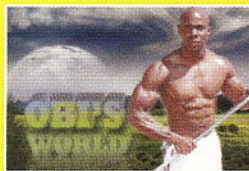


**NEW
FITNESS
MODEL
IS BORN!**



Obi Obadike is the most ripped fitness model in the world and is one of the most accomplished writers in the fitness industry today. He has an exclusive online personal-training service where he trains many people all over the world to get in great shape. To contact Obi for personal-training or just to read any of his many fitness articles, visit: www.obiodadike.com

By Obi Obadike, B.A, B.S, M.S., CFT
Photos by Ralph DeHaan
 (www.ralphdehaan.com)

Although the name Frank Jones is relatively new to the fitness industry this aspiring fitness model has the potential and marketability to be very successful in the fitness industry from the looks of his incredible physique. He has been an athlete his whole life from high school to college while playing various different sports growing up from Basketball to Football. He holds a degree from Bemidji State University in Sports Management and is currently working in the health and fitness industry as an Assistant Manager at Bally Total Fitness in Canton, Ohio. It's my pleasure to welcome fitness model Frank Jones to Physique Magazine.

Excerpts:

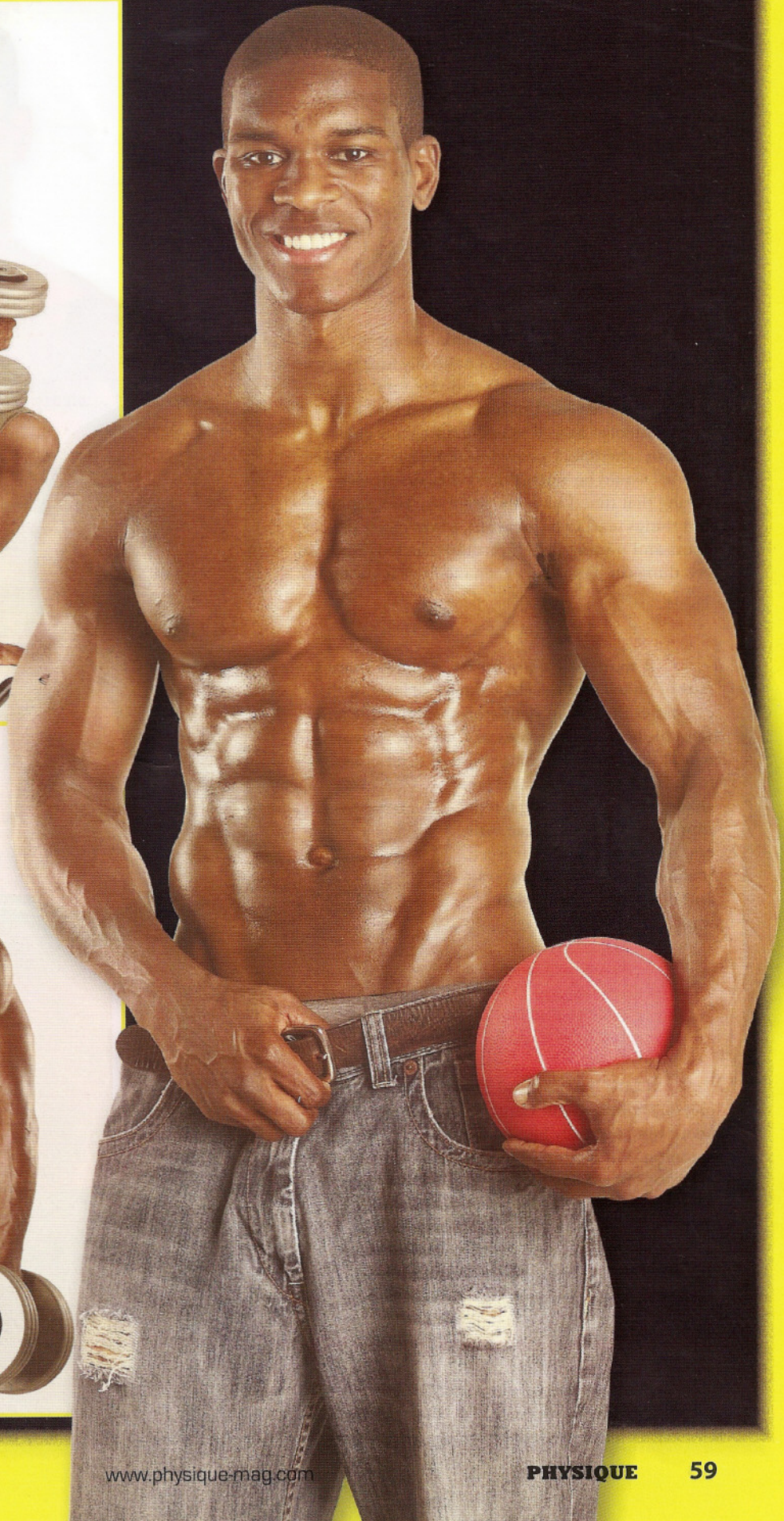
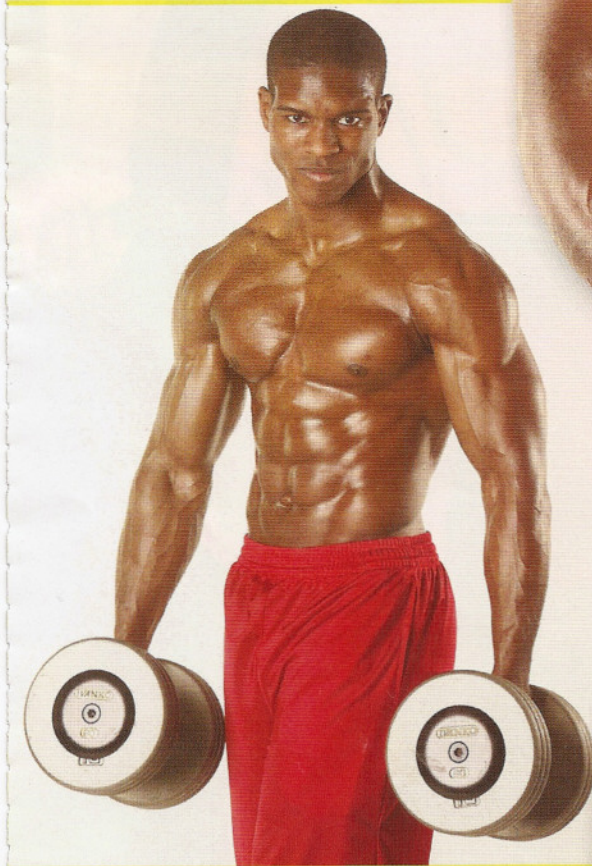
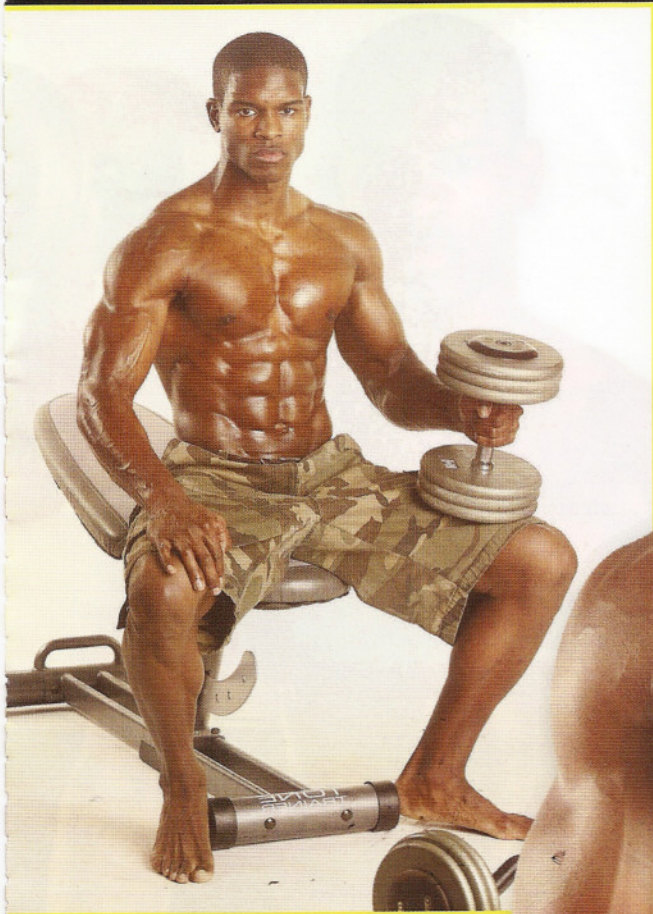
Obi: Frank, welcome to Physique Magazine. How does it feel to be featured in a top fitness and bodybuilding magazine outside of the United States?

FJ: Thank you for having me. I am honoured to be a part of Physique Magazine. To be published is truly a blessing to me. Never have I even dreamed that I would work outside of the U.S. This is truly an awesome feeling.

Obi: Frank you are relatively new to the fitness industry. What and who has inspired you to follow your dreams to make an impact in this industry?

FJ: My inspiration started from becoming aware of my family's health history and wanting to live a longer life than what has been expected due to hereditary disease. Around my last years of high school, I started to pay more attention to my family and peers.

Obesity was becoming a bigger epidemic and was hitting very close to home affecting my immediate



family. It was at that time I began to transform my body. I was more into just being fit until certain sports required me to gain more muscle mass.

Some who have inspired me to follow my dreams include: Of course my family, Art Jones (cousin and amateur bodybuilder), Clark Bartram, Maria Potvin and the Bally Total Fitness "Crew", Elec Simon (STOMP), Cameron Miles (Trainer) along with many close friends.

Obi: Frank obviously you are in incredible shape. Do you have an offseason or do you always look like that year round?

FJ: I am fortunate to maintain the most of my look year round. I have a naturally lean body type with a high metabolism and stay very active throughout the year. I participate in different city league athletics as well as maintaining a regular workout schedule. I guess you could say my "off-season" would be when I don't diet strictly, even during that time I have the same workout schedule and things tend to balance out. I love being outdoors and putting myself through challenges, those two things in themselves keep me fit year round.

Obi: Frank, why do you want to be a top a fitness model?

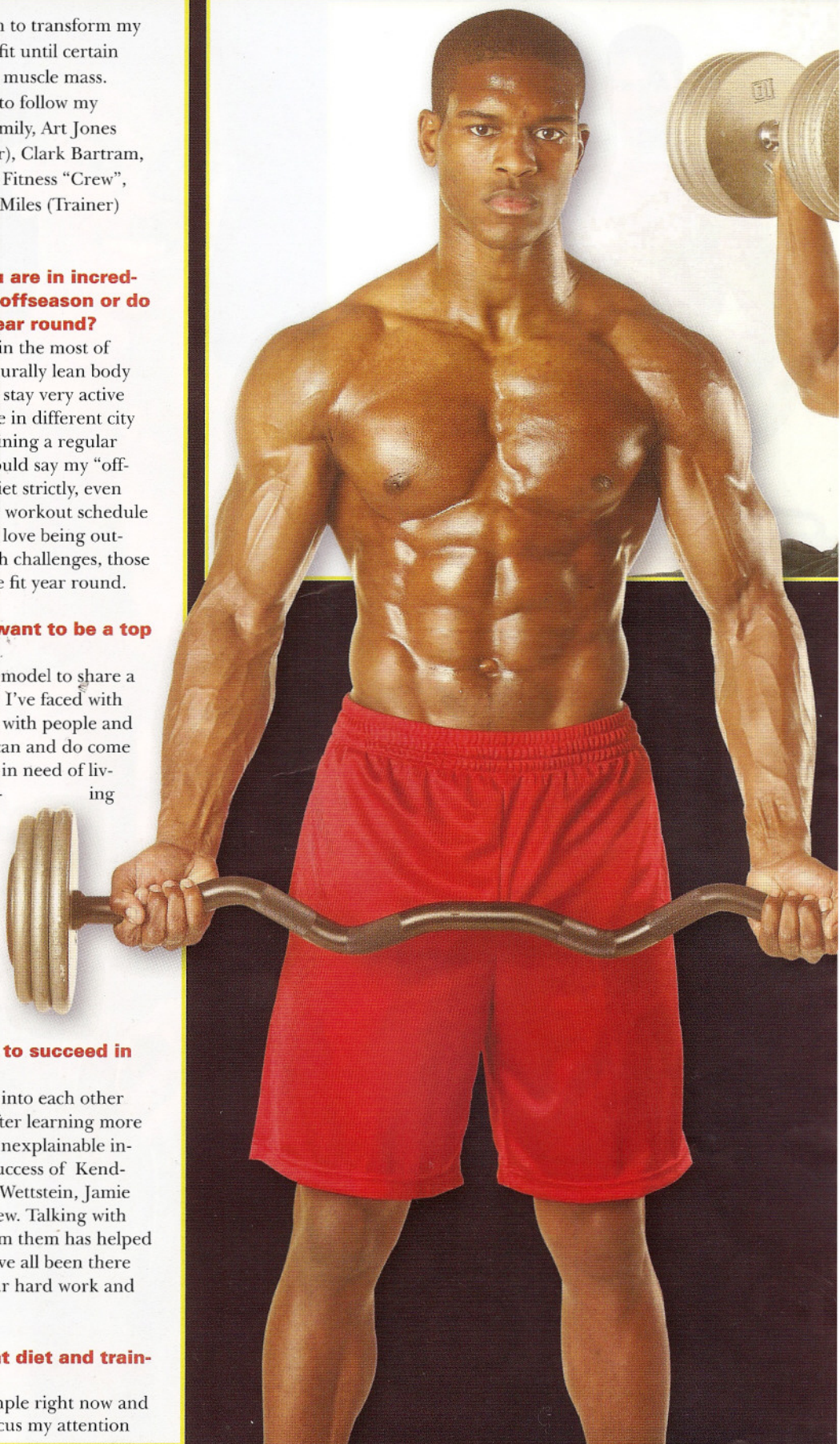
FJ: I want to be a top fitness model to share a part of myself and the challenges I've faced with everyone. I truly can sympathize with people and want to show them dreams will, can and do come true. I want to be a help to those in need of living a healthier lifestyle and creating change. I feel that being a top fitness model helps to gain others trust in you and your word. It shows you are hard working and dedicated. That's what I want to represent.


Obi: Are there any top fitness models you look you up to or gain inspiration from in terms of trying to succeed in this industry?

FJ: Clark Bartram and I ran into each other one day at my gym in Canton. After learning more about him, he really became an unexplainable inspiration. I'm motivated by the success of Kendall Wood, David Kimmerle, Max Wettstein, Jamie Eason and Greg Plitt to name a few. Talking with them and gaining knowledge from them has helped me succeed further since they have all been there and done that. I also admire your hard work and dedication to the industry.

Obi: What is your current diet and training regimen like?

FJ: Well, my diet is pretty simple right now and I try not to get too obsessive. I focus my attention





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on a few things which include: high protein, low carbohydrates, limited sugar and eating greens. I don’t get much into counting or weighing my portions, I try to eat 5-6 meals a day (that includes meal replacements) I make sure I don’t eat myself full and I try to have more greens or veggies than other food on my plate. I have my carbs normally in the morning if I have a very active day and I am going to have an evening workout I will sometimes make sure I get some carbs in me for energy through my workout.

Pretty simple right?

I train normally 5-6 days a week, 3 days of the week I try to hit it twice (with an evening workout). Normally I add a sixth day of training if I miss an evening workout. I train two major muscle groups a day along with calves or abs. In my evening workouts I concentrate on areas like forearms, traps lower back or areas I need extra work on to maintain good proportion. I also do my cardio training most days in the evenings. I like sticking to high intensity cardio training. My sixth day of training I usually will do full body circuit training with a 2-3 mile run. Another thing I enjoy at my gym is joining in on aerobic weight training classes to change things up a little bit.

Obi: Did you train differently when you were competing in sports in high-school and college?

FJ: Some of my training for sports were different, I would do very explosive full-body movement workouts more often than what I tend to do now. Lots of plyometrics and agility workouts were implemented into our workouts

in high-school and college.

I do try to apply different movements and workouts learned throughout my sports career to my current workout style including a few things like dead lifting, power clean, and high intensity cardiovascular training.

One of the stand out major differences in my training now as compared to training for sports is that I target certain areas daily and overall focus on being well proportioned.



Image by Frank Jones and Koya Webb

“I want to be a top fitness model to share a part of myself and the challenges I’ve faced with everyone. I truly can sympathize with people and want to show them dreams will, can and do come true.”

Obi: Obviously I am sure many people look up to because you are so fit. Do you believe fitness models are role models?

FJ: Yes, I absolutely believe that fitness models are role models. A role model to me is someone who others look up to for their values (leadership, morals, personality, etc.) or a person viewed as an example for people to aspire to be like. These same qualities are found in fitness models. I know of many people who use me as a motivational tool for themselves to be fit and live a healthier lifestyle. It’s mind blowing when a person you may have only talked to briefly or taught a simple new exercise to in the gym comes to you and says you inspired them.

A friend by the name of Marquise Johnson used to compare himself to me. He was really forward and verbal about how he wanted to “get like me.” It was the most incredible feeling to know someone looked up to me and thought I had something to offer. This was one of the first times I personally experienced being a role model while I was striving to be a Fitness Model. So once again, yes, I think fitness models are role models.

Obi: Is there any final things you would like to say before we conclude this interview?

FJ: Yes, I would like to say thank you for giving me this opportunity. To anyone who has the dream of living a healthier lifestyle, whether it’s on a level of competing, or just wanting to shed off pounds: never give up. If you can dream it, you can achieve it, just believe it. Do what makes you happy. Thanks to everyone for encouraging me and those who have supported me. I’m just an average guy with a dream. No different from you.

Obi: Frank we are really happy that you took the time to share a little bit about yourself with the readers of Physique Magazine. We wish you much success in your early career in the fitness industry and hope that you can attain every goal you set out for yourself. **2**