

ROB CONWAY

Born in Louisville, Kentucky and raised in New Albany, Indiana, Rob Conway started out his career as an amateur bodybuilder. After high school Rob competed in various Kentucky NPC competitions and won a number of them including first place in the NPC Kentucky Derby Classic Teen and first place in the Men's light heavyweight division in the Western Kentucky championships at age 19. Rob was a stand out high school basketball player at New Albany High and was accepted at Graceland University in New Albany on a basketball scholarship where he studied Business Administration. For a short time he worked selling fitness equipment and also as a personal trainer.

When Rob was a freshman in college he happened to catch professional wrestling on television and thought with his size – that was something he could do easily.

After some investigating on various wrestling schools, Rob decided to enroll in Nightmare Danny Davis' School of professional wrestling. He started his training with The Nightmare Danny Davis, a long-time wrestler who ran Ohio Valley Wrestling.

He wrestled with Nick Dinsmore for Music City Wrestling (MCW) under the names Limited Edition and Lords of the Ring for the Ohio Valley Wrestling (OVW) federation. Rob, along with Dinsmore, went on to win the OVW tag team titles on 10 different occasions and captured the MCW North American Tag Team titles once. In April, 1999, Rob defeated Dinsmore to win the OVW Heavyweight Championship title, thus beginning a long feud with Dinsmore, but also a long on-and-off reign as the OVW Heavyweight Champion.

In 2000, Rob signed a developmental contract with the World Wrestling Federation (now World Wrestling Entertainment – WWE) and got his break in 2003 when he joined Sylvain Grenier and Rene Dupree as part of La Resistance. Rob remained as part of this tag team for 2 years and became a 3-time World Tag Team Champion. He finally gained solo fame as “The Con-Man” Rob Conway. He continued to wrestle for various WWE shows including Raw, Smackdown, and Sunday Night Heat until 2007.

A big draw on the independent wrestling circuit, Rob is currently wrestling for the NWA as “THE IRONMAN” Rob Conway. Standing at 6 feet and 215 pounds of solid muscle, Rob maintains a strict regiment in the gym mixing weightlifting and cardio workouts six days a week. In his spare time when Rob isn't playing Texas Hold'Em or basketball, he can be found catching up on various sports by watching Sports Center. He currently resides in New Albany, Indiana where he plans to one day run for political office.