

WFNA's Justin Stands

MISSOULA, MT - Justin represents the few, the proud, the Marines! Yes in search of guidance, direction, and focus, Justin joined the Marines and devoted 3 years and 9 months with them. He was stationed at MCBH Hawaii and spent 14 months overseas at different locations including Japan, Thailand, Singapore, Burma, and Malaysia. It was during his Marine life that he became involved in bodybuilding and found the workouts to be beneficial both physically and mentally. Stands left the Marines in August 2001 and signed up at the University of Montana.

Justin has taken many classes ranging from chemistry to math and is currently pursuing his Bachelor of Arts degree. He would also like to obtain a degree in Architecture, start his own personal training business, and have an athletic clothing line.

Training for the WFNA Glacier States Championships in September 2004 (his first show), was difficult because it meant adhering to a strict schedule when it came to eating, training, and sleeping while at the same time holding down a job and attending school.

Stands enjoys good basic foods such as steak, chicken, tuna, brown rice, yams, natural peanut butter, fruits and vegetables. The less refined the food the better he likes it.

The training routine that Justin uses is based on what body part he feels like training as he walks in the gym. On the average he'll do 5 to 6 exercises for that



particular part and include 45 minutes of cardio when training for a show. If it's off-season he doesn't do cardio. The reps can range from low (6-8) to high (20-30) and keeps his sets around 4. At times he'll superset to keep his workouts fresh.

Stands gives credit to Terry Baldwin who has helped him along the way and plans to compete in future competitions after he can add about 10 to 15 pounds of muscle and have at least 10 weeks out to prepare for it.

By Photojournalist: Michael Hall

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