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CANADIAN MUSCLE

CARMEN TOCHENIUK ON THE ROAD TO THE CANADAS

Alberta's sultry 2005 Canadian lightweight women's bodybuilding champion, Carmen Tocheniuk, found out the hard way at the 2006 Canadian Bodybuilding Championships that size often doesn't matter. She bulked up and entered the heavyweight category only to find the extra weight destroyed her once-crisp muscularity and superb symmetry. As a result she finished a very disappointing seventh. In 2007 she was back to her winning form and finished second in the lightweight division. I recently caught up with Carmen to get an update on her 2008 national preparations and was amazed to learn she's currently squatting 400 pounds for six reps and incline dumbbell-pressing 85-pounds. She told me her motivation comes from training at a really old hardcore gym called the Bull Pen, where she's totally psyched to get into the best shape of her life. She wants to compete at this year's Canadas in Montreal with her rock-hard density and more quality



muscle. Most people are unaware that at 13 Carmen spent an entire year in a body cast as a result of a severe back injury. The doctor told her she'd never play sports and would be lucky to walk again. He was absolutely stunned when she showed him the video of herself squatting with 400 pounds!

ALL IN THE FAMILY



Fathers often go fishing or play golf with their sons, but masters competitor Brian LeBlanc, 60, competed with son, Devin, 28, at the Nova Scotia Bodybuilding Championships. After repetitive no-shows from members of his hockey team, Brian decided to take up weight training. Always active in sports, particularly hockey, he needed a way to stay in shape so joined a gym. Devin had already been training for three years and when his dad joined the same gym, they began working out together. That was five years ago, and Devin is very proud of the fact that the older LeBlanc lost 50 pounds. When Brian expressed interest in competing together, Devin felt they'd have fun competing together. In preparation for the competition Brian dropped an additional 25 pounds, bringing the total weight lost to an amazing 75 pounds. Devin won the bantamweight category, but his biggest thrill was competing on the same stage as his father. Devin plans to compete at this year's Canadian Championships and is proud Brian will be the biggest cheerleader in the crowd. ♦♦

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