

KADEN MULLINS

Age: 24 years old

Occupation: Branch Manager of Temp Service

Home Gym: Trains at National Fitness, Morristown, TN

Coach: Bronson Parker, @bronandbougie

Competition Highlights:

2023 NPC Tennessee State Championships – Men’s Physique: Open Class C 1st place, Mr. Tennessee Men’s Physique Overall Champion

2022 NPC Night of Champions – Men’s Physique: True Novice 1st place, Novice 1st place, Open Class D 2nd place

The tragedy is that a young boy had parents that were both addicted to drugs and in and out of jail. His dad has passed and his mother is not in his life. This young boy was raised by his aunt since middle school. After graduating high school and while working at a factory, he suffered crushed bones and severe lacerations when his hand got caught in a machine. A year later he finally went back to the gym. The tragedy turned to triumph when he began training for bodybuilding. His focus is now on inspiring others while he prepares for his first national competition.

How did you get started in bodybuilding?

After high school, I fell off from lifting weights. I never really thought about doing a bodybuilding show until recently. I was working at a factory and going to school for electrical engineering. I was still in pretty good shape and it was a very physically demanding job. My hand got caught in a machine at the factory. I had crushed bones in my wrist as well as severe lacerations. I have a screw somewhere in the middle of my hand and had three pins on the edge really close to the pinky area but thankfully, they were removed.

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For about a year I was unable to do anything. I lost feeling in my hands but with a lot of physical therapy, my hand is fully recovered. It was about a year before I was finally able to get back to the gym. After all that time off, I wasn’t happy with my body and wanted to build a better physique. Bronson, my coach, approached me and asked if I had ever considered competing in a bodybuilding show. I didn’t even know how to respond, but it was obvious I didn’t know anything about the sport. One day, he just handed me a plan and said, “Give me a month, eat the food, and do the workouts.” I did it. It was so incredible that he did that for me. After that month, it felt like my body went to a whole new level. I could see the progress in my body and other people could see it, too. Having other people tell me how much I inspired them really lifted me up. It made me strive to be a better person and bodybuilder. I finally did my first show in October, stepping onstage for the first time, seeing the judges and the crowd cheering for me was just awesome. I loved it!

How important is the process along the way to you?

Extremely important. The daily grind is what it takes to make improvements. It can be a really tough challenge at times, but that’s how you get to the way you want to look on stage. I’m a natural athlete and I believe I can achieve my goals through proper nutrients, the workouts, the supplements, and a positive mindset. There’s not a single part about this process that I don’t really love.

What are your future goals? Where do you see this for you? Is this just a hobby? Or do you see more than that?

I started lifting in high school because I was always fascinated by the idea of building a stronger, healthier body. As a young athlete, I knew that strength training would help me improve my performance on the field and reduce the risk of injury. Additionally, lifting weights provided an outlet for the stress and anxiety, that I was feeling from home, and allowed me to feel more confident in my own skin. Over time, I developed a deep passion for fitness and wellness, which has stayed with me ever since.

Bronson really lit that fire and helped me become a bodybuilder. To be honest with you, I would love to make this a career. I just won the 2023 NPC Tennessee State Championships, Men's Physique. I'm still excited about that. My next goal and show is Jr. USA's in hopes of winning my pro card. After that, I want to compete with the best of the best. It's scary to put it out there, say it out loud, but that's okay. Sometimes, that's the first step in order to make it make it happen.

Are you looking for sponsors?

I've been fortunate to have recently become sponsored by Srge Actv. I am definitely interested in representing other companies. I have not yet decided what I want to do long-term, but in the near future, I think I would definitely like doing in-person training with people. I love coming into the gym and helping people.

You're young and this is new, and a lot of things are happening real fast for you. The opportunities are there, it just depends on what you want to do with them, and how you want to make the best of it.

So far, I have been very successful in men's physique. I love the look of the people in classic physique, so maybe in the future I'll try to move up as I continue to work on muscle gains, but for now I'm focused on men's physique.



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My bodybuilding journey has been a life-changing experience that has taught me the power of persistence and discipline. I want to thank Bronson Parker, my coach, for not only bringing me on his team and prepping me for all of this, (and yes I mean all of it, this dude does not sleep apparently and is always there for every check in, posing session, training session, phone calls, shows, board short shopping trips, etc.) but I also want to thank him for teaching me how important the history of this sport really is, how to go about this the right way, and for he and his wife Amanda for introducing me to this great sport and all the wonderful people that I have already met. I would not be here without him. This sport has allowed me to challenge myself physically and mentally, not just for building muscle and sculpting my physique, it has given me a different look on life. I want my bodybuilding journey to inspire others to believe in themselves and their abilities. To never give up in the face of obstacles and challenges. It is my hope that through my journey, others can see the transformative power of hard work and dedication, and they to can find their won potential and achieve their goals and dreams.

I just love seeing young people get involved in this sport, and love knowing that there are so many opportunities, and so many doors are just waiting for you. Good luck Kaden, we'll be cheering for you as your journey continues!