

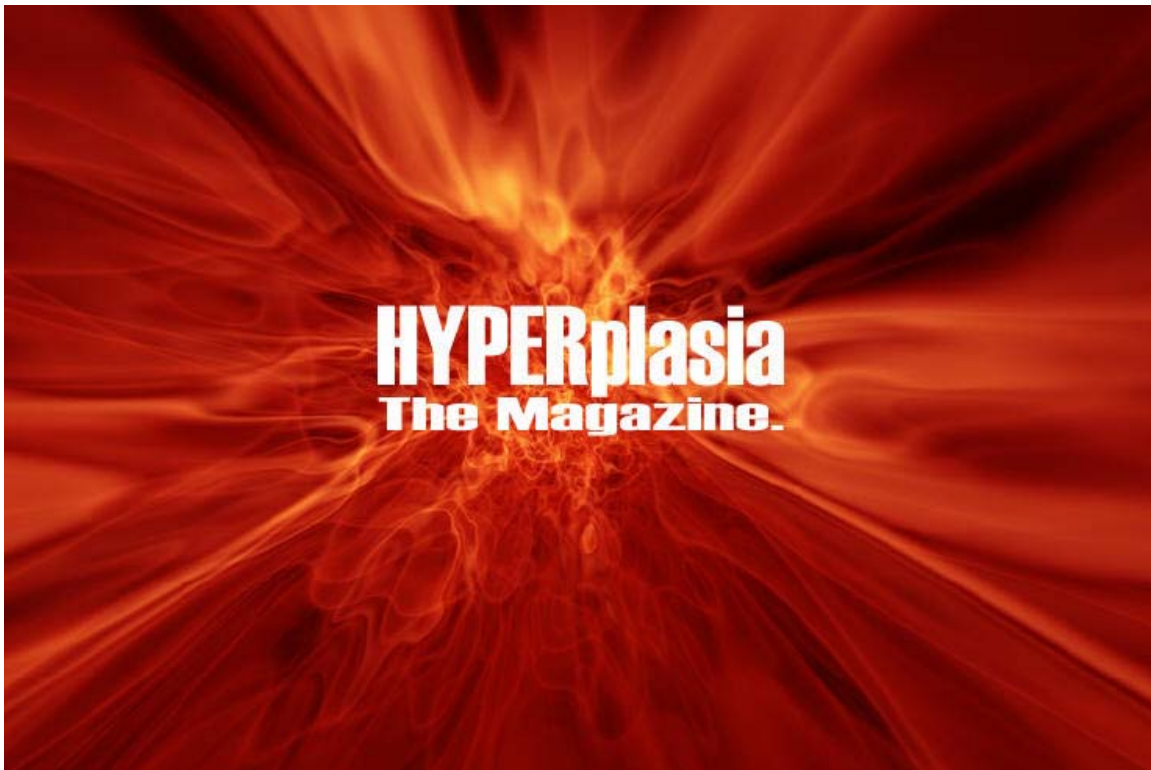
# Hyperplasia Magazine Is Born

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## Introduction

Fellow Iron Freaks, lend me your ears!

June 1, 2003 is marked by an extremely historical occasion. ABC has changed their publication name to Hyperplasia The Magazine! Each of our moderators felt it only fitting that an extremely hardcore name represent the insanely hardcore athletes of ABC. Before moving on however, I'll let Seksi get his say in the matter!



Hyperplasia represents this sites ideals. That is, no holds barred, and no excuses training and dietary concepts. We do not concede to excuses, nor submit to " so called " or rather " pre-conceived " genetic limitations. Mr. Knowlden described this concept last month

" There are two primary mechanisms in which new fibers can be formed. First large

fibers can split into two or more smaller fibers and secondly satellite cells can be activated.

Satellite cells are myogenic stem cells which are involved in skeletal muscle regeneration. When you stretch or intensely work a muscle fiber, satellite cells are activated. Satellite cells can undergo mitosis or cell division and give rise to new myoblastic cells.

These immature muscle cells can either fuse with a pre-existing muscle fiber causing that fiber to get bigger (hypertrophy), or these myoblastic cells can fuse with each other to form a new fiber. This is one of the ways to achieve hyperplasia! "

Such a concept represents liberation from genetic stagnation. We promote Genetic Domination. Rather than allowing your body to determine your fate, you will in turn decide its!

With that said, I'd like to thank the incredible writers of this months Magazine. Venom has provided tremendous insight into the chemistry of bodybuilding, essentially tearing his subject apart! His article is nothing short of off the hook! Finally, it is safe to say that Mr. Knowlden has provided the most hardcore trap program imaginable. I live, eat and breathe athletics, and I do so from sun up to sun down. I have **never** seen a man design the types of programs or display the incredible innovation which he displays. And you will receive no less this month. His program is in another ZONE! I'd also like to give a shot out to JHI, he has assisted me on a number of occasions over the past several months and I would look for him to dominate all that stands in his way! The man has iron in his blood.

In closing I will end with this. Abc is a dynamic site. Though our name has changed, this is our third Annual June issue of the site's magazine. I can guarantee you this: " the next 12 months will hold more hardcore surprises then you can imagine! " We have one of the most innovatively hardcore plans for enhancing the site, that could possibly be put together. And this summer will see many of those updates.

Friends, I appreciate the last three years. I can honestly say, that the athletes on Abc, are the most dedicated, intelligent, and classy in the world.

Yours In Blood, Sweat, and Guts

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