

# RISING STAR WARREN CLAMPIT, ANBF NATURAL MR VICTORIA 1998

when I think back to my school days I remember I was always the skinniest kid in my class. I was quite good at most sports and I was always in the school athletics team and the school football team. My other interests included karate, squash, horseriding and I also won a regional title in wrestling in the Under 42kg Division.

My first interest in bodybuilding started when my brother Gavin received a bench press and dumbbells one Christmas. After a few months went by I noticed he started to get bigger, so I thought, "I'll give it a try". It wasn't long before I noticed an improvement in my own physique. I kept at it for a couple of months until I got myself a job as a butcher. I was working twelve hours a day, six days a week, which didn't leave me any time to train. It wasn't until a few years later that I changed jobs.

Then 19 years of age, I finally had some time to get back into it. I wasn't serious at first, just doing bench press and arm curls a few times a week. I done that for about twelve months and then I decided to join a gym. Having a more serious approach, I started training my whole body, again noticing almost immediate results, gaining tips from magazines and books as well.

I started taking a weight gain powder and amino acids. By this time I was getting some very positive feedback from my family and gym friends about the

improvements I have made on my physique. One friend in particular used to ask me when I am going to compete - every time I saw him, he would say the same thing. I used to take it as a joke until one day he approached me and said: "Warren, you have worked bloody hard to achieve what you have, now don't waste it. Compete in a Natural Competition and get some recognition for what you have achieved."

Encouraged by my friend's words, I went to my first ANBF show. The competitors were great and the atmosphere was electric. I was hooked.

I set my sights on the ANBF 1995 Novice Western Region. I had six months to prepare for the competition so I increased my training volume and intensity. I knew next to nothing about diet and nutrition, so twelve weeks out I hired a personal trainer, he set out a diet plan for me which was very effective in bringing my body-fat levels down. I also knew very little about posing. Luckily one of the instructors at my gym was an ex-bodybuilding competitor - he helped choose my music and choreograph my routine. It proved a great combination. Competing with a body-fat level of 5.5%, I won the Novice Mr Western Region and also won the best posing routine. I then took a year off competition (1996), due to work commitments and set myself for the 1997 Open Mr Victoria Title.

I learnt a lot about diet and

nutrition from my previous competition and I just completed a VicFit Instructor's course which also taught me a lot about nutrition so I decided to do my own diet plan for this competition. I wasn't as confident in the posing routine area so I contacted my previous choreographer, Fred Argenta. It was a big step from the '95 Novice Western Region - I was now playing with the big boys. I had a tough line-up ahead of me, so I came into this competition (Mr Victoria Open), lean, hard and full, and I took second place to Simon O'Farrell, which I was quite happy with. Two weeks later I competed in the Intermediate Mr Australia. I changed my carb loading for this competition which proved to be a success. I came in leaner and harder again and took First Place and Best Poser in an incredible line-up.

1998 was a busy year for me. I juggled long working hours as well as a tough training regimen, working up to the 1998 Mr Victoria/Mr Australia. I also completed a sports nutrition course and also a personal trainers course. I decided to do all the preparation for this competition by myself, keeping most things the same as '97 - I just increased my cardio by thirty minutes a day and also depleted my carbohydrates for an extra two days. I found this very taxing on my energy levels, but it did wonders for my vascularity and definition. I took first place and best posing routine in the Open 1998 Mr Victoria and worked hard to hold

my condition for two weeks where I won Med/Tall Mr Australia, defeating former Mr Australia, Alfred Pitt, and took Second Overall to the 102 kg giant, Keith Bullock. Being very happy with this outcome, but realising still having a lot of work to do, I will now set my sights on 1999 Victoria/Australia and will seriously consider travelling to India to compete in the 1999 Natural Mr Olympia. My training program for the next 10 months will look like this: I will train six days on and one day off a week.

## Day 1 Chest and Calves

## Day 2 Back and Abs

## Day 3 Hamstrings and Calves

## Day 4 Arms and Abs

## Day 5 Shoulders and Calves

## Day 6 thighs and Forearms

## Day 7 Rest

I don't do any cardio in the off-season due to the fact that my job is very physically demanding. Here is an example of a normal day of eating in the off-season:

### Meal 1

8-10 Vita Brits  
185g of Tuna  
2 pieces of Fruit

### Snack Protein Shake

### Meal 2

2 steaks  
2 slices of toast  
200g Yoghurt

### Snack Protein Shake

### Meal 3

2 Steaks



LEFT TO RIGHT: LIZ LYFORD-PIKE, ANBF 3rd Ms Fitness Victoria 1998;  
WARREN CLAMPIT ANBF Mr Victoria 1998;  
TANIA AGIUS, ANBF Ms Figure Victoria 1998.

1 cup of Rice  
vegies

### Meal 4

2 Chicken Breasts  
1 cup of Rice  
Vegies

### Meal 5

Protein Shake  
1 Banana  
2 Eggs

### Meal 6

2 Steaks  
2 Potatoes  
Vegies  
Bowl of Icecream

win the overall Mr Victoria, the Overall Mr Australia and to compete in and do very well in at least one International event.

I would sincerely like to thank my Mum, Dad, my girlfriend Tracey and my Brother Gavin for all their devoted help and support. I would also like to thank the INBA, the Ascot Vale Leisure Centre, Doherty's Gym, Tony Indimenico and Fred Argenta. A special thankyou to Rocco Oppedisano for his interest and contribution to our great federation.

Yours Naturally

Warren Clampit

My goals for 1999 are to train constantly throughout the year, also to increase the intensity in my workouts. My goals concerning my competition are to