

NAME Iain Winter

GENDER Male

MARITAL STATUS: De-facto

NATIONALITY: Scottish

AGE 28

HEIGHT 6ft 2"

WEIGHT 88-91kg

BIOGRAPHY

I was born in Dundee, Scotland in 1982. I lived in the same street and house for all my life before moving to Australia in March 2008.

As a youngster I was heavily involved in soccer. From 15 to around 19 I dabbled in Wing Chun and MMA.

At 20 years old I had been weight training for a short time and seen rapid improvements. Even though I didnt really know what I was doing in the gym and I wasnt eating properly, I was lean so muscle gain was noticeable.

By the time I was 24 I had done my first set of shows. I had done 4 shows in my 1st year. In my first year I won a FAME show and I also placed 3rd at the Scottish BNBF show and then 4th in the British finals.

I moved to Australia in 2008. I had been to Australia twice on holiday and on my 2nd visit I had done lots of research in to the supplement stores in Perth WA and when I was here the 2nd time I organized employment.

I competed again in 2008 but after that show I decided I needed more time off to grow to become more competitive at 6ft 2" and natural. In May 2010 I took up Muay Thai at the Olsen Thai Factory training under Harald Olsen.

TRAINING SCHEDULE

With my weight training I have slowly converted from a hypertrophy specific training over to a more power relative training to compliment my Thai boxing. I time all rest periods and I base all my workouts around a compound movement. I believe that any good bodybuilder/power trainer must be very strong in the basic compound lifts. Deadlifts, squats and pressing (chest or shoulders) are the foundation of weight training to any good athlete. I´ll never train for more than 1 hour. The compound movement alone will take up 50-75% of my workout time.

Monday – Normally day off training. Food shopping night.

Tuesday – Muay Thai 1 hour

Wednesday – Legs

Thursday – Muay Thai 1 hour

Friday – Arms + calves

Saturday – 7am Deadlifts + pulling movements. 10am – Muay Thai Sparring

Sunday – 7am Push workout (chest + shoulders)

After all Thai boxing classes I do some conditioning work. Abs, pull ups and using the heavy rope to finish off training.



GOALS My future plans are to compete in Muay Thai and use my training/dietary experience as a tool to become the best I can be over my opponents.

FAVOURITE QUOTE/MOTTO

"Dedication brings its rewards"

