

LET'S BUILD AN ARMY

MUSCLETRICKS

MAGAZINE



OPEN YORKSHIRE CLASSIC



OPEN YORKSHIRE CLASSIC 2017 REVIEW

OCTOBER
2017

Guest Star
Drew Walker
Junior Mr Britain

Guest Star
Steve Johnson
Mr World



At the Castleford Civic Centre

Ferrybridge Road, Castleford, WF10 4JH

BOOK EARLY TO AVOID DISAPPOINTMENT

Tickets: Single: £20.00 (seating, food & drink not included) Powered by NBSM Health & Fitness Magazine

I have been ivery fortunate to have been involved with the Open Yorkshire Classic since the 2013 show. Ever since that day I have been blown away on how much time and presentation goes in to each event and the respect each competitor has for each other.

The trophies alone are the best I have seen in any show - the work goes in to making these one off pieces of art just shows how passionate the curators are for the Open Yorkshire Classic

I continue to repeat myself when stating that the event just gets better every single year without fail ! I stand firm with that statement. There is something a little special about this show and as you can see from the comments below, I am not the only one that loves every second of this awe inspiring day.

Many aspects of what was once ground breaking organisation/ planning brought to reality by Jason and Paul are now being copied by many other shows around the country! Unique trophies every yr . Now boasting the GArY Lister invitational as an added bonus. With weighing in at 25kg and standing around 3 feet tall bring body building fans from all around the country are flocking to the show to witness the event that is THE OPEN YORKSHIRE CLASSIC.

Kirsty Elise Duffield Was an awesome day!!! I absolutely loved it! Such a well run show

Richard smith over 50s travelled all the way from Old Bury Sandwell

A post from my individual routine at the Yorkshire classic on Sunday pleased with how I am now able to change it up a little on stage and pick up new poses as I grow in experience - great show and great people so many great hard core gyms represented here - Yorkshire is really the heart of grass root.

Steve Flynn judge,

The Open Yorkshire classic show was probably, the best show I have judged in ages. I love this comp. Some fabulous physiques on show. For me, a notable one was the little pocket rocket who came 2nd in toned figure. Also the Under 80kg winner, Robert Waterhouse lines to die for. But, for me, the standout bbuilder of the day was a female. Nicola Goodwill, top to toe world class. Great to see females with muscle have a stage to show it on, once again.

Well done Jason and Paul for this.

Craig Smith over 40s competitor.

The Open Yorkshire classic, what a fantastic show ... highlights for me was seeing old friends, be- ing on stage with my mate John King in the Gary Lister classic , team tops guest spot with Nabba legend Steve Johnson but best of all was seeing our Kate Smith back in shape doing battle with the absolutely amazing Nicola Goodwill she was by far the stand out physique of the day and blew me and many others away. .. wow !! Big respect to all xx

Ryan Hardcastle over 90s competitor

First time I've ever been to the Open Yorkshire Classic and it was an awesome show; I really enjoyed it. Just a well run independent show!

Hannah Marie Eastwood

Fab day, as always at the Open Yorkshire Classic really well run show by Jason Matthews great to see local people competing always such a friendly atmosphere!



Steve Johnson Mr World.

My philosophy has always been to enjoy the journey. We do this body building malarky out of choice so you wont see moan about it I just get on with the job and hope I lead from the front as far as my team goes.

Now here is where the special mentions need to go! Everyone who helped me onstage today at the Open were not in their usual stage condition, but never the less got up there to back me up so today was a celebration of #teamtrops and what we stand for along with the support we give each other. Ricky Macdonald mad me laugh today - he is the disability Mr Hercules Olympia champion and was more nervous today than when he competed. John Raynor travelled from Lincolnshire to back me up and the fabulous girls Lisa Jayne Murphy, Emma Somers and Kristina Kate gave up their precious time just to help little old me. Special thanks goes to Coral Marie Cranmer who has never competed (as yet) but put the video and music edits together and had a big control on the choreography although you will notice it was a little ad-libbed as some things didn't go to plan.

WOW! is all I can say about the trophy which is mahoooooosive!!! Jason Matthews & Paul Jeffreys really spoiled me with that one (I



will post pics as this is a very personal and special trophy for me. I know my days are numbered onstage but what a way to go out. Best trophy ever!!!!

Buzzing to have my daughter and sister & nephew there in support too along with some more of my clients. Shame the most essential member of #teamjohnson Lesley Anne Johnson wasnt there as unfortunately she was tied to work but she was in my thoughts as anyone could hear in my interview!

On top of that #teamtrops had 4 competing today. Kristina Kate came 5th in Toned and is ready for a rest from the stage now after doing a lot of comps this year and we will be detailing improvements needed in the near future. Craig Squishy Smith far from his best but if you all knew his journey this year you would agree he deserved his stage time but now its time for him to get more control in his life and training with a long term plan in place. Kate Smith has re-



Gavin Shawcroft

Im Gav, almost 40 years old (December 29 if anyone wants to get me a card☐) and live in rotherham, i started training at aged 14 and have never had time off! Competed for the first time at 31...coming 2nd of 17 at Nabba north east...the following week I won my class at the Doncaster Dome show.... Bit of a mixed bag after that!7 further shows gaining another 2nd, few 3rds and a 6thwith one where I didn't place.

I have mostly been a bit of a 'wildcard entry' ...smaller guy in open classes hoping for a place based on condition.... I chose the Open Yorkshire this time (competed a few times there before) as I thought I really need to see how I go on against my own size (under 70kg) ...and Paul and Jason always put on a great show... The events where's there's been a rock group etc have really added to it...along with good lightning and stage....also...I really want to head to 'xscape' afterwards for my 2nd challenge of the day.... All I can eat!

I started prep about 6 months ago.... I very

ally brought it this late season with great conditioning and simply been beaten by quality girls over her last 2 shows but she has really impressed me with her determination and much improved conditioning.

Star of the show today though was Emma Hill who after competing and winning her first show in Athletic class last week came in much tighter (as planned) and ended up getting moved to Trained. This didnt phase her one bit and she got on with the job and only ended up winning in a great class. This girl is amazing and now its a deserved couple of days off plan and then we will target our next show in the very near future.

Thank you to everyone who said hello today and verbally supported us onstage you all added to what was a great day for me and the people I coach.

*Onto the next challenge
Coach out!*





much believe isolating muscles and getting as much blood in as possible... I don't lift heavy. Cardio I've done twice a day for a long time in order to make weight. My peak week is always low carb with water load... cutting water and carb up the day before.... this time I think I will just carb up on show day....not risking not making weight now!

Leon Levesley

*The Open Yorkshire Classic gets better each and every year!
Having won the over 90kgs class last year it was strange being a spectator this year but luckily I had my client Ellis competing in*

the Under 18's and some of the Elite Physique lads there to support him.

The standard of each class was very good and was great to see some familiar faces there as always and catch up with some friends.

Ellis won the under 18's but unfortunately had no one else to compete against.

That's to take nothing away from this lads hard work and still 4 weeks out from the novice finals he is well on track to come in at his best.

The show ran smoothly and was busy right up to the overall which is a good to see.

I'll definitely be back next year

Kirsty Elise Duffield

*This is the second year that I have competed at the Open Yorkshire Classic and I have to say it is one of the best run shows I have competed in. As soon as you arrive your directed to where you need to be and the registration process is quick and easy, then its off to the dressing rooms. There's only a number of rooms available to get ready in but because of how smoothly the competitors are called through and the timings of the show this really didn't matter because everyone found space to tan, change and pump up without feeling cramped or under extra pressure to be in and out as fast as possible. The guys that are running the event are well marked with their tee's which I find can always be a bit of an issue not knowing who's *who or where to go but they have been yet again the most helpful staff ever and know exactly what to do! When I got moved class it wasn't an issue for them to find me a new number, sort my music and make sure I was happy with the change - absolutely perfect and thank you for making this possibly stressful change over easy and straight forward! can't wait to see you all next year**

Richard Gannon,

I have competed in over 20 shows across different federations but my favourite show is and always will be the OYC. I even proposed to my beautiful wife onstage. The OYC is joint organised and co-promoted by one of my best friends Jason Matthews who is one of the people who encouraged me into becom-



PHOTO ABOVE
JOE INGRAM

ing a body builder . Although I had trained for years like a body builder and always admired the physiques of people like Arnold I had watched in films growing up and He-Man on cartoons it wasn't till Jason decided he was going into show promoting that he talked me into finally get a show done and compete at his show.

So I did and entered the first timers at the second ever OYC . Jason prepped me and I was lucky enough to get a win in

my first ever show. This gave me the bug for body building!

The crowd is always fantastic and it is always packed to the rafters which as a competitor can be nerve wrecking but over the years have competed in some big shows like the England , Uk and Universe but the biggest and loudest crowd i have encountered is still the OYC! I have in total competed in the OYC 5 times over the years and won 3 different classes the 1st timers , under 80's and under 90's (which I do not think any other person has done). From the start the OYC has always tried to put a show on for the audience and keep things fresh and the trophies are second to non, really rewarding athletes for there work they put in.

I always approach the OYC like It is the Britain or the Universe , as there is a very high level of competitors take part , so you can not afford to approach it in any other way and each year i see the standard go up and up .

Since Jason first took me under his wing , teach me the basics of body building and encouraged me to compete in the OYC back in 2011 i have never looked back. As said earlier i have done over 20 shows , 11 wins and only ever been outside the top 3 on 4 occasions . One of my major achievements is

qualifying and competing in the NABBA Universe on 2 occasions. My stats are as follows , Height 5ft 7in , and my current off season weight is 16 stone 5 and my last stage weight was around 14 stone. I hope to continue competing and haven't put a time on when I will stop, I've just always said if I feel I am still improving I will carry on.

My main goal/dream like most body builders would be to win the Britain and come in the top six at the Universe , but we can always dream lol. But no matter what I achieve in body building or how many shows I do the OYC will always be my first show , my first win and always have a special place in my heart

Jody Shuttleworth judge.

Team work ☐....one of the best shows around, goes from strength to strength every year. Thank you to all involved in making it what it is.

Kieth Rowntree .

Awesome show, well organised, friendly staff, brilliant atmosphere. Top competitors, best goodie bags and trophies I've ever seen at any show I've entered. Really showed how much respect you have for the competitors which is how it should be. Taking year of to gain some more size then back 2019 and will always make this a show in my competitive calender every year..

EDITORS NOTE,
SEE YOU ALL IN 2018 FOR THE NEXT OYC EVENT



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



muscletricks magazine strives to give an honest and useful review on all products tested. We are not responsible for any claims made by the manufacturers. All products are designed to act as a supplement to a healthy balanced diet.



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PRODUCT OF THE MONTH

I searched the net over and over for the highest quality isolate that will fit right in my budget,

After hours looking for the right product I was still overwhelmed at the amount of isolates available out there.

A good friend of mine had recently began working within a uk based company uf4u.co.uk and it made sense to ask his professional opinion on what brands to seek out.

We chose biotech iso whey zero a product that i had previously tested from a sample given to me when i competed at the open Yorkshire classic, the sample i recieved was a coconut flavour and after devouring the sample in a post show refeed if i am completely honest i had maybe 15 different samples of whey and protein bars. All of which i can barely remember even tasting as the post show hunger or greed, so was so strong at the time.

When the biotech arrived the very next day i immediately opened the box and mixed up a batch to gulp down .

WOW this stuff was amazing a smooth coconut taste with very little residue in the shaker after consuming, something that is always a good sign of a quality product in my eyes.

Over all a great product at a reasonable price but the service i got from uf4u.co.uk was extremely efficient with a very easy to order system online and some where I will be ordering from again.

Mix 1 serving (25 g, 1 measuring spoon = 2 heaped tablespoons) with 200 ml water and drink twice a day.

87% Iso Whey Zero Blend [Cross-Flow Micro- And Ultra-Filtered Whey Protein Isolate, Aminoacid Complex (L-Arginine Hcl, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine)], Cocoa Powder, Flavour Enhancer (Glycine), Coconut Fat

Packaging: 2,270 G (90 Servings)

uf4u.co.uk



GARY STAINTON

ATHLETE PROFILE

*I'm gary stainton
age 46
from Mansfield Nottingham .*

I have been weight training for about 28 years. I come from a American football background where I started playing at 14 years old.

I started moving weights around at home in boarded loft area at 16 years old. Not having a clue what I was doing ,bad form and no diet ect . At 18 years I moved up to senior level at American football and noticed I could not get by with raw talent alone. I needed to be bigger / stronger/ faster. So I joined a local gym where I lived in Stapleford . Muscle tone gym owned by Mick Townsend, he had body building background and number of guys training there

competed . I had no interest in body building at time just wanted to be bigger and stronger. When I got to age of 21 Mick approached me and said have you ever thought of competing? I laughed and said I train for football! I might compete one day? He said your one of them guys that says you will compete but never will. Well this was a red rag to a bull ,week after I asked for a diet to get ready for show.

One of them guys that says he will compete but never will.

8 weeks later won mr east coast novice. following next 2 years did nabba novice

Britain finals in Birmingham placing 4th and 7 th .

I decided could no longer balance two sports at high level and chose American football. So hung trucks up. 16 years went by and I reached 40 went to watch local show and said lets give it another go!

So the last 5 years I have been working hard competing and getting better each year.

My offseason diet is fairly clean in the week and week-ends come outside the box! I have 6 meals a day with protein and carbs in all of them. I obtain good fats from oily fish and nuts.



DIET

breakfast oats banana 8 egg whites
mid morn oats whey fruit
dinner potato salad fish
mid afternoon whey banana flapjack
evening meal chicken potato and veg
evening low fat yoghurt cereal casein whey .

The biggest obstacle in body building I have to overcome is muscle density , I'm not genetically gifted to be big. I have overcome this with my condition.

If I'm ripped on stage I stand out and have to be noticed, big guys stand out autocratically.

My prep diet is old school I use a diet from early 90's Mick Townsend wrote out for

me. it consists of carbing 3 days and de carbing for 3 I cycle this for 8-10 weeks depending on condition at start of diet .

I'm only about 1 stone over competitions weight in off season.. I don't have a prep coach I look after myself. When getting ready I know how my body works what it needs and what I can get away with.

I'm very focused whilst dieting don't come away from food on diet sheet I have 1 cheat meal a week.

supplements I use whilst dieting. ..thanks gary low carb whey.

cla and l-cartartine to break down fats.

amino acids and glutamine repair muscle tissue after training..

omega 369 good fats ..

multivits to replace vits taken out whilst dieting.

I train at local leisure . With no body building knowledge they look at me like I'm a two headed monster.

I have two training partners who are younger than me, which pushes and motivates my training always set a goal each year normally a show date and focus training around that.

CARB DEplete **CARB LOAD**



After speaking to countless body builders over the years who all tried and tested this method with variable degrees of success, the results are in!

The old school method was to deplete the body of as much muscle glycogen as possible, glucose uptake would then be heightened and when re introducing glycogen in the form of whatever carb source you chose the body would overcompensate and fill the muscles up nicely.

The methods and trials of this

method of sound and will work for many individuals. The problem with this strategy is it doesn't always produce the desired effect, (I know nothing works 100% so don't jump on me here just hear me out)

Let's be honest I am not going to lay my reputation on the line and say that this process does not work, as I have used it myself and its worked fine, but there has also been times where

I have used this strategy and the results were far from what was expected. It simply doesn't always work for today's body builders. Let's look at what a competitive body builder endures towards the end of prep, a severely depleted physique, stressed and full of self doubt.

(I know nothing works 100% so don't jump on me here just hear me out)

Let's not fool around here I have interviewed hundreds of





body builders and rarely come across one that is full of confidence and is ready and willing for stage action. An environment of this nature is a recipe for muscle loss! If muscle is lost then there is little purpose of a carb load and the result of this can and does often end up a smaller body builder.

Even when using anabolics retaining muscle tissue can be very difficult

As we reach very low body fat the hard work is now switched towards protecting muscle breakdown and even when using anabolics retaining muscle tissue can be very difficult. When we reach a low body fat level suited for the stage the body is basically in starvation mode and will attempt to hold onto whatever fat it has left in an effort to protect vital functions.

Now under these conditions we then push further into the darkness with zero-carb diet, which will in itself reduce anabolism

and increase catabolism . And we wonder why we end up looking worse after a carb depletion and load. We are concerned about appearance here and a carb deplete and load will in some help but in general this strategy will suit someone who wants to increase performance rather than appearance.

Back in the day a depletion-loading process in body building had merit (although results were still spotty)—before guys started getting so ripped that muscle mass was in jeopardy. These days, most body builders, by the time they reach true contest ready condition, are already significantly depleted, as the majority will need to cut their carbs quite a bit by the latter stages of prep.

I myself recently went as low as 50 g a day before depleting and once depleting with zero carbs the results

were terrible. In these cases, rather than intentionally depleting glycogen stores further, just add some carbs back into the diet, as this will allow the individual to fill out without the risk of muscle loss. Carefully does it, as many body builders over-do the carb-loading phase and spill-over.

When prioritizing condition over fullness (a wise choice for most), one is better off holding back a little bit on the carb-load, rather than trying to attain that perfect balance between fullness and condition because you won't really know when you hit that balance until you have surpassed it, and then it is too late. Better to be a tad bit flat than spill-over.

Now add diuretics to the mix and we have a whole different story, maybe another time ...

*Thanks for reading
John muscletricks King*

SCOTT KING

UP CLOSE AND PERSONAL

*Scott King Up Close and Personal
"Believe & Achieve" Scott King.*

This is a simple quote that I always tell myself and my fans, because it really is true!

If you can believe it, visualise it, imagine it you can certainly achieve it.

I have always been ambitious, adventurous and very competitive with myself a bit of a perfectionist. This is not a bad trait to have but I can be quite hard on myself at times, but this is what makes me the man who I am today and it has driven me to push past my boundaries, step new challenges, goals, step out of my hometown of Leicester and comfort zone to achieve great things.

I'm a Virgo so that will give you an idea of the type of person I am, I have strong values, I am loyal to my friends and loved ones around me. I am creative and love to express myself through my body and with my emotions in how I move and express through my face and body through the camera, this is what distinguishes me as an iconic model in the industry.

I was going through a tough time after the sudden and awful death of my beloved mother who adopted me from a baby just a few weeks old, she was an amazing lady and I was welcomed into her large family with 18 others, life was tough but we were all loved but it was tough



love and I learnt a lot from my parents and developed my personality very quickly, I didn't enjoy school too much as I was involved with bullying and fighting in school and I didn't have any real direction at this point of my life as a young boy.

I made the brave decision after the death from cancer of my mother to travel and I spent most of my time in the USA



NG

NEILGLOVER
PHOTOGRAPHY&DESIGN



and surrounding countries helping children with cancer and the local charities raise money and offer support to the charities, I also wanted to take the opportunity while out there to develop myself as a model and work with some of the world's best photographers.

It was tough to stay in condition all year for shoots



especially with the amount of travelling that was involved but I met some amazing friends along the way and I love my American family for welcoming me to their county and making me feel at home there. I also worked as an actor recording short films where I was the creative director and modelling for Book covers with some of the worlds best female models





in the industry and so far I have been in 168 published romance book covers which is an honour, I had some of the best times and met some beautiful people.

I returned to the UK in January 2017 and after a break from the gym and hard dieting I decided to set myself a new goal and compete. I am lucky to have the support around me to help me achieve all the things that I have.

I was sponsored by a world recognised Supplement company in April 2017 and in that same month was asked to Judge at a National Fitness Show in London

and in October 2017 I entered my first fitness modelling show in 3 years, I won 1st Place as the European Muscle Model and 1st Place as Inked Model and 3rd Place Fitness Model over 35's which was a great honour.

I have my next Show in just a few days, so I am prepping hard to come in even better condition as this is the world finals and I want to improve on the last show.

After this event I intend to focus on my other career path which is public speaking events, I want to pass all my experience and knowledge on to help and support others, help people become more confident and have more self-belief, we really can achieve great things when we are positive but also surrounded by

good people, People who love us, support us and believe in us.

I also have a new clothing line and fitness business starting early next year with my partner and I am really excited to launch this to not only the UK but the USA market too.

I love fashion and Fitness so our designs will be a combination of the two with functionality, high quality material for athletes.

Follow me on social media for my next adventures! Don't be afraid to follow your heart and your dreams....



DAVE BOWDLER ATHLETE PROFILE

Hi guy's, Dave Bowdler here!

I'd like to start off with a bit of an introduction to myself and how bod building became a massive part of my life ... and 15yrs on still is!

My journey began back when I was a junior at the age 20, I had been training for 1 year and

decided I was ready to compete at EFBB (UKBFF) North West. I placed 1st ... that's when I was hooked!!!

that's when I was hooked!!!

Out of the 15yrs I have trained and competed for I have had 2yrs well needed break and gave myself time to grow as advised by my coach **FOODTECH** Ken Ro-

scoe, who has been by my side since my first win.

How and why I started.

My interest started at the age of 19yrs where I was "roped" into going to a body building show by a family member, the same show that I won a year later. When I watched the show I was in ore by size and condition of these monstrous men!! The person I will never forget was when





friend of mine that I have always looked up to Neve LOCKIN at Herco's Gym gave me a key so I am able to train as and when I need to 24/7!

My routine during competition prep would be; fasted cardio in the morning and weights in the evening.

My routine off season is to ensure each muscle group is trained once a week with light cardio post workout.

Best typical diet during prep

This year's prep was overseen by Neve Lockin At Herco's Gym where is managed every aspect of my prep from start of finish.

My diet from start to finish was:

Fixed carbs around 200g net which would be utilized around breakfast and post workout. Mid way through prep we changed this and went to carb cycling which went as follows;

Monday = 200g carbs

Tuesday =200g carbs

Wednesday = 150g carbs

Thursday = 100g carbs

Friday = 50g carbs (just post workout)

Saturday =25g carbs (just post workout)

Sunday =800g (Re-feed all clean carbs oats, basmati rice, potatoes)

My protein would remain the same around 300g per day

We found the carb cycling worked very well for me for the condition I was aiming for and achieved. By having a high intake of carbs on the Sunday spiked my metabolism ready for the next cycle.

Typical off season diet

the guest spot walked on Markus Ruhl! WOW!!!

I was average sized male at the time and figured if they could do it then with hard work and commitment then so could I!!

What routine suits your goals?

I was very fortunate that the gym owner a very close

My typical off season diet is no difference to my contest prep other than the intake of carbohydrates is increased to a flat rate of 500g net per day (no carb cycling) and the protein intake stays the same throughout.

What and who has been the most influential during your career

I would have to give this to FOODTECH Ken Roscoe who took me on as a junior and has been in my corner ever since. His knowledge for body building is second to none.

How far can you take this and what do you plan to do next year.

After my long over due off season (2 yrs) I return to the stage in 2017 and I competed in numerous amount of shows all overseen by prep coach Neve Lockin.

I feel this year I did bring my best ever package to date (see pics) and can't thank Neve enough the guys knowledge is second to none. And with the package we have created I qualified for UPBF WORLD CHAMPIONSHIP in Larvik-Norway where I placed 2nd in couples category and 5th in under 85 kilo category which was a big achievement to compete at such a high level.

When you ask how far can I take this.. as far as I physically Can, I've always said I'll keep competing for as long as I enjoy it and when i don't then I'll stop.

My plans for next year are very exciting for me as I'm taking 2yrs out again to work one

weaker areas of my physique and I recently joined redsky fitness CROSSFIT GYM and I'm incorporating crossfit into my weekly training session training 3 times a week as I'm wanting to focus of my health and fitness and I feel by training both body building and crossfit will massively benefit me.

Fingers crossed I hope I can get my fitness to a level where I can compete in crossfit it's a massive challenge for me But love a challenge and any weakness I will develop to become a strength and won't be beaten exciting times ahead!!!

Where will you be in five years ?

I will always train it's all I no from been a teen and id like to think I'm still competing whether it be as a crossfit athlete or as a bodybuilder.

Carb load, sodium and water manipulation

Carb load... if say the show was Saturday I'd deplete on 25g carbs (25g per day net carbs post workout) on;

Monday- 25g carbs & full body circuit

Tuesday-25g carbs & full body circuit

Wednesday-25g carbs & full body circuit

Thursday- Carb load so 900g net carbs per day

Friday carb load but half amount 450g

*Saturday *show day* 200g carbs*

I feel a 2 day carb up works best for me I have in the past done 3 but felt bloated etc

With regards to sodium it's very low anyway tbh (hate salt) but I will introduce salty meal around 3hrs before going on stage sprinkle some on my potato I feel this does improve my look with dryness etc

Water manipulation... Bain of my life but again if the show was on Saturday I'd begin water loading from the Sunday at 4lres and every day increase by 2lres and then cut my water on mid day on the Friday.

People that's helped me along the way

MY WIFE Hannah Bowdler she is a rock she's at every show always back stage and hand on heart couldn't do what I love if it wasn't for her.

MY MUM/NANNA - always loved me competing and pushed me to be better. Truly a remarkable lady.

NEVE LOCKIN - amazing friend and prepped me for every competition this year and produced my all time BEST EVER PACKAGE so can't thank him enough

RICHI DICKINSON- best friend and long standing training partner for approx 8yrs now always in my corner and picks me up when I fall.

The list can go on an on but everyone knows who they are has been in my corner and again can't thank them enough.



PEAK WEEK

MY PEAK WEEK FOR OPEN YORKSHIRE CLASSIC

I've been offered this opportunity to write a little history about myself and what approach I took to the "PEAK WEEK" leading up to the 2017 Open Yorkshire Classic. First off little about myself, my name is Keith Rowntree I am 41 years old, I'm a qualified PT with my business RAZOR FITNESS using what I have learnt from 30 years of training to help others achieve

their goals be it to drop dress size or get ready for stage. I started training at the age of 11 (yes I know what some of you are thinking).

I started with weights to help me with my martial arts to give me more speed, power and athleticism, but quickly was bitten by the steel bug and realised that weightlifting was what I really wanted to do. I had wanted to train with weights ever since I watched Conan The Barbarian at 6 sneaking in and watching the

VHS in my parents living room. I was awe struck at the size and strength and physical presence Arnold had on screen. I joined several spit and saw dust gyms over the years training where and when I could, but then due to family reasons I took about 7 years off from the gym.

Fast forward to 2009 when I finally stepped back into the gym at a mere 120lbs, I needed something new to focus on so decided to train towards entering a show just to see what may have been. I entered my

first show in 2011 Anglian Bodybuilding Championships placing 1st in the Beginners this giving me an invitation to the NABBA Novice Finals where I placed second (feedback was half judges had me first as well as several spectators as well), this spurred me on to continue competing. I did several shows over the next 6 years placing everywhere from 1st to last.

My best season being where 2016 where I entered The Cambridge Classic winning both Classic Body building and Open Medium Class and losing overall respectfully to the amazing Roy McLean, then winning Short Class at Anglian Body building Championships and finally finishing 3rd to the beast from the east Rob Cox at the Open Category at the Rob Reinaldo Classic and receiving a trophy for best posing.

Absolutely blown away by that. I have made almost every mistake prepping for a show from going as low as 1,400 calories a day whilst doing 2 hours of cardio burning 1,400 cals between them and training, came in ripped but flat as a pancake. All the way to 3,200 cals a week on full keto diet leaving me in great condition but still not what I had achieved previously. Last year I decided a different tactic and did NO peak week systems using NO BRO SCIENCE etc. I believe the results show that it didn't hurt my condition any.

This year I had 3 shows in consecutive weeks starting with the PCA Jordan Peters Classic then the Open Yorkshire Classic followed by the PCA Midlands. I took this an opportunity to try 3 different types of peak week systems to then see what gave me



the best results. I had done a carb cycle diet preparing for these shows which I hadn't utilised before.

For the PCA Jordan Peters Classic I did it so I had 4 days zero carb days whilst doing depletion training for the muscle with medium to high reps, little rest between sets, and just trying to get rid of every last bit of glycogen I could then do a 2 day medium carb load (x2 bodyweight) I came in softer and flatter than normal.

Fast forward to following week and now preparing for the Open Yorkshire Classic (the main show I had set my sights on). My nutritional intake

throughout the prep with some weeks had remained pretty much the same.

My protein intake was reasonably high at 1.5g per pound of bodyweight on training days and minus the 25g protein from my post workout shake on non-training days. Carbs started off at 100g and reduced by 25 grams every 2-3 weeks till I was zero carbs. Fats were medium-high around 100-110g (I know to some that's not a lot but I wanted to stay below the maintenance level of caloric intake but not go crazy low like many do) also I count the calories etc from my veg and I know those whom don't.

Then about every 5 days I did a medium-high carb day (2-3 times bodyweight) depending on how flat I looked and reduced fats so as not to increase total caloric



input by too much, around mid to high maintenance.

Meals on low carb day once no carbs eaten were normally:

*6 Egg Omelette, 100g broccoli, 25g onion, 25g spinach, 25g pepper
 150g (Cooked) Steak, 200g Vegetables, 20g Peanut Butter/Nuts
 150g (Cooked) Chicken, 200g Vegetables, 20g Peanut Butter/Nuts*

150g (Cooked) Lean Mince Beef<5%, 200g Vegetables, 20g Peanut Butter/Nuts

150g (Cooked) Chicken, 200g Vegetables, 20g Peanut Butter/Nut

3 Egg Omelette, 150ML Egg Whites, 100g Broccoli, 25g Onions, 25g Spinach, 25g Pepper

Meals on high carb days were pretty much the same but the only source of fats were from the meats and few egg yolks(you need fats for a load of basic functions

1 being transporting fat soluble vitamins A,D,E and K around the body. I aimed for around 40-50g carbs per meal with most being split between the pre and post workout meals where more needed.

Then every other high carb day reseed i would throw in a cheat meal of some description just to keep my sanity. Again i know this will have raised eyebrows from some and others stating some article that blows what I've said out the-atre but i find the only way to see if something works is to actually do it. Remember by all the laws of physics Bumblebees shouldn't be able to fly... but they do. Don't always rely on science, a lot of things we do that works goes against the science.

Even though I wanted to try something different for each show I knew

I couldn't change too many factors otherwise I would never be able to work out what did and didn't work so i kept the same 4 day split carb depletion workouts with zero carbs. Then did 2 days again of full upper body circuits at 70% effort and about 60-70% max load,with little to no break. Cardio which is comprised of either the treadmill, cross trainer or my favourite the stair master was reduced by 5-10 mins every day from normal 40 mins to 15 mins on last day. I started to carb load again 2 days out but this time i increased carbs to 2 1/2 times bodyweight, also as most have noticed and probably implemented themselves i had toyed with the idea of having a dirty carb load meal the night before. So for the first time I had a McDonalds to see if the salt, carbs of the dirty cheat meal held some merit. I also tried the dry wine the night before and 1 glass 2 hours before hitting stage. I kept water in but reduced to about 200ml with each meal so as to help with digestion of the carbs and a little salt as well as both are needed to help digest carbohydrates. I believe cutting water and salt is what leads to the bloating etc as carbs cant be digested and thus stay in system causing bloating, pain and gas. No

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good not being able to suck in stomach on stage in my eyes. Opted for some simple sugars from fast dissolving sweets 1/2 before stage to aid with pump. Kept pump up backstage slow tempo reps and Iso-metric holds so as not to burn up too much of the carbs, I wanted to blow out the muscles.

I love all the old school posing from Zane. DeMey, Labrada, Corney, Bannout etc which I believe are more aesthetic and artistic and as I am not the largest of body builders this helps in my eyes to draw attention away from the bigger more impressive guys. Posing needs to be fluid and seamless like you are flowing from pose to pose hitting shots that accentuate YOUR good body parts and hide the weaker. it should

be just as an important part of any prep as the diet, training, tan etc. If you cant show of your physique to its full potential then all that prep may have gone to waste. I have seen many great physiques lose out on places due to the inability to be able to perform a pose accurately or effectively.

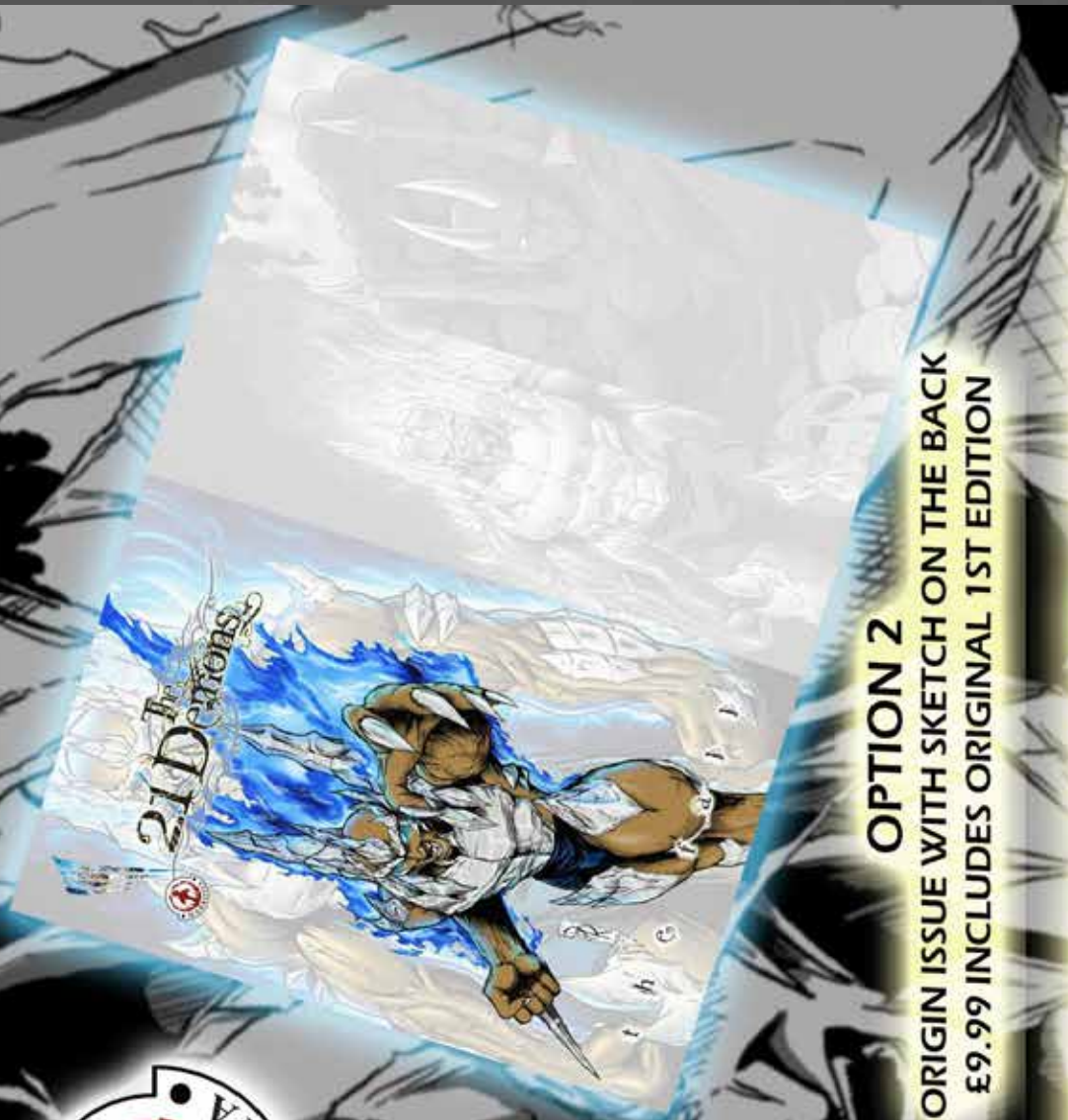
With every aspect of your prep it needs to be methodical and well thought out, execute everything to the best of your abilities and when it comes to show day.....HAVE FUN, you deserve it.

Thank you again for the opportunity to write this article and remember BE CONSISTENT in every aspect your training. Don't miss workouts, don't skip body parts, eat as clean and consistently as possible, get plenty of rest, train smart and again ENJOY what you

do.
For Further Info Contact:
Keith Rowntree
Razor Fitness
razorfitness@sky.com



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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 61 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 Triple of Cancer Charity, which was created to support the ground breaking work of the Galldorf-based Cancer Researchers associated with Serey 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 Programme 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 delivered freely in social venues, which are willing to host groups of concerned people with a view towards enlightenment and the way forward if Cancer strikes. The workshops will promote awareness and support to alleviate the panic that inevitably occurs after 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

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



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 1million 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.

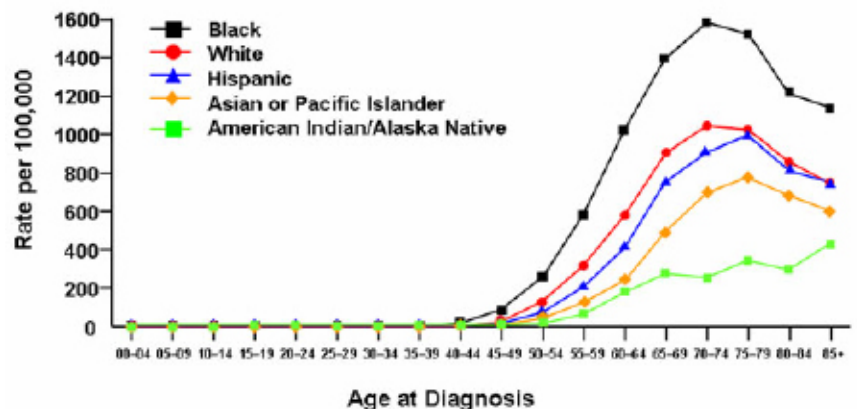
My Email address is: denton_wilson@hotmail.com

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⁽⁶⁾



PROTEIN PACKED MEALS



IN MINUTES!



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

The Most Amazing Goji Berry Protein Pancakes on Earth (Dairy-Free & Gluten-Free)

I'm actually really happy with it (happy verging on delirious) because I wasn't sure whether the recipe would work. You see, I was trying to make my famous Goji-Berry Protein Pancakes last night (I say famous because everyone who knows me has, at some point or another, asked me for a copy of the recipe) but I didn't want to use any dairy or oats. So I used a gluten-free flour mix that a family member bought over the holidays to make gluten-free protein pancakes with and I killed the cottage cheese. What I ended up with was last night then was a stack of absolutely sublime protein pancakes (evidence here). They were so good that I decided to make them again this morning!

PANCAKE BLISS

I really hope you give this recipe a go. It's 100% family friendly too and perfect for breakfast – or brunch if you want to go all feral with your toppings like I did today. There are a few topping ideas and variations included in the Directions below to further inspire you to set your stack on fire. Before we go into that though, allow me to present to you The Recipe:

- 1/4 cup (dried) goji berries*
- 1/8 cup flax mix (see Note 1 below)*
- 1/2 cup liquid egg whites*
- 1/4 cup gluten-free flour (I used this one – see Note 2)*

Directions

- 1. Using a food processor or blender (to make sure your berries get blended together with the rest of the ingredients).*
- 2. Heat up a nonstick pan with some PAM, low-calorie cooking spray, or coconut oil (I used coconut oil). Get the pan to hot hot hot.*
- 3. Pour the mix onto the pan and turn the heat down to medium. I like making little pancakes because they're easier to flip but it's up to you what size you run with. Feel free to make Mickey mouse or whatever shapes you want out of the batter too. If you want to get ridiculous and make some pigs, check out this thing. Check out what this Screen Shot 2015-01-04 at 12.42.43 guy did too! Kind of cool, nah?*

Sandwich or top your pancakes with almond butter, peanut butter, cashew nut butter, banana pieces, a bit of protein ice cream, calorie-free syrup, maple syrup, or if you want to go cuhrraaaayze, caffeinated maple syrup. I used almond butter because I think it complements the flavor of the pancakes beautifully! Then I added a tiny scoop of vanilla vegan ice cream. Result? Dot dot dot WAAAAA!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Macros per 1 whole stack of pancakes (which is good enough for two people): 400kcal, 24g protein, 51g carbs and 9g fat.



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MUSCLE TIME MACHINE

MIGHTY MIKE

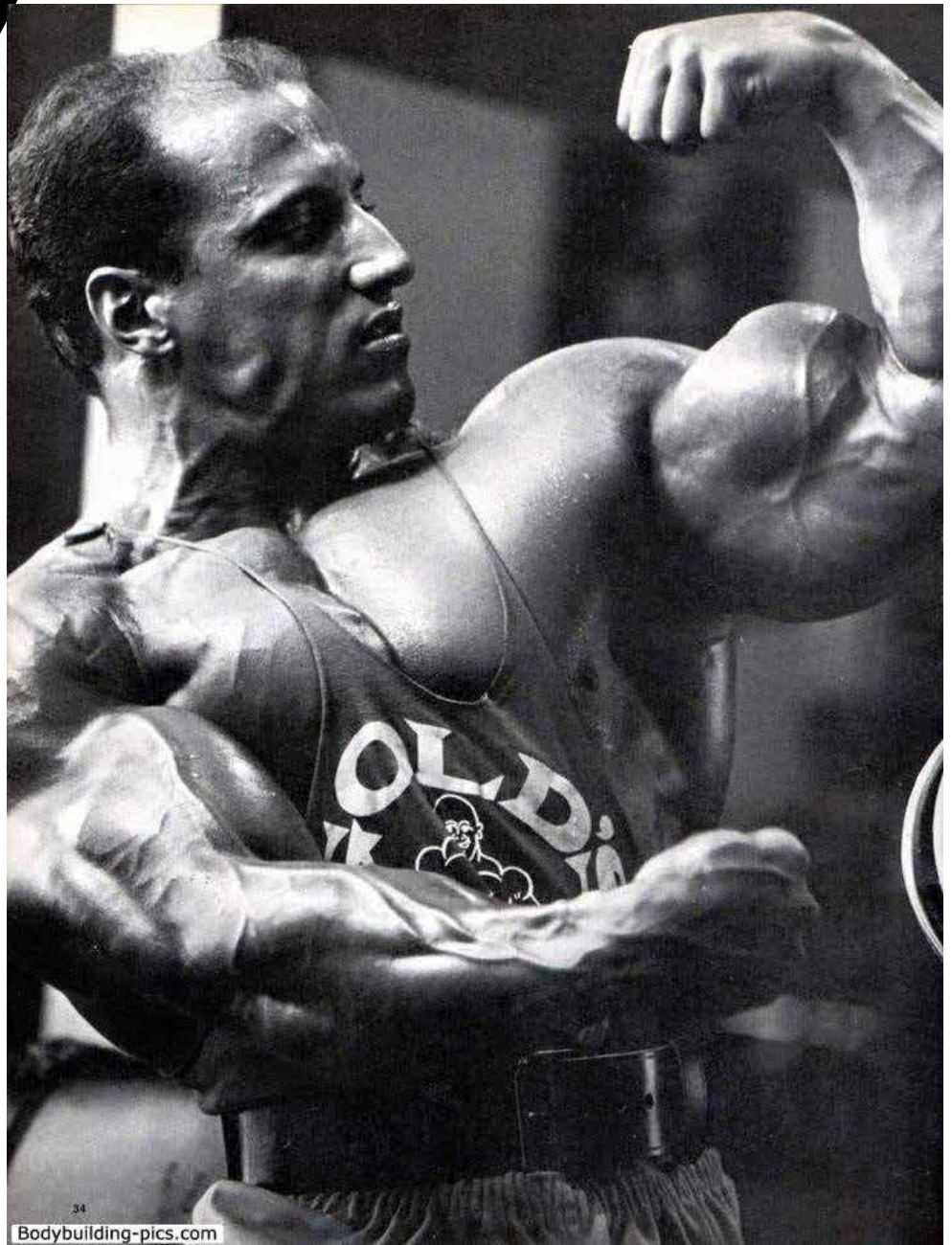
THE MIGHTY MIKE QUINN

When talking to Mike there are very few taboo subjects. Mike has always been this way and will say it exactly like it is! Steroids, growth Hormone, what the pros are actually doing and more! No subject is taboo Mike is known for his ruthless hardcore nature both in and out of the gym. This was a man who once had a price on his head and an attempted hit to his life.

Back when Mike was competing he was well known for getting into scrapes and soon built a reputation as a man not to be messed with, Mike approached body building as a soldier at war! A man who spoke his mind despite pissing many off and this continues right up to today.

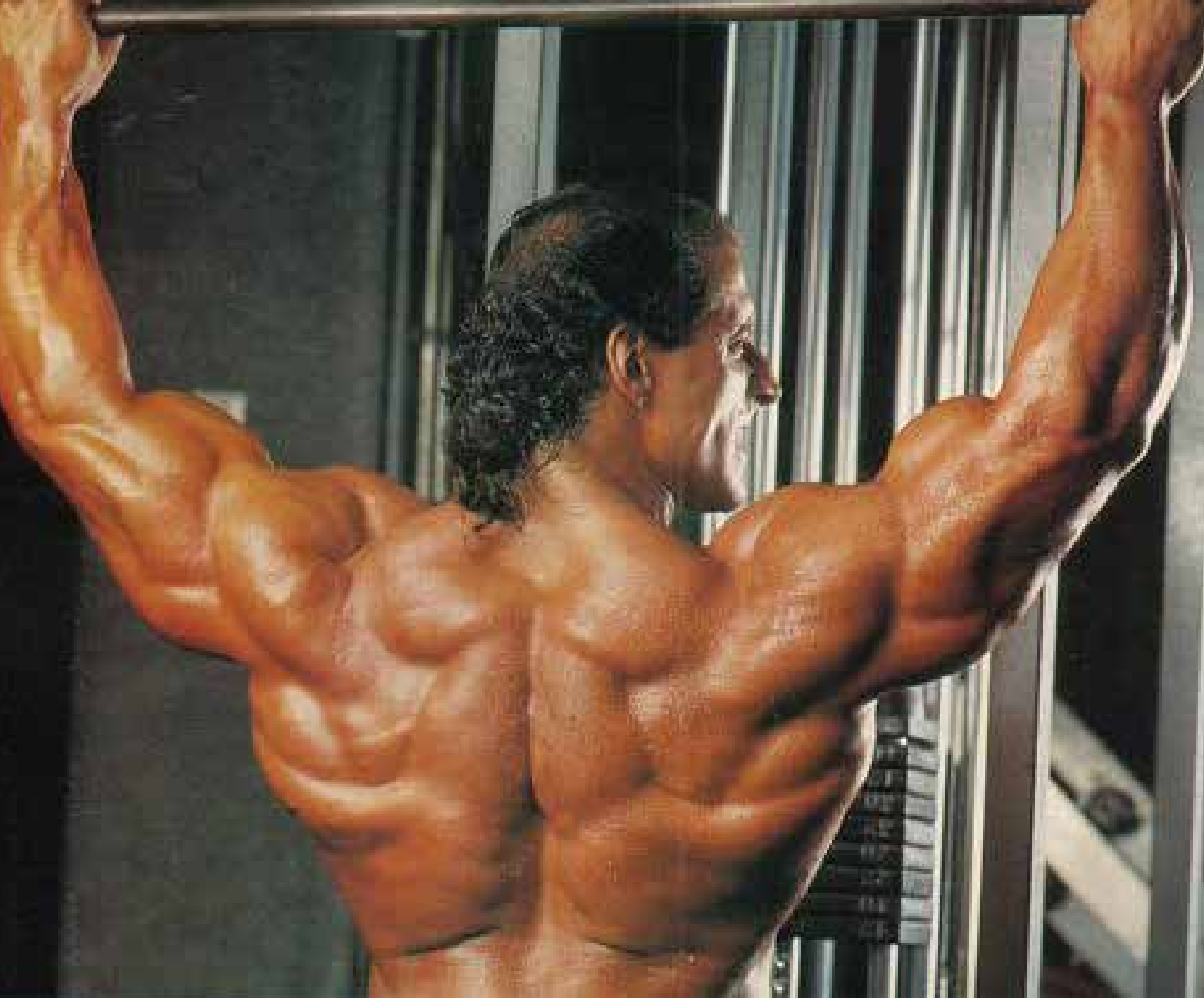
Mike retired from body building and was out of the spotlight for quite a while, then recently we got in touch with Mike on social media and we are happy to say, he's still the old Mike. Straight to the point no holds barred!

Growing up in Brockton, Massachusetts a place known as a pretty rough city. Mike was picked on a lot as a kid and is on record



saying, " I got the shit beaten out of me until I was thirteen or fourteen. Then, later, I beat the fuck out of anyone that had ever beaten me up." As a kid Mike describes himself as a nervous kid someone who just dint fit in, looking back Mike states he was probably suffering from early mental illness way back then when childhood mental illness was barely recognised. Diagnosed later with ADHD its easy to see why Mike stood out for the bullies.

Raised by his grandfather Mike has since blocked out a large amount of his troubled



childhood, with history of mental illness in his family with 8 close relatives committing suicide or attempting it. This includes his sister.

Mike has always been very outspoken and will always be the first one to jump to the aid of anyone being bullied, due to his experiences in the past and how it has gone on to shape his present and his outlook on the world today.

At 13 Mike discovered the iron and even then could bench 220lb on his early attempts. As puberty kicked in Mike was already playing football to a high level and had he pursued it he could have become pro. With a natural ability in all things strong Mike competed as a



teenager in power lifting and this is what led him into his career as a boy builder. With six weeks prep Mike won the Mr Teen Bay State and the Mr Teen Mr. Massachusetts titles.

A couple years later he took third in the Mr. America to Joe Meeko.

NABBA Mr Universe,

Mike won the 1984 NABBA Universe in London, shortly after winning the Mr. America NABBA as I am sure you are all aware is the same show that Arnold and Steve Reeves had won along with many many others, the original body building federation!

Mike soon built up a reputation of being a body builder who took no prisoners, a bad guy so to speak. Often this reputation would follow him and resulted in many a guy attempting to prove themselves with Mike the target for there ego lift.

Back in the day Mike even had a run in with the mob! When a business deal in a

supplement company went bad Mike was visited by some very unsavoury characters wanting loan payments. Mike quickly got out of this situation selling the shares in the company, maybe one of the wisest moves he could have made.

PRO LEVEL BODY BUILDING..

Mike once stated, "Body building at that level is pure narcissistic behaviour. These guys go to very unhealthy extremes. Like this high-protein, high-fat diet so many of them are on. Number one, you get hypoglycemic from the lack of carbs. Two, your pancreas will be damaged, and three, with no fiber to help you eliminate waste, you're at a very high risk for colon cancer."

Mike has also gone on record several times stating that body building even on a amateur level is becoming a more is better sport when in actual fact a better is better method of dieting drug enhancement and training

schedule is far more productive and healthier for all.

Mike states that tonnes of body builders now force feed themselves into a unhealthy un natural state using insulin for example to shuttle as much food as possible during there thousand plus gram test course! The body builder of today risks total burn out of their digestion system. Common sense has been removed from the minds of todays body builders Mike states.

"It shocks me to see the lack of intelligence and the total disregard for health. There's no doubt in my mind these guys now are all using far more than they need to. Whenever anyone asks me about steroids, I usually tell them that I might have been insane, but I was never stupid!"

Look out for more on Mike in the future.

John muscletricks King.

