

Introduction

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For centuries a war has raged between the rigidly old and the innovatively new, between unsubstantiated myth and scientific insight. In recent times seemingly undying myths have been combated by a revolution which is rapidly sweeping the globe. That revolution can be summed up in five words: The Journal of HYPERplasia Research—a publication representing an unparalleled scientific inquiry into the mysteries of hypertrophy. No periodical has ever fused science so intimately with the sport of bodybuilding, and it is this fact which will continue to propel it forward.

As such, ABCbodybuilding has worked tirelessly to bring the world the absolute best, and this is encapsulated in October of 2004.

Updates

Before discussing updates, it is important to thank an incredible individual for his talent and unbelievable work ethic. That thanks goes out to Vlad, who can be found in our forums daily. The current design concept was developed by him. He has truly become a part of team HYPERplasia. But, there is more. Over the past several months I have worked with Vlad in terms of his career goals. In summary, he is a man whose mission is to drastically enhance the scientific aspect of the bodybuilding world. Coincidentally, that fits directly into the mission of this website. Throughout the summer I had an opportunity to see his work ethic applied toward the field of kinesiology. To put it bluntly, he gives every last drop of blood to his mission, and is accelerating in knowledge at insanely rapid rates. From personal observations, my recommendation is to keep a close eye on him, as he will fulfill his mission and then some.

In terms of site design, we have revamped each section and article on the site. Further, JHR has a whole new look and feel to it!

As can be seen, the exercise section has received a new feature in terms of animation. This feature is an introduction into what will soon spawn into countless additional exercises, all performed in a manner that is as clear and concise as possible.

Special Thank you

This website is approximately four years of age. Throughout the years we have researched for an untold number of hours in an effort to enhance the sport as a whole. I would like to express the great honor it has been to work daily with my fellow JHR colleagues. Adam Knowlden, Venom, and Seksi have been unwavering in their drive to fulfill this site's mission. Words cannot describe their ability and incredible generosity.

Most importantly, however, ABCbodybuilding gives 100 percent credit for any updates now, and countless others which will spawn over the next year, to our Lord and Savior Jesus Christ. We have lived each day with the scripture that we "can do all things through Christ who strengthens" us. Without him, his word, and his blessing, the site and its features would not exist.

Finally, we would like to thank you, the hardcore bodybuilder/member for your undying drive and support of the sport and this site as a whole. The importance you have cannot be overstated. The last four years have been a team effort, and your contributions have been unparalleled. No members of any site are as hardcore as the members of abc. This

is a fact which has been demonstrated in an unequivocal manner. However, it is beyond hardcore. The members of this site are also the most scientifically oriented in the world, and it is this which perhaps instills the most pride in me, as the President of the site.

War

One concept that must be understood is that of war. I will lay it on the line. Abc has declared war on ignorance. We have crushed underfoot blasphemous garbage such as whole cream and strawberries upon cessation of training. However, our war has risen far beyond such unscientific fantasy. Indeed, we are out to pull down endless myths, with the primary objective of freeing our sport from the chains which have held so many down in the dark ages of scientific insight. For more on this, read *Venom* (2004, Pseudoscience).

Conclusion

Finally I would like to put in perspective what these updates truly represent. That representation is progress—to move forward and strive continually for the next challenge. These updates are but the beginning of a whole new standard of freak in the world of bodybuilding, for true freakiness is not simply a product of hard work and sweat. Abc adds blood to that equation, and with it an unmatched scientific perspective to direct your efforts in a way which will optimize muscular hypertrophy, while denying genetic limitations through the formation of new muscle fibers. What I can guarantee is this: you ain't seen nothing yet! Our plans are so extensive that they boggle the mind. As a hint, look for a live show on the science of bodybuilding coming soon to the most hardcore site on the net. But, I leave you now in suspense and with the promise that you will have to stay on your toes for some time to come.

Yours in Sport,

Jacob Wilson
President, Abcbodybuilding/The Journal of HYPERplasia Research