

Profiles in Muscle

Stephen Frazier

National-Level Bodybuilder and
Muscle Asylum Project Athlete

Compiled by Ron Harris

Profiles in Muscle

Full name: Stephen Ray Frazier

Nickname: Steve

Date of birth: August 4, 1979

Height: 6'1"

Off-season weight: 285

Contest weight: 250

Current residence: Grand
Prairie, Texas

Years training: 10

Occupation: Owner, South
Grand Prairie Fitness Center

Marital status: Married

Children: Son, Miles, 18 months

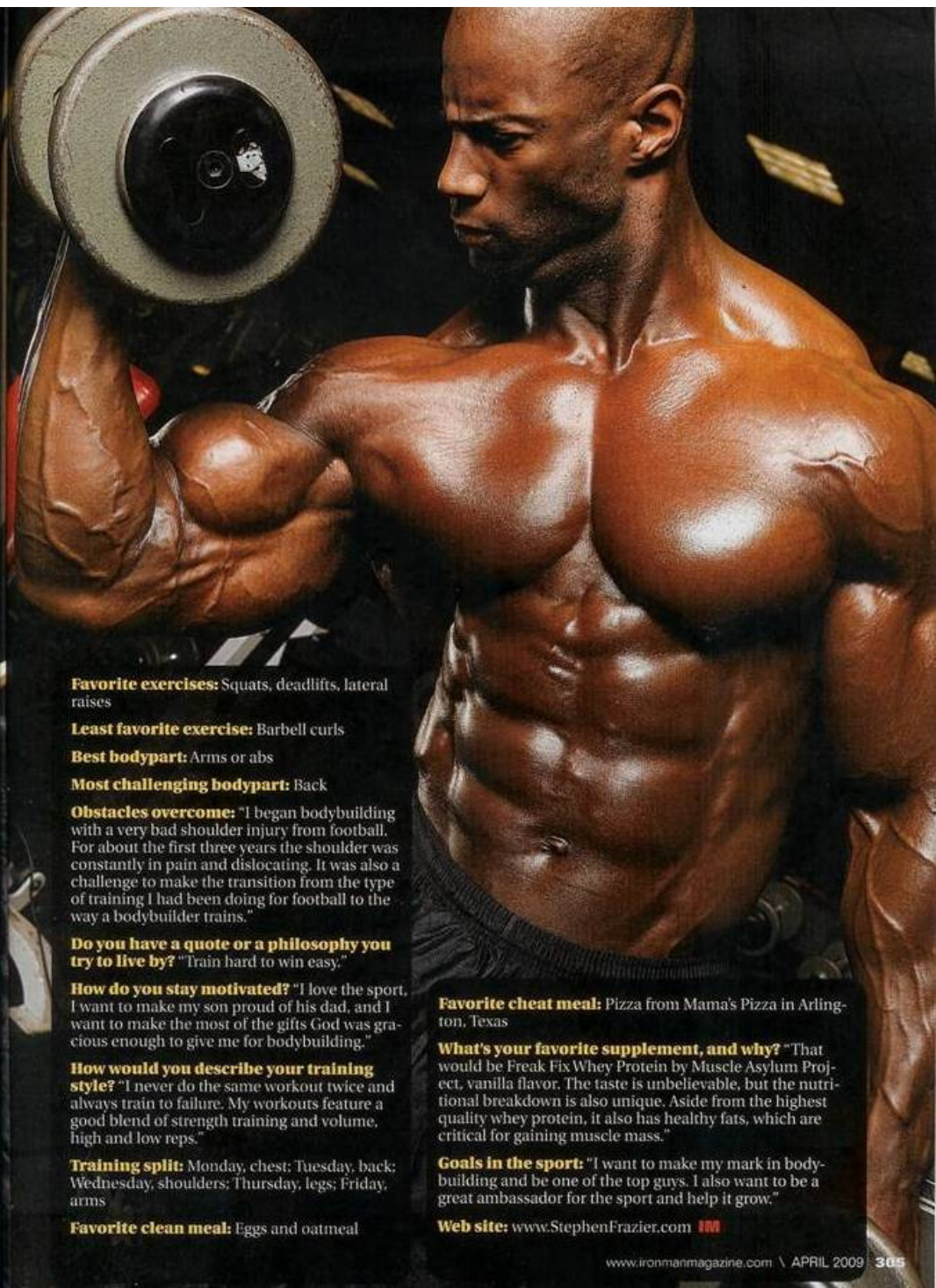
Hobbies: Movies, sports, read-
ing, cooking

**How did you get into body-
building?** "I was playing football
at Texas Tech and training at
Metroflex Gym in Arlington. I had
always thought I was too tall to
become a bodybuilder, but owner
Brian Dobson really encouraged
me to go for it."

**Who inspired you when you
were starting out?** "Lee Haney
and later Victor Martinez—two of
the greatest physiques ever and
also two men who carry them-
selves like champions."

Top titles: '04 John Sherman
Classic Overall champion; '07
NPC Nationals, superheavy-
weight, third

Favorite bodypart to train:
Legs



Favorite exercises: Squats, deadlifts, lateral
raises

Least favorite exercise: Barbell curls

Best bodypart: Arms or abs

Most challenging bodypart: Back

Obstacles overcome: "I began bodybuilding
with a very bad shoulder injury from football.
For about the first three years the shoulder was
constantly in pain and dislocating. It was also a
challenge to make the transition from the type
of training I had been doing for football to the
way a bodybuilder trains."

**Do you have a quote or a philosophy you
try to live by?** "Train hard to win easy."

How do you stay motivated? "I love the sport,
I want to make my son proud of his dad, and I
want to make the most of the gifts God was gra-
cious enough to give me for bodybuilding."

**How would you describe your training
style?** "I never do the same workout twice and
always train to failure. My workouts feature a
good blend of strength training and volume,
high and low reps."

Training split: Monday, chest; Tuesday, back;
Wednesday, shoulders; Thursday, legs; Friday,
arms

Favorite clean meal: Eggs and oatmeal

Favorite cheat meal: Pizza from Mama's Pizza in Arling-
ton, Texas

What's your favorite supplement, and why? "That
would be Freak Fix Whey Protein by Muscle Asylum Pro-
ject, vanilla flavor. The taste is unbelievable, but the nutri-
tional breakdown is also unique. Aside from the highest
quality whey protein, it also has healthy fats, which are
critical for gaining muscle mass."

Goals in the sport: "I want to make my mark in body-
building and be one of the top guys. I also want to be a
great ambassador for the sport and help it grow."

Web site: www.StephenFrazier.com