

THIS CHICK CAN KICK YOUR ASS.... AND YOU MAY LIKE IT!

MINNA PAJULAHTI

BY SAKARI SELKAINAHO

Can someone be smoking hot and super strong at same time? Oh yes—just look at the pictures. What is even more unique is the way that Minna transfers individual sports to teamwork in her two teams of fitness sports. Today, she is also great promotion for powerlifting, doing world-class meets and breaking records.

Tell us little about yourself.

I'm Finnish, living in Nokia. I work as a flight attendant, and I coach two fitness teams: Pro Elite and Elite Academy. I'm an IFBB Women's Physique Pro, a professional powerlifter, [and I] train at Bullfarm.

How did you find fitness, and how did you start competing?

I started my competitive career in rhythmic gymnastic and cheerleading. After ten years of gymnastics, I wanted to try something else. [I wanted to try] something [that would

allow me to] compete as an individual. [At the time], my ideal woman figure was muscular, and I remember when I was little girl that my grandmother showed me her biceps and how powerful she was. I think that she was the first influencer in my future choices. Someone then asked me if I did bodybuilding and [that prompted me to] start looking for more information about that. Building muscle and doing



Content is copyright protected and provided for personal use only - not for reproduction or retransmission.
For reprints please contact the Publisher.



routines hooked me right away, and I started to compete in fitness when I was 19-years old.

What are your best accomplishments in fitness?

Multi Finnish Champion, Junior Fitness Worlds 2nd place, Arnold Classic USA 2nd place, and after turning IFBB Pro, I did Fibo Power 5th place and Toronto Pro 7th place. [I also achieved] WPD: Karina Nascimento Pro 6th place, Arnold Classic USA 11th place, Mozolani Pro 5th place, and Puerto Rico pro 9th place.

You also compete in powerlifting. How did you start that?

I started that when my Achilles tendon snapped. I had done bench and some squats for years while [I was] bodybuilding, and one day I thought, "I want to try my max", so that was my moment. I started training bench with my crutches next to the bench. It was important that I got a really good coach in powerlifting from the start, Jani Ihalainen, so I learned right away the [proper] and safe lifting techniques. He also plans my training programs, which have helped me to develop in this sport and now...well now, I'm so into benching, deadlifting, and squatting. The whole thing—I'm a powerlifter!

What are your best numbers?

Squat 185 kg / 407 lbs.
 Bench 123 kg / 271 lbs.
 Deadlift 205.5 kg / 453 lbs.
 Total 496 kg/ 1093 lbs. in the 75 kg / 165 lbs. category

How do you train the three lifts?

Twice a week, I train bench, I squat twice a week, and I deadlift once. There is max, speed, pyramids, timed-sets, boards, chains, Slingshot, etc. [My] program and training are really versatile. Jani Ihalainen is a master in that—he does all of the planning, and I just execute [it].

What does your diet consist of?

It is more "free" now that I'm not prepping for any shows, but I eat a lot of protein, eggs, meat, milk products, and good fats such as olive oil and nuts. Some days I eat only protein and fats—some days there are more carbs. When I'm on a diet, it's really strict. Then it's protein and good fats—that works for me.

Thank you, Minna, for taking time [away] from your busy schedule for this interview. Good luck with all of your future endeavors! PM