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December 2012

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MARK METZGER

**Fitness Guru Opens
Personal Training
Facility With a
Parrillo Twist**

Photo by Doris Barrilleaux

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December 2012

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FEATURES

- 4 MARK METZGER**
Fitness Guru opens personal training facility with a Parrillo twist
By Marty Gallagher
- 13 READER SNAPSHOTS**
David Patterson, Carey Jonas, and Colleen Fisher
- 14 HIGH VOLUME, HIGH INTENSITY TRAINING FOR MAX RESULTS**
By Andre Newcomb
- 18 TIPS & TIDBITS OF THE MONTH**

REGULARS

- A BODYBUILDER IS BORN: Generations, Episode 69**
Ron Harris.....10
- WINNING AMINO STRATEGIES**
John Parrillo.....20
- IRON VIC SPEAKS**
Iron Vic Steele.....23



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Mark METZGER

Fitness Guru opens personal training facility with a Parrillo twist

Mark Metzger walks, talks, eats, lives and breathes fitness; he exemplifies the “bodybuilding lifestyle” and literally inspires others with his very presence. This dynamic dude lives in Tampa, Florida and runs one of the premier training facilities in the Tampa/Saint Petersburg area: Metzgerbodies Personal Training & Fitness Center. Mark is a full time fitness professional and a top-flight competitive bodybuilder. He is the perfect guy to obtain dramatic results for his varied clientele. “I hadn’t really given serious consideration to becoming a fitness facility owner when the owner of the personal training studio I had worked at (as a personal trainer for the past four years) put the place up for sale. The owner decided to move to the northeast and my wife Stephanie and I decided to purchase the place.” As soon as the ink was dry on the paperwork, Mark and Stephanie began a top-to-bottom renovation. They worked hard to give Metzgerbodies a cosmetic facelift. “We had the gym painted and the new colors brightened the place up and made it look twice as big. The comments that we have gotten from our clients have been tremendous. We wanted to the place to have an updated look

and a friendly vibe. Overall our clients have raved about the physical changes in the gym.” Mark also instituted radical changes in sales, service and the all-important monitoring of client progress. “My reputation rides on the results I obtain for each and every client. I

feel it is my responsibility to work with every member, to be aware of their individualized goals and aspirations, and to be an enabler; I want to help each of them actualize their physical dreams.” Mark has an infectious enthusiasm about all things fitness and bodybuilding



Mark Metzger and his wife Stephanie, team owners of Metzgerbodies in Tampa, Florida. Mark says Stephanie also loves Parrillo products and she’s addicted to the Fudge Brownie Protein Bars™!



2011
Southern
USA Over 40
Winner

Photo by Pamela Vick





"I understand how difficult it is to create physical progress...My own struggles give me real insight into what is required to spark results."

related. "Everyone that trains at our gym gets the personal attention they need and deserve. We have an outstanding team of trainers here who do a wonderful job." Mark is a longtime Parrillo Product user and carries Parrillo supplements while espousing Parrillo training methods and Parrillo nutritional ideals. "We recommend Parrillo Products, the most potent on the market; we use the Parrillo nutritional strategies, the most effective I have ever come across; we teach Parrillo-style resistance training and cardio because I am all about real results for regular people."

Mark was first introduced to Parrillo methods, tactics and nutrition almost twenty years ago. As a serious bodybuilder Mark knows all about how to elicit real results for himself. But a great player does not necessarily make for a great coach. "I understand how difficult it is to create physical progress. I know how hard it is for me in my own bodybuilding aspirations. My own struggles give me real insight into

what is required to spark results." Fortunately Mark is a good communicator and a master motivator. Metzgerbodies is not the classical commercial gym where you pay you fee and basically rent their equipment for a workout. "Our



"We teach Parrillo-style resistance training and cardio because I am all about real results for regular people."

strategy is that we work with each and every client and we work on a bunch of different levels in order to build muscle and lose body fat. You have to teach the client about nutrition and supplementation; you have to teach the client about what a real weight training session feels like; you have to teach the client about how to perform a truly effective aerobic session, one that is intense enough to burn calories and boost the metabolism. You don't get this type of time and attention if you belong to a commercial gym." Well, you can if in addition to shelling out for the commercial gym membership, you lay out another \$50-100 dollars per week for a personal trainer – just don't expect too much personal attention from the typical hired gun personal trainer. Most personal trainers that ply their trade in the jungle that is the commercial

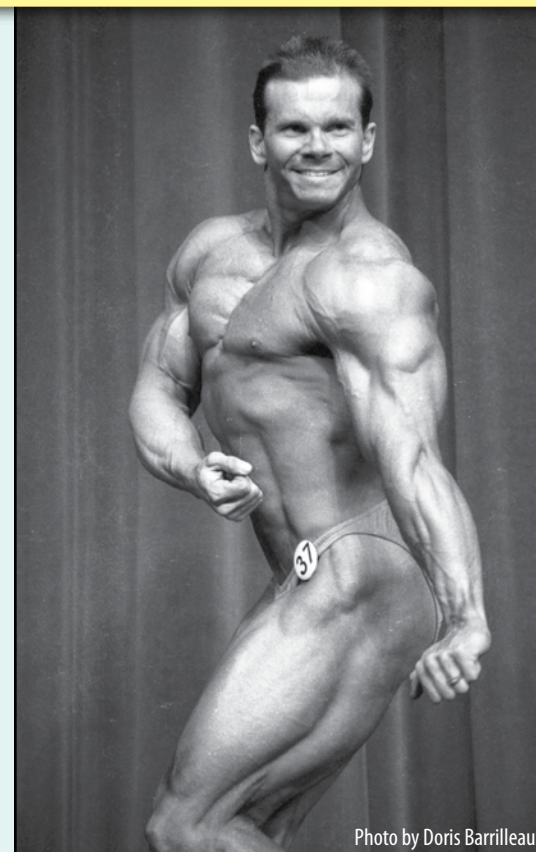


Photo by Doris Barrilleaux

"It all ties together: the lifting, the cardio, the nutrition and the supplementation. The Parrillo approach is a system."

gym scene beat have one strategy: beat the living hell out of the client during the paid training session and then tell the client to eat 'perfectly' until they meet again. How hard is that?

Beat 'em up and then relate to the client that if they, the client, 'wants it bad enough' they'll exercise perfect control over their eating in the interim. No wonder the success rate for PTs is miserable. Is it any wonder that 90% of clients fire their personal trainers within a month? The Mark Metzger approach is the complete opposite. "Every client is given a customized workout and nutritional plan and they are expected to stick to the plan." A huge part of custom planning involves invok-

ing Parrillo strategies. The Parrillo Performance nutritional approach and Parrillo supplements (along with John Parrillo's unique training strategies) have long been a part of Mark's own bodybuilding training and preparation for eons. "I have been a competitive bodybuilder for a long, long time. It wasn't too far into my bodybuilding career when I was introduced to Parrillo products and Parrillo strategies. You can't get too far into competitive bodybuilding at any level without running into someone that uses John's products." Mark was quick to pick up on the totality of the Parrillo approach towards all things bodybuilding-related. "It all ties together: the lifting, the cardio, the nutrition and the supplementation. The Parrillo approach is a *system*." Indeed, the Parrillo training and nutrition strategy is so interrelated and integrated that one aspect cannot really exist without the other.

"The high calorie Parrillo approach towards nutrition enables the bodybuilder to train as hard as necessary to make muscle gains; the intense, Parrillo-style aerobic training burns fat and revs up the metabolism, particularly if it is done first thing in the morning before breakfast. The Parrillo supplements are the final piece in the bodybuilder puzzle. John's supplements are not only the most powerful supplements I have personally ever used – they are also the tastiest supplements I have ever encountered." Parrillo Products are so widely used in competitive bodybuilding circles that it is near impossible to achieve any degree of bodybuilding success and *not* run into them. The nutrition underpins

the intense weight training; the intense cardio amps up the metabolism and burns off fat; the potent Parrillo nutritional supplements lift the whole process to the next level. "I love Parrillo supplements; I use them in my bodybuilding preparation and recommend them to all my clients." Mark began competing in 1992 when he entered and won his first ever competition, the All South Bodybuilding Championships. In 1994 he took 6th place at the Junior Mr. USA and two years later, in 1996, he jumped up to a 4th place Junior Mr. USA placing. Mark took some time off and returned to the bodybuilding wars in 1998, when he took 3rd place in the Junior Mr. USA contest. Mark won



Photo by Doris Barrilleaux

"I love Parrillo supplements; I use them in my bodybuilding preparation and recommend them to all my clients."



Photo by Pamela Vick

to make progress; I continue to build muscle and I am continually finding new ways that allow me to achieve ever-greater degrees of contest condition. As long as I am able to improve I shall compete."

Bodybuilding is a wonderful activity in that participants are able to make significant gains in their forties and fifties. In what other athletic activity do competitors actually improve as they age? There have been numerous Mr. Olympia winners in their 40s. "I feel as though as I am aging I am training smarter, eating with almost effortless discipline and understanding my own body better with each passing year." Using his own body as his private testing laboratory, Mark is able to "test drive" procedures and strategies that, if proven

as a lighthheavy in the 1999 Southern USA contest. Four years later he took 3rd place, again as a middleweight, at the 2003 Mid-Atlantic national qualifier. In 2004 he won Mr. Florida and in 2005 he took 2nd place at the Southern States Open. In 2007 at the North American Bodybuilding championships he took 13th place as a middleweight. In 2011 Mark captured the Southern USA, over 40, middleweight title. He is a bodybuilding veteran and intends to compete far into the foreseeable future. "I continue

effective, he will pass along to his clientele at Metzgerbodies for use in their own more modest efforts to improve their physiques. Not all of his bodybuilding sojourns have been smooth and effortless. "I had a bodybuilding incident recently that caused me to rethink my preparation process. In 2012 I competed at the North American bodybuilding championships held in Pittsburgh over the Labor Day weekend. I was competing in the 'over-40 years of age' middleweight division. My goal was to make the top five.

According to many people who were at the show, I would have made the top 5. While standing onstage at the morning prejudging, my right inner thigh suddenly cramped and cramped hard. This was immediately followed by severe cramping in both hamstrings. I could not move onstage and I was bent over in agony. Two paramedics rushed onstage and had to carry me offstage. Backstage, the cramps got worse and worse, and it was strongly suggested I go to the hospital. I was suffering from dehydration. I was unable to continue. I was extremely disappointed as my condition was very sharp and crisp. I have competed in over thirty NPC shows and this has NEVER happened to me before. I will compete again next year."

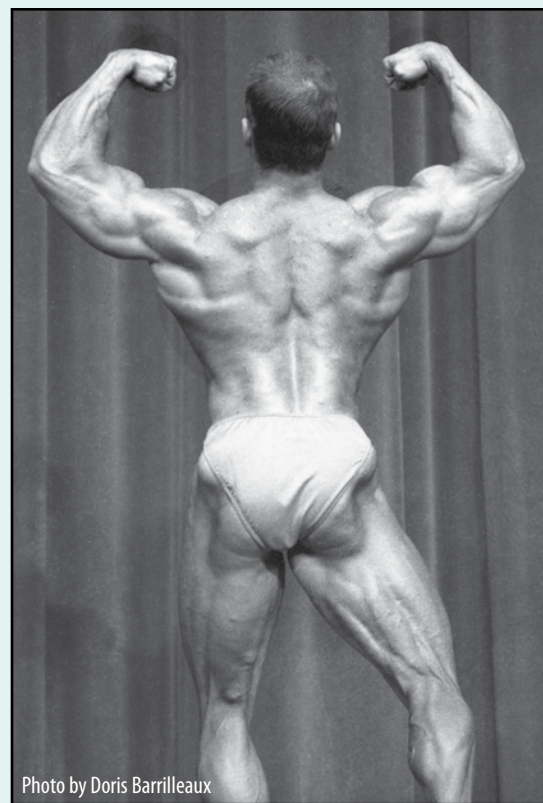


Photo by Doris Barrilleaux

In what other athletic activity do competitors actually improve as they age?



Mark Metzger's Training Split

Monday: chest & calves
Tuesday: quads
Wednesday: shoulders & triceps
Thursday: biceps and hamstrings
Friday: back
Saturday and Sunday: OFF

Daily Meal Schedule

Meal 1: 6 ounces of sirloin, 7 ounces of baked potato
Meal 2: Parrillo Hi-Protein™ with 1/2 cup oatmeal in shake
Meal 3: same as Meal #2
Meal 4: 7 ounces of chicken breast, 1 cup rice, green beans
Meal 5: Parrillo Hi-Protein™
Meal 6: 6 ounces of chicken breast, green beans

"I am planning on competing in the 2013 Junior National bodybuilding championships that will be held in Chicago next June. I always seek to train as hard as humanly possible, but I never sacrifice technique and form for the sake of handling more poundage. I am old enough and have enough experience to know that I need to rest and recuperate. I am not a robot. Periodically I have to take off for a day, or two, or three, and let my body heal and recover. The immature bodybuilder thinks this is being lazy or represents a missed opportunity; the mature bodybuilder understands that *real* recovery is the key to real gains." Mark uses Parrillo Hi-Protein™ powder by the case and goes through CapTri® like it was water. He loves another Parrillo product: "Being an old school guy that grew up back in the days of Arnold and Franco, I am a huge fan of Parrillo Liver Amino™ tablets: each tab contains 1.5 grams of high BV protein and I like to take these by the handful throughout the day." Pre-competition aerobics are done for 30 minutes per day at the start of the competitive process. By the end of the preparation cycle Mark will have worked up to *two* forty-five minute sessions per day. One 45 minute aerobic session upon arising and the second cardio session is done prior to bedtime.

"I've decided to drop back down to the middleweight class instead of going up in bodyweight and attempting to compete as a lighthheavyweight. I feel I am more competitive on the national level as a middleweight. My best contest bodyweight is 175 pounds carrying

a 3% body fat percentile. In the off-season I will not let my bodyweight go above 205 pounds carrying an 8% body fat percentile. In order to get super-lean at a contest, I need to 'eat clean' all year round. If I never get above an 8-10% body fat percentile, it makes it so much easier to diet down for the actual competition. I need to get down to a sub-5% body fat percentile to be competitive nationally. As a personal trainer I always want to maintain a certain look. I could never let myself get so heavy in the off season that people cannot tell I am a bodybuilder." We seriously doubt that anyone anywhere would look at Mark Metzger and not think that he is bodybuilding personified.

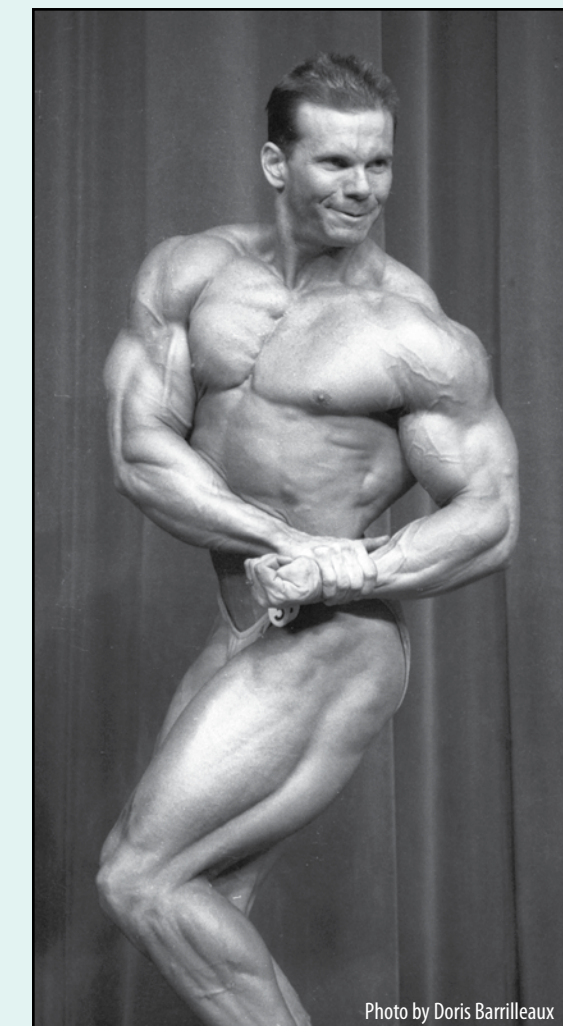


Photo by Doris Barrilleaux



A BODYBUILDER IS BORN: Generations

Episode 69: Do you need to get stronger to get bigger?

Ron Harris -www.ronharrismuscle.com-

It's a question I get all the time, because a great deal of confusion swirls around the subject. Do you need to get stronger to get bigger? The short answer is, absolutely you do.

The more complicated answer is that sooner or later there will come a time when you will need to incorporate other tactics to stimulate further muscle gains, because you will approach your absolute strength limit long before you hit your absolute limit as far as how much muscle mass you are capable of building. You could theoretically stop trying to put on any more size at that point if you so desired, but a bodybuilder who feels he's 'big enough' is about as rare as any man who feels he's got enough money or is having enough sex. We always want more, more, more!

In the beginning, there is almost an exact correlation to strength and size gains. Weight training is such a new type of stress to your body that it struggles mightily to adapt. This adaptation comes in the form of increased strength and

muscle mass. Beginners often see very decent gains even when they fail to eat enough or get enough sleep, mainly because the stress is still such a novel thing.

But as time goes by and you become stronger, you need to keep



"Getting stronger is key to muscle growth."

using more and more weight. You can't just do more reps with the same weight, because after a cer-

tain point all you are building is muscular endurance, which is not the same thing as strength. This is why, for example, just doing push-ups with your own bodyweight will give you some results in terms of size in the chest, shoulders, and triceps up to a point. Once you are able to knock out 30, 40, 50 or more push-ups however, you will find that you are doing more and more push-ups than ever before, yet your muscles aren't growing any larger. This is when most guys realize that they do have to switch to a bench press in order to place heavier loads, since their own bodyweight is now far too light to stress the chest, shoulders, and triceps.

This basic concept can be applied to all the muscle groups. If you start off struggling to squat the 45-pound Olympic bar for 10 reps today and in a couple years you are doing the same 10 reps with 315 pounds, there is no question that your legs will be far thicker and more massive. Had you stayed with the bar alone and worked up to doing sets of 100 reps, you would be getting fantastic pumps



"Reps do need to be high enough to stimulate growth, not just strength gains."

and your muscular endurance would be top-notch, but your legs would be nothing special at all in terms of size.

But now another concept needs to be understood - TUT, or time under tension. Why is it that we advise 8-10 reps for the upper body and a bit more for the lower body, instead of simply doing maximum lifts? Not all the mechanisms of muscle growth are understood yet, but one thing agreed on is that if the muscle isn't kept under tension for long enough, you will see gains in strength without corresponding gains in muscle mass. Many of you have probably watched Olympic weightlifting

and witnessed seemingly impossible feats of power, especially in the lower weight classes. For example, the world record clean and jerk in the 56 kg. weight class (123 pounds) was set in 2001 by Halil Mutlu of Turkey, at 369.6 pounds. How can a man that small be so strong, and why isn't he heavier and more massive? It's because training for explosive power is not the type of training that stimulates muscle growth. Training for power is really more about training the nervous system and the connective tissues rather than the actual muscles.

I see a perfect example of this every day at home with my wife Janet. Janet trained with me for many years as a bodybuilder before switching over to CrossFit in the summer of 2010. CrossFit has plenty of weightlifting in it, but the goal is always expressed in terms of maximum lifts or as many reps as possible. They are never concerned with the feeling in a muscle, getting a pump, etc. Janet is technically stronger now than she ever has been. The other day she pulled a new personal best deadlift of 300 pounds at a bodyweight of 134. Just a couple years ago, she was about 150 pounds and carried far more muscle mass

- because she trained for size and did 'sets' of each exercise that kept the target muscle under tension the whole time, rather than a series of explosive efforts as she does now. Her best deadlift back then was about 250 the one time she tried to max out - yet her back was far more thickly developed back then, because she trained it for reps and sought to 'work' the back with good muscle contractions rather than just lifting the weight.

Another thing to consider that I alluded to earlier was that eventually there will come a time when you won't be getting much stronger, if



"Eventually there comes a time when your strength is maxed out for good."

at all. If this were not true, there would be plenty of guys bench pressing 1,000 pounds for reps and doing the same with 2,000-pound squats. Luckily, you can continue to stimulate muscle growth even though your strength is maxed out. Ways to do that include focusing more on contractions, slowing down the rep speed, super sets, drop sets, forced reps, and pre-exhaust. You can also try new exercises or older ones with a slightly different angle of pushing or pulling, different grips, hand width spacing, foot stances, etc. Even something so simple as changing the order you do your exercises in or shortening your rest times between sets can be enough of a difference to force the muscle to keep adapting and growing.

the raw materials they require to repair the damaged muscle tissue and grow.

As the years go by, it becomes



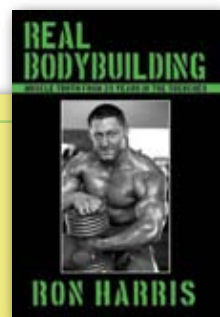
"Luckily there are ways to keep growing long after you can't get any stronger."

It also needs to be said that proper nutrition plays an essential role in building muscle mass. All the best training won't yield appreciable results unless you get enough quality protein, carbohydrates, and healthy fats in your diet. Supplementing quality meals with Hi-Protein™, 50/50 Plus™, and Pro-Carb™ shakes along with other Parrillo staples like Liver Aminos™, Muscle Aminos™, Ultimate Aminos™, Evening Primrose Oil™, CapTri®, and bars will give your muscles the fuel they need to train all-out, as well as

increasingly difficult to make any further gains in either size or strength, simply because you are approaching your absolute limit (injuries often also play a role as well as more nagging issues like tendonitis). What is your limit? No one can answer that question for you or even tell you how long it will take you to get there. Some people reach theirs after only 4-5 years of training, oth-

ers might keep making slow and steady gains in size, strength, or both even after 20 or more years of training.

This brief discussion has barely scratched the surface of the subject, but hopefully it's enough to get you thinking and looking at things in a slightly different light. The take-home message is this: You do need to get stronger to get bigger, but the reps need to be sufficiently high enough to keep the muscle under tension long enough to stimulate a growth response. And even after your strength is completely maxed out, you can still 'trick' the muscles into further growth for years. Now that you know all that, go use it in the gym to reach your own physique goals!



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

Reader SNAPSHOTS

Performance Press Cover Athlete and Trainer David Patterson from Tacoma, Washington shared this photo with us:

"We just had the WA Ironman Naturally Championships this past weekend (Oct. 6th, 2012) and I had a friend take a picture of me, Colleen Fisher, and Carey Jonas. Those names should ring a bell as we've all been Parrillo covers. Colleen was there promoting her new book, "Fitness is Forever: Finding Your Healthy Balance", and I was there promoting my new clothing line, "Buffed Wear" featuring our 'Naturally Buffed' and 'Buffed Wear' shirts."

→ Thanks for the photo Dave! Find out more on Colleen's website: www.fitness-is-forever.com and Dave's is www.TheDrBuffExperience.com.



THE PARRILLO PRINCIPLES

High Volume, High Intensity Training for Max Results

By Andre Newcomb

Is there a defining element or aspect to the Parrillo approach toward weight training and aerobic training? Is there a single trait (or traits) or an identifying characteristic that separates the Parrillo approach from all the other bodybuilding and fitness training systems and strategies? Yes, there is a defining characteristic and that uniqueness is the *intensity*, the pure physical *effort*. John Parrillo insists his elite bodybuilders undergo in order to build muscle and melt off body fat. The rest of the bodybuilding and fitness world tries to lure trainees into buying their modes and methods by stating that they can provide all the results of a Parrillo-style training program with half the excruciating effort. Basically their message is, “Why put forth all that harsh and sweaty physical effort when our revolutionary methods can give you all the results you seek with little or no effort?” People desperately want to believe that make-believe easy-as-pie methods work. The idea

that “easy works just as well as difficult” makes for a much easier sales pitch. Of course this is a total fantasy. Real muscle building only occurs in response to gut-busting effort in the weight room. Real fat burning is a direct result of hard cardio and spot-on nutrition.

The truth of the matter is this:

If you want to build muscle you need to train harder than you've ever trained; if you want to reduce body fat you need to exert intense cardio effort.

- We need to trigger hypertrophy and the hypertrophy only occurs when the targeted muscle is *stressed past capacity* in some way, shape or form.

- Real fat burning only occurs in response to lung-searing aerobic effort. The body needs to have certain nutritional prerequisites met for optimal fat burning.

John Parrillo has always maintained that in order to build muscle and melt body fat the trainee – any trainee – must exert “extreme physical effort.” Easy, fun, weight training (think Pilates) might be easy and fun, but from a physiological perspective, it is impossible to build muscle using sub-maximal effort. Anyone who thinks this through understands the logic: if sub-maximal effort truly built muscle individuals built like Arnold at his peak would be everywhere. If sub-maximal aerobics (devoid of any nutritional consideration) melted off body fat, lean and ripped individuals would be commonplace. The truth of the matter is this: if you want to build muscle you need to train harder than you've ever trained; if you want to reduce body fat you need to exert intense

cardio effort. Bodybuilding success is defined as radically renovating the body and radical renovation occurs as a direct result of skillfully blending Parrillo-style nutrition with intense Parrillo-style exercise. The human body only responds to intense physical effort. That intense physical effort is then underpinned by strict and disciplined Parrillo-style nutrition.

How hard is hard?

The forced rep strategy:

We assume that because you are reading the PPP that you are smart enough and savvy enough to understand the truth in what we are saying and that you are ready, willing and able to train hard enough to obtain real results. The next logical question is “how hard is hard?” One reason John Parrillo has always been a proponent of forced reps is that when the forced rep strategy is invoked properly there is no question the target muscle is being forced to work “past capacity.” The problem is forced reps are a bit like Goldilocks’ dilemma: too little is worthless, too much is counterproductive and just right requires a real sense of balance and proportion. Here are some force rep guidelines...

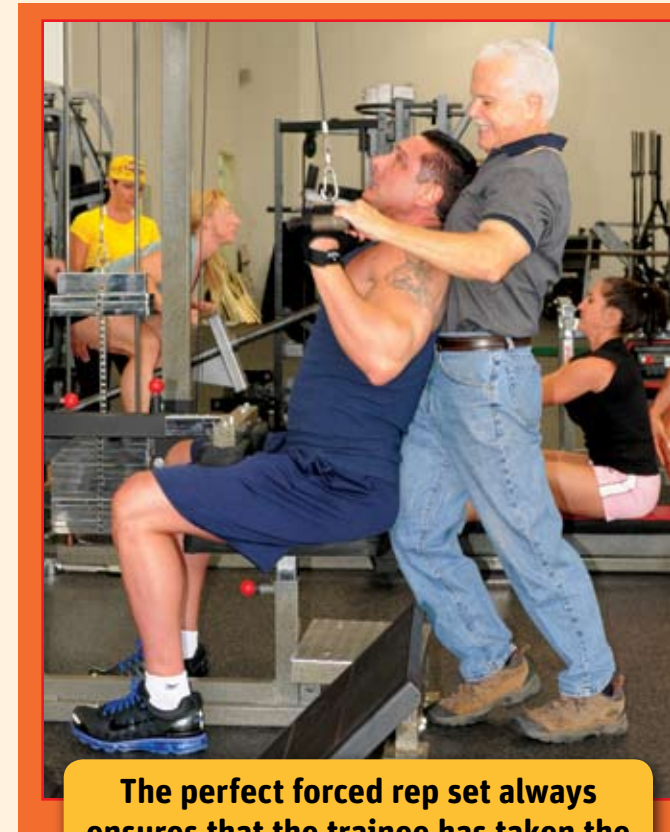
- Forced reps should only be used on the final set of the exercise: overusing forced reps wrecks havoc on the central nervous system.

The best way to avoid overuse is to confine their use to the last set of the big lifts. Generally one forced rep set per exercise is all that is needed, required or recommended. On the “small” exercises such as curls, pushdowns, lateral raises, etc. more than one forced rep set will not adversely impact the central nervous system. You would never, for example, perform multiple forced rep sets of

to positive failure and then having a training partner administer a perfect forced rep or two; this will completely exhaust a muscle. No more than one, two or at most three forced reps.

- The perfect forced rep: the procedure for the forced rep set is to allow the trainee to push or pull until they cannot perform another rep on their own – at that juncture the training partner (or partners) steps in and provides the trainee *the minimum amount of help* needed to complete another rep. The trainee then has the option to verbally request another forced rep or in rare instances, perhaps a third rep. The responsibility of the training partner is to provide enough help so that the bar moves smoothly (if slowly) to completion and is *never allowed to go backwards!*

The perfect forced rep set always ensures that the trainee has taken the targeted muscle past its capacity. There is no question about the fact that a perfect forced rep



The perfect forced rep set always ensures that the trainee has taken the targeted muscle past its capacity.

leg presses or heavy presses.

- Forced reps should be limited to 1-3 forced reps per set: how often have you been in a commercial gym and seen the local bozos doing bench presses performing 5-10 forced reps? After the first three reps the spotter is getting more work than the trainee. The perfect forced rep consists of going

exhausts any muscle but keep in mind that capacities can change workout to workout. Regardless of the trainee’s available strength on a particular day, going to positive failure and adding a perfectly applied forced rep or two is the surefire way to make sure that you are working up to the Parrillo intensity threshold.

More is better: Another characteristic of the Parrillo approach towards weight training is John Parrillo's contention that *more* weight training is far better than *less* weight training. Parrillo will recommend 4, 5 and even 6 lifting sessions per week. His long stated position has become a commandment: "there is no such thing as over-training, only under-eating."

Intense weight training, the kind that continually stresses the human body past its capacity, real training, the kind that gets real results, is shocking to the system. The antidote – as John Parrillo has stated for decades – is calories. The Parrillo approach is simple: the more weight training the trainee engages in the better; ergo, to train often and to train with the requisite intensity, we need to eat often and supplement often. The worst thing the serious trainee can do is train hard, train intense and "under-eat." Parrillo's proviso is that while we need to eat a lot and while we need to eat often, if we ingest the wrong fuel (bad food) then while we will recover we will also get fat. The optimal Parrillo prescription is weight train often, weight train intensely enough to trigger hypertrophy, then take in copious amounts of lean protein, ample amounts of fibrous carbohydrates, natural starchy carbohydrates and loads of Parrillo supplements. Train often, train intensely, eat big, recover quickly and grow muscle. This is the

classical Parrillo muscle-building prescription.

Parrillo-style aerobics also needs to be intense: John Parrillo was the first bodybuilding expert to insist his champion bodybuilders include an aerobic component in their training regimen. Back in those ancient days, cardio exercise was deemed to 'tear down



Train often, train intensely, eat big, recover quickly and grow muscle. This is the classical Parrillo muscle-building prescription.

muscle' and any bodybuilder that performed cardio exercise was accused of being effete. Nowadays aerobics and bodybuilding are synonymous and there is no national or international level bodybuilder that doesn't include cardio in their preparation. In addition to being the first expert to point out why cardio was critical, Parrillo also pointed out that aerobic exercise can and should be "intense." What

defines cardio intensity and why is it important to perform aerobics with intensity? If you listen to the vast majority of fitness and bodybuilding experts you would hear a lot of talk about the "fat burning zone" and why it is counterproductive to go "too fast." The fat burning zone myth is based on some studies that show that by staying in the 50-65% range of maximum heart rate a greater percentage of fat is burned. This is a convenient strategy that gives those that prefer to engage in "easy cardio" a perfect excuse to tool along at a modest, moderate, sensible pace. Frankly, modest, moderate and sensible doesn't do jack squat if the goal is burning body fat. What is the point of tooling along at 60% of capacity when after 30 minutes you burn a grand total of 150 calories? So what if you burn a slightly greater percentage of body fat – and besides, the science this "more fat is burned going slower" strategy is based upon is flawed. The Parrillo prescription is the complete opposite: go as fast as possible. The longer the session is the better; the more often the sessions occur the better; the more intense the session the more calories burned. Just as intense weight training causes hypertrophy, intense cardio not only oxidizes calories at an accelerated rate, intense cardio builds mitochondrial density. The more mitochondria, the more fat burning and muscle growth that is possi-

ble. Parrillo says, go hard, go fast, go long and go often.

Regular food can get you 90% of the way there: This phrase is another Parrillo profundity. If you weight train and perform cardio with the requisite intensity you will build muscle and melt body fat. You need to eat plenty of "clean calories" in order to fuel recovery and growth. If you pay close attention to the quality of your food/fuel you will avoid adding body fat. If you eat often you will establish positive nitrogen balance and stay anabolic throughout the day. Intense cardio combined with Parrillo-style nutrition will ensure that you are able to build muscle without adding body fat in the process. In the Parrillo nutritional approach the trainee is either a.) Looking to add lean muscle mass or b.) Seeking to retain as much muscle as possible while burning off fat. In both instances the expert use of regular food, wholesome natural foods, can "get you 90% of the way there." John's definition of "there" is the muscular, fat-free physique. Multiple meals spaced equidistant throughout the day is the foundation upon which everything is constructed. To recapitulate: weight train hard enough to trigger hypertrophy; perform cardio with terrific intensity; weight train often; perform cardio often; use regular food with great expertise to "support" the intense physical effort generated in the gym and accelerate recovery.

The final piece of the puzzle; Parrillo supplementation: If you listen to other "nutritional experts" as they tout their supplements, you would think that their wonder products were more potent than steroids and could and can provide instantaneous results. Obviously these claims are ridiculous exaggerations and these claims bear no



Eat plenty of "clean calories" to fuel recovery & growth, as well as CapTri for energy & building muscle.

resemblance to reality. Meanwhile "Honest John" Parrillo stands apart from the supplemental herd and tells the truth. "Used properly supplements can add 10% to the final finished physical product." 10% is HUGE and 10% is real. The only time 10% seems insignificant is when reality is compared to exaggerated claims with no basis in reality. Parrillo has an entire supplement strategy that is based on "filling in the cracks" that exist using the multiple-meal

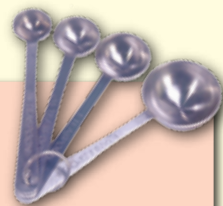
eating strategy. The first order of business in the Parrillo supplemental strategy is to increase lean protein consumption to the point where the hard-training trainee is taking in 1 to 1.5 grams or more of protein per pound of bodyweight per day each and every day. This would mean that a 200 pound athlete would take in at least 200 to 300 grams of lean protein per day. While it can be cumbersome to eat this much protein, it is a veritable snap to achieve daily protein intake goals by supplementing with Parrillo protein powder and the other high protein Parrillo products. CapTri® is another revolutionary product: let's loop back to our original premise: hard training requires calories to recover and grow. CapTri® contains 100+ calories *per tablespoon* and due to its unique molecular structure (MCT fat as opposed to LCT fat) CapTri® is either used for energy or for building muscle – it cannot end up stored as body fat on account of the fact that

MCTs always go to the front of the oxidation line. No matter what food or drink you have consumed, as soon as CapTri® is consumed it is utilized – immediately. So let's wise up and start weight training harder than you've ever trained; let's start doing cardio like we're being chased by a hatchet-wielding maniac and let's use perfect Parrillo nutrition and supplementation to complete the physique puzzle.

tips & tidbits

of the month

RECIPE spotlight



Italian Marinade

- | | |
|--|--------------------------------------|
| 9 tbsp. CapTri® | 1 tbsp. dried OR 3 tbsp. fresh thyme |
| 9 tbsp. lemon juice | 1 slice onion |
| 1 tbsp. dried OR 3 tbsp. fresh oregano | 1 garlic clove |

Blend CapTri®, lemon juice and herbs with a fork. Add onion and garlic. Should be used for 600 to 800g. chicken breast. If you are cooking less chicken, use 2 to 3 tbsp. of the marinade and refrigerate leftover marinade. Marinate chicken or fish at least one hour before grilling.

Calorie count is only 114 per tbsp. used, which you should add to the calorie count of your meat!

Training Tip of the month:

Partner-Assisted Quad Stretch

Start: Sit on the floor with your legs extended straight out in front of you. Bend and lift your right leg up. Cross it over your left leg. With his left leg, your partner steps through the triangle created by the position of your legs, anchoring your bent leg in position, as illustrated. He then loops his arms under your shoulders and grabs the inside of his right knee with his right hand.



Stretch: Your partner twists your body to the right, as he straightens his left leg, pushes your left shoulder forward and pulls your right shoulder back. This action stretches your hip. Repeat with the other side of the body.

FOOD of the month:



Thyme

- Use thyme fresh or dried, but add it towards the end of the cooking process as heat can cause a loss of thyme's delicate flavor.
- Thyme's flavor compliments poultry and fish as well as bean, egg, and vegetable dishes
- Thymol, thyme's primary volatile oil, has several health-supporting effects
- Contains a variety of flavonoids, which increase thyme's antioxidant capacity

Nutritional Information for 1 tsp. fresh:

Calories 1	Fiber .1g	Sodium 0mg
Protein .04g	Calcium 3mg	Potassium 5mg
Fat .01g	Phosphorus 1mg	Vitamin A 38 IU
Total Carbs .20g	Iron .14mg	

Try these great CapTri® Cookbook recipe ideas using thyme:

- Kidney Beans and Romaine Lettuce
- CapTri® Lentil Loaf
- Halibut Ragout
- Italian Marinade

Nutrition Tip of the month:

When following the Parrillo nutrition program, most of your protein intake should consist of pure, low-fat protein sources such as chicken (white meat), turkey (white meat), low-fat fish, and egg whites. Avoid red meats and egg yolks, which are high in fat. You may occasionally eat red meat in the off-season, but buy the leanest cuts (such as round steak) and trim all visible fat. If you eat egg yolks in the off-season, eat no more than one yolk per six egg whites.



Always consume your carbs with protein, and make sure to eat plenty of fibrous carbs such as broccoli, cauliflower, asparagus, green beans, and other salad vegetables along with your starches. These measures dramatically slow the rate of release of glucose into your bloodstream, which helps keep insulin levels low. Eat many small frequent meals instead of a few big ones, for the same reason.

News & Discoveries In Fitness & Nutrition

Zinc Deficiency Mechanism Linked To Aging, Multiple Diseases

A new study has outlined for the first time a biological mechanism by which zinc deficiency can develop with age, leading to a decline of the immune system and increased inflammation associated with many health problems, including cancer, heart disease, autoimmune disease and diabetes. The research was done by scientists in the Linus Pauling Institute at Oregon State University and the OSU College of Public Health and Human Sciences. It suggests that it's especially important for elderly people to get adequate dietary intake of zinc, since they may need more of it at this life stage when their ability to absorb it is declining. About 40 percent of elderly Americans and as many as two billion people around the world have diets that are deficient in this important, but often underappreciated micronutrient, experts say. The study was published in the *Journal of Nutritional Biochemistry*, based on findings with laboratory animals. It found that zinc transporters were significantly dysregulated in old animals. They showed signs of zinc deficiency and had an enhanced inflammatory response even though their diet supposedly contained adequate amounts of zinc. When the animals were given about 10 times their dietary requirement for zinc, the biomarkers of inflammation were restored to those of young animals. "The elderly are the fastest growing population in the U.S. and are highly vulnerable to zinc deficiency," said Emily Ho, an LPI principal investigator and associate professor in OSU School of Biological and Population Health Sciences. "They don't consume enough of this nutrient and don't absorb it very well. We've previously shown in both animal and human studies that zinc deficiency can cause DNA damage, and this new work shows how it can help lead to systemic inflammation," Ho said.

- Oregon State University, Corvallis, OR Oct. 1, 2012 (edited for length)

Interesting Article Fact:

Free-form amino acids are easily assimilated by your body and bypass the long digestive process of food. They take the fast tracks to your muscles where you need them. **Read more in John's article on page 20.**

Dominique's Time Cruncher

Reducing sodium intake? Try this: Add equal parts lemon and lime juice to a dish to replicate the taste of salt. You can start out with a teaspoon of each, then taste and adjust if needed. The idea is to substitute the salty flavor with sour flavors instead, because the tongue's taste buds for salt sit right next to the taste buds for sour. Using lemon and lime juice (you can use their zest also), tricks your palate so you think you are eating something salty.

Question of the month:

Question: I have tried and tried cutting back on my food intake, but still can't make any progress losing weight. What should I do?

Answer: We deal with a lot of clients who try to starve themselves thin, yet they cannot lose weight no matter how little they eat. I will say, almost without exception, that these people are eating too little and not exercising enough. Exercise increases your muscle mass, which in turn increases your metabolic rate and helps you burn fat. Eating more and exercising helps people build muscle. Muscle is the engine that burns fat. When we encounter someone who has been on a low calorie diet for a long time and just can't lose weight (and we see this situation practically every day) we will have them *increase* calories and exercise. We actually ask them to gain a pound a week for the first four weeks following our diet parameters. Chronic caloric deprivation lowers the metabolic rate as your body adapts to the reduced energy intake by reducing energy expenditure. After just one month on this program, these individuals find the fat melts off.

Quick Tip of the month:



Here's a delicious pumpkin dessert idea we got from Parrillo customer Priscilla Shaw: "Instead of getting a high sugar/fat/empty calorie pumpkin muffin at Starbucks, I added about 1/3 cup of canned pure pumpkin, cinnamon & stevia to my Parrillo Spice Hi-Protein Cake Mix™ to make a better alternative & to satisfy my sweet tooth. (Oh, I reduced the MCT's by a tbsp, too.) Yum!"

Supplement of the month:

Advanced Lipotropic Formula™

- Provides nutrients for accelerated fat metabolism
- Increases glucose tolerance and stabilizes the body's reaction to glucose

Athletic standards today demand that competitors not just be big, but cut. To that end, athletes need all the help they can get. Advanced Lipotropic™ contains the key nutrients used in fat mobilization and metabolism: L-carnitine, B vitamins, betaine, HCL, biotin, choline, and inositol. Additionally, Advanced Lipotropic™ contains chromium picolinate, to help stabilize blood sugar levels and increase glucose tolerance.





WINNING AMINO STRATEGIES

John Parrillo

Even some of the most seasoned bodybuilders and athletes have asked me frequently: What is the difference between your Muscle Amino™ and your Ultimate Amino™ products? And: Which amino acids, and in what amounts, are really needed to stimulate muscle growth after a workout? Let me address these questions here. So for starters...

What Are Amino Acids?

The 23 or so amino acids are the building blocks of proteins. Nine are termed indispensable amino acids (sometimes called essential), meaning that they must be supplied from some food or supplements; the others are termed dispensable amino acids, based on the body's ability to synthesize them from other amino acids.

All types of physiological issues relating to sports and exercise - energy, performance, recovery; muscle/strength gains and fat loss, as well as mood and brain function - are directly related to amino acids. Amino acids are found in protein foods, of course. Upon absorption, amino acids are processed by the liver. When you eat a chicken breast, for example, a relatively few amino acids escape the metabolic actions of the liver. Yet the liver can process only so many at one time, and taking supplemental amino acids exceeds the liver's capacity, resulting in the aminos being directed to the tissues that require them, such as muscle.

The value of supplemental (or "free form") amino acids is first and foremost that they don't require digestion. The term free form means exactly that: They're free of chemical bonds to other molecules and so they move quickly through the stomach and into the small intestine, where they're rapidly absorbed into the bloodstream.

Our *Ultimate Amino Formula™* contains a profile of seventeen free-form amino acids. They are thus easily assimilated by your body and bypass the long digestive process of food. They take the fast tracks to your muscles where you need them. Taken with each meal, *Ultimate Amino Formula™* will help you hold onto all that muscle that you busted your butt to acquire in the first place. Use it for your next competition, or year round if you want to stay super-lean.

BCAA's: If your goal is more muscle and less fat, branched chain amino acids (BCAAs), found in our Muscle Amino Formula™, are for you. The BCAAs, leucine, valine, and isoleucine, are known to enhance energy, reduce muscle breakdown, increase brain function, reduce body fat, blunt muscle soreness, and aid recovery.

Branched-chain amino acids are unique in that they can be metabolized directly in the muscles for use as fuel. They also act as nitrogen carriers which assist the muscles in synthesizing other amino acids. And when you're in the demanding stages

of training and dieting, the need for branched-chain amino acids is ever greater. This is the time when your muscles need all the help they can get. So if you're dieting and training hard, use Parrillo Muscle Amino Formula™.

In order to move into your muscles, branched-chain amino acids need insulin, caused by the digestion of carbohydrates. Therefore, for maximum absorption, Muscle Amino Formula™ should be taken with meals. Put them in your corner when your muscles need them for the big fight! Lately, quite a bit of research has focused on using BCAAs to enhance numerous aspects of performance. Here's a rundown:

BCAAs and Fat Loss

In one intriguing study, 24 overweight middle-aged women were divided into two groups, each consuming 1,700 calories a day for 10 weeks at the University of Illinois in Champaign. One group followed the former Food Guide Pyramid and ate 0.36 grams of protein per pound of body weight every day; the second group ate twice the protein, 0.73 grams, selecting high-leucine foods (such as animal proteins). Both groups lost an average of 16 pounds, but the high-protein group lost more body fat and less muscle. (1)

BCAAs and Immune Function

In a review article written by scientists at the University of Pavia in

Pavia, Italy, it was noted that BCAA supplementation recovers "peripheral blood mononuclear cells (PBMCs)" after a long distance intense exercise. PBMCs are blood cells, including white blood cells, that play a critical role in the immune system to fight infection and invading agents. BCAA supplementation also aids in the production of "cytokines," protein-based substances that also are involved in healthy immune function. According to these findings, it is possible to consider the BCAAs as a useful supplement for immune support for exercise and sports events. (2)

In more practical terms, here's how this all works: let's say you trained your back intensely. Your immune system gets in there and repairs the damage you've done. If those BCAAs aren't coming from your diet to fuel your white blood cells, then they are going to come from your quads or biceps or some other muscle that has no damage but does have a rich supply of these BCAAs. In other words, your body breaks down muscle tissue in one part of the body so you can fix the damage in another part. By supplying your body with BCAAs before and after workouts, you can help prevent that breakdown of hard-earned muscle and bolster your immune system.

BCAAs and Enhanced Anabolic Activity and Recovery:

Researchers at the College of Charleston, Charleston, South Carolina, and Ball State University, Muncie, Indiana, looked into whether short-term amino acid supplementation could maintain a short-term net anabolic hormonal profile and decrease muscle cell damage during a period of high-intensity resistance training, thereby enhancing recovery and decreasing the risk of injury and illness. Eight

previously resistance trained males were randomly assigned to either a high branched chain amino acids or placebo group. Subjects took the supplement for three weeks before beginning a fourth week of supplementation along with high-intensity total-body resistance training. Blood was drawn prior to and after supplementation, then again after two and four days of training. Serum was analyzed for testosterone, cortisol, and creatine kinase (a muscle enzyme that, when elevated, indicates muscle breakdown). Serum testoster-



one levels were significantly higher and cortisol and creatine kinase levels were significantly lower in the BCAAs group during and following resistance training. These findings suggest that short-term BCAAs supplementation may produce a net anabolic hormonal profile while easing training-induced increases in muscle tissue damage. So it makes sense that supplementing with BCAAs might help prevent muscle loss, and even help build it. (3)

The time to use Muscle Amino Formula™ is immediately before and after training. Hard dieting is also a great time to supplement with branched-chain amino acids. During times of energy insufficiency (dieting), your body will actually break down its own muscle to use as fuel if no other

is available. Catabolism is a dreadful metabolic state that occurs when glycogen stores have been depleted and fat oxidation has maximized. Metabolically, your body requires a certain level of glucose (blood sugar) to be maintained in order for the brain to function. While body fat provides a long-lasting energy supply, fat cannot be converted into carbohydrate by the human body. But protein (amino acids) can. Under adverse conditions, carbohydrates are exhausted and your body breaks down protein stores (muscle tissue) to convert into carbohydrate to supply energy. Branched chain amino acids are effective because they form a substrate for growth and are metabolized as fuel directly within muscle cells. A handful of Muscle Amino Formula™ capsules will help prevent the onset of catabolism and has both anabolic and anti-catabolic properties. Hi-Protein™ and Optimized Whey™ are fortified with extra BCAAs for just this reason.

I suggest two or more with every meal as well as before and after a workout. Remember that BCAAs require insulin for absorption into muscle cells so take them with food (carbs) rather than on an empty stomach!

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IRON VIC SPEAKS

By Iron Vic Steele

Don't believe "protein limit" BS...One dimensional Infomercial fitness never works...Build a bad-ass back while injured...What is a realistic rate of weight gain during a mass-building cycle?

Vic, I saw an article in the New York Times recently where a "sports medicine doctor" was disputing the idea that athletes need more protein than normal individuals. The contention was that the nutritional supplement industry was hyping "extra protein" for athletes and bodybuilders purely as a way to increase sales of protein powder and protein supplements. The doctor's recommendation was that "1/2 gram of protein per kilo of bodyweight was more than enough protein" for anyone and more than that was unnecessary. Is your head exploding? I suspect this medical expert was from the "meat is evil/vegan" world and that he was twisting and cherry picking science

to reinforce an agenda. I bet he has the physique of a 12 year old girl and thinks that yoga is the bomb.

Tommy G., Maryland

Just when you think the medical community has wised up and caught up with athletic reality, i.e. that additional protein accelerates recovery from intense weight training and additional protein is critical for fueling muscle growth, (something we've known for decades) yet another ivy tower nutritionist/medical expert with more academic credentials than Einstein (and less commonsense than a two-year old) shows up to lecture us on how stupid we all are and how all our decades and decades of real-

world empirical knowledge doesn't count for jack squat. No doubt the studies this Bozo based his contention that "too much protein is bad for the kidneys and unnecessary" were conducted on a gaggle of giggling schoolgirls that engage in nothing more strenuous than taking ecstasy at Raves or playing croquet on the sorority house lawn. How come these "revolutionary exposés" never sample hardcore Iron Men engaging in blood-and-guts training and studied over a period of years?

One thing I do have to agree with: there are a lot of lies being told by supplement makers and most of the commercially available protein products exaggerate their potency.

Insofar as soy – what a joke! The estrogen-producing side effects of soy are so outrageous and so documented that even the mainstream is starting to catch on to the soy scam. It is important to remember that Parrillo Performance Products are made at the Parrillo Performance Headquarters; we have our own manufacturing facility and custom blend our own protein products on-site in conditions that would make NASA proud. Our facility is spotless, our base ingredients top of the line and our potency unmatched. Our products are not made in China in some slave-shop in unsanitary conditions. The number of weak-ass protein products made using inferior ingredients cloaked in glossy packaging is staggering. Buyers beware: those firms making the most outlandish claims are invariably the products that are the most overrated and impotent.

Protein recommendations should differ depending on frequency of exercise, intensity of exercise, duration of exercise, physical size of the trainee, physical condition of the exerciser and the goals of the trainee. Obviously there is no need for a 45 year old out-of-shape woman that takes a Pilates class once a week to take in 1.5 grams of protein per pound of lean muscle mass. On the other hand, if you are a competitive athlete and you weight train with scorching intensity 4-5 times a week, if you engage in sweat-soaked pre-breakfast cardio for a

solid 45 minutes each day then you *better* be taking in 1 to 1.5 grams of protein per pound of bodyweight per day or risk breaking down muscle instead of building muscle. We'll just keep doing what we do: successfully building muscle, successfully melting off body fat and we'll let the know-it-all academics play with themselves and lecture the uninformed in the little vacuum of their own echo chamber.

*Victor Steele,
I was wondering how the Parrillo approach compares to the popular*



How does Parrillo compare to those 'body transformation system' infomercials on TV?

"body transformation systems" I see advertised on television infomercials all the time? The one I see most often has some very impressive testimonials and shows a lot of folks that have transformed their bodies using this "revolutionary approach towards exercise." Is the Parrillo approach similar? I am new to the exercise game and came across this magazine in my

dentist's office. He is a bodybuilder and when I quizzed him about Parrillo (I had never heard of you) he said that the Parrillo approach was "the absolute best." My dentist subscribes to all your strategies. I know that I am not a bodybuilder but was wondering if you could give me some feedback.

Susan, Georgia

Thanks for taking the time to write. You seem like a regular person asking an honest question. Here is the deal: these exercise programs advertised on TV are a total rip-off. The sad fact of the matter is unless you coordinate a realistic and effective nutritional component with a realistic and effective exercise component, you will not lose body fat, add muscle and you will not improve your physique to any significant degree. The Parrillo approach includes and coordinates three separate and distinct components: resistance training builds muscle, aerobic training burns calories and oxidizes body fat and precision nutrition amplifies muscle-building and fat-burning. The idea that you

can purchase an exercise system devoid of any nutritional considerations and make stunning progress – progress being defined as building a significant amount of lean muscle mass while simultaneously burning off a significant amount of body fat – is a myth, a fantasy, an unscrupulous ploy designed to entice you into purchasing a product that promises way more than it

delivers. Avoid this trap; read up on Parrillo and create a three-phased fitness program that pays homage to weight training, cardio and nutrition.

Hello Vic!

I have been told I need a lot of work on my back by the local bodybuilding judges. I compete as a master bodybuilder and got into the sport at a relatively late age. I do pretty well in local master competitions in the 40-45 year old age division. However my lack of back development is holding me "back." I suffered a pretty severe back injury in my mid-twenties and this prevents me from doing heavy stuff like deadlifts, bent-over rows and any of the various cleans or heavy pulls. Is there a way in which I might work my traps, erectors, teres and rhomboids without wrenching my screwed-up back? My lat development is pretty darn good on account of all the pull-ups, chins and various lat pull-downs that I can and have done over the years. Lat work – which stretches the spine upward – does not aggravate my condition. Heavy pulls compresses the spine downward and really causes problems. Maybe there is a way to work these muscles that I don't know about? I look weird with my flaring lats and skinny mid-back and lack of traps. All the best and hope you have some ideas.

ReShawn, Fresno

Let's see if we can work around the condition. I am going to suggest

some exercises that you will need to try with great care and attention. If at any juncture during any set you feel the slightest pain in the injured area, cease and desist immediately! Do not finish the set: on whatever rep the pain commences, stop at that exact instant! The strategy will be to brace the spinal column while working the big muscles of the mid-back...



Help! What can I do to work my screwed-up back?

1. Seated shrug: the traps and mid-upper back are hit hard if you do this one correctly. Position two moderately heavy dumbbells at one end of a sturdy exercise bench. Sit on the end of the bench, lean forward and carefully sit erect; now hold a bell in either hand in the sitting position. Shrug each bell as high as possible without bending the elbows. Hold the bells in the top position for a beat before lowering. Allow the bells to stretch you downward before commencing the next rep. Seated shrugs should be in the 6-10 rep range. Elite bodybuilders will use lifting straps as this allows the shrug-ger to squeeze out additional reps. I would suggest 3-4 sets done once a week.

2. Dumbbell rear lateral raises

done lying face down on a flat bench: Lie face down on a flat bench having pre-positioned two light dumbbells on the floor on either side of the bench. Grasp a bell in each hand and slowly, precisely raise each bell as high as possible; try and squeeze the shoulder blades together at the top of every rep. Done right and this reverse flye becomes a continual tension exercise that builds teres and rear delts:

you lightly touch the floor between reps (don't let the bells settle and lose muscle tension between reps) and use a slow controlled raising and lowering. 2 to 3 sets of 8-10 continuous tension reps are done once a week.

3. Seated good morning: You may or may not be able to do this one; sit on an exercise bench clutching a 10, 25 or 35 pound plate to your chest. Legs are extended in front with feet flat on the floor. Now lean forward

while maintaining a straight back and touch your crossed arms to the bench pad in front of you. Rise back up slowly, keeping the back straight. Alternately, you can try the prone hyper-extension. You will need a prone hyper extension device. Hook your feet under the pad and rise up as high as possible on each repetition. When you are able to perform 15 reps with no weight, try the prone hyper-extensions clutching a 10-25 or 35 pound plate to your chest.

4. Hip-hinge stiff-leg deadlift using T-Bar row device: If your gym has a T-Bar row device without a center chest brace, load light poundage on the bar and instead of rowing each rep, stand erect on

each rep. The back stays rigid, the arms are straight and the legs stay bent yet flexed; now use the erectors to power you erect. The action takes place at the hip hinge. Stand erect keeping arm extended; now lower back down until the center bar touches the support. This technique isolates erectors and hamstrings. As in all these alternative exercises, train the movement once weekly. Be sure to use continuous tension. Repetitions should be in the 5 to 8 rep range.

Hello Vic!
 Could you give me a good rate of weight gain during a mass-building cycle? I am determined to add some lean muscle mass over the fall and winter. Naturally I don't want to add a lot of body fat during the process. However I am realistic and understand that getting too mental about not adding ANY body fat is going to paralyze me and undermine my efforts. I currently stand around 5-11 and weigh 180. I look like a hockey player (which I am) instead of a bodybuilder. I want to add some beef and get that power look. Ideally I would like to add 10-15 pounds with the vast majority of that being muscle and not fat – is this possible over a 12 to 15 week period? Obviously I will be consuming a lot of Parrillo supplements during this timeframe and will stop eating pizza and drinking beer.

Gaston, Montreal

Oh absolutely this is possible and realistic. John Parrillo has a procedure for adding lean muscle mass with a minimum of fat accumula-

tion. His procedure relies on one of his most underrated and overlooked training tools: the Parrillo BodyStat Kit. This amazing system enables and empowers bodybuilders to monitor changes in body composition on a weekly basis. BodyStat allows you to determine which of five possible compositional changes has occurred (or not occurred) since your initial BodyStat reading...



Use weekly BodyStats to keep weight gain confined to lean muscle.

1. No change in body fat or lean muscle mass percentage.
2. You have added fat and you have added muscle.
3. You have lost fat and lost muscle.
4. You have added fat and lost muscle.
5. You have added muscle and lost fat.

The bodybuilder has a training partner or friend take a nine-point body fat percentile reading using

Parrillo calipers. The results are recorded and tallied on BodyStat sheets. This invaluable information is used to sculpt training (more cardio/less cardio) and nutrition (more starch/less starch) and guides the bodybuilder as to how best to add lean muscle mass without adding unacceptable amounts of body fat. Purchase and become familiar with the BodyStat system; have the perseverance to use it weekly.

Parrillo recommends that, for consistency, the same individual administer the nine-point skin-fold caliper test week after week. "We all will pinch the skin in a slightly different locale," John says by way of explanation, "and a difference of a half-inch or inch variance where the skin is pinched and measured can result in a different reading. Ideally the same person conducts the BodyStat nine-point test each week using the identical pinch points; this promotes consistency." I would strongly suggest you look into the BodyStat strategy: usually John recommends a 1-2 pound per week gain in bodyweight;

less is hardly worth the effort and adding more than 2 pounds of new bodyweight per week pretty much guarantees an unacceptable amount of fat accumulation. It would seem logical for you to take 12 to 15 weeks and seek to add 12 to 15 pounds of lean muscle. Use BodyStat to keep weight gain confined to lean muscle. In three short months you could morph from a slender 180 pound hockey player to a 195 pound muscled-up hockey enforcer!

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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 Ounces	\$25.00
	Available in Vanilla, Chocolate, Peach, Banana, or Strawberry Flavors		
HI-Protein Powder™	Outstanding Functional Protein	32 Ounces	\$42.95
	Available in Vanilla, Chocolate, Peach, Strawberry and Banana Flavors		
HI-Protein™ Powder Single Serving Pouches	Outstanding Functional Protein	20 Pouches	\$48.95
	Available in Vanilla and Chocolate Flavors		
All-Protein Powder™	High Efficiency Protein Dietary Supplement	28 Ounces	\$47.95
	Available in Milk Flavor		
Optimized Whey Protein™	High Biological Value Protein	28 Ounces	\$47.95
	Available in Vanilla Malt, Chocolate Malt and Strawberry Malt Flavors		
Optimized Whey™ Single Serving Pouches	High Biological Value Protein	20 Pouches	\$53.95
	Available in Chocolate Malt and Vanilla Malt Flavors		
50/50 Plus Powder™	Protein and Carbohydrates for Workout Recovery	32 Ounces	\$38.00
	Available in Vanilla, Chocolate, Milk and Orange Cream Flavors		
Parrillo Sports Nutrition Bars	Perfect Portable Nutrition	12 Per Box	\$28.00
	Your choice of Cappuccino, Layered Peanut Butter/Chocolate or Peanut Butter Flavor. Available in Box Quantities Only		
Parrillo Protein Bars	Portable 60/40 Nutrition	12 Per Box	\$32.00
	Your choice of Vanilla Creme, Fudge Brownie, Strawberry Shortcake, Banana, Peanut Butter Delight, Layered Peanut Butter/Banana, Pineapple Flavor, Pistachio Flavor, or Cinnamon Roll Flavor. Available in Box Quantities Only		
Parrillo Energy Bars	High Powered Nutrition	12 Per Box	\$28.00
	Your choice of French Vanilla, Sweet Milk Chocolate, Peanut Butter Supreme, Chocolate Almond Coconut, Cherry Cordial, Graham Cracker, or French Toast		
	Available in Box Quantities Only		
Parrillo High-Protein Low Net Carb Bars™	Low Net Carbs	12 Per Box	\$38.00
	Your choice of Creamy Chocolate Fudge or Creamy Vanilla Fudge flavors.		
	Available in Box Quantities Only		
Parrillo Protein Chew Bars™	Chews Like Taffy	12 Per Box	\$32.00
	Your choice of Vanilla, Chocolate, Strawberry, Peanut Butter, Hazelnut Espresso, English Toffee, Licorice, Root Beer, Chocolate Graham Cracker, Chocolate Toffee flavors.		
Instant HI-Protein Low Carb Pudding™	High in protein, Low in Carbs	16 Ounces	\$28.95
	Available in Chocolate, Vanilla, Banana and Butterscotch Flavors		
HI-Protein Pancake & Muffin Mix™	Great Taste. Guilt Free. Maple and Banana Flavors	24 Ounces	\$21.95
HI-Protein Cake & Cupcake Mix™	Great for Strict Diets	24 Ounces	\$21.95
	Available in Chocolate, Vanilla, and Spice Cake Flavors		
Protein Frosting Mix™	Delicious with the Parrillo Cakes and Cupcakes	21.2 Ounces	\$36.95
	Available in Vanilla, Chocolate, Peanut Butter (Allergen-Free), Cream Cheese Flavors		
Protein Ice Kreem Mix™	Make Protein Ice Kreem in Your Ice Cream Maker	32 Ounces	\$52.95
	Available in Vanilla, Chocolate, Strawberry, Peach and Coffee Flavors		
Contest Cookie Mix™	Plain, Chocolate, Lemon & Butter Flavor Shortbread	25.4 Ounces	\$26.50
Contest Brownie Mix™	Chocolate Flavor	22.3 Ounces	\$34.95
High Fiber Chocolate Syrup Mix™	Try this on Parrillo Ice Kreem or Brownies, Yum!	16 Ounces	\$21.95
Nutrition Program	Nutrition Manual, Food Composition Guide		\$49.95
	30 Diet Trac Sheets, CapTri® Manual, CapTri® Cookbook, Supplement Guide, and 450 Gram Deluxe Food Scale.		
Training Manual	Proper Exercise Techniques, Special Fascial Stretching and High Intensity Routines		\$49.95
BodyStat Kit	BodyStat Manual, 12 BodyStat Sheets, and Skinfold Calipers		\$39.95
Performance Package	Nutrition Program with BodyStat Kit		\$79.95
Total Performance Package	Training Manual, Nutrition Program & BodyStat Kit		\$129.95
CapTri® Cookbook	Strict Recipes Using CapTri® to Make Your Food Taste Great		\$9.95
John Parrillo's Performance Press™	12 Monthly Information-Packed Issues (US)		\$19.95

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