

THE WISCONSIN OAK

JAMES KOHLER

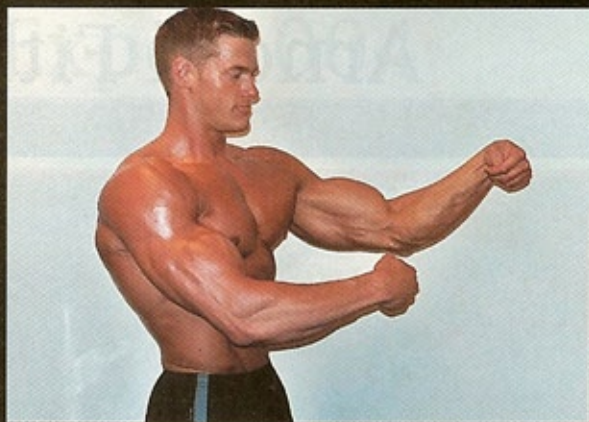


Photo: Norman Johansen www.ThatNutritionGuy.com

James Kohler has been weight training for over 10 years and has been a competitive bodybuilder for the last half of that time. Standing 6' 3", he hits the scale at 250 pounds in the off-season. He vows to hit the stage in contest shape at 230 pounds for his next appearances: the OCB Internationals this November 13, 2004 in Raleigh, NC and the Musclemania Worlds on November 20, 2004 in Anaheim, CA.



Kohler did not always have the physique that he sports today, however. He became a Wisconsin State Tae Kwon Do champion at age 15, weighing only 125 lbs. He considered working out back then, but didn't know how to train correctly. After meeting a local man known for his supreme strength and masculine build, a deal was struck. In exchange for training this man in Tae Kwon Do, Kohler would be taught about training with weights.

Kohler's strength and size increased dramatically. He gained 25 pounds in his first year of training. Obsessed with working out, James wanted to learn more and more each day. Kohler soon discovered Arnold Schwarzenegger's *Encyclopedia of Modern Bodybuilding*.

He became more fascinated with the sport of bodybuilding as he leafed through the 832 pages. James worked out religiously and even made the protein shakes printed in Schwarzenegger's encyclopedia. He took sandwiches with him to high school so he could eat between classes. He weighed 215 pounds and had 18-inch arms by the time he graduated from high school.

Besides his mammoth size, Kohler has another characteristic that gets him noticed a lot. He bears a noticeable resemblance to Arnold Schwarzenegger. Kohler stands 6' 3". Schwarzenegger is 6' 2". Their builds are similar, and the greatest strengths of both physiques are their chest and biceps. Even Kohler's facial structure has similarities to the Austrian Oak, particularly in the jaw area.

Kohler always viewed Schwarzenegger as a role model. He watched Arnold's movies repeatedly, hung posters of him in his room, and talked about him constantly. James studied endless pictures of Schwarzenegger and imitated his posing style. When Kohler entered his first bodybuilding competition in 1999, he posed to a song from the Conan the Barbarian soundtrack, and people were abuzz. They commented on his resemblance to Arnold. The promoter announced, "He'll be back," after Kohler accepted his award at trophy presentations.

A humorous comparison can be derived from the topic of twins. Schwarzenegger played opposite Danny DeVito in the box office

comedy, *Twins*, where the two were complete opposites of one another. Kohler has a twin in real life! He's not an identical twin, but brother Matt does possess very a similar appearance (see photo on cover). And Matt bodybuilds too!

Kohler has competed in seven bodybuilding competitions since 1999, and has also been involved in competitive powerlifting meets. He has won his weight class in several regional shows, and has begun competing in national level competitions. People continue making comments about his resemblance to Schwarzenegger. After viewing James' routine, an announcer once blurted, "Now did that remind you of Pumping Iron or what?" Kohler takes the comments as compliments, and says they motivate him to continue accomplishing his goals, two of which will take place November 13th and November 20th on contest stages.

