

Dexter Simon is an IFBB Elite Pro bodybuilder, athlete, trainer, marathon runner, coach and a proud dad. He is a sought-out motivational speaker for youth, adult and family audiences uncovering the powerful truth that anything is possible with hard work, knowledge, discipline, drive and consistency.

Dexter's own journey is about the day-to-day commitment, the hard work and the dedication it took to get from starting at the bottom to competing at the world level in bodybuilding in less than 3 years. Becoming a professional athlete in a new sport at the age of 49 requires a certain mindset, specialized knowledge and life change. His journey proves that anything is possible once you believe in yourself.

His message is simple: Achieving your goals and attaining all-around success requires all-around commitment. It means you have to stay motivated when the times get rough. It means you must reinvent yourself, so you can become capable of anything you put your mind to.

Dexter's work is about providing guidance and support, knowledge and motivation as his clients embark on and advance along the path to achieving their goals.

