

ABCbodybulding 2004



Researched and Composed by Adam "Old School" Knowlden

Fellow Colleges of Iron,

Greeting fellow warriors!

The President, the site leaders, and I would like to personally thank you for another great year of **ABC**!

Your contributions and support are what makes **ABC** what it is today—a no nonsense approach to body building that has no competition.

The teamwork that you portray day in and day out is truly inspiring!



We hope that you enjoy **JHR**'s first publication for 2004. Inside you will discover the latest research regarding the all encompassing post workout meal and all its nutritional aspects. It is the commitment of **JHR** to bring you, the members, and the latest science to create the ultimate post training anabolic cocktail to achieve your goals. Over the next few months we are going to dedicate **JHR** to exposing all the secrets, and shattering all the myths of the "window of opportunity", in not only the anaerobic setting but the aerobic as well!

In 2003, **ABC** was blessed with resources that are nothing short of mind boggling. These resources represent the latest in scientific investigations into the worlds of biomechanics, biochemistry, hormone manipulation, and a plethora of several sports specific related topics. It is the intent of the staff of **JHR** to use the invaluable

resources for the application of the sport of body building, and to present our findings to you the subscribers of **JHR** each and every month.

The future of **ABC** is looking ever brighter...Behind the scene several truly awe-inspiring and ground breaking developments are underway. One such undertaking is a top secret endeavor we call "Project X", which will be released this year. This task alone will propel **ABC** into the next level of body building schematics, allowing us to visually manipulate vital areas of the sport including biomechanics, angular posing, and cellular modeling.

As well 2004 is going to bring **ABC** some enticing offers unparalleled on the net, accelerating the site to dimensions previously unknown to the world.

We ask you all keep us in your prayers and we ask for guidance in 2004. We also ask you continue to be a community of teachers—a society thirsting not only for knowledge, but to share that knowledge with the next generation of body builders. In return we will bring to you the most hardcore body building research available, along with world shattering new resources to help to pursue your own individual goals.

Thanks again, and have a great year members of steel!

**⁹ Instruct a wise man and he will be wiser still;
teach a righteous man and he will add to his learning.
¹⁰ The fear of the LORD is the beginning of wisdom,
and knowledge of the Holy One is understanding.
¹¹ For through me your days will be many,
and years will be added to your life.
¹² If you are wise, your wisdom will reward you;
if you are a mocker, you alone will suffer."- {Proverbs 9}**

Sincerely,

Adam "Old School" Knowlden on behalf of the President and the Leaders of ABCbodybuilding.