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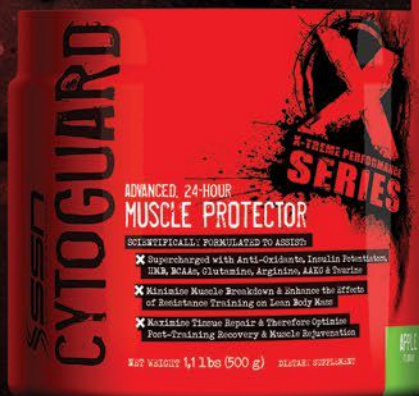
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*Rsmith*

**ROBERT SMITH**  
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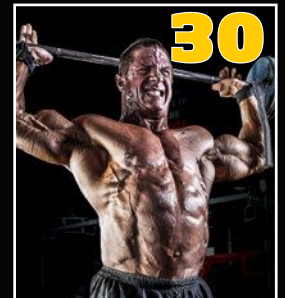
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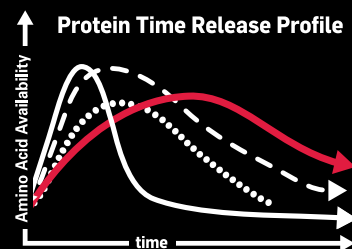


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Pro bodybuilder and Arnold Classic Africa competitor Cobus van der Merwe with Cindy, Daniel (at the back), Werner and Gareth at Body Conscious Gym in Randburg.

## THE BLADE & BEAST SHOW

**S**andton was a hive of activity the day Arnold came to launch his Classic show. Burly powerlifters groaned under huge weights, strongmen with strange names broke records, and bodybuilders beamed and squeezed while hitting their poses. It was a mecca of muscle where thousands of athletes participated in their different sporting codes. It was also a place where ordinary people could encounter something extraordinary and sublime. Arnold himself took in all this energy as he moved from hall to hall, talking and joking in his distinct Austrian accent, always grinning for the cameras. The sports festival, named after him, promoted by him and dedicated to his legacy, had finally arrived on African soil. It provided a golden opportunity for many to find out why exactly the Pros are called Pros. Arnold has become synonymous with the word big, but bigger is not always better in the bodybuilding world.

Better is better. Better can beat bigger. Dexter 'The Blade' Jackson and Earl 'The Beast' Abrahams, both defeated larger opposition with their freaky symmetry and conditioning. Africa's first Arnold Classic, to me, was a case of class going up against colossus. An epic clash of different specimens.

On the Pro stage was a short man who had won the most prestigious title in bodybuilding, the Mr. Olympia, and now dominated the Arnold Classic in arguably his best condition ever. The Blade had that polished look needed to slash bigger

opposition on any stage to pieces.

The Beast on the amateur stage was also small in stature but possessed the same blend of highly-sought after quality muscle that could overpower larger rivals. If bodybuilding contests were solely judged on popularity these men would never lose. Both went on stage as hard as a bagful of nails. Both were dense and cut. They walked into the limelight and popped real show-stoppers and crowd-pleasers: the front double biceps, the lat spread and the most muscular. Fans stared and cheered in total wonderment.

There were bigger men on stage, but the winners of the night's most prestigious bodybuilding titles understood muscle better than the rest. Muscle has a mind of its own. If you stress it too often with too many workouts, it shrinks. If you stress it too little and you rest too much, it shrinks. If you fail to nourish it adequately, it shrinks. If you over-nourish it with nonsense, it hides under fat rolls. If you leave it alone for too long, it atrophies. I think more lifters now understand what it actually takes after watching the Arnold Classic up close and personal.

Bodybuilding is a sport that demands extremity because muscle needs attention 24/7. It takes intensity and a regimen more demanding than most would ever imagine to flex hard-won gains. You have to be extreme, rigorous and dedicated. You have to do what it takes to ride the hardest reps in the gym en-route to glory.

**Werner**  
Editor

## MY FAVOURITE THIS ISSUE:



# MUSCLE

evolution

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## THE LOST ART OF HARD WORK

**F**ourteen years ago at my first IFBB SA Championships we launched this magazine. Before that I thought I knew what the term shredded meant, until that fateful day when I got to see what the top six of each line-up looked like at a national championship level. They embodied everything that is great about bodybuilding and for that reason they were known throughout the land as the best of the best. For the top six athletes who made the final that night, anything less than first place meant that they'd failed, dismally. Only standing on the top step of the podium would suffice and the only thing they cared about was becoming the best in South Africa. That moment was all about one thing – victory.

Fast forward 10 years and things have changed. The physiques we see on stage of late are bigger and fuller, but are they better? Many think so, but I beg to differ. Hard work in bodybuilding doesn't just equate to adding size. In fact, I'd go so far as to say that getting dialled in for a contest – getting completely shredded – takes more than just hard work. It involves going to a place of unrelenting physical torment and grappling with a mental inner turmoil that will see an athlete plumb the depths of his soul and reach a place where only those with the greatest physical and mental strength will endure. This fact is abundantly clear.

Our sport has never had more opportunities than it currently offers, and with the prestigious Arnold Classic Africa and WBFF South Africa (for fitness athletes) now bringing international calibre athletes to our shores, we should be upping our game instead of settling for average when we step on stage. Both the aforementioned shows have created an incredible platform to help local athletes reach the world stage by placing Pro cards within reach of those who truly put in the hard work. With that as motivation, you'd think

that the work ethic among the broader industry would be at an all-time high. Now, I'm not saying this to send out a negative message, but I feel it's time to send out a real one. When I look around I see so much self-entitlement. Back in the day, to become a top contender people had to work their arse off. Today, however, things like endorsements and other career-enhancing opportunities seem to be expected. I don't see much humility and, to a certain degree, I blame social media and the vanity it perpetuates. People now seem to hate harder than they work, and they tend to focus more on what others are doing than what they themselves achieve. Social media has become a cesspit for criticism and negative sentiment. Are we losing our minds? Diets have also changed and supposedly made the gruelling pre-contest process "easier" and more "manageable". I look to the Pro line-ups of late and compare them to those of the '80s, when it was Levrone, Yates, Coleman, Ray and Dillitt (which, in my mind, is still the greatest era of bodybuilding), and when I chat to each of these great athletes from that bygone era they all say the same thing – people don't work as hard as they used to and that's why today's physiques don't look like they did.

If you want to really stand out in South African bodybuilding today then learn to look at what everyone is currently doing and do it differently. Do it better. What do I mean? Don't expect, accept. Don't work less, work more. Work harder. Don't show up at contests if you've merely made a half-hearted attempt, prep properly. Don't accept fad diets and 'new' approaches to pre-contest eating that make prep feel easier, because if it feels easier, it's not working, period. Go back and read some of the magazines from the '80s and reeducate yourself on what real hard work is, and then apply it. A grainy physique with deep cuts comes from hard work, sacrifice and dedication – not new diet fads, drugs or a more modern approach to all of the above.

Go home, do your homework, and stop accepting the status quo set by modern bodybuilding's bourgeoisie. These people, as far as I'm concerned, have forgotten what hard work is – what it looks like, what it smells like and, most importantly, how it feels. If you really want to be a standout athlete in this day and age, you need to stop accepting everything you see on local stages as the epitome of hard work, because it's not. Bring back the hunger and the fire that bodybuilding used to be about.

Enjoy issue 78.

**Andrew**  
Editor-In-Chief

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FROM THE PUBLISHERS OF



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# MUSCLE NEWS



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## INBA AFRICAN NATURALS 2016

The INBA, the largest natural bodybuilding federation in the world, has announced that it's African Naturals bodybuilding competition will take place on **Saturday, 27 August 2016**, at Robin Hills Primary School, Randburg, Johannesburg. The event will be used to select the South African natural bodybuilding team that will compete at the Natural Olympia, which is taking place in Las Vegas from 10-13 November 2016. Weigh-ins from 09h00, pre-judging from 12h00 and the main show from 18h00. **For more info email [info@naturalbodybuilding.co.za](mailto:info@naturalbodybuilding.co.za) or [gauteng@naturalbodybuilding.co.za](mailto:gauteng@naturalbodybuilding.co.za), or visit [InbaSouthAfrica](https://www.facebook.com/InbaSouthAfrica) on Facebook or [www.naturalbodybuilding.co.za](http://www.naturalbodybuilding.co.za). All athletes will be drug tested at the event.**

## EASTERN CAPE BODYBUILDERS COMPETE AT BOARDWALK

**Athletes recently flexed their muscles at The Boardwalk Amphitheatre in Port Elizabeth as part of a bodybuilding and fitness competition hosted by the International Bodybuilding and Fitness Federation (IBFF), a new federation for a new generation.** The contest was organised to showcase the results of all the hard work and commitment novice athletes from across the region put into their training and nutrition. World Beauty Fitness and Fashion (WBFF) Pro athletes Lairen Terblanche and Chantell Kelly, and Jiu Jitsu champion

Andrew Garai attended the event, which was hosted by radio presenter Duncan McDonald. **Jaco Schoeman** was unbeatable in the Junior under 23 Bodybuilding category, while **Ki-Yana Schoonraad** edged out rivals **Carmen Hickman** (2nd) and **Linsey-Lee Bergsman** (3rd) in the Miss Figure Bikini division. Schoonraad later also scooped first prize in the Miss Teen Fitness category. There was no flaw to be found in **Abongile Bhele's** arsenal of muscle in the Men's Small Class (up to and including 1.72m). A formidable Bhele bagged the Men's Overall trophy on the night, while

the equally impressive **Marchelle Killian**, winner of the Miss Fitness Bikini, walked away with the Ladies' Overall title. Other category winners included: **Jaco Hanekom** (Mr. Teen Fitness Model), **Philani Machava** (Mr. Athletic), **Andre van Niekerk** (Masters), **Thobgani Tshikolo** (Men's Bodybuilding Middle Class, up to and including 1.79m) and **Marius Zeelie** (Men's Bodybuilding Tall Class, over 1.79m). The IBFF would like to thank everyone for their ongoing support in helping to grow the bodybuilding and fitness industry in the Eastern Cape.



Marchelle Killian



Abongile Bhele



Ki-Yana Schoonraad

## XTREME NUTRITION NOW STOCKING ALLMAX NUTRITION AND BLACK SKULL RANGE

**Xtreme Nutrition has opened a brand new store at the Cape Gate Shopping Centre situated in Brackenfell, Cape Town.** Another store, bringing expert advice and all your favourite supplements at unbeatable prices, is due to open in Claremont, Cavendish in Cape Town. As part of the wide range of both local and imported products from the best names in the business, Xtreme Nutrition is now also offering Allmax Nutrition and Black Skull brands exclusively to the South African market. Allmax Nutrition is synonymous with science, innovation, quality and results, while Black Skull offers a heavy hardcore line specifically designed with potent nutrients to help conquer all your physical goals.

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## ASCENDIS HEALTH TO ACQUIRE SCITEC NUTRITION

Ascendis Health recently announced that the company would acquire leading European sports nutrition company Scitec International, as the group's international growth strategy continues to gain momentum. The acquisition is valued at R2.9 billion (€170 million). Scitec Nutrition ranks among the leading supplement brands across Europe, with a key presence in major markets like Germany, France, Spain, Italy, Hungary and Poland. The company's products are also well represented in the Middle East, Russia, Australia and Asia, with sales recently launched in the USA. The company employs a combined distribution strategy of own sales representatives, own retail and distributor partners,

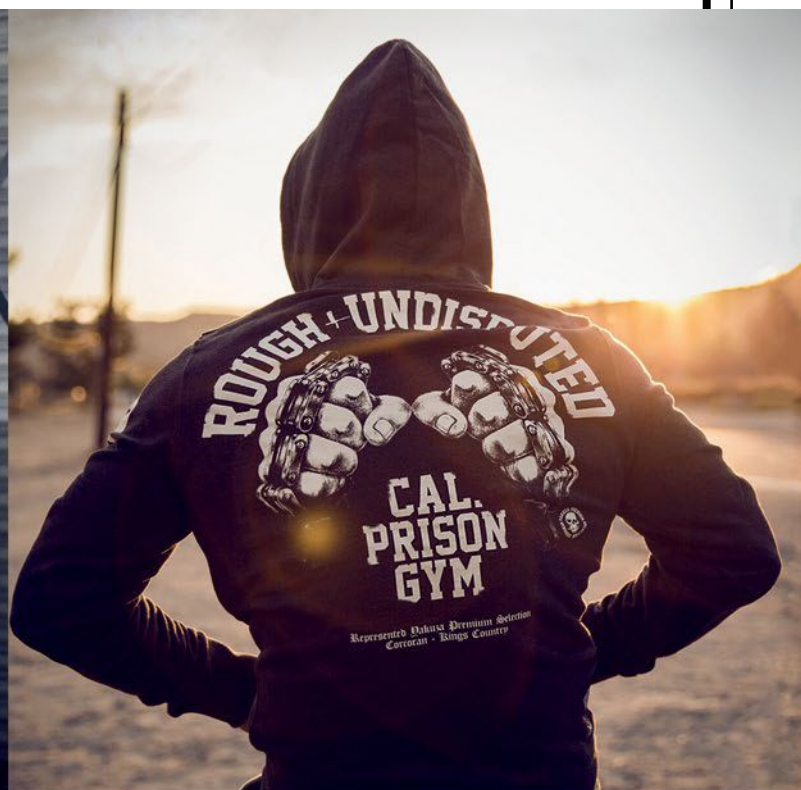
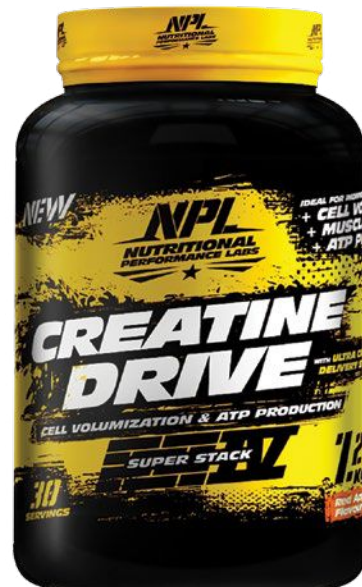
depending on the country. Its wide range of sports nutrition products, targeted at functional fitness, strength training and well-being, are marketed in nearly 90 countries worldwide. Scitec is vertically integrated and owns a modern manufacturing facility in the European Union, where the company produces over 280 products. The facility, which is GMP certified and US FDA registered, has recently been upgraded to increase capacity for growth. This adds to Ascendis' acquisition of local sport nutrition brands, Evox and SSN, and the company will look to grow Scitec's sales in Africa.



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# MUSCLE NEWS

## QUALITY PHYSIQUES AT X-TREMEBODY'S CLASSIC

The Free State definitely has no shortage of quality physiques, which was evident at the recently held NABBA/WFF X-Tremebody's Classic in Bloemfontein. A shredded yet full **Barry Munger** turned it up a notch this year with a well deserved victory in the Men's Class 1 (Over 1.79m) while **Carmen Blom** came out with guns blazing in the Ladies Fitness Bikini category. **Hende-Mari Strydom** made the Ladies Athletic Figure division her own, while novice **Thabo Khasipe** walked away with the honours in the Junior Men under 23 division. The Men's Class 4 (Below 1.65m) belonged to an impressive

**Tshepiso 'Tiger' Thebe**, while **Langa Moorosi** bagged the top spot in the Men's Class 3 (between 1.65m and 1.72m). Munger dominated his line-up and it came as no surprise when he walked away with the Overall title on the evening. **Hende-Mari Strydom's** ability to pose was thoroughly enjoyed by an appreciative audience. The judges took notice and she was later rewarded as the Best Poser at the show. Some of the other category winners included **Charlene Dennis** (Ladies Beach Bikini), **Tshidiso Mokhotso** (Male Model Fitness) and **Derick Ndlovu** (Men's Novice).



Barry Munger



Derrick Ndlovu



Thabo Khasipe



Tshepiso Thebe



Carmen Blom



Charlene Dennis



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- Yoga Muscles & Motion (JHB)

### AUGUST

- Kettlebell Bootcamp Instructor (CPT, DBN, JHB)
- Sports Massage (CPT, JHB)
- Applied Sports Psychology (Skype - ALL REGIONS)
- Sports Conditioning with SAQ (JHB, CPT, DBN)
- Kids Development (CPT, JHB)
- Pre & Post Natal Exercise (JHB, CPT)
- CPR (JHB)

### SEPTEMBER

- Group Fitness Instructor (JHB, DBN, JHB)
- Aqua Instructor (CPT, JHB)
- Studio Cycle Instructor (CPT, JHB)
- Sports Massage (DBN)
- Functional Training Specialist (JHB, BALLITO)
- Fighting Fitt Instructor (JHB, CPT)
- CPR (JHB)

### OCTOBER

- Studio Cycle Instructor (DBN)
- Sports Conditioning with SAQ (JHB, CPT)
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## CIPLA NUTRITION NOW AVAILABLE IN CLICKS STORES

**Cipla Nutrition, an extension of global pharmaceutical company Cipla, has announced that the manufacturer's range of supplements will now be available in 38 larger Clicks stores nationwide.**

Deon Lewis, Managing Director of Cipla Nutrition, says that due to the retail chain's large footprint, Clicks stores enable the organisation to significantly increase its consumer base and enables consumers to purchase quality nutritional products more readily and conveniently. The Cipla Nutrition range is formulated and categorised based on extensive research. Each product is designed to provide the maximum level of required nutrients to deliver on the promise of the specific product.

All supplement categories cater to the user's specific needs and therefore vary depending on the performance benefit. Categories include bodybuilding, endurance, meal replacements, thermogenics, vitamins and minerals, and pre-workouts. All Cipla products are manufactured according to Good Manufacturing Practice (GMP) standards, and every batch goes through a number of stringent tests before it is released to the general public. **In addition to Clicks, the range is also stocked in Checkers MediRite, Wellness Warehouse, Durbell, Chrome, Takealot.com and ..**





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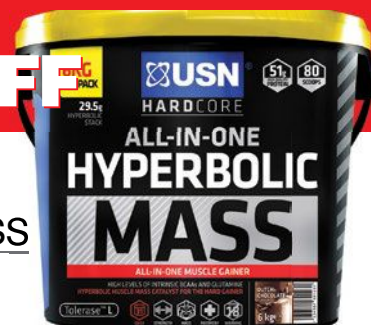
### USN HYPERBOLIC MASS

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## R100 OFF

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## R70 OFF

### PHARMAFREAK SUPER FREAK

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### MP BLACK ASSAULT

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## R30 OFF

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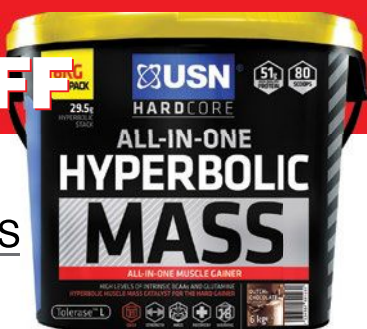
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**ANIMAL STAK**  
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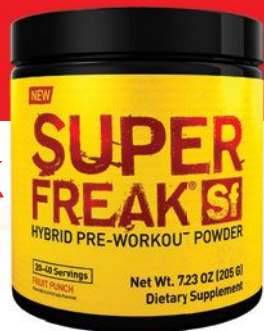
**R70 OFF**

**PHARMAFREAK**  
**SUPER FREAK**  
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**R50 OFF**

**USN**  
**B4 BOMB**  
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**R30 OFF**

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**NIGHT FEED**  
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**R100 OFF**

**MP**  
**BLACK ASSAULT**  
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# TECH GEAR

## RAM X-GRIP & MOUNT

RAM's patented locking mechanism and suction cups are used in military aircraft because they keep devices in place through bone-jarring impacts, making it perfectly suited to carry your expensive smartphone in whatever car you have.

**Available with a lifetime warranty ensuring it is the last mount you'll ever have to buy. R1,626**

## SAMSUNG 40-INCH SMART LED TV

Offering a full multimedia experience in your home, the Samsung 40-inch Smart LED TV includes a wide colour enhancer and Smart television technology. The High Definition Multimedia Interface (HDMI) inputs will transform your living room into a full-on entertainment centre. **R8,399**



## SUUNTO TRAVERSE ALPHA

Suunto Traverse Alpha watches now offer useful features for fishermen and hunters with the addition of two new models – the Alpha Stealth and Alpha Foliage. The integrated GPS/Glonass route navigation with breadcrumb trail, electronic compass with tilt compensation and FusedAlti™ help users stay on track in unknown territory. Battery life of up to 100 hours with GPS also makes the Traverse Alpha range suitable for multi-day treks. The location-based moon phase calendar with moonrise and moonset times helps determine the best time to fish, while sunrise and sunset alerts help to plan the day ahead. The barometric pressure graph keeps users up to date on weather changes. Suunto Traverse Alpha devices are also built rugged with the addition of a knurled stainless steel bezel, water repellent nylon strap and scratch-resistant sapphire crystal glass. The watches also feature activity tracking and are compatible with the Suunto Movescount App for Android and iPhone.

**R8,999**



## TUDOR HERITAGE ADVISOR

The Heritage Advisor is a reinterpretation of the famous Tudor alarm watch from 1957. An up-to-date version of a classic, the watch retains the original shape and proportions of its case, lugs, and glass, its dauphine hands and bevelled markers, as well as the design and colour of its red alarm hand. Made from titanium for optimum sound quality of the alarm, the case has been increased from 34mm to 42mm in keeping with modern tastes. This year's model unveiled at Baselworld 2016 features a new combination of a cognac-coloured dial and strap. Tudor watches are available from authorised dealers throughout South Africa.

**For more info visit [www.tudorwatch.com](http://www.tudorwatch.com). R86,590 (subject to change without prior notice)**



## ASTON MARTIN VANTAGE GT8

The new limited-edition Vantage GT8 is the embodiment of Aston Martin's racing DNA. Inspired and influenced by the 2016 Aston Martin V8 Vantage GTE race car, the GT8 is the lightest and most powerful V8 Vantage ever. The dramatically sculpted carbon fibre bodywork has been shaped by race-bred aerodynamic function. With a super-sharp chassis tuned for track-focused agility, the GT8 is powered by a revised version of

Aston Martin's 4.7-litre V8 that is capable of going from 0-100kph in a little over 4 seconds and tops out at 305kph. It is available with a choice of six-speed manual or seven-speed Sportshift™ II paddle-shift transmissions. Both the standard 5-spoke alloy wheels and the optional ultra-lightweight seven-spoke centre-lock magnesium rims are shod with Michelin Pilot Sport Cup 2 tyres for exceptional performance on the road or track.

**Limited to 150 with prices starting from £165,000.**





## [ask M.E]

LOOKING FOR ASSISTANCE WITH YOUR TRAINING, MEAL PLANNING OR NUTRITIONAL SUPPLEMENTATION? ASK OUR PROS.

Questions answered by Gareth Powell, Head of Marketing & New Product Development at Ascendis Sports Nutrition.

## Q THE HARD GAINER'S DILEMMA

I'm 19 years old and weigh just 63kg. I've been weight training for about three years now, but have only recently started to train properly while also following a diet plan. I want to build muscle and achieve a lean, toned body. Currently I can put a lot of my extra time into weight training. I have been shifting from one programme to the next of late trying to find something that works for me, but it doesn't seem like I'm achieving the results I want. I currently use a mass builder and a whey protein supplement. Do you have any suggestions on how I can change my training split and diet to help me find the right direction? Terence

**A** Adding large volumes of body mass, or 'bulking up' is generally something only done by competitive amateur and professional bodybuilders, and it's not necessarily a go-to strategy for the avid gym goer. Potentially knowing that most people never compete, gaining weight with a calorie overload, and then entering a prolonged and exhausting dieting period of 12 weeks or more is not appealing to most people.

Based on the information you have supplied we can classify your body type as an ectomorph, which means your system

turns over energy at a rate so fast that your caloric intake cannot match the efficiencies of your metabolism. But don't stress, there is much you can do to ensure that you achieve your goals. The key to adding muscle mass to your frame is to derive sufficient nutrients and energy from your diet so that the maximum amount of energy output can be exerted during training, and the maximum volume of protein can be turned over to form new muscle tissue, potentially at the expense of conditioning. Although 'bulking' cycles offer many benefits, it's just not structured enough

to yield a healthy metabolic effect in the long run, especially when harsh dieting occurs towards the end of the protocol, where muscle loss becomes an undesirable and often unavoidable factor. It's here where you must question your approach. The dilemma faced by most if not all lifters is how long do you stick with a protocol to assess its value and reward? Is one week, two weeks or a month enough? What's the expectation? How do you measure your results? Is there an exception to the rule? There is something to be said for consistency in any dieting protocol, and simply jumping from one strategy

and plan to another will leave you confused and potentially questioning your abilities to build the body you desire. The major determinant of the success of any protocol that aims to build muscle is how to manage both anabolism (regeneration and growth) and catabolism (degeneration and wasting). You will, on every protocol, either build muscle or waste it, and understanding how to perfect your approach to balance these two hormonally-driven states will determine how much lean mass you add to your frame.

Let's focus on your situation. As an ectomorph you will require

a far greater amount of carbohydrates in your diet, with more frequent feeding times. The reason for this is very simple – it's all about insulin. The regular pulsing of macronutrients is put in place every 2.5–3 hours to stimulate an insulin response. Insulin is a very powerful anabolic hormone that has the ability to increase the rate of protein

(read amino acid) uptake by increasing the rate and efficiency with which these nutrients are shuttled into muscle cells. This, by its very nature increases anabolism and decreases catabolism and muscle wastage. Under the right environments, insulin triggers anabolism and delivers the amino acids needed for muscle protein synthesis, which is the desired adaptation and response to exercise-induced stress.

Another major plus for a cycle of regular feeding is that most ectomorphs respond well to pre-digested or liquid feeding. This is partly due to a slow

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rate of nutrient partitioning and digestion, and the major benefits of 'mass gainer' meal replacement and post-workout whey protein shakes comes into play. These need to be used purely as an addition to, not the basis of a solid dietary approach to gaining more muscle mass. There is a fine line of trial and error here as the

goal is to maintain digestive turnover at an efficient rate. Keep your breakfast, lunch and dinner meals based on solid, wholesome food options, and snack with a mass gainer such as SSN Mass Addiction as a mid-morning and mid-afternoon meal, with a suitable whey protein such as SSN 100% Whey Protein taken before and after workouts, with perhaps the addition of 1-2 medium-sized bananas in the post-workout meal to guarantee an insulin spike and drive muscle growth during this period of heightened insulin sensitivity.

As your intention is to gain muscle mass while avoiding unwanted body fat accumulation, I would suggest shifting your diet towards a higher calorie option. I have provided an example below to show you how best to manage your daily consumption of foods and supplements. From what I can gather in your enquiry, you are at the very least sticking to a good combined food-supplement dietary strategy and you are compliant in this regard. **With that, here is a suitable breakdown for a 63kg male ectomorph:**

MACRONUTRIENT	AMOUNT	%	K/CAL
Protein	250g	25%	998
Carbohydrates	549g	55%	2195
Fat	89g	20%	799
			3992k/cal daily

The above guideline will be the basis from which you can form your own meal plans. The goal is to consume planned, well thought out meals or supplementary shakes every 2.5-3 hours to help improve your insulin response, which consequently fuels an anabolic response and muscle tissue development.

**To round off this discussion of dietary requirements, a few basics must be understood:**

1. Consume an excess of total calories across your waking hours.
2. Support increased anabolic hormone production and decrease catabolic hormone production as far as possible.
3. Increase protein and

nutrient turnover through regular meal timing and planned menus.

4. Work on increasing the number of motor units recruited within muscle tissue, and change your training protocol every two weeks.
5. Volumise the cells within muscle tissue – use non-caffeinated pre-workouts to support this.

## Q SUPPLEMENT INNOVATION

It has been a while since we've seen a 'breakthrough' supplement hit our store shelves. Have we reached the peak of supplement development? Is the next phase in the industry simply a matter of blending existing ingredients and compounds in new combinations or in varying dosages to keep the efficacy and effectiveness of these products moving forward, or are there any new innovations on the horizon that we should keep an eye out for? *James*

**A** Thanks for your forward-thinking question. It's amazing what we have learned over the last 20 years in the field of sports and performance buy testosterone online nutrition.

Much of what we thought we knew back then is very different today. The major leaps forward in this field have really come about through the identification and isolation of molecules and compounds that are G.R.A.S (Generally Regarded As Safe), are not considered a method of doping, and offer significant health benefits, such as creatine monohydrate, or omega-3 fish oils.

Today we are spoilt for choice when it comes to the amount of investigation and research that goes in to the next best thing. In the last 10 years we have found methods to hydrolyse proteins and how to isolate branches of molecules in starchy compounds. We have also been exposed to methods of extracting 'the good stuff' from plant matter and even the provision of lipids in an array of dosage forms. This may have gone unnoticed as we are no longer involved in a new industry, but rather a significant contributor to the global economy. Luckily, South Africa is still considered a hub for innovation and we are exposed to the local and international research and material provision that results in progress. An understanding of the muscle-building and highly anabolic effects of omega-3, and the gut-healing properties of L-glutamine, for instance, may be more important than the idea of ignoring what we have in how to make protein shake

In this regard, I believe that we will see a consolidation of ingredients as sports nutrition brands aim to deliver products with real research behind them,

instead of simply pushing the shallow marketing hype that many product categories seem to thrive off. Another factor to remember is that there is a drive to increase the local and global regulation of goods, and this will also ensure that the customer always 'wins'! I highly doubt that we will ever see another creatine monohydrate, certainly not in the short term, and perhaps never out of a 'sports nutrition' field. But that's not to say that progress has stagnated. We are finding out more on a daily basis about what we already have. For example, the research into spices like saffron, cinnamon and turmeric, and the effects that their compounds have on performance, recovery, blood sugar regulation, and stress management is quite inspiring. In scientific research, you will ultimately only find what you're looking for, and it's that focus on what we have that will deliver something spectacular. It's also our job to ensure that the 'next big supplement' is, in fact, not the next big scam.



**"Research into spices like saffron, cinnamon and turmeric, and the effects that their compounds have on performance, recovery, blood sugar regulation, and stress management is quite inspiring."**





## BODYBUILDING & LONGEVITY

# THE LAST REP

**T**O COMPETE AT A SHOW, DO BETTER IN A SPORT OR JUST LOOK GOOD. THERE ARE A LOT OF DIFFERENT MOTIVES FOR BUILDING MUSCLE. BODYBUILDING HAS COME A LONG WAY SINCE IT FIRST STARTED IN ANCIENT SOCIETIES AS A FORM OF ENTERTAINMENT TO THRILL THE MASSES.

Exercise programmes, first developed and used by bodybuilders, created the foundation of today's strength routines. Training with weights has become compulsory no matter your sport of choice.

Health, wellness and longevity are often associated with bodybuilding. American bodybuilder Mike Katz was the first person to remark: "Bodybuilders are the only athletes whose sport you can tell by looking at them." But do strong men actually live longer than their more complacent brethren?

### HEALTHY OR NOT?

Apparently not if you look at a new study presented by Daniel Gwartney, MD, and colleagues at Baylor College of Medicine in Houston at the American Urological Association's 2016 annual meeting.


Gwartney and colleagues identified 1,578 professional male bodybuilders who

competed from 1948 to 2014 and were able to obtain a mortality data for 597. It was found that bodybuilders have a mortality rate 34% higher than that of the age-matched US male population.

The mean age of the cohort was 47.5 years (range 25–81.7 years).

The mean age during competitive years was 24.6 years (range 18–47 years). Of the 597 men, 58 (9.7%) were reported dead. Only 40 deaths were expected in this population based on age-matched data, for a standardised mortality rate of 1.34. The mean age of death was 47.7 years (range 26.6 – 75.4 years).





The researchers found no significant difference in mortality rates above the age of 50 years.

They concluded that the increased mortality supports the possibility that use of performance-enhancing drugs and unique

competitive training, such as extreme weight changes, may contribute to deaths among younger professional bodybuilders.

"Professional male bodybuilders use high-dose testosterone and other performance enhancing drugs

to improve athletic performance," the authors noted in their study abstract. "These anabolic agents are potentially associated with negative sequelae including hyperlipidemia, cardiovascular effects, and possible liver damage."

## FRAUGHT WITH ACCUSATIONS

**Muscle size is not always a true indicator of strength, health and longevity. Over the past few decades there has been increased focus on the detrimental effects of the abuse of anabolic steroids and related drugs.**

Bodybuilding is fraught with accusations of steroid use among top competitors. This attention has, at least in part, been fuelled by an increasing number of health issues linked to steroid abuse, some of them with a deadly outcome. Although some deaths have been linked to bodybuilders, it is not only confined to competitive athletes in the sport.

There is a comprehensive body of accumulated evidence



**"ALTHOUGH SOME DEATHS HAVE BEEN LINKED TO BODYBUILDERS, IT IS NOT ONLY CONFINED TO COMPETITIVE ATHLETES IN THE SPORT."**

from research over the years supporting the notion of the deleterious effect of drugs on athletes in all sporting codes. Recreational lifters, desperate to look better, also abuse drugs to get results.

## DUAL QUALITY TO BODYBUILDING

**It remains to be seen then if mortality rates would be lower when steroids and other performance enhancing drugs are taken out the equation. Without the science to back this up, at least not yet, it pays to consider the other health benefits of weight training, be it for better sporting performance or aesthetics.**

While muscle is the *raison d'être* for bodybuilding, it's not the only reason why we hit the gym. There seems to be a complex relationship between health and fitness and the reason a vast majority of recreational lifters train. They lift weights to achieve a specific appearance, outside the need to improve themselves for a particular sport,

or to enjoy physical exercise purely for its perceived benefits.

Through lifting weights, many lifters get to the other side of difficult situations they are dealing with in everyday life. Psychologists view this confidence as taking pride in what one is able to do. Some people take pride in exercising to increase their sense of self-efficacy and confidence.

According to Dr. Lee F. Monaghan and Dr. Michael Atkinson, who published a book called *Challenging Myths of Masculinity: Understanding Physical Cultures*, after extensive research into the myth making of masculinity in Britain and North America over a twenty year period, bodybuilders are driven and motivated by the

power of the image of big muscles.

"The crucial point is the symbolism of a strong and lean body which signifies health, rather than whether a fit-looking body is healthy." In their research Monaghan and Atkinson have found that



**"THROUGH LIFTING WEIGHTS, MANY LIFTERS GET TO THE OTHER SIDE OF DIFFICULT SITUATIONS THEY ARE DEALING WITH IN EVERYDAY LIFE. SOME PEOPLE TAKE PRIDE IN EXERCISING TO INCREASE THEIR SENSE OF SELF-EFFICACY AND CONFIDENCE."**

bodybuilders' athletic bodies, constructed through regular exercise and rationalised diet, transmit positive social values associated with health. "There is a dual quality to bodybuilding where the inner and outer body become conjoined by enhancing the outer appearance you are also boosting the inner body and vice versa."

The majority of bodybuilders sculpt their physiques through hard work as research dictates high-volume training with moderately heavy loads is the most effective for muscle growth. Bodybuilders therefore tend to have larger muscles than powerlifters or Olympic weightlifters due to the fact that training using this parameter stimulates structural adaptations in the

muscles that increases both strength and short-term endurance.

Training for strength alone predominantly increases strength with some degree of associated hypertrophy, but bodybuilding-type training increases both myofibrillar hypertrophy – the size of contractile proteins – and sarcoplasmic hypertrophy – an increase in cell volume.

The most effective training for increasing muscle size is with high volume and moderately heavy loads in the region of six to 12 reps. The other important factor in muscle strength gains is improved neuromuscular efficiency. The brain quickly learns to send stronger contraction signals to the muscles in response to the challenges imposed on them.



## DEFINING HEALTH & FITNESS

A popular assumption is that as a person's physical fitness rises, his level of health will also rise along with it. Health, though, is defined as a state where you are free of disease. Fitness, on the other hand, is described as a bodily state in which a person is capable of handling challenges that exist above a resting threshold of activity.

There is, however, no scientific link between these two conditions as the

human body is a dynamic organism that is always shifting between states of breakdown (catabolism) and building (anabolism). This balance between a catabolic and an anabolic state is what defines the health of an organism. Exercise is a specific activity that stimulates a positive physiological adaptation that serves to enhance health and fitness and does not undermine the latter in the process of enhancing the former.

**Total fitness, as renowned seven-time Mr. Olympia Arnold Schwarzenegger sees it in his book *Arnold's Bodybuilding for Men*, has three components:**

■ **AEROBIC CONDITIONING:** Aerobic activity is anything that uses up a lot of oxygen. Oxygen is delivered to the muscles by the cardiovascular system – the lungs, heart and circulation of the blood. This system is developed by continuous, high-repetition exercise such as running, swimming, jumping rope, riding a bicycle, etc.

■ **FLEXIBILITY:** Muscles, tendons and ligaments tend to shorten over a period of time, which limits our range of motion and renders us more liable to injury when sudden stresses are placed on these structures. But we can counteract this tendency by stretching exercises and physical programs such as yoga.

■ **MUSCULAR CONDITIONING:** There is only one way to develop and strengthen the muscles: resistance training. When you contract the muscles against resistance, they adapt to this level of effort. The best and most efficient way of doing this is through weight training.

Schwarzenegger also emphasised the importance of nutrition and diet as essential when we place our bodies under pressure.

## THE CASE FOR WEIGHT TRAINING

**It has also been proven that resistance training can reverse muscle loss and can help maintain muscle tone into old age. Sarcopenia, otherwise known as the age-related decline of muscle mass, greatly reduces performance in daily living activities among the elderly. It is also linked to diabetes, heart disease, osteoporosis, obesity and Alzheimer's disease. Any type of consistent resistance training slows down sarcopenia.**

A recent study from the University of Pittsburgh found that greater muscle strength was strongly correlated with lower mortality risk in a population of elderly men and women. Researchers have also discovered that the functional decline in everyday activities

has more to do with the loss of muscle power (defined as the capacity to generate force quickly) than with the actual loss of muscle mass or muscle strength.

According to personal trainer Kris Gethin, you derive incredible benefits when you lift weights that you simply can't with any other form of exercise. "When you start training regularly with weights, your muscles develop, become denser, and burn more calories all day and night. Though cardio is a great way to assist in fat loss, it burns fat only while you're performing the exercise, not around the clock. Lifting weights and adding lean muscle, on the other hand, turns your body into a full-time calorie-burning machine."

**The following are benefits of strength training:**

- Increases the calories you burn on a daily basis;
- Increases energy levels;
- Reduces your risk of developing high blood pressure, heart disease, cancer and obesity;
- Helps to ward off depression;
- Improves your cognitive abilities (research has revealed that just thirty minutes of exercise can boost brain performance);
- Improves your bone density and reduces osteoarthritis pain;
- Helps prevent diabetes by improving your insulin response;
- Improves sleep patterns;
- Strengthens your body and prevents injury;
- Improves your balance.

**"THOUGH CARDIO IS A GREAT WAY TO ASSIST IN FAT LOSS, IT BURNS FAT ONLY WHILE YOU'RE PERFORMING THE EXERCISE, NOT AROUND THE CLOCK. LIFTING WEIGHTS, AND ADDING LEAN MUSCLE, ON THE OTHER HAND, TURNS YOUR BODY INTO A FULL-TIME CALORIE-BURNING MACHINE."**

## MASTER YOUR OWN WEIGHT

More often than not, the joints, muscles and their connective tissues suffer from regular weight training, which can negatively affect mobility and

quality of life in later years. This can add up as years go by and is most probably the main reason behind the re-emergence of bodyweight training.

Bodybuilders should therefore consider using their own bodyweight as part of their

programme to build muscle because the body cannot tell whether the resistance is coming from a dumbbell, barbell, kettlebell or your own bodyweight. Bodyweight exercises are fundamentally different from most weight bearing movements – even when the same muscles or movement patterns are involved.

Some of the world's most advanced military forces have used bodyweight exercises as the backbone for their strength training – from the Spartans and Romans through to today's Navy Seals and Green Berets. Bodyweight training

is clearly one of the most effective ways to lose fat and gain muscle, proven over and over again by the world's greatest warriors. According to elite physical trainer Mark Lauren, who has been instrumental in preparing American troops to meet the demands of deployment in war zones, bodyweight training is ideal to increase strength, keep muscles and joints supple and flexible, and improve efficiency and capacity of the heart, lungs and other body organs.

Performing bodyweight exercises will also have a carryover to and help with exercises like the bench press and, over time, this will translate into bigger gains in both mass and strength. **M.E**

**"BODYWEIGHT EXERCISES ARE FUNDAMENTALLY DIFFERENT FROM MOST WEIGHT BEARING MOVEMENTS – EVEN WHEN THE SAME MUSCLES OR MOVEMENT PATTERNS ARE INVOLVED."**



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IF I CAN BEAT  
THE EARL OF THE  
PREVIOUS YEAR  
I'M HAPPY!"

**T**O SAY THAT SOUTH AFRICA'S NEWEST PRO BODYBUILDER'S ROCKET RIDE TO THE TOP WAS RAPID WOULD BE AN UNDERSTATEMENT. Just 10 years after picking up his first weight, Earl 'The Beast' Abrahams has now, after winning the Heavyweight class (up to and including 100 kg) and the Overall Amateur title at the recent IFBB Arnold Classic Africa, become one of the biggest names in bodybuilding.

The Capetonian juggernaut has achieved so much, so soon, in such a competitive industry, which says a lot about his relentless work ethic, total dedication and competitive potential. Muscle Evolution caught up with The Beast after his historic win to ask him about his meteoric rise to the top.

**HOW EARL  
ABRAHAMS  
BLASTED HIS  
WAY INTO THE  
PRO RANKS**

# RISE OF THE BEAST





### EARL'S CONTEST HISTORY

- 2014** IFBB Battle of the Titans – Heavyweight 1st  
IFBB Western Province – Heavyweight 1st  
IFBB SA Championships – Heavyweight 3rd  
IFBB Amateur Olympia Africa – Heavyweight 1st
- 2015** IFBB SA Championships – Heavyweight 1st  
IFBB World Championships – Middle Heavyweight 5th
- 2016** IFBB Arnold Classic Africa – Heavyweight 1st and Overall

### Earl, when did your prep for the Arnold kick off?

My diet started on 4 January to give me enough time to slowly ease in to my preparation for the show. My training split remained the same for the Arnold, except that I eliminated all the rest days the closer I got to D-day! I simply couldn't afford myself the luxury of a rest day. I did single sessions of fasted cardio five days per week and would train my abs afterwards. My cardio sessions increased from one to two sessions of 20 minutes the closer I got to the show. I would do the second session after weight training, alternating between the treadmill, bicycle and the stepper. Our first Arnold Classic was spectacular, although I would have loved to meet the man himself! I think he was too busy entertaining the fans and promoting the show.

### What was the most difficult aspect of prepping for the show?

There was a constant battle between continuing or giving up. At times, during my prep, I felt overtrained and burned out. I didn't check my off-season weight because I only had the month of December to relax after competing at the IFBB World Championships. At the Arnold weigh-in I was around 98kg and after I carbed up I was up to 102kg. In the last week leading up to the competition I trained light and lifted weights in slow motion to get rid of all the inflammation. The last week of prep is always the hardest because I'm so focused on the competition that I cannot think of anything else. The week only consists of eating, posing and resting. As a bodybuilder you do what you need to do to get the best results.

### Are you a Pro now, Earl?

I qualify for my Pro Card because of my overall victory on the amateur stage at the Arnold. It is only a formality as my paperwork is being looked through. My aim, if everything goes according to plan, is to compete at the Arnold Classic Africa in 2017 as a Pro. I am going to take the year and add more fullness to my physique. I always compete against myself. If I can beat the Earl of the previous year I'm happy! I would hate losing against the Earl of the past. My focus is always on bringing a small midsection and a balanced frame to the stage with no overpowering body parts.

### What would you consider to be your weakest body parts?

Although leg day is my favourite training day of the week, I know I need to improve my wheels. That is a challenge that I'm prepared to accept. I hate pressing movements when I do chest and shoulders. So much effort goes into pushing something away! I always try and listen to criticism and improve in areas





where I may be lacking without neglecting my stronger body parts. In bodybuilding, balance is key.

**On what specific area of your physique did you work the hardest while prepping for the Arnold Classic Africa?**

I worked extremely hard on my glutes, hamstrings and calves. I always aim to make it as difficult as possible to beat me!

**What are your feelings on fellow competitors Michael Adonis, Joe Manjoo, Dylan Ridley, Fabian Campher and Julian Ramdhari, who were all division winners on the night? How do you view their physiques and do you think they have proven themselves as bodybuilders, not to be taken lightly by competitors in future?**

I feel South African bodybuilders have proven themselves as a force to be reckoned with and that all our athletes can hold their own on the international stage. This makes me very excited about the future. The Arnold Classic Africa 2016 was fantastic and it can only grow in years to come. It was a huge boost for bodybuilding in our country. Think about it for a minute – we had Pros competing in a show on local soil!

**What was the biggest change you have made to your prep since competing in the IFBB SA Championships and World Championships?**

I have to say nutrition. It has made all the difference. I managed to gain lean muscle mass in a period of six months by eating the right food. I was around 94kg in November last year at IFBB Worlds and weighed 102kg at the Arnold Classic Africa, which is drastic in bodybuilding terms.

**Dexter Jackson got his conditioning spot on. What is your view of The Blade?**

To me, The Blade is the personification of the ultimate bodybuilder. He has mass, symmetry and is pleasing to the eye from all possible angles.

**What song did you pose to and why did you choose this particular song?**

I posed to "Panda" performed by the rapper Desiigner. I have no idea what the song is about but I know people go crazy when they hear it! I first get stage-ready before I consider any songs.

**What message would you like to give your many fans who supported you at the Arnold Classic?**

My will to better my previous best is the driving force behind everything I do. I want to thank my sponsors, family, friends, fans and fellow competitors for always motivating me to become the best version of myself, and to the Man above for keeping it all together. I will try and make you all proud again! **M.E**

**"I FEEL SOUTH AFRICAN BODYBUILDERS HAVE PROVEN THEMSELVES AS A FORCE TO BE RECKONED WITH AND THAT ALL OUR ATHLETES CAN HOLD THEIR OWN ON THE INTERNATIONAL STAGE."**

## EARL'S ARNOLD DIET

The Beast tends to eat more during his pre-contest prep phase:

**MEAL 1:** Weetbix and egg white pancakes

**MEAL 2:** 6 egg whites, 100g chicken fillet, 100g cucumber

**MEAL 3:** 200g steak, 2 cups of rice

**MEAL 4:** 8 egg whites, 100g Tastee Wheat

**MEAL 5:** 200g ostrich mince, 2 cups rice

**MEAL 6:** 200g chicken and vegetables

**MEAL 7:** Whey protein and Weetbix

## EARL'S ARNOLD TRAINING SPLIT

Day 1	Legs, including calves
Day 2	Chest & triceps
Day 3	Back, biceps & calves
Day 4	Legs with a focus on glutes & hamstrings
Day 5	Shoulders, triceps & calves
Day 6	Back and chest with a focus on machines only
Day 7	Biceps, triceps & calves



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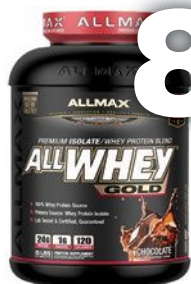
**6**

**MUSCLETECH**  
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**7**

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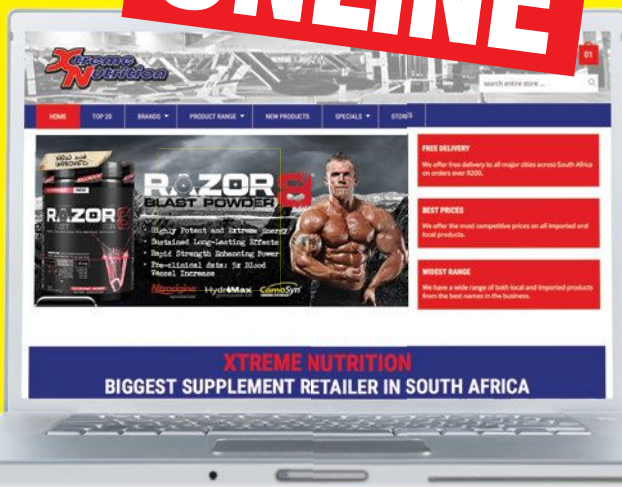
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## QUICK FACTS

**HEIGHT:** 1.75m  
**OFF-SEASON WEIGHT:** 108kg  
**CONTEST WEIGHT:** 94kg  
**LIVES:** Witbank, Mpumalanga  
**MENTOR:** Nico van Wyk  
**HIS DREAM:** To represent South Africa at the IFBB Amateur World Championships and to receive National Protea Colours for Amateur Bodybuilding.

# CAPPED CRUSADER

## CONSTRUCT THE DELTS OF A COMIC-BOOK SUPERHERO WITH GERHARD NEL'S ROUTINE

**P**USHING THE LIMITS IS IN GERHARD NEL'S DNA. HE PUSHED HIS PERFORMANCE ON THE MAT WHILE STILL WRESTLING AT AMATEUR LEVEL FOR YEARS AND NOW HE IS DOING THE SAME IN THE SPORT OF BODYBUILDING, RECENTLY EMERGING FROM A LINE-UP AT THE IFBB'S MILLENNIUM GOLD PLATE SHOW WITH A COVETED OVERALL VICTORY AND A THIRD PLACE IN THE MASTERS AT THE ARNOLD CLASSIC AFRICA.

## A COMPLEX UNDERTAKING

Training shoulders is a complex undertaking when compared to other muscle groups. "There was a time I considered my shoulders a weak point," says Witbank-based Gerhard, a service engineer on electrical equipment used on open-cast coal mines. The 40-year-old bodybuilder had to work very hard to improve his shoulders to remain competitive.

"Doing lots of presses will not build impressive delts when you consider that each of the three heads also has a specific plane in which it must be trained. If you don't work all three you will only end up with a poorly balanced physique," states Gerhard.

## CONTEST HISTORY

- 2010** WFF-WBBF Rainbow Classic - 6th place  
WFF-WBBF Millennium Gold Plate - 4th place  
WFF-WBBF Boksburg Classic - 3rd place  
WFF-WBBF Mpumalanga Provincial Championships - Overall winner  
WFF-WBBF SA Championships - Heavyweight 1st place  
WFF-WBBF World Championships, Slovakia - Heavyweight, 1st place
- 2012** IFBB Mpumalanga Provincial Championships - Overall winner  
IFBB SA Championships - Heavyweight, 2nd place
- 2014** IFBB H&H Classic - Overall winner  
IFBB Boksburg Classic - Overall winner  
IFBB Mpumalanga Provincial Championships - Overall winner  
IFBB SA Championships - 2nd place  
IFBB Europe Arnold Classic, Madrid, Spain - 8th place
- 2016** IFBB Millennium Gold Plate - Overall winner





# GERHARD NEL'S SUPERHERO SHOULDER SPLIT

SEATED DUMBBELL LATERAL RAISES		SEATED DUMBBELL FRONT RAISES ON 45 DEGREES BENCH		SUPERSETS <i>Bent-over dumbbell raises with lying rear dumbbell raises with lighter weight</i>		GIANT SET <i>Standing barbell behind-the-neck press, standing military press, kneeling upright barbell rows and standing barbell front raises</i>	
SETS	REPS	SETS	REPS	SETS	REPS	SETS	REPS
4	10	4	10	4	10	4	10
+ drop sets of 10 reps with lighter weight		+ drop set with each arm				Rest for 2 minutes between sets	



SEATED DUMBBELL LATERAL RAISES



## MUSCLE CONFUSION

Gerhard trains with plenty of variety and from multiple angles to push past failure. In the off-season he uses a combination of compound and isolation exercises.

"In the off-season I stick to heavy, basic movements which I do with low rep sets. When I am prepping for a show I change my movements to incorporate isolation exercises. I don't stick to the same exercises and like to change things every week, even if it is changing from dumbbells to barbells. I believe in muscle confusion, keeping the body surprised at all times."

Gerhard kicks off his delt training with seated dumbbell lateral raises after doing two to three warm-up sets in which he rehearses the motion and prepares for the heavier sets. He will choose a weight that allows him to do 10 reps with good form. After completing 10 reps he will grab lighter dumbbells to crank out another 10 reps. Sometimes Gerhard will attach a D-ring to a low pulley to do cable lateral raises because he believes tension on the middle deltoid is reduced in the bottom position with the dumbbell version of the exercise.

"When I do laterals I make sure I hold a slight bend in my elbows. In a smooth motion I raise the dumbbells up and out to the sides, leading with my elbows until my hand is above shoulder level."

Strict form is crucial if you want superhero proportions like Gerhard. Without it, you are just risking injury.

"I DON'T STICK TO THE SAME EXERCISES AND LIKE TO CHANGE THINGS EVERY WEEK, EVEN IF IT IS CHANGING FROM DUMBBELLS TO BARBELLS."





**SEATED DUMBBELL FRONT RAISES ON 45 DEGREES BENCH**

**“WHEN YOU ARE ROTATING EXERCISES YOU USE AN APPROACH THAT ENSURES NOT ONLY BALANCED DEVELOPMENT BUT ALSO ADDS VARIETY TO YOUR TRAINING.”**

**ONE ARM SEATED DUMBBELL FRONT RAISES ON 45 DEGREES BENCH**



## **SYMMETRICAL DEVELOPMENT**

**For his second exercise he adjusts the bench to 45 degrees for front raises. This move hits the anterior or front delts.** Gerhard completes 10 reps, raising both arms and then continues doing another 10 reps with each arm individually as he works past the point of muscle failure. “I really go all out on these and give it everything I have got.” For Gerhard it is crucial to raise the dumbbells in a controlled motion, keeping the elbows high and with the same bend throughout.

While most bodybuilders opt to work their rear delts at the tail-end of a workout, he prefers hitting his in the middle of a session. “If you are always doing your workout in the same order, like hitting the front delts first, followed by middle delts and then rear delts, the latter won’t get worked to the same degree as the others. Try to rotate the order in which you work the three delt heads,” says Gerhard. “When you are rotating exercises you use an approach that ensures not only balanced development

but also adds variety to your training.”

Gerhard will complete a superset consisting of bent-over dumbbell raises and laying rear dumbbell raises – also banging out 10 reps followed by another 10 with a lighter set of dumbbells.

“Contract your rear delts as you bring the dumbbells out to your sides. Try to pull your shoulder blades together behind you and hold the peak contraction for a count. Then, slowly return to the start, resisting the pull of the dumbbells on the return.”

Gerhard finishes his delt workout with a brutal giant set of standing barbell behind-the-neck press, standing military press, kneeling upright barbell rows and finally, standing barbell front raises. “Don’t go too heavy and overstretch the shoulders.”

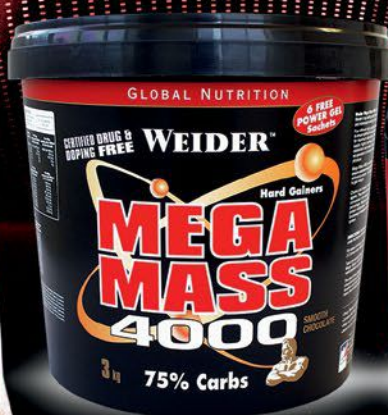
According to Gerhard, the secret to building boulder-like shoulders is to be consistent, always using a full range of motion. “Pay attention to how each delt responds to exercises you do. Incorporate additional work if one of the three is lagging behind.”





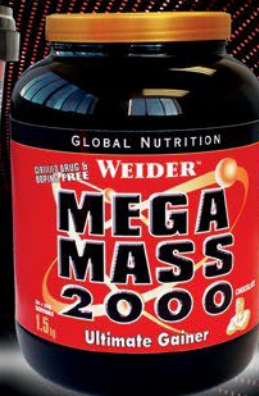
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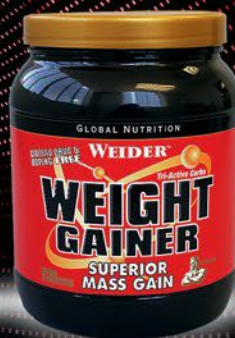
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**“TRY TO TRAIN YOUR SHOULDERS IN ISOLATION ON THEIR OWN DEDICATED DAY AND SEPARATE THEM FROM YOUR CHEST WORKOUT.”**

**BENT-OVER DUMBBELL RAISES**



## PERFECTLY CAPPED

“Shoulders have to be worked on two different levels: With heavy compounds and strict isolation exercises to pump the individual delt heads for stage-readiness. Both approaches are needed to give you that much sought-after size, shape and quality. Try to train your shoulders in isolation on their own dedicated day and separate them from your chest workout. Shoulders are the key body part for symmetry when you are on stage, so they have to be perfectly capped to impress the judges.”

This is the reason Gerhard makes use of a plethora of supersets and giant sets to build mass and maximise separation.

**LYING REAR DUMBBELL RAISES**

## GERHARD'S TRAINING SPLIT

DAY	MUSCLE GROUP
1	Quads & calves
2	Chest & abs
3	Hamstrings & calves
4	Back & abs
5	Shoulders, traps & abs
6	Arms
7	Rest





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**GERHARD'S  
PRE-CONTEST DIET:**

**MEAL 1 (06:00)**

200g of lean steak,  
80g uncooked oats,  
1 tsp of organic peanut butter,  
1 cup of black coffee

**MEAL 2 (09:00):**

8 egg whites plus 2 egg yolks,  
150g mixed veggies,

**MEAL 3 (12:00):**

200g chicken breast,  
200g cooked white rice,  
150g mixed veggies,  
1 cup of black rooibos tea

**MEAL 4 (15:00):**

200g tuna,  
150g pineapple &  
150g cucumber

**MEAL 5 (17:00):**

200g of lean steak,  
200g cooked white rice

**MEAL 6 (22:00):**

200g hake,  
200g sweet potatoes,  
1 cup of black coffee

\*Gerhard uses BCAAs,  
glutamine and CLA as part of  
his supplement plan.

**“DON'T EVER  
TRAIN TOO HEAVY  
WHEN YOU ARE  
AT A LOW BODY  
FAT PERCENTAGE  
AND ON A SUPER-  
STRICT DIET.”**



**PRE-  
CONTEST  
MODE**

When Gerhard preps for a contest he will do multiple 30-minute steady-state cardio sessions in the week, keeping his heart rate between 120 and 130 bpm. He also uses supersets, drop and giant sets to keep the intensity high while burning extra calories to sharpen and streamline his condition.

“Injuries can easily creep in during this period of prep and stop you dead in your tracks. Don't ever train too heavy when you are at a low body fat percentage and on a super-strict diet. In the off-season I go heavy while still incorporating super sets and drop sets occasionally to shock the body.”





## HEROES OF THE SPORT

Gerhard admires IFBB Pro Marius Dohne for competing with the best in the world at the 2011 IFBB Mr. Olympia and still placing 14th. He also likes the tenacity of WBBF Pro John Leslie. "Despite numerous setbacks, John always stands up and performs at his very best and that, in my book, is admirable! Another true legend and great ambassador for the sport of bodybuilding is WBF and IFBB Pro Gary Strydom."



Marius Dohne



John Leslie



Gary Strydom

### KNEELING UPRIGHT BARBELL ROWS



The movement is more strict when you perform it kneeling. Slow down to fully recruit as many muscle fibres as possible. Ensure that you can handle the weight you use so not to put extra stress on the trapezius.



### STANDING BARBELL FRONT RAISES

#### WORDS TO LIVE BY


Gerhard's motto is from an old Muscle Evolution T-shirt he purchased years ago:

**"NEVER QUIT  
- NEVER  
SURRENDER  
- FOREVER TRY  
- UNTIL I DIE."**

Gerhard believes this motto is truly indicative of what bodybuilding is all about. **M.E**







**T**ODAY'S TRAINING INTENSITY IN THE GYM IS MUCH GREATER THAN DECADES AGO, PRODUCING BIGGER AND STRONGER MEN WHO PLACE MORE DEMANDS ON THEIR BODIES THAN ANY OTHER GENERATION. BODYBUILDERS ARE NOW COMPETING WELL INTO THEIR 30S AND 40S BY FOLLOWING BETTER NUTRITION, EXERCISE AND SUPPLEMENTATION PROTOCOLS.

In order to hit the iron hard and take their training and performance to the next level, day after day, lifters have also added a wide range of over-the-counter (OTC) pharmaceutical agents such as aspirin and ibuprofen to their list of supplemental must haves. These drugs are widely used because popping pain pills can relieve exercise-induced muscle pain, help bodybuilders get back on track and push through another workout.

However, while the use of anti-inflammatories are commonplace among gym-goers and recreational athletes alike, there is growing concern over the misuse and abuse of these seemingly harmless and beneficial pharmaceutical products, especially as this can have serious health implications and may even blunt the adaptive response to training.

# MEDS IN THE GYM

**DOES TAKING THE EDGE OFF OF PAIN BLUNT YOUR GAINS?**



## NO PAIN, NO GAIN

**DOMS, or delayed-onset muscle soreness is common after a killer session and is seen in the same light as the old gym proverb "no pain, no gain" which is often plastered on the walls of gyms and instilled in the mindset of a multitude of lifters.**

While some might dread the pain associated with DOMS, it is actually part and parcel of the muscle-growth process as weight training damages and inflames skeletal muscle, which leads to larger fibres and thus larger muscles.

Relieving pain started when a German chemist, working for the Bayer Company in 1897, discovered a way to modify salicylic acid so it was less irritating to the stomach in the form of aspirin. It remained the painkiller of choice until acetaminophen was developed in 1956 and ibuprofen in 1962. Since then, dozens

of medications appeared on the market with acetaminophen and non-steroidal anti-inflammatory drugs, or NSAIDs, which include aspirin and drugs known as COX-2 inhibitors as the most popular ones.

According to statistics on the American Nutrition Association's website, NSAIDs are widely used with more than 70 million prescriptions and over 30 billion OTC tablets sold annually in the United States alone.

Common OTC products include ibuprofen, naproxen, and aspirin. Prescription brands include celecoxib, diclofenac, etodolac, fenoprefe, indomethacin, ketoprofen, ketoralac, oxaprozin, nabumetone, sulindac, tolmetin and rofecoxib. However, NSAIDs are now also found in many different products to such an extent that many consumers may not be aware how often they use them.

or limit its ability to adapt to exercise because of the inhibition of the production of prostaglandins which play a role in the creation of collagen, the building block of most tissues.

For recreational bodybuilders, the occasional use of NSAIDs is unlikely to have any negative effects on muscle-building. Regular use should therefore not affect muscle growth over the short term. However, the picture changes dramatically with usage over longer periods of weeks and months.

It has also been found that NSAIDs increased the production of adenosine which stimulates capillary growth (Simpson et al. 1992) but repeated use over a period of several weeks did not boost more efficient oxygen uptake among athletes.

Then there is the practical implications to consider. If you are using NSAIDs to blunt the pain of an acute injury so that you can continue training, you may be able to do so in the short term, but the risk of further damaging the injured tissue is also greater and may result in a more serious chronic injury down the road.

## NSAID FINDINGS

**Much like large dose antioxidants can blunt the natural free radical-driven acute inflammatory response to training, a certain degree is necessary for important adaptations to exercise to occur. It is chronic inflammation that can wreak havoc on muscle gain, which is when the use of these pharmaceutical agents warrant greater consideration.**

More specifically, there is currently conflicting research outcomes on the ability of NSAIDs to blunt protein synthesis, with certain studies indicating that it may negatively influence protein metabolism in skeletal muscle. However, other, more recent research has shown that NSAID use did not necessarily impact muscle protein synthesis as much as previously found (Krentz et al. 2008 and Petersen et al. 2011).

There are also studies (Trappe et al. 2011 and Petersen et al. 2011) that show the

chronic use of NSAIDs over a period of 12 weeks actually boosted muscle strength and size. However, before you start popping pain pills, understand that these tests were done on untrained individuals and not on athletes who carry a larger degree of muscle mass. Participants used in the research were also suffering from osteoarthritis. NSAIDs helped to reduce their levels of low grade inflammation while promoting positive effects on muscle growth. Participants were aged between 60 to 85 and reacted differently to the effects of NSAIDs than healthy, younger lifters would. These studies were therefore not entirely indicative to the long-term adaptations to muscular hypertrophy.

It was also found that pain killers abolished the adaptive increase in collagen synthesis in the patella tendon normally seen after exercise. Researchers reached the conclusion that using NSAIDs for prolonged periods could weaken connective tissue

## NO CHEMICAL FREE LUNCH

**Exercise physiologist Scott W. Stevenson believes reducing acute muscle damage with an NSAIDs may actually impair muscle function weeks later. Instead of using NSAIDs, Stevenson rather recommends taking periodic breaks from heavy training to heal "to keep the muscle-building train rollin' on its tracks."**

Doctor Marc Bubbs, author of *Begin The Paleo Project: The 21st Century Guide to Looking Leaner, Getting Stronger And Living Longer*, says: "NSAIDs such as ibuprofen and naproxen are widely used by weekend warriors and professional



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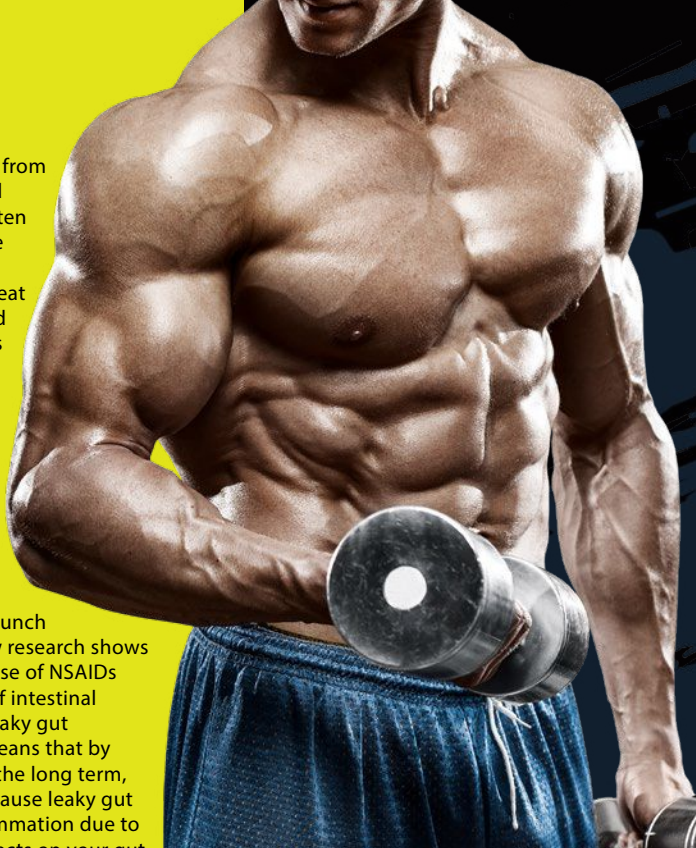
athletes suffering from chronic aches and pains. Coaches often recommend these over-the-counter NSAID drugs to treat muscular pain and soft tissue injuries and to control inflammation. Although these drugs stop pain, NSAIDs have serious negative effects on your body. Unfortunately, there is no biochemical free lunch in this world! New research shows that the chronic use of NSAIDs is a direct cause of intestinal permeability or leaky gut syndrome. This means that by taking NSAIDs in the long term, you will actually cause leaky gut and chronic inflammation due to the damaging effects on your gut wall. The problems with taking NSAIDs long term don't end there. They actually inhibit your ability to build new cartilage and soft tissue. That's right, the drug prescribed by your doctor to help with joint pain will actually weaken your soft tissue in the long term."

Despite this, NSAIDs are the primary medication prescribed to treat injuries and pain syndromes, yet they are also responsible for over 100,000 hospitalisations annually in the US, a statistic highlighted by Bubbs in his book.

Taking NSAIDs is clearly not the ideal solution for pain and inflammatory support. While they can be effective in the short term (1-5 days), long term use should be avoided unless absolutely necessary.

Authors of a 2014 review titled "Muscle and tendon connective tissue adaptation to unloading, exercise and NSAID", which was published in the journal of Connective Tissue Research, also echoed this point of view, stressing anti-inflammatory drugs seem to inhibit the healing process of connective tissue and the stimulating effect of exercise on connective tissue protein synthesis.

The other organs that are negatively affected by NSAIDs are the kidneys. According to a study published in the Journal of Clinical Pharmacology (Whelton A, et al. 1991) "NSAIDs are capable of inducing a variety of renal function abnormalities, particularly in high-risk patients with decreased renal blood perfusion who depend on prostaglandin synthesis to maintain normal renal function. Fluid retention is the most common NSAID-related renal complication, occurring to some degree in virtually all exposed individuals".



## TAKEAWAYS:

- *Don't flush your pain pills down the toilet yet! There is a time and place for NSAIDs if you use them in moderation and with caution.*
- *Don't reach for NSAIDs every time you suffer from DOMS but occasional use won't derail your training efforts.*
- *Don't use NSAIDs to counteract muscle pain or in the hope of enhancing your exercise performance. Apart from some isolated studies on the elderly, there is no scientific proof that an NSAID can boost hypertrophy.*
- *In the short term an NSAID can limit the ability of muscles to synthesise protein and repair themselves after exercise.*
- *Chronic use will put the brakes on muscle growth and may increase the risk of developing stomach and intestinal ulcers as well as liver and kidney failure.*

## SAFETY WARNINGS

Despite new developments like the ibuprofen patch, the Food and Drug Administration (FDA) has ordered that warning labels for all NSAIDs be strengthened to indicate they increase the risk of a fatal heart attack or stroke. The FDA said studies have shown the risk of serious side effects can occur in the first few weeks of using NSAIDs and could increase the longer people use the drugs.

### New warnings included the following:

- *Heart attack and stroke risk increase even with short-term use, and the risk may begin within a few weeks of starting to take an NSAID.*
- *The risk increases with higher doses of NSAIDs taken for longer periods of time.*
- *The risk is greatest for people who already have heart disease, though even people without heart disease may be at risk.*

Lending further support to these findings, the European Heart Journal recently published the findings of a major study where a number of leading heart specialists warned that there is no "solid evidence" that NSAIDs are safe. "When doctors issue prescriptions for NSAIDs, they must in each individual case carry out a thorough assessment of the risk of heart complications and bleeding. NSAIDs should only be sold over the counter when it comes with an adequate warning about the associated cardiovascular risks. In general, NSAIDs are not to be used in patients who have or are at high risk of cardiovascular diseases," said co-author Christian Torp-Pedersen, a professor in cardiology at Aalborg University in Denmark.

**"TAKING NSAIDS IS CLEARLY NOT THE IDEAL SOLUTION FOR PAIN AND INFLAMMATORY SUPPORT. WHILE THEY CAN BE EFFECTIVE IN THE SHORT TERM (1-5 DAYS), LONG TERM USE SHOULD BE AVOIDED UNLESS ABSOLUTELY NECESSARY."**

## NEW IBUPROFEN PATCH

If you do experience pain, not merely DOMS, pharmaceutical companies have developed a more targeted approach to NSAID administration via a new ibuprofen patch. It delivers the painkiller directly through the skin to the site of the pain, at a consistent dose for up to 24 hours, without the side effects linked to taking it in oral form.

The patch, developed by researchers at the University of Warwick in the United Kingdom, led by research chemist Professor David Haddleton, adheres to skin and acts as a reservoir of sorts for the drug for periods of six hours, 12 hours and even 24 hours. The patch, earmarked for sale within the next three years, is seen as revolutionising the transdermal drug delivery market as it will open up potential for other medications. It relieves the pain in the same way as gels and creams currently available on the market.

Patches are already in use but most are limited by technology and adhesive issues. According to Haddleton, the patch adheres well to skin, staying put even when the drug load reaches levels as high as 30% of the weight or volume of the patch. Nutrition companies have already shown keen interest in adapting the same adhesive technology to transmit vitamins and minerals through the skin. **M.E**



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**C**OLOSTRUM, IN THE FORM OF POWDERS, LIQUID OR CAPSULES, HAS BECOME READILY AVAILABLE ONLINE AND IS BEING TOUTED AS NOT ONLY A SUPERFOOD BUT ALSO AS A POTENT MUSCLE BUILDER AND IMMUNE SYSTEM BOOSTER.

Although bovine colostrum is identical in molecular structure to the colostrum of humans, it is packed with vitamins, minerals, enzymes, antibodies, proteins and growth factors not found in other dairy products. But is bovine colostrum really the nutritional tour-de-force with unique benefits for

immune and digestive systems? Can it enhance muscularity and is there any truth that it is humanity's best weapon against superbugs? The answers to these questions can only be obtained by looking at what scientists have already uncovered about the substance called colostrum.

# COLOSTRUM

PROMISING NUTRACEUTICAL OR JUST ANOTHER SUPPLEMENT FAD?

## COLOSTRUM SUPPLEMENTATION

**N**utraceutical is a term that combines nutrition and pharmaceuticals. It is a food or food product that provides health benefits as an adjuvant or alternative therapy. Research shows that bovine colostrum, a pre-milk liquid produced from the mammary glands of cows during the first 24 to 48 hours after giving birth, fits the description because it is highly enriched with specific growth factors thought to promote rapid growth and development as well as the improvement of immunity in newborns.

It is taken as a supplement

with the assumption that growth factors are beneficial to the user. Although it has a similar macronutrient profile to milk, it does have a higher protein content.

Bovine colostrum is a source of insulin-like growth factor (IGF-1) which is readily absorbed by calves due to a less developed, more permeable gut that allows large peptides to be absorbed undigested. In contrast to calves, the IGF-1, which is the most investigated bioactive protein in colostrum, does not appear to be absorbed as easily by humans. It was absorbed from the adult intestinal tract but digested to

presumably inactive peptides.

A study (Mero A, et al. IGF-1, 1gA and IgG responses to bovine colostrum supplementation during training, 1985) noted increases in IGF-1 following supplementation of 20g of colostrum for a period of two weeks. The results, published in the Journal of Applied Physiology, showed that bovine colostrum produced significant increases in essential

amino acid concentrations within the muscles. This was noted when bovine colostrum supplementation on serum insulin-like growth factors (IGF-I), amino acids, and saliva immunoglobulin concentrations during a strength and speed training period, were probed. Apart from the study, there seems to be no significant influence on growth hormone levels when supplementing with colostrum.

**"STUDIES SHOW THAT BOVINE COLOSTRUM PRODUCED SIGNIFICANT INCREASES IN ESSENTIAL AMINO ACID CONCENTRATIONS WITHIN THE MUSCLES."**



## BETTER THAN DAIRY MILK

**O**ver the last few decades researchers have probed the potential health benefits of colostrum, using whey as a placebo protein source in studies due to their similarities. Scientists have found colostrum to be better than dairy milk because it has greater nutrient density and a higher protein quality.

According to the 2009 edition of 'Exercise and Sport Nutrition' which is regularly used as a definitive guide by athletes, bodybuilders, personal trainers and coaches to optimise training, nutrition and performance, the Protein Efficiency Ratio (PER) of bovine colostrum is about 3.0. This is higher than the PER of beef, fish and poultry (2.0 - 2.3) and soy (1.8-2.3).

Additionally, the PER of bovine colostrum compares favourably to egg (2.8), milk protein (2.8), casein (2.9) and whey protein (3.0 to 3.2). This means that bovine colostrum is an excellent source of quality protein. It has much greater concentration of IGF-1 (about 200-2,000 ug/L) and other growth factors (IGF-11, TGF). It also has a higher concentration of immunoglobulins and antibacterials than other sources of proteins. The concentration of many of these compounds is much greater than human breast milk.

PER measures the weight gain of a subject that is being fed a specific protein against the amount of food that is consumed. The formula for calculating PER divides the grams of weight gained by the grams of protein consumed.

### PROTEIN EFFICIENCY RATIO (PER)

BOVINE COLOSTRUM.....	3.0
BEEF, FISH & POULTRY.....	2.0 - 2.3
SOY.....	1.8 - 2.3
EGG.....	2.8
MILK PROTEIN.....	2.8
CASEIN.....	2.9
WHEY PROTEIN.....	3.0 - 3.2

## ENDURANCE, POWER & STRENGTH

**B**ut are these bioactive compounds responsible for muscle growth and the strengthening of the immune system?

In a study to determine if 20g of colostrum can increase lean body mass, Dr. Jose Antonio and colleagues noted a significant weight gain in active men and women who supplemented with colostrum on a daily basis for eight weeks (Antonio J, et al. The effects of bovine colostrum supplementation on body composition and exercise performance in active men and women, 2001).

Studies conducted on the effects colostrum might have on muscle hypertrophy and muscular power output are mixed. While limited proof exists that it can boost muscle hypertrophy or improve power output, scientific comparisons of colostrum and whey have failed to find any significant differences between the two substances.

Supplementing colostrum for eight weeks failed to produce greater results than whey protein in strength tests in exercises such

as the bench press, chin-ups and leg presses as indicated by Antonio et al. as well as Buckley and Brinkworth in their investigation of its influence on anaerobic exercise performance and plasma insulin-like growth factor, which was published in the Journal of Sports Science in 2003.

Other studies have shown a slight advantage of colostrum over whey protein when it comes to peak power output. While colostrum did not have a direct result on performance during an initial bout of exercise, results in one study suggest that it may promote faster acute recovery and the enhancement of total power output in subsequent bouts (Buckley JD et al. 2002).

Although it was proven that colostrum might be responsible for increasing performance following a bout of high-intensity training, there is no clear indication thus far that it can boost aerobic performance. After high-intensity training the group that supplemented colostrum demonstrated slight increases in time trial performance and intensity when its influence was

tested on exercise performance in highly trained cyclists (Shing CM, et al. 2006).

Results of colostrum on anaerobic exercise performance are also mixed. If it does have an influence, it may occur via increased lactate buffering in working muscles when looking at the conclusion which was reached by scientists involved in Brinkworth's study in 2002 where the effect of bovine colostrum was investigated on the buffer capacity in elite rowers.

**"SUPPLEMENTING COLOSTRUM FOR EIGHT WEEKS FAILED TO PRODUCE GREATER RESULTS THAN WHEY PROTEIN IN STRENGTH TESTS."**

## COMBATING BUGS

**I**t is also believed colostrum can boost an athlete's immunity, especially at times of heavy training and competition. Immunoglobulins in colostrum appear to be partially resistant to digestion in the small intestine, leaving some antibody intact to activate immunity. This could offer protection against the incidence and severity of upper respiratory tract infections.

Evidence also indicates that bovine colostrum might help with 'leaky gut syndrome', a condition where gut permeability increases due to damage caused by numerous factors including poor diet, stress, medication, parasites or infection. In an investigation conducted by Marchbank, Davidson et al. and published in the American Journal of Physiology in 2011, it was found that bovine colostrum truncated the increase in gut permeability caused by heavy exercise in athletes. The outcome of this study supported clinical evidence that supplementation of bovine colostrum attenuated exercise-induced increases in

intestinal permeability.

Researchers created a special type of bovine colostrum called hyperimmune bovine colostrum produced by cows that have been vaccinated against specific disease-causing organisms. In

order to fight these organisms the cows develop antibodies which are passed onto the colostrum. Hyperimmune bovine colostrum has already been used with great success to reduce HIV-induced diarrhea.

## CONCLUSION

**B**eing the first food of infants it would be impossible to find another nutritional substance that is more natural and beneficial than colostrum. When cattle are exposed to pathogens in their environment, they create antibodies which are transferred to their offspring via colostrum which contains a plethora of pathogen-fighting substances against bacteria, viruses and fungi. Although there is a slight reduction in upper respiratory tract infections when bovine colostrum is consumed, additional scientific evidence is needed to investigate this further.

As a dietary protein, it appears to promote lean mass accrual and, like any other protein source, it has the potential to increase IGF-1. However, increases in power output during exercise is only seen when bovine colostrum is consumed over prolonged periods.

And not all bovine colostrum supplement products out there are biologically active due to improper processing through the use of high temperatures and pasteurisation. Colostrum in liquid form is also not as concentrated as the powdered versions of the substance and must be kept refrigerated due to its short shelf life. Colostrum's biological capabilities are further diluted and destroyed when preservatives are added to the mix, so research and informed purchasing decisions are warranted. **M.E**



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**T-BAR ROWS**

SETS	REPS
4	12

**FACT FILE**

**HEIGHT:**  
1.77m  
**CONTEST WEIGHT:**  
105-110kg  
**OFF-SEASON WEIGHT:**  
115-120kg  
**BIRTHDATE:**  
9 May 1976  
**BIRTHPLACE:**  
Klerksdorp, North West  
**LIVES:**  
Centurion, Gauteng  
**PRO STATUS:**  
Obtained an IFBB  
Pro Card in 2014  
**ULTIMATE GOAL:**  
"I want to stand on the  
Olympia stage."

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# BUILD A PRO- CALIBER BACK

**W**ANT IS THE FUEL OF WILL. In the gym you can't have too much of want. IFBB Pro bodybuilder Cobus van der Merwe is visible proof that wanting something badly enough and working hard to achieve it can propel you into standing toe to toe with the best in the world. Muscle Evolution caught up with Cobus on back day to witness how he builds his taper into a bolder V as he prepared for one of the most important shows of his life: The Arnold Classic Africa.





## PULLDOWNS TO THE FRONT WITH BAR

SETS	REPS
4	8 - 12

## CONTEST HISTORY

- 1992:** IFBB SA - U/18 Novice Champion  
**1994:** IFBB SA Grand Prix - U/18, 3rd place  
**1997:** IFBB Gauteng North - U/21 Middleweight, 1st place  
 IFBB SA - U/21 - Middleweight, 4th place  
**1998:** IFBB Gauteng North - Light heavyweight, 1st place  
**2002:** IFBB Mr. Egoli - Heavyweight and Overall winner  
 IFBB Gauteng North - Heavyweight, 2nd place  
 IFBB SA - Heavyweight, 1st place  
**2004:** IFBB Muscle Mania - Heavyweight, 1st place  
 IFBB Mr. Boksburg - Heavyweight and Overall winner  
**2006:** IFBB Gauteng North - Heavyweight and Overall winner  
**2007:** IFBB Muscle Evolution Grand Prix - Heavyweight, 4th place  
**2011:** IFBB M&M Classic - Heavyweight and Overall winner  
 IFBB Gauteng North - Heavyweight and Overall winner  
 IFBB SA - Heavyweight, 2nd place  
 IFBB Samson Classic - Heavyweight, 2nd place  
 IFBB World Championships - Super heavyweight, 9th place  
**2013:** IFBB H&H Classic - Heavyweight and Overall winner  
 IFBB SA - Super heavyweight, 1st place  
 IFBB World Championships - Super heavyweight, Silver Medal  
**2014:** IFBB Amateur Olympia Africa - Super heavyweight and Overall winner (*Pro Card awarded*)



## COBUS'S BACK TRAINING FOR THE ARNOLD CLASSIC AFRICA

WORKOUT	SETS	REPS
Pulldowns to the front with bar	4	8 - 12
Pulldowns with close-grip	4	8 - 12
Low pulley cable rows	4 - 5	8 - 12
T-bar rows	4	12
One-arm dumbbell rows	4 - 5	8 - 12
Smith machine deadlifts	4	8 - 12



## PULLDOWNS WITH CLOSE-GRIP

SETS	REPS
4	8 - 12

## 'FEEL' THE MUSCLE TO MAKE IT GROW

**"F**rom a very young age I was taught you could achieve anything in life if you wanted it badly enough, and that there was no such thing as a physical or mental limitation," says 40-year-old Cobus, who had been training hard ahead of the Arnold Classic Africa – his first appearance as a Pro on home soil.

He started his back session with front pulldowns to warm up and get a feel for the area. During the set Cobus would sometimes close his eyes to focus on the quality reps he wants. He believes that you need to feel the exercises and work the targeted area throughout each and every rep. "To get a proper mind-muscle connection, you may need to use a lot less weight than usual until you master this," he adds.

At the top of every rep Cobus reached upwards and allowed his lats to be stretched out before he pulled the weight back down again. On the way down he drove his elbows to the floor to squeeze his lats.

"My advice with pulldowns is not to get sloppy but rather to try and squeeze and contract your muscles. Any idiot can go ballistic with heavy weight. It's easy. To feel the muscle is what really makes you grow."

Generally when he trains back, Cobus will stay within a rep range of eight to 12, throwing in a drop set here and there when more intensity is needed. He normally grinds out four to five sets.

Before Cobus proceeded to the low-pulley cable row machine he did a few close-grip pulldowns, leaning back slightly to get a better contraction. He stretched his back between the sets, pulling on anything sturdy enough in the gym to support his huge frame with one or both hands.

"I started training at the age of 12 after I saw a television clip of Pumping Iron, the famous documentary about Arnold Schwarzenegger. From that moment on I was immediately hooked on bodybuilding," says Cobus, who also excelled in athletics and rugby.





**COBUS'S ARNOLD CLASSIC  
AFRICA TRAINING SPLIT**

DAY	MUSCLE GROUP
1	Chest & biceps
2	Shoulders & calves
3	Hamstrings, glutes & abs
4	Back & triceps
5	Off
6	Quads
7	Off

**ONE-ARM  
DUMBBELL ROWS**

SETS	REPS
4 - 5	8 - 12

**"IN BODY-BUILDING THERE IS NO INSURANCE POLICY AGAINST INJURY AND OVERCOMING SETBACKS IS WHAT IT IS ALL ABOUT."**

**STAY HUNGRY**

**C**obus uses Arnold's motto of "stay hungry" to fuel his workouts. To flex on stage with bodybuilding's elite is, for Cobus, almost like the Biblical Lazarus rising from the grave, especially after he injured his shoulder in training. Being invited to South Africa's first Arnold Classic Africa pulled Cobus from the edge of depression. "It was difficult because I was forced to deal with a serious injury. In bodybuilding there is no insurance policy against injury and overcoming setbacks is what it is all about."

When Cobus slapped on four 20-kilogram

plates on the T-bar after completing his low-pulley rows, it was clear that his focus was entirely on his back, not the weight. He paused momentarily at the top of the movement, plates rattling, before slowly returning to the starting position.

T-bar rowing was followed by one-arm rows with a 40kg dumbbell, the emphasis of which was clearly on stretching and not ferocious lifting to accentuate the vast area of the back. Cobus says when he rows he aims to drive the dumbbell towards his hip. "I focus on getting a long stretch on every rep. When you row always make sure you get a full stretch at the bottom."





**"DEADLIFTING ON THE SMITH IS ALL ABOUT THE FEEL AND NOT JUST THE PURE POWER YOU GET IF YOU WANT TO TARGET THE AREA PROPERLY."**



### SMITH MACHINE DEADLIFTS

SETS	REPS
4	8 - 12

## TRIUMPHS & STRUGGLES

**O**ver the years Cobus started to train more instinctively. He used to do heavy deadlifts off the floor when he first started out but switched to the Smith machine to get the results he needed for the competitive arena. On this occasion he slipped on four 20-kilogram plates for deadlifts on the Smith machine.

"Deadlifting on the Smith is all about the feel and not just the pure power you get if you want to target the area properly. The back is big and complex. You also are not able to watch it working during a set, so it's all about the feel."

By his own admission, Cobus has been working the hardest and smartest to bring his back up to stage quality. "I have had to work damn hard to develop the mind-muscle connection in recent years," admits Cobus. "It doesn't just happen overnight but takes endless hours in the gym. Some days you have triumphs and some days you have struggles. It is about trial and error, getting to the gym on a consistent basis and moving the weight with different methods, grips and angles. Also using different training principles to find out what works for you. Once you have solved that piece of the bodybuilding puzzle you can't stop there – you have to switch exercises with others to stop your body from adapting to the same old stimulus. In the end it is also about technique and not how heavy you can go."

## QUICK Q&A

### What does it really take to become a Pro in bodybuilding?

"Firstly, you need superior genetics. This is something you don't have any control over. Secondly, you need the willpower of a beast, and thirdly you need at least 10 to 20 years of consistent eating and training like an animal. You also need to pray every day and ask your Creator for a healthy mind and body because what we do is anything but natural. Also, you need to find ways to sustain and supplement your income because bodybuilding is not cheap, especially when you are at Pro level."

### List your favourite supplements?

"I like to use glutamine, BCAAs and whey protein. I have found that they work the best, especially at pre-contest time."

### You change your exercises but do you change your training split a lot?

"Although I go by feel, I have found the push and pull system of combining chest with biceps and back with triceps advantageous. The split I use does not change much from off-season to pre-contest."

### What advice do you have for lifters who want to train their body parts twice a week?

"Make sure to adjust your diet accordingly by increasing your calories. Eat protein but also enough, high quality carbs."

### What do you typically do for cardio when you are in pre-contest mode?

"I start cardio approximately 10 weeks out from competition. I walk on the treadmill for 40 minutes four times a week, depending on my condition."

### LOW PULLEY CABLE ROWS

SETS	REPS
4 - 5	8 - 12





# COBUS' HANDY TIPS FOR BODY-BUILDERS:

## 1) NO DISTRACTIONS

Cobus likes to train hard, but to train hard you need to feel the muscle working and block out all other distractions. "I clear my mind of everything when I step into the gym. It is my zen zone," says Cobus. "Nothing exists but me and what I am trying to accomplish with the weights."

## 2) TAKE YOUR TIME

Cobus views an unproductive workout as one where you blindly rush through your sets to reach the finish line. "I look at each and every workout as an investment I make to build a better body. Only when I am done I will go home. When I am in the gym I am going to take time to do whatever it takes – that means watching my form and focusing on every rep and set."

## 3) FUEL UP

Back training for Cobus is brutal and he takes carbohydrates and protein to fuel his workouts. "Make sure your nutrition is on track if you want to build a better back. In the past I have made the mistake of trying to work a muscle group, such as back, twice a week with zero carbohydrates in my system. This strategy left me susceptible to injury. I believe carbohydrates, due to water retention, assist with buffering the joints and preventing catabolism. If you follow a low carb diet it is better to train your muscle groups once a week within a shorter time frame for optimum results."

## 4) TUNE IN

Cobus is always listening to what his body is telling him. He asks questions like: "Do I feel strong or do I need to do more reps with cables and machines and back off a little from the heavy plates?" According to Cobus, the majority of bodybuilders focus too much on exercises that add bulk. "Newcomers are hell-bent on lifting heavy and eating tons of calories which will only lead to a fat, bulky appearance. When you diet down for a contest you might show thickness but there is not enough quality muscle that will set you apart from the rest of the line-up on stage. Combine compound and isolation exercises and follow a proper diet to counter this and gain good, quality muscle."

## 5) CHANGE THINGS UP

Cobus is an instinctive bodybuilder. "Bodybuilding for me is about constantly making changes to your diet and the way you train. I might walk into the gym and change my approach depending on how I feel on that particular day. You cannot do the same thing and expect different results."

"I CLEAR MY MIND OF EVERYTHING WHEN I STEP INTO THE GYM. IT IS MY ZEN ZONE."

"I LOOK AT EACH AND EVERY WORKOUT AS AN INVESTMENT I MAKE TO BUILD A BETTER BODY."

## COBUS'S ARNOLD CLASSIC AFRICA PRE-CONTEST DIET:

TIME	MEAL
1 (06:00)	12 egg whites, 3 yolk, 120g oats
2 (09:00)	350g chicken with 300g basmati rice
3 (13:00)	12 egg whites, 3 yolk, 120g oats
4 (16:00)	350g chicken with 300g basmati rice
5 (19:00)	400g hake or tuna with 300g sweet potato
6 (22:00)	500g lean steak with 300g pineapple or broccoli
7 (23:00)	Whey protein shake



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## TRIED & TESTED BONUS TIPS ON SMASHING CALVES?

"I like to do four to six sets for calves. I use the standing, seated and leg press machine for toe presses when I train them. Calves are stubborn muscles so I will shoot for 15 to 30 reps and turn up the intensity with different techniques."

### HE WILL USE THE FOLLOWING

- **DROP SETS:** After reaching failure, Cobus reduces the weight by 20 to 30 percent and does as many reps as possible. He will typically carry on in this fashion, doing four to five drop sets to completely destroy his calves.
- **PARTIAL REPS:** After reaching failure, Cobus will also do five to 10 additional half reps for maximal growth.
- **GIANT SETS:** Cobus likes to do standing, seated and toe presses on the leg press machine as part of a giant set. "This forces an enormous amount of blood into the calves very quickly for a major burning sensation."

### SEATED CALF RAISES

SETS	REPS
4 - 6	15 - 30

Cobus says: "Stretch your calves between sets. Hold each stretch for a minimum of 30 seconds."

**"CALVES ARE STUBBORN MUSCLES SO I WILL SHOOT FOR 15 TO 30 REPS AND TURN UP THE INTENSITY WITH DIFFERENT TECHNIQUES."**

**BONUS**





Cobus says: "Calves have a higher threshold for hard work than other muscles. Go for the burn on these and if you cannot go any longer, pause for 30 seconds and continue until you fail!"





**B**ODYBUILDERS ARE ON AN ETERNAL SEARCH FOR THE OPTIMAL TRAINING FREQUENCY FOR MUSCLE GROWTH. RESEARCH ON PROPER TRAINING PROTOCOLS HAS GROWN EXPONENTIALLY AS MORE PEOPLE BECAME INTERESTED IN THE FIELD OF EXERCISE SCIENCE OVER THE PAST QUARTER OF A CENTURY.

# »» IN PURSUIT OF THE PERFECT SPLIT

However, pseudoscience and untruthful claims have also grown at an equal pace. While the majority of recommendations for muscle gains has been predominantly speculative thus far, the latest data gives greater insight into what constitutes the ideal training frequency as exercise physiologists around the world continue their search for the perfect split to increase muscle mass and size, otherwise known as hypertrophy.

## »» ON THE HUNT FOR HYPERTROPHY

**S**cientists do agree the most important tenet of muscle development is the principle called overload, where stress forces the body to deviate from its homeostatic comfort zone to produce an adaptive response. If no stress is put on muscles they have no impetus to develop and become bigger.

Old-school lifters like Reg Park and Steve Reeves swore by full-body splits, hitting all their muscles over three non-consecutive days per week. Bodybuilders slowly departed from this to follow a split where a muscle was typically blasted from multiple angles once a week. This approach is still popular because of the

belief that muscle growth is optimised if longer periods of recovery are allowed. Training each muscle group twice per week in different upper and lower body combinations sits in the middle of these two extremities.

Some studies have shown that lower frequency may be as effective as higher frequency (Difrancesco-Donoghue J et al. 2007 and Kamandulis S et al. 2010). In contrast, other research papers revealed two or three sessions per muscle per week may produce up to twice the increase in cross sectional area of the quadriceps and elbow flexors, in comparison to single training sessions per week per muscle group (Vikne H et al. 1995 and Wirth K et al. 2002).





## » IS TWICE BETTER THAN ONCE?

In a hotly debated, newly published study in the *International Journal of Exercise Science* by Michael Thomas and Steve Burns of the Department of Kinesiology at the University of Central Missouri in the USA, participants followed a low frequency split consisting of training chest, shoulders and triceps on day one, upper back and biceps on day two, and quadriceps, hamstrings, calves and abdominals on day three.

Subjects in the high frequency group followed a protocol where each muscle group was trained three times per week as part of a whole body regimen. Workouts lasted 45 to 60 minutes in a total training period of eight weeks. Previous research suggested that eight weeks of resistance training was enough to result in increases in lean muscle mass and strength. Reps per set were eight to 12.

Similar changes in lean muscle mass occurred in both the high frequency and low frequency groups and scientists concluded that additional research was warranted to investigate longer term adaptations to a variety of training programmes.

In stark contrast to the above study, exercise scientists Brad Schoenfeld, Dan Ogborn and James Krieger (Effects of Resistance Training Frequency on Measure of Muscle Hypertrophy, Schoenfeld et al. 2016) analysed ten studies to determine the effects of resistance training frequency on hypertrophic outcomes. They found higher training frequency was associated with a greater effect on size than lower frequency. This led to their conclusion on training frequency: "When comparing studies that investigated training muscle groups between one to three days per week on a volume-equated basis, the current body of evidence indicates that frequencies of training twice a week promote superior hypertrophic outcomes to once a week. It can therefore be inferred that the major muscle groups be trained at least twice a week to maximize muscle growth, whether training a muscle group three times per week is superior to a twice-per-week protocol remains to be determined."

The theory behind this is that training with weights will trigger muscle growth for a window of time that lasts around 48 hours. Research supports this with protein synthesis remaining elevated no longer than 48 hours, after which time it returns back to a baseline level. Muscles will only increase during this protein synthesis window.

## » POWERLIFTING VS BODYBUILDING TRAINING

In another study, subjects were requested to follow a typical bodybuilding/hypertrophy type split divided into a different heavy part per day. Another group performed a powerlifting/strength-orientated routine in the form of a classic legs, push and pull system (Schoenfeld B et al. 'Effects of different volume-equated resistance training loading strategies on muscular adaptations in well-trained men, 2014). The same exercises were performed over a period of eight weeks. Both groups made similar gains, with the powerlifting-type training only increasing the potential for injury. **The researchers warned: "The performance of high training volumes using very heavy loads places substantial stress on the joints and soft tissue structures ... Although a small sample, the present study gives credence to the veracity of these concerns. Two of the 10 subjects in the (strength) group dropped out of the study due to joint-related injuries ... The injuries occurred despite direct supervision by trained personnel. In contrast, none of those in the (hypertrophy) group reported experiencing a training-related injury"**

Bodybuilders typically don't train like powerlifters and use a wide range of techniques including pyramids (progressions from lighter weight with higher reps to heavier weight with fewer reps), supersets, negative reps, partial reps and forced reps, to name a few, to up the ante in the gym. This variation is a safer approach than exclusively relying

on heavy weights.

Looking at other studies carried out by McLester (2000), Hakkinen and Kallinen (1994) and Hartmann (2007), training with a higher volume-matched frequency might be superior for hypertrophy compared to a split of a lower-matched frequency.

They have found this also depended on the level of experience of a lifter. For people who are untrained, altering volume-matched training frequency does not seem to have any effect when it comes to hypertrophy. Experienced lifters, who are accustomed to the rigors of training, seem to react better to a higher volume-matched training frequency than lower volumes. The human body can also initiate catabolic processes known as atrophy if a person does not actively engage in challenging his muscles. In gym circles this is known as the "use it or lose it" principle.

**"EXPERIENCED LIFTERS SEEM TO REACT BETTER TO A HIGHER VOLUME. FOR PEOPLE WHO ARE UNTRAINED ALTERING VOLUME DOES NOT SEEM TO HAVE ANY EFFECT ON HYPERTROPHY."**

## » IMPACT OF PERIODISATION

Researchers have also probed whether periodisation is effective for hypertrophy. In their studies they compared whether a periodised programme is superior to a non-periodised one for packing on muscle.

Periodisation is best defined as the structure of a training programme where variables are increased incrementally over time, either linearly, non-linearly or in blocks, to boost results. Non-periodisation is when a programme varies randomly or where there is little to no increases in weight, intensity or volume.

Any training variable can be periodised such as exercise selection, relative-load, frequency, volume, the range of motion you perform, the proximity to failure, and rest periods,

among others. Two of the most commonly varied variables in training are relative load and volume.

**Common forms of periodisation fall into one of the following categories:**

» **LINEAR:** The alteration of key training variables over time.

» **NON-LINEAR:** The alteration of training variables on a daily or weekly basis.

» **BLOCK:** Training for a specific goal in successive cycles.

If was found that for trained individuals, periodisation made little difference when hypertrophy was the goal. Periodisation, whether linear, non-linear or block appears to have equal merit. There was also conflicting evidence when novices were tested using different periodisation protocols.



**"TRAINING WITH DIFFERENT FREQUENCIES WHILE ROTATING HEAVY AND LIGHT LOADS, INTENSITY LEVELS, AND SO ON, CAN PROVIDE THE CORRECT STIMULUS TO ENSURE CONTINUED MUSCLE GAINS."**

Recovery is defined as a return to the most recent level of performance. You have not recovered enough from training if you only manage to duplicate your previous performance in the gym.

## » MUSCLE TENSION, DAMAGE & STRESS

**I**t is also important to note when designing a split that muscle tension, muscle damage and metabolic stress are the primary mechanisms involved in exercise-induced muscle growth.

**» MUSCLE TENSION** is exerted on the muscles when you lift weights, and is viewed as the most important factor in muscle development as it brings about a phenomenon called mechanotransduction; the mechanism by which cells convert mechanical signals into biochemical responses. Greater muscle tension leads to a greater anabolic stimulus.

**» MUSCLE DAMAGE** is defined as damage to the muscle tissue in the form of micro-tears in both the contractile proteins and surface membrane of working muscles. This leads to a growth response that strengthens the ability of muscle tissue to withstand future muscle damage. While some muscle damage is good because it promotes the remodelling of muscle tissue, too much damage can impair remodelling and limit the ability to train.

**» METABOLIC STRESS** occurs in the muscles when you experience a 'burn' or pump. Exercise-induced metabolic stress is basically the result of the buildup of various metabolites. Metabolites

consist of small fragments such as lactate that indirectly mediate cell signalling. It is believed that this is accomplished by the increase of water within the muscle otherwise known as cell swelling. Studies have shown that cell swelling stimulates protein synthesis while at the same time decreasing protein breakdown. The increase in water within the cell exerts pressure against the cell wall which is perceived as a threat to its integrity. An anabolic signal is subsequently sent out to initiate strengthening of its structure and adaptation occurs.

Muscle tension, muscle damage and metabolic stress do not usually exist in isolation and this is the reason why achieving a mix of these factors in your split can maximise muscle development.

## » RESPONSE & RECOVERY

**T**here are certain individuals who make gains (responders) and those who fail to add muscle (non-responders), even though they might follow the same training programme. Limited research has been done to shed light on the individual response to resistance training, but genetics appear to play an important role in how responders and non-responders react.

A genetically superior bodybuilder will have a higher level of capability than the average person.

Recovery is defined as a return to the most recent level of performance. You have not recovered enough from training if you only manage to duplicate your previous performance in the gym. If you continue to train you will increase your level of fatigue resulting in an even slower rate of recovery.

If you continue to train in this manner your performance will suffer dramatically with the added risk of injury. The rate of recovery also varies among individuals, underlining the fact that training frequency should be based on recovery speed and determined on an individualised basis. You must train as often as your specific recovery rate allows.

## » THE PERFECT SPLIT

**R**esearch across the spectrum shows a benefit to training more frequently if maximum muscle is your goal. Working each muscle group at least twice a week is therefore better for stimulating protein synthesis sufficiently to optimise hypertrophy.

Training with different frequencies while rotating heavy and light loads, intensity levels, and so on, can provide the correct stimulus to ensure continued muscle gains. The most important point is that there is no best training programme for everyone, only the one that is best suited for you. **ME**





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**TAKE  
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# THE X-FRAME RETURNS

**R**IPPED ABS CAN SEPARATE PRETENDERS FROM CONTENDERS IN THE LIMELIGHT OF THE BODYBUILDING STAGE.

Wide shoulders, narrow hips and an athletic appearance were classic attributes of championship-winning physiques for at least the first few decades of modern bodybuilding, which began around the turn of the 20th century. Then, in the early 1990s, a shift in emphasis from form to size began in the sport of bodybuilding with the arrival of mass monsters on the stages of the world.

## NO STATUES WITH DISTENDED BELLIES

**A**ccording to Arnold Schwarzenegger, who in his prime showed that it was possible to get massive while still retaining a sculpted midsection, too much precedence has been put on pushing freaky size and that the classic X-frame has become an unacceptable casualty.

A distended abdomen can severely detract from a bodybuilder's appearance and

that is the reason why the classic streamlined physique with tight abs seems to be making a comeback to the competitive stage.

The return of a polished and deep-hewn midsection is further demonstrated in Arnold's own words: "As a bodybuilder, you should always aim to look like a work of art – and I have not seen a Michelangelo or Rodin statue with a distended belly!"

Bodybuilders spend enormous

chunks of time trying to figure out how to develop their bodies but when it comes to abdominal training they resort to throwing in some crunches or leg raises at the end of their training and wait until just before show day to begin really focusing on quality development. Often that is just too little, too late.



## PRIME INDICATORS OF CONDITIONING

**A**bdominal definition is a clear indication of how much fat you are carrying. A bodybuilder's goal should always be to see some abdominal definition, even in the off-season. Maintaining condition by eating clean and doing cardio regularly is crucial to competing in the best shape possible.

The more kilograms you need to shed before a contest the longer it takes and the greater the risk of losing hard-

earned muscle in the process. A good rule of thumb is to train your abs at the end of a workout or on their own. If you target them first you will only pre-fatigue and weaken them, rendering them unable to provide the proper stabilisation needed in heavy movements like squats, bench presses and shoulder military presses. Weak abs can also contribute to injuries in other parts of your body, including your lower back. A strong midsection reduces the risk of injury to the lower back considerably.

## KEY POINTS TO FOCUS ON

Isolation, extension and contraction are key parts of ab training. Important points to focus on are:

- ▶ Contracting the abs deliberately.
- ▶ Train abs 3-4 times a week with a variety of exercises.
- ▶ Concentrate on making each repetition as intense as possible.
- ▶ Give an extra squeeze when you get to a fully contracted position at the top of a movement.
- ▶ Don't just raise your legs but focus on drawing the pelvis and ribcage together in a crunching movement which is needed for proper development of the area.



### AB TRAINING FREQUENCY

**OFF-SEASON:** 3 - 4 times a week

**CONTEST SEASON:** 5 - 6 times a week

### HOW LONG

Approximately 20 minutes at the end of a training session or on their own.

### WHAT EXERCISES

A variety of abdominal crunches, leg raises, toe touches and twisting movements like the lying abdominal bicycle exercise to target the obliques and intercostals.

### HOW MANY SETS & REPETITIONS

Shoot for 3-4 sets of between 10-20 repetitions for each exercise.

### TECHNIQUE

Controlled, full range of motion movements with a squeeze at the top to maximise peak contraction. Also include twisting movements to work muscles at the side of the torso.

**"RIPPED ABS SEPARATE PRETENDERS FROM CONTENDERS."**

## OBLIQUE TRAINING

**S**ome bodybuilders don't train their lower obliques out of fear that stimulating the area will widen their waistline. You can, however, tone these muscles without adding muscle by doing any side bending, crunching or trunk twisting movement.

The upper obliques, also known as the intercostals, are trained by doing side crunches. In addition, perform crunches in which you bring your right elbow to your left knee and vice versa during alternating reps to train the area. Performing side crunches with a cable attachment by contracting the torso sideways toward resistance is another option to sharpen the upper obliques.

The serratus muscles are trained when you do pullovers

as part of your back or chest movements. When you keep your arms straight while performing pulldowns you will also stress the serratus effectively. Another option is to use a rope attached to an overhead cable and crunch the abs while pulling the rope down and in as you kneel on the floor. Rope pulls will work the serratus and front abs. This move should not be confused with traditional rope crunches in which you hold the rope behind your head. On rope pulls you allow the rope to extend to a straight-arm position overhead with each rep, a motion similar to pullovers performed with a dumbbell or barbell.

By alternating from one side to the other you can also work the upper obliques when you do rope pulls.



# ABDOMINAL TRAINING ON THE FLOOR



**TIP:** Keep your feet flat on the floor. Do this exercise slowly and keep your chin pressed into your chest.

## ◀ LYING ABDOMINAL CRUNCHES

SETS	3	REPS	20
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Lie on the floor on your back and lift your torso up while you hold your hands behind your head. Crunch for a second and return to the starting position.

**TARGET:** Upper abs.

## ▼ TOE TOUCHES

SETS	3	REPS	20
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Lie on your back on the floor. Now lift your legs while at the same time raising your upper torso off the floor. Squeeze your abs while you are trying to touch your toes before returning to the original position.

**TARGET:** Upper and lower abs.



**TIP:** Don't use momentum and squeeze your abs at the top.



**TIP:** Your legs should be raised about 2 inches off the floor at the start of the movement.

## ▲ LYING ABDOMINAL BICYCLE EXERCISE

SETS	3	REPS	20
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Lie on your back on the floor with your hands behind your head. Now raise your one knee toward your head while at the same time you try to touch it with the opposite elbow, a leg movement that is similar to that used when riding a bicycle. Return to the starting position and repeat for the required amount of reps.

**TARGET:** Lower abs, intercostals and obliques.

## ABDOMINAL MUSCLES

### UPPER ABS

The rectus abdominis is described as a long muscle extending along the length of the abdomen.

#### ► Form and function

Its basic function is to flex the spinal column and to draw the sternum toward the pelvis.

### SIDE ABS

Obliques and serratus muscles are perfect indicators that you have dialled in your condition for a show successfully. Fully developed, they look like ribs trying to escape the skin.

#### ► Form and function

The obliques are on the sides of the lower torso, bracketed by the lower back, lower abs and hips at the bottom, and the serratus, upper abs and pectorals at the top. The primary function of the obliques is to tilt and twist the torso from side to side. The serratus muscles are located under the armpits, between the pectorals, lats and upper portion of the external obliques. These muscles assist in pulling the shoulder blades forward and rotating them upward. The serratus muscles assist during overhead lat exercises such as chins and front pulldowns when you train back.

### LOWER ABS

If your goal is a well-conditioned physique you cannot neglect lower ab development. There is no better lower ab exercise than hanging leg raises.

#### ► Form and function

As mentioned before, the rectus abdominis runs vertically along the front of the midsection from the pelvis up to the ribs. It comprises the upper and lower abs. Both the upper and lower portion of the abs work together to flex the spine forward as demonstrated when you are doing hanging leg raises or crunches.



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# ABDOMINAL TRAINING HANGING FROM AN OVERHEAD BAR



**TIP:** Keep your body stationary throughout the movement. Avoid swinging at all costs.

## ▲ HANGING LEG RAISES WITH TWIST

SETS	3	REPS	10 per side
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While hanging from an overhead bar, raise your legs up without flexing your hips. As you raise your legs, twist them to one side before slowly lowering your legs back down to the starting position. Repeat for the desired reps before switching sides.

**TARGET:** Lower abs and obliques



**TIP:** Use lifting straps to secure your hands to the bar.

## GO LOW

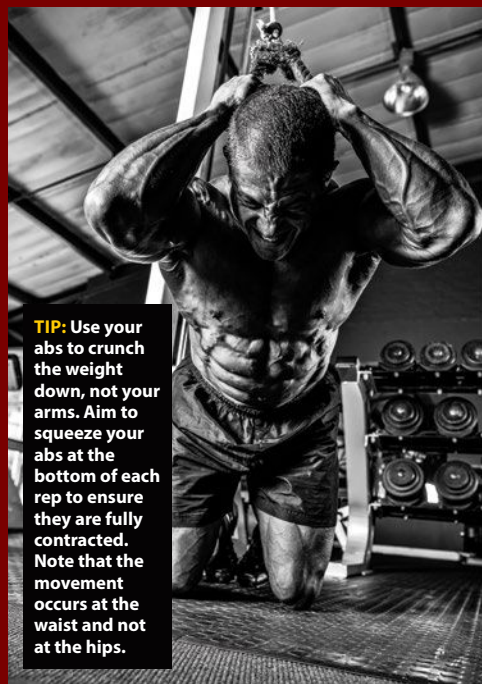
If you are struggling with weak lower abs, prioritise them while you are at your strongest at the beginning of a workout. Hanging leg raises are more difficult to perform than crunches. Start out by doing hanging leg raises with your knees bent, then progress to hanging leg raises with your legs straight and your toes pointed.

## ▼ CABLE ROPE CRUNCHES

SETS	3	REPS	20
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Hold a rope attached to a high pulley machine behind your head while you kneel down. Crunch your torso towards the floor, then hold the contraction for a second before returning to the starting position. Remember to keep tension on your abs throughout the movement.

**TARGET:** Rectus abdominis and by twisting to the side you also engage the obliques.



**TIP:** Use your abs to crunch the weight down, not your arms. Aim to squeeze your abs at the bottom of each rep to ensure they are fully contracted. Note that the movement occurs at the waist and not at the hips.

## ◀ HANGING LEG RAISES

SETS	3	REPS	20
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Lift your legs in front of you as far as possible while hanging from an overhead bar. Pause before lowering your legs to the starting position.

**TARGET:** Lower abs

## GUTS OF GOLD

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# THE IMPACT OF POSTURE ON BODYBUILDING PERFORMANCE

# PILLAR OF STRENGTH

**P**OSTURE RUNS LIKE A THREAD THROUGH THE ENTIRE HUMAN DEVELOPMENT. IT REFERS TO THE POSITION OF THE BODY AND ITS ORIENTATION IN SPACE. LIFTING WEIGHTS WITH THE PROPER POSTURE LEADS TO BETTER BALANCE, WHICH ALLOWS A LIFTER TO EXERT

GREATER POWER AND STRENGTH, AND MOVE WITH SPEED AND EFFICIENCY. OBSERVING ANIMALS SUCH AS A LION TAKING DOWN ITS PREY OR A MONKEY LEAPING FROM TREE TO TREE ARE PERFECT EXAMPLES OF BODY MECHANICS AND THE IMPACT OF POSTURE ON MOVEMENT.

## STRONGER, MORE FLEXIBLE AND EXPLOSIVE

The stronger, fitter and more mentally prepared you are, the harder you are to beat. This is universal in any sport but especially true when it comes to strength training. Bone resembles steel with the strength for endurance, substance and stiffness to resist compression and a degree of yielding to sustain shocks. The human skeleton is an architectural wonder of symmetry and functionality and its resistance to pressure is extraordinary.

A strength athlete who has increased stability and more support around the joints is also more flexible, mobile, elastic and explosive. Bodybuilders target muscles that win contests. Although there is a lot of pushing and pulling, exercises that target the hips, torso, pelvis and lower back – all key areas of almost all movement – also need to be integrated into a bodybuilder's training regimen.

When observing little children you'll notice them crawl, pull, balance, squat and lunge. These are all natural movements and can be used by lifters to build a body that is stronger, more flexible and explosive. Bodybuilders don't use their training time to address elements such as flexibility, mobility, strength and joint function and everything that contributes to posture. They train all out to look good in their twenties, thirties and forties but neglect to stop

the long-term damage and joint problems that they are bound to encounter in their sixties, seventies and eighties.

## THREE DIMENSIONS

In his book *Core Performance*, Mark Verstegen explains that flexibility is vital in sports but also in life. Says Verstegen: "Pillar strength comes from dozens of muscles attached to the hips, pelvis, lower back, abdominals, ribs, and shoulder blades. These core muscles – though ignored by many trainers and athletes who focus on the biceps, triceps, and quadriceps – are the keys to all athletic movements. Not only that, they stabilize the body and improve its resistance to injury and long-term ailments. Your body moves in three dimensions, across three physical planes, but conventional weight training and cardio work each address only one dimension."

**"PILLAR STRENGTH COMES FROM DOZENS OF MUSCLES ATTACHED TO THE HIPS, PELVIS, LOWER BACK, ABDOMINALS, RIBS, AND SHOULDER BLADES. THESE CORE MUSCLES ARE THE KEYS TO ALL ATHLETIC MOVEMENTS."**

Verstegen writes about dividing the body from the top, straight down through the nose to the bottom so that there is a left and right side. "This is the sagittal plane, which covers flexing and extending movements." The transverse plane, Verstegen describes as cutting straight across the waist so that a person has a top and a bottom. The transverse plane covers rotational movements.

"Now imagine dividing yourself in half so that you were left with a front and a back. This is the frontal plane," says Verstegen.

The body moves with most activities through all three planes. According to Verstegen, traditional training does not address the body's needs for joint support, endurance and new challenges. As such, he emphasises that most people train ineffectively, ignoring movements, body parts and joints that are vital to their quality of life.







## PILLAR OF POWER

**Perfect posture is the proper stance for optimal movement. Your shoulders should be pulled back and down. Your stomach should be drawn up and in. Your ears should be in line with your shoulders, hips with knees, and your knees with your ankles. When seated there should be a line between your ears and hips. Movement does not start from the legs or the arms but from the centre of the body.**

This is the reason amputees still function because their torso remains intact. The torso is the pillar – the structural centre of movement and life. The way people maintain that pillar and its alignment and function directly correlate to the health of organs and the rest of the body. Through a person's torso, hips and shoulder stability, they are able to move. When a person is properly aligned, energy can be drawn effectively and transferred throughout the body.

Verstegen says: "The better

you can transfer energy through your body, the more efficiently you will move and the less wear and tear there will be. If you have good pillar strength and take a step, force will pass evenly through your foot, calf, and hip – right up the pillar and through the top of your head. If you lack pillar strength, specifically hip stability, the energy "leaks out" at the hip, and the body must compensate. More pressure is placed down toward the knees and up toward the lower back, which over time can cause degenerative problems."

## 'WE DON'T MOVE ENOUGH'

**When a bodybuilder examines a training split he should ask whether the recommended exercises will translate into the desired physiological adaptations – be that muscular endurance, hypertrophy or power.**

"Posture plays a crucial role in training as it influences balance, flexibility and stability in the human body," says soft tissue manipulation expert and founder of the Centre of Structural Medicine in Johannesburg, Sean Johnson. "There are many things that can cause bad posture in people. Our bodies are highly adaptable organisms and our posture can be affected by physical forces or repetitive movements, as well as mental processes and emotions. From a physical viewpoint, we live very sedentary lives. We don't move enough throughout the day to eradicate any tensions that can affect posture. The fascia in our bodies has a big effect on our posture and this connective tissue adapts to the forces placed on it. The adaption can be either positive (enhancing posture and well-being) or negative (negatively affecting posture and limiting well-being and physical performance)

In the weightlifting world, the pursuit of physical symmetry is very important for bodybuilders. Physical symmetry through the musculature is only possible if the posture supports it. Having a good, balanced posture is therefore important to an overall aesthetically-pleasing look," states Johnson.

Incorrect skeletal alignment, according to Johnson, is a cause of poor posture and a symptom of asymmetrical tension states in the body. "Incorrect skeletal alignment can cause nerve and dural irritation. This leads to elevated tension or drag through the fascia which can lead to increased tension states and compensations throughout the body."

Tension states affect the nervous system and can lead to musculoskeletal pain or physiological problems. These asymmetrical tension states can be rectified in a few ways, including exercise, rehabilitation, massage and fascial realignment, mobility work, chiropractic treatment and stretching.

## BAD POSTURE PROBLEMS

**The biggest cause of poor posture is prolonged sitting, which invariably leads to slouching and comes with a host of other problems that are typical of poor posture. These include muscle and joint damage, muscular imbalances, injury due to**



mechanical faults, and even damage to organs such as the heart because abdominal nerves and blood vessels are under pressure in individuals whose bodies are out of alignment.

Doctors also testosterone for sale noticed that people with bad posture displayed various cardiac problems due to impaired circulatory efficiency. Posture therefore directly impacts how well the body is able to circulate blood. The lack of decent blood flow can prevent vital nutrients and oxygen from reaching the brain which could slow cognitive function and lead to health problems such as a stroke. Poor posture can also contribute to a negative mood and lower self-esteem in some individuals.

## POSTURE, MOVEMENT INTERLINKED

There is a relationship between posture, training and athletic performance as they are all interconnected. Posture and movement are interlinked and that is the main reason strength training athletes and bodybuilders should warm up before a weightlifting session. Enhanced flexibility and mobility enables you to release and open your hips, elongates muscles, retracts and depresses shoulder blades, extends the neck and head, and stabilises the body.

Johnson says bodybuilders can start by tossing aside their preconceived ideas about flexibility. They should look at the purpose of flexibility as improving performance in the gym because better posture will lead to better gains in strength and power.

Flexibility refers to the body's capacity to successfully bend and move without injury. Improving flexibility allows the body to increase its range of motion. It is a constant process and not a static point of achievement. Flexibility does not only enhance performance in the gym but it also equals agility because a flexible body requires less effort for extreme movements and allows for a wider range of motion. It also limits the potential for injury.

"There's always logic in doing a warm up before any form of exercise. The warm up can take different forms and should obviously be specific to the activity you're about to participate in. Warm ups are good to increase blood flow into the muscle, but to me, a warm up is a good way to activate the nervous system and to activate the neural pathways that are related to a particular activity like weightlifting," Johnson adds.

## SOLID FOUNDATION

Bodybuilding by its nature increases tension through the musculature and connective tissues of the body. However, this can be managed by ensuring your physique is symmetrical and by doing enough recovery work. Many young weightlifters in the gym like training the muscles they can see and ignore certain muscle groups, which can lead to asymmetrical tensions which affect the nervous system.



**"WARM UPS ARE GOOD TO INCREASE BLOOD FLOW INTO THE MUSCLE, BUT TO ME, A WARM UP IS A GOOD WAY TO ACTIVATE THE NERVOUS SYSTEM AND TO ACTIVATE THE NEURAL PATHWAYS THAT ARE RELATED TO A PARTICULAR ACTIVITY LIKE WEIGHTLIFTING."**

According to Johnson, there are many exercises and stretches out there but to use them would be taking "a very reductionist view of a holistic problem".

He explains: "The body functions holistically and in a large majority of cases, pain in a certain area is really symptomatic of a problem somewhere else in the body. So to stretch the back would be dealing with symptoms and not understanding what could be causing it. Root cause neck problems can lead to lower back pain, and root cause lower back problems can lead to neck pain, as examples. Having an understanding and awareness of how the body functions holistically will help more than knowing certain exercises."

Johnson believes compound lifts are good functional movements but doing these with incorrect form or with a body with severe asymmetrical tensions can lead to injury or reinforce negative movement patterns. This in turn leads to building a physique that battles to achieve aesthetic symmetry.

"To correct this you could see someone who understands the tension and functional relationships within the body. Lifting weights should also be built on a solid foundation of knowledge and understanding of the body, as well as slow incremental increases in weights."

## WARM UP, COOL DOWN

Warming up and cooling down at the beginning and the end of exercise sessions are essential to lifting weights. A typical warm-up can consist of:

- A light jog on the treadmill for 5 to 10 minutes.
- Dynamic flexibility and mobility movements such as lunging from one side to the other for 8 to 10 times.
- The best way to gauge if you are properly warmed up is a bit of perspiration and a rise in heart rate.

The benefits of warming up properly are:

- Increased blood temperature – this increase in temperature increases the volume of oxygen that is made available to muscles during activity, thereby enhancing performance.
- Increase body temperature which will improve muscle flexibility and reduce the risk of injuries from strains and pulls.
- Apart from raising core temperature, a good warm up also helps to increase focus and clear the mind ahead of exercise.

Don't confuse a good warm up with exercise. The key of a good warm up is to loosen the muscles and other supporting structures like tendons and ligaments, increase temperature and clear the mind.

A cool down can take the form of a light jog for 5 to 10 minutes. It can also include static stretching where you hold a specific position for 15 to 30 seconds to relax specific muscles. An effective cool down helps with decreasing heart rate while lowering body temperature and reducing muscle soreness. Swimming can also form part of an effective cool down or on a rest day. It is excellent for the spine as there is no stress on the spinal vertebrae and the lumbar curve is perfectly maintained.

## CONCLUSION

The human body is like a construction crane operating as a basic system of pulleys (muscles) and levers (bones). Humans have often borrowed from this ingenious design to create a variety of mechanical inventions that operate on a similar principle of pulleys and levers.

Proper posture or neutral alignment is therefore the cornerstone of optimal performance in the gym. The body functions at its best when all segments are in a balanced state, where nerves are unobstructed and blood flows more efficiently, enabling muscles to work to their full potential. **M.E.**





muscle junkie  
**Joe Manjoo**

Arnold Classic South Africa 2016  
Classic Bodybuilding Under 180cm  
Champion

# MUSCLE JUNKIE PICK YOUR POISON

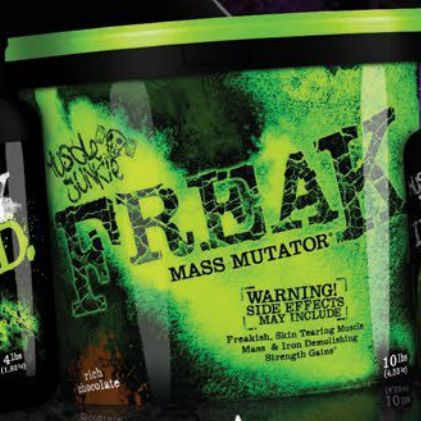
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**WINNY  
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OF ALL  
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# THE MOST ABUSED PED IN SPORT

# WINNY

**WINSTROL**

**A** NUMBER OF ELITE ATHLETES WILL BE MISSING THE BIGGEST SPORTING EVENT ON THE GLOBAL CALENDAR THIS YEAR AFTER FAILING DOPING TESTS.

Interestingly, the performance-enhancing drug (PED) of choice is Stanozolol, more commonly known by its commercial name Winstrol, or 'Winny', which has become the most abused performance enhancing drug in sports according to the Anti-Doping Database (ADDB), an online database which contains

information about athletes sanctioned for anti-doping rule violations. According to the ADDB it has registered 5107 cases from all sports and countries since 2008, which positions Stanozolol as the substance most often abused by athletes.

Thirty-one athletes who participated in the 2008 Beijing Olympics tested positive for doping during re-tests of their samples. The International Olympic Committee (IOC) announced that 454 selected doping samples from the 2008 Games had been re-tested using the very latest methods of scientific analysis. In another round of re-analysis of doping

samples done on athletes who participated in the 2012 London Olympics, a total 23 athletes from five sports and six countries had positive findings. According to the IOC, who stores Olympic doping samples for 10 years so they can be re-analysed when new testing methods become available, the re-analysis programme is ongoing with a big possibility of more results forthcoming.

Athletes who are found guilty of drug abuse face disqualification from participating in this year's Olympics in Rio de Janeiro in August and will have their medals stripped.

including the substance in question. Eight male lifters, including three European champions, and three female athletes, tested positive for Stanozolol.

The Russian state news agency reported that 11 of the 14 alleged positives from a total of 31 across 12 countries were athletes competing in track and field events. This comes in the wake of a widespread state-sponsored doping scandal in which Russian athletes were left with little choice but to participate in doping programmes if they wanted to make the national team, which is the second biggest in the world after the USA.

Russian government officials were accused of an inexplicable laissez-faire policy they adopted, to which its sports ministry reacted by promising to overhaul its athletics federation under a new president and coaches to demonstrate its willingness and commitment to fight against drug abuse in sport.

Claims suggested that athletes were given advance notice of tests, bribes routinely exchanged hands to cover up positive doping tests, and that Russian secret service agents helped to protect drug cheats at the 2014 Sochi Olympics. These allegations are currently being investigated by the World Anti-Doping Agency (WADA) and Interpol.

## DOPING SCANDAL

Stanozolol is popular and commonly used by athletes and bodybuilders alike to lose fat while still retaining lean body mass. It is normally used in a cutting cycle to help preserve lean body mass while metabolising adipose tissue, although it has not been proven conclusively that it has any special fat-burning properties.

The drug gained worldwide

attention when Canadian sprinter Ben Johnson was stripped of his gold medal after he was linked to Stanozolol during the 1988 Olympic Games when he defeated Carl Lewis in a new world record time of 9.79 seconds, which was later disallowed due to the doping offence. Although the Johnson steroid debacle was not the largest sport-based scandal to occur, it ushered in the US

government's war on steroids.

Stanozolol, a dihydrotestosterone (DHT)-based anabolic steroid, first appeared on the scene back in the 1950s and 1960s when it was developed by Winthrop Laboratories under the name of Winstrol.

Johnson's name is one of a long list of athletes who tested positive for the use of Stanozolol. More recently, German boxer Felix Sturm was linked to the drug and Bulgarian weightlifters were banned from participating in the Rio Olympics over widespread doping,



## TIP OF THE ICEBERG

The widespread abuse of the drug is viewed by many as only the tip of the iceberg as its abuse extends to other countries and multiple sporting codes.

In medical circles it is used to combat lean tissue wasting and preserving bone mass in people who suffer from osteoporosis. It is also prescribed by veterinarians to encourage muscle growth, red blood cell production, bone density, and to stimulate the appetite of weakened animals.

It is therefore a popular substance among bodybuilders, who administer it either orally or via intramuscular injection in an aqueous suspension, to lose fat while still retaining and gaining lean body mass.

It was first sold under the name Winstrol in America and under Stroma in Europe. Stanozolol and other synthetic steroids were banned by the IOC and the International Amateur Athletic Federation in 1974, after methods to detect them had been developed.

## A CLICK AWAY

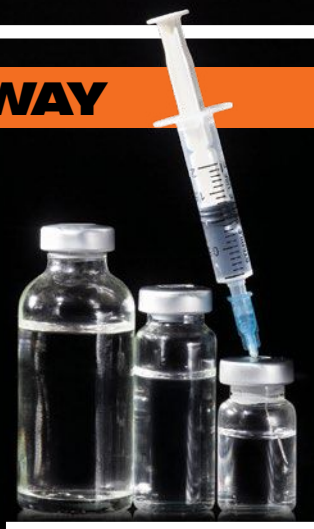
With the advent of online communities, illicit drugs are readily available for users in the pursuit of muscle all around the world. You pick what you want, enter your contact and shipping details and hit the button that says 'buy'.

There are not only physical but also psychological benefits to using a steroid like Stanozolol, with most experiencing improved self-esteem and self-respect.

Stanozolol reduces Sex-Hormone-Binding-Globulin (SHGB) significantly. SHGB determines how much testosterone in the body is free or bound, and a higher level means less free testosterone. When SHGB is lowered more testosterone is available for use. Stanozolol also bumps up the rate at which protein synthesis (the rate in which cells build proteins) occurs. Stanozolol does not only enhance muscular endurance and oxygen flow but also fights muscle wasting (catabolism) creating better nitrogen retention which leads to an improved anabolic (muscle building) state in the human body. It also inhibits stress hormones known as muscle wasting hormones or glucocorticoids responsible for fat gain and muscle loss.

Stanozolol is not used for bulking despite its benefit to combatting muscle wasting. Bodybuilders use the drug because it can maintain and even boost strength while on an extreme diet as they aim to get ripped for a contest. It is also favoured for its role in increasing tendon and bone strength (it is used to treat osteoporosis).

Often joint pain is associated



**"WITH THE ADVENT OF ONLINE COMMUNITIES, ILICIT DRUGS ARE READILY AVAILABLE FOR USERS IN THE PURSUIT OF MUSCLE ALL AROUND THE WORLD. YOU PICK WHAT YOU WANT, ENTER YOUR CONTACT AND SHIPPING DETAILS AND HIT THE BUTTON THAT SAYS 'BUY'."**

with the use of Stanozolol, but this only happens when a bodybuilder is in the last phase of his cutting cycle and leaner and dryer than normal. Joints take a beating when a person is leaner and training is increased at the end of a cutting cycle. Stanozolol is also often used in conjunction with low doses of Nandrolone to reduce joint discomfort.

For these reasons, despite there being far more advanced and less detectable PEDs available today, Stanozolol remains the preferred drug of choice for its ability to boost strength and stamina while eliminating fat. **M.E**

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# OFFAL NOT AWFUL

**POWER-PACKED  
ORGAN MEAT:**  
WHY YOUR PROTEIN  
SHOULD INCLUDE MORE  
THAN JUST MUSCLE MEAT.

EASTERN ROAST  
LAMB TRIPE



**B**EEF IS A BODYBUILDER'S BEST FRIEND. NOT ONLY IS IT HIGHLY VALUED AS A PRIME SOURCE OF PROTEIN FOR MUSCLE REPAIR AND GROWTH, IT ALSO PROVIDES A SOURCE OF ENERGY AND ITS PRESENCE ON A PLATE HELPS TO DEFINE A PROPER, BALANCED MEAL. BUT WHAT ABOUT THE MEAT MOST BUTCHERS USUALLY TOSS OUT?

## AN ACQUIRED TASTE

The sight of brains, kidneys, liver or tongue is not common in today's sanitised modern supermarket environment and is far removed from an era, not so long ago, where nothing on an animal was wasted.

The idea of eating organ meat seems to be vile and enough to make a few stomachs turn, but it is ultimately no different than eating an animal's other meat products, which are commonly muscles.

Those who believe that animal organs are an acquired taste might need to erase a lifetime of deeply-rooted cultural and culinary programming to reap the rich nutritional benefits that this form of meat offers. Anthropologists agree that one of the most deeply-rooted cultural norms is our relationship to food. However, if one takes an impartial view you will soon realise that organ meat could be one of the healthiest foods on the planet. It also has a rich taste and is packed with dense sources of nutrients including iron, copper, magnesium and vitamins A, B, D, E and K. Nutritionists don't call them nature's powerhouses for nothing.

## WALKING MEAT MARKETS

The first record of professional organ meat butchers dates back to the late 11th century in France, and a diet of heart, kidney and liver has been a staple of strongmen since the 1900s. Prior to that our ancient ancestors used crude weapons to hunt down animals for meat because it gave them a far greater caloric return than eating plants. They were not fussy, opting to consume the whole carcass and not just prime cuts. Our ancestors probably noticed predators eating meat from their prey, instinctively prizing the richly





GRILLED LIVER



CHICKEN HEART SKEWERS



CURRIED LAMB KIDNEYS

**"HARD-TRAINING ATHLETES CAN BENEFIT FROM EATING LIVER BECAUSE IT NOT ONLY IMPROVE THE OXYGEN-CARRYING CAPACITY OF BLOOD CELLS, BUT ALSO GIVES YOU AN ENERGY BOOST WHILE INCREASING STRENGTH."**

nourishing organ meats, often leaving much of the muscle-derived meat for scavengers. Animals were therefore seen as walking meat markets that gave humans energy to have children in rapid succession, hunt, survive and live longer lives.

While it might have taken more energy to chase down an animal than to pluck fruit in a forest, it was well worth it in the end. Meat's real significance for humans was not the quantity but the quality of calories it contained.

An American team of scientists recently measured the metabolic rates of more than 100 people and compared them to similar measurements of bonobos, chimpanzees, gorillas and orangutans. They found that, weight-for-weight, humans burned calories much faster than the animals. They concluded that the energy was likely spent on living longer lives and our childbearing habits and, most notably, on fuelling the human brain.

At 1,200cm<sup>3</sup>, the average human male brain is more than twice the size of an ape brain. "Every gram of brain uses an enormous amount of calories," said researcher Herman Pontzer. Pontzer and his colleagues at Loyola University in Chicago determined that our ancestors learned to share food before they diversified their diet and took to consuming more energy-rich foods such as meat. Humans, Pontzer pointed out, then developed much larger deposits of body fat, which were drawn on when food became scarce.

In the Second World War organ meats once again became a food source that people ate. Steaks, pork products and chops were shipped to soldiers on the front lines, while hearts, liver and other organs remained plentiful on the home front. These eating habits lasted barely longer than the war itself because people started to wrinkle their noses at the idea of eating otherwise edible animal organs.

## RICH IN NUTRITIVE VALUE

**Therefore, in modern society, meat remains the primary protein staple in our diets. It is also the building block for man meat – bodybuilders need it and rely on it in large quantities to sustain and build muscle mass.**

However, there is enough information available today that we could all benefit from the nutritional value offered by kidneys, hearts and livers. A growing awareness around environmental factors affecting us today has also led to a movement toward the reduction of food wastage, which means that offal in the form of beef tongue, chicken livers and oxtail soup have started to show up in classy restaurants and ethnic eateries, particularly as they can be extremely tasty when prepared properly.

While some people are discovering organ meats again due to popular diet trends, few realise their nutritional benefits. Take beef liver as an example. Not only would you be getting a pre-formed form of vitamin A (not just beta carotene), which improves eyesight, the skin, bones and the immune system, but nutrient-dense liver is also packed with vitamin B12, folate, riboflavin and choline. It is therefore regarded as one of the organ meats with the highest amount of nutrition per calorie of any other source.

Various forms of liver are also enjoyed all over the world with the Japanese using raw fish liver to make sashimi, the Chinese eating a sausage made of duck liver, the Germans feasting on liverwurst or braunschweiger (made from beef trim and beef liver), and South Africans enjoying chicken livers.

Kidneys, consumed in beef, lamb and pork form, contain healthy amounts of iron, folate, vitamin B6 and B12, and niacin. Other options are sweetbreads made from either the thymus

gland or pancreas from a pig or a calf. Also, beef or veal tongues contain an assortment of B vitamins.

Beef tongue is a great source of iron and zinc along with vitamin B12, B2 and B3. It also provides collagen, which is essential for joint and skin health.

However, the thought of eating other organs may not go down as easily. Some people, for instance, are afraid of eating organs such as the heart, which is full of mitochondria-boosting CoQ10, an antioxidant. A serving of beef heart is also packed with high amounts of protein, thiamine, phosphorus, B vitamins and zinc. This unique mixture of nutrients helps with building muscle, storing energy and boosting stamina and endurance.

One of the other major concerns around eating organ meat, aside from taste, is the perception of toxicity. Do these organs actually filter toxins in the body? While it is true that organs function as filters, healthy, properly functioning organs don't store toxins. Therefore, a healthy liver works to neutralise and eliminate toxins, but it does not store them.

That also means you can't skimp on quality products. The health of an animal is largely dependant on the health of its organs. When selecting offal it is therefore important to look at the health of the animals that the organs came from. Determine whether the animal was grass-fed, raised on pasture, and free of any added antibiotics or hormones.

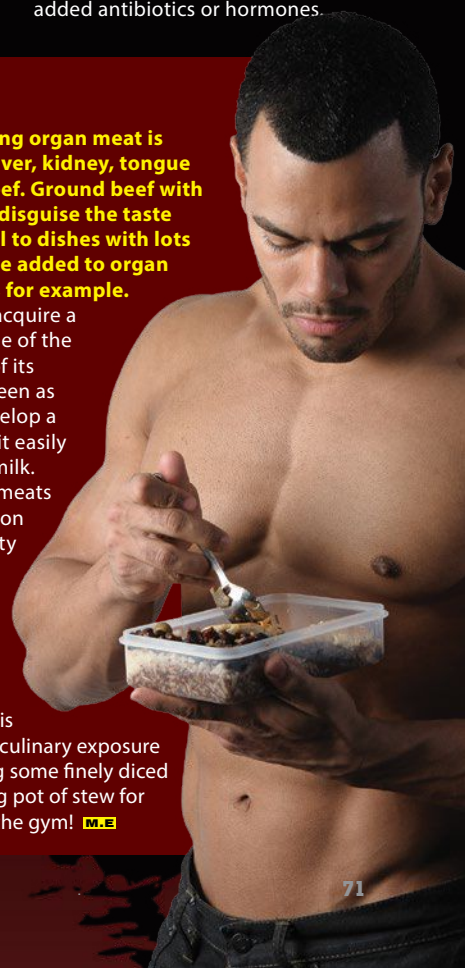
## GETTING A TASTE

**One of the ways to start eating organ meat is to add in small amounts of liver, kidney, tongue and heart to your ground beef. Ground beef with a higher fat percentage will disguise the taste better. You can also add offal to dishes with lots of spices. A rich tomato sauce added to organ meat can improve the taste, for example.**

Kidney is a great choice to acquire a taste for organ meat as it is one of the easiest to cook well because of its tenderness. The brain is also seen as one of the easiest ways to develop a taste for organ meat because it easily blends into eggs with a little milk.

The consumption of organ meats has also received more attention lately with the rise in popularity of the Paleo Diet. Including organ meat into your diet is also a good option from a budgetary perspective as they are often sold for much less than premium cuts.

With so much to gain, there is no better time to change your culinary exposure to odd animal parts by slipping some finely diced liver or heart into your burbling pot of stew for extra strength and stamina in the gym! **M.E.**





CAPTIVATING  
BEAUTY ON STAGE &  
IN FRONT OF THE LENS

# STACEY SHUTTE

**B**IKINI MODEL AND ATHLETE STACEY SHUTTE IS SETTING THE COMPETITIVE STAGE ON FIRE BY CAPTIVATING EVERYONE'S ATTENTION WITH HER VIVACIOUS PERSONALITY AND SCULPTED BODY. As a law student she has an 'I will do whatever it takes to get the job done' attitude all wrapped up in a face and body hotter than a desert summer. Find out how our latest Muscle Evolution Babe started to compete after only three months of training, what she really wants from a man and her future aspirations.

## QUICK FACTS

**HEIGHT:** 1,61m  
**CONTEST WEIGHT:** 49kg  
**OFF-SEASON WEIGHT:** 52kg  
**FAVOURITE BODY PART TO TRAIN:** Shoulders  
**LEAST FAVOURITE BODY PART TO TRAIN:** Calves  
**LIVES:** Dainfern, Johannesburg  
**BORN:** 9 October 1988  
**PLACE OF BIRTH:** Cape Town  
**OCCUPATION:** Law student

### How did you become involved in the fitness industry?

In July 2014 I assisted my previous employer who had a stand at the Miss SA Xtreme show. I watched the ladies go on and off the stage and by the time the main show rolled around I thought to myself: 'I can do this!' I mentioned it to the people I was with at the time and they didn't believe that I could actually do it, which only made me more motivated to prove them wrong! The next week I phoned a friend who happened to be a coach and nutritionist and asked what it would take to compete in the Body Beautiful competition, which was three months away. I went for my first assessment and the rest, as they say, is history. Three months later I walked onto stage at my first show.



**Was the show what you imagined it would be?**

The 2014 Body Beautiful was such a great experience. I didn't have much in the way of expectations as I had no idea what the day would actually entail. I had heard people say that show day is difficult and tiring, but I was just buzzing with excitement, especially having all of my friends and family coming out to support me. It ended up being so much more. There was a massive line-up and I just hoped to make top ten for my first show. When they called out my name for second place I was absolutely elated!

**STACEY'S CONTEST HISTORY**

- **2014 Body Beautiful**  
Miss Body Beautiful (2nd place)
- **2015 Rossi Grand Prix**  
Miss Bikini Model under 1.65m (2nd place)
- **2015 WBFF South Africa**  
Diva Bikini Model under 1.63m (5th place)
- **2016 Rossi Extreme Bodies**  
Miss Bikini Model under 1.65m (1st place)
- **2016 Rossi Grand Prix**  
Miss Bikini Model under 1.65m (2nd place) and Miss Front Cover Model (3rd place)
- **2016 NABBA/WFF Pretoria Classic**  
Bikini model under 1.63m (1st place)

**What is your fondest childhood memory?**

For most of my childhood I lived on a farm which was pretty amazing. On my 8th birthday my parents invited all of my friends to the farm which didn't happen often. My dad had this big truck and we met all the kids at the entrance to our farm and we all rode to our house on the truck. We spent the day just playing outside and

**"I WATCHED THE LADIES GO ON AND OFF THE STAGE AND BY THE TIME THE MAIN SHOW ROLLED AROUND I THOUGHT TO MYSELF: 'I CAN DO THIS!'"**

eating cake! That's a memory from my childhood that really stands out for me.

**To respond so quickly to the training, you must have been very sporty throughout your high school days. Is that an accurate assumption?**

Yes, I tried almost every sport at school and participated in athletics and hockey. At varsity I competed in sports such as squash, tennis, athletics and hockey. I started playing action netball before I decided to lift weights in 2014. I try to fit in a road or adventure race occasionally to break the monotony of weights and cardio. I'm also crazy about team sports and would love to eventually return to it in some form.

**What mistakes did you make when you first started training?**

I think a mistake I made, which is one that a lot of other people make, is thinking that you need to train longer rather than harder. People waste many hours instead of training harder in a shorter period of time. My average weight training session lasts 45 minutes and I'm seeing better results.

**Do you have days you don't train and what do you do to relax and unwind?**

I don't train on Sundays. I unwind by watching TV and if I have the opportunity I would spend an entire Sunday doing nothing but lying on the couch watching episode after episode of Keeping up with the Kardashians.

**STACEY'S TRAINING SPLIT:**

**MONDAY**

- **Morning:** Chest, hamstrings and interval training
- **Evening:** Cardio

**TUESDAY**

- **Morning:** Calves, abs, cardio and lower body stretching

**WEDNESDAY**

- **Morning:** Interval training and upper body stretching
- **Evening:** Back and shoulders

**THURSDAY**

- **Morning:** Quads and arms
- **Evening:** Cardio

**FRIDAY**

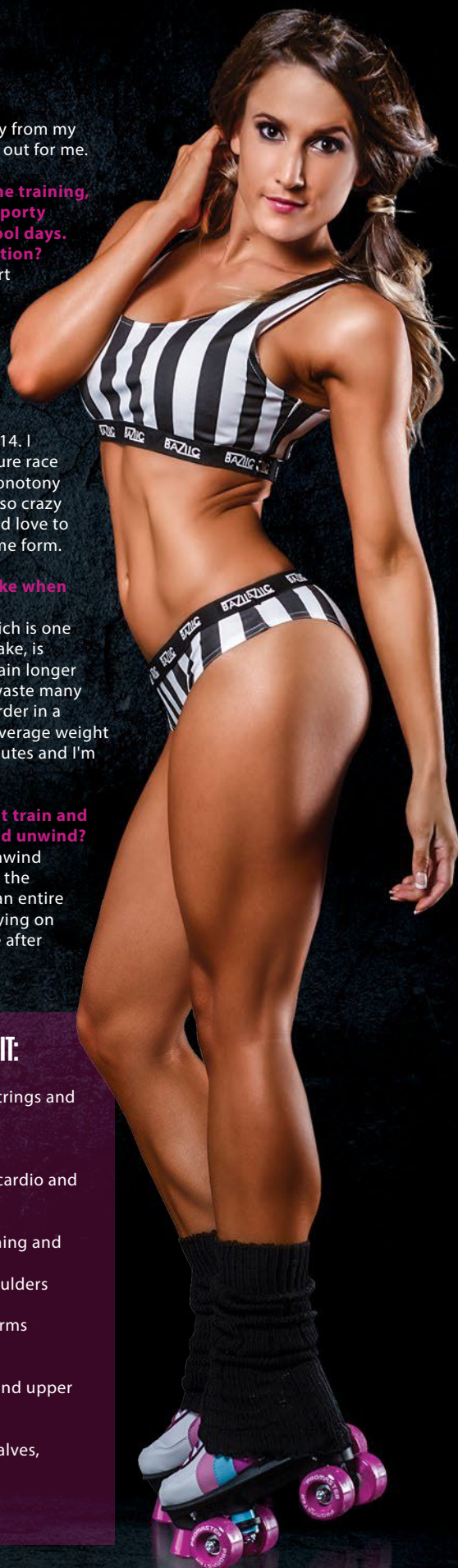
- **Morning:** Cardio, abs and upper body stretching

**SATURDAY**

- **Morning:** Shoulders, calves, abs and cardio

**SUNDAY**

- Rest







**Who assists you with your contest prep and guides you with respect to nutrition?**

I have a coach, James Miller from Perfect Physique. James designs all my training and eating plans and also gives me advice on what supplements to use.

**What supplements have you discovered work best for you?**

I use Titan Labs Femmedrine which is a fat burner specifically formulated for women. I also like CLA, Glutablast (BCAAs), and Isomax which is a whey isolate.

**When it comes to diet what is your most important tip for getting into shape?**

If you are lucky enough to have a coach, just stick to the plan. Even when you think you know better, you probably don't. Always have your meals prepared so that you don't get into situations where you are forced to make poor food choices because you don't have any healthy food with you.

**Is it possible to be in shape and not be so strict with your diet?**

I think it depends on each person's definition of being in shape. For athletes in other sporting codes I think it is possible to be more lenient with what you eat and more strict with how you train, such as long distance runners. For what I do, I believe my diet is crucial for the level of conditioning I need to look good on stage. I could eat oats and eggs for every meal and be one happy woman! I had a love of oats and eggs before I even started training. My diet is not vastly different in the off-season. It contains a few additional good fats and additional calories but other than that it is not that much different to what I eat while I prep for a show. That being said, I have only had one off-season in my very short fitness career and since it was over the holiday period, I didn't diet very strictly!

**"IF YOU ARE LUCKY ENOUGH TO HAVE A COACH, JUST STICK TO THE PLAN. EVEN WHEN YOU THINK YOU KNOW BETTER, YOU PROBABLY DON'T."**



**"IN MY LIMITED EXPERIENCE, JUST SMILING, BEING YOURSELF AND ENJOYING IT WILL HELP CAPTURE THE JUDGES' ATTENTION. THE WORST THING YOU CAN DO ON STAGE IS OVER-THINK WHAT YOU ARE ACTUALLY DOING ON STAGE!"**

**Preparing for a contest involves plenty of pressure. Tell us what it is really like?**

There is a lot of pressure, especially for athletes who have a demanding life outside of the fitness sphere. Like anything, there is an up and down side to it but I guess how you respond is what matters in the end. I was fortunate enough to maintain tunnel vision when I was competing last year but this year my shows have been in the busiest of times and that caused a lot of extra pressure. I think it basically boils down to time management and a solid support system.

**What is the mood like when you are backstage at a contest?**

I have had very unique experiences at each show. There is a lot of focus backstage and also a lot of encouragement which I enjoy. Just before stepping on stage it becomes quiet as people deal with their nerves. I try to keep the backstage experience very light-hearted and lively. A few laughs will always get me in the right mood to go out there.

**When can we see you on stage again?**

I competed at the WBFF show on 11 June.

**Do you have aspirations of competing in another category apart from Bikini Model?**

I'm so proud of how far I have come in terms of my physique and although I will continue to improve on it, I am happy with where I am. I don't plan on competing in another category but who knows what the future will bring?

**What goes through your mind when you are on the stage in front of a huge crowd?**

I don't think I'm more comfortable and more alive in any other environment than on stage. There is not much going through my mind at all. All the preparation, thought-processes and fine details are behind me and when I'm on stage I have

no worries or concerns. I just let go of everything and relish the opportunity to do what I love most.

**What is the secret to capturing the judges' attention?**

In my limited experience, just smiling, being yourself and enjoying it. The worst thing you can do on stage is over-think what you are actually doing on stage!

**How do you reward yourself after a contest?**

I eat copious amounts of sushi or pizza.

**What do you think is the biggest misconception people have about Bikini Model competitors?**

I find people outside of the fitness sphere have the misconception that bikini model competitors are not real athletes and that it doesn't take the same focus, discipline and hard work to be a physique competitor as it does to compete in other categories or other sports.

**What about a man makes you weak at the knees?**

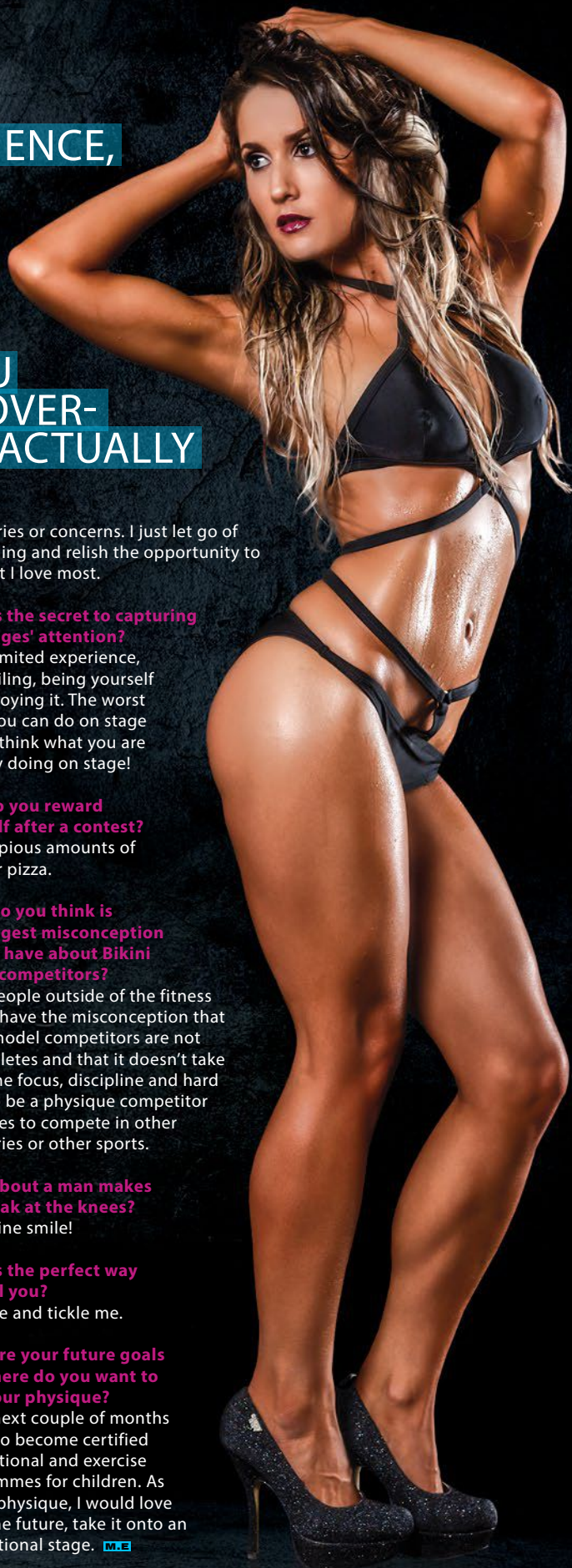
A genuine smile!

**What is the perfect way to spoil you?**

Feed me and tickle me.

**What are your future goals and where do you want to take your physique?**

In the next couple of months I want to become certified in nutritional and exercise programmes for children. As for my physique, I would love to, in the future, take it onto an international stage. **M.E**







*Ryan Terry*

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**C**CLASS, IT SEEMS, IS STILL PREFERRED OVER MASS. THE 46-YEAR-OLD DEXTER 'THE BLADE' JACKSON PROVED THAT HE IS FAR FROM BEING WRITTEN OFF AS A HAS-BEEN IN BODYBUILDING WHEN HE OUTCLASSED ROELLY WINKLAAR FROM THE NETHERLANDS AND FRENCHMAN LIONEL BEYEKE TO WIN THE PRO DIVISION LINE-UP AT THE INAUGURAL ARNOLD CLASSIC AFRICA IN DOMINANT FASHION. Dexter's aesthetic physique seems to improve the older he gets. He was in incredible condition despite Winklaar displaying freakish mass and a hungry Beyeke brimming with confidence and eager to take his foes down. Apart from The Blade, I was most impressed by Beyeke's size and separation, qualities that make him a force to be reckoned with.



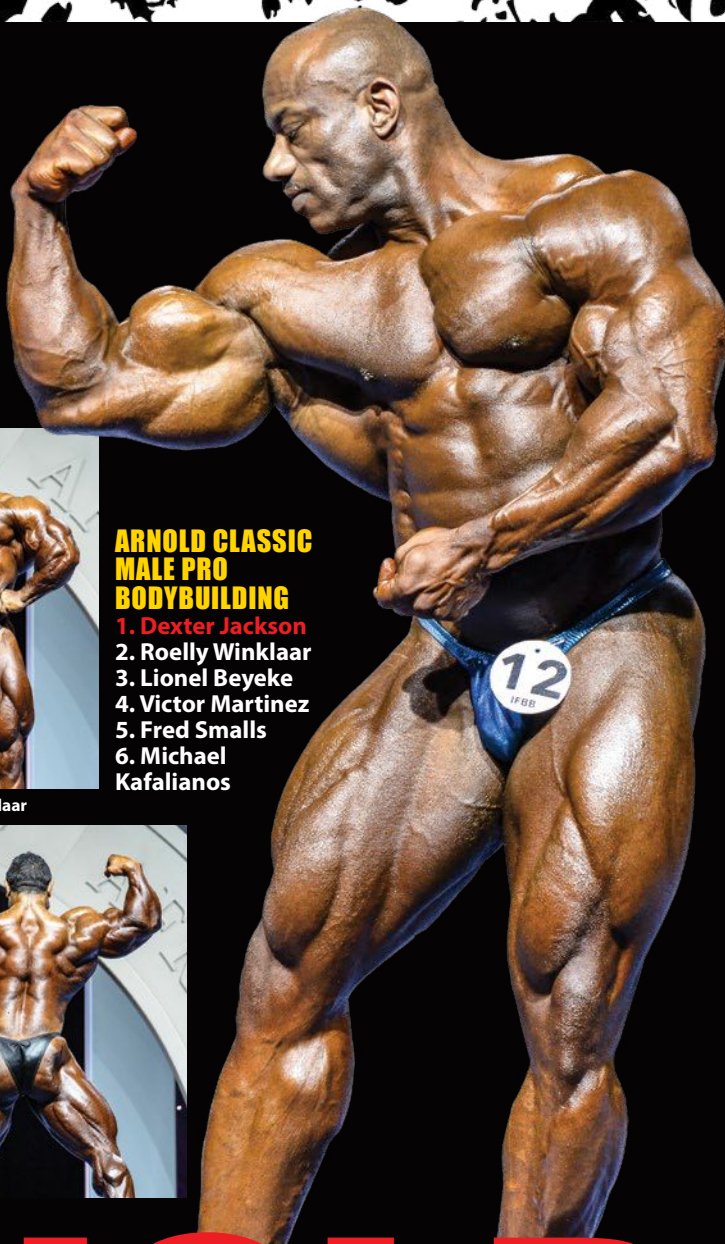
Lionel Beyeke

Dexter Jackson

Roelly Winklaar



**ARNOLD CLASSIC  
MALE PRO  
BODYBUILDING**  
1. Dexter Jackson  
2. Roelly Winklaar  
3. Lionel Beyeke  
4. Victor Martinez  
5. Fred Smalls  
6. Michael Kafalianos



**IFBB**

# ARNOLD CLASSIC AFRICA

**WHEN:** 27, 28 May 2016 **WHERE:** Sandton Convention Centre, Gauteng



## 'THE BLADE' FULLER AND LARGER

Dexter must have realised early in his career that it is not the best strategy to play the size game with competitors much taller than he is. Instead, The Blade focused on coming in as sharp as a knife and, in the process, appeared much fuller than bodybuilders of bigger proportion. As a shorter athlete you have to use your individual strengths to take on the mass monsters. Through the years Dexter has brought up his weaknesses but, more importantly, he has enhanced his strengths. His symmetry, thickness and detail allow him to compete head on, pose for pose, against his rivals.

As usual Dexter was not the biggest man on stage, but true to form his unmatched conditioning annihilated his competition. He came in full and ripped with a midsection that was tighter than his contemporaries. The addition of his electrifying routine to this formula ensured we had our winner.

The Blade's awe-inspiring posing is one of his strong points that helped him overwhelm his opposition, as he admitted to Arnold Schwarzenegger after claiming the trophy. He starts practicing his posing diligently three weeks out from a show, gradually increasing the time

## ARNOLD CLASSIC WOMEN PRO FITNESS



Bethany Wagner (1st place)



Regiane da Silva (2nd place)



Marta Aguiar (3rd place)

from 30 minutes to 1 hour and 30 minutes a day. The Blade's posing elicited one of the most enthusiastic responses from the crowd on the evening.

## TRADING POSES WITH THE BEST

Always unlucky since controversially losing the Mr. Olympia back in 2007, Victor Martinez looked enormous but lacked the finesse needed to win. Despite his name to the contrary, Fred Smalls wasn't so small and

brought down the house with energetic posing, while Jon de la Rosa failed to make a lasting impression on the judges. Greek bodybuilder Michael Kefalianos was not in the peak condition needed to run with the big dogs, while Brandon Curry appeared flat. Lukas Wyler's robotic posing lacked the key element of creativity that is needed at this level.

Home-grown champions Marius Dohne, Andrew Hudson and Cobus van der Merwe were knocked out of the top six, but

knowing South Africans' fortitude I'm sure they'll be back. Despite the outcome for our local Pros, it was exciting to watch them trade poses with the best in the business on home soil.

In the Women's Pro Fitness division, Bethany Wagner bagged the top spot, with Regiane da Silva earning silver and Marta Aguiar bronze. Miriam Capes came 4th with Kristine Duba and Tanji Johnson slotting into 5th and 6th places respectively.

## IT WAS EXCITING TO WATCH SOUTH AFRICANS TRADE POSES WITH THE BEST OF THE BEST.



Andrew Hudson (10th place)



Marius Dohne (11th place)



Cobus van der Merwe (12th place)



Carolina Erasmus (10th place)

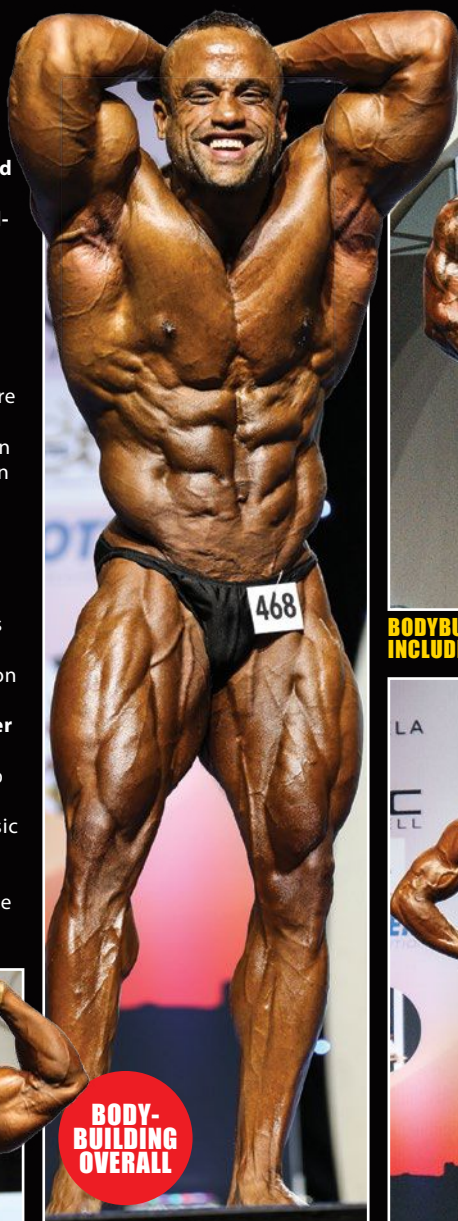


**THICK AND WIDE  
LIKE A STEALTH  
BOMBER**

The star of the Amateur show was Earl Abrahams, who carried tons of muscle while still retaining hardness and that all-important muscle separation. The man they call 'The Beast' was thick and wide, like a stealth bomber. His shoulder-to-waist ratio was among the best I had ever seen on stage. Other amateurs who impressed me were a ripped **Julian Ramdhari** and **Lendo Greyling**. The latter was in top shape despite finishing 3rd in a very tough line-up.

**Lani Butler** outclassed her peers in the Women's Physique over 1.63m category, while **Odette de Winnaar** was unstoppable in the Body Fitness up to 1.63m division. Other athletes who made an impression were **Marcelle Collison** (Body Fitness over 1.68m), **Roxy Barker** (Bikini Fitness up to 1.60m) and **Kirsten Allnut** (Bikini Fitness up to 1.72m).

All in all, the first Arnold Classic in Africa was an extraordinary experience for the athletes and the fans and I cannot wait for the next one!



**BODYBUILDING UP TO & INCLUDING 100KG** Earl Abrahams



**BODYBUILDING UP TO & INCLUDING 80KG** Fabian Campher



**BODYBUILDING UP TO & INCLUDING 95KG** Mohammad Shaban



**BODYBUILDING UP TO & INCLUDING 65KG** Naser Ali Alsairafi



**BODYBUILDING OVER 100KG** Salaiman Abdullah Al Tarkait



**BODYBUILDING UP TO & INCLUDING 85KG** Michael Adonis



**BODYBUILDING UP TO & INCLUDING 90KG** Dylan Ridley



**BODYBUILDING UP TO & INCLUDING 75KG** Mohamed Mostafa Mohamed



**BODYBUILDING UP TO & INCLUDING 70KG** Julian Ramdhari





**BIKINI FITNESS UP TO 1.60M**  
Roxy Barker



**BIKINI FITNESS UP TO 1.66M**  
Tshiamiso Skosana



**BIKINI FITNESS UP TO 1.72M**  
Kirsten Allnut

**BODY  
FITNESS  
OVERALL**



**BODY FITNESS UP TO 1.63M**  
Odette de Winnaar

**BIKINI  
FITNESS  
OVERALL**



**BIKINI FITNESS UP TO 1.69M**  
Frida Paulsen Stern



**BIKINI FITNESS UP TO 1.63M  
& MASTERS BIKINI 0/35** Elsa Pema



**BODY FITNESS UP TO 1.58M**  
Patricia Martinez Marquina



**BIKINI FITNESS 0/1.72M &  
JUNIOR BIKINI FITNESS** Chanel Erwee



**BODY FITNESS UP TO 1.68M**  
Sonia van Heerden



**BODY FITNESS 0/1.68M**  
Marcelle Collison

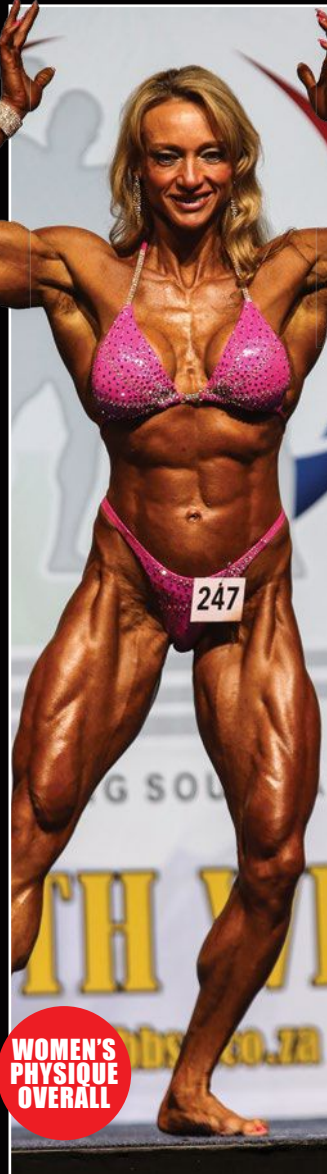




**JUNIOR BODYBUILDING**  
Elbey Chamseddine



**JUNIOR CLASSIC BODYBUILDING**  
Devin Stewart



**WOMEN'S FITNESS**  
Claire McGrath



**CLASSIC BODYBUILDING UP TO 1.80M**  
Joe Manjoo



**CLASSIC BODYBUILDING UP TO 1.75M**  
Juan Smith



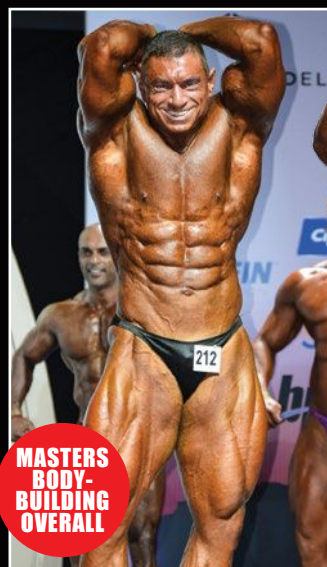
**WOMEN'S PHYSIQUE UP TO 1.63M**  
Margita Zamolova



**WOMEN'S PHYSIQUE 0/1.63M**  
Lani Butler



**CLASSIC BODYBUILDING 0/1.80M**  
Ahmad Issam Al Hamawi



**MASTERS BODYBUILDING 0/40**  
Ahmad Al-Jaafeen



**MASTERS BODYBUILDING 0/50**  
Mohamed Aboelez

**CLASSIC BODY-BUILDING OVERALL**

**WOMEN'S PHYSIQUE OVERALL**

**MASTERS BODY-BUILDING OVERALL**





**MEN'S  
PHYSIQUE  
OVERALL**

**MEN'S PHYSIQUE UP TO 1.70M  
& JUNIOR MEN'S PHYSIQUE**  
Qusai Abdel Al



**MEN'S PHYSIQUE UP TO 1.74M**  
Law Shala



**MASTERS MEN'S PHYSIQUE**  
Luis Cunha



**MEN'S PHYSIQUE 0/1.78M**  
Sanad Al-Sanad



**MEN'S PHYSIQUE UP TO 1.78M**  
Saud Alshatti



**MEN'S FITNESS**  
Peter Lekoma

## ARNOLD CLASSIC AMATEUR RESULTS

### JUNIOR BIKINI FITNESS

- 1 Chanel Erwee
- 2 Amore Coetsee
- 3 Thelma Paulo

### JUNIOR BODYBUILDING

- 1 Elbey Chamseddine
- 2 Larnelle Fredericks
- 3 Lendo Greyling

### JUNIOR CLASSIC BODYBUILDING

- 1 Devin Stewart
- 2 Brian Marais
- 3 Swelihle Zondi

### JUNIOR MEN'S PHYSIQUE

- 1 Qusai Abdel Al
- 2 Clive Brent
- 3 John Murray

### MASTERS BIKINI 0/35

- 1 Elsa Pema
- 2 Angela Howden
- 3 Karien van der Wal

### MASTERS MEN'S PHYSIQUE

- 1 Luis Cunha
- 2 Michael Atkinson
- 3 Olaf Birkner

### MEN'S PHYSIQUE UP TO 1.70M

- 1 Qusai Abdel Al
- 2 Mohammed Albanna
- 3 Mohammed Alhabbabi

### MEN'S PHYSIQUE UP TO 1.74M

- 1 Law Shala
- 2 Hassan Sayed Golal
- 3 Mansoor Shebib Khansaheb

### MEN'S PHYSIQUE UP TO 1.78M

- 1 Saud Alshatti
- 2 Abdullah Alsaraf
- 3 Tiaan Barnard

### MEN'S PHYSIQUE 0/1.78M

- 1 Sanad Al-Sanad
- 2 Faisal Al-Bahar
- 3 Wiehann van Wyk

### CLASSIC BODYBUILDING UP TO 1.75M

- 1 Juan Smith
- 2 Aadil Ahmed
- 3 Mustafir Ali

### CLASSIC BODYBUILDING UP TO 1.80M

- 1 Joe Manjoo
- 2 Andre Fourie
- 3 Nasser Khamis-Jaif

### CLASSIC BODYBUILDING 0/1.80M

- 1 Ahmad Issam Al Hamawi
- 2 Corne Jooste
- 3 Edward Jackson

### MASTERS BODYBUILDING 0/40

- 1 Ahmad Al-Jaafeen
- 2 Carlos Nunes
- 3 Gerhard Nel

### MASTERS BODYBUILDING 0/50

- 1 Mohamed Aboelez
- 2 Jabulani Buthelezi
- 3 Marius Wessels

### WOMEN'S FITNESS

- 1 Claire McGrath
- 2 Camille du Plessis
- 3 Gladys Tladi

### MEN'S FITNESS

- 1 Peter Lekoma

### WOMEN'S PHYSIQUE UP TO 1.63M

- 1 Margita Zamolova
- 2 Nadine Myron
- 3 Sharon Stanley

### WOMEN'S PHYSIQUE 0/1.63M

- 1 Lani Butler
- 2 Louise Scholtz
- 3 Tersia Benson

### BODY FITNESS UP TO 1.58M

- 1 Patricia Martinez Marquina
- 2 Alethea Borman
- 3 Karen de Beer

### BODY FITNESS UP TO 1.63M

- 1 Odette de Winnar
- 2 Michelle Alberts
- 3 Michelle Guest

### BODY FITNESS UP TO 1.68M

- 1 Sonia van Heerden
- 2 Annelize Dohne
- 3 Nicola Murphy

### BODY FITNESS 0/1.68M

- 1 Marcelle Collison
- 2 Bernadette Meyer
- 3 Verushka van Jaarsveld

### BIKINI FITNESS UP TO 1.60M

- 1 Roxy Barker
- 2 Lizelle Horn
- 3 Naadiya Rawat

### BIKINI FITNESS UP TO 1.63M

- 1 Elsa Pema
- 2 Kim Gutierrez
- 3 Tiana Pereira

### BIKINI FITNESS UP TO 1.66M

- 1 Tshiamiso Skosana
- 2 Barbara Joubert
- 3 Herisha Ramdhin

### BIKINI FITNESS UP TO 1.69M

- 1 Frida Paulsen Stern
- 2 Marina Krouse
- 3 Caroline Deveaux

### BIKINI FITNESS UP TO 1.72M

- 1 Kirsten Allnut
- 2 Corrie Bosch
- 3 Wourine Brink

### BIKINI FITNESS 0/1.72M

- 1 Chanel Erwee
- 2 Courtney Chapman
- 3 Angela Howden

### BODYBUILDING UP TO & INCLUDING 65KG

- 1 Naser Ali Alsairafi
- 2 Dumisani Dlodlo
- 3 Newsane Kolla

### BODYBUILDING UP TO & INCLUDING 70KG

- 1 Julian Ramdhari
- 2 Mohamed Fathy Abdelgawad
- 3 Abdelwahab Ahmed Akber

### BODYBUILDING UP TO & INCLUDING 75KG

- 1 Mohamed Mostafa Mohamed
- 2 Lwazi Buso
- 3 Yassir Mohamad Al Haj

### BODYBUILDING UP TO & INCLUDING 80KG

- 1 Fabian Campher
- 2 William Osei Kanham
- 3 Afolabi Michael Tunde

### BODYBUILDING UP TO & INCLUDING 85KG

- 1 Michael Adonis
- 2 Bongani Myaka
- 3 Cyrille Kofi Adja

### BODYBUILDING UP TO & INCLUDING 90KG

- 1 Dylan Ridley
- 2 Mansour A Alnaser
- 3 Samir Troudi

### BODYBUILDING UP TO AND INCLUDING 95KG

- 1 Mohammad Shaban
- 2 Darren Smit
- 3 Ziad Mekdachi

### BODYBUILDING UP TO & INCLUDING 100KG

- 1 Earl Abrahams
- 2 Patrick Muller
- 3 Mohammed Abdallatif Hassan

### BODYBUILDING OVER 100KG

- 1 Salaiman Abdullah Al Tarkait
- 2 Werlou van Tonder
- 3 Femi Adesoye

## OVERALL WINNERS

**MEN'S PHYSIQUE**  
Qusai Abdel Al

**CLASSIC BODYBUILDING**  
Joe Manjoo

**MASTERS BODYBUILDING**  
Ahmad Al-Jaafeen

**WOMEN'S PHYSIQUE**  
Margita Zamolova

**BODY FITNESS**  
Odette de Winnar

**BIKINI FITNESS**  
Frida Paulsen Stern

**BODYBUILDING**  
Earl Abrahams

\* All results and spelling as supplied by the event organisers. Muscle Evolution accepts no responsibility for any errors or omissions. **M.E**





SENIOR MEN U/80KG  
Xolile Damba

# BATTLE OF THE TITANS IV

**WHEN:** 11 June 2016 **WHERE:** Durbanville, Cape Town



SENIOR MEN O/100KG  
Vernon van Rhyn



SENIOR MEN U/100KG  
Louis Bessinger

**T**here is no stopping the force that is Xolile Damba – he remains unbeaten after claiming his fourth consecutive overall title, on Saturday, 11 June at the Battle of the Titans IV, held in Durbanville in the Western Cape. He received a handsome sum of R35,000 to great cheers from the crowd in a packed Durbanville High School auditorium. The venue, which seats well over 800 people, was completely sold out hours before the show started.

A lot of hard work was put into the show, which exceeded all expectations, with fantastic support from sponsors, who made it financially possible to create the ultimate platform for all the amateur athletes.

"The quality of Titans this year was exceptional with some divisions having more than fifteen athletes participating," said show owner and promoter, Kevin Schwartz. "Xolile had a huge task as we had some well-known athletes in the Overalls such as Louis Bessinger, Vernon van Rhyn and our Masters winner Paul Prins."

The Juniors Under 23 division was also packed with quality. The sport's future stars battled it out, with Joshua Botha declared the eventual winner.

The Men's Cover Model was a hotly contested division, but in the end Armand Nel and Juan van Rooyen won the Men's Cover Model Under 1.74m and Over 1.74m divisions respectively. Van Rooyen also





**JUNIORS U/23**  
Joshua Botha



**SENIOR MEN U/90KG & MASTERS**  
Paul Prins



**LADIES BEACH BIKINI O/35**  
Theresa Schoeman



**LADIES FITNESS BIKINI O/1.63M & LADIES FITNESS** Natascha Oosthuizen



**NOVICE U/75KG**  
Achmat Richards



**CLASSIC BODYBUILDING**  
Heinrich Visser



**LADIES BEACH BIKINI O/1.63M**  
Courtney Renniers



**LADIES FITNESS BIKINI U/1.63M**  
Vanessa Ferreira (M), Lydia Strydom (L)  
Janine Botes (R)



**NOVICE O/75KG**  
Jason Katz



**SENIOR MEN U/70KG**  
David Kaaya



**LADIES BEACH BIKINI U/1.63M**  
Rachelle Havenga



**LADIES FITNESS BIKINI O/35**  
Lynn Hotz




**LADIES BODY FITNESS**  
Crizelda Stemmet

**MEN'S MUSCLE MODEL O/1.78M**  
Rowhan Rhode

**MEN'S MUSCLE MODEL O/35**  
Paul Terblanche

**MEN'S MUSCLE MODEL UP TO 1.78M**  
Teasdale Murombo

**MEN'S MUSCLE MODEL O/1.74M**  
Heinrich Swanepoel

**MEN'S MUSCLE MODEL UP TO 1.70M**  
Clint Arendse

**OVERALL  
MUSCLE  
MODEL**

scooped the Overall Cover Model title. **Clint Arendse**, winner in the Men's Muscle Model up to 1.70m category, blew away all opposition with his classy physique. Arendse battled it out with the other category winners in the Muscle Model divisions to take the overall title.

**Rachelle Havenga** keeps on improving and is no stranger to winning. She won her Beach Bikini Under 1.63m division and the Overall Beach Bikini title.

**Natascha Oosthuizen** brought her A-game to the Ladies Fitness Bikini division at the show. Not only did she win the Over 1.63m line-up, but she also bagged the Overall Ladies Fitness Bikini and the Ladies Fitness Bikini titles.

**Bianca Koekemoer**, who placed second in the Ladies Fitness Bikini Over 1.63m division, won the Miss Personality trophy award.

**David Kaaya** walked away with gold in the Men's Under 70kg division, but not without some competition from **Sebastian Tshangana** and **Zuko Mhlekw**.

One of Cape Town's favourite bodybuilders, **Paul Prins** made a welcome return to the competitive stage. Prins was impressive to say the least as he was a clear winner in the Masters division. He later also added the under 90kg title to his name. **Louis Bessinger** made his Titans debut in grand fashion, winning the under 100kg division.

Thanks to the organisers, athletes, sponsors and fans for a wonderful show!

## [RESULTS]

### NOVICE U/75KG

- 1 Achmat Richards
- 2 Wikus de Lange
- 3 Precious Wagbafor

### NOVICE O/75KG

- 1 Jason Katz
- 2 Marcel Erasmus
- 3 Luke Kellerman

### JUNIORS U/23

- 1 Joshua Botha
- 2 Keenan Ziegler
- 3 James Heslop

### MEN'S COVER MODEL U/1.74M

- 1 Armand Nel
- 2 Ruben Coetzee
- 3 Wade Paulse

### MEN'S COVER MODEL O/1.74M

- 1 Juan van Rooyen
- 2 Alan Jacobs
- 3 Diaan Neethling

### MEN'S MUSCLE MODEL UP TO 1.70M

- 1 Clint Arendse
- 2 Marius Loots
- 3 Thabie Mpalami

### MEN'S MUSCLE MODEL U/1.74M

- 1 Heinrich Swanepoel
- 2 Rikus Koen
- 3 Ruan Engelbrecht

### MEN'S MUSCLE MODEL UP TO 1.78M

- 1 Teasdale Murombo
- 2 Rudi Strydom
- 3 Jason Katz

### MEN'S MUSCLE MODEL O/1.78M

- 1 Rowhan Rhode
- 2 Lyle Alole
- 3 Ben Ferreira

### MEN'S MUSCLE BIKINI O/35

- 1 Paul Terblanche
- 2 Rudi Strydom
- 3 Marc Thom

### BEST MEN'S ROUTINE

- 1 Johan du Toit
- 2 Eddie Baxter

### COUPLES

- 1 Diaan Neethling and Jeanre du Preez
- 2 Johan and Deseray du Toit

### LADIES BEACH BIKINI U/1.63M

- 1 Rachelle Havenga
- 2 Nicole Fincham
- 3 Anthea Fourie

### LADIES BEACH BIKINI O/1.63M

- 1 Courtney Renniers
- 2 Keleigh Melville
- 3 Krystin Morgenrood

### LADIES BEACH BIKINI O/35

- 1 Theresa Schoeman
- 2 Adele Lodewick

### LADIES FITNESS BIKINI U/1.63M

- 1 Vanessa Ferreira
- 2 Lydia Strydom
- 3 Janine Botes

### LADIES FITNESS BIKINI O/1.63M

- 1 Natascha Oosthuizen
- 2 Bianca Koekemoer
- 3 Corne van der Bank

### LADIES FITNESS BIKINI O/35

- 1 Lynn Hotz
- 2 Lee-Ann Jonker
- 3 Deseray du Toit

### LADIES FITNESS BIKINI O/35

- 1 Natascha Oosthuizen
- 2 Corne van der Bank

### LADIES BODY FITNESS

- 1 Crizelda Stemmet
- 2 Natasha Gowar
- 3 Estne Auret

### FITTEST FAMILY

- 1 Johan and Deseray du Toit and Larochelle Mc Kirby

### CLASSIC BODYBUILDING BIKINI O/35

- 1 Heinrich Visser
- 2 Georgie Norval
- 3 Wikus de Lange

### SENIOR MEN U/70KG

- 1 David Kaaya
- 2 Zuko Mhlekw
- 3 Sebastian Tshangana

### SENIOR MEN U/80KG

- 1 Xolile Damba
- 2 Trevor Alexander
- 3 Keenan Ziegler

### SENIOR MEN U/90KG

- 1 Paul Prins
- 2 Steven Domeris
- 3 Niel van der Walt

### SENIOR MEN U/100KG

- 1 Louis Bessinger
- 2 Teboho Joseph
- 3 Marcel Erasmus

### SENIOR MEN O/100KG

- 1 Vernon van Rhyn

### OVERALLS:

- COVER MODEL**  
Juan van Rooyen  
**MUSCLE MODEL**  
Clint Arendse  
**LADIES BEACH BIKINI**  
Rachelle Havenga  
**FITNESS BIKINI**  
Natascha Oosthuizen  
**OVERALL TITAN**  
Xolile Damba

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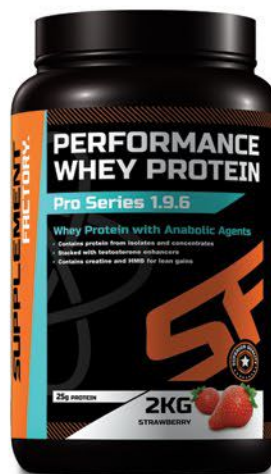


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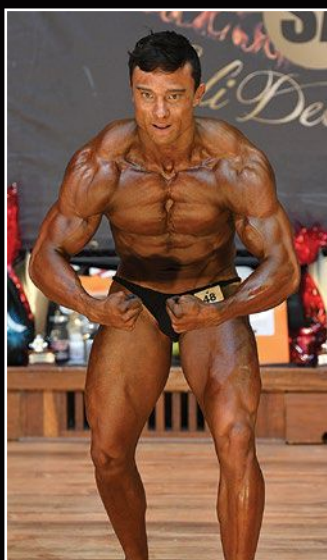
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# NABBA/WFF PRETORIA CLASSIC

**WHEN:** 14 May, 2016 **WHERE:** Theo van Wyk Auditorium, Pretoria



**MEN'S JUNIORS U/23**  
Donovan Wiggill



**MEN'S PERFORMANCE BODY**  
Gilbert Mashigo



**MEN'S SUPER BODY**  
Alain Olivier



**MEN'S  
OVERALL**

**MEN'S EXTREME BODY**  
Michael Appelcryn

**D**espite a gloomy and rainy Saturday, the 2016 NABBA/WFF Pretoria Classic fell into the category of one of the most entertaining shows of the year.

The only flaw that I could see was among the novices, many of whom failed at their best-intentioned attempts to flex for the fans and their supporters at the Theo van Wyk Auditorium where the show was held. Some of their posing routines was so short they deprived the audience of a real good look at their physiques, honed by countless hours of hard training and dieting. Apart from that, the show was smoothly and professionally put together by

Alet Lemmer and her team who really pulled out all stops to make this a memorable event with tons of prizes up for grabs for athletes and supporters.

A total of 125 athletes participated with 11 getting the nod from the judges to compete in the WFF Universe competition in the USA. They were **Logan Coleman, Mikaela de Waal, Wesley Robertson, Tshibiso Mokhotso, Jason Dunnings, Hende-Mari Strydom, Belinda de Jong, Alain Olivier, Michael Appelcryn, Mariet van der Merwe and Anna Wood.**

One of the stars of the show was surely Muscle Evolution's current babe, **Stacey Shutte**, who looked excellent and took

first over **Shona van der Merwe** (2nd) and **Bianca Botes** (3rd) in the hotly contested Bikini Model under 1.63m category. Others who impressed me were **Logan Coleman**, who won the Bikini Model over 1.63m class, and **Anna Wood** who made the Female Sports Model over 1.63m crown her own. It was interesting to see how **Donovan Wiggill** (1st) and **Ernest Mahlengu** (2nd)

battled it out for the honours in the Men's Junior under 23 line-up. The quality of the contenders in the Men's Masters Over 40 was also outstanding, with **Luis Fernandes** displaying show-stopping size to take the top spot. The Men's Extreme Body champion **Michael Appelcryn**, who continues to improve year after year, really got ripped for this show. One quick note to all the competitors

**"YOU NEED TO ENJOY WHAT YOU ARE DOING, AND EXPRESS THAT JOY THROUGH YOUR EXPRESSIONS ON STAGE. IN THIS INSTANCE, THE OLD SAYING HOLDS TRUE: SMILE AND THE WHOLE WORLD SMILES WITH YOU. MORE SO WHEN YOU ARE ON A STAGE..."**





**MEN'S NOVICE**  
Kim Gittings



**FEMALE SPORTS MODEL U/1.63M**  
Michelle Maynier



**BIKINI MODEL U/1.63M**  
Stacey Shutte



**FEMALE SPORTS MODEL O/1.63M**  
Anna Wood



**MEN'S ATHLETIC BODY**  
Brend van Niekerk



**MALE FITNESS BODY CLASSIC**  
Jason Dunnings



**MEN'S MASTERS O/50**  
Gerhard Rathbone



**MEN'S MASTERS O/40**  
Luis Fernandes



**BIKINI MODEL O/1.63M**  
Logan Coleman

**FEMALE  
SPORTS  
MODEL  
OVERALL**

**BIKINI  
OVERALL**





**LADIES PERFORMANCE FIGURE**  
Chantelle Labuschagne



**LADIES FIGURE OVERALL**

**LADIES ATHLETIC FIGURE**  
Hende-Mari Strydom



**LADIES EXTREME BODY**  
Tessa Els



**LADIES SUPER BODY**  
Mariet van der Merwe

out there: Smile when you pose! It is hard to watch someone pose when all you see is hell and agony. You need to enjoy what you are doing, and express that joy through your expressions on stage. In this instance, the

old saying holds true: Smile and the whole world smiles with you. More so when you are on a stage... All in all, the Pretoria Classic was a great show. Congratulations to Alet and her team, and all the competitors.

## [RESULTS]

### MEN'S NOVICE

- 1 Kim Gittings
- 2 Brend van Niekerk
- 3 Wesley Robertson

### BIKINI MODEL U/1.63M

- 1 Stacey Shutte
- 2 Shona van der Merwe
- 3 Bianca Botes

### BIKINI MODEL O/1.63M

- 1 Logan Coleman
- 2 Mikaela de Waal
- 3 Monique de Bruin

### MALE SPORTS MODEL U/1.72M

- 1 Jaco van Wyk
- 2 Quintin Steyn
- 3 Tebogo Satheke

### MALE SPORTS MODEL O/1.72M

- 1 Wesley Robertson
- 2 Tshibiso Mokhothotso
- 3 Calvin Pike

### MEN'S JUNIORS U/23

- 1 Donovan Wiggill
- 2 Ernest Mahlengu
- 3 Robert Wilcox

### MEN'S MASTERS O/40

- 1 Luis Fernandes
- 2 Gawie Nel
- 3 David Dunwoodie

### MEN'S MASTERS O/50

- 1 Gerhard Rathbone

### MALE FITNESS BODY CLASSIC

- 1 Jason Dunnings
- 2 Frans Hloi
- 3 Robert Sibaya

### LADIES PERFORMANCE FIGURE

- 1 Chantelle Labuschagne
- 2 Mpho Mpobole

### MEN'S PERFORMANCE BODY

- 1 Gilbert Mashigo
- 2 Raphael Sibanyoni
- 3 Kerabo Matlapeng

### LADIES ATHLETIC FIGURE

- 1 Hende-Mari Strydom
- 2 Belinda de Jong

### MEN'S ATHLETIC BODY

- 1 Brend van Niekerk
- 2 Nkopane Mohlomi
- 3 Trevor Johnston

### LADIES SUPER BODY

- 1 Mariet van der Merwe
- 2 Dalene Sonnekus
- 3 Phillishia Brooks

### MEN'S SUPER BODY

- 1 Alain Olivier
- 2 Frikkie van Niekerk
- 3 Arnold Langhout

### LADIES EXTREME BODY

- 1 Tessa Els
- 2 Charmaine Gouws
- 3 Chrisel Beukes

### MEN'S EXTREME BODY

- 1 Michael Appelcryn
- 2 Deon Tolken
- 3 Jaco Engelbrecht

### FEMALE SPORTS MODEL U/1.63M

- 1 Michelle Maynier
- 2 Lauren Monk
- 3 Veronique Mitchell

### FEMALE SPORTS MODEL O/1.63M

- 1 Anna Wood
- 2 Tamsyn Janse van Rensburg
- 3 Riana Cahill

### BEST POSER

- 1 Hende-Mari Strydom
- 2 Gilbert Mashigo
- 3 Bongimkosi Zulu

### MALE SPORTS MODEL OVERALL

- Wesley Robertson

### FEMALE SPORTS MODEL OVERALL

- Anna Wood

### LADIES FIGURE OVERALL

- Hende-Mari Strydom

### BIKINI OVERALL

- Logan Coleman

### MEN'S OVERALL

- Michael Appelcryn

\* All results and spelling as supplied by the event organisers. Muscle Evolution accepts no responsibility for any errors or omissions **ME**

**MALE SPORTS MODEL O/1.72M**  
Wesley Robertson

**MALE SPORTS MODEL U/1.72M**  
Jaco van Wyk

**MALE SPORTS MODEL OVERALL**





WRITTEN BY:  
TOM COLEMAN

# PRODUCT REVIEW



## HYPERDRIVE PRE 2 PUSH YOUR WORKOUTS INTO OVERDRIVE

I'm always on the lookout for a product that is going to help boost my energy and focus, improve blood flow and nutrient distribution, and deliver bigger muscle pumps and increased strength. With USN's Hyperdrive Pre 2 I have found just that, and it doesn't break the bank either. This updated formulation includes Niacin, L-Citrulline and

creatine to help with cell volumisation, increased strength, blood flow and muscle pumps. It also includes Beta Alanine, Caffeine and Advantra Z® to boost energy levels for the ultimate workout. If you are looking for a pre-workout that packs a punch without breaking the bank then this is definitely your go-to option. ★★★★★



## ANAVOL INTRA-GRO GROW BEYOND BELIEF!

I am writing about this intra-workout again as it has amazed me that much! In order to keep my body in optimal shape all year round I need to ensure I can train to my full potential at every session. USN's Anavol Intra-Gro allows me to do exactly that. This potent intra-workout allows me to push the intensity of my sessions to a new level while also kickstarting the recovery process so that I can keep repeating the process and improve faster than ever before.

This all-in-one intra-workout offers me the benefits of 22g of carbs per serving to help keep me anabolic and provide better cell volumisation. Fifty percent of these

carbs come from the patented Vitargo®, which provides faster muscle glycogen restoration and an improved insulin response that helps kickstart growth, yet this product contains 0g of sugar. To help promote growth and decrease fatigue, it also contains 3500mg of BCAAs and 3500mg of Beta Alanine. The added Glutamine, L-Carnitine and L-Citrulline malate round off this perfect formulation, all of which help to increase energy levels and enhance cell volumisation to accelerate growth. By adding Anavol Intra-Gro to my workouts I can keep my intensity levels at an all-time high. If you want to do the same, then get your hands on it fast! ★★★★★



## HMB LIQUID MUSCLE HOLD ON TO YOUR HARD EARNED GAINS

I am always on the lookout for a product to help improve my potential for growth and performance. One of the major factors in this pursuit is to prevent catabolism (muscle breakdown) and increase anabolism (muscle growth).

USN has just launched a new product that targets both of these factors directly. USN Liquid Muscle contains the patented BetaTOR®, a liquid form of HMB (beta-hydroxy-beta-methylbutyrate). HMB has been shown to help decrease muscle breakdown while at the same time increasing muscle protein synthesis. Although it is a metabolite of Leucine, it has a higher anti-catabolic effect and thus works extremely well when the two are combined.

The liquid form of HMB found in USN's HMB Liquid Muscle is rapidly absorbed to allow for maximum effectiveness. It also allows for more effective utilisation by muscles to maximise its benefits. By decreasing muscle breakdown and increasing protein synthesis you will be able to increase strength and power while still enhancing recovery.

This is a great product to add to my supplement protocol during the day, with a serving thrown in before my workout for maximum results, and to improve the performance of my intra-workout. In order to protect your hard-earned gains and give yourself the opportunity to add even more, don't miss out on USN's new Liquid Muscle. ★★★★★



BBSA/IFBB

SPONSORED BY  
**BIOGEN**  
FOR THE RESULTS YOU WANTOVERALL  
WINNER

254

KING  
SHAKA  
CLASSICMEN UP TO 70KG  
Julian Lee Ramdhari

WHEN: 7 May 2016 WHERE: Durban

MEN UP TO 100KG  
Nkululeko CeleMEN UP TO 90KG  
Dylan RidleyMEN UP TO 80KG  
Imraan Manjoo

**B**eeff was chief at the last Arnold Classic qualifier, the inaugural BBSA/IFBB King Shaka Classic with some impressive density and detail displayed by athletes at the Orient School Hall in Berea, Durban on Saturday, 7 May.

Zwelisha Ximba was on target in the Juniors under 23, under 75kg division, while Ladies Body Fitness winner **Annelize Dohne** dug deep for this contest, relegating **Karen Mills** to second and **Jessie-Dale Toweel** to third places respectively. An impressive **Stone Cele** took gold in the Masters Bodybuilding Over 40 line-up, followed by **Michael du Buisson** (2nd) and **Gavin Pillay** (3rd).

The Men's Classic Bodybuilding category saw **Joe Manjoo** walk away with the





**MEN O/100KG**  
Ashton Mitchell



**FITNESS BIKINI U/1.63M**  
Roxy Barker



**FITNESS BIKINI U/1.63M**  
Kirsten Una Allnutt



**LADIES BODY FITNESS**  
Annelize Dohne



**JUNIORS U/23 U/75KG**  
Zwelisha Ximba



**BEACH BIKINI U/1.63M**  
Jamie Lee Glazer



**BEACH BIKINI O/1.63M**  
Stephani vd Westhuizen



**JUNIORS U/23 O/75KG**  
Innocent Muzi Mabaso

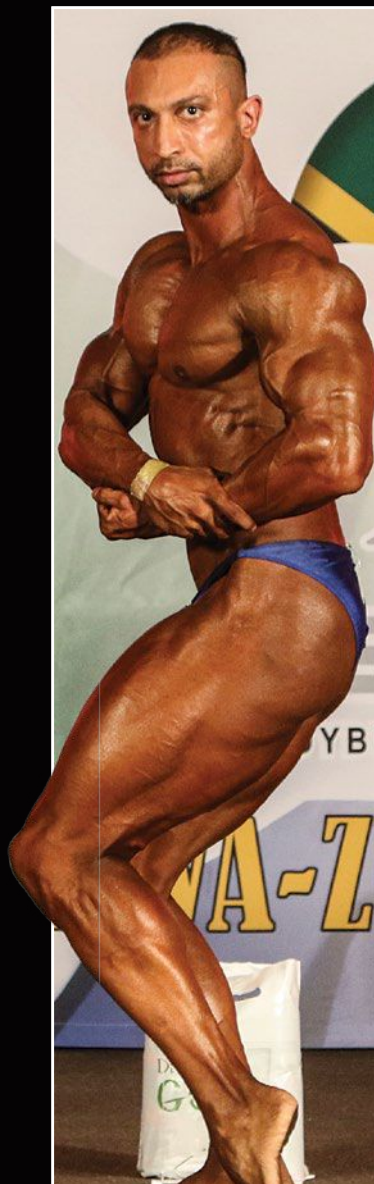


**NOVICE MEN O/75KG**  
Emilio Yiannakakis



**NOVICE MEN UP TO 75KG**  
Thomas Gambu





**MEN'S CLASSIC BODYBUILDING**  
Joe Manjoo



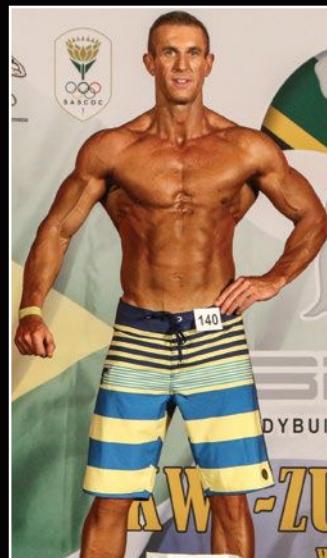
**MASTERS BODYBUILDING O/40**  
Stone Cele



**WOMEN'S PHYSIQUE**  
Lorraine Canham



**ATHLETIC PHYSIQUE U/1.78M**  
Cal Soligram



**ATHLETIC PHYSIQUE O/1.78M**  
Michael Philip Atkinson



**FITNESS BIKINI O/35 YEARS**  
Melani Gordon

## [RESULTS]

### JUNIORS

#### U/23 U/75KG

- 1 Zwelisha Ximba
- 2 Swelihle Zondi
- 3 Sanele Tshabalala

### JUNIORS

#### U/23 O/75KG

- 1 Innocent Muzi Mabaso
- 2 Fariedt Christians
- 3 Brian Nhlabathi

### LADIES BODY FITNESS

- 1 Annelize Dohne
- 2 Karen Mills
- 3 Jessie-Dale Towel

### MASTERS BODYBUILDING O/40

- 1 Stone Cele
- 2 Michael du Buisson
- 3 Gavin Pillay

### FITNESS BIKINI O/35 YEARS

- 1 Melani Gordon
- 2 Jacqueline Lewis
- 3 Teresa Nel

### MEN'S CLASSIC BODYBUILDING

- 1 Joe Manjoo
- 2 Corne Jooste
- 3 Sandesh Moothie Ram

### BEACH BIKINI U/1.63M

- 1 Jamie Lee Glazer
- 2 Cayleen Lockey
- 3 Chantal Hayes

### ATHLETIC PHYSIQUE U/1.78M

- 1 Cal Soligram
- 2 Travis Bloem
- 3 Sergio van Leeve

### BEACH BIKINI O/1.63M

- 1 Stephani vd Westhuizen
- 2 Angelica Larkins
- 3 Tamaryn Stembidge

### ATHLETIC PHYSIQUE O/1.78M

- 1 Michael Philip Atkinson
- 2 Damien Tomaselli
- 3 Sean Naidoo

### FITNESS BIKINI U/1.63M

- 1 Roxy Barker
- 2 Naadiya Rawat
- 3 Lizelle Horn

### NOVICE MEN UP TO 75KG

- 1 Thomas Gambu
- 2 Wayne Bradley

### 3 Bruno Antonio Saraiva

### FITNESS BIKINI O/1.63M

- 1 Kirsten Una Allnutt
- 2 Monique Lopes
- 3 Lisa Williams

### NOVICE MEN O/75KG

- 1 Emilio Yiannakakis
- 2 Aadil Bassa
- 3 Daniel Fleming

### WOMEN'S PHYSIQUE

- 1 Lorraine Canham

### MEN UP TO 70KG

- 1 Julian Lee Ramdhari
- 2 Boysie Ngcobo
- 3 Harash Ramaruk Samsons

### MEN UP TO 80KG

- 1 Imraan Manjoo
- 2 Mandla Msongelwa
- 3 Siphso Zulu

### MEN UP TO 90KG

- 1 Dylan Ridley
- 2 George Arnold Herwill
- 3 Nadeen Osman

### MEN UP TO 100KG

- 1 Nkululeko Cele
- 2 Sandile Buthelezi

### MEN O/100KG

- 1 Ashton Mitchell
- 2 Jared Pieters

### OVERALL

- Julian Lee Ramdhari

honours. A shapely **Roxy Barker** rocked and rolled the crowd with a victory in the Fitness Bikini Under 1.63m class, while **Kirsten Allnut** bagged gold in the Fitness Bikini over 1.63m category.

**Julian Ramdhari** was sliced and diced in the Men Up To 70kg division and it was no surprise when he walked away with the Overall honours. **Dylan Ridley** was in phenomenal shape and made the Men Up To 90kg division his own.

King Shaka himself would have been proud of all the strong competitors on stage and a show of this nature can only gain momentum in the years to come. Thanks to all the organisers who worked so hard to make the evening a success. **M.E**



### MUSCLE MULTI-MINERAL COMPLEX

To Help Optimise Energy Production.

### MUSCLE PERFORMANCE SUPPORT COMPLEX

Contains Beta-Alanine For Increased Strength & Power and Delayed Muscle Fatigue.

### ESSENTIAL FATTY ACID COMPLEX

The Perfect Combination of Healthy Oils - Fish, Flax, Borage and Safflower.

### BONE & JOINT SUPPORT COMPLEX

All-In-One Bone and Joint Repair.

### MULTIVITAMIN COMPLEX

Ultra High Potency Multivitamin.

# THE MVP

## MOST VALUABLE PACK IN YOUR ARSENAL

SSN's Muscle Vitamin Packs are scientifically formulated to help meet the increased micro-nutrient, mineral and EFA demands of bodybuilders and other serious athletes undergoing regular intense training.

So arm yourself with the most hardcore nutrient combo on the planet, and stay ahead of the pack!



SSN products available at:



and other leading health shops, pharmacies & sports supplement stockists nationwide.







**GUEST POSER**  
Shameen Adams



**NOVICE MEN 0/80KG & MASTERS 0/40** John Charles



**JUNIORS U/23**  
Renaldo Waldeck



**MEN UP TO 90KG**  
Leighton Koopman

**SENIOR MEN OVERALL**  
6

## BBSA/IFBB

# SHAMEEN CLASSIC

**WHEN:** 30 April 2016 **WHERE:** Bellville, Cape Town

**A**thletes pulled out all stops at the BBSA/IFBB Shameen Classic, held in Bellville on Saturday, 30 April 2016. As an Arnold Classic Africa qualifier, the show attracted 160 athletes in top-notch condition with approximately 1,000 fans packing the venue to show support for their favourites. A total of 38 athletes qualified to make the trip to the Sandton Convention Centre in Johannesburg for the Arnold at the end of May.

Shameen Adams, host of the show and one of Cape Town's most beloved bodybuilders, added to the excitement when he presented a special guest

posing routine which had the crowd on their feet, screaming for more. "I am very happy with the show," Adams later said. "I think the talent that is coming through is exciting. The fact that we had 160 athletes and a packed hall illustrates the fact that the sport of bodybuilding is in a good space and that there is definitely an air of excitement for our first Arnold Classic (to be hosted in Africa)."

The Novice Men up to 80kg was the first line-up to go on stage and **Walid Karimi** took the honours in a division that proved a tough nut to crack, narrowly beating **Aubrey Langeveldt**.

**John Charles** showed true class and cemented his victory

with powerful posing in the Novice Men up to 80kg division. He later also made the Master's Over 40 category his own.

**Matthew Parker** was definitely the best man on stage with his exceptional frame in the Juniors under 18 division.

**Letitia de Jongh**, who is no stranger to the stage, capitalised on her impressive form of last year to claim the Beach Bikini Over 1.63m title. De Jongh will, without a shadow of a doubt, be a strong contender at the Western Province Championships in August.

**Sharon Stanley** cruised to victory in the Ladies Physique division, while **Nina Botes** walked away with the honours in

the Ladies Fitness Bikini Under 1.63m category. Botes also impressed the judges to bag the Overall Fitness Bikini title.

**Tiaan Barnard** is a future national champion in the making. Not only did he conquer the Men's Physique up to 1.78m division but he also made the Overall Physique title his own after beating **Heinrich Swanepoel**, who was arguably in the best shape of his life.

There was a distinct hush in the crowd when **Leighton Koopman** appeared on stage to take the title in the Men's up to 90kg division. Koopman also walked away with the prestigious Overall title on the night.

**Juan Matthee** has successfully





**NOVICE MEN UP TO 80KG**  
Walid Karimi



**MEN UP TO 70KG**  
Etienne Greeff



**MEN'S PHYSIQUE 0/1.78M**  
Heinrich Swanepoel



**OVERALL  
BEACH  
BIKINI**

**BEACH BIKINI U/1.63M**  
Jessica Torode



**OVERALL  
FITNESS  
BIKINI**

**FITNESS BIKINI U/1.63M**  
Nina Botes



**FITNESS BIKINI 0/35**  
Abby de Lange



**FITNESS BIKINI 0/1.63M**  
Tara de Beer



**MEN UP TO 80KG**  
Fabian Campher



**BEACH BIKINI 0/1.63M**  
Letitia de Jongh





**BODY FITNESS**  
Firdous Asmodien



**LADIES PHYSIQUE**  
Sharon Stanley



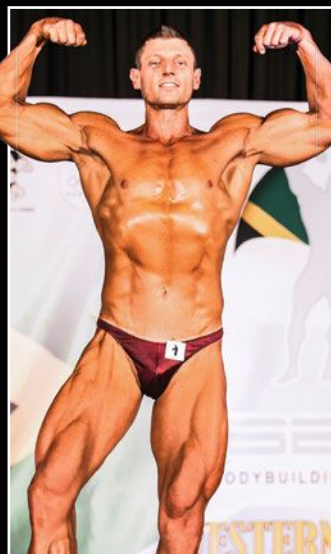
**MEN O/90KG**  
Heinrich Stander



**MEN'S PHYSIQUE UP TO 1.78M**  
Tiaan Barnard



**JUNIORS U/18**  
Matthew Parker



**CLASSIC BODYBUILDING**  
Juan Matthee



**MEN'S FITNESS**  
Benjamin Klein

made the transition from Heavyweight to Classic Bodybuilding, bagging gold with his fantastic routine which is jam-packed with athletic splits and classic poses.

**Fabian Campher** **buy steroids online** won the hotly contested Men's up to 80kg category with an amazing combo of size, symmetry

and conditioning.

With a show of this calibre proving to be the litmus test, there can be no doubt that bodybuilding is definitely alive and kicking in the Mother City! Congratulations to all the athletes and a special word of thanks to all the sponsors for making the show a success.

## RESULTS

### NOVICE MEN UP TO 80KG

- 1 Walid Karimi
- 2 Aubrey Langeveldt
- 3 Liam Lemoore

### NOVICE MEN O/80KG

- 1 John Charles
- 2 Jarrod Firmani
- 3 Marc Thom

### JUNIORS U/18

- 1 Matthew Parker
- 2 Alexander Braxton
- 3 Nicolaas Claassen

### JUNIORS U/23

- 1 Renaldo Waldeck
- 2 Walid Karimi
- 3 Tebatso Toka

### BEACH BIKINI U/1.63M

- 1 Jessica Torode
- 2 Jayde Yates
- 3 Laura Schmid

### BEACH BIKINI O/1.63M

- 1 Letitia de Jongh
- 2 Christelle Snyman
- 3 Kezleigh Melville

### FITNESS BIKINI U/1.63M

- 1 Nina Botes
- 2 Venessa Oberholzer
- 3 Mischka Langeveldt

### FITNESS BIKINI O/1.63M

- 1 Tara de Beer
- 2 Leanne Grace Walker
- 3 Nikita van Bergen

### FITNESS BIKINI O/35

- 1 Abby de Lange
- 2 Eunhee Chung
- 3 Mareza McKenzie

### BODY FITNESS

- 1 Firdous Asmodien
- 2 Claudia Ferucci
- 3 Elrine Terblanche

### LADIES PHYSIQUE

- 1 Sharon Stanley
- 2 Marizka Retief
- 3 Lynelza van der Westhuizen

### MASTERS O/40

- 1 John Charles
- 2 Paul Adams
- 3 Sharief Dawids

### MEN'S FITNESS

- 1 Benjamin Klein

### MEN'S PHYSIQUE UP TO 1.78M

- 1 Tiaan Barnard
- 2 Peter Gaiser
- 3 Christiaan Neethling

### MEN'S PHYSIQUE O/1.78M

- 1 Heinrich Swanepoel
- 2 Rowhan Rhode
- 3 Henry de Landtsheer

### CLASSIC BODYBUILDING

- 1 Juan Matthee
- 2 Brenton Holloway
- 3 Danny de Jager

### MEN UP TO 70KG

- 1 Etienne Greeff
- 2 Loyiso Mabekula
- 3 Delano Lambert

### MEN UP TO 80KG

- 1 Fabian Campher
- 2 Aubrey Langeveldt
- 3 Solomon Ackah

### MEN UP TO 90KG

- 1 Leighton Koopman
- 2 Ryan Henrico
- 3 Riyaz Russon

### MEN OVER 90KG

- 1 Heinrich Stander
- 2 Jarrod Firmani
- 3 Niel van der Walt

### OVERALL BEACH BIKINI

- Jessica Torode

### OVERALL FITNESS BIKINI

- Nina Botes

### SENIOR MEN OVERALL

- Leighton Koopman

\* All results and spelling as supplied by the event organisers. Muscle Evolution accepts no responsibility for any errors or omissions **M.E.**



# BENFATTO™



The 2016 BENFATTO CLASSIC is an official qualifier for the 2017 Arnold Classic Africa event as well as a qualifier for the 2016 Arnold Classic Europe event.



## Men's Divisions

All men's IFBB Benfatto Classic divisions are listed below:

- Men's Juniors under 23 years
- Men's Classic bodybuilding (Single line up)
- Men's Masters bodybuilding over 40 years
- Men's Athletic Physique up to 178cm
- Men's Athletic Physique over 178cm
- Men's Athletic Physique overall
- Men's bodybuilding up to 70kg
- Men's bodybuilding up to 80kg
- Men's bodybuilding up to 90kg
- Men's bodybuilding over 90kg
- Men's bodybuilding overall

## Women's Divisions

All women's IFBB Benfatto Classic divisions are listed below:

- Women's Junior Fitness under 23
- Fitness Bikini under 163cm
- Fitness Bikini over 163cm
- Fitness Bikini over 40 years
- Body Fitness - One Line Up
- Ladies Physique
- Fitness Bikini overall



**Date & Venue**  
**6TH AUGUST 2016**  
**CTICC**

**Weigh-in and Registration**  
14:00PM on Friday the 5th 2016 at the CTICC

**Prejudging**  
Begins at 9:00AM

**Main Event**  
Starts at 6:00PM



sport & recreation  
Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA



**ZYGER KAIJU**

**GREEN BLOOD FITNESS**

**Ehrgeiz**

**MUSCLE**  
evolution



# ROSSI GRAND PRIX EXTRAVAGANZA

**WHEN:** 23 April 2016 **WHERE:** Vodaworld Dome, Midrand

**T**wo names were on everyone's lips at this year's Rossi Grand Prix Fitness and Bodybuilding Extravaganza: **Roger de Kramer** and **Anna Wood**. They were in a class of their own, sporting fantastically sculpted physiques on the night.

With over 300 entries it was clear from the outset that spot-on conditioning would separate the contenders from the participants at this year's show, which was held at a new venue, the Vodaworld Dome in Midrand.

With chiselled abs and cut-to-ribbons quads, **David Joubert** was clearly the man to beat in the Mr. Junior U/23 Bodybuilding section. The other contenders in Joubert's line-up did not have the refinement that this young bodybuilder displayed, which is why it was no surprise when he walked off with top honours.

**Alrieta de Wet**, the reigning USN Face of fitness cover model search winner, got the nod from the judges' table in the Ms. Bikini Model Open U/1.65m division with her pleasing structure and solid muscle development. Current Muscle Evolution Babe **Stacey**

**Shutte** was in excellent condition but in the end it was **Alrieta's** exceptional back development that took her to the top. **Alrieta** also went on to claim the title of Ms. Front Cover Model U/1.65m.

The Mr. Novice Bodybuilding title went to a shredded **Brend van Niekerk**, while **Monique**

**Lopes** sailed to the title in the Ms. Bikini Model Open O/1.65m category by virtue of the completeness of her stunning physique.

It was a hard-fought battle between **Roger de Kramer** and **Matthew Larkins** in the Mr. Front Cover Model category, with

**"WITH OVER 300 ENTRIES IT WAS CLEAR FROM THE OUTSET THAT SPOT-ON CONDITIONING WOULD SEPARATE THE CONTENDERS FROM THE PARTICIPANTS AT THIS YEAR'S SHOW."**



**MR. SENIOR U/80KG BODYBUILDING**  
Nduduzo Hadebe



**MR. SENIOR U/90KG BODYBUILDING**  
Teboho Joseph



**MR. SENIOR BODYBUILDING & MR. NOVICE BODYBUILDING**  
Brend van Niekerk



**MR.  
OVERALL  
WINNER**

**MR. MODEL PLUS**  
Roger de Kramer





**MR. SENIOR U/70KG BODYBUILDING**  
Frans Hlooi



**MS. BIKINI MODEL OPEN U/1.65M  
& MS. FRONT COVER MODEL U/1.65M**  
Alrieta de Wet



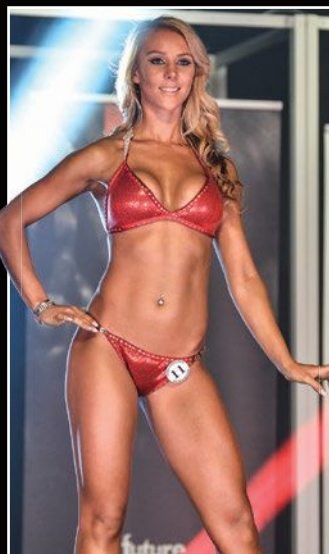
**MS. BIKINI U/23 &  
MS. BIKINI MODEL OPEN 0/1.65M**  
Monique Lopes



**MS. BIKINI MODEL 35 PLUS**  
Sonia Matos



**MR. JUNIOR U/23 BODYBUILDING**  
David Joubert



**MS. BEACH BIKINI MODEL**  
Courtney Renniers



**MS. TONED BIKINI U/1.65M**  
Louise du Preez



**MR. MASTERS BODYBUILDING  
& MR. MODEL 35 PLUS**  
Deon Tolken



**MS. FRONT COVER MODEL 0/1.65M**  
Ida Janse Van Rensburg

**MS. TONED BIKINI 0/1.65M  
& MS. TONED BIKINI 35 PLUS**  
Anna Wood



**MS. TONED BIKINI 45 PLUS  
& MS. CLASSIC PERFORMANCE**  
Vivian Goosen





**MS. FIGURE U/1.65M**  
Nadine Yates



**MS. FIGURE O/1.65M  
& MS. FIGURE 40 PLUS**  
Samantha Hanna

Larkins nabbing first place in the end. This defeat spurred De Kramer into action when he lined up for the Mr. Model Plus category. His efforts were finally rewarded when he got the judges' approval, relegating Larkins to silver.

**Sonia Matos** looked terrific in the Ms. Bikini Model 35 Plus division and pushed **Belinda Grooteman** and **Monique Basson** into second and third places respectively.

A sharp and well-balanced **Deon Tolken** claimed victory in Mr. Masters Bodybuilding division and continued his dominance in the Mr. Model 35 Plus category.

**Anna Wood's** shapely physique took her to the winner's circle in the Ms. Toned

Bikini O/1.65m and later in the Ms. Toned Bikini 35 Plus divisions.

A lean **Frans Hloi** came out on top in the Mr. Senior U/70kg Bodybuilding division, while **Nduduzo Hadebe** was in superb condition to claim the title in the Mr. Senior U/80kg Bodybuilding division. A sharp-looking **Teboho Joseph** and a defined **Brend van Niekerk** bagged gold in the Mr. Senior U/90kg Bodybuilding and Mr. Senior Bodybuilding categories, respectively.

Although long in duration, the Rossi Grand Prix was an entertaining and well-run show as always. Thanks to promoter Marco Rossi and his crew for an evening filled with muscle and beauty which was enjoyed by one and all.



**MR. FRONT COVER MODEL**  
Matthew Larkins



**MR. MODEL PHYSIQUE**  
Jonty van der Merwe



**MR. BEACH BODY MODEL**  
Jaco van Wyk



**MOST INSPIRING TRANSFORMATION**  
Thea Calitz

## [RESULTS]

### MS. BEACH BIKINI MODEL

- 1 Courtney Renniers
- 2 Megan Artman
- 3 Bianca Botes

### MR. BEACH BODY MODEL

- 1 Jaco van Wyk
- 2 Bernato Breedt
- 3 Ruhan Breedt

### MS. BIKINI U/23

- 1 Monique Lopes
- 2 Jutta-Lee Harms
- 3 Courtney Renniers

### MR. JUNIOR U/23 BODYBUILDING

- 1 David Joubert
- 2 Rudy Mahabeer
- 3.Braam Coetzee

### MS. BIKINI MODEL OPEN U/1.65M

- 1 Alrieta de Wet
- 2 Stacey Shutte
- 3 Wendy-Lee Uys

### MR. NOVICE BODYBUILDING

- 1 Brend van Niekerk
- 2 Sheldon Oaks
- 3 Lumkile Ntsikizana

### MS. BIKINI MODEL OPEN O/1.65M

- 1 Monique Lopes
- 2 Anri de Jongh
- 3 Jutta-Lee Harms

### MR. FRONT COVER MODEL

- 1 Matthew Larkins
- 2 Roger de Kramer
- 3 Reece da Silva

### MS. FRONT COVER MODEL U/1.65M

- 1 Alrieta de Wet
- 2 Louise du Preez
- 3 Stacey Shutte

### MR. MODEL PLUS

- 1 Roger de Kramer
- 2 Matthew Larkins
- 3 Sheldon Oake

### MS. FRONT COVER MODEL O/1.65M

- 1 Ida Janse Van Rensburg
- 2 Johanieta Short
- 3 Thato Seopa

### MS. BIKINI MODEL 35 PLUS

- 1 Sonia Matos
- 2 Belinda Grooteman
- 3 Monique Basson

### MR. MASTERS BODYBUILDING

- 1 Deon Tolken
- 2 David Dunwoodie
- 3 Kevin vd Berg

### MOST INSPIRING TRANSFORMATION

- 1 Thea Calitz
- 2 Eddie de Bruin
3. Gerrie Opperman

### MS. TONED BIKINI U/1.65M

- 1 Louise du Preez
- 2 Roeche Nankervis
- 3 Shantelle Labuschagne

### MR. MODEL PHYSIQUE

- 1 Jonty v/d Merwe
- 2 Francois Beya
- 3 Deon Tolken

### MS. TONED BIKINI O/1.65M

- 1 Anna Wood
2. Ida Janse Van Rensburg
- 3 Susan Keil

### MR. MODEL 35 PLUS

- 1 Deon Tolken
- 2 Renier van Jaarsveld
- 3 Warren Westray

### MS. TONED BIKINI 35 PLUS

- 1 Anna Wood
- 2 Ida Janse Van Rensburg
- 3 Sybil Horn

### MR. SENIOR U/70KG BODYBUILDING

- 1 Frans Hloi
- 2 Tony Mashifane
- 3 Jeremy Welkom

### MS. TONED BIKINI 45 PLUS

- 1 Vivian Goosen
- 2 Susan Keil
- 3 Gill Holm

### MR. SENIOR U/80KG BODYBUILDING

- 1 Nduduzo Hadebe
- 2 Vuyani Ntamane
- 3 Leon Olwage

### MS. CLASSIC PERFORMANCE

- 1 Vivian Goosen
- 2 Tracy Petersen
- 3 Sybil Horn

### MS. FIGURE U/1.65M

- 1 Nadine Yates
- 2 Leonie van Jaarsveld
- 3 Philthesia Brooks

### MS. FIGURE O/1.65M

- 1 Samantha Hanna

### MR. SENIOR U/90KG BODYBUILDING

- 1 Teboho Joseph
- 2 Sheldon Oakes
- 3 Francois Gouws

### MS. FIGURE 40 PLUS

- 1 Samantha Hanna

### MR. SENIOR BODYBUILDING

- 1 Brend van Niekerk
- 2 Abel Motileni
- 3 Willem Smit

### MS. OVERALL CHAMPION

- Anna Wood

### MR. OVERALL CHAMPION

- Roger de Kramer





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# BBSA/IFBB MILLENNIUM GOLD PLATE

**WHEN:** 16 April, 2016 **WHERE:** Kempton Park

**T**he 2016 BBSA/IFBB Millennium Gold Plate Fitness and Bodybuilding Show was pure gold, with over 420 athletes turning up en masse in a last ditch effort for those in Gauteng and neighbouring provinces to qualify for the first ever Arnold Classic to be hosted on African soil.

Other Arnold Classic qualifiers were held in the Eastern Cape (Hemingway Classic), the Western Cape (Shameen Classic) and KwaZulu-Natal (King Shaka Classic). Of all the hopefuls entering Gauteng's Millennium Gold Plate, a total of 84 competitors went through to compete at the main show.

The Civic Centre in Kempton Park was bursting at the seams with queues of athletes zig-zagging outside the venue to register. With the greater-than-expected turnout it proved to be a very long day for athletes, judges and supporters.

The main show only got underway at 20h30 after a marathon session of pre-judging. The long wait was well worth it as contenders came out with guns blazing, pulling out all stops to get that all-important nod from the judges' table. Overall winner **Gerhard Nel** brought a rare combination of proportion, size and hardness which he displayed effectively to gain the advantage over his competitors, pushing

**Thduzani Matamba** to second and **Charles Mazibuko** to third positions in the Senior Men up to 95kg division.

Veterans **Carlos Nunes** (1st in Masters Over 40) and **Gerrie Killian** (1st in Masters Over 50) were in super condition, both presenting fantastic thickness and hardness in their physiques. Although I fancied **Sandra Bosman's** Michael Jackson routine, I was totally bowled over



**SENIOR MEN UP TO 85KG**  
Nhlanhla Mathembula



**SENIOR MEN 0/95KG**  
Dewald Barendse



**SENIOR MEN UP TO 95KG**  
Gerhard Nel







**FITNESS BIKINI 0/35**  
Belinda van der Merwe



**LADIES FITNESS BIKINI 0/1.63M**  
Zia Hattingh



**LADIES FITNESS BIKINI UP TO 1.63M**  
Kim Dowden



**LADIES  
FITNESS  
BIKINI  
OVERALL**

**JUNIOR FITNESS BIKINI UP TO 23**  
Danel Delpont



**MASTERS 0/40**  
Carlos Nunes



**SENIOR MEN UP TO 65KG**  
Dumisani Dlodlo



**SENIOR MEN UP TO 75KG**  
Hansie Makgoshi



**SENIOR CLASSIC BODYBUILDING  
& NOVICE MEN UP TO 80KG** Juan Smith



**NOVICE MEN 0/80KG**  
Ricardo Spinola





**MASTERS 0/50**  
Gerrie Killian



**JUNIOR BODYBUILDING UP TO 23**  
Garrick Wilmans



**JUNIOR CLASSIC BODYBUILDING**  
Tshepo Monyamane



**LADIES PHYSIQUE**  
Lizelle Cruz



**LADIES BODY FITNESS UP TO 1.68M**  
Annelize Dohne



**LADIES BODY FITNESS 0/1.68M**  
Bernadette de la Rey



**LADIES BEACH BIKINI UP TO 1.63M**  
Genelle Knox



**LADIES BEACH BIKINI 0/1.63M**  
Rozelle Stipp



**LADIES FITNESS**  
Gladys Tladi

**LADIES  
BEACH  
BIKINI  
OVERALL**

**LADY  
BODY  
FITNESS  
OVERALL**





**MEN'S ATHLETIC PHYSIQUE O/1.78M**  
Jacques Fagan



**JUNIOR ATHLETIC PHYSIQUE**  
John-Jacques Murray



**MEN'S ATHLETIC PHYSIQUE UP TO 1.78M**  
Given Mthimunye



**MEN'S ATHLETIC PHYSIQUE O/40**  
Olaf Birkner

by the energetic athleticism displayed by the brilliant **Gladys Thladi**, winner of the Ladies Fitness category.

**Annelize Dohne** was visibly excited to be on stage in her best condition ever and took the crown in the Ladies Body Fitness up to 1.68m division.

**Mpho Legoabe** (2nd) and **Jason McAuliff** (3rd) failed to beat the rock hard quality revealed by Senior Classic Bodybuilding winner **Juan Smith**. The latter also blasted **Mash Marais** (2nd) and **Rusty Sayed** (3rd) off the stage in the Novice Men up to 80kg

division. **Lizelle Cruz** came out on top in the Ladies Physique line-up, and a totally ripped **Dewald Barendse** took gold in the Senior Men over 95kg category.

Hats off to all the athletes, judges, organisers and sponsors for a brilliant show. Next year, show organiser **Helena Calitz** definitely needs to look at a bigger venue and the possibility of a pre-registration process as the interest in the Gold Plate, judging from the large numbers of people who participated and supported this hugely successful event, looks set to continue growing injectable steroids by leaps and bounds.

## [RESULTS]

### JUNIOR FITNESS BIKINI UP TO 23 YRS

- 1 Danel Delpert
- 2 Bianca Castignani
- 3 Tansyn Lee Donnelly

### JUNIOR BODYBUILDING UP TO 23 YRS

- 1 Garrick Wilmans
- 2 Shaun Duguid
- 3 Brian Marais

### FITNESS BIKINI O/35

- 1 Belinda van der Merwe
- 2 Jackie Nieuwenhoudt
- 3 Michelle Rorich

### SENIOR MEN UP TO 65KG

- 1 Dumisani Dlodlo
- 2 Leeroy Poonsamy
- 3 Sabile Thambinkosi

### JUNIOR CLASSIC BODYBUILDING

- 1 Tshepo Monyamane
- 2 Marinus Haycock

### JUNIOR ATHLETIC PHYSIQUE

- 1 John-Jacques Murray
- 2 George Young
- 3 Mzulaisi Matrose

### SENIOR MEN UP TO 75KG

- 1 Hansie Makgoshi
- 2 Marke Petit
- 3 Molebashi Sonopo

### LADIES BEACH BIKINI UP TO 1.63M

- 1 Genelle Knox
- 2 Semone Jardim
- 3 Bianca Botes

### MASTERS O/40

- 1 Carlos Nunes
- 2 Curtis Howells
- 3 Nelson Mthebu

### MASTERS O/50

- 1 Gerrie Killian
- 2 Marius Wessels
- 3 Arthur Vekrail

### LADIES FITNESS

- 1 Gladys Thladi
- 2 Sandra Bosman
- 3 Leni Gi

### LADIES BODY FITNESS UP TO 1.68M

- 1 Annelize Dohne
- 2 Karen de Bruyn
- 3 Lelanie Steenkamp

### SENIOR CLASSIC BODYBUILDING

- 1 Juan Smith
- 2 Mpho Legoabe
- 3 Jason McAuliff

### MEN'S ATHLETIC PHYSIQUE O/40

- 1 Olaf Birkner
- 2 Quinten de Villiers
- 3 Asfak Bendwala

### NOVICE MEN UP TO 80KG

- 1 Juan Smith
- 2 Mash Marais
- 3 Rusty Sayed

### NOVICE MEN O/80KG

- 1 Ricardo Spinola
- 2 Peter Pawson
- 3 Sheldon Oakes

### LADIES FITNESS BIKINI UP TO 1.63M

- 1 Kim Dowden
- 2 Cristi Theron
- 3 Karlien Alberts

### SENIOR MEN UP TO 85KG

- 1 Nhlanhla Mathembula
- 2 Osh Radebe
- 3 Gift Mautia

### LADIES FITNESS BIKINI O/1.63M

- 1 Zia Hattingsh
- 2 Bronwen Fritz
- 3 Luzanne Stapelberg

### MEN'S ATHLETIC PHYSIQUE UP TO 1.78M

- 1 Given Mthimunye
- 2 Dave Shanley
- 3 Jason Pillay

### LADIES BODY FITNESS O/1.68M

- 1 Bernadette de la Rey
- 2 Susan Keil
- 3 Euodia Calitz

### MEN'S ATHLETIC PHYSIQUE O/1.78M

- 1 Jacques Fagan
- 2 Wynand Steyn
- 3 Zander de la Rey

### LADIES BEACH BIKINI O/1.63M

- 1 Rozelle Stipp
- 2 Nathanya van Zyl
- 3 Monette Ferreira

### SENIOR MEN UP TO 95KG

- 1 Gerhard Nel
- 2 Thduzani Matamba
- 3 Charles Mazibuko

### LADIES PHYSIQUE

- 1 Lizelle Cruz
- 2 Amanda Strydom
- 3 Hendryette Marais

### SENIOR MEN O/95KG

- 1 Dewald Barendse
- 2 Master Roderick
- 3 Barry Munger

### OVERALL WINNER

- Gerhard Nel

### LADIES BEACH BIKINI OVERALL

- Rozelle Stipp

### LADIES FITNESS BIKINI OVERALL

- Danel Delpert

### LADY BODY FITNESS OVERALL

- Annelize Dohne

### MENS ATHLETIC PHYSIQUE OVERALL

- Given Mthimunye

\* All results and spelling as supplied by the event organisers. Muscle Evolution accepts no responsibility for any errors or omissions **DLG**





## SIBUSISO KOTELO

### STICK TO THE PLAN - THE PEAK WEEK MANTRA

**S**tanding backstage at a recent show I overheard a few conversations that inspired the topic for this column. I heard things like "I didn't peak right", "I tried something new during peak week and I smoothed out", or "I didn't drop water in time". As both a coach and competitive athlete I can relate to both sides of the spectrum when it comes to peak week.

From my perspective as a coach, I feel it is only other coaches who can truly understand the investment that we make into each and every one of our athletes. As coaches, we live vicariously through all the experiences of our clients, be they invigorating wins or heart-breaking losses, feeling every emotion as if they were our own.

From an athlete's perspective, we're meant to fully trust what our coaches advise us to do, especially during peak week. We pay them to give us expert advice and guidance based on their knowledge and experience. As such, trying something new during peak week that wasn't advised by your coach will jeopardise that investment and all your hard work. I often say, the best thing an athlete can give to their coach is actually not the monthly remuneration, but rather their 100% commitment and trust. When that's the case, great things usually happen.

With that, this is my general approach to peak week. Going in to this critical period, which is aimed at putting the final touches to a physique needed for the competitive

bodybuilding stage, we need to control and manipulate protein, carbs, fat, sodium, water, and training. My athletes start their peak week exactly seven days from the show. I provide them with a chart that tells the athlete exactly what to do each day for the entire week, from precise macronutrient measurements to water intake and daily training. We use these variables to control the normal cycles of water and glycogen flow in and out of the muscle cells. We start out the week in a certain pattern and then each day the variables change in a subtle way, to enable us to predict and control the manner in which we try to get the body to 'peak' in terms of its conditioning. Obviously, every bodybuilder is different in the amounts and degree of manipulation they require of each variable. Some people have unbelievably fast metabolisms, while others are very carb-sensitive – two extreme differences which dictate different macronutrient ratios and a slightly different schedule. However, the actual flow and structure of each cycle remains similar. It is important that athletes know and understand what to expect on each day so they know how to adjust. For this reason, even our online clients have daily communication with us during peak week, and daily progress pictures are taken to ensure a smooth transition. With this level of feedback and hands-on engagement, getting peak week right is often only a formality, but only when athletes stick to the plan.



## JACO VENTER

### RETURN OF THE X-FRAME

**S**lowly but surely the classic X-frame physique is becoming popular again in the world of bodybuilding. This prompted some competitors to think what package they will be bringing to the competitive arena this year. Is the streamlined, more aesthetically-pleasing physique invading the realm of the ridiculously big on stage?

Not so long ago there was a time that freaky mass, created by copious amounts of calories and year-round pharmaceutical stacks, reigned supreme. One need only cast a glance at the ever-increasing size of the athletes competing at the Olympia in Las Vegas to confirm this trend. In the last few decades the average weight of a bodybuilder jumped from 100 to 115 and to over 130kg as each generation of iron athletes pushed the limits

of human performance and physiological barriers to the max! It was not so long ago that bodybuilding audiences gasped at the striated glutes of Rich Gaspari. Nowadays, any ultra-conditioned amateur is showing similar striations from head to toe, both in the male and female line-ups. Although you cannot do anything about genetics and the structure you inherit from your parents, you can still sculpt your body into an eye-catching package of size and definition that will grab the attention of judges, foes and friends on show

day. You do this by retaining some compound moves while placing a greater emphasis on isolation exercises to improve symmetry and aesthetics. When you train for this look you would need to make use of intensity techniques to shock the body with giant and drop sets that emphasise pre-exhaustion and isotension. You have to resist the ever-present temptation of overloading the muscle every time you visit the gym and instead shift your focus to sculpting a more detailed

**"YOU HAVE TO RESIST THE EVER-PRESENT TEMPTATION OF OVERLOADING THE MUSCLE EVERY TIME YOU VISIT THE GYM AND INSTEAD SHIFT YOUR FOCUS TO SCULPTING A MORE DETAILED AND REFINED PACKAGE."**

and refined package. Your total calories, tailored around extreme conditioning, should seldom exceed 4500 calories, dropping as low as 2500 on low carbohydrate days. This strategy should keep you metabolically efficient with no drastic fluctuations in body composition, while also eliminating the bloat which is the biggest contributor to distension that we see among many of the heavyweight bodybuilders who stomp around on stage. There will always be the freaks who are reliant on super calories and anabolic stacks. Yes, bodybuilding is about muscle mass, but if it comes at the price of aesthetics and balance I know which side of the fence I would rather be on! Enough said. You be the judge and decide if you prefer a Kai Greene or a Dexter Jackson?





## HENK 'THE TANK' SMITH FOREARM TRAINING

If you ask 'The Tank', forearm muscles are the most neglected of them all, even more neglected than calves. While our forearms take a lot of punishment when we hit the upper body in the gym, I still feel that a chain is only as strong as its weakest link.

When you train back and biceps for instance and you have weak forearms, you won't get those all-important extra reps you need to spark new muscle growth. Although a thick forearm is attributed to genetics, additional forearm work is necessary if you truly want to become a bodybuilding champion. I believe guys don't have awesome

forearms because they don't train them hard enough. Half-hearted sets at the end of a workout won't develop your forearms to the maximum. You cannot have big guns if your forearms don't compliment your upper arm development. Truly impressive arm size is made up of balanced bicep and tricep development and with adequate forearm size to match.

**"WHEN YOU TRAIN BACK AND BICEPS FOR INSTANCE AND YOU HAVE WEAK FOREARMS, YOU WON'T GET THOSE ALL-IMPORTANT EXTRA REPS YOU NEED TO SPARK NEW MUSCLE GROWTH."**

### HERE ARE A FEW OF MY FAVOURITE EXERCISES FOR FOREARMS:

**WRIST CURLS:** Rest your elbows on your knees while holding a straight bar in your hands. With your palms facing down, flex your wrists upwards. Always make sure that you give an extra hard squeeze at the top of the movement. You'll find that you won't be able to go super heavy with this exercise to get that full squeeze at the end. I normally superset this exercise with finger curls.

**FINGER CURLS:** Position your arms in exactly the same position as wrist curls, but with your palms facing up (supinated). Roll the straight bar out on your fingers and close your grip while flexing your wrists upward. Curl the bar with your wrists only, while keeping your forearms flat on your knees. You'll find that you are able to go a bit heavier on finger curls than on wrist curls.

**BAR ROLLS:** I like to take an Olympic bar and load it nice and heavy – for me that is 120kg. I allow the bar to rest on the squat rack before rolling the bar forward and backward by only twisting my wrists. Others might look at you funny or blame you for taking up the squat rack but your forearms will be so pumped that you won't be able to close your hands upon completing your set.

You clearly don't need a lot of fancy exercises when you target your forearms. You only need to do the exercises I have listed here in a strict enough manner and do them without any assistance from your upper arms if you want them to respond. I have found that I suffer

from terrible tendonitis if I neglect to train my forearms because these exercises are also imperative to enhance grip strength on all the other major compound lifts. Without it, undue stress is shifted onto tendons and ligaments which increases the risk of injury.

## EARL 'THE BEAST' ABRAHAMS MY CRAZIEST WORKOUT EVER!

I take leg training very seriously because I have always been criticised for my lack of development. So, not so long ago, I decided to turn a negative into a positive, make my wheels a priority and hammer them into submission! Allow me to share one of my most gruelling leg workouts, which is guaranteed to deliver success.

I started the day as usual – sipping my pre-workout concoction before heading to the gym to do my own special brand of SST – Smart Set Training, a variety of principles I use to address weak points.

I started off with leg extensions. On my first set I did 15 reps with a light weight to get the blood pumping. On the second set I kept the weight the same but completed 30 reps before doing my third and final set with super slow reps – 10-count up, squeeze and contract before returning down to the starting position in the same 10-count fashion.

By then, my quads were pretty pumped and ready for more action! For my second exercise, I headed over to the leg curl machine where I knocked out 15 reps with moderate weight, followed by a 50 percent drop in poundage, before continuing with my super-slow onslaught. On the second set I increased the weight again, and on the third I moved the pin lower on the stack to completely destroy my hammies. At this point of the workout I felt stoked and decided to do more – 4 giant sets consisting of unilateral

leg presses, reverse lunges on the Smith machine and then standard heavy barbell squats. I would take much needed mini-breaks between the giant sets to fully recuperate and get what feeling was left in my legs back to normal!

**The sequence was something like this:** My first giant set consisted of 8 reps, followed by heavy squats for a total of 6 reps. My second and third sets consisted of 20 reps per leg on the leg press and reverse lunges before I headed over to the squat rack. On my fourth and final set I increased the weight on all three exercises while still keeping good form.

By then, I felt a wave of nausea rushing over me, but I forged on by super-setting hack squats with walking lunges. I did not count the reps on these, preferring to continue repping out to failure. If that wasn't enough, I decided to limp out the door of the gym and push my car in the parking lot with my partner in the driver's seat to steer! I pushed my car for all that I was worth – 40 to 80 metres at a time. Needless to say, I was completely exhausted by the end of it all. If you also want to include the car pushes, make sure that you have enough space to do it and start with three 40 metre pushes. Build from there over the course of three weeks. As you progress you can either increase the length or time you push your car or move to a heavier vehicle. It does not take much to get a great workout – only a crazy attitude like 'The Beast'!





## COBUS VAN DER MERWE MY FIRST PRO SHOW

**M**y first Pro show, the Arnold Classic Africa, is done and dusted and the experience was much more than what I ever could have imagined it would be. To be treated like a professional athlete for the first time made all the hard work through the years worth the sacrifice. I must congratulate IFBB President Wayne Price and the whole SA Arnold Team for putting together a truly amazing event.

The Arnold was a blast from start to finish. I can only describe it as a big battle as all the Pros readied themselves to go all out for gold. Meeting all the top guys was such a privilege. I was most impressed with Lionel Beyeke from France, who can only be described as a gentleman and a true ambassador for the sport of bodybuilding!

Not only was Lionel detailed and balanced from top to bottom but he had mass along with superior cuts which gave his physique a refined, championship-winning appearance. I was not surprised when he placed third behind Roelly Winklaar in second and the eventual winner, Dexter Jackson.

Both Winklaar and Jackson were large and in charge, with great upper and lower body development. I thought both were classy and had the complete look. I never had the chance to watch a Pro show and the Arnold gave me the unique opportunity to also compete in one as I

flexed against some of the most muscular men in the world. I was amazed at the muscle maturity, density and thickness displayed by all of the competitors. The Arnold reminded me of when I competed in my first SA Championships as a senior light heavyweight. Back then I was totally blown away when I saw the quality and condition of the guys in my division. My opponents at the Arnold were in magnificent shape with fantastic overall muscle mass, along with the detail you need for the Pro stage. I would like to congratulate fellow South Africans Andrew Hudson and Marius Dohne for bringing their best to the Arnold. It was a real privilege to stand next to these gentlemen. Bodybuilding is an individual sport that can humble you within seconds. Nothing you can do while you are prepping for a show can affect the look of someone else on the day. You have to focus on your own individual strengths because, in the end, it is ultimately you against you. Although the judges make their decision on the day, a bodybuilder ultimately competes against himself. South Africans are characterised by their tenacity. We don't give up, no matter what challenges are in our way. I was happy with my condition and what I have achieved but I also know what I have to work on to improve. I will definitely come in bigger and better. Watch this space!

## JOHN 'THE TERMINATOR' LESLIE CONSTANT TENSION FOR BETTER RESULTS

**I**f you've been training for a while you'll know that keeping constant tension on your muscles is critical for new gains. Continuous tension is applied when you keep the targeted muscle you work on flexed while moving the resistance during an exercise.

I believe it is one of the best Weider Principles. It is, however, an advanced training technique and not for beginners as it requires great exercise form and control. Not only will it make a set more difficult but also more effective by keeping tension on the muscles and taking additional stress off the joints. Continuous tension sets are done smoothly without cheating or bouncing, locking the joints at any stage of the exercise or pausing at either end of the motion. If you want to add serious muscle to your frame you have to create continuous tension. It is not a natural thing to do when you train. Muscles don't want continuous stress and would rather shift the stress to other parts of the body. The principle prescribes that you flex the muscle's antagonist muscle throughout a set. This means that you will be forced to reduce the amount of weight you can handle. By slowing down you can enhance the tension during each rep you perform. When you use continuous tension you are forcing yourself to properly focus on the technique and purpose of every rep you do. This will make your training more effective because it strengthens the mind-muscle connection. To use the continuous tension technique effectively you will have to avoid training in a stop-start fashion.

Let's look at the flat barbell bench press as an example. You would normally pause at the top of the movement for a second before doing the next rep.

Right? You may even lock out your elbows. When you pause at the top, tension is taken off the chest muscles and intensity is compromised. During the pause, additional stress is transferred to the joints while your target muscle is resting, putting you at risk for injury. Take it from 'The Terminator': **HIGH TENSION STIMULATES MUSCLE GROWTH.**

### HERE ARE A FEW EXERCISES YOU CAN USE IN YOUR WORKOUTS TO APPLY THE CONTINUOUS TRAINING PRINCIPLE:

**CHEST:** Cable flies (incline, flat or even decline). I believe cables are better than conventional dumbbell flies as they provide continuous tension throughout the full range of movement.

**SHOULDERS:** Machine side laterals or rear laterals (reverse fly machine). The key here is not to go back all the way to the starting position but to stop short so that the muscle is under continuous tension.

**BACK:** Cable seated row, low row or one arm rowing machines (iso-lateral/Hammer Strength machines).

**LEGS:** Leg extensions and leg curls are perfect and safe to use when you train your legs with continuous tension. Don't rest or drop the weight but maintain constant tension.

**ARMS:** For biceps I like to use a bicep preacher curl machine. I keep the curls smooth and I try not to straighten or flex at any stage, which will only allow the muscle to relax, taking the stress off the biceps. When I train triceps I use pushdowns or any extension movement to keep pressure on the muscles.

You can use continuous tension on any exercise but the correct approach would be to use machines and cables to make it easier and safer.





## HENNIE KOTZE MY THOUGHTS ON THE ARNOLD AFRICA

**W**ith the much-anticipated Arnold Classic Africa behind us, I'm proud to say that South African bodybuilding can hold its head up high. The quality of both the amateur and Pro shows were on par with anything I've experienced overseas. There were a lot of feet through the door, which shows just how much support the sport has locally, and I was pleasantly surprised to see just how many international athletes made the trip out here to compete. If we had to compare this show to the Amateur Olympia, we have certainly made substantial progress.

However, there is one area where I feel the event didn't live up to expectations, and that was the expo. While it was well organised and there were quality exhibitors, I felt that it could have been better supported and a lot bigger. It's the area I feel can be improved on the most in the years to come, but overall I felt the entire weekend was a huge success.

In terms of the competition itself, among the amateurs I felt that South African athletes did their country proud. Among the women, in general our local athletes were on track with what the judges were looking for. However, I felt the Fitness Bikini and Body Fitness divisions were

judged a little tighter than we are used to. The issue we have locally is that we have too few judges who sit on international panels and we seem to struggle to meet these standards. A bit more exposure for our girls to international judging standards and I have no doubt we'll see results that match the abundance of talent we have.

The men's divisions were also excellent, with everyone who stepped on stage in top condition. There can be no doubt that the local guys showed up and competed well against tough international competition, even in the larger line-ups. Standout performers on the night as far as I'm concerned were Earl Abrahams, who was the clear Overall winner, and Julian Ramdhari, who I think has a bright future.

As a Pro I knew this was going to be a tough night for our guys, even on local soil. This is because success on the Pro stage is still influenced by the visibility and exposure of athletes. Our local athletes need to get in front of international judging panels more often to build up a reputation and stand out in these line-ups. With that said, I felt the judging of the top places went according to popular sentiment – I had the top spots picked exactly as the judges had. In terms of the locals, I had Andrew ahead of Marius and Cobus. While Cobus shone on stage in

his own right, and he can consider his Pro debut a success, it will take some time for him to catch up to the mass monsters he was standing against on stage. If Andrew continues to fill out the way he has over the past two years I have no doubt that he will be a force on the Pro stage. He will, however, need to find ways to compete more on international stages in the years to come.

Overall, I think SA has firmly cemented itself on the global bodybuilding map. The production value was excellent, with a great stage and lighting. And by all accounts this will be a regular occurrence on the local calendar for the foreseeable future, which is an exciting prospect for our talented athletes. In the interim, we need to get more athletes overseas to compete. Also, the criteria for selection for amateurs needs to be stricter, in my opinion. I say this because many of the athletes who were selected hardly featured on the night, having invested a great deal of time and effort into preparing for the show. Due to the show's structure, with no pre-judging, if athletes didn't make the top 10 then all they had was little more than two minutes on stage, which is a pity. However, everyone who stepped on stage can be proud of their efforts. You all did South Africa proud!

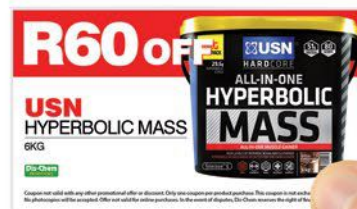


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## MDU GREEN

### THE ROAD TO THE ARNOLD

**P**reparing for South Africa's first Arnold Classic has not been an easy path, even for the 'Green Mamba'. I had 17 weeks to prepare myself both physically and mentally for the showpiece. People, including family members, do not always grasp what it takes to fine-tune your body when you are prepping for a contest.

You typically start to withdraw when you find yourself in the early stages of your diet – a thing you cannot get around if you want to become lean and ripped. Before you realise it, you start to isolate yourself from your family and loved ones. I must stress that this is not intentional but rather it's a tool to keep your mind completely focused on the task at hand. My week would start with a 4am cardio session, followed by weight training later in the day. Your social life is bound to suffer if you train in this fashion. While I was prepping I also had to deal with a terrible bout of flu. I was extremely worried because I did not know what effect the flu



#### MDU SAYS

**"You have to stick to a super-strict diet, your training must be perfect and your mind is, most of the time at least, pre-occupied with the whole journey."**

medication would have on my system. I struggled for days on end until I had no choice but to start chanting 'The flu must fall!' When I finally recuperated from it I told myself that I had to put in extra hours of hard work to become stage-ready. It is often said that bodybuilding is a selfish endeavour. I have to admit that it can be. You have to stick to a super-strict diet, your training must be perfect and your mind is, most of the time at least, pre-occupied with the whole journey and what it takes to transform yourself into the best shape possible. If that is not enough, bodybuilding is very time-consuming and I have to admit the lifestyle can come across as very extreme to outsiders who are unfamiliar with it. I think this is also the reason the majority of people view bodybuilders as obsessed with the way they look. This is an unfair assumption, one that is built around stereotypes. You cannot judge someone by the way they look or what sport they do.

Training for the Arnold taught me that it is good to sometimes put yourself first to learn new lessons and to reach your personal goals. It is said that hard work beats talent, but I now realise that hard work is not always easy to do, especially when people carry on with their normal lives, eating whatever they like while your mouth is watering! Discipline is vital and strong willpower necessary to resist things that will take you away from what you really want to achieve. Everyone wants to be a bodybuilder but not everyone is willing to do what it takes to get there. I now know what it takes, and will never forget it.

## LENDO GREYLING

### MY FIRST ARNOLD CLASSIC

**T**he recent Arnold Classic, our country's first, was an eye-opener

for me. Not only was it the first international show for amateurs I had the privilege of competing in, but it was also an opportunity to meet athletes from other countries around the world. South African bodybuilders were fortunate to compete in a show of such magnitude.

It was unbelievable to see all the Arnold banners and posters on the day of the contest, which was something we all have only dreamt about! I was in total awe because the quality of the athletes in each category was something to behold. From start to finish, it was not just another bodybuilding show. I was very focused and excited to step on the stage and compete against the best of the best in the world. I quickly realised that I had to stand hard and seize the moment when my line-up was called out because there was no pre-judging. You only had one chance to impress the judges and everything happened within a blink of an eye."

**"I HAD TO STAND HARD AND SEIZE THE MOMENT WHEN MY LINE-UP WAS CALLED OUT BECAUSE THERE WAS NO PRE-JUDGING. YOU ONLY HAD ONE CHANCE TO IMPRESS THE JUDGES AND EVERYTHING HAPPENED WITHIN A BLINK OF AN EYE."**

When you compete in a big show like this you first need to make sure you make the top ten before you even start thinking about the top three. Things move at lightning-fast speed. Listen to the chief judge while you get into your pose and hold it without wasting valuable time. I'm extremely proud of placing third in the Junior Bodybuilding division at my first Arnold. My goal now is to work even harder than before to improve. If you are fortunate enough to qualify for the Arnold, grab it with both hands! It is definitely an experience you will remember forever.

chance to step back on the stage again. The thought of not being allowed back on to the stage to hit the poses you practiced every day throughout your prep caused a lot of anxiety. The most valuable lesson I learned at my first Arnold was that you have to be prepared for the unexpected. The weigh-in, for example, took longer than we anticipated with queues of athletes waiting to be registered. If you don't carry your meals and supplements with you it will only place extra stress on your mind and body –

stress you don't need if you want to bring your best to the stage. Another lesson is to stand out from the start as athletes get eliminated so fast when you are on stage. A person with a better physique but who is too relaxed can often be overlooked.

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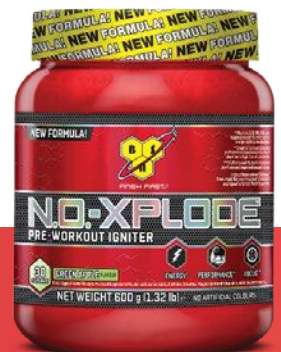




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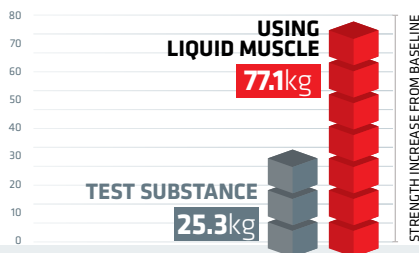
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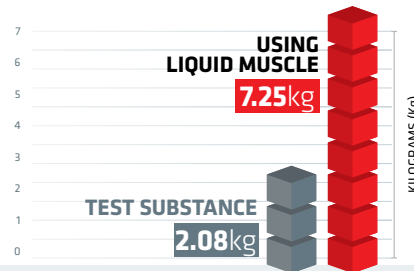
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