FOR WOMEN!
THE SCIENTIFIC APPROACH TO HEALTH AND FITNESS

FITNESS Rx
YOUR ULTIMATE PRESCRIPTION

BLAST BELLY FAT!
The Best Diet and Workout
By July 4th

Melt 10 LBS in 21 DAYS

Jackie Warner’s Latest Fitness Advice!

Amazing Abs!

June 2011

TONE IT UP!
STRONG
SED ITS
SLEEK
E-Z bar spider curls

Upright barbell rows

Wide-grip pull-ups, unassisted
Box Jumps

One-Legged Leg Presses
Standing cable flyes

Dumbbell incline chest presses

Bench triceps dips with feet on balance ball
Nicole Wilkins’ Ms. Figure International Championship Workout

BEAUTY & BRAUN

BY SHOSHANA PRITZKOFF

With her lean, sleek body and a perfect, toned physique, Ms. Figure International Nicole Wilkins' workout has become a sensation. Nicole's dedication to fitness and her commitment to staying in shape have made her a role model for women around the world. Here are some tips from Nicole that will help you reach your fitness goals:

1. **Consistency is Key:** Nicole emphasizes the importance of consistency in her workouts. She recommends incorporating a mix of cardio and strength training exercises to keep your body challenged and progressing.

2. **Hydration:** Nicole stresses the importance of staying hydrated. Drinking plenty of water before, during, and after your workouts can help prevent dehydration and improve performance.

3. **Nutrition:** Nicole believes in eating a balanced diet that includes a variety of nutrients. She recommends focusing on lean proteins, healthy fats, and complex carbohydrates to support your fitness goals.

4. **Rest:** Nicole believes in the importance of rest and recovery in achieving your fitness goals. She recommends getting enough sleep and allowing your body time to recover between workouts.

5. **Mindset:** Nicole's mindset is one of dedication and perseverance. She believes that with a positive attitude and a willingness to work hard, anyone can achieve their fitness goals.

With these tips from Nicole, you can start your journey towards achieving your own fitness goals. Remember, consistency, hydration, nutrition, rest, and a positive mindset are the keys to success.
NICOLE'S CHAMPIONSHIP WORKOUT

When you're in Nicole's new weight-training routine, it feels like the same workout, but it doesn't feel that way. "I have to push myself more," she says. "It's a challenge to improve, and I want to do it for my career."}

NICOLE'S MOST NOTEWORTHY ACHIEVEMENTS
2007: NFC Team Universe Fitness and Figure National Overall Champion (awarded Pro Status)
2009: FBB Europe Orlando Pro Figure Champion
2009: FBB New York Pro Figure Champion
2009: FBB Figure Olympia Champion
2010: FBB Figure International Champion
2011: FBB Figure International Champion
2011: FBB St. Louis Pro Figure Champion

ON TRAINING AND GOALS

"I have to push myself more," she says. "It's a challenge to improve, and I want to do it for my career."
Day 1: Shoulders
- 3x10 Dumbbell shoulder presses
- 3x10-15 One-arm cable lateral raises
- 3x15 Upright barbell rows
- 3x15 Plate row shrugs
- 3x10-15 Bear drills flyes on the pec deck

Day 2: Chest and Arms
- 3x15 of each in a row (HIIT)
  Dumbbell incline chest presses
  Standing dumbbell alternating curl
  Skull crushers with the EZ-bar
- 3x15 in a row (HIIT)
  Standing cable flyes
  Cable straight bar curls
  Cable rope pushdowns
- 3x15 in a row (HIIT)
  Push-ups to failure
  Box bar spider curls
  Bench dips with feet on balance ball

Day 3: Legs
- 3x1-minute box jumps with 30-second rest
- 3x15 Step-ups onto a bench holding 15-pound dumbbells
- 3x15 One-legged deadlifts
- 3x20 Switch split jumps on each leg with 30-second rest
- 3x20 Leg extensions
- 3x15 Front bridge
- 3x15 Stiff-legged deadlifts

Day 4: Back
- 3x10 Wide-grip pull-ups, straightened
- 3x13 Seated close-grip cable row
- 3x15 High-bar pull-downs on Hammer strength machine
- 3x15 Reverse-grip barbell rows
- 3x15 Pulleys on cable with straight bar

Day 5: Light Shoulder Circuit
- 4x20 great set
  Seated military presses
  Upright barbell rows
  Double-arm later raises with dumbbells
  Standing rear delt dumbbell flyes

Nicole’s Daily Supplements:
- Max-RE Super Joint Strength — glucosamine for my joints
- Max-RE TriScope 3-4-9
- Max-RE Human Growth — for muscle recovery
- Max-RE BCAA 3500
- Max-RE Glutamine Amino Energy
- Max-RE CLA Energy
- Max-RE Super Greens Power
- Max-RE Super Reds Power
- Vitamin C

Nicole’s Nutrition Plan:
- Meal 1: 1/2 cup oat bran
  5 egg whites
- Meal 2: 4 oz. grilled chicken
  12 strawberries
  1 cup veggies
- Meal 3: 1 cup chicken
  4 oz. sweet potatoes
  1 cup veggies
- Meal 4: 2 oz. cod
  1/2 cup brown rice
  1 cup veggies
- Meal 5: 8 oz. steak
  1 cup broccoli
  1/2 cup veggies
- Meal 6: 8 egg whites or 1 tub scoops Max-RE Aminogen
  Whey Protein Powder
PLATE FRONT RAISES

REAR DELT FLIES ON THE CABLE MACHINE