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# UNDER THE LIGHTS

By Russ Warner  
and Redd Hall

ONE of the pleasures of being bodybuilding journalists, as we are, is getting to meet so many different people at the contests we attend. We pay particular attention, of course, to the posing in the prejudging and at the shows, and every once in awhile we're rewarded by seeing an especially outstanding individual.

This happened to us recently in Honolulu, where we were attending Mits Kawashima's Hawaiian Islands Bodybuilding Championships. There were many good competitors, and the two overall winners were superb. But one beginner—Barbara Martinsen, 2nd in the heavyweight class—stood out from all the rest in her consistent poise, excellent posture and exemplary professionalism. These three Ps—poise, posture and

professionalism—are very important in bodybuilding in general and posing in particular. Barbara exhibited all three on all occasions.

—Prejudging: In comparison to many of the other contestants, male and female, Barbara put forth a first-rate effort. Some of the others seemed to be saving their energies and best efforts for the evening show.

—The Show: Though a beginner, she was not at all flustered by Arnold Schwarzenegger's bantering introduction of her. "Her phone number's here on the card!" Arnold chortled to the audience. He announced the number, repeated it, and then said, "Hey, I better copy this down too!" Barbara seemed to enjoy the jesting and she came out onstage smiling and proceeded to give a polished, well-executed posing routine.

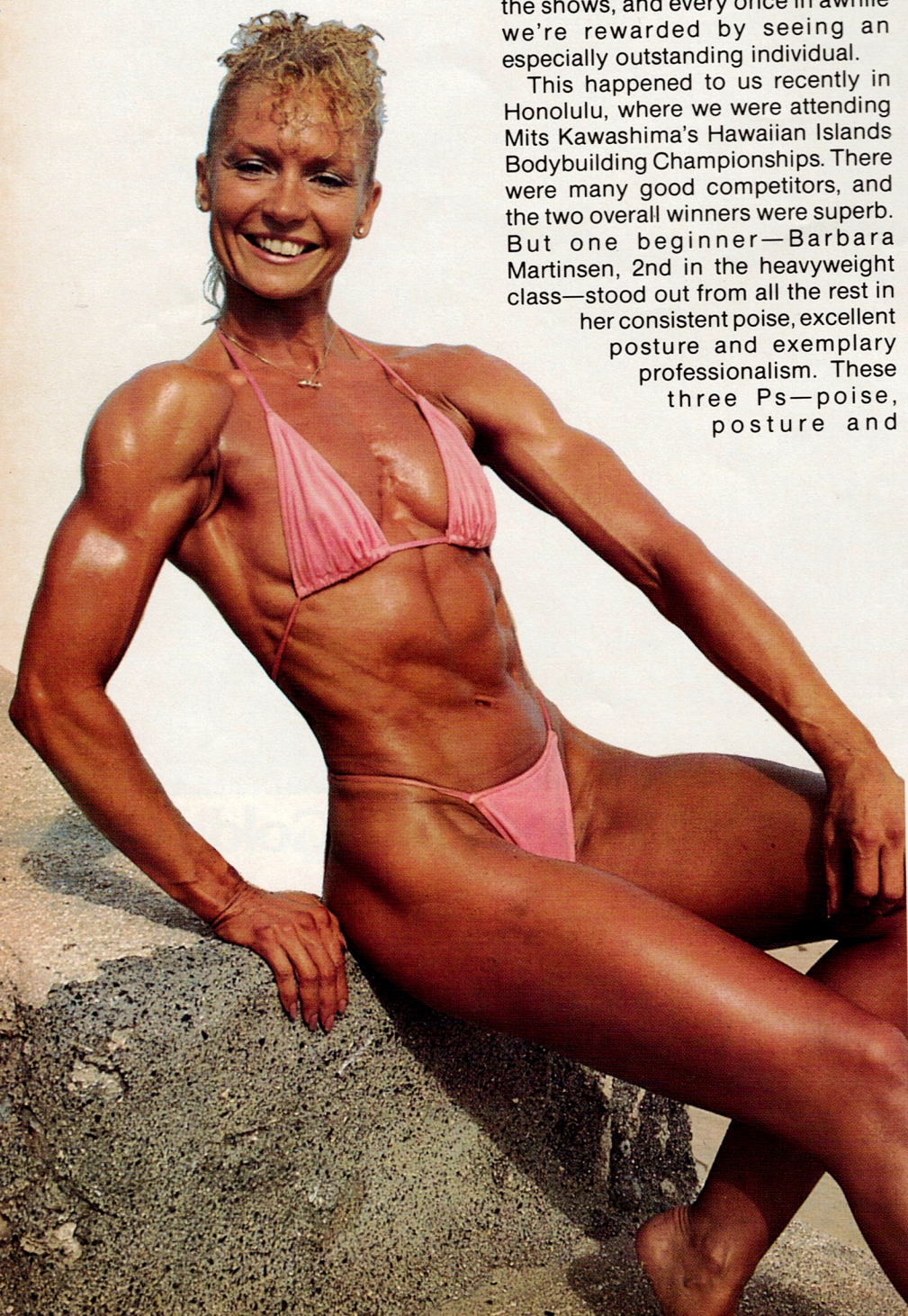
—The Party: After the show, Barbara appeared trendily dressed and personable and she conducted herself with decorum. By contrast, another female competitor ate and drank virtually everything in sight—just like a human vacuum cleaner.

—Photo Session: At the beach the following morning, Barbara arrived on time and thoroughly prepared and supplied—posing outfit, oil, towel, makeup and the like. She was flexible as she posed alone, with Mr. Hawaii winner Jack Lukela, and with guest star Berry De Mey, and she took directions well from no less than three photographers—the two of us and the redoubtable Mike Neveux.

Seeing Barbara perform so well under all these different circumstances, we knew she had something to offer readers of this column. We think her answers to our questions are informative and should be inspiring to others, especially beginners.

*Muscular Development: How long have you been in serious training?*

Martinsen: Approximately 10





months. Before that, I had always been active in some sport or another, from judo to jogging. But no other sport has given me the mental and physical benefits that bodybuilding has.

*Q: You're unusually poised for a beginner. How do you account for that?*

A: I can only thank my mom for that. She's an elegant lady who instilled in me a sense of self-confidence and love that enables me to feel at home in almost any situation.

*Q: And your posture?*

A: That comes from my mom's teaching also, plus my involvement in sports. You need proper posture for good body balance and optimum performance.

*Q: And your professionalism?*

A: I'm glad I give that impression. I try to be professional in my approach to the sport and to act professionally at all times, both for myself and as a representative of the sport. I'm always working hard to improve.

*Q: It's interesting that you work with a trainer—Stephen Hercy.*

A: Yes, I wanted to train correctly and efficiently, not to waste time or get into bad habits. So I thought that the best way would be to train with a professional. I've been working with Stephen since I began training.

*Q: How does he help you?*

A: Stephen is a dedicated trainer, and I'd even class him relentless in his pursuit of excellence for his students. The words "I can't" aren't part of his training philosophy or vocabulary. When we first discussed my goals in bodybuilding, he said that his aim was for me to become a good bodybuilder and that he would assist me in gaining the knowledge and

skills necessary to achieve this goal. If we found competing to be part of my future, that would be a fringe benefit, above and beyond knowledge of the sport. So I started my training with this viewpoint, which I think has helped me have a positive, realistic and constructive mental attitude. Stephen's scientific training methods and the personalized training program he's developed for me have enabled me to improve a great

deal in bodybuilding in a short period of time and to accomplish quite a bit. This was my first contest, so I felt I did quite well coming in 2nd to Sue Springsteen.

*Q: You also work with a choreographer and posing*



Barbara Martinsen, an unusually promising beginning bodybuilder, demonstrates a definite flair for posing despite lacking a great deal of competitive experience.





*coach, don't you?*

A: Yes, Adrea Muldoon, a very

talented dancer and choreographer. She's currently appearing in the musical *Cats*. Diana Dennis is another of her clients, so you know she's good.

*Q: How long have you been studying with her?*

A: About six months.

*Q: What do your sessions with her consist of?*

A: A lot of hard work! (laughing) Our sessions are two days a week, for about 1½ hours each. We put in a lot of hard work, as I said, in a short period of time. It sometimes makes me think that posing is more strenuous than pumping iron!

*Q: Do you enjoy posing?*

A: Definitely. I love to pose. Posing appeals to my creative side, and since I think bodybuilding is an art form, posing is a way of expressing this.

*Q: How do you develop your routines?*

A: Adrea and I first pick the music. We both sit down and listen to various tapes before deciding which best suits the occasion and my personality. The decision, however, is ultimately left up to me, as it's a personal thing. Also, since I was a relative newcomer to the art of posing, we went through many bodybuilding magazines and pulled out pictures of various poses to practice to see which ones best suited my physique. As we went along, we modified, refined and created poses. Then Adrea—with

her talent, flair for the uncommon, and her unusual knowledge of a bodybuilder's physique—incorporated these poses into a unique routine for me.

*Q: How often and how long do you practice posing?*

A: Including my sessions with Adrea, I practice posing four times a week. The time I spend on my own varies from 30 minutes to an hour, depending upon my schedule.

*Q: You performed well at the prejudging. Do you practice the compulsories, quarter-turns and standing relaxed?*

A: Yes, Adrea has me practice the compulsories at the beginning of our sessions. Next I practice what we call the static routine, the 60-second routine performed at the prejudging without music. Finally we do the performance with music.

*Q: Have you done any mixed pairs posing yet?*

A: No, but I'd like to find a compatible posing partner who enjoys performing.

*Q: What's your mental attitude toward bodybuilding and posing? It seems rather evident from*

The cornerstones of Barbara's presentational abilities are poise, posture and professionalism.



*Russ Warner photography*



what we've talked about so far but we'd like to get it in your words.

A: Bodybuilding is fun. This may sound flip, but I thoroughly enjoy it. When you enjoy something, I think that helps you do it well, or at least to the best of your ability. When you spend as much time and effort as I do in the gym, you *should enjoy it!* As for posing, I think of it as performing and pure entertainment.

Q: What got you started in bodybuilding?

A: The desire and need to take control of my body. I refuse to be subject to—or at the mercy of—the scale, age or gravity. I don't want everything sinking around my knees. Just being thin wasn't sufficient, because I looked puny and weak. With bodybuilding, I can make my body into what I want. No longer do I have to live with fat knees, lumpy thighs or a chicken chest.

Q: You obviously spend a lot of time on your development, do you have a job?

A: I work a 12-hour day as a commercial property manager for a real estate development firm in Los Angeles. This keeps me on the road—and on my feet, too—running from building to building. The job does have its stressful moments, but I find that the stress is left outside the gym door. It's hard to worry about the work day when you're concentrating on doing 290-pound squats.

Q: What is your training routine?

A: I have no set routine because Stephen changes it every three months. This is due mainly to the rapid changes in my body that have taken place over the past 10 months, and also because the mind and body tend to stagnate after you've been doing a routine for a certain period of time. However, my current routine is four-days-on—for approximately two hours each day—and one-day-off:

—Day 1: Chest and shoulders (front delts)

—Day 2: Back and shoulders (rear delts)

—Day 3: Calves and legs

—Day 4: Biceps and triceps.

I don't do any work exclusively for my abs because they seem to get worked enough during the course of my routine.

Q: What is your regular diet? Sometimes, beginners don't realize

the importance of diet in their training, energy level and posing.

A: I eat almost anything I want, and in large portions too. I need the energy. However, I'm a very disciplined person and never get obsessive in my eating habits. I keep my fat and sugar intakes down. I love steak and eat it at least twice a week with a baked potato and a large salad. Fruits of all kinds are my passion. Everything must be fresh, of course. I never buy anything frozen or canned. I do drink coffee, but I grind and blend my own. I stick to three basic meals a day because, with my schedule, I can never find time to eat five or six small ones. I do have a nemesis—cookies, especially chocolate walnut.

Q: And your precontest diet? You came in very lean for the Hawaii contest.

A: Since I've experienced this only once, I can tell you there's definitely room for improvement. I started my contest diet two weeks before the show and dropped 10 pounds by sticking to high protein and low carbs,

plus adding about an hour each day on the bike. I came in a little too lean, so I know I could have stopped dieting and carbed up sooner than I did. Also, my metabolism—which is normally high anyway—seemed to accelerate during contest training and I kept shedding pounds even after the contest was over and I had gone back to my normal eating habits.

Q: What do you enjoy most about bodybuilding?

A: The results! Sure, it's hard work. But if you train correctly and have patience, wonderful changes will take place in your physique. This gives you a sense of renewal and confidence as well as an overall feeling of well-being.

Q: You're unusually promising for a beginner. Your physique is developing well, you're benefiting from professional guidance in training and posing, and you're obviously intelligent, disciplined and well-organized, with a sincere love for the sport. What are your goals?

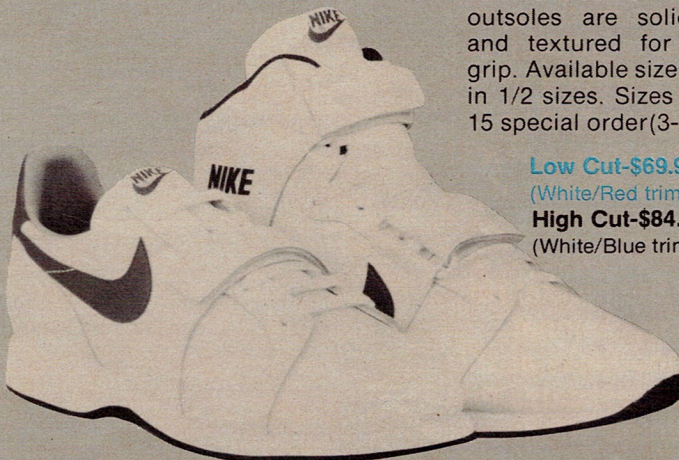
(Continued on page 70)

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Between the Mr. & Ms. America events, there were more than a fair share of ties and close decisions. The final squeaker of the night occurred in the posedown between Knerr, Hill, Brignole and Darton...with Glenn winning by a narrow 1-point margin over Phil. Congratulations to Glenn, who has committed to doing the *Mr. America Series* for our magazine. Tentatively, we will begin featuring his words of wisdom next month. ★★

## Under the Lights

(Continued from page 45)

A: As I mentioned, I think of bodybuilding as an art form. I'd like to assist in the sport achieving a wider recognition in this area. But for now, I'll strive for my original goal—to become a good bodybuilder. This may become a lifetime pursuit for me, since there's something new to learn about bodybuilding every day. ★★

*Barbara Martinsen is available for personal appearances and guest posing. Contact her c/o Box 1031, Venice, CA 90294.*

*Russ Warner is available for photographic work and for coaching on posing, including photos and videotapes with sound. Phone (408) 295-1504 for information.*

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## Scoop of Neapolitan

(Continued from page 68)

more facially arresting than Mishay Santos, who placed 5th.

In a class full of talent, there were other standouts outside of the top 5. For

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I certify that the statements made by me above are correct and complete.

Michael Dietz  
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