

Body Building



40 Colour Photographs
A Touring Exhibition

Early History

An Exhibition of
Early Photographs

by Henry Jones

Body Building

An Exhibition of Colour Photographs

by Fiona Clark

BIOGRAPHY

Born in Inglewood, Taranaki 1954.

Studied at Elam School of Fine Arts, Auckland 1972-1975. Graduated Diploma F.A. (Hons) Photography in 1975. Moved to Tikorangi, Taranaki in late 1975 and set up darkrooms and studio in an old Dairy Factory. Awarded Individual Q.E.II Arts Council Grant 1980. Q.E.II Arts Council Grant to attend *Mr Olympia*, Sydney, 1980. Since 1979 involved in photographing Professional Wrestling and Body-Building, also involved in Environmental issues.

"The medium of photography for me deals with reality. It deals with "what is", (the immediate). Photography for me is not pre-conceived or arranged. With the subject, the concept becomes decided through the lens. The process is "pure", it must be a "whole" - the subject, the composition, the exposure, the negative, the print and finally the audience. The photographer shares experiences with her subjects and then with her audience.

The responsibility of the photographer to the subject must be of prime importance - throughout the development of this show I have relied on the assistance and interaction with the New Zealand Federation of Body-Builders. The opening of this show was in conjunction with a Body-Building contest held at the Govett-Brewster Art Gallery, New Plymouth (*Mr Fine Arts*, 1981). This was the first Provincial contest the N.Z.F.B.B. held. Organising this contest gave me great pleasure as it gave me a chance to say "thanks" to the N.Z.F.B.B. and to involve the public in the world of Body-Building that I have attempted to portray. Many people ask me "Why Body-Building?" - Few people outside the world of Body-Building consider it beyond the stage of a conditioned response

eg: "90lb weaklings" and "sand in the face". I feel it is an important part of our social structure that reflects many of our society's behavioural patterns".

- Fiona Clark.

EXHIBITIONS AND WORK

"The Active Eye" 1975 (controversy over showing two photographs of Transexuals in exhibition, photographs later stolen while on tour).

"Some of my Best Friends are Women" (commissioned by the New Zealand Government for International Women's Year, used still photographs by Fiona Clark of cosmetic saleswomen in George Courts Ltd, Karangahape Road, Auckland 1975).

Clearwater Gallery, New Plymouth 1975.
(photographs of Transexuals).

Tikorangi Factory Gallery, Taranaki 1979.

Govett-Brewster Art Gallery, New Plymouth. 1979

Barry Lett Galleries, Auckland 1979.

3 New Zealand Photographers, 1979-1980.

"Mr Fine Arts" Body-Building contest and exhibition, Govett-Brewster Art Gallery, New Plymouth, 1981.

MR OLYMPIA

BY PETER HARDWICK, PRESIDENT OF THE NEW ZEALAND BODY BUILDERS FEDERATION.

To the competitive Bodybuilder or Bodybuilding enthusiast a holder of the *Mr Olympia* is held in the highest esteem. Merely to compete in a *Mr Olympia* is an achievement in itself. To qualify one must have held a World Championship title or placed in the top three of the prestigious *Grand Prix* Professional Bodybuilding Circuit. This annual event consists of a series of five contests spread over a period of several weeks in which the world's premier Bodybuilders compete for over \$30,000 prize money and the opportunity to gain the coveted *Mr Olympia* title and its \$50,000 purse.

Preparation for competition in the *Mr Olympia* can commence up to a year before the event. Already possessors of impressive Physiques these Champions set themselves the spartan regimen of exercise and diet required to "fine tune" their bodies for this contest.

Daily workouts in the gymnasium using weights, machines and pulleys become twice daily workouts of increasing intensity as the contest draws closer. Two to three-hour workouts, both morning and afternoon, six days a week are not uncommon for up to two months or more before such contests. The body is divided into sections of muscle groups, each workout designed to exercise one such group to its limit while the other sections recover from previous intensive sessions.

To enable the body to take full advantage of this enormous workload the Bodybuilder pays strict attention to his diet. Not for him are the fatty "junk foods", super sweet soft drinks, white flour and sugar products. Everything that

his body consumes must have its purpose and fit his master plan in this quest for the Perfect Physique.

During the early stage of his preparation the contestant will be on a high protein-moderate carbohydrate diet designed to supply his muscles with the large amounts of protein required to enable them to grow and recover from the heavy workload placed upon them. The carbohydrate is required as fuel to power these intense workouts and enable him to sustain his heavy schedule. The protein in his diet is mainly derived from chicken, fish, organ meats and cottage cheese. The carbohydrate comes in the form of natural sugars from fruit, salads, vegetables and honey. Food supplements, such as soya and dairy proteins, dessicated liver and high dosages of vitamins C, E and B Complex, are also an important ingredient of the diet programme.

Just as a Bodybuilder varies his training programme as the event draws closer so he varies his diet. Slowly, over a period of several weeks, he reduces his carbohydrate intake, forcing his body to draw on its own reserves of fat to use as fuel to power the now twice a day intensive workouts. As this bodyfat is absorbed a subtle change takes place in the physique. The muscles become more clearly defined, appearing denser. As the smooth layer of subcutaneous fat under the skin melts away smaller muscles, often not even apparent on the average body, come into prominence while individual muscle fibres become noticeable as striations across shoulders, back and thighs.

In the two weeks prior to the contest the Bodybuilder will be down to a nil carbohydrate diet of chicken, fish with only water or black coffee being drunk. His total daily calorie intake for the week prior to the contest may be as low as 800 calories while still maintaining a daily

intensive workout programme. His liquid intake at this time is also gradually reduced until often no liquid at all is taken 48 hours prior to the contest.

When the bodybuilder steps on to the posing podium at a *Mr Olympia* contest the physique that he presents is the end product of months of scientific planning and training, professionalism, courage and determination.

It takes a truly Olympian effort to take the *Mr Olympia* - The Ultimate Contest.

CATALOGUE

- 1 Paul Graham's Gym - Bondi Beach
- Sydney 1980

- 2 Siome Nuisila, *Mr South Pacific 1978*
Mr Iron-Man 1980
- Auckland 1980

- 3 Phil Tom, *Mr Novice New Zealand 1980*
- Auckland 1980

- 4 Sonny Schmidt - *Mr Novice Auckland 1980*
- Auckland 1980

- 5 Mike Glass - runner-up *Mr Junior New Zealand 1980*, third *Mr Junior New Zealand 1981*
- Auckland 1980

- 6 Mike Cole - runner-up *Mr Pan-Pacific 1980*,
Mr Auckland 1980, third *Mr New Zealand 1981*
- Auckland 1980

- 7 Contestants - 16 Top Body-Builders in the
World Mr Olympia 1980
- Sydney 1980

- 8 Boyer Coe - *Mr Universe* contestant *Mr Olympia*
1980
- Sydney 1980
-
- 9 Contestants posing at *Mr Olympia* 1980
- Sydney 1980
-
- 10 Frank Zane (3 times winner of *Mr Olympia*) and
Arnold Schwarzenegger (current *Mr Olympia* -
7 times winner of *Mr Olympia*)
- Sydney 1980
-
- 11 Roy Callender *Mr Olympia* contestant
- Sydney 1980
-
- 12 Debbie Davis - runner-up *Pan Pacific Womens*
Championship 1980
- Auckland 1980
-
- 13 Lindos St. Claire - third *Pan Pacific Womens*
Championship 1980
- Auckland 1980
-
- 14 Johnny Terrelli - *Mr Best Australia* 1980
- Sydney 1980
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- 15 Contestants - *Miss Queen City* 1980
(First Womens Body-building competition in
New Zealand)
- Auckland 1980
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- 16 Robin Pennington - *Miss Queen City* 1980
- Auckland 1980
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- 17 Contestants - *Miss Queen City* 1980
- Auckland 1980
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- 18 Mike A.H. Yek - *Mr New Zealand* 1979, 1980
- Auckland 1980
-
- 19 Johnny Terrelli - winning *Mr Best Australia*
1980
- Sydney 1980
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- 20 Mike A.H. Yek - posing *Mr New Zealand* 1980
- Auckland 1980
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- 21 Siome Nuisila - *Mr Iron-Man* 1980
- Wellington 1980
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- 22 Ken Waller - *Mr Universe* contestant *Mr Olympia*
1980
- Sydney 1980
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- 23 Arnold Schwarzenegger - *Mr Olympia* 1980
- Sydney 1980
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- 24 Chris Dickenson - *Grand Prix* 1980 winner,
Mr Universe, Mr America
- Auckland 1980
-
- 25 Tony and Debbie Emmott
- Sydney 1980
-
- 26 Chris Dickenson with friends at the *Muscle*
Factory
- Auckland 1980
-
- 27 Roger Walker *Mr Universe, Mr Australia* and
Kim Rodgers
- Auckland 1981
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- 28 Tom Platz *Mr Universe* 1980 at Bondi Beach
- Sydney 1980
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- 29 Tony Emmott - *Mr Great Britian, Mr Universe*
Bondi Beach
- Sydney 1980
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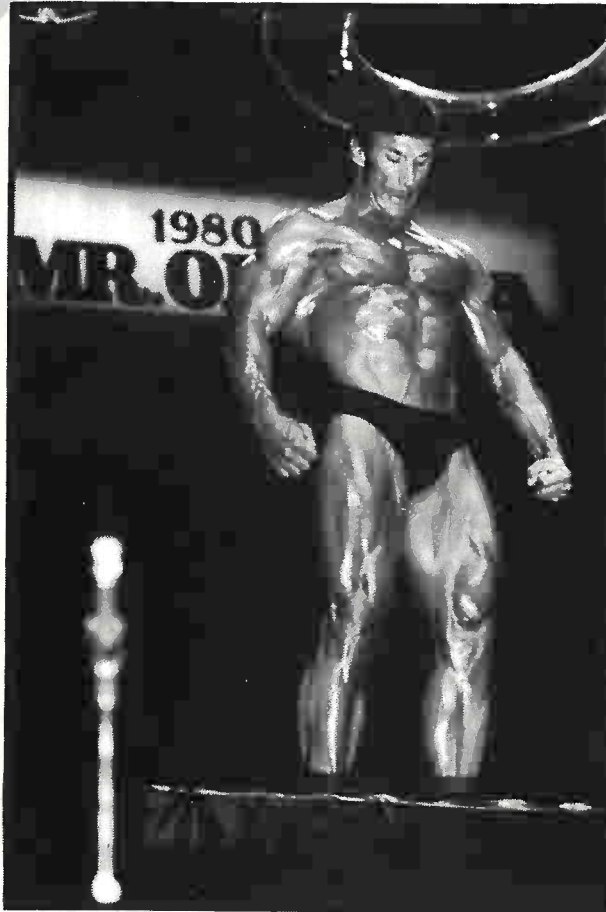
- 30 Bondi Beach
- Sydney 1980
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- 31 Three Finalists posing *New Zealand Womens*
Body-Building Championship
- Auckland 1981
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- 32 Three Finalists "posing down" *Mr Auckland*
- Auckland 1980
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- 33 Ete Ieremia Amer *Mr Pan Pacific* 1980
Mr New Zealand 1981 and Donna Burns *New*
Zealand Womens Body-Building Champion 1981
- Auckland 1981
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- 34 Chris Dickenson, at *The Muscle Factory*
- Auckland 1980
-
- 35 Sonny Schmidt at Clive Green's Health Studio
- Auckland 1980
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- 36 Contestants - *Mr Junior Pan Pacific* 1980
- Auckland 1980
-
- 37 Contestants waiting to go on stage *Mr Novice*
Iron-Man 1980
- Wellington 1980
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38 Contestants lined-up *Mr Novice Iron-Man*
- Wellington 1980

39 Brent Hamilton - *Mr Junior New Zealand 1980*
Mr Junior Iron-Man 1980, runner-up *Mr Junior*
New Zealand 1981 and Paul Huigendyke - third
Mr Junior Iron-Man 1980
- Wellington 1980

40 *The Muscle Factory* window
- Auckland 1980

Fiona Clark



Venue Robert McDougall Art Gallery Christchurch

Date March 31st-May 2nd, 1982