

Monica Montone

From Track Star to Bodybuilder

By Elizabeth Evans

Put bodybuilder Monica Montone in front of a panel of judges, and the prizewinning Doylestown resident owns the stage. “I am a competitor in every sense of the word,” says Montone, who is working on getting her pro card in the United States Bodybuilding Federation. “I love to challenge my mind and body. Nothing is better than setting a goal and working diligently everyday to achieve it.” Montone feels that determination and dedication keep her balanced and focused.

The twenty-five year old, who recently graduated from Temple University, is a substitute health and physical education teacher and part-time personal trainer. She hopes to find a permanent position in an area high school, so she can help encourage and inspire teenagers. She would also love to coach track and field.

Montone was an accomplished sprinter for Archbishop Wood’s track team in Warminster. “Track was my ultimate passion; I loved nothing more than running fast,” she said. She was first introduced to weightlifting as a part of her track team’s training program. Although Montone was devoted to running, she sustained several injuries which caused her to change her focus — it was at this point that she decided to join the gym.

“Once I began lifting heavier (weights) and learning more about nutrition, I realized that my body responded quite favorably to resistance training,” she noted. She brought the same intensity to bodybuilding that she had brought to running. After seeing the way muscle “enhanced” her slender build, Montone became fascinated with bodybuilding, and it didn’t take long before she became interested in competing. “Bodybuilding is about competing with yourself, making the right gains and stepping on stage in better condition (this year) than the year before.”

Starting with a 2005 win in the NABBA (National Amateur Bodybuilders Association), Junior National Championship, Montone has gone on to win other local and national competitions. When we spoke, Montone was training for the 2008 USBF Jersey Shore Natural Pro Show. Aside from winning numerous first place trophies, this talented show-stopper has also been named “Best Poser” in every competition she has entered. “I choreograph my posing routines to show off my best assets. I incorporate various dance and gymnastic moves in these routines; I have a lot of energy and I love being on stage.

“She can walk into a room and own it,” said her father, Josh Montone. The first time her family saw her compete, “we were just blown away. She is very engaging.”

When asked for some advice for novice female lifters, Montone said: “Be sure to set realistic short and long-term goals. It makes it so much easier to stay on track when you train with a purpose.”

Beth Cipollo has trained with Montone for two years. “She’s very motivating,” said the Warrington native. “She definitely knows what she’s doing. Monica is very easy to get along with, but when it comes to training, she really makes me work.” Cipollo has lost weight, increased her lean muscle mass, and improved her cardiovascular endurance. “I don’t look at working out as something I have to do. It’s something I want to do. I see results.”

Photo by Jeff Birns

