

Profile: Rob Clapham

**ROB CLAPHAM ,AGE 36.
MARRIED TO LOUISE WITH TWO
CHILDREN, JESSICA AND JOEL,
BORN IN GRIMSBY.**

I STARTED TRAINING WHEN I WAS SIXTEEN BECAUSE I ONLY WEIGHED SEVEN STONE. I THEN FELL INTO THE TRAP OF PUTTING ON FAT INSTEAD OF BUILDING MUSCLE.

THEN A LOCAL COMPETITOR ANDY LIDDEL SAID I HAD POTENTIAL TO DO WELL. IN 2006 I STARTED TO GET INTO SHAPE FOR MY WEDDING, THIS IS ALSO WHEN I STARTED COMPETING.

With Hutch and Sharons help I got ready for UK class three, where I won my class.

I THEN ENTERED THE CENTAL BRITAIN WERE I WON MY CLASS AND OVERALL. THEN COMPETED IN THE NORTH EAST BRITAIN AGAIN, WHERE I WON CLASS THREE AND THE OVERALL AND ALSO WON MR YORKSHIRE TOO, THIS QUALIFIED ME FOR THE GREAT BRITAIN WHERE I CAME THIRD.

MY GOALS ARE TO KEEP HEALTHY AND KEEP IMPROVING, AS LONG AS I ENJOY COMPETING I WILL!

A BIG THANKYOU TO ANDY LIDEL WHO GOT ME STARTED, AGAIN HUTCH AND SHARON WITHOUT THEM I WOULD NOT HAVE MADE THE IMPROVEMENTS I HAVE MADE, AND A SPECIAL THANKYOU TO MY WIFE LOUISE WHO HAS SUPPORTED ME 100% FOR THE LAST TWO YEARS OF COMPETING.



MY FIRST COMPETITION WAS A LOCAL SHOW IN BOSTON WHERE I WON THE NOVICE CLASS AND THE OVERALL.

ANDY LIDDEL SAID I SHOULD HAVE A GO AT COMPETING AT A BIGGER LEVEL, SO I HAD A GO AT THE NOVICE CLASS AT THE NORTH EAST BRITAIN, WHERE I CAME THIRD IN THE NOVICE CLASS AND QUALIFIED FOR THE GREAT BRITAIN OF WHICH I CAME SIXTH, THAT'S WHERE I MET HUTCH AND SHARON.

I WAS INVITED DOWN TO THEIR GYM FUSION IN MORLEY.

THIS IS WERE I FEEL I LEARNT THE MOST ABOUT TRAINING AS WELL AS NUTRITION, HUTCH HAS GOT A NACK OF HITTING MUSCLES FROM DIFFERENT ANGLES AND HAS A REAL ENTHUSIASM FOR THE SPORT. HE IS VERY STRAIGHT TALKING AND TO THE POINT WHERE I FEEL IS A MOST VALUABLE ASSET.

THE NUTRITON SIDE OF THINGS IS WHERE SHARON EXCELLS, IF THERE IS SOMETHING THAT I HAVE LEARNT IT IS TO EAT CONSISTENTLY WITH CLEAN FOODS AND NOT MISS MEALS.

Rob Clapham



Q: What's the body part you enjoy training the most?

A: Body part I enjoy training the most are legs.

Q: What is your best body part?

A: My best body part is my quads.

Q: How many calories do you eat a day?

A: 3 to 4 thousand calories a day.

Q: Worst part of competing?

A: Having to get up at 4 in the morning after a 12 hour shift and not being able to go out socializing with Louise and the children on special occasions.

Q: Can you give me a typical leg training session?

A: Leg workout: start with 4 sets of leg extensions. 1 drop set to failure. Then front squats 4 sets. Followed by lunges across the gym floor. Then leg press 30 rep sets x 3 to finish.

Q: Favorite food/foods?

A: Steak, turkey burgers, favorite non dieting Indian Rogan josh

Q: Who is your favorite UK bodybuilder and why?

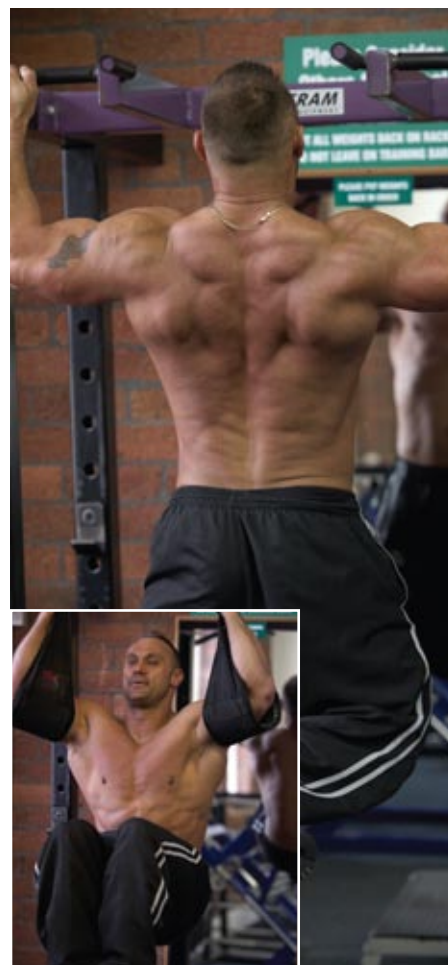
A: Favorite UK bodybuilder, for condition, Andy Merrifield. Overall physique Flex Lewis

Q: Any tips for people new to bodybuilding?

A: To be patient, consistent in eating and training and enjoy it.

Q: What has been your worst mistake in training?

A: Over training and bad exercise style



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