

GET TO KNOW...

SAM BYRD



Sam Byrd Squats 635 lbs. with NO HANDS in The Cage at the Arnold Classic Expo 2012.

What superhero power would you most like to possess? The power of persuasion.

What is your idea of perfect happiness? Getting paid well to do what you would do anyway for free. That allows time for pursuit of other interests for a healthy work/life balance, and being surrounded by a solid support system of family of friends.

What is the trait you most deplore in others? Dishonesty.

On what occasion do you lie? I'm a lawyer. I don't lie, I spin the truth.

What do you most value in your friends? Integrity.

When and where were you happiest? Today. I live to make every day happier and more meaningful than the last. I never want to wake up and realize my best days are behind me.

If you could change one thing about yourself, what would it be? I wish I was a little bit taller. I wish I was a baller. Wish I had a girl who looked good I would call her. I wish I had a rabbit in a hat with a bat and a '64 Impala.

What do you consider your greatest achievement? Overcoming self-doubt. Without that achievement, it is unlikely I would ever achieve anything at all.

What is your most treasured possession? My reputation.

What is your most marked characteristic? My witty sense of humor and action hero good looks.

What is your greatest regret? That I didn't get enough time on this earth with my dad.

Which talent would you most like to have? Photographic memory.

What is your motto? You can achieve anything you desire so long as you are willing to work and sacrifice for it.

What is your favorite movie? The Borne Trilogy. I'm waiting for the Legacy.

Who is your favorite lifter? Misha Koklyaev. The best all-around strength athlete on the planet. He performs at the top echelons of Olympic weightlifting, Strongman, and powerlifting – and always with a smile on his face.

Are you married? In a relationship? I'm in a relationship with Faith West, my biggest fan and the best person I know.

Besides yourself, who would you like to see on the next cover of Power? Misha Koklyaev.