

TEAM GORILLA GIRLZ

DR. ADRIENNE MATTHEWS

IFBB Figure Pro

Profession: Pharmacist

Age: 49

Coach: Burl Randall (Coach "B"), @gametimefitness85

Trainer: Lee Richards

Team: Game Time Fitness

Sponsorships: Team Gorilla Girlz

Social Media:

 Adrienne Matthews  dradrienneifbbpro_figuredowt

COMPETITION HIGHLIGHTS

- **September 2023 NPC/IFBB Daytona Pro/Am Championships** – Figure Masters 45+ – 1st place, Figure Masters 35+ – 1st place, Figure Open – 7th place
- **August 2023 NPC/IFBB Maxfit Classic Pro/Am Championships** – Figure Masters 45+ – 1st place, Figure Masters 40+ – 1st place, Figure Masters 35+ – 1st place
- **April 2023 FX Supps Emerald Cup IFBB/NPC** – *Pro Debut* Figure Masters 45+ – 1st place, Figure Masters 40+ – 1st place
- **June 2022 NPC Universe** – *Earned IFBB Pro Card* Figure Masters 40+ – Overall Winner, Figure Masters 40+ Class B – 1st place, Figure Masters 35+ Class C – 3rd place, Figure Open Class C – 5th place
- **October 2020 NPC Minnesota State Championships** – True Novice Class A – 1st place, Figure Masters 40+ – 1st place, Figure Masters 35+ – 1st place, Figure Open Class A – 1st place

COMMUNITY SERVICE & PROFESSIONAL ORGANIZATIONS

- International Fitness and Bodybuilding Federation (IFBB) Professional League (June 2022-present)
- NPC Upper Midwest staff member (January 2021-present)
- The Links, Incorporated (April 2022-present)
- Delta Sigma Theta Sorority, Inc. (March 1999-present)
- Academy of Managed Care Pharmacy (2022-present)
- Hallie Q. Brown Community Center Board Member (March 2021-July 2023)



To date, Dr. Adrienne Matthews has competed in 16 bodybuilding competitions. She prides herself on learning something about the sport and herself at each show as well as meeting at least one competitor with whom she connects and befriends. The sport of Bodybuilding has been character building and life-changing for Dr. Matthews; it has provided her with a sense of belonging and she is proud to represent the bodybuilding community and honored to be a part of Team Gorilla Girlz.



THE BEGINNING

I took a winding road on my journey to competing as a IFBB Figure Pro. In 2016, I hired a coach to help me lose weight so I could look cute for my 20th college reunion. That was my goal at the time. The coach I hired was a woman whose niche was older women and that's what appealed to me. Her name was IFBB Figure Pro Kimberly DeMerits (now Doehnert). This pivotal hire exposed me to an entire new world and level of fitness and weight training. My results were outstanding as my body responded to the training and nutrition. She planted the seed for competition by talking about the contests and inviting me to seminars. As my interests grew, my coach suggested I consider competing in a bodybuilding show. I was fascinated by the physiques and I thought that competing could become a future goal. I sat on it for a long time, allowing self-doubt to talk me out of pursuing something I knew I really wanted but perceived myself as too old to accomplish. As I approached my 45th birthday, I made the choice to commit to competing in my first show.

“ AS THEY SAY, I CAUGHT THE BUG AND WENT ON TO COMPETE IN A TOTAL OF FOUR SHOWS IN MY INAUGURAL YEAR AS A COMPETITIVE BODYBUILDER AND FOUR MORE THE FOLLOWING YEAR. ”

COMPETITION

In 2020, no sooner than I had made the decision to compete, COVID hit. I refused to allow the pandemic to derail my plans and goal, so I outfitted my garage with gym equipment and kept my training going. I chose a small, local show to wet my feet with as a True Novice Figure Competitor and stepped on to the stage in October 2020. As they say, I caught the bug and went on to compete in a total of four shows in my inaugural year as a competitive bodybuilder and four more the following year. In 2022, I only competed in one show earning pro status in the masters category at the NPC Universe.

I am still amazed at how far I've come because growing up I did not play sports like so many others. The only competitive thing I ever did was the Academic Decathlon. So to find myself all in for the sport of bodybuilding in my mid-forties almost feels surreal and at the same time I firmly believe it's never too late to start your fitness journey and you can achieve the results you want, once you truly commit. Four (4) years and sixteen (16) shows later, I am still going strong!

When did you make your pro debut? And how are you picking which shows you are going to do?

I made my pro debut in April 2023 at the Emerald Cup because I was ahead of schedule in my prep and my coach thought this would be a good show to do. I placed 1st in both masters classes that I was eligible for. I also competed at the Daytona Pro in 2023. Last year, I did two shows that only offered open classes because I wanted the experience. However, my strategy for this year is to choose shows that have as many masters classes as possible in addition to open because, I want to get my money's worth.



TEAMS

Who do you train with now?

In September 2021, I joined Team GameTime Fitness out of Washington, DC. My coach is Burl Randall, (Coach B). Since I reside in Minnesota, I work locally with personal trainer Lee Richards.

How did you become a part of Team Gorilla Girlz?

Let me start by saying, I'm human. I had competed in July of 2023 but afterwards I did not reverse my diet well and put on weight too fast. Being fully transparent and taking full responsibility, I indulged in too many cookies. Long story short, I chose to compete at the Max Fit Pro show in August to give me the incentive to get back on point. That show offered three divisions that I was eligible for, 35+, 40+, and 45+ and I won 1st place in all three. It was at that show that I met the co-owner of Team Gorilla Girlz, James Lord. He offered me a sponsored athlete position on the team and explained what he expected from each member on the team in return. We had a good rapport right from the start and he made it clear he has a genuine appreciation for the Masters athletes at the Pro and Amateur levels. The best part is that being a part of Team Gorilla Girlz has created an ambassador opportunity for me. I am driven by the desire to be a good representation of the sport, as well as any team I represent.

What does being a part of Team Gorilla Girlz mean for you?

Being a part of Team Gorilla Girlz is huge for me. I compete for the love of the sport and because it truly fills my spirit in such a positive way. I hope being recognized by a brand and being a good ambassador will open up more sponsorship opportunities. I am a single woman with a single income and at times, competing has been a challenge financially. A sponsorship that assists with the costs of competing is a huge help. I'm definitely planning to compete at the IFBB Professional League Tupelo Pro where Gorilla Labz Athletics Apparel is the title sponsor.



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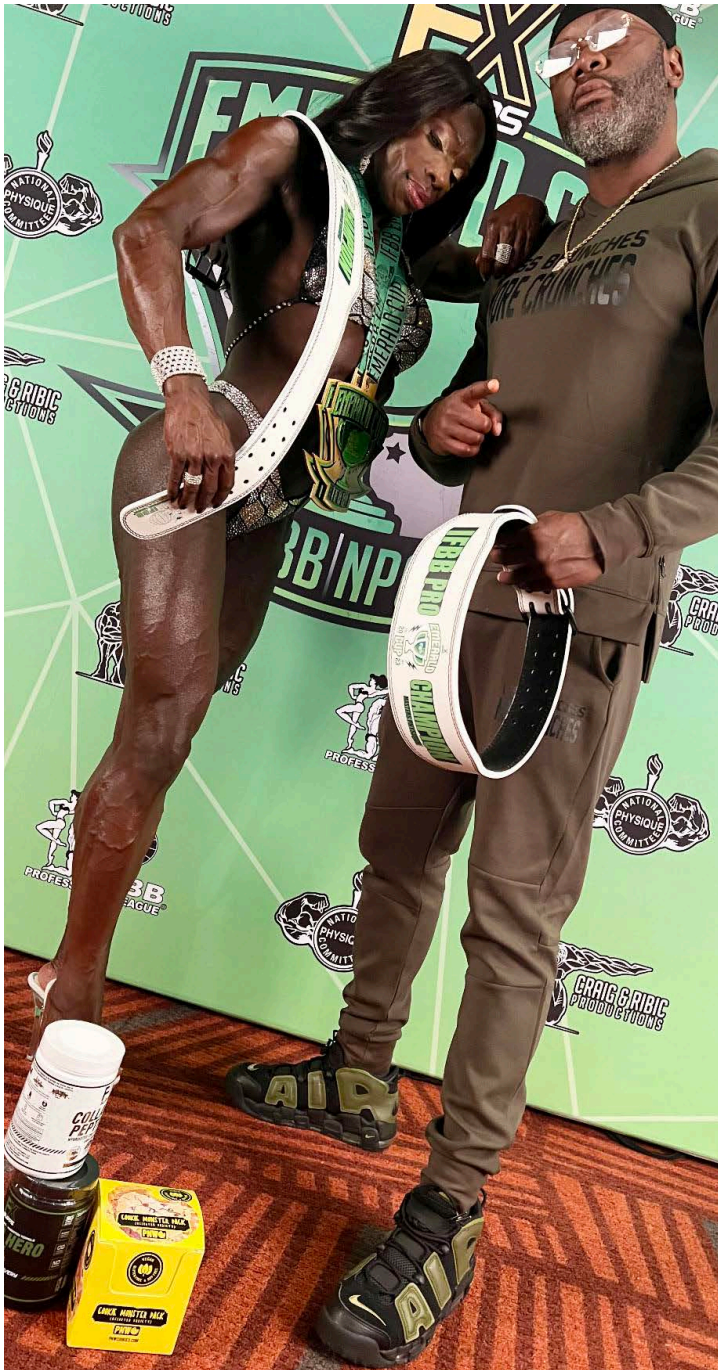
CHALLENGES

What do you feel is your biggest challenge in your prep?

My biggest challenge is I feel I don't have enough hours in the day to do everything that I want to do as a complete competitor. I would love to have the resources, time, and money to do more recovery modalities. I think my body would be a little bit further along if I could invest the time and money into more recovery modalities.

What does your training consist of?

I'm a pharmacist by profession. I basically work remotely eight to five for a health insurance company and then train in the evenings. I do weights and cardio. Yoga is definitely one of those things I am striving to incorporate this year. I used to do it and I know how much it can benefit me. In the offseason, I made sure that I lifted heavy and then got my rest to let the growing happen. My coach and I are very aware to train smarter not harder using techniques like time under tension.



COMMUNITY

I noticed you belong to several professional and community organizations. Are there specific projects you participate in to serve your community?

I belong to the local chapter of a national sorority, Delta Sigma Theta. Being in the health industry both professionally and recreationally, I gravitate towards the projects that are centered around health and wellness. Most recently, I participated in a February Heart Health event that included CPR training and first response life saving techniques. We also supported a heart attack survivor and sorority sister at our local American Heart Association fundraiser. Walks at the Mall of America, or at local parks, that are open to everyone are some of the other events I enjoy participating in.

THE FUTURE

What are your goals for 2024?

The desire to keep improving my physique and increasing my knowledge of the sport has kept me motivated, focused and more importantly disciplined. I study the content the top figure division ladies share on social media to learn from them, and I've become quite the sponge for quality bodybuilding content in general as a method to glean information to make me a better athlete. My future bodybuilding goals are simple --- {a} place among the top 3 [preferably place 1st] in the Masters classes at all the Pro shows I compete in 2024, {b} place among the top 5 in Open in at least one of the 2024 Pro shows, and {c} be invited to or earn my way to the 2025 Masters Olympia.

Do you have any future aspirations to get more involved with the NPC?

I would love to get more involved. If it were up to me, I would love to be in the fitness industry full time. For now, I am humbled and honored to participate and compete in the sport of competitive bodybuilding, be a part of the Game Time Fitness team, and represent the Gorilla Labz Athletics Apparel brand as a sponsored athlete. I can't wait to see what the future has in store for me!

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