

Joe Wuebben and Jim Stoppani, PhD



Joe Wuebben serves as senior features editor at *Muscle & Fitness*, the world's largest bodybuilding publication. Previously working at *Muscle & Fitness* as a freelance writer and then as features editor, he was promoted to his present position in 2007. He has written more than 100 articles dealing with body-part-specific workouts, periodized programs, and advanced training techniques, and he has published in *Muscle & Fitness Hers*, *Men's Fitness*, and other top publications. Wuebben has twice been cited in the *Best American Sports Writing* anthology (2006 and 2007) for articles in *Muscle & Fitness*.

Wuebben authored *Book of Champions: 40 Years of Mr. Olympia Training Secrets*, which features workouts and training advice from the all-time great bodybuilders. He earned a bachelor's degree in kinesiology with an emphasis in exercise physiology from Western State College in Gunnison, Colorado. Wuebben lives in Lincoln, Nebraska.



Coauthor **Jim Stoppani, PhD**, is senior science editor at *Muscle & Fitness*, *Muscle & Fitness Hers*, and *Flex* magazines. One of the foremost researchers in the field of exercise science, Stoppani received his doctorate in exercise physiology from the University of Connecticut. After graduation, he served as a postdoctoral research fellow in the prestigious John B. Pierce Laboratory and department of cellular and molecular physiology at Yale University School of Medicine, where he investigated the effects of exercise and diet on gene regulation in skeletal muscle.

Stoppani was awarded the Gatorade Beginning Investigator in Exercise Science Award in 2002. In 2006, he authored *Encyclopedia of Muscle & Strength* published by Human Kinetics. He is also coauthor of the chapter "Nutritional Needs of Strength/Power Athletes" in the textbook *Essentials of Sports Nutrition and Supplements* (Humana Press, 2008) and is contributor to the book *Mario Lopez's Knockout Fitness* (Rodale, 2008). He is the personal health and nutrition consultant for numerous celebrity clients, such as Dr. Dre and Mario Lopez. Stoppani resides in Los Angeles.