

The 2001 Mr. Olympia Review!!!

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Introduction

Every year the world's greatest athletes battle the harshest of elements in order to ascend to the top of Mount Olympus. Their journey is filled with pain, endurance, hardship and most importantly the utmost willpower. Blood is spilled, sweat is poured out. As gladiators back in the days of Rome these warriors fight with an unmatched ferocity and yet, when the smoke has cleared only one man will take home the coveted Sandow trophy. Only one can etch his name into the annals of time as Mr. Olympia. The greatest body on the planet earth!

Being a tremendous fan of the sport and a devout student, I have watched as much footage on these athletes as possible. This includes seeing countless of their workouts, and attending their seminars. What I will do in the following paragraphs is give you a more in depth look at the incredibly awesome athletes who will grace the stage in this years Olympia! I will also cover their training styles, which will also improve and invigorate your own workouts!

Ronnie Coleman

He is king of the world, 3 time holder of the coveted Olympia Title. A title that in 50 years of competition has only been held by 10 great athletes. His name has become synonymous with such greats as Schwarzenegger, Haney, Larry Scott, Frank Zane and my personal favorite Olivia. His back is so massive that it could cause an eclipse on the brightest of days. At 5-11 and 260 pounds, he could very well out muscle any man in the history of the sport. The question the fans want to know is what makes Ronnie Coleman so great? What separates him from his competition. I believe that it is his animalistic approach to the sport.

Have you ever seen his gym? Mr. Olympia lives in Arlington Texas. The heart of his training program runs through the blistering heat of the summer. The climate in that area can become unbearable! The building in which he trains is a small one. When you walk in, you are blitzed with equipment that is worn by countless hours of use. Many of his machines are covered in duck tape. There is no air conditioning, just an old fashion 10 year old fan, attempting to bring circulation into this sweaty dungeon of sorts. In one corner is a set of rusty dumbbells being cleaned out so that they can be used again. His tools are that of a warrior. The barbell, dumbbell and in the corner fastened into a hammered through, rusty wall is a T-bar row. With all the fame and money the champion has earned he has continued to work in a gym of complete and utter hardcore proportions.

Yet within this battle field, this absolute Giant in the sport of bodybuilding produces magical numbers! To create his mighty back he absolutely **toys** with 800 pound

dead lifts! Justice cannot be done to this incredible feat of strength as he drives his feet deep into the concrete pavement and conquers this mountain of a weight! Why does he possess such Herculean pecs? By completely manhandling 200 pound dumbbell bench presses! His delts are fashioned and polished with 395 pound military presses and lets not discuss his legs! How many bodybuilders have been hindered by squats because of the pain they produce to the trap and neck area? Take that pain and double it on the front squat! The barbell in this case seems to pierce your arms and shoulder blades at a level that breaks the rictor scale in the pain threshold department! And yet, without a rack for backup, in the toon of the days of your, Ronnie Coleman front squats 595 as if it were nothing! And with those numbers, he leaves absolutely no doubt as to who is the undisputed champion of the world!

Training: Hard and heavy! Ronnie is a devout believer in power lifting movements such as dead lifts, squats and heavy barbell rows. All of which he lifts insane amounts of weights! Even though he lifts with mostly compound movements he still keeps his reps between 6-15 for the most part. Remember getting stronger in bodybuilding, pertains to getting stronger within a bodybuilding rep range.

Posing: Needed allot of work in 98, but since then he has created a fine routine. He is a solid poser.

Strengths to look for: Perhaps the most massive back in the history of the sport. Huge peaked biceps and quads of unmatched proportions! What can you say, he is the champion 3 times over.

Weaknesses To Look For: Though tremendous in size, he lacks complete quad separation. In edition due to his mass, his stomach protrudes when not tensed. However these weaknesses pail in comparison to his strengths!

Placing: Most likely he will repeat as champion.

Shawn Ray

In what some would call an insane world, Shawn Ray has brought sanity. He is driven by the mere reality that he is one of the greatest athletes that any sport has ever known. His rib cage depth is endless, his obliques shredded and the separation in his quads, **death** to his competitors! Shawn Ray boasts a resume of endless proportions, that includes being 1983 AAU Teenage Mr. Los Angeles; 1984 Teenage Mr. California; 1985 Teenage Mr. Orange County; 1985 Teenage Mr. America and 1985 Jr. Mr. World, 2 time Arnold Classic winner, and several 2nd place finishes in the Mr. Olympia. Many have said that each of those seconds were complete and utter robberies! At 5-7 215 pounds, Shawn Ray is a David in a field of Goliaths! And yet, this champion takes on each competitor with an unmatched ferocity, crushing essentially every man unfortunate enough to cross his path! He is perhaps the most intelligent man to ever compete in our great sport. He dissects his enemies weaknesses with a cold hearted genius, that leaves them helpless in his wake! As far as training goes, he is a warrior! Last year his concentration was to come in more ripped than he has ever been. He met this goal and surpassed all expectations. I don't believe I have ever seen him more crisp, with more symmetry and completeness than he presented in last years Mr. O. Look out for him this year, he's always in the hunt for the Sandow!

Strengths to look for: Perhaps the most complete physique on stage. Symmetrical, striated, beautiful rib cage development, unbelievable separation in all four heads of his quads and a stomach vacuum that would even rival the great Frank Zane!

Weaknesses: His only weakness is his collar bone. Which can't be controlled. It is shorter than the larger competitors such as Ronnie Coleman. However he makes up for this with his awesome symmetry!

Training Style: An intelligent competitor who like Ronnie is a devout believer in the basic mass builders. Last year during pre-contest as the weight dropped he raised his repetitions to the 12-15 range. Making up for weight with intensity. **Note:** Don't get me wrong, he is still lifting some tremendously heavy poundages!

Posing: Flawless! People don't realize how many years it takes to master this art. Shawn Ray has not only mastered it, but perfected it! His movements are without fault. I see so many bodybuilders stumble or screw up when attempting to present a pose, this is just another area in which Shawn Ray defeats virtually all competitors. Enjoy his routine, because I guarantee he will put on a show to remember!

Placing: I emailed Shawn Ray yesterday, and he said in response to his conditioning this year, and I quote, " you won't be disappointed! " Who knows he may take number one! He is a shoe in for the top four though.

Kenneth Flex Wheeler

Flex Wheeler is perhaps the most genetically well structured human being of all time! He has absolutely no flaws. Not one! His collar bone is long, his waist is tiny, and his hips are unconsciously narrow! He is as close to perfection as you will ever see. Flex has ceremoniously been dubbed the **Sultan of Symmetry**. This name comes from the fact that not one of his body parts is disproportionate when compared to another. His biceps are proportional to his delts. His calves are the perfect size for his quads. His skin has been measured as the thinnest in the sport! Which makes Flex Wheeler a literal walking anatomy chart! When detail is discussed, no one can stand next to him! I remember the first time I witnessed his rear back double biceps pose! For a moment I thought they were going to have to re write the anatomy charts. I saw muscles I had never seen before!

Another genetic plus for flex is his tiny joints. Muscles seem to look more dramatic when spiraling out from extremely small joints, this is just another weapon that Flex brings to his massive arsenal! His only downside is that apparently he has screwed up a few times in his pre-contest dieting. But if he dials his body in for the day of the show he is unbeatable. In 1998 Flex peaked, he literally reached his genetic potential. I have never seen a bodybuilder look that awesome before in my life! His back was comparable to the great Sergio Oliva and the rest of his body was in another zone! A zone the sport had never known. However, he lost to Ronnie Coleman. Which in my opinion was complete and utter Robbery! How the most genetically structured man in the history of our sport does not have a Sandow, I will never know! However, I take nothing away from the champ, I believe he legitimately won in 99 and 2000. But 98 was Wheeler's Sandow and I will always consider it to be so.

Strengths to look for: Full muscle bellies, unfathomable symmetry, and an unbelievable stage presence! Be sure to look for the separation in each of his muscles, this is perhaps his greatest feature.

Weaknesses: None.

Training Style: Flex is trained by the " Mr. Olympia " of trainers! Charles Glass! Mr. Glass is a genius in no uncertain terms! He utilizes angles in ways that would create growth in the most dormant of bodybuilders! Charles literally looks at the body of the athlete he is training, finds his weaknesses and then fills those holes in. If you notice, I constantly encourage this same principle on the site. Always be aware of what needs work and hit that area with a specialized exercise. If you need biceps peak, hit it with concentration curls or pre-fatigue it with partial reps. With Glass as his trainer, Flex uses several fancy exercises and elaborate schemes that most bodybuilders are unaware of. As I stated several angles to hit every muscle fiber, a variety of machines and a flawless game plan.

Posing: He is an excellent poser. Very crisp in his movements. I believe Shawn Ray is still better in this area, but Flex is one of the best in the sport.

" He doesn't fear pain, he embraces it, subdues it, no matter how difficult the exercise is he just does it. And if it doesn't hurt badly enough, he does it another way until it does. "

Lee Priest

He has been dubbed the Blond Myth. You see only Priest and Olivia, could pull off a " true " victory pose. They implement this by dramatically placing both arms straight overhead, opening their entire body, while flexing and tensing each of their muscle fibers. If you have a flaw it will be exploited in a second during this pose! No one in the history of the sport would dare compete with Olivia or Priest during their execution of it! Sergio was the original Myth, hence its easy to see where Lee Priest's nickname was derived. Lee has also been referred to as Superman for obvious reasons.

He has developed perhaps the most aesthetically pleasing physique in the history of the sport. Lee Priest is a living breathing masterpiece! No bodybuilder has ever photographed better than he has. His quads rival the great Tom Platz, his calves are unreal and his forearms are by far, the greatest the sport has ever known! The Blonde Myth, like his names sake is as Old School as you can get. He exemplifies the fact that food is the most anabolic substance known to man! Unlike the new school of thought, Lee Priest isn't afraid to add body fat in order to contribute muscle to his frame. At a height of 5 foot 4 inches, Lee has reached weights exceeding 285 pounds in the off season! Yes, he puts on allot of fat, but every contest he is disciplined enough to completely strip it off and underneath lies an unbelievable new layer of hard dense muscle mass! And many have said that there is no way on

earth, that he could have developed arguably the greatest body ever, without this old school approach to dieting!

Training Style: His intensity and willpower are in a class all by themselves! He trains at volumes that would make most men collapse half way through! We are talking 20 sets of bi's and tri's and up to 30 for legs! He doesn't fear pain, he embraces it, subdues it, no matter how difficult the exercise is he just does it. And if it doesn't hurt badly enough, he does it another way until it does.

Posing: Again, he is a throw back to the old days. His routine is always flawless. In addition, Lee also includes several poses, meant to imitate the Greek Statues of your. This is probably the most amazing aspect of his routine. Be sure to look for it at the Olympia this year! Also watch for his trade mark shake and bake. He has so much muscle on his quadricep that he is able to literally shake it for 1-3 seconds before tensing and flexing it. Truly one of the marvels of this great sport!

Strengths to Look for: His abs look as if they were carved out of pure marble! His quads are huge and striated, massive calves, unmatched forearms and a most muscular pose powerful enough to bring the house down! As stated earlier no athlete would dare compete with him when executing his victory and straight arm pose.

Weaknesses: His only weakness would be structurally. He has a very long upper body as opposed to a very short lower body.

Placing: Unfortunately throughout his career, he has been screwed by the judges numerous times. Countless contests he should have placed much higher than his standing! Look for Lee to place in the top six.

Kevin Levrone

His mentality is that of a warrior, his heart as big as a lion's. The frame on Levrone is incredible, awe inspiring and denser than steel! His shoulders are boulders, his traps mountainous and the shock of his triceps, unbearable to all who oppose him! He is, the Maryland Muscle Machine! Fine tuned, dialed in and ready to ascend to the great title of Mr. Olympia. Quite frankly I have never seen a bodybuilder who from head to toe had more weapons in his arsenal as Levrone. When he walks on stage he receives immediate respect.

I say this because he is one of the hugest bodybuilders on earth and yet his waist literally is non-existent! He has taken 3 second place finishes in the O contest including last year, and a strong case could be made that he was number one! He beat Ronnie with his waist, triceps and delts, but the champ of course beat him in a number of areas as well. The point is that he could have easily walked off the stage with the Sandow in hand.

He trains as if there was no tomorrow and hoists weights that would intimidate the most devout athletes in the world. I recall watching a trap, shoulder workout of his, in which he was barbell shrugging unspeakable amounts of weight! I lost count after he had six plates on each side of the bar, by his maximum set I didn't even bother adding the weight up! His arms measure 24 inches! How does he get them? By absolutely manhandling 100 pound dumbbell curls! One arm at a time! For most that's a lot of weight to bench press and he curls them as if they were 5 pound

plastic weights! 8 days out from the 98 Olympia, flat and severely carb depleted I watched him bench 500 pounds on flat and incline as if it were a warm up weight! I have no idea what his max is, but by the way he tossed around 500 it must be unfathomable! And lets not talk about his lower body, he squats over 700 pounds for breakfast and then comes back for seconds!

Training Style: Hard, heavy and insane! The Maryland Muscle Machine breaks new pain barriers every time he enters the gym! He's a believer in compound free weight movements. Heavy bench press, heavy shrugs, murderous squats and incredible pressing movements! His school of thought is the heavier you lift, the bigger and badder you will be! Again, he still keeps his reps between 6-15 reps (bodybuilding style).

Posing: I believe, that he is by far, the best poser in the Olympia! You can tell that he has spent countless hours working on the intricacies of posing. He never stumbles, his moves are crisp, clean and amazing! Too many bodybuilders neglect posing. This is a huge mistake! They feel its not a vital part of the sport. if that were the case, then why are most of the greatest in this sport, tremendous posers! Constantly work on your routine! You see it is your finished product. How you display countless hours of hardcore training and dieting.

Strengths to Look for: Levrone possesses the best traps, delts and triceps in the sport. Look for any pose that accentuates these features. Pay attention to his most muscular, it displays just how much density this monster has!

Weaknesses: He is damn near flawless. He may however need to add a pinch more density to his lats. However, a man who has won the Arnold Classic and finished 3 times second in the Olympia, does not sport many flaws!

Placing: Don't be surprised if he upsets the champ and takes the title! If this does not happen, he should end up placing in the top three and top four is almost a guarantee!

Orville Burke

Orville's shoulders are so unbelievably square, that you could place a ruler straight across them! His back is perhaps the best in the sport! This man could very well be a Ronnie Coleman waiting to happen! After paying his dues for several years in the hardcore grind that is bodybuilding, Orville won two huge contests this year! The Toronto Pro Invitational and the ever so prestigious Night of Champions! Fresh off of those two wins, he is a major contender for the Olympia. He weighs a whopping 256 shredded pounds on stage! Which is amazing considering his super fast metabolism! He consumes around 7- 8,000 calories in the off season a day and must keep his intake close to 6, 000 in pre-contest to maintain his size. If he lowered his calories much more he'd lose his mass extremely fast. In edition he consumes these in about 8 balanced meals a day. more fatty foods in the off season and allot cleaner in season. He began receiving great recognition after pro trainer Victor Munez trained him. You see Orville had the mass, but was missing sever aspects necessary to symmetry. Munez, who I have an unbelievable amount of respect and admiration for filled in these missing parts. He did so with a blitz of angles similar to Charles Glass, but with a style still completely unique to Munez.

Training Style: I'm sure the question on most of your minds is how in the Hell did he develop a back that massive! The plain fact is that Orville bases his routines completely around pull-ups! Close grip, wide grip and everything in between! I see so many athletes severely slow their back growth by avoiding this exercise! To take this out of your back routine, would be like taking the squat out of your leg routine.

Posing: Orville is probably one of the worst posers in the Olympia field and It might very well cost him. Hopefully he hired a great choreographer because this is a major flaw in his game.

Strengths to Look for: A massive back, tremendous square ness in his shoulder region, unbelievably large quads and veins the size of ropes!

Weaknesses: Without a doubt it is his posing and presentation.

Placing: Realistically he should land in the top six. For sure he will make the top ten and who knows, he may pull a Ronnie Coleman and win it all. But with this years competition, I don't see that happening.

Dexter " The Blade " Jackson

There's a reason why he is referred to as the blade! This man is cut like a friggin diamond! He has the potential to be the next dominating force in this sport. Dexter competes at 215 pounds of perfect mass. The first thing that will strike you when he steps out on stage is his obliques. For they are by far, the most shredded in the sport! His abdominals look as if they were carved out of granite and his body houses more striations and cross striations than any other athlete on stage! He draws the closest comparison I have ever seen to Flex Wheeler. Another outstanding aspect regarding his physique are his hamstrings! They are again, in my opinion, the best the sport has to offer. Dexter developed them from endless sets of lunges, leg curls and stiff legged dead lifts. His symmetry is unbelievable and his muscle bellies are tremendously full! This man is a genetic freak and I wouldn't be suppressed if he took the Olympia title within the next 3 years.

Training Style: From the few sessions I watched, he utilizes allot of supersets. For example, pec dec flys superseted with cable crossovers. His form is excellent and he always emphasizes a concentrated peak contraction followed by a slow descent to the bottom of the rep. I believe that Dexter's emphasis on squeezing his muscle fibers at the top range of motion during an exercise, has contributed a tremendous amount to his unbelievable shape and fullness!

Posing: Dexter has his own unique style! He's an excellent set up man. He won't just go into a side chest pose, he will put on a show on the way there! Last year he did not use enough posing oil and the judges docked him on it, because his muscles did not look as good. This is essentially a rookie mistake, which he will not repeat. He's a solid poser and should definitely display a sweet routine!

Strengths to Look for: Unbelievable Symmetry. In fact, aside from flex this aspect is second to none! He's shredded, striated and unbelievably hard! Again, my favorite aspects of Dexter are his hamstrings, side chest pose and obliques.

Weaknesses: Doesn't really have any. His height is the only real thing against him. He is 5-6 and the champion is 5-11.

Placing: He placed 9th in the last two Olympias, he's definitely shooting for the top six

Chris " The Real Deal " Cormier

There are many who will confidently lay down thousands of dollars in Vegas on Cormier and for good reason! He is currently ranked number two in the world overall and this contest would make him number one. The Real Deal has entered every top contest in the world this year and won them all hands down with the exception of the Arnold Classic in which he finished second. These titles include the San Francisco Pro Invitational, the esteemed Iron Man Invitational and the Grand Prix in Australia. Chris is called the " Real Deal " for two reasons. The first of which is his resemblance to Evander Holyfield and the second is that he in essence, knocks out all those who oppose him on stage!

Cormier's body is unbelievable! His lats are thick, dense, wide and tremendously detailed and they spiral down into unbelievably shredded spinal erectors(lower back)! However, what is extraordinarily impressive about The Real Deal is that he has unbelievable mass and stays symmetrical throughout. Unlike many athletes his size, Cormier's abs and obliques are perfect! They are not only defined, but also deep. His contest prep is always flawless. I expect him to come in bone dry(not holding any water), and carrying striations that you never believed the human body possessed!

Training Style: If he could carry another nick name, it would be the Surgeon! I say this because he trains with an unmatched precision. Not one movement is wasted! His form is text book from beginning to end. Cormier rarely bounces, cheats or uses momentum. Everything he does is sharp. For example if he is performing a pull-up, he will go all the way down, stretch his lats for a second and then without the use of momentum, he pulls himself all the way back up, pausing for an extended peak contraction on top and starts the process over again. I emphasize this, because most athletes bounce and sway while performing this exercise, Chris does not on this or any other.

He, like Flex is trained by Charles Glass. Therefore he utilizes endless angles. In a quote from Charles Glass before his previous Olympia on using angles he stated:

" Many bodybuilders just stick with the normal exercises for their backs. And even though they develop good mass, they dont hit all the little holes and crevices in their. I use several angles so that I do hit them. You will see a much improved back in Chris this year. " An example of a back workout of his might be:

Wide Grip Pullups (width)

Smith Machine Deadlifts, focused on peak contraction (thickness)
 incline bench dumbbell rows (fill in more detail in the back)
 close grip pull downs (lower the lats)
 good mornings or hyperextensions (spinal erectors)

Notice how many angles he utilizes.

Posing: Cormier is a decent poser. However, he can be a bit boring. I'd like to see more enthusiasm in his routine this year. I think he should hire a better choreographer. But overall he is good.

Strengths to Look for: He has tremendous separation, fantastic abs, huge full and striated quads and a six pack to die for!

Weaknesses: His chest looks great when relaxed, but in my opinion, what you see is what you get. It doesn't jump out at you when he poses.

Placing: He will place most likely second. He does however have a high chance of taking it all! But it should be an all out war between Ronnie, Kevin and Cormier for the top three spots. May the best man win.

Nasser El Sonbaty

Huge, mind boggling size! This is the aspect that strikes most spectators when they first lay eyes on this absolute Monster! Nasser' ability on stage was in great part responsible for raising the size barrier in bodybuilding. He is one of the first bodybuilders to actually be able to carry 280 pounds on stage, and be shredded at the same time. To put that in perspective Ronnie Coleman competes at a weight of 257 pounds and they are both 5-11. Nasser is also one of the few bodybuilders who can actually guest pose at a weight exceeding 300 pounds! He has won several contests, including the Arnold Classic in 99, and has also placed second to the infamous Dorian Yates in the 97 Olympia.

Training Style:

Nasser trains frequently, around 5-6 days a week. When pre-paring for a contest he adds cardio twice daily on top of his daily weight lifting routine. In addition he trains hard and heavy! His form from what I've seen consists of doing whatever it takes to get the weight up. Essentially he is a firm believer in ballistic training.

Quote From Nasser:

Q: If you could change one thing about Bodybuilding, what would it be?

N: The general public knows too little about the sport of Bodybuilding, and if they seem to know something, it's mostly negative information combined with ignorance and prejudice. The negative view on Bodybuilding comes mostly from lazy, physically inactive people and from jealous people in general. Daily newspapers and television should report about Bodybuilding and they shouldn't be just reports about pros & cons, but rather about local and international shows, like that of any other sport, and not stuff about good or bad things in Bodybuilding. Nobody starts discussions about soccer or football and if it's good or bad or healthy or unhealthy.

Posing: Nasser has a passion for the stage. His routines are very precise and well thought out. They are not overly explosive, like a Levrone's. You see he is very

serious up there, almost as if he were the only man in the stadium. Again, not the most explosive routine, but still very crisp and unbelievably clean!

Strengths to Look for: The man is huge! That is his biggest strength. He is thick from head to toe. His calves are fantastic and his front double biceps pose is unstoppable!

Weaknesses: I don't believe he can attain the same condition that he came in the 97 Olympia. And that is what he will need to dethrone the champ.

Placing: I feel that he will be in the top 8. However, a champion like Nasser may surprise everyone and challenge Ronnie for the title! I certainly wouldn't put it past him!

Dennis " The Menace " James

Dennis is a devout believer in 3 things.

1. Lift Heavy or Go Home

You see he keeps his reps between 4-8 total repetitions and rarely goes above that!

2. Free Weights Above All Else!

His method is to stick to the basics of training. Which means, squats, dead lifts, bench and heavy barbell curls! His main concentration is on the exercises that recruit the most muscle fibers.

3. Protein, Protein and more Protein!

Dennis consumes 400-500 grams a day of this macronutrient! In fact he has stated that when going lower than this, he does not come close to getting the same amount of gains.

With these three beliefs, James has skyrocketed to the top of our great sport and is now a legitimate contender for the title! He even won his first pro show at the Hungary Grand Prix this year! Dennis is hard, heavy and will definitely wreck some damage this year! In fact he will probably compete at a weight of about 260 pounds, which pound for pound matches the champ!

Training Style:

Dennis trains with maximum poundage's each workout (4-8 reps)! He centers his workouts around compound movements as well. In edition he performs 3-4 sets per exercise and uses approximately 2-3 exercises per body part.

Posing: Similar to Lee Priest, Dennis is an expert at executing the shake and bake! His routine is clean and balanced! I can tell that he has hired an excellent choreographer and works incessantly on this aspect of the sport.

Strengths to Look for: His chest is extremely full, round and really highlights his most muscular pose. Also look for his massive quads and pay special attention to their outer sweep. To top off his amazing body, watch out for his lats! They are capable of blocking out the stage lights!

Weaknesses: He needs work on his calves

Placing: He's aiming for the top 5 and I believe he has a great shot at making it!

Conclusion

Now you have an inside look at how the pros do it! I will conclude this article by giving my prediction of how the athletes will place in the Olympia for the top ten positions.

1. Ronnie Coleman
2. Kevin Levrone (I'd like to see him take first!)
3. Chris Cormier
4. Shawn Ray
5. Dennis James
6. Dexter Jackson
7. Nasser El Sonbaty
8. Orville Burke

Unfortunately Lee Priest has pulled out of the contest and so has the great Flex Wheeler. With that being said my next pics are:

9. Markus Rühl
10. Mike Matarazzo

Jacob Wilson

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