

## GOING BIG IN LIFE

### ATHLETE INTERVIEW JULIEN GREAUX

» Okay, admit it. You wouldn't mind being Julien Greaux. And why not? The guy has pretty much everything most men who read this magazine aspire to—an awesome physique, functional muscle, an acting and modelling career in Los Angeles and a nice contract with a leading sports nutrition company, BSN. He even speaks several languages.

**DATE OF BIRTH:**  
28th June, 1976

**PLACE OF BIRTH:** Saint Barthelemy, French West Indies

**LIVES:** Los Angeles, California

**HEIGHT:** 1.75 cm

**WEIGHT:** 85 kg

**SPONSOR:** BSN [bsnonline.net](http://bsnonline.net) and Monster Cable [www.monstercable.com](http://www.monstercable.com)

**AMBITION:** To become the next action hero

**TRAINING ADVICE:** Keep it varied and never give up

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JULIEN GREAUX

# KICK-ASS PHYSIQUE AND MARTIAL ARTS!





**D**espite his good looks, Julien didn't get any easy passes in life. He was born in a remote part of the French West Indies, started studying martial arts when he was nine, began lifting weights in his teens and has stayed in shape pretty much ever since.

And we mean in shape. You would struggle to find a more dedicated trainer: Julien doesn't have an off-season, in fact, he rarely has an off-day. He stays close to how you see him here 365 days a year so he is always ready to shoot.

He applied the same work ethic when he moved to America a decade ago with just \$400 in his pocket and a dream in his head. It proved to be more like a nightmare to begin with as he lived with tourists and bums in a shared room of a hostel, doing whatever he could to make a buck.

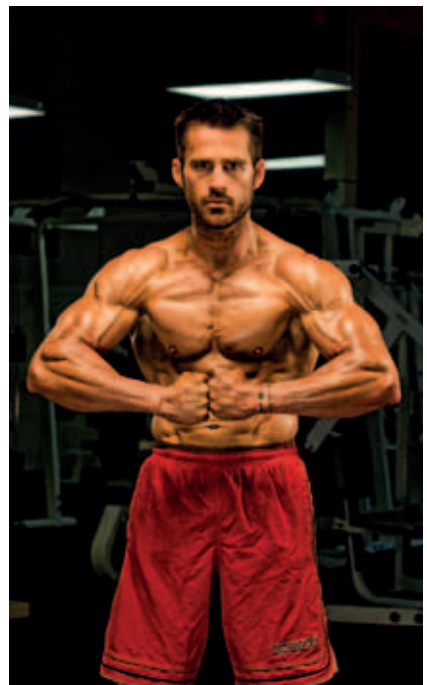
But he persevered and is now one of the best-known models in the health and fitness world, having appeared on the covers of more than 20 magazines, including this one. He uses his kick-ass physique and martial arts background to dabble in acting and he is also a personal trainer, who works alongside British ex-pro bodybuilder Jamo Nezzar at JamCore Training.

**M&F:** *When did you go to America?*

**JULIEN GREAUX:** I came to the United States in February 2002, first to make a name for myself in the fitness industry and also to help me pursue a career in acting.

**M&F:** *How difficult was it to begin with?*

**JG:** It was really difficult. I came with \$400 and I had only one phone number. I knew nobody. When people say that it was easier to move to America than it is today it makes me laugh. Anyway, I want to give a message to all the foreigners that want to live the American dream: be prepared for the fight of your life. Because here in Hollywood where everything shines things are not what you think they are. What I mean is, yes, it's an amazing place to realise your goals and dreams but don't think they are going to come from the sky. You have to work hard to get there.



**M&F:** *Do you enjoy the Hollywood life?*

**JG:** I don't actually live in Hollywood I live in Culver City, which is ten minutes from the beach. I rarely go to Hollywood because I have nothing to do there besides auditions and work. I love Los Angeles, you have everything there you need. So I can see myself staying here, for sure.

**M&F:** *What have you been up to lately?*

**JG:** I have had a lot of meetings with big producers and writers and I just did a really cool commercial for a company called Monster Cable. They liked it so much that now I'm their spokesperson. They have

signed some really big names so that's pretty cool. Remember, I'm French so I can't just play any part! I still have that accent but that's OK and can even be good. Arnold, Van Damme, Jet Li, Bruce Lee all have accents and did okay.

**M&F:** *Do you have any movie work lined up?*

**JG:** I have few things I'm working on right now but I don't want to talk about them because in this business you never know until it's done. But I think we need some new faces in action movies—not necessarily martial artists but guys with charisma and presence on screen. Some new tough guys.

**M&F:** *What do you miss most about France and St. Barthelemy and how often do you go back?*

**JG:** I do miss St. Barts but the lifestyle is way too slow for me. The last time I was there was last summer with my daughter. I need to keep my mind and body active almost 24/7. The last time I was in France was in 1998 for the World Cup.

**M&F:** *Are you still obsessive about your training?*

**JG:** I train harder than ever. I can take an off-season when I'm six feet under. The only thing that has changed with my routine is that I don't train as heavy as I did in the past. This helps to prevent injuries. This business is a marathon not a sprint; you have to last.

**M&F:** *So what does your training involve?*

**JG:** I mix free weights, bodyweight exercises, kickboxing and TRX. I just train a little lighter than before, but remember, I said lighter not light!

**M&F:** *What do you do in a typical week?*

**JG:** Right now I'm doing chest and shoulders on Monday. On Tuesday I do two hours of kickboxing, mixing pad work, sparring and heavy bag work. On Wednesday I do back and arms, Thursday it's legs and on Friday back to kickboxing. I really can't tell you what weights, sets and reps I use because I never do the same thing. If I feel like doing just bench press for chest I will do 15 sets of bench.

**M&F:** *Describe your daily diet*

**JG:** I eat super clean and simple.

**Meal 1:** 6 egg whites, 2 whole wheat tortillas, 1 apple and 2 tablespoons of peanut butter.

**Meal 2:** 2 scoops of Syntha 6.

**Meal 3:** 2 Tilapia fillets, 1 yam, 1 apple.

**Meal 4:** 2 scoops of Syntha 6.

**Meal 5:** 2 Tilapia fillets, 1 yam and 160 g (cooked) broccoli.

**M&F:** *Your martial arts training is geared towards the movies. What do you think of the guys who do it for real in MMA?*

**JG:** I think MMA is an amazing sport, very complete. Those athletes are insane. I love it. For sure it's my favorite sport. It will be bigger than any sport very soon. **M&F**



## THE LOWDOWN

### MY 5 FAVOURITE MARTIAL ARTISTS

1. **Georges St-Pierre**, UFC welterweight champ. A freak of nature.
2. **Clay Guida**, UFC lightweight fighter. The biggest heart in the game.
3. **Dominick Cruz**, UFC bantamweight champ. A cardio machine.
4. **Junior dos Santos**, UFC heavyweight champ. Lightning speed for a heavyweight.
5. Bruce Lee, way ahead of his time.