

BULK'S

POWER & STRENGTH

GYM

SPRING/SUMMER NEWSLETTER



What a year and we are only half way through it.

Team Bulks were out in force to show support for Jay 'Hollywood' Hughes who kicks off the competitive year with a bodybuilding show held at the Beck Theatre, Middlesex on 25th April 2015

It was a long day and he was in the last class to be called in stage. However, this didn't seem to faze Jay who stepped on stage a huge 10kg heavier whilst holding better conditioning than last time. He was in a tough class but with his well-choreographed posing routine and sporting his infamous pink posing pouch, his hard work over the previous 14 weeks was rewarded with the title: **NABBA South East, Mr Class 1.**



After just three days off the diet, Jay's prep had to start again, if he was to grace the stage of the NABBA Britain Finals in Southport, June 5th. Despite bringing a bigger, tighter physique, he sadly didn't place amongst the top 6 but this hasn't deterred him as he now plans to take a year out to get bigger before competing again in 2017.

Evie and Rory set the standard for the powerlifting team with their performances at the South Coast Qualifier with the British Powerlifting Union.

It was Evie's first time on the platform but not that you could tell. With a huge first performance Evie managed to total 355kg, including a 170kg Deadlift! This was easily enough to qualify her for the BPU British Championships in July.



it's safe to say, he finished his business and pulled 500lb, 227.5kg on his third attempt.

Dave bit off more than he could chew with an unsuccessful 235kg bench press attempt and had to settle for a 222.5kg finish. Feeling hungry going into the Deadlifts, he pulled a 350kg Deadlift on his second attempt for what would be the heaviest Deadlift of the expo and an all-time PB for him as well.

May's journey to her first competition in the WBFF London European Show on the 31st May 2015 is nothing short of inspirational and motivating. Her journey started back in 2012 when she weighed 16 stone and was very unhappy. Now, she looks like different person and is one of the biggest personalities at Bulks. She managed to place in the top 10 in her first show and that is not easy to do! For more on May's journey find her on Facebook; it's well worth a read.

Rory Stuart put in a massive performance; he started by crushing his personal target of a 200kg raw squat. Rory continued to set the platform alight with a 110kg bench press and managing to Deadlift a shade under 500lb, which I am sure he will get in the very near future. All these feats of strength were performed at a tender 19 years of age and weighing a mere 88kg!

BodyPower held at the NEC is one of the largest fitness expo's in the country, and you can bet your bottom dollar that Team Bulks were going to be there.

Bulks director Emmy Louise was with her sponsors Nutristrength whilst poster boy Jack Chambers, along with David Jenkinson, Tom Oates, Brad Scott and Rory Stuart all took to the BPU push/pull platform.

Jack narrowly missed benching just under 3 times his bodyweight! He finished with a 240kg bench but managed to finish his weekend with a 305kg PB in the Deadlift.

Brad, Tom and Rory all entered the Deadlift only. After an absence of over a year from the platform, Tom pulled a huge 250kg, equalling his all-time PB. Brad managed to hoist 600lb off the deck, but was red lighted for a technical error and finished with a 260kg Deadlift. Rory returned to the platform with unfinished business with the Deadlift. Well

Battle of Boyne by invite only!

The Battle of Boyne is a pro invitational only competition held in Ireland. With flights being missed, flights delayed and cars breaking down, this was less than an ideal start to the weekend for Jack Chambers and Evie Callow.

This did not deter them from giving it their all.

Before setting off to Ireland Jack set himself some high expectations and planned for an aggressive approach with his attempts. True to his word, He stuck to these numbers. After a tumble with his first attempt and not hitting depth on his second attempt, in true chambers style he went all in on his third with a massive 380kg! That's 837lb! Bar came up fast and Jack looked more than comfortable with this weight on his shoulders but unfortunately, he was red lighted for depth.

Not fazed by the squats, Jack remained focused and went on to the bench press. Nailing his first attempt of 240kg, the bar was then set at 250kg. Cool, calm and collected he lowered the bar to his chest and then made the bar look empty on its way up and successful finished his benching with a PB. With the less than ideal warm up time, Jack

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Battle of Boyne by invite only! Continued...

managed to get his opener of 290kg and was unable to get his next attempts of 310kg.



Next up was the rising star of female powerlifting, Evie Callow. In only her third competition she takes on a pro invitational with the big boys.

Although she seemed to struggle with the squat this did not stop her from achieving a 10kg PB only three weeks after her previous competition and finishing with a

160kg third attempt. After starting strong, she entered the bench press determined to get another PB. With her opening attempt of 65kg looking solid, it was time for that bench PB. The bar was loaded to 75kg, with a clean easy press and with the PB in the bag, she decided to push the envelope and attempt 80kg. This was unfortunately just beyond her reach, but it shall be long before this is hers.

With 2 PB's in the bag, Evie plays her deadlift attempts like a pro. Instead of chasing another PB on the deadlift she manages her attempts and finishes with a 187.5kg to tie the All UK federation record total of 422.5kg. With her head screwed on her big shoulders, there is much more to come from Evie and is definitely one to watch.

The GPC European Championships, held at the Winter Gardens Theatre in Eastbourne

Touted as the biggest powerlifting competition in the UK for the year, this week long event certainly lived up to the hype. Team Bulks were competing nearly every day of the competition.



Monday
Jack started the week with a mixed performance. Having missed his first squat attempt of 340kg, he went all in on his second

attempt and nailed a 365kg squat, that's over 800lb from someone who weighs less than 90kg. The rest of his competition didn't go as he planned, finishing on a 240kg bench and a 280kg Deadlift. With Jack only hitting 3 of his 9 attempts, he still managed to win his class and be crowned the Overall Junior Equipped European Champion. An absolute testament to the strength that Jack possesses.

No Dumbbells

With no prep and only 48 hours notice, The Boss herself Emmy Louise took to the platform at Manchester for the Annual Womens only competition, No Dumbbells.

Having had two weeks off powerlifting training and having to travel on her own as the other members of Team Bulks were in Ireland, this was as much a mental test of strength as it was physical.

Never one to turn down a challenge Emmy took to the platform. Her first and second attempt squats were both good, so it was now time to see if she could match her all time squat PB of 150kg. With the bar loaded, the knee's wrapped and encouragement from the other lifters, Emmy gets under the bar and gives it her all and successfully squats her 150kg with little training!

Going 3/3 on the squats and now on a roll, it was the turn of the bench press. Emmy made light work of both 75kg and her 82.5kg attempts. As always, Emmy was hungry

Tuesday

Next up was the Boss herself, Emmy Louise. This would be her first of two appearances for the competition. Emmy was in fine form and led the way for Team Bulks. She started strong and finished the squats with a huge 150kg PB, which is also a European record for the Women Raw under 60kg. With the bench opener at 75kg looking good, she went all in for 88kg which, unfortunately was just a little out of reach. As a true champion would, she left this behind her and focused on the upcoming Deadlifts. Driven to become the very best and after a solid opener of 160kg, she once again goes all in for another European record for the full power Deadlift at a weight of 170kg. After successfully pulling the European record, she finished with a total of 395kg, which is the All-time All UK federation record for the women's Raw under 60kg and also the European record the Women Raw 60kg Full power total.

Thursday

I guess you could say Dave did good; going 7/9 and ending with a 345 squat, 237.5 bench, 345 deadlift, creating a 927.5kg total which just so happens to be the highest UK raw total (with wraps) across all weight classes and federations. This was also a 27.5kg PB increase from the GPC South East Qualifiers, where he was awarded the best overall lifter title. And the icing on the cake? Dave has only been powerlifting for 15 months- his future isn't just bright; it's dazzling. We cannot wait to see what Mr Jenkinson will bring to the platform in 2016!

Friday

Although he recently underwent an ACL reconstruction operation, Steve like a true team member would, travelled to Eastbourne to support Team Bulks. Once he arrived at the venue, it was clear that Steve wanted to do far more than just spectate. So, with a knee well less than 100% and a heart full of passion Steve entered the equipped bench press only competition with less than 2 days notice. Steve was very close to sealing the deal with a 270kg bench as his opener, the weight looked light but it was obvious the knee was holding him back. Although he was unable to register

to add yet more records to her name and decided to go in for another with an 85kg bench press attempt. After the bar was successfully racked, the three white lights given, she can now add another record to her name.

On a roll with 6/6 and the very real prospect of breaking the 400kg barrier, it was time for what Emmy does best, Deadlifts.

A nice easy opener of 150kg was loaded and lifted, which meant, it was time for her second attempt of 165kg and her first attempt to break the 400kg total barrier. Emmy lifted 165kg and breaking the 400kg total barrier in such a fashion that it was never a question. Now, the question was, how much further can this barrier be broken. Emmy called for 172.5kg to be loaded which would match her personal best for deadlifts and the British Record. If Carlsberg did deadlifts, then this was it. Three white lights, new Personal Record, New British Record Deadlift and a new British total record. What a way to finish one hell of a day.

a lift, Steve showed that being a lifter is about more than just posting numbers on a score board.

Saturday

The UK highest total for women's under 60kg full power and three European records were clearly not enough for Emmy as she returns for more in the single lifts event.

Emmy had a much better outing on the bench going three for three and finishing on a personal best of 85kg. This was good enough to win the Women's under 60kg bench only and third place in the overall for Europe!

With the morning starting strong, it was time for the lift that probably means the most for Emmy, the Deadlift. With the warm ups going well, the opener was set at 160kg. This was pulled comfortably, so the second attempt of 172.5kg was called for. Not only did she pull this, she did it with panache. This lift was not only a personal best, a British record, a European record, enough to win her category, but it was also enough to win her the title; **Women's Overall Deadlift European Champion.**



To put this achievement into context, she competed twice in one week, had to make weight twice in one week, set 5 personal records, 5 British records, 4 European records and 4 times European champion..... Bulks, why be average?

