

Behind The Muscle

CYDNEY GILLON

Ms. Figure Olympia

Stats:

Height: 5' 3¾"

Competition Weight: 133

Age: 25

Coach/ Team: Damian Segovia with Pro Physiques

Occupation: Student Athlete, Posing Coach

Sponsors: Get Flawless Hair, TMarie suits, Elite Tan, Dr. Mike Rice of Synergy, Glam Company Jewelry

Competition Highlights:

2017 Figure Olympia, Overall Winner

2017 Figure International, 2nd

2016 Figure Olympia, 3rd

2016 Pittsburgh Pro Figure, 1st

2015 Wings of Strength Chicago Pro Figure, 1st

2012 NPC Nationals, Figure, Class D Winner

Some would say the sport of Bodybuilding is in her blood. Her commitment and desire to succeed were instilled in her and inspired by Cydney's parents who are also bodybuilders. She began going to shows when she was just six years old. While her first love was the Fitness category, Figure was introduced when she was 9 years old and that would become the category that led to her success. Here is what she had to say about her journey to becoming Ms. Olympia.

Your journey to turning Pro and qualifying for the Olympia was fast-paced compared to most? Can you share a little about it?

I did two NPC shows before turning Pro at the 2012 NPC National Bodybuilding Championships and then competed in three pro shows before I qualified for the Olympia at the 4th Pro show.



Cydney has always been an athlete and commitment and discipline are two qualities that many people would say describe her. It obviously shows when she steps on stage!

Photos by npcnewsonline.com

What is your favorite quote?

"Control what you can control." - Unknown

How ironic, in the sport of bodybuilding, we often hear you can't control anything else, only you and the package you bring to the stage. What are you thinking when you step on the stage?

My whole thing is to make progress every time I step onstage. Obviously, as an athlete, you want to win, but my goal is to improve every time."

Why do you refer to the Arnold Australia as a pivotal point in your journey?

Because it gave me the confidence to know I could get to the Olympia stage.

What did you learn from making it to the final four on the television show Survivor?

I learned that physically, I am able to function at all levels regardless of food intake. Mentally, I learned how to keep calmer during preps because I was having to constantly strategize while being extremely hungry. As an athlete, I was always willing to push myself but now that I've been on the show, I know I can go even further. Before Survivor, I used to feel really hungry preparing for a contest. However, I was literally starving on the show; I might get 100 calories a day and it was all coconut. So now during prep, I might be hungry—but not that hungry! And since I am able to stay calmer, overall prep isn't as hard as I once thought it was.

What was it like the first time you were on the stage in 2014 compared to 2017 when you won and what did you do differently?

I was a nervous wreck my first Olympia. I was shaking like a leaf backstage and my cortisol levels were through the roof. While I placed third in 2014, I realized that everything I choose to do will get me closer to that ultimate goal. I had always coached myself throughout my career. I did my own diet and training, everything. But in preparing for the 2017 Olympia, I came to a new reality and joined Team Pro Physique, in Arizona. Damian Segovia is my nutritionist and helps me by tweaking the training based on what I need. When I stepped on the stage, I was excited and ready to get it done.

What are your future plans?

I plan to graduate in December 2018 with a Masters in Strategic Public Relations and of course, I plan to continue competing. I hosted my first posing seminar this past December and hope to do more.

What advice do you have for competitors?

Believe in yourself and know that your journey is simply that, your journey. You should not look at someone else and assume you should or will have the same results. Just work hard and focus on you.

Can you share with us an example of your training program and nutrition plan leading up to the Olympia?

I stay on a plan year round so you can say I prepped for two years for this Olympia. When a show is not in the near future, I stay 5 to 6 lbs. away from my stage weight. The weeks before the Olympia were low cardio and maintenance lifts and for nutrition I ate the standard protein, carbs, and vegetables.

As you can see, there are two main things that contribute to Cydney's winning attitude: commitment and a strong desire to succeed. These are the tools she has used to achieve her success on the stage will undoubtedly lead to her success off the stage as well.

8 things you didn't know about Cydney:

1. **Favorite Movie?** Set It Off
2. **Favorite TV Show?** MasterChef
3. **Favorite Book?** A Time to Kill
4. **Favorite Cheat Meal?** Publix Sub sandwich, sweet potato fries, and cookies with ice cream
5. **Favorite brand makeup?** I don't wear makeup really
6. **Favorite store to shop?** online stores
7. **Dream Job?** Work for the Public Relations sector of a large sports team
8. **Person that inspires you?** My mother

Cydney Gillon, IFBB Pro & 2017 Figure Olympia is a Posing Coach and offers One-on-One sessions as well as Workshops. For more information contact her at cakefactoryfitness@gmail.com