

Introduction

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

Take your cursor and place it on one of the buttons above you. How cool is that! We have improved our navigational system as promised and are in the process of upgrading and adding several more features to the site. So hold on to your hats because we are going to make sure that the best damn members on the net get the best damn site to match!

8 weeks to Bigger Pecs

I received several requests through email and on the forums for different articles. One of those was 8 weeks to bigger pecs. Well your program has arrived and it works great!

Speed Training for Sports

Taking into consideration that it is the off season for most athletes and that timing is everything, I included a special " speed training article " to boost your performance for next season. It is one of my favorite drills of all time and I guarantee results with it!

Finally A Creatine Article That will answer all of your questions!

Creatine is probably the most talked about subject in the athletic world today! Unfortunately most people do not know what they are talking about when discussing this subject. It therefore occurred to me that there must not be any interesting articles on the subject. Or at least none that answered everyone's questions. So I have decided to officially put an end to this travesty! I will directly answer all of your questions, good and bad in this months magazine!

Questions and Answers, Get Bigger Biceps!

I get several emails everyday! This months were some of the most interesting ever! Check this article out for sure, because its jammed packed with muscle building information!

Enjoy the new magazine and the new site design. I will see you in our forums.

Sincerely

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