



ARNOLD SPORTS FESTIVAL 2011

by Fred George

What can I say? A picture is worth 1,000 words! How many freaking people can you pack into an expo hall? Apparently, about 120,000 crazy maniacs! My boy Fairfax Hackley who runs the show asked BodyKore and myself to demonstrate my "Suicide Circuit." I was put in a pretty good time slot! I followed up this little guy you might know by the name of Randy Couture! That gave me a built in audience as you can imagine.

We had 3,000 - 5,000 watching these poor guys pass out, or lose their lunch, on a simulated fight circuit. I pushed volunteers from the crowd through 3 torturous 5 minute rounds with only 1 minute rest between each. OUCH!

Randy and Frank Trigg waited on the sidelines as they waited their turn to teach a Catch Wrestling seminar. I'm sure they got a kick out of witnessing the average guy off the street getting demolished by my torture devices.

We walked the expo to bring you guys some eye candy as well!

Plus, this wouldn't be an article without the "Terminator" himself stopping by to say hello!

I want to thank The Burn Machine, The War Machine, Stroops.com, BodyKore, CNP Nutrition and of course Fairfax Hackley for all of his support during the Arnold Sports Festival.

And for you fans, I will offer the Arnold Show discount on any products that you want to purchase. Just tell them that Freddy George sent you for a deal.

Train Hard, Fight Easy!



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