



## MEMBER OF THE MONTH **OBI AKINTAJU**



*2006. Before Obi started serious weight training...and dreamt about been a Male SportsModel (lol).*



*2009. Winning his first ever contest INBA Novice Victoria. Followed by Novice Australia!*



*2011. Winning the INBA Class 3 Australian titles and 2 weeks later the Amateur Natural Universe.*

Name: Obi Akintaju  
Nickname: Not sure if I've got one lol  
Place of birth: Nigeria  
Lives in: Melbourne, Victoria, Australia  
DOB: 10th July 1979  
Height: 180cm  
Offseason weight: 101kg  
Contest weight: 94kg  
Age started training: 22yrs old (2002)  
Marital status: Single  
Children: None  
Brothers/sisters: 3 brothers aged 29-26 with one sister aged 23  
Schools attended: Ivory foundation primary school,  
(CKC) Christ the King College,  
University of Benin (BA of arts-political science) all in Nigeria  
Australian Institute of Fitness 2007

Current job: Woolworths liqueur Distribution Centre  
Future occupation: Actually planning on owning my own small business, haven't really decided on which one to settle for  
Car: Little four cylinder Honda prelude lol, pretty sure readers expect me to own a V8  
Favourite pastimes: Movies and EATING lolol  
Favourite food: Fruitcake with cashews (weird?? yes I know lol)  
Favourite drink: Water  
Favourite holiday spot: South Africa  
Favourite TV show: Big Bang theory  
Favourite Movie: 13 Assassins

## **PART TWO**

Titles won or placed:	2009 INBA Novice Victoria:	1 <sup>st</sup>
	2009 INBA Novice Australia	1 <sup>st</sup>
	2009 INBA Natural Olympia:	3 <sup>rd</sup>
	2010 Country Classics Invite:	2 <sup>nd</sup>
	2010 INBA Victoria Open Class 3:	1 <sup>st</sup>
	2010 INBA Australia Open Class 3:	1 <sup>st</sup>
	2011 INBA Victoria Open:	1 <sup>st</sup>
	2011 INBA Victoria Overall:	1 <sup>st</sup>
	2011 INBA Australia Open Class 3:	1 <sup>st</sup>
	2011 INBA Australia Overall:	2 <sup>nd</sup>
	2011 INBA Natural Universe class3	1 <sup>st</sup>
	2011 Amateur Natural Universe Overall	1 <sup>st</sup>

When do you train:  
After work-pretty much everyday lol

Why I weight train:  
I was ALWAYS fat even as a kid, loved food too much lol, so someone told me if I weight trained I could still eat and turn the fat into muscles lol (found this to be rubbish later on anyways but by then it was too late to stop)

Current contest workout programme and diet:  
My contest programme dosen't really change very much from my offseason 5 day programme;  
Mon-Delts,  
Tues-Back,  
Wed-Chest,  
Thurs-Rest  
Fri-Arms,  
Sat-Rest,  
Sun-LEGS!

During pre-contest I increase my cardio a bit. Diet-I'm a firm believer of eating for your blood type diet, hence my high fat and protein/veggies diet with very little room for carbs.

Current offseason diet and training:  
Same as contest diet and training except just 15-20mins walk on the treadmill as opposed to my 1hr and 30mins 6 days a week contest prep cardio.

Great experiences that happened in my life:  
First of all, moving to Australia nearly 9 yrs ago. Secondly, going from the kid every called "fatty" to getting up on stage with awesome looking people (the reason for my wide grin on stage) and sometimes winning. And the quality of friends I've made over the years of my training and competing especially for some who wasn't so cool back in my overweight days.

#### My upbringing:

I come from a strict Christian family with both parents still together and alive to date. Our motto was always; never look down on others especially the weak, no one gives you anything for free..you gotta earn it and always obey and respect your elders, fellow workers, mates and most importantly your enemies should you have them. I try to live by these guidelines as much as I can and believe it's made me the man I am today.

#### My life style:

Boring lol. Don't go anywhere except work and training, don't keep too many friends as I know I can't please everyone and don't really like alcohol very much and like my space way too much lol.

#### Where I train:

I train at both fitness 1st highpoint and Derrimut 24/7. Fitness 1st because its only 5 mins away from my home and Derrimut because its only 10mins away from my Job.

#### Sponsors:

No sponsors.

#### Why I joined INBA:

Some of the boys I used to train with at fitness 1st who once competed in INBA told me about INBA for the 1st time back in 2009 and suggested I try it, so I did.

#### Future goals:

One to be able to represent myself well at the INBA Professional level and two, stay in shape like some of the Master competitors when I get to their age!

#### Best lifts:

Deadlift 260kgs. Everything else stays normal that way I avoid injuries as I've never had one before.

#### My next contest:

Currently working on making improvements to my physique. Hopefully I'll jump on stage next year for the 1st time as a PRO (fingers crossed lol).

#### The Titles I'd like to win the most and why:

I'll say INBA Pro Natural Olympia, simply because that stands the most honoured and respected medal in INBA.

#### Favourite Australian bodybuilders and international:

Jim Kotantonis, Luke Timms and Justin Fergaira.

Internationals- Shawn Ray, Dexter Jackson and Flex wheeler.

#### Closing comment:

I would like to take this opportunity and thank everyone who has supported me especially during times all I want to do is just quit! Paul Valander, Jim Kotantonis and everyone who walks up to me and say "Good job, Obi". One thing I've learnt so far from this sport is it is not a public competitive sport even tho its looks like one, rather it's a self competitive lifestyle. You always in battle against yourself, striving to better yourself because at the end of the day whatever improvements you make to yourself you get to keep :-)