

## BART TOMPKINS: YOUNG & FOCUSED

### Bart Tompkins

**IFBB Pro Men's Bodybuilding**

**Age:** 25

**Founder & Contest Prep Coach:** Body by Bart

**Social Media:** @barttompkins\_ifbbpro

**Mentor:** Dominic Kuza @CampJansen

**Competition Highlights:**

**2017 NPC Total Body Championships** – Men's Physique Teen, 1st place; Men's Physique True Novice, Class A, 3rd place; Men's Physique Open, Class A, 5th place

**2018 NPC Mississippi Championships** – Men's Physique Open, Class A, 1st place

**2019 NPC Battle on the Bluff** – Men's Physique Open, Class A, 2nd place

**2020 NPC Total Body Championships** – Men's Bodybuilding Novice Middleweight, 1st place; Men's Bodybuilding Open Middleweight, 3rd place

**2021 NPC Greater Tennessee Valley Championships** – Men's Bodybuilding Novice Middleweight, 1st place; Men's Bodybuilding Light Heavyweight, 1st place

**2022 NPC Night of Champions** – Men's Bodybuilding Light Heavyweight, 1st place

**2022 NPC National Championships** – Men's Bodybuilding Welterweight, 2nd place, earned IFBB Pro card



**When did you start training for bodybuilding?**

In 2017, I was playing football at Shannon High School. Shannon, MS is about 10 minutes outside of Tupelo. I've always been a bigger guy but in 2016 I was in a relationship that wasn't good for me. Consequently, at 5'5" tall, my weight shot up to 260 lbs. I made the decision to lose weight while still playing football. I would go to Premier Athletics in Tupelo at 5am in the morning before school. People are so nice and several of them gave me advice about working out here and there.

**Usually, when you're on a football team, don't they have workouts for the players?**

Shannon High school is a small school. We had workouts, but I was the punter/ kicker. I kind of got to do what I wanted to do. I did work out with weights with them, but I didn't do the same conditioning they were doing.

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### So when you went to the gym, was that in addition to what you were doing with football training?

Yes, ma'am. I was training more like a beginner bodybuilder with a set number of sets and reps combined with some compound movements. I now know, at that time, I was definitely overdoing it by training twice a day.

### Were you doing cardio as well? Were you watching your nutrition?

In the beginning, since I was playing football, I wasn't doing extra cardio. I added it later on. For the nutrition, I began just eliminating the sweet tea, cokes, and cutting out junk foods. I didn't follow a really strict plan; the weight training alone helped me burn the calories.

### When was your first show and which one was it?

My first show was the 2017 NPC Total Body Championships. About four months prior to that show, someone came up to me and asked, "Hey, are you are you prepping for a bodybuilding show?" I didn't even know what that was at the time. I had no idea. But I said, "Sure, let's just do it." There was a trainer, Adam, that generously shared his knowledge and helped me lose a lot of the weight and Lawrence Lindsey dialed me in for the first show. If you can believe it, I actually had a football game the night before the show.

### Once you did that first show, you were hooked, right?

Yes, I got 1st place in the Teen Men's Physique division and was fired up to continue the journey.

### Is that what prompted you to quit football?

Finding the positive impact that bodybuilding had on me was definitely a contributing factor to me quitting football in 2018. Football wasn't an enjoyable experience under the coach I had, my homelife was abusive, and I had been working three jobs while trying to play football. My stepfather was an alcoholic and was very abusive, holding us hostage at gunpoint at one time. You hear horror stories, but for me, I was living it. When I did get out, my mom chose to stay, so I was pretty much on my own. I tell people all the time, you either let that define you and you live what you learn, or you focus on making the world a better place for yourself and others.

### So how did you get out of that situation?

I lived in it through high school. Then, I went to Northeast Community College in 2019 and moved into my first apartment.

### In college, were you aiming for a certain degree?

I went to college because it was the thing to do. Like so many people, my grandfather and dad believed if you went to college, you would have a better life. So, I just went to college for them. I declared an exercise science major. For two years I attended classes and even maintained a 3.7 GPA despite having an "I don't care" mentality.

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### How did you get into personal training?

The head person at the campus gym, Robert Walker, allowed me to become the first personal trainer they had on site. I taught classes and had a couple of personal training clients. It wasn't a lot of money, but it got my feet wet. In 2019, he was the one that came up with the business name that I still use today, Body by Bart.

After COVID, my roommate Ryan Lawson and I moved to Ole Miss in Oxford. There I found myself in an unhealthy relationship again ending with a gun to my head. I dropped out of college and moved to Tennessee six weeks later to fully pursue bodybuilding and work as a buyer for a supplement manufacturing facility. I was there for about a year and then took a night shift job at Car Max as I was prepping for the 2022 NPC National Championships. About four weeks after earning IFBB Pro status, I became an assistant manager at Brandon Curry's Carbon Culture Gym in Murfreesboro, Tennessee.

### What prompted you to move back to Tupelo?

I'm the youngest IFBB Pro from Mississippi right now. I want to give back to the community and help build the sport of bodybuilding in Mississippi. In 2023, I expressed my desire to Timmy and Judy Gaillard, NPC Promoters and Gym owners, and moved back in January 2024. I have been helping at the workshops and supporting the shows ever since.

### When did you start coaching full time?

I've been coaching full time since July 2023. I even coached my ex-girlfriend, Taylor, for the NPC Iron City where she won Open Wellness Overall after dropping 60 lbs. and being a Type One diabetic. I enjoy training, especially the younger athletes. I strive to make communication the thing that separates me from other coaches and hope I can provide them with the tools they need to handle the mental aspect of the sport. Having the right mindset is everything. I currently have a roster of approximately 70 clients.

### What steps have you taken to grow your business?

Partnering with Copernicus Johnson (CJ) of Action Over Words has been a game changer. Having run multiple social media pages for big businesses, he is behind the strategy for my brand. One of the things that has been essential in developing the brand for Body by Bart is creating a community and a camaraderie with my clients. Team lifts, building a culture of supporting each other, and understanding there is enough success in the world for all of us, is an essential component of my business. I want all my clients to feel like they are a part of the Body by Bart bodybuilding family. For me, traveling to athletes to work out with them, meeting up with them, listening to what they are struggling with or what their needs are, and building a relationship with them has allowed me to expand our network.

### Where do you see yourself, you know, five and 10 years from now? What is your future vision?

I'd like to have a couple assistant coaches working with me. Max Owens, one of my athletes, will be one of the first coaches to come under me. Creating a system of consistency is key for the business, so we're working to put those systems in place. My focus is to build the business and the plan is to keep growing and increasing our roster. Personally, it'll probably be 2026 before I make my pro debut, probably in the 212 division. I'm young, I have time and I'm patient.





## Are you training your clients for certain shows?

It really depends on when each client is ready. I have a number of athletes at all different stages, from first time competitors to national qualifying athletes and even a couple going to pro qualifying shows. A few are at the beginning of their journey and focused on building a good foundation of muscle and developing the right mindset so they will be ready to step on stage with a competitive package. "I never promised my clients a win. I promise them to be their best in a show and give them an opportunity to be competitive, and hopefully win. Each client can be assured that I keep all their data from the day they start with me, from stats on weight to what they eat and everything in between. This allows me to make adjustments to keep them in an optimal range both in season and off season.



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## Do you only work with competitors or do you work with lifestyle clients as well?

I do have lifestyle clients and a number of clients that are type one diabetics due to my research and experience in coaching diabetics.

## Why is it so important for you to share your story?

While I think the hard home life has made me mentally strong, what drives me is knowing I'm doing something good and making a positive impact in people's lives. Any opportunity I have to give somebody motivation or inspiration or to let them know you can overcome a bad situation, is a winning day for me.

*Bart, it's really admirable that you're able to take a bad situation and use it to to make a difference in people lives and make it your business. The fact that you lost 100 pounds and have kept it off and to see your before and then after pics is really inspiring. And then overcoming an abusive homelife and an abusive relationship as well. Men don't talk about abuse often. Sharing your story lets them know how important it is to bring abuse to light. It it doesn't have to be something that keeps you down all the time. But rather it can fuel your success. Wishing you a great start to a long career in bodybuilding and coaching.*

