

100% Naturally Built
(No Preservatives)

'The Key Ingredient'

I often get asked what I did differently to progress from being competitive at a State level to a National and then International level of competition. Whether there was one 'key ingredient'... a particular style of training or any one supplement in particular.

I could pretend to blow you away with some miraculous patented training method with a catchy acronym as the name or some revolutionary supplement that's going to take the world by storm. Sorry to disappoint you but honestly it's nothing like that at all. The intrinsic thing that I believe helped me and plenty of others to develop as a bodybuilder and a competitor is learning how to combine good nutrition, supplementation, training and recovery protocols together. Research into these elements and then consistent and disciplined application is what has helped me to progress over the 9 years that I have been competing for. I can honestly say that like many other people who train or compete that this is a never ending process of learning and then applying this knowledge. Sometimes it's a process of trial and error. Like they say 'what works for one person won't work for the next' so a lot of the time you have to find this out for yourself. Anyone who thinks they know it all and who doesn't keep their mind open to learning something new is only limiting their potential!

I guess at times I'm as guilty as the next person of being impatient and wanting developmental changes in my physique to happen overnight so to speak. The thing is you've got to be patient and take your time. Don't go looking for some miracle supplement or type of training because it just doesn't exist. A lot of magazine ads will tell you otherwise but be smart enough to see through the marketing hype purely constructed to sell you yet another product. If the crap they spin really was true don't you think there would be less fat people getting around and more people walking down the street looking like Pro bodybuilders?

When I first started training and up until the first time I competed my nutrition was appalling, you have no idea, seriously a lot of people don't believe me when I tell them how bad it was. But here's the thing, if you don't possess the knowledge you just don't know otherwise and that in itself is a large factor in the obesity epidemic that is affecting the majority of the developed world today. People don't know any better and lead a lifestyle of convenience - reaching for more and more processed and packaged foods that have less and less nutritional value. Back to the point though, when I prepared for my first comp back in 2002 was when I started learning about nutrition. Through correcting an atrocious diet, between the first and second time I competed I managed to put on between 5 and 6 kilograms of muscle. Sure there were other contributing factors (*including improved training techniques, proper rest, recovery and also a new found mindset focussed on now training for competition*). But I haven't managed to make that sort of a gain in such a short time frame again which is testament to just how important and beneficial good nutrition is. The beauty too of when you're young and just starting out in the gym is that you have the potential given the right environment to make some solid gains. As you get older and more seasoned in the gym it

certainly seems to get harder to make the same sort of gains especially as a drug free athlete. That's the thing too, if you choose to train naturally as a bodybuilder and want to compete naturally it's vital that you learn and implement good nutrition protocols. It's of paramount importance because it's the corner stone variable that you have to manipulate to bring about changes to your physique.

As some of you reading this will know my day job involves working within the supplement industry so again I could try to tell you that you need all the supplements in the world if you're going to get anywhere in this sport. Not true! Sure supplements used correctly can be very beneficial, convenient and a cost effective way of getting nutrients into your body quickly when they're needed the most but people get far too carried away with this aspect of their regime at times!

Remember people, supplements are as their name suggests, supplementary. First and foremost you need to have a solid base of consistent training and nutrition backed up with sufficient rest and recovery. If you don't have this nailed then the reality is you're just not going to reap the benefits of correct supplementation and you're most likely wasting your time and money.

To give you an example there is such a fad at the moment with preworkouts. One week it seems to be one brand and then it's something else that's the ducks nuts and the new must have. I see people walking into a supplement store to buy these things yet they get nothing else. No protein, no glutamine or vitamins or anything else that is far more beneficial to supplementation.

Sure some of these products can give you a short lived buzz and maybe you train the house down when you use them but you see people are far too dependent and can't train without them. They'll say things like "I'm just so tired and flat I need this to get through a workout out" or something similar. Truth is they haven't had enough sleep or eaten properly to set themselves up for an effective workout. Or afterwards they still don't get things right to maximise recovery. Remember guys, you don't grow in the gym, that's purely the stimulus to initiate hypertrophy (growth). It's the other 23 hours of the day when you're not in the gym where you have the potential to grow, especially during sleep!

Keep this in mind too, the vast majority of these fad preworkouts contain Geranium Oil Extract or 1, 3-dimethylamylamine. This ingredient is on the banned substances list and has already caught out some natural bodybuilding competitors and Commonwealth Games athletes. Also be mindful that if you are subject to workplace drug tests this substance has the potential to cause a positive result.

So I have to say there isn't one 'key ingredient' instead it's a consistent approach to combining several key ingredients. Those being Nutrition, Training, Rest and Recovery. Learn as much as you can about these aspects, find out what is myth and what is research proven fact!

Systematically implement and do your best to fuse this all together and you have the recipe for success!