

# TIGHT! XTREME RELOADED DECLARES WAR ON FAT! HAVE YOU?

**INDIA  
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The "SUPER AMPED" combination of fat burning compounds comprising **TIGHT! XTREME® RELOADED** go above and beyond the "CALL OF DUTY" to deliver on the promise of an advanced fat-burning, muscle-preserving and mood-enhancing supplement.

The boost from **TIGHT! XTREME® RELOADED** is so unique and all-encompassing, it's like you never had a rush of adrenaline before!

Now is the time to experience what full blown fat loss is all about! Now is the time for **TIGHT! XTREME® RELOADED!**\*

## SAN

We Deliver **RESULTS!**

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\* Please consult your physician before starting Tight! Xtreme® and any other diet and exercise program. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Tight! Xtreme® may not work for everyone. Do not use Tight! Xtreme® if pregnant or nursing. Not for use by or sale to persons under 18 years of age.

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## { PICK IT KICK IT } Snacks for Abs

**FIT TIP:  
MUNCH  
BETWEEN  
MEALS.**

Regular core training and snacking in between meals can get you closer to a tighter core by keeping the metabolism high and hunger at bay. However, overdo it with the wrong snacks and you'll surely undo all of your hard work at the gym. Next time you have the munchies, consult this chart. Whatever you're in the mood for – sweet, salty or savory – there's a better abs-friendly option.

—HEATHER BAINBRIDGE, RD, CDN



**ASHLEY SCHUT**

BODYSPACE PROFILE NAME !!!

To read more about Ashley and her progress, visit her at [bodyspace.bodybuilding.com](http://bodyspace.bodybuilding.com)

### PICK IT

### KICK IT

**DRIED APRICOTS** (WITHOUT ADDED SUGAR) take up less room in the stomach, so they tend not to bloat the belly. Pack a 1/2 cup serving in a plastic baggie to help with portion control.



**WANT SWEET?**

**PROTEIN BARS** contain sugar alcohols that may cause gas and bloating because they are poorly digested in the intestine. They're listed as glycerol, sorbitol and mannitol.



**EDAMAME** (GREEN SOYBEANS) with a pinch of Kosher salt, whose grains are bigger than those in table and sometimes even sea salt, can sate a salty craving without the sodium overload.



**CRAVING SALT?**

**FRENCH FRIES** deliver a double hit of salt and fat. The body retains water when processing salt, while the high fat content slows down digestion. The outcome: big-time belly bloat.



**EVEN SWEET POTATO FRIES CAN'T BE TRUSTED.**

**ROASTED ALMONDS** (UNSALTED) contain monounsaturated fat and fiber, which help curb appetite and abdominal fat buildup. Keep portions to 1 ounce maximum.



**SAVORING CRUNCH?**

**PRETZELS** can cause bloating, gas and water retention due to the salt content, and they contain starch, which can be difficult to digest, especially in large portions.



**IT'S TOO EASY TO OVEREAT THESE!**

## Whey matters

FOR A TASTY WHEY RECIPE, TURN TO PAGE 68 FOR OUR SHAKE OF THE MONTH.

Drinking 25 grams of whey protein immediately after your workout is more effective for building muscle than consuming smaller dosages throughout the day, shows research from *The American Journal of Clinical Nutrition*. Whey protein is a by-product of dairy that is loaded with high levels of the amino acid leucine, whose main role is to start an internal chain of events that activates protein synthesis in cells (kind of like a ring leader!). So, having more leucine in your body after you've depleted it through exercise is key to building lean muscle faster.



**FRUIT HELPS WHEY GET INTO MUSCLES.**

**Amino Energy** Essential Amino Acids by Optimum Nutrition  
▶ 30 Servings

**Complete Casein** by CytoSport  
▶ 2.05 Lbs.

**Elite Gourmet** Ultimate Muscle Fuel  
▶ 2 Lbs.

**Platinum Hydro** Advanced Hydrolyzed Whey Protein by Optimum Nutrition  
▶ 1 lb.

**Syntha-6**™ An Ultra-Premium Release Protein by Optimum Nutrition  
▶ 2.91 Lbs.

\*Prices subject to change

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**BEST SELECTION**

\*These statements have not been evaluated by the FDA.