



Bartley Weaver Defines Dedication

Bartley Weaver is the epitome of the word dedication – the quality of being committed to a task or purpose, not only for himself but towards others, too. He started training with his dad at age 12. Eighteen years later, he’s never taken more than a week off from training. Having learned the life lesson that you get out what you put in, Bartley competes to test the measures of his hard work. He is a Kentucky state police officer and has a true passion for being a public servant and helping others. In addition, Bartley is an NPC Classic Physique competitor, has created a transformation program for his clients to follow, and is a true foodie. He has multiple menu items named after him and has recently become a professional competitive eater. Bartley owns a meal prep service and hopes to open a healthy restaurant in the near future. The three things that are most important to him are his faith, family and fitness, in that order. He currently resides and operates his business out of Bowling Green, KY.

Competition

His first bodybuilding show was 10 years ago – the NPC Northern Kentucky Bodybuilding Championships. This year he has competed at the 2019 Arnold Classic, a multi-sport festival featuring the world’s second-largest competitive bodybuilding stage and once again stepped on the NPC Northern Kentucky Stage where he was the overall winner in the classic physique division. Bartley recently made his Major League Eating debut at the World Mutton Eating Championships in Owensboro, KY where he finished 6th beating multiple established pros by eating 21 mutton sandwiches (5.25 lbs.) in 10 minutes. Two weeks later he ate 14.5 pepperoni rolls to finish 8th at the World Pepperoni Roll Eating Championships. Most recently, Bartley downed 23 hot dogs and buns to finish 4th at the Nathan’s Hot Dog Eating qualifier, on June 1st, centerfield at Busch Stadium; home of the St. Louis Cardinals. His ultimate goal is to be the first-ever professional bodybuilder and professional eater and to have a

food challenge victory in every state! He’s got one of the two and plans on stepping on a national bodybuilding stage later this year between food challenges with the goal of earning another pro status! Outside of the professional eating events, many of the food challenges Bartley competes in are done for charity fundraisers. “I am blessed beyond measure to have the unique platform and sponsorship relationships that I have”; it’s a testament to his dedication to maintaining a healthy lifestyle and teaching that lifestyle to others.

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Transformation Program

The Lord has blessed Bartley with opportunities within the fitness arena from sponsorships to helping those that are discouraged with the shape they are in, the look of the bodies, their overall health and quality of life. As a result, he launched a website in January 2016 for competition

prep and general weight loss. In doing so, it was Bartley’s desire to create a “transformation playbook” that people could follow, no matter their level, age, gender – they could follow it from cover to cover and transform yourself. His program includes templates to assist, grocery lists, gym workouts, at-home workouts, a private Facebook Group for recipes like the Bartley Bowl and encouragement, and a youtube channel with a lot of information to help his clients. The “playbook” includes entry to one of four 8-week Transformation Challenges he holds each year with both give-a-ways and approximately \$2,000 in prizes!

“Most people find it to be overwhelming to think about how much weight they need to lose but Bartley has helped multiple people lose over 100lbs and has been featured on local television shows. “Small changes made on a consistent basis make huge differences” is the message he shares as he tries to educate his clients on the real process of transforming their lifestyle. He’s a great encourager and often posts testimonies of others making the weight loss experience feel doable and relatable which motivates others to get started. “It’s satisfying to help these people and rewarding to see my dreams come to fruition.” I asked him, “What are the top three things you feel it takes to



be successful”? Without hesitation he said, 1) Find Your Why – you need to do it for yourself, taking small steps in the right direction, as long as you remain dedicated 2) Perseverance – there will be multiple obstacles and small setbacks along the way, you can’t let one negative moment shut you down, but rather you’ve got to find the positive you can learn from it 3) Consistency – “What matters most is that you strive to improve. There will always be things in life you can’t control but you can control the effort it takes to make changes to be your best.”

Bartley, you have a lot going on but no doubt if anyone can make it all happen – you can and Southern Muscle Guide wishes you all the best!

You can contact Bartley Weaver through his Instagram @dreamweaveriv, his website dreamweaverfit.com, or via email at results@dreamweaverfit.com.



These fitness professionals have and are working to make a difference in the sport of bodybuilding. While all three of them have had different journeys and chosen different paths to take, they are dedicated to the sport, dedicated to living the lifestyle, and dedicated to showing others how they can be their best and have fun for years to come while living a healthy lifestyle.