

The Return of Gary Strydom

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At 47 years old, Strydom looks better than the era when he was one of the IFBB's top stars. A brief history and what he's planning to do is included. Also see how he feels about the industry.

On Monday of last week, Gary Strydom peeled down for what was to become an eight-hour photo shoot at Gold's Gym, Venice with Irv Gelb. And peeled is certainly the correct term. Just ask the impressed folks at Gold's that day, which included, Gary says, Charles Glass, Bob Cicherillo, Tom Prince and even Strydom's longtime adversary during the early days, Mike Christian.

A Return To Aesthetics:

But why, after all these years, does Strydom find a need to put on the posing trunks again?

"Bodybuilding has turned into mass building," says Strydom, "and it's not something most people, including me, would want to look like. These distended stomachs are ridiculous. Bodybuilding should be about balance; if one bodypart stands out over the rest of the physique, that person should not be rewarded with wins, or high placings.

"I wanted to prove that a big man could still have a small waist, a balanced, aesthetic physique. I weighed 278 pounds today (Friday, April 21) and am tight and grainy with a good, overall flow. I think I look better now than when I won the WBF titles; I weighed 258 then, but wasn't nearly as hard as I am today."

He is admittedly concerned that the credo might not be followed, however. "They didn't use that as a guideline at last year's Mr. Olympia," Strydom says. "But, after watching the Iron Man, and seeing Dexter Jackson win the Arnold again, I feel better about the direction the sport could be going. I'm a big fan of Dexter's physique, and feel I'm a larger version of Jackson."

Confident & Ready:

Gary, who normally trains at Gold's from 9 pm to midnight, perused the Colorado and New York line-ups and says he feels confident "I won't embarrass myself."

"I will probably be around 270 on stage; I really don't have any weight to lose," he said. "I was ready to go 10 weeks ago - I was really tempted to enter the Iron Man."

Other helpful information regarding Gary Strydom can be found at: bodybuilding.netbizint.com.au

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Portrait of companies involved:

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