FEATURES

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By John Parrillo

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Don Long Captures National Title

Denise Masino

This Lightweight Champ Is No Novice To Training

EXCLUSIVE
NATIONAL CHAMPIONSHIP COVERAGE

John Parrillo’s Performance Press

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Just By Getting On Stage Proves You're A Winner

Throughout the year I attend many bodybuilding contests, all the way from the smallest local shows on the beach to the Olympia contests. And one thing I see again and again is how crushed many competitors feel when they don't win. I want to take this column to tell you that that shouldn't be the case.

In any competition, the goal is to win. Obviously, you must want to win very badly and believe that victory can be yours if you wish to do well. However, the idea that you are a "loser" if you don't win is one you must forever banish from your mind.

First of all, the difference between many first and second place competitors are often so minimal that scores get tied. When you get to the national and pro level, often the fifth-place person looks almost as good as the winner. There are so many great physiques out there today that I would never want to be a judge — you could get a headache!

Secondly, think about this. To the average person who doesn't even train, the physique of any bodybuilder is impressive. The fact that you have built a body capable of standing on a competitive stage in the 1990's is something to be very proud of.

Finally, the true goal of bodybuilding should always be to improve. You will never be able to control the outcome of the contest, all the way from who will be in your class to the individual physique preferences of the judges. Sometimes a man will beat another one time, then lose to him at the next contest, even though both may be in the same condition as before.

What you can control is how you look. In the off-season, your goal should be to put on lean muscle mass. You can do this by training heavy and intense, supporting your training through the use of supplements like CapTril, Hi-Protein and ProCarb powders, Parrillo Bars and other products that can help you. The only limits in the gym are those you set upon yourself. Use your off-season to get crazy big and strong, and bring up any lacking bodyparts. By using the Parrillo Performance BodyStat Kit and Diet Trac Sheets, you can be sure that the weight you gain is rock-solid muscle.

When it comes time to diet for competition, the Diet Trac Sheets and BodyStat Kit will become even more important. They will allow you to lose fat while keeping hard-earned muscle. (Parrillo Bars can go a long way toward easing cravings for sweets.) Work hard on your posing, as this will build your confidence, improve your muscle separations, and enhance your stage presentation. You will compete looking better than ever before — bigger, more ripped, and with a great attitude. Regardless of which placing you walk away with, you have scored the best victory of all by beating your previous condition.

Compete against yourself and you will always come out a winner.

To keep up with the latest news in bodybuilding and fitness, tune in to ESPN's Muscle Magazine each month. All the latest information on contests and personalities in the world of bodybuilding and fitness is right at your fingertips.

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The Many Faces Of Carnitine

By Cliff Sheats, M.S. Clinical Nutritionist

Carnitine is a protein-like nutrient that shuttles fat into the mitochondria of cells to be burned for energy. Produced in the liver and kidneys, carnitine is made from lysine and methionine, two amino acids, through a series of reactions with vitamin C, vitamin B₆, and vitamin B₁₂.

Of interest is the fact that carnitine is found in foods that are also high in fat, namely red meat. Scientists believe it exists there for a good purpose — to help the person who eats meat better break down the fat in the meat. Fish has a little carnitine, and the fattier portions of chicken such as the leg have more carnitine than the breast. Several vegetable foods contain carnitine, and these include wheat germ and cauliflower. Carnitine is quite vulnerable to heat and is easily destroyed by cooking.

About one-fifth of your carnitine requirements can be met by eating red meat. But since red meat is high in fat, supplementation may be helpful. One superior supplement in which carnitine is found is Parrillo Performance Advanced Lipotropic Formula™. As a supplement, carnitine offers many benefits when added to a proper nutrition program.

Carnitine In Fat Loss

Carnitine is the only substance of its kind that can carry fat inside the mitochondria. Given this capability, carnitine appears to be helpful in fat loss programs. In one study, 30 obese women and 10 obese men were placed on diets (1,200 calories a day for women and 1,600 calories a day for men) while receiving either daily supplements of l-carnitine (200 mg) and chromium picolinate (200 mcg) or a placebo for eight weeks.

The results were remarkable: On average, the supplemented group lost 15 pounds, compared to no weight loss in the placebo group. What’s more, the supplemented group lost an average of 3.5 percent body fat, while the other group gained 0.6 percent body fat. LDL cholesterol levels dropped in the supplemented group too (1).

Carnitine For Exercise Performance

Carnitine has been found to boost exercise performance by making more fat available to working muscles. Researchers in Romania gave carnitine to 110 top athletes (rowers, kayakers, swimmers, weight lifters, and long distance runners) and found the supplementation caused more fatty acids to enter cells to be used as energy. With a larger amount of fat available for energy, conceivably performance can be improved. Based on their findings, the researchers recommended carnitine supplementation as an ergogenic (performance enhancing) aid, especially for endurance and strength sports (2).

Another Romanian study looked into the effects of carnitine supplementation on competitive junior cyclists. Seven top cyclists were given two grams of carnitine daily 10 days prior to competition, along with extra protein (one gram per kg of bodyweight) for six weeks; seven other cyclists received a placebo. Favorable changes were observed in the supplemented group: Strength went up, lean mass increased, and body fat was scaled back. What’s more, the supplemented group performed better than the placebo group in the international competition that took place at the end of the experiment. For competitive athletes, the researchers recommend increasing protein intake six weeks before competition and supplementing with two grams of carnitine daily 10 to 14 days before competing, including the day of the competition. Carnitine, they believe, improves the ‘biological potential’ of the body (3).

Other scientists believe that carnitine enhances exercise performance in other ways, besides mobilizing fat. Evidence is surfacing that carnitine increases VO₂max (aerobic capacity) and reduces the build-up of waste products like lactic acid in the muscles, thereby extending performance.

Carnitine and Immunity

Carnitine may also affect immune response. On study shows that carnitine increased the response of the lymphocytes, and infection-fighting white blood cell formed in the body’s lymphatic system, and neutralized the suppression of the immune system (4).

Carnitine and Heart Health

Carnitine may play a critical role in cardiovascular health too. The heart prefers to burn fat for fuel, unlike muscles, which can run either on fat or carbohydrate. In the heart, carnitine acts like a fuel injection system, supplying heart cells with fat for fuel. When the heart muscle is damaged in some way, its carnitine supply is depleted. In heart patients, studies have shown that carnitine controls heart rhythm irregularities, reduces angina attacks, lowers blood fats and increases HDL cholesterol (the good kind) (5).

Supplementation

If you supplement with carnitine, choose a formulation such as the Parrillo Performance Advanced Lipotropic Formula. That way, you get the benefits of other important nutrients such as chromium picolinate, choline and inositol, the suggested usage is one or two capsules per meal.

References


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Chiropractic can provide an effective treatment for certain types of frozen shoulder syndrome. Because of the pain and lack of available passive movement associated with frozen shoulder, common manual techniques can be difficult to administer and are often intolerable to the patient. The author describes a case study in which a patient with treatment-resistant frozen shoulder syndrome of more than six months duration was managed with mechanically assisted adjustment (Activator) to the shoulder girdle and cervicothoracic spine. The author administered 35 treatments over five months, after which the patient was virtually pain free with full shoulder range of motion. Follow-up after eight months revealed no recurrence of symptoms. This case suggests the possibility that instrument adjustment for adhesive capsulitis might be an attractive alternative to other manipulative procedures in which patient tolerance may be an issue. (Polkingham BS. Journal of Manipulative and Physiological Therapeutics, Vol. 18, #2, February 1995, pp. 105-115.)

The combination of mobilization with gentle contrast-relax and other myofascial approaches is useful in restoring function of the lower extremity. These procedures may be applied not only for localized mechanical alterations but in concert with, or complementary, to manual management of the axial skeleton. Manual procedures for the lower extremity typically include mobilization, low or high-velocity manipulations, as well as a number of soft tissue mobilization procedures, including myofascial and muscle energy work (massage, trigger point therapy, resisted muscle contraction, etc.). These procedures are typically applied in conjunction with one another; however, the focus of this article provides an introduction to mobilization and manipulation concepts and procedures as they apply to the lower extremity. A review of mobilization concepts is provided with an illustrated presentation of lower extremity joint manipulative procedures. (Turchin C, Mootz R. Chiropractic Technique, Vol. 7, #3, August 1995, pp. 82-93.)

A new study suggests that certain herbal medicines can prevent intoxication. Japanese scientists have been studying various Chinese herbal medicines that bind with alcohol in such a way that it routed through the digestive system without being absorbed into the bloodstream. According to Dr. Yoshikawa of Kyoto Pharmaceutical University, "if you consume this before you have alcohol ... the blood alcohol will not increase." Yoshikawa's studies have all been done in rats, but he expects certain commercial interests to carry his research beyond lab animals. The four remedies used to prevent intoxication in rats were the bark and root cortex of the angelica tree, the plant ovary of the soapberry, the seed of the camellia and horse chestnut, and the roots of the seneca snakeroot. Angelica seems to have the strongest effect in absorbing alcohol. (The Reuters World Service, via iNews, August 21, 1995.)

An intimate relationship exists between the fascia of the lower extremities and the lower back. The fascia of the lower extremities supports and stabilizes the pelvis and lumbar spine. Dysfunction of the fascia of the lower extremities, unilaterally or bilaterally, chronic or acute, leads to a lack of stabilization of the lower back resulting in dysfunction and potential pathology. Biomechanical alterations, both macroscopically and microscopically, can result in a clinical level of dysfunction and pain. The author suggests that dysfunction occurring in the lower extremity are frequently subclinical and asymptomatic. Only when these dysfunction result in low back pain does the patient seek therapeutic intervention. Treatment devoted solely to the low back frequently does not offer total resolution of dysfunction. Manipulative treatment of the lower extremities includes treatment of the structures beginning at the plantar fascia and moving cephalad (toward the head). Tibial torsiorts need correcting because they affect the iliotibial bands. Consideration of relationships between the upper and lower portions of the lower extremities as well as one leg in comparison with the other must be addressed and remedied in consideration of low back pain. Fascia adapts and makes adjustments throughout the entire human body to assist in proper functioning of any single part of the anatomy. (Hessler DD. American Academy of Osteopathy Journal, Vol. S, #3, Fall 1995, pp 15-19.)

Dr. Golembski adds, "So the next time John Parrillo wants you to stretch your hamstrings after a back workout, remember there is logic, reason and a hint of genius for his recommendations that are verified by the scientific literature. I also suggest Applied Spinal Biomechanical Engineering (A.S.B.E.) deep muscle and ligament strengthening procedures."

Edited by Dr. Gary Golembski

Dr. Gary Golembski is a board-certified fellow in the American Academy of Applied Spinal Biomechanical Engineering. Trained by John Parrillo, he is a bodybuilder and former Olympic and National medalist in powerlifting.

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National Champ

It Wasn't Mardi Gras, But There Was Plenty Of Celebrating Following Don Long's Win In New Orleans

By Doug Uhlenbrock

The Big Easy.
That's the nickname given to the city of New Orleans, where food, fun and other vices of varying degree, blend into a wonderfully intoxicating cajun concoction.

The Big Easy could also be used to describe the job handed to the judges of the heavyweight class at the NPC National Championships, held in New Orleans, September 25-26, in determining the title-winner. It's pretty safe to assume they had a harder time deciding which Bourbon Street restaurants they would visit that weekend.

That's because Don Long, the prohibitive favorite at this contest, did not disappoint his fans nor those courageous pundits who touted him as the winner prior to the show. His appearance on stage, ripped at nearly 250 pounds, drew nothing but straight numbers from the judges, who unanimously made him the 1995 champion.

Long's showing at the championships was not unexpected. He and his wife Yvette drew up the blueprint for his bodybuilding career seven years ago, and they stuck to those plans throughout, not giving in to the quick fix of winning a lower level contest just for an ego boost and trophy.

That's the interesting thing about Don Long and his bodybuilding career. Until he won the National Championship, he had won exactly one other bodybuilding contest. Winning, however, was never part of the plan. Improving and taking that next step towards a national title and professional opportunity were the objectives in this plan. And seldom were there any deviations. And he is as proud of that fact, as he is in winning the title.

"We set a goal, and through total effort 100% of the time, I was able to achieve that goal," he says. "Sure there are other bodybuilders out there who work hard and would like to do well, but do they put that kind of effort in? Do they maybe cheat here and there? Do they take a day off when they don't feel like training? For me, this is a year-round job. No days off. I think I'm very fortunate to have achieved the success I have, but this is also an indication that the hard work my wife and I have put in for the past seven years is beginning to pay off. I feel like this is what we deserve."

Unlike prior contests, Long arrived in New Orleans the Sunday before the show. He and his training partner R.J. Sanders put in normal workouts at Gold's Gym in Metairie Sunday, Monday and Tuesday, before starting the final preparations. By the time Thursday's weigh-ins took place, Don was ready.

Nutrition is another thing that has never wavered in Don Long's preparation. Calories and nutrients are most important, with taste running a distant third. And supplements like CapTri® helped him keep his energy levels high all year round, but particularly as he neared contest day. All the attention to the details of nutrition paid off as showtime neared.

"I didn't know what anyone else would look like, but I knew that my condition was tight, and I felt very comfortable," he recalls. "At that time I felt very confident."

That confidence spilled over when they asked for competitors to step on the scale. In a bit of pre-contest psychological strategy, Don was the first to volunteer to strip down for the weigh-in. Just to give the other competitors first look at what they'd be up against.

Friday is really the day the competition is won or lost. The prejudging is where comparisons and decisions are made by the judges. Tom Prince, who was the unanimous second place finisher, was the only competitor to even come close. Don saw that Prince might be tough the day before at the weigh-in, but didn't know how tough.

"After I weighed-in, I stuck around and watched everyone else," he says. "Tom looked pretty good, but said he needed to lose a little more water. He definitely knew what he was doing, because when I saw him the next day he tightened up real nice and looked awfully good."

Unlike any other contest, the Nationals is a two-day event. Prejudging on Friday, finals on Saturday. So once Friday is done, you
don't just relax. You need to stay sharp for one more day. Sure many decisions are already made during prejudging, but there's still a lot at stake on Saturday night.

First, there's the audience, which is seeing the bodybuilders for the first time. And the television and cameras, which capture the contest in images that don't lie. Plus, there's a little thing called the Overall, which is a pretty nice title to take home along with a class championship.

When Long was awarded the heavyweight title, he admits it just didn't feel right.

"I never really had the feeling of winning," he says. "I wasn't used to being the last guy called, so when it happened it all felt pretty strange. Plus, I was still worried about the Overalls. Rod Ketchens looked great, and I thought he had a great chance to win that."

Several minutes after all the class winners gathered on stage to pose, Long was awarded the Overall. And he was joined on the stage by the other half of his team, his wife, Yvette, for a celebratory hug and kiss.

"It was just great," he says, "We were able to accomplish the goal. Everything came together just like we had planned. We started from the bottom, when nobody had even heard of Don Long, and made it to the top of the amateur ranks. Now, we're back at the bottom again, and we'll work just as hard to climb to the top again."

When Don Long says we, he is not just being nice, like so many other athletes whose spouses in reality play little or no role in their success. Don may be the one on stage and in the weight room, but Yvette is the one in charge of the diet that transformed this smallish heavyweight of under 200 pounds into the behemoth 250-pounder he is today. She also is responsible for the promotion of Don Long. She's the one that licks the envelopes and makes the phone calls in order to get him exposure. In fact, it was a promotion kit sent by her to Parrillo Performance several years ago that first introduced Don Long to this writer.

For this contest, besides her regular duties as wife, nutritionist and promotions director, she also became tour manager. She put 63 people on a plane for New Orleans, had hotel accommodations for them and T-shirts. The only thing the Don Long entourage had to worry about was being on time. Everything else was taken care of.

"She definitely is a big part of the success we've had," says Don. "She helps me in so many different ways. She knows me and how I should look, and she knows the sport. And besides handling the bodybuilding part of our life, she also takes care of the bills and other things as well as working full-time. She keeps everything very organized."

"We both won this National Championship," he says. "She put just as much effort into this as I did. There are times when we don't want to do things either because we're tired or we don't want to, but it's a job, so it gets done. And Yvette has a very good eye for what I should be doing. I often wonder what might have happened had she not been the other half of this combination."

The two now embark on the professional side of Don's bodybuilding career, and the rewards should begin to match the effort involved. Already Don is a spokesperson for Vivarin and the offers for other sponsorships are mounting. The personal appearances and guest posing opportunities, which began to pick up last year after his third place finish at the '94 Nationals, have steadily been pouring in and should keep the Long's busy throughout the winter and spring. But of course, there's still plenty of work to do. Getting to this position was one thing, moving farther ahead will present other challenges.

"Right now I'm in the gym, eating clean, doing all the things I did before I won," he says. "It would have been that way no matter what happened."

And if people think he may be letting up now that he's won the National title, think again. "Knowing I won the Nationals gives me a huge high," he says. "This gives me an extra incentive to train even harder than before and motivate me to stay more focused. This is something I've dedicated myself to, and when we were planning for the future, this was all part of it."

The next time we see Don Long on stage will be the Night of Champions. How he stacks up against the pro's nobody really knows right now. Even Don doesn't know what he'll look like, only that he'll be ready.

"You never can tell what the future might bring, but I'll continue to train hard and smart and make improvements," he says. "I'm at about 245 pounds right now, and I'm pretty comfortable at that weight. The key is to look better and sharper each year. If that means staying at the same weight, that's fine. If I can add some weight, that would be great too. The key is to mature the muscle."

One thing you can be sure about is that Don Long will represent bodybuilding as well as anyone else, whether it's on-stage, shaking hands and signing autographs or speaking to school children. He'll give the sport a good name.

"I want to be a role model for the younger generation," he says. "They need to know that with hard work and perseverance they can succeed. I want everyone I meet to walk away with a positive feeling about the kinds of people who are involved in bodybuilding."

To contact Don Long, write to him in care of Gold's Gym, 2960 Southgate Drive, Alexandria, VA 22306. Or call (703) 904-6797 or (703) 768-6800.
Texan Lee Labrada splashed around on the cover of *The Press*, and why shouldn’t he be whooping it up? Earlier in the year, he finished a close second to the other big Lee in the sport, Haney. In fact, many fans thought Labrada had the better of the champ in this meeting, although the judges saw things differently. So it was back to the drawing board for Labrada in 1991, looking for that little extra to move into bodybuilding’s top spot. “I want to polish my physique even more, so that I can come in harder than ever next year,” he said. “In addition, I’ll continue to consult with John Parrillo. He has been a great inspiration and a vital source of nutrition information for me.”

By the time the December ’90 issue of *The Performance Press* was being read by most folks, National Champion Lenda Murray was busy adding a new title to her résumé, namely the Ms. Olympia crown. In her monthly column, Lenda advised beginners how to approach training. “Far too many young bodybuilders model their workouts on champions’ routines and end up training at levels inappropriate to their stage of development. It’s better to stick to the fundamentals.” That means basic, muscle-building exercises and high intensity during all of your workouts. Diet also demands attention, keep track of your eating habits and daily caloric intake.

Rochester, New York’s Bob Cicherillo appeared on the cover of the December ’91 issue of *The Performance Press* as one of the top amateurs in the country. Incredibly, even without a major title under his belt, Cicherillo was in great demand around the world of bodybuilding for guest appearances, photo shoots and seminars. And how did he learn to build the massive physique everyone wanted to see? By following the Parrillo Performance Programs, of course. “John put me on his programs last year and they really work!”

If anyone knows how to train hard, develop musculature and still remain sleek and sexy, it has to be Penny Price. So when her article, “How To Train Like A Woman” was featured in *The Press*, ladies across the country took notice. What was interesting, however, was that instead of emphasizing light weights and high reps, Penny advised the use of heavy weights. And John Parrillo’s Training Manual, she found, provided the information to get in great shape. “I suggest you get a copy of John Parrillo’s manual and read up on all his bodypart routines. Those are the routines you should be following to get in the best shape of your life.” She also tells the ladies not to worry about getting too big. “Genetically, your body may be structured so that it develops huge muscles, but this is very rare. It takes many years to develop a physique like Ms. Olympia, and this occurs only if you are gifted.”

The inimitable Russ Testo appeared on the December 1993 issue of *The Performance Press*. Testo, one of the busiest men in bodybuilding, had just finished producing a 90-minute video entitled, “Posing The Extra-Ordinary Way.” This is actually a posing seminar in which Russ demonstrates how to properly perform quarter turns, mandatory poses and the posing routine. It’s like having Russ as your personal posing coach. To order this video, write to him at 3 Oxford Road, Troy, NY 12180 or call (518) 274-9952.

In his nutrition feature, John Parrillo gets into the endurance side of putting together a training and competition diet, and talks specifically about glycogen supercompensation, which was shown to help increase endurance limits during the event. So you’re asking, what’s glycogen supercompensation? Well, this is a method of tricking the muscles into storing more glycogen in the muscles than usual. Here’s how it works: First, the athlete reduces carbohydrate intake for three days while training hard. For the next two days, carbohydrate intake is increased while training time is decreased. On the final day before the competition, the athlete rests and consumes a high carb diet. And it has been shown that maltodextrin beverages, like Pro-Carb®, result in higher muscle glucose levels than other types of carb sources. So if you’re getting ready for competition, give it a try.
Dennis Newman donned the Santa hat for the cover of the December 1993 issue of The Performance Press, but that’s where the resemblance to “ole Saint Nick” ended, as Dennis was still ripped and ready following this second-place finish to Mike Francoise at the Nationals a couple of months earlier. His second in that contest was a remarkable turnaround from the disappointing sixth place finish he took home from the USA just a few months earlier. But after a ten-pound increase in size and more focused training effort, “The Menace” was right on target. In his letter to Santa that year, all he wanted was his pro card. And though he didn’t find one in his stocking Christmas morning, we all know that he finally got his wish that summer, winning the ‘94 USA Championships.

In John Parrillo’s Nutrition Feature, he addresses the issue of body fat reduction. And whether you’re trying to get down to 5% bodyfat for a contest or just trying to get in better shape, your goal is to lose fat and retain lean muscle mass. And for every bodybuilder there are a thousand people out there who have been misled into believing that the best way to lose fat was through calorie restriction. This approach doesn’t work. What works is the Parrillo Performance Nutrition Program, which teaches you how to lose body fat and gain lean mass while increasing you calories. Give it a try, you’ll be amazed!

The December 1994 issue of The Performance Press trumpeted the return of one of the most popular bodybuilders of the early 90’s, Eddie Robinson. Eddie, who three years earlier left the IFBB to join the defunct WBF, was busy getting ready for his return to the stage, and looking forward to that moment. And he incorporated much of what he learned from John Parrillo into his training and nutrition. “I use a lot of John Parrillo’s techniques for my stretching and especially nutrition. I love using CapTri all year round and it really helps when I’m getting ready eight weeks out and start cutting my carbs. It gives me the extra energy that I couldn’t get if I were cutting the potatoes and rice alone.”

In part IV of John Parrillo’s mega-feature entitled “MUSCLE,” he digs deep into the muscle, showing chemical reactions that occur within the cells of the muscle which cause contraction. He also discusses the differences in muscle fiber classifications. He takes that discussion one step farther by indicating the reasons for having different muscle fibers in the body and why we must train in four distinct ways to achieve maximal muscle growth. Drop sets or forced reps, heavy sets of 1-3 reps, aerobic training of at least 30 minutes duration and standard bodybuilding sets of 8-10 reps are all necessary for building a well-balanced muscular physique.

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Supplementation for Optimal Results

Last month I presented a general overview of the Parrillo Nutrition Program, and this month I want to extend that discussion by talking about strategies to maximize your results by adding nutritional supplements to your diet. People often ask if nutritional supplements are necessary.

The answer here is based on an individual's diet, training intensity and goals. If you are eating a well-balanced diet, supplying all the nutrients your body needs through food, and your level of training activity is such that you never deplete certain nutrients, you may find that supplements are not necessary. However, many people, whether they are eating healthy or not, do not receive all the nutrients necessary to support intense training and growth. And that extends all the way to the bodybuilder, whose nutritional needs far exceed those of the average, sedentary person. So supplements can be used to prevent deficiencies in the diet. But there is still another level of supplementation. That is, are supplements required to achieve optimal results? Are supplements needed to reach your ultimate potential? The answer to this question for most hard-training athletes is yes!

Few bodybuilders (if any) make it to an advanced level without using nutritional supplements. They can't afford not to. Let's face it, if two men eat the same diet and train the same way, but one of them enriches the nutrient density of his diet by adding high quality supplements, which one do you think will get better results? When you're training that hard and that much, you're really pushing your body to its limit. The goal in training is to apply a maximum stress, so that your body is forced to adapt and grow. This kind of training pushes your recovery ability to its limit, and your ability to recover is what determines how fast you can grow. Rest and nutrition are what your body needs to recover from intense workouts. Supplements allow you to increase the cellular levels of nutrients beyond what can be obtained from whole foods alone. Supplements are simply ultra-concentrated nutrients, and adding them to a healthy diet of natural foods increases the nutrient density of your diet. It makes sense that increasing the amount of nutrients delivered to your muscles will help them recover and grow faster.

When we put together my formulas for supplements, we conduct experiments with bodybuilders and other athletes. During this experimentation process we introduce certain nutrients into the athletes' diet, then pull them back out, all the while noting the action and reaction this has in their training and physique. This is how we find out what works and what doesn't in competitive athletes. Nothing fancy, just simple trial and error. But by trying different combinations of nutrients, we are able to optimize the formulas for maximum effect in lean muscle mass.

To incorporate supplements into your diet, Essential Vitamin Formula™ and Mineral-Electrolyte Formula™ are the starting point. The Parrillo vitamin and mineral formulas are designed to be taken at each meal. One reason this is done is very simple: Since you need the vitamins and minerals to assist and control the molecular processes associated with metabolizing and synthesizing food, it only makes sense that you provide those vitamins and minerals with the food you are eating. Makes sense, right? Another reason it's done that way is because the water soluble vitamins (the B group and vitamin C) are excreted from your body in your urine within 3-4 hours after you take them, so levels drop back down again. By taking vitamins with each meal, this provides a more steady and constant blood level. It also ensures you'll have all the vitamins around you need to help incorporate dietary protein into new muscle tissue after each meal. This makes more sense to me than taking a huge dose of vitamins every morning and excreting most of them by noon. Each Mineral-Electrolyte™ tablet contains 250 mg of calcium per tablet, so that by taking four a day you can meet the RDA for calcium. Parrillo Performance Essential Vitamin Formula is also fortified with large amounts of the anti-oxidants: vitamin C, vitamin E, and beta-carotene. These seem to help aid recovery by neutralizing free radicals (reactive oxygen species) generated during exercise. Free radicals are reactive molecules containing oxygen, which can damage cells and protein molecules. The anti-oxidant vitamins prevent this damage by binding to and neutralizing the free radicals. Each Parrillo Essential Vitamin™ tablet has high amounts of the antioxidants. Each Mineral tablet contains chromium picolinate to stabilize blood sugar and optimize insulin.
function. Again, it makes more sense to take a small dose of chromium with each meal instead of one big dose once a day. Of course, our Formulas contain a complete and balanced array of all the other vitamins and minerals your body needs for optimum health and maximum gains.

The core supplements on the Parrillo Nutrition program are vitamins and minerals, CapTri®, Hi-Protein Powder®, and Pro-Carb®. These are the most important ones for gaining lean mass. Liver-Amino Formula could probably fit into this group as well, but it is not a major source of calories. Let's talk about how to incorporate those into your diet.

CapTri® is a remarkable supplement and should be at the center of any bodybuilder's supplement program, whether you're trying to gain lean mass or lose body fat. Think of CapTri® as a source of pure energy - calories. The special thing about it is that it's used immediately by the body as a preferred source of energy and has almost no tendency to be stored as body fat. It's a way (and probably the only way) you can greatly increase your caloric intake without risking getting fat. That is, of course, if the rest of your diet is good. CapTri® is absorbed by the body and burned for energy almost instantly - faster, in fact, than glucose (1). Since it's converted into energy so rapidly it has virtually no tendency to contribute to body fat stores. Here's the deal: adding pounds of muscle mass to your body takes calories. You could supply the extra calories from regular foods, such as complex carbs and lean proteins. And this will work, but the problem is regular foods are more prone to be stored as fat than CapTri® is. So by increasing calories from regular food you can add muscle mass, but you're more likely to put on fat at the same time. CapTri® itself is not converted to muscle - that's not what's happening. How it works is CapTri® supplies the energy your body needs to function and the energy cost required to build more muscle. The protein foods that you eat supply the raw materials (amino acids) that are used to build new muscle. CapTri® spares the oxidation of amino acids, meaning that it blocks the use of proteins as fuel (2). This helps dietary protein be incorporated into muscle tissue more efficiently, as well as having an anti-catabolic effect to block muscle breakdown. The net result of increasing calories in this way is more muscle mass, without the increase in fat that comes from eating an excess of regular food. What happens if you eat too much CapTri®? The excess energy gets converted to body heat instead of being stored as fat. Also, excess calories from CapTri® can be lost as ketone bodies in the urine, something that doesn't happen with regular food. Start by adding one-half tablespoon of CapTri® directly to your food at each meal. Every three days, increase your intake by another one-half tablespoon, until you're gaining weight. Increasing the amount of CapTri® gradually helps avoid an upset stomach, which can occur because CapTri® is digested so rapidly. Usually between one and three table spoons per meal works well for most athletes, although some use as much as five or six.

How can a supplement so rich in calories help you lose body fat? Simple. To use CapTri® while dieting replace some of your carbohydrate calories with an equivalent amount of calories from CapTri®. CapTri® contributes less to body fat stores than does carbohydrate, because it's immediately converted to energy without being stored by the body (1,2). Metabolically speaking, this is called the thermogenic effect. Every time you eat, some of the food energy is converted to heat. The more energy that's lost as heat, the less there is remaining to be stored as fat. Conventional fats found in regular food are not converted to heat much at all, and that's why they contribute to body fat stores so much. About 3% of the calories in regular fat is lost as heat. About 15% of the energy from carbs is converted directly to heat, and about 20-30% of the energy in dietary protein is lost as heat. CapTri® has the most profound thermogenic effect of any food known, so it's basically all burned for energy. You may be wondering, if this stuff is just converted into energy and lost as body heat, is it a waste? Why not just eat less food? Two reasons. Eating less food will help you lose weight, but a significant proportion of it will be muscle mass. Also, decreasing calories slows down your metabolic rate, so you burn less calories, which means burning less body fat. The thermogenic (heat-producing) effect we just talked about actually works to increase your metabolic rate so you'll burn fat faster. Plus, as mentioned above, it blocks protein breakdown so you won't lose muscle while you're losing fat. Of course, not all of the energy in CapTri® is lost as body heat - most of it is used to fuel activity and maintenance of the body. The point is, the energy from CapTri® is more prone to be used as body heat (energy) than the calories from regular food, which is why CapTri® is less prone to be retained as body fat than regular food. Adding CapTri® to your diet increases the thermogenic effect of feeding (TEF), and if you're producing more energy, you have a higher metabolic rate. And if you increase your metabolic rate, your body needs more energy, so it burns more body fat. By incorporating CapTri® into your diet, you're reducing what is called the "food efficiency" of your diet, which is the proportion of dietary energy available for retention as body weight. The CapTri diet helps you lose fat because more of your dietary calories are lost as heat, causing your body to draw on fat stores as fuel. Cutting calories also causes your body to

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NPC NATIONAL CHAMPIONSHIPS
September 29-30, 1995
New Orleans, Louisiana

OVERALL WINNERS
Paula Suzuki - Middleweight
Don Long - Heavyweight

MEN'S CHAMPS

Bantamweight
Jimmy Momany

Lightweight
Ivy Tumor III

Middleweight
Jeff Long

Light-Heavyweight

Rod Ketchens

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Joe Lazzaro follows many of the Parrillo principles, and that information certainly paid dividends as he finished runner-up among middleweights after a 13th last year.

Renee Johns, who was featured in the September '94 issue of The Press as the Jr. Nationals lightweight champ, is closing in on a Nationals title, finishing runner-up.

Budding superstar Vinnie Galanti, who is an avid follower of the Parrillo Nutrition and Training Programs, posted a fifth in the middleweight division.

Atlanta's Jackie Ludy, who appeared in the Performance Profiles section of The Press in July, finished sixth in the lightweights in her first national show.

Steve Holland, who was featured in the September '94 issue of The Press after his USA lightweight win, finished fifth in his first Nationals appearance.

Carla Gray, who was featured in the July Press following her runner-up at the Jr. USA, finished second in the mixed pairs event with her partner Steve DuFrene.
DENISE MASINO

Get Used To This Name. You'll Be Hearing It A Lot In The Coming Years
By Doug Uhlenbrock

When Denise Masino was awarded the lightweight title at the Nationals, there surely were quite a few eyebrows raised in surprise. That reaction, however, had little to do with whether or not she deserved the championship. She did. What people were really wondering was who Denise Masino was and how come we hadn't heard of her before?

Usually, if you have a physique good enough to win the top amateur show in the country, your name will be familiar to those who keep an eye on the national bodybuilding scene. It's also quite common that you would have competed at another national show of lesser impact, say the Jr. Nationals or Jr. USA, just to gain some stage experience.

But Denise Masino's superhighway to bodybuilding stardom is quite different than most. She started training when she was 13 years old, but didn't begin competing until she was 24. Yet it took less than three years for her to win the Nationals. For those who have traveled the more conventional path to bodybuilding success, Masino's rise to the top has been unusually quick. But in reality, it's been a long time in the making.

She started with the encouragement of a bodybuilder named Kenny Jones who she met at Coney Island. And though she had no inclination toward competing, training was something to keep her active and off the streets.

"In Brooklyn, like other cities, there are bad things going on all around you that can throw you off track," she says. "And if you have a lot of extra time on your hands, you're bound to fall into something. I know, a lot of my friends found out the hard way. But I always had something to do after school and on the weekends. I'd go to the gym. Before that I was doing a lot of dancing. Constructive things on my own, so I didn't have a lot of time to get into trouble. Ironically, training the body to be more healthy was in itself a healthy hobby for me.

It was also during this stage of her adolescence that she began to envision the kind of body she would like to build with this training.

"I read everything about training and bodybuilding I could get my hands on," she says. "I loved looking at pictures of Rachel McLish and Cory Everson, they were a tremendous motivation to me."

And though she continued along the path of the bodybuilder, she never competed. That didn't mean, however, she wasn't thinking about it.

"I always found the stage very interesting," she admits, "and I dreamed of getting up there one day in the future. But I never felt I was ready."

Between her beginnings in Brooklyn and her victory in New Orleans, Masino has been living in Florida, the result of a hasty move to the Sunshine State after high school with a boyfriend. The relationship didn't work out, but it gave her a look at life from a much different perspective.

"Moving to Florida took me out of the inner city and showed me a slower, more relaxed style of life," she says. "I love Brooklyn and wouldn't want to change a thing about my childhood growing up there, but living here has given me things I would never have had there."

The company I was working for in Ft. Lauderdale wanted to start a branch on the west coast of the state," she says. "It was increased responsibility, a good increase in salary and would be a nice addition to my resume."

Of course, one of the first things she did upon arriving in Ft. Myers, was to join a gym, The Sports Connection, which was owned by Robert Masino.

"I met Robert about a month after I joined, and after our first date, I knew this was the man I wanted to spend the rest of my life with," she says. "And the weird thing is, we both grew up in Brooklyn. It took moving to Florida for us to meet. Our lives would never have collided in Brooklyn."

Besides being her husband, Robert is also her trainer. And it was through his encouragement and confidence that she finally decided to compete. The big day: May 1, 1993 and the Naples Bodybuilding Championship.

"I think I had a pretty good physique before I met Robert, but he was able to refine the look," she says. "I saw competing as a personal challenge. I was working out and loved training, and I really wanted to compete. But I wasn't sure if I had what it takes mentally to stay focused through a full pre-contest period. But I found out a lot about myself during that time, and it really helped me build confidence in my physique and myself."

She won the lightweight division and the overall in this contest, which just happened to be on her birthday. With no intention of competing again for a while, all she wanted was to blow out the candles and have a piece of that sinfully rich birthday cake.

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But Robert and several other local officials said she should compete in the second stage of the local Grand Prix, the Sarasota, in a week. She agreed to do so, only if she got a piece of that cake and Sunday off. It was a hard bargain, but a deal was struck.

"Because I won, I started to feel a lot of pressure from people on the local level to do the Grand Prix," she says. "They were welcoming me to the sport. So I went ahead and did the Sarasota and I won the overall there again. Next was the West Coast, the final leg of the Grand Prix, and I won the overall there." A perfect 3-0 start. Not bad for a rookie.

"I was really taken by surprise by the whole thing," she says. "I actually frightened a little by all the attention and expectations. The better you do, the more people expect of you. One day I'm getting ready for my first show, then three weeks later people are talking about me going to the Florida. I never had a chance to really enjoy my success.

She decided against the Florida, which was held in June, but rather to compete again in the Junior Florida in October. That gave her plenty of time to bring her body back to normal before pre-contest preparation would start again. Nothing changed, however, when she hit the stage again, as she won the overall to extend her unbeaten mark to four contests.

Next up was the Florida in June of '94. A good eight months of hard work went into preparing for this contest, in which Masino worked diligently to improve her biceps, calves and abs, her self-confessed weak points. She again won the overall of this national qualifying event. In just over a year she went from being a newcomer to the sport to Florida's best. And the credit she gave to her husband.

"I couldn't have even come close to doing it without him," she says. "He's a tremendous coach and husband and made me believe that I could do it."

Following the Florida, Barry Brooks talked her into doing the Nationals later in the year. Although she first balked at the idea, she finally decided to do it, for the experience if nothing else. But she never intended on doing it as a middleweight.

That's where she ended up, though; following the weight-ins when she was two pounds heavier than the lightweight division allowed. So she went ahead and competed, finishing a respectable eighth, considering she was the lightest of the class by almost ten pounds. Her winning streak was broken, but she learned some very valuable lessons, both about herself and the sport.

"I made some big mistakes during the final stages of my pre-contest that put me over the cutoff," she says. "I definitely should've been able to find two pounds to lose to get into the lightweight class. And I was harder on myself than anyone else was about missing it. But I didn't let it affect me once the competition started.

"I also learned a lot about the Nationals competition itself. The kind of things expected from the athletes and how tough the competition itself is. I mean, they had us do quarter-turns and were eliminating people based on that. I remember seeing girls backstage crying because they were on stage two minutes and told to go home. There's an awful lot of work and expense involved in this, and I really felt bad for them. It was a shocking experience."

With this competition behind, her attention moved to preparation for the '95 Nationals. There would be no chance of her missing the cutoff this time. Besides a weight increase in the lightweight class, she vowed to be more organized and better prepared.

"I paid much closer attention to my myself, from my toes to the top of my head," she says. "My conditioning was much better. But besides just the training aspects, I kept a much closer eye on the other things that set champions apart from the others. I wanted to look like a pro, someone the judges would be proud to send on. So I did everything professional-like. The posing, music, hair, makeup, the way I held myself, my demeanor. A lot of this I learned the year before."

Following pre-judging, she had a pretty good feel for the way the contest was going. She knew she had done well, and David Marinelli, her doubles partner concurred backstage. Later, her husband admitted it would be a dogfight between her and Cliffta Melimoff.

"Heading into the finals Saturday, I had heard some scuttle that I'd won, and I was feeling pretty confident," she says. "I was focused and felt pretty good about how the night show went. I truly didn't expect to be called until the final two names, but when they called Cliffta's name, I knew I won. I think that kind of affected my reaction because I was stunned that it wasn't between the two of us.

"It's still sinking in that I'm a pro," she says. "That night in New Orleans seems like a bizarre, fast and furious dream. And it's great."

Although she's talked about taking a year off to make the kind of improvements necessary to be competitive on the professional level, she is considering debuting at the Jan Tana. That is, if she has a productive 8-9 months.

Much of that improvement will revolve around adding lean mass. And much of that will hinge on her nutrition. The Parrillo way, of course.

"I eat lots of protein, like John recommends in his programs," she says. "I have absolutely no trouble eating and no trouble growing. My diet is around 55% protein, 35% carbs and 10% fat. My body really responds to hard work and nutrition. And I also increase my nutrients with all of John's supplements. I love the bars, and the Capture is great for adding calories. I'm sure I'll be able to put on lots of lean muscle with this diet."

"This has really given me new motivation," she says. "Although this all happened kind of quick, you have to remember that I've been working really hard for a long time and I'm proud of what I've been able to achieve. You appreciate the things you work for so much more than if they are handed to you."

So keep an eye on Denise Masino. Maybe this is the first time you've heard her name. It won't be the last.

To contact Denise for guest posing or personal appearances, write to her at: P.O. Box 08243, Ft. Myers, FL 33908. Or call: (813) 482-0341.
IT’S SHOWTIME

Make Sure You’re Ready To Take The Stage — And Look Great!

Don’t cut out all water, though. You need some fluid to look full and hard. The Parrillo Nutrition Program suggests six ounces of distilled water per meal, amounting to 30 ounces a day. Like carbs, fluid has to be monitored almost hourly the last 24 hours. Too much and you spill and smooth out, not enough and you look flat. The key is to put the water into the muscles, not under the skin.

I wouldn’t suggest severe dehydration, as the body goes into shock. The potassium-sodium ratio goes all out of whack and aldosterone levels rise. If this happens, your body will start to hoard water, so even though you’ve cut back on water, you’ll smooth out. As well, it’s dangerous. Not drinking fluid for two or three days is a sure way to get muscle cramps. And it may even put your life at risk.

If you drink distilled water and keep sodium levels very low, you should lose most of your water naturally. Vitamin C, by the way, is a natural diuretic, as is tea and coffee. As you drop water intake, in-crease your intake of chelated minerals, especially potassium, to keep electrolyte balance.

That takes us to the last 24 hours. If you’ve done everything right you should be in a very muscular and “ripped” state. Vas-cularity should be very noticeable. Cross-striations should be visible on your quads, pecs and triceps. You should have a “Christmas tree” lower back. Your abs should be fat-free and extremely deep and well-defined. Even the lower abs should be fat-free and defined. Your glutes should be hard and maybe even show striations. Your hamstrings should show deep chords of muscle. Separation should be extremely deep between muscle groups, especially between abs and pecs, hamstrings and glutes, delts and arms, and traps and lats. There should be a split in your biceps. Even your face should be harder and more defined. Your face should look very lean and your jaw muscles should be noticeable when you eat or laugh. Your eyes may be sunk a bit back into your head.

If definition is blurred, you’re in trouble. You’re holding water. You should cut back on carbs and increase protein. Try and sweat some of the water out. Even go into a sauna, but only stay long enough to make the water bead on your skin. If you stay in longer, aldosterone levels will rise and you’ll just put more water under the skin. The secret is to stay in the sauna just long enough to get a sweat going.

Now we’ve reached the day of the show. This is the payoff. All your hard work and sacrifice is (hopefully) to be rewarded. The first thing to do when you get up in the morning is to monitor your condition. If your muscles are fully filled out, if your veins are close to bursting, give yourself a pat on the back. You’ve peaked for your show—although it’s still quite possible to blow it if you do the wrong thing, so don’t do anything weird or crazy. Stick to your routine. Have a meal of com-

BY GREG ZULAK

Now we’re down to the final two days. Your body should be very close to what it will look like when you take the stage for your show. But with just a few days left, there are still several things you need to do in order for you to walk on stage looking the best you ever have. Many contests have been won or lost in the final days of preparation. So keep your mind focused on the goal at hand, and perform like a professional at all times.

By this time you should have cut down on your training almost completely and increased your posing practice to allow your body to recover and your muscles to be more “flex-able” for your contest. If you haven’t lost all your body fat by now, it’s too late to do much by Saturday. Practice your posing several times a day. The tensing and squeezing from posing helps to bring out cuts and definition, and you’ll feel more confident about your routine.

During the last couple of days, drink only distilled water to reduce sodium and cut back on how much water you drink.
plex carbs with some fat and protein. Drink just a few ounces of water and try to hold that peak for the pre-judging, because you’re almost there.

If you’re still depleted and your muscles look flat, you have to do something in a hurry to fill those muscles up with glycogen. Eat a mixture of complex and simple carbs. Have raisins and pancakes with syrup, or muffins and jam with some fruit. You may need some more fluid so have some juice and start taking in more water.

Put on a last coat of tanning cream, and then try to relax. Get to the contest site in plenty of time so you don’t feel rushed. Make sure you’ve brought everything you need—your posing suits, your posing oil, your tapes, towels, food, water, minerals, etc. Go over your checklist before you leave home or your hotel room. If you’ve done your homework you should feel confident and ready, so there’s no need to panic or get stressed out.

About 20 minutes before you go on stage, take in some simple carbs to increase vascularity. Pump up your calves, delts, arms, pecs and back, but not your thighs. Use lights weights and do just enough to get your muscles full and pumped but not overpumped. Too much pumping reduces the clean lines of your physique and makes flexing difficult.

Once on-stage, show extreme confidence and stage presence. Act like the winner. Project to the judges that you are confident and deserve their attention. Stay semi-flexed at all times—stand tall, shoulders wide, lats flexed, stomach tight, thighs semi-flexed. Remember, even when others are being called out for comparisons, the judges may glance over to watch you. If you’ve allowed your stomach to sag and your shoulders to slump, the judge may immediately make a mental note of your appearance and score you down according to the contest and ask them what they think you need to do to improve for your next contest. Take heed of their advice and work to eliminate the problem (or problems) for your next show.

Don’t forget, nobody wins every show. All the greats—Park, Pearl, Schwarzenegger, Haney, Zane, Yates, Labrada, Ray, Everson, Murray, Creavalle—have all lost at one time or another. Most of them many times. Yes, it hurt. Yes, they felt bad. But the difference between a champion and a loser is heart and determination—the ability to come back to fight another day to prove you are the best. Champions come back better the next time. Losers complain and moan and don’t take good advice. They make the same mistakes over and over. They don’t improve show to show. They look the same every time they compete.

Make mental notes of the mistakes you thought you made during the competition and try to work on them for the next contest. Ask an objective friend about your appearance onstage. If they say you frowned a lot and seldom smiled, than that’s what you did. If they say your legs could have been more cut up, they could have. If they say your posing was awkward, it was. If they say another competitor was better, they were.

The main thing is to learn from the experience. Each time you compete you should look upon it as a learning experience so you can do better the next time. With time and experience you will improve. If you keep improving, eventually you’ll win the shows you enter.

How far can you go? Who knows? Maybe you’ll even be Mr. or Ms. Olympia one day.

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There’s No Off-Time In The Growth Season

By John Parrillo

With cooler weather comes the desire to passionately pack on quality muscle. Bodybuilders, athletes, and exercisers look at the winter months as their "growth season" or "off-season"—the time to concentrate more on building muscle and less on shedding body fat.

But be sure your growth season doesn’t turn into a “fat season” in which you put on fat pounds, rather than muscle pounds. You’ll only impede your ability to gain muscle.

Here are some strategies to ensure that you gain pure muscle during this time:

• Nutrition. You must continue to be strict with the foods you select. Stick to lean proteins, starchy carbohydrates, and fibrous carbohydrates. The Food Composition Guide in the Parrillo Performance Nutrition Program lists all the foods you should include in your growth season menu planning.

• Calories. For several weeks, concentrate on increasing your calories by 300 to 500 a day to build muscle. Remember, not all of these added calories necessarily have to come from food, though a lot will. We recommend you also utilize supplements like CapTri, Pro-Carb, Hi-Protein and the Parrillo Bars when you’re adding calories to your diet. Your goal should be to add a pound to a pound-and-a-half of muscle each week. (As you gain weight, use the Parrillo Performance BodyStat Kit once a week to be sure you are gaining lean mass and not body fat.)

How can you add muscle at this rate during the growth season? By supplying your body with the working materials it needs, namely the proper combination of food and supplements. If you don’t eat enough and/or if you don’t eat your meals at the proper times and in the proper combinations as explained in the Parrillo Performance Nutrition Program, you’ll have a difficult making significant lean mass gains.

Think of yourself as a growth-season eating machine. I’ve known people to eat 10,000 calories or more during the growth season and make significant gains in lean mass, without adding hardly any extra body fat. Your individual caloric intake, however, will vary according to your metabolic rate and level of activity. Also remember, as your bodyweight increases, you will need to eat more to support the additional pounds and continue to grow. Each pound of muscle requires another 50 to 100 calories every day.

• Protein. Every bodybuilder wants to put on extra mass. Building bigger, more defined muscle size is the whole idea behind the sport. So finding the best ways to add lean mass is a key to competing successfully and achieving results. Protein is of significant importance when it comes to adding mass. Protein supplies the building blocks from which new muscle mass is created. So eating plenty of protein is very important. We’ve found, through experimenting with different competitive bodybuilders, that to make significant increases in mass, you should eat at least 1.25 to 1.5 grams of protein per pound of body weight each day. One gram of this protein should come from such sources as chicken, fish, turkey, egg whites or Hi-Protein Powder®. The other .25 to 1.5 should come from your starchy and fibrous carbohydrates. To determine how many grams of protein you should be eating, use this equation: Your bodyweight x 1.5 (or 1.25) = grams of protein per day. Here’s an example. Say I weight 175 pounds:

175 x 1.5 (1.25) = 262.5 (218.75) grams of protein per day.

By using this formula, you can determine how many grams of protein you need in your diet to add one to one-and-a-half pounds of lean mass each week. Although this may seem a bit confusing now, after you become accustomed to putting together your diet for several days, this will all be quite easy and become second nature.

• Fat. To avoid gaining body fat, the best advice I have is to keep your dietary fats to no more than 5% of your daily caloric intake. But remember, take one teaspoon to one tablespoon of unsaturated oil every day for essential fatty acids.

• Carbohydrates. Calories that do not come from protein, dietary fats and supplements should come from natural complex carbohydrates. Carbohydrates supply energy in a form that your body uses most effectively and efficiently. Carbohydrates are further broken down into two categories: starchy and fibrous carbs. Starchy carbs are your high-energy carbs like potatoes, rice, yams and corn. Fibrous carbs, like vegetables, are packed with vitamins and minerals and have an added benefit. Fibrous carbs slow the digestive rate of starchy carbs, allowing a slower, more even release of glucose into the bloodstream. We also recommend that you avoid refined carbohydrates, such as pasta and bread, as well as fruits, which contain fructose.
Supplements. Putting together a solid, well-balanced diet is first and foremost when you're on the Parrillo Performance Nutrition Program. But the use of supplements can also be beneficial, if now critical, to growth season progress. Supplements allow you to increase the nutrients your body is already receiving from food, giving you muscles and recovery systems and added boost. Parrillo Performance has 12 different supplements that can be useful in your particular program. For more information on the different supplements and their usage, consult the Parrillo Performance Supplement Guide found in the Nutrition Program.

Fascial Stretching. One of the most overlooked aspects of training and developing muscle mass is fascial stretching. And if you have not incorporated fascial stretching into your training program, now is the time to start! So what is fascial stretching? It is a specialized method of stretching that I developed, and it dramatically increases muscular size, strength and separation.

"Sound great, but how's it work?" you're probably asking yourself. Well, this method of stretching stretches the fascia, a protective sheath of connective tissue that covers the muscle. By stretching the fascia, you give the muscle underneath more room to grow. For more information on how to incorporate fascial stretching into your training regimen, consult the Parrillo Training Manual, which gives detailed instruction on several individual and partner-assisted stretching exercises for each body part.

Aerobics. You may be under the impression that aerobics aren't nearly as important during the growth season and when you're leaning out during your pre-contest preparation. Wrong! This is the time to do aerobics more than ever. And the main reason is because aerobics build "cardiovascular density," which refers to the number and size of blood vessels in the circulatory system. The better your cardiovascular density, the more nutrients can be carried to your muscles for growth and repair. In addition, aerobics increase the total volume of blood in your body. This means it can remove more toxins so you fatigue less easily and recover more quickly. And with more blood, you also get a more intense workout pump.

During the growth season, do 45 minutes to an hour of aerobics every morning before breakfast. This boosts your metabolism so you burn more body fat and recover more quickly from your workouts. If after monitoring your body composition, you find that your body fat is over 10 to 12 percent, increase both your aerobics and calories. By doing an additional 30 to 45 minutes of aerobics after your last meal, you can stay even leaner.

Weight Training. Of course, we can't forget training. This is the time of the year to concentrate on hard work. For maximal muscular growth, you should incorporate at least three distinct types of weight training into your exercise regimen: 1. Drop sets to ensure that nearly 100% of the muscle fibers are recruited. 2. Heavy sets of 1-3 reps for tendon strength and muscle density. 3. Standard "bodybuilding sets" carried to failure at eight to 10 reps. The basic function of these is to induce local tissue trauma which serves as a stimulus for inflammation and remodeling. In the medium rep work (8-10 rep range), pay special attention to going to failure and to resisting the weight during the eccentric (lowering) phase of the contraction.

In addition to gaining quality muscle, there's a related advantage of following these growth season recommendations: When you start leaning out in the spring to look good for summer, you will be fitter, leaner, more defined, and truly transformed — thanks to intelligent nutrition and training during the growth season.

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**Chicken Salad**

650 g. boiled chicken breast
100 g. chopped lettuce
100 g. chopped celery
50 g. minced onion
1 clove garlic or ½ tsp. garlic powder
¼ tsp. ginger
½ tsp. onion powder
pepper to taste
1 cup CapTri® mayo

Place chicken and vegetables in medium bowl. In a smaller bowl, combine above mayo and spices. Mix well and pour over chicken and vegetables. Mix again.

Eat alone or scoop into tomato wedge.

Variation: Add 200 g. (1 cup) fresh or thawed frozen peas. Serves four.

Nutrient content in one serving:
517.5 calories, 39.5 g. protein, 4.2 g. fat, 3.2 g. carbohydrate, 133.5 mg. sodium, 690.3 mg. potassium.

**CapTri® Mayo**

70 g. egg whites
2 tbsp. lemon juice
1 cup CapTri®
1 tsp. dry mustard

Beat egg whites in a blender at low speed. Continue to blend and slowly drizzle in CapTri®. Continue blending until smooth. Keep refrigerated and dispose of after a day.

Nutrient content: 1860 calories, 7.6 g. protein, 56 g. carbs, 102.2 mg. sodium, 97.3 mg. potassium.

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In 1991, Michael Steward Sr., one of the top Ju-Jitsu competitors in the world, saw his career in the sport come to an abrupt halt. During an international Ju-Jitsu Friendship competition held in Hintermoos, Austria, Steward suffered a catastrophic knee injury. The injury was such that competing again was the furthest thing from his mind. Consider the damage: A torn medial collateral ligament, lateral collateral ligament, posterior cruciate ligament and a double tear of the meniscus. Getting the knee back in order was the main concern.

Following surgery to repair the physical damage, Steward, with the help of his coach at the time of his injury, Donald Madden, was named assistant coach of the USA Karate Team and USA Ju-Jitsu Team. In 1994, while still and assistant with the Karate team, he was elevated to head coach of the Ju-Jitsu team that would be representing the USA at the Goodwill Games in Russia. Both Karate and Ju-Jitsu were demonstration sports at the games, and Team USA demonstrated how to win, claiming all 21 gold medals in the two sports.

"Needless to say, I was very happy, but still somewhat sad," says Steward following the competition. "I was happy that all of the training that we put in paid off, but I was a little disappointed that I couldn't have participated as an athlete instead of a coach. They say that you can never take the competitive nature out of the "retired athlete." I guess I never considered myself officially retired." Which ended up being good news because in January of 1995 he met a couple of men who would change his life for the better.

First was Dr. Tom Krueger, who had also suffered a knee injury, which sidelined him from bodybuilding. Krueger, a chiropractor who regularly writes for *The Performance Press* on chiropractic issues, gave him the inspiration to consider competing again.

"Dr. Krueger was the one who put the thought into my mind that I didn't have to stay on the permanent retired list," he says. "He convinced me that I might have a few good years left as an international competitor. But he also told me that I would have to want it now more than I ever did before I was injured.

"I knew that he had also injured his knee and that he was in the process of rehabilitating himself. I asked him where he worked out and he took me to the Power Station Gym in Middletown (Ohio) to meet the owner Mike Ferguson."

Ferguson began by putting together and nutrition and training strategy for Steward, and gave him a CapTri Cookbook as a gift to get him started on the right step. "I've been eating the recipes from that book since he gave it to me," he says. "I take the Parrillo Vitamins and Liver-Aminos daily and I love the bars.

"Mike became my personal trainer and strength coach, and I began to see a difference in the first couple of weeks. Through the month of April, we trained three days a week."

At the same time, Steward was in the midst of training the US teams for a competition to be held in early summer in Dublin, Ireland. The team already had a solid super heavyweight fighter, but still didn't have anyone in the heavyweight class. That soon changed when the team selection committee offered Steward the chance to once again compete.

"I knew that this was the chance I had been waiting for," he says. "No athlete wants to end his or her competitive career on a bad note like and injury. I also knew that if I were to do this, I would have to lose 18 pounds and get in shape. Quick!"

"All along we had been using the Parrillo training and nutrition methods with Mike as my coach. Once I decided to do this, Mike stepped up my weight training to four days a week and adjusted my diet again. I went from 259 pounds down to 238 by June 1. Not only did I drop the weight, but I also added a good bit of muscle during this time. And a lot of the credit for this success goes to your diets, weight training programs and supplements, as well as the hard work and confidence I got from Mike and Doctor Tom."

In Ireland, Steward, in his first competition in nearly four years, won a silver medal in fighting, a silver medal in weapon forms, and a bronze medal in empty handed forms. He also brought home a broken rib and a broken fifth metatarsal in his right foot. But it didn't matter. The comeback for this 41-year-old man was a success.

"As a team, we won 11 out of 20 gold medals, 18 out of 20 silver medals and 17 out of 20 bronze medals," he says. "I was proud to be one of this at the age of 41. I kind of feel like I'm the George Foreman of the martial arts world, but I won't be satisfied until I can once again win the gold! I'm not done yet!"

Steward would like to thank Dr. Krueger, Mike Ferguson and all the folks at Power Station Gym, "the best gym in town." And also to John Parrillo, "I also want to thank you for supporting me and making the best out of me through your knowledge and products."
Bruce Thompson, who along with his wife Kimberly hosts and produces the television program Muscle/Fitness Forum in Newark, Delaware, dropped us a note about an up-and-coming bodybuilder from the east coast we should keep an eye on.

Linette Gip finished sixth in the middleweight division at the Junior Nationals this past year in her first attempt at a national contest. And if it were possible to predict her bodybuilding future by past performances, she would surely be one of the top contenders for a national title real soon.

In 1992 she won the Maryland overall title, in '93 the overall at the Annapolis and the middleweight at the Maryland state, in '94 the Kevin Levrone Classic overall, and in '95 the middleweight at the Gold's Classic in Delaware.

Gip says she uses the Parrillo products, particularly Pro-Carb®, CapTri®, and the Parrillo Bars, which she gets from Maximum Fitness in Glen Burnie, Maryland.

We wish Linette the best of luck in her competitive career and hope to see her picking up some more hardware next year.

Body Perfect, which was started by Mr. USA Mark Banter and is based in Merrillville, Indiana, is not your ordinary fitness and health company.

Sure you can find your share of bodybuilders utilizing the services, but Body Perfect is much more. The company has trained everyone from beginners to seniors citizens to elite athletes. But what really sets Body Perfect apart from other health and fitness services is the work it does with folks suffering from chronic sickness or disease. For the last ten years Body Perfect has put together programs for the obese, cardiac arrest patients and stroke victims as well as others who want more out of life than constant trips to the doctor.

Banter, who created Body Perfect ten years ago, has built his services around the Parrillo Performance Programs. The success rate for clients reaching their goals is around 95%, and those that follow the program rarely regress and most improve year to year. Body Perfect is located in Powerhouse Gym of Merrillville, which includes nearly every training amenity you could ask for. And Body Perfect now is one of the first to implement the Parrillo Performance Nutrition Analysis Program.

“Bill Byrnes, who owns Eagle River Fitness in Eagle River, Alaska, opened a new World Gym April 3 in Salem, Oregon, and what an opening this facility enjoyed.

Even before the doors opened, nearly 900 folks signed up for memberships, and then for the Grand Opening, which featured former Ms. Olympia and current television star, Cory Everson, an ACS record 175 people signed the dotted line in a three-and-a-half hour time period. Right now, Bill says the club has a membership of over 2,500 and that number continues to grow.

The facility, which is 12,000 square feet, features Cybex, Nautilus, Hammer Strength and AFS equipment, as well as tons of cardio equipment and facilities for aerobics classes. The pro shop features the full line of Parrillo supplements, and for those moms and dads there is a child care center. Bill Parrillo even conducted a seminar at the gym in June.

Some of the notable members include Walt Wagner, a former Mr. Oregon Masters and model for Helly Hansen gear, Steve Gilchrist, Mr. Oregon Masters, Mr. western USA Masters, and third Nationals Masters, and Fred Kaiser, an Oregon powerlifting champion who at the age of 55 has benched 450.

Byrnes, who also co-owns Dream Weaver Fishing in Alaska, says the new World fulfills the need for a state-of-the-art club in the area.

If you have a personal profile or interesting bodybuilding or fitness story, drop us a letter with some photos and we'll put them in the Press. Send to: Performance Press, 5143 Kennedy Avenue, Cincinnati, Ohio 45213. If you need the photos back, please indicate that on your letter.
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draw on it’s fat stores for fuel, but this approach leads to muscle loss and slows down your metabolic rate, which slows down fat loss. CapTri® shifts your metabolism into a fat-burning mode without cutting calories and slowing your metabolism. Many bodybuilders go on CapTri® to lose body fat and are surprised to find they actually gain muscle at the same time. The last important reason why CapTri® helps you lose fat is that by substituting CapTri® for carbs you decrease insulin levels. Insulin is released in response to carbohydrate feeding and blocks the breakdown of body fat. With CapTri® you can decrease carbs to lower insulin levels and promote the use of body fat as fuel without sacrificing your energy level and lowering your metabolic rate. You can learn more about regulating the Glucagon-Insulin ratio by consulting the Parrillo Sports Nutrition Guide.

Next month, we’ll talk more about the benefits of supplements in your nutrition program.

References


