

Sports

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Broome wins state bodybuilding titles

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Dan Broome swept the crowd off its feet at the Mr. South Carolina Bodybuilder Championship in Columbia recently, winning the middleweight and the overall championship.

Not bad for Broome—this is his first competition in bodybuilding. Judges liked his bulging muscular and symmetric body, which he chisled from 225 pounds at 17 percent body fat to 180 at 5 percent in four months.

They also liked his routine, which he performed with gospel music. Other bodybuilders there flexed to the tune of hard rock music.

When it was all over, Broome, a

Longtown resident and Winnsboro's Zion Hill native, was named Mr. Junior South Carolina.

In the overall championship, Broome was crowned again by having the top body that the judges were looking for. He beat out bigger men with more massive muscles and smaller men with more rippling muscles.

Broome graduated in the first class at Fairfield Central High School in 1987. After a four-year stint with the Marines, Broome said he started to gain weight. He was up to 215 from 180.

"I got overweight," he said. "I wanted to get in better shape. After I worked out, I realized that I had good genetic potential."

Broome says his father, the late John Broome, was a stone mason, and there were big men on his

mother's (Daisy Gaither Broome) side as well.

Broome goes to Thompson Barbell Company, a gym in Columbia, to work out.

On Mondays, he works out his chest by mainly bench pressing—he lifts 450 pounds. On Tuesdays, he does 100 pullups to work on his back. Wednesdays are for his biceps and triceps. He curls with 135 pounds dumbbells. On Thursdays, he works on his legs by squatting 600 pounds. He also runs six miles three times a week.

Before the Mr. South Carolina events, he flexed some of his 20-inch arms, 48-inch chest, 30-inch quads, 31-inch waist and 20-inch calves in Myrtle Beach.

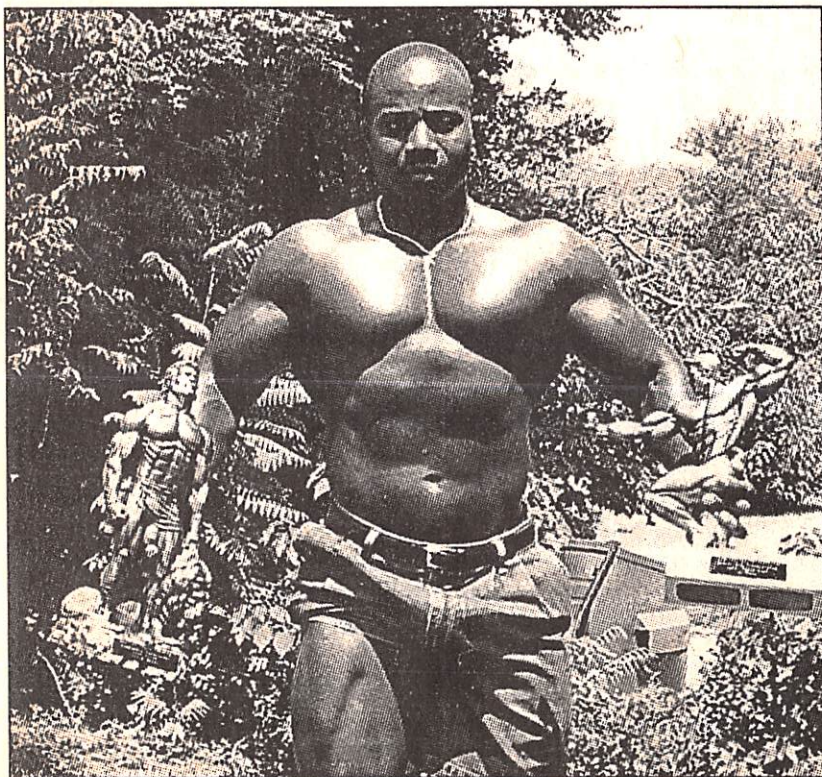
"Girls came by and asked me if they could feel my chest and biceps," he says.

"My number one fan is my five-year-old daughter, Tunisia Broome," he says. He's engaged to JoAnne Davis of Ridgeway.

When he's not working out, Broome works at the Ridgeway gold mine, plays catcher for the Longtown Yellow Jackets baseball team and attends Mt. Pisgah Baptist Church.

He plans to compete in the All-Natural bodybuilder championship July 26 at the Township Auditorium in Columbia. He wants to compete in the Junior Nationals in Charleston and the Southern Stage Championship in Miami in August.

He says he wants to be a model for fitness magazines, and perhaps one day open a gym and become a personal trainer in Winnsboro.



PHOTO/TERRANCE THOMAS

Dan Broome of Winnsboro holds the two trophies he won during his first bodybuilding competition.