

## Introduction JHR, January 2006

Researched and Composed by Gabriel "Venom" Wilson, BSc. (Hons), CSCS

Happy New Year fellow bodybuilders! We hope you are having a prosperous start to the year in your goal to create the Ultimate Physique.

Well, as you know, this time of the year is about fresh starts. A time quit your bad habits and get on the right path to muscular hypertrophy.

To aid you in this vitally important mission, JHR has released the most comprehensive issue to date in our existence!

We begin with perhaps the most important question you will ever have in this sport—what about Protein. The President of ABCbodybuilding.com, Jacob Wilson, pulled out all the stops, and created a 9 article masterpiece that will answer all your questions about protein and some you may have never thought off! This may be the greatest contribution to the field of bodybuilding to date.

We are honoured to welcome Eamonn Flanagan to team JHR. You may better know him as [Ryancostill](#) on our Online Forums. Eamonn is an incredible Kinesiologist, and a true professional. This month, he put together an fantastic article on the most popular supplement on the market, Creatine. Within, you will find answers to question such as is creatine supplementation effective and why, should you load creatine, and much more.

Our resident expert in Muscular Hypertrophy, Adam "Old School" Knowlden pulled out all the stops this month and covered an incredibly cutting edge topic in the study of human performance known as, **Overreaching**. This article spurns the myth that training with incredible amounts of volume, and implementing high frequency training for a short period of time will cause "overtraining." Within, you will discover how to properly destroy your body in a short period of time, to obtain incredible amounts of muscular hypertrophy and strength gains.

Finally, The Vice President of ABCbodybuilding.com, Gabriel "Venom" Wilson wrote several articles this month that have immense implications.

First, Gabriel designed a 31 day training program that he actually did! This will be perhaps the most unique workout series you have ever read. In part one, he explains how and why he designed this training program, and in the second part, he takes you through 31 days of agony that he personally went through! In part 3, he lists comments on each training day. This will help you understand why a particular workout program was chosen, and perhaps comfort you, in knowing that you are feeling similar symptoms, such as severe DOMS, as Gabriel did during this program.

Secondly, the Vice President wrote a masterpiece on the effects of Rewards on Intrinsic Motivation. Take a moment to think about how often we use rewards in our society. In schools with children, for athletic excellence, academic achievement,

behavior modification programs, and hundreds of other situations. But is this really beneficial or perhaps...is it detrimental. Read on for the answer!

Lastly, he composed a 3 part series on the importance of process, performance, and outcome goals. Questions such as, is it better to focus on defeating others on stage, or focus on improving myself will be answered within.

Oh wait, I forgot one more article!

At the end of November, we completed our most recent round of the HYPERplasia Challenge—a 12 week bodybuilding competition among several of the athletes on our website. Wilson analyzed the data for this competition, and came to several important conclusions based on the evidence. Additionally, he was fortunate enough to catch up and interview several of the contestants.

Lastly, we would like to give Thanks to our Lord and Savior Jesus Christ. He is what drives and motivates us to work hard. ABCbodybuilding.com is built upon the Lord, and that is why we shall continue to succeed for many years to come!

We pray that this issue will not only help you grow physically, but spiritually as well!

Enjoy!

Keep it Hardcore,

Venom

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