

An Interview With A Giant – Mihály Kormány

In May, 2009, Team API Member and “Superbody” Champion, Tibor Kozaróczy, sat down with API Xtreme Athlete, Mihály Kormány to get some insight into his training and nutrition.

TK: Mihály, thanks for much for taking time out of your busy schedule to sit down and talk with us. I say this because I think you are currently in contest prep mode, are you not?

MK: No problem...happy to do it. And yes...I am currently preparing for the National Athletic Committee (NAC) 2009 World Bodybuilding Championships in The Hague, Netherlands in June.

TK: How is that going?

MK: Not too good. I have a bad muscle strain in my upper back, and it is putting a severe crimp in my training. I just can't give it anywhere near 100%.

TK: But you are still planning to compete?

MK: Yes...I will go through with it. Fortunately, I already have the mass to stack up against any top European amateurs, and many of the IFBB guys too. So I don't have to push the super-heavy weights any more. I can just concentrate on defining and refining what I have.

TK: That sure helps when you are injured.

MK: You can say that again.

TK: Let's talk about your size. I was at one of your recent photo shoots, and you were what...130 kilos (286 lbs) at that shoot. You looked positively huge! I know a lot of hard gainers out there are wondering about your program. What kind of training you do to put on such impressive muscle mass.

MK: Yeah...I was off at 130 keys. Typically in the off-season, I am about 145 (319 lbs).

TK: Yikes! Are you serious? You are talking about Jay Cutler or Ronnie Coleman size.

MK: Well...(laughs)I like to think I am a good bodybuilder, but those guys are a slightly different caliber than me.

TK: For now, right? (laughs) So what are your workouts like?

MK: Intense of course, but I don't follow any rigid or fixed schedule. I train intuitively and switch things up all the time. Typically, I will train only one major body part per day,

or I may combine a large muscle group with a small one. It all depends on my energy level on a particular day. Right now, I am trying to focus on my weak points.

TK: Which is?

MK: Well, my back. I think it could use a bit more front to back thickness, and especially more detail and separation. The sharpness is just not there yet.

TK: And your current training split?

MK: Well, as I said I don't follow any set schedule, but I usually train with weights five times per week...sometimes six. A typical week would look something like this:

Monday: Back

Tuesday: Chest

Wednesday: Shoulders

Thursday: Biceps & Triceps

Friday: Legs

Saturday: Off

Sunday: Off

TK: What about abs? And the bodybuilder's bane...cardio?!

MK: Bane is right! But hey...I guess if you are serious about getting an IFBB caliber body, ya gotta do it. In my case, I do 30 to 40 minutes of moderate intensity cardio, three to four times a week. I am mostly concerned with maximizing and preserving muscle mass, so I think anything more than this would be detrimental to that goal. I will do cardio right after the weights, or sometime during the day between workouts....but I never train on an empty stomach! As for abs, I will do 3 to 4 sets of crunches, supersetted with leg-raises, two to three times per week.

TK: Okay...so what would you do for back or chest? Can you give us an idea of your actual workout?

MK: Sure. Here would be a typical back workout for me.

Narrow-grip chin-up: 2 sets

Wide-grip chin-up: 2 sets

Reverse-grip chin-up: 2 sets

Barbell rows: 3 to 4 sets (8 to 10 reps per set)

Seated cable rows: 3 to 4 sets (8 to 10 reps)

Lat pulldowns with narrow grip: 3 to 4 sets (8 to 10 reps)

As far as chest, a typical workout would be something like this:

Incline barbell press: 3 to 4 sets (8 – 10 reps)

Incline dumbbell flies: 3 to 4 sets (8 to 10 reps)

Flat bench press with Smith machine: 3 to 4 sets (8 to 10 reps)

Cable crossover: 3 to 4 sets (8 to 10 reps)

TK: So for chest, you are doing anywhere between 96 and 160 total reps.

MK: Something like that, yeah.

TK: I would say your legs are your best body part. The mass on your thighs and calves is incredible. What are your leg workouts like?

MK: Well, I know there is a lot of guys out there that will hate me for this, but I hardly train legs at all in the off-season.

TK: Really? How do you maintain the size on your quads?

MK: It's genetics pure and simple. I'm not saying I didn't push the heavy squats and leg presses early in my training....of course I did. But once I had the size on my legs, maintaining it has been relatively easy. My legs just don't give back the size that easily.

TK: Hmmm...you're right. A lot of guys ARE going to hate you for that. People walking around the gym with a huge chest or arms, and chicken legs is almost a cliché.

MK: Yes...I know. What is the most common weakness you see at any top amateur contest? Lack of balance between upper body and legs, and in 98% of the cases, it is the legs that are underdeveloped. But consider a guy like Markus Ruhl. His thighs look like a pair of zeppelins. In many IFBB shows, he had the biggest quads by far, yet many people are surprised to learn that Markus doesn't do squats at all. Hasn't done them for years. Or look at Johnnie Jackson. He never trains his trapezius muscles separately, yet he has the most eye-popping traps in the game. Genetics man....that's all it is.

TK: So you don't do anything for legs at all?

MK: Well, no...I wouldn't say that. In contest prep mode, I will try and carve more separation and detail in my quads by using lighter weights and high repetitions. As well, I will do drop sets, and supersets. Although I'm not using super heavy weights, it is pretty intense.

TK: Burn, baby, burn.

MK: You got that right! I work it up so that the burn in the thigh muscles is incredible. Make no mistake...it is very punishing.

TK: Can you give us an example of what you would do?

MK: Sure. Here would be a typical contest prep leg workout for me.

Leg extensions – 3 to 4 sets (20 to 50 reps per set)

Smith machine squats – 3 to 4 sets (20 to 50 reps)

Walking lunges – 3 to 4 sets
Leg curls – 3 to 4 sets (20 to 50 reps)
Stiff-legged deadlifts – 3 to 4 sets
Donkey calf raises – 3 to 4 sets (20 to 50 reps)

TK: Wow! That is a lot of exercises, and a lot of reps. I see you do the walking lunges...Ronnie Coleman's specialty.

MK: Yes, they certainly have become more popular because of Ronnie. But „Big Country” is on to something, because they work like a damn. For overall leg and glute development, walking lunges are superb.

TK: So, what is your nutrition like?

MK: Have you ever read the book „Eat Right 4 Your Type” by Dr. Peter D'Adamo?

TK: That's the book that about the blood type diet, no? That certain blood types respond better to certain types of nutrition, and for optimum health and metabolic functioning you should adjust your diet to match your blood type?

MK: Yes...exactly. Well, I follow the blood type diet, and for me it works fabulously well.

TK: So what type are you?

MK: I am blood type A, which means my body responds well to carbs.

TK: No low-carb diet for you?

MK: No way man. I load up. Typically I will eat about 800 grams of carbohydrates per day, with brown rice being the primary source, but also buckwheat, oats and millet.

TK: And protein?

MK: My daily protein intake is about 350 grams. 250 grams of this comes from either chicken or turkey breast, and about 100 grams or so from whey protein. Also I eat a lot of veggies...even in my protein shakes. I will mix whey protein with frozen spinach and flaxseed oil. I love it!

TK: Between the carbs and the protein, plus adding in the veggies, and a bit of fats like the flaxseed oil, I calculate your daily calories to be about 5,000. Is this correct?

MK: Well, if you add the supplements I take on top of that, it would probably be over 5,000. Maybe closer to 5,500. The top IFBB pros like Jay Cutler, Victor Martinez, or Kai Greene typically have about 6,000 calories per day, so I am very close to that. Maintaining and growing a muscle mass of 130 kilos ain't easy.

TK: I guess. What I think might surprise some people is that almost 70% of your daily calories comes from carbs, and only 30% from protein. One would think a guy your size would have a lot more protein.

MK: Yes...this is what people usually think, but, as I said before, a lot of carbs seem to work very well for me. I have managed some very good gains on this diet. The only downside is that high carbs tend to make the muscles appear smoother. It is really hard to get that sharp, deep separation and cuts on a high carb diet...but I am working on that.

TK: You mentioned supplements. What kinds of things do you take, other than whey protein shakes?

MK: I use a lot of glutamine. I add about two tablespoons, or roughly 10 grams, to almost every one of my protein shakes. Also, I use a nitric oxide booster before working out. API's Muscle Assault is great! It is the best training partner I've had!

TK: Anything else?

MK: Well, of course the vitamins. I take extra B-complex vitamins, vitamin C, magnesium, calcium, and a good multivitamin. Calcium is needed for muscle contraction, blood vessel contraction and expansion, the secretion of hormones and enzymes, and for sending messages through the nervous system. Vitamin C is a potent antioxidant, as well as helping to enhance cellular immunity and muscle regeneration. The B complex vitamins are needed for efficient protein, carbohydrate and fat metabolism.

TK: Sounds like you got it all covered.

MK: Well, if you're serious about this game, and want to make progress, you have to pay attention to these things. For me the quality of the supplements is the most important thing, and this is why I am happy to be working with API. I use their supplements exclusively because I know I can trust the quality and effectiveness.

TK: Yes, I use them myself, and they are very good products. So give us an idea of your daily routine.

MK: Sure. Here is what a typical day would look like for me.

08:00 – Breakfast of shake with 2 scoops API Whey Protein, 2 tablespoons (10g) API Glutamine, 1 tablespoon (5 g) API Creatine, 1 tablespoon of flaxseed oil, frozen spinach.

10:00 – Mid-morning meal of chicken or turkey breast with brown rice, spinach and broccoli.

12:00 – Lunch of chicken or turkey breast with brown rice or millet, spinach, carrots and

broccoli.

14:00 – Shake with 2 scoops API Whey Protein, 2 tablespoon (10 g) API glutamine, 1 scoop (5g) API Creatine.

16:00 – Mid-afternoon meal of chicken or turkey breast with brown rice or buckwheat, and broccoli or cauliflower. Vitamins.

17:00 – Pre-workout shake with API Muscle Assault and API Nitrix X tablets.

17:30 – 19:00 – Training

19:30 – Post-workout shake of 2 scoops API Whey Protein, 1 scoop API Creatine Delivery Xtreme, 2 tablespoons (10 g) API Glutamine, 1 tablespoon flaxseed oil, frozen spinach.

21:30 – Dinner of chicken or turkey breast with brown rice or millet, spinach, carrots and broccoli.

23:00 – Pre-bedtime shake of 2 scoops API Whey Xtreme

TK: Where's the Doritos in all that? Ha, ha. Anyway, that's a real bodybuilder diet, if I ever saw one.

MK: What the heck is a Dorito? This is Hungary, remember.....I'm not sure we have those. Anyway, this is just a sample of a typical day, but just like my training, I will mix things up once in a while.

TK: I notice you have API Whey Xtreme right before bedtime, but your other shakes during the day are regular API Whey Protein. Any reason for this timing on the Whey Xtreme.

MK: Yes...there are several reasons. One is that Whey Xtreme has a slightly higher percent of carbs, which is advantageous during the crucial nighttime recovery period. More carbs support greater insulin response, and help maintain muscular glycogen levels during those hours when your body has no regular food intake. Secondly, aside from the whey protein concentrate and isolate in the formula, it also contains milk protein, which is a slower digesting protein. This provides a measure of time-release aminos during the night. Third, it contains glutamine in peptide form, which, once again, has a slower absorption and utilization rate than regular glutamine. It also contains creatine. I use creatine, of course, in my shakes during the day for performance reasons, but let's not forget the role creatine plays in muscle synthesis and cell volumization. This is why it is a very good nutrient to have in your system during the long recovery hours when you are sleeping. Finally, it contains taurine, which is an important nutrient for proper metabolism of mineral salts and fats in the body.

TK: Interesting. It sounds like you have put a lot of thought into your nutrition.

MK: Well, you have to if you are serious about getting a world class physique. Why do so very, very few people in the world have such a physique? Because it is an extremely difficult thing to achieve. It takes a special kind of dilligence, persistence, dedication, and attention to detail.

TK: And a high pain tolerance (laughs).

MK: Yes...that too. But ya know...when I step into the gym, and I look at all those bars and plates at the start of my workout....and I know that it is just me and the iron for the next hour or two....I ain't gonna let the iron win. I will either bend to their will, or they will bend to mine, and I'll be damned if I am gonna let those plates win. I will make them bend to my will.

TK: I presume your will gets a little bit of assistance from those 58 cm (23 inch) arms of yours?

MK: Yeah! Armed and ready! (laughs)

TK: Mihaly...it has been a real pleasure talking to you, and thank you for sharing so much of yourself with us. Very best of luck in the contest in June.

MK: Thanks, and you're very welcome. It was a pleasure for me too.

The End