

This functions to increase the metabolic rate without affecting heart rate or blood pressure. Synephrine releases epinephrine and norepinephrine primarily in the beta-3 receptor sites in adipose (fat) tissue. Stimulation of the beta-3 receptor sites brings forth lipolysis meaning it stimulates fat metabolism. Another distinctive physiological property of Methyl Synephrine is its role as an Alpha-1 adrenergic agonist which plays a major part in the metabolization and destruction of body fat by freeing up stored Tetradecylthioacetic acid (TTA) is referred to in science as having pleiotropic properties meaning that it produces many effects from a single compound. As you probably expected, these effects all relate to monster fat loss! In fact, the biological responses to TTA in regard to fat loss are so profound that it is hard to believe a fat burning agent of this diverse nature actually exists. Guess where fat is burned? It's burned in the mitochondria of the muscle cell and TTA induces mitochondrial proliferation (increases the number of mitochondria in the cell). The more mitochondria contained within a muscle cell, the greater your capacity to burn fat. So it's no wonder that another biological response to TTA is increased catabolism of fatty acids. You have probably heard the word catabolism before in reference to destroying muscle tissue which is not good; however, in the case of TTA we refer to catabolism in regard to destroying fat which is highly desired! Meltdown does NOT contain TTA. About 10 years ago I was tagged with the name "Supplement Guru" for a reason and that was because I am somewhat of a freak in the field of research and development science and also overly enthusiastic about bringing you new supplement innovations that have physique-altering properties. Therefore, although very powerful, I wasn't going to use just TTA. Instead, the goal was to turn the heat up a several hundred percent in Meltdown with M-TTA or Methyl TTA. M-TTA also promotes anti-adiposity meaning it prevents you from storing fat along with improving insulin sensitivity. If you read my Zero Impact Diet book or read the newest N.O. Shotgun article, you would know the importance of insulin sensitivity in

We theorized that we could even beat the old-school Ephedrine-Caffeine-Yohimbine combination with a more scientifically hip: Caffeine-Methyl Synephrine-Yohimbine HCl, 11-hydroxy Yohimbine, alpha-Yohimbine stack. And, human subjects (including myself) confirmed that our theory was correct! All my staff and I can say is that this combination rocks, period!



building muscle and annihilating body fat. Other biological aspects of M-TTA are, reduced proliferation and apoptosis (death) to fat cells.

Comparing other Fat Burners to Meltdown is Like Comparing a Tricycle to a Stealth Bomber

Meltdown is the world's most scientifically sophisticated advanced fat burner. Meltdown is powered by a pharmaceutically inspired polymer based lipid delivery system called PolyLipid. This "steady state" technology delivers both rapid and sustained controlled-release of the powerful active Meltdown compounds. VPX is the father of liquid delivered fat burners in the nutritional industry and to date has engineered and sold more liquid delivered fat burning ingredients than all other companies combined! You won't catch VPX doing any mindless "capsule within a capsule" hocus pocus nonsense. PolyLipid Delivery is advanced and authentic pharmaceutical science that dramatically improves the pharmacokinetics of fat burning compounds.

You will only find the pure R-β-M-PEA and n-Methyl-β-PEA powerhouse versions of PEA in Meltdown. Well, guess what? There are many other really cool fat loss ingredients in Meltdown like the bio-molecularly engineered, CCK-8, and pure cAMP. However, unfortunately, I'm out of time and this magazine was supposed to go to print today and here I'm spilling my heart and soul out to you about the greatest fat loss invention of the 21st Century.

Rock On my friends - it's time to get so ripped and shredded to such a degree that on lookers will stare in disbelief and offer you Band Aids for all those cuts. -Jack Owoc

Meltdown is for persons who are healthy and serious about burning fat fast. It is extremely potent and therefore, you must read and follow the entire label prior to taking this product.

The first 700 persons to purchase Meltdown directly from VPX will get a FREE copy of Jack Owoc's Zero Impact Diet book. You must mention this magazine ad to receive your FREE book.

Call 954-641-0570 to begin living your Meltdown fat loss dream today.



FREE BOOK!

Q:

What exercise would you recommend as the best for putting serious size on my legs?

SQUATS

Your legs are your foundations and hard heavy leg training will transform your physique making it more powerful and stronger than you ever imagined. However, hard heavy leg training is brutal and that's why the majority of the masses run for the hills and don't achieve Ultimate Body Success. Leg training is simple in many ways but at the same time has many subtle technical and psychological nuances that make it very challenging and often very frustrating when people get stuck but can't quite figure out why or how to get past their plateau.

The Squat is the king of all exercises and failing to pay close attention to the technical aspects of this core exercise will mean that you will crash and burn with what I call the 80-90kg squat phenomenon.



Very few guys squat, but still fewer squat well. If you don't perfect your technique, eventually around the 80-90kg mark, your progress will come to a grinding halt. You won't be able to get proper depth, the movement will feel awkward and at worst you may even injure yourself. I have seen it countless times, guys that weigh 80-90kg or more getting stuck at around the 80-90kg mark who end up 3/4 squatting that weight for years on end. Don't let this happen to you - technique is everything, otherwise you're just wasting your time

and energy needlessly. It is absolutely imperative to practice until the bar sits well, you feel your groove and you can hit your depth consistently, staying tight and strong throughout the whole movement.

Like the deadlift, the squat is a hard and heavy simple movement yet has many subtle nuances that you will discover as you progress in your training journey.

As with any progressive overload, over time you will come up against sticking points or even from the start you may find that you may not be able to hit proper depth with any appreciable amount of weight. The most common technique flaw is not going to at least parallel. Even if you are never going to enter a powerlifting competition, going to parallel is so crucial for long term squatting power, effective leg training and balanced development of the quads, glutes and hamstrings that you always have to be fastidious about your depth.

Whenever you increase the weights, make sure that you still keep your depth. If you lose some depth, get it back before you increase the weight again. Simple. On the subject of proper squat depth as well, once you get beyond the basics, it should be a never ending constant refinement to improve your feel or awareness of where your proper depth is so you can work on hitting it

precisely EVERY time and not spend any more time 'in the hole' than necessary before powering the weight back up. There is a saying that I think relates beautifully to the squat: "amateurs practice until they get it right, professionals practice until they never get it wrong."

About The Author
Ben Kong is the author and co-creator of <http://www.ultimatebodysuccess.com> - The Impossible To fail, Total Lifestyle System For Creating Your Best Body Ever.

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