



**Mark Alvisi**  
Bodybuilder/Model

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# shoulder training

By Eric Hoult B.S., Pro Bodybuilder  
**Special Feature: Mia Carrera**  
 Photos by axisdzn.com

## Smartest Diet Tips Ever!

Still looking for some new tips that will help you maintain or even drop a few pounds. Here are a few tips that are so simple they might just be some of the smartest diet tips ever!!!

1. Start eating a big breakfast. It helps you eat fewer total calories throughout the day.
2. Use mustard instead of mayo! 1 tbsp of mustard has zero calories...1 tbsp of mayo has 90 calories.
3. Don't "graze" yourself fat. You can easily munch 600 calories of pretzels or cereal without realizing it.
4. How much pasta is too much? A serving of pasta is 1 cup, but most people routinely eat 4 cups.
5. Remember, EAT before you meet. Have a small meal before you go to any parties: a hardboiled Egg, Apple, and a Thirst quencher (water, seltzer, diet soda, tea).
6. Try 2 weeks without sweets. It's amazing how your cravings vanish.
7. Brush your teeth right after dinner to remind you: No more food.
8. Overeating is not the result of exercise. Exercise at any level helps curb your appetite immediately following the workout.
9. How much water should you drink? Drink 8 ounces an hour before you train and another 4 to 8 ounces every 15 to 20 minutes during your workout. Finish with at least 16 ounces after you're done exercising.
10. Think yoga's too serene to burn calories? Think again. You can burn 250 to 350 calories during an hour-long class (that's as much as you'd burn from an hour of walking)! Plus, you'll improve muscle strength, flexibility, and endurance. I hope you enjoyed your new tips! Be smart and keep it simple.



This month special feature is Mia Carrera one of NGA's newest pro figure competitor. Her current workout schedule is:

- Monday:** Back
- Tuesday:** Quads & Hamstrings.
- Wednesday:** Shoulders/Triceps/Biceps
- Thursday:** Hamstrings.
- Friday:** Glutes.

Mia currently incorporates at least one hour of Cardio every other day into her training routine. Her favorite type of cardio is running and has recently taken up cycling. Email Mia if you have any questions at [miacarrerafitness@yahoo.com](mailto:miacarrerafitness@yahoo.com)

Remember to always start out light and slow when attempting any exercises in these articles. Always consult a professional trainer, if you are having any problems performing these exercises. Proper technique with moderate weight will always give you faster results, compared to heavy training with sloppy form. Until next issues training segment, make time for your health & fitness goals.

Be Intense and train smart.

**great delt training routine on the next page**



### One Arm Dumbbell Rear Delt Raises

#### Muscle Position and Execution:

- Brace your self with one hand, knees slightly bent, leaning slightly forward
- Feet should be together and shoulders should always remain square
- Keep your arm straight and hand in a neutral position
- Step 1- Raise the dumbbell slowly until arm is parallel with the floor
- Step 2- Blow out your air at the top of each movement
- Step 3- Slight pause at the top of movement and repeat steps

#### Tips and Form:

- These should be done at a moderate tempo
- Do not over extend at the top of each movement. This could cause damage to your shoulder
- Always keep a tight Closed Grip
- Keep torso tight and head in an upright position
- Always use one fluid motion throughout movement- NO BOUNCING



**Muscle Anatomy:** The deltoid is a large, thick, triangular shaped muscle, which give the shoulder its rounded appearance. It surrounds the shoulder-joint in front behind and the outer side of the shoulder. It arises from the outer third of the anterior border of the clavicle. The thick tendon attaches to the outer shaft of the humerus bone. This muscle is remarkably coarse in texture, and is composed of fusiform muscle and pennate muscle. Pennate muscle proportionately moves heavier loads than a fusiform muscle. The medial head is made up of a lot of pennate muscle fiber.

**Muscleology:** The front Deltoid acts to raise the arm straight out from the body to the overhead position. Anterior Deltoid acts assisting the pectoralis major when raising the arm forward or pressing the arms out, and during narrow over head pressing movements. Posterior Deltoids work in conjunction with the teres major and the latissimus dorsi in drawing the arms in a backward motion



### Barbell Overhead Front Press

#### Muscle Position and Execution:

- Sitting on a bench with your feet close together
- Keep your feet flat on the ground, keep your torso tight, and sit up straight
- Start with hands out wider the shoulder width
- Press barbell straight up in front of your body pushing your arms out straight
- Step 1-arms should be in a wider than shoulder width position
- Step 2-Push arms up in a controlled fashion
- Step 3-Blow out air on the way up and breathe in on the way down
- Step 4- At the top of each movement, remember to squeeze, and pause slightly at the top

#### Tips and Form:

- Always keep your shoulders square
- Keep your feet together, and push barbell to the top of your head
- Always start off with a light weight to warm up the shoulder joint
- Always sit up straight and keep torso tight





### Dumbbell Front Raise

#### Muscle Position and Execution:

- In a standing position place feet together
- Hand position should be in an (pronated) overhand position
- Bring dumbbells to eye level at the top of each movement
- Step 1-Keeping arms tight, come down slowly with dumbbell, keeping upper torso tight, take a breath before being each movement.
- Step 2-Bring the dumbbell in front of the leg in the down position, keeping grip tight. Elbow should be slightly bent at the bottom of movement.
- Step 3- Slight pause at the top of the movement, blow out the air on the way up.

#### Tips and Form:

- Always keep your feet flat on the ground
- Always keep a tight grip with a closed grip (thumb wrapped around index finger)
- Use a weight that you can control at the top and bottom of each movement
- Always keep the shoulders and the feet in a square position
- Release the air slowly and controlled when performing each rep
- BOUNCING** at the top or bottom of exercise, could cause future problems with shoulder joints



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### 90 Degree Dumbbell Lateral Raise

#### Muscle Position and Execution:

- In a standing position keep the feet together.
- Knee slightly bent, keeping torso tight
- Start with your hands in a reverse position (palms facing outward)
- Step 1 Keep your arms slightly bent at the bottom
- Step 2 Raising arms out to the side of your body keeping arms bent to a 90 degree angle
- Step 3 Raise the arms until you get parallel to the floor
- Step 4 Coming back down to starting position in a controlled fashion

#### Tips and Form:

- Very important to use a weight that is not too heavy
- Very important to keep your arms to a 90 degree angle, try not to bend elbows to much.
- Do reps in a controlled fashion, Do not swing the weight up
- Always keep shoulders square and shoulders tight throughout the movement

