

CORINNE INGMAN

I achieved my IFBB pro status on the November 11, 2018.

It was a last minute decision to do the show, as I had originally targeted a later date. However, I felt the extra experience would be beneficial, win or lose, and as the event was an Amateur Olympia, which awarded pro status for all class winners, not just the overall winner, I knew there was a chance I could get 'lucky'!

So, I recruited my dad (who knows very little about the bodybuilding world and thinks a good diet is just eating one donut rather than four...) and off we went to Italy!

Everything went smoothly enough. Tan, makeup, bikini, hotel, flights. All sorted and in order.

On show day, I actually nearly missed my slot on stage! The running order was changed just as the show was starting, and with the hubbub of the backstage area, hearing any announcements or information was near impossible. But, luckily, I was waiting near the stage entrance as past experience has taught me to be alert on show day.

I was rushed back stage, managed to grab some bands for a 10 second pump up, and was then led on stage. The whole stage experience went so fast!

Before I knew it, it was time to announce the placings. Two of us left. Was this actually going to happen? YES! I had won.

It didn't sink in for a long time that I had finally achieved what I was aiming for - an IFBB Pro card! It only really become a reality when just two weeks later I made my Pro Debut in Romania. Looking around backstage, I realized that I was about to step on stage with a few names I was following on Instagram. Finally, it had sunk in - I had joined the pro ranks!

If you're just starting out in the sport, it's so important that you simply love dieting and training. Don't start with the

thought of competing, instead allow competing to be a possible outcome to present your hard work. There is no harm in training and dieting for self-satisfaction, so don't allow others to influence your decision and don't be rushed. The 24/7 adherence and mentality is really hard at times, so you must truly have the passion for the pursuit. If you do, then keep going, be patient and set your focus high.

When you have a little competition experience and you are seeking that elusive pro card, my best advice is to get used to losing! I don't mean for that to sound negative or to deter in any way, but the reality is that you will be knocked down many times before you succeed; and that's actually pretty exciting because it makes the end result all the sweeter. Then as soon as you reach the top, and get that win, you're back to the bottom of the next ladder - The Pro ladder. But I couldn't think of anywhere else I'd like to be right now. The challenge of facing the next hurdle and competing with those you admire is such a precious and exciting gift.

Whoever you are, whichever level, whichever category, I think the most imperative advice I can share is to take your time. Surround yourself with good, honest people who will support your competition journey. You need to enjoy the highs and the lows as there will be far more trials than tribulations in this subjective world. You have the chance to create and develop your own body, and your own experiences, so enjoy every minute and be grateful for the opportunities that arise.



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