

PLEASE ANSWER WITH AS MUCH INFORMATION AS POSSIBLE

YOUR STATS:

- Name: Chad "CJ" Havunen
- Email (not published on website): chad@naturalbodyz.com
- Personal Website (if any): www.naturalbodyz.com
- Birth Year/Age: March 3, 1979, 38 years old
- Location: Virginia beach, VA
- Height: 5"11
- Off Season Weight: 230
- Contest Weight: 202
- Years Training: 15 years
- Years Competing: 10 years
- Favorite Body Part: Back
- Favorite Exercise: Free Bar Squat
- Favorite Supplement: BCAA's
- Sponsors (if any): Discount Supplements Direct, LFT

COMPETITION HISTORY

Q: Please list your full competition history and results here:

A: Chad Havunen Competition History

- 2013 IFPA Yorton Cup
 - IFPA 4th place Heavy Weight (Heavy Weight - 202 lbs)
- 2013 IFPA Gaspari Open
 - IFPA 2nd place Heavy Weight (Heavy Weight - 202 lbs)
- 2013 IFPA Pro Bowl
 - IFPA Heavyweight overall Winner (201 lbs)
- 2012 OCB Presidential Cup Overall Champion
 - 1st Place (Heavy weight - 199 lbs)
 - **Won IFPA Pro Card**
- 2010 WNBFF "WORLDS" National Championships
 - 8th place (Heavy Weight - 202 lbs)
- 2010 WNBFF Pro American
 - 4th place (Heavy Weight - 197 lbs) - **Placed Top 5**
- 2009 WNBFF "War of the Worlds" National Championships
 - 8th place (Heavy Weight - 198 lbs)
- 2008 INBF Atlantic Coast Championships
 - 1st Place (Heavy Weight - 196lbs, Overall Champion)
- 2008 WNBFF Pro-American Championships
 - 6th Place (Heavy Weight-198lbs)
- 2007 INBF USA Bodybuilding Championships
 - 1st place (Heavy Weight-196lbs, overall Champion)
 - **Won WNBFF Pro Card**
- 2007 OCB Presidential Cup

- 2nd place (Heavy Weight-199lbs)
- 2007 NPA Masters Universe
 - 2nd Place (Heavy Weight- 199lbs)
- 2007 INBF Atlantic Coast Championships
 - 1st place (Heavy Weight – 197lbs)
- 2007 OCB Core Nutritional Naturals
 - 2nd place (Tall Class – 205lbs)
- 2006 INBF War of the Worlds
 - 3rd place (Heavy Weight – 206lbs)
- 2006 Body Rock
 - 6th place (Heavy Weight Division- 205 lbs)
- 2005 NPC National Championships
 - 36th place (Light Heavy Weight- 198lbs)
- 2005 NPC Body Rock
 - 2nd place (Light Heavy Weight- 198lbs)
- 2005 East Coast Championships
 - 1st place (Light Heavy Weight- 197lbs, Overall Champion)
- 2004 NASF Bodybuilding Tournament
 - 1st Place (Tall Class-197lbs, Overall Champion)
- 2004 NPC Lenda Murray Classic
 - 6th place (Light Heavy Weight- 191lbs)
- 2004 NPC East Coast Championship
 - 4th place (Light Heavy Weight 186lbs)
- 2003 NASF Old Dominion Open
 - 1st place Novice Tall Class

YOUR BACKGROUND

Q: What is your background and how did you get started in bodybuilding?

A: I have always aspired to want to be strong in the gym and build muscle. I first started lifting to improve for muscular strength with baseball in high school. After not playing sports in college and taking up HVAC, I would still lift every day before work at 5am six days a week. Over the summer on 2004 I got really lean from working outside and lifting every day, so a guy (Eric Anderson) the gym owner convinced me to compete in a contest. I did and won Novice and 2nd in a NASF Natural BB show. I fell in love with the competitive nature of BB and the goal driven ability to show off a hard work ethic.

Q: Why do you love bodybuilding?

A: Always a self challenge, a testimony to self discipline and the ability to show that if I can out work someone to look better. I have a particular drive to show that natural bodybuilding is the way to do it.

TRAINING

Q: What is your training philosophy? Please explain how you train on and off season.

A: I think of this sport as a full time job. I lift and eat in off seasons to grow muscle. During Off Season I follow controlled macro nutrients, weights and cardio. Then during contest prep, it's still the same grind, with more cardio and another set of controlled macro nutrients to guide me. The ultimate goal in off

season is to build up strength, but do enough reps to build the muscle, break it down and repair it. Then transpired to contest prep, my goal is to shred off all body fat and preserve as much muscle as possible.

Q: Please add the workout that's worked best for you (including days, exercises, sets, reps etc):

Monday: Quads, Abs

Exercise	Sets & Reps	Any Notes
Leg Extensions, squats, abductions, adductions, leg press, walking lunges, abs	3-4 sets, 6-10 reps	Routines Vary

Tuesday: Chest, Calves

Exercise	Sets & Reps	Any Notes
Flat barbell press, flat dumbbell press, Pec fly's, incline barbell press, incline dumbbell press, dips, standing calves off smith, donkey calf raises, seated calf's.	3-4 sets, 6-10 reps	

Wednesday: Back, Abs

Exercise	Sets & Reps	Any Notes
Lat pull downs, seated rows, bent bar rows, reverse grip rows, pullovers, shrugs behind neck	3-4 sets, 6-10 reps	

Thursday: Hamstrings, calves

Exercise	Sets & Reps	Any Notes
Ham curl, single leg ham curl, stiff leg dead lifts, seated hams, seated calf, standing calf, seated leg press/calf press	3-4 sets, 6-10 reps	

Friday: Shoulders

Exercise	Sets & Reps	Any Notes
Front military press, behind neck, side laterals w/ db, Arnolds db press, rear Delts, upright rows, shrugs	3-4 sets, 6-10 reps	

Saturday: Arms, calves

Exercise	Sets & Reps	Any Notes
Alt. dumbbell curl, straight bar curl, bent bar preacher, close grip curl, rope press downs, in close tri press, skull crushers, press downs w/ bar handle	3-4 sets, 6-10 reps	

Sunday: Off

Exercise	Sets & Reps	Any Notes

Q: If you have to pick only 3 exercises, what would they be and why?

- 1: Squats, most fundamentally core exercise for legs.
- 2: Flat chest press, strongest chest exercise.
- 3: Seated rows, best back, and good range of motion.

Q: What's the best training tip you could give to others?

A: Always stay focused on the range of motion, reps, rest, recovery, resistance, range of motion. Also to lift with goals that drive a set goal direction.

NUTRITION

Q: What is your philosophy on nutrition?

A: Protein is the building block for muscle. I feel I can eat more protein and carbs both off season and contest prep if I keep my fats to minimal, so I do.

Q: Give us a typical day in you're off season diet (please be specific):

A: 10 egg whites, 2 whole eggs, 1 cup oatmeal, 2 cups rice, 8oz chicken, 2scoops post recovery, post workout shake 2 scoops, 10 oz fish, 1 cup greens, cup of protein in pm.

Q: Give us a typical day in your contest prep diet (please be specific):

A: High low cal, 8-10oz chicken, fish, steak, 1 cup oatmeal rice plain, 5-8oz of white/ sweet potatoes, phase diet 3x reduce calories.

Q: What are your favorite meals and foods?

A: Salmon and Asparagus

Q: Favorite cheats food?

A: Hamburger & fries

Q: What's being the best nutrition tip you could give to others?

A: Portion control, make calories count

SUPPLEMENTS

Q: List 3 supplements that you've used to with good results, why you use each one, and when/how you use it.

1: BCAA's – Prior workout, gives great muscular fuel without extra calories

2: Glutamine – Pre & Post workout, essential amino for growth and recovery

3: Fat Burner – Something to help burn extra calories faster 3x a day.

Q: What brands do you think are offering the best products at the moment?

A: Coastal nutrition, met Rx

Q: What do you think is a good off season muscle building stack?

A: Creatine, trybuatrais

Q: What do you think is a good pre-contest/fat loss stack?

A: Fat Burner, CLA, L Carintine

ADVICE FOR OTHERS

Q: What are the 3 best tips you'd give to someone thinking about competing in natural bodybuilding?

1: Don't have to sacrifice muscle to drop weight.

2: Posing, showmanship, and presentation are important.

3: Don't confuse water weight with fat, When u loose size, don't let it get to you.

Q: What is your best advice for looking your best on competition day?

A: Regulate water loss correctly, plan the tan, and get carbs in so you feel muscularity full.

Q: How do you stay motivated? What advice would you give to someone who's having trouble staying on track?

A: Somebody somewhere is working hard just like I am mental decision that you want it.

FUTURE PLANS

Q: What shows have you got coming up, where can we see you compete?

A: Bodybuilding has given me the platform to build a successful gym brand and currently building that company keeps me from returning. I never miss a workout so I will return soon.

Q: What would you like to achieve in your natural bodybuilding career?

A: Win an IFPA Pro show –and prove consistency works – be an example that hard work pays off – have a well rounded physique.

I am also the promoter for the OCB – Battle For Tidewater – OCB Pro Qualifier in Va. Beach VA. Also promote the OCB –Military Championships in Va. Beach

FAVORITE COMPETITORS/IDOLS

Q: Who are your favorite bodybuilders and idols?

A: Jim Cordova, Johnny “the bull” tenasion, mark Daniels, Rodney O’Hara, Phillip Ricardo Jr., Doug Miller

HOW CAN PEOPLE CONTACT YOU?

Q: How can people contact you? (Leave blank if you do not wish to be contacted)

A: Email, website

chad@naturalbodyz.com

www.naturalbodyz.com

Thank you!