

## March Madness – Enter JHRs 5<sup>th</sup> Year of Publication

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In the early 1900s', the great Russian Scientist Ivan Pavlov, was analyzing the physiology of salivation in his laboratory. To do so, his students would feed dogs meat powder and measure the amount of saliva they produced. Each time this occurred Pavlov would enter the room to account for the results. He soon began to notice that whenever he entered the room that they would salivate, even if the meat powder had not yet been offered. Pavlov had *discovered* classical conditioning. Today this provides the structure by which knowledgeable coaches structure an environment conducive to success. They do so by instilling a practice which facilitates excitement and progress. In this context, the athlete begins to reflexively initiate autonomic responses directly linked with vigor just by entering the gym, track, or playing field. Before Pavlov passed away, he left us with these powerful words.

*Learn to do the drudgery of scientific work. Although a bird's wing is perfect, the bird could never soar if it did not lean upon the air. Facts are the air on which the scientist leans. Without them you will never fly upward. Without them your theories will be mere empty efforts. However, when studying, experimenting or observing, try not to remain on the surface of things. Do not become a mere collector of facts but try to penetrate into the mystery of their origin. Search persistently for the laws which govern them.*

As President of abcbodybuilding, I am elated to announce the entry into our now 5<sup>th</sup> annual publication of the March edition of the Journal of HYPERplasia Research. It has been the endeavor of this publication *to fly upon the wings of facts. For without them, advice applied to hardcore training would be mere empty efforts.* In the context of Pavlov we have sought to literally penetrate the mechanisms and 'mystery' of these facts, with the purpose of providing our readers with the most scientific information available on the subject of hypertrophy.

The following issue will review an array of incredible subjects, including Wilson and Wilson's (2005) dissertation on tapering.

Before entering the current issue, I would like to announce with great pride, the winners of our past bodybuilding contest: The 2004-2005 HYPERplasia challenge. It was very close this year, and the gains seen by the competitors were phenomenal! The winners are as follows:

Men's Bulk Champion: William Ustav

Men's Cut Champion: Njari

To read up on their success, readers are referred to the following forum:  
<http://www.abcbodybuilding.com/forum/postlist.php?Cat=0&Board=challenge>

Yours in Sport and Science

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