

BUILD MUSCLE

NO BULL!

# MD MUSCULAR DEVELOPMENT

BEAUTY & THE BEAST!

DOES JAY STACK UP?

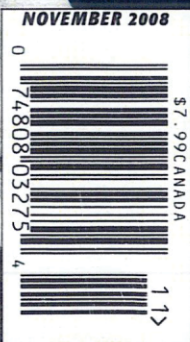
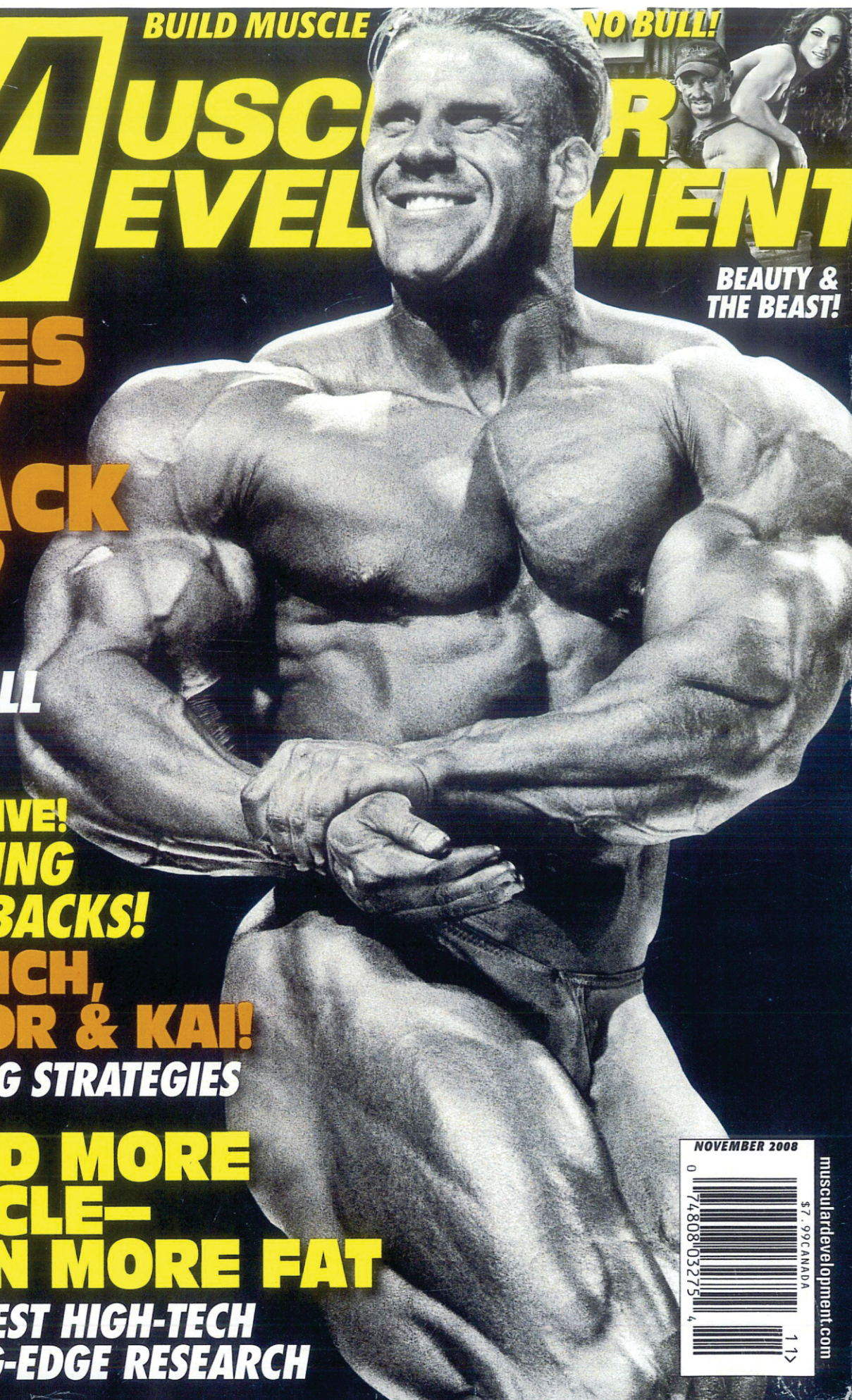
THE NO-BULL TRUTH

EXCLUSIVE! AMAZING COMEBACKS!

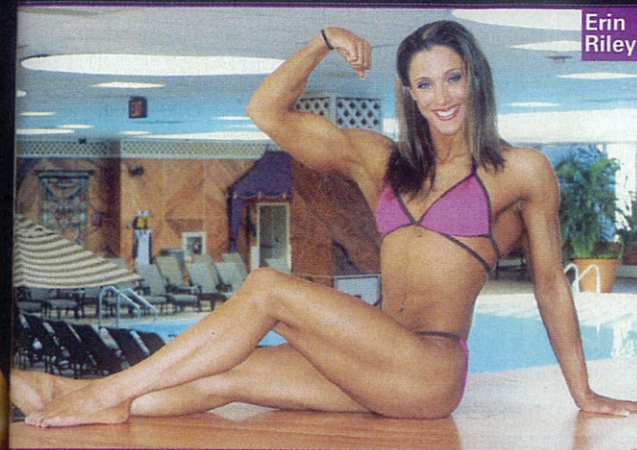
BRANCH, VICTOR & KAI! WINNING STRATEGIES

BUILD MORE MUSCLE— BURN MORE FAT

THE LATEST HIGH-TECH CUTTING-EDGE RESEARCH



## Muscle Divas



Erin Riley

### THE LIFE OF RILEY

With an extensive gymnastics background that included competing at the NCAA Division 1 level while attending the University of Missouri, Erin Riley was a veritable lock to earn some level of success at fitness competitions. But when she had her earliest beginnings as a figure contestant in 2006, she probably had no idea that after making the switch to fitness, within two years she would have risen to the ranks of the IFBB pro division. At 5'4", 128 pounds, Riley is a prototype for the idyllic fitness athlete. She possesses the perfect blend of well-conditioned muscle, a balanced and well-shaped physical structure, and electrifying routines that she manages to make look effortless yet intensely difficult at the same time; in short, the ingredients of a star performer.

For Riley, the journey to a qualifying spot at this year's Ms. Olympia Fitness was direct and quickly accomplished.

As an amateur, Riley, from Port Reading, New Jersey, won both the 2007 NPC New Jersey and NPC Atlantic States contests in rapid succession. Following those victories she added a runner-up spot in her class at the 2007 NPC Team Universe, which earned her pro status. Without hesitation, she finished up a very successful year by making her pro debut at the Atlantic City Pro Fitness Championships, finishing a very respectable sixth in a field of 16 contestants. More impressive was the fact that she won one of the routine rounds in her first pro outing, firmly establishing herself as a legitimate player in future fitness events. With the coming of the 2008 competitive season, Riley picked up where she left off, making a dynamic showing at the Houston Pro Fitness show on the Fourth of July weekend by placing third and earning a qualifying spot at the upcoming Ms. Olympia. Not a bad run, considering she's only been on the fitness trail for less than three years!

Meanwhile, Riley is continuing her education after earning her bachelor's degree in nutritional science from Missouri and will soon begin a clinical dietitian program this fall. "With the start of my clinical program and competing in the Olympia, everything is happening pretty fast," says Riley with a distinct note of understatement. You think?



PHOTO BY JOHN NARFLOTIS

### CHARMIN CARMEN

Canada is never at a loss when it comes to producing striking bodybuilders on an annual basis, and when Alberta's Carmen Tocheniuk won the lightweight class at the 2005 Canadian National Championships, many observers compared her to a muscular version of supermodel Cheryl Tiegs. At 5'3", Tocheniuk weighed in at 117 pounds for that event, but the 28-year-old from Edmonton has also experienced competition at the national level as a heavyweight weighing as much as 133. An avid ice hockey player who played forward for the Notre Dame University (Saskatchewan) Hounds in her college days, Tocheniuk now owns and operates her own business— Karma Leans Custom Fit Food— a customized gourmet meal service that provides vacuum-sealed meals for every occasion.

Tocheniuk can be found on two websites. Her personal site: [www.toch.ca](http://www.toch.ca) and her business site: [www.karmalean.com](http://www.karmalean.com). Both are worth a look.

Carmen Tocheniuk



PHOTO BY DAN RAY