

Tips From The Pros

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Road to the IFBB Professional League

2015 was the first year I competed in the NPC. I had hopes of obtaining a pro card, however things did not work out. As a Canadian Citizen living in the US, North Americans was my only opportunity to compete for a pro card. Due to prior engagements, I was unable to attend that show.

I decided to walk away from the stage and did not think once about competing for the next two years. Training was my first passion, and that is exactly what I did during my time away from the competitive world. 2017 approached quickly and I was curious about the “process” again. I prepped myself in an 8-week period and won Overall Bikini at the NPC Coastal USA in August of 2017.

Ten days later I competed at NPC North Americans winning my class and obtaining my Professional status in the IFBB at only the 5th show I had ever done. This win was special to me because it was my only shot being a Canadian Citizen in the US, as mentioned before.

Fast forward to 2018, 16 shows later, several top 5 finishes, the 2018 Sacramento Pro Bikini title holder, and Olympia qualified, I have much advice to share. To be successful in the competitive bodybuilding world, it is imperative to make “fitness” and “health” your priority and lifestyle. It is also important to understand that as you progress to each level, the quality of athlete improves. I compare local, national, and professional shows to high school football, college football, and finally the NFL.

Health is key, not only in bodybuilding but in life. Dieting for extended periods of time, over exerting your body, and time management are all things that I take special care in. This has been the main contribution to my success as a professional athlete. There is no “on and off” switch at any given time. I count my macros, assure that my body is fueled adequately, keep training intense, and listen to my body year-round.

When starting your journey, whether it’s your first show, or first attempt at your pro card, I highly suggest you do your research on the industry itself and look for a coach who fits your “style”. Ask, questions, take notes, and educate yourself before you physically, mentally, and financially invest in competing.

One thing that competing will do is drastically change your life and finding balance will likely be the biggest challenge. It is something that takes time, and effort. I would say it’s harder than prepping for a show. I mentioned this earlier but feel the need to reiterate that doing your research before making this life commitment is extremely important.

Bodybuilding is one of those things that will truly teach you discipline and commitment which are two characteristics that will help you in anything you do in life. There will be challenges, and rough times, however this will make your end goal so much sweeter. If you take anything from this, please remember one thing – always put your health first.



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