

LET'S BUILD AN ARMY

MUSCLETRICKS

MAGAZINE



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ONLINE AND FREE FOR ALL

EDITORIAL



And so it begins. As yet another issue is completed we are reminded exactly why we do this. We love it!

As many of you know this magazine is not set up to extract your money from your expensive hobby or career, we love what we do and we do it so well and at no cost to yourself with each issue going out FREE for all. Our last issue had incredible feedback from everyone who got in touch and gave their opinion on content, photography and editing.



In the last issue I talked about my personal journey into prep and making the decision to do another show or two. Well since then I have chosen a couple of shows, one of which being The Open Yorkshire Classic in October. This is a local show with the standards of a far bigger event! I won the novice class last year, but clearly not in the way I would have preferred to have won, I was the only athlete to go for the class. So in my opinion a win of this level is not a win.

The result haunted me and I have felt that regardless of placing I simply had to embark on a challenge that would prove something to myself rather than others.

My condition was way off the last and I have to prove that I can come in tight this time, as long as I feel happy about what I bring then everything else is insignificant.

So far things are going well, I am very consistent in everything I do and I will not deviate from my path!

Motivation

The 2017 Mr. Olympia has reached its conclusion for another year with a result we all expected and many of us do not agree with for various reasons.

We are all on our journey and not many of us normal folk can be Mr Olympia despite our drive to do so.

I tend to be a very stubborn person in and out of the gym, who else do you know who has continued to train and attempt to improve your after year for the last 30 plus years with little actual gains in comparison to most of his peers !

Few can actually muster this much determination and drive, this is in no way me bragging about my abilities. In actual fact I am stating probably one of my worse character flaws here for everyone to see. I simply don't give in despite the fact I know my body will suffer with further injuries

as each day goes by, we all have a limited time to grow and achieve a good level of physical development. Mine has passed a long time ago, but I simply don't learn my lesson.

I do believe however that you can achieve amazing things with enough self belief and determination! And its the motivation to at least attempt this that continues to push me forward.

Central Britain.

Some of you may know that I chose to compete in the central Britain recently and although I made few preparations for this show as it was a last minute decision, I received a novice Britain invite for the following month November 12th.

My main goal is still the Open Yorkshire Classic and at time of writing I imagine this magazine will have been released very close to the BIG day itself, October 17th 2017. Let's hope that everything goes to plan the best it can.

RICH PIANA & DALLAS McCA-RVER

At time of writing the news of Rich and Dallas have passed. There passing has left a large hole in the body building world and our thoughts and prayers go out to their family and friends.

PHOTOS IN THIS ISSUE PROVIDED BY
DAVID FRANCE
ANTHONY CHIA -BRADBURY
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PREP COACH ?

If your prep coach doesn't do the following then ask yourself if you are getting your money's worth. If you are getting a service even close to this then chances are you will thrive whilst under the wings of your prep coach.

1. Take regular photos in the same poses, same lighting, same time of day and same day of week.
2. Take body fat measurements using various methods including fat callipers and tape measure, on several points of the body. Each measurement tracked and gone over several times throughout prep.
3. Designed a diet meeting your requirements/goals.
4. Taylor a diet to enable it to be easily managed with regards to your work schedule.
5. Discuss medical history and account for this.
6. Discuss previous dietary habits.
7. Advise you to get full blood work done.
8. Asks about allergies.
9. Discuss injuries and imbalances.
10. Offer help with physio etc either themselves or someone they can rely on.
11. Be close at hand to talk openly about the mental side of prep as well as the physical.
12. Have a large knowledge base of clients to compare notes with.
13. Offer references in the form of other successful clients.
14. He or she must be able to prep just about anyone to success not just the genetically gifted.
15. The list goes on.

So who do you trust?

Who will be good enough to fill the gaps in your prep?

The ideal man or woman for the job will have been in and around the sport for years with competitive experience and have a long list of successful clients who you can speak to in regards prep. Someone who knows what the judges are looking for. So maybe a judge himself could be a very good person to have on your team and take you somewhere that your physique has never been before. We believe we have found that man in Steve Johnson. Steve is linked with more athletes than you can imagine and will happily give you names of athletes who he has helped achieve the physique of their dreams.

ABOUT STEVE JOHNSON

As well as offering tailored 121 training, Steve is also part owner of the award winning TOPS FITNESS and REHABILITATION, which he has managed for over twenty years. During this time Steve has become one of the most successful and respected body builders in the UK. For the past ten years, Steve has been focused on building the TOPS business and brand, however in 2011, Steve made the decision to make one last comeback to competitive body building. In that same year, Steve won the NABBA North East over 40s title and came 4th in the Mr Britain. Steve then set a new goal, of seeing how far he could take competitive body building, once again. So, in 2012, the journey started... Steve went on to win the NABBA North East 40s title, and the Mr Britain Masters 40 title. Steve was then invited by NABBA to represent NABBA UK on the World stage in Dublin, Ireland, where he was awarded the 6th best body builder in the WORLD! Since then Steve has gone on to win the title of Mr World 2017. This goes to prove, no matter how long away from competitive body building you can teach an old dog, new muscletricks! Steve can provide 121 training at Tops gym in Wakefield, which is easily accessible for those living in Wakefield, Leeds, Sheffield, Bradford and everywhere else in-between. For those living further afield, 121 training can be provided via video link.

Online Coaching for Everyone!

A bit about Coaching

Online Coaching is now increasingly popular, The plans Steve offers are highly effective, flexible & affordable.

Many high Profile Trainers & Celebrities are realising the benefits of an online coach now. These are the benefits.

The plans will be tailored to your specific goals?

I will keep up to date with you and we will have agreed times and days for 'check ins'

I will be available 24/7 via email and regularly by text and be accessible to you to answer and questions.

I update plans regularly to ensure you are reaching your desired goal

Plans are emailed out.

I can show evidence of success with before and after photos showing clients that I have helped with online transformation plans.

Full Body Stat analysis for local clients.

Monthly payment options to help with your budget.

Compassionate and care about all my clients and treat them with respect.

Who can it benefit?

Online coaching can be a useful tool for anyone really!

Busy Mums / Dads

Full time workers

People who travel a lot

People who work shifts and struggle to fit in sessions in the gym

People who need direction and accountability.

Competitors / Athletes / Non-Competitors

People who live further away but still need that contact and accountability and personal touch.



Prepping with Steve Johnson by John Raynor

Mr World Steve Johnson, looks after me off season so that he can keep an eye on my progress to make sure I'm growing in the right way. This is important to me as I know I'm going in the right direction before any show prep starts.

But the show prep is totally different, he is there for me every step of the way from diet planning to any questions I might have, no matter how silly.



Photo by the talented Fivos Averkiou

Steve has helped me prep twice now and I can say he is one of the best prep coaches out there. I recently had Steve looking after me for an IBFA Mr Britain Final which was a 14 week diet. I was the best I have ever been at this show. Which I was in running for top spot and came away with a great 3rd place!! At the first check in with Steve he took pic-

tures for checking progress and all my stats,

Skin folds for body fat %,

Weight .

Height.

Strengths and weakness in different areas of the gym.

Any food allergies.



Food preferences.

My usual sleep pattern.

How many times I could eat a day.

The list goes on , this is always a very intense part of the prep. I feel this is one aspect of prep Steve has over the many prep coaches out there and the initial meet up and discussion is very detailed.

We then had a chat about what his plans were for me so that I knew what every stage would contain and if there were to be any changes, when they might be. How far he thought I could go realistically with the his

experience of prepping me in the past and our training together previously.

I had regular check-ins with Steve every 4 weeks, or even sooner if either of us had any concerns. This is where Steve excels as a coach as other coaches would just do this via phone or email. He likes to see me in person rather than just photos. I also had low points in my diet where I would feel too small, or simply not good enough. Steve was always there to give me the boost I needed either it be a kick up the arse or an ear bashing. Jokes. On a serious note he would never sugar coat things. He would always tell me as it is which is why I trust him 110%.

I would recommend Steve to anyone!

Mr World Steve Johnson can be contacted either through muscletricks or go right to the source and make an appointment with Steve at Tops gym.

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TRUE INSPIRATION

A SHORT WHILE AGO I SAW A POST ON SOCIAL MEDIA THAT MADE ME PROUD TO BE PART OF THE FITNESS INDUSTRY. WHEN WE TALK ABOUT VARIOUS SITUATIONS AND PEOPLE WHO INSPIRE US, SOMETHING LIKE THIS WILL INSPIRE ANYONE. THIS LITTLE LAD IS A REAL HERO.

PROGRESS Here is a lovely write up from strongman Tommy Hill's mum Rachel Hill this truly makes what we do at Top's so special , and why Natasha Green really is a life changer not forgetting our Steve Johnson who supports all our clients thank you x

Hi everyone, Tommy has been attending a gym for Physio therapy for a few months now and it's been so great for him! Natasha who is a big part of the gym was recommended to us by a friend Jimmy he felt pretty sure that Natasha would have an impact on Tommy and he was 100% right. Also involved at the gym is a man called Steve AKA Mr Universe Tommy loves to look at all the pictures of him in the gym and all his amazing trophies!

Natasha who works with Tommy pushes him hard, and knows exactly how to get the best out of him.

He went every week in the beginning,

then alternate weeks and now we're having a break for the summer. I watched him tonight and could really see just how much he has developed.

Things that he simply could not do when he first started there, he was just smashing for example he goes on a treadmill, and on his first sessions he could barely manage a minute and his feet were all over the place. The setting had to be on at a really slow speed - but today he went for 10 minutes without stopping and at times was running! He smiled the whole way through and wanted to know what his heart rate was and how far he'd gone. I felt so happy for him

To end the sessions Tommy usually gets to push a huge piece of equipment right round the gym and Natasha calls him "Mr Strongman" it was so so hard for him at the beginning but he always enjoys this part of the session, today he proudly put all his effort into it and pushed it towards the

front of the gym - I heard Natasha saying "look Tommy Steve is in his office, show him how strong you are" Tommy's face was a picture and Steve said "hi Tommy, you're doing great" he then came and watched Tommy, encouraging him and praising him .

I feel proud of Tommy everyday, I'm in awe of him to be honest, but when Mr World turns to you and tells you how much of an impact your son has had at the gym, and that he's inspirational - well it felt pretty amazing I carried on proudly watching Tommy as he made his way back, and then they had a picture together - Tommy was just thrilled, it made his day (and mine lol) and then Steve said to Tommy "keep working hard mate, I'm really proud of you" and Tommy came out of the gym walking a little taller!

#rockontommymyhero

A MAN DIES EVERY HOUR

Some Men Don't Have The Balls To Say What's Wrong

My name is Mr Denton H. Wilson and I am 41 years young, I am a Prostate Cancer Community Awareness Champion here in the UK.

I have the privilege to be regional Ambassador, South Yorkshire, for the Temple of Cancer Charity, which was created to support the ground breaking work of the Galloway-based Cancer Researchers associated with Sorey University.

I recognise that it is not easy for men to talk about their health and I am campaigning to raise men's awareness of the risks and treatment of prostate cancer. I travel all over the country giving presentations and campaigning for better awareness and services, meeting with Officials and MPs in the House of Commons, for financial and moral support.

I qualified on a course run by PRIME over 50s. As a Cancer survivor, I want to pass on my story and knowledge to other men.

I have designed the Workshop Programmes to pass on the essential knowledge and spread the awareness of the risks and symptoms of Prostate Cancer to all men.

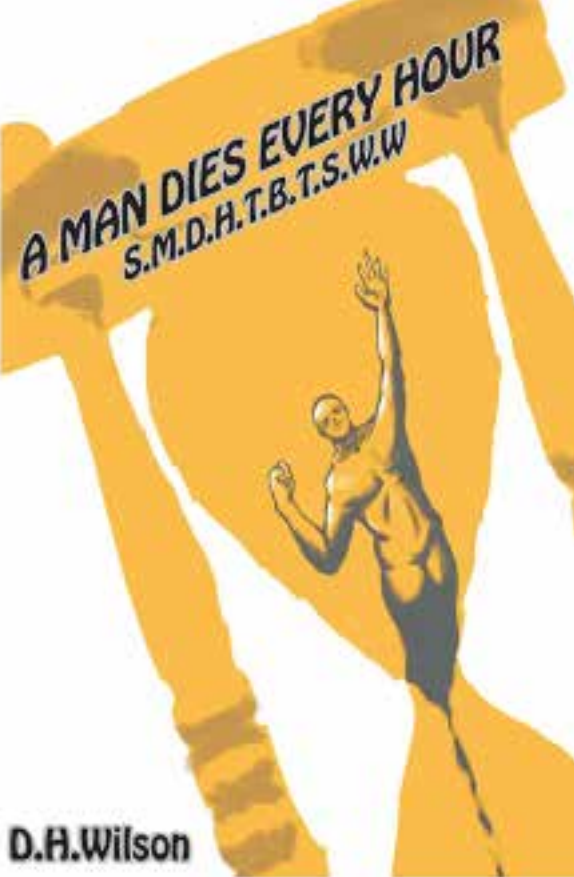
The Workshops are designed to be held in social venues, which are willing to host groups of concerned people with views on the enlightenment and the way forward if Cancer strikes. The workshops will promote awareness and support to alleviate the panic that inevitably accompanies diagnosis.

As a survivor of Prostate Cancer, I am telling my story to show that there is a way,



A MAN DIES EVERY HOUR S.M.D.H.T.B.T.S.W.W D.H.WILSON

D.H.Wilson



My name is Denton Hugh Wilson, I was born in Kingston Jamaica in 1955 and raised there until I was 9 years old, I left Jamaica to join my mother in England.

I never knew my biological father but kept having dreams that my father was calling me home, and decided when I was old enough and could afford to go, I would go and find my father, growing up in England I was told that my father was dead, but the dream of this man calling me home was my father.

I took many trips to Jamaica and eventually at the age of 42 years old, I found my father!

But tragically...shortly after finding my father, he died of prostate cancer. This tragedy spurred me to visit my doctor and get tested myself, I was diagnosed with prostate cancer...even though I hadn't had any symptoms at all. I went on to get the appropriate treatment and I am a survivor of the disease.

My father's death, gave me life and so I now uses my time and capacity to raise awareness.

I recognises it's not easy for men to talk about their health, but one in four African Caribbean men will more likely to develop prostate cancer in their lifetimes, and in white men it is one in eight, so as a Prostate Cancer Awareness Community champion for Prostate cancer UK, I travels up and down the country giving presentations/workshops and even campaigns for better awareness and services...often travelling up and down to London and to the House of Commons etc.



**PROSTATE
CANCER UK**

I attended an induction in December 2009 in London. The charity were greatly impressed with my enthusiasm and my demonstration of skills they were wholly confident that I had attained the necessary knowledge to represent the Charity and deliver awareness

talks to the wider community.

However, I would also like to highlight that the role of a Prostate Cancer Awareness Community Champion does not include providing medical advice. As a volunteers for the Charity I give information, leaflets and booklets, as well as a set presentation for delivering talks and as a volunteer I sign-post customers to the Charity's resources, or our free and confidential Helpline, when asked for any information that is beyond basic prostate cancer awareness.

Prostate cancer is a disease in which malignant (cancer) cells form in the tissues of the prostate. The prostate is a gland in the male reproductive system located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder). The prostate gland produces fluid that is one of the components of semen. 1

Prostate cancer is the most common cancer in men in the UK. 37,000 men are diagnosed with prostate cancer every year. 250,000 men are currently living with the disease.

Prostate cancer can grow slowly or very quickly. Most prostate cancer is slow-growing to start with and may never cause any problems or symptoms in a man's lifetime. However, some men will have cancer that

is more aggressive or 'high risk.' This needs treatment to help prevent or delay it spreading outside the prostate gland.

I have written my story to increase awareness of prostate cancer, it's bad effects and psychological stress that affect and kill so many men in our modern society.

(It is estimated that approximately 1 million 100 thousand men worldwide will die from prostate cancer whilst millions more are also suffering from the disease - figures from WWW.worldwidecancerresearch.org).

I made it my mission to inform other men about the ways that I used to cope with the stress and worry caused by this killer disease, hoping to alleviate some of the darkness in which its victims could plunge and face despair.

Having found my way through this, I felt that I could help fellow sufferers by showing them that hope and despair could be avoided if they read my story.

In my story, I had to make choices, but very often the choices were limited by the lack of knowledge, which was not always available, leaving sufferers to feel alone and bewildered. I am hoping that my story will be able to show people that there are ways to making the right choices for themselves. Research is progressing and new ways of treating the disease are on the way, and the future is getting brighter with respect to treatments and full cures.

I wanted to show that there was a way. In my book, I have also touched briefly on some of the other cancers that are prevalent in society today. I have outlined some of the signs and symptoms to alert people to go to get themselves checked out.

I have also offered some ideas of food menus that will promote good health and well being to maintain a healthy condition which will aid the body's natural ability to combat disease and repair itself.

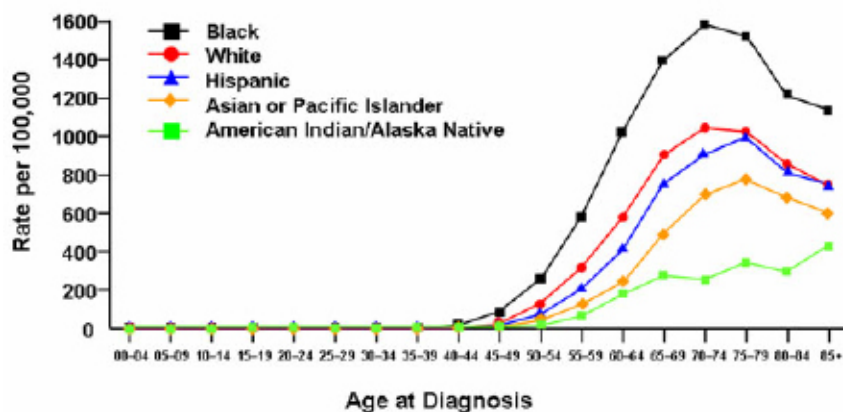
My Email address is: denton_wilson@hotmail.com

Telephone number: 07548278897. I have also got a Face book page

(Denton Wilson & A Man Dies Every Hour) You can buy this book on Amazon. Share it with all your friends and family. We all know someone who has either died from cancer or living with it, if you care for your love ones this book would be a great gift, thank you and One Love.



Prostate Cancer Risk by Ethnic Group in the US[®]





PRODUCT TESTING AND SUPPLEMENT REVIEWS

We are asked to test hundreds of products and few make it to this page if we don't believe in the product we will not promote it here What you see here are tried and tested muscletricks approved

PRODUCT OF THE MONTH



These little stunners are ridiculously addictive with a taste similar to a lion bar these will go down a treat after training and for the odd treat when you can't bear another dry bowl of rice and chicken When i rst opened the wrapped the smell alone sent it into a daze

Each 64g bar contains a massive 20g of protein and only 2g of sugar making it the ideal convenient guilt free snack

NRGFuel Protein Bar is a great tasting multi-layered low sugar high protein crunchy caramel bar



PRODUCT TESTING AND SUPPLEMENT REVIEWS

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How often have you walked into your local gym for a workout only to have your attention seized by the products on sale promising rapid weight and muscle gain through amino acid supplementation

Then again the sheer cost may have put you off well now there is a cost effective solution with nrgfuels bcaa

The idea and besides being well educated in these matters you think you know that a moderate carbohydrate and high protein intake is what the scientists say is best Yet almost all of us know someone who is more muscular and stronger that swear by amino acid supplementation the simple reason here is that bcaa work!!

Branched-chain amino acids supplements commonly referred to as BCAA's are very popular with athletes these days who are searching for ways to increase lean mass and performance

The branched chain amino acids are Valine Leucine and Iso-leucine One popular idea is that BCAA's can move through the blood to the brain and decrease the production of serotonin in the brain's interior thereby lowering mental fatigue by reducing the amount of serotonin which can create a sense of tiredness



SHREDDED LEGS ZERO SQUATS



Is it possible to build BIG shredded legs without squatting?

Well here we look at one particular individual who has not performed a squat in years and still stand onstage with shredded balance quads, hams and glutes and calves that split the whole muscle belly!

Andrew Appleton has been training for more years than he cares to remember, when

he recently decided to step onstage Andy was worried he would need to start the demanding squat sessions he once did as a youngster, Andy is now 47 year old! Years of lifting weights and working demanding jobs in mines have taken the toll on this gym warrior and reduced his knees to injury requiring knee replacement very shortly.

Andy began his prep and soon realised it simply wasn't possible to get through a leg session without crippling pain. The alternative was to carry on in hope that he still help enough muscle in his legs to compete. A keen mountain biker Andy attributes his awesome leg development towards his downhill riding and states although this can cause some pain and

discomfort it has helped him achieve shreds in his legs that at the age he is, even he didn't think was possible.

"I think that the years of training I did when I was a lot younger had helped develop my legs to what they have become. I do zero squatting or leg training in the gym and the only cardio I do get is the biking which is on average once or twice a week."

Mountain biking has to be one of the hardest forms of cardio that you can endure, it also happens to be one of the most fun! The great British Countryside already has tonnes of mountain bike trails ready and waiting for you to get out there and go go go !!

The various terrains you will face will keep your body guessing throughout the ride



and what better way to spend your time doing cardio!

What muscles do you work out when you mountain bike?

Descents and ascents require different muscles; rugged terrain puts more strain on some muscles than a well-maintained path.

- Biceps. ...
- Rectus Abdominis Muscle. ...
- Gluteus Maximus. ...
- Semitendinosus. ...
- Gastrocnemius.

Heart

Mountain biking is an excellent form of cardio work-out. Although it may not feel like it as you're dying a death on the way up some godforsaken climb, biking gives your blood an increase in oxygen. Biking improves your blood vessels by dilating them and keeping them clear.

Blood pressure

Biking wards off hypertension (another term for high blood pressure).

3. Lungs

Your lungs' performance can improve by a whopping 25% compared to your average couch potato.

Muscles

There are few activities that give your body as thorough going-over as mountain biking. Specifically your muscles. Pretty much all of them.

Stamina

Any mountain biker knows that it's impossible to avoid long grinds or extended bouts of endurance on a mountain bike ride.

Joints

No, not those kind. Unlike other activities that boast similar (or better) calorie-burning qualities – running, for example – mountain biking doesn't beat up your joints (or muscles) as bad. Well, not if you're doing it right anyway.

Mood

We all know this one. You feel better during – and especially after – a mountain bike ride. There's a scientific reason for this; biking produces the stress hormone norepinephrine which is proved to improve a person's mood.

Attitude

Kinda related to the above point but this is more to do with engendering a can-do attitude. Cleaning a tricky climb or negotiating a sketchy descent or simply completing a longer than usual ride will all help you approach your non-bike life in a better way.

Brain

Cycling in general apparently builds new brain cells in your hippocampus. Which will hopefully make up for all the cells we lose when we crash our brains out.

Reflexes

Again, related to the point above about brain cells, one of the most demanding and this rewarding aspects of mountain biking is dealing with things





Childhood Bullying Can Have Lasting Effects on Mental Health

Childhood bullying can and does have an effect on mental health and we are hearing from more and more athletes who struggled in their childhood, only to find the trauma they went through has lasted and effected them in their adult life. Many body builders find the passion they have for the gym stems from early years as a child being bullied for various reasons, such as being one of the little kids to looking or acting a little different.

These facts have been examined in a recent study published online (dec 9th) in the journal JAMA Psychiatry, suggesting a very strong link with bullying and depression in adulthood. 5,000 childrens statistics were researched. Children who were bullied frequently when they were 8 years old were more likely to develop a psychiatric disorder that needed treatment as an adult, compared with kids who were not bullied, according to the study author Dr. Andre Sourander, a professor of child psychiatry at the University of Turku in Finland. Sourander said. This new study is the largest to date to look at bullying among young children, and it also had the longest follow-up period, tracking children from age 8 until age 29, he said. [7 Ways to Recognize Depression in 20-Somethings]

At the age of about 1 I was diagnosed with meningitis, this in turn gave me my hearing loss, speech loss which resulted in very vigorous speech therapy for years and years to enable me some form of communication albeit pronouncing some words and letters doesn't come easy for me this made me along with my deafness a easy target for bullies at school. Through primary school and even secondary school I was ridiculed and hit, spat at, called names every single day, I didn't have many friends in fact never really socialised much at all, growing up I put a lot of weight on and I remember on holiday telling my friend I was going to turn my boobs into pecs, I was only 14 at the time but already knew I wanted to improve myself and become better.

I played football religiously from the age of 9 and always struggled with frustration, anger problems as a result of being ridiculed for years I decided to try the gym as a way to get bigger and "beat the bullies" I always thought if I was bigger than them I could beat them.

It soon became transparent that I became hooked to the gym, I trained nearly 7 times a week in the gym as well as boxing training (again another route to beating the bullies) , grew, put size on and the bullies were now asking ME for advice, how to get bigger and train and I wouldn't give them the satisfaction, safe to say all this training

eventually led to me ruining my right knee, at the age of 19 I had 3 operations and have no cartilage in my right knee, doctors warned I wouldn't be able to weight train heavy again due to fear of it going again but I didn't want to listen to that, I was determined, I've always wanted to achieve the impossible and this was another obstacle in my way which I just needed to overcome intense physiotherapy and training I slowly built myself back up, the gym started to take more priority and I learned more about dieting properly, training properly and how much rest is important in order to progress, of course my gym angels gym, I wouldn't have been able to do this without the help of Nigel, smoke, Andy Lawley and everybody associated with angels. We are like one big family. Body building soon took over and became a way of my life, there wasn't a greater feeling than the pump, than seeing progress and pushing myself past the impossible and showing people, showing myself that I CAN do it and that the bullies wasn't going to stop me and I decided to enter my first show coming 3rd at the first timers in NABBA Midlands in 2014 and decided to push and aim higher, becoming a personal trainer and showing people that even with a disability it shouldn't stop you, you CAN DO IT! life has always thrown me obstacles some bigger than others,

I struggled on a daily basis, struggling with depression and fighting myself every day, I decided to have a main focus and this is when I decided to do the IBFA Midlands show in 2017 which I won and gained my British qualification for the first time. gives me a sense of achievement, a pride inside me tells me that I can do it and that I can beat the bullies not in a physical way but mentally to show them look at me, I've done it. Can you? to contest prep and go through our battles that athletes do, it takes a great deal of mental strength, perseverance and determination and I have the utmost respect for anybody that does this sport. In a nutshell I want to basically tell people out there that despite your struggles, despite what disability you may have or haven't got, do not let anybody tell you that you cannot do it. Grab your opportunity and give it hell!

By Alex Smith

CARB CONFUSION



Pre- workout, intra workout, post workout and carbs... Where do we start. Not sure? Here's a rough guide to carbohydrate timing.

Carbohydrates, the devils food as many in the industry will have you believe when it comes to burning fat and getting shredded.

There are currently far too many methods out there to discuss and to do so would need a book in itself. Whether to eat carbs or not is the main question I am asked when it comes to dieting for a show a photo-shoot or holiday. I am also asked if it's OK to eat after 6 pm, or eat certain carbs in comparison to others. No wonder everyone is so confused about the subject.

Let's try to sort this bloated carb mess out if at all possible. Carbohydrates function as a fuel source for both the brain and body. During exercise, carbohydrates stored in the muscles (glycogen) are broken down into glucose (sugar) and delivered to the muscle for

energy. The more intense your exercise session, the more your body relies on these carbohydrates for fuel.

Carbohydrates are far more important than you think when it comes to performing in the gym! Our bodies love carbs, but not all carbs are created equal and some are far better than others at certain times of the day in the right situation.

DIFFERENT CARBOHYDRATE TYPES

There's two types of carbohydrate: simple and complex, and each one can and should be used to enhance our efforts to get ripped and huge.

Simple carbs have been a body builders choice for instant energy, but have poor nutritional content. Simple or high glycemic carbs (GI) are monosaccharides, low-fibre carbs and sugar take maltedextrin, sports drinks dextrose, white bread ?rice, and sugary sweets. What does (GI) mean?

The GI index runs from 0–100 and

usually uses glucose, which has a GI of 100, as the reference. Slowly absorbed carbohydrates have a low GI rating (55 or below), and include most fruits and vegetables, milk, some wholegrain cereals and bread, pulses and basmati rice.

Research has shown that choosing low-GI foods can particularly help manage glucose levels in people with Type 2 diabetes. There is less evidence to suggest it can help with blood glucose control in people with Type 1 diabetes.

Not all low-GI foods are healthy choices – chocolate, for example, has a low-GI because of its fat content, which slows down the absorption of carbohydrate.

Combining foods with different GIs alters the overall GI of a meal. You can maximize the benefit of GI by switching to a low GI option with each meal or snack. Go easy on lower GI foods like chocolate, which is high in fat and calories, especially if you are trying to lose weight. Save them for occasional treats.

Eating to control your diabetes isn't just about GI ratings. Think of the bigger picture and choose foods low in saturated fat, salt and sugar as part of a healthy, balanced diet.

Complex carbohydrates provide a much slower release of energy due to their larger size and high fiber content. Other names you may hear associated with complex carbohydrates include low-GI carbs, starch, or high fiber. Common examples include oatmeal, brown rice, whole-grain bread, whole-grain tortillas and popcorn (minus all of the butter!).

TIMING YOUR CARBOHYDRATES

Depending on the levels of carbs consumed and the exact type of carb at the right time can have a major impact our recovery levels. Consume the wrong ones or at the wrong times and everything can go horribly wrong.

BEFORE TRAINING

Consuming a meal at lunchtime can aid performance if training around 3-4 hours after lunch. If you consumed the carbs right before training this may lead you to feel tired? lethargic in the gym. Keep the carb type to a high fibre carb like oatmeal or brown rice. How many carbs to consume here is individual and is best tried in various doses to enable you to

find what works best for you.

AN HOUR TO GO TILL YOU HIT THE GYM?

Missed the meal earlier or you train early after waking then try this. Here's where you need to experiment once more find the right level of food and combination of carbs to ensure you have a small amount of fibre content with a small amount of complex carbs added. Throw in a small amount of protein here and were good to go. Too much fibre immediately before training can leave you feeling full and unable to train. Consuming fast acting carbs here can result in a fast drop in insulin and leave you feeling like crap!

PRE-WORKOUT/LESS THAN 15 MINUTES BEFORE TRAINING

Here's a great time to add a small snack if you are still hungry and lacking in energy. opt for a simple carb like dried fruit or a carb drink

At this point, opt for a simple carbohydrate like dried fruit or a gym counter high-carb drink.

INTRA-WORKOUT

Exactly what and how hard you will be training will determine the amount of carbs need. Personally if you are training like a light weight and your in and out of the gym in half an hour then the chances are you will be adding carbs that will be stored as fat during training so as always make training count to uptake those carb as an intra shake. Maltedextrin is a great carb source here throw in some creatine in the mix and we are covered.

POST-WORKOUT

The most important time to eat any source of nutrient in my opinion.

OK so lets have carbs here as well but don't be fooled into thinking you need a tonne of cabs at this point you should have covered all bases up to this point so a small amount is fine right about now.

HOW MANY CARBS?

How many carbs? It is recommended that your daily caloric intake should be made up of 40-60% carbohydrates.

Most people would agree that making carbohydrates around 50% of your daily calorie intake is a good rule of thumb, and has been proven an effective ratio as part of a bodybuilding diet.

So, how many grams of carbohydrates is that exactly?

This is easy to determine when we know that 1 gram of carbohydrates equals 4 calories.

Let's say you need to consume 3,000 calories per day to build muscle. If carbohydrates make up 50% of your diet, you will need to consume 1,500 calories worth of carbohydrates. At 4 calories per gram, 1,500 divided by 4 would equal about 375 grams of carbohydrates every day.

Your own caloric intake will vary a lot based on your own personal goal, and BMR. If you are bulking, you will need to consume between 300-500 calories above your maintenance level.

If you are cutting, this number will be 300-500 calories below your maintenance level. this amount is very individualized and depends on numerous factors such as nutrition and performance goals, type of training, and when you train.

sources: glycemic index and diabetes, www.diabetes.org.uk
how many carbs to eat.. relentlessgains.com



IAN NELSON

ATHLETE PROFILE



My Name is Ian Nelson and I'm 36 and originally from Northampton and work as a project manager. I've always wanted to be a body builder since I was a kid. Like a lot of children I was picked on and I looked up to guys I saw in films (that I wasn't anywhere near old enough to be watching) that's how I want to be I used to think. I didn't really know what I was doing and trained in my bedroom with a set of weights from a well known catalogue shop until one day in my early 20's I was taken under the wing of a mate called Russel and I've never looked back

Body building has literally changed my life and given me the confidence

that I needed.

The biggest obstacle for me would be fitting in body building around my working life. The dream one day is to make body building my job, but until then I have to work long hours working away. There are so only so many hours in the day meaning something has to give, so I don't get to spend as much quality time with my friends and family as I would like.

When you want to succeed you have to be committed and it can often be perceived as being selfish.

When you want to succeed

you have to be committed and it can often be perceived as being selfish. I'm very blessed to be surrounded by understanding people.

PREP

Prep diet for me is pretty simple really. It just doesn't change that much. I eat six meals a day and I cycle my carbs with low days as well as high. I am flexible and this

Meal 1-50g uncooked of oats, 1 scoop of whey, 10g of flax seeds, two whole eggs and 100g of yogurt
Meal 2- 100g of cottage cheese 2 scoops of whey 10g of walnuts
Meal 3 - 220g chicken, asparagus 100g cooked of rice
Meal 4- Same as above



Meal 5 220g of steak mince, 100g cooked of rice or sweet potato
Meal 6 220g of steak, green veg

On high carb days my carbs go up to 500g and as prep continues I slowly lower my carbs if necessary.

I do all my own prep and training plans. I have been fortunate though to have made a good friend called Luke Nichols a few years ago who himself is a great body builder who taught me a lot. Since then I have learnt and built upon what he taught me.

CONDITIONING

I am really proud of my conditioning and everyone always asks me what the secret is and they never like the answer. There is no trick to it. You have to ask yourself how hard are you willing to work, how far will you push yourself, what are you willing to sacrifice..... quite simply I'm disciplined and I work my ass off! Some advice I could give though is learn your body and don't rush the prep.

I don't use a lot of supplements. There are so many available that I haven't tried that I know could

helps me progress and get even better but I only tend to add one at a time. That way I can more closely monitor its affect. Also not being sponsored at all they can get expensive so if there are any sponsors out there that think there products could help me get to the next level I would be interested. Right now though I use a good quality whey from

IAN NELSON ATHLETE PROFILE

IAN NELSON ATHLETE PROFILE

MusclePharm to give my food a protein boost to aide in muscle repair and growth. BCAA powders to help stimulate my protein syntheses and help maintain my lean mass (I know Frank Zane was a big fan). I also use omega 3 and CLA capsules to ensure I get plenty of good fats to help weight loss and keep me generally healthy and help my joints.

I train at Muscle Madness in Sheffield and anywhere else I can when I am staying away. I am very lucky in that not only is it a good gym but there are some amazing competitors there and I have made some good friends. The camaraderie is excellent and my mates Dom and Michael who compete themselves are always there for me to bounce ideas off.

If my body fat loss slows down I take a very scientific approach. Again I will only change one thing at a time by small amounts so I can monitor what happens. I tend to lower my carbs or up my cardio, however I have spent years getting to know my body and sometimes I need to increase my fats, increase my water, have a re-feed or even a cheat meal to kick start the metabolism depending on what my body is telling me.

SQUATBAR OR MACHINES?

Squat bar was good enough for Tom Platz so good enough for anyone.

WHO DO YOU MOST ADMIRE IN THE SPORT?



Arnold every time despite the fact that he laughed at me once when I met him. I queued for hours to get a book signed and after I shook his hand and walked away security grabbed me and said “you’re good but he’s still better” and gestured towards Arnold who was pointing and laughing his head off. Legend.

Thanks for everything muscletricks Ian Nelson.



OVER 50 YEARS OLD

CHOOSE YOUR PATH !

Despite the fact we would all like to remain eternally youthful and continue our days with the body of a 20 plus year old, unfortunately we are human and aging is a process we simply have to come to terms with. There are many things we can do to improve as we age, take one look at the picture here and you will see that despite age we can and will overcome our genetic battle with father time.

1 – Those pesky injuries some back to haunt you.

As we hit 50 our joints love to remind us about the old football injury we ignored 20 year ago

Ride a bike. Researchers at Arcadia University studied 39 people suffering from osteoarthritis of the knees and found that cycling just 25 minutes a day, three times a week, significantly improved pain relief and performance in walking tests. So saddle up.

2- we actually lose bone density.

Bone minerals are lost and replaced throughout life, but as we age at around 35 year old this replacement process slows down. At 50, this imbalance can hurt you.

Get in that gym. Strength training is the best bone builder of all, says Wojtek Chodzko-Zajko, Ph.D., head of kinesiology at the University of Illinois. A strength programme three times a week can significantly improve bone density. Increase calcium. One 8-ounce glass of milk (300 mg), 6 ounces of yogurt (300 mg), a handful of almonds (150 mg), and 2 ounces of Swiss cheese (540 mg).

3- back creaks and squeaks.

The less active we are as we age the more our body will adapt to this and reduce flexibility in the spine and as we get over 50 years old the damage that a lack of flexibility can cause will result in some serious aching and pain in the back muscles and spine.

A foam roller can help. Learn to use a foam roller to aid in loosening the muscles around your pelvis and torso. You can buy one of these from just about every gym or sports stores for as little as £10. Check out your tube for tonnes of videos on how to foam roll

safely and effectively. These one small step will aid your body more than you can imagine.

4- We start to dry up !

Between ages 57 and 86, your body literally dries up. It will likely consist of just 54 percent water, as opposed to the 61 percent found in younger men. You'll also sweat less because your sweat glands disappear. Muscle tissue is made up primarily of water.

Drink up.

Thirst naturally decreases as we age so drink up get lots of fluids and supplement with creatine as a way of cell volumisation to aid the muscle to hold on to as much of that water as we can.

5- Mass declines

As soon as we hit over 50 our muscle mass begins to take a downward spiral.

LIFT!

Don't shy away from using the big heavy weights, as long as we have got the form right and let's face it after years of training we should know all about this by now. Heavy weights will keep your bones strong and your muscles large.

GUESS WHO?



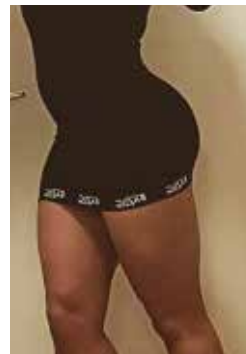
This North East Monster has won everything in Nabba as an amateur



Owner of elite physique personal training Sponsored by GHN alongside his better half



Has featured in our magazine before to discuss a serious run of injuries that many thought would be the end of his career BOY were they wrong



Most well known ass in the North East incredible physique



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Super-flex gym, a family run highly successful gym with a history of supporting body builders and general fitness enthusiasts alike for the last 23 years.

The gym is open 7 days a week and all staff are fully qualified in various aspects of fitness including, private one to one instruction, teaching classes on offer, cardiovascular endurance training, body building and general gym workouts as well as helping propel many athletes into the competitive side of body building and fitness.

I personally have trained in this gym many times over the years and one of the main things that really stands out is the way everyone, regardless of age or gender is treated exactly the same. You can be a Mr Universe winner, or a lady of over 60 years and you will get the same treatment, a warm friendly helpful welcoming feeling with a can do attitude from all members and staff alike.

I have personally seen individuals who have entered the gym shy and timid with low self esteem, go from strength to strength under the watchful eye of superflex gyms staff members as their bodyweight comes down and their confidence goes up!

There are no posers in this gym everyone is there to help each other along and make progress.

As you can see in the photographs to the left, the gym has it's own clothing range and has it's shelves fully stocked with every supplement you may need for optimum supplementation.

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SHAUN SMITH ATHLETE PROFILE

I was first aware of Shaun a few years ago through a mutual friend Rob Suckley, someone who Shaun is always keen on giving some credit for the help he has given free of charge along the way through his prep.

Shaun was always someone who I admired as a hard working man who still managed to get his training in and continue to be a great body builder. With size and balance that was surely going to prove onstage that he was worthy of taking some major scalps!

I met Shaun in person recently after being in touch over social media on several occasions and when I saw him compete I made sure that this was one interview I was not



going to miss out on! Shaun had agreed to be interviewed a while back to discuss his approach to prep on a budget, an interview that unfortunately never got off the ground due to several reasons.

As you can see by the following he is a believer in the basics and methods that have worked for some of the greatest body builders of all time continue to work on Shaun.

Hi Shaun its great to finally get the interview off the ground, I have been looking forward to this you have been away from competing for 3 yrs, how did you find the transition of being over 50 and going into prep with such a long lay off?

Well I never stopped training John so going from normal life to prep is no big deal, after the first few weeks of adjustment. The biggest hurdles are the unsociable hours I work and getting to fit my 13 year olds football training/games in!

Whats your take on prep on a budget?

My wages have improved since a few years ago, having said that, my foods are still the same, my protein sources are eggs and chicken, from the local butcher and at a good price. My only carb source are oats which are cheap and my good fats are extra virgin olive oil. This same approach will apply to my universe prep.

The word in the gyms is you didn't do any cardio for the last two shows?

I'm not a fan of cardio, it does work at bringing bf levels down, but unfortunately I end up losing a lot of muscle from my quads, hence I don't do it, or keep it to a minimal, I'd sooner just diet a bit longer/harder!

What about supplements ?

I do use an intra workout drink which I believe is partially responsible for my recent progress. Mine contains 5g glutamine, 20g of bcaa, and (depending where I am on my prep) 20-70g of dextrose. My post workout meal is usually oats and whey.

Training?

My training split is quads and hams, arms, calves and abbs, chest and front and side delts, back and rear delts. I don't train on a 7 day cycle, if I feel ok I'll train, if I feel tired I'll have a day (or 2) off. Instinctive training.

Whats been your biggest obstacle in body building?

My biggest obstacle was when my right knee fell to pieces while training for BSM 14 years ago! I had to have some of it removed and I didn't train legs for 18 months, my right leg looked like a twig! I started by training each leg individually, 5 years to rebuild my leg to something respectable .

The dark side of body building?

My gear prep for the north east was this; 16 weeks out 200mg test cyp (25mcg of t3 was run throughout), this was increased to 400mg by week 10. Chinese gh was added at week 12 at 3iu every day. This stayed like this until week 7 when test was dropped in place of masteron at 100mg eod and 0.5mg of arimadex was added eod. At week 5, 1 50mg parabalon was added. This wasn't altered until 10 days out when the Chinese gh was replaced by 3.6iu of genotropin per day (divided into 5 mini doses) and the arimadex was switched to letrozole. 3 days before the show 2x25mg of aldactone per day was added.



On the first day of carb up (1200g) 3iu of insulin was used every other meal. (I didn't use it for the Britain).

RECENT IMPROVEMENTS?

I would say most improvements have come from increasing training frequency, using a more volume training approach and adding in the intra workout drink. I'm very injury prone, so I ended slightly dropping my training intensity and upped the volume and frequency of training. Up to now it's working.

What's your secret Shaun?

There are no secrets, train hard, eat well and rest, that's it!! I would say at least 80% of people I see training are training wrong! Too much weight, incorrect form and too long resting between sets, talking and messing with their mobiles!!

Theres nothing better than

There is nothing better at the start of a prep than knowing your going to look awesome at the end (hopefully). There's nothing better at the end of your prep than knowing I can scrub all this vile dream tan off!!

What have you been doing since the Britain to improve?

Since the Britain I have increased my food, though not by that much and indulged in the occasional treat! Gear wise, in using 250mg test hept, 200mg deca and 3iu Chinese gh.

Thanks for everything muscletricks Shaun Smith. (Again I would like to take this opportunity to thank Rob Suckley for his help along the way)

WATER BEATS TEST !

Nearly 2/3 of the human body is water. Water is an essential nutrient that is involved in every function of the body. It helps transport nutrients in and waste products out of cells. It is necessary for all digestive, absorption, circulatory, and excretory functions as well as for assimilating water-soluble vitamins. Water also helps maintain proper body temperature.

You can not live with the stuff. You can live without food for several weeks, (even pizza), but you can go less than a week without water.

As you progress through each moment in life you must continuously replace water in the body. On average, you lose 250 milliliters of water daily just through breathing. The old rule of thumb, eight glasses (or 2 liters) of water a day, is a good minimum, a simple guideline for many average people. As body builders we are not average.

While experts have not agreed on one universal amount, it is accepted that performance declines with dehydration. By drinking an adequate amount of water each day, you can ensure that your body has all it needs to maintain good health. The best way to get water into your body is by drinking plain water. Other beverages, such as fruit juices, milk, and non caffeinated drinks, can hydrate the body because they contain a high percentage of water. In addition, fruits and vegetables can be good water sources. If you work out in high altitude or a desert environment, both of which will have very low humidity, or if you work out on an exceptionally hot day, remember to boost your minimum intake of clear fluids.

Start the day with a glass of water and ensure to add a little squeeze of lemon to aid the digestion and keep things moving soon after the water is ingested.

Most of us will drink coffee or a tea on a morning. If you must have



caffeine then go for it, add a glass of water first. Personally I prefer to have a glass of water followed by a peppermint tea with a couple of sweeteners.

Remaining hydrated whilst exercising is probably more anabolic than using the latest 800 test power test available on the black market. After waking first thing get some water, after all you have just fasted for 8 or 9 hours! Proper hydration improves the quality of your workout, reduces fatigue, reduces recovery time, and increases your level of satisfaction.

Being thirsty is not the best sign to wait for to measure when water is needed. If you have to wait until you are thirsty then the chances are its already too late! If your urine is the colour of lemonade, you're doing well; if by chance it is leaning toward

the colour of your latest pre workout drink , you need to reach for another glass of fluid (water).

Side effects of being dehydrated...

Increased thirst, dry mouth and bad breath, lethargy, decreased urine output, dark urine, headache, dry skin, dizziness.

Also few or no tears after realising that you have had a crap workout when all you needed to do to solve the problem was remain hydrated.

Article by John muscletricks King

BACKS WIN SHOWS!

SHOWS ARE WON FROM THE BACK SO THEY SAY.....

IT'S NOT FOR BODY BUILDERS TO TRAIN THE BIG, SHOWY MUSCLES LIKE CHEST AND BICEPS ALL THE T-SHIRT MUSCLES BUT WHEN IT COMES TO STEPPING ON STAGE THOSE T- SHIRT MUSCLES AINT GONNA HELP!

YOUR BACK, IS JUST AS IMPORTANT AS THE FRONT OF YOUR BODY WHEN IT COMES TO AESTHETICS FOR THE STAGE AT A TIME WHEN YOU ARE STRIVING TOWARDS LIFTING THAT TROPHY ALOFT.

IF YOU ARE SERIOUS ABOUT BODY BUILDING YOU GOTTA GET A GOOD BACK. ABOG THICK DENSE WIDE BACK WILL SET YOU APART FROM EVERYONE ONSTAGE.

UNDERSTANDING THE MUSCLES IN THE BACK AND HOW THEY EFFECT YOUR TRAINING REALLY DOES MAKE A BIG DIFFERENCE IN YOUR WAR IN THE GYM TAKE ONE LOOK AT THIS PHOTO OF ANDREW PICKERING AND ITS AS PLAIN AS THE BATMAN SIGN ON HIS BRIEFS, ANDY TRAINS HARD WITH A FANTASTIC MIND MUSCLE CONNECTION, THAT IS SO VERY IMPORTANT FOR BUILDING BACK SIZE.



MIND MUSCLE CONNECTION

Anybody can pick up a weight and put it down again, that's the easy part of lifting from point A to point B. Not everyone can engage the targeted muscle. Let's look at the pull up for example a fantastic back building exercise, but very difficult without practice to fully engage the lats. It is very common for the average lifter to tire the secondary muscle groups first before the back will give out. This is completely normal and what you are designed to do. The body will find a safe easy way of getting the movement done by using other muscle groups.

It is implied that the greatest activation is made when focusing on the target muscle rather than focussing on the number of reps planned for example.

#1 LEAVE YOUR EGO AT THE DOOR

Forget what your pals are lifting we are body building here let's make this body GROW! After a good warm up, make sure you have a pair of wrist straps to hand. This is not a cop out , the biceps are a small muscle in caparison to the back and will always give way before the back is even taxed!

#2 PRIME YOUR MUSCLES

Before you strap up and begin to pull your body weight up we need to send a signal to the back that its time to grow. Whilst visualising the back working stretch the lats by pulling against a machine under slow steady pressure. Nothing too taxing this needs to be really focussed work, feel the lats stretch and contract.

#3 FOCUS ON TECHNIQUE

No swinging here make every rep slow and steady, engage the core by slightly contracting the abs at the bottom of the movement to prevent a swing. Keep the pace steady! At the top of the movement ensure you contract hard by pulling the shoulder blades together and squeezing.

Action

There are some great muscle tricks that can be employed with back training along with every other muscle group. Get to work and lets GET WIDE!

Article by John muscletricks King



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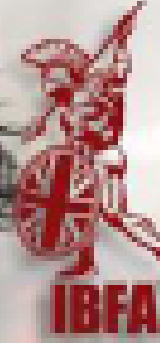
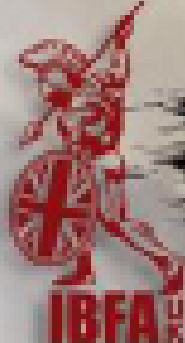
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	DAVE FOSTER Mr & Miss Yorkshire 2017	LEEDS Saturday Sept 30- 2017
	JAMES SALMOND & SON JOSH Lochgelly Classic 2018	LOCHGELLY April 2018 TBC
	GAVIN LAIRD Highlands & Islands 2018	INVERNESS April 2018 TBC
	MARGARET DUCKWORTH Penine Show 2018	COLNE Saturday April 21- 2018
	RONNIE ORR Bolton Show 2018	BOLTON Saturday April 28- 2018
	GRANT YATES-BROWN & RYAN WADE Mr County Durham 2018	DARLINGTON Saturday May 5th- 2018
	ALEX LARGE Mr Liverpool 2018	LIVERPOOL Sunday May 6th- 2018
	JAMES ROOM Midlands Show 2018	DUDLEY Saturday May 19th- 2018
	MARTYN YATES-BROWN Mr Cumbria 2018	WIGTON Saturday May 26- 2018
	STEPHEN TAIT Mr Northumberland 2018	GATESHEAD Sunday May 27- 2018
	CHRIS & NIGEL BEARE WITH LINDSAY HARRIS South West 2018	PLYMOUTH Sunday June 3- 2018
	MARTYN YATES-BROWN British Finals 2018	GATESHEAD Sunday June 10- 2018

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COUPLES TRAINING

WITH JOE AND VAIVA SHARMAN



So they say, to have a successful relationship you must have something in common. A hobby maybe, where time together can be enjoyed without the pressures of everyday life. For Joe and Vaiva Sharman it appears they have found just that, but can you stay friends when the pressure of that hobby is as extreme as body building is?

For most people sharing a hobby is kind of

a nice thing to have.....But with body building it's more like escaping the pressures of normal life, with an even greater pressure. However, body building requires passion to be successful at it, and combining this passion with another human being that you also have a great passion for can be the most

fulfilling.

Couples Training! Can it be done without wanting to crash that bar down on the chest of your loved one when he or she hasn't been pulling their weight with the household chores?

We are almost a perfect match here. You see...Joe hates most household chores



except the cooking and washing up and cleaning the kitchen afterwards. Vaiva is lesser skilled in the culinary department and will avoid the washing up at all costs. Vaiva is happy to keep on top of the washing and general house cleaning, which Joe avoids, bliss. The only time we get tempted to drop bars on each other is when we think the other is slacking in the weights room. That's when things can get a bit heated

Joe and Vaiva are proving that their love for each and other and their love the sport can go together! Joe/ Vaiva do you have other training partners apart from each other and what made you both decide that training together was the way forward?.

Our relationship started a bit

cliché, Personal Trainer, client. Vaiva was new to weight training and had just lost a couple of stone the typical way women do when they tire of the way they are, by crash dieting and doing loads of muscle wasting cardio. She wasn't happy with the 'saggy' look she had created. On the first PT Vaiva showed how serious she was by insisting Joe 'hurt her' during the PT. So her limits were tested and she showed such great spirit and determination, something Joe found very endear-



ing. Joe continued to PT Vaiva and things blossomed from there. We do have other training partners, but we also like to train alone, but always make opportunity to train together when we can, usually weekends, when we like to go on road trips to visit other Gyms.

Where do you train and how do other respond to man and wife hitting the weights and practicing posing in the gym? How much input do you both have when it comes to your diets, or is this best left to a prep coach?

We train at Heroes Gym in Spalding Lincolnshire. We are very well known by most who train their and feedback we get

is very positive, even when are stripped half naked. We are often called the 'perfect couple' and 'inspiring' Our Gym colleagues and Joe's clients like to follow our competition very closely. Diet is usually done by Joe for both, we try to keep things simple and similar so that cooking is efficient. However, considering Joe's 'almost' successful competitive career, he has eaten some humble pie and started sharing advice and ideas from local Yorkshire heroes from Iron Wolf Gym, Knottingly, Laimonas Minkevicius and his wife Dovile.

Prep for a body building competition can be extremely taxing on everyone around the athlete, is this double trouble when you are both tired and depleted?

Actually, we both have a very healthy perspective on this. Firstly, we are fully accepting that this is 'our' goal, and the only people it should effect is us. We think we succeed here. Doing every show together means we can fully appre-

ciate what the other is going through, so we know when the other needs a wide berth. We are also very similar what effects us the most, abstinence from food and hard training we both do with relative ease. It's the constant tiredness that gets us the most. Whenever one or the other is down, our most common response is 'it's only temporary'. Because everything is, every up and ever down will inevitably reverse and continue to do so, and this applies to all in all aspects of life.

Is there, has there been any occasion when you would quite happily Do you both have similar goals and how difficult can it be to strive towards these goals when you see so much of each other in and out of the gym?

Our goals are very similar. Neither of us are materialistic, we just love doing what we do and simply strive to improve. The only thing that really gets in the way of our goals is our addiction of competing. We started competing at shows together in Autumn 2016 where we did 5 shows together. We did a further 5 in Spring 2017 and have done 4 already Autumn 2017 with a further 5 to do. We keep talking of taking a season off, but neither of us think we can. We love it so much. As our goals are similar it's an absolute pleasure to be able to be together so much.

With many years of experience behind you, do you think sharing knowledge has helped your relationship in and out of the gym?

Absolutely. Vaiva is hungry for knowledge, she has already passed her level 2 instructors course and is working on her Reps L3. She has had coaching from Emma Hyndman for posing. She has studied the stage presence of some of the best such as Kelsey Yung, watching YouTube until she can replicate in her own personality. Something she has nailed, won



2 best presentations this season, and has been complimented by the mighty Tom Platz personally on how pleasing she was to watch at a recent show. To see each other succeed and grow doing something we both love is very rewarding.

Exactly how do you come up with a routine you can both agree on and still be competitive?

This came quite naturally. As previously mentioned, the jobs on likes, the other dislikes. We do simple things, like cook the next batch of rice or chicken when one uses the last bit. If we notice stocks of food are shortening we have a blackboard in the kitchen where we write down what's needed. When one of us has chance to shop we photo the blackboard and pick up new stock. None of this was really discussed, it just happened as a matter of

course.

What has been the most challenging part of prep?

The hardest part of prep is actually show day. We do everything together, and we take great pride in watching each other succeed, but show day is very selfish, you just want everything to go 100%, and focus is mostly on oneself. It's about the only time we wish we only had ourselves to worry about. This is the day when voices are most likely raised. But it's very short lived, we'll probably not talk for half an hour, then carry on as if nothing had happened.

What benefits does training with your partner have when compared to what is considered a more traditional choice?

The more extreme something is, the greater the reward. We are each others biggest critics, so when we see each other succeed we both experience a big lump of pride grow in our throats. Not many couples experience that on such a regular basis.

PROTEIN PACKED MEALS



IN 15 MINUTES!



SHORT ON TIME, TOO MANY MEALS TO PREP. WE ARE HERE TO HELP.

ONE OF IF NOT THE MOST IMPORTANT ASPECT OF A FITNESS LIFESTYLE IS OUR NUTRITION. WITH SO MUCH TO DO IN A FAST PACED SOCIETY GRABBING AN EASY TO EAT MEAL OFF THE SHELF FULL OF SATURATED FATS AND EXCESS CALORIES IS VERY EASY AND EVEN MORE SO, TEMPTING FOR THE MODERN DAY MAN. WITH THESE EASY PREP UNDER 15 MINUTE MEALS, ALL THAT IS A THING OF THE PAST.

Proats

This has to be one of the most nutrient dense meals available and by far the easiest one to make. I prefer to make this meal the night before and consume it as meal number 1 as I wake.

Method

Add to a bowl a cup of oats a quarter a cup of mixed seeds and a scoop of whey and simply add a scoop or two of your favourite protein and mix with cows milk or almond milk. Leave this in the fridge overnight and HEY PRESTO a delicious bowl of goodness. You can even top it off with a handful of selected fruit and coconut.



High protein wraps

A great meal to eat in or take away. The beauty of the wrap is with a little extra prep, you can wrap tin foil around it and take it for a fast easy meal on the go for later.

Method

Take a wholemeal wrap and throw in some chicken, mixed peppers, lettuce, maybe some hot sauce and a large spoon full or two of light mayonnaise and your good to go. Around 30 g of carbs and 35-40 g of protein and easy peasy.



Protein balls

We simply cant leave the list without adding a treat to the menu. Well when we say a treat, the ingredients list here ain't too shabby and wont pack on the pounds of fat like many treats do. The secret of these bad boys is the honey, a few table spoons of honey really adds to the flavour.

Method

Combine into your food processor:

Oats

Bob's Red Mill Chocolate Protein Powder Nutritional Booster <- it's vegan, gluten free, naturally sweetened with monk fruit, high in protein and fiber, and we're super obsessed. Actually, we're obsessed with ALL Bob's Red Mill products -> if you haven't tried our Mediterranean Farro Salad you're missing out. □

Cocoa powder

Almond butter

The teeniest bit of maple syrup

Almond milk

Pulse above together □ until a ball forms. scoop the ingrients out and roll into balls, store in the fridge for later.

Super quick and super tasty.





ARE ALL BODY BUILDERS NARCISSISTS

We have all seen the guy in the gym that finds it a physical impossibility to pass a mirror without flexing, worse still any sort of reflexion. A car window a store front window or the microwave at home! This is often followed by a comb of the hair with the hand and a large grin from ear to ear in self admiration. For these lads and some lassies the gym with wall to wall mirrors, is set up for perfect self worship. The vast majority of us are working at making the reflexion live up to our ideal physique we dream of.

All body builders are narcissists? Something I have heard time and time again. Most normal part time trainees would probably agree with this statement.

Are all body builders narcissists? And if we are, is that necessarily bad? Maybe this depends on just how narcissistic the individual is. Just glimpsing your reflection does not make you are narcissist.

True narcissism is extreme selfishness, with a grandiose view of one's own talents and a craving for admiration, as characterizing a personality type. These individuals expect special treatment, they believe they are perfect, special, they rarely consider the feelings of others in efforts to further themselves.

Many will say that almost everyone has some of these traits to a degree. The strong desire of narcissists to lead can and often does result in a high achiever and this desire is something we could all benefit from. So next time you are in the GOOD mirror how will you you handle your narcissist tendencies? Keep a balance with the real world, stay grounded. If not kept in check you will more than likely pick up the heaviest weight near you and (ego lifting) and begin straining through a set to impress others rather make progress.

I am all for believing in yourself and pushing forward. However when you fail to distinguish confidence with arrogance the time will come when you have more injuries than muscle. We are all human not superhuman, you are no better or special than the rest of us.

High-level narcissists tend to value their own opinion while dismissing everyone else's. They will ignore good advice from friends, trainers and fellow gym rats. But when a judge is saying 'mate your back and bicep development really needs addressing' chances are you need to listen! That being said don't fall into the trap of listening to everyone around you as this will lead to mass-

es of confusion and most wont tell you when you are not doing well through fear of upsetting your delicate persona.

Narcissistic behaviour is also linked to the stress hormone cortisol, according to a 2012 University of Michigan study.

As body builders cortisol is something we tend to stay clear of as much as we can, this hormone will wither your gains away like nothing else.

Susan Konrath, a leading psychologist involved in the Michigan study, states, "Narcissistic men may be paying a high price in terms of their physical health, in addition to the psychological cost to their relationships." So, our physiques and our friendships will benefit from reining in any unhealthy narcissistic inclinations.

As body builders we talk a lot about the importance of the mind/muscle connection. Who knew that one of the most effective ways of optimising it was to take a simple piece of advice: Get over yourself?

Article by John muscletricks King.

TARGETED DELT ASSAULT

WITH CARL STANNARD

Few aspects of a physique convey power and strength more than well developed shoulders. Carl Stannard has a set of shoulders that appear to be able to handle any weight thrown at them with ease. This type of depth and development doesn't come without hard graft in the gym. We can all grab BIG heavy weight and throw them around without care or attention to form, but what sets Carl apart from the rest is, He is using the same weight as the ego lifters but with form and intensity few can handle.

The shoulder muscles cover the shoulder joint on three sides, arising from the front upper third of the clavicle, the acromion, and the spine of the scapula, and travelling to insert on the deltoid tubercle of the humerus. Contraction of each part of the deltoid assists in different movements

of the shoulder - flexion (clavicular part), abduction (middle part) and extension (scapular part). The teres major attaches to the outer part of the back of the scapula, beneath the teres minor, and attaches to the upper part of the humerus. It helps with medial rotation of the humerus.

Close attention must be paid towards ensuring the rotator cuff is fully warmed up first and foremost before any delt assault is even considered. (this will be covered in a separate article) The shoulder joint is one of the most mobile in the body but it is also one of the most unstable and is therefore more prone to injury than any other joint. Great care must be taken when attempting to gain muscle failure during training and shoulder injuries are very unforgiving to a body builder.

Pay attention to the form now and reap the rewards of monster shoulders in the future.

Ego lifting must be left at the door and when its time to go to work, then intensity must be kept high at all times to ensure safe development. An injury at this point will set you back months if not years!

Choose a standing position over a seated position at all time. Although a seated position will ensure better form as the body will be less prone to swaying around to aid lifting the weight, a standing position will engage the core more. A tight core throughout the range of motion will help every exercise performed in the gym from squatting to deadlifts.

Article by John muscetricks King and Carl Stannard.

STARTING POSITION

ENDING POSITION

Hold the dumbbells in front of your thighs, palms facing your thighs. Using a weight that will not tax at 5 reps but will become to get difficult at 8 reps.

Keep your arms straight with a slight bend at the elbows but keep them locked. This will be your starting position.

Raise the dumbbells in a semicircular motion to arm's length create a 90degree angle with your torso as you exhale.

Keep your core tight and raise concentrating on making the arm raise with no body movement.

Pause for a count of one second.

Slowly return to the starting position using the same path as you inhale.

Repeat for the recommended amount of repetitions.



CARB DEplete AND LOAD BASICS

Tight as a drum full as a house!

Glycogen depleting and the following loading process most body builders use for show prep is a protocol used typically in the last week before a show. Why do we deplete carbs (glycogen)? We do this to eliminate water beneath the skin and ridding the muscle of as much glycogen molecules in your muscle cells. The glycogen process requires water to perform its job making us appear more defined full and hard. Upon depleting carbs the body will appear flat and lacking in vascularity, but don't quit yet this is the goal to totally deplete and to them super-compensate with loading back up again.

When its time to replenish the carbs usually after a four day depletion your stores will fill up nicely and you will get the desired look of a tight full to bursting body builder, with far less water under the skin than before. The end result is to reduce water under the skin and keep all or as much water as possible in the muscle tissue.

Water depletion.

A common practice performed by many a competitive body builder and something I have utilised myself. Some however will risk their health by reducing water intake to a dangerously low level and not something I would advise doing myself, this practice has also been shown to be ineffective! Muscle tissue consists mainly of water, around 70% of the muscle is water! If you drastically reduce water intake the muscle will lose fullness and appear very flat and stringy onstage. Muscle cramps will be prevalent and painful throughout the time on and off stage too, a situation that is not much fun, believe me as I have made this mistake myself.

The human body is designed to protect itself from sudden changes such as water levels changing in the body and will fight against you hard to keep a well balanced level. When water is low the body will release anti-diuretic hormones that will cause subcutaneous water retention

to prevent dehydration resulting in a smooth appearance.

Safely deplete and load!

Depletion phase;

Saturday is big show day and therefore you could attempt the following to get in the shape of your life.

Sunday- day one begin a deplete
Monday- day two deplete
Tuesday- last day of depletion
Some individuals will load sodium raising as high as 5g at two weeks out then on the Wednesday cut sodium. Water is a little more difficult to manage. At ten days out increase water to a higher level ensuring it is still a comfortable level and you are not drowning in the stuff. This will give the response of a diuretic effect as increasing water so high will force the body to find a balance and shed as much water as it can.



10 days out-up water
1st carb deplete day-keep it high
Tuesday-stay at a high level
Wednesday-decrease by a third
Thurs-half original from ten day out
Friday-only enough to quench thirst but if you feel you need it, take some sips now and then.
Saturday-show day, no water just sips or tongue wetting.

Loading the fun begins;

Wednesday-start carb load, cut most sodium out of your diet
Thursday-keep loading, keep the sodium out
Friday-cut water out and keep

eating low sodium carbs
Saturday- wake up early, see if you need more carbs, a good idea is the let someone experienced look at you and make this decision, If you do eat, if you don't, don't eat, you will just get bloated and look a mess.

The night before the show, many find that eating something like a cheese burger or pizza may be of some benefit. The sodium will help fill you out a great deal. Too much and this can backfire so be careful not to get carried away.

The day of the show try to eat simple carbs which act faster than the complex carbs, particularly right before within five minutes of going onstage.

Carb depletion training.

Do not go anywhere near total failure stop a few reps before this and resist the temptation to go all out.

Try the following as an example training split for depletion.

Back-3 sets rows x 15-20
Chest-3 sets bench press x 15-20
Do chest and back like a super set.

Shoulders/arm/triceps using cables, side lateral cable raises, tricep pushdowns and bicep curls
-2 sets x15-20
Do these in like a tri-set.

Hams/quads, calves seating hamstring curl, leg extention, calf raise machine -3 sets x 15-20
Do these in like a super set.

The above is a common approach to carb depletion and loading many body builders will use. Do so at your own risk we are not advocating manipulation water and carbs long term this is a short term solution to appearing tight and full.

MUSCLE TIME MACHINE

JOHN CITRONE

In the forty years which has elapsed since he started training at the age of fourteen, until his appearance on the podium in the 1999 World Championships in Vienna, Austria.

The career of the Anglo Italian John Citrone has been anything but short on success. A whole series of affirmations on physique contest podiums and in life generally have brought him from a modest family of ice cream merchants in Frozenone, Italy to become a great sports champion.

Champions are not born, and John had to earn his position in life with passion, hard training and discipline. One could say that John was born for the sport he loves. The more he trained, the more he gained strength and muscular volume.

Today John's in his sixties, he is the Body Builder who has competed for the longest time, a career that extends over 50 years unique in the British Body Building Hall of Fame. In this respect he holds a unique record. Mr Britain titles in all three age categories, junior, senior and masters, besides eight Mr Universe titles, two Mr. World titles, and these honour's must be added the British bench press title and his exceptional performance as a strong man.

Strength has always been a Citrone characteristic, as he has demonstrated at countless shows. He is a complete athlete with a compact and super muscular physique and also a



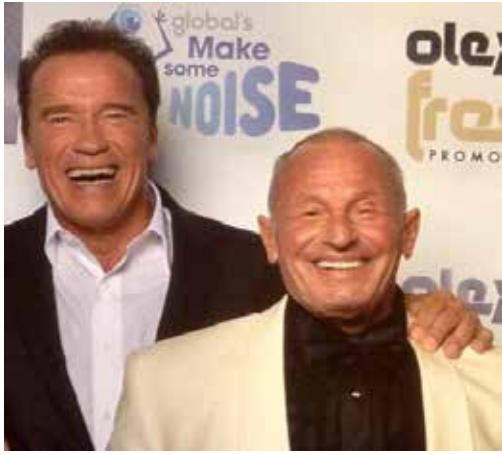
world authority on the sport.

At the age of 25 in 1968 with a body weight of 176 pounds and a height of only 5 foot 4 inches, he bench pressed 488 pounds before a large audience in Northern Ireland, a record that stood for many years.

John Citrone's career started in 1958 in Chester-le-Street his native town where he began his climb to the world body building elite after a few months training he bench pressed 220 pounds at a body weight of 143 pounds.

At sixteen while still a schoolboy, he bench pressed 297 pounds at a body weight of 151 pounds. He used to train alone in a little room set apart from his father's ice cream parlour which





he later inherited.

In 1960 he started competitive body building. In 1961 he won the junior Mr Britain title and became famous throughout the U.K. He took part in the NABBA Mr. Universe in 1963/64 and in 1965 he won the Mr. Britain.

In 1966 he won his first Mr. Universe title also the Mr. Europe title. In 1967 John Citrone won another Mr. Universe title beating the famous American Freddie Ortiz, he then retired from competition but came back in 1982.

In 1991 he again returned to compete and at 48 he won the Mr. Europe and Mr. Britain Masters. At the age of 51 in 1994 he won the masters NABBA Mr. Universe and the Masters WABBA World Championships. The following year he repeated these two successes.

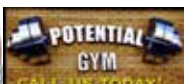
John Citrone says proudly that he remains what he has always wanted to be all of his life, a body builder. He is probably the most respected and authoritative exponent of body building in England, if not the world.

For John to achieve what he has throughout his life it has taken him a lot of time, hard word, discipline and dedication. He has competed worldwide for his titles and has become one of the most respected body builders in the industry.

In 2000 he earned his place in the British Body Building Hall of Fame where famous names Bill Pearl, Arnold Schwarzenegger and Tom Platz also reside.

Article taken from Johns website johncitrone.co.uk

- 1964
Mr Universe - NABBA, Short, 2nd
- 1965
Mr Britain - NABBA, 4th
Mr Universe - NABBA, Short, 4th
- 1966
Mr Britain - NABBA, Most Muscular, 1st
Mr Britain - NABBA, Winner
Mr Europe (2), Short, 1st
Mr Universe - NABBA, Short, 1st
- 1967
Mr Universe - NABBA, Short, 1st
- 1968
Universe - Pro - NABBA, Short, 1st
- 1969
Universe - Pro - NABBA, Short, 1st
- 1977
Universe - Pro - NABBA, 6th
- 1982
World Amateur Championships - IFBB, LightWeight, 11th
- 1983
Universe - Pro - NABBA, 7th
- 1991
Mr Britain - NABBA, Masters, 1st
Mr Universe - NABBA, Masters, 2nd
- 1992
World Championships - NABBA, Masters, 4th
- 1994
Mr Universe - NABBA, Masters, 1st
- 1995
Mr Universe - NABBA, Masters, 1st
- 1996
Mr Universe - NABBA, Masters, 3rd
World Championships - NABBA, Masters, 1st
- 1997
European Championships - IBFA, Short, 2nd
Mr Universe - NABBA, Masters, 1st
- 1998
World Championships - NABBA, Masters, 3rd
- 1998
Mr Universe - NABBA, Masters, 1st
- 1999
World Championships - NABBA, Masters, 1st
- 2002
European Championships - NABBA, Masters, 1st
- 2002
Mr Universe - NABBA, Masters 40+, 2nd
- 2002
World Championships - NABBA, Masters, 1st
- 2003
European Championships - NABBA, Masters 40+, 5th
- 2004
World Championships - NABBA, Masters 40+, 7th
- 2004
European Championships - NABBA, Masters 50+, 3rd
- 2005
Mr Universe - NABBA, Masters 50+, 1st
- 2005
European Championships - NABBA, Masters 50+, 1st
- 2005
Mr Universe - NABBA, Masters 50+, 2nd
- 2005
World Championships - NABBA, Masters 50+, 1st





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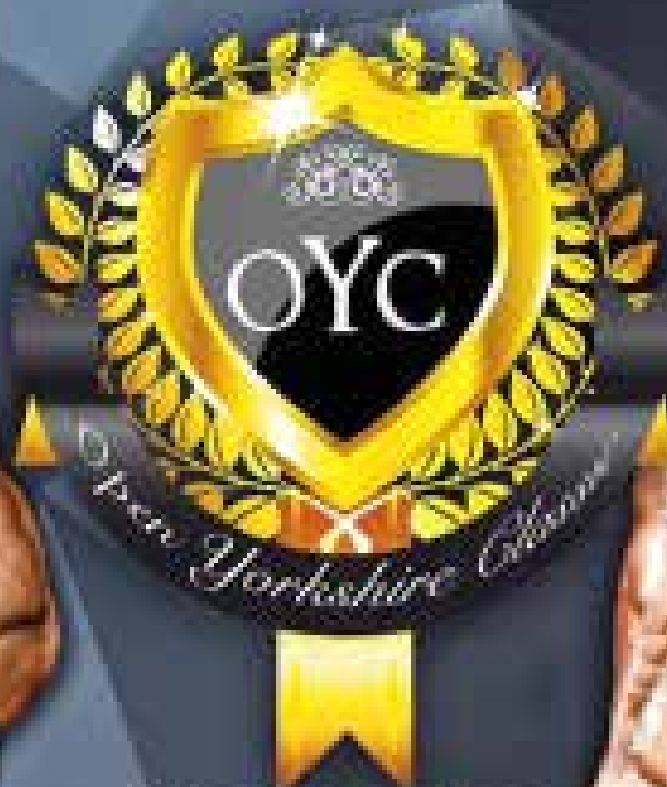
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MENS CATEGORIES

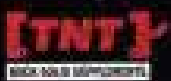
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