

## Introduction

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS.

Each day the bodybuilder wages war against his own mind and body. Workout after workout he pushes himself to failure and when he feels that this is not enough he finds a way to go beyond this. Pain and nausea are written off as necessary casualties. His mind is fixed on seemingly unattainable goals and yet he is determined to attain them! Simply put, bodybuilding demands more out the human body than any other sport on earth and yet we embrace it with a ferocity that is unmatched!

This magazine is dedicated to one thing and one thing only. To assist you, the reader in reaching your ultimate genetic potential! In order to develop an extraordinary body you must have an extraordinary training and nutritional regimen! Our articles will be written along these lines. We will outline extremely rigorous workouts and diets meant to skyrocket your muscles into newfound growth! Each month we will release a new issue of "Beyond Failure." Best of all this magazine is free of charge! You can browse through our current issue, enjoy the site, write us with your questions or participate in our state of the art forum!

I thank you for joining us for Abcbodybuilding's first Issue, and I sincerely hope that you enjoy it!

Sincerely

*Jacob Wilson*

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When You Hit Failure your workout has just begun!