



Instagram Highlight

INTERVIEW BY WADE ZENO

NAME: Stacy "Bama" Burr
AGE: 26 **HOMETOWN:** Darlington, SC
GYM: Bad Dog Barbell **INSTAGRAM:** @bamaburr

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All-Time World Record holder in the sleeved squat and sleeved total for the women's 148lbs weight class – I'd say that's quite an accomplishment! How long have you been training? What is your athletic background?

Thank you so much, let's not forget to mention that I will be taking back the All-Time World Record for total in wraps soon as well! I have been training for more than ten years, but exclusively training for powerlifting for 4 years this October. My training as evolved along with me. Early on, I trained more "body-building" style and worked in elements to complement and help my athletic

performance. I played Division II College Softball at Coker College in Hartsville, SC so I wanted to be better conditioned, faster and stronger. One thing that has never changed has been my relentless work ethic. No matter the style of training or the goal—I have always pushed myself to make sure that there is no room for anyone to outwork me.

You're the head coach of Bamabrick-squad training. How long have you been running this team and what kind of coaching services does the team provide? What's the most impressive progress you've seen made by one of your clients?

I sure am! I started Bamabricksquad

Training and Nutrition in 2015, after I quit my dead end full time job and decided I wanted to answer my calling to make a difference. The goal of creating the training company outside of the business aspect was to give my clients (no matter their respective niche) a unifying factor. Knowing that they were all members of the same team and their goals for self-improvement and pushing themselves to the best than can be, it helped to create a positive environment that has he'd to much success from my team members. It's always refreshing to know that you have people around you that have your back and support you.

I am a well-versed athlete and coach





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