

PERFORMANCE

April 2017

C'S YOUR PROGRESS
why vitamin c is important
for bodybuilders

MUSCLE MEETS MEDICINE
Everything that you thought you
knew about stretching is wrong

A BODYBUILDER IS BORN
Take care of the big things and the little
things will take care of themselves

THE PARRILLO PRINCIPLES
Ten forgotten exercises

IRON VIC SPEAKS!
Serious about cardio?

PAIGE WELCH
Promising young newcomer

JOHN PARRILLO'S PERFORMANCE PRESS

April 2017

10 - MUSCLE MEETS MEDICINE

This month's installment by Dr. Jeremy Girmann informs us why everything we thought we knew about stretching is wrong.

12 - A BODYBUILDER IS BORN

Take care of the big things and the little things will take care of themselves.

14 - THE PARRILLO PRINCIPLES

Ten proven-effective exercises that most bodybuilders and serious fitness-types likely have never heard of.

17 - THE TRAINER'S PAGE

Parrillo Performance head trainer, Scott Canatsey discusses some fitness industry myths that plague both beginners and seasoned competitors.

18 - TIPS AND TIDBITS

Enjoy our recipe for lemon spice chicken straight from the CapTri® Cookbook.

20 - C'S YOUR PROGRESS

Vitamin C isn't just for warding off and shortening the duration of colds. John Parrillo explains how it is beneficial in the world of bodybuilding.

23 - IRON VIC SPEAKS

What is "fasted cardio" and how does it help? Iron Vic answers this question and more.

4 - Paige Welch



photo by Amir Marandi

STAFF

Publisher
John Parrillo

Editor At Large
Marty Gallagher

Design Director
Marcus McCuiston

Contributing Photographers
John Parrillo
Dominique Parrillo
Marcus McCuiston
Amir Marandi
Chris Foss

Contributing Writers
John Parrillo
Marty Gallagher
Ron Harris
Jeremy Girmann
Scott Canatsey
Andre Newcomb
Iron Vic Steele

Our bars just got a new look What's your favorite flavor?

12 bars per box

PARRILLO ENERGY BARS™

\$28.00 per box

- High energy in a wrapper
- Slow release carbohydrate source
- Stay anabolic throughout the day



French Vanilla



Peanut Butter
Supreme



Graham Cracker



Chocolate Cherry Cordial



Chocolate Almond
Coconut

PARRILLO PROTEIN BARS™

\$32.00 per box

- 20grams of high biological value protein
- Perfect 60-40 ratio of carbohydrates to protein
- Optimal post-workout "feeding"



Vanilla Crème



Strawberry Shortcake



Peanut Butter Delight



Fudge Brownie

HIGH PROTEIN HIGH FIBER SOFT CHEW BARS™

\$36.00 per box

- 22 grams of protein per bar
- 17 grams of fiber per bar
- Only 3 grams of Net Carbs and 130 Calories per Soft Chew bar
- Contains 2 grams of CapTri® MCT Oil



Chocolate



Pecan Praline



Peanut Butter



Toffee

PROTEIN CHEW BARS™

\$32.00 per box

- Chews like taffy
- 20 grams of protein per bar



Vanilla



Chocolate Graham Cracker

**PARRILLO
PERFORMANCE™**

To order, call 1-800-344-3404 or order online at www.parrilloperformance.com

Paige Welch

Promising young newcomer

By Marty Gallagher



photo by Amir Marandi

At age 24, Paige Welch is at the front end of what promises to be a long and successful competitive career. The diminutive Paige stands 5'1" and weighs 112 pounds in contest condition. Despite her young age, the New Lexington, Ohio native has competed in five Bikini competitions over the past two years. The addition of Bikini and Figure divisions to female Bodybuilding and Fitness competitions has proven to be a genius move on the part of promoters. Fans love the new formats. To compete in female Bodybuilding or Fitness requires participants to devote an inordinate amount of time to their craft: the female bodybuilder must weight train and perform cardio 5 or 6 times each week; cardio is often done twice daily. The competitive bodybuilder must also devote time perfecting their posing routine and to not forget the commitment required to prepare massive amounts of food ahead of time. The high-flying fitness competitors must not only weight train and perform cardio; they too must prep food and above all else, hone and perfect their all-important and highly individualized acrobatic floor routine. This type of commitment is not realistic for aspirants with jobs, overtime, families, mortgages and heavy demands on their time.

As soon as Figure and Bikini competitive formats were launched, both were instantly and incredibly successful, both in terms of attracting large numbers of new competitors (a floodtide) and in terms of expanding audiences and attracting much larger crowds. The public ate up the new divisions with a fork and spoon. Paige entered her first competition in 2015 and picked one of the toughest competitions in the United States for her debut: the NPC Ohio State championships. As a state, Ohio is a bodybuilding powerhouse, stuffed full of talent, top to bottom. Paige finished out of the money in her

first show; however the experience didn't faze her in the slightest and on the contrary left her fired up and hungry for more. She entered a second competition in 2015, the Natural Northern, she presented a dramatically improved physique and captured second place in Bikini class A. It was a huge improvement in her physique and (equally important) her stage confidence was growing by leaps and bounds. So much of being successful in Bikini is projecting a larger-than-life personality, a stage presence infused with

charisma, radiant and beaming.

Paige then entered the second biggest bodybuilding competition in the world, the Arnold Classic. This was in March of 2016. In a bit of a competitive nightmare, Paige related that officially she was listed as "scratched," i.e., she was not given judging marks and "not placed due to number not showing." What a devastating outcome for someone that had worked so hard. It would have been easy to sour on the show experience after that episode. Instead



photo by Amir Marandi



"I fell in love with lifting right away. I haven't stopped lifting since the day I started."

photo by Amir Marandi

Paige redoubled her efforts and later that same year took third place at the NPC Natural competition. She was showing she had resiliency and the ability to bounce back after setbacks; this is an invaluable characteristic for a competitor. In her most recent competition, the 2016 version of the Natural Northern, Paige had a series of unusual events befall her. First off, it all came together for her as she won her class, Bikini Class A. Paige was then awarded the overall bikini title. Things can't get much better than that – or can they? Things then took an unusual and unexpected turn. Here is how Paige described what happened next.

"At the NPC Natural Northern on October 8th in 2016 I took first place in Bikini Class A and I won the overall bikini title. When they announced the winners, I walked onstage to accept my award. What a thrill! As I stood onstage with my 1st Place trophy, I was in tears; I couldn't believe it. I had attained something that I had dreamed about and trained so hard for." Imagine her elation; not only her first ever class win – the overall title! After the applause died down, all the winning women were dismissed from stage - except Paige. The MC asked her to stay onstage for a few additional photos. Paige stood there "a bit awkwardly and a bit confused." The announcer looked at her and said, "Paige, please turn around..." Keep in mind this is in front of an auditorium full of people. "When I turned around, there was my boyfriend, Andrew K. Welch, bent down on one knee. He proposed marriage to me as the audience cheered. I could not contain my emotions. Still, today, writing this fills my eyes with tears of joy. I couldn't imagine a better way to be proposed to, a better person to receive a proposal from, or on a better day or a better time, place or circumstance."

That surely has to rank as one of

the best marriage proposals of all time. Andrew is a hardcore trainer himself. Paige expanded, "Andrew is very much a bodybuilding mentor to me. For starters, Andrew completely transformed his own physique. Growing up, Andrew was always very skinny due to his high metabolism. He got into bodybuilding in a very serious way and over the last ten years he has gained forty pounds of pure muscle." Joe Weider used to have a famous muscle ad, "The end of the Skinny Body!" Sounds like Andrew could have been the poster boy for that ad. Paige continued. "Andrew has competed and placed in powerlifting and in June 2016 he competed at the Julie Palmer Classic and won first place in lightweight bodybuilding division. He also placed 3rd in the Classic Physique division. Andrew's dedication, determination and drive motivate me every single day." The family that trains together and competes together stays together. Ironically Paige has only been weight training for four short years. "I started doing TaeBo and yoga in my apartment. I had a love for fitness but never really got into it deeply." She was encouraged to try weight training by a friend. "I fell in love with lifting right away. I haven't stopped lifting since the day I started."

Paige was a relatively fit youngster however she was never involved in sports, fitness or organized athletics. She was "fairly inactive" growing up and showed no signs that there was a bodybuilder struggling to emerge. Once she found the format, she made rapid progress. "I have always been an outdoorsy person; I enjoy hiking, fishing and mushroom hunting. My mom was a very active outdoorsman. I was never exposed to serious fitness or bodybuilding until much later." She is a serious individual with serious ambitions. "I am currently going to school for my Dietetic and Nutritional Management degree. I aspire to be a dietitian in the distant

future. I give great credit to my coach Dylan Bair, MS, RD; CPT. Dylan has been my coach for the last four years. He recently completed his masters and became a Registered Dietitian in the spring of 2016. He has taught me so very much and has helped me overcome my fear of food. Dylan is a supportive, motivating and uplifting coach." We asked about her future plans. "In the fitness realm, I want to

win my pro-card in Bikini Class A. I am currently preparing for an NPC show in Chicago this coming June. Professionally my goal is to become a Registered Dietitian. Eventually I want start a personal training business with my husband. I get tremendous satisfaction from using my knowledge to help others achieve their goals; the goal could be to lose weight for a wedding, perhaps to



photo by Amir Marandi

"I get tremendous satisfaction from using my knowledge to help others achieve their goals..."



photo by Amir Marandi

develop a better relationship with food, others might want guidance on how to begin a healthier life style - I love the idea of helping others."

If Paige decides to continue competing, with her structure and excellent stage presence, one could easily see her capturing her pro card this June. If Paige obtains her pro card, and with Andrew's and Dylan's expert assistance, Paige will no doubt redouble her current effort and we could see her competing successfully at the national level very soon. She has a very good support group and her delving deeper into nutrition

and diet will enable her to jump up to the next level. She also feels that "discovering Parrillo, relatively recently" will net big dividends. "I am looking forward to really experimenting with a wider array of Parrillo supplements. The selection is amazingly wide and there are so many possibilities for making strict dieting more doable; the fact that these potent products taste so amazing has allowed me to put a lot of flavor back into my diet." Only good things can happen when Dylan, Andrew and Paige start dialing in Parrillo Products. This young talent has a bright future.

Daily Meal Schedule

- Meal 1 Egg whites, CapTri®, Pita wrap with lettuce & tomato
- Meal 2 Turkey, Pita wrap, lettuce, tomato, green beans
- Meal 3 Parrillo Pancakes, potatoes
- Meal 4 Green beans, potatoes
- Meal 5 Tilapia, salad with dressing
- Meal 6 Banana, Parrillo protein shake with berries

"I love Parrillo's Butter-Flavored CapTri® and I also love the Parrillo Soft Chew™ protein bars; my favorite flavor is Pecan Praline. I was introduced to CapTri® by my husband. I love cooking my egg whites and Parrillo Protein Pancakes using the butter-flavored CapTri® as the cooking oil. CapTri® not only adds flavor but helps me attain my designated fat intake for the day. I was introduced to Parrillo Soft Chew™ Pecan Praline bars at a show in October 2016. Macro friendly, great tasting foods are a must in my life. The Parrillo Soft Chew™ bars are so delicious that they allow me to feel like I am cheating – which is the ultimate compliment for an acceptable bodybuilding food. Macro-friendly products are a must for me and Parrillo Performance products exceed my expectations as far as being macro friendly."



Weekly training split

- Monday back and biceps
- Tuesday chest and triceps
- Wednesday legs and shoulder
- Thursday repeat Monday
- Friday repeat Tuesday
- Saturday repeat Wednesday
- Sunday off

Cardio: I perform cardio 5 days a week right now. Two days the sessions are 30 minutes in length and two days the sessions are 25 minutes long. I also will set aside one day for HIIT CrossFit WOD training - this may increase since I am in the beginning stages of prep for my June show. I prefer "fasted cardio" (empty stomach) ergo I do cardio every morning at 4:45am before work. My cardio device is typically the Stair Stepper. I am a big believer in managing energy not time; I am a morning person and it is when I am most productive. So for the time being I multitask – I study and read my schoolwork while I sweat to death on the Stair Stepper.

Supplement Facts

Serving Size: 1 Tablespoon
Servings Per Container 64

	Amount Per Tablespoon	% Daily Value
Calories	120	
Calories from Fat	120	
Total Fat	14g	22%
Saturated Fat	14g	70%

Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Medium Chain Triglycerides



- Concentrated calorie source for gaining muscle mass.

- Energy source for dieters intent on losing fat while retaining muscle.

- A cooking agent for frying foods healthfully.



Also Available in Butter Flavor

Parrillo Performance
6200 Union Centre Blvd
Fairfield, OH 45014

Order: (800)344-3404
Info: (513)874-3305

Web: www.parrilloperformance.com





Everything That You Thought You Knew About Stretching is Wrong

By Dr. Jeremy Girmann

■ Tight muscles can generate pain, impair performance, and lead to a host of musculoskeletal problems; or so we're taught. As a Physical Medicine and Rehabilitation physician, stretching for tightness is a topic of discussion as common among patients and practitioners in my field as perhaps statins for heart disease in the realm of primary care. The problem with stretching "tight" muscles, however, is that it doesn't work (I'll leave statins for a future article). It's a paradigm that is fundamentally flawed. Muscles aren't actually tight, and stretching (done in the conventional way) doesn't make them any looser. There is a bit of semantics involved here but the word "tight" is not a mechanical term and is therefore of limited use when describing the properties of tissue. While most tend to imply a restricted range of motion in which a joint can assume a limited number of positions, "tight" offers no definitive description of the dysfunction. Some

suggest that such restriction is related to structurally shortened muscles. As it applies to the biomechanical properties of the involved tissues, however, the reason for restriction is less about length and more accurately related to compliance and tissue tolerance. In other words, your ability bend over and touch your toes is not predicated on the length of the hamstring muscles as much as it is on whether your brain will allow you to do so – whether it will tolerate that position. Confused? Read on.

Some studies have in fact shown a sustained increase in muscle length after stretching that muscle for a given period of time. Most of these studies, however, have involved anesthetized subjects, either human or rats, or have been performed with isolated muscle models in which rats are sacrificed and all other structures are stripped away, leaving only the muscle of interest to be examined.



The problem with these study designs is that the neurologic control of the muscle is eliminated, which is much like studying how far cars might roll without the influence of drivers or brakes. Though perhaps allowing for interesting observations, the practical implications are rather limited. Muscles are ultimately governed by the neurologic system. Our brains tell our muscles to move, and our muscles are under constant surveillance by various neurologic mechanisms that are designed to insure proper function and safety of the moving parts. If the body senses an unfamiliar position as mine might during an attempt to do the splits, various stretch receptors send out signals that prevent further movement in the direction of the new and potentially vulnerable position. The body doesn't understand it so it doesn't want to go there. This serves as an important protective mechanism that is designed to prevent tearing of tissue and compromise of system integrity. In this way, decreased muscle compliance isn't a musculoskeletal problem but rather a problem of the neuromuscular system. Essentially, the nervous system 'thinks' that the muscles aren't strong enough to maintain the regulation of force transmission throughout the body in the new position so it, in combination with the muscle, won't comply with the attempted movement. Rather, it will want to stop short of the new position because that is what's familiar and perceived to be safer. Whatever the position, the nervous system continually asks, "Can I be safe there?"

Beyond the neurological influence, an understanding of the tensegrity model of body structure should also be considered in an effort to better understand biomechanics and the role of stretching. Imagine first the human skeleton - the bones representing the foundational bricks of our bodies, which hold up the individual muscles that attach to them

everything that you thought you knew about stretching is wrong

and create movement. Now abandon that relatively rigid and myopic visual image. Instead, imagine a network of muscles and connective tissue in which the bones float. This model, one of floating compression, most accurately represents how the body functions as a whole. Rather than being a summation of independently operating parts, our bodies are dynamic systems of interwoven and communicating units working together in synchrony. Muscles are imbedded in connective tissue such that our entire body "suit" is involved in movement and force transmission. Even when a muscle is relaxed, it exerts force radially to the surrounding tissue structures. This is yet another reason why the study of isolated muscular structures does not accurately represent what occurs as each of us performs a stretch.

So where do we go from here?

We need to disentrail ourselves from the idea that stretching a muscle longer and harder will ultimately lengthen it. It won't. It will only risk damaging it.

Instead, we should start with the idea that increasing range of motion is accomplished by using our bodies within that range and by placing the muscles under load. As in the case of lifting weights, one might use a light load to engage their terminal range of motion in a particular exercise, gradually increasing the load over time. A focus on flexing the muscle forces the muscle fibers to communicate with the nervous system. The result is that the muscle develops strength and control throughout the positions in which it is used, and the brain begins to learn that it can allow movement through that range of motion without risking injury. What naturally follows is the somewhat counterintuitive recognition that for optimal range of motion, we desire strength and stiffness of the muscles



and connective tissue. Tissues can be strong and stiff, yet compliant. The body favors strong and stiff to weak and loose because it reduces the risk of injury. The key, however, is that the body needs to be strong and stiff (albeit compliant) in every direction. As described above, any motion imparts force throughout the entire system. If there exists a weak and loose link, the system is subject to injury and dysfunction. Deficiencies are common, as individuals tend to develop imbalances given their habitual movement patterns. Whether always bending to the same side to pick up objects from the floor or stressing particular movements more than others in the gym, repetitive and unbalanced movement patterns fail to develop strength and stiffness in every direction.

What else? Practice pandiculation. Though it might be an unfamiliar term, you've done it before. You wake, pull your arms and legs inward, begin to yawn, reach your arms overhead, extend one leg, and then the other. The muscles are contracted and slowly lengthened, followed by complete relaxation. Many other animals do the same. When your dog arches its back then drops its belly, curving downward as it lengthens its legs and back – that's pandiculation. The contraction allows for the muscles to be sensed or 'felt' by the brain, resulting in complete conscious control and allowing for a slow, intentional decrease in the level of contraction

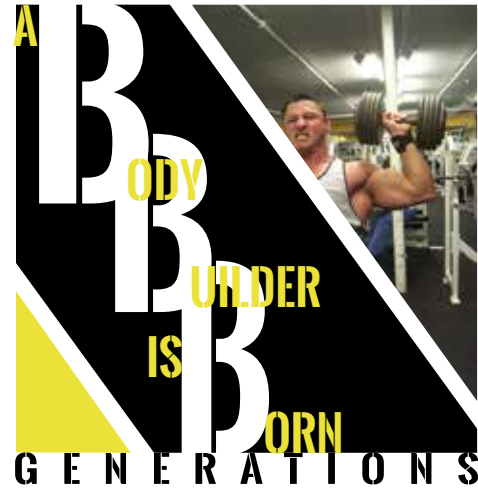
during the lengthening phase. This conscious control represents an opportunity for the brain to learn and results in a fortification of the neuromuscular connection. The process of pandiculation can be applied to nearly any movement.

Considering everything that we've examined thus far, a natural question arises: With sufficient training, would it be possible for anyone to perform the splits? Not by any 'stretch' of the imagination. Muscular units can certainly be trained but bony limitations remain. Whether you'll be able to do the splits depends on, among other things, the shape of the femoral neck, the angle at which the femoral head is inserted into the hip socket, and the orientation of the hip socket. The bony anatomy of the hips also partially determines whether someone will be able to assume a deep squat position. Individuals of Polish descent, for example, typically have shallow hip sockets, which allows for a significantly greater range of motion in the squatting position than those with deeper hip sockets.

My editor cautions me that I'm out of space for this month. For more on stretching, visit: inertiahealthandfitness.com



Follow Dr. Girmann on Instagram @JeremyGirmann



By Ron Harris

Episode 121: Take care of the big things; the little things will take care of themselves

This month's topic came to me from a Facebook message I got from a young man in India. He was asking me how to improve his upper chest, which is a fairly common physique concern. I clicked over to his page to see what he looked like, and as is the case with many of the would-be bodybuilders who contact me, he appeared to be about 120-140 pounds at most. In other words, he had hardly any muscle mass in the first place, yet he was concerned with one specific area he perceived as lagging.

I don't mean to single him out or people from the great nation of India, because this way of thinking is quite common across all countries and cultures - anywhere that people are trying to become bodybuilders. The expression 'you can't see the forest for the trees' comes to mind. When it comes to building a physique, one mantra that should be kept in mind at all times, especially in the first few years of training, is:

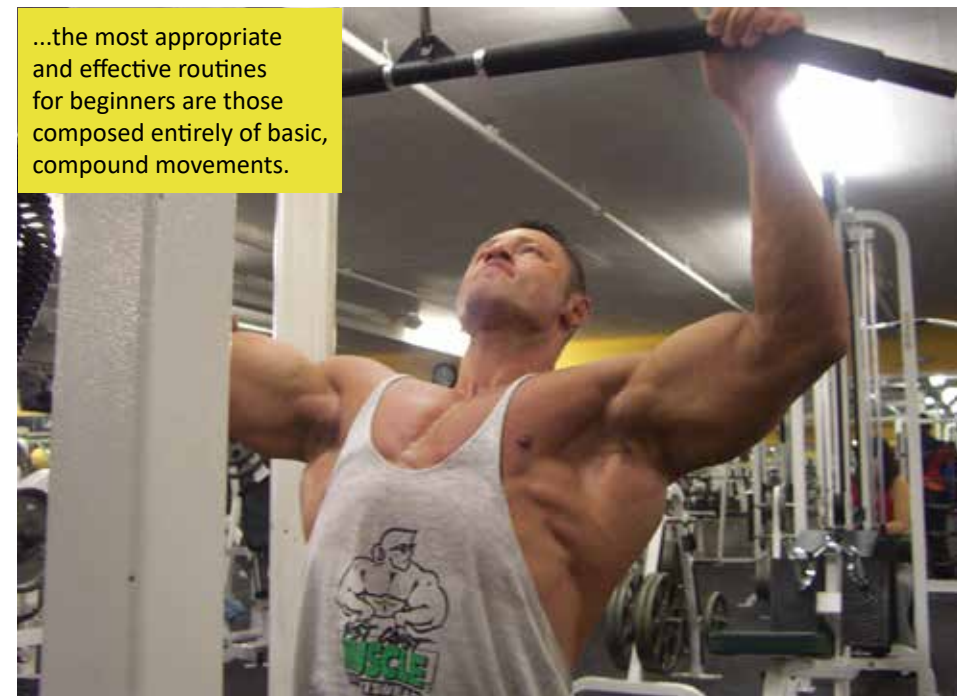
"Take care of the big things; the little things will take care of themselves."

What do I mean by that? Beginners

need a solid foundation of overall mass. That's why the most appropriate and effective routines for beginners are those composed entirely of basic, compound movements. They hit multiple muscle groups at once, and allow for use of maximum resistance. A perfect routine for someone in their first year of training would be a list of exercises like this:

- Bench press
- Squat
- Deadlift
- Military press
- Chin
- Dip
- Barbell row

Immediately, the first question most beginners would ask is, what about arms? Why aren't there any arm exercises? It makes no sense at this stage to do any direct arm work, even though most beginners often only want to work chest and arms. If you can work your way up to using decent weights on the bench press, military press, and dips; your triceps are going to grow. Similarly, getting stronger on deadlifts, chins, and barbell rows is going to give your biceps plenty



...the most appropriate and effective routines for beginners are those composed entirely of basic, compound movements.

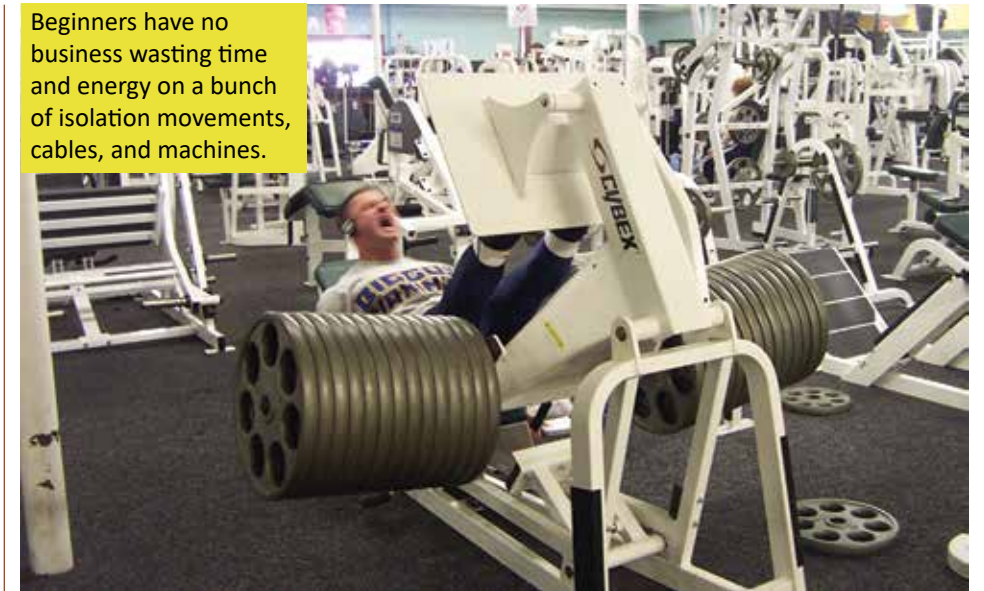
of work. Think about the amount of weight that these basics allow you to use. Which do you think works the triceps harder, assisting the chest in bench pressing 300 pounds for reps, or doing a single-arm overhead extension with a 20-pound dumbbell? Do the biceps get worked more assisting the back in a 300-pound barbell row, or curling a 60-pound barbell? The incorrect assumption is that isolation movements are the key to growth, when in fact, most muscle mass in all bodybuilders is built via heavy chest, back, leg, and shoulder training.

Let's get back to the original query from the young man in India. What about building the upper chest? Until you have some appreciable chest mass in the first place, don't worry about your upper chest in particular. Once you see that there is some development, you will know whether or not your upper chest is truly lagging. If that's the case, by all means prioritize it by hitting incline presses first on chest day. But if your pecs are still flat and shallow, just keep doing bench presses and dips to build a foundation.

If you still need a lot of mass, your goal should be to add as much size as possible. You do this by putting your time and energy into the big basic compound movements that deliver the greatest 'bang for your buck.' This is the exact opposite of what many beginners do, which is to copy the routines of pro bodybuilders from the magazines. Horrible idea! And I say this as someone who has quite possibly written more training articles about the pros than any other bodybuilder writer in history.

The way the pros train now is NOT the way they trained in their early years when they were putting on most of their size in the first place. Back then, nearly all of them focused mainly on the basic free weight movements. Now, many years later, they have all the size they want or need; and their main concern is bringing up certain areas or simply 'refining' and 'maturing' what they have. To that end, they do plenty of isolation exercises like cable crossovers, leg extensions, concentration curls, etc. Many of them have long abandoned some or most of the basics, either due to injury, the fear of injury, or that they are simply too lazy to do the toughest exercises now that they really don't need to.

Beginners have no business wasting time and energy on a bunch of isolation movements, cables, and machines. Let me give you an example of why.



Beginners have no business wasting time and energy on a bunch of isolation movements, cables, and machines.

Beginner A starts off on a pro bodybuilder's routine. He does a ton of exercise for each body part, hitting every possible angle. He does little or none of the exercises I listed above. In a year, he goes from 150 to 160 pounds. Rather than consider that his workout might be holding him back, he looks into different supplements or maybe even thinks he needs to hop on a cycle of steroids. I mean, he's training so hard and has so little to show for it! He's particularly concerned that his arms have only grown a half inch even though he blasts them with 20-30 sets every week.

Beginner B trains every other day, warming up on each of those exercises and then hitting 2-3 good work sets of 8-10 reps. After a year, his numbers on deads, squats, bench press, rows, etc. are all way up. He was 150 pounds at the start too,

but now he's 185. His chest, back, shoulders and legs have all beefed up considerably and he hardly looks like the same person. And what do you know - he hasn't done a single set of curls or skull crushers yet, and his arms are up two full inches! He's drug-free and has no plans of using anything for the time being, as he is doing just fine without gear.

As you can see, focusing on the big picture, meaning the overall physique and the movements that will give you the greatest overall results, is the way to go. Please don't waste your precious time and energy on the little things, at least until the time comes when that makes sense. If you are in dire need of size, do yourself a huge favor and get back to basics. They have worked for millions of people over many years, and they will work for you too.

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

Ron Harris is now available for online training!

Email RHarrisMSL@verizon.net for details

PARRILLO PERFORMANCE TRAINING NUTRITION CARDIO MUSCLE STRENGTH ENERGY

THE PARRILLO PRINCIPLES

By Andre Newcomb

Ten Forgotten Exercises

Bodybuilding has been around since the 1940s and modern bodybuilding has been around since the 1960s. In those seventy years a lot of exercises have been invented and lot of them forgotten. Most of them deserve to be forgotten. However there are a sizable number of proven-effective exercises that most bodybuilders and serious fitness-types likely have never heard of that are really good. We have assembled a list of ten excellent exercises that do not deserve to die that you should give a test ride. These movements can and should be used as stagnation busters. Poundage is added over time and atop a solid, well-formed technical base. Once you have the exercise technique successfully ingrained, seek to add 5-10 pounds per exercise per session; this doesn't sound like much, however at the end of a ten week period, the bodybuilder is handling 50-100 pounds more than what they started with. The trick is to maintain perfect technique as poundage escalates. As poundage-handling abilities improve, muscle size increases proportionally.

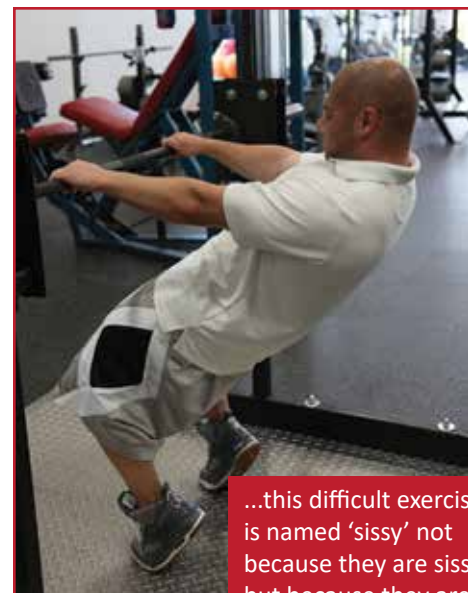
1. Sissy squat – thighs: a favorite of California bodybuilders in the 60s and 70s, this difficult exercise is named 'sissy' not because they are sissified but because they are named for

Sisyphus, the god of eternal struggle. Place the heels on a block and with butt and torso locked, lean back. The torso and thighs stay on the same line throughout. The sissy squatter can hang onto a post or doorjamb if needed. The idea is to bend only at the knees and dip forward and down in such a way that the thighs alone power the rise and fall; hit the perfect sissy squat groove and the thighs feel as if they have been set on fire. Advanced sissy squatters will hold a barbell plate to their chest as they rep. Start with two sets and take each set to failure. Check YouTube for this complex exercise technique.

2. One-legged calf raises – calves: it is amazing how many bodybuilders have never done these. Find a stair-step and hold onto the railing with one hand. Sink as far down as possible on the left leg with the knee locked. Really feel the calf muscle stretch at the bottom; look to increase the depth of the stretch on each rep. Now rise all the way up onto the ball of the foot, like a ballet dancer. Hold this topmost position till the calf cramps, now sink back down. This is one rep. Rep to failure on the left leg; switch to the right leg and repeat. After going to failure on each leg, immediately perform 20 fast reps with both legs. Left, right, both, rest - then repeat for 3 cycles. Blowtorch the calves!

Advanced trainees hold a dumbbell in one hand.

3. Stiff-legged deadlift – erectors, hamstrings: stiffs can be done emphasizing the erectors or targeting the hamstrings. As a hamstring developer, stiff leg deadlifts blow lying leg curls out of the water. The technique to make deadlifts a hamstring exercise is simple: stand erect with a very light barbell or two dumbbells. Slowly lean forward allowing the arms to swing freely. Lower down with locked knees and straight legs using great control. Lightly touch the weights to the floor without letting them settle; immediately begin rising up, slowly,

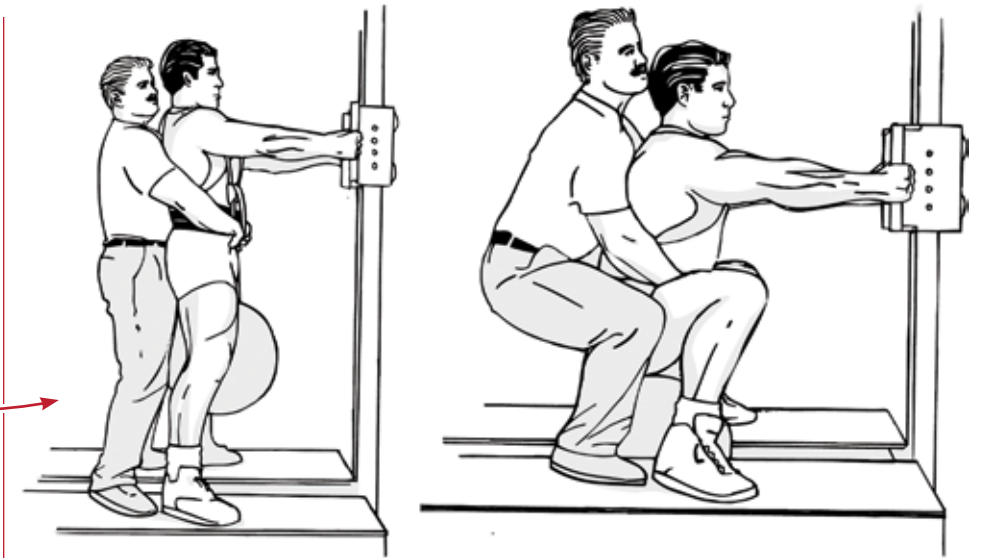


...this difficult exercise is named 'sissy' not because they are sissified but because they are named for Sisyphus, the god of eternal struggle.

coming erect one inch at a time, feel the hamstrings work over every inch of the ascent. Continuous hamstring tension is the goal. Two sets of 6-8 reps will isolate the hamstring muscles in a way that is unobtainable by machine leg curls. If you are doing the stiff-legged deadlift correctly, you feel the hamstrings contract in real time. If you use too much erector muscle, you won't be able to feel the hams contract.

4. Belt Squats – thighs: everyone loves the idea and the effectiveness of belt squats. Back in the 1970s, belt squats were done using homemade weight belts while precariously standing atop blocks, all very unstable and dangerous. John Parrillo revived the belt squat by custom constructing a state-of-the-art belt squat platform. Now the belt squatter had a safe way to perform this amazingly effective thigh exercise. Parrillo also created a revolutionary protocol to accompany the belt squat device: the 100-rep forced rep belt squat is a sinister exercise with a highly specific purpose. Used as John Parrillo recommends, a single heavy overload forced rep belt squat session can reset the athlete's golgi-tendon reflex trigger-point. This increases muscle size and makes the athlete stronger.

5. Parrillo Shrugs – traps, rear delts: bodybuilders generally have poor back development in relation to their arms, chest, pecs, abs and the other "beach muscles" that are easily seen in the mirror. The few back exercises bodybuilders do with consistency are for the lats. The spinal erectors and traps are invariably neglected. John Parrillo invented a killer trap isolation exercise that is super simple and super effective. Attach a rope handle to a low pulley; stand in front facing the pulley. Now pull the handles from below the waist upward so that the elbows end up by the ears. This is an extended range-of-motion upright row isolates and stimulates the traps to a degree unobtainable by regular shrugs.



6. Drag curls – biceps: this is another Parrillo resurrection of a forgotten exercise. Drag curls have been around in one form or another since the 1960s. John Parrillo is a bicep expert and loved drag curls on account of the continuous tension that is placed on the biceps. The drag curl starts with the barbell touching the torso and the bar is "dragged" upward, staying in contact with the torso throughout the curl. The elbows are thrust rearward as the curl is dragged up the body. The drag curls creates continuous tension during the bottom, middle and top of each curl rep. You will not be able to use much in the way of poundage compared to regular curls.

7. Narrow-grip bench press – triceps: many argue that this is the greatest of all triceps builders. The amount of poundage that can be used in the narrow-grip bench press inflicts maximum muscular inroad on the triceps. Top bodybuilders use more weight in the narrow-grip bench press than on any other triceps exercise. Make sure to use a "hard lockout" as all the triceps activation occurs at the top of each rep. For a man of average height, a 10-12 inch grip width is used in the narrow-grip bench press. Taller men will need to widen that width a few inches while shorter individuals might narrow down to 6-8 inches. The bar is lowered to the highest point on the chest. No need to pause. Narrow-

grip benches fly off the chest and stall at the top. Fighting through to lockout makes narrow-grip benches possibly the greatest of all triceps exercises. Big poundage equates to big tris.

8. Power rack bench presses – pectorals: most guys have their bench presses stall about ¾ of the way to lockout. One way in which old time bench press masters would overcome this predictable sticking point was to perform "lockouts" in the power rack. Wherever your bench press stalled, you set the pins in the power rack to that height. The loaded barbell would rest on the pins, placing the barbell at your sticking point. The bencher pushes the barbell off the pins to lockout. Lower back down, gently and evenly, and touch the pins. As soon the barbell touches the pins, begin the next rep. Do not let the barbell settle on the pins, you will lose muscle tension between reps. The partial-rep bench press can be tailored to work any zone of weakness. Pectoral muscles are max taxed trying to press the bar off the pins. You will be able to use quite a bit of weight for partial-rep bench presses.

9. Power clean – traps and erectors: this is a complex and complicated exercise to do right. Done right, power cleans are dynamic, explosive and precise; done wrong and they are slow and awkward and appear to be

a deadlift followed by an upright row and finished with a reverse curl – all in slow motion. Start extremely light and learn how to graze the thighs on the upward pull. The torso elongates as you shrug your shoulders. Go up on the toes right before leaping under the barbell to catch it on the shoulders. Like we said, this is a dynamic lift, complicated and complex. However, when mastered this exercise is unrivalled for building traps and spinal erectors, two muscles that bodybuilders always need and when they have traps and erectors they separate themselves from the rest of the bodybuilding pack.

10. Push-presses: most bodybuilders perform all their overhead pressing using machines. Nearly every commercial facility has a type or two (or three) of overhead press devices. The press machine is convenient and comfortable to sit on and to use. Poundage always feels lighter when using a press machine. Free-weights deliver superior muscle building results. The push press is a standing overhead press using either dumbbells or a barbell and incorporates a purposeful knee kick to start the press. With the weight racked on the shoulders, dip down at the knees for six inches then straighten with a jolt. Each press is knee-kicked to start the rep. The knee jolt needs to be controlled and consistent, not wild and sloppy. The push-press lockout needs to be hard and exaggerated; the hard lockout stimulates triceps and generates maximum deltoid stimulation.

Add in exotic exercises to spice up training: here is a chest and leg routine for those seeking to try a fresh new approach....

Monday - chest

Wide-grip bench presses, paused – positive failure at 8 reps plus 2 forced reps
Narrow grip bench press – work up to one all out set of 8 reps plus 2 forced reps

Sticking point lockout bench presses – set of 8, set of 6, set of 4 plus 2 forced reps

Wednesday - legs

Belt squats
 set of 10, set of 8, set of 5 reps
Stiff-leg dead
 set of 10, set of 8, set of 5 reps
Sissy squats
 three sets to failure
Single leg calf raises
 three sets to failure

These four leg exercises are done “giant-set” style, i.e., one exercise is done after another without pause; four exercises in a row, rest, then repeat twice more. Switch out unusual exercises with exercise that have become stale. Add unusual exercises for areas you have been neglecting. Here is a short and sweet (unusual exercise) back routine with some biceps thrown in that can be done in 20 minutes...

Friday - Back and biceps

Power cleans
 three sets of 6, 5 and 2 reps, add weight each set without losing technique
Parrillo shrugs
 one set of 10, one set of 8, one set of 6 drop set style
Drag curls
 one set of 10, one set of 8, one set of 6 then three drop sets

There are many other seldom used exercises that we could have spotlighted had we the time and space; spider curls, 21s, proper cheat curls, hanging rows, iron cross pec flies, inverted handstands, reverse grip overhead presses, bent presses, one-leg squats, depth jumping with weight, Zercher squats...on and on it goes. Don't get boxed in by sticking with conventional exercises done in the conventional way always and forever. Be innovative and imaginative in your training and forestall the onset of stagnation. Use unusual exercise to reignite stalled progress. After all, variety truly is the spice of life.

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



The Trainer's Page

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

The Myth of Accidental Muscle

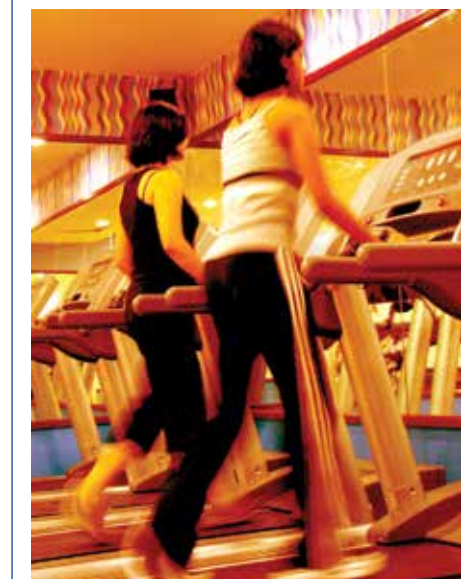
In the sphere of “muscledom”, there is a mix of truth, fantasy, science and speculation. There is a spectrum of body types and genetic disposition; we all fall somewhere in the continuum of the ability to pack on muscle and gain fat easily, or to lose fat easily and have difficulty gaining quality muscle. It becomes fairly obvious to some that each person will have a different plan of attack based upon their body’s physical disposition, strengths or weaknesses. But, to most it is not obvious and even becomes more clouded when the other gym goes to give their own “2 cents” as to how others should be eating and exercising. Some even tout themselves as “experts” with nothing more than a little personal experience and what is commonly called “Bro Science”.

Over the next few issues, I want to delve into the fitness industry myths that really plague the beginners and have even tripped up a few fairly seasoned competitors. Much of the real science is rather *counter intuitive* and unless a person has a background in chemistry or physiology, it is easy to be convinced of the effectiveness of a strategy by oversimplifying what is occurring. It is truly just a matter of misinformation caused by ignorance of the true science. There are many more things our bodies have in common than not. It seems many are convinced that each person’s physiology is so radically different, that no single rule applies to everyone. This is patently false.

One of the most pervasive myths that continues to circulate through the gym is the idea that if a female lifts weights that she will automatically become muscular just by picking

up weights and exercising. And to compound the myth, there is the idea that underneath the fat, there is a beautiful and sculpted body that will be revealed when the fat is gone.

In order for there to be a shapely physique on anyone, a mountain of consistent and specific work needs to be done. Coupled with that is the need for specific nutrition plan and a lot of calories taken in to produce the desired result. Decreasing calories, no matter how much cardio that is done, will slow down the metabolism. To quote my good friend and mentor, John Parrillo, “The most effective diets build metabolism. Cutting calories is the worst thing to do, especially when trying to lose fat.” This leads us to our next problem encountered with this very misleading strategy.



Many of the same people who follow the prescription of lots of cardio, no weight training, also subscribe to the idea that very few calories should be consumed while using this “weight loss” strategy. This is where things really fall apart. With less calories, energy levels decrease,



the body thinks it is starving and it begins to cling to fat and use good quality muscle for its energy needs. Consider this: a person needs 1500 calories daily, just to have respiratory and cardiac and general metabolic function. Energy needs are met first, just to sustain life. The next thing will be calories used to fuel the body. If a person is taking in 1500 calories, then only the basic energy needs are covered. None of the food or supplement goes to repair or build tissue. No nutrition is getting to the body in this scenario. The body needs more energy to train and recover. Where will that come from?

The muscle tissue itself is comprised largely of branched chain amino acids. This is what the body loves most for energy when it is “robbing” the body for energy needs. BCAA’s are used to build muscle tissue and repair organ tissue. They are also a great source of energy. That is why the body “robs” the muscle of this most vital group of nutrients. It does not take a medical professional to begin to see the problem now.

Keep these things in mind, and do a little research. Next month, we will get a glance at the full scenario and the typical outcome of this popular idea and strategy.

Until next month...

Tips & Tidbits

of the month

Recipe Spotlight

Lemon Spice Chicken

600 g. chicken breast
8 tbsp. CapTri®
4 tbsp. lemon juice
Lemon and Herb Mrs. Dash

Cut chicken into strips and place in medium size bowl with CapTri® and 1 tbsp. lemon juice, coating chicken thoroughly. Place in hot nonstick skillet and add other 3 tbsp. lemon juice and sprinkle chicken with Mrs. Dash. Cook over medium heat about 15 minutes until chicken is done throughout.

Serve with any kind of rice!



Food of the month

Zucchini

- While you are eating this fruit, do not remove the skin because it comprises the important nutrient beta-carotene, the vitamin component acting as an antioxidant thereby protecting cells from oxidation damage.
- The zucchini squash that has flowers attached are the real fresh and juicy examples. Also, check if the one you are buying is sleek, smooth and firm and has bright-colored skin.
- As an outstanding source of manganese and vitamin C, zucchini is the best source of dietary fiber that will keep your body in the best shape for the long run.

Nutritional Information for: Zucchini, sliced, 1 cup (113 grams).

Calories: 18	Fiber: 1.20g	Iron: 0.40mg
Protein: 1.40g	Sodium: 11.3mg	Phosphorous: 42.9mg
Fat: 0.20g	Potassium: 296mg	Vitamin A: 226 IU
Total Carbs: 3.80g	Calcium: 16.9mg	Vitamin C: 19.2mg



Question & Answer

Question: I'm starting on a fat loss plan and will be following a strict Parrillo diet. How fast should I lose fat?

Answer: A pound a week is a good general rule. It is possible to lose fat faster than that, but you increase your risk of losing muscle if you do. I have found most people can lose one pound of fat per week without losing much muscle. So plan ahead. If you want to lose 20 pounds of fat plan on 10 weeks of dieting, a two-week break to build your metabolism, and 10 more weeks of dieting, for a total of 22 weeks. If you want to enter a contest, plan on being ready two weeks out, so you have time to fine tune things and fill out a little at the end. Keep in mind that when I say "diet" you still get to consume a lot of calories - your maintenance energy requirement. This is not a painful starvation diet.



News & Discoveries

In Fitness & Nutrition

Diet quality improves fitness among the fittest

In two recent peer-reviewed papers published by Nutrients and Growth Hormone and IGF-1 Research, Skidmore College exercise scientist Paul Arciero and colleagues report proven benefits of consuming moderate amounts of protein regularly throughout the day (protein-pacing) combined with a multi-dimensional exercise regimen that includes resistance exercise, interval sprint exercise, stretching and endurance exercise. Based on Arciero's studies, when followed for 12 weeks or more, individuals show improved fitness, decreased total and abdominal fat, increased lean body mass, and optimal metabolic and heart health.

To make the diet and exercise regimen easy for the public to remember, Arciero has coined the acronym, "PRISE." The "P" stands for protein-pacing, the "R" stands for "resistance," the "I" stands for "interval," the "S" stands for stretching, and the "E" stands for endurance.

"Whether your goal is to improve fitness or heart health, the quality of your diet and a multi-dimensional exercise training regimen (PRISE) can make all the difference," said Skidmore College exercise scientist Paul Arciero. "It's not about simply eating less calories and doing more exercise. It's about eating the right foods at the right time and incorporating a combination of exercises that most effectively promotes health and fitness."

A member of the advisory board of the American Heart Association and a fellow of both the American College of Sports Medicine and the Obesity Society, Arciero is very familiar with the diet and exercise recommendations issued by these and other governing health organizations.

Dividing his subjects randomly into two groups, Arciero conducted a 12-week trial in which all subjects consumed the same amount of calories and performed the identical exercise routine he has previously demonstrated to improve health (PRISE), but diet quality differed. One group consumed commonly recommended protein and fitness/sport nutrition products and the second group consumed a slightly increased protein intake and antioxidant-rich supplements.

When the trial ended, Arciero and his team found that although both groups improved on nearly every measure, those who had followed the protein-pacing and antioxidant-rich diet showed the greatest improvements in fitness, including upper body muscular endurance and power, core strength, and blood vessel health (reduced artery stiffness) among female participants; and upper and lower body muscular strength and power, aerobic power, and lower back flexibility among male participants.

Edited for length

Skidmore College. "Diet quality improves fitness among the fittest." ScienceDaily. ScienceDaily, 6 February 2017. <www.sciencedaily.com/releases/2017/02/170206131349.htm>.

Supplement of the month



Liver Amino Formula™

- Provides concentrated protein and enriches blood with Heme Iron
- Keeps the user in the ultimate metabolic state: "positive nitrogen balance"
- Allows the bodybuilder to stay anabolic during sleep

High potency beef liver tablets, taken at reoccurring intervals throughout the day, combined with sensible eating, will allow an athlete to have a better recovery rate all day long! Parrillo Performance updates this classic nutritional supplement and the sheer megatonnage contained in each tablet is awesome! Each tab contains a whopping 1.5 grams of high BV protein - along with blood strengthening Heme iron (women take note), plus a handful of B-12, Choline and Dibenzozide thrown in for good measure. We recommend athletes take 5-8 tablets with each meal, depending on your size, and a handful before bed. These nighttime tabs will provide you with a nice anabolic jolt as they dissolve deep into the sleep cycle.



C's Your Progress

By John Parrillo

Is vitamin C really that important for bodybuilders, exercisers, strength trainers, and athletes? Yes, but not just for warding off and shortening the duration of colds. It has loads of benefits of which you might not be aware.

Vitamin C, for example, can aid recovery, strengthen capillaries, produce collagen which is involved in the building of cartilage, joints and skin, and helps your body use hormones – all of which boost your physique-building process.

Let's talk about recovery, as a point of reference. I'm assuming that you're training hard, using heavy poundage (if you're not, then get with it!) That being the case, you're putting high but necessary stress on your body – which could cause injury. Vitamin C to the rescue! This amazing vitamin can help reverse and repair any damage you might do to yourself.

Why is this? Well, vitamin C is a known and effective antioxidant. It operates on the cellular level to reduce "oxidative stress" a situation

that occurs when body damaging free-radicals outnumber antioxidants. When oxidative stress is clobbered, muscle recovery and repair is initiated.

Another recovery benefit has to do with collagen. Vitamin C is the body's helper in manufacturing collagen, a key protein in joints, skin, and other soft tissue. Intense training is hard on joints, so vitamin C enters the picture and helps your joints recover.

With adequate vitamin C in your body at all times, you'll recover faster from training, and faster recovery means faster progress. Vitamin C also reduces bruising. Overall, it keeps your body healthy so that you don't get sick and thus sidelined from training.

One study elucidated the power of vitamin C in training. In a study conducted in Finland, scientists instructed 17 endurance athletes to run as fast as possible for 6.5 miles. Utilizing specific blood tests, the researchers measured oxidative stress in the athletes.

The researchers repeated this process two times, with and without vitamin C supplementation (2,000 mg) between runs. They found that during the recovery period, those athletes who supplemented with vitamin C had an



This amazing vitamin can help reverse and repair any damage you might do to yourself.

11% decrease in oxidative stress. This indicates that vitamin C is vital during the recovery period, and that's when your body starts to create muscle. (1)

Also, anyone who lifts weights knows that maintaining proper hormone function is vital to making muscular gains and feeling health. Vitamin C supports hormone function by assisting in the production of the brain chemicals serotonin and norepinephrine. Both help the body respond effectively to the stress of intense training, as well as to the stresses in our everyday lives.

I believe antioxidants, especially vitamin C, are a critical component your supplementation program. I advise that you take one Parrillo Bio-C tablet with meals in order to keep yourself fairly saturated through the day with this key vitamin. Vitamin C is water soluble, meaning it stays in the body only for a few hours – which is why I recommend that you take it at regular intervals, like meals, throughout the day. Our product also contains bioflavonoids, which improve

the uptake of vitamin C. Bioflavonoids also help to promote improved cardiovascular health.

If you don't have enough vitamin C in your system, your performance can suffer. This was shown in a 2016 study, in which researchers screened 100 males for vitamin C baseline values in blood. Subsequently, the 10 individuals with the lowest and the 10 with the highest vitamin C values were assigned in two groups. Using a placebo-controlled crossover design, the 20 selected subjects performed aerobic exercise to exhaustion before and after vitamin C supplementation for 30 days.

The low vitamin C group had lower VO2max values, meaning they weren't processing oxygen adequately to maintain performance, than the high vitamin C group. Vitamin C supplementation in this group marginally increased VO2max. This study showed for the first time that low vitamin C concentration is linked with decreased physical performance. (2)

If you are eating a lot of vegetables, like broccoli and greens, you are taking in a good load of vitamin C too. But you still need to supplement with this vitamin for its immune system support, recovery, health, and hormonal benefits.

References

See comment in PubMed Commons below

Vasankari, T. et al. 1998. Effects of ascorbic acid and carbohydrate ingestion on exercise induced oxidative stress. *The Journal of Sports Medicine and Physical Fitness* 38: 281-285.

Paschalis, V. et al. 2016. Low vitamin C values are linked with decreased physical performance and increased oxidative stress: reversal by vitamin C supplementation. *European Journal of Nutrition* 55:45-53.

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 to get started!



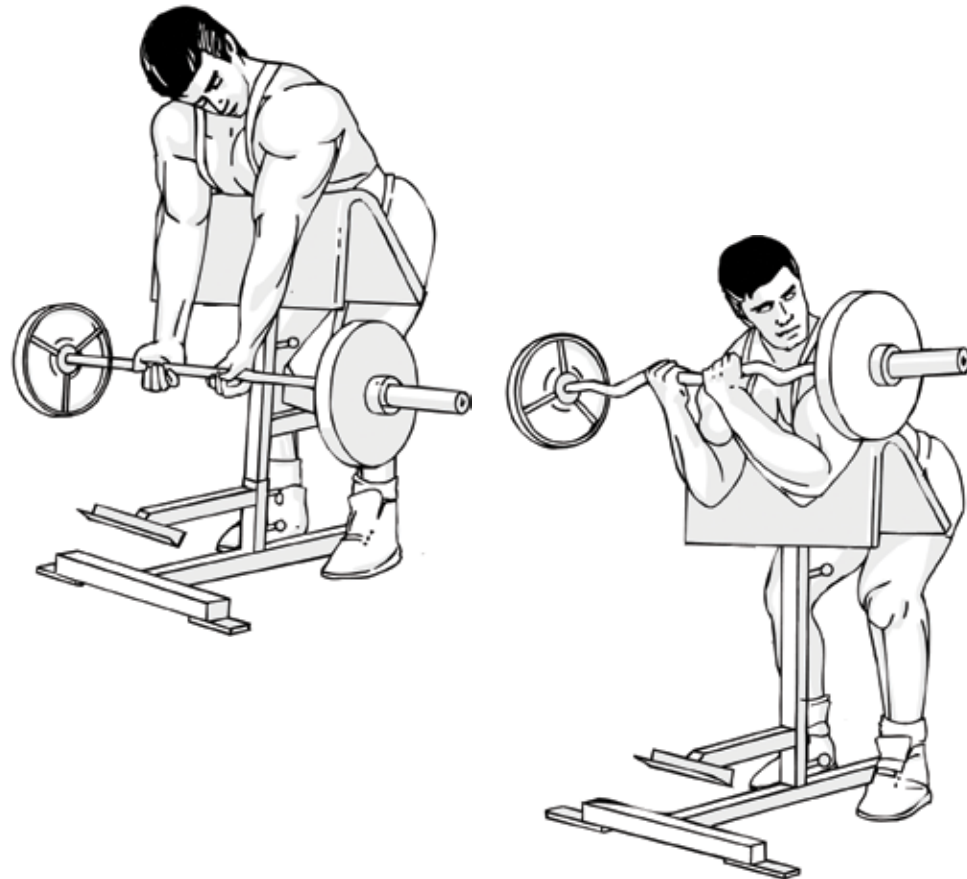


EXERCISE SPOTLIGHT

SPIDER CURLS

This exercise is similar to the preacher curl, except that you lean over the bench so that your arms point straight down as you begin the exercise. In this position, your torso is parallel to the floor.

Curl up, keeping your arms tight. Squeeze hard in the contracted position. Then lower the weight slowly, using the strength of your triceps. An excellent isolation exercise for biceps, spider curls are more difficult to do than preacher curls. Add them to your arm routine for extra intensity.



PERFORMANCE POINTS

- Lean over the bench so that your arms point straight out.
- Use the strength of your triceps to pull the weight back into position.
- Stay tight.

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.

ORDER TODAY!



BY IRON VIC STEELE

- Pressed for time?
- Superset and giant set!
- Amino acids and recovery
- Fitness gadgetry
- Cardio for the serious
- Laterals done right

The three leg exercises are done one after another non-stop: squat, leg curl, calf raise, then rest and recover then repeat for three cycles. I have completed this leg routine in 20-minutes and shattered myself in the best possible way. The legs are decimated in rotating areas without any performance detriment. The squats blast the quads. Immediately lie face down and begin leg curls. Without pause sit and perform a set of seated calves. The quads rest through the leg curls and calves and feel recovered and ready for the next set. This 9-set routine is a wonderfully

Greetings for 2017!

I have a weird situation where I can weight train just about every day – however I have to limit session length to no more than 30-minutes. For a variety of reasons that we don't need to get into, I can train often but the sessions need to be short. I am a serious bodybuilder in good shape and have competed a few times in the past. I need to get a lot done in a short amount of time. I have access to a full gym and I am healthy and ready to go. I could train 30 minutes 5-6 times a week. Any ideas would be appreciated

Rollo, New Orleans

No problem. You need to stuff as much work as possible into a short amount of time; I would concentrate on super-sets and giant sets. The idea is to pair up "non-conflicting exercises," to use a term taken from the *Parrillo Training Manual*. By skillfully pairing various push/pull

exercises, you get twice the work done in half the time. For example, here is a classic chest/back super-set workout. Follow up chest with some super-sets for the arms...

Dumbbell flat bench	12 reps, 8, 5 reps, then one set to failure with 70% of 5-rep weight
Barbell row	12 reps, 8, 5 reps, "
Now work the arms...	
Preacher bench curls	10, 8, 6 – then a high rep burnout set with 60% of 6-rep set
Triceps pushdowns	10, 8, 6 – "
This sixteen set workout can be comfortably done in 30 minutes or less. This is just one example; look at incredibly intense time-compressed leg routine...	
Squat	12 reps, 10, 6 reps
Lying leg curl	12 reps, 8, 6 rep set taken to failure
Seated calf raises	20 reps, 15, 10 rep set taken to failure

efficient time compressing way in which to reap maximum gains in the least amount of time. Super-sets and Giant sets the best way for a time challenged trainee to squeeze the maximum work into the minimum amount of time.

Hello Mr. Wonderful!

What's your New Year's Resolution – to not have a heart attack when asked asinine questions about glute striations or if tricep kickbacks trump squats and why are you such a Pilates hater? Here is a real question: I am having a hell of a time recovering session to session. I am getting a little older (42) and don't bounce back like I used to. I am trying to shed body fat while avoiding burnout. I was thinking about a heavy branch-chain amino supplementation program. My

thinking is that if muscle is made up of amino acids and if I am traumatizing my body with lifting and cardio, maybe by mega-dosing ahead of time, I could "spare" my muscle – and recover quicker. Anyway, that is my theory – what do you think

Dave, Las Vegas

You must be channeling the Parrillo Nutrition Manual. You eloquently expressed exactly the reasons why Parrillo created Muscle Amino Formula™. The strategy is to take several capsules of Muscle Amino Formula before an intense training session. This preloading indeed spares muscle tissue. Parrillo also recommends taking several Muscle Amino™ capsules after the training session. Guard against muscle catabolism going into the training

session and replenish muscle tissue with amino fuel coming off the session. The classical Parrillo pre-workout strategy is to take two capsules per hundred pounds of bodyweight; post-workout take 2-4 more Muscle Amino™ capsules. I would advise drinking a liquefied serving of 50-50 Plus™ at the conclusion of every workout. Science has shown that the ideal post-workout replenishment strategy is to ingest predigested high BV protein along with slow-release carbohydrate. A roughly even division between protein and carbs is ideal for accelerating recovery. 50-50 Plus™ is so named because of its 50/50 balance between protein and carbs. Activate 50-50 Plus™, a dry powder, with cold water and a few shakes in a container or a few stirs of a spoon. Each serving delivers 17 grams of carbs and 21 grams of protein. I use my 50-50 (a double serving) to wash down my Muscle Amino™ capsules. I also eat a Parrillo Protein bar: altogether I intake 70 grams of protein as soon as training is done. This type of supplementation will accelerate your recovery dramatically.

Happy New Year!

There sure were a lot of fitness-related devices and gadgets out this past Christmas! Fitness devices were the sales fad this year. What is your opinion on these monitoring devices and the sophisticated apps that are appearing everywhere? It seems like technology is revolutionizing everything everywhere, including bodybuilding and fitness. The fitness watch and fitness and nutrition computer programs take everything to the next level. What do you think? Any redeeming aspects to technology?

Millennial Mike, LA

Ultimately success in bodybuilding or fitness is dependent on undergoing an ongoing series of kick-ass workouts

both in lifting and cardio, these workouts morph the body. We “under-pin” the intense and repeated training with the Parrillo nutritional system and powerhouse Parrillo supplements: it is the quality of the workout and the strictness of the eating, not the sophistication of the monitoring, that is responsible for success. I am all in favor of newer and better and more sophisticated and accurate ways in which to monitor what is happening in the body. Be aware that these new devices are not 100% accurate: to monitor precisely how many calories a person is burning at rest and while exercising requires extensive and invasive lab equipment. These devices give us sophisticated guesstimates. The watch might indicate that you burned 600-calories in the just completed session; that number, 600, was arrived at based on inputted height, weight, gender, age and degree of fitness. The 600 is an approximation. On the plus side, the device will remain constant and relative to itself – if it tells you burned X calories in a 40-minute run on Monday, if you burn X + 50 calories in the same 40-minute run on Wednesday, then you have improved. So do not lose sight of the core fact that success in bodybuilding is all about perfect workouts complimented with perfect eating. Let us not get dazzled by the shiny objects that measure what we do.

Vic,

I got to get myself in gear on cardio. I have been putting it off for years. Now I am 50 and 25 pounds overweight. My cardio is sporadic. And that is why I get no results. I have a stationary bike in the garage with push-pull handles. What would you suggest for a guy that is ready to get serious about cardio? Lay it on me.

Ralph C. Glenmont

“Fasted cardio” is a phrase used to



describe a Parrillo procedure where, upon awakening and before eating breakfast, the bodybuilder engages in a high-intensity aerobic session. Done coming off the “sleep fast,” when glycogen stores are at their lowest, the bodybuilder uses cardio to burn through the residual glycogen and when glycogen is exhausted, the body then burns stored body fat. The lower the glycogen (emulsified carbs) upon awakening, the faster the fat burning can commence. One trick of the trade is to “deepen” the glycogen fast by not eating any carbs after 4 pm the previous day. If the bodybuilder awakes at 5 am the following morning, the body has not ingested any carbohydrate for eleven hours. Every morning you need to wake up, drink some coffee, get on the bike in your garage and break a sweat. If you aren't sweating during your aerobic activity, it is highly unlikely you are generating the intensity needed to trigger significant fat loss. Start with a fifteen minute session and each session add one minute until you reach forty minutes. Maintain a high intensity, sweat off body fat. If you smell ammonia in your sweat, obtain a bottle of Parrillo's Max Endurance Formula™. The presence of ammonia disrupts fat burning; Max

Every morning you need to wake up, drink some coffee, get on the bike in your garage and break a sweat.

Endurance™ clears ammonia from the bloodstream. Cardio without a solid diet plan is a mistake; the finest cardio effort can be undone with bad eating.

Hello,

How should delt raises be done? I see guys at the gym, big guys hoisting these huge dumbbells; they toss them upward a few inches. Smallish ripped bodybuilders use little tiny dumbbells and lift them super high. I suppose the first question is are dumbbell lateral raises worth doing? And if so, how? And how often? Sets, reps, etc. thanks in advance.

Rog, Port Arthur

Indeed, the great lateral raise debate ranges on, even into 2017. I think that lateral raises are legit if they are done right. I think the ideal lateral raise split the difference between the ridiculous little heaves upward done using giant dumbbells – how much delt fiber could possibly be stimulated moving a way-to-heavy dumbbell upward, for what six inches max? On the other hand, how much stimulation can be had waving around a pair of 5s? Frank Zane used to have a lateral raise technique where he raised each



BECOME ONE OF THE
ELITE!



**PARRILLO
CERTIFICATION**
program for trainers

JUNE 10th–11th

For more information call

1-800-344-3404

or visit our website at

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?



bell to shoulder height and then before lowering, he tipped both the bells forward, “like pouring tea out of a kettle.” Zane felt this stimulated the delts front, side and rear. I think the bells need be lifted (not flung or heaved) upward to shoulder height. While you need not have to hold the bells aloft for any specified period, contract the entire delt cap at the height of the raise. I like laterals done seated for extra strictness. Take a super light pair of bells and groove in the technique for 8 perfect reps; add 5 pounds to each bell and repeat. 2-3 sets of 8 reps, done properly, will fry anyone’s delts. I like to do lateral raises once, or at most, twice a week. Always do the laterals after overhead pressing as laterals will pre-fatigue pressing muscles.

Greetings from Detroit,

Some of the local bodybuilders are taking as much a 500 grams of protein a day – these are top-notch dudes, NPC level. That seems excessive – though these dudes could easily weigh 250. Too much?

Roscoe P., Detroit

Not really. If the guy weighs 250 than 500 grams is 2-grams per pound of bodyweight. John Parrillo recommends at least 1 to 1.5 grams of protein per pound of bodyweight, so no, given the size of these dudes and the fact that they are carrying massive amounts of lean muscle mass, 500 grams of protein per day does not sound crazy. Also keep in mind that

quite a bit of that 500 grams can be obtained through protein powder and high protein supplements. The competitive bodybuilder is likely taking in calories six times a day. In order to not overload the system the bodybuilder would break his protein intake down into roughly equal amounts. Taking in 80 grams of protein per meal is made easier by obtaining 150 grams per day in supplemental shakes and high protein Parrillo foods. Competitive bodybuilders augment protein by consuming Liver Amino Formula™ tablets throughout the day. Each individual tablet contains 1.5 grams of high BV protein and is loaded with blood-cleansing heme iron. We won’t bore you again by telling you that Arnold, Franco, Sergio, Zane and Robbie would religiously take 100 beef liver tabs per day every day for four weeks leading up to a competition. There are a myriad of ways to painlessly and deliciously up your protein intake. Muscle-men are taking in massive amounts of protein to “support” their daily training. Rip a page from the bodybuilder playbook and back up super-intense Parrillo-style weight training and cardio with increased protein; the gains will shock you. People will think you are on performance enhancing drugs.



PRODUCT PRICELIST

SUPPLEMENTS
BARS
DESSERTS
PUBLICATIONS

CapTri®	High Thermogenic Energy Source	32 oz	\$40.00
Butter Flavor CapTri®	High Thermogenic Energy Source	32 oz	\$40.00
Max Endurance Formula™	Nutrients for Hard Training	150 capsules	\$32.00
Enhanced GH Formula™	Nutrients for Endocrine Function	150 capsules	\$38.00
Advanced Lipotropic Formula™	Nutrients for Fat Metabolism	150 capsules	\$30.00
Joint Formula™	Nutrients for Healthy Joints	90 tablets	\$19.95
Bio-C™	Vitamin-C with Bioflavonoids	90 tablets	\$9.95
Natural-E Plus™	100% Natural Vitamin-E	90 capsules	\$8.95
Liver Amino Formula™	Power Packed Protein with Heme Iron	400 tablets	\$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 Recovery	32 oz	\$38.00
	Vanilla, Chocolate, Milk, and Orange Cream		
Chocolate Fix Protein Powder	Protein drink for chocolate lovers	32 oz	\$49.95
	Chocolate Almond Coconut		
Parrillo Protein Bars™	Portable 60/40 Nutrition	12 / box	\$32.00
	Vanilla Crème, Fudge Brownie, Strawberry Shortcake and Peanut Butter Delight.		
Parrillo Energy Bars™	High Powered Nutrition	12 / box	\$28.00
	French Vanilla, Peanut Butter Supreme, Chocolate Almond Coconut, Chocolate Cherry Cordial and Graham Cracker.		
Parrillo Protein Chew Bars™	Chews Like Taffy	12 / box	\$32.00
	Vanilla and Chocolate Graham Cracker		
Parrillo High Protein High Fiber Soft Chew Bars™	Our Newest Bar! Soft and Chewy Texture	12 / box	\$36.00
	Chocolate, Pecan Praline, Toffee, and Peanut Butter		
PB for MCT	Protein Packed Peanut Flavored Spread	16 oz	\$21.95
Instant Hi-Protein Low Carb Pudding™	High in Protein, Low in Carbs	16 oz	\$28.95
	Chocolate and Vanilla		
Hi-Protein Pancake & Muffin Mix™	Great Taste, Guilt Free	24 oz	\$21.95
	Maple and Banana		
Hi-Protein Cake & Cupcake Mix™	Great for Strict Diets	24 oz	\$21.95
	Chocolate, Vanilla, and Spice Cake		
Protein Frosting Mix™	Delicious with the Parrillo Cakes and Cupcakes	21.2 oz	\$36.95
	Vanilla, Chocolate, Peanut Butter (Allergen-Free), and Cream Cheese		
Protein Ice Kreem™	Make Protein Ice Kreem™ in your ice cream maker	32 oz	\$52.95
	Vanilla, Chocolate, Strawberry, and Peach		
Contest Cookie Mix™		25.4 oz	\$26.50
	Plain, Chocolate and Butter Flavored Shortbread		
Contest Brownie Mix™ (Chocolate)		22.3 oz	\$34.95
High Fiber Chocolate Syrup Mix™	Try this on Parrillo Ice Kreem™ or Brownies!	16 oz	\$21.95
			\$49.95
Nutrition Program			
	Nutrition Manual, Food Composition Guide, 30 Diet Trac Sheets		
	CapTri® Manual, CapTri® Cookbook, Supplement Guide, and 450g Deluxe Food Scale		
Training Manual	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 informational-packed issues (US)		\$29.95

John Parrillo's
**PERFORMANCE
PRESS**

6200 Union Centre Blvd. Fairfield, OH 45014
1-800-344-3404
www.ParrilloPerformance.com

WE WANT TO SHARE YOUR SUCCESS STORY!

PP PARRILLO
PERFORMANCE

Cole Vaughn
March 2017
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

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