



The Undisputed Physique Of Corey Morris

34 years old

Single dad with 2 teenage boys

Team Cutz

Sponsored by: Chula Wear, Pro Tan, LifeTech Fitness, Celltechmd Atl

Highlights: 5 Pro wins, 5X Olympian

Corey played football at LSU and has always kept himself in decent shape. People kept telling him that he should compete, so he did his first show in 2016, the NPC Southern Muscle in Louisiana. He won and said it was fun but it was a smaller show so he set out to do a larger show. Competing at the 2017 NPC Junior Nationals, Corey got 3rd place. Realizing he might be good at this sport, he went on to earn a pro card at the 2018 Junior USA's and stepped on what would become the first of 5 Mr. Olympia shows. Corey began training a couple clients here and there but in 2020, made the decision to go all in. His business is called Undisputed Physiques and he currently works with people from all over the world. Next on his agenda is the IFBB Professional League Charlotte Pro on April 22nd. At the time of this interview, Corey was about 7 weeks out. Below is a sneak peek into how Corey trains as he is in the cutting phase of his prep. We invite you to try out his workout!

SHOULDERS — I train 5 sets x 15-20 reps, recovery is between 1-2 minutes with a progressive increase in weight but still getting all reps for all sets. I typically train shoulders twice a week plus get rear delts on upper back day.



1 Seated Dumbbell Presses

- a. Make sure your butt is pushed to the back of the seat so all the tension goes to the shoulders, not the chest
- b. Keep your chest up
- c. Make sure the arms don't go below 90 degrees, again so you keep tension on the muscle
- d. Training high reps to push through the fatigue and increase endurance
- e. Even when you can't get a full range of motion, doing forced reps for partials with an increased weight, still keeping the volume and your form is effective because your body doesn't really know the difference between a partial reps and full range.



©2023 John Slemp

2 Seated Side Lateral Raises

- a. Do these using control, not momentum to make sure you're not hitting the traps more than the delts and to make sure you don't cause injury. I do about 30lbs at most unless I'm doing partial reps.
- b. Pull or lead with your elbows, again this is how you avoid using the traps and instead puts your focus on contracting the shoulders
- c. Make sure you keep good posture with your chest up and shoulders down.
- d. Keep your back against the pad to keep from swinging and instead keep your form straight
- e. I train a lot by feel, so if I don't feel like I'm where I want to be, then I might even get an extra set on this exercise. Very important to "Feel the Movement."



©2023 John Slemp



©2023 John Slemp

3 Seated Smith Machine Front Presses

- a. I always put the safety on because then I know I can push to failure. While I of course prefer a spotter, I know I can push myself and still be safe on the smith machine. I rarely do presses using the Olympic Bar.
- b. Make sure your posture is up and chest is up. Form is everything
- c. Front presses put the maximum load on the shoulders. I try to work all three heads.
- d. My front delts dominate, so if I work them too much, they will cover my chest so it's really important to pay attention to your body.
- e. Make sure you breathe/ exhale through the movement. If you hold your breath, then you have no oxygen flowing, you're going to get tired faster.
- f. Finally, make sure you keep your feet planted on the ground.



©2023 John Slemp



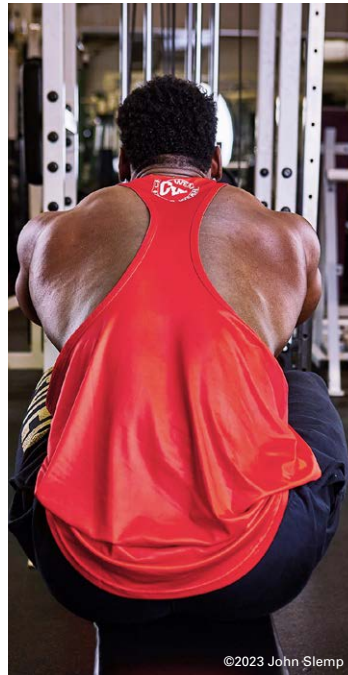
©2023 John Slemp

4 Face Pulls

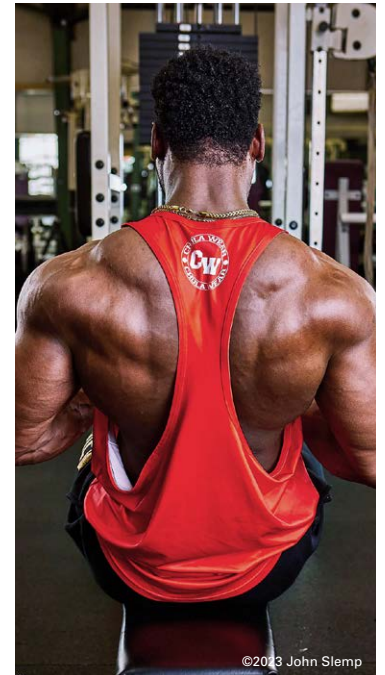
- a.** I have longer limbs so I prefer to use a longer strap when doing face pulls so I can feel a better stretch and contraction.
- b.** Don't move your body, only your arms, so don't go heavy on this movement.
- c.** If the weight is too heavy, you won't be able to stand up straight. You want to keep your body from swinging, and keep your chest up.

do incorporate training techniques especially when my energy is low i.e pause reps or just going super slow. I use machines a lot because they isolate the muscle and allow me to control the movement and focus on the muscle as well as prevent injury. Most importantly, I need to feel uncomfortable with the level of intensity in my workouts. That's when I know I'm really working. I hope you enjoy the workout!

If you want to reach out to Corey Morris you can message him on Instagram at @coreymmorris and make sure to follow his progress as he strives to move towards the top on the Olympia stage.



©2023 John Slemp



©2023 John Slemp

5 Seated Rows

- a.** I am working to get density to bring my back up more.
- b.** Remember, it's not about how much weight, it's about controlling the weight.
- c.** Drive the elbows back and keep your chest up.
- d.** Rocking the movement doesn't allow you to get the squeeze or contraction so keep form!



©2023 John Slemp