

# simply the BEST

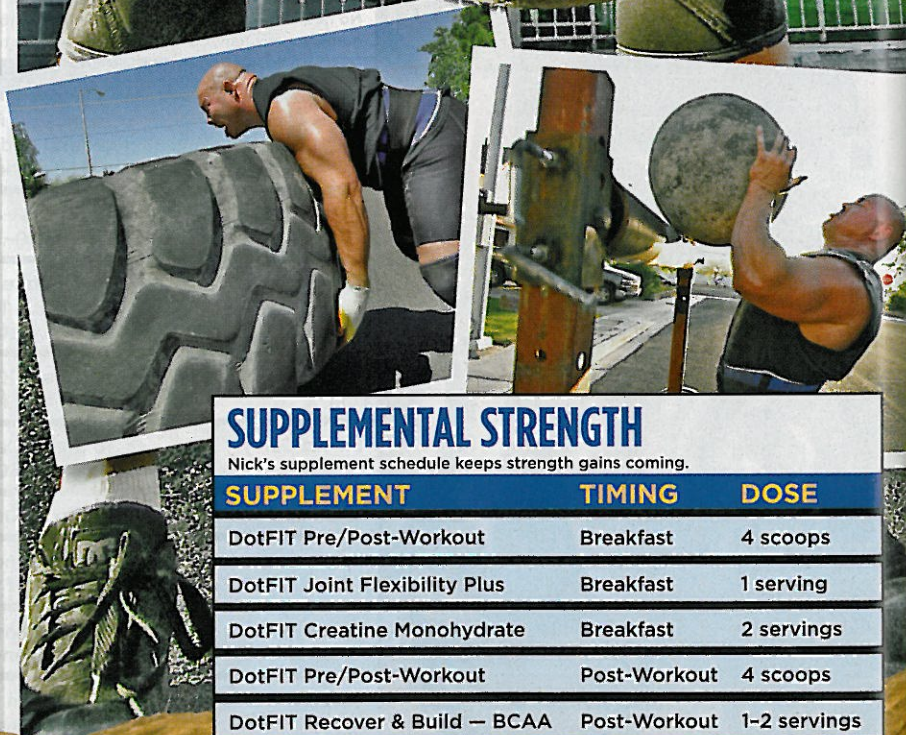
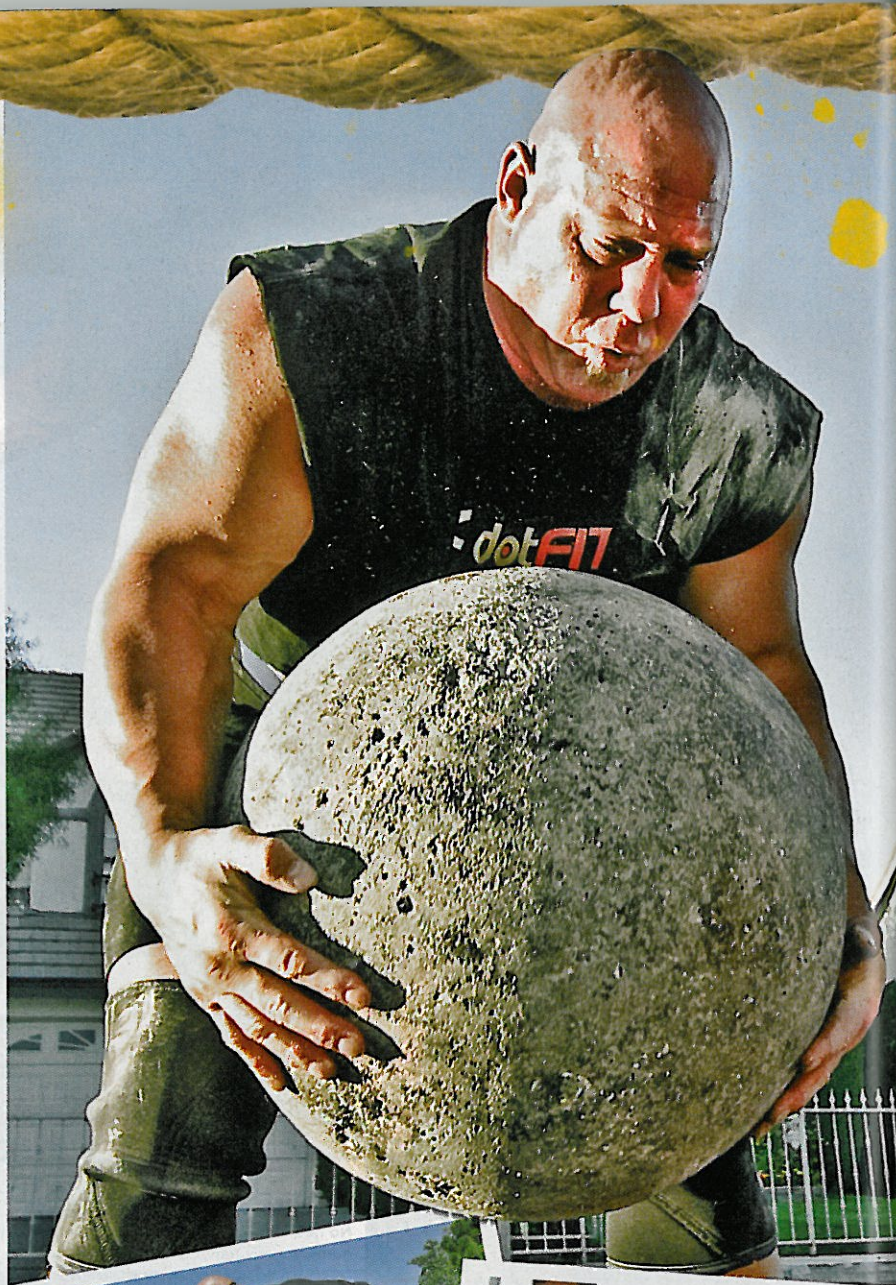
But Nick and Dylan don't live in a fortress of testosterone. In May, Nick married sweetheart Callie Marunde, who already had a two-year-old daughter, J.J.

"We met at the [Los Angeles] Fit Expo in 2008," Nick says. "I walked off the elevator and there she was — it was like getting hit by lightning. I couldn't keep my eyes off of her, which was a bit awkward because at the time I had another girl with me. But I broke up with her, and Callie called me out of the blue not too long after. We talked for four hours that first night and then a number of hours every other night for the first month. She came to visit me in Vegas that Memorial Day weekend and we hit it off just as good as we did on the phone; we dated long distance for a little over a year before she moved here last June. Part of the reason that I've improved so much in the last year is no doubt because of her. Making sure I eat, taking care of e-mails during the day ... all the little things ... she takes care of it for me. Without her something would have to go. I'd still train and compete but not at the level that I'm at. She's the most amazing woman I've ever met in my life."

## THE HOME-GYM ANARCHIST

This isn't your average home gym. Here, at his Las Vegas crib, Nick Best has created a strongman's paradise that's littered with the crude implements of his "hobby." The simplest of the bunch — the one gym rats are most likely to be even vaguely familiar with — is a tire. But even this training tool defies logic. While some mixed martial artists and CrossFitters may occasionally flip a 275–350-pound tire, Nick's weighs in at 600 pounds. And, oh yeah, there's a 100-pound plate in it. And he's not flipping it — he's dragging it.

"We simulate a truck pull when we're dragging this thing," he says, matter-of-factly. "So the first pull and the last pull are just as hard, whereas a truck rolls once you get it going."



## SUPPLEMENTAL STRENGTH

Nick's supplement schedule keeps strength gains coming.

SUPPLEMENT	TIMING	DOSE
DotFIT Pre/Post-Workout	Breakfast	4 scoops
DotFIT Joint Flexibility Plus	Breakfast	1 serving
DotFIT Creatine Monohydrate	Breakfast	2 servings
DotFIT Pre/Post-Workout	Post-Workout	4 scoops
DotFIT Recover & Build — BCAA	Post-Workout	1-2 servings