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THIS CHICK CAN KICK YOUR ASS... AND YOU MAY LIKE IT!

HOLLY HELTON



How old are you, where are you from and what are you wearing? I am 25 years old, from Surprise, Arizona. I am wearing a black Inzer t shirt and some sweats.

Where do you train? I train at Urban Strength and Fitness in Surprise, Arizona.

Do you lift with other girls, or is it all guys? Primarily men however recently a few of the women of Urban Strength have joined our deadlift and upper body training days! I would love to have more women on the team, that's my goal...to inspire other women to enjoy lifting as much as I do.

What do you do for work? I work as an absence management specialist processing family and medical leave of absence and short term disability claims. I also recently started Urban Strength Nutrition; a nutrition consulting business primarily to help friends and family reach their fitness and nutrition goals.

How did you get involved in Powerlifting? By training at Urban Strength and Fitness! I started training here for bodybuilding to compete in bikini at the Arizona NPC show in July of 2012. My husband started lifting in June with the Urban Strength team and I saw how much he loved it. My first day of lifting was the morning after my NPC bikini competition. From that day on, I was hooked!

What do your "normal" friends think of how much you can lift? I don't think they really know or understand what powerlifting is; when they hear or see my numbers, they think I'm crazy! I love being able to share my joy with my friends and hope to inspire them to take one step at a time towards their goals. If I can do things that seem impossible or crazy to me in only a few months, I hope to show them they can also!

When you go to a PL meet with a room full of men with massive levels of testosterone, do you feel like the center of attention? Not at all. I feel like one of the guys, one of the team. Feels like a room full of a bunch of brothers, all standing behind each and every lift.

Are you married, have a boyfriend or single? On July 21,

2007 I married my best friend, Daniel Helton. **Do you remember the first time you out-lifted a boy? How did it make you feel?**

Not exactly, because all of the Urban Strength men lift much more than I do! But I do remember the first time I squatted 300 and the crazy excitement from the team made me feel great! Made me want to get stronger and lift more!

Do you wear make up to the gym? Yes, basic eye make up when we train evenings after work (no time to wash that all off).

What do you have to say to women who don't lift weights because they think they'll get too big? It's a myth! Lifting weights in the right way will lean your body out! It is NOT going to make you big or bulky. That would come from your food or diet! If you lift heavy with a lean and clean meal plan, the only part of your body that will get bigger is your butt!

How has powerlifting helped you? Powerlifting pushes me beyond the limits and goals I've set for myself. Hitting new personal records reminds me that I can do the things that I put my mind to. Seeing others on the team exceed their goals pushes me to reach for mine.

What is your favorite lift? The SQUAT.

Tell me about your current best lifts?

Squat: 147.5kg/325lbs

Bench: 70kg/154lbs

Deadlift: 120kg/264lbs

Total: 744lbs

What are some of your PL goals? I have only been lifting since August 2012 and competed in one meet in October of 2012. My goal is to continue training, to get stronger and to total elite one day!

Anything else you'd like to add? I'm so thankful for the Urban Strength powerlifting team, for the best sponsor; USPlabs, friends, family and my amazing husband Daniel for standing behind me supporting and pushing me to reach for my goals and dreams. Thank you Power, for this amazing opportunity to be a part of your magazine! **PM**