

Be not afraid of growing slowly,

Be afraid only of standing still.

Chinese proverb

A personal return on experience from over 30 years strength sports experience.

By Mark Notschaele

1. Glupb! – We are Growing

About the title....

Glupb! – a word you will not find the word in any dictionary. The group of friends I started working out with in the 80's invented this word. We were looking for a specific shorthand all-in communication between ourselves to describe the physical state so admired by us. This look was the mix of a gentle giant, impressively muscular, very athletic, super defined, ultra strong and radiating pride and confidence. When we saw someone fitting this mold we would say "Do you see that guy? He is real glupb!", or when we worked out and broke a personal best, we would yell "glupb!" at each other. We still use the word to date.



"We are Growing" – this phrase was the slogan of the KSC Groovy in Axel, Netherlands in the 1980-s. I revived it and use it for our gym in Luxembourg. KSC stands for "Kracht Sport Club" which translates as "Strength Sports Club". For me it has always had the meaning of physical growth as well as the mental growth resulting from persevering for years in lifting weights to reach ones personal goals. At the time we were very proud to be allowed to wear the KSC Groovy t-shirts with the "We Are Growing" slogan. 30 years later we revived the gym and t-shirts complete with classic design and slogan.

