass 87 percent greater than the other group, burned 3 percent more body fat, and boosted their strengths in the bench press, squat, and deadlift by 36 percent, 27 percent and 25 percent, respectively, more than the group taking the supplement before breakfast and before bed. (5)

←—————→

By timing your supplements to coincide with your workout schedule, you’ll maximize your performance, energy levels, muscular growth, and more.

←—————→

Pretty amazing, right? These results suggest that protein shakes and creatine supplements are super-effective when taken at specific times - immediately before and after workouts.

Other Supplements: Because your metabolism is constantly at work, continue to take certain other supplements throughout the day — and always with meals. These include: **Parrillo Liver Amino Formula™** (five or more per meal), **Parrillo Ultimate Amino Formula™** (two or more per meal), and **Parrillo Advanced Lipotropic™** (fat burners). Their value is increased when you spread them out into equal portions throughout the day. If you take your supplements only in the morning and work out in the afternoon, then very few supplemental

nutrients remain for use by the body during training. As your body digests nutrients from food and supplements through the day, messages from the digestive process are relayed throughout the body, signaling your cells to use these nutrients for growth and repair.

Before Bedtime: Take two Parrillo Enhanced GH Formula™ supplements again (on an empty stomach) to naturally elevate your body’s level of growth hormone.

I hope you see that timing is a critical element of supplementation. Regardless of how much you take or how well supplements work, you can maximize your results by taking them at the right times.

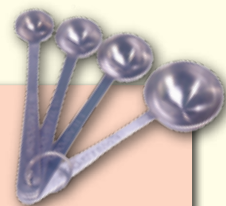
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tips & tidbits

of the month

RECIPE spotlight



Hash Browns

- 1000 g. potatoes (4 medium)
- 30 g. finely chopped onion (2 tbsp.)
- 1/2 tsp. garlic powder
- 2 tbsp. CapTri®

Peel potatoes and cook in 1 inch boiling water for 30 minutes. Drain and cool, then grate and toss with onion, garlic powder and pepper.

Heat CapTri® in a nonstick skillet on medium-low heat and place potato mixture in skillet, packing tightly, leaving 3/4 inch space around the edges.

Cook over low heat for 12 minutes or until crust is formed. Cut into quarters and turn, then brown other side. Makes two servings.

Tastes fabulous with any of the breakfast entrees!

FOOD of the month:



Oatmeal

- Oatmeal may reduce the risk of heart disease, when combined with a low-fat diet
- Good source of complex carbohydrates and fiber

Nutritional Information for 100 grams, dry:

Calories 390	Phosphorus 405mg
Protein 14.2g	Iron 4.5mg
Fat 7.4g	Sodium 2mg
Total Carbs 68.2g	Potassium 352mg
Fiber 1.2g	Vitamin A (0)
Calcium 53mg	

Use *oatmeal & oatmeal flour* with these great recipe ideas from the Parrillo CapTri® Cookbook:

- Chicken Fingers
- Cod Fillet Italiano
- Never Fail Dumplings
- Turkey Loaf
- Cornmeal Frittata
- Fried Squash
- Golden Oats Pilaf
- Biscuits
- Oat Tortillas
- Skillet-Cake Bread
- Sweet Potato Cornbread
- Crepes
- Rima's Famous Oatmeal Pancakes

Breaking News

Fitness & Nutrition

Dietary Protein & Bone Health Revisited

Agricultural Research Service (ARS) scientists first compared high-meat protein diets with low-meat protein diets. Now, they've compared animal-protein diets with vegetable-protein diets. This "sequel" study rocks the foundation, again, of a commonly held belief that high-protein diets can be bad for bones. Nutritionists Zamzam (Fariba) Roughead and Janet Hunt, with colleagues, carefully controlled the diets of 13 healthy, postmenopausal women. Two seven-week experimental diets were provided to each of the volunteers. A two-week break was scheduled between each of the two diet phases.

Both diets provided 15% of energy--or daily caloric intake--from protein, a percentage that represents average U.S. consumption. One diet contained mostly meat protein, and the other substituted 25 grams of high-isoflavone soy protein for an equivalent amount of the meat protein provided daily. The remainder of each diet was mixed to represent typical daily intakes of calcium and other nutrients. The scientists measured biomarkers in blood and urine collected during each seven-week diet phase and found no indications of differences in calcium or bone metabolism after eating either diet. Moreover, the soy-protein-substituted diet did not change the absorption or excretion of calcium. Some scientists long have theorized that high-meat protein diets can leach calcium from bones. Others theorize that the phytate, a component of soy protein, can interrupt mineral absorption in general.

The study's findings suggest that calcium absorption from these two important sources of dietary protein is similar. - Rosalie Marion Bliss, Feb. 2005, Agricultural Research Service, USDA

Question of the month:

Question: I've been hearing differing opinions on including **deadlifts** in my bodybuilding workouts. Is it a good training choice for bodybuilders?

Answer: Many bodybuilders avoid deadlifts because this exercise can thicken the waist. But often, you need to build your physique to a point beyond where you want to be. Then you can use isolation exercises to sculpt away thickness while still holding your size. So, for gaining that initial size and thickness, deadlifts are an excellent exercise.

As you begin the exercise, make sure your shoulders move up and back. Keep your back slightly arched. As you lift the barbell, drive your hips forward. As always, keep your muscles tight throughout the range of motion and use your opposing muscles to return to start. The same techniques apply to the sumo-style deadlifts, in which a very wide stance is used.

Quick Tip of the month:



Get an electric food steamer with multiple steamer baskets to steam your rice and vegetables at the same time. Electric steamers help vegetables retain their nutrients better than traditional boiling, and they also speed up the process with instant steam. Some models have programmable digital timers, so your vegetables are done just right.

Send your quick tips to graphics@parrillo.com

Training Tip of the month:

Get Results with the Incline Leg Press: With the incline leg press, you can work various angles of your thigh by altering the position of your feet on the platform and by changing the point from where you push. If you place your feet high on the platform with a wide stance, the exercise emphasizes your glutes and hamstrings. If your foot placement is lower with a narrow stance, then emphasis shifts to your quads. How you press makes a big difference too. When training bodybuilders on the leg press, I ask them where they want to "burn" their legs. Give me a six inch region anywhere on their legs and I can instruct them on how to isolate that specific area. I place a 2 x 4 board against the leg press platform under the bodybuilder's heels. Then I have him push with the heels. This isolates the outer thighs tremendously. Next, I remove the board and instruct the bodybuilder to push with the balls of the feet. This shifts the stress to the frontal quads.

Nutrition Tip of the month:



The combination of foods you eat at each meal is critical for building mass and burning bodyfat. It's one thing to select the right foods and yet another to know how to properly combine them to build metabolism. Each meal should include one lean protein source, one or two starchy carbs and one or two fibrous carbs. The protein and fiber slow the digestion of starchy carbohydrates, giving you consistent energy levels throughout the day. In the growth season, you need at least one gram of protein from a lean protein source, such as white chicken, turkey or fish, per pound of bodyweight. You should also obtain an additional .25 to .5 gram of protein per pound of bodyweight from carbohydrates. You can refer to the Parrillo Nutrition Manual for more detailed dietary guidelines.

Interesting Article Fact:

A carbohydrate/protein supplement taken following a workout stimulates the release of two hormones (insulin and growth hormone), creating an environment favorable to muscle growth and recovery. *Read more on this topic by turning to page 18.*

Dominique's Time Cruncher



→ Recipe database websites are a great way to search for quick meal ideas. Some have advanced recipe search features, like "Ingredients You Want" and "Ingredients You Don't Want". You can even add keywords to narrow down your recipe searches; use keywords like low-sodium, low-fat, baked, crockpot, slow cooker, etc.

Supplement of the month:

- Parrillo Bar™**
- Perfect portable nutrition
 - Never miss a meal again
 - No sucrose or fructose



The Parrillo Sports Nutrition Bars™ are famous worldwide. The Parrillo Bar™ tastes great and is power packed with 240 calories, 11g of quality protein, 37g of slow-release carbohydrates and 5g of CapTri® brand MCT oil. Keep these muscle snacks in the desk drawer, toolbox, locker, briefcase or pocket, and never miss a muscle-building meal. This is the bar that set the industry standard for quality!



Fat Burners From Fat

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

From years of helping people get lean, I have found that in addition to cleaning up their diet and working out consistently, the fastest results come when people are using certain supplements in specific dosages. You know that lipotropics like Parrillo Advanced Lipotropic Formula™ can help you utilize stored fat for energy, but did you also know that certain fat supplements have a lipotropic benefit?

Let me introduce you to a few nutrients that can be of some help, but understand that taking them alone is probably a waste of time and money. When combined with the Parrillo Nutrition Program these supplements may enhance fat loss, allowing you to shed even more fat.

Fish Oil

Found in fatter fish like salmon, herring and pollock, fish oils contain omega-3 fatty acids. These beneficial fats encourage the receptor sites on muscle cells to increase insulin sensitivity, allowing the body to release less insulin. In turn, fat storage tends to be limited, and insulin performs its intended job: channeling carbohydrates and amino acids into muscle tissue. Try Parrillo

Fish Oil DHA 800 EPA 200™ and take one capsule with meals.

Evening Primrose Oil

Found in evening primrose oil is the fatty acid gamma linolenic acid (GLA), which promotes the formation of hormone-like substances called prostaglandins. These substances have been found to

When combined with the Parrillo Nutrition Program & proper exercise, these supplements:

- Fish Oil DHA 800 EPA 200™
- Evening Primrose Oil™
- CapTri® MCT Oil

may enhance fat loss, allowing you to shed even more fat.



improve insulin sensitivity, meaning that insulin is used correctly by muscle cells and won't be utilized for fat storage. GLA can also increase the activity of "brown fat," a type of fat on the body that is involved in increasing metabolism. Each 1000 mg gel cap of Parrillo Evening Primrose Oil™ contains

30 iu's of vitamin E, 100 mg of Gamma Linolenic Acid and 760 mg of Linoleic Acid. Take one to three capsules daily.

CapTri®

I call CapTri® the "King of Fat-Burners." CapTri® is a special kind of fat called a medium chain triglyceride. CapTri® harnesses the energy density of fat but is not stored as body fat. The molecular structure of CapTri® results in it being metabolized differently than conventional fats. Instead of being transported to fat depots like regular fats, the calories from CapTri® also provide the energy you need to keep training hard. Also, by substituting CapTri® for an equivalent number of calories from carbohydrates you avoid the slow-down in metabolic rate which inevitably results from calorie-restricted diets. Take one tablespoon with each meal; up to six tablespoons per day. Consult the Parrillo CapTri® Manual for more detailed usage guidelines.

Remember that these fat-based fat burners aren't magic bullets; they work best only if combined with the proper exercise and nutrition.

IRON VIC SPEAKS

By Iron Vic Steele

Protein and stagnation...Fake Food Frauds... Ham-challenged

Hey Vic, I could use some help. I have been reading about the Parrillo approach to protein consumption and think that maybe I should dramatically increase my protein intake in order to add lean muscle mass. In a nutshell, I have been at pretty much the same level for quite a while. I am not a competitive bodybuilder. I have a good physique. I am tall (6-4) and thin (190) with good abs. Some people think I look 'ripped' but I think I look skinny and scrawny. From what I read in the PPP, it seems that the best bodybuilders are taking in a lot more protein than I am. I don't count grams and I am not as regimented as I should be. I

would estimate that I might eat 100 grams of protein per day; mostly chicken and canned tuna. Everyone says that they'd kill to have my lean look, but frankly I am sick of looking and staying the same. I weight train and hit cardio four times a week. I feel that everything I do, all the training and cardio is just maintaining what I've already built. That sucks! I want some muscle! Any ideas would be appreciated.

Stuck in San Jose

I think you are onto something with the protein angle. One tried-and-proven method to bust out of a stagnation rut is to *dramatically* increase protein intake and com-

bine the increased amino acid consumption with what I call power training. For decades, dating back to the primal days of Marvin Eder, Bill Pearl and John Grimek, both bodybuilders and strength athletes have broken through stagnant periods by drastically upping their protein intake. I'm not talking about adding an extra can of tuna a day, I am talking like tripling the amount of protein you currently are consuming: push it from 100 grams a day to 300 grams per day. In addition, you will need to drastically alter your weight training routine: drop the reps, stick to the basic compound multi-joint prime movers and don't ditch the aerobics; cardio keeps weight gain

lean muscle gain without fat gain. Too many trainees dump the cardio when they look to add mass and that is a terrible idea; cardio keeps the metabolism revved and the appetite kicking. The Parrillo

The first order of business is to commit to consistency: consume a gram & a half of protein per pound of bodyweight each & every day without fail.

approach towards protein intake is pretty radical and extremely effective. John advises those in need of a jolt to take in a *minimum* of 1.5 grams of protein per pound of bodyweight per day, each and every day. Do so for a protracted period of time and really concentrate on the hard and heavy training. The combination of power training and massive protein intake is the tried-and-proven ticket to spectacular muscle gains.

The key is consistency: most times stagnant trainees get all fired up and take in that critical gram and a half of protein – for a few days. Then they lose focus and for the next couple days the protein intake drops way off. Then they get back on the protein bandwagon. This creates a Yo-Yo pattern: eat right for a day or two, fall off the wagon for a day or two, get back in the saddle...back and forth...back and forth...this inconsistent pattern isn't consistent enough to gain any real traction. The first order of business is to *commit* to consistency: consume at least a gram and a half of protein per pound of

bodyweight each and every day without fail. In your particular case we're talking about consuming 300 grams of protein per day every day come hell or high-water. Make sure that the protein is *lean* protein: if you eat 300 grams of protein per day and along with it eat 200 grams of saturated fat, you will be in big trouble. Lean protein means fish and shellfish, flank steak, skirt steak, skinless chicken, turkey breast, canned tuna and definitely a lot of egg whites. No fatty cuts of beef, no burgers, a minimum of egg yolks and certainly no pork or pork products. Obviously Parrillo nutritional supplements, particularly Parrillo protein powders, i.e., Hi-Protein™, All-Protein™, Optimized Whey™ and 50/50 Plus™ are all highly recommended. These fabled protein products have been used by elite bodybuilders for decades. Supplemental protein enables athletes to hit their daily protein goals without having to cook and chew every single bite. Some people get a bit confused trying to figure out which of the Parrillo protein products to purchase and how best to use them. Here is a handy usage guide that will clear up any confusion...

Type	Protein/Carbs	Suggested usage
Hi-Protein™	31/8	slow and sustained protein release
Optimized Whey™	33/4	quick protein release
All-Protein™	30/0	zero carbs, a great pre-cardio protein drink
50/50 Plus™	21/17	critical for post-workout replenishment

In addition to these classic Parrillo protein powders, don't forget the fantastic Parrillo food products... Instant Hi-Protein/Low Carb Pudding™, Hi-Protein Pancake and Muffin Mix™, Hi-Protein Cake and Cupcake Mix™, Protein Frosting Mix™ and Contest Cookie Mix™. Don't forget the different Parrillo Bar formulations...The Parrillo Bar™, Energy Bar™, Protein Bar™, Hi-Protein Bar™ and Protein Chew Bar™. My suggestion to you would be to eat a serious portion of egg whites at breakfast, consume lots of canned tuna or chicken breast at lunch, how about fish, shellfish or lean beef at dinner? Upon arising in the morning consume an All-Protein™ shake before early morning cardio. Mid-morning and mid afternoon drink a Hi-Protein™ or Optimized Whey™ shake. After weight training drink a serving (or two) of 50/50 Plus™. In the evening have one of the delicious Parrillo high protein food products, maybe some Contest Cookies™ or a Parrillo Cake or Cupcake™; how about a serving of Parrillo Pudding™? During the day eat a Parrillo bar or two. Above all, stay consistent. Hold this course for 6 to 8 weeks. Keep a running protein tally in the

form of a food log; each and every day, consume *at least* 250 to 300 grams of protein. You will slap on 10-15 pounds of lean muscle mass within a matter of months if you up your protein intake dramatically and combine increased protein consumption with intense weight training and continual cardio. Protein and power training was, is and forever shall be, the ultimate mass-building strategy.

Vic, What's your opinion of these mega-corporations that sell pre-packaged 'diet' foods on TV? One outfit caters to women and the other uses sport stars to attract men. The foods these systems say are 'acceptable' are incredible: pizza, chocolate cake, hamburger on a bun...one 'system' claims to have discovered a 'breakthrough glycemic index' approach that allows people to eat these crappy foods and still lose weight. I have several friends, guys that I know, that ask me about these TV 'miracle nutritional systems.' I have a feeling that it's all one huge scam and wondered if you had any insights. This stuff is too good to be true – which usually means it is – how do they get away with this blatantly false advertizing?

Ralph, Mount Alto

I have ranted about these 'systems' before. These outfits deserve some periodic bitch-slapping and I'm just the guy to do it. Every single time a "celebrity endorser" comes

on TV to whore these garbage products I want to gag. I feel my blood pressure ratchet upward into the danger zone. I will be mindlessly watching football or the UFC, when here comes Big Dan or some ditzy blonde, telling us, and I paraphrase, "I lost 50 pounds eating this trash." In actuality these celebra-tards didn't lose the weight eating this garbage, they have personal chefs and hire big dollar personal trainers that help



There are no 'glycemic breakthroughs' that magically enable you to live on trans-fat drenched pizza & still lose fat.

In actuality, their strategy's not some glycemic miracle, it's portion control.



them lose the weight so they can secure these million dollar endorsement deals. There is no 'scientific system' that allows you to eat a mountain of chocolate cake or copious cheeseburgers and still lose weight. There are no 'glycemic breakthroughs' that magically enable you to live on trans-fat drenched pizza and still lose fat. The actual foods delivered by UPS or FedEx look nothing like the savory, seductive foods they show on TV. On the tube they show a gor-

geous table chock full of luscious looking sin food, food that looks like it was prepared in a restaurant run by an Iron Chef. The message is deceitful: buy our products and we'll deliver you pizza that tastes like Wolfgang Puck just removed it from the wood-burning oven at Spago. Buy our products and we'll deliver you double chocolate muffins that taste better than those made at a French bakery – and because we have teams of scientists devising miracle recipes, none of it makes you fat! In reality, the prepackaged foods show up packed in a UPS box and taste about the same as the cardboard box that the foods came delivered in.

This jive charade would be laughable if it wasn't so expensive: do you realize that these outfits charge \$400 for 28 days worth of food? How's that grab you?! That luscious looking hamburger you see on TV is, in reality, about on a par with those horrific microwave cheeseburgers we used to purchase out of a vending machine back in the

1980s. The burgers are made from the same 'mystery meat' you purchase at the fast food super store. All these shipped foods are loaded with trans-fats and taste grotesque. Part of the reason you lose weight is that the foods taste so bad you can hardly choke them down. The strategy these outfits use (in actuality) is not some glycemic miracle, it's *portion control*: each 'meal' contains roughly 500 to 800 calories. If you eat what they sell you, no doubt you will lose

weight. Despite the fact that these foods are chemical nightmares, despite the fact that they intentionally mislead buyers, despite the fact that they flat out lie; despite the fact that in reality these foods look nothing like what you see on TV – these products sell millions of units. The celebrity endorsees should be ashamed for their part in tricking the public into buying these pathetic products. If you are considering buying into one of these 28 day programs, do yourself a huge favor: redirect the money towards quality food purchased from the grocery store and please purchase potent Parrillo Products.

Iron Vic,
Any ideas on how to build hamstrings? Mine are non-existent. I am sick of lying leg curls. I can handle 150 pounds for reps, yet my hams are smooth and indistinct. Do you have some new and different thigh bicep exercises?

Ham-less, Detroit

Indistinct hamstrings are in actuality a diet issue; you have too much body fat. Everyone has ripped hamstrings if their body fat percentile is low enough. For now let's confine our conversation to exercise: if you are a regular guy and are handling 150 pounds for reps in the lying leg curl, you likely are doing them incorrectly. Let's first talk about how to perform a proper lying leg curl and then we can talk about some hamstring ex-

ercise alternatives. First off, don't jerk the weight at the start in order to get the poundage moving. It is easy to generate tremendous momentum in the initial pull phase of a lying leg curl. Most trainees jerk the poundage at the start and create a lot of momentum. They heave the weight upward then let it fall back down. They allow the poundage to bounce at the bottom.



TIPS FOR STIFF-LEG DEADLIFTS

Do not use a box.

Arch your back for hamstring isolation.

Pivot at your hip joint.

Keep your back arched at the bottom of the exercise. Stretch your hamstrings.

At the top, tighten your glutes and drive your hips forward.

If you jerk to start the rep, if you don't complete the leg curl, if you bounce out of the bottom – you can use a hell of a lot of weight – and barely contract the hamstrings. A proper leg curl uses a purposefully slow start: you start to pull the weight upward in a purposefully slow and controlled fashion. Simultaneously drive the hips into the bench. By allowing the butt to rise up as you pull on a leg curl, you make the pull easier. We need to avoid this as we don't want to

make leg curls easier; we want to make them *harder*. Use a slow start. Apply continual upward pressure; pull all the way to the butt. Lower with control and do not bounce at the bottom in order to create rebound momentum for the next rep. Drive the hips into the bench as you curl upward.

Dorian Yates' favorite hamstring exercise is the stiff-leg deadlift. The stiff-leg deadlift is a tremendous hamstring builder, yet 99% of all trainees do them incorrectly. Here's the proper procedure: load a light barbell and place it at your feet. Pull the first rep to the completed position as you would a regular deadlift. Now lower the poundage slowly while shoving the glutes rearward. The knees are slightly bent; allow the bar to break away from your body and lower until the plates lightly touch the floor. Now slowly reverse and rise back up using the hamstrings and the hamstrings alone to power

the torso to the erect position. No need to come fully erect as that releases the tension on the thigh biceps. Come three-quarters erect and descend again: this is a continual tension exercise and when done correctly you feel the hamstrings contract in real time. 2 to 3 sets of 8 reps using reasonable poundage and perfect technique and you will set your hamstrings on fire in a way unobtainable with lying leg curls.

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