

# TOP SPOTLIGHT

## James Kohler

james\_kohler01@yahoo.com

Milwaukee, WI

Personal Trainer and Student  
at University of WI

Date of Birth: 01-12-1979

Training since: 1994

height: 6' 3"

wt: 225 lbs (offseason 250)

"I will be competing in my first national show this summer at the Musclemania Superbody in Miami Beach, Florida. Some of my goals are:

to become a natural professional bodybuilder, be featured on a cover of a muscle magazine, and to weigh 245 lbs contest ready."

### James' Tips:

1. Do not neglect your weak points, you will see results by making them a priority in your training.
2. Always incorporate compound movements into your workouts. The most basic exercises work the best.
3. Being consistent is one of the keys to success in bodybuilding. Always plan your workouts, meals and meal times ahead of time. This will help prevent you from missing workouts or straying from your diet.
4. Set small, daily goals each workout and set monthly and yearly goals. This will keep you focused and your intensity levels high in the gym. Never give up on your goals or dreams, always think positive.
5. Diet slowly when preparing for a competition. This will prevent you from losing your hard earned muscle mass. Also, continue to lift heavy. What built the muscle is what is going to keep the muscle.

### Contest History

'03 Summerfest Championships, Milwaukee, WI - 1st Open HW

'01 Musclemania Chicago - Elgin, IL, 2nd Open HW

'00 NPC Ohio Governor's Cup - Cleveland, OH, 4th Juniors

'99 NPC Mr. Wisconsin - West Allis, WI, 3rd Open SHW



Photo: Norman Johansen



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