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TAKES THE TITLE!**

**SPECIAL EDITION!**  
**ARNOLD**  
SPORTS  
FESTIVAL 2014



# CONTENTS

## 2014 ARNOLD CLASSIC SPECIAL EDITION

### breakdown



#### Figure

Candice Keene captures her second win in a row at the Figure International against an incredibly competitive line up.

10

#### Fitness

Oksana Grishina wins her first Fitness International title with an amazing routine that wow's the audience and makes her the heir apparent for the Olympia crown.

36

#### Tradeshaw Walkaround

Want to know what it's like experience the Arnold Tradeshaw first hand. Join us as we walk the floor to see what's new in the world of bodybuilding and fitness and who knows, we may just bump into someone famous.

58

#### Bikini

The Bikini division brings out the best IFBB Pro bikini competitors to the stage to show off their best "ass"ets to the delight of everyone in attendance.

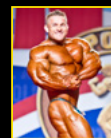
66



#### Men's 212

Flex Lewis brought the complete package to the stage to take the first ever, 212 Arnold Classic title!

90



#### Arnold Strongman

These guys are truly the world's strongest men! Watch Big Z, Zydrunas Savickas win another Arnold Strongman title against his rival, former champion Brian Shaw.

110



#### Arnold Classic

See how the Big Bad Wolf Dennis Wolf dominated the competition to win his first ever, major contest and take the 2014 Arnold Classic Crown!

134



# THE EDITOR

derek hart



WELCOME

the world's  
first free  
100% digital  
bodybuilding  
magazine

Welcome to the 2014 ARNOLD CLASSIC Special Edition  
of JACK'D MAGAZINE!

Well, the 2014 Arnold Classic did not disappoint. After coming in second a number a times throughout his carrer the Big Bad Wolf finally got a major win and took the Arnold Classic crown! Dennis was bigger, leaner and all out freakier than he has ever been in the past and defeated an impressive line up of IFBB Pros to earn his place in Arnold Classic and bodybuilding history. This this special edition of JACK'D Magazine is dedicated entirely to the Arnold Classic weekend and all of the athletes who competed in this amazing event. Bodybuilding, Fitness, Figure, Bikini, Strongman, we have it all. So sit back ,relax and crack open a cold one as you flip through the pages of JACK'D's 2014 Arnold Classic Special Edition!

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



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COVER:

Arnold Classic Champion  
Dennis Wolf

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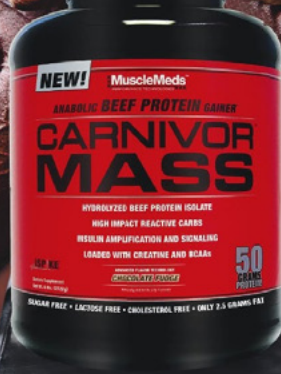
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Victor Martinez  
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Other Ingredients	100%
<b>Total Weight</b>	
	100g
<b>Total Volume</b>	
	100ml
<b>Total Servings</b>	
	30



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# ARNOLD



# 2014

# Arnold Classic Review



# WOLF WINS THE ARNOLD CLASSIC!



Dennis Wolf brings home the title that has eluded him all these years! The 2014 Arnold Classic was one for the books as Wolf fought off an impressive line up of competitors to be crowned champion. Bodybuilders like second place finisher Shawn "Flexitron" Rhoden, previous Arnold Classic Champions Victor Martinez and Branch Warren. Rising stars Cedric McMillan and Even Centopani, Ben "Pakman" Pakulski, Brandon Curry, Fred Smalls and veteran athletes like Edward Nunn and the X-man himself, Toney Freeman. It was an amazing show that captured the audience's attention from start to finish with an eruption of cheers when Wolf was declared champion.

Women's Bodybuilding was absent from this year's events to make room for the first ever, Men's 212 Arnold Classic where James "Flex" Lewis continued his domination of the division to take the title and become the first ever 212 Arnold Classic Champion.

This year also marked the end of an era as this would be the last show to take place in the famed Vetran's Memorial Stadium as it is set to be torn down after decades of hosting this amazing show.

Sit back and enjoy JACK'D Magazines coverage of the Arnold Classic, 212 Arnold Classic, Fitness, Figure and Bikini International and of course, the Arnold Strongman.





**ARNOLD CLASSIC 2014**

**CANDICE KEENE**

# Figure International



It's always a great time in Columbus when the ladies of the Figure division hit the stage and this year was no different. With beautiful, shaply lines and muscle tone, these ladies are the cream of the crop in the IFBB.

For the second year in a row Candice Keene won the Figure International beating out the best of the best in the Figure division. Candice was spot on when she took to the stage this year and had the physique and stage presance that set her apart from the rest of the competitors. For her win, Keene earned \$16,000 and a Tony Nowak Original Champions Jacket.

Second-place and a check for \$10,000 went to Heath Dees who's toned physique was a show stopper next to Candice. Heather won her highest placing in a major competition to date at the 2014 Figure International and put up a good fight with Candice during their battle for first and second placings.

Camala Rodrigues looked absolutely stunning, putting up a great showing this year winning herself third place, earning herself an \$8,000 check. The beautiful Ann Titone came in fourth winning \$5,000, Candice Lewis won fifth placd and \$3,000 and Gennifer Strobo rounded out the top six earning herself \$2,000.



**FIGURE**



**1. CANDICE KEENE**



**2. HEATHER DEES**



**3. CAMALA RODRIQUEZ**



4. ANN TITONE



5. CANDICE LEWIS



6. GENNIFER STORBO





**CANDICE  
KEENE**





2<sup>ND</sup> HEATHER DEES





**3<sup>RD</sup> CAMALA RODRIGUEZ**



4<sup>TH</sup> ANN TITONE





5<sup>TH</sup> CANDICE LEWIS



6<sup>TH</sup> GENNIFER STROBO

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7<sup>TH</sup> ALICIA COATES



8<sup>TH</sup> AVA COWAN





9<sup>TH</sup> ALLISON FRAHN



10<sup>TH</sup> AMANDA DOHERTY



11<sup>TH</sup> DANA AMBROSE



12<sup>TH</sup> ELISSA MARTIS



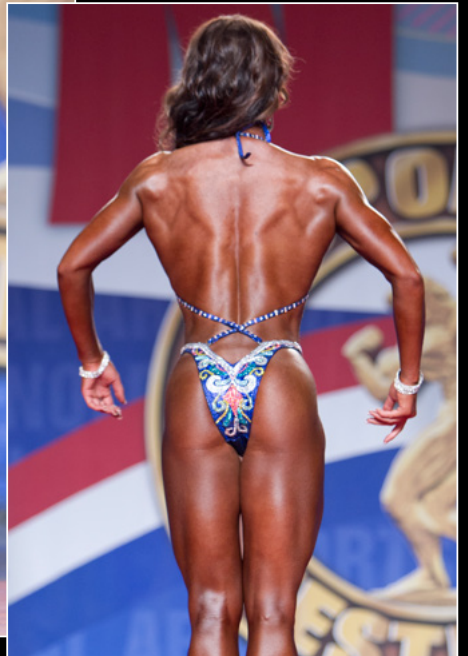
13<sup>TH</sup> LARISSA REIS



14<sup>TH</sup> KARINA GRAU



15<sup>TH</sup> GIADA SIMARI



16<sup>TH</sup> NATALIE WAPLES





17<sup>TH</sup> KATI ALANDRI

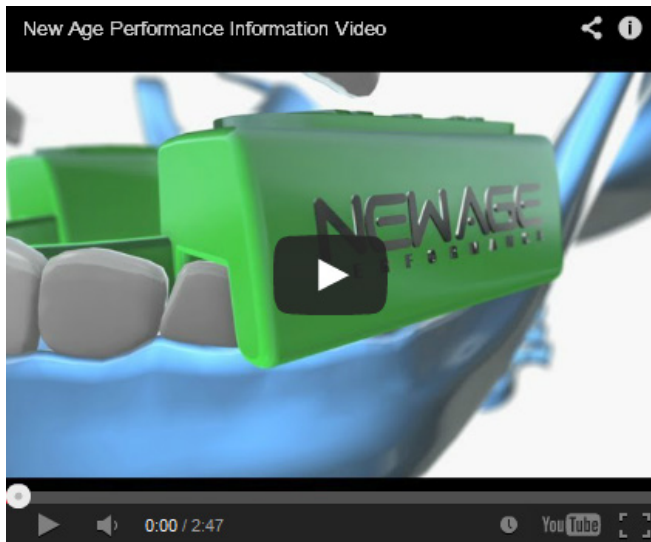
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**OKSANA GRISHINA**

# Fitness International



Oksana Grishina has been on a roll for the past few years and the 2014 Fitness International was no exception. Back in 2007 when she stepped on stage at the Europa Supershow we knew that the future was going to be bright for this amazing fitness star! Grishina, who won the Arnold Fitness Europe in 2012, dazzled the audience with a unbelievable pole routine in the fitness portion of the event. Oksana earned herself \$25,000 and a Tony Nowak Original Champions Jacket for the victory and the prediction as this years Olympia title winner.

Second place, and highest placing to date following her second place at last years Arnold Classic Brazil went to Regiane DaSilva of Germany. With a energized fitness routine and stunning physique Regiane earned herself \$13,000.

Tanji Johnson who won the Fitness International in 2013 and the Arnold Fitness Europe in 2012, was third and picked up \$8,000 for her showing. Noticably not as sharp as she was last year Tanji dropped down in placings but don't count her out. We're sure this will just add fuel to the fire for the Olympia this September.

Fourth-place was awarded to Bethany Cisternino who does well competing at the Arnold, earning herself \$5,000. Fifth-place to Trish Warren who's rockin' routine is always a crowd pleaser took home \$3,000. Rounding out the top six was Canadian Ryall Graber, who earned herself \$2,000 and another great placing among the best of the best in the fitness world.





1. OKSAN GRISHINA



2. REGIANE DA SILVA



3. TANJI JOHNSON



4. BETHANY CISTERMINO



5. TRISH WARREN



6. RYALL VASANI

Lean and Clean Mass Builder

# UP YOUR MASS

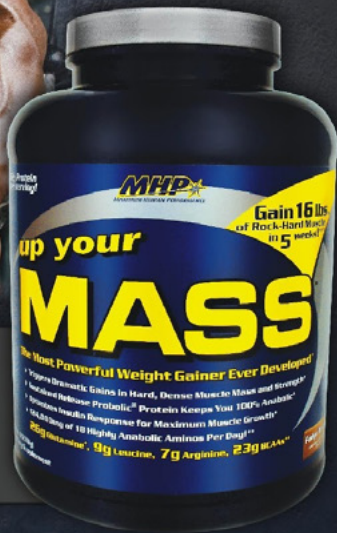
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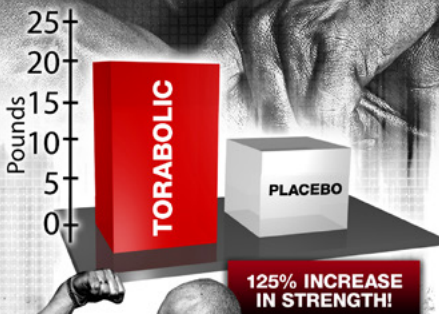
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- Wilbon et al. (2010). Effects of a purported aromatase and 5-alpha reductase inhibitor on hormone profiles in college-age men. IJSNEM. 20(6): 457-465
- Poole et al. (2009). Effects of TESTOSURGE Supplementation on Strength, Body Composition and Hormonal Profiles during an 8-Week Resistance Training Program. JISSN. 6(Suppl 1):P12



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4<sup>TH</sup> BETHANY CISTERMINO



5<sup>TH</sup> TRISH WARREN



6<sup>TH</sup> RYALL GRABER-VASANI





7<sup>TH</sup> MELINDA SZABO



8<sup>TH</sup> WHITNEY JONES





10<sup>TH</sup> KIZZY VAINES



11<sup>TH</sup> ALLISON ETHIER



12<sup>TH</sup> DANIELLE RUBAN



13<sup>TH</sup> AMANDA HATFIELD



12<sup>TH</sup> BABETTE MULFORD





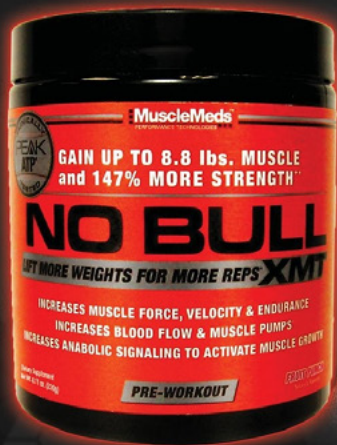
# NO BULL

LIFT MORE WEIGHT FOR MORE REPS XMT

NEW!

NO BULL XMT (Xtreme Muscle Tension) has been formulated with clinically researched ingredients to enhance workout performance and muscle growth through a proven training concept called "Time Under Tension." During a resistance training workout, the amount of time your muscles work is measured in repetitions and the amount of tension is measured in weight. Increasing the number of reps (time) and the amount of weight on the bar (tension) during a set increases the workload placed on your muscles and stimulates greater muscle growth. NO BULL XMT is formulated to do just that. More Reps + More Weight = More Muscle Growth!

In the development of NO BULL XMT, MuscleMeds researchers focused on a key mechanism in muscle called "Excitation-Contraction." Enhancing this mechanism of action in muscle tissue helps increase muscle force, velocity and endurance, thereby increasing time under tension and total workout performance. In addition to enhancing muscle excitation-contraction, NO BULL XMT's advanced synergistic design also increases energy, muscle pumps and anabolic signaling, making it the ultimate performance enhancing pre-workout formula. NO BULL XMT is the pre-workout formula for those who want more... More weight for more reps equals more muscle growth!



NEW & IMPROVED FORMULA WITH  
CLINICALLY TESTED PEAK ATP®

INCREASES MUSCLE FORCE, VELOCITY & ENDURANCE  
INCREASES BLOOD FLOW & MUSCLE PUMPS  
INCREASES ANABOLIC SIGNALING TO ACTIVATE MUSCLE GROWTH

GAIN UP TO 8.8 lbs. MUSCLE  
and 147% MORE STRENGTH!+

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# THE ARNOLD TRADESHOW!





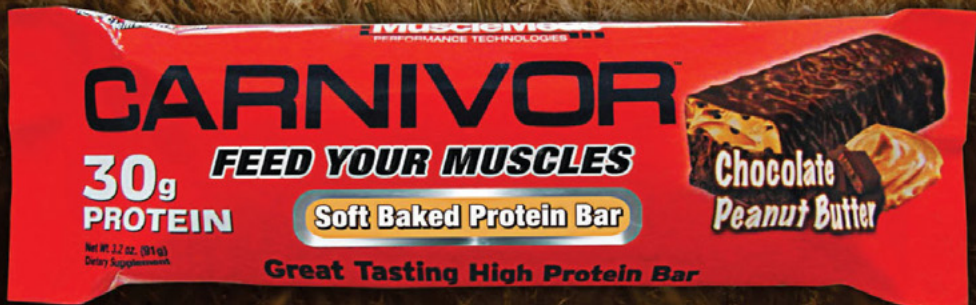


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**NEW!**

FROM MUSCLEMEDS

**THE PREDATOR'S PROTEIN BAR**  
THE POWER OF BEEF AT THE SPEED OF WHEY



Thanks to the latest developments in protein technology, MuscleMeds CARNIVOR Protein Bars offer amazing soft baked candy bar taste with 30 grams of protein. Powered by MuscleMeds world famous CARNIVOR Beef Protein Isolate, these soft baked high protein bars provide the power of quality beef protein to fuel your muscles and feed your appetite. Enjoy the new delicious CARNIVOR Soft Baked Protein Bars – size and satisfaction guaranteed!

**AVAILABLE IN DELICIOUS CHOCOLATE PEANUT BUTTER AND COOKIES & CREAM!**

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# THE PROOF IS IN THE PUDDING!

## POWER PAK PUDDING

Finally – a great tasting muscle building snack that delivers 30 grams of the highest quality protein without all the calories, carbs, fats, sugar and sugar alcohols found in most protein bars! Now, you can enjoy delicious, high protein pudding without compromising on quality nutrition with MHP's ready-to-eat Power Pak Pudding!

- **30g Protein**
- **Sugar Free**
- **Low Carb**
- **Lactose Free**
- **Only 190 Calories**

**Eduardo Correa**  
IFBB Pro



**Taste Test Video!**  
See what consumers are  
saying about  
Power Pak Pudding!

**Rich and Creamy Chocolate!**  
**and Delicious Vanilla Crème!**

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MAXIMUM HUMAN PERFORMANCE

# CUTLERS ATHLETICS

*Jay Cutler*



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NOW!**

**APPAREL FOR THE  
HARD-CORE ATHLETE**

# BUSTED

## KAI GREENE'S MUSCLE BUILDING SECRET IS OUT!

For the past 2 years, MuscleMeds research team has been feeding Kai Greene a "Secret Sauce." At first, even Kai didn't know what it was. All he was told was to take it immediately after his workouts. After only a few weeks, Kai felt it working. Finally, after one month and making some of his greatest gains, Kai had to know what was in this jar. He called MuscleMeds headquarters and said, "I love this stuff - I feel bigger, fuller and stronger already! You have to tell me what's in it." So, under confidentiality, they told Kai what it was... but no one else had access to this "Secret Sauce."

Then came the premiere of the acclaimed movie *Generation Iron* and the scene in Kai's kitchen where they showed Kai's muscle building arsenal - bright red MuscleMeds bottles including Carnivor beef protein, NO BULL pre-workout and Amino Decanate. But then the camera froze on an ominous dark bottle with the white label marked SECRET SAUCE. The cat was out of the bag and the bodybuilding world wanted to know what is Kai's secret supplement. The timing was perfect, as MuscleMeds had just secured high volume manufacturing capacities of the key anabolic ingredient in new SECRET SAUCE: Pharmaceutical grade BSA (Bovine Serum Albumin). MuscleMeds decided the secret is out and the time was right to release the game changer in post-workout supplementation with the world's first bioactive plasma post-workout formula of its kind - SECRET SAUCE.



Scan to watch "The Making of SECRET SAUCE" video from MuscleMeds, as first seen in *Generation Iron*



*Generation Iron* is owned by the Viadar Company. Used with permission.



**NEW!**  
BIOACTIVE  
POST-WORKOUT  
FORMULA

HIGH VELOCITY  
BSA PLASMA  
TRANSPORT

MuscleMeds  
PERFORMANCE TECHNOLOGIES

**NEW!**

The World's First BIOACTIVE POST-WORKOUT FORMULA  
With Pharmaceutical Grade BOVINE SERUM ALBUMIN

# SECRET SAUCE

MUSCLE GROWTH & RECOVERY ACTIVATOR

5g BSA BIOACTIVE PEPTIDES & GROWTH FACTORS

5g LEUCINE LOADED 10:1:1 BCAAs

50g ISPIKE REACTIVE CARB SYSTEM

5g POWER-AMP CRE3 CREATINE COMPLEX

Dietary Supplement  
2.84 lbs (1.32kg)

ORANGE

Naturally & Artificially Flavored

ISP ICE  
TECHNOLOGY

**TAP TO ORDER**

**WATCH VIDEO NOW**



# SECRET SAUCE IS KAI'S POST-WORKOUT RECIPE FOR SERIOUS GAINS IN MUSCLE MASS & SUPER-FAST RECOVERY!

WATCH VIDEO NOW

The secret to Kai's muscle building "sauce" is its bioactive Bovine Serum Albumin (BSA), supplied by the world's largest manufacturer of this pharmaceutical grade nutrient. BSA is an extensively researched bioactive protein derived from bovine blood plasma. Researchers have identified BSA to have multiple biological factors that help influence muscle growth. Some of the biological factors and functional properties of BSA include its bioactive peptides and growth factors, high concentrations of leucine and essential muscle building amino acids, high osmolality and its ability to enhance the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma and speed delivery to muscle tissue.

Stimulating protein synthesis, replenishing muscle glycogen and ATP and modulating the anabolic effects of insulin are critical for optimal post-workout supplementation. Research has shown leucine to be perhaps the most anabolic and effective amino acid for activating mTOR and stimulating protein synthesis. SECRET SAUCE doubles down with both naturally occurring leucine in BSA and an additional 5 gram leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio to trigger high levels of protein synthesis. To ensure peak ATP replenishment, SECRET SAUCE utilizes MuscleMeds Power-AMP Cre3 creatine complex consisting of creatine monohydrate, Magnapower magnesium creatine chelate and creatine gluconate. Post-workout creatine uptake and ATP replenishment are enhanced by BSA's plasma transport gradient, leading to increased cell volumizing, muscle size and recovery.

The next important step to complete post-workout supplementation is to optimize the anabolic activity of insulin and replenish glycogen. SECRET SAUCE has taken insulin spiking and glycogen replenishment to an advanced level with the inclusion of the insulinotropic amino acids glycine and phenylalanine in combination with MuscleMeds proprietary iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System. These insulinotropic aminos work in tandem with the iSPIKE reactive carbohydrates and BSA plasma transport to activate a highly anabolic insulin surge and super fast muscle glycogen and ATP saturation. This dynamic trio also enhances the uptake of other key nutrients, peptides and growth factors in BSA to trigger the post-workout growth and repair of muscle tissue.

## THE WORLD'S FIRST BIOACTIVE PLASMA POST-WORKOUT FORMULA WITH BOVINE SERUM ALBUMIN

5g BSA Bioactive Peptides & Growth Factors

5g Leucine Loaded 10:1:1 BCAAs

50g iSpike Reactive Carb System

5g Power-AMP Cre3 Creatine Complex

*"I was at MuscleMeds HQ restocking my supplements for the month when the head scientist introduced a new product in an ominous big jar with a white generic label that said 'SECRET SAUCE.' I was very intrigued by the name and asked questions on what the product was and when to take it. They didn't want to reveal much information to me, because they wanted my unbiased feedback. I was told to take 1 scoop immediately after my workout and to document my progress. I have faith and trust in my team over at MuscleMeds and I knew that by them not telling me much about the product - and 'keeping it a secret' - it was going to be a big deal when it launched. And I kid you not: Within a few weeks I noticed a drastic difference in my physique. I just had to know what it was and knew then it would be a mandatory tool within my supplement regimen."* - KAI GREENE, 2x Arnold Classic Champion



TAP TO ORDER

TO GET IN ON KAI'S MUSCLE BUILDING  
SECRET, VISIT [MuscleMedsRx.com](http://MuscleMedsRx.com)  
OR CALL 888.575.7067!





**ASHLEY KALTWASSER**

# Bikini International



Ashley Kaltwasser is tearing up the competition in the Bikini Division ... and we called it back at last years show - Ashley was the one to watch. Damn we know our sh\*t!

Kaltwasser, was the overall bikini winner of the Arnold Amateur in 2012, finished 10th at the Bikini International in 2013 before winning the Bikini Olympia last September and this years Bikini International crown. Is a second Olympia win in the future, not if Yesharia Robles has anything to say about it! For this win, Ashley earned herself \$7,000 and a Tony Nowak Original Champions Jacket for the victory.

Second place and a check for \$3,000 went to Yeshaira Robles of Bronx, N.Y. Second to Ashley at the Olympia, these two stunning ladies have been battling it out for the top spot for some time and another second place finish will definety push Yeshaira even harder to beat Ashley at the Olympia this year.

Amanda Latona took third place with a body that makes you speechless when you see her on stage. This earned Amanda a check for \$2,000.

Nathalia Melo, former Bikini Olympia champion placed fourth; fifth-place was awarded to Stacey Alexander; and 2013 Bikini International champion India Paulino finished sixth. Melo, Alexander and Paulino all earned \$1,000 for their placings and the admiration of men everywhere!



**BIKINI**



**1. Ashley Kaltwasser**



**2. YESHAIRA ROBLES**



**3. AMANDA LATONA**



4. NATHALIA MELO



5. STACEY ALEXANDER



6. INDIA PAULINO



**1ST**

**ASHLEY KALTWASSER**





**2ND YESHAIRA ROBLES**





**3<sup>RD</sup> AMANDA LATONA**



4<sup>TH</sup> NATHALIA MELO

5<sup>TH</sup> STACEY ALEXANDER





6<sup>TH</sup> INDIA PAULINO

7<sup>TH</sup> COURTNEY KING





**8<sup>TH</sup> JANET LAYUG**

9<sup>TH</sup> MARGRET GNARR





10<sup>TH</sup> JUSTINE MUNRO



# NEW

## FAT BURNING BREAKTHROUGH

### TARGETS UCP-1

*Kai Greene*  
KAI GREENE  
2X ARNOLD CLASSIC CHAMP

PHENBUTEROL introduces a new development in advanced fat burning technology through the activation of Uncoupling Protein 1 (UCP-1), using the clinically tested ingredient Grains of Paradise (GOP). UCP-1 enhances fat burning in brown adipose tissue (BAT) by shuttling fatty acids from stored body fat into the mitochondria to generate heat and trigger thermogenesis. Utilizing fatty acids from stored body fat, rather than ATP from muscle tissue, is a unique fat burning mechanism of UCP-1 and brown adipose tissue – and one of the key fat burning actions and benefits of PHENBUTEROL.

To increase the fat torching power of PHENBUTEROL, MuscleMeds researchers selected a specific combination of active ingredients designed to maximize BAT thermogenesis for enhanced metabolic fat burning. In addition, select active ingredients in PHENBUTEROL also exert powerful energizing and mood enhancing effects to take the edge off dieting. PHENBUTEROL is a potent fat burning catalyst for serious athletes looking to lose excess body fat quickly and effectively.



**PHENBUTEROL**  
(UCP-1 Activator 750mg)

Maximum Strength Fat Burning Catalyst

CCCCCCCCCCCCCCCC(=O)Oc1ccc(O)c(OC)c1

Upregulates UCP-1  
Activates Brown Adipose Tissue  
ATP Sparing Thermogenesis

30 Capsules  
Dietary Supplement

MuscleMeds  
PERFORMANCE TECHNOLOGIES

PHENBUTEROL (UCP-1 Activator 750mg)  
WARNING: Do Not Exceed Recommended Dose

- ▶ **Upregulates UCP-1**
- ▶ **Activates Brown Adipose Tissue**
- ▶ **ATP Sparing Thermogenesis**

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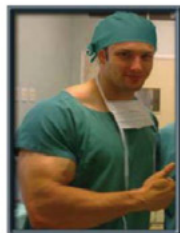
## A New Anabolic/Anti-Catabolic Testosterone Complex Designed Exclusively For Bodybuilders!

POWER TEST is a serious muscle building agent designed exclusively for bodybuilders (and hardcore athletes) to boost testosterone, activate anabolic muscle hypertrophy and exert anti-catabolic effects to enhance muscle growth, prevent muscle breakdown and improve recovery from extreme heavy workouts. There is no other bodybuilding formula like it. In fact, POWER TEST is so innovative that it's currently being reviewed by the U.S. Patent and Trademark Office for the issuing of patents.

POWER TEST contains full clinically studied doses of DAA (D-aspartic acid) and HICA (DL-alpha-hydroxyisocaproic acid), which are designed to work synergistically for an even greater impact than testosterone enhancement alone. Bodybuilders know the benefits of "stacking." POWER TEST is your "Ready-Made Androgenic/Anabolic/Anti-Catabolic Stack!" In one clinical study, DAA was shown to raise test subjects' serum testosterone levels up to 42% in just 12 days.

We all know the importance of testosterone for muscle growth. But there is more to the muscle growth equation than testosterone. What's equally important for building muscle is maintaining an anabolic and anti-catabolic state. Clinically tested HICA, a leucine metabolite, has been shown to exert both anabolic and anti-catabolic activity and works on an entirely different pathway than testosterone.

Furthermore, HICA has also been shown to speed recovery and reduce DOMS (delayed onset muscle soreness). If you're training as hard and as heavy as you should be, your ability to recover faster and reduce muscle soreness is critically important for making maximum gains in muscle size and strength. POWER TEST is the only bodybuilding formula designed specifically for hardcore bodybuilders that contains clinical doses of both DAA and HICA, which can offer these powerful synergistic muscle building effects.



**“Using clinical doses of DAA and HICA, POWER TEST delivers unsurpassed efficacy!”**

– *Dr. Paulo Muzy, M.D.*  
*MuscleMeds Chief Medical Advisor*

- INCREASES TESTOSTERONE LEVELS UP TO 42%
- POWERFUL ANABOLIC & ANTI-CATABOLIC EFFECTS
- IMPROVES RECOVERY FROM INTENSE WORKOUTS
- REDUCES DELAYED ONSET MUSCLE SORENESS (DOMS)



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11<sup>TH</sup> ANNA VIRMAJOKI



12<sup>TH</sup> JENNIFER ANDREWS

13<sup>TH</sup> JULIANA DANIELL





14<sup>TH</sup> JESSICA MONE

15<sup>TH</sup> NOY ALEXANDER



16<sup>TH</sup> ANNA STARODUBTSEVA





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TRAINING GEAR

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KOLEV  
COVER MODEL AND  
X2X ATHLETE



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**“FLEX” LEWIS**

# 212 Arnold Classic



This year marked the inaugural Arnold Classic 212 on Friday, Feb. 27, 2014 at Veterans Memorial in Columbus, Ohio. Taking the place of women's bodybuilding, the men of the 212 division rocked the stage entertaining the crowd with so much muscle mass, you wouldn't believe these guys were in the 212 division ... especially the newly crowned and first ever champion, James "Flex" Lewis!

Lewis fresh off his win at the Olympia once again dominated the competition with a physique that rivals any of the Olympia and Arnold Classic champions of the past. With this win Flex is continuously carving out his place in bodybuilding history while earning himself a \$22,000 payday and a Tony Nowak Original Champions Jacket.

Second-place once again went to David Henry. Lewis and Henry have been battling it out on stage for as long as anyone can remember and the Arnold Classic was no exception. With freaky, full muscle bellies, David put up a good fight and came in a very close second earning himself \$10,000.

In third-place was Aaron Clark whos making his way up the 212 pro ranks, getting better and better with each showing. For his placing Aaron received \$6,000.

Fourth-place was awarded to Hidetada Yamagishi of Japan, who flipped down from the open men's division hoping to take the first ever 212 Arnold Classic crown. Unfortunatley his physique wasn't enough to derail the 212 train know as Flex Lewis! For his placing Hidetada took home \$4000.

In fifth-place was "The Boston Mass" Jose Raymond who earned \$2,000 and sixth-place went to Charles Dixon who made \$1,000.



212 ARNOLD CLASSIC



1. FLEX LEWIS



2. DAVID HENRY



3. AARON CLARK





4. HIDEYADA YAMAGISHI



5. JOSE RAYMOND



6. CHARLES DIXON



1<sup>ST</sup>  
**JAMES  
LEWIS**









2<sup>ND</sup>  
DAVID HENRY





**3<sup>RD</sup> AARON CLARK**



4TH HIDETADA YAMAGISHI





5<sup>TH</sup> JOSE RAYMOD



6<sup>TH</sup> CHARLES DIXON





8<sup>TH</sup> TRICKY JACKSON







10<sup>TH</sup> ANGEL RANGEL VARGAS



11<sup>TH</sup> MARCO RIVERA



12<sup>TH</sup> QUINCY WINKLAAR



# BUILD PROTECT REPAIR!

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AMINO DECANATE is the most powerful and advanced amino acid complex available, designed to trigger maximum anabolic effects and prevent rate limiting amino acid deficiencies and catabolism often experienced during intense workouts. Each serving of AMINO DECANATE provides 5 grams of BCAAs in a highly anabolic 10:1:1 ratio yielding over 4 grams of leucine, plus 5 grams of pharmaceutical quality glutamine and 500 mg of 15 other amino acids known as Critical Core Amino Acids (CCAAs) for peak muscle building, maximum performance and optimal recovery. To enhance the bio-availability and potency of this already highly anabolic formula, AMINO DECANATE features MuscleMeds exclusive DecaDrive Delivery Technology!

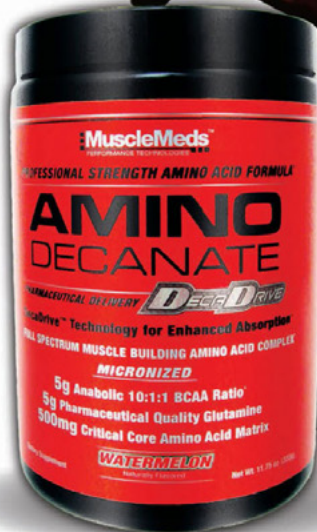
## COMPLETE MUSCLE BUILDING & PERFORMANCE FORMULA

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**5g Anabolic  
10:1:1 Leucine  
Loaded BCAA  
Complex**

**5g Pharmaceutical  
Grade Glutamine**

**500mg Critical  
Core Amino Acid  
Matrix**



*N. Trigli*  
NICK TRIGILI  
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2014

# Arnold StrongMan



Zydrunas Savickas, Big Z, of Lithuania won the Arnold Strongman Classic for the seventh time when he bested a field of 10 of the strongest men in the world at the 2014 Arnold Strongman Classic Presented By MHP.

Savickas won the Tire Deadlift with a world record of 1,155.70 pounds (524.22 kilograms) and tied for first in the Cyr Dumbbell with four reps. The Cyr Dumbbell weighed a record 273.25 pounds (124.5 kilograms). Savickas also won the Bale Tote (Yoke) by moving the heaviest yoke ever carried in competition at 1,410 pounds (638.73 kilograms). For his win, Savickas received \$65,000 and the coveted Louis Cyr Trophy for the victory.

Second-place went to 2011 champion and former World's Strongest Man Brian Shaw of Fort Lupton, Colo. who earned \$20,000. At the time of this competition Shaw was the title holder for the World's Strongest Man but was once again bested by none other than Big Z a few weeks after the Arnold competition.

The 2014 Arnold Strongman Classic Presented By MHP was contested over five events: The Tire Deadlift, The Austrian Oak, The Circus Dumbbell, The Timber Carry and the Growing Yoke.

Also competing were:

Third: Mike Burke of Aurora Colo., \$15,000

Fourth: 2013 champion Vytautas Lalas of Lithuania, \$10,000

Fifth: Hafthor Bjornsson of Iceland, \$8,000

Sixth: Jerry Pritchett of Buckeye, Ariz., \$6,000

Seventh: Mikhail Shivylykov of Russia, \$5,000

Eighth: Robert Oberst of Hanford, Calif., \$3,000

Ninth: Dimitar Savatino of Bulgaria, \$2,000

Tenth: Krzysztof Radzikowski of Poland, \$1,000

The entire Arnold Strongman team and the competitors were sad to announce that the great Mike Jenkins, winner over the 2012 Arnold Strongman Classic, passed away suddenly on Thursday, Nov. 28, 2013 at the age of 31. This year's competition was dedicated to his memory.





274

**MHP**  
MAXIMUM HUMAN PERFORMANCE

1<sup>ST</sup>  
**ZYDRUNAS  
SAVICKAS**

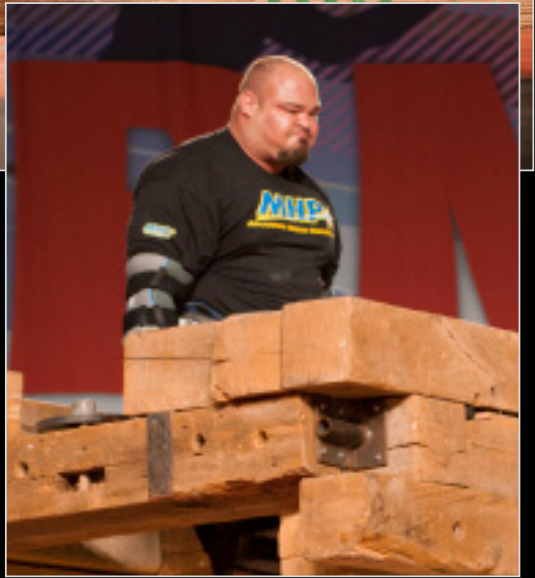




TITLES:  
TOO MANY TITLES TO COUNT!!!  
AGE: 38  
HEIGHT: 6'3"  
WEIGHT: 400 POUNDS  
HOMETOWN: VILNIUS, LITHUANIA  
FAMILY: WIFE, JURGITA  
OCCUPATION: STRONGMAN, ACTOR,  
POLITICIAN, GYM OWNER

# 2ND BRIAN SHAW





TITLES:  
2013 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

3<sup>RD</sup>  
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



4<sup>TH</sup>  
VYTAUTAS  
LALAS



TITLES: 2013 ARNOLD STRONGMAN  
CHAMPION  
AGE: 30  
HEIGHT: 5'10"  
WEIGHT: 300 POUNDS  
HOMETOWN: MAZEIKIAIA, LITHUANIA  
FAMILY: WIFE SIMONA  
OCCUPATION: CO-OWNER OF ANIMAL  
BARBELL GYM IN IRELAND



5<sup>TH</sup>  
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: ACTOR



6<sup>TH</sup>  
JERRY  
PRITCHETT



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



7TH  
MIKHAIL  
SHIVLYKOV



TITLES: 2013 ARNOLD AMATEUR WINNER  
AGE/HEIGHT/WEIGHT: ???  
THE MAN IS A MYSTERY, ALL WE KNOW IS  
THAT HE HAS RETIRED FROM THE RUSSIAN  
SPECIAL FORCES SO DON'T MESS WITH  
WITH THIS DUDE

8<sup>TH</sup>  
ROBERT  
OBERST





TITLES:  
STRONGEST BEARD ON THE PLANET  
AGE: 400  
HEIGHT: 6'8"  
WEIGHT: 400 POUNDS  
HOMETOWN: HANDFORD, CALIFORNIA  
OCUPATION: PROFESSIONAL STRONGMAN



9<sup>TH</sup>  
DIMITAR  
SAVATINOV

SBD





AGE: 33  
HEIGHT: 5'10"  
WEIGHT: 325 POUNDS  
HOMETOWN: GOTZE DELCHEV, BULGARIA  
FAMILY: WIFE- KAT SAVATINOVA  
CONTEST HISTORY: 1<sup>ST</sup> BRIAN SHAW  
STRONGMAN CLASSIC, 2011



THE AUSTRIAN OAK

10<sup>TH</sup> - DNF  
KRZYSZTOF  
RADZIKOWSKI

KRZYSZTOF SUFFERS THE INJURY THAT TOOK HIM OUT OF THE COMPETITION.



BRIAN SHAW CONFIRMING WITH THE JUDGES HOW MANY PRESSES HE COMPLETED WHICH LEAD TO THE CONTRAVERSY OF WHO WON DURING THE FINALS.



BIG Z POSES WITH STEVE DOWNS OF MHP AFTER HIS 7<sup>TH</sup> ARNOLD STRONGMAN WIN!!

CHECK OUT BIG Z AS HE SETS A NEW  
WORLD RECORD PULLING  
1155 POUNDS!!!!

LIKE AND SHARE IF YOU LOVE FEATS  
OF PURE STRENGTH!



# Myostatin Inhibitors Spark Muscle Building Controversy

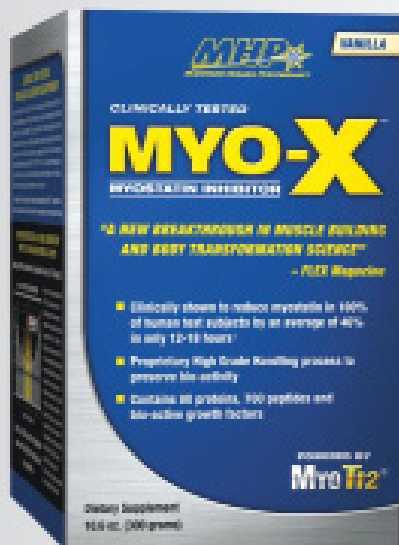
*The secret to extreme muscle enhancement may be myostatin inhibition.*

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 that 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!

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- Reduces Myostatin in Test Subjects by an Average of 46%
- Shown to Work on 100% of Study Test Subjects

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Woooloooooolf!

# 2014 Arnold Classic



Woooooooooooooooooof... that's all your heard as The Big Bad Wolf, Dennis Wolf walked on stage at the head of the lineup and hit his first pose during pre-judging. And that's where he stayed the entire time - first! Wolf was more massive than ever, shredded and dry to the bone. Wolf took home the top prize and a nice payday of \$130,000 and a Tony Nowak Original Champions Jacket and of course, the Arnold Classic Trophy!

A close second was awarded to "Flexitron" Shawn Rhoden who looked better than ever with his classic physique. He too will wear the Arnold crown one day, we're sure of it. But not this day as Wolf couldn't be beat. He went home with a hefty payday himself - \$75,000.

Cedric McMillan looked better than he has in a long time, very Arnoldesque, and took third place with a nice paycheck of \$50,000. Victor Martinez earned \$30,000 for fourth place as he is starting to regain his champion physique since his return back to bodybuilding after an unlucky streak in his life - way to go Vic!

Evan Centopani picked up \$15,000 for fifth place and is climbing up the ranks to becoming one of the top pros in the IFBB; and two-time Arnold Classic champion Branch Warren earned \$10,000 for sixth place.

Also being invited to compete were Ben Pakulski, Brandon Curry, Toney Freeman, Edward Nunn and Fred Smalls.

JACK'D is sad to note that the 26th Annual Arnold Classic also marked the end of an era, as it was the last Arnold Classic to be held at Veterans Memorial before the iconic building will be demolished this year. The new venue however is going to kick ass!



ARNOLD CLASSIC



1. DENNIS WOLF



2. SHAWN RHODEN



3. CEDRIC McMILLAN





4. VICTOR MARTINEZ



5. EVAN CENTOPANI



6. BRANCH WARREN



**1ST**  
**DENNIS**  
**WOLF**



**FINALLY DENNIS DELIVERED AND BROUGHT HIS BEST PHYSIQUE TO DATE TO THE ARNOLD STAGE DESTROYING THE COMPETITION WITH HIS UNBELIEVABLE FREAKY MASS WHILE BEING DRY, DRY, DRY TO THE BONE. DENNIS HAS FIGURED OUT THE SECRET EQUATION THAT HAS BEEN ELUDING HIM ALL THESE YEARS BRINGING HIS BODY TO THE POINT OF BEING LEGENDARY. PHIL AND KAI HAVE THEIR WORK CUT OUT FOR THEM IF DENNIS CONTIUES ON HIS ROAD TO SUCCESS!**

**CONGRATULATIONS DENNIS AS THIS VICTORY WAS A LONG TIME COMING AND IS WELL DESERVED!**







**2ND**  
**SHAWN**  
**RHODEN**



**"FLEXITRON" SHAWN RHODEN  
KEEPS GETTING BETTER  
AND BETTER THE MORE HE  
COMPETES ADDING QUALITY  
SIZE TO HIS PHYSIQUE WHILE  
KEEPING HIS WAIST TIGHT  
AS NIALS AND SHREDDED TO  
THE BONE. SHAWN HAS A  
BRIGHT FUTURE AHEAD WITH  
AN ARNOLD CLASSIC WIN  
GUARANTEED IF HE KEEPS  
GOING AT THIS RATE.**

**CLASSIC LINES WITH JUST  
THE RIGHT AMOUNT OF  
MASS MAKES SHAWN THE  
CHAMPION OF THE FUTURE.  
WATCH OUT FOR HIM AT  
THE OLYMPIA THIS YEAR  
AS IT WAS A CLOSE RACE  
BETWEEN HIM AND WOLF...  
IN SOME PEOPLES EYES THE  
ARNOLD TITLE COULD HAVE  
GONE EITHER WAY.**







**ARNOLD CLASSIC 2011**



**3<sup>RD</sup>**  
**CEDRIC**  
**McMILLAN**

**FINALLY CEDRIC LIVED UP TO HIS POTENTIAL AND WOWED THE CROWD WITH A BODY THAT COULD COMPARE TO THE AUSTRIAN OAK HIMSELF. CEDRIC'S A BIG MAN AND HOLDS IT WELL WHEN HE COMES IN CONDITION AND THIS YEAR HE LOOKED GREAT. ONCE HE LEARNS HOW TO FINE TUNE THINGS CEDRIC WILL BE ONE TO WATCH AT ANY OF THE TOP SHOWS!**









**4TH**  
**VICTOR**  
**MARTINEZ**



**VICTOR MARTINEZ IS FINALLY COMING BACK TO HIS CHAMPIONSHIP PHYSIQUE AFTER A FEW ROUGH YEARS IN HIS PERSONAL LIFE. THE QUALITY MASS, CLASSIC LINES, AND PAPER THIN SKIN THAT HAS WON VIC THIS TITLE IN THE PAST ARE FINALLY COMING BACK. WITH EACH SHOWING VIC IS GETTING BETTER AND BETTER AND WE PREDICT THAT HE WILL SOON HAVE THE BODY THAT SOME FEEL, BEAT JAY CUTLER AT THE 2007 OLYMPIA. WE ARE HAPPY FOR VIC AS HE IS A GREAT GUY AND WILL BE REMEMBERED AS ONE OF THE BEST BODYBUILDERS OF ALL TIME BAR NONE.**









**5TH**  
**EVAN**  
**CENTOPANI**

**EVAN WAS ANOTHER BODYBUILDER THAT LIVED UP TO HIS POTENTIAL THIS YEAR AT THE ARONLD CLASSIC. HE WAS FULL AND LEAN AND THE DIFFERENCE BETWEEN THIRD AND SIXTH PLACE WAS TIGHT; IT COULD HAVE GONE ANY WAY. WITH JUST A BIT MORE FINE TUNING AND TWEAKING HIS PREP, EVAN WILL BE A TOP CONTENDER FOR THE ARNOLD CROWN FOR SURE... WE SEE GREAT THINGS IN EVAN'S FUTURE IF HE KEEPS DOING WHAT HE'S DOING NOW AND DOESN'T TRY ANYTHING TO DRASTIC CAUSING HIM TO LOOSE HIS PROPORTIONS AND BALANCE.**









**6<sup>TH</sup>  
BRANCH  
WARREN**



**TWO TIME ARNOLD CLASSIC CHAMPION, TEXAN BRANCH WARREN WAS DRY TO THE BONE LIKE ALWAYS. IT SEEMS AS IF THE JUDGES ARE MOVING AWAY FROM THE THICKER, BLOCKIER PHYSIQUES TO THOSE MOST ASTHETICALLY PLEASING AND BRANCH IS ONE OF THE GUYS WHO SUFFERS FROM THIS. AS MASSIVE AS HE'S EVER BEEN, AND AS DRY TOO, BRANCH LOOKED GREAT BUT IT'S JUST NOT WHAT THE JUDGES WERE LOOKING FOR ON THIS DAY.**











**7<sup>TH</sup>  
BEN  
PAKULSKI**



**BEN "PAKMAN" PAKULSKI WAS DRY TO THE BONE BUT COULDN'T MATCH HIS SECOND PLACE FINISH FROM LAST YEAR. LIKE BRANCH, THE JUDGES VEERED AWAY FROM THE BLOCKIER PHYSIQUES TO FAVOR BODYBUILDERS WITH AN "X-FRAME". BEN LOOKED GREAT AND IF HE IS ABLE TO WIDEN HIS BACK OVER AND TUNE HIS UPPER BODY IN THE NEXT FEW YEARS TO MATCH HIS LEGS, HE WILL PLACE EVEN HIGHER AND POTENTIALLY WIN THE ARNOLD CLASSIC TITLE.**



ARNOLD CLASSIC





**8TH**  
**BRANDON**  
**CURRY**

**ARMOR CLAS**



**2013 ARNOLD CLASSIC  
BRAZIL WINNER BRANDON  
CAME IN 8TH PLACE IN THIS  
STRONG LINE UP. BRANDON  
IS ANOTHER WHO SUFFERS  
FROM INCONSISTANCY  
WHEN HE COMPETES,  
HE'S EITHER SPOT ON,  
OR HORRIBLY SOFT. BRANDON  
WASN'T THAT FAR OFF  
THIS YEAR; ALTHOUGH  
NOT MATCHING WHAT HE  
BROUGHT TO BRAZIL, HE  
LOOKED GOOD AND CAN  
PLACE HIGHER WITH THE  
RIGHT HELP IN HIS CORNER.**









9<sup>TH</sup>  
**TONY**  
**FREEMAN**



WELL WE HATE TO SAY IT, BUT AGE AND INJURY IS FINALLY CATCHING UP WITH THE AGELESS WONDER TONEY FREEMAN. TONEY LOOKED F@#KING AMAZING FOR A GUY WHO'S ALMOST 50 YEARS OLD AND YOU CAN'T SAY ANYTHING BAD ABOUT HIM. THE INJURIES ARE WHAT ARE HOLDING HIM BACK FROM PLACING HIGHER AND UNFORTUNATELY THAT'S SOMETHING YOU CAN'T FIX IN THE GYM. HAT'S OFF TO TONEY AS HE KEEPS GOING AND LOOKING GREAT. HOPEFULLY WE'LL BE ABLE TO DO AN ARTICLE ON HIM SOON!







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**Victor Martinez**  
– IFBB Pro Bodybuilding Champion

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**MHP**  
MAXIMUM HUMAN PERFORMANCE

**10<sup>TH</sup>  
EDWARD  
NUNN**



**ARNOLD**



ED IS ANOTHER COMPETITOR WHO KEEPS GETTING BETTER WITH AGE. WITH THE CLASSIC X-FRAME ED WAS DRY WHILE KEEPING WELL PROPORTIONED MASS AND SYMMETRY. WE THINK HE SHOULD HAVE PLACED HIGHER BUT WE'RE NOT THE JUDGES SO WHAT WE THINK MEANS SQUAT. KEEP WATCHIN ED AS HE IS SCHEDULED TO COMPETE IN A BUNCH OF SHOWS THIS YEAR AND IS SURE TO WIN ONE OF THEM ... THE DUDE DESERVES IT. HE'S PAID HIS DUES AND THEN SOME.

ED IS ANOTHER ATHLETE WE WILL SOON HAVE GRACE THE PAGES OF JACK'D MAGAZINE, A GREAT GUY AND A GREAT AMBASSADOR TO THE SPORT OF BODYBUILDING.









11TH  
FRED  
SMALLS



11<sup>TH</sup> PLACE WENT TO FRED SMALLS. A DROP FROM 7<sup>TH</sup> PLACE AT LAST YEAR'S ARNOLD CLASSIC, FRED WAS NOTICABLY SMOOTHER THAN HIS PAST FEW SHOWS AND THE PLACING REFLECTED IT. FRED DID HOWEVER HAVE THE MOST ENTERTAINING POSING ROUTINE OF THE NIGHT AND HAD THE CROWD EATING OUT OF THE PALM OF HIS HAND WITH EVERY MOVE. WHAT WE FOUND ODD AT THIS YEARS SHOW WAS THAT NO AWARD WAS GIVEN TO THE BEST POSER WHICH FRED WOULD HAVE WON HANDS DOWN.







# BEHIND THE SCENES...













# THE TOP 5 RUNNER UPS, LEAVING ONLY ONE CHAMPION ...





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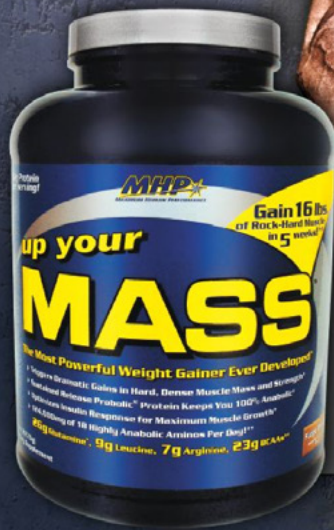
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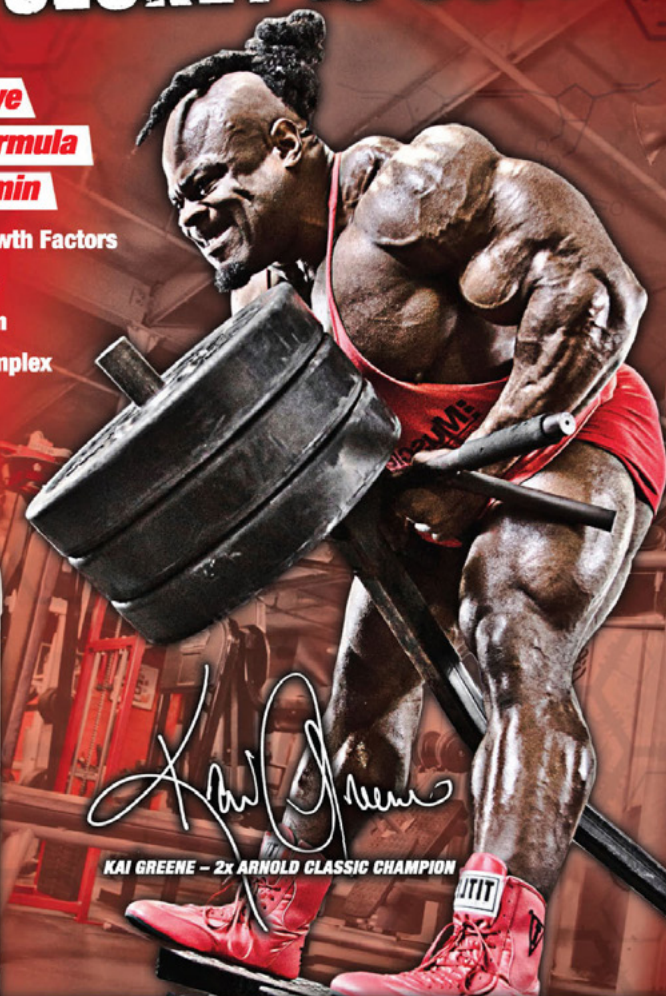
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