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## **Cassie Ross**

Age 21

Single, no children

Occupation: Student and part-time restaurant server

Hobbies: Before my passion turned to fitness, I showed horses.

## **Background**

The transition from childhood to adulthood was difficult for Cassie Ross. "I'm still working through things mentally," said Cassie. "For a while, I wasn't sure where I belonged." Cassie wasn't happy with herself. She had had weight issues throughout high school; she wasn't athletic and she ate whatever she wanted. Then, once out of high school, she reached a maximum weight of 165 pounds. "I needed to take control of my life," said Cassie. "When everyone else is eating and drinking, I needed to be able to take control and do what I need—and want—to do."

One thing that Cassie wanted to do was compete in a bikini competition. "I saw the competition as a way of gaining acceptance." So she dived head first into a sport she knew absolutely nothing about. She began eating a healthful diet—at least, what *she* thought was healthful—and she began working out regularly. Being new to physical fitness though, Cassie didn't always perform the exercises correctly. Despite her inexperience, Cassie lost weight and competed in the 2015 St. Louis NPC Midwest Championship. "I entered the competition with no idea of what to expect or how to prepare for it," said Cassie. "I did terrible!"

Undaunted, Cassie set out to find a fitness consultant who could properly prepare her for a competition. "I approached four or five different coaches. Adam White responded to my email immediately and his response was detailed. That was exactly what I needed." Cassie went with Adam.

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## Solutions

“Cassie came to me and said she was serious about competing,” said Adam. “We had both been at the St. Louis competition, and I knew that, by working together, she could get where she wanted to be.”

As with all his clients, Adam put Cassie on an easy-to-follow, structured plan. “It took a while to find a plan that worked for me,” said Cassie, “but Adam kept making adjustments until everything fell into place.” Between August and May, Cassie dropped to 125 pounds and 13 percent body fat. She competed in the NPC Midway Bikini Competition and placed second in the novice class and third in the open class, which qualified her for nationals.

## Results

### Duration of training:

12 weeks metabolic adjustment; 16 weeks competition prep; ongoing

### Change in body weight:

-8 pounds on own; -32 pounds with Adam; -40 pounds total

### Are you ready for nationals?

Not yet. I want to do another regional first. In preparation for that, Adam has me on a reverse diet to add muscle. I’ll get to nationals sometime within the year.

### Why did you choose Adam over the other coaches?

I felt comfortable with him immediately. At our first meeting,

I was standing in front of him in my bikini and I was totally comfortable. It was surprising. I remember thinking later that I should have been intimidated by this big, deep-voiced guy, but I wasn’t. He puts you at ease.

### DURATION OF TRAINING: 25 WEEKS



BEFORE

AFTER

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**What do you like best about working with Adam?**

I can ask him anything, and he'll get back to me with an answer—one that makes sense to me. And, believe me, I ask LOTS of questions.

**What's the biggest benefit you get from working with Adam?**

The growth I've experienced as a person. I feel good about myself. I changed my lifestyle; I fell in love with the sport; and I made a new friend in Adam. It's been an all-round positive experience.

**DURATION OF TRAINING: 25 WEEKS**



**BEFORE**

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