

Vernonia's Moeller is World Champion

Vernonian Collin Moeller has been named the International Natural Bodybuilding Association (INBA) World Champion, competing as an amateur teen.

Moeller, eighteen, who works out at Terry's Gym in Vernonia, recently returned victorious from Hollywood, California, where he competed in his very first bodybuilding competition. Moeller competed against over twenty competitors from around the world including Taiwan, Australia, Egypt, Japan, and China.

"I always dreamt of being in a competition like this and winning a world championship," said Moeller upon his return to Vernonia. "I never thought it would be this soon into my career. But when they announced, 'The

new 2010 World Champion...', and then they announced my name-- it was the best feeling ever! I didn't want to leave! I was stuck on stage!"

The INBA strictly monitors for performance-enhancing drugs and requires urine, blood and polygraph testing to ensure that all competitors are clean, conforming to International Olympic Committee Standards.

Moeller says he has been training for body building with Terry's Gym owner, Terry Fultz, for about six years. "I've always been into weightlifting," says Moeller. "I remember when I was really young, like six or seven, I would put myself on little workout regimens. Then my dad started showing me how to work out and I started working out with him and he'd bring me up to the gym when I was young. And then I started training off and on with Terry. And eventually Terry asked me to start training regularly with him. I've always been very health-conscious."

Fultz is himself a long-time and well respected bodybuilding champion in the Pacific northwest.

Moeller says leading into the competition, he was working out at least six days a week. His workouts include specific muscle groups on specific days, lots of running, and a very strict diet. Moeller says that in the off season he worked hard to bulk up by eating a lot and lifting heavy weights and then, heading into the competition, he did more and faster repetitions and worked to cut weight. "It was all worth it," says Moeller.

Moeller says he's very thankful for all the support he receives. "Mostly, I want to thank my parents a lot for always being there and helping me out. And my brother who was always pushing me-- telling me I look too small!, and my sister. And, of course, I want to thank Terry-- he's been like a second father and he's always been there and stuck with me and helped me train."

Moeller can't say enough about the help and guidance Fultz has provided. "He's really taken me under his wing and tried to teach me everything he knows," says Moeller. "When we first started working out, he'd have me up here with a notepad



Collin Moeller, the 2010 INBA World Champion Bodybuilder working out at Terry's Gym.

writing everything down. He'd make me study-- it was like school. He made me learn about the history of bodybuilding, about how things work in the body, hand positions for lifting, about form... everything. Terry always says, 'Never sacrifice form for one more rep.' I always remember him saying that to me. He'd have me up here writing things down and he'd send me home and tell me to study and then he'd give me quizzes and tests when I came back. And if I didn't do good, he'd punish me with a really hard workout!"

Moeller says he is going to focus and compete in powerlifting this winter. Next season, he intends to compete in the National Physique Committee (NPC-- the Federation that Fultz competes in) as well as defending his INBA Championship. He intends to compete in mostly regional competitions, including the Mr. Oregon Competition and compete professionally. He is also working toward earning his certification as a personal trainer.

Congratulations to Collin Moeller, the 2010 INBA World Champion!

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