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TEXAS INKED



Call me basic, but I LOVE FALL! The cold rainy moist weather and a nice warm fireplace. It is the best time of the year. I also appreciate the fact I can walk out my door and my hair doesn't form a lions mane. Fall brings the best holidays too... Yup yup, Halloween & Thanksgiving!! Fight me if you don't feel the same. I can't wait to cuddle up around the fire and watch football with my boys. It's just something about this time of year that makes you feel like cooking more and getting all of the outdoor chores done without passing out from heatstroke. Anyways I can go on and on about why Fall is the best time of year, but I think you may get it.

This week our Texas Inked Mini Mag brings you a "behind the scene" look into Storm Cantu's and Garrett Madson's journey to the 2020 Kuclo Classic in Dallas, TX. Stay tuned to see how they do!

Our Magazine had taken a hit before the Covid crisis and is working hard to get back to where we were a couple years ago. This mini mag is one step closer, and we have only YOU to thank.

Thank you for the support.

Miss the vendors you support at shows? You can help!

Reach out to them, most have the ability to sell and ship online. They may even have a link to donate.

Here's our links. If you are able to donate please do, if you can't please share! We are in need of a little "bonus" support with the loss of convention season.

We miss you all terribly, and can't wait until we get to visit with you again!

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*PICTURES LINK DIRECTLY TO PROUCT PAGE!

STORIM CANTU

With tattoos becoming more mainstream by the day, it's no surprise we're seeing more heavily tattooed bodybuilding competitors. 10 years ago, it was unusual to see NPC (National Physique Committee) competitors with large surface area tattoos. The NPC is America's largest amateur bodybuilding organization, and the gateway to the IFBB professional league.

More and more competitors are hitting the stage heavily tattooed, and Storm Cantu is no exception. Storm is a north Texas trainer and will be competing this weekend (September 26th) at the 2020 Kuclo Classic in Dallas, TX. It has been a hard training year for most bodybuilders due to gym shutdowns and mandated stay-at-home orders throughout the state. Storm says, "I feel good about this show! Had some unfortunate mishaps in the prep, but I feel like I've done the best I can.

Kinda compromised last minute size for last minute conditioning so let's hope it pays off."

This show is especially important to Storm, as he is attending with his first ever prep-client, <u>Garrett Madson</u>. This will be Garrett's first time stepping on the stage after his first scheduled show was cancelled due to COVID-19.

Storm and Garrett are just a few of the tattooed competitors. Judges are constantly asked if tattoos negatively affect scores. Although they will openly state some tattoos can disguise or hide muscle striations or separation, they do not negatively impact scores. In fact, competitors are typically spray-tanned to a degree where tattoos are barely visible. More tattoos are popping up in women's divisions, even the bikini category!

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What are your stats?

I compete in Men's Physique, Class A. The heaviest off-season weight I've hit is 185, on stage I'll be going in around 173 pounds.

How was your first show?

I did the Kuclo Classic 4 years ago and it was my first ever show. Got a 2nd in novice, but didn't even try for open. My first show experience was nerve racking and was honestly about learning my body and how it reacted to the many variables prep had to offer. My tan was horrible and I was as flat as a pancake! But live and learn.

You've nationally qualified several times. What are your plans from here?

I plan on working with a coach for my firstever bulk to better fit the criteria that national physique requires.

How do you feel about your tattoos on stage?

I love my tattoos. I know if I did any other category it might hinder the judging a bit, but I feel they help me stand out. I don't plan on getting my back and abs touched with ink until after I'm done showing since those spots are notorious for hiding 'the shreds'. I do plan on getting my legs done relatively soon though!

Storm and Garrett are currently in their "peak week", the week prior to competition. It consists of strict dieting and strategic workout plans to look their absolute best on stage.

Be sure to check back to see the follow-up on Storm and Garrett after this weekend!

If you have training inquiries, Storm can be found on Instagram <u>@storm.cantu</u>.







Last Weeks Winner

Willie Ringo Phil Perez

For your chance to win, click the Mr. Nice Guys Logo above