

FITNESS • HEALTH • NUTRITION • TRAINING

JOHN PARRILLO'S

# PERFORMANCE

## PRESS

September 2016

## MICHELLE GRISSOM

Proving that age is no detriment  
to progress

## IRON VIC SPEAKS!

Protein powder confusion

## THE PARRILLO PRINCIPLES

Puncturing myths

## MUSCLE MEETS MEDICINE

Muscle gets no respect

## A BODYBUILDER IS BORN

Fitness: you are the company you keep

## BY JOHN PARRILLO

Supplements of mass construction

Photo by Amir Marandi





14

THE PARRILLO PRINCIPLES

14

BY JOHN PARRILLO

20

**Staff**

**Publisher**  
John Parrillo

**Editor At Large**  
Marty Gallagher

**Design Director**  
Marcus McCuiston

**Contributing Writers**  
John Parrillo  
Marty Gallagher  
Ron Harris  
Jeremy Girmann  
Andre Newcomb  
Iron Vic Steele  
Hailey Stamper

**Contributing Photographers**  
John Parrillo  
Dominique Parrillo  
Marcus McCuiston  
Amir Marandi



# What's your story?

Are you a...

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

Or maybe you...

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

Then we want to hear from you!

All you need is to:

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

Contact:  
[Graphics@parrillo.com](mailto:Graphics@parrillo.com)  
to get started!

Congratulations  
Seth Drake!



**1st Place**  
Teen Light Heavyweight  
  
2016 NPC Teen Collegiate & Masters National Championship



# MICHELLE GRISSOM

*Proving that age is no detriment to progress*

By Marty Gallagher

Michelle Grissom was first exposed to serious fitness at age 17 when she took a job at a commercial fitness facility. The instant she was exposed to formal fitness, Michelle fell in love with all aspects of fitness, including the business side of it. Three decades later, at age 47, Michelle is a champion Physique competitor, a highly sought after personal trainer and someone that is *still* in love with fitness: she still trains hard and still eats with determined discipline. She exemplifies the bodybuilding lifestyle and has a physique that wins and places high at major Figure and Physique competitions. "At my most recent show I won the women's Physique division. This was at The Julie Palmer Showdown on June 4th of 2016. I felt good about my condition and it is always reaffirming to win a competition." And, we might add, especially at age 47. The female competitive categories have expanded dramatically over the past decade and Michelle is relatively new to the Physique format. "I competed in the Figure division for years. I placed in the top five in the majority of my Figure shows. I liked Figure competitions, but I felt that the Physique format offered me a new set of challenges." Michelle has been a bodybuilder and competitive athlete for decades. She entered her first competition as a Figure competitor in 2003. The following year, 2004, Michelle entered and won the prestigious Mountaineer Open. In 2011 Michelle took 5th place at the GNC National Figure Championships and in 2013 placed high (3rd) at the Mike Francois Classic. Michelle placed 4th at Mike's competition in 2016, but switched



Photo by Amir Marandi

to the women's Physique division. Michelle has competed eight times in high-level Figure or Physique competitions.

Along the way Michelle also found time to train for and run in *eight* marathons (26.2 miles)! She also competed in two half Iron Man competitions, ran several half-marathons and currently competes in Obstacle Course racing. Her lifelong passion for running has proven the perfect training compliment for her lifting and bodybuilding-style nutrition. Running helps keep her lean and fit and enhances her figure/physique competitor efforts. Michelle fell in love with fitness at an early age.

"In my early years, I was an aerobic athlete. That all changed for me when I saw my first bodybuilding competition. I was 18 years old when I saw the Mr./Ms. Dayton bodybuilding championships at Northmont High School. I thought that bodybuilding was the coolest thing I had ever seen. I left the show completely motivated and ready to become a bodybuilder. I wanted to build some muscle and compete." At age 17 she got the job at a local fitness club. "Right away, I loved everything about fitness and the business of fitness. I took to it so much that I couldn't wait to go back to work the very next day after my first day at work."

Michelle lives in Dayton, Ohio and is part of a fitness family: her husband Rob is a competitive athlete. "Rob taught me that to make real gains an athlete has to step outside their comfort zone. It is not an easy concept to put into practice. Rob always coaxed me in the best way, saying things like, 'Why all the self-doubt? Who says you can't do it? All you have to do is train for it.'" Like jumping into the deep end of a pool, those that are able to make that leap make the progress, while those that remain frozen on the sidelines, unable to fully commit, never obtain the sensational gains that come to those that are able to step outside their comfort zone. Rob got Michelle to train and diet outside her comfort zone and low and behold Michelle made sensational gains, the best gains of her life. She understands that in order to build muscle and melt off body fat, the twin goals of bodybuilding, the bodybuilder must enter into the pain and discomfort zone. As John Parrillo points out, "No one ever got better doing the same things over and over. The duty of the successful bodybuilder is to continually push past capacity - that is where the gains are and this is never comfortable." In order to cope with the intensity of truly effective weight training and to be able to cope with really intense cardio, Michelle uses Parrillo Performance Products to heal her battered body. Intense training is shocking to the body and the best way to recover is to follow John Parrillo's timeless advice, "In the aftermath of a body-shattering workout, flood the body with healing and regenerative nutrients."

As a long time Parrillo product user, Michelle particularly favors CapTri® and supplements with it daily. Medium Chain Triglycerides are highly combustible and when CapTri® is consumed, it is converted into energy and the CapTri® calories

are immediately absorbed. "I love CapTri® and find that when I take it consistently my energy levels remain high - a wonderful thing in the final weeks leading up to a show when I am melting off fat." She is also a huge fan of Pro-Carb™. "I love to take a Pro-Carb™ shake after a workout. The energy surge I get after drinking a Pro-Carb™ shake is unmistakable and immediate." One look at the photos accompanying this article reveals just how successful and effective Michelle's training and nutritional approach have been for her. "I have used John's supplements for years. His products are potent and delicious. I love John's no-nonsense super-intense approach towards weight training and aerobics." Michelle added, "John has been a leader in the fitness and bodybuilding community

for over thirty years. His methods are proven to work. I have used the Parrillo Performance Press as an information source for decades."

Michelle has adapted and adopted the Parrillo "three-phase" set into her own training sessions. "The whole idea of combining stretching with weight training is ideal for bodybuilding. I will typically pump a muscle maximally, going to positive failure, usually 10-12 reps. I might add some forced reps, or add a drop set or two, I like to go to failure and beyond. I will follow this maximum pump with an intense Parrillo Fascia Stretch. I hold these stretches and try and improve the duration and depth of the stretch. Finally, after pumping and stretching, I will pose the pumped and stretched muscle." Flexing the target muscle,



Scott Canatsey

"I have really appreciated all the terrific advice Scott has provided on all things related to training and nutrition. His knowledge is vast and I find his enthusiasm motivating and he is extremely helpful."



Photo by Amir Marandi



"Be consistent. Believe in yourself. You are stronger than you think you are. It is you against you. Have a goal, focus on the goal, be consistent and above all be patient. Fitness is a lifestyle and not a temporary fix."

hard and repeatedly, causes the muscle to expand into loosened fascia. Michelle feels this approach makes perfect sense. "I also like those Parrillo high-rep 'finishing' sets; over time, high-rep sets will build mitochondrial density. I make it a point to squeeze and contract through both the eccentric and concentric phase of every rep." Michelle has the aerobic aspect of the bodybuilding equation down pat: this lady is a natural runner and has locomotive-like endurance. Outside the gym, Michelle has a full and busy life. She works a fulltime job and works as a personal trainer. When asked where she found the time to fit in fitness, she related, "I wake up super early and train before the rest of the world gets up."

"I make time for training by getting up very early in the morning. When I was raising my son, I had trouble getting everything done. He kept me way too busy. Now he is 20 and

manages himself. My sister told me, 'Get up earlier!' She was right. So now I train before I go to work. Typically I am at the gym by 5:00 am. I try and get all my food prep done on Sundays. I love to train and will continue my training and continue with my food prep whether I am getting ready for a show or not. For me, it is a (bodybuilding) lifestyle. Michelle made it a point to mention Parrillo cover man Scott Canatsey. Scott has been a big help to her. "I have really appreciated all the terrific advice Scott has provided on all things related to training and nutrition. His knowledge is vast and I find his enthusiasm motivating and he is extremely helpful. Scott has been a wonderful help to me in so many areas." Michelle feels she still has room to improve: she is tall and weighs 170 pounds in the off-season. When she leans out to compete, she strides onstage at crisp 150 pounds. She trains at Elite Force Strength and Fitness in her hometown of Dayton.

Those locals lucky enough to engage her services as a personal trainer always make terrific gains; her no-nonsense approach is common sense and steeped in logic and seasoned with decades of experience. When asked about what tips she would pass along to females looking to get serious about their lifting and nutrition, she answered. "I am a big believer in changing the exercises in the weight workout on a regular basis. Switching out exercises keeps training fresh, interesting and challenging." Too many women weight trainers use the same routine for years, without changing anything; they do the same exercises using the same poundage for the same number of reps – yet they expect dramatic change from doing these same things over and over. Michelle recommends using a wide variety of exercises. Keep the cardio training fresh by mixing modes, altering duration, frequency and intensity. Michelle has a final piece of training advice. "The ability to train with great intensity is a real key to making gains." You cannot have a lackadaisical attitude in training when you are handling

Photo by Amir Marandi



limit-exceeding weights. "The other key point is consistency: show up! Train hard! Be consistent outside the gym: eat with real discipline. Be consistent in all aspects of training and be consistent in all the aspects of nutrition."

Michelle is extremely consistent in her eating. "As I get older I have noticed that proper nutrition and proper supplementation becomes so much more important. As I age, recovery takes a lot longer." If you train with the intensity needed to trigger gains, the body takes a beating. "I have to monitor how much I do in a day. I can train like I was in my 20's for one day - but my body will remind me of my actual age the very next day with intense soreness." When asked about advice, she stressed the basics: establish a solid whole food nutritional base and augment with powerful supplements. Mentally Michelle has solid advice. "Be consistent. Believe in yourself. You are stronger than you think you are. It is *you* against *you*. Have a goal, focus on the goal, be consistent and above all be patient. Fitness is a lifestyle and not a temporary fix." Michelle will continue to train and continue to train others. "I find great satisfaction in training others. It makes me incredibly happy when my clients succeed in reaching their fitness and physique goals." Michelle has engineered many a dramatic transformation and seeks to lead by example. "I am a sincere believer in practicing what you preach. I lead my clients and students by example." Don't doubt her.

Photo by Amir Marandi



### WEEKLY TRAINING SPLIT

Monday ..... chest, shoulders, triceps  
Tuesday ..... back, calves  
Wednesday ..... legs  
Thursday ..... off  
Friday ..... biceps, shoulders, triceps  
Saturday ..... legs  
Sunday ..... back, calves

### DAILY MEAL SCHEDULE

Meal 1 ..... 8 egg whites, 2 whole eggs, CapTri®  
Meal 2 ..... Chicken, green beans, red potatoes, CapTri®  
Meal 3 ..... Tuna, spinach, red potatoes, CapTri®  
Meal 4 ..... Chicken, broccoli, sweet potatoes, CapTri®  
Meal 5 ..... Turkey, broccoli  
Meal 6 ..... 10 Egg whites, greek yogurt, CapTri®  
Pre-workout ..... Chicken, CapTri®  
Post-workout ..... Parrillo Pro-Carb™ shake





# MUSCLE

MEETS

# MEDICINE



## Muscle gets no respect

By Dr. Jeremy Girmann

Muscle. It doesn't get the respect that it deserves. Most people appreciate the fact that in order to successfully lift a heavy box, you're going to need some muscle. Most would also admit to the important role that muscle plays in the regulation of energy balance and in avoiding excessive fat accumulation. Beyond that, I find that some people consider building the biceps to be little more than an exercise in vanity. If you are such a person, I urge you to take pause and consider the following...

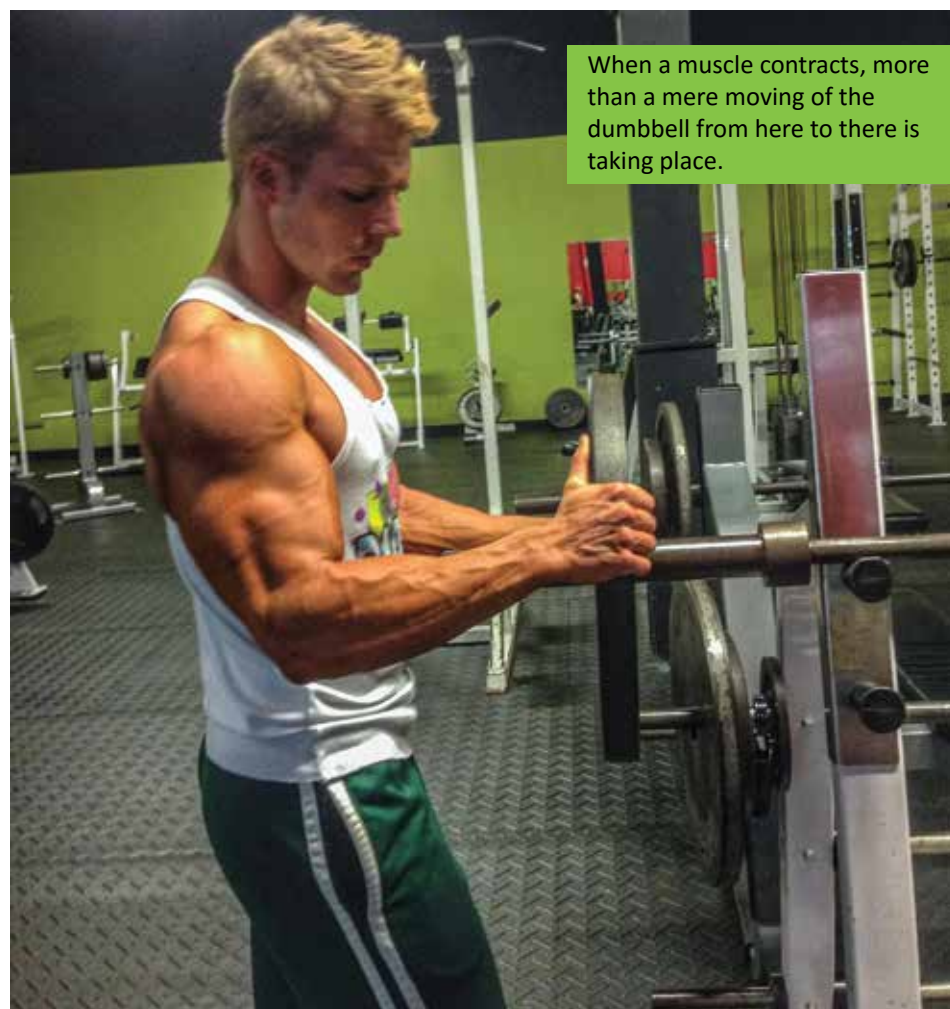
Muscle is an endocrine organ. Add it to the list:

Pituitary gland  
Thyroid gland  
Pancreas  
Testes  
Muscle  
And so on...

When a muscle contracts, more than a mere moving of the dumbbell from here to there is taking place. In response to the load and with each contraction, the muscle secretes peptides known as myokines, which have profound physiologic functions. Technically speaking, muscle actually has autocrine, paracrine, and endocrine functions. In the case of autocrine activity, the myokines have direct effects on the cells that secrete them. Paracrine refers to a binding of these myokines on neighboring cells. Finally, endocrine activity involves the secretion of

myokines into the blood, through which they travel before reaching more distant target cells. Think of insulin, which is released by the pancreas, travels through the blood, and ultimately binds to a variety of cells including those in muscle. It's through the endocrine activity that the exercising of muscle is thought to provide benefit to other body systems and confer protection against a host of chronic diseases.

Interestingly, one of the first well-appreciated myokines was interleukin-6 (IL-6). It has long been recognized that IL-6 is secreted by immune cells in response to infection and tissue trauma and is involved with the mediation of fever and initiation of an *inflammatory* response. Observed to be exponentially increased during exercise, however, IL-6 from muscle has been shown



When a muscle contracts, more than a mere moving of the dumbbell from here to there is taking place.

to demonstrate *anti-inflammatory* effects. Say what? Cellular communication through signals such as IL-6 is incredibly complex. And I thought that trying to interpret my wife's Spanish was tough!

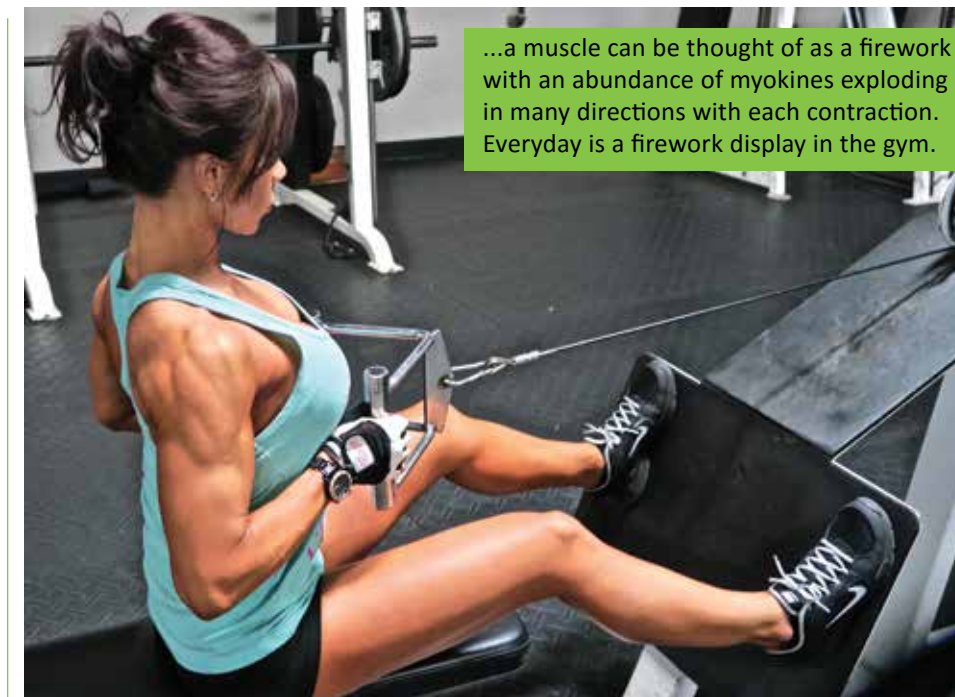
Though we're wading through muddy water at the moment, it appears that while a bout of exercise creates a transient, local inflammatory response in regions of the working muscles, many of the secreted signals douse the flames of inflammation systemically. Translation please... Repeated bouts of exercise have the potential to keep chronic systemic inflammation at bay.

In addition to its anti-inflammatory actions in the setting of exercise, IL-6 is also thought to activate AMP-activated protein kinase (AMPK), which is an important regulator of gene expression.

Another recently identified myokine is BDNF. Previously mentioned in my article on cardio (May 2016), BDNF stands for *brain-derived neurotrophic factor*. The name of this molecule should indicate the relative infancy of this area of research. As it turns out, BDNF is not only produced and released by the brain, but also by other tissues including muscle. Apparently secreted by muscle during exercise, BDNF has been implicated in the enhanced potential to burn body fat.

In addition to IL-6 and BDNF, IL-8, IL-15, myonectin, irisin, and hundreds of other likely myokines are secreted during muscular contraction, and are responsible for enhancing organ function and total-body health.

If we want to consider a colorful analogy, a muscle can be thought



...a muscle can be thought of as a firework with an abundance of myokines exploding in many directions with each contraction. Everyday is a firework display in the gym.

of as a firework with an abundance of myokines exploding in many directions with each contraction. Every day is a firework display in the gym!

Having made an effort to champion the effects of myokines in this month's article, it's worth noting that adipose (fat) tissue is also an endocrine organ, secreting similar molecules that often demonstrate equal but opposite actions (bloody Newton...). The peptides released by adipose tissue, and particularly visceral adipose tissue (fat that is located around organs in the abdominal cavity), often lead to inflammation and generally detrimental effects on the health of

other organ systems.

Before I end, and while on the topic of muscle getting a little more R-E-S-P-E-C-T, I've heard time and time again that the skin is the largest organ in the human body. How can this be? If measured by weight, muscle would surely surpass the skin as the largest organ. If the argument were perhaps made for having the largest surface area, the lungs or GI tract would have to win that award.

I think that perhaps my colleagues in dermatology covet a certain sense of importance in caring for (what they believe to be) the largest organ...

Am I wrong here?

Questions and topic suggestions may be sent to:

dr.girmann@inertiahealthandfitness.com



Follow Dr. Girmann on Instagram @JeremyGirmann





## returns with no mercy at NPC Missouri State Championships By Hailey Stamper

Last year at The NPC Missouri State Championships in Springfield, MO, five members of #TeamWildHorse competed and all medaled in their classes! These five individuals included Wild Horse Fitness' co-owner and personal trainer Henry Lovelace, Jen Parham, Danielle Burroughs, David Fox, and Roy Teter. This year competing at The 2016 NPC Missouri State Championships there are some new #TeamWildHorse bodies and faces. Henry, Danielle, Jen, David, and Roy will be back to bring back some medals, as well as Patty Zanowski, Kelly Jager, Val Taurone, Greg Tuck, Andrew Reilly, and Mark Weaver.

After last year's success, there is no doubt that #TeamWildHorse will be returning to The NPC Missouri State Championships with "No Mercy".

Over the last 12 months, Henry Lovelace has stood firm on "living by, applying, and following John Parrillo's Principles." Lovelace is 53 years old; he placed 2nd in Masters over 50 and 3rd in Open Middle at The NPC Missouri State Championships last year. Lovelace has competed 16 times throughout his career, and lives by the Parrillo Principles and products. His belief in Parrillo, and his passion for health and fitness resulted in Wild Horse Fitness in 2013. Lovelace and co-owner Angela McMullin, opened the doors to a gym; A community really, that exists to support and inspire its clients, friends, and members of the community, to work to achieve the best possible health and bodies they have always dreamed of having.

5 weeks out Lovelace weighed 185 lbs, 6% body fat, and consumes an average of 6700 calories per day, including roughly 20 tbsp of CapTri® and approximately 50 Liver Amino tablets™. Other staples in Lovelace's meal planning include Parrillo Protein Bars™, Energy Bars, Soft Chews™, and the infamous "Horse Power". Horse Power is an exclusive, high quality, pharmaceutical grade

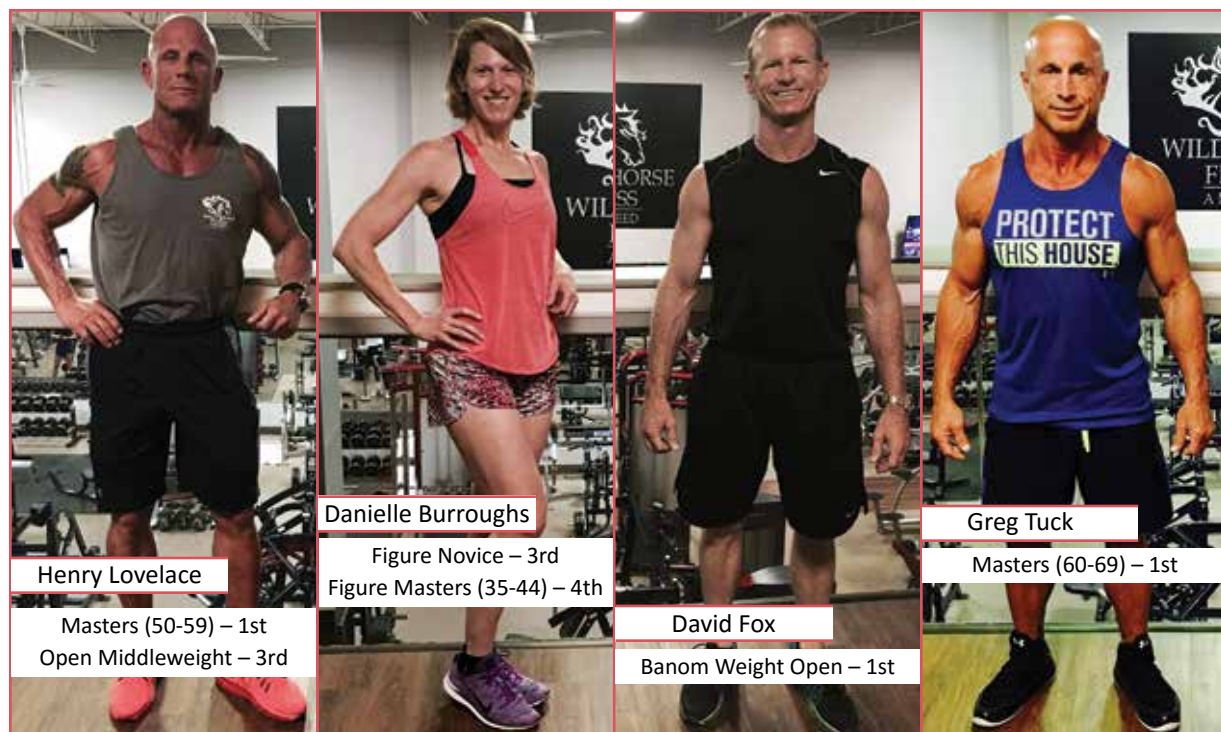
protein powder that Parrillo agreed to formulate for Wild Horse Fitness with fast and slow acting proteins and added glutamine. Joining Lovelace this is Greg Tuck, Mark Weaver, David Fox, Andrew Reilly, and Roy Teter. David Fox, was the Open Bantam Weight Winner last year, and has been preparing for this year's competition by consuming approximately 3000 calories per day and utilizes Parrillo protein bars, 30 liver tabs per day, and roughly 9 tbsp of CapTri® per day. Andrew Reilly, age 23, will be performing in men's physique. Mark Weaver, 52, at 5 weeks out weighed 212 lbs, 3.81% body fat, consuming an average of 4500 calories per day including 20 tbsp CapTri®, and 45 Liver Amino Tablets™. Greg Tuck, 61, is a personal trainer at Wild Horse Fitness. He won the 1995 Masters 40 NPC National Championship, the 2005 Masters 50 NPC National Championship, and if he wins the over 60 division this year he will be the first person in history to win all three divisions. 5 weeks out Tuck weighed 164 lbs.

The ladies of #TeamWildHorse last year included; Danielle Burroughs, a Director of Pharmacovigilance and mother of three. She placed 4th in Masters Figure and 4th in Novice at last year's competition. Over the last 12 months Burroughs has continued her training, use of CapTri®, Liver Amino Tablets™, Parrillo Protein Bars, Energy Bars, Soft Chews™, and Horse Power protein powder. At 5 weeks out from The 2016 NPC Missouri State Championships in Springfield, MO, Burroughs weighed 150.2 lbs, 5.65% body fat, her daily average caloric intake was 5000 calories including 12 tbsp CapTri® and approximately 35 Liver Amino Tablets™. Jen Parham, gymnastics coach and mother of five, placed 5th in Master Figure and 4th in Novice short class at last year's championships. Parham has continued her training since last year's competition and use of CapTri®, Liver Amino Tablets™, Parrillo Protein Bars, Energy Bars, Soft Chew Bars™, and Horse Power. At 5 weeks out from The 2016 NPC Missouri State Championships

in Springfield, MO, Parham weighed 111.2 lbs, 5.48% body fat, consuming an average of 3200 calories per day, including 10 tbsp of CapTri®, and approximately 30 Liver Amino Tablets™ per day. Joining the ladies of #TeamWildHorse this year are Val Taurone, Patty Zanowski, and Kelly Jager. Taurone is 23; she has one child and is kitchen manager at a fitness food service. 5 weeks out, Val weighed in at 131.8 lbs, 5.83% body fat, while consuming an average of 3000 calories per day, including an average of 30 Liver Amino Tablets per day, Parrillo Protein Bars™ and Soft Chews™. Patty Zanowski, age 65, placed fifth in her last competition. Zanowski has been training relentlessly and at 5 weeks out, weighed 132.4 lbs, 5.30% body fat, consuming an average of 3200 calories per day including 10 tbsp of CapTri®, 30 Liver Amino Tablets™, Parrillo Protein Bars™ and Soft Chews™. Kelly Jager, an attorney and mother of two, has been dedicated in training for her first competition at this year's NPC Missouri State

Championships in Springfield, MO. At 5 weeks out, Jager weighed 132.2 lbs, 5.56% body fat, consuming an average of 2300 calories per day, including 10 tbsp CapTri®, 25 Liver Amino Tablets™ per day, as well as Horse Power Powder and Parrillo Protein Bars™, and Soft Chews™.

Combine their drive and dedication, the proper nutrition with help from Parrillo, and the support and guidance of Wild Horse Fitness, #TeamWildHorse have set themselves up for another successful NPC Missouri State Championships.



Henry Lovelace

Masters (50-59) – 1st  
Open Middleweight – 3rd

Danielle Burroughs

Figure Novice – 3rd  
Figure Masters (35-44) – 4th

David Fox

Banom Weight Open – 1st

Greg Tuck

Masters (60-69) – 1st



Jen Parham

Figure Short Masters – 2nd  
Figure Novice – 2nd

Kelly Jager

Figure Novice – 2nd  
Masters – 3rd

Mark Weaver

Masters (50-59) – 2nd

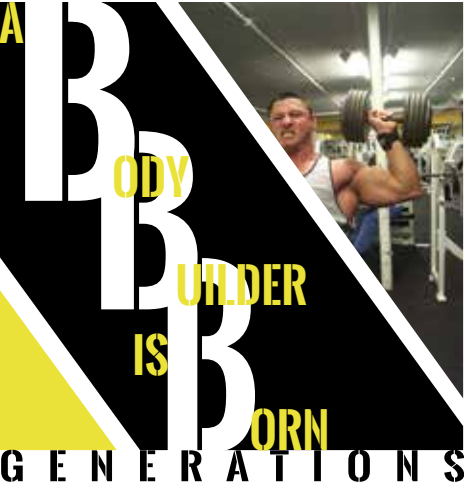
Patty Zanowski

Figure Novice – 4th

Val Taurone

Open Figure Tall – 2nd





By Ron Harris

**Episode 114: Fitness:  
you are the company you keep**

I’ve noticed something that happened gradually over the last couple decades - somehow all my friends are bodybuilders.

Obviously this wasn’t always the case, and it wasn’t anything intentional. But as the years went by and I became more firmly entrenched in the world of bodybuilding, I found that other bodybuilders were the only ones who ‘got it.’

What I mean by that is, to the outside observer; the lifestyle of a bodybuilder is pretty much an insane obsession. Working out and lifting weights is hardly the oddity that it was 30-40 years ago. Over 50 million Americans have gym memberships. But only a very tiny percentage of that number are in any way dedicated to training consistently and putting a conscious effort into actually training hard, rather than just going through the motions. A big chunk of that group belongs to a chain where everything is purple and yellow and there are ‘donut’ and ‘pizza’ days to reward members for walking in slow motion on treadmills as their so-called

workouts. And only a fraction of those people who do hit the gym on a regular basis and put out some semblance of effort make the effort to eat good food every two to three hours, every day. Once you narrow it down to that small group, you can probably reduce it further to those who are actively trying to sculpt their bodies via specific exercises rather than just working out with the vague goal of being ‘fit’ or ‘in shape.’

Regular people have a hard time understanding why anyone would go to so much trouble just to try and improve your physique for an aesthetic, cosmetic effect. It seems vain and pointless to most (though they have no issues with breast and butt implants, Botox, and fillers). But even if someone truly does understand what you are trying to do with your body and why, it’s nearly impossible to make them grasp the concept of our frequent meals.

I have been bodybuilding for most of my life, yet my family still thinks it’s silly that I put so much thought into what I eat. If I show up at any function with my meals in a cooler, they still think it’s ridiculous, and someone always makes a snide remark asking if I have a heart or a kidney in there. They don’t think about eating, at least not until they’re hungry; and even then they’re not very picky about what they eat. Whatever is quick and easy and fills their belly is fine. I’m sure many of you deal with this at your workplace. Co-workers and bosses simply can’t understand why you need to eat so often. Even if you try to explain that this is a very necessary part of the whole muscle recovery and growth process, most of them won’t get it. As far as they know, if you work out; you should get big. Why would you need to eat so much all the time too?



It may sound selfish and extreme, but I don’t really have any friends that I ‘hang out’ with on a regular basis. I live my life on my own schedule of writing, eating, training, and spending time with my kids.

Then there’s the supplements. I can’t tell you how many times over the years I have had to explain what each of the tablets and capsules I take with my meals (Parrillo’s Essential Vitamin™, Mineral Electrolyte™, Advanced Lipotropic™, Joint Formula™, Bio-C™, Evening Primrose Oil 1000™, and Liver Amino™) is, and what the purpose of each is. For them, it’s a major effort and commitment to chew one gummy multivitamin per day.

It’s really the eating that makes it tough for bodybuilders to associate with non-bodybuilders. Several times I have been on vacations with

in-laws, and I can’t ask them to drop everything every two hours so I can eat. I make do with the various Parrillo bars and shakes for the most part. There was one week a few years ago in Orlando visiting the various theme parks that was particularly frustrating, as the other adults with me were perfectly happy eating only breakfast and dinner - two meals a day. Snacks and alcohol filled in the gaps, and it showed on their bodies too. I often have two meals down by 11 AM! By the end of that week, I never wanted to see another protein bar again. Returning home and being able to eat a quality solid-food meal every 2-3 hours again was bliss.

And it’s the eating that would make it hard for me to have non-bodybuilder friends, too. Most people just don’t eat more than three times a day, and forcing them to adapt to my regimented schedule of multiple meals would be asking too much. I simply can’t go four to six hours between meals like most adult Americans do. My system is trained to eat far more often than that. Unless I’ve pigged out at a buffet and really stuffed myself, three hours is about my absolute limit before I experience genuine hunger pangs. Much longer than that, and my blood sugar starts dipping very low.

It may sound selfish and extreme, but I don’t really have any friends that I ‘hang out’ with on a regular basis. I live my life on my own schedule of writing, eating, training, and spending time with my kids. Could I make room for friends? I’m sure I could, but I’m perfectly happy with things the way they are. I meet up with friends to train very often. I’ll go out to eat after workouts too. But if I’m doing anything else, it’s with my wife and kids. Am I missing out? If so, it sure doesn’t feel like it.

Speaking of my wife, I really don’t know if I could be married to anyone who also didn’t live a similar lifestyle or was at least supportive of it. Most wives would be horrified at a husband who ate six meals a day and certainly wouldn’t want to cook for such a ‘glutton.’ I could cook for myself if I really had to; and in recent years I have started doing more of it. but thankfully Janet understands my need for much more protein than the average Joe. I owe her a huge debt for not only cooking enough food to feed me, but for being an excellent cook. I can only imagine a wife that didn’t ‘get it’ would get tired of all the eating very fast, and it would be a point of contention.

So I don’t have any ‘normal’ friends. All of them are bodybuilders and live the same lifestyle of training and eating that defines us and makes us so different from regular people. And I am cool with that. I understand them, and they understand me. And at the end of the day, that just makes things a whole lot smoother.



Facebook: Ron Harris Writer  
Twitter: @RonHarrisMuscle  
Instagram: ronharrismuscle  
YouTube: RonHarrisMuscle

Ron Harris is now available for  
online training!

Visit  
[www.massfitprep.com](http://www.massfitprep.com)  
for details



# PARRILLO PERFORMANCE

## TRAINING NUTRITION CARDIO

### ENDURANCE COMPETITION MUSCLE STRENGTH

#### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

##### THE PARRILLO PRINCIPLES

###### TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

###### STAMINA CARDIO FITNESS MUSCLE EXERCISE INTENSITY TRAINING HEALTH SUPPLEMENTS LIFTING

By Duke Nukem

## Puncturing Myths

The world of fitness (in general) and the narrower world of bodybuilding are riddled with urban myths, patently false statements repeated over and over until these falsehoods are accepted as factual – as if saying a lie often enough makes it true. Some of these fitness fallacies will be old news to you as our readership is smart and informed; however other myths might be new news to you. If we can shed light on just one lie, something that you had considered factual, we will save you a lot of time, effort and trouble that could be better spent in other far more productive areas. It is just short of amazing how many untruths have survived and thrived and become part of the accepted fitness orthodoxy. The hard truth about effective, Parrillo-style bodybuilding is it is *hard* and *difficult*. Result-producing bodybuilding requires brains, diligence and an ungodly amount of Old School discipline and tenacity. It is one thing to have an effective, result-producing method and it is quite another to turn abstract theory into concrete reality. The best plan in the world is useless if it is never put into play. A Parrillo bodybuilding template recognizes and incorporates the different disciplines (weight training, aerobics, nutrition and

supplementation) that are needed to leverage physical progress and successfully modify our physique. Why waste time on dead end strategies and debunked myths? We selected ten outrageous myths, each has gained traction within the larger fitness community and each needs to be exposed.

Changes in physique and improvements in physical capacities are directly proportional to the degree of disciplined adherence you apply to the bodybuilding process: in order to gain physiological traction, you need to adhere to the training and (especially) the nutrition for 60-90 straight days. You cannot have five good days

and then three bad days. To reap the big gains we need long periods of absolutely perfect adherence: adherence to increasingly more difficult training and ever-tightening nutrition and supplementation. Physiological momentum grows from disciplined adherence just as continual backsliding destroys that needed momentum. We need to be aware of stuff that doesn't work; false beliefs waste our time, produce no results and interfere with the pursuit of progress. Allow us to take this opportunity to puncture ten urban myths concerning fitness, training, bodybuilding, physiology, nutrition and supplementation.



We need to be aware of stuff that doesn't work; false beliefs waste our time, produce no results and interfere with the pursuit of progress.

## 1 30 grams of protein is the limit of assimilation:

This myth has been around since the Civil War. The rationale is that the human body is only able to assimilate a certain finite amount of protein at any one feeding: 30 grams to be precise. Any more than this finite amount and the excess will be excreted in the urine. This theory flies off the rails as soon as it is impolitely pointed out that there was no way big Brad Gillingham, the world superheavyweight powerlifting champion, at 6'5" and 350 pounds, would have the same finite protein assimilation rate as former world gymnastic champ Dominique Dawes, who stands 5'1" and 110 pounds. Brad would have internal plumbing roughly triple the size of the miniscule gymnast – yet they both would have an identical protein cap of 30 grams? This myth has (thankfully) faded to a degree in recent years.

## 2 Ab work burns off belly fat:

Is this not the biggest lie in all of fitness? How many ab devices have been sold under the false pretext that using the tool would, with great specificity, melt away those rolls of blubber that obscure your diamond-sharp six-pack? How many info-mercials have we seen over these long decades touting the latest abdominal device, each with the promise that diligent use would give you the washboard abs you deserve? And you can keep eating pie! Just use the ab-a-sizzler for 5-minutes a day, three times a week and in three weeks you will have the abs you seek – or double your money back! Fortunes have been made and will continue to be made on the myth of "spot reduction." The rationale goes, work the hell out of your ab muscles and the body will preferentially melt off the fat that lies atop the belly. If the spot-reducing strategy



Why would any food expert recommend any food that spikes insulin through the roof?

worked, shouldn't older women with fat sagging triceps do hundreds of pushdowns and nose-breakers? John Q. Public wants badly to believe in this myth. To this day equipment makers continue to produce "revolutionary" ab devices that "incinerate belly fat" and with hardly any time investment and no mention of nutrition. Get real.

## 3 Stay in the fat-burning zone for max results:

This is a convenient, fun, wish-it-were true myth, a warm and comforting myth, a myth that proclaims that "science says" moderate to low intensity cardio effort is *superior* to high intensity cardio. Mild and meek cardio, according to science, trumps all out blitzkrieg cardio. Scientists "back in the 90s" ran some "tests" and discovered that tooling along at 50-60% of cardio capacity burned off a higher percentage of body fat than busting ass at 80-95% of capacity. You can see why this myth is cherished and loved. The brutal reality is that even if their supposition was correct (which it is not) who cares if you oxidize a slightly higher percentage of fat in a 30-minute cardio session that burns

off a puny 157 calories?! Meanwhile the Parrillo high intensity bodybuilder is ripping through 600 calories in that same 30-minute cardio session. High intensity cardio spikes the metabolism for hours after the end of the aerobic session. Only on Fantasy Island does doing less, going slower, using less intensity generate better results than going long, going hard and going fast.

## 4 Fruit juices are healthy:

Why would any food expert recommend any food that spikes insulin through the roof? Fruit juices are routinely recommended by mainstream nutrition experts and fruit despite its insulin-spiking attributes. Fruit juice is given a uniform pass by dietary experts, widely anointed as uniformly beneficial and viewed as the most politically correct of all foods. This despite the fact that fruit juice is loaded with fructose and sucrose, to varying degrees, and fruit juices are positively catastrophic, the concentration of sugar in juice is often higher than that of a candy bar – yet nutritional professionals turn a blind eye towards the negative effects of fruit and most particularly,



fruit juice. If you are serious about losing body fat then toss the fruit and most especially those sugar-loaded fruit juices.

**5**

**“You’re exchanging fat for equal amounts of muscle”:**

This myth is actually a phrase, one used repeatedly by ineffectual personal trainers. The phrase is a response to the inevitable question posed (at some point) by the earnest client, “After all the thousands of dollars I have spent working with you – how come when I started with you I weighed 195 pounds and now, six months later, I weigh 191 pounds? Shouldn’t I be progressing faster? The ineffectual personal trainer’s uses the phrase as his predictable answer. “The scale can be deceptive; you are exchanging equal amounts of fat for muscle – that is why the bathroom scale is not moving. You look great!” This phrase might work the first time or two it is used, but eventually the client figures nothing is really happening and quits. No matter, as P.T. Barnum once pointed out, ‘there is a new sucker is born every minute.’ The ineffectual personal trainer is super charming and always has a new client/sucker ready to step in and replace clients



that ‘wise up’ and quit.

**6**

**All dietary fat must be avoided at all times:**

This country is awash in fat-phobia. If fruit is the most politically correct of all foods and can be eaten “in unlimited quantities,” dietary fat is the most *politically incorrect* of all nutrients, and must be avoided as if it were rat poison. An entire universe of fake food has sprung up to take every gram of fat out of our eating: lite, low-fat, fat-free, low-cal, and all the rest of these gruesome artificial concoctions – these artificial foods may be fat free, but they are loaded with trans-fats and hydrogenated vegetable oil and are chemically toxic cesspools. All this fakery in the name of eliminating dietary fat. Meanwhile, John Parrillo differentiates between long-chain lipids, medium and short-chain lipids; he has athletes consume loads of MCT fat calories. Those that supplement with MCTs are losing body fat at an astoundingly fast rate. MCTs go to the head of the caloric oxidation line and are burned preferentially. MCTs provide clean calories that generate muscle growth and accelerate workout recovery.

**7**

**Women being worried about building ‘too much’ muscle to soon:**

Another popular myth provides a convenient excuse for women to avoid serious, result producing Parrillo-style progressive resistance training. The widespread reluctance on the part of women to weight train is due to the mistaken belief that if they commence “real” weight training, manly muscles will appear overnight and create a bulked-up, masculinized body. These women have plenty of “experts” reinforcing this false thinking in order to benefit financially. “You should forget about those barbells and dumbbells, they will make you look like an muscular man wearing a wig. Come to our Pilates class; we build ‘dancer’ muscles.” Or attend a yoga class; yoga builds muscle too – long, lithe, feminine muscles. If only building muscle were so easy...would it not be wonderful that with only a few weeks of light to moderate intensity resistance training (using machines!) you could add a significant amount of muscle. Women, with their tendencies towards osteoporosis, need the bone-strengthening benefits of real lifting, free-weights, more than men. The whole idea of becoming ‘too muscular’ is laughable. Ladies, be done with this myth!

**8**

**Machines are as good as free-weights:**

The machine makers happily and repeatedly propagate this myth. The maker of the expensive seated curl machine can’t very well own up to the fact that the \$10,000 curl machine is inferior to grabbing a pair of dumbbells and doing standing or seated dumbbell curls. The machine maker hides the fact that two bells that cost \$25 blow the six-figure curl machine into the woods insofar as results. An

extremely expensive overhead-press machine is decidedly inferior to a clean and press done using a cheap barbell. The reason for the inequality is that machines eliminate the need to control side-to-side movement. Barbells and dumbbells require muscle stabilizers to fire in order to keep the wayward barbell, or unstable dumbbells, moving along in the proper motor-pathway. Machines have a locked-in, predetermined mechanical groove: this means muscle stabilizers need not spring into action. From a muscle and strength-building perspective, the more stabilizers that are required to fire, the better the muscle-building results. Free-weights trump machines every single time they are used to perform the same exercise.

**9**

**You can obtain maximal results from sub-maximal effort:**

The whole world wishes this myth were true: It would be a perfect bodybuilding world if we could pick up a pair of light dumbbells, do 6-8 easy overhead press reps, put the bells down and right then and there add size to the delts. Ditto arms and legs: perform a modest set of curls and add ¼ inch on your biceps; after a fun set of 10 reps in the seated leg extension, your thighs gain a half inch in muscle size. The truth of the matter is, in order to trigger all the good stuff derived from weight training or aerobic training, the bodybuilder must generate 100% training effort, some how, some way. In order to have the slightest chance on adding the slightest bit of muscle, or in order to force the body to burn its body fat, all out effort is required. And further, if the bodybuilder’s nutrition is faulty, even with a 100% training effort, bad nutrition can undo training gains. You have to exert with every fiber of your being in training in order to trigger real results. You have to have

your nutrition synced up with the training.

**10**

**All calories are created equal:**

Leading nutritional experts have long proclaimed that all calories are equal, that there is no thermodynamic difference between 200 calories of pecan pie and 200 calories of haddock fish filet. For decades this was precisely the uniform thinking of mainstream nutritional experts. It seems inconceivable that the hormonal impact of different foods was completely ignored. The piece of sugar-laden pie sends insulin spiking through the roof while the protein-laden fish has a negligible impact on blood sugar levels. This lunacy was apparent in the USDA food pyramid up until very recently: for decades the FDA recommended fruit galore (see myth #4) and also suggested a balanced diet could include up to nine serving a day of *bread* and *pasta*! Meanwhile all dietary fat was demonized. This myth has been rebuked as of late and even the most tunnel-visioned of nutritional experts now admit that dietary fat was not as bad as they made it appear and refined carbs are a whole lot worse than anyone imagined.

Now you have ten less untruths to contend with.



THANK YOU FOR MAKING

PB for MCT™

A HUGE SUCCESS!



16OZ FOR \$21.95

ORDER YOURS TODAY AND FIND OUT WHAT EVERYONE IS TALKING ABOUT!

Phone

(800)344-3404

Online

www.parrilloperformance.com





# Tips & Tidbits

## of the month

### Recipe Spotlight

#### Stuffed Mushrooms

300 g. ground turkey  
300 g. mushrooms, medium size  
25 g. shredded wheat  
1 tsp. Mrs. Dash  
2 tbsp. CapTri®  
parsley to taste

Place CapTri® in a frying pan; add turkey and brown over medium heat. Add shredded wheat and Mrs. Dash, cook for 5 minutes, and remove pan from heat. Remove stems from mushrooms. Wash mushroom caps thoroughly and place on a cookie sheet. Spoon turkey mixture into mushroom caps and bake for 10 minutes or until some mushrooms are brown and tender. Garnish with parsley. Serves four.

Great as an appetizer or an entree!



### Food of the month

#### Celery

- Regardless of which celery variety you choose to buy or grow, there are nutrient benefits to be found in all parts of the plant, including the leaves, stalks, roots, and seeds.
- Choose celery that looks crisp and snaps easily when pulled apart. It should be relatively tight and compact and not have stalks that splay out.
- Spread PB for MCT™ on your celery for a delicious treat!

#### Nutritional Information for:

**Celery, diced, raw, 1.00 cup (101.00g)**

|                    |                      |                      |
|--------------------|----------------------|----------------------|
| Calories: 16.16    | Fiber: 1.40g         | Iron: 0.20mg         |
| Protein: 0.70g     | Sodium: 80.80mg      | Vitamin A: 453.49 IU |
| Fat: 0.17g         | Phosphorous: 24.24mg | Potassium: 262.60mg  |
| Total Carbs: 3.00g | Calcium: 40.40mg     |                      |



### Question & Answer

**Question:** I've read a lot about high fat diets. What is your view on this type of dietary regimen?

**Answer:** Diets high in conventional fat (otherwise known as long chain triglycerides or LCTs) have been around for a long time and now appear to be making a comeback. There are, however, a number of problems associated with these diets. While being high in fat, they are also low in carbohydrates, the body's preferred source of fuel. Low carbohydrate diets upset the body's electrolyte balance, namely the sodium/potassium ratio. Along with glycogen stores, this may be the reason for the weight gain experienced when carbohydrates are added back into the diet. This weight gain may not be muscle. The fats typically used in high fat diets come from processed sources, often containing high levels of bacteria, which impairs the function of the Reticuloendothelial System (RES). The RES plays two important roles in the body. First, it clears harmful bacteria in the system. And second, it is involved in lipid clearance. (Guyton's Textbook of Physiology, 368-369) After a person goes on one or two cycles of a high fat diet, certain cells in the RES that produce antibodies become loaded with fat droplets, and their ability to clear bacteria

Bacteria goes undigested, is not processed in the liver and can end up in the lungs. This action can cause inflammation and possible organ failure. In addition, high fat diets have been linked to cancer, possibly due to the role in fat suppressing the immune system. (Food Technology, 1991) These health consequences do not occur with diet supplemented with medium chain fatty acids (MCFAs), however. In fact, a five-year study by the American Health Foundation demonstrated that MCFAs are a non-tumor promoting fat. Other research has shown the MCFAs and other structured lipids like omega-3 fatty acids do not hinder the function of the RES. (Food Technology, 1991) If you follow the Parrillo Nutrition Program, you know that we recommend supplementing the diet with the lipid CapTri, our MCFA. CapTri can be used to supply additional calories to support muscular growth and energy needs – without being stored as body fat. For a detailed explanation of how this supplement works, consult the Parrillo Performance Nutrition Manual. Where conventional fats are concerned, we recommend that you eat up to one tablespoon a day or more of safflower, linseed, canola or flaxseed oils to prevent an essential fatty acid (EFA) deficiency.

## News & Discoveries

### In Fitness & Nutrition

#### Complete rest until symptom-free after concussion may not be best for recovery

Rest has long been the cornerstone of concussion treatment. For sports-related head injuries, for example, current guidelines say children should avoid returning to play --and all other physical activity--until all concussion symptoms such as headaches are gone. A research abstract to be presented at the Pediatric Academic Societies (PAS) 2016 Meeting, however, suggests those who exercise within a week of injury, regardless of symptoms, have nearly half the rate of concussion symptoms that linger more than a month.

For the study, "Early Resumption of Physical Activities and Persistent Post-Concussive Symptoms Following Pediatric Concussion," 3,063 children between ages of 5 and 18 who visited hospital emergency departments in Canada answered survey questions about their level of physical activity and severity of symptoms 7, 14, and 28 days after injury.

Contrary to recommendations, researchers said, most (58 percent) of the children still experiencing concussion symptoms resumed exercising a week after being injured, and more than three-quarters (76 percent) were physically active two weeks later.

Ordinarily, discovering so many patients weren't following strict medical guidelines might be cause for alarm. But in this case, researchers said, the non-compliance was associated with faster recovery.

"Exercise within seven days of injury was associated with nearly half the rate of persistent post-concussive symptoms, or those that last beyond a month," said principal investigator Roger Zemek, MD, FRCP, who directs the clinical research unit at Children's Hospital of Eastern Ontario and serves as Associate Professor in the departments of pediatrics and Emergency Medicine and Clinical Research Chair in Pediatric Concussion at the University of Ottawa. He said the findings echo some previous, smaller studies calling into question the benefit of prolonged physical rest following an acute concussion, particularly exceeding three days.

"This is the first large-scale study to provide support for the benefits of early exercise on symptom recovery following acute pediatric concussion, shifting away from conservative rest towards more active physical rehabilitation recommendations," Dr. Zemek said. "We definitely don't want patients resuming any activity that could put them at risk of re-injury, like contact sports drills or games, until they are cleared by a doctor," he said, but he added that light aerobic activity like walking,

swimming or stationary cycling might emerge as a beneficial recommendation after further study.

More research is urgently needed to confirm the study's findings and to determine the best timing for return-to-play following youth concussions, Dr. Zemek said. In addition to lessening long-term concussion symptoms, he said, re-introducing exercise sooner after injury could help reduce the undesired effects of physical and mental deconditioning.

"If earlier re-introduction of physical activities is, in fact, confirmed to be beneficial to recovery," he said, "this would have a significant impact on the well-being of millions of children and families worldwide and cause a major shift in concussion management."

American Academy of Pediatrics. "Complete rest until symptom-free after concussion may not be best for recovery: New study found that youth who exercised within seven days of head injury had nearly half the rate of persistent post-concussive symptoms a month later." ScienceDaily. ScienceDaily, 30 April 2016. <[www.sciencedaily.com/releases/2016/04/160430100401.htm](http://www.sciencedaily.com/releases/2016/04/160430100401.htm)>.



### Supplement of the month

#### High Protein Pancake & Muffin Mix™

- High Protein, Low Carb
- Low Sodium
- Great Option for Contest Dieting

Treat yourself to a special breakfast alternative. This one of a kind baking mix is an excellent source of quality high biological value protein that is the standard at Parrillo Performance. Parrillo Performance has combined the optimal amount of protein and carbohydrates so that even the pickiest eater in your household will run to the table. Formulated with the competitive bodybuilder included the Parrillo Hi-Protein Pancake & Muffin Mix™ will fit into any nutritional plan.







## SUPPLEMENTS OF MASS CONSTRUCTION

By John Parrillo

If your goal is to pack on mass, you can't just take supplements. You have to follow a clean nutrition program that increases good calories and train with intensity. In my work with the best bodybuilders and athletes in the world, I've identified which foods yield the best results in terms of mass gaining. Lean protein, for example, supplies amino acids which are required for every metabolic process. Athletes have higher requirements for protein than the average person. Without enough protein, you cannot build muscle, repair its breakdown after training, or drive your metabolism. Starchy and fibrous carbohydrates supply energy and are stored as glycogen in the muscles and liver.

Once you're eating right, then you can add supplements, which will increase the nutrient density of your food. And once you've built a solid foundation of good food and hard training, the six types of supplements I discuss here will give you the extra oomph for putting on mass.

### Creatine Monohydrate

Creatine has been the subject of more than 500 research studies in the past 10 years, focusing primarily on muscle performance and size both in athletes and in individuals with neuromuscular diseases. Creatine is a key nutrient in muscle energy production, and

it also appears to increase muscle size.

What can you expect from creatine? Typically, hard-training bodybuilders can expect an increase of 4 to 14 pounds of lean mass during the first month of use. The more muscle mass you have, the more creatine you can assimilate leading to greater weight gains. We've seen athletes experience a 5 to 15 percent increase in strength on their maximum lifts and an increase of about 2 reps per set with their working weight during the first month. This increase in intensity allows you to put a greater load on the muscle, which will indeed increase your gains in muscle mass over time.

The way to use creatine is to start with a loading phase, which usually is 20 grams a day for five to seven days. To do this, take five grams (one teaspoon) four times a day, for five to seven days. This is followed by the maintenance phase, which is five to ten grams a day. After only one month, you should see a noticeable increase in size and strength. Parrillo Creatine Monohydrate™ is the highest purity creatine supplement available. And a word of caution: don't be fooled into buying creatine phosphate supplements; this form of creatine phosphate is not absorbed from the intestines.

### Protein Powders

Our protein supplements give you a variety of protein types, from whey to casein. Whey, in particular, is one of the highest quality proteins found in protein supplements. It is a component of milk that is separated to make cheese and other dairy products. Whey is among the most rapidly digested of all supplemental proteins. What this means to you is that the amino acids in whey are rapidly absorbed

so that the processes of repair and growth can be accelerated. In addition, whey is loaded with various health-building nutrients, including B-complex vitamins, selenium, calcium, and iodine.

A mass-gaining benefit of whey protein is its potential to stimulate IGF-1 (insulin-like growth factor 1) production. IGF-1 is structurally and functionally similar to insulin. It enhances protein synthesis and increases muscle growth. Whey protein is found in the following products: Optimized Whey Protein™, Hi-Protein Powder™, 50/50 Plus Powder™, Parrillo Protein Bars™, and Parrillo Energy Bars™.

Casein is digested very slowly. It helps prevent muscle breakdown better than whey. Because muscle growth is a balance between protein buildup and protein breakdown, increasing the former and decreasing the latter can help you pack on muscle. Thus casein was recommended as a good protein to take between meals and before bed. Among the products containing casein are our Hi-Protein Powders™ and Pro-Carb™. Our suggested usage is one or more servings (2 scoops mixed with 8 ounces or ¼ liter of water or beverage) taken as needed with or between meals, and taken before, during, and after workouts.

### CapTri®

Researchers in Spain found that dietary manipulation with special lipids, like CapTri®, can cause more than a 900 percent increase in growth hormone levels – a peak that is reached two hours after ingestion and is maintained for over three hours.

Just think: If you're eating every two or three hours like you

should be on the Parrillo Nutrition Program and supplementing with CapTri®, you can keep your growth hormone levels naturally elevated each day. So that's why CapTri®, a powerful medium chain triglyceride oil formulated by Parrillo Performance, works so well when used in conjunction with proper nutrition. A great way to use this supplement is to put a tablespoon or two of CapTri® in your whey protein powder shake, along with some creatine.

### GH Releasers

If your priorities include not only muscle growth, but joint health, and immunity too, be sure to include Enhanced GH Formula™ in your supplement regimen. The nutrients in this supplement are shown to enhance GH release.

Those nutrients are arginine pyroglutamate and lysine monohydrochloride, two potent amino acids. When isolated and grouped together and taken on a regular basis, they have been shown to promote the secretion of growth hormone in the body. Growth hormone is the mightiest of all hormonal secretions as it increases mass and decreases body fat simultaneously, and aids in joint repair!

Arginine has a number of other important functions in the body, including the fortification of the immune system. In studies with animals and humans, arginine has been found to improve wound healing and bolster immune responses, plus reduce the incidence of infection following surgery.

Arginine has other duties, as well. It is required to manufacture creatine, an important chemical in the muscles that provides the

## supplements of mass construction

energy for contractions. In addition, arginine apparently helps prevent the body from breaking down protein in muscles and organs to repair itself when injured. Meat, poultry, and fish are good sources of arginine.

As for lysine, it plays several roles in the body, including the regulation of nitrogen balance and the absorption of calcium. Lysine is also important in the formation of collagen. Research suggests that lysine may help regulate blood pressure and reduce cholesterol levels. When coupled with arginine, it helps stimulate GH release.



Take two or three capsules on an empty stomach in the morning, before training and in the evening before bed. As mentioned earlier, MCTs, like CapTri®, can also be a potent stimulus for GH release.

You can also optimize GH release through nutrition. A diet higher in protein, like the Parrillo Nutrition Program, seems to promote GH release. Another piece of advice is to not eat for two hours before a workout. Exercise seems to result in more GH release if performed on an empty stomach. What you should do just depends on your goals. If your goal is to be as strong as possible

in the gym, lifting the heaviest weight you can, some Pro-Carb™ and CapTri® an hour beforehand will give you more energy and help you be stronger. But if your goal is to train for maximal GH release, you should probably wait for two hours before you train.

### Vitamins and Minerals

Vitamins C and E are strong antioxidants that battle free radicals. What does that have to do with putting on mass? Well, both antioxidants help keep your body in an anabolic state by fighting the tissue inflammation that comes with intense training. Taking vitamin C after a workout has been shown to lower cortisol levels (cortisol drives belly fat). Supplementing with vitamin E helps protect muscles for more optimal recovery and growth. Vitamin E can also help muscles take up glucose from the bloodstream to maximize glycogen storage. Take one or more tablets daily of our Bio-C™, preferably with meals. As for our Natural Vitamin E Plus™, take one tablet a day.

You need the mineral potassium for muscle contractions, and to some extent, muscle energy. This mineral plays a major role in helping to store carbohydrates as muscle glycogen and influences protein metabolism. Taking potassium prior to training may also give you a good muscle pump because it helps with water balance. Potassium is one of the minerals in our Mineral Electrolyte Formula™. Take one tablet with each meal.

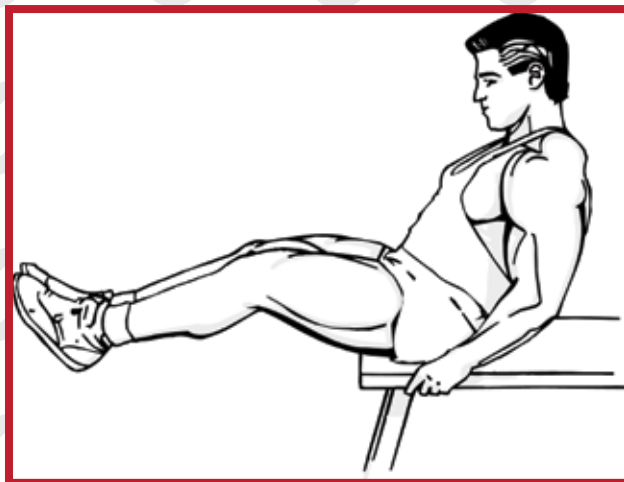
Try these additions and let me know what kind of results you get. You might see a remarkable transformation in a relatively short time. Using Parrillo Performance principles, real people get real results real fast!



# EXERCISE SPOTLIGHT

## LEG LIFTS

This is an excellent exercise for your lower abs. Sit at the edge of a bench and extend your legs out in front of you, stretching your body. As you extend your legs, arch your back. As you pull your knees back in toward your body, then bow your back. Crunch and squeeze your abs. Do not pivot at the hip joint.



### PERFORMANCE POINTS

- AS YOU EXTEND YOUR LEGS - ARCH YOUR BACK.
- AS YOU BRING YOUR LEGS IN - BOW YOUR BACK
- CRUNCH AND SQUEEZE YOUR ABS IN THE CONTRACTED POSITION
- DO NOT PIVOT AT YOUR HIP JOINT



**ORDER TODAY!**



With the **Parrillo Training Manual™** you will learn specific exercises that have proven effective for some of the nation's top competitive athletes. It will help you determine the optimum rep/set scheme you need to maximize muscular density, cardiovascular density and muscular endurance. The manual is designed to help you increase your mental acuity, perfect your form and intensify your workouts. It also contains individual chapters for each muscle group, featuring sample workouts used by John Parrillo with some of the top professional and amateur bodybuilders in the world. Each chapter has illustrated movements to show you the proper form for that particular exercise. The Parrillo Training Manual™ also gives you information on the importance of aerobic training and how it can help improve your physique. In addition to this, there are chapters on fascial stretching, a revolutionary way to stretch your muscles for maximum growth and a chapter on proper posing. Including all of the mandatory poses for most bodybuilding organizations.

# IRON VIC SPEAKS

BY IRON VIC STEELE

Protein powder confusion

Grumpy hates cardio

The Weider Principles

Jon Jones in the soup again

I love myself and I want to make lovable me better

Hello,

*I need more protein and get mixed up as to which of the various Parrillo protein powders to choose from. I am a fit trainer that might eat 80 grams of protein per day. My idea was to supplement with two protein shakes per day. Another 60 grams of protein should make a big difference. My goal is to add muscle without adding any fat. I would also like to recover a little bit quicker between my weight workouts. Often I am still beat up from the previous session when it is time to train. I notice that I am stronger and can do more reps if I am fresh and recovered for a workout. I count at least five Parrillo protein powder choices (Hi-Protein™, Optimized Whey™, All-Protein™, Chocolate Fix™ and 50-50 Plus™) and wondered what powder would be best for my purpose.*

Renee, Doniphan

You really can't go wrong selecting any of them...

- **Hi-Protein™** – slow, sustained release of caseinate protein
- **Optimized Whey™** – quick release of whey protein
- **All-Protein™** – milk substitute slow release protein
- **Chocolate Fix™** – chocolate substitute loaded with high BV protein
- **50-50 Plus™** – post workout replenishment, half protein, half carbs

I would suggest you obtain two canisters of two different protein products. You could pair Optimized Whey™ with 50-50 Plus™. Another good combination is creating "milk" with All-Protein™ and pairing it with the newest Parrillo product, the delicious Chocolate Fix™. A Hi-Protein™ shake before bed releases protein as you sleep. This last tactic is made even more effective by washing down a handful of slow-dissolving Liver Amino™ tabs and Enhanced GH Formula™

capsules with that bedtime shake. Most bodybuilder like the fast/slow contrast between Optimized Whey™ and Hi-Protein™ powder – what a terrific, effortless way in which to add 60-70 grams of the best quality supplemental protein available anywhere.

Vic,

*I hate gym cardio – you know riding on stationary bikes and machines. It is so boring; besides I live away from civilization in woods and don't have access to formal gym stuff. I have lots of weights. I don't have any "cardio machines." I know I need some cardio. I hate cardio. Any tips?*

Grumpy, Parts Unknown

Use your feet. Run, Grumpy, run! What else can you do? How about hiking up the hills wearing a heavy backpack? Real cardio is all about sweating and huffing and puffing. How you make that happen is secondary to breathing hard, exerting and sweating. Hell, Grumpy you could chop wood for cardio. Why not lift stones and cinderblocks for some high-rep man cardio? To really get cardio benefit, you need to exert somehow somehow for 30-40 minutes and you need to hit



cardio most every day to reap real benefit. Seriously, running is great, particularly if you can throw in some hills and steep grades. On the flat areas, run all out, till you are out of breath, slow down to a jog trot, get your breathing back down to normal then sprint again. Alternate sprinting with jogging, throw in some steep hill work and you have a better cardio format than some metro-sexual peddling speedily (yet not sweating) on a \$5,000 stationary bike in a fancy gym with monthly dues higher than your house payment. No need for a gym if you are determined.

*Mr. Steel,*

*I see a lot of elite bodybuilders are purposefully using what I would call 'non-locking' exercises. I was watching them work legs the other day and it was a purposeful strategy to not lock out their squats, leg presses, hack squats or leg extensions. The idea seems to be work the hell out of the middle of the rep stroke –*

*they avoid locking out the rep and they never go all the way down in any leg exercise. These guys go back and forth, right in the middle of the rep. They spot each other close and get a hell of a pump. They will roll through these movements quick and their legs blow up to an incredible degree. Is this something all bodybuilders should be doing – this non-lock style? I tried it a little bit on the leg press and it really burns the thighs.*

*Ronnie, St. Catherine*

You must be referring to “Weider Principle #103, the Continuous Tension Principle.” Back in ancient times when Joe Weider was first starting to get traction with his magazines, he invented something called, “The Weider Principles,” which was a written collection of widely known bodybuilding tidbits he, Joe, picked up hanging out with the real bodybuilders. In the late 60’s Joe was really striving to be taken serious, but it was hard. He spouted off about the Weider

Principles that he didn’t invent. He heard about them, wrote them down and claimed that he’d invented them. He sounded like Kim Jung Il as he reverently described yet another principle which he would always say helped some world famous bodybuilder overcome a plateau; after all, he was the self-appointed “trainer of champions” and a trainer needs principles to share with eager students – that just happened to be the best bodybuilders in the world. Joe would have readers believe that all star bodybuilders clustered around Joe like stagestruck groupies, hanging on his every word and just waiting for next Joe tip that they could use in their training. Factually, men like Larry Scott, Chuck Sipes, Don Howarth, Freddy Ortiz and Dave Draper, the men Joe was stealing his Principles from, thought Joe was a joke. But he was a joke with money and the fact was that they all benefited financially by letting him hang around. They had little use for Joe or his advice but his money was always welcome.



running is great, particularly if you can throw in some hills and steep grades...No need for a gym if you are determined.

One of Joe’s Weider Principles was the “the continual tension principle.” In reality, guys like Larry and Don, both of whom trained at Vince Gironda’s gym in Hollywood, were the first to formalize partial rep training, never locking out and never losing muscle tension for an instant. As you noted a targeted muscle blows up like a balloon when subjected to this torture. So this is nothing new about this tactic, modern guys have resurrected it. I say, sure, why not be adventurous and try this legitimate bodybuilding tactic. But beware! Do not overdo this approach as it creates massive micro-trauma and often the next day (or a day or two later) the muscle soreness is off the charts. Try continuous tension on a single body part and work with it for 5-10 sessions. Get a real feel for it. There is a trick to getting “inside the rep” and really working the hell out a muscle until the lactic acid pain is so intense you are forced to quit. Be sure and consume a double or triple serving of 50-50 Plus™ immediately after a partial rep continuous tension workout. I would also advise eating a Parrillo Protein bar. This power-packed “meal-in-a-wrapper” contains 230 calories, 20 grams of protein, 30 grams of slow-release carbohydrate and provides a perfect 60-40 carb-to-protein ratio that is ideal for providing healing nutrients for shattered body parts. And you will be shattered.

*Hello Vic!*

*I see Jon Jones got busted again, this time for cocaine. He seems smart and likeable – yet it is one thing after another with this dude – what is your opinion of him and his situation?*

*Phil, Jersey*

I think Jon Jones is incredibly talented. We talked a bit last month



This power-packed “meal-in-a-wrapper” contains 230 calories, 20 grams of protein, 30 grams of slow-release carbohydrate and provides a perfect 60-40 carb-to-protein ratio that is ideal for providing healing nutrients for shattered body parts.

about how Ali’s reflexes were perhaps his most overlooked and undervalued athletic attribute. I used the example of Ali dodging 29 head-shots (not in training, in a title fight) in ten seconds. This represents spidey-senses on another level of human capacity. Jon Jones has this same ‘reactivity.’ He sees things and reacts far faster than average humans. His lightning fast reflexes carry over into his counter-striking ability. His ability to see and recognize an incoming blow and launch a counter-strike instantaneously sets him apart. On the other hand, this is a 29-year old young man that has been handed millions and millions of dollars. Plus everywhere he goes, people tell him how great he is, want to buy him drinks, dinner, drugs, whatever it takes to hang out with the champ. He was popped in the past for performance enhancers – the fighters like the recovery accelerating aspects of testosterone and steroids. They can recover quicker from a beating or an injury.

Roids help negate the bad effects of MMA repeated and savage training. I also think they also got him on weed a few times, which is a little silly seeing that is legal in two states and quasi-legal in dozens. It is a hard thing for a young, vibrant, smart, athletic, handsome man, handed stacks of money and worldwide fame and adulation to stay on track. In team sports your teammates will help you keep from spinning out of control; in the individual sports the temptation is harder to deal with. I still think he has a lot of championship fights left in him. I am a fan – I also like his scheduled opponent Chris Cormier: these two are the exact opposite: Chris is a plodding powerhouse wrestler that never gets in trouble and is an outstanding citizen. Ergo they each hate what the other stands for – which makes for great fights!

*Hey Old Man,*

*I look pretty damned good – 5 foot 8, 175-pounds with a 30-inch waist. I*



# BECOME ONE OF THE ELITE!



## PARRILLO CERTIFICATION program for trainers

October 22nd – 23rd, 2016

For more information call

**1-800-344-3404**

or visit our website at

[www.parrilloperformance.com](http://www.parrilloperformance.com)

Join the elite group of trainers who are making a living doing what they love. Do you want to be just certified, or do you want to become one of the elite?



walk around 8% body fat percentile. My beach muscles are lean and tan and I am popular. I color my hair blond and go to raves in the Hamptons. Naturally I spend all my training time working my beach muscles, basically the ones I can see in the mirror and shooting selfies... naturally my legs and mid-back suck because the only thing I do for my legs is 2-3 sets (a week) of leg extensions and some calf raises. I do a lot of lat work (I can see them from the front) and can chin my ass off. I am writing to ask how I can bring up my legs and back so I can amp up my awesomeness!

Todd, Manhattan/The Hamptons

I love it when you self-aggrandizing Zoolander-types write in. Please tell your shallow, vapid male model buddies to write me with their ideas, deep thoughts and complaints. I love you Todd because you enable me to tee-off on boneheads like you worldwide. But, surprisingly, today, for some reason, I actually find you refreshing. I am sick of all the earnest, sensible, neutered, metro-sexual suburban types, meek and mild guys with good jobs that come to me seeking muscles. This is not

possible because they all possess the pain tolerance of a spoiled 6-year old child. You sir, despite your pea-sized brain, have managed to obtain results. Todd, I think you would have to agree that you are arrogant, egomaniacal, narcissistic, stupid and ignorant – but you likely have a high tolerance for pain. Ergo, if you were to somehow, magically start doing the right thing, you Todd, could make the gains that the meek and mild Clark Kent-types never will – because you can take the pain. So here is the solution. It is so simple that even you will be able to wrap your little brain around it: work deadlifts until you can pull double bodyweight; work power cleans until you can clean your bodyweight. Start squatting; always go below parallel! Work up to 1.5 times bodyweight in a low squat. That's it! Go away and make these numbers happen: at 175 pounds you would need to hit a deadlift of 350, a power clean of 175 and low-squat with 265. Hit those numbers and you will bring up the legs and back to a significant degree. I feel as if I have just given an atomic bomb to terrorists.



## PRODUCT PRICELIST

### SUPPLEMENTS

|   |  |              |         |
|---|--|--------------|---------|
| CapTri®   | High Thermogenic Energy Source             | 32 oz        | \$40.00 |
| Butter Flavor CapTri®                             | High Thermogenic Energy Source             | 32 oz        | \$40.00 |
| Max Endurance Formula™                            | Nutrients for Hard Training                | 150 capsules | \$32.00 |
| Enhanced GH Formula™                              | Nutrients for Endocrine Function           | 150 capsules | \$38.00 |
| Advanced Lipotropic Formula™                      | Nutrients for Fat Metabolism               | 150 capsules | \$30.00 |
| Joint Formula™                                    | Nutrients for Healthy Joints               | 90 tablets   | \$19.95 |
| Bio-C™  | Vitamin-C with Bioflavonoids               | 90 tablets   | \$9.95  |
| Natural-E Plus™                                   | 100% Natural Vitamin-E                     | 90 capsules  | \$8.95  |
| Liver Amino Formula™                              | Power Packed Protein with Heme Iron        | 500 tablets  | \$42.00 |
| 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 |
| Calcium Pyruvate                                  | Calcium Supplement                         | 150 capsules | \$15.95 |
| Evening Primrose Oil 1000™                        | Essential Fatty Acids                      | 90 gelcaps   | \$24.95 |
| Fish Oil DHA 800 EPA 200™                         | Essential Fatty Acids                      | 90 gelcaps   | \$16.95 |
| Pro-Carb Powder™                                  | Clean Carbohydrate Energy Source           | 35 oz        | \$25.00 |
| Vanilla, Chocolate, and Strawberry                |  |              |         |
| Hi-Protein Powder™                                | Outstanding Functional Protein             | 32 oz        | \$42.95 |
| Vanilla, Chocolate, Peach, Strawberry, and Banana |  |              |         |
| Hi-Protein™ Single Serving Pouches                | Outstanding Functional Protein             | 20 pouches   | \$48.95 |
| Vanilla and Chocolate                             |  |              |         |
| All-Protein Powder™                               | High Efficiency Protein Dietary Supplement | 28 oz        | \$47.95 |
| Milk Flavor                                       |  |              |         |
| Optimized Whey Protein™                           | High Biological Value Protein              | 28 oz        | \$47.95 |
| Vanilla Malt, Chocolate Malt, and Strawberry Malt |  |              |         |
| Optimized Whey™ Single Serving Pouches            | High Biological Value Protein              | 20 pouches   | \$53.95 |
| Chocolate Malt and Vanilla Malt                   |  |              |         |
| 50/50 Plus Powder™                                | Protein and Carbohydrates for Workout      | 32 oz        | \$38.00 |
| Vanilla, Chocolate, Milk, and Orange Cream        | Recovery                                   |              |         |
| Chocolate Fix Protein Powder(NEW!)                | Protein drink for chocolate lovers         | 32 oz        | \$49.95 |
| Chocolate Almond Coconut                          |  |              |         |

### BARS

|   |  |          |         |
|---|--|----------|---------|
| Parrillo Protein Bars™  | Portable 60/40 Nutrition               | 12 / box | \$32.00 |
| Vanilla Creme, Fudge Brownie, Strawberry Shortcake and Peanut Butter Delight.                       |  |          |         |
| Parrillo Energy Bars™   | High Powered Nutrition                 | 12 / box | \$28.00 |
| French Vanilla, Peanut Butter Supreme, Chocolate Almond Coconut, Cherry Cordial and Graham Cracker. |  |          |         |
| Parrillo Protein Chew Bars™   | Chews Like Taffy                       | 12 / box | \$32.00 |
| Vanilla and Chocolate Graham Cracker  |  |          |         |
| Parrillo High Protein High Fiber Soft Chew Bars™  | Our Newest Bar! Soft and Chewy Texture | 12 / box | \$36.00 |
| Chocolate, Pecan Praline, Toffee, and Peanut Butter   |  |          |         |

### DESSERTS

|   |   |         |         |
|---|---|---------|---------|
| PB for MCT(NEW!)  | Protein Packed Peanut Flavored Spread           | 16 oz   | \$21.95 |
| Instant Hi-Protein Low Carb Pudding™                                | High in Protein, Low in Carbs                   | 16 oz   | \$28.95 |
| Chocolate and Vanilla   |   |         |         |
| Hi-Protein Pancake & Muffin Mix™                                    | Great Taste, Guilt Free                         | 24 oz   | \$21.95 |
| Maple and Banana  |   |         |         |
| Hi-Protein Cake & Cupcake Mix™                                      | Great for Strict Diets                          | 24 oz   | \$21.95 |
| Chocolate, Vanilla, and Spice Cake                                  |   |         |         |
| Protein Frosting Mix™   | Delicious with the Parrillo Cakes and Cupcakes  | 21.2 oz | \$36.95 |
| Vanilla, Chocolate, Peanut Butter (Allergen-Free), and Cream Cheese |   |         |         |
| Protein Ice Kreem™  | Make Protein Ice Kreem™ in your ice cream maker | 32 oz   | \$52.95 |
| Vanilla, Chocolate, Strawberry, and Peach                           |   |         |         |
| Contest Cookie Mix™   |   | 25.4 oz | \$26.50 |
| Plain, Chocolate, Lemon, and Butter Flavored Shortbread             |   |         |         |
| Contest Brownie Mix™ (Chocolate)                                    |   | 22.3 oz | \$34.95 |
| High Fiber Chocolate Syrup Mix™                                     | Try this on Parrillo Ice Kreem™ or Brownies!    | 16 oz   | \$21.95 |

### PUBLICATIONS

|  |  |  |          |
|--|--|--|----------|
| Nutrition Program  |  |  |          |
| Nutrition Manual, Food Composition Guide, 30 Diet Trac Sheets                      |  |  |          |
| CapTrn® Manual, CapTrn® Cookbook, Supplement Guide, and 450g Deluxe Food Scale     |  |  |          |
| Training Manual  |  |  | \$49.95  |
| Proper Exercise Techniques, Special Fascial Stretching and High Intensity Routines |  |  |          |
| BodyStat Kit   |  |  | \$39.95  |
| BodyStat Manual, 12 BodyStat Sheets, and Skinfold Calipers                         |  |  |          |
| Performance Package  |  |  | \$79.95  |
| Nutrition Program with BodyStat Kit  |  |  |          |
| Total Performance Package  |  |  | \$129.95 |
| Training Manual, Nutrition Program, & BodyStat Kit                                 |  |  |          |
| CapTri® Cookbook   |  |  | \$9.95   |
| Strict recipes using CapTrn® to make your food taste great                         |  |  | \$29.95  |
| John Parrillo's Performance Press™   |  |  |          |
| 12 Monthly informational-packed issues (US)  |  |  |          |

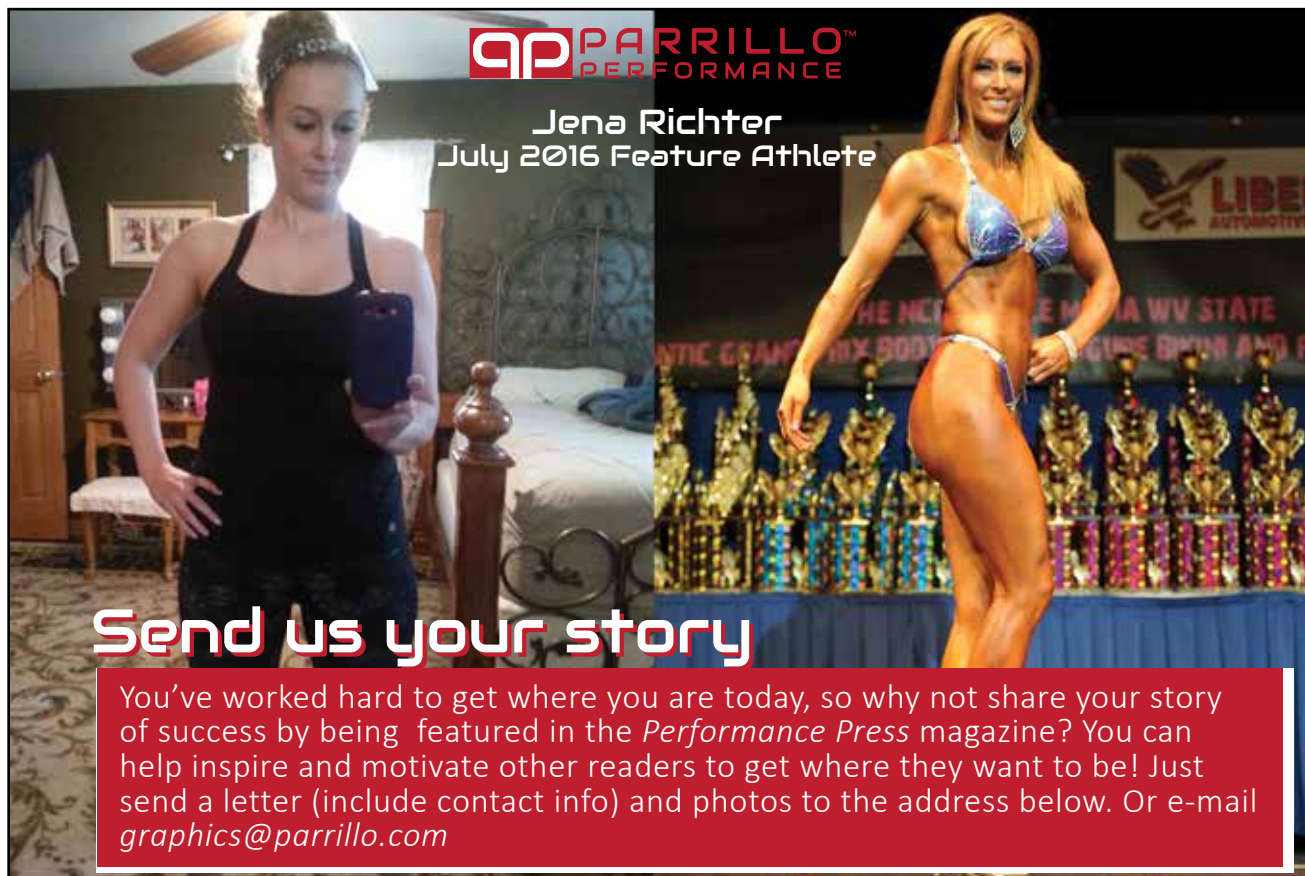




JOHN PARRILLO'S  
**PERFORMANCE  
PRESS**

6200 UNION CENTRE BLVD. FAIRFIELD, OH 45014  
1-800-344-3404  
WWW.PARRILLO.COM

**WE WANT TO SHARE YOUR SUCCESS STORY!**



**PP PARRILLO™  
PERFORMANCE**

Jena Richter  
July 2016 Feature Athlete

**Send us your story**

You've worked hard to get where you are today, so why not share your story of success by being featured in the *Performance Press* magazine? You can help inspire and motivate other readers to get where they want to be! Just send a letter (include contact info) and photos to the address below. Or e-mail [graphics@parrillo.com](mailto:graphics@parrillo.com)

**PARRILLO PERFORMANCE | 6200 UNION CENTRE BLVD | FAIRFIELD, OH 45014**