

No Nonsense

A 2014 Beverly International Publication

Volume 19#3

GAIN MUSCLE
LOSE FAT

MASTERS
BODYBUILDING
BEST CONDITION AT 47



◆ **BIKINI**
◆ **FITNESS**

LOOK - FEEL
BE STRONG

SUPPLEMENT
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MY PASSION TO "LOOK", "FEEL" AND "BE" STRONG

"I am now starting my 4th year of competing and I have learned a lot. I have learned what my body is capable of and how to use food and workouts to change my physique."



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HOW I ACHIEVED MY BEST CONDITION EVER AT AGE 47!

"My main objective this year was to allow myself enough time to attain my best possible condition while staying focused on my meal plan and workout plan. On the day of the show, as I took some morning pictures I knew I had already secured the victory of being in the best shape of my life."



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ATHLETES OF ALL KINDS ARE USING THESE DOSAGE SECRETS TO PUSH THEIR PHYSIQUE TO THE "TIPPING POINT" AND BEYOND!

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"I'd sit in front of the TV watching the Fitness America Pageants and try my hand at some of the one handed pushups and strength holds the competitors were performing. My mom would say 'Kalyn, that could be you one day.' She is my mom, so of course she'd say that, but I never thought it might actually come true."



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FOR THE "MAN IN THE MIDDLE" WHO WISHES TO GAIN MUSCLE AND LOSE FAT

"In this article we will present a comprehensive training, nutrition, and supplement plan for the man who wishes to gain muscle (primarily) while at the same time lose some excess body fat."

ON THE COVER: Melissa Rayburn, photo by JC Norton, Musclehead Graphics

PHOTOS BY: JC Norton, Rick Lohre, OAMG Photography, Steve Colescott

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PHOTO BY RICK LOHRE

My Time to Shine in **FITNESS & BIKINI**

By: **Kalyn Friddle**

I can recall watching the Fitness America Pageants on TV and also attending a few bodybuilding shows as a kid. I was a competitive gymnast at the time so the fitness routines were always my favorite! I'd sit in front of the TV and try my hand at some of the one handed pushups and strength holds the Fitness America competitors were performing. My mom would say "Kalyn, that could be you one day." She is my mom, so of course she'd say that, but I never thought it might actually come true.

Years later after my gymnastics career ended, I started weight training and doing some cardio while in college, but with no direction or goals. I really needed something to challenge me, push me past my limits, and give my workouts purpose. I knew that I'd like to try a fitness competition, but something kept holding me back. Maybe it was fear of failure, or fear of the unknown. Finally, after seeing a coworker's success with the Fitbody program, I made my first small step toward competing and emailed Julie Lohre.

I joined Team Fitbody in January of 2013! At first, I wasn't sure which division to compete in. I always loved the fitness division as noted above, but I was also interested in bikini. With Julie's input, I decided to shoot for the bikini division for my first contest, the NPC Northern Kentucky. Within a few weeks of training, I could already see a difference in my physique. I was leaning out and getting tighter. Every check in with Julie showed positive progress and I was gaining confidence as the contest approached. However, when I arrived at the show and saw the other girls in my division, I grew extremely nervous. Every single girl looked amazing. Still, I was there to have fun and use the event as a learning experience. I ended up bringing home 1st in bikini class A and was hooked on competing. Three weeks later, I competed in the Natural Indiana placing 1st in my class. 2 weeks after that I competed in the Derby and placed 3rd.



PHOTOS BY RICK LOHRE

I've now evolved to a fitness competitor with the Fitness America organization, while also continuing to compete in the NPC. I competed in my first fitness competition at the Ohio Valley Fitness America show in the fall of 2013 placing 1st. One month later I competed in the NPC Kentucky Muscle and placed 1st in bikini class A. So far in 2014 I have one competition under my belt - the Natural Indiana - where I placed 2nd in bikini class A.

All in all, this past year has truly been amazing. I would not change a thing in my show preparation or contest performance. In the remainder of this article I'd like to present the components of my contest prep. I hope that you'll be able to incorporate my diet, supplement, and training templates into your own physique improvement schedule. Embrace your journey and learn from it each day!

■ Contest Prep Tips

Prepping for shows has now become a lifestyle with small tweaks as I get closer to a competition. At the beginning it was quite a challenge to eat 6 times a day. Even harder was thinking that I needed to eat chicken at every meal and be in the gym hours upon hours. But, after a week or two I quickly learned that planning ahead was key in making healthier choices and that I could have fun with my food. Instead of plain chicken I made stir-fry chicken or swapped the chicken for beef. I was never in the gym longer than an hour and a half.

■ Contest Diet

Meal 1: UMP pancakes or crepes with strawberries on top (BeverlyInternational.com click on recipes), or Yogurt Parfait- 6oz Greek yogurt, ½ an apple, ½ cup Fiber One All-Bran cereal and 1 hardboiled egg

Meal 2: 1 tbsp peanut butter with 2 rice cakes

Meal 3: Large salad with onions, mushrooms, peppers, carrots, celery, 4oz chicken breast and 1 tbsp oil and vinegar salad dressing

Meal 4: 1 cup strawberries with 1 cup baby carrots

Meal 5: 6oz salmon (or another lean protein source) and 2 cups of veggies

Meal 6: Julie's Chocolate Chip Cookies (These are amazing!) See No Nonsense vol 19, #2 for the recipe.

**I love the flexibility that I get working with Julie Lohre. The substitution list she provides keeps me from getting bored with meals. **

KALYN FRIDDLE AT A GLANCE

Age: 25

Occupation: Personal Trainer

Family: My parents Kem and Eric Friddle, older sister Kari, my sweet baby nephew Kameron, and of course my boyfriend, Alex!

Current Residence: Columbus, IN

Years training (total): 9 years

Height: 4'11"; **Weight:** 106 (off-season), 101 (contest)

Favorite Bodybuilding Meal: I always look forward to my UMP Pancakes with strawberries on top; I could eat these for every meal! I also love Julie Lohre's UMP Protein Chocolate Chip Cookies (see No Nonsense Volume 19, #2). These are amazing for my sweet tooth!

Favorite supplements: I absolutely love UMP; I don't think I could get through contest prep without it! I make UMP pancakes, cookies, puddings and brownies! I also love to use UMP as a quick shake when in a pinch for time. Glutamine Select is another favorite, it really speeds up my recovery after an intense workout.

What would you recommend to someone who has never used Beverly supplements before? UMP, due to its amazing taste and the numerous ways you can use it!

Music: I love dub step and remixed music. Anything that is upbeat helps push me through those tough workouts.

Hobby or interests outside fitness: Gymnastics, hiking, traveling, cooking, baking, trying any new sport.

Words to live by: "Challenge your Abilities"

■ Supplement Schedule

FitTabs: 2 tablets in the morning and 2 tablets in the evening. I take FitTabs everyday for overall health benefits, and to ensure I am getting all the essential vitamins, minerals and micronutrients.

Lean Out: 2 capsules with 5 meals a day. I take Lean Out to aid in the process of using stored fat and turning it into energy while losing body fat and maintaining my muscle.

Fast-Up: 2 capsules in the morning and 2 capsules at lunch time. While prepping for a show I will add Fast-Up when I need that extra little bit of energy to power through my intense workouts, cardio sessions and routine practice.

Glutamine Select: 1 scoop during my workout mixed with 12oz of water. Glutamine Select provides me with my BCAA's to preserve lean muscle along with aiding recovery from my workouts.

UMP: 1-2 scoops daily. UMP is a staple in my diet whether I am prepping for a show or not. I will use UMP for breakfast (pancakes, crepes, or throw a scoop in some oatmeal), after a workout or for a dessert at night time. The possibilities are limitless with this product.

Training

When it comes to weight training, I have found how much I love and how well my body responds to Tabata style weight training or supersets with cardio mixed in between each superset. Both of these training methods keep me from getting bored and remind me of my past training as a competitive gymnast. I always incorporate 10-15 minutes of stretching after my workouts. Stretching helps aid in muscle recovery from my workouts along with keeping my flexibility for my fitness routines.

Here is a look into a weeks' worth of superset weight training! I start with 3 minutes of cardio, then complete all 4 sets of Superset #1 before moving onto my next 3 minute timed cardio.

Cardio

My two favorite types of cardio are plyometric / HIIT style and practicing my fitness routine! My plyometric/ HIIT cardio is performed 2 to 3 times per week for 20 to 30 minutes each session. Practicing my fitness routine is by far my absolute favorite type of cardio. It takes me back to when I was in gymnastics! I make it a goal to hit 10 routines per session. The further out from a show, the more rest time I take between routines. At the start, half are full out including tumbling, with the other half being just my strength and dance moves (leaving the tumbling out). When a show is getting closer, the number will stay the same with the rest time decreasing from 3 minutes to about 1 minute. At that time my goal is to perform almost all 10 routines full out with all my tumbling and strength skills.

Day 1: Shoulders, Triceps and Glutes: 4 sets of 10-15 reps each exercise

3 min Cardio

Superset #1: Seated Overhead Press & Tricep Kickbacks

3 min Cardio (Sprint)

Superset #2: Bent Over Rear Delt Raises & Close Hand Pushups

3 min Cardio (Sprint)

Hamstring/Glute Circuit: Single Leg Lunge Off Bench (Romanian Lunge), Pulsing Glute Raises on Stability Ball, & Plié Squats

3 min Cardio (Sprint)

Finisher: Pilates Side Leg Raises on each side

10 min Sprint Intervals

Day 2: Chest, Back, Abs: 4 sets of 6 reps for chest/back; 15 reps for Abs

3 min Cardio

Superset #1: Cable Crossover & Dumbbell Pullovers

3 min Cardio (Jump Rope)

Superset #2: Incline Bench Press & T-Bar Row

3 min Cardio (Jump Rope)

Superset #3: Barbell Curl & Reverse Crunch

3 min Cardio (Jump Rope)

Superset #4: Weighted Floor Crunch & Alternating Hammer Curl

10 min Sprint Intervals

Day 3: REST or I add in some extra stretching/ flexibility

Day 4: Delts and Legs: 4 sets of 6 reps for Delts; 20 reps for Legs

5 min Cardio (Sprint)

Superset #1: Lateral Raise & Narrow Stance Squat

5 min Cardio (Sprint)

Superset #2: Reverse Pec Deck & Lunges

5 min Cardio (Sprint)

Superset #3: Front Raise & Weighted Step Ups

10 min Sprint Intervals

Day 5: Back, Calves, Abs: 4 sets of 6 reps for Back; 20 reps for Calves & Abs

5 min Cardio (Jump Rope)

Superset #1: Pull Ups & Stability Ball Pike Ups

5 min Cardio (Jump Rope)

Superset #2: Hammer Strength High Row & Leg Lifts

5 min Cardio (Jump Rope)

Back, Ab, & Calves Circuit: Seated Row, Plank with Knee Drives, & Calf Raises

10 min Sprint Intervals

Day 6: Plyometric Cardio or Fitness Routine skill work

Day 7: REST

■ Presentation Tips

I was a shy kid growing up who you'd never guess would enjoy being on stage in front of a crowd of people, but that is far from the truth. From county fair pageants as a kid, to the competitive stage today, I love demanding the attention of the audience and the judges. And that's exactly what you need to do when you hit that stage. Step on that stage with your head held high, shoulders pulled back, and the confidence that you've built from all the hard work you've put in.

So, how do you work on getting that confidence on stage? Practice! I practice my posing 2 to 3 times per week and even more when a show gets closer. I practice in front of a mirror, then videotape myself without mirrors so I can analyze my presentation and see what I need to work on.

After weeks of preparation, hard work and pushing through all those extra reps, stepping on stage is the icing on the cake. It's your time to shine. Enjoy the time you're up there. Look at those judges and look at all those fans in the audience and be proud! The real competition is not with the other competitors; it's with yourself. Always try to outdo your previous best. The competition itself is more like a celebration onstage with friends. I can't count how many friendships I have gained along my journey, and the show gives us a reason to get together!

My competitive career is just beginning and I can't wait to see what is in store. There are no words to express how thankful I am for my family, boyfriend, friends, Julie and Rick Lohre who have supported me through my fitness journey and the amazing Beverly International supplements that help fuel my body. I should have believed what my mom told me as a kid, "That is going to be you one day!" ■



How to Design a Personalized Supplement Regimen to Meet Your Goals and Budget

START: Choose the profile that best matches your goal.

ESSENTIAL (#1's) : Supplements listed as number "1" under your goal profile should form the foundation of your supplement plan. If 1a and 1b (or 1c) are listed choose one, or more for variety.

ADVANCED (#2's): Add #2's to Essentials if your budget allows. If 2a and 2b are listed, choose one or both.

COMPREHENSIVE (#3's): Add the #3's to your Essential and Advanced supplements.

MAXIMUM (#4's): For those who "want it all", add #4's for a complete supplement strategy to achieve your goal.

Females							
Goal Emphasis	Active Female Shape-Up	Beach Body	Toned Athletic Physique	Fit 45+	Womens Physique Shape & Muscle	Figure Pre-Contest	Bikini Pre-Contest
UMP	1	1a	1a	1	1a	1	1
Muscle Provider		1b	1b		1b		
Provosyn			1c		1c		
Creatine Select				4a	2		
Glutamine Select	3a	3a	2	3		2	2
Mass Aminos					3	3	
Ultra 40					3	3	
Lean Out	2	2	3	2		1	1
7 Keto MuscLEAN		2		3		1	1
Density			3			3	2
Quadracarn				1	2		
Muscle Synergy				4b	4		
Muscularity	3b	3b				2	2
GH Factor				2		4	
Energy Reserve		4	4			3	3
Fit Tabs / EFA Gold	1	1	1	1	1	1	1

Goal Emphasis	Males who primarily want to build muscle while losing stored fat					Pre-Contest	
	Increased Muscle Size	Emphasis on Fat Loss	Maximum Strength and Size	Athletic Improvement	50 & UP	Mens Physique	Mens Bodybuilding
UMP	1a	1	1b	1a	1a	1	1
Muscle Provider	1c		1c			1a	1a
Provosyn	1b		1a	1b	1b	1b	1b
Mass Maker Ultra			1	1c			
Creatine Select	2	3	2	2	2		1
Glutamine Select	4	3		2	3	1	1
Mass Aminos	3		3			2	3
Ultra 40	3		3			2	3
Lean Out		2				1	2
7 Keto MuscLEAN		2				1	2
Density		4			3	3	2
Quadracarn	1	1	4		1	1	1
Muscularity		4				3	4
Muscle Synergy	4		4	3	4	4	4
Super Pak / Fit Tabs	1	1	1	1	1	1	1

Need More Help? Email bevnut@beverlyinternational.net or call 800-781-3475. Our expert supplement advisors are here to help you.



FITBODY *Lifestyle*

IT'S NOT A DIET IT'S A LIFESTYLE

Designed to change the way you think about food and fitness, the FITBODY Lifestyle Plan is your 8 week plan to a strong & healthy body!

ARE YOU READY?

- ✓ Tired of losing weight, only to gain it back again?
- ✓ Want more energy to do the things you want?
- ✓ Ready to get serious and take your fitness to the next level?
- ✓ Need a plan with no guesswork and proven results?
- ✓ Looking for an a more cost effective training option?

Julie Lohre's FITBODY Lifestyle plan is an 8 week step-by-step guide designed to take you through exactly what you need to do both in the gym and in the kitchen. Designed specifically for a woman's body, it's the next best thing to training online with Julie!

"Live like a Fitness Pro... YES! You really can!"

This plan is not for *Perfect Women with Perfect Bodies*. It is specifically designed for the woman that wants to lose some weight, but most importantly, wants to find a plan that she can LIVE with long term. This is how Julie lives her life everyday! It is not an extreme weight loss program where you will lose 20-40 lbs in a month.

The FITBODY Lifestyle plan includes:

- ✓ A **Comprehensive 8 Week Plan** where Julie lines out exactly what to do... **No Guesswork!**
- ✓ **FITBODY Training Plan**, what exercises, how many reps, how many sets...specifically targeting women's trouble spots - **Abs & Glutes!**
- ✓ Hidden cardio throughout the plan with Julie's **Endurance Training** to keep your body working hard but to never let you be bored!
- ✓ Full **Stretching Guide** to help you prepare your body for the intense workouts.
- ✓ Well rounded **Nutrition Plan** that includes tons of high nutrient foods - you will be encouraged to eat more than you ever thought and still get great results!
- ✓ **The next best thing to training online with Julie!**

Elspeth Polit
FITBODY CLIENT



"I feel healthy, strong & confident when I'm maintaining a healthy lifestyle. When I feel this way, everything in my life is more positive."

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IT'S TIME TO FEEL GOOD ON THE INSIDE AND LOOK AMAZING ON THE OUTSIDE!!!

Dear Reader,

Aside from my work training hundreds of women around the world over the last decade, I have worked to maintain balance in my own life and with my own nutrition & training. It has not always been easy, but I am happy to say, that I have found a way to live life to the fullest, to feel great and to maintain within 2-3 lbs of my ideal weight day in & day out.

These days, if I need to do a photo shoot, I just tighten my diet for a week or two and I am ready to go. I never allow myself to get too far on either side of that happy body place. Notice I did not say that I stay where my body is in "perfect condition". I stay where I feel great both about where my body is and how I feel. If I get too lean, my energy plummets and I don't function as well. Learning to love the body that God has given me and that I have worked so hard on is what I call success.

My FITBODY Lifestyle Plan is not for perfect women, with perfect bodies. It is for women that are ready to make a LIFESTYLE change, who want to train to be good at life. Your results will not be fast, but they will come with consistency over time. In the words of my favorite financial guru, Dave Ramsey, "We aren't selling microwaves here, we are selling crock-pots." I am so excited to share with you my FITBODY Lifestyle!



Julie Lohre – Women's Fitness Expert

Take the time, put in the work.

I promise you, it will be worth it!

Julie Lohre

IFBB Fitness Pro, Certified Personal Trainer & Women's Fitness Expert



Just a peek inside the plan..

FITBODY Lifestyle

JULIE LOHRE'S 8 Week Plan to a STRONG, HEALTHY & FIT BODY

IT'S NOT A DIET IT'S A LIFESTYLE

FREE BONUS

JUST \$59

BUY NOW

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