



David Tshose

QUIET BUT DRIVEN

David Tshose, although still a junior competitor has done exceptionally well in the four years that he has been competing, consistently placing in the top 5 of all of his competitions. *Muscle & Health Southern Africa* recently had the opportunity to interview him to find out more about what drives this quiet, but very driven young athlete.

THIS RESERVED

young man came from humble beginnings, being born and raised in the small village of Braklaagte near Zeerust in the North West province. After completing school, Tshose then moved to Mahikeng in 2015 to further his education at the North West University, and is currently studying towards his second degree in sports coaching.

Although Tshose has been training for the last six years, he only really started taking it more consistently and seriously four years ago after being introduced to bodybuilding and fitness competitions, whilst training on campus. Prior to this, gym was more of a therapeutic pursuit, and as someone who always loved individual sport, he felt that bodybuilding was a great fit.

When asked what he loves most about bodybuilding, Tshose responded,



“Bodybuilding is not only about changing my body, but it also helps with changing my mindset, attitude and mood in everyday life and towards obstacles we face as people generally. Bodybuilding has taught me to be patient and consistent about what I strive for in life.”

As a developing athlete, Tshose has encountered many challenges predominantly around

nutrition and supplementation. It has often been a struggle for him to effectively manage his diet correctly. Another common challenge facing competitive athletes, like Tshose, is having access to funding and resources. It is no secret that bodybuilding can be an expensive sport and getting sponsorships is one of the biggest challenges that competitors strive to overcome. Despite these struggles, Tshose refuses to give up on his dream and continues to push forward in working toward being an Elite Pro athlete.

Within the bodybuilding industry there is a great need for guidance and mentorship, and although Tshose is inspired by his fellow competitors, he does not have a specific role model. He believes that instead of trying to emulate a single person that it is far better to learn and grow

VITAL STATS

NAME: David Tshose
AGE: 24
HEIGHT: 175cm
DIVISION:
Men's Physique
INSTAGRAM HANDLE:
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ACHIEVEMENTS THUS FAR

Top 5 - Junior World Championships,
Ecuador, South America 2018,
1st place - Arnold Classic Africa 2019,
2nd place - African Championship
2019,
Overall winner: Men's Physique -
South African Championships 2019
Top 5 - Junior World Championships,
Hungary, Europe 2019



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from the many others that have come before him.

During competition season, the key to Tshose's success is staying consistent on both his diet and training programmes throughout the year. He has a simple approach to nutrition and when it gets tough, Tshose remains focused on his goals to win and reminds himself that to be the best in the world requires sacrifice

and consistency. However, when Tshose allows himself a 'cheat meal', his favourite treat is a large chicken and mushroom pizza.

When Tshose is not studying or training, he can be found working on growing his recently started fitness apparel brand, Physique Mafia. He also works as a sports coach on campus, coaching students and striving to empower up-and-coming new athletes.

One of Tshose's biggest goals is to become an Elite Pro athlete. In addition to this, his objective is to grow and expand his clothing brand and embark on other business endeavours. As someone who also strives to give back to others, Tshose would love to have a team of bodybuilding and fitness athletes that he can fully support, providing them with everything needed to make their journey to stage

easier. With his hard work ethic and generosity, there is no doubt that the future looks bright for David Tshose.

Favourite motivational quote:

“The way I see it if you want a rainbow, you gotta put up with the rain” - Dolly Parton