



Donna McGinn

Age 61

Certified Personal Trainer

Licensed Massage Therapist

IFBB Pro Bodybuilder

Certified Sports Nutritionist

Writer of MMs Health Section and Interviewer

Donna states that : After her divorce, I went back to school and learned the art of Massage, covering many different modalities.

She graduated with honors in April 2012. During school, a friend said they wanted to do a bodybuilding competition. That helped me take more interest in anatomy. Once I saw an actual competition, I understood how they worked, and was fascinated at how each body has the same muscles and bones, yet can develop so differently. I decided I wanted to try. So I got a coach and started getting my body ready for competitions in August 2012 at age 48.

My coach pushed me to do my first competition 7 months later. Whereas I thought it would take me 2 yrs. I achieved an IFBB Pro card at 50, and was lucky enough to compete at the Arnold Classic at 52. During all that, I managed to get into a documentary on female bodybuilding called, "Too Big for the World", where they interviewed some of the biggest names in bodybuilding on their views of how females are treated when they gain muscle mass. I have been teaching physique competition posing since 2013, and started Personal training in 2015, when I wanted to help out my coach, who was swamped with the sudden surge of people who wanted to compete. He started a big trend in Maryland. And as he said, "I was the poster child", of his team, Team Warrior Within. We were just starting to get into social media then. The team he had built with all of his clients. It was huge! Had hundreds of clients in a matter of a few years. Before that, most Bodybuilders were usually solo or had a workout buddy. But, we had groups to workout with. So morale was high.

Donna trains clients out of Colosseum gym in Columbia and Anarchy gym in Owings Mills, MD. Her jobs include;

- Personal training for athletes and non athletes, training other trainers to become better at their jobs or making their own bodies even better for competition.
- Competition prep for bodybuilders. That includes, diet, cardio and workout splits, stage posing and routines, music mixed and cut for routines.
- Bodywork "massage" for athletes of all kinds. Mainly bodybuilders, powerlifters and strongmen.

Besides working on a few elite Olympian bodybuilders, she has worked with NFL players, WWE stars, Baseball players, Hockey players, Marathon runners, Cyclists, Wrestlers, (MMA, Jujitsu, self defense...)