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M&F Science Editor JIM STOPPANI, PhD

INSIDE THE EDGE

REST UP

You'll hit your rep range better if you get enough rest between sets — three minutes, to be exact. Pg. 228

BODYFAT BE GONE

Don't know what supplements to use to help burn bodyfat since ephedra was banned? Try this stack and watch your blubber blaze and your energy levels soar. Pg. 230

BUFFED UP

Kre-Alkayln, a new "buffered" creatine product, enhances the outstanding benefits of the original supplement. Pg. 230

FUZZY LOVE

They may be small, but they pack a powerful punch: Eating a few kiwis a day may reduce your risk of blood clots and cancer and help your fat-loss efforts. Pg. 232

TOP-NOTCH CARE

When you need medical treatment, you want the best care possible. Depending on where you live, a good medical facility may be harder to find than you think. Pg. 234



ONCE IS NEVER ENOUGH

BY TIM SCHEETT, PhD

As a regular reader of M&F, you're way ahead of most gym-goers when it comes to knowing your weightlifting science. In fact, your expertise may even be greater than that of some exercise scientists. After all, you perform at least three sets for most exercises, right? That's because you know the benefits of doing multiple sets — greater gains in muscle growth and strength. And that's not just anecdotal conjecture: In scientific reports, doing three sets of an exercise has been shown to outperform single-set training. Yet a great debate still exists in the exercise community over the superiority of multiple-set training. Some less-knowledgeable scientists swear that for strength gains, performing one set per exercise is just as beneficial as three sets. But a recent study should put these researchers in their place. A report from the University of Erlangen (Germany) found that single-set training actually caused a decline in strength.

To get stronger, go longer

More Sets, More Strength | The German scientists trained 71 female subjects for more than four months. After the initial training period, they placed half the women on a single-set training program (one set per exercise) and the other half on a multiple-set program (three sets per exercise); both programs lasted 12 weeks. At the end of that time, the researchers discovered that the multiple-set group increased strength on the leg press, bench press and barbell row. The single-set group's strength, on the other hand, decreased for all three exercises.

ON THE DOWN-LOW

This graph shows the increase in leg-press strength (in pounds) experienced by the multiple-set group, as well as the decrease in leg-press strength experienced by the single-set group.



Graph created using data from Wolfgang, et al, 2004.

DOWN-TIME

DOING JUST ONE SET for each exercise may be fine once in a while, like when you're short on time, for example. But the majority of your workouts should consist of about three sets per exercise in order to maximize muscle mass and strength.



Blaze a new trail to lose more bodyfat

STACK OF THE MONTH

KICK-START FAT LOSS

BY JIM STOPPANI, PHD

After ephedra vanished, the market experienced a lull in effective fat-burners. Nothing seemed to offer the bodyfat-melting, energy-boosting kick that ephedra did. But science has finally caught up. When taken together, these three supplements can ramp up your energy levels and turn up your fat-burning furnace.

Chocamine: This cocoa extract provides all the benefits of chocolate without the added calories from sugar and fat. Its active

ingredients include caffeine, theobromine, tyramine and phenylethylamine (PEA). These work together to effectively suppress appetite, promote fat-burning and enhance energy. In addition, chocamine boosts mood, concentration and mental alertness. While no research has been done yet, anecdotal evidence is extremely positive. Take 1-2 grams of chocamine 1-3 times per day.

Geranamine (1, 3-dimethylamylamine): This trademarked component of gera-

nium oil is a sympathomimetic amine, meaning it mimics norepinephrine, which revs up the metabolic rate of muscle cells, increases fat mobilization and kicks up alertness. **This version provides potent appetite suppression and thermogenic action.** An effective dose of geranamine is about 25 mg taken 1-3 times a day.

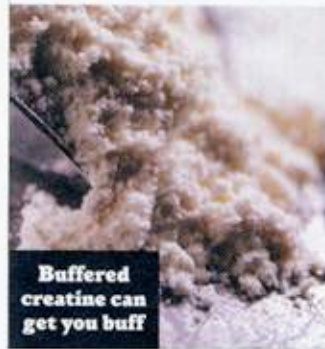
Caffeine: Although most people get their fix from coffee, the best way to ingest caffeine for fat-burning purposes is actually in the supplement form known as caffeine anhydrous. **Besides keeping you energized, caffeine binds to fat cells, increasing their removal and inhibiting their storage.** As an added benefit, caffeine enhances the effects of geranamine and chocamine. When taking all three together, you need only about 100-200 mg of caffeine 1-3 times per day.

CREATINE RE-CREATED

HANDS DOWN, CREATINE is the most popular and effective supplement ever to hit the market. But could it be even better?

Although almost any form of creatine you buy does the trick, tweaking this impressive supplement can enhance its benefits. Take Kre-Alkalyn, a "buffered creatine" manufactured by All American Pharmaceutical Corp. that doesn't convert into creatinine (the byproduct of creatine) before reaching muscle cells. "Buffered" means it's processed at a higher pH level than regular creatine, which prevents its conversion to creatinine and enhances its uptake.

Although no clinical trials have yet been done on Kre-Alkalyn, anecdotal



Buffered creatine can get you buff

evidence suggests it has benefits similar to regular creatine — only at a lower dosage and without the stomach discomfort or bloating typically caused by the original. All you need is about 1.5-3 grams of Kre-Alkalyn buffered creatine twice a day, preferably before and after workouts. On the days you don't work out, take only one dose.

BURN BLUBBER STACK

Combine these three supplements to burn bodyfat effectively with a high-powered jolt. Currently, the only product containing geranamine is ErgoLean AMP by ErgoPharm (ergopharm.com). ErgoLean AMP includes chocamine and caffeine as well.

Chocamine:	1-2 g
Geranamine:	25 mg
Caffeine:	100-200 mg

Take the listed amount of each supplement 1-3 times daily.