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RENEE PORADA KARATE PROTEGE
FEATURES

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Renee Porada is an athletic protégée raised from childhood in the fistic science of karate. Renee, her father, two younger brothers and mother run a karate studio in her hometown of Punxsutawney, Pennsylvania. Renee started studying the classical arts of Isshinryu and Shotokan karate at the age of seven. After trying many different instructors over a protracted period she began working with Tang Soo Do Karate Grandmaster C.S. Kim and Master Joe Goss of the International Tang Soo Do Federation. Renee earned her first black belt in 1991 and this past August at the world championships in Panama City, Republic of Panama she achieved the rank of Master, 4th Degree and added a third world title to her collection. It has been a long process: “I have practiced and competed in karate for so long that is has become a part of me; as natural as breathing.” Renee said. “I fell in love with karate as a youngster and took to the discipline and hard work right away. I was brought up in a household where everyone, my father, two brothers and I, all trained and competed on a regular basis.” Those early sessions were quite rugged and demanding. “My father pushed us hard. We would work for an hour punching the bag before dinner and afterwards go to karate class. It was hard work but it made us stronger and I thank him for it now.” Renee competes in two competition formats: sparing and forms. Sparing is done with a live opponent while forms competitors go through a rigid and specific series of punches and kicks pretending to fight opponents. Judges score both competitions.

Forms competition is broken down into different subdivisions. Team competition requires three individuals to perform classical forms in a synchronized fashion. “My brothers and I form a three man team and we had the honor recently of competing against the three-time world champions. To successfully compete in as a team requires precision and accuracy. We placed amongst the top teams but missed making the finals.” In high school Renee played varsity basketball and was a member of the track team as a jumper and sprinter. In addition Renee played on the golf team and trained as a boxer. Her brother Mike was a Pennsylvania State Golden Glove winner and Renee naturally gravitated towards boxing. “I love to box and feel it helps me with my hand speed and punching power.” After completing high school Renee went to Indiana University of Pennsylvania for four years, eventually earning a BS in Natural Science. “All through college I trained for and competed in karate tournaments. Health and nutrition have always been my passion and I did an internship with a chiropractor before I realized that becoming a chiropractor was not what I wanted to do with the rest of my life.” She graduated college and visited England for an extended period and
took a job as a college conditioning coach for male and female basketball. She eventually returned to Pennsylvania and began personal training. With her rock hard physique and competitive background she was a natural. She was introduced to Parrillo products and became intrigued with the training philosophies of John Parrillo. “As a lifelong athlete I know from first hand experience that brutally hard work is the key to making progress. The Parrillo philosophies reinforced what I’d known for years.”

She was so taken with the Parrillo approach that in July of 2002, Renee became a Parrillo Certified Personal Trainer. “The Parrillo approach to weight training, cardio and nutrition crystallized at my certification seminar. To really excel you have to bust your butt in the gym and exercise tremendous control over eating and nutrition outside the gym. In order to reach your maximum potential in the shortest time, eating and exercise need to be coordinated.” Renee is working towards her Masters Degree in Exercise Science and works at the family karate studio. She is also the owner of “Dragonfly Health & Fitness” and is an Independent Beauty Consultant for Mary Kay Cosmetics. As if all this weren’t enough, Renee currently is an instructor at the Criminal Justice Training Center where she teaches defensive fighting tactics to police officers and is the training and conditioning instructor. “I work the officers very hard in both self-defense and conditioning. Police officers have to be prepared to protect and defend at all times and I do my best to make sure they are ready. A lot of them initially smirk when they see me, a 5’6” 120-pound woman. They think my instruction and work demands will be easy, a piece of cake.” She laughed, “I shock them with my defensive skills and the severity of my approach to fitness. I never ask them to do anything I can’t or won’t do. Very few can keep up with me in the fitness drills and my martial arts skills surprise a lot of the big cadets.”

Renee’s family runs “Porada’s Karate School”, a successful karate studio that teaches the tenants and methodology of Grandmaster C.S. Kim and the International Tang Soo Do Federation. Renee teaches six Tang Soo Do Karate
Classes a week, conducts cardio classes and does personal training. Her schedule is hectic and busy but she loves it. “My most popular class is my karate cardio class. Teaching cardio and karate is a great way for me to stay in shape and participants achieve significant increases in fitness.” On nights she does not teach at her school, she travels to her karate master’s school to train. “I injured both of my feet a week prior to the World Championships. I jammed three of my ligaments in sparring practice and broke my big toe on the other foot at the championship tournament. My ankle became swollen; it was the size of a softball.” She pushed through the pain and competed anyway. Renee has recommenced serious training for the upcoming tournament season. She feels as though she’s no where near her peak. “At age 25, I feel like I haven’t reached my full potential as an athlete. I am discovering new and more effective training methods and as long as I am able to incorporate and integrate new methods, I really don’t see why I cannot get significantly better. I am a perfectionist and proud to train in such a great art. Karate trains my body and it also trains my mind. Serious karate makes participants better individuals on the inside and the outside.”

Renee exemplifies a new breed of young athlete. Oldsters lament the softness of the current generation yet as our young SEALs, Special Forces and Recon Marines proved in Afghanistan, a certain segment of American youth are more than capable of dealing with the nasty bad guys of the modern world. American soldiers and athletes prove that generational softness is a myth. Renee concludes with praise for those who’ve helped her along the way. “I have had so many great instructors throughout my life and it is now an honor to be able to pass on the great lessons they have taught me! I love to teach young children. They are our future and educated properly they can help make the world a happier and healthier place.” Renee Porada exemplifies a tough, smart, intense new generation of American athletes that take a back seat to no nationality when it comes to toughness, competence or ability.

Contact Renee Porada at dragonflyfitness@yahoo.com

Renee with Tang Soo Do Karate Grandmaster C.S. Kim and Master Joe Goss
Renee Porada's Training Split

<table>
<thead>
<tr>
<th>Day</th>
<th>Exercises</th>
<th>Workouts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Chest and Triceps</td>
<td>Abs</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Shoulders and Biceps</td>
<td>Abs</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Legs and Back</td>
<td>Abs, Aerobics &amp; Karate</td>
</tr>
<tr>
<td>Thursday</td>
<td>Chest and Triceps</td>
<td>Abs</td>
</tr>
<tr>
<td>Friday</td>
<td>Shoulder and Biceps</td>
<td>Abs, Run 30 Minutes</td>
</tr>
<tr>
<td>Saturday</td>
<td>Legs and Back</td>
<td>Abs, Run 30 Minutes</td>
</tr>
<tr>
<td>Sunday</td>
<td>Off</td>
<td></td>
</tr>
</tbody>
</table>

Renee will perform 2-3 sets of 15-20 reps per set in each exercise and typically use 2-3 exercises per body part. During her Thursday, Friday and Saturday weight workouts she attacks the same body parts but uses a totally different set of exercises. "I am a great believer in the Parrillo high intensity approach to weight training. I push myself as hard as I can in each and every exercise."

Daily Eating Schedule

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8:00 am</td>
<td>Parrillo OPtimized Whey Protein Shake, Oatmeal</td>
</tr>
<tr>
<td>2</td>
<td>10:30 am</td>
<td>Parrillo Energy Bar</td>
</tr>
<tr>
<td>3</td>
<td>1:30 pm</td>
<td>Chicken Salad (large)</td>
</tr>
<tr>
<td>4</td>
<td>4:30 pm</td>
<td>Turkey, Rice, Steamed Veggies</td>
</tr>
<tr>
<td>5</td>
<td>6:30 pm</td>
<td>Parrillo Protein Bar</td>
</tr>
<tr>
<td>6</td>
<td>9:00 pm</td>
<td>Popcorn Snack, Optimized Whey Protein Shake</td>
</tr>
</tbody>
</table>

"I have been a huge fan of Parrillo Performance nutritional products ever since I was introduced to them. As an active athlete, I often haven't the time or the inclination to always prepare a proper high protein/low fat meal. Parrillo Performance products, especially Optimized Whey protein and the various Parrillo energy and sports nutrition bars provide me with the portable nutrition necessary to keep me going. I recommend Parrillo products to all my students."

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- 2000 - Grand Champion, sparring, women's black belt division forms and sparring
- 2002 - Grand champion forms, woman's black belt division

**National champion:**
- 1996 - young womens black belt forms and sparring and grand champion forms
- 1997 - black belt womens sparring
- 1998 - black belt womens sparring
- 1999 - black belt womens forms, sparring and grand champion forms
- 2000 - black belt womens sparring
- 2001 - black belt womens sparring
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I was eating while carefully inspecting the gluteal development of the fitness models in the newest *MuscleMag* swimsuit issue, which is pretty much every issue and that’s fine by me, when Janet broke my intense concentration.

“I saw your little friend at the gym today.” This was how she referred to Randy, who was the God of all Studs to the 18-22-year-old girls of the world, but didn’t do much for a woman over thirty like my wife, who could practically smell the mindless hormones oozing out of his pores whenever a female was within twenty yards. ‘A dog in heat’ was how she described the vibe he threw off. Well, I certainly couldn’t argue with that since it was accurate, but I didn’t look down on Randy for his being so randy. In fact, I had been that way at his age too. Ah, who am I kidding? I’m still like that; I have just learned to be a touch more discreet with my slobbering. Not discreet enough for Janet, who still occasionally smacks me upside the head when she busts me staring too long at another woman and no doubt imagining some lusty scenario or other.

“Randy? What was he doing there? We don’t train today. Was he hanging around that chick at the front desk with the nose ring and the tattoo of the butterfly right over the crack of . . .uh, with her?” Janet shot me a look that said I was this close to sleeping on the couch. Not that it’s an uncomfortable couch, but it does get kind of lonely down in the family room with nothing to keep me company except the hum of the refrigerator at the top of the stairs.

“I’m pretty sure he was training arms.”

“What? With who? Why, if that ingrate is seeing another trainer behind my back, I’ll...”

“He was by himself.” Hmm. I was going to have to confront my young protégé about this unauthorized training session. It had to wait until Monday, when I next met with him to train chest and triceps.

Unlike Randy, I didn’t wait until the workout was underway before addressing any important issues.

“So, how do your triceps feel, bucko?” I asked. Randy looked a little apprehensive right away, as if he knew I knew about the extra workout.

“Fine.”

“Really, because my spy tells me you were training them on Saturday. Biceps too, I bet.”

“Oh yeah, that. I just wanted to specialize on my arms for a little while.” Randy’s arms were proportionate to the rest of his physique, but they were still only sixteen inches or so pumped. Luckily for him they hadn’t sprouted to twenty inches or more in the past few months, or I probably would have killed him in a jealous rage. Oh well, at least that wouldn’t have been as bad as IFBB pro Troy Alves, whose arms taped out at over eighteen inches back in tenth grade when he only weighed 150 pounds. Talk about hitting the genetic lottery. At the rate I am going I would need to weight 260 to have a 20-inch arm.

“Anything else you’ve been doing extra training for?” Randy had to think about this for a minute, because so far I was only aware of the arms. Anything else he told me would be new information. He must have realized that I only had his best interests in mind. He sighed.

“Yeah, I do calves a couple more times a week at night at home on my staircase holding a dumbbell, and lately I have been coming in to do light back and chest a couple days after we do them heavy.” I covered my eyes with one hand and shook my head as he continued. “Look, you said John Parrillo always says there is no such thing as overtraining, only undereating and not sleeping enough. And I do eat and sleep plenty.”

“Why, if that ingrate is seeing another trainer behind my back, I’ll...”

“I covered my eyes with one hand and shook my head as he continued. “Look, you said John Parrillo always says there is no such thing as overtraining, only undereating and not sleeping enough. And I do eat and sleep plenty.” He straightened up, God love him, I could see he actually thought he was off the hook.
“Don’t be throwing Parrillo maxims at me, junior, I knew most of them while you were stilldreaming about getting your first pube.”
“Is it true or isn’t it?” he demanded to know. The kid had spunk.

“What he really meant by that is that you can do a lot of sets and reps within a workout, or a pretty high volume, plus you should be able to use a lot of intensity techniques like drop sets and forced reps as long as you feed the body properly and give it rest.”

“Alright then, so what’s wrong with what I’m doing?”

“You’re screwing up the rest and recovery part of the equation. Would you agree that we train pretty hard?”

“I think so, sure.”

“Okay, well when you beat the crap out of a muscle, say the legs, with tons of sets of squats, leg presses, stiff-leg deadlifts, leg extensions, and leg curls, how long do you think it takes for them to recover?” Randy shrugged.

“Though this is not an exact rule, it’s usually from three to four, and up to seven days. Hit them again before then and in all likelihood you will keep them from growing bigger and stronger from the previous workout.” I could see Randy was about to fire back a rebuttal by his smug expression.

“Okay, but the arms are a smaller muscle group. Don’t they recover faster, so you can train them more often?”

“Yes, but you seem to be forgetting something very important. Your biceps get worked when we train them directly with shoulders, but also very hard on back day. You don’t think heavy deadlifts, barbell rows, and weighted chin-ups do a number on them?”

“Yeah, I guess so.”

“And triceps we train not only on chest day with various extensions hitting a muscle group too frequently can prevent growth.
“I admire your enthusiasm and the fact that you are willing to work very hard to develop your physique. But sometimes you need to rein that enthusiasm in when it starts to impair other factors like your recovery.”

and dips and such, but they get whacked pretty hard on shoulder and chest days when we press. So whether you recognized it or not, your arms really were already being trained twice a week. You might be able to get away with adding another arm day as you have been for a little while, but eventually it would lead to over-training and your arms would probably actually shrink a little.” He shivered at the thought. “And as for chest and back, being so young you may be able to get away with a second light day every week, but I don’t think you need it, honest. As for your calves, if they can’t grow from working them hard twice a week, I seriously doubt another couple workouts are going to help you.”

Randy looked glum. “Look,” I told him. “I admire your enthusiasm and the fact that you are willing to work very hard to develop your physique. But sometimes you need to rein that enthusiasm in when it starts to impair other factors like your recovery.”

“I know, I just want to get big as soon as possible.”

“Here we go with that again. I told you on the day you first came up to me that patience was going to be one of the hardest parts of bodybuilding. But I think you already understand that you can’t rush a great physique. If you could, working out twelve hours a day every day and training every bodypart seven times a week would have you looking like Jay Cutler in a few months. But it just doesn’t work that way.”

He had learned his lesson, or at least part of it. In the next hour I was going to make him train his chest much harder than usual. It would be so sore he would be wondering if he tore a pec tomorrow when he woke up and could barely comb his hair. It would be tender to the touch for at least three or four days. Then we would see if he felt like adding another workout for it this week! Actually, it might be kind of fun to have him try to train it again on Wednesday, just two days away.

When he experiences the pain and sense of futility in training a bodypart that hasn’t recovered, this would all sink into his brain but good. I grinned to myself for being so clever as I watched him warm up on incline dumbbell presses. Randy was going to hate me at times over the coming months, but in the end he would be the Daniel-san to my Mr. Miyagi – the perfect student any instructor would be proud to call his own.
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Calcium’s best known role in the body is as a builder of bones and teeth. In that capacity, it has a positive effect on osteoporosis, a bone-thinning, bone-fracturing disease that strikes mostly women. On average, everyone starts losing bone around age 35, but the loss speeds up in women past menopause. This bone loss can lead to osteoporosis, but calcium — especially when combined with exercise — may help thwart it.

So says evidence from a number of studies, including one from Australia. Researchers there studied three treatments for osteoporosis to determine which worked the best. They selected 120 postmenopausal women and put them in an exercise group, an exercise-plus-calcium group, or an exercise-plus-estrogen group (the hormone estrogen is routinely used to treat osteoporosis). During the two-year experimental period, researchers measured the women’s bone density at three forearm sites. After all the findings were compiled, it turned out that both the exercise-plus-calcium treatment and the exercise-plus-estrogen treatment slowed or prevented bone loss. The exercise-estrogen treatment was more effective, however. But the women in that group experienced unpleasant side effects, such as breast tenderness and vaginal bleeding. What this study hints at is that there’s a natural way to treat bone loss — exercise and calcium supplementation — without having to resort to drugs. (1)

There’s lots of data piling up too that adequate calcium intake and exercise early in life helps ward off bone loss later in life. A study of younger women aged 25 to 34 years old showed that a combination of regular exercise (running and walking) and high calcium intake — either by diet or supplementation — can build bone mass in the spine by up to 15 percent. The results suggest that the combo of calcium and exercise may protect against osteoporosis in later years. (2)

### Supplementing With Calcium

For women, the current recommendations for calcium include maintaining a daily input of 1,000 mg before menopause and 1,500 mg daily after menopause; for men, the current recommendation is 800 mg. Younger people (ages 11 to 24) require 1,200 mg daily. Dependable sources of calcium include low-fat dairy products and green leafy vegetables. If you supplement, use an easily absorbable form of calcium such as that found in the Parrillo Mineral-Electrolyte Formula™. This supplement also contains magnesium (see below), which helps make calcium more available to the body.

### Iron

The major job of iron in the body is to combine with protein and copper (a trace mineral) to manufacture hemoglobin, a component of red blood cells that carries oxygen in the blood from the lungs to the tissues. Without enough hemoglobin, tissues are deprived of oxygen, often resulting in fatigue, breathlessness, and a rapid heartbeat.

Iron is also required for the formation of myoglobin, which is located in muscle tissue only. Myoglobin supplies oxygen to muscle cells so that the necessary chemical reactions can take place to make your muscles contract.
There are two types of iron. One is “heme iron,” found only in liver, lean red meat, oysters, poultry, and fish. Of these, liver is really the best source. Liver is an excellent food, but only very active people with fast metabolisms can handle it, since it’s high in fat and cholesterol. Desiccated liver supplements such as Parrillo Liver-Amino Formula™ give you all the nutrition of iron, but without the fat and cholesterol. Heme iron is the easiest iron for your body to absorb.

The other kind of iron is “non-heme iron,” and it’s found primarily in green leafy vegetables and whole grains. There’s some non-heme iron in meats too. Non-heme iron is not as well-absorbed as heme iron is. Normally, only about five percent of non-heme iron in foods is absorbed, compared to about 25 percent for heme iron. One way to improve the absorption of non-heme iron is by eating vitamin C-rich foods with it. Vitamin C can more than double the amount of non-heme iron absorbed.

**Getting Enough Iron**

It’s imperative for good health and performance that you get ample iron in your diet, especially since exercise can partially deplete iron stores. In Spain, researchers studied a group of cadets who underwent intensive military drills for seven days to see what this level of physical exertion had on their iron stores. They found that iron stores were depleted, although not to the point of hindering the production of red blood cells. (3)

In another study, researchers tested 12 healthy college men who exercised on a stationary bicycle as part of the experiment. Blood samples were drawn at rest and at the end of the exercise bout and measured for various indications of iron depletion. What fell dramatically after exercise were the subjects’ iron stores. (4)

If you’re not well-nourished, weight training can affect iron status too, especially when you first start. A study of 12 unexercised men who started a weight training program showed an initial depletion of iron stores after six weeks of training for two hours a day, four times a week. (5)

Supplementing with iron appears to be an excellent preventive measure. At Florida State University, 20 active women, all somewhat iron-needy, took an iron supplement for eight weeks so that researchers could study its effect on iron status and performance. Placed in either a supplement or a placebo group, the women trained on a stationary bicycle and had their VO₂ max and endurance measured.

At the conclusion of the study, the supplemented women had increased their VO₂ max, plus their stamina. They could exercise...
longer, without fizzling out. Supplementation also improved the women’s iron status by reversing their mildly depleted condition. (6)

Iron Deficiency Issues

Active women are especially vulnerable to iron deficiencies. One reason is that women don’t get enough iron in their diets. The recommended intake for iron is 15 mg daily for women (men need 10 mg). On average, American diets contain 5 to 7 mg of iron per 1,000 calories. So most women need 3,000 calories a day to get their requirement. But with so many women on restrictive diets that are low in iron, that requirement is hard to meet with food alone. Another contributing factor to low iron stores in women is menstrual loss of iron.

An iron deficiency can lead to full-fledged anemia, which literally means “no blood.” If you’re anemic, your hemoglobin levels are below normal, and your blood lacks enough oxygen-carrying red blood cells. Every tissue and organ in your body is literally starved for oxygen.

As you might imagine, anemia harms physical performance — in several ways. It reduces VO2max, lowers endurance, and increases the build-up of energy-sapping waste products in the muscle. These conditions can all spell fatigue. If you think you have full-fledged anemia, a blood test can confirm or deny it. As extra insurance against an iron shortage, consider supplementation with Parrillo Liver-Amino Formula™. The recommend usage is five to eight tablets with each meal.

Magnesium

This mineral has numerous duties in the body, including carbohydrate and protein metabolism, bone growth, and nerve function. Of interest if you weight train is magnesium’s possible effect on strength levels. In research at Western Washington University, 26 untrained men, ages 18 to 30, participated in a study on the relationship between magnesium supplementation and strength development. Twelve subjects received a magnesium supplement; 14, a placebo. For seven weeks, they worked out three times a week, performing three sets of 10 repetitions on the leg press and leg extension. Both groups got stronger; however, there was a significant increase in strength among the supplemented-group. The researchers chalked the reason up to magnesium’s role in protein metabolism and synthesis. (7)

Supplementing with Magnesium

The normal daily recommendation for magnesium is 320 milligrams for women and 420 milligrams for men. Much of this can come from magnesium-rich foods including chick peas, beet greens, turnip greens, fruits, and whole grains. You can make sure you obtain the optimum amount of magnesium and other minerals by supplementing with Parrillo Mineral-Electrolyte Formula. The recommended usage is one tablet with each meal.

References


PARRILLO PERFORMANCE

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You’re stuck. The scales won’t move. The body fat won’t budge. You’ve “plateaued.”

The problem with a plateau is the mental frustration that goes along with it. So the faster you can push through the plateau the better. I will outline how to do that in this column. But some perspective first: A major reason why most people plateau is that they’ve been living and eating in a caloric-deficient state for too long. If this describes you, it means that your body has adjusted to that caloric level and it stops burning fat. When denied food, your body begins to feed on the protein in your muscles. Because muscle is the body’s most metabolically active tissue, depleting it interferes with your ability to burn needed calories and start losing again. Plus, staying in a caloric-deficient state lowers your metabolic rate, making it harder for your body to burn fat.

To break your plateau, follow this four-step process.

**Step 1: Move into a caloric-surplus state.**

This eat-more-calories advice defies conventional wisdom, but it works. Increasing your calories will help recharge your metabolism. For a period of two to four weeks, gradually increase your calories – even to the point of gaining weight! Yes, you read that correctly: Gain some weight to ultimately lose more weight. Try to gain weight at the rate of one pound per week for every 100 pounds you weigh. But let me qualify this: I’m not talking about any type of body weight; I’m talking muscle. This is the time to tweak your weight training routine to concentrate on heavy pyramid sets for greater muscle weight. Increasing your muscle in this fashion will boost your metabolism so that you can burn fat at an accelerated pace.

If you’re still not convinced, look at it this way: if you gain a pound a week for four weeks and lose a pound a week for four weeks, you’ll gain more mass and be much leaner than if you tried to lose first and gain later. So try to put on weight for several weeks. You will be amazed by how much bigger and leaner you will get. Depend-
ing on your sex, size, activity level, and present metabolic state, you should eat enough calories a day to gain at the desired rate. For some people, this will be around 3000 calories a day; for others, as many as 8000 to 10,000 calories daily.

**Step 2: Select plateau-busting foods.**

Yes, there are such foods, and they are the same foods you use to burn fat and construct new muscle. These foods include those from all the Parrillo Food Groups: lean proteins (fish, white meat poultry, and egg whites), starchy carbohydrates (potatoes, yams, rice, legumes, and whole grain cereals), and fibrous carbohydrates (salad vegetables, broccoli, cauliflower, green beans, etc.).

After meeting your daily lean protein and carbohydrate requirements, be sure to include a certain amount of fat in your diet. Good sources are safflower oil, sunflower oil, linseed oil, and flaxseed oil. These dietary fats provide essential fatty acids and help the body absorb fat-soluble vitamins such as vitamin A, vitamin D, and vitamin E. I recommend that you eat up to one tablespoon a day of these fats.

You must increase your calories from these foods because they are the choices that will help create the desired benefit of a leaner body. The reason is, the same number of calories from different foods has different effects on the body.

...make sure you are using our Advanced Lipotropic Formula™. It contains fat-mobilizing nutrients your body needs to efficiently metabolize fat.

This is very easy to prove. Just try replacing 1000 calories of potatoes and brown rice with 1000 calories of candy and ice cream in your diet, and see what happens to your body fat levels. (Clue: You’ll get so big you’ll have to sit down in shifts.)

**Step 3: Use metabolic-support supplements.**

Supplements don’t burn fat per se, but they can support your body’s metabolism. That being so, make sure you are using our Advanced Lipotropic Formula™. It contains fat-mobilizing nutrients your body needs to efficiently metabolize fat. For example.

**Choline.**

Present in all living cells, choline helps prevent fat from building up in the liver and works to shuttle fat into cells to be burned for energy. What’s more, choline levels can drop during hard exercise. This affects brain chemicals involved in the production of muscular energy. Theoretically, by supplementing with extra choline, you could work out harder and burn more fat as a result. (1)
Inositol.
Working together with choline, inositol helps prevent build-ups of fat in the arteries and keeps the liver, heart, and kidneys healthy.

Biotin.
This B-complex vitamin is required to activate specific enzymes involved in metabolism. Without it, your body can’t properly burn fats. Biotin also influences the body’s ability to properly metabolize blood sugar (to avoid low-energy periods).

Vitamin B₆.
This nutrient helps keep the body’s water balance in check, plus helps regulate blood sugar so you don’t get swings in blood sugar and the cravings they cause. Restrictive diets can deplete the body’s supply of vitamin B₆, and supplementation is extra insurance against a deficiency.

Methionine.
This amino acid has been linked to weight control. In combination with another amino acid – phenylalanine - methionine apparently assists in the breakdown of fat. (2) (Our Max Endurance Formula™ contains 200 mg of DL-phenylalanine.)

Carnitine.
This nutrient shovels fat into the cells’ mitochondria (cellular furnaces) to be burned for energy. It also cleanses the mitochondria by removing cellular waste products. Thus, carnitine is absolutely vital to metabolism. When combined with chromium picolinate, carnitine appears to boost fat loss — potentially up to two or more pounds a week.

Chromium Picolinate.
Chromium may stimulate the growth of lean muscle if you lift weights. In one study, 10 college men attending a strength-training class twice a week took either chromium supplements (200 mcg a day), or a placebo. After 40 days, the chromium supplementers gained an average of 4.84 pounds of muscle, without gaining any fat. The placebo group did not fare as well. They gained barely a pound of muscle, on average, and their body fat increased by 1.1 percent. (5)

Enzymes.
Advanced Lipotropic Formula™ contains two important enzymes: pancreatin and betaine HCL. Enzymes such as these help ensure that our bodies properly break down the foods we consume so that they can be properly utilized by the body for growth and repair.

I recommended that you take one capsule with each meal – which means four to six capsules daily, depending on how many meals you consume. That way, your body receives a continuing supply of important fat-mobilizing nutrients throughout the day.

Step 4: Perform pre-breakfast aerobics.

Do your aerobics every morning for 45 to 60 minutes — before breakfast. At that time, your glycogen stores are low because you’ve gone all night without eating. With glycogen in short supply, you begin burning fatty acids for energy. You become leaner as a result, while busting past that plateau. Later, the nutrients you eat, including natural, starchy carbohydrates, are efficiently re-supplied to muscles, without being turned into body fat. Plus, your metabolism is activated for the entire day.

There are many types of aerobic activities from which to choose: jogging, running, cycling, rowing, stair climbing, walking, swimming, jumping rope, to name just a few. Exercise so that you’re breathing hard but can still carry on a labored conversation. Always strive to increase the duration, intensity, and frequency of your aerobics. Doing more aerobic work improves the muscle fibers’ ability to oxidize fats for energy, and you get leaner as a result. The harder you work out aerobically, the better.

References
Parrillo Performance is proud to announce new BIO-C™. BIO-C™ is a Vitamin-C supplement which contains 1000mg timed release Vitamin-C and 660mg Bioflavonoids, a powerful antioxidant.

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- Vitamin-C has natural antihistamine properties.
- Bioflavonoids have powerful antioxidant properties and help to prevent Vitamin-C from oxidation in the body.
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Recipe of the Week

Article of the Week
Parrillo Performance is proud to announce its new and improved website – www.parrillo.com. The website is a necessary tool for anyone looking to stay on top of their diet and workout. Here are a few of the features you will find on Parillo.com:

**RESEARCH** – If you are looking to do some research on a specific supplement or type of workout, look no further! With a full-text keyword search, you can search this extensive database to find exactly what you are looking for.

**PARRILLO PRESS** – The Parrillo Press is a necessary magazine for anyone trying to get in better shape. You can download the most current issue, or search through the archives to find a specific article. You can find this in the Publications section.

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If you’re a bit on the top heavy side — slender legs and hips, coupled with an amply endowed upper body — you can easily reshape your proportions. All you have to do is tighten your upper body trouble spots and recontour your lower body so that it’s a little curvier. Achieving both goals will reshift your proportions so that you’re less top-loaded. You can do it with the right exercise methods and fat-burning aerobics.

In addition to appearance, the ability to accomplish such day-to-day tasks is another benefit of having a strong, well-developed upper body. But there are many others. If you participate in a sport, for example, you have the stamina and power to throw farther, swing harder, hit more powerfully. Upper body strength even helps if you’re a runner. The faster you can move your arms, the faster you can run.

A strong upper body protects you against potential athletic injuries, particularly in your shoulders and back. Even every day aches and pains, such as low back problems, caused by muscular weakness, can be alleviated by getting stronger.

Your best bet for training is a four-day split routine. You concentrate on upper body toning on Monday and Thursday; lower body building on Tuesday and Friday. Try to do your aerobics on those four days as well and include a fifth aerobic workout on Saturday for additional fat burning.
### Monday/Thursday

**Emphasis:** Upper body shaping  
**Warm Up:** 5 to 10 minutes of relaxed walking  
**Exercise Style:** Supersets using moderate weights and high repetitions (12 to 15)

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Repetitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Superset: Incline dumbbell bench press followed by incline dumbbell flys</td>
<td>Perform 2 supsersets with 30-45 minutes of rest between. Increase the poundages on the second superset.</td>
<td>12 to 15 each exercise</td>
</tr>
<tr>
<td>Superset: Side lateral raise followed by rear lateral raise</td>
<td>Perform 2 supsersets with 30-45 minutes of rest between. Increase the poundages on the second superset.</td>
<td>12 to 15 each exercise</td>
</tr>
<tr>
<td>Superset: Dumbbell rowing followed by high pulley rowing</td>
<td>Perform 2 supsersets with 30-45 minutes of rest between. Increase the poundages on the second superset.</td>
<td>12 to 15 each exercise</td>
</tr>
<tr>
<td>Superset: Cable curl followed by inner biceps curl</td>
<td>Perform 2 supsersets with 30-45 minutes of rest between. Increase the poundages on the second superset.</td>
<td>12 to 15 each exercise</td>
</tr>
<tr>
<td>Superset: Bench dips followed by overhead triceps extension</td>
<td>Perform 2 supsersets with 30-45 minutes of rest between. Increase the poundages on the second superset.</td>
<td>12 to 15 each exercise</td>
</tr>
</tbody>
</table>

**Aerobics**

As recommended in the Parrillo Training Manual, follow the above routine with post-training aerobics to burn fat more effectively: 30 to 45 minutes of aerobics, such as rowing, stair climbing, stationary cycling, cross-country skiing, or weighted walking.

### Tuesday/Friday

**Emphasis:** Lower body development, including abdominal work  
**Warm Up:** 10 minutes of relaxed walking  
**Exercise Style:** Moderate to heavy weights and low repetitions

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Sets</th>
<th>Repetitions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Close-stance half squat</td>
<td>Warm-up set (light poundage) 2 - 3 - increase poundage each set</td>
<td>10 to 12 6 to 10</td>
</tr>
<tr>
<td>Close-stance leg press</td>
<td>Warm-up set (light poundage) 2 - 3 - increase poundage each set.</td>
<td>10 to 12 6 to 10</td>
</tr>
<tr>
<td>Leg curls</td>
<td>Warm-up set (light poundage) 2 - 3 - increase poundage each set.</td>
<td>10 to 12 6 to 10</td>
</tr>
<tr>
<td>Standing calf raise</td>
<td>1 set with light weights</td>
<td>work up to 25 or more</td>
</tr>
<tr>
<td>Floor Crunch</td>
<td>1 set</td>
<td>work up to 25 or more</td>
</tr>
<tr>
<td>Seated reverse crunch</td>
<td>1 set</td>
<td>work up to 25 or more</td>
</tr>
</tbody>
</table>

**Aerobics**

Follow the above routine with 30 to 40 minutes of leg building aerobics, such as stair climbing.

### Saturday

**Emphasis:** Fat burning

**Aerobics**

For variety, follow a cross-training aerobics program for 45-60 minutes. Perform 15 to 20 minutes of three to four different types of aerobic exercise. Examples include walking, treadmill, stair climbing, cross streets, stationary cycling or rowing. Be sure to cool down with some relaxed walking.
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