



Me, Kyle and the boys in 2020

Married to Mr Universe

Having a hunky hubby is a lot of hard work, but it's worth it

Gemma Weiss, 40, Barnsley

Catching a glimpse of huge bronzed biceps, I blushed. 'This is Kyle,' my pal said, grinning. It was March 2016 and she'd introduced us knowing we were both into fitness, certain we'd hit it off. And she was right. He was gorgeous!

We got through more than 200 eggs per week

Quickly, we were a couple and by February 2017, Kyle, then 29, had moved in with me and my kids Talia, then 1, Blake, 6, Ethan, 8, Decan, 9, and Corbi, 4. When Kyle wasn't working as a bus driver, he was a personal trainer.

He told me all about how his dad had got him into fitness. 'He was a champion bodybuilder in the 1990s,' he explained.

I was in awe.

And when I met Terry, then 56, I loved hearing stories about all the titles he'd won.

He hadn't entered a comp in years but was still training.

Before long, Kyle and I were getting sweaty in the gym together three times a week.

Practising squats and bicep curls might not be some people's idea of a perfect date, but it was ours!

But while I just wanted to maintain a good body shape, Kyle had bigger ideas.

'I might enter a powerlifting competition,' he told me in September 2017.

It involved deadlifting heavy weights and bench presses.

After speaking to Terry, Kyle started 'bulking' his diet, taking in 5,000 to 7,000 calories a day.

Working around his bus-driving schedule, he also upped his gym sessions.

Each morning he had four raw eggs blended into a protein shake, along with a tablespoon of peanut butter.

And while I didn't fancy competing, I loved researching the nutritional side of things.

I started prepping protein-packed meals for Kyle and the kids. Ditching frozen dinners in favour of healthy homemade versions of fish fingers and chicken nuggets.

Before long, we were getting through 7kg of chicken or fish and more than 200 eggs per week!

Then there were all the supplements Kyle took for muscle repair, gut health and stable blood sugar.

By February 2018, his biceps were bulging.

'You look incredible,' I said, as he slipped into a pair of green trunks and flexed his muscles in our living room.

Over the next few months, Kyle competed in 12 powerlifting shows, with me and the kids whooping and cheered him on.

'I think I'm getting a buzz for this,' he said.

I was so proud – even if it meant putting up with the

sticky fake tan he slathered all over himself!

After Kyle and I married in August 2019, he took a break from competing and our daughter Navy-Reign was born in August 2021.

Soon after, my eldest, Talia, then 16, started showing an interest in fitness.

'Fancy entering a competition with me?' Kyle asked, keen to get back on stage.



Terry
Ethan

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She agreed, so they signed up to a European mixed pairs competition in Italy.

Ahead of the competition, I put her on a diet of chicken, asparagus and rice.

In the gym, Kyle helped her tone her abs, arms and legs.

Then, in July 2022, me, Kyle and the kids all flew out for the contest.

Seeing Talia up there in her sequinned bikini I felt so proud. Especially when

they won second place!

'You were amazing,' I told Talia.

Little did I know, but Ethan also had his eyes on the prize.

Back home, aged 14, he took a keen interest in Kyle's gym equipment.

And Kyle taught him everything he knew.

In October 2024, when Ethan was 16, Kyle signed him up for the teen category of a competition in Teesside.

And he won!

'He's a natural,' Kyle said.

Between them, they were really racking up the titles.

And I was now cooking seven meals a day for my bodybuilding brood.

Grandad Terry was so proud that he'd inspired a whole new generation of fitness fanatics.



Navy-Reign on the podium with Ethan



Strong team: I'm so proud of my man

But Kyle still had his heart set on one more win.

'I want to be Mr Universe,' he decided.

'Can I sign up for the under-21s category?' Ethan asked.

'Of course!' Kyle said.

'I'm entering, too!' Terry, then 64, announced.

He'd be competing in the over-60s category.

So in July 2025, we all flew back to Italy – this time with Grandad Terry in tow.

As each of them strutted their stuff on stage, me and the kids clapped and cheered.

And the judges were clearly wowed, as all three generations walked away with the top prize!

Between them, they won

nine trophies and medals, including a Mr Universe title *each*!

Now, Kyle is taking a break for a couple of years.

Helping to organise events and get other bodybuilders on stage.

Ethan's still got the bodybuilding bug.

And since Terry got him a treadmill, Decan's showing an interest in fitness too.

He can't wait until he turns 16 and can start going to Kyle's gym.

All the meal prep, calorie counting, weight training, body sculpting and fake tan has been worth it.

It's a hard job being married to Mr Universe... but someone's got to do it!



Muscles and medals in the garden