

## 2008 Ironman Pro Report

Contributed by Flex Wheeler  
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But

the story of the show, rivaling even Heath's newfound size and always superlative conditioning was the emergence of new face and physique Mo Elmoussawi. Now, Mo's not really new as he's been a pro for a few years, but he's new in the sense that he's served notice with his fine showing of 3rd place. I've been saying every year we have an infusion of fresh new blood to stir things up and Mo is assuming that role this season. Silvio Samuel showed Dexter Jackson like consistency with his full round muscle bellies and striated glutes and hamstrings to take a solid 4th. Gustavo Badell recaptured his powerful thickness to bully Silvio out of the way and capture 2nd. If he can tighten up over the next two weeks, he'll be in the running for the top 3 at the Arnold.

### FINAL RESULTS

Johnnie Jackson

## 5th Place

Not the hardest I've seen Johnnie. This beast never lacks for sheer size in the upper body and he didn't disappoint tonight. Traps flowed out of his ears, his chest and back looked like two sides of beef were sown onto both his posterior and anterior profiles. His legs weren't as sharp as they were at the Olympia and he looked to be carrying a thin film of water in the upper body. He'll need to tighten up to stay in the top 6 at the Arnold.

## Silvio Samuel

## 4th Place

Silvio looked great. Fabulous condition and shape, with his customary round muscle bellies and small joints. Looked great in the front double biceps and quarter turn poses but couldn't stack up to the wider, thicker men from the rear. His shredded to the bone serratus and intercostals were highlights. Biceps and triceps, delts and those round, full, thick pecs were outstanding. His sweeping legs were in evidence but the cuts could have been a little more pronounced. This was a tight race and I felt it could have gone either way between Silvio and Mo.

## Mo Elmoossawi

## 3rd Place

What a mover and shaker! I think the best this cat

did was...I honestly can't remember. I don't think he's ever cracked the top five before. He's not a big guy but he has just about everything you could want. Nice peaked biceps and horseshoe triceps, round mellow delts, and chiseled back. His quads have decent sweep and hamstrings have requisite hang. He could use more size overall, but nothing stands out as a glaring weakness or strength. Reminiscent of Ronnie Rockel in that respect. The real knock out punch in his repertoire is conditioning. Next to Phil he was the hardest, most stripped athlete onstage. Superb hams, glutes and lower back. A little more thickness and he will be dangerous player. Congratulations on earning a last minute invite to the Arnold Classic! You deserved it.

Gustavo Badell

2nd Place

The Freakin' Rican brought his freaky-deaky physique back to the stage with the customary thickness he's known for. On the way, he managed to pick up greater pec thickness, too. Humongous arms, deep, detailed back and hanging hams round out his package. The only thing he lacked was crisp conditioning. He just wasn't as tight and dry as the other guys in the top five. But as always, he proved that if the judges are willing to give him a chance, he will fight until the last drop of blood has left his body. Gustavo's mass and maturity are the exact things that Phil lacks at the moment. He has the look of a man while Phil is still growing into his physique. I expect him to tighten up for his date in Columbus. Great job to this never say die warrior for staying in the fight and scrapping his way up to second.

Phil Heath

2008 Ironman Pro Champion

Damn! Damn!

That's all I could say when Heath stepped onstage. This man has been clocking serious overtime since last year's Arnold. I know it's only the first contest of the year, but I'm saying right now that he is the most improved athlete of the year. His competition will need to be superhuman to take that title away. The added size was most evident throughout the back, upper chest and quads. His arms and delts are more powerful than they've ever been. Even his legs showed more sweep and thickness around the knee, plus deeper cuts. With the additional weight, he's better able to present the illusion of greater width. What I'm saying is that he's improved in all the areas necessary to take on the likes of Dexter, Victor, Dennis, and Melvin. His back, a former weak point, showed marked improvement in both width and thickness. The detail was always there, but now he has the size to compare more favorably with the opposition. Frighteningly enough for the competition, along with the added size, he's managed to keep that tight waist and overall flowing lines. His conditioning, one of his trademarks, was superb. Stripped hams and glutes. I had Phil as a lock as no one in the lineup can match his condition and shape. With the added size, he is on the verge of overtaking the guys currently ahead of him.

#### Honorable Mentions

I'm so proud of Omar Deckard and the routine he brought to the stage. He gave the crowd a thrilling, entertaining display of posing that really connected with the audience. Great job Omar! I also want to thank the great Triple H for getting backstage passes for me, my son and my friends to watch him wrestle in the adjacent facility. He was very gracious with my son Darius, taking the time to talk and pose for pictures. It was an honor to see him perform live.

#### SETTING THE STAGE

Phil made good on the potential he showed 2 years ago when he swept the USA. It's only his third year competing in the pros and he already has 3 titles under his young belt. In reality and with all due respect to the other athletes, this was his to win or lose. The real test will come in Columbus and later in the year in Vegas. He'll have enough size to contend with Dexter and he's proven he's more than capable of equaling The Blade's trademark conditioning. Will he have enough maturity and experience to deliver the knock out blow and capture the first really big title of his fledgling career? Man, if I know Dexter-and I do-he will have something to say about it before it's all said and done. Dexter promised that he would be bigger, harder, and drier than ever before. He's never been off so when a man of his caliber makes guarantees, you take notice. This is one helluva a first half that will conclude at the Arnold. See you there!

Best Poser

King Kalami

## FINAL RESULTS

1. Phil Heath

2. Gustavo  
Badell

3. Moe  
Elmoussawi

4. Silvio  
Samuel

5. Johnnie  
Jackson

6. Desmond  
Miller

7. Eddie  
Abbew

8. Toney  
Freeman

9. Troy Alves

10. King  
Kalami

11. Will  
Harris

12. David  
Henry

13. Khalid  
Almohsinawi

14. JoJo  
Ntiforo

15. Ray Arde

Neset Icli

Paul Baker

Dragan  
Paunovic

Mehmet  
Yildirim

Vincent Liu

Ken Jones

Jimmy Canyon

Armin Scholz

Gian Enrico  
Pica

Sergey  
Ogorodnikov

Rusty Jeffers

DeShaun  
Grimez

Alfonso Rio

Omar Deckard

Rodney Davis

Troy Brown

Nathaniel  
Wonsley

Guest Poser

Melvin  
Anthony