

THE
**MUSCLE
INTELLIGENCE**
PODCAST

EPISODE

#228

**NO SHORTCUTS:
JAY CUTLER ON
BECOMING ONE
OF THE WORLD'S
GREATEST
BODYBUILDERS**

WITH JAY CUTLER



1 HR 10 MIN

SPONSORED BY

[BiOptimizers](#) - code **MUSCLE10**
for 10% off any product

Click for **MORE** tools to help you be lean, healthy, and muscular for life!

No Shortcuts: Jay Cutler on Becoming One of the World's Greatest Bodybuilders

Click to listen on your favorite platform!

"I was a machine... there was one goal in my whole life since I was 12, and that was to be the best bodybuilder on the planet." -Jay Cutler

Jay started his youth as a normal kid from Sterling, MA who worked the family concrete business with his brothers. At age 18, Jay began to fully form his resilient mindset, and set off on his bodybuilding journey with one goal: to WIN. Jay's 10 championship titles are paralleled by his dedication to his craft, laser focus, and undying respect for those around him. To this day, Jay remains an exemplar of a true champion.

You'll learn:

- Full details of Jay's journey to the top alongside other elite bodybuilders.
- What Jay did differently from the rest (and why it worked).
- The ONE major misstep of present-day bodybuilders.
- How to prioritize health while competing at an elite level.
- The differences in bodybuilding 20 years ago, versus now.

Listening guide:

- 5:00 Jay's journey into bodybuilding.
- 8:30 Golds Gym Classic 1992
- 16:30 A big disappointment at age 25.
- 25:00 What is missing in today's bodybuilding culture?
- 30:55 Jay's #1 biggest struggle.
- 43:00 Competing alongside Phil Heath & Ronnie Coleman.
- 49:00 Hard work, dedication, and being a machine.
- 53:40 What is at the root of so many bodybuilders dying young?
- 58:30 When winning is the ONLY goal.

Learn more about Jay Cutler and his nutrition/supplement business at jaycutler.com or on Instagram [@jaycutler](https://www.instagram.com/jaycutler) and [@cutlernutrition](https://www.instagram.com/cutlernutrition).