## MABODYBULDER

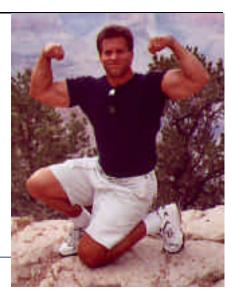
WINTER 2004-2005

#### MR. OLYMPIA RESULTS

REACHING YOUR GOALS

INCREASE YOUR Strength—now! OLYMPIA EXPO 2004

## Changing gears in bodybuilding



Myron Mielke | Publisher and Editor

In addition to the sport of bodybuilding, I've grown to love mountain bike riding. It's a great activity that can really give you a challenging cardio workout. Some hills seem almost impossible to climb, but by clicking your shifters a few times the pedalling becomes much easier. On a very steep hill you might need to kick it into "granny gear" in order for you to make it to the top.

Bodybuilding can be a sport where you change gears too. You see, traditionally bodybuilding has two phases—gears if you will—gaining size and getting ripped. After a mass cycle you change gears to a fat-reducing period so you can get ready for a competition or to just look better for the summer months.

An added benefit of the bodybuilding lifestyle is to be able to change gears when factors in your life might not warrant the type of training and effort you want to put forth. Let me give you an example.

This past summer I had been on a cutting/maintenance phase. I was at about eight percent bodyfat. I had been for nearly two years. I watched my carbs, ate lots of veggies and did lots of cardio along with hitting the weights four to five days per week. But then some changes happened at work. (Hey, I'm still only a muscle

magazine publisher at night, guys.) It was very stressful for me and it was difficult to stay on a restricted diet of reduced carbs. Comfort food isn't called comfort food for nothing! Instead of becoming a snacking couch potato, however, I decided to go for strength and power in my training thereby creating the necessity of increased calories—healthy calories mind you. I'm not gorging myself on junk, but if I want a burger or ice cream once or twice a week, I'll eat them.

My bench press is up. In fact, it's the highest it's been in 15 years. I've cut my training to three to four days per week for added recovery. (The joints need it at my age!) I had forgotten how much fun a mass cycle is. I've been caught up with low bodyfat and ripped abs for years. I need to point out that I can still see my abs and I'm at about 10 percent bodyfat so I'm not a porker by any means, but eating more and knowing it's going to help growth is fun!

Bodybuilding is a 24/7 lifestyle. Treat it as such. Go for the cuts when you're fired up and ready, but relax and go for power when you need to. Mix up the training and enjoy life no matter what it might bring you.

Until next time, train hard!



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see them on our website...

and then place your order.

(oh yeah... they're really cool)





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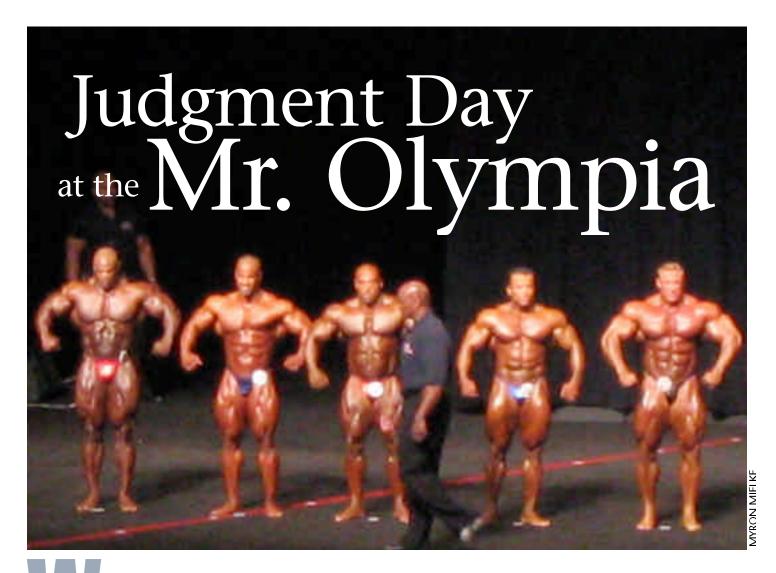
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On the cover: Ahmad Haidar at the Olympia Expo 2004



Wow! That's all I could think when I saw Ronnie walk out on stage. Everyone in the audience was eagerly awaiting to see what kind of shape he'd be in at this year's Olympia. Coleman was the last competitor to be evaluated in the solo evaluation round. Each athlete came out by themselves and hit the compulsories so the judges could see who was in shape and it'd make their jobs easier for callouts during the two rounds of prejudging. Coleman was definitely dialed in. It was lights out as soon as he hit his first pose. No one was going to beat him regardless of the newly founded Challenge Round. It was now a battle for places two through

The 39th annual Mr. Olympia was held in Las Vegas on Saturday, October 30, 2004. A friend of mine, Mike Harris, and I decided to make the trip to the Olympia. We had

planned on attending the judging and finals, but I had waited too long to purchase tickets for the finals and only the \$200 seats were available. That was a little steep for us so we went to the judging only and attended the Olympia Expo as well (see Expo story on page ??).

The judging began at noon and each competitor came out and showed the world what kind of shape he was in. Dexter Jackson was razorsharp and would place well. Cutler was big but just a tad smooth. Gustavo Badell equalled, if not improved, his conditioning he acquired at the Ironman in February. Schlierkamp was big as usual, but he was a little smooth too in my opinion. Markus Ruhl was huge. I was sitting way back in the balcony and I could see his huge peaked biceps clearly. The guy's a monster. Dennis James was in good shape, but seemed a little tired or maybe he wasn't feeling well.

As I stated earlier it was easy to tell who was in first. It was easy to see who was in last place. I had Richard Jones pegged for last. He was flat and didn't look as full as the other competitors. The judges saw Groulx as last, however. Jones was next to last in their eyes.

As the top four were repeatedly compared, I called Coleman first, Dexter second, Badell third and Cutler fourth. Jay was big but he wasn't as sharp as the other guys. It turns out that Jay got second again with Badell third and Dexter slipped to fourth in the Challenge Round at night.

Coleman captured his seventh title and you can bet next year I'll get tickets early enough to see the finals where I'll witness Ronnie getting Sandow trophy number eight!



Dexter jackson, Ronnie Coleman and Jay Cutler



Ruhl, Mustafa, James, Martinez, and Coleman



Jackson, Charles, Cutler, Alves and Jones



Ruhl, Mustafa, James, Martinez, and Coleman



Darrem Charles, Jay Cutler and Troy Alves

## Following are the final placings of the 2004 Mr. Olympia competition.

- 1. Ronnie Coleman- 24 pts.
- 2. Jay Cutler- 21 pts.
- 3. Gustavo Badell- 13 pts.
- 4. Dexter Jackson- 12 pts.
- 5. Markus Ruhl- 5 pts.
- 6. Gunter Schlierkamp- 1 pt.
- 7. Chris Cormier
- 8. Dennis James
- 9. Victor Martinez
- 10. Darrem Charles
- 11. Pavol Jablonicky
- 12. Kris Dim
- 13. Ahmad Haidar
- 14. Johnnie Jackson
- 15. Troy Alves
- 16. Craig Richardson
- 17. Mustafa Mohammed
- 18. Richard Jones
- 19. Claude Groulx



#### OLYMPIA EXPO 2004



The Olympia Expo 2004 was an extraordinary event. I can some it up in two words. Free samples. Oh yeah! I slurped down at least 100 grams of protein in various shake concoctions and mixtures. Most were made with water so they were a little, well, watery. I prefer my shakes with nonfat milk, but they were free so I couldn't complain too much.

Many supplement companies were giving away trial packets of their products. I came out of the convention center lugging about 30 pounds of stuff crammed into my free duffle bag. I had SuperPump 250 from Gaspari Nutrition, and Animal Nitro from Univeral, which I got at "The Cage." I had whey protein packets and MRPs from many different companies. I've been using energy supplements incuding Redline from VPX every workout for two weeks. I've had some kick-butt training sessions from the stuff too.

Meeting some of the legends of the sport was another highlight. Meeting



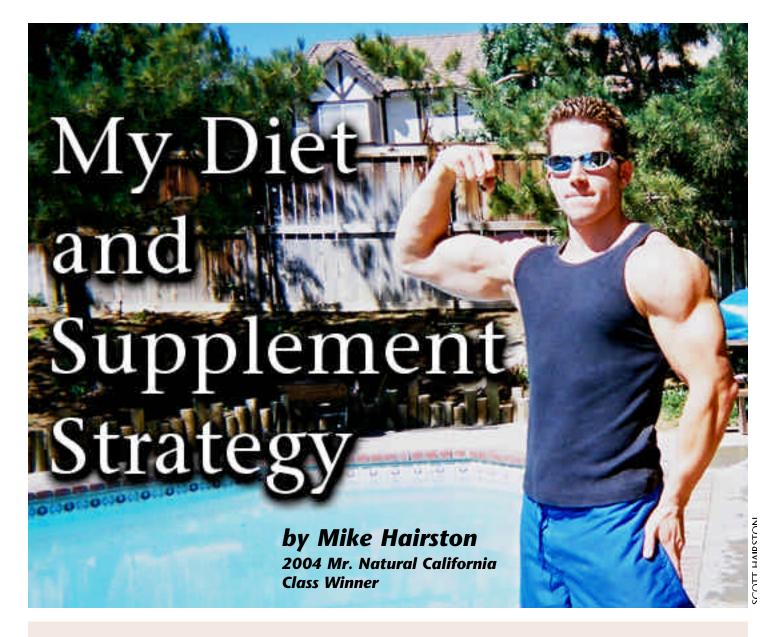
Larry Scott, Mr Olympia 1965 and 1966 with here's truly.

Larry Scott and Dorian Yates was truly an honor. I've gotten lots of inspiration from those two guys.

Another high point was getting to meet John Hnatyschak at "the Cage." John is a full-time police officer in New Jersey and won the middleweight Mr. Universe in 1984. I really admire John because his

physique is more of an athletic type of physique, similar to mine. He gave me great inspiration when I began competing in the 1980s.

I can't wait to go to next year's Expo and I'm looking forward to the Expo at the Ironman in Los Angeles in February. They're great motivation!



#### **Diet Summary:**

I try to eat about 170 grams of protein per day. That's about one gram per pound of bodywieght. I take in about 220 grams of carbs per day and 50 grams of fat, which comes mostly from essential fatty acids. I also eat 45 grams of fiber from complex carbs and try to eat six cups of vegetables and drink two to three cups of green tea every day.

#### **Supplement Summary:**

ZMA (Zinc, Magnesium, Vitamin b-6)—Helps to boost the body's natural anabolic hormone levels such as testosterone and IGF-1. I take this supplement 30 minutes before going to bed.

Creatine Monohydrate—I take around 10 grams per day.

L-Glutamine—Helps to preserve the muscles "I've worked so hard for" from becoming breakfast! It also has a cell-volumizing effect like creatine does.

Glutamine also helps to maximize the body's natural growth hormone production, which burns fat and increases protein synthesis.

Designer Whey Protein Powder—Ensures I get enough protein every day.

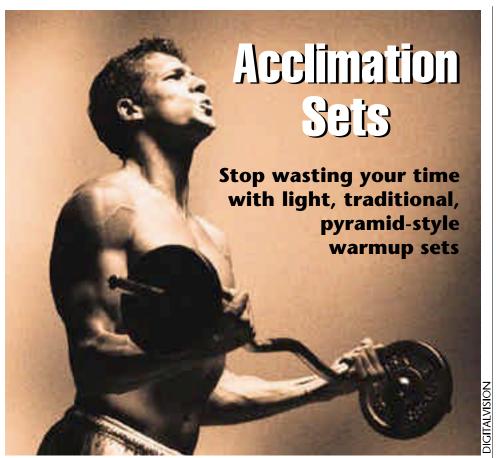
Digestive Enzymes—So all the protein I eat does not go to waste by not being absorbed.

Ester-C, Coral Calcium, Mens Multi-Vitamin, B Complex—I take these to help strengthen my immune system. (If I'm sick, I can't workout.)

EFAs—(Organic Flax Seed Oil, Omega 386) Essentail Fatty Acids help in formation prostaglandins, which are hormone-like substances that play a role in many functions like heart function and reducing inflammation.

The main reason I take EFAs is because they increase your body's natural steroid production.

Colloidal Mineral Complex—Rich in trace minerals, which keeps my bones and joints strong.■



A number of years ago I trained at a gym that had many powerlifters woking out there. The owner himself was an avid competitive powerlifter. these guys taught me a few things about training heavy. It was contagious. I couldn't help but want to increase my poundages on my squat, bench press and deadlift.

Among the many tips I received from those lifters, the most omportant was how to warmup properly to prevent injuries without fatiguing the muscle so you can train heavier.

Before lifting with these guys, I had always done a pyramid-style training method, which encompassed warmups along with increasing weight as you lower the reps. For example I may have done 15 reps with 135 punds, 12 at 155, eight at 175, six at 195 and then maybe three or four with 225. I usually was disappointed because I would be burned out at the end and was hoping to get a few more reps with the heaviest set.

The new way of warming up that the powerlifters taught me, utilized acclimation sets. Here's how they work. Instead of starting 15 reps at 135, begin with two sets of eight reps at 135 pounds. Add twenty pounds and do three or four reps. Add another twenty pounds and do two or three reps. Add another 30 pounds and do one rep. At this point 230 or 235 will now be your starting point and five or six reps for a couple sets will be attainable because the muscles haven't been exhausted with

tremendous results. The muscles warmup and safely get used to heavier weights without burning out. It allows you to train your working sets heavier and harder, which results in more muscle growth. If you haven't tried acclimation sets, do them in your next workout. You'll love the results!

light warmups. It's a phenomenal concept with



#### BODYBUILDING TRIVIA CONTEST

- 1. Who has won the most consecutive Mr. Olympia titles?
- 2. What are the lifts performed in a powerlifting meet?
- 3. Who was the first black Mr. America?
- 4. What was the name of the training system that Mike Mentzer advocated?
- 5. What is the gastrocnemius?
- 6. How many Mr. Universe titles did Arnold Schwarzenegger win?
- 7. How many calories are in one gram of protein?
- 8. Who was the Blonde Bomber?
- 9. Who was the youngest Mr. America?
- 10. Who won the first Miss Olympia contest?

E-mail your correct answers to imabodybuildermag@yahoo.com. All correct responses will be entered into a drawing to win a \$10 Vitamin World gift certificate. Deadline to receive entries is December 31, 2004.



# Establishing Set Points

So when's the last time you heard someone say, "I need to adjust my body composition and create a calorie deficit, which will create a desired thermogenic effect that will produce an end result of less restriction for my desired fashion attire?" I hear it all the time, but it usually sounds more like this. "I need to drop 10 pounds so I can fit into my favorite pair of jeans again!"

The desire to fit into clothing that you haven't worn in a while because of excess weight gain is a fantastic motivator for some people. Let's say the goal is to lose enough weight in order to fit into that size 32 pair of jeans again. You know you were 12 pounds lighter when those jeans still fit. So logic tells us when you become 12 pounds lighter those jeans will fit. The scale will say you've lost 12 pounds and the jeans will be living proof that you've lost the inches as well.

This type of goal setting brings up an interesting concept for weight loss. It's a way of establishing a tangible goal to be achieved. Let's continue using the jeans as an example. The goal of a size-32 pair of jeans was attainable. Maybe you were a size 36

or 38, but your real desire was to fit into a size 31 or maybe even a 30. The size 32 is more realistic than going from a 38 to a 30. The size 30 is still attainable, but it's easier to get there in stages. This is done by establishing a set point.

We'll continue to use the example of jean size to illustrate the set point concept. You decreased your calorie intake and increased your amount of exercise to lose enough weight to go from a size 38 to a size 32. At this new weight and size, you adjust your calories and exercise to an amount where you maintain that weight. You don't lose any more weight and you don't gain any more. You stay the same. That is your new set point. Your previous set point was a size 38. Your new set point is a size 32. Stay at your size-32 set point by eating a healthy, balanced eating plan.

When you're ready in a few weeks or months, go for your next set point of a size 31. Since you now have maintained healthy eating habits to reach this goal, it'll be somewhat easier to make some small adjustments and decrease your calories to lose some more weight. You will again increase your exercise slightly so you

are burning more calories than you take in. Keep doing this for a few weeks until you reach your new set point of a size 31.

As with all bodybuilding-fitness diet plans you have to make some sacrifices. Food cravings will hit you and there will be days when you don't feel like exercising. That's reality. Plan on cravings and indulge in a dessert on a Saturday or Sunday, or maybe both days. If you miss a day of exercising, don't beat yourself up. Go workout the next day like you haven't missed a beat. Think of the long-term effects. This isn't an instant-result, crash-diet plan. It's a plan that will work for you and change your life.

Setting and attaining small goals is a remarkable way to make progress when doing anything in life. Weight loss and fitness are no different. You pick an achievable goal and continue to strive and make progress. Determining a long-term goal is important, but the way to reach it is by obtaining it a little bit at a time. Try incorporating set points on your next attempt at weight loss. You may find it so effective that you'll never have to go on a "diet" ever again.

### Low Carbs or High Carbs? Why not both?

Diet plans are a dime a dozen. They're everywhere and they come in many varieties. Each one claims to be the diet to end all diets and all others are pale in comparison. There's lowfat, high-carb, low-carb, high-fat, and high and low protein. It seems expersts even diagree with another expert's diet plan because their's is the only true plan that really works.

Let's analyze a few popular plans to see what's available these days. It seems the biggest current craze is eating low carbs. Basically, you eat a lot of protein and any kind of fats, but you drastically limit your carb intake. Carbs are restricted to less than 50 per day. Of course to make it more confusing, carbs are subcategorized into specific types of carbs. You have sugars and starches and they're the net carbs. There are also fibers and a newly-concocted chemical called sugar alcohol. That's the ingredient glycerin, which is in your low-carb, protein bars that keeps the bar moist instead of being a sawdust consistency. Net carbs have a tendency to raise your blood sugar levels so you're not burning fat as efficiently. If you're following a low-carb plan, net carbs should be avoided. Proteins and fats do not raise the blood sugar levels and so you have the freedom to eat more of those. (Can you say hamburgers wrapped in lettuce instead of setting on a bun?)

Do low-carb diet plans cause weight loss? Yes. Many people hav dropped weight using a form of low-carb eating habits. On these plans more calories are burned than are consumed. A negative calorie intake causes weight loss. It's pure mathematics, but there is some merit to the blood sugar control

also.

Ingesting

you fat—

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many

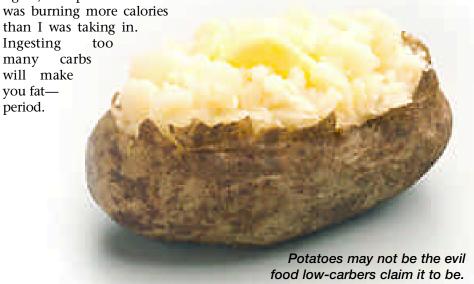
In the 1980s the high-carb, low-fat diets were extremely popular. Here's a quick summary of that plan. Eating fat makes you fat. So don't eat any fat. Your body utilizes carbs for fuel more efficiently than fat so you should eat lots of carbs. During the past 15 years there have been many low-fat products manufactured by the leading food companies. Most of those foods that have been reformulated to "lowfat" status have been junk foods. They still have all the sugar and starches (and most of the calories) but they have less fat in them.

The high-carbohydrate plan is not a bad plan in itself. In fact, I personally used it as a competitive natural (drugfree) bodybuilder and reduced my bodyfat levels to around six percent. It got me ripped. I was using it correctly, however. I wasn't eating a limitless supply of carbs just because they were low-fat. I watched my calories too. Again, it's pure mathematics. I

Now let's take a look at how these two diets can be combined to come up with a healthy eating plan. It's easy to follow and won't make you feel like a zombie or make you crave bread and potatoes so bad that you can't sleep at night. Are you interested? Good. Keep reading. This is where it gets fun.

This eating plan will combine key aspects of both low-carb diets and high-carb diets. Basically you'll be rotating between low carbs on some days and high carbs on other days. It needs to be noted, hoever, that exercise must be incorporated to make this plan work effectively. Ideally 20-30 minutes of cardio should be done four to five days per week and resistance training (weightlifting) should be performed three to four days per week.

The principles of this plan are very similar to what many athletes do to prepare for competitions. You've



probably heard the term "carb loading." For extra energy, marathon runners try to eat lots of spaghetti and other carbs a day or so before the race. This is a form of carb loading. Marathon runners, however, are not concerned about weight loss at this stage. They want maximum performance. The following plan cycles carb intake for weight loss, not athletic performance.

five servings of meat per day. Protein supplements help with getting your extra protein if you don't want to eat that much meat. Look for whey or soy protein powders.

The first three days of the

week you can have lots

This is how it works. This example plan starts on Monday. (Diets always start on a Monday, right?) On Monday, Tuesday and Wednesday you should take in about 50 grams of carbs but not more than 75. That would be equivalent to about 2-3 baked potatoes, 2-3 slices of rye bread, or 2-3 servings of rice for the entire day. Eat about one gram of protein per pound of bodyweight. A serving of meat, which is the size of a deck of cards, will have about 30 grams of protein in it. Whole eggs have six grams of protein and the whites of eggs have three. If you weigh 150 pounds, you'll need along with the veggies. Choose lean cuts of meat. Chicken is best, but lean red meat is okay too.

These first three days are important because the process of eating low carbs for a few days is called carb depletion. You're basically draining your muscle cells of sugar (glycogen) and letting the body use its fat reserves as energy. This is similar to low-carb trends but they take it one step further and continually eat lowcarb foods. Exercise is important because this contributes to draining the muscles of glycogen.

On Thursday and Friday you gradually introduce carbs back into your diet. Thursday you'll eat 100 grams of carbs and that can include fruit. You can eat as much veggies as you want any day of the week, as long as you're eating green or fibrous vegetables. Don't include starchy veggies like potatoes for your veggie intake. Stay away from simple sugars like candy and fruit juice. Friday's carb count can be 150-200 grams of carbs. You can decrease your protein slightly on Thursday and Friday too if you wish. By increasing carbs again, you carb load, which is allowing your muscles to fill back up their energy reserves.

On Saturday you can again

repeat the cycle of low carbs for

three

davs

load back up for two days. You can also keep your carbs at around 150-200 grams again for Saturday and Sunday, if you like. Just start the cycle again on Monday. The important aspect of this whole plan is to keep your body guessing what your intake of carbs will be. This helps the body burn fat because it won't adapt to one particular way of eating. You may want to try going four days on low carbs and then 1 day on medium carbs and one day on

> I've used a plan very similar to this for years. It has allowed me to drop my bodyfat from 16% to under 9% and keep it there with little difficulty. It allows you to get proper nutrition and at the same time it even allows me to have dessert or pizza once or twice a week. If I want to get even leaner, I simply drop the carbs down a little lower each day.

high carbs and then repeat the cycle.

Have your steak and it it too!

So there you have it. It's not magic and the whole plan does same take some effort adjusting to it. It also

takes discipline, but all diets or eating plans do. You can't avoid discipline totally, but you can try to make it easier so you won't feel deprived. Altering between low and high carbs is an excellent way to make the ritual of eating healthy for fat loss more attainable. Just remember, when it comes to carbs, go low and high. Give it a try.■



#### MIXIN' IT UP

#### PRODUCT REVIEW

Dozens of vendors were at the 2004 Olympia Expo touting the benefits of using their products. I must have tasted 20 different protein drinks and another 15 to 20 protein bars. A few companies caught my attention. One of them was Power Gripps USA, the makers of



**VERSA GRIPPS** 

Versa Gripps. I was due to purchase a new set of lifting straps. My canvas ones had seen better days. I was able to try out a pair of Versa Gripps at their booth. The straps secure around the wrist with velcro and easily wrap once around the bar to improve your grip. I picked up a barbell with only two fingers and pumped out a few chin-ups. At that point I was sold. I purchased a pair and eagerly waited for my back workout on Tuesday.

I used the grips first on front pulldowns. They were very comfortable and I added 10 pounds more than my previous workout. Next was reverse-grip barbell rows. It was a little awkward using them with the reverse grip, but I was still able to hang onto the bar easily.

My last exercise was deadlifts. I was able to perform them using an overhand grip instead of the traditional overhand/underhand grip. I like going overhand, but without straps it's difficult to hold onto the weight. That's no longer a problem. These straps are keepers.

For more information visit www.versagripps.com.

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#### **DID YOU KNOW?**

- The Mr. Olympia was named after Olympia beer when Joe Weider and Larry Scott were discussing the possibilities of creating a contest where all the Mr. Universes could see who was best. They were having brewskies at the time.
- Four men have won six consecutive Mr. Olympia titles. Can you name them?

Arnold Schwarzenegger, Lee Haney, Dorian Yates and Ronnie Coleman

#### One-second posing tip

The side-chest pose is probably the most poorly executed pose by most amateur bodybuilders. Many athletes tend to scrunch up and make it more of a side-bicep pose than a side chest pose. Ideally your hand, which is reaching across your abdomen, should be tucked under your ribcage as if you're lifting up your chest cavity. Tense your pectoral muscle on the opposite side



only and let your other pectoral stretch to show its roundness. Now here's the real tip. As you're stretching your chest, apply some tension as if you're doing a side laeral raise and pull your arm out. Watch your deltoid. You'll have little muscles and striations popping out all over your shoulder.

#### WORLD RECORDS

#### Most push-ups in one hour

3,416 by Roy Berger of Canada in 1998.

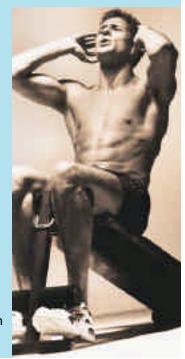
#### Most push-ups in one minute

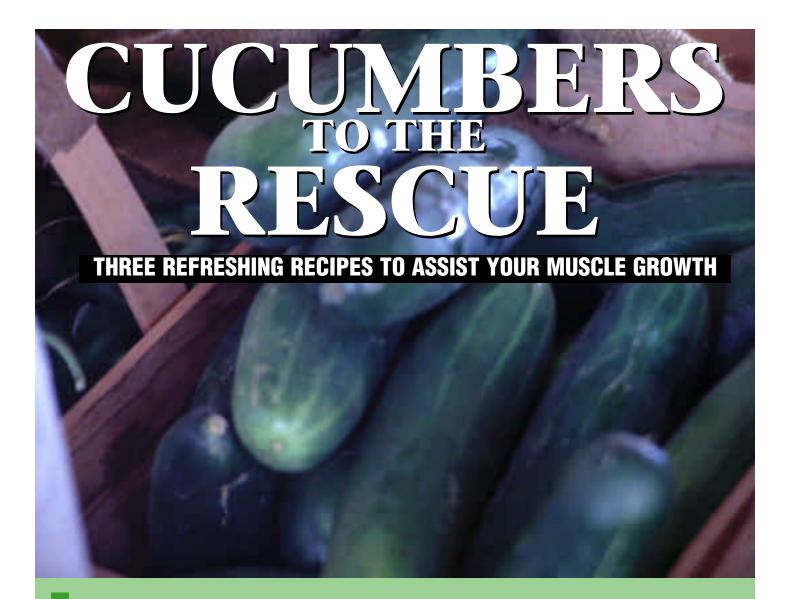
124 by Campbell Pentney of New Zealand in 2002.

#### Most parallel bar dips in one hour 3,988 by Simon Kent of UK in 1998.

#### Most abdominalframe sit-ups in one hour

5,633 by Guillermo Subiela of Argentina in 2002.





I have fond memories of my childhood when my mom would be preparing various food dishes with fresh vegetables from her garden. I remember getting up early on a cool, cloudy summer morning and the scent of freshly sliced cucumbers would be coming from the kitchen. Mom would have a batch of her wonderful Cucumber Salad in progress when I sauntered into the kitchen to get a bowl of cereal for breakfast. I'd usually sneak a slice or two of the cucumbers and let her know how the salad was progressing. It was always progressing well.

This issue's food section will be devoted to cucumbers and how you can add them to your bodybuilding diet to liven up a bland bodybuilder's diet.

#### **CUCUMBERS AND COTTAGE CHEESE**

This is really simple to prepare but it is very tasty. Dice up about a quarter of a cucumber and add the pieces to one-half cup of nonfat cottage. The cucumbers add a nice refreshing flavor, which compliments the cottage cheese very well.

#### **SALMON BOATS**

Combine one six-ounce can of salmon with about one

tablespoon of Miracle Whip Light (more or less to taste.) Mix the two ingredients well. You can also add some seasonings if you wish. Old Bay Seafood seasoning works well.

Cut a cucumber in half crosswise and then cut each half lengthwise into four segments. Hollow out the seeds. Fill the "boats" with the salmon mixture and enjoy!

#### **MOM'S CUCUMBER SALAD**

Peel three large cucumbers. Thinly slice them crosswise into a collander. Generously sprinkle some salt over the cucumbers. Set the collander in the sink and let them drain for an hour or so. The salt draws the water out of the slices so they become limp. When the slices have become limp, rinse the salt off the cucumbers and allow the water to drain off well.

Put the cucumbers into a large bowl and add about one tablespoon of Miracle Whip Light. Sprinkle on some onion powder or add a few small onion slices. Add one pack of NutraSweet or Splenda. Salt and pepper to taste and then stir the ingredients up. Allow the salad to chill for a couple hours. This will help the onion flavor to permeate throughout the salad. It's quick, easy and very tasty!

#### THE BACK PAGE



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Advertising deadline for our spring issue is January 12, 2005.