

ANIMAL Welcomes IFBB Pro Regan Grimes to Its Elite Athlete Roster

ANIMAL welcomes IFBB Pro Regan Grimes to its roster, bringing together one of the sport's most respected competitors with the brand that inspired his journey.

NEW BRUNSWICK, NJ, UNITED STATES, August 14, 2026 /EINPresswire.com/ -- [ANIMAL](#), the iconic sports nutrition brand, is proud to announce the signing of IFBB Professional Bodybuilder [Regan Grimes](#) to its elite roster of athletes.

For Grimes, the partnership represents more than a sponsorship—it is the realization of a dream that began long before he stepped onto a professional bodybuilding stage.



Between sets. Behind the scenes. No shortcuts. Regan Grimes puts in the work at Pure Muscle + Fitness while the ANIMAL team captures what's next.

Growing up in Canada, Grimes discovered ANIMAL through the legendary posters, films, and athletes that defined an era of hardcore bodybuilding. Inspired by icons like Frank McGrath, Antoine Vaillant, and Evan Centopani, he immersed himself in the culture ANIMAL helped create while building his own path from an ambitious teenager to one of the sport's top competitors.

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Regan Grimes, ANIMAL Athlete

“It means a lot to be an ANIMAL athlete,” said Grimes. “This is probably the biggest and coolest thing I've done in my career. Going full circle from looking up to ANIMAL athletes when I first started training, to now coming into the peak of my career and joining what I believe is the best team in

bodybuilding. It honestly feels like it's home. Everything ANIMAL stands for goes much deeper than just the gym, and that's exactly who I am.”

Grimes' journey hasn't always been linear. A competitive motocross racer as a teenager, injuries

eventually led him to the weight room, where a new outlet became a lifelong passion. After winning his first bodybuilding competition at 18, Grimes committed himself fully to the sport, working multiple jobs to fund his career while pursuing one goal: earning his IFBB Pro Card.

That dedication paid off. Since earning his Pro Card at the 2016 Arnold Classic Brazil, Grimes has established himself as one of professional bodybuilding's top competitors. His career includes wins at the 2018 New York Pro in Classic Physique, as well as the Romania Muscle Fest Pro (2020), Egypt Pro (2021), Europa Pro (2023), and California State Pro (2025) in Men's Open. He has earned multiple Mr. Olympia qualifications across both divisions, highlighted by a Top 10 finish at the 2023 Mr. Olympia.

Beyond his achievements on stage, Grimes is known for his transparency, humility, and dedication to inspiring the next generation. His philosophy centers on consistency over motivation and embracing the journey—the countless unseen hours of work that have long defined ANIMAL's message.

Away from competition, Grimes says his greatest source of motivation is his family. A devoted husband and father, he credits his wife and growing family with giving his career a deeper purpose.

"Being a father changed everything," Grimes said. "Bodybuilding used to be about me. Now every decision I make is about providing for my family. It gives me a much bigger purpose and makes me work even harder. When I come home, my son doesn't care what I place at a bodybuilding show. He just wants his dad. That perspective has changed my life."

For ANIMAL, Grimes embodies the values that have defined the brand for more than four decades: discipline, authenticity, resilience, and an unwavering commitment to earning every result.

"Being an ANIMAL isn't about never getting knocked down. It's about becoming the kind of person who keeps getting back up," said Grimes.

"Regan is a perfect fit for ANIMAL," says Evan Centopani, longtime ANIMAL athlete. "Some guys are driven by the prospect of money and fame. Others would live this life even if nobody was ever there to witness it. There's a big difference between the two, and Regan is most certainly the latter. That's what it means to be ANIMAL. Simply put, I'm glad he's here."

As Grimes enters what he believes is the prime of his competitive career, the partnership marks the beginning of a new chapter for both athlete and brand. Together, ANIMAL and Regan Grimes will continue building on the legacy that first inspired him while motivating the next generation to push beyond their limits.

About ANIMAL

ANIMAL is a premium sports nutrition brand with over four decades of history in performance supplementation. Built on a foundation of quality, grit, and gym culture, ANIMAL supports athletes at every level who push past their limits every day. Learn more at [ANIMALpak.com](https://www.animalpak.com).

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