



LIVING THE **dream** AND loving it...

KEVIN "ROCK MAN" SHEPARD IS LIVING HIS DREAM. NOT ONLY HAS HE SPENT 27 YEARS AS A SUCCESSFUL POWER LIFTER AND BODYBUILDER— STILL GOING STRONG— BUT HE HAS COMPLETED BACHELOR'S AND MASTER'S DEGREES IN PHYSICAL EDUCATION AND EXERCISE PHYSIOLOGY. HE IS A DEDICATED COACH, TEACHER, AND PERSONAL TRAINER WITH AN ENTHUSIASTIC FOLLOWING, AND HE BRINGS PASSION AND DISCIPLINE TO EVERY ASPECT OF HIS LIFE. RECENTLY, WE SAT DOWN AT RALLYSPORT HEALTH AND FITNESS CLUB IN BOULDER, COLO., WITH KEVIN TO TALK ABOUT HIS SUCCESS.

HST: How old were you when you first became interested in bodybuilding? What sparked your interest, and when did you begin to compete?

KS: Power lifting and bodybuilding have always been my passion, ever since junior high, when I was about 13 or 14. My brothers would take me with them to the 20th Street Rec Center in Denver to watch them play basketball. I'd look at the weight room, fascinated. But you had to be 16 to enter. One day I got up the courage to sneak in. I watched what others were doing and began to try the simple stuff. My interest just kept growing, and it became a part of me. In high school, I wanted to be in the weight room all the time. I'd sneak back when no one was around—sometimes shinnying up a wall and through a window to get in. One day a coach caught me, but instead of

By Rosemary Carstens

ragging on me, he sent me to see a friend of his at the YMCA. That was the real beginning. I began competing at the age of 16. That was maybe 1976 or 1977. I haven't stopped since.

RC: What do you weigh? Do you go for mass, or are symmetry and condition more important?

KS: Off season, my weight will run 235, tops. After training for an event, I'll enter competition at about 210-215. When I was a kid, it was all about mass. Of course, I was into power lifting in those earlier days. Today, as a man of 44, I go for symmetry and balance first, then mass.

RC: Do you find your age to be a problem in competing successfully?

KS: Not at all. I am very competitive for the Masters category. I was also successful in the Open category but couldn't be today.

RC: Hit the highlights of your athletic achievements for us.

KS: In 1983 I was the Junior World Champion power lifter; in 1982, 1983, and 1984 I was the National Collegiate Power Lifting champion. I set three power lifting world records, 10 national collegiate, four national teenage, and more than 18 Colorado state records. Best-recorded lifts include a 750-pound squat, 556-pound bench press, 744-pound dead lift, and a combined lifting total of 1,978 pounds. In 2000 and 2003, I won the Mr. Colorado Masters, and in 2000 the Mr. Colorado Open Heavyweight championship. I was a 12th place winner in the National Masters Bodybuilding contest in 2001. I have made great strides with respect to weight class. I began power lifting in 1977 in the 148-pound class, and by my last college competition in 1986 I was competing in the 220-pound class.

RC: What is your greatest bodybuilder moment so far?

KS: The 2000 Open Heavyweight—I had no idea that I could win at that level. It was so amazing and unexpected. But I was in top shape—I just hit a rhythm and I was on. I carried that trophy around with me and beamed for a month!

RC: What role does nutrition play in your training?

KS: Basically, it's about good-quality, common-sense protein. Planning plays a big role in getting it right. Every Sunday, I boil about 100 eggs, peel them and toss the

yokes, and then divide them up about eight to a Ziploc. I grill eight or nine chicken breasts, dipped in BBQ sauce, and about eight 4-ounce, lean hamburger patties. That forms the week's protein foundation. White rice or sweet potatoes form the carbohydrate foundation. I sometimes have oatmeal. I keep a cooler in the car and graze on small meals every two hours as I run to teaching, training, and coaching sessions.

Eight weeks prior to a competition, I check my weight and begin adjusting my intake of carbs, protein, and fat. I begin a four-day diet rotation that will continue right up to the show, burning off excess fat and zeroing in on the perfect balance that doesn't fatigue me mentally or physically, but brings me to my personal best. Days 1 and 2, I eat good-quality, organic protein, vegetables, and salad. This continues until the early evening on Day 3, when I begin to carb-load. Day 4, I start adding in the complex carbohydrates. I have oatmeal at all three meals, protein in between, and fewer vegetables and salad than on the first days. Day 5 the rotation begins again, adding fat burners and continuing supplements.

RC: Are supplements an important part of your program?

KS: Supplements are essential. I take a multivitamin/mineral complex, creatine, aminos, glucosamine, vitamin C, and omega 3s and 6s, among other things. Again, I'm seeking balance. It takes experience and >>



It's not all work for Kevin Shepard. When asked about what he does with his leisure time, he responded enthusiastically: "I have a metallic-blue 1970 Chevelle Malibu that I run in the quarter-mile drags at Bandimere Speedway in Morrison, Colo. I built its 500 horsepower engine myself, start to finish, rebuilt the suspension, installed a new fuel cell—it runs on Street Pro 111 octane racing gas. That baby screams! Its license plate reads 'Bench5' (for 500 pounds)." Kevin is equally proud of the license plate on his Chevy Tahoe, which reads "Dead7," a competition term that signifies that he can dead-lift 700 pounds.

knowledge to keep a healthy, balanced program going that lets me reach my peak performance level.

RC: Come on, confess—any secret food vices?

KS: Oh yeah! Grilled cheese on Wonder bread—and I have a sweet tooth that I have to curb once I'm in training for an event.

RC: What is your advice for the beginner, intermediate, and advanced bodybuilder?

KS: For the beginner, keep it simple and do it. Don't look at the advanced routines, just get in the solid basics and discipline yourself to be consistent. At the intermediate level, begin to refine your diet. Find out what best complements your body and level of experience.

Begin more advanced exercises. At the advanced level, stay aware of new information. Experiment with what works for you and tweak your rotation diet to maximize your performance.

RC: What role does attitude play for the advanced bodybuilder?

KS: Attitude and discipline are very important at all levels but critical as you advance. Conduct yourself like a champion. You have a role to play to assist and inspire others. Always be willing to help another person along, don't be arrogant. Be respectful and humble.

RC: What are your future competition plans?

KS: I plan to compete at the Rocky Mountain Open Bodybuilding

Championship in December 2005. Twenty-five years ago I took first place in that same event in the teen category. It will cap 25 years of nonstop competition. I'll then either go pro or retire.

RC: Is there anything else you'd like to say to our readers?

KS: The keys to success in anything you choose to do are mental discipline, education, commitment, and, especially, balance. The difference between an average Joe and a champion is that the champion does what is needed whether he feels like it or not. Bodybuilding is not just about muscling weights; it's about sculpting your body, fine-tuning it as an art form. You can sculpt a life, a character, your relationships, and your world. You have the capacity to do it! **PS**



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