

Profile - Jay Hollingsworth

Can you tell us a little about yourself?

I'm 24 years old living in South Yorkshire, I have always been involved with sport, my first love being track cycling. I have competed in Natural Bodybuilding with success and now enjoy completion within the BDFPA.

Explain a little about drug-free powerlifting.

To me I am not a powerlifter, (I am not strong enough or huge enough!!) I just have a passion for lifting weights and trying to stretch the boundaries of what is possible for me to lift weight wise. This is done without the use of any illegal substance and indeed fuel sources should be from natural food sources with the exception of the odd protein drink to keep the calories high and for convenience at work etc.

What are your best lifts?

***(In the Gym):** Bench – 210kg

(dumbbell press 200lbs x 5reps)

Squat – 280kg x 2reps

Deadlift – 310kg

(Partial dead – 350 x 2reps)

*gym lifts are looser form than contest!!

What titles do you hold or have held?

2 x British Track Cycling Champion, Yorkshire, UK, British, European and World Natural Bodybuilding Champion (Through NPA and UIBBN organisations). North East, British and World Champion in Unequipped Deadlift and Bench (World Record Bench, British Record Deadlift) – (through BDFPA/WDFPF).

What records do you hold or have held?

At 13 years old I did a 22min 0secs, 10 mile time trial on fixed gear (although no record stands for this age I very much doubt it could have been beat!) Only Junior ever to win all 5 natural bodybuilding shows in same year (and only junior to win an overall in the show – NPA UK)

World Record Bench Jnr <110kg, British Record Deadlift Jnr <110kg, (Fire/military/police records for above).

What is your training regime?

I train pretty much everyday. My training is high volume (often around 25sets per body part) and incorporates all rep ranges depending on how I'm feeling. More recently I have experimented with cycling certain workouts such as chest (bench) to preserve joints and build up to maximum lifts....still very unsure though!!

How long have you been powerlifting?

I have competed within the BDFPA for 2 years.

How important are training partners to you?

I train harder alone but rely heavily upon gym owner/members to spot when needed. A training partner with my mind set and availability is somewhat hard to find. I do however train a lot with my brother, Ben when shift constraints allow.

What made you become a powerlifter?

I love lifting as heavy as I can; I'm doing this on a daily basis anyway so why not see how I fair in completion?!!

What is your favorite assistance exercise?

I enjoy all exercises, I would like to concentrate a lot more on Dead lifts and partials but injury dictates that it is on extremely rare occasions that I can (I haven't been able to lift 100% here for around 7 months).

What is the biggest mistake that beginners make?

The biggest mistake full stop is banned substances. Beginners – intermediates – advanced alike.It gets my back up!!

What is your advice for beginners?

Stay clean, eat well, rest well and train like bloody hard, no half assin'!!

What are some of your most memorable powerlifting experiences?

Failing my last lift of the Dead lifts at the Worlds '08.

What is the craziest thing you ever seen in powerlifting?

Lee Moran with the 1000lb squat epic!! If you haven't seen it get YouTube on!!

What are your future goals?

Bigger, Leaner, Stronger, Faster ...Happiness!

What do you think is the most important factor when it comes to upping your lifts?

Mindset. There can't be any doubt, visualization - "you see yourself do right... and you do right" – *Mickey Goldberg, Rocky 5.*

Do you think powerlifting should become an Olympic sport?

DAMN RIGHT IT SHOULD.

How do you see the future of powerlifting?

An Olympic Sport, a growing sport, (competitively and non-competitively).

What does your diet consist of?

Mainly chicken, rice and porridge!! The odd potato, eggs and protein drink thrown in too!

What makes the difference between an average lifter and a champion?

I guess the Champion is the guy who comes out on top.

What training style do you think works best?

Probably low volume macro cycles incorporating assistance exercises in conjunction with a lot of rest and food is best. I employ a higher volume and intensity because I enjoy it not because it reaps me more benefit. I am sure I would lift a huge amount heavier if I employed the above!!

Do you think bodybuilding exercises should be in a powerlifters' routine?

On occasions, such as in between macro cycles yes, nothing too strenuous or exhaustive though. Just enough to shock the body and promote increased capillary network in muscles and cardio vascular fitness.

What are your favourite supplements?

I'm a big fan of AST's VP2 whey protein; it is absorbed ultra fast and tastes bloody lovely. I also often have a carb drink during / after workouts.

What has powerlifting taught you?

Don't fail your lifts you pillock, you only have 3 of them!

What does powerlifting mean to you?

Powerlifting along with bodybuilding and training in general is my life. I don't know where I'd be if it wasn't for lifting. I think that says enough!!