



SHE SAID WHAT?!

We squeezed into a pair of yoga pants and decided to chat it up with the top two Bikini Olympians on earth: the reigning champ, Courtney King and the 2016 Bikini Olympia Runner-up, Angelica Teixeira. Interesting fact: Angelica defeated Courtney in a stunning 1-point upset earlier this year at the Arnold Classic in Columbus.

We all know these sweetheart, elite athletes are neck-and-neck with each other going into the show this September. They will both bring their A game and are fighting not only to defeat each other, but also to ward off any up and comers. At the Olympia, you've come to expect nothing but the best in physique sports. But, beyond the muscle and fitness, what really makes Courtney and Angelica tick? What are they *really* like removed from the glamour and glitz of the Olympia pageantry? Well, we thought who else better than to kick off our first installment of "She Said What!?" than Courtney and Angelica? To give things a unique spin, we asked them the same questions but on different occasions. The results were an interesting perspective into the lives, mindset and personalities that make up an Olympian.

Enjoy!

Pursues or shoes? And fav brand?

Courtney: Shoes. Nikes!

Angelica: Shoes. Most of my shoes have no brand. I buy cheap shoes, but they have to be nice to go with my clothes.

Coffee or Tea?

Courtney: Coffee.

Angelica: Coffee.

Salty or sweet treats?

Courtney: Salty.

Angelica: Sweet.

Makeup or natural?

Courtney: Natural.

Angelica: Most of the time I'm natural. I love makeup, but I can't do it every day.

Lip gloss or lip stick?

Courtney: Lip gloss.

Angelica: Lip stick.

Heels or flats?

Courtney: Flats! (chuckles)

Angelica: Heels.

Yoga or Pilates?

Courtney: Yoga.

Angelica: Pilates.

Beer or wine?

Courtney: Wine.

Angelica: (pauses) I like both, but beer! Beer! (laughs)

Swimming pool or beach?

Courtney: Swimming pool.

Angelica: Beach (laughs)

Cold or warm weather?

Courtney: (excited) Warm! 100% warm!

Angelica: Warm weather.

Dog or cat?

Courtney: Dog.

Angelica: Dog.

Facial or massage?

Courtney: Facial.

Angelica: Massage.

Leggings or jeans?

Courtney: Leggings.

Angelica: Hmm... I love jeans.

Food: Mexican or Japanese?

Courtney: Japanese.

Angelica: Japanese.

For a first date: Picnic in the park or candlelit dinner?

Courtney: Picnic in the park.

Angelica: Candlelit dinner.

Shopping or hiking?

Courtney: Hiking.

Angelica: Hiking.

Kardashian or Olympian?

Courtney: An Olympian!

Angelica: My dream is to become an Olympian.

If you could change one thing about yourself, what would it be and why?

Courtney: Not being such a people pleaser to *everyone*. I tend to do what other people want others want to do unless I put my foot down.

Angelica: My feet! (giggles) I don't like my feet.

Describe your ideal man in celebrity form.

Courtney: (bashful) Wellllll, probably a comedian. Someone who can make me laugh! Will Farrell is so funny but he's not my type. (laughing) I couldn't put my finger on one, but someone who can make me laugh.

Angelica: That one from The Fast and The Furious. Vin Diesel! He kinda looks like my husband. (laughing)

Is President Trump doing a good job during his first 100 days?

Courtney: Oh my gosh! I'm going to be 100% honest with you. I don't even have a cable. I have Netflix and I don't even have time to watch it. I'm not going to say if he's doing a good or bad job. I don't even follow politics. I see what my parents post on Facebook (laughs), but I don't follow it. You can call me uneducated, but I cannot give you an answer on this one. People get so consumed over it and get so crazy over politics, it even drives away family members sometimes! I'm not going to say yes or no to Trump. I just follow the memes (chuckles).

Angelica: Yeah, so it's been 100 days and I mean, nothing has really changed. He talked a lot before he started, but I don't see much has changed. We can't say if he's good or bad. For me, I still can't vote. I'm still trying to understand politics in the USA so I really can't give my opinion about it. Hopefully, he is going to be good because he is the one everybody chose.

When you're under the Olympic bar, is it rap or rock?

Courtney: Ha! (belly laughs) It's so rap! You'd never think, right? I'm all about rap. I have two different tones. If I'm training hard and lifting heavy, it's total rap. If I'm doing HIT stuff and cardio, I like upbeat, remix type music.

Angelica: House music! (chuckles)

The bikini division is heating up fast. The standard of excellence is improving from year to year. How do you handle the pressure to train and diet against such odds?

Courtney: (serious tone) Pressure fuels me. I work better under pressure, which is kind of weird. When you're on top, everyone wants to knock you off. So having pressure to produce results, that comes straight from digging deep to fuel your fire to push yourself. Recently, I did the Arnold and I *did* have pressure. You don't see a lot of champs like Phil Heath, Jeremy Buendia or Flex Lewis do the Arnold, so people were coming up and asking me, why are you doing the show? I said, to prove I could still do it! I actually got 2nd to Angelica but that is gonna fuel me so much more for the Olympia. I said, OK, it was a 1 point difference between us, now let's push harder. That's pressure! It can be very overwhelming in a division where everyone looks phenomenal. If you don't look outside of anyone else, stay in your own head, and just focus on yourself, you can push past pressure and produce results.

Angelica: I know it's getting more and more competitive, but I just keep doing what works for me. The more you know about your body, the easier it becomes. I try to learn more about my physique, how to diet, and how to train and prep better every day. Every single day. I don't worry about who is going to be there. We have social media, of course, so I see other photos that come out. I think, Ahh, that's nice when I see a girl who has the same dream as I do; that's what makes it interesting, but I'm never trying to compare myself to them. I always go into a show knowing I did my best. I like to keep focused on myself and try to do my best.

Have you ever felt so competitive that you were catty with other athlete's backstage? If so, give us an awesome example.

Courtney: Recently, one of my friends, a Fitness Pro, was telling me about how well the girls get along in their division. I feel like in the bikini division, though, it is the cattiest where some girls won't to each other. It's like, why? I feel like, me, I get along with every single athlete. It doesn't matter if you've been on the circuit for a while or if you're a new pro. I'm never rude. That reminds me of high school stuff and not how I'd like to represent the IFBB. So, no.

Angelica: Oh, no. Never. Thank God, no. It's very hard to happen in bikini, because we are very friendly backstage. Backstage the feeling is nothing is ever going to happen until we line up – then, OK,

it's on. But when we're backstage, we kind of have fun, and most of the time we help each other with our hair or our outfits. So, I can't complain. I've never had this problem.

What are your thoughts about all of the quote or quote "fitness celebrities" on Instagram who do not compete, have fake butts, or Adobe-gains? Are they sending the right message?

Courtney: (Laughing) "Adobe-gains"! Ahh, you know, I don't like to bash anyone. Whatever you think you think the ideal look of fitness is to you, whether it's vegan, competing, having a fake butt – or whatever it is (tiny giggle) – you see all sorts of things on social media. It's crazy, right? Of course, I don't think Photoshop sends the right message because it portrays something fake or false to the audience. At the end of the day, like I said, whatever you think you think fitness should be is what you should follow.

Angelica: That's a tough one, because we work so hard. And I love social media. I'm always on there, especially Instagram. I feel a little down sometimes, because I see some people faking the fitness lifestyle. I'm not saying everybody is like this, but some people put on gym clothes, act like they are going to exercise, but they aren't. They take a [fake] picture and buy followers and do very well. It's happening to the fitness world. You don't have to be a competitor to live the lifestyle. Sadly, most people can see what's going on. I like to go to the gym and build muscle. That's why I love bodybuilding. I have nothing against these people, but at least be real. Like, "OK, I bought it, this is an implant." Because if you are telling your followers and you're giving them a booty workout to get a booty like yours, but you bought it, how is that a good message? So many sponsors give too much value to the numbers. OK, she has a nice body but it's fake. They should start giving value to the real athletes. Photoshop is also an issue. It gives the illusion of a perfect body. I go to the gym no less 5 times a week, and it'll *never* be perfect. With a touch of the mouse, [some of the stars on social media] will be perfect. A lot of followers believe it and give up because they'll never get those kinds of results.

Do you feel like the Bikini Division gets more respect in 2017 than when it first started, or does it have room for improvement?

Courtney: I do feel like we're getting more respect. I feel like us bikini girls are setting a more athletic but feminine look. It's showing you can't just go and do yoga and train a couple times a week. We train 5, 6 or even 7 times week like any other athlete. We work just as hard as the others, and I feel the division is growing.

Angelica: I think the respect is growing for sure; not only for bikini but for the sport as a whole. More people from outside the bodybuilding world come up and say how much they see how hard I diet, how dedicated I am and giving it 100%. So, the respect is growing. I feel that.

Go blow up Courtney and Angelica's IG here:

@courtneykiing

@angelicaht

Angelica is no longer an underdog. This #1 contender proven she has the skills necessary knock out Courtney. Will it happen again?! Courtney's fiery determination says otherwise. Watch the sequins fly on September 16th at the Olympia Weekend in Vegas. Get your tickets now.

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