



MANUELA EPITOMISES PASSION. THIS STUNNING COMPETITOR PROVES THAT WHERE THERE IS A WILL, THERE IS A WAY - JUGGLING AND FITTING SO MUCH INTO A SINGLE DAY SEEMS SUPERHUMAN. NO STRANGER TO THE STAGE, MANUELA WILL BE ON THE WBBF STAGE AGAIN THIS YEAR, TAKING HER INCREDIBLE PHYSIQUE TO NEW HEIGHTS. MUSCLE EVOLUTION TOOK SOME TIME TO GET TO KNOW THE DYNAMIC AND STUNNING MANUELA INCENDIARIO.

If you had 60 seconds to describe yourself, what would you say?

I am a passionate, sexy, competitive family girl; a hot-blooded Italian. I am a perfectionist with a purpose; a hopeless romantic. I am hyperactive and crazy about health and fitness. I am an extremely caring people's person; incredible motivator. I am positive and always smiling and happy while making the best of every precious moment in life!

What is your scariest, cutest and best personality trait?

- **Scariest** - Too much energy that could be perceived as "hectic" around calm people.
- **Cutest** - A dimple on my cheek when I smile.
- **Best** - I am positive and always go out of my way to help people.

What is your favourite quote?

The one and only: Carpe diem: Seize the day.

You are in amazing shape, and no doubt many women want to look like you. More specifically, many men probably want to try their pick-up lines on you! What is the worst pick-up line that was ever used?

I was approached by a guy at gym saying I was making him a very "holy man". I asked why and he said that in his religion (Judaism) every time you see something beautiful you pray, so hence I was making him holy... so he hoped to see me often!

Do you get many speeding tickets? Because you have FINE written all over you. (Is this now officially the worst?)

Almost... like this one: I hope you know CPR, because you took my breath away.

Okay, let's get down to business before we end off with some more fun. Everyone talks about getting into shape. When did you first start training and why?

Throughout my younger years I played numerous sports. I continue to be active in my daily routine by running, gymming, kickboxing, attending

Manuela

INCENDIARIO

ATHLETE STATS

Name: Manuela Gabriella Incendiario

City: Bedfordview, Johannesburg

Profession: Cosmetologist, lashologist, UK & USA-certified permanent cosmetics artist with 13 years' experience. I run Flawless Cosmetics, a permanent make-up business. I have also been lucky to channel my passion for health and fitness and practice as a certified Bootcamp instructor, run weight-loss challenges powered by Sport 24 Herbalife and I am a professional trainer at Wellness in Motion, Sandton. I also run my own fitness company, 4 Ever Fit, specializing in online and nutritional coaching, contest prep, posing coaching and retail.

Training since: 2010

Competing since: September 2010

Height: 1,75m / 5'9

Competition weight: 60kg

Off-season weight: 65kg

TELL US A BIT ABOUT YOUR COMPETITIVE ACHIEVEMENTS?

2010:

- Miss Body Beautiful Figure – 1st
- Miss Body Beautiful Bikini – 3rd
- Miss Fitness SA, Figure – 4th
- Fame model search – Achieved Pro status & placed 2nd
- USN Face of Fitness – Top 6

2011:

- WPF Universe 2011-Napoli, Italia – 2nd
- WPF SA CHAMPS 2011 – in Welkom – 1st
- WPF Gauteng Provincials – 1st
- IFBB SA CHAMPS 2011 – in Cape Town – 4th
- IFBB Gauteng Provincials – 4th
- Miss SA XTREME – Winner – over 1.68cm
- IFBB Van Der Mescht Classic- Body Fitness – 2nd

2012:

- WPF Rossi Classic Figure tall class – Winner
- Miss SA XTREME IFBB Over 1.68cm Figure – Winner
- Gauteng North IFBB Provincial - Figure over 1.68cm – Winner
- IFBB SA CHAMPS – 5th
- Rossi CLASSIC WPF 2012 - Miss Physique tall class – Winner

2013:

- WBFF UK / Europe Nov 2013- O2 Arena - Fitness Diva division – 4th
- WBFF South Africa - Fitness Diva division – 5th

“Being healthy is an amazing feeling and motivates me to continue entering fitness competitions.”

Bikram yoga classes and wakeboarding. Then, in January 2010 I started dieting, and planned for my first show in September 2010 where I won and ever since then I have been addicted.

Training is one thing, competing is another altogether. How did you get involved in the sport, and what motivated you to step onto stage for the first time?

From the age of 15 - 20 I competed locally and internationally in more than 100 pageants (thanks to my amazing mom). These included Miss Teen SA, Miss Italia nel Mondo in Parma Italy, Miss Intercontinental in Germany, World Championships of Performing Arts in the USA. So 10 years later I set a goal, built lean muscle and made a comeback on stage... the rest is history.

What kept you coming back to the stage each time?

My focus shifted and after each show I took my training and body to a new level. Working with many different training techniques and diet strategies, I have applied both my energy and mind to achieving my targets for my physique. Being healthy is an amazing feeling and motivates me to continue entering fitness competitions.

What can we expect from you in the near future? And which show will we see you at next?

I am super excited to be a WBFF competitor and will be competing internationally at the WBFF Denmark on the 10th May, and a few more shows in the WBFF in 2014. I plan to grow my brand and challenge my body to be the best it can be.

Who is your favourite competitor?

So hard to choose - Andrea Brazier, Lindsay Messina, Jen Jewel, Nadine du Toit and Angeliqve van der Linde.

Let's have a look at how you eat and train to be in the incredible shape you're in.

How does your diet change between competition and the off-season?

My ratio of macronutrients changes from the various stages in my prep... so during "building season" (there's no off season) my coach increases my carbs so that I have the energy to train and perform better and that the carbs aid in hypertrophy. I also allow myself more regular "off/cheat meals" to keep the metabolism firing and boredom at bay.

How important is eating when it comes to sculpting a physique like yours? Is it possible to look like you and not be strict about your diet?

Absolutely not! Im afraid, as the saying goes, it is 70% nutrition and 30% training. I prepare my meals daily with the assistance of my dad's restaurant Da Vincenzo and plan every meal so I'm never stuck without a meal and resort to the wrong foods. My motto is "failing to prepare is preparing to fail". #Fact

How often do you cheat, and what is your favourite cheat meal?

It depends on where I am in my show prep and my condition but generally once or twice a week... depends on my coach Nathan Harewood.



I am a pescaterian so my best cheat is sushi – a fat juicy hand roll with caviar and mayo, or a delicious fresh seafood pasta made by my dad of course.

And red velvet and cheesecake with cream cheese icing... yum!

What does a typical day's meals look like?

I'm currently prepping for WBFF Denmark in a month's time - **so pre contest diet is as follows:**

- Egg whites & cashews & berries
- Rebuild strength whey protein & oats
- Salmon & spinach
- Fish, pak choi & coconut oil
- Chickpeas and veggies
- Fish, chia seeds & asparagus
- Lots of water & home brewed chai tea with stevia

When it comes to diet, what is your top tip for women looking to take their physiques to the next level, or looking to take the leap and start competing?

1. Build muscle - muscle plays a huge role in raising metabolism.
2. Hire a reputable, reliable, patient coach to assist you in your journey and guide you in doing it in the healthiest way.

Which supplements do you use, and if you had to choose the absolute essentials, what would they be?

I'm using Sport 24 from Herbalife, and I am huge on antioxidants, amino acids, micro minerals and raw whole foods for the enzymes and other beneficial reasons.

When it comes to training, what would be your number one tip to women looking to get onto stage?

Symmetry is a huge component when it comes to comparing physiques so focus on your calves, bubble butt, abs and shoulders. Also, take time to find the right outfits and accessorize, and remember to create an elegant but electric stage presentation: "first impressions last!"

What style of weight training and kinds of cardio do you do, and how often and how long? How does this differ on and off season?

It depends entirely on what stage of preparation I'm at and how much long slow duration cardio/HIIT is needed to lean out, but I normally train 5 or 6 days a week – and twice a day. Cardio and weights are always split up.

Then in my weight sessions I do

- 2 days legs (Hamstring /Quad dominant) with my leg coach Scott at The Yard Athletic
- Total back
- 1 Plyometric and boxing session
- Shoulders, triceps and abs.
- 1 x Bikram yoga per week
- 2/3 Posing sessions

Your number one tip for women working with weights?

Form! Go slow on the eccentric and create

"My number one tip for women working with weights is form! I always suggest creating a base foundation with your training so you can prevent injuries."



a mind-muscle connection.

I would always suggest creating a base foundation with your training so you can prevent injuries. I use resistance bands a lot and do stability and flexibility training before and after most sessions. This creates a good balance for strength and power.

Talk us through a typical day for you. How do you fit everything in?

I normally wake up at 3:30am, then start my first personal training client at 5am, have clients until 8/9am and then sneak in my cardio which is normally an hour.

Then I have another two clients and do a few errands or attend scheduled meetings and fit in a power 45 min intense weight session. I then schedule in Flawless Cosmetics clients in from around 1pm to 4pm. Some days I go back to Wellness in Motion for some evening clients. I also run weight-loss challenges and host a bootcamp on Thursdays and Sundays. Most evenings I do admin until 10pm for my online personal training and clients.

I believe when you love what you do juggling life becomes easy... hard work pays off!

LET'S HAVE SOME FUN...

Pick one:

- **BMW or Mercedes?** BMW
- **Rio de Janeiro or Bora Bora?** Been to both so Bora Bora hands down
- **Dog or cat?** Both, I love, love, love all animals
- **Squat or leg press?** Bootylicious Squats!
- **George Clooney or Brad Pitt?** Brad Pitt, especially when eating peanut butter in Meet Joe Black

A one-liner joke you can share quick?

If you're looking for a good time get a good watch.
 Q: What do you call a bear with no teeth?
 A: A gummy bear.

What is the craziest thing you've ever seen in a gym?

I caught a glimpse out the corner of my eye of a guy dancing and admiring his moves in the mirror between sets, and when I turned to look at him, he was passionately pumping out a song on his imaginary "air guitar".

When you are not working or training, what do you enjoy doing?

Spending time with family and friends, going to the Vaal river and wake boarding and watching Formula One.

What is your idea of the perfect holiday?

A culinary holiday in Italy with the most amazing fine dining and delicious Cabernet Sauvignon Red vino... and skiing in the snow capped mountains with great company!

If you could press a button now and be transported to any place on earth, where would that be?

Venice in Italy (at the time of the Venetian carnival).

Your favourite car?

Enzo Ferrari.

What is your favourite type of music? Do you ever sing? Do you sing in traffic?

Depends on my mood. hip hop, dance, Coldplay, U2... I sing all the time but never know the words. I have a thumping sound system in my car with personalised Rockford speakers so the traffic remains entertained!

What is the ideal man's physique?

Tall, dark and handsome with great legs and butt... and no beer storing in the belly.

Who is the hottest guy alive?

So hard to choose. Tatum Channing and Ashton Kutcher.

What is the sexiest trait in a man?

Confidence and honour.

And the sexiest in a woman?

Sincerity and unconditional kindness.

What do you think makes the ideal woman's physique?

Being healthy on the inside will reflect on the outside. A fit, healthy sexy body is amazing.



Any famous last words?
**La vita e un sogno:
 Life is but a dream.**

How do we find you?

www.4everfit.co.za
www.flawlesscosmetics.co.za

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