

Introduction

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Stop biting my feet! Did I type that? I apologize. I just got a new puppy and he is Trouble with a capital T! Sure he may look warm and fuzzy when he's asleep, but when he wakes up he's like a little monster! I currently have him on a bodybuilders diet. You know, 5 balanced meals a day. I even bought him a million toys, but he is intent on trying to pull my shoe laces off while I type!

Success

Well besides that little excursion, it has been an extremely successful month for our site! I receive countless emails everyday just saying how cool and helpful it is. We even received the editors choice award from the Netscape Open Directory. This is the directory that AOL, Altavista, Lycos and countless other search engines use! The editor himself wrote me and said that the site helped him. In light of this, he gave us the editors choice award, which has done wonders for the sites traffic!

Forums

I have said it before and I will say it again. I am absolutely amazed at how generous the members of the forums are with their knowledge. To see so many people helping each other out on a daily basis is absolutely incredible! And 10,000 posts in a month reflects just how amazing you really are!

Future Plans

This site, for all intensive purposes is still in its infancy. If what we are seeing is in a short time, what can we expect in a year or even two? In my opinion the sky is the limit!

- more members
- a better design for the site
- more features in the forums!
- faster loading time
- more extensive articles for the magazine
- a grown up dog that doesn't try and pull my shoe laces off while I am writing
- and much much more!

This Months Issue

This months issue will feature an interview with IFBB pro trainer Victor Munoz. He is and unbelievable trainer and has a million tricks up his sleeves. Due to the length of the interview I split it up into two separate parts. This is the first of many interviews we will get in the future! I will seek to interview several more elite trainers and athletes in the world of bodybuilding. But, I cannot stress the large amount of respect I have for Mr. Munoz. In addition I wrote about an extremely unique and vital shocking method called " Static Contraction. " I outline exactly what it is and

several routines for utilizing it correctly. I seriously suggest that you make this shocking method a part of your arsenal, as it may be one of the largest keys to developing your, ultimate dream body! I also included a humorous and motivational article that is based on my observations on lazy people. That being said, I will leave you to the remainder of this months issue!

Sincerely

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