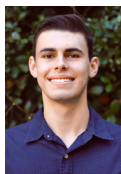


THE MASTERS OF SPATIAL MANIPULATION: A STUDY ON HOW SPATIAL COMPRESSION FROM COVID-19 AFFECTS BODYBUILDERS' DAILY RHYTHMS

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Abstract

Growing spatial compression ignited by the recent surge of COVID-19 throughout the world contributes to the stagnation of bodybuilders' daily rhythms. Spatial compression is a term bolstered by the recent conditions of COVID-19, which force one to compress all the aspects of their lives, such as their work, social, and fitness lives into one location, the home. Spatial compression arising from COVID-19 has ranged from citizens being confined to their homes, to individuals being stranded in a different country. Bodybuilders have highly regimented lives, living minute to minute, and calorie to calorie. Disturbing the metabolic, mental, and peptide regulation in their bodies poses a threat to their health, the fitness industry, and the sport as a whole. To assess the extent to which the quarantine imposed by the global pandemic affected bodybuilders, surveys were sent out to 15 participants with an optional interview, for which six participants opted in. The study's purpose was to pinpoint specific factors ailing bodybuilders' daily lives in the quarantine to understand better how events such as a pandemic can be mitigated to account for individuals in isolation. Results showed that spatial compression affected bodybuilders mentally through anguish suffered by the disruption of rhythmic cycles, as well as physically through exacerbating their progress. Information regarding this subject will help support the ever-increasing mental health outlook of the world in considering the effects of rapid isolation and social deprivation. This study examines individuals who have incredibly regimented natural cycles in order to determine the impact of spatial compression inflicted by COVID-19.

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There is no quantifiable manner in which to describe living; it simply is. Whether it be the millions who commute to work, play sports, or spend their lives giving to others, living cannot be described verbally. One of the reasons that living is indescribable or unable to be adequately defined is due to the plethora of lives one could live. Living to one may be merely having an ordinary, in society's eyes, life, and contributing to the status quo. To others, it may be exploring the world in all its wonders and breaking from the ordinary. Regardless of the seemingly infinite amount of variances within the definition of living, one aspect that is germane to all is best said by Goffman in his *Presentation of Self in Everyday Life*. Goffman states that the work occurring within life necessitates cooperation or at least tolerance of others to be successful (Goffman, 1959, p. 4-8). Although life is not solely work, all aspects of life require the cooperation of people. Cooperation and tolerance are seen throughout the world. Whether it be a team cooperating to win a championship or an employee tolerating his boss to attain a promotion, one can find cooperation or tolerance in almost every social setting.

Introduction to Abstract Time

This cooperation circles a Lefebvrian idea that Kurt Meyer references in his book *Rhythms, Streets, Cities*, the concept of abstract time. Abstract time is a standardized notion of time created by nations in order to pace and regiment work. This notion is a false construct created by people decades ago, yet unlike other false constructs, it has embedded itself in the world as the driver of life (Meyer, 2008, p. 150). Abstract time is named so because it is a quantitative attempt at deriving numerical estimates of duration from an unquantifiable source, the universe. The reason for this was to regiment work by creating more structured schedules. These schedules would allow people more analysis into the work done, such as the hours worked or the delivery of something to someone else. Over the years, abstract time has evolved from using the sun to gauge estimated quarters of the day to microprocessors being able to estimate planck time, speed of light traveling through a vacuum.

Yet regardless of the modernization of the world over the past centuries, one thing remains constant; without abstract time guiding people through their days and supporting the successful cooperation of individuals to complete worldwide tasks, the world may cease to spin. This is mainly because abstract time plays such a pivotal role in regimenting, structuring, and describing people's lives. However, some individuals rely on abstract time more than others; some may say that they live by it. Individuals such as intra-day traders, athletes, even videographers, regularly rely on abstract time to gauge what they are currently doing to develop the perfect outcome. Without a timestamp that

can allow the above professions to gauge their work, such as the market price, workout duration, or shutter speed, many of the fields' peak achievements may not have ever occurred. Although overlooked, bodybuilders are one of the groups in society whose everyday lives are tied to abstract time, possibly even more so than most professions and lifestyles. Not one profession may rely on every second of time to achieve a goal besides the modern-day bodybuilder. When dealing with the perfection of the human physique, every minute must be categorized and regimented. Whether it comes to eating, training, or sleeping, the bodybuilder must adhere to Father Time's laws to succeed, or be discarded into the pile of bodybuilding failures. Besides the tumultuous schedule bodybuilders follow, most retain day-jobs to make ends meet when competition season is over. As one may assume, these day jobs tend to be personal training jobs in which they turn their passion for personal fitness into a vehicle to help others achieve their fitness goals. Bodybuilders are also overly dependent on spaces and places. Without a place to train, eat, or teach, their whole careers and aspirations vaporize into thin air.

COVID-19's Role in Spatial Manipulation

As of December 2019, Coronavirus Disease 2019 (COVID-19), the infection caused by a novel respiratory virus, was first cited in Wuhan, China. This virus then developed and grew into a global pandemic, forcing countries to implement stay-at-home orders, leaving people quarantined at home. The precautions and actions taken surrounding the pandemic were due to the lack of knowledge surrounding the virus. Nobody knew how the virus could be transmitted, what symptoms could arise from it, or even what a plausible cure was (Sauer, 2020). The pandemic has stricken fear into humanity's hearts and shut down the world's public domain, seemingly resembling a dystopian movie. Highways lay bare with little to no cars, malls and campuses lay abandoned, even supermarkets have been gouged until all that remains are the metal shelves. However, for bodybuilders, it is not a movie; with the world grinding to a halt, they are witnessing their spaces, time, and capital vanish. Many people are making use of the quarantine and are benefitting from the spatial compression; bodybuilders, however, seemingly lose everything when their gyms and additional spaces are taken from them.

The loss of spaces is not merely detrimental to what one can accomplish within the space, but what space can help one accomplish for themselves. Although people may believe that the only purpose of a place is to provide an individual with the space to accomplish something, places can also provide additional subliminal and psychological influences that may affect the task's outcome. Stated by John McCarthy et al., simply the homes that people live

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in can already drastically affect their mental health and outlook on the world primarily through the orientation, location, and decorative styling of the home (McCarthy et al., 1985, 126). Through repetitive visits and endless hours spent at the same place, such as gyms, one can see how gyms become homes to bodybuilders. Therefore, if their gyms assert one form of “mentality” on them, then prolonged duration in the home may replace the accustomed gym mentality with a variant one. An example of this may be how a room, or how it is tailored, may affect one's mood. One may have entered the room to complete an assignment but may be affected in their goal of doing so by how the room subliminally impacts them.

Methods

To accurately analyze the full extent of the toll that quarantined isolation has taken on the pioneers of peak physique, I have assembled a group of 15 bodybuilders ages 18-26. With this group of ten men and five women, I hope to demonstrate how the loss of space affects the progress and lives of these bodybuilders in the hopes of providing a valid assessment as to how spatial compression, manipulation, and mental health in isolation influence an individual whose life revolves around manipulating spaces and places into vehicles of muscular gain.

To gather data to determine the extent spatial compression dislocates the bodybuilder's regimented lifestyle, a survey was created and sent out to all the participants via google forms. The participants were asked five questions, with one additional question being sent out to participants who replied yes to one of the initial questions. The questions sought to gather information on their: purpose for working out, emotional state since quarantine began for them, training regime, realization of any positive occurrences since quarantine, and expansion of their fitness portfolio. The questions were tailored to analyze the lifestyle changes and alterations of the bodybuilders as well as accounting for their mental and emotional state. The purpose of doing this was to gain a full picture of all the possible manners in which the restrictions associated with the current state of the world can affect these individuals. The participants were selected through connections made within the fitness industry. Participants were messaged directly or emailed, explaining the purpose of the study and how the study was being conducted, and if they were qualified for the study. Using the word qualified within the message was used to categorize potential participants who did not experience enough spatial compression and those who did. In order to gain an unbiased and general scope of the fitness community, an equal number of bodybuilders were chosen from each group. Doing so, as well as making sure that almost no participant shared a gym, brand sponsorship,

or competition weight class, allowed for the analysis to encompass the fitness community as a whole, including pros with private gyms to novice bodybuilders with a standard gym membership. All participants were notified that upon accepting the proposition through the direct message, they would be sent a link to complete the survey, there were 15 surveyed individuals.

All data utilized throughout the experiment, not including the citations and statistics from other sources, were obtained through the sent out surveys. Additionally, participants were given the option to have a video call in which they could discuss any additional logistics or explain any unique situations that the quarantine has placed on them. Although not all participants were able, or accepted, the invitation to be interviewed, six were able to hold a video call to follow up on their survey. The follow up was used to gather personal stories, events, and advice related to the study at hand. Although participants selected to remain anonymous, all six agreed to have some of their statements quoted in the paper to bolster claims made from citations and data analyzed from the survey.

Results

Survey Results

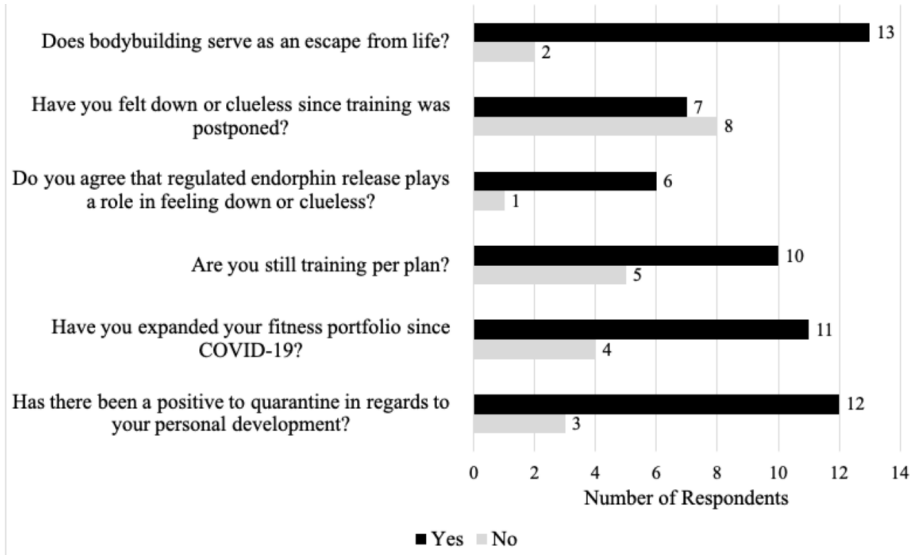
Fig. 1 displays the proportion of bodybuilders who identified with each response. The total proportion of bodybuilders who identify physical activity as an escape from the everyday realities they encounter surmounted those who believed it to be a routine habit. Two individuals admitted that bodybuilding does not serve as an escape while 13 agreed with the question. The proportion of bodybuilders who experienced a negative change in their mental states in light of the virus were relatively equal to the proportion who had a neutral change in their mental state. Results show an almost even split in the participants' mental states, with eight constant in their mentality and seven experiencing a negative decline. Upon learning about the role of endorphins in the human body, participants predominantly agreed that they played a role in their mental health. Six out of the seven participants who experienced adverse mindsets agreed that endorphins may play a role in their frame of mind.

Individuals who continued to train in accordance with their workout plan constituted two thirds of the participant pool. Ten of the participants maintained their exact plan while the other five either did not continue or carried out a different plan. The bodybuilders were asked if they had taken any steps toward expanding their business or professional image during the quarantine period. Out of the 15 participants, 11 undertook new avenues to grow their entrepreneurial endeavors while four decided to follow their original business plan. Considering the mental aspect of bodybuilding, individuals were asked whether or not they

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Figure 1

Number of Bodybuilders Responding "Yes" or "No" to Each Item



had seen positive or negative personal development in light of the pandemic. Twelve of the bodybuilders admitted to seeing positive personal growth while three saw a negative manner of growth.

Interview Results

Participant one described that one of the main issues they faced due to the pandemic was the change in the dynamic of the space where they conducted their workout. Having a home gym with enough equipment to maintain a basic workout regime allowed the individual to continue with their plan at a lesser intensity due to the lack of equipment. However, one observation made was that the intensity declined further than anticipated due to the change in the “scenery” in which the workout was conducted. According to participant one, this change in scenery made them feel calmer as opposed to the energetic feeling they got when entering a gym.

Participant two used the personal interview to detail the extent of the loss their bodybuilding plan suffered. Their original plan was created to prepare for a bodybuilding competition in 24 weeks beginning in January. However, this plan requires calculating every action to the minute and meal by the macronutrient. Therefore, because participant two’s gym closed, they cannot meet and train with their coach, complete their cardio block, and get muscle scalping from their massage therapist.

Participant three had initially been a sole weightlifting bodybuilder.

However, upon realizing that their home equipment was not up to par with their usual gym equipment, they began to substitute body-weight exercises into their workout regime to make up for the other lost exercises. Participant three admitted to having held disdain for the style of body-weight workouts. Yet, after completing two cycles of their now edited regime, participant three describes that they have found a new appreciation for body-weight foundational exercises.

The exact details from participant four's interview cannot be stated in the research due to company policies and confidentiality. However, the main takeaway from the interview conducted with participant four was that bodybuilding companies' financial losses are water falling onto their sponsored clients or athletes' financial stability. Participant four presented a financial statement detailing the losses in each category of his multiple sources of income. Most fitness projections for media and competition remained rather level; however, the sponsorship and partner income section displayed significant losses that did not match the trend of the media and competition loss. Participant four's experience demonstrates one way that the domain of sponsorships and company partner deals has been influenced by the pandemic.

Participant five encountered both benefits and downsides to the pandemic. Similar to the other bodybuilders, losses were expected in areas of gym access and regime continuation. However, gains were seen in the amount of clientele they received and the intensity of the workout plan or class desired. Therefore, participant five has remained rather level mentally, accepting a lower quality workout in their residence while taking advantage of the increased clientele.

Although participant six currently has not lost anything in terms of their bodybuilding plans, they have analyzed how spatial manipulation on non-bodybuilding aspects of life have still indirectly affected it. Due to participant six having a fully furnished gym suited to their workout style and regular access to meals and muscle therapy, nothing had changed for them except the inability to live publicly. This reduction noted by participant six was detailed to have affected his natural bodily rhythms as being confined to his residence for almost 24 hours a day. Although admitting that there can be other limiting variables such as the mental state the times have put on individuals. Regardless of other plausible variables, participant six states on days where he went for a hike or to a lake, he felt more positive and had a better sleep score on his WHOOP® activity tracker. Participant six's WHOOP® tracker is mentioned to provide scientific proof regarding claims of better sleep. Per the WHOOP® website the purpose of the tracker is to track fatigue, sickness, and possible injury for any type of person (Whoop, 2020).

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This assessment would benefit bodybuilders mainly in understanding how to maneuver periods of isolation without regular physical engagement. Such benefits could not only be seen within the scope of COVID-19 but within individuals who may have developed a medical condition in which outdoor involvement may be prohibited or contact with other people, those visiting family for extended periods, and possibly even bodybuilders who undergo a substantial change in life where their ordinary routine is disrupted.

Discussion

After reviewing the metrics from the data collected on the surveys, insight is provided into the mental significance of the physical portion of being a bodybuilder. As a bodybuilder, one needs to utilize their space, using both the physical world and their biological body wisely. A bodybuilder's diet must not be too heavy, greasy, or saturated with fats. Additionally, conducting an exercise in the gym requires the right space, form, and equipment augmentation ability. These two aspects of bodybuilding, eating and training, both present themselves as the vital staples of bodybuilding itself, showing that for at least 33% of the participants, the immediate disruption of those two cycles is enough to deter their training regime. Furthermore, results also provide insight into the connection between the physical and mental benefits of working out. Most participants' mental states displayed a decline in mental health when their consistent schedule of working out was interrupted. Overall, the surveys' results identify the areas in which bodybuilders face the most peril through the spatial compression that has arisen in light of the global pandemic.

The six individual interviews mirrored the survey results and produced additional insights that aid in addressing the issue of spatial compression. The information gained through interviewing participant six gives light into a driver of the negative effect of spatial compression being spatial familiarity. As other participants similarly detailed, their intensity was not at par with their average and was mostly attributed to the location change. Additionally, further insight was gained into how there can be other factors of the bodybuilder profession that could impair their daily lives, such as participant four's description of financial losses on both business and athletes' sides.

Spatial Compression as a dissent from natural rhythms

The friction that has occurred due to the compression of one's everyday spaces into one location has not aided in bodybuilders transition into their state of isolation. For bodybuilders to achieve peak physique, they must follow a strict life plan. This life plan designates time for food, drink, and even sleep. Every aspect of the bodybuilder's daily life is micro-organized and categorized for the body to achieve isorhythm. This firm emphasis on the strict regimenting

of the bodybuilder's life is because within the planet that we inhabit; nature is both beautiful and intimidating. Intimidating, because nature is very variable, which means the weather, food we eat, and sunlight we get, among other things, is un-regimented. This will always be the inverse to societal life because it represents un-regimented life. Therefore, for the bodybuilder to ensure their peak performance, they first need to accept imperfection. Due to the variability in nature, not everything will be 100% accurate, which is why they place emphasis on what they can control, their bodies.

However, now that all the bodybuilder needs to focus on controlling is the body, this invites the capitalist killer known as oversaturation into the bodybuilding world. Due to the very textbook approach to bodybuilding, not much more is required to become one besides following a pre-planned routine and competing in competitions. Therefore, this leads to the bodybuilder scene being very oversaturated, making it even harder to become the best of the best because the competition pool grows more day by day. Currently, within the bodybuilding world, there are nine divisions of body types to which a person can enter, thousands of competitions ranging from local, international, and even online venues ("Bodybuilding Contest"). Modernization allows these athletes to profit off their physique, propelling the field into a state of exponential growth. Lefebvre best-stated isorhythm as being similar to the symphonic harmony produced by the brain within the body (Lefebvre, 2013, p. 16). Furthering this notation, Meyer referenced the pineal gland as the true conductor of this symphony. For the bodybuilders, the best relationship they need to form is with said gland (Meyer, 2008, p. 150). The gland itself is one of the pivotal physiological reasons bodybuilding and athletic competitions exist in the world. By activating muscles when called on as well as deactivating, decompressing, and compressing muscles, the pineal gland is entirely responsible for the one job a bodybuilder has, showing off their muscles. Therefore, if their pineal gland is not optimized to the bodybuilder's desired rhythms, their muscular gains will be significantly less than if they were optimized.

As Lefebvre stated, the body needs to work in complete unison to reach isorhythm. Jeremy Strong supplements this statement by presenting the importance of isorhythm within a bodybuilder. Strong states that the schedule bodybuilders are subject to is one that is carefully calculated to work seamlessly with the body, taking into account metabolism, genetics, and goals (Strong, 2003, p. 170). This strict plan is so essential and carefully calculated because the purpose and intent of bodybuilding are to perfect the human physique. Therefore, every calorie consumed, workout missed, or hour of sleep skimmed may, in turn, ruin the goal of achieving perfection, even if it may be by the fraction of a percentage. With bodybuilders unable to train, their whole life

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and dreams, projected onto a schedule, are seemingly useless. Male four from the group stated he panicked at realizing that the only component of the plan he could currently follow was the eight hours of sleep required by his plan (Male 1, personal interview, March 11, 2020). He did not feel like continuing because he would have to change food, water, and sleep consumption to prevent as much muscle loss as possible, all while being unable to work out or meet with his trainer. Strong also states that every bodybuilding plan has contingency plans, such as rainy days or natural disasters. These contingency workouts may be a half-hour high-intensity interval training session (HIIT), or calisthenics to improve natural muscle development with bodyweight (Schwarzenegger & Dobbins, 1999, p.136). However, nobody could have thought to make a contingency plan for an event that would offset months of training.

Loss of the gym, the cornerstone of the bodybuilder, and food due to supermarket shortages lead to builder's bodies experiencing constant arrhythmia as schedules that they followed for months on end begin to fall apart. When it comes to the human body, it adjusts to the workouts, food, and sleep quickly. The pineal gland learns to activate the muscles at adequate times for working out and decompress them when the body is at rest. Repeating these actions over months achieves what bodybuilders call a new natural cycle. As opposed to following old hunger, sleep, and muscle habits, the mind turns to linear rhythms, being the new schedule, and morphs it into a cyclical rhythm. Pioneered by the renowned Henri Lefebvre in his Rhythmanalysis, the cyclical rhythms are natural, bodily, and straightforward intervals of repetition, while the linear are alternating and human-made (Lefebvre, 2013, p. 14). Through rigorous training, bodybuilders' bodies begin to adapt to imposed rhythms and, in a way, alter natural bodily rhythms to comply with physical exertion, eating habits, and sleep patterns that are all part of a larger, structured plan. Five of the group members stated that they have strayed from their schedules entirely because not having the ability to work out made them feel like following the plan was useless and would not benefit them. The cause for straying from the plan was mainly the underlying logic that if they could not follow the plan to the exact letter, then they were already doing themselves and their trainers a disservice. Perfection is very prominent in bodybuilding and is perfectly demonstrated by the inability, mentally, for bodybuilders to continue their bodybuilding plans if they could not satisfy every component. With almost half the group self-hibernating during the quarantine season, one can see how the abrupt disruption of a strictly regimented cyclical rhythm can ignite a state of arrhythmia.

The role of isolations in mental health through disruption of mental cycles

The mass pandemic causing worldwide quarantine not only affects natural physical rhythms that bodybuilders are tasked with maintaining and developing but mental rhythms as well. Meyer builds upon Lefebvre's notion that in order to relax and rehabilitate the mind, it should be disorganized from its uniformity (Meyer, 2008, p. 147). For bodybuilders, the workout is that disorganization. Out of 15 surveyed bodybuilders, 13 stated their love for bodybuilding came from it being an escape from everyday life (Males 1, 3-14 and Females 1-3, 5, personal interview, March 11-13, 2020). Although not tied to bodybuilding itself, the disruption of the everyday is the very ingredient to producing a focused and determined body. Disorganizing the mind from time to time, to enjoy oneself, can allow the brain to break from its monotone cycles by completing a task widely variant to that of the common tasks of the day. However, as this task is chosen by the person, namely a hobby, it most commonly provides enjoyment, deterring depression, stress, and low mood symptoms (Jauwena & White, 2018). In turn, after the task the brain is more alert and refreshed. Benefits of uniformed disruption are furthered by the release of endorphins during physical strain. Endorphins are peptides that activate the body's opiate receptors, creating analgesic feelings within the mind (Deslanders, et al., 2009, p. 194). This chemical "high" that bodybuilders experience also creates a natural biomorphic clock, releasing amounts of endorphins at the set workout time to prompt muscle stability and growth before a workout.

Activated endorphin loss can result in a retraction of muscle growth, which can be detrimental to a bodybuilder's physique (Smith & Stewart, 2012, p. 36). As natural rhythms within the mind are continuously interrupted due to the demise of their old everyday life, their bodies, which create financial capital, suffer immensely. Of 15 participants, seven began to fall into a bout of depression or cluelessness. Explaining the science behind endorphin regulations and biomorphic time, six out of the seven participants agreed that perhaps their shift in emotion was due to the lack of physical activity their bodies had become so accustomed to (Males 1, 3-5 and Females 2-4, personal interview, March 11-13, 2020). Analyzing the implications of spatial compression, information is best discovered when seeking the absence of things within this unique situation. Because of this absence in space, specifically the gym, the mind lacks its usual dosage of endorphins. Loss of these endorphins can also lead to severe depression bouts, weakening the body and mind (Deslandes, et al., 2009, p. 192). This decline in physical and mental health makes it even harder for a dedicated bodybuilder to get back on their feet, watching months of dedication and endurance spiral down the drain.

The importance of spatial manipulation to building muscle

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Regardless of the severity of all these situations, they are all united by one similarity: spatial compression. Spatial compression is a term bolstered by the recent conditions of COVID-19, which force one to compress all the aspects of their lives, such as their work, social, and fitness lives into one location, the home. Constraints placed on the world currently cause the above issues for bodybuilders because, like a plant, they need space to grow and develop. To rob them of this plot of land would be to leave them with nothing. Bodybuilders' lives revolve around standardized time and spatial manipulation to industrialize their everyday lives.

A fundamental example may be how some bodybuilders follow intermittent fasting, a process which starves the body so that the body burns stored fats and therefore decreases body fat. To follow the most popular style of intermittent fasting, “8-16,” one can only eat for eight consecutive hours in the day and must fast the other 16 by only drinking water (Stoppini, 2019). This is done so because it adheres to the gastro-cycles as well as fat storing and burning cycles (Patterson1, 2017, p.372). Therefore, if a bodybuilder were to have a meal on the ninth hour, all benefits derived by the routine for that day could be annulled to a large extent, possibly even throwing off their next day routine. By scheduling and training their body through interactions with both spaces and time, they maximize profit earned by showcasing their bodies at competitions, apparel shoots, and training sessions. The loss of space means that bodybuilders have lost the ability to manipulate claimed spaces, gyms, for muscular gain. Space, although vastly overlooked, is imperative to life as it provides the sandbox in which multiple mobile elements intersect in ambiguity.

The manipulation of spaces, following the perfection of the bodily routine, is the most important aspect of a bodybuilder's life and success in the bodybuilding field. This is due to the extreme detail that is put into the high-quality gym equipment used at the gyms they attend. The weights and machines there are crafted to maximize the efficiency and muscle gained from working out while minimizing soreness and injury risk. More than simply being very tailored to bodybuilders, they are tailored to be durable to extreme weight quantities. While many ordinary gym-goers may feel accomplished at squatting their own bodyweight, the bodybuilder may squat northwards of 300 pounds. At times, a standard machine may not even have the desired weight as most standard equipment limits the weight to around 200 to 250 pounds per machine on average. Therefore, the spaces that bodybuilders manipulate are not merely gyms - they are gyms made with them - their goals and their passions in mind. They give everything in the pursuit of perfection and are given a temple where they can discipline themselves and train without worrying about weight, injury, or machines being taken. Seeing the detail and care that go into some

of the high-end gyms to tailor their equipment to high-end bodybuilders, it can be detrimental for bodybuilders to lose the ability to manipulate said spaces as they all close in the wake of the pandemic.

To some, it may seem dramatic to state that the loss of space could ruin someone; however, this could not be closer to the truth for bodybuilders. Muscle dysmorphia is a psychological disorder caused by the inverse mental perceptions associated with anorexia (Yan, 2006). Believing oneself to be too small or out of shape with such disorder can eventually lead to the body suppressing muscle growth to adhere to the mind's disorder. Andrea Deslanders and others emphasize the severity of the relationship between mental health and physical activity, saying that a decaying mind in mental health standards can consequently cause up to a 45% retreat in muscle stimulation and expansion under hypertrophy (Deslandes, et al., 2009, p. 196). The remission that occurs due to this dysmorphia in the study was even found to be comparable to that of the remission that occurs within users of Sertraline, an antidepressant in a group of drugs, which was 47%. Of the ten participants still working out, seven report feeling smaller and weaker, even having completed the workouts (Males 1-7 and Female 3-5, personal interview, March 11-13, 2020). This results from homes not having the equipment that gyms do, leaving participants having to use resistance bands or towels to simulate muscle tension.

Although some gym equipment could be replicated in the home to an extent, these gyms designed for bodybuilders have machines that aim to work out very unknown or minor muscles in the hopes of bolstering the bodybuilders on their journey to making it in the industry. An example of a machine aiding a bodybuilder in working out an unknown muscle would be the cable machines, which have handles fastened to a weight by a strong titanium cable ("Benefits of Working with Cables," 2018). This allows bodybuilders to move weight in curved diagonal motions to expand the back muscles, giving them the classic bodybuilder attribute called "wings," connotated by how the back muscles protrude to the side, resembling wings when they are flexed. As for non-replaceable gym equipment, the loss of a gym partner can, at times, be even more devastating than the loss of the equipment itself. Having a gym partner can be beneficial to a bodybuilder. Both would be able to hold each other accountable for their regime as maintaining one is both emotionally and physically draining. More importantly, bodybuilder's partners aid their partner in finishing repetitions, getting a boost into their next set of an exercise, or assisting them in flexing the muscle to ensure vascularity is uniformly concentrated in the muscle of choice. A comparison to bodybuilders losing their gymnasiums and partners can be made to that of some marine life. Most marine life is not meant to be enclosed; doing so could stunt growth, ignite

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skin problems, and muscle numbing from lack of connection to their home environment in which they move as they please. The same notion goes for people whose daily lives encompass moving and manipulating spaces they reside in; it can be seen how physically dampening it could be for such an individual to have it all uprooted and taken away.

Power relations within the home

The limitation of space into the home is partially to blame as well. Nick Prior defines museums as slowing down and showcasing modernity's progressiveness (Prior, 2011, pp. 201-204). In a sense, houses may be compared to museums as they slow down life and revitalize one with the progress they have made by serving as an abode for all the material and familial possessions they may have. Nevertheless, if museums, or houses in this instance, serve to slow down modernity, what does this do to abstract time? According to a research team at McGill, isolation in a familiar or emotionally significant place can lead to a distorted perception of time, anxiety, and possibly even hallucinations (Bhandari, 2020). Therefore, bodybuilders not only have to cope with the loss of space but also the hierarchy of power their current space has on them. Bodybuilders must learn to cope and adapt to their space in order to not fall victim to the adverse mental effects of the architecture that previously was a home, now meso-prison, isolating them and caging them from their desire.

Naturally, bodybuilders who frequent the gym develop a sort of blasé attitude towards the gym environment. Georg Simmel defined the blasé attitude as the overstimulation of nerves to the point where they cease to react at all (Simmel, 1950, p. 32). With the micro-ecosystem like nature of the gym having various events occurring such as workout classes, athletic events, and hundreds of people flowing from machine to machine, like waves rushing from shore to shore, it seems impossible for one not to be overstimulated. However, this overstimulation favors gym-goers. Being psychologically zoned out but subconsciously influenced to move by the moving masses, one is eased into working out (Strong, 2003, p. 167). In the home, the lack of noise and movement creates the absence of overstimulation, under-stimulation. Under-stimulation causes the same feelings as losing the space altogether, further stripping the bodybuilder of their chances at maintaining their physique.

Conclusion

In the end, the pandemic and spatial compression affect people from all walks of life, not just bodybuilders. However, bodybuilders, through spatial compression, lack of manipulation, and isolation-induced mental health issues, are one of the groups that are affected whether or not they do get infected by the virus. The equivalent of the impact of quarantine on bodybuilders

would be comparable to if an employee were to have to redo the past years of his work, without pay. With the disruption of physical and mental rhythms, bodybuilders lose motivation and muscle they have worked for months to develop. The compression and friction experienced by limiting one's everyday life into a home, and the psychological illusions associated with isolation inhibit bodybuilders as the spaces they manipulate for profit seemingly vanish.

However, as with all life, there is always hope. The modernization and commodification of society led to the development of online conferencing, which bodybuilders are now starting to use to help others. As bodybuilders have seen competitions, apparel companies, and gyms all close, they have lost all avenues of revenue. However, the online coaching platform allows them to teach other calisthenics maneuvers to improve cardiovascular health during times of isolation. Although this may not give the bodybuilders their lost muscular gains back, it allows them to continue to push their passion and make up a lost profit. Ten out of 15 participants stated having begun online coaching classes. At the same time, another leads a cardio workout from his balcony with other members of his community (Males 1, 2-8 and Females 1-2, personal interview, March 11-13, 2020). Spatial compression has indeed mauled the lives and bodies of bodybuilders in various ways. However, bodybuilders' dedication and perseverance in the leadership of at-home exercise classes both aids the public in helping others to feel better and provides financial stability as well as the hope that maybe life can still grow in compressed spaces and places.

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