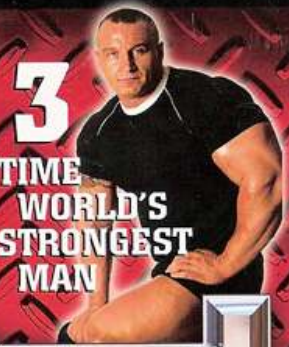


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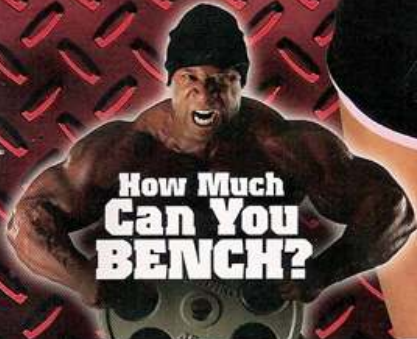
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# RICO CONNOR

BY FRANK SEPE

Rico Connor is 51 years old and has been training for over 25 years. He has won the only two bodybuilding contests he's ever entered. He is the 2002 Nevada State Bodybuilding Championship Masters Champion and the 2002 MuscleMag Universe Model quest Masters Champion. In addition to writing monthly columns for *Fun & Fit* (a local Las Vegas fitness magazine) and *Strip-LV Magazine*, he has been published in *Muscle & Fitness* and *FLEX* magazines and is working on his first book, *Total Health for Life: Mind & Body*. We sat down with Rico to find out just what this 51-year-old marvel does to maintain such an incredible physique.

**Frank Sepe:** You have a very interesting job. Can you give our readers a rundown on what you do? I have a feeling you're going to get a lot of calls for an apprentice.

**Rico Connor:** I am director of guest relations for one of the biggest night clubs in Las Vegas. I have relationships that I have built with many casino hosts, nightclub hosts, restaurant management, and various other independent hosts. They refer many guests to my club, where I personally take care of them and show them the best time possible. I am the host of the club. It's a non-stress, fun job. It doesn't hurt knowing the biggest people in the world of movies, music, and sports.

**FS:** You don't live the typical lifestyle of a bodybuilder, meaning you're not in bed by 10 p.m. and up at 6 a.m. for training. You're not eating egg whites at work, etc. Yet, you are in phenomenal shape. At 51 years old you have the body of a 25-year-old.

**Rico:** I work the other 9 to 5 — 9 p.m. to 5 a.m.! I have always worked those hours and prefer them to the

hours of the rat race. I eat two to three meals at work as we have a kitchen. I eat chicken breasts, veggies I bring from home, protein bars or shakes, and fruit. I keep to my diet, no matter what I do or where I go. It's called discipline. I get seven hours of sleep at least, and always have five meals a day. I am so passionate about my health that I built one of the best home gyms in the country. I knocked out my garage and two adjoining bedrooms. It is professionally mirrored and matted, with stereo sound, and is like walking into a Gold's Gym—Smith machine, cable machine, hack squat, knee extension, abs, chest fly, calf, incline and leg press professional machines. I have reversed the aging process with my program as you can see in my pictures. I feel that my body is about 20 years younger than my actual age.

**FS:** Many people just can't get motivated. What motivates you to go to the gym and train?

**Rico:** I love the gym. It is my sanctuary! It is where I'm

the king in my castle and I am in my zone. I forget about any problems, let my iPod rip, and get into the music and my workout. Endorphins baby! My goal each year is to continually get better. When you see your body physically changing from your hard work, that is all the motivation you need! You want to keep on growing.

**FS:** Tell us about your training routine. Do you train heavy or light, and why?

**Rico:** I do a four-day weight and three-day cardio week. My push-pull routine is as follows:

- Day 1) Chest & Triceps
- Day 2) Back & Biceps
- Day 3) Legs & Calves
- Day 4) Shoulders, Forearms & Abs

I usually pyramid up in each exercise, using light weights and high reps in the first set to warm up my muscles sufficiently. I have almost always gone heavy because I have no genetics and need to push myself to grow. Sometimes I use about half the weight and do very slow reps (5 seconds each way) to tap myself

out in a different way. It's intense; try it!

**FS:** How much cardio do you do a week?

**Rico:** Cardio is two hours a week (3 x 40 minutes).

**FS:** Do you take a certain amount of rest days?

**Rico:** I think you should do something every day. The human body wasn't meant to be sedentary.

**FS:** What do your daily meals consist of?



**Rico:**

**Meal 1:** Shredded Wheat and almond milk with two scoops of pure isolated protein powder in it, OJ, coffee and a handful of almonds.

**Meal 2:** Chicken breast in a whole-wheat wrap, veggies, and tomato juice.

**Meal 3:** Post workout: Protein shake with ice cream, almond milk, glutamine, banana, and blueberries.

**Meal 4:** Salmon and broccoli with potatoes.

**Meal 5:** Protein shake with no carbs before bed to keep my positive nitrogen balance.

*FS: At 51 years old, do you feel like you are limited in any way when you train?*

**Rico:** I have never been limited except I don't do squats anymore, as I don't want to put the pressure on my spine. I use leg press machines instead, which take my back out of the exercise.

*FS: Do you take any particular supplements or vitamins?*

**Rico:** I am the king of supplementation! Are you ready? Flaxseed oil, Ester C, Ester E, garlic, chlorella, green food, lipoic acid, green tea extract, digestive enzymes, lycopene, colostrum, coenzyme Q-10, saw palmetto and L-carnitine liquid. In today's world of pollution, stress, busy schedules, secondhand smoke, lack of sleep, injuries, and processed food it's practically impossible to get [what your body needs].



*FS: What advice would you give someone who just started training?*

**Rico:** Stick to the basics and be dedicated and disciplined. It's all about mind-body connection. Make a plan of daily, weekly, and monthly action and stick to it! Don't just think you can do it yourself. Enlist the help, motivation, and knowledge of a personal trainer and a nutritionist so that you can make good, sound, healthy gains. Remember, looking like I do is 85% diet and nutrition. You ARE what you eat, assimilate, and absorb!

*FS: I would say that there aren't many 51-year-old guys who*

*would get applause from a crowd based on his physique. Just look around your average shopping mall. What does it feel like knowing that you are receiving this adulation because you have a great physique?*

**Rico:** I'll tell you what, Frank; it feels good. I can't lie! I'm proud of my program and the body that it has created. It's many years of trial and error and hard work. But that is not why I keep in top shape. I wouldn't go back a second in time, as many good things come with age — spirituality, knowledge, wisdom, a sense of meaning, and a desire to help others. I hope that when my book is published, I will be receiving praise for helping to change many people's lives for the better. I want the second half of my life to be as a respected health/fitness expert.

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