

## Hyperplasia Challenge Interviews

Gabriel Wilson recently had the pleasure of interviewing the Hyperplasia Challenge contestants. For more information on this challenge, click [Here](#). To read more interviews, Click [Here](#).

The Question will be denoted by the letter "Q" and the answer by the letter "A."

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### Interview with Damien Voorhees

**Q. Can you please share your ABCbodybuilding testimony?**

**A.** I started to work out again in March 2005 at the suggestion of my doctor. I was recovering from Lyme disease and as a consequence, was always very tired. I had been into bodybuilding for years but never made much progress. I followed the flawed philosophies of the corporate world [Weider] but my persistent hope in getting big kept me going. When my first son turned one, I stopped working out. It wasn't even a conscious decision.

After a ten year layoff, I started to work out again. In the gym, I thought to myself, I'll just stick to the Cybex machines, my free weight days are over. Within a month, I was back to free weights and then began to get really strong... quickly. I left the Cybex in the dust. I saw a bodybuilder on TV and I was inspired to get back to the iron.

I tried something new and I went online to learn about bodybuilding. I mostly was appalled at what I saw, until I got to abc bodybuilding. ABC has more expertise in legitimate bodybuilding than any other organization I have found and what cinched it for me is that it is also a Christian website. I wanted to maintain purity of body and soul, and did not want to compromise either body or soul in the pursuit of making my temple of the Holy Spirit [my body] BIG!

I registered at ABC on May 10th, 2005. I read, and read and read... then read some more. I monitored the forums and got to know the regulars. It took me time to actually post something.

I picked some splits and worked out hard. When the Challenge was announced, I thought, "Why not!" I was taking basic supplements at that point: Whey, creatine, L-Glutamine, multi-vitamins, ZiMa, chromium picolinate, and Vitamin C. The first time I weighed myself since working I discovered that I had gained about 12 pounds or so. I couldn't believe it!

At the beginning of the Challenge, I used a split that I had developed [see my Hyperplasia Challenge journal for 11/23/05]. After 6 weeks, Venom [Gabe] suggested I do a 2-week taper, which means a significant cut-back in workouts. I took Gabe's advice. During the taper, my short workouts were used to practice the next workout that I was planning to use, which was the Cliffhanger. I used, and

loved, Cliffhanger. The taper was very effective physically and mentally: I was psyched to workout harder, and my body was ready for it. During the Challenge, my weight gains really seemed to take off when I began using Champion Super Heavyweight Gainer 1200. I also began to use Gabe's supplement list that he describes in his journal for August 5th, 2005. By the end of the Challenge, my bodyweight and lean mass was at an all time high for me. Since all of my previous bodybuilding experience was unsuccessful, my gains during the Challenge took me by surprise! I actually had to think about something for the first time: do I really want to be freaky? When I went into Old Navy to get some winter clothes, I actually needed the XXL sizes. WOW! I couldn't believe it! Well, after thoughtful and prayerful discernment, I do want to become freaky, if it fits into God's plan for me!

**Q.** Did you enjoy the HYPERplasia challenge? Please give us your sincere assessment of the event, and why/if you would recommend it to other bodybuilders?

**A.** I thought the Challenge was a blast! The camaraderie among participants was fun and the advice from abc staff invaluable!

**Q.** Did you feel that the contest facilitated hostility among the competitors? If so, what would you change to avoid this in the future?

**A.** I felt no hostility. Any form of competition has a motivating effect for many people and this effect could cause hostility.

**Q.** Did you feel the contest facilitated friendship and cooperation between the competitors? For example, did it encourage people to work with each other and encourage each other?

**A.** I think the challenge facilitated camaraderie.

**Q.** What was the hardest part about the challenge?

**A.** Eating! Bulking for me is tough because my body wants to drop weight.

**Q.** How much did you have to adjust your life?

**A.** Wow! Good question! I had to become quite organized. Bodybuilding requires lots of stuff: many supplements, special foods and changes of clothing during the day. It had to find special trays to keep all of the supplements ready for specific times during the day. Bodybuilding requires adapting work and family schedules so that neither work or family are affected.

**Q.** What kept you on track and focused for 12 weeks? There must have been times that were difficult for you to train or stay strict to your diet—what stopped you from slacking?

**A.** I love to workout and the ideas presented at abc keep me motivated.

**Q.** Did you ever feel like quitting the challenge, or feel signs of overtraining? If so, how did you handle this?

**A.** I may have felt like quitting the challenge, but it only lasted about ten seconds! However, without realizing it, I was becoming fatigued and overtrained. Gabe suggested a taper, and that was hard because I wanted to continue to keep pushing hard. The result was increased motivation and renewed physical ability.

**Q.** Do you plan on competing in the future? If not, what are your future aspirations and goals in bodybuilding?

**A.** I have no plans to ever compete. I want to get big, and have decided that freaky is fine. I aspire to a healthy, leaner body with about another 20-30 pounds of lean mass. That would put me at a bodyweight around 250

**Q.** What was your diet like during the HYPERplasia challenge? Did you use any advanced dieting principles such as calorie and carb cycling? And by how many calories did you drop or increase on average from the start to the end of the challenge?

**A.** My diet was probably not what it should have been. Diet, for me is the hardest thing. I have no craving for sweets. However, for me to gain weight I need to eat a lot, and eating bores me. Eating requires a 24/7 focus. For me, without the 24/7 focus on proper eating, my bodyweight will decrease. I am trying to come up with ideas for a way to supplement by diet with the calories and nutrients needed for maximum growth that doesn't break the bank!

**Q.** What supplements did you use?

**A.** By the end of the challenge, I was using per day:  
3g HMB, 10g L-glutamine, BCAA's, ZiMa, multivitamin, 3g of Vitamin C, antioxidants, 400mg chromium picolinate, JSF, Calcium 1g

**Q.** What did your split look like?

**A.** See see my Hyperplasia Challenge journal for 11/23/05. First 6 weeks was I did this split, then did a 2-week step taper, then started Cliffhanger.

**Q.** How much cardio did you do?

**A.** none

**Q.** What was more important to you—winning the competition, or improving your body? And why?

**A.** Improving was my only goal. The Challenge, however, gave me points of reference and forced me into a pattern of commitment to all the aspects of bodybuilding.

**Q.** Would you have done anything different in your program if you could start the challenge over?

**A.** I would have tried to do better on eating: I am not too sophisticated in the diet area and could have increased my weight over a longer period. At the end of the

challenge, my weight increased slowed down. I still don't have answers to the proper bulking diet for me.

**Q.** What are some key training tips you would give to a bodybuilder competing in the same challenge as you (whether it be cutting or bulking)?

**A.** Be as thorough as you can and have a positive attitude. What gave me the most confidence was that the advice that I was using was coming from the top experts in bodybuilding in the world. What could be more inspiring!

**Q.** Based on the results of the HYPERplasia challenge, and your knowledge of science, do you feel it is possible to lose fat and gain muscle at the same time? Why or why not?

**A.** Sure! With my limited knowledge, my stats showed that I was losing body fat and gaining lean mass. I am sure this has a number of variables. My body fat wasn't to begin with, so the percent loss in fat was much easier I am sure than if I were already cut. Also, my weight is generally stable so I have to eat a lot just to maintain my weight. Other people who gain weight easily would have a different dynamic.

**Q.** Thank you very much for the interview.