

Introduction

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS

Synopsis of Issue

1. Animals Guide To Abdominal Training!

This has been a much requested article for a while now. In it the animal will answer every question you could ever think of when it comes to developing and seeing your abdominal muscles! However, he will do it with a flair, that only he can bring!

2. 8 Weeks To Unbelievable Abs!

As if that weren't enough, The Animal has put together one of the most brutal ab programs I have ever seen.

If you follow it then you will see tremendous results! Scratch that, beyond tremendous!

3. The 2001 Mr. Olympia Preview!

In this article you will get an in depth look at the top competitors who will take part in this years Olympia! I will break down what I feel the top 10 athletes are and give you the following characteristics about them:

- a. **Their training styles.** Hey I'm a trainer, you know I have to include this in their profiles! This will also improve your own training program!
- b. Who they are and what they have accomplished
- c. Posing
- d. Strengths
- e. Weaknesses
- f. Placing in the O

4. Power Partial!

What you will find in this article will blow your mind! It is literally several shocking methods rolled into one! You will learn how to improve strength, blood pumps, hypertrophy among other things! This also includes several sample workouts that are sure to blast you into new found growth!

Thank you very much. If you have any questions you can ask them in the forums or email me personally.

Sincerely

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