

## 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 sucramdw

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

**A.**

When I was a freshmen in college I was looking for workouts/exercises online where I found ABCbodybuilding.com. Soon after I read The Window Of Opportunity and bought some of my first supplements. At that time I weighed around 150lbs, and began gaining weight immediately. My entire dorm started noticing the rapid changes I was going through. About a year or so later I weighed 195lbs. However even though abcbodybuilding is mainly a bodybuilding website, which changed my life dramatically towards a bodybuilding goal, possibly the biggest impact the website has made is the influence towards me becoming a Christian. Bodybuilding or knowledge itself would not be possible without the Lord. I became a Christian because of the welcoming arms of the ABC community and your centered theme of GOD! People don't understand how I can look at a man's body and see so much beauty. How I can have picture after picture of Arnold above my bed. One of my favorite muscles is the hamstring, because of how rare a defined hamstring is and how absolutely awesome it looks when it is defined. I truly see Jesus in a well defined hamstring, because of how amazing it is. I see God's creation in such a unique fantastic way. Thank God for these bodies he has let us use and the ability to show the skeletal muscle in such a profound way. Before and during my first discovery of ABCbodybuilding I was a graphic arts major. I was then struggling over psych and philosophy where I ended up changing to psych. Soon after I switched to Kinesiology because of the incredible impact ABC has had on me. I found a quick love for my first kines. and hardest college class, Anatomy. I finished the class with one of the highest grades, and a new respect for the human body. From then on I have found an endless interest in science. Ultimately I am a completely different person from before I found ABC. Before I was in a very corrupted relationship leading a life awaiting a powerful awakening/GOD to pacify my sadness and confusion. Now I am in great shape, have a huge respect for life and the world, and am ultimately living as a servant with amazing freedom for Christ our Lord.

**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 enjoyed the HPC very much. The challenge is good for any bodybuilder of any level because it gives constant motivation within an arena of great competitors to learn from and push/encourage you.

**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.** Nope.

**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.** Definitely; people were very encouraging in other journals as well as their own. I didn't see any slander or bad talking. I thought their could have been more encouragement somehow and participation, however with future HPC's I'm sure things will just get better and better!!

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

**A.** Finding the time to do everything is usually always the hardest. I would write out my diet every night, which took a little time. However when I had everything organized and outlined perfectly nothing was really hard and it really felt good!

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

**A.** The only adjustment or change I made was working out twice a day, which usually required me to do cardio in between classes.

**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.** I actually found the entire competition very fun. The more work it took the more I enjoyed everything, so it wasn't too difficult for me to stay on track. I, unlike I guess a lot of people do not have a hard time staying clean and avoiding cheating once my diet is set up. Like I have said before, I requested a salad instead of cake for my 6<sup>th</sup> and 7<sup>th</sup> birthday's and wouldn't eat slurpy's when I was little because of all the sugar.

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

**A.** Never!

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

**A.**

I think competing would be fun and I would like to do it in the future, however at the moment it's not a definite plan. Bodybuilding for me is most definitely my ultimate lifestyle, therefore my plans for BB are very similar to my plans for my life. I want to learn as much as I can and enjoy every second of it. So in the end my main goal for bodybuilding is just to excel in it as much as possible.

**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 was doing carb and calorie cycling. I started a carb cycle at the beginning of my diet, however it was a very bad decision because I was not keeping track of my diet, so I lost weight very drastically. A lot of this initial weight loss I am sure was muscle. It was a good lesson to learn from and a good experience to see first hand the proof of science.

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

**A.**

Champion Nutrition Pure Whey:

Cocoa Moccachino, Banana Scream, Strawberry, & Chocolate!!

Dextrose

Maltodextrin

Glutamine

Multivitamin

Antioxidants

Vitamin C

Vitamin E

Vitamin B Complex – Close to end of cut.

ZMA: Zinc, Magnesium, and Vit. B6 - *All Separately*

Flaxseed oil

Chromium

Green Tea Extract

Ginko

Caffeine

HMB – Close to end of cut.

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

**A.**

I unfortunately did not stay true to my split the entire time, because the split I made requires for everything to be done perfectly to stay true to the point of making a split like that. I used this split and variations of it.

Day 1 Quads/Calves/Biceps/Traps(Light)

Day 2 Shoulders(Heavy)/Tris(Heavy)/Chest(Light)

Day 3 Back(Heavy)/Glutes(Light)/Hams(Light)/Calves(Heavy)

Day 4 Biceps(Heavy)/Triceps(Light)

Day 5 Chest(Heavy)/Shoulders(Light)/Traps(Heavy)

Day 6 Quads/Hams/Calves(Light+Heavy)

Day 7 Rest - Cardio

Day 8 Back/Biceps/Triceps(Light)

Day 9 Chest(Light+Heavy)/Shoulders(Light)/Traps(Heavy)

Day 10 Rest

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

**A.**

In the second half of my cut is when I really stepped up my game around the time I did the "mini bulk". From here until the end I was doing 60-120 min. of cardio 3-6 days a week. I think one day I did a double day of cardio. Cardio was definitely a great benefit of the cut, because I started to enjoy it which is something I have never really experienced.

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

**A.** Definitely improving my body, which I think should always be the priority. Winning is more of a recognition for how well you improved.

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

**A.** Absolutely!, I would have done the one thing that destroyed my chances of winning, which was dieting carelessly. I wasn't keeping close enough attention to my diet in the first half of my cut. I pretty much bowed down to gluconeogenesis and paid dearly for it. I made up for it in my mini bulk which was a smart decision. However like everything in life, I don't regret it, because I definitely needed the experience of ever area in which I failed. It gave me amazing empirical knowledge of what happens to the body when its manipulated. It was an awesome experience!

**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.**

- Check up on your competition to see how well they are doing and if they are utilizing any techniques that could help you as well.
- Don't be afraid to ask for help in any area.
- Listen to your body, if you really listen your body will always respond and talk to you.

**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.** Absolutely, just take a look at Damien Voorhees stats!

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