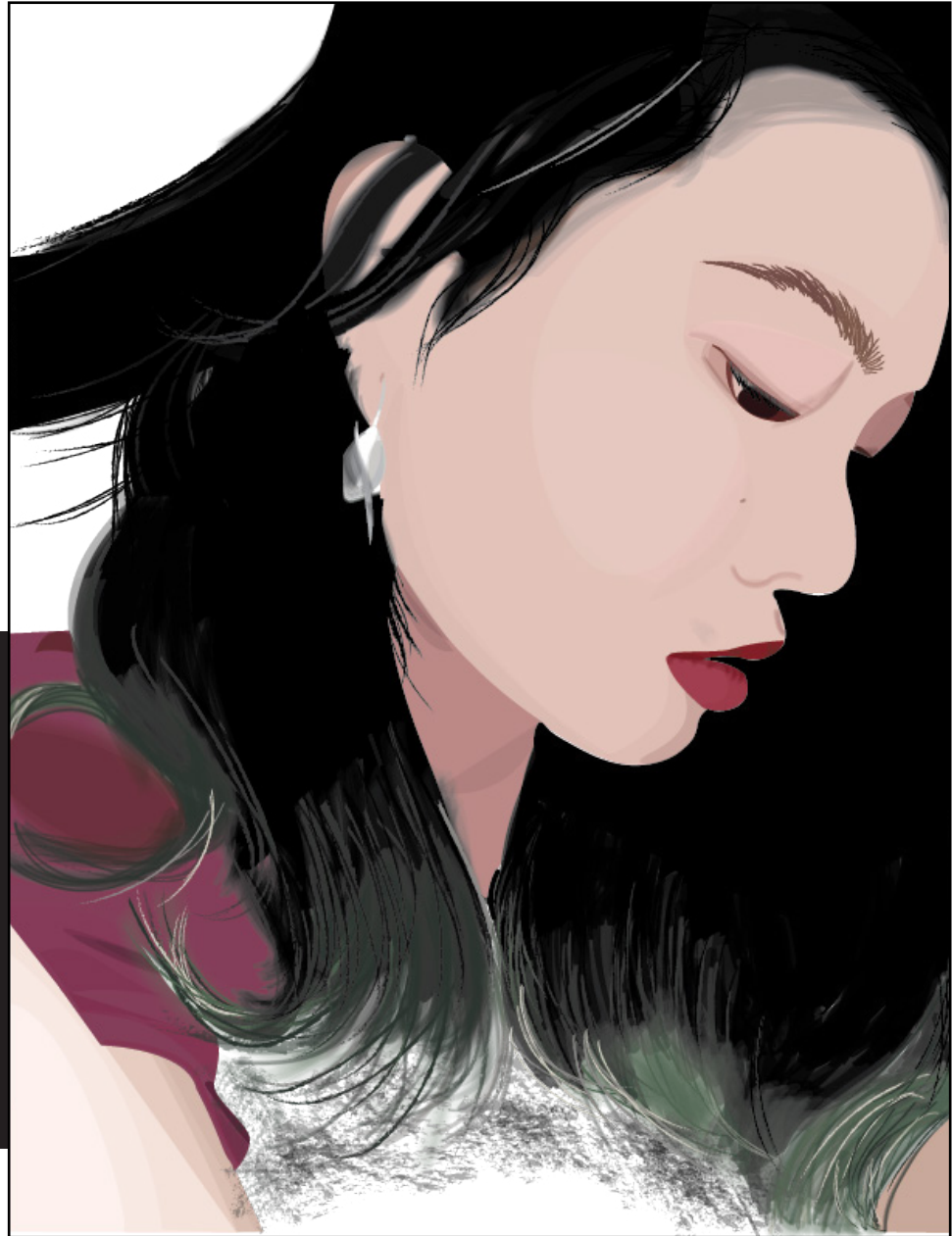




# WHO AM I?

- A Graphic designer
- Love fashion and music
- Born in Vietnam
- Live in Brooklyn, NY
- My father is my inspiration



What Kind of Graphic Designer Am I?

**GENERALIST**

# LOGO DESIGNS



**SHE  
•CORNER**



# POSTER/AD



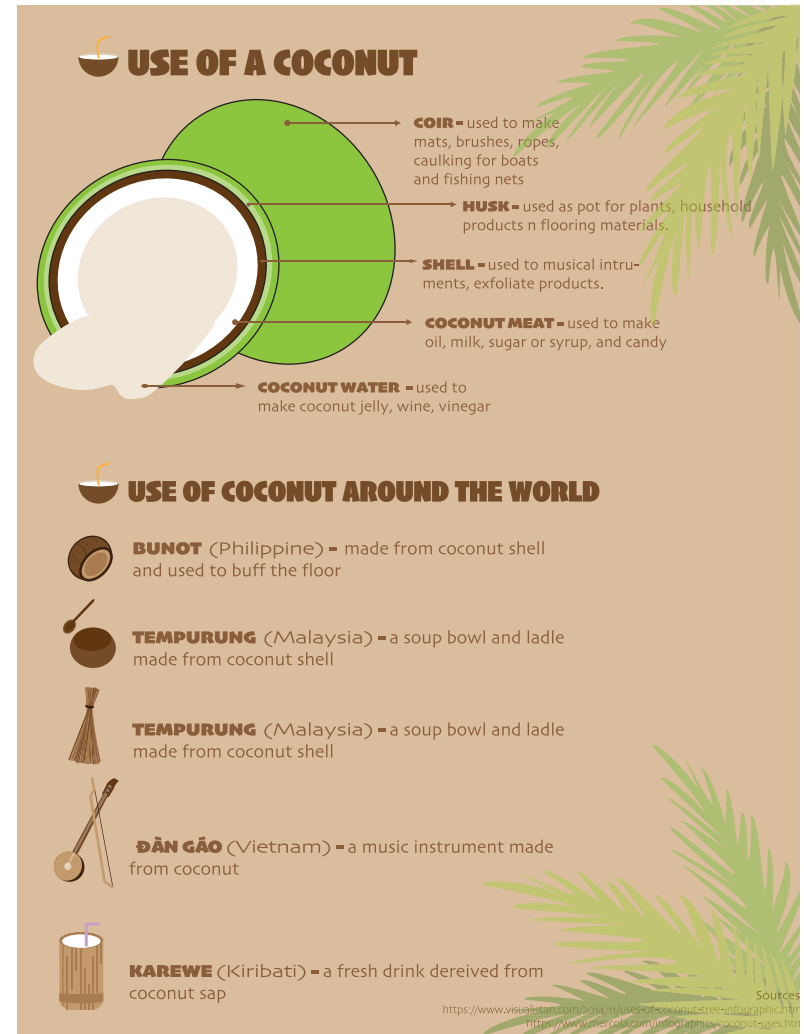
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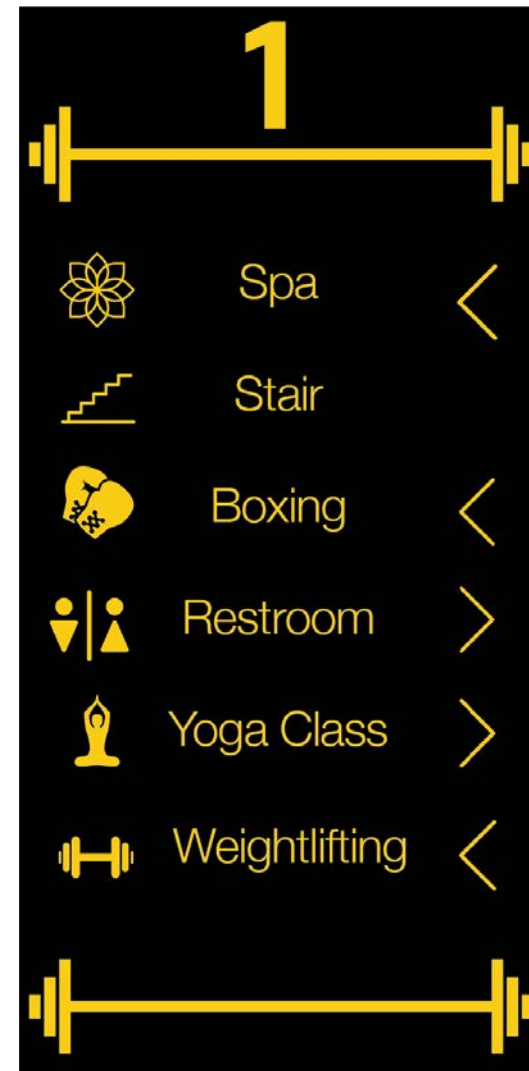
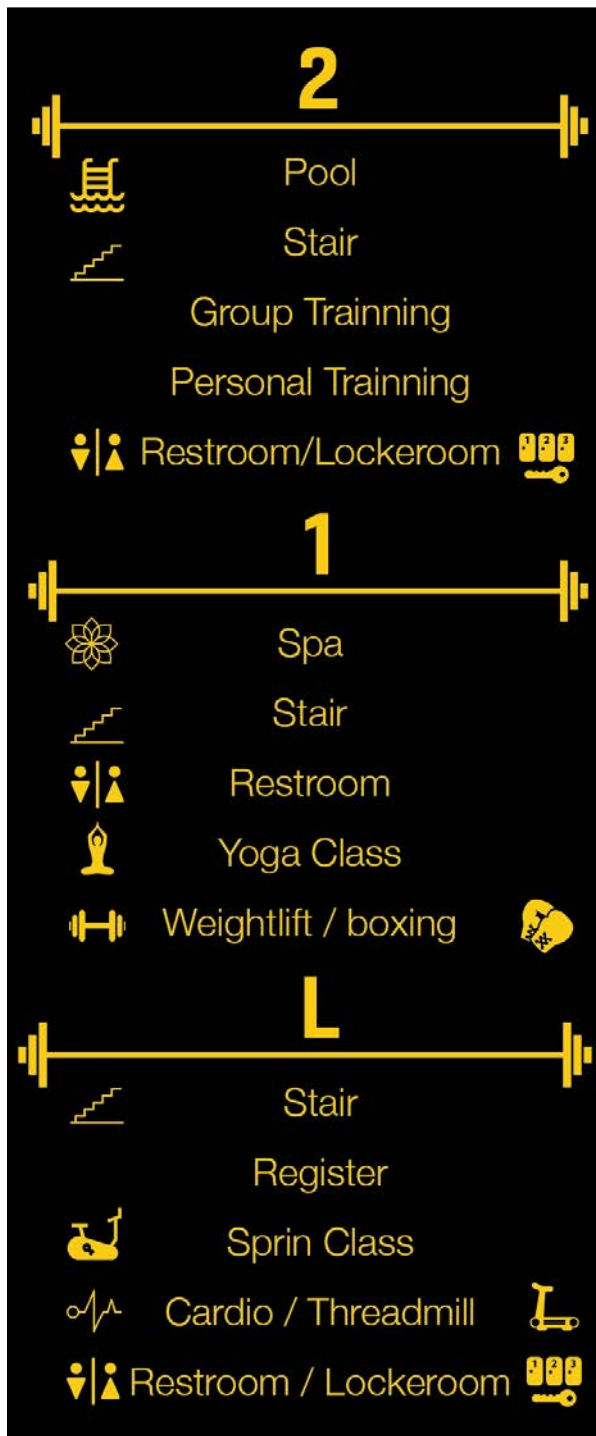


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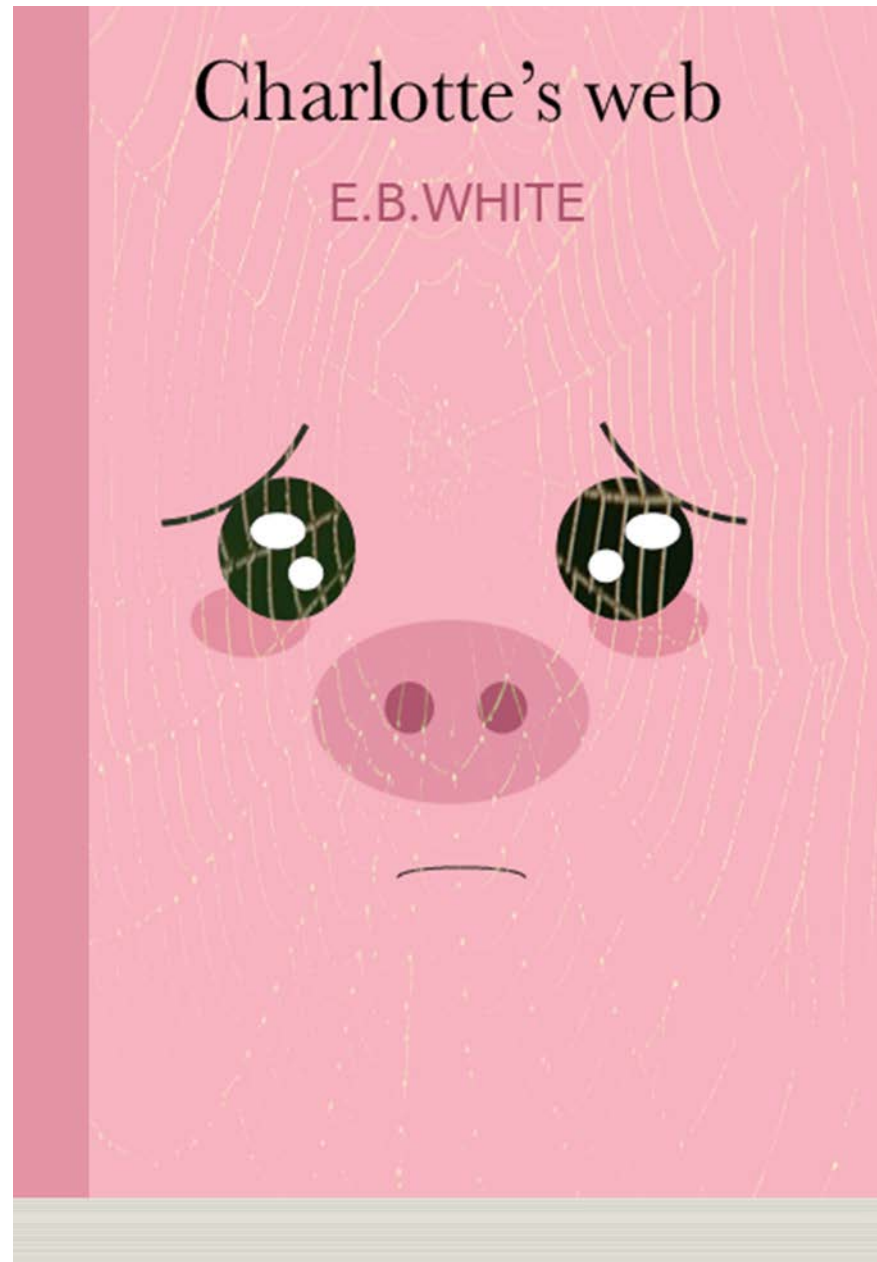


# INFOGRAPHIC





# PUBLICATION



# clean meal CLEAR FAT

*A healthy clean meal is  
ver important. Eating  
take 80% in the result of a  
healthy body. Clean eating  
helps to avoid a lot of dis-  
eas such as heart attacks,  
diabetes, overweight, high  
cholesterol. Workout with a  
clean eating will bring the  
result faster and healthier.*



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# Eat lean Eat slowly Eat healthy

## Step 1: Choosing a healthy diet

### CHOOSE THE RIGHT CARBOHYDRATES.

Simple carbs, like raw sugar or corn syrup, are quickly absorbed by the body's digestive system. This causes a kind of carb overload, and your body releases huge amounts of insulin, to combat the overload. Eat these in moderation. Complex carbs, on the other hand, are slowly digested and absorbed by the body because they have at least three sugar molecules. They include whole-grain flour, hearty vegetables, oats, and unprocessed grains, like brown rice. These foods are usually higher in vitamins and other nutrients that are beneficial for the body, and they are higher in fiber (which keeps your digestive system running smoothly).

Consider eating leafy greens like kale, collard greens, mustard greens, and Swiss chard. They are packed with nutrients and will fill you up very quickly. Create a simple sauté with olive oil, garlic, a little salt and pepper, which will be surprisingly tasty meal as well as a nutritious one.

Choose wheat (brown) bread instead of white bread and whole wheat pasta instead of "normal" pasta. Processed carbohydrates, such as those found in white bread, do not have many of nutrients or the fiber found in whole grains. Plain oatmeal is also very healthy for you.

### EAT LEAN, MEAN PROTEIN.

Aim to get between 10% and 35% of your daily calories from protein. Protein helps you to build muscle and gives you the lasting energy throughout the day. Some examples of healthy proteins include:

Lean fish such as flounder, sole, cod, bass, perch, and halibut.

Lean poultry such as chicken or duck breast.

Legumes like beans and soy products (e.g. edamame and tofu).

Nuts like cashews.

Know the difference between good fat and bad fat.

You need to consume fat for your body to function correctly. However, it's important to choose the right kind of fats. Here's a quick primer.

Monounsaturated fats and omega-3 fatty acids are good fats, which you should try to consume regularly. They help lower the "bad cholesterol" in your body by raising "good cholesterol". Foods that are high in fatty acids are olive oil, nuts, fish oil, and various seed oils. Adding these "good" fats to your weekly diet can lower your cholesterol and reduce your risk of heart disease.

### AVOID TRANS FATS AND SATURATED FATS.

Trans fats, also known as partially hydrogenated oils, are a form of unsaturated fat commonly found in processed foods. Consuming them raises your risk of heart disease. Read



the labels of what you eat, and look for "hydrogenated" anything on the ingredient list.

### STOCK UP ON SUPERFOODS.

So-called superfoods may have a misleading title, but some truly are cut above. Superfoods may have the ability to fight heart disease, stave off cancer, lower cholesterol, and even boost your mood. Here are just a few of them:

**Blueberries.** Blueberries may facilitate brain health. If you don't have access to blueberries, then try fresh berries, raspberries, or cranberries.

**Algae.** It may not sound appetizing, but when you read the list of health benefits you may think again. It is rich in vitamins, minerals, and amino acids, as well as beneficial in managing natural flora in the gut.

**Salmon.** Another creature of the sea makes the list, and for good reason. Salmon is rich in omega-3 fatty acids, a good type of fat. Omega-3 fats are good for blood pressure, brain function, and heart health.

**Cranberries.** These red berries contain quercetin, a natural antioxidant, are low in sugar and are a good source of Vitamin C which is used for the growth and repair of tissue all over the body.

### WATCH YOUR SALT IN TAKE.

Although humans need salt in moderation, too much salt can lead to high blood pressure and osteoporosis. Use salt sparingly, and always check labels for salt content.

### PRACTICE MODERATION.

Don't over-consume any one food or type of food. Instead, try to vary your diet so that you eat a little bit of everything in a moderate amount.

Some people might be great at giving up meat, sugar, alcohol, or other foods. However, most of us are likely to give it up for awhile, then break down and binge. Avoid this deprivation-binge cycle by allowing yourself to have small "cheats". For instance, if you want to eat less sugar, allow yourself to eat one dessert each Friday night and abstain for the rest of the week. Having a break to look forward, which can help your will power through the other days.

## Step 2: Making a healthy decision

### DRINK PLENTY OF WATER.

Staying hydrated with basic H<sub>2</sub>O is an easy and dramatic way to improve your health. Drinking enough water can also help with weight loss by keeping your stomach feeling full. Drink water before, during and after a meal to aid digestion.

If you feel like snacking, try drinking a full glass of water first. If you're still hungry 15 minutes after your drink, then it's time for a snack.

Carry water with you so you can easily pick it up when you're thirsty.

### AVOID SUGARY DRINKS.

These include soft drinks, juices, sports and energy drinks, as well as other products containing artificial sweeteners. Giving up sugary drinks is one of the easiest ways you can instantly improve your diet and become healthier. A white chocolate creme frappuccino has whopping 500 calories. While it's okay to treat yourself with these and other drinks every once in a while, it's not a good idea to make them a regular part of your diet.



# The Death of your bicep workout

## THINGS THAT KILL YOUR GUNS

### 1. Wrong Form/Posture

First things first, check your posture. You can do mammoth sets with mammoth reps but if your form isn't right, your guns won't grow. Biceps are the easiest muscle group to target, and hence, it's easier to stress.

### 2. Lifting Too Much Weight

All right, keep your ego aside and stop overrating yourself. There's a limit to which your muscles can lift. Moreover, if you lift a lot of weight during bicep curls, your hands automatically use secondary arm muscles. Instead of going heavy, go moderate and try perfecting your posture for maximum muscle isolation. You will get far more out of curling a 15-20 kg for 10 reps than curling a 50 kg for 10 sloppy reps.

### 3. Using Your Forearms more than your biceps

Again, a postural flaw, most people get a better forearm pump rather than a bicep pump. That's because you are curling your wrists backwards. Keep the wrists in line with the forearms throughout the entire set and a killer pump is guaranteed.

### 4. Rushing The Curls

Most dudes complete a rep from top to bottom in a hurried 2 seconds. Try this instead - tense your grip and take at least 2 seconds to curl up and at least 3 seconds to curl down. The pump will blow your mind.

### 5. Doing The Same Exercise Over And Over Again

Always remember, your muscles get accustomed to a certain exercise. You don't have to work the same grips, angles or planes of motion over and over. Divide your bicep workout - use a close, medium and wide grip bar. Also, pull from lower pulley and also from the upper pulley.

Adequate rest is the key to size gain. The muscle essentially breaks when you work it out. It only gains size and strength while repairing when you give it rest. So don't hammer your biceps every day. Dedicate days to bicep workout.

Work for the big biceps

## THE BEST BICEPS EXERCISES

Personal experience - through training numerous clients and myself - has shown me that certain biceps exercises are superior to others. The best biceps movements, collectively known as the "mass-builders," are those that provide the greatest stimulus across both the long and the short heads.

Therefore, using the four exercises shown in this article - the



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standing barbell curl, one-arm preacher curl, incline dumbbell curl and hammer curl (in my experience, by far the best for building massive size) - will help you to achieve your size building goals at a faster rate.

Isolation exercises, such as various cable and machine movements, do have their place, especially as a contest approaches and one wants to etch more detail, or when a bodybuilder has sufficient

mass and seeks to create more definition, but for building a good base of solid muscle they are largely unnecessary and it is best to stick with the basics initially to build the best foundation. In addition to building great biceps size, the basic exercises will also create the type of shape your biceps will adopt (which is largely determined by genetics) as they will stimulate a greater cross-section of the muscle. Here are the best exercises, an explanation on how to perform them and they reasons why they are used.

### EXERCISE 1 BARBELL CURL

The biceps curl can be performed a number of ways: standing with dumbbells (both hands curling or alternating), one arm resting on inner thigh as with the concentration curl, preacher curl variations (including the one arm version featured in this article) and seated with dumbbells.

Given the main role of the biceps is elbow flexion, the logical movement for stimulating the most amount of muscle in this region is the curl, and the most basic of all the curling movements is the standing barbell version, universally known as the greatest biceps exercise ever.

Hold bar with a shoulder-width grip, with arms straight toward the floor and elbows locked an inch from your sides.

Curl weight toward the chest, while keeping the elbows and back fixed.

Contact the biceps as the bar reaches the front of the chest.

Resist weight as it slowly lowers to the floor for a full stretch.

### EXERCISE 2 ONE-ARM DUMBBELL PREACHER CURL

This exercise could be considered an isolating movement as it really focuses stress on the peak (which is found on the short head and is genetically determined) and adds to fullness at the lower portion of this muscle. However, as mentioned it does add to fullness and I have found it to be one of the best movements for enhancing overall size.

Using a regular preacher bench, hold dumbbell with an underhand grip while locking elbow firmly in place in an extended position on the bench.

Slowly curl the dumbbell up, trying to touch the shoulder on



## Get ready with **new tech**

*Let's take a look of these new gadget which will help you run faster, get leaner, sleep better and live longer.*



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niminve ligenda quam qui soctis cum harumquiz sum*

Spending a bit of time getting fitter is often at the top of most people's list of new year's resolutions. And there's all kinds of different tech gadgets that promise to help get you into shape - so many that it can be tricky knowing which ones to go for. Whether it's a wrist-based tracker or a sweat-resistant pair of wireless headphones, we've taken a look at the best gadgets for getting in shape. Here's our pick of the top fitness gadgets.

### **FITBIT CHARGE 2**

If it's plain fitness you're after then forget the Apple Watch or Garmin's chunky wrist-buggers and give the Charge 2 a chance. Obviously it's not for hardcore athletes, as it doesn't include GPS, but for everyone else the Charge 2 pretty much gets it spot on. The price isn't astronomical and the features it has are all the ones you really need. Well, apart from water resistance.

### **MONSTER ISPORT VICTORY WIRELESS HEADPHONES**

Monster has given the iSport Victory a new, reflective cable that gives it more visibility in low-light. The in-line remote is also chunky, with raised buttons that mean you can operate it just by touch, which is useful when you're concentrating on your sport. Lastly, the design feels tough and durable. The iSport Victory headphones are sweat resistant, so you don't need to worry about wearing them out in the rain.

### **SKULPT CHISEL**

The Skulpt Chisel is the latest contender promising to give you the ultimate insight into how your body is performing. It uses small electrical impulses to measure the density of both your body fat and your muscle quality (that's the force your muscles can produce relative to their size). The gadget is about the size of an original iPod and will set you back £89. That makes it more than just a casual purchase but also cheaper than a membership with a personal trainer.

### **SLENDERTONE CONNECT ABS**

Electronic muscle stimulation has come a long way since the cringeworthy efforts of the 1990s. Slendertone's latest unisex belt focuses on the core and sends shocks of electricity through your abs to contract and expand the muscles.

The company says that 30 minutes using the belt is the equivalent to cranking out 202 sit-ups. And, just to make it even more techy, it connects to an app on your phone that you can use to adjust the intensity and record.

### **SENSE SLEEP TRACKER**

Don't let anyone kid you that getting enough sleep isn't an important part of keeping fit. Rather than a wearable device, Sense is a spherical little gadget roughly the size of an orange that sits on your nightstand and communicates with a tiny "pill" that you stick inside your pillow. It measures things like temperature, noise, light and movement and will wake you up at the optimum time with gentle alarms and a glowing ambience.

### **MYZONE CHEST STRAP**

Being fit is great, but these days you need to be able to accurately record your progress. Myzone is a £129.99 fitness wearable strap that rewards you based on effort and intensity levels, rather than the amount of steps you take.

The app shows a simple coloured tile with a real time percentage of how much capacity of your maximum heart rate you are using at any given time. The harder you work, the more you are rewarded with points. Which should make you feel a bit better about stepping out into the freezing cold.

### **TOMTOM SPORTS**

One of the things we love about Tomtom's fast-growing line of GPS-enabled fitness watches is that it all comes from a company that built its reputation in the navigation space first, before venturing into fitness. That means more reliable tracking and, crucially, faster, more robust connections to the satellites the technology relies upon.

The brand's new app serves users with a convenient place to view statistics and workout data (as many other apps do) but also tracks changes in body composition—the body's ratio of muscle to fat—as well as resting heart rate, a telling marker of overall cardiovascular fitness.

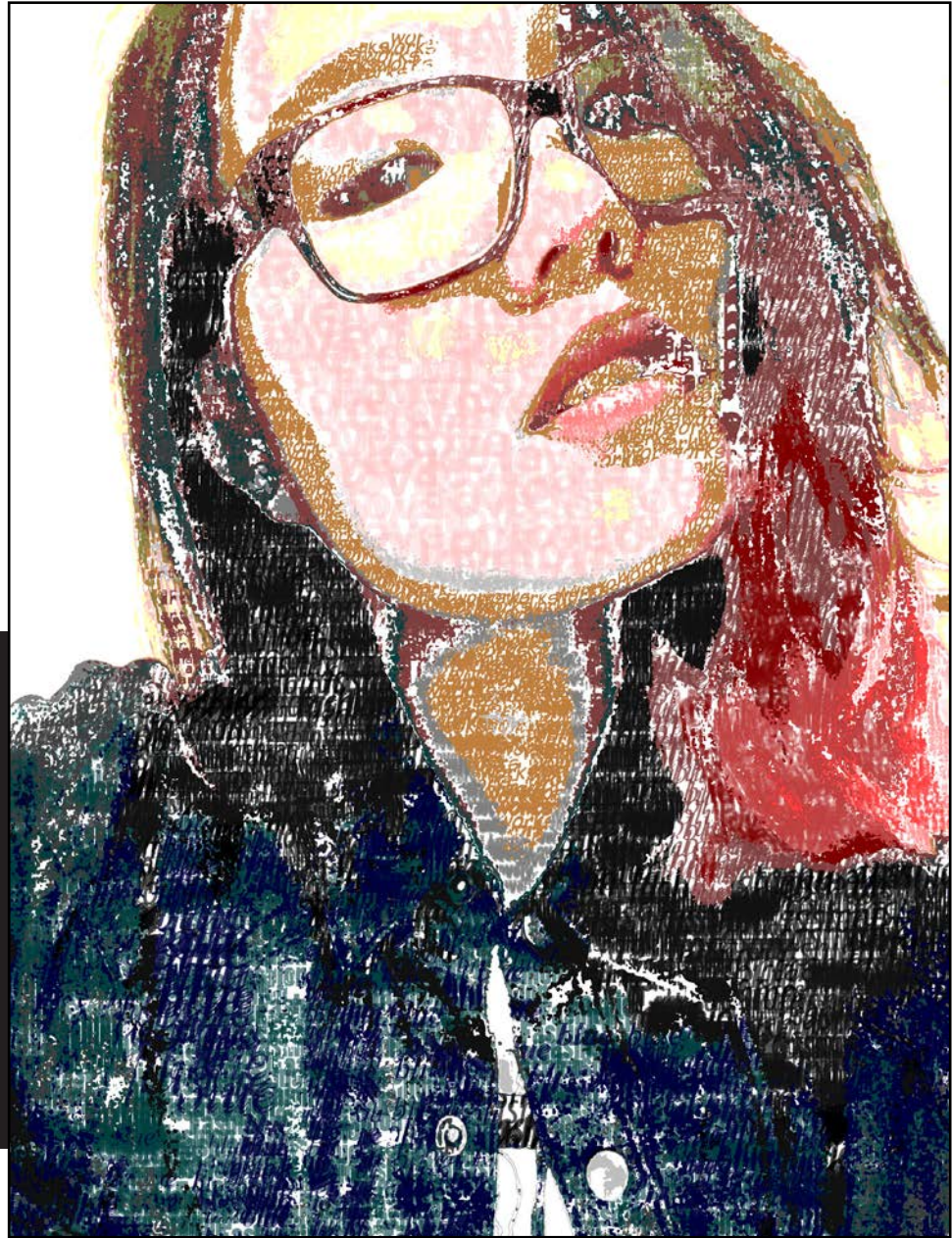
Additionally, the app provides relevant motivational messages to keep users engaged with their training and set up data from services to ensure people stick with the app over the long term.

*Ant. Accae nonseque nonsequi inum faccustem que lato  
nat vone dit, tem susci atos est fugia quo*



# FUTURE

- Focus more on logos and branding
- Be more creative
- become a well-known designer
- make more money



THANK YOU!