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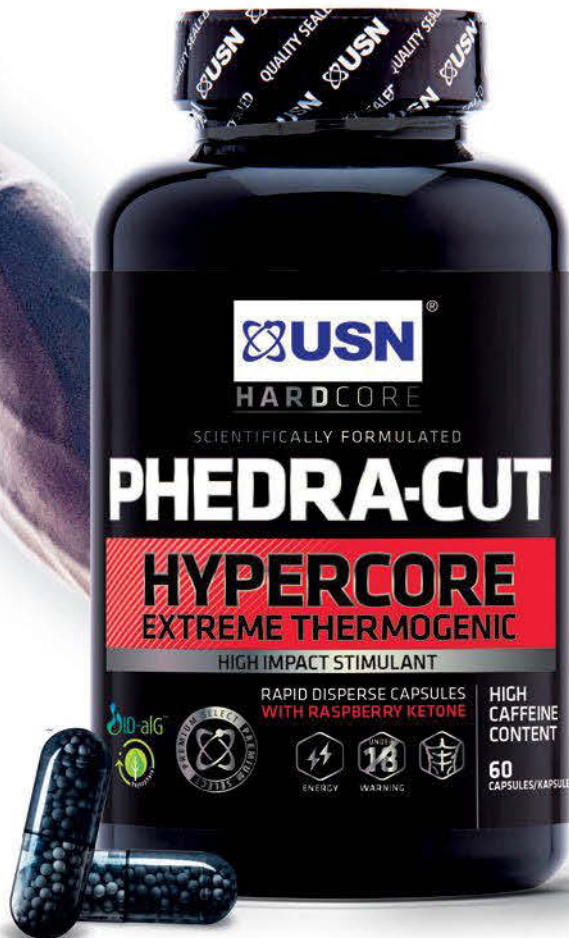
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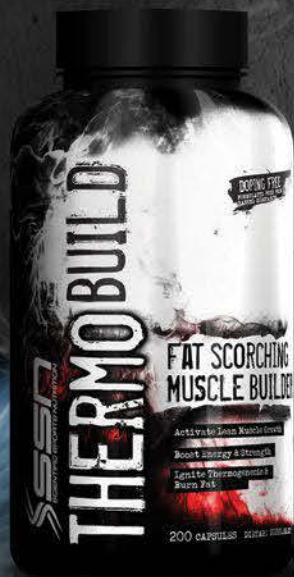
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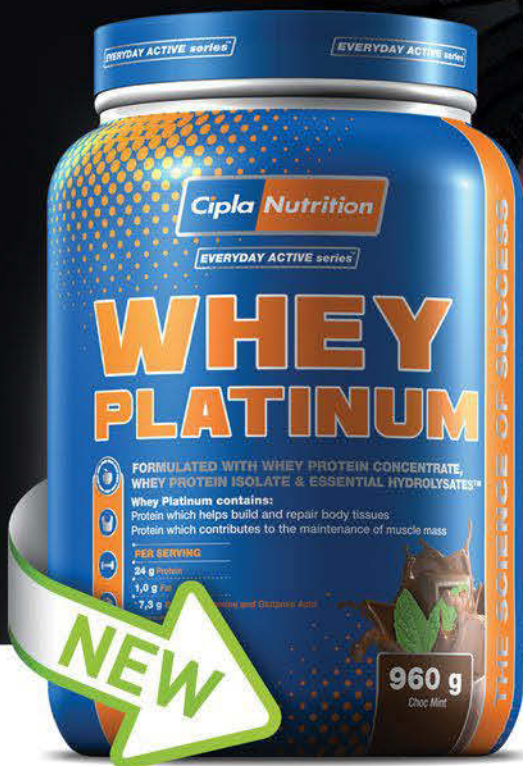


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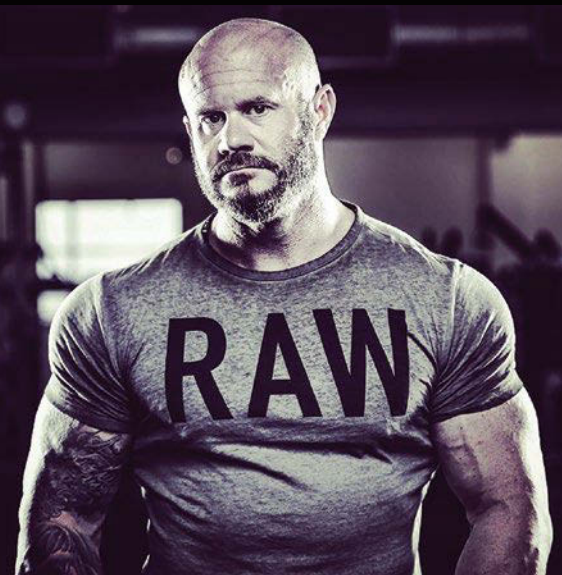


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**OWN YOUR NICHE**

**I**f you're reading this, congratulations, you've survived yet another evolution in this dynamic sport of ours, both here in South Africa and worldwide. With the current hype and interest in fitness at an all-time high, we might just be part of a slowly dying breed, but I kinda like that idea. If you look around you'll see more people than ever before trying to get into shape as the global health and fitness phenomenon continues to gather steam.

However, being the extremists that we are, we continue to push the boundaries of size, symmetry and proportion, all while trying to achieve the lowest body fat levels humanly possible. This is because, as I've said countless times in the past, we didn't enter the gym to simply fall in line. We didn't take up this sport to join the mainstream trends. The intense world of bodybuilding is no place for average people and it sure as hell isn't something that we all do in our spare time, like painting or scrapbooking.

Bodybuilding always has and always will be a niche sport, it's just getting more niched. One thing about true dyed-in-the-wool bodybuilders is that if it's in your blood the chances are good that you'll keep doing it until you reach a ripe old age. That's because it's a calling; a Herculean physical endeavour driven by passion.

Bodybuilding isn't fuelled by fickle global trends. This is evident in the fact that the globally accepted 'look' constantly shifts according to the trends, and the trend-following masses seem to blindly shift between training modalities and principles accordingly. But that's not why we publish this magazine.

You won't find 'trendy' workouts or gimmicks on these pages. This magazine

is painstakingly put together for those few dedicated, passionate individuals who choose to take it the next level; the ones who know no limits in terms of how far they can take their bodies. I'm perfectly okay with more people turning to fitness and leaving the elite few extremists alone to carry on with the sport from where it all started.

Sadly here in SA our little niche is more divided than ever when it comes to federations and competitions. Despite this it has remained abundantly clear that the athletes decide their own fate and direction in this sport, and I whole-heartedly respect that. I have seen our sport change dramatically over the past 13 years, and I have no doubts that it will continue to evolve as we progress. What's important is that we keep fighting for the best interests of the sport. As such we here at Muscle Evolution will continue to back and support local bodybuilding and its athletes above all else, no matter the politics, no matter the consequences.

We've got some really epic content in this issue, most notably a look back over the past 13 years of South African bodybuilding after we published our first issue. Yes, the magazine in your hands marks 72 editions of South Africa's number 1 bodybuilding magazine – 13 years of blood, sweat and tears in the name of supporting an unbridled passion. Have a look through the timeline we've included to relive important dates in the history of local bodybuilding and important occasions and happenings in the evolution of this magazine. You'll see how much the SA industry has changed, and for some it'll even be a blast from the past. But we don't want to dwell on the past for too long because I've got so many new, great ideas coming up in future issues. So stay tuned for what we hope will be the first of our next 72 editions. We'll be looking to raise the bar once again by bringing you even more world class bodybuilding content to help you take your training and your physique to the next level.

Enjoy issue 72!

**Andrew**  
Editor-In-Chief

**MY FAVOURITE THIS ISSUE:**



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# MUSCLE NEWS

## PURE NUTRITION TECHNOLOGY PURE SHAKE

Pure Nutrition Technology offers performance based nutrition to improve training intensities and performance, maximise recovery, and maintain optimum health. All products in the range are soya free, sugar free, gluten free, and are free of prohibited substances as listed in the Prohibited List 2010 compiled by the World Anti-Doping Agency (WADA). Pure Shake is a premium high energy, high protein food supplement. Each serving contains essential nutrients including protein, carbohydrates, vitamins and minerals to support recovery after training and supports an increase in lean muscle mass when used in combination with a resistance training programme.



## USN 3XT-PUMP

USN's 3XT-PUMP All-In-One Pre-Workout, part of the company's hardcore range, is formulated to include the most scientifically grounded nutritional technology to help you enhance your performance and recovery potential. Patented and licensed ingredients, which have been shown to improve exercise tolerance levels and output, are included, along with high caffeine levels (250mg per serving). Carbohydrates are included as they have been shown to improve performance levels during hypertrophy training sessions, aiding ATP production and recovery.



## GNC TOTAL LEAN™ LEAN BAR



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## XTREME NUTRITION EXPANDS DISTRIBUTION

Leading local supplement retailer Xtreme Nutrition recently opened another store in Johannesburg. The store, located on Malibongwe Drive in Randburg, stocks the widest range of top international and popular local supplement brands.

For more info call 011 791 4367 or email [sales@xtremenutrition.co.za](mailto:sales@xtremenutrition.co.za). Consumers can also shop online at the recently updated website [www.xtremenutrition.co.za](http://www.xtremenutrition.co.za), which now offers overnight delivery to major cities and free couriership with orders over R600.

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- Exercise Specialist (JHB, KZN, CPT)

**AUGUST**

- Functional training specialist (JHB)
- Sports Massage (JHB, KZN)
- Kids Development (JHB)
- Sports Conditioning with SAQ (JHB, CPT)
- Studio Cycle (JHB, CPT)
- Pre and Post Natal Exercise (CPT)

**SEPTEMBER**

- Aqua Instructor (JHB, CPT)
- Group Fitness Instructor (JHB, KZN, CPT)
- Pre and Post Natal Exercise (JHB)
- Kettlebell Instructor (KZN)
- Studio Cycle (KZN)
- Kids Development (CPT)
- Reboundology Trainer (CPT)

**OCTOBER**

- Pilates ABC (JHB, CPT)
- Kettlebell Instructor (JHB)
- Yoga Muscles and Motion (JHB, CPT)
- Kids Development (Durban)
- Sports Conditioning with SAQ (KZN)
- Pre and Post Natal Exercise (CPT)
- Fighting FITT (CPT & JHB)

## CHROME STORE OPENS IN CAPE TOWN

Leading supplement retailer Chrome Supplements & Accessories has expanded the company's footprint into the Western Cape with the official opening of a store in Cape Town.

The new Cape Town branch, which opened on 26 June in the Tyger Valley Shopping Centre in Bellville, is the first of many new stores planned for the region. With the growth in demand in the supplement industry, Chrome is confident that the venture will be as successful in the Western Cape as it has been in Gauteng. Chrome has a tried and tested range of over 2,000 products, from health



and performance supplements, to training accessories and apparel, offering a one-stop shop for the muscle-building, fit-minded and health-conscious consumer. Chrome already boasts an established footprint of 14 successful retail outlets and aims to open an additional 20 retail stores by the end of 2016, with the possibility of expansion into international markets too.

For more info or to find a store visit [www.chromesa.co.za](http://www.chromesa.co.za) or contact 0861 000 638. For franchise opportunities email [franchise@chromesa.co.za](mailto:franchise@chromesa.co.za).



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# MUSCLE NEWS

## NUTRIBULLET GROWS FROM LOCAL ROOTS

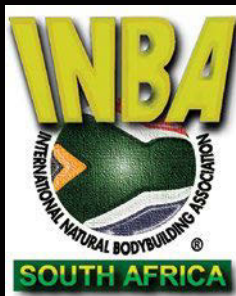
The iconic NutriBullet – a food extractor that uses a unique cyclonic blending action, powered by a 600-watt electric motor, to shred, crack, grind and break down tough seeds, stems and skins from unprocessed raw food without losing any of the nutritional value – has sold 14 million units in less than three years, and is firmly established as the fastest selling kitchen appliance in the USA. The NutriBullet, an ingenious variation on the standard-type food blender, utilises ‘upside-down’ technology, with the spinning blade uncoupled from the motorised base unit. This concept was developed by a team working out of Los Angeles, California that is headed up by Cape Town-born entrepreneur Colin Sapire. Sapire was schooled in the Eastern Cape before moving back south to study at the University of Cape Town, where he completed a B.Com degree and a CTA in 1982.



## INBA AFRICA NATURALS DATE ANNOUNCED

The INBA, the largest natural bodybuilding federation in the world, has announced that it's Africa Natural Bodybuilding Competition will take place on 25 July 2015 at Robin Hills Primary School in 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 the USA in November.

For more information email [info@naturalbodybuilding.co.za](mailto:info@naturalbodybuilding.co.za) or [gauteng@naturalbodybuilding.co.za](mailto:gauteng@naturalbodybuilding.co.za), or visit [InbaSouthAfrica](http://InbaSouthAfrica) on Facebook or [www.naturalbodybuilding.co.za](http://www.naturalbodybuilding.co.za). All athletes will be drug tested at the event.



## BIOTECH® SET TO CHANGE THE GAME

Biotech® is a company ready to challenge the supplement industry status quo by developing superior products that offer unrivalled purity and quality to deliver what they promise. Biotech® aims to create supplements that set the standard by which all others are judged and, most importantly, offer products that deliver results, because results are fundamental in this industry. Whether you're a professional athlete or fitness enthusiast, a bodybuilder or a powerlifter, it takes all you've got to make it to the top, and the range of Biotech® Sports Nutrition Supplements can help you get there. Available from Supplement World, BodyStock, Muscle Shop, Core Fitness (Chaos Hardcore Barbell), CAW Nutrition and Weitz Nutrition. For more info on the full range of products available visit [biotechnutrition.co.za](http://biotechnutrition.co.za).



## SSN AWARDED HACCP CERTIFICATION

Following the intensive auditing of SSN's manufacturing facility, the local supplement manufacturer has been awarded with the internationally-recognised Hazard Analysis Critical Control Points (HACCP) certification. This management system in which food safety is addressed through the analysis and control of hazards, from raw material production, procurement and handling to manufacturing, distribution and consumption of the finished product. The HACCP system and its highly recognised certification mark gives assurance to the buyer and seller alike, as to the 'fitness for purpose' of products, materials or services.



## PHARMAFREAK NOW IN DIS-CHEM

Founded in 2008 by Alex Savva and Don Gauvreau, PharmaFreak® offers an extensive range of potent and effective sports supplements which will now be available for purchase from Dis-Chem stores nationwide. PharmaFreak® is a dedicated industry leader in researching, developing and creating the world's strongest supplements made with premium, clinically-validated ingredients and the highest level GMP quality control standards.

## NICOLE WILKINS APPOINTED NEW IFBB AMBASSADOR

Four-time IFBB Figure Olympia champion Nicole Wilkins has been appointed as the new IFBB Ambassador. Seen as one of the most outstanding female competitors, Wilkins represents many of the values synonymous with the bodybuilding federation. By appointing Wilkins the IFBB has recognised her contributions to the involvement of women in the sport and her promotion of a healthy lifestyle.





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## WEIGHT GAINERS

**Q** I'm 25 years old and weigh 59kg. I've been training for more than a year now but have failed to gain weight or develop abs. I'd like some advice on what supplements I must buy in order to gain weight. *Elliot Mbongeni*

**A** Building muscle while simultaneously losing sufficient body fat for your abs to show through is no easy task. However, with diligence, hard work and perseverance you can certainly achieve your goal of gaining muscle mass and sporting that desirable six pack. Below are some key diet, supplementation and training tips that I'm sure will help you in your quest:

### 1. EAT SUFFICIENT PROTEIN

For those serious about adding muscle mass a good rule of thumb is to aim for at least 2.5-3g of protein per kilogram of bodyweight. For an 80kg person this would equate to around 200-240g per day. This will support the muscle-building and repair process in response to your weight training.

### 2. STAY WELL HYDRATED

Water makes up more than two thirds of your body tissue. A well-hydrated body is significantly more efficient at building muscle and also enables you to deliver peak performance in the gym. I suggest a minimum of 3-4 litres of water per day.

### 3. USE WHEY PROTEIN

A whey protein shake with breakfast is a great way to start your day. As it is fast-digesting, it acts to rapidly stop the muscle breakdown catabolism that occurs in the last few hours of sleep due to a lack of circulating amino acids. Try getting in 30-40g of whey immediately on waking each morning. Whey protein is also an ideal component in pre- and post-workout shakes, again due to its fast action. This helps get amino acids to your body quickly so it can halt-protein breakdown during the workout and immediately stimulate protein synthesis (muscle growth) after training.

### 4. SUPPLEMENT WITH CREATINE

Creatine is one of the nutritional supplements that has stood the test of time and emerged as the undisputed heavyweight champion when it comes to packing on muscle.

Some first-time users report as much as a 5kg gain in bodyweight in as little as two to three weeks. Take 3-5g with both your pre- and post-workout shakes and on non-training days take one 5g serving with breakfast. Use in cycles of 8-10 weeks 'on' and four weeks 'off'.

### 5. FOCUS ON POST-WORKOUT NUTRITION

The post-workout meal (along with breakfast) is the most important one in your muscle-building nutritional plan. The first hour following an intense workout is considered to be a 'window of opportunity'. During this period the heightened insulin sensitivity of your muscle tissue coupled with a favourable hormonal environment is such that nutrients consumed during this period are rapidly absorbed and utilised by the body. Ensure you consume an easily digestible meal as soon as possible after completing your workout. This meal should be composed of 50-100g of carbohydrates, 30-50g of protein and should be low in fat. Mass builder or recovery shakes are often excellent choices as they are generally low in fat and contain highly bioavailable proteins and carbohydrates.

### 6. TRAIN WITH HEAVY WEIGHTS

Muscles need to be regularly and progressively overloaded to sustain growth so challenge yourself regularly to lift more weight during each successive training session. This may require that you decrease your training volume and increase your intensity. After performing a couple of warm up sets with the first exercise for a particular body part,

don't waste time or energy performing unnecessary warm up sets on the following exercises for that body part. Go straight to the heavier weight.

### 7. USE GOOD FORM

Perform your exercises with good form, only using controlled cheating when necessary. Never cheat to reduce intensity. Controlled cheating should only be used as a means of increasing intensity – in other words to get one or two more reps out of a set after reaching muscle failure. If the weight is too heavy your form will be too sloppy to be effective. If, on the other hand, the weight is too light, you may use great form but you won't progress without the challenge of lifting incrementally more weight over time. This is the basis of proper periodisation.

### 8. ENSURE ADEQUATE REST

Train each body part no more than once a week when isolating muscle groups, and always take a day or two off during the week to ensure adequate recuperation and recovery.

### 9. BE CONSISTENT AND PERSISTENT

"Rome wasn't built in a day." Developing a physique to be proud of is a long-term endeavour. Impatience with the bodybuilding process is the greatest threat to you ever achieving your goals.

### 10. TRAIN WITH PASSION

Passion is what fuels your drive, delivers the intensity you require to achieve your goals, and ensures you stick with it until the end.

## CHASING DOMS

**Q** I have been exercising full-time for more than a year now and have seen a lot of transformation. However, I've now reached a point where I'm never sore anymore, and this is upsetting as I feel I'm not progressing. I have incorporated more supersets, I lift heavier weights and try to do less cardio and more weight training exercises, pushing myself harder every day to feel that sense of satisfaction that comes with next day muscle soreness. I haven't changed my diet a lot as it has been working for me the past year. Can you please advise what I'm doing wrong or give me tips on how to go about 'feeling' the results again? *Suzanne Trautmann*

**A** After having trained almost daily for more than 20 years I can tell you I can't recall when I last felt sore in the days following a workout, despite the fact that I train very intensely and often mix my workouts up a bit to change the stimulus. I have nonetheless continued to progress over all these years and post-workout muscle soreness, more commonly known as delayed onset muscle soreness or DOMS, is therefore not an indicator I use to gauge workout effectiveness nor measure progress with regard to my physique development. I honestly wouldn't worry about not experiencing DOMS and simply focus on training with consistency, focus, high intensity and passion. Continue to mix up your workout plan up from time to time to provide a change in stimulus and ensure whatever programme you follow is periodised to ensure constant progression in terms of muscle and strength development. Give yourself some time and I'm sure you will see the results you are looking for despite not necessarily 'feeling' the post workout effects of your training sessions.



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M.E People is a forum for our readers to share their photos. Whether it has been your dream to see yourself in a bodybuilding magazine, you have some healthy competition with friends or simply need to keep yourself accountable, keep an eye on our Facebook and Twitter feeds for the M.E People theme each edition.

You have put in the hard work - now share it with likeminded people all over the country. This forum is where we give our readers a platform to communicate visually and be part of Team Muscle Evolution. Follow us on Twitter (@muscleevomag) and Facebook (muscleevolution-southafrica's number 1 bodybuilding magazine) to be first to send your photos in for the next edition! The address to send photos is [info@muscleevolution.co.za](mailto:info@muscleevolution.co.za)



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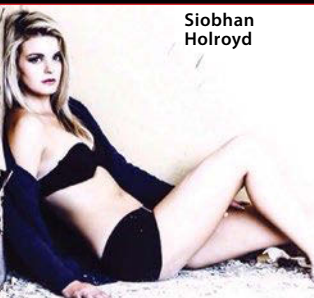
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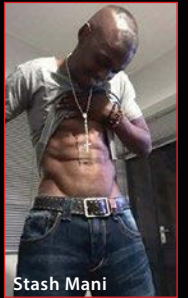
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Monique Strachan



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Justin Van Zyl



Jan Cornelius



Thula Sifatyi



JC



Rualize van Rensburg



Arshaad Cajee (left) and Muhammed Manack (right)



Charlene Prinsloo



Morne Van Der Merwe



Jason Brown



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## Garmin fenix 3

Garmin recently released the fenix 3, the latest GPS sportswatch for demanding athletes and outdoor adventurers. This sophisticated watch supports a full range of sport activities, from advanced

fitness training, swimming and trail running, to triathlon, cycling and hiking, providing feedback and a wealth of data on a multitude of metrics. Sporting a new, slimmer design than its predecessor, a stainless steel bezel, high resolution colour display and smartwatch features, the new fenix 3 is also suited for everyday use. When paired with a smartphone the fenix 3 provides smart notifications, weather forecasts and more. Available in three style variants, namely Silver, Grey and the premium Sapphire option, which has a scratch-resistant, domed sapphire lens and a linked stainless steel strap.

**Available for R7,599 (silver), R8,449 (performer bundle) or R9,999 (sapphire performer bundle).**



## SAMSUNG GALAXY S6 AND S6 EDGE

The sleek, ultra thin Galaxy S6 and the dual curved Galaxy S6 Edge are crafted from the finest materials, with a seamless, full metal and glass construction. These Android, 5.1" QHD super AMOLED-equipped touchscreen smartphones also boast a 5-megapixel front camera and 16-megapixel rear camera. Additional features include fast charge, which lets you watch two hours of HD video from just 10 minutes of charging, and built-in wireless charging capabilities.

**International pricing is \$184,900.**

*(That's about R2,221,394 of your hard earned cash)*



## McLaren 570S

McLaren recently launched the company's new Sports Series with the release of the 570S. Sporting design queues from both the iconic P1 and 650 models, this range will be aimed at the entry level of the sports car market in terms of price.

**The performance highlights on the 570S include:** A twin-turbo 3.8-litre V8 engine that produces 562hp and 443lb-ft of torque; a lightweight carbon tub monocoque chassis; a sequential seven-speed gearbox; ceramic brakes; Pirelli P Zero Corsa tyres; adaptive suspension; 0-100km/h in 3.2 seconds and a quoted top speed of 204mph.

## RAZER NABU X

The Razer Nabu X uses a no-screen notification interface as it vibrates when you get an incoming alert from your phone and the LEDs light up in customisable colours. Data such as steps, distance covered, calories burnt, hours slept, active minutes and goals are tracked by the Nabu X's accelerometer and algorithms, with progress displayed on a wide selection of companion iOS or Android fitness apps. Billed as a "social wearable" device, it contains Razer's proprietary Pulse technology that allows Nabu and Nabu X bands to 'talk' to each other when they are within a specified proximity. This creates fun, new ways of connecting with others and interacting with the world, like shaking hands to exchange info, or competing against each other by comparing data or engaging in multiplayer games. The device also offers 5-7 days of active battery life and up to 30 days on standby. It is water-resistant up to 1m.





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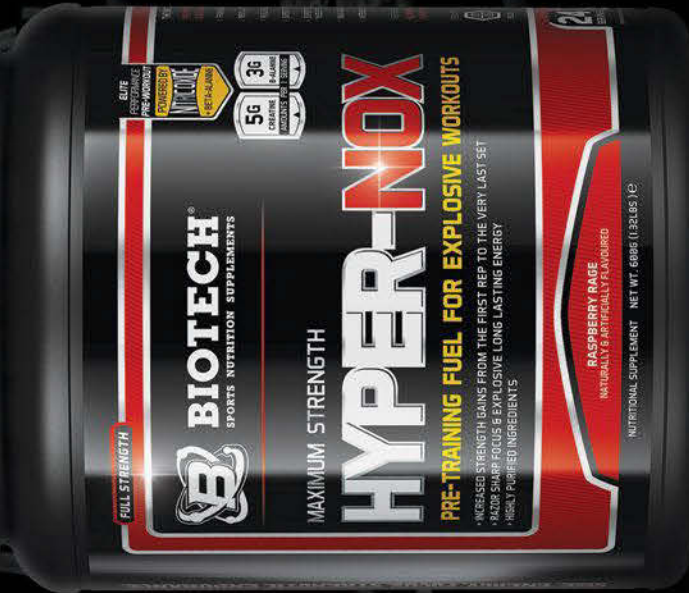
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# TRAIN LIKE A BOSS

**12 DO'S & DON'TS OF MODERN BODYBUILDING**



## DO...

### THE BASICS RIGHT

It's a tried and trusted fact that the basics build muscle. **If your goal is to gain serious mass you have to perform the bread-and-butter basics like squats, bench presses and deadlifts.** Do them religiously and then reassess the situation. Do what works for you though. We are all built differently and we all react differently to exercises. So stick to the basics but if your shoulders hurt while doing a bench press, find an alternative and don't continue with it just because your favourite bodybuilding icon swears by it.



## DON'T...

### BELIEVE THAT MORE EQUALS MORE

The less time you train the better. **If your workout lasts more than 60 minutes your blood sugar levels drop and cortisol, a catabolic hormone that promotes muscle breakdown and fat storage, will increase.** Keep your workouts short but intense. The human body is good at finding the path of least resistance and once it becomes good at performing an exercise it will find a way to complete the movement in the easiest manner possible. If you want to continue making gains work out smarter, not longer.

## DO...

### SET A NUMBER OF GOALS

Making significant gains in muscle size takes a lot of consistent, hard work under heavy loads. However, to achieve your ultimate muscle-building goal you need a concrete plan and a roadmap to get there. **Even if it is as simple as adding an extra 5kg onto your bench press each week or curling a bigger dumbbell than last week, setting a number of smaller, more achievable goals along the way will move you closer to your ultimate goal.** Without these small advancements you are destined to hit a slump and will often lose the motivation needed to add slabs of solid muscle due to workout stagnation.



## DO...

### EAT CORRECTLY

Heavy weight training creates the stimulus for growth, whereas the right types and ratios of macronutrients fuel that growth. **By eating sufficiently before and after a workout you'll ensure that working muscles have everything they need to work optimally and grow bigger and stronger than before following those intense training sessions.**

**SETTING A NUMBER OF SMALLER, MORE ACHIEVABLE GOALS ALONG THE WAY WILL MOVE YOU EVER CLOSER TO YOUR ULTIMATE MUSCLE-BUILDING GOAL.**

## DON'T...

### GET STUCK

We often work our butts off while thinking that we're becoming stronger and fitter when a routine becomes easier. This is usually not the case – the mind and body will grow accustomed to what you put it through. As such you will not be successful if you blindly follow a routine without any variation. **It is therefore a good idea to change your workouts from time to time.** Try a different routine every six to eight weeks or change your rep or set schemes, the order of the exercises you do or replace a specific exercise with something else to work the body from a different angle. This keeps things interesting and ensures you don't plateau or stagnate.



## DON'T...

### BE A SLAVE TO STATS

In the gym, like all other facets of life, we have numbers and statistics to track, measure, gauge, and analyse our progress. Although this information can provide valuable feedback, you can become too obsessive about the numbers and this can kill the joy of working out altogether. Although **you have to force yourself to push through mental and physical barriers to reach your goals,** and tracking your latest poundages in a training journal offers insights into what to do next, don't forget to let yourself simply enjoy the experience of lifting weights every now and then.





**DO...**

**WHAT YOU DON'T LIKE TO DO**

We all have those exercises we don't like doing – be it pull-ups or those dreaded barbell squats. It is natural to avoid doing the things we aren't naturally good at, but in doing so we end up missing out on a serious opportunity for growth. **The potential for gains are much greater when working our weak points than it is when working our dominant physical attributes.** So do the exercises you don't like doing, and do them often.

**DON'T...**

**LET YOUR EGO RULE YOUR DECISIONS**

Leave your ego at the door when you go to the gym. **If you train using sloppy technique and form in an effort to lift more weight you will only end up with sprains, strains, fractures and other injuries.** These could hamper your weight lifting efforts and ultimately ruin your goal of becoming bigger and stronger. It is better to lift with optimal technique than heaving huge weights to appease your ego. Don't be impatient and increase the weights you are able to lift gradually. Rome was not built in a day.

**DON'T... DO EVERYTHING**

There is a load of information out there about what exercises you should or should not do. For instance, some experts say that the behind-the-neck shoulder press is considered unnatural and not safe to perform, and that it must be replaced by the military press instead. The same argument can be used for an array of other exercises. **The truth of the matter is that you don't have to do everything, just stick with what works best for you and your body.**

**DO... BREATHE**

Breathing is an essential part of training with weights. **Breathing is necessary for the delivery of oxygen to your muscles and to enable you to work at full capacity.** Inhale deeply in the eccentric phase of a lift and exhale forcefully in the concentric phase. A powerful exhalation can also help you generate more force during heavy lifts.

**HOLDING THE BAR WITH A WHITE-KNUCKLE GRIP WHILE CLENCHING YOUR TEETH WILL ONLY LEAD TO THE EARLY ONSET OF MUSCLE FAILURE.**

**DO...**

**STAY LOOSE**

Don't tense up when you are working out. While it is important to focus on the muscle group you are working on, holding the bar with a white-knuckle grip while clenching your teeth will only lead to the early onset of muscle failure. **Stay loose by relaxing the muscles you are not working on and focus on the ones you are.** By doing this you will move more efficiently and will have more energy, which ultimately leads to better results in the weight-room.

**DON'T... FORGET TO REST**

Don't feel guilty if you need a lay-off from the weights. **A short break now and then can revitalise waning motivation levels.** While the fear of losing gains in size and strength are always there, short lay-offs of 10 days or less are too short to cause any significant losses. In fact, they'll probably do your mind and body more good than harm. **M.E**





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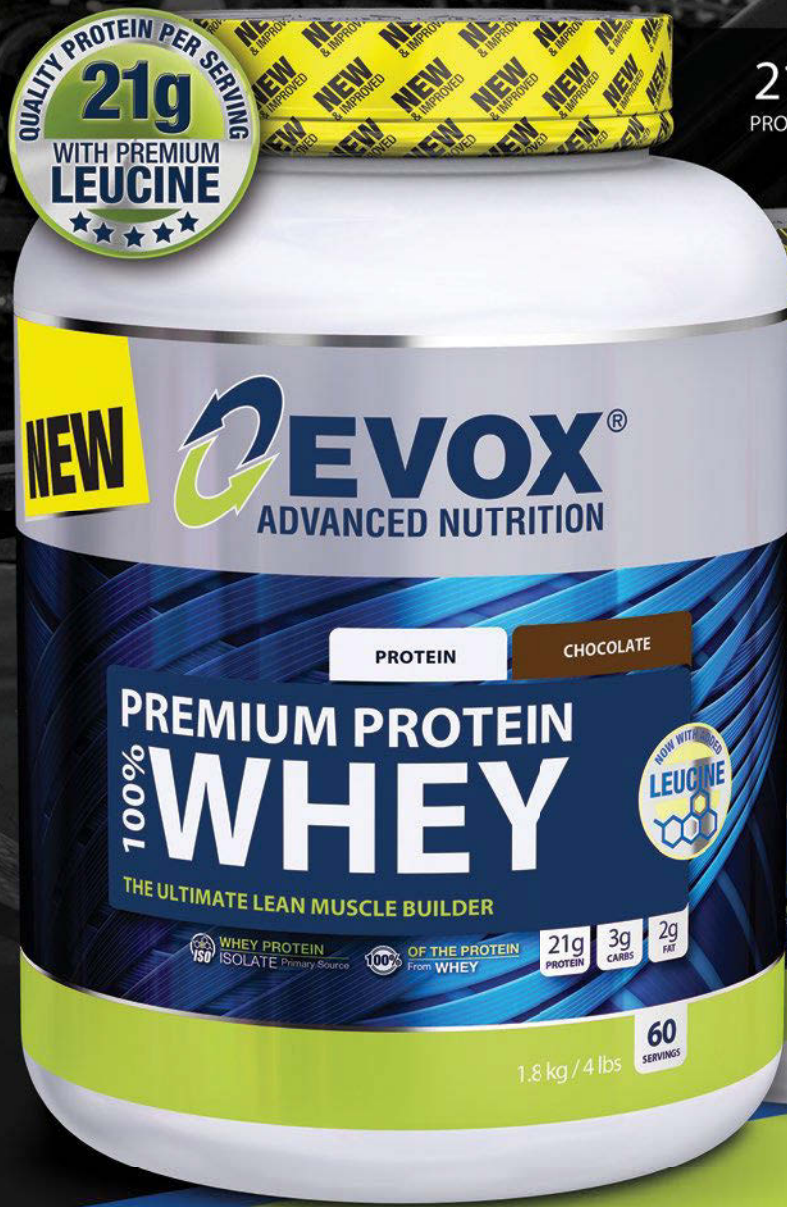
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# THE RE-EMERGENCE OF HMB

NEW RESEARCH SHINES A  
LIGHT BACK ON THIS LARGELY  
FORGOTTEN SUPPLEMENT

## HMB ON THE RISE AGAIN

**N**ow it seems as if HMB is on the rise again, this time with the backing of empirical evidence. However, you're now likely to find it on sale in a new form with improved bioavailability. Two forms of HMB are currently available and have been used: Calcium HMB (HMB-Ca) and a new form called HMB-FA, which stands for HMB free acid. The latter is thought to increase plasma absorption and retention of HMB to a greater extent than that of HMB-Ca.

A 12-week randomised, double-blind, placebo-controlled study of the effects of HMB-FA supplementation on skeletal muscle hypertrophy, body composition, strength and power in trained individuals (Wilson, J. M., et al. The effects of 12 weeks of beta-hydroxy-beta-methylbutyrate free acid supplementation on muscle mass, strength, and power in resistance-trained individuals), published in the European Journal of Applied Physiology in 2014, found that HMB-FA resulted in increased strength in exercises such as bench press, squat and deadlift. Strength was assessed via a one-rep maximum test of these compound exercises. The results showed an increase in strength and gains in the subjects who were taking HMB-FA compared to the placebo group.

Researchers also wanted to investigate the effects of HMB-FA supplementation in resistance-trained individuals during a monitored periodised resistance-training programme on skeletal muscle hypertrophy, body composition, strength, and power relative to a placebo-matched control group. The research findings showed that the HMB-FA had a 25 % greater clearance by the body, indicating better utilisation. Subjects in the study had their first serving of 1g of HMB-FA 30 minutes prior to their workout and the remaining two servings were given with their afternoon and evening meals.

**F**ITNESS ENTHUSIASTS, STRENGTH ATHLETES AND BODYBUILDERS TOOK NOTICE WHEN A NEW SUPPLEMENT, TOUTED AS THE ULTIMATE MEANS TO INCREASE MUSCLE AND DECREASE BODY FAT, HIT THE SHELVES IN THE 1990S. HMB, or for the more scientifically-inclined Beta-hydroxy-beta-methylbutyrate acid, is a metabolite of the essential amino acid Leucine. It came under the spotlight when subjects in a study showed increased muscle mass and

strength gains while training on HMB supplementation.

Researchers have for years been divided on the exact benefits of HMB and the mechanism by which it is able to boost strength and shed fat. Public perception of the supplement was also influenced because of the slew of negative publicity HMB received for a while. There were reports in the past of "fixed" results in studies specifically created by supplement companies to sell more HMB products. HMB subsequently received a bad reputation and fell off the radar of promising performance boosters when the hype around it eventually died down.





**THE RESULTS SHOWED AN INCREASE IN STRENGTH AND GAINS IN THE SUBJECTS WHO WERE TAKING HMB-FA COMPARED TO THE PLACEBO GROUP.**

## STACKING HMB FOR BETTER RESULTS

**T**he results of this study correlated with Kraemer et al. (2009), who also reported strength gains in subjects following a 12-week periodised programme. This finding was, however, made in a previously untrained population. In the 2014 study it was also found that HMB ingestion combined with a structured exercise routine resulted in greater declines in fat mass in the individuals who were tested. Previous research with HMB in trained individuals has been inconsistent with findings of both no effect (Kreider et al. 1999; Slater et al. 2001) or a positive effect on muscle mass (Nissan et al. 1996; Thomson et al. 2009).

There are indications that creatine, Adenosine-5'-triphosphate (ATP) and HMB reinforce each other's effect on muscle mass – good news for athletes who would want to boost their performance further by stacking HMB with creatine and ATP. Researchers concluded that athletes could

boost muscle building by also combining Leucine and HMB.

It is clear that research of HMB-FA is still in its infancy. However, everybody in the bodybuilding, fitness and sporting communities are constantly looking for that extra edge – that Holy Grail that will deliver true, tangible benefits. Based on this recent research HMB, in combination with other supplements such as BCAAs, beta-alanine, ATP, Leucine and creatine, seems to be a solution that will likely yield the best results. **M.E.**

**RESEARCHERS CONCLUDED THAT ATHLETES COULD BOOST MUSCLE BUILDING BY ALSO COMBINING LEUCINE AND HMB.**

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Manage **SHBG** levels to maintain muscle

# DON'T DESTROY GAINS

**S**ex hormone binding globulin (SHBG) is a protein in your body that sex hormones like testosterone and estradiol often bind to before entering your bloodstream. SHBG rarely pops up in conversation but it plays a major role in how efficiently hormones are used in the body.

SHBG is called a glycoprotein that binds to, transports, and inhibits the function of testosterone. It is often thought that SHBG transports and protects testosterone from being eliminated too quickly. When testosterone is bound to SHBG, it becomes useless. In this state testosterone is not active or bioavailable. Testosterone does not normally break free from SHBG and is not active when bound. For this reason SHBG as a protein cannot be viewed as protecting and transporting testosterone. Rather, as a protein, it keeps hormone levels in balance in the body.

In the womb low levels of SHBG are present to allow activity of sex hormones. This allows formation of sex organs when gender is determined. SHBG levels rise after birth and remain elevated throughout childhood. These levels will drop to half for girls and a quarter for boys during puberty. The decrease of SHBG during pubescent years is caused by an increase in growth hormone. Growth hormone levels will decrease during adulthood and SHBG will rise. Levels normally increase at a rate of 1% per year after early adulthood, resulting in lowered free-testosterone.

Add declining total testosterone levels while we are ageing and the impact can be significant. The 1% yearly increase is just an average, and this can vary significantly from person to person. There are many factors that can influence a rise or fall in SHBG levels.

Normally 45% of total testosterone is bound to SHBG, 53% is bound to albumin, and 2% is unbound and active – referred to as free-testosterone. Unlike testosterone that is bound to SHBG, albumin-bound testosterone can break free and become free fairly easily. A bodybuilder who has normal testosterone levels and high SHBG levels can experience the same symptoms that occur in men with low-testosterone. Since testosterone that is bound to albumin will eventually become active, free and albumin-bound testosterone should be taken into account when evaluating testosterone levels instead of total testosterone.

**□ A bodybuilder who has normal testosterone levels and high SHBG levels can experience the same symptoms that occur in men with low-testosterone. □**

**NORMAL SHBG LEVELS IN ADULT MEN (nmol/L)**  
**<20.....Low**  
**20-60...Normal**  
**>60.....High**





## MANAGING SHBG PRODUCTION

### Oestrogen

When steroids are used to effectively build muscle, elevated oestrogen levels are always a concern. Anabolic steroids can result in higher oestrogen levels in men, which can lead to water retention, fat storage, and gynecomastia or bitch tits. It's therefore vital to keep oestrogen levels in a range where muscle growth can occur while not experiencing oestrogen-related side effects.

High oestrogen levels come with another side effect that can sabotage muscle growth. As oestrogen levels climb, so does SHBG. Even if exogenous steroids are administered, higher than normal SHBG caused by high oestrogen levels can have a negative impact on anabolism.

### Tamoxifen

Tamoxifen has been used for decades to lower oestrogen levels in men, especially those who use anabolic steroids. It is often found in post-cycle therapy (PCT) protocols, when attempting to keep oestrogen

levels in check and to stimulate natural testosterone production. It is effective in lowering oestrogen levels, but it also raises SHBG levels when doing so. Raising SHBG levels during PCT can alter the process of recovering hormones to baseline levels.

### Thyroid

There is a strong relationship between thyroid hormones and SHBG. Hyperthyroidism (a condition where too much thyroid hormone is produced) causes SHBG to increase. This can also occur when high levels of thyroid drugs (T-3, T-4) are taken.

### The other drugs that increase SHBG:

- Clomiphene,
- Toremifene,
- Some statins, opioids, beta-blockers, tranquillisers, antidepressants, and antifungals.

## DECREASING SHBG

### Growth Hormone

Growth hormone has been shown to greatly influence SHBG levels. The increase in growth hormone during puberty is what causes the large drop in SHBG, leading to the changes that occur during this important developmental phase. A decrease in growth hormone levels seem to run parallel with the rise in SHBG production associated with ageing. Taking exogenous growth hormone may be the most effective method for lowering SHBG levels. While growth hormone doesn't play a direct role in muscle growth, its ability to lower SHBG influences muscle growth indirectly.

### Letrozole

This aromatase inhibitor is the most effective for inhibiting oestrogen production. Unlike the serums tamoxifen and clomiphene, letrozole does not increase SHBG, but actually decreases it. Letrozole is therefore a good choice to control oestrogen while taking anabolic steroids as it eliminates oestrogen and lowers SHBG.

### Other drugs that decrease SHBG:

- Exemestane,
- Anastrozole,
- Proviron,
- Stanozolol,
- Insulin.

**S**HBG is a critical component in achieving and maintaining hormonal balance. Without it the changes that take place from childhood to adulthood would not happen in the manner that they should. While this protein does serve a purpose, higher levels during adulthood can greatly impair muscle growth. A simple test can be ordered by a physician to check SHBG levels.

\*Article by Josh Hodnik first published in Iron Magazine, April 2015. Republished with permission from author.

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# THE FATS OF LIFE

## THE FAT FACTS


**F**irst and foremost, fat is critical in the production of powerful steroid hormones, of which testosterone is the most important for muscle growth.

As far back as 1984 the scientific community has highlighted the importance of dietary fat intake in the production of serum sex hormone concentrations, including testosterone, in men. A study published that year in the *Journal of Steroid Biochemistry*, by Hämäläinen E et al, looked at the possible effect of dietary fat content and the ratio of polyunsaturated to saturated (P/S) fatty acids on serum sex hormones in 30 healthy male volunteers.

Subjects were fed a practically isocaloric (similar caloric value) experimental diet containing significantly less fat than normal, with a higher P/S-ratio than their normal diets, for six weeks. During this period serum testosterone and 4-androstenedione levels decreased, in addition to a reduction in serum-free (non-protein bound) testosterone which, according to researchers, suggested "a possible change in biological activity". Researchers

therefore concluded that "in men a decrease in dietary fat content and an increase in the degree of unsaturation of fatty acids reduces the serum concentrations of androstenedione, testosterone and free testosterone."

Similarly, in a 2004 study published in the *International Journal of Sports Medicine*, which looked at blood concentrations of free testosterone, testosterone and growth hormone in men in response to heavy resistance exercise, researchers found that during the resting phase of the study a higher fat intake and lower protein intake was associated with increased levels of anabolic hormones in both the sedentary and the trained subjects. However, during the active phase of the study the



**"It is important to note that both saturated fat and cholesterol play central roles in the production of testosterone and the other steroid hormones."**



**W**hen dieting for enhanced aesthetics we generally have two broad dietary approaches at our disposal; low-carb or low-fat, as protein intake generally remains constant. When total calorie intake remains the same there are benefits and drawbacks to both approaches, and not everyone will respond to these dietary manipulation tools in the same way.

However, what athletes seldom fail to understand is the implications that a low-fat diet has on our general health, well-being, and even our ability to hold on to that hard-earned muscle. It used to be that when bodybuilders dieted to get lean they slashed their fat intake to below 10% of total calorie intake. Today we know that this approach is not just unhealthy, it's also counterproductive to muscle growth, repair and recovery.

higher fat intake increased anabolic hormones in the trained subjects only.

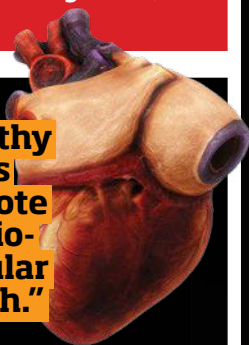
In this regard it is important to note that both saturated fat and cholesterol play central roles in the production of testosterone and the other steroid hormones. Accordingly, a diet that contains no saturated fat or cholesterol, two forms of dietary fat that have been demonised for decades, can actually limit your anabolic potential.

*Of additional importance to hard-training bodybuilders, a good intake of healthy fats will help to lubricate joints, and certain fats are essential in the formation, maintenance and repair of cell structures, including nerves and muscle cells.*

Fats also aid nutrient absorption, specifically the fat soluble vitamins, and also aid in nerve transmission; two critical elements in the anabolic process and the optimal functioning of the human body, both during training and in everyday life.

Certain fats can also augment energy production requirements, particularly during times of carb and/

**"Healthy fats promote cardiovascular health."**



or calorie restriction, which helps to spare muscle tissue. On top of that, healthy fats promote cardiovascular health, which may be of secondary importance to bodybuilders, but is another essential element in ensuring longevity, optimal health, and peak performance in the gym. Other benefits include healthy skin, which is important for anyone who plans to step on the competitive stage.

Yet despite their importance, there are still 'good' and 'bad' fats, but not in the conventional sense we've been taught over the years. And, when consumed in excess, even good fats can lead to weight gain. Accordingly, a little education and understanding can assist you in making the right choices when it comes to including fat in your diet. >>

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# KNOW YOUR FATS

## AVOID...

### TRANS FAT

**T**rans fats are artificially hydrogenated fatty acids and are generally considered to be the worst fats. These man-made fats have been developed to extend the shelf life of many modern processed foods, and have been linked to a wide variety of modern ailments and diseases. Trans fats are said to be responsible for raising 'bad' LDL cholesterol and lowering your 'good' HDL cholesterol levels, which leads to atherosclerosis, and recent research has correlated trans fat intake with the development of diabetes, cancer, low birth weight, obesity, and immune dysfunction. Small amounts of trans fats occur naturally in beef, lamb and full-fat dairy products, but stay away from trans fats found in any man-made processed foods as far as possible.



## MODERATE YOUR INTAKE OF...

### POLYUNSATURATED FAT

**T**hese include the beneficial omega-3s and omega-6s. However, these two forms of polyunsaturated fats need to be consumed in the right ratios, and modern Western diets deliver omega-6 essential fatty acids in excess. As such, it is important to moderate your intake of omega-6 polyunsaturated fat, and aim to get more omega-3s from whole food sources such as oily fish, nuts and leafy greens.

These fats are generally considered to be healthy because they help lower cholesterol levels, which decreases your risk of heart disease. Studies also show that insufficient intakes of these fats have been linked with chronic fatigue and obesity.



**"These fats need to be consumed in the right ratios."**

### SATURATED FAT

**P**reviously deemed the villain of fats, saturated fat has regained some of its lustre. As already mentioned, it plays an important role in steroid hormone production, and a growing body of new research also suggests that certain types of saturated fat, such as stearic acid; the type found in plant products like cocoa, coconut and palm oils, as well as animal products like dairy, meat and poultry, are beneficial and don't affect cholesterol levels negatively. However, there does seem to be certain saturated fats that can cause a rise in 'bad' LDL cholesterol and can therefore increase your risk of developing heart problems. Regardless, saturated fats should be included in all bodybuilding diets, but should account for no more than 10% of an adult's daily caloric intake. Foods high in saturated fat are usually animal-based. There are, however, plant foods which are also high in beneficial saturated fats.



### CHOLESTEROL

**C**holesterol is an essential structural component of every cell membrane in our body, and is therefore required to maintain both the structural integrity of the membrane, and fluidity in and out of the cell through the membrane. Cholesterol is also an important precursor for the biosynthesis of steroid hormones, as already mentioned, as well as bile acids and vitamin D.

While the body can produce cholesterol (in the liver), this only accounts for about 75% of our requirements. Accordingly, a limited amount of ingested cholesterol is required to make up the difference.

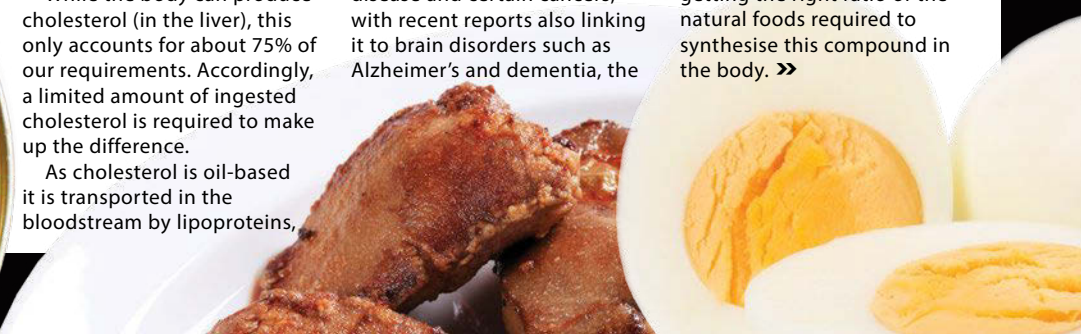
As cholesterol is oil-based it is transported in the bloodstream by lipoproteins,

namely low-density lipoprotein (LDL), generally known as 'bad' cholesterol, and high-density lipoprotein (HDL), known as 'good' cholesterol. It is worth noting that it is these carrier proteins and their actions in the body that are deemed as 'good' or 'bad', not necessarily cholesterol itself.

While elevated circulating levels of LDL are bad for you, as it has been linked to increased risk of cardiovascular disease and certain cancers, with recent reports also linking it to brain disorders such as Alzheimer's and dementia, the

scientific community is still debating whether ingested cholesterol is the cause, or if an overconsumption of simple carbs, sugar and trans fats, predominantly from processed foods, are to blame.

While that debate rages on, guidelines suggest that you derive 300-500mg of cholesterol from your diet. This can come from foods that naturally contain cholesterol, such as animal products, or getting the right ratio of the natural foods required to synthesise this compound in the body. >>





# GET MORE...

## MONOUNSATURATED FAT

**M**onounsaturated fats are generally considered the healthiest form of fat. They help to lower LDL cholesterol, and therefore lower your risk of cardiovascular disease and stroke. This type of fat contains high levels of vitamin E, which is a very important antioxidant. Olive oil is a particularly good choice of monounsaturated fat because it holds up well in high temperatures. Avocados, nuts, peanut butter and olives are other foods that are high in monounsaturated fat.



**"Ketones are also considered a super-fuel for the brain, which is said to enhance cognitive function, concentration and alertness."**



## MEDIUM CHAIN TRIGLYCERIDES

**T**hroughout the '90s medium chain triglyceride (MCT) oil was promoted in bodybuilding and fitness circles as a superior form of fat, and this trend seems to be on the rise once more. MCTs are metabolised differently than your usual fatty acids, as they bypass the normal digestive process that long chain fats go through. More

specifically, they are immediately processed by the liver, which converts them into ketones that can readily be used for energy production. This can assist dieting athletes who follow low-carb diets, as an alternative energy source is available to fuel more intense activity.

Ketones are also considered a super-fuel for the brain, which is said to enhance cognitive

function, concentration and alertness. In addition, MCTs are said to improve blood sugar regulation, enhance metabolism, improve appetite regulation, and may improve thyroid function. They may also assist in the treatment of various lifestyle diseases such as diabetes, Alzheimer's, seizures and cystic fibrosis, among others.

## CHEWING THE FAT

**W**hen it comes time to decide on your optimal macronutrient ratios, as with most things in life, it seems that the best option lies somewhere in the middle of the spectrum; somewhere between low-fat and low-carb.

Obviously, when it comes to enhanced body composition for the stage, some degree of extreme action is required, but, in general, it seems a good balance of the two macronutrients – a moderate carb, moderate fat intake if you will – can deliver ideal results.

To better illustrate this concept, a study conducted on male ice hockey players, published in 1992 in the International Journal of Sports Medicine, looked at the effects of a diet regimen on pituitary and steroid hormones.

One dietary programme required one group of players to reduce their fat intake from approximately 40% of total energy intake to less than 30%, and increase carbohydrate intake from 45% to about 55%. The other group served as a control group and had no special dietary programme (their macronutrient ratios remained the same at 40% fat and 45% carbs).

The study, conducted over a seven-month

period, found that the higher fat intake group had higher free testosterone levels, along with lower sex hormone binding globulin (SHBG) levels, both during and after the study.

If this is the case then adopting the carbohydrate manipulation tools discussed extensively in this magazine to date – carb cycling and/or carb backloading – can help to boost fat loss, while increasing muscle mass and aiding in energy production while on calorie restricted diets.

As such, as a guideline for non-dieting athletes who are looking to maintain optimal health and bodily function, good fats should comprise 30-40% of total daily calorie intake. Try to limit your saturated fat intake to no more than 9-10%, get about 10-15% of your total calories from monounsaturated fats, and about 10% of your calories from polyunsaturated fats. **M.E.**





# TRIED AND TRUE TRAINING PRINCIPLES OF THE MASTER BLASTER

## WEIDER'S PRINCIPLES

### 1 FORCED REPS

**If a muscle won't grow you can make it grow by using the Weider Principle of forced reps.**

When you have reached failure on a set you can ask your training partner to help you get a few extra reps out by pushing you past the point of failure. This assistance should only be enough to allow you to still do the majority of the work. This will enable your muscles to grow because you are lifting beyond the point of momentary failure. The key to effective forced reps is for your training partner, who also needs to know where to best position himself to help move the weight, to apply the right amount of resistance for you to still finish a set without doing the set on your behalf. Forced reps are also one of the best ways to target a lagging body part.

### 2 FLUSHING

The idea behind the Weider flushing method is to send a maximum amount of blood to a specific muscle and fatigue it so it can adapt and grow bigger. Train one body part with multiple exercises (3-4) before you train another. **Flushing, which is also commonly referred to as blood volumisation, is your body's way of sending vital muscle-building nutrients to begin repairing an area damaged through intense exercise** to best stimulate growth. It does this by maximising the amount of blood that flows to that area as it is the transport system needed to shuttle anabolic substrates to active or recovering muscles. The best way to achieve this is to use relentless reps and light weight. With this approach you can pump your muscles full of blood to increase muscle gains.

**I**T'S WINTER TIME, WHICH PROBABLY MEANS YOU'RE AT YOUR WIT'S END AS TO HOW TO JACK UP YOUR CURRENT ROUTINE TO BUILD MORE MUSCLE. Don't despair. We have dusted off five of the best techniques cataloged and codified by bodybuilding pioneer Joe Weider, also known as 'The Master Blaster', to give you that edge in the gym and stimulate the muscle growth you're after.

### 3 ISO-TENSION

Iso-tension is a technique used by bodybuilders to flex and hold their muscles on certain exercises for 6-10 seconds. **The idea behind this principle, according to Weider, is to keep the muscle/s fully contracted before releasing the tension.** Bodybuilders who are competing in shows also use this technique to enhance their posing ability as it helps to increase muscle control.

### 4 REST-PAUSE

**Utilise this principle by squeezing more reps out of a set by taking brief periods of rest.** Pick a weight you can lift for 2-3 reps, rest for 20 seconds, then try another 2-3 reps. Take another rest and then go again for as many reps as you can handle, then repeat one more time.

### 5 PRE-EXHAUSTION

**This is basically a technique to pre-fatigue a large muscle group with an isolation single-joint movement before executing a compound movement directly afterwards.**

For instance – perform a chest isolation exercise like dumbbell flies before performing a bench press. In that way your chest would be fully exhausted before you do the compound movement to failure. This aims to activate and incorporate as many muscle fibres as possible during the subsequent compound exercise, thereby delivering a greater compensatory response that should lead to new muscle growth and development.

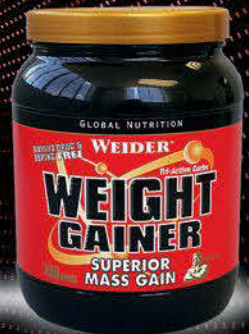
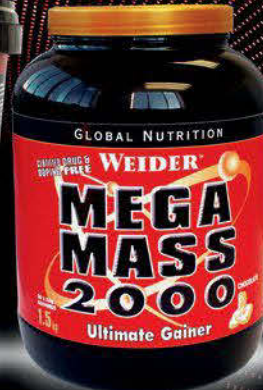
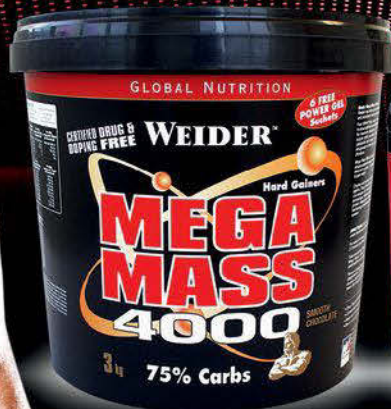


### WHO WAS JOE WEIDER?

Joe Weider was born in 1922 and grew up in Montreal, Canada. Joe and his brother Ben began training their bodies with a set of barbells they made with parts they found in a junk yard. Joe later won Quebec's weightlifting competition and started publishing a muscle magazine titled "Your Physique" followed by another publication "Muscle Power" in the 1960s. He became the driving force behind the health and fitness industry and developed the Weider Principles to help bodybuilders train more effectively. These Principles, gathered and honed by Weider, have influenced countless athletes, coaches and sports scientists over the years. **M.E.**



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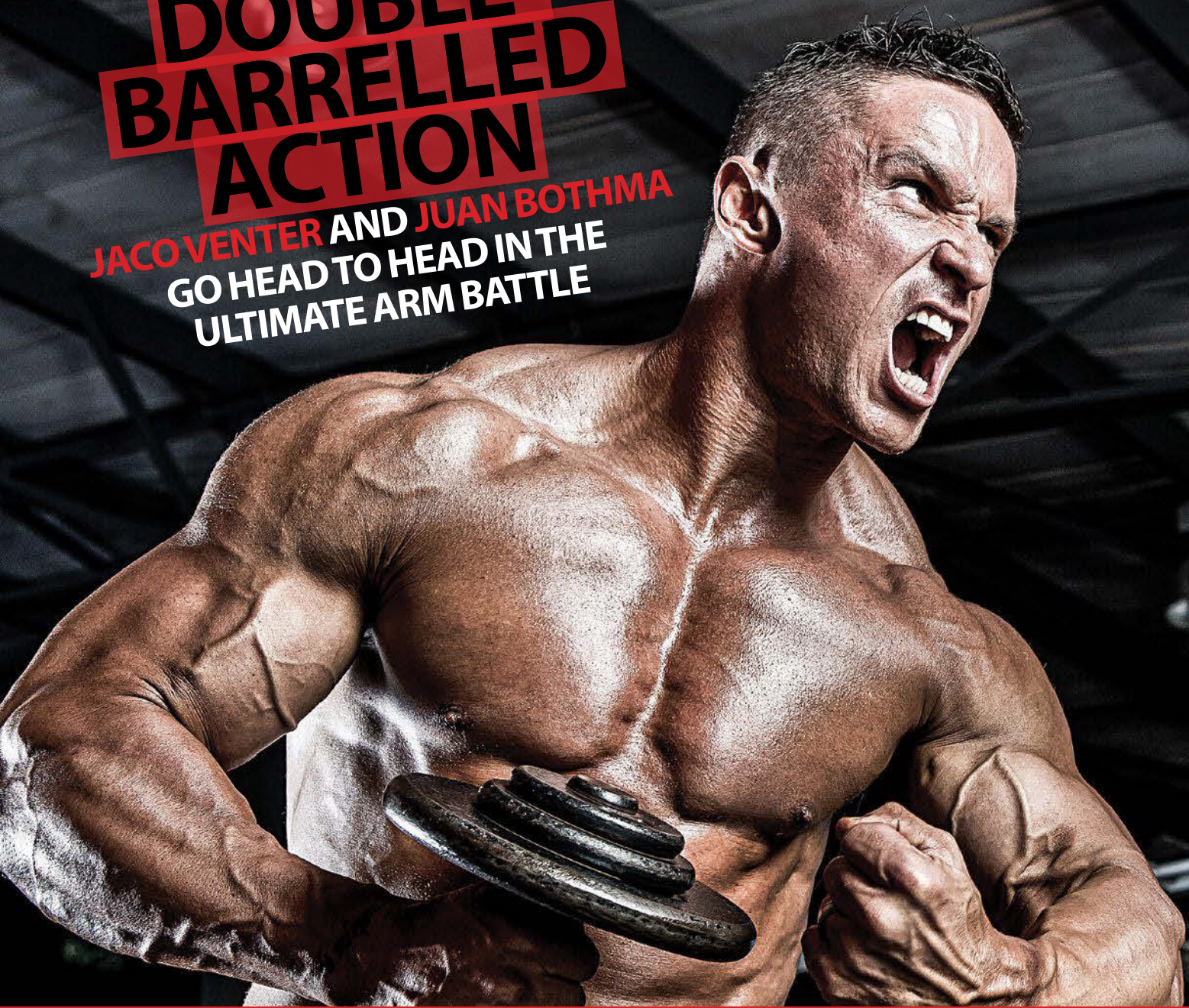
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# DOUBLE-BARRELLED ACTION

JACO VENTER AND JUAN BOTHMA  
GO HEAD TO HEAD IN THE  
ULTIMATE ARM BATTLE



# JUAN VS





**U**NDER NORMAL CIRCUMSTANCES YOU'D FIND COMPETITIVE BODYBUILDERS JACO VENTER AND JUAN BOTHMA TRAINING TOGETHER IN THE GYM. But when we put them in front of the lens for our latest all-out arm training shoot the proverbial lifting straps came off and the two went head to head to see who had the training mettle.

As a likely precursor to the rivalry we can expect between the two on the IFBB Nationals stage later this year, these two friends came out all-guns blazing, and were cocked, locked and ready to battle when we pitted them, one for one style, in this intense Muscle Evolution arm workout.

# S JACO



## JACO VENTER

### WINNING THE ARMS RACE

**A**lthough they are different people – Juan has a wicked sense of humour while Jaco is more reserved – they share some common training philosophies. Most importantly they both aim to reach the outermost limits every time they train their arms.

With recent overall and first place victories in the Nabba Bloemfontein and Pretoria Classic bodybuilding shows, Jaco Venter is clearly as passionate about bodybuilding as his friend, Juan. It has earned him the prized spot on our cover for this issue!

Jaco, a sales executive who resides in Pretoria, was bitten by the iron bug when his wife Annelize Venter entered a bikini competition. "I like the competitive nature of bodybuilding," he says.

Jaco follows a three day split routine. "I like John Meadows' philosophy on training and nutrition. I believe that as a coach he is second to none. His principles are rooted in fact and not fiction. I learnt a lot from him and made significant improvements to my physique in a relative short period of time by following his methodology." Jaco covers all his body parts in three days and uses the next three days to do an extra session for the body parts that he feels are lagging and need more work.

"I struggle to curl properly on machines when I do arms – so I would often change my routine and make curls on cables my focus for a specific workout," continues Jaco. He also admits that his arms were weak and that he had to train them extremely hard to match his other stronger body parts. "I only managed to get them growing in the past year or so."

He often trains with Juan, who he believes is stronger in his arms. "We push each other to the max. I like the intensity when we train together." Jaco only starts to count sets when he gets to a weight that is challenging for him. All the other sets he sees as a warm-up. "My only goal with arms is to focus on the contraction I get when I train them. Picking up heavy weights is no accomplishment for me."

Jaco makes sure his arms are ready for punishment by warming up with a superset of tricep pushdowns and barbell curls with an EZ-bar. He then starts with tricep rope pushdowns. "I would pause at the bottom of the movement and squeeze my triceps for a second or two." He would normally do 3 to 4 sets of 10 to 12 reps on exercises but it also depends on how the muscles are reacting and on his energy and strength levels.

Other exercises Jaco combines in a superset fashion include hammer curls and concentration curls. When he feels that there is enough gas left in his tank he will also do dips between two benches and an ultra-strict set of barbell curls. He attributes his arm development to isometric holds and half



**MY ONLY GOAL WITH ARMS IS TO FOCUS ON THE CONTRACTION I GET WHEN I TRAIN THEM. PICKING UP HEAVY WEIGHTS IS NO ACCOMPLISHMENT FOR ME.**



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**QUICK FACTS**

**LIVES:** Olympus, Pretoria East  
**TRAINS:** Moreleta Planet Fitness  
**OFF-SEASON WEIGHT:** 88kg  
**CONTEST WEIGHT:** 82kg

**CONTEST HISTORY**

- 2007 Mr SA Physique 5th place
- 2007 USN Male Model Search 2nd place
- 2008 Mr SA Physique 2nd place
- 2009 IFBB Novice North Gauteng light heavyweight 1st place
- 2010 WBF - Silverstar Classic Men's Fitness 1st place
- 2010 WBF SA Championships Men's Fitness 2nd place
- 2010 IFBB Gauteng Provincials Men's 65kg-70kg 2nd place
- **2010 Fame SA Championships Men's Fitness Model 1st place (Pro Card)**
- 2011 Boksburg Classic Men's under 80kg 2nd place
- 2011 IFBB Gauteng Provincials Men's 70-75kg 1st place
- 2011 IFBB SA Champs Mens 70-75kg 3rd place
- 2013 WBF Men's Bodybuilding under 80kg 2nd place
- 2013 Rossi Classic Men's 70-80kg 1st place
- 2013 Nabba Gauteng Provincials Men's class 3 2nd place
- Nabba SA Championships Men's Class 3 2nd place
- 2015 Nabba Bloemfontein Men's class 3 1st place
- 2015 Nabba Pretoria Classic Men's class 3 Overall winner and 1st place



reps when he is not able to perform another full rep on an exercise. He would often hold a contraction for a second or two to really annihilate the muscle.

"Depending on the specific exercise I am doing I would always hold the muscle involved at a level of tension for a short period of time." He believes most guys who struggle with their arm development don't lift properly. "They bounce heavy weights up and down, use their shoulders or swing dumbbells around to satisfy their ego."

According to Jaco iso-holds are effective for muscular stimulation. "It is only then that you train your muscles correctly." He would only use iso-holds and half reps on the last set of an exercise though.

Jaco's arm workouts consist of a combination of compound and isolation movements but he also changes his exercises often to shock his muscles and keep things fresh. "I would add at least two new movements to my arm training sessions each week. I prefer to spend more time on isolation movements when I get closer to competitions."

**What do you enjoy most about bodybuilding?**

I like the discipline that it takes to be the best you can be and the feeling you get when you have reached your goals.

**□ DEPENDING ON THE SPECIFIC EXERCISE I AM DOING I WOULD ALWAYS HOLD THE MUSCLE INVOLVED AT A LEVEL OF TENSION FOR A SHORT PERIOD OF TIME. □**

**What pre-workout products do you use when you attack arms?**

I have learned a lot about pre-workout nutrition from John Meadows. My favourite is rice, flour, almond nut butter and whey isolate. I get hungry just thinking about it! I also take TNT Napalm before my workout.

**What is your current workout split?**

Sometimes I train arms together. On other days I split them up with other body parts. My routine for the off-season is as follows:

- **DAY 1** – Legs
- **DAY 2** – Chest/shoulders/triceps
- **DAY 3** – Back and biceps
- **DAY 4** – Legs (optional)
- **DAY 5** – Chest/shoulders/triceps (optional)
- **DAY 6** – Back and biceps (optional)
- **DAY 7** – Off

**What do you do when you have a bad day when you train arms?**

When I feel my power is down I try to focus more on half reps and isometric holds in the last set of an exercise. This gives me a

great pump and pushes me to the edge even though I am not feeling great.

**What is the most valuable trick in your arms arsenal?**

I need to feel my arms burning after each set. That's the reason why I do supersets and sometimes even giant sets. I believe that it pushes me out of my comfort zone if I train like this. I like to combine bicep and tricep movements to really stretch the muscles. It is also very important to stretch when the muscle is pumped and filled up with blood.

**Do you train forearms on arms day?**

No, I try not to use my lifting straps when I do other body parts like back, and build my forearms in that way. If I don't use straps it forces my forearms to work harder.

**Are you happy with your arms?**

As a competitive bodybuilder I always feel I can do better, but I am very happy with the progress I have made in the past year.



# JUAN BOTHMA

## BROTHERS IN ARMS

**J**uan likes to keep moving when he trains arms while Jaco believes in stimulating his with isometric holds and half reps. They dig deeper into their workouts with the sole intent of improving on their last performances in the bodybuilding arena.

Juan, who owns a retail business in Pretoria, has been preparing for the WFF Universe Championships in France for the past couple of weeks. The 2014 Nabba SA Men's Overall Champion is a workhorse in every sense of the word and brings a special intensity (enough to make Jaco sweat) to the weight room when he walks through the doors.

Juan trains his arms twice a week. On the first day of his routine he would perform a volume session for his triceps in the morning, followed by a volume workout for his biceps later on the same day. He would then do a second arm session on the fourth day of his routine where he would combine bicep and tricep movements and knock out as many reps he can with heavier weights.

Juan's secret for building big guns is to push himself to the maximum while still keeping good form. "I like to stimulate the muscle by contracting them and getting a full stretch. Although I would drop the weight when I do a volume workout I make sure to burn the muscle and make it as painful as possible," he says.

### What do you enjoy about bodybuilding?

I have always been pretty competitive and I love the training, nutrition and discipline you need to physically and mentally push yourself in the sport of bodybuilding. For me, it is not a 12-week process but a lifestyle.

### What pre-workout products do you use when you attack arms?

I use a supplement stack that consists of Muscle Dynamix Explode, AAKGs, BCAAs, and NoX3000 from Muscle Dynamix.

### What is your current workout split.

#### ■ DAY 1:

AM – Chest (heavy) and triceps (volume)  
PM – Biceps (volume)

#### ■ DAY 2:

AM – Back (heavy)  
PM – Shoulders (volume)

#### ■ DAY 3:

AM – Quads (heavy)  
PM – Hamstrings (volume)

#### ■ DAY 4:

AM – Chest (volume) and arms (heavy)

#### ■ DAY 5:

AM – Shoulders (heavy)  
PM – Back (volume)

#### ■ DAY 6:

AM – Quads (volume) and hamstrings (heavy)

#### ■ DAY 7: Off

**SOMETIMES I SUPERSET EZ BAR CURLS WITH CLOSE-GRIP STRAIGHT BAR CURLS TO INCINERATE MY BICEP MUSCLES. THAT WOULD GIVE ME AN INSANE PUMP!**

### JUAN'S FAVOURITE BICEP EXERCISES:

- Standing curls with an EZ bar
- Alternating dumbbell curls
- Preacher curls with dumbbells

### JUAN'S FAVOURITE TRICEP EXERCISES:

- Cable pushdowns
- Seated dumbbell extensions
- Skull crushers



**MY BEST  
ADVICE FOR  
BIGGER  
ARMS IS TO  
SPLIT YOUR  
ROUTINE.**

**What do you do when you have a bad day when you train arms?**

I honestly don't have any bad days in the gym. Some days when I feel tired I might have to prepare myself mentally to get through a workout. Once I touch the weights though it is full steam ahead! Know your body and what you are capable of doing with it. There is no such thing as an exercise that is useless. Stick to the best technique and form and your arms will grow!

**We know you change your arm workouts often but give us an example of exercises you perform during an arms session?**

**For triceps I might do the following:**

- Rope pushdowns – 3x15
- Single arm extensions – 3x15
- Dumbbell kick backs – 3x15
- Dips – 3x15

**My biceps routine might consist of:**

- EZ bar curls – 3x15
- Alternating dumbbell curls – 3x12
- Single arm curls on preacher bench – 3x10
- Hammer curls – 3x12-15

**Are you happy with your arms?**

I am never happy! Show me a bodybuilder who is happy with his body. That is why we do what we do.

**Give our readers the most valuable trick in your arms arsenal.**

When I do my volume workouts I try to keep my rest periods to a minimum between sets to enhance blood flow and get a greater pump in the arms. Also, I don't like to lock out on movements to ensure I keep constant tension on the targeted muscles. Whenever I lock out when I do arms I put more stress on my joints and not on the muscles I actually want to grow. It is small adjustments like these that will make a difference in anyone's workout and, more importantly, your results.

**QUICK FACTS**

**LIVES:** Waterkloof, Pretoria

**TRAINS:** Virgin Active Groenkloof and Fabulous Physiques

**OFF-SEASON WEIGHT:** 103kg

**CONTEST WEIGHT:** 89kg

**CONTEST HISTORY:**

- 2007 Mr SA Physique 5th place
- 2007 USN Male Model Search 2nd place
- 2008 Mr SA Physique 2nd place
- 2009 IFBB Novice North Gauteng light heavyweight 1st place
- 2009 IFBB SA Novice light heavyweight 1st place
- 2011 IFBB North Transvaal middleweight 3rd place
- 2013 Nabba PTA Classic Men's Class 2 2nd place
- 2014 Nabba PTA Classic Men's Class 2 1st place
- 2014 Nabba PTA Classic Men's Overall Champion
- 2014 IFBB North Gauteng Men's light heavyweight 1st place
- 2014 IFBB North Gauteng Men's Overall Champion
- 2014 Nabba SA Men's Overall Champion



**B**oth Jaco and Juan admire the arm development of the current Mr Olympia Phil Heath. "Phil definitely has, without a shadow of doubt, the best arms in the business," says Juan. Juan also admires the massive guns of IFBB Pro Shawn Rhoden.

CONTINUATION P42



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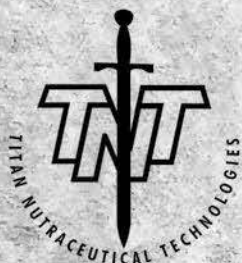
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# JACO'S SUPERSET COMBOS

## TRICEP PUSHDOWNS & BARBELL CURLS WITH EZ BAR SUPERSET

**EXECUTION:** Attach a rope to a high pulley machine. Grab the rope. Keep your elbow in while extending your arm down from chest level. Pause for a count, then return to the starting position. When finished grab an EZ bar and perform barbell curls to turn up the intensity.



**JACO'S TIP:** Keep your elbow in and use your tricep and not your bodyweight to complete the movement. This exercise is great for all three heads of the muscle (the lateral, long and medial). When you have completed the pushdowns immediately move to curls. Don't use momentum on the barbell curls.

## HAMMER & CONCENTRATION CURLS SUPERSET

**EXECUTION:** Hold two dumbbells with your palms facing your torso. Raise one dumbbell until the forearm is vertical and your thumb faces your shoulder to perform one rep of a hammer curl. Lower the dumbbell and repeat the same movement with the other arm.

Immediately after the hammer curl set is completed perform a set of concentration curls. Holding a dumbbell in one hand, bend over with your elbow slightly touching the inside of your thigh. Extend your arm down then curl the dumbbell towards your shoulder. Slowly return to the initial position.

**JACO'S TIP:** Try to keep your back straight and abs tight while you do hammer curls. If you move your body you are not doing it correctly. Go a little lighter on the concentration curls to make it more effective. Don't just curl — focus on squeezing the bicep at the top of the movement.



## DIPS & EZ BAR BARBELL CURLS SUPERSET

**EXECUTION:** Hang between two flat workout benches and lower your body by bending your arms, until you feel a slight stretch in your triceps. Extend your arms to raise your body back up. Alternatively you can place your feet on a bench while you place your hands on another bench. Lower your body by bending your arms. Your legs must be straight and positioned on the other bench. Extend your arms to raise your body back up and repeat.



**JACO'S TIP:** I like to superset these two exercises because they help to build muscle fast. If you do them correctly you will make big gains. Dips are also a great bodyweight exercise that isolates the triceps. To make the dips harder between the benches your workout partner can put a weight on your lap.





# ARMS RACE STARTS HERE!

## BAR PUSHDOWNS

**EXECUTION:** Attach a bar to the top portion of a cable machine. Grab the bar with your palms facing down. The bar should be at about chest level. Lower the bar downward while making sure you keep your elbows in while extending your arms. Squeeze your tricep muscles at the bottom of the movement before you return to the starting position in a controlled motion.

**JUAN'S TIP:** This movement is cool to do at the beginning of a triceps routine because it warms up the elbow joints before you move on to other exercises. I pause at the bottom of each rep and squeeze my triceps. Sometimes I don't count reps but only focus on the burning sensation I get. When I feel the burn I try to bang out more reps.



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## PREACHER CURLS WITH DUMBBELLS

**EXECUTION:** Grab a dumbbell and make sure your elbow is supported on the pad and you are in a stable position. Curl the dumbbell till your forearm touches your bicep. Squeeze your bicep and then return to the initial position.

**JUAN'S TIP:** Don't stop too early when you lower the dumbbell - you need to stretch your bicep during the negative phase.



## STANDING CURLS WITH EZ BAR

**EXECUTION:** Keep a tight posture and stand with your feet about shoulder-width apart. Grab an EZ bar with an underhand grip. Curl the bar to your shoulders until your arms fully contract.

**JUAN'S TIP:** Don't overload the bar with weight. Rather focus on keeping your elbows from moving because, if they do, they become part of the movement which defeats the purpose of the exercise. Keep your elbows at your sides to isolate your biceps. Don't rely on any momentum to get the weight up. Go lighter and do the movement with a controlled pace without locking out.



## SEATED DUMBBELL EXTENSIONS

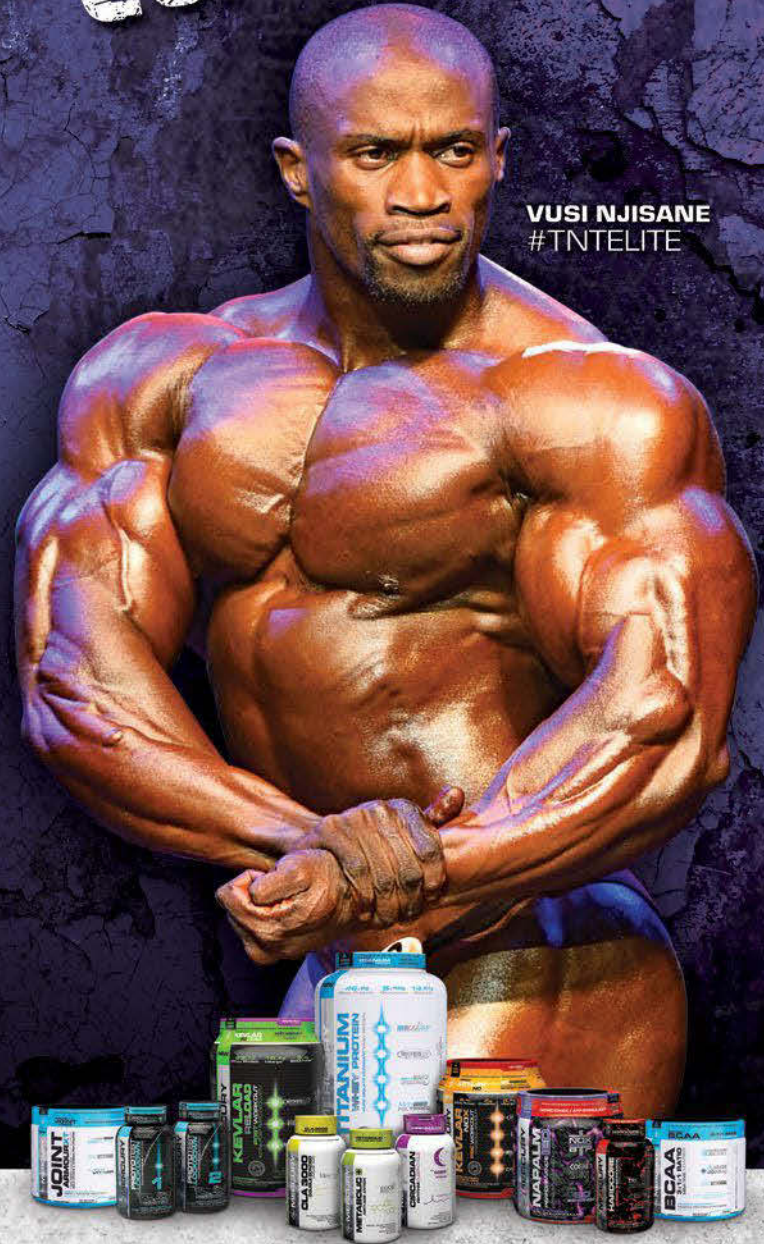
**EXECUTION:** Sit on a bench that has back support. Hold a dumbbell and position it overhead. Lower the dumbbell behind your neck and then extend your arms back up until straight.

**JUAN'S TIP:** I never stop before failure on dumbbell extensions. I believe that those first couple of reps are taxing the triceps just enough to ensure I can grow by squeezing out those last few reps and fully destroy the muscles. I make sure that I keep my elbows in and focus on contracting my triceps. I don't want to turn this into a pressing movement. Pain is the name of the game here!



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## ALTERNATE DUMBBELL CURLS

**EXECUTION:** Hold dumbbells with your palms facing your sides at thigh level. Now, curl one dumbbell toward the same shoulder while you keep the opposite arm extended. As you curl the weight up, slightly rotate the wrist so your palm is facing you. Return to the starting position and do the same with the other arm for the next rep.

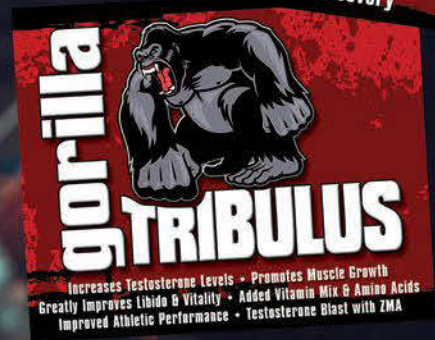
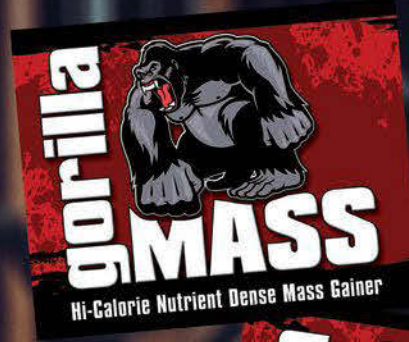
**JACO'S TIP:** I like to go all out on this one without rocking my body to help lift the weight. I don't rest when I reach the top or bottom of the exercise but try to keep constant tension on my biceps.

**□ I DON'T REST WHEN I REACH THE TOP OR BOTTOM OF THE EXERCISE BUT TRY TO KEEP CONSTANT TENSION ON MY BICEPS. □**





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**HAMMER CURLS**

**EXECUTION:** Hold two dumbbells with your palms facing your torso (neutral grip). Raise one dumbbell up until your forearm is vertical and your thumb is facing your shoulder. Lower the dumbbell and repeat the same movement with the other arm. The main difference between this exercise and a standard dumbbell curl is that you keep your thumbs facing towards you with your wrist in a locked position throughout the movement with no supination.

**JUAN'S TIP:** Stop when your wrists are about parallel to the floor to keep the tension in your biceps.



**BE WARNED THAT THIS EXERCISE CAN PLACE A LOT OF EXTRA STRESS ON YOUR ELBOWS.**

**SKULL CRUSHERS**

**EXECUTION:** Lay flat on a bench and perform this movement with an EZ-bar or dumbbell. Grasp the bar above your head with a shoulder width, overhand grip. Lower the weight by descending the forearms to bring the bar to the top of your head. Reverse the movement by extending the arms back to the original position.

**JACO'S TIP:** I believe in switching things up and doing totally different exercises from week to week but I will always make sure that I do my skull crushers. I believe they develop the triceps like squats will develop the legs. It is the mass builder you need for bigger arms. I do them either with an EZ-bar or a dumbbell. Be warned that this exercise can place a lot of extra stress on your elbows and when you use heavy weight you might find yourself under a literal skull crusher! More often than not I will do my last set with lighter weight just to smoke them real good! **M.E**



Dave Titenton

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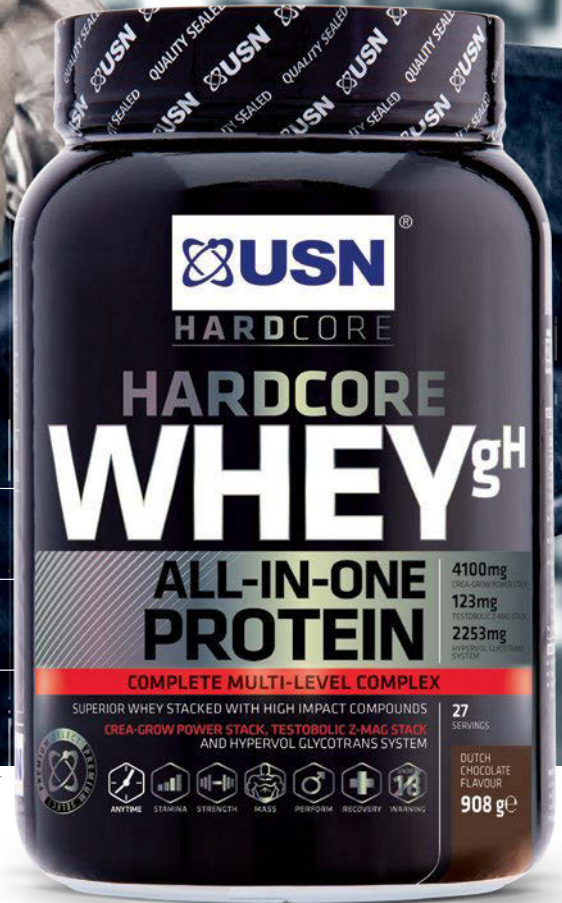
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# THEN & NOW

## THE EVOLUTION OF SOUTH AFRICAN BODYBUILDING OVER THE LAST 12 YEARS

**T**WELVE YEARS AND 72 ISSUES AGO South African bodybuilding was irrevocably changed when a passionate athlete and personal trainer decided to start a home-grown bodybuilding magazine that profiled deserving local athletes and offered locally relevant news and information.

It was September 2003 when the first issue of Muscle Evolution hit the shelves under the guidance of publisher Andrew Carruthers, offering readers a valuable resource where athletes can find anything from the latest in athlete profiles and competition news and reviews,

to the best in weight training, supplementation and nutrition information. It was a date when a new chapter in the annals of South African bodybuilding history was written, and it has been a wild ride ever since. Here are just a few of the highlights...

Deprived of locally relevant content until that point in time, the launch issue of Muscle Evolution was well received by athletes and the burgeoning supplement and health and fitness industries alike. It also came at a time when the sport of bodybuilding was shedding itself of its 'fringe show' label and was rapidly becoming the personification of what modern health and fitness was all about.



Sep: Muscle Evolution launches

2003



Feb: Shawn Ray SA tour

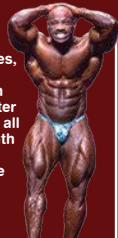
2004



Nov: Shawn Ray Muscle Camp

2004

Troy Alves, Ronnie Coleman and Dexter Jackson all tour South Africa in the same year.



2005



Muscle Evolution enters the digital publishing era with the launch of [www.muscle-evolution.co.za](http://www.muscle-evolution.co.za)

2005



May: Shanteen Adams becomes the first athlete to appear on the cover of Muscle Evolution twice □ his first appearance was in 2004.

2006



Sep: Gary Strydom guest poses at the IFBB South African Championships.

2006



## SA TASTES INTERNATIONAL SUCCESS

At the time of the launch there were a handful of athletes flying the South African flag overseas. Andre van der Mescht was one such athlete, securing the Mr Universe title in 2003.

However, there were no IFBB pro athletes at the time, until Cherie Loomes was awarded her card in 2004. Little did we know that we would have to wait another five years before the next South African athlete would grace the pro stage.

Marlene Koekemoer would then follow up on these great performances by winning the Miss Universe title in October 2005.



Cherie Loomes receives her IFBB pro card 2004

Marlene Koekemoer wins Miss Universe in 2005

## THE BEST VISIT SA

However, outside of the handful of athletes who travelled overseas, local athletes were largely starved of contact with international athletes, particularly the big names of the sport. But that soon changed when Shawn Ray's 2004 tour to SA sparked a landslide of guest appearances and tours by the best in the business. His successful tour of SA in February 2004 was followed up with a Muscle Camp in November of the same year.

IFBB pro Troy Alves was the next to visit our shores, with a tour and Muscle Camp in early 2005 – the year when local athletes and enthusiasts would enjoy the greatest parade of the best names in the business in the local industry's history, and Muscle Evolution was there to capture all the action.

After Alves, who was the first international athlete to grace the magazine's cover on the January/February 2005 issue, it was the chance of then seven-time Mr. Olympia Ronnie Coleman to 'go on safari'. This was the biggest thing ever for South African bodybuilding, worthy of the magazine's second international cover for the May/June 2005 issue. He would, as we all know, go on to claim a record-equalling eight Sandow trophies after that.

A great year for local bodybuilding was rounded off with the Dexter Jackson tour, and a cover profile of him in the first issue of 2006. In anticipation of a follow up tour, Shawn Ray was featured on the July/August 2005 cover of Muscle Evolution, but that tour was subsequently postponed and then cancelled.



Shawn Ray visited SA in 2004

Gary Strydom is guest-poser at the 2006 IFBB SA Champs

IFBB pro Troy Alves toured SA early 2005

## MUSCLE EVOLUTION EXPANDS

Amidst the seemingly never-ending stream of international stars visiting our shores, Muscle Evolution still found time to expand into the world of digital publishing. In March 2005, Muscle Science and Muscle Evolution announced the launch of South Africa's first bodybuilding forum.

The dedicated Muscle Evolution website soon followed, hosting all the locally relevant, in-depth and informative content online to satisfy the ongoing hunger for more knowledge in the local health and fitness world.

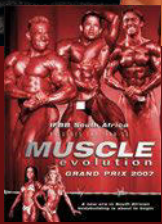
Our website at [www.muscleevolution.co.za](http://www.muscleevolution.co.za) has developed into the most comprehensive local resource for the sport of bodybuilding and muscle development online, with videos of competition highlights, training guides, personal tips, insight from pro athletes as well as regular and entertaining podcasts.

The next evolution in the expansion of the brand came in 2006 when the cult-like, extremely popular Muscle Evolution T-shirt range was first

launched. The first run sold out and promoted the continuation of the line almost every year since – you can buy your shirt from the latest range by visiting the website or calling 011 791 3646. A more extensive men's and women's fitness apparel range soon followed with the launch of Ninetyeightdegrees.

Unsurprisingly, 2006 proved to be a meager year in comparison to 2005 with regard to big name international athletes. However, it was the year that local legend Gary Strydom made a long-awaited home-coming as a guest poser at the 2006 IFBB South African Championships, which was greatly welcomed by the hordes of his local fans.

The trend continued in 2007 and 2008, with only a single tour in each of those years. However, it was a matter of quality over quantity as two of the biggest names in the sport arrived to share their knowledge and experience. The Branch Warren tour took place in November 2007, and Flex Wheeler in 2008, who graced the cover of our March/April 2008 issue.



June: Inaugural IFBB Muscle Evolution Grand Prix.



Sep: First Muscle Heads cartoon published in Muscle Evolution.



Oct: Flex Wheeler guest poses at the second IFBB Muscle Evolution Grand Prix in Cape Town.



Oct: Marius Dohne earns his IFBB pro card.



Dec: Arnold Gouws passes away.



Mar: The IFBB adds the Bikini division to all competitions.



May: Muscle Evolution online store launches.

2007

2007

2008

2009

2009

2010

2010



**ME Grand Prix 2008 Senior men Overall line up**



**ME Grand Prix 2007 advert**



**Flex Wheeler was guest poser at the ME Grand Prix in 2008**

## BIG MONEY

Thankfully local competitive bodybuilding got a much-needed shot in the arm when, in 2007 Muscle Evolution announced the country's biggest money show – the IFBB Muscle Evolution Grand Prix.

In June 2007 the best athletes from across the country, from every federation, came together to battle it out for the top spot. Heinrich Vos won the prestigious Overall Title at the inaugural show, and a precedent for the quality of every bodybuilding show to follow had been set.

The year was also a big year for the magazine – Marius Dohne secured his first of a record six covers, appearing on the front of the July/August 2007 issue. That was also the issue when an institution was born – the M.E. Babe feature. For eight years we've been profiling some of the best female physiques in the industry, both local and international. It has proven to be a highly popular feature that has helped to propel aspiring female athletes into the limelight and is a sought-after opportunity for many athletes and models.

The legendary Arthur Baron also made history in 2007. Having profiled him on cover in the May/June issue, he went on to fulfil the promise we had seen in him by securing the 2007 IFBB South African Championship Overall title that year, which earned him his second cover in a calendar year on the November/December issue – a first for the magazine.

Justin Thacker was the athlete who graced the cover of our first 128 page issue – the January/February 2008 issue, which was the biggest ever at the time.

Flex Wheeler was the athlete on cover for the March/April issue when it was announced that he would be guest posing at the 2008 IFBB Muscle Evolution Grand Prix to be held in Cape Town. Shameen Adams won the title in November of that year, but not before Marius Dohne put South Africa back on the international bodybuilding map by winning the Nabba World Championship title. It was with great pride that we gave him his second cover on the September/October 2008 issue in recognition for his achievement.

## THE NEXT GENERATION

The start of 2009 heralded the arrival of the next generation of South African bodybuilder.

Everett Hand appeared on the cover of the January/February issue, forever changing the benchmark for what was possible and achievable as a junior athlete. He was the poster boy for a new generation of South African bodybuilder and others who followed would do their best to emulate him.

That issue was followed up with a first cover for another one of South Africa's rapidly emerging talents, John Leslie. Appearing on the front of the March/April 2009 issue John's by-line also appeared alongside a few fellow athletes as we introduced the first athlete columns in the magazine – an institution that still forms an important part of every issue's editorial mix.

The highly talented and promising Hennie Kotze then made history by becoming the first athlete to secure back-to-back covers. He first stepped on to the stage as a lightweight in the late 1990s, then competed as a middleweight before climbing the competitive ladder all the way to the top. As a leading contender for the IFBB national Overall title that year he appeared on the cover of the September/October issue in the build-up to the championships. After winning the title we saw fit to carry his image on the front of the magazine once again on the November/December 2009 issue in recognition of his achievement.

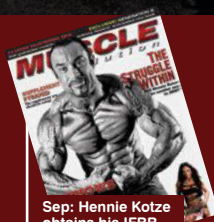
It was also in October 2009 when South Africa finally made its long-awaited return to the international pro stage, five years after Cherie Loomes gained pro status, when a deserving Marius Dohne was awarded with his pro card... big things lay ahead!

**Junior athlete Everett Hand on ME Jan/Feb 2009 cover**



**Hennie Kotze got back to back covers**

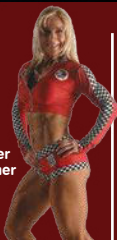
**Marius Dohne receives Pro card in 2009**



**Sep: Hennie Kotze obtains his IFBB pro card.**



**Mar: Jay Cutler tours South Africa.**



**Mar: Marius Koekemoer receives her IFBB pro card.**



**June: IFBB splits the Bikini division into Beach Bikini and Fitness Bikini.**



**June: Marius Dohne wins the IFBB Tampa Pro.**



**Oct: Tammy Jackson receives her pro card.**



**Oct: Troy Alves guest poses at the IFBB Muscle Evolution Grand Prix.**

**2010**

**2011**

**2011**

**2011**

**2011**

**2011**

**2011**



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Vusumzi Njisane is the first black athlete to win the IFBB South Africa Championship Overall title in 2011



## A DIFFICULT ACT TO FOLLOW

It was always going to be a tall order for 2012 to be as successful as 2011 for local bodybuilding, but it certainly had its highlights. Vusumzi Njisane from Kokstad in KwaZulu-Natal became the first black athlete to win the IFBB South Africa Championship Overall title in 2011. He also placed 7th at the IFBB World Championships shortly afterwards and came third in the heavyweight division of the IFBB Muscle Evolution Grand Prix to cap off a stellar breakthrough year. It was certainly enough to earn him a rightful place on the first cover of 2012.

Two international pros graced the cover that year in the form of Branch Warren, on the May/June issue, and Phil Heath's debut on South Africa's number one bodybuilding magazine, on the cover of the November/December issue. It was also the year that Shameen and Hennie earned their fourth covers to equal Dohne's record.

However, it was not all good news in 2012, as Dohne officially announced his retirement from pro bodybuilding in an exclusive interview with Muscle Evolution, due to persistent kidney problems.

## A NEW LOOK

With seven years of publishing under our belts and a rapidly evolving bodybuilding market, Muscle Evolution went through a redesign in 2010. The covers became edgier and the layouts more hardcore and graphically intense. The look and feel represented the massive step up that the local industry and the quality of the athletes had taken, which could clearly be seen in the calibre of the physiques on stage and in the magazine.

Andrew Hudson's first



Johan [Bossie] Boshoff secured two overall titles in 2010

cover – the March/April 2010 issue – marked this important turning point in the industry. Marius Dohne then made his pro debut at the 2010 New York Pro, earning him his third cover on the July/August issue.

Hennie Kotze then joined Dohne in the pro ranks after receiving his pro card in September of that year. He had become a regular feature on our pages as he had a wealth of experience in training, nutrition and supplementation from decades in the sport of bodybuilding, which he willingly shared with readers. Armed with a treasure trove of knowledge he always comes in to a show in superb condition.

Hennie sees his ability to train hard in the gym as a blessing and a privilege.

The year was ended on a high with one of the magazine's most striking covers showcasing the amazing conditioning of Johan "Bossie" Boshoff, which secured him two national titles that year, including the coveted Overall title at the IFBB South African Championships held in KwaZulu-Natal in September. Johan's dogged determination, consistency and persistence as a dedicated bodybuilder for many years paid off with a victory at the show. With his wealth of knowledge he also became a trusted regular contributor to the pages of our magazine.

## 2011: A STELLAR YEAR

The rise of young guns continued in 2011 when the hugely talented Louis Bessinger got his first cover.

The boy from Border – East London to be exact – showed huge promise and Louis was widely tipped to take the IFBB World Junior title that year, but narrowly missed out. In a lucky twist of fate he would get another shot at the title two years later.

Also in 2011, after a three-year wait, South African bodybuilding aficionados and passionate athletes got what many had been waiting for – tickets to the exclusive Jay Cutler tour. Arguably the greatest name in Olympia history, alongside Coleman, Lee Haney and Phil Heath, Jay didn't disappoint and his seminars in March 2011 sold out in record time. It was obviously the perfect opportunity to profile one of the biggest names in modern bodybuilding, so Jay appeared for the first and only time on the

cover of the May/June issue.

South African bodybuilding was once again celebrated when Marlene Koekemoer achieved her IFBB pro card after placing third at the Arnold Amateur Classic in March 2011. It proved to be a big year for South African bodybuilding when Tammy Jackson also received her pro card after her performances at the 2011 IFBB Amateur Olympia in London and the IFBB Ladies World Championships held in Serbia.

However, the most significant result of 2011 was undoubtedly Marius Dohne's win at the Tampa Pro, where he beat 16 top IFBB pros to take the title and secure his place in bodybuilding history. Soon after his win the November/December 2011 issue marked a key milestone in the history of Muscle Evolution when we published our 50th issue, and who better to have on cover than South Africa's most successful bodybuilder for a record-breaking fourth appearance than Dohne.



Andrew Hudson on his first cover in Mar/Apr 2010



Marius Dohne wins title at Tampa Pro in 2011



Nov: IFBB joins SASCO and awards national Protea colours to athletes.

2011



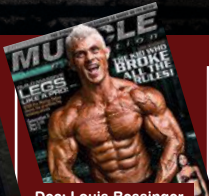
Mar: Nina Richter receives her IFBB pro card after winning her line-up at the 2012 Amateur Arnold in Columbus, Ohio.

2012



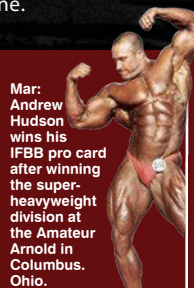
Jul: Marius Dohne announces his retirement from pro bodybuilding due to health reasons.

2012



Dec: Louis Bessinger won overall title at the IFBB Amateur Junior World Championships.

2012



Mar: Andrew Hudson wins his IFBB pro card after winning the super-heavyweight division at the Amateur Arnold in Columbus, Ohio.

2014



May: A local bodybuilding legend is lost with the passing of Chris Scott.

2014



Oct: Amateur Olympia Africa takes place in Johannesburg, where Cobus van der Merwe and Shannon Atkinson receive their IFBB pro cards.

2014



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# THE YEAR OF QUADZILLA

The headstrong Chris Fitzpatrick dominated 2013, both in terms of the competitive stage and the front of Muscle Evolution. After appearing on the January/February cover with Andrew Hudson, Chris went on to win the 2013 IFBB South African Championships Overall title with the awesome size and muscle maturity that defines this champion. With the victory under the belt, Chris forever cemented himself into the history books as one of South Africa's finest bodybuilders and earned his second cover of the year – his third in total – when he appeared on the front of the November/December issue.

Louis Bessinger also lived up to his promise and all the hype, at the second time of asking, when he lined up once again as a junior athlete, this time in the recently added under 23 junior division. Louis took his second chance with both hands and went on to secure the title of IFBB Amateur Junior World champion in 2013. With his drive and passion there is nothing stopping him from achieving his dream of being one of the great names in bodybuilding history. He has the size to hang with the mass monsters and his trademark conditioning at shows is always hard to beat.



Louis Bessinger secured the title of IFBB Amateur Junior World champion in 2013

Chris Fitzpatrick dominated 2013



Cobus van der Merwe Achieving IFBB pro status at the Amateur Olympia Africa

Shanti Mitchell, crowned the 2014 IFBB South African Overall champion

Shannon won the Ladies' Overall title and received her pro card at the Amateur Olympia Africa

## PROS APLENTY

In 2014 we started the year off on a good note when we broke the news of Marius Dohne's planned comeback, the magnitude of which warranted his fifth cover – a new record.

We also celebrated with the news that Andrew Hudson had finally fulfilled his immense promise to achieve his IFBB pro card after winning the super-heavyweight division at the Amateur Arnold in Columbus, Ohio in March 2014.

It was also a huge honour to place super-heavyweight Shanti Mitchell, crowned the 2014 IFBB South African Overall champion on the cover of Muscle Evolution's final issue of 2014, after all of his hard work and dedication finally paid off. Shanti made a commitment to himself to take his training, nutrition and dieting to the next level to shine on stage and we cannot wait to see what damage he will inflict on the bodybuilding circuit in 2015 and beyond.

The Amateur Olympia Africa was undoubtedly the most highly anticipated event on the local bodybuilding calendar in 2014 as it gave deserving local athletes the ideal opportunity to achieve their pro cards in front of friends, family and local supporters. When October rolled around Cobus van der Merwe stepped up to the occasion to fulfil a life-long dream of achieving IFBB pro status. His story is one of belief, passion, commitment and determination – great tools to have in any serious

bodybuilder's arsenal. We proudly featured Cobus for the third time on the cover of Muscle Evolution following his success, on the first issue of 2015.

However, he wasn't the only one to seize the opportunity as Shanton Atkinson beat out some stiff competition to win the Ladies' Overall title and walk off with that coveted pro card at the Amateur Olympia Africa.

Having announced his return in the magazine Marius Dohne earned the right to his sixth Muscle Evolution cover following the discipline, focus, hard-work and determination he showed to return to the pro stage. He returned to face huge names in the bodybuilding arena despite a health setback and took a very credible, albeit controversial 11th place at the 2015 Arnold Classic. This effort firmly cemented his status as the most profiled athlete in our publishing history, and rightfully so.

The sport of bodybuilding continues to evolve, as does our editorial content and our approach to design. We promise to remain on the cusp of every new development in the world of bodybuilding to bring the bigger picture to our new and loyal followers – be it on the pages of a magazine, on the 'air' during a podcast, visually through videos or on the ever-expanding social media and digital platforms available on the Internet. Watch this space – we've only just started to warm up! M.E

## COVER LEADERBOARD

Below are some of the champion bodybuilders who featured on our magazine's front cover on more than one occasion



MARIUS DOHNE



HENNIE KOTZE



SHANTEEN ADAMS



ANDREW HUDSON



CHRIS FITZPATRICK



JOHN LESLIE



COBUS VAN DER MERWE



GARY STRYDOM



JUSTIN THACKER



LOUIS BESSINGER



QUINTON FONG



ANDRE VAN DER MESCHT



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MUSCLE  
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# PICK YOUR POISON

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EXTENDED RANGE EXCLUSIVE TO





**T**he vast majority of modern gym rats tend to be slightly **top heavy**.

Whether they lack the grit and determination to complete gruelling leg sessions week after week or they've simply convinced themselves that their spirit animal is the flamingo, we will never know.

A good set of **wheels** aren't easily obtained because the legs, being such a heavily utilised body part, require a large amount of volume to grow.

This often leads to some of the most unpleasant cases of DOMS (delayed onset muscle soreness), which is quite possibly the main contributor to chronic underperformance on leg days, or the fact that these sessions are often skipped altogether.

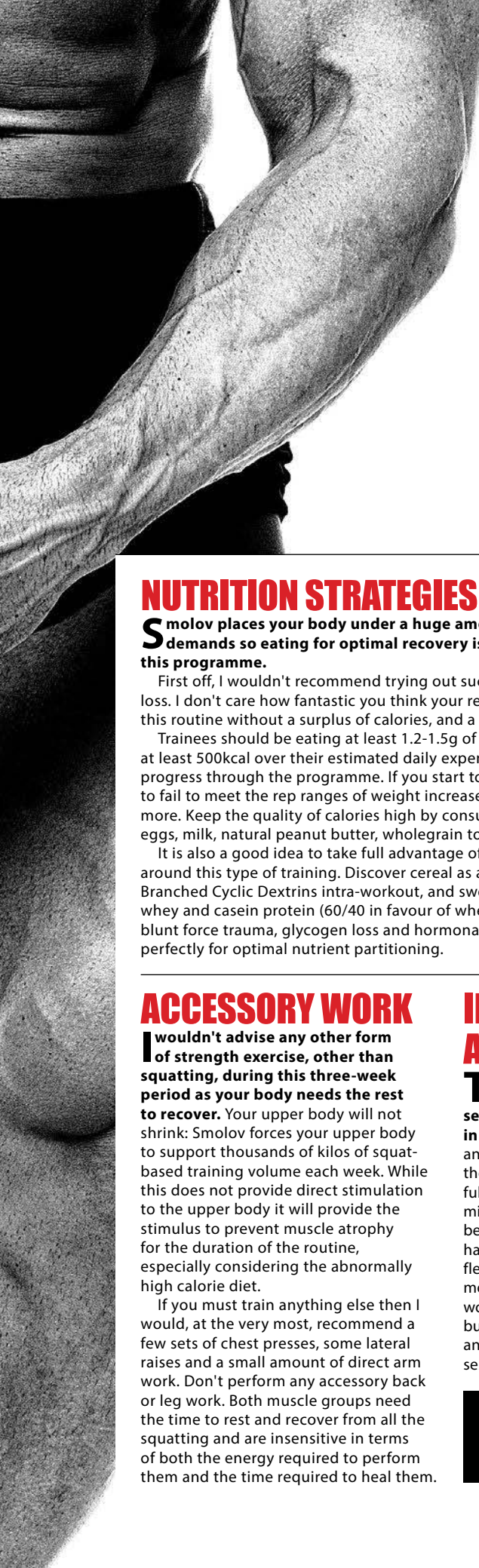
If you're one of those guys who has skipped leg day more times than you'd like to admit but are finally looking to forge some serious wheels by taking your leg training to the next level then Mother Russia has a word for you – Smolov.

Smolov is a peaking programme developed by Russian Master of Sports Sergey Smolov during the golden days of Soviet domination in the Olympic Games. This protocol focuses on maximal strength development of the squat by exposing the entire body to an insane amount of volume. The Smolov routine has you squatting four times a week, and by squatting I mean full, deep back squats performed with an Olympic barbell. I fondly remember Dmitry Klokov, a Russian 105kg champion weightlifter pointing at a leg press machine while training away from home in a commercial gym and saying "these are why the Americans are weak." Listen to Dmitry, it's free weight squats or nothing.

## **THE RUSSIAN CURE FOR SCRAWNY LEGS**

# **SMOLOV TRAINING**





## THE ROUTINE

The original Smolov training protocol was a 13-week programme involving a base mesocycle (high volume, high frequency, moderate intensity phase) and an intensity mesocycle (lower volume with high intensity designed for peaking for a competition). I'd only really recommend the base mesocycle for hypertrophy purposes as the intensity phase doesn't supply the optimal volume for total leg development.

### THE BASE MESOCYCLE GOES SOMETHING LIKE THIS:

	MONDAY	WEDNESDAY	FRIDAY	SATURDAY
WEEK 1	70% - 4x9	75% - 5x7	80% - 7x5	85% - 10x3
WEEK 2	70% + 5kg - 4x9	75% + 5kg - 5x7	80% + 5kg - 7x5	85% + 5kg - 10x3
WEEK 3	70% + 10kg - 4x9	75% + 10kg - 5x7	80% + 10kg - 7x5	85% + 10kg - 10x3

*\*percentages based on your one rep max back squat, sets x reps.*

**That's it. Just squats. Lots and lots of squats.** You won't look forward to your gym session – it will be gruelling and you'll want to quit. At times you'll probably want to throw up. The rewards will be worth it though. Very few squat routines can add more than 100lb (45kg) to your max squats and put inches on your quads in a mere three weeks.

## NUTRITION STRATEGIES

**S**molov places your body under a huge amount of stress with the volume it demands so eating for optimal recovery is paramount to your success on this programme.

First off, I wouldn't recommend trying out such a routine during a period of weight loss. I don't care how fantastic you think your recovery abilities are, you will not survive this routine without a surplus of calories, and a big surplus at that.

Trainees should be eating at least 1.2-1.5g of protein per pound of bodyweight and at least 500kcal over their estimated daily expenditure. More may be required as you progress through the programme. If you start to feel your recovery worsen or if you start to fail to meet the rep ranges of weight increases the programme demands then eat more. Keep the quality of calories high by consuming calorie-dense whole foods such as eggs, milk, natural peanut butter, wholegrain toast, and avocados, for example.

It is also a good idea to take full advantage of the heightened insulin sensitivity around this type of training. Discover cereal as a pre-workout meal, Vitargo or Highly Branched Cyclic Dextrins intra-workout, and sweets after a workout with a blend of whey and casein protein (60/40 in favour of whey). Don't worry about fat gain as the blunt force trauma, glycogen loss and hormonal surge created by the squats primes you perfectly for optimal nutrient partitioning.

## ACCESSORY WORK

**I**wouldn't advise any other form of strength exercise, other than squatting, during this three-week period as your body needs the rest to recover. Your upper body will not shrink: Smolov forces your upper body to support thousands of kilos of squat-based training volume each week. While this does not provide direct stimulation to the upper body it will provide the stimulus to prevent muscle atrophy for the duration of the routine, especially considering the abnormally high calorie diet.

If you must train anything else then I would, at the very most, recommend a few sets of chest presses, some lateral raises and a small amount of direct arm work. Don't perform any accessory back or leg work. Both muscle groups need the time to rest and recover from all the squatting and are insensitive in terms of both the energy required to perform them and the time required to heal them.

## INJURY PREVENTION AND RECOVERY

**T**his routine will hurt you and it will limit your recovery potential between sessions so you need to do everything in your power to stop it. Foam rolling and stretching are absolutely essential. At the very minimum you should be doing full body routines of both for at least 30 minutes (combined time). Focus should be on rolling and stretching the quads, hamstrings, gluteus, spinal erectors and hip flexors as these are the areas that suffer the most. Other recovery strategies like post-workout ice baths are fantastic additions but not overly critical. Do the basics well and you should be able to come in to each session feeling relatively fresh.

**I WOULDNT ADVISE ANY OTHER FORM OF STRENGTH EXERCISE, OTHER THAN SQUATTING, DURING THIS THREE-WEEK PERIOD AS YOUR BODY NEEDS THE REST TO RECOVER.**

## EQUIPMENT

**W**ear the correct shoes for squatting; either a heeled weightlifting shoe designed for squatting or a flat, stable shoe such as a Converse All Star. Both of these offer the support necessary for heavy squatting and can help improve form, prevent injuries and increase strength through better stability and movement patterns.

A weight belt is also a good idea. Yes, squatting without one is more manly initially, but by the beginning of week three you will be crying for one when your erectors and abdominals are wrecked. Belts help to limit this damage by stabilising the spine by increasing intra-abdominal pressure during the lift. This helps engage the core correctly, supports better posture during the lift and saves the lifter from spinal erector fatigue or pain.

There you go, the answer to your tracksuit pant-covered woes as prescribed by the strongest nation in the world. Give it your utmost efforts, train smart and treat Smolov training with the respect it demands, if you do you'll be rewarded by the best gains of your life, comrade. **■■■**

**ABOUT THE AUTHOR:** Rob Walker is a professional trainer, online coach and competitive strength athlete based out of Sandton, South Africa. He holds numerous Commonwealth and world powerlifting records and has represented South Africa on numerous occasions internationally.



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## QUICK STATS:

AGE: 23

HEIGHT: 1.64m

COMPETITION WEIGHT: 53kg

OFF-SEASON WEIGHT: 59kg

PROFESSION: Personal trainer



## STRAIGHT OUTTA BENONI AND ONTO THE COMPETITIVE STAGE

**B**IANCA VAN RENSBURG exudes the kind of sexiness that makes grown-men do silly things. She hit the competitive stage last year at the Rossi Classic like a Highveld thunderstorm making the Miss Toned Bikini, Miss Legs and Miss Toned Bikini Overall titles her own – all of this at her very first show!

A year later she was at it again as she dominated this year's Rossi Grand Prix, walking away with the Overall title – a clear indication that nothing is stopping this Benoni-born beauty! We caught up with Bianca to find out what makes her tick while she was turning up the heat at a photo shoot as our newest Muscle Evolution Babe.

*[Any great structure starts with a solid foundation.]*

### **What was it like winning the Rossi Classic last year and how did you end up competing in your first bodybuilding show?**

I'm obsessed with being fit and improving my physique. Besides that I admire any sport that requires dedication and discipline. I am all about hard work and achieving the goals that I set for myself. Competing at my first show, the 2014 Rossi Classic, actually happened by chance. A friend of mine was telling me how she wanted to compete so I thought I would also give it a try for fun.

### **How did that compare to winning the Overall at the Rossi Grand Prix in Pretoria this year?**

It was such a cool show and by taking top honours it made it extra special for me. I had the wonderful opportunity to stand against quality athletes and I was overwhelmed by all the love and the support I got. I am visible proof that hard work really pays off.

### **Have you always been an active person?**

Yes, I have always been involved in some

type of sport – I'm a tomboy at heart, to be honest.

### **Having won the Miss Legs at the Rossi Classic, you must know a thing or two about leg training. What exercises do you do to get such shapely legs?**

Well, I definitely train my legs the hardest of all my body parts because I believe any great structure starts with a solid foundation. I do plenty of old school squats followed by leg presses. I also love to do



explosive jump squats and walking lunges. I hit the treadmill or stepper every day.

**Why are you so in love with the stage?**

I absolutely love it. Every time I step on to the stage it feels like home. It is also such a huge privilege to compete with like-minded athletes who share my passion for health and fitness. Muscles are sexy!

**On your Twitter account you describe yourself as 'a fitness freak'. What exactly do you mean by that?**

There is nothing better than feeling and looking great. I have always been an active person and that is why I love to work out, eat clean and compete so much.

**How do you conquer those competition diets? Tell us what you have done in the past to change your mindset about food?**

Nutrition sits at the very top of my priority list. Maintaining a low body fat percentage and good quality muscle is something I prefer to do throughout the year. I pay very close attention to what I eat. There is no secret – it is hard work. I regard food as fuel. What also helped me in the past was changing my opinion about raw vegetables. If I am hungry I snack on that. It helps a lot! I take a protein shake, L-glutamine, vitamin C, folic acid, BCAAs and a good multivitamin as part of my supplement stack.

**Do you enjoy your job as a personal trainer?**

I am crazy about my job. There's nothing more rewarding than helping people achieve what they thought was impossible and seeing the happiness and confidence that comes with physical transformation.

**What does a typical day in the life of Bianca van Rensburg look like?**

I wake up 4:40am. I train clients from 6am to 11am, and then eat and prep my food for the afternoon between 11am and 12:45pm. I may also do a few assignments here and there if I have time as I'm still studying. At 1pm I train like a beast, and I'm back with my clients from 3pm to 7pm. I am generally home by 7:15pm which is when we have dinner and I spend quality time with my boyfriend, Jean.

**What would you say are your strongest physical attributes?**

My strengths would definitely be my legs and glutes.

**What body part do you struggle to get into shape the most?**

I struggle with my shoulders the most and I

would love to have some abs like Jenadine Havenga, one day when I'm a big girl.

**What have you done terribly wrong in the gym when you first started training?**

I only did cardio and stayed away from the weights. It was only after I added weight training to my routine that I noticed my body changing and becoming more toned.

**How have you structured your training split?**

<b>MONDAY:</b> 30 minutes of cardio, shoulders and abs	<b>TUESDAY:</b> Full leg workout
<b>WEDNESDAY:</b> 30 minutes of cardio, back and abs	<b>THURSDAY:</b> Arms and glutes
<b>FRIDAY:</b> 20 minutes of cardio, 2-3 chest exercises and abs	<b>SATURDAY:</b> Cardio/MMA training, abs, glutes and weak body parts
<b>SUNDAY:</b> Rest day	

**Do you recover quickly between workouts?**

I do recover quite fast but obviously as the week progresses I can feel my body becoming tired so I train smaller muscle groups closer to the end of the week. I am a cardio junkie and I do that on those days I feel I can't manage a proper weight training session.

**What do you do to shock your muscles every now and then?**

I try and give it my all every day, even during the off-season. I can't say that I do anything

out of the ordinary, I just stick to my routine no matter what is going on in my life. I see my training as a thing I do for myself – to feel good and to be healthy.

**What is your biggest gym pet peeve?**

I hate it when I, for whatever reason, forget my headphones and they play horrible music at the gym!

**Where is the best place to be on a Friday night?**

At home, watching DVDs and enjoying a cheat meal!

**What do you love to do when you are not training?**

I love spending time outside on a sunny day while playing with my dogs.

**Do you cook? What is your favourite cheat meal?**

Yes, absolutely. I love making chicken with cucumber, tomatoes, pineapple, seeds and lemon juice, and a hint of mayonnaise. When I cheat I like to have carbs! I am also addicted to frozen yoghurt and stuff myself with sushi every now and then.

**What motivates you the most in life?**

I always check to see if I don't stagnate in anything – from fitness and business to my personal life. It is the biggest driving force behind everything I do.

**How important is nutrition for an athletic person of your calibre?**

Extremely important. You are what you eat

*I see my training as a thing I do for myself to feel good and to be healthy.*





*It is such a huge privilege to compete with like-minded athletes who share my passion for health and fitness. Muscles are sexy!*

---





*[?] A man must have confidence but without the arrogance. [?]*

at the end of the day. I always try to keep a clear image of what I want to look like on stage and that motivates me. I must admit that it is tough for me during the last few weeks before a competition. You just need to have a strong mind.

**What, in your opinion, is the sexiest male characteristic?**

A man must have confidence but without the arrogance. There is nothing sexier than that.

**Are you often harassed by men and**

**what do you do to handle it?**

Yes. In the beginning it was quite hard to deal with all the attention but now I just laugh it off and call them window shoppers.

**You have a few tattoos. Tell us what the appeal of ink is.**

I totally love ink because it makes a person stand out from the crowd. I had my first one done when I was 18 and I am currently busy with a back piece.

**Describe yourself in one word?**

Clumsy.

**What city would you still like to visit?**

Definitely Rome, Italy. I like the culture and history and, of course, I'd go shopping!

**What is the best part of social media?**

To be able to connect with like-minded people and with my family and friends. For me it's a tool that enables me to learn what is going on around me, and to shop.

**What is the last thing you do before you go to sleep?**

I normally make myself a nice cup of tea. 

*[?] totally love ink because it makes a person stand out from the crowd. [?]*







## UNDER THE LID.

Only a select few know what's inside. I am one of them. The desire. This effort. My dedication. The years of paying dues. Overcoming obstacles, one after the other. Beneath the surface and under this lid, lies pride... And prodigious power. The sort of force capable of propelling me towards greatness. My journey is still ongoing and the fire inside still burns, hotter than ever. What's inside, what's under this lid, can't be contained.

  
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# SOUND ADVICE

**TAKE YOUR TRAINING INTENSITY UP A NOTCH WITH THE RIGHT TYPE AND QUALITY OF MUSIC**

**W**hen used in the correct manner music can be a drug, figuratively speaking; a performance-enhancing stimulus. It is no secret that when listening to music, people run farther, swim faster, lift heavier and bike longer than usual – in many cases without realising it. In a 2012 review of research, Costas Karageorghis of Brunel University of London, one of the world's leading experts on the psychology of exercise music, wrote that one could think of music as "a type of legal performance-enhancing drug". Bodybuilders who know this frequently enter beast mode by putting on their headphones

to crank out more reps under heavy loads. Muscle Evolution investigated the relationship between music and training and how to benefit from your favourite tunes in the gym.

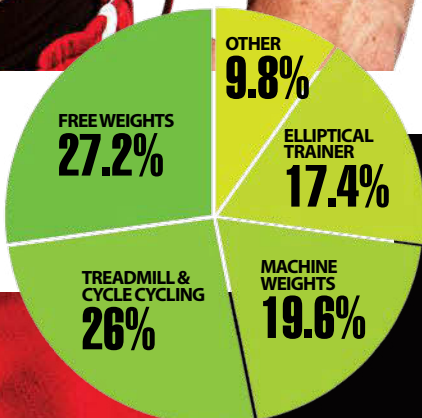
An article published on the Scientific American website dated 20 March 2013 states: "Many people depend on bumpin' beats and stirring lyrics to keep themselves motivated when exercising." While this is an ideal method to 'tune out' the world and focus on your training, the right type of music during exercise may do more than merely give your routine a motivating soundtrack.

Research on the interplay of music and exercise dates back as far as 1911, when American investigator Leonard Ayres found that cyclists pedaled faster while a band was playing than when it was not.

**"ONE COULD THINK OF MUSIC AS 'A TYPE OF LEGAL PERFORMANCE-ENHANCING DRUG'."**

**MOST COMMON MODES OF EXERCISE WHILE LISTENING TO MUSIC:**

*Online survey*



## PERFORMANCE ENHANCER

**B**iokinetics professor Ina Shaw says that music can definitely have an effect on how a person uses energy while working out because they train to the rhythm of the music. Bodybuilders who make

use of headphones can also push themselves harder because music can elevate your mood and reduces tension and fatigue.

Says Shaw: "One individual may favour quiet or relaxed music and another favours hardcore, loud



music. However, a good tip for selecting music for a workout is to find preferential music that has a similar amount of beats per minute to the heart rate that you expect and that you want during the exercise you are going to do. So, when planning the exercises for your programme, it is essential to give thoughtful preparation to your music organisation and make sure that songs blend into a continuous mix."

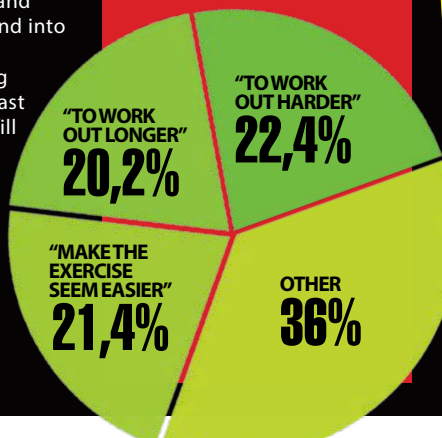
In a snap survey among Jo'burgers working out, fast songs with strong beats fill most workout playlists. People in general prefer to listen to hip-hop, rock and pop while working up a sweat.

According to Shaw music can be used either to stimulate or calm an individual down prior to physical exertion. Some

sports, including bodybuilding, require an individual to get 'psyched up', while others require calm and in each case individuals have a different optimum level of arousal or stress.

### THE TOP REASONS TO TRAIN WITH MUSIC:

Online survey



## NEGATIVE FEEDBACK

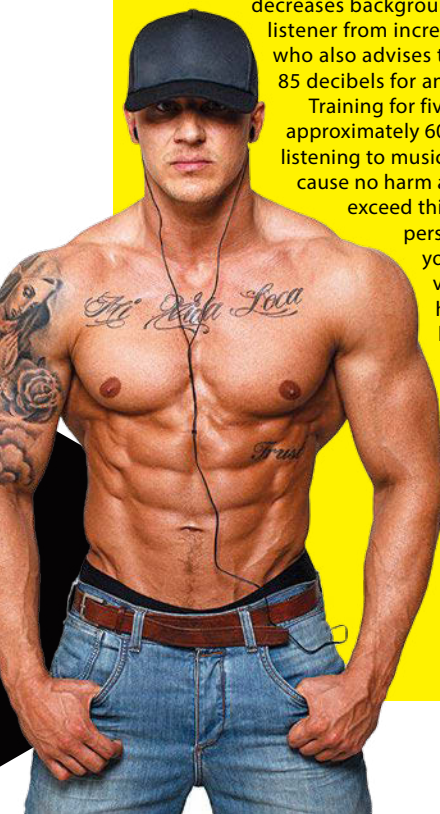
**D**urban-based speech therapist and audiologist, Dr. Fathima Timol cautions that wearing headphones while training can damage your ears and your hearing if the correct guidelines aren't followed. "We have to protect our ears. My advice is to use good quality headphones at an average sound level."

According to Timol, the big over-the-ear headphones are better. "I believe they fit better and they cut off more of the background noise than the in-ear-headphones. Using the in-ear ones are also okay, as long as it is a good fit. A good fit decreases background noise and will prevent the listener from increasing the volume," says Timol, who also advises that music should not exceed 85 decibels for any period of time.

Training for five days a week for approximately 60 minutes at a time while listening to music in your headphones would cause no harm as long as the intensity does not exceed this level. As a general rule, if the person next to you can hear what you are listening to, you have the volume on too loud. If a person has a genetic predisposition to hearing loss, the risk is great. Noise induced hearing loss is irreversible and permanent.

Sound level meter applications on smart phones nowadays, however, make it convenient for bodybuilders to measure noise levels while they train.

**"AS A GENERAL RULE, IF THE PERSON NEXT TO YOU CAN HEAR WHAT YOU ARE LISTENING TO, YOU HAVE THE VOLUME ON TOO LOUD."**



## M.E. READERS LIST THEIR FAVOURITE TRACKS TO KILL IT IN THE GYM:

**Dylan Johnathan Smith:** "Hungry by Rob Bailey. Says it all!"

**Quinton Hendricks:** "I like the upbeat tempo of Tunnel Trance Force."

**Eugene du Toit:** "I love any electronic dance music, anything from the house music genre."

**John Moorcroft:** "The Hustle Standard by Rob Bailey gets me going in the gym."

**Nick Oosthuizen:** "I prefer music by Pitbull!"

**Juan Nagel:** "Rob Bailey, Crown the Empire, Rammstein and Deadmau5."

**Kgotso Mogatusi:** "Linkin Park and Breaking Benjamin - damn, those guys make you go crazy in the gym! Their songs let me take it to the max!"

**Derrol Bottcher:** "Fire your guns by AC/DC will get me to pump out 100 more reps!"

**Sifiso Fijo:** "I love listening to hip-hop and rave music at the gym."

**Tiaan de Klerk:** "I am crazy about Mobb Deep to get the adrenaline going."

**Anton Arendse:** "I prefer training to old school hip-hop - anything from the 80s and

90s. American rapper LL Cool J, a German Euro dance music project called Snap!, MC Hammer, C+C Music Factory, an American dance-pop and hip-hop group and anything from the American hip-hop duo Das EFX."

**Marius Nel:** "Beast by Rob Bailey gives me extra energy and anything from Korn turns me into a beast!"

**Nkosi Winston Mamatu Bogatsu:** "I like Dubstep, a genre of electronic dance music that originated in London, England. Also anything from the hip-hop and rap genres."

**Ruan Willers:** "Dubstep and hip-hop."  
**Veeraj Goyaram:** "I only listen to music while doing cardio. I like Iron Maiden, Metallica, Incubus and Nirvana to get the blood pumping."

**Elijah Trogo Matjeka:** "Hip-hop does it for me."

**Katlego KayGee Matlil:** "I love any old school hip-hop."

**Andrew Fourie:** "A song by American metal band Drowning Pool called 'Bodies' always make me work out harder."

## ADMINISTERING YOUR DOSE THE TOP HEADPHONES ON THE MARKET

### MONSTER ADIDAS ORIGINALS HEADPHONES

Monster has paired with leading sportswear label, Adidas to create the high-performance, street savvy and stylish Monster Adidas Original Headphones. This foldable device also boasts a minimalistic, sleek and comfortable design. The noise isolation feature ensures uninterrupted dynamic sound. The MusicShare features allows users to share music with friends with the help of the dual audio input jacks to link headphones together.

Available in a white and a black design from music stores nationwide at the RRP of R4,499.



### BEATS BY DR DRE POWERBEATS2 WIRELESS

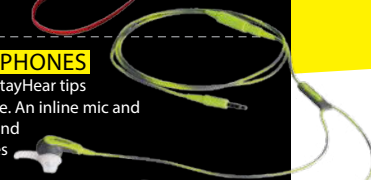
Beats by Dr Dre introduces you to the Powerbeats2 Wireless headphones, which have been specifically created for athletes. The headphones are compact and lightweight, and come with flexible ear hooks that provide a comfortable and secure fit. The headphones also pair easily with Bluetooth-enabled devices, and have a no-slip grip in-line mic for remote calls, as well as a rechargeable 6-hour battery. They are also sweat and water resistant.

Available through Phoenix Distribution at all major retail stores nationwide for R2,999.



### BOSE SOUNDSPORT™ IN-EAR HEADPHONES

SoundSport headphones are sweat-resistant and StayHear tips conform securely and comfortably to an ear's shape. An inline mic and remote lets you easily control volume, skip tracks and take calls. TriPort™ headphone technology produces wide-range sound. R1,899



### JABRA SPORT PULSE WIRELESS EARPHONES

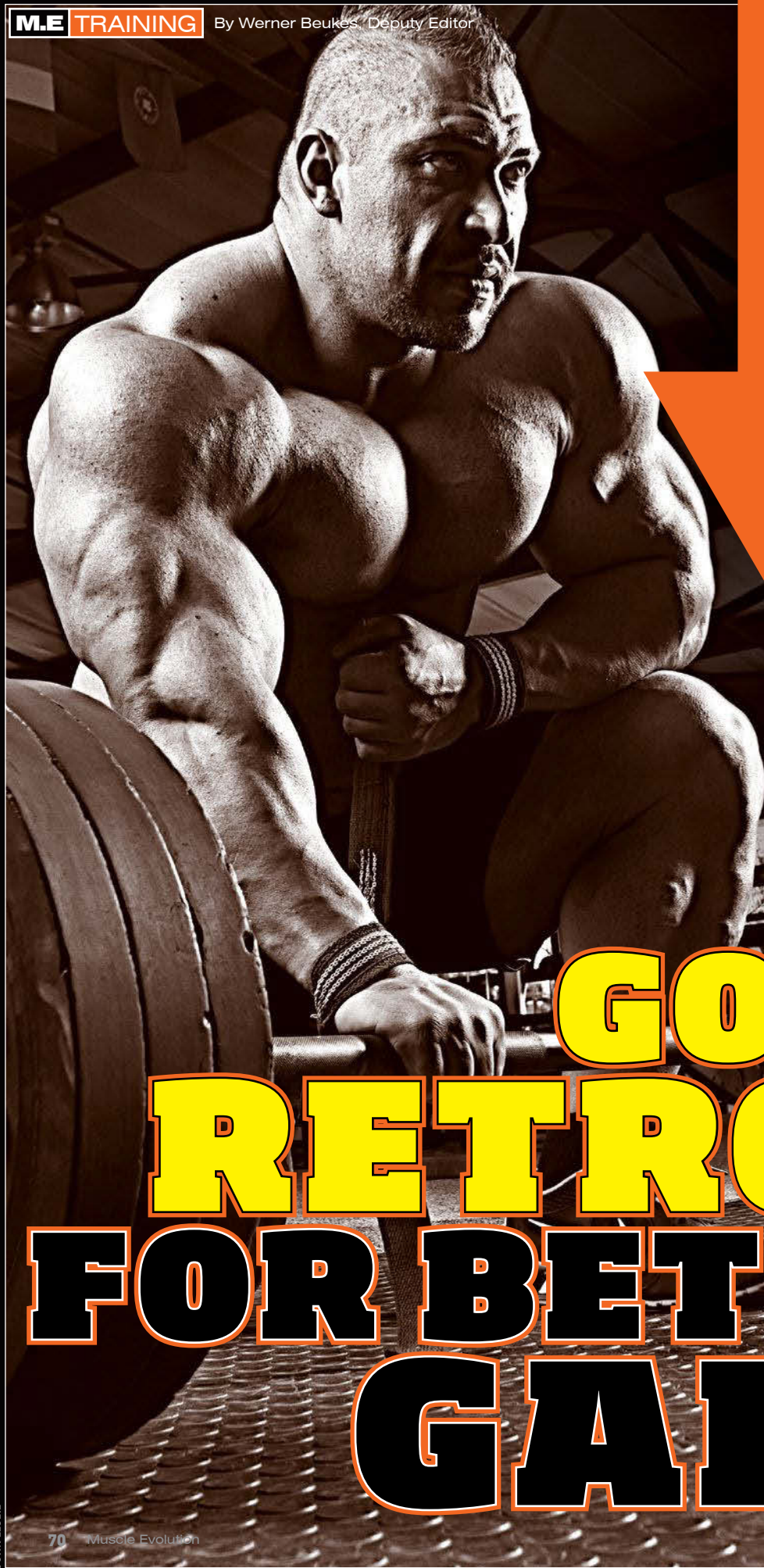
Offer an integrated heart rate monitor, and a compatible Sport Life App. The Dolby-enhanced wireless sound experience includes sound and real-time voice coaching through the Sport Life App. The earphones are lightweight, and sweat and rain proof. The "Ergonomic Audio Response Science" technology ensures a secure and comfortable fit. R2,399



## A FINAL NOTE

**T**he takeaway message is that music can be efficiently used to help you complete a killer workout. However, there is no need to rely on your top tracks to push yourself harder every day, but it is an ideal, legal performance-enhancing tool to use on those days when you want to really psych yourself up and take your training intensity up a notch or two to smash the weights. **M.E.**





## ADDING MORE MUSCLE TO YOUR FRAME IS NOT SOMETHING THAT CAN BE SIMPLY SPRAYED ON.

To pack on mass in what is left of the winter months it pays to learn from the musclemen who did it best; the greats such as Reg Park, Steve Reeves and Arnold Schwarzenegger, who relied on compound movements to get the job done. The basic lifts like squats, deadlifts and barbell bench presses were the key to their mass and that approach still applies today.

### BACK TO BASICS

The chart below offers a few ideas on how to incorporate the more common old-school movements to pack on slabs of muscle during winter for a bigger body come summer or the up-coming contest season. Perform heavy sets with low repetitions (4-6).

## RETRO EXERCISE

BODY PART	EXERCISE
<b>Quads</b>	Squats, leg presses
<b>Hammys</b>	Stiff legged deadlifts
<b>Chest</b>	Barbell bench presses
<b>Back</b>	Deadlifts, barbell rows, power cleans
<b>Shoulders</b>	Barbell military presses
<b>Biceps</b>	Barbell curls, dumbbell curls
<b>Triceps</b>	Close-grip bench presses, lying overhead EZ bar extensions, tricep dips

# GO RETRO FOR BETTER GAINS



# RETRO CLASSICS

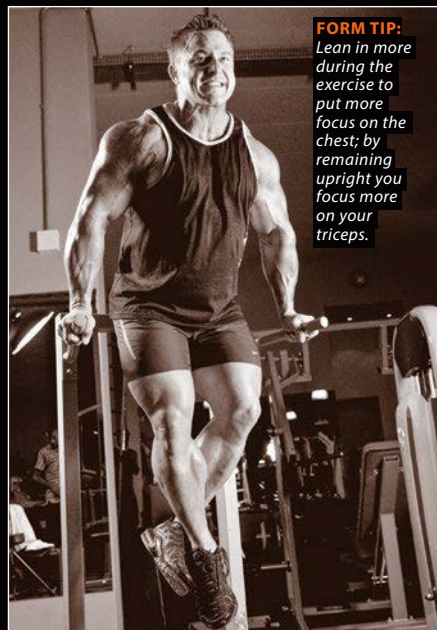
A few of the less common, yet just as effective or 'retro' compound lifts worth considering, which were used extensively by the bodybuilding greats to gain serious muscle size in record time, include:

## 1 CHEST DIPS ON PARALLEL BARS

This is a great exercise to pack on size, and definitely one of the exercises modern bodybuilders neglect. Add weight using the dip belt when you've mastered the bodyweight dip.



CHRIS FITZPATRICK



**FORM TIP:** Lean in more during the exercise to put more focus on the chest; by remaining upright you focus more on your triceps.

## 2 PULL-UPS

Some guys in the gym find these hard to do and therefore use the lat pulldown machine as an alternative which is a mistake. Pull-ups are unique and cannot be duplicated by any other back exercise. Include this golden era mass builder in your routine and you'll soon see a difference in your upper body development. Again, add weight with the use of a dip belt to progress when you have mastered the bodyweight pull-up.



**FORM TIP:** Use a wide overhand grip to target the back. Aim to drive your elbows down to initiate the pulling movement.

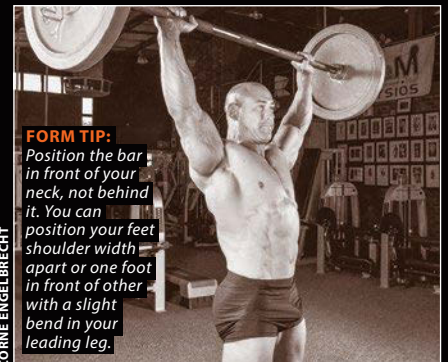
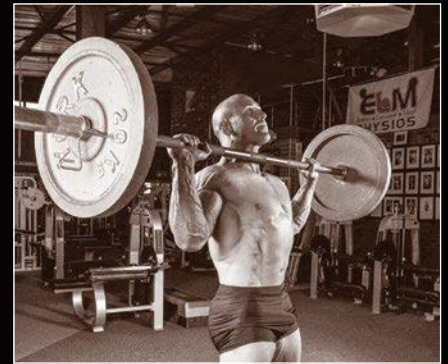
ANDREW HUDSON



**NOTE:** Chin-ups are performed using an underhand grip and therefore target the biceps.

## 3 STANDING MILITARY PRESSES

This classic compound lift can add serious beef to your shoulders to give you that wide look you are after. Performing this move while standing enables you to lift a bit more than you would with the seated version. However, don't use too much momentum to get the barbell up – this can limit the effect on your shoulders.



**FORM TIP:** Position the bar in front of your neck, not behind it. You can position your feet shoulder width apart or one foot in front of other with a slight bend in your leading leg.

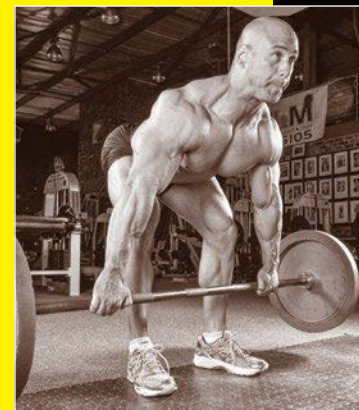
CORNE ENGELBRECHT

## BONUS MOVE:

### CLEAN AND PRESS

Take the standing military press one step further by adding a clean to the mix.

**FORM TIP:** Squat down, grab the barbell and then use your legs to drive the weight up to the starting position of a military press, in front of your neck. Use your shoulders and arms to press the weight overhead. Bring the weight down to your shoulders, then reverse the cleaning motion by bending your knees and setting the barbell back onto the floor.



**There you have it - take a page from the bodybuilding blueprint that built the greatest bodies the world has ever seen. MLE**



**T**he entire bodybuilding industry heard the words from none other than Arnold Schwarzenegger, who is still considered the loudest voice in competitive bodybuilding 35 years since he last competed himself. This took place the day after his Arnold Classic and once again 'the Austrian Oak' was critical of the physiques on his stage. However, this time he pointed some of his anger towards the IFBB judges, who have been favouring the bodybuilders who sport a wide midsection as opposed to a V-taper.

"We have to make sure we are rewarding the right guys because then everyone will start training to have a beautiful body again," Schwarzenegger said during his seminar in Columbus, Ohio. "You've got to look at everything. For instance, so many of those guys have their stomachs sticking out... it used to be that you should have a V-shaped body. Now it's like a bottle shaped body or something like that. We have to make sure that we are rewarding the right guys."

This may have sounded similar to the complaint that Schwarzenegger had in the past, but he put the exclamation point on it by singling out none other than the president of the IFBB.

"He's (Jim Manion) in charge of the judging, he's in charge of picking the judges... you have to talk to him," commented Schwarzenegger. "You magazines and also the Internet and every other means there is – call out on him and call out those judges. Because that's how you create change."

**ABOUT THE AUTHOR:**

Joe Pietaro is the Founding Editor of MuscleSport Magazine ([www.musclesportmag.com](http://www.musclesportmag.com)), a five-tiered media outlet covering bodybuilding, sports and fitness.

# THE GREAT BODYBUILDING DEBATE: MASS MONSTERS VS THE X-FRAME PHYSIQUE

Does international bodybuilding have the 'guts' to change?



# TWO SIDES OF THE STREET

**T**he IFBB pros themselves were posed this same scenario – should the judging criteria be changed to reward the more aesthetic looking physiques? When polling different people from the industry, the answer is not as clear-cut as one may think.

Lee Priest stands on the same side of the argument as Schwarzenegger, but also commented on his own experience doing exactly the same thing. “I totally agree with what Arnold said,” the Australian explains with a laugh. “The bodybuilders today look like shit. I love freaks, but in my day the freaks still had shape. It’s funny because I was handed a lifetime ban (by the IFBB) for talking about the judging. So Arnold better be careful!”

“Arnold has a great point and although it is normal for the physiques to change throughout different eras, what you’re seeing today is nowhere even close to what has become known as the ‘classic physique,’” says MuscleSport Magazine managing editor Gregg Valentino. “I love seeing a guy jacked up on stage as much – if not more – than the next guy. But unless he has a nice V-taper, that mass just goes to waste.”

Dave Palumbo of RX Muscle took advantage of a golden opportunity by having a good number of the top names in the industry all under one roof at the FIBO expo in Germany, where he was able to get their opinions on the latest buzz.

“That would definitely help someone like me competing against the mass monsters,” said Shawn Rhoden, who hasn’t been able to finish higher than third in the Olympia with a smaller yet more pleasing physique than both Phil Heath and Kai Greene. “I think it’s a good way to go. There are a lot of guys that are more towards my shape and then a lot of guys pushing the envelope trying to be bigger.

**“We have to make sure we are rewarding the right guys because then everyone will start training to have a beautiful body again.”**



For me, bodybuilding is about aesthetics and symmetry; being pleasing to the eyes.”

Another competitor glad to hear these comments is Brandon Curry, who commented: “When Arnold was praising aesthetics, I was thinking, ‘that’s me! So how could I disagree? I’m glad that someone finally had the balls... I know a lot of people took a disliking to what he said... but the sport is an art form. I respect everybody’s [sic] game, but anyone who is in favour of a physique like mine, I have to support them.”

Max Charles, who possesses a much wider physique than someone like Rhoden or Curry, saw it a little differently. “I’m a fan of both (aesthetics and mass), but I wouldn’t go for a guy just because he has good shape because that’s not competitive bodybuilding. And that’s why they have the Men’s Physique Division. For bodybuilding, I feel that it has to be about muscle, size and aesthetics,” he continued. “It can’t be just one. I like to see everything to be (considered) a complete bodybuilder.”

Another wide bodybuilder took it a step further when Johnnie Jackson (who is also

a powerlifter) said matter-of-factly, “I don’t think necessarily that we have to look at the most aesthetic bodies and say automatically ‘you should win because you have the perfect shape.’ But you have to look at everyone the same way and the most conditioned... the most balanced guy. Take Branch Warren, for example. Of course, his aesthetics aren’t as great as Dexter Jackson’s (the 2015 Arnold Classic champion), the small waist and all of that good stuff. But you have to look at the guy as a whole, not just the aesthetics.”

One of the names that Schwarzenegger singled out was Cedric McMillan, who placed fourth at the Arnold Classic with his pleasing physique. Many people – including Schwarzenegger – felt that ‘Big Mac’ should have fared better. Only time will tell if this has a long-term effect in bodybuilding and until then, McMillan is taking a ‘wait and see’ attitude towards it.

“I think that it’s a big deal, but at the same time we can only look at it as talk right now,” he explained. “But I definitely appreciate it because I feel that he said those things because of me.”

**“It used to be that you should have a V-shaped body. Now it’s like a bottle shaped body or something like that.”**

**“I THINK THAT IT’S A BIG DEAL, BUT AT THE SAME TIME WE CAN ONLY LOOK AT IT AS TALK RIGHT NOW.”**

Cedric McMillan



**“FOR ME, BODYBUILDING IS ABOUT AESTHETICS AND SYMMETRY; BEING PLEASING TO THE EYES.”**

Shawn Rhoden



**“PHIL HEATH (WHOSE PHYSIQUE IS A FINE BLEND OF MASS AND AESTHETICS) IS THE REIGNING CHAMPION FOUR YEARS AND COUNTING.”**







# CUTTING RIGHT TO THE CHASE

**B**eing a four-time Mr. Olympia winner, Jay Cutler has been able to use pure bulk to his advantage. So his take on the subject was fairly predictable, but it was a bit eyebrow-raising as well. Considering that Cutler is more than likely done competing, he didn't hold back in his comments.

"I don't know where Arnold comes up with that whole thing," he said. "We've been through different sizes in bodybuilding. Obviously, the guys were bigger before and now we have a few guys whose stomachs were loose at this show and all of a sudden it's a big deal. (I) Just think that he's beating a dead horse. We went through this years ago and that's when it all started. Once you push these guys to be bigger, guys are going to come in on or off."

What Cutler was referring to was a mandate handed down by the IFBB on April 13, 2005 regarding this very subject. This was during the end of the Ronnie Coleman era and he was, and still is, the most massive Mr. Olympia of all time, taking the stage and winning the Sandow a few pounds shy of 300 on one occasion. "The King" won eight consecutive titles before Cutler dethroned him in 2007.

**Looking at this memo a decade later is reminiscent of what Schwarzenegger spoke about:**

*"With a mandate from President Ben Weider, the Professional Committee and a team of expert advisors recently evaluated the issues associated with muscular development, such as size, shape, density, separation and definition, in relation to*

*symmetry and natural aesthetics.*

*Certain objective criteria are involved in assessing symmetry and natural aesthetics in competitive bodybuilding. Of great significance are the qualities of balance, proportion and the overall "flow" of the physique, including classic attributes such as a dramatic "V-taper"; from broad shoulders and a wide back to a streamlined waist and a flat, muscular abdomen. In addition, there should be balance between upper and lower body development, and harmony between the left and right sides of the body. These characteristics have been the hallmark of a bodybuilder's physique for decades, and it is the intent of this Advisory Notice to reaffirm their significance.*

*Distended abdomens and distorted muscles negatively impact upon symmetry and natural aesthetics and, therefore, detract from the overall physique. Athletes and judges are advised that muscle size at the expense of symmetry and natural aesthetics will not be assessed favourably."*

That was obviously not adhered to at the time or since then. That same year, Coleman won his last 'O' before Cutler took four of the next five. The lone exception was 2008 when Jackson was crowned, and Phil Heath (whose physique is a fine blend of mass and aesthetics) is the reigning champion four years and counting.

This is also not the first time that Schwarzenegger has been critical of the competitors' waistlines. He spoke about it in detail after the 2013 Arnold Classic, a show that Jackson also won but was not exempt from the negative comments. To the credit of the man known as "The Blade," he did keep his abdominals under control in winning the show this year.



**RONNIE COLEMAN STILL IS THE MOST MASSIVE MR. OLYMPIA OF ALL TIME, TAKING THE STAGE AND WINNING THE SANDOW A FEW POUNDS SHY OF 300 ON ONE OCCASION.** □

**I FEEL THAT IT HAS TO BE ABOUT MUSCLE, SIZE AND AESTHETICS. IT CAN'T BE JUST ONE. I LIKE TO SEE EVERYTHING TO BE (CONSIDERED) A COMPLETE BODYBUILDER.** □ Max Charles



## WHERE DO WE GO FROM HERE?

**T**he question will remain until there is some continuity with the placings at shows moving forward.

People who try to minimise the problem point to Jackson and Heath as winners of the two most prestigious shows on the IFBB calendar and neither are known as bodybuilders possessing wide waistlines. But when you look at the majority of the line-ups, it is a different story.

Perhaps one way of looking at this issue is to say that the more aesthetic physiques will be able to prevail at second-tier shows, but may come up short when going up against the aforementioned two champions.



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# EXPERT OPINION

**FRANCIS BENFATTO**, ONE OF THE MOST AESTHETICALLY GIFTED BODYBUILDERS TO COMPETE UNDER THE IFBB BANNER, GIVES US HIS TAKE ON THE MASS VERSUS AESTHETICS DEBATE:

**“Today's bodybuilding is big business with professionals training 24/7 and 365 days a year to make a living.**

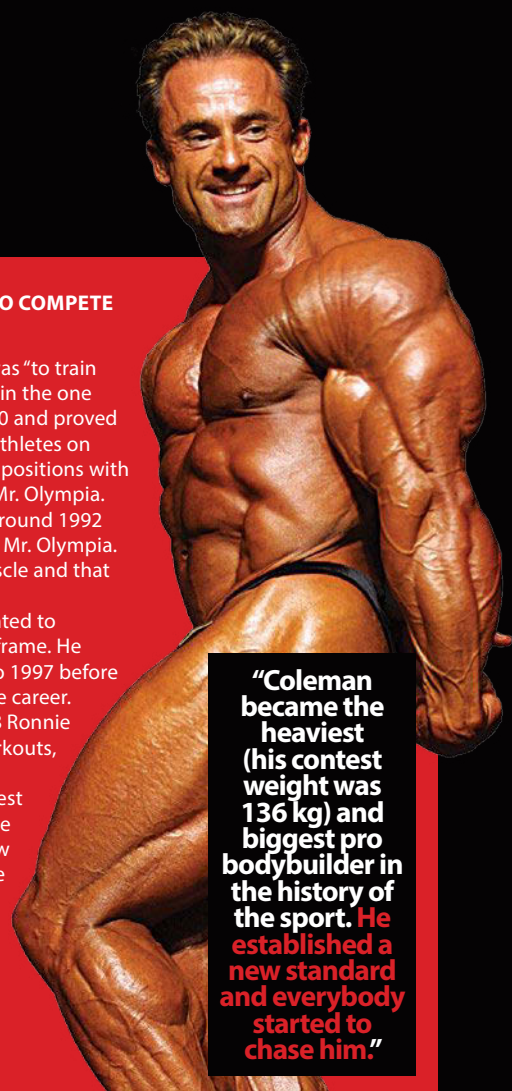
**Bodybuilders dedicate their whole life to prepare for competitions, honouring the contracts with their sponsors, traveling all over the globe to do seminars and posing exhibitions to develop their brands and promote their names. I think young and upcoming bodybuilders do not fully understand the extreme pressure that comes with being a professional bodybuilder.**

Today bodybuilding consists of training, nutrition, supplements, and the right kind of chemicals to reach the pinnacle of the sport. If we look at the bodies of bodybuilding icons such as Arnold Schwarzenegger, Sergio Oliva and Serge Nubret they were genetically gifted and pleasing to the eyes despite having mass and density. They were all recognised by experts, peers and fans as having the ultimate physiques. Arnold had fantastic size but he also had definition, Sergio had narrow hips with full muscle bellies and Serge was also beautifully shaped. Lee Haney, who has the joint record along with Ronnie Coleman for winning the most Mr. Olympia titles, set a new standard when he won the first of eight Mr. Olympia titles in 1984. Haney competed at 112kg, had tons of muscle but was

also refined. One of his famous quotes was “to train to stimulate, not annihilate”. I competed in the one and only drug tested Mr. Olympia in 1990 and proved that I was one of the most conditioned athletes on stage. From 1988 to 1991 I placed in top positions with a 6th place in 1990 and 7th at the 1991 Mr. Olympia. To my view, the real change happened around 1992 when Dorian Yates took first place at the Mr. Olympia. He came in big that year with dense muscle and that changed everything.

From then onwards bodybuilders wanted to emulate Dorian and match his fantastic frame. He dominated the Mr. Olympia from 1992 to 1997 before injuries forced him out of his competitive career. At 1.77m Dorian weighed 119kg. In 1998 Ronnie Coleman, known for his super heavy workouts, started to dominate the scene with his superior genetics. He became the heaviest (his contest weight was 136 kg) pro in the history of the sport. He established a new standard and everybody started to chase him. The judging criteria also evolved to match the standard set by genetically gifted bodybuilders with the right drive and ambition to make it to the top of the sport.”

For more information about Francis Benfatto go to his website at [www.benfatto.com](http://www.benfatto.com) or alternatively email him at [francis@benfatto.com](mailto:francis@benfatto.com)



**“Coleman became the heaviest (his contest weight was 136 kg) and biggest pro bodybuilder in the history of the sport. He established a new standard and everybody started to chase him.”**



**GEORGE HELMER**, A CLOSE FRIEND OF THE LATE STEVE REEVES AND CEO OF STEVE REEVES INTERNATIONAL, COMMENTS ON THE ONGOING AESTHETIC VERSUS MASS MONSTER DEBATE FOLLOWING A STATEMENT MADE BY ARNOLD SCHWARZENEGGER AT THE RECENT ARNOLD CLASSIC IN THE US:

**“In my opinion, bodybuilding went down that**

**slippery slope with drugs starting back in the 1960s to where it is today.**

Bodybuilder Clarence Ross once told me a story about the day he saw Steve Reeves on the beach in Alameda, California back in the late 1940s.

It was late afternoon and the sun was in the west, Ross was laying on the beach getting some sun. He heard something and looked up towards the west and saw this person with the sun behind him only seeing a silhouette of this person. Immediately, Clarence knew it was Steve Reeves from the silhouette without even seeing details of his body or face. He said

in those days everyone had an individual look and you could tell one person from the other by their unique shape. Not so today, with the cookie cutter physiques that are grossly overly muscular and totally out of proportion. As one of Steve's closest friends and his business partner, I know how he would have responded to this debate. He promoted drug-free bodybuilding and believed in the sport being a healthy endeavour, and always approached it that way.” Helmer muses that Steve would often say humorously, “If a man doesn't have enough natural steroids in his body then he should take up something like ping pong”.

**RYAN HENRICO**, GYM OWNER, SPECIALIST PERSONAL TRAINER AND TOP BODYBUILDING COACH FROM BODYGURU MONTANA OFFERS HIS OPINION:

**“I think today's bodybuilders are more concerned with their overall size and mass and they tend to sacrifice their symmetry.**

In the Golden Era of bodybuilding, bodybuilders had slightly smaller physiques but they were well-balanced with good symmetry and slender midsections. I think the sport has evolved and is moving in the right direction, as long as competitors keep an eye on their symmetry. I am of the opinion that the big midsections we see is mostly the result of the abuse of chemicals and certain peptides (such as Human Growth Hormone and Insulin). To be a good bodybuilder you need to

find a balance in training the different muscle groups. It is of utmost importance if you want to succeed in the sport of bodybuilding. The general public might not always understand bodybuilding. The perception of someone who does not understand the sport should never dictate what the competitors should look like! The current Mr. Olympia Phil Heath has an aesthetically pleasing physique and yet he is massive. People will always be fascinated by these giants of the Olympia stage. I do, however, feel that size combined with a pleasing physique is becoming more important to judges.” **M.E**





*Richard Gordecki*  
WNBF WORLD &  
EUROPEAN CHAMPION

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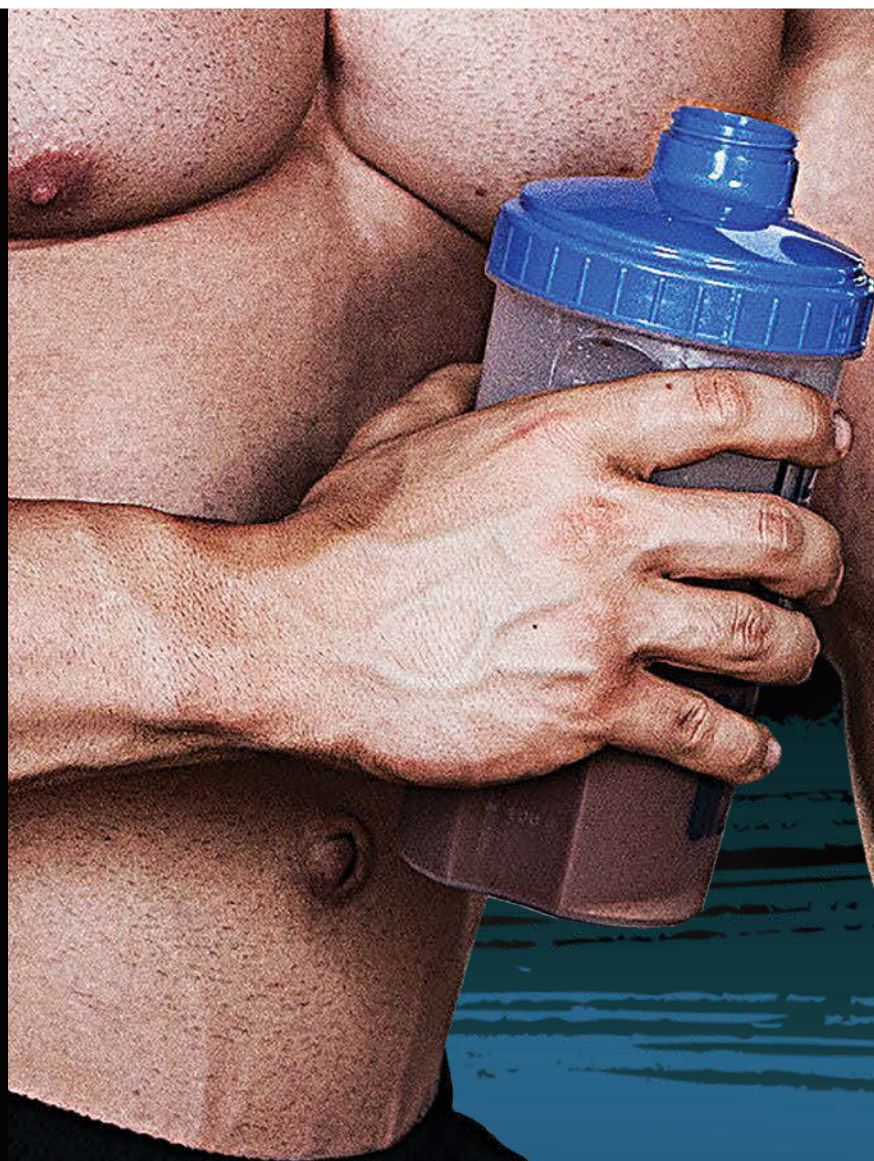
# THE DIRTY CASE OF PROTEIN SPIKING

**I**f you've been keeping up with the supplement industry you've probably heard about protein spiking (also called amino spiking, here in the United States). I'd first heard about it back in 2010 although at the time I failed to realise the gravity of the problem.


Basically, protein spiking is when supplement manufacturers substitute amino acids for whey protein. To use an analogy, it's like buying a house, but instead, the seller just gives you a pile of bricks.

Of the 20-ish amino acids, only three are oxidised for energy during exercise - the branched chain amino acids (BCAAs). These are found abundantly in whey, and other high-quality forms of protein. And although they're not oxidised at the same rate as carbs during anaerobic training, or even fats during aerobic training, they're still oxidised (which is a shame for recovery purposes, because they're highly anabolic). They're also able to stimulate muscle protein synthesis as effectively as the nine essential amino acids (EAAs). So, in this case, three aminos are just as good as nine. It's also important to remember that whey protein contains various bioactive fractions and peptides, which isolated, individual amino acids certainly do not.

Besides the incredibly high BCAA and EAA content of whey protein, it's thought that the amino acid Leucine (in particular) may be largely responsible for its anabolic effect. Out of the three BCAAs only Leucine was able to independently stimulate muscle growth. Comparatively, Leucine and the other BCAAs are pretty expensive compared to whey...







"The total production cost for whey protein is about double that of a standard product. This means that profit is halved, and that protein spiking is a convenient, albeit totally dishonest way of making some of that margin back."

## SHADY SUBSTITUTES

**C**ompanies that choose to engage in this practice don't spike their protein with either BCAAs or Leucine but with the cheapest amino acids they can find, which cost about 1/4 as much as whey. They also count them as "protein" when they declare the nutritional facts on the side of the tub, which is legal in the United States, because the FDA – our Food and Drug Administration – counts the total amount of nitrogen, plugged into a formula, to be the determinant of how much protein the product contains.

I'm not sure if the same kinds of laws apply in South Africa, but if you're getting your product from a company based in the United States, it may be worth your while to do some research. When I last checked, about 30 lawsuits had been filed against companies of all sizes, from ones you've probably never heard of, to ones you probably see sponsoring some of the biggest names in sports.

So, because of a loophole in labelling laws, companies can put these cheap amino acids in their product and call it whey (sort of).

Fortunately, because of our consumer protection laws, these dirtbags have found themselves defending enormous class action lawsuits (Google is your friend here, if you're looking for the companies that have gotten caught so far). If a company will rip you off behind the scenes by exploiting a labelling loophole, they're not the kind of company you want to support – even if they clean up their act and get their labels right in the future.

Although I think the companies doing this are total dirtbags, I can almost understand where they're coming from. Whey protein keeps getting more expensive and, as a result, it's becoming nearly impossible for the medium to large companies to make a profit from selling it. This is because in the U.S. the going rate that distributors are paying for

a tub of protein is about 40% less than wholesale. And wholesale is roughly 40% off retail. So if you're doing the quick math, an American supplement that has a manufacturer's suggested retail price of \$40, is easily hitting the distributor for less than \$25.

Obviously margins will be different for everyone, but that's a good look at a typical margin for retailers and wholesalers. In this case, our hypothetical product is probably being manufactured for under \$10, which includes everything from the label and the bottle, to the actual ingredients, plus the fees for the product to be put into the bottle and the labels applied; unless that product is whey protein. The total production cost for whey protein is about double that of a standard product. This means that profit is halved, and that protein spiking is a convenient, albeit totally dishonest way of making some of that margin back.

Whey protein also can't be synthesised cheaply – it has to come from milk, which must come from an animal. This puts serious constraints on the amount of whey protein that exists at any given time in the world. In short, it is a commodity that exists in limited supply, but does not generate a profit margin commensurate with its relatively low supply and high demand. And as you may have noticed from your supplement cupboard, protein powder takes up a lot of space. Manufacturers will need to have it delivered on a couple of 18-wheelers, if not a fleet of them (for the big companies). So your delivery costs more, as does shipping because it not only takes up more space but it also weighs more than anything else a supplement company would sell. Plus, if you are paying to store it, or a fulfillment company handles it, again, you're going to be charged more.


**"IT'S LIKE BUYING A HOUSE, BUT INSTEAD, THE SELLER JUST GIVES YOU A PILE OF BRICKS"**

## LOSS LEADER STRATEGY

**S**ometimes companies will use their protein powder as a loss leader – a product that breaks even or is even sold at a loss, with the hopes of selling additional items to the same customer. So, if I sell you a loss leader and lose money, I'm hoping you stick around to buy something else that I sell, where I'll make up that amount, plus more. Hopefully this instills a degree of brand loyalty, and gives the company a chance to recover the money from their loss leader.

Common wisdom in the supplement industry is that a whey protein is the last item a company should make, and then only to round out an already successful line of other products. Typically it's done when a company has developed a following and some brand loyalty, and by not having their own protein powder, they're leaving money on the table when their customers are forced to purchase another brand for that staple.

When the cost of goods sold is high and made even higher by things like shipping and storage, and there exists an exploitable loophole where (dishonest) companies can look to make their money back, you're going to see spiked protein. Companies who have been caught doing this are easily found online, so that's exactly where I suggest you go to educate yourself so that you don't get ripped off. **M.E.B.**



"When the cost of goods sold is high and made even higher by things like shipping and storage, you're going to see spiked protein."



# POSING PERFECTION

## MAKING MUSCLE POP ON STAGE

**IFBB PRO HENNIE KOTZE REVEALS THE SECRETS TO MAKING THOSE MUSCLE POP IN YOUR FREE-POSING ROUND**

**INSPIRATION AND GUIDANCE FROM ONE OF THE BEST IN THE BUSINESS ON HOW TO BRING OUT THE BEST OF YOUR BODY ON YOUR FIRST SHOW DAY!**

You are cut, lean and ready to hit those poses against fellow competitors at a bodybuilding show but are you really ready for the big lights on the stage?

Flexing your muscles while being scrutinised by a multitude of eyes is an art form no one can master adequately without the proper guidance from those who have already graced the stage and mastered the art. IFBB pro Hennie Kotze tells us how to put together the perfect posing routine for the free-posing round to display your hard-earned physique the best:



FRONT DOUBLE BICEPS

**FOCUS ON THE SEVEN COMPULSORY POSES THAT THE JUDGES WILL LOOK AT: FRONT DOUBLE BICEPS, FRONT LAT SPREAD, SIDE CHEST, BACK DOUBLE BICEPS, BACK LAT SPREAD, SIDE TRICEPS AND FRONT ABDOMINAL THIGH ISOLATION. YOU HAVE TO PRACTICE THESE POSES CONTINUOUSLY IF YOU WANT TO MAKE AN IMPACT ON STAGE, SAYS HENNIE.**



FRONT LAT SPREAD



SIDE CHEST



## 1 WHERE DO YOU START WHEN IT'S YOUR FIRST BODYBUILDING SHOW AND YOU NEED A POSING ROUTINE FOR THE FREE-POSING ROUND?

The free-posing round includes a posing display designed by a bodybuilder to emphasise and complement his physique and natural stage presence, to the music of his choice. The particular choice of music you are posing to would depend on your personal taste. Any free-posing round should include compulsory poses or variations of these poses, each designed to catch the judges' attention.

Initially I would select a piece of music that I like and feel comfortable with – I would make sure that the music consists of a good introduction and ending. I would then cut the music to 60 seconds.

I like to pose to something with a distinctive sound and booming bass. I would plan my poses for the free-posing round around these sections in the music. I plan my posing routine meticulously on a piece of paper by looking at other good posers

like Japanese IFBB pro Hidetada Yamagishi, who I admire.

I will make sure that my transitions (how you look between poses) are smooth; the smoother they are the better your routine will be.

Once you have a good idea of how to perfectly move from one pose to another on stage you then need to practice your poses and routine until it becomes second nature. Believe me, there is nothing more distracting for judges and fans than hesitations during transitions or athletes who struggle to move with fluidity from one pose to another. This gives the impression that your routine is sloppy, unrehearsed and haphazard, and you don't want that. That is why I always try to devote ample time to my posing routine before a competition. Remember to focus on the compulsory poses before you attempt to do any signature poses.

**I PLAN MY POSING ROUTINE METICULOUSLY ON A PIECE OF PAPER BY LOOKING AT OTHER GOOD POSERS LIKE JAPANESE IFBB PRO HIDETADA YAMAGISHI, WHO I ADMIRE.**

## 2 WHAT ARE THE MOST IMPORTANT FACTORS WHEN YOU ARE CALLED OUT FOR THE FREE-POSING ROUND? WHAT ARE THE JUDGES LOOKING FOR?

At the IFBB, the routine is for the crowd. No points are allocated for a free-posing routine. I always try to incorporate all my compulsory poses as they will display my physique the best in front of the audience. It is always a pleasure to see a well choreographed routine performed by a passionate bodybuilder on stage, even if the routine doesn't determine your placing.

You must know your strong points and the particular type of energy you want to bring to the stage in your free-posing round. Each bodybuilder is different, so only by practice and observation will you be able to find your own way of hitting each pose effectively. You don't want to waste weeks of dieting and hard training to risk a good placement by not mastering the transitions to show off your physique.





### 3 WHAT ADVICE CAN YOU GIVE OUR READERS TO MAKE THEIR FREE-POSING ROUND A SUCCESS?

I like to do bodybuilding posing routines and not 'dance routines' when I compete at a contest. The golden rule here is to be different but not to over do it. Free-posing can be stressful at times. It is here when you walk on to the stage with your personal posing routine set to the music of your choice to display your body to the best of your ability. Any bodybuilder will know that you must accentuate your strong points while downplaying your weaker areas. If symmetry is a good asset you must include poses to best illustrate it. No one is born an expert poser! To build a perfect routine the best is to limit the number of poses between transitions if you are a novice. This will keep your transitions smooth and leave fans shouting for more if your routine is properly choreographed. It is important to seek advice and guidance from competitive bodybuilders to develop this routine. Even a choreographer could give valuable lessons on what to do and what to avoid in a free-posing round. Friends and family are also great sources of feedback on your poses to provide that much-needed critical eye to hit each pose with perfection.

### 4 HOW CAN YOU DISPLAY YOUR SYMMETRY AND INDIVIDUAL BODY PARTS (CHEST, ARMS, BACK, SHOULDERS AND LEGS) TO THE BEST OF YOUR ABILITY IN THE FREE-POSING ROUND?

This totally depends on yourself and your personality. Just keep in mind that you have 60 seconds to perform a routine. Hold each pose between three and four seconds before moving to the next pose.

With transitions it makes sense to remain flexed but relaxed enough to flow from one movement to the next. Aim to perform your turns gracefully and not in a machine-like manner as you'll only end up with a 'clunky' robotic-like routine; it won't be smooth.

Another piece of advice is to wear your competition posing trunks while practising your poses ahead of the competition to give you a feel of what is to come. Suck in your stomach, maximise your shoulders and back, and flare out your legs. Shoot a video and take photos of your posing routine to assess what you need to do to bring up a weak area or improve a pose in a stronger area of your body.

# 10

## POINTS TO REMEMBER ON SHOW DAY:

- 1** When free-posing, keep flexing and exude confidence while facing the judges.
- 2** Remember to squeeze your body hard. Be quick but don't rush on and off the stage.
- 3** Depending on the particular pose, keep your chin and head up and smile.
- 4** Keep one leg slightly ahead of the other. This breaks up the line of the leg and makes your legs look fuller.
- 5** Lift your heel to put more emphasis on your calves and to better flex your hamstrings.
- 6** Abs are the centre-point of your physique – don't forget to keep them tight. The ratio of your shoulders to waist is very visible on stage.
- 7** In the lat spread pose, flex hard and try to flare out your lats as far out as possible while keeping your abs tight to display your V-taper.
- 8** Don't stand hunched over on stage. Push your shoulders outward to create the illusion of a wider back.
- 9** The best way to make a transition from one pose to the next is to step and turn your foot, then follow with your other foot and immediately hit your next pose. When entering a pose, flex from the bottom up.
- 10** It is a good idea to always face the judges for your first and final poses. Don't walk off stage while performing a rear shot without facing the judges. **M.E**

**PRACTICE MAKES PERFECT AND ONCE YOU CAN TICK THE BOX TO COMPETING IN A SHOW THE NEXT ONE WON'T BE SO STRESSFUL, AND YOU WILL END UP WALKING ON TO THE STAGE WITH MORE OF THE CHARISMA AND CONFIDENCE YOU CAN EXPECT FROM A CHAMPION BODYBUILDER.**



FACING FRONT



MOST MUSCULAR



FACING RIGHT



# JUSTIN THACKER'S ULTIMATE PRE-CONTEST STACK

**JUSTIN THACKER**  
Multiple IFBB SA Classic  
Bodybuilding Champion & World  
Championship Silver Medalist



**AMINO GAIN**  
INSTANTISED BCAA  
**ANABOLIC AMPLIFIER**  
WITH CREATINE HCL, GLUTAMINE, TRIBULUS & CHROMOLA  
SCIENTIFICALLY FORMULATED WITH:  

- ✓ An Anabolic Amino Acid Blend For Maximum Muscle Building Support
- ✓ Creatine For Strength & Power
- ✓ Glutamine, BCAAs and Taurine to Support Recovery & Lean Muscle Gains

 NET WEIGHT 0,66 Lbs (300 g)    100% CREATINE

**WHEY PERFORMANCE PROTEIN**  
EXTREME AMINO ACID INFUSED  
STRENGTH, RECOVERY AND MUSCLE BUILDING  
**AMPLIFIED WHEY PROTEIN**  
SCIENTIFICALLY FORMULATED TO:  

- ✓ Promote Recovery from Intense Exercise
- ✓ Support the Anabolic Drive and Lean Muscle Gains
- ✓ Supply High Biological Value Fast Release Protein Ideal for Post-Training and Anytime Extra Protein is Required

 NET WEIGHT 4.1 lbs (1,81 kg)  
100% CREATINE

**TEST-RX**  
HARDCORE TESTOSTERONE & GROWTH  
**HORMONE OPTIMISER**  
SCIENTIFICALLY FORMULATED TO:  

- ✓ Externally Support Testosterone Production with ZMA, GABA, Longifolia & Tribulus
- ✓ Support Strength & Lean Muscle Gains
- ✓ Send Testosterone, Growth Hormone (HGH) & IGF Levels Through the Roof with our Phyto-Anabolic Complex

 100% CREATINE

## AMINO GAIN

### Scientifically Formulated With:

An Anabolic Amino Acid Blend for Maximum Muscle Building Support.

Creatine for Strength & Power.

Glutamine, BCAAs and Taurine to Support Recovery & Lean Muscle Gain.

## WHEY PERFORMANCE PROTEIN

### Scientifically Formulated To:

Promote Recovery from Intense Exercise.

Support the Anabolic Drive and Lean Muscle Gains.

Supply High Biological Value Fast Release Protein Ideal for Post Training and Anytime Extra Protein is Required.

## TEST-RX

### Scientifically Formulated To:

Naturally Support Anabolic Hormone Production with ZMA®, GABA, Longifolia & Tribulus.

Support Strength and Lean Muscle Gains.

Send Testosterone, Growth Hormone (HGH) & IGF Levels Through the Roof with our Phyto-Anabolic Complex.

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Ascendis



# POST- CONTEST REBOUND

**Ensure your post-contest rebound builds muscle not fat with a reverse dieting protocol**

**EVERY COMPETITIVE BODYBUILDER IS FACED WITH A CHOICE THE DAY AFTER A SHOW, ONE THAT WILL MATERIALLY IMPACT THEIR PHYSIQUE AND THEIR ABILITY TO ACHIEVE PEAK CONDITIONING IN FUTURE.**

While most post-comp rituals will include a celebratory cheat meal, some tend to take it too far with a week of freedom; seven days when anything and everything can, and generally is, eaten. This often leaves athletes feeling lethargic, flat and demotivated, and the physical manifestation of this approach is a bloated belly, 'soft' muscles, and water retention, as well as the dreaded weight and fat gain.

On the other hand, athletes who ramp up their intake of 'good' calories immediately after a restricted contest

diet, in a misguided attempt to take advantage of their heightened anabolic state after a successful prep phase can also do more harm than good.

Sarah Hall, an online trainer and contest prep coach at [www.sherifftraining.co.za](http://www.sherifftraining.co.za) explains that many athletes invest a lot of time and money in meticulously planning their approach in the lead up to a contest. "However, very few have a plan for what they should do after a contest. This inevitably leads to crash weight gain and a rapid loss of conditioning in the days that follow."







## SURVIVAL MODE

**A**s athletes are in a depleted state following a contest, often with single digit body fat percentages and low glycogen levels, their bodies are generally in a state of shock. At its most basic biological level, your brain interprets this state and the severe calorie restriction as a form of starvation. It will therefore initiate processes that place your body in 'survival mode', and will take steps to try and return to a state of homeostasis – both in terms of weight and hormone balance.

The specific physiological changes that take place after calorie-restricted diets include changes in appetite-regulating hormones such as ghrelin and insulin, and metabolism-regulating hormones such as thyroid hormones. Your metabolism also slows to limit additional fat and weight loss, and the aforementioned hunger hormones drive your desire to eat to regain all the lost weight, and then some, as your body tries to

increase fat reserves in preparation for the next phase of 'starvation'.

We're actually designed in such a way that weight loss is resisted as much as possible, while weight gain isn't easily prevented, particularly after periods of calorie restriction. Hall, who is also a competitive Bikini competitor, adds: "What few athletes realise is that being on a restricted calorie diet brings with it a certain responsibility. *The way you eat after a period of calorie restriction is just as important as the diet itself*, which is why you need to plan ahead for when it's over."

Accordingly, without a plan and the correct approach the resultant rebound is more often than not characterised by excess weight gain, especially in the forms of body fat and water retention, despite the heightened insulin sensitivity that normally follows a phase of carb and calorie restriction and hard weight training.

## ADJUSTING TO RESTRICTION

**A**ccording to Hall, when an athlete diets down for a competition by following the accepted healthy guidelines, his body adapts to sustaining itself on a lower calorie intake, which is known as 'metabolic adaptation' or 'adaptive thermogenesis'.

*"The body initially becomes more efficient at utilising stored energy, the most abundant source of which is body fat, in response to a reduction in energy supplied from your diet. The downside to this, however, is that you burn fewer calories overall, which then forces you to consume fewer and fewer calories over time to keep seeing results, which is an approach that cannot be maintained indefinitely."*

Accordingly Hall advises that a structured programme of reverse dieting should be implemented to prevent the negative side effects of diet-induced weight-gain, a natural compensatory response to periods of restricted calorie intake.

## DEFINING THE CONCEPT

**S**he explains that reverse dieting is a period during which calories are progressively increased to maintenance levels, or above, after extended periods of calorie restriction. "This level is predominantly determined by an individual's total daily energy expenditure (TDEE). Put another way, *macronutrients are manipulated to restore hormone levels and increase your basal metabolic rate (BMR).*"

Hall points out that reverse dieting is still a relatively new concept, with no noticeable studies available on the effectiveness of this approach. However, a great deal of anecdotal evidence in the field, including her own experience with her prep and that of

her clients, has allowed coaches and competitive athletes who understand the energy balance of food to successfully manipulate calories and achieve the desired result. As far as reverse dieting is concerned, the main aim is the maintenance of existing muscle tissue, the addition of added muscle mass, and the management of fat accumulation to acceptable healthy levels after a competition.

*"Reverse dieting aims to increase calorie intake as high as possible while limiting weight gain, particularly body fat accumulation.* In doing so you maximise your metabolic capacity (the mitochondria's capacity for substrate utilisation and maximum oxygen uptake, or the body's

**YOU'LL ALSO BE ABLE TO EAT MORE, WITH THE ABILITY TO STILL LOSE WEIGHT AS YOUR METABOLIC CAPACITY RETURNS TO NORMAL, OPTIMAL LEVELS.**

ability to meet its energy requirements without experiencing fatigue), and make subsequent fat loss efforts easier."

To quote a specialist on the subject, Layne Norton, "the danger of a sustained reduced calorie diet is that it causes a disconnect between the body and the metabolic rate over time.



For example, the metabolic rate decreases with dieting.”

Hall elaborates: “You therefore need to give your body time to restore its BMR, while also minimising body fat storage, without incurring permanent damage. Reverse dieting promotes a healthier adaptation process by slowly increasing overall calorie

intake, which reduces the metabolic and psychological stress associated with a switch from low to high levels of calorie consumption because your body can readjust its metabolic capacity, and return body fat and hormones to normal levels.”

Another advantage of

reverse dieting is that this approach will enable you to lose body fat more easily for the next contest once an athlete reaches his or her maintenance calorie intake. *“You’ll also be able to eat more, with the ability to still lose weight as your metabolic capacity returns to normal, optimal levels.”*

## PLANNING YOUR APPROACH

**H**all suggests that a reverse dieting protocol be applied for a minimum of six weeks, with some athletes reverse dieting for up to 12 weeks. “Carbohydrates are increased by 5-10g each week, and fat by 2-5g per week. Protein is kept the same as recommended intakes are usually the same in and out of diet phases. Depending on the metabolic adaptation your body experiences, you may need to taper this periodised increase in calories if you are gaining weight too quickly.”

She points that it is also worth noting that for each gram of carbohydrate the body stores, 3g of water weight is retained by the body. “As such, weight gain during this period is inevitable. Body fat gain is the norm, but it can be controlled.”

## MONITORING THE PROCESS

**M**uch like it is during pre-contest prep phases, it is also imperative that athletes monitor changes in their body composition consistently during a reverse diet, without over-interpreting the results, explains Hall.

The most accurate way to measure body fat percentage which holds the most validity is the bioelectrical impedance analysis. “To only measure and analyse according to weight and/or photos is risky due to the subjective nature of this approach. *You need to analyse what proportion of your weight gain is healthy*, in the form of some water and muscle mass, or what proportion is due to fat accumulation. Without these insights, which a conventional weight scale cannot offer, you cannot adjust your macronutrient intakes accordingly,” she continues.

**TO ONLY MEASURE AND ANALYSE ACCORDING TO WEIGHT AND/OR PHOTOS IS RISKY DUE TO THE SUBJECTIVE NATURE OF THIS APPROACH.**

## APPLYING REVERSE DIETING

**“A**thletes need to keep in mind that your body is at its most anabolic in the week following the event. Therefore, you cannot dive straight into a reverse dieting phase. *After the period of restricted calorie intake your body needs to rebuild damaged tissue and replenish energy reserves*, including muscle glycogen stores.”

Hall says that you should theoretically be able to engage in 1-3 weeks of ‘re-feeding’ before starting a reverse dieting protocol. However, this approach is largely determined by the individual; their BMR, muscle mass and genetic predisposition, as well as the severity of their depletion,

the length of time spent in this calorie-restricted state, and their training intensity, which needs to remain relatively high, within reason, to maximise the exercise-induced muscle adaptations during this ‘anabolic window’.

While these are the basic guidelines, Hall is quick to point out that there will always be individuals who respond differently – the statistical outliers. “For example, ‘hard gainers’ are generally considered to be metabolically inefficient individuals as their bodies burn excessive calories as heat instead of fuelling anabolic processes. The re-feed and reverse dieting protocols will therefore need to be tailored accordingly

to ensure they don’t lose weight during this process.”

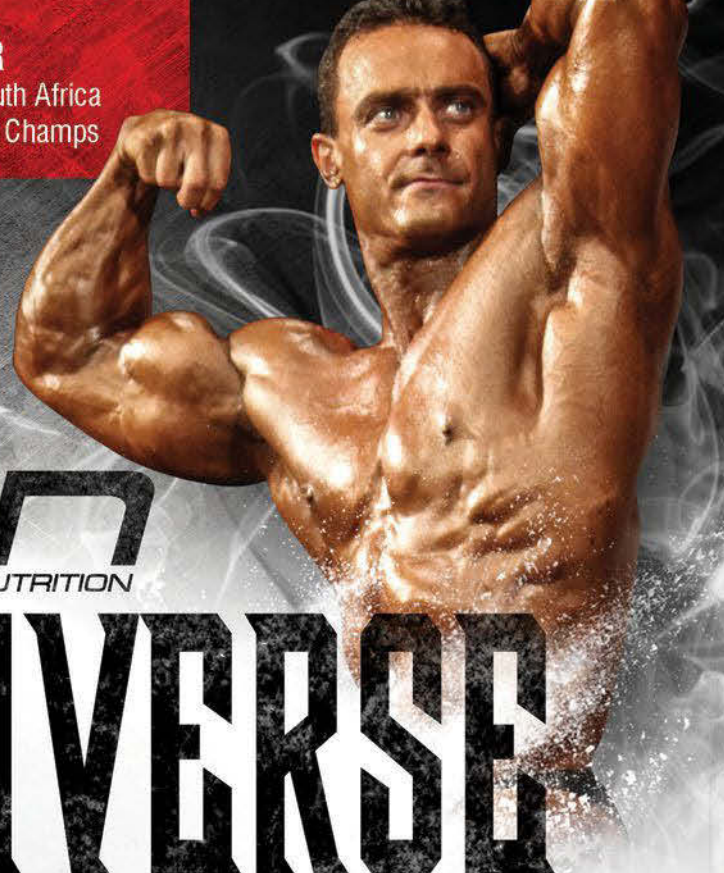
Having a coach who understands this process is therefore essential, says Hall. “Your coach will quickly learn how your body responds to various macronutrient ratios, and will also know how to apply a reverse dieting protocol in that all-important post-show period. This will ensure you restore your BMR to its pre-diet levels, while also mitigating the compensatory weight gain that accompanies periods of calorie restriction. *The most important thing, however, is to be patient*. Understand that this is a process, and that reverse dieting is about your future, not your present,” she concludes. **M.E.**







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at the IFBB Amateur World Champs



# TEAM UNIVERSE

# BODYBUILDING SHOW 2015

SSN Team Universe is a qualifying show for the Arnold Classic South Africa (27-29 May 2016)

**CASH AND PRIZES TO  
THE VALUE OF OVER  
R100 000**

**VENUE:** Opera Theatre - The Playhouse Company, KZN

**DATE:** Saturday, 8th August 2015

**TIME:** Pre-judging: 09:30 Main Show: 16:00

**TICKETS:** Available through Computicket.  
Reserved seating

**ENTRY & 2015 AFFILIATION FEES:**

**Athlete Entry Fee:** R150.00  
**Athlete Affiliation Fee:** R150.00 (if athlete has not already registered with the IFBB for the 2015 competitive season)

**REGISTRATION:**

Friday, 7th August 2015, 16:00 - 19:00  
Muscle Junkie Store  
Shop 13, Outlet Park  
59 Meridian Drive  
Umhlanga, KZN

**DIVISIONS:**

Novice • Juniors under 23 years •  
Masters over 40 • Masters over 50 •  
Athletic Physique • Classic Bodybuilding •  
Ladies Bikini • Ladies Fitness Bikini • Ladies  
Fitness Bikini over 35 years • Ladies Body  
Fitness

**Senior Men:**

U70kg • U80kg • U90kg • U100kg • O100kg



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## DRUG FILES:

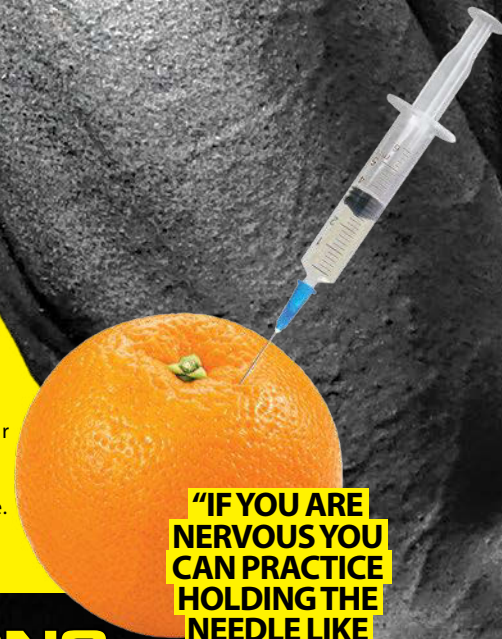
# MASTER THE ART OF GLUTE INJECTIONS TO AVOID INFECTION

**S**o you've finally got your bottles of injectable steroids, your syringes and your needles, and you're ready to give yourself that first shot. I assume that you're like me, which means you've spent hours staring at the needles and bottles before working up the courage to give yourself that first shot.

When I started out in this game, like many others, I read the Underground Steroid Handbook and got the advice to do glute shots "high and to the side", but that was about it. Well... that was, and still is good advice.

If you are a visual learner like me, here's a better idea: Go grab yourself a porn-mag (no really). Take a look at a picture of someone naked, facing away from you and standing up straight (you may need to search for that one). Now draw a line down one of their ass cheeks, vertically, right down the middle. That's your sciatic nerve; stay away from it. Now draw a line across the middle, this time horizontally, right through the middle of the cheek. See the upper, outer most part of those four parts you just separated the ass cheek into? That's where you're aiming when you do an injection in your glute.

If you are nervous you can practice holding the needle like a dart, and pushing it into an orange. Apparently the surface tension of the orange makes it very similar to human skin, which is why nursing students often use oranges to practice.



**"IF YOU ARE NERVOUS YOU CAN PRACTICE HOLDING THE NEEDLE LIKE A DART, AND PUSHING IT INTO AN ORANGE."**

## ADMINISTERING INJECTIONS

For a more comprehensive guide, here's what you want to do for a glute shot:

1. **Sterilise the area you are going to inject.** You can use an alcohol pad, but a shower with anti-bacterial soap before the shot is also fine. Remember, your skin also softens up a bit in the shower, and this makes for an easier shot.
2. If you are using a multi-use vial, **clean the top off with an alcohol swab.** If you are using an amp, crack it open.
3. Take the needle out of the package. If you are using oil-based steroids, then you need a 22 or 23 gauge needle. Water based steroids will usually go through a 25ga. and higher

needle depending on the compound. I suggest buying a couple of hundred 23ga. x1" needles with 3cc syringe casings (that's the part that holds the liquid). If you are doing deltoid, tricep or bicep injections (i.e. small muscles) then you can use anywhere from a 25ga.x5/8th" needle to a 23ga.x1" needle. Glute and quad shots usually require a 1.5" needle, of the same gauges discussed earlier. **As long as the needle is open enough to let the liquid get through, and long enough to get past your fat and skin into the muscle, then you're fine.**



- 4. Pull air into the needle and inject it into the vial.** This creates pressure in the vial, making it easier to draw the steroid out with.
- 5. Draw the solution into the syringe** by pulling on the stopper while the needle is facing up.
- 6. Pull the needle out of the vial** when you have the **desired amount** of steroid in the syringe.
- 7. Hold the needle upright and tap the sides until the air bubbles are at the top**, then push them out by tapping the plunger a bit.
- 8. Now you can either change the needle, or use the same one to inject yourself.** If you are drawing from 2-3 vials, then you might want to replace it at the end

- before you inject yourself.
- 9. Stretch the skin on the area of your glute** you are going to inject with your thumb and forefinger.
- 10. Holding the needle like a dart, push it, in a single smooth motion** all the way into your muscle.
- 11. Draw back slightly on the plunger, and make sure it doesn't fill with blood.** If it does, you are in the wrong spot and you need to start over in another muscle.
- 12. Push the plunger in** until the syringe is empty.
- 13. Pull the needle out and put on a Band-Aid.** You can massage the area a little if you want, as this can decrease soreness the next day.

**If you are shooting elsewhere than the glute, pretty much aim for centre mass and avoid visible veins, but follow the same basic procedure that I just shared with you. I don't recommend shooting more than 3ml of anything into a given injection at any given time.**

If you are using a particularly thick steroid (by that I mean the oil is viscous) then you may want to hold the syringe part horizontal under hot tap water for a minute. This will heat the oil slightly and let it flow more smoothly. Just remember to keep the cap on the needle while you run it under water.

Personally, I've injected in my glutes, biceps, quadriceps, triceps, traps, and deltoids. I've considered calves, but it seems a bit too awkward, and I've considered pecs, but it seems a bit too "Pulp Fiction".

I provided information on glute shots

**"FOR MAXIMUM RESULTS, YOU WILL ALWAYS SHOOT IN THE LARGEST MUSCLE POSSIBLE."**

because it's the easiest to explain and because when you shoot "X" milligrams of a given steroid into a large muscle, you will get a higher blood plasma level than shooting in smaller muscles, even when the amount and concentration of the steroid is the same.

The lesson here is that, for maximum results, you will always shoot in the largest muscle possible. But you still can't shoot in the same spot more than once per week because you will develop too much scar tissue. Remember to rotate injection sites if you are doing shots every day or every other day.

## WHEN THINGS GO WRONG

**It is also pertinent to discuss what it's going to look and feel like if you get an infection. First of all, you're going to feel a kind of soreness that's different from a typical injection. It's going to be more of a sharp pain, as opposed to a dull pain.**

The next thing is that it's going to be discoloured around the injection area and, will have a clearly defined border. I'm not talking about a little red area here; it's more like a very large blister at first with some kind of fluid inside it. Yes, it sounds gross, but wait, it gets better... During the final stage there is a very viscous fluid inside the border, and a very dark discolouration. By this time, it will be a very large protruding bulge that possibly needs to be drained. This final discolouration will be very dark and at this point you'll definitely know that something has gone terribly wrong.

I need to add that you may want to search the Internet for pictures of this, on medical websites, but you should be forewarned that they typically show pictures of very easily diagnosed infections and abscesses. What this means is that you'll be looking at a very large and absurd picture, which may look quite different from your own infection or abscess, if that's actually what you have. **M.E**



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*Disclaimer: Muscle Evolution does not condone nor promote the use of performance-enhancing drugs and steroids. The information in this article is provided solely for the purpose of fostering a clearer understanding through education, allowing readers to make informed and responsible decisions.*

*\*This excerpt has been adapted, with permission, from the book "Anabolic Steroids Ultimate Research Guide. Vol. 1" by Anthony Roberts (Published by Anabolic Information, LLC, 2005. www.AnabolicBooks.com)*



# WBFF

**USN®**

## SOUTH AFRICA 2015

**DATE:** 14 June 2015 **VENUE:** Carnival City, Johannesburg

**F**ans screamed as the cream of South Africa's physique athletes strutted their stuff on the spectacular stage at this year's World Beauty Fitness and Fashion (WBFF) South Africa extravaganza, held at Carnival City in eastern Johannesburg on Sunday, 14 June 2015.

One wouldn't expect anything less from a production and spectacle of this scale, with a stage uniquely designed to accommodate a view from all angles. History was made with the first round stage ever at a WBFF show, ensuring judges could judge accurately and spectators could clearly view athletes in all their glory. This ensured the hard work of all athletes was fully displayed as the conditioned, glamorous bodies at the biggest fitness and fashion event this side of the equator strutted their stuff. With every step fans could see brand new WBFF professionals in the making.

The show's new title sponsor, leading global supplement manufacturer USN, also pulled out all the stops to ensure the weekend was something to remember for athletes and fans alike. The show certainly lived up to its billing and was everything everyone imagined it would be and more!

After countless months of hard dieting and extreme training athletes now had the chance to bag trophies and earn that sought-after pro card, which would catapult them to the next level. A total of nine pro cards were awarded on the evening.

The drop dead gorgeous WBFF Pro World Champion and internationally acclaimed fitness model Andreia Brazier made plenty of new followers as she set the tone for the evening with a jaw-dropping appearance on stage.

It was then time for all the contestants competing in the seven categories to shine as they walked into the limelight. It was clear

**ABOUT ANDREIA BRAZIER:** This Brazilian beauty is a three-time WBFF World Champion in the Pro Diva Fitness division. For workouts, eating guidelines and more visit [www.andreiab.com](http://www.andreiab.com) or [AndreiaBrazierModel](https://www.facebook.com/AndreiaBrazierModel).



**MALE MUSCLE MODEL**

- 1 Wiltord Nyaruviro (*Pro card awarded*)
- 2 Marius Potgieter
- 3 Francois Beya



Jenadine is also on the *fitness* magazine cover!

**DIVA FITNESS MODEL SHORT**

- 1 Jenadine Havenga (*Pro card awarded*)
- 2 Elso Viljoen
- 3 Chantal van Loggenberg

from the start to all present that all the competitors had risen to the occasion and were in the best shape of their lives. As such, the only difference between winning and losing would be the level of stage presence, charisma and determination each competitor could deliver to reign supreme.

The first line-up of the evening was a new category – the transformation division. The eight contestants showed that through persistence and dedication it was possible for anyone to lose weight no matter what your circumstances. The five most inspiring athletes in this new division were Katy Brand, Sophia Strydom, Karen Grabe, Johanka Smit and Ben van der Westhuizen, who all qualified to go to Las Vegas in the US where the WBFF World Championships will be held on 14th and 15th August.

Female models then took to the stage in the Diva Bikini Model divisions, all in peak condition, to battle it out for the top spots. In the Diva Bikini Model Short Class the incredible physique of a confident Le Che Hendry earned her first place and a pro card. The voluptuous Simone Cardoso was awarded second place after edging out Sarah Hall.

In the Diva Bikini Model Tall Class Carla King earned her pro card with a well-deserved first place. Arina Knipe came second and Wendy-Lee Uys bagged the last podium spot.

In the highly contested Ladies Figure

**DIVA FITNESS MODEL TALL**

- 1 Jana Perdijk (*Pro card awarded*)
- 2 Ciemone van der Venter
- 3 Tarryn Jarvis





**DIVA FITNESS MODEL 35 PLUS**

- 1 Chantal van Loggenberg
- 2 Mirie Linton
- 3 Lorette Louw



**DIVA BIKINI MODEL TALL**

- 1 Carla King (*Pro card awarded*)
- 2 Arina Knipe
- 3 Wendy-Lee Uys



Short category pro status was awarded to the classy Chante Minnie. She was overwhelmed with emotion after the judges announced the final outcome. Genevieve Botha came second and Enid Ferreira third.

In the Ladies Figure Tall division it was the alluring Chantell Kelly, nicknamed 'Wonder woman' by her fans and family, who emerged as the winner, with Samantha Hanna in second place and Zelda van Greuning third. Kelly also earned her pro card.

Sonia Matos, winner of the Diva Bikini Model 35 Plus section, brought the conditioning required of any athlete to compete at this level and nabbed the title from Isobel van den Bosch (2nd) and Chantal Eshelby (3rd).

Mirie Linton had to settle for the runner-up spot in the Diva Fitness Model 35 Plus with Chantal van Loggenberg taking the honours in the division. Lorette Louw finished third.

One of the show's best proportioned athletes, Jenadine Havenga was richly rewarded for her conditioning, stage presence and confidence with a victory in the Diva Fitness Model Short category and a pro card. Elso Viljoen was second ahead of Chantell van Loggenberg in third.

Jana Perdijk was also awarded with a pro card after winning the Diva Fitness Model Tall division, leaving Ciemone van der Venter as runner-up and Tarryn Jarvis in third.

Robyn Ashleigh Irwin, Rualize van Rensburg, Ashlynn Russell, Marijke Maritz and Kirsty O'



**MALE FITNESS MODEL**

- 1 Jesse Pretorius (*Pro card awarded*)
- 2 Marco Araujo (*Pro card awarded*)
- 3 Tiaan Barnard





**DIVA BIKINI MODEL SHORT**

- 1 Le Che Hendry (*Pro card awarded*)
- 2 Simone Cardoso
- 3 Sarah Hall



**DIVA BIKINI MODEL 35 PLUS**

- 1 Sonia Matos
- 2 Isobel van den Bosch
- 3 Chantal Eshelby



**LADIES FIGURE 35 PLUS**

- 1 Genevieve Botha
- 2 Samantha Hanna
- 3 Enid Ferreira



**LADIES FIGURE TALL**

- 1 Chantell Kelly (*Pro card awarded*)
- 2 Samantha Hanna
- 3 Zelda van Greuning







**LADIES FIGURE SHORT**

- 1 Chante Minnie (*Pro card awarded*)
- 2 Genevieve Botha
- 3 Enid Ferreira



**TRANSFORMATION DIVISION**

(L to R) Ben van der Westhuizen, Sophia Strydom, Karen Grabe, Katy Brand and Johanka Smit



**FEMALE COMMERCIAL MODEL DIVISION**

(L to R) Kirsty O'Connell, Marijke Maritz, Ashlyne Russell, Rualize van Rensburg and Robyn Ashleigh Irwin

Connell made the top five in the Commercial Modelling section, also earning them the right to travel to Las Vegas for WBFF Worlds.

Jesse Pretorius muscled his way to the top spot of the Male Fitness Model category and was awarded with his pro card for his efforts on stage. Pretorius, one of the sharpest conditioned athletes at the show, came through the deepest and most competitive line-ups of 55 contestants to relegate Marco Araujo to second place and Tiaan Barnard to third.

The Male Muscle Model division was packed to capacity with athletes sporting slabs of thick muscle, and they rocked the stage. Eventual winner, Wiltord Nyaruviro,

who also got his pro card, drew the biggest cheers from the crowd with a posing performance that best displayed his ripped physique, leaving Marius Potgieter in second place and Francois Beya in third.

Congratulations to all the athletes, sponsors, organisers and owners of the WBFF SA for running such an excellent show and giving deserving athletes a world-class platform to showcase their talents. If the WBFF SA 2015 is anything to go by in terms of sheer enjoyment and professionalism the next show will be even bigger and better. There was also a hint from founder Paul Dillett that the WBFF World Championships might be held in South Africa in 2016, so watch this space...

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



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# Mrs **DIVA** EXTRAVAGANZA

1 AUGUST 2015

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**CHARLES TERTIENS**

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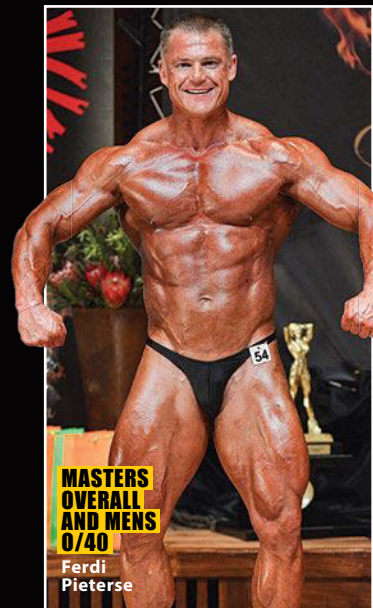


**FITNESS BIKINI  
OVERALL AND  
FITNESS BIKINI  
U/163CM**

Wendy  
Lamprecht



**MENS  
OVERALL  
AND MENS  
CLASS 3**  
Jaco Venter



**MASTERS  
OVERALL  
AND MENS  
0/40**  
Ferdie  
Pieterse



**MENS  
CLASS 1**  
Erik

**A**thletes brought their best conditioning possible to the stage at the Nabba Pretoria Classic at Unisa on the weekend of 9 May 2015. This year 180 participants flexed their muscles with the solid encouragement of over a thousand spectators.

It was a pleasure to see a packed event and so many dedicated fans showing up to support their favourite sport. The majority of athletes walked on to the stage looking full, vascular and ripped to shreds! It was clear that all the participants worked hard to drop large amounts of weight through a strict diet and training without losing muscle size, definition and vascularity.

The Overall title was awarded to an in-shape Jaco Venter. The Masters Overall title was won by Ferdie Pieterse for his stellar physique, while the suave Wynand Steyn walked away with the Male Model Fitness Overall title.

The winner of the Ladies Figure Class 1 and 2 Overall title was won by the beautiful Lizette Bredenkamp. The Fitness Bikini Overall was awarded to a gorgeous-looking Wendy Lamprecht.

The young guns in the novice section took each other head-on with some killer posing. They were battle-ready and clearly not shy to hit the stage with a vengeance to show the judges the end product of the time and effort they spent on perfecting their bodies. In the end novice Rusty Sayed walked away with the honours.

Chante van Wyk bagged the top spot with Shelley Naughtin in 2nd place and

# NABBA PRETORIA CLASSIC

**VENUE:** UNISA, Pretoria **DATE:** 9 May 2015





**MENS CLASS 4**  
Ben Sonopo



**JUNIOR MEN U/23**  
Edward King Malaiso



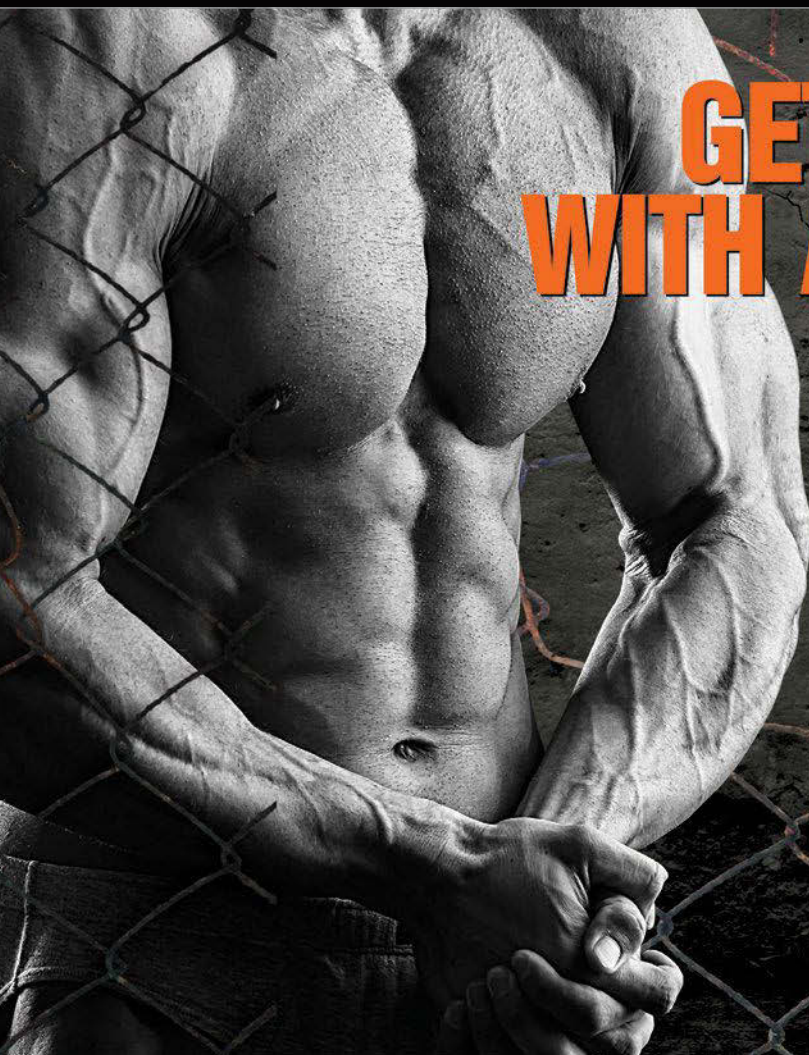
**FIGURE CLASS 1**  
Pricilla Bruyns



**BIKINI MODEL WINNER**  
Chante van Wyk



**LADIES FIGURE CLASS 1 AND 2 OVERALL AND FIGURE CLASS 2**  
Lizette Bredenkamp



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**MEN'S NOVICE**  
Rusty Sayed



**MEN O/50**  
Pieter Klein



**ATHLETIC FIGURE**  
Vivian Goosen



**FITNESS BIKINI O/163CM**  
Annelize Venter



**MALE FITNESS MODEL O/80KG**  
Francois Basson



**MALE MODEL FITNESS OVERALL AND MALE FITNESS MODEL U/80KG**  
Wynand Steyn



**LADIES TONED FIGURE**  
Odette Hudson

Michellene Ferguson in 3rd in the Bikini Model section, an all-time firm favourite with the crowd.

According to organiser Alet Lemmer the Pretoria Classic is quickly gaining the reputation among athletes of "the show" to start your competitive season with. "Everybody who attended this year's show was impressed with the excellent facilities at Unisa. The sound and lights in the auditorium were perfect and there were even television screens in the back rooms with a live feed for the athletes to watch their fellow competitors on stage while they were preparing," said Lemmer. "We would like to extend a heartfelt thank you to all the sponsors, athletes, judges and crew that made this show such a huge success."

The Nabba Pretoria Classic was a qualifier for the WFF Universe to be held on 27 June 2015 in France.



**MENS CLASS 2**  
Michael Appelgryn

**[RESULTS]**

**MEN'S CLASS 1**

- 1 Erik
- 2 Gerrit Pretorius
- 3 Sibusiso Nkanini

**FIGURE CLASS 1**

- 1 Pricilla Bruyns
- 2 Chantelle van Tonder

**MEN'S CLASS 2**

- 1 Michael Appelgryn
- 2 Gontse Sechele
- 3 Theo de Wet

**FIGURE CLASS 2**

- 1 Lizette Bredenkamp
- 2 Regina Jomga

**MEN'S CLASS 3**

- 1 Jaco Venter
- 2 Charles Luck
- 3 Tapiwa Chibota

**ATHLETIC FIGURE**

- 1 Vivian Goosen
- 2 Hende-Marie Strydom

**MEN'S CLASS 4**

- 1 Ben Sonopo
- 2 Christopher Bell
- 3 James Bouwer

**FITNESS BIKINI O/163CM**

- 1 Annelize Venter
- 2 Louise Ferreira
- 3 Odette Fouche

**JUNIOR MEN U/23**

- 1 Edward King Malaiso
- 2 Brian Marais
- 3 Mpho Legoabe

**FITNESS BIKINI U/163CM**

- 1 Wendy Lamprecht
- 2 Lee Chaldecott
- 3 Jenna Ramintlos

**MEN O/50**

- 1 Pieter Klein
- 2 Lucas van Vuuren

**LADIES TONED FIGURE**

- 1 Odette Hudson
- 2 Anita Visser
- 3 Marelize Lemmer

**LADIES FIGURE 45+ YEARS**

- 1 Charmaine Breedt

**MEN O/40**

- 1 Ferdi Pieterse
- 2 Rudi van der Bank
- 3 Andrew Parsons

**MEN'S AEROBIC FITNESS**

- 1 Godwin Mhaka
- 2 Casper Fouche

**MALE FITNESS MODEL O/80KG**

- 1 Francois Basson
- 2 Matthew Larkins
- 3 Calvin Pike

**LADIES AEROBIC FITNESS**

- 1 Amanda Jansen van Vuuren

**MALE FITNESS MODEL U/80KG**

- 1 Wynand Steyn
- 2 Michael Morgan
- 3 Juan de Bruin

**BIKINI MODEL**

- 1 Chante van Wyk
- 2 Shelley Naughtin
- 3 Michellene Ferguson

**MEN'S NOVICE**

- 1 Rusty Sayed
- 2 Arnold Langhout
- 3 Juan de Bruin

**MEN'S OVERALL WINNER**

- Jaco Venter

**MASTER'S OVERALL WINNER**

- Ferdi Pieterse

**MALE MODEL FITNESS OVERALL WINNER**

- Wynand Steyn

**LADIES FIGURE CLASS 1 AND 2 OVERALL WINNER**

- Lizette Bredenkamp

**FITNESS BIKINI OVERALL WINNER**

- Wendy Lamprecht

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





# PRODUCT REVIEW

WRITTEN BY:  
TOM COLEMAN

## 3XT-PUMP

Ticking off all of the boxes with the perfect pre-workout.

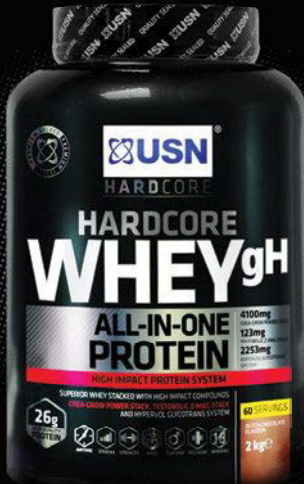


I need a high-impact pre-workout to maintain and add lean mass gains. This product ticks off all of the boxes when it comes to the functionality of a pre-workout. Not only does it fuel you to perform at your peak, but it also offers extreme muscle pumps and the fatigue resistance measures to keep you going set after set. This product also includes USN's NITRO-X PROPRIETARY BLEND, with call-out raw materials that are backed by real research, including Citrulline Malate, Beta-Alanine, Creatine HCL, AGMAPURE® and ADVANTRA-Z®. A high level of caffeine (250mg per serving) has been added to increase your mental focus and exercise performance. Research also shows that carbohydrates taken prior

to and throughout training positively influence the workout, and this is supported with the 20g of carbs included in this formula. During strength training, glycogen is pulled from storage to replace ATP, the energy compound inside cells that powers muscular contractions. The ATP is broken down in the cells through a series of chemical reactions. The energy released from this breakdown enables the muscle cells to do their work. As you train the glycogen in your muscles progressively decreases. You can deplete as much as 26 percent of your muscle glycogen during high-intensity strength training, making the use of 3XT-PUMP invaluable to your winter gains! ★★★★★

## HARDCORE WHEY GH

Recovery is perhaps the most neglected component of progression.



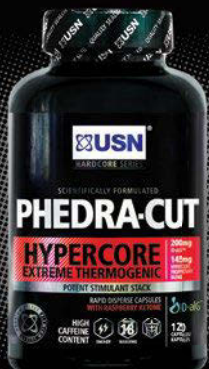
Getting to your goal, without wavering from the enhancement of your aesthetic appeal, means that you HAVE to supplement with the products that meet your needs perfectly. There is a lot going against you, but with HARDCORE WHEY gH, you know the premium post-workout growth formula is on your side, every time, every serving. Progression is key. The point of programme planning is to create overload to induce muscle stress and damage. This process stimulates post-workout muscle protein synthesis (MPS) during recovery which leads to lean gains.

The measurement of quality in post-workout supplements is in the perfect ratio of fast-digesting proteins, in this case whey protein concentrate and isolate,

which work together to kickstart MPS. Slower digesting proteins like milk protein isolate have also been added to protect the integrity of your lean mass, something you don't want to compromise on. It also contains creatine monohydrate to increase glycogen uptake and ATP levels in the depleted muscle cell; Tribulus Terrestris, which has a positive impact on strength levels; ZMA® to stabilise anabolic hormone levels and aid recovery; glycine to increase muscle cell volumisation, and pharmaceutical-grade dextrose monohydrate to support the anabolic hormone response to exercise, further fuelling growth and recovery. With 78.6g of protein per 100g, you know your post-workout recovery cycle is optimised with HARDCORE WHEY gH. ★★★★★

## PHEDRA-CUT HYPERCORE

Get ripped, get lean and get ready for summer.



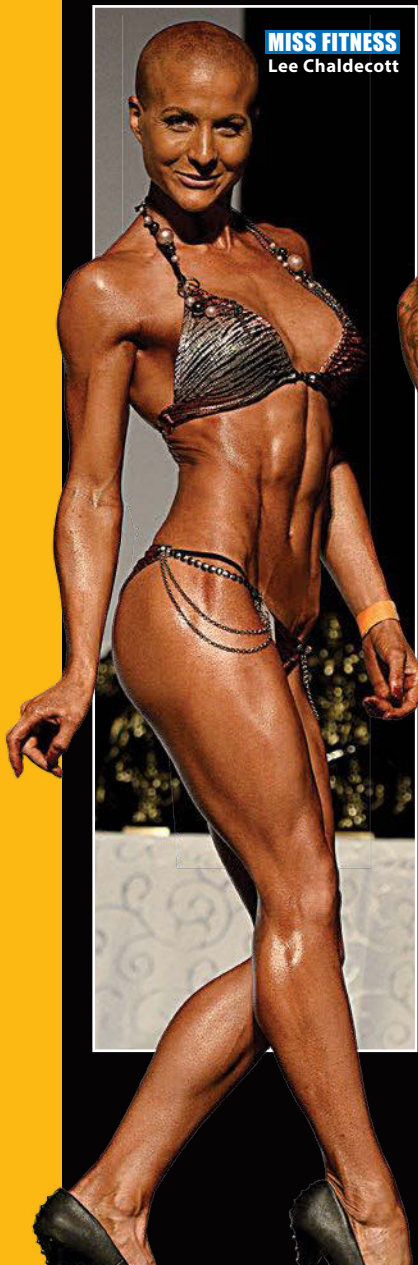
Getting leaner is not a simple process. Yes, there are the basics of calorie restriction, early morning cardio, resistance training, regular eating and consistency, but the tools at our disposal need to be used at the right time, and for the right duration of time, to be successful. When it comes to getting shredded, my go-to product is PHEDRA-CUT HYPERCORE. It is the ultimate tool to keep shedding weight and unwanted body fat. It's a high-strength thermogenic, stacked with ID-ALG,

a brown seaweed extract that cuts the effects of alpha-amylase and lipase activity by 50%, making sure that I get stage ready in no time at all. I stick to the recommended serving size and product usage cycle, which is 5-days on, 2-days off, while cycling my carbohydrates around my two training sessions a day so that I can improve my focus and output. With this approach I know that at the WBFF Worlds in Las Vegas in August I'll be coming in the leanest that I've ever been! ★★★★★



**MISS FITNESS**  
Lee Chaldecott

**MEN SHORT UP TO 172CM**  
Tyrel Ekermans



**MEN MEDIUM**  
172-179CM  
Victor Hungwe

# 2015 IBFF AFRICA

**VENUE:** Vodaworld, Midrand **DATE:** 25 April 2015

**T**he International Bodybuilding and Fitness Federation (IBFF) Africa, the new federation for the new generation athlete, hosted their first show on the African continent at Vodaworld in Midrand on 25 April.

Gebano Dantu brought his classy conditioning and posing energy to the stage and was a firm favourite with the spectators from the start. He showed everyone present that it was tough hanging with the best in the aesthetics department and bagged first

place in the Mr Fitness Model division, with Byron Chemaly earning the second spot. Third place in this popular category was awarded to Pieter Gouws.

A very lean Hendrik Matsemela did enough to convince the IBFF judges that his impressive lats and bulging biceps were sufficient to earn him the top spot in the Men Over 1.79cm category.

Victor Hungwe out-flexed his competitors with the always difficult to attain combination of size and



**JUNIOR U/23**

Albert le Roux

**MASTERS O/40**  
Ferdinand Pieterse**MEN TALL O/179CM**  
Hendrik Matsemela**MISS MODEL O/168CM**  
Jessica Lovett**MISS FIGURE**  
Elizabeth Moore**MISS MODEL UP TO 168CM**  
Christy Griffiths**MR FITNESS MODEL**  
Gebano Dantu

conditioning. He won the Men's Medium category, with Andre Pieterse in second place and Albert le Roux in third. Although Hungwe carried a fair amount of mass he looked great and brought the level of conditioning needed to rise to the occasion. He proved that he could outclass his rivals on the stage with the maximum amount of fullness and hardness.

Tyrel Ekermans nailed his conditioning and rightfully walked away with the honours in the Men's Short category. Ferdinand Pieterse's conditioning in his legs and midsection earned him first place in the Masters Over 40 category ahead of

Desmond Thomas.

Miss Model Over 1.68cm winner, the sexy Jessica Lovett, rocked the stage with her impressive physique. The phenomenal Elizabeth Moore won Miss Figure and the beautiful Christy Griffiths snapped the prize from under the pretty noses of Anesca Gouws (2nd) and Jade Fairbrother (3rd) in the under 1.68cm division.

The IBFF Africa will host further bodybuilding and fitness events in future, offering local athletes another exciting platform to showcase their hard work and superior physiques to fans of body building around South Africa.

**[RESULTS]****MASTERS OVER 40**

- 1 Ferdinand Pieterse
- 2 Desmond Thomas

**JUNIORS UNDER 23**

- 1 Albert Le Roux

**MISS FIGURE**

- 1 Elizabeth Moore
- 2 Tessa Els
- 3 Bianca Lubbe
- 4 Tsholo Ntjakatla

**MISS FITNESS**

- 1 Lee Chaldecott

**MISS MODEL UP TO 168CM**

- 1 Christy Griffiths
- 2 Anesca Gouws
- 3 Jade Fairbrother
- 4 Dianne Pretorius
- 5 Kim Carnell

**MISS MODEL OVER 168CM**

- 1 Jessica Lovett

**MR FITNESS MODEL**

- 1 Gebano Dantu
- 2 Byron Chemaly
- 3 Pieter Gouws
- 4 Jaco van Wyk
- 5 Desmond Thomas
- 6 Jean Pretorius

**MEN SHORT UP TO 172CM**

- 2 Tyrel Ekermans
- 2 Byron Chemaly

**MEN MEDIUM 172CM - 179CM**

- 1 Victor Hungwe
- 2 Andre Pieterse
- 3 Albert le Roux

**MEN TALL OVER 179CM**

- 1 Hendrik Matsemela
- 2 Ryno Blignaut

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



**OVERALL MENS, MR PHYSIQUE & MR MASTERS 40 PLUS**  
John Charles



**SENIOR MEN U/95KG**  
Jason Steenkamp



**OVERALL WOMEN AND MISS TONED BIKINI U/1.65M**  
Bianca van Rensburg

# 2015 ROSSI GRAND PRIX

**VENUE:** Pretoria State Theatre **DATE:** 23 May 2015

**F**ans brought down the house – in this case an opera house – at one of the largest independent shows on the calendar, the Rossi Grand Prix. The vocal appreciation fans had for their favourite athletes was befitting of the level of talent on show at an event that can only be aptly described as an extravaganza of fitness, body transformation and bodybuilding.

With a record number of over 320 entrants descending on the Pretoria State Theatre on the weekend of 23 May the show was bound to be a humdinger from the start. All eyes scanned the line of oil-covered men and women on stage to see who would set themselves apart from their rivals to bag gold.

The extravaganza ran smoothly with regular 30-minute breaks between the marathon divisions. This gave spectators ample time

to browse the extensive fitness and nutrition exhibition outside the theatre while they waited for their favourite athlete to step on stage. This also gave fans the opportunity to mingle with athletes and ask for autographs or get those sought-after selfies for their next social media update.

Taking top honours on the night was the shapely Bianca van Rensburg (our Muscle Evolution Babe in this issue – see page 62) who claimed the Overall Bikini title having won the Miss Toned Bikini under 1.65m division, while veteran John Charles strutted his stuff with confidence to take the Overall Men's title on the evening.

Damien du Plessis won the Mr Front Cover Model title, edging out Wayne Young, who placed second, and Duan van der Berg in third in what was a highly competitive category.

The lovely Monique Lopes was clearly over



**MR NOVICE  
U/85KG**

Keenan  
Ziegler



**MR JUNIOR  
U/21**  
Tumi  
Secco



**MR JUNIOR U/23**  
Jared Pieters



**MISS BIKINI  
U/23 AND MISS  
BIKINI OPEN  
0/1.65M**  
Monique Lopes



**SENIOR U/75KG**  
Luthando Kaka



**SENIOR  
MEN  
U/65KG**  
Mthandazo  
Booi



**MISS  
BEACH  
BIKINI**  
Jessica  
Lovett



**SENIOR  
MEN  
U/85KG**  
Ndumiso  
Dlodlo



**MR NOVICE  
0/85KG**  
Stefan  
Estment



**MISS  
BIKINI  
U/18**  
Chandre  
Jeppe





**MISS BIKINI OPEN U/1.65M**  
Chante van Wyk



**MISS BIKINI 30 PLUS**  
Joanie van Niekerk



**MISS TONED BIKINI 35 AND 45 PLUS**  
Vivian Goosen



**MISS TONED BIKINI O/1.65M**  
Odette Hudson



**SENIOR MEN O/95KG**  
Clarence Manjengwa



**MR MASTERS 45 AND 50 PLUS**  
Gavin Sher



**MR FRONT COVER MODEL**  
Damien du Plessis



**MR MODEL PLUS**  
Werner van der Westhuijzen



**MR MODEL 35 PLUS**  
Deon Tolken



**MR BEACH BODY**  
Kyle Kleinhans

the moon when she was crowned Miss Bikini Model in the Under 23 division. Jessica Lovett won the highly competitive Miss Beach Bikini division, while the superbly conditioned Odette Hudson claimed the top spot ahead of Zea Meyer (2nd) and Anchen Fouche (3rd) in the Miss Toned Bikini Over 1.65m line-up. The lovely Chandre Jeppe won the Miss Bikini Under 18 category, and a classy Vivian Goosen nailed her condition in true style, earning first places in the Toned Bikini 35 and 45 years plus categories.

Among the men, Tumi Seeco bagged first prize in the Junior Under 21 division, beating his closest rival Keenan Ziegler, who made up for it by claiming the Mr Novice Under 85kg title. Kyle Kleinhans flexed his washboard abs into first place in the Mr Beach Body category. Stefan Estment took top honours in





**MISS FIGURE O/1.65M AND MISS FIGURE 40 PLUS**  
Samantha Hanna



**MISS FIGURE U/1.65M**  
June Odendaal



**MOST INSPIRING FEMALE TRANSFORMATION**  
Johanka Smit



**MOST INSPIRING MALE TRANSFORMATION**  
Yaseen Valli

the Mr Novice Over 85kg division, and Jared Pieters the Mr Junior Under 23 title.

Charles Luck bagged the Best Poser trophy with a well choreographed and entertaining routine. Luck, who traded his mask for sunglasses, snatched the trophy away from underneath the nose of a caped John Charles with his dramatic Superman posing routine.

In one of the most highly anticipated and popular divisions of the evening, the Most Inspiring Transformation, Yaseen Valli earned himself a well-deserved first place in the men's division, with Johanka Smit's amazing story securing her the title as the most inspiring female transformation. Both Yaseen and Johanka won R10,000 in cash and a year-long sponsorship

and endorsement deal with Pure Nutrition Technology worth over R24,000. Carrie-Ann van Heerden was the runner-up in the female category, which also secured her a one year product sponsorship and endorsement deal from Pure Nutrition Technology.

The Rossi Grand Prix was a true extravaganza of show-biz glitz and quality, with the main focus on bringing out the best in the athletes competing in the different divisions. This was all made possible by the generous support of the event sponsors. Says event founder and organiser, Marco Rossi, "a special thanks to all our proud sponsors for their continued support of the Rossi Grand Prix and their contribution towards the growth of bodybuilding and fitness in South Africa."

## RESULTS

### MR FRONT COVER MODEL:

- 1 Damien du Plessis
- 2 Wayne Young
- 3 Duan van den Berg

### MISS BIKINI U/23

- 1 Monique Lopes
- 2 Anri de Jongh
- 3 Jessica Lovett

### MR BEACH BODY

- 1 Kyle Kleinhans
- 2 Reichardt Matthee
- 3 Nishen Deepchand

### MISS BIKINI U/18

- 1 Chandre Jeppe
- 2 Gabi Barras
- 3 Anja Spies

### MR JUNIOR U/21

- 1 Tumi Seeco
- 2 Keenan Ziegler
- 3 Frederik van Heerden

### MISS BEACH BIKINI

- 1 Jessica Lovett
- 2 Chantelle Gey Van Pittius
- 3 Wendy-Lee Uys

### MR JUNIOR U/23

- 1 Jared Pieters
- 2 Kyle Viljoen
- 3 Ahmed Saliu

### MR NOVICE U/85KG

- 1 Keenan Ziegler
- 2 Brian Marais
- 3 Christopher van der Westhuizen

### MISS TONED BIKINI U/1.65M

- 1 Bianca van Rensburg
- 2 Lee Chaldecott
- 3 Sarah Hall

### MR NOVICE O/85KG

- 1 Stefan Estment
- 2 Frikkie van Niekerk
- 3 Stuart Coltman

### MISS TONED BIKINI O/1.65M

- 1 Odette Hudson
- 2 Zea Meyer
- 3 Anchen Fouche

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- 3 Mia Raad

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- 1 Mthandazo Booi
- 2 Frans Zemzile Hloi
- 3 Peter Nkatho

### MISS FIGURE O/1.65M

- 1 Samantha Hanna
- 2 Hendryette Marais
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## DYLAN RIDLEY BODYBUILDING MISCONCEPTIONS

**G**reetings fitness freaks, fanatics and enthusiasts. In this column I'd like to share some of the misconceptions I had about bodybuilding when I first started, and how my education, professional life, and the time I spent working with the top coaches in SA have helped to set them straight.

When I started bodybuilding and weight training I was powered with enthusiasm, excitement and energy. I was ready to grow and build muscle like a beast and shred like a pro. In the first few weeks I wanted to look like Jay Cutler as soon as possible. This was a lofty goal considering I had no training history, and I didn't have a diet or supplement programmes in place.

At this stage I believed that I could achieve my goals by training five days a week, two hours a day, without eating the proper foods or using supplements. My approach consisted of lifting the heaviest weights possible with no thought given to form or proper technique, with a focus on the "feel good muscles" – all the muscles I could see pumped up in the mirror that made me look good, such as shoulders, traps, chest, bis and tris. I, like many newcomers, totally neglected all the other body parts, such as quads, hammies and back.

So, as you would imagine, I didn't improve much. I got injured and wasn't healing quickly enough. Out of sheer frustration and desperation due to the lack of gains I started following all the wrong advice in the hopes of finding a quick fix. I bought every supplement and performance enhancer I could get my hands on and chugged down shake after shake – mass builders, whey protein, creatine, BCAAs, glutamine, testo boosters, pre-workout drinks, intra-workout drinks, and post-workout drinks, day after day. But I completely neglected the fundamental

requirement of eating 6-8 well balanced meals a day.

Then came the weekends; time to party. Feeling all jacked I would hit the town with the boys, consuming alcohol to all hours of the morning. On the way home we'd grab any food that was available – the greasier the better.

Come Monday, feeling all depressed and still hungover from the weekend, I would hit the gym, look in the mirror and think "where have all my gains gone? Where has all my hard work gone to?" I think this is a story that many readers can relate to.

Thankfully over the years I've been coached and mentored, and have picked the brains of some of the most knowledgeable people in the industry; the greats like Chris Scott, Marius Dohne, Mario van Biljon, Andrew Hudson and Chris Pillay.

### THIS IS WHAT I'VE LEARNT FROM THEM AND HAVE APPLIED TO MY BODYBUILDING APPROACH:

- ✓ There are no quick fixes. Only time, effort and sacrifices will help you achieve your goals.
- ✓ You must have a plan.
- ✓ Meals, supplements and training are the three pillars of bodybuilding. If you do not have a strong foundation your bodybuilding career will crumble.
- ✓ Read, read, and read some more. Take in as much knowledge as possible. You can never know enough.
- ✓ Don't be afraid to experiment; try different training programmes and different diets. One man's poison is another man's meat!
- ✓ Never sacrifice good form for heavy weights. Leave your ego at the door.

## COBUS VAN DER MERWE LEARN FROM MY MISTAKES

**I**f I look back at my personal journey – two decades in the world of bodybuilding – I admit that I have made a few mistakes. Hopefully by sharing them you can learn from my experience and avoid making the same mistakes over and over again in your quest to pack on more muscle, size and strength.

As a novice I got my inspiration from reading international muscle magazines where all the professional bodybuilders were featured. I actually believed that they were lifting those heavy weights they were holding during their photo sessions. As a starry-eyed youngster I tried to emulate these pros in the photos and posters. I ended up almost injuring myself in the process while trying to lift the heavy poundages I believed they were lifting. It was only later on that I eventually realised that they were actually only posing with tons of weights to make the photos more dramatic for the magazines. I only started to grow bigger when I started to train with lighter weight, with my primary focus on lifting with perfect form and feeling the muscles work. That's not to say that heavy weights don't have their place and cannot build muscle, but always remember to first, before lifting any dumbbell or barbell, stay true to form. If you're too arrogant to open up your training repertoire and use various methods your gains will come to a halt.

Another lesson I learnt the hard way was the exclusion of proper training techniques for my glutes, hamstrings and lower back in my earlier gym sessions. Young and upcoming athletes who are serious about the sport of bodybuilding and who want to have long careers must implement extra work to strengthen and improve these areas. If they don't, they will only

become weaker as they get older. And please make time for stretching your muscles and working your core in your workouts. Your body will thank you later for it. You don't want to become older and live with a weak lower back that gives you problems as this can have a major impact on your mobility.

It is also wise to learn from the best and save up your money to tap the knowledge of reputable coaches with international experience on how to train and eat properly, particularly if you want to compete. To be the best you need to learn from the best. Access experience sooner rather than later in your career. I only started to work with a coach later in my career and could see the difference it has made in a very short time.

Another mistake I think youngsters are making is to compete in far too many shows year after year and they don't give their bodies enough time to recover and grow before stepping on to the stage again.

There is also a total unhealthy preoccupation with monster size among teens and novices, with a complete disregard for well proportioned, aesthetically pleasing physiques that could earn them titles at shows. Rather start by designing your workouts with the goal of bringing up weak areas. Remember, it is always a well-defined and ripped physique that wins shows.

Lastly, I used to cut out all fats during my pre-contest phase when I was prepping for a show. I failed to add good fats to replace some of the calories lost from the carbs that I cut out. I also eliminated water too soon before a show and this also had a negative impact on my conditioning. I now only limit water 12 hours out from a show.





## JOHN [THE TERMINATOR] LESLIE FINAL WEEK SHOW PREP

**T**he final week, also called 'peak week', is the final step for a bodybuilder to achieve the best possible definition while holding on to lean muscle mass before a show. The final week preparation mode for me actually starts two weeks before a show and not in the final week. I want to take time in making sure I am freakishly huge but conditioned and in perfect shape for the stage. This is the period where you make the most of your diet and exercise regimen to present your best package on stage for everybody to see. Through dedication, sacrifice and persistence you are given an opportunity to showcase your physique and also show the judges and your fans what kind of mettle



### JOHN SAYS

**On the day of the show I would normally have a high carb, high fat and low protein breakfast in the morning. The rest of the day I would snack on low GI carbs and small servings of chicken to keep my waistline tight.** □

you are really made of after weeks of intense exercise, clean eating, cardio and practising your posing routine. The pressure is now completely on you to be in the best shape of your life with the right amount of muscle mass and vascularity to impress the judges and walk away with the trophy. No one wants to step on stage and lose a show. I know many bodybuilders and we all have a natural winner's instinct in us, which is why we all aim to go for gold every time we step on stage. I mean, who is going to take their diet and training to the extreme and show up just to tick the box that they have competed in a bodybuilding show? We all have our pride and this is the major driving force behind our dedication to do our best.

In terms of my specific steps during peak week, I will typically follow a very high protein, zero carbohydrate and almost zero fat diet for five to 10 days prior to the show. The specific period depends on the condition I find myself in at that point in my prep. Carbohydrates provide energy but I cut mine to zero because that is a vital step to achieve a striated, well-defined and hard body for competition day. I don't want to appear smooth and lack definition when it matters most. I have found that a zero carb strategy works best for me, but other bodybuilders might be super tolerant and not have a problem in metabolising carbohydrates at a faster rate than I do. If they cut carbs like I do it could leave them completely depleted, resulting in stringy physiques where their muscles don't appear to be 'full'.

I drink six to eight litres of

water per day while I am in my final prep mode, combined with a high intake of sodium. We all know greater sodium equals greater water retention. It gives you that fuller look but be extra careful that you don't hold too much water. Bodybuilders on a high sodium loading plan

could hold additional fluid. Remember, muscle proportion, separation and size are still your main priorities. If that is the case, slowly decrease your sodium, but be aware that a decrease in water and sodium could cause severe muscle cramping – a common problem athletes have while posing on stage on show day. You can avoid this by increasing your magnesium to prevent cramps. I would finish my last weight training and cardio sessions on the last depletion day of my pre-contest diet leading up to a show. I stop leg training sessions at least seven to 10 days out from the show as I don't want to put any additional stress on my body before a show. I also want my wheels ripped to shreds when I go head to head during a pose-down.

**"IN TERMS OF MY SPECIFIC STEPS DURING PEAK WEEK, I WILL TYPICALLY FOLLOW A VERY HIGH PROTEIN, ZERO CARBOHYDRATE AND ALMOST ZERO FAT DIET FOR FIVE TO 10 DAYS PRIOR TO THE SHOW."**

**"THROUGH DEDICATION, SACRIFICE AND PERSISTENCE YOU ARE GIVEN AN OPPORTUNITY TO SHOWCASE YOUR PHYSIQUE AND ALSO SHOW THE JUDGES AND YOUR FANS WHAT KIND OF METTLE YOU ARE REALLY MADE OF AFTER WEEKS OF INTENSE EXERCISE, CLEAN EATING, CARDIO AND PRACTISING YOUR POSING ROUTINE."**

After my depletion phase I will follow a three day carb-up protocol and lower my protein intake somewhat, but not drastically. I would still have double the carbs than the usual quantity I have in my diet prior to my depletion phase. I include red meat as a protein source as part of my meals during

my carb-up phase. This keeps the muscle on me and will even add more muscle as I get closer to a show. I will keep my water intake the same in peak week and stop drinking water completely 24 hours before going on stage. You don't want any subcutaneous fluid from beneath the skin. You want that thin skin, peeled look.

On the day of the show I would normally have a high carb, high fat and low protein breakfast in the morning. The rest of the day I would snack on low GI carbs and small servings of chicken to keep my waistline tight. At this point I don't eat until I am full – I have just enough to keep my metabolism on track. I like to have some chocolate to bring out vascularity before I go on stage after a light pump up session with weights backstage. Then it's show time!





## HENNIE KOTZE THE BODYBUILDER'S WINTER SURVIVAL GUIDE

**W**inter can be a tough time for competitive bodybuilders. Low body fat levels mean we feel the cold more acutely, and the restrictive diets and hard training means our immune systems are already overloaded which makes us more susceptible to the colds and flu viruses that do the rounds at this time of year. The best way I combat these factors is by staying indoors as much as possible. I like staying at home as it lets me focus on my competition prep. However, I don't shy away from social settings, I just limit unnecessary trips to public places to reduce the potential of exposure to nasty bugs and the cold.

When I head out or to the gym I usually don't overdress, but make sure I wear layers to adjust my body temperature as required. When I head to gym I will have



### HENNIE SAYS

**To help boost my immune system I usually add a few supplements to my regimen such as vitamin C and D, green tea, zinc and I get regular beriglobin shots.** □

two layers – a sweater or jacket, with a shirt or vest underneath. After a warm up I will shed the warmer layer and train in the shirt or vest. I will always take off all sweaty clothing when I'm finished and I try to lower my body temperature before I leave the gym, especially if I train in the morning or evening. I like to sit on the couch in the gym for a few minutes after my session to do this. Once that has happened I put something warm on and leave the gym. I also wash my hands regularly, particularly after visiting public places or after training.

To help boost my immune system I usually add a few supplements to my regimen such as vitamin C and D, green tea, zinc and I get regular beriglobin shots. In terms of my diet I like to add more oily fish to boost my vitamin D intake. I also keep red meat in my diet for the extra zinc it contains, and eat a bit more sweet potato as it is a beneficial food to help your mucosal lining – an important barrier against infection. I also use more garlic as it boosts the immune system, and add in additional sources of vitamin C such as dark leafy green veg and fruits.

Lastly, it is important to get enough rest and sleep as that is when your body recovers optimally. If I do feel like I am getting sick I will continue to train if the infection is above my neck, but I avoid cardio. I also monitor my heart rate and try to keep it down during training to not stress my system. If I have a fever and the infection spreads below my throat then I will take time off.

## JOHAN [BOSSIE] BOSHOFF IS FASTED STATE CARDIO THE WAY TO GO?

**I**f you want to incorporate fasted state cardio into your training regimen you must first find out if it is the right method for you.

Fasted state cardio is basically when you wake up and head straight to the gym to get in 30–60 minutes of cardio to melt stubborn body fat. This must happen before you sit down to eat your breakfast in the morning. The rationale behind this is that you'll be using stored fat for energy. Some bodybuilders believe that they will lose muscle mass with this approach so they avoid this method altogether. Others believe that it helps them tap in to that extra stored body fat more easily before a show. This strategy has therefore become popular with some bodybuilders and other fitness athletes who are striving to get as lean as possible before a show.

Fasted state cardio, however, will do nothing for you if you burn off extra calories and then you go and eat more calories during the day than what you have burned off in the morning. Either you want to burn off extra weight around your stomach, lower back or glutes or you want to build muscle mass. If you put in additional effort daily to grow

bigger muscles then fasted state cardio is definitely not the way to go. However, if you want to lose weight it could help you reach your fat loss goal.

In terms of muscle loss, I believe you can limit this effect if you do the cardio at a moderate intensity. If you still feel that it will hamper your gains you might consider taking some BCAAs or a reliable whey protein powder

before your session. Also, remember that frequency and intensity are important factors to consider if you want to incorporate it into your training. Before adding this type of cardio to your routine you must also take a good, hard and honest look at your diet. If you are doing a show, I believe it is best to do cardio in short, frequent stints rather than longer marathon sessions that could make you more catabolic.

It is also a good idea to drink water during your cardio sessions to prevent extra fatigue. At the end of the day I believe that proper planning prevents poor performance. If you are prepping for a show and you feel you are not going to hit your target weight you need to push yourself harder without destroying your hard-earned muscle. Size matters! But what to do and when to do it will always be a balancing act... Thankfully this gets easier as you gain experience and learn more about your body.

**"FASTED STATE CARDIO, HOWEVER, WILL DO NOTHING FOR YOU IF YOU BURN OFF EXTRA CALORIES AND THEN YOU GO AND EAT MORE CALORIES DURING THE DAY THAN WHAT YOU HAVE BURNED OFF IN THE MORNING."**





## SIBUSISO KHUZWAYO

### THE RISE OF THE NEXT GENERATION

**P**eople in this industry have said that I'm part of a new breed of young athlete; a new generation of bodybuilders who sport the muscular development and conditioning that were previously the reserve of the more experienced, more mature athletes. That may be the case, but I would have to credit these more experienced athletes for our ability to achieve what we have so early in our careers.

You see, knowledge is, by far, the most important element for young athletes. In our youth we have all the energy, motivation and time needed to be successful, but we're naïve. Sound knowledge and know-how are the lacking elements to success. That is why I knew I needed the right guidance when I first entered this sport. Thankfully I found a trainer who had the tools needed to shape me, in the form of Stone Cele. The House Of Stone team has been a great place for me to learn about



#### SIBUSISO SAYS

**Knowledge is, by far, the most important element for young athletes. In our youth we have all the energy, motivation and time needed to be successful, but we're naïve.** □

training and teamwork. They have coached me and educated me on the different training techniques and on lifting form. In addition, as all athletes come to know, bodybuilding is an individual sport and one can easily become swept up by narcissism. However, working in a team teaches one to be less selfish and more selfless.

The final step in my ultimate success as a young athlete was finding the right dietitian as diet is so important to your ultimate success in this sport. As the saying goes, "everyone can lift weights, but not everyone can diet". And that is so true! Thankfully Niall Naidoo has helped me tailor a nutrition protocol to get me through my contest prep and the off-season. More importantly though he is also using our time together to educate me. We have been trying some new dietary techniques such as flexible dieting and isocaloric counting, and we constantly monitor my body to see how it responds. Once I had all this guidance in place the rest was up to me. I simply had to implement the training and diet protocol effectively and consistently, and the results soon followed.

However, despite this support and assistance it's still easy to want to give up because you might not see the results you want or because you don't have the resources needed to succeed in this sport. I know I nearly did, but then I read a quote from Andrew Hudson: "Rock bottom has produced more champions than privilege". I now understand that success can be a lousy teacher as it can make one think they can never lose. That's why my goal is to always out-do my last performance.

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## LOUIS BESSINGER CREATING STAGE-READY WHEELS

I recently had an operation on my leg; nothing serious though. When I got out of hospital I went to train chest and shoulders because I was not allowed to do leg training for two weeks. But you know how bodybuilders think, so I tried to train them shortly thereafter and my stitches came loose. Sanity soon prevailed and I'm back training legs at full tilt, with my training partner who studied human movement science. He structures our leg sessions in a way that works around my injury and our workouts are never the same. We aim to shock our legs at each session and we decide what we're going to do when we walk in. One day I might say "let's do 40 sets of squats today for quads", then we do it, and we carry on until we can't walk. We get training ideas from pro gurus like Charles Glass, Dennis James and more, and we always try to stay on top of the latest training methods. However, I will never simply follow someone else's routine. I always adapt it with elements of my own training style because I listen to my body. Whatever we end up doing we make sure it takes us out of our comfort zone!

Our pre-contest and off-season leg training sessions only differ slightly. In the off-season we obviously take longer rest periods and lift heavier weights, often going down to two reps on the heaviest lifts, but we will always fit in a superset to end off.

In the pre-contest phase we go up to six sets on some exercises to boost the volume. We always start off with heavy squats though as I have found, both with my development and that of my clients, that heavy reps for legs are

the only way to get that grainy look and deep separations.

Closer to a show our leg training will become more intense, to the point where we want to throw up after every session. That's a sure-fire way to keep the body guessing and adapting. During this phase we also add more time under tension training and FST-7 protocols, with stretching after each set. We'll focus on bringing out the detail in the final phase by changing our foot position during specific exercises.

As examples, to work on your outer quad sweep during squats, place your feet shoulder-width apart and squat deep. When you get to the top, squeeze your glutes and hamstrings and contract your abs, while keeping your quads tensed. If you want to focus more on your inner thighs and glutes take a wide stance. Kai Green is a big believer in wide stance squats and he has very good inner thighs.

For leg extensions I will point my toes in or out depending on whether I want to work on my outer or inner quads. I do something similar for lying leg curls. The leg press is another great piece of equipment for shifting the emphasis of an exercise to target specific areas on your legs.

In addition, I will always split legs up during the off-season – quads on their own and hamstrings with biceps. Pre-contest we will either do hamstrings in the morning and quads in the afternoon, or visa versa. On days that I choose to do hamstrings in the afternoon I will add incline walking or the stepper after the weight training session to get more detail into the hamstrings and glutes, because I know these are areas I battle to get super lean with detailed cuts.

## MARLENE KOEKEMOER DO WOMEN NEED TO LIFT HEAVY WEIGHTS TO BUILD MUSCLE?

Can female athletes expect to add muscle if they lift lighter weights with more volume? In short, no! Unfortunately females who want to add muscle to their physiques must lift heavy weights as performing endless reps with light weights will not add any significant muscle to their frames. For muscle growth you must force your muscles to adapt by creating stress that is different than the previous threshold your body has already adapted to. This is only possible by lifting progressively heavier weights so that you can 'damage' more muscle fibres, which then stimulates the muscle repair and growth process.

To achieve this the general guidelines I would recommend include:

- ✓ Use a rep range between 6-12 reps. I've found a rep range of 8-12 works best for me.
- ✓ The weight I use is usually heavy enough that it becomes challenging to complete the last four reps. Never compromise on form when lifting heavy weights though. If you do you'll end up with injuries and jeopardise your progress.
- ✓ I don't perform more than 45 minutes of weight training per day.
- ✓ My rest periods between sets are between 60-80 seconds.
- ✓ I ensure that there are at least 48 hours between workouts for the same muscle group. This gives my body sufficient time for recovery and muscle hypertrophy to take place.

**"A WOMAN'S TESTOSTERONE LEVELS ARE A FRACTION OF MAN'S. THEREFORE, A WOMAN CANNOT NATURALLY BUILD THE SAME AMOUNT OF MUSCLE AS A MAN."**

Having said that, many women reading this might be concerned that they'll wake up looking like a male bodybuilder when following this approach. Well, don't be worried. You see, testosterone is the main anabolic hormone that promotes muscle growth. A woman's testosterone levels are a fraction of man's – normal testosterone levels in men are 200-1200 ng/dl, as opposed to 15-70 ng/dl in women. Therefore, a woman cannot naturally build the same amount of muscle as a man. There are also other factors that play a role in building muscle like genetics, age and nutrition, but the average 'natural' female athlete can expect to put on about 0.25-0.5kg muscle per month with the right approach.

So don't be afraid to train just as hard as the men, and to diet in the same manner. Add to that discipline, motivation, patience and perseverance and you'll have the perfect recipe to achieve your physique goals. When you do you'll create that highly desirable and increasingly sought-after curvaceous physique.



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**JACO'S TIP:** Like to go all out on this one without rocking my body to help lift the weight. I don't rest when I reach the top or bottom of the exercise but try to keep constant tension on my biceps.

"I DON'T REST WHEN I REACH THE TOP OF THE CURL BUT TRY TO KEEP CONSTANT TENSION ON MY BICEPS"



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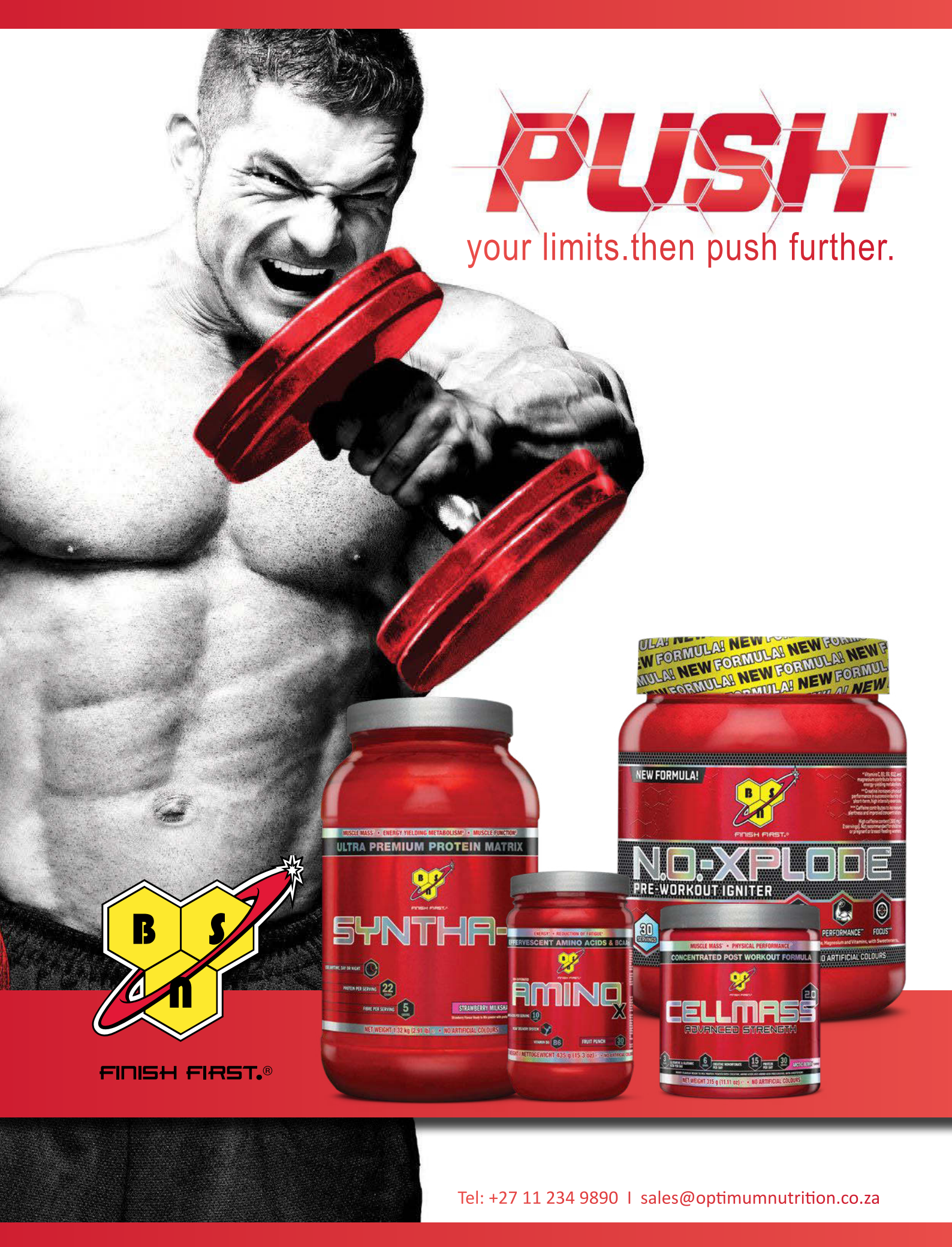
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