

Introduction

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Well its April, the sun is shining and the birds are singing. Like the butterfly we bodybuilders are shedding our fat in order to emerge with a new layer of muscle for beach season. In response to this I designed my twelve weeks to burning fat diet and workout. To my excitement I have received an overwhelmingly positive response via email on how well the program is working. I'd like to thank each and everyone of you for keeping me updated on your progress!

Forums

What can I say? Everyone in our forums is 1st class all the way. The knowledge base that's building up is absolutely tremendous and my workouts have definitely benefited from everyone who has participated in them! One more thing, I've never talked to so many people with as high a pain threshold as the members of abcbodybuilding. I mean the workouts I've seen you post are unbelievably intense. The main questions asked have to do with how can I up my intensity not how can I make my workout easier. Its amazing. Most of the clients I've trained in person want an easy way out. You guys want to know the quickest way and by any means possible! Its like a bodybuilders dream world!

This issue

This issue will feature a guide to supersets which I believe will give you tremendous gains, in addition I will feature our new questions and answers section. Also make sure to read the humorous article titled, " If bodybuilders ruled the world."

Well on with the show

Sincerely

Jacob Wilson