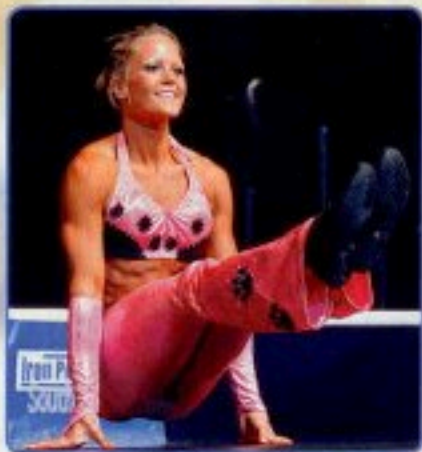


WILKINS
IFBB FITNESS AND FIGURE COMPETITOR

Nicole



DOUBLE DIP

Two incredible victories — making history was all in a night's work for IFBB fitness and figure pro Nicole Wilkins

Most people who step into the ultra-competitive world of fitness and figure contests have trouble earning even one pro card. But, on a midsummer evening in July 2007, Nicole Wilkins accomplished a lofty feat by winning two in one night, via the overall fitness and figure titles at the NPC Team Universe Fitness Championships and the Figure Nationals. Yet, perhaps the most amazing part about Wilkins' double dip was the fact that she virtually came out of nowhere to do it.

On that night, it had been almost three years since Wilkins had appeared onstage in a national-level figure contest. Sure, she had competed in fitness at the Junior Nationals a little over a month earlier in Chicago, but fell down during the routine round and ended up second in the tall class. So, when she showed up a month later in New York at two of the toughest contests of the year — the Figure Nationals and Team Universe Fitness — her domination of these daunting lineups was unexpected, to say the least. Walking away with both the fitness *and* figure overall

PROFILE AND PHOTOGRAPHY BY
TERRY GOODLAD

titles? Never done before, and would be tough for anyone to do again.

Jet forward a few months and Wilkins, 24, finds herself backstage at the 2008 Figure International, her IFBB pro figure debut. Unlike most newcomers who face scrutiny alongside legends of the sport, Wilkins was unfazed, and without one drop of arrogance softly states, "I wasn't intimidated at all; I was just happy to be there." She earned 11th place, just one point out of the top 10.

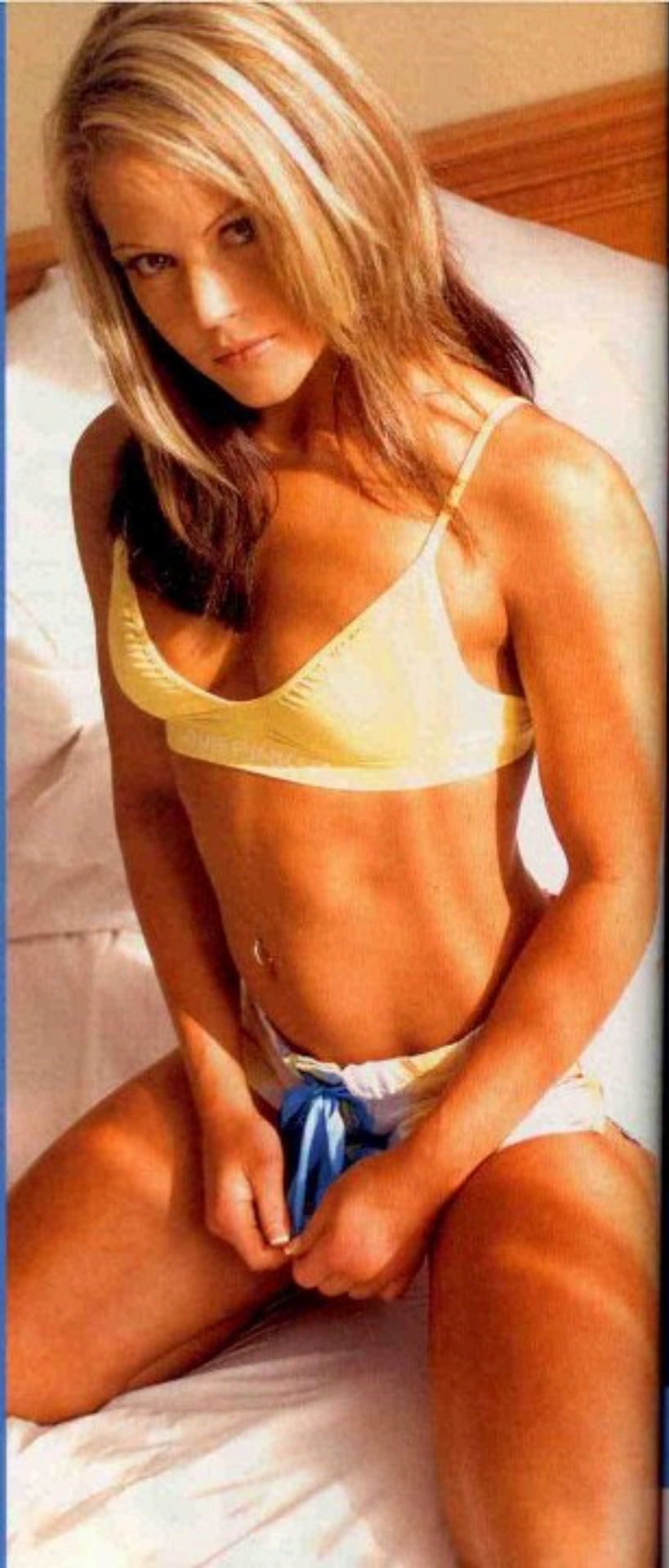
In her first pro fitness show, the result was even better — Wilkins clinched a Fitness Olympia berth with a third-place trophy at the New York Pro Fitness contest on April 12.

In short, the Michigander may just prove to be a game-changing athlete. Although some before her have crossed back and forth between fitness and figure on the pro level with success — think Jenny Lynn, Adela Garcia and Monica Brant-Peckham — Wilkins enters as a legitimate threat in both divisions right from the get-go of her pro career. At 24, the sky is her only limit.

KNEE-JERK REACTION "I had two knee surgeries in high school. While rehabbing my knee, I fell in love with weight training. I had three sports conditioning classes; I was always lifting. The other girls didn't even want to touch weights, because they thought they were gonna get big!"

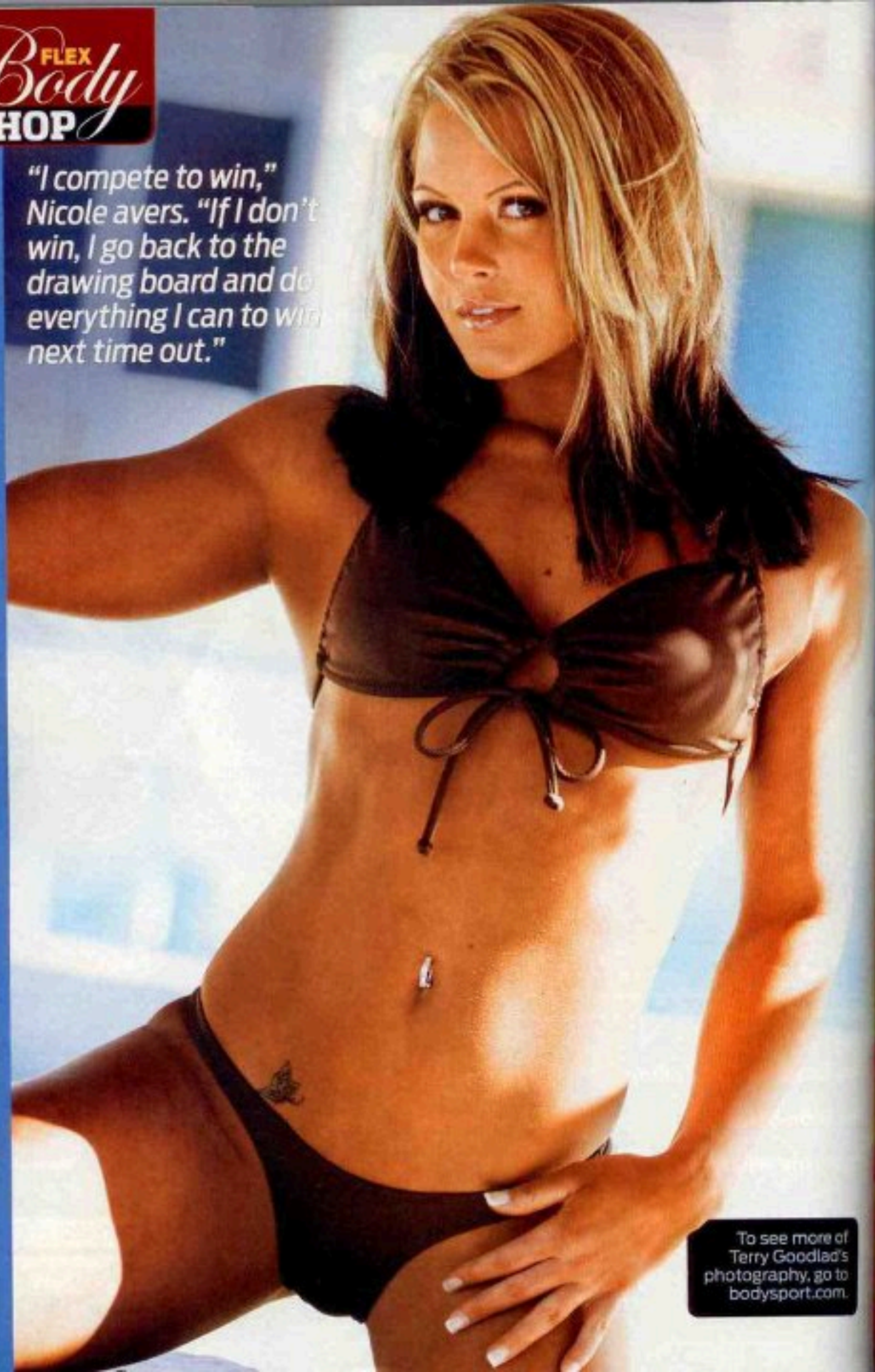
GYM CLASS "My gymnastics coach in high school was a powerlifter. He taught me how to squat, clean and deadlift. I loved it. I had so much fun learning. When I went to college, I applied for a job in the recreation department and was in charge of fitness assessment testing, and I did personal training there."

FITNESS OR FIGURE "I honestly can't pick one. I love being onstage, and I love the whole competitive nature of the sport."



FLEX
Body
SHOP

"I compete to win," Nicole avers. "If I don't win, I go back to the drawing board and do everything I can to win next time out."



To see more of Terry Goodlad's photography, go to bodysport.com.

UP A LEVEL "I finished out my gymnastics career as a Level 10; the next level up is elite, the level the Olympics are at. But I never really had aspirations to be in the Olympics. It's a different lifestyle. You have to devote your whole life to it and I wasn't at that point."

FLIP-FLOPPING "I need to work on my fitness routines. Gymnastics routines are different. You don't have to do a lot of facial expressions and can get away with it being slower. I wouldn't consider myself the best dancer, but I can flip around. I need to work on getting faster and on including the crowd-pleasing stuff, which I never really had to do with gymnastics."

NO EASY RIDE "My fiancé, Alan Lee, and I own a personal training gym, Top Shape Fitness. We opened three years ago and we're both personal trainers there. My parents train there with us two days a week. I train them one day and Alan trains them the other. I think they like working with him better because I push them harder . . . Alan likes to talk a little more."

KUNG FU FIGHTING "I like fighting movies. My favorite actor is Jean-Claude Van Damme. If he and Steven Seagal were in a fight, Jean-Claude would win. Van Damme would run at him and do the splits [laughs]." **FLEX**

NICOLE'S STATS

Birthdate February 5, 1984

Birthplace Royal Oak, Michigan

Current residence Sterling Heights, Michigan

Height 5'5"

Weight 138 pounds offseason, 128 pounds contest

Career highlights 2007 Team Universe Fitness and Figure National championships, overall winner in both; 2008 IFBB Figure International, 11th; 2008 New York Pro Fitness, 3rd

Web site nicolewkins.com

