

KARINA NOBOA

Squat Sista | #nomediocre | Future Figure Pro

How long have you been a member of TPP and what is your favorite part of the team?

I've been working with Paul since I was 18 right after almost dying to get through prep for my first show with a not-so-great coach who took me down the typical path of "eat very little and do all of the cardio." He prepped me for my second show and I've been on the team ever since! In about 3 months it will actually be a whole two years! Happy anniversary to me haha. My favorite part of the team is the advice, tips, and foodie finds that are constantly shared on the page. Whenever I post a question regarding nutrition or training mechanics, I always get helpful feedback. And I just love all of the fun macro posts because to be honest I'm a foodie and a fat kid at heart with the appetite of three grown men.

You've got a pretty busy schedule. What does a day in the life of Karina look like?

Well, being a full time student, working part time, and a gym rat: If I'm not lifting, I'm in class, studying or working. If I'm not doing either of those, I'm eating or sleeping. Or meal prepping since I live most of my life on the go and I do quite a bit of traveling. Throughout the day though, I love listening to music, all the time and occasionally break into dance if I have a second. I also like to write, read, and occasionally play a little pick up soccer on the weekends. I was a competitive soccer player all of my life before I got into bodybuilding and power lifting so from time to time I'll play and usually end up spending hours on the field.



Your social media posts are often very motivational, who do you turn to for motivational inspiration?

Mostly when I'm in need of a little motivation, I just look to my friends and family. I've been very fortunate to have a hard working and inspirational circle of friends and coach. I look up to people like Paul Revelia, Ryan Doris, and Layne Norton when I need a good model of what it means to work hard and earn your success. Another person I always look to for motivation is my dad. He is one of the hardest working people I know. Having to raise my brother and I by himself he worked very hard and very often to make sure my little brother and I always had what we needed. I believe that when we work toward a goal for something beyond ourselves, the motivation to attain that goal is much greater than just doing it for ourselves. So when I think about working toward being successful one day, I do it for him and my brother. I do it so that someday my dad won't have to spend his life working so hard at 2-3 jobs, and that I'll be able to help take care of him and my brother, and whoever else may need it, just have other s have done for me. Lastly, my two favorite motivational speakers are Eric Thomas and Les Brown. If you've never seen or heard one of their speeches stop reading this and go now.





Powerlifting or Bodybuilding? Can one do both?

I'm all for doing both. I believe being strong and healthy as well as shooting for aesthetic goals, are not mutually exclusive.

You've got a hectic schedule with work and school...what are some of your favorite on-the-go snacks?

Quest bars are a life saver for sure. I also love making my own trail mix with pretzel goldfish and cocoa roast almonds so I'll usually have that in a to go baggy with me.

It's Saturday night at 9 pm, where can we find Karina?

At the gym, studying, or on my couch with a pint of Arctic Zero while I watch some Netflix or Adventure Time. Occasionally I like to go dance in the night life when some of my favorite House Dj's are playing, but that's probably 5-15% of the time.

Favorite training day and 3 exercises it typically includes:

1. Squat
2. Bench
3. Deadlift

Would you rather be a worried genius or a joyful simpleton?

Worried genius for sure. I don't believe the benefits of being a foolish or gullible person out weighs the benefits of having all of the knowledge. Plus, if I only had one choice I hope that I would be genius enough to figure out how to chill out and not worry so much.

