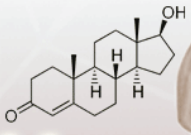
AnaSCI Newsletter



Anabolic Science

anabolic steroid . nutrition . fitness discussion

chemical converions

INJECTABLE STANOZOLOL

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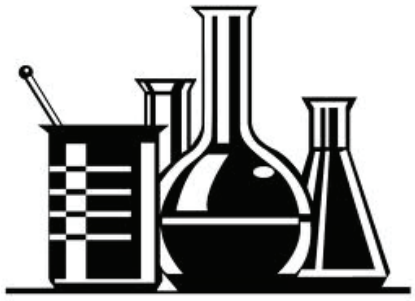
In this issue of the **AnaSCI Newsletter** we will be focusing on injectable Stanozolol or Winstrol Depot. This process will produce 20ml of 50mg/ml. sterile solution for injection.



Items Needed For The Process

1 gram Winstrol powder
1 glass vial 20mL or larger
1 sterile glass vial 20mL or larger
1 whatman sterile syringe filter 0.45.
2 syringes 5 or 10mL
2 syringes 3mL
3 pins 18 or 20 gauge
2 pins 22 gauge
17mL of sesame seed oil
0.2mL of benzyl alcohol
2mL of guaiacol (super solvent)

STEP #1: Weigh out 1 gram of winstrol powder, you will need a scale. Use the tare function to take away the weight of the container that holds your powder, and weigh it to 1 gram.

STEP #2: Draw out 2 mL of the super solvent, using 1 of the 3 mL syringes.

STEP #3: Place the powder in the open glass vial, then add the super solvent to the powder in the vial.

STEP #4: A) Place back on the rubber stopper, put one of the 20g pins in the stopper. Place the vial in a small pan, and place an eye on the stove (you can do this step in the oven, but I have found this method works better). Cut on heat, heat until powder dissolves into a liquid (the melting point of winstrol is between 239.8-242 degrees F). Turn off heat and let it cool.

B) Also heat some sesame oil (heat more than 17mL because you won't get it all out) it can be heated on a stove eye, or in the oven, I heated mine in the oven in a muffin pan, the oil needs to reach 212 F., to help sterilize the oil. I put mine in the oven at 275 F. just to make sure.

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IN THIS ISSUE

The **AnaSCI Newsletter** is dedicated to the "Guru" Dan Duchaine. It has been created in the image of his Dirty Dieting Newsletters. Without pioneers like Dan we would never had ventured as far as we have in the bodybuilding and anabolic science world. Respect and thanks must be given.

supplier review

In this issue of the **AnaSCI Newsletter** we will be reviewing the IP remailing service:

IPGEAR

For my review this month I have picked Ipgear...
WHO OR WHAT IS IPGEAR aka IPG???

IPGear is exactly what the name says. A Group or organization of guys put together by an old time forum vet and Source to sell IP products. See I taught some of you something already haha!

This is not a group that consists of one young man in his mother's basement that bought himself a Kit of supplies and hand held crimper from research supply. We have all seen these guys.

IPGear is set up to sell Local IP brand products. IPGear is set up to provide a very reliable local service. And I can tell you that over the years they are the best at that I have personally ever seen. No car wrecks, No "*my family is sick*", No "*sorry guys, my remailer stole my money so give me 8 weeks to try to correct it.*" None of that shit! You simply place your order and the same of following week your stuff will arrive each and every time like clockwork. That alone to me is worth a lot! What good is saving $10 a bottle from Willy-lump-lump that just made it on the scene if it takes him months or you have to wonder...hmm is this shit what it says it is? Was this guy in mom's basement farting and carrying on when he bottled this gear up with his new crimper and unsterilized bottles?

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cyber-space protection

Accessing Your Emails & Instant Messages Safely

EMAILS - Remember that even encrypted emails require communicatin on both sides. If you're looking around for a paid service, I recommend Countermail (even offers 30 days free) or Securenym (sender and receiver) need to be able to accept and decipher the email. This rarely happens and if either side is compromised, both can suffer. Remember this. If your sponsor is busted or if a client is busted and they get access to the emails and you've been replying back to each one keeping a history and track record of every order, they will have everything available to them and a full history of the order.

IM Communications - What we are looking for is again, encryption and deniability again. This is what gives us a legal loophole. Email is an old fashioned way of business and since times have changed, we need to as well. OTR Instant messaging provides this. My personal favorite can be downloaded here OTR via Gaim. Benefits of OTR?

http://www.cypherpunks.ca/otr/

What are the benefits of using OTR?

Encryption - NO one else can read your instant messages.

Authentication - You are assured the correspondent is who you think it is.

Deniability - The message you send to not have digital signatures that are checkable by any third party. Anyone can forge messages after a conversation to make them look like they came from you. However, during a conversation, your correspondent is assured the messages he sees are authentic and unmodified.

Perfect Forward Secrecy - If you lose control of your private keys, no previous conversation is compromised. (before people start saying you won't lose control, if you get busted and raided and they get access to your computer, you just lost control.)

FEMALE MUSCLE

with IFBB Pro JAMIE NICOLE PINDER

Taking on the off-season.

One of the most common questions I am asked is, "How did you make such a big change in so little time" Before I take on this question, I will preface with a little bit of my background. In 2011 I competed in the bikini division and placed horribly. I was told that I was too muscular and lean for the division. I was not being rewarded for the amount of time and effort I put into my competition prep, and it was extremely frustrating to say the least. I decided to take a long offseason (7 months) and make the drastic switch to the Women's Physique Division. It was the correct decision, and I won my division in my first show, then went on to NPC Nationals where I won my pro card. In the time between competing in bikini to competing in WPD I gained roughly 15 lbs of muscle! I don't think I need to tell you that a change that dramatic is almost unheard of in women. So now, back to the original question: How?

GOALS

Whether you have decided that you're going to compete for the first time, or you're a seasoned competitor who is looking forward to the next season, it all starts with goals. When your offseason begins you need to know what exactly you want to improve on. What do you need to bring to the stage next season? If you have competed before, make sure you take the time to talk to the judges to find out what your weaknesses are. I encounter far too many competitors who come looking for me for advice, but have no idea what went wrong last competition season. Furthermore, start planning out what shows you want to compete in next competition season. This makes you more accountable for progress during your off-season. Knowing you have a limited amount of time until your prep starts makes you more likely to stay on your plan. Which brings me to my next point:

HAVE A PLAN

Now that you have goals, how do you get to the endpoint? This is going to vary dramatically from competitor to competitor and even season to season. The plan needs to include every aspect of your prep, including training, cardio, supplementation, and (perhaps most importantly) diet. Begin formulating your plan by looking at your goals. Did the judges tell you to bring your back up? If so, do your research, find out how others have brought up that specific lagging body part. My back development happened to be on my list this year, and after talking to my trainer, John Meadows, we decided the best course of action would be to add in an extra day of just back work. Plan out your training schedule. Which days are off days, how many days a week are you lifting, and how many are cardio days? Talk to a knowledgeable coach or trainer (or if you have the knowledge, set it up yourself) to put together an effective diet and supplement plan based on your goals. If you have a set plan, in writing, you are more likely to stick to it! I see far too many competitors who are flying by the seat of their pants during the off-season, then ask why they keep on placing horribly year after year!

DIET AND TRAINING

Now that you have a plan, execution is KEY!! Start by following your well planned out diet and training plan. The off-season is not a time to take completely off from the gym and diet! I see this far too often in women. They bust ass for 16 weeks up to a competition, then they don't step in the gym seriously for months until they are ready to prep again! You need to utilize this time to create the muscle you will see on stage next season! Take advantage of being able to eat a little more and train your butt off! Think of this time as prep to your prep! During my last off-season, I never missed a workout, and every time I stepped in that gym, I was going at it with full force! I was training with purpose, and this was because of step one, GOALS!

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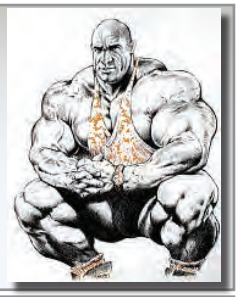
UNCENSORED Q&A WITH THE RENEGADE



I hope you guys are enjoying the Q&A suppliers interviews we are putting out! It is always great to get their prespective into this world we are living in. Make sure to keep tuning in for those and the other great articles and interviews that the guys here at the AnaSCI Newsletter are putting out! These newsletters are just going to keep getting better and better!!

I receive many emails from new and old guys to the scene, asking various questions about pretty much everything related to the 'chemical' side of this sport. I have taken on another section of this newsletter so that I can share with you some of the questions, as I am sure many others out ther are thinking the very same thing and are either too proud or too confused to ask. If you have any questions yourself you can always reach me at AnaSCI.org or my email:
therenegade@countermail.com

UNCENSORED Q&A WITH THE RENEGADE

Q: Jesus Christ renegade, for the life of me I can't get a fucking hard on to save my soul. I know certain roids like deca and tren fuck with your libido and shit so you can't get a stiffy and lay pipe but I'm on 750mgs of galenka test enanthate, 400mgs eq, and 50mgs of Dbol a day. Now to be honest I have been on for 6 months straight with no break and before that I was on for 8 months. In between I took about a month off. Test is an androgen. So is the dbol yet no matter what I do I can't really seem to get hard and when I do it's only a semi stiffy. My girl is beginning to get pissed. WTF is up with me and what can I do to fix this. I feel like Mark Wahlberg in that movie Boogie Nights where he had is dick out trying to get hard and it wouldn't go. Help me brother...
Jason C.
Dallas TX

A: It's funny. Of all the side effect questions I get about steroids this has to be the most common. Now I'm not saying your situation is funny because let's be honest, being big and ripped and looking great isn't shit without being able to take advantage of the perks that come along with being a freakish physical specimen. What good is it to look great and have a fine woman to have sex with and then when it comes time to do your "part" you can't even "rise" to the occasion? I'll admit, I've been there, but it came from using deca and/or tren. In your case you have the exact opposite reaction that most men have when on test. The reaction that they need to bone anything with a vagina and a pulse within a 50 foot radius. Usually 20-30% of male steroid users experience the side effect you are describing. Now it can come from a variety of sources. Generally most bodybuilders want to keep as much estrogen conversion into the body from all the excess free bound test from converting to estrogen so they take anti aromatase inhibitors like aromasin or arimidex in order to avoid estrogenic related side effects. While this is a good idea in theory to help prevent muscle wasting, promote positive nitrogen balance and avoid bitch titties, you're really not doing your body justice by eliminating all the estrogen from your body. I know when I say this you're going to think I have lost it but your body actually needs small levels of estrogen to actually build muscle. I'm not going to get into all the scientific reasons for that but I'll put it in easy terms. Your body produces a certain level of estrogen naturally.

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anasci recipe of the month

BigChef takes us into the kitchen as he prepares a tasty, yet healthy recipe!

CHOCOLATE BANANA PROTEIN BREAD

If you cut this into about twelve thick slices, each slice will give you around 125Cals, 9.1g protein, 6.5g fat (0.7 sat), 7.5g carbohydrates (3.9g sugars), and 2.5g dietary fibre. Not too shabby! Remember that you are gettin ga nice dose of omega-3s from the walnuts, so it's all good.

Makes 1 loaf (21cm x 10cm loaf tin)

100 grams walnuts or almonds, ground fine
250 grams very ripe banana (edible flesh only, about 3 bananas)
45 grams oat flour or rolled oats (gluten-free, if required)
50 grms Synthepure protein Powder
40 grams raw cacao
1 teaspoon pure vanilla extract/bean paste or seeds scraped from 1 vanilla pod
1 1/2 teaspoons baking powder (gluten-free)
sweetener, to taste (optional)*

Instructions
Preheat the oven to 180 degrees.

Place all the ingredients into the bowl of a food processor and process until the batter is smooth. If using whole nuts, grind these beforehand with the rolled oats , if using.

Bake for about 45-50 minutes until risen, and a skewer inserted into the centre comes out clean. Remove and cool on a wire rack before turning out.

~BigChef

anasci newsletter support sponsors

chemical converions

INJECTABLE STANOZOLOL

...continued from page #1

STEP #5: Draw out .2 mL of benzyl alcohol, this is 1% of the final solution. ***It is very important that you do not use more than1% of the solution with winstrol, or it could crash when finished.***

STEP #6: Add BA to the solution in the vial. Shake very gently.

STEP #7:
A) Draw out the oil with the 10 mL syringe. (Be sure you have allowed it to cool down some) add the 15 mL of oil to the solution. Shake very gently again.

Note - after adding the oil to the solution, the winstrol may begin to clump up back into a powder. If it does, you just need to reheat it again like in Step 4a, remember to let it cool slowly. My powder did this, and this took care of it.

B) Save 2 mL of oil in the syringe, and re-cap it. You need this later during the sterile filter process to make sure none of the winstrol is left in the filter.

STEP #8: Place 1 of the 18 gauge pins in the sterile unopened vial, and attach the whatman sterile filter.

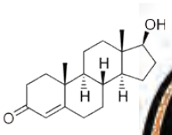
Draw out the solution using the other 10 mL syringe, attach to the filter and slowly press solution into the sterile vial.

Then use the remaining 2 mL of oil in the other syringe to run through the filter, to make sure none of the winstrol is left in the filter.

STEP #9: After filtering, leave the pin in the sterile vial, remove the filter. Place the vial in a small pan and place on eye of the stove (you can do this step in the oven, but have found this method works better). Cut on heat, heat solution for 15 to 20 minutes. Turn off heat, and let it cool down still in the pan, until it reaches toom temp. again this takes about 15 minutes.

Finished Product: It should be a light gold color unless you used Grape seed oil, then it will have a greenish tint to it.

AnaSCI



NUTRITIONAL TIPS FOR A BETTER BODY

NUTRITIONAL NEEDS FOR VETERAN AND OLDER LIFTERS

Last month I touched on body types and nutritional needs in newer lifters. This month let's look at the changing food requirements of vet/older lifters. I'll leave the body types part out of this one. Most of you have been doing this long enough to know your type. The reason(s) I've chosen this as the topic is that I have noticed metabolic changes as I have aged . I have also noticed changes in long time lifting friends. I went through the force feeding stomach full 24/7 thing many years ago. There may well be a time for that in some lifters lifting career. It did work for me in putting on a tremendous amount of muscle and more adipose tissue than I feel is healthy. Can't change the past only learn from it. I am hopeful that I did not do much damage with that activity. Time will tell. I am sure that many of you reading this have some very substantial time under the iron. If like myself, many of you are very familiar with 'muscle memory' . That term angers some people . After all muscle does not have a brain. Seasoned guys know exactly what I mean though. The muscle that many of us worked and struggled for many years to obtain seems(and is for many) much easier to regain after layoffs that may occur for a variety of reasons. After all life is never perfect from start to finish.

I still stick to a fairly high protein diet but less so than in my youth. Where I may have consumed 2 grams per lb of bw in my youth. I consume about 1-1.5 grams per lb LEAN bw now. Regaining muscle mass comes plenty fast with that amount of protein with less likelihood of fat gain. I would think a bit less stressful on organs as well.

My carb intake has changed probably more so than my protein intake. As a young guy I just ate all the time. I over trained quite a bit and was just ravenous most of the time. I was more focused on calorie intake rather than the quality and timing of foods. Today I focus on having enough complex carbs to train ,work and think well. I try to take in no more in one sitting than enough to function well for the next couple or few hours before I can eat another small amount of food.I usually cut my carbs a few hours before sleep. This has made getting and staying lean so much easier. Generally I will limit simpler carbs to right after training . The bulk of carbs are very slow burn low glycemic index carbs. I just feel so much better this way. I do keep healthy fats intact but I limit those as well to get what I need rather than what I want.. My overall caloric needs are less at a given body wt today compared with 25 yrs ago. Training is much more enjoyable this way instead of chore like drudgery . Older bodybuilders or power lifters that are competing will have varying goal oriented nutritional requirements of course.

I see guys here and there from the gym long ago when I hit various gyms. I noticed many have all the muscle mass and sometimes more than they had 20 yrs ago or so. Some still lean and some with good sized guts . The guys with the guts probably eat almost the same as they did in years long gone. The lean guys probably made adjustments along the way. It is really uplifting and inspirational to see guys in 60s and 70s+ in great shape. If you are happy with your current condition/composition then leave things as they are. If you are always trying to make improvements no matter how small then relook your diet and break out of some old ruts. Many of you have been at this for most of your adult lives and will be for as long as possible. If that is the case reward yourself by tuning your diet for optimum results. The guidelines I follow that I listed above are generalizations. What I have discussed is experience and accumulated knowledge that are fairly basic.I really learned quite a bit through trial and error but am always trying to figure out what may work better for me.

...continued on page #7

suppliers corner Q&A WITH THE RENEGADE

I never expected the kind of response I got from you guys over the interview I did with a well-known steroid source. I knew I was onto something when my editor practically had a seizure telling me to get the inside story but I had no idea exactly how big this could get. I have read a lot of the message boards and I want to say thank you for all the support you guy have given me for this column. If you guys liked part one, then part two will really blow some air up your skirts. This interview was quite in-depth..not to mention long. Cylon was very kind to take time out of his schedule so you meat monkeys could get a glimpse of a day in the life of a steroid supplier. Well..we barely scratched the surface for a very entertaining part 1 of the interview. Part 2: The conclusion in my opinion...promises to be a real eye opener. Don't miss out on one of the best reads be it on the internet or in a rag mag, you will see all year. And remember...you can only read shit like this at the only hardcore old school newsletter on the net. Here at AnaSCI.org. So let's get to it shall we...

DOWN & DIRTY: INTERVIEW WITH A STEROID DEALER

PART II

Renegade: Thanks for coming back to do the second round of this interview. I know you don't have a lot of time on your hands to do shit like this but let me tell you. The readers of the anasci newsletter will really enjoy this.

Cylon: So will the feds if they read it. You know they are on every board out there.

Renegade: Yeah I can't even lie or spin that. Every time you hear of a source busted or some steroid related crime and the punk who gets hit snitches, you know they tell them about the forums.

Cylon: It's nothing new. They have known about the forums since the internet was turned on. If you're a source coming into the game now you have to realize that the feds are patrolling the boards like the coast guard patrols the harbors.

Renegade: So since you know the feds are out there, making up screen names, calling everybody "bro", posting away trying to get inside tips, what do you do to make sure you're not one of the unlucky saps that get hit?

Cylon: Well to be honest it isn't as easy as it used to be to spot them. See back in the day the feds really didn't have the man power to waste fighting the war and roids. They might have assigned 2 or 3 people in the entire DEA taskforce to surf the web. They really didn't have the resources to waste on shit like that but ever since 2005 when President Bush mentioned steroids in his state of the union address, everything has gone to hell. Feds back in the day were lazy and to an extent most still are. They don't want to spend 1000 hours on the boards trying to make inroads. They don't have that kind of time unless they are going after something big. So back in the day you could tell by the way they would post what was going on. Now because of the resources they have when it comes to time and money they can do anything they want and agents have become more sophisticated. They don't stick out like sore thumbs as much anymore.

Renegade: So be that as it may what do you do to stay safe and not get hit?

Cylon: Well for one thing I don't take on new clients. It's only referrals and knows vets. If you can't have a certain number of people from around the boards verify you then I won't even waste my time talking to you. It's just not worth that kind of risk to me. No references equals no service. Also I don't respond to emails from unsecured places like AOL, Gmail, etc.

...continued on page #7

editors notes

AnaSCI would like to take this opportunity to thank all of those that contributed to the making of this issue of the newsletter:

Suppliers Review:
by: rAJJIN

Chemical Conversions:
by: Harvey Balboner

Female Muscle:
by: IFBB Pro Jamie Pinder

Cyber-Space Protection:
by: Rory

Uncensored Q&A:
by: the renegade

Nutritional Tips:
by: turbousa

AnaSCI Recipes:
by: BigChef

Nutritional Tips:
by: turbousa

Suppliers Corner:
by: the renegade
Special thanks for the interview goes out to: Cylon

Training Techniques:
by: tri-terror

Supplement Review:
by: Elvia1023

IFBB Circuit:
by: Gary Granaas
Very Special Thanks to Shelby Starnes

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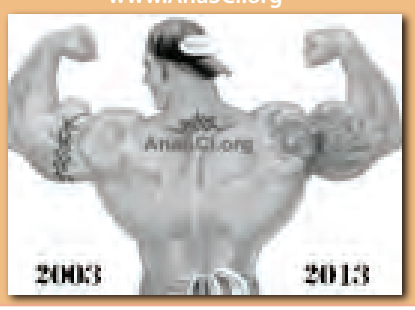

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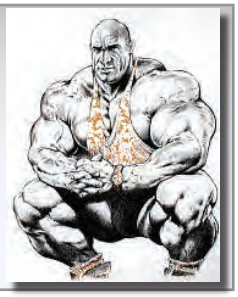
UNCENSORED Q&A WITH THE RENEGADE



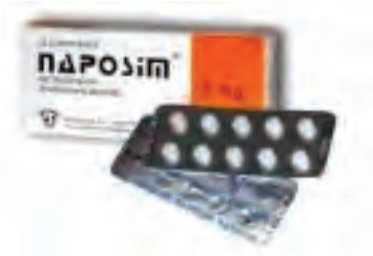
Every walking male on this planet has a small level of estrogen in his body just as women have small trace amounts of testosterone. When you completely wipe out all the estrogen from your body or you do not allow your body to convert some of the excess free bound test into estrogen you are in essence throwing your body's natural idea of homeostasis out the window. The reason your body converts all the excess testosterone into estrogen is because it's trying to balance out all the exogenous testosterone your injecting in. As a result with all the estrogen gone one of the main components to enabling you to have a decent sex drive is gone. Yes, estrogen plays a role in male sex drive just as much as testosterone does. Now I can't say for sure this is the main culprit. You would have to go to your endocrinologist and have him run some tests but I would bet money that you are causing yourself issues with your sex drive because you're trying to cut out estrogen in favor of getting huge. You need estrogen my friend. Not a shit ton unless you want boobies and want to tell men that would do you in the ass that your dick is a huge clit but needless to say you need estrogen. Try cutting back on the ancillaries and see where you go. If all else fails there's always Viagra.

Q: Renegade, I was tracking a package from our friends over in the land of the rising sun and I noticed that it got to customs about a week ago and then sat there. I thought for sure it got snagged but then yesterday it moved and now the tracking number says it's been delivered. All my other packs usually pass customs in a few days. Should I be paranoid and not pick it up or do you think it's okay to go get it? I'm on the fence and don't know what to do.

Brian W.
Trenton NJ

A: Well this is a tricky question because honestly it could go either way. I have seen packs sit in customs for 2 weeks and then all of a sudden show up and everything was ok and I have seen packs get through in 4 days and guys get popped. I feel your pain. Anybody who has ordered something from overseas has had to sweat it out while the package is in customs. Generally a week would throw up red flags. You will get different opinions on this and some people will tell you a week is okay and it's not a big deal. I'm of the mindset that if it's been a week or longer when sitting there then the rule is to let it go. I would error on the side of caution. Since you live in NJ your package most likely went through New York Customs which of the three Customs centers by USPS, New York is the easiest to pass due to the sheer number of letters they have coming in every day. I'd hate to tell you to go get it and then the next letter you send me has a prison return address on the envelope so for this particular instance I would say let it go. I have been hearing rumors now that many of our friends across the pond will not ship to New York unless the zip code is 3 or below. I guess this is due to the hurricane but if your package went through Chicago and / or San Francisco then I would stay away. I don't know what these guys do in the spare time but they seem to be able to snag just about everything that comes through. San Francisco is the absolute worst. Anything with an Asian name on it gets stopped there or at least it seems that way. Getting back to your package, since you didn't tell me if this was going to a home address or a PO Box it's difficult for me to tell you to let it sit and then see where you're at. If it is indeed at a PO Box just let it sit there for a bit... says a week or so. Plausible deniability is everything. Just casually walk in there and act like you're just looking to see if you have any mail. Remember if something looks or feels fishy you don't have to accept anything. This is why boxes are good. They accept things for you. Feds don't have a week to sit there outside in the parking lot to see if somebody will come pick it up. If it's a house well...it gets tricky here. If all of a sudden your pack shows up after a while don't touch it. Don't bring it inside or anything of that nature. Tell the postman the next time you see it to take it back and that there must be some mistake because it's not your package. Don't even write return to sender on it. Let the postal service do that. Just deny everything because anybody can send anything to anybody. They would have to prove you knew what was in the box. If you take it inside then they can say you were expecting it. If you leave it outside they can't say anything. Sorry your pack got stuck.

Q: Hey bro, I haven't had real naposim dbol in years. The last time I had some they came in a white and orange box and were 5mg. Now the box is completely different and the box I have says 10mg and the company name is Vermodji. My source says it's legit but I'm not so sure. Did I get ripped off? I know you will know. Help a brother out!!



Craig F.
Chicago, IL

A: Craig my friend I have good news. From all indication you have legit naposim. Of all the dbol out there in the market naposim is by far my personal favorite. I remember the first time I took dbol is was the old naps and I remember getting jaundice from only 30mgs per day on those little beauties. Yes you are correct in that the old packaging was an orange and white box and they were 5mg. Up until just a little while they were made by a company called "Terapia". Well they went and sold the rights to the company you mentioned Vermodji. They now have the license to make naposim and they make it in a 10mg pill instead of 5mg so I will tell you that so far your source is correct. I haven't seen too many fakes yet of the new naps so generally speaking you should be good to go. Have fun with those babies. They are quite potent!!!

AnaSCI NUTRITIONAL TIPS FOR A BETTER BODY

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I am sure plenty of you are very skilled in body recomp and some not so much. Some are great at piling on muscle but are pretty vague on dropping BF% properly. I'm gonna say I'm in that second group for sure.I know what was not easy to access in my youth is GOOD prep advice up and down. Now we have a fairly exclusive group of people that can really cut the learning process time down dramatically. I'm not talking about the kid with an online training cert or a health club p/t with a little piece of nutritional knowledge. I'm referring to the elite trainer/ prep coaches like those on anasci and other boards. Don't know any of them personally but have read quite a bit of their strategies. Looked at some of the before and after shots of clients and have to say many are astounding. It would be great to see some guys that are older And have never really achieved the condition that would like go ahead and do it. For those who want to but don't know how. Read and assimilate all you can. If that is not your cup of tea let someone do it for you and eliminate guess work and wasted time. When I say wasted time I'm talking trial and error. Reading and learning is never a waste of time. So I'm hoping at the end of the summer there will be a bunch of gray haired(if you have any) guys big, lean or ripped feeling good about the payoff for all those hard years of training. I have never retained a trainer such as those in anasci's trainers forum. I did have a going training business some years back. While I have quite a bit of learned Knowledge from 33-34 years of being in and around iron sports I feel almost a beginner when I look at the training and dietary guidelines of some of the great trainer /coaches. Great stuff. I see many techniques these guys/girls use that took me years to learn through trial and error. That's what really go t my attention. I knew quite a bit about what works. The trainers in the training forum are on a different level. Really eliminating dietary guess work I'm ready to improve learn new and better ways and move forward in 2013. Every now and then I like to do something for me. Waited till 2013 to decide to use a trainer/coach . A new first for me about to begin in the upcoming weeks. Who says you can't teach an old dog new tricks.

Til next time happy training and happy eating ~Turbobusa

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suppliers corner Q&A WITH THE RENEGADE

Renegade: That should be common knowledge but you would be surprised at how many guys don't practice what they preach.

Cylon: I see it firsthand all the time in my area, You don't have to explain it to me. I already know. References are the big thing. I hear people on the forums say to use Google or Hotmail for the business because their excuse for using Gmail is that there are so many users how will they ever know who is doing what because there is too much mail. I say that's bullshit. These major companies have certifiable geniuses working for them. They can create a filter to find results in emails in half a second. If the email isn't secure or encrypted I won't even answer it. I would use PGP but many end users don't know how to use PGP so it ends up being too much of a hassle. Hell even PGP has a backdoor now so nothing is truly safe. Using common sense is still the best defense.

Renegade: I guess we can thank the rat bastard Jose Canseco got the ball rolling on all of this for us?

Cylon: Well he brought it to the forefront and since he was an athlete it gave the politicians a spring board to make themselves look good be hitting up all the poor bodybuilders. They became easy targets. But Canseco just kind of let the cat out of the bag so to speak. Same with Ken Caminiti back in 2003. That just brought it out into the mainstream but even then it was just a passing thing. Shit didn't start to get really serious until Bush said something about it. That got the ball rolling.

Renegade: It rolled pretty far too. Operation Gear Grinder in Mexico and Operation Raw Deal. Those two blew the doors right open in our community.

Cylon: Gear Grinder wasn't much, I know people get all riled up and sentimental about Mexico being dead and all the old vet companies are gone etc. etc. Really that was a blessing in disguise for the UGL guys here in the USA. The day I heard that I thought to myself a lot of domestic UGL's just got a whole lot richer. I mean look at it from this perspective. Before 2005 you had euro sources selling human grade shit, Domestic guys selling mex gear the mulled back across the border and a few sprinkled UGL's like IP and old Bruce Kneller a.k.a Red Star of China, GAC etc. Those were your choices. So operation gear grinder comes in and takes out one third of the competition and that left a lot of guys scrambling to find new income. Where do they turn?

Renegade: China?

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FEMALE MUSCLE

with IFBB Pro JAMIE NICOLE PINDER

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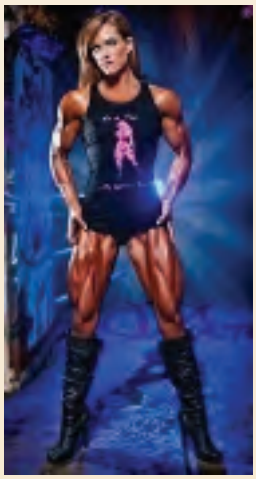
Now, don't get me wrong, I do my fair share of getting in all those yummy foods during the off-season that I'm not allowed during prep, but proceed with caution. There is a huge difference between letting yourself enjoy some treats once in a while and binging for days on end. Do the latter, and expect to pack on excessive bodyfat. Keeping a fairly clean diet in the off-season will allow you to build quality muscle without all the extra fluff.

That being said, don't kill yourself trying to keep that stage ready body! The number one problem I see with seasoned competitors is that they try way too hard to stay stage lean in the off-season. Sure it's great to be ripped, but you'll be spinning your wheels all season long if you try and hold this conditioning too long. Your body cannot be in a calorie deficit or at maintenance level to GROW! Putting on those couple extra pounds will do your body good when your training as hard as you need to in order to achieve hypertrophy. The calorie surplus will ensure that every nutrient that could be used to build muscle will be used for just that. In the course of my transformation, I got rather heavy, over 175lbs. I don?t recommend that everybody do this, but it allowed me to make the changes I needed to make in a time much shorter than in would take most people. Did you ever notice that your joints hurt by the end of a prep? Bodyfat provides "cushion" to the joints, the bodyfat you add in the off-season will actually make your joints and ligaments feel better and it will reduce injuries as well.

Don't skimp on your supplementation during the off-season either. You religiously take your multivitamin, fish oil, creatine, and other supplements during prep, why stop in the off-season? Your peri-workout nutrition and supplementation is just as important in the offseason as it is during contest prep!

PREP FOR YOUR PREP

Once you start to think of your off-season not as a time to take off from your training and diet, but as a stepping-stone to your prep next season you?ll be on your way to your own transformation. Big changes can be accomplished by anyone in an offseason, but only if you are willing to put in the work it requires. Remember, YOU are in complete control of what happens to your body. With proper planning and dedication, you will be on your way to your own personal greatness.



Until Next Time!

- Jamie

TRAINING TECHNIQUES

DC TRAINING

This month's article is again about DC Training. Last month I gave you an interview with the man himself, Dante Trudel, who gave us some insight into the thought process behind setting up an advanced routine.

This month I am going to talk about setting up your own 3 way advanced training split. A couple of disclaimers first. I am not an 'approved' DC Trainer. I have not been trained by Dante or anyone else with firsthand knowledge of DC. I've gotten all of my info from years of reading and researching DC Training on the web. I feel my information is as factual as it can be in this circumstance as all of my opinions are right from the minds of people like Dante, and others that have posted online that have been trained by Dante.

The second disclaimer is this: I am writing this article under the assumption that the reader has a full understanding and comprehension of DC Training and the 2 way split already. If this is not the case you really ought to seek out the info on the 2 way split and basic DC principles before diving into advanced stuff. The 2 way is already for people with a lot of experience in the weight room, the 3 way takes it to another level. If you do not have a relatively lean 3.5lbs per inch of height then I would NOT recommend you do the 3 way split but rather the 2 way.

The 3 way split takes a physique that has been brought up over time and put on a lot of size, and hammers away at weak points. To do this we lose a little bit of overall growth due to a lower training frequency, but we get a little bit more volume for the lagging muscles.

So the new training split is: Biceps/forearms/back width/back thickness, Chest/delts/triceps, off, calves/hamstrings/quads, repeat day 1, off, off repeat. So something to the tune of Monday, Tuesday, off, Thursday, Friday, off, off. Or whatever days fit into your schedule. But never train more than 2 days in a row. You are going hard with this training and your CNS needs to recover.

The basic principles remain the same. You are going to rotate 3 exercises per muscle just like on the 2 way, and you are going to continue to do extreme stretching. The difference lies in adding extra widow makers. Previously you've only done a widow maker for quads. Now we are going to bring up those lagging body parts with a widow maker for them.

The first thing to consider is what is truly a lagging part and can benefit from more attention' This is a tough call and is going to be up to the individual but you want to try and avoid calling everything a weak body part and going to town with widow makers. I would say that a good starting place is ONE widow per day MAYBE 2 tops. So hypothetically you could add one for chest, one for biceps, and keep the one for quads.

The widow maker is going to be just like the quad exercise that you have been used to doing.

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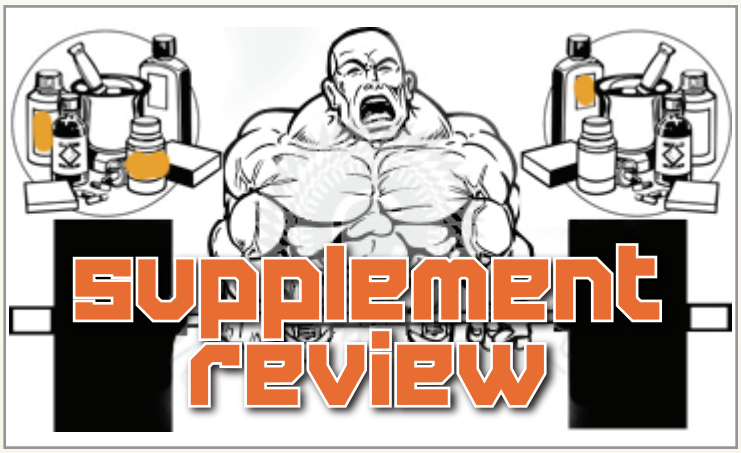

Our focus for this issue will be on the supplement: MHP TRAC Extreme NO.

I have recently been taking a pre workout supplement I think many will find very interesting. MHP's TRAC Extreme NO is similar to many other creatine based nitric oxides formulas, however, one fairly unique feature is it contains no direct caffeine.

Many weightlifters (especially aas users) can suffer from some sort of anxiety. I am one of those people so I have to be careful with most pre workout products as I am sensitive to stimulants. I love the way superpump or hemo rage make me feel but they often cross a line of sheer intensity to anxious and annoyed. As a result the caffeine free slogan on the retailers website stood out to me.

I started with the recommend 1 scoop and headed to the gym. Firstly I was very surprised as on the way I felt complete focus but a wave of energy. This gave me an extra push of intensity in my training and not something I would expect from a caffeine free supplement. A huge plus was this energy was a constant flow through my workout but no jittery shakes and anxious thoughts. In others words my system hadn't been bombarded with the caffeine content of at least 5 cups of coffee. Many are fine with stimulants so this will work for them. But it also should work for others who are more sensitive. I find this to be the case especially when on certain aas such as trenbolone or boldenone. The pumps from this product are insane and for me personally this is the main reason I buy such a product. Overall just a great feel on day 1 and no crash afterwards.

On returning home I inspected the supplement facts label closely as I wanted to see what could have caused this energy. To my surprise TRAC contains both guarana seed extract and green tea leaf extract. I know supplement companies can be very naughty at times but I was pleased to see no mention of caffeine free on the actual TRAC label. The reason I state this is guarana seeds contain about twice the concentration of caffeine found in coffee beans. They can also contain a maximal of 10% caffeine (usually 2-5%). Green tea leaf extract also contains caffeine so we have our main factors for my increased energy.

Arginine is one of my favourite supplements for a variety of reasons. In each serving of TRAC there are 4 grams of pharmaceutical grade L-Arginine. Arginine is expecially good to gh users as it supresses somatostatin secretion. Although you would have to add more arginine to the TRAC dose if you wanted effective suppression. It also helps facilitate the production of nitric oxide in the body. Once it's converted into NO, it regulates muscle growth and dilates blood vessels, which facilitates flow to the muscles.

Looking at the label there are approx 40 ingredients in MHP's TRAC Extreme NO. Many of them are great for the bodybuilder. I will list some of the other main ones and explain why they are useful:

- Citrulline Malate is a combination of the amino acid citrulline and the organic salt malate. It has been shown to help improve performance, delaying fatigue and accelerating recovery. It is generally believed to be more efficient than arginine as a performance enhancer. I would concur as when I have used citrulline malate powder at high doses it has been incredible.

- Vitamin C is used to treat muscle weakness through antioxidant properties that control the amount of damage done by exercise. In addition to helping maintain connective tissue. It also helps facilitate faster recovery and better muscle pumps.

- Bioperine has been shown in clinical research to increase the absorption of nutrients in nutritional supplement formulations.

- Biofolin has the unique ability to maximize the conversion of arginine to NO by augmenting all of the co-factors involved in arginine's conversion to Nitric Oxide within the pathway. Biofolin is regarded by many in the medical field as a breakthrough in inducing Nitric Oxide production.

I have used TRAC for 3 weeks now and I noticed most of it's positive effects actually increased through the time. A fundamental reason for this being like most pre workouts it's other main ingredient is creatine monohydrate which takes time to achieve full effect. Many other ingredients listed previously work in a similar manner. Although I have noticed the caffeine content is still high enough to increase my anxiety after consecutive use. Therefore I starting using 1/2 scoop in my 3rd week and still experience the great pump, energy and mental focus. An additional positive I noticed was increased vascularity throughout the day. That was noted early in the 1st week but has improved over the duration of my usage.

A full tub of TRAC Extreme NO is 775g and it's price is very reasonable if you shop around. One serving (scoop) is 31g so you get 25 serving per tub. It comes in orange and punch flavour. The punch tastes nice so I have no issues in that area.

Overall MHP's TRAC Extreme NO is an excellent product for anyone wanting a boost in the gym. It provides great pumps, energy, vascularity and aids strength. No major negatives were noted so I am pleased with my purchase.

suppliers review

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So who is IPGear? It's a group you can depend on. A group that will get you what you pay for and in a timely manner. A group that still has Honor and Pride in their TA times, product quallity and customer services.

What is IP? And what products do they have? IP is the "International Pharmacy". ONe of the very first and original online sources. I remember finding them myself when I joined these forums over 10 years ago. I think they must have had 5 or more years in the online community back then. Back when it was aol 2.5! They were the ORIGINAL UGL. Years and I mean years ahead of the other millions of UGL you see now. Back then there were not China powders so easily available, I don't remember them being available at all until much later...5 yrs. or so. So maybe '03-'04? That's when the UGL Scene started to Explode! and China was now the new leader over Mexico. Over Mexico and every other country put together IMO...at least for USA bodybuilders. Now days most everything in China is powders gear. Well IP I remember pressing tabs and compounding product in '99!! Light years ahead of other competition.

Some love IP, some hat IP. But one thing is for sure most anyone that has been around knows the name. I myself think he is the King of the Underground...and still to this day king of the black market AAS, tabs and oils. I'd be IPGear has built more muscle than any other brand taht has existed in their 12yrs in the game. They are well known worldwide.

I'm going to include a few pictures taken from my own personal use products. I'll have them added here to the newsletter issue #2. Remember, I'm an older guy now! Been moderating these forums for more than 10 years. I can choose to get pretty well any products on the market. I have IP and IPGear as on of the best! A guy and program many will miss if or when the time comes it's no longer available. I expect 10 years from now he may only be a legend to many. There are always guys to step up and fill the voids...but very few run that strong for that many years. It's a name I respect and appreciate! Both IP and IPGear. If either happen to read this or come across it one day you both know my hat is off to your both for what you do and have done for a century PLUS and right now running as strong or stronger than ever.

Before I sign off I'd also like to make mention of their giving and helping the community. IPGear (not IP) has given a lot out of his own pocket when he sees things that may help people. He was in the top three of highest donations for our lab testing project ($1,000 I think from memory he gave us). He has given away so much free product I would not even know where to begin. Contest incentives, helping guys down on their luck...or maybe just a deserving member. I've seen it all, and he never asks for anything in return.

IP or IPGear if you happen to read or come across this article I am saying thanks very much for what you guys do. More so than that, Thanks for the personal friendship over the years.

My supplier review is just that, my personal review. I hope I did ok and thanks to anyone still reading! Guys that know me know that I would never try to steer anyone in the wrong direction...and there are less than a handful I would speak so highly of.

On my next review look for me to cover a few brands...I plan to ripp into a few and it may not be such a pleasure for them to read. Thanks for supporting AnaSCI and reading the newsletter issue #2.

IPGEAR

suppliers corner Q&A WITH THE RENEGADE

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Cylon: Exactly. China had just started getting to be known for powders. Major USA domestic UGL's were just getting rolling because at that point the main home brewers only made tren from the old finaplix pellets. That was it. Home brewing was really out there and considered dangerous by a lot of people. But when you main source goes down...i.e.: Mexico. What option do you have left' UGL went from being fringe to being main stream.

Renegade: And I guess really that made it much easier for the feds right?

Cylon: Well initially no because the change wasn't rapid. It was gradual. What made it easier was how open shit got back then and even today. Boards posing sources out into the open like its Wal-Mart. The whole careless attitude. If you look back on it, the community got so complacent that they might as well have then a glove and slapped the feds across the face with it.

Renegade: Hasn't changed much now. I still see that going on.

Cylon: Because people A) never learn or B) repeat others mistakes. What was that old saying "those who don't study history are doomed to repeat it'"

Renegade: Pretty much sums up todays community?

Cylon: In a nutshell.

Renegade: You think there will ever be a raw deal 2?

Cylon: If you keep up with all the rumors and paranoid people the answer would be yes, but to be honest if there was it would have happened by now. The community is more wide open than ever now. I think to be honest once Obama got elected he didn't put as much emphasis on it as Bush did.

Renegade: I would have said just the opposite because the man who single handedly made the law worse for us is currently the Vice President of the United States, Joe Biden.

Cylon: Don't even get me started on him. Please. Looking at time and his ass is disheartening enough.

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TRAINING TECHNIQUES

DC TRAINING

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REALLY, I mean absolutely, brutally hard. This is something you fail on at about rep 16 or 17 and somehow dig deep and make yourself get another 4-5 reps.

The idea here is that overtime you force an adaptation to occur by bringing the weight up and the reps down for this exercise. So you might start out at (imaginary numbers here), 80lbs for 24 reps. At the end of a year doing this exercise you might be at 190lbs for 10 reps. If you add that much strength to an exercise and everything else is on point, you can't help but grow that muscle. How do you pick an exercise for a widow maker' Well there are a few principles to consider. Probably first and foremost is it is something that you can bomb away at over time and get much stronger in.

So some bad examples might be things like concentration curls, or dumb bell flys. How much weight can you truly gain on those vs. something like a curl machine or a hammer strength or machine press?

The exercise must be one that allows you to get in a 'power groove'. Your body should be in good mechanical position to just grind out rep after rep. I really think that hammer strength and nautilus machines are perfect for this type of training. You are not going to get under a barbell and free weight close grip bench to failure and beyond. It's just not safe and you are not going to be able to push yourself. But if you do the same exercise in a smith machine you've got yourself some safety and a nice little groove to get into and just power through. Same thing with a hammer strength dip machine. You can just get in that thing and grind out reps.

One of the most important things to consider is that somewhere in the exercise you MUST put the muscle in a stretched position at some point in the movement. There is nothing else like training a pumped muscle in a stretched position. DC training is not the only philosophy to embody this. Mountain Dog training also does the same thing.
So to recap: you want to start small, widows on lagging parts ONLY. When selecting exercises for your widows you want something that will train the muscle in a stretched position, allow you to be in a 'power groove', and put you in a good mechanical position to bomb the weight up over time.
Sound's easy right?

suppliers corner

Q&A WITH THE RENEGADE

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Renegade: I can see you have no love for him wanting to protect our kids.

Cylon: Zero love for Biden. Used to be back in the day you would get caught will a pallet full of dbol and get a slap on the wrist. Now you are caught with one small tab and all of a sudden you're in jail for 5 years. Insane what the penalties have become for this stuff. You would think it was as bad as crack.

Renegade: Well that s how the politicians portray it. They are fighting for the kids.

Cylon: Kids my ass. If they were so worried about kids why haven't any real athletes faced any jail time like Joe Schmuck does.

Renegade: I can hear the frustration in your voice.

Cylon: Makes me mad just thinking about it. Huge double standard.

Renegade: Yeah but when was the last time you really saw Joe user get hit hard?

Cylon: All the time. Getting back to the feds, they are some sneaky motherfuckers which is one reason I try to do everything I can to keep my distance from them. They will do anything to really bust you. I don't have to rehash all the horror stories but if you have been around for any decent length of time you will have heard or seen a lot of underhanded shit they do. I got no respect for that to be honest.

Renegade: What you mean like throwing a conspiracy charge on your wife or threaten to put your kids in foster care. Shit like that'

Cylon: Exactly. I have heard it all. I think about that all the time too. Because as a source your time is not infinite. Every source has a shelf life. Even though you see some of the European sources around for 10+ years they too have a time frame. The longer you stay in the game the more risk you take. Eventually everybody pays the piper when participating in this kind of endeavor.

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suppliers corner

Q&A WITH THE RENEGADE

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Renegade: Well some of these older guys like Russian Bodybuilder, IP, ganabol, ALIN, marrsell, etc. that have been around for years, and are still going strong. They always seem to know how to keep themselves out of t ble

Cylon: They do. all the guys you just named have been around for a very long time and have very good operations running. They wouldn't still be here if they didn't, but let me tell you, someday even for them their time will run out. They will slip up or somebody they know and think they can trust will get in trouble. And then the roof will come crashing in. I hope not but it's just the way it is. Unless you retire you have only one other option. Busted. It will happen. Just wait.

Renegade: They must also have money stashed away to so when they do step away its all good for them.

Cylon: they better. They would be smart if they did. But you never know. I know I will. Easy come easy go when you make the kind of money a good source can make. Most guys would probably blow it on cars, rims, boats etc. but I prefer to save my money. I try not to live above my means and draw attention to myself. The farther in the shadows I stay the better I like it.

Renegade: Well it's got to be hard to put away any really decent money these days will all the sources out there to choose from. So much competition. Everybody trying to get the lowest price with best T/A. It's not like a guy can make a shit ton in a short period of time.

Cylon: Well there is tons of competition. That's both good and bad. Good because new guys usually have no clue on what to do. They run their business poorly because they are usually a dumbass kid or shortsighted meathead who only look at one thing. Money. They come in offer all kinds of sales, free product to get guys to try their brand and for a few minutes they do what they are supposed to and then slowly the shipping is late, emails go unanswered, orders get fucked up. People complain, sources come up with excuses, gets in over his head and bails. I've seen it 100 times before.

Renegade: So what's the good in that? All I see is bad. People getting fucked out of their money.

Cylon: It is bad for them but it's good for us sources because it makes those who left to find better deals come back and realize it's better to stick with a proven provider. Look I get it. Everybody wants to make all the money they can and sourcing sounds like an easy way to make a ton of cash in a short period of time. They couldn't be more wrong.

Renegade: How so?

Cylon: Well if you want to survive in this game you have to treat it like a business. A real business. Now I don't mean go out and get a credit card processer and start taking credit. I have seen sources do that and laugh. People have gotten that comfortable or they think they are that untouchable and that they resort to credit cards. That's okay because guys like them are ALWAYS the first to go. And when they do its good for us because the people that left us come pouring back in.

Renegade: Are you mad that everyday 10 new sources pop up. It must make it difficult on your business?

Cylon: Well it can if you are an intermediate source but the really popular sources don't have any issues because they have a built in customer base which is loyal and won't leave unless something drastic happens. So when the newbie source is popped all the customers go into a frenzy looking for help and the normal balance is restored.

Renegade: But don't you feel that with all these new sources popping up every day that it gets to be too crowded. I mean there is only so much business to go around?

Cylon: I think about that sometimes and it's true. It does seem that when you see all these new guys pop in daily the amount of money available to make decreases. But I guess that is the natural order of business right' Only the strong survive. Everything changes, even the steroid game. And the good sources, the ones that stay around a while adapt with the change. It used to be back in the day that if you sourced you were guaranteed to make good money if you always had product in and shipped out in a decent amount of time. That doesn't necessarily hold true today.

Renegade: Customers aren't exactly loyal anymore either. They are looking for the best deal and will leave long time sources to find it.

Cylon: true. But that is human nature. You always want the best deal. I mean if your source was selling a bottle of test for $40 and you found it for $25 from somebody else wouldn t you take that deal too.

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suppliers corner

Q&A WITH THE RENEGADE

Renegade: Yeah but with the price battles of all the UGL's now in order to get business it must drive profits really down. I see guys giving away free stuff plus $200 on your next order...stuff like that. You really have to do the same stuff to keep your customers otherwise they will leave for better deals like this. If you always see guys doing this how do these guys make any money' What's the point?

Cylon: I can't really argue with that to be honest with you. That's why I'm private and have my built in customer base who really don't go anyplace else but when I see this type of business behavior from other sources, mostly newer ones trying to get their foot in the door, I do often ask myself why they are doing this for so little reward. This is no game. The consequences of you getting caught are real. You will do time. So why take the same amount of risk for diminished returns. Do these guys not have any other real jobs but this' It just reeks of desperation to me and when you have a desperate source you have a careless one, and that can lead to all kinds of trouble down the road.

Renegade: So you would never do sales or free giveaways?

Cylon: My prices are so good I don't have to and my customers are happy with that. They know with me they will always get what they pay for in a timely businesslike fashion. And like I said my prices are so good because I buy in such volume and sell in such volume that I don't have to give free deals because what my guys pay for is basically a deal unto itself.

Renegade: Wow... sounds like I need to get on your customer list.

Cylon: You need to but you can't. I'm not taking any new customers. My circle is tight and where I need it to be. You won't see me being so careless out in the open. My customers enjoy that type of security. They also know that I don't deal local. As I said last time, I don't mix the two because you're asking for trouble if you do.

Renegade: So how do you see the game today?

Cylon: It has drastically changed from even a few years ago. You don't have the security of knowing who people really are anymore. The forums have really blown up all over the internet. Forums owners take sources on without doing any real background checks because they want that sponsorship money. And I get that. That is really the other side of the coin. For some like us sources, the more there are the better it can be because it takes the heat off us older timers who are more secure and in the shadows., We let the young silly ones who offer credit card processing and PayPal payment take the heat. The feds know they are easy pickings and are sitting back collecting info on these guys and neglecting the harder sources to bust like myself. Feds don't really want to work. They want easy shit so they can look good to the general public but they have no real interest in tracking down leads and trying to bust people that would take a lot of resources so for some sources its good in that way. It's also good as I said for forum owners because they can make a lot of money if they have a popular forum that has a lot of members. They can charge out the ass for a banner. So they make almost as good money as the sources do a month on just sponsorship fees. The bad side is that so many careless sources and so many of them just in general bring so much heat to us. We have already seen the game changed twice because of the open carelessness of sources. The game is always evolving. If you are to be successful you just really have to be one step ahead.

Renegade: Speaking of the forums owners with a bazillion ads on their sites. What do you think of that...as a source?

Cylon: Well its two fold. It's good in one way because it helps to advertise your business if you choose to be out in the open like that. I have seen new guys within that last 3-4 years really blow up because of the banners and then they go private. They took a risk and it paid off for them. For that I can't really blame the results. It leads to the feds really knowing who you are and being able to email you and possibly get a leg up on identifying you but these guys played their cards right and it seemed to really work out for them. So in that regard it was good for them. I guess it's good for the forum owners because like I said they can make a lot of money but here is the thing. With as far as the feds will sometimes reach to bust people, I'm not quite sure how some of these boards are still up. Even though they are in other countries servers, I have seen the feds go to other countries to bust guys so their sites being in other countries really isn't much of a defense. They can't put up all the disclaimers they want but I have seen the feds brush that aside to bust guys, so to me it's only a matter of time before some really big board gets busted and the owner gets charged with facilitating steroid sales.

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Renegade: Can they do that?

IFBB PRO CIRCUIT

SHELBY STARNES

When I met Shelby I knew of him long before. Shelby's reputation for peak conditioning preceeds him. I'll never forget the day I registered for a show and to my surprise saw Shelby Starnes eating a rice cake in the auditorium seating. All I could think is there goes any chance of an overall win. Not surprisingly, Shelby won his class and over all win. For some time we have ran in the same circle occasionally seeing each other at the same gym or event. Certainly, it is no surprise either Shelby achieved his IFBB Pro card. Shelby is a master of his training and his diet. Even his clients are proof of that. I was able to catch up to my friend and get a few questions in for the Anasci.org newsletter below.

How long have you been a competitive bodybuilder? Your first show?
I've been competing for 8 years now. My first show was the 2005 Motor City Championships (which is also known as the Central States). I won the novice division and took 2nd in the open middleweights.

When did you win your pro card? How did it make you feel when you finally achieved your Pro card and became an IFBB Pro?
I obtained pro status by winning the Overall at the 2012 Masters Nationals (35+ division). It's still sinking in – I think it will take a couple years of competing as a pro before it truly sinks in.

How has bodybuilding changed your life?
Many ways. It's taught me a lot of self-discipline and patience, and about dealing with adversity. It's also become how I make a living, as a diet and training coach.

What is one thing about you or a body part you could change what would thatbe?
My whole body is always a work in process, all my body parts need more development. That's the fun of it, I guess… it's a never-ending pursuit of improvement.

Where could someone reach you for questions or learn about you? website or email?
My website is www.ShelbyStarnes.com and I can also be reached via email at **sstarnesnutrition@gmail.com**

Any plans for competition in the future?
I'll be doing a 212 show in the future but which one has yet to be determined.

You can catch Shebly on the fitness forums as well as he is a regular to the forums. He also writes for another forum and is very inspirational to the community. I look forward to seeing where Shelby takes his Pro status. This is definitely someone with future potential and a great deal of skills for the stage.

This concludes another interview with the Pro's. Thank you Anasci.org and look for my next interview in the next issue.

suppliers corner

Q&A WITH THE RENEGADE

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Cylon: Why not' The USA seems to think it can do whatever it wants. I realize these boards put up their little legal disclaimers saying that if you are in a country where it illegal then don't order and they are no responsible if you break their laws. I look at it like this. Making bombs or buying bomb making material isn't illegal in the middle east but if some Pakistani or some afghan Taliban put up a website to buy bomb making materials and people from the USA were buying it but the site said if you're from the USA don't buy, do you really think the USA would do nothing' The site would be down in 10 minutes and the CIA would have snipers outside that dudes mud hut in an hour. Same with the steroid game. The feds aren't stupid anymore. The laws are different. Those little disclaimers are bullshit and the feds know it. They know guys from the USA are buying.

Renegade: So what the reason these forum owners haven't been busted yet?

Cylon: Could be any number of reasons. Could be the feds don't care anymore but I doubt it. Could be they haven't busted a source from that board who has concrete info to give to them to help them out. Could be they are using the board to continually monitor sources to bust them. If the board goes away it gets harder to track then. I would guess that would be the reason. With the feds there is always a reason.

Renegade: So you would never openly advertise on a board.

Cylon: I have from time to time. When I had slots open or wanted to expand I did take risks from time to time. I won't sit here and bullshit you about it. But I try to not do it as a habit.

Renegade: But I thought you said that was a security risk?

Cylon: This is a high risk high reward business. In every business there is risk involved. You just really have to try to minimize it as best you can.

Renegade: I know this interview is getting long and you need to go. I can see you getting antsy. I appreciate the time you have taken so I have just one more question. What's it like in the day in the life of cylon. Tell our readers what it's like to be a source for one day.

Cylon: Well... I get up in the morning roughly about 7am. I start work every day at 10am so I like to get my workouts done and not have to worry about them so I hit the gym about 8am and lift for an hour and a half and then head to work. I get off in the afternoon and I head home to check emails. After I have answered all the emails and private messages or threads on the forums I'm a member on, I get orders ready to give to my runners to ship out. Once all the orders are packed up I give them to my runners to send out for me. If payments are waiting I will have my runners bring me the payments when they come to pick up the orders to send out. It's not a glamorous as you think. I don't keep things near me except when I am packing things up. I like to do that myself to make sure it's done correctly. I give my runners the shipping instructions and that's really it. I try to run it like a business. For me there is no wild partying or drug use. No stripper orgies, no really crazy drug running stories like you would hear from the old guys that used to go to Mexico. I think when you mix all that rec shit in there it leads to trouble and security breaches so I stay away from it. My runners are the same. When I told you last time about expanding my circle and the liability I made sure when picking my runners that they too didn't do stupid shit or have big mouths. As far as getting gear, I have my gear delivered to a runner. He brings it to me and I store it in a secure location. I really don't even have it connected to me so I just order it when it's needed, wait for it to come in, and then take inventory, update lists, mass mail customers, etc. Just business related stuff. My days are pretty blah. It may not be that way for some sources but I like the quiet life. To me quiet equals low key and out of sight.

Renegade: Damn I thought there would be some drug fueled porn star fucking stories.

Cylon: I wish but I can't honestly say that is me.

Renegade: Hey man I really appreciate you taking the time out for this interview. The readers will enjoy it and it's been a blast getting to sit down with you.

Cylon: Hey no problem. I'm glad I could help make your newsletter better.