

# Hi 🙋, I'm Ankur.

## Bodybuilder and Analyst



Achieving the pull potential and observing the beauty of the human mind and body. I have fixated my vision on the goal.

I am a full-time cooperate Analyst working 9-5 who loves to travel. Despite the challenges I've pushed past every obstacle through sheer resilience and dedication, proving that consistency and hard work can overcome any limitation. Fitness is a continuous journey of growth, and I am always learning and evolving.

My mission is to inspire others to rise above excuses, step beyond their comfort zones, and strive for something greater. Extraordinary results come from extraordinary effort—and it all starts with a single step. Let's embark on this journey together. 💯

## Transformation 🔑

### 📸 Progressive Growth 💪

Capturing my growth since last 2 years.



### 📸 Flexing Worldwide 🌍

Build a body that speaks for itself.



## Let's Connect !

Whether you have a question or just want to say hi, feel free to drop a message! 😊



# The Journey 💪



## 📍 India

📅 2015-2018

I have been a sprinter during my school and tried various sports which my parent were very supportive of and believed to be a healthy hobbies leading to my passion for sports. Instantly, when I joined my university I was always fascinated by the sports team and ever since dreamt of representing my university in sports at highest level.

I kept training through years and found interest in shotput while keeping at my sprints. Our amazing coach always encouraged the team to do their best. With my teammates healthy competitions and lifting each other we were able to achieve the dream and represented my university alongside the best athletes in India.



## 📍 Australia

📅 2019-2022

A year gap in my sports due to studies was mentally and physically challenging. I dedicated myself and achieved my results but it was time to embark back on the sports journey. It was difficult to get back on track. My friends have been constant in the gym, so I decided to give it a try. I realised this was may be something of my interest. With the mentality of athlete and little knowledge about bodybuilding I was trying to hit the gym.

I had a bit of structure forming and I thought this could be pursuable. I stuck to it in 2019. The year of change was 2020-2022 when I moved to Australia for my Master's. COVID lockdown hits Melbourne, restricting the access to gym or any sports. I got into my worst shape but couldn't accept the fact that this was me, so I decide this needs to change



## 📍 London, UK

📅 2023-2025

Locking-in, was the only option learning from past experiences. I decided that this time I am going to give it all and stay focused. I love to enjoy food and travel, so this comes non-negotiable with my fitness goals while balancing a full-time job, managing daily responsibilities, and preparing nutritious, flavourful meals to fuel my body. Discipline and time management have been just as crucial as the training itself.

What started as just 15 minutes in the gym turned into a passion I never want to step away from. This journey has not only reshaped me physically but has also been a profound mental and emotional transformation, instilling a confidence I never had before. 🚀 Despite the challenges, I've pushed past every obstacle through sheer resilience and dedication, proving that consistency and hard work can overcome any limitation. Fitness is a continuous journey of growth, and I am always learning and evolving.

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