

# NM

## NATURAL MUSCLE

**FREE**  
Pick one up!  
NOVEMBER 2015

**Celebrating  
20 Years!**

**"AM I TOO OLD  
TO COMPETE?"**

**WHAT'S OLD IS NEW AGAIN:  
OLD SCHOOL AND NON-TRADITIONAL  
EXERCISES FOR GROWTH AND PROGRESS**

**Get a smaller  
midsection!**

**Here's how to do it for good!**

**Contest Preparation :  
The Importance of Posing Practice**

**THE BATTLE  
FOR BICEPS**  
6 COMMON MISTAKES  
THAT WILL NEGATIVELY  
AFFECT YOUR GAINS

**Living the Dream  
with Glutamine**

**Past Cover Models:  
Where are They Now?**