

## 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 leviagra151

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

**A.** Man I can't say enough about ABCbodybuilding.com. You can search and search and search until you're blue in the face, but the CORRECT information you need to build the better you leads you here.

**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 absolutely recommend the challenge, to anyone. It's really not about whether you win or lose, it's about motivation. At least it was for me. I've been associated with competitive sports since I was five years old. Competition is easy when you're staring your opposition in the face, but when it's you against you, it's really easy to let slide. Knowing there was someone out there competing against me made it a little easier to just do it.

**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 believe so. But then again I won so I wouldn't have a lot to complain about. I think what people need is proof of their competitors results. Mandatory before and after pictures maybe? But that wouldn't be very fair to those who couldn't afford a digital camera. That's a tough question, because so much of the competition relies on the faith system.

**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.** Yes, and I think it would be apparent if someone were to go through and read the forums. We're not competing for a \$1000 prize here. For me and I think most others it is just a big kick of motivation to be competing against tangibles instead of just oneself. If you work hard and obtain positive results, then everybody is a winner.

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

**A.** Endurance. I know there was a couple days that the combination of full time school and part time work got me down and I wasn't eating or lifting with the utmost focus. It's not just a challenge. Pardon the cliché, but it really is a lifestyle change.

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

**A.** I didn't really have to make any adjustments. Everything I needed was available to me. I just learned to manage my time better.

**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.** Like I said before there were absolutely times I started to slack. What kept me under control and brought me back was the weekly measurements. I didn't want to see that body fat percentage increase or that LBM decrease. It's like having a good addiction. I've been competitive all my life and I hate to fail.

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

**A.** I never had any intention on quitting the challenge. It's not in my nature to quit something like that. As far as overtraining, it wasn't an issue. I know my gains are greater when I cycle cardio with weight training. The things outside of the weight room lead me to burnout faster than any weight. No matter how hard I lift or what I put up, I always feel better after I've done it.

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

**A.** I will definitely be competing in the sites challenges as long as they decide to host them.

**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.** No advanced techniques. Just eating clean. The bulk of the foods I consumed came from foods on the Bodybuilder's grocery list. It's amazing how even the smallest changes in your eating habits can lead to visible changes in the body's composition. I had never counted my calories before so I really couldn't tell you how many calories I dropped on average to lose weight. I ran various searches throughout the internet and put in my stats to the calorie calculators to see what I SHOULD be consuming and came up with a mean. I tried to take in about 2200 to 2400 calories per day at a 40/40/20 mix of macronutrients. To me it's not so much calorie deficit to calorie surplus as much as it is what you eat and maybe even more importantly when you eat it. A calorie is not a calorie is not a calorie. Different foods have different thermal effects.

I started out with a standard and then interchanged day to day with different foods with approximately the same caloric content to keep it interesting.

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

**A.** Whey protein, creatine (dextrose/maltodextrin mix post workout), multivitamin, flax seed oil, B and C vitamins.

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

**A.** Back/biceps  
Chest/triceps  
Shoulders/forearms  
Legs  
Cardio every other day.

I try to focus more on compound movements and exercises that increase functional strength. This helps in sports more so than just shooting for the beach body.

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

**A.** 30 to 40 minutes every other day. I tried my best to mix it up with not only running on the treadmill but swimming, cycling, pickup basketball, sprint work, and anything to keep it interesting and not monotonous. My goals were not only to lose fat, but to improve overall cardiovascular endurance as well. After all I still play sports competitively.

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

**A.** Improving your body is winning no matter how you slice it. Winning the competition, however, was just icing on the cake.

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

**A.** I would have dedicated more time to my daily journals. I mainly just used the journals to record my weekly results. Even though it takes a little bit of time, it would've been well worth it to see my progress, and probably would have provided even further motivation to stay on track.

**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.** Intensity. It's ½ to 2 hours a day that you can leave all the worlds pressures at the door and focus on one thing, so be intense. Drink lots of water, it's not a gimme, it's a must. Lift heavy. I'm not a scientist but the best I can understand the muscle can only do three things relative to size: get bigger, get smaller, or stay the same. If you want your muscles to grow, you have to give them some stress to adapt to.

**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'm pretty convinced that it is. It happened for me. At least according to my results. I had to crash course my girlfriend into taking caliper readings for me. But one thing is for sure, no matter if I started at 30% bf and dropped to 20%, or started at 20% and dropped to 10%, the change is still the same. Use the same tester, at the same time of day, and the same scales for weighing and the changes are real. And that's the basis for the challenge, which is great because everyone has a chance to win.

As for scientific evidence for or against losing fat and gaining muscle at the same time, I'm sure there's plenty for both sides. It's however you want to spin it. Being a biology major I have a broad but limited knowledge of the body's processes. One thing is for certain, adipose tissue and muscle are two very different things. So it seems plausible that one can be gained while the other lost. I also believe, however, that the body can't be efficient at both at the same time. So for advanced lifters periods of cuts and bulks are probably still the most effective way to go. But for beginners, (or in my case someone that is coming off a long leave of absence from lifting and is probably regaining muscle that was previously built) it is very possible and can easily be dramatic in both aspects.

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