



**METABOLIC
PRECISION**

THE COMPLETE BODY TRANSFORMATION SYSTEM

Inspirational People

Josh Dickinson, an exceptional individual!

25-Feb-2010, Dr. Paul J. Cribb

www.metabolicprecision.com



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If you have competed in any type of physique competition you'll know how all-consuming it gets. There are no half measures, you have to be completely devoted to the end result that steps on stage. The commitment to endless hours of preparation; meals, the workouts, exercise and nutritional program design, then there's the presentation; learning the poses, routines and the logistics of competition. Drug free competitors create their physiques without a safety net - mistakes, lack of knowledge or planning show up right away.

You may not realize it, but drug-free physique competitors are without a doubt, the hardest working athletes in any sport in the world.

Now imagine competing at the elite level for the last 9 years while building your own personal training business from scratch. Add to that, a lovely wife and beautiful daughter you also devote love and time to - to me that's an exceptional person.

The fellow I'm about to introduce you to has placed runner up in major competition each year for the last seven years! That is until last year. In September 2009 he cracked the big one. Let me introduce you to Josh Dickinson, 2009 Mr Australia (INBA – International Natural Bodybuilding Association).



In the fitness industry, I'd known of Josh for a number of years, he is a prolific writer and has built a very successful personal training business. Josh is now based in his wife's home town, Wodonga, VIC. I was genuinely thrilled when Josh drove all the way down to Geelong to join the team and complete Metabolic Precision certification.

I was even more pleased when Josh told me straight up, after finishing the MP course, he was going to follow MP to the letter for his assault on the 2009 Australian INBA title.

INBA utilizes the World Anti-Doping Agency (WADA) for all its testing - the same agency the IOC (International Olympic Committee) utilizes. Therefore, INBA's policies, procedures and resources to catch cheats are among the best in the world. Josh is a life-time drug free bodybuilder - he knows how to get into shape. However, Josh chose to commit 100% to the MP program for his 6 month preparation (yes, drug free competitors require at least 6 months).

Also, bare in mind it's not as though Josh has lots of time to devote to competitive bodybuilding. Right throughout the process, Josh's typical working day running his personal training business would easily last 12-16 hours. He has a large, loyal client base. The only problem with Josh is he's enthusiasm and passion are infectious - once someone starts working with him, they never want to leave!

Josh and I worked together via email. As months went by, Josh sent through comparison shots of his physique - the same time 12 months previously alongside how he was looking now following MP. Josh was real excited, the changes were dramatic. At each stage, he was bigger, leaner, stronger and healthier than he'd ever been before.



As the contest drew nearer, Josh just looked better and better.



(Josh is going to kill me when he sees I've added these shots, they were never intended for publication - hence the nice underwear! But hey, seriously, check out the guy's physique - drug free, incredible!)

Via regular email consultation, we use the Metabolic Precision system to bring Josh in at his best-ever condition (see below) and clinch the gold medal that had eluded him seven times previously.



“When I turned up to the Australian titles this year, some people that know me were asking what the heck had I been doing – they said I looked incredible!” Josh said. “Even the judges couldn’t believe the improvements I’d made.”

“I knew exactly why – I’d been following MP religiously for the last 26 weeks,” smiled Josh.

Josh then went on to place a very respectable 4th at the Natural Mr Olympia – the pinnacle of international competition for drug-free bodybuilders. Throw in the fact Josh has also just opened up a brand new personal training studio. You get the feeling it’s been a pretty big 12 months for Josh.

Many elite bodybuilders are one-dimensional, they only focus on getting themselves into great shape. But the more you learn about Josh, his quality and character as a person shines through. In complete contrast to most elite bodybuilders, Josh is one of the most dedicated, conscientious and meticulous personal trainers I’ve ever had the pleasure of working with.

Just take a look at some of the jaw-dropping results Josh gets with his clients. One look and it’s clear this takes a special kind of attitude and dedication to the profession – a care factor that’s way above and beyond the regular professional relationship with clients.



start MP 1 - 3 june 09

start MP 2 - 4 nov 09

end MP 2 - 3 feb 2010

Josh's client Bernie at 67 years of age lost over 4 cms from his waist and gained about the same across his chest after two MP programs. Those two measurements combined with these photos clearly show that Bernie lost significant body fat and replaced it with lean muscle mass.



Over 2 MP programs (6 months), Chris lost 12 cms from his waist, shed 6.5 kgs of body fat, and as these shots show, gained some serious muscle. Chris's best deadlift, squat and bench press also when up by at least 30 kgs. Impressive!



Kirirlee before and after 2 Metabolic Precision programs with Josh.
How many syllables are there in the word WWOWWW!!



36 year old Peter Norris before and after 12 weeks of Metabolic Precision!
So dramatic was Peter's transformation that after retiring from playing football 14 years ago, Peter's made a return in the local competition. And is leading the way in the fitness drills. A truly remarkable achievement.

Even before joining the MP team, Josh had a thriving personal training business. Given his extensive experience, profile in the industry and work ethic, what drew him to MP?

“There were 2 very distinct aspects that drew me to Metabolic Precision.” Josh said. “The number one reason was, Dr Paul Cribb. When I knew that Paul was behind MP I signed up before I even knew what the program was. I’ve had the benefit of following Paul’s work for many years, I think it’s a shame many of the trainers that are new to the industry don’t realize the contributions Paul’s made or what you really get with Metabolic Precision. The chance to get to hang out with him and pick his brain was worth the price of MP alone!” said Josh

“For a long time I have known that there are some major problems with the personal training industry (the limited and inconsistent income, lack of value for clients and credible, science-based approach etc, etc, etc). Personal training in its current, most commonly delivered form is a one-way street with minimal progression. Therefore the second aspect that drew me to Metabolic Precision was it’s unique approach,” Josh said.

“I looked for years to find a systemised approach that would deliver the results my clients deserved – one that was research-proven and without all the unsubstantiated opinion. I even tried to create systems myself and it is an absolute mountain of work,” said Josh. “Now, I have implemented MP across my entire business and it’s taken everything to an entirely new level.”

"As powerful as the pictures in this article are, they are just a glimpse of what MP has delivered. Personally and professionally, thanks to Metabolic Precision, I’m achieving a level of excellence that’s making the future extremely exciting and fulfilling.”

Eds Note: Most champions are very reluctant to divulge their secrets, Josh is the exact opposite. You can download Josh's 12 week program leading up to the 2009 Australia contest from www.metabolicprecision.com, or come into PEHQ at 78 High Street, Wodonga where we have a limited supply in print form.



In future articles on this site, Josh will share some of his prep strategies and secrets he's used to get his clients into phenomenal shape. Keep an eye out for these in the near future. For more information about Josh, his personal training and corporate services log-on to www.physique-essentials.com