

Wilton man takes state bodybuilding title

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Corey Freeman, Wilton, was crowned Mr. Iowa on April 23 at the NPC Iowa State/Midwest Open.

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WILTON, Iowa — Corey Freeman wants to crush the stereotypical image of a bodybuilder.

"There's such a big stereotype that people think of bodybuilders as the big musclebound guy that says 'OK, I pick things up' and they are not intelligent. They go around and they are egotistical," said the 34-year-old Wilton man who was crowned "Mr. Iowa" at the NPC Iowa State/Midwest Open on April 23.

"Modesty is probably one of the biggest things I teach people. This is a sport where you can go around and you can brag, but that's not going to make you any better. What you do for yourself and the effort that you give makes the difference."

The 2000 Wilton High School graduate recalls spending hours in the gym with his father, an amateur bodybuilder, in the 1980s and 1990s.

Working out in a gym helped build self-esteem, self-confidence and instill a work ethic in the young man.

He now owns gyms in Wilton and Wapello and coaches a group of bodybuilders known as "Team Freeman." The team also took honors at the April 23 competition.

"There is an amateur sanction in the country called the NPC which stands for the National Physique Committee. They hold competitions everywhere. In Iowa the most prestigious one is the Iowa State. The winner of the overall is dubbed Mr. Iowa."

The title qualifies him for national competitions and the cash prizes that come with it. The competition is simple.

"Basically it's a subjective cattle call where they pull us out and run us through seven mandatory poses, place us against each other under lights and everything. We're all oiled up and in our posing trunks. Based on that they make a decision," Freeman explained.

He did his first competition at the age of 21.

"At that time I did two competitions and I stopped for a while. I'd had a couple of children and there just wasn't the time to put into it and everything," he said.

"When I opened up these gyms, I've been running the business for six years and when I got back into it, it just seemed to go hand in hand to do the bodybuilding."

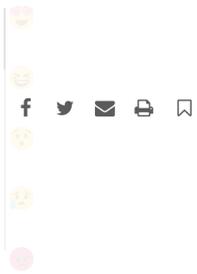
Freeman has always liked training.

"I was always a very small person I was this height (5 ft. 7 inches) as a freshman in high school and I weighed about 100 pounds. Strength training and being in a gym was a very therapeutic outlet for me."

Dan Cooley, Muscatine, has known Freeman for about seven years and trained under him for about two years. Cooley was Mr. Iowa 2015.

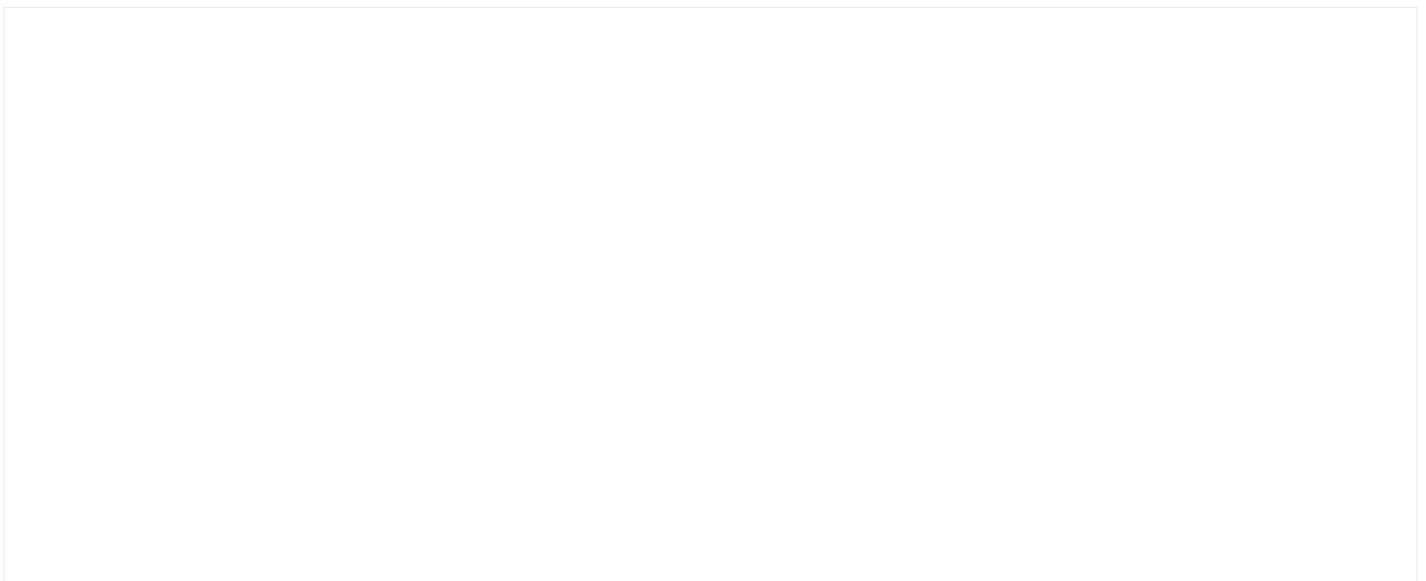
"He's positive, always motivating everybody else. He's the type of person that it's not just about bodybuilding. It is about whatever is going on in your life. He's a coach, mentor, friend, therapist some days. He's an all-around stand-up guy," Cooney said.

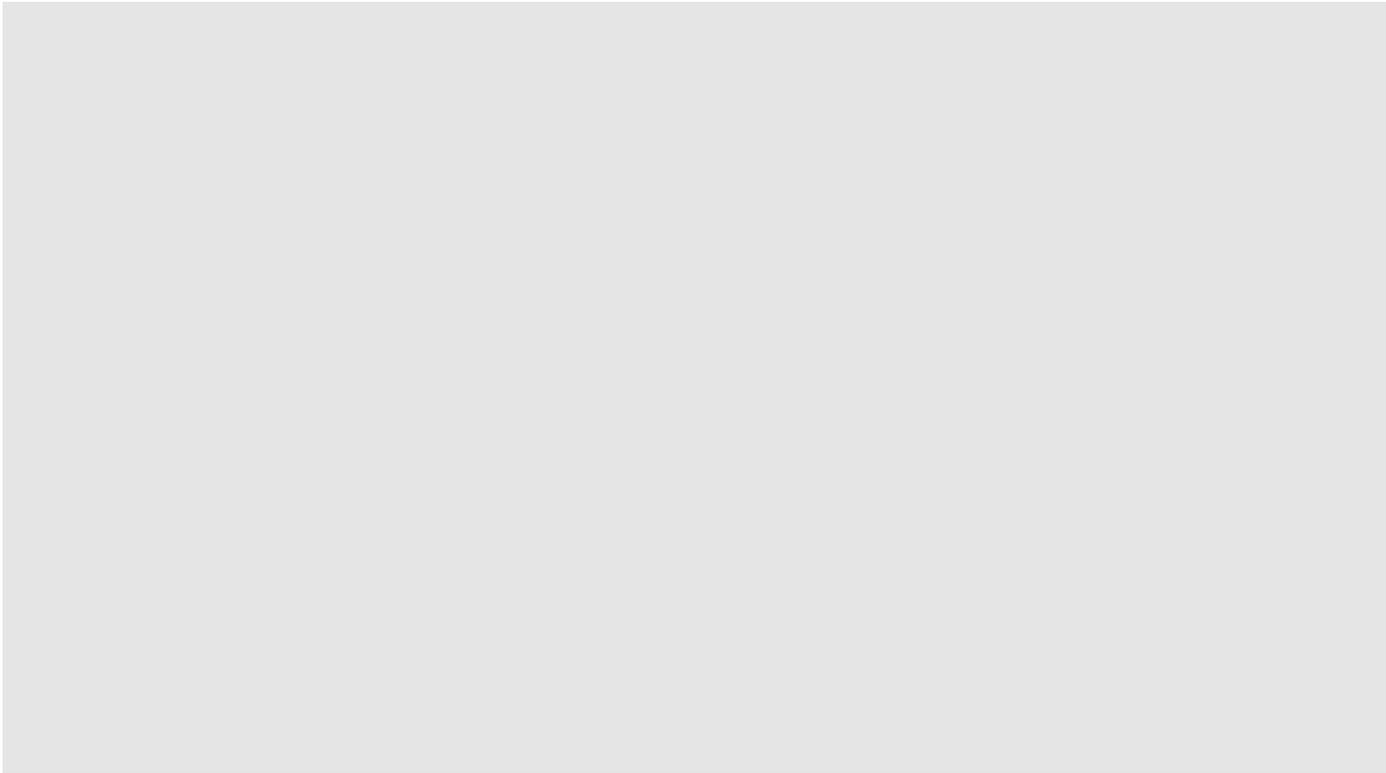
"His passion and drive for bodybuilding, his discipline, motivation, the people that he works with. He has a genuine passion for the people that he works with."



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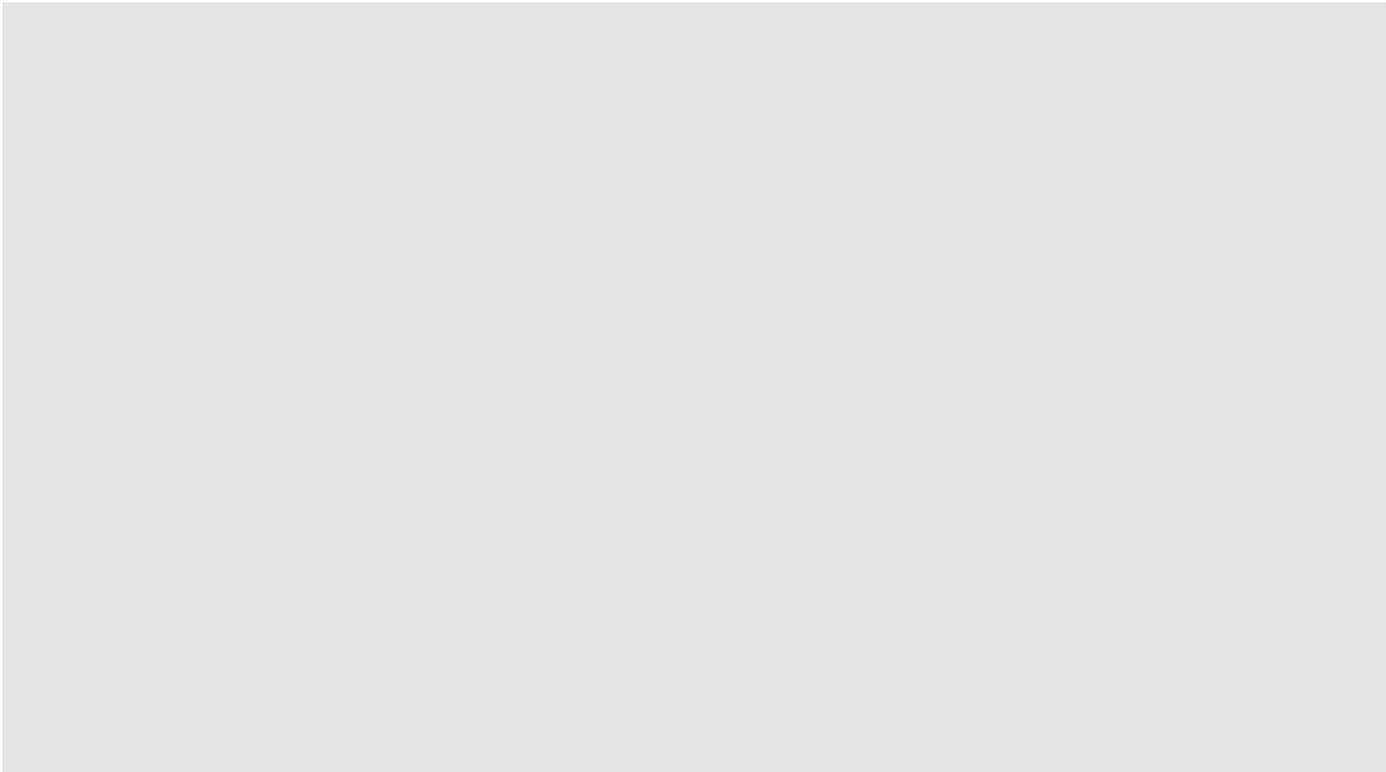
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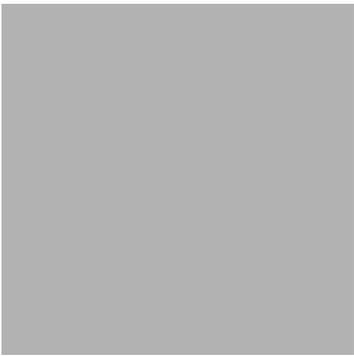
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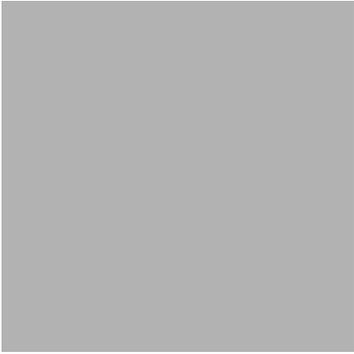
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