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Vegan BodyBuilding - Kenneth G. Williams

You read the title right. Kenneth Williams is a professional bodybuilder who happens to be vegan. The [IDA site](#) states:

Kenneth made sports history at the 2004 Natural Olympia in Las Vegas – the most prestigious natural bodybuilding competition in the world – by finishing third out of more than 200 competitors from 37 nations and becoming America’s first vegan bodybuilding champion. He has also competed and placed well in a number of important bodybuilding events. In 2004 alone, he placed second in his class at the Silver & Black Muscle Classic (sponsored by the Oakland Raiders), the Team USA contest, and the World Natural Bodybuilding Championships.

[If you want to read more check out his site .](#)



Posted by: The String Bean

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Comments



Great Kenneth, you have achieved an wonderful feet for becoming 1st American vegan bodybuilding champion, keep it up. Now I got realized the influence of vegan bodybuilding.

[Building muscles](#) [February 21, 2008 at 12:49 AM](#)



Great Kenneth, you have achieved an wonderful feet for becoming 1st American vegan bodybuilding champion, keep it up. Now I got realized the influence of vegan bodybuilding.

[Building muscles](#) [February 21, 2008 at 12:51 AM](#)



Wow!! should have gone online first. I joined La fitness today and was told that I would have a really hard time building muscles or even getting tone being a vegan. I see an instructor tomorrow and dread how the conversation will go.I already want to cancel my membership. They are just uninformed but it was discouraging. I am a 43 year old mother of 4. I only weigh about 112lbs. I just want to sculpt and tighten. That doesn't seem to hard to achieve to me. I have a lap pool

and a home gym system in the sports center where I live. Is there an online routine I can do on my own? I'll just cancel the membership since it's just been one day and save myself the hassle and money\$\$\$\$. Thanks Natalie in Seattle

[June 20, 2010 at 08:04 PM](#)



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[Claudine21Mclean](#) [August 30, 2010 at 04:17 AM](#)



☐there would have been more "i love yous" ... more "i'm sorrys"... but mostly, given another shots at life, i would seize every minute... look at it and really see it...live it...and never give it back.

[christian louboutin](#) [November 03, 2010 at 11:23 PM](#)

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