

# Overcoming Adversity

We speak to NPC Competitor, gym owner at TriQCrossFit, business owner of TSL Corporation and Burn Foods, Skylar Lear, about overcoming life's curve balls.

BY GHIA TEN DOESCHATE



## Skylar, your impressive resume speaks for itself. What made you decide to pursue a career in the fitness industry?

■ The pure passion of it. I love the feeling of the bar bending over my back on a heavy squat, or the bar digging into my hands on a heavy deadlift. The adrenaline rush from hitting PR's that I once thought unachievable. Watching and helping my training partners, and other individuals around me, better themselves through hard work and dedication. I also thrive on seeing my body transform from soft and weak, to hard and strong while developing greater mental toughness. I love being surrounded by motivating people that push you to the limit. This is what got me into training, this is why I love it.

## You have competed in multiple competitions, tell us a bit more about that.

■ 2012 NPC Junior National Championships, 2012 NPC Northern Kentucky Championships, 2012 IFBB Arnold Amateur and the 2011 NPC Tricky Jackson Classic/Bluegrass.

## After competing in multiple shows, and placing, tragedy struck. What happened?

■ While doing a muscle up on the Olympic Rings, everything changed. I tore both my shoulders and had to have countless surgeries to properly repair them. I found myself in the same position as many of my clients- hoping to get back into it. The tables had turned, and I needed to start back at square one.

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## Training is not always easy. Do you have any training secrets or tips that have helped you to achieve your goals?

■ There really are no training "secrets". Nothing surpasses proper planning, hard work and dedication. The most important part of training is consistency and proper movement training. A lot of people skip out on mobility, which is hugely important in making sure that you are able to engage the correct muscles in the movement, as

well as reducing chance for injury. You have to put your body in a proper position to move weights correctly before you begin adding excessive loads.

## What advice do you have for up and coming athletes?

■ After facing true humility, you learn you are at a standpoint in life which can go one of

two ways. Whether it's physical fitness, business, family, or any other aspect. You never give up, you never stop trying. It's about being better than you were the day before at any level of training you can accomplish, no one else. You learn the true meaning of becoming the best self, and then you realise you have won and no one can take that away from you.