

The Science of Shredding
With
Laura Hutchinson & Mark Getty

Laura:

Welcome to the Science of Shredding with myself, I am Laura Hutchinson, the head trainer at The Sculpted Vegan and we have our very own Irish Hulk, Mark Getty on tonight with us to take us through this Masterclass. We are going to touch on to all of Mark's tried and tested methods to shredding, if there's anything in body-building that Mark doesn't know you don't need to know it. We're going to cover all the bases with nutrition, with training, with fat-burning supplements, whether to do cardio or not, the biggest mistakes that Mark has seen people make. The biggest tips and secrets that he's got for all of his athletes. We are going to spill all of the secrets on this call tonight. So Mark, how are you today, doing good?

Mark:

I'm good Laura, not long out of the gym and then up to my wee girl's play to watch her leaving P7 so, nice wee day all round, a few teary moments as she gets into the big school but apart from that all's great.

Laura:

That's the thing with Mark, everybody is so I think intimidated by you and probably can't imagine the thought of you crying or even getting teary eyed.

Mark:

The sun was shining too much.

Laura:

Bit of dust in your eye. So, Mark in Northern Ireland is our top prep coach. I'm excited to ask you some of these questions tonight as some I haven't asked you before. How many body building shows have you competed in in your career?

Mark:

I think...I would say Laura, it's close to sixty. Off the top of my head I counted 54 earlier but that's just sort of the ones that I remember but there were a load of ones in-between and wee ones. So, I would say if we're taking a guess it could be 55, 60, maybe even 65 shows.

Laura:

Oh my gosh. That is a lot. And what age did you start body building at? When was your very first show?

Mark:

My first show I was 22 but I started training for that show roughly around 16. Basically in a nutshell my mum got diagnosed and died with cancer young. I ended up training with my cousin who took me aside just to sort of channel a wee bit of aggression and grievance, it was my way of dealing with it. I always was training, I always was in the gym but I hadn't a clue about body building and I was doing everything wrong. So he basically structured it for me, showed me how to do it right and from that moment on I sort of got catapulted into it. So from 16 to 22 I was fairly serious about it, probably 18 to 22 I was really serious about it. Done my first show as a bet, as a dare from somebody saying I couldn't get into shape. Done my first timer show in 2002, I think it was, or 2001, one the first timers and basically after that show I vowed I'd never get on stage again, and lo and behold 60 odd times later I'm still doing it.

Laura:

Oh my goodness. Mark has had the very prestigious title of Mr World, when was it that you achieved that?

Mark:

2014, basically now I was retiring in 2013 after I lost Mr Universe because I threw my dummy out and the mate and me, the training partner at the time basically said look, we'll give this one one last shot and see how we do. So prepped down for 2014. I basically said that morning if I win my class I'm happy enough. After the day was done I won my class which was Class 1, the tall class. I then went on to win the overall. I then took my pro card and jumped into the pro ranks and won the pro show. History says that I was the first man ever in the world in NABBA to do that on the first night in the NABBA Worlds, that was the first time ever that's been done in any show in the NABBA Worlds. So I was fairly well made up about that. So I'm in the history books for the first time doing, I'm sure there's been a couple since but it's nice to know you were the first person to do it.

Laura:

Oh 100%. With being in Northern Ireland I think we're normally always a step behind in the United Kingdom and other countries, so for any one, we're always so proud when anybody from Northern Ireland makes it to the Worlds and even to compete on the universe stage, it's not heard of and it hasn't really happened again, if it has?

Mark:

It's happened a few times. Back in that era when I was doing it there were four body builders that were competing and they competed vigorously. They were the first four that I know that was basically over in the Britain's and the Worlds and the Universe actually beating everybody. So we had some pros at that stage that turned pro in NABBA from various competitions, I think I was the second and then there was two after me and there's been none since that. Now, that was all back in 2014 was the last time so you can imagine that was eight years ago. So it just shows you, it ain't the easiest thing to get a pro card in any federation, any of the proper federations, it takes a lot of time and a lot of work but it's worth it when you get there. It just shows you that all your work and efforts paid off.

Laura:

Are you retired now or are you still toying with that?

Mark:

It depends what day of the week you get me on. I was prepping behind Kim's back for another show because I keep telling her I'm retired because I think she's more concerned now for my health going forward, but see if its in you its' just harder to take it away. I love the sort of challenge and I've got a bit older and I sort of want my kids to see me on stage maybe one or two last times when they're now old enough to appreciate it. And I also want another rattle at the Pro Universe because every time I go to do it something injures or something goes wrong. So, I was planning on doing it this year and then obviously 14 weeks ago I tore my bicep. So, I'm coming back from that now. Probably this year is a wee bit too much to ask but possibly next year all being well.

Laura:

My gosh, when Mark injures himself it's not like when a normal person injures himself. He always finds a way to work around it, to train around it. You've actually said before, what was the injury you got and you were disappointed in the injury because you thought it would be more dramatic. Was that your calf?

Mark:

Well, my two calves. Every injury I've got I thought would have been more dramatic, to be honest with you. And it was disappointment in the sense of it just was a slight pain and then that was it, there was nothing else. It was just one of them things. Even the bicep tear, the bicep tear literally hurt for about ten seconds, you felt like a sharp pain in the arm and then there was nothing, do you know what I mean. I thought there would be more pain. If there was pain and it was completely sort of knocked me out of my stride I would say right, it was a worthwhile injury but you go in and the

hospital got it repaired for nothing, it actually hurt more when I got it repaired than it did when I done it. It is what it is.

Laura:

It is what it is. So, with that, so you've had 50-60 places yourself and now you are a notorious prep coach. How many competitors do you feel you have prepped over the years now?

Mark:

Honestly, I would say we're close to 500, 600 people. It's been mental. I've been doing this, I've been prepping people for shows from I would say 2005 or 2006 and on average, I have about 10-15 people per show, per year. So if you count that up over 15-20 years it's working out roughly about 500 or 600 and that's not counting the ones or twos that are maybe going for other shows throughout the year so it's crazy numbers. We had NABBA there about three months ago and I think I had eleven in for it, and that was one of the lowest numbers we've had in for a while. Obviously with Covid being off the last two years we've had a few athletes competing but on average I'd say I prep close to 50 people per year for shows, so it's big numbers.

Laura:

It's a tough job, very high maintenance clients.

Mark:

It is and it depends on the client you get. I can genuinely say that a lot of the people that I've coached would have got where they wanted to get to even without me because they were just so headstrong and had such a good work ethic and I think basically, we as coaches get a lot of credit, maybe too much sometimes, and I'm going to go out on a limb and say that because if you get ten people that are just amazing to work with they make it so easy because anything you ask them to do you know they're going to do. On the other hand, if you get ten people that just lie to you and don't basically tell you anything then it's an absolute nightmare. So for me, I've been fortunate that whenever my success started running throughout the years a lot of people knew who I was and they came to me because of what I had done myself, and obviously what I had done for other people. So the good thing was a lot of good athletes came to me, Kim being one, and I could sit here and name 30, 40, 50 off the top of my head and then it was easy. When you're prepping people like that there's not too much to it, it's just basically in the last four to six weeks keeping their head on when everything just falls to shit around them. So it's keeping them centred and letting them know they look well and just basically guiding them to the stage because basically, for want of a better word, it's a headfuck at that stage. The last four to six weeks is more of a mind game than anything else, and you need to be there to sort of say

look, everything you're going through sort of is normal, and I can relate to that because every mindfuck they've had I've had ten of them. So it's nice to be able to sit and tell that person everything is normal, everything is okay. And I think that's the biggest thing in prep, the last six weeks is when the shit really hits the fan.

Laura:

The point of this call is The Science of Shredding, we want to give everybody the tips that you've got from your experience of your clients that you've prepped. And we may as well start with mindset because that's where we've headed with our first conversation. What, in your eyes, what do you see is the biggest, from your most successful clients with the attributes of what you describe as a good athlete? If someone comes to you how can you tell they're that good athlete with their mindset, what we want our members to aim for over what you can see when your clients come to you like, "Ah no, this is gonna be hard work"?

Mark:

You know by the way that they act around you in the gym. So the first person, I'm just gonna take on this year that I prepped for a show and literally everything she was asked to do she did, very, very easy check-ins, checked in every Saturday morning with me, sent me the pictures, sent me the photographs, I told her what to do, she just said, "Okay". There was nothing other than that. Any questions she needed answered she knew, she just sucked up the information like a sponge and you knew by the way she spoke to you she was zoned in. Everything went into this show and she ended up placing second in Miss Britain as a result. So for me, it's very, very easy to tell off the bat by the way the person goes on. The way the person's check-ins are because I know if they're not coming in properly they're cheating on their diet.

Laura:

What do you look for in a check-in? What are the check-ins that you ask for from your clients?

Mark:

All I look for are pictures and weight. Body building is a visual sport, so basically what it says on the scales doesn't matter but usually in the far out Pre-phases of prep, 16 weeks, 12 weeks the scale should be dropping slightly; 1 lb, 2 lbs, 3 lbs a week. So that's the initial gauge is the scales dropping. As it gets closer to the show the scales might stop dropping, they might not drop at all or they might drop very slowly so that's where the visual aid comes in because at the end of the day, that's what the judges are judging it on, they're judging it on how you look, not what you weigh and not what your measurements are. So I would judge basically for a woman the last thing to come in is the legs, so basically I know two

or three weeks out if the legs aren't coming in that's when they should start to split, so I look about splits in the quads, hamstrings, glue definition. Just things like that there. So at different stages I kind of know where certain athletes should be at, and I know if they're behind or if they're in front just by looking at their physique.

So, the last 6-8 weeks is basically the only thing that I really care about is how the pictures look, how the pictures look and then how I see them in the flesh. If they're training with me as a PT, how I see them in the flesh. If they're online, how I see them in the pictures. So that's the biggest factor in how you are. And again, you have to be honest. A lot of people I see come tell me they're lean and they're not lean, they're not what I call lean. So the athletes that I have, when I say they're lean they are lean. There's no other way about it. When I tell them they're ready for the show, they know they're ready because I'm not one, as anybody that knows me, is one to blow smoke up anybody's ass.

Laura:

I seen the picture you're talking about as well. So you have a mindset from your athletes that you like to have from them, how have you ever applied that mindset yourself because even just to go from the Universe stage, the Mr World stage, what would you say mindset wise you've applied in the past? Because you have to do things that people aren't prepared to do to push yourself to the limits. How do you do it? How do you get up every day and what way do you think? You think differently than the average person.

Mark:

I think it's drilled into you but the one thing I'll always do is I'll make sure a goal is big enough in order to make me motivated. So I went to a seminar a few years ago with a guy who was in the Mindset & Motivation in the Bahamas. And one of the things that stuck out for me is he started going on about whenever you get this big goal, and a big goal is meant to scare you. So it's not meant to be something that you sit in a chair and go, "Oh, I can do that". You have to have it that big that you think, "This is gonna be challenging". And then he said to me, "Make that goal big, so blow it up, put it into HD, so put it into a 70" TV and then put in Ultra lights, so brighten it up, put the colour in it and then put the sound in it". So, what I did early on in my career and I still do is I envision winning the show. So every time I'm doing cardio I put myself in the show with the music I'm playing, with the poses I'm doing, with the people I'm competing against and I blow it up and make it bigger and bigger in my mind. So, every time I'm sitting in the cardio or doing the weights I'll look at this and I'll do one match over and over, I'll even go as far as what the audience are cheering, the cheers for the poses, the judges shouting, "The overall winner is" and then my name. I even get the goosebumps down my arms when I feel I've won, and that might be twelve weeks out.

So, basically I keep the mindset that nothing is coming between me and this show. I will do everything that this takes. No cheating on the diet. No missing cardio. No nothing. So, every morning I get up that's my goal, that's sort of what I see in my head when I play that over and over. So for me, once I get to the stage it's already been done a million times, it's just a matter of going out there and replicating it. So for me, the goal has to be that big that you want it. That's the only thing. If it's not big enough and it doesn't scare you it's too small.

Laura:

And with that mindset would you say that you don't have any excuses or when your excuses come up you're able to put them down?

Mark:

No excuses, no excuses. If I cheat on my diet it's my fault. Own your shit. If I cheat on my diet on a Wednesday night I don't beat myself up, I've cheated on my diet on a Wednesday night so I get back on the horse right away. I don't beat myself up, I don't sit and feel guilty. I just go right, now what has to be done to get over that. If I get injured I just get on with it, as you know, I train round everything. So, if I feel I can't do a show because of an injury I pull out of the show because I'm not gonna give my best but again, I even own my injuries, so even when people go to me you're unlucky, I say it's not luck, it's 30 years of training, it was my fault. So for me, own everything, no excuses, take responsibility, it's on you, it's your fitness journey, it's on you. So, everything from getting sick to missing meals, to not doing cardio, to the kids being up – I don't care what it is, there's no excuses. Once you decide to do a show, once I decide to do a show what I'm saying to me is I can do this regardless of the situation, so I'm willing to go to this show regardless of what life throws at me so there's no excuses.

I've prepped, in 2011 when I won the Northern Ireland, then I won the Britain's, then I won Mr Europe in NABBA. I had a baby in January, the NABBA show was in April, I had a baby in January, competed in March, April and June and got married to Leigh two weeks later. So, six months I won three shows, had a baby and got married. Now, everybody said to me, "You're nuts doing that". I was like "Why?". All I have to do is train for an hour a day, do two hours of cardio, eat six meals that I'd be doing anyway, where's the nuts about it? The rest of my life and the rest of my day can be spent with the new born, can be spent organising the wedding, can be spent at work. Where's the nuts? No excuses. And if I can do it in a year like that and that's counting working, then anybody can do it.

So, as you can understand, when people come to me with excuses it doesn't work too well because I just look at them. At the end of the day, every show I've done I've had something that happened that most people or I could have pulled out of easily and I didn't, I kept going and I done it.

So for me, there's no excuses. Once you decide to do something you give it 100% or don't do it at all.

Laura:

I'm so glad we started that because someone can have a programme written down and unless you take the action on it nothing is going to happen. So many people are quick to blame the plan, blame the programme but it wasn't, it was them.

Mark:

At the end of the day Laura, go even as far as your workouts. Walk into the gym, people will go to me if I train back there on Wednesday and I'll walk out of the gym and somebody will go to me, "Well, how was that workout?" and I'll go, "It was shite". Own your crap. If that workout wasn't good there's no problem saying it wasn't good. Now, me saying that was shite is just to the general public but in my head I've sat going that could have been better, I could have done this, I could have done more reps, I worked out on that, I didn't do this. So I'm putting my plan in place that next week that aint gonna be shite. So what you hear a lot of people is they're going to the gym and they're beasting this and they're doing this and they're killing this – no you're not. If you had five good works outs a week every week of your life you're a liar. That's all there is to it. Take responsibility, ask yourself the question every time you leave the gym – could I have done more? It's a simple question and be honest with yourself in everything. See if it's the diet at the end of the night – could I have done more? In the cardio – could I have done more? If you keep asking yourself that and you be honest with yourself you will not fail because you're taking accountability and you're taking responsibility for your journey. And there's no harm in saying, "I had a bad workout", there's no harm in saying, "I could have done more cardio", there's no harm in saying, "I shouldn't have ate that wine gum", the harm is if you're turning round and lying to yourself and then lying to your coach, because at the end of the day when you get up there the one question I always ask myself on stage before I go on stage is, "Have I done everything in my power to get me to this stage" and if the answer is yes and you go out there and win, lose or draw it's no big deal.

Laura:

So, we've got the mindset done because you have to have it, and there's some golden tips in there. Let's break a prep down into sections – nutrition, training, supplements and...

Mark:

Cardio.

Laura:

So, with nutrition, so Macros/Calories. When a client comes to you how do you, from scratch, start with how many calories they're going to be on, how many macros, how would you work it out?

Mark:

Believe it or not, I'm not a massive calorie counter or macro counter. I'm going right to the old school here and I've used that and I use that with my clients right up. So, a lot of my clients I'll work with on the off-season. Most people come to me away far out, and if they come to me to do a show and they come to me 12 weeks out I'll be the first person to go you're not ready. I'm very meticulous into actually having a prep before you prep for a stage. It gives them two things 1) It gets them ready for what I'm about to do to them 2) Gives me a chance to see where they're at. So I normally have them on an off-season which the plan is to push the calories up at a certain amount.

Laura:

So, in your ideal set up what is your preferred off season before a shred?

Mark:

Off season first, always. That gives you a chance to add a bit of muscle but it also gives me a chance to work with a client, find out what they're doing, find out what food they're eating, find out what they like, what foods work, what foods don't. So it gives me a better gauge so that when we go into prep we're on the ground running. The off-season for me is basically about putting on size or whatever it is, whatever the goals are for that stage we work on that in the off-season. Then when I get closer to prep I start cleaning things up. So, out with the sauces that were in, out might go some of the carbs that were in. So we get to a point where we've just cut it back 12 weeks out or 16 weeks out to the bare bones. I would normally start dieting my clients for big shows 20 weeks out. Now, 20 weeks out it's not a major diet, it's just cleaning things up, so somebody might go from say 4,000 calories to 3,800 calories and 20 minutes cardio will be added on. And then every week with the check-ins, if everything is running right and the weight's going we don't make any changes. If, on the other hand, we start plateauing then we start taking out carbs or adding in cardio and we just repeat that process right up to the stage. It's fairly simple but it works a treat.

Laura::

So when you're looking at a client what are you looking for, for when you decide to keep their nutrition the same, and what do you look for when you decide to create a calorie drop?

Mark:

So, if it's the early parts of the prep I'll look for weight. So for example, if I put somebody on a diet 20 weeks out, switch a few things about, the first thing that's evident that far out is they'll drop pounds because you'll get rid of a lot of water, a lot of sodium, a lot of fluid retention and things like that. So the first thing they should drop 3, 4 maybe even 5 lbs. So initially maybe for the first 4-8 weeks of that prep, maybe even 10 weeks we'll be looking for a weight drop on the scales. Once the body starts resembling a stage lean look then we'll start looking at the photographs instead. So, for a woman for example...

Laura:

What does stage lean mean to you? If you could describe that look what is it?

Mark:

So for me, it would be the silhouette of everything starting to come through, so the shoulders would start to cap, you'd start to see lines appear between the delt and the arm. You'd start to see the muscles on the back coming out and you'd start to see legs forming in with things like that. So, it's just that sort of outline coming in where all the, we'll call it the "bad fat" has been kicked off, and you're probably left with say, 15-20 lbs of just normal weight to come off then and that's whenever the fun starts because obviously the weight loss is going to slow down considerably and maybe you're only taking off a pound or few, if maybe even that, the next few weeks after that. So, a lot of the time say in the last eight weeks you'll be making changes every week or every two weeks just to keep the body running and to keep the condition coming in every week.

Laura:

And what would you see our main market, it's women, what would you see with women...where does body fat tend, is there generally body fat tends to come off slower in certain areas etc. ?

Mark:

Yeah, what I would find with most women is the last thing to come in is below the waist. So you'll have girls running round with abs and chunk in their back and their arms striated and their shoulders looking beautiful and then they take off their trousers and the next thing is there's nothing on the legs. So that does take that extra push. Now again, it depends on what that person is looking to go to. Normal girls that are doing say, bikini or toned figure they don't really need them striations or lines on the legs, they just need a wee bit of hardness in the glutes so that they're not wobbling. So they could get away with being that wee bit smoother on stage. Whereas the girls that I would prep for athletic or trained, they have to be shredded. So basically the legs should resemble, as bad as it sounds, a man's legs and a man's condition. So glutes in that you can see

divots, hamstrings with lines in them and quads striated with lines in them. So that's the last bit and that's the bit that separates the men from the boys. That is the bit that takes you through hell and high earth. I've seen myself four weeks out and if I had a t-shirt off people would go, "you're ready" but as soon as you turn to the back there's wee bits to come off, and getting that last wee bit off is where it starts to hurt. Whenever you get to a body building show you can tell the people that have really, really dug deep in the trenches against the people that haven't. There's a lot of people get to the place where I call The Wall, where they hit the wall and it starts to hurt and they go, "right, that's me, I'm happy where I'm at". They look good in the gym, they look lean but they're not prepared to push the body any further. And it's whenever them people get on stage and stand beside somebody that was willing to push the last four weeks they start realising oops, and by that stage it's too late.

Laura:

Gym lean to stage lean, there's definitely a difference with it. For a lot of people you live your life a certain way, you just grab food on the go and you just eat and you don't track, everything is not this meticulous manner of tracking and measuring when it comes to body building where it has to be. What advice would you do when you've had your real beginner clients when they're having to suddenly get to this real strict meal plan? When it comes to the likes of cravings or refeed days, how do you help them manage that?

Mark:

What you have to say to people starting off is they have to be realistic in what they can do. If you get a woman in the gym that's basically saying that she's got seven kids and she works twenty hours a day, the chances of me putting her on seven days a week training and cardio and chicken and rice isn't gonna work. So the best thing to do is talk to the person and tell her to be honest. If she can commit to three days a week, four days cardio and a certain amount of food then you start off on that, so you basically wean her off the things. I had a girl sitting at 18 stone and she's eating six Chineses and six cokes a day, drop it down to three Chineses and three cokes, as bad as it sounds, she's still going to lose weight. And then gradually decrease that. That means you're not going from this big massive, massive eating spike into nothing which is going to basically just shun you, 9/10, 10/10 that's setting yourself up for a dramatic fail.

If you're going to the competition side of things, as bad as this sounds, there's nothing you can do for cravings, you just have to suck them up but like I said, if your goal is big enough you don't care, you know there's a light at the end of the tunnel and it's more important. The way I always looked at it was when I was competing as a pro I always looked at it as these boys that I'm competing against are doing everything. So if I'm eating Twirl Bites and drinking Coca-cola on a daily basis they are going

to whip my ass so bad that I'm gonna feel so shit that obviously that's not gonna be worth it. So for me, it was always the fear of getting stuffed on stage by these boys that I know aren't messing about that kept me away from the diet. There is a lot of things out there now for people starting off to take away sugar cravings. You've got sugar waters now, them Volvic touch of fruit over here, I don't know what it is in the States but you've got the likes of the sugar-free jellies, the sugar-free drinks that you get. They're all grand in moderation, we're not talking about the health implications that people will go on about sweeteners etc., we're talking about in relation to dieting for a show. A lot of body builders I know use them but they use them sparingly as well. I know guys that will have sugar-free treats in the house, like jellies or drinks that might have a Coke Zero or whatever it is with their meals whenever they're feeling the need and that will stop them crashing and giving in. So if you need something like that by all means, take it and get used to it but for me, I always found it easier to stick to a plan.

I always found it easier to have a strict meal approach that I knew I was eating at six in the morning, nine, twelve, three, five, seven. And as well as that, it doesn't all have to be solid meals. You can make up protein smoothies and there's protein yoghurts now, there's so much out there now compared to what there was 20 years ago that in my opinion, as bad as what it's going to sound to people, there's no excuse for not sticking to a diet even if you're on the go. What I used to do even if I was going on holiday and I had a four hour drive down to Wexford, I packed a cool box with two or three protein shakes in it that had a wee bit of oats and a wee bit of frozen fruits, so I was always prepared for going out on the road and that's what it boils down to – preparing. As long as you're prepping all the time, a day in advance or that morning and you're going out and you've everything there to meet any incident then you're gonna be grand. And most people if they don't prep properly that's whenever they fall off the wagon.

Laura:

The excuses come in then.

Mark:

It's all excuses.

Laura:

It's up to you, you didn't prepare enough. So you're going by the photos and progress photos for the drops in calories and changes to food, how do you implement and use the likes of refeed days if you do and where and when?

Mark:

I would always give every client refeed days once a week, even from the start just to give them something to look forward to because let's face it, I like eating Chinese food, I like eating pizzas, I like eating chocolate, I like drinking Coca-cola, so I'm not gonna sit here and say I live like a monk – I don't. So what I've used the whole way through my career in every show that I've won is I had one refeed day or one refeed meal, depending how far out I was a week and it was usually a Saturday night. So that would have been the night I would have went out with Leigh or the kids and just had a nice meal off plan, relax my diet for the evening and just chilled out. And basically, I was able to keep that in right through to maybe two or three weeks before the show, before having to knock it out. As long as the rest of your nutrition is on point and your cardio is on point that cheat meal I always factored into the person's plan. So as far as I was concerned it wasn't really a cheat per se, because it was factored into your plan, and as long as you kept losing and you kept coming in I kept it in. And the only time I sort of knocked it out was whenever we were trying to get rid of water, we were starting to manipulate sodium and we're starting to dry the physique out for the final stages of the show.

Laura:

And what would be your tips because I know with my experience of coaching sometimes people struggle for it to stay as a refeed day, it can turn into a refeed weekend. Have you experienced that with clients? How do you keep it confined?

Mark:

Again, it boils down to the person. I know two pro body builders that I used to compete with and they both were training partners. One of them basically stopped dieting on Friday night, got up on Saturday morning and ate flat out 'til he went to bed on Sunday night. Now, the guy was Mr Universe and Mr Britain so you can't say it didn't work for him. His training partner, if he had have ate one meal off-plan on Saturday he'd have still been eating it the following Saturday. So what he used to do for his refeed days is he just upped the carbs from the normal meals. So instead of maybe having 500 grams of carbs a day he would have put it up to 1000 grams, he would have kept his rice in, his potatoes in, maybe had a bit of sauce but he wouldn't eat anything off plan and the simple reason for it is because he couldn't get back on it again once he did it.

But again, it boils down to willpower, Laura and how much you want something. For me, I always left it to my last meal. So I would have went out to the Chinese or whatever at say seven or eight o'clock at night and I would have had a big starter, maybe one or two mains, a dessert, two pints of coke. By the time I got home I didn't want to eat anything else. And then I was in bed maybe a couple of hours, three hours after that and when I woke up on Sunday it was back on the plan as usual. So for me, it was always okay. Don't get me wrong, did I have my cravings during the

week? Absolutely. Did I cheat on my diet a few times going up to shows? Yes, I did. But the big thing for me was I cheated, I got it out of my system and I moved on. And that's a big thing. I've prepped people this year that cheated on their diet and they couldn't get over the guilt and I'm going, what's the guilt about, you've cheated, you've done what everybody else has done. And I think the problem with most social media is they portray that you can't do this and they're all liars and I'll challenge anybody for that, do you know what I mean? I've cheated on my diet umpteen amount of times but the difference was I made a conscious decision to do it and then as soon as it was done I got on with it.

So, everybody is going to fall at some stage, and I've said this countless times to my clients, it's not about falling, it's about getting back up. So even if you fall a couple of times a month or whatever it is, as long as you get back up and get on with it then you're gonna be okay.

Laura:

We see that a lot in the groups, people come in and it's like "Ah, this happened or my refeed meal turned into a refeed day" and it's that cycle of shame and guilt and beating themselves up but then it happens again and again, whereas that aspect of just drawing a line under it. We always give them advice, draw a line under it, move on, learn from it you know, where did you trip up, where did it happen. And it's always those type of people who actually go further by admitting it rather than pretending it didn't happen.

Mark:

The big thing about it is as well, take the mantra of that guy I was talking about. If you find that every time your refeed meal turns into a wall of shit for a week, knock them out. If you're able to diet for six days without having anything you can do another day. So, for me, once you get into that routine of dieting as long as you like the foods and you prep them properly and your mindset is right, you don't even need that refeed day. So, if it's causing that much bother and it's causing that much anguish don't have it, wait 'til you're finished your competition and do it right. The biggest problem people have is like you say, the fear to get over it. They think it's shameful. It's not shameful, you're a human, it's human nature for God's sake, at the end of the day, I don't know any professional body builder at any level that hasn't cheated on their diet. And that is the bottom line.

Laura:

We've got the mindset of shredding, we've got the nutrition of shredding. Obviously we want to have muscle to then shred away to show the muscle. So, when a client comes to you for the likes of say, a bikini show, what are you looking for in your women body builders when you're structuring their strength training programme?

Mark:

I'm a big believer in treating, if you come to me and you're a complete beginner the first thing we want to do is add slabs of muscle. The thing, what I normally say to women when they come to me and want to do a show is say right, pick a class. The woman has to like that look. So, when Kim came to me she wanted to be bikini. Regardless of where her physique was at or what way we thought it was, that's the ideal look she wanted to do. So for me, I would never talk somebody out of that. So if somebody comes to me and wants to do bikini we focus it on bikini. If somebody comes to me and wants to do female body building then we go with that. Obviously the timeframes for competing are going to be massively different, if you're wanting to do a bikini show you could probably do one within a few years, if you want to do a women's body building show it's going to take you a fair few years before you put on the amount of muscle to stand competitively against these girls.

So, back to the bikini. All I basically do when they start training is I do an all over body, split it up in four days and literally hit every muscle group because let's face it, every class needs muscle everywhere. We then start looking at the most important parts for bikini which is the shoulders, the back, the glutes, the legs etc. and we start building them out. If we find a muscle group isn't responding we'll then take a different approach to it. So it could be higher reps, heavier weights two days a week, pre-exhaustion. There's so many different outlets out there that we use but basically the main goal is to build up every muscle group in tangent for that class. Now, that can take a year, it could take two years, it could take three years. The best people that I see in this game are the people that have patience. See the people that don't have patience and want to jump on a stage in 12 weeks, you're fucked. You're going nowhere because it takes time to build muscle.

Laura:

You judged many, many shows. What for you when you see that line up of bikini athletes walking out on stage, what for you is the wow factor when you see a line of athletes, what in a physique stands out for you because you're telling a story on stage of how hard you worked with the muscle you have built, so what stands out to you in a physique?

Mark:

That's exactly the thing that stands out to me, the work ethic. I know by looking at somebody if they've put the work in and that's the first thing that radiates on stage. If you see a girl on stage and she has owned it you know she's put the work in, there's that aura of confidence, there's that aura of I'm here and I know I look good and that shines through in her routine and what she does because let's face it, most of these girls that have put the work in are gonna put the work in on their posing as well,

they're not gonna walk out, trip over and fall and break their necks. They're gonna be polished. So most of these girls that have really, really worked at this and have thought about this and have made this massive goal are the ones that walk on stage and just basically go – Give me the Trophy. So for me, it's how they present themselves. You've got to have the muscles. For me, it's just a nice shaped woman. Depending on the criteria in the class it's just fitting that criteria. So say in bikini the glutes are nice and round, the legs are nice and thick, the shoulders are nice and capped, there's a nice wee bit of definition on the back, there's a small waist and she just knows how to work it. It's as simple as that.

I had a wee bikini girl this year that done NABBA NI, blitzed it, won the overall. Unbelievable. And right away as soon as she walked out on that stage it was over, you didn't even have to look. And that's what I class as a worker.

Laura:

Is that the athlete that you said before just said okay to everything?

Mark:

No, she was the other one but she was close to it as well, she would have said okay to everything as well. An easy person to train, just literally trusted me from day one. She came to me three or four years ago and said she wanted to do a show and I looked at her and thought hmm right, we'll see. And I can tell you now that whenever I seen how she was progressing I was like, holy shit, this girl means business and she put her heart and soul into that show and thoroughly deserved it. I'll say this about athletes all the time but when I say somebody thoroughly deserved that win, she definitely did. The work ethic, the physique, the presentation – everything was flawless. And the amount of talking about her that day, she could go on and do massive things. It's just she walked out, it's like you say, she had that aura of invincibility and everybody was like – it's over.

But again, it boils down to who has worked on the stage, what way you look on a stage defines if you've worked or not. I know in the first five seconds who has worked in that line up and who hasn't. It's so easy to tell.

Laura:

What would be your tips? So, obviously there's a difference between training and smashing the gym when you've got lots of calories and foods and you're building or you're maintaining, how do you train or how do you motivate your athletes to train in those final weeks when you're prepping, you're shredding, you feel weak, you feel like your numbers are dropping. In my previous preps that was a bit of a headfuck. Feeling that you were getting weaker and you nearly feel like you're losing all your progress but you're not. How do you help people get their head round that?

Mark:

I think as a coach the first thing you do to people is you make them realise what's gonna happen. So the first thing I say to people when they're prepping is you have to get comfortable with the uncomfortable because at the end of the day this is gonna be uncomfortable as fuck. Your cardio is gonna get harder, you're gonna wake up in the morning and feel that you've got lead boots on, you're not gonna wanna go to the gym, you're gonna go to the gym, you're not gonna be able to train. Your weights are down and basically just reassure them that everything is normal. I think being a prep coach with having so many years' experience, and that's what I was saying about being there for their mental struggles because like you said, that's what most people worry about but I think somebody being there that you trust, if you put that trust into your coach and he's saying to you, "this is normal, that's normal, that's perfectly normal, that's how I feel, that's how you should be feeling, if you were feeling good I'd be worried, if you were training heavy I would be concerned, if you're doing that you're fat still". So, I think once you start to reinforce where they're at on a weekly basis is where they should be they start to go, okay.

A lot of them did say to me in the last couple of weeks, "I just can't wait to get strong again in the gym". And it is, it's one of them things but as long as you be honest with that person. That's what I've said to most of them, I can relate to everything you're gonna throw at me in terms of what you're gonna feel, in every way emotionally, everything. I know girls who have been sitting there crying on my shoulder and I've said to them, "Listen, I've broke down and cried two weeks out. It's perfectly normal".

Laura:

Kim showed me a text, we were talking about this interview two days ago and she found a text she'd sent you I think in one of her preps and it was this length long and it was just like, "I'm on my period and I'm so tired and I'm crying and I just think I can't go on in life" [laughs] and on and on. And I think then you said, "I'm gonna call you" and then after it whatever you'd said she was like, "Thank you so much!".

Mark:

That's a massive part of it. Okay, I can't relate to how a period feels, I probably can at this stage with the amount of times I've been told but what I'm saying is I sort of know where they're coming from, I do know where they're coming from, I know how they're feeling, I know exactly where they're at. I know they're in that deep, dark hole of despair and there doesn't look to be a way out. And 9/10 it's just somebody to pick up the phone and say, "Listen, been there, done that, this is perfectly normal, ride it out", have a fucking bar of chocolate, get over it. Sometimes that's what people need, sometimes people just need that reassurance that everything's gonna be okay, that everything is coming the way it is, that

that's the way you should be feeling, that everybody prepping for the same show is feeling like that. And once they have a moan and once they realise everything is gonna be okay 9/10 they are okay until the next meltdown, which will inevitably happen again but as long as you can get them to the show and take care of the meltdowns. And again, that's a big thing about that sort of bond between the coach and the client. If it's good they'll come to you with all these issues and that's what I want them to do, I want them to come to me with all these issues, I want to be the one being able to tell them this is normal, I don't like or want them dealing with this shit on their own because sometimes it does get tight and sometimes it does get dark, so I want them to come to me so that I can reassure them and try to get them out of that place. And again, that's a big thing but if you've got that honesty with the client they'll come to you about everything. And that is when you get somebody that like we said earlier, is going to do things. Because they will tell you everything, and I mean everything. Sometimes it's too much info but again, it's easy then to prep them people because you know they will tell you everything.

Laura:

That is it, and again, people can see these shredded, lean gorgeous physiques and you see them on Instagram, social media and you see people competing and the idea of it is really appealing but the reality of it is hard. So we've got mindset so far, we've got nutrition, the strength training. What importance do you place on cardio when it comes to shredding?

Mark:

Massively important, massively important, definitely. Get your cardio in. One of the things I seen a fellow body builder, I'll not name names, saying one time, and whenever we prep for shows there's the dark side you have to go into and cardio is one of them things that sort of keeps everything in tune, so it's good for your heart, it's good for your organs. So for me, cardio should be an integral part of any body builder's prep. Number one, for health reasons, and number two, it's fantastic for getting your body into a calorie deficit. And this balloon was basically saying not to do any cardio and you don't have to do cardio and I'm sitting there going, I would rather do an hour, two hours, 90 minutes or whatever it is of cardio a day than take my calories right down. So I would always favour putting my cardio up to a certain level rather than dropping food out because I do believe that cardio is good for the prep, it kind of keeps everything regulated, it's good for you heart etc. So for me, cardio plays a massive role in my prep and all of my client's prep. So for me, cardio is definitely a big time must.

Laura:

And what type of cardio is your preferred cardio?

Mark:

I like steady state, and the reason I like steady state is because I train really, really hard and intense and heavy in the weights training so I want that energy that I've got to be into my weights. So I don't need to go and do a HIIT session to basically blast the shit out me and I feel under par, I wanna be going in and doing that with the weights and then doing my cardio. So I would get my heart rate up to say, fat burning level, in around 130-140 which would be just a high incline and a brisk walk and that's all I do. I tried the HIIT cardio years and years ago, about 15, 20 years ago, it just never worked for me because then I was coming in and training, especially leg day or back day and I just hadn't got the energy, especially when your energy is that low as it is then you haven't got the energy to get through your strength workouts and I knew it was down to the HIIT cardio. So for me, steady state all day.

And don't be afraid, a lot of body builders went up to two hours of cardio a day, nowadays people are afraid to do two hours of cardio a day because they think they're gonna burn off this muscle, no you're not, no you are not. Doing two hours of steady state cardio in a calorie deficit if you're strength training will not burn off muscle. End of discussion. So don't be afraid to do it.

Laura:

So you've got your client coming to you and you're looking at their pictures at the start for prepping for shredding and you're using their pictures for deciding on nutrition, how would you decide, do you have a set cardio amount that you always start your clients on, is it client dependent? So how would you know when to increase the amount or decrease or keep it the same?

Mark:

I would always start them off, so say at 20 weeks out we're in a prep, obviously the more weight you've got to lose the longer you'll start. So 20 weeks out is just a gauge. Some clients I'll get to start 12 weeks out, some 16 but the majority of them for weight to lose is 20 weeks. So the first thing we have to factor is how long do I think it's going to take them to get lean. So that's based on that. The first cardio shift will always only be 20 minutes, so I try to tidy up their diet, take out a few hundred calories, 20 minutes cardio, everything is nice and clean and then run them like that and then I just base it then going along every week on how the scales show me. So normally I would have clients starting off with 20 minutes, I had a girl last year or this year was up to two hours, another girl up to 45 minutes and another girl about an hour and a half. So I just increase it depending on what way I see the condition.

Laura:

Is it body fat, do you go by the higher the body fat more cardio.

Mark:

The higher the body fat we start higher out. So say I've got somebody that needs to lose two or three stone or three stone, I'd maybe start her at 20 weeks out from a show. The first eight weeks I just call it getting rid of the fluff. So it's easy, your body gives it away so easily, just give, give, give cos it doesn't need it. So the first eight weeks is just getting rid of that wee bit of padding. And then from 12 weeks out now she resembles a body builder, that's whenever we start going but maybe at that stage the cardio could be up to an hour. Or somebody starting at 12 weeks will maybe only start at 20 minutes but that's because they have less body fat, you know.

It also depends on the class. If you've got a bikini girl obviously she doesn't need to get as lean as somebody in trained figure or athletics. That wee girl that won the Northern Ireland, we had her starting at 20 weeks but then we started to pull things back. So her cardio never got above an hour.

Laura:

How do you go for rest days? Is it one rest day, no rest days, do you chop and change? What's the structure with cardio?

Mark:

Cardio I would always have seven days a week. I don't see any reason why somebody can't do a bit of 30 minutes, 60 minutes cardio, so it's like an active rest, plus it puts blood round the body, helps recovery etc. Training, I don't recommend anybody doing more than five days a week. I do believe that whenever you're training, especially strong for muscle growth you need days off in order to facilitate that, you need days off to give the joints, the tendons a rest, you need days off to give your mindset a rest or your mental break, especially if you're pushing to failure which I have most of my clients doing. You've been up training with me – it aint nice.

Laura:

The first leg session I thought I was going to vomit. Kim drove me up and down and I had to drive like a dog with my head out the window and taking deep breathes coming home.

Mark:

So if I said to you we're going to do that seven days a week you'd be like...

Laura:

Oh my god!

Mark:

So a lot of people are over exuberant when it comes to weight training and they don't like rest days but rest days are so important, rest is when your muscle actually grows, your muscle doesn't grow in the gym, it grows when you're at rest, so for me taking two days off, three days off a week makes sense if you want to grow muscle. If you're not wanting to get fat that's a problem with your diet, you're eating too much food, add in a wee bit of cardio but don't be afraid to take time off the gym in order to facilitate muscle growth.

Laura:

We've got our mindset, nutrition, training and cardio. We've got everything wrapped up. Our athletes and our members are always wanting that 1% edge, that little bit more, have you got any tips when it comes to supplements with the likes of your natural.. athletes have any specific supplements or even just qualities of a supplement that you look for for them. Obviously again, no supplement is ever going to replace nutrients or training, because I think I've experienced friends in the past who thought they could take double the dose of the fat burners and that would do the work and they just ended up with stomach problems.

Mark:

At the start it's always down to training, nutrition, cardio – they're the three fundamentals, that's the triangle of growth. If all those three variables are right then yes, there are certain supplements you can use like a whey protein for example, or any sort of protein powder to supplement your muscle gains. A lot of people can't get enough food in so use a protein supplement that's going to enhance that. Fat burners, there is a couple of ones that I've used this year from a company called Condemn Labs, I think you can get them in the States as well, the reason I'm saying it, I'm not affiliated with them in any way but I found them from a friend of mine in the gym and I've gave them to a lot of people this year, clients-wise and they said they were fantastic. The two that I've used with them is one called Arson which is a fat burner that raises your metabolism, it contains the likes of caffeine, green tea, cayenne pepper – just all the natural fat burners but for some reason it's got them in a fantastic dose and it works wonders. The other one that they do is a thyrogenic which is basically a thyroid support system and it works very well in that as well. The one thing I noticed when I used them for a few weeks just to trial them was you sweat like nothing ordinary and your heart zone gets up into the fat burning zone quicker and that's how these supplements work. If you're tolerant to caffeine, these ones definitely are good to give a whirl. If caffeine gives you the jitters like it does me, stay away from them because they'll give you anxiety and a shitty night's sleep. But like I said, a load of my athletes have used them this year and last year whenever the show started up with Covid and they got fantastic results on them.

Like I say, the fat burners are there for a 5% edge but most people can get ready for these shows by just training, dieting properly and doing good amounts of cardio. But if that's the sort of ones you look for or if that's what you need for a wee edge look for a reputable company, buy it over the counter or over the internet, don't buy any underground shit because you don't know what's in it.

Laura:

This really is it. To get this lean, this sculpted, this shredded physique there is so many factors to it, I think sometimes people can think it's just training or it's just the nutrition and they nearly think it's training and nutrition but not the mindset. I love the way you describe the different pillars to it. Even with that, so what would you see, so people are going to be listening because they want the secret of what to do but also sometimes the best way you can give people secrets is telling them the biggest mistakes you've seen. What do you see time and time again in the industry as the biggest mistakes people make when it comes to shredding?

Mark:

The biggest mistakes people make is not being patient. That's the first thing. Give yourself time, at the end of the day, be realistic with what you've got to lose, if you've ten stone to lose you ain't gonna be ready for a show in 12 weeks. Be realistic, give yourself enough time, give yourself enough time as well for a few things to happen like you either get sick or to tear a bicep or whatever, that gives you a bit more time and then you don't have to be worrying about it. Pick a show or pick a date that's good for you and be consistent. Don't overthink anything. Overthinking is the worst thing you can do. And also don't look at somebody else and go – why are they losing more weight than me? Fuck everybody else, as bad as that sounds. It's your journey, nobody else's journey is important what they're doing. And here's the thing, they ain't gonna tell you, 9/10 they're gonna lie to you because they don't want you to know what they're doing because they don't want you to look as good as they do.

So be consistent, be realistic, be patient and just basically enjoy it. The biggest mistake I see people making is they don't enjoy it. If you turned round and said to me, Mark in order to get shredded for a show you have to walk on broken glass and then light myself up in a fireball, I'm not gonna do it because it's not enjoyable. So, think about why you get into this. You get into this because you enjoy training. You got a buzz from lifting weights, you wanted to push yourself. Think of all them factors that are in it and stick to that, put the goal out there and stick to having the enjoyment, once you lose the enjoyment in something it's gone. Even whenever you're in the darkest depths of despair in shredding, in a sadistic way you still enjoy it. So enjoy it.

And the other thing as well, this is the biggest factor for me anyway, make sure you can implement it within your lifestyle, do not try to put your lifestyle around the show, put the show in your lifestyle. Like I said to you, busiest year I had was one of my most successful years competing. Had a new born baby, got married and I was able to do that because at the end of the day, training is one hour a day, cardio is two hours a day, meals are, you have to eat anyway or you're gonna die. So if you've got the proper plan in place just do it and don't overthink it, just get on with it. And as long as you're not sacrificing massive parts of your life for it, it's not gonna take over and then it doesn't become a big deal. So many people I see get obsessed far too much and then they end up falling out of love with it and they completely fall off the wagon and never lift a weight again. So just relax, be patient, be consistent, take a goal, set a date and get on with it.

Laura:

Amazing. We're like the secrets of shredding tonight but none of it is actually rocket science. Sometimes it is that real simplicity.

Mark:

It is simple simplicity and there's a thing in body building – KISS – Keep It Simple Stupid because that's what it is, everybody tries to reinvent the wheel in this game, you don't have to, the basic methods work and they work well and they've always stood the test of time. You don't need any fancy shit, you don't need any fancy training methods, lift hard, go to failure, make every session count, do your cardio, eat your meals. Get on the stage.

Laura:

Just to wrap up, this has been so amazing. From this whole sixty minutes of talking, if there was one thing you wanted people to remember from our whole conversation what would be the biggest tip or the biggest take away that you'd really want people to have got from this call tonight?

Mark:

Consistency. That's the biggest thing. A friend of mine used to say to me, "If I'd have kept at weight training I'd have been better than you". My exact words to him were, "But you didn't". The problem is with most people they're not consistent, and consistency applies to your whole journey, it applies to your training, it applies to your diet, it applies to everything. So be consistent with the basics. That is the biggest factor in everything whether it's bulking, whether it's just training or whether it's shredding. If you take the basics of each of them principles and you be consistent with the you will get results. It's as simple as that.

Laura:

Another question has sprung to my mind. You've done so many preps, so many shreds and that is the life of a body builder. I think sometimes the average gym goer can look at body builders and nearly think we're like yo-yo dieters but it's that shred, build, shred, build, shred. How did you evaluate your shreds because to do that and progress how do you ever look back at a shred to evaluate it to kind of learn what you're gonna do next after?

Mark:

I just looked at my condition usually when I finished a show and if I was happy with the package it brought then I kept most things the same. Now, every prep sort of had its pitfalls but 10/10 all my preps were more or less identical. Now, the results weren't identical, the fat might have come off different but they were more or less identical. So I just looked at how I turned out on the stage, looked back because I would have taken a lot of notes, looked back and seen what worked and what didn't work. Most of my weeks had either a tick on it or an X and then a reason for both. Looked at that there to see why and then I wouldn't have done that in a prep. One year I decided to carb load for two days instead of my normal five. After the show I was completely disappointed with how I looked, there was a big X that basically said stop being a stupid fucker next time round. So I knew that week was just X'd off my plan. So the following show I did I never used that again. So it's just trial and error. Now I'm glad I did it because I knew for again but like I say, just keep notes. Things work, things don't work, same as the exercises, if something doesn't work for you bin it, get something else in but take notes so that you can go back in your 12 weeks, 16 weeks, 20 and see what worked, what didn't and just leave yourself notes because you're not going to remember every week. So my diaries are basically just riddled with stuff that I'll only understand, it may be only three or four words but it means to me what it means to me.

Laura:

If you were to think back over your career, what was your favourite show and what was the biggest mistake you feel you've ever made?

Mark:

The NABBA NI was my biggest show because that meant so much to me, I'd lost it twice before and I was getting married, I had a baby, everybody told me I couldn't do it, they had ripped me off and basically said it's not gonna happen, take a year out, this guy is doing it that was a multiple Britain's winner, you're beat. And I remember coming back to my training partner and saying blah, blah, blah so long story short, got on the stage, was standing behind the plinth waiting for the announcement and you know yourself he takes all fucking day to announce the winner. So the overall winner is....it felt like it was 20 minutes and then when my name was announced I just felt a mixture of raw emotion, complete relief and

just thought that's when I realised I've made it, this is the start of my journey and I've made it.

So that out of every one, and I've won pro shows, world championships, Universe, Britain's, Europe's but that Northern Ireland overall, the first one I ever done, that meant more to me than any of them. That was the biggest show. The biggest mistake was the following year, I thought I was unbelievable because I'd won everything, starting swanning round the gym as if I'm the man, nobody can beat me, basically went on this prep, I was four weeks out from Britain's, a guess pose with a body builder over here who is known for his condition, we were standing back stage, I looked at him, he was six weeks out, I was four weeks out and I thought oh fuck, I'm fat. When I went on stage I guess posed and I came off the stage and my wife said to me, pull out of the show, you're screwed. And I basically said I'm not pulling out, so long story short, I put the head down, I did what I needed to do, I placed at the show, came to the show, placed second in the show I had won the year before so I was absolutely gutted. So what I learned from that was don't be an egotistical prick. That was it.

So basically I messed about in my prep, was training with people I shouldn't have been training with, was just basically going through the motions and I realised after that if I want to stay in this game I have to stay humble and I have to stay hungry and that was it. That was the one year that my humility went out the window and I wasn't hungry and it ended up costing me two shows.

Laura:

But again, if you didn't have that complete honesty of yourself you probably would have kept going on that.

Mark:

And that is the big thing, be honest and be accountable for everything you do, everything, even if it feels it's not in your control, it is. Everything in body building is within your control bar the judges, and even that's within your control if you work hard enough.

Laura:

Ah amazing. Thank you so much, this has been amazing.

Mark:

My pleasure.

Laura:

Guys, I really hope you enjoyed this. Just the knowledge, the secrets, the tips are just absolutely completely invaluable. Thank you so much, Mark. You can follow Mark on Instagram @theirishhulk. Facebook is Mark Getty. And again, always your inspirational posts, your training videos, just the

journey and I love following your client's journeys as well, it's just invaluable. Thank you so much for that Mark, tonight. We will say goodbye guys and hopefully again we'll hear more from Mark very, very soon. Thank you so much.

Mark:

No problem. Thank you now, see you soon.

END