

Honors College Senior Project

The Process of Bodybuilding

Brian Watters

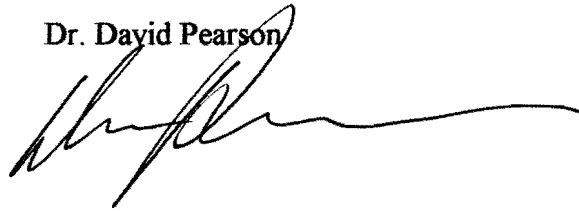
**The Process of Bodybuilding**  
**An Honors Thesis (HONORS 499)**

by

**Brian Watters**

Thesis Advisor

**Dr. David Pearson**

A handwritten signature in black ink, appearing to read 'David Pearson', with a long horizontal flourish extending to the right.

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## Abstract

“The Process of Bodybuilding” is an attempt to capture a detailed glimpse into the life of an amateur bodybuilder. A year-long process has been documented between the 2007 and 2008 Mr. and Ms. Ball State Bodybuilding Competition. It includes protocols for diet, training, and pictures in both the “off-season” and “pre-contest” time periods. Also included is a brief look at the history of bodybuilding in the paper entitled “The Obsession with the Body”. The ultimate goal was to see results and to explain the sometimes complicated process that goes on behind the scenes of this muscular production.

## Acknowledgements

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## The Obsession with the Body

At the beginning of the twentieth century there started a new attraction to the body. No longer were people worried about having enough muscle to just survive. The population started looking at the body in a whole new light. This light is comparable to the way Greek's may have looked at the human physique. They looked at the muscles and figure as a way to praise the human form. It should be beautiful and chiseled like a piece of artwork. This newly revived ideal broke ground for new forms of entertainment and lifestyles. Different cultures around this time celebrated the human form in many different ways. Europeans saw this type of body enhancement perfect for making money by entertaining. They would have competitions to see how much someone could lift or hold. This type of physique was a strong one but maybe not as chiseled as the ideal we are looking for. This look was more rounded and soft than refined and chiseled. To find the focus for this discussion we have to look no further than the Americas. Here in America the look was beautiful. It was definitely in tune with its Greek background.

The look seen here was one of sheer amazement. Not only was the body strong here, it was also in shape! A man could not only be extremely strong and able to do many feats, but also could look handsome and fit. This amazing new appeal to the human body had exploded. People would come and just stare at the bodies of "strongmen". Where did this amazement and interest in the body come from? Why did people all of a sudden love looking at the body in admiration? This obsession with the body was catching on.

To discover the basis for all of this fascination with the body, beauty, and perfection, just look at the idealized Greek male body. We can thank the renaissance for

this reintroduction to the Greek sculpting because ever since then we have been obsessed with the idealized Greek male form. It has been depicted in paintings and statues for thousands of years and still is looked at as beautiful today. The Greeks were the first ones to have the Olympic Games that really tested the human body. The Greeks were even the first ones to discover the male hormone testosterone when they, before a competition, would eat sheep testicles because they thought it gave them an advantage. Well it was a very crude version of anabolic steroids but it did improve performance by a slight amount. These athletes were true athletes that used only what the lord gave them and nothing more. So did they have gyms?

The gymnasium was a sign of Athenian culture. They were the first ones to have a gym in most of the cities because it was very important to them. Goldhill states in his book *Love, Sex, and Tragedy: How the Ancient World Shapes Our Lives*, “This all-round perfection of masculinity is what athletics promises you, and why you go to the gym. But without exercise, a man’s body, says Lucian, will end up like this: ‘It’ll have either a white and lazy flabbiness, or a pale scrawniness, like a woman’s body, bleached from the shade, quivering, and dripping with sweat, and panting...’ (Lucian is described later). You think since they didn’t have magazines and television that they had it easy and didn’t have to worry about the perfect image; think again. They were surrounded by just as much “perfect body” displays as we are. They had paintings of the male hero all over their dinnerware. They had statues of heroes and warriors all over town. They had paintings of Greek gods and warriors all over the city and it didn’t make the Athenians’ life any easier than ours. Finding the perfect diet, finding the perfect trainer, and working on your physical appearance is not a new concept, it actually is all the same process that

the Greeks went through. Socrates even used to hang out in Taureas' Gym near the Temple of the Queen of the Gods.

The main difference between now and then is that in Greece the patron of the gym would workout naked. This included all exercises and when running the penis was tied back. This nudity in the gymnasium was a key characteristic of the Greek culture of the time and what we think of when we think about the Olympics back then. In Rome nudity was even more prevalent, especially in more intimate settings. Bathhouses in Rome were just as important and popular as gyms were in Greece. Operations have definitely changed in modern culture, because separate areas are intended for different genders now in areas where clothing is removed. All of this is a good example of how beauty, no matter what form, has been covered up as we progress through time. It is being censored everywhere we turn because of different groups who are offended by the showing of a naked, but beautiful, body. As time goes by we find new ways of expressing beauty and more ways of covering up the natural body form, which is naked. (Goldhill 19)

The tanned glistening body ideal came from the Greeks too. When the patrons would exercise, they would rub oil all over their body, and would be tan from being outside while working out or from participating in events outside naked.

In the 300's B.C. a man by the name of Polycleitus, who was a writer and sculptor, created a mathematical map of the perfect proportions of a man so that he may be considered perfect. He sculpted a statue entitled *Doryphorus* which was supposed to represent these proportions exactly. Da Vinci followed right along with these mathematical forms of beauty when he drew humans. Atlas claimed he fit the proportions and created a replica of the *Doryphorus* with him posing. Polycleitus'

proportions were simply referred to as “symmetry”, which has been used in descriptions of the perfect body and judging bodybuilding competitions ever since. This described how important the perfect body was to even painters and sculptors in ancient Greece.

(Goldhill 18)

Probably the most known bodybuilder was Charles Atlas, who said he was even inspired by a statue of Hercules in New York’s Metropolitan Museum of Art which he says led him on the journey for ‘the perfect male body’. This perfect male body was described as tan, symmetrical, and manly. Lucian, who lived and wrote in the 100’s A.D., believed that the ideal man look like this, “The young men have a tanned complexion from the sun, manly faces; they reveal spirit, fire, manliness. They glow with fabulous conditioning: neither lean or skinny, nor excessive in weight, but etched with symmetry. They have sweated off all useless flesh, and what’s left is made for strength and stamina, and is untainted by any poor quality. They maintain their bodies vigorously.”

Compared with the vision of a symmetrical lean and balanced physique that inspired people in ancient Greece, today’s modern bodybuilders are fat because of the bloated bellies. These bloated bellies are supposedly caused from the abuse of growth hormone, which converts to IGF-1 in the body and enlarges your organs, giving you a fatter more distended appearance because the organs are enlarged. This is why modern bodybuilding competitions have started to look more closely at competitors bellies and not let the ones with the bloated guts win. They are trying to bring back a more natural bodybuilder from the 60’s and 70’s, or Arnold Schwarzenegger type bodybuilders who could still suck in the stomach for a “vacuum pose” (which is when they suck the belly in

so that it looks like it is caved in a little). Of course since all of the advancements in drugs to make bodybuilders even larger than ever, we all know there is no turning back, only by the judges ruling are we ever going to return to a more natural, or ideal physique and not these bloated, and according to the ancient Greeks, “out-of-shape” bodies.

Simon Goldhill says,

Classical artists depicted the athlete’s ideal body which Lucian so enthusiastically described. ... The body should be, as Lucian insists, lean but well built—bulked up from exercise but not fat or over-muscled like a modern body-builder. The muscles should be well defined (‘etched’) with a six-pack stomach and cut pectorals, and the torso should reveal an iliac crest, the sharp line or fold running above the groin and up over the hip, a physical characteristic that can be revealed only when the muscles are very strongly developed but the body is exceptionally lean—and which Greek sculptures emphasize in a way impossible to achieve in real life. Thighs are powerful, calves sharply articulated, penis small (always), and, since these are beautiful young men, they have no beards yet, but they do have carefully done hair.

This is the idealized Greek form and it was everywhere in ancient Greece. The gym was where these citizens could not only see what others looked like but to try to attain that idealized body themselves.

Today many people think more along the lines of actors and pop culture as being beautiful. Pictures of these “beautiful” people are all over the media. They are in magazines, newspapers, movies, and television. Everywhere we turn there are types of media that are constantly trying to instill a certain image on us. Children, teenagers, and adults alike all see this image and compare themselves to it everyday. Those who are only truly comfortable with their own form can look past these false images of beauty. False because everyone has a different idea of what is beautiful. As long as they match up to their own personal view of beauty then they can be comfortable. This is not the case in modern civilization. These images in the media are constantly trying to be imitated in everyday life. Since the stars are popular in the eyes of those who love them, people want to look like them so they too can be recognized as beautiful. Today the woman form in the media is almost the most impossible thing to mimic; back in ancient Greece the same went for the men. The only way the men could match this image was with constant attention to their own form, what they ate, and how hard they exercised. For men today the ideal body on magazine covers worldwide is a thin muscular physique with little or no body hair. This body is almost purely based on a guy that doesn’t have to really have much muscle as long as he has a nice stomach and is thin. This can be seen perfectly on the cover of *Men’s Health*, *GQ*, or Abercrombie & Fitch advertisements. This not only helps sell things (because these things always look good on beautiful people) but they also sell an image that people everywhere buy into.

Businesses use this idea of beauty to sell their products. When you think about someone with a beautiful face you think about them having nice things and wearing beautiful clothing. This is exactly what businesses and outfitting companies want you to

think. Of course not every company wants to bank on the beauty image but it is definitely prevalent enough to make it the focus of this section. But when you do think about those who don't focus on beauty to sell their product what comes to mind? Do you think about pregnant women, or the obese, or people of other lifestyles, such as gothic and punk? Well these types of people are all beautiful in their own definition of the term. And if they don't think of themselves as beautiful there is bound to be a whole muddle of people out there that do. For most businesses however it is about selling a product that is supposed to make you look more beautiful or popular. Popularity can be associated with beauty after looking at how the people with the most attention tend to have some aesthetic that is deemed as beautiful. This is a direct example of Hollywood and the stars that represent it.

Exercise equipment is another product, besides clothing, that is sold with the idea of beauty in mind. Of course this equipment is sold for health purposes also, but let's not forget that in this world of fast food and soda pop most people care more about looking good than feeling good. People would rather have a six pack and have people respond to that than have a healthy body inside. This can be seen by everyone who starves themselves or smokes but still are appealing on the outside. Their insides, however, are another story. The outside, they think, is the only thing that matters. This is why they turn to "quick fixes" such as exercise equipment that is supposedly proven to help them lose weight and chisel their physique. They buy into infomercials that use a beautiful celebrity or fitness guru to sell their new "AB-Slide" or "Bowflex". These celebrities and fitness gurus don't want you to know this but they didn't get ripped from the product they are selling they got ripped from hard work and dedication to proper diet and exercise, not

by selling cheap plastic machines that do all the work for you. Sure some of these gadgets can work if you use them properly but not if you rely solely on the device to do all the work. Exercise equipment usually comes first followed by an interest in supplements to achieve that “better” diet.

Another type of industry that benefits greatly of the quest for external beauty is the food supplement industry. This includes but is not limited to: diet foods such as Atkins or South Beach, diet drinks, diet pills, weight loss supplements, vitamin supplements, energy drinks and energy pills. All of the new fad diets have become very popular even with those who don't need to lose weight for health reasons. Teenagers make up a large part of this market because of the urge to look like a model or movie star to fit in or to be the popular one in school. Diet drinks such as Slim-fast also are being used, especially by young women and girls, to help them not take in as many calories. Diet pills are very popular in the modern world. People think they can eat whatever they want and just take a pill to prevent them from gaining weight or to help them lose weight. The major problem with diet pills is that when they are abused in excessive doses they damage vital organs. This damage and abuse can be compared to taking Tylenol: in a small dose it can help, however when large doses are taken for an extended period of time Tylenol can cause stomach ulcers and kidney damage. The same goes for diet pills: one dose might give you that added boost to help kick-start your body, but taking it to the extreme will do damage to the organs that process the drug (i.e. kidneys, liver, and stomach).

With all of this talk about exercise equipment and supplements one cannot look past the diseases that have stemmed from this quest for beauty. Two very common

diseases are anorexia nervosa and bulimia nervosa. The former has to do with starving yourself and the latter is just throwing up after you eat. Those with bulimia have the same idea that if they throw up the food that they eat, then it can't lead to body fat, but they still enjoy eating it. There are also two other disorders that are prevalent. One is binge-eating which is where someone would starve themselves all day or even all week and then gorge themselves on food for one meal or one day in hope of not eating enough calories to cause fat to become prevalent. The other is muscle dysmorphia. This occurs when a person, who usually has a very developed, muscular physique, thinks of him/herself as small. They are constantly working out and eating to cope with this condition and to the point where it can interfere with school and relationships. Many high school boys and small stature boys have this problem. They are constantly eating, working out, and trying to find the next best supplement to take in order to "get big". This usually stems from being picked on in school and wanting to be the big kid finally. I can relate to this because of my short stature. I did bulk up because I thought I was too small and sometimes I still do get that feeling. But all I have to do is look at pictures of my physique a year ago and then at my physique now and those feelings of dysmorphia quickly secede. These problems are all very serious and would not be as prevalent if there wasn't such an emphasis on the body.

The main sport of bodybuilding has turned into a merger of pop culture and sports. Not only have bodybuilders been actors (i.e. Arnold Schwarzenegger and Lou Ferrigno), but they also are athletes, tying them into both categories. They are concerned with their bodies just like actors and pop icons. They watch what they eat just like those in the limelight who are concerned with their appearance. They also work very hard to

make themselves very ripped and toned, at least during competition season. In that way they are connected to pop culture. They are connected to sports because they do have to train hard. They aren't as concerned with how much weight they can do, although more weight usually means more muscle mass, as they are with proper form and the structure of the exercise to actually build the muscle in the correct way. They appreciate more shapely muscles than strong muscles. Strength is definitely an outcome of their training. One obviously has to be obsessed with their body to be a bodybuilder with all the constant looking, critiquing, and posing. And although you may not know it bodybuilders are quite smart at what they do. They know precisely what kinds of foods they need to consume to become as big and full as they need to be in the off-season (no competing). They also know exactly what they need to consume leading up to a show in order to lose fat and keep muscle, in order to look perfect for the stage. The training is a big part of it too. These athletes know exactly what to do in order to encourage muscle growth in just the right areas that they know the need. If they lack in one spot they work it until it is acceptable and up to their standards.

Work ethic is another important aspect of bodybuilding. One main difference between them and the other pro-athletes is that they don't get paid nearly as much. Only the bodybuilders at the very top who have sponsors by big supplement companies make a decent athlete salary, which may still be under five million dollars a year (low in terms of pop culture, athletes, and actors). This means they have to work just as hard to make not even ten percent as much as a more known athlete. They are in the gym everyday sometimes two times a day working at %200. They have a dedication to the sport not for money, and not for popularity, but because they love to watch their bodies change.

Just within the last few decades women have made a huge coming out in bodybuilding. They don't stand up in comparison to their male counterparts %100 but can be compared to the amateur men. Because of their sheer size men are intimidated because it makes some "manly" men look womanly in comparison. They are more ripped and venous than most men in everyday life. This is obviously due to the pushing of the limits of the female body beyond what it is designed to look like. Some of them are so intimidating to male workout buffs that read *Flex* magazine that they must take pictures of the female bodybuilders in the off-season when they are smoother and more womanly. The ripped and venous look usually is only dramatic very close to show time, which is when most of the male bodybuilders do photo shoots for magazines. *Flex* states in every monthly issue by the "Power & Sizzle" section,

Women bodybuilders are many things, among them symmetrical, strong, sensuous and stunning. When photographed in competition shape, repping and grimacing or squeezing out shots, they appear shredded, vascular and hard, and they can be perceived as threatening. Offseason, they carry more bodyfat, presenting themselves in a much more naturally attractive condition. To exhibit this real, natural side of women bodybuilders, *Flex* has been presenting pictorials of female competitors in softer condition. We hope this approach dispels the myth of female-bodybuilder masculinity and proves what role models they really are.

They must have had so many comments on the odd and very manly appearance of female bodybuilders during the contest preparation stages. I personally think that it takes away from the natural beauty of a woman, with her characteristic smooth edges and

curves. No matter what culture or when it is, female bodybuilders who even slightly resemble men will always be criticized for pushing their natural limits too far.

Bodybuilders love pushing the limits of what their bodies can look like and when those limits are reached they push further. This is where my personal connection to my body and bodybuilding comes from. I love to watch my body change and to see how far I can go with it. It is amazing to feel the “pump” that you feel after years of lifting and conditioning your muscles. The pump to me feels like a runner’s high to a runner, a set record in the Olympics, or as Arnold Schwarzenegger says “Having a pump is like having sex. I train two, sometimes three times a day. Each time I get a pump. It's great. I feel like I'm coming all day”. It is an amazing feeling that is as addictive as a drug and as fulfilling as sex. After I get home from the gym I feel a sense of accomplishment that I tend not to find in too many other areas.

That is why this area is so much different than any other such as sports or pop culture. It relates the closest to the ancient Greek look because of every muscle being visible and being at its maximum potential. When talking about bodybuilding one can't help but to bring up the use of anabolic steroids and the use of other drugs that are used to make their physique even more muscular and defined than ever. Before continuing one must realize that steroids aren't just in bodybuilding; they are in nearly every sport.

Steroids have a lot to do with obsession with the perfection of the body. Steroids are not the answer to success, and most certainly is not the easy way to a better body. They were designed to help patients with muscle-wasting diseases keep weight. For the average person who doesn't have a muscle-wasting disease, the anabolic steroid helps in recovery, so that the athlete can train longer without overtraining.

## Part II

When I first experienced an obsession with my body, it was because I was curious about seeing my physique transform. I started bodybuilding the summer before my freshman year of college. I wanted to see my body develop into its highest potential. So I cleaned up my diet and began to workout five days a week. From then until the beginning of my sophomore year of college I gained 30 pounds of mostly muscle, a little fat, and a little water. The fat and water actually helped me mentally in my intense workouts. With the extra body fat I felt larger and felt that I could push beyond the limit in a workout. This is by no means average. I have great genes for bodybuilding and ever since I picked up my first dumbbell I had no trouble growing, absolutely no steroids were used.

After accomplishing this complete transformation from a skinny, five foot five, quiet kid, into a built, “are you really five foot five”, confident man, I decided to enter my first bodybuilding competition. I had no idea what to expect but spent every free moment researching different methods of manipulating nutrients in my diet to sculpt my physique. As I did this I tried to retain as much of the hard earned muscle as I could. I constantly experimented with different levels of proteins, carbohydrates, and fats, until I found the perfect ratio, which happened to be very similar to a low-fat Atkins diet. After doing this I did experiment with different diet products in pill form to try to give me an extra boost in my fat-burning and energy levels. The actual diet for the 2006 Mr. Ball State Bodybuilding Competition started ten weeks out from the show. I didn’t drink pop or alcohol, didn’t eat fast food, cooked all of my own food, bought everything fresh or frozen, and it revolved basically around chicken and broccoli. I found out a lot about

myself during these ten weeks (so did my girlfriend). We found out that I need carbohydrates in order to properly function and to be a pleasant man. Otherwise, without carbohydrates, I became lethargic, irritable, and not as good of a problem solver. This became even worse one week before the show until the night before the show when I ate absolutely no carbohydrates. Then I carbohydrate loaded, water depleted, sodium loaded/sodium depleted, and pumped up and I was ready to compete.

After the competition I found out what it was like to be a pregnant man, since I was extremely bloated from eating normal food again. After the show (competition) backstage, a reporter for *The Daily News* was asking me about the level of dedication that I put into it. I thought about it and said “you pretty much have to be completely obsessed with your body, confident in yourself that you want to win, and totally selfish, because otherwise you can train with the same intensity and you can’t be focused on other people while you are constantly gauging yourself”. It made me think about how obsessed I really became, which was not as bad as the other competitors. I still lived with my girlfriend during the preparation and still took her out to eat. I still lived a normal life and went to class. I talked to other competitors that didn’t talk to their significant others for a week. They didn’t go anywhere except to the grocery store and the gym, and occasionally class. I asked them if the reason for missing class was from illness and they said that it was from not being able to go to the gym at a good time. This is true obsession with the body. When you are basing your entire life around something that is still a hobby, not a job, I think it is a little extreme. I received second place in my height class that year and decided to compete the following two years; I was hooked. I discovered that I can balance my life pretty well and do the bodybuilding thing. This

experience definitely taught me self-control, discipline, and most importantly how to cook chicken and broccoli ten different ways.

My experiences through bodybuilding helped me understand the obsession that some people have with their bodies. It helped me realize that my obsession was a minor one and that it was not on the verge of unhealthy. Looking back to the Greeks helped me realize that they weren't too far off from what we know today just on a much lower level. We also have much different cultures when it comes to beauty and displaying it in public. Back then they were very comfortable with being completely nude and being around others that were nude, while today gyms and spas make special rooms and arrangements for those of opposite sexes. This probably stemmed out of the Christian movement and other social changes. It also helped me see that we aren't all that different today, since many of us still strive for that "Greek god" look, many of us bodybuilders at least. Others look at that and definitely get motivated by it just by the sheer amazement of how someone could make their body look like that. Today we still have the sports, Olympics, and physical competitions, and people still enjoy watching them. The only thing that really has changed is our knowledge in the science of the body and what actually is going on underneath all of this skin and muscle. We have learned to completely redesign the physique of a human. Before long we will be gene-doping athletes and those who can afford it in order to make actual super humans. That will be when science has taken it too far. At that point it will no longer be about natural talent, because no one will be able to tell what is natural and what isn't. Eating disorders and people with image problems will always be around as long as there is someone more beautiful than they are or as long as they don't have everything they want. There are always going to be those people that

are out of shape and trying to find the short cut to a better body without all of the hard work that it actually takes. As long as those ideas of a perfect body still exist unchanged there will be someone out there, if not everyone, becoming obsessed with the quest for the perfect body.

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## **The Process of Bodybuilding**

I decided at three weeks out from the 2007 Mr. and Ms. Ball State Bodybuilding Competition that my Honors Senior Project would be to document my body's transformation from that point until the 2008 competition. I would keep track of diet changes, workout routine changes, and take pictures of when my body was changing at the most important times. My personal goal would be to improve in size, proportions, and symmetry from one year to the next, while my goal for the project would be to show the mysterious process to others.

### **The Log**

#### April 2007

*At 3 weeks out* from the 2007 show, I am eating exactly what is outlined in Table. 1 (see attached). The diet is based around a low carbohydrate and low fat diet. The calorie intake is also reduced, which when all is said and done is what really matters in fat loss. I am also drinking 2-3 gallons of water a day as my only beverage. I am not watching salt intake although I don't add any salt to any food. After taking pictures (see attached) I am starting to have ideas about lowering my carbohydrates even more, but mentally I am not prepared to change anything at this point for fear that I will see a more drastic change than expected. My weight is 185 lbs. and using 7-site skin fold calipers my body fat is approximately 6.2%. My workout is the same as my "Off-Season Workout Routine", which is attached. Measurements and a quick summary of the diet is also included.

*2 weeks out.* Workout schedule for these last two weeks is attached as "Pre-Contest Workout Routine". All sets and repetitions are the same as the off-season routine. I will work out until the Wednesday before and will the just do posing. Tuesday is a full body pump day designed to get blood flowing to every muscle. My last leg day is Saturday before the show. This is designed to make sure no excess water is being held in my legs, since lifting weights tears the muscle which in turn brings water and inflammation to the site and hides striations and veins. My weight is 183 lbs.

*1.5 weeks out* from contest. I have leaned up quite a bit. These pictures were taken without a pump-up before, so my muscles are not as large as they will be on stage. I am only eating a 1/2c of sweet potatoes at each chicken meal now. My weight is 181 lbs. and my body fat is approximately 5.2% (I am losing both fat and a small amount of muscle).

*Sunday* before contest (on Thursday). Today is when my depletion stage begins. I will continue to drink 2-3 gallons of water a day, but will cut my carbohydrates down to 1/4c oats at each oatmeal meal and 1/4c sweet potatoes at each chicken meal. All carbohydrates will stop at 5pm.

*Monday* before contest. No carbohydrates. Added 4 more oz. of chicken to each chicken meal and 3 more oz. of turkey to the egg meal.

*Tuesday.* Carbohydrate loading begins at 5pm with a 1/2c oats. Every 2 hours that I am awake from now until the show I will eat approximately 30g carbohydrates. I shave my entire body today for the last time. After carbohydrate depleting my weight is 176 lbs.

*Wednesday.* I feel great all day long because of the added carbohydrates. Water is cut to 1 gallon today and will completely stop (except for when taking pills) at 7pm tonight. This is to dehydrate the body of water so that the extra carbohydrates don't have water molecules to grab onto to hold extra water weight. This would cause a bloated look and would not be the look I want on stage. Carbohydrate loading without water will force much needed glycogen, after the depletion stage, into the muscles and cause them to fill out. I don't change salt at all; some feel that cutting all sodium and only eating fresh chicken helps get rid of excess water. My first coat of Pro-Tan Competition Color is applied at 7:30pm tonight and I will not shower until after the show.

*Thursday.* The show is at 7pm. My second and final coat of Pro-Tan is applied at 10am today and I continue to eat every two hours but have lowered my protein intake because I was getting too full and felt that my stomach was sticking out. My weight today is 170 lbs. and my body fat is 3.4% (this is after being dehydrating for 24 hours). Fifteen minutes before the show I oil up with Pro-Tan Posing Oil and eat a snickers bar with some Gatorade. During the girl's mandatory poses and routines I pump up by doing push-ups. I also use a resistance band to do arm curls, lateral raises, and upright rows.

Pictures from the show are attached and I ended up getting first place in my height class and second overall. I was told to work on legs and hamstrings to become more proportional for next year. As soon as I got home I ate pizza, ranch, and milk, along with an assortment of sugar coated treats that everyone made me. The next morning I woke up more venous and full than the day of the show. It almost seems to help, but my mind would never let me eat that much before a contest, even if I did look better afterwards. I took a week off from the gym to relax and finish finals, and then began the weight gain phase. I gained back 22 lbs. within five days after the show, which is obviously because my water and salt is out of balance.

*Off-season begins.* Table 2 is a sample diet that I would follow in the off-season when looking to put on weight. Day to day my diet fluctuates so much that it would be excessive to document it out in full. Each day I aim for approximately 6,000-10,000 calories (kcal), and don't really watch the other nutrients but always make sure to consume protein with each meal. I will eat out whenever I feel like and drink 2-6 alcoholic beverages on either Friday or Saturday night.

May 2007

By the third week in May I am training at full capacity and my weight has stabilized at around 195 lbs.

#### June 2007-August 2007

Lower body development was the focus of my training all summer long. I lowered all of my weights and focused on form, performing the complete range of motion. I still did biceps and triceps on their own day, but did only 2-3 sets of each exercise and what time I had left out of the hour I did calves and leg detail work, like the abductor/adductor machine and glute machine. My calories averaged around 6,000 a day, as I find it is harder to eat when it is warm outside. By late August my weight hit a comfortable 207 lbs and my body fat was at around 12%.

#### September 2007

My biceps and triceps workout is back to normal and I am trying to eat as often and as clean as possible. I am not focusing on the actual amount of weight in this project because it is of little importance to me. I am more concerned with seeing improvement in shape and cuts of the muscle than how much weight I can move. Also, the weights fluctuate weekly depending on how my body is feeling that day. I almost entirely “feel” out every workout.

#### October 2007

My weight is up to 210 and I have noticed that my strength is going up. Even though I am not concerned with this, it is an indication of new muscle fibers that I have recruited.

#### November 2007

I have been focusing more on heavy deadlifts, back squats, stiff-legged deadlifts, and lunges in an attempt to bring out my hamstring thickness. My weight has reached an all-time high of 215 lbs. but I can tell I am softer than normal also, and this is confirmed when my body fat is assessed at 13%. I seem to hold the weight well and in the right proportions.

#### December 2007

I will start to clean up my diet slightly to make the transition to pre-contest less painful. I am eating out no more than once a week and this is usually only on the weekend when I am working nearly ten hours on Saturday at the YMCA. My weight has gone down to 211 lbs.

#### January 2008

This month I stop consuming all “fast-food” and cook all of my meals. My weight is down to 208 lbs. and my body fat has dropped significantly to 10.0%. I am finding that I don't like knowing my body fat and am starting to just put it out of my mind, because it could be

inaccurate some months since it is only skin calipers. As long as I am where I feel like I need to be after looking in the mirror, then everything is in check and actual numbers mean very little.

### February 2008

*Pre-Contest Diet begins*, on Super Bowl Sunday, which is approximately 10 weeks out from the contest. The only variation from the diet outlined is that carbohydrates for each meal will be double as they appear on the diet until one month out, so that total carbohydrate intake for one day is around 300 grams until the month mark. This year I have decided to follow a different diet, consisting of more variety to help break the monotony and to provide my body with different nutrients. The diet is in table 4 and the food items are listed with nutrient information in table 3. As you can see carbohydrates are slightly lower (after the one month mark), but calories, fat, and protein are all about the same as the previous diet. The fish was added for omega-3 and omega-6 oils. The steak was introduced into the diet in small amounts, even though it was extremely lean, to provide my body with amino acids from a whole food source. I incorporated brown rice into the diet for more variety and because I received a rice cooker for Christmas. I also added vegetables in large quantities, to help with digestion and regularity. These vegetables were always spinach, broccoli, green beans, or collard greens and added great taste to otherwise bland food. I did also start seasoning with Mrs. Dash Salt Free Seasonings which helped also.

My weight is 206 lbs. and using the 7-site skin fold body fat assessment again I am approximately 9.8%.

### March 2008

inaccurate some months since it is only skin calipers. As long as I am where I feel like I need to be after looking in the mirror, then everything is in check and actual numbers mean very little.

### February 2008

*Pre-Contest Diet begins*, on Super Bowl Sunday, which is approximately 10 weeks out from the contest. The only variation from the diet outlined is that carbohydrates for each meal will be double as they appear on the diet until one month out, so that total carbohydrate intake for one day is around 300 grams until the month mark. This year I have decided to follow a different diet, consisting of more variety to help break the monotony and to provide my body with different nutrients. The diet is in table 4 and the food items are listed with nutrient information in table 3. As you can see carbohydrates are slightly lower (after the one month mark), but calories, fat, and protein are all about the same as the previous diet. The fish was added for omega-3 and omega-6 oils. The steak was introduced into the diet in small amounts, even though it was extremely lean, to provide my body with amino acids from a whole food source. I incorporated brown rice into the diet for more variety and because I received a rice cooker for Christmas. I also added vegetables in large quantities, to help with digestion and regularity. These vegetables were always spinach, broccoli, green beans, or collard greens and added great taste to otherwise bland food. I did also start seasoning with Mrs. Dash Salt Free Seasonings which helped also.

My weight is 206 lbs. and using the 7-site skin fold body fat assessment again I am approximately 9.8%.

### March 2008

I am much fuller than last year at this time, but just as lean. I am very impressed with how far my legs have come. My weight is 200 lbs. this month and I am approximately 7.1% body fat.

### April 2008

My weight is 190 lbs. and 5.4% body fat. Measurements and a quick summary of the diet is also included. I find the hardest part of the dieting phase is not only having to eat every two hours but trying to lose fat while maintaining muscle. As my measurements indicate I am losing body fat at a significant rate but also losing body weight at a higher rate, which indicates muscle loss.

*Sunday* before contest (on Thursday). Today is when my depletion stage begins. I will continue to drink 2-3 gallons of water a day, but will cut my carbohydrates to 1/2c oats in the morning and 1/2c oats after my workout but none other than that.

*Monday* before contest. No carbohydrates. Added 4-6 more oz. of chicken, fish, or turkey to each meal.

*Tuesday.* Carbohydrate loading begins at 5pm with a 1/2c oats. Every 2 hours that I am awake from now until the show I will eat approximately 30g carbohydrates. I shave my entire body today for the last time. After carbohydrate depleting my weight is 183 lbs.

*Wednesday.* Just like last year I know my body is excited because the end of dieting is near; I feel great. Water is cut to 1 gallon today and will completely stop (except for when taking pills) at 7pm tonight. Again, I don't change salt at all. My first coat of Pro-Tan Competition Color is applied at 7:00pm tonight and I will not shower until after the show.

*Thursday.* The show is at 7pm. My second and final coat of Pro-Tan is applied at 10am today and I continue to eat every two hours but have lowered my protein intake because I was getting to full and felt that my stomach was sticking out. My weight today is 178 lbs. and my body fat is 3.6%, up 8 lbs. from last year and only up .2% body fat (I might add that I had the same technician at the YMCA do the body fat assessment for both years). Fifteen minutes before the show I oil up with Pro-Tan Posing Oil and eat a snickers bar with some Gatorade. During the girl's mandatory poses and routines I pump up by doing push-ups. I also use a resistance band to do arm curls, lateral raises, and upright rows.

Pictures from the show are attached. I was victorious! I reached my personal goal of stepping on stage in better quality and quantity than last year and I was judged to be the overall winner. What a great feeling. Pizza, ranch, and milk again post-contest. Weight gain wasn't nearly as significant as it was last year. I gained 12 lbs. in the first 4 days and ten days later weigh 195 lbs.

### Future goals

I plan on continuing training as frequently as my schedule in Chiropractic School allows and will hopefully compete again in a couple years at a state show. My ultimate bodybuilding goal was to qualify for NPC Nationals by placing in the top three in my weight group at a national qualifier show. The winner of a NPC National show gets their "pro" card, which is not a realistic goal at this point in my life, as there are many more aspects of bodybuilding that would never co-inside with my future career and life choices.

### Conclusion

My main goal of improving my physique was met, as I hope that the other goal of informing others on the process of bodybuilding was met also. Although the process was time consuming and very challenging, there is no greater feeling than setting a finish line, reaching it, and knowing you gave it your all the entire distance.

**Table 1.**

<b>2007 Pre-Contest Diet</b>	<b>kcal</b>	<b>fat</b>	<b>sat</b>	<b>carb</b>	<b>sugar</b>	<b>protein</b>	<b>fiber</b>
1/2c oats, 2 scoops protein	404	5	2	36	2.5	52	4
6oz chicken, 1c sweet potatoe	338	4.5	0	38	5	36	6
6oz chicken, 1c sweet potatoe	338	4.5	0	38	5	36	6
6oz chicken, 1c sweet potatoe	338	4.5	0	38	5	36	6
1 scoop protein, 5g glutamine, scoop NO	170	1.5	1	11	1	24	0
1/2c oats, 2 scoops protein, 5g glut, 5g creatine	404	5	2	36	2.5	52	4
6 egg whites, 1 yolk, 1/4c free cheese, 1 oz turkey	174	5	2	2	1	31	0
1 scoop protein	120	1	0.5	4	1	23	1
	2286	31	7.5	203	23	290	27
		13%		36%		51%	

**Table 2.**

<b>2007/2008 Off-Season Diet*</b>	<b>kcal</b>	<b>fat</b>	<b>sat</b>	<b>carb</b>	<b>sugar</b>	<b>protein</b>
1c instant oats, 2 slices toast w/ cin. & sugar, 2c -2% mil	1000	15	10	180	60	30
1 bagel w/ cream cheese, 1c milk, 2 pop-tarts	1000	30	15	150	40	35
2c rice, 2c veg., 12 oz chicken, olive oil, sauces	1500	8	4	250	10	60
14 oz. beef, 2 potatoes, 2c milk, ranch & ketchup	1400	15	8	150	20	80
2 slices bread, 4tbsp peanut butter, 2 tbsp jelly	800	22	8	70	20	28
1 scoop protein, 5g glutamine, 10g creatine	130	1.5	1	4	1	24
2 scoops protein, 80g carb drink, 10g glut, 10g creatine	560	3	2	88	51	40
12oz chicken or 8-12oz beef, 2c veg, 2-4c pasta	1500	12	6	200	10	60
cashews OR peanut butter OR frozen yogurt (sugar free)	400	10	4	2	2	15
*all amounts are estimations, exact amount varied						
	8290	116.5	58	1094	214	372
		12%		53%		35%

**Table 4.**

<b>2008 Pre-Contest Diet</b>	<b>kcal</b>	<b>fat</b>	<b>sat</b>	<b>carb</b>	<b>sugar</b>	<b>protein</b>	<b>fiber</b>
3/4c oats, 2 scoops protein	480	6.25	2.25	50	2.75	55.25	7
8oz chicken, 1/2c veg, 1/2c sweet potatoe	304	5.5	0	24	0	41	6
1 scoop protein, 5g glutamine, scoop NO	150	1.5	0	11	1	24	0
1/2c oats, 2 scoops protein, 5g glut, 5g crea	403.5	5	2	36	2.5	52.5	5
6oz fish, 1/2c veg, 1/2c rice	278	2.5	0	23	2.5	31.5	0
4oz eye of round steak, 1/2 veg	236	5	1	5	0	38	3
3egg whites, 1 yolk, 1/4c free cheese, 4 oz turke	218	5	2	2	0	35	0
1 scoop protein, 5g glutamine	120	1	0.5	4	1	23	1
	2190	32	7.75	155	9.25	300.25	22
		7%		32%		69%	

**Table 3.**

<b>2007/2008 Pre-Contest Shopping List</b>							
turkey breast (4oz)	96			4		16	
1cup oats (81g)	307	5	1	56	1	11	8
1 scoop ON whey (straw, ban) (31g)	130	1.5	1	4	1	24	0
1 scoop ON casein (choc) (31g)	120	1	0.5	4	1	23	1
chicken (1 filet 175g)	180	4.5	0	0	0	35	0
eye of round steak (3oz)	143	4	1	0	0	25	0
tilapia (4oz)	106	2	1			22	
pollock (4 oz)	100	1				21	
spinach (1/2c)	45	1		5		5	3
green beans (1/2c)	20			4	2	1	2
tuna (can)	125	2.5		1		27	1
naturally more peanut butter (2tbsp)	169	11	2	8	2	10	4
1 whole egg	70	4.5	1.5	1		6	
1 egg white	16					4	
1 egg yolk	54	5	2	1		3	
flatbread low carb							
sweet potatoe (1/2c)	79			19		1	3
brown long grain rice (1/2c)	108	1		22	0.5	2.5	2

# Pre-Contest Training Routine

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Chest Flat bench Incline bench Incline flyes Cable flyes Flat press machine  stiff-legged Calves abs	5Bent over rows upright row Pullovers Leg curls Leg ext's  Calves abs	6Off 12%treadmill 2.5-3mph – 20min abs	7Legs back squats leg press stiff-legged (hack squats) ext's curls (adductor, abductors)
8Shoulders smith press Dumbbell press Lateral raise Front raise Rear delt dumb Cables Reverse pecdec  Calves abs	9Bi's tri's Skulls/ close-grip Incline curls Dips Hammers Rope plldwn Straight bar plldwn preachers One-arm plldwn Conc. Curls -Tri's-21 sets -bi's -15-18 sets	10Back Deadlift t-bar row bent over row dumbbell row seated row pulldown close-grip plldwn Pullover  Calves abs	11Chest Flat bench Incline bench Incline flyes Cable flyes Flat press machine  stiff-legged Calves abs	12 <b>upright row</b> <b>Pullovers</b> <b>Seated row</b> Leg curls Leg ext's <b>Lunges (3 sets)</b>  Calves (adductor, abductors) abs	13Off 12%treadmill 2.5-3mph – 20min abs	14Legs back squats leg press <b>lunges (4 sets)</b> stiff-legged <b>front squats</b> (hack squats) ext's curls  calves abs
15Shoulders smith press Dumbbell press Lateral raise Front raise <b>Rear delt dumb</b> Cables Reverse pecdec  Calves abs	16Back Deadlift t-bar row bent over row dumbbell row <b>seated row</b> Pulldown Close-grip plldwn Pullover  Calves abs	17upper body Shrugs Lateral raise Cable flyes Conc. Curl Tricep pulldown  Calves abs	18Off  ----- Posing only -----	19Off  ----- Posing only -----	20	21

# Off-Season Training Routine

Sunday	Monday	Tuesday	Wednesday
<b>Off</b> 12%treadmill 2.5-3mph – 20min abs	<b>Shoulders</b> military press 5x8 lateral raise 5x8 dumbbell press 4x8 rear delt dumbbell 4x8 reverse pec-deck 3x8 barbell shrugs 5x8 dumbbell shrugs 4x8  calves 4x8 abs	<b>Back</b> deadlift 5x8 t-bar row 4x8 bent over row 4x8 dumbbell row 4x8 seated row 4x8 pulldown 4x8 close-grip pulldown 3x8 Cybex pullover 3x8  calves abs	<b>Legs</b> back squats 5x8 leg press 5x8 stiff-legged 4x8 lunges 4x8 ext's 3x8 curls 3x8 glute machine 3x8
	Thursday	Friday	Saturday
	<b>Chest</b> flat bench 5x8 incline bench 4x8 incline flyes 4x8 cable flyes 3x8 flat press machine 3x8  calves abs	<b>Bi's &amp; Tri's</b> Skull-crushers/ close-grip 5x8 incline curls 4x8 dips 4x8 hammer curls 4x8 rope pulldown 3x8 preacher curls 3x8 one-arm pulldown 3x8 conc. curls 3x8	<b>Legs</b> front squats 5x8 good-mornings 4x8 lunges 4x8 ext's 3x8 curls 3x8 hip machine 3x8



2004 – The beginning



2006 – show



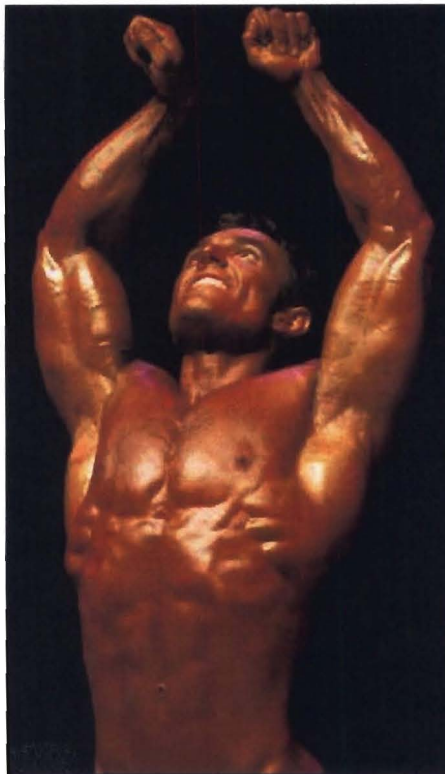
2007 – off-season



2007 - 3 weeks out



2007 - 1.5 weeks out



2007 - show



2008 - show