

# 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 Njari

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

**A.** I found out about ABC through my wife. We were "lurkers" for a few months, and it was the Hyperplasia challenge that motivated me to join the community.

**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 did enjoy the challenge, and I do promote it in the gym. I think that some journals (like sucra's) are more helpful than others (mine). Maybe when introducing the challenge, ABC could state the purpose of the journals more clearly (is it for support of the journal writer, or to document the behavior that leads to success or failure?). I know that either benefit is worth the effort of maintaining a journal, but it would be helpful to point out the best elements of a journal: include your split, and any particularly hardcore elements to the workout. I find it pointless to list every rep that one executes. It only makes it more difficult to sift through the journals to get to the good stuff. I also enjoy reading about the emotional and psychological struggles that go along with this insane endeavor. That's where I find the most support.

**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.** Did the challenge promote hostility? No. A little pre-contest smack-talking is not hostility--its all in good fun. I see ABC as a place for accountability and encouragement.

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

**A.** The diet.

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

**A.** How much did I adjust my life? Not enough (I did not meet my goals). Nonetheless, I had to get better at time management, so that I could fit in my cardio and workouts. But ironically, I am now so much more efficient that I get more done at work the before the challenge!

**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.** The ABC community provided daily accountability. Also, I do weekly caliper measurements, which provided intense reinforcement (both positive and negative!).

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

**A.** I knew the challenge was hard, but I never considered quitting. I never felt overtrained, but that might be because I was eating so (too) much.

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

**A.** I plan on competing in the next challenge. I have entertained thoughts of training for a local comp, but I'm not sure that's what I want right now. I will be setting bulking goals by new years, and once I see my progress, I'll set some medium-term goals (one and two year physique goals).

**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 pretty much the 12-week cutting plan. I tried to do the 13 week-plan , but my carbs weere always too high (hence my unsatisfactory progress).

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

**A.** Supplements: Tons of vitamins, ZMA, creatine, glutamine, chromium, whey protein, and some flax oil. I recently added HMB, some anti-oxidants, caffeine, and grean tea, and I trippled my glutamine dose.

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

**A.** My split was the 13 week cutting workout, combined with the latter phase of the 8-week awesome abs plan.

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

**A.** Cardio was done about 2 or three times per week.

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

**A.** Body improvement was more important than winning the challenge.

**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.** Based on my experience, I think accountability is critical. This might be from a training partner (this might be the ideal route), but a spouse can help (although they are often light on the criticism!), and even the ABC boards can serve this role.

**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.** Can you lose fat and gain lean mass? YES. Can you lose fat and gain muscle? Maybe. I'm not completely convinced, not am I a raging skeptic. I've never done a bulk properly, so I'll have a stronger opinion in a few months.

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