

# Introduction

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The first thing I would like to do is to wish everyone a happy new year!

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## Props to Members in New Zealand!

Richard Wilkinson from New Zealand sent me an awesome letter and told me that we have a huge following over there! I'd like to say thank you Richard and all the members in New Zealand for your support!

## Dieting During The Holiday Season! And Creeds New CD!

To everyone who is currently cutting up during this festive holiday season, I would like to give you big time credit! You have allot of guts!.....Darn it, I dropped my pumpkin pie!!!!.....

Speaking of Christmas, I received the new Creed cd, and let me say, it is awesome!! Well worth the cost!

## What is it with News Papers?

Why is it that news papers hire morons to write their health columns??? A lady the other day wrote my local paper's so called " health " expert and asked him how to lose weight. His answer was, you need to eat healthy, restrict your calories and exercise. That's it! How basic can you get with your answer Mr. Expert? What's sad, is that this lady will now probably starve herself and eat a few carrots everyday, because he gave her absolutely no clue on how to diet!

## Synopsis of This Months Issue

**Massively Freaky Triceps** - Old School presents perhaps the best triceps program ever! A total of 4 hardcore routines, plus a bonus total arm workout!

**How To Asses Yourself As A Bodybuilder 2** - Nutrition! You name it, I cover it here! How to gain mass, burn fat, meal frequency, meal balance, supplementation, etc. its all right here!

**Self Assessment Sheet** - This is your own personal sheet to asses your current nutritional program. Use in conjunction with the above article.

**The Austrian Blitz** - Apply one of the Austrian Oaks most brutal techniques to your routine!

**Double Negatives** - Presented here is a tremendously advanced way to spurn new muscle growth!

**Questions & Answers** - Get a program for a firmer behind and improve your squat!

Thank you very much and enjoy your gains fellow warriors!

Sincerely

Jacob Wilson