

Joshua Self Triumphs: 3rd Men's Physique National Title 2024

A Display of Unwavering Dedication and Unmatched Fitness, Joshua Self Secures Victory, Establishing Dominance in Columbus, Ohio Event

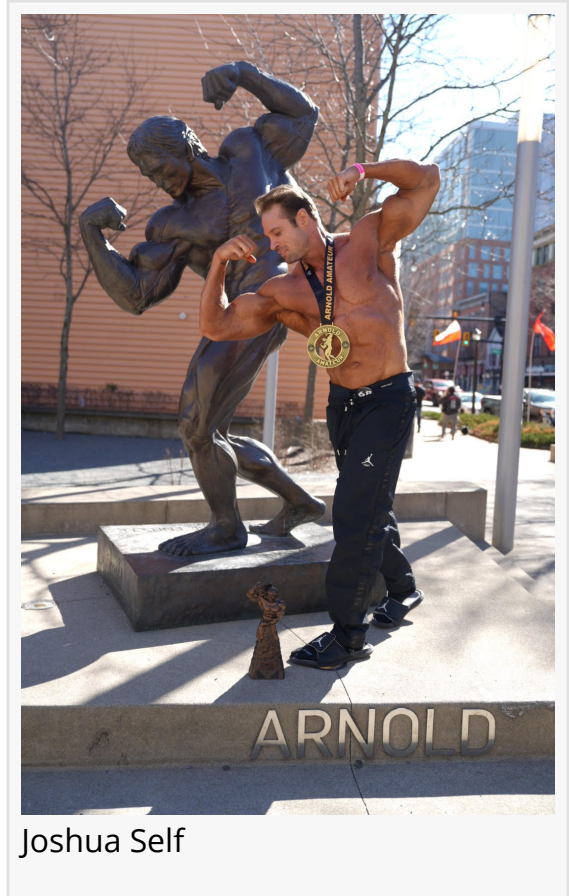
COLUMBUS, OHIO , UNITED STATES , March 4, 2024 /EINPresswire.com/ -- In a remarkable display of dedication, skill, and physical fitness, [Joshua Self](#) has secured his third National Title as the First Place Champion in Men's Physique at the highly competitive 2024 National Bodybuilding Championships held in Columbus, Ohio. Demonstrating exceptional prowess and conditioning, Joshua also secured the top position in his overall class, reinforcing his dominance in the sport and reaffirming his status as a prominent figure in the fitness community.

Joshua Self, originating from Washington Courthouse, Ohio, has become a beacon of excellence and inspiration in the fitness and sports world. A lesser-known fact is that plaques line the highways in his hometown, commemorating his State High Jump Championship.

Known for his rigorous training regimen, disciplined lifestyle, and unwavering commitment to his goals, Joshua has consistently elevated his performance, setting new benchmarks and serving as a positive role model in athletics and life.

His latest victory at the 2024 National Bodybuilding Championships is a testament to his hard work, resilience, and strategic approach to his training and nutrition, particularly following a nearly fatal motorcycle accident in 2020. After enduring injuries to his neck, back, ribs, and a wholly shattered right ankle, which led to six months in a wheelchair and several surgeries, Joshua continued to experience chronic pain. However, he made a vow during COVID-19 that he would return to championship status once gyms reopened—and he fulfilled that promise.

This win adds another prestigious title to his already impressive portfolio, including first place in the Jay Cutler Classic and his World Championship in WFF, where he earned his division's Pro



Joshua Self

Card, further establishing him as a formidable force in the sport.

This Arnold Classic competition is a testament to his talent, perseverance, and discipline against all odds. Turning 47 in July, Joshua challenges the stereotypes associated with aging, addressing bio, weight issues, mid-life crises, and mental health challenges head-on with his mission statement, "It's never too late to be great!"

A highlight of his accomplishments came during the 2024 Super Bowl when he was selected from hundreds of candidates to be Arnold Schwarzenegger's "Younger Body Double" for the "Be a Good Neighbor" campaign by State Farm, representing a youthful version of Schwarzenegger.

Joshua's achievements extend beyond the bodybuilding stage. In his hometown of Washington Courthouse, his name adorns local street signs, honoring his earlier achievements as the state high jump champion. This recognition speaks to his versatile athletic talent and his status as a local hero and role model.

The journey to the top has been filled with challenges, but Joshua Self's relentless pursuit of excellence has proven successful. His dedication, combined with his natural talent and the support of his coaches, family, and community, has propelled him to the pinnacle of success in Men's Physique.

As Joshua Self celebrates his third national title, he remains focused on future goals and committed to continuing his journey in the world of fitness and bodybuilding. With this latest victory, Joshua stands not merely as a champion but as a testament to the power of



Arnold Classic 2024



2024 Arnold Classic Champion

perseverance, hard work, and the relentless pursuit of one's dreams.

To learn his Tips and Strategies, check out his [website](#).

About Joshua Self

Joshua Self is not only a distinguished athlete but also a proficient academic and entrepreneur. He possesses an college degrees in electronics and and a second in visual effects and motion graphics. Currently, he excels as a 3-D designer / rendering artist, leading his own company, Self Image Productions to creates top-tier graphics and animations for a national clientele. In addition to his design prowess, Joshua is a renowned fitness coach and personal trainer, specializing in exercise physiology and biomechanics.

Joshua's journey to success began in high school when he clinched the Ohio state championship in high jump during his junior year. He has since accumulated numerous accolades in the physique competition arena, including winning the Jay Cutler Desert Classic, securing victories at the Arnold Classic in two distinct categories, and earning the NPC Champion title five times. His professional status was solidified after winning at the WFF World Championships.

Among his competitive achievements are:

- Winning both the Jay Cutler Classic First Place Physique and the overall category.
- Triumphant at the World Championship and receiving his pro card in the WFF World Championships.
- Clinching first place at the 2016 Arnold Men's Physique and the 2019 Sampson Showdown.
- Securing the top spot at the 2022 Dexter Jackson Classic and being the overall winner.
- Finishing in the top 5 at Mr. Olympia in two separate categories (both the Masters and the Physique Open)

However, Joshua's most notable victory may be his remarkable recovery from a life-threatening motorcycle accident in 2020, which left him with severe injuries. Despite spending six months in a wheelchair and undergoing two surgeries, he made a vow during the pandemic that he would return to championship form once gyms reopened — a promise he fulfilled.

His recent victory at the Arnold Classic stands as a testament to his talent, perseverance, and discipline. Now at 47, Joshua embodies his belief that "It's never too late to be great!" This philosophy was highlighted during the 2024 Super Bowl when he was chosen to be Arnold Schwarzenegger's body double for a State Farm campaign, showcasing a younger, fitter version of Schwarzenegger.

Currently, Joshua shares his expertise in building muscle through Anatomical BioMechanics with others.

Joshua currently lives in St Petersburg, Florida with his partner, Celebrity TV Host, Forbes Riley.

The 2024 Arnold Classic featured elite bodybuilders, athletes, and fitness enthusiasts in intense global competition. The event, a pinnacle in bodybuilding, included an expansive expo showcasing fitness products and various sporting events like strongman competitions. Despite challenges, the Arnold Classic successfully promoted healthy lifestyles and united a dedicated fitness community.

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