

Tips From The Pros

SHATONDRA DEAN

IFBB Pro

Category: Figure

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Competition Highlights

2017 NPC National Championships,
Open Figure, 2nd place, obtained IFBB Pro Card

2017 NPC North American Championships,
Open Figure, 2nd place

2017 NPC Tennessee State Championships,
Open Figure, 1st place

2016 NPC Junior Nationals, Open Figure, 4th place

2015 NPC Music City Muscle, Open Figure, 2nd place

2015 NPC North American Championships,
Open Figure, 9th place

2014 NPC Kentucky Muscle, Open Figure, 5th place

2014 NPC Battle at the River, Novice Figure,
1st place & Overall Novice Winner

I envisioned my 20's to be a personal growth period, where I would define who I am and what I wanted to become. My goal was to finish college and receive my degree in Biology and Chemistry. In 2009, I graduated from Tennessee State University. Three years later, I gave birth to my son Kelan. He was the best thing to ever happen to me. As a mom, I learned patience and saw the true beauty of having a plan. I knew I wanted the world for my child, but I couldn't forget about me.

For a while, I couldn't fit into any of my old clothes. I was unhappy about myself and my body at that time. That's when I decided I had to do something about it. My new goal was to lose weight and create a healthy and balanced lifestyle for a working mom. When



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Kelan was around 9 months old, I called Omar, a fitness trainer, and told him the goals I wanted to accomplish. After dates were put in place, I set out on my journey and did not look back. Omar and his business partner, Bronson were in the process of starting their own gym but initially, I trained in Omar's living room, while my baby boy watched me in his baby carrier. I was determined and 4 months later I had met my goals. I was running miles, I had lost 20 pounds, and I was happier and more confident about my appearance.

I next began training with Bronson to focus on adding more muscle to my physique and prepare for my first figure bodybuilding competition. With support from my family and friends, I competed at the 2014 NPC Battle at the River Bodybuilding Show in Chattanooga, TN. There, I placed 1st and overall in the novice figure division. I couldn't believe it! I did seven more shows before I earned my IFBB Pro card at the 2017 NPC National Championships in Miami, Florida. I was setting short term goals and accomplishing them. Babe Ruth said, "it's hard to beat a person that never gives up". I replay this in my mind every time I prepare for a competition. It's not always about winning. That's just a bonus. Honestly, I was not planning on competing in Miami, but I met prep coach, Mandus Buckle, through my friend and he convinced me to give it one more go. To me, there's a lot to be learned in overcoming obstacles in life, while continuing to accomplish your goals or dreams. In life, I have learned that in order to get where you want to be, you have to go through some trials. It's the hard times that help you truly appreciate your journey.

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