

# Introduction

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

## Completely Updated Exercise Section!

I want my readers to get the most out of their training and technique in the weight room is of the up most importance. Therefore I have completely re-vamped and updated your exercise section for increased comprehension. Here are a few examples of the updated pics:

1. [One Arm Dumbbell Rows](#)
2. [Standing Barbell Curls](#)
3. [Lying Side Laterals](#)
4. [Bent Knee Flat Bench Leg Raises](#)
5. [Dumbbell Kickbacks](#)
6. [Straight Arm Pullovers](#)

## The Speed of The Site has been Upgraded!

Of all the problems we could have, increased traffic is one I can live with! That simply means more athletes are benefiting from the site and that is exactly what our goal is in the first place. However, due to this traffic, the speed of the site was beginning to be effected, especially in our forums. Therefore I have upgraded to an elite server! Let me underline and bold **elite!** We are still working on a few things on the transfer, but the speed is now fantastic. And that is exactly what the best members on the whole damn net deserve, Speed!

## This Month's Magazine

Bodybuilding is essentially based on one core concept. That concept is growth. Not just physical, but mental growth as well. This month's issue will go beyond the scope of training and delve deeper into the more intricate tricks of the trade. You will walk out with a more complete concept of your body, how it functions and most importantly how you can manipulate those functions. That being said, I sincerely hope you enjoy it and the improvements in the site. As I promised, look out because we are only going up. And when I say up, I mean the top!

I want this site to be number one on the net when it comes to bodybuilding!

Thank you and If you have any questions you can see me in the forums or email me at

[jwilson@abcbodybuilding.com](mailto:jwilson@abcbodybuilding.com)

Sincerely

Jacob Wilson

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