

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."

Interview with littleamazon

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 really enjoyed the HYPERplasia challenge. Despite the fact that I always track my progress, it gave me a chance of really focus on a goal on a limited time span, prioritizing my nutrition and workouts for this sole goal. So, based on my previous experience, with strategies tested over time, I chose the best strategies for my cut. I did this in a progressive fashion, hence the variation of cardio, weight training and nutrition that you see on my journal. I would definitely recommend ALL bodybuilders to join the challenge. Why? Well, it made me accountable to someone else besides myself. It made me pay more attention to my diet, training and cardio, whereas in the past, I would have been more relaxed, not really optimizing my results. I have been, for the most part, instinctive in my training, now, that doesn't mean that I don't monitor performance. What it means is that intellectual/measurable performance has been balanced by input from other areas: how the workout felt? How mental motivation is in regards to it. Etc. The HPC gave me a chance to record this process and then be able to look back at where I was at a specific period of time: mentally, emotionally, spiritually, and physically.

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 feel that the contest promoted camaraderie. I saw how many posted on journals of their "competitors" to encourage them. Now, this is because most of the members on the HPC were long time ABC members *more than 150 posts* and there is a sense of ownership in regards to ABC and also members identify themselves with the site as a collective.

I think that this happened because by the time a member reaches 150 posts, if there was an attitude issue, it has been corrected by reinforcing proper attitude.

Q. What was the hardest part about the challenge?

A. For me, the hardest part about the challenge was how to develop training/nutrition strategy that would give me results on such a short time span. It

was the most fun of all, see what ideal cardio strategies would aid fat decrease and muscle increase together with weight training. On the diet side...I had to put aside my fear to fats. lol.

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

A. The challenge, to me, fits into the lifestyle of the bodybuilder. I ate at the same times as I ate before but it gave me a chance to focus more closely on the daily/weekly results, rather than letting things slide despite progress in the long run. So, eating was easy, because I have always been an advocate of variety. Training was easy in the sense of scheduling it, because I had already made a commitment to it. I believe that once one makes a commitment to the lifestyle, most of the hard work of the challenge is done. The rest of the time, you are just fine tuning and assessing what strategies to use next.

So, commitment makes possible for the challenge to fit in one's life.

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. Being accountable to the world over my results kept me focused. Also, knowing that a lot of people were looking at my progress kept me going. Knowing my body and what was beneficial for it whether cutting calories or upping them, increasing or decreasing workout intensity, kept me from slacking. I also kept my eating varied, always with a lot of different flavors, textures, so that it didn't feel restrictive. On the workouts, I kept on looking at what the boys were doing at the gym. I have always liked to compare myself with them to push myself further.

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

A. No, I never felt like quitting. I did a taper in between...for weight training to prevent overtraining.

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

A. Right now I am on maintenance but my goals are ultimately achieving a more balanced physique, mind and spirit. I just don't want more muscle mass *I absolutely want that* but I want it to be in balance with my flexibility, my strength, my muscular endurance, my cardio endurance and mental balance. I want to be a well-rounded athlete.

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. I started the challenge on macros: 50% p/25% c/25% fat. After the first month, despite my weight loss I noticed some muscle loss, so I had a two weeks of

40/40/30 with an up on calories and then I started carb cycling keeping the calories up from the 40/30/30 cycle. I continued carb cycling til the end of the challenge. I got less scared of my fat consumption on low carb days, kept better track of my efas as well as my nutrient timing. In the beginning of the challenge, I was too low on complex carbs. Thanks to Venom I changed things. I basically made my meal composition based on my training schedule and my needs at that time, so I basically stuck with complex carbs 4 times a day: first meal, post workout 1, pre-workout for session 2 and post workout session 2. All the rest of the time, I had fibrous carbs. I started the challenge using the 13 week fat burning diet, customizing it to my macros and doing the calorie cycling between meals specified on the plan.

Q. What supplements did you use?

A. Supplementation:

Post-workout shake Post Workout Shake :
Dextro, Malto , Champion Whey Protein, sodium

Creatine

Glutamine

Multivitamin

Vitamin C

Chromium

Zinc/Magnesium (" ZMA ")

Efas- Udo's choice blend

Calcium Supplement

Joint Support Formula

Low Carb Ultramet: Chocolate Fudge & Vanilla Cream

MSM Complex

Q. What did your split look like?

A. During the whole challenge, I had one training session at home and a second one at the gym. At the beginning of the challenge, I did weight training at home (1hr) and cardio at the gym (1 hr) Then I switched it over, doing cardio in the mornings and weight training on the evening. I worked out 6 days a week. I had low and high days for weight training and I did each body part twice, so basically, when I switched weight training to evening, I had a three day split that I repeated twice a week: Day 1: Back/Biceps/Forearms; Day 2: Legs; Day 3: Chest/Shoulders/Triceps/Traps. Repeat again from Day 1.

On the last 4 weeks of the challenge the split changed to Day 1:

Back/Biceps/Triceps/Forearms; Day 2: Legs; Day 3: Chest/Shoulders/Traps. Repeat again from Day 1. I did a lot of supersets: opposing and same muscle, partial reps, rest/pause method, etc.

Q. How much cardio did you do?

A. I started doing 6 sessions a week, then it changed to 5 sessions a week. I started with 30 min sessions and went up to 1 hr sessions of cardio towards the end of the challenge. I used interval training and long duration cardio. I didn't use HIIT until the end of the challenge. I alternated between different kinds of cardio, with concern to

joint support and recovery so I cycled from high impact activities *like jumping rope* to low impact activities *like elliptical*

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

A. Well, the challenge was more than improving my body or winning, although both became a factor to me. I wanted to do more than I had done before. To get to a new level in motivation, energy and commitment beyond what I had done for myself in the past. It was about my body but not in the egotistical sense. I strongly believe on ABC. I wanted my journal to be a strong testimony of how I fully believe in the principles implemented here. I also wanted to share beyond the training, all the motivational factors that affected my training and how I dealt with it. I wanted training to be seen as a variable to improve quality of life and in the Christian sense, further preparation of the body for service. Venom brought me back into perspective on setting goals, when my mind strayed from my main goals to just winning. I felt I didn't want to let any of my friends down. I wanted both newbies and advanced athletes to find useful information on the journal true to ABC.

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

A. Well, if I could start over, I would do so with what I have learned already and the body I have now so that would be a great advantage. I can tell you that my journal in terms of training and diet would vary, and that would be so exciting! LOL

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. 1) Assess some variables on your training daily: how you feel, how training was, nutrition and if you need more food, energy levels, rest needed, etc.
2) Make the most out of your time. Choose activities that support your goals.
3) Go for variety on cardio and weight training, alternating exercises. On weight training, have a variety of movements: machine, dumbbell, and barbell. Switch exercises around, do them differently. Try different angles on training, lower weight and try a more challenging variation of the exercise, then work up.
4) Don't do the same exercises in the same order and in the same fashion on every workout. You can do the same exercises on the workout...but vary the order and the type of movement.
5) Hydration, hydration, hydration.
6) Don't quit taking your creatine during your cut or bulk.
7) Time meals according to your body needs for performance. Make sure that the meals are within time to support your training sessions.
8) Add variety to your meals: choose several non-salt seasonings and when you bake a batch of chicken, season two or three pieces with different spices to add variety to your diet. Cajun chicken is not the same as tomato basil, right? I used at least 4 different seasonings.
9) Vary your sources of protein based on your need at the time: fast absorption or not. Whey is good but don't use it as your sole source of protein. I used chicken, beef, tuna, salmon, tilapia, pork loin and for my whey shakes, a protein complex with Whey and other long absorbing proteins in it.
10) Vary your cardio as you vary your weight training. Stretching should be part of

your workout routines.

11) Use a variety of shocking methods and strategies to keep the body guessing.

12) Vary your sources of complex carbs. I always had two different sources and rotated them per week: brown rice, wild rice, oatmeal, legumes *beans*, whole wheat tortillas.

13) On cheese...I combined fat free cheese with low fat cheese.

14) Use www.fitday.com to monitor your food intake and also your nutrient intake to supplement on deficient areas.

15) Go for cardio activity you can monitor. You really need to make sure to stay at the 65% V02 Max, so use RPE or heart rate monitor (78.6 – 80% of your heart rate = 65% V02Max)

16) One thing I regret is not taking body measurements every week. I would recommend this on a daily fashion or every two weeks even if it is not required by the challenge.

17) Work all sides of a muscle. For example, on shoulders: anterior, posterior, lateral, prioritizing weakest area first when you are fresh.

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. I did lose fat and gain muscle at the same time. You do need to monitor your macros closely. Cardio makes a great difference, when all the other variables are correct, for losing fat. Weight training and cardio need to support one another, under the principles of correct nutrition to support your goals. I varied the weight that I handled on weight training, progressively going up on weight and then I started adding more sets per exercise. Give yourself enough rest time to recover per set on your weight training workout. I also prioritized on my shoulders, leaving them just with chest and traps to be able to blast them. I gained considerable mass in this area.

Q. Thank you very much for the interview.