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JACK'D™ MAGAZINE

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AND MORE!

ARNOLD SPORTS FESTIVAL 2013

25TH ANNIVERSARY
ARNOLD CLASSIC REVIEW!

Over 220 pages of coverage

jackdmagazine.com

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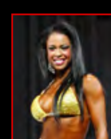
2013 ARNOLD CLASSIC SPECIAL EDITION

breakdown



THE EDITOR

derek hart

Welcome to the Arnold Classic Special Edition of JACK'D MAGAZINE!

Wow, another year of the Arnold Sports Festival has come and gone – and what a show it was. This is the biggest tradeshow and festival of the year in the sport of bodybuilding and fitness and the one weekend brings in 25% of the yearly revenue for the city of Columbus; so when people tell you this show is big, they mean it! From MMA, to fencing, strongman to bikini, power lifting to arm wrestling, and of course bodybuilding and so much more, it's no wonder that The Arnold Sports Festival was #7 on our bodybuilding bucket list from issue #2 featuring MuscleMeds Athlete Kai Greene on the cover. In this Arnold Classic Special Issue we have over 250 pages of contest coverage featuring every IFBB Pro athlete who was invited to take part in this amazing weekend. Figure, Fitness, Bikini, Women's and Men's Bodybuilding, as well as some of the strongest men in the world who competed in the Arnold Strong Man Competition each and every one of these athletes deserves our applause and admiration for competing in this great event and helping it make the success it was!

JACK'D MAGAZINE would like to once again thank you for your support in downloading and reading this magazine. It's created by people who love the sport of bodybuilding and the industry. Tell all your friends to download JACK'D, it's FREE and your support by downloading helps keep us going.

Thank you!
Derek Hart

WELCOME

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COVER:
Arnold Classic Champion Dexter Jackson

JACK'D PAYS TRIBUTE TO THE ONE & ONLY JOE WEIDER

In every industry there has to be a 'first;' somebody who's blood, sweat and tears launched a movement; somebody who's vision paved the way for everyone else. And much as the auto industry has Henry Ford, and Silicon Valley has Steve Jobs, we in the sport of bodybuilding have Joe Weider, a man who's legacy stretches as far back as 1940 when he first launched the magazine Your Physique, which later became known as Muscle Builder.

Weider's contribution to the launch of the bodybuilding and fitness movement will never be matched. Not only was he a publishing mogul responsible for countless books and for the likes of Muscle & Fitness, Flex and Men's Fitness magazines, he also launched exercise equipment, sports nutritional supplements and of course, is the man behind the creation of the Mr. Olympia contest, the biggest show on the bodybuilding calendar; and along with his brother, the IFBB (International Federation of Bodybuilders). Modern day competitive bodybuilding, as we know it, was created by Joe Weider.

Weider discovered and mentored countless professional bodybuilders over the years, not the least of which is one Arnold Schwarzenegger. His continued commitment to promoting the health and fitness movement, including the advancement of the Weider training principles, changed people's lives and set the table for the movement, and the sport as we know it today.

On March 23, 2013 Joe Weider passed away at his home in Los Angeles, California. Left to carry on his legacy is his wife Betty, his daughter Lydia, his three grandchildren ... and all of us. Whether you call him the Master Blaster or the Godfather of bodybuilding, never forget that not only was Joe Weider the first, he was the best.

On behalf of Jack'd Magazine we would like to send out our heart-felt condolences to the Weider family.

May he rest in peace.

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ARNOLD

SPORTS FESTIVAL 2013

2013

ARNOLD CLASSIC

REVIEW

What can you say, the 25th Anniversary of the Arnold Sports Festival was a huge success; it was bigger and better than ever! As soon as you started getting close the convention center you could see the hordes of fans making their way to take part in the biggest event in bodybuilding next to the Olympia, and certainly the biggest event for the city of Columbus and even the world; only a handful can come close. This is why hundreds of thousands of people flock to Columbus every year to take part in the event. Words can't describe how crazy the city gets and how you can actually feel the excitement in the air. There's no doubt about it, you need to experience the Arnold Sports Festival at least once in your lifetime – especially if you are a hard-core bodybuilding fan! Not only will you see some of the best bodybuilders, fitness, figure, bikini, strongmen, power lifters, arm wrestlers etc. etc, (it goes on forever), you'll have a chance to meet and greet them on the expo floor as well.

Not only that, you get to experience the Fitness International, Figure International, Ms. International, Bikini International, the Arnold Strongman competition and of course, the Arnold Classic competitions live on stage. There's nothing that compares to seeing these athletes live in person, competing on stage in front of thousands of fans. Sure you see them in the pages of magazines and on tv screens around the world, but nothing compares to seeing them live and feel the energy as they hit each pose perfectly as they compete for one of bodybuilding's greatest titles.

Within the following pages we'll highlight every IFBB Pro and Strongman who competed the weekend of March 1st and try to give you a sample of what it felt like to be at the show if you weren't able to make it this year. Sit back, relax and enjoy JACK'D's coverage of the 25th Anniversary of the Arnold Sports Festival.

Figure International

FIGURE INTERNATIONAL

This year was the 10th anniversary of the Figure International competition and it wasn't without some noticeable highlights, most of which was that of Candice Keene taking her first Figure International title and besting reigning Figure Olympia champion Erin Stern who took third, and Heather Dees who placed second. Will this be a preview of the battle that will happen at this year's Olympia? We'll have to wait until September to find out, but in any case it means that the title is certainly up for grabs.

With great muscle tone, shape and symmetry, Candice battled it out with Stern in prejudging and held her shape into the finals where she took the title of Figure International champion as well as a check for $16,000 and a Tony Nowak Originals Champions Jacket. Congratulations Candice on your win!

2013

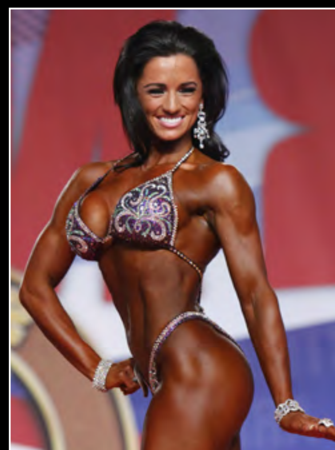
Heather Dees of Utah, who placed fifth in the Figure International last year, went from third place in prejudging to second place during the finals at night and earned herself a nice take home of $10,000. Her light up the room smile and almost flawless physique won the judges and the crowd over; look for Heather to do great things in the future.

Erin Stern, reigning Figure Olympia champion finished third and earned herself an $8,000 prize. Erin looked great during prejudging where it was a fight with Candice but she seemed to have spilled over and flattened out a little bit which held her back from taking the title at night. She still looked amazing; but at this level even the slightest hiccup can make or break you. We predict that this will only add fuel to Erin's fire as she trains for the Olympia and her title defence.

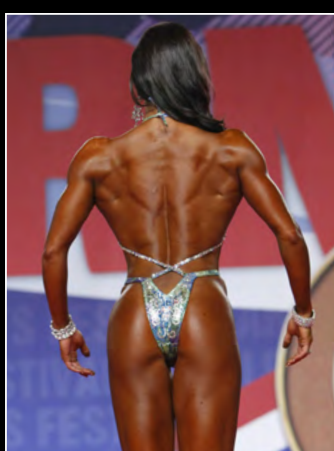
Fourth-place went to Candice Lewis of Arizona. Along with a check for $5,000. Candice is another one to watch for in the figure ranks as her muscle tone and flawless skin pop on stage. In fifth-place was Mallory Haldeman of Las Vegas, taking home $3,000 and sixth-place was Camala Rodriguez of Colorado who took home $2,000. These ladies are the best of the best in figure and we applaud each and every one of them for taking part in the show!

FIGURE

1. CANDICE KEENE

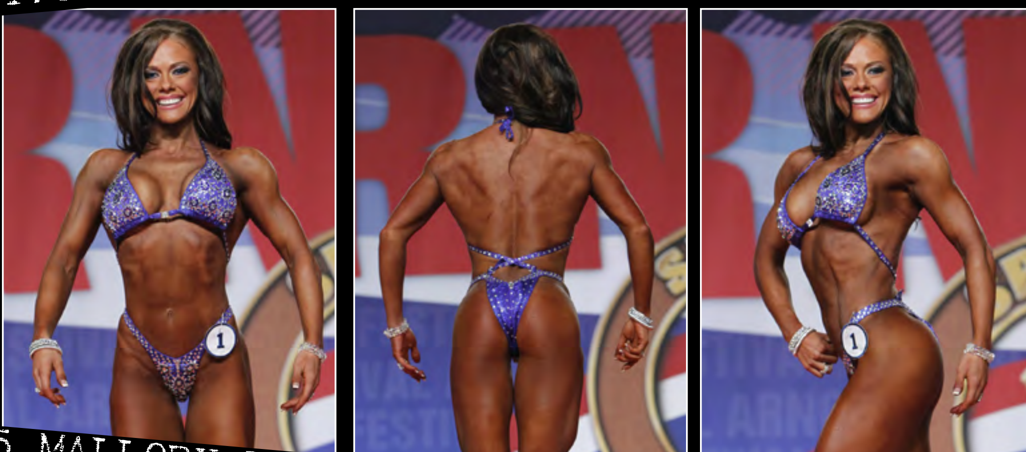


2. HEATHER DEES



3. ERIN STERN

4. CANDICE LEWIS



5. MALLORY HALDEMAN

6. CAMALA RODRIGUEZ

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1ST
CANDICE
KEENE

CELBRATING HER BIRTHDAY AT THE ARNOLD, CANDICE TOOK FIRST WITH A LEAN, WELL-SCULPTED PHYSIQUE. HER DELTS AND BACK LOOKED AMAZING... FUTURE MS. OLYMPIA IN THE MAKING HERE!

2ND
HEATHER
DEES

AFTER PLACING 4TH AT THE OLYMPIA HEATHER DIALED IT IN AND ALMOST TOOK FIRST AT THE ARNOLD. A FEW WEEKS LATER SHE TOOK FIRST AT THE GOVENORS CUP ... LOOK FOR A BATTLE THIS YEAR BETWEEN HER, CANDICE AND ERIN!

3RD
ERIN
STERN

ERIN LOOKED GOOD BUT WAS BESTED BY CANDICE DURING THE CALLOUT AT NIGHT. WE'RE CERTAIN THAT ERIN WILL GO ALL OUT TO DEFEND HER OLYMPIA CROWN IN VEGAS.

4TH
CANDICE
LEWIS

A TINEE, TINY WAIST WITH A WIDE BACK AND SHOULDERS EARNED CANDICE HER 4TH PLACE FINISH. WE EXPECT GREAT THINGS FROM THIS MASTERS OLYMPIA CHAMPION IN 2013 ON THE IFFP PRO STAGE!

5TH
MALLORY
HALDEMAN

AFTER TURNING PRO IN 2012, MALLORY IS ON FIRE TAKING 5TH AT THE ARNOLD COMPETING AMOUNG THE WORLD'S BEST! SHE CONTINUED WITH A 4TH PLACE FINISH IN AUSTRALIA AND 3RD PLACE AT THE GOVENOR'S CUP ... WHAT'S NEXT, 2ND PLACE AT THE OLYMPIA? TIME WILL TELL.

6TH
CAMALA
RODRIGUEZ

CAMALA'S MOVE FROM FITNESS TO FIGURE WAS A SMART ONE AS SHE TOOK A WELL-DESERVED 6TH PLACE. AS SHE LEARNS TO DIAL IT IN FOR FIGURE JUDGING, THERE'S NO WHERE BUT UP IN THE RANKINGS.

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7TH
AVA
COWAN
13

AVA COWAN IS ONE OF THE MOST RECOGNIZED NAMES IN THE RANKS OF THE IFBB FIGURE ELITE AND IS A CROWD FAVORITE WHEN SHE STEPS ON STAGE. DURING THE CALLOUTS THE CROWD LET THE JUDGES KNOW THEIR DISAPOINTMENT IN AVA'S PLACING.

8TH
GENNIFER
STROBO

GENNIFER TOOK 8TH PLACE AND JUST NEEDS A BIT MORE CONSISTANCY TO PLACE HIGHER AT THE BIG SHOWS. WITH SEVERAL 1ST AND 2ND PLACE FINISHES IN THE PAST TWO YEARS, THERE'S NOTHING BUT GREAT THINGS IN HER FUTURE.

11
9TH
CHERYL
BROWN

CHERYL WAS ON A ROLL IN 2011 WINNING THE EUROPA SHOW OF CHAMPIONS IN ORLANDO, THE PITTSBURGH PRO AND THE NEW YORK PRO BUT SEEMS TO BE STRUGGLING SINCE. A CHANGE IN STRATEGY MAY BE ALL SHE NEEDS TO TAKE THE MOMENTUM BACK AND BECOME A TOP CONTENDER.

7
10TH
KAMLA
MACKO

NEW TO THE PRO SCENE, EARNING HER CARD AT THE 2012 USA'S, KAMLA HAS A BRIGHT FUTURE AHEAD OF HER. A LITTLE MORE WORK ON BRINGING UP HER BACK AND QUADS AND SHE'LL BE BREAKING INTO THE TOP 5 VERY SOON ... WE PREDICT GOOD THINGS IN HER FUTURE.

11TH
ANN
TITONE

ANN SEEMS TO SUFFER A BIT OF INCONSISTANCY AS WELL WITH PLACINGS RANGING FROM 1ST TO 12TH IN THE PAST YEAR. ANN HAS ALL SHE NEEDS TO BE ONE OF THE BEST AND JUST NEEDS TO DIAL IT IN EVERY TIME SHE HITS THE STAGE.

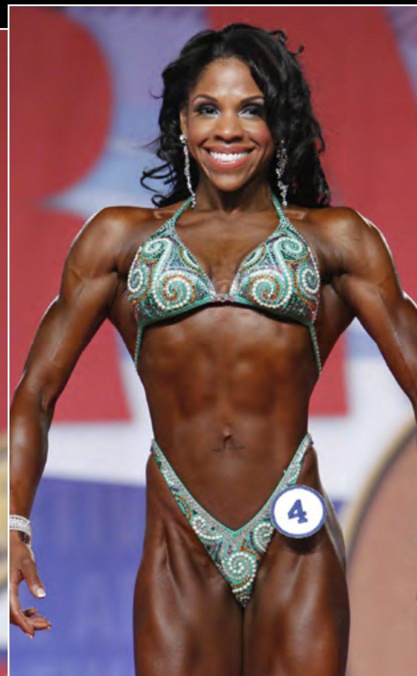
12TH
ALEISHA
HART

KNOWN FOR HER SHREDDED ABS, ALEISHA WAS OFF AT THE ARNOLD THIS YEAR SHOWING A BIT SOFT BUT DIALED IT IN AT THE ST. LOIUS PRO SHOW A FEW WEEKS LATER. IF SHE CAN MAINTAIN THAT CONDITIONING SHE WILL DO WELL IN THE REST OF 2013.

8
13TH
CANDICE
JOHN

CANDICE IS ANOTHER ONE OF THE FIGURE GIRLS WHO SUFFERS FROM THE YO-YO SYNDROME WITH HER PLACINGS. GOOD DELTS AND GREAT LOOKING AT THE 3/4 TURN, SEEMS TO LOOK SMALLER STRIGHT ON.

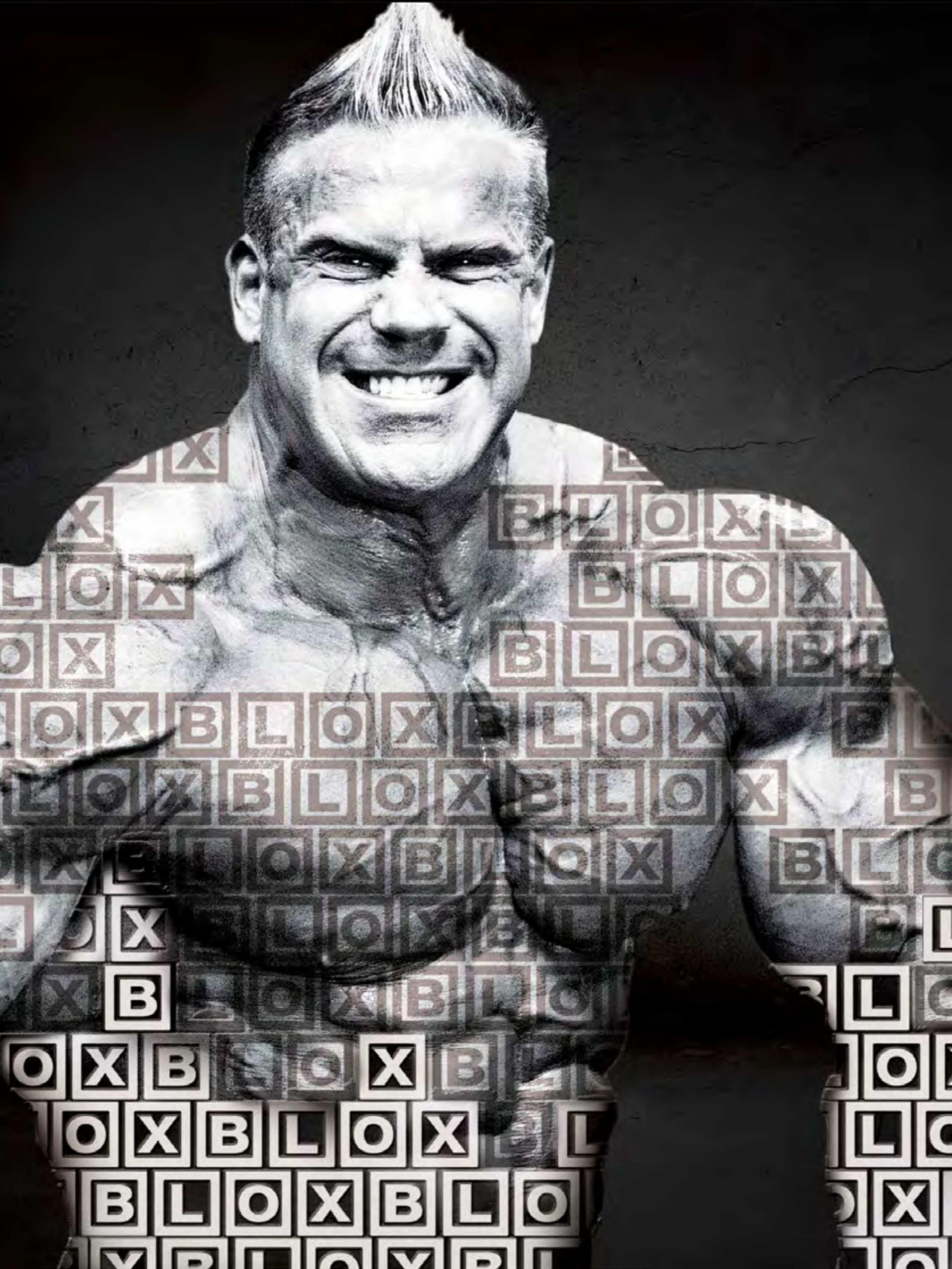
14TH
NICOLE
SIMS



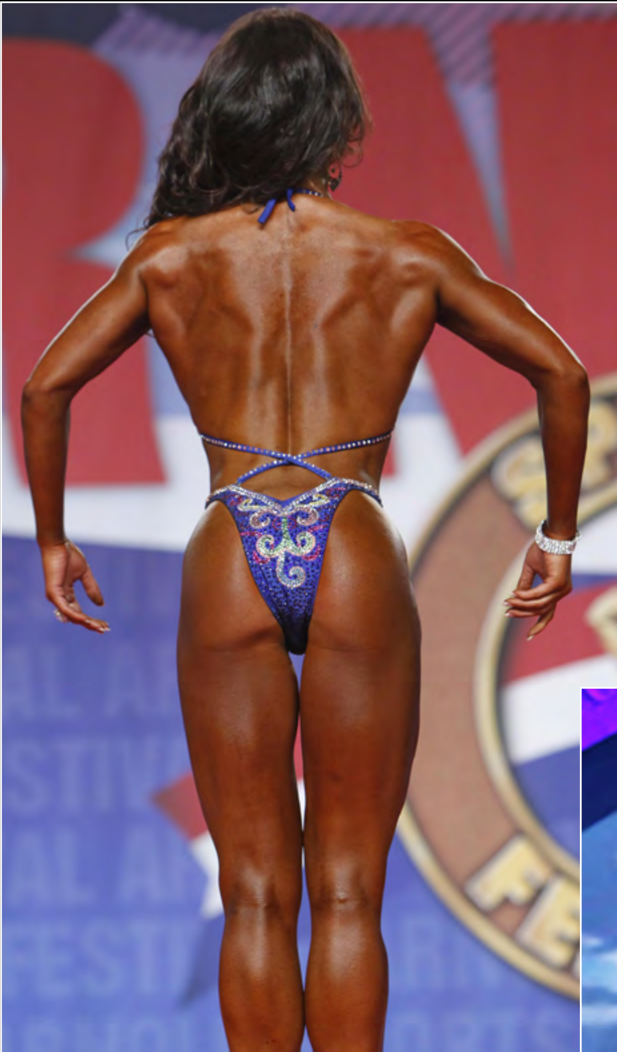
NICOLE HAD A GOOD STAGE PRESANCE WITH A WELL-SCULPTED PHYSIQUE WITH GREAT CURVES AND A FANTASTIC SMILE. WITH A LITTLE MORE POLISH HER PLACINGS WILL GO UP.

15TH
ALEA
SUAREZ

ALEA HAS GREAT POTENTIAL AND JUST NEEDS TO DIAL IT IN A BIT MORE TO PLACE HIGHER. THAT BEING SAID, A FEW WEEKS AFTER THE ARNOLD ALEA TOOK FIRST PLACE AT THE ST. LOUIS PRO!


BLOX

16TH
NATALIE
WAPLES



NATALIE WAPLES BROUGHT HER SMALL WAIST AND AMAZING STAGE PRESANCE TO THE ARNOLD THIS YEAR. ALTHOUGH SHE PLACED 16TH NATALIE LEFT HER MARK IN THE MINDS OF THE JUDGES AND IN THE HEARTS OF THE FANS IN THER CROWD; BRIGHT FUTURE AHEAD.

16TH
OLGA
MORALES

WINNER OF THE ARNOLD FIGURE AMATURE IN 2012, OLGA EARNED A PLACE AT THE TABLE AT THIS YEARS EVENT COMPETING WITH THE IFBB'S FIGURE ELITE. AS YOU CAN SEE ABOVE, HER TINY WAIST AND WIDE BACK POPPED ON STAGE.

16TH
GIADA
SIMARI

GIADA WHO HAILS FROM ITALY BROUGHT A MUSCULAR PACKAGE TO THE STAGE WITH A GOOD SET OF ABS. A LITTLE MORE POLISH ON HER POSING AND SHE MIGHT HAVE PLACED HIGHER.

TANJI JOHNSON
ARNOLD

FITNESS INTERNATIONAL

The 2013 Fitness International competition was outstanding. These ladies are not only beautiful but are exceptionally athletic as shown in their fitness routines. Some of the moves they do leave you staring in silence as you think to yourself – damn, I couldn't do that! Tanji Johnson of Washington, took the crown of Ms. Fitness International beating out some amazing competition. For the win, Johnson earned a cool $25,000 and a Tony Nowak Originals Champions Jacket.

Placing second was Oksana Grishina of California. Oksana is known for her athletic ability and creativeness when it comes to her fitness routines. Could she top her Avatar themed routine from last year? Yes - and then some! Based on the Joker from the Dark Knight, Oksana had by far the most entertaining routine of the night – the crowd went nuts! Oh yeah, her physique made up with her balanced muscle, symmetry and conditioning was crazy!

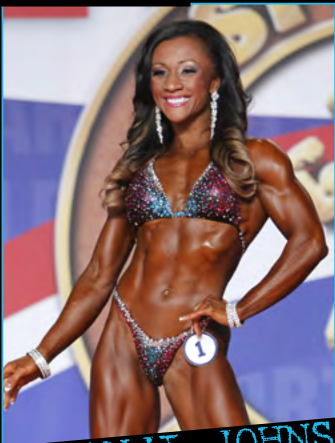
Third place went to Bethany Cisternino of New Jersey. This was a career high for her as she took home $8,000 with a tight physique and cheerleader routine that entertained the crowd showing that she is climbing the ranks of the fitness elite.

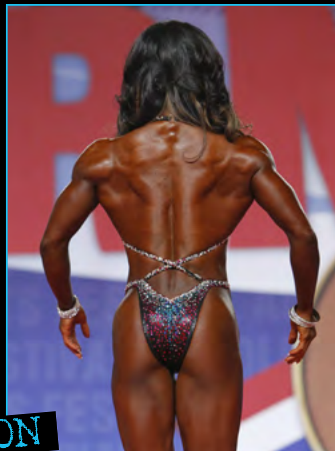
Fourth place went to Trish Warren of Texas and a check for $5,000. Trish unveiled her post baby physique with a bang! Her energetic and rocking routine wowed the crowd and you could hear Branch cheering his wife on from the auditorium. You know those Texans have to throw in a little metal into their routines and rock it out. In Texas it's go hard or go home and Trish definitely went all out!

Regiane DaSilva of Germany place fifth and took home $3,000 after placing 12th last year. She has worked on her routine and stage presence over the past year and deserved her placing. Look for her to climb the ladder of success in the future as well.

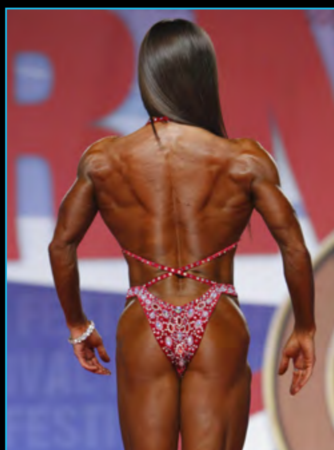
Sixth place went to Ryall Vasani of Canada and she received $2,000 in prize money. She has been steadily climbing up the fitness ranks with her best placing of third at the Master's Olympia. You heard that right, masters! She definitely proves that age is just a number, she looked great!

FITNESS

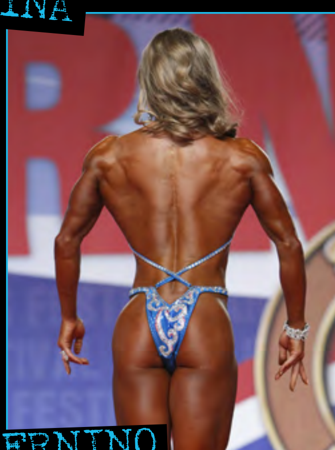




1. TANJI JOHNSON

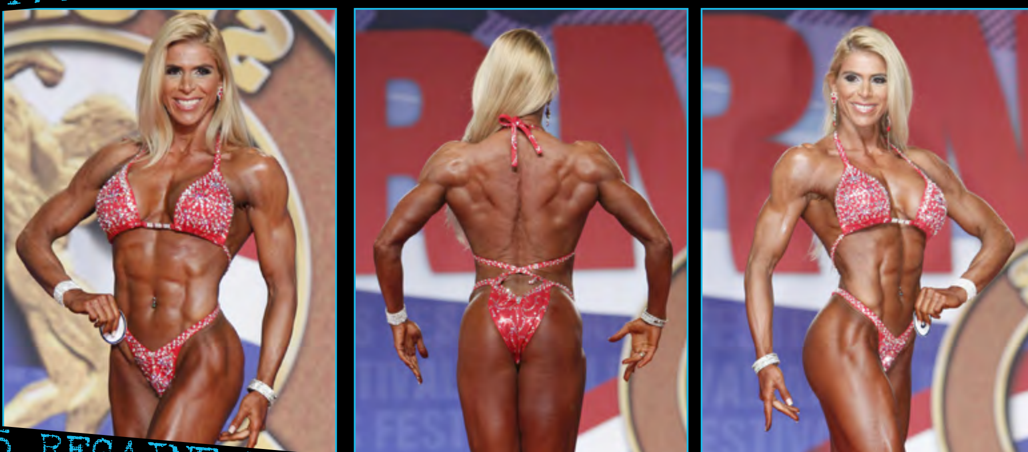


2. OKSANA GRISHINA



3. BETHANY CISTERNINO

4. TRISH WARREN



5. REGAINE DaSILVA

6. RYALL VASANI

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1ST
TANJI
JOHNSON

TANJI BROUGHT THE TOTAL PACKAGE THIS YEAR AND WITH ADELA OUT, THE TITLE WAS HERS FOR THE TAKING. SHE LOOKED AMAZING!

2ND
OKSANA
GRISHINA

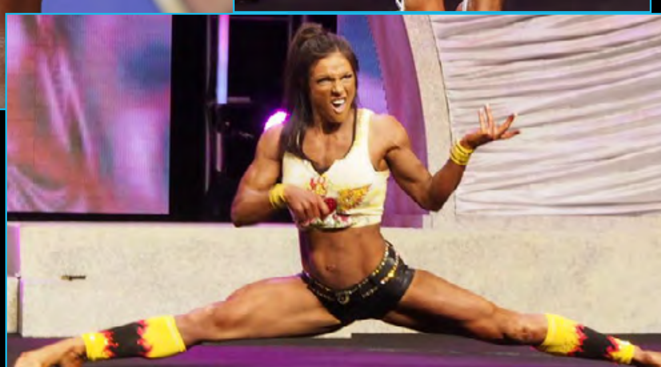
OKSANA IS THE FUTURE OF FITNESS! GREAT LOOKING WITH ROUTINES THAT WILL BLOW YOUR MIND, WE ARE DEFINETLY LOOKING AT A MS. OLYMPIA IN THE MAKING!

4
3RD
BETHANY
CISTERNINO

BETHANY LOOKED GREAT IN HER TWO PIECE AND WOWED THE CROWD WITH HER ROUTINE. HER TINY WAIST BRINGS OUT HER UPPER BODY MAKING HER STAND OUT IN THE LINEUP.

4TH
TRISH
WARREN

WHAT CAN YOU SAY, FOR HAVING A BABY LESS THAN A YEAR AGO TRISH BROUGHT IT TO THE STAGE WITH HER PHYSIQUE AND HER ROCKIN' ROUTINE - WAY TO GO MRS. WARREN!



5TH
REGIANE
DaSILVA

REGIANE WHO HAILS FROM GERMANY ALWAYS POPS WHEN SHE'S ON STAGE DUE TO HER CRAZY CONDITIONING AND ENERGETIC ROUTINES.

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Ask The General

Q: When it comes to training for mass, what do you recommend for sets and reps? When I start getting ready for my show, should I go higher reps to burn fat?

A: Let me answer your questions in order. The normal recommendation for gaining mass is reps of 6-8 for three sets on anywhere from 3-6 exercises per body part. Personally I think you can still gain mass on reps of 10-12 or even more! In my experience changing the rep range, the exercises and the tempo of each set on a frequent basis is what leads to continual gains. Muscles are smart and adapt to similar stresses very quickly. I suggest changing things up every 4-6 weeks, if not more often.

Now on to your second question. Probably the biggest mistake I see bodybuilders do is changing up their training to exclusively high reps when getting ready for a show. The notion that training with higher reps will burn more fat is kind of crazy. Certainly training with less rest time between sets will help cardiovascular-wise, but by simply lightening the weights you are telling your muscles that you don't require them to lift heavy weight anymore. The result? Your muscles will shrink. Keep your weights as heavy as you can, making safety priority number one, and you will retain more muscle leading to your show.

Q: Is pre/intra and post workout nutrition important?

The nutrition you take in pre-workout is probably THE most important nutrition of your day. You want to supply yourself with high quality carbohydrates and protein before, during and after your weight training session. For pre and post, carbohydrates like sweet potato, basmati rice and red potato are great. Look for protein sources like chicken breast, turkey and lean red meats for protein.

During exercise you will want a quick absorbing protein like whey isolate and a fast carbohydrate that requires little digestion like waxy maize. I recommend ISO-Phase and GLYCO-Phase. ISO-Phase is a whey isolate with added glutamine and BCAAs. GLYCO-Phase is a waxy maize with added vanadyl and chromium to mimic insulin – one of the body's most powerful anabolic hormones. Mix one scoop of each into one liter of water and sip on it while you train.

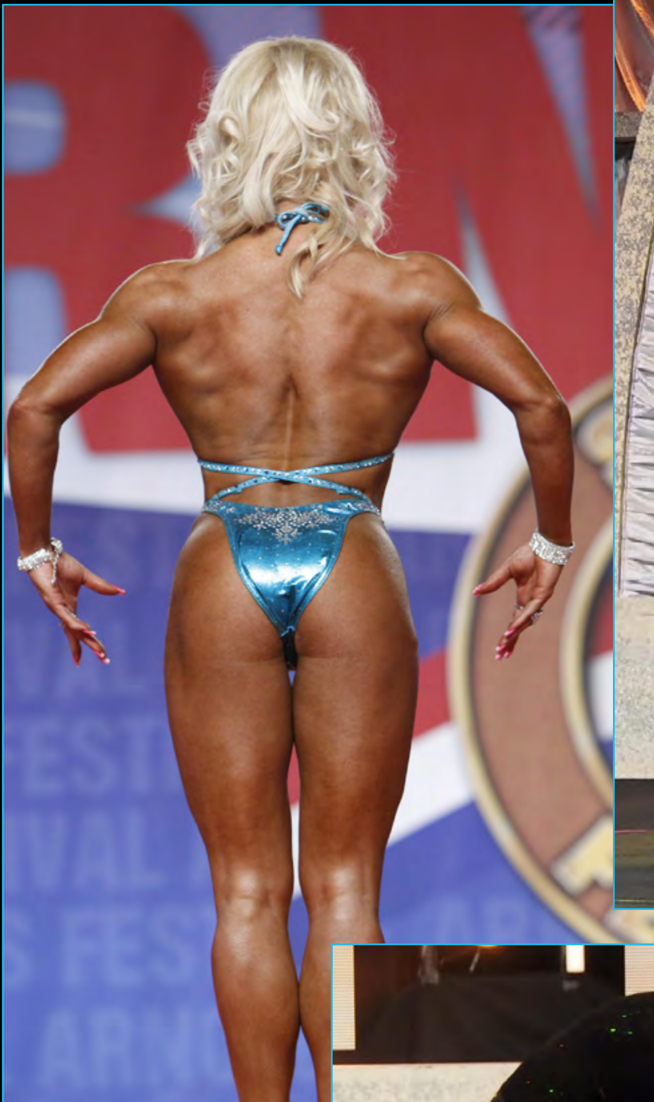
I also recommend taking GP3 20-30 minutes before you train and immediately after. This ensures you get your performance supplements like creatine, glutamine, BCAAs, taurine and beta-alanine around your workouts when it's most important. You can also add Nitric Impact to your pre-workout GP3 to get extra focus and energy for your workout as well as a super-enhanced muscle pump!

Chris Johnson is the CEO of Advanced Genetics and PureForce Nutrition. He is a national CBBF champion and certified personal trainer and is considered one of Canada's leading experts on sports nutrition and supplementation.

6TH
RYALL
VASANI

CANADIAN RYALL VASANI LOOKED GREAT AND SHOWED OFF HER ENERGY AND STRENGTH WITH HER DYNAMIC ROUTINE.

7TH
KIZZY
VAINES



KIZZY PULLED OFF SOME CRAZY MOVES DURING HER ROUTINE. HER COLOR WAS OFF AND HELD HER BACK FROM PLACING HIGHER.

5
8TH
NICOLE
DUNCAN

NICOLE HAD TONS OF SPUNK WHEN SHE HIT THE STAGE BUT WAS A BIT OFF AND NOT AS DIALED IN AS SOME OF THE OTHER GIRLS WHICH RESULTED IN HER PLACING 8TH.

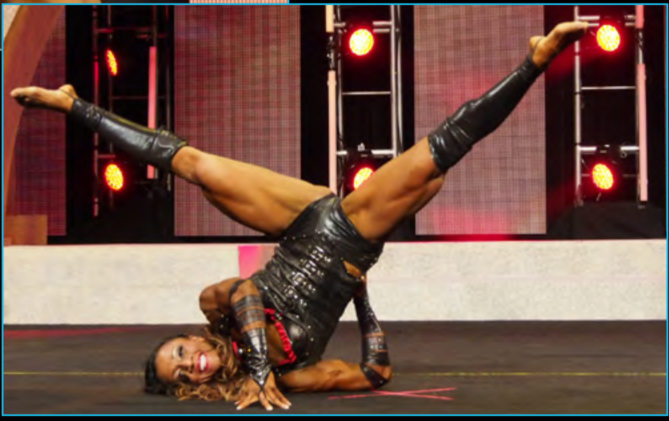
9TH
FIONA
HARRIS

FIONA HARRIS WHO WON THE ARNOLD AMATEUR LAST YEAR EARNED A PLACE AT THIS YEAR'S COMPETITION. SHE HAD GREAT SHAPE BUT WAS STILL A BIT GREEN COMPARED TO THE OTHER PROS AND NEEDS TO WORK ON BRINGING OUT BOTH HER LATS WHEN POSING.

10
10TH
AMANDA
HATFIELD

JUST TURNING PRO LAST YEAR, AMANDA MUST HAVE FELT GREAT TAKING PART IN THE COMPETITION. WITH A LITTLE MORE FINE TUNING SHE'LL PLACE HIGHER.

OKSANA'S JOKER ROUTINE STOLE THE SHOW!



EXPERIENCED BODYBUILDERS KNOW...
EVERY WORKOUT ENDS WITH
DARK MATTER!
Stop cheating yourself! Immediately after your workout, there is a short period of time known as the "Anabolic Window" when you must supply your body with key nutrients to stimulate muscle growth. DARK MATTER is formulated for maximum speed, bioeffectiveness and precise nutrient timing for optimal post-workout replenishment. DARK MATTER's synergistic delivery of anabolic amino acids, multi-phase creatine complex and insulin optimizing WaxiMax-C3G waxy maize is designed to simultaneously peak at the Anabolic Axis and open the Anabolic Window faster, wider and longer to optimize post-workout growth and recovery. Nothing will replenish your body for all your post-workout muscle building needs better or faster than DARK MATTER!
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MUTANT MASS!
Most people think you're crazy, some even call you a Mutant! But that's ok, you're not anything like them and you never will be. You are focused and driven. You hit the weights like a man possessed day in and day out because you won't settle for being average. You sacrifice daily to be superior and you should demand the same expectations from the supplements you use. Don't settle for mainstream formulas that fall short of your high expectations, get on MUTANT MASS® today and leave humanity behind!
MASS
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CLICK ON THE IMAGE BELOW TO CHECK OUT SEASON 3 LEAVING HUMANITY BEHIND: EPISODE #1 TRAINING WHEELS WITH RICH PIANA

In this episode we give you what you've asked for! Rich Piana trains wheels! He also explains that he doesn't train legs all that often anymore as he doesn't feel the need to. He says he's not a bodybuilder anymore and he doesn't care what other people think about him not having huge wheels. He says it's about himself being happy with how his physique looks now and not about how other people think his physique should look.

THE CRAZINESS THAT IS THE ARNOLD TRADESHOW!

TRADESHOW

One word can describe the Arnold Sports Festival tradeshow – crazy! On your travels throughout the tradeshow floor you could stop by the MHP booth and see the likes of Victor Martinez, Jose Raymond, Craig Richardson, John Delarosa and Marco Rivera. Even the world's strongest men Mark Henry and Brian Shaw as well as the super shredded Dana Lynn Baily. Next door to that you had Kai Greene taking the time to talk to each one of his fans which created a line-up that filled the entire isle leading up to his spot at the MuscleMeds booth. Around the corner from that was past and present Mr. Olympia Phil Heath, Jay Cutler, Ronnie Coleman and Dorian Yates. Turn into the next isle and you have the legends of bodybuilding like Lou Ferrigno, Frank Zane, Franco Columbo and if you're lucky you can bump into the man himself, Arnold Schwarzenegger as he always walks the tradeshow floor on Saturdays. At the Arnold Sports Festival you have it all!

Then you have the best of the best in every category in the bodybuilding and fitness world, when walking the floor you could easily bump into Jamie Eason, Kris Gethen and Furious "Pete" at the bodybuilding.com booth, TNA superstar Kurt Angle and other wrestling greats like HHH, who is a bodybuilding fanatic. Then you can meet Tina Durkin, Allison Frahn and Adela Garcia at the GNC booth, Jeff Cumberland from the New York Jets, Randy Couture and a ton of other UFC fighters, wrestlers, you name it. That is why the Arnold Sports festival is one crazy weekend for anyone, it has it all!

THE PREVIOUS IMAGE SHOWS THE MADNESS THAT FOLLOWS ARNOLD EVERYWHERE HE GOES. IF YOU'RE LUCKY ENOUGH, YOU MIGHT GET TO MEET HIM!

Vic Martinez and Mark Henry ham it up for the camera at the MHP booth.

Charles Glass, trainer of champions.

Nick Trigili and Anthony Marchione showin' off the guns at the MUSCLEMEDS booth.

The arm wrestling tournement is a big draw and takes place on the main stage before the ladies of the IFBB compete.

One of Randy Couture's fans actually got to go up on to the stage and meet and shake the hand of his idol.

Wrestling Superstar Kurt Angle had a seminar with his fans right as you walked into the show!

Kai Greene of MUSCLEMEDS took the time to talk to everyone of his fans! The line to meet him up went around the corner and down the hall!

Michael Johansson and Erika Bostrom of GASP and BETTER BODIES were showing off their new line of clothing at the GASP booth which was jammed!

Seth Feroce poppin' out a quick front double bi as he sets up at the MUSCLETECH booth!

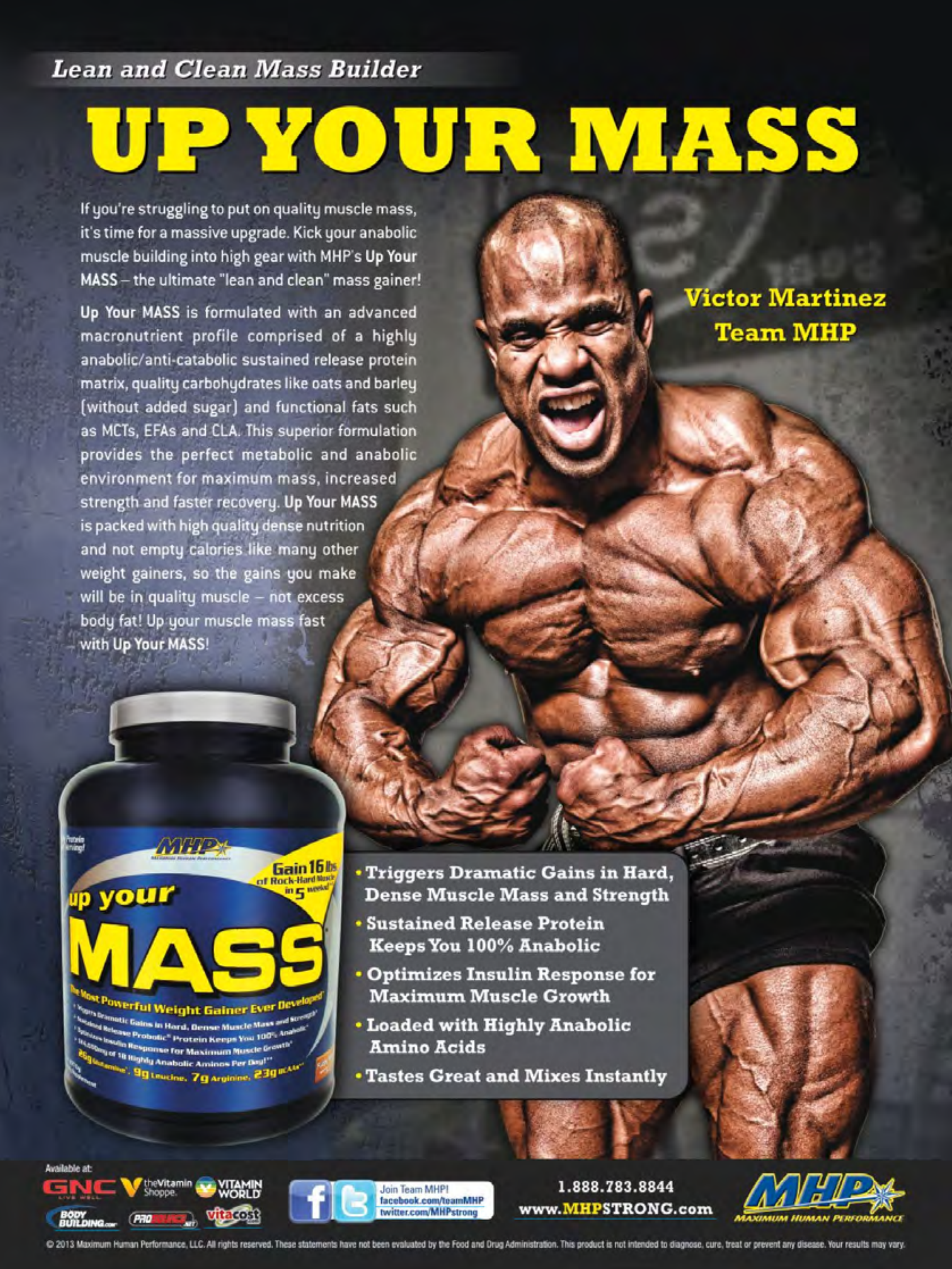
Shawn Rhoden took time off this year from the Arnold Classic to prep for the 2013 Mr. Olympia.

Super MUTANT Rich Pina shows off his crazy arms to the fans!

212 OLYMPIA Champion FLEX Lewis can always be found at the GASPARI booth interacting with fans.

Noy Alexander after she wowed us on stage at the Bikini International.

Don't mess with this guy, he'll f@#k you up! LOL Cain Velasquez is a great guy and signed autographs at the BSN booth.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If you're struggling to put on quality muscle mass, it's time for a massive upgrade. Kick your anabolic muscle building into high gear with MHP's Up Your MASS – the ultimate "lean and clean" mass gainer!
Up Your MASS is formulated with an advanced macronutrient profile comprised of a highly anabolic/anti-catabolic sustained release protein matrix, quality carbohydrates like oats and barley (without added sugar) and functional fats such as MCTs, EFAs and CLA. This superior formulation provides the perfect metabolic and anabolic environment for maximum mass, increased strength and faster recovery. Up Your MASS is packed with high quality dense nutrition and not empty calories like many other weight gainers, so the gains you make will be in quality muscle – not excess body fat! Up your muscle mass fast with Up Your MASS!
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Team MHP
MHP
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MASS
Gain 16 lbs of Rock-Hard Muscle in 5 weeks!
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CRUSH THE COMPETITION!
Cygen Laboratories Decimate contains 1500mg of Con-Cret Creatine HCl per serving, making it the most complete concentrated pre-workout formula ever created. With clinically proven doses of Creatine HCl, Arginine AKG, and Beta Alanine, Cygen Laboratories Decimate is what you need to help Crush The Competition.
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Johnnie Jackson shows us why he's one of the best IFBB Pros today!

Your Arnold Experience is not complete unless you participate in a T-shirt toss.

Is it the macho man? No, it's Canadian IFBB Pro Michael Johnson.

Big Sean Allan working the SPECIES booth meeting fans.

DJs keeping the expo Rock'n.

Kempo is just one of the many sport tournements taking place at the Arnold.

The US military is always represented at the Arnold.

Everybody's flexing it up this weekend!

Not a Vegas girl but straight from the new downtown Casino.

The MHP/Mark Henry challenge. If you could lift this up and over your head you'd win $10,000!

If you don't think the AC has your sport, think twice. Check out the Ping Pong Demo.

You'll never know who you'll bump into in the expo; like IFBB Pro Dennis James

Natural bodybuilder Michael Lokett at the Sheik booth showin' off his pipes.

American Gladiator Mike O'Hearn representing at the Magnum booth.

They even had photo shoots taking place on the expo floor.

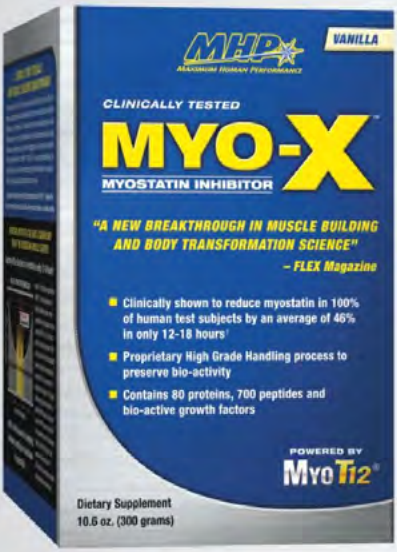
Myostatin Inhibitors Spark Muscle Building Controversy

The secret to extreme muscle enhancement may be myostatin inhibition.

It's been all the rage of the muscle building press. It's been touted as the emerging bane of the existence of the World Anti-Doping Agency, as they try to keep athletes away from the sheer and ominous power of this new class of muscle building and performance enhancers known as myostatin inhibitors. While the International Olympic Committee may shudder to think of all the records that may be shattered, the United States Anti-Doping Agency actually went so far as to ban substances that utilize this approach as far back as 2008 by creating a new banned category.

So why are these athletic regulatory bodies so concerned about the use of myostatin inhibitors in sports? To best answer this question, let's discuss what myostatin is and exactly how it can positively affect muscle growth and athletic performance.

Athletes are turning to myostatin inhibitors for extreme muscle enhancement.



WHAT IS MYOSTATIN?

Myostatin is the greatest single catabolic limiting factor of muscle growth. This natural growth factor protein exists in our bodies and works to regulate and limit muscle growth in a genetically predetermined pattern. Clinical evidence and case studies have confirmed how myostatin suppresses muscle growth. It is theorized that this vestigial control over muscle gains was evolutionarily needed to prevent the human body from being overly muscled. Unfortunately, thanks to this evolutionary process, your ability to put on more muscle is being restricted by myostatin regardless of how hard you train.

This is why there has been such incredible interest among scientists and athletes and such concern by athletic governing bodies over the use of myostatin inhibitors. The governing bodies of sports look at this as cheating, while athletes look at it as a way to enhance muscle growth and improve athletic performance. You should look at the use of myostatin inhibitors as a new and effective way to help you activate muscle growth and build the muscular physique you've been working so hard for in the gym.

MYO-X: THE MYOSTATIN CRUSHER

Now, thanks to this amazing scientific breakthrough, bodybuilders and athletes everywhere may be able to break the limitations created by myostatin and maximize their muscle building potential. MYO-X is an all-natural, clinically tested myostatin inhibitor shown in scientific research to reduce myostatin levels in 100% of test subjects by an astounding average of 46% with just one serving! This is a very significant breakthrough for bodybuilders and athletes looking to increase muscle mass, strength and performance. Myostatin reductions such as these may help counter the catabolic forces that have restricted your ability to build more muscle and open the door to new muscle building potential. In fact, MYO-X is so extraordinary, *Muscular Development* magazine has proclaimed it to be the "Revolutionary Muscle Building Breakthrough of the Century!"* No doubt, MYO-X has emerged as the single most powerful approach to extreme muscle enhancement for all athletes!

- **Clinically Tested Natural Myostatin Inhibitor**
- **Reduces Myostatin in Test Subjects by an Average of 46%**
- **Shown to Work on 100% of Study Test Subjects**

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MHP MAXIMUM HUMAN PERFORMANCE

HIdetada the day after competing at the Classic meeting fans!

Eduardo Correa with a beauty at the PROBIOTICA booth.

Kris Gethin at the always busy bodybuilding.com booth.

Fun and games at the BSN booth with the tradeshow girls.

Canadian MUTANT Big Ron Partlow hangin' out at the MUTANT booth with the rest of the mutants.

IFBB Pro Juan Morel at the Ten.1 booth.

The girls at this round table making plans of which after party they'll attend.

Nachoooooooo Libre! This is one diced luchador!

The World's Strongest Man Brian Shaw flexin' his mits at the MHP booth. His hand is the size of a small fridge! He's only 6'10" and weights a near 450 lbs!

Got milk? The ladies of CYTOSPORT sure do!

These kids look like they're having fun, can we try?

Show's you how big the strongmen are... here's Big Country Adam Scherr with a fan... looks like he may soon see him in the ring with the WWE!

Ooooooooooooooooooooooh yeah!

You can meet some of the greats like Mr.Olympia Frank Zane - one of the pioneers of bodybuilding.

There's a huge Brazillian Ju-Jitsu tournetment held here every year with thousands of competitiors.

You can test your strength and see if you got what it takes!

You got me... nooooooooo clue what this guy is doin'? Some sort of sweat prevention product.

Light weight, light weight!
There were plenty of photo ops for you to chose from while at the show.

Stan McQuay hanging out with the guys at the Infinite Labs booth.

There was creative artwork that created during the actual event that was displayed and for sale to anyone.

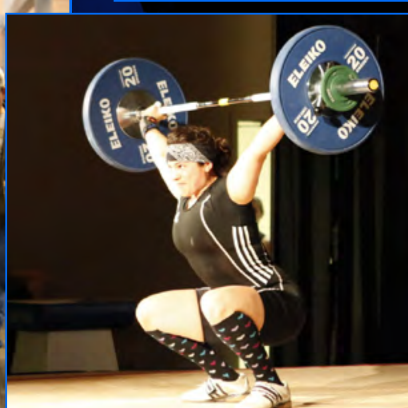
The shirt says it all!

Hey, you guys are on the wrong planet!
The Star Wars convention get's JACK'D at the Arnold!

The "Guvornator" Arnie checks out the action high above the crowd with his friend actor Ralf Moeller of Gladiator fame. Moeller actually played Conan on tv; so there were 2 Conans side by side.

The Big Nasty himself Ronnie Coleman singing some 8x10s for some of his fans at the RONNIE COLEMAN SELECT booth which was really a huge, decked-out, touring bus!

Hey, isn't this the guy from Venice Beach? Even this little girl couldn't get him to move.



Olympic lifting competitions took place all weekend long with hundreds of competitors.

RICH PIANA, Mr California, NPC CHAMPION
MUTANT™
Leave Humanity Behind!
ALL NEW
ALL NEW MUTANT
MAYHEM
UNCENSORED
PRE-WORKOUT MADNESS
VITALS
Muscle & strength gains
Intensity & focus
Explosive energy
GET READY TO
SMASH EVERY
WEIGHT IN THE GYM
• GIVES RISE TO UNCONTROLLABLE MUSCLE & STRENGTH GAINS
• EVOKES KILLER INSTINCT INTENSITY & RAZOR SHARP FOCUS
• FIGHTS OFF THE LIFTING LIMITATIONS OF LACTIC ACID
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SCAN USING A SMARTPHONE QR READER TO DOWNLOAD THE MUTANT APP.

The BPI booth had to be one of the craziest with the line up to meet 4x Mr.Olympia Jay Cutler. Each fan got an autograph signed by Jay, the chance to take a photo with him and a memory that will last forever.

Jaime Baird working the GASPARI booth after taking sixth place at the Bikini International the night before.

Joe Thomas of TEAM FUEL at the TWINLAB booth showing off his set of twins flexin' the front double bi.

The line up to meet Phil at the MUSCLETECH booth was equally impressive as fans waited patiently to see the two-time Mr.Olympia.

Get your photo taken with the hulk... look closely, it'll only cost ya $20!

Craig Richardson was great talking and interacting with fans at the MHP booth.

Words of advice from father to son; wouldn't you love to know what was said.

See you there next year!

CAN YOU HANDLE IT?
Are you searching for the most powerful pre-workout available? The truth is, DARK RAGE is so freakin' strong most guys can't even handle one scoop... can you? Forget about 1,3-DMAA – it ain't JACK SH%# compared to the powerful pump inducing, mind altering, blood volumizing and hair raising pre-workout DARK RAGE. The question isn't whether DARK RAGE will blast your training into the muscle building stratosphere. Instead, the question is "Can You Handle It?"
INCREASES EPO AND NITRIC OXIDE FOR INSANE MUSCLE PUMPS AND VASCULARITY
RAPIDLY FUELS YOUR MUSCLES FOR MAXIMUM SIZE, STRENGTH AND RECOVERY
TRIGGERS EXTREME ENERGY, INTENSITY AND MENTAL FOCUS
1,3 DMAA AIN'T JACK SH*#!
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Miss International

MS INTERNATIONAL

Records were set this year at the Ms. International competition as Iris Kyle of Texas, continued her reign high atop the IFBB Pro League women's bodybuilding mountain by winning wining the Ms. International crown for a record seventh time. Iris is now the best female bodybuilder on the planet and one of the most decorated bodybuilders male or female in history with seven wins at the Arnold and eight wins at the Olympia! What can you say, she was muscular and shredded to the bone and deserved to make history with the Ms. International title along with $25,000 and a Tony Nowak Originals Champions Jacket.

Yaxeni Oriquen of Fla., finished second place and took home $13,000. Oriquen has been a five-time Ms. International champion in the past and she and Iris continue to battle it out for the title of best female bodybuilder on the planet.

Debi Laszewski of Fla., who took second place to Yaxeni in 2012, did not look happy at all when she was called out third and took home a prize of $8,000. Who can blame her, Yaxeni and Iris have held the top spots since 2002 and she feels it's time for a change. We'll see at the Olympia.

2013

Fourth-place went to Brigita Brezovac of Slovenia with a check for $5,000. She presented a well-balanced physique with very symmetrical lines and is climbing up the ranks of female bodybuilding.

Cathy LeFrancois of Canada took home $3,000 with a fifth-place finish. Cathy's either on or off, there's no in between and she was on. Full and striated, her classic hamstring pose showed the world that she is still a top contender.

Angela Debatin of Florida took sixth place and $2,000 in prize money. Angela has been competing in the pro ranks for over 13 years and is still going strong. After taking 5 years off from competition she hasn't missed a step but will have to bring a lot more to the stage if she wants to knock off Iris and Yaxeni from the top.

MS. INTERNATIONAL

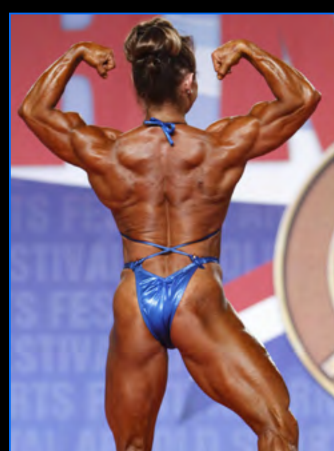
1. IRIS KYLE

2. YAXENI ORIQUEN

3. DEBI LASZEWSKI

4. BRIGITA BREZOVAC

5. CATHY LEFRANCOIS



6. ANGELA DEBATIN

1ST
IRIS
KYLE

IRIS HAS ONE CRAZY PHYSIQUE; DELTS, ABS, A WIDE BACK, SPLIT BICEPS AND EVEN STRIATED GLUTES! IT'S NO WONDER SHE IS THE MOST DECORATED BODYBUILDER OF ALL TIME.

9
2ND
YAXENI
ORIQUEN

YASENI IS NO SLOUCH EITHER! SECOND TO IRIS WITH THE NUMBER OF WINS NOTCHED IN HER BELT, SHE AND IRIS BATTLED IT OUT FOR THE TITLE THIS YEAR AND TOOK A WELL-DESERVED SECOND.

3RD
DEBI
LASZEWSKI

DEBI CAME IN BIGGER THAN EVER AND WAS SHREDDED AND DRY TO THE BONE. ONLY THE LIKES OF IRIS AND YAXENI COULD TOP THIS PHYSIQUE AND BOY DID SHE LOOK PISSED WHEN SHE GOT CALLED FOR 3RD PLACE.

11
4TH
BRIGITA
BREZOVAC

BRIGITA TOOK THE STAGE WITH A BALANCED PHYSIQUE AND A WELL PROPORTIONED BODY. IT SEEMED SHE PEAKED AT THE NIGHT SHOW AND COULD HAVE PLACED HIGHER IF SHE WAS A BIT MORE DIALED IN AT PRE-JUDGING.

RON PARTLOW, CANADIAN NATIONAL BODYBUILDING CHAMPION
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FAT-SHREDDING STIMULANT
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5TH
CATHY
LeFRANCOIS

RIPPED AND STRIATED AS USUAL CATHY TONED DOWN THE MASS BRINGING A MORE BALANCED BODY TO THE STAGE. IF SHE HAD JUST TIGHTENED HER WAIST A BIT SHE WOULD HAVE PLACED HIGHER.

6TH
ANGELA
DEBATIN

ANGELA IS LIKE THE ENERGIZER BUNNY, SHE KEEPS GOING AND GOING. COMPETING SINCE THE 90'S SHE STILL LOOKS GREAT COMPETING. A TIGHTER WAIST WOULD HELP HER HIGHLIGHT HER PHSYIQUE MORE.

7TH
KIM
BUCK

KIM LOOKED GREAT ON STAGE AND HAD A GREAT PRESANCE. TO PLACE HIGHER SHE WOULD NEED TO BRING UP HER ARMS TO MATCH THE REST OF HER UPPER BODY AND TIGHTEN THE WAIST.

8TH
OLGA
PUZANOVA

RIPPED TO THE BONE, OLGA HAD STRIATIONS ON EVERY MUSCLE ON HER BODY. ADDING A BIT MORE SIZE TO COMPETE WITH THE LIKES OF IRIS, WHILE KEEPING HER CONDITIONING SHE'LL BE A CONTENDER FOR SURE.

9TH
TAZZI
COLOMB

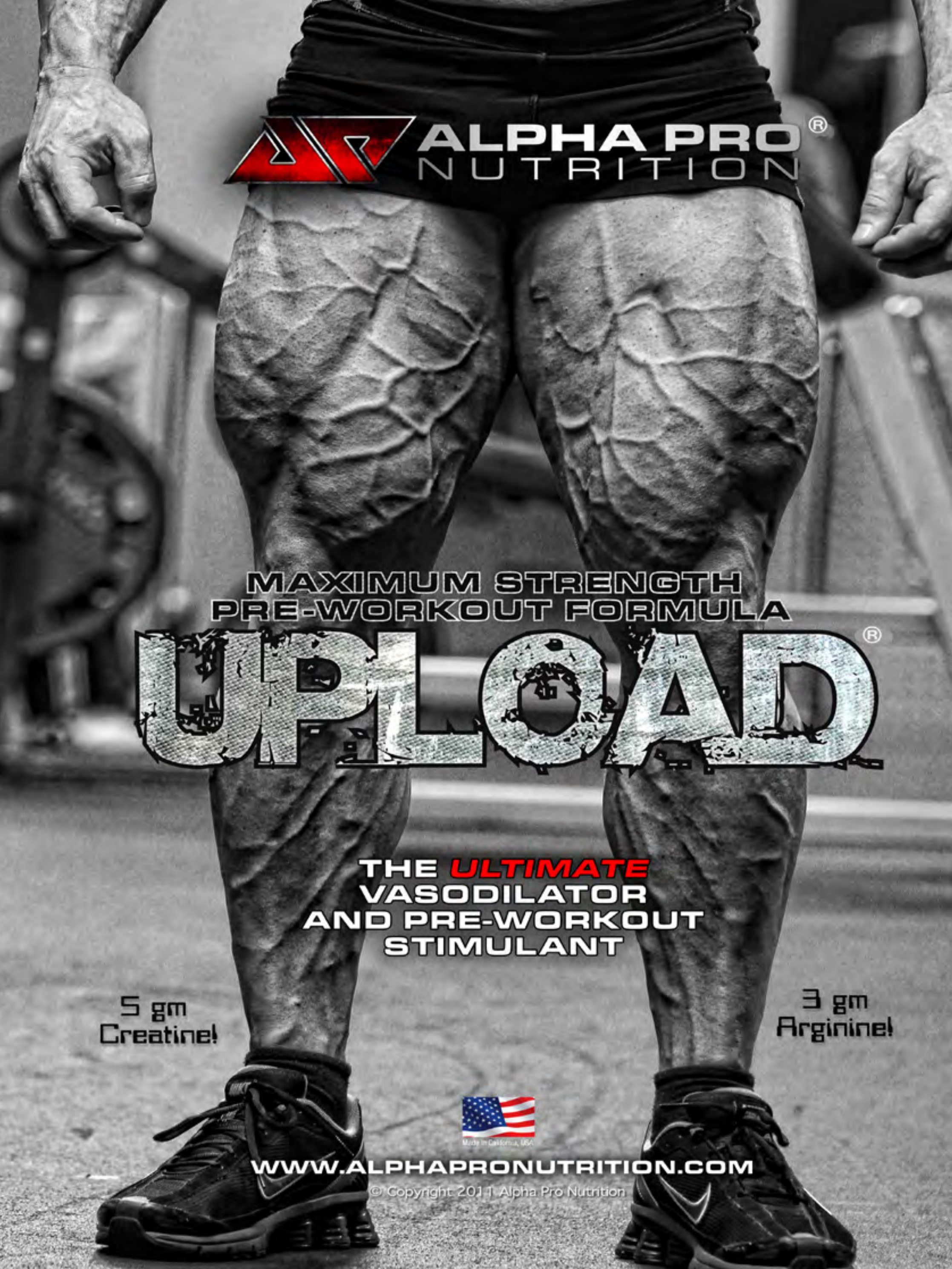
TAZZI WAS ANOTHER WHO WAS RIPPED AND SHREDDED TO THE BONE. WE FEEL SHE SHOULD HAVE PLACED HIGHER BASED ON HER CONDITIONING ALONE, BUT WOULD NEED MORE MASS TO COMPETE.

10TH
JEANNIE
PAPARONE

JEANNIE HAD A GREAT SIDE TRICEP POSE BUT WAS SOFT IN THE LEGS AND ALL AROUND COMPARED TO SOME OF THE OTHERS ON STAGE WHICH RESULTED IN HER 10TH PLACE FINISH.

11TH
ELENI
KAVVA

ELENI WHO HAILS FROM GREECE HAS GREAT POTENTIAL WITH HER SMALL WAIST AND LEG DEVELOPMENT. WITH BETTER CONDITIONING TO SHOW OFF HER PHYSIQUE SHE WILL PLACE HIGHER.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VYTAUTAS LALAS
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MAXIMUM HUMAN PERFORMANCE

ARNOLD STRONGMAN

Vytautas Lalas of Lithuania battled it out with former Arnold Strongman winner Brian Shaw to win and eight others for his first major strongman contest victory to win the 12th Annual Arnold Strongman Classic Sponsored by MHP. The victory earned Lalas $60,000 and the coveted Louis Cyr trophy which weighs about 50 pounds itself.

The Arnold Strongman Classic is all about points. Lylas was in a battle with Shaw right up until the evening show and the contests final event until he was able to pass him in the point standings by pressing the 264-pound Circus Dumbbell overhead with one had five times where Shaw pressed four. If Shaw had tied, he would have taken the title.

Brian Shaw of Colorado, finished second and earned a check for $20,000. Shaw set a world record in the Manhood Stones by lifting 540 pounds (245 kilos) three times and set another world record by deadlifting 1,122 pounds until Mark Felix pulled an exhibition lift of 1,127 pounds. Both Shaw and Felix pulled 1,122 pounds in the official competition and that's some crazy amount of weight!

Mikhail "Misha" Koklyaev of Russia was third and earned $15,000. Misha is the "clown" of the bunch and liked by all. You can see his personality shine through on stage, but when it's time to compete he's all business and his third place finish proves it.

Krzysztof Radzikowski of Poland earned $10,000 for his fourth place finish and Mike Burke of Colorado, finished fifth to a tune of $8,000.

There's always some sort of injury at the Arnold Strongman as these guys are working with enormous amounts of weight with the most ackward of devices; Brian Shaw tore his bicep last year at the first event and went on to complete the rest of the contest with his bicep hanging from his shoulder! For example, look at the Austrian Oak below. That bad boy weights over 450 pounds and is extremely wide so when the athlete cleans it up to his chest preparing to press the thing, the back of their heads are almost touching their ass! Nothing like an Olympic bar in the gym! Anyway, both Derek Poundstone and Adam Scherr both suffered injuries in the competition early on which affected their standings.

MHP
MAXIMUM HUMAN PERFORMANCE
1ST
VYTAUTAS
LALAS

TITLES: LITHUANIA'S STRONGEST MAN
AGE: 30
HEIGHT: 5'10"
WEIGHT: 300 POUNDS
HOMETOWN: MAZEIKIAIA, LITHUANIA
FAMILY: WIFE SIMONA
OCCUPATION:CO-OWNER OF ANIMAL BARBELL GYM IN IRELAND

2ND BRIAN SHAW

TITLES:
2011 WORLD'S STRONGEST MAN,
2011 ARNOLD STRONGMAN CHAMPION
AGE: 30
HEIGHT: 6'8"
WEIGHT: 440 POUNDS
HOMETOWN: FURT LUPTON, COLORADO
FAMILY: GIRLFRIEND KRISTEN PARULESKI
OCCUPATION:
SPORTS PERFORMANCE COACH

3RD MIKHAIL KOKLYAEV

AGE: 34
HEIGHT: 6'3"
WEIGHT: 350 POUNDS
HOMETOWN: CHELYABINSK, RUSSIA
FAMILY: WIFE, OKSANA
SON MIKHAIL AND DAUGHTER DIANA

4TH
KRZYSZTOF
RADZIKOWSKI

TITLES: 1ST 2012 WSF STRONGMAN
AGE: 31
HEIGHT: 6'1"
WEIGHT: 320 POUNDS
HOMETOWN: GLOWNO, POLAND

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*Planet Muscle & Bodybuilding, October 2011, "Best Tasting Chocolate Protein."

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5TH MIKE BURKE

TITLES:
2012 AMERICA'S STRONGEST MAN
AGE: 38
HEIGHT: 6'6"
WEIGHT: 330 POUNDS
HOMETOWN: AURORA, COLORADO
FAMILY: WIFE MAREE BURKE,
SON MICHAEL AND DAUGHTER ISABELLA
OCCUPATION: FRAMING CONTRACTOR

6TH MARK FELIX

TITLES:
2008/09 ROLLING THUNDER CHAMPION
AGE: 46
HEIGHT: 6'4"
WEIGHT: 295 POUNDS
HOMETOWN: GRENADA, ENGLAND
FAMILY: WIFE DENNY AND 3 CHILDREN
OCUPATION: PLASTERER

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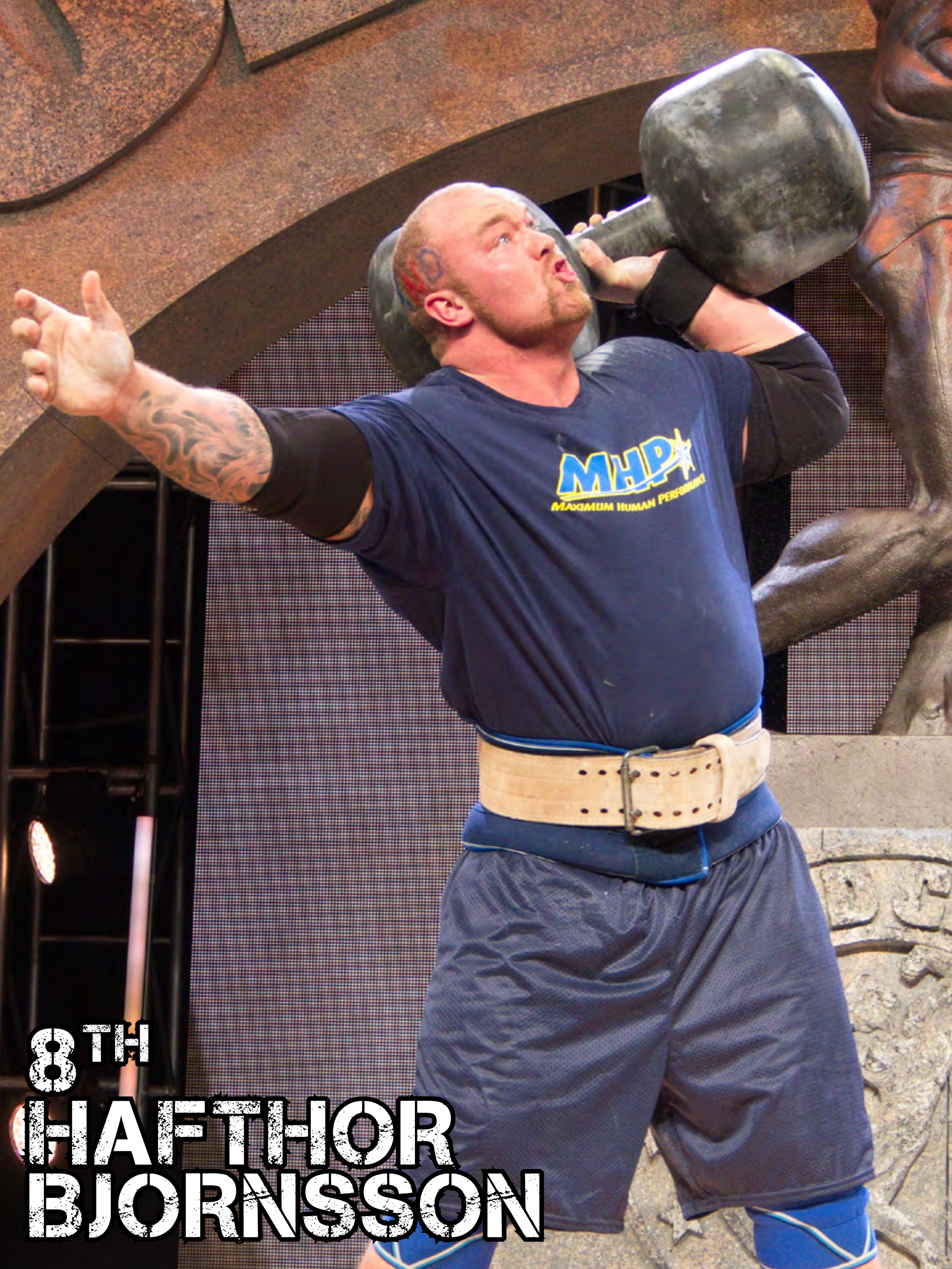
TK
THE U.S.A.
7TH
JERRY
PRITCHETT

AGE: 32
HEIGHT: 6'4"
WEIGHT: 340 POUNDS
HOMETOWN: PHOENIX, ARIZONA
FAMILY: WIFE KASEY,
DAUGHTER ABIGAIL AND SON JAMES
OCCUPATION:
METAL FABRICATOR


MHP
8TH
HAFTHOR
BJORNSSON

TITLES: ICELAND'S STRONGEST MAN
AGE: 24
HEIGHT: 6'7"
WEIGHT: 430 POUNDS
HOMETOWN: KOPAVOGUR, ICELAND
FAMILY: GIRLFRIEND KOLBRUN LINDA SIGUROARDOTTIR, DAUGHTER THERESA LIF
OCCUPATION: BANK SECURITY GUARD

9TH
DEREK
POUNDSTONE

TITLES: 2009/10 ARNOLD STRONGMAN
AGE: 31
HEIGHT: 6'1"
WEIGHT: 340 POUNDS
HOMETOWN: WATERBURY, CONNETICUT
FAMILY: WIFE KRISTIN
OCCUPATION: POLICE SERGEANT

This is point where Derek tore his bicep - and he still kept competing!

Big Country Adam Scherr suffered an injury as well and he was only able to do this one lift.

10TH ADAM SCHERR

TITLES: AMATEUR ARNOLD STRONGMAN WINNER
AGE: 29
HEIGHT: 6'8"
WEIGHT: 410 POUNDS
HOMETOWN: SHERRILLS FORD, NORTH CAROLINA
OCCUPATION: MECHANIC

HAFTHOR BJORNSSON GETS THE CROWD GOING AS HE LIFTS THE 264 POUND CIRCUS DUMBBELL DURING THE FINALS.

TERRY TODD RECEIVES A LIFETIME ACHIEVEMENT AWARD GIVEN TO HIM AND SIGNED BY ALL OF THE COMPETITORS.

DO YOU THINK ANNOUNCER CLINT RICHARDS CAN LIFT THE CIRCUS DUMBBELL OVER HIS HEAD?

MARK FELIX CELEBRATES AS HE SETS A NEW WORLD RECORD AFTER HE PULLED AN EXHIBITION LIFT OF 1,127 POUNDS!

CHECK OUT THE 2013 ARNOLD STRONGMAN FINALS BELOW FROM STRENGTHCREWTV ON YOUTUBE.

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Bikini International

BIKINI INTERNATIONAL

The Bikini International is now in its third year and India Paulino of Florida, beat reigning Bikini Olympia winner Nathalia Melo to become the third champion to wear the crown and continuing here winning streak following her first place finish at the Maters Olympia. Paulino with the win earned $7,000 and the Tony Nowak Originals Champions Jacket. India brought the perfect package to the stage and it was a well-deserved win.

Nathalia Melo also of Florida took a close second bringing to the stage a physique that made all the audience jaws in the audience drop – both men and women! A lean body with beautiful lines, and when she turns around – bam! Let the photos do the talking; enough said. Nathalia earned herself $3,000 and is ready for battle with India at the Olympia.

Nicole Nagrani, once again from Florida; (is there something in the water there???) with her beautiful eyes and rockin' curves in all the right places came in third and earned herself $2,000. She has an all-American, girl next door look that you can't help but be enamored by. Like Mary-Ann from Gilligan's Island; sweet and innocent, but far sexier than Ginger. Nicole is also one to watch for on the Olympia stage.

In fourth-place was the sultry Yeshaira Robles of New York of brought in the Va-va-voom factor. Yeshaira has it goin' on in all the right places and is a super-nice girl to boot. For only been a pro about a year now, she held her own extremely well against a field of 16 of the world's best in her first Bikini International competition. Watch for great things in her future, she is a rising star and will definitely grace the pages of JACK'D one day.

Fifth-place went to the platinum-blond bombshell Jessica Paxson of Ohio. Jessica delighted her hometown fans by placing in the top 5 and showing everyone that there's something in the mid-west water as well and it's not all on the east coast.

In sixth-place was Jamie Baird of Florida. Her physique improves every time she steps on stage and with a little more polishing and refinement to her details and presentation she will make a big name for herself in the industry.

BIKINI

1. INDIA PAULINO

2. NATHALIA MELO

3. NICOLE NAGRANI

4. YESHAIRA ROBLES

5. JESSICA PAXSON

6. JAIME BAIRD

11
1ST
INDIA
PAULINO

INDIA LOOKED GREAT AND HER YELLOW SUIT AND SHIMMERING, STRIGHT, BLACK HAIR REALLY POPPED ON STAGE. OH YEAH, AND HER BODY WAS ROCKIN' AS WELL!

2ND
NATHALIA
MELO

THE RIEGNING MS. O, NATHALIA LOOKED AMAZING AS ALWAYS, WITH TIGHT ABS, A GORGEOUS SMILE AND THE BEST ASS IN BIKINI BY FAR! HAND IT UP FOR BRAZIL!

3RD
NICOLE
NAGRANI

A FORMER MS. OLYMPIA HERSELF, NICOLE AND HER CURVATIOUS POSING LIT UP THE STAGE AND SHOWED EVERYONE WHY SHE HAS ONE OF THE BEST BIKINI BODIES THERE IS - BOOM GOES THE DYNAMITE!

4TH
YESHAIRA
ROBLES

SULTRY YESHAIRA ROBLES IS BURNIN' UP THE STAGE RECENTLY AND TOOK 4TH AT THE ARNOLD. HER BRIGHT RED BIKINI WOULD HAVE MADE ANYONE STOP LIKE A DEER IN THE HEADLIGHTS AND GAZE IN WONDER.

10
5TH
JESSICA
PAXSON

BLOND BOMBSHELL JESSICA BROUGHT HER BEST PRESENTATION TO DATE AS SHE COMMANDED THE STAGE AS SHE WOWED THE CROWD ... YES, BLONDES DO HAVE MORE FUN!

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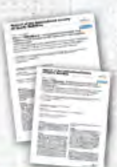

PUBLISHED CLINICAL STUDY

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- Poole et al. (2009). Effects of TESTOSURGE Supplementation on Strength, Body Composition and Hormonal Profiles during an 8-Week Resistance Training Program. JISSN. 6(Suppl 1):P12

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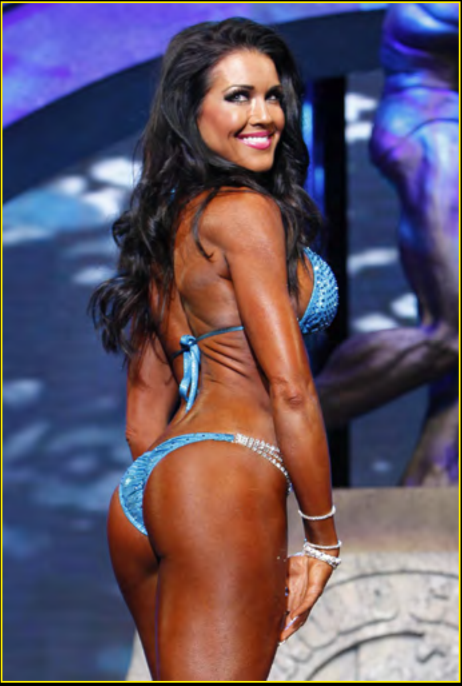
2
6TH
JAIME
BAIRD

STRAIGHT DARK HAIR SEEMED TO BE THE THEME THIS YEAR AS JAIME HIT HER POSES ON STAGE IN A DARK RED SUIT. DIALED IN A BIT TIGHTER SHE WOULD HAVE PLACED HIGHER BUT WE'RE NOT COMPLAINING, SHE LOOKED GREAT!

7TH
JENNIFER
ANDREWS



JENNIFER ANDREWS BROKE THE STRIGHT HAIR TREND WITH FULL WAVY LOCKS THAT CASCADED DOWN HER SHOULDERS HIGHLIGHTING HER SCULPTED ABS AND KICK-ASS CURVES!

8
8TH
TIFFANY MARIE
BOYDSTON

TIFFANY SHINED AS SHE TOOK THE STAGE WITH HER INFECTIOUS SMILE AND BUBBLY ATTITUDE. SHE LOOKED LIKE SHE WAS HAVING A BLAST ON STAGE AND WHY NOT - SHE'S COMPETING AT THE ARNOLD!

1
9TH
TAWNA
EUBANKS

TAWNA HAS A TINY WAIST AND SHE KNOWS HOW TO SHOW IT OFF. GREAT STAGE PRESANCE AND LIGHTS UP THE AUDITORIUM WITH HER SMILE; BRIGHT FUTURE AHEAD FOR HER.

10TH
ASHLEY
KALTWASSER

TURNING PRO LAST YEAR AT THE TEAM UNIVERSE, THIS WAS ONLY ASHLEY'S SECOND CONTEST TO DATE AND SHE LOOKED INCREDIBLE. GREAT CURVES AND STAGE PRESANCE; SHE WILL BE ONE TO WATCH!

TRAINING
X2X
GEAR

7
11TH
ANNA
VIRMAJOKI

ANNA WHO JUST LAST YEAR COMPETED IN THE ARNOLD AMATEUR LOOKED GREAT AND HAS A BRIGHT FUTURE AHEAD OF HER. WITH SOME POLISH SHE WILL BREAK THE TOP 10 MAYBE EVEN TOP FIVE NEXT YEAR.

12
12TH
LACEY
DeLUCA

LACEY COMMANDED THE STAGE AS SHE WENT THROUGH HER MADATORIES. YOU COULDN'T HELP BUT BE MESMORIZED BY HER TIGHT WAIST AND STAGE PRESANCE.

13TH
ABIGAIL
BURROWS

ABIGAIL SHOWED OFF HER GREAT "ASSESETS" AS SHE PLACED 13TH THIS YEAR. A LITTLE SOFT COMPARED TO SOME OF THE OTHER COMPETITORS BUT WOULD STILL STOP TRAFFIC!

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14TH
ALEXIS
KAUFMAN
6

ALEXIS WHO'S BUBBLY PERSONALITY SHONE ON STAGE AS SHE POSED AND WOWED THE CROWD. HER COLOR WAS OFF WHICH HURT HER PLACING BUT SHE STILL LOOKED AMAZING.

15TH
NOY
ALEXANDER

TURNING PRO LAST YEAR AT THE USA'S NOY LOOKED GREAT AND JUST NEEDS TO PERFECT HER PHYSIQUE TO COMPETE IN THE PRO RANKS. A TIGHT WAIST AND CURVES THAT NEVER END, NOY WILL HAVE A GREAT CAREER.

16TH
MARCELA
TRIBAN

MARCELA WITH HER FLOWING, BLOND HAIR, SHAPELY CURVES ONLY HAS TO WALK ON STAGE AND YOU STOP EVERTHING YOU'RE DOING TO LOOK. SHE HAS THE "IT" FACTOR AND HAS A GREAT FUTURE AHEAD.

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Arnold Classic Champ

DEXTER JACKSON

ARNOLD CLASSIC

The 25 Anniversary Arnold Classic this year did not disappoint as Dexter "The Blade" Jackson made history winning his fourth "Arnold" title to tie the record held by Flex Wheeler for the most wins at the Arnold Classic. He previously won in 2005, 2006 and 2008 and is on a roll and going strong to potentially make history next year in 2014! Everyone in the audience knew he had won the show when he was called out with Ben Pakulski and Toney Freemen for the first set of comparisons and then asked to leave the stage. Dexter wasn't even called out during the final comparisons which was the nail in the coffin for the rest of the field – the Arnold Classic was his! The prize for Jackson who's now 43; a check for $130,000, the Arnold Classic trophy and a Tony Nowak Originals Champions Jacket.

Ben Pakulski of Cananda put his money where his mouth is after calling out Branch at the Olympia and finished in second place earning himself $75,000 and the contest's Most Muscular Trophy. "Pak Man" has brought up his upper body in the past few years to match his freakishly JACK'D legs and brought a total package to the stage. Even at his first level one show Ben had a set of wheels that could beat most pros and now that he's balanced his body out he'll be out for blood at the Olympia!

2013

Toney Freeman of Atlanta who's now 46 – if you can believe it, finished in third place and earned himself $50,000. The "X-Man" looked great and seems to be getting better with age and for a tall man who has to hold more muscle than the rest of the pack to compete is giving the younger bodybuilders a lesson on how it's done!

Fourth-place was awarded to Johnnie Jackson of Texas along with a check of $30,000. Johnnie looked great and brought his massive physique to the stage. You don't get an appreciation of just how thick Johhnie's upper body and traps are until you see him in person – it'll blow your mind. In Texas it's go hard or go home, and Johnnie always trains balls-to-the-wall!

Hidetada Yamagishi of Japan earned $15,000 for his fifth place finish. He brought his most complete package to date with an excellent posing routine that entertained the crowd, all with a broken wrist.

Sixth-place went to Cedric McMillan of New Jersey and a check for $10,000. Many felt that Cedric looked smooth and that others in the field deserved to place higher. Cedric's classic lines and size are what got into the top six and his posing **routine included some of the poses made famous by Arnold and only Cedric, other than Arnold himself, can pull them off to full effect.**

ARNOLD CLASSIC

1. DEXTER JACKSON

2. BEN PAKULSKI

3. TONEY FREEMAN

4. JOHNNIE JACKSON

5. HIDETADA YAMAGISHI

6. CEDRIC McMILLAN

1ST
DEXTER
JACKSON

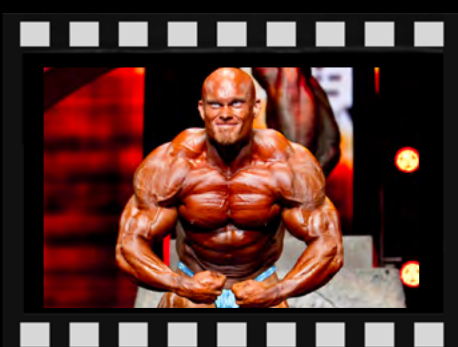
WE CALLED IT, DEXTER "THE BLADE" ONCE AGAIN TOOK FIRST PLACE AT THE ARNOLD CLASSIC AND MADE HISTORY TYING FLEX WHEELER AS THE ONLY ATHLETE TO HAVE EVER WON THE TITLE FOUR TIMES! DEX IS ON A ROLL AND DOESN'T SEEM TO BE SLOWING DOWN; 4TH AT THE OLYMPIA, MASTERS OLYMPIA CHAMPION AND NOW 4-TIME ARNOLD CLASSIC CHAMPION, IS A SECOND OLYMPIA TITLE IN THE WORKS? THIS SEPTEMBER THE OLYMPIA WILL BE A BARN BURNER AND PHIL WILL HAVE HIS HANDS FULL DEFENDING THE TITLE THIS YEAR - YOU NEED TO GO TO VEGAS AND SEE FOR YOURSELF!

CLICK ON THE IMAGE BELOW TO WATCH DEXTER'S POSING ROUTINE.

13
2ND
BEN
PAKULSKI

WOW, DID BEN EVER "PUT UP" AND YOU CAN'T EVER TELL HIM TO "SHUT UP" AFTER BRINGING IT TO THE ARNOLD CLASSIC STAGE THIS YEAR! BEN'S BEEN WORKING IT HARD IN THE GYM AND HE'S FOCUSED HIS ATTENTION ON MATCHING HIS UPPER BODY WITH HIS "FREAKISH" LEGS. EXPECT BIG THINGS FROM BEN THIS YEAR, MAYBE EVEN ATO BE IN THE TOP 5 AT THE OLYMPIA AND GIVE PHIL AND THE BOYS A RUN FOR THEIR MONEY!

CLICK ON THE IMAGE BELOW TO WATCH BEN'S POSING ROUTINE.



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Finally – a great tasting muscle building snack that delivers the highest quality protein with 0 sugar, low calories, low carbs and low fat, plus is lactose free and gluten free! Power Pak Pudding is available in two convenient sizes so you can customize your nutrition. The larger Power Pak Pudding provides 30 grams of protein and only 190 calories, while Fit & Lean Power Pak Pudding contains 15 grams of protein and just 100 calories! Now you can enjoy your protein with rich, creamy Power Pak Pudding – available in Delicious Chocolate and Vanilla Creme flavors. Protein never tasted so good!
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3RD
TONEY
FREEMAN

WHAT CAN YOU SAY ABOUT THE X-MAN, HE GETS BETTER WITH AGE! THE DUDE IS JUST MASSIVE, AND FOR HIS TALL STATURE, THAT'S PRETTY IMPRESSIVE. WE CALLED TOP 3 AND TONEY DELIVERED. FULL, STRIATED MUSCLE BELLIES, TIGHT, DRY SKIN; THE X-MAN SHOWED THE WORLD WHY HE'S ONE OF THE BEST IN THE INDUSTRY RIGHT NOW AND HE'LL BE A FAN FAVORITE FOR YEARS TO COME!

CLICK ON THE IMAGE BELOW TO WATCH TONEY'S POSING ROUTINE.

4TH
JOHNNIE
JACKSON

JOHNNIE CAME TO THE ARNOLD FEELING BETTER THAN EVER AND FELT THAT EVERYTHING WAS RIGHT ON WITH HIS CONTEST PREP AND HE WAS RIGHT. HIS WAIST WAS TIGHT WHICH MADE HIS SHOULDERS LOOK EVEN MORE MASSIVE; IF THAT'S EVEN POSSIBLE! IF JOHNNIE CAN BRING UP HIS LOWER LEGS TO MATCH, HE'LL BE TOUGH TO BEAT BECAUSE NO ONE, AND WE MEAN NO ONE, HAS AN UPPER BODY AS THICK AS JOHNNIE JACKSON'S.

10

CLICK ON THE IMAGE BELOW TO WATCH JOHNNIE'S POSING ROUTINE.

5TH
HIDETADA
YAMAGISHI

"THE DRAGON" WAS BREATHING FIRE AS HE HIT THE STAGE AND HELD HIS OWN AGAINST THE BIGGER GUYS IN THE TOP 5 POSE FOR POSE. THIS EARNED HIM A WELL-DESERVED 5TH FINISH. HIDETADA IS POISED TO WIN AT LEAST ONE SHOW ON THE IFBB CALENDAR THIS YEAR ALLOWING HIM TO TAKE PART IN THE OLYMPIA IN VEGAS ONCE AGAIN.

CLICK ON THE IMAGE BELOW TO WATCH HIDETADA'S POSING ROUTINE.

6TH
CEDRIC McMILLAN

WITH A PHYSIQUE THAT REMINDS MANY OF THE AUSTRIAN OAK HIMSELF, CEDRIC MCMILLAN'S MASSIVE BODY TOOK OVER AND DWARFED MANY OF THE OTHER ATHLETES ON STAGE THIS YEAR AT THE ARNOLD. THE ONLY THING THAT HELD HIM BACK WAS BEING ON THE SOFT SIDE, BUT HIS PURE MASS AND CLASSIC POSES HELPED HIM TAKE 6TH PLACE OVERALL.

11

CLICK ON THE IMAGE BELOW TO WATCH CEDRIC'S POSING ROUTINE.

7TH
FRED
SMALLS

FRED "BIGGIE" SMALLS WON THE HEARTS OF ALL THE FANS IN THE AUDIENCE AND BLEW UP THE STAGE WITH HIS POSING ROUTINE WHICH WON HIM AN ADDITIONAL $10,000 AS THE NIGHTS BEST POSER. SMALLS HAS COME A LONG WAY IN THE PAST FEW YEARS AND IS ON TRACK TO BECOMING A TOP CONTENDER IN THE RANKS OF THE IFBB. FRED WAS BIGGER, TIGHTER AND LEANER THAN HIS FIRST SHOWING AT THE OLYMPIA THIS PAST SEPTEMBER AND HE HAS THE FIRE, THE PASSION AND A POSING ROUTINE THAT WILL LEAVE YOU WANTING MORE - HE'S ON HIS WAY TO MAKING A NAME FOR HIMSELF THIS YEAR!

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ADVANCED GENETICS
F-10
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INCREASE RESTING METABOLIC RATE BY 11%!
AUGMENTE ACTIVITÉ MÉTABOLIQUE AU REPOS DE 11%!
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Ask The General

Q Hi General! I'm looking to pack on some muscle over the winter. I'm 35 years old and have been training for six years. What AG supplements should I use?

A Without getting into each in-depth, here are my recommendations:

GP3 – all your creatine, BCAAs, glutamine, beta-alanine and taurine.

ALPHA and/or Testdex – at 20 your testosterone levels start to plummet – these will maximize your testosterone, minimize estrogen and ALPHA will even boost growth hormone.

ISO-Phase and GLYCO-Phase – use these intra-workout to ensure you get the most from your training

Nitric Impact (optional) – when you need an extra boost and enhanced pump for training.

Q What's up, Chris? I'm getting ready for my first men's physique show. I use GP3 and Nitric Impact before every workout. I'm just starting my diet at 12 weeks out. Should I stack Nitric Impact with F-10 so I get the extra fat burning properties of the F-10?

A Now would be the time to swap out Nitric Impact for F-10. Nitric Impact plus F-10 would be quite the overload of stimulants and this can actually have a counter-productive result. Too many stimulants will cause the body to release cortisol, the stress hormone and that's not a good thing. While we're on the topic, you should watch your daily stimulant intake both off-season and contest prep. Limit your stims to AM and pre-workout and you'll be fine. When using F-10 pre-workout, stack it with PumpForce for a killer pump!

Q My arms suck. My chest and back are good and my legs are big from years of soccer as a teenager. Please help!!!

A Try this out. On Monday train in the rep range of 6-8 with these exercises (warm-up with 1 or 2 sets and then do 3 work sets each): Dumbbell curls, one-arm preacher curls, reverse barbell curls, one arm push-downs, close grip bench press, dumbbell overhead press. On Friday superset the following exercises for 15 reps each for a total of 3 sets each: Rope pushdowns and barbell curls, overhead cable press and EZ bar cable curls, kickbacks and concentration curls. Your arms will be growing in no time!

Chris Johnson is the CEO of Advanced Genetics and PureForce Nutrition. He is a national CBBF champion and certified personal trainer and is considered one of Canada's leading experts on sports nutrition and supplementation.

CLICK ON THE IMAGE BELOW TO WATCH FRED'S POSING ROUTINE.

8TH
ED
NUNN
8

ED FEELS AS IF HE'S ONE OF THE MOST OVER-LOOKED BODYBUILDERS AMONG THE IFBB PRO RANKS IN THE PAST YEAR AND HE MAY BE RIGHT. WITH A PHYSIQUE SIMILAR TO THAT OF TONEY FREEMAN, NUNN IS ONE OF THE TALLER BODYBUILDERS IN THE LINEUP WHO ALSO HAS A CLASSIC X-FRAME - TIGHT WAIST, WIDE BACK AND FULL, MUSCLE BODIES, ED JUST HAS TO KEEP PAYING HIS DUES AND HE'LL SOON BE REWARDED!

CLICK ON THE IMAGE BELOW TO WATCH ED'S POSING ROUTINE.

5
9TH
DARREM
CHARLES

DARREM WAS DICED AS USUAL, FEATHERED QUADS, OBLIQUES CARVED OUT AS IF THEY WERE ETCHED IN STONE, HE JUST NEEDS TO ADD A BIT MORE MASS TO CERTAIN AREAS AND POLISH UP A BIT AND HE WILL BE BACK IN FULL FORM. IT WILL BE INTERESTING TO SEE WHERE HE COMPETES NEXT THIS SEASON.

CLICK ON THE IMAGE BELOW TO WATCH DARREM'S POSING ROUTINE.

PROTEIN PERFECTION
A new groundbreaking clinical study* on protein reveals that MHP's Probolic-SR is superior to whey!
Probolic-SR, the world's first combination protein supplement of its kind, is formulated to provide fast, medium and slow releasing proteins in one advanced formula. The combination of these precise muscle building proteins provide far greater anabolic and anti-catabolic benefits than any other single protein supplement.
GYM TESTED. RESEARCH PROVEN.
This recent landmark study confirms that consuming a blend of proteins as found in Probolic-SR provides a fast releasing whey, medium releasing soy isolate and slow releasing casein, thereby supplying a prolonged delivery of amino acids to the muscles. This combination increases the "anabolic window," making Probolic-SR superior for consumption following resistance exercise versus whey protein alone.
Marco Rivera
IFBB Pro, Team MHP
PATENTED MICRO-FEED TECHNOLOGY
To enhance its already powerful anabolic/anti-catabolic properties, Probolic-SR contains a patented Sustained Release Micro-Feed Technology that extends the release of amino acids even further for longer anabolic action. This breakthrough delivery technology is so advanced, it's patented.
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*"Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise," Dr. Rasmussen, et al., 2012.
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10TH FOUAD ABIAD

FOUAD WAS DRY TO THE BONE AND WE HAD HIM PLACING HIGHER THAN 10TH PLACE SO WE CAN ONLY GUESS AS TO WHY SOME OTHERS PLACED ABOVE HIM. THE ONLY THING WE CAN THINK OF IS THAT HE NEEDS TO BRING OUT THE FULL WIDTH OF HIS BACK WHILE HE'S POSING ON STAGE... BUT 10TH PLACE, WE'RE STILL SHAKING OUR HEADS AT THAT ONE!

12

CLICK ON THE IMAGE BELOW TO WATCH FOUAD'S POSING ROUTINE.

6
11TH
MARCUS
HALEY

IT'S BEEN A WHILE SINCE MARCUS HAS HIT THE STAGE AND IT SHOWS. ALTHOUGH HE WOULD STAND OUT AS A FREAK IN ANY GYM, HE WAS ON STAGE WITH SOME OF THE BEST PROS IN THE WORLD AND YOU HAVE TO BRING YOUR A-GAME TO COMPETE. WE'RE SURE HE'LL DIAL IT IN AS THE YEAR GOES ON AND WILL COME IN BETTER SHAPE AT HIS NEXT SHOW.

6

CLICK ON THE IMAGE BELOW TO WATCH MARCUS AT PREJUDGING.

4
12TH
MICHAEL
KEFALIANOS

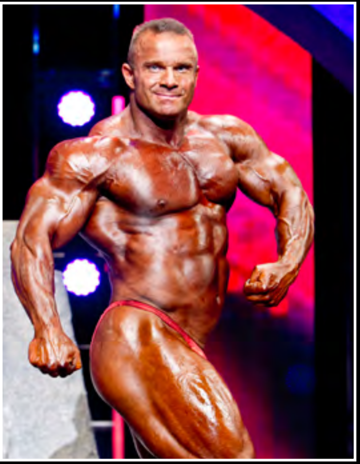
THE EVER-SHREDDED MIKE KEFALIANOS SEEMED A BIT OFF HIS NORMAL, SUPER-SHREDDED, FREAKISHLY DICED-UP PHYSIQUE WHEN HE HIT THE ARNOLD STAGE THIS YEAR. ALL MIKE HAS TO DO IS BRING OUT THE WIDTH OF HIS BACK AND TIGHTEN HIS WAIST LINE WHEN HE'S POSING ON STAGE. WHEN MIKE DOES THIS, HE WILL SHOW OFF THE FULL POTENTIAL HIS MASSIVE PHYSIQUE HAS TO OFFER AND HE'LL PLACE HIGHER AT THE BIG SHOWS.

4

CLICK ON THE IMAGE BELOW TO WATCH MICHAEL AT PREJUDGING.

13TH RONNY ROCKEL

INCONSISTENCY IS RONNY ROCKEL'S WORST ENEMY AND IT SHOWS. RONNY IS EITHER SPOT-ON OR OFF WHEN HE COMPETES AND AT THIS SHOWING HE WAS OFF. IF HE TOOK SOME TIME OFF FROM COMPETING AND GAVE HIS BODY TIME TO REST, WE'RE SURE THAT HE WILL COME BACK BETTER THAN EVER. HOPEFULLY HE TAKES THIS INTO ACCOUNT SO WE CAN SEE HIM ONCE AGAIN COMPETE AT HIS BEST.



CLICK ON THE IMAGE BELOW TO WATCH RONNIE AT PREJUDGING.

"THE REVOLUTIONARY MUSCLE BUILDING BREAKTHROUGH OF THE CENTURY!"

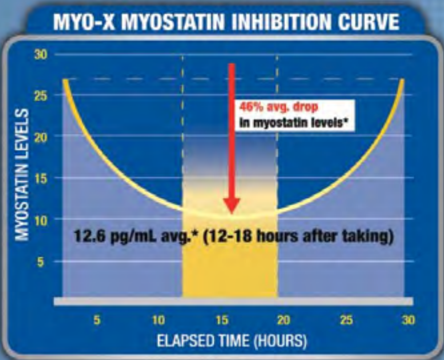
– MUSCULAR DEVELOPMENT MAGAZINE

SCIENTISTS DISCOVER MYOSTATIN INHIBITION LINKED TO MUSCLE GROWTH

Scientists have been researching a growth factor protein called myostatin and its role in muscle building. Myostatin is a powerful negative regulator of skeletal muscle mass that restricts muscle growth. Documented cases of myostatin deficiency in mammals, including humans, display astonishing muscular growth and reduced body fat levels. "Double muscling" is the scientific term used to describe the extreme muscle hypertrophy found in mammals, including humans, lacking myostatin. Researchers have been studying the rare accelerated growth of a German child deficient in myostatin since he was first referenced in the *New England Journal of Medicine* in 2004, while the tremendous muscularity of the Belgian Blue bull is another prime example of extreme muscle growth due to the absence of myostatin in animals. While normal human beings will not experience the full "double muscling" phenomenon, further research on myostatin has confirmed its influence on muscle building.

MYOSTATIN INHIBITORS SPARK MUSCLE BUILDING CONTROVERSY

While a reduction in myostatin will not cause "double muscling," it certainly may have a significant impact on muscle building. This is why there has been such incredible interest among scientists and athletes and such concern by athletic governing bodies over the use of myostatin inhibitors. The governing bodies of sports look at this as cheating, while athletes look at it as a way to naturally enhance muscle growth and improve athletic performance. You should look at the use of myostatin inhibitors as a new and effective way to help you activate muscle growth and build the muscular physique you've been working so hard for in the gym.



MYO-X's key active ingredient, MyoT12®, has been shown in a clinical study to reduce serum myostatin in study subjects by an average of 46% in 12-18 hours with just a single serving. 100% of all human clinical test subjects showed significant reductions in myostatin. The average serum myostatin declined to 12.6 pg/mL, with every subject responding positively. Finally, at the 24-30 hour time point with a mean value of 28.1 pg/mL, the average myostatin level completely normalized.†

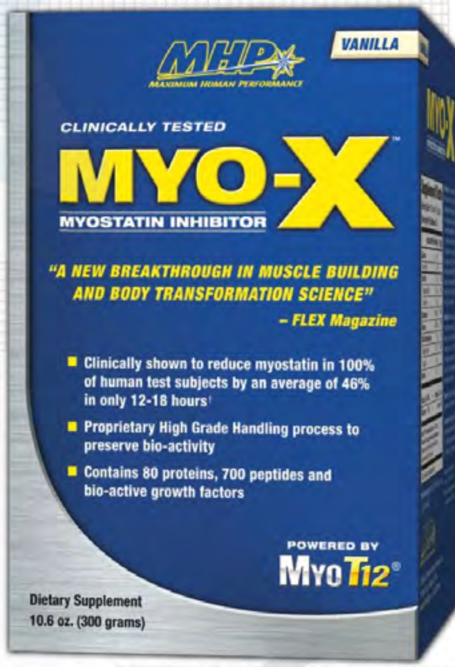
†*Journal of the American College of Nutrition*, Vol. 28, No. 3, Abstract 47, October 2009.

MYO-X: THE MYOSTATIN CRUSHER

Thanks to this scientific breakthrough, bodybuilders and athletes everywhere may be able to break the limitations created by myostatin and maximize their muscle building potential. MYO-X is an all-natural, clinically tested myostatin inhibitor shown in scientific research to reduce myostatin levels in 100% of test subjects by an average of 46% with just one serving! This is a significant breakthrough for bodybuilders and athletes looking to increase muscle mass, strength and performance. Myostatin reductions such as these may help counter the catabolic forces that have restricted your ability to build more muscle and open the door to new muscle building potential. In fact, MYO-X is so exciting that *Muscular Development* magazine has proclaimed it to be the "Revolutionary Muscle Building Breakthrough of the Century!"* MYO-X has emerged as a powerful new approach to extreme muscle enhancement for all bodybuilders and athletes!

"Research has shown that a reduction in serum myostatin levels is likely to result in clinically significant muscle gains. In my work with elite athletes I have seen first-hand the muscle enhancement impact of MYO-X."

- Carlon M. Colker, M.D.



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RICH GASPARI COULDN'T BE HAPPIER AS HE RECEIVES THE LIFE-TIME ACHIEVEMENT AWARD FROM THE OAK HIMSELF.

DEX AND BEN POSE DOWN FOR THE FANS AS THE JUDGES ADD UP THE SCORES.

DEXTER GETS A HUG AND A KISS FOR HIS RECORD TYING WIN.

ARNOLD AND DEXTER SHARE A LAUGH DURING ARNOLD'S POST-WIN INTERVIEW ... SO, TELL ME, HOW DID YOU TRAIN AND PREPARE FOR THIS COMPETITION?

EVERY YEAR AT THE ARNOLD LONNIE CALLS OUT THE ACTION AS ONLY THE "SWAMIE" CAN - NOW THAT'S ENTERTAINMENT1

MORE OIL ...
MORE OIL ...
I'M GOINNA'
BEAT HIM!

FRED "BIGGIE" SMALLS RECIEVES THE BEST POSER AWARD AND A CHECK FOR A COOL $10,000!

THE TOP SIX COMPETITORS WAIT PATIENTLY FOR THE FINAL PLACINGS ... YOU CAN ONLY IMAGINE HOW THEY FEEL AT THIS MOMENT.

THE HALF-TIME ENTERTAINMENT IS ALWAYS SOMETHING CRAZY AND FUN TO WATCH.

GARY BARTLETT HAM'S IT UP BACKSTAGE.

DEXTER DEEP IN THOUGHT AS HE WAITS BACKSTAG ... HMMMMM, HOW AM I GOING TO CELEBRATE MY WIN TONIGHT? AN EXTRA-LARGE PIZZA AND A BEER SOUNDS GOOD TO ME!

PHIL AND KAI INTERVIEWED BY DENNIS JAMES BACKSTAGE.

WINNERS OF THE ARNOLD CLASSIC, PAST AND PRESENT.

JOHNNIE JACKSON PUMPS-UP BACKSTAGE BEFORE HIS ROUTINE.

YOU CAN ALWAYS FIND BIG MARK HENRY BACKSTAGE AT THE ARNOLDS

A FEW CURLS BEFORE I GO OUT AND WIN THIS BIAAAATCH!

THE 25TH ANNIVERSARY ARNOLD CLASSIC STARTIED OUT WITH A BANG WHEN ALL THE COMPETITORS CAME IN FROM THE BACK AND POSED FOR THE AUDIENCE ... THE FANS WENT NUTS!

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