

I. BACKGROUND

NAME: **Charles W. Moorer, Esquire** YEARS TRAINING: **14**

HEIGHT: **5' 8"** WEIGHT (in-season): **170lbs** (off-season): **190lbs**

GYM (and location): **L.A. Fitness (South Windsor, CT & Hamden, CT)**

OCCUPATION: **Lawyer**

EMPLOYER: **Hartford Fire Insurance Company**

HOW DOES YOUR FITNESS LEVEL AFFECT YOUR JOB?

The discipline, drive and dedication in my bodybuilding career actually spills over into my legal career in a very positive way. I always put my best foot forward and give 110%.

TRAINING PHILOSOPHY: **I train HARD everyday as if it were the day of the competition (laying it all out on the line with no regrets).**

MARRIED OR SINGLE? **Engaged** YOUR AGE: **29**

FIANCÉ: **Kate Ragoo**

FAMILY (brothers, sisters, etc): **4 Sisters and 1 Brother**

IDOLS/INFLUENCES: **My Parents**

WHEN DID YOU START TRAINING & WHY?

Ever since I was little, I was fascinated with training and bodybuilding. I Bought my first dumbbell set at age 11 and started serious weight training freshman year in high school.

UNIQUE INFORMATION ABOUT YOURSELF (Anything of interest to your fans or bodybuilding fans in general – things unique to you that make you interesting among bodybuilders!):

Mild mannered attorney from 9 – 5 and professional bodybuilder 24/7

DESCRIBE YOUR PHYSIQUE BEFORE YOU BEGAN LIFTING?

Prior to training, I was thin and narrow.

ATHLETIC BACKGROUND:

Baseball and Football

HOBBIES:

Collect Baseball Cards, DC/Marvel Comic Books and their related memorabilia.

VIEWS ON BEING DRUG-FREE:

This day and age, it's the "road less traveled." I pride myself on being a lifetime natural athlete. The sense of accomplishment one has after achieving PRO status, without the assistance of chemicals or drugs, is priceless.

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II. CONTEST HISTORY

2007 WNBf PROAMERICAN CHAMPIONSHIPS

Marlborough, MA (May 2007)

4th Place - Heavyweight

2006 WNBf U.S. CUP

Augusta, GA (July 2006)

7th Place – Middleweight

***2006 INBF NATURAL CONNECTICUT CHAMPIONSHIPS**

New Haven, CT (June 2006)

1st Place – Middleweight and Overall Winner

Crowned 2006 Mr. Connecticut & Earned WNBf Pro Card

2005 MUSCLEMANIA NEW YORK

Staten Island, NY (August 2005)

2nd Place – Middleweight

2005 NPC TEAM UNIVERSE BODYBUILDING CHAMPIONSHIPS (NATIONALS)

New York, NY (August 2005)

6th Place – Middleweight

2005 NPC EMPIRE STATES BODYBUILDING COMPETITION

Staten Island, NY (July 2005)

1st Place – Middleweight

***2004 NPC CONNECTICUT AND NORTHERN STATES NATURAL BODY BUILDING COMPETITION** - Hamden, CT (November 2004)

1st Place – Northern States Middleweight and Overall Winner

1st Place – Connecticut Middleweight and Overall Winner

Crowned 2004 Mr. Connecticut

2004 INBF CONNECTICUT NATURAL BODY BUILDING COMPETITION

New Haven, CT (June 2004)

2nd Place – Light Heavyweight

2004 NPC BEV FRANCIS ATLANTIC STATES BODY BUILDING COMPETITION

New York, NY (June 2004)

6th Place – Middleweight

2003 NPC CONNECTICUT AND NORTHERN STATES NATURAL BODY BUILDING COMPETITION -

Hamden, CT (November 2003)

1st Place – Novice Class

5th Place – Connecticut Open (Middleweight)