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Frances Rico

Age 30

Single, one child

Occupation: Social worker

Life Philosophy: I see fitness training as being a spiritual aspect of my life ... a way to tie mind, body, and spirit together.

Background

Growing up in a large family with three active brothers, Frances Rico never spent much time inside. She enjoyed being outside and playing sports with her brothers. "I've always been athletic," said Frances. "My parents are athletic and so are my siblings, so I guess it runs in the family."

Her favorite sport is basketball. "I played basketball all through high school and into college, until I injured my knee." Unfortunately (or fortunately), that injury took Frances out of basketball and introduced her to fitness training. Even though the training was designed to help Frances recover from her injury, she became hooked for life. "I fell in love with the process of putting my body to the test."

Under the guidance of a fitness coach in Lawrence, Kansas, Frances started entering bodybuilding competitions in 2014. "I did three competitions in one year with my Lawrence coach—even placing in a couple of shows—then she had to back out of our arrangement for personal reasons." But, before leaving, her coach suggested that Frances continue training with Adam White.

The Coaching Difference

"The biggest difference between my Lawrence coach and Adam is that my Lawrence coach is a female and Adam is male," said Frances. "That took a bit of getting used to." Although she felt a little uncomfortable at first, Adam quickly won her over.

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Another difference is the mode of training: in-person (Lawrence) versus online (Adam). “Most of my communication with Adam is done over the phone. I’ll call, text, or email him and also send him pictures,” said Frances. However, there are times when she prefers to meet in person: to review routines and poses before a show; to recap a performance; and to establish goals and set a course of action.

Adam’s workouts are a little different, too. “He promoted cardio—at least he did in my case—for leanness,” said Frances. “He’s normally is more focused on weights and resistance training with lower amounts of cardio.”

As for nutrition, the meal plans are very similar. “One thing about Adam, though,” said Frances, “he likes to tweak plans to learn how your body reacts to food. That’s how he finds the right plan for you.”

Results

Duration of training: Ongoing
Show: 2 competitions in 9 months
Stats: Placed 2nd in both novice and open classes; qualified for nationals

Is your 9-year-old daughter on your nutrition plan or do you cook two different meals?

No, I make different food for her. It’s still healthy—mostly—but she’s a growing girl, and her body has different requirements. Plus, she likes to bake, and what she bakes is definitely not on my plan. I really have to fight the urges to eat her goodies. It’s times like those that I have to do a lot of self-reflection and remember why I’m doing this.

DURATION OF TRAINING: ONGOING



BEFORE

AFTER

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Putting her baked temptations aside, my daughter is really my biggest supporter. She is my mini coach and she keeps me fighting! She's been at the gym with me every day, helping me pose and even doing the cardio workouts with me! She is definitely part of my journey.

What do you like best about working with Adam?

He's very supportive. For example, when I fall off the "nutrition" wagon, he'll say things like, "It's OK. It happens. Today's another day. Let's start again." I'm used to my previous coach saying things like, "You know you're not supposed to do that. Don't do it again!" I like Adam's style, but sometimes I feel guilty because he's not making me feel guilty. It's weird.

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

Two things. First, the guidance he provides for a healthy lifestyle. Adam gives you the tools so you can do it on your own—but, personally, I'd rather continue working with him. And, second, with Adam's help, I've already reached my goals for the year ... and the year isn't even half over!

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