

Tips From The Pros

ASHTON PENNINGTON

IFBB Pro Fitness, Fort Payne, Alabama

Competition Highlights

2017 Jr. U.S.A. Bodybuilding Championship, Open, Fitness - Pro Status Obtained

2017 NPC BodyBe1 Classic, Open, Fitness

My love for health and fitness started with competitive gymnastics. I was flipping around from the age of 5. I started coaching gymnastics at 17 and have been coaching ever since. I am also studying for my bachelor's degree at Jacksonville State University. Fitness is a huge part of my life; it's a lifestyle for me. I thrive on having a consistent commitment to my health, fitness and wellbeing as an investment in myself. Not only that, I thrive on the challenge of becoming a better version of myself each and every day.

I did a lot of research before I ever decided to compete. I came across Oksana Grishina who inspired me to compete in the fitness division. It's the best of both worlds. I get to perform and express my passion and I also compete in the two piece round. I started my competition prep at the beginning of January 2017. The most challenging thing I faced was how to balance it all. It definitely helped that my husband was also prepping for a competition so we would help each other with meal preps. I weight trained 6 days a week for roughly 2 hours. On top of that I would train for my routine 4 days a week.

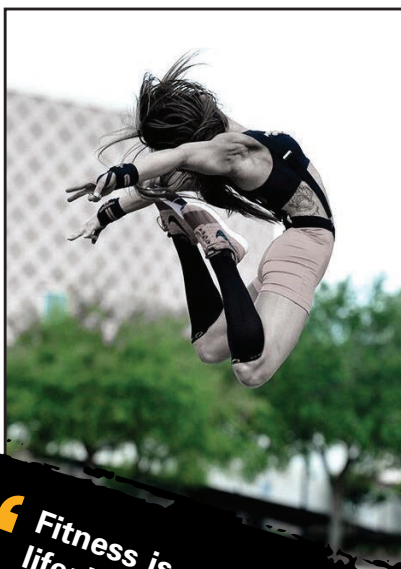


Photo by npcnewsonline.com



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My first competition was in May at the NPC BodyBe1 Classic, in my home state of Alabama. The following weekend, I competed at the NPC Jr. U.S.A. Championships in Charleston, SC where I received my pro card. When I made the decision to train towards a competition, never in my wildest dreams did I see my journey taking the incredible path it has taken.

What advice do I have for those who want to compete?

1. Before deciding to enter in a bodybuilding competition, think about the reason you want to compete. The demands of prepping for a competition are not for the weak minded. Be motivated to get on stage for the right reasons, such as self-improvement, embracing the challenge, and pushing your training.
2. Find a coach that you are comfortable with because they will see you at your worst and help lead you to your best!
3. ASAP buy your heels and start practicing posing. Practice without looking in a mirror because on stage it's only lights and eyes.
4. Having a strong support team is vital during prep. I couldn't have done it without my husband, family, and friends.
5. Stay true to your diet and workouts so no matter what, win or lose, there is no doubt that you brought your absolute best. One of my favorite quotes is, "Will Power is a Muscle. The more you use it, the stronger it gets!"
6. Lastly, always remember, you have the patience, the strength, and the passion to achieve your ambition, goals, and dreams. All you need to do now is TRY!

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