

Introduction

Yumon Eaton is a rising star in the bodybuilding and power lifting community. ABC is proud to feature Yumon, and we hope that our fans will enjoy interacting with our newest featured athlete. You can monitor Yumon's progress in his profile by clicking [Here](#).

The Vice President of abcbodybuilding.com [Gabriel Wilson](#) recently had the pleasure of interviewing Yumon through email correspondence. Below is a transcript of this interview. Enjoy!

Interview Date, March 18th, 2007

Gabriel: Why did you start bodybuilding? And who or what motivated you to start bodybuilding?

Yumon: I have always been interested in sports, football especially. As a child I was always too small and fragile to play though. My mother feared that I would get hurt. Once I was in high school and I was able to make a few decisions on my own, however, I decided to join the football team.

After my first year, I was told by my coach that he would be moving me from cornerback to running back. I knew that I would need to gain some weight if I were to play running back at the varsity level, since I only weighed about 115lbs. I tried various weight gaining programs, but nothing seemed to work. I have always had a very fast metabolism, so eating, alone, wasn't going to get it. I knew what I needed to do, so I turned to weight training. Once I started, I never stopped. No one motivated me. I knew what I needed to do to play football, so I did it.

Gabriel: Becoming an elite athlete takes an incredible amount of dedication. Could you please describe your motivation for us – what drives you?

Yumon: Results are my biggest inspiration. Observing the progress I make is plenty motivation to keep me going.

Gabriel: Could you share with us your current college major, and what your goals are in college?

Yumon: I am majoring in psychology. I plan on attending graduate school to work on my Master's Degree once I have earned my Bachelor's Degree.

Gabriel: You are an aspiring psychologist. Many people spend little to no time focusing on the psychological aspect of sports. Tell us your opinion on the importance of Sport Psychology in sports. Also, please tell us what psychology techniques have helped you in your body building career.

Yumon: Understanding what drives the dedicated athlete is the first step towards success in any sport.

Gabriel: What do you feel is the importance of acquiring education for everyday life, and bodybuilding? Also, what are your goals in college?

Yumon: Education is vital; an invaluable aspect to everyday life. I love knowledge, and I intend on pursuing and obtaining as much of it as possible, through school and any other necessary means.

Gabriel: You have achieved an incredible amount of success in bodybuilding at such a young age (Yumon is only 20!). We have many young readers here on ABC. What do you have to say to them about reaching their goals? Also, what do you think limits people from reaching their goals as early as you have?

Yumon: Most young people are more interested in going out and partying than they are with real, hard core training. I've always been the opposite. No one is going to give you anything. Regardless of what your goals are, you go out and take them.

Gabriel: In a paragraph or two, describe to us what it takes to become an elite bodybuilder?

Yumon: I don't need a paragraph, Gabriel. It's simple. All you need is patience and discipline, period! I am constantly asked what the secrets to success in this sport are. The truth is, there are no secrets. Most people know how to get there, but very few have the guts.

Gabriel: Have you had any injuries? If so, how do you deal with the set back of an injury mentally?

Yumon: I hurt my lower back last year. There wasn't much I could do but wait the injury out. I stayed focused and was very patient. Who would have thought that I'd be training for a national record in the deadlift (181 lbs class) a year later?

Gabriel: What are your aspirations and goals in bodybuilding?

Yumon: I plan on earning my IFBB pro card in the years to come.

Gabriel: What is your opinion on the current state of professional bodybuilding?

Yumon: Let's just say that I was and still am in complete agreement with Arnold's assertion that the sport is called "Bodybuilding", not "Body Destruction".

Gabriel: What do you think of the low prize money for bodybuilders?

Yumon: Bodybuilding isn't as mainstream as most other sports. People aren't as interested in it as they are football and basketball, etc. Perhaps, if the sport were to become more mainstream, professional bodybuilders would receive greater prizes for winning.

Gabriel Wilson: What is your diet like?

Yumon: I honestly do not diet. During contest preparation, I just remove all of the sugars & fats from my diet. That's really it though. There are no secrets or organized plans. I don't even think about dieting until I am three weeks out of a competition. And even then, the dieting doesn't get strict until about the last week and a half before the competition. By two or three weeks out of a show, I will have completely eliminated all sugars and fats from my diet.

Gabriel: How much cardio do you do pre-contest?

Yumon: When preparing for a competition, I do between 30-60 minutes of cardio a day (post workout)

Gabriel: After all the competition dieting what food if any in particular do you most go after once the competition is over.

Yumon: Any and everything! I love food; all kinds.

Gabriel: What advice would you give to young bodybuilders about competing?

Yumon: Be patient...

Gabriel: What supplements do you currently take?

Yumon: Nothing at the moment...

Gabriel: What does your training split look like right now?

Yumon: I engage in competitive powerlifting during the bodybuilding off-season. The following is a sample push, pull, lower body (powerlifting) split...

Monday

Strength Training for Back, Power lifting (Pulling Muscles) Routine...

Primary Exercise

Dead lifts: A sequence of progressively heavier warm-up and prep sets are followed by a max effort (initially un-attempted) lift; i.e. a peaking set

Assistance Exercises

Bent Rows (overhand Grip): 3 or 4 sets with progressively heavier weight

Lat Pull downs: About 3 powerful sets with the repetitions ranging between 4-8

Auxiliary Exercises:

Barbell Shrugs, Barbell Curls

Wednesday:

Strength Training for Legs...

Basic Squats: A sequence of progressively heavier warm-up and prep sets are followed by a max effort (initially unattempted) lift; i.e. a peaking set

Assistance Exercises

Front Squats:

2 or 3 sets with progressively heavier weight

Zercher Squats: 2 or 3 sets with progressively heavier weight

Auxiliary Exercises (Not Necessary):

Leg Extensions, Hamstring Curls, Calf Raises

Note: The leg press can also assist in strength training for legs. It is, however, not a necessary exercise.

Friday

Primary Exercise

Flat Bench: A sequence of progressively heavier warm-up and prep sets are followed by a max effort (initially unattempted) lift; i.e. a peaking set

Assistance Exercises

Incline Bench:

3 or 4 sets with progressively heavier weight

Overhead Presses:

3 or 4 sets with progressively heavier weight

Auxiliary Exercises:

Seated Side Laterals (Dumbbells): between 3&4 sets Skull Crushers: between 3-6 sets.

Gabriel: Are there ever days you come home from a workout and just ask yourself, "What in the world am I doing this for?" If so, how do you deal with that?

Yumon: I have asked myself questions similar to this many times, and I always come up with the same answer. I do not know.

Gabriel: In your opinion what would you consider to be the biggest misconception the general public has towards bodybuilding?

Yumon: Bodybuilding isn't the dumb, brutish sport that many people think it is. There's actually a lot of science and incredible thinking involved.

Gabriel: What other passions do you have besides bodybuilding?

Yumon: I enjoy writing. I have also always been an art enthusiast.

Gabriel: How would you describe the website abcbodybuilding.com?

Yumon: It's great. A great place for interaction between people with something in common. Also, a great place for people seeking bodybuilding-related advice or discussion.

Gabriel: As an ABC sponsored athlete, our readers are naturally excited about you and your future success. Do you have any closing comments directly for the fans of ABC?

Yumon: Without the fans, none of this is possible. So to show my appreciation to them, I am going to present them with my e-mail address right here (yne05@garnet.acns.fsu.edu). If anyone has any questions, comments, or just wants to chat or say hi, e-mail me and I'll get back to you as soon as possible. Thank you for the support!

Gabriel Wilson: Thank you very much for the interview, Yumon.