

Athlete: Jade Root

5'4" 120lbs – Captain US ARMY

29yrs old – Mother of 2

Fitness Friday Q&A

How did you get into Fitness?

I have always been an active person. I competed in Track and Field, Cross Country, and Gymnastics/Cheerleading for over 12 years when I was younger. My natural drive to dedicate myself to a lifetime of fitness is what lead me to my ultimate decision to earn my degree at the United States Military Academy (West Point) and commission as an Officer in the Army. Physical fitness is essential in the Army profession and I love that I have a career that enforces a healthy balance between both physical and mental toughness. Though I have always had a natural dedication to fitness, it wasn't until the summer of 2013 when I shifted my focus towards competing. After having two babies back to back, whom are now the ages of 3 and 2, I wanted to get back to my pre-baby weight, shape, and energy! One thing I have learned about myself is that when I choose to do something I go for it 110%. Before I knew it, I found myself on stage at my first show, the Phantom Warrior Classic, in September 2013 (placed 6th). After that first show, I knew I had found my calling and I immediately contacted Shauna Cremen, owner of Vixen Muscle, and asked her to be my coach. I found my home at Heritage Park Fitness with Vixen Muscle and I haven't stopped competing and dedicating myself to a lifetime of fitness since. Since I have begun competing I received 1st Place at Texas State Naturals 2013, earning my qualification for Team Universe, and 6th place at the Phil Heath Classic 2014.

Are there any rituals you go through before going on stage or a photo shoot?

The week before every photo shoot and a show I cleanse for two days with the Isagenix Cleanse for Life. The system allows me to cleanse my bodies of toxins and impurities before stepping on the stage.

What's your weekly workout like when you're training for a show?

My weekly Vixen Muscle workouts are amazing! You can gain more insight on my workouts on my Facebook Page, Jade Root NPC Competitor and the following Vixen Muscle websites:

www.facebook.com/pages/Jade-Root-NPC-Competitor

www.vixenmuscle.com

www.facebook.com/vmtraining

Monday: Glutes & Hamstrings

- Split Squat Jumps: 3 sets (15-20 each leg)
- Seated Leg Curl: 3 sets (15-20 reps)
- Cable Kickbacks: 3 sets (15-20 reps)
- Bridges: 3 sets (30 reps)

Tuesday: Back and Abs

- Lat Pull-Downs or Pull-ups – 3 sets (10-15 reps)
- Reverse Fly – 3 sets (12-15 reps)
- Back Extensions – 3 sets (15-20 reps)
- Single-Single-Double Row – 3 sets (8-12 reps)
- Leg Lifts – 3 sets (20-30 reps)
- Weighted Crunches – 3 sets (20-30 reps)
- Alternating knee-to-shoulder Crunch – 3 sets (30 reps)

Wednesday: Arms

- Barbell Curls: 3 sets (10-15 reps)
- Single-arm Dumbbell Curls: 3 sets (10-12 reps)
- Overhead Dumbbell Triceps Extensions: 3 sets (15-20 reps)
- One-Arm Reverse Grip Cable Pull-downs: 3 sets (12-15 reps)

Thursday: Legs and Calves

- Hack Squat: 3 sets (15-20 reps)
- Leg Extensions: 3 sets (15-20 reps)
- Stiff Leg Dead Lifts: 3 sets (10-15 reps)
- Box Jumps – 3 sets (12-15 reps)
- Standing Calf Raises – 4 sets (15-20 reps)
- Seated Calf Raises – 4 sets (15-20 reps)

Friday: Shoulders - Military Press: 3 sets (15-20 reps)

- Front Raise/Side Raise Combination: 3 sets (12-15 reps)
- Cable Front Raises: 3 sets (15-20 reps)
- Kettle Bell Swings: 3 sets (10-15 reps)

Saturday: Chest, Calves, and Abs

- Push-ups: 3 sets (25-35 reps)
- Incline Dumbbell Presses: 3 sets (12-15 reps)
- Dumbbell Flies: 3 sets (10-15 reps)
- Standing Calf Raises – 4 sets (15-20 reps)
- Seated Calf Raises – 4 sets (15-20 reps)
- Crunches on Stability Ball – 4 sets (25-30 reps)
- Double Crunch – 4 sets (25-30 reps)
- Leg Raises – 4 sets (25-30 reps)

*I do cardio 30-45 minutes 7 days/week. Alternating between the upright bike, stairmaster, and treadmill.

Which of your workouts do you enjoy the most?

I'm a natural runner for life, so I would have to say my favorite workouts are my sprint days. I hop on a treadmill, crank the incline up to 15% and I sprint for 45 seconds, walk for 30 seconds and repeat ten times. After my sprints, I finish with 30 minutes on the stair mill. Call me crazy, but intense cardio always lifts my mood and awakens my drive to push even harder!

If someone wanted to get into fitness what would you say are the three moves that would bring them the biggest gains?

1. Find a coach that fits you! As a single mommy of two toddlers and an Army Officer, it was important to find a coach who could work around my busy schedule and empathize with my situation. My coach, Shauna Creman, has become a mentor as well as my best friend.

2. A support system! Surround yourself with like minded people who share your same dedication to fitness and who will support your lifestyle. One thing I have learned is that becoming a fitness competitor shifts your whole world. Some people will not understand your choice to stay in on a Friday and Saturday night to get that extra cardio session in or the insanity behind waking up at 0430 on a Saturday to hit the gym before getting one of your six meals in for the day. It's a lifetime commitment, but well worth it!

3. As a bikini competitor, I highly suggest you find a professional suit maker, hair stylists, and makeup artists. You have to have the whole package: physique, suit, and look!

What do you eat during the off-season?

During my off-season I still focus on eating clean, but my coach does allow me one cheat day a week on the off-season. Typically on my cheat day you can pretty much find me at Chipotle or in my kitchen cooking my life away. I love to cook! I do not believe it was by mistake that off-season falls conveniently around Thanksgiving and Christmas. So, you will likely find me cooking and eating collard greens, candied yams, homemade macaroni and, of course, homemade sweet potato pie!

What supplements do you use?

Because of the intense physical effort, the bodies of fitness competitors require superior nutrition. I pride myself on remaining all-natural through my fitness journey, so I utilize supplements through Isagenix. Isagenix offers supplements, natural and plant based, from fat burning (natural accelerator), protein (IsaLean Pro), and of course natural diuretics (IsaFlush). I truly believe it is possible to achieve your peak physical fitness in a natural manner.