

TROPICAL LIFE

BODY BY YOU

She's sculpting the perfect figure

BY JODI MAILANDER
FARRELL

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Body: Kristal Richardson, 32, Pinecrest personal trainer and professional figure competitor, 5-foot-6, 135 pounds

What she does: "In the bodybuilding industry, there are three levels. Figure is the most feminine; they're looking for symmetry, tone, not too much muscle, but a balance... we do posing — not bicep shots, but feminine posing to show off the lines and symmetry and condition. It's more than a bikini contest... but we do wear sparkly pretty suits."

Her past: "I was more of a cardio girl. I did track and cheerleading in high school and college."

Her workout: "I do cardio seven days a week and I train with weights six days. I'll lift weights for 45 minutes to an hour. I do cardio first then go to the gym between 10:30 a.m. and 11:30 a.m. I do take one day off to rest from the weights."

Heart pumping: "I do cardio at home on machines in a small gym in my house. I usually do that for about five minutes. If I'm preparing for a competition, I'll do a little bit more and another 30 to 45 minutes in the evening. I do interval training. I call them crazy cardio circuits. I incorporate side shuffles and mountain climbers, jumping squats with no weight."

Weight training: "I

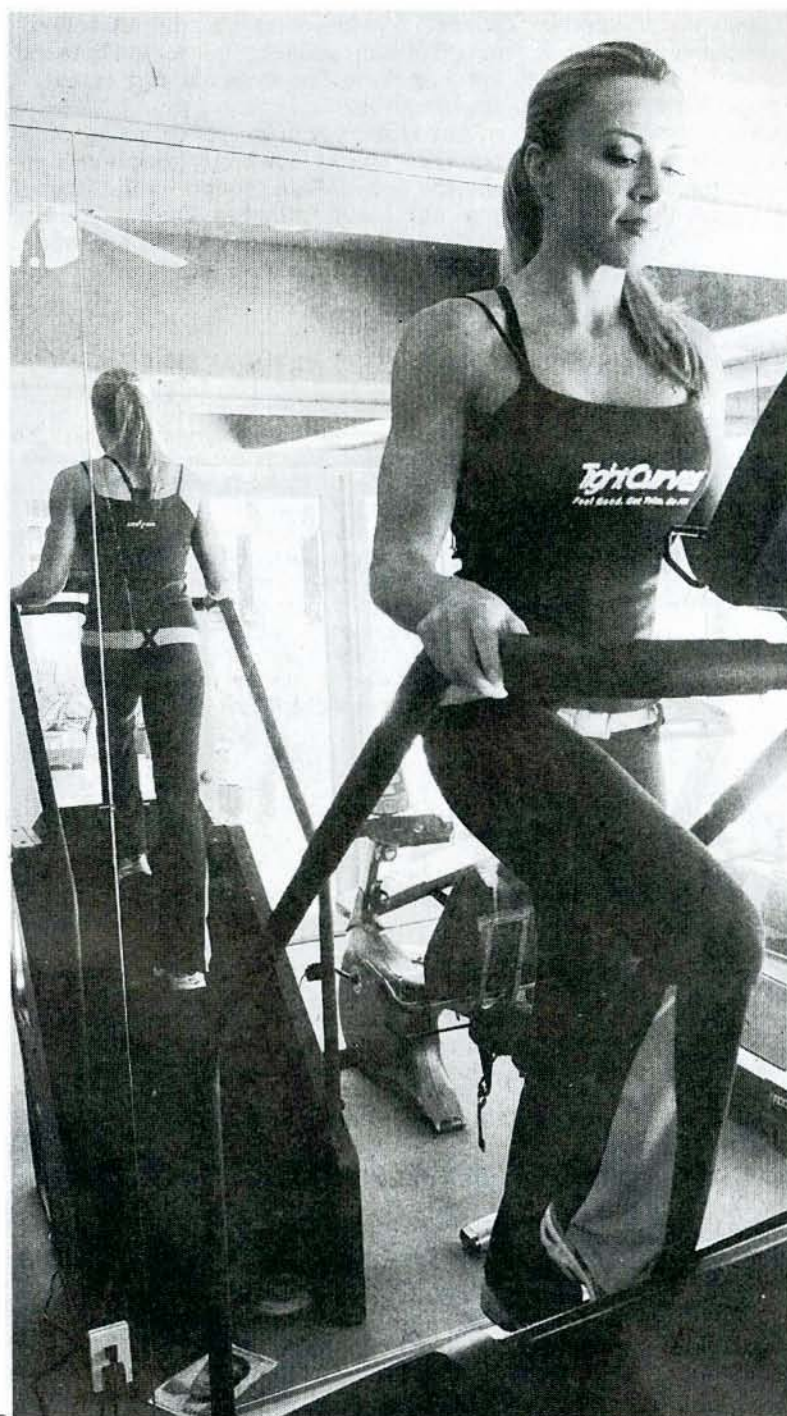
try to hit one or maybe two body parts each time I train. I have a couple body parts that are weaker (legs and shoulders), so I try to hit those twice a week. I do four to six exercises per body part."

Getting started: "My husband's old trainer was a professional bodybuilder. We used to go to these shows to support him. I noticed these girls. I said, 'You know, I'm going to give that a try.' I started it just as a hobby. I was doing pharmaceutical sales. I ended up winning my first show."

Competition: "I had a competition in Jacksonville at the beginning of August, which qualified me for The Olympia, which I competed in two weeks ago in Las Vegas. I ended up placing seventh (out of 27)."

Fitness career: "I do personal training. I have a couple clients I train out of the home, but I do more online training now. I have girls all over the country I prepare for shows. I coach them through a 12-week prep and on through the show. I also have a supplement company that I'm a spokeswoman for called Tight Curves. My husband, Tom, is the owner."

Sometimes splurge: "I'm not so super-regimented that I don't treat myself. I like wine or a cocktail. I love Italian food, sushi, chocolate. I definitely like to have my desserts; ice cream is my favorite."



MARICE COHN BAND/MIAMI HERALD STAFF

TRAINING DAYS: Kristal Richardson's workouts include both cardio and weight training.