

STATISTICS

Name: Layne Norton

Birthdate: 12/15/1981

Hometown: Evansville, IN

Resides: Tampa, FL

Contest Weight: 191-195 lbs / Current Weight: 205 lbs

EDUCATION

BS in Biochemistry from Eckerd College with honors (>3.5 GPA) in 2004

PhD Nutritional Sciences with honors (>3.5 GPA), University of Illinois 2010

Thesis title: Leucine is a critical factor determining protein quantity and quality to initiate muscle protein synthesis

CURRENT WORK

Owner BioLayne LLC

Physique Science Podcast

IFPA & NGA natural pro bodybuilder

Professional powerlifter

CLIENT ACHIEVEMENTS

65 clients have achieved pro status

- 39 in bodybuilding

- 17 in figure

- 5 in bikini

- 4 in men's physique

BODYBUILDING CAREER HIGHLIGHTS

2001 INBF Mid America Muscle Classic overall Teen champion

2002 SNBF Tennessee men's open tall champion

2004 ABA Mr. Indiana men's open overall champion

2004 ABA Mr. Illinois men's open overall champion

2006 OCB Spirit of America men's open heavyweight runner-up

2006 OCB Great Lakes States men's open overall champion*

2006 NGA Heart of America Natural Classic men's open overall champion*

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2010 IFPA Pro International: Heavyweight Winner
2010 IFPAGaspari Pro Classic: 4th Place Heavyweight
2010 IFP Yorton Cup Pro World Championships: 5th Place Heavyweight
2010 NGA Pro Universe: 4th Place

*denotes pro qualifier

POWERLIFTING HIGHLIGHTS

2009 AAPF Illinois Raw Power Challenge 220 lb class champion
2010 Pro Raw Unity 220 lb class 4th place
2011 Raw United Tony Conyers Extravaganza 220 lb class champion and best pound for pound lifter
2012 APF Europa Pro Raw Challenge 220 lb class champion
2013 USAPL Southeast Championships 220 lb class champion
2014 USAPL Raw National Champion 93kg class
2014 USAPL Southeast Regional Championships overall champion
2015 Arnold Class Raw Power Challenge 93kg class champion
2015 IPF World Championships 93kg silver medalist overall (gold medal squat & silver medal deadlift)

- Best Lifts: 668 lb squat (IPF 93kg Class World Record), 391 lb bench press, 711lb deadlift in 93 kg class.
Best single meet 3 lift total: 1759 lb
- Achieved 'Elite' Raw Total classification

OTHER HIGHLIGHTS

- Appeared in Repetrope DVD "Prime Cuts Volume 1" in 2004
- 2006 Los Alamos Bodybuilding Championships guest poser
- Layne Norton Unleashed DVD
- 2010 OCB Midwest States Guest Poser
- Chosen for 2010 Marquis Who's Who in Science and Engineering
- 2010 Recipient of the Graduate Student Research Award from the American Society for Nutrition
- Layne Norton Reloaded DVD

MAGAZINE

Articles have appeared in Muscular Development, Planet Muscle, Ironman, Fitness and Physique, and Natural Bodybuilding and Fitness.

SCIENTIFIC PUBLICATIONS

Norton LE and Layman DK. Leucine regulates translation initiation of protein synthesis in skeletal muscle after exercise. *J Nutr.* 2006; 136(2):533S-537S.

Norton, L.E., Layman, D.K., Garlick, P.J., Brana, D., Anthony, T.G., Zhao, L., Devkota, S. and Walker, D.A., (2007) Translational controls of skeletal muscle protein synthesis are delayed and prolonged associated with ingestion of a complete meal. 2007 Experimental Biology meeting abstracts [on CD-ROM], Abstract #694.6

Norton LE, Layman DK, Garlick PJ et al. Isonitrogenous protein sources with different leucine contents differentially effect translation initiation and protein synthesis in skeletal muscle. *FASEB J.* 2008 (abstract).

Optimal protein intake to maximize muscle protein synthesis: Examinations of optimal meal protein intake and frequency for maximizing muscle mass in athletes. *Agro Food Ind. High-Tech.* 2009 Mar/Apr;20(2):54-57.

Norton LE, Layman DK, Bunpo P, Anthony TG, Brana DV, Garlick PJ. The leucine content of a complete meal directs peak activation but not duration of skeletal muscle protein synthesis and Mammalian target of rapamycin signaling in rats. *J Nutr.* 2009 Jun;139(6):1103-9.

Norton LE, Layman DK, Wilson GJ, Moulton CJ, Rupassara SI, Garlick PJ. Leucine contents of isonitrogenous protein sources predict changes in body composition and muscle mass in rats *FASEB J* April 6, 2010 24:97.5

Wilson GJ, Norton LE, Moulton CJ, Rupassara SI, Garlick PJ, Layman DK. Equal Distributions of Dietary Protein Throughout the Day Maximizes Rat Skeletal Muscle Mass *FASEB J* April 6, 2010 24:740.17

Thorpe MP, Norton LE, Moulton CJ, Johnson AJW, Evans EM, Layman DK. Protein source modifies bone health in adult rats *FASEB J* April 6, 2010 24:767.7

Moulton CJ, Norton LE, Wilson GJ, Layman DK. Long-term consumption of leucine-rich meals is associated with mitochondrial changes in skeletal muscle of rats *FASEB J* March 17, 2011 25:774.15

Wilson GJ, Moulton CJ, Norton LE, Layman DK, Anthony TG, Rupassara SI, Garlick PJ. Muscle Protein Synthesis Refractoriness is overcome by an Oral Leucine or Carbohydrate Supplement *FASEB J* March 17, 2011 25:233.3

Wilson GJ, Layman DK, Moulton CJ, Norton LE, Anthony TG, Proud CG, Rupassara SI, Garlick PJ. Leucine or carbohydrate supplementation reduces AMPK and eEF2 phosphorylation and extends postprandial muscle protein synthesis and rats. *Am J Physiol Endocrinol Metab.* 2011 Dec;301(6):E1236-42.