

I'M A BODYBUILDER

SUMMER 2005



Those Message Boardoms



Myron Mielke | Publisher and Editor

The internet has opened up a whole new world of information overload for the sport of bodybuilding. Many of the larger sites have message boards available to their visitors. It's a great marketing tool. It keeps people coming back again and again. It drives up the numbers for web site owners. More visitors, more hits, and more readership makes a site much more appealing to its advertisers and, more importantly, future advertisers.

So what do I think of them in the bodybuilding world? Oh, I'm so glad you asked.

I can sum it up in two words. Use caution. You don't know who these people are or how they live their lives.

I've spent some time reading the boards at various sites. (I only read. I don't contribute.) There's commonality with all of them. Someone has a legitimate question and some idiot rips him. The idiot doing the ripping is some self-proclaimed expert on EVERY subject and only HE knows the correct way to do anything. He won't share the vast knowledge, of course, because it's beneath him to do so. He does, however, have a very cool "handle" or fake name or whatever they call the stupid user names like bigmonsterpumpingarms250. (Hmmm... I wonder if that's taken yet?)

And then you have the very helpful users that have been training for six or seven days and are giving out advice on supplement stacks. Great information there.

I personally hate it when a "newbie" asks if anyone has tried a certain supplement and an idiot replies with an

insult to the newbie about how stupid they are for using a specific supplement. It's obvious that the idiot spent a whole lot of money on that very supplement and it didn't work very well. Instead of researching it like the newbie, the idiot bought it quickly and now it is somehow the big bad company's fault and everyone else, who even thinks about using it, is stupid.

Read the boards if you want to. Contribute your two-cents worth if you like. Much of the info is entertaining, but don't take it as being a fact. Some very good advice is shrouded in so much nonsense that it gets lost.

My closing argument (if this is an argument) is this. I've got much better things to do with my time than to bicker back and forth about who should have won the 1993 Mr. Olympia based on fuzzy scanned photos from an old Flex magazine. Use that time to cook up some steak and chicken breasts. Make a protein shake — and drink it. Do a few more sets of squats instead of asking bigmonsterpumpingarms250 how much water you should drink a day. You can say you're a messageboarder if you want, but me, you know what I'm gonna say. I'm a bodybuilder!

Until next time, train hard!



www.imabodybuilder.com
t-shirts are here...

see them on our website...

and then place your order.

(oh yeah... they're really cool)



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On the cover: Moji Oluwa

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MOJI

AN OLYMPIC ATHLETE TURNS TO BODYBUILDING

During the early years in the sport of bodybuilding it was very common for competitors in the Mr. America or Mr. Universe contests to get their training foundation through Olympic lifting. Weightlifting was the bigger sport actually and bodybuilders weren't thought of as real athletes. I guess you could say weightlifters who turned to bodybuilding were crossing over to the dark side.

The tables have turned in recent years and it's rare to see anyone performing clean and jerks or snatches in gyms or health clubs. Bodybuilders have taken over and have made the sport of Olympic lifting almost extinct.

One of the modern-day crossovers is Moji Oluwa, who was a member of the 1996 Nigerian Olympic team. Moji was also a gold medalist in the 1994 Commonwealth Games.

Since changing gears and concentrating on the sport of bodybuilding in 1997, Oluwa has done incredibly well with collecting more than 10 overall bodybuilding titles and has qualified for the Natural Olympia.

I first saw Moji compete at the 2003 Max Muscle Naturals in Culver City, CA. He was a middleweight and stood out in his class. His size and conditioning overpowered every athlete in the show and he grabbed his class and the overall title.

As a lifetime natural athlete, Moji has built an incredible physique. There's no doubt the early foundation of heavy Olympic lifting has given him extra density that you

FROM A BODYBUILDER

MOJI'S COMPETITIVE HISTORY

WEIGHTLIFTING:

1994 Commonwealth Weightlifting Gold Medalist,
2 Gold, 1 Bronze
1996 Member of Nigeria Olympic Weightlifting Team
1996 SPEC Champion
1996 Venice Beach Classic Physique Weightlifting
Open Division, 1st Place/Best Lifter Open
1997 California State Weightlifting Champion (MVP/Best Lifter)

BODYBUILDING:

1997 ACBA Baldwin Hills
Novice Short, 1st Place
1997 ACBA Long Beach Classic
Novice Short, 1st Place, Novice Overall
1997 ACBA Baldwin Hills
Open Short, 1st Place, Open Overall, Best Poser
1998 Ironman Magazine Champions
Lightweight, 2nd Place
1998 World Musclemania
Lightweight, 4th Place
1998 Los Angeles Bodybuilding Championship
Lightweight, 1st Place
1999 World Musclemania
Lightweight, 2nd Place
1999 ACBA LA Valor Classic
Open Short, 1st Place, Open Overall, Best Poser
1999 ACBA Long Beach Muscle Classic
Open Short, 1st Place, Open Overall, Best Poser
2000 World Wide NPC Max Muscle Naturals
Middleweight, 3rd Place
2000 Venice Beach Classic
Middleweight, 1st Place, Best Overall, Most Muscular
2000 NPC Los Angeles Bodybuilding & Fitness
Championship Middleweight, 1st Place
2000 ACBA LA Valor Classic
Open Short, 1st Place, Open Overall, Best Poser
2001 Max Muscle Los Angeles
Middleweight, 4th Place
2001 ABA/INBA Honolulu, Hawaii Daily Iron
Works Muscle Classic
ABA/INBA Natural Olympia Qualifier
Open Short, 1st Place
2001 World Wide NPC Ironman/Ironmaiden
Bodybuilding & Fitness
Unlimited Men's Middleweight, 3rd Place
2002 Musclemania Atlantic (Connecticut)
Welterweight, 3rd Place
2002 ABA/INBA California Natural
Bodybuilding Championships
Open Short, 1st Place, Open Overall
2002 ABA/INBA International Forever Natural
Bodybuilding Championships, Las Vegas
Open Short, 1st Place, Open Overall, Pro Status
2003 NPC Max Muscle Naturals
Men's Unlimited Middleweight, 1st Place
Men's Unlimited Overall Champion
2003 INBF Capitol City Natural Bodybuilding
Championships
Middleweight, 1st Place, Best Poser
2003 Baldwin Hills Classic
Open short....1st Place
Overall winner
2004 Pacific Naturals
Men's Unlimited Middleweight, 1st Place
Men's Unlimited Overall Champion



TRAINING — Getting ready for the Olympics.



Oluwa shows off his contest-winning physique.



PHOTO COURTESY OF GARY NAUMAN

34 years of training and **STILL GOING STRONG**

Gary Nauman is a 52-year-old bodybuilder from Wisconsin, who is probably one of the few people around who has lifted their entire life. "I started when I was 18. That's 34 years of lifting. It's now paying its benefits back. I was in Vegas in December and went by a booth where the man guesses your age and weight. I had to show him my license because he guessed me 10 years younger," explained Gary.

Gary said that he had recently heard that scientists have just discovered that lifting weights releases a toxin into your cells that fights the aging process. "I'm going to try and be their poster child," Gary said proudly.

His workout training is split is as

follows :

Day One:

Legs and Shoulders

Day Two:

Chest and Triceps

Day Three:

Back and Biceps

For legs Gary does squats on a Smith machine (So he doesn't cheat), Leg Extensions, Hamstring Curls, and Seated Calf raises. For shoulders he performs Seated Dumbbell Presses, Front Raises, Side Laterals, and Front Pulls for traps.

Chest training begins with the barbell Bench Press, Incline Press with a barbell or dumbbells and finishes with Lying Pullovers, and Pec Deck Flyes.

For triceps it's Skull Crushers,

Standing Rope Extensions, VS.-bar Extensions, and One-arm Reverse pushdowns.

Exercises for the back are Behind-the-neck Pulldowns, Lat Pulldowns, Chin-ups, Deadlifts on a machine, Roman chair, and Rear-lat Extensions.

Biceps are hit with EZ-bar Curls, Standing One-arm curls, and Machine Curls for peaking.

Abs are hit every workout.

Nauman goes heavy with few reps and than lighter with more reps (20) He's a sales manager for a distribution company that sells floor coverings where he covers a five-state area. "Working out at different gyms across the country is a blast," said Nauman. ■

today, we're serving **TRI-TIPS**

The horseshoe-shaped muscle on the back of the upper arm makes up almost 3/4 of the size of the arm. It only makes sense that if you want big arms, you have to train the biggest arm muscle. If you want to add more size to your arms, it just makes sense to hit your triceps hard. And there's nothing like having a couple slabs of beef hanging on the back of your arms.

Adding size to your tris is not rocket science. It's mostly hard work and working with your genetic potential. Train your triceps heavy and consistently and they'll grow. It's a slow process, but by this time next year, your arms could easily be one inch larger than they are now. At this rate of growth you only need your arms to grow 1/52 of an inch every week. That adds up to 1/2 inch in only six months and 1/4 of an inch in three months. It's not an inch in one day, like science fiction claims, but I'll take 1/4 of an inch on my arms any time.

Enough of the introduction; here's the routine:

Lying Tricep Ex:

2 warmup sets
1 acclimation set
3 sets of 6 with max weight

Pushdowns

1 warmup set
2 sets of 6-8 max weight

CG Bench Pr ess

2x6-8

Do this routine once per week after training biceps. Training biceps first helps warmup the elbows for heavy tricep work. It's been said that you should train



them before biceps because if your biceps are pumped it won't allow for total contraction of the triceps because you can't fully extend the arm. I wouldn't worry about that. Your triceps will pump up just fine and your elbow joints will be much more comfortable than starting triceps first.

As with any mass building program, make sure you eat correctly. Lots of protein and lots of good, healthy carbs. Eat 5 or 6 times per day. Take in a protein or carb drink immediately after your workout. Be patient. Stick with the routine for a few months. You'll grow.■

An advertisement for 'new LOOK' web design. It features a vertical banner on the left with the website URL 'www.newLOOKwebdesign.com' written vertically. The main image shows a woman with blonde hair talking on a mobile phone while looking at a laptop. To the right of the image is a list of services under the heading 'Professional'. At the bottom, there is a slogan and a phone number.

www.newLOOKwebdesign.com

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- ▶ Web Hosting
- ▶ Domain Names
- ▶ E-Commerce
- ▶ Shopping Carts
- ▶ Affordable SSL
- ▶ Search Engine Optimization
- ▶ Website Marketing
- ▶ Business Cards & Sales Pieces
- ▶ and Much More!

We can give your Business a whole **NEW LOOK** too.

new LOOK

888-645-6979

Eight-week rip-up

If you would like to drop 10 to 15 pounds and firm up the midsection a little, this plan is for you. This eight-week rip-up is designed to work. It's not difficult to follow, but you will need to make some adjustments in your lifestyle. Exercise and eating healthy food play a major role in this program. Getting accustomed to changes begins in week one. Are you ready? Good. Let's get started.

Research has shown that it's generally considered safe to lose two pounds per week when on a weight-loss plan. Losing more than two pounds will put you at risk of losing muscle tissue, which you do not want to do for at least two reasons. Depriving yourself of too many calories and causing a loss of muscle tissue is not healthy. The fancy or technical word for that is called starvation. Never follow a plan that boastfully claims you can lose more than two pounds per week. If you drop five pounds in one week but waste away three pounds of muscle in the process, what good is that? Fat loss should be the goal. Not muscle loss. The second reason for keeping your muscle intact is that the more muscle you have, the more calories you burn during the day—even while you're resting. In other words, extra muscle speeds up your metabolism so you can eat more during the day without extra weight gain. To effectively stimulate muscle toning, progressive resistance training should be implemented. That means you need to lift weights about three days per week. Train your upper body one day and rest the next. The following day, train your lower body and abs. Rest another day and then repeat the



cycle. Keep your workouts between 30 and 45 minutes. Train at a quick pace with minimal rest in between sets. Pick two to three exercises per bodypart and perform about three sets of 10 to 12 repetitions. If you can do more than 12 reps, the weight is too light. Add weight. Don't baby yourself and just go through the motions. You want results, right? If you want to firm up the back side, here are two suggestions. At the end of your lower body workout throw in two sets of 20 reps of lunges to the front and to the side. With both feet together, simply step forward—or to the side—about 24 inches with one foot and lunge forward. Push back to the starting position and then step out with the other leg. Repeat. You can also set the treadmill at a steep incline or walk up some hills to hit your "glutes." Believe me, you'll feel it! For burning extra body fat, you'll need to do some cardio exercise also. I recommend getting up 20 to 30 minutes earlier than you normally would and go for a brisk walk. It could be

outside or on a treadmill. Do some exercise you can do at home so you don't have to trek into the gym. The important thing is to do this exercise first thing, even before you eat anything. Some research studies have shown that performing cardio exercise on an empty stomach in the morning helps the body to use its fat reserves because the blood sugar levels are low due to not having food overnight. This is a good way to start your day on a positive note too. It gives you a few minutes to wake up and it's a great time to pray or meditate if you're one who's working on spiritual fitness also. In addition to the early-morning cardio, on the alternate day of weight training, do 30 minutes of cardio work at a greater intensity. Interval training has been shown to burn body fat very effectively. Don't let the term scare you. Intervals mean you exercise at varying speeds. For example, if you like to run, begin with two minutes of walking to warm up. From three to five minutes, jog slowly. When five minutes have past, run very fast for two minutes and then jog for a few minutes. Keep alternating between jogging and running. The last five minutes should be spent walking for a cool-down period. Intervals can be done with any cardio exercise by just varying the speeds during your workout. One day of the weekend, do a longer, but leisurely, cardio session. Go for a long walk or hike on your favorite trail. Go with a friend or spouse. Try inline skating. If you like to bike ride, ride around the Antelope Valley and enjoy the spring air. Do something you enjoy and won't mind

spending an hour or more doing. Another important aspect of this plan is, of course, adjusting your food intake. Don't think of it as a diet. With this plan you're most likely going to be eating more often than you normally do so don't use the "D" word, okay? The average American diet consists of two to three meals per day and a munchie snack mid-morning to help ward off hunger pangs. This is the most perfect eating plan — if you would like to add globs of fat over your entire body! It slows down the body's metabolism and does little to help tone or strengthen your muscles. To increase the metabolism, smaller more frequent meals need to be eaten. Six meals per day is optimum, but this plan will start you off with five. We're not going to count calories. There are no points and we're not going to tally up grams of carbs. This plan does, however, utilize por-

tion sizes of protein foods and carbohydrates. A portion of protein or carbohydrate would be the size of a closed fist, which is roughly the size of a deck of cards. Basically you will eat a portion of protein at each meal. Starchy carbohydrates will be cycled. Some days you will eat starches at every meal and some days you will eat them for only one or two meals. Eat as much salad or green leafy vegetables as you like. Eat a piece of fruit after your weight workouts to help in recovery. Start drinking green tea. Not only is it loaded with healthy antioxidants, studies have shown that you can burn up to an extra 60 calories in a day just by drinking three to four cups per day. Once a week have a cheat meal where you eat anything you want, including dessert. A sudden increase in calories can actually keep your metabolism in high gear because it throws off the body's natural tendencies to signal

it's starving. Eating low calories for too long will slow down your metabolism. The cheat meal is good for you psychologically also. You won't feel deprived. You might be wondering about food supplements and if any of the fatburners available would help when following this plan. Some are helpful and some are a total waste of money. Many of the products use slick marketing gimmicks to make them appear as if they can magically transform you into a fitness model. Before you spend your hard-earned money on any of these products, do some research on the internet at sites like www.quack-watch.org. You may also want to talk to a knowledgeable nutritionist like PJ Bowen of Max Muscle in Lancaster, CA. Educate yourself so you don't waste your money on modern-day snake oil. To make this program a little easier to understand, I've set up a sample week for you to



SHOPPING — Choose lots of fruits and veggies while at the market.

follow. You can adjust the workouts to fit your schedule. The important thing is to follow it closely and stick with it. Follow it for eight weeks and then take a day off, rest, relax and eat a few of your favorite foods. Oh, and you can proudly answer the question everyone will be asking you. "You look great! What have you been doing?"

Monday (low-carb day)

20-minute walk

Breakfast: Scrambled eggs

(4 whites and 1 yolk)

One serving cream of rice

Green tea

Mid-morning:

1/2 cup Non-fat cottage cheese

15 almonds

Lunch:

Lettuce salad with 3 oz.

of chunked chicken

Reduced-calorie dressing

Diet soda

Mid-afternoon:

3 - 4 slices of deli-style turkey

1 cup of raw veggies with

lowfat dip

Green tea

5:00 pm

30-45 minutes of weight training

(upper body)

1 piece of fruit after workout

Dinner:

Grilled chicken

Steamed vegetables

Crystal Light

Tuesday (low-carb day)

20-minute walk

Breakfast: Scrambled eggs

(4 whites and 1 yolk)

One slice whole wheat toast

with peanut butter

Green tea

Mid-morning:

3 - 4 slices of deli-style turkey

1 cup of raw veggies with

lowfat dip

Green tea

Lunch:

Lettuce salad with 3 oz. of

chunked chicken

Reduced-calorie dressing

Diet soda

Mid-afternoon:

1/2 cup Non-fat cottage cheese

15 almonds

5:00 pm

30 minutes of interval-style cardio

Dinner: Grilled salmon

Steamed vegetables

Crystal Light

Wednesday (medium-carb day)

20-minute walk Breakfast:

Scrambled eggs

(4 whites and 1 yolk)

One slice whole wheat toast

with peanut butter

Green tea

Mid-morning:

1 container low-fat yogurt

1 banana

Green tea

Lunch:

1/2 tuna sandwich made with

lowfat mayo

1 cup of raw veggies with

lowfat dip

Diet soda

Mid-afternoon:

1/2 cup Non-fat cottage cheese

15 almonds

5:00 pm

30-45 minutes of weight training

(lower body)

1 piece of fruit after workout

Dinner: Grilled steak

Steamed vegetables

Crystal Light

Thursday (low-carb day)

20-minute walk

Breakfast:

Three strips of turkey bacon

One serving cream of rice

Green tea

Mid-morning:

3 - 4 slices of deli-style turkey

1 cup of raw veggies with

lowfat dip

Green tea

Lunch:

Lettuce salad with 3 oz. of

chunked chicken and

Reduced-calorie dressing

Diet soda

Mid-afternoon:

1/2 cup Non-fat cottage cheese

15 almonds

5:00 pm

30 minutes of interval-style cardio

Dinner:

Grilled chicken Steamed vegetables

Crystal Light

Friday (low-carb day)

20-minute walk

Breakfast: Scrambled eggs

(4 whites and 1 yolk)

One serving cream of rice

Green tea

Mid-morning:

1/2 cup Non-fat cottage cheese

15 almonds

Green tea

Lunch:

Lettuce salad with 3 oz. of

chunked chicken

Reduced-calorie dressing

Diet soda

Mid-afternoon:

3 - 4 slices of deli-style turkey

1 cup of raw veggies with

lowfat dip

Green tea

5:00 pm

30-45 minutes of weight training

(upper body)

1 piece of fruit after workout

Dinner:

Grilled chicken

Steamed vegetables

Crystal Light

Saturday (high-carb day)

20-minute walk

Breakfast:

Three strips of turkey bacon

One serving cream of rice

Green tea

Mid-morning:

3 - 4 slices of deli-style turkey

1 cup of raw veggies with

lowfat dip

Green tea

Lunch:

1 container of yogurt

1 piece of fruit

Diet soda

Mid-afternoon:

1/2 cup Non-fat cottage cheese

15 almonds

5:00 pm

30 minutes of interval-style cardio

Dinner:

Grilled chicken

1/2 cup rice or 1/2 baked potato

Steamed vegetables

Crystal Light

Sunday:

Eat one meal as a cheat meal and

eat anything you want.

One-hour cardio session doing any

activity you enjoy.

PRODUCT REVIEWS

ANIMAL PAK

I've used Animal Paks since they came out in 1984. They weren't in a can back then. They were in a big clear plastic bag. Animal Paks got the job done back then and they still do today. If you hate swallowing pills, then they are not for you. Universal sums it up this way:

"Pure Power. Pure Strength. Pure Animal Intensity! For hard-core bodybuilders and strength athletes, nothing beats Animal Pak for maximizing gains in muscle mass, strength and performance. There is no better nutritional weapon available to fuel intense workouts. Spawning many imitators, the original Animal Pak is still loaded with the most advanced, highest quality bodybuilding nutrients."

★★★★★



VYO-PRO BAR

- 20 Grams of Protein
- Only 1 Gram of Sugar
- Glutamine Enhanced
- Tastes good
- No glycerin!.



This AST-SS protein bar is different than most others. It's texture isn't the fake chocolate with some kind of whey protein paste in the middle. It's actually very smooth throughout and tastes pretty good. It's a little dry so make sure you have a glass of water nearby.

★★★★★

LEE PRIEST: THE BLOND MYTH

Encounter this massive Australian's contest preparation and as he endures multiple whole body workouts while preparing for the big day. This video takes you behind the scenes!

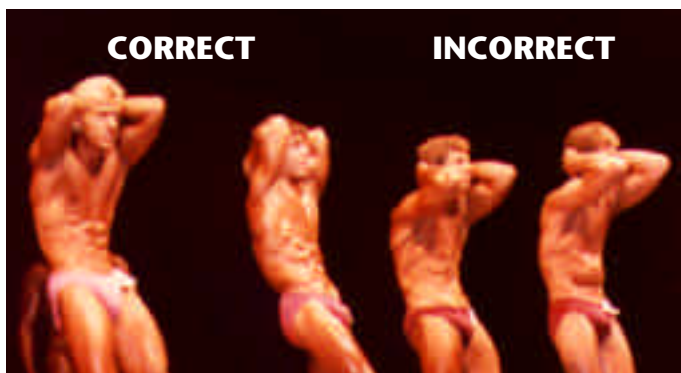
Lee's freaky size is evident throughout this video. He talks very quickly and covers a lot of ground and explains things only he can say in his Aussie drawl. If you buy muscle videos or DVDs, you should get his tape.

★★★★★



30-second posing tip

Ever notice some guys hit an ab pose and even though their abs look great, the pose might look a little awkward. Only a simple adjustment might be needed in the way the hands are positioned on the back of the head or neck.



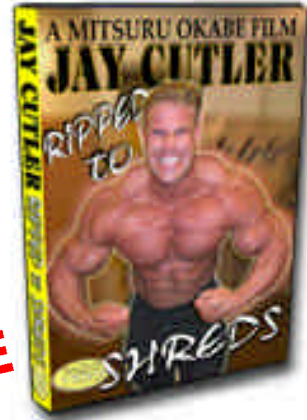
BLAST FROM THE PAST



This photo was taken on June 8, 1985, when Chuck Sanow won the Mr. Twin Cities in Minneapolis. 20 years later he won the Masters Nationals and has become one of the newest IFBB Pros!

WIN THIS JAY CUTLER 2-SET DVD

Print out this page. Fill in the correct answers and mail it in. All submissions with the most correct will be entered into a drawing and one person will win the DVD. Just give us your e-mail address so we can contact the winner. It might be you.



FREE

Who won the first Mr. Olympia? _____

How much does an Olympic barbell weigh by itself? _____

In what year did Flex Wheeler win the USA? _____

Who won the 1981 Mr. America? _____

Who was known as the Golden Eagle? _____

How many 225-pound body-builders are there in a dozen? _____

Which Mr. Olympia is known for singing opera? _____

In what year did Steeve Reeves win the Mr. America? _____

What was the name of the Charles Atlas training program? _____

What's the name of Dorian Yates' gym? _____

How many calories are in a gram of fat? _____

Which supplement tablets did Vince Gironda recommend to be chewed before swallowing? _____

Who is Melvin Anthony's posing mentor? _____

my e-mail address: _____

Mail this printed page to: Visions and Images, 43759 15th St. West #211, Lancaster, CA 93534
Entries must be postmarked by October 31, 2005

The Zooman entertains the young at heart



Since 1988 The Zoo Man has traveled through out the United States and Canada performing in front of more than five million people. His travels have brought him to many towns with his animal friends. During each year you will find him performing for Public Libraries, Company Picnics, Birthday Parties, Nursing Homes, Day Camps, After -School Programs, Town Celebrations, Pro-Sport Franchises, Schools, Grand Openings, Colleges, or any special event! He loves to entertain and educate the young and young at heart.

www.thezooman.com

Compete or not compete?

The question facing teenagers



Lou Ferrigno was starring in a Hercules movie. Arnold Schwarzenegger was gearing up for a second role as Conan. David and Peter Paul, The Barbarian Twins were all the rage. The Paul brothers boasted they would be the first co-winners of the Mr. America even though they hadn't competed yet. They were not going to compete until they knew their physiques would blow everyone away on stage — without question. That's a fairly lofty goal, but it does carry a wise premise, especially for teenage bodybuilders.

When I was 15 or 16 I had decided I wasn't going to compete until I knew I was ready to step on stage and win hands-down. I wanted to be undefeated. I had read that even Arnold had lost a few times. I was determined to be the first undefeated bodybuilder to win the Mr. Olympia. About a year later a local bodybuilding show was held and I changed my mind. What can I say? I was a kid with big dreams, but I just couldn't deny my chance of performing in front of a hometown crowd! So I took the leap and entered the world of competitive bodybuilding.

As a teenager you might be faced with the same decision. Should you compete or should you wait? There's not a right or wrong answer. It depends upon what your goals are. If it's the challenge of completing 12 to 16 weeks of strict dieting to step on stage with ripped conditioning, then go for it.

It also depends on your age. Personally, I don't think you should diet down to ultra-lean conditioning if you're not 18 years old. Young bodies are still growing and maturing. Subjecting them to rigorous dieting and depriving them of vital growth-producing nutrients is dangerous. (Are you listening high school wrestling coaches?)

Most people have reached their final growth spurts by age 18 so you probably needn't worry about dieting down to low levels of body fat. You can compete at age 15 or 16 too, I just don't rec-

ommend dieting down to four or five percent body fat. Keep your body fat levels above eight and wait until you're at least 18 to really rip.

If you are 18 or 19 and you want to compete, strict dieting will most likely be a huge challenge for you. Most teenagers I've known tend to eat more than horses eat each day. Switching to the amount a cat eats takes some adjusting. If you're competing to win, you'd better adjust to it fast. 12 to 16 weeks can seem like an eternity.

If winning is what you really want, then you might want to forego the teenage competitions and hit the Junior Divisions or Novice Divisions in another year or two. The added size, which comes from another year of mass training, is always a good thing.

Whenever you decide to compete, give it your all. Stay dedicated with your diet. The leaner you are the higher you'll place. Trust me on this one. Take it seriously and pay attention to details. Don't skip meals. Get plenty of rest. Learn how to pose and practice your presentation. (IAB will have articles on contest prep and posing in future issues.)

Preparing for a contest takes a lot of effort. It's hard work. But don't forget that you're doing it for fun. Enjoy it and don't use low carbs as an excuse to be a jerk to your friends and family. The chances are pretty slim that you'll turn pro. Keep things in perspective.

All in all, it's more fun to compete to get your feet wet and learn how to present yourself on stage than trying to win your first contest. Staying dedicated and seeing your physique change is an incredible experience. Hamming it up in front of a crowd is fun too. So go for it and enjoy it! ■

THE BACK PAGE



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Advertising deadline for our spring issue is May 15, 2005.