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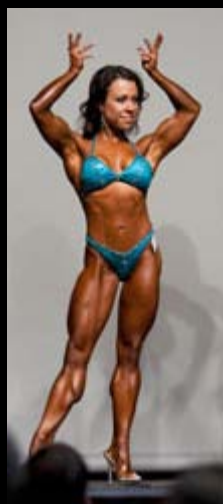


Our Amateur Fitness Competitor of the Week stands out from the crowd. [SIGN UP!](#)



Sara Picken-Brown

VITAL STATS



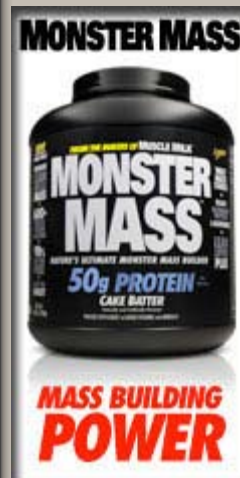
- Name: Sara Picken-Brown
- E-mail: sara@pocketrocketproductions.com.au
- Age: 32
- Where: Melbourne, Australia
- Height: 5'0"
- Weight: 41 Kg Competition 46 Kg Off
- Years Competing: 10
- Favorite Bodypart: Legs And Shoulders
- Strongest Bodypart: Legs
- Favorite Supplements: Body Science BCAA's, Body Science Lipoburn, Body Science Multi-Vitamins, Body Science Creatine Ethyl Ester, Body Science Cardio-Active
- Measurements: 34.5, 28, 32.5

How She Does It

How Did You Get Started?

I started weight training when I lived in London as a way of keeping my weight managed while I was [recovering](#) from [stress fracture](#) sustained during my classical ballet training. At first, I started going to [Cycle classes](#), but was bored and soon gravitated toward the weights room. My boyfriend at the time was always [weight training](#) and so he showed me a few of the basics. I loved it so much I have not looked back, that was 10 years ago. I started to take my training very seriously when I came back to Australia and started my [Personal Training certificate](#).

I started training with an ex-New Zealand Figure Champion at the first gym I worked at and she taught me valuable lessons about the sport and about weight training. I have so much to thank her for. I learned the most valuable lesson of



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Did you know?
[Enter our contest](#) for
Fitness Competitor of
the Week! Win prizes
and become famous!

all, getting tough and beating the psychological barriers with [nutrition](#) and training.



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Sara Picken-Brown.

What Workout Plan Worked Best For You?

Currently my training looks like this; I am a few weeks out from a show, [cardio](#) each day for approx 45mins:

TERMS YOU'LL NEED TO KNOW

[Drop Sets](#) - Also known as strip sets, drop sets involve the immediate reduction of weight between sets with no rest. This will thoroughly burn out a muscle.

[[Learn More About Reading Workout Logs](#)]

Monday - Shoulders:

- [Dumbbell Shoulder Press](#): 6 Sets Of 8-10 Reps Increasing In Weights
- [Dumbbell Lat Raises](#): 6 Sets Of 8-12 Reps
- [Rear Delts Cable](#): 6 Sets Of 10-15 Reps

Get A Printable Log Of The Shoulders Workout.

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Get A Printable Log Of The Shoulders Workout.

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Wednesday - Back:

- [Wide Lat Pulldown](#): 8 Sets Of 8 Reps Increasing In Weights
- [Seated Row](#): 6 Drop Sets Of 10-12 Reps
- [One Arm Dumbbell Rows](#): 4 Sets Of 8 Reps, 3 Drop Sets Of Each

Get A Printable Log Of The Back Workout.

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Thursday - Arms:

- [Dumbbell Bicep Curls](#): 6 Sets Of 10 Reps
- [Barbell Curls](#): 6 Sets Of 6-8 Reps
- [Triceps Bar Pushdown](#): 6 Sets Of 8 Reps
- [Close Grip Bench Press](#): 6 Sets Of 10-12 Reps
- [Close Grip Pushups](#): 4 Sets Of 20 Reps

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Get A Printable Log Of The Arms Workout.

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Friday - Hamstrings & Calves:

- [Single Hamstring Curls](#): 4 Sets Of 15 Reps
- [Deadlifts](#): 6 Sets Of 8 Reps
- [Calf Raises](#): 10 Sets Of 15 Reps

Get A Printable Log Of The Hamstrings And Calves Workout.

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Get A Printable Log Of The Hamstrings And Calves Workout.

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Saturday - Chest:

- [Dumbbell Flies](#): 6 Sets Of 6 Reps
- [Incline Dumbbell Press](#): 6 Sets Of 10 Reps
- [Machine Press](#): 4 Sets Of 12 Reps
- [Cable Crossovers](#): 4 Sets Of 15 Reps


Get A Printable Log Of The Chest Workout.

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Get A Printable Log Of The Chest Workout.

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Sara Picken-Brown.

What Nutrition Plan Has Worked Best For You?

I like to eat clean all year round and I believe that carbs are so very important to support your body's ability to burn fat and train hard. So an average day will look a little like this:

Breakfast:

- [Rice Or Sweet Potato](#)
- [Organic Eggs](#)

Morning Snack:

- My Special [Sweet-Potato](#) Tea Cake, Which Has Dried [Fruit](#) For Natural Sweetness
- [Black Coffee](#)

Lunch:

- [Protein](#) ([Chicken](#), Or [Fish](#) Or [Steak](#))
- Green [Veggies](#)

Snack: Pre Training

- [Protein Shake](#)
- [Pre Training Supplements](#)

Snack: Post Training

- [Protein Shake](#)
- [Post Training Supplements](#)


Afternoon Tea:

- [Apple](#)
- A Handful Of [Organic Almonds](#)

Dinner:

- Meat ([Salmon](#) Or [Chicken](#))
- [Green Salad](#)



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Sara Picken-Brown.

What Supplements Have Given You The Greatest Gains?

[Chromium picolinate](#), cardio active and [L-Glutamine](#) are the most beneficial supplements I have found.


Why Do You Love Fitness?

I love the empowerment that leading a healthy and energized lifestyle gives. Being a figure athlete gives me direction with my [training](#), with my [nutrition](#), and really is both mine, and my partner Perry Venakis' life. I love working with people to help them achieve their [goals](#) and I am so honored that people are inspired by what I have achieved. I also love that despite being very small in stature, which in most sports is a negative, in bodybuilding an athlete's [symmetry](#), proportions and balance are what count. If anything being smaller in stature is an advantage.

What Motivates You To Follow A Healthy Lifestyle?

Feeling healthy, [strong](#), energetic and the [stress relief](#) a good training session provides are the most important aspects that [motivate](#) me to leading a constant healthy lifestyle. I also know that by leading a healthy lifestyle now, I will ensure that as I get older I will continue to be strong, healthy and energetic. Weight training is one of the best anti-ageing secrets out there so I plan to continue to be in great shape as I get older. I also plan to be a long way ahead in the prevention of the onset of the usual age related [illnesses](#) and problems many women face who do not take their health as seriously as they perhaps should.



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Sara Picken-Brown.

What Made You Want To Achieve Your Goals?

Pushing my boundaries and setting life changing challenges.

What Are Your Future Fitness Plans?

I have a number of [shows](#) coming up in the next 12 months- NZFBB Elite show NZ, IFBB Victorian and IFBB Nationals. I am very excited to have been invited to represent Australia in Amateur Figure Class at the Arnold Fitness Classic in Ohio. That really is a big dream come true...after that...well, we shall see, but there will be more I promise...

What One Tip Would You Give Other Fitness Competitors?

A tip for all the [girls](#) who [train](#), keep doing it, challenge yourself to lift heavy and be consistent no matter what is going on in your life. Weight training can be your stress relief, your anger management, your problem solving and your relaxation as well as your fun. There is never any good excuse to miss a session, because

the one you miss, you never get back.



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Sara Picken-Brown.


Who Are Your Favorite Fitness Competitors/Bodybuilders?

[Monica Brant](#) is an all time favorite inspiring athlete, [Jen Hendershott](#) is also one of my all time favorite performers and athletes, more recently [Gina Aliotti](#) is a figure girl who is quite inspiring in terms of her conditioning and proportions.

What Features Do You Use On Bodybuilding.com?

I have a [BodySpace](#) profile and I love that this connects like-minded people globally, it is fantastic, and I use the [store](#) regularly for [tan](#), supplements and [training apparel](#).



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Sara Picken-Brown.

[BodySpace](#)

<http://bodyspace.bodybuilding.com/sarapocketrocket/>

You Could Be Our Next Amateur Of The Week!

AMATEUR OF THE WEEK

Male Amateurs.

No longer content to sit on the sidelines? These guys & gals have gone from wimp to ripped!

FITNESS AMATEUR OF THE WEEK

Fitness Amateurs.

Done with giving excuses, these ladies have given themselves the bodies they always wanted!

TEEN AMATEUR OF THE WEEK

Teen Amateurs.

These amazing teenagers have made changes in their lives that most adults only dream about!

OVER 40 AMATEUR OF THE WEEK

Over 40 Amateurs.

Age is no excuse for these over 40 men & women who have decided to feel and look young again!

More Profiles:

- :: [Current Fitness Competitor Of The Week.](#)
- :: [Other Previous Fitness Competitors Of The Week.](#)
- :: [Amateur Bodybuilder Of The Week.](#)
- :: [Over 40 Bodybuilder Of The Week.](#)
- :: [Teen Bodybuilder Of The Week.](#)

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