

# Ronnie Coleman

## Quotes

*Bodybuilding, Training, Workout, People, Mean, Guy, Long, Hard Work, Trying, Motivational, Jobs, Sports, Motivational Workout, Pull Ups, Guests, Successful, Injury, Tough Times, Hobbies, Train Hard*

Everybody wants to be a bodybuilder, but don't nobody wanna lift no heavy ass weight.

~Ronnie Coleman

Hard work and training. There's no secret formula. I lift heavy, work hard and aim to be the best.

~Ronnie Coleman

Aint nuttin' but a peanut.

~Ronnie Coleman

Women really do pay attention to a man's glutes. A tight, compact ass is often voted even more desirable than muscular arms and chest. So, if you're lacking, start squatting!

~Ronnie Coleman

Light weight ... Yeah buddy!

~Ronnie Coleman

I always say to myself right before a tough set in the gym, Ain't nothin' to it, but to do it.

~Ronnie Coleman

When you hit failure your workout has just begun.

~Ronnie Coleman

Ain't nuttin' to it, but ta do it!

~Ronnie Coleman

Everybody wants to be a bodybuilder.

~Ronnie Coleman

Just because your triceps have fallen behind your biceps, doesn't mean you should back off your triceps workouts.

~Ronnie Coleman

It is important to have people believe in you. With this support, what you can achieve is limitless.

~Ronnie Coleman

I never focus on contraction. I'm focusing on my muscle. I'm not focusing on a certain style of lifting or contracting. I'm just trying to get the weight up. I'm trying to build muscle.

~Ronnie Coleman

thank god for pure natural strength

~Ronnie Coleman

Never underestimate the power of wide-grip pull-ups to develop width and size.

~Ronnie Coleman

I've attained my mass basically by training hard and very, very heavy.

~Ronnie Coleman

A day in the life of Ronnie Coleman mainly consists of eating, training or sleeping.

~Ronnie Coleman

I loved challenging myself every day. The weight room was my therapy for everyday life stresses. No matter what I was doing I always wanted to be the best.

~Ronnie Coleman

Your body produces a lot less testosterone each and every single year no matter who you are. We are all human, nobody is super human.

~Ronnie Coleman

Most people know who I am. Then I get the people who don't know who I am and just want to take a picture with a guy with muscles. I get more people that know me than anything.

~Ronnie Coleman

I've been training so long, its second nature to push myself to the limit.

~Ronnie Coleman

I know that in order for something to work for me it has to be extremely powerful.

~Ronnie Coleman

I have had quite a few injuries during my time and if you are not injured in this sport [bodybuilding], you are not doing anything.

~Ronnie Coleman

I've never really considered myself as being the best bodybuilder. I always try to let the people decide that. I just try to do the best I can do at whatever it is that I'm doing.

~Ronnie Coleman

The next thing I would have to go with is diet because it is so hard and mentally tough. By comparison the training is the easiest of them all because it's my hobby as well as my job.

~Ronnie Coleman

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