

CT:

When you say you found that hidden talent...I mean do you think that there is, perhaps, a fate or a destiny involved in what you're doing?

Narbe:

I do believe so because it all started when my soccer and rugby coaches urged me to work on my upper body. My legs are very strong and they told me that even though I was talented in both sports, I kept getting knocked around a bunch. I said, "ok," and along with the bench press I did many other types of exercise for the upper body. But I noticed that the bench press was the only one where I was getting better and better on a linear basis. Ironically, it was due to my strong legs that I feel that I can also put up such a great amount on the bench press because of the fact that I do push off with my legs.

CT:

You weigh about 145 lbs but you compete at 148lbs.

Narbe:

Yes.

CT:

So what about some of your failures along the way. What were your set backs with injuries, discouragements and illnesses. What kind of failures and set back have you had along the way?

Narbe:

Well, there are many, but I do believe that you can learn from them. For instance, when you have minor injuries or partial tears and stuff, at first, and when you are younger, all you think about is just going and working through the pain. Then you realize that you are doing that because of the fact that people believe that life is short. I believe that life is long, so what's the hurry. Why don't I wait another 2 weeks, 3 weeks, 4 weeks until they completely heal? That gives you an opportunity to work on different parts of your body and different types of techniques.

Other types of failures have been, for example, plateauing. It causes you to do further or more research. It also makes it fun because it wouldn't be fun if I just kept getting better and better without experiencing any obstacles.

CT:

What's the worst setback you've had?

Narbe:

The worst set back, I think I had a partial tear in my shoulder. I think that was the worst set back. Now that I look back at it though, it just made me all the stronger.

CT:

Why did it make you stronger?

Narbe:

Why did it make me stronger? Because I think human nature is that way. You do need bad to go along with the good and that's how we're made. If the bad did not happen to me then I would take my gifts for granted because at that (bad) point everything was being taken away from me.

CT:

Did you ever get so discouraged you ever just wanted to stop bench pressing and give it up?