

Six-time Mr Olympia in Mumbai

RAYYAN RIZVI

THE ASIAN AGE



Dorian Yates in Mumbai on Monday evening; (inset) in his bodybuilding heyday

Life has never been easy for 46-year-old bodybuilder Dorian Yates, winner of six consecutive Mr Olympia titles from 1992-97 — the highest accolade in the sport of professional bodybuilding.

His tryst with bodybuilding was a matter of chance.

Sentenced to prison for six months, he realised his passion after he earned a reputation among his inmates as the strongest, fittest man around.

“When I look back, I think it was a blessing in disguise. I felt life couldn't have been any

worse back then. And suddenly I'm the toughest nut to crack. Since then, I made up my mind that bodybuilding would be my career. I wanted to be special and different from the rest of the lot. I challenged myself and kept getting better. When I look back, I think whatever happens it's for good. But nothing happens without hard work. To be special, you have to be the best in the business and do things differently,” said Yates.

Here in the city to promote his brand D.Y. Nutrition, Yates interacted with members of Gold Gym and

believes that Indians have a lot of misconceptions about weight training and hence have not been able to produce a single professional bodybuilder so far. “There has not been a single bodybuilder from India at the professional level. You will

only see them competing at the amateur level which is extremely sad, considering the amount of talent they possess. It's because of the really poor knowledge about weight training that they have not been able to reach the top. I was in

Ludhiana recently, and bodybuilders there were coming up and asking me weird questions like the difference between protein supplements and steroids. I think every child in the US and UK is aware of that,” said Yates.

Yates has some advice for fitness fanatics. “You need to have a proper diet, regular workout sessions. Set yourself a target and have some patience, only then will you get the desired results. It is a misconception that steroids build muscles. They only help recover from injuries. One just needs to work out, have a proper diet and nutritional supplements,” he said.

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