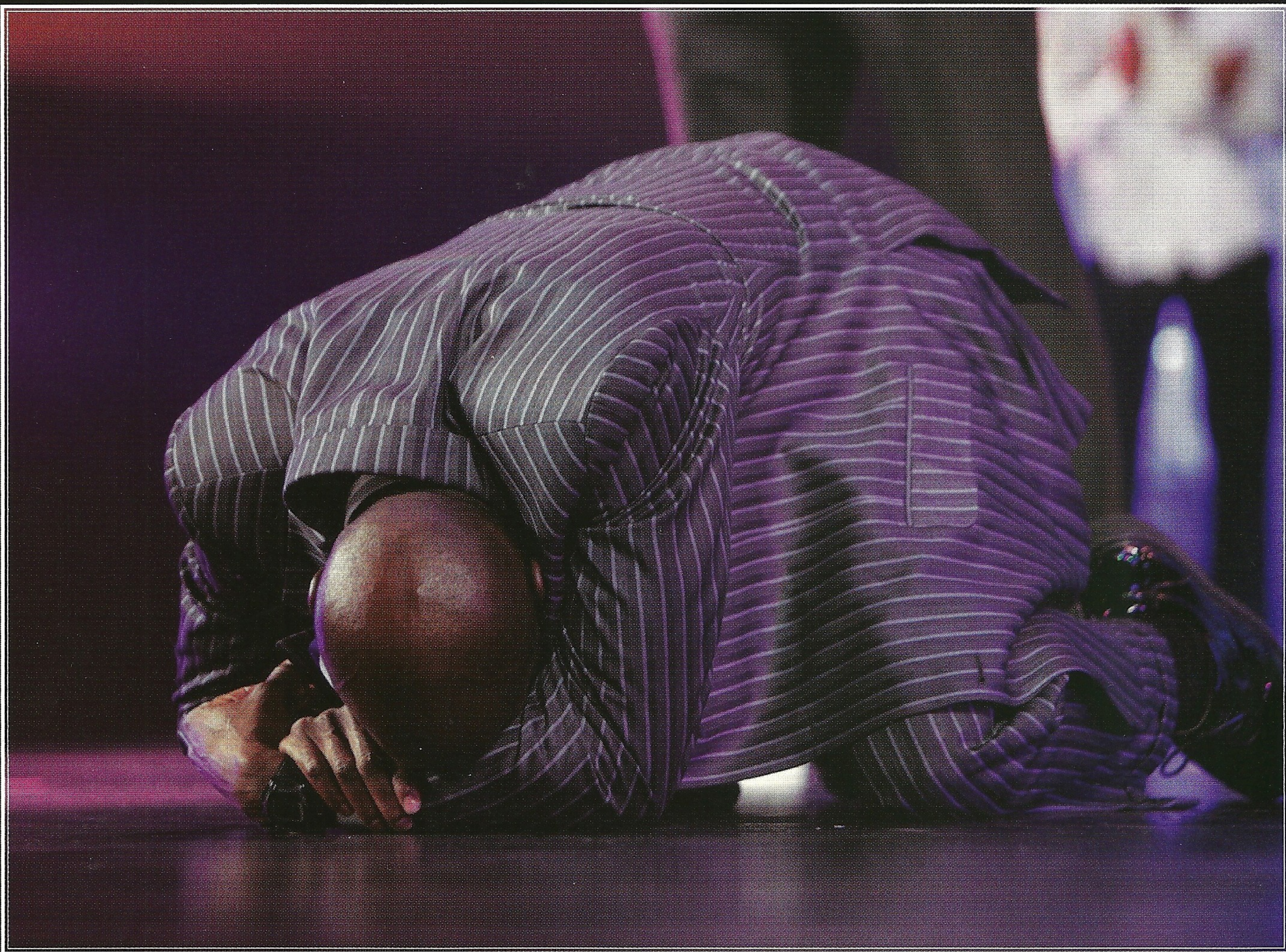


THE ROAD TO THE 2010 WBFF WORLD TITLE



The best thing that happened to me as a competitor in 2009 was being placed 2nd in the 2009 WBFF Male Fitness Model Division; and as a result losing the opportunity to win the World Title.

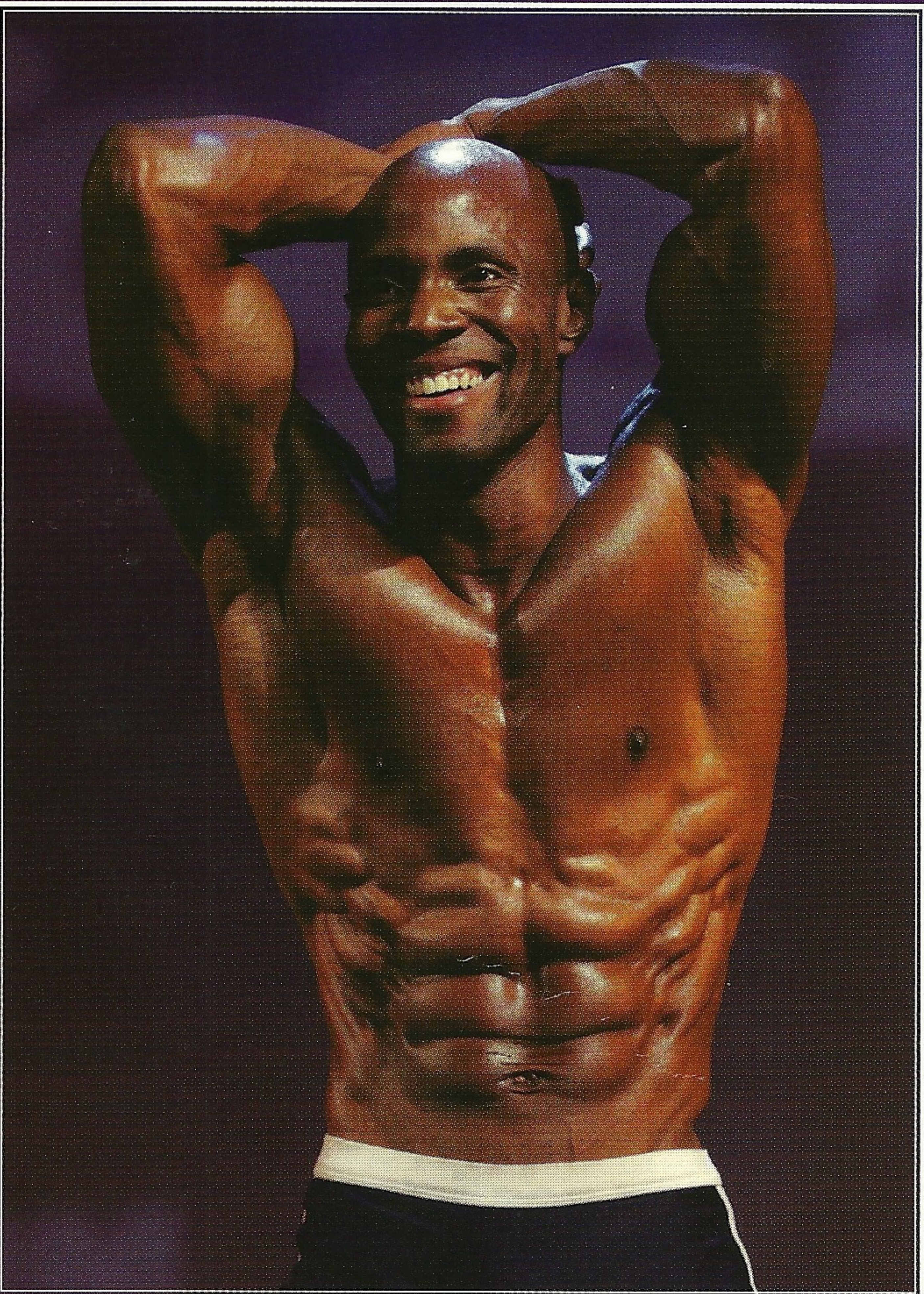
By Obi Obadike, B.A. B.S. M.S. CFT
2010 WBFF Pro Fitness Model World Champion
2010 FMI Male Fitness Model of the Year

To taste defeat like that and know you were so close to winning the world title, truly makes you come back hungrier, stronger and more motivated the following year to capture what you believe you deserve. If you believe you came in at your best in a competition, it is a true test to then objectively look at a video of yourself and find things you can improve. Well, I dissected the 2009 WBFF Male Fitness Model video into small pieces when we were doing quarter-turns. I wanted to really see what I needed to improve on my body.

In the end, the weak points that I thought could be improved, were my legs and back. Therefore, my goal in 2010 was to make my back one of my strongest body-parts. In fact – I challenged myself to improve my back so much, that people would say “He has one of the best backs in the industry as a fitness model.”

If I could improve my back that much, then I knew that it would help me tremendously come the time to step on stage in 2010. Another thing that I felt that I could improve was my stage presence. Although my stage presence was good in 2009, I felt it really needed to come off like a volcanic explosion on-stage if I had any chance to win the 2010 world title.

I also felt that the only way I could step on stage with the utmost confidence and without hesitation, was to treat every photo-shoot like a competition. Every photo-shoot I did in 2010 (which was exceedingly more than 12 times) I treated like I was competing. My conditioning always matched my stage conditioning, or exceeded it. I knew if I could push myself that way then there wouldn't be any doubt in my mind when I hit the stage that I could win the world title unanimously and convincingly.



My 2010 Body-part Challenge Training Regime



OBI'S SAMPLE BACK ROUTINE:

4 sets of Pull-ups - 1st set of 15 reps, 2nd set of 20 reps, 3rd set of 12 reps with a 20 kilo dumbbell between legs, 4th set of 10 reps with a 23 kilo dumbbell between legs

Hammer Strength - Lateral High Row - 4 sets of 10 -12 reps

Hammer Strength - Lateral Low Row - 4 sets of 10-12 reps

Machine Back Row - 4 sets of 10-12 reps

Bent-Over Row - 4 sets of 10-12 reps

OBI'S SAMPLE LEG ROUTINE:

Squats - 4 sets of 10-12 reps

Hack Squats - 4 sets of 10-12 reps

Leg Extensions - 4 sets of 10-12 reps

Seated Leg Curls - 4 sets of 10-12 reps

Lying Down Leg Curls - 4 sets of 10-12 rep

Seated Calf Raises - 4 sets of 10-12 reps

Standing Calf Raises - 4 sets of 10-12 reps

Calf Raises on Leg Press Machine - 4 sets of 10-12 reps

INTENSE CARDIO-VASCULAR EXERCISES AFTER THE LEG WEIGHT-TRAINING ROUTINE:

1. 10 x 100 metre sprints at about 60 per cent speed.

Now why would I do sprints after doing an intense leg day? When I was a competitive sprinter my coach used to tell me that the workout started once your body was thrashed. Now, you try training when your body is absolutely fatigued!

2. After I was done with the sprints I would then run a 4.8km run at a 7:30 to 8 minute kilometre pace outside.

NOTE: The sprints and the 4.8km run, although are cardio, are still an intense leg workout. I would not advise anybody to do sprints or an intense 4.8km run after you do a heavy leg day, unless you are in really great shape or you may be prone to an injury. **ufm**

“My goal in 2010 was to make my back one of my strongest body-parts.”