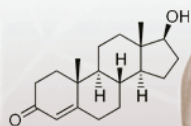


AnaSCI Newsletter



Anabolic Science

anabolic steroid . nutrition . fitness discussion

Renegade's **NOTES** on



SCAMMED STRAIGHT

a SCAMMER GUIDE

There are two rules to remember when dealing with sources:

RULE NUMBER 1: Never send more than you can afford to lose!!!

RULE NUMBER 2: See rule fucking 1!!

Okay guys, I know the steroid source interviews have been a big hit for the AnaSCI Newsletter but the boss man came to me a while back and asked me to do something a little different. He came to me and asked me what I thought about scammers. I said "I fucking hate them. They are the lowest of the low." I asked him why the question about scammers and he told me that he had been reading a lot on the forums about newbies and vets alike getting scammed a lot recently. The whole Geneform scandal and Horizon labs bullshit really got me thinking. Its time we help out the noobs and even some vets with tips and tricks to look out for scammers. Everybody has been scammed at least once if they have been a member of the forums. Its very easy to fall prey to slick talking scum suckers if your a wet behind the ears noob and don't think even seasoned vets can get caught up in what they think is a great situation and get burned. Happens to the best of us. What I am going to present here this month is a little guide to help all you guys out when dealing with sources and potential scammers. Hopefully some of the information I provide will help save some of you from losing your hard earned money, but rest assured. Once thing is for certain. No matter how good you think you are at detecting bullshit, there is somebody out there who can blow smoke up your ass and fool the shit out of you. Hopefully with some of the tips and tricks I discuss here I can help you at least partially to never get scammed. Here we go.....

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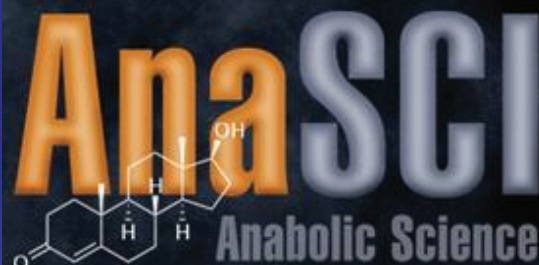
CONSPIRACIES with Lex

Wheat, corn and soy...Think about those 3 things and how much of them you consume. Most of us reading this are not in the average bell curve but, look at the normal American, what do you envision? I see an out of shape, fat, unhealthy people. Just take a walk through your friendly neighborhood WalMart on a Saturday. How can our government who is supposed to be working for the people shove these foods down our throats? Same old story of course, MONEY.

Currently, the average adult in the US consumes approximately 67% of their total caloric intake from these three "power" foods. Furthermore, guess what our sources of beef, poultry, and fish consume? Yup, you guessed it, the same three my friends. I can still remember being taught the food pyramid and how I was supposed to get 7 servings of these healthy grains.

Is this all part of a big plan? I realize this is where I may lose some of you, but look at it objectively. Why the misinformation? It is just money? Or is there a more sinister plan to shorten our lives, make us sterile, and easily subdued? I find myself asking those whys more and more often.

YOU DECIDE...



Join our Community
www.AnaSCI.org

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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.



NUTRITIONAL TIPS FOR A BETTER BODY

BY ELVIA



We could all talk about this subject all day. Whilst it can be very simple it's very easy to over-complicate things regarding our diet. Like with most things I think a balance is best. This balance comes in the form of a steady supply of protein, fat and carbohydrates throughout the day.

My first thought to nutrition for bodybuilders is only protein will build and repair muscle tissue. That statement should be embedded in all your heads and your diet based upon that fact. Next comes fats that are vital for healthy hormones, energy, protein sparing, brain health, skin health and just about everything due to their role in building healthy cells throughout the human body. Lastly are carbohydrates that provide your body with an excellent source of energy, can be great sources of fiber and various vitamins and minerals plus they are protein sparing. In fact carbs present in your diet are great at letting protein build/repair muscle as when our body needs energy it first looks for glucose from carbohydrates.

I am not here to say this or that way is best. All our bodies respond differently to various diets. I think experimentation is key like with most things within bodybuilding. Fixed macros per meal throughout the day is an excellent way of ensuring you get all your macros. This could be 50/40/20 when bulking or maybe 30/50/10 when dieting. The key is to find out what works for you. There are 1001 ways of getting the results you desire. For instance I know there are quite a few very successful prep coaches who utilize next to no fats for many clients when cutting or in contest prep. This may not be the healthiest of systems but can be extremely effective. When compared to protein and carbs, fats account for more than double the amount of calories per gram showing no/low fats is a great way to lower overall calories. I should add I personally think it is best to diet on the most calories possible. An example if you go down to something silly like 1000 cals and stagnate (which you eventually will) where do you go from there. You need to leave yourself with room to move down gradually. Extremely low calorie dieting will only ruin your metabolism over time. Starting bf levels are key but for optimal results you want to lose your bf very slowly. The range would be about 2-4 pounds but ideally no more than 2 pounds for most weeks. Any more than 2-4 pounds per week and you risk wasting more muscle tissue.

Although I stated I am not here to say which way is best, I generally feel our bodies require different amount of calories throughout the day. In addition to the fact fixed cals per meal simply bores me. Overall cals are the most important element but my thoughts are that my body definitely requires more macro-nutrients post workout compared to other parts of the day. I also like to have more cals pre bed and before I start work as I am unable to eat for at least 4 hours. By reason of this larger meals are added in during those times when I can. Food choices also come into this but that will be mentioned later in the article. As a result of this I think it is optimal to have most of your carbs around your training. An excellent approach when cutting or lean bulking is to use approx 90% of your carbs around your training and for the rest of the day consume mainly lean sources of protein combined with lots of greens and vegetables.

An excellent way of getting your nutrients in around your training is through shakes. I prefer to use them either intra or post training and sometimes both. Again not gonna write intra shakes suit everyone as they clearly don't. Although I feel a big reason for that is people using them incorrectly. Many put an insane amount of calories (mainly carbs) in a small shaker and drink it fairly quickly. For most this will cause bloat, lethargy and possibly sickness. Ideally you want to put your shake in a large bottle with approx 1-2 litres of water added. It should be drank very slowly starting just before you start training and throughout your workout. For people who workout very quickly then I would recommend the shake be consumed over about an hour so ended after training. I understand the arguments for both sides so find out what works for you. Although I think intra shakes are highly effective and especially useful for those who like to use insulin around their training. When I am able to my workout plan will look similar to the below:

Pre training (1 hour)- Rump Steak, Sweet Potatoes and Veg.

Intra training- Shake consisting of approx 100-200g carbs and 50g protein.

Post training- Chicken, wholewheat pasta and lots of honey drizzled on top.

Please note insulin will be added pre training (20 mins) so I personally like to keep fats fairly low.

It's clear to see many different nutritional methods can be effective for the bodybuilder. This is no different for the overall daily meal plan. We have all heard of extremes such as x bodybuilder looking incredible and consuming only 2 meals per day. Whereas others eat every 2 hours including sleep time so 12 meals per day. Find what system works for you as it could be either of them. I think a balance between the two is optimal. 2-3 large feeds per day can aid in insulin sensitivity amongst other things but I personally prefer to eat more meals. But I don't wake up through the night to have a protein shake as to me it is unneeded. Sure if I wake up I would have one but I am not gonna ruin my quality of sleep for that purpose. Fact is catabolism on aas is gonna be near on impossible especially if you eat smartly pre bed. Fasting is another prime example of how catabolism on gear is hard to achieve even when depriving the body without macro-nutrients for 24 hours and over. Anyone who has fasted before will know what I mean. I highly recommend fasting (adding anti-oxidants) on rare occasions to help keep things fresh and to clear out any toxins.

Types of foods can be extremely important for the bodybuilder. Earlier I listed I like to consume more calories at certain times. On top of the calorie requirements are the different types of food for a particular time of day. We all know fast absorbing protein and carbs are optimal post training. Another example of this is utilizing foods that digest slowly during certain times. A perfect meal pre bed could be steak and/or eggs as they will digest very slowly. Cottage cheese is another great example of a pre bed food choice. Any good protein source pre bed is great but common sense would show us the above are gonna be better when compared to a whey isolate shake. Although add some olive oil to that shake and things are looking better. I like to add some carbs pre bed as I feel they only aid in recovery, sleep and general well being. I also think many can over-complicate things especially regarding types of food used. A prime example of this is brown rice and white rice. When your combining this rice to a protein and fat source it's gonna make little difference to your results at the end of the day. Similar examples could be white and sweet potatoes, brown and white bread, brown and white pasta. Point is get your macros in and be consistent and the results are there to be had.

Carrying on from the above comes organic and specialty type foods such as grass fed beef. We all know organic is a bit of a gimmick for many food choices. However for some it can make a difference and those foods can provide more health benefits. A prime example of the differing standards in one food item are eggs. Anyone who has had an organic free range egg compared to a caged hen one will know the huge difference in the quality. The better quality ones will always provide more health benefits to the user. The same goes for things like grass fed beef and fresh wild caught salmon. Adding in these food items will only aid in your long term health. I do think a healthy bodybuilder is a better one. Fact is a healthy body processes everything more efficiently and that is only a good thing for the bodybuilder. But for anyone on a tight budget don't stress yourself about getting these items as they are simply unneeded. They are optimal but in regards to bodybuilding results they will make little difference in the grand scheme of things.

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DiscussWorldIssues
Socio-Economic Religion and Political Uncensored Debate





chemical conversions

NANDROLONE DECANOATE

PLEASE NOTE: Anasci.org, its staff, its members or its newsletter contributors do not condone the possession, use, manufacture or sale of any illegal substances. These articles and interviews are intended for entertainments and informational purposes only! Anasci.org holds no responsibility for how the reader chooses to use this information.

In this issue of the **AnaSCI Newsletter** we will be focusing on injectable Boldenone Undecyanoate. This conversion will produce 50ml of 200mg/ml. sterile solution for injection.

STEP #1) Take out scale (i like to calibrate it every use) and put on unsterile 50ml vial on scale and zero out.

STEP #2) Draw up 12ml of EQ using 12ml syringe, make sure there are no air-bubbles and plunger is exactly in line with 12ml hatch mark.

STEP #3) Now slowly squirt EQ into vial until scale says 10.0 grams. For me this is usually exactly 10ml so 1g has 1mL displacement.

STEP #4) Add the 7.5ml of bb and 2.5ml of ba

STEP #5) Add 30ml of the 32ml of oil into the vial to make total volume of oil/ba/bb/hormone to be 50mL. Leave the 2ml of oil in syringe for later use.

STEP #6) Put rubber stopper into vial as well as one of the 18ga needles.

STEP #7) Boil a pot of hot water and then remove from heat and put vial into pot for 10 minutes, take out after 5 to shake and put back in.

I have a crimper so I crimp another seal on the vial but you could also duct tape it on so that rubber stopper doesn't come out when upside down when you're drawing oil out of vial.

STEP #8) Now take out sterile 50ml vial and wipe stopper with rubbing alcohol. Put 18g needle and 25g needle through stopper, and attach whatman filter to the 18g needle stuck in vial.

STEP #9) Once you've filtered all 50ml and vial is totally empty, take the last 2ml you had saved and run it through the filter to get all gear out of it and only leave plain oil in the filter.

STEP #10) Now put vial in oven at 200 degrees F, and bake for 15 minutes.

Some repeat this step more than once but I never have and not had a problem.

Items Needed For The Process

- ~10 grams Boldenone Undecyanoate "powder"
- ~7.5ml of Benzyl Benzoate
- ~2.5ml of benzyl alcohol
- ~32ml of your favourite Oil
- ~20CC syringe
- ~12CC syringe
- ~2 18ga needles, 1 25ga needle
- ~.45 Sterile whatman filter
- ~50ml Sterile Vial
- ~50ml Vial
- ~Electric Scale
- ~Rubbing Alcohol/Paper Towels

motivation



supplier review

This issue of the AnaSCI Newsletter we will be reviewing

BruceGroup - EuroBio.

Who or what is Bruce Group?

Brucegroup is New name for a very old source. Lead by Popular China source that most every UGL used or knew of prior to ORD. Back then known mostly for their raw materials provided to the community. No finished product other then high and peptides.

Fast forward to 2013!! The same old supplier with a new team, new methods, new location, and even better products. A full product line now that they seem to each month expand and add to. Still currently flying under the radar as an unknown or "newer" group...Look for these two brand to continue to grow and gain popularity and a bigger following over time.

Bruce group and Euro Bio products. The products getting the most reviews and talk are the raw material once again. I myself am not a raw material guy. As much as I would love to be...No way I could risk ordering that or advising any USA guys to do so. So check the 'Laws' before checking them out. I advise save the raw material to the experts or crazy guys not worried about their freedom.

I have personally had the chance to try some of their finish product line. For Brucegroup the finish line is Global Anabolic. For EuroBio aka Bamboo labs it's EB product line. My understanding from both branches of the group is that the quality of each product is equal. From my experience on the products I have used, I would agree with that claim. I think they are putting out a very high quality finished product. Lets hope they stay safe, stay equally as fast and effective as they have been and are around for Bodybuilders now and of the future. The community needs more honest guys with good products. So these guys I Give the **TWO THUMBS UP.**



SCAMMED STRAIGHT

Continued from page 1

Getting scammed hurts doesn't it? Worse than dropped a 45lb plate on your feet when unload the bench press. Shit happens... but in this case it seems to happen all the time. You see we are part of a very secretive albeit illegal community. Yes the general public knows about steroids thanks to major league baseball and the whole congressional hearing on steroids. What the majority of the general public doesn't know is how easy it is in today's world to get access to them. Even back 10 years ago it wasn't as easy to get your hands on a bottle of testosterone as it is today. Virtually a quarter to one half of all the bodybuilding forums on the internet have a source section or a vip section where selective sources do business. It a high dollar business. Millions of dollars a year are spent on steroids so when you talk that kind of money, undoubtedly you are going to attract unwanted shady characters who have only one goal. To rip you off.

You see, our community isn't like the coke or crack or hell even weed community. If you screw over somebody no 260lb meat-head is gonna hunt you or your family down and kidnap them and beat them senseless or cut off some fingers for screwing them out of money. Doesn't happen. Maybe it should and then there would be less scamming but for the most part we all know bodybuilders are generally mild mannered guys who abide by most laws and don't want to bring any unwanted attention to themselves. Scammers know this and when as a scammer you know you can fuck people and they won't do shit about it, well hell.. that free money. Our community was born to be scammed is continually ripe for the picking especially when you have a influx of newbies coming to the forums everyday. Problem is nobody should have to worry about shit like this but we do so here is how a few guidelines to help you spot scammers and keep your hard earned money where it belongs....in your pocket. First you have to realize there are a few different types of scammers. Let me outline them here so you can get affiliated with the names and idea.

Scammer #1: The "Straight Out" Scammer:

These guys have one purpose. To lie, cheat, and steal. They have no desire to provide you with any type of product. All they want to do is scam as many people as they possibly can in the shortest amount of time. Make a large chunk of change and then bolt. Sometimes they will try to come back under different scree names to continually do the same charade over and over. In the beginning days of the internet guys could do this all the time and get away with it, but with the evolution of the internet and the now sophisticated tools forum owners have, generally these type of scammers are few and far between. In the old days you would have open classified message forums where the owner didn't do background checks or charge fee's (meso-rx type sites) and guys would just make up a list of whatever human grade, vet grade or UGL gear and put down the lowest prices and members would flock to them like hummingbirds to a feeder. Why? because bodybuilders are inherently cheap and always are looking for the lowest prices for the best product. Sometimes when things seem to good to be true it usually is but human emotion takes over and guys start thinking about the cheap prices, how much money they will save, or how much money they can make buying low and selling high to their buddies....whatever the case may be. They override their better judgement and it bites them in the ass. Usually these scammers wont have good communication. In the beginning it will be great but after you send your funds you will get no response or maybe a few responses telling you your order will be shipped in a few days and then nothing.

How to spot a "Straight Out" Scammer:

- * **He's a guy you have never heard about before.**
- * **He's a guy that just popped up out of the blue and sends you a private message or email asking you to buy his gear.**
- * **His prices are insanely low.**
- * **He has every steroid ever made in all concentrations on his list.**
- * **No Mods or board owners have ever heard of him.**
- * **He has zero or very few posts on the forum he is on.**
- * **Will solicit you for sales via private message or other means.**

As I said before guys like this are very rare now. With scamming becoming an epidemic , forum owners are becoming more hesitant to just let anybody on their forums to source so if you receive an email or private message from somebody you have never heard of or nobody else has ever heard of, with little to no posts and will active ask you to buy his gear, you can bet your bottom dollar he is a scammer. Here is why, no good source in his right mind is going to solicit sales. There is no need to. Good sources, trustworthy sources will have already built up a reputation and client base so they do not have to drum up business. Business comes to them... in droves. Any source that comes to asking you to buy his gear is an automatic red flag and should be avoided at all costs. Simple as that. Good sources will also have more than 3 or 4 posts on a forum. All sources have to start someplace and they usually start by being an active participant on the forums and then move into sourcing. So generally they will have more than just a few posts. Few posts + solicitation = scammer. I have seen is a hundred times.

Scammer #2: The "Good for a Minute" Scammer:

Most scammers in today's forums know that they just can't get on a forum and open shop and expect people to do business with them. This is after-all 2013. Most vets and even inexperienced members past the newbie stage have been burned or seen guys get burned and know a small thing or too. They do know certain signs to watch out for. So just trying to solicit business and offer the lowest prices in hopes to catch people isn't the best way to go about getting the big score. So they have to put in a little effort. Their mission is to get on the boards and start out as a good guy. They will put a little bit of time in, participate in the forums, get to know a few guys, act like one of the " bro's" and then when they have a decent rep they will decide to open shop to " help out." They will start out by having a decent product. One that is dosed correctly or even overdosed in order to get a good reputation. Everything about these guys will be "golden" for the first few months. Then when everybody and their momma says this guy is "the man" will he pull his move. he will have built up a large base, probably doing someplace in the ball park of 20-30k a month. He will throw some super sale or some type of promotion guys will be all over and sadly vets and noobs alike will send this clown all their hard earned cash only to never see it again. What will happen is this scammer will begin to have shipment problems, or remailer issues. His girl and he split up or he got robbed. Any type of conceivable excuse will be given to stall while more money is being taken in by him from unsuspecting customers. Remember, he has already built up a reputation as being "golden" so a few little supposed hiccups will not deter others from sending money while a "few" issues are being sorted out. After a month or so people will begin to get restless. The word scammer will begin to pop out. Initially he will deny it but eventually when nobody gets their product and mods and forum owners get involved, the jig will be up and everybody will be told to stop ordering. His personal info if he is dumb enough to have given it to somebody will be posted but that's about it. He will have pulled his big heist and be laughing about it, reading the forums , while every jabroni who sent him funds even after the initial problems surfaced, are cussing him out on the forums. Guys like this are sneaky. Geneforza and Horizon are good examples of this. Sadly guys like this are very slick. They will take a vacation for a while, blow their money, and then come back under a different name and try to pull the same scam over and over. This is the general scammer you have to watch out for. He thrives on people calling him golden. The more people initially that bump his service the more suckers he knows he can take. Even the best guys get taken by scammers like this. Don't feel bad if this has happened to you. Remember he was "golden" at one time. How were you or anybody else to know?

Continued on page 6

HowToDoInjections.com



AnaSCI





NUTRITIONAL TIPS FOR A BETTER BODY

Continued from page 2

Rotation in your diet is very important as it keeps things fresh, provides a variety of food choices and helps prevent any allergies from forming. I like to rotate macros throughout the day and also during different times. A mix as well as a good balance is important in your diet if you want to add to your health. Diet is a huge subject so I will generalize but the most common food types I consume are the following:

Protein- Chicken, Turkey, Steak, Fish, Eggs, Milk, Cottage Cheese and Greek Yoghurt.

Carbs- Fruit (Pineapple, Bananas and Blueberries), Pasta, Rice, Vegetables, Bread, Sweet Potatoes and Honey.

Fats- Extra Virgin Coconut Oil, Cashew Nuts, Extra Virgin Olive Oil, Almonds, Macadamia Oil and Peanut Butter.

Obviously some food choices contain high amounts of different macro-nutrients. As discussed earlier everyone has different nutritional requirements and goals so possible meals will be different for everyone. For anyone wanting to build their body I feel by combining the 3 macros intelligently you are at the start of a great nutrition plan. Some examples of possible meals include:

- Chicken, Rice and Cashew Nuts
- Fish, Mediterranean Vegetables and Olive Oil
- Greek Yoghurt, Blueberries and Almonds

Every meal will have a different macro-nutrient breakdown due to food choice and quantity but that's for you to decide. Some foods contain various macros so picking from all 3 may not be needed. A good plate of food should have a nice mix, balance and be colorful. Including lots of fruit and vegetables into your diet is something I highly recommend. Herbs, Spices and Minerals are also vital to help keep things enjoyable. Most of us have got tired of eating chicken breast time after time. By simply adding in some salt and pepper, maybe some chilli flakes or even lemon juice you can transform a simple dish. I used the s word and I know some bodybuilders try to avoid salt (sodium) as best they can. Sodium is vital for the human body and I highly recommend you use sea salt as opposed to table salt (in limited quantities). Processed foods is where many go wrong. Even something as simple as a packaged chicken salad sandwich can contain something silly like 2g salt. They may not even taste that salty so it can be very misleading. Then when you get to the likes of packaged pizzas in the supermarket, those bad boys can contain anything up to 10g salt. I like to treat myself from time to time but just be careful, especially if your on a high calorie diet and using drugs that increase water retention (blood pressure). A small salt grinder contains approx 80g salt so you would have to be stood there for a good 5 mins straight grinding away to get the salt content of that large supermarket pizza. Other spices and herbs I recommend people look into are: Cinnamon, Garlic, Ginger, Saffron, Tarragon, Chilli Peppers, Turmeric and Thyme.

Protein/Weight-gain shakes are an effective way of meeting your nutritional/bodybuilding needs. There has been countless debates over the years stating how whole foods are far more effective. Whilst I agree that whole foods are superior, shakes can be an excellent source of nutrition. Protein is protein at the end of the day. Moreover it can be hard to meet the daily calories (protein) needed without shakes. Fact is most of the pros you admire rely heavily on shakes. My personal favorite shake is a combination of chocolate whey isolate, activated barley and cashew/peanut butter. Adding a few of them into an already good meal plan will only aid in building bigger muscles. Generally I prefer isolates such as Synthepure from Synthetek. For carbs I like barley and oats throughout the day. Around training I feel the best carb products are Highly Branched Cyclic Dextrin, Vitargo and Karboload. If I want to add fats into my shakes I mainly use nut butters (cashew, peanut and almond) or even some coconut or olive oil. For the bodybuilder on a budget after a good combination I would recommend a good whey protein with oats and peanut butter as a great mass builder. As I stated I am not here to say you should use shakes as whole food is superior. But for most they provide convenience and results so don't think you are underplaying yourself by using them. I know some incredible bodybuilders who use shakes more than food and they don't think they could look the way they do without them. Shakes will continue to be a big part of my diet plan, especially when you have great companies like Synthetek, Trueprotein and Matrix.

Overall just a look at some of my ideas in regards to nutrition. I am not here to say this or that way is best but just share what I have found to work for me over the years. The most important thing I have learned is you can still get results whilst eating an enjoyable diet. Sure for the guys that compete those weeks are slightly different but in a general sense food is there to be enjoyed, bodybuilder or not. This article may do nothing but I would be happy if a few guys after reading this started experimenting with spices, herbs and their diets in general. We take a lot of things that negatively effect our health so by incorporating a mix of quality foods, spices, fruits and vegetables I feel we are only helping our future health. Thanks for reading! ~Elvia1023

NO PRESCRIPTION NEEDED

Sterile Syringes.com





anasci recipe of the month

MilburnCreek owner of the restaurant, The Ceilidh House, takes us into his kitchen. In this issue MC will be preparing:
Bavarian London Broil
OK, this is for all you guys who wanted more beef recipes...High protein, Low-Salt, and Easy.
Ingredients
1 T coarsely ground Black Pepper
1 T Dry (powdered) Mustard Seed (not deli-style mustard!)
1 T Smoked Paprika (must be smoked, not regular!)
1 T Olive Oil
1.5 lbs London Broil
1 twelve to sixteen ounce bottle dark ale (medium-bodied pilsner will suffice in a pinch)
2 Large chopped Onions
2 Cups chopped Fresh Mushrooms (not the canned rubber crap)
Instructions
1) Heat Olive oil slowly in large frying pan.
2) Thoroughly mix Mustard, Paprika, and Pepper together. Spread liberally over both sides of meat. Press excess into the meat.
3) Increase heat under olive oil to medium-high. Sear meat 2 minutes on each side.
4) Remove meat from pan and set aside. Use spatula to scrape burned spices off bottom of pan, but leave scrapings in pan. Add Ale, onions, and mushrooms, and bring to a boil. Cook 5 minutes.
5) Return meat to pan. Set right on top of onion-mushroom mixture, and cover pan. Cook for 5 minutes and test meat by cutting into it to make sure it's right for you. (London Broil should be RED inside, NOT cooked through.) Remove meat when ready, but keep boiling sauce until all but two-three tablespoons of ale is boiled off.
6) Serve meat with onion/shroom/pan drippings poured over top.

Makes 2 servings (or one if you're a bodybuilding monster!)


Recommended Side Serving (pictured):

Young asparagus baked 15 minutes in a covered pan in a 400 degree oven. Layer with 2 Tablespoons butter, one chopped tomato, 8 minced garlic cloves, and one teaspoon parmesan cheese on top.

Nutritional Information per Serving

(based on two servings, and not including asparagus side dish):

Fat: 19g
Carbs: 18g
Protein: 125g
Cholesterol: 300g
Sodium: 240g



PAGE #5

SCAMMER RECOGNITION



AnaSCI would like to take this time to recognize some of the scammers/rats of the industry. For a complete list of the various scammers/rats of the bodybuilding world check out www.ANASCI.org.

PLEASE NOTE: Sponsors are always offering SUBSTANTIAL rewards for more information on the person(s) residing at these addresses. If you have any info pertaining to any of the scammers/rats listed please contact us and we will place you in contact with the appropriate individual(s).

Lisandro Cabrera
2234 Palmer Ave.
Basement/left side of house
Bronx, NY 10475

Ryan Amacher
5580 Suncreek Drive
Lake Oswego, Oregon, 97035
503-481-4967

Cody Boudreaux
4506 Park Dr N
Metairie, LA 70001

James Burrell
709 Bayou Reserve Court
Apartment 709
Thibodaux, LA 70301

Michael Sleiz
109 Amber Beth Court
Houma, LA 70364

PLEASE NOTED SPONSORS IF YOU HAVE ANY SCAMMERS/RATS YOU WOULD LIKE TO HAVE ADDED TO OUR RECOGNITION LIST PLEASE CONTACT US AT ANASCI SECURE@YAH.NET AND WE WILL BE SURE TO GIVE THEM THE CREDIT THEY DESERVE!

SCAMMED STRAIGHT

Continued from page 4

Here are some tips to help you stay ahead of the "Good for a Minute" scammer:

- * If there is an initial problem, look at the issue. If he isn't shipping somebody's order why send him your money. Do you think he will ship your order if he hasn't shipped somebody else's? Stay away until the issue is resolved.
- * Don't listen to his excuses. Good sources never take money if they don't have stock or have issues. Sources that have issues but continue to take orders are a sure fire sign of trouble. If you see this ... stay away.
- * Use your gut instinct. If something doesn't feel right, don't ignore it.
- * Always watch spelling and grammar style with sources. Sometimes people have unique writing styles. If a source comes back under a new name they usually do not pay attention to small details like this. Always pay attention.

Scammer #3: The "In Over His Head" Scammer:

This one is actually a little sad to be honest with you. These guys usually start out with the right intentions but don't have their shit straight before the decided to open shop and got in over their heads and thought it would be best to just bail out and leave everybody holding their dick in the wind. Of all the scammer's, this one actually pisses me off the most because these guys actually have a decent bone in their body, but for whatever reason decided it would be best to just jump ship. Let me tell you now...its very difficult to defend against these guys, because they don't initially start out with the intention of being a scammer, it just ends up that way. They begin as good members of the community. Sometimes even working thier way up to VIP status on some forums. They might even have years of membership in the community under their belt. They see how much other sources are making and want in on the action as either a moonlighting source or a full fledged "this is gonna be my career" source. What generally happens is they begin to source, by making a good product. They start by having great communication and shipping. Everything may go great for a year or even a few years. Then one day something goes wrong. A package gets snagged in customs, a remailer gets popped or runs off with their stash, etc. Because this source didn't have is ducks lined up and understand how to run a business they have no more money to re order more stock and they fear giving back the funds they have already collected because they most likely have quite a bit of money, so instead of being honest and just telling their customers the truth, they bail. They sacrifice their morals for a little bit of money. A lot of times, these types of scammers can be avoided by them just telling the truth but they get afraid of lost business or the ruthlessness that some forum members can be and they decide its just better to run and hide. They may try to come back under a different name and start the entire process over from scratch by most rarely do. Its very difficult to protect yourself against these types of scammers because the don't have intentions of scamming. It just happens and they make a bad judgement call.

Tips for avoiding the "In over His Head" Scammer:

- * Watch out for clues your source or potential source is having issues. If they do, stay clear until the issue is resolved
- * Never send more money than you can afford to lose. (Do this for any source even non scammers)

Scammer #4: The "Selective" Scammer:

I really hate this guy. Why? Because he is allowed to fuck over some people but is nice to others and is allowed to continue to do business. In my book if your rip somebody off once, that's it. You're done and your name is mud but usually these guys are in good with forum owners and are connected. Generally selective scammers will not send their customer a product they ordered and when the customer complains, will brush it off or claim reverse scamming. I personally have never been selectively scammed because if I hear even a whisper of a source scamming and its swept under the rug, I stay away, but with a selective scammer, he will have his army of "bro's" that he will always take care of. Why? because he needs them to always bump his reputation on the forums and keep all the guys he fucks over at bay. Why does a source selective scam people but provide for others? Well, there are a few factors ranging from personal vendetta, to out of stock items, to the customer being rude or idiotic, to the source just being an asshole. There really is no concrete tip to spot a selective scammer. Why? Because there is no need. If people are scammed the will eventually say so, and when there is more than one it will begin to circulate the forums. The best thing to do is to avoid anybody who even has the name associated with them, even if its untrue. You will bee a lot of guys complain about not getting items they ordered or nothing at all. Its best just to stay away from these guys. You might get your order or you might get jack shit. Better to be safe than sorry.

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TRAINING TIPS

AND TECHNIQUES

My article this month isn't an article so much as it's a list of "rules" if you will. Are these rules hard and fast and absolute? NO, but the majority of lifters will benefit from using the ideas I'm talking about here. A lot of bodybuilders way overcomplicate what this sport is, and how to put on appreciable muscle mass. Some people reading this article will most likely disagree with me on at least one point. A lot of people have come after me about number 4 in the past, but I still stick to this belief.

1) Looking back over all the times that I've trained and put much effort into I can say without reservation that training a muscle at least 2 times a week is optimal for growth. The caveat to that is that you must figure out what amount of volume allows YOU as an individual to train frequently like that and recover. I also feel that training 6 days a week will keep you leaner than doing say a 3 day a week HIT split like DC due to the constant ramping of your metabolism.

2) Strength matters. Not necessarily in terms of you must bench 405 or anything like that, but you absolutely must get stronger in the rep ranges that you are working with. If you have been incline benching forever and are stuck at 265 for 8 reps you have to switch something up. Either deload a little bit and try and work back up, or better yet ditch the offending exercise all together for a few weeks and do something different. Bottom line is that over time you have to beat the logbook. If you've been benching 225 for the last two years it's time to step it up.

3) Compound exercises are king. If I had any money at all I'd bet that someone could build a championship level physique without ever doing a single cable x-over, or triceps extension. The name of the game is muscle fiber recruitment and you just don't get that with isolation exercises.

4) Forget the whole "mind muscle connection" bullshit. It's just that, bullshit. I don't care if you can trick yourself into thinking that 135 is heavy with your monk like concentration. If you're not upping the weight consistently you will not get optimum growth, unless you are a mutant. Now, I'm not saying don't pay attention to form or anything like that. I'm saying move the weight in a controlled fashion without any kinks or hesitation. Some people think that because they bench x amount of weight and move it really slow and concentrate really hard and thus make the lighter weight heavy, they are achieving the same result as they would by moving more weight. I don't believe this is true. You've most likely heard or read the expression "your body doesn't know how much you are "lifting". To that I say that I think it does. Do you think that the load from 315lbs feels the same to your muscles as 225? I much prefer to make a heavy weight feel light, than a light weight feel heavy.

"...forget that whole 'mind muscle connection' bullshit. It's just that...bullshit..."

5) Along with #4, don't get paralyzed by doing only full ROM exercises. You will get great stimulation and fiber recruitment with a partial ROM. This method increases time under tension because you never fully take the load off of the muscles. I like 75-80%, but you can experiment and find out what works best for you. For example, on chins I lower myself so that I feel my lats stretch but I don't allow the biceps to become fully extended. On any benching exercise I lower the bar to a few inches off the chest, and then press till just short of lockout. There are however benefits to training a muscle in a stretched position, so I don't only do this style of lifting, but including some training like this can help you break plateaus.

6) High(ish) volume has a place as long as it's not done merely for the sake of adding volume. Higher volume is great when working around injuries or when taking a break from lifting as heavy as you can. That's why the volume goes up, because you are not moving as much weight. One thing you can do that increases intensity is rest less. Much less. Think 30 seconds or less between sets. Something you can do for a lagging body part is an 8x8. Using around 60-70% or your normal 8 rep max you are going to do 8 sets of 8 reps (thanks Vince, RIP). Don't even let the bar go in between sets. Take big breaths and rest no more than 30 seconds and crank out 8 reps each set. If you can't get 8 the last few sets that's fine, but don't increase the weight until you can.

7) Instead of doing your sets light to heavy, try heavy to light. Do some warm-ups that get you lubed up and are not too taxing, then do your heavy set and start dropping weight down. Your heavy set will be heavier than it would be if you did it last. And if you went to failure at 225, why increase and go to failure? Fail at 315, 275, and 225. I feel like that makes your body adapt much better. Every time I have trained like this I have gotten both stronger AND bigger.

Thanks for tuning in for this latest article. Feel free to drop by the Anasci board to discuss these topics and let me know what you think.

~ tri-terror



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CONCRETE TRAINING

BY CONCRETEGUY

View From the Crow's Nest

So you feel like a million bucks and you even have your weekend planned out in advance. You're thinking about the gym all day. Training has been on point and so is the diet. You're looking the best you have in months. You warm up like all the times before and after your second working set. IT HAPPENS! The heart breaking injury we have all heard about has found it's way into your life. Will there be surgery needed? Is it a pec, bicep or maybe lower back? There is a reality that you must accept after this. It's a game changer and at best is only going to set you back in time. Yes this is going to be a huge set back! The shame of it is, it could have been avoided. Bodybuilding is a game of consistency. You have to train in a way you're not going to get injured.

What I want to talk to you about is a way you can achieve hypertrophy and know your training the next time you want to return to the gym. How many times have you seen the great debate HIT vs REPS? The answer is YES+NO! LOL Yes to both and no to both. You want to dick the dog stop now and go back to ordering take out. Bottom line is you have to challenge your body to failure or very close to or simply be happy with what you have or diet it cleaner. Why? Because you have to challenge the outer cusp of your performance levels to grow. You folks all know what HIT is and there is no need to cover these well traveled waters. Lets talk about something a little newer. It's going to be a workout that will take you safely to absolute failure. About now you're preparing to read about some watered down version of training you think your dad should be doing.....right? LOL, Well buckle up kids.

There are some rules that must be applied to the training your about to learn.

- 1. Weight values are as individual as a finger print and can only be applied to you.**
- 2. Weight values change based on you working intensity.**
- 3. You must have to ability to instinctively know your failure windows are coming before you get there.**
- 4. There is no formula for arriving at the weight to use. This is advanced/instinctive training.**

Please keep in mind that true instinctive training is done in a gym that few belong to. It's a membership that can only be earned. If for any reason this doesn't work for you or you just don't get it, thats OK. You haven't failed it just isn't time for you to train in this place yet. May be you'll be ready on your next lap :)

For the sake of an example we will go to the gym and do chest and tris today. Instead of me drawing out how you should do this I want you to look over my shoulder as I do this and see how it would best be done by you, OK?

The workout started an hour ago at home priming my blood with protein and carbs. I'm walking in the gym with more carbs and protein to drink as well.

I grab a couple five pound plates and start swinging my arms and loosening up my shoulders. I will do this until I feel no pain in the motions I'm doing. If I feel a pain I will work that particular motion until it's fully warmed up and has no cutting pain of any kind.

I then move to the smith machine. Hour smith has no offset weight so it keeps you honest. I put a plate on each side and with my hands well outside of my shoulders I will do twenty reps. I sit up and count to myself as a do twenty more reps in my mind and then lay back down and do another twenty reps. I will then add a 25lb plate to each side and start over. I will do two more sets of twenty with the same count in between them. I will then pull the 25lb plates and add a couple more 45s. Now I do 15 reps with the count to 15 in-between the next set of 15. Here is where we start to ramp it up.

After the second set of 15 with 225lbs I will immediately go to the gym floor and do 15 push ups. I then count to 15 and get back on the bench for what will be in the area of ten reps on the bench and then ten more push ups. I'm shaking at this point and feel a rushing painful pump. As I'm counting to 15 I strip the 45s and replace with 25s and do 10 more bench reps and go to 10 more push ups. If I don't get the push ups on my feet I will go to my knees to finish them.

I then strip the 25s back to a 45 on each side. At this point, what had been a warm up weight for me is an all out challenge to get ten out of. I will then do ten more bench reps and follow with 10 more push ups. This is the golden area you want to be in. You have exhausted all of your supporting and primary muscles and are into true pay dirt. Keep pounding these sets of ten on each the bench and the push ups. You must maintain the count of ten in-between the sets and finish your reps even if all ten push ups are on you knees. You need to get three working compound sets in this zone. The pump and feeling you get from this may be a place you have never been before if you do this correctly.

What is correctly? It all has to do with your starting weights and how you modulate your drop sequence. This is what makes it an advanced system. Knowing the fine lines you can work in is the only way this can work. Remember to only do a count in-between the compound sets. There is no rest between the benching and push ups. Guys, it's going to take balls to keep getting back into these sets. It reads much easier than it is to do. As you deplete the precious oxygen from your blood and the lactic acid floods your ignored muscle, things just seem to slow down. Sounds in the gym drift away and only breathing and a heart beat ring load as you fight to keep in this game.

Your wondering whats next for chest? Nothing. If you have done the previous work as described above "the cake is baked". You have completely failed your primary and secondary chest muscles and have nothing left to do but recover them. The following day will define the damage you have just done. Promise.

Lets do tris now.

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CONCRETE TRAINING

Continued from page 8

I walk up to the curling bar rack and pull a 60lb bar off. I then go to a flat bench. I lay down and prepare to do skull crushers.

I will start with 15 skull crushers and then go immediately to 15 benches with the same bar but do them over my navel instead of the chest. I then roll over off the bench and do 15 diamond finger push ups. I then count to ten and start all over again. "I see said the blind man" lol, and the fun begins all over. Buy doing this your hitting all three heads of your tri's, I will do this for another four to five compound sets.

At this point I'm dropping to my knees to finish and making involuntary sounds as I rep away. When you can no longer get the knee push ups go to doing them leaning against a wall. You MUST continue doing these sets until you fail against the wall .

So what just took place? I have slowly, safely and completely failed both the musculature systems I'm training without putting them in harms way. I never approach 60% of max values and never put the weighted loads necessary to rip (my) muscle on (my) body.

But something else has taken place that CANT be over looked. The window we failed under is as wide as Kansas. With HIT your failure window is three to four reps. HIT is most effective for the guys that can push through the grind of the last few reps. Some guys will fail much to quickly. They look good and then 9 and 10 come and it's over at 9.5 reps. Yes they have worked to failure but have they done all the damage they could have done for maximum hypertrophy? NO WAY! NO HOW! We are muscle growers in this game. By extending the failure out over several reps and grounding and pounding we can get into everything that has played with what we're doing. Your going to get deeper into the muscle doing this and therefore inflicting more damage. Think of getting the 9th and 10th rep of your sets for 5 to 7 reps over and over? That's the hidden value of burning down slowly. Good/deep damage. BAM you destroyed it! More growing.

Now you can pretend to know the outcome and how this would work for you.
Or you can MAN-UP and try it.

At one time we all believed the world was flat. NO ONE ever saw the edge of the world but some how we all new it was flat.....LOL. From the "Crows Nest" I can see a further horizon. Trust me on this. Chasing those reps will lead you to an edge you can see :)

Grow with me, and train safe! ~Concreteguy

SCAMMED...

Continued from page 6

Tips to avoid the "Selective" Scammer:

- * Do your research about the source in question
- * Look objectively at the source if complaints are made about him
- * If more than a few people complain about being scammed and are told to shut up, use your best judgement. Remember good sources aren't called selective scammers by anybody.
- * Look to see if the sources is in tight with the board owner. If so, and you got scammed would you get the benefit of the doubt? If you even question that, leave this one alone and find another source. Better to be safe than sorry.

Scammer Quiz - Test your knowledge

Now that I have told you about a few of the different types of scammers, how they operate and what to look out for, its time to put your knowledge to the test. Here are a few different scenarios that you could possibly find yourself in. Pick an answer and see if you get scammed. Check the answers at the bottom of the page.

Scenario #1:

A new source pops up on AnaSCI. We'll call him X-labs. Obviously he has been approved by the admin so he has passed background checks. That automatically rules him out as a:

- 1) Selective Scammer
- 2) In Over Your Head Scammer
- 3) Straight Out Scammer
- 4) Good For A Minute Scammer

Scenario #2:

You've been dealing with X-Labs for a few months. Up until now you have always had good communication. You are about to place an order but you read on AnaSCI that 3 members have complained that they hasn't gotten his pack in 2 weeks but other members say they received recently. Your really need to place an order. You have a competition coming up and need tren and masteron bad. What do you do?

- 1) Place the order because X Labs has always come through for you.
- 2) Wait to see if the three members get their packs before ordering and try to find a new source in the meantime.
- 3) Email a moderator to inquire to see if its okay to order from x-labs.
- 4) Email X-labs yourself to find out what the hell is going on.

Scenario #3:

You log onto AnaSCI and see that you have a new private message. Its from a member you don't know. We will call him BigBench. You open it up and the Bigbench states that he is new to AnaSCI but is a member at another board. He says he has steroids for sale at the lowest prices on the internet. \$10.00 for a vial of test enanthate, \$12.00 for deca 300, etc. You could get your whole cycle for \$250.00 as opposed to \$600.00 from your current source X-Labs. You have never heard of him and nobody else has either. What do you do?

- 1) \$250 for a whole cycle??? Shit order away!!
- 2) Keep asking around hoping somebody will know him and vouch for him?
- 3) Do a small test order to see if he is legit?
- 4) Stay the fuck away!!

Continued on page 12

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:

Scammed Straight:
by: the renegade

Conspiracies:
by: Lex

Nutrition Tips:
by: Elvia1023

Chemical Conversions:
by: kitchen chemist

Supplier Review:
by: rAJJIN

AnaSCI Recipes:
by: MilburnCreek

Training Tips & Techniques:
by: tri-terror

Concrete Training:
by: Concreteguy

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FEATURED HARDCORE GYM

QUADS GYM “LAND OF THE GIANTS” - CALUMET CITY - SOUTH OF CHICAGO, IL.

This issue the featured hardcore gym begins with a truly great training facility Quads gym “Land of the giants” in Calumet city just south of Chicago, IL..

It began as a dream shared between two childhood friends 35 yrs ago, in a basement. Dave Deyoung and Tom Milanovich lived that dream, opening a gym where friends could gather to lift weights to get stronger and back then to compete. Quads gym evolved from Tom's basement to a small storefront space, to the 46000 sq foot facility in Calumet city known as the land of the giants.

Tom Milanovich was a bodybuilder himself. Tom was also an accomplished actor with roles in the Rookie and Hard to kill among his film credits. Tom appeared in over 18 movies. Tom passed in 2003. He left a great legacy in Quads gym. His partner sold the original Quads to Brothers D and Moe Hadi in 2005. The brothers decided to buy the gym when it became available.

The brothers cousin Zu a very good local bodybuilder of note was part of the decision / motivation in the purchase. Very cool cousins indeed.

The brothers are just easy going laid back guys that have hardcore lifting in the blood. Talking with D I asked what he thinks has made quads gym the iconic success that it is.

- 1) Customer service. Friendly and easy to talk to. Attentive to members. Knows the majority of members on a first name basis. Great guys with a great staff. Hard to beat the personel touch.
- 2) Atmosphere. This place is absolutely amped with positive vibe. Full of world and national caliber power lifters bodybuilders and Strongman competitors. Never an attitude. The people that train there are cool confident and helpful to any level trainee from beginner to the elite of the elite.
- 3) Equipment. Anything and everything the serious or casual wt trainer could ever wish for. You name they have it -as long as it is an effective piece. I could go on and on about the equipment and great REAL iron at Quads but it will suffice to say any strength training ,bodybuilding strongman, cardio mma equipment you desire is right here at Quads.
- 4) Commarderie /family like positive feeling. Along the lines of atmosphere. Members at quads do want to see each other succeed. I have never felt anything but great after a training session at quads. Does not matter what you can or can not lift. All ages blend nicely at this gym. People KNOW gym etiquette here..

When I talked to brother Moe he mirrored the same philosophy as his brother.

Atmosphere and don't F—with it if it's not broke. Cool to see guys with that great enthusiasm when you walk in the door to lay down a good training session. Was talking with long time member Glen Sampson. I asked him about the various persons of note to train at quads. Very long list but here are a few : Ronnie Coleman, Jay Cutler, Laura Creavelle, The Road Warriors, Shawn Ray, Vince Taylor, Nassar El Sombaty, the Smith brothers, Charles Durr. The list of elite and high level power lifters that have trained at quads is very long. Stan Efferding spent last summer train with Powerlift phenom Ed Coan.

Quads is home to one of the if not the greatest powerlifter to ever touch a bar. Ed Coan winner Of 12 senior national championships. 12 world championships. 125 world records in powerlifting. Ed fantastic career has spanned over 4 decades. **Look for an in depth comprehensive look and interview of the iconic Ed Coan next month.**

I would like to thank The Hadi brothers for allowing me bring Anasci readers Into The Land of the Giants.. Thanks, Moe & D...



Long time Quads member bodybuilder G. Sampson with co-owner D.Hadi..



Some of the iron game's greatest have passed through these doors.

AnaSCI

Interviews

TOMMY HARRISON

An Exclusive by the staff of AnaSCI...

This issue we visit Tommy Harrison and Gladiators powerlifting in Chicago, Illinois.

Anasci : Tommy what got you started in the sport of powerlifting?

Tommy: Detective Al Kennedy of the Chicago police dept provided my introduction to powerlifting. In 1998. My good friend and mentor James Jordan told me I could be a world champ. James passed away a couple years back. Great guy and really missed. Thanks James and Al!

Anasci: Any female team members?

T.H. Yes Kim Carter, Gion Prevard, and Michronne Berry. All national/world class lifters.

Anasci: We have three other team members here today. Ok to shoot them some questions?

T.H. Sure, fire away..

Ok first up Robert Vick.

Anasci. Hi Robert how old are you and when did you start training?

R.V.: I'm 39 started lifting in 2004.

Anasci: Who influenced you to get in to competitive lifting?

R.V.: My guy Tommy H. I played semi pro football. I suffered a shoulder separation and met up with Tommy and well here I am.

Anasci: Robert tell me about some of your lifts/titles...

RV: Wabdl 909 in a single ply which my buddy Mike Womack in Tx has since moved up to 942. I've been ranked number 1 or 2 in powerlifting watch since 2007.

Anasci: wow! That is incredible, you began your competitive lifting career in 2004!

Anasci: Future plans?

R.V.: I will hit 1035 in a single ply. I have June uspa meet coming up in Minnesota. Next stop will be at the Olympia Sept 27th.

Anasci: Robert do you have any tips/suggestions for up and coming lifters?

R.V.: Listen to your body. This thing takes time. A slow progression. It's not just muscles that must adapt. It is adaptation of bone/joint, connective tissue, nervous system and mind.

Anasci: Anyone you'd like to mention?

RV: I'd like to thank Tommy H for leading the way. My sponsors Ken Anderson and Titan. The quads crew and my family for being very supportive. Oh yeah check out Big Steel 619 on YouTube. Thanks Anasci for supporting the iron sports!

Anasci: Thank you Robert for taking time with us.



Robert Vick - Big man with a big heart. Always has time for kids.

Anasci: Tommy what are a couple most memorable moments for you in powerlifting?

TH: My first 500lb bench. It was something I had been trying to achieve for a while. I was a little stuck. I had a best friend pass away. I dedicated my next 500lb attempt in his memory. I hit my first 500 bench within a week of his passing. The next would be hitting 815 after two forearm breaks. This also came with my induction into the WABDL hall of fame.

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AnaSCI Interviews TOMMY HARRISON

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Anasci: Tommy tell us about the injuries and overcoming them.

TH: Well my first broken forearm (right) occurred in march 08. I broke it during 950 bench. I had successfully benched the 950 one week prior to the meet. Doctors figure stress fractures of the ulna and radius led to the actual breaking of both. I had been over 900 in weekly training for about 8 weeks prior.

Anasci: What motivated you to come back?

TH: Well the doctor told me I'd never hit 600 again after a titanium plate was put in place in my forearm. The surgeon however said she was confident I would come back 100%. I talked with Louis Simmons of the great westside barbell gym. He did know of someone that came back from that type injury. I just wanted to compete again. Break number two was above the titanium plate from first break. This occurred at 915lbs at the spf world championships oct 2010. I initially wanted to get back into the 800+ range. I wanted to break the 308 records and police and fire. I hit 815 July 2012.

Anasci: I am going to provide links etc so our readers can see the tremendous fortitude that it took to overcome and come back from very serious injuries.

Anasci: Future plans?

TH: I plan on dropping my wt to 259 and going after the record (749) drug tested of course. Oh and a 1000lb squat. .

Anasci: Very cool. One thing I noticed is the friendship and support the Saturday morning big bench crew has for one another. Funny this gym has so many outstanding lifters that are very serious about the sport yet this has to be one of the most friendly laid back gyms I've been in. Tommy anyone one you want to mention for anasci?

TH: My sponsor Ken Anderson of Anderson powerlifting. Chicago F.O.P. Thanks guys. My Family, my co-workers and all my friends that are Gladiator powerlifting. Thanks to Quads gym, Moe and Dia Hadi...



Tommy Harrison, Shahid Shabazz, Robert Vick, Dave Lewis
Shahid Shabazz 583@220 single ply. Dave Lewis 755@275 single ply.

Anasci wants to say thank you Tommy and the crew for this anasci exclusive. Go to You tube and face book. Tommy Harrison junior to view video footage of Meets and training. Tommys injuries are documented as well. Great guys and friendly. If in the Chicagoland area stop in and say hi. Thanks for reading from the staff at anasci...

SCAMMED...

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Scenario #4:

You have been dealing with X-labs for a long time. Communication has always been excellent and you have always gotten your orders. You place an order with X labs and after you wire the money you don't get any communication for a few days. You email X labs 3 times before he finally gets back to you. He tells you how sorry he is for not getting back but he has had some personal issues and will get your order out tomorrow. Tomorrow comes and no tracking number so you email X Labs again. Takes him 4 more days to respond. His excuse is that his remailer stole his stock and he is getting things straight and will get your order out as soon as he gets more stock in 2 weeks. 2 weeks pass and you email him to see the status of your order and he says that he is still waiting on stock and it will be a few more days. At this point what do you do?

- 1) Tell him to refund your money.
- 2) Threaten him to send your shit or money back or you will call him a scammer on the forums.
- 3) Keep waiting it out.
- 4) Inform a Moderator of the situation and brace yourself to chalk it up as a loss and move on and never order from him again.

Side Note - Sponsor Reps:

Usually these are Vets or trusted members of the community. They "vouch" for the sponsor, stating what a great company it is and what great products they have. Reps do not have access to the inner workings of the company itself and are only in it for the free perks nothing more.

We have even seen long time trusted vets get caught in lies recently claiming to have received product from a sponsor when he never did. All because he believed his free goods were on there way. This same person is a long time member of the boards, well respected and yet his greed continuously has him repping for every source he can. Since being caught in his lies, he is currently repping for at least 2 sources now that I am aware of.

Lesson:

- * Do not trust a rep's word for a sponsor as they have no dealings with the actual company.
- * In my opinion avoid sponsors that use reps as this shows that they do not care enough about their customers to handle their own board communications.
- * If a sponsor does not care enough about their communication with the board they are sponsoring, how much do they really care about their longevity in the business?

I like the new rule about reps (and their original board handle) being removed if a sponsor goes bad. This will have these guys thinking twice about repping for someone that do not know just for some free product that ultimately ends in plenty of hard working people losing their money. Well at least most will think twice, as stated above their is always at least one greedy person that cares nothing other then where he will get his next stash from.

~ the renegade