

Rob's Biography

I was born July, 8, 1978 in Alytus Lithuania. I grew up in Lithuania living with my parents and older brother. I learned how to work hard from my father who I always helped out in his auto body shop. I worked with him and realized that this is not the life that I wanted for myself. As a child watching Arnold Schwarzenegger in the movies, made me be fascinated with the idea of becoming a bodybuilder.

At 14 years old I was introduced to "the gym", which I made in my attic above the garage. At age 18, I started going to a real gym, which now I would call "my home". From there on out, I knew that this was something I wanted to not only do, but something I would become.

When I was 21 I had the opportunity to come to the States and I took it. I now ever since then live in CT. In 2003, I got married to my wife Katherine. Katherine's family is Polish. She has her BSN in nursing from Saint Joseph College. Currently she works on a cardiac unit at The Hospital of Central Connecticut. My current residence is in Vernon, Connecticut with my wife Katherine. I train at L.A. Fitness in South Windsor, CT.

Effects training has had on your life: Made me more confident and disciplined.

What do you like most about competing: Getting on stage and entertaining people.

Physique you admire: Jay cutler

Your best body part: Arms

Favorite Food: Steak (medium rare) with baked potato.

Favorite exercises: squats and shoulder presses.

Long term goal: To be a top competitor at the Olympia

Training Philosophy: Always train hard. It's really important to listen to your body and your brain!