



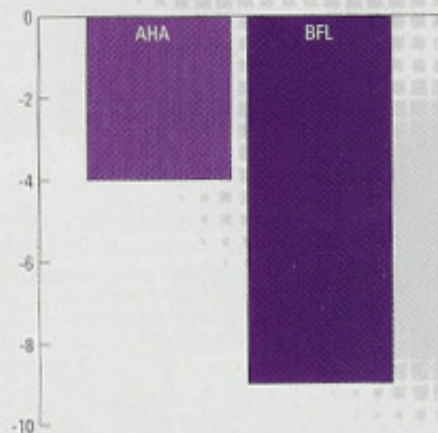
RESEARCH UPDATE

David Kennedy reports on research important to your mental and physical fitness.

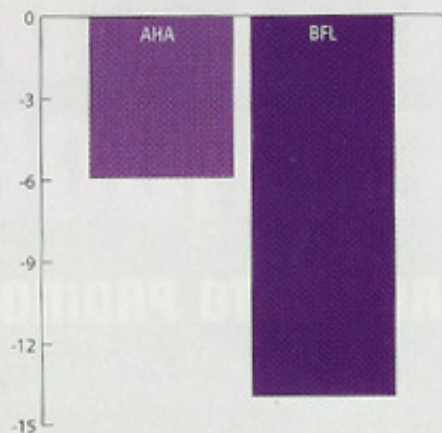
BODY-FOR-LIFE CLOBBERS THE COMPETITION IN RECENT STUDY

A much-anticipated recent clinical showdown pitting two heavyweight exercise and nutrition programs—the American Heart Association's (AHA) exercise and nutrition plan versus *Muscle Media* founder Bill Phillips' Body-for-LIFE (BFL) Program—turned out to be one of the biggest mismatches since last summer's Tyson-Lewis fistful face-off.

From the opening bell, BFL boxed the ears off the AHA program, beating the pants off the national health agency's exercise and nutrition prescription in every one of the indices of overall health measured in the eight-week study.⁴ Specifically, Prof. Michael



WOMEN: PERCENTAGE DECREASE IN BODY FAT AFTER EIGHT WEEKS



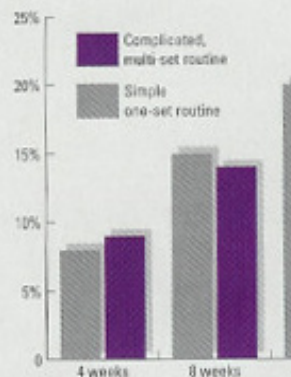
MEN: PERCENTAGE DECREASE IN BODY FAT AFTER EIGHT WEEKS

Ormsbee and his colleagues from Skidmore College in Saratoga Springs, N.Y., found that over the course of the trial period, the BFL program burned over twice as much fat in women and nearly three times as much fat in men. What's more, BFL reduced total cholesterol by nearly 70 percent in both men and women, while the AHA program hardly had any effect on total cholesterol. BFL also produced over twice the gains in one-repetition leg strength.

What this means to you: New clinical research is confirming what hundreds of thousands of people from around the world have already discovered: When it comes to transforming your body and improving your overall health, a vigorous, integrated approach to nutrition and exercise, such as the one outlined in Phillips' Body-for-LIFE Program, can't be beat.

BASIC BENCH PRESS PROGRAMS JUST AS GOOD

Basic, single-set bench press work just as well as those "periodized" plans, according to research presented at this year's National Strength and Conditioning Association meeting in Indianapolis.⁵ In a study, researchers from Wayne State University in Wayne, Neb., assigned 28 male subjects to either a simple, straightforward bench press program (using 75



one-repetition maximum [1RM] or a periodized plan involving multiple sets and "pyramid" sets so many of the heavy weight-training experts recorded.

Interestingly, after four, eight weeks, there was hardly any difference in 1RM increase between the two groups, with those using the simple program experiencing a 20 percent increase after week 12 compared to a 22.5 percent increase among those using the complicated program.