

## MOTM ATHLETE BIOGRAPHY



**Chris Talbot**



Personal Details	Chris Talbot
Name	Dr Chris Talbot
Nickname	Blue Phoenix
Place Of Birth	Penang, Malaysia
Currently Live	Melbourne
Date Of Birth	12 <sup>th</sup> March 1985
Height	175cm
Marital Status	Single
Any Children	None
Brothers/Sisters	2 older brothers
Schools Attended	Daramalan College in Canberra, University of QLD in Brisbane
Employment History	Various cafes and bars in the past. Underwater World on the Sunshine Coast University of QLD Brisbane Olympia Body Transformation Sanctuary Brisbane Arena pole Studio and Fitness Melbourne
Future Occupation	Owner/Director of a pole and fitness studio
Current Car	Mazda 323 Portege
Dream Car	Mazda RX8
Favourite Pastime/Hobby	Pole dancing, SCUBA diving
Favourite Food	Mexican
Favourite Drink	Skinny mocha
Favourite Holiday Spot	Anywhere tropical and surrounded by beaches and coral!
Favourite TV Show	Alias
Favourite Movie	X-Men



Competition Details	Chris Talbot
Offseason Bodyweight	76-79kg
Competitive Bodyweight	72-73kg
Age you began training	Began training at a gym properly when I was about 25
What got you started	Hated my body shape, felt unfit, wanted to bulk up
Why you weight train	I love the challenge of maintaining my competition physique, I also train to maintain and improve my strength for pole dance
Current contest workout	Upper body strength training, pole dance and power walking for cardio
Current contest diet	I eat 5-6 times per day, structured protein/fat/carb intake for each meal
Current off-season workout	Upper body strength training, pole and lots of stretching to improve flexibility
Current off-season diet	Same as contest diet
Your great life experiences	Travelling around the world to conduct research during my PhD in Marine Biology, including Israel, France and Spain.
About your upbringing	I grew up in Canberra and rural NSW surrounded by animals – in particular, my horses, which I trained and competed with in many equestrian events and shows. I Moved to Brisbane to do my bachelor in Marine Biology, which turned into a HUGE PhD. One day I was randomly offered an opportunity to pursue my other passion in health and fitness, and I immediately undertook my Fitness Professional training with a double diploma in Fitness Business. I went on to commence working with Cleo Brown at Olympia Body Transformation Sanctuary in Brisbane, which is where I began training for my first Fitness Model comp ever (2012 INBA Brisbane Classic). I went on to compete in four comps that year!! At the same time, I also discovered pole dance as a sport, and became hooked after my first lesson! This turned into a job on the side of my work at Olympia. I later moved to Melbourne to continue my pole and fitness training, performance and instructing at Arena, where I am today, and began my own freelance pole dance and fitness business – Blue Phoenix Pole & Fitness. I now regularly travel (to Sydney in particular) to perform and instruct pole.
Your lifestyle	I lead a very active lifestyle as I instruct and perform pole dance around the country, as well as training my clients in the gym. Pole dance is very physically demanding, so during off season I keep my gym training to a minimum. I have little “spare” time, but when I’m not in the studio, I am working on my own business marketing and promotions, or working on new performance and competition routines for pole.
Where do you train & why	I train at Arena (where I work) as I have unlimited access to the facilities and can train in my own time. I am also a member at Goodlife, which I can use anytime I am travelling around the country.
Who are your sponsors	My sponsors include: XWear, GayCairns, X-Pole Australia, and I am a brand ambassador for Pole Physics.
Who are your supporters	I am lucky to have drummed up the support of many small businesses and organisations, who regularly hire me to perform at their special events and functions! And of course, my wonderful family, friends and co-workers. Also, Cleo Brown has been a huge and important influence and supporter of my training and competition history goals.
Why did you join the INBA	I joined INBA through Cleo Brown, who encouraged and supported me in training for my first natural Fitness Model competition!
Your future goals	I wish to continue competing in Fitness Model comps, and tackle the international circuit in association with Olympia Body Transformation Sanctuary. I also wish to open my own pole and fitness studio through my Blue Phoenix brand.
Your best lifts in 3 exercises	110kg bench press 30kg weighted dips 15kg weighted chin-ups
Your next competition	INBA Southern Cross Championships at Filex in Melbourne
The Title you want most	Olympia Male Fitness Model Champion!
Your favourite Australian BB	Cleo Brown
Your favourite World BB	Cleo Brown – the best of the best!
Your comment or feedback	Keep up the amazing work – I just can’t get over how these comps continue to grow each year!

All titles won or placed

2012 INBA Brisbane Classic Male Fitness Model Champion  
2012 INAB QLD Titles 4<sup>th</sup> Place Male Fitness Model  
2012 NPBB Overall Male Fitness Model Champion  
2012 INBA Brisbane Health and Fitness Expo 7<sup>th</sup> Place Male Fitness Model

