

# Tips From The Pros

“ There is no replacement for working your hardest, even when no one is watching...”

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*IFBB Pro, Atlanta, GA*

Category: Bikini

### Competition Highlights

**IFBB Chicago Pro, Bikini, Top Ten**

**2017 NPC Jr. USA Championships, IFBB Pro Status Obtained**

**2017 NPC Eastern Seaboard, Open Bikini, 3rd place**

**2016 NPC National Championships, Open Bikini, 7th place**

**2016 NPC Paradise Classic, Open Bikini, 1st place**

**2016 NPC Universe Championships, Open Bikini, 7th place**

**2016 NPC Border Klash, Open Bikini, 2nd place**

**2016 NPC Atlantic, Open Bikini, 2nd Place**

After my gymnastics career ended at age 18, I missed the competitive mindset of the sport and I craved a consistent training routine. I had no idea what to do inside a gym, so I started by doing bodyweight workouts in my college dorm room. I reached a point where I needed more challenging workouts in order to progress, so I taught myself how to weight train through research, study, and practice. I gradually perfected my form, increased my strength, and achieved the level of muscularity I wanted. When I found out about bodybuilding competitions, they seemed like the perfect way to challenge myself and channel my competitive nature.



Photo by npcnewsonline.com

My first NPC show gave me a sense of joy and athletic accomplishment I had been missing, and I've never looked back. With each show, I focused on the feedback I got from judges and consulted with professionals on what I needed to do to achieve the look I needed to win. It wasn't just about the what happens in the weight room, walking in the heels was a challenge in itself! But with practice, I finally earned my Pro card at the 2017 NPC Jr. USA's. I now strive to compete on the Pro circuit to earn a spot on the Olympia stage.

My years in gymnastics helped prepare me for the high level of discipline that is required in bodybuilding. There is no replacement for working your hardest, even when no one is watching, or doing extra practice and preparation that no one has told you to. Selecting knowledgeable professionals to work with during your prep is crucial, but you are the only person who will know if you really gave your all to that last rep or last minute of cardio. Refuse to rest on compliments and past successes if you know deep down you could dig deeper and achieve more.

Whether you're a beginner to competing or it's your first national or pro show, it's easy to feel intimidated when stepping on stage. However, confidence is crucial, and to convince the judges that you are a winner, you have to believe you are a winner yourself and convey that through your stage presence. Don't compare yourself to other competitors or worry that you can't be successful until you have more social media followers, a longer resume, or sponsors. Instead, focus on achieving your own best body and perfecting your presentation. Take pride in the physique you've built and the hard work you've put in and your confidence will shine through.