

# MASTERS ATHLETES



## LARRY HOOD

*Masters Bodybuilding, Mississippi*

Larry Hood has created a fan base that cheers spreads across the southeast. He lights up the stage with his entertaining routines and the joy and passion he has for the sport of bodybuilding is evident. It all began when he forgot his routine on stage once and just started dancing. People loved it, and now they expect and look forward to his entertaining performances. He hopes it will inspire others to join a gym, live healthier, or even get on stage themselves. He says, "I want to be an example to others that anyone can improve at any age and know that the journey can be fun!"

He grew up playing sports, but at 19 years old Larry began to seriously train in the gym and competed in his first bodybuilding show at the age of 20. Forty-four years and 116 shows later he is still rockin the stage. Larry built a strong foundation working

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with the family roofing business and also competed in power lifting for a while. Over the years, this sport has given him the opportunity to meet many of the mentors and celebrities he followed like Robbie Robinson, Tony Pearson, and 8X Mr. Olympia Lee Haney.

Larry is a Christian, preacher, business owner, husband, father, and a great-grandpa, Larry believes the hard work, dedication, and discipline for one of the most challenging sports in the world provides him with the motivation to continue to be his best. Larry is both humble and grateful. He's serious but has fun. He explains, "I love to travel to the shows, getting to the hotel, the meet and greet at check-ins, and being a part of the bodybuilding community."

