

# Life And Death – Where Do We Draw The Line?

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS

## Introduction

What is life? That is a question that has wrung through the ears of the ages. I will not try and define this for you, from a personal standpoint, but rather a biological one.

---

## Life Defined

Most biologists will define this on several strict guidelines. Yes, some will disagree, but the general consensus is as follows:

1. Must be Able to adapt to stimuli. For example, a snake will crawl under a rock on a hot day.
2. Must Feed – This is obvious, as the bodybuilder feeds 6-8 times a day
3. Must Excrete Waste – Do we need to get into detail...
4. Eventually Dies – This is a fact of life, all organisms life on their present body comes to an end. As they say, dust to dust.
5. Must breathe
6. Finally life can reproduce itself.

## Is Our Opponent Alive?

Interestingly enough, this article dawned on me after a hardcore squat session. One of those bouts that has a regurgitating effect ( [in other words I almost puked](#) ). I believe that all who are accustomed to such workouts realize that there is something more to a barbell than iron. Nothing that simple can have such a profound effect, both mentally and physically on a human organism. It was at this very thought that

I was provoked to look further into the situation and investigate, what was clearly more than an inanimate object...

My next step was to take what we define as existence and contrast it, with what many an athlete center their very essence around...the barbell.

## Compare and Contrast

### 1. Does a barbell adapt, or react to stimuli?

The answer is clearly yes! What happens when you load this entity with several plates aside? The bar bends right! It reacts to outside stimuli.

### 2. Does a Barbell Feed?

At first glance, this stellar beast seems somewhat stumped. When we look further however, we find that it may very well consume a source of food and also an aquas solution. Sound strange? It shouldn't. Many will swear that when squatting, or deadlifting, that the bar actually feeds, and grows stronger, and more resilient with every drop of sweat ( liquids ) and blood ( proteins ) perspiring from our bodies!

### 3. Can it Excrete Waste?

Again, no argument here. At least from those who train at hardcore, deadly insane gyms! I have one word for you...**Rust!** Nuff said!

### 4. Death, is it applicable?

Many would define this phenomenon as simply something ceasing to function. I still have my first barbell. Is it useable? Absolutely not! I simply keep it for memory's sake, and to remind myself of where I came from. However, it is so screwed up from the beating I gave it while training, that it literally can no longer function.

### 5. Can it reproduce itself?

Have you ever heard the saying: " Iron makes iron. " I remember watching Nasser El Sonbate and Jean Pierre Fux training. Nasser made contact with Jeans triceps and stated simply that it was as hard as iron! Perhaps, the " iron bug " goes deeper then we realize. In a way, the barbell transposes part of itself into our bodies in the form of rock hard muscles.

### 6. Does it Breathe?

Certainly not oxygen. However, it can breathe in another substance. And that substance is fear! It knows when you fear it, and inhales that fear at a ferocious pace! Essentially you are supplying the beast with its most precious compound. Again, this is a concept that can only be accepted by a true athlete.

## Final Thoughts

Did I stretch a few of the concepts a bit? Perhaps, by strict laboratory standards. Regardless, you and I both know that there is something unique, and mysterious even about cold, cruel steel, shaped and molded in a way that is, well...nothing short of intoxicating. Next time you walk into the weight room, ask yourself. Is my opponent alive or inanimate? And what line do we draw in defining this phenomenon? I will allow you to make your own conclusion...

Yours In Sport

Jacob Wilson [Trainer@abcbodybuilding.com](mailto:Trainer@abcbodybuilding.com)

President Abcbodybuilding / Beyond Failure Magazine