

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 steakzilla

Q. Can you please share your ABCbodybuilding testimony?

A. ABCbodybuilding has been probably the biggest influence in my life so far. (Wow I never really thought about it but its true) Before I found abc I wasn't really into anything, just kind of working to pay the bills for the month so I could make it to the next month to do the same thing. Slowly as I read more of abc I would make small changes in my life. Eating a little better, learning more exercises, and so on. As time went on more and more bodybuilding started becoming a part of my life until it pretty much was my life, as in this contest, for 3 months every decision I made was based upon bodybuilding. As a result I learned I could do what ever it was I put my mind to, and that gave me the courage and fortitude to decide what I want to do with my life.

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. Yes I did enjoy the challenge; it was an all around positive experience. I think the challenge is a great Idea, But I do think it needs some tweaking if prizes are continued to be offered. It could have been organized a little better, i.e. The point system could have been announced before the contest. And I think I would recommend it to other bodybuilders that where looking for a challenge. That is if I knew any other body builders.

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. No I don't think any hostility was brought about because of the contest. There was smack talk but I believe that was just a fun part of any competition, No harm was done by it.

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 it did facilitate friendship and cooperation. Especially with opposite categories. Example, male bulkers and female cutters were really encouraging towards female bulkers. And the only reason that is after all it is a competition so its hard to try and boost someone your are directly competing against.

Q. What was the hardest part about the challenge?

A. Hands down the hardest part of the challenge was staying focused for that long of a period.

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

A. I made major life adjustments. In fact I change everything but when I worked my job. I ate at different times, ate different things. I carried around a cooler with a strap filled with food and water. I hung out with different people, had next to know social life. I increased my sleeping length to 10hrs a night. (That was the hardest thing to stop after the challenge.) Even my breaks at work were planned around when I need to eat.

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. During my bulk there were times when I would get sick and tired of eating, it got to be a chore. To deal with this I would try to switch my diet up, to foods that still fit in my plan, but I normally didn't eat. For example if I was getting tired of the same old chicken and sweet potatoes, I would make a fish dish with a brown rice, or I would keep the same food but "dirty it up a bit". Example I would take the chicken, batter it and make chicken strips, and I would have mashed potatoes instead of the sweet potatoes. As for training the only problem I ever had was, if I had a poor lift at the beginning of the workout, then I would be thrown off mentally for the rest of the workout. To cope with this I would just force my self to just finish the workout and start the next day as a clean slate.

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

A. I defiantly had contemplated quitting the challenge a couple of times, you see my bodybuilding was totally isolated, even the gym I go to bodybuilding is a foreign concept, its all old cardio bunnies, and guys with 2 inch ROM. Also no one in my family understands it so it was hard to get any support there. So essentially the only place I could find any support was from ABC. So there were times where I started to doubt my self. How did I handle this well, I guess I owe it all to one person. And that's the Canadian national female bodybuilding champion and now IFBB Pro, Autumn Raby. I found out about her just surfing the web looking for bodybuilders from my province. I was searching for females, as I really admire them as they have awesome muscle development put just as much work in as the males, plus have the femininity and curves that only a woman can pose. When I first found a picture of her I was immediately drawn to her. So I decided to email her and see if I would get a response. And she did, we exchanged a number of emails, where she gave me

some advice, and even sent me 3 signed 8x10, no charge. So having actual interaction with a pro bodybuilder really motivated me.

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

A. Well actually no, I don't plan on competing in the future. I am joining the military so all my focus will be put into that. But if in the future I am settled into a place where bodybuilding could be conducive with my life style, then I would love to get back into it.

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. 8 egg whites 120 0 32 0
 ½ cup oats 303 5 13 51
 Flax 1 tbls 130 14 0 0

Whey 120 2.5 23 2

2scoops whey 240 5 46 4
 50g matodextrin 190 0 0 47
 50g dextrose 190 0 0 47

1 tin tuna 113 2 30 0
 3/8 cup brown rice 257 1 5 54
 Flax 1 tbls 130 14 0 0
 Some salsa
 ANd some cabbage

Whey 120 2.5 23 2

12:00 Beef barley stew
 1/3 cup raw barley 234 0 6 51
 100g beef 370 30 29 0
 Flax 1 tbls 130 14 0 0
 Sub 671 44 35 51
 OF coarse there are tomatoes and other veggies in here

Whey 120 2.5 23 2

2:30 chicken and sweet potatoes

chicken 162 4 31 0
 200g sweet potato 200 0 2 50
 Flax 1 tbls 130 14 0 0

Whey 120 2.5 23 2

5:00 Chillie

½ cup beans 301 1 20 56
meat 320 22 26 0

Whey 120 2.5 23 2

7:30 Zma

1 scoop casien powder 110 0 25 0
½ cup oats 303 5 13 51
Flax 1 tbls 130 14 0 0

Some Times I substitute the flax for Natty peanut butter
Total 4600 203 408 422

I didn't use any advanced dieting techniques I prefer to use them only while cutting.
And before the contest started, I was consuming about 3000 cal, and at the end it was above 5000 clean cal.

Q. What supplements did you use?

A. MULTI VITAMIN

5g L-Glutimine
5g BCAA
chromium 200mcg
vitamin c 500mg
creatine 10g
vitamin-c 1500mg
chromium 200mcg
5g L-Glutimine
Vitamin: A 25000 IU
E 2000IU
C 1000mg
vitamin-c 500mg
Vitamin-c 500mg
Zma
5g L-Glutimine
vitamin-c 500mg

I also of course used whey and flax, as stated in my diet

Q. What did your split look like?

A. Well my spits changed a lot for most of the contest, but on average it looked like as follows.

Monday: chest /shoulders
Tuesday: Legs (glutes, quads, hams)
Wednesday: Back
Thursday: Biceps /Shoulders
Friday: Triceps /Traps
Saturday REST

Sunday REST

Also at the beginning of each workout I would do 20 minutes of either Calves, Forearms and Abs, rotating each day.

Q. How much cardio did you do?

A. The only thing that I did that resembled cardio was, for a couple of weeks I did my entire workout with no rest in between sets.

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

A. During the contest I had my mind set that I wanted to win the contest, as I new I could improve my body with or with out the contest, but winning it would be a good motivator. But when it ended it didn't matter that I didn't win, but that I surpassed what I thought was possible for me.

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

A. Yes I would, I would have stuck to 1 or 2 workout concepts instead of trying some many, over the contest. This Way I could also keep better track of how much my lifts increased, and made changes in accordance of how things where improving. Also I would have thrown in some light cardio

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. Well I made the mistake of over training, I thought that with adequate rest and extra calories, it would be beneficial, I was wrong, I would defiantly recommend avoiding any over training. As far as diet I would say keep calories high and clean. One more piece of advice would be try and find a workout partner to compete in the same competition, the rivalry and camaraderie would be great tools for success.

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. Well I from what I know of science I would believe that it is not likely to gain muscle and lose fat at the same time, time being one day. And if so I don't believe that the muscle gained while trying to do both would be as much as if the focus was on just mass as in a traditional bulk. But I do believe over a month or 2 a person could produce results where, there is muscle gain, as well as fat loss.

Q. Thank you very much for the interview.