

HUMAN HUMMER



Cutler is 5'9" and has 22" arms, 31" thighs, 20" calves, a 34" waist and a 19" neck.

Muffin man: Cutler loads the carbs, which he does seven times a day. The 31-year-old Massachusetts native is currently in training for the 2004 Mr. Olympia contest, to be held October 30th at Mandalay Bay.



VEGAS SIRLOIN

This man wants to win, and big.
Meet championship body builder **Jay Cutler**

BY **MICHAEL SHULMAN** PORTRAIT BY **TOMAS MUSCIONICO**

In an era defined as much by Arnold Schwarzenegger in *Pumping Iron*, and later *Conan the Barbarian* (not to mention the California Governor's Mansion), as by *Saturday Night Live* funny men Dana Carvey and Kevin Nealon forcing the phrase "We wanna pump—you up!" into the pop lexicon (even Arnold used the term "Girlie Men" at the Republican National Convention in New York), Jay Cutler is exactly what you'd expect of a professional body builder on first inspection. The requisite menacing stare, the abs of steel, and the rippling biceps are all present and accounted for in spades.

But upon closer examination, you know that the Incredible Hulk-like exterior belies the man who lives within. For Jay Cutler is a human dichotomy.

A few Jay Cutler-isms: Recently having celebrated his 31st birthday, Cutler is 5'9", weighs in at 265 pounds when competing (310 pounds in the off-season), and has 22" arms, 31" thighs, 20" calves, a 34" waist and a 19" neck. As adjectives go, "intimidating" doesn't really do the guy justice, but it'll do in a pinch. Cutler has, at a remarkably young age, become bodybuilding's most personable and recognizable figure, having been the runner-up in 2001 and 2003 in the Mr. Olympia contest, as well as the champion, three years running (2002, 2003, and 2004), of the Arnold Schwarzenegger Classic. In 2003 he also took first place in both the British Grand Prix and the Dutch Grand Prix. Keep in mind he's nearly a half-dozen years younger than nearly every other major competitor in his sport!

The juxtaposition of substance and appearance comes into play when one sits down with Jay and his wife, Kerry. The two celebrated their seventh anniversary this past July, but had been dating for seven years prior to that, making them the proverbial high-school sweethearts. The two of them sit adjacent to me on one comfortable overstuffed armchair: Jay easily fills the body of the chair, and Kerry (no stranger to a gym herself, but utterly feminine) contentedly perched on the arm, leans against Jay's shoulder.

Jay Cutler is a surprisingly soft-spoken individual. Even more startling, he's an incredibly articulate person who doesn't talk with the halting speech or monosyllabic grunts I'd come into this interview expecting. I know that must come off as awfully prejudiced, but that's what I was anticipating with this man.

Instead, I am thrilled to encounter a real, honest-to-goodness gentleman! Cutler is a devoted husband who goes out with his wife (finishing her graduate degree in nursing at UNLV) a couple of times each week on date nights to restaurants like N9NE Steakhouse at the Palms, or Morton's, The Steakhouse, or their little neighborhood sushi restaurant, Tokyoto. The youngest of seven children (three brothers and three sisters) who grew up on a farm in Massachusetts where he rode ATVs, Cutler was given chores including tending to the pigs, chickens, goats and cows. This guy's the real deal: the all-American boy next door, and he's got the "Aw, shucks, Ma'am" manners that go with it!

Was Cutler the 90-pound weakling we all read about in the Charles Atlas ads? You know—the one who gets sand kicked in his face by the bully at the beach? Cutler just laughs and shakes his head. Apparently, chores on the family farm, followed by a regular job in his brother's concrete business, led to a well-defined physique all through high school. By his 18th birthday, he was so well-built, in fact, that the gym membership he received wasn't such an odd present.

But just being nice doesn't always get the job done. And Jay Cutler gets the job done. He's the most sponsored bodybuilder on the circuit, with such well-known sponsors as the fitness magazines *Flex* and *Muscle & Fitness* (on the pages of which he appears so regularly one would assume he has photos of the publishers in compromising positions), as well as top-of-the-line supplement, health, fashion, tanning and training sponsors including MuscleTech, Intek Strength, TGANCI.com, Schiek, International Tanning Equipment (HEX), Lana's Egg Whites, Shave No More and Max Muscle Clothing.

Right now, it's all about training for the Mr. Olympia competition. Seven times each day he eats, and he can rattle off the nutritional information (carbs, proteins, and so on) for the plate of turkey, brown rice, asparagus and broccoli with tons of garlic, as if reading it from a label. And, while it smells great, at 8:45 a.m., all I can think is that I need to find me an incredibly spicy Bloody Mary, and fast! But I've got a haunting suspicion that, unlike that late, great lady of stage and screen, Tallulah Bankhead, Jay Cutler doesn't subscribe to the "Well, it must be cocktail hour *somewhere* in the world" lifestyle. Trust me: This guy's the real deal, and now it's definitely Jay Cutler's time to pump—you up! ♣