

I consider a bodybuilder as ~~a~~**N** artist;~~;~~ God gave him a body that he transform**S** into a **masterpiece**. I **WOULD** rather have a photo of Ronnie Coleman, Kai Greene or Arnold Schwarzenegger on my wall than Mona Lisa, ~~if it had the same value~~. Ronnie Coleman is for me more **OF** an artist than Pablo Picasso.

People often look at a bodybuilder**S** and thinks ~~that its~~**IT'S** easy. How many of you ~~can go~~ **HAVE THE DEDICATION TO GO** thRough 30 seconds of voluntarily pain, 100 times every week for over 10 years? Bodybuilding is one of the most demanding sport**S** in the world. It demands 24 hours **DECICATION** every day, every week. You have to eat when your stomach is full, and train no ~~Matter~~ **MATTER** how much it hurts. (**Skriv noget om at sove når andre fester – de ting man er nødt til at fravælge pga. livsstilen**). There ~~is~~ are no excuse**S** for why you shouldn't train that day, you got to ask ~~your self~~ **YOURSELF**, do ~~I~~ I want this more than the guy who is going to stand **BE ON STAGE** next to me?

You might ~~all~~ wonder why people want to do ~~that~~ **IT** to themselves, ~~that's~~ **THAT'S** because in bodybuilding you can feel a success (**jeg ville bruge 'victory' – evt. 'personal victory'**) that has nothing to do with your pedigree (**find et bedre ord**), where you come from or anything (**uddyb ... "or anything" er noget skrammel at skrive**). ~~Its~~ **IT'S** a success (**ville bruge victory igen**) that has ~~all~~ **EVERYTHING** to do with your own ability to work ~~really~~ (**find evt. et bedre adjektiv, evt. grafisk "excruciatingly" eller ligende**) hard. ~~Its~~ **IT'S** a result of your hard work and dedication. ~~Nothing less.~~ **NOTHING ELSE.**

You must have dreams and goals, if you want success in this sport. Its more mental than physical. ~~Don't~~ **DON'T** ever let somebody tell you, you ~~cant~~ **CAN'T** do something. You got a dream, you ~~getta~~ **GOT** **TO** protect it. People ~~cant~~ **CAN'T** do something themselves, they wanna tell you, you cant do it. you want something? go and get it, period. **PEOPLE WILL TELL YOU, YOU'LL FAIL BECAUSE THEY CAN'T DO IT THEMSELVES. DO YOU WANT SOMETHING IN LIFE? THEN GO GET IT! PERIOD!**