

ALEXIS ADAMS

IFBB Wellness Pro

IG: @a_fit_adams

Age: 28

Occupation: Nurse, RN and Posing Coach

Coach/Team: Nelson Jones, Team NelsonJ

Competition Highlights:

2023 Samson Showdown Pro - Wellness 1st place and qualified for the Olympia

2023 Arnold Classic - Wellness 4th place

2022 IFBB Tampa Pro - Wellness 3rd place (pro debut)

2022 NPC Junior Nationals - Wellness 1st place (earned Pro card)

2021 NPC Junior Nationals - Wellness 2nd place

2020 NPC Julie Palmer Championships - Wellness, Class A 1st place

Sponsors & Ambassador: Liquid Sun Rayz, Gasp, Better Bodies, Perform Nutra, The Shoe Fairy, KH Customs

Podcast: The Girl Gainz

Like so many others, Alexis Adams fell into the sport of bodybuilding because she had outgrown the eligibility for her sport, or in her case pageants. Curiosity and a desire to continue to step on the stage led her to bodybuilding. It is both admirable and inspiring that she has accomplished so much in a relatively short period of time, but knowing that she did it while working as a nurse all through the pandemic, makes it more impressive. It is unfathomable to think the hours and conditions with which nurses had to work through COVID and what they were exposed to. I have a feeling we'll be watching IFBB Wellness Pro Alexis Adams on stage for years to come. See how she learned to listen to her body and what she's learned from the sport of bodybuilding.

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How did you get involved in bodybuilding and how did it lead to you becoming a Wellness Pro?

I began competing in pageants in 2017. At that time, my husband and I were planning to get married, and you can't compete in the big pageant systems anymore once you are married. It was my husband, who had been into bodybuilding, that suggested I give it a try. In 2019 I tried the bikini division and my feedback was that I was more suited for wellness. For years I had been training to make my legs smaller and running for cardio and in my mind, that was the look I wanted. Now I was being told I needed to totally do the opposite. Once I started training to enhance the body structure, the judges could already see my favorite day in the gym was leg day. After only five national level shows I won Overall and my Pro card in Wellness at the 2022 Junior Nationals in Chattanooga, Tennessee.

What challenges have you faced as a competitor, especially with the crazy work schedule that goes along with a nurse's job?

When I first started competing, I was working night shifts. My day began at 2:00 PM in the afternoon. I trained, did my cardio post workout, and then went to work. I would get back home around 7:30 AM, go to sleep and then do it all again. Fortunately, I was able to put all of my shifts in a row, which gave me consistency. I would work Thursday, Friday and Saturday one week, and Sunday, Monday and Tuesday the next week giving me six shifts in a row. Then I would take six or seven days off before I had to do it again. The most challenging part is your body never knows when it's supposed to be awake and that can affect your health. It definitely takes a strong commitment to the sport to stick to such an insane schedule. Eventually, I was able to switch to day shifts so being able to spend time with my husband was much better for my moods, especially since we were still newlyweds! I even became a travel nurse for about a year and a half and even though the money is good, the schedule wasn't for me because I was gone so much. There were some days I would have to wake up at 2:00 AM to try get in my workouts before my shift; that was insane. But it was during COVID so I made the best of it because there was such a big shortage of nurses at that time. Now I'm back at my home and working just part-time in the hospital.

When did you make your Pro debut?

Having just won my pro card in July 2022, I decided to make my Pro debut just weeks later at the Tampa Pro and placed third. I went into offseason and was then invited to compete at the 2023 Arnold Classic. Shortly after that I competed at the Sampson Showdown Pro in Vegas and won an Olympia qualification. It really didn't set in until just the last several weeks once we really started prep and I realized I am counting down to the Olympia! It is pretty exciting. Since it's in Orlando this year, we have both friends and family coming to watch and cheer for me. It'll be pretty cool to have them in the audience.

You started out with pageants, so have you always been fairly fit? How different is bodybuilding from the pageants?

I initially enjoyed the pageants, but the truth is that I am 5'2", short and stocky. I realized that the taller, more streamlined physique was the look they were going for so for that reason, making the transition to bodybuilding was easier in some aspects. Because my husband had been through a couple preps, I was open to trying it. I never intended to do more than one prep. I didn't really enjoy that first prep because I didn't expect how difficult things can get. Now I try to really enjoy the process. My favorite part of bodybuilding is stepping on stage. A couple of days after that first show, I tried to go back to what I thought was a normal life. I quickly realized, I now had a new normal and have lived the bodybuilding lifestyle ever since.



Do you and your husband work together in your prep and posing?

In terms of clients, I'll help his girls with bikini and wellness posing, but I don't have a hand in the coaching side, and he doesn't have a hand in the posing side. For ourselves, we did one prep together; we differ because I love the stage and he doesn't. But we absolutely love living the lifestyle together.

Where do you see your future in bodybuilding going?

I currently have some great sponsors. Liquid Sun Rayz, Gasp, Better Bodies, and Perform Nutra that help me get through competing because the sport is not cheap. I've only been competing for four years. I think I have a decent number of years ahead of me as far as being onstage. At this point, I'm just focused on how far I can take my placings at the Olympia. Like I mentioned, currently I am part-time at the hospital working in labor and delivery and I love it. Not having to work so much like I did before is allowing me to focus on bodybuilding and taking it as far as I can. I am also a Posing Coach for bikini and wellness. My coach, Nelson Jones, sends me some posing clients but anybody who wants to work with me can get on my schedule. I do some in person posing, but also do FaceTime, Zoom, or Virtual calls. Long term, I am happy being a Posing Coach and competing; I enjoy my lifestyle.

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What do you feel you've learned through bodybuilding?

I've learned how much I can endure and how much more there is to give when I think that there's not, especially this past season. When you feel there are roadblocks and you think, I don't know how I'm gonna make it through today or how I'm going to make it through this prep. You dig deep and just keep putting one foot in front of the other. You just make it happen. Life is always going to happen and it's how you react and respond that makes the difference. This past prep was actually one of the hardest because right after I applied for the Arnold, my dog of 14 years died. Two weeks later, my grandma who raised me died. She was like my mom. I was pretty down when the initial Arnold invite list came out and I wasn't on it. I was disappointed and feeling like I had been prepping and for what? We decided to just keep going and pick another show because I was already close. Three and a half weeks before the Arnold, one of the girls dropped out and they called me with an invite. So then we went from seven weeks out to three. I learned you don't know what opportunities may come your way and sometimes you just have to keep going, even if you're not really sure why.

There are so many opportunities in the bodybuilding world. The fact that you've done so much in such a short period of time is impressive and inspiring. I know it takes a minute to let it all sink in, and I hope that you do have the opportunity to enjoy every minute of your first time being on the Olympia stage. We'll also be rooting for you to have many more times to come. And afterwards, I hope that you get to enjoy the holidays!

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I really just try to take each day for what it's worth and enjoy it; even the lowest parts of prep or the lifestyle. So be it if I get odd looks for pulling out Tupperware at events. This sport has taught me a lot about yourself. You can learn so much even through just one prep.

I also have a podcast called the Girl Gainz podcast that I do with Amber Pacholok. We answer questions and random topics that relate to bikini and wellness, and sometimes more specific topics, like mental health, post show blues, peak week, or we'll put up question boxes every now and then to and try to answer questions like that. We're in our third year. It's a lot of fun and at the same time it's so important to share what we learned especially if it can be helpful for the new amateurs in this sport.

