

**NAME** Marc Subramanian

**GENDER** Male

**MARITAL STATUS:** Married

**NATIONALITY:** Australian/ Singaporean

**AGE** 28

**HEIGHT** 169cm

### BIOGRAPHY

Born into a family of 5, finished my degree at Murdoch University.

Started training at 17 years of age and been training for about 10 years now and competing for about the last 4 years. Married to my beautiful wife Kylie for 3 years.

I would like to thank some people along the way who have helped me achieve where I am today.

Special thanks to my Parents, my wife Kylie, Godwin A Marshall, Thomas Long, Brad McMillan, Tony Bates, my sponsor PSI Distribution (Daniel), Peter Napoli and Ash Rabbit



### SAMPLE DIET (OFF/ON SEASON)

- 1) 1 cup oats 1 scoop combat shake
- 2) ½ cup rice and 200g chicken
- 3) ½ cup nuts 2 scoops combat
- 4) 8 rice cakes with all natural peanut butter and 2 scoops combat protein
- 5) 1 cup rice 200g lean mince 1 cup broccoli
- 6) 2 scoops combat protein with 2 tbs peanut butter

**FAVOURITE FOOD:** Pizza with lots of pepperoni.

**SUPPLEMENTS:** Combat Protein, Amino Core and Glutamine

**CURRENT FAVOURITE SUPPLEMENTS:** Combat protein Powder, Chained out and Assault Pre-workout



### AWARDS & ACHIEVEMENTS

- BA in Security and Counter Terrorism.
- 2008- Jr Nationals 2<sup>nd</sup> place
- 2008- Nabba/WFF Australian titles 1<sup>st</sup> place
- 2010- Nabba/WFF South Pacific titles 1<sup>st</sup> place
- 2011- Nabba/WFF South Pacific titles 1<sup>st</sup> place
- 2011-Nabba/WFF WA State titles 1<sup>st</sup> place and 2<sup>nd</sup> Overall