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JANUARY
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CELLUCOR

WELCOME

BY JOHN PLUMMER, EDITORIAL DIRECTOR

ON A HIGH

BRITISH BODYBUILDING ENDED 2014 IN RUDE HEALTH AND THE SIGNS FOR 2015 ARE ENCOURAGING

It was great to see the three tiers of the Royal Concert Hall in Nottingham packed both days of the British Championships. The event was held in Nottingham every year for more than a decade but after moving to Manchester in 2012 and Harrogate in 2013, nobody quite knew whether a return to the Midlands would be popular.

It didn't take long to find out: with 500-plus men and women on stage and nearly 5,000 people in the audience over the two days, the muscle marathon showed that bodybuilding has a fair old following.

I wonder how many other minority sports sell as many tickets for their national championships, or indeed get regular 1,000-plus crowds for local contests.

Naturally, the mainstream media ignored it but FLEX was there in force providing instant coverage for flexonline.co.uk.

This month's magazine looks back at the highlights, which saw bodybuilder **Nathan De Asha**, men's physique star **Ryan John-Baptiste** and bikini fitness queen **Ruth Dales** win IFBB pro cards.

We also profile Classic champion **Lee Frapple** and leading bodyfitness competitor **Clare Barks**, as well as provide our usual comprehensive coverage of the IFBB pro scene.

After such a successful event, it was no surprise to hear the national championships will be back in Nottingham on October 3rd and 4th this year. It will be part of a double-header that month, with the Amateur Olympia taking place in Liverpool on October 31st.

It promises to be another fantastic domestic year, beginning with the UK Nationals in Leicester on April 12th. British bodybuilders have never had more opportunities to shine and they're clearly relishing it. **FLEX**



British super-heavyweight champ James Hollingshead (left) and light-heavyweight champ Dean Lesiak

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ARNOLD'S PAGE

BY ARNOLD SCHWARZENEGGER, EXECUTIVE EDITOR

GET A LEG UP

Build bigger quads using these four ultra-effective tips

There are so many unique training principles you can use to build bigger, stronger quads. I should know, because I tried just about all of them during my competitive days to ensure that my lower body was as impressive as my chest, back, and arms. *Because of my willingness to try anything and everything on leg day, I succeeded in creating a great pair of quads that helped me win seven Mr Olympia titles.* Here are four of my favourite leg-training principles:

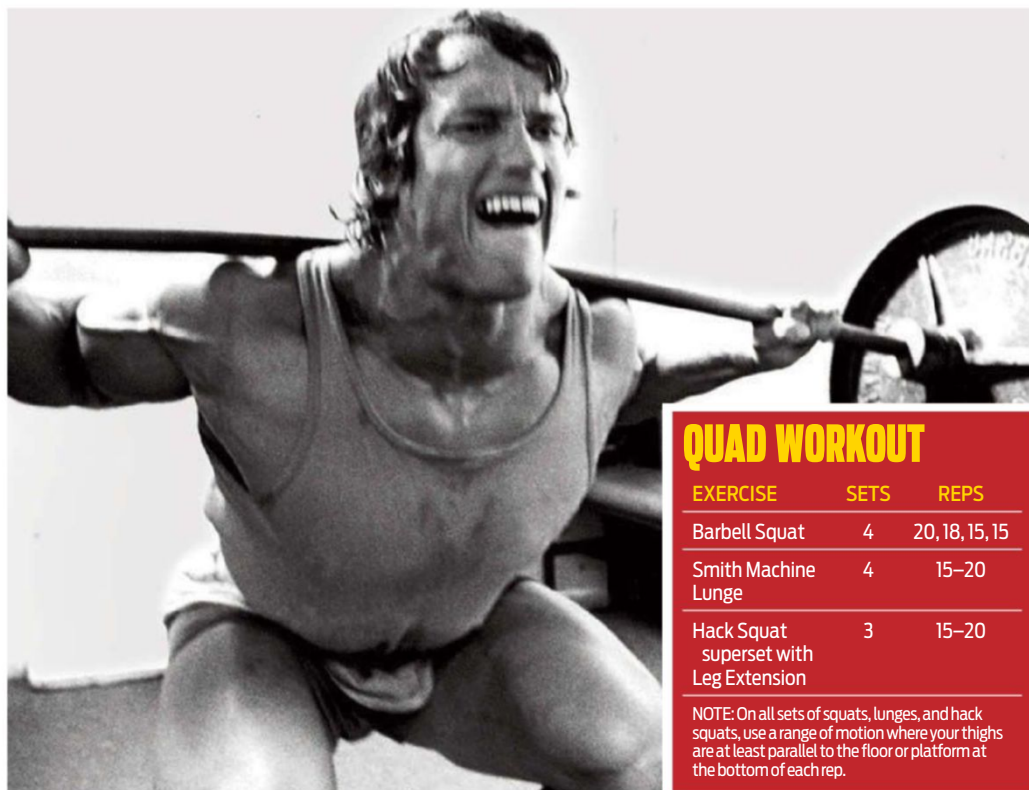
DO SMITH MACHINE LUNGES These are a great quad-building move, but **lifters often fail to realise their full potential using free weights.** Barbell lunges compromise balance, causing many gym-goers to use less resistance. With dumbbells, going heavy can tire your hands and forearms far more than your legs, meaning your legs don't always reach full exhaustion. The solution is stationary Smith machine lunges, where: 1) the machine helps balance the bar, and 2) you're not holding the weight in your hands, but rather, on your upper back.

GO DEEP

Of all the factors holding people back when it comes to adding size to the quads, adequate range of motion is one of the biggest. So many trainees go only halfway down, sometimes even less, on squats, leg presses, and hack squats. **You'll never maximise quad mass doing half squats.** On each and every rep, you should reach the point at which your thighs are parallel to the floor on squats, or parallel to the machine platform on leg presses and hack squats. And I'm a huge fan of going past parallel from time to time—almost to where my glutes would touch the backs of my ankles—even if it means going a bit lighter in weight.

USE HIGHER REPS The rule of thumb for gaining size is to use a rep range of eight to 12. With legs, however, I've always found—and research backs me up—that **higher reps produce the biggest gains.** I experienced great results with squats, lunges, leg presses, and leg extensions when doing sets of 15–20 reps. But this doesn't mean you should train legs with light weight; I always went as heavy as possible on leg day, even when using high-rep ranges.

DO SUPERSETS These are great for building quad mass. But keep in mind, since safety is always an issue when training legs, machine exercises such as leg presses and extensions tend to be safer than free-weight squats and front squats. **Because your legs get so fatigued when supersetting, you don't want to risk losing your balance with a bar on your back.** In the box below is a great quad workout incorporating all of these training principles. Give this routine a try next time you train legs, and see the difference it can make in your development. **FLEX**



QUAD WORKOUT

EXERCISE	SETS	REPS
Barbell Squat	4	20, 18, 15, 15
Smith Machine Lunge	4	15–20
Hack Squat superset with Leg Extension	3	15–20

NOTE: On all sets of squats, lunges, and hack squats, use a range of motion where your thighs are at least parallel to the floor or platform at the bottom of each rep.

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IT'S ONLY MY OPINION

FLEX COMMENT

BY CHRIS LUND, UK EDITOR SINCE 1985 PHOTO BY CHRIS LUND

SHAPE AND SYMMETRY: A BODYBUILDER'S BEST FRIEND

■ This photo is one of my all-time favourite shots of Kevin Levrone.

It was taken in downtown Manhattan the morning after he won the 1992 New York Night of Champions. This was Kevin's first ever pro show—he had just won his pro card at the NPC Nationals the year before.

During the next few years, until his retirement in 2003, Kevin won another 19 major bodybuilding titles and tried his absolute best to win the sport's greatest prize. Unfortunately, the best he could manage was four runner-up spots and three third places at the Mr Olympia.

Throughout his time at the top of professional bodybuilding, Kevin was able to add pounds of extra solid muscle mass to his frame by constantly training to become bigger and stronger. Amazingly, he was able to do this without losing his unique muscular shape and symmetry. But let's face it, Kevin was one of bodybuilding's greatest genetic freaks; the rest of us, I'm afraid, aren't so lucky.

When Larry Scott won the inaugural Mr Olympia in 1965, the bodybuilding magazines bombarded us with inspirational training advice and photos of him building his amazing biceps on what would become known as the preacher bench. In my opinion, it is a slight exaggeration to say that Larry built his unusually long biceps by the exclusive use of the preacher bench. There was nobody else at that time

who had that Larry Scott "long biceps" look despite the fact that hundreds of trainees around the world were probably spending countless hours doing set after set of preacher curls. Larry Scott's long biceps were a one-off.

While it's true that lots of great bodybuilders still use the preacher bench in their biceps workouts today, that doesn't necessarily mean that they will build arms like Larry's. The preacher curl is just another exercise in their arm routine. Larry's arms developed the way they did because of the unique origin and insertion of his biceps muscles. Mind you, while it's true that Larry's fantastic arms were down to his genetic superiority, it's also true that he found two exercises (dumbbell and barbell preacher curls) that he could work incredibly hard on. Maybe he couldn't have achieved that same development if he'd just done regular barbell and dumbbell curls, like everyone else.

So, what can we learn from all this? Well, the answer is quite simple really: you must start training very hard. How else will you find out if you've been blessed with great genetics for shape and symmetry? Both Kevin Levrone and Larry Scott trained regularly and consistently hard in order to build their huge muscle mass and strength. However, that doesn't mean that you should start working out six days a week; that would be a huge mistake.

The average young (and not so young) bodybuilder will gain more muscular mass and strength if he limits his workouts to three times a week. Train half the body on Monday and rest on Tuesday. Then train the other half on Wednesday and rest on Thursday. On Friday, repeat Monday's workout and then rest completely over the weekend. Pick up the cycle again on the following Monday.

The great Dorian Yates once told me that he never felt like training again the day after a hard workout. After much trial and error, he eventually switched over to resting the day after a hard workout and for six years in a row, he was the greatest bodybuilder on the planet.

Always warm up on every exercise and then perform one high-intensity work set of at least 12 reps. Push this set until you cannot complete another rep in strict form and then move on to your next exercise. Do three different exercises for the large body parts and two for the smaller muscles.

Finally, if you're carrying a little too much body fat you will have to diet down to see if you have been blessed with reasonable shape and symmetry—the bodybuilder's best friend.

See you next month,
and keep training.
Chris Lund **FLEX**

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2014

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The Amateur Olympia brand continues its global growth spurt with the *Amateur Olympia World Showdown*, held at the Congress of World Trade Centre Moscow in, you guessed it, Russia. This four-day festival of muscle features men's bodybuilding and IFBB Pro League bikini. *Now in its fourth year, the Amateur Olympia boasts past champions Sami Al Haddad (2011), Mamdouh Elssbiay (2012), and Ibrahim Sami Fahim (2013).* And like the previous Amateur O champs, the overall men's bodybuilding winner in Moscow earns IFBB Pro League status, qualifies for the 2015 IFBB Mr Olympia, and lands an exclusive publishing contract with AMI/Weider. As if that weren't enough, this amateur event has a total prize purse of \$50,000 (hey, amateurs gotta eat, too!). Add pro bikini's \$20,000 in total prize money and that makes a hefty payday. In addition to the action onstage, the Power Pro Show 2014 is a showcase for the newest offerings in bodybuilding, fitness, and health nutrition and supplements, equipment, gym fashion, and, of course, exciting contests and exhibitions. Go to www.flexonline.co.uk for the results.



←
Sami Al Haddad
(2011)

→
Ibrahim Sami Fahim
(2013)

←
Mamdouh Elssbiay
(2012)

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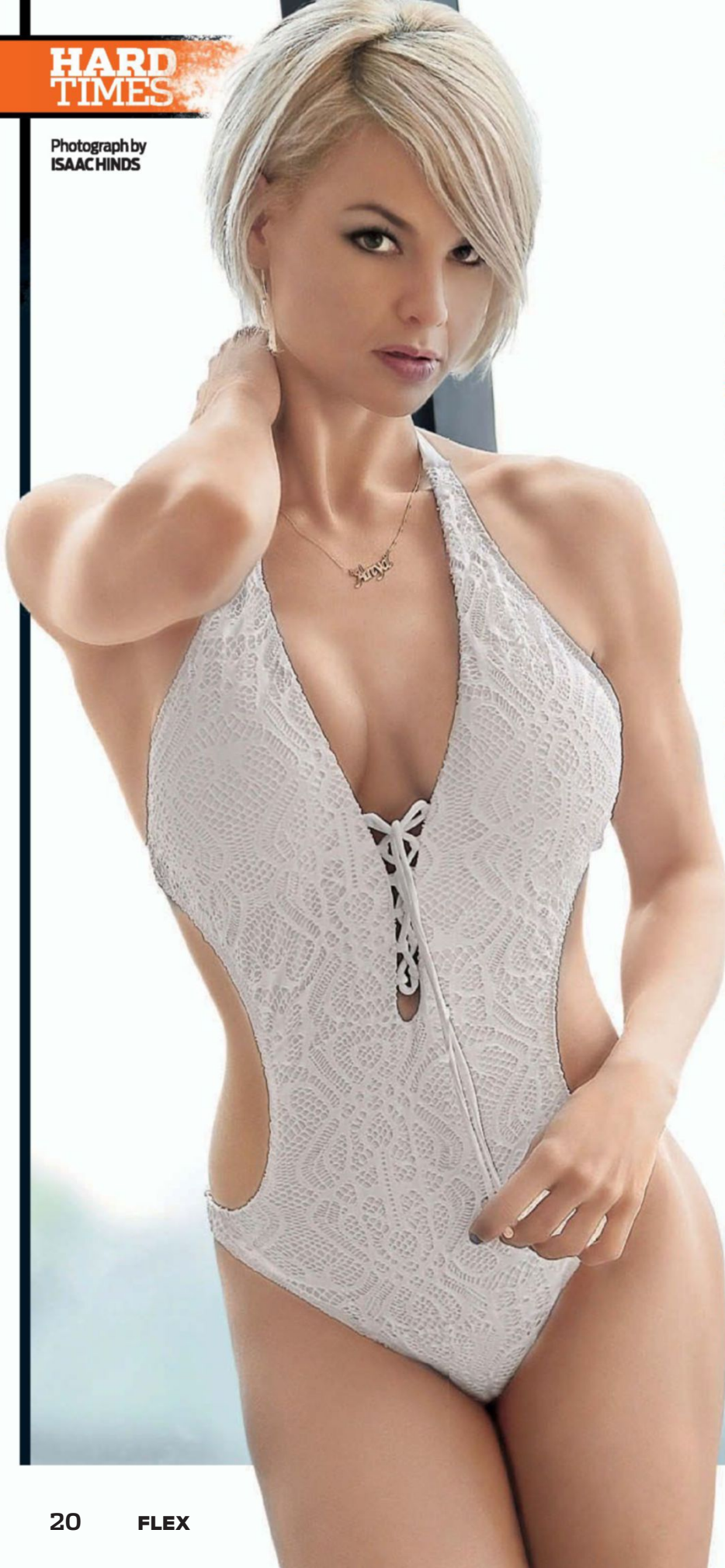
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ANNA STARODUBTSEVA
IFBB bikini competitor

Biggest pet peeve at home:

When my boyfriend doesn't switch the water back from shower to tap.

Biggest gym pet peeve:

When a huge dude, after finishing his squat session on the Smith machine, leaves several 45-pound plates on each side of the bar.

Best place to be on a Friday night:

On the couch with my man.

One thing guys should never say to a woman in the morning:

What was your name?

Worst pick-up line in the gym:

Maybe not a line itself, but the heavy guy with an impressive belly, wearing a very tight Superman shirt, was trying to ask me out. That was quite a picture!

The best part of social media is:

Always staying updated with different events even if you are not there.

Last thing I do before going to sleep:

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Peanut butter or jam—in a tug of war, who wins?

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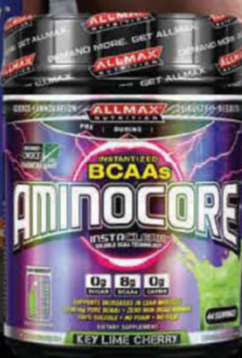
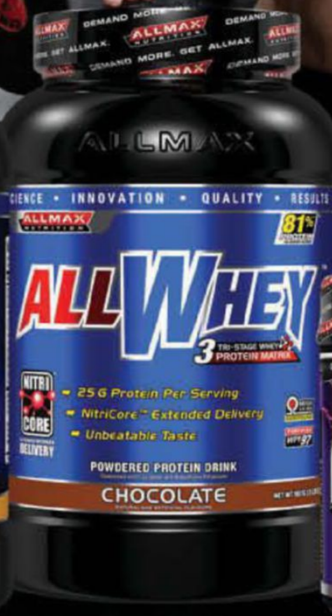
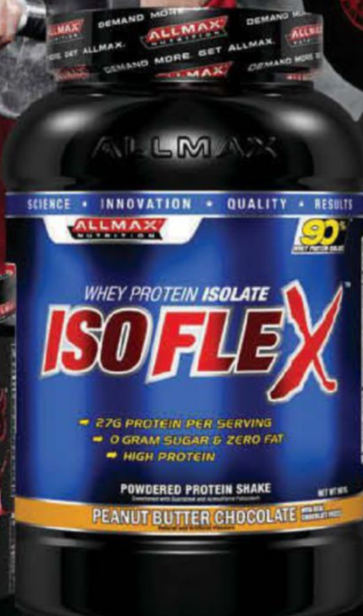
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NEW BRITISH PRO

■ Nathan De Asha is the country's newest IFBB pro after winning the heavyweight and overall titles at the British Championships. De Asha, 28, has only competed four times in a career that began as a junior in 2008 but has won every time.

Weighing 99 kg, he beat Sasan Heirati for the heavyweight title then beat other weight class winners James Hollingshead, Dean Lesiak, James Watts and Gordon Singh for the overall title and the pro card that goes with it.

De Asha now plans to take two years off to grow before making his IFBB debut.

He knows he needs to pack on some mass to hang with the pros and hopes to do so while retaining his tiny waist and great proportions.

No British male has qualified for the open category at the Olympia since Eddie Abbew in 2007 so De Asha, from Liverpool, knows the road ahead will be a difficult one. **FLEX**



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PHILIP KAT

After the explosive events of the 2014 Olympia Weekend, we dissect bodybuilding's biggest rivalry.

BY MATT TURNER



You won't find two more different people than Phil Heath and Kai Greene. The Gift is the typical American high school jock who grew up playing basketball. The Predator, on the other hand, spent his early years in foster care, getting into trouble at school and lacking direction.

Their personalities are as different as their backgrounds: Heath is media savvy, confident and outgoing; Greene is philosophical, artistic and combative.

Their bodybuilding careers are similarly disparate. Heath hit the top almost immediately and was named "the future of bodybuilding" before he had even earned his pro card. He spent just three years as an amateur, winning every show he entered. Things have been little different since he turned pro: he has never finished lower than fifth and won three of his first six contests, and he is now a four-time Mr Olympia.

Greene, on the other hand, spent 10 years in the amateur ranks and only began to make waves after three years languishing in the lower echelons of the IFBB pro division.



CHRISTOPHER BAILEY

Eyes on the prize... backstage at the 2014 Olympia



CHARLES JOYTHAN

The moment of truth



Their different routes to the top has itself caused friction, with Greene and many of his fans seeing Heath as someone who hasn't had to work for his success.

From the moment they met properly for the first time—a FLEX photoshoot in 2010—there has been tension. That day ended with a back workout in which Heath and Greene constantly attempted to one-up each other—Greene doing an extra set of pull-ups, Heath adding more plates to his T-bar rows. It stayed amicable, but it was clear the pair would not strike up a bodybuilding bromance.

But even though bodybuilding's two biggest stars were never likely to be friends

that doesn't explain how they reached the point of squaring off onstage during pre-judging at last year's 50th Olympia Weekend.

STEEL CITY SHOWDOWN

Before 2013, Heath and Greene were merely rivals who didn't get on. Prior to The Gift's third Sandow win, they had competed against each other a total of 11 times, with the score standing at 9-2 in Heath's favour, without their rivalry spilling over. Then came the 2013 Pittsburgh Pro.

Five months before the Olympia, Heath and Greene guest posed in America's Steel City, along with former Mr Olympia

champions Dexter Jackson and Jay Cutler, as well as Branch Warren, Shawn Rhoden, Dennis Wolf and Flex Lewis.

Everything was fine...until emcee Bob Chicherillo questioned Kai Greene about being onstage with Cutler, Jackson and Heath in Vegas. "I think it's going to be an awesome show," Greene said. "There'll be a lot of Mr Olympias on stage, both past, present and to be [*indicating himself*]."

Heath was not pleased and made his feelings known in an interview shortly before he went on to win Olympia number three.

"A guy can't go onstage and say he's going to be the next Mr Olympia right in

DARREN NICHOL-HURST

Greene celebrates a rare triumph over Heath at the 2010 Arnold Classic

Arnold congratulates the champion



FLEX FACTOID

Greene has finished above Heath in just two shows: the 2009 Olympia and 2010 Arnold Classic

front of your face," he said. "I'm not letting that ride. You can't let someone say they're better than you to your face and let it go unanswered."

Asked if he and Greene were friends, Heath's answer was monosyllabic: "No." Asked the same question, Greene replied: "If he were on fire, I'd definitely run and find someone to help him."

Their rivalry shifted up another gear in Vegas when it emerged Greene had been signing his name with the addition of "2013 Mr Olympia". Heath was unimpressed. "At the end of the day, he can sign whatever the hell he wants, it doesn't matter. All I care about is winning my third title, creating my legacy and crushing everyone's dreams. That wasn't cool but it doesn't matter because I'll be able to write 'three-time' on Sunday."

After earning the right to do just that, in another close-fought contest, Heath said backstage: "I don't hate the dude. I just want him to respect me, because I never disrespected him. He disrespected me first. As a champ you should never be disrespected by someone who isn't the champ."

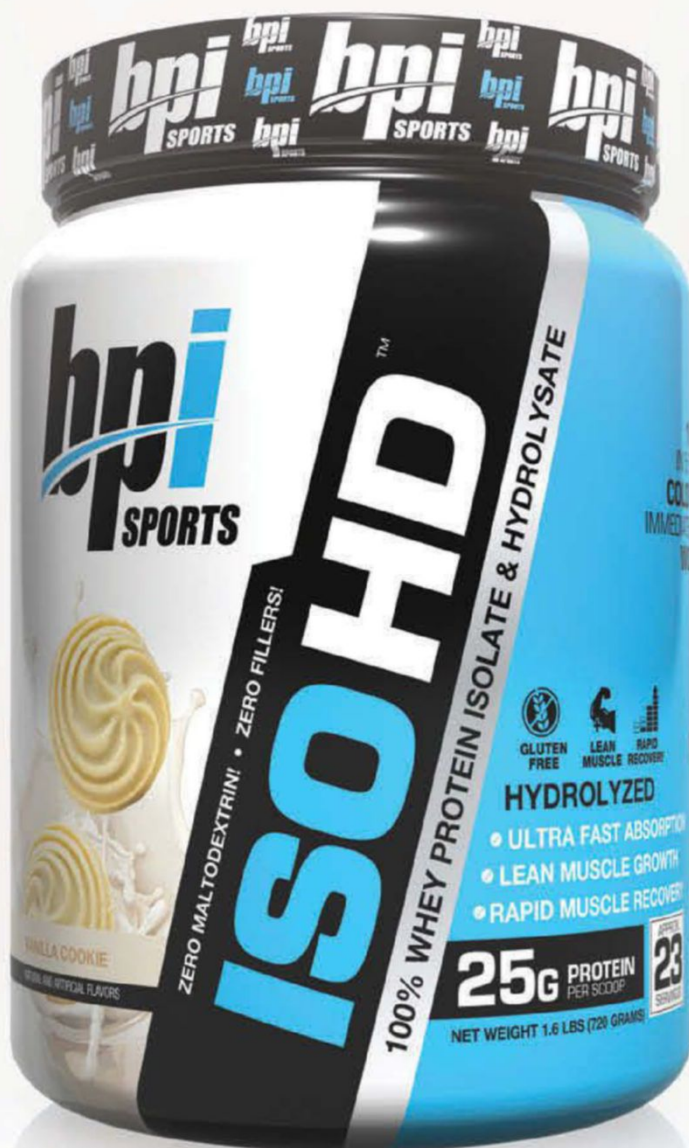
Respect is the key issue. Heath believes Greene has bought into the idea of "The Gift" and doesn't respect the hard work and difficulties he has gone through on his road to the top.

Greene, however, doesn't think his actions are disrespectful at all. He sees it as his right as a challenger to sign his name however he wants and proclaim that he will be the next Mr Olympia. "The past is the past," he said at the 2014 Olympia press conference. "He is the champion of 2013, not 2014, and any man who came here with the opportunity to do their best has the right to [sign their name as Mr Olympia]."

KEVIN HORTON

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HEAD TO HEAD

Including their first show together in 2006, Phil Heath and Kai Greene have stepped out on stage in competition 13 times.

ROUND 1:
2006
COLORADO
PRO
Heath 1st
Greene 14th

ROUND 2:
2006 NEW
YORK PRO
Heath 1st
Greene DNP

ROUND 3:
2008
ARNOLD
CLASSIC
Heath 2nd
Greene 3rd

ROUND 4:
2009
OLYMPIA
Greene 4th
Heath 5th

ROUND 5:
2010
ARNOLD
CLASSIC
Greene 1st
Heath 2nd

ROUND 6:
2010
OLYMPIA
Heath 2nd
Greene 7th

ROUND 7:
2011
OLYMPIA
Heath 1st
Greene 3rd

ROUND 8:
2011
SHERU
CLASSIC
Heath 1st
Greene 3rd

ROUND 9:
2012
OLYMPIA
Heath 1st
Greene 2nd

ROUND 10:
2012 SHERU
CLASSIC
Heath 1st
Greene 2nd

ROUND 11:
2013
OLYMPIA
Heath 1st
Greene 2nd

ROUND 12:
2013
ARNOLD
CLASSIC
EUROPE
Heath 1st
Greene 2nd

ROUND 13:
2014
OLYMPIA
Heath 1st
Greene 2nd

**FINAL
SCORE:**
Heath
11-2
Greene

Greene is named champion at the 2010 Arnold Classic



2010



2011

Heath with Sandow number one in 2011



2011



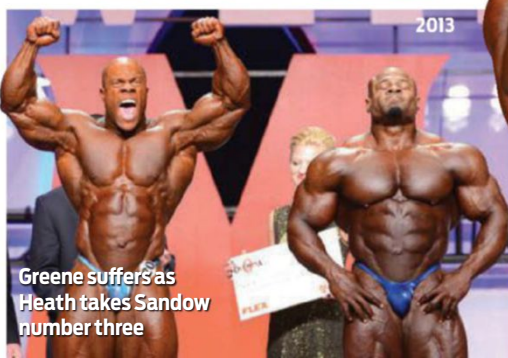
2012



2012

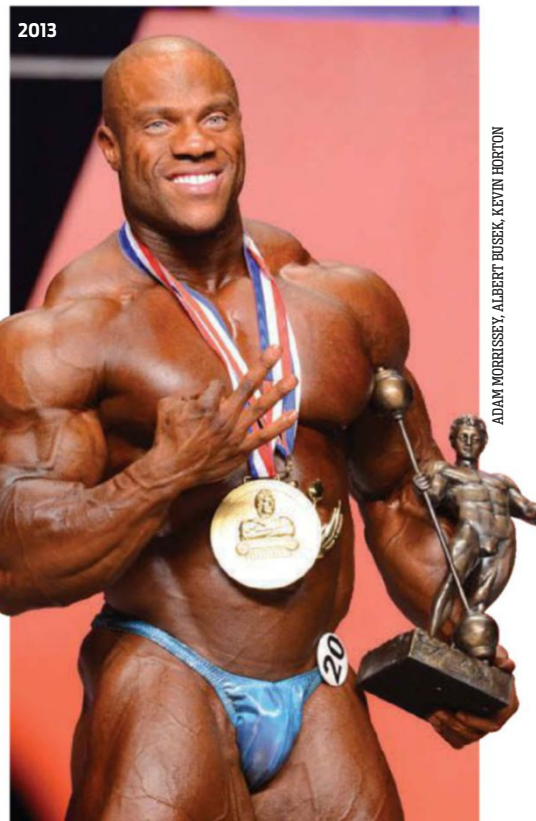


2013



2013

Greene suffers as Heath takes Sandow number three



2013

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Showing why he's number one

A week after the 2013 Olympia, Heath and Greene finish 1-2 again at the Arnold Classic Europe



FLEX FACTOID
Heath has failed to win just six of his 16 pro contests and has never finished below 5th.



FRENZY AT THE 50TH

It was at that press conference, ahead of the 50th Olympia, that things turned toxic and their rivalry began its descent into the fiercest in bodybuilding history.

In response to hearing Greene had again signed his name as “Mr Olympia”, Heath announced he would be writing “four-time” on Sunday. Greene’s coach, George Farah, called out from the audience that Heath would retire after Greene beat him. “We’ve earned three Sandows to your zero, George, so you need to just sit back, relax and let the Sandows talk,” Heath replied.

What followed was an extended tirade of trash talk between bodybuilding’s top two competitors that culminated in Greene interrupting Heath as he talked about his late father, Don, who had died earlier that year. “I didn’t have a father,” yelled Greene.

The Gift said they would “get it on because that’s what the fans want” to which an audience member called out he wanted Greene to win. “Wishful thinking,” Heath replied. Greene responded by saying Heath was the past, and the past was done.

The next day, at Friday night prejudging, their war of words almost spilled over into violence. They’d jostled each other on stage before, most notably at the Arnold Classic Europe in 2013, but this was different.

The Gift was far from his best; the Predator could smell blood. With tensions running high, the men vying for top spot were side by side for the final round of comparisons. With head judge Steve Weinberger calling for them to “spread out”, Greene and Heath’s colossal arms clashed during a back double biceps.

When Weinberger called for side triceps, Greene flicked his braid at Heath. The champ, laughing, barely got into position

MATT MARSH



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but in doing so bumped feet with his rival. Greene appeared unimpressed.

As they then moved into their most muscular, their elbows knocked once again. Greene gave a shove; Heath stood firm. The Predator lost control, turning on his rival and exchanging words.

Heath stood his ground and only the intervention of an official prevented

the situation from getting out of hand until Weinberger called for Greene to swap places with Dennis Wolf to separate the two.

Never have two competitors come so close to violence on the biggest bodybuilding stage of all. Afterwards Greene was quick to congratulate Heath on his fourth Sandow but any thoughts of a thaw in

relations ended the next day when, at the Superstar Seminar gathering, Heath's warm words towards Greene were not reciprocated.

This is one bodybuilding feud that shows no signs of cooling and may well rank as the greatest rivalry in the sport's history. It will certainly make the 51st Olympia later this year even more compelling viewing.

MATT MARSH

BODYBUILDING'S OTHER GREAT RIVALRIES

Sergio Oliva and Arnold Schwarzenegger first clashed at the 1969 Olympia, which was literally a two-man show. The Oak, aged only 22, was already the most talked-about bodybuilder in the world. The Myth was 28, and a two-time Olympia winner. Oliva won his third title that day but it was clear this rivalry had only just begun.

At the 1970 Olympia, Schwarzenegger is said to have tricked Oliva into leaving the stage by indicating they would both go together, only to stay, posing while it appeared his rival had fled.

With the score at 2-1, Arnold won the 1971 Olympia, which Oliva sat out. The '72 Olympia would decide who was the

best bodybuilder of the era. Both men were at their peak. Oliva appeared fuller, but Schwarzenegger got the nod again. The result still causes debate.

Oliva left the IFBB but continued to challenge Arnold, claiming his superiority and arguing that his title was stolen.



**ARNOLD
"THE OAK"
SCHWARZENEGGER**



**SERGIO
"THE MYTH"
OLIVA**

« OLIVA 1 – 3 SCHWARZENEGGER »

Jay Cutler and Ronnie Coleman fought eight Olympia battles between 1999 and 2006. During that period, the pair finished one-two in pro shows an incredible 11 consecutive times, including at four Olympias. Big Ron reigned supreme for a while but at the 2001 Mr O, Cutler pushed a smaller-than-usual Coleman to the brink and had a commanding lead after

prejudging before just falling short. How different could that scoreboard have been if Cutler had denied Coleman his fourth successive Sandow and taken his first on that day in 2001?

As it was, Cutler had to wait another five frustrating years for his first Sandow and then added three additional one-two wins on the following European tour.

With eight, Coleman has twice as many Sandows as Cutler, and he has twice as many wins on the scoreboard, but Cutler has 10 top-two Olympia finishes, one more than his chief rival. That record, which includes six top-two finishes against Coleman, is a testament to the crushing defeats and ecstatic victories of one of bodybuilding's top rivalries.



**JAY
"CUTS"
CUTLER**



**RONNIE
"THE KING"
COLEMAN**

« CUTLER 5 – 10 COLEMAN »

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Call it apple versus orange. Frank Zane, a professorial American, represented the slighter but aesthetic ideal while Franco Columbu, an earthy Sardinian, was his stocky counterpart.

Their duels date back to the 1969 Mr World, when Zane won the medium class and Columbu took second in the short class. Those placings were repeated in

the 1970 Mr Universe. In 1972, they filled out the bottom slots of a legendary five-man line-up with Zane ahead of Columbu again.

Then, in their final three contests, Columbu reversed the tables in the new Mr Olympia lightweight class, which he won in 1974, 1975 and 1976, beating Zane each time and taking the overall Olympia title in '76.

They would never face each other again, yet still their feud has simmered and sometimes boiled over ever since. In recent years, Zane has denigrated Columbu's physique, while Columbu has boasted that he beat Zane "10 or 20 times". Check the scoreboard, Franco! Fittingly, this one is forever locked up at 3-3.



**FRANK
"THE CHEMIST"
ZANE**



**FRANCO
"THE SARDINIAN
STRONGMAN"
COLUMBU**

« ZANE 3 - 3 COLUMBU »

The battle between the upstart Mike Mentzer and the iconic Arnold Schwarzenegger lasted just one contest, the 1980 Olympia, and Mentzer finished four places behind Arnold, who returned to win his seventh and final O title. What elevates their single clash into the ranks of bodybuilding's greatest rivalries is that it is the only other time two Olympia competitors have almost come to blows.

In 1979, Mentzer won the Olympia heavyweight division. He was a juggernaut, but more importantly he began propagating his high-intensity training philosophy, "Heavy Duty". He often contrasted his low-volume workouts with the double-split marathons of Schwarzenegger, who had retired in 1975.

The Oak listened, and in the biggest surprise in bodybuilding

history, jumped into the 1980 Olympia, billed as a rematch between Mentzer and Zane. Backstage before the contest, the icon and the upstart got into a verbal duel that nearly resulted in punches. Onstage, the icon was victorious. It was the final contest for both men, but its result and the contrasting training philosophies of its key combatants are still debated today. **FLEX**



**ARNOLD
"THE OAK"
SCHWARZENEGGER**



**MIKE
"MR HEAVY DUTY"
MENTZER**

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BY ANITA NIKOLICH
PHOTOGRAPHS BY PER BERNAL

BACK IN THE GAME

Roelly Winklaar's recovery from disaster routine

There's something about coming within a hair's breadth of death that makes one appreciate life that much more, even if one's life at the time revolves around lifting weights and eating chicken breasts. Roelly Winklaar's motorcycle accident in February 2014—just one week before the Arnold Classic—forced him out of that contest, which he was a favourite to win.

Winklaar had a phenomenal 2013, both personally and professionally. He moved back to his birthplace, the tropical paradise of Curaçao to live closer to his family. He won the IFBB Wings of Strength 2013 Chicago Pro. He starred in *Generation Iron*, attended the red carpet premiere in Los Angeles, and shortly thereafter placed seventh at the 2013 Mr Olympia, his best showing there to date. However, all those accomplishments couldn't quickly repair the torn hole behind his meniscus or heal the burned flesh from his accident. For that he needed to revamp his training quickly in order to compete at the 2014 Wings of Strength Chicago Pro.

Now back in training Winklaar remains fairly impassive no matter what the workout. His mind is clearly one of his strongest assets in the gym. That mindset came in handy during his recovery, which was done in tandem with his dieting for the Chicago Pro show. One of his recovery secrets is that he walked daily into the ocean, using the saltwater to heal his wounds and clean his back. Winklaar nonchalantly tells me, "Yeah, it hurt pretty bad, but that's what you have to do to if you want to be the best."





NO TALKING IN THE GYM

Winklaar often trains with his younger brother, IFBB pro bodybuilder Quincy. Winklaar decided to do his own training and nutrition in 2013. "It's hard to do it all yourself," he said. "I know how my body responds, and I know how to train, but I don't always follow my own advice. I think it's better to have someone show you these things." Whereas his training sessions previously might have lasted anywhere from 90 minutes to two hours, he's trimmed them down to a mere 30–45 minutes per workout. The trick is that he now does the whole workout with very little rest between sets, somewhere on the order of 30–60 seconds. "It's really hard. You breathe hard, you can't talk. As soon as one of us is done with a set, the other one goes right away," Winklaar says. Not only were his old workouts long, he also hit the gym twice a day. On back day he used to train upper back in the morning and lower back later in the day. Those splits are a thing of the past. He goes in with a routine on paper and knocks it out in less than an hour. And the results speak for themselves.

BACK TO REALITY

"In reality, I was wasting a lot of time in the gym," Winklaar admits. "I am just as strong now, just as big, and I have a lot more time to enjoy life with my family and kids." He usually alternates between doing a back routine twice a week: one for width, and one for thickness. When I caught up with him after he won the Wings of Strength Chicago Pro, he had been doing back once a week since his accident. He walked me through the workout.



SEATED CABLE ROW

Winklaar almost always starts with these. **He varies his grip by choosing different attachments depending on whether his focus is width or thickness.** "I pull and squeeze into my lats and hold the contraction for a second while I arch my back just slightly. I see people using their biceps on this in order to move more weight, but that defeats the purpose," he says. "I also see people rounding the back, which is wrong." He advises people to keep as straight a back as possible at the full stretch. **For thickness, he uses the V-bar attachment and for width he uses either a straight bar or a straight bar with handles on the ends.** If he uses a straight bar attachment, Winklaar will also alternate between shoulder-width overhand and an underhand grip on the bar. Grabbing it with an underhand grip works the biceps more, but it also allows you to do more reps because the biceps are assisting in the lift.



WINKLAAR'S BACK WORKOUT

EXERCISE	SETS	REPS
Seated Cable Row	4	12-15
T-bar Row	3	12
Wide-grip Lat Pulldown	3	10
superset with Lat Pulldown (with V-bar)	3	10
Machine Pullover	4	15-20



WINKLAAR'S OFF-SEASON MEAL PLAN

MEAL 1

80 g oats (uncooked weight) and 2 scoops of protein in cold water

MEAL 2

350 g chicken breast and 370 g white rice

MEAL 3

275 g rump steak, 225 g sweet potato, and 6 scrambled egg whites

MEAL 4

275 g lean minced beef and baked potato

MEAL 5

275 g rump steak and 185 g rice

MEAL 6

80 g oats (uncooked weight) and 2 scoops of protein in cold water

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T-BAR ROW WITH BARBELL

This is one exercise Winklaar can do no matter what gym he visits when he travels to shows for guest posings. "This is one of my favourite exercises. It's an old-school thickness creator, and you can't beat it." He hates the T-bar machines, ranting that they take the abs, hips, and stabilisers out of the movement by forcing you to lie on a pad.

Winklaar goes old school and uses a bar in a corner with a weight holding down one end. He warms up with only two plates but quickly moves to add several more. However, he cautions people to worry less about the weight and more about the form of the movement. "You need to get your body right over the plate itself if you want to pull using the lats and back more than the biceps.

You also need to keep the chest down and slightly arch the back. I see guys come up and do what looks like a deadlift or something with hardly any range of motion just so they can say they did five plates or whatever," Winklaar says. He keeps his elbows pulled in close to his sides and keeps his head neutral as he squeezes his lats on the way up.

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Supersets are something the old Winklaar would never have done in the gym. But he's been converted into a fan of supersets for burning out his lats by alternating two types of pulldowns, one for width, one for thickness.

First come a set of 10 wide-grip pulldowns, which can be done with a plain straight bar or one with handles on the ends.

"When I pull down, I bow my elbows a little bit to the front so I can feel the connection in my upper lats better, but everyone is built slightly differently so you have to see what angle feels best for you," he says. He immediately follows with a set of pulldowns using the V-bar handle, targeting his lower lats. I ask him how far one should lean back, since it seems to vary widely. "I lean back about 30 degrees on this. **If you stay upright, you'll end up working biceps and shoulders, not lats.** But if you lean back too far, you can't even feel your lats working." Winklaar is convinced the wide-grip pulldowns have been key in giving him a wide V taper onstage.

ROELLY'S TRAINING TIPS

Keep the reps relatively high, in the 12–20 range.

Don't worry about how much the other guys in the gym are lifting.

Finish your training in under an hour.



**WIDE-GRIP LAT PULLDOWN/
LAT PULLDOWN WITH V-BAR**





MACHINE PULLOVER

(NOT PICTURED)

Not all gyms are stocked well enough to have a machine pullover, so **using dumbbells is an alternative to a machine**. Winklaar does 15–20 reps of this isolation exercise (coincidentally, a favourite of Arnold Schwarzenegger, one of his heroes) last in his workout. ***“This exercise I do because I love to go all the way back and feel the stretch that I get in my lats at the end of a workout,”*** he says. He cautions that it’s really easy to make one of three mistakes: power through the movement by using the biceps to pull the handle down, hurt your shoulder by extending the machine beyond your range of mobility, or use it as a chest exercise by employing the pecs to move the weight, not the lats.

Winklaar does all that work in less than an hour. And he now drives a sensible Hyundai instead of a motorcycle. Hopefully, we won’t need to wait for more death-defying incidents to see what training changes he has in store for building an even bigger back in 2015. FLEX

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TRIPLE JOY

THREE FANTASTIC PHYSIQUES ASCENDED TO THE IFBB PRO RANKS AT THE 2014 BRITISH CHAMPIONSHIPS

The 2014 British Championships provided a stark example of how far and fast bodybuilding has changed. The contest returned to its long-time home in Nottingham for the first time in three years and it was impossible not to notice how much things have altered.

In 2011 there were just over 200 competitors. There was no men's physique, and bikini fitness—consisting of a single class—was being held for the first time.

In 2014 there were more than 500 competitors. Three height classes each for men's physique and bikini fitness accounted for about half of them. Female bodybuilding had gone but there were categories for women's physique, masters bodyfitness, masters bikini fitness and masters men's physique.

As the weekend unfolded, 2011 felt more and more like a bygone era. But the huge number of competitors and fans as well as the stunning diversity of fabulous physiques showed the changes have been popular.

Bodybuilding still has the freak factor but now it also caters for more mainstream muscle and the two-day national finals, with a day each devoted to aficionados of both types of look, showed the two could coexist.

The contest began with UKBFF president Bill Tierney announcing pro cards would be awarded to the overall men's physique and women's bikini champions as well as the overall bodybuilding champion so the sense of anticipation was huge.





BY **JOHN PLUMMER**
PHOTOGRAPHY BY **CHRISTOPHER BAILEY** AND **WARREN TAIT**



The overall posedown for the pro card

KING NATHAN

The coronation of the overall British champion remains the highlight of the domestic bodybuilding year. Hundreds of men dream each year of being the last man standing but after a series of almost 20 qualifying contests, only the class winners at the national finals go through to the overall posedown for the pro card at the very end of the show.

Realistically it boils down to the five weight class winners, and traditionally a super-heavyweight, heavyweight or light-heavyweight prevails. So it was this time, as James Hollingshead, Nathan De Asha and Dean Lesiak duked it out.

Usually, the judges' decision is debated long into the night. After all, at this level the differences between the best are minimal but this time there was a consensus that Nathan De Asha was the stand-out winner.

De Asha had the kind of 3D, cartoon-like muscle bellies reminiscent of a young Phil Heath. Structurally he was superb and in the absence of a super-freak super-heavyweight to dominate him for size in the overall posedown, his lines and conditioning stood out.

The Liverpoolian plans to take two years off to grow while retaining his prize asset—a waist that he says measures just 27 inches. He certainly needs to add a lot of size but the potential is there.

For De Asha, nicknamed The Prophecy (and who goes by the name Nathan Sylvester on Facebook), it has been a long and winding road to the top. He was British junior champion in 2007 and British intermediate champion two years later but he hadn't competed since then. So although trainer Nathan Harman was bigging him up, he arrived in Nottingham an unknown quantity. On the Sunday evening, some 2,000 fans knew exactly who he was and rose to acclaim the new king.



Nathan De Asha savours the moment

DARREN MCDOUGHER/IST

SUPER-HEAVYWEIGHTS

This was the first year without any of the “big five” who have dominated the over-100 kg division since it started—Zack Khan, Alvin Small, Darren Ball, Stuart Core and Dave Titterton.

So there was a fresh feel to the line-up and none was fresher than James Hollingshead, the likeable 2012 British junior champion. For a guy in his mid-20s, he packs some heavy-duty mass although he needs a fair bit more if he is to take the step up to the pro ranks. But he was big enough and sharp enough on the day to join his friend De Asha in the overall posedown.

Danas Urniezius has been threatening to do some damage for some time and that day finally arrived as the Lithuanian Oak burst into the top two with his aesthetic physique.

Third-placed Laurie Carr had made major gains during his year off. Lukas Gabris, in fourth, has the youth and structure to go much higher. The consistently excellent Dan Jumaa was fifth and Darren Cook, the surprise runner-up last year, fell to sixth. Cook hasn't got the most aesthetic physique but he is one densely-muscled man. This time the judges weren't as impressed.

RESULTS

- 1 James Hollingshead
- 2 Danas Urniezius
- 3 Laurie Carr
- 4 Lukas Gabris
- 5 Dan Jumaa
- 6 Darren Cook

Jumaa

Carr

Hollingshead

Urniecezius

Gabris

Cook



Champion James Hollingshead

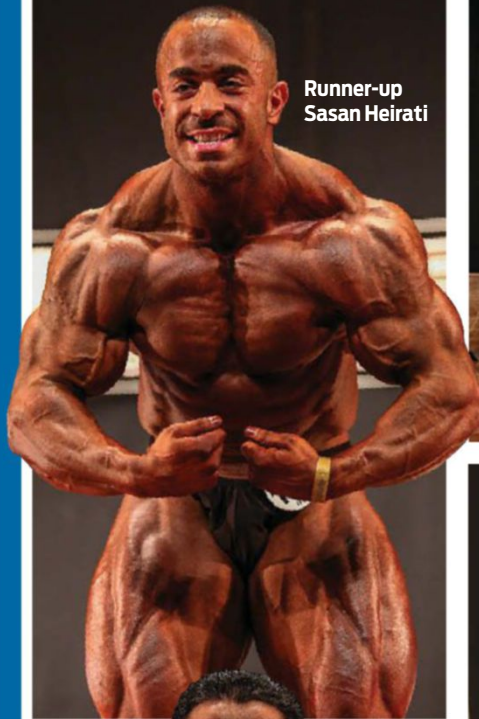


Carr was the size of a truck



Urniecezius having fun





Runner-up
Sasan Heirati



Serwan Aljaff



Andrews

Aljaff

De Asha

Heirati

Varghese

Cranwell



Nathan is number one!

HEAVYWEIGHTS

De Asha expected to enter the super-heavyweights but he lost four kg in the last 24 hours, drying out to tip the scales a few grams below the 100 kg heavyweight limit.

That proved bad news for the rest of the heavyweights, particularly hotly fancied defending champion Sasan Heirati, who had to settle for second place. Heirati has everything in his armoury but on the day De Asha's physique had more pop and was more eye-catching.

Serwan Aljaff has always brought aesthetics but this time he also brought size to finish a hard-charging third.

Fourth-placed Jenev Varghese has some spectacular body parts and with a little more balance will be a threat to anyone. Fifth- and sixth-placed Neil Andrews and Neale Cranwell know how to diet. They were ripped.

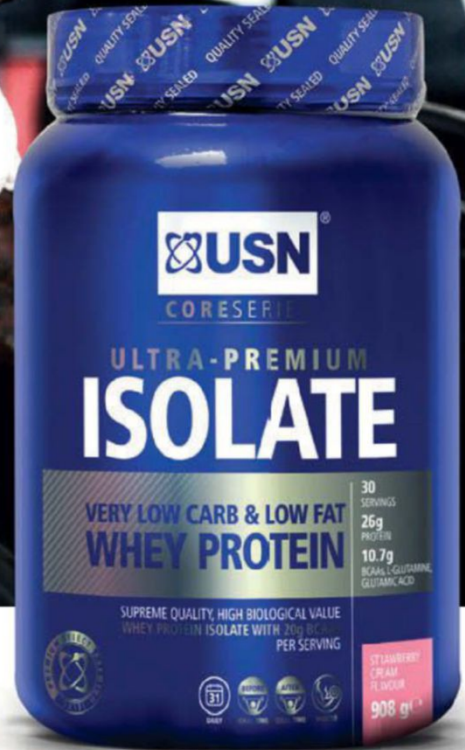
RESULTS

- 1 Nathan De Asha
- 2 Sasan Heirati
- 3 Serwan Aljaff
- 4 Jenev Varghese
- 5 Neil Andrews
- 6 Neale Cranwell

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LIGHT-HEAVYWEIGHTS

Dean Lesiak became a three-time national champion to cement his reputation as one of Britain's best ever amateurs.

Lesiak won the juniors at the turn of the century and the light-heavyweights in 2010. He's also twice finished as under-90 kg runner-up so everyone knew he was the man to beat. Showing good lines, conditioning and a bit more mass than any of his main rivals, he was unstoppable.

Former British champ Alex Bardachou has as good a structure as anybody, which was enough to earn him second place, but there was some controversy because former champions Tony Bailey and Chris Jones, who finished third and fourth respectively, were harder.

These four have become firm fixtures at the British and anyone who wants to make a name in the under-90 kg class has some tough, experienced guys standing in their way.

RESULTS

- 1 Dean Lesiak
- 2 Alex Bardachou
- 3 Tony Bailey
- 4 Chris Jones
- 5 Karol Pakula
- 6 Doug Kelly

Pakula

Bailey

Lesiak

Bardachou

Jones

Kelly



Dean does it again

Alex Bardachou



Tony Bailey

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MIDDLEWEIGHTS

Defending champ Cliff Benton made such an impression with his size and structure in 2013 that he was the overwhelming favourite for a repeat. But the little-known James Watts pulled off a surprise by turning up in possibly the best condition of the entire show.

Watts' physique was roughly on a par with Benton's but when they turned to the rear his glutes and hamstrings looked like they'd had a close encounter with a cheese grater. It wasn't that Benton was off; Watts was just in jaw-dropping condition and couldn't be denied.

Third-placed Luke Bagster has established himself as a major force in the 80 kg division and Lindsay Bruce, another man who knows how to nail his condition, rounded off a marvellous year with fourth place.

RESULTS	
1	James Watts
2	Cliff Benton
3	Luke Bagster
4	Lindsay Bruce
5	Steven Chandiwana
6	Mo Naveed

Chandiwana Bagster Watts Benton Bruce Naveed



James Watts shocked everyone



Cliff Benton



Luke Bagster



Watts' amazing hamstrings



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NEON
SPORT

Gordon Singh



LIGHTWEIGHTS

Gordon Singh is rapidly forging a reputation as the king of the little guys.

For the second year running, the quietly spoken man won the lightweights with a physique of real quality. He has great shape and a lot of muscle for a man weighing just 11 stone.

Singh said afterwards he had struggled to get down to 70 kg but you couldn't tell. He led a quality top six line-up that also included Phil Shankster, Johan Nilson and Anthony Robinson. The under-70 kg class has improved sharply over the last couple of years but can anyone step up to stop Singh doing the treble in 2015?

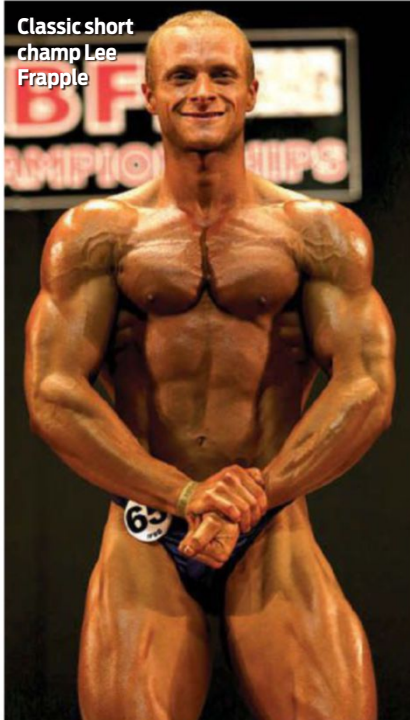
Phil Shankster



Classic tall champ
Owen Powell



Piotr
Jablonski



Classic short
champ Lee
Frapple



Salman Kassam



CLASSIC BODYBUILDING

A great new champion was crowned in the shape of Owen Powell.

Powell's physique epitomises the word "classic". He idolises the 1980s pros, can pull off the vacuum pose and hates the size-at-all-costs agenda of some modern bodybuilders. He struggled to lose the pounds for this height-to-weight restricted class but once he got there it was game over for his rivals.

Runner-up Piotr Jablonski has a lot of muscle on his frame and is a former British champion so this was quite a coup for youngster Powell.

In the shorter classic class, Lee Frapple's good quads and nicely balanced structure helped him take the title.

INTERMEDIATES

Many big names, including Shaun Joseph-Tavernier and Alvin Small, made their names in the intermediate classes, which are for men who have never qualified for the British finals.

Time will tell if Alex Babatunde goes on to make such a big impression but he certainly had a memorable 2014, winning two contests and the big one here in Nottingham.

He has a terrific upper body, as you would expect from somebody known as Big Gunz, and loves to take the battle to his opponents. He is still a little light in the legs, a criticism that couldn't be made of runner-up Mark Coles, but he got the verdict here.

The top three were outstanding and on another day Nick Bostock, who was perhaps the most complete of the top three, could have won.

Sharp and impressive Shaun Price won the under-90 kg category and Andy Brown's solid structure took the gold trophy in the under-80 kg division.



Jamal Changezi



Alex Babatunde



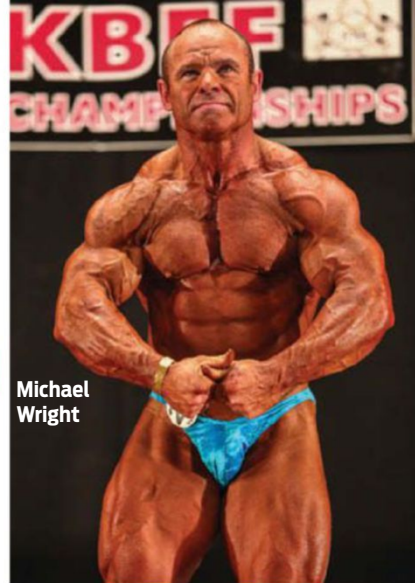
Mark Coles



Shaun Price



Andy Brown



Michael Wright

JUNIORS, MASTERS AND BEGINNERS

One of the most eagerly awaited junior showdowns of recent years ended up as a head-to-head between Jamal Changezi and Drew Walker.

Changezi, who showed an astonishing amount of muscle for a junior and decent condition, got the verdict over Walker, who has lovely lines and is still young enough to get another crack at this title.

Andy Baker's impressive overall muscularity won the over-40s.

In the over-50s, a typically shredded Micky McKay was denied another national title by Michael Wright, who carried more muscle.

JUNIORS	INTERMEDIATES UNDER 90 KG
1 Jamal Changezi	1 Shaun Price
2 Drew Walker	2 Calvin Campbell
3 Jordan Stevens	3 Val Cech
4 Joey Stepp	4 Mark Joyce
5 Will Fell	5 Neil Davison
6 Matt Kavanagh	6 Curtis Statham
BEGINNERS	INTERMEDIATES OVER 90 KG
1 Robert Taylor	1 Alex Babatunde
2 Jeremy Fontanet	2 Mark Coles
3 Gareth Tanner	3 Nick Bostock
4 Malcolm Botta	4 Peter Biros
5 Michael Boinot	5 Laimonos Minkevicius
6 Rob Smith	6 Fabiano Giglio
MASTERS OVER 40	CLASSIC UP TO 175 CM
1 Andy Baker	1 Lee Frapple
2 Jason Meek	2 Salman Kassam
3 Andrew Bisset	3 James Melville
4 Mark Higgins	4 Ryan Morgan
5 Gavin Waudby	5 Rich King
6 Richard Weekes	6 James Crossin
MASTERS OVER 50	CLASSIC OVER 175CM
1 Michael Wright	1 Owen Powell
2 Micky McKay	2 Piotr Jablonski
3 Leszek Jagia	3 Austin Williams
4 Peter Beddoe	4 Rohallah Saltani
5 David Bilson	5 Nagi Kandil
6 Gary Scales	6 Darren Wilks
INTERMEDIATES UNDER 80 KG	LIGHTWEIGHTS
1 Andy Brown	1 Gordon Singh
2 Leon Roberts	2 Phil Shankster
3 Abbas Rahman	3 Johan Nilsson
4 Maz Sxhellc	4 Anthony Robinson
5 Joshua Mchelle	5 Hasan Makansi
6 Abdal Razak	6 Josiah Cavel



New pro Ryan John-Baptiste

FLYING RYAN STRIKES GOLD

With three huge height classes, it was always going to take something spectacular to claim the solitary pro card up for grabs. Ryan John-Baptiste proved the man for the occasion. In a repeat of the English Grand Prix, he won the tall class then beat short-class champ Ben Noy for the overall title.

Abies Nosa was the third man in the shake-up for the overall. Nosa won the medium height class and although he couldn't topple John-Baptiste it was a great day for his family, with brother Etin finishing second in the tall class. The Nosa brothers have fabulous genetics and work hard to show them to best effect. Expect to see much more of them.

Noy, one of the most active and successful British competitors of 2014, beat the bigger Gabriel Sey in the short class. Sey has one hell of a physique but there was a lot of debate about whether he might have done better in the classic class.

In the inaugural masters men's physique British final, Ricky Beckford beat Welsh and English Grand Prix champions Trevor Antoine and Francisco Rocha for first place.

Ben Noy



MEN'S PHYSIQUE UP TO 174 CM

- 1 Ben Noy
- 2 Gabriel Sey
- 3 Richie O'Donnell
- 4 Dan Galero
- 5 Meite Niamba
- 6 Warren Mannors

MEN'S PHYSIQUE UP TO 180 CM

- 1 Abies Nosa
- 2 Wagner DaSilva
- 3 Thomas Mcdonough
- 4 Dan Yeomans
- 5 Ahmed Nasir
- 6 JonPaul Vital

MEN'S PHYSIQUE OVER 180 CM

- 1 Ryan John-Baptiste
- 2 Etin Nosa
- 3 Charlie Francis
- 4 Daniel Blackwell
- 5 Heider Mehdi
- 6 Kirk O'Brien

MASTERS MEN'S PHYSIQUE

- 1 Ricky Beckford
- 2 Trevor Antoine
- 3 Francisco Rocha
- 4 Glen Raisbeck
- 5 Walter Rajah
- 6 Matthew Harrop

OVERALL CHAMPION

- Ryan John-Baptiste

Ricky Beckford



Abies Nosa



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Nosa



Francis



DaSilva

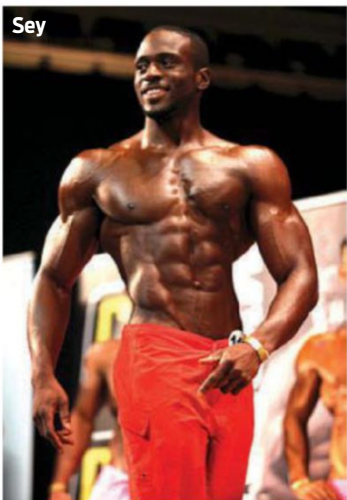


Mcdonough

Ryan John-Baptiste takes the tall class



Abies Nosa wins the medium category



Sey



O'Donnell



Rocha



Antoine

Ben Noy wins the short class



Ricky Beckford is the first masters champion



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New pro
Ruth Dales



Karina
Skowronska



Anita Bekus



Luciana del
Giudice

RUTH'S FAST TRACK TO TOP

Not long ago you'd be lucky to see more than 30 women on stage at the national finals. Now a single bikini height class has that many.

The quality in 2014 was as impressive as the quantity, with height class winners Anita Bekus, Ruth Dales and Karina Skowronska all medallists at international level.

When they tussled for the overall title, the judges went for sprinter Dales, who started the year virtually unknown and ended it as the overall national champion and new IFBB pro. She is not dissimilar to 2013 champ Nina Ross—muscular for bikini but so well balanced that it doesn't look in any way extreme.

In her height class, Dales overcame Joanna Wolosz, another woman who made a big impression in 2014. At just 21 years old, third-placed Amy Leigh-Quine is one of the women to watch in 2015.

Polish-born Bekus is now a two-time national champion. Showing full glutes and trademark flowing lines, she overcame the stunning Charlene Smith and English Grand Prix champ Ellie Wheatley.

Karina Skowronska, another Polish-born star, finished a sensational 2014 with a national title in the tall class. She beat a best-ever Georgia Simmons, who reverted to the slightly more muscular look that suits her frame, and the always-brilliant Emma

Howie. Sophie Eastwood rounded off a great year with fourth place.

Luciana del Giudice became the first masters bikini champion. She has an amazing shape for a woman of any age, let alone over 35.

There was success for Scotland in bodyfitness, with Michelle Morris' beautiful shape winning first place in the short class. If Morris is the standard for this class, it is in a good place.

She beat some big names, led by south coast champion Donna Murphy and Kent winner Carly Thornton, who now has two top-three British finals' finishes to her name.

Nikki Chick's slightly harder and more muscular body got the verdict over Yoanna Zervides in the tall class.

In fitness, 23-year-old Emma Paveley came of age by fulfilling the potential she showed last year. The ex-gymnast has always had the moves but now she's got the body too.

Sarah Williams succeeded Ria Ward as women's physique champion. Williams is a former bodybuilder and some felt she still looked too much like a bodybuilder for this class but others pointed out that she has similar development to the top pros.

Either way, she had clearly done her work and looked fantastic. Her success denied former bodyfitness winner Claire McKee the opportunity to become a two-time British champion. Linda Gartside, who was muscular and well conditioned, rounded out a quality top three.

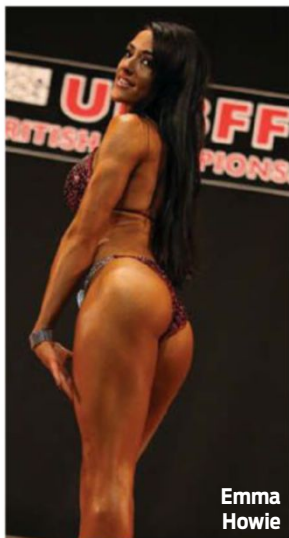


Bikini over 166 cm



BRITISH CHAMPIONSHIPS

Bikini up to 166 cm



Emma Howie



Georgia Simmons



Amy Leigh-Quine



Joanna Wolosz



Ellie Wheatley



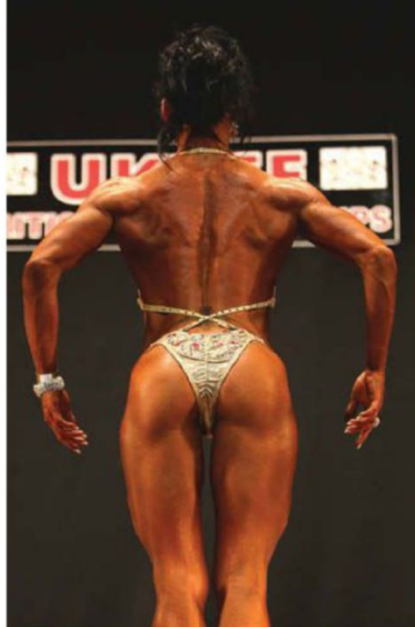
Great glutes were everywhere



Charlene Smith



Tall bodyfitness champ Michelle Morris



Carly Thornton



Nikki Chick



Sarah Williams

BIKINI UP TO 163 CM

- 1 Anita Bekus
- 2 Charlene Smith
- 3 Ellie Wheatley
- 4 Rhiannon Pontin
- 5 Nikki Robinson
- 6 Gizelle Higginson

BIKINI UP TO 166 CM

- 1 Ruth Dales
- 2 Joanna Wolosz
- 3 Amy Leigh-Quine
- 4 Chelsea Dyson
- 5 Samantha Muslu
- 6 Zane Bokmeldere

BIKINI OVER 166 CM

- 1 Karina Skowronska
- 2 Georgia Simmons
- 3 Emma Howie
- 4 Sophie Eastwood
- 5 Martine Thompson
- 6 Sofi Smart

MASTERS BIKINI

- 1 Luciana del Giudice
- 2 Nicki Raj
- 3 Georgia Archer
- 4 Szymon Babinski
- 5 Nyaomi Wright
- 6 Jessica Turrent

OVERALL BIKINI FITNESS CHAMPION

Ruth Dales

BODYFITNESS UP TO 163 CM

- 1 Nikki Chick
- 2 Yoanna Zervides
- 3 Reem Bareeq
- 4 Clare Barks
- 5 Serene Hussein
- 6 Trudi Sammons

BODYFITNESS OVER 163 CM

- 1 Michelle Morris
- 2 Donna Murphy
- 3 Carly Thornton
- 4 Maria Scotland
- 5 Caroline Caine
- 6 Antonia Divers

MASTERS BODYFITNESS

- 1 Lisa Brown

FITNESS

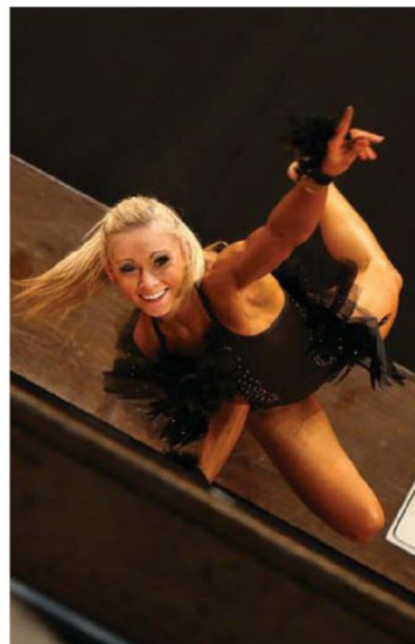
- 1 Emma Paveley
- 2 Carly Burr
- 3 Vicki Cale
- 4 Kasha Walusiak

WOMEN'S PHYSIQUE

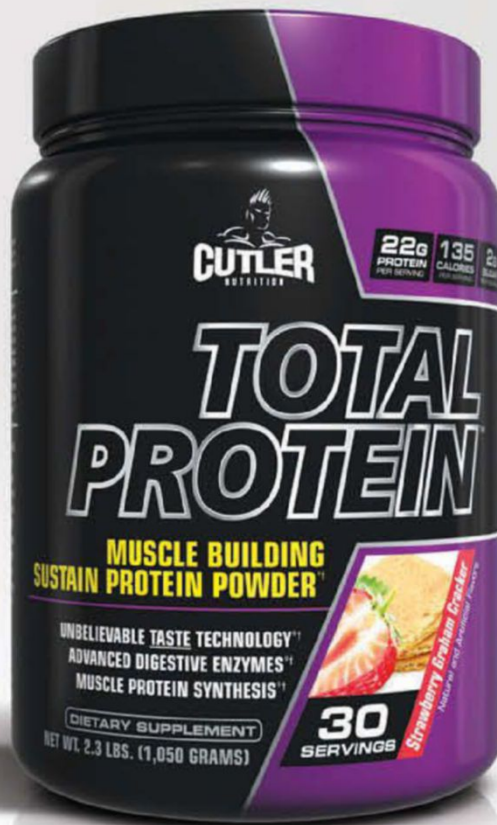
- 1 Sarah Williams
- 2 Claire McKee
- 3 Linda Gartside
- 4 Kirsty Woolford
- 5 Georgina McConnell
- 6 Vanessa Sewell



Fitness champ Emma Paveley



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Owen Powell prepares for battle



Nathan De Asha



Classic pals



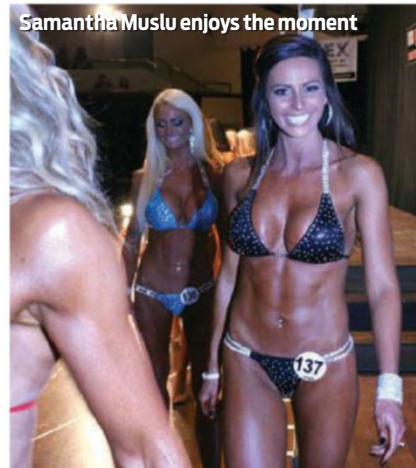
Golden glory for Dales



IFBB Pro Shaun Joseph-Tavernier



Aaron Daley steps out



Samantha Muslu enjoys the moment

Photos of all competitors are available to download at flexonline.co.uk

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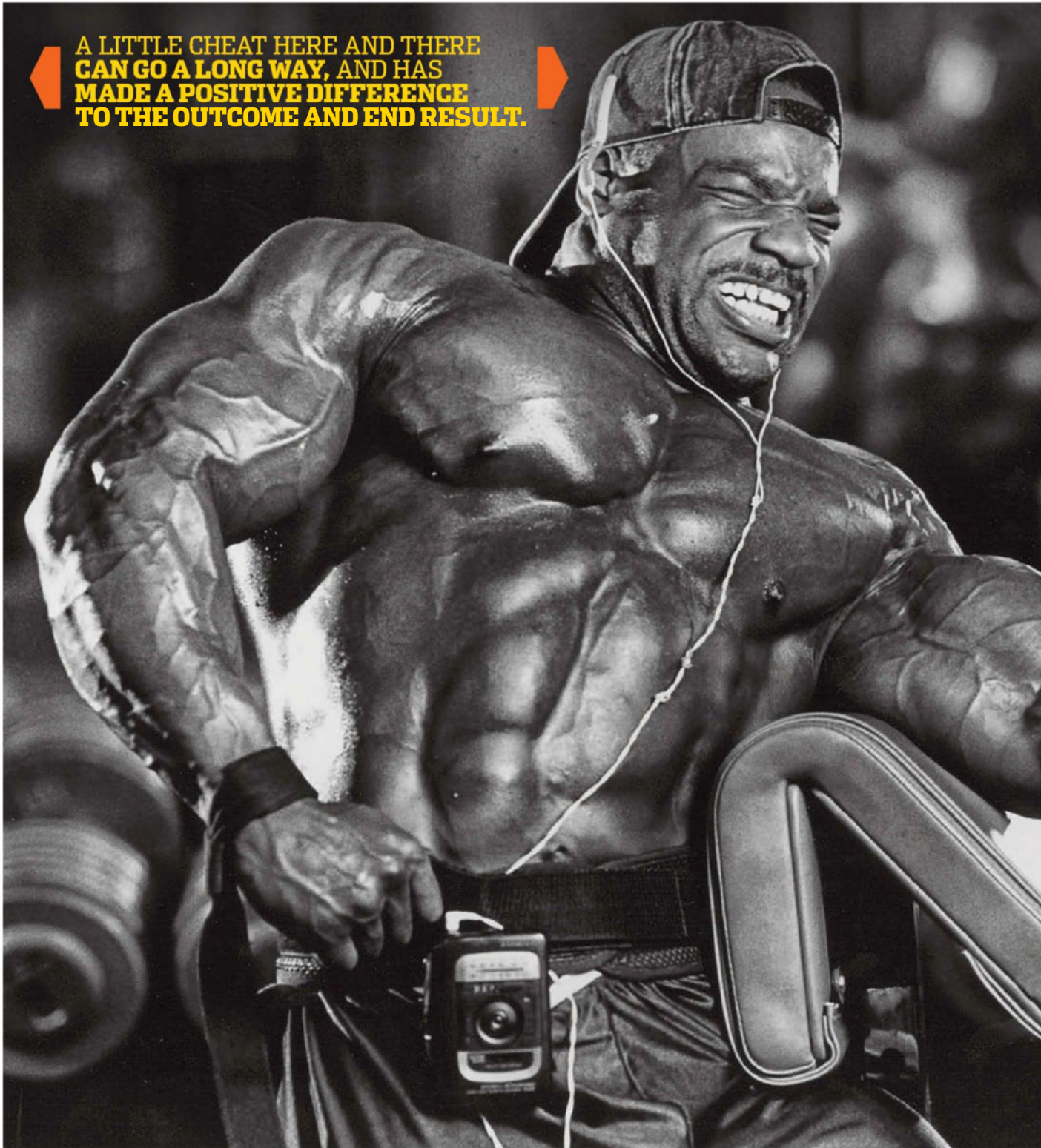
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◀ THE SHOCK

◀ A LITTLE CHEAT HERE AND THERE CAN GO A LONG WAY, AND HAS MADE A POSITIVE DIFFERENCE TO THE OUTCOME AND END RESULT. ▶



CHRIS LUND

ING TRUTH >

CHEAT YOUR WAY TO MASSIVE GAINS

Properly placed cheat reps can take you from good/big to great/huge

BY DAVID SANDLER

Want bigger arms, a thicker chest and back, and legendary legs? Read on. Many of you already use cheat moves, and for the super huge and ripped, this information may not be new, but we're still willing to bet you will be able to find a few takeaway points to build the perfect physique. For those not using cheat reps, we ask only one question: "Why not?" The response to the word "cheat" for most athletes starts with "no way" but ends with "how can I get away with it?" While we're not suggesting that cheating in athletics is acceptable, we do admit that it's a part of sports. Whether intentional or not, a little cheat here and there can go a long way, and can make a positive difference to the end result. Cheating, in anything, has negative connotations, but when you dive a little deeper into the mechanics of a good cheat with respect to building muscle, somehow the negative quickly becomes a positive.

In lifting weights, there is no need to hide or feign ignorance; besides, no one cares anyway. And for the naysayers who argue that cheating could be dangerous or doesn't work the muscles, we have only one comment: "Do you even lift, bro?" A well-planned cheat can not only help increase strength and power, but can push plateaus to break, and help increase hard-to-gain size. The key, however, is to cheat with a purpose, not just randomly throw weights around.

WHY CHEAT?

The obvious way to prevent cheating is to end your set before you need to cheat. For those who do not lift much or don't want to work hard, this option works fine. But for anyone looking to add serious size, a few cheat reps are your best bet, as they represent the immediate ability to prolong a set without any help and little extra time. Being able to get another rep to the hardcore lifter means being one step closer to their goal. In a 10-rep set, each rep is 10%, so being able to add another two or three reps can make a big difference over the long haul. **Most importantly, cheat reps allow you to either lift slightly heavier than normal or keep your weight the same throughout the set.** While drop sets will allow you to get that extra volume, and are a great way of getting extra reps, they require lightening the load. However, while cheat reps keep the weight heavy, if you have to cheat too soon in your set, you will lose the targeted rep range that you're looking for. Cheat reps should be performed on no more than the last two reps of a planned set and serve an even greater benefit when they're added after your target rep range has been met. In other words, if your target rep range is 12 and you're cheating before rep 10, the weight is too heavy, but if you get 13 or 14 reps by adding a cheat, you are dialed in perfectly.



8 COMMANDMENTS FOR CHEATING

THOU SHALT NOT CHEAT TOO SOON

The weight is too heavy if you need to cheat from Rep 1.

THOU SHALT NOT CHEAT ON EVERY SET

Cheating too much can lead to overtraining and poor technique.

THOU SHALT NOT CHEAT ON COMPLEX EXERCISES

With big benching, squatting, and other multijoint lifts like the power clean you need to be careful that technique is not compromised.

THOU SHALT NOT CONFUSE A CHEAT REP WITH A PARTIAL REP

Go deep or go home.

THOU SHALT NOT LAUNCH WEIGHTS HAPHAZARDLY

A controlled cheat improves strength and size, a launch simply completes a task improperly.

THOU SHALT NOT CHEAT UNLESS YOU HAVETO

Complete your set to the best of your ability and add the cheat only when you have to.

THOU SHALT WORK HARD ON EVERY REP, SO A CHEAT IS JUST A CONTINUATION OF A HARD-FOUGHT SET

If this needs explanation, you really need to consider why you go to the gym.

THOU SHALT NOT ACT LIKE AN ASS IN THE GYM

Okay, so this has nothing to do with cheating, but I think it's worth mentioning. Don't make us meatheads who do care what we're doing look bad.



THE ISSUE BECOMES WHETHER OR NOT THE MUSCLE HAS THE ABILITY TO PRODUCE ENOUGH STRENGTH TO OVERCOME THE EFFECTIVE WEIGHT CREATED BY THE DISTANCE FROM THE BODY.

ANATOMY OF A CHEAT REP

The perfect cheat is not simply throwing the weight up, but rather it's the ability to move your body around to provide just the amount of extra help necessary to get through the sticking point. An example of this is the difference between launching the weight from your hips to your shoulders in a biceps curl versus muscling through the sticking point by leaning back a little bit.

The first method simply uses momentum and removes stress from the biceps and thus, if you're trying to build muscle, simply won't cut it. Instead, a little lean, or even an excessive lean, will help keep tension on the biceps while you power through the rep. While this may not seem like much of a difference, the results can be profound.

An understanding of the basic biomechanics of how the body uses levers to produce

force will help you choose the path that gives you the best results. The reason you struggle is quite simple, but overcoming it is another thing. A movement generally starts out fine, then requires huge effort and then finishes strong. This pattern is dictated by the movement trajectory and is a function of both the biomechanical properties of the movement and physiological properties of the muscle.

The biomechanical side says that the farther the weight is away from your body, the more force you need to generate to make the lift. That means that as you go through any movement, the force needed to lift the weight changes. The physiological side suggests that muscle generates less force when it is fully elongated and more force as it contracts through the movement. The paradox, however, is that muscle is often in

its best strength point (semi-contracted) when the weight is farthest from the body (e.g., a biceps curl when your arm is at 90 degrees), and thus, the issue becomes whether or not the muscle has the ability to produce enough strength to overcome the effective weight created by the distance from the body. **This phenomenon is created by the fact that the weight is incrementally heavier every inch it is away from the axis of rotation.** The axis of rotation is the joint, and muscle needs to exert enough force to keep the weight moving. In plain weightlifting speak: even if the muscle is at the optimal force-producing angle, if the weight becomes too heavy, **a sticking point is created, and if the force required to overcome it is not sufficient, you either need to cheat or fail.** Since failure is not an option, cheating is the best solution.

SAMPLE ARM ROUTINE WITH CHEAT SETS

DON'T BE A LAUNCHER

EXERCISE	TARGET REPS	CHEAT REPS	SETS
Barbell Curl	10	2	4 with cheat on last 2 sets
Cable Curl	12	3	4 with cheat on last set only
Dumbbell Preacher Curl	10	2	4 with cheat on last 2 sets
Single-arm Alternating Dumbbell Curl	12	3	4 with cheat on last set only
Dip (weighted)	10	2	4 with cheat on last 2 sets
Skull Crusher	12	3	4 with cheat on last set only
Pushdown	10	2	4 with cheat on last 2 sets
Dumbbell Extension	12	3	4 with cheat on last set only

You can always spot the rookie cheater. He is the one taking a big first swing launching the weight upwards, generating so much momentum the weight powers through the sticking point. And while this accomplishes the task of lifting the heavy weight, it takes the emphasis off the muscle he's trying to work. Essentially, the only part of the rep that may actually help develop muscle is the very end, if you're able to slow it down. It's a fair mistake for novice lifters to make, but **there's no excuse for the seasoned veteran who sloppily throws around the weight** because he's tired. You have a choice. You can just stop and not waste time, but a better solution is to strip some weight and crank out a few more reps. To develop big, thick, and well-peaked muscles, don't be a launcher.

TWIST, BEND, SQUIRM— JUST GET IT DONE

The intelligent lifter, the one who wants to get the most out of his workout, pushes the limits by struggling hard through the sticking point to keep the muscle in question engaged. Leaning back, twisting, and pulling the weight closer to the body while fighting through the sticking point proves two things: you're an animal with a savage work ethic; and you're not taking shortcuts that reduce muscle activity. You want gains?

You need to push yourself past your comfort zone.

Winners compete, losers quit. While physiologically the body wants to stop, mechanically you can alter your position and crank out a few more reps. The genesis of the perfect cheat rep is emerging.



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DOING PARTIALS BECAUSE YOU CAN'T HANDLE THE WEIGHT PROPERLY SHOULD BE BANNED AND THE GYM POLICE SHOULD BE HANDING OUT TICKETS.

PERFORMING THE PERFECT CHEAT

The perfect cheat is not a butchering of the perfect rep. It is not a jumbo swing. It is a mild variation in body position as the weight becomes difficult and progresses that variation through the sticking point until the weight becomes manageable again. A slight lean can become a bigger lean. A short body shift can become a bigger movement if needed. The key, however, is to provide assistance to working muscles by shortening the distance and creating a better mechanical advantage.

Some muscle groups have a better solution than others, and with certain areas, a good cheat is almost impossible to pull off. Additionally, some exercises lend themselves to the perfect cheat, while others do not. It is hard to cheat in a squat and bench press. In fact, using your sternum as a springboard, besides being dangerous, is a waste of time and is like swinging a barbell around in a biceps curl. **So the perfect cheat requires the right equipment and a slow but deliberate**

shifting of the body to coax the weight to its end point.

A half-rep, quarter-rep, or eighth-rep do not count as cheat reps. That is a cop out. Doing partials because you can't handle the weight properly should be banned and the gym police should be handing out tickets. That is not to say that partial reps don't have a place in training, as there are some very good reasons for performing them. Lifting too heavy just isn't one of them.

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HOW TO DECIDE WHERE TO PLACE YOUR CHEAT REPS

TRAPS

Shrug

As you're shrugging up, pull up slightly like you're curling the weight. Be careful not to strain your biceps by curling too much.

CALVES

Calf Raise

Whether seated or standing, you can use your upper body strength to lift up on the pads slightly alleviating some of load. This will only help slightly but can be effective.

QUADS

Leg Extension

Grab the handles tight and lean forwards. During the lift, lean backwards into the chair and pull hard.

HAMSTRINGS

Lying Leg Curl

Raise your hips off the bench and dorsiflex at the ankle so you pull the weight closer to you.

BICEPS

Any Curl

Pull your elbows back as you curl upwards while slightly leaning backwards to reduce the distance of the barbell or dumbbell from the body.

CHEST

Pec Flye and Cable Crossover

Whether standing, seated, or lying, slowly contract your chest and hunch your back by leaning forwards. Then bend your elbows slightly more than normal to finish the rep.

Incline Press and Flat Bench Press

Retract your scapulas and arch your back, raising your chest and bringing your elbows in. Press your feet

into the ground and move your whole body upwards and backwards to create a superior mechanical advantage. Don't bounce the weight.

TRICEPS

Pushdown

Hunch over the top of your arms to give a little extra body weight to the push. Do not push hard and fast and create too much momentum.

Extension and Skull Crusher

Whether lying or standing, drop your elbows, bringing

them closer to your body to shorten the distance (the arc) the bar or dumbbell has to travel.

BACK

Cable Row

For all cable rows and pulldowns, shrug your shoulders up, lean backwards while sticking your chest out, and pull through the movement.

Bentover Row

Bend deeper at the knees, lowering your body towards the weight. If you stand up too much

you will move the emphasis from the lats to the traps.

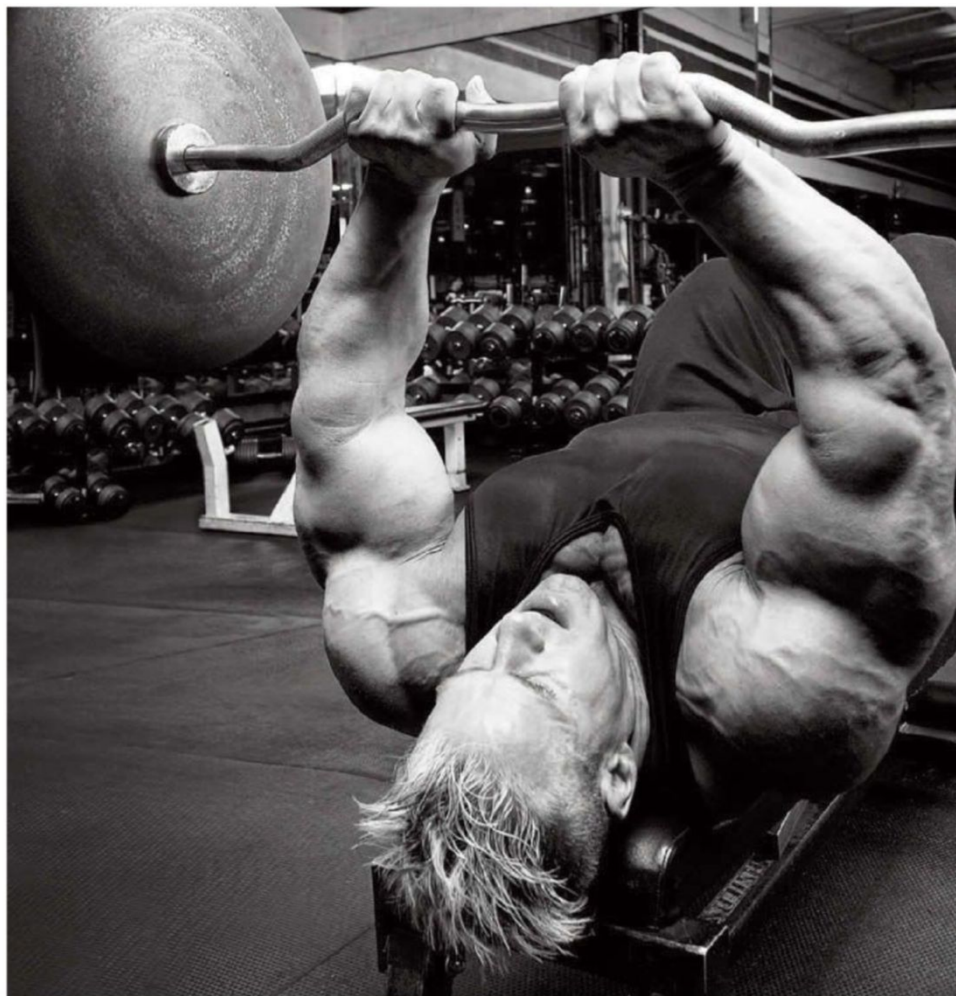
SHOULDERS

Lateral Raise

Rather than throw the weight up by extending your legs and rolling up on to your toes, slowly bend the legs and squat down so the weight continues to stress the deltoids on the way up.

Military Press

Lean backwards, slowly bringing the anterior deltoids and upper fibres of the chest into play. This will keep the weight moving.



**CHEAT YOUR WAY TO BIGGER MUSCLES BY
PLANNING YOUR CHEAT REPS AND EXECUTING THEM
WITH THE INTENT TO BUILD MUSCLE.**

THE NON-CHEAT CHEAT

Remember, one of the very best ways to cheat is to get a spot. Yeah that's right, getting someone to give you a tiny boost during the lift is, in a sense, a cheat. While it is casually disguised as help, forced reps (the technical name for getting help) means that you have hit your limit and need some form of cheat to finish your reps. **The benefit of grinding out forced repetitions is that your form can stay solid as your partner helps to maintain a good line of movement** and provides just the right amount of help against the load, provided he or she knows how to spot properly.

When getting a spot, the same rules apply. If you need help from Rep 1 the weight is too heavy. A good spot keeps the weight moving but doesn't lift the weight for you. Yelling "It's all you" while you're doing the lift is great to boost your confidence and help you grind out another rep but don't let the spotter become a crutch; rather the assistance should help you complete the set. **In the end you need to know how many reps you really got and how much your spotter got.** If your spotter's traps are growing faster than your chest as a result of helping you on the bench, you're probably lifting too heavy.



CHEAT YOUR WAY TO **BIG GAINS**

No doubt you realise the power of a good cheat. No doubt you understand that how you cheat affects your outcome. You need to cheat with a cause and cheat properly for success. Cheat your way to bigger muscles by planning your cheat reps and executing them with the intent to build muscle, rather than just throwing weight around and you'll surely maximise your time in the weights room. **FLEX**

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WOLF RULES EUROPE

GERMANY'S DENNIS WOLF PROVED TO BE THE ACE IN THE PACK WHEN THE WORLD'S TOP BODYBUILDERS CAME TO EUROPE FOR A MUSCLE-PACKED 15 DAYS

BY JOHN PLUMMER

PHOTOGRAPHY BY ALBERT BUSEK,
MATTHIAS BUSSE AND JAKUB KOPCEK

Arnold interviews
Wolf moments
after his victory
in Spain



FIVE CONTESTS. 15 DAYS. 8,002 MILES. The post-Olympia IFBB tour, which careered around Europe and also took in Dubai, is a test of stamina and resolve as well as muscle. Imagine hopping on a plane days after the Olympia and subjecting your body to another three weeks of hotel rooms, airport terminals and hard dieting at a time when it is screaming for rest and Haagen-Dazs.

Four of the top five Olympians, namely Kai Greene, Shawn Rhoden, Dennis Wolf and Dexter Jackson, all took part. Mr Olympia Phil Heath also travelled but didn't compete. Another Olympian, Roelly Winklaar, was the only guy to complete all five contests. Rhoden and Jackson managed four each and Wolf three.

Considering all these guys are aged 35 and over, it is a testament to the strength of their characters as well as their physiques that they kept the show on the road in Madrid, Dubai, Prague, San Marino and finally Finland.

The tour may be brutal for competitors but it is brilliant for European fans because it gives them the opportunity to see the world's best bodybuilders without having to travel to the United States. European shows often attract competitors from a wider range of nation-

alities than US shows and have less predictable outcomes. These five contests produced four different winners from three different countries.

Wolf and Rhoden's private battle for supremacy dominated the 2014 tour. Wolf won the two biggest contests—the Arnold Classic Europe and the Prague Pro—pocketing \$100,000 in the process. Rhoden won in San Marino and although he ended the year 3-2 down to his rival, he had the satisfaction of beating the German at the Olympia.

The tour also saw Kai Greene's curiously brief appearance in Prague when, with the show not going in his favour, he withdrew after prejudging citing stomach problems. The Predator didn't enter any other contests and Wolf's strong performances prompted some to ask



Flex Lewis rules Prague

India Paulino (right) leads the way in Prague



whether the German had usurped him for second spot in the world rankings at the end of 2014.

The tour also saw Winklaar's slow rehabilitation after his Olympia disappointment. He arrived in Las Vegas shooting for top four but only finished

12th. Over the course of these five shows he gradually tightened up and finished in style with a victory that means the Beast will be back at the 2015 Olympia.

Talking of comebacks, it was great to see Ronny Rockel return to the stage and

a host of other good Europeans get their chance to shine.

The mini-212 tour saw Flex Lewis record two more victories. Oksana Grishina, fresh from her Fitness Olympia victory, showed in Madrid why she is the best fitness competitor in the world.



Fitness top 6 (from left) 6th Aguilar, 4th Ruban, 2nd DaSilva, 1st Grishina, 3rd Johnson, 5th Capes

27 SEPTEMBER 2014

Arnold Classic Europe
Madrid, Spain

WOLF OWNS THE ARNOLD



Rhoden
and Wolf



Germany's Dennis Wolf started the tour as he started the year—with victory at the Arnold. Seven months after winning the Arnold Classic in America, the Big Bad Wolf once again found himself receiving

the winner's cheque from Arnold Schwarzenegger.

It was always likely to be a battle between him and Rhoden and so it proved, with Wolf getting revenge

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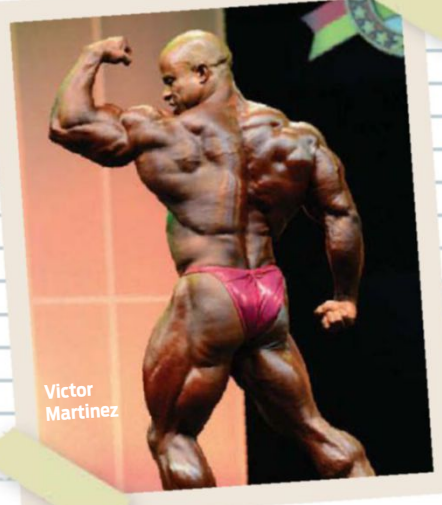
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Victor
Martinez

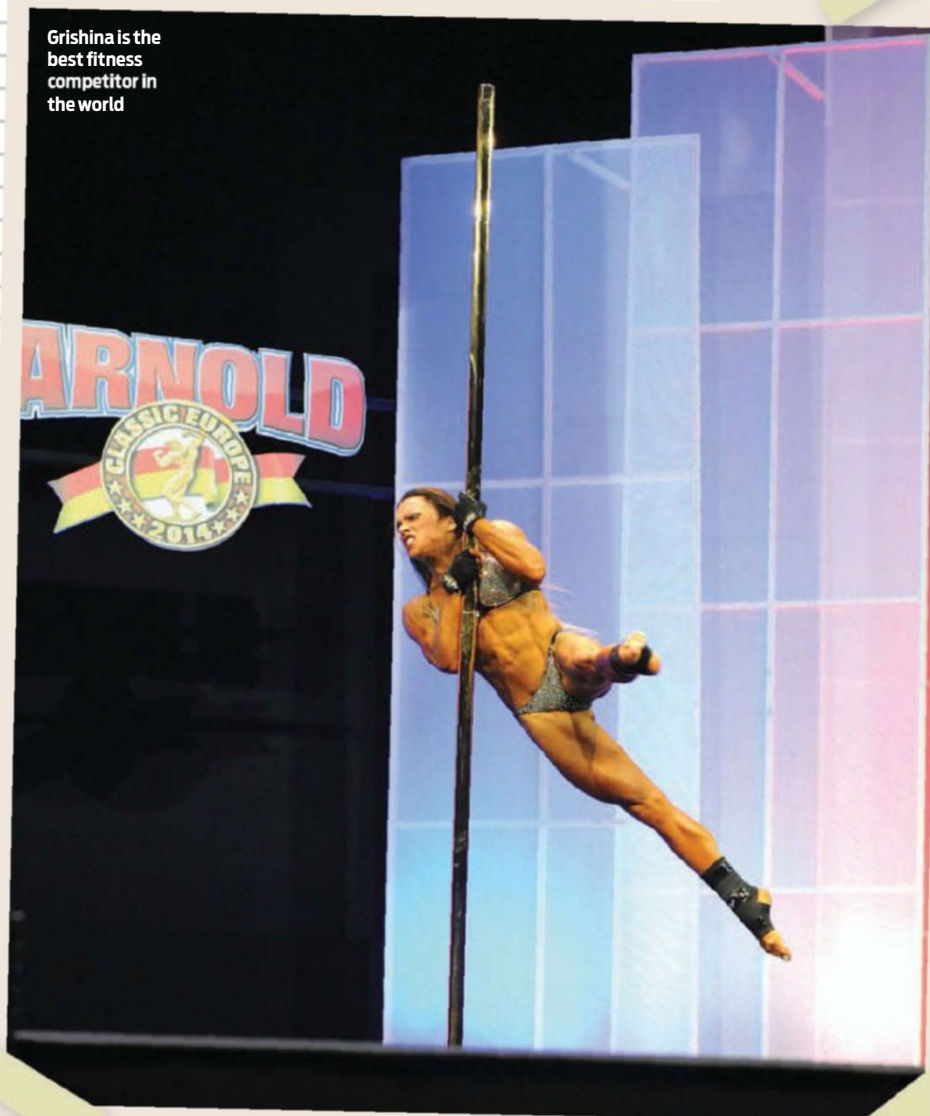
on the American for the Olympia result a week earlier.

The German appeared drier than he did in Las Vegas, no mean feat considering the amount of travel involved and the short turnaround between contests. These factors, along with his superior size swayed the judges.

Dexter Jackson was third, ahead of another man with stunning aesthetics, "the Dominican Dominator" Victor Martinez.

William Bonac, bodybuilding's breakthrough star of the year, finished sixth but from here on in the Dutchman, who competed eight times in 2014, faded and did not trouble the top guys again.

In fitness, Russian Oksana Grishina defeated Germany's Regiane Da Silva in a repeat of the previous week's Olympia 1-2.



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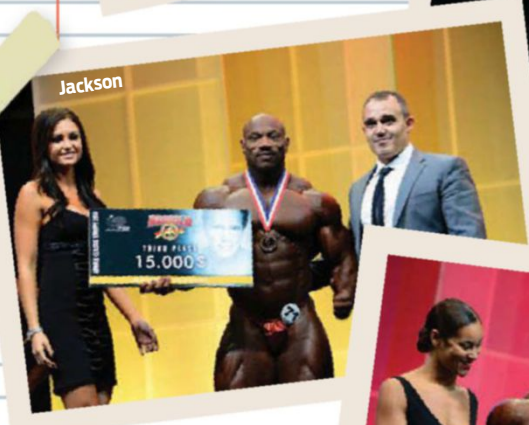
Rhoden – all aesthetics



Winklaar



Martinez



Jackson



Rhoden

RESULTS

1	Dennis Wolf	Germany
2	Shawn Rhoden	USA
3	Dexter Jackson	USA
4	Victor Martinez	Dominican Republic
5	Roelly Winklaar	Curaçao
6	William Bonac	The Netherlands



Bonac



Winklaar



Martinez



Jackson

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1 OCTOBER 2014

Dubai Pro
Dubai

DEXTER DOES IT IN DUBAI

■ A month before his 45th birthday, in the 15th year of his professional career, Dexter Jackson won his 20th title.

To be fair, this one won't be talked about as long as his Olympia triumph in 2008 or his three Arnold victories. The show, in contrast to its lavish surroundings, was not that stellar. It featured only half a dozen other guys but nevertheless, it was a remarkable achievement by The Blade to show he can not only still cut it

alongside this quality of opponent but also beat them.

The next four competitors had all lined up at the 2014 Olympia, including Rhoden, who was runner-up here. Some felt Rhoden matched Jackson's condition and should have been rewarded for his superior size.

Winklaar in third place served notice that he remained hungry by edging up the rankings after his Olympia disappointment.

RESULTS

1 Dexter Jackson	USA
2 Shawn Rhoden	USA
3 Roelly Winklaar	Curaçao
4 Steve Kuclo	USA
5 Juan Morel	USA
6 Robert Burneika	USA

4 OCTOBER 2014

EVLS Prague Pro
Prague, Czech Republic

KAI CONTROVERSY

■ The promoters have done a great job building this contest, which was in its third year, into a major event. The quality and depth of the 18-man line-up bore testimony to that.

No name generated more interest than Kai Greene, fresh off his Olympia second place to Phil Heath. Would the fact that he had not competed since then work in his favour or against?

The answer became apparent during prejudging when Greene wasn't at his best and was clearly struggling not only to win but place in the top three. Nobody, however, expected what happened next—Greene withdrew, citing stomach problems, denying the crowd the chance to watch him trade shots with Wolf and co at the finals and see his spectacular routine.

Greene's absence paved the way for Wolf, Rhoden and Jackson to renew their





Kai Greene withdrew after prejudging



the top six but it was good to see a clutch of European guys in the line-up, none more so than Ronny Rockel, who made a strong impression on his return, finishing 10th.

Two strong support classes saw Flex Lewis defeat Baito Abbaspour in the 212s and India Paulino triumph over Noemi Olah in figure.

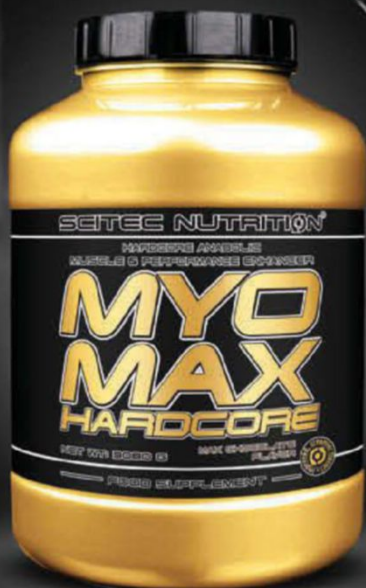
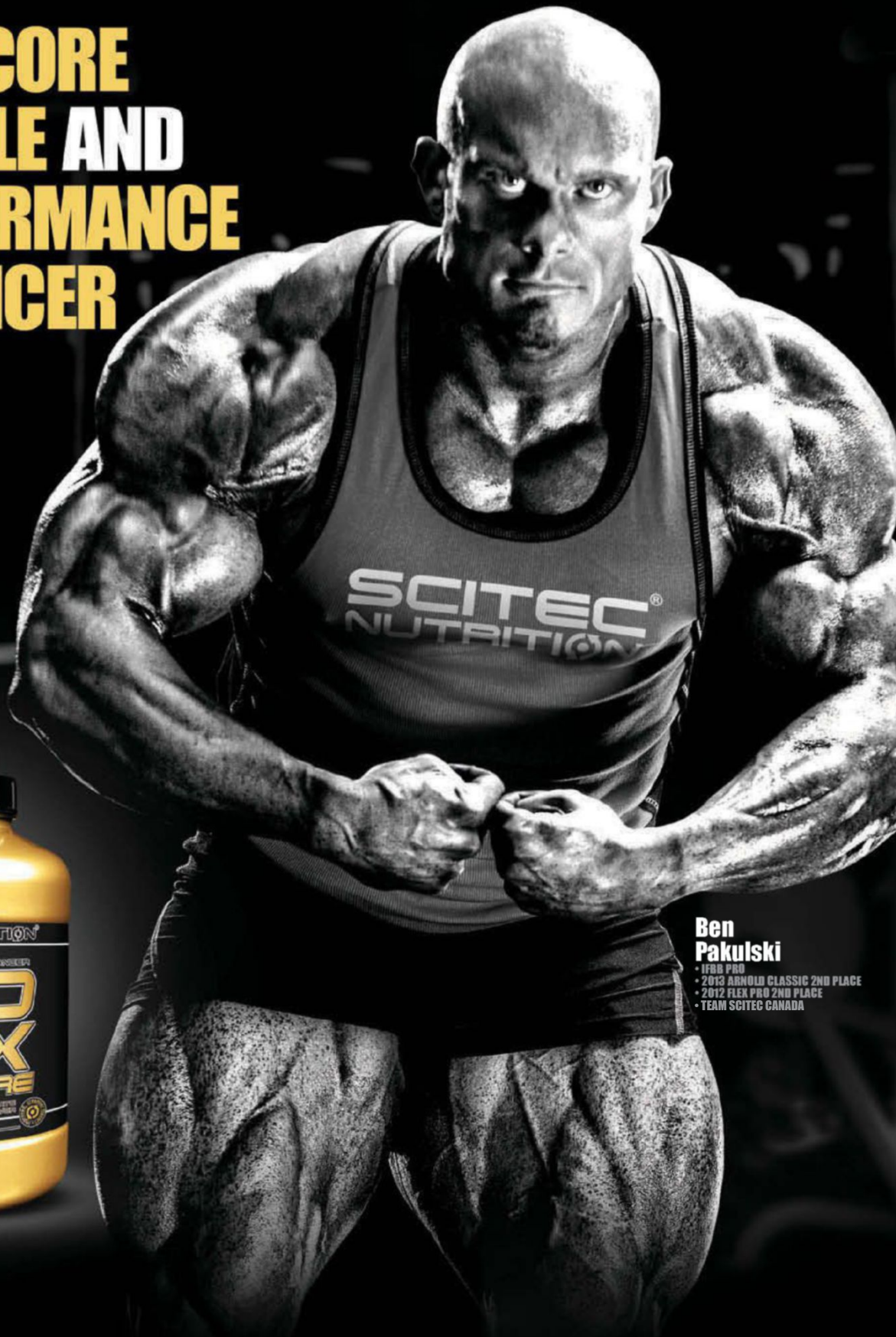
rivalry and once again the German prevailed. He appeared to be at his tightest yet and the only surprise was not that he won but that Jackson once again got the better of Rhoden in the battle for second. Winklaar, Kuclo and Morel rounded out

RESULTS

1 Dennis Wolf	Germany
2 Dexter Jackson	USA
3 Shawn Rhoden	USA
4 Roelly Winklaar	Curaçao
5 Steve Kuclo	USA
6 Juan Morel	USA



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CELLUCOR



Winner India Paulino



Runner-up Noemi Olah

5 OCTOBER 2014

San Marino Pro
San Marino

RHODEN ROARS BACK

■ With this contest taking place just 24 hours after the Prague Pro, the promoter chartered an aircraft to fly the competitors 430 miles south to the microstate of San Marino.

Wolf went into prejudging with two victories in two contest but his hopes of a hat-trick were dashed by Rhoden, who had the last laugh of their 2014 rivalry by taking first place.

The two are a classic apples v oranges match-up: Rhoden's aesthetics against Wolf's size so it is hardly surprising that different judges see it differently. Jackson rounded out the top three.

The quality of the line-up was reflected by the fact that Kuκλο dropped out the top six. Top European talent like Bonac, Rockel and Poland's Robert Piotrkowicz all finished well down the line-up.

In the 212s, Flex Lewis rounded off a perfect year by making it five wins out of five. He won the Olympia, the Arnold Classic in America, the Korea Pro, the Prague Pro and this contest.

RESULTS

1 Shawn Rhoden	USA
2 Dennis Wolf	Germany
3 Dexter Jackson	USA
4 Roelly Winklaar	Curaçao
5 Victor Martinez	Dominican Republic
6 Juan Morel	USA



Flex Lewis ends his year in style



11 OCTOBER 2014

Nordic Pro
Lahti, Finland

ROELLY'S STRONG FINNISH

■ Roelly Winklaar is known as the Beast but he proved in 2014 he has the heart of a lion.

His disappointing 12th place Olympia finish, and subsequent criticism, would have made lesser men withdraw from the tour and hide for six months. Instead, the man from Curaçao sucked it up and did all five shows in 15 days, improving as he went along.

He got his reward in Finland by winning a show that was weakened by the late withdrawals of Rhoden and Jackson. Winklaar still had to beat some good guys in the 17-man line-up, including runner-up Kuclo and fellow American Johnnie Jackson.

It was a good event for Europe, with Rockel, Piotrkowicz and Hungarian Jenó Kiss completing the top six. Russian Alexey Lesukov was eighth, ahead of Alexey Shabunia from Belarus and Belgium's Mario Van Steenberghe.

American Tawna Eubanks took the figure glory, beating Norwegian Christina Strom Fjaere and Finnish hometown favourite Sarah Back. **FLEX**

RESULTS

1	Roelly Winklaar	Curaçao
2	Steve Kuclo	USA
3	Johnnie Jackson	USA
4	Ronny Rockel	Germany
5	Robert Piotrkowicz	Poland
6	Jeno Kiss	Hungary

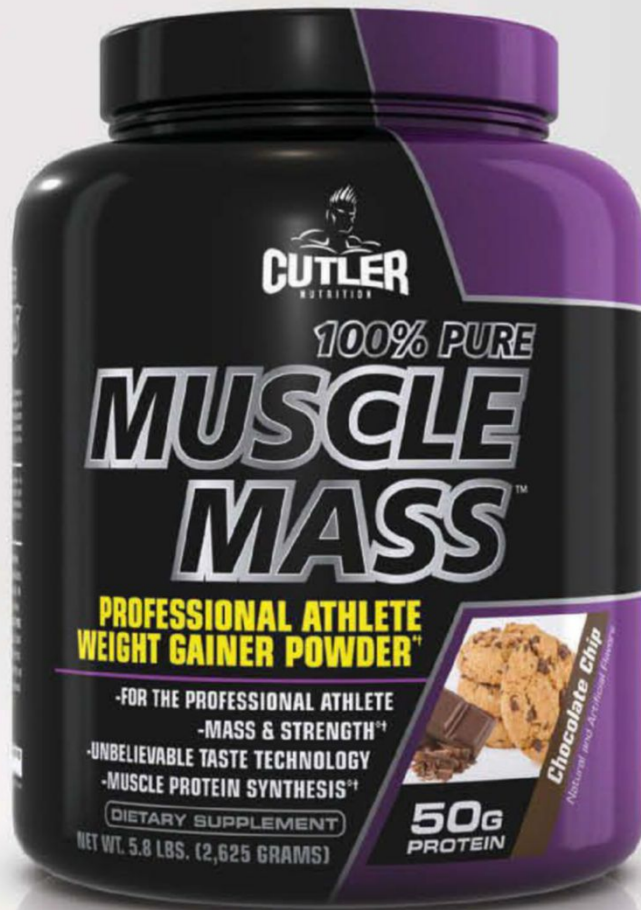


Promoter KP Ourama congratulates Roelly Winklaar



Figure top 6

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TRAIN LIKE A PRO







BY **TONY MONCHINSKI**
PHOTOGRAPHS BY **PER BERNAL**

ARMS AND THE MAN

IFBB pro Max Charles trains arms

■ **Competitive bodybuilders are a different breed from the rest of us.** They respond to training, nutrition and supplementation more readily than we do. Plenty of us train balls-to-the-wall, carefully monitor our diets and supplementation, yet never develop contest-winning physiques. Most of us reading this magazine are never going to look like the men in it, though we draw inspiration from their musculature. And lest you think this is peculiar to bodybuilding, it's not: I'm willing to bet that most of you reading this magazine actually work out, whereas the guy reading *Sports Illustrated* might never even get off the couch.

THAT SAID, NOT ALL
COMPETITIVE
BODYBUILDERS
ARE ALIKE.

**MAX
CHARLES**
IS SIGNIFICANTLY
DIFFERENT FROM
HIS FELLOW
IFBB PROS.

When it comes to training and nutrition, this 34-year-old Huntington, NY, resident (by way of Haiti) truly marches to the beat of his own drum. His workouts range from 3 to 3½ hours long; he creates his own exercises in the gym and uses a range of motion that leaves most watching scratching their heads; perhaps most shocking of all, the man barely eats!

This 2013 NPC USA super-heavyweight and overall champion enjoyed a successful rookie year in 2014, placing 5th at the New York Pro and 4th in Tampa. Many felt he should have placed higher in both contests. "I appreciate people saying that," says Charles. "When I train, I train to win. So I can understand how people say I had a great rookie year, but honestly I don't feel so great about it."

In the following pages we're going to look at how he built his 24-inch arms and not how he trains them now because, Charles informs us, he's stopped training arms. "I cut out all direct biceps and triceps work eight weeks out from my last prep," he says. "They were overpowering other body parts. I used to do arms on Saturday. Now I do another round of legs." Does Max think he'll ever train arms again? "Probably," says the 260-pounder.



HIGHLIGHTS OF THE

MAX CHARLES ARM ROUTINE

When Charles trains arms, he does up to 41 sets of 18 different exercises for biceps and triceps. He's the first to volunteer that what he does isn't for everyone, whether it's the sheer volume of his training or the exercises he uses. Charles is a guy who studies others in the gym and makes up his own exercises based on his specific needs. Instead of looking at each exercise in detail, let's consider some of the principles Charles utilizes as he trains to help us reach a better understanding of how he built one of the biggest pairs of guns in the pro ranks.



1 THE BURN

Charles doesn't count reps. He goes by feel and he goes for the burn. **His training partners have counted his reps, which is how he knows** he gets roughly 20–30 reps when he's doing biceps curls facing into the cable station and 40–50 reps when he's facing away from it. Incidentally, he'll do 5 sets of the former (including one warm-up) and four sets of the latter. Volume, remember?

2 MAX REPS

There's textbook rep form and then there's Max reps, which is the form that works for him. "A lot of people think I just use a short range of motion or I'm cheating and don't use proper form," says Charles. "But I've done 'full reps' and **what I found worked for me was what I did to build my arms.**"

The way Charles does seated curls with a close-grip on the lat pulldown machine illustrates this. If you sit on a chair and raise your upper arms in front of your face so that they're roughly 60 degrees above parallel to the ground, you've got an idea of how this exercise begins. Now lower your elbows until your upper arms are parallel to the ground, simultaneously squeezing your biceps like you're flexing them. **Try this one at your gym, but go light at first so you can feel it in your biceps** (Max uses the entire stack). Biceps curls on the lat machine, by the way, brings us to our third principle.

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4 NECESSITY IS THE MOTHER OF INVENTION

If you watch Charles train in the gym, **you're going to see him doing exercises you won't find in Joe Weider's Ultimate Bodybuilding.** He does skull crushers, but he does them on the seated cable row machine, the top of his head facing the stack. "I watch the way people train and I think to myself, **'If they did it this way they'd feel it here or there,'**" explains Charles. Again, give it a try, and when you tire of doing skull crushers with an EZ bar or dumbbells, do lying cable skull crushers like Charles does.



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CHARLES' OLD TRAINING SPLIT

MONDAY	Glutes and hams
TUESDAY	Chest
WEDNESDAY	Quads
THURSDAY	Shoulders
FRIDAY	Back
SATURDAY	Arms
SUNDAY	Off

BICEPS WORKOUT

EXERCISE	SETS	REPS
Cable Curl (facing into the stack)	5	20–30
Cable Curl (facing away from stack)	4	40–50
Seated Curl (on close-grip lat pulldown machine)	3	16–30
Dumbbell or Rope Hammer Curl	2	16–30
One-arm Preacher Curl	2	20–30
Alternating Dumbbell Curl	2	20–30
Machine Curl	2–4	20–30
Dumbbell Concentration Curl	1	20–30

TRICEPS WORKOUT

EXERCISE	SETS	REPS
Wide-grip Cable Pushdown	5	25–30
Rope Pushdown	7	25–30
Lying Cable Skull Crushers	3	25–30
Machine Dip	2	25–30
Cable Kickback	1	40–50



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5 REST-PAUSE

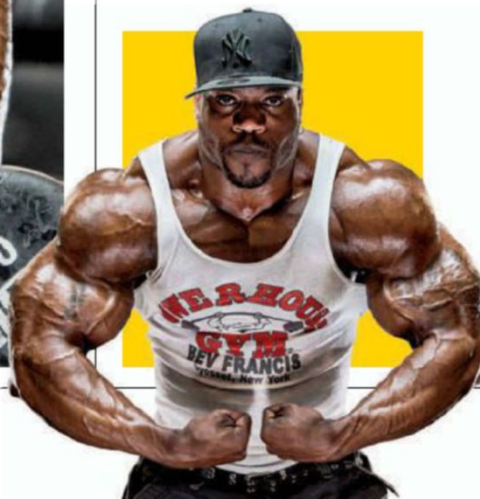
Charles used a lot of rest-pause sets when he trained triceps (not so much with biceps). **Again, it's about pumping as much blood into his arms as possible.** Charles has enormous arms, which means he's shuttling a whole heck of a lot of plasma to those things. When he did rope pushdowns, he'd do 25–30 reps, rest momentarily, go for 25–30 more, rest again, **then continue ad infinitum until he couldn't move his arms.** After a brief rest, Charles would do six more sets (this helps explain how a Max Charles workout routine can take three hours)



6 DON'T EAT FOR SIZE

The above is meant tongue-in-cheek because **Charles challenges everything we have learned** about muscle growth due to protein synthesis. This isn't a guy who built his size eating 6–8 meals spaced out every 2 to 2½ hours, supplemented by protein shakes. His growth is mind-boggling, in terms of his size (standing 5'11", he weighs 300-plus pounds off-season) and the fact that he grows at all given how little he consumes. **Charles has no appetite until contest time.** This is the man who is infamous for noshing on one regular-sized plate of beans and rice throughout the day and consuming gallons of fizzy drinks and V8 vegetable juices. Every time I ask Charles about his diet he says the same thing: "I'm planning on changing it." When I ask him how his diet has changed since competing as a pro, Charles replies, "I'm planning on changing it." Again, this guy is a freak! **FLEX**

CHARLES HAS ENORMOUS ARMS, WHICH MEANS HE'S SHUTTLING A WHOLE HECK OF A LOT OF PLASMA TO THOSE THINGS.



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BY **TONY MONCHINKSKI**
PHOTOGRAPHS BY
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Canada's Frank McGrath blows up his biceps

ARRIVED FOR



Since turning pro at the 2003 Canadian Championships, where he won the superheavyweight class and the overall title, Frank McGrath hasn't competed a lot, but his physique is one of the better known in the IFBB ranks. This is due in no small part to a series of advertisements that continue to run in magazines and hang framed on gym walls. As awesome as the physiques of a Phil Heath or Kai Greene are, it's easy to imagine that these ads featuring McGrath have inspired countless more people to get into the gym and stay there.

"It's weird to think that," says McGrath, "because I'm just a normal dude who likes to train. I think a big part of what drew people was the story that went along with each photo. People related to the stuff I wrote, whether it was having problems with a woman, having no money, or being injured." Everyone's had those kind of problems, but most guys don't talk about them. The average bodybuilding video or advertisement depicts a top pro busting his butt in the gym, then cruising around for 24-year-olds in some luxury ride. "There was a time I was poor," McGrath recalls. "I've worked out having to wear the same clothes for days in a row. I remember getting ready for a show, and I had to drink protein powder all day long because I couldn't afford food. Maybe people read about that, see the images, and think, 'Hey, he did it, why can't I?'"

Today the Canadian, who calls Toronto home, is targeting his biceps. "When I train arms, I train triceps first because I see them as an area that needs improvement," explains McGrath. "My biceps and forearms have always responded." This 5'11", 240-pounder mixes his routine up frequently. Here, we'll follow him through his latest arm workout to see how he trains his upper limbs.

ARM BATTLE

McGRATH'S BICEPS WORKOUT

EXERCISE	SETS	REPS
Cable Curl	4-6	10-15
Preacher Curl	4	10-15
Rope or Dumbbell Hammer Curl	3-4	10-15

EXERCISE

NO. 1

CABLE CURL

Biceps follow triceps when McGrath trains arms. "This will be my first biceps movement, and I'll use a straight bar or a cambered bar attached to a cable. Sometimes I'll do dumbbell curls instead, seated or standing." Again, McGrath mixes it up from workout to workout and does what he feels his body needs and would benefit from.

His biceps and forearms are some of the best in the IFBB. McGrath admits, "My biceps never needed a lot of work. Sometimes I'll only need to do two exercises for biceps. They'll get so pumped I just can't do anything else." For this first biceps exercise, McGrath will get 4-6 sets of 10-15 reps. He has been known to go heavier. "Sometimes I'll do eight reps as heavy as I can, but I usually end up doing a dropset if I do that."



McGRATH'S COMPETITION HIGHLIGHTS

■ 2013 Toronto Pro, 4th ■ 2011 Tampa Pro, 3rd ■ 2009 Tampa Pro, 9th ■ 2004 Toronto Pro, 12th ■ 2003 Canadian Championships, super-heavyweight and overall winner

EXERCISE

NO. 2 PREACHER CURL

"This is my favourite biceps exercise," McGrath says. "Whether it's on a machine, seated or standing on a preacher bench, lying flat on an incline bench, or using a dumbbell on an incline bench, I just love the feel I get with this move." Four sets of 10-15 reps are the norm here.

When asked if he feels preacher curls in his forearms,

McGrath laughs. "Everything I do for biceps I feel in my forearms. Everything I do I feel in my forearms—I can train legs and feel it in my forearms! I rarely even train forearms any more because I don't have to." But when he does train his forearm flexors and extensors directly, Frank opts for wrist curls off a flat bench.

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**EXERCISE
NO. 3**

HAMMER CURL

McGrath might not train forearms directly, but his pump in them will continue when he targets his brachialis and brachioradialis with hammer curls. Whether he does these with a rope or dumbbells, McGrath gets 3–4 sets of 10–15 reps.

**McGRATH'S
TRAINING SPLIT**

MONDAY	Back
TUESDAY	Chest
WEDNESDAY	Off
THURSDAY	Legs
FRIDAY	Arms
SATURDAY	Shoulders
SUNDAY	Off*

* (or "touch-up stuff" — hamstrings, calves, abs)

**McGRATH'S
DIET PLAN**

"The older I've got, I find I stay in better shape," says McGrath. "I don't need to diet as long, even if I'm eating more high-calorie foods. My last show, I only started doing cardio six weeks out."

MEAL 1

- 250 g porridge mixed with 2 scoops of protein powder and 1 scoop of natural peanut butter
- 1 banana or apple

MEAL 2

- Minced turkey (cooked in frying pan without oil; salsa for flavour)

- 300 g brown rice
- ½ avocado

MEAL 3

- Minced beef
- 300 g brown rice

MEAL 4

- Burger and fries or rotisserie chicken ("My takeout meal. A treat for me, but I need the calories).

MEAL 5

- Minced chicken or turkey
- 200 g rice

MEAL 6

- 16 egg whites or
- Shake with a banana and natural peanut butter

EXERCISE

NO. 4 DUMBBELL CURL

Sometimes a fourth biceps exercise isn't necessary or possible. "Sometimes I try to do these, but my arms are so pumped they hurt," says McGrath. "There are times I can barely move a 30-pound dumbbell." If that's the case, then McGrath's biceps workouts end here. If he's got anything left to give, he'll do a few sets of these

for 10-15 reps. "Periodically I alternate between cables and free weights for my biceps," explains McGrath. "Once in a while I'll try something I don't usually do—like seated one-arm concentration curls or cable curls with the cable set at head height—to mix things up and keep my muscles responding."

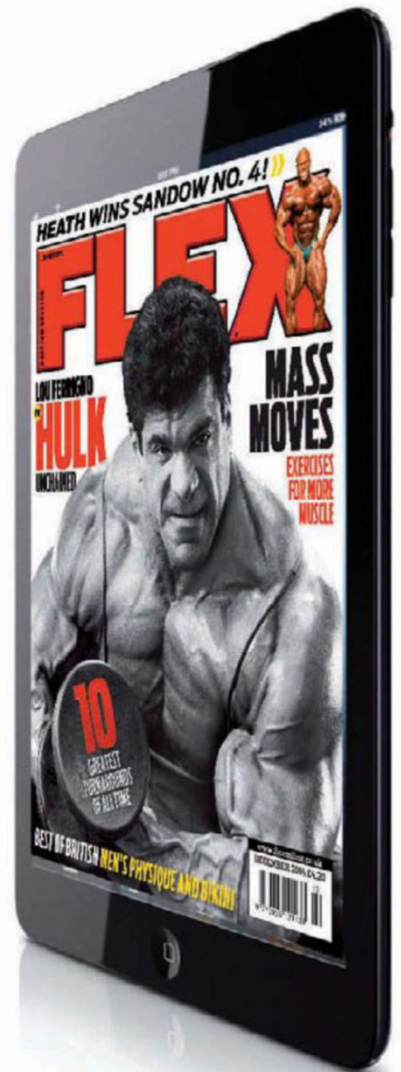


OVERCOMING INJURY AND ADVERSITY

McGrath's bodybuilding career nearly came to an end twice—and on one of those occasions, his life as well. In 2008 he tore a triceps training. Two years later he was in a horrible car accident that resulted in the loss of his spleen. Now 36, McGrath asks rhetorically, "How does someone keep going every day when they're older? When life hits you pretty hard? Most people give up because life becomes too hard. They've asked me, "How do I keep going, mentally?" And he has an answer: "You either give up or be strong, and I can't give up." **FLEX**

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GYM BAG

TRAINING TIPS FOR YOUR NEXT WORKOUT



BENCH BIG

Double your explosive power with bands

Many gyms now carry elastic bands to attach to the sides when bench pressing, yet many lifters stick to the standard bench press. A major obstacle to increasing the bench press is the sticking point at the bottom and overcoming this sticking point is where bands can be most helpful, as they will alter the strength curve of the movement.

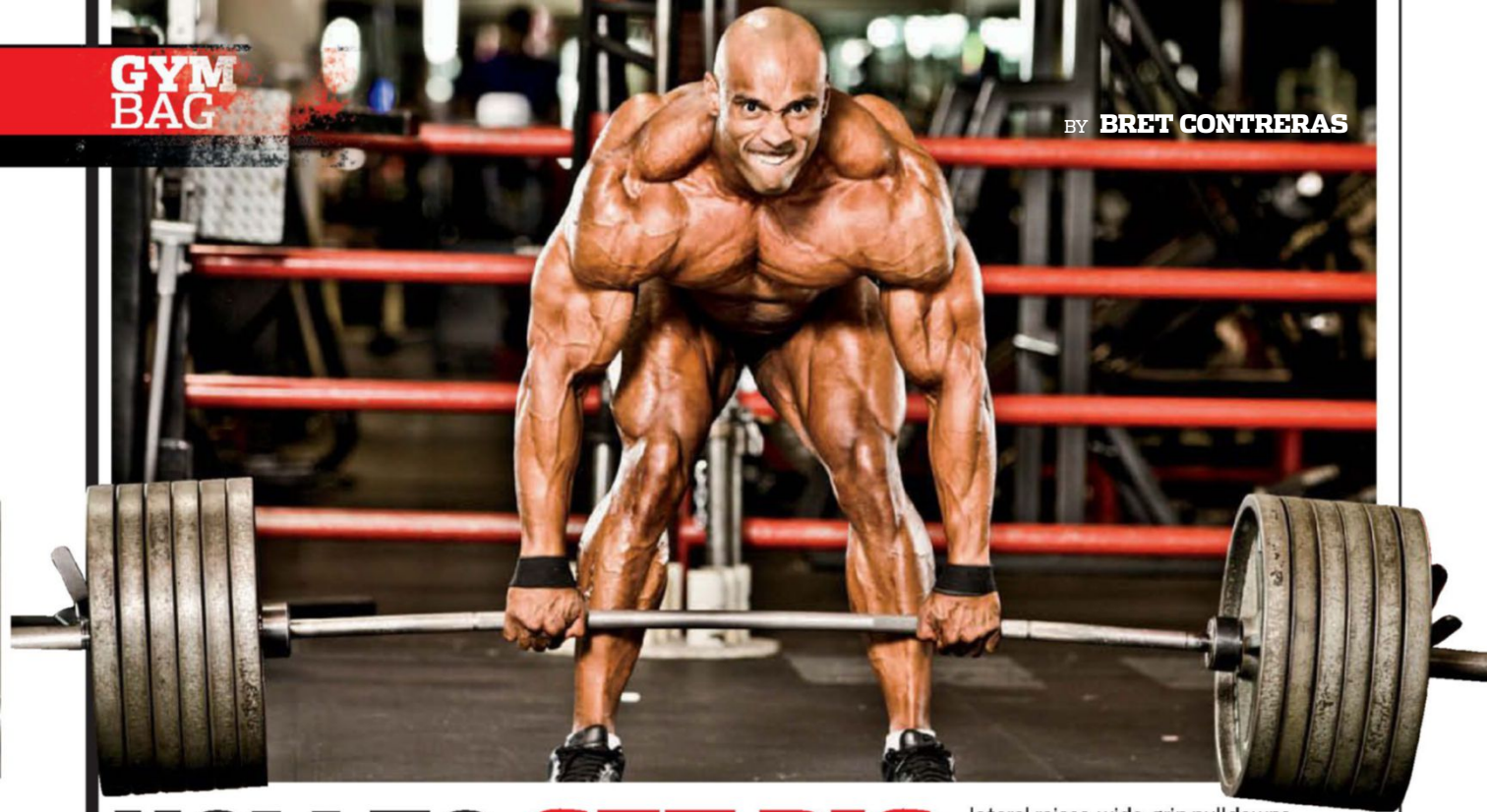
To demonstrate this, a study has been done on the effects of combining elastic

bands to free weights (EB+FWR) on the acceleration-deceleration and velocity profiles of the bench press. Sixteen male subjects (professional rugby players and recreational trainers) were randomly assigned to complete two experimental conditions in a cross-over fashion: EB+FWR and FWR. In both conditions, subjects performed one bench-press set to volitional exhaustion with a load equivalent to 85% of one-repetition

maximum (1RM). In the EB+FWR condition, the contribution of elastic resistance was approximately 20% of selected load (85% of 1RM).

The results showed that bands significantly increased concentric acceleration (explosion off the chest). This increase was higher in the professional rugby players (35%) compared to the recreationally trained subjects (13%). Maximal velocity was also increased in the banded

bench press (17%) when compared to the free-weight version. These results suggest that when using variable resistance (i.e. elastic bands), the external resistance seems to be more evenly distributed over the full range of motion, decreasing the need for dramatic deceleration at the end of the concentric phase and leading to a greater bench press. So don't be afraid to start experimenting with those coloured bands lying next to the bench press.



HOW TO GET BIG

A scientific approach to muscle hypertrophy training

■ **Ever wonder why bodybuilders** are bigger than powerlifters? If all a muscle “knows” is tension, wouldn’t it stand to reason that powerlifters would possess more muscle than bodybuilders, since powerlifters regularly lift greater loads in their training? But this just isn’t true. Despite using lighter loads, the bodybuilder is typically more muscular than the powerlifter. In a classic review article in the *Journal of Strength and Conditioning* titled “The Mechanisms of Muscle Hypertrophy and Their Application to Resistance Training,” researcher Brad Schoenfeld points out that there are three primary mechanisms of muscle hypertrophy: mechanical tension, metabolic stress, and muscle damage.

First, let’s consider mechanical tension. Creating maximum tension doesn’t necessarily mean that you need to use maximal loads. What it does mean is that you need to use impeccable form and utilise your mind-muscle connection to keep as much tension as possible on the targeted muscle. Since heavier loads will indeed need to be used to maximise mechanical tension, pyramid sets are a viable strategy that allows for sufficient volume and time under tension. In terms of exercise selection, **compound movements are ideal here**, so think bench press, weighted dips, military press, weighted chins, barbell rows, barbell curls, squats, and deadlifts. Make sure you’re engaging in progressive overload and increasing your strength over time. Since muscles contain functional subdivisions, exercises like rear-delt raises, incline presses, and lying leg curls are necessary to fully develop

certain regions of the muscle and ensure that maximum muscularity is reached.

Now let’s consider metabolic stress. Think of the burn you feel when you perform a high-rep set of calf raises. The **burn and pump are evidence of metabolic stress occurring in the muscles.** There are several ways you can target metabolic stress in your programmes. One way is to perform high-rep sets with lighter loads. This is valuable because it will ensure that the type I fibres achieve an optimal training stimulus, which contributes significantly to a muscle’s volume. Another method is to perform multiple medium-rep sets with moderate loads and short rest periods. But what’s often ignored with regard to training for metabolic stress is exercise selection. Certain exercises are better suited for creating metabolic stress due to the constant tension they place on the muscle. Think cable crossovers,

lateral raises, wide-grip pulldowns, concentration curls, rope extensions, and barbell hip thrusts. Finally, pausing at the end range of these exercises or holding the last rep for a 10-second count can increase the amount of metabolic stress that’s created.

Finally let’s consider muscle damage.

There are several ways to increase the amount of damage. The first is to simply perform unfamiliar exercises or methods. Variety is good for preventing boredom and stagnation, but never stray too far from time-tested exercises and methods. The second way is to accentuate the eccentric portion of an exercise by lowering the weight more slowly and under control with each repetition. But just as in the case of training for metabolic stress, exercise selection tends to be largely ignored when training to optimise muscle damage. **You want to choose exercises that activate muscles while they’re stretched to long muscle lengths**, so think dumbbell flies, cable lateral raises, dumbbell pullovers, incline curls, overhead extensions and Romanian deadlifts. But don’t go overboard on the muscle damage front.

For maximum hypertrophy use the proper loads, tempos, and exercises to optimise your training and maximise your muscle growth.

*Bret Contreras, M.A., C.S.C.S., is the author of *Bodyweight Strength Training Anatomy* and runs a popular blog at bretcontreras.com.*

BY BRAD SCHOENFELD



SCIENTIFIC HAMSTRING TRAINING

Maximise your muscle development

Maximal muscle development is predicated on recruiting all the fibres in a given muscle. This is basic physiology: If you don't recruit a fibre, there is no stimulus for it to adapt.

The best way to ensure complete recruitment of a given muscle is by varying exercise selection. It's well known that different movements can selectively target aspects of muscles that have multiple heads. A prime example is performing front raises for the anterior delt, side raises for the middle delt, and reverse flies for the posterior delt. Similarly, flat and incline

presses target the sternal and clavicular heads of the pecs, respectively. Okay, so that's probably nothing new. What's less clear, however, is whether you can target specific portions of a given muscle that does not segment into different heads.

A recent study says you can, at least with respect to the hamstrings!

Before getting into the nitty-gritty of the research, let's first review a little basic anatomy and kinesiology. Anatomically, the hamstrings comprise three separate muscles: semitendinosus, semimembranosus, and biceps

femoris. The semitendinosus and semimembranosus are located medially (towards the midline) on the back of the upper leg and the biceps femoris is located laterally (towards the outside). Furthermore, the biceps femoris has a long head and a short head. The short head is the only aspect of the hamstrings that does not cross the hip joint, meaning that it is

only involved at actions taking place at the knee joint.

For years it had been thought that muscle fibres always spanned from origin to insertion. Based on this premise, prevailing theory stated that fibres were activated as an entire unit along the full length of the muscle. This claim has recently been challenged, however. **A compelling body of evidence**

BOTH THE STIFF-LEG DEADLIFT AND THE LYING LEG CURL ARE EXCELLENT EXERCISES FOR TARGETING THE HAMSTRINGS.



PAVEL YTHUJALL (2)

IF YOU WANT YOUR HAMSTRIGS TO REALLY BULGE, **SINGLE-JOINT MOVEMENTS** ARE A MUST.

shows that many muscles do not span from origin to insertion, but rather are compartmentalised so that fibres terminate within the fascicle. Importantly, the fibre subdivisions are often innervated by their own nerve branch. This partitioned structure provides a mechanism by which exercises can conceivably target the individual subdivisions within the muscle. Interestingly, it just so happens that the hamstring muscles are in fact partitioned in a manner that would potentially allow for such regional-specific activation.

And this provided the basis for the study in question.

Ten college-aged men who were experienced in resistance training performed the lying leg curl and the stiff-leg deadlift to failure at a load equating to their 8RM. **These exercises were chosen because they targeted the two primary actions of the hamstrings (knee flexion and hip extension) in single-joint fashion.** To determine muscle activation during exercise, we hooked each subject up to a device called an electromyograph, (EMG) which measures the electrical activity in muscles; greater EMG amplitude corresponds to greater muscle activation. Electrodes were placed on the upper and lower aspects of the medial and lateral hamstrings.

The results may surprise you.

While activation of the upper hamstrings was similar between exercises, the lying leg curl produced significantly greater lower hamstrings activity. The differences in activation of the lower hamstrings was off-the-charts huge, with the lying leg curl showing greater lower lateral hamstrings activity of ~170% and lower medial hamstrings activity of ~65% compared to the stiff-leg deadlift. Now, the increased activation in the lateral aspect of the hamstrings was expected. As mentioned, the short head of the biceps femoris doesn't cross the hip joint, so a knee-dominant exercise such as the lying leg curl would necessarily be the only way to directly target this muscle. On the other hand, the semitendinosus and

semimembranosus are biarticular muscles, meaning they cross both the hip and knee joints. Therefore, **the findings highly suggest that the partitioning of these muscles may allow for greater region-specific activation in their lower aspect.**

From a practical standpoint, there are a couple of take-home messages here. **For one, both the stiff-leg deadlift and the lying leg curl are excellent exercises for targeting the hamstrings.** Probably not breaking any new ground here. However, the findings of this study clearly indicate that the **lying leg curl is essential for maximising development of the lower part of the hamstrings, both laterally and medially;** it's an exercise that should be a staple in your routine. That said, there is reason to include hip-extension exercises in your routine as well.

Here's why. There were substantial differences between subjects in their activation patterns; some displayed substantially higher upper-hamstring activation with the stiff-leg deadlift while others had markedly greater recruitment from the lying leg curl. So **performing a combination of knee flexion and hip extension is the best way to ensure recruitment of the full spectrum of fibres in the hamstrings complex.**

One thing is clear when it comes to hamstrings training: **you can't simply rely on compound lower-body exercises to maximise muscle development.** Contrary to popular belief, the hamstrings are only moderately active during exercises such as squats, lunges, and leg presses; the quads and glutes are much more dominant. So if you want your hamstrings to really bulge, single-joint movements are a must.

Brad Schoenfeld, Ph.D., C.S.C.S., F.N.S.C.A. is widely regarded as one of the leading authorities on training for muscle development and fat loss. He is the author of The M.A.X. Muscle Plan, and runs a popular website and blog at lookgreatnaked.com.



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RETRO ATHLETE

EDGAR FLETCHER

His biceps would've been among the best in the Olympia, but he never turned pro

Ronnie Coleman, Flex Wheeler, Kevin Levrone, Chris Cormier—they're legends. But in the early '90s, there was another name mentioned with them, another "can't miss" future superstar. But, unlike that eminent quartet, Edgar Fletcher never made it to the IFBB Pro League. At 25, Pennsylvania's Fletcher burst onto the scene, finishing second among heavyweights in the 1990 NPC Nationals (Coleman was third). He seemed destined for Olympia posedowns—once he turned pro.

He had all the tools. Before there was a super-heavy class, he lined up with heavyweights who were often more than half a foot taller and over 30 pounds heavier. Nevertheless, the 5'6½" Fletcher never appeared squat or small. He wore his 210 pounds like a stylish suit. His dramatic V taper, superb arms, and wispy waist combined for one of history's best front

double biceps poses. Never mind that he never struck it on a pro stage.

He just couldn't peak on contest day. Also, with fewer pro cards given out then, there was a logjam of quality physiques at the top of the NPC heavyweight ranks. That said, none of his placings after 1990 would earn him the right to go pro today. All told, between 1990 and 2000, Fletcher entered 11 pro qualifiers. He placed third in a heavy class five times and fourth twice, and those seven contests came consecutively between 1992–96. It was a frustrating string of almost-but-not-quite when he always had the best shape but never had enough fine details to nab a title. In retrospect, his initial Nationals runner-up spot in 1990 was his high-water mark. Edgar Fletcher will forever be remembered as the best bodybuilder from the '90s who never made it to the big league.

FLETCHER ON BICEPS TRAINING

"I change the order of my biceps exercises from workout to workout."

"Many people never go heavy on curls because they're too focused on the pump. I go heavy and I don't pyramid. All my sets are in the six- to eight-rep range."

"I'm careful to control the negative halves of reps to keep my biceps under constant tension throughout each set."

FLETCHER'S BICEPS ROUTINE

EXERCISE	SETS	REPS
Hammer Curl	3	6–8
Alternating Dumbbell Curl	3	6–8
Concentration Curl	3	6–8
Barbell Preacher Curl	3	6–8

"BARBELL CURLS ARE FUNDAMENTAL TO BEGINNERS. IT'S THE BICEPS MOVEMENT WITH WHICH YOU CAN HANDLE THE MOST WEIGHT."





FLEX FACTOID
When he started training, 17-year-old Fletcher weighed only 111 pounds. Eight years later, he had gained 100 lean pounds.

POSEDOWN

LEWIS vs. HENRY

With three consecutive one-two finishes (2012 Olympia 212, 2013 Olympia 212, 2014 Arnold Classic 212), the Flex Lewis versus David Henry rivalry has been one of the best in bodybuilding. If we look at the eight times they've clashed onstage, it's a tale of two halves. Henry beat Lewis in the first four meetings (2008–09), and now, following the 2014 Olympia 212 Showdown, Lewis has beaten Henry in the last three (2012–14). Why the disparity? Between those two periods, Lewis grew—a lot. It's been five years since giant-slayer Henry defeated the Welsh Dragon. Can he do it again or has the younger 212 king grown too much to lose?

HEAD-TO-HEAD RECORD

LEWIS **HENRY**
3 4



LEWIS
HEIGHT 5'5"
WEIGHT 212
AGE 30
PRO YEARS 6
PRO CONTESTS 19
PRO WINS 10

LEWIS BREAKDOWN

STRENGTHS
high-def details, calves, aesthetic shape

WEAKNESSES
lat width, chest density

BEST POSE
rear double biceps

WORST POSE
side triceps



BY **GREG MERRITT**
PHOTOGRAPHS BY **PER BERNAL**

TWO-MAN CALLOUT

■ **Henry has made some notable additions** to his wheels in recent years, but his improvements don't compare with what Lewis has done to his upper body. *The Welsh Dragon has completely remodelled his arms and shoulders, turning weaknesses into strengths, and he's made great strides with his pecs and back, as well.* It's also notable that while Henry was once known for his spaghetti-like striations, it's Lewis who now regularly uses conditioning as his trump card in comparisons.

Nowhere is this more evident than in the crucial rear double biceps. This used to be Henry's dominant shot. *But Lewis wins it with density and details, including striated glutes, vertical blind hams, and the best lumbar Christmas tree in bodybuilding.* This clash as it presently stands is similar to the Phil Heath versus Kai Greene rivalry. Lewis, like Heath, has the more pleasing shape combined with enough mass and fine lines to strike awe. Henry, like Greene, has the freakier but less aesthetic collection of parts. *Lewis has the advantage now, but if Henry can bring more cuts to the stage than the champ, their one-two placings could reverse.*

HENRY

HEIGHT
5'5"

WEIGHT
212

AGE 39

PRO
YEARS 10

PRO
CONTESTS
43

PRO
WINS 9



HENRY BREAKDOWN

BEST POSE
most muscular

WORST POSE
front lat spread

STRENGTHS
chest and
shoulder density,
arm size

WEAKNESSES
lower body mass,
biceps shape

**TRAINING STYLES****PUSH-
PULL**

Train your muscles every third day with a push-pull workout split

Let's go back to the '80s—back to the era of *Miami Vice*, Mötley Crüe, parachute pants, and Lee Haney's dominance of bodybuilding. Just as you don't hear "totally awesome" much any more, another term from back then has slipped out of popular usage in gyms. It's "push-pull," and it's a way of dividing your upper-body workouts into pushing muscles on one day and pulling muscles on another day. This was especially popular in the '80s, when most bodybuilders trained individual muscles less frequently than they did in the '70s, but not as infrequently as they do today. We'll explore this evolution and explain why a push-pull system is still a totally awesome way of working muscles more often.

BEPOWERFUL®

HOW TO MAXIMIZE YOUR GAINS

GETTING MORE OUT OF YOUR WORKOUTS



It's no secret, the harder you workout out the better results you're gonna get. Every workout, every set, every rep and every minute on the treadmill is an investment of your own sweat and hard work. The return on your investment is seeing your goal achieved; a better physique and heads turning as you walk through the gym.

The question is, what kind of results do you want? Are you OK with simply going through the motions and getting mediocre results? Is simply showing up enough for you? If so, keep doing what you're doing. Now if on the other hand you're ready to achieve the strength, power and muscle development that you've always wanted, read on.

EVERYONE THAT'S "IN THE KNOW" UNDERSTANDS THAT THIS IS WHAT GETS THE GAINS

You know that in order to amplify your results you have to amplify your investment, but how do you do that? The answer is you need to train stronger, longer and with more intensity! Every workout needs to be your hardest. Every workout needs to be your best. Now, I

don't know about you but I'm not always able to muster the energy, focus and motivation to crush every workout all on my own. I need a little help. I need something that is going to take me from an empty tank of gas to fuel injected! I need something that is going to charge me up so

much that I can't wait to hit the gym and grab some weights.

Most simply put, this is exactly why I take a pre-workout...more specifically, why I take 1MR Vortex™. This is what gets me in the gym - This is what gets me pushing to get that "One More Rep" each and every set - This is what gets me those skin stretching pumps! Everyone in the gym who is "in the know" understands that this is what gets the gains. Don't watch your friends crush their PRs and outgrow their sleeves while you're still using the same Pre-Workout as your 16 year old kid brother. Don't be one of the last people to get on Vortex™.

Amplify your workout and get the results by putting Vortex™ to work! Formulated with the best, handpicked ingredients, Vortex™ is engineered to be the most powerful pre-training performance powder on the market today. Pump, Energy, Workload, RESULTS.†



"VORTEX REALLY SHOWED ME WHAT BALLS-TO-THE-WALL MEANS."
-Joe G.†



"TALK ABOUT IN-THE-ZONE!"
- Jess W.†



"MY SECRET WEAPON TO COMBAT AVERAGE WORKOUTS!"
-Ryan S.†



"THE BEST HOUR OF MY DAY JUST GOT EVEN BETTER!"
- Emily N.†



"THAT WAS THE BEST WORKOUT OF MY LIFE!"
-RJ R.†



"I'VE NEVER PUSHED MYSELF SO HARD!"
- Renee H.†

† Photos and quotes are of members of Team BPI who have received complimentary products for their testimonial.
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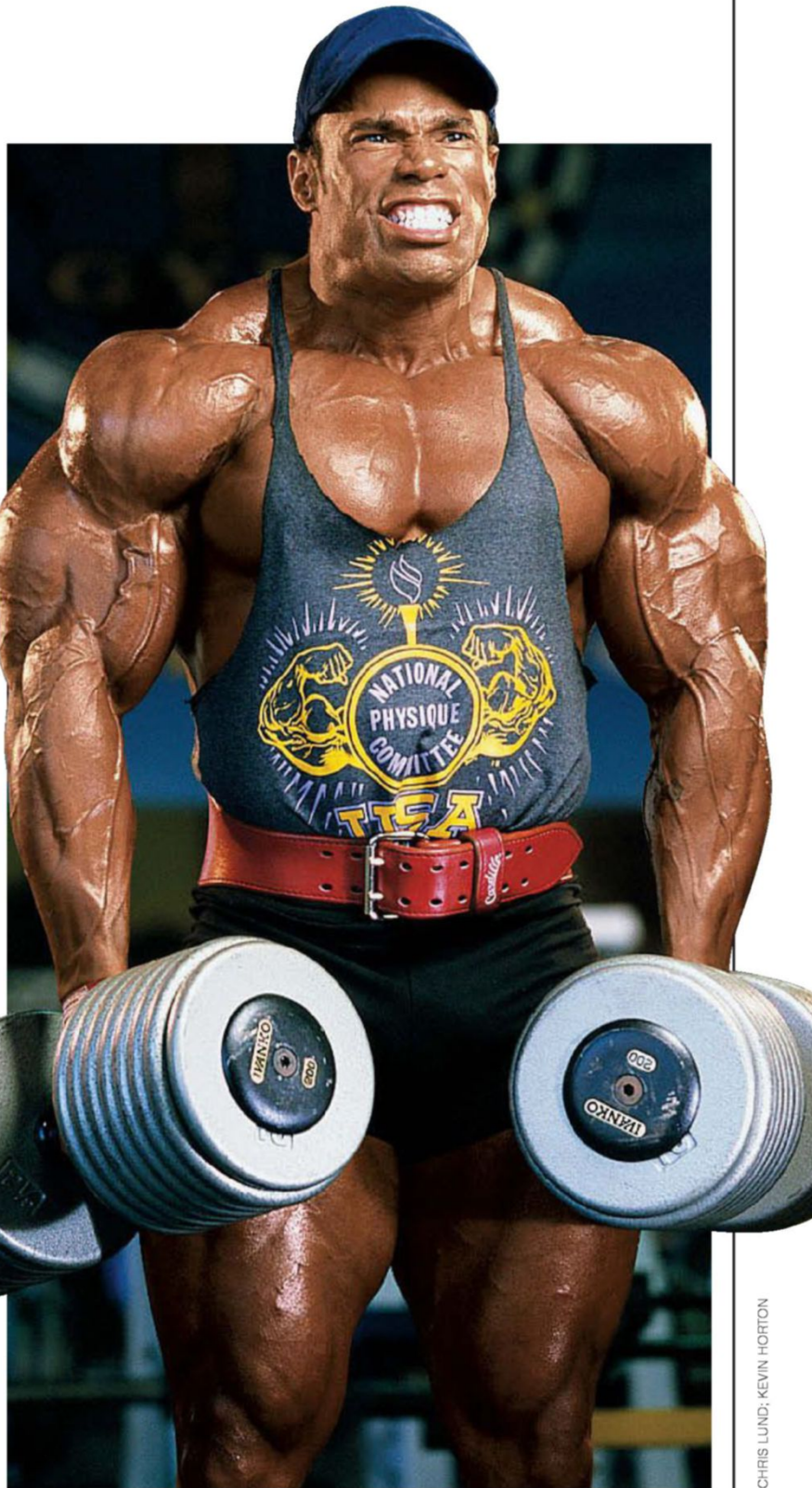
SPLIT DECISIONS

■ It seemed like Arnold Schwarzenegger lived in Gold's Gym. In the early '70s when he was Mr Olympia, he worked out twice daily and hit body parts three times per week (not counting calves and abs, which he trained daily). Not everyone had the luxury of hitting the iron twice daily, but almost every bodybuilder was working body parts every other day. By the late '70s, this started to change.

Splits that stressed muscles twice per week were the norm. And in the '80s, this was often stretched to twice every eight days via a popular three-on, one-off split (three training days, followed by one rest day).

In any split in which your workouts are spread over three consecutive days, typically one day is devoted to legs. Then the question is, how do you organise your upper-body work over the remaining two days to maximise rest for each muscle? If you hit chest and back one day and shoulders and arms the next, you're going to stress delts, biceps, and triceps on both days. This is because front delts and triceps assist on chest presses and dips and rear delts and biceps assist on almost every back exercise. **Any split that results in this double-stress for shoulders and arms is going to severely reduce your growth-inducing recuperation for those areas.**

The best solution to this quandary is the push-pull system. Exercises in which your elbow joints are straight at contractions (bench presses, shoulder presses, pushdowns, etc.) are pushers. Exercises in which your elbow joints are bent at contractions (T-bar rows, pulldowns, barbell curls, etc.) or in which you lift vertically (deadlifts, shrugs, etc.) are pullers. **Pushers and pullers are divided into separate workouts.** So, you work chest, front delts, and triceps in a push workout, and back, rear delts, traps, and biceps in a pull workout. This allows you to train body parts twice weekly or twice every eight days with sufficient time to recuperate between workouts.



CHRIS LUND; KEVIN HORTON

THE HANEY DOCTRINE

"I USE THE PUSH-PULL SYSTEM TO HIT ALL MY PUSHING MUSCLES ONE DAY AND MY PULLING MUSCLES ON A SEPARATE DAY." —Lee Haney





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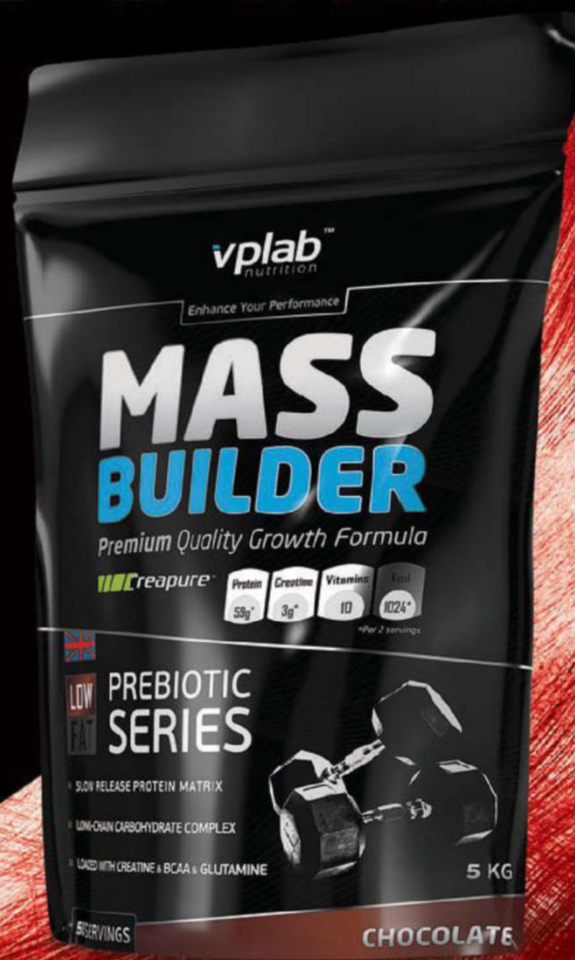
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MORE MUSCLE!*

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*Results may vary. For best results, use product in conjunction with rigorous training and an appropriate diet for your training goals





PUSH-PULL BASICS

- This system is ideal for splits in which your body is divided into three workouts over three days.
- Schedule pushing muscles (chest, front delts, triceps) for one workout.
- Schedule pulling muscles (back, rear delts, traps, biceps) for a different workout.
- Each workout should progress in this order: chest or back, shoulder muscle(s), triceps or biceps.
- Medial delts, which assist on overhead presses, should be hit in the push workout.

PUSH-PULL TIP SHEET

- Many people like to train legs after an off-day. However, to maximise the rest of your upper-body muscles, schedule leg day between the push and pull days.
- If you train your body over four consecutive days instead of three, you can still do a push-pull split. Do push (without triceps) and pull (without biceps and forearms) on the first two days, legs on Day 3, and arms on Day 4. Take at least one day off, then repeat.
- Legs can also be divided into push (quads) and pull (hamstrings) workouts.
- Calves and abs can be trained on any of the three days. **FLEX**

PULL WORKOUT

EXERCISE	SETS	REPS
Back		
Front Pulldown	4	10-12
Barbell Row	4	12-8
One-arm Dumbbell Row	4	10-12
High-cable Row	3	10-15
Rear Delts		
Machine Rear Lateral	4	10-15
Traps		
Dumbbell Shrug	4	10-12
Biceps		
EZ-bar Curl	4	10-12
Preacher Curl	3	10-12
Alternating Dumbbell Curl	4	10-12
Forearms		
Reverse Wrist Curl	3	12-15
Wrist Curl	4	12-15

PUSH WORKOUT

EXERCISE	SETS	REPS
Chest		
Barbell Bench Press	4	12-8
Dumbbell Incline Press	4	12-8
Flat-bench Flye	4	10-12
Dip	3	10-12
Front and Medial Delts		
Shoulder Press	4	12-8
Dumbbell Front Raise	3	10-12
Side Lateral	5	10-15
Triceps		
Lying Triceps Extension	4	10-12
One-arm Triceps Extension	3	10-12
Pushdown	4	10-12

PUSH-PULL 3-ON, 1-OFF TRAINING SPLIT

- DAY 1 PUSH** Chest, front and medial delts, triceps
- DAY 2 LEGS** Quads, hamstrings, calves, abs
- DAY 3 PULL** Back, rear delts, traps, biceps, forearms
- DAY 4 OFF**

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TRAIN LIKE A PRO

ADVANCED NUTRITION

FOOD & SUPPS FOR GROWTH & GAINS

ARACHIDONIC ACID New study identifies anabolic fat



If you thought essential fatty acids were a settled subject, think again. A new study presented at the National Strength and Conditioning Association (N.S.C.A.) conference suggests that sports nutrition scientists have long been missing the mark on EFAs. It proposes that trained athletes looking to increase muscle mass, strength, and anaerobic power would benefit from supplementing with an omega-6 called arachidonic acid (ARA). This advice is, of course, in stark contrast to the traditional recommendations for omega-3 supplements. How was the importance of this omega fat discovered and what does this new information mean for athletes and everyday fitness enthusiasts?

Let's begin with a little background. Arachidonic acid is a polyunsaturated omega-6 fatty acid, common in our diets. It is found in animal products, most notably beef, chicken, eggs and fish. *On average we consume about 100–200 mg of it per day.* ARA is the most active fat in the omega-6 class, playing essential roles in neurological development, immunity, memory and learning, bone mineral density, insulin sensitivity, and cardiovascular health. About 13 years ago, researchers first started to link a metabolite of ARA—the prostaglandin PGF₂-alpha—to muscle growth. It appeared this cellular messenger was necessary for the stimulation of protein synthesis after exercise. The research was taken one step further with experiments with supplemental ARA, whose utility was reported on for the first time in 2002.

This latest study, which strongly validates ARA as a sports supplement, was conducted at the University of Tampa. Thirty well-trained college-aged

men were recruited and split into two groups. In one group the men took 1,500 mg of ARA daily. In the other, they took a placebo. For eight weeks everyone followed a controlled resistance-training programme. *By the end of the study, there were significant differences in the results from each group.*

First, let's look at lean body mass. The men in the ARA group gained an average of 3.6 pounds, while in the placebo group they gained only .2 pounds. The ARA group also noticed an 88% greater increase in quadriceps thickness (.47 cm vs. .25 cm). Strength was significantly improved with ARA as well: 110 pounds gained on bench and leg press vs. 76 pounds. Lastly, peak anaerobic power increased nearly three times more in the ARA group (78 watts vs. 28 watts).

What about the health effects of supplementation? Part of the role ARA plays in immunity is to support the inflammatory response. This is actually key to its effect on muscle growth (tissue repair begins with localised inflammation). This has led some to question if simply supplementing ARA might cause inflammation. *We don't want inflammation when and where it is not needed, after all.* Thankfully, this question has been answered. Supplementing up to 1.5 g per day has been shown to produce no change in resting inflammatory or general health markers. In fact, one study with resistance-trained men even found a reduction in resting inflammation with 1 g of ARA daily. Granted, ARA is still used by the body to support inflammation when needed. If there is an inflammatory condition present, supplementation is probably not advised. Otherwise, ARA is not a trigger, and has been shown to be safe to supplement.

So, what does this all mean for athletes and everyday fitness enthusiasts? It certainly means that effective new supplements are on the horizon for enhancing muscle size, strength, and power with resistance training.

Here are our suggestions for getting the most from an arachidonic acid supplement. First, ARA is effective across a broad dosage range. On the low end, as little as 100–250 mg per day can be used to support gains. However, if you want the strongest muscle-building effect possible, go for the higher end of the range (750–1,500 mg daily). Take this 45 minutes before your workouts for eight weeks, and then take an equal break. We also recommend using ARA for the first time when you have hit a plateau. It's here that its effect on muscle growth will be most obvious (ARA is also excellent at breaking plateaus). Give it 2–3 weeks to load into your muscles, and you should start noticing your gains pick up again!

OPEN YOUR GROWTH WINDOW

Your post-workout supplement regime is crucial for maximising muscle

■ **One of the most crucial times of day** for supporting muscle growth is immediately after workouts. When you finish training, you've damaged muscle tissue and you may have driven your body into a catabolic state where it breaks down muscle tissue to repair the muscles you've just trained. Your tank is likely on empty, too. But you don't need food at this time. What you need is a range of fast-digesting carbs and amino acids that drive nutrients to your working muscles, protecting all of your muscles against breakdown. Here's what you should take in as you're walking out of the gym to get you back into a maximal anabolic state—before you go to devour a clean whole-food meal.

Emphasise aminos that increase protein synthesis for repair and growth.

After workouts your body needs specific amino acids to help maximise protein synthesis, the process through which muscles repair and grow after weight training. *Taking in these aminos is crucial because they digest quickly*, reaching the muscles you've just trained. At this time, you should get in glutamine peptides, BCAAs, and phenylalanine. With BCAAs, look for products that provide a higher amount of leucine, the most effective of the BCAAs for driving repair and growth.

Include amino acids that boost insulin release.

While amino acids support protein synthesis and carbs encourage insulin release, you can also benefit from taking in amino acids that stimulate insulin release. This is particularly important for those who are dieting or *do not want to take in carbs after their workouts*. BCAAs, especially leucine, are insulinotropic, supporting carbs in increasing insulin release to drive the recovery and growth process at the cellular level within muscle tissue.

Restock glycogen with carbs.

Taking in fast-digesting carbohydrates immediately after training *helps your body replace the muscle glycogen you burned while you were weight training*. This in turn provides you with a greater source of this muscle fuel the next time you train. In addition, fast-digesting carbs spur an insulin release, driving carbs and other nutrients to your muscles, hungry for these nutrients after workouts. Good sources of carbs at this time include those derived from potato starch, glucose polymers, and waxy maize.



Add ingredients that support muscle cell volumisation and ATP production.

You know you need creatine to encourage ATP production in your muscles for better sets with higher reps and more weight. But you may not know that *one of the best times to take creatine is after your workouts* so that you have plenty of creatine in your muscle cells the next time you train. Taking in creatine after workouts also helps volumise muscle cells, encouraging them to expand to make the entire muscle larger. In addition to multiple types of creatine (monohydrate, magnesium chelate, gluconate), glycerol monostearate is also a cell volumiser. **FLEX**

CONTEST PREP A SCIENTIFIC APPROACH



The sport (or culture) of bodybuilding

is older than much of the nutritional and metabolic science we take for granted today. For decades, traditions have been passed along during small talk between sets and, perhaps even more significantly, through bodybuilding magazines. In this day and age, however, with scientific informa-

tion just a click away, I thought it would be good to address some of the critical aspects of preparing for a bodybuilding contest—namely diet and supplementation, from a research-based perspective.

A recent paper published in the *Journal of the International Society of Sports Nutrition* did an

excellent job of addressing the important questions that come up when preparing a precontest diet. One of the biggest questions is how many calories should be consumed. Obviously, this is going to depend on your body size and body composition, but regardless of your size, the same principles

apply. The first principle is that **the greater the calorie deficit you impose, the more muscle you will lose.** Aggressive dieting that results in sudden and dramatic weight loss can lead to equal amounts of muscle and fat being lost at the same time. Keep in mind that the body can break down muscle tissue five times faster than it can build it, so you want to do everything you can to protect all your hard-earned muscle as you prepare for your contest. Research on the subject indicates that a rate of weight loss equalling no more than 0.5–1% of bodyweight per week is going to reduce the loss of muscle mass.

For most bodybuilders, this means no more than one to two pounds per week.

The second principle is that **the leaner you are, the greater the percentage of muscle you will lose as you drop weight.** There is a limit to the amount of energy your body fat can supply. For example, it has been estimated that each pound of body fat can supply no more than 31 kcals per day. That's a maximum of 31 calories, with the assumption that conditions are perfect for fat mobilisation. In the real world, things are seldom perfect, so the reality is it will be a little less than 31 calories in most cases. Let's look at an example: if you have 100 pounds of body fat, like the folks who compete on those weight-

loss competitions on TV, your own fat can provide 3,100 kcals per day. That means you can create a 3,100-calorie daily deficit without really forcing your body to tap into your muscle mass for extra calories. If, on the other hand, you only have 20 pounds of body fat (e.g., a 200-pound bodybuilder at 10–11% body fat), your own fat can at best only provide 620 calories per day. So if you create a calorie deficit larger than 620 calories, be it through diet, exercise, or both, your body must use protein for fuel—it has no other option. I know some of you are saying, yeah, but that's all fat calories—doesn't your body also need some sugar for fuel? Yes, it does, and we'll get into that in a moment, but for now, understand that the leaner you get, the more difficult it is to keep from losing muscle as you diet because there is a limit to the rate that your body can release fat for fuel.

The third principle is that **the longer you keep the body in a calorie deficit, the more it will adapt by slowing the metabolic rate** (i.e., calories required per pound of body weight). In those studies that have been done, the metabolic rate has been shown to fall as little as 80 calories per day to as much as 500 calories per day! This tells us that adjustments will need to be made along the way to account not only for a reduction in calorie requirements due to body-weight loss, but also because your metabolic rate will slow, making weight loss slow down with it.

Of course, not only calories matter during a diet—**the source of those calories is very important.** Protein intake is

critical if your goal is to retain as much muscle as possible during your diet. The usual recommendation of a gram per pound of body weight may not be enough to minimise muscle loss. Eating a gram per pound of body weight can still lead to as much as one-half to one pound of muscle loss every two weeks depending on the size of the calorie deficit and the level of body fat you have at the time. A recent review of **results from studies involving lean weightlifters shows that 1.5 grams of protein per pound of body weight will likely be required to reduce muscle loss the closer you get to the day of the show.**

Everybody is in agreement when it comes to protein recommendations, but **when it comes to carbohydrates, opinions vary quite a bit.** Some say you can't get really lean without going ketogenic, while others say that simply reducing calories is a better strategy. Regardless of current fads, if your goal is to keep as much muscle mass as possible, keep your carbs as high as you can while still being able to lose body fat. I know a lot of guys and gals who jump right into a low-carb diet and add cardio all at the same time. This is the worst thing you can do if you're trying to keep your muscle. Add the cardio first while keeping carbs where they are. Then, in a stepwise fashion, begin to drop your carbs.

Carbohydrates regulate substrate utilisation. In other words, carbohydrates are preferentially used as fuel when both carbs and fat are present. The utilisation of fat for fuel will be in proportion to the carb deficit.

There is a threshold, however, below which lowering carbs **further does nothing to hasten fat loss** while greatly increasing muscle loss. So getting fanatical about avoiding carbs is not only unnecessary but quickly becomes detrimental. Research indicates that if you can keep carbs at around 50% of total calories, along with adequate protein intake, muscle loss can be minimised.

Last but not least, fat. Current fat-intake recommendations stem from maximising testosterone levels. Compared with insulin and IGF-1, however, testosterone is not as potent at preserving muscle mass for the natural bodybuilder. Insulin and IGF-1 are related to total carbohydrate intake. Again, if the goal is to preserve muscle mass, reduce fat first if it means carbs or protein would be reduced below ideal ranges. A fat intake of 15–20% of total calories would be appropriate.

To summarise, **total calories should not be cut below the amount that results in one to two pounds of weight loss per week.** As you get closer to the contest date, you will want to reduce weight loss to one pound per week to save more muscle. That should help you plan how many weeks you need to diet. **Protein should range from one to 1.5 grams per pound of body weight.** Carbohydrates should stay as high as possible, while protein should be kept in the ideal range and still allow for one to two pounds of weight loss per week. Fat can make up the rest and should fall between 15–20% total calories. All of this will give you a starting point. Careful adherence to your diet will make adjustments more effective as necessary.

And last but not least, give yourself plenty of time to get into contest shape. It's better to be contest ready at least two weeks before the show, then give yourself time to increase your calories slightly and fill out a little bit. You will be fuller and have better control over water retention. **FLEX**



RESEARCH INDICATES THAT IF YOU CAN KEEP CARBS AROUND 50% OF TOTAL CALORIES, ALONG WITH ADEQUATE PROTEIN INTAKE, MUSCLE LOSS CAN BE MINIMISED.

METABOLICALLY UNGIFTED? TRY THIS

I think we all know what body type I am targeting here—the innately strong, larger boned, endomorph body type. These individuals grow muscle quickly, but unfortunately slap on tons of body fat and water to go along with it. Here’s a training and nutrition plan for the endomorph.

DOUBLE-SPLIT TRAINING

Training twice a day is a very useful tactic for increasing metabolism and potentially reversing insulin resistance. **Studies have demonstrated that both aerobic training and resistance training can increase insulin sensitivity in insulin-resistant individuals.**

Studies also show that weight training can increase glucose uptake into muscle cells, while shifting away from fat cells via Glut-4 glucose transporter proteins.

PERFECT HARMONY

Organise your double split training routine with a six- to nine-hour break between training sessions. For example: Training Session 1 is performed at 8 a.m. and Training Session 2 is performed at 5 p.m.

NUTRITION PLAN

7 a.m.: PRE-WORKOUT

MEAL 1 40 g fast-assimilating protein (egg whites or whey isolate), 50 g slow- and fast-digesting carbohydrates (115 g porridge, ½ toasted plain bagel)

8 a.m.: TRAIN

INTRA-WORKOUT 30 g essential amino acids, 30 g highly branched cyclic dextrins

9:15 a.m.: POST-WORKOUT

MEAL 2 40 g fast-assimilating protein (egg whites or whey isolate), 50 g slow- and fast-digesting carbohydrates (115 g porridge, ½ toasted plain bagel)

11:30 a.m. MEAL 3 60 g protein from chicken or turkey breast, 60 g avocado or 1 tbsp raw coconut oil, 100 g spinach

2 p.m. MEAL 4 60 g protein from chicken or turkey breast, 60 g

avocado or 1 tbsp raw coconut oil, 100 g spinach

4:30 p.m.: PRE-WORKOUT

MEAL 5 40 g fast-assimilating protein (egg whites or whey isolate), 50 g slow- and fast-digesting carbohydrates (40 g ground rice—dry weight, 2 slices sprouted wheat bread, toasted)

5:30 p.m.: TRAIN

INTRA-WORKOUT 30 g essential amino acids, 30 g

highly branched cyclic dextrins

7 p.m.: POST-WORKOUT

MEAL 6 40 g fast-assimilating protein (egg whites or whey isolate), 50 g slow- and fast-digesting carbohydrates (40 g ground rice—dry weight, 2 slices sprouted wheat bread, toasted)

9:30 p.m. MEAL 7 60 g protein from egg whites or white fish, 30 g slow-digesting carbs (50 g quinoa or steel cut oats—both dry weight) **FLEX**



MUSCLE GROUP TRAINING SPLIT

MONDAY

A.M.	Back thickness, rows, deadlifts, etc.
P.M.	Back width, chin-ups, pulldowns, etc.

TUESDAY

A.M.	Chest
P.M.	Biceps

WEDNESDAY

A.M.	Delts/Traps
P.M.	Triceps

THURSDAY

No weight training, 30 minutes of cardio only

FRIDAY

A.M.	Quads
P.M.	Hamstrings/Calves

SATURDAY

Repeat a weak body part of your choice

SUNDAY

No weight training, 30 minutes of cardio only

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MUSCLE V STRENGTH



Here's an age-old question for you: should a bodybuilder be as strong as he looks?

The simple and straightforward answer to that is a resounding no. Bodybuilders should look like the strongest men on the planet, but that's never going to happen.

Getting inhumanly powerful is about more than just training the muscles; it is all about nervous system adaptation and often goes hand in hand with the sort of bone structure that doesn't lend itself to the aesthetics of physique competition.

So does this mean that bodybuilders should be all show and no go?

Again, the answer is a resounding no.

Let's forget the reasons why it is rewarding to hoist some heavy iron, and focus exclusively on the keys to maximising hypertrophy (muscle-building) gains.

Endlessly pumping out rep after rep with relatively light weights will build muscle for the pharmaceutically-assisted genetic elite, but the rest of us need to train smarter than that.

As we become more experienced, typically referred to as our "training age", we adapt quicker and quicker to the demands of any given exercise stimulus. So we need to change that stimulus in order to keep on positively adapting (growing).

One of the best ways to do this is to move between training cycles of volume, classic bodybuilding training (most often exemplified by higher reps in the 8-15 bracket) and load (heavier weights).

This is often referred to as accumulation (volume) and intensification (the higher the intensity of the load the closer it is to your one-rep-max lift, so this has very little

to do with the Mentzer-style perception of effort intensity training).

The logical question that you should be asking yourself at this point is "why do I need to get stronger?"

It is a very fair point as changing the stimulus doesn't have to be load-dependent and could be done with changes to tempo, rest intervals, sets, frequency and joint angles, to name just a few of the options that are open to us.

The reason why strength is going to help hypertrophy is that if we take a step sideways in the muscle-building training cycle and spend a few weeks getting stronger, when we come back to the higher repetition work we are able to lift more weight for more reps than was previously possible.

You certainly don't need me to tell you that if you progress from 100 kg for 12 reps



on the close-grip bench press up to 125 kg for 12 reps, your triceps, pecs and anterior deltoids are all going to be thicker and better developed.

Here is one way that you can incorporate a strength cycle into a bodybuilding-focused training regime:

WEEKS 1-3	Hypertrophy training
WEEKS 4-5	Strength training
WEEK 6-9	Hypertrophy training
WEEKS 10-11	Strength training
WEEK 12	Back off/deload week

The golden rule of strength training is that there is an inverse relationship between reps and rest intervals/sets. The lower the reps then the more sets you should do of any given exercise, and the lower the reps the longer you should rest between sets.

I'd also like to quickly address time under tension (the amount of time your muscle is being worked/under tension in a given set) and tempo.

For faster paced, higher volume hypertrophy work I still see tempo as a factor to be taken into consideration, albeit a minor one. However, when structuring a strength cycle in between hypertrophy cycles I'll bring tempo up on my programming priority list. This is because doing things like extending the eccentric component of the rep will actually help promote hypertrophy via extra muscle cell damage even in a workout where muscle growth isn't the specific priority.

In next month's column I will give you one of my favourite strength training mini-cycles to put into your own routine so make a point not to miss out when FLEX hits the newsstands, or better still take out a subscription so that you get early access. **FLEX**

Nick Mitchell is a leading personal trainer who owns the worldwide Ultimate Performance gym business (upfitness.co.uk)

MY FIVE NEW YEAR RESOLUTIONS

I prefer the term "goal-setting" to "New Year resolutions" but as this is the January edition of FLEX, let's stick to tradition.

My resolutions are slightly different from those of the average person. They usually make the same old promises every January, which are:

- 1 I'm going to join a gym.
- 2 I'm going to give up smoking and drinking.
- 3 I'm going on a diet.

I'm already a member of a gym. In fact, I own one! I don't smoke and I rarely drink so those are already taken care of. As for diet... I eat clean and healthily 90% of the time already. So I have all the usual resolutions covered. Here, then, are mine:

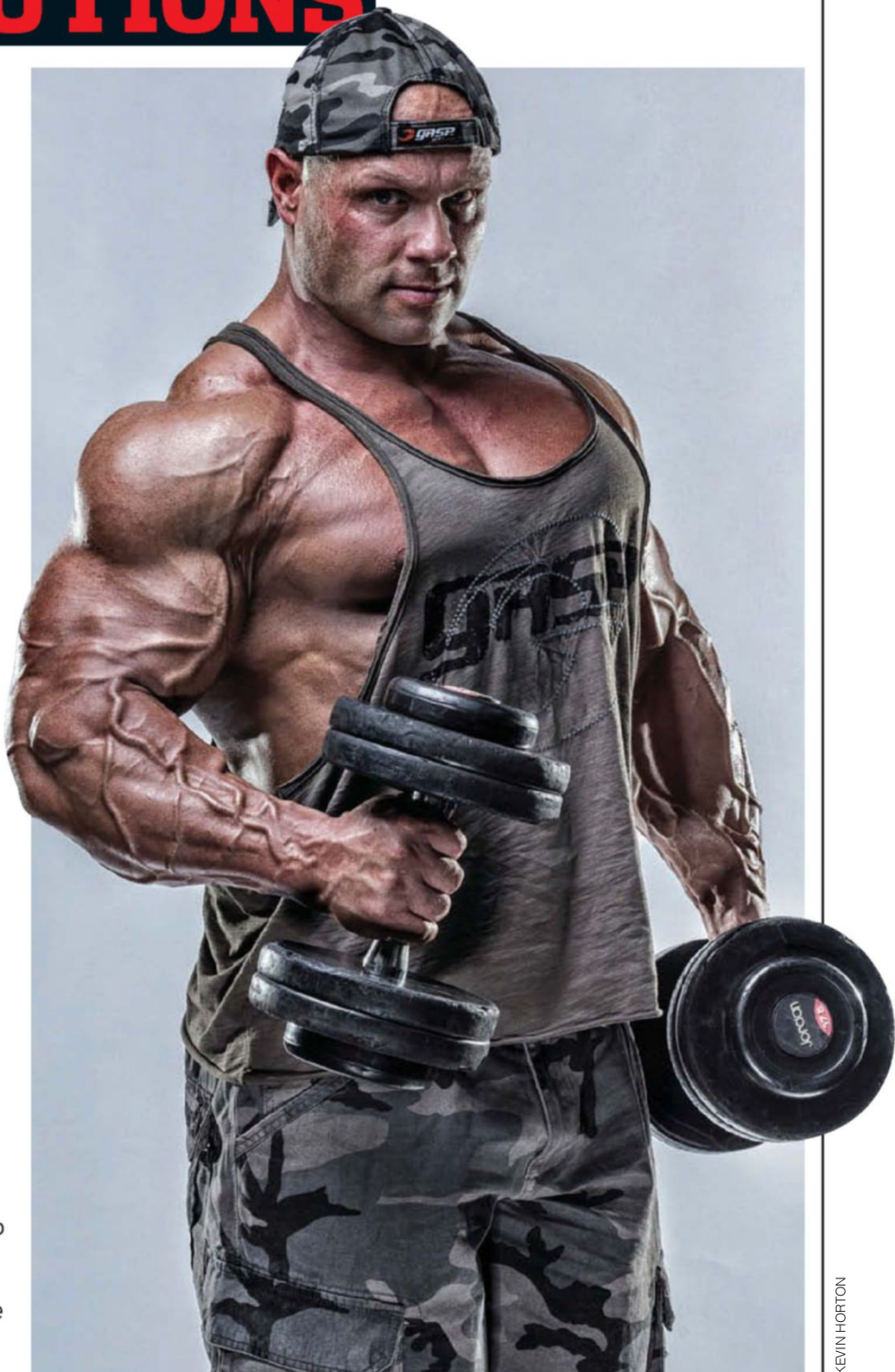
1 QUALIFY FOR THE 2016 MR OLYMPIA

OK, so technically this is a resolution for next year but my plan to qualify starts in the 2015 off-season. This is when improvements are made. Olympia qualification is tough nowadays. You no longer have to place highly in a pro show; you either have to win or accumulate points under the new scoring system. I'm not delusional: this will be tough. The standard of the 212 class is crazy but I think I can do some pro contests in 2016 and achieve enough decent placings to build up enough points. It's possible!

2 LISTEN TO MY BODY MORE

Over the years, I have become a little smarter and more flexible with my training. I'm no spring chicken (I'm 38 this year) and have been bodybuilding for 20-plus years.

Time has taken its toll the last year or two as I have suffered more injuries. Last year I did cycle my training more but when I look back there are still times when I should have backed off and taken things a little easier, which is hard when you are motivated to



KEVIN HORTON



push for improvements in your physique. But this coming year, if my body says no, I will block out that crazy person in my head and listen.

If I can't push 100% for a workout on a given day, I'm not going to beat myself up about it like I always have done. So this year's motto will be "train hard but train smart".

I won't be getting lazy. No way. Just less stubborn.

3 TAKE UP YOGA OR PILATES

No you didn't read that wrong, but before you start laughing, let me explain. Over the last couple of years I have become so unflexible and tight, even with stretching, deep tissue massage and chiropractic work. I've had a stiff lower back, limited range of motion in my shoulders, bunched-up traps and tight pecs.

Don't get me wrong: at 5 ft 6 ins tall and weighing 230-240 lbs on a small frame, I have never been any kind of gymnast. I

actually promised my wife last year I would start doing yoga with her at weekends. This would also give us some time together, which ties in with my next resolution. So watch out: next time I'm on stage you might see me doing the splits or a backflip... then again, maybe not!

4 BALANCE MY TIME BETTER

Since turning pro in 2012, bodybuilding has taken up more of my time. But as well as being a professional bodybuilder, I'm also a husband and stepfather and run my own businesses. It can be tough to balance my time on occasions. Expos, contests, sponsorship... all these obligations take me away from home and can make things difficult at times.

Also, there is now the world of social media to contend with and I can find myself spending too much time on Facebook, Twitter, etc answering questions, posting updates and keeping up with the bodybuilding scene.

One thing I definitely plan to do is spend less time at my computer screen and more time trying to relax with my family. I'm sure lots of guys can relate to this. You have a quick look on social media and end up still being there two hours later.

5 HAVE HERNIA SURGERY

I have had a small umbilical hernia since 2012. It has been gradually getting worse over time and I keep promising to get it repaired. But due to competing, travelling and work commitments this just hasn't been possible and I have had to keep putting surgery on hold.

It has now got to the point where it is causing me problems and pain so it's time to get it fixed, take some time out of the gym and let myself heal.

It's going to be tough because the longest break I have taken from the gym for many years now is about a week. Not training for maybe two to three months is going to be a challenge, mentally and physically. **FLEX**

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EUROPEAN MUSCLE



BODYBUILDING NEWS AND VIEWS FROM AROUND THE CONTINENT

by **GILES THOMAS**
Photos by **IGOR KOPCEK**



IRISH JUNIOR STRIKES GOLD AT ARNOLD

I'm not a happy chappy when talent as good as the incredible Blessing Awodibu—who I had never heard of before—seemingly comes out of the shadows and takes a title as big as the Arnold Classic Europe

right under my nose. The very cheek of it! After his colossal win in the junior category in the amateur contest, I tracked down the young super-talented Blessing for a grilling on just where he's been hiding himself.

FLEX: First of all, well done on your win; secondly, why haven't I ever heard of you?

BLESSING AWODIBU: I guess it's because I am from Ireland. It seems like the bodybuilding community does not take us Irish bodybuilders very seriously but I think it's time to change all that.

Give us some basic info on yourself.

I live in Dublin. I turned 23 six days before my big win at the Arnold. I did my first show in October 2011 at the Irish RIBBF Nationals in the first-timers class, placing 4th. In 2013 I did the Arnold Classic Europe juniors and took 8th place. And then in September 2014, I won the Arnold Classic Europe Juniors.

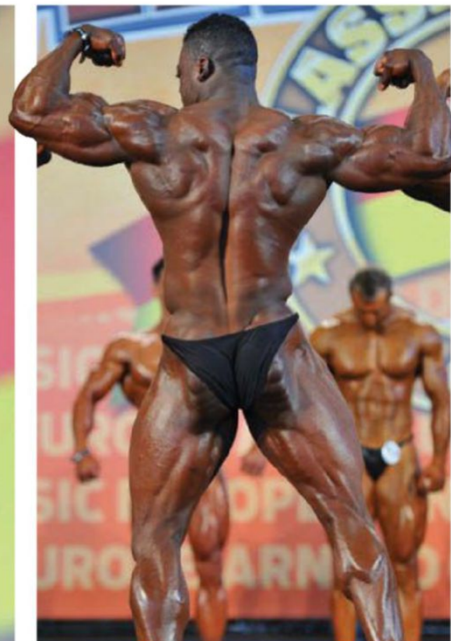
So how does it feel to be the Arnold Classic Europe junior champion?

Wow! I mean, it feels damn good, I love bodybuilding and it's everything to me. Sometimes I do feel like I was born to be a bodybuilder but most of the time I doubt myself and think maybe I will never be good enough. But I try to stay positive at all times. After winning the Arnold I feel like I can go places and have better belief in myself. This year I came with the goal to place in the top six but was totally blown back when they called my name last and I realised I had taken the title. That feeling I had only imagined the previous year looking at all the other contestants had come true—and that is something that there are no words for.

You beat one guy who I thought would be impossible to beat, Swiss "Flex Lewis stunt double" Nicolas Vulliod [who came 4th to Blessing]. What was it like beating such impressive talent?

Nicolas Vulliod is an incredibly talented athlete and one to watch for in the future.

Winning the Arnold Classic Europe



I guess if you want to be the best, you have to take out the best, like Nicolas.

Is Irish bodybuilding doing well?

Bodybuilding is not that huge in Ireland but we are not doing badly. The number of Irish RIBBF competitors seems to be increasing every year, which is a very good thing, and Irish Muscle TV is doing a great job of promoting bodybuilding over here.

Who are your favourite pros and why?

First of all, Arnold Schwarzenegger is a huge inspiration to me. To quote him, "For me, life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer." This holds true for me and my mindset throughout all the preparation for competition, and how I plan to move forward from now. My favourite pro right now is Kai Greene. He is a true motivator; he is so passionate in what he does. Just looking at him, you see hard work and dedication. For me, he is the uncrowned king of bodybuilding and a true inspiration to anyone, not just in this field, but any field, proving that if you love what you do and are passionate about it, you will succeed and go far.

What would you say were your physique strengths?

I definitely think my small waist is a huge advantage to me. It gave me an aesthetic look on stage that gives my physique a strong edge. Also I think my condition was a great advantage.

EURO-BEAST FROM THE EAST

■ Competing at 5 ft 9 ins and 271 lbs (123 kg) in his last and final amateur show where he won his pro card, Tomas Kaspar definitely qualifies as a Euro-Beast.

The Czech juggernaut was hoping to make his pro debut at one of the final pro events of 2014 in Europe and it will be interesting to see how this mass monster fares up against the top pro athletes of the IFBB.

Tomas says: "I consider my overall victory and pro card win at 2013's Ben Weider Diamond Cup and second place at the 2013 Arnold Classic Amateur as my biggest achievements to date."



SWEDISH 212 PRO COMPETES IN PRAGUE

■ I was rather taken aback recently when I saw photos of Swedish IFBB professional Pierre Chamoun. Several weeks out from the EVL Prague Pro I was blown away by his condition and the thundering thickness crammed onto his frame. He went on to place 8th in the 212s in Prague.

Pierre's back-story is an interesting one: "I grew up in Beirut, Lebanon, amongst war and misery. I lived for the day but have always had a great determination and drive and always fought for what I want.

"I came to Sweden as a 20-year-old and was at first very troublesome and messy. Then I started to work out at the gym and my greatest role model was—and still is—Ronnie Coleman who, for me, is the best bodybuilder ever.

"Then I decided that one day I would be participating in the biggest competition ever—the Mr Olympia—and in 2011, nine years after I started training, I qualified and competed in the Olympia 212 lb category."



EURO BABE ALERT

■ This month we have the spotlight on Europe-born Alison Garcia, who finished 10th at the recent EVL Prague Pro show in the Czech Republic in the bikini class.

Alison tells me: "I have a very mixed heritage. I was born in Rome and was raised in Chile and Argentina. My father's bloodline hails from Spain and my mother's is from Russia. A great mix, if you ask me!"

We asked Alison, who now lives in the United States, what it was like being a professional athlete as well as a full-time mother; "I would like to think I am super-mum, but I know there are a lot of mothers out there just like me who are living the dream with all the usual everyday struggles. For me, it is all about staying consistent and having balance. I make a lot of personal and social sacrifices, but it's the right thing to do right now. I am single by choice, so that means I am the sole provider for my boy."





Not bad for a man told he would be paralysed



Lat spread

CYPRIOT TALENT AVRAMIS "ABS" KYRIAKOU

■ It's been a few years since I've seen any really promising talent hailing from the island of Cyprus. But 32-year-old Avramis Kyriakou from Limassol has been making an impact this year.

The ex-Navy Seal, who has a background in mixed martial arts and boxing, says he was drawn to bodybuilding by the discipline it requires.

"I restarted bodybuilding at the age of 25 after a two-year lay-off, but six months after I returned I had a very serious motorcycle accident, which kept me in intensive care for a month," he recalls.

"The doctors insisted that I was going to be paralysed but due to my obstinacy, I managed to be training hard again after six months."

I asked Avramis about his placing at the amateur Arnold Classic Europe in Madrid. "I got 4th place in the super-heavyweights and

I believe it is a great success," he says. "But the category I was preparing for was in fact the heavyweights. During my flight, I suffered from water retention and I weighed in at two kilos more."

At the time of writing Avramis was preparing for the newly-added Amateur Olympia in Moscow.

I quizzed him about being prepped by former IFBB pro and respected contest coach Dennis James, who is building up an impressive track record of athletes, including Big Rami, who was 7th at the 2014 Olympia, and Frenchman Lionel Beyeke.

"Through his guidance I managed to put on five kilos of muscle in only two months after the Amateur Olympia Europe in Prague in June where I took 3rd place. He is an amazing coach and a great person and friend." **FLEX**



Side chest



CLASSIC MUSCLE

CELEBRATING THE MOST AESTHETIC PHYSIQUES OF YESTERDAY AND TODAY

Michelle Brannan (centre) winning the 2011 Amateur Olympia



LIVERPOOL OLYMPIA

Europe's best amateur bodybuilders are coming to Merseyside for the Amateur Olympia.

The Echo Arena Liverpool will host the contest, at which the overall champions will receive IFBB pro cards, on October 31st,

London hosted the first Amateur Olympia in 2011. Michelle Brannan became Britain's first bikini pro that day by winning her class. Ireland's Steve Graham won the under-85 kg category and Bahrain's Sami Al Haddad took the overall men's physique title to launch his successful pro career.

Since then the concept of an Olympia for amateurs has spread, with many continents hosting one each year. UKBFF president Bill Tierney and IFBB president Rafael Santonja are jointly promoting this one, which will take place four weeks after the British Championships weekend of October 3rd and 4th in Nottingham.

The UK Nationals will start another busy domestic year. They are scheduled to take place in Leicester on April 12th.

IN THIS MONTH'S CLASSIC MUSCLE

- **LEE FRAPPLE**
on training to become British classic bodybuilding champion
- **CLARE BARKS**
—wife, mother and top bodyfitness competitor
- **RYAN TERRY**
details two full-body circuits that will help destroy the fat
- **LOOKING BACK**
Chris Lund on the career of Scott Wilson

As an added incentive, British competitors will now be able to accrue points towards gaining their pro cards at the major national and international events.

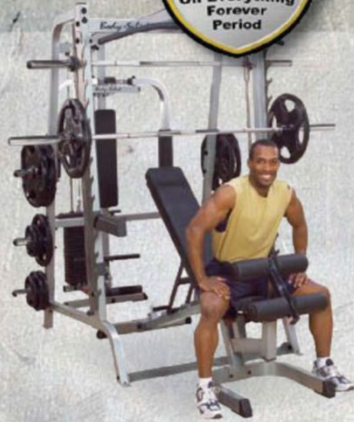


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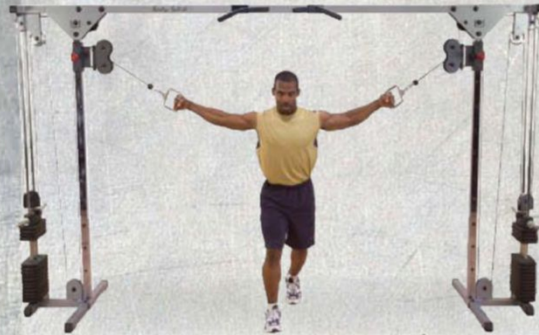
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CLASSIC IN THE MAKING

Lee Frapple is British champion in the classic category, which limits weight according to height

FLEX: How did you get into bodybuilding?

LEE FRAPPLE: When I was about 15, I went to a martial arts expo with my dad. They were giving away free copies of FLEX and *Muscle&Fitness*. I knew from that moment I wanted to be a bodybuilder. When I left college I joined a local gym in Glastonbury called Train Station. I have been training there ever since, so almost a decade now.

Why do you prefer the classic class?

I'm a fan of classic physiques like Frank Zane, Bob Paris and Lee Labrada. Their posing was electrifying, with perfect aesthetics, balance and proportions—like a work of art, rather than pure mass. It's attainable and realistic for the average person. Also, I am known for having good legs, so there's no point hiding them in men's physique.

What's the maximum weight you can be for your height?

I'm 174 cm so I need to weigh 78 kg or under. I was 75 kg at the British so I have lots of room for development.

What was it like winning the British Championships?

Incredible! Seven years in a row competing and I finally won the best show in the UK. It's been my dream for years. I've always come close: fourth place, second place, and undefeated in UKBFF qualifiers. But now I've got the big title and trophy.

What are your plans for 2015?

I want to compete at the Arnold Classic and Amateur Olympia. I'm also guest posing at the IFBB Maltese nationals in April. I want to bring a new and improved physique to the international stage.

What is your job?

I have a physical job five days a week and

I personal train in the evenings and weekends. Also I coach people online and prep people for contests under the name ClassicLee Built.

What's your training split?

- Day 1:** Chest and triceps
- Day 2:** Shoulders, abs and calves
- Day 3:** Rest
- Day 4:** Back and biceps
- Day 5:** Quads and hamstrings
- Day 6:** Rest
- Day 7:** Repeat cycle

How many exercises, sets and reps do you do?

I stay basic: I do five exercises for back and legs, four for shoulders and two to three for arms, abs and calves. I do three to four sets of each exercise and eight to 15 reps for upper body. For legs I do higher reps—15-50-plus, sometimes even 70. Legs need crazy volume.

Volume training or high intensity?

I like to mix it up. I sometimes do heavy, basic and explosive exercises followed immediately by slow, isolated and concentrated exercises. I like to make sure I hit the muscle from all different angles, using a wide range of movements. I also keep shocking the muscles with new routines.

What kind of shock techniques?

I like to use intensity techniques such as forced reps, negatives, isometrics, and giant sets. Something I do myself and with clients is what I call iso-push: we do 10 reps of an isolation movement, like dumbbell flies, and without stopping do 10 reps of presses so the muscles are being fatigued before you go into the basic movement. Less weight is needed, which is better for your joints and has less risk of injury.

What are your best lifts?

I use enough weight to stimulate the muscle, not to exercise my ego. I do heavy deadlifts in the

off-season, because I enjoy them. But I generally just concentrate on the muscle and use a moderate weight.

What are your strengths and weaknesses?

I've been told I have good proportions and balance. My condition is getting better every show. I'm not always the biggest guy on stage but I can outpace most competitors and beat them on aesthetics.

What do you do for cardio?

I do about 20-30 minutes after weight training. Closer to a show I might get up at 4.30 am and do an extra 20 minutes on a stationary bike if I need to.

Describe your pre-contest diet.

- 5 am:** 300 ml egg whites with two yolks, mixed with two packets of cream of wheat or oats
- 8.30 am:** Chicken breast, brown rice and green vegetables
- 12.30 pm and 4 pm:** Same as above
- Post-workout:** BCAA shake and two Pop-Tarts
- 8 pm:** Turkey or steak with asparagus.

I add salsa for taste. You have to enjoy your food. I drink four litres of water with sugar-free flavourings.

As I do my own nutrition, I usually try a new approach to my diet every show. For the British I read a book by Chris Aceto and applied many of his techniques, which worked well for me.

If you could only have three supplements, what would they be?

BCAA powder, multivitamins and creatine

Who is your favourite bodybuilder and why?

Bob Paris. He had the most perfect body ever. The way he presented himself on and off stage—he was a good role model and still is. I've read all his books many times. We have been in touch a few times via Facebook and I would really like to meet him one day.

What's the most common mistake in the gym?

Using phones and not training hard enough. Plus dropping weights because they are too heavy.

Where would you like to be in five years' time?

Arnold Classic champion and Amateur Olympia champion in the classic class. If there's no classic pro division, I will try to gain size and win an IFBB pro card and compete as a bodybuilder. I would love to be on the cover of FLEX and *Muscle&Fitness*.

"CLASSIC PHYSIQUES
ARE ATTAINABLE AND
REALISTIC FOR THE
AVERAGE PERSON"



SNAPSHOT LEE FRAPPLE

- **Age:** 27
- **Place of birth:** Yeovil, Somerset
- **Lives:** Glastonbury, Somerset
- **Height:** 174 cm (5 ft 9 ins)
- **Weight:** 90 kg (198 lbs) offseason; 78 kg (172 lbs) contest weight
- **Career highlight:** 2014 UKBFF British classic champion
- **Ambition:** To be the best classic bodybuilder in the world and coach other athletes
- **To contact:**
Via Facebook [Classicleebuilt](#) or Twitter [@LeeFrapple](#)

STRONG MUM

Clare Barks balances being a wife and mother with being a leading bodyfitness competitor

The popularity of bikini fitness hasn't hit the amount of bodyfitness

competitors. In fact, the number appears to have risen as more women train to get in contest shape. Clare Barks was one of 2014's most successful competitors in this class, which sits in between bikini and physique. She won the UK Nationals and finished fourth at the British Championships and is aiming to do better still this year.

FLEX: When and why did you start weight training?

CLARE BARKS: I have always been an active, competitive person and I represented my school in sports and athletics throughout my teens. I began weight training when I was 19. A family I had a nanny job with gave me a free gym membership and I immediately got hooked. I was fascinated by nutrition and training, which led to me getting qualifications in sports nutrition, personal training and sports massage.

How did you get into competing?

I was always getting asked, "what are you training for?" but I never really had a focus or goal. Competing came to my mind a few years ago but I was then asked by my mum if I would run the Brighton marathon to raise money for charity. So in 2011 I ran the marathon, picked up a knee injury on the way and, me being me, decided I wanted to do it again the year after to beat my time. Thankfully I did and then my full focus was on getting in shape to compete for the first time in April 2013.

Why do you prefer bodyfitness?

I can build muscle easily and prefer the look to other categories. I'm too muscular for bikini and can't quite see myself pulling off some of the poses. I like the fact that bodyfitness is still classed and scored on a feminine look with a certain degree of muscularity.

What are your plans for 2015?

I am having a six-month offseason and hope to

come back bigger and stronger for the UK Nationals in April. I also have an invite to the Arnolds in Madrid in September and will hopefully qualify again for the British at the end of the year, with an aim to place higher.

What job do you do?

I am a self-employed personal trainer. I am also a wife, mother of two daughters and a competitor. My training is really my hobby and something I absolutely love doing that gives me a bit of "me time".

How has bodybuilding changed your life?

I love the challenges and discipline the bodybuilding lifestyle brings. I am the sort of person that likes structure, routine and testing myself. I have also learnt to be mentally stronger by putting my body through certain processes in preparation for competitions. If you balance your life with bodybuilding and approach it intelligently, it can be a very healthy, fulfilling lifestyle.

What's your training split?

My training plan changes throughout the year and depending on what competitions are coming up. I work closely with my coach, Scott Francis, who assesses my progress weekly and adjusts accordingly. At the moment it looks like this:

- Monday:** Chest
- Tuesday:** Back and biceps
- Wednesday:** Cardio
- Thursday:** Legs
- Friday:** Shoulders and arms
- Saturday:** Off
- Sunday:** Repeat

How many exercises, sets and reps do you do?

Again this depends on where I am in my prep but typically reps stay in the six to 10 range and sets three to five. I do five to six exercises on bigger body parts, fewer for arms and abs.

Volume training or high intensity?

Volume training. I like to lift heavy and enjoy the

rests in between. I tend to keep my high intensity training to cardio.

What are your best lifts?

320 kg on the leg press. I much prefer the leg press to the squat. I've also just achieved weighted chins, adding 20 kg. I only managed a couple of reps, but my chin got to the bar.

What do you do for cardio?

This may sound crazy but I love fasted early morning cardio. I love getting up, putting my music on and going out into the fresh air when it's still dark. I don't do as much cardio offseason—maybe a couple of morning runs to keep my fitness up. On season it will be daily fasted cardio—mainly HIIT—and as competitions near, I also do post-workout steady state cardio on the bike or treadmill if needed.

Describe your pre-contest diet.

It's pretty bland, mainly turkey, green vegetables, protein shakes and lots of egg whites. I like to keep carbs in where possible and they mainly come from oats, quinoa, rice and sweet potatoes.

If you could only have three supplements, what would they be?

Whey protein, multivitamins and minerals and omega 3s

Who has the perfect female physique?

I like Zsuzsanna Toldi's physique.

What's the most common mistake in the gym?

Trying to overcomplicate things or do too many exercises. Keep it simple. Use basic lifts that challenge the body.

Where would you like to be in five years' time?

Ideally I would love to become an IFBB pro representing my country and competing all over the world. I know my passion and drive will allow me to do all I can to make this a reality.

**"IF YOU BALANCE
YOUR LIFE WITH
BODYBUILDING
IT CAN BE A
HEALTHY,
FULFILLING
LIFESTYLE"**



SNAPSHOT CLARE BARKS

■ **Age:** 38 ■ **Place of birth:** Derby ■ **Lives:** Poole, Dorset
■ **Height:** 161 cm (5 ft 3 ins) ■ **Weight:** 54 kg (119 lbs)
■ **Career highlight:** Seeing a client of mine, who'd never run before meeting me, complete her first 10k
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**"FULL-BODY
WORKOUTS ARE
PARTICULARLY
USEFUL IF I AM
BEHIND IN MY
PREP AND NEED
TO TIGHTEN UP
QUICKLY"**

FULL BODY CIRCUIT 1

CHEST

Incline barbell press: 1 x 20 reps
Flat dumbbell press: 1 x 20 reps
Cable flye: 1 x 20 reps
60 seconds' rest then repeat the mini chest circuit 3 times

BACK

Wide-grip pulldown: 1 x 20 reps
Close-grip seated row: 1 x 20 reps
Light deadlift: 1 x 20 reps
60 seconds' rest then repeat the mini back circuit 3 times

SHOULDERS

Side lateral raise: 1 x 20 reps
Machine shoulder press: 1 x 20 reps
Reverse cable flye
(hitting rear delt): 1 x 20 reps
60 seconds' rest then repeat the mini shoulders circuit 3 times

ARMS

Single-arm dumbbell
biceps curl: 1 x 10 reps on each arm
Triceps kickback: 1 x 20 reps
Barbell curl: 1 x 20 reps
Single-arm triceps cable
rope pushdown: 1 x 10 reps on each arm
60 seconds' rest then repeat the mini arms circuit 3 times

QUADS

Squat: 1 x 20 reps
Leg press: 1 x 20 reps
Leg extension: 1 x 20 reps
60 seconds' rest then repeat the mini quads circuit 3 times

HAMSTRINGS

Lying leg curl: 1 x 20 reps
Stiff-leg deadlift: 1 x 20 reps
Seated leg curl: 1 x 20 reps
60 seconds' rest then repeat the mini hamstrings circuit 3 times

CALVES

Seated calf raise: 1 x 20 reps
Smith machine calf raise: 1 x 20 reps
Single-leg calf raise: 1 x 10 reps on each leg
60 seconds' rest then repeat the mini calves circuit 3 times

**RYAN
TERRY**

The IFBB men's physique pro describes two fat-destroying full-body circuits

This month I'm going to show you two different full-body circuits. I

only incorporate this kind of training in the run-up to a competition or photoshoot because it is a great way to expend a massive amount of calories yet still hit every muscle group. Full-body workouts are particularly useful if I am slightly behind in my prep and need to tighten up quickly to get back on track. But I wouldn't suggest doing them every day because they can be taxing on your joints and in some cases can lead to injury.

There are two ways in which I like to hit a full-body circuit. The first is to do three exercises for each muscle group. I do 20 reps

for each of the three exercises with no rest in between—so 60 consecutive reps. I repeat this mini circuit three times with just a 60-second rest between each circuit before moving on to the next muscle group. A full-body circuit performed like this takes about an hour to complete at full speed.

The second type of circuit I do is two exercises for each muscle group, performing 15 reps per exercise without rest. Because this circuit only has two exercises per body part as opposed to three, you should increase the weight so you are only just managing to do 15 reps. Again, do the mini circuit three times with 60 seconds' rest between circuits before moving on to the next muscle group. This type of circuit is slightly faster but that doesn't mean it is easier.

Here are examples of the two circuits I like to do. Feel free to change the exercises to suit you but make sure the exercises you do choose hit different parts of each individual muscle group—for example, for back you should select a wide-grip exercise, a thickness/depth exercise and an upper/lower back exercise.

So that's the first way of doing a full-body circuit; I favour this option when I am close to a show.

FULL BODY CIRCUIT 2

Remember to increase the weight for this circuit to compensate for doing fewer sets.

CHEST

Incline barbell press: 1 x 15 reps

Cable flye: 1 x 15 reps

60 seconds' rest then repeat the mini chest circuit 3 times

BACK

Wide-grip pulldown: 1 x 15 reps

Close-grip seated row: 1 x 15 reps

60 seconds' rest then repeat the mini back circuit 3 times

SHOULDERS

Side lateral raise: 1 x 15 reps

Machine shoulder press: 1 x 15 reps

60 seconds' rest then repeat the mini shoulders circuit 3 times

ARMS

Single-arm dumbbell

biceps curl: 1 x 10 reps on each arm

Triceps kickback: 1 x 15 reps

Barbell curl: 1 x 15 reps

Single-arm triceps cable

rope pushdown: 1 x 10 reps on each arm

60 seconds' rest then repeat the mini arms circuit 3 times

QUADS

Squat: 1 x 15 reps

Leg extension: 1 x 15 reps

60 seconds' rest then repeat the mini quads circuit 3 times

HAMSTRINGS

Lying leg curl: 1 x 15 reps

Stiff-leg deadlift: 1 x 15 reps

60 seconds' rest then repeat the mini hamstrings circuit 3 times

CALVES

Seated calf raise: 1 x 15 reps

Single-leg calf raise: 1 x 10 reps on each leg

60 seconds' rest then repeat the mini calves circuit 3 times



If you find this kind of full-body circuit is too much in one go you can always split the workout into two days and do separate upper and lower body circuits. If you do, add a few more exercises to each muscle group to keep the volume within that workout high.

There are benefits to splitting the workout

up. For instance, it gives the body a full day's rest before hitting the muscle groups again.

When I prepare for a show I usually maintain traditional weighted workouts for as long as I can and only incorporate these workouts in the last two weeks of my prep. Give them a go and see how you get on. **FLEX**

LOOKING BACK

FLEX RETROSPECTIVE

BY CHRIS LUND, UK EDITOR SINCE 1985 PHOTOS BY CHRIS LUND

I first met Scott Wilson the night before he won the 1983 IFBB Grand Prix in Portland, Oregon. He was sitting at the bar in the hotel sipping black coffee, when I approached him, and after I had introduced myself, I told him that I wanted to take photos of him for the muscle magazines. I must admit that I was quite taken aback by his apparent lack of interest in this proposal. I later found out that Scott was absolutely not the typical hungry-for-publicity bodybuilder. Over the next few years Scott and I got to know each other well. I admired his tremendously powerful physique, especially those terrific shoulders which, in my opinion, were the widest and best developed in bodybuilding at that time. However, it wasn't only Scott's amazing physique that impressed me. It was his down-to-earth, modest and unassuming personality that appealed to me the most.

About a year later I received a call from Dr Ellington Darden who worked for Arthur Jones at the Nautilus plant in Lake Helen, Florida. He wanted me to do the photos for a revised edition of his bestselling book. "Do you think you can get me a really huge, good-looking bodybuilder to pose for the new pictures?" Ell asked.

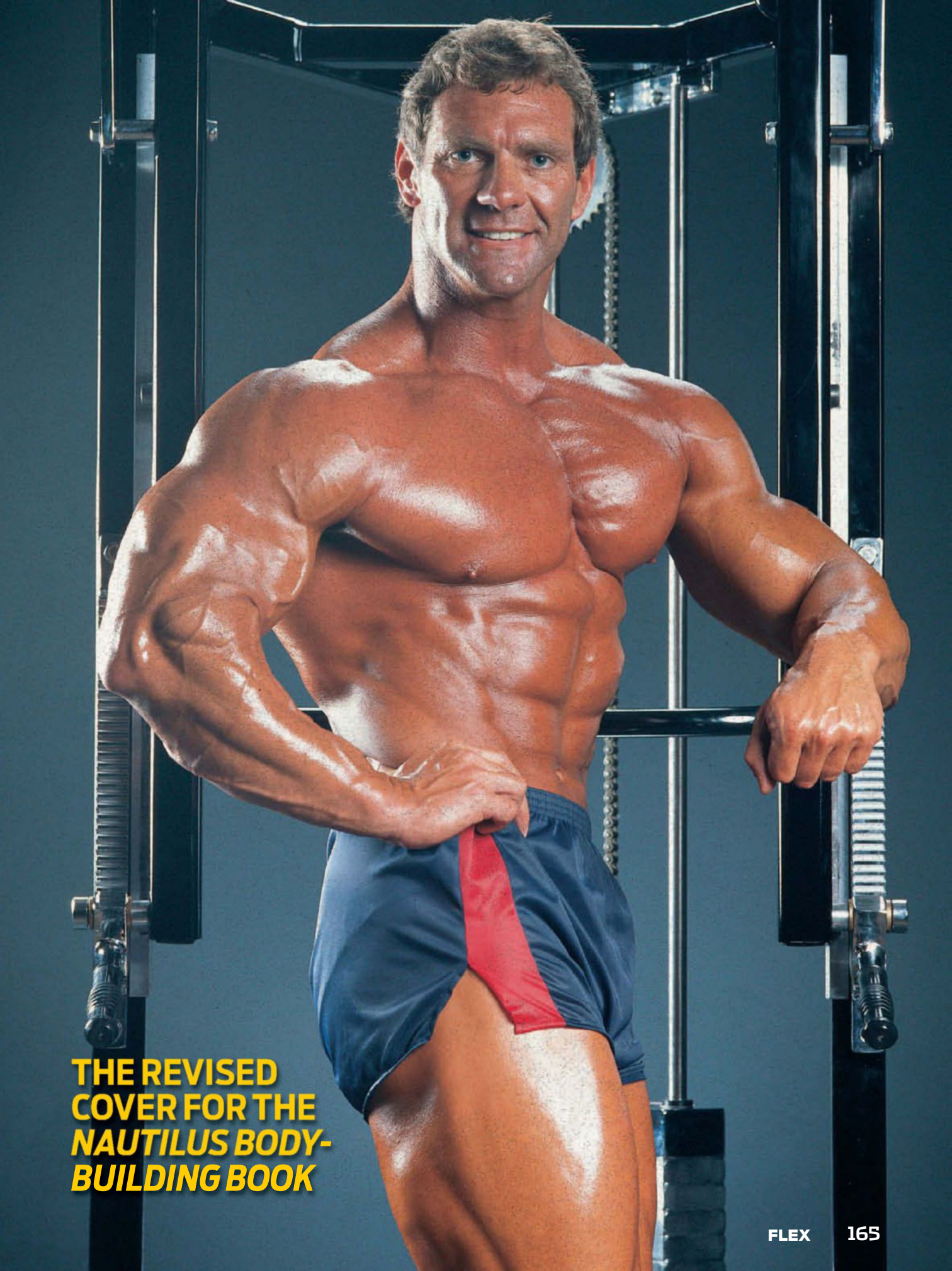
"I sure can," I replied confidently. "I'm gonna ask Scott Wilson. He would be perfect for the job!"

And that's how Scott became the new face on the cover of the revised edition of both *The Nautilus Bodybuilding Book* and Darden's new book *High Intensity Bodybuilding* (which also became a bestseller).

I will never forget the look on Scott's face when he was first introduced to the infamous outspoken inventor of Nautilus. Arthur Jones looked at least 65 and he was standing next to his gorgeous wife Terri,



SCOTT WILSON



**THE REVISED
COVER FOR THE
NAUTILUS BODY-
BUILDING BOOK**



who I think was only about 20 years old at the time. Scott's jaw dropped at the sight of the two of them, but before he could say anything I was able to pull him over to one side. "What the hell is all this?" he exclaimed, trying his best to regain his composure. "She looks like his granddaughter!" "Listen, Scott," I tried to explain, "this is Nautilusville. This is how things are, and Arthur doesn't give a s**t what people think about him."

Thankfully, Scott kept his thoughts to himself, although not for long. "Pump him up!" Arthur ordered Darden. "Then we will see how good he is." Scott couldn't hold his thoughts back any more and turning to me, declared, "What am I? A f***ing tyre?"

Despite the strange and sometimes hostile environment, Scott soon became Darden's favourite bodybuilder. "This Scott Wilson guy has a fantastic physique and he is so damn photographic. I just love those pictures. Gonna sell me a whole lot of books!"

In 1984 I covered the Canada Pro Cup in Toronto and watched Scott fight like the devil to place sixth in this Canadian TV-covered event. Unknown to everyone except the TV people, the top six had been told to jump onto the judges' tables during the posedown. "They needed to liven the contest up!" someone told me. Well, the contest was certainly livened up because the late Ben Weider rushed over to the judges' tables screaming, "Get back on the stage! Get back on the stage!"

"This is premier league IFBB bodybuilding and not a circus," said Ben afterwards.

Backstage the out-of-breath bodybuilders were laughing their heads off about what had just happened. "This was a bodybuilding first," declared the winner, Britain's Albert Beckles. Scott Wilson was not so sure because he was walking around like a blind man. "One of my contact lenses fell out. I can't see a damn thing!" he told everybody.

The last time I saw Scott compete was back in 1988, at the World Pro Championships. He was in the best muscular shape I had ever seen him in, and he posed wildly but skilfully to George Thorogood's *Bad to the Bone*. The audience went nuts and Scott received the best ovation of his career. The judges, however, did not agree and placed him sixth.

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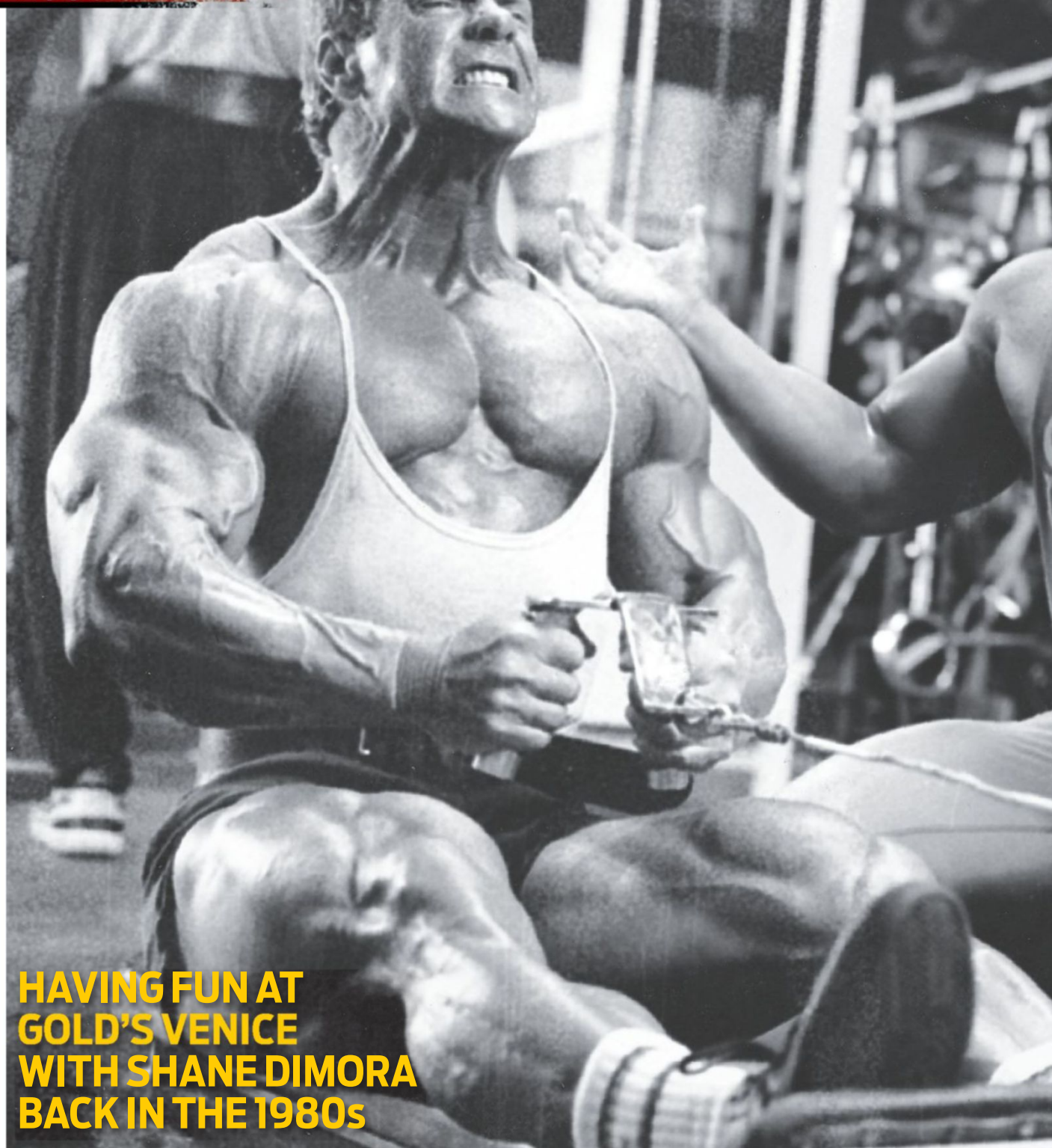
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HAVING FUN AT GOLD'S VENICE WITH SHANE DIMORA BACK IN THE 1980s

"Apparently they didn't like my choice of music," he remarked.

"Rubbish!" I replied. "It was bloody fantastic."

"Well, that's me done," he announced sadly. "I can't keep on doing this any more."

Scott retired from pro bodybuilding competitions after that show in 1988, but he returned for the Masters Olympia six years later and placed 11th at the 1994 event. Five years later he returned to the Masters again and placed tenth. Finally, he

entered the Masters in 2000 and placed 8th. He then hung up his posing trunks for the last time at the age of 50.

As I said earlier, Scott had some of the greatest delts in bodybuilding history and when he trained them before

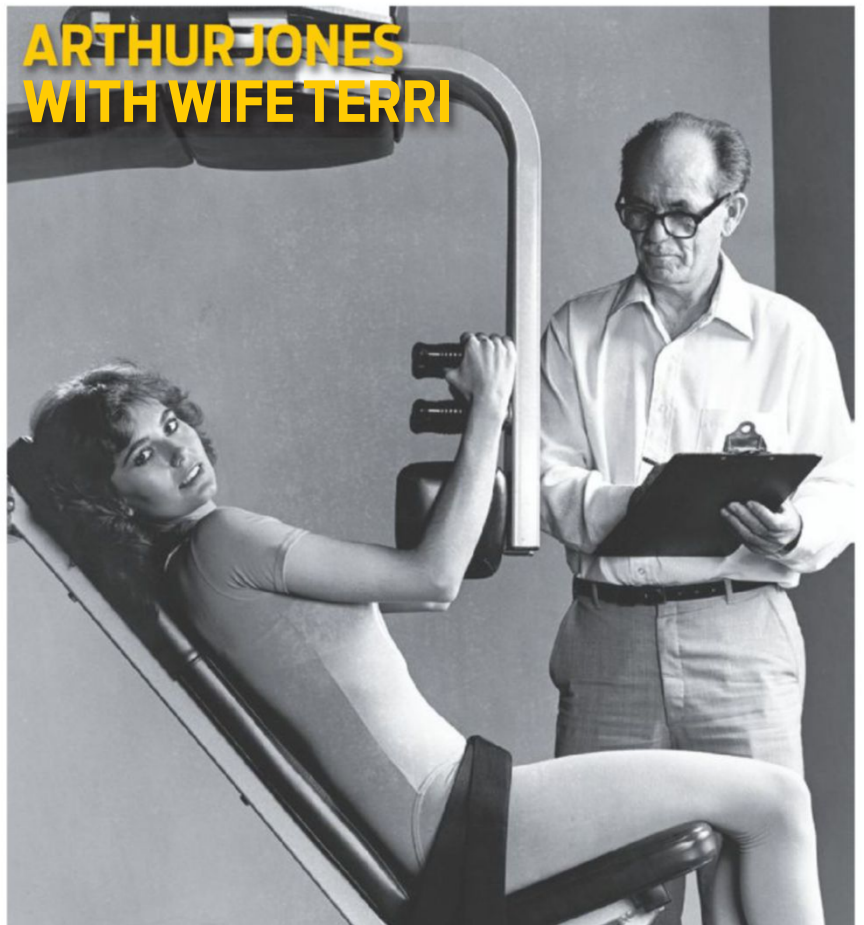


phase, the harder your muscles will be once you've dieted down to optimum contest body fat levels. I personally do straight sets for most muscle groups during an off-season building cycle before switching primarily to supersets, trisets and giant sets for the last eight weeks prior to a contest.

"Trisets work best for muscle complexes that have three or more distinct areas. Since the deltoids consist of three heads, they lend themselves quite well to the use of trisets. Simply pick one movement each for the anterior (front) head, medial (side) head, and posterior (rear) head, and you will have almost a complete deltoid routine. Add upright rows, and you'll have intensely stressed the entire shoulder-girdle muscle complex including the trapezius muscles."

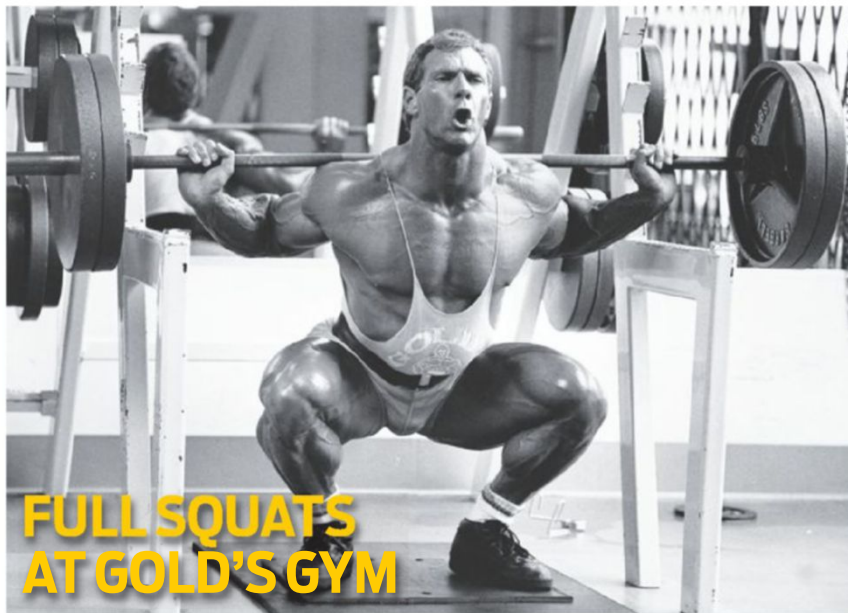
Here are two alternative trisets workouts for the shoulders, which Scott used when he was training for contests. The first is done with leverage-type movements only, and the second includes three distinctly different types of exercises.

ARTHUR JONES WITH WIFE TERRI



a contest he used trisets exclusively.

"Trisets seem to work best prior to a competition," Scott told FLEX magazine. "They effectively reduce the amount of time between sets in a body part workout. The quicker you train during a peaking



**FULL SQUATS
AT GOLD'S GYM**

ALTERNATIVE A (LEVERAGE ONLY)

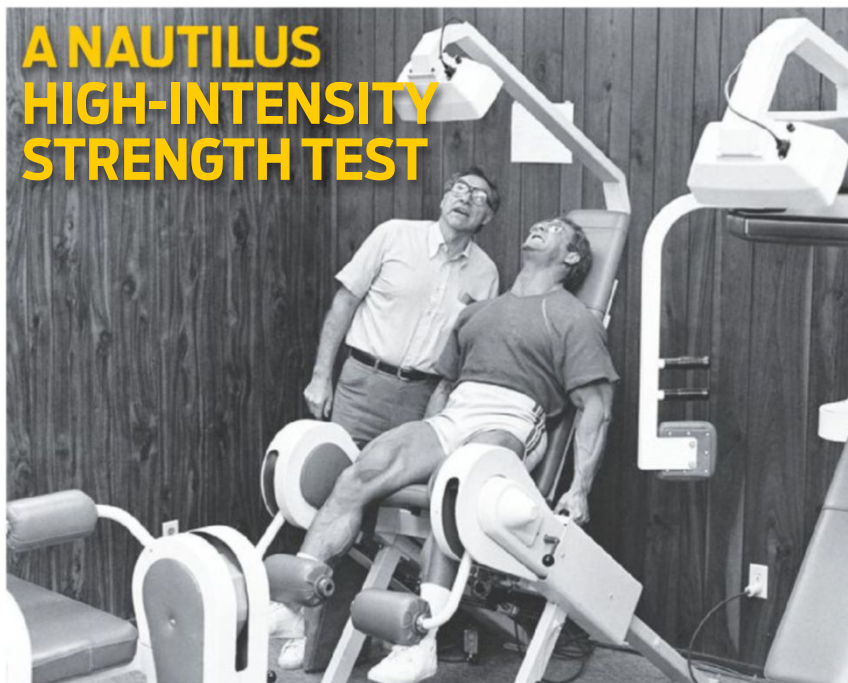
EXERCISE	SETS	REPS
Dumbbell alternating front raise	3-5	8-12
Dumbbell side lateral	3-5	8-12
Dumbbell bentover lateral	3-5	8-12

ALTERNATIVE B (MIXED PROGRAMME)

Cable upright row	3-5	8-10
Seated dumbbell press	3-5	6-8
Seated dumbbell bentover lateral	3-5	8-12

"In practice," Scott explained, "you'll find the first routine to be somewhat easier on your cardiorespiratory system, if you are not already in excellent shape. If this is the case, try doing the Alternative A routine for a few weeks before attempting Alternative B.

"Be sure to set out your equipment prior to each triset. Having to locate items during the routine will cause you to rest excessively between movements of your triset. Ideally, there should be only



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CONTEST CAREER

1974
AAU Mr California, 1st
1975
AAU Mr America, Medium, 3rd
AAU Mr America, 6th
1976
WBBG Pro Mr America, 1st
1978
Natural Mr America, 5th
1979
Natural Mr America, 3rd
1980
IFBB Mr International, Heavyweight, 2nd
1981
Canada Pro Cup, 7th
Mr International, Heavyweight, 1st and Overall
1983
Grand Prix Denver, 6th
Grand Prix Portland, 1st
World Pro Championships, 5th
1984
Canada Pro Cup, 6th
World Grand Prix, 6th
World Pro Championships, 9th
1985
Night of Champions, 14th
1986
Los Angeles Pro Championships, 10th
World Pro Championships, 12th
1988
Grand Prix US Pro, 4th
Niagara Falls Pro Invitational, 8th
World Pro Championships, 6th
1994
Masters Olympia, 11th
1999
Masters Olympia, 10th
2000
Masters Olympia, 8th

enough of a break between exercises to move from one piece of equipment to the next, certainly no more than four or five seconds.

"Forget about doing forced reps, cheating or descending sets while trisetting, because doing so will make the routine a bit too intense. These three techniques for extending a set past the normal failure point are best utilised in the off-season when doing straight sets.

"Always concentrate fully on each rep, and maintain a positive outlook." **FLEX**

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WHEY PROTEIN ISOLATE: Today's consumers have many choices when it comes to protein. Even though hemp, pea, soya, fish and even silkworm proteins are all available to bodybuilders and physique athletes, none of these wanna-be proteins have the scientific firepower of whey protein isolate (WPI).

Whey protein is the water-soluble portion of milk. Unlike milk though, WPI has no lactose, gluten, cholesterol or fat. WPI is a "turbo-charged" version of whey, as it is very high in protein content (at least 90%) in comparison to other forms of protein. For example, standard forms of whey protein concentrate (WPC) typically contain only 40-80% protein. In younger subjects, a 20 gram dose of WPI maximises muscle protein synthesis. In older subjects, up to 40 grams is sometimes necessary for the same effect. This effect is termed "anabolic resistance" and is a normal con-sequence of the ageing process.

WPI is also high in L-cysteine and the branched chain amino acids (BCAAs) leucine, isoleucine and valine. L-cysteine helps regulate blood sugar and may decrease blood vessel inflammation and reduce exercise-induced oxidative stress. BCAAs are legendary for helping reduce muscle soreness and speeding muscle recovery from intense training. Leucine is particularly important in this regard as it can spark increases in muscle protein synthesis on its own, assuming a dose of at least 2.5 grams is consumed. Some scientists refer to this effect as the "leucine trigger". In fact, a recent study showed that 5 grams of leucine added to



6.25 grams of WPI had the same muscle-building power as 25 grams of WPI. For bodybuilders on a diet, spiking WPI with extra leucine can be an effective way to reduce overall calorie intake while maintaining lean mass.

Scientists consider WPI a fast protein because it is digested rapidly and causes sharp increases in amino acid levels in blood. This is exactly what the doctor ordered during the post-workout period, where a rapid delivery of amino acids to muscle can quickly reverse the catabolic effects of intense weight training. Many bodybuilders also use WPI first thing in the morning to quickly reverse sleep-induced muscle protein breakdown. WPI is also quite versatile in that its kinetics can be slowed down by mixing it with milk (which is 80% casein—a "slow" protein) or co-consuming it with heart-healthy fats or foods high in fibre. For example, a muscle-building, between-meal snack might consist of WPI mixed in water along with a handful of mixed nuts, berries, and half an avocado.

There are other good reasons to use whey protein, even if building massive amounts of muscle isn't one of your goals. These include improved satiety (feeling of fullness), regulation of blood pressure, increased high-density lipoprotein (HDL-cholesterol), and lowering of triglycerides. These effects can be variable however, and depend on the individual's background health status.

GRADE: ★★★★★

REASON: *Scientists have been documenting the muscle-building effects of WPI for over a decade. Although there may be times to use other proteins, or even a blend of proteins, WPI is one of the most powerful and versatile proteins on the market today.* **FLEX**

THE RATINGS

- ★★★★★ Outstanding scientific research on humans available
- ★★★★ Solid research available; anecdotally effective
- ★★★ Not much human research available but premise is sound

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BODYBUILDER OF THE MONTH

BY JOHN PLUMMER, EDITORIAL DIRECTOR

NATHAN DE ASHA

With his comprehensive victory at the British Championships, new British IFBB pro Nathan De Asha is the standout pick for our first monthly award of 2015.

The Liverpool bodybuilder, nicknamed The Prophecy, was competing in his first contest for five years and blew everyone away to win the heavyweight and overall titles. **FLEX**



CHRISTOPHER BAILEY

NEXT ISSUE

FEBRUARY ISSUE ON SALE 15 JANUARY 2015

KING KONG KHAN

Training chest hard and smart with Zack Khan



PER BERNAL



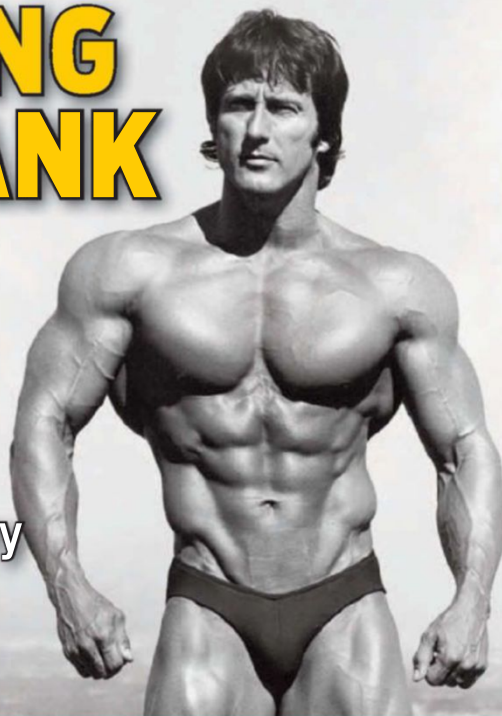
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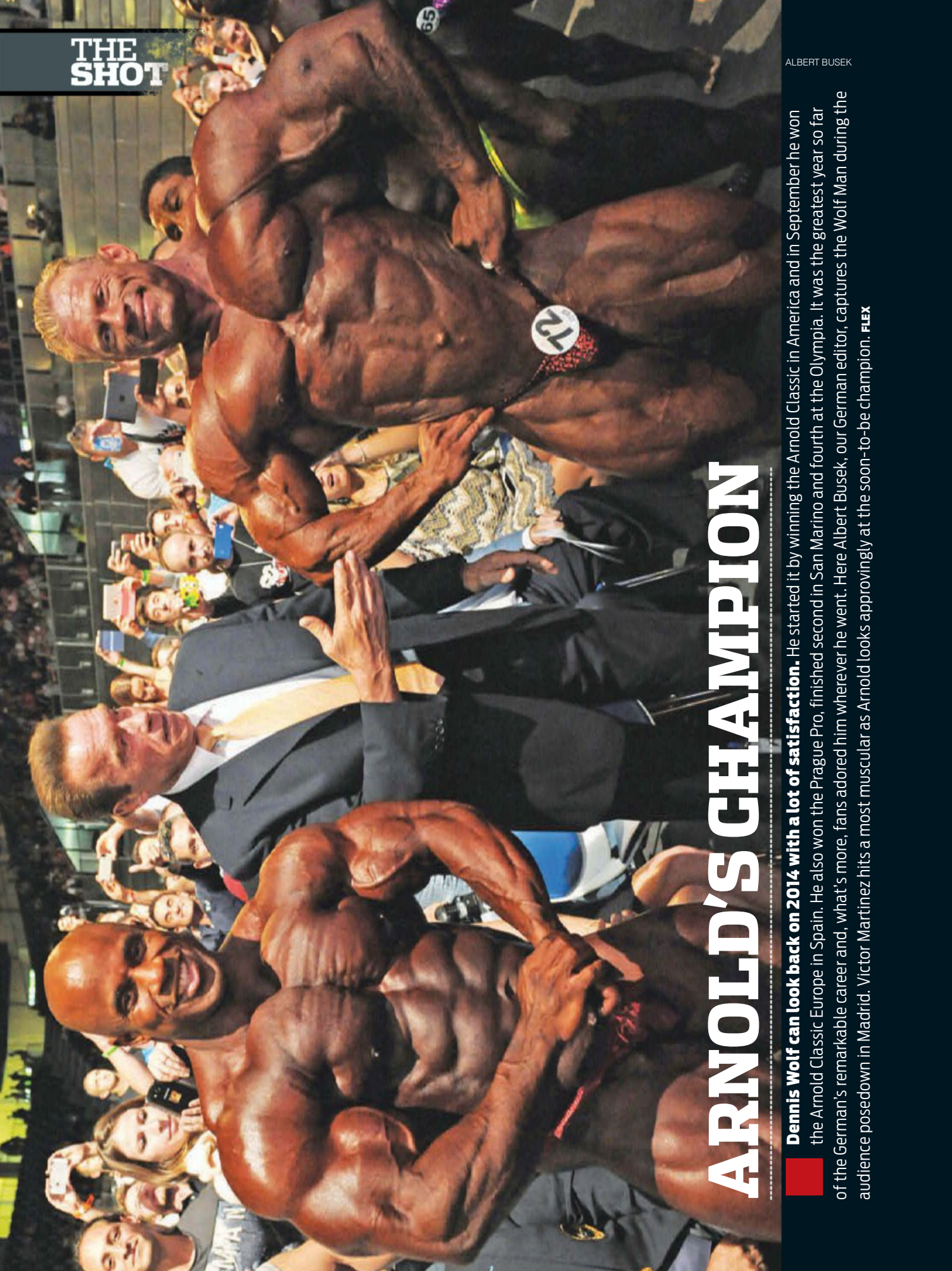


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ARNOLD'S CHAMPION

Dennis Wolf can look back on 2014 with a lot of satisfaction. He started it by winning the Arnold Classic in America and in September he won the Arnold Classic Europe in Spain. He also won the Prague Pro, finished second in San Marino and fourth at the Olympia. It was the greatest year so far of the German's remarkable career and, what's more, fans adored him wherever he went. Here Albert Busek, our German editor, captures the Wolf Man during the audience posedown in Madrid. Victor Martinez hits a most muscular as Arnold looks approvingly at the soon-to-be champion. **FLEX**





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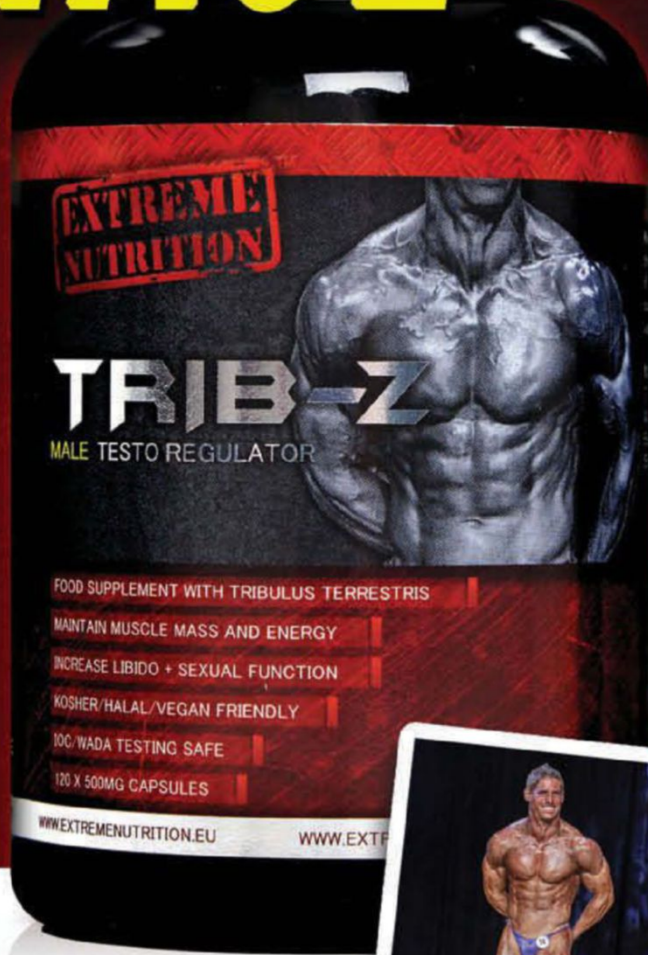
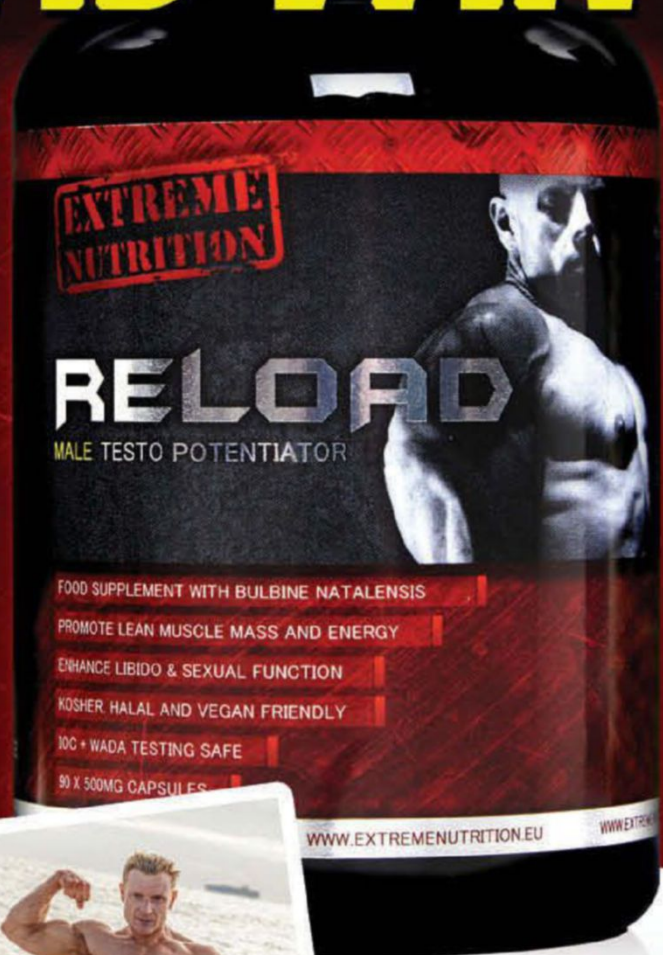


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