

Introduction

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Hardcore--that in a nutshell captures the essence of our members here at abc. We have enjoyed a tremendous month! There was 18, 000 posts made in our forums over the past 31 days! And somehow, our members seem to get better everyday! I would just like to thank everyone, you have all truly been an inspiration and I promise that I will not stop until this site is perfect!

This Months Issue

I have said it before and I will say it again. This is the members magazine. I write based on what is requested and what I feel would benefit everyone the most. Over the past few months I have received several requests for a complete mass building program. As of today this has been fulfilled! I am including comprehensive workout and dieting schedule to pack on serious mass for this months issue. The only downside is that many of you will have to go shopping after this one! Your shirts will simply be too small with the new layer of muscle you will have packed on!

I get several requests a month on articles and subjects to speak about. Just to let you know, each of those requests are written down in a filing system on my computer. Even if you don't see an article on it this month, you will see it in the future. There are countless issues ahead and I consider each and every idea that you have contributed to me!

Our current issue will also include a humorous piece on expanded lat syndrome and discuss the importance of supplementing with ZMA. If you have any questions don't hesitate to ask them in our forums or by emailing me.

Thank you!

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