

INTERVIEW

BEAU MOORE

interviewed by Greg Jurkowski



Beau Exults for the crowd in Atlanta after his 755 bench

Greg: I'll let your numbers speak for themselves. What are your current PRs, Beau?

Beau: My PR squat is a 1124 at the Arnold Classic, and I have a PR bench I did in Atlanta, 755. My PR deadlift, which I did a year ago, is 804. My PR total is 2557.

Greg: Can you tell me a little about yourself, personally?

Beau: I'm married to my beautiful wife Michelle. I have two daughters: Carianna, who is 8, and Catalina, who is 2. I used to run health clubs. Now, I personal train part-time and I'm a real estate investor.

Greg: Where were you born and raised?

Beau: I was born in northern Virginia, and raised in North Carolina.

Greg: Do you have a sports background, that led you to powerlifting?

Beau: I was a starting linebacker in high school. I was an All-American in college, playing guard, and that's where I got my weightlifting background. I had a brief stint with the NFL, before I got hurt. I kind of bounced around and started powerlifting when I was 27 or 28 years old.

Greg: Tell me a little back about your history with Five Guys Gym.

Beau: When I was in down here in Florida, playing with the professional spring football league, I met Pat O'Brien and Ray Reary. We were training in the Gold's over on Fletcher, when I did my first contest and I met Tony Conyers, Bill Beekley, and James Jacobs and they invited me to go over and train with them at Five Guys in Tampa. It was a great experience.

Greg: I know you have a friend named Duane Johnson, who is known as "The Rock" in wrestling, and he's now into movies.

Beau: He used to work for me at Bally's in Tampa. He got me into wrestling and I took him along with me to Five Guys to train.

Greg: I've seen you on TV at least three times. Any future plans for movies for yourself?

Beau: I've been interviewed several times about Duane, and have been on the radio. Whatever God wants me to do, I'll be doing it.

Greg: What do you attribute your great powerlifting success to?

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Beau: The Lord has blessed me in the fact that I have a mental focus. I teach it as well as do it myself. I truly understand that the game is mental. It has nothing to do with the physical. If the brain's not trained, the body won't go insane. That's my philosophy. Train the brain for the body to go insane. Everything we do in our lives has to do with mental attitude. If you have that going, you can accomplish some amazing things. You have to practice when you start your training cycle - very light. You can't just turn it on when the weights get heavy. You have to constantly keep practicing and practicing.

Greg: I trained with you for about a month, last year. You get up there like a freight train. You get on that platform and get it done and then you get out of there.

Beau: The brain can be your best friend or your worst enemy. You can have all the best thoughts in the world, or you can sit there with all the negative stuff that starts to creep in. You got to get out there and get it done.

Greg: Where are you training now?
Beau: I just moved for the umpteenth time, and I'm training in my three car garage. I have some of the guys come over on Saturday, and we just get after it.

Greg: How many partners do you have in your garage gym?

Beau: Four of us, counting me. Tim Burns, Bill Beekley, who is my coach and my right hand man, and Chris Bentley.

Greg: I know you like to stay raw for a while before you start bringing the equipment on in the training cycle. How many weeks out do you start putting the equipment on?

Beau: I try to put the equipment on at the last possible second. The reasons are, first, I'm lazy. I don't like to put it on, as it's very uncomfortable. I'm very grateful for the sponsorship I get, but it's very uncomfortable. Second, though I'm very grateful for my sponsorship, I don't think we'll ever find out who the strongest man in the world is until they put us all together and just give us a belt. That's my opinion. I feel very strongly about that. I can lift raw

and have lifted everywhere the money is at. Whether it be the Mountaineer Cup, or the Arnold Classic, or if someone has a raw meet, I will be there. I like competition so much that I go where the competition is at. I get as strong as I can raw, which gives me a mental confidence, before I start putting the gear on, about two weeks before the meet. My bench press suffers because of it. It used to be my strongest lift, but because everybody is learning how to use these shirts, it's getting more and more advanced. I'm still three or four years behind, but, I'm OK with that.

Greg: I've heard your nickname ("Big Nasty"). Where did that come from?

Beau: I played football at a black college, and was the only white guy out there. Out of 22 guys on the field, I was probably the meanest and the nastiest. That's how I played the game, and that's how I attack the platform. Not in the warm-up room, on the platform. I enjoy going to the meets and having fellowship, but when I hit that platform, I'm getting after it. You're either attacking or someone's attacking you, when you're on that platform. That's just the way it is. I choose to attack.

Greg: Please share some training tips.

Beau: We all have it, we all just take it for granted. It's learning how to train your brain. Obviously, there's different types of training cycles you can do. Mine are pretty standard, but I'm really focused. I'm as much challenging my brain mentally at Week One as when I get down to the last week before

a contest. I write everything down. I do it pyramid style, I'm always going up each week. On Saturdays, which you can attest to, I like to train all three lifts, doing percentage singles. I do assistance during the week. I do bench close-grips, dips, triceps and push-downs. The next day I might take a break. Then I do box squats, pull off the blocks, lower back work, and if I'm too tired I'll take a Thursday or Friday and do some upper back work with some bicep work. I do no more than four workouts and no less than three. A fourth day is mostly just for assistance work that I missed.

Greg: How about supplements?

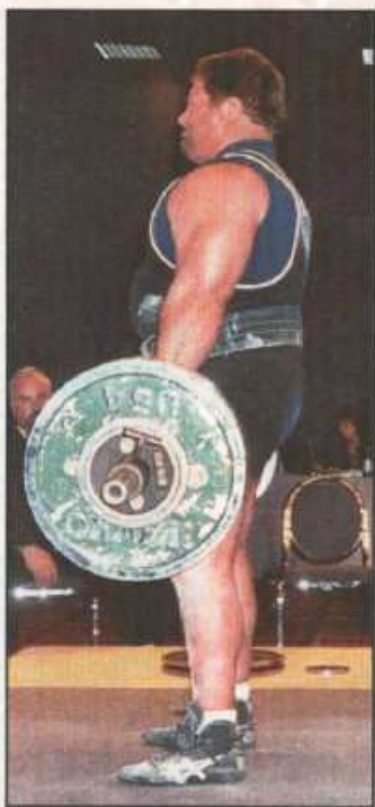
Beau: Well, I got to take care of my buddy at Gearman Nutrition, the best protein in the world. It's the only protein I've ever had that when you shake it up there's no lumps. When it gets into my system I can feel my muscle being repaired. I'm a big fan of the protein and the glutamine. I'm all over that.

Greg: Any advice for the beginning lifter?

Beau: When you go to train, don't worry about who your competitors are, because you can't control what they do. You can only control what you do. You have to compete within yourself. The trick is to push yourself as hard as you can without hurting yourself. That's how you get to the level you're trying to get at. There's a difference in competing with yourself to just barely beat the numbers or really pushing yourself. That goes back to the mental aspect. You have to train

your brain mentally. If you don't understand what that is, think of anything you ever did in your life that you've been very successful at. The reason you were successful is because you made up your mind that you were going to do it, then you put the hard work in. It's the same concept - just put it into your training. As far as a beginning lifter, don't worry about all the equipment. Get your body and foundation as strong as possible. Get your mental capacity as strong as possible, and the sky is the limit. Have fun.

Greg: Is there



APR804 DL for Beau @ the '04 Arnold

anyone you'd like to thank?

Beau: I want to thank God first. I have to thank my wonderful wife, and my kids. I love my family. I got so many people I'm so happy for that help me. Greg, I want to thank you for your sponsorship, and I really enjoy your products. I have to thank Inzer, and House of Pain for all their support. Especially John Inzer - anything I need I get right away. I need to thank my training partners, there's tons of them. Bill has been my right hand man for years. I thank Tim for helping me out, Chris, James, Tom, the whole group. I want to thank Tony Conyers as well. He's been a great friend of mine for many years. We have had some great times together. I'm very blessed that I get to compete at this level. I enjoy talking to all the lifters. I think I'm friends with all the guys I compete against. It's just been a blast. To be 40 years old and doing what I'm doing, I'm just very grateful. One thing I have to say, and it's just my opinion, I don't think we'll ever know who the strongest man in the world is until everybody gets out there with a belt on, just because of the equipment. There's so many ways of using the equipment. A lot of people would argue that, and you see that on the internet, but I think my opinion is very credible, just because of the things I've accomplished with and without the equipment. I really enjoy the sport. I hope I can keep doing it until they put me in a box.

Greg: They'll have to get a big box. Thank you very much for your time.



Beau has been making remarkable progress in the squat lately