



Muscle & fitness 2008 August - Rock-hard Challenge

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COVER PHOTO: Michael Darter; Model: Binai Begovic SPECIAL SECTION ROCK HARD CHALLENGE 2008, MONTH 2 Your physique transformation is under way! Keep the gains coming with the complete training program for the next phase of our three month challenge, loaded with muscle building intensity and fat burning cardio. It's built for anyone seeding a lean, strong body. By Joe Wuebben, Program by Jimmy Pena, MS. CSCS ROCK - HARD DIET, MONTH 2 Fight fat and craft lean muscle 24/7 with this nutrition plan. Although it's specially designed for those taking on the Rock-Hard Challenge, it's a powerful plan for anyone training for their best body ever. By Jim Stoppani, PhD THE ROCK HARD CHALLENGE RULES Ready to put your results to the test? Find out how you can enter to become the 2008 rock Hard male of female champion, and earn yourself a \$2,500 grand prize in the process. TRAINING & FITNESS BREAK THROUGH TO A BETTER YOU Attain a beach ready physique with 97 explosive tips to bust through any training plateau. By Jim Stoppani, PhD, and Jon Finkel FINE TUNE YOUR LEGS IN FOUR WEEKS You can train your legs and then you can train your legs, big difference. This monthlong routine does the latter to make you bigger and stronger. By Jimmy Pena, MS, CSCS THE SMITH SMACKDOWN From the muscleandfitness.com message boards, we give you the hottest debate in 2008: what's the Smith machine good for? By Jon Finkel, Jimmy Pena, MS, CSCS, and the members of muscleandfitness.com FIRE UP YOUR DELTS Amateur bodybuilder and professional firefighter Steve Kuclo builds big shoulders with this red-hot routine. By Lara McGlashan LATS LIKE LADO'S Shapely lats and steel traps keep IFBB figure pro Mary Elizabeth Lado near the top of the figure world. By Jon Finnkel NUTRITION & SUPPLEMENTS

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