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JOHN PARRILLO'S

PERFORMANCE PRESS

February 2021



Rick Anderson

Legendary fighter, legendary liver of life, longtime Parrillo user



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Nutrition Facts

64 servings per container
Serving size 1 Tbsp. (14g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 14g	18%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vit. D 0ug 0%	Calcium 0mg 0%
Iron 0.1mg 0%	Potas. 0mg 0%

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RICK "RUMBLE-BOY" ANDERSON

Legendary fighter, legendary liver of life, longtime Parrillo user

By Marty Gallagher

John Parrillo's Performance Press

Rick Anderson has led an amazing life. Born in 1958, young Rick was bounced around foster homes and could easily have slid into a negative lifestyle of crime or drugs. Always spry, agile, and athletic, young Rick began his combative career as a grappler. "I started off as a teenage wrestler in 1971. I learned a lot from wrestling. It served as a great base for everything that came later." Rick developed his grappling skillset and wanted more. Rick also discovered he had the single most important genetic attribute for a fighter: lightning-fast reflexes. With his terrific grounding in grappling and mat work. Rick went on to discover a whole new world of fighting when he became immersed in the various eastern fighting styles from Korea, Japan, China, Thailand, and Burma. "As a teenager I began studying Tae Kwon Do. From there I progressed to serious stuff: Korean Hapki-do, which was very hardcore. I then ventured into the esoteric stuff: Ching Mo, Hung Ga, and Tzu-Jan Kung Fu. I began practicing Bruce Lee's original discipline, Wing Chung." In his spare time, Rick learned judo. He had a martial revelation when he was introduced to the martial love of his life: Muay Thai boxing. "I began Muay Thai fighting in 1988 at age 28." Call it, love at first strike. "I loved Muay Thai immediately. I loved everything about it. I love the tradition, the ceremony, the style, and real-world self-defense applicability. I place Muay Thai above all other fighting traditions."

Rick started life off in Minnesota, but after high school relocated to Southern California, the center of the American martial arts scene and the center of the fitness and bodybuilding universe. Young Rick, skilled and serious, obviously talented, ended up training under the famed Rubin Urquidez, brother, and fight trainer of Benny "The Jet" Urquidez, one of the true Superstars of 1980s martial arts. Rick began a career as a high-level fighter. He plied his fisticuff trade under the ring name of Rumble Boy.

While Rick's primary focus was on his fight career, because of his agility, guts, pain tolerance and good looks, Rumble Boy became engaged in a multitude of semi-related professions: Rick got a lot of work as Hollywood stunt man. He was a natural. He also had bit parts as a movie actor. Rick choreographed fight scenes and became a bodyguard and good friend of superstar Chuck Norris. Rick provided personal security for Tony Danza, Mr. T and Eric Estrada. In his spare time Rick lifted weights at the original Gold's Gym in Santa Monica. "I trained at the original Gold's and I grew close to Rick Valente and all

the other bodybuilding superstars that frequented Gold's back then." Rick picked up on the bodybuilder's extreme attention to nutrition and supplementation. He found that by using these new nutritional strategies he was able to favorably improve his body composition. He found that weight training allowed him to hit harder and made him more resistant to blows. Rick combined all this new-found information on bodybuilding training and nutrition with his fight training drills. Suddenly, he took his physique and his performance to the next level.



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Rick "Rumble-Boy" Anderson

After he had become a regular at Gold's and trained there for a while, Rick was invited to become a personal trainer at this, the most prestigious bodybuilding gym in the world. Quite a feat for a non-champion bodybuilder. Personal training was an easy and natural step for Rick. Who better to coach someone seeking a dramatic physical change than someone that has already engineered their own dramatic transformation? Rick, a great communicator, genuinely

cared about his clients and their progress. He was highly innovative. He created a hybrid approach towards personal training that combined bodybuilding-style weight training, nutrition, and supplementation (including all the insider tips and strategies he had picked up from elite bodybuilders) with his own unique twist: he used the drill he used in Muay Thai and martial arts drills for cardio. This made cardio a whole lot more interesting than sitting riding

a stationary bike as the minutes tick by like hours. A decade before Billy Blanks invented Tai Bo and made millions, Rick was skillfully intermixing bodybuilding weight training and bodybuilding nutrition with a cardio element based on fight training drills. He was whipping clients into shape routinely and regularly with his fight-cardio/bodybuilding hybrid.

Rick recalled how in 1988 he first became aware of Parrillo nutritional



I called a major vitamin maker and asked, "Who puts out the best nutritional supplements, in terms of potency and purity?" Without a second's hesitation they said, Parrillo Performance Products. That led me to John Parrillo. That was 33-years ago. I use and recommend Parrillo Products to this day."



"Every fighter I have ever trained and every personal training client I have ever had, I recommend Parrillo products. Potency and purity matters. And the taste of all John's products is incredible."

products. "I was super serious about nutritional supplementation; but I was getting a whole lot of conflicting information. I called a major vitamin maker and asked, "Who puts out the best nutritional supplements, in terms of potency and purity?" Without a second's hesitation they said, Parrillo Performance Products. That led me to John Parrillo. That was 33-years ago. I use and recommend Parrillo Products to this day." Rick remembered one famous Parrillo product user that wanted to remain anonymous. "When I was a personal trainer at Gold's Gym in Santa Monica, a lot of the professional bodybuilders were quietly and secretly using Parrillo products while under contract to other supplement makers. While they might recommend these products in ads, for their own preparation they used Parrillo – quietly. I remember one day at Gold's a multi-time Ms. Olympia winner came up to me and whispered, 'Give me a Parrillo bar!' She turned away to eat it so that no

one at the gym would see her. She had a huge endorsement contract with a major supplement maker - yet she knew that their products were trash and did not use them. She used Parrillo secretly and she didn't want the other bodybuilders to see her ravenously eating the bar she knew so well; she did not want to endanger her five-figure endorsement deal."

Rick studied the Parrillo nutritional system and immediately grasped the logic. As a fighter, Rick knew the leanest fighter in the division was the smartest fighter: the less excess body fat a fighter totes around the ring, the better. The lower the body fat percentile, the faster, more agile, and better conditioned the fighter will be. "Every fighter I have ever trained and every personal training client I have ever had, I recommend Parrillo products. Potency and purity matters. And the taste of all John's products is incredible." In addition to Rick's other innumerable skillsets, he is an accomplished fight

referee and judge. Rick has worked championship fights in several different disciplines both as a ring referee and judge. Rick's experience, the variety of his variety of martial arts mastery, his experience as a professional fighter, make him the ideal fight referee or judge. As someone who has been in the ring, Rick knows when to let the fighters go at it and when to stop a fight before someone gets overwhelmed and seriously injured. Rick also has a lifelong love of horses, dating back to his adolescent farm days in Minnesota. He does healing work with horses for those in need, this as a community give-back.

Despite being over 60, Rick has maintained much of his amazing athletic abilities, as evidenced by a strange-but-true event that occurred a few years back. Rick, then a spry 55-years old, became involved in an incident that could have been tragic, however, due to his quick thinking

Rick "Rumble-Boy" Anderson

and amazing abilities, it turned into one of life's 'this is to-crazy-to-be-true' tales. Rick was having a glass of wine around midnight when he glanced out his window: his neighbor's house was on fire. "I saw an orange glow. An orange halo was on the roof of my next-door neighbor's house. When I smelled the burning creosote, it registered, 'Holy smokes the house next door is on fire!' I ran across my lawn to their house. There were a small crowd of people gathered in the street taking phone videos. I ran to the front door and started banging and banging and banging. As far as I knew, they were at home and asleep." Rick's instincts kicked in. "I was just about to break a window when my neighbor opened the door. She and four children had been downstairs having a sleepover. Earlier they had started a rare fire in the fireplace." Apparently, the fire had set ablaze

old, dried out creosote inside the chimney. It turned the chimney into a blast furnace, shooting heat and flames out both ends. "After mom and the four kids were safely out, I ran to my garage and grabbed a commercial grade fire extinguisher. I ran to the back of their house to see if they had a ladder. I wanted some way to get onto the roof so I could put out the fire that was spreading from the red-hot chimney and catching the roof on fire."

Rick ran to the back of the house, 30-pound fire extinguisher in hand. "There was no ladder – but there was a kid's trampoline. I pulled the trampoline next to the back wall of the house. I rolled onto the trampoline with the 30-pound fire extinguisher and began to bounce. I needed to attain a 10-foot bounce if I had any chance of leaping high

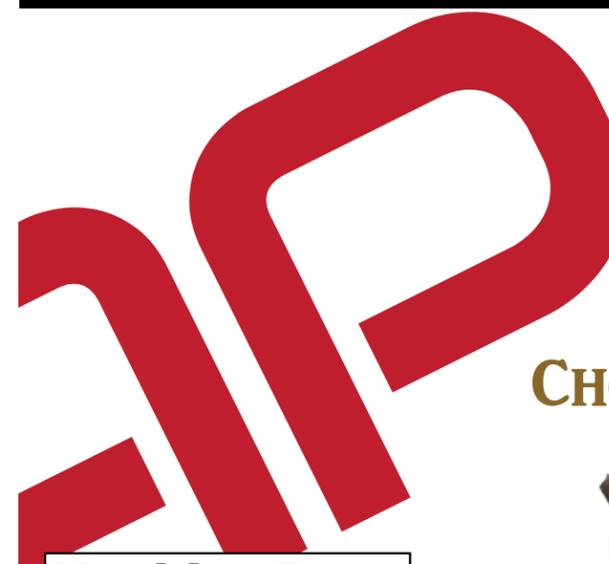
enough to get on the roof. On my 5th bounce, I attained enough elevation to leap onto the roof." The chimney was like a spewing volcano. The roof was on fire. "I put out the spreading blaze with my fire extinguisher. The fire department arrived. They were amazed. Newspapers and TV covered it. I was called Spiderman. I was 55 at the time." There is not a lot to be said or added to that tale – other than if anyone is interested, they can see local TV interview Rick on YouTube, it is fantastic and worth a view. Rick "Rumble Boy" Andersen is now hard at work writing his autobiography. That book, when written, will be a spell-binding page turner, one of those books you cannot put down.

Anyone interested in personal training with Rick can contact him at rarumbleboy99@gmail.com or www.rumbleboygym.com



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Amount per serving	% Daily Value*
Calories 110	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol <5mg	1%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 3g	11%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vit. D 0ug 0%	Calcium 180mg 15%
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