

John Labello

As a refinery operator, John Labello, 37, finds himself working different shifts, sitting in front of a computer, monitoring plant operations. Shift work has made it somewhat difficult for him to build a body he can be proud of, but he found the methods that work for him. The first is nutrition.

Although he tried to eat well, John wasn't on track until he found a top nutritionist who put him on the right path to a 10 percent reduction in bodyfat. The other thing John discovered was BodyBuilding.com, where he found workout ideas and the SuperStore—everything he needed to help him achieve his goals.

In 2003 John got serious about sculpting his physique. He's now 215 pounds at 6'2", and he works out five days per week. He really likes training shoulders, he said, because he knows that well-rounded delts help create a wide, tapered look.

I asked John about his favorite things to do, and he said, "There's no place I would rather be than at the gym or at home with my wife, Melissa, and my two little girls." Sounds like a great life.

Be sure to visit John's BodySpace at <http://bodyspace.bodybuilding.com/labello1/>.

—Ian Sitren

Editor's note: For more BodySpace bodies and info, visit Bodybuilding.com.



Photography by Ian Sitren \ SecondFocus

