

2017 ARNOLD CLASSIC COMPETITOR & EVENT INFO




SPECIAL BONUS!

TOP LEGAL STEROIDS'
"ANABOLIC PRO"
WILL "WORLD" HARRIS'
STEP-BY-STEP PREP FOR THE 2017
ARNOLD CLASSIC
INCLUDING HIS
EXACT
TRAINING, NUTRITION
& SUPPLEMENTATION
PROGRAM!

TOP LEGAL
STERIODS

PRESENTED BY TOP LEGAL STEROIDS & SAFE ANABOLIC SCIENCES

 <http://sprayflex.com>

VISIT THE WEBSITE

2017 ARNOLD CLASSIC

The Arnold Classic Bodybuilding Championships is the second most prestigious contest in the world, behind only bodybuilding's version of the Super Bowl, the Mr. Olympia. Unlike most events, the Arnold is an "invitation only" event where competitors are specifically chosen by a committee of experts to compete in the event.

This year, USA Heavyweight Bodybuilding Champion and Top Legal Steroids Anabolic Pro Will "World" Harris was invited to compete in the Arnold, fulfilling a lifelong career goal. To find out exactly how he is preparing for the event make sure to scroll down for the full details of his Arnold Classic prep.



SCHEDULE

Prejudging

Saturday March 4th, 2017

1:00PM – 4:00PM

Columbus Convention Center – Battelle Grant

Finals

Saturday March 4th, 2017

7:00PM – 10:00PM

Columbus Convention Center – Battelle Grant



PAYOUTS

1st	\$130,000	5th	\$15,000
2nd	\$75,000	6th	\$10,000
3rd	\$50,000	7th – 10th	\$2,000
4th	\$30,000	11th and Above	\$1,000

OVERVIEW



2017 COMPETITORS

- Fouad Abiad
- Lionel Beyeke
- Maxx Charles
- Vitaly Fateev
- Will Harris
- Josh Lenartowicz
- Michael Lockett
- Dallas McCarver
- Cedric McMillan
- Juan Morel
- Luke Sandoe



ARNOLD CLASSIC CHAMPIONS

- 1989: Rich Gaspari
- 1990: Mike Ashley
- 1991: Shawn Ray
- 1992: Vince Taylor
- 1993: Flex Wheeler
- 1994: Kevin Levrone
- 1995: Michael Francois
- 1996: Kevin Levrone
- 1997: Flex Wheeler
- 1998: Flex Wheeler
- 1999: Nasser El Sonbaty
- 2000: Flex Wheeler
- 2001: Ronnie Coleman
- 2002: Jay Cutler
- 2003: Jay Cutler
- 2004: Jay Cutler
- 2005: Dexter Jackson
- 2006: Dexter Jackson
- 2007: Victor Martinez
- 2008: Dexter Jackson
- 2009: Kai Greene
- 2010: Kai Greene
- 2011: Branch Warren
- 2012: Branch Warren
- 2013: Dexter Jackson
- 2014: Dennis Wolf
- 2015: Dexter Jackson
- 2016: Kai Greene

TOP LEGAL STEROIDS "ANABOLIC PRO"
& 2017 ARNOLD CLASSIC COMPETITOR
WILL "WORLD" HARRIS

CONTEST PREP, TRAINING,
NUTRITION & SUPPLEMENTATION

LET'S CUT RIGHT TO THE CHASE:

As promised above, we had the opportunity to sit down with champ and get the exact details of his contest preparation as he transforms his body from great off-season condition to shredded contest shape!



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S T E R O I D S

THE ONLY LEGAL STEROIDS
Used & Endorsed By Professional Athletes



**8 TIME
MS. OLYMPIA**



**NATIONAL
MIDDLEWEIGHT
CHAMPION**



**USA LIGHT
HEAVYWEIGHT
CHAMPION**



**USA
HEAVYWEIGHT
CHAMPION**



**6 TIME
NATIONAL
CHAMPION**



**MASTERS
NATIONAL
CHAMPION**

GET BIGGER, STRONGER & RIPPED

SCIENTIFICALLY PROVEN

BUILD EXTREME MUSCLE MASS

COMPLETELY LEGAL & SAFE

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DIET



BIG WILL'S PRE-CONTEST DIET:

Similar to his training, Big Will divides his nutritional program into the exact same three phases, each beginning and ending at the same time as the training phases. Here's his exact bodyfat-shredding program when prepping for a contest.

PHASE 1

From 25 Weeks Out to 12 Weeks Out

DOSE 1

2 Sprays Sublingually of Each - GH Flex, Winnie Flex & Test Flex

MEAL 1

15 Egg Whites
3 packages of flavored oatmeal (approx 81 carbs)

MEAL 2

10 oz. of Sirloin Steak (cooked weight)
3 packages of flavored oatmeal (approx 81 carbs)

MEAL 3

12 oz. Chicken Breast (cooked weight)
2 packages of grits (approx 60 carbs)

DOSE 2

2 Sprays Sublingually of Each - GH Flex, Winnie Flex & Test Flex

MEAL 4

12 oz. Chicken Breast (cooked weight)
1 ½ cups white rice (cooked measurement)

MEAL 5

12 oz. Chicken Breast (cooked weight)
2 packages of grits (approx 60 carbs)

MEAL 6

5 egg whites
1-2 cups spinach

DOSE 3

2 Sprays Sublingually of Each - GH Flex, Winnie Flex & Test Flex

DIET

PHASE 2

FROM 12 WEEKS OUT TO 7 WEEKS OUT

DOSE 1

2 Sprays Sublingually of Each - GH Flex, Winnie Flex & Test Flex

MEAL 1

12 egg whites and 3 whole eggs
1 package of flavored oatmeal

MEAL 2

8 oz. of chicken breast (cooked weight)
1 package of flavored oatmeal

MEAL 3

10 oz. salmon (cooked weight)
Spinach salad
2 Tablespoons blue cheese dressing

DOSE 2

2 Sprays Sublingually of Each - GH Flex, Winnie Flex & Test Flex

MEAL 4

12 oz. sirloin steak (cooked weight)
1 cup white rice (cooked measurement)
1 cup steamed cabbage

MEAL 5

12 oz. ground beef (cooked weight)
1-3 oz of almonds

DOSE 3

2 Sprays Sublingually of Each - GH Flex, Winnie Flex & Test Flex

The ground beef in Meal 5 is regular fat ground beef, not lean ground beef. The almonds are optional based on Will's hunger level.

DIET

PHASE 3

FROM 7 WEEKS OUT TO 3 WEEKS OUT

"My first three meals in Phase 3 are identical to Phase 2. However, I now replace red meat in meals 4 and 5 with an equal amount of chicken breast. Almonds are also eliminated in this phase".

PHASE 4

FROM 3 WEEKS OUT TO 1 WEEK OUT

Meal 3 is changed to 12 egg whites and 6 ½ oz. of canned tuna fish in water. The rice and cabbage is removed from Meal 4 and replaced with 2 oz. of natural peanut butter.

Regarding meal frequency, I'll eat every 3-4 hours.

- ✓ *I drink about 3 gallons of water per day.*
- ✓ *I don't take a cheat meal or a cheat day during the pre-contest phase.*
- ✓ *To make food prep easier, I cook as much food as possible at once, which tends to be mostly on my day off. Tupperware is my best friend when I'm dieting.*

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ANABOLIC PRO STACK

ACCEPT NO SUBSTITUTES

- Used and Endorsed By Professional Athletes
- Most Effective Legal Steroid Available Without a Prescription
- Clinically Proven Pharmaceutical Grade Ingredients
- Over 12 Years On The Market
- Based On 200 Years Of Proven Medical Science
- Fast Discreet Shipping

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TRAINING

BIG WILL'S PRE-CONTEST WEIGHT TRAINING PROGRAM:



When preparing for a contest, Will trains 6 days per week:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chest & Biceps	Calves & Abs	Quads	Delts & Triceps	Back & Abs	Off	Hamstrings

When it comes to sets, Will tends to have a unique three-stage approach, dividing the 25-week contest prep period into 3 segments and progressively reducing the number of sets per body part as he gets closer to the show.

TRAINING



"As the show approaches, my emphasis is not on building muscle anymore, but in holding the muscle and getting as lean as I can. I am also eating less and doing more cardio, so my energy expenditure has to be balanced somewhere. This also cuts down on my risk of injury"

Each body part gets the following number of working sets in each phase:

MUSCLE GROUP	PHASE 1 25 Weeks Out	PHASE 2 12 Weeks Out	PHASE 3 7 Weeks Out
Chest	15	12	9
Delts	15	12	9
Back	12		9
Hamstrings	15	12	9
Quads	15	12	9
Biceps	9	6 - 8	9
Triceps	9	6 - 8	9
Calves	To failure	To failure	5
Abs	To failure		5

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EXTREME MUSCLE MASS

ANABOLIC MUSCLE MASS & RECUPERATIVE AGENT

GH Flex
Maximum Strength Liquid Growth Hormone Formula For Muscle Mass, Rapid Recovery & Extreme Fat Loss

90 Doses Homeopathic
1.8 FL OZ (50ml) Alcohol 30%

SAFE ANABOLIC SCIENCES

- Significant Decreases In Bodyfat While Increasing Muscle Mass
- Increased Strength
- Enhanced Recuperation

- More Energy
- Better Sleep
- Enhanced Sex Drive And Performance

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TRAINING

In the first two phases of his program, Big Will completes 10-20 reps for upper body parts and 20-30 reps for his legs. In Phase 3, upper body parts get 12-20 reps and legs get 20-50 reps per set. Phase 3 also includes supersets and other high intensity techniques. Will's most shocking body part is his back. Here's his Phase 3 back workout for that dense, separated contest look:

Front Pulldowns	3 x 12-20
Seated Cable Rows	3 x 12-20
Front Chins	3 x 12-20
Close Parallel Grip Pulldowns	3 x 12-20



According to Big Will, "my off-season training is basically what you see from Phase 1 above, but I will go heavier at higher bodyweight but the training style stays the same."

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EXTREME STRENGTH & PERFORMANCE

ANDROGENIC MUSCLE MASS & PERFORMANCE FORMULA



- Mass Increased Muscle
- Increased Strength
- Increased Athletic Performance & Endurance
- Increased Sexual Performance & Libido

- Increased Energy
- Increased Mental Focus & Concentration
- Decreased Fatigue

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CARDIO

BIG WILL'S PRE-CONTEST CARDIO PROGRAM:

"I came to the conclusion some time ago I needed to do cardio in the off-season. I did 4-5 sessions every week for 45 minutes on the stationary bike and it really made a huge difference. Instead of going up to 320 pounds, I stayed around 290 which is 30 pounds of fat I wasn't carrying around and didn't have to lose," says Big Will.

When he's about 15 weeks out from a contest, he will start doing 2 cardio sessions per day, with 30 minutes per session, adding 5 minutes to one of the sessions per week. The cardio will continue to increase but he won't go over 60 minutes per session. He'll do cardio 5-6 days per week when he's closer to contest.



4-5

CARDIO SESSIONS PER WEEK



30-60'

AVERAGE DURATION OF EACH SESSION

"Typically I do the morning session on an empty stomach right after waking up, and will use the Stepmill machine on level 4. I'll do the second session around 8PM and will use the Stepmill and stationary bike, splitting my time between the two. The bike is typically set on level 8."

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GET SHREDDED!

POWERFUL ANABOLIC CUTTING AGENT



- Reduced Bodyfat While Maintaining Muscle Mass
- Optimized Metabolic & Thyroid Function
- Strength Without Excessive Weight Gain
- Increased Vascularity

- No Estrogen Conversion
- Reduced Carbohydrate Cravings
- Reduced Excess Fluid Retention

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SUPPLEMENTS



BIG WILL'S SUPPLEMENTS LIST:

Big Will's supplements are critical in pre-contest prep to balance his protein-rich diet. Will takes the following supplements daily:

- ✓ Multi Vitamin
- ✓ Multi Mineral
- ✓ GH Flex by Top Legal Steroids
- ✓ TEST Flex by Top Legal Steroids
- ✓ WINNIE Flex by Top Legal Steroids
- ✓ Branched Chain Amino Acids
- ✓ Glucosamine
- ✓ Branched Chain Amino Acids
- ✓ Glucosamine
- ✓ Vitamin E
- ✓ Vitamin C
- ✓ Calcium, Magnesium & Zinc
- ✓ Vanadyl Sulfate
- ✓ Chromium Picolinate

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THE ONLY LEGAL STEROIDS

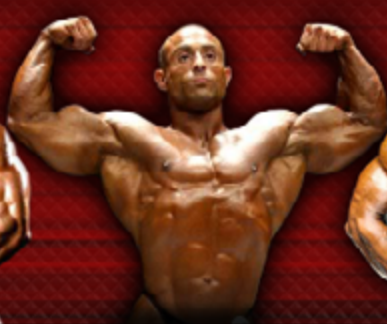
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8 TIME
MS. OLYMPIA



NATIONAL
MIDDLEWEIGHT
CHAMPION



USA LIGHT
HEAVYWEIGHT
CHAMPION



USA
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6 TIME
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MASTERS
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GET BIGGER, STRONGER & RIPPED

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Big Will Cut Through Bullshit & Found Top Legal Steroids' Anabolic Pro Stack:

"I've always been the guy with amazing potential who couldn't quite pull it together. I'm part Samoan, and getting down to contest shape has always been a challenge.

Then I went on Top Legal Steroids' Anabolic Pro Stack. I started at 285 pounds and 25% bodyfat. Big but really smooth. I immediately noticed my strength levels and muscular endurance jumped up, making it easier to do cardio and intensify my workouts. I also noticed I was getting wicked pumps. By my second month, everyone was asking my what I was doing.

When it came time for contest prep, I was excited because I was leaner than I have ever been before, starting prep training. I trained my ass off, dieted, and never missed a spray of the formulas! After a few months, I showed up at the Los Angeles Championships at 235 shredded pounds and 3.2% bodyfat. I won the contest. I lost over 60 pounds of bodyfat while gaining 13 pounds of pure muscle mass.

The next week, I went to the USA Championships and won the heavyweight class and got my pro card! Top Legal Steroids helped my transform my physique from a guy with potential who is just too heavy, to an IFBB professional bodybuilder. I've tried EVERYTHING to unlock my potential but Top Legal Steroids is by far, the best and most cutting edge stuff you can use. And now, after a great pro career I am on my way to do damage at the Arnold Classic. My goal when I turned pro was to compete in the Mr. Olympia and the Arnold Classic and I'm about to fulfill that dream in when I step on stage in Columbus. I couldn't have done it without Top Legal Steroids."