

Billy Simmonds

2009 Mr. Universe



Professional Natural Bodybuilder

(Brenten) Billy Simmonds is a contradiction in what is a generally a misunderstood sport.....

Bodybuilding is tainted by the view that its participants use steroids or are drug test cheats,

Billy Simmonds is 100% natural, proven by Olympic standard testing, and lives a clean, healthy life....

While the myth exists that a professional bodybuilder needs to consume vast amounts of protein to be big and strong,

Billy Simmonds is a vegetarian.....

Some think that if you have a muscular body it isn't functional and agility is lost,

Billy Simmonds is a Black Belt Martial Artist.....

Others think that muscle-bound people are all brawn and no brain,

Billy Simmonds is an entrepreneur and maintains a successful, high profile, Executive career...



Billy Simmonds

Mr. Universe

(Brenten) Billy Simmonds

29 yrs of age

6'0

230 pounds, 105kgs

Single

Lives Brisbane, Qld Australia

Winner – 2009 Natural Universe in Hollywood California (Open Medium-Tall category)

Winner – Most Muscular Award – 2009 Natural Universe Overalls

Awarded PNBA Pro Card

Billy has been a competitive bodybuilder for 3 years, prior to that he was a competitive martial artist and instructor

Billy maintains his martial arts skills and is also a competition power lifter

He works full time as a Corporate Executive for the Commonwealth Bank of Australia

In 2010 Billy will compete in 4 Natural Bodybuilding Competitions in the USA as a Professional



When did you start bodybuilding?

I have always been active in the gym but it was only until I had had enough injuries from martial arts that I wanted to pursue something competitive that didn't involve contact. I was making some progress in the gym, so around 6 months prior to the 2007 Natural State titles I decided I would enter and began learning more about dieting. At that time I was some 20kgs lighter than I am now at the same body fat, so in 3 years I have made some decent progress. I came 2nd in that first comp out of 14 guys. I laughed and disagreed when people came up saying I should have won. First would have been too easy, 2nd made me hungry!

20kg's in 3 years - what sort of training have you done to accomplish that?

I never knew anyone that was successful who admitted to under-training, but many have said they may have 'over trained' to get to where they are. So while I may have pushed hard compared to others over the last few years, it does pay off. I literally have squatted twice per week, consistently focused on the other core lifts (deads, bench, dips, chins etc) and religiously made myself train no matter what. But I have a long way to go so the hard work continues!

What about nutrition, I understand you're a vegetarian?

I was always conscious of what I was eating and when I was a teenager I was influenced by people like Tony Robbins, the late Bruce Lee, and also others that I had been personally exposed to that seemed to have so much energy and vitality. The common denominator was none of them ate meat. And while this may be a good health decision, it is contradictory to a bodybuilder's mentality. It was only later in life when I decided to pursue bodybuilding that I had to learn about how to fuel my body for growth while also sticking to my own principles. In actual fact, it's been quite easy. How do I get my protein? Free range eggs, whey, tofu, legumes, nuts, grains and cottage cheese. I eat around 350 grams per day and I never have a problem doing it.

You compete in the drug tested organization, the INBA. Have you considered using steroids?

Unfortunately like a lot of sports, drugs are an element that continues to be a problem. And because there are recreational bodybuilders that train to look good, rather than compete, it is a shortcut that seems to be an easy option. In reality though, the gains can be fleeting, and I have seen many 'blow up' only to get sick afterwards and lose all the 'gains' they made. I believe one can continue progressing without them by lifting heavy, eating smart, avoiding alcohol, using the right supplements and resting. For me, there is no way I would consider it. Not only are the health risks too great to contemplate, I feel I have a long way to go as a Natural. And as a Pro, I am subject to drug tests anytime, on or off season.

What would you tell the aspiring bodybuilder out there that may be struggling to see gains?

Know your body, and understand it takes time. Most people know what they should do with respect to eating and training, but only a few execute it well. So learn what works for your body, don't avoid the hard work and be patient. Overall learn to set a modest goal, stick to it and see it through. Then move to the next one. We'd all like to be 110kg's and ripped but if you can't even eat well for a week then I suggest go for something more realistic, like sticking to your program for a month without drinking alcohol or missing a session. You follow this through and I guarantee that you will see progress. The mind is a muscle too, and by setting and following through on things it gets stronger. And the stronger it becomes, the more your bodybuilding goals will manifest.

Where can we learn more about you and your training?

www.vegetarianbodybuilding.org

My other website should be up and running in a few weeks – www.billysimmonds.com



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E: billy@vegetarianbodybuilding.org

Nickname

Billy

Place of Birth

Sydney, Australia

Brothers/sisters

1 Brother – 2 yrs older (Anson Simmonds)

Current occupation

Corporate Banker

What would you like your future occupation to be

Self Employed Entrepreneur

Favourite Pastimes/Hobbies

They are bodybuilding, power lifting, martial arts, surfing, philosophy and bonsai.

Favourite Food

Banana and peanut butter – together!

Favourite Drink

H2O

Favourite TV Show

Southpark

Family Guy

Favourite Movie

Dodgeball

Matchpoint

Titles won or placed

2007 Queensland Titles Novice – 2nd place

2009 Brisbane Titles Open Division – 2nd place

2009 Natural Olympia - DNP

2009 Natural Universe – 1st place (Med-tall) + Overall Most Muscular Award

Offseason Bodyweight

105kgs

Competitive Bodyweight

93kgs

Age you started training with weights - workout time and days

I began bodybuilding seriously in 2007. Before that I was more focused on martial arts and weights were an afterthought. I wanted to compete in something new without the injuries. I currently weight train 5-6 days per week. I alternate between hypertrophy training and Powerlifting/strength training. I generally train in the afternoon after work. Sometimes on the weekend I will go and do a short 3 hour full body session.

Why you weight train

The constant sense of achievement. I have never had a bad workout. If for example I don't lift the target weight, the very next set I can drop the weight and up the intensity. Therefore I am in an environment that enables me to manipulate the variables to always walk away having done better

than I did the last. I love the endorphins. I love challenging myself. And it provides discipline that flows to other areas of my life.

Great experiences that happened in your life

I lived in South Korea teaching Hapkido and competing in Taekwondo. I have also trained in Muay Thai at a camp in Thailand which was memorable. Probably my greatest recent experience was winning the INBA Universe in Hollywood and being awarded my Pro card.

Your lifestyle

I work 5 days per week in a corporate environment. My role is to tender and structure large finance deals. It's an autonomous role that allows me the ability to maintain a work/life balance. I weight train every night and teach Hapkido in the mornings. On the weekends I spend time with my girlfriend, go to the beach and relax (aka grow!).

Where do you train and why

I train at a Powerlifting club and a commercial gym. I find the diversity allows for me to always be excited and the different types of training are critical to improving my physique. I believe there that one must build structural muscle through the right compound training and then focus on weak links with isolation exercises.

Who are your sponsors (if applicable) or supporters

For all my pre/post training supplements and protein I use:

Reflex Nutrition www.reflex-nutrition.com.au

For overall health:

Vital greens www.vitalgreens.com

Why did you join the INBA/PNBA

It's the largest natural federation in the world and the drug testing is of the highest standard. I also believe they are the organisation that is doing the most for their athletes in terms of opportunities.

Your future goals

Place top 5 in my first year competing in a Pro division and then move on to winning the Pro class in future years.

Your best lifts in three exercises

Bench 150kgs, dead lift 275kgs, and squat 225kg's

Which is your next competition

PNBA Natural Universe, PNBA Natural Olympia 2010

Which contest would you like to win the most and why

Natural Olympia, the most prestigious title in natural bodybuilding.

Your favourite Australian and International bodybuilders

Australian – Mike Waddington, Warren Clampit, Keith Bullock

International – Jim Cordova, Dorian Yates, Mike O'Hearn