



# “ HYDROXYCUT Hardcore GETS ME SHREDDED!”

— DEXTER JACKSON, Jay Cutler's Biggest Competition at the 2008 Olympia

On September 28th, 2008 Dexter Jackson will attempt to do what few other Olympia Champions have ever done before – beat Jay Cutler. Team MuscleTech™ recently sat down with Dexter to discuss his main competition and the game plan to beat him. It's all in the next few pages...

**A**s a pro bodybuilder, it's not a rite of passage to step onto the Olympia stage. It's a privilege that's earned over years of devotion to a strict bodybuilding regimen. So really then, what does it take to become Mr. Olympia? In the next few pages, Dexter Jackson will tell us everything about his road to the 2008 Olympia.

**Q** So, how are you feeling lately? Is your prep for the 2008 Olympia going according to plan?

**DJ** Yes, everything is right on track. I start my diet in a couple of weeks, which will be eight weeks out. I'm at 250 pounds so I'm bigger than I've ever been.

**Q** Are you doing anything different to prepare for this year's Olympia than in previous years?

**DJ** Basically I've just increased my food intake a bit to keep my muscle size up. I'm bigger than ever right now and I want to make sure I show up to the Olympia stage bigger than ever.

**Q** What is the hardest thing about your diet?

**DJ** The first couple of weeks of dieting are always the hardest, but after that it's a breeze. I'm the type of person that never cheats on my diet, but still the first couple of weeks are tough. Cardio is also tough – I do it up to twice a day now, which is a lot for me.

**Q** Do you believe that you have to do as much cardio to prepare for competition as other bodybuilders? How long is each session?

“My name is ‘The Blade,’ so that's how I want to be – razor sharp and ready to slice the competition to bits.”

— DEXTER JACKSON,  
3-Time Arnold Classic Champion and  
Top-3 Finisher at the 2007 Mr. Olympia

**DJ** I'm getting up there in age so I'm right there with everybody else now in terms of the need to do cardio. When I was younger I could get away with not doing cardio at all, but now that I've gotten older I have to. I go up to 45 minutes twice a day now, pre-contest.

**Q** Do you find it easier to prepare with Hydroxycut Hardcore? How do you feel that it helps you?

**DJ** Without Hydroxycut® Hardcore in my supplement arsenal I wouldn't get as conditioned as I would like to. I'm a lean guy but Hydroxycut Hardcore makes me freakishly lean and shredded!

**Q** What improvements will the judges be seeing from you since your Arnold Classic victory in March?

**DJ** I'll be bigger overall and just as hard! The judges and the fans will see the absolute best of "The Blade" come September.

**Q** Describe the type of "lean-ness" you want to achieve for this Olympia.

**DJ** My name is "The Blade," so that's how I want to be – razor sharp and ready to slice the competition to bits.

**"I'm a lean guy, but Hydroxycut Hardcore makes me freakishly lean and shredded!"**

– DEXTER JACKSON, #1 contender for the 2008 Olympia title

**Q** Do you think Jay can match this conditioning?

**DJ** No.

**Q** Why not?

**DJ** I don't think Jay knows how to make the proper adjustments. The one edge I will have over Jay will be my conditioning – it has to be better than his to stand toe-to-toe with him.

**Q** How do you think your preparation for this year's Olympia differs from Jay Cutler's?

**DJ** As far as dieting goes, I don't even eat half the food Jay eats. Jay is a monster, man, but I do train just as hard as him.

**Q** Many bodybuilders state that being ready to step on stage for a contest earlier (3 weeks out) is a better way to ensure that you show up in top shape. Do you agree with this?

**DJ** Well, you always want to make sure you give yourself enough time to get in shape, so trying to ensure you're in shape 3-4 weeks out allows you to switch to "auto-pilot" and coast into the show. And if you haven't gotten it together by this point, then it allows you to tweak what you have so you can get it together.

**Q** At the 2008 Arnold you said that you used Hydroxycut Hardcore to get in the razor-sharp conditioning you displayed at the show. Have you been using Hydroxycut Hardcore since then to maintain your conditioning?

**DJ** Yes, I've stayed on Hydroxycut Hardcore to help me stay sharp through several shows. Even though I got up to 250 pounds, I've still stayed lean and ripped.

**Q** Does your MuscleTech® supplement regimen make it easier to prepare for contests?

**DJ** Of course. Without MuscleTech supplements I wouldn't be able to do it. Throughout the day I have Nitro-Tech® Hardcore shakes. I don't know what I'd do without Nitro-Tech Hardcore – it's my number one go-to source for protein.

Since he began using Hydroxycut Hardcore, Dexter has continued to earn more pro-bodybuilding titles with his incredible peeled-to-the-bone muscularity!



## The Hydroxycut Hardcore Advantage Is Undeniable

Since it became available to bodybuilders, more champions have used **Hydroxycut Hardcore** to place in the top three at the Olympia than any other fat burner available. As a matter of fact, most of the top ten in last year's Olympia were on Hydroxycut Hardcore leading up to the big show. No wonder it's **America's number one hardcore fat burner!**

## Mr. Olympia Only Uses Hydroxycut Hardcore

Everyone expects Mr. Olympia to be dialed in to such an extreme form of conditioning that it would seem physiologically impossible to get any leaner. That's why **Team MuscleTech™ athletes** – Dexter Jackson and Jay Cutler – **use only Hydroxycut® Hardcore**. They can't afford to mess around with a fat-burning formula that "may do this or that." They choose the only one that works for them – **Hydroxycut Hardcore!**

## Burn Fat Fast with Cutting-Edge Science

With finding faster ways to burn fat always at the top of their agenda, **Team MuscleTech researchers** strive to find ways to get your body to burn fat in a fraction of the time!

During the scientific formulation of **Hydroxycut Hardcore**, Team MuscleTech's industry-leading research team dug deep into **cutting-edge research**. And what they discovered was astounding! Subjects consuming a studied ingredient in **Hydroxycut Hardcore decreased their total fat area by an incredible average of 7.9 percent** more than the control group. And it took just 12 short weeks to get those incredible results!

And that's not all!

What's even more amazing is that key ingredients in the **Hydroxycut Hardcore** formula have been shown to dramatically **increase the body's dominant fat-burning hormone, norepinephrine, by 40 percent** in 24 hours! This gives you the advantage when it comes to **hardcore fat burning**.



**Q** Do you think that using supplements makes it easier for all bodybuilders?

**DJ** Yes, definitely. I need supplements like Nitro-Tech® Hardcore to build muscle while using Hydroxycut® Hardcore to get me shredded.

**Q** Do you believe that any other competitor can match your conditioning?

**DJ** Not from head to toe. You have guys that are harder than me in some areas, but from head to toe, no.



Just like Dexter Jackson, Henry Everette burned fat faster than ever before to get these razor-sharp abs using Hydroxycut Hardcore – in just 14 short weeks!

Read the entire label and follow directions. Henry Everette was remunerated and also used other MuscleTech® supplements. Henry used a previous version of Hydroxycut Hardcore. In one study, subjects taking the key ingredients in Hydroxycut Hardcore increased norepinephrine by an average of 40 percent in 24 hours. In a 6-week clinical study, subjects using a key ingredient in Hydroxycut Hardcore lost an average of 10.56 pounds while the placebo group actually gained an average of 2.64 pounds. © 2008. All trademarks are owned by their respective trademark owners and are used with permission. Hydroxycut® Hardcore is patented. Other patents-pending. For more information, visit [HydroxycutHardcore.com](http://HydroxycutHardcore.com) SM.

**DEXTER'S AB ROUTINE:** Following this exact ab training program, Dexter will build shredded abs that can rival Jay Cutler. But an ab routine isn't enough to win. To dial in his abs, Dexter never misses a dose of Hydroxycut® Hardcore.

MOVEMENT	SETS	REPS
Floor Crunches	3	50
Knee-ups	3	40
Cable Crunches	3	30

\*Abs are worked every other training session or approximately 3 times per week.



SPECIAL 4-PAGE AD REPORT

Available at

**GNC LiveWell.**