

Beat: Lifestyle

Claire Bonaccorso IFBB Pro League Champion focused on US Life

Aussie Fitness Queen Headed to USA

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USPA NEWS - At just 24, born and raised in Wollongong and currently living on the sunny Gold Coast of Queensland Australia, Claire Bonaccorso is a well-respected professional athlete in the IFBB Pro League (International Federation of Body Building). Renowned as one of Australia's top awarded "IFBB Bikini Pro Athletes," Bonaccorso tells readers about her journey and gives the United States Press Agency an insight into what it takes to be an Internationally recognised professional athlete and what her plans in the Professional League are for the future.

"From the moment I stepped on stage for my first bodybuilding competition my vision for the future became clear," said Bonaccorso who is a highly respected IFBB Professional Athlete. "After a successful first competition as an amateur bikini athlete, I was determined to take my training and diet to a higher level in order to achieve my Pro Card and earn my position as a respected athlete in the International Pro Circuit." I asked Claire to tell us what it took for her to achieve her Pro Card. She explained, "I followed and watched the IFBB Professional Athletes on social media and practised their training and diet routine, as well as learning to develop the mindset of a pro athlete. I invested in a Professional IFBB Coach, Nathan Williamson, who was also a big part of my journey in becoming a Pro. He provided me with all the essential tools, such as a detailed diet plan, training program and mental support. 2019 was one of the most difficult years for me mentally and financially. I had just moved interstate and was living alone, working full time and preparing for my next competition. I placed third in Opens and was also awarded the 2019 Australian Junior Champion. I was extremely proud of my achievement, however I wasn't satisfied. I decided to use all my savings and travel to Japan to give myself one more opportunity to win my pro card in the Amateur Olympia in Tokyo. It was at this show where my biggest goal for the past 5 years was fulfilled. I placed first in bikini open and was also awarded my IFBB Pro Card, making Australia's youngest IFBB Bikini Pro. This was the end of a big chapter of my life and the beginning of another. The following day I decided to make my Pro Debut in the Japan Pro Show, where I placed 6th in a line-up of 32 Bikini Pro's from all over the world."

I then asked Claire what her plans were moving forward and how Covid-19 may have affected her competitions. She said, "After my success in Japan, my goal was to qualify for the Olympia, which is the world's largest and most prestigious bodybuilding competition. To qualify for the Olympia, I would be required to win one pro show or earn points by placing in the top 5 of numerous shows. I began prepping for Australia's one and only Pro Show, the Arnold Classic. I undertook a 20-week prep, for the show to be cancelled 5 days out due to a sudden Covid-19 outbreak in Australia. This took a huge toll on my mental health, as prepping for a professional bodybuilding competition is not easy and requires a lot of sacrifices. Due to the cancelled show, I decided I needed to move back home to Wollongong to be with my family, as it was what I needed for myself mentally.

IFBB Pro League Promoter, Tony Doherty from Melbourne Australia announced another pro show, which was to be held in October 2020. I began prepping for this show in the hope that it would go ahead, however at 8 weeks out we got the news that it had been cancelled due to the high number of COVID cases within Australia. I dedicated half of 2020 prepping for 2 shows, which were both cancelled. After the news of the second cancelled show I was at a low point in my life, but I tried my best to find the positives to take away from the past 6 months.

I spent the rest of 2020 in an off-season and focused on making improvements to my physique so that when the next show was announced I would be ready to go. Sure enough, the Australian Bikini Pro Show was announced to take place on the 7th March 2021. Prep began yet again! Throughout this prep I was aware of the slight chance that the show might get cancelled again, however I was ready to commit to my prep because if there was even the slightest chance I would get to step on stage again, I was going to take it! 15 weeks later, the show went ahead and I placed 5th, earning my spot as one of the top 5 IFBB Bikini Pro's in Australia."

Moving forward, Claire's goal is to qualify for the world's biggest and most prestigious bodybuilding competition, Olympia. Olympia is held every year in the US and in order to qualify for the 2022 competition, she will be required to win one pro show. I asked Claire how she plans on qualifying for the Olympia when there is only one pro show in Australia each year. "As there is only one pro show per year in Australia, I have decided I want to move to the US to give myself as much opportunity as I can to qualify. Covid-19 has been a huge setback for my career in the Pro League and I cannot let it set me back another year. Competing is what I do. It is my career and it is my passion. I will do everything in my power to give myself the opportunity to represent Australia in the US at the 2022 Olympia.

Richard Branson once said, "Overcoming fear is the first step to success for entrepreneurs. The winners all exemplify that, and the hard work and commitment they have shown underlines what is needed to set up a business."

No matter where you live in this world , we always remember a winner...Namaste.

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Editorial program service of General News Agency:

UPA United Press Agency LTD

483 Green Lanes

UK, London N13NV 4BS

contact (at) unitedpressagency.com

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