

Bodybuilding World

by Sandy Riedinger



September 1, 2007

We've made it over the hump and into the fourth quarter of the year, right? This seasonal change will be gratefully accepted by all of us here in the Midwest USA! Extreme heat and dry blue skies used to make me happy. I wish I was twelve again. Then hot and dry just meant more days to swim and play outside! Now all I think about is the grass turning brown, the trees that are prematurely losing their leaves and how hot it is! Roger and I played our first 18 hole of golf after a ten year layoff! How did we do? OK! But gee, was it hot! I think it got to 100 degrees that day. I was worried that Roger's skin would melt around that titanium rod in his shoulder and arm. Just kiddin'. Roger pulled a computerized training program out of the archives, (it was actually stored in a closet in our garage). He designed these programs back in the late 80's and dug them up for his son Casey and his training partner Chris, and then made one for us. And we've already finished one 10-week program and are more than half-way through the next. We've been working out more often than we have in the past 15 years. I think it has something to do with the "NO Think, Just Lift" mentality. The program computes each set and rep for every exercise for like a 10 week training time period. Oh yeah, just in case you are ever looking for a different type of music to listen to while you train....you may want to try out Delbert McClinton. We try other stuff but keep going back to his CD's while we train. He's been playing in our gym for the last 3 years. Give it a try and see if you like it! (Casey and Chris prefer sports talk radio over Delbert.) Those Power Blocks sure get put to use in our place with those computerized workouts. You don't just pick the weight that is available; the computer makes you use the correct weight for every set. We have 3 pairs of Power Blocks (two upstairs and one pair down) and could use one more so Roger and I don't have to share!



While we are on the training topic, my Australian friend Ian King (one of the world's top trainers) has published his 4th "Seriously Get Buffed" training book. The complete series is phenomenal. Anyone who is looking for more info on training, nutrition and physique improvement should have King's work. I asked him to write a little bit of his magic to share with you and this is what he says...

The importance of integrating meal timing and training would not be new to readers of BI magazines, as I have found the nutritional education content in their magazines to be excellent. Without expecting to reinvent the wheel, I will share some strategies I implement that allow integration of my approach to strength training with meal timing and supplement intake.

Firstly, unless you are in a specific fat or weight loss phase, I apply the rule 'Never train hungry!' Generally speaking if I have not had an intake for 90-120 minutes (yes, if you are doing a lower body workout you will want to have more time between the end of the last intake and the start of training – for some reason gym owners/managers don't seem to like you when you bark into their rubbish bins!), I modify my approach. I will outline three strategies below.

Strategy 1 -- You have eaten a medium to large meal 30-75 minutes before training.

1. Take a BI Muscle Mass amino acid at recommended intervals during training and sip on a water based solution of the BI powdered drinks such as the glutamine or creatine based ones.
2. Consume a BI protein shake immediately after training. With their range of powders you have great choice, and I know the team at BI can give you guidance if unsure which ones to take. (This variety also allows you to cycle your intake to avoid desensitization etc – see Dr Eric Serrano's guidelines on this in my Get Buffed! IV book)
3. Take the BI Mass Aminos and or the liver tabs about 15-30 minutes later, or halfway between the protein drink and the next solid meal.
4. Consume a solid meal ideally no later than 60 minutes after training.

Strategy 2 -- You have eaten a medium to large meal 75-120 minutes before training.

1. Take the BI Synergy tabs in the recommended doses as you prepare to start training.
2. Sip a BI Muscle Provider protein shake during training.

Use very small sips between sets and consume it a rate consistent with your hunger or need to get calories in.

3. Once you have finished the drink, commence taking a BI Mass amino acid at recommended intervals during training and sip on water (or the glutamine or creatine mixes if your stomach is up to it so soon after the protein drink).
4. Consume a solid meal within 15-30 minutes of finishing training.

Strategy 3 -- You haven't eaten a medium to large meal for 120 minutes or more before training.

1. Decide now – will a protein shake meet my nutritional timing needs now, or do I need to delay training and have a solid or medium meal? Do the one you feel best.
2. Take BI Mass (if weight gain is your primary goal) or Muscle Mass (if muscle preservation and fat loss is your primary goal) at recommended intervals during training and sip on a water based solution of the BI powdered drinks such as the glutamine or creatine based ones.
3. If you consumed the protein shake option prior to training (see step 1) then consume a solid meal within 15-30 minutes of completing training.
4. If you took the solid or medium meal option immediately prior to training (see step 1) then consume a BI protein shake immediately after training.

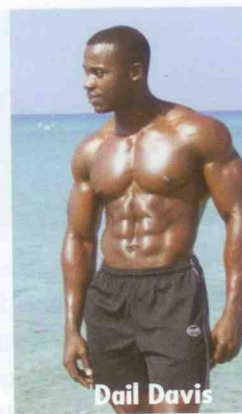
You might ask how you know when it comes to making decisions about meal timing and content. I say, in addition to seeking answers from appropriately knowledgeable people, try it out and make your own minds. If you eat too much too close to training, you will find out. Not nice? Well, in some ways, I would prefer that than not eating enough! Like anything else, it's a continual balance, but you need to be willing to step up and experiment with different strategies then listen to you own intuition.

- Ian King, King Sports International - teaching the world how to train, www.kingsports.net.



I want to throw out a big thanks to Dail Davis down in the Cayman Islands! He is distributing Beverly there and doing a fantastic job! He began bodybuilding after a track and field injury and is built like a Greek God. His most recent show placing – WNBF 2007 Pro Universe H/W 2nd...Congrats to Jeff Roberts who

recently won the Florida State 40 and over and the Grand Masters Champ 35-40-45 overall. Jeff has been connected with us for over a decade. He owns a facility in Ft. Myers, Cutting Edge Fitness...congrats to IFBB Pro Yohannie Shambourger! He will be inducted into the Howard University's Athletic Hall of Fame on November 2007. Believe it or not, he is being honored for his tenure as Head Swimming Coach for the University!...Beautiful April DeLapaz, our 2007 KY State Figure champ also brought home the bacon from the Cave-man Classic....congrats to Don Stricklin for losing the bacon (40 pounds of it) and winning both the Novice and Overall Masters in his is NGA Show...



Dail Davis



Gary Udit's Collegiate and Master's Nationals was a huge success with big numbers! Andrew Paterson, from House of Nutrition in NY represented Beverly! Alex Ramirez, finished 6th in his first national show, Burke Chandler 3rd place over 60, Reed Masters (said he felt like a marathoner among monsters) first place 60 and over lightweight, Melanie Hull 7th place figure, and Bud Ravenscroft 60 and over 5th H/W placing were part of the 360 athletes competing that day.



What a physique! Jose Matos also affiliated with the House of Nutrition

won the overall title at the NPC Duchess Classic on June 9th! Jose said that the only difference this time around in his contest prep was Beverly. He took Muscle Provider, GH Factor, Lean Out, Energy Reserve, Muscularity, U-40's, and Synergy. He loves the synergy because it gives him the most



Jose Matos

amazing pumps ever. I give thanks to Matt, owner of House of Nutrition for representing and selling Beverly in his store. Way to go guys! Quality counts!