

# CasePerformance

“For Sport, For Life”

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## Community Member of the Month...



This month's CasePerformance Community member of the month is Adelfo Cerame Jr who comes to us from Long Beach, California, USA. This past March (2012), Adelfo took 2nd place at the Wheelchair Nationals Bodybuilding competition which was held in Palm Beach Gardens, Florida. Luckily for us, he's agreed to take time out of his busy training and academic schedule (Adelfo will be graduating with a degree in Nutritional Science this May) to share his inspiring story and provide us with great training advice!

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**First off, when and how did you get involved in wheel chair bodybuilding?**

After my injury [**Editor's note** -Adelfo was in a car accident that left him paralyzed from the waist down; T-12 parapalegic] I wanted to find an outlet to scratch my competitive itch, and show case my athleticism. I was instinctively drawn to wheelchair rugby at first, because it was the closest thing to football; a sport that I excelled at while growing up. After doing research and calling around, I come to find out that wheelchair rugby was only for quadriplegics and not paraplegics, so that got scratched off the list. Someone suggested wheelchair basketball but I was never good at basketball before my injury, so that was out of the question; I mean I would probably have been worse at it. Lol. After seeing a youtube video of wheelchair bodybuilding, I new that this was the sport for me,

**As a competitor, what has been your proudest moment?**

I think being able to motivate and inspire people to realize that life is beautiful. Too many people take life for granted, so when I step... well roll on stage ;- ) I like to reflect the passion that I have for living life to its fullest. That is one thing I think people recognize about my presence on the stage.

**Let's take a look at the build-up to your meet in March... I was wondering if you could share with us what your weekly training routine looked like maybe both 3 months and 2 weeks prior to the competition?**

Well for the most part, I stuck to a low volume, high intensity, heavy load type training regimen throughout my prep, and probably through in a couple high volume workouts as I got closer to the competition. During my final prep, my bread & butter was EDT (Escalating Density Training) and 5x5 training. I trained an average of 3-4 times/week; sometimes this jumped to 5x/week depending on how I set up my training splits. Here's an example of when I combine EDT and 5x5 training.

Monday: EDT

- Smith machine incline press (4-6 reps) + superset w/ DB rows (4-6 reps): Do as many sets (cycles) as you can w/in 20 minutes
  - Hammer strength shoulder press machine (4-6 reps) + superset w/ reverse DB fly's (4-6 reps): Do as many sets (cycles) as you can w/in 20 minutes
  - DB curls (4-6 reps) + superset w/ seated DB triceps extension (4-6 reps): Do as many sets (cycles) as you can w/in 20 minutes
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Tuesday: Rest

Wednesday: EDT

- Seated chest press (4-6 reps) + superset w/ seated rows (4-6 reps): Do as many sets (cycles) as you can w/in 20 minutes
- Hammer strength shoulder press machine (4-6 reps) + superset w/ DB side laterals (4-6 reps): Do as many sets (cycles) as you can w/in 20 minutes
- Hammer curls (4-6 reps) + superset w/ seated triceps extension w/ EZ bar (4-6 reps): Do as many sets (cycles) as you can w/in 20 minutes

Thursday: Rest

Friday: 5x5 Chest/ Shoulders (front)/ triceps

- Flat press: 5 sets of 5 (Heavy)
- Incline press: 5 sets of 5 (Heavy)
- Decline press: 5 sets of 5 (Heavy)
- Bradford press: 5 sets of 5 (Heavy)
- BB jammer presses: 5 sets of 5 (Heavy)
- Any triceps exercise: 5 sets of 5 (Heavy)

Saturday: 5x5 Back/ Shoulders (rear)/ Biceps

- Weighted chins: 5 sets of 5 (Heavy)
- Seated rows: 5 sets of 5 (Heavy)
- Shrugs: 5 sets of 5 (Heavy)
- Reverse pec deck fly: 5 sets of 5
- Reverse DB or bent over cable fly: 5 sets of 5
- Any biceps exercise: 5 sets of 5 (Heavy)

Sunday: Rest

**I think few people appreciate how hard it is to pose on stage for such an extended period of time. How much time did you spend per week simply on this aspect of body building?**

I practiced every other day for about 20 minutes or so...As the weeks got closer to the actual competition, I make it more of a priority and practice everyday. I usually am able to squeeze in posing before I go to sleep.

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**Again, speaking in terms of generalities, what did your diet look like at 3 months, 1 month, 1 week and the day prior to competition?**

I started at around 2500kcal (200g protein/ 250g carbs/ 90g fa), and just gradually tapered down my intake throughout the prep. I was pretty much stage ready 12-8 weeks out and just stayed the course. At around 7-6 weeks out, I started to increase my calories and carbs back up, then I slightly tapered it back down. 3 weeks out my macros were around 200g protein/ 100g carbs/ 50g fat. The week prior to competition I was around 1600 kcal.

**Intermittent fasting has gained in popularity during the past year or two... what are your thoughts on it? Is there anything you should do to maximize its benefit or key things to avoid while intermittent fasting?**

Intermittent fasting is not for everybody, but as for myself, I love it! I'm able to make it work with my schedule, from work, school, to training. I think it's practical, efficient and is perfect when it comes to a social standpoint. It is an awesome protocol to use during the holidays.

In my opinion, you should surround feeding hours around the time you train; that's where I feel you can maximize the benefits of IF. The key things to avoid during intermittent fasting, is that some people get the idea that they can eat whatever they want just because they are intermittent fasting. You still must control your caloric intake, and stay within your macronutrient intake depending on your goals. It's not a free for all to eat junk food!

**Any final thoughts, tips, etc that you'd like to share with us at CasePerformance?**

Never stop learning, there's no such thing as knowing it all.

**Last, but not least, when's your next competition? I know that many of the members at CasePerformance are looking forward to seeing you on stage again!**

June 23, 2012, at New Orleans for the USA wheelchair championships.

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