

## Local brothers compete in Indiana State Bodybuilding Championship

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Josh Hurley, 15, and Jamie Hurley, 17, both of Charlestown, recently competed on Saturday, July 31, in the Indiana State Bodybuilding championship held at the convention center in downtown Indianapolis. Both boys competed in the teenage division.

Josh, the youngest competitor in the competition placed second and Jamie placed a very respectful fourth.

The Hurley boys have a strong passion for weight training and made the commitment a year ago to focus on the state championship. The boys train at home in their gym they have named the BOSS DOG GYM under the guidance and instruction of their dad Bill Hurley.

Bill Hurley is a former competitive bodybuilder and knew this was a huge undertaking for such young competitors.

The first step was to line out the nutritional side which consisted of over 150 dozen eggs, 150 chicken breast, 50 pounds of potatoes and countless amounts of green vegetables and fruit every month.

Step two was gearing up with a weight training program designed to pack on the muscle which consisted of about 32 hours in the weight room per month.

Step three was to execute the proper amount of cardio to insure a low body fat level come contest day. The cardio consisted of twice a day sessions at 30 minutes a piece. This meant getting up before school at 5:30 a.m. to start the day!

"I'm so proud as a dad to see them accomplish such a huge task. Although they placed very well in the competition it was much more important to me to see them make a plan and see it through. I think there were a lot of very positive life lessons that came out of this along with many hours of father and son time. These are trying years for lots of teens and their families but we are fortunate to have young men that keep their focus on positive goals. The biggest issue in our home is who is going to cook all this food!," Bill Hurley stated.

He concluded, "Both boys have a personal goal of putting on 25 pounds this year and cannot wait to compete again. Go for it guys, We believe in you and always remember you can do anything you set your mind to."