

Michael Waddington – Athletic Biography

Name: Michael Waddington
Sport: Natural Body Building
Date of Birth: 2nd July 1973
Current Age: 35 years
Home Gym: Synergise Exercise, Brisbane

Years in competition (amateur): 17
Years in competition (professional): 2
Biggest Achievement: Natural Mr. Olympia 2006 (Tall Class)

Pre Contest:

Height: 183 cm
Weight: 95 kg

Off Season:

Height: 183 cm
Weight: 105 - 110 kg



Early Life:

With a father in the military, Michael moved around a lot as a child. Michael and his family lived in places that included; Darwin, NT; Ingleburn, NSW; and Canungra, QLD.

Growing up Michael had a number of sporting heroes including Rod Marsh and Muhammad Ali. Both personalities represented his two of his favourite sports and were both gun-hoe and known as the ones that would never give up. Michael started resistance training when he was 15 and living with his family in an Army house in Canungra, which is located in the Gold Coast Hinterland. One day when Michael was kicking a boxing bag around the Army Gym an ex - commando soldier approached him and asked: "Do you really want to know how to train?" before Michael could answer the soldier then said "my last training partner quit and you will probably quit too". This motivated Michael to prove himself to the soldier which also went on to be one of his greatest personal, professional and athletic attributes "Never give up"!

Education:

Michael completed his Grade 10 Junior Certificate at Aquinas College, Gold Coast in 1989. This was followed by graduating from Grade 12 at The Gap State High School in 1991. In 1992, Michael started work in the fitness industry after completing his Fitness Leader course through the Queensland Fitness Accreditation Council.

Michael continued his education in the fitness industry with a Level 1 Strength and Conditioning qualification in 1997 and then a Diploma of Exercise Science and Fitness and Management in 2003 from the Australian Institute of Fitness.

Career:

Since 1992, Michael has had numerous jobs within the Fitness Industry, including; a gym instructor; personal trainer; gym equipment salesman; and a gym membership consultant. Michael is now the Owner and General Manager of a successful Personal Training Studio / Gym at Dutton Park, Brisbane.

Michael services a large portfolio of clients and managers a team of Personal Trainers and Fitness Instructors. His studio offers exclusive gym memberships, personal training, small group classes, supplements and nutritional

advice and his exclusive Pro Trainer Courses. In the near future, Michael is looking to expand his business to incorporate a number of natural therapies, including: remedial massage; naturopathy; acupuncture and life coaching.

Michael loves working with people who want to get results and are prepared to apply themselves. In competition, Michael's goal is to be the best he can be and to improve from his last showing.

Advice to other Body Builders

The message that Michael sends to other body builders, or anyone that wants to get results is a simple one: "Don't give up"!

"To get to the natural professional level in bodybuilding is hard work and many guys I see today have the potential to get there they just need to persevere. If a show doesn't go your way, don't give up, instead learn from it and make sure you improve for next time. Remember: It's not a finish line sport but one that is judged by others".

Achievements:

Michael's achievements include:

Year	Competition	Result	Assoc.
1989	• Teenage Mr. Tweed Heads	• DNP	• IFBB
1990	• Teenage Mr. Queensland	• DNP	• IFBB
1991	• Teenage Mr. Nth Brisbane	• 1 st	• NABBA
1992	• Junior Mr. Gold Coast • Junior Mr. Nth Coast • Teenage Mr. Brisbane (State qualifier) • Junior Mr. Brisbane • U/85kg Mr. Brisbane • Teenage Mr. Australia • Junior Mr. Royale • Teenage Mr. Queensland • Teenage Mr. Queensland	• 2 nd • 2 nd • 1 st • 1 st • 2 nd • 3 rd • 1 st • 4 th • 2 nd	• IFBB • IFBB • NABBA • WPF • WPF • NABBA • IFBB • NABBA • WPF
1993	• Junior Mr. Queensland • Junior Mr. Australia	• 1 st • DNP	• ANBF • ANBF
1994	• Junior Mr. Australia • Junior Mr. Australia	• 1 st • 2 nd	• ANBB • ANBF
1995	• Tall class Mr. Australia	• 5 th	• ANBF
1999	• Tall class Mr. Queensland • Tall class Mr. Australia	• 1 st • 4 th	• ANBF • ANBF
2001	• Tall class Mr. Australia	• 1 st	• INBA
2003	• Champ div Mr. Australia • Tall class Mr. Queensland • Tall class Mr. Australia	• 4 th • 2 nd • 4 th	• Musclemania • INBA • INBA
2004	• Tall class Mr. Queensland • Over 80kg Mr. Queensland • Over 90kg Mr. Australia	• 2 nd • 2 nd • 4 th	• NABBA • Musclemania • ANB
2005	• Mr. Plantation Island (Fiji)	• 1 st	• Games Night
2006	• Tall class Mr. Queensland • Tall class Mr. Australia • Tall class Mr. Olympia	• 1 st • 2 nd • 1 st	• INBA • INBA • INBA

Up and Coming Events:**2008:**

- Guest posing Queensland INBA Championships

2009:

- INBA Natural Mr. Olympia (Professional Division)

Hobbies:

Michael leads a very active lifestyle, even when he is not working or training. His hobbies include; camping, hiking, spending time with his family, Army Reserve, movies, eating out and good coffee and sleeping in on Sunday mornings.

Current Influences:

Michael is influenced by other great natural body builders like Skip La Cour, Keith Bullock and Ade Rai.