

David Docimo, Jr - **Success Story**



It has been my pleasure to work with such a dedicated student as David. He took every challenge and ran with it. Never saying it was too difficult or that he didn't think he could achieve his goal. He lets others inspire and motivate him to reach the top. I am so proud of what he accomplished in his first bodybuilding competition! I can't wait to see what else he decides to conquer!

Congratulations, David!

Frank Zane

David wrote the following on his social media:

Over 3 years under the mentorship and training guidance of Mr. Frank Zane, I went from 305lbs and morbidly obese to 222.2lbs and a first-place bodybuilding champion in the men's over 40 division. Placing in 5 others. Your support lifted me through every rep, every setback, and every moment of doubt. I could not have done this without you all. Everyone that I'm fortunate enough to have in the orbit of my universe has contributed in some way in this journey.

Most especially: Josh Keena, BJ, Kara Stetson, Jake Barton, Doug Jones, Tony Simmarano, Toni Cowan, Auntie Lane & Uncle Chuck, Dad & Leanne, Danny, Bri Kramer, Jose Feliz, Brian Hester, John Saari, my entire office, the leadership at AFC, Tim Gardner Productions my gym Cowboys Fit and so many others — especially my army of wellness and performance coaches, each of you deserves a piece of these victories.

Legend - Frank Zane, three-time Mr. Olympia, whose wisdom and example shaped my approach to bodybuilding, through our countless calls and critiques he gave me the tools that no one else could to succeed.

Here are the results:

- 🏆 Men's Bodybuilding Over 40 — 1st Place Champion
- 🥈 Men's Bodybuilding Over 35 — 2nd Place
- 🥈 Men's Bodybuilding Novice — 2nd Place
- 🥈 Men's Bodybuilding Hero Class (Military/Fire/Police/EMT) 2nd Place
- 🥉 Men's Bodybuilding True Novice — 3rd Place
- 🥉 Men's Bodybuilding Heavyweight — 5th Place

Sincerely,

David J. Docimo, Jr.