



I was born November 11, 1959 in a small town called Spartanburg, South Carolina to Dorthel and Vera Haney. I grew up with one brother and two sisters. At the age of 11, my parents gifted me with my first set of weight as I had always dreamed of becoming Samson and Hercules. Funny story, when I was a kid, I thought I was as strong as them and decided to challenge myself and throw a bolder over my dad's 1956 baby blue Fairlane Ford. It sadly, did not make it! My dad came running out of the house yelling "Who did it?" I became panicked and quickly pointed at my older brother and said, "He did it Daddy!" Man did he get it! I figured it was better that my brother be killed than me. Lol

I attended Broome High School where I had dreams of playing football in the NFL. My junior year in 1976, I broke my ankle during the 2nd game of the season. I healed and got back healthy for my senior football season where I then broke my leg in the 5th game! This is when my focus begin to change. I found myself being drawn to the weight room during my recovery process and fell in love with weights.

I began to study the history of Bodybuilding reading every article and book that I could get my hands on. Many of the training routine I used were those written by legends like Robby Robinson, Arnold Schwarzenegger, Roy Callender, Albert Beckles, and Lou Ferrigno, to name a few.

I began to train harder and noticed that I put on muscle quick. I felt ready and entered my first show in 1977 at the Mr. South Carolina. I didn't place but it motivated me and I knew how to prepare better and continued to study.

In 1978 I entered and won the Mr. Palmetto in Greenville, SC at the age of 18 years beating competitors that were in their 30s and 40's. From there I went on to enter the 1979 Mr. Teenage America in Detroit, MI where there were over 100 teenage competitors. I won both the Heavyweight division and Overall.

In 1980 I entered my very first national open bodybuilding show, Mr. USA in Ft. Lauderdale, FL. I placed 4th in Heavyweight at the age of 20 as the youngest competitor. I was happy with my placing. Afterwards, I began to train even harder and had my eye on the prize. Shortly after the Mr. UAS I started to experience pain in my left wrist. I had developed a cyst and had to have it removed. During my down time, a friend and I decided to open what would be called the Olympian Fitness Center in our home. While having a lunch meeting at our new gym with my then girlfriend, Shirley and friend/business partner, W.C. Bain, I said the following: "In 1982 I will shock the world of Body building". In 1982, I competed and won the Atlantic USA in Atlanta Georgia, the Jr. Nationals which took place in New Orleans, the NPC heavyweight and overall Nationals in New York, and a week later winning the IFBB World Heavyweight Championship in Belgium. The IFBB victory gave me my long awaited professional status. I had indeed shocked the world of Bodybuilding just as I had spoken.

1983 is when it took off as a pro. I competed in my first pro events winning both The New York Night of Champions and Caesar's Palace Grand Prix in Las Vegas. Then it was on to my first Mr. Olympia. I was excited to be on the stage and competing with the legends that I had always looked up to and studied. I took home 3rd place in my first Mr. Olympia. I was disappointed having not won but knew what I needed to do. The following year of 1984 I launch what would become Bodybuilding by winning the Mr. Olympia titles for the next consecutive 8 years.

Preparation:

Each year only 4-5 athletes were able to turn pro. This was how it was during my climb from the amateur ranks. It was tougher to turn pro. Preparing for the Mr. Olympia in 1983, I traveled to California and was put under contract under Mr. Joe Weider. I began to look for a place to train and found World's Gym, where I did my first Olympia prep training. I weighed 243lbs 4 weeks before the show and 233lbs the day of my first Olympia. I was training like a horse and eating like a bird. Which caused me to lose 10lbs of quality muscle. I learned a lot that year. During 1983 I also married my second grade sweetheart, Shirley. We got married two before the New York Night of Champions. Then we were off the live in California, San Fernando Valley. During my reign as Mr. Olympia, my meals varied. The off season meal consisted of: 12- 15 whole eggs, fish, chicken, spinach, sweet potatoes, and pineapple, plenty of water, multi-vitamin, amino acids, and multi- minerals. I did a lot of guest's

appearances so I had to stay in shape and ready during the off season. On season, my diet didn't change much but I didn't have as many cheat meals. Which for me were, pizza and ice cream. After spending close to 2 years in California, Shirley and I decided to move back south to Atlanta in December 1984. This allowed us to be closer to our immediate family. We were happy to call Atlanta home.

A few years later, I opened a gym called Animal Kingdom for athletes who were serious about training and wanting to make serious progress. We would have guests stop by and train such as Hulk Hogan, Chicago Bulls, Bruce Springsteen, and Tiny Lister (Zeus). This is where I trained for my last 5 Mr. Olympia Titles. We also had a successful clothing brand names, Animal Wear.

Author:

During the 1984 Mr. Olympia, I created an educational tool so other bodybuilders can follow to become successful. My first book, TotaLee Awesome. Following my 8th and final Olympia, I authored, Ultimate Bodybuilding which teaches different training systems.

A few years later, I wrote, Beyond the Pump which is my personal testimony with my in Jesus Christ. It talks about the need to have a balance of mind, body, and spirit which have to coincide to be a total person.

My most recent book, Fit At Any Age, is a functional exercise and nutrition guide on how to get and stay fit at any age. 'Stimulate Not Annihilate' is my fans favorite quote that I've used over the years. This was and still is my mindset which has kept me functional and injury free since the beginning of my bodybuilding career.

Family:

In 1987 after many years of traveling, my wife, Shirley, looked at me and said she was ready to have babies! Two weeks later my wife found out she was pregnant and we welcomed my son, Joshua Lee Haney, on September 6, 1987. I was still competing and never forgot that family came first. During trainings and being a dad, I knew it was my business to clock in and clock out. My career was my job. I trained during the day and made sure I was home with my family in the evenings. A few years later, we welcomed my beautiful precious baby girl, Olympia Shirlise Haney on October 16, 1990. Yes, she is named after my Mr. Olympia Titles. At my 7th Olympia win, I was ready to retire but my wife knew best. She looked at me said, "You can do it baby, You can do one more. Let's get 8!" I listened to my wife words of encouragement and continued

to train for my 8th Mr. Olympia. I was the first Mr. Olympia to have compete while having children.

I was okay with tying with Arnold but my wife said let's go for it. The 8th win I owe to my wife. My children are now grown and doing amazing things in life! I have three beautiful Granddaughters: Raegan, Jolie, and Jenson who definitely have me wrapped around their fingers.

The 8th Olympia:

Training for my 8th Olympia was easier. It was my last set, best set, no pressure. I felt great and I didn't tire as much as I did in the past. My heart and mind was calm and at peace. I knew going into my 8th Olympia that I would retire, it was time to call it quits. I did what I dreamed of doing and had no regrets and no doubts.

I have been blessed to do some amazing things since I have retired. I had a TV show on TBN. I launched Haney's Harvest House which is my non-profit organization that is still going strong. I was able to serve on the President's Council of Physical Sports. We opened three fitness centers, Lee Haney's World Class Fitness Center which is not Ponce City Market, Atlanta, Ga. Busy Bodies Exercise Studio in College Park Ga., and Lee Haney's Universal Fitness Center which was located in Stone Mountain, GA. The sport of Bodybuilding has been so good to me. I was able to travel and establish life long relationship and keep my health which is also my wealth. I am forever grateful and blessed for the sport of Bodybuilding and all the people that made it possible. Mr. Olympia Founder Joe Weider, IFBB President Ben Weider, and National Physique President Jim Manion.