

Abcbodybuilding.com Site Updates, October 2008

By Gabriel "Venom" Wilson, MS., CSCS

Gabe takes a deep sigh of relief

Relief, excitement...complete exhaustion. Just a few of the emotions I feel at this moment. Countless hours have been sacrificed during the last year (plus) to achieve the product you see here today. I am not going to lie to you – this past year has been the most challenging of any year we have ever had here at ABC. Many doubted we would ever release these updates – impatience abounded. Yet, we stood resilient, and if there is one thing I do take great pride in it is this very fact – we never quit. No matter what obstacle came our way, no matter what trials or tribulations we endured as a company, at the end of the day, we remained – and better than ever. Therefore I feel confident in saying that this scripture applies to us.

Proverbs 24:16

16 For a just man falleth seven times, and riseth up again...

Site Updates Explained

Where to begin... Essentially, abcbodybuilding.com is an entirely new website. Except for this: the mission has not been changed, only strengthened. We are more determined than ever to make this site a virtual Disneyland for bodybuilders! Below is a brief summary of these updates:

Clothing Store – Yes we finally did it!!! Of all the requests our fans had, this was by far the most frequently submitted. Well, we heard you fans. And now you can represent ABC properly with your very own ABC apparel!!

Supplement store – We have added numerous additional products to our store, and have access to more which we may consider adding in the near future. As our loyal fans know, what makes the ABC store so unique is that unlike other stores you don't have to weed through hundreds of divergent and potentially harmful

supplements to find what you need. We only sell a select number of supplements on our site, which we have personally researched and used ourselves with success.

New Navigation System and Design – We completely redesigned the site. There are two key components which we desperately sought after when working on site design: professionalism and navigation ease. We want anyone that comes here to be able to quickly adjust and learn what we are all about. And we think we have accomplished this.

New Forums – We have transferred our forums over to vbulletin. This database has numerous features which our past forum lacked. Further, as it is widely used across the internet, new members should be able to adapt to our forums much quicker.

New issue of JHR – After a year long hiatus, JHR is back – and better than ever!

New Logo – It took us years to design a logo which adequately represented all of the aspects of our site. But finally, we hit the jack pot! You can see our new logo across the site, and on our merchandise products.

Animated Exercise Section – As you can see, we are working on developing hundreds of exercises with a unique animated bodybuilder, who could compete on stage with the best of the best! We hope this will improve your viewing experiences, and most importantly your understanding of how to perform exercises properly.

Hope and Inspiration – Most importantly, we hope these site updates give you great hope and inspiration. Our thousands of loyal fans want nothing more than for this site to grow and succeed – and we believe these site updates demonstrate that you the athlete will see more of what you desire for years to come.

Thanks!

There are countless people Jacob and I would like to thank for helping bring these updates to fruition. Below I will list some key characters:

The Lord Jesus – As the bible says (James 1:17), "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not

change like shifting shadows." We therefore, thank the Lord for blessing us with this site, and the wonderful opportunity we have to change lives.

Parents – We cannot stress how incredibly supportive our parents have been to us. Everything you see on this website is a reflection of their teaching, upbringing, and support of us in every possible way you can imagine. To this day they remain an integral part of our lives, and we would just like to say thank you from the bottom of our hearts.

Nick IGL (AKA NJI) – Special thanks to our forum administrator and site techie Nick. No matter how busy he is, he has always found time to help us – especially with technical skills which would literally cost us thousands of dollars to get from other services. Thank you, Nick!

Forum moderators Coz, lostsheep, williamustav – These bodybuilders have done a tremendous service on our forums, helping keep our community the most friendly and educational site on the internet. We greatly appreciate your endless support, fellas.

Loyal Fans – thank you to all of our fans who have stood by us, and supported us through these updates. You are why we started this website, and why we hope to continue to it for years to come. Thank you, thank you!!

The Future

Be very clear on this my friends: this is only the beginning. Our future plans are to continue to build on this theme, creating a virtual **Disney Land for Bodybuilders**, including hundreds of animated exercises, new top of the line scientific papers on bodybuilding, and perhaps most importantly a place where we can build a community whose goal is to work together to reach all of our physical, mental, and most importantly spiritual goals. Are you ready for the revolution?

Keep it Hard-core

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