

JACK'D®

MAGAZINE



**MR. OLYMPIA
REVIEW!**

**FIGURE, FITNESS
BIKINI, PHYSIQUE,
BODYBUILDING
AND MORE!**

**OLYMPIA WEEKEND
TRADESHOW COVERAGE!**

**Over 240 pages
of coverage**



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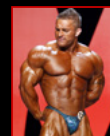
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JACK'D
MAGAZINE

DISCLAIMER: Consult your physician before beginning, altering or making any kind of changes to any exercise or diet program. JACK'D does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.

THE EDITOR

derek hart



WELCOME

the world's
first free
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magazine

Welcome to the 2013 OLYMPIA Special Edition of JACK'D MAGAZINE!

Wow, it's hard to believe a year has gone by since the launch of the premier issue of JACK'D with Jay Cutler gracing the cover. This special issue we will be featuring over 270 pages of in-depth covering the 2013 Mr. Olympia. In-depth meaning we will be featuring every I.F.B.B. Pro athlete who was invited to take part in this amazing weekend. Physique, Figure, Fitness, Bikini, Women's and Men's Bodybuilding; each and every one of these athletes deserves our applause and admiration for competing in this great event and helping it make the success it was! It took a while to put this issue together as it was over 400 hundred pages to begin with - we had to cut it down so it didn't take an hour for you to download! So we hope you enjoy this special Olympia issue and everything that has to do with the sport of bodybuilding.

JACK'D MAGAZINE would like to once again thank you for your support in downloading and reading this magazine. It's created by people who love the sport of bodybuilding and the industry. Tell all your friends to download JACK'D, it's FREE and your support by downloading helps keep us going.

Thank you!
Derek Hart

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COVER:
Arnold Classic Champion
Dexter Jackson

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Myostatin Inhibitors Spark Muscle Building Controversy

Myostatin inhibition has been a hot topic of the muscle building press. It's been a concern of the World Anti-Doping Agency as a means for athletes to create an unfair advantage. While athletic bodies such as the International Olympic Committee fear the advantages this category may create for athletes, the United States Anti-Doping Agency has actually placed myostatin inhibitors as a new category on the list of banned substances for their competitive athletes.



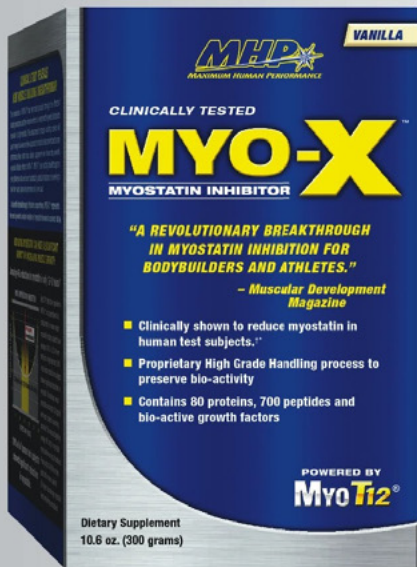
Athletes are turning to myostatin inhibitors in record numbers.

WHAT IS MYOSTATIN?

Myostatin is a potent catabolic limiting factor of muscle growth. This natural growth factor protein exists in our bodies and works to regulate and limit muscle growth in a genetically predetermined pattern. Clinical evidence and case studies have confirmed how myostatin suppresses muscle growth. This is why there has been such incredible interest among scientists and competitive athletes and such concern by athletic governing bodies over the use of myostatin inhibitors to enhance performance.

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- Significantly Reduced Myostatin in Test Subjects



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Fitness Professional

"Schiek products are the ONLY way to go!"

James Ellis,
Fitness Professional

"There is no substitution for greatness which is why I use Schiek for my hardcore workouts!"

Phil Heath,
1st Place,
Mr. Olympia 2013
3-Time Mr. Olympia

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Jenna Renee Webb,
Fitness Model

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Jay Cutler,
4-Time
Mr. Olympia

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Shawn Rhaden,
IFBB Pro,
4th Place,
Mr. Olympia 2013

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Dennis Wolf, IFBB Pro
3rd Place,
Mr. Olympia 2013



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HEATH ROLLS THE DICE TO HIS THIRD MR. OLYMPIA TITLE

Contest Coverage by Garry Bartlett

In Las Vegas the odds always favor the house. This is evident by the extravagant and magnificent hotels that grace the Vegas strip. One can safely say that they were not built on winner's money! Each year thousands of naïve and anxious gamblers descend on Vegas with a pocket full of cash, big dreams and hitting the jackpot, only to leave with the shirt on their back!

It is no secret that every Casino in Vegas has the house odds stacked in their favor and they have made it a science to keep it that way enticing hopeful suckers to continue pumping millions into their establishments.

Bodybuilding legends Ronnie Coleman, Jay Cutler and Phil Heath have enjoyed their Mr. Olympia reign in Vegas and protected their careers by learning from the Casinos. In winning and holding onto the Mr. Olympia title you must do everything possible to increase your house odds! In the case of these great champions that is exactly what they did, bringing their best possible game to the Olympia stage! Each year, AMI continues to raise the stakes by increasing the prize money! This year's event had a record-breaking jackpot of one million dollars spread throughout the various divisions with the biggest portion going to the Mr. Olympia winner. We have come a long way from the days when ten thousand dollars was considered a nice payday for winning the coveted title. Now a cash prize of \$250,000 was stacked on the table for the winner with another four hundred grand distributed among the rest of the

In his mind, two time Mr. Olympia Phil Heath figured this stack of cash belonged to him and it was just a matter of showing up to collect it! Like the Vegas Casinos, Phil saw too it that he arrived in Vegas with the house odds stacked in his favor having spent the past year perfecting his already gifted physique.



I spoke to Phil last summer at the Toronto Pro Super Show and he confessed that he didn't like the idea of Kai "The Predator" Greene coming so close to him in 2012! His goal was to distance himself from the pack including Kai and that would be accomplished by coming in bigger and with the same kind of conditioning he sported in 2012!

The 2013 Mr. Olympia weekend had a buzz and excitement surrounding it that we haven't seen for some time. Perhaps it was generated by the epic battle between Heath and Greene last year and the upcoming rematch, or could it be the much-anticipated return of four time Mr. Olympia Jay Cutler? Rumors out of Germany had the Dennis "The Big Dad" Wolf looking incredible and promising to unleash a blitzkrieg on the rest of the field! Then there was Kuwait's Big Rammy Mamdouh Elssbiay who stormed the IFBB Pro scene last spring by winning the New Pro Show. When you add the other unusual suspects into the mix such as former Mr. Olympia Dexter Jackson, Branch Warren, Shawn Rhoden and Roelly Winklaar you have a recipe for one of the most exciting and anticipated Mr. Olympia's on record. This was clearly evident by the fever pitch of excitement at Friday nights prejudging as MC Bob Cicherillo called out the Mr. Olympia contenders! But more about that later, let's start off with the women of the Olympia weekend...



NICOLE WILKINS



FIGURE OLYMPIA

FIGURE OLYMPIA

2014

It was no surprise that Nicole Wilkins, Erin Stern and Candice Keene battled it out for the top spot as Figure Olympia champion as they continuously fight amongst each other for the top spot at every contest they enter. With great muscle tone, shape and symmetry, Wilkins, Stern and Keene put on a great show during prejudging with Wilkins besting the previous champion Stern as well as the rest of the division taking top spot Friday night for the title of Figure Olympia Champion. Congratulations Nicole on your win!

Erin Stern, the defending Figure Olympia champion finished second. Erin looked great and it was a fight with Nicole for the top spot. We predict that this will only add fuel to Erin's fire as she trains for the Arnold Classic this March to best her long-time rival.

Candice Keene looked amazing as well with a seemingly flawless physique and with both Candice and Heather as opponents it could have gone either way. Heather Dees of Utah, who placed second at the Arnold Classic took fourth place in this amazing line up... not bad as she is making waves in the Figure Division.

Home-town girl Mallory Haldeman took fifth place with sixth going to the sexy Ann Titone who is also making waves in the Figure Division. These ladies trained hard for the Olympia and it shows, they are the best of the best in figure and JACK'D Magazine applauds each and every one of them along with the other twelve competitors!



FIGURE



1. NICOLE WILKINS



2. ERIN STERN



3. CANDICE KEENE



4. HEATHER DEES



5. MALLORY HALDEMAN



6. ANN TITONE



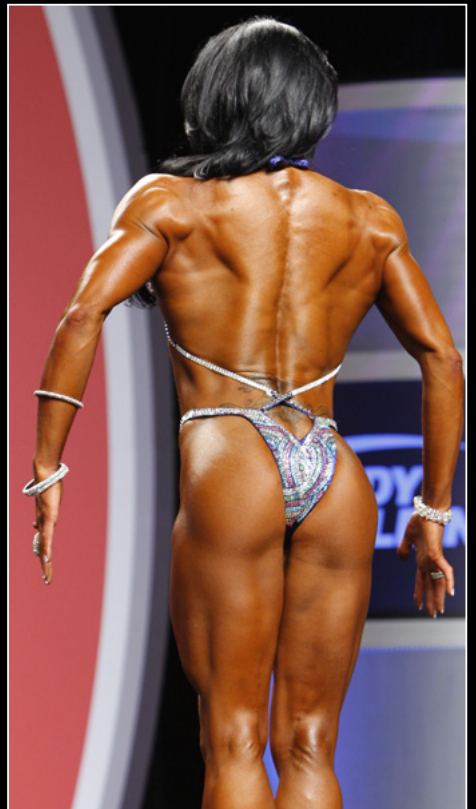
1ST
NICOLE
WILKINS



NICOLE CAPTURED HER THIRD OLYMPIA WIN BY BRINGING A WELL-TONED AND SHAPELY PHYSIQUE TO THE OLYMPIA STAGE. THE BATTLE BETWEEN HER AND ERIN WAS CLOSE, BUT ON THIS NIGHT, NICOLE WAS THE WINNER.



2ND ERIN STERN



3RD CANDICE KEENE



4TH HEATHER DEES



5TH MALLORY HALDEMAN



6TH ANN TITONE



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7TH CAMALA RODRIGUEZ



8TH GENNIFER STROBO



9TH CANDICE LEWIS



10TH DANA AMBROSE



11TH ALLISON FRAHN



12TH ALEA SUAREZ



13TH KATI ALANDER



14TH SWANN DE LA ROSA



15TH CANDICE JOHN



16TH KAMLA MACKO



16TH KIMBERLY SHEPPARD



16TH NATALIE WAPLES

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FITNESS OLYMPIA

ADELA GARCIA



FITNESS

What can you say, it seems like when Adela Garcia shows up to compete, everyone else is just fighting for second place and the 2013 Fitness Olympia stayed true to this theory. With an unbelievable physique and fitness routine, Adela added an eighth and possibly last notch to her Olympia title win belt as this as it is said to be her last Olympia. (But we all know the itch of competing and I'm sure she'll be back sometime.) This eighth win puts her name with some of the greats of Olympia Champions like Arnold and Big Nasty, and gives her a payday of \$28,000. Congratulations Adela, you will be missed.

Second place went to the beautiful and talented Oksana Grishina. Many in the audience thought she should have took the top spot and it would have made for an amazing battle next year, but to beat the champ you have to destroy them; and this one was too close to call so top spot went to Adela. Oksana has what some feel are the best, most creative and most entertaining routines of all the fitness ladies and she is uber sexy to boot ... we are looking at the future Fitness Olympia champion here folks... just sayin'.

Tanji Johnson bumped up a spot from her placing last year taking third with a dynamic routine and stage presence. Myriam Capes took fourth place which was her placing last year and the muscular and sexy Bethany Cisternino taking fifth place. Trish Warren rounded up the field taking sixth place and is sure to keep going up in her placing next year. It's amazing that these girls can perform these amazing routines of strength and agility while being carb and water depleted, just a testament to their hard work and dedication to the sport!



FITNESS



1. ADELA GARCIA



2. OKSANA GRISHINA



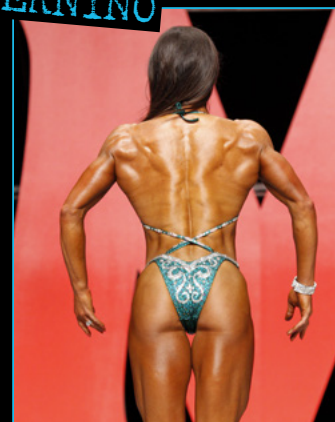
3. TANJI JOHNSON



4. MYRIAM CAPES



5. BETHANY CISTERMINO



6. TRISH WARREN

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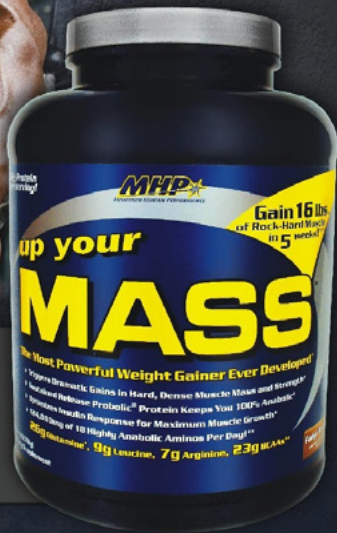
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PUBLISHED CLINICAL STUDY

- Wilbon et al. (2010). Effects of a purported aromatase and 5-alpha reductase inhibitor on hormone profiles in college-age men. IJSNEM. 20(6): 457-465
- Poole et al. (2009). Effects of TESTOSURGE Supplementation on Strength, Body Composition and Hormonal Profiles during an 8-Week Resistance Training Program. JISSN. 6(Suppl 1):P12



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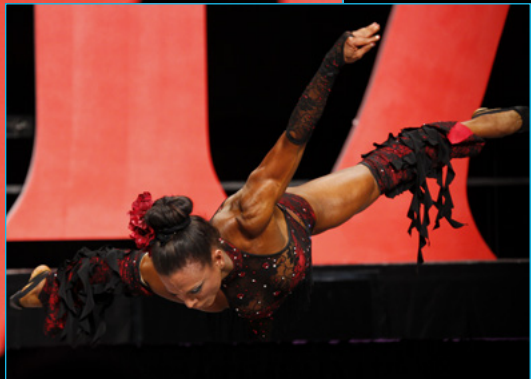
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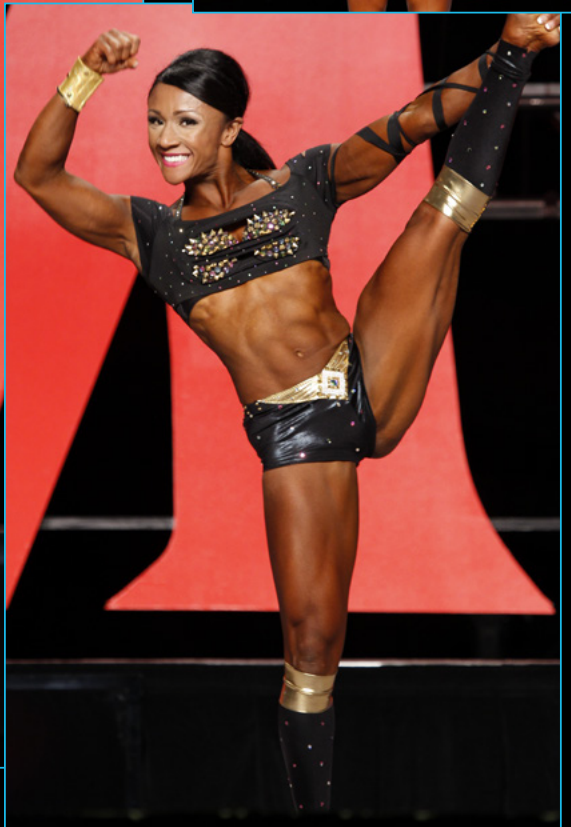


1ST
ADELA
GARCIA





2ND
OKSANA
GRISHINA



3RD TANJI JOHNSON

4TH MYRIAM CAPES



5TH BETHANY CISTERMINO



6TH TRISH WARREN





8TH REGIANE DA SILVA



9TH WHITNEY JONES



10TH MICHELLE BLANK



11TH NATALIE PLANES



12TH FIONA HARRIS



13TH DIANA MONTIERO



DNF NICOLE DUNCAN



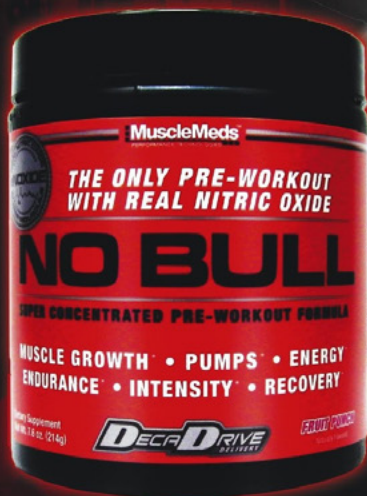
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Dana Lynn Bailey is all smiles and why wouldn't she be, she's now and forever will be the first-ever Physique Olympia Champion!



Mark and Christina Dougdale are always happy to meet the fans.



Mauricio "Shogun" Rua and Kevin Levrone at the GEAR booth.





Thumbs up from Olympia
Physique Champion
Mark Anthony.



BIG NASTY taking the time to
meet every one of his fans
while popping out a front
double bil



Fusion athletes pose for the camera while meeting the fans.



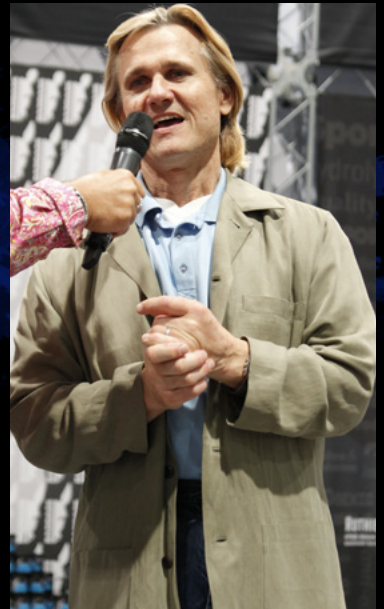
Steve Cardillo makes some of the best leather belts in the business.



What would an Olympia be without Charles Glass in attendance.



Fitness Olympia Champ Adela Garcia at the GASP booth.



"The Quadfather" Tom Platz answers questions from the crowd of fans there to see him.

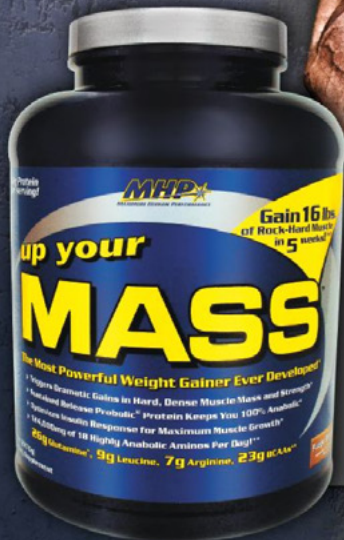
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Victor Martinez
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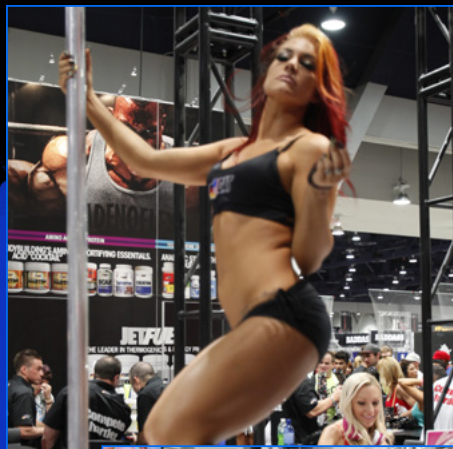
There were even super heroes
(if you can call them that)
walking the floor.

The MHP booth is always packed.
Especially when the World's Strongest
Man Brian Shaw is in the house.





There was even pole dancers
working the floor.



Photographer Alex Ardeni hamming
it up at the Alpha Pro Nutrition
booth.



Crazy chicken riding
a bull... WTF!



Let the battle of the t-shirt give aways begin. There's always a competition to see who can give out the most t-shirts in the craziest way!

Maryana Naumova, after setting a world-record bench of 300 lbs at only 14 years of age, poses with one of her idols DLB.



Big Ben at the Allmax booth with the always beautiful Candice Keene.



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Big Will always happy to pose it up for the camera!



Big Mutant Rich Piana is always a crowd pleaser.



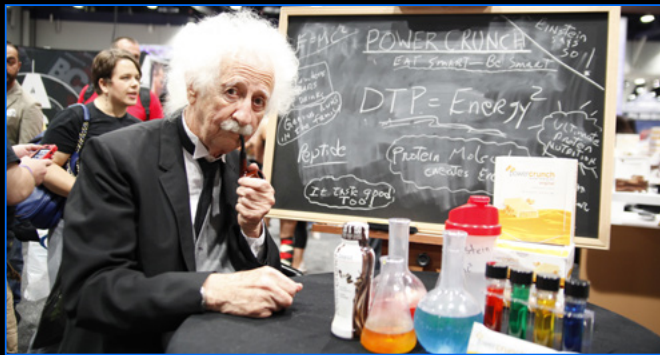
Fitness star Matus Valent.

"Suga" Rashad Evens representing Nutrabolics in Vegas.



8-time Mr. Olympia Lee Haney still looking good.





Einstein was in 'da house answering questions about supplement science.



NO matter where you turned, you would always bump into a superstar in the industry.



Dr. Sarah Soloman DDS
at the BB.com booth...
she can work on my
mouth any day!



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Jay Cutler



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IRIS KYLE



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DATE Sept 27, 2013

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Twenty Eight Thousand 00/100 DOLLARS

MS OLYMPIA

History was made in September 2013 at the Olympia when Iris Kyle became the most decorated Olympia winner ever, male or female; beating out names like Arnold, Haney, Yates, Coleman and now Adela Garcia with her ninth Olympia title win! No one in the bodybuilding and fitness world has ever achieved such accolades. With amazing symmetry and definition Iris rocked the Olympia stage – congratulations!

The second place winner seemed to have come out of nowhere, and this was Alina Popa. Many, and I mean more than half the crowd, thought she should have won as she brought to the stage not only an amazing amount of musculature, but femininity as well. Alina is clearly a breath of fresh air and seems to be the future of the sport of women's bodybuilding and the direction it wants and should go. Can she bring it back to life? Only time will tell.

Third place went to the muscular and shredded Debi Laszewski, this girl is JACK'D! Always a bridesmaid but never a bride, it's only a matter of time that Debi wins one of the major titles; unless Alia has something to say about it.

Fourth went to Yaxeni Oriquen. Yaxeni is either dead and beats them all or is a little off. This weekend she was on, but when competing against the likes of Iris, Alina and Debi, fourth place is nothing to cry about. A good showing by Yaxeni.

Fifth place went to Brigita Brezovac who has been making her way up the ranks of women's bodybuilding with an impressive physique. And sixth place was taken by the new comer to the top ranks of women's bodybuilding, Juanita Blaino.



MS. INTERNATIONAL



1. IRIS KYLE



2. ALINA POPA



3. DEBI LASZEWSKI



4. Yaxeni Oriquen



5. Brigita Brezovac



6. Juanita Blaino



1ST
IRIS
KYLE



**WITH THIS OLYMPIA WIN,
IRIS HAS BECOME THE MOST
DECORATED BODYBUILDER
OF ALL TIME... MALE OR
FEMALE!**

CONGRATULATIONS IRIS!



2ND ALINA POPA



3RD DEBI LASZEWSKI



4TH YAXENI ORIOUEN

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Victor Martinez
– IFBB Pro Bodybuilding Champion

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5TH BRIGITA BREZOVAC



6TH JUANITA BLAINO



7TH JENNIFER ABSHIRE



8TH MONIQUE JONES



9TH ANE FREITAS

10TH CATHY LE FRANCIOS





11TH MARIA RITA BELLO



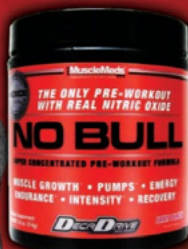
12TH TINA CHANDLER

DNF TAMMY JONES



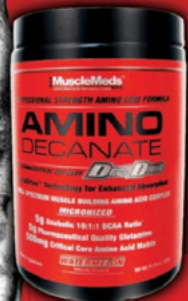
KAI GREENE'S PRESCRIPTION FOR SIZE

"Taking the right supplements at the right time is critical if you want to get the most out of your workouts and reach your maximum potential. Here is the workout supplement stack I use and recommend if you're a hardcore bodybuilder." **KAI GREENE**



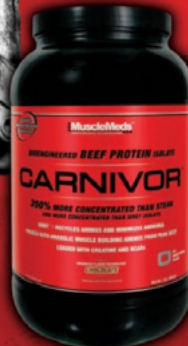
PRE-WORKOUT **NO BULL**

Take 20-30 minutes prior to your workout. NO BULL will give your workouts a higher level of intensity, energy, muscle power and endurance. Plus it's the only pre-workout with eNOXIDE, a real nitric oxide super molecule, for incredible pumps.



INTRA-WORKOUT **AMINO DECANATE**

Drink during your workout to feed and fuel your muscles high levels of BCAAs, glutamine and 15 other critical amino acids to prevent catabolism and enhance anabolic muscle growth.



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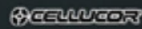
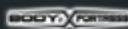


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WOMEN'S PHYSIQUE



DANA LINN BAILEY

WOMEN'S PHYSIQUE

History was made this Olympia weekend yet again when DLB (Dana Linn Bailey for those of you out of the loop) was crowned the first ever, Women's Physique Olympia Champion! The women's physique division is taking the industry by storm with a look that seems back from the future in the beginning days of women's bodybuilding with the likes of the first ever Ms. Olympia Rachel McLish, Carla Dunlap and Cory Everson. Dana had a beautiful presentation of her physique on stage and was clearly the crowd favourite as she showed the world a body that can be both muscular and feminine. Dana is the one to watch for years to come and the powers that be couldn't have picked a better representative to the sport!

Second place was awarded to Tycie Coppett who gave DLB a run for her money. According to the judges it was an extremely close competition between Tycie and DLB as they put both ladies through an intense comparison with Dana coming out on top. Tycie however is one to watch in this division and will surely give Dana a run for the money at the next Olympia.

Third place went to Sara Hurrie who had a great physique and was awarded a well-deserved third place when competing against such an intense field of ladies.

Toni West was awarded fourth with Patricia Mello and Jillian Reville rounding out the top six capturing fifth and sixth place respectively.



WOMEN'S PHYSIQUE



1. DANA LINN BAILEY



2. TYCHIE COPPETT



3. SARA HURRIE



4. TONI WEST



5. PATRICIA MELLO



6. JILLIAN REVILLE





1ST
DANA LINN
BAILEY



2ND

TYCI COPPETT





3RD SARA HURRIE



4TH
TONI WEST

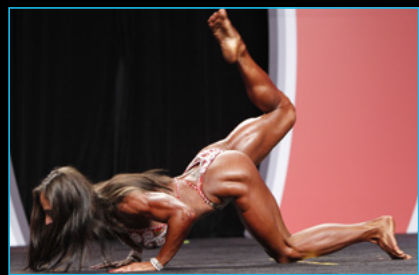




5TH PATRICIA MELLO



6TH
JILLIAN REVILLE



7TH JULIANA MALACARNE



8TH

KARINA NASCIMENTO



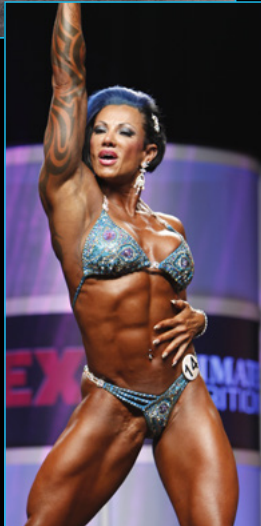
9TH TAMEE MARIE



10TH
KARIN HOBBS



11TH MIKAILA SOTO



12TH JAMIE PINDER





14TH VALERIE GANGI





16TH VENUS NGUYEN



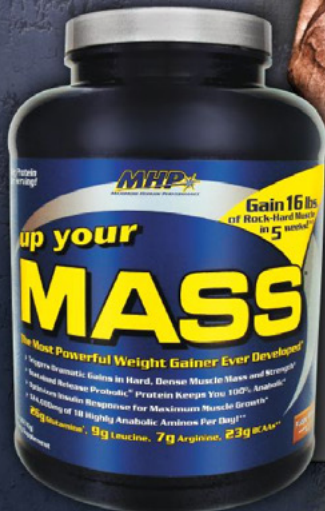
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MEN'S PHYSIQUE



Mark Anthony Wingson

MEN'S PHYSIQUE

Not to be outdone, the Men's Physique division crowned its first-ever champion, Mark Anthony Wingson. Unlike the women's division where they have mandatory poses as well as a posing routine, the men's division has only 2 poses; front and back. Men's Physique showcases athletes that show off a well-defined, fitness modelesque type of body that's not all drawn out by being crazy dry while sporting too much muscle mass like bodybuilding. Now don't get me wrong, these guys aren't small and wimpy in the least. If you saw these athletes in the gym training you'd definitely notice them; they just aren't as massive as Phil or Kai. I personally don't care for the board shorts as they should be able to show off the musculature in their legs as well, but I get it... they're going for the cover-model look remember.

Judging was certainly difficult in this division as the IFBB wanted to make sure it chose the right person to be champion and represent this division which is growing more massive every day. Just go to a level one competition and see what I'm talking about, they will be at least 100 physique competitors signed up no matter how small the show is. And we here at JACK'D think they got it right by choosing Mark to represent the sport. Congratulations Mark.

A close second was awarded to Jeremy Buendia, third to Matt Acton, fourth to Sadik Hadzovic, fifth to Jason Poston and rounding out the top six was Tyler Anderson. Surprisingly Steve Cook took 8th place as many thought him favoured to win but it just goes to show you how intense this division was. Watch for it to be even bigger next year as more athletes turn pro; this along with the Female Physique division is the one to watch in the future!



MEN'S PHYSIQUE



1. MARK ANTHONY WINGSON



2. JEREMY BUENDIA



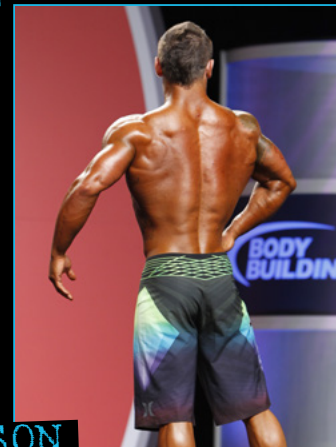
3. MATT ACTON



4. SADIK HADZOVIC



5. JASON POSTON



6. TYLER ANDERSON



1ST MARK ANTHONY WINGSON



2ND JEREMY BUENDIA

2RD MATT ACTON





4TH SADIK HADZOVIC



5TH JASON POSTON



6TH TYLER ANDERSON



7TH MICHAEL ANDERSON



8TH STEVE COOK



9TH TORY WOODWARD



10TH ALEX CAMEIRO



11TH JEFF SEID



12TH ANTON ANTIPOV



13TH MATT CHRISTIANER



14TH WILLIAM SULLIVAN



15TH STEPHEN MASS



16TH JOHN NGUYEN

BIKINI OLYMPIA

Ashley Kaltwasser



BIKINI OLYMPIA

I have to say we called it last year at the Arnold Classic, that Ashley Kaltwasser was one to watch for in the bikini division and we were right – Ashley is your 2013 Bikini Olympia Champion!!! What can we say about this division, or what can any male and even some females say about this division... we love it! And who wouldn't love watching 21 amazingly beautiful ladies strut up and down the stage showing the super models of Victoria's Secret what a real, fit and beautiful woman should look like! The ladies of the bikini division of the IFBB have that va-va-voom factor that'll leave you wishing the show would never end.

Ashley brought it and then some taking the Olympia crown fighting off stiff competition from the sultry Yeshaira Robles, Stacey Alexander, last year's champion Nathalia Melo, India Paulino and Amanda Laton and another 15 amazing competitors. Just scroll through the following pages, you'll see what we're talking about! We have a hard time here judging the show so we can't imagine what the judges have to go through, each of these ladies is beautiful and deserves our applause. (Can you tell we really, really, reeeeeally like the bikini division!)

It will be interesting to see how Bikini plays out at the Arnold this year as the competition is so close, one day you can place 10th, and a few months later you're crowned Bikini Olympia Champion!



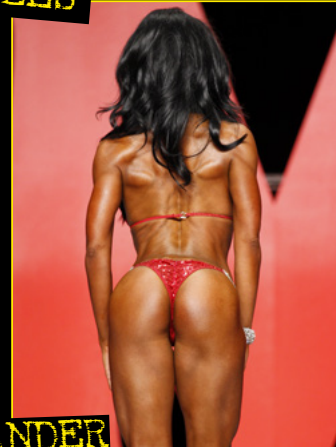
BIKINI



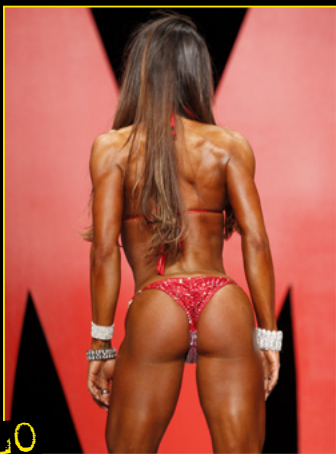
1. ASHLEY KALTWASSER



2. YESHAIRA ROBLES



3. STACEY ALEXANDER



4. NATHALIA MELO



5. INDIA PAULINO



6. AMANDA LATONA



1ST
ASHLEY
KALTASSER



**THE SAYING IS A PICTURE
SAYS A THOUSAND WORDS...
AND THESE PHOTOS OF
ASHLEY SPEAK VOLUMES! AN
AMAZING ATHLETE WITH A
BRIGHT FUTURE AHEAD!**



2ND YESHAIRA ROBLES



3RD STACEY ALEXANDER





4TH NATHALIA MELO

5TH INDIA PAULINO





6TH AMANDA LATONA

7TH COURTNEY KING





8TH JUSTINE MUNRO

9TH LACEY DELUCA





10TH TIFFANY BOYDSTON

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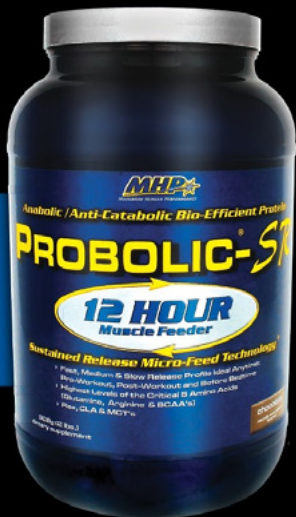
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Marco Rivera
IFBB Pro, Team MHP



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*Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise." Dr. Rasmussen, et al., 2012.
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11TH TAWNA EUBANKS



12TH GIGI AMURAO

13TH ASHLEY LEBLANC





14TH CANDICE CONROV

15TH JENNIFER ANDREWS



16TH JESSICA AREVALO





17TH MICHELLE BRANNAN



16TH NARMIN ASSRIA



16TH NOEMI OLAH

16TH POLLIANNA MOSS





16TH VLADIMIRA KRASOVA

MUSCLEMEDS



Photo: Jeffrey Sygo

NICK TRIGILI
6'0" • 305 lbs.

KAI GREENE
5'8" • 295 lbs.

TY YOUNG
5'11" • 290 lbs.



METHYL ARIMATEST

DUAL ACTION PHARMADYNAMIC TESTOSTERONE TECHNOLOGY

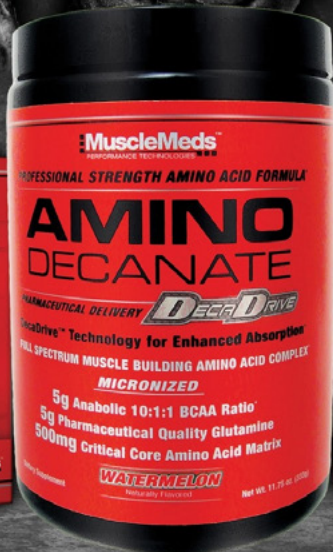
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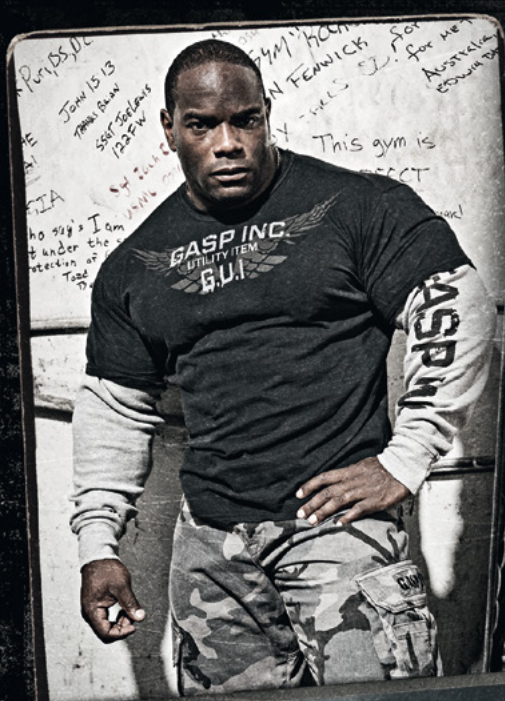
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212 MR. OLYMPIA

JAMES "FLEX" LEWIS



212 OLYMPIA

The 212 class didn't disappoint this year. I mean, put Flex Lewis in the Open Class and he's top 5 for sure, he's just that good. So good that he once again dominated the 212 division taking home the Olympia 212 title! Flex was full, hard as nails and shredded; very Dorian-esque you can say. If it were only possible to put Flex next to Dorian in his prime; that would be a great show! Flex not only the best bodybuilder in the world in the 212 Pound Class, he is also a great person and the perfect representative of the sport. We can't wait to see what he brings to the table next year as he seems to be getting better with age!

David Henry came in a close second. If there is anyone who can match the muscle density and come in diced like Flex it's David. It was a close contest with the judges taking their time making these two athletes go through their poses to make sure they got it right... and they did. However, David is hungry and hot on the heels of Flex. Next year is going to be an amazing show!

Kevin English placed third, but most of the audience had him sixth at the most and let everyone in the stadium that night know it. Kevin is a great guy but was off this weekend and if it were not for his history, we think he would have placed lower.

"The Boston Mass" Jose Raymond came in full and diced as usual, but against the likes of Flex and Henry, took fourth place. Jose looked amazing and is another bodybuilder in the 212 division who packs on a crazy amount of muscle on a small frame – a freak to say the least!

Brazilian Eduardo Correa took fifth place coming in peeled to the bone despite having a tricep injury at the time of competing. You wouldn't have known it the way he looked on stage. He is one diced dude with some of the freakiest arms in the industry.

Sami Al Haddad rounded up the top sixth down from his placing last year as he was not in the same type of condition and seemed a bit off his usual shredded self. Still a good showing in the line-up of twelve of the best 212 bodybuilders in the world.





1. FLEX LEWIS



2. DAVID HENRY



3. KEVIN ENGLISH





4. JOSE RAYMOND



5. EDUARDO CORREA



6. SAMI AL HADDAD



1ST
JAMES
LEWIS







2ND

DAVID HENRY





3RD KEVIN ENGLISH



4TH JOSE RAYMOND





5TH EDUARDO CORREA



6TH SAMI AL HADDAD





8TH TROY ALVES



9TH TRICKY JACKSON



10TH MARK DUGDALE



11TH AL AUGUSTE




12TH RAUL CARRASCO



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Jay Cutler
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4X MR OLYMPIA

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PHIL HEATH



2013 MR. OLYMPIA

MR. OLYMPIA

In the first thirty minutes of the prejudging all the questions that had been building up for the past several months in anticipation of the 2013 Mr. Olympia were quickly answered. Phil Heath brought a complete package to the stage, so much so that after the first call out he was asked to step to the back of the stage so the judges could concentrate who will take second place. Kai Greene although larger, failed to display the kind of bone-dry conditioning he sported back in 2010 when he won the Arnold Classic. The highly anticipated rematch between the Predator and the Gift did not transpire, which was the biggest disappointment of the 2014 Mr. Olympia. The vintage Jay Cutler Mr. Olympia physique that we have all come to love and admire failed to materialize. Big Rammy, although impressive fell short of the serious challenge that was expected from him as a result of all the hype leading up to the competition. Dexter "The Blade" Jackson didn't surprise or disappoint with his classic shape and spot on conditioning. Branch Warren missed the mark coming in blockier and without the ultra shredded conditioning that won him the Arnold Classic.

Along with Wolf's awesome improvement the other surprise came in the thickly muscled Roelly Winklaar who nailed his conditioning that caught a lot of established Pros totally off guard. Last year's third-place Mr. Olympia Shawn Rhoden appeared a bit larger and combined with his exquisite symmetry and shape was out to prove that his third place finish of last year was not a fluke.

By the time the prejudging ended it was clear that the title belonged to Phil Heath. At last years prejudging the final call out was Phil and Kai mano on mano as they battled pose for pose! This year, the final call out included Dexter Jackson, Shawn Rhoden, Dennis Wolf and Kai Greene! Phil was left standing in the shadows by himself; obviously the judges didn't need to see anymore of him!

The evening finals would be just a formality of seeing Heath win his third consecutive Mr. Olympia title. However those who made up the rest of the record breaking nine thousand fans that crowded into the sold out Orleans's arena were of a different mindset! At least half of the audience came to see Kai Greene take the title, and in some way were hoping that he would maliciously find a solution to somehow knocking the Gift off.

If you thought that this year's Olympia was a blockbuster, then just wait until next year, which will be the 50th anniversary! Robin Chang and his brilliant team of organizers promise to pull out all stops to make the celebration of the Super Bowl of Bodybuilding as the best of the best will once again travel to the Orleans's Arena in Las Vegas to celebrate fifty years of Mr. Olympia bodybuilding history.



MR. OLYMPIA



1. PHIL HEATH



2. KAI GREENE



3. DENNIS WOLF



4. SHAWN RHODEN



5. DEXTER JACKSON



6. JAY CUTLER



1ST
PHIL
HEATH



PHIL HEATH TRUE TO HIS WORD BROUGHT HIS BEST GAME WITH INCREASED MASS WITHOUT COMPROMISING HIS CONDITIONING. THE GIFT CONFIDENTLY WALKED ON STAGE WITH THE SIZE AND CONDITIONING THAT RESEMBLED A CARICATURE FROM A VIDEO GAME. TAKING HIS 3-D OLYMPIA PACKAGE TO A NEW LEVEL HE EASILY DISTANCED HIMSELF FROM THE REST OF THE PACK WITH HIS FULL-BLOWN MUSCLE BELLIES AND DEEPLY CREVICED LUMPS OF STRIATED MUSCLE THAT LITERALLY EXPLODED WHEN HE HIT HIS BACK POSES. IN MY OPINION THIS WAS PHIL'S EASIEST MR. OLYMPIA WIN IN SPITE OF ALL THE HYPE LEADING UP TO THE EVENT. FOLLOWING THE ANNOUNCEMENT OF HIS WIN

FANS GOT A PERSONAL GLIMPSE INTO PHIL'S CHARACTER AS HE CALLED HIS WIFE TO THE STAGE AND IN A HEART-FELT TESTIMONY ACKNOWLEDGED HER STRENGTH IN BATTLING CANCER FOR THE PAST YEAR. HE CONFESSED THAT IT WAS THE HARDEST YEAR OF HIS LIFE TRYING TO TRAIN FOR THE OLYMPIA ALONG WITH BEING THERE TO SUPPORT HER STRUGGLE. PHIL IS A TRUE CHAMPION AND PROUDLY SHARED HIS RAW EMOTIONS WITH THE PACKED ORLEANS'S ARENA.







2ND
KAI
GREENE



BASED ON WHAT WAS WITNESSED AT PREJUDGING WE FELT THAT PERHAPS KAI GREENE MIGHT HAVE TROUBLE HANGING ONTO SECOND PLACE AS A RESULT OF THE SERIOUS CHALLENGE HE FACED FROM DENNIS WOLF. HOWEVER, IN SPITE OF HIS INCREASED MASS, SPOT ON CONDITIONING AND STAGGERING V-TAPER WOLF DISPLAYED A NOTICEABLE WEAKNESS IN HIS CALVES, PARTICULARLY HIS LEFT THAT LACKED THE SIZE AND SHAPE TO MATCH THE REST OF HIS PHYSIQUE. GREENE ALSO PRESENTED NOTICEABLE SIZE INCREASE AND IN SPITE OF JUST BEING A TINY BIT OFF AT THE NIGHT BEFORE CAME INTO THE FINALS TIGHTER AND COMBINED WITH HIS INTIMIDATING AND FREAKY SIZE SEALED SECOND PLACE AND \$100,000.







3RD
DENNIS
WOLF

**WHEN DENNIS "THE BIG
BAD HUNGRY" WOLF
WALKED ON STAGE A
SILENCE FELL THROUGH
OUT THE PACKED ARENA
AS EVERYONE GASPED IN
SHOCK AND AMAZEMENT
AT HIS ASTOUNDING
TRANSFORMATION. THIS
WAS THE FIRST TIME THAT
THE WOLF HAS EVER
CRASHED THE TOP THREE
AT THE MR. OLYMPIA. HIS
EFFORTS WERE REWARDED
WITH A NICE CHECK FOR
\$75,000.**









4TH
SHAWN
RHODEN



SHAWN RHODEN SPORTED NOTICEABLE SIZE INCREASE WHILE MAINTAINING THE QUALITY OF CONDITIONING HE DISPLAYED LAST YEAR. I BELIEVE IT WAS THE EDGE HE NEEDED TO SQUEEZE BY DEXTER "THE BLADE" JACKSON WHERE HE POCKETED FIFTY GRAND. I PERSONALLY WOULD HAVE LIKED TO SEE RHODEN A BIT DRIER BUT CONSIDERING HE EXCEPTIONAL BALANCE AND CLASSIC LINES IT WAS DIFFICULT FOR THE JUDGES TO OVERLOOK HIM.









5TH
DEXTER
JACKSON

AT THE AGE OF 43 IT IS HARD TO BELIEVE THAT JACKSON CAN CONSISTENTLY COMPETE AT SUCH A HIGH LEVEL AS HIS TRADEMARKED FLAWLESS SYMMETRY AND SPOT ON CONDITIONING ALWAYS HAS HIM IN THE MIX. IN FACT I THINK THE IFBB JUDGES ARE SO USED TO SEEING HIM WITH SUCH GREAT CONDITIONING THAT THEY TAKE HIM FOR GRANTED, AS I WOULD HAVE HAD HIM IN FOURTH PLACE! STILL THE BLADE SHOWS NO SIGN OF SLOWING DOWN AND CAN STILL STAND WITH THE BEST OF THEM. HIS FIFTH PLACE FINISH EARNED HIM A NICE PAYDAY OF \$40,000.









**6TH
JAY
CUTLER**



WHAT CAN I SAY ABOUT
FOUR TIME MR. OLYMPIA
JAY CUTLER? KUDOS TO THIS
GREAT CHAMPION AS HE
HAD NOTHING TO PROVE BY
GETTING BACK ON STAGE!
BUT THE MR. OLYMPIA TITLE
HAS AN INTOXICATING LURE
AND ONCE YOU TASTED ITS
POTION IT IS TOUGH TO LET
IT GO! IN SPIE OF BEING
OUT OF THE GAME LAST
YEAR AND DEFEATED BY THE
GIFT IN 2011. JAY NOW 40
WANTED ONE LAST HURRAH!
REGARDLESS OF THE
CONSEQUENCES HE WOULD



GIVE IT HIS BEST SHOT EARNING A SIXTH PLACE FINISH AND A CHECK FOR \$30,000. IT WAS OBVIOUS THAT THE WEAR AND TEAR OF HIS MANY OLYMPIA QUESTS HAVE TAKEN ITS TOLL AS HIS BODY LACKED THE VINTAGE HARD CORE MUSCLE DENSITY, SIZE AND KNURLED CONDITIONING HE SO PROMINENTLY DISPLAYED IN HIS FOUR OLYMPIA WINS AND SIX RUNNER-UP FINISHES.







7TH
**ROELLY
WINKLAAR**



ONE OF THE HIGHLIGHTS OF THE 2013 OLYMPIA WAS THE ASTOUNDING CONDITION OF ROELLY "MR. TRICEPS" WINKLAAR WHO SPORTED AN INCREDIBLE COMBINATION OF MASS AND ROCK HARD MUSCLE DENSITY, WHICH WAS GOOD ENOUGH TO KNOCK OFF SOME SEASONED CHAMPS AND EARN HIM A CHECK FOR \$18,000.







8TH
MAMDOUH
ELSSBIAY



CONSIDERING HIS DOMINATING WIN AT THE NEW YORK PRO SHOW A LOT WAS EXPECTED OF NEWCOMER MAMDOUH "BIG RAMY" EISSBIAY WHO IS JUST A ROOKIE IN THE RANKS OF IFBB PRO BODYBUILDING. IN SPITE OF LACKING THE KIND OF DRY CONDITIONING TO PRESENT A SERIOUS CHALLENGE TO THE TOP CONTENDERS, BIG RAMY DIDN'T DISAPPOINT IN THE SIZE AND MASS DEPARTMENT, WHICH EARNED HIM EIGHTH PLACE AND \$17,000. FOR A GUY WITH SO MUCH FREAKY MUSCLE MASS HE ALSO SPORTS IMPRESSIVE SHAPE AND SYMMETRY. GIVEN TIME TO MATURE AND REFINE HIS ABUNDANT POTENTIAL IT IS ONLY A MATTER OF TIME BEFORE HE WILL PRESENT THE MOST CREDIBLE FUTURE THREAT TO HEATH'S MR. OLYMPIA THRONE.







9TH
**BRANCH
WARREN**

I DON'T THINK THAT FORMER ARNOLD CLASSIC WINNER BRANCH WARREN EXPECTED HIS DISAPPOINTING NINTH PLACE FINISH. HE HAS NEVER BEEN KNOWN FOR HIS PLEASING ESTHETICS BUT WHAT HE LACKS IN SYMMETRY WAS ALWAYS MORE THAN MADE UP FOR IN GRANITE HARD CONDITIONING. THIS YEAR HE APPEARED EVEN MORE OUT OF BALANCE AND WAS LESS CONDITIONED. STILL IN SPITE OF NOT BEING HIS BEST HE STILL MANAGED TO FINISH IN THE TOP TEN AND POCKETED \$16,000 FOR HIS TROUBLE.



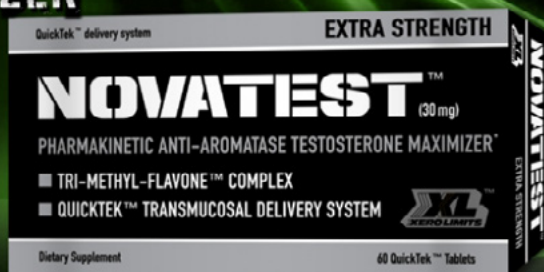




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10TH
LIONEL
BEYEKE





ROUNDING OUT THE TOP TEN WAS FRANCE'S HULKING LIONEL BEYEKE WHO SURPRISED A LOT OF PEOPLE. BEYEKE HAS ALWAYS SHOWED GREAT SIZE WITH THICK FULL FLOWING MUSCLES. HIS WEAKNESS HAS ALWAYS BEEN CONDITIONING, WHICH HE NAILED THIS TIME OUT COMBINING SERIOUS MUSCULARITY ALONG WITH GREAT PROPORTION AND SHAPE. SHOULD HE CONTINUE TO IMPROVE I WOULDN'T BE SURPRISED TO SEE HIM WIN A FEW PRO SHOWS IN 2014. HIS TENTH PLACE FINISH WAS GOOD ENOUGH TO EARN HIM \$14,000.









11TH
**VICTOR
MARTINEZ**



THIS YEAR'S MR. OLYMPIA LINE-UP WAS EXTREMELY DEEP WITH A LOT OF TOP IFBB PROS FAILING TO CRACK THE TOP TEN SUCH AS FORMER TOP CHALLENGER VICTOR MARTINEZ WHO FINISHED IN ELEVENTH PLACE. WITH A PHYSIQUE CONSIDERABLY LESS IMPRESSIVE THAN THE ONE HE CHALLENGED JAY CUTLER WITH FOR THE TITLE SEVERAL YEARS AGO, VIC HAS FALLEN WELL SHORT OF HIS POTENTIAL. LIFE HAS NOT BEEN KIND TO HIM IN THE PAST FEW YEARS AND IT IS HOPED THAT WITH A BIT OF LUCK HE WILL REGAIN HIS RIGHTFUL PLACE AT THE TOP.









12TH
**CEDRIC
MCMILAN**



I PERSONALLY FELT THAT THE THICKLY MUSCLED CEDRIC MCMILLAN SHOULD HAVE FINISHED MUCH HIGHER AT LAST SPRING'S ARNOLD CLASSIC AND IT WAS NICE TO SEE HIM RECOGNIZED WITH A TWELFTH PLACE FINISH. BIG CEDRIC HAS ALL THE MAKINGS OF BEING A TOP MR. OLYMPIA CHALLENGER WITH HIS FULL-BELLIED MUSCLES AND SWEEPING LINES. HE JUST NEEDS TO FIND THE RECIPE FOR SQUEEZING OUT THAT FINE LAYER OF WATER THAT HINDERS HIM FROM HITTING HIS PEAK COME SHOW TIME.







13TH
EVAN
CENTOPANI

IN THIRTEENTH PLACE WAS EVAN CENTOPANI WHO CONTINUES TO HONE AND FINE-TUNE HIS HERCULEAN DEVELOPMENT INTO A TOP CONTENDER. EVEN HAS A CLASSIC LOOKING PHYSIQUE WITH POSING TO MATCH HOWEVER, HE DIDN'T QUITE BRING THE SAME PACKAGE AS HE DID WHEN HE WON THE NEW YORK PRO. HE IS YOUNG AND STILL HAS PLENTY OF TIME TO DIAL IT IN AND BREAK THE TOP FIVE AT THE OLYMPIA. EVAN IS ONE TO WATCH!!









**14TH
STEVE
KUCLO**

ROOKIE STEVE KUCLO WITH ONLY TWO YEARS COMPETING AS A PRO, TOOK 14TH PLACE. STEVE WAS JUST EXCITED TO BE PART OF THE LINEUP AT THE OLYMPIA, THE OF SHOWS AND HE ENJOYED EVERY MINUTE OF IT! STEVE POSSESSES GREAT ESTHETICS WITH A PLEASING PHYSIQUE, WHICH OBVIOUSLY CAUGHT THE IFBB JUDGE'S ATTENTION. A FEW MORE YEARS IN THE TRENCHES WILL DO STEVE FINE AS HE HAS PLENTY OF GENETIC POTENTIAL TO BE A GREAT IFBB PRO.







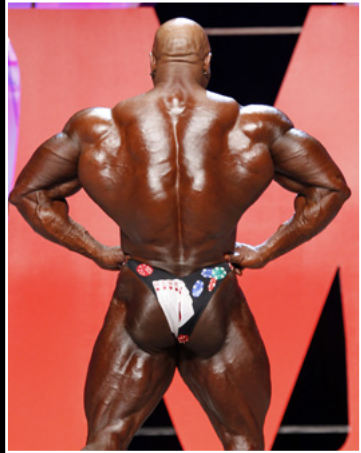


**15TH
TONEY
FREEMAN**

IT IS AMAZING THAT IN SPITE OF BEING 47 TONY "X-MAN" FREEMAN CONTINUES TO HOLD HIS OWN WITH THE BEST OF THEM DESPITE A FEW INJURIES HE'S OBTAINED OVER THE YEARS OF HIS INTENSE TRAINING AND COMPETITION SCHEDULE. HE HAS ALWAYS BEEN A TOP-TEN FINISHER IN THE PAST SEVERAL MR. OLYMPIA'S BUT THIS YEAR HE FOUND THE GOING TOUGH AND HAD TO SETTLE FOR 15TH PLACE.









16TH
JOHNNIE
JACKSON

JOHNNIE JACKSON DIDN'T MAKE IT INTO THE TOP FIFTEEN ALTHOUGH HE SHOULD HAVE PLACED HIGHER. JOHNNIE JUST NEEDS TO BRING UP HIS LEG DEVELOPMENT TO MATCH THE FREAKISH SIZE AND DENSITY OF HIS UPPER BODY. ONCE HE DOES THIS JOHNNIE WILL BE A TOP 5 CONTENDER FOR SURE AS YOU CAN SEE BY HIS SIDE CHEST ON THE PREVIOUS PAGE HE IS ONE MASSIVE, AND WE MEAN MASSIVE BODYBUILDER. DON'T GET ME WRONG, HIS LEGS ARE NOT SMALL TO SAY THE LEAST, THEY JUST AREN'T PROPORTIONED TO HIS UPPER BODY. A FAN FAVORITE, WHEN YOU HEAR THE "GONG" OF THE UNDERTAKER, YOU KNOW WHO'S ABOUT TO HIT THE STAGE. JOHNNIE NEVER DISAPPOINTS, BUT IN THIS DEEP LINE UP, HE HAD TO BRING JUST A BIT MORE.









**16TH
BRANDON
CURRY**

BRANDON CURRY WASN'T AS SHARP AS HIS ARNOLD CLASSIC BRAZIL WIN AND IT SHOWED. HOLDING SOME WATER AND APPEARING SOFTER THAN USUAL, BRANDON DIDN'T CRACK THE TOP 15 THIS YEAR AND WAS HELD TO 16TH PLACE.









16TH
ESSA
OBIAD



ESSA OBIAD WHO WON HIS PRO CARD AT THE ARNOLD AMATEUR ALSO FAILED TO CRACK THE TOP '15 THIS YEAR AS HE NEEDS TO PUT ON MORE SIZE IF HE WANTS TO COMPETE WITH THE BEST OF THE BEST ON THE OLYMPIA STAGE.







**16TH
ROBERT
PIOTRKOWICZ**

MR. EUROPE ROBERT PIOTRKOWICZ OF POLAND ALSO PLACED 16TH IN THIS DENSE LINE UP. WITH A BIT MORE DEVELOPMENT TO HIS LEGS AND BACK WIDTH, ROBERT WILL SURELY PLACE HIGHER. PLACING WELL IN EUROPE DOESN'T ALWAYS TRANSLATE TO A GOOD PLACING AT THE OLYMPIA.









**16TH
BAITO
ABBASPOUR**

BAITO ABBASPOUR WHO PLACED FIRST AT THE NORDIC PRO WAS THE LAST COMPETITOR TO PLACE 16TH AT THE OLYMPIA. A RELATIVE NEWCOMER TO THE PRO RANKS, BAITO HAS A LOT OF POTENTIAL AND WITH A FEW MORE YEARS OF DIALING IT IN, WILL BE ONE OF THE GUYS TO WATCH FROM EUROPE.









**AND THE BATTLE
BEGINS...**



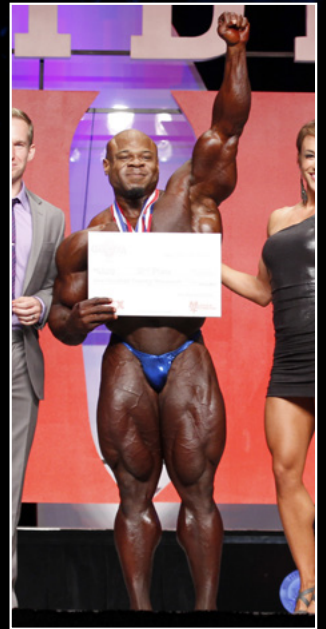








IN WHAT WAS LESS THAN A MINUTE IN REAL TIME, BUT SEEMED MORE LIKE AN ETERNITY FOR BOTH PHIL AND KAI, THE WAIT FOR CICHERILLO TO ANNOUNCE THE WINNER MUST HAVE BEEN TOURCHER FOR THESE TWO ATHLETES. BUT IN THE END, PHIL CAME OUT ON TOP.







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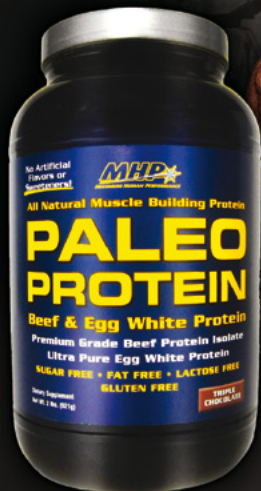
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