

Franky  
Garrison





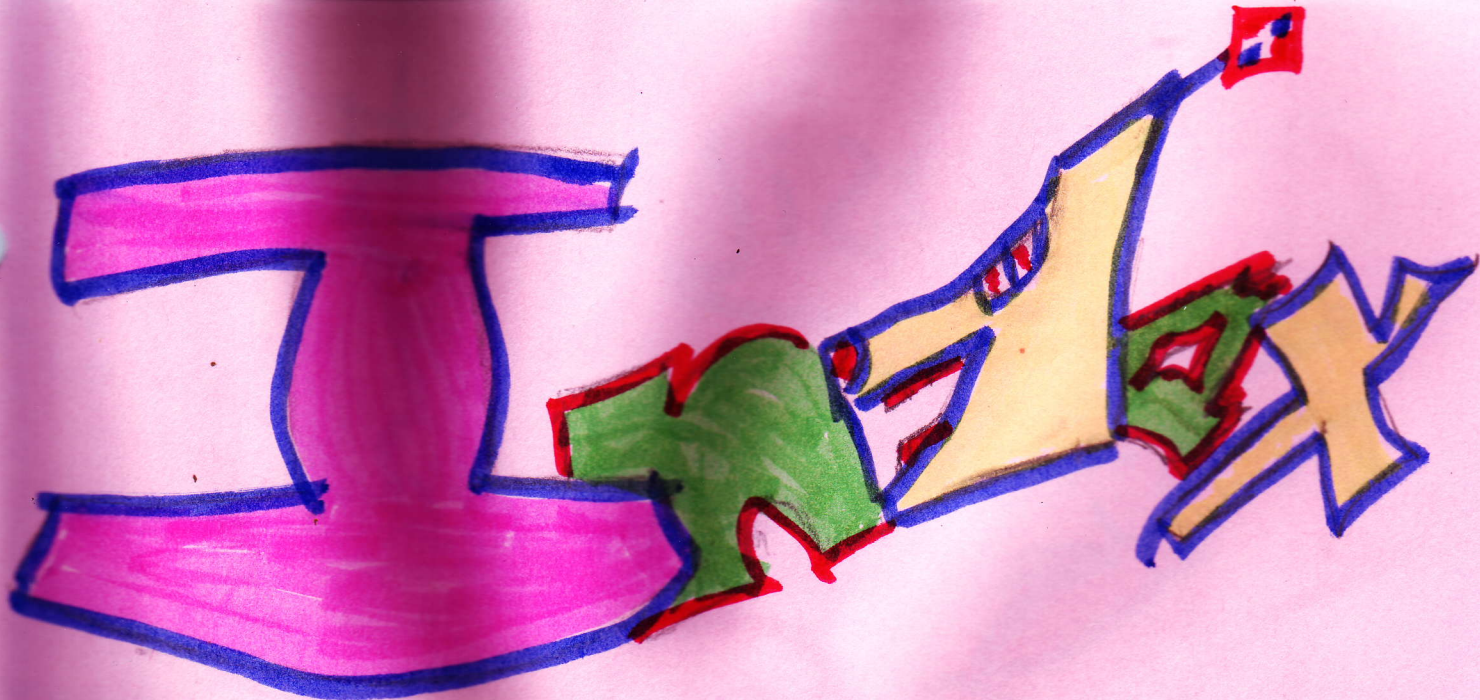
# Editor's Letter

Dear Reader,

Hey, check it out.  
This is the most "Radical"  
and awesome magazine  
out and about. This issue  
contains music, work out tips,  
and more, so go on and read  
it. Have fun!!  
i

*[Handwritten signature]*





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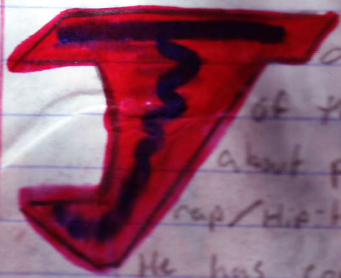


# Music intro

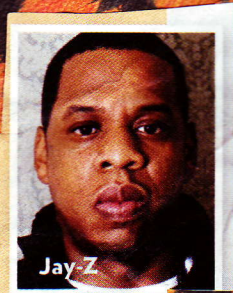


oom, being, Pop, that's  
the music I like to  
hear. It plays a big  
part in my life  
because of the  
fact that I am  
a very energetic  
person. For that reason the  
music that I hear has  
to keep up with how I  
feel that day or how  
emotionally stable I am.





Jay-Z is one of the most talked about person in the rap/Hip-Hop industry. He has come from selling out the "Madison Square Garden" That a long way right? I think I can relate myself to his persona because he is the type of person who has the audacity to change the people look at the genre of Rap and Hip-pop. Also, because of the when people hear his music they feel a presence and thats what I do when I walk into I room. I did you feel it???



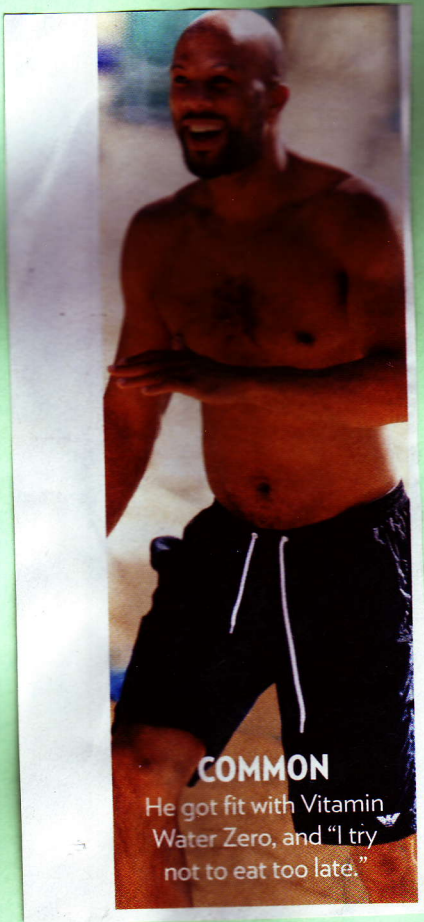
**JAY-Z** You look at [other] rappers from his era, and they couldn't transcend generations. But he's still completely relevant. He inspires every move all the kids my age make. When I'm recording, I ask myself, "Would Jay and [Beyoncé] party to this song?"

**JESSICA HERNDON**



# Pumped !!

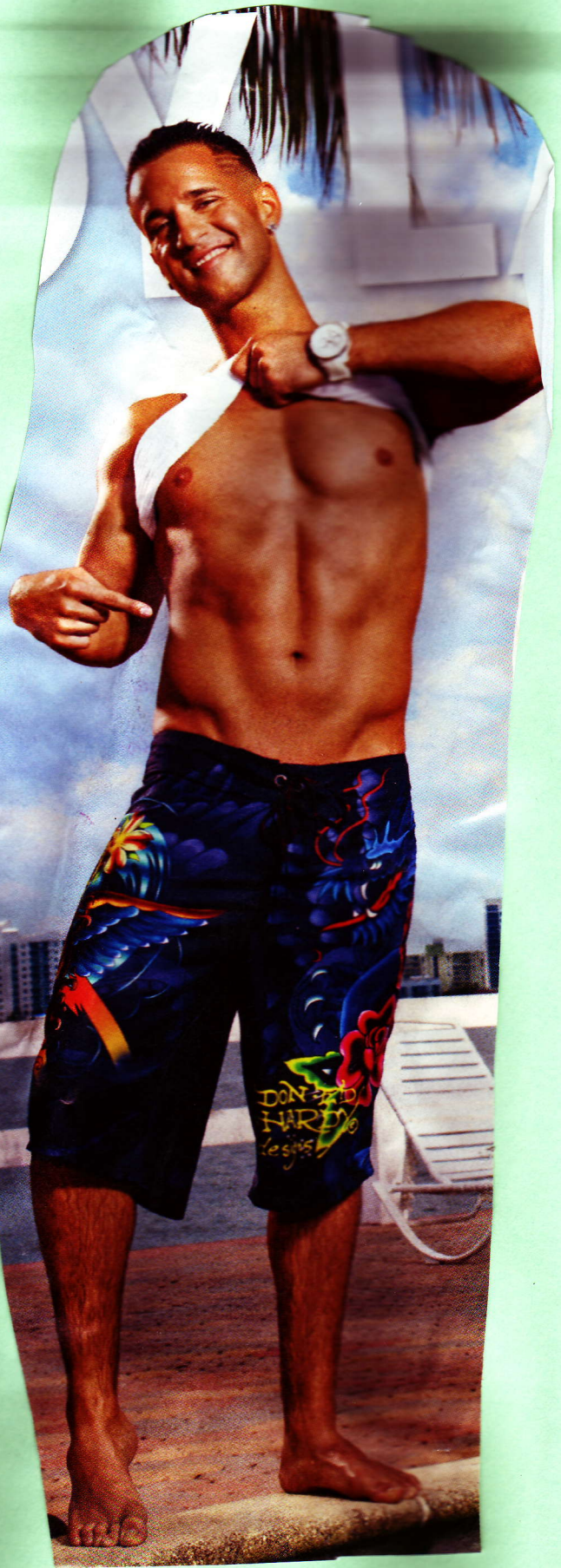
Going to the gym,  
putting on work-out gear  
Jay-Z blasting in  
the background. It  
gets me pumped, happy  
excited to see work out  
in a gym. It gets my  
Blood pumping Fast.



**COMMON**

He got fit with Vitamin Water Zero, and "I try not to eat too late."

Before  
Jay-Z



After  
Jay-Z



# Work out

## Exercises

### Chest

Incline dumbbell press	7 of 97
Incline press	1 of 10
Diamond push-ups	3 of 20

### Biceps

Reverse push-ups	4 of 20
Curls (light weight)	4 of 10

### Core

Push-ups (Diamond)	2 of 20
Push-ups (Reverse)	2 of 10
Curls	2 of 10

# Safety

## Tips:

- Always have a spotter, because if you get tired they can help you.
- Don't over do it. If you are starting to feel pain your body is telling you to take a break.

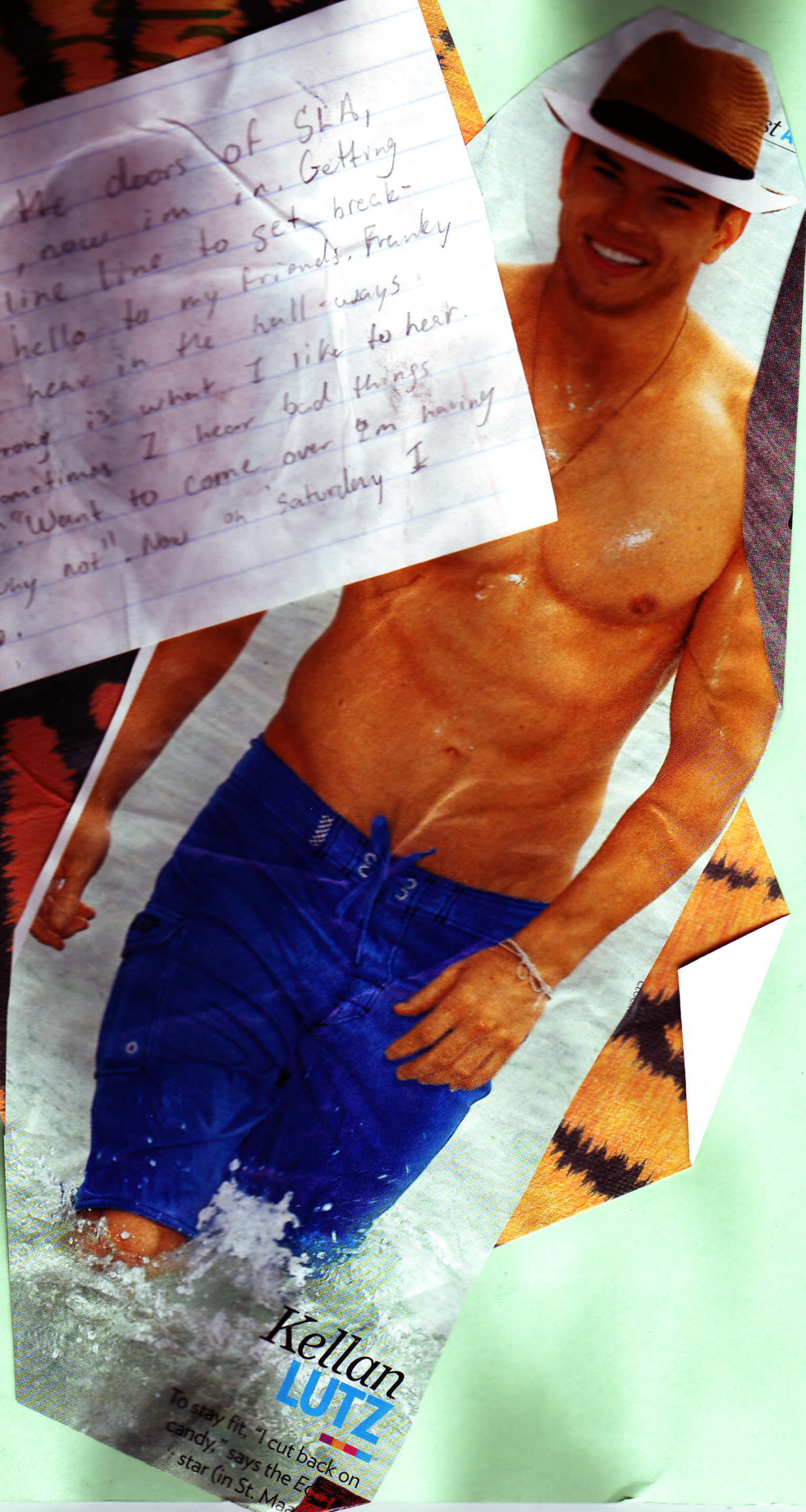


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# Walking Through

**W**alking through the doors of SLA, I scan my card, now I'm in. Getting in the lunch line to get breakfast, saying hi to my friends. Frankly, is what I hear in the hallways. "He's cute," "wow he's strong," "I like to hear behind my back. But sometimes I hear bad things and that's a 'no-no'." "Want to come over & have something to do." "Yes why not." Now on Saturday I



**Kellan LUTZ**

To stay fit, "I cut back on candy," says the E! star (in St. Maarten)

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Party  
time

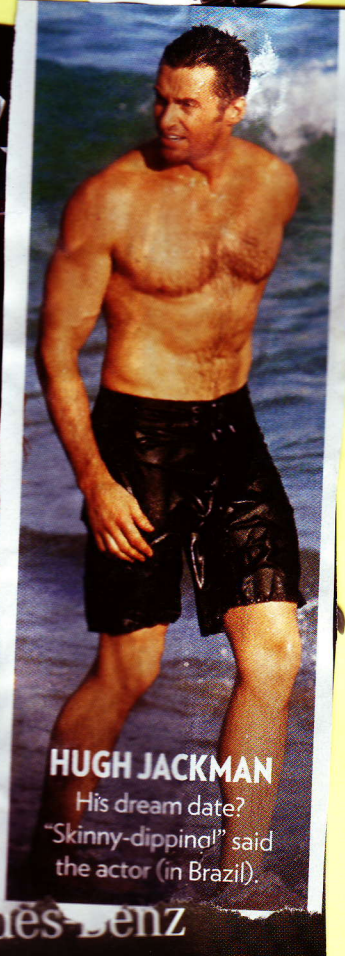
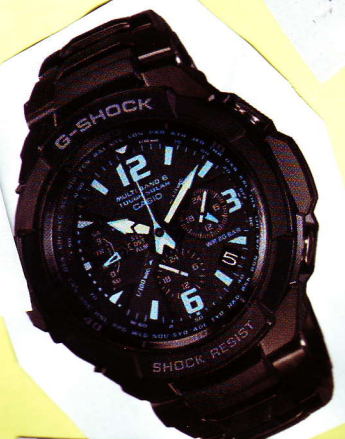


Saturday night, 5.30, Its party time.  
take a shower, to wake up from  
the nap or just because I want  
to smell good. Pol, tags come off, choock-  
choock, cologne sprays on me, now I smell  
like polo blue. 8.30 Im out the door.





Random  
pics



**HUGH JACKMAN**  
His dream date?  
"Skinny-dippin!" said  
the actor (in Brazil).

Mercedes-Benz

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On the next  
issue...

Tacky

Articles on family, Drumming, and  
Much more. Also exclusive interviews