



PROFILE - MICHELLE NAZAROFF

Photos below by Jacob Law www.jacoblawphotography.com

Name: Michelle Nazaroff
Date of birth/ star sign: 12th April 1974 / Aries
Birth place: Woolongong, NSW
Country/state you live: Western Australia
Hair colour: Brunette
Colour eyes: Hazel
Height: 178cm
Contest weight: 60kgs
Off season weight: 65kgs
Occupation: CHEK Nutrition and lifestyle coach. Personal trainer.
Attached/unattached: Happily married
Family, brothers, sisters? Mum, Dad, Brothers Mark and Paul, Sister Lehane, Baby girl Sierra Skye.
Do you have pets? Two Great Danes called Flex and Lucy.
Favourite car? Black Hummer
Favourite colour: Pink
Hobbies/interests: Cooking, weight training and playing down the park with my daughter Sierra Skye.
Where do you train? Aqua Jetty Recreation Centre in Warnbro and Pure Fitness Canningvale

When did you begin training and what was your motivation?

I began serious weight training in 2000 after fracturing my neck in a severe horse riding fall. Due to my injury my dreams of reaching the top ranks of dressage were squashed and I was looking for another solo sport that I could excel in and compete on an international level. I met my future husband David Nazaroff in the gym and he introduced me to the world of bodybuilding. I was instantly drawn to the sport as it was

so much more than just a physical sport it was also a mental sport which suited me to the ground as I love a challenge.

You have overcome a very serious medical condition, can you share this with our readers?

Thank you, I was born with mild aortic stenosis, which is an abnormal narrowing of the aortic valve. If the aortic valve becomes narrower than usual, the flow of blood from the left ventricle to the aorta is impeded and left unchecked, this could lead to heart failure. I required urgent open heart surgery in 2004 as my heart was severely enlarged. My doctor said I needed to replace my aortic valve with a mechanical version. He also said I would no longer be able to train with any intensity or even compete. Starting a family would also be quite risky due to the medication I would be required to be on for the rest of my life.

Against all odds I have overcome all these obstacles and achieved all the things I was advised I couldn't including having a family and taking out several figure titles.

How has weight training affected your life?

Weight training has made me a confident, strong woman who knows she can achieve anything in her life.



I recall you used Anthony Robbins books and CD's to get you through the recovery phase after your heart surgery. How important is having the right mind-set when it comes to getting in amazing shape and reaching the pinnacle of the figure world as you have?

Tony Robbins gave me the tools and taught me how to harness the power of decision to turn any dream into reality. I used Tony Robbins' CD's to coach me on how to move and breathe, be grateful, visualise and do incantations. I used these CD's every day during my recovery and I went from not being able to open a bottle of water and being on my death bed to competing at my first bodybuilding show the following year, where I won the INBA All Womens Natural Body Building Intermediate Class Figure Title. I believe having the right mind set is imperative as this is a gruelling sport both physically and mentally. To do it properly and be competitive you must be able to do the much needed hard things every day consistently without fail even when you think you can't do any more or when obstacles are put in your way.

As a young mother yourself, are there any tips you can share to help other mothers manage their day and fit everything in so they can achieve the kind of success that you have?

Have clearly defined and measureable daily, weekly and monthly personal goals and a great routine for both mum and bubs, although not set in stone as we know babies are very unpredictable and demanding the routine must include mums personal goals that need to be achieved.

I had a blueprint of what my ideal daily routine would be and I made sure it met my babies needs first but my health and fitness goals were also met. I planned my days in advance scheduling in my cardio sessions x 2 and my weights sessions at the times around my babies usual feed times and sleep times.

By planning the weeks ahead and documenting the routine, I found I achieved everything almost every day and



Michelle & David have a true passion for the health & fitness industry / Photo by Jacob Law

FIGURE CHAMPION MICHELLE NAZAROFF

my baby got into a great sleeping and feeding pattern. I included my baby in on 1 of my cardio sessions per day which was a 1 hour power walk along the waterfront every morning before her first feed. She loved the fresh air and all the sights. The other cardio session was done on a stationary bike in my lounge room after she went to sleep at 7pm.

You have won some very prestigious titles including the INBA Figure Olympia and the recent Elite Figure Championships. Do you find your condition improves when competing back to back comps?

Yes my condition does improve. I get leaner and harder each show as my preparation is long, slow and done in an extremely healthy manner. I do not cut calories very low as I believe in eating a lot and ensuring I get an extreme amount of live nutrients from all food sources. I do a lot of work to compensate for my high calorie intake.

Can you share your typical training week with our readers?

On season I perform 2 x 1 hour cardio sessions per day and I do 1 pilates and 1 yoga session per week along with my resistance training of 5 days per week. Off season my cardio drops to 2 x ½ hour sessions per day and everything else stays the same.

Resistance training

Monday – Arms
 Tuesday – Legs
 Wednesday – Shoulders/ calves
 Thursday – Rest
 Friday – Back
 Saturday- Chest/hamstrings

Abs are included in sessions 3 times per week. All exercises are trained slowly and deliberately with perfect form at all times. I train heavy and reps are between 10 to 15 but on legs the reps range from 15 to 30. Exercises are continually changing so the body never fully adapts.

How important do you feel cardio work is to achieve success in figure events?

It is very important as it enables you to keep your calories higher during the diet phase thus making your diet more nutrient dense. It also makes your legs and glutes harder and tighter showing off far more detail. The benefit to your cardiovascular system is also worth a mention.

How much cardio do you include both off season and pre contest?

On season I perform 2 hours per day Mon to Sat and 1 hour per day on Sunday. I split my cardio up over 2 sessions and I change it up constantly using the treadmill, stepper, x-trainer and bike. I also do some beach work weekly. Off season I perform 2 x ½ hour sessions 6 days per week to keep my fitness up year round and again I am always changing it up to keep the body guessing.

Do you feel all women should incorporate weight training into their exercise program?

Yes most definitely, as it builds a strong sexy body and has so many health benefits. Also most women want to decrease body fat and as we all know weight training increases our lean body mass and increasing our lean body mass speeds up our metabolic rate so we burn more calories at rest which is great for fat loss.

The one exercise you feel everyone must do?

I believe all exercises are equally important to build a strong



balanced body.

Do you believe you have to lift big weights to build muscle?

I do train heavy and hard without sacrificing form. I use progressive resistance within my workouts



Michelle's amazing V-Shape Photos by Jacob Law

How important to you is strict form when working out?

It is so important as in Figure we must present a well muscled but balanced shape and strict form ensures no muscle group is over developed and injuries are kept to a minimum.

Your best body part?

Well balanced detailed back.

Anything you would like to improve?

I would like to keep growing and developing all over but am really focusing on shoulder and leg strength at the moment.

Any special training techniques you would like to share with readers?

I believe in training hard with high intensity and find the basic exercises to be most effective. These include squats, lunges, rows, chin ups and presses. The mind must be engaged at all times and 100% effort is given to every workout.