

Pumping iron all the way to the world championships

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Kincardine News
and Lucknow Sentinel

A local iron man will represent Canada at the world championships of body building.

Trent Devitt started training only three years ago along with his body building journey by placing in top ranks at his first regional show in Toronto.

The doors opened when qualifying for the International Federation of Body Builders Provincials.

"I finished in the top five, which qualified me for the national championships," said Trent Devitt.

As if making it to the national championships wasn't enough for the body builder, the hard work paid as a result.

"I won the nationals, and now I've qualified for the world championships in France," said Devitt.

The International Federation of Body Builders was created by Ben and Joe Weider in Montreal Canada in 1965. In 1975 the first IFBB professional committee was formed and the front man was the body building superstar himself Arnold Schwarzenegger as he was named chairman.

The boy from Bruce

County gets set to represent his country this December in France at the world championships.

"I've qualified for funding to go to the world championships," Devitt said. "I'm in my off season, essentially I'm lifting weights and upping my food intake, then in the next three weeks I'll begin my dieting and start my conditioning."

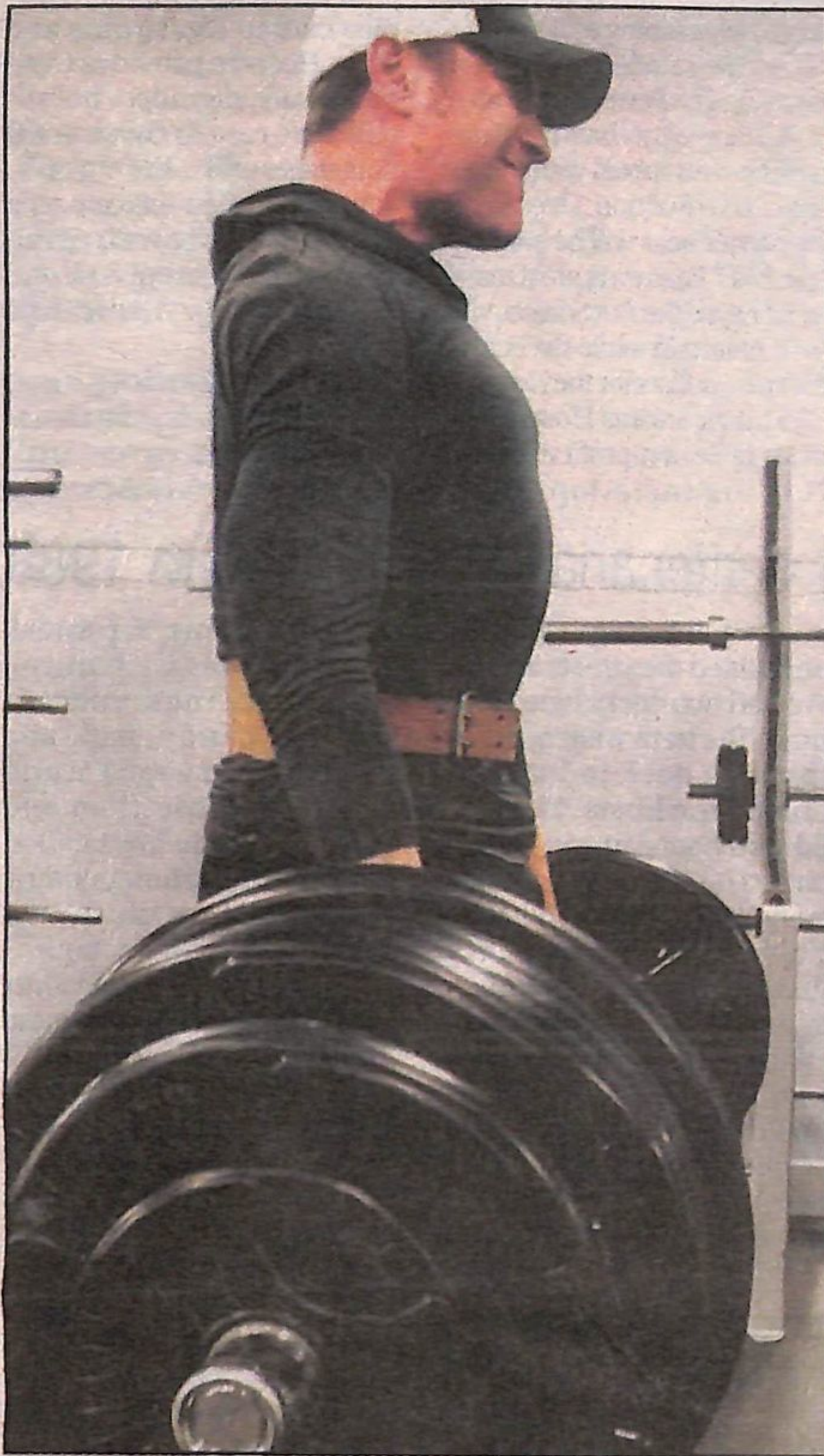
Having been through the body building process the local strong man has taken in some good advice.

"I got feedback from the national judges on what I need to work on for an overall package, so I tailor my training to that," said Devitt.

He works out the local Magnum Personal Fitness gym and will try to handle the over whelming notion of representing his country.

"It's pretty crazy, when I first one it was surreal, representing my country is blowing my mind, it's exciting," said Devitt.

A victory in the nationals was in May of 2017 which leaves very little rest for the local body builder. For more information follow Trent Devitt's Facebook page or go to [HYPERLINK "http://www.ifbbpro.com/"](http://www.ifbbpro.com/) www.ifbbpro.com.



Devitt hits the weights to pack in the muscle during his training for the world championships.



Devitt's medal shows his qualifying into the international body building championships.



Devitt hot off a victory of the national body builders championship has little rest before the next competition.



Local body builder Trent Devitt wins national championships and will move on to the world championships in December 2017.



Devitt pumps iron at the local Magnum Personal Fitness gym.

Trent Devitt won the national body building championships in May 2017 and now moves on to compete in the world championships this winter. Only beginning training a few years ago, the young body builder has moved up the ranks and now represents his country among the worlds best.

Ryan Berry/ Kincardine News and Lucknow Sentinel