

Name: Steve Morris, Age: 48 Success: Powerlifting After a Broken Neck



In 2004, I was working out on the bench press, I went for a PR (personal record) and it went perfect! The next day I felt weak on my right side. I tried to lift but had lost all my strength in my right side. I went to the doctor and after physical therapy, massage therapy, and an electrical test (nerve), I finally had a MRI and found that I broke my neck! I had orthopedic surgery in December 2004 and had a titanium plate put in my neck. It took six months before I could get back to the gym. I started working out in small sessions for the next six months and my strength slowly returned. In 2009, I set a world record in the squat for my weight and age group with a 505 lb. squat. I am still competing and I turn 48 this year. My right side is still only at 80% of where it was in 2004 but I am working on it! I have now lost 30lbs and will compete at a lighter weight group. There is nothing better than strength training and cardio to keep you feeling and looking great!!