

# Tips From The Pros

## ESSENCE MONET

*IFBB WPD PRO, Former Figure Pro*

### COMPETITION HIGHLIGHTS:

- 2018 Arnolds Classic: Ms. International - 9th place
- 2017 San Diego Ultimate Warriors: 7th Place
- 2016 Ropeman Elite Pro Show: WPD debut: 7th place
- 2012 Dallas Europa Figure Division Pro Debut : 4th Place
- 2011 North Americans: Received IFBB Pro Card

### My Journey:

My own personal journey in bodybuilding has been a series of ups and downs with a lot of learning and lessons in between. I started dabbling in weightlifting on and off as a high school and collegiate athlete but at that time didn't take it seriously. In 2003, the worst injury of my competitive career happened when I tore my ACL and meniscus running hurdles at a collegiate track meet. I was devastated and found myself lost without athletics.

During this time, I was also involved in an abusive relationship that left me depressed and with low self-esteem. I did not know how to combat all the feelings that I had, after I finally found the courage to leave, and didn't want to see a shrink. While looking for a summer job, I stumbled upon a gym called XSport Fitness in Arlington Heights, IL and it changed the course of my life. This gym was one of the main workout facilities in the Chicagoland area that all of the bodybuilders and competitors trained at, and I was in total awe. I was seeing them live and in person after watching the sport for so long on ESPN growing up. I immediately dove into the fitness lifestyle, got a personal trainer to help me get started, and found a form of therapy that I never knew existed. Weight training empowered me by helping me become a stronger person. A local show promoter asked me if I competed and encouraged me to try it. He thought I had a great overall shape, so needless

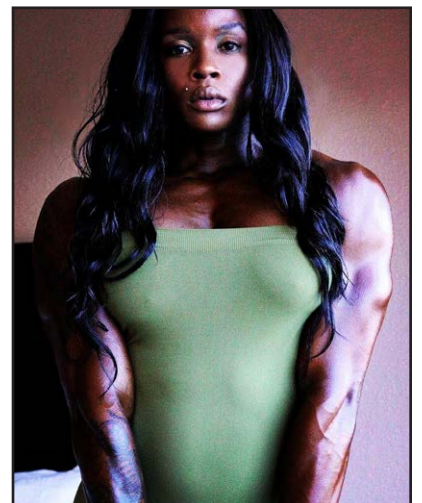
to say I happily obliged. I immediately asked a good friend to coach me and the rest is history.

I have had great opportunities come my way from being involved in this sport the last 12 years including being asked to do film and model work. It's been such an honor being an IFBB Pro athlete and I look forward to accomplishing more goals within the fitness and bodybuilding industry.

If you are thinking about stepping onto the bodybuilding stage, my advice is enjoy the journey; even if you decide to do just one competition. No one is expecting you to turn into a full time competitor. Plenty of people do one show just for the experience and to say that they did it and that's ok! The process of dieting down and making daily sacrifices to get to the ultimate physique is emotionally, physically and mentally demanding but still doable. Take it day by day and find the positives in achieving something that most people would not even dare try. Just remember that no one is making you do it and that it's a personal choice, so enjoy it and have fun!

Details DO Matter!

I see it time and time again when a competitor misses the mark because they were not well informed by their peers, their coach or because they simply just didn't ask questions or seek out help. The worst thing you can do is not ask when you simply do not know. There is no such thing as a stupid question especially when it comes to this sport. Overall presentation is the most important factor when competing and can cost you a first place spot if you do not have it all together. I like to think of bodybuilding and competing as a very expensive hobby so good planning and preparation will enable you to do it without breaking the bank! Get a knowledgeable coach for nutrition, training and posing and make sure that you ask all of the questions in regards to other details such as suits, tanning and all the things you'll need to make sure that come show day you won't miss a beat, you will take your best package to the stage, and your show will be a great experience.



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