

5 Questions with Kevin English

Contributed by Shawn Ray
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by

Shawn Ray

1) You have won the NY Pro twice and finished 1st Runner-up to Kai Greene 08 in the "Open Class". You just beat the man who beat you at the 202 Olympia Showdown of a year ago, only 2 weeks ago in Las Vegas. Has it all set in, what you have been accomplishing the last couple of years after you took a brief lay off from the sport?

A) This entire experience has been surreal. When I had doubts of my capabilities, others had faith in what I could accomplish. Because of their belief factor, this was the initial driving force that gave me the strength and mental focus to want to push myself beyond all limits. No longer was my goal to place well, but rather to win all the competitions I entered. These past three weeks I have been on an emotional rollercoaster, to actually accomplish what an icon in the sport said I could do ten years ago.

2) Everyone has a Driving Motivation to continue in this sport what's yours and why?

A) My driving force is knowing that I only have a good seven years left to make a huge impact in this sport. I want to set a legacy of being one of the best smaller framed bodybuilders of all time! I want to inspire others to have faith in their abilities and to remember that they can accomplish their dreams. Just because something can't be seen, that doesn't mean it can't be obtained. With a strong desire, your mind will find a way to reach your goals.

3) Where you ever discouraged as a Bodybuilder and how so?

A) Yes, I was discouraged at one point in my life. I had a dominate amateur career, earning my IFBB Pro Card after only four competitions. I had a rude awaking once I began competing on the Pro Circuit. I realized how big the other competitors were and tried to force the size on too quickly not realizing that I just needed time for my body to mature. Looking back, the time off helped mature me in body building and in life itself. This has elevated me to Champ that I am today!

4) At present you are sponsored by 3 companies as a Pro Bodybuilder, your the Best 202 pound Bodybuilder on the Planet! Is it everything you dreamt it would be?

A) Even though I am ecstatic about the win I have bigger goals that I want to accomplish. I would like to win the 202 title for the next several years to come and to pick up as many sponsors as possible in and out of bodybuilding. I would like to use what I have accomplished from here on to give back to those who are less fortunate and don't have the resources to get a better understanding of the nutritional and fitness benefits of bodybuilding.

5) Your "Fantasy" Mr. Olympia Call Out includes anyone you want, who would you be onstage with in the 1st Call Out of the Mr. Olympia and why them?

A)

1-Kevin English

2-Mohammed Benaziza

3-Lee Priest

4-Franco Columbo

5-Shawn Ray

6-Lee Labrada

These five additional bodybuilders represent some of the greatest, smaller-framed pros, in the history of the sport! All the physique's vary in aesthetics, symmetry, and muscle density. I think it wouldbe interesting to see how the physiques would compare to one-another on stage.

Thank you,

S Ray