

## Alan Aragon Girth Control

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video, Jacob interviews **Alan Aragon** after his presentation at the UEBC where he outlines a 10 year retrospective ...

## ***Alan Aragon nutritionist***

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Video Log, Layne lays out some common protein misconceptions and does his best to break down the actual science.

## ***Protein 101: How Much Protein Do You REALLY Need?***

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***The Protein Roundtable II (Contest Prep) ft. Alan Aragon & Eric Helms*** Alan Aragon, Eric Helms, and Ian McCarthy discuss protein intake during contest preparation. View the first roundtable discussion ...

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