

2018 Courage Award Finalist

MICHAEL MCKINLEY

BEFORE



AFTER



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At the age of 27, (now 33), I was uncomfortable with how I looked and lacked confidence like never before. I knew it was time to make a change but I just wasn't sure what to do. I started watching YouTube videos and reading as much about training and nutrition as I possibly could.

Like everyone else in this world, I purchased a copy of P90X and completed one round of it in my basement. My nutrition was somewhat on track and changes were happening. To say I was excited when I noticed physical changes would be an understatement. Not only did it push me to keep going, but it lit a fire that I never knew existed inside me.

After two rounds of P90X, I purchased my first gym membership and started focusing on weight training. Six months later, I decided to do my first show as a Men's Physique competitor. I placed 5th in the Mr. Buffalo show and couldn't have been happier. It was the first time I'd ever seen my abs look this lean and I was only 28 years of age!!!

I continued my competition career, winning a few and losing a couple but enjoying every second of it. This is definitely the life for me and I'm so glad I found my calling!!