

## SUCCESS STORIES

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### John Teng (Sunrider Sport)

The most recent men's physique competition I participated in took place in June, and I placed fourth. This was only the fourth body-building competition I have competed in, and I am happy to report I have taken home a trophy in three out of the four competitions!

The men's "physique" category is a very new addition to competitive body building. It appeals to athletes wanting to compete on a body-building stage, but aren't looking to create the bulky look of a traditional body builder. Bulky musculature is actually graded down in this category. Attributes of a champion men's physique athlete are: overall well defined muscles, very low body fat, wide shoulders, a very narrow waist, and especially well defined abdomen muscles (the "six pack"). I call this look the "muscular underwear model." All competitors in this category are required to wear board shorts that extend to one inch above the knee. This type of shorts does not allow a competitor to showcase their leg musculature, but maybe this rule will change as the category evolves.

To kick-off an intense training day, this is what I have for breakfast:

- 1 cup non-fat Greek yogurt
- 1 spoonful of ground flaxseed
- 1 packet Chocolate VitaShake®
- 1 packet Alpha 20C®
- 1 packet Quinary®
- 1 Sunrise® vial
- 1 Evergreen® vial
- Approximately 16 oz. of Fortune Delight®
- Add SunnyDew® to taste

I mix everything in a blender and let it chill overnight in the refrigerator. Then it's time to rock and roll!

I was happy with a fourth place finish this time as I'm learning more and more about how to prepare for this specialized competition. My next competition will be in October, so I will keep you posted on my progress!

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