

Profile: Andy James



ANDY JAMES

Name: Andrew James DOB: 07/07/1968

Occupation: Managing Director

Gym: Pro Fitness Gym, Chesterfield, Derbyshire

ABOUT ME

I first began training aged 16 and went into my first competition after just 6 months of training. I entered in the Juniors (under 21's) class and was placed first! Over the years, I did a few more shows where I placed first. Unfortunately, in 1995 aged 27, I had a motorcycle accident, which left me unable to train for some years.

During the time I spent recovering from the accident, I opened my gym (Pro Fitness) and although I wasn't training myself, I still kept my interest in Bodybuilding. For many years I used my knowledge of the sport to advise others with their training and diets, but then I decided I wanted another go at bodybuilding. So in 2007, I decided to focus on the NABBA UK show (21st October). I had 10 months of training to get myself into shape and condition for the show. I must admit after having 10 years off training and 13 years from competitions,

it was a very hard 10 months, but seeing my body change over the months was very rewarding!

The big day came. I had lots of support from family and friends, they were a great audience! I won Class 2 and then went through to the overall line-up and won that too, which qualified me for the NABBA Mr Britain (May 2008). It was an awesome day, which I really enjoyed! After the competition I had a few weeks off my diet and went on holiday with my wife Nicola, son Owen and daughter Riana. But as soon as I got back, I was straight back on the diet and training hard ready for the Britain.

Meanwhile, whilst getting ready for the Britain, Paul (Jeffreys) asked me if I would do a guest spot at his North East show in May this year, and gladly I said yes! The show went down great and I really enjoyed myself being at the show as a guest star rather than a competitor. It was a fantastic experience! Whilst at the show a few friends mentioned the Pro-Am competition, which was to take place the following day after Paul's show and they asked if I was competing! Anyhow they managed to talk me into doing it, even though I was still 2 weeks out from the Britain and not at my very best. Regardless of this, I placed 2nd to Gary Lister, which was a great achievement for me from only being back in training 15 months, and gave me a massive confidence boost!

The day of the Britain (May 31st) came and it was another success – I won class 2 and qualified for the NABBA Universe in October 08! I was so pleased with what I had achieved since starting back training! Since the Britain, I have done a seminar and guest spot at the Plymouth show run by Tony Turner. I really enjoyed that day! It was a pleasure to be there and the audience down there were amazing!

My next stop was the UK (September 08) and the Universe (Oct 08) competition. In the UK I was placed 2nd in my class for the simple reason I was concentrating more on the Universe and I didn't think I could peak for both shows. In the Universe I came 2nd to Lionel Beyeke from France. We had the same points on the day, but he had one more first place than me so unfortunately the title went to him.

A week after the Universe I competed in the NABBA Central Britain as this was the last competition for this year, and I wanted to see if I could actually peak a week. Fortunately it all paid off and I was in the best shape I've ever been in. I won both my class and the overall title for the Central Britain.

Since starting back training I have learnt so much more, not just about training and diet,



but I have now learnt what to do in order to achieve my goals for next year and I know now that I will be in top condition for every show I enter!

Pro Gear Clothing

In addition to the gym, all the training and competitions, I manufacture Pro Gear Exclusive Muscle Wear (Est. 1992). Since getting back into bodybuilding I have developed a new range of clothing especially for bodybuilders to wear either for training or street wear.

Training

I believe in having a training partner, not only for encouragement but also for assistance with training, as I like to do most sets to failure and always find it handy to have someone around to help you push out those extra reps!

My training partner is James Day who has had a great year of success since we began training together. He won the junior Midlands, came 2nd in the Britain, won junior Mr UK, was placed 3rd in the Universe and won the junior Mr Central Britain.

Training looks as follows:

Monday – Workout 1
AM – Biceps
PM – Chest

Tuesday – Workout 2
AM – Hamstrings and Calves
PM – Quads

Wednesday – REST DAY

Thursday – Workout 3
PM – Back

Friday – Workout 4
AM – Triceps
PM – Shoulders

Saturday – REST DAY

Sunday – REST DAY

I perform all my exercises slow, with a full range motion beginning each exercise with 20 reps, 15 reps then 8-12 to failure with 3 negatives.

Diet

I follow a very strict diet and aim to eat every 2-3 hours when off-season or also known as the bulking stage, prior to competitions.

My diet and training plan looks as follows:

Breakfast 7.30am
ISO2 Weight Gain (3 scoops) with semi-skimmed milk

Training at 9.30am

Meal 1 10.30am
600g Mash Potatoes (white and sweet mixed)
300g Cod

Meal 2 1.30pm
600g Mash Potatoes (white and sweet mixed)
300g Turkey and Beef mince (mixed)

Meal 3 4.00pm
600g Mash Potatoes (white and sweet mixed)
300g Turkey and Beef mince (mixed)

Meal 4 5.15pm
10 Egg whites with 4 yolks scrambled

Training at 6.30pm

Meal 5 8.15pm
600g Mash Potatoes (white and sweet mixed)
400g Cod

11.00pm ISO2 Whey Isolate with semi-skimmed milk

3.00am ISO2 Whey Isolate with semi – skimmed milk

I am sponsored by ISO2 Nutrition supplements.

The supplements I take are as follows:

Before all of my workouts I have:
20g Glutamine Factor 3
30g Complete NO
8 Capsules of Creatine Ethyl Ester

I take all this 20 minutes prior to my workout.

I also take Complete CLA 3 times a day, have Weight Gainer for my breakfast and have Whey Isolate in the late evening and during the night.

A special Thanks

I would like to thank my Mum and Dad for all their help over the years, my wife Nicola for understanding what a bodybuilder is and understanding the sport itself. I would also like to thank all my friends that come to support me at my shows; They're a fantastic audience! Finally, Paula and mark from ISO2 Nutrition for sponsoring me as an athlete and for all their help and support.

