

Tips From The Pros

CLIFF WITHERSPOON

IFBB Pro, Atlanta, GA

Category: Classic Physique

Instagram: Cliff Witherspoon

Competition Highlights

2017 NPC North American Championships, Masters 50+ Classic Physique,

**2nd place & obtained IFBB Pro Status,
Masters 40+ Classic Physique, 3rd place**

2016 NPC Lee Haney Games,

**Open Bodybuilding, Middleweight, 3rd place, Novice
Bodybuilding, Middleweight, 1st place,
Masters 50+, Bodybuilding, 1st place**

My journey to IFBB Pro status started in Cleveland, Ohio at the age of 14. I played every sport - track, basketball, football, boxing, and martial arts. In college, I began studying how the body works and I trained at different types of gyms, i.e. powerlifting, boxing, hard core gyms, always learning something from each one. One gym in particular, stands out - Kings Gym in Cleveland, Ohio. Family owned and still open, it was there that I learned the details on proper form. When I moved to Georgia, I was well equipped with the tools to continue training on my own.



Photo by npcnewsonline.com

In 2014, I began preparations for my first competition in April of the following year and went on to win several shows. But it was in 2016 at the Lee Haney Games that set me on the path to obtain IFBB Pro Status in the Masters Division of Classic Physique. I continue to grow my business as a contest prep coach, Xtremeshape, BodybyCliff.