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Wheelchair Bodybuilder & Certified Personal Trainer

Interview with Nick Scott

By **John Gugie**

26-year-old, Nick Scott, nicknamed "The Beast," is a disabled wheelchair bodybuilder & Certified Personal Trainer, in which he offers personal fitness consultation and training.

Nick was in a bad car accident in 1998, which left him partially paralyzed. Rather than give up, he began weightlifting and became a wheelchair powerlifter and bodybuilder. Since deciding on this path, he has accumulated dozens of wins, accolades, and awards as both a power lifter and bodybuilder. Most recently, Nick will be competing in the 15th Annual National Wheelchair Bodybuilding Championships in Palm Beach Gardens, Florida on March 8th, 2008. (Be sure to check out the results on his websites.)

Besides the competing, Nick also created a website to promote and increase the awareness of wheelchair bodybuilding as a whole. It's called [Wheelchair Bodybuilding](#).

Check out his links in the sidebar.

I'd like to thank Nick for his time in responding to my interview questions.

Why did you decide to pursue bodybuilding and powerlifting as opposed to other activities after your accident?

Nick: When I first got in my accident, it felt like I couldn't do anything and the life I once lived was now gone. But at the time, I told myself that if I couldn't do a lot of the things that everybody else did the one thing I could do was be stronger than everybody else. And that's what I did.

How do bodybuilding and powerlifting differ in training and competition?

Nick: Powerlifting is all about how much weight you can lift whereas bodybuilding is about how much weight you look like you can lift. Everything is different with bodybuilding because you really can't care about how much weight you lift and focus more on how hard the muscle contract under different types of intensity. The sets, reps, and prep are totally different. And the diet is everything for a Bodybuilder!

How is wheelchair bodybuilding and powerlifting different than able-bodied bodybuilding and powerlifting?

Nick: They are the same except for powerlifting I only did bench press and power curls. And Wheelchair Bodybuilders are judged from the waist up.

I notice one of your wheelchairs is built different with lights. Why is it built this way and who added the cool lights? I want one!

Nick: HAHA! THANKS! My wheelchair is the same it's just when I do a show I add neons to it. I designed my wheelchair like it is and do all the wiring in my hotel room. I take my wheelchair apart, put all the lights on it, and put it back together. I added the neons to my chair because I thought it was PIMP! HAHA That's how I roll! LOL

How does your diet and workout regimen differ from that of able-bodied competitors?

Nick: My diet and training is like any other bodybuilder except I do certain exercises different. And my diet consists of egg whites, grilled chicken, oatmeal, and supplements and that's pretty much it.

Do you have any wheelchair bodybuilders (disabled or not), who has influenced or motivated you in this activity/sport? If so, who and why?

Nick: Not really lol I admire all the other bodybuilders how much time and work they put into the gym but that's about it.

Why did you begin www.wheelchair-bodybuilding.com?

Nick: The fall of 2005 is when I did research to see if they had bodybuilding for people in wheelchairs and there was barely any information out there but I came across the 2006 Wheelchair Nationals. After I competed I thought it was so awesome and I felt the world should know about this sport! I had no clue how to build a website so I did some research and after 2 weeks I launched www.wheelchair-bodybuilding.com.

Your bio shows that you are a Certified Fitness Trainer. Do you train able-bodied as well as disabled people? If so, how does the training differ?

Nick: Yes I have trained both, people with disabilities I alter the exercises and movements depending on how stable they are and how mobile they are. But most the people in wheelchairs I train are online through my online trainer website www.nickfitness.com

If you could give other wheelchair bodybuilders and powerlifters one piece of advice, what would it be?

Nick: If you want to succeed stick with it and NEVER give up! Don't worry about what others say and just do your thing and believe in yourself.

Where do you see yourself in ten years in your life, this sport, and/or career?

Nick: I see myself winning the Overall at Nationals, I don't care how long it takes I will win it! I love the sport of Wheelchair Bodybuilding and my goal is to bring more awareness to the sport. I will keep competing/guest posing at shows and see how big and lean I can get my body. To some people Wheelchair Bodybuilding is a sport, others it's a hobby, but to me it is my life and passion!

More resources

www.myspace.com/thebeastwcbb

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