

**THIS CHICK CAN KICK YOUR ASS,
AND YOU MAY LIKE IT!**

DARILYN DODDY



POWER MAGAZINE: How old are you, where are you from and what are you wearing?

DARILYN DODDY: I just turned 20, I'm from Bay City, Mich., and I'm wearing a smile.

PM: Where do you train?

DD: I train in Howell, Mich., at the Howell fitness center with the Triple X powerlifting group.

PM: Are you in school? Do you have a job?

DD: I graduated from the National Personal Training Institute and now I'm a certified personal trainer.

PM: How did you get involved in powerlifting?

DD: In the gym one day, for fun, I was benching 115 lbs. for reps. A guy came up and informed me that was more than the average 17-year-old girl could lift, and that I should try powerlifting. He introduced me to a local powerlifter and from then on I was hooked. The rest is history.

PM: What do your "normal" friends think of how much you can lift?

DD: They think it's awesome and make sure everyone knows I'm the strongest teen bencher in the world. I'm also the one they call when they need help moving.



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PM: How many sports bras do you need to wear speed squats?

DD: Depends on the speed of the squat.

PM: When you go to a powerlifting meet with a room full of men with massive levels of testosterone, do you feel like the center of attention?

DD: Sure, sometimes I do, especially after a big lift. But most of the time everyone is focused on themselves and their own lifts.

PM: Do you have a boyfriend?

DD: Nope.

PM: Do you remember the first time you out-lifted a boy? How did it make you feel?

DD: Yes, I remember. It was in my high school strength class. I laughed and pointed it out to one of my friends.

PM: Do you wear make up to the gym?

DD: I don't leave the house without it.

PM: What do you have to say to women who don't lift weights because they think they'll get too big?

DD: Quit being ridiculous and get under a bar. It's almost impossible for a girl to get big. They're the ones missing out on all the fun.

PM: What is your favorite lift?

DD: The bench press, for sure!



PM: How has powerlifting helped you?

DD: Powerlifting has made my way life more exciting. I have met so many awesome people and it has given me proof that you can achieve anything once you set your mind to it.

PM: Tell me about your current best lifts.

DD: My best competition lifts to date are a 402-lb. squat, 385-lb. bench and 385-lb. deadlift.

PM: What are some of your powerlifting goals?

DD: I'm training for the WPCs in Finland this year and I plan to hit more than 400 lbs. for my bench. Also, for my next full meet I want to hit 400 lbs. in all three lifts.

PM: Anything else you'd like to add?

DD: Yes. Powerlifting is a great sport and I love it. Thanks for the interview. It's been great!

