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## The new lightweight champ

### Correctional officer from Cov. winning body builder

JESSICA SELBY  
jselby@central.com

COVENTRY — While he only stands at a little more than five feet tall, Ron LoBianco is a force to be reckoned with.

The 35-year-old Coventry resident recently placed first in his division — light weight, between 146 and 155 pounds — in the Body Language Natural Professional Association's (BLNPA) annual competition.

Just a few weeks ago he took to the stage at Seekonk High School in nothing more than a bikini bottom. He stood in his bare skin before a panel of 15 or so judges and flexed, grimaced and contracted each and every muscle in his body so that the judges could see how hard he had been working.

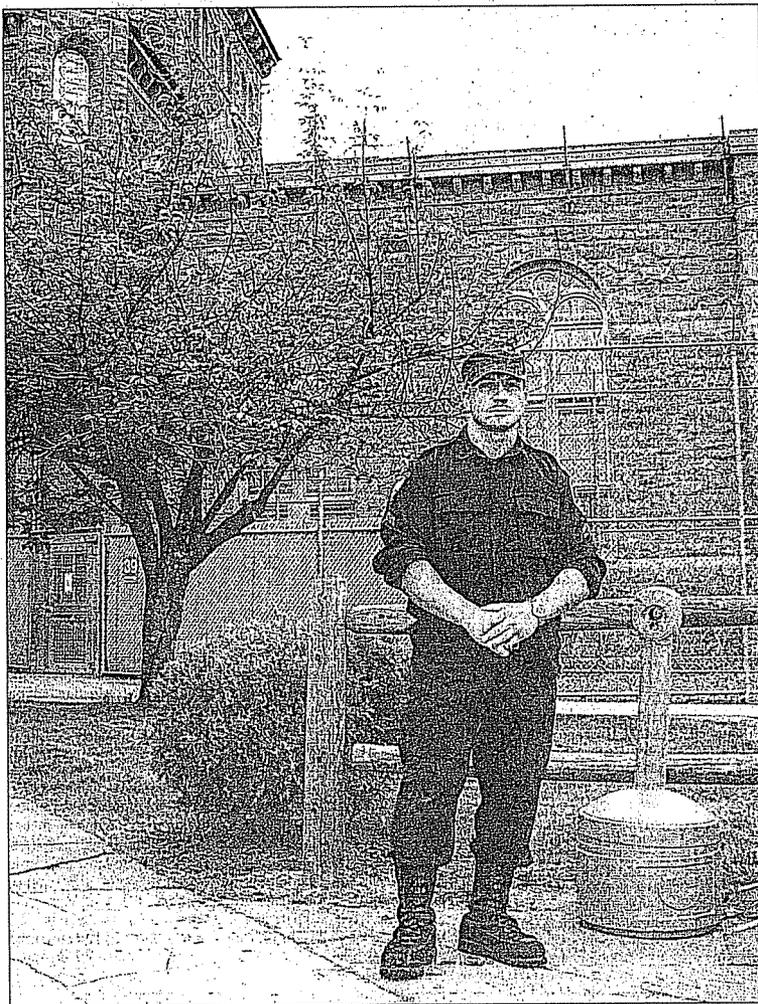
This accomplishment comes as no small feat. LoBianco said it takes "a lot of discipline" to achieve the muscle definition that he had for that show.

For a grueling 14 weeks, LoBianco said he ate nothing but Broccoli, almonds, chicken and sweet potatoes and drank nothing but water. He also maintained a rigorous workout schedule that consisted of an hour and half of cardio and an hour of weight training six days a week.

"There are some major diet changes, I keep an extremely low carb, high protein diet, and increase my workouts," he said. "There is no going out to eat, no drinking alcohol, nothing but water actually. It really takes a lot of discipline, but I like to push myself."

LoBianco said he trains at Gold's Gym in East Greenwich, but

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Jessica Selby • Daily Times

Ron LoBianco, a Coventry resident and maximum security correctional officer, recently took home a division title from the Body Language Natural Professional Association's annual competition.

To learn more about body building  
or to see photos of Ron LoBianco  
in action, point your Web browser  
to [xmuscle.com](http://xmuscle.com)

# Man builds body building rep

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spends the majority of his training time at the Maximum Security Correctional Officer's gym, adjacent to the Maximum Security Facility, where he has worked since 2001.

LoBianco said his fellow officers "really help me out and are always there for me, pushing for me."

LoBianco said his typical weight is around 180, but by following this regimented plan, he was able to get down to as low as three percent body fat, which, he said, is about the lowest one can go without being at a dangerous level. All of the muscles in his entire body, from head to toe, were clearly defined. He said the judges are looking for that as well as symmetry and proportion at these competitions.

"They want to know your percentage of body fat, they are looking to make sure that you are in proportion, they don't want one body part to dominate over another, they are going to look at symmetry and they want to see the definition in every muscle in your body," he said. "They are looking at your abs, your quads, your chest, everything."

LoBianco said the competition at these shows is typically intense and this show was no exception.

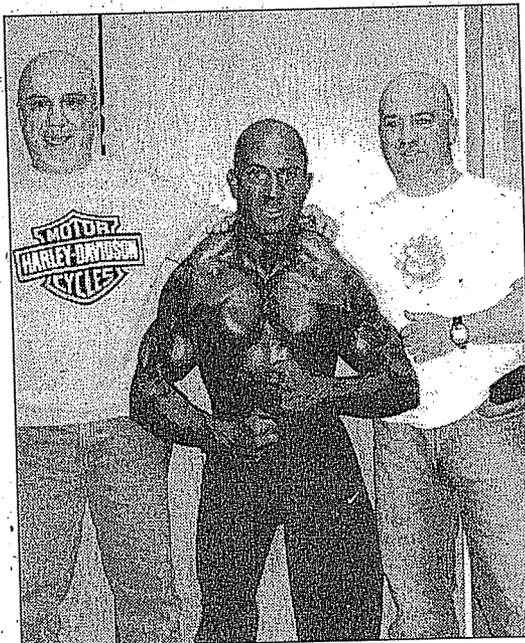
"There were eleven in my division and there was definitely some good competition," he said. "These guys were ripped down so I really didn't know what the judges were going to have to say. I am pretty humble at these things anyway."

LoBianco said the judges ask each competitor to display 14 mandatory poses and that everything from flexion and foot placement is evaluated. He said the judges score the entire body, with one being the best. So, at the end, whoever has the lowest score wins the competition.

This time, that was LoBianco. He earned the title as the first place winner in the 2009 Body Language Natural Professional Association's (BLNPA) annual competition light weight division.

While LoBianco had never earned first place before, he has secured several other titles over the course of his career in weight training shows. He placed fourth out of 20 in the middleweight division in the same competition in 2006 and third in his division at the NPC's Jay Cutler Classic at the John Hancock Center in Boston.

He said despite the extreme commitment that these types of competitions require and the toll



Submitted Photo

Ron LoBianco says he gets a lot of support from both his father, Robert (left), and his brother Robert Jr (right).

that it takes on the body, he plans to do it again next year. He said he expects to be ready to compete in the Cape Cod Classic next year and will continue to compete as long as he can.

It is and has always been, he said, a passion; one that began at around age 15.

"My father really got me into it when I was 15 working out in the basement of our house and I just stuck with it ever since," he said. "I did my first show in 1992 when I was 20 and then I did another in 1993."

Weight training is not LoBianco's only accomplishment. After graduating from Coventry High School in 1991 LoBianco went on to the Community College of Rhode Island where he earned an Associates in General Studies.

He said the combination of the two help him in his career as a correctional officer at the Maximum Security Prison in Cranston. LoBianco said corrections officers are not allowed to carry weapons so being in the best physical shape possible is their best defense.

"All we have are handcuffs and a radio so if you need to deal with the inmates or run to a situation, you're going to want to be able to do it without huffing and puffing so the cardio workouts definitely help," he said. LoBianco said the training also serves as a great stress reliever.