



HE SAID WHAT?!

Brains mashed “bigly” when we hopped into lab with none other than one of our sports top diet gurus to the Olympian’s, Chris “The Technician” Aceto (@therealtechnician). Chris typically shies away from the limelight, so you’re in for a treat (macro balanced, of course!) this time as we picked his massively blubbered brain about life and bodybuilding. Enjoy this special installment of “He Said What!?”

Who personally has more apartments: you or Trump?

Our president wins this by a mile. OK thousands of miles. However, none of my buildings or properties have ever gone into receivership. It's odd that the stereotypical idea that casinos "always win" failed to ring true in his case. When you have all your skin in the game, you make decisions where you limit the downside risk. If you are playing with other people’s money, you can take enormous risks and become reckless. Trump has hit major home runs and experienced a previous dry streak where he was in a slump. He is in the major leagues while I am in little league trying to hit singles, even bunt the ball and try my best not to get hit by the pitcher in the head. Real Estate, like anything, is not easy.

Do you fly first class or coach? What about it makes it worth the extra cost or savings?

Coach. Even when someone wants to pay for me to fly first class. You can make money by leveraging assets like in monopoly or by saving it. No one ever went broke saving money.

Despite your vast real estate holdings, you are an understated man. Where do you buy your clothes and what kind of car do you drive?

I buy clothes at Walmart and JC Penney. I still had a jacket Jay Cutler gave me 12 years ago until Cedric McMillan recently stole it from me after his Arnold win. He said he was tired of me trying to look like I grew up in the country.

I drive a Mercedes from 1995. I bought it from the dealership and rarely drive it in the winter. Otherwise, it's a Toyota Highlander, which is leased. The Mercedes though, is in tremendous condition. I believe the only person who made fun of me driving it in my Walmart clothes is Shawn Ray.

Our president, Donald Trump, attempted to ban Muslims from certain countries from entering the United States. Our sport is global, united under one barbell. You are a Muslim. How do you feel about this?

How did that work out for him? He promised in his campaign a, “complete ban on all Muslims and asked Rudy Guliani how to make it legal.” That’s what was likely next: after banning some, to ban them all. My concern is that, should something horrible happen in the USA with regards to terrorism, our President will be an inciter against everyday Muslims rather than a protector.

Best invention ever: microwave or meal prep delivery?

Microwave. Anything George Jetson-like I love from microwaves to Skype; phones and robots. When the flying car is invented I will retrofit my Mercedes and only Shawn Ray will say, "What a crappy flying car"

As big as the Arnold Sports Festival in Columbus is, why do you think their prize money is low? Is that the reason why their lineup in the past few years has been less than stellar?

It's low by choice. People have to make money. The Arnold is not a charity event and I don't know their numbers of course, but if you want great line ups, you need to provide great money. I always use the example of Mike Francois winning the Arnold in 1995. He probably took home 100K while Cedric McMillan pocketed 130K 22 years later. You could get a whole lot of house for 100K in Columbus Ohio 22 years ago where as 130K wouldn't go that far today.

In other words, over time, the prize money seems flat. In defense of their lineup, they have had all the big names in Ohio the last few years: Kai, Cedric, Rhoden, Roelly, Branch, and Dexter. Ohio could use more money, yes, but certainly the Arnold Shows abroad, in my opinion, need to push up the prize money to make it more attractive for marquee name bodybuilders to prep for multiple shows each year.

And just 'cause Phil Heath banks a serious 400K a year at the Olympia doesn't mean the prize money can't go up for the guys who are 6th thru 10th. If you aren't sure it's a money thing then cut the Olympia and Arnold Prize money by 2/3rds and let's see who shows up. And when they do, you're not gonna be happy with how people look.

Chad is the first OG (original guru). Why do you think you're better than him?

It's hard actually to one-up someone who prepped Coleman and Flex Wheeler. In addition, his wife not only won Olympias, but transitioned very successfully to figure. That's kinda mind boggling in itself. I once called Chad and I think he was yelling at his kids so maybe I am a better parent! (laughs) Chad also looks like he buys off the rack from Walmart, too. The only designer stuff I see him in is NPC Wear.

How come your on-air co-host and former national-level NPC bodybuilder, Dave "Jumbo" Palumbo, isn't that well liked in our industry?

Because he is extremely talented, and exceptional at what he does.

If you had to pick a favorite bodybuilder out of all the ones you've worked with past and present, who would it be? Again, you can only pick one.

It's Jay Cutler because, besides all his wins, his character is what has and will cement his Legacy in this sport. He is not "good with people"—he is simply good. We all see that and respect that and need more of that in the world.

If Shawn Ray and Phil Health were both at their best -- personal biases aside -- who would take the show?

Phil. When Phil is totally on the money, he has some dominant cartoon like shots. He is heavier, harder with more ruggedness to his body than Shawn. That said, I am not sure any NPC overall winner dazzled the crowd like Shawn Ray did in 1987 in Atlantic City. I was there. He was peeled, full and unbelievable. I stayed at the now defunct Trump Castle. Never imagined I would be in real estate or that Shawn would be obsessing about my car or that Trump would lose all the hotels in Atlantic City bearing his name only to win the White house.