

# Introduction

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

The discovery of ATP and creatine phosphate occurred between 1926 and 1932. As a consequence investigations were put forth to find which of these high energy molecules acted as a direct donor to muscular contraction. These new and incredible revelations had such an impact on exercise science that A.V. Hill (1932) deemed this era 'the revolution in muscle physiology.'

Over seventy years have passed since this Giant in the field made such a declaration. As scientists we should be elated to ponder over such great accomplishments. And as bodybuilders we should be equally overjoyed, for much of our gains can be accredited to that research. However, we should also use such ponderings as a template for how we are to conduct future affairs. Newton, with all his unmatched feats once said that he stood 'upon the shoulders of the giants of the past.' It is now our job to take the next step in expanding the body of scientific knowledge. Currently, technology is exploding at rates which are unmatched in history. It is my firm belief that such technology will allow us to enter into a 'New Revolution in muscle physiology.' Only this era will focus on the key component in the sport of bodybuilding: Muscular Hypertrophy. That is what 2005 will represent for the *Journal of Hyperplasia Research*.

As President of abcbodybuilding.com, I am proud to present our fifth year of publication, and humbled to be a part of the most scientific bodybuilding community in the world.

The past several years have been made possible by the blessings of God. In this context, I would like to thank each member for their contributions to the site. Further, I would like to specifically address my colleges.

Adam Knowlden has clearly been the **backbone** of ABC. Since its inception, his genius, and incredible dedication have guided the furtherance of this site. The depth of his contributions cannot be put into words.

Gabriel 'Venom' Wilson is perhaps the most intelligent human being I have had the privilege to research with. His knowledge and intellectual prowess has, and will continue to enhance this sport. He will end out being one of the greatest the field of kinesiology will ever know.

Vlad, is not only the graphics designer of our site, but also a scientist with an insatiable hunger for knowledge. It is a privilege to have such a colleague and I look forward to conducting future research with him. His contributions to abcbodybuilding are in another atmosphere, and we thank him for his incredible dedication to the sport.

Seksi (Nick) is a colleague, and also a great friend. Again, ABC would not be where it is today without his daily drive and contributions.

I would like to offer a special thanks to Mr. William Ustov and wish him a happy birthday. It's rare when I have had a chance to meet someone with the honesty and integrity that he presents, and am thankful to have him as a colleague. It is an honor to dedicate January's issue of JHR to Mr. Ustov, the reigning HYPERplasia challenge champion.

Finally, we thank God for blessing abcbodybuilding, and for 2005. As with every issue we are dedicated to 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.

Fellow athletes, and members of abcbodybuilding. Lets do serious damage in 2005!  
Have a hardcore New Year!

Yours in Sport and Science

Jacob Wilson

President, Abcbodybuilding / The Journal of HYPERplasia Research