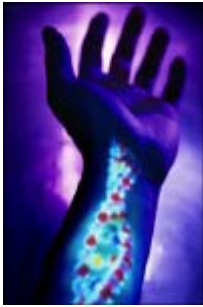


February – Dedicated to The Dismantling of Fallacies



This month marks the fourth Anniversary of the release of our publication in the month of February. Several key factors have occurred over this array of issues. Thousands of lives have adopted the scientific lifestyle presented and outlined in our pages. Moreover, numerous fallacies have been vanquished. We stand for true, scientifically derived knowledge, as opposed to opinionated, unsubstantiated rubbish. Such rubbish is presented in falsely adhered to post workout regimens. Our very own Vice President of Biomechanical Engineering, Mr. Adam Knowlden will smash these false, wholly ignorant, logically invalid, and completely unscientific protocols into absolute oblivion this month. And he will do so with one of the most extensively researched dissertations published on the subject. An approach which is opposite of those who support fat and fiber post workout. This is by no means the first fallacious pile of nonsensical babble that we have vanquished, nor will it be the last.

Several occurrences have stewed in the abc research studio as of late. Indeed, research beyond the bodybuilders wildest imaginations have been conducted, and several planned projects shall be unleashed in the up and coming issues. However, as the first research Journal wholly dedicated to the pursuit of increased muscle growth, we acknowledge the importance of more than doubling our research efforts. Therefore, as of February, The Journal of HYPERplasia Research has become a Bi-Monthly publication. A process, which will enhance our issues to the fullest. Moreover, Nick will be permanently writing on our staff, and is researching his dissertations which an unmatched ability and insight. Interestingly enough, we are also researching and experimenting with some outstanding muscular function techniques, which are meant to enhance the sculpting control of the HYPERtrophy athlete.

Finally, our resources will be highly dedicated to the completion of the coveted Project X. An initiative, which no other site has ever conceived but our own. It is in our plans to unleash it on the world in 2004, and perhaps in the next few months.

Ours is a world, which will not give in nor relinquish its position. We will not back down, are here to stay, and most importantly to explode. We are, in a phrase: Scientifically Hardcore.

On Behalf of the hardcore Members of Abc, the Vice President Venom, and the Vice President of Biomechanical Engineering Adam Knowlden, we present our February 2004 edition of The Journal of HYPERplasia Research.

Sincerely

Jacob Wilson
President Abcbodybuilding / Co-Editor of The Journal of HYPERplasia Research