

DAVID 'THE BEAST' DOUGLAS

BY WADE ZENO



Photo by Carleen Cuevas

Age: 31
Height: 6 foot
Weight: 350lbs
Hometown: Lancaster, California
Gym: Lock It Out Barbell
Max Squat: Comp: 903lbs wrapped / **Gym:** 927lbs wrapped
Max Bench: Comp: 611lbs / **Gym:** 633lbs
Max Dead: Comp: 782lbs / **Gym:** 810lbs
Best Total: 2226lbs
Athletic Background: Varsity soccer, Kicker on football team, track and field.
Instagram: @davidthebeastdouglas

David "The Beast" Douglas – the man who inspired Tech N9ne's hit single... No but in all seriousness, you definitely exemplify beastly characteristics with your inhuman strength. How long have you had this nickname? How did it come about?

DOUGLAS: Funny, I love that damn song by Tech N9ne. I was 140lbs in high school playing soccer. The gym never mattered to me because I was always on the field sharpening my stamina and agility. I felt like I wanted more. I talked to the head coach of our football team who, at the time, was dominating for the past couple of years. I wanted to see if I could try out for the team. I jokingly asked him about playing any other position besides kicker, and he replied "You're just too small to play any other spot" which he didn't mean in any negative way, but that reply rang in my head over and over again.

I carried out that senior year playing soccer and dueling it out with the varsity football field goal kicker, but I was still left with that reply that kind of bugged me a

bit as if I wasn't worthy of being on that field among bigger guys. Soccer didn't really pan out the way I wanted, but that left the door open to life throwing a clean slate to draw ideas onto. I joined the Marines at 145lbs in 2006.

I went through boot camp and put on about 5lbs in training. It wasn't until I got to my MOS school in North Carolina that I was able to morph into what I am living today. While everyone else went partying or whatever they did after school, I went to the store and picked up a Muscular Development Magazine. I started flipping through the pages of the first one I bought and I'm not going to lie to you, that reply from years ago rang true in my head. For some reason, I had something to prove that didn't even matter anymore.

I looked at the guy on the magazine who happened to be Johnnie O Jackson, and I said to myself, "I want to be as big as him." I went to the gym that week and saw a group of big guys in there. I went right up to them all excited and asked the question, "How do I get bigger?" The biggest one looked at me, chuckled a bit,

turned back to the rest of them, mumbled some stuff and acted like I wasn't even there. I felt like a chump. I didn't even work out, I just left. That put me over the edge though, along with some other choice words from them. I knew I had to start somewhere, but the surprising part was that I chose to change my mindset right then and there to lock me onto my new mission. I told myself, "If I think like a beast, I will become a beast".

I latched onto that phase and that name like cement for the next days, months, years. My mind was obsessed with changing the way I ate and trained. I researched how to train on YouTube. I knew I had to stay committed to that thought process if anything was to happen. I gave myself the nickname "BEAST" at 150lbs, silently thinking people would just laugh at me coupling that name to myself, blind to what my end goal even looked like, thinking that if I just put my head down and worked, I will come up a different man.

I had no idea that it would lead me to where I am today—with the same mind-

set, the same obsession, just a different frame. I thought I wanted to be a body-builder, but got iron drunk off throwing weight around the gym.

You often post throwback photos to your Marine days, where you were still incredibly jacked (by the way, thank you for your service!). Aren't there weight/size restrictions in the military? Did these restrictions make putting on size and/or strength difficult during that phase of your lifting career?

DOUGLAS: Thank you, brother. So, there are weight restrictions in the Marine Corps that you have to be a certain weight per your height. If you exceed your weight, they go to a body fat test which they use a taping formula. If you are under 18% body fat you are good, but if you exceed that then you are put on



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When was the last time you set a PR outside the gym?

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a BCP (body composition program) that adversely affects your military career the higher up you go. This is also tied into if you can pass the PFT (physical fitness test) and the CFT (combat fitness test). It's hard for the biggens in the military, but as long as you can do your job, pass your physical tests, and stay under that body fat percentage you are good. It definitely got harder heading towards 300lbs. I do credit my command and higher ups I had while I was in, that were extremely supportive of what I was doing and honestly pushed me to keep going.

How long have you been lifting and how did you get started?

DOUGLAS: I started in 2007 so 11 years and counting. My first duty station that I was assigned to was Camp Kinser in Okinawa, Japan in 2007. I had started actually lifting since MOS, but I didn't start competing until Japan. They have a festival called "Kinserfest" every year and I got "voluntold" by one of my higher-ups to do the bench competition. I did the competition, benched 450, took 1st place, got hooked, and the rest was history.

There's been a lot of debate and controversy lately over Wilks Score vs

total as the go-to powerlifting metric. As someone with both a large Wilks and a large total, what is your stance on the matter?

DOUGLAS: Honestly I don't give a damn. I just want to lift. I get both sides though. You should be credited for a big total and all the respect that comes with it at any weight, but I also see the pound-for-pound aspect of it. Both have pros and cons.

Has your military experience influenced your training methods and style at all? How so?

DOUGLAS: Yes and no. I have a hunger for pushing myself maybe even more than I should at times. You toughen up and get it done. I am glad I have a solid coach in Josh Bryant though who gives me the blueprint to continue down a successful lifting path.

At the US Open this year, you seemed to have a misgroove on your opening bench attempt but came back and smashed it on your 2nd attempt. This probably expended a lot of energy and cost you some pounds on your 3rd attempt. How do you deal with and overcome mishaps like this

on meet day?

DOUGLAS: It was a hard pill to swallow, but there isn't anything you can do about it. You have to take it on the chin and move on. Keeping your eyes forward and knowing you have other lifts you need to focus on kept me getting to the finish line. I knew I could analyze it later. Exactly what you said though, I came up high on my chest outside of my normal groove. In hindsight, I almost wish I would have told them to take it, but I didn't know I would fight that hard to get it back on track which lead to an infuriating grind time, but again, it is what it is. Put the headphones back on, put some fuel back in the tank, and get ready to go back to work.

Your Instagram is full of original, motivational quotes. Which one is your favorite and why?

DOUGLAS: All of them have a reason behind them and are something I repeat to myself during certain situations. I knew that other people could be going through similar things and relate to them so I wanted to share them so that even if it added just a few more drops to their motivation tank. A couple of my favorites are:



Photo by Frazier Graphix



Photo by Jeff Frank

"I can't complain about having a lot on my plate if the goal was to eat" and "Time to eat". I always relate a lot of things to eating (go figure) but the analogy has always stuck with me and that hunger for more.

Even as a superheavyweight, your shirtless pictures on Instagram indicate that you're still able to maintain somewhat moderate-to-low body fat composition. Is there any dieting

and/or conditioning involved to help with this?

DOUGLAS: I would love to say that I was awesome at dieting, but I suck. My wife keeps me in check with good foods for the most part, 90% of the time, but I color outside the lines more than I would like sometimes. I will say that I jumped on Stan Efferding's vertical diet awhile back and haven't looked back since. I plan on

making a big cut after Boss of Bosses and a bench-only meet and still actively use the vertical dieting.

Who are some strength athletes (past or present) that inspire you and why?

DOUGLAS: My coach, Josh Bryant, just for the sheer knowledge of the sport this man has and the creditability in transforming his athletes. Ray Williams for his God-given gift to lift and his talent to keep pushing the envelope. Captain Kirk for his personality and don't give a damn energy.

How frequently do you compete? Do you think there's a limit to the amount of meets someone should do in a year?

I use to compete almost every other month when I was younger. Now that my lifts have gone up, harder on my body, I would rather have a full prep to get to the next meet than just jump back into another one a few weeks or a month later. I do about 2 big meets a year now. If you are younger, have at it, get the experience. As you climb the mountain you should start picking your battles and conserving your body for the important meets of your choosing.

DOUGLAS: I'd like to give a shout out to my wife Elizabeth, kids, Angie, Lucas, Ava, Abby, Tiffany, Maleeya, and Max. Then my entire Lock It Out Barbell family. Without them I wouldn't be who I am. **PM**



Photo by Sgt. Mariner USMC