

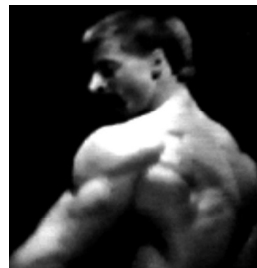
SPECIAL REPORT

5 Familiar Bodybuilding Troubles...

Which Do You Want To Overcome?

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1984 MR AUSTRALIA

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(and what you'll learn from this eBook).

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INTRODUCTION

5 Familiar Bodybuilding Troubles...Which Do You Want To Overcome?

In my 3 decades of training experience I have identified 5 major bodybuilding troubles or problems. These are:-

1 Overtraining...training too much...too often and too long. Not taking a complete week off every 3 months...

2 Under eating...Not eating enough...you need 6 meals per day minimum...every day, including weekends...

3 Neglecting the window of opportunity for rapid growth by not taking Whey protein and creatine immediately after training...

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PART ONE

PROBLEM 1... Overtraining...training too much...too often and too long. Not taking a complete weeks break or rest every 3 months.

This would have to be the most common trouble that hinders many would be successful bodybuilders from realising their full potential. And it's a particularly insidious trouble because we have been taught that to get things in life, we have to work hard. Well that's true to some extent both in life and weight training. In weight training we have to train hard as far as intensity goes...**if you want to get big you need to push big weights.** But where the problem creeps in is that we apply rules from other places that don't apply to weight training.

The rules I am talking about can be best illustrated with an example. I want to grow a big bank account...So I work a few jobs or set up a few businesses that give me multiple streams of income. Hey presto...that works...my hard work and long hours returns lots of money and a big fat bank account. The problem is when we apply this more is better to weight training, with the underlying premise that if training 3 days per week made me gain 3 pounds of muscle in 8 weeks...then if I train 6 days a week I should be able to put on 6 pounds of muscle in the same time. Or if training 30 minutes per workout made me gain 3 pounds...then if I train an hour and a half (3 x as long) I should be able to put on 9 pounds (3x as much) **BIG MISTAKE...BIG TROUBLE...**The logic on the surface sounds OK...but the underlying reality is quite different. **The only thing the extra training does is burn you out and frustrate you with diminished returns.**

When I was running my two bodybuilding gyms I used to see this all the time...and you just can't tell some people. They are so caught up in the belief that more is better that they are too scared to cut back on their routine lest they slip back...the irony is they won't "slip" back...they will actually burst forwards because they are unaware that they are being held back by over stressing their body. **Don't get me wrong...hard work isn't bad...and sometimes its the persistence factor that gives (lands) us the big win.** But the way to burst through sticking points is not to add exercises or volume (sets, reps)...but to add or increase intensity. (bigger weights...higher resistance...less rest between sets) Now since volume and intensity are inversely proportional, it is only logical that to increase intensity you also need to reduce volume. **To overcome this block or obstacle requires you to do less...but make what you do even harder.** Another trouble related to this is the myth that as you become more advanced...you need to train more. Nothing could be further from the truth...you actually need to train less (but smarter...with more intensity) The reason for this is because although your strength and size becomes greater over time...your recovery ability does not increase to the same extent...your ability to recover improves only marginally compared to your ability to get stronger. Why does this happen? Think of it this way...when you first started and had, for example 12' arms... If you did a set to failure of bicep curls, the amount of stress being inflicted on your total body wasn't that great because 12' arms don't require that much blood flow and the small muscle cell size isn't much of a drain on your energy or nervous system. However, when your arms have grown to say 18' and you do a set to

failure...the weight will be huge compared to when you were a beginner...and the subsequent drain on the bodies total energy system and the shock effect this has will be immense. **Although your strength may have improved by over one hundred percent, your body's ability to recover won't have...**your arms might be 50% greater in size...but your capacity for recovery won't have increased by 50%(more like 30% maximum)... and this leads to the condition of overtraining that we are talking about. **So as you become more advanced...keep thinking of ways to make your training harder (more intense) but shorter in duration and less in volume.** I remember years ago I was at a sticking point with my own training...and I was getting really frustrated. Nothing seemed to work for me. I thought I was doing everything optimally...eating right...getting plenty of sleep etc...but my weight hadn't budged for months. I was at 89 kilos and I desperately wanted to break the 90 kilo barrier (I was quite lean at this weight) but nothing seemed to work...I suppose the 90 kilo barrier to me was like Roger Bannister's four minute mile...this was my four minute mile...which the final solution was to be a four minute instead of four hour (I'm exaggerating here, but I hope you get my drift) exercise workout! Time to try something different I thought...what I was doing obviously wasn't working...so I had nothing to lose. I had read Mike Mentzers Heavy Duty training book, which had just been released. His Arthur Jones based training ideas were quite revolutionary...**Incredibly heavy, hard intense workouts that were very brief.** So I started experimenting with this style of training. I remember everybody thinking what the hell is he doing...some were even chuckling behind my back...despite the fact that I

was by this stage a successful competitive bodybuilder. I remember one exercise session vividly...the first time I did heavy negatives on the dip rack. I got my training partner to help me suspend a 100-pound dumbbell via a chain from my training belt. He would help get me to the top position of the dip by lifting me at the knees, and I would have to lower myself slowly under control to the bottom. The weight was so heavy I couldn't even do a single positive rep on my own. I finished my first set of 4 reps, and when I looked up I noticed the whole gym had stopped to watch what I was doing. At first people just dismissed this radical for the time style of training...but when **after only 3 weeks I had busted through my sticking point and my weight soared to 92 kilos...** people weren't laughing anymore. I was stoked. I purposely had not weighed myself for three weeks because I was hoping to get a pleasant surprise...I felt and knew this new style of training was working for me based on the mirror and judging by the fact that my strength was rapidly improving (100 pound db was too light for the dip now because I was capable of doing positive reps with it). I would have been happy to have just hit 90kg...but I overshot it by 2 kilos (4.4 pounds). I was sold on this new style of training...**a 3 kg (6.6 lb) gain in only 3 weeks...**after months of not putting on an ounce...and with a fraction of the amount of work I had been previously doing. At first everyone wanted to know what I was on! What I was on was an incredibly effective training routine, and soon others started copying and getting similar results. And it wasn't before too long 90 kilos seemed like a joke as I crashed through the 100 kg barrier (220 pounds). **But this never would have been possible for me if I had just followed the masses and**

continued with my 20 sets per body part training systems.

So my advice to avoid this problem of overtraining is to continually be searching for ways to make your workout harder, not longer. Do less, but achieve more. Bigger weights...less sets...higher intensity...less rest period between sets...less exercises...less training days...more rest days...this will ultimately make your workouts super effective...and more fun!

PART TWO

PROBLEM 2... Under eating...Not eating enough...eating inconsistently...you need 6 meals per day minimum...every day, including weekends...

This is the next biggest trouble I've found when a bodybuilder just doesn't seem able to gain size. It's no good having a big feed every now and then...it must be done on a consistent, regular basis, day in and out. **6 to 7 Meals or snacks per day. Eat every 2-3 hours.**

This isn't easy... it requires a bit of planning and foresight. If you know you won't easily have access to food at a scheduled mealtime...plan in advance how you will overcome this. For example, you may have to go on a trip out in the country and there won't be any shops around to buy anything. Rather than thinking, Oh well, I'll just have to skip my morning tea or afternoon snack (depending on the time of day)...take it with you. Take some protein powder, bottled water and a shaker. Perhaps always have a supply in your car for unexpected hold-ups eg getting stuck in a traffic jam. Don't form the habit of making excuses i.e. "There's nothing I can do about it."...because there usually is...you just have to think ahead.

What's harder is eating enough quantity all the time...especially if you are a hard gainer. If you are a hard gainer...you're going to have to eat heaps...there's no getting around this. A lot of the time you won't be hungry and yet it will be time to eat again. What can you do?

The best solution I've found is to eat delicious food.

This might sound a bit simplistic, but believe me it works. For instance...it's time for your next scheduled meal and you feel like your previous meal still hasn't gone down...so you're not hungry and don't feel like eating.

Now, if your next meal is plain steamed rice and chicken (which you've been eating everyday for the past 3 months or longer) who could blame you for wanting to skip it. You're not hungry and it isn't appealing. You need to make the foods appeal to your appetite...not repel you because of repetitive boredom. **Even appetising foods lose their appeal if you eat the same thing everyday.**

They say variety is the spice of life...and this couldn't be more true as far as food is concerned. Get plenty of variety. Don't eat the same foods day in day out. Have a different lunch everyday. Have a different dinner everyday. **Never have two successive meals the**

same. And eat yummy food! Instead of plain chicken...sometimes have it curried, and with delicious sauces and spices and herbs. Vary the rice...there's lots of scrumptious rice dishes to choose from...don't always have plain vanilla even if you love vanilla! It makes a huge difference over the long term to the success of your bodybuilding efforts if you look forward to your meals. The trick is to make it as enjoyable as possible...not something you have to suffer and endure. So eat delicious food, which is constantly varying.

Now as well as frequency...you have to eat enough. If you are an ectomorph (naturally skinny) you will find it the hardest to gain weight compared to other somatypes. So this point is mainly addressed to you. I really know what I'm talking about here because I fall into this category, and I will share with you how I overcame this drawback.

Don't be dismayed if you fall into this category, because you can succeed in building a fantastic body...and when you do you will look absolutely fantastic because of your naturally low tendency to carry body fat. In other words, you can look ripped year 'round; eating just about anything you want once you've achieved the necessary muscularity! Other body types although they may gain muscle easier...they also gain fat easier too, which makes the challenge for them to stay lean. And believe me...it's easier to keep your weight up when you can eat anything than trying to keep your weight (fat) down, when you have a tendency to get fat.

The simple solution I found was to supplement every meal with a protein shake. I recommend Ironpower's delicious [Synstack](#) whey protein shake. It is a lot easier to make up your calorie, protein and carbohydrate requirements when you can drink it rather than eating all the time. I remember times my jaws used to ache from all the tiring chewing! It was much easier to chew less solid food and slam down a protein shake. Which reminds me of another point...**make sure your steaks etc are tender...**if not, hamburger style meats are better...you can eat more without all the facial fatigue! **If you can't afford a protein powder, use skim milk powder instead...**this will give you plenty of protein and carbs. Throw a banana or other soft fruit in and some low fat yoghurt, and you have a delicious, effective and cheap means to get HUGE!

Some people might think what I'm about to say is disgusting...but I'll still say it anyway because it demonstrates an important and true point. Because I was (and still am) a hard gainer (although I know so many techniques and tricks these days that it doesn't bother

me) my biggest challenge was eating enough. I never skipped training sessions, or missed a meal...but had trouble eating enough...that is why I relied on shakes. I remember my last meal of the day each day was just before bed. It was a huge protein shake...so huge in fact (I'm coming to the disgusting part now) that because I was still full from all the other 6 meals I'd already eaten that day...I had to drink it over the sink because it was coming back up! And that's true...but my method worked. I took my bodyweight up from 67 kg to 108 kg over 6 years...and the huge protein shake before bed was one of my secret weapons in my arsenal of GETTING BIG strategies. Another benefit of such a large drink before bed was that I would always have to get up in the middle of the night to go to the toilet...which then gave me a chance to have another protein shake meal!

PART THREE

PROBLEM 3... Neglecting the window of opportunity for facilitating accelerated muscular growth by not taking Whey protein and creatine immediately after training...

Hard (high intensity) weight training results in many physiological reactions occurring in your body. Among these are increased blood flow to the muscles and increased circulation of anabolic (muscle building) hormones...such as HGH (Human Growth Hormone), IGF-1, and Testosterone. **This increased blood flow to the muscle cells, and increased anabolic hormone levels, can and should be fully utilised if you want to build maximum muscle size in the fastest time frame...and with the least effort.** To take advantage of this opportunity, which will make a significant positive impact to your bodybuilding goals over time, you must supply your body with nutrients that these anabolic hormones will help convert to muscle. And the nutrients must be supplied in a timely manner while the blood flow is still elevated (your muscles are pumped) and the higher levels of HGH, IGF-1, and testosterone are circulating through your body. **To do this you must eat immediately and up to 45 minute after training.**

If your goal is maximum muscle...i.e. you are bulking...You should eat a meal or drink a shake that contains both carbohydrates and protein. Dr Michael Colgin in his excellent book "Optimal Sports Nutrition" recommends eating 25% of your daily protein intake at this critical time. eg If your daily intake is 200 grams of protein...50 grams of protein should be consumed at this

post workout snack. Also eat plenty of carbs...especially high glycemic ones such as rice and bananas.

This will give your body an insulin spike to drive more protein into the muscle cells. If your goal is not to bulk up, but rather to cut up...you still need to eat in this window of opportunity...but you should eat slightly differently. Instead of ingesting copious amounts of carbs along with the protein as just mentioned...leave out the carbs and just take protein. You may still have some if you want...but choose low glycemic type carbs, and don't have too many. You want to avoid the insulin spike, because although this is great for packing on muscle...it also inhibits fat burning. **By just taking in protein, you will actually be helping accelerate your fat burning efforts.** The best form of protein to take at this time is a Whey Protein Concentrate (WPC) or Whey Protein Isolate (WPI) This type of protein has the highest biological value of any protein...with an amino acid profile very similar to human breast milk (and look how fast a baby grows!) Whey protein is also very high (25%) in Branch Chain Amino Acids (BCAA'S), which are essential for speedy recovery and energy replenishment. **Whey also has great anti-oxidant properties; to further help repair the damage done by intense weight training.** A couple of other bonuses to using WPC or WPI are that it tastes great, and is fast acting and easily digestible...especially at a time when you might not feel like eating a big meal of solids. **If you are bulking...mix your Whey Protein Shake with milk. If you are ripping up, use water to mix your shake.** For a high quality and delicious Whey Protein shake, I recommend Ironpower's carb free [Synstack](#). It has been designed to build muscle and burn fat at the same time

The other major supplement to take at this time is creatine monohydrate. Studies have shown 2 grams is adequate...but I would recommend 5 grams since it is safe and quite economical these days...and I have personally found I get better results taking the higher dosage. Studies have shown that uptake is increased when taken immediately after training. I recommend Ironpower's [PowerStack](#), which contains other scientifically proven ergogens (performance boosters) such as potassium phosphate and sodium bicarbonate, as well as a 5 gram dose of creatine monohydrate. [Powerstack](#) has a high glycemic index to create an insulin spike which drives greater amounts of creatine into the muscle cell.

PART FOUR

PROBLEM 4... Not stretching properly to facilitate easy growth...

If I told you there was an easy and somewhat secret way to fast muscle growth, you'd be silly not to utilise it in your own training. This can be your no cost secret weapon to facilitate rapid and large muscle gains. I've read and experimented extensively over the years with various training systems and methods. One secret method (It's not really a secret...but it may as well be, because so few people are aware of it, understand it, or take advantage of it.) is stretching!

For years I didn't utilise this 'trick', although in retrospect I witnessed the powerful effect it had on a few of my buddies over the years...but I just dismissed it at the time as them having superior genetics. I watched certain individuals who regularly stretched make some phenomenal gains...but never realised it was the stretching having a major impact on their results. I had read articles in muscle magazines by trainers regarded as experts...and although some knew of the secret of stretching...others didn't. This was evident by some even saying that warm-ups and stretching were a waste of time. Because I was already spending a great deal of time at the gym, I was tending to follow this bad advice, so as to not make my time spent at the gym even longer than it already was. However, a couple of things forced me to re think my position towards stretching. One was scientific research that demonstrated **your muscles become more sensitive or receptive to IGF-1 if they are stretched**. The other was the "Balloon Theory" to

muscle growth which expounds your muscles are literally like water filled balloons, and just like you can blow up a balloon, you can blow up a muscle.

Let's take a look at the first point about IGF-1. IGF-1 is short for Insulin-like Growth Factor. It is a powerful anabolic hormone naturally produced in the body when HGH (Human Growth Hormone or Somatomedin) is metabolised in the liver. Some bodybuilders take synthetic IGF-1 in injectable form to make phenomenal gains in muscular size. **But a natural bodybuilder can take advantage of this potent muscle-building hormone by stretching!** (Taking an HGH releaser, such as [GHstack](#), before training can further increase results.)

The simple act of stretching the muscles can make this anabolic hormone much more effective. **By increasing the muscle cells sensitivity to this valuable growth factor, you can amplify its muscle building effects.**

The second point was the balloon theory to muscle growth. The theory makes a lot of sense when you look at the physical structure of a muscle. A muscle is surrounded by a tight fibrocollagenous sheath referred to as fascia, which holds the bundles of muscle fibres (actin and myosin) firmly together. **By stretching the Fascia you actually "allow" the muscle to expand or grow...**rather than 'force' it. To clarify what I mean, here's an example of the opposite of what we want. In ancient Japan, a custom was to wrap bandages tightly around a female child's feet. This was done everyday until the child had reached adulthood. The end result was an adult with feet the size of a child's...i.e. the feet didn't grow. (This was regarded as a thing of beauty). The physical compression of the wrappings prevented the feet from growing. Therefore it makes sense that if compression

holds back the muscular growth...then stretching could facilitate and accelerate it. **Since a tight natural sheaf surrounds all your muscles, like a bandage, this could hold back maximum muscular growth.**

How do you utilise stretching in your training to speed muscular growth...and not have to spend a lot of extra time with your workouts...? Simple...by utilising what I call active rest. Between every set of exercise, instead of sitting around resting...use this rest time to stretch the muscle you have just worked. Do it after every set.

Hold the stretch for a few minutes (depending on what type of training routine you are doing will have a bearing on the length of time spent stretching), but don't do it mindlessly. **Focus your attention on the stretched muscle.**

Stretch it hard enough to make it hurt slightly...then 'relax" into the stretch. By this I mean you shouldn't be rigid and trembling to hold the position...but rather loose and relaxed. The only tension should be in the agonist and not the antagonist muscle i.e. you are not flexing your muscles...but the opposite...relaxing them with "tension". To explain what I mean by agonist and antagonist...Here's a definition...If you were doing bicep curls...the agonist would be your bicep, and the antagonist your triceps. If you were doing triceps pushdowns...the agonist would be your triceps and the antagonist would be your biceps. **By stretching between sets you don't have to add a lot of extra time to your workouts...you are utilising the available time more productively.**

As a final word...if you have been training for some time i.e. a few years...and never have taken advantage of the stretching factor...be prepared for some pretty

spectacular results when you do start utilising this "secret weapon" in your arsenal of muscle building strategies. (Arnold Schwarzenegger was a big believer in stretching...he loved stretching his lats, chest, and biceps...and look how phenomenal those body parts were on him.)

PART FIVE

PROBLEM 5...not focussing your mental muscle on whom you want to become...

This is the final part of the five-part special report eBook, and in this I'll be addressing the number five problem...and that's lack of mental focus...

Where the mind flows, the body goes. Too many trainers go through the motions of their workout, without ever realising their full potential because of lack of focus. Here's how you can **DEVELOP YOUR MENTAL MUSCLE and soar above the pack...**

In this chapter you will learn the reason why one person becomes a champion and the other doesn't.

Champions think differently, and this is the reason for their success. **It is not because they are champions that they think like champions, but rather they think like champions, and so they become champions.**

Where the mind goes, energy flows.

In this final part of the five part series you will also learn the importance and purpose of goal setting, how to reprogram your subconscious for success, and the reason we behave in the ways we do.

PLEASURE / PAIN PRINCIPLE

We are literally creatures of habit. We habitually do whatever is programmed into our subconscious. **The trick is to become a master of good habits rather than a slave to bad habits.**

We are habitually attracted to pleasure and repelled from pain. More correctly, we are driven by our perception of what will provide pleasure, and our perception of what will cause pain. In essence it is not actually pain or pleasure that is directly driving us, but rather our thoughts about pleasure and pain.

The first step to developing mental muscle is to take control of our thinking. **Ask yourself the question, “if you are not in control of your thoughts, then who is ???**

Take responsibility today for what’s going on inside your head. If you think you could do with a mental software upgrade, you are not alone. Most people go through life running on mental programs that have been there since childhood. How many decisions did you make at a young age, which you still adhere to?

If you knew back then, what you know now, would you still make the same choices?

Would you ask a child for advice on a subject he couldn’t possibly know about?

If you are presently living your life on outdated software - here is your chance to upgrade it with a free download.

STEP 1:

Make A Definite Decision To Change.

Change past self-defeating habits into new behaviours, which empower and propel you to success.

Change occurs in an instant once the decision has been truly made. It needn't take long to change if you know how.

Here's how;

Draw a line down the centre of an A4 sheet of paper.

In the left column write all the benefits you will derive if you were to change. In the right column write all the things you'll miss out on and have to deal with if you don't change.

Don't stop writing until you have dozens of reasons. If you don't have dozens of reasons to change then you will find it harder to get out of your old ruts.

Don't worry about how absurd some of the reasons may seem. If you thought of them, then they must have some significance - don't judge them.

The rationale behind requiring so many reasons for change, is that the more buttons we push on your

neuronal pathways, the easier it will be for you to achieve this change.

Now most people will skip past what I've just said and never take the time out to perform the above exercise. But those that are ready to change will do it and they will be successful.

STEP 2:

Set Yourself Some Goals.

For example, I will weigh 80kg on the 1st January. Be specific. Your mental software requires specific instructions - just like a computer.

Make your goal realistic and achievable - especially when starting out. An example of an unrealistic goal would be to become an open world champion sprinter at the age of 60.

The most important thing which is derived by goal setting, is not in achieving or getting your goal (although this is a welcome reward) but the growth that will occur mentally in order to achieve the required goal.

This developing mental muscle improves your physical performance in many areas as well as your self image.

STEP 3:

The Importance Of Self Image

What is your self-image?

Your self-image is determined by the beliefs you hold about yourself and is the social veneer, which we hide behind.

Your self-image is who you probably think you are and how other people see you (You are the thinker of the thought, not the thought itself).

- What beliefs do you hold about yourself?
- Do you see yourself as a success or a failure?
- Do you see yourself achieving your goals or not?
- Do you think of yourself as a hard trainer, a hard gainer, a fat person, a muscular person?
- What thoughts about yourself will you need to develop in order to become the person you wish to be ?

Step 3 is to see yourself in your mind's eye (imagination) as the person you wish to become. Not in the future tense but in the present tense - as if it were happening now. This on the surface would appear hard - but not with the understanding that I will now give you.

The mind only works in the NOW or present tense. In the mind it is always NOW.

The past is always an idea - it's gone, even as you read these words - what you've just read is now the past. It's just a memory.

The future is just an idea, it does not exist. When it occurs, it is the present. The future is in your imagination.

In your mind it is always NOW.

Know that by thinking of your goals in the present tense is sowing the seeds for success. Realise that although it may not be visible in the outside physical world yet, you are setting up the circumstances to make it happen. You are forming neural pathways that will lead to the achievement of your goals.

STEP 4:

Using Pain / Pleasure principle for goal achievement.

You must start to learn how the pain / pleasure principle works. Things that you perceive as enjoyable will be the things you find easy to carry out because you want to.

Things that you perceive as unpleasant or painful will be the things you tend to avoid.

Now, note that I am emphasising the things that you “perceive” as pleasurable and “perceive” as painful. Remember, we are not driven by reality but by our perception of it.

To change instantly, start connecting pleasure to the habits that you will need to achieve your goal, and connect pain to the habits, which are self-defeating

For example; if you wish to build muscle and you are an ectomorph (naturally skinny) you will need to eat more. If your downfall in the past has been to not eat enough because you find it too hard or uncomfortable – start connecting the pleasure of how you will look after a few weeks of solid eating and the pain of not achieving your goal to not eating enough.

Similarly, if fat loss is your goal, then if in the past you have connected more pleasure to eating the wrong foods – start connecting pleasure to achieving your goal and eating the right foods. Likewise connect pain to not achieving your goal, and eating the wrong foods.

Tip

Every time you break a bad habit, replace it with a good (goal achieving) habit. If you do not, another bad habit will quickly replace the old one. For example, if you give up smoking, do not replace the smoking habit with an excessive eating habit. An excellent habit to replace smoking with, would be meditation; this would exceed the stress relief benefit, which is perceived to be derived from smoking.

I cannot overstate the importance of thinking and feeling how you would, if you had already achieved your goal. See and feel yourself walking along a sandy beach with the wind in your face and the sun shining on your tanned muscular body. Make it seem real in your imagination - remember, we are driven by our perception of reality. Don't worry that it is not real in the physical world yet. Just as a seed needs time to grow so too does a thought.

Arnold Schwarzenegger, the most successful bodybuilder of all time makes numerous references to the power of mental visualisation. He regularly pictured his biceps as peaked mountains while he trained them.

Dr Maxwell Maltz points out in his excellent book "Psycho Cybernetics" the power of the self-image. He calls it self-image psychology. Maltz noted that after plastic surgery, unless a patient changed their self-image that they were now more attractive, then plastic surgery was useless at improving the quality of a person's life.

Okay, hopefully what I have said has been understood, and you are ready to get started on the practical aspect of applying the things you need to do in order to achieve your goal.

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ABOUT THE AUTHOR...

Richard Hargreaves is a former Mr Australia (1984) and currently heads <http://ironpower.biz/> sports nutritional supplement company. Over the last 3 decades he has owned two bodybuilding gymnasiums, has promoted many bodybuilding shows...including a World championship (NABBA), has been Vice President of the Victorian Fitness Industry Association, Committee member for the Fitness Institute of Victoria {A government represented body responsible for self regulation of the fitness industry including training accreditation of Fitness Leaders and minimum Industry Standards - Code of Ethics}, is a qualified fitness leader and International Physique Judge. He has written numerous published articles for Australian Ironman Bodybuilding magazine, Fitness Australia, Personal Trainer on the Net, Fitness Network Australia, Blitz Martial Arts magazine and Australian Musclemag, and appeared on T.V. and radio as a fitness expert. He has also designed several dozen functional foods, drinks, and nutritional supplements. For more FREE articles and e-books on diet, exercise and supplements...visit <http://ironpower.biz/>

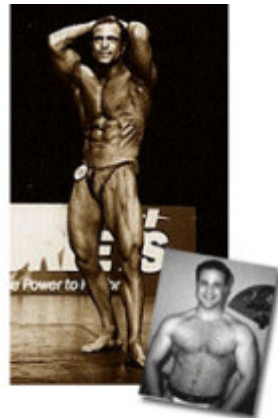
**ANNOUNCING IRONPOWER'S NEW
BREAKTHROUGH MUSCLE BUILDING
PRODUCT...**

The Ultra Muscle Growth Pack...

**Use the Best-Kept Secret of Natural
Bodybuilders to Quickly Build
Muscle and Lose Fat at the same
time...**

Here's an extract of a testimonial from Clint Cohen of Melbourne Australia, one of our many satisfied clients... *"After spending some time with Richard at his offices he walked me through the various products and made certain recommendations to me. I guess initially I was vague about trying yet another range of supplements as I had tried so many in the past with no real success.*

IronPowers products offered something different to me - with Richard being a one time Mr Australia, the knowledge and experience - I felt I had to give it a go. The Andro stack was the most amazing of the lot. Cycled every 3 weeks it gave me that boost that in my opinion made



"Iron Power products offered me something different.."

Clint Cohen

all the difference for me. I got into the Gym, and used poundage that I have only ever seen the BIG BOYS in the gym used. My weight started reducing, I started getting shape, not BULK as I always had. I started feeling stronger - physically yes, but mentally as well. The idea of competing was now becoming a reality. I would return to Richard's office to get more of his supplements and I was surprised to see how much knowledge his wife had on his products. I continued to use his products and will continue because on the 16th April I entered my first comp. and I weighed in a 66Kg's with a body fat percentage of 6%. I was in the best shape of my life!" Visit http://ironpower.biz/muscle_ultrapack.htm for full details about all the benefits of Ironpower's **Ultra Muscle Growth Pack.**

BUY TODAY and SAVE \$55.....start [building muscle and losing fat](#) NOW!.. for your quickest total body transformation ever!



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**100% SATISFACTION GUARANTEE...
or YOUR MONEY BACK**

If your body DOESNT grow more muscular and leaner... if you don't experience gains like never before... and if your time and effort DONT drop dramatically... simply return the empty bottles and containers and I'll refund your complete purchase price, no time limit, no questions asked.



Richard Hargreaves

1984 Mr Australia
CEO Ironpower.biz