

Steven Sims

I'm 39 years old, 5'8" 200 lbs in the off season and 177 lbs competing. I'm a single dad of 2, a 16 year old son and 11 years old daughter who are the most important people in my life

I've always worked out because of my semi pro football background. That's how I met my workout partner Lisa Watson. At the time she was prepping for the 2005 Musclemenia Fitness Atlantic show in April. After going to the show I was hooked and in April of 2006 I did my 1<sup>st</sup> show the OCB Sprit of America.

My training incorporates a lot of different principles from heavy 4-6 rep range to 10-12, to drop set, supersets. I believe in changes to never let the body get used to your workout. Currently I'm changing from my one body part a week to hitting the muscle twice a week.

As far as getting ready for shows. I start about 12-14 weeks out with cardio at 4:30am before work. After work it's time for my weight training then maybe another quick 20 min cardio session. My diet breaks down to a 150g carbs 250-260g protein and 30-35g fat. I'm more concerned with hitting my macro break down than what I eat. I eat very clean foods and know that the cal's are low. I use a web site called fitday to track all my foods that I eat.

I'm into my 2<sup>nd</sup> year of competing and have been lucky enough to win my pro-cards with The OCB, and Kevin Topka's new BLNPA which also got me an USBF. This fall of 2007 my goal is to try and win my WNBF, and NGA pro-cards. Next fall I plan on doing my 1<sup>st</sup> pro show with the OCB so I got lots of work to do.

My advice to future bodybuilders is... there are a lot of haters who will tell you what you and cannot do. Keep your head up and nose to the grind. Love what you do because everyone cannot do this and when you do step onstage you've won because you have reached your goal. TRAIN HARD AND STAY NATURAL.

## COMPETITIVE BACKGROUND

2006

OCB-Sprit of America 3<sup>rd</sup> Novice, 5<sup>th</sup> Light-Heavyweight Open

Musclemenia-Fitness Atlantic 1<sup>st</sup> Lightweight Novice, Overall Novice Champion, 4<sup>th</sup> Middleweight Open

INBF-Northeast classic 2<sup>nd</sup> Middleweights

BLNPA-Northeast Natural 1<sup>st</sup> Light-Heavyweight, Overall Champion (BLNPA-USBF Pro-card)

NGA-Granite State Open 1<sup>st</sup> Over 35 Masters, 2<sup>nd</sup> Light-Heavyweight Open

INBF-Monstermash 4<sup>th</sup> Light-Heavyweight Open

2007

OCB-Sprit of America 1<sup>st</sup> Middleweight, 2<sup>nd</sup> Overall  
Muslemaina-Fitness Atlantic 2<sup>nd</sup> Middleweight Open  
INBF-CT Naturals 3<sup>rd</sup> Light-Heavyweight Open  
OCB-Spring Nationals 1<sup>st</sup> Medium Class (IFPA-Pro-Card}