



ANNIVERSARY ISSUE

FALL 2017

# NGA NATURAL<sup>mag</sup>

Drug-Free Athletes of America

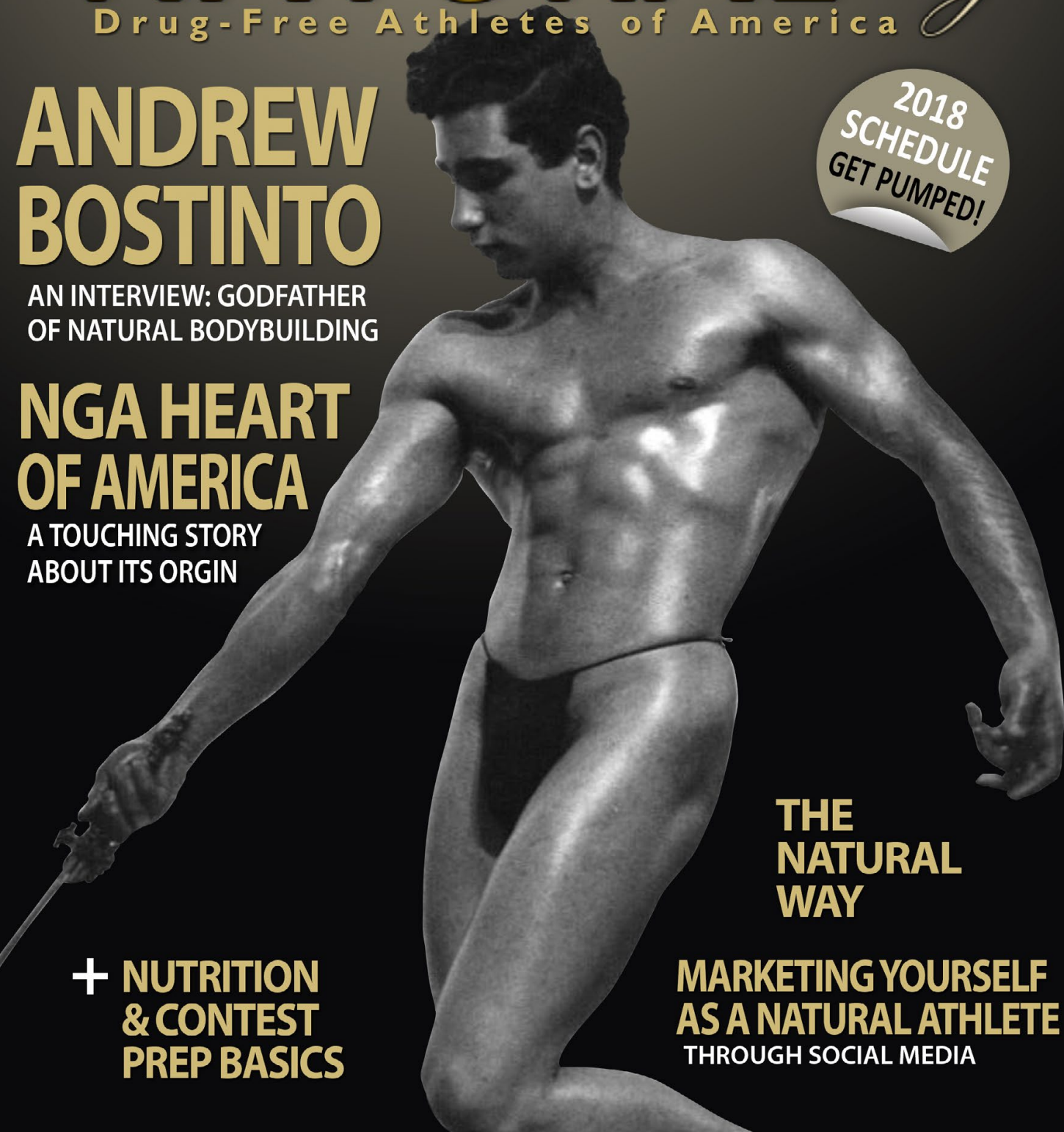
## ANDREW BOSTINTO

AN INTERVIEW: GODFATHER  
OF NATURAL BODYBUILDING

## NGA HEART OF AMERICA

A TOUCHING STORY  
ABOUT ITS ORIGIN

2018  
SCHEDULE  
GET PUMPED!



+ NUTRITION  
& CONTEST  
PREP BASICS

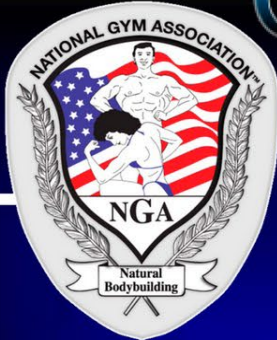
THE  
NATURAL  
WAY

MARKETING YOURSELF  
AS A NATURAL ATHLETE  
THROUGH SOCIAL MEDIA

NGA - THE OLDEST NATURAL AND MOST REPUTABLE BODYBUILDING ORGANIZATION ESTABLISHED IN 1979



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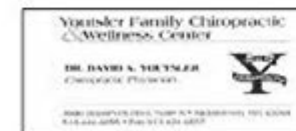
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# Welcome

Letter from the Editor

Welcome to Fall!

Happy 1st Anniversary to the NGA NATURALmag! As we begin our second year with this FREE digital magazine, the NGA would like to thank our advertisers, athletes, and promoters for making this publication possible. Our magazine has added to the many benefits that we offer to our amateur and professional athletes. Since its conception, the NGA has always given back to the sport that we all love so much. Being the largest and leading organization for natural athletes, we offer many events and perks that come with membership.

This November will mark the 38th year that Andrew Bostinto founded this organization. Please be sure to read his interview on how and why the NGA came about through the hardship he endured and his continued commitment, focus, and dedication. The NGA Family has grown immensely over the past few years. We have gained great momentum in adding more amateur and professional shows both nationally and internationally. Be sure to check out our 2018 schedule for new events and promoters that have joined our forces.

With the NGA competition season coming to an end, we will be working diligently to bring you our winter issue packed with the culmination of our 2017 NGA shows and new articles from our contributing writers. Be sure to check out our 2018 schedules that have expanded with new promoters and shows. This is just the beginning as more new shows are sure to be added within the next few months. With that being said, I'd like to wish you all a Happy, Healthy & Safe Holiday Season.

As always, I hope you enjoy this issue of NGA NATURALmag. If you have any story ideas, comments, questions, or feedback, send them to [nga@nationalgym.com](mailto:nga@nationalgym.com) or give us a call. Your ideas count!



Francine Bostinto  
NGA Vice President

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“NGA, the oldest natural and most reputable bodybuilding organization established in 1979.”

- Andrew Bostinto, President & Founder, The National Gym Association, Inc.

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## Marketing Yourself...

### Navigating the Social Media Landscape...

BY CHRIS MACKENZIE

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## Building a Strong Personal Brand for the Natural Athlete

I started my professional career in the fitness and nutrition industry well before social media's popularity and over incessant use. Back when I started, companies purchased ads in magazines in order to solicit future potential customers and athletes would shoot stock photos in hopes that their picture might be used. During this time, there was no forum that an athlete could use to be able to market themselves which is very different than it is today.

Because I work in the fitness industry, I am constantly contacted by athletes who reach out, which is no different from when I started in 2008. Generally, I am contacted to get some advice on how they may proceed to market themselves to the public. Often, I hear athletes say something like, "People in the gym are always asking me what supplements I recommend," which is cited as what they perceive to be a potential sponsorship or request to use their chiseled frames in an advertisement to promote their business or product. Unfortunately, none of these gestures would have been considered quantifiable before the days of social media because they didn't equate to sponsorship or marketability. But, today, this may not be the case.

What's changed is the evolving component

of social media. Athletes no longer influence an unquantifiable market segment. Today, an athlete's value is very clearly and publicly score carded by the number of "likes" and "followers."

So, the question becomes, how does an athlete get to the point where his or her influence can be valuable and marketable? The following three integral components are important when establishing marketability:

**Total Reach:** This refers to how many followers a person has. It is also referred to as a "foot-print" and this number reflects the aggregate number of followers from all social media venues.

**Integration:** This refers to an athlete's established presence on social media forums like Instagram, Facebook, YouTube, Blogs, and many others. This is how an athlete keeps abreast on new and trending information.

**Engagement:** This refers to the amount of comments, likes, and shares an athlete generates. The strength of engagement cannot be overstated and correlates directly to someone's ability to influence purchase decisions among his or her community.

Marketability for an athlete is where your life as a competitor pays off. Everyone loves a winner as well as seeing the journey on the road towards it. Sharing the journey on social media is key in being able to establish a presence that can turn profits. However, the

goal for any athlete seeking to not only gain ground but to keep it in the fitness and nutrition industry is to share news and information in a way that is not boastful. Keep in mind, sharing is a two way street requiring interactions with others and visibility within online communities, so what and how you share can leave a lasting impression.

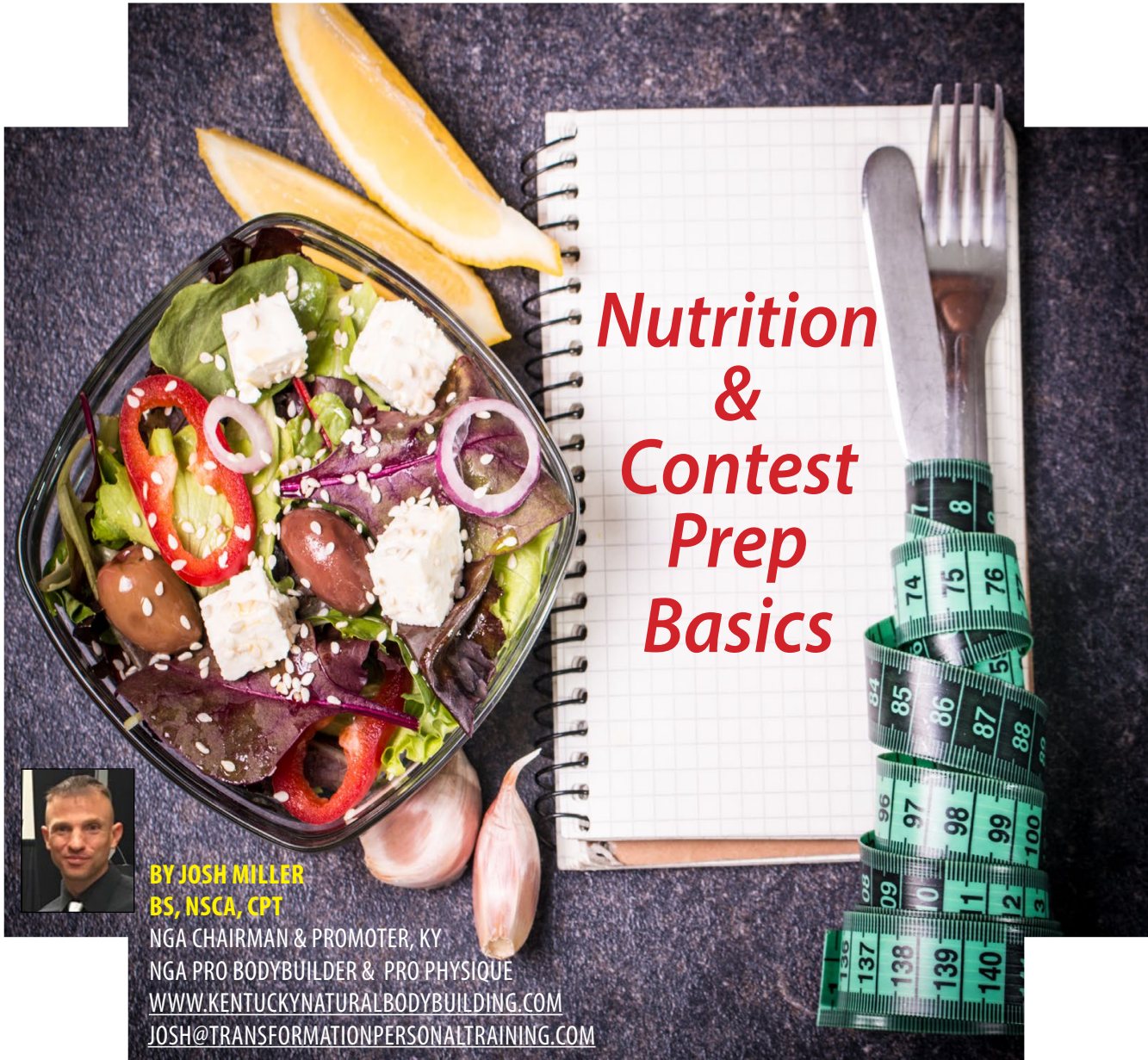
Here's the epiphany - you must know those moments when you're in the gym and all eyes are on you. Maybe it's a heavy squat that turns heads or a unique variation of an exercise you do that everyone wants to bootleg, but whatever it is, it's special and people can't help but to be interested. These moments build your story and make you a true influencer on how others may make decisions revolving around their personal fitness and/or nutrition goals. Social media provides a forum to project this influence on to a larger audience and if your message generates organic interest, there's no reason a supplement, apparel, or fitness product company wouldn't want this kind of leverage as a marketing strategy.

So, here's the payout. What was once mislabeled as a Sponsorship is now a business-as-usual marketing tactic referred to as a Brand Ambassador. Corporate use of Brand Ambassadors mirrors the print-heavy marketing strategies of the 1980s, 1990s, and early 2000s. Just as companies turned to magazines to reach consumers in earlier days, they now turn to social media. Athletes who can deliver and make themselves marketable in today's social media frenzy are living advertisements in great demand. ■



**Chris Mackenzie.** Chris is the Vice President of BPI Sports, recognized as one of the top supplement companies in the world, and is an accomplished bodybuilder and strength athlete having earned "Pro" status in the NGA. Follow Chris on Instagram at @BPI\_Chris





**BY JOSH MILLER**  
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**Most people in the world of fitness know that some of the most important components for building muscle include intense training, great genetics, supplements, and attitude. However, more important than that, is the food that you eat. It doesn't matter how much you workout, if you do not consume the proper nutrients, it will be impossible to gain one ounce of muscle.**

The primary nutrients found in food are the macronutrients. The macronutrients are protein, fats, and carbohydrates. In this article, each of the macronutrients and their function in contest prep training will be discussed as well as the best method in determining your specific daily caloric needs.

**Determining Daily Caloric Needs**

In order to figure out how many calories you need to consume daily, you will first need to measure the percentage of body fat that you have. Once you have determined this

number, you will then be able to calculate the weight of your lean body mass. The following is an example of how to calculate this number by using the lean body mass of a 180 lb. man that has 15% of body fat:

$180 - (180 \times 15\%)$   
 $180 \times 0.15 = 27$   
 $180 - 27 = 153 \text{ lbs. (lean body mass)}$

As a rule, the following table provides the caloric baseline in determining your lean body mass:

| Current Body Fat | Daily Caloric Intake |
|------------------|----------------------|
| 6 - 12%          | 17 cal/lb of LBM     |
| 12.1 - 15%       | 16 cal/lb of LBM     |
| 15.1 - 19%       | 15 cal/lb of LBM     |
| 19.1 - 22%       | 14 cal/lb of LBM     |
| 22.1% or above   | 13 cal/lb of LBM     |

This chart presents the specific daily caloric intake needed in order to maintain weight. In order to lose body fat, it is essential to create a calorie deficit of 500 calories per day or more. The easiest way to create a calorie deficit is through a combination of calorie restriction and calorie burning achieved through cardio exercise. As a rule, weight loss can be achieved by a combination of 80% from calorie restriction and 20% from exercise. What this means, is that your diet, what and how much you consume, is critical when it comes to weight loss. Because cardiovascular training is catabolic, most weight loss will occur as a result of your diet and this will spare the loss of muscle.

**Protein**

How much protein should a bodybuilder consume? The gold standard on the amount of protein that a male bodybuilder needs to consume is between 1.2 – 1.5 grams per pound of bodyweight. It is important that protein levels are set high enough, but not excessively high because although protein builds muscle, too much protein can be used as energy or be converted to fat. When an excess amount of protein is consumed and used as energy, then body fat is being used less as energy and that

makes it more difficult to lose. The major goal in developing the proper diet is to give your body enough protein to maintain muscle, but not enough to hamper body fat loss. There are 4 calories in 1 gram of protein and between 40 – 50% of total calories consumed daily should come from protein.

**Carbohydrate**

Retaining muscle is extremely important to your long-term metabolic function and to maintaining strength and energy levels. Carbohydrates are an anabolic macronutrient and have been shown to spare the amount of proteins that your body uses. This is important because dieting and training with weights breaks down tissue in the body and can also increase the risk of catabolism (breaking down muscle for energy). Proper management of your carbohydrate intake will maximize fat loss by keeping your metabolic rate high and spare muscle loss. Carbohydrates also carry 4 calories per gram. As a rule of thumb, those new to fitness as a daily routine, need to consume between 30-40% of calories from carbohydrates.

**Fat**

Fat is the most misunderstood macronutrient. A common myth is that fat is to be both feared and avoided because if not, it will increase. Another common myth is that it is okay to consume high levels of fat instead of carbohydrates because it will support weight loss. However, the truth is that both carbs and fat are necessary for the body to support weight loss. The trick to making this happen is to strategically manage the intake of both at the appropriate level. There are 9 calories per gram in fat. As a general guide, the percentage of calories from fat when starting the dieting process should be between 16-21%.

Keep in mind, each body is different and will respond to nutrition, as it is related to contest prep, differently. With this fact in mind, it is crucial to pay very close attention to how the body responds and make adjustments as needed. So, keep a journal and track your progress.. ■



# 2017 NGA 17th Annual Pro/Am Mr. and Ms. Natural Philadelphia Bodybuilding, and Figure Championships

**NGA Promoter: Rev. Warren I. Egebo**

[klon@epix.net](mailto:klon@epix.net)

[www.naturalphillybodybuilding.com](http://www.naturalphillybodybuilding.com)



**Dave Sheldon**  
Men's BB - Open & Masters  
NGA Pro Card Winner



**LaQuita Carr**  
Bikini - Open  
NGA Pro Card Winner



**Pro Men's BB - Open:** Rick Mojica, Umar Jones, Tim Rodriguez, Brandon Taylor (winner), Mike Ennis and Dmar Sasongko

The NGA 17th Annual Pro/Am Mr. and Ms. Natural Philadelphia Bodybuilding and Figure Championships was held on May 6th, 2017 at Plymouth - Whitmarsh High School in Plymouth Meeting, PA, a NW suburb of Philadelphia. Eighty-four competitors competed in this Super Pro Qualifier show and \$6150 was given out in cash awards to NGA Pro competitors.

There were three former NGA Mr. Natural Philadelphia's competing in the Pro Bodybuilding division, but it was Brandon Taylor, the 2015 Mr. Natural Philadelphia who took the 1st place win in this class. The runner-up was Tim Rodriguez, the 2016 Mr. Natural Philadelphia. Coming in at 3rd place was Umar Jones, who would also cross over and take the 1st place win in the Pro Classic Physique class in this competition. Fourth place went to Mike Ennis, followed by Rick

Mojica in 5th place, the 2012 Mr. Natural Philadelphia, and Damar Sasongko coming in at sixth.

In the Pro Masters over 40 class was Mike Ennis coming in at 1st place followed by Damar Sasongko as the runner-up. In the Pro Men's Physique class, where the competition was stiff, Justin Taylor was the winner followed by runner up and winner of the Best Abs in the show for the third time in five years, Dmitri McKamey. Coming in at 3rd place was Greg Becker followed by Troy Haywood in 4th place who trained his father Ron who competed in the Amateur Physique division in this competition. Fifth in the Pro Physique class was Greg O'Brien and Gerald Price from New Jersey was sixth. In the Pro Classic Physique, long time NGA Philly competitor, Umar Jones of Norristown came in first, followed by Albert Broody and third place Peter Boulengeris.

Pro Bikini was won by former NGA Philly Bikini winner Leandra Yost. Runner-up in the Pro Bikini class was Chelsie Sampson, third was Jaquelyn Bryant, and

**May 6, 2017 • Plymouth Meeting, PA**

fourth was Micah Arriola. In the hotly contested Pro Figure division, first place was Karla Miller, second place was garnered by Julie Patula, a new Pro Bikini winner who won her NGA Pro Card just a week before the Philly show was Ebony Fenstermaker coming in at 3rd place, former NGA Figure winner Marielizabeth Ruegger came in at fourth, and rounding out the Pro Figure class was Alyssa Cheatham.

In other divisions, the Junior's winner (23 and under) was tight Mike Neuman. Debut Physique was won by Bill "Buddy" Caine besting eight other competitors in this popular class. Lightweight Men's Physique winner and winning his Pro Physique card was Peter Boulengeris. Middleweight Men's Physique winner and receiving his Pro Physique card at this show were Mike Rowlands. Other NGA Pro Cards garnered were Carl Wittig in Classic Physique, LaQuita Carr in Bikini, and Masters Figure, Chelsea Cyr and Kim Pfeifer in Figure. Kim's husband also competed in the Men's Bodybuilding division. Winning three NGA Pro Cards was Dave Sheldon in Master's and Grandmaster's Bodybuilding as well as

earning his NGA Pro Bodybuilding card winning the Middleweight Open category. The Overall Novice Bodybuilding winner was Lewis Armstrong. In the Open Division Bodybuilding classes, the Lightweight winner was Joseph Drum, the Middleweight winner was Dave Sheldon, the Light Heavyweight winner was Mike Neuman, and the Heavyweight division was won by Carl Wittig. The new 2017 NGA Mr. Natural Philadelphia was won by Carl Wittig. Carl had competed last year in both the NGA Natural Philly and the World's Gym Philly Natural promoted by Pump Promotions just barely missing an NGA Pro Card win. This year he won both his Classic Pro NGA Card and the NGA Pro Bodybuilding Card. He also won Best Poser for the show. Carl is a graduate of the University of Pennsylvania and originally from Tamaqua, Pennsylvania. The Most Representative Gym award was won by LIFT gym out of North Philadelphia which had eight competitors in the show.

The 18th Annual NGA Philly will be held May 5, 2018 in Plymouth Meeting, PA. ■



**Emcee Steve Peacock, Carolyn Brady (Miss Liberty Bell), Warren Egebo, Dave Sheldon, Carl Wittig, Mike Neuman, Joseph Drum, Chris Gilbert**



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ATHLETES



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# Free Sample

*May Not Be So Free*



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## **Free Samples! Everyone Loves Them!**

These types of ads for products are often very enticing and can also appear to be a better deal than ordering a new product, which can save lots of money and potentially be a smart move. However, is it really a smart move? Before you order that free sample of supplements, personal hygiene products, or cosmetics, consider the following helpful tips:

- Do your research. Call or email the company before you order that free sample to get a sense of how they treat their customers.
- Make a note of the questions that you have before contacting the company. Consider asking questions about the estimated time of arrival for the product, how the order is tracked, as well as if there is an introductory price expiration on the product. In some cases, the price that is advertised has expired by the time you are ready to order it.

There are many other considerations when deciding on whether or not a free sample is actually a benefit. One such consideration would be if you are using a Post Office Box to receive your sampled product. If you are using a P.O. Box, remember that companies normally use the date the post office receives the sample as the date that it was delivered, not when you actually sign for it which could be days later! It is important to retrieve and try the free sample product as soon as possible in the case that you have

a time limit to lock in an introductory price. You can check your local post office at [www.usps.com](http://www.usps.com) to see if this service is available in your area.

Before ordering, read the fine print! It is important to determine whether you actually like the product after you have tried it before ordering a 3 to 6 month supply. Also, be certain that ordering a sample does not lock you into a contract or monthly membership charge. These are two things often hidden in the fine print. Furthermore, keep in mind that when ordering a "free sample" with a credit card, that information is stored and can be used for future automatic shipments and membership fees that can be difficult to reverse. Additionally, there could be a "re-stock" fee after you have cancelled an order on a "free sample" and that no longer makes the item "free" even after you have returned it.

If you decide to request use of a freely sampled product that requires that you agree to an automatic shipment fee to secure a more affordable price, discuss paying for the sample in lieu of any form of shipment fees or hidden commitments. The nominal cost for a sample plus shipping and handling is often much cheaper than cancelling the order after a shipment has been dispensed and then paying to have it re-stocked.

Offering free samples is a good marketing tool for businesses, but be a careful consumer and learn all the details because what may be presented as free, may cost you in the long run. ■



# The Story of the Heart of America

BY JOHN ABRAHAM  
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Jerry Thomas

John Abraham

In 1995, I was approached by a local gym owner by the name of Jerry Thomas and asked if I would like to be a judge at a local natural bodybuilding show he was promoting through the National Gym Association. Jerry had first become acquainted with me because of some of the success that I was having competing in both drug tested and non-tested bodybuilding shows in the Midwest.

At the time, I was beginning to feel a little frustrated because it was difficult to find bodybuilding platforms to compete in that were drug free. I always had compassion for other drug-free athletes like

myself because I knew their struggle, especially in a sport where drugs are often used to enhance muscle growth. So, when Jerry approached me, I jumped at the chance to get involved.

At the time, I had not heard of the NGA, but was excited to learn about it because I had been 7 years drug free and considered myself to be and still do, a lifetime natural and drug free athlete. Additionally, I had heard great things about Andrew Bostinto, the NGA founder, and how passionate the organization was about providing a platform for drug free athletes to showcase their hard work and endurance sculpting their bodies naturally. So, it was at that time that I made the decision to assist Jerry by coining the name of the first show which was, THE HEART OF AMERICA NATURAL CLASSIC, staged in the State of Illinois, right in the center of the US. The 1st show was held in Peoria, Illinois in April 1995. Jerry relied on my experience as a competitor and welcomed my input as to how to run a good show. Because I had some bad experiences from other organizations, I knew all the things not to do as well as how to treat and respect the athletes that are show competitors. This show had a total of 14 competitors which were mostly male bodybuilders and 2 female bodybuilders. From that first show, the rest is history. Russ Testa was hired to guest pose at this show and despite the small number of competitors, almost 200 people attended the show which was unbelievable! At that point, I became hooked on judging and even more excited about helping to assist in organizing future shows.

The years flew by and the show continued to grow. Jerry continued to promote the show, despite the fact he suffered from severe diabetes. His condition worsened and in 2003, he was on dialysis almost

12 hours per day and was on the list for a kidney transplant. Even with this, Jerry continued to train clients and was determined to stay involved and grow the NGA HEART OF AMERICA. In 2004, as the show approached, I became more involved in the show promotion, yet I continued to be a judge. I recall one of Jerry's favorite things to do before a show, which would be to sit at check in and registration all day. He loved the interaction that took place with the competitors and wouldn't miss it for anything. Although, Jerry was supposed to be home on his dialysis machine that day, he chose to handle the check in process anyway. One show tradition that generally took place on the morning of a show was that Jerry would insist that we all would meet for breakfast at his favorite restaurant at 6.00 am. This is something that we did every year. But, on this morning in 2004, I walked in to see Jerry wincing in pain at the table. He was pale in color and did not look like his usual self. We were all concerned about his condition, but didn't know about the danger signs of kidney failure, so when we asked Jerry if he was okay and he said that he was, we took his word for it. We proceeded towards the venue where the show was held before pre-judging, and instead of going to the auditorium, Jerry decided to skip the pre-judging and go home. He handed me the keys to the theatre and told me, "John, the show must go on. You know how to run it." He told me he would come back for the evening show. I didn't feel right about leaving him and decided to go with him to his house. I took a few others with me to make sure that he got into bed and was reconnected to the dialysis machine. I looked at Jerry closely while we were there and he looked horrible, yet he continued to refuse to seek medical attention by calling his doctor or be taken to the hospital. I began to worry as the show time was slowly approaching and with our biggest show yet, almost 68 competitors, I knew that I had to be there. I asked one of the crew to stay behind to keep an eye on Jerry so that I could get ready to start the show. There were competitors whom had traveled from all over the State of Illinois as well as from neighboring states, so the show couldn't be canceled and at Jerry's instruction, I knew that I had to make sure that the show would still go on. Jerry's 15-year-old daughter was there to give the positive energy that she had been accustomed to by sitting beside her dad since she was 6 years-old to enjoy the festivities of show time, so with her presence, I felt comfortable enough to take the lead at Jerry's request and get it started.

As soon as the first round of competitors walked on stage, my phone rang. It was my friend who called to say that Jerry had collapsed and was being taken by ambulance to the hospital. CPR had been performed, but the prospects didn't look good. I asked another crew member to take Jerry's 15-year-old daughter, who had been at the show assisting me, to the hospital so that she could be by her dad's side. It was only 10 minutes later when my phone rang and I learned that Jerry had died of heart and kidney failure. I was stunned and saddened and so was the rest of the show's crew. I paused the show and explained to the audience and the competitors that the show's originator and promoter had passed and we needed some time to compose ourselves before we could resume. And, knowing Jerry like I did, I had to keep the show going. We resumed the evening show, with heavy hearts and Jerry still on our minds, and maybe because of our positive thoughts and loving memories of him, the show was still a success.

A little later, Jerry's daughter Brooke came back and at 15 years-old, with courage and steadiness, she read a tribute of her dad to the entire audience. It



John Abraham

was at that moment, that I decided that I would continue the NGA Heart of America Natural Classic because of Jerry. I later changed the name to the HOA JT (JT -Jerry Thomas) NATURAL CLASSIC. Thirteen years later, I am still promoting this show and every year in the memory of Jerry, THE JERRY THOMAS MEMORIAL AWARD is given out to the athlete who shows the most passion and enthusiasm for the sport. This year,

in 2017, the award was presented to Rebin Roy, a bikini competitor, who recently lost 150 lbs. and because of her incredible weight loss and fitness journey, she had been featured in People magazine.

This show will always hold a great memory for me and many other competitors who know its history and will also always highlight the passion behind the man who started it. We look forward to many more years to continue Jerry Thomas' legacy! ■



# 2017 NGA Mr. & Ms. Natural Santa Rosa

**May 13, 2017  
Santa Rosa, CA**

**NGA Promoter: Laura Gray**  
[lauragray38@yahoo.com](mailto:lauragray38@yahoo.com)  
<http://santarosanatural.com>

In the lobby entrance, there was a beautiful, glass display of bodybuilding trophies and medallions designed by the artist, Niels Andersen. Along the hallways in route towards the competition's registration, was an original framed watercolor painting that adorned the walls which featured various aspects of the sport of bodybuilding. David Roman, the creator of David Roman Art, the main artist featured in the competition, painted a watercolor portrait of last year's winners, Ashley Casimiro (figure), Ace Baldwin (bodybuilding), and Ana Cardenas (bikini), which was displayed on an easel in the entrée towards the auditorium.

The show began with a surprise rendition of the National Anthem sung by our own NGA California Chairman, Johnny "The Motivator" Carrero whose knowledge, assistance, and encouragement is well respected and appreciated within the NGA. Following this was the kick off to the show which began with the Masters Bodybuilding competitors who graced the stage with their impressive physiques and set the tone for the audience's thunderous cheers.

One special highlight of the competition was learning about each of the competitors through their bios that were read to the audience as they entered upon the stage. This part was particularly enjoyable because it allowed the audience to learn about each of them outside of the sport of bodybuilding as well as how they were introduced into the sport. As a show promoter, my communications with the athletes before and after the show are cherished and I am fortunate to be a part of such an amazing group of people who can demonstrate that dreams can be actualized and become the reality that is desired.

This year's competition brought with it a pulse of determination, a sense of humor, and sportsmanship. The competitors were respectful and gracious to me, the volunteers, and to one another. Their



**Hilary Ward**  
Bikini - Open  
NGA Pro Card Winner

laughter and cheers for one another brought levity to tense nerves and most importantly, they enjoyed the fierce competition and had fun in the process!

They are all winners in character and grace and deserve respect and admiration for being a part of such a small, but elite league of natural



**Kevin Clark**  
BB - Open  
NGA Pro Card Winner

bodybuilders. In this process, I've come to learn that some of the athletes will continue their journey to other competitions and make the sport a lifestyle which will allow them to strive to be stronger and leaner with every lift and this will be a reminder of a once in a lifetime accomplished dream.

We would like to give a special thanks to Dallas and Switzer from "The Transformation Center" and to the judges. The judging panel was phenomenal, as they rose to the occasion to present 3 new NGA Pro Cards. ■



**Aaron Sing**  
Physique - Open  
NGA Pro Card Winner

The 2nd Annual Mr. & Ms. Natural Santa Rosa commenced on Saturday May 13, 2017 at the luxurious Finley Community Center in Santa Rosa, California. This year's show featured a dynamic pairing between fitness and art. The art exhibit displayed at this show focused on fitness and weightlifting as a highlight of the Natural Bodybuilding competition as well as to its host and sponsorship in the city, the National Gym Association.



# When is the Best Time to Exercise?



BY PETER N. NIELSEN  
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Many people who exercise want to utilize their time efficiently and get the most out of their sessions. Identifying the best time to begin and end your workout session will not only help you to achieve your weight loss goals, it will also help you to get results faster in shorter increments of time. It doesn't matter if a person is an athlete or is simply working out to stay fit, maximizing the workout session is of prime importance.

There are several studies that provide some direction in deciding on when the best time of day is to

exercise. There are various peak periods in the course of the day that are optimal for burning fat at higher rates and faster speeds as well as for building muscles. Time is just one factor that may affect the results of your workout performance. However, there are many other factors like the intensity and duration of the exercise which play a very important role when determining the best time to work out. Based on research, the best time to work out is in the morning.

When you exercise in the morning, your body tends to burn more fat. The following are some reasons why this is the case:

- Low blood sugar levels force the body to look for

other energy sources so it starts converting fat from the reserves to fuel.

- Some hormones that accelerate fat burning (like cortisol) are at high levels in the morning.

Additionally, there are other benefits to exercising in the morning which are the following:

- People who participated in a study about the effects of morning exercise were more likely to stick to a workout schedule. In other words, people who can exercise in the morning are more likely to build a routine and follow that for a long time.
- For some people, it is easier to exercise in the morning because as the day proceeds, their energy levels decrease which may cause them to lose the motivation and/or desire to workout in the latter part of the day.

There are also some disadvantages to exercising in the morning which are noted in the following:

- It can be a stressful task for the body. This does not apply to everyone, but depending on your hormone levels, you may find it very stressful to exercise in the morning.
- Intense morning exercise may lead to muscle loss instead of fat loss. If you exercise on an empty stomach and do a very intense workout, your body may end up utilizing muscle mass for energy. That's why it is important to have a good protein breakfast especially if you plan an intense early morning workout.
- If you exercise before breakfast, you may not be able to keep the intensity high since your energy levels are naturally lower in the morning.

Although exercising in the morning has its benefits, working out in the afternoon is most beneficial if you are trying to improve your performance.

Exercising in the afternoon can give you improved performance, more so than exercising in the morning. Several studies analyzed the performance of a group of people exercising in the morning and in the afternoon and concluded that afternoon sessions

produced better results in terms of performance, strength, and power. Participants reported that their bodies' response was better and that they were able to push more and achieve more repetitions than when they worked out in the morning.

Some people may be more concerned about losing weight rather than improving performance, so figuring out the best time of day that will help them to achieve this is imperative. There are various studies and theories that are useful which may help in determining how to achieve your fitness goals. However, keep in mind, it is up to you to determine the best time for you to workout.

The following are some tips that may prove helpful:

1. Do some cardio exercises in the morning (e.g. walking for about 10 minutes) and see how it feels. If you think this is something you can do for a long time, add a brief, but light jog into your schedule.
2. Eat breakfast before working out. Also, learn more about GI (gastrointestinal) and how to control your blood sugar levels.
3. Combine your morning and afternoon workouts for better results. For example, you can do a quick 10-minute cardio session in the morning and then a 20-minute intense session in the afternoon. This will also have a positive effect in EPOC (excess post exercise oxygen consumption) which will help you burn more calories after exercise.
4. Eat a good breakfast in the morning if you are planning an intense workout session. Exercising in the morning without having a good breakfast may lead to muscle loss.
5. If you plan on exercising later in the day, do so at least 4 hours before going to bed. An intense, late evening workout may negatively affect your sleep.

Exercising is an important component for maintaining your health and increasing weight loss, so allocate some of your time per day towards it. Bottom line, just do it. ■



# Strength and Conditioning Protocols:

## Cluster Sets for Strength, Power, & Hypertrophy

BY CHAD ADAMOVICH, CSCS  
MOFIGHTER19@HOTMAIL.COM



Cluster sets have traditionally been used by strength and power athletes alike within their training protocols. Much of the reason for this has been the fact that research has supported the use of this technique for athletes who are looking to improve strength, power, and hypertrophy (bodybuilding). Proper placement and use is critical when engaging this technique, especially when taking into consideration the varied fitness goals of those using it. Cluster sets should be used intelligently within training protocols and when used correctly, can be a great tool within any athlete's training program.

It is first important to understand exactly what a cluster set is. In order to perform a cluster set, typical sets must be broken up into parts, having short rest periods within each set. For example, an athlete that is looking to increase power output could perform a hang clean. If they were to complete a set of 3 reps of a hang clean, instead of doing 3 straight reps, the athlete would do a set of 1+1+1 reps with short rest periods in between. This rest period allows the athlete to lift more weight than they normally would. So what does that mean to you?

The benefits of cluster sets are boundless for any athlete looking to improve power, strength, and hypertrophy. Because of how they are designed, cluster sets provide a greater anabolic stimulus. The ability to do more reps with a heavier weight while keeping intensity high, gives the athlete an immediate carry

over to their specific goal of muscle gain, strength, or power increase. Cluster sets are also a great way to bust through plateaus, especially if it is the first time an athlete has incorporated them into their workout regimen. However, due to the high potential for risk of injury, this workout routine is not recommended for beginners, but only for those with at least 1-2 years lifting experience.

Cluster sets are most beneficial when they are matched to an athlete's goal, strength and desired outcome. The set, rep, rest training protocol of the cluster set can easily be manipulated to adjust for hypertrophy, strength, or power. For hypertrophy, the goal is about creating more volume (weight x sets x reps) in lesser increments of time. On the other hand, if the goal is to improve strength and power, cluster sets allow for more near maximal repetitions per workout. Most cluster sets are performed with heavy barbell lifts, such as squats and deadlifts or power exercises, such as hang cleans or snatches.

That is not to say you can't use any weight-bearing exercise to perform a cluster set.

Additionally, cluster sets may be manipulated to add more variation (e.g., undulating cluster, ascending cluster). Below are some examples to provide a greater understanding of this technique. The amount of sets and exercise selection will vary based on the athlete and goal.

Cluster sets can be a great tool for any athlete to use within their training program, but it is not recommended for beginners. Also, cluster sets can be used for a variety of goals, but should not be over-used. Now that you have a better understanding of this technique and how to do them, consider adding them to your workout regimen. It is guaranteed to be a great addition that can help you break through some of those plateaus! ■

### Hypertrophy Cluster:

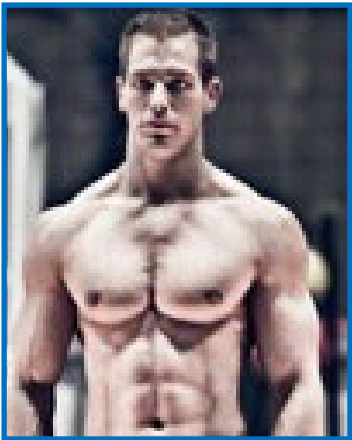
Load at 6RM for Exercise (x)  
3 reps X rest 10-15 seconds  
3 reps X rest 10-15 seconds  
3 reps X recover 2-3 minutes and  
repeat for (x) sets

### Strength Cluster:

Load @ 90% 1RM for Exercise (x)  
1 rep X rest 10 seconds  
1 rep X rest 10 seconds  
1 rep X rest 10 seconds  
1 rep X rest 10 seconds  
1 rep X rest 10 seconds  
1 rep X recover 2-3 minutes and  
repeat for (x) sets

### Power Cluster:

Load @ 40-60% 1RM for Exercise (x)  
2 reps X rest 10 seconds  
2 reps X rest 10 seconds  
2 reps X rest 10 seconds  
2 reps X rest 10 seconds  
2 reps X recover 2-3 minutes and  
repeat for (x) sets



**Chad Adamovich** is Co-Owner of P4P Muscle and has spent over half a decade in his pursuit of education in Exercise Science and Sports Nutrition. In addition, he holds the credentials as a Certified Strength and Conditioning Specialist (CSCS).

Chad has an unparalleled passion for the research, science, and application behind sports performance, nutrition, and hypertrophy. He has devoted the majority of his life to helping athletes at the youth, collegiate, and pro level in numerous sports. His experience is vast and has included being a Director for Athletic Republic and Director of Trainer Development for a multi-club franchise as well as many other business entities.

To get additional and free professional training advice, follow P4P Muscle on Facebook, Instagram, and YouTube. Locate the "Coach's Corner" video and tips at [www.p4pmuscle.com](http://www.p4pmuscle.com).





Karen Stervant, Zoe Rodriguez, Theresa Hursey, Marina Chmykhalo, Vanorah DeVaughn, Cheryl Schumaker, Kim Griffith, Shari Wescott, Claudia Cedeno, Denna Yancy, Kriston Lloyd

## NGA Studio10 "IRON GIRLz" Classic

May 20, 2017  
Upper Marlboro, MD

NGA Promoter: Tanya Wells  
[studio10irongirlz@gmail.com](mailto:studio10irongirlz@gmail.com)  
[www.studio10classic.com](http://www.studio10classic.com)

### STUDIO10 IRON GIRLz Makes its Debut on Stage

On May 20, 2017, came a booming NGA bang with the launch of STUDIO10 IRON GIRLz Classic under the guise of the new Washington DC based promoter, Tanya L. Wells.

This competition was an NGA Natural, drug-free, ALL FEMALE event featuring the NGA traditional divisions of Women's Bodybuilding, Women's Physique, Figure, Bikini, and the new fan favorite and NGA class of Bikini Model featuring an Angels Category. This spectacular event was hailed as Victoria's Secret Runway Meets Natural Bodybuilding. Additionally, this Washington DC pro qualifier showstopper was the first of its kind to hit the nation's capital and was tweeted about for days later.

STUDIO10 IRON GIRLz Classic competition featured the following classes: Debut-for the new athlete whom never competed; Novice-for the competitor that competed, but hadn't placed in a class; Open-the prequalifying category in which the competitor must win to qualify to compete for an NGA Pro Card; And, two Masters classes-for those 35 and over and 55 and over. With all this action, competition was stiff, but the show resulted in newcomers, Bikini Open athlete, Claudia

Cedeno and Figure Open athlete, Kim Griffith, earning their NGA Pro Cards!

*"Way to Go Ladies!"*

Tanya Wells, Promoter

This show was a hit not just for the competitors, but also for the vendors. The STUDIO10 IRON GIRLz Classic ushered in an overwhelming outpouring of support and onsite vendor attendance for over 21 sponsors and 16 onsite business vendors from around the Washington DC, Virginia, and Maryland metropolitan areas.

One of the unexpected sponsorships was given by the supplement company, Egg White International, who not only gave away product discounts and free apparel, but also gave away a Spokesmodel contract to all of the ladies who competed in this show. The sponsorship included free products and photoshoots for the entire group of athletes. This is what you call a win-win!

Other noted sponsors who came to support the show and its competitors were the mega health

franchise giant Vitamin Shoppe, Gold's Gym, H-E-L-O Fitness Wearable Wrist bands, Gym Lunatics, First 1st Apparel, and Regina Perez, South Carolina competitor turned sports apparel entrepreneur, debuted her BEAUTY-N-BEASTMODE women's apparel. This established beauty with a mega social media following dazzled the attendees with her charm, beauty, and fashionable clothing.

Supporting promoters from other organizations, also came out to give their support to the competitors and to the show itself as it was a first and a hit among many.

With the social media buzz and beautiful natural athletes that graced the NGA STUDIO10 IRON GIRLz Classic stage, this Washington DC show became the talk of the town and is sure to grow in stature in the nation's capital! ■



L to R:  
Theresa Hursey  
Marina Chmykhalo  
Claudia Cedeno  
Zoe Rodriguez  
Denna Yancey



Denna Yancey  
Bikini Model



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NGA Pro Lex Kovacs  
Photo by Kaycie Davis,  
Dapper Dot Studio





BY TAMARA WATT  
SSN, SFN, CPT, SSC  
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# FISH OIL



We hear it ALL the time. We hear it from our friends, our neighbors, the cashier in the checkout line at the local grocery store, and in almost every fitness magazine! What is all the talk about?

It's about fish oil and its major benefits towards supporting sustained health and longevity. When we talk about fish oil, we are talking about the Omega-3 (highly beneficial fats) found in fish oil which are EPA and DHA, both of which are vital and essential for great health.

The following are some benefits as to why you may consider adding EPA and DHA into your daily dietary intake and regimen:

- Influences weight, strength, and muscle building. (It's a major plus when you get ALL 3!)
- Influences mobility, brain health, cardiovascular health, and so much more. (So, don't forget to get your daily dose.)

In addition to the above mentioned benefits, recent studies also indicate that fish oil plays an important role in promoting weight loss, reducing chronic pain, improving learning and behavior in children, decreasing the rate of diabetes, increasing immunity, and helping to reduce the chances of osteoarthritis, heart failure, and depression.

There are some other areas that can be positively impacted by adding fish oil to your diet. Let's take a look at some of those areas.

- 1. Metabolism** A number of studies have shown that the Omega 3's in fish oil support weight loss by increasing your metabolism which is the rate at which you burn fat. This is done by reducing the proliferation of fat cells, preventing accumulation of fat, and improving insulin glucose tolerance in the body which would be a benefit for anyone looking to stay at a healthy body fat percentage and weight. Two new studies have even shown that fish oil can prompt fat storage cells to act like fat burning cells!

- 2. Maximize Muscle Mass** Several studies investigating older adults (60+) have found that fish oil supplementation increases muscle mass and can improve overall strength especially when combined with strength-training exercises. Research has also shown that Omega-3's when taken with protein, increases muscle synthesis in healthy middle-aged men and women.
- 3. Boosts Brain Health** Omega-3 fat DHA comprises up to 30% of fat in the brain which influences nerve transmission and cellular communication. As a result of this, low levels of DHA can negatively affect brain function in the young and old alike. Adding Omega-3's into your diet has proven to improve cognition, learning, attention, focus, memory, and also has a positive effect on mood and mental health, particularly for those who suffer from depression, stress, and anxiety. DHA is also believed to function as the brain's protective covering. This means that it protects the brain's cells from inflammation and oxidative damage which plays a role in the onset of dementia and Alzheimer's.

#### Some of the best food sources of fish oil are:

- Eggs
- Milk
- Yogurt
- Fish Oil
- Chia Seeds
- Flaxseed Oil
- Walnuts
- Fish (salmon)
- Spinach
- Tuna
- Sardines
- Natural Peanut Butter

Although fish oil is naturally occurring in many foods, supplementing by taking an oral dosage in pill form is easier and less of a hassle for some with busy lifestyles and demanding schedules. If this is the case for you, when purchasing a pill form, consume 1,000 mg per day of EPA/DHA and 4,000 mg per day of omega 3's. A food tracker can also assist you in keeping a tally on the daily amount of fish oil that you consume. In either case, whether it is in pill form or naturally occurring in foods, there are benefits to adding fish oil in your diet, so be sure to add some to yours. You will be glad in the long-run that you did! ■

# NGA Pro/Am Universe NGA American Natural

## Championships



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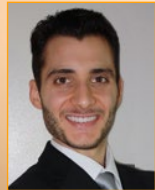
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# Stay Strong When the Going Gets Tough



BY DR. NICHOLAS M. LICAMELI, PT, DPT  
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# Set Yourself Up For Greatness!



**S**taying focused when things get tough makes all the difference in both training and in life. When it comes to training, proper form and technique keep you safe and help you reap the most benefits from every exercise.

It's hardest to keep your form when the sets and reps get tough. It's easy to be consumed by the burning and muscle fatigue towards the end of a set. You may be in so much pain, that you don't even notice a celebrity walking by because that burn is so consuming and distracting. But it's in those moments, those last reps of that set, when it's most important to stay focused, stay the course, and keep your form perfect. If you let the moment consume you, your technique breaks down, you risk injury, and you don't get the benefits of performing the exercise correctly. So, the hardest and most important part of the set is when it's most difficult to focus and to keep our form.

In life, it's easy to smile (keep form) when things are going well (the beginning of a set), but it is hardest to smile and make someone's day (keep form) during

hard times (the end of a set). Those times when you choose to smile and make someone happy, when it is the hardest to do, are the most important and can make the biggest difference in the world.

When things aren't going your way and stress is running high can be compared to those last couple of reps of a set. During this time, you can't let your focus (form) break down. You must stay focused and true to yourself. It's one of the hardest things to do. But just like when training, during those last couple of reps when the going gets tough and you choose to overcome adversity, you get stronger. Just as the path of the ship is not determined by the direction of the wind, but rather the set of the sails, our ability to overcome our conditions with our decisions is what makes us human and avail over life's adversities. Our life is the result of our choices. We can subordinate external feelings to values. "To blame and accuse other people, the environment, or other extrinsic factors is to choose to empower those things to control us."<sup>1</sup>

These small "wins" are the building blocks of big "wins" and more importantly, are the foundation of strong habits. "A huge body of research has shown

that small wins have enormous power, an influence disproportionate to the accomplishments of the victories themselves."<sup>2</sup>

Once we accomplish a small win, like choosing to stay focused during the end of a set or choosing to smile when we'd rather not, we set in motion forces that favor other small wins. The path to greatness then slowly becomes a habit and bigger achievements become within reach.

We need a goal and a destination in training and in life, however, we mustn't forget that the only thing that is ultimately real about our journey is the step that we are taking in the present moment. That's all there ever is.<sup>3</sup>

We must focus on our small wins with each rep and each choice we make in life. While these little victories may not seem important to your development, remember that, "how you do anything is how you do everything."<sup>4</sup>

Fight to keep your form and stay true to who you are when it's hardest to and watch your physique and

life change before your eyes. ■

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#### Dr. Nicholas M. Licameli, PT, DPT

NGA Pro Bodybuilder/Doctor of Physical Therapy

Every single thing he does, Nick believes in giving himself to others in an attempt to make the world a happier, healthier, and more loving place. He wants to give people the power to change their lives. Bodybuilding and physical therapy serve as ways to carry out that cause. His knowledge of sport and exercise biomechanics, movement quality, and the practical application of research combined with personal experience in bodybuilding and nutrition allows him to help people in truly unique ways. Love. Passion. Respect. Humility. Never an expert. Always a student. Love your journey.

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**Instagram:**  
<https://www.instagram.com/nicklicameli/>

**Facebook:**  
<https://www.facebook.com/nicholas.michael.58>



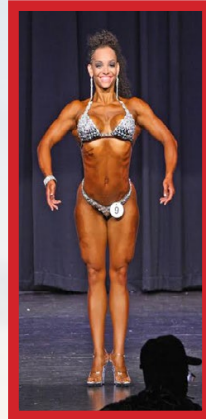
# The NGA 37th Annual Annapolis Championships

June 4, 2017 • Annapolis, MD

NGA Promoters: Pam & Sarah Spindel  
spindelva@aol.com • [www.essentialfitness.com](http://www.essentialfitness.com)



**Angela Alieu**  
Figure - Open



**Elaine Deloney**  
Figure - Open



**Men's BB - Masters:** George Forrest, William Craig, Tom Hegarty (Overall Winner)



**Men's Physique - Open:** Christian Zamora (LW Winner), Brett Megee (MW Winner), Desmond Jasper (HW Winner, NGA Pro Card & Overall Winner)

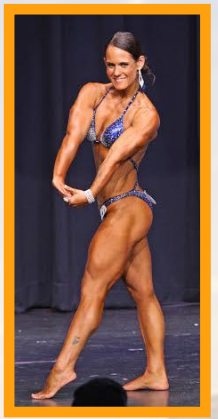
competitors at the NGA Annual Annapolis Championships love competing in it because of its late start at 1:00pm and early evening finish by 5:00 pm. Due to the absence of the typical two-hour intermission between the morning show and the evening shows, many competitors can begin and finish the competition promptly.

This year's show featured great competitors with amazing physiques who came from Maryland, Virginia, DC, and even Maryland! The show kicked off with NGA competitor, Amanda Runnels, singing the national anthem acapella. Steve Peacock, from New Jersey, was the show's emcee and he did such an incredible job that he returned as the emcee for the Potomac Cup & Dave Spindel Pro Classic that was held on Saturday, August 5, 2017 in Woodbridge, VA and the Mt Rogers & Mid-Atlantic Pro Blowout being held on Saturday, November 18, 2017 also held in Woodbridge.

The show started promptly at 1 pm with the Bikini Open class. Kady Stapp from Colonial Beach, VA took not only 1st place... she also won her NGA Pro Card! Bikini Masters followed with Magalie Herring from Woodbridge, VA winning 1st place. Elaine Deloney, from Fredericksburg, VA, placed first in Figure Novice and Figure Open. In the Figure Masters class, Angela Alieu from Bowie, MD, took home the 1st place hardware! And last, but not least, Erika Adams, from Colonial Beach, VA, took 1st place in



**Bikini - Open:** Magalie Herring, Lauren Buckman, Kady Stapp (NGA Pro Card Winner), Jessica Natkin, Dahye (Di) Riggs



**Erika Adams**  
Women's Physique - Open

Women's Physique after losing an incredible 130 lbs.! These women came to win and they most surely did not disappoint!

In the Men's Bodybuilding Masters 40 and over and 50 and over class, Tom Hegarty, from Stoneham, MA, took the 1st place trophy for Masters 40 as well as won the overall title! It was William Craig, from Clifton, VA, that took 1st place for Masters 50 and over. The Masters classes are always the most motivating for young and upcoming competitors as they can see that age is nothing but a number and that the body can still be amazing as it matures and to see this live and in person, always brings the house down.

Next, was the Men's Physique Open classes in the category of Lightweight, Middleweight, and Heavyweight that duked it out for the NGA Pro Card. Christian Zamora from Hopewell, VA won Lightweight, Brett Megee from Manassas, VA won Middleweight, and Desmond Jasper from Ashburn, VA won Heavyweight. And, it was Desmond Jasper who won the Overall and received his NGA Pro Card in this class!

In Men's Bodybuilding Novice, where the competition was stiff and first-time competitors were

in high numbers, Bryan Moreland from Colonial Beach, VA showed up and showed out by taking home the 1st place win. Last, but not least, in an incredibly tough class with high caliber competitors, was the Men's Bodybuilding Open classes. In 1st place in the Lightweight class, was Imran Ghulam from Triangle, VA, followed by Middleweight 1st place winner, Brian Moreland from Colonial Beach, VA, and finally for the Light Heavyweight, it was Larry Hale from Upper Marlboro, MD and Ronnie Masgay from Edgewater, MD who took the 1st place win. And, to round it out, Bryan Moreland won the Overall and took home the NGA Pro Card!

This competition was amazing and we would like to give a huge thank you to all the competitors that chose to compete in the NGA 37th Annual Annapolis Championships. It wouldn't be possible to do what we do without all our supporters. We also want to thank our staff for all their hard work. We always say we are just a pretty face, but they always make it work!

For more information on our shows, please go to [www.essentialfitness.com](http://www.essentialfitness.com). ■

**T**he NGA 37th Annual Annapolis Championships, the oldest running drug free bodybuilding show was held on Sunday, June 4, 2017 in Annapolis, MD.

This show is always held on a Sunday and runs straight through and is judged live. Unlike many other shows that are generally held on Saturday, the





## AN INTERVIEW WITH ANDREW BOSTINTO



BY TERRI WHITSEL  
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**T**he NGA was founded in 1979. But don't think it was started on a whim. In order to run a successful organization, there always lies a story that reveals its incredible and unique future.

Here's a snapshot into the background of The National Gym Association, Inc., the

**oldest drug-free bodybuilding organization in existence today, as told by the Godfather of Natural Bodybuilding, Andrew Bostinto.**

**And in case you didn't know, Andy was described by Joe Bonomo's book, Body Power, as 1 out of 20 among the world's most perfect super-strongmen.**

### WHEN DID YOU BEGIN FITNESS TRAINING?

I started training in gymnastics; working on the high bars and parallel bars at the age of 12. On the parallel bars, I would do handstands and dips to work my triceps, pecs, and back. I trained in the local park where I lived as a child and fell in love with gymnastics. I became very skilled at hand balancing, which took tremendous strength and balance. I was introduced to weights at the park as well, which is where it all started. I would train 7 days a week, leaving school at lunchtime to workout then head back to the park after school. Some days, I trained 3 or 4 times a day. I loved it that much. When I was 16 and in Jr. High School, I would carry 100lb weight sets 10 blocks to school to instruct other guys. My family was so poor that I literally had nothing else to do but workout.



### WHEN AND HOW DID YOU COMPETE FOR THE FIRST TIME?

My mentor and neighbor, Chick Deutsch, took second in the 1940 Mr. America. He had me in my first competition at the age of 14 at the Rainbow Theatre in Brooklyn. At that time, there were no classes, just Classic Bodybuilding. There were no trophies, just acknowledgements that you were there. I credit Chick for showing me proper training techniques. At age 17, I posed for the Art Students League in New York City for extra money. Basically, I posed in Classic Bodybuilding poses with pedestals and I got \$2 each time I did it. I continued to train and compete until I went into the army at 18.



### WHAT WAS IT LIKE TRYING TO MAINTAIN YOUR FITNESS WHILE IN THE ARMY?

Right before I entered the army, in that same year, my pictures appeared in Strength & Health Magazine. When I got to the army, many thought I was some sort of celebrity! While in basic training, I completed training for the military police and as a medic. I trained all the time in the army and taught Judo and Physical Instruction because of my extensive fitness experience. I served overseas and was assigned to the 26th Infantry division. When I went into the service, I was 160lbs and I came out at 139lbs. It took me some time to gain the weight back. After I got out, that's when I decided I wanted to start a fitness magazine at the age of 21.

### WHAT GYMS WERE YOU AFFILIATED WITH?

Well, before I went to the military, the park was my gym. After the military, I started training at all the top gyms where many well-known bodybuilders and weightlifters trained. I then began working for Vic Tanny's Health Club where I was the head trainer.

Eventually, Vic Tanny's went out of business, so I purchased some of their equipment and I opened my own gym named Olympia Gym in Queens, NY with my good friend and partner Al Fives. We began promoting a contest in the gym in 1963. Several years later, some of the top bodybuilders trained at my gym.



like Arnold Schwarzenegger, Lou Ferrigno, Franco Columbo, and many others. In 1970, I joined the Jack LaLanne organization and headed up their Service and Training division in the entire tri-state area. In 1973, I sold my half of the gym to my partner Al Fives.



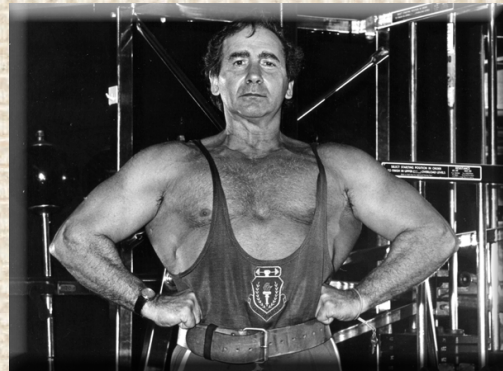
Al Fives, Franco Columbo, Andy Bostinto

### HOW DID THE NGA COME TO FRUITION?

Me and several of my friends were gym owners and we judged all the WBBG shows. At one show, there was a professional bodybuilder that had lost. As a result, the athlete's father was so upset that he threatened our lives as judges. That's the day that I decided I wanted to make a change to have a non-political experience at competitions. We approached the organization with an idea to run their shows for them without any monetary gains because of our passion to have shows properly run without any politics. However, we were met with a huge rejection. So, we decided to start our own organization. I named it The National Gym Association (NGA) because we were mostly gym owners and all the gym owners had the bodybuilders. We ran our own shows and they were very successful because we chose to stay away from all the politics that we had seen while judging.

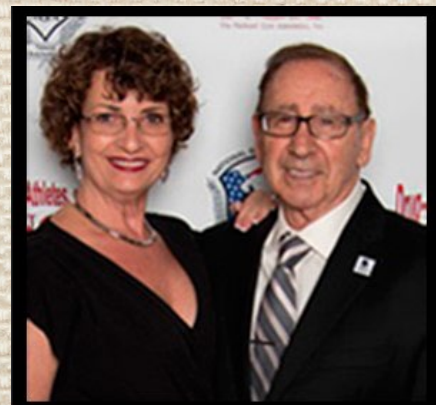
Everything was great in theory until the inevitable happened. All my partners in the organization had the greatest ideas, but as expected, nobody wanted to put in the work because of not having any money. The result ended in me running the organization by myself. Everyone, including Arnold, told me I was crazy to start this organization with nothing but a name and reputation. But my passion to run an organization without the typical politics and with a goal to treat the athletes with respect pushed me forward. Arnold was starting

his own organization and he persisted in trying to get me to join forces with him to make money. What he couldn't understand is that I wasn't doing it for the money, I was doing it for the athletes.



### HAVE YOU EVER CONSIDERED PARTNERING WITH ANOTHER ORGANIZATION?

The NGA grew slow and steady as planned. We did try working together with two different organizations, however, we found them too controlling and they were slowly trying to absorb the NGA. You see, on social media, people want or think that organizations should work together. However, from past experiences, I have learned that working together with other organizations doesn't work. Heads of organizations tend to have large egos and each want to be the biggest and some even try being on the coattail of the NGA. Some organizations knock one another. We do not instigate or get involved in news threads when political topics arise on social media. In 1990, along with my wife Francine, we reorganized the NGA and we relocated our corporate offices to Florida where there were no natural organizations.



### WHAT WAS YOUR VISION FOR THE NGA?

My vision for the NGA has always been and will always continue to be to give back to the athletes for being members. It's really that simple. In today's world, it is easy to see that many organizations exist to make money first and foremost. If money was my goal, I would have been a much easier target for Arnold! I love the sport of training so much that I used to take athletes to prisons to lecture and help prisoners better themselves. To me, it's not about the money, it's about helping athletes be their best. We have funded the NGA personally up until about 7 years ago. Even though we are a not-for-profit organization, the NGA has never received any funding or grants.

### WHAT WOULD YOU SAY IS YOUR GREATEST ACCOMPLISHMENT?

The pinnacle of my career is making my dream of creating a magazine come true. With tremendous help from my wife and NGA Vice President, Francine, as well as our incredible Art Director, Lana Callahan, I have been able to make my dream become a reality. The fact that I have done it and am able to provide it to all our members and promoters for free is beyond what I even imagined. [www.nganaturalmag.com](http://www.nganaturalmag.com)



Another accomplishment that tops my list is the fact that I have been able to maintain a drug-free organization. Through integrity and good old fashioned "stick-tuitiveness" to our bylaws, the NGA has proven that you don't need drugs and politics to run an honest and successful organization.

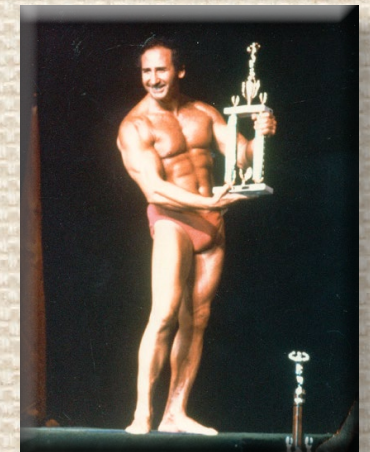
### WHAT DOES THE FUTURE HOLD FOR THE NGA?

We are currently in talks to expand our shows to several other countries including South Korea and

Asia. I feel it is important to expand overseas to as many areas outside of the United States as we can. My dream is also to one day bring natural bodybuilding to the Olympics.

### IF YOU COULD CHOOSE ONE THING YOU WOULD DO DIFFERENTLY WITH THE ORGANIZATION, WHAT WOULD IT BE?

I would not necessarily change anything. Going forward, I would not change a thing. I would only add to improve. I suppose if I had to choose something to change, I would say that I have learned to not get involved with either individuals or organizations that want to change my vision of what we want to accomplish.



### WHAT ARE A FEW OF YOUR MOST MEMORABLE MOMENTS FROM YOUR LIFETIME?

Hands down, my most memorable life moment was when I was awarded the Combat Infantry Badge when I was overseas in the U.S. Army. It was the most humble and honorable thing that has ever happened to me. The year I won the Masters Mr. America was also an incredible moment. I trained for a year for that show and I dropped 27lbs to accomplish it.

The Godfather of the Natural Bodybuilding world has certainly made his mark. His story proves that a great organization can only be achieved through hard work, dedication, passion, and integrity. Many other organizations have some of those traits, but the NGA has it all. ■



# MOTIVATOR'S CORNER



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## To Squat Or Not?

I've noticed over the past few years, that there are more and more people who are squatting as a form of exercise. Many trainers are taught to teach their clients that squatting is the quintessential workout move, which it is. However, if squats are not executed correctly, this exercise can prove to be quite dangerous.

Squats are not for everybody and it is especially not for those who suffer from scoliosis, lower back, knee, hip, neck, or shoulder problems. For example, a person with a tight Achilles tendon will have trouble keeping their heels down on the floor during a squat because it places their knees at risk. So, they should never attempt squats. Squats are also not for a person who suffers from scoliosis because they already have a slightly curved spinal column. In essence, be wary of assigning squats as an exercise move because for some, it could cause more harm than it does good.

If you are a trainer, it is important that you ask your clients before you assign them to squat as a component of their workout regimen, if they have had any of the above mentioned ailments before teaching and telling them to squat. Risk of injury and unnecessary joint damage can be prevented by simply posing that question with your clients on day one of their training. It is true that squats are one of the best power movements available, but only if you are a power lifter.

If performed *incorrectly*, squats can be one of the most dangerous exercises there is, so this move must be cleared when you have adequately determined your client's ability to be able to do them effectively without risk to serious injury. Some trainers believe that it is impossible to develop well-developed and strong legs and glutes without squats, but that is not true. There are many other alternative leg exercises that can be utilized to develop great legs and glutes as a replacement for squatting. For example, the leg sled or leg press is one such exercise similar to squatting that provides a similar movement without the added stress on the neck, spine, lower back, or knees.

Assessing the athletic ability of your client is a necessity before adding a squat to their exercise regimen. Here are some simple questions and agility tests that are suggested you ask your clients *before* they begin training:

1. Do you have any injuries? (Especially to the neck, back, knees, or shoulders.)
2. Do you have scoliosis of the spine?
3. Check their gait on how they stand and walk. You have to set their stance for their bone structure. For example; I stand with my feet veed (V'd). If I performed a squat with my feet straight, it would do damage to my knee joint.
4. Have them demonstrate a squat without weights, so that you can see if they are even capable of executing the squat movement correctly.



This is how you assess an individual's squat stance.

Contrary to popular belief, squats are executed in a way in which every muscle in the body is contracted, leading with your glutes and slowly moving to break the 90 degree angle, pressing up with control, pausing without locking your knees, and then repeating the same movement again. The knees should never pass the metatarsal head. Most people lead with their knees, but by doing so, the weight distribution is going straight to the knee joint and that can have a damaging effect.

Another point of concern is that there are many people who are trying to do exercises on equipment that it's not made for. This must be forbidden. Exercise machines are made with the correct angles in order to place joints in a safe position. However, by creating your own exercises or doing them on equipment that it's not made for, places additional



The Smith machine is NOT designed for squatting!

stress on your muscles and joints. As a result, this is not only ineffective, but quite hazardous. One such example of how exercise equipment can be used incorrectly is when one attempts to get on a Hack Squat machine backwards and then attempts to imitate a free-form. The thought of this is excruciating. As can be seen in the photos, using this machine incorrectly can damage and put unnecessary strain on your neck, back, and knees which is risky.

You only get one set of natural joints, so protect and take care of them by doing exercises that are safe for you to do as well as also by doing them correctly! So, the next time you begin training a new client, you must determine on day one if it is okay for them to squat or if they should not! ■

**the Natural Edge**

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# 2017 NGA Natural Mr. & Ms. California Championships

June 30, 2017 • Folsom, CA



Photo Credit: Carl Thygesen



**Fatima Machado**  
Bikini - Open  
NGA Pro Card &  
Overall Winner

NGA Promoter: Johnny "The Motivator" Carrero

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**Figure - Open:** Jenifer Sansone, Yemia Hashimoto, Ginger McGuinness, Lucinda Witte (NGA Pro Card Winner), Terry Thompson



L to R:  
**Josif Todorovits**  
BB - Open  
LW Winner

**William Robinson**  
BB - Open  
NGA Pro Card  
& LHW Winner

On June 20, 2017, some spectacular athletes came together to showcase the grueling work they put into their bodies. The 2017 NGA Natural Mr. and Ms. California Championships, a contest dedicated to fallen officers and first responders, is a show like none other.

In the Masters Bodybuilding class, Ralph Allen placed 3rd, Joe Palomo came in 2nd, and 1st place was awarded to a person whose definition is hard to match, Scotty Warden, who took the title as the NGA Natural Mr. Masters California.

In the Physique Masters class, Pete McGuinness placed 3rd, Shannon Anderson came in 2nd, and the 1st place award went to someone whose preparation is always stellar, Robert Matthews, who won the title of NGA Natural Mr. Physique Masters California.

In the Open Figure class, 3rd place was awarded to Ginger McGuinness, 2nd place went to Yemia Hashimoto, and a very close 1st place finish went to Jennifer Sansone.

In the Figure Masters class (50 and up), there were

two contestants. The 2nd place award went to Terry Thompson whose beautiful legs were eye catching and 1st place went to Lucinda Witte, who brought to the stage a well put together package. Both of these awesome ladies proved, in this show, that age is nothing but a number.

Next was the Physique Open Class A. This class was tough to judge due to the high caliber of contestants. The 6th place finish went to a first-time competitor whose nice physique graced the stage, Simar Dhaliwal. The 5th place win went to Pardeep Singh who could check this event off his bucket list. Next was 4th place with Robert Matthews taking the win. Tony Choe, another first timer to look out for in future shows, placed 3rd and the 2nd place finish went to Jaime Perez which was decided by a 1-point difference. And, finally, the Physique Class A 1st place winner went to Silas Hopkins.

In Physique Class B, the 5th place title went to Pete McGuinness. The 4th place finish went to Shannon Anderson followed by Rob Laird who placed 3rd. Erik Kohler, who placed at 2nd, received the roars of the crowd who loved him because of his amazing transformation. Yet, it was the fun and jaw-dropping routines of Shaun Hayes that warranted him the 1st place Physique Class B title. The Overall title and NGA Pro Card winner in this category was a close match at

the 2017 NGA Mr. & Ms. California Championships, but the final tally gave the win to Silas Hopkins.

In the Figure Open class, Ginger McGuinness placed 5th followed by the very lean Yemia Hashimoto in 4th place. A very tough Jennifer Sansone came in at 3rd place with Terry Thompson coming in at 2nd. The NGA Ms. Figure California winner and NGA Pro Card was the extraordinary Lucinda Witte! Some of these figure competitor winners were actually bikini competitors in former years and it was great to witness that their transition pay off for many of them.

In the Bikini Open Short class, the 3rd place winner was the highly energetic Samantha Gerber with Sonia Lan, a first-time competitor with tons of potential, coming in at a strong 2nd place win. But, it was Desire McGuire and her excellent posing and even more dynamic body that warranted her the 1st place win in the Bikini Open Short class.

In the Bikini Tall class, there was a 4th place finish by Britney Lazar, with a dazzling smile and even more dazzling stage presence. In 3rd place was a very lean Christie Robinson followed by Chloe King who took the 2nd place win. But, it was the ever so symmetrical Fatima Machado who was the 1st place winner and Overall champion who received the

title of NGA Ms. Bikini California along with her NGA Pro Card.

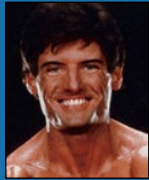
In the Bodybuilding Open there were two classes which were Lightweight and Middleweight. In the Middleweight Bodybuilding Open class, Joe Palomo, with his dynamic symmetry, came in with the 3rd place win with Scott Warden following him for 2nd place. But, it was Josif Todorovits who came with a muscular, shredded frame to win 1st Place in the Middleweight Bodybuilding Open class.

In the Lightweight Bodybuilding Open class, Ralph Allen took the 3rd place win and a very hard Shaun Hayes came in 2nd. But, it was the outstanding symmetry and muscle development of William Robinson that granted him the 1st place win in the Lightweight Bodybuilding Open class. Finally, the highlight of the show was the battle between the winners of the Lightweight and Middleweight Bodybuilding Open for the title of 2017 NGA Natural Mr. California. The winner was William Robinson who not only took the title, but he also won his NGA Pro Card and an Excalibur Sword.

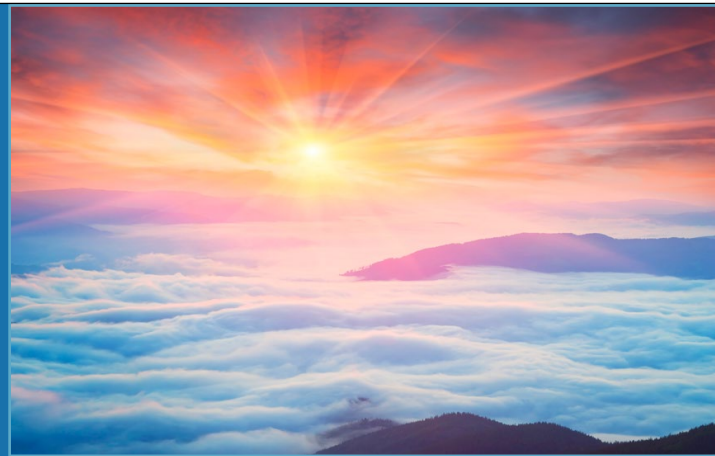
What a dynamic show this was and we are looking forward to the next one being better and more dynamic than the last! ■



# THE NATURAL WAY



BY MIKE HAMILL  
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## Aerobics: What kind, how long, how often?

In the last issue of this segment, I stressed the importance of meal plans. My recommendations came largely from the meal plans suggested in Bill Reynolds book, Sliced, For Two Reasons. The first reason is because those meals plans work. Secondly, I've found none better and as I mentioned before, most of today's meal plan gurus are using some form of his plan.

Now, the questions that I will focus on today will be about aerobics: what kind, how long, and how often.

When I first began training, there were dozens of different opinions floating around. I gained a great deal of information on the topic by following the advice found in the fitness magazines of the time. It was suggested by many of these magazines to run for forty minutes twice a day.

I later met one the greatest natural bodybuilders of all time who told me that I should cut my running time in half and walk instead.

It didn't take much for me to accept his suggestion, because just by looking at his body and comparing it to mine, I knew that I had to give it a try. BUT, as I do with all theories, I decided to test it first. The following are the results that I received after giving it a try, as I

have used this method with clients of all ages over my personal training career as well and have never failed to get positive results:

### AEROBIC TRAINING TIMED TESTS

To verify the effects of twenty-one (21) minutes of aerobic training as opposed to forty (40) minutes of aerobic training, two test subjects were used. The purpose of testing was to determine which time period provided the most fat loss while maintaining lean muscle tissue.

The test subject was a 35.3 year old male. Testing was done through Hydrostatic Body Composition Testing at the University of Utah's Human Performance Research Laboratory. The male's test was conducted from March 30, 1992 through May 14, 1992.

### MALE SUBJECT TEST RESULTS

On March 30, 1992, the male subject began aerobic training for forty (40) minutes by running on the treadmill at 6.5 miles per hour at a 4% incline. His body weight was 196.4 pounds at 12.8% body fat totaling 171.2 pounds from lean muscle tissue and 25.2 pounds from fat. On April 10, 1992, this subject weighed 188.2 pounds at 11.2% body fat totaling 167.1 pounds from lean muscle tissue and 21.1 pounds from fat.

The results of aerobic training on this male subject represented a 3.9 pound loss of lean muscle tissue

with a 4.1 pound fat loss. On April 11, 1992, the subject reduced aerobic training time to twenty-one (21) minutes while maintaining all other aspects of previous training and weighed in again on May 14, 1992. At this time, the subject weighed 181.7 pounds at 5.6% body fat totaling 171.5 pounds from lean muscle tissue and 10.2 pounds from fat.

The outcome from this trial represented a GAIN of 4.4 pounds of lean muscle tissue with a LOSS of 10.9 pounds of fat weight simply accomplished by reducing the aerobic training time by nineteen (19) minutes.

Subsequent testing performed on this same male subject from April 13, 1996 through May 23, 1996 at a walking pace of 4.5 miles per hour at 10% incline was performed. The purpose of the test was to induce lean muscle weight gain while maintaining or losing body fat. For this test, a mass building meal plan was incorporated. The results were as follows:

On April 13, 1996, the subject weighed 176.2 pounds at 4.7% body fat totaling 168.4 pounds from lean muscle tissue and 8.1 pounds from. On May 23, 1996, the subject weighed 183.1 pounds at 2.9% body fat totaling 177.9 pounds from lean muscle tissue and 5.2 pounds from. This represented a lean muscle GAIN of 9.5 pounds and a fat LOSS of 2.9 pounds.

### CONCLUSION

As documented by the results from the aerobic exercise experience conducted at the University of Utah, it can be determined that aerobic training periods of twenty-one minutes, including

warm up and cool down, yield significant benefits in lean muscle tissue gain and maintenance as well as increased body fat loss over longer periods of aerobic training in both short and long-term increments.

Additional benefits to aerobic training are less stress on joints, ligaments, and tendons while also providing improved cardiovascular, nervous system, and muscular tissue health.

You can make your own determination based on these test results. In the next issue, I will present sample workouts that can be added to meal and aerobic plans that will assist you in getting you the physique that you desire. ■



Mike Hamill is an NGA Staff writer and an NGA Certified Personal Trainer with twenty-six years of bodybuilding experience. He is a multiple Mr. Utah and regional Masters Champion with consistent top five finishes on national and world levels. Known as "The Bodybuilding Poet", Mike has been published in several international fitness publications. You may sample his creative side at: [www.reverbnation.com/mikehamill](http://www.reverbnation.com/mikehamill)  
Contact him with questions at: PO Box 676, Park City, Utah 84060  
Email Mike at: [themikehamill@gmail.com](mailto:themikehamill@gmail.com)



# Taking My Fitness Journey Up A Notch



BY LAMEESA MUHAMMAD, PHD  
FRAGMENTALIST@YAHOO.COM



After giving birth to my son naturally at 39 years old, I decided to take my fitness journey up a notch. Although I had committed to eating healthy foods and exercising since the age of 15, I was unhappy with the loose, stretched skin on my stomach after giving birth. The cellulite on my thighs acquired from my sweet tooth and bread addiction, and the lack of muscle definition due to the many years I spent only doing cardio and aerobic exercising was also upsetting. Despite all of my efforts, I wasn't as healthy as I thought I was because my body still did not look how I wanted it to. I hadn't worn shorts since my college days and I wouldn't be caught dead in mini-skirts or bathing suits. I was ashamed at how my body looked, yet many people couldn't see this frustration because I was never overweight and had become quite skilled at carefully styling the clothes that I wore to hide the fat pockets I had. In fact, I hated my body and I knew it was time for me to do something about it.

I remember my first day at Lean Styles Proactive Weight Loss and Fitness Center in Cincinnati, Ohio just like it was yesterday. I scheduled a time to consult with Hank Merrick, the gym owner and principal fitness trainer. He had pictures taken of my body and told me that he could help me get the

physique that I desired if I followed his fitness and nutrition plan. Determined to do anything to build up my legs and tighten my abs, I trusted his advice. As difficult as it was to give up unhealthy carbs and sugary snacks, I complied and gradually began losing excess fat and building muscle.

After about one year of following the fitness and nutrition plan of my personal trainer, I decided to compete in a regional fitness competition. I had no idea what fitness competitions were prior to personal training. I was extremely nervous because I had to show my body, especially my legs, to the public. I doubted that I could do it, but I stepped on stage at the 2014 Monster Mash Natural in Cincinnati, Ohio. I placed in every category that I competed in, yet I was still suffering from body shame issues and told my trainer that I would never do another show again. We laugh about that today because 3 figure competitions later, I won my NGA Pro Card as a Figure Master competitor at the NGA Cincinnati Natural in April 2017. But more importantly, I won the fight against the body shaming that I suffered from and defied the myth that women over 40, even after child birth, can't achieve the body of their dreams. I am the physical testimony that they can. ■

Lameesa Muhammad, PhD, NGA Pro Master Figure Competitor, is a personal trainer and sponsored athlete at Lean Styles Proactive Weight Loss and Fitness Center in Cincinnati, Ohio. She is the owner of Flour Gurl HealthYer Treats & Delectables, creator of Sunday Body Blast, and model for Natural Woman Magazine. Lameesa Muhammad is an educator, social service professional, and co-author of two chapter publications, Race, Gender, and Single Parenting: Dismantling the "Invisible" Myth around Intellectual Black Female Scholars and Navigating Inhibited Spaces: Black Female Scholars' Re-articulation of Knowledge Production in the Academy and is currently working on a publication which will highlight the unique plight of African American homeschoolers.

# 2017 NGA 7th Annual Titan Classic

June 17, 2017  
Urbandale, IA

NGA Promoter: Titan Classic, LLC  
[ngatitanclassic@gmail.com](mailto:ngatitanclassic@gmail.com) • [ngatitanclassic.com](http://ngatitanclassic.com)



Dustin Scott  
Men's BB - Open  
NGA Pro Card Winner



Marli Apt  
Figure - Open  
NGA Pro Card Winner



Samantha Voeltz  
Bikini - Open  
NGA Pro Card Winner



Scott Gosselink  
Men's Physique - Open  
NGA Pro Card Winner

The NGA 7th Annual Titan Classic in Urbandale, Iowa which convened on June 17, 2017, showcased many months of intense training, sacrifice, and commitment to the sport of bodybuilding from some spectacular athletes. Though small in number, these 26 athletes who came from 5 states, brought with them a competitive spirit that was contagious and inspiring.

This event was held at the Urbandale High School Performing Arts Center as it had been in prior years and welcomed many first-time competitors whom were new to the sport. It was a pleasurable experience to witness the hard work and dedication that these athletes put in as it was evidenced in their showmanship. Not only was the event a first for many of the competitors, it was also a first-time for Jonathan Aggen, who held the position

of Head Judge. Jonathan Aggen did an excellent job at keeping the competition on pace by using the continuous show format, rather than the more traditional format in which intermittent pauses are more common. In addition to this, the 7th Annual Titan Classic was hosted for the first time by Titan Classic, LLC which is composed of show promoters, Robert Dickerson, Benjamin Scott, and Linda Dickerson. With the help of an awesome group of volunteers and sponsors and a distinguished panel of judges, the show presentation was a hit.

Congratulations to all the competitors at the 2017 NGA Titan Classic and to all the NGA Pro Card eligible athletes. Many thanks to all involved in this year's show for making it a success, including Earl Snyder and Terri Whitsel, who offered their continued support to help make this show as incredible as it was. We look forward to enhancing and growing the NGA Titan Classic in the coming years. ■



# Abdominal Training Tips



BY DR. CHRISTOPH KLUPEL  
NGA EDUCATION DIRECTOR FOR SOUTH EAST ASIA  
ULTIMATE FITNESS ACADEMY (THAILAND)  
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[ULTIMATEFITNESSTHAILAND.COM](http://ULTIMATEFITNESSTHAILAND.COM)

**F**at tends to be stored in the most inactive areas of the body, and therefore, the abdominal area is one of the preferred areas for fat deposits, especially in men. In the quest to lose these unwanted pounds from their midsection, fitness-enthusiasts often perform an abundance of abdominal exercises. They are caught up in the misconception that resistance-exercises such as leg-raises, sit-ups, or crunches will affect fat-loss in their abdominal area.

Unfortunately, such "spot-reduction" is not possible. Abdominal exercises don't burn a significant number of calories and the energy to perform these kinds of exercises comes from the glycogen-stores of the abdominals' muscle-cells, not from the fat-layer above.

Thus, systematically training the abdominal will hardly reduce any belly-fat, but will rather strengthen the muscles underneath. Healthy fat-loss occurs gradually throughout the body because of sensible long-term reduction of daily calorie-intake by optimizing one's food choices (not starving oneself), along with an increase in calorie output through regular prolonged aerobic activity, in combination with a properly designed weight-training program. Unless these vital requirements are met, you will never achieve an impressive six-pack.

Some fitness enthusiasts may wonder whether they should even bother to train their abdominals



Model: NGA Pro Tony Richburg  
Photo Credit: Norma Sobal, Visions Photography

at all because abdominal training does so little to reduce belly-fat. Strengthening the abdomen is imperative, as these muscles have several very important functions to fulfill. The abdominals protect the visceral organs and compress the abdominal contents, which can contribute to giving one's midsection a trimmer appearance.

The abdominals, particularly the rectus abdominis, are responsible for the flexion of the vertebral column, which is essential in everyday movements. Working as the antagonists of the erector spinae complex, balancing the action of these strong extensors of the vertebral column, they contribute a great deal to stabilizing the midsection, which is particularly important during various weight-training exercises like the barbell squat, deadlift, shoulder press, etc.

Unfortunately, improper performance of

abdominal exercises may lead to lower back-pain and can even cause spinal damage. The following suggestions are strongly advised in order to optimize the effects of your abdominal work-out and prevent injuries to your lower back:

1. Keep your lower back rounded throughout the performance of abdominal exercises!
2. Exhale (breathe out) forcefully during each abdominal contraction!
3. When performing several abdominal exercises subsequently, arrange them in such order that the most challenging movements (leg-raises, etc.) are performed before any less challenging movements (sit-ups, crunches). Also, perform twisting abs-movements before straight ones.
4. Perform abdominal-exercises with a larger range of motion before movements with a shorter range of motion.

5. Avoid leg raise-type exercises which require extending both legs straight forward simultaneously, while lying flat on your back; this places undue strain on your lower spine.
6. Don't perform sets with very high numbers of repetitions, but rather increase the resistance as soon as you can easily perform more than 15-20 correct repetitions per set (use ankle-weights with leg raises; increase the decline-angle during sit-ups.)
7. Perform sets of back-extensions alternating with your abdominal exercises to create balance in these opposing muscle-groups.

However, do not exclusively train your abs and back in isolation, but remember to also include functional movements like deadlifts and push-ups in your work-out routine. This will optimize core-strength even more, generating a solid foundation for lifting heavier and staying safe during these essential lifts. ■

## Try Tai Chi Now!

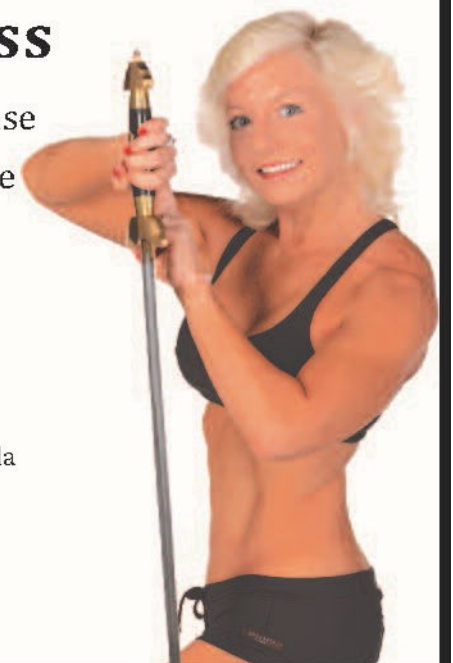
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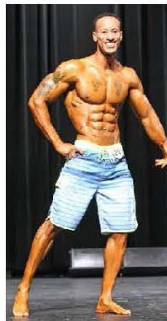




The N.G.A. 42nd Annual

# Mt. Rogers

DRUG FREE

**Bodybuilding, Figure, Physique & Bikini Championships****Saturday, Nov. 18, 2017****Freedom H.S.,  
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Men's: Novice \* Masters \* Physique \* Open classes  
Women's Bodybuilding \* Figure \* Bikini \* Physique  
and the



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(under 12)

**NIGHT SHOW & FINALS****6 PM****PROS & AMATEURS**

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(under 12)

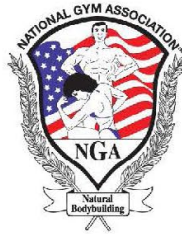
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**703-405-3036****[www.essentialfitness.com](http://www.essentialfitness.com)**

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## Try Yoga... Reap the Rewards!



BY WENDY WEBBERLY  
[WMATZAGIRL5@GMAIL.COM](mailto:WMATZAGIRL5@GMAIL.COM)  
[WWW.INYOURHOMEYOGA.COM](http://WWW.INYOURHOMEYOGA.COM)

I was raised in the projects of Brooklyn, NY in the early 60's. As children growing up there, our exercise consisted of running up and down the staircase or running around the block a million times. That's what kids are supposed to do, right? In those days, people weren't aware of anxiety problems or depression in children. I remember having a lot of anxiety and depression at the age of 11 years old. One would think that is ridiculous. A child doesn't have any bills to worry about, children are taken care of by their parents, and they have a roof over their head and three square meals a day, so how could it be possible for a child to have any kind of anxiety problems? Well, welcome to my world and I will show you how. It wasn't that I didn't have good parents. I did and they were wonderful, but it was just life itself. The things that bothered me which caused the most anxiety was peer pressure, school pressure, and maybe I even had ADD (Attention Deficit Disorder), which in those days was unheard of. Who knows what it was. All I know is that I felt like my mind was always racing and that I was out of control. But, the weird thing is because I felt like that all of the time, I thought that feeling was normal.

However, one night when I was watching TV, a yoga program came on. I had no idea what I was watching, but I saw this pretty lady with a long

black braid lying on her side. Her show was called "Lillias Yoga and You". I always remembered her name because she had an impact on me. I didn't know it at the time, but this was to be my saving grace. I would watch her and would emulate her movements. I started to feel more relaxed and calm. I started doing the yoga in my bedroom before I went to bed and it helped me to sleep better. I really enjoyed yoga and I knew that it was helping me. When I look back on that time, I know that I was only getting a small glimmer of what yoga was really about and although I didn't really understand it, all I know is that it made me feel good. So, I continued to practice it occasionally only when I would catch it on television.

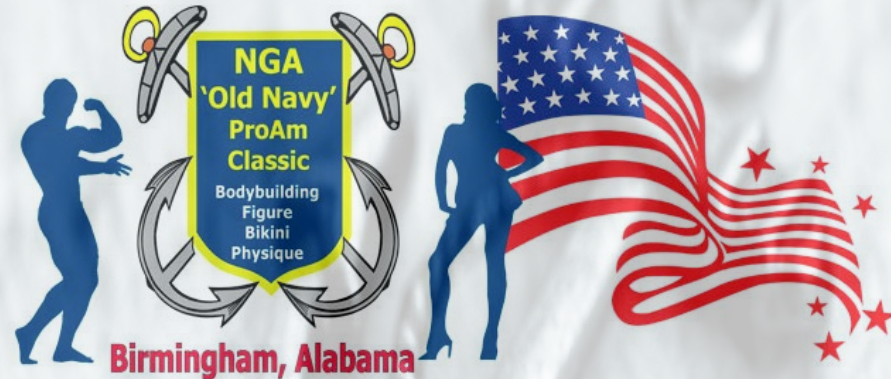


As life progressed, so did I and I moved on and forgot about yoga. I got married, had children, and then life showed up, happened, and knocked me slightly off kilter. There were many negative and sad situations and circumstances, but, once again, the light of yoga appeared in my darkest hours. And, just like it had done before earlier in my life, it lightened up my soul. Yoga has helped me immensely and I wanted to help other people as well, so I decided to make yoga a passion in my life to help other people feel good.

Many people might ask, "What is yoga?" Yoga is YOU. It is your body, mind, heart, and spirit all rolled into one. It can be viewed as tying the strands of the mind together along with the body. It is the essence of who you are. Yoga is a disciplined practice. It will keep you in the present moment and keep your mind focused along with toning your body. Yoga will make you a better person on and off the mat. Sri K. Pattabhi Jois, (a great yoga sage) used to quote from the Bhagavad Gita: "Do your practice and all is coming. Bodies come and go cast off like old cloth, but the soul is never born, nor does it die." If you've never tried yoga, purchase a mat, find a class, and you will begin to reap the rewards. ■

Wendy Webberly is a Certified 200 hour yoga teacher with Yoga Alliance and is also certified as a Vedic Thai Yoga therapist. She teaches Vinyasa Yoga, Yin Yoga, and Kundalini Yoga at the Christine E. Lynn Wellness Institute in Boca Raton, Florida as well as private lessons.





**July 8, 2017  
Birmingham, AL**

**NGA Promoters:**  
**Scott "Old Navy" Hults & Michael Jackson**  
[ngaoldnavyclassic@gmail.com](mailto:ngaoldnavyclassic@gmail.com)  
[www.ngaoldnavyproamclassic.com](http://www.ngaoldnavyproamclassic.com)



**New NGA Pros:** Brandon Cobia, Carson Jowers, Shasta Brock, Jared Lyvers, Robert Zius



**Darryle Lee**  
NGA Pro BB - Master Winner

**T**hirty-seven outstanding men and women athletes hailing from Georgia, Florida, Tennessee, Mississippi, Idaho, Texas, and Alabama convened at the 2017 NGA 10th Annual 'Old Navy'. They competed for sculptured award medallions and NGA Pro cards in the following categories: natural bodybuilding, figure, physique, bikini (super pro qualifiers), as well as the NGA 5th Annual 'Old Navy' Pro Master Bodybuilding Classic in Birmingham, Alabama.

The athletes were full of excitement to return to Homewood High School for its 7th year while they

enjoyed its great stage, sound system and dramatic lighting, pump up area, and back stage refreshments all while donning their 2017 NGA 'Old Navy' Classic sports bag with the official 2017 show t-shirt and a Snickers bar. The contest start was prompt and ran its course in a smooth fashion. This was clearly a "competitor's show," that had been organized by former competitors who knew how to support the athletes by providing them with their essentials. Many of the competitors were repeat contestants from the prior year who said they were highly likely to return the next year for the 2018 NGA 11th Annual 'Old Navy' Natural Pro/Am Classic on June 30, 2018. There were also others who encouraged their competitor friends to join them on stage. This was an exciting and fun show with a guaranteed promise to make the next one to be the best one yet.



**Classic Physique - Open:** Eric Bradford, Jared Lyvers, Robert Zius, Kevin Taylor, Ronald Dean



**Bikini - Open:** Lauren Estes-Velez, Martina (Tina) Allen, Shasta Brock, Briel Dawson, Nicole Page



**Pro BB - Grand Masters:** David Weinstock, Paul Redmer, Buford Pigg

In addition to the NGA 'Old Navy' Open amateur show, six Master Pro bodybuilders and three Grand Master Pro bodybuilders competed in the NGA 'Old Navy' Natural Master Pro Bodybuilding Classic. Darryle Lee from Spring Hill, TN repeated his Men's Master Pro Bodybuilding win from last year while NGA Pro, Paul Redmer from Acworth, GA won the Grand Master Pro title.

In the amateur competition, NGA Pro Card eligible classes needed five or more competitors entered for the Open Division and five or more competitors entered for the Masters Division to earn a card. NGA Pro Cards were awarded to six athletes in this super pro qualifier. Robert Zius from Orlando, FL won the Men's Classic Physique class, the Men's Bodybuilding Open Middleweight class, and the Bodybuilding

Overall title. Jared Lyvers from Chelsea, AL took home the second NGA Pro Card awarded in the new Classic Physique division. Carson Towers from Birmingham, AL won the Men's Physique Open Lightweight class and Brandon Cobia from Hoover, AL took the Men's Physique Open Heavyweight title and went on to win the Men's Physique Open Overall. In the Bikini Open and Bikini Masters class, Shasta Brock from Birmingham, AL won her NGA Bikini Open Pro Card. Congratulations to our new NGA Pros!

For our 10th Anniversary Show, we introduced the Mr. & Ms. Alabama title in every class. Ten athletes won Mr. & Ms. Alabama titles. We look forward to another exciting show for the next year! ■



# BODYBUILDING LONGEVITY

BY MARION HALL,  
NGA PRO BODYBUILDER  
[BUFFLION69@YAHOO.COM](mailto:BUFFLION69@YAHOO.COM)



**M**y name is Marion Hall and this is my 30th year of competitive bodybuilding. My first experience with bodybuilding began in 1982. During this time, I had only done weightlifting for athletics, but it wasn't until I watched Conan the Barbarian in 1984, that I caught the bodybuilding bug. In 1988, I competed in the NPC KY Derby Festival Bodybuilding Extravaganza and won the Overall in the Teenage division. I later went on to compete at the 1989 NPC Teenage Nationals.

My wins had made me a hometown favorite. I was even interviewed by a local newspaper that shared my story on its front page. The writer asked me how long I planned to be a bodybuilder. At the time, I was 18 years old and obsessed with bodybuilding, so, I told the reporter that I would be bodybuilding well into my 50's.

I couldn't foresee the 13 year hiatus from fitness and athletics that I would later take, but I did. When I decided to return, I entered the 2nd natural bodybuilding contest ever held in the State of Kentucky and won my NGA Pro Card in 2014.

Well, here I am, at 48 years old and still going strong. My long tenure and passion for the sport has prompted me to share these keys to how I have been able to achieve bodybuilding longevity:

**Train Hard, But Smart:** Gut-busting kamikaze total failure workouts are productive, but can also be a recipe for disaster if always done. Injuries and overtraining will halt all gains and when age along with being drug-free is added to your regimen, burnout is almost inevitable. It is more productive to lighten the weights while you build so that you can actually feel your muscles work instead of overtraining them.

**Use Proper Training Form:** In today's gyms, it is very common to see high numbers of people using improper exercise technique. Improper technique is counterproductive because it does not fully stimulate the muscles for growth and expansion and it also increases the risk for injuries. Arnold Schwarzenegger once said half reps make half muscles, so never sacrifice form by adding more weight. It is more important to focus on how you move the weight from point A to B versus the amount of weight that you move.

**Adequate Rest/Recovery:** Remember, your muscles grow when you rest. The goal should be to get at least 7-8 hours of sleep and to also have scheduled days off in your training plan. Also, if you suffer an injury, let it heal. If the injury is one you can't train around, DON'T TRAIN THAT BODYPART! My rule of thumb is to take 6 weeks off from training injured areas which have done wonders for my more moderate injuries.

**Bodybuilding Lifestyle:** It's a way of life and not a hobby. You must balance your bodybuilding goals with life's demands. Family and employment can make gym time scarce, so if all you have is one hour to train, make it count! You can control your

mindset and diet, so stay focused on your goals. I've had 9 and 13 year contest hiatuses, but because of my mentality of continuing to make fitness a part of my life even when I wasn't on stage and competing, I have always stayed about 12 weeks out from contest shape.

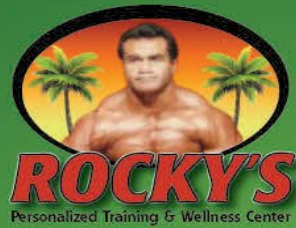
**Stay Drug Free:** Do you know how many PED (performance enhancing drug) athletes I have seen come and go? Too many and it didn't have to be that way. Many of them have passed on because of mental and/or physical health issues, incarceration, or death which had either worsened or was induced through the use of performance enhancing drugs.

Hopefully, you will find these key factors helpful in your pursuit to a long career. I give a special thanks to my coach Shelli Jones at Evolution Fitness in Cincinnati, Ohio for modernizing my diet and look. Also, I give thanks and blessings to Josh Miller for bringing natural contests to Kentucky which is the main reason that I continue to compete.

See you on stage soon! ■

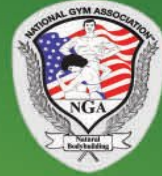
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3rd Annual

**NGA Pro-Am  
Rocky's NEO**



# Bodybuilding, Figure, Physique, Bikini Championships



## SATURDAY, APRIL 21, 2018

COLUMBIANA HIGH SCHOOL • 700 COLUMBIANA-WATERFORD RD. • COLUMBIANA, OH 44408

**LIVE JUDGING: 12:00 pm**  
**NGA SUPER PRO QUALIFIER**  
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Children under 12 \$5 • Trainer's Pass \$45

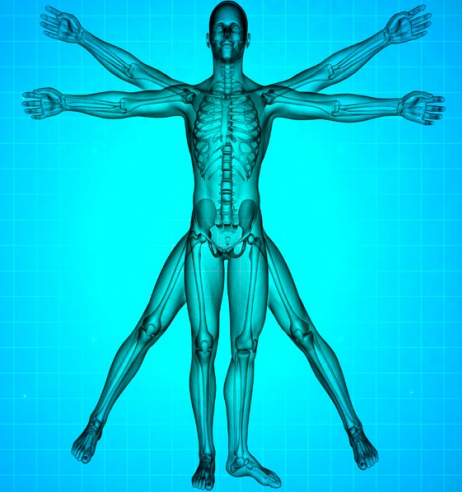
FOR MORE INFORMATION:

Roy: 330-518-4139 or roythomas1129@sbcglobal.net  
Rocky: 234-352-9882



## THE ANATOMY FACTOR

BY ROSS SIMMONDS  
[M.ROSSSIMMONDS@GMAIL.COM](mailto:M.ROSSSIMMONDS@GMAIL.COM)



I am so pleased to have the opportunity to assist the NGA League by being a host columnist for its magazine. I look forward to being instrumental in providing diverse views and perspectives in many areas, but particularly in the areas of injuries, surgeries, and nutrition which have been my professional specialties before retiring after 37 years from the medical device industry.

Professionally, I've had several start-up entrepreneurial companies that were introduced into the public market and later sold them and I continue to provide confidential consulting to medical corporations, physicians, and surgeons. In addition to my experience in the medical device industry, I also have some experience with the use of medical devices myself and am often called the "Bionic Man" because of the extensive surgeries and injuries that I have had. These include five knee surgeries, two shoulder surgeries, one ACDF (Anterior Cervical Discectomy and Fusion) with a titanium plate and six screws, facial and oral reconstruction, four compressed fractured vertebrae (treated with bracing), and an arthritis cleanup done during my shoulder and knee surgeries with the latter being only a temporary fix.

I have executive experience which includes working with many innovative spine and orthopedic companies. Among those was with Johnson and Johnson where I held various positions with increasing responsibility including Sales Representative, Regional Manager, National Sales Manager, Senior Vice President of Sales, Product Manager,

Group Product Manager, Senior Vice President of Marketing, Senior Vice President of Worldwide Marketing, Sales and Distribution, Chief Operating Officer, Chief Executive Officer, and multiple positions where I served on the Board of Director position. No stranger to the clinical community, I have also served as Chief Operating Officer and Senior Vice President for Long Beach Memorial and Miller Children's Hospitals in Long Beach, CA.

Additionally, I am multilingual and I have lived on three continents which allows me to possess a unique global marketing perspective. However, my sole goal moving forward as a host columnist to the NGA is to convey helpful information to the readers from physicians, nutritionists, qualified trainers, and medical device industry personnel in the form of commentaries delivered by qualified people and many others to what is planned to be a NON-COMMERCIAL column. Who knows.... the occasional celebrity bodybuilder may just appear.

In the next publication, there will be a discussion of rehabilitation after shoulder surgery. There will be many more discussions like these and I look forward to your suggestions on topics. The NGA Magazine will feature an article in every issue in this column with the possibility of adding an article to the monthly newsletter if permissible. If you are interested in learning about a specific topic, I can be contacted at the email above.

Again, I am pleased to be able to have the opportunity to contribute to the NGA as a host columnist and look forward to your feedback! Have a Happy and Healthy Day! ■



# 2017 NGA 1st Annual South Lake Tahoe Natural

July 22, 2017  
South Lake Tahoe, CA

The NGA 1st Annual South Lake Tahoe Natural put everyone on a natural high. Propped high up into the Sierra Mountains at 8500 ft. elevation and a peak at 6500 ft. elevation at lake level, the fresh crisp air, bright blue skies, smell of pine and sweet sap surrounding the remodeled high school theater nestled behind a grove of trees where this event was held, brought back fond childhood memories to me.

So, when I decided that this would be the best setting for a natural bodybuilding show, there was no doubt that it would be dynamic. Tahoe always has drawn the more extreme athletes who are adventure seeking enthusiasts, and although there is another natural bodybuilding show held on the other side of town in Nevada at the stateline that is riddled with casinos, the South Lake Tahoe Natural brings with it a different feel and energy.

On Friday, the eve of the show and being the show promoter, I decided to handle the registration myself. I was greeted by all the entering competitors and handed them their number pins, a Jay Robb Swag Bag filled with protein packs, shaker bottles (Thanks Jay!!), an exclusive athlete t-shirt, cookies, and even more goodies! I felt so at home with the competitors that it felt like family. A component of the contest registration included a mandatory posing session. Although many shows do not have this session in the registration package, being my first show, I felt like we needed to bring whatever it took to get noticed as one of the best NGA California shows of all times. Additionally, I wanted the competitors to feel their best and also use this time at registration as a “production rehearsal” that would help them to prepare and present their “A” game at this new-fangled show. I noted that because of this added luxury (mandatory posing session), many of

the competitors became more relaxed because they were able to see and practice on the show’s stage for the first time. The pre-judging show started promptly with the show’s chairman, a 2nd year promoter, leading the charge. There were 7 NGA Pro natural athletes that made up the judging panel and with their expertise, I had all the confidence in the world that the show was on its way to making the best debut. There were a total of 18 competitors with 3 NGA Pro Cards to be awarded.

NGA Pro Bodybuilder, Edgar Tracy, opened up the evening finals with his beautiful strong posing routine followed by the national anthem sang by 15-year-old Daniela Lurey. All of the athletes and judges, including expeditors, were on stage as the show’s crew kept things running smoothly and seamlessly. The second half of the show was opened up with a presentation by a child athlete better known as “Mini Shredders” whose quarter turns and bodybuilding poses were a crowd pleaser. The evening show had all of the elements to making it fun for everyone. The theater accommodated lighting and music creating a happy mood and energetic ambience. Everyone received an award and a medallion for their participation. To award these medals were Ms. Sparks and Ms. Reno (from the neighboring towns of Tahoe) and their presence added a touch of class and mystique to this much anticipated event. The following were the winners of the 1st Annual South Lake Tahoe Natural and winners of NGA Pro Cards: Hannah Covington - Bikini Open, Vanessa Carrasco - Figure Open, Lorenzo Elder - Bodybuilding Open

I would like to thank all of the athletes and their families, friends, and loved ones who came out to support the NGA at the 1st Annual South Lake Tahoe Natural! We look forward to hosting another show next year and until then, stay strong naturally! For more details about the show and photo gallery, please visit [www.bingfit.com](http://www.bingfit.com). ■

NGA Promoter: Bing Saez  
[southtahoenatural@gmail.com](mailto:southtahoenatural@gmail.com)  
[www.bingfit.com](http://www.bingfit.com)



Bikini - Open Short: Hilary Francis, Angel Radar, Sonya Lan, Hannah Covington



Men's BB - Open: Joe Swope, Eric C. McKnight Jr., Thomas Damore, Lorenzo Elder, Scott Warden



Bikini - Open Tall: Victoria Barton, Christie Robinson



Figure - Open: Mandy Balboa, Rebecca Devan Shrader, Lori Strickler, Vanessa Carrasco, Sonya Lin



Men's Physique - Open: Thomas Damore, Simar Dhaliwal, Jaime Perez



## May 5, 2018

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# REGAINING CONTROL

By Dr. Jeffrey Scallon  
NGA Athlete  
[Obiwan111@aol.com](mailto:Obiwan111@aol.com)



One morning, while in the gym doing one arm dumbbell rows with far more weight than what I typically use, I felt a strange burning sensation in my lower back. The rational part of me insisted that I cease the activity immediately, however, the irrational and more macho part of my mind overruled that instinct and I continued on although I was in great pain. My form was poor, so as I jerked the dumbbell up for every rep, the burning sensation began to spread. I did complete the exercise, but that was the last time that I touched a dumbbell.

I decided to seek the attention of a medical doctor and learned that I had torn the last intervertebral disc wide a full 120 degrees and my pelvic ligaments were so stretched out that they no longer provided the support necessary to hold my pelvis together which caused excruciating pain. Because of this, in 2008, I elected to have a micro discectomy. This surgery helped me to be able to at least sit again, but the threat of pain from my pelvis twisting if I made even the slightest move was still there. I could not bend to put socks on or tie my shoes nor could I spread my legs more than shoulder width apart. And, the worst part about the diminished use of my physical body was that I could not lift more than 15-20 lbs. As a man, I felt useless. I had to develop special ways to get my pants on in the morning and for getting in and out of bed. I basically felt like I couldn't participate in life anymore.

So, when I decided to enter a natural bodybuilding competition, I felt this would be a solution to my ineptness and it would give me a goal to strive towards in being able to regain control of my life. Just the idea that I could participate in a sport breathed into me a renewed sense of self. For me, it wasn't about winning or losing, it was about being able to be a part of something, stand on stage, and look like I belonged there.

No longer able to lift weights, I decided to use bodyweight exercises to get back into shape. I used a combination of push-ups, pull-up, dips, and chins. Over the course of the 12 weeks that I trained, I began to appreciate the aesthetic qualities, symmetry, and beauty of bodybuilding. I slowly came to the realization that bodybuilding is not about pounding on the muscles just for the sake of mass, but it is an art and a sincere appreciation of the human form very similar to the beauty displayed in Leonardo da Vinci's Vitruvian Man.

Once the competition was over, I felt like I had achieved a milestone, because for so long I had listened to my body telling me "no" which stopped me from doing things. But after molding it into the form I wanted, I was beginning to tell it what to do for a change and it was responding.

Through the experience, I saw that there is a place for everyone in natural bodybuilding. I walked away from the show stronger, healthier, and more confident than I had been in a very long time. ■





**D**id you ever wonder what to do in the “off season” in between competitions that would help to prepare and improve you? The main questions that I get asked are, “How should I eat, train, and supplement in the off-season?” Many people struggle with what to do during this period and are often left trying to figure it out for themselves if they do not have the help of a personal trainer or nutritionist. One of the biggest myths and misconceptions about what to do during this period is to “bulk up” in order to get bigger. From my experience, many athletes use this time to eat any and everything in sight rather than balance their food intake in a way that will actually support the building of more muscle mass. So, instead of increasing muscle, they increase fat which appears as though it is muscle, but it is not.

Naturally, the more calories that you take in, the more energy you will have which will increase the amount of weight that you are able to lift. But, just because you are increasing in calories, doesn't mean that you have increased in the quality of your size. Lee Corso says, “Not so fast my friend.” And, so should this steady increase in caloric intake be not so fast. I have seen many clients with great results that have been achieved off season by eating the right amounts and types of food. So, when it was time for them to step on stage again, the necessary improvements were made to place higher in their class than they had done previously. In order to achieve these types of results, your off season should be planned just as tediously as your on season.

Did you ever wonder what to do in the “off season” in between competitions that would help to prepare and improve you? The main questions that I get asked are, “How should I eat, train, and supplement in the off-season?” Many people struggle with what to do during this period and are often left trying to figure it out for themselves if they do not have the help of a personal trainer or nutritionist. One of the biggest myths and misconceptions about what to do during this period is to “bulk up” in order to get bigger. From my experience, many

# Make Your **OFF** Season Your **ON** Season!



BY EARL “THE PEARL” SNYDER  
NGA PROMOTER RELATIONS, NGA PROMOTER, PA  
2X MR. UNIVERSE- SPAIN & FRANCE, 2X PRO WORLD, 2X PRO MASTER WORLD,  
NPC NATIONAL CHAMP – 1ST, 3X TEAM UNIVERSE WINNER, NPC USA CHAMP – 1ST  
COMPETED ALL OVER THE WORLD – OVER 15 DIFFERENT COUNTRIES  
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athletes use this time to eat any and everything in sight rather than balance their food intake in a way that will actually support the building of more muscle mass. So, instead of increasing muscle, they increase fat which appears as though it is muscle, but it is not.

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Training is one of the key components in gaining muscle mass. Great gains can be achieved by lifting heavier and keeping your reps and sets low. I advise keeping sets at 9 and reps in a range between 4 and 6 per set. Keep in mind; this does not include your warm-up sets. Another key component is to train the largest body parts at the beginning of the week and each body part at least once per week. It is also important to stay on a

schedule and train the same body parts the same time every week.

Your diet and how and what you eat is the most important component towards making significant gains during the off season. During this time, many athletes tend to be heavier, which means that your muscles need to be fed more. If you don't have enough protein intake to feed those muscles, they will not grow. As far as your carbohydrate intake, you will need to evaluate your body to see how it responds to various increases which will be different for everyone. Consuming too many carbs will make it difficult to transition back to stage weight when it is time for competition, so pay attention to your body. Remember, if you eat like a **PAC-MAN**, you will look like a **PAC-MAN**. Consult your trainer for off season maintenance and continue basic supplements like glutamine, creatine, and protein powders. Also, continue cardiovascular training, but only at the rate needed for maintenance. It is not necessary to do as much if you maintain discipline and follow your diet.

“Failing to plan is planning to fail” so remember that when you are thinking about what you are going to do to better yourself in the following year. It is okay to “let loose” in the off season, but only in moderation. The better you prepare in the off season, the more quality of size you will put on and the better of a head start you will have on the competition when it's show time. ■



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Philadelphia, PA  
NGA Promoter: Rev. Warren Egebo

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| <b>PRO Bikini – Open</b><br>1. Leandra Yost<br>2. Chelsie Sampson<br>3. Jacqueline Bryant<br>4. Michah Arriola  | <b>Figure – Open “A”</b><br>1. Kim Pfeiffer<br><b>NGA Pro Card</b><br>2. Marysel Jones<br>3. Dana Maiorini<br>4. Alyssa Fuentes<br>5. Holly Shuman<br>6. Chrystal Brown  |
| <b>PRO Figure – Open</b><br>1. Karla Miller<br>2. Julie Patula<br>3. Ebony Fenstermaker<br>4. Marie Rueger<br>5. Alissa Cheatham  | <b>Figure – Open “B”</b><br>1. Chelsea Cyr<br><b>NGA Pro Card &amp; Overall</b><br>2. LaQuita Carr<br>3. Jennifer Parish<br>4. Gwen Collison<br>5. Christine Bodendorf<br>6. Tyler Smith<br>7. Shakirah Bey<br>8. Brenda Taylor  |
| <b>PRO Men’s Physique – Open</b><br>1. Justin Taylor<br>2. Dimitri McKamey, Jr.<br><b>Best Abs</b><br>3. Greg Becker<br>4. Troy Hayward<br>5. Greg O’Brien<br>6. Gerald Price | <b>Figure - Masters</b><br>1. LaQuita Carr<br><b>NGA Pro Card</b><br>2. Kim Pfeiffer<br>3. Christine Bodendorf<br>4. Dana Maiorini<br>5. Holly Shuman<br>6. Chrystal Brown<br>7. Atiya Pope<br>8. Karen Leithead   |
| <b>PRO Classic Physique – Open</b><br>1. Umar Jones<br>2. Albert Broody<br>3. Peter Boularjeris   | <b>Women’s Physique – Open</b><br>1. Danielle Todman   |
| <b>PRO Men’s BB – Open</b><br>1. Brandon Taylor<br>2. Tim Rodriguez<br>3. Umar Jones<br>4. Mike Ennis<br>5. Rick Mojica<br>6. Damar Sasongko                                  | <b>Men’s Physique – Open LW</b><br>1. Peter Boularjeris<br><b>NGA Pro Card &amp; Overall</b><br>2. Frank Moultrie<br>3. John McKinstry<br>4. Bill “Buddy” Caine<br>5. Matthew Potts<br>6. Jonathan Hudak<br>7. James Williams<br>8. Brandon Little<br>9. James McCormick |
| <b>PRO Men’s BB – Masters</b><br>1. Mike Ennis<br>2. Damar Sasongko   | <b>Men’s Physique – Open MW</b><br>1. Michael Rowlands<br><b>NGA Pro Card</b><br>2. Joseph Opere<br>3. Cassio Castro<br>4. Ronald Hayward<br>5. Lamar Lockerman  |
| <b>Bikini – Open “A”</b><br>1. Marie Rueger<br>2. Heather Broderick<br>3. Brittany Williams<br>4. Elizabeth Gillespie   | <b>Classic Physique – Open</b><br>1. Carl Wittig<br>2. Lewis Armstrong<br>3. Matthew Potts<br>4. Matthew Murphy  |
| <b>Bikini – Open “B”</b><br>1. LaQuita Carr<br><b>NGA Pro Card &amp; Overall</b><br>2. Holly Ferguson<br>3. Jennifer Parish<br>4. Gianna Gossett<br>5. Shanay Williams        | <b>Men’s BB – Open LW</b><br>1. Joseph Drum  |
| <b>Bikini – Masters</b><br>1. LaQuita Carr<br>2. Dana Maiorini<br>3. Shanay Williams  |  |

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|---|---|
| 2. Matthew Potts<br>3. Paul Bryan<br>4. Chris Pfeiffer  | 2. Marysel Jones<br>3. Christine Bodendorf<br>4. Atiya Pope<br>5. Alyssa Fuentes<br>6. Karen Leithead<br>7. Tyler Smith   |
| <b>Men’s BB – Open MW</b><br>1. Dave Sheldon<br><b>NGA Pro Card</b><br>2. Chris Reed<br>3. Roger Houde<br>4. Lewis Armstrong<br>5. Maximilian Angle   | <b>Figure - Novice</b><br>1. Kaitlyn Ryan<br>2. Amirah Spielman<br>3. Elizabeth Stevens<br>4. Amy Brown   |
| <b>Men’s BB – Open LHW</b><br>1. Mike Neuman<br>2. Albert Broody<br>3. Walter Copland, III  | <b>Men’s Physique – Debut</b><br>1. Bill “Buddy” Caine<br>2. Joseph Opere<br>3. Cassio Castro<br>4. Ronald Hayward<br>5. Jonathan Hudak<br>6. Brandon Little<br>7. James McCormick<br>8. Lamar Lockerman<br>9. Troy Green |
| <b>Men’s BB – Open HW</b><br>1. Carl Wittig<br><b>NGA Pro Card &amp; Overall</b><br><b>Best Poser</b><br>2. Jim Traynor<br>3. Adam Derck<br>4. Thomas Futch<br>5. Shawn Jackson<br>6. Rory Godshall           | <b>Classic Physique – Debut</b><br>1. Matthew Murphy<br>2. Mike Green   |
| <b>Men’s BB – Masters 40+</b><br>1. Dave Sheldon<br><b>NGA Pro Card</b><br>2. Antonio Borriello<br>3. Chris Pfeiffer<br>4. Thomas Futch<br>5. Shawn Jackson<br>6. Joseph Scardino                             | <b>Men’s BB – Debut</b><br>1. Antonio Borriello<br>2. Matthew Potts   |
| <b>Men’s BB – Masters 50+</b><br>1. Dave Sheldon<br><b>NGA Pro Card</b><br>2. Roger Houde<br>3. Chris Pfeiffer<br>4. Paul Bryan<br>5. Thomas Futch<br>6. Don Gordon<br>7. Joseph Scardino<br>8. Rory Godshall | <b>Men’s BB – Novice LW</b><br>1. Joseph Drum<br>2. Matthew Potts   |
| <b>Bikini – Debut</b><br>1. Holly Ferguson<br>2. Jennifer Parish<br>3. Brittany Williams<br>4. Elizabeth Gillespie<br>5. Gianna Gossett<br>6. Shanay Williams   | <b>Men’s BB – Novice MW</b><br>1. Lewis Armstrong<br>2. Don Gordon  |
| <b>Bikini – Novice</b><br>1. Megan Siears<br>2. Karissa Weber<br>3. Aubrey Rosado<br>4. Rebin Roy   | <b>Men’s BB – Novice HW</b><br>1. Jim Traynor<br>2. Adam Derck<br>3. Shawn Jackson  |
| <b>Figure – Debut</b><br>1. Jennifer Parish   | <b>Men’s BB - Juniors</b><br>1. Mike Neuman<br>2. Troy Green  |
|   | <b>Spirit Award</b><br>Kenny Greene (Posthumously)  |
|   | <b>NGA Pro/Am</b><br><b>Toledo Glass Sceptor</b><br>May 6, 2017<br>Maumee, OH<br>NGA Promoter: Ryan Rollison  |
|   | <b>PRO Bikini – Open</b><br>1. Ashlee LeCompte  |
|   | <b>PRO Figure – Open</b><br>1. Christy Conrad   |
|   | <b>PRO Men’s Physique – Open</b><br>1. Jonathan Hamilton<br>2. Youssef Georges  |

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| 3. Nemanja Lazic  | 3. Madison Haupricht   |
| <b>Bikini – Open Short</b><br>1. Christina Schultz<br><b>NGA Pro Card &amp; Overall</b><br>2. Nike Spino<br>3. Cirrus Brown<br>4. Misty Waldbon | <b>Bikini – Novice Tall</b><br>1. Melissa McLeod   |
| <b>Bikini – Open Tall</b><br>1. Melissa McLeod  | <b>Figure – Debut</b><br>1. Tedra Smith<br>2. Amy Gross  |
| <b>Bikini – Masters</b><br>1. Niki Spino<br>2. Melissa Kolmar   | <b>Figure - Novice</b><br>1. Tedra Smith<br>2. Christina Schultz   |
| <b>Figure – Open</b><br>1. Holly Schultz<br>2. Tara Balduf<br>3. Leah Blevins   | <b>Men’s Physique – Debut</b><br>1. Chase Blake<br>2. Cameron O’Neil<br>3. Alex Keller   |
| <b>Figure – Masters 35-39</b><br>1. Racheal Chase<br>2. Kristi Conrad   | <b>Men’s Physique – Novice LW</b><br>1. Austin Grycza  |
| <b>Figure – Masters 40-49</b><br>1. Tedra Smith<br><b>NGA Pro Card &amp; Overall</b><br>2. Lameesa Muhammad                                     | <b>Men’s Physique – Novice MW</b><br>1. Michael Ellis  |
| <b>Figure – Masters 50+</b><br>1. Amy Gross   | <b>Men’s Physique – Novice HW</b><br>1. Chase Blake<br>2. Bryce Wright   |
| <b>Men’s Physique – Open LW</b><br>1. Omar Odetalla<br>2. Austin Grycza   | <b>NGA Mr. &amp; Ms. Santa Rose</b><br><b>Natural Championships</b><br>May 13, 2017<br>Santa Rosa, CA<br>NGA Promoter: Laura Gray                                      |
| <b>Men’s Physique – Open MW</b><br>1. Doug Ludmann<br>2. JaDarian Bowers<br>3. Michael Ellis<br>4. James Cole                                   | <b>Bikini – Open</b><br>1. Hilary Ward<br><b>NGA Pro Card</b><br>2. Felicia Ehni<br>3. Kelsey Chrisman<br>4. Kristy Peterson<br>5. Elissa Gill                         |
| <b>Men’s Physique – Open HW</b><br>1. Ryheem Williams<br><b>NGA Pro Card &amp; Overall</b><br>2. Chase Blake                                    | <b>Men’s Physique – Open</b><br>1. Aaron Sing<br><b>NGA Pro Card</b><br>2. Sacha Krin<br>3. Shaun Hayes<br><b>Tied for Second</b><br>4. Sean Cronan<br>5. Justin Ervin |
| <b>Men’s BB – Open LW</b><br>1. Larry Smith<br><b>NGA Pro Card &amp; Overall</b><br>2. Jevon VanWagoner   | <b>Men’s BB – Open</b><br>1. Kevin Clark<br><b>NGA Pro Card</b><br>2. Sean Cronan<br>3. Shaun Hayes<br>4. Scott Warden<br>5. Leroy Keading<br>6. George Cortes         |
| <b>Men’s BB – Open MW</b><br>1. Jabari Hardiman   | <b>Men’s BB – Masters 40+</b><br>1. Kevin Clark<br>2. Scott Warden<br>3. Leroy Keading   |
| <b>Men’s BB – Open LHW</b><br>1. Jared VanWagoner   |  |
| <b>Men’s BB – Open HW</b><br>1. Les Courts  |  |
| <b>Men’s BB – Masters 40+</b><br>1. Ron Mango   |  |
| <b>Bikini – Debut</b><br>1. Melissa McLeod<br>2. Madison Haupricht  |  |
| <b>Bikini – Novice Short</b><br>1. Cirrus Brown<br>2. Melissa Kolmar  |  |

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| <b>NGA New England</b><br><b>Drug Free Championships</b><br>May 13, 2017<br>Boston, MA<br>NGA Promoter: Paul Desimone  | 3. Cohn Wolfe<br>4. Tyson Frodin   |
| <b>Bikini – Open</b><br>1. Yvonne Aitken<br><b>NGA Pro Card</b><br>2. Danielle Rainwater<br>3. Kasey Stanchek<br>4. Alisha Fenton<br>5. Molly Ross<br>6. Kristina Barry<br>7. Vanessa Crowley<br>8. Ashley Christian | <b>Bikini – Open</b><br>1. Yvonne Aitken<br><b>NGA Pro Card</b><br>2. Danielle Rainwater<br>3. Kasey Stanchek<br>4. Alisha Fenton<br>5. Molly Ross<br>6. Kristina Barry<br>7. Vanessa Crowley<br>8. Ashley Christian       |
| <b>Bikini – Masters</b><br>1. Beverly Canteen  | <b>Bikini – Masters</b><br>1. Yvonne Aitken<br>2. Samantha Darrington<br>3. Maureen Hammer   |
| <b>Men’s Physique – Open</b><br>1. Allister Hampton<br>2. Ricky Chang  | <b>Bikini – Model</b><br>1. Yvonne Aitken<br><b>NGA Pro Card</b><br>2. Molly Ross<br><b>NGA Pro Card</b><br>3. Vanessa Crowley<br>4. Ashley Christian<br>5. Maureen Hammer   |
| <b>Classic Physique – Open</b><br>1. Brandon Lirio<br>2. Allister Hampton<br>3. Jonathan Penney  | <b>Figure – Open</b><br>1. Yvonne Aitken<br>2. Amy Brantner<br>3. Rebecca Shrader<br>4. Miranda Downs  |
| <b>Men’s BB – Open LW</b><br>1. Brandon Lirio<br><b>NGA Pro Card &amp; Overall</b><br>2. Jose Cuevas   | <b>Figure - Masters</b><br>1. Gena Schuette<br>2. Yvonne Aitken<br>3. Amy Brantner<br>4. Rebecca Shrader   |
| <b>Men’s BB – Open HW</b><br>1. Tom Hegarty<br>2. Kevin Stanley<br>3. Kyle Libby<br>4. Jonathan Penney   | <b>Women’s Physique – Open</b><br>1. Amy Brantner<br>2. Laura LaCroix<br>3. Miranda Downs  |
| <b>Men’s BB – Masters 40+</b><br>1. Tom Hegarty<br>2. Kyle Libby<br>3. Jose Cuevas   | <b>Women’s Physique – Masters</b><br>1. Amy Brantner<br>2. Laura LaCroix   |
| <b>Men’s BB – Masters 50+</b><br>1. Frank Clark  | <b>Women’s BB – Masters</b><br>1. Laura LaCroix  |
| <b>Bikini – Novice</b><br>1. Cassandra Anderson  | <b>Men’s Physique – Open</b><br>1. Flex Velasco<br><b>NGA Pro Card</b><br>2. Rose Pristell<br>3. Rob Hanley<br>4. Brian Choi<br>5. Tah’ Rim Brown<br>6. David Phan<br>7. Ian Ha<br>8. Richard Baskerville<br>9. Rick Price |
| <b>Men’s Physique – Novice</b><br>1. Ricky Chang<br>2. Isaias Soared<br>3. Gabe Salazar  | <b>Men’s Physique – Masters</b>  |
| <b>Men’s Physique – Juniors</b><br>1. Ricky Chang  |  |
| <b>NGA Seattle Natural</b><br><b>Championships</b><br>May 20, 2017<br>Seattle, WA<br>NGA Promoter: Marlina Tesoro Velasco  |  |
| <b>PRO Women’s BB – Open</b><br>1. Susan Johnson   |  |
| <b>PRO Men’s Physique – Open</b><br>1. Robert Weeks  |  |
| <b>PRO Men’s BB – Open</b><br>1. Lionel Orji<br>2. Rodney Hawthorne  |  |



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|--|--|---|---|
| 1. Roosevelt Pristell<br>2. Richard Baskerville<br>3. Rick Price<br><b>Classic Physique – Open</b><br>1. Flex Velasco<br>2. Rob Hanley<br>3. Mark Horner<br>4. Ashith Joseph<br><b>Men's BB – Open LHW</b><br>1. Rusty Baty<br>2. Shane Hawley<br>3. Wyatt Foard<br><b>Men's BB – Open</b><br>1. Flex Velasco<br><b>NGA Pro Card</b><br>2. Rob Hanley<br>3. Mark Horner<br>4. Ashith Joseph<br>5. Michael LaBadie<br><b>Men's BB – Masters</b><br>1. Mark Horner<br><b>Bikini – Debut</b><br>1. Danielle Rainwater<br>2. Molly Ross<br>3. Ashley Christian<br>4. Samantha Darrington<br>5. Maureen Hammer<br><b>Bikini – Novice</b><br>1. Danielle Rainwater<br>2. Alisha Fenton<br>3. Kasey Stanchek<br>4. Molly Ross<br>5. Kristina Barry<br>6. Vanessa Crowley<br>7. Ashley Christian<br>8. Samantha Darrington<br><b>Figure – Debut</b><br>1. Gena Schuette<br><b>Figure - Novice</b><br>1. Gena Schuete<br>2. Rebecca Shrader<br><b>Women's Physique – Debut</b><br>1. Amy Brantner<br>2. Miranda Downs<br><b>Men's Physique – Novice</b><br>1. Brian Choi<br>2. Tah'Rim Brown<br>3. David Phan<br>4. Ian Ha<br>5. Richard Baskerville<br>6. Robert McKeever<br>7. Brett Walker<br>8. Rick Price<br><b>Men's BB – Teens</b><br>1. Michael LaBadie | <b>Transformation - Audience Vote</b><br>1. Richard Baskerville<br>2. Maureen Hammer<br>3. Laura LaCroix<br>4. Amy Brantner<br><b>Law / Military</b><br>1. David Phan<br>2. Mark Horner<br>3. Richard Baskerville<br><b>Best Poser / Presenter</b><br>1. Laura LaCroix<br><br><b>NGA Studio10</b><br><b>"IRON GIRLz" Classic</b><br>May 20, 2017<br>Upper Marlboro, MD<br><b>NGA Promoter: Tanya Lewis Wells</b><br><b>Bikini – Open</b><br><b>Pro Card</b><br>1. Claudia Ceden<br>2. Denna Yancy<br>3. Marina Chmykhalo<br>4. Zoe Rodriguez-Keeton<br>5. Karen Sturtevant<br><b>Bikini Model – Open</b><br>1. Denny Yancy<br><b>Figure – Open</b><br>1. Kim Griffin<br><b>Pro Card</b><br>2. Claudia Ceden<br>3. Kirston Lloyd<br>4. Shari Wescott<br>5. Cheryl Shumake<br>6. Teresa Hursey<br><b>Figure – Masters 35+</b><br>1. Kim Griffin<br><b>Figure – Masters 55+</b><br>1. Cheryl Shumake<br>2. Teresa Hursey<br><b>Women's Physique – Open</b><br>1. Vanorah DeV Vaughn<br>2. Shari Wescott<br><b>Women's Phys – Masters 35+</b><br>1. Vanorah DeV Vaughn<br><b>Bikini – Debut</b><br>1. Claudia Ceden<br>2. Zoe Rodriguez-Keeton<br>3. Karen Sturtevant<br><b>Bikini – Novice</b><br>1. Denna Yancy<br>2. Marina Chmykhalo<br>3. Karen Sturtevant<br><b>Bikini Model – Novice</b><br>1. Denny Yancy<br><b>Figure – Debut</b> | 1. Claudia Ceden<br>2. Kirston Lloyd<br>3. Shari Wescott<br>4. Cheryl Shumake<br><b>Figure - Novice</b><br>1. Kirston Lloyd<br>2. Shari Wescott<br>3. Teresa Hursey<br><b>Women's Physique – Novice</b><br>1. Vanorah DeV Vaughn<br>2. Shari Wescott<br><br><b>NGA 37th Annual Annapolis</b><br><b>Bodybuilding, Bikini &amp; Figure</b><br><b>Championships</b><br>June 4, 2017<br>Annapolis, MD<br><b>NGA Promoters:</b><br><b>Pam &amp; Sarah Spindel</b><br><b>Bikini – Open</b><br>1. Kady Stapp<br><b>NGA Pro Card</b><br>2. Lauren Buckman<br>3. Jessica Natkin<br>4. Magalie Herring<br>5. Dahye (Di) Riggs<br><b>Bikini - Masters</b><br>1. Magalie Herring<br>2. Dahye (Di) Riggs<br><b>Figure - Open</b><br>1. Elaine Deloney<br>2. Angela Alieu<br><b>Figure - Masters</b><br>1. Angela Alieu<br><b>Women's Physique - Open</b><br>1. Erika Adams<br><b>Men's Physique – Open LW</b><br>1. Christian Zamora<br>2. Imran Ghulam<br>3. Thomas Proctor<br>4. Carter Huddleston<br><b>Men's Physique – Open MW</b><br>1. Brett Megee<br>2. Bryan Moreland<br><b>Men's Physique – Open HW</b><br>1. Desmond Jasper<br><b>NGA Pro Card &amp; Overall</b><br>2. Mike Self<br><b>Men's BB – Open LW</b><br>1. Imran Ghulam<br><b>Men's BB – Open MW</b><br><b>NGA Pro Card &amp; Overall</b><br>1. Bryan Moreland<br>2. Tom Hegarty<br>3. William Craig | <b>Men's BB – Open LHW</b><br>1. Larry Hale<br>2. Mike Self<br>3. George Forrest<br><b>Men's BB – Open HW</b><br>1. Ronnie Masgay<br><b>Men's BB – Masters 40+</b><br>1. Tom Hegarty<br><b>Overall</b><br><b>Men's BB – Masters 50+</b><br>1. William Craig<br>2. George Forrest<br><b>Figure - Novice</b><br>1. Elaine Deloney<br>2. Angela Alieu<br><b>Men's BB – Novice</b><br>1. Bryan Moreland<br>2. Larry Hale<br>3. Mike Self<br>4. Israel Velasquez<br>5. Joseph O'Connor<br><br><b>NGA Pro/Am Southeast</b><br><b>Natural Championships</b><br>June 10, 2017<br>Orlando, FL<br><b>NGA Promoter: Rick Pierre</b><br><b>PRO Bikini – Open</b><br>1. Paige Way<br>2. Tracy Simonds<br><b>PRO Bikini – Masters</b><br>1. Tracy Simonds<br><b>PRO Men's Physique – Open</b><br>1. Rubin Neto<br><b>PRO Men's BB – Open</b><br>1. Chris Casabal<br>2. Kevin Culpepper<br>3. Kevin Wakefield<br><b>PRO Men's BB – Masters</b><br>1. Kevin Culpepper<br>2. Kevin Wakefield<br>3. Jay Karp<br><b>Bikini – Open</b><br><b>NGA Pro Card</b><br>1. Cristi Miranda<br>2. Zoey Panzarino<br>3. Kami Rojas<br>4. Maggie Klein<br>5. Shareal Jones<br>6. Michelle McLeod<br><b>Bikini – Masters 30+</b><br>1. Cristi Miranda<br>2. Shareal Jones<br><b>Bikini – Masters 40+</b><br>1. Kami Rojas |
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| <b>Figure – Open</b><br>1. Marie Dejesus<br>2. Amanda Schade<br>3. Margie Ellison<br>4. Haydeliz Vasquez<br><b>Figure – Masters 30+</b><br>1. Marie Dejesus<br>2. Amanda Schade<br><b>Figure – Masters 40+</b><br>1. Natalie Booker<br><b>Figure – Masters 50+</b><br>1. Connie Chaffin<br><b>Women's Physique – Open</b><br>1. Connie Chaffin<br><b>Men's Physique – Open</b><br>1. Ladarrius Sanders<br><b>NGA Pro Card</b><br>2. Joe Wesley<br>3. Jim Pyner<br>4. Clayton Bishop<br>5. Majer Entabi<br>6. David Fiocco<br>7. Trent Angel<br><b>Men's Physique – Masters 30+</b><br>1. Brian Florek<br><b>Men's Physique – Masters 40+</b><br>1. Jim Pyner<br><b>Classic Physique – Open</b><br>1. Jeff Scallion<br><b>Men's BB – Open</b><br>1. Jay Karp<br><b>Men's BB – Masters 50+</b><br>1. Dennis Hobart<br><b>Bikini – Novice</b><br>1. Cristi Miranda<br>2. Kami Rojas<br>3. Maggie Klein<br>4. Chelsey Kamody<br>5. Michelle McLeod<br><b>Figure - Novice</b><br>1. Natalie Booker<br>2. Margie Ellison<br>3. Haydeliz Vasquez<br><b>Men's Physique – Novice</b><br>1. Ladarrius Sanders<br>2. Joe Wesley<br>3. Jim Pyner<br>4. Clayton Bishop<br>5. Majer Entabi<br>6. Brian Florek<br>7. David Piocco<br>8. Trent Angel<br><b>Men's BB – Novice</b><br>1. Jean Gomez-Guadalupe<br><b>Figure - Teens</b> | 1. Haydeliz Vasquez<br><b>Men's Physique – Teens</b><br>1. Clayton Bishop<br><br><b>NGA Pro/Am</b><br><b>Georgia Championships</b><br>June 10, 2017<br>Atlanta, GA<br><b>NGA Promoters:</b><br><b>Ernesto Rackley &amp; Lanard Hatney</b><br><b>PRO Bikini – Open</b><br>1. Alaysha Hatney<br>2. Shannon Robinson<br>3. Crystal Perry<br>4. Lisa Johnson<br><b>PRO Men's Physique – Open</b><br>1. Kevin Roach<br><b>Bikini – Open</b><br>1. Kristy Fortinberry<br>2. Kendal Cherry<br>3. Martina "Tina" Allen<br>4. Dawana Pittman<br><b>Figure – Open</b><br>1. Brook Goodrow<br><b>Men's Physique – Open LW</b><br>1. Lucas Scates<br><b>Men's Physique – Open MW</b><br>1. Rodney Lee Soto Clinton<br>2. Zachary Castoguy<br><b>Men's Physique – Open HW</b><br>1. Johnathan Alerte<br><b>NGA Pro Card &amp; Overall</b><br>2. Brian Davis<br><b>Men's BB – Open MW</b><br>1. Rodney Lee Soto Clinton<br><b>Men's BB – Open LHW</b><br>1. Joseph Daniels<br><b>Men's BB – Open HW</b><br>1. Daron Monroe<br><b>Men's BB – Masters 40+</b><br>1. Michael Walker<br>2. Joseph Daniels<br><b>Men's Physique – Novice LW</b><br>1. Lucas Scates<br>2. Marquis Feagan<br><b>Men's Physique – Novice MW</b><br>1. Zachary Castoguy<br>2. Eric Jacquin<br><b>Men's Physique – Novice LHW</b><br>1. Jonathan Alerte<br><b>Overall</b><br>2. Lucas Scates<br><b>Men's Physique – Novice HW</b><br>1. Christopher Johnson | <b>NGA Natural Mr. &amp; Ms.</b><br><b>California Championships</b><br>June 10, 2017<br>Folsom, CA<br><b>NGA Promoter:</b><br><b>Johnny Carrero (The Motivator)</b><br><b>Bikini – Open Short</b><br>1. Desire McGuire<br>2. Sonya Lan<br>3. Samantha Gerber<br><b>Bikini – Open Tall</b><br>1. Fatima Machado<br><b>NGA Pro Card &amp; Overall</b><br>2. Chloe King<br>3. Christie Robinson<br>4. Britney Lazar<br><b>Figure – Open</b><br>1. Lucinda Witte<br><b>NGA Pro Card</b><br>2. Terry Thompson<br>3. Jennifer Sansone<br>4. Yemia Hashimoto<br>5. Ginger McGuinness<br><b>Figure – Masters 35-49</b><br>1. Jennifer Sansone<br>2. Yemia Hashimoto<br>3. Ginger McGuinness<br><b>Figure – Masters 50+</b><br>1. Lucinda Witte<br>2. Terry Thompson<br><b>Men's Physique – Open "A"</b><br>1. Silas Hopkins<br><b>NGA Pro Card &amp; Overall</b><br>2. Jaime Perez<br>3. Tony Choe<br>4. Robert Matthews<br>5. Pardeep Singh<br>6. Simar Dhaliwal<br><b>Men's Physique – Open "B"</b><br>1. Shaun Hayes<br>2. Erik Kohler<br>3. Rob Laird<br>4. Shannon Anderson<br>5. Pete McGuinness<br><b>Men's Phys – Masters 40-49</b><br>1. Robert Matthews<br>2. Shannon Anderson<br>3. Pete McGuinness<br><b>Men's BB – Open LW/MW</b><br>1. Iosif Todorovits<br>2. Scott Warden<br>2. Joe Palomo<br><b>Men's BB – Open LHW</b><br>1. William Robinson<br><b>NGA Pro Card &amp; Overall</b> | 2. Shawn Hayes<br>3. Ralph Allen<br><b>Men's BB – Masters 40+</b><br>1. Scott Warden<br>2. Joe Palomo<br>3. Ralph Allen<br><br><b>NGA Titan Classic</b><br>June 17, 2017<br>Urbandale, IA<br><b>NGA Promoter:</b><br><b>Titan Classic Promotions LLC</b><br><b>Bikini – Open</b><br>1. Samantha Voeltz<br><b>NGA Pro Card</b><br>2. Sue Hutzell<br>3. Drea Cardenas<br>4. Jessica George<br>5. Lorie Gibson<br><b>Bikini – Masters</b><br>1. Drea Cardenas<br>2. Jessica George<br>3. Lorie Gibson<br><b>Figure – Open</b><br>1. Marli Apt<br><b>NGA Pro Card</b><br>2. Emily Stout<br>3. Samantha Voeltz<br>4. Ashley Canto<br>5. Diana Taylor<br>6. Marcia Sebetka-De Los Reyes<br><b>Figure – Masters</b><br>1. Marli Apt<br>2. Diana Taylor<br>3. Marcia Sebetka-De Los Reyes<br><b>Men's Physique – Open</b><br>1. Scott Gosselink<br><b>NGA Pro Card</b><br>2. Kevin Crampton<br>3. Dan Fagan<br>4. Marcus Aldridge<br>5. Corey Meier<br>6. Ryan Brown<br><b>Classic Physique – Open</b><br>1. Dennys Canto<br>2. Noah Coleman<br>3. Noel Domath<br>4. Harris Jakupovic<br><b>Men's BB – Open</b><br>1. Dustin Scott<br><b>NGA Pro Card</b><br>2. Jordan Hildreth<br>3. Michael Snyder |
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| 4. Roger Biver                   | 1. Antonella Dibiasi       | 5. Andrea Granziella            | NGA Pro Card                   |
| 5. Collin Quinn                  | 2. Fabiana Martino         | 6. Zoran Radic                  | 2. Hakeem Thornton             |
| 6. Aldan Beslagic                | 3. Elisa Gerola            | 7. Marco Luigi Calati           | 3. Codie Lane                  |
| <b>Bikini - Novice</b>           | 4. Mariola Krajewska       | <b>Men's Physique – Master</b>  | 4. Dennys Canto                |
| 1. Samantha Voeltz               | <b>Woman BB - Open</b>     | 1. Jeremy Reedus                | 5. Jacob Harens                |
| 2. Sue Hutzell                   | 1. Fabiana Martino         | 2. Massimo Pacini               | <b>Men's BB – Open LW</b>      |
| 3. Drea Cardenas                 | 2. Mariuola Krajewska      | <b>Men's Fitness Model</b>      | 1. Dennys Canto                |
| 4. Jessica George                | <b>Men's BB – LW</b>       | 1. Daniel Dellago               | 2. Terry Drotar                |
| <b>Figure - Novice</b>           | 1. Antonio Demitri         | 2. Francesco D'alessandro       | 3. Jacob Harens                |
| 1. Marli Apt                     | 2. Michele Ferrara         | 3. Andrea Granziella            | <b>Men's BB – Open MW</b>      |
| 2. Samantha Voeltz               | 3. Marco Baldrati          | 4. Luca Costantini              | 1. Nicholas Katrichis          |
| 3. Ashley Canto                  | 4. Marco Moroni            | 5. Marco Chiovetta              | NGA Pro Card & Overall         |
| 4. Diana Taylor                  | 5. Domenico Albanesi       | 6. Simone Generali              | 2. Codie Lane                  |
| 5. Marcia                        | <b>Men's BB – MW</b>       | 7. Angelo Ferella               | <b>Men's BB – Open LHW</b>     |
| Sebetka-De Los Reyes             | 1. Jonny di Cristofaro     | <b>Men's Physique - Juniors</b> | 1. Jeff Lamke                  |
| <b>Men's Physique - Novice</b>   | 2. Simone Desanctis        | 1. Luca Pitanti                 | 2. Kraig Baxter                |
| 1. Kevin Crampton                | 3. Marino Cosimo           | 2. Marco Luigi Calati           | 3. Hakeem Thornton             |
| 2. Marcus Aldridge               | <b>Men's BB – HW</b>       | <b>Men's BB – Juniors</b>       | 4. Scott Weihrauch             |
| 3. Ryan Brown                    | 1. Enrico Scattolin        | 1. Danilo D'alessandro          | <b>Men's BB – Open HW</b>      |
| <b>Men's Physique – Iowa</b>     | 2. Raffaele Nardon         | 2. Luca Costantini              | 1. Denzel Carter               |
| 1. Scott Gosselink               | 3. Valerio Portone         | 3. Piero Angelo Forni           | <b>Men's BB – Masters 40+</b>  |
| 2. Kevin Crampton                | 4. Piero Angelo Forti      | 4. Marco Chiovetta              | 1. Terry Drotar                |
| 3. Ryan Brown                    | 5. Torsten Gava            | <b>Men's BB – Masters 50+</b>   | 1. Terry Drotar                |
| <b>Classic Physique – Novice</b> | 6. Davide ferrario         | NGA US Championships            | 2. Scott Weihrauch             |
| 1. Dennys Canto                  | <b>Men's BB – Masters</b>  | June 24, 2017                   | <b>Bikini - Debut</b>          |
| 2. Noah Coleman                  | 1. Francesco Bruno         | Madison, WI                     | 1. Kendra Muth                 |
| 3. Harris Jakupovic              | 2. Marco Ventaloro         | NGA Promoter: Jack Halverson    | 2. Virginia Neal               |
| <b>Classic Physique – Iowa</b>   | 3. Massimo Diana           | <b>Bikini – Open</b>            | <b>Bikini - Novice</b>         |
| 1. Dennys Canto                  | 4. Marco Baldrati          | 1. Kendra Muth                  | 1. Kendra Muth                 |
| 2. Noah Coleman                  | 5. Gianni Pelleriti        | 2. Alma Mentz                   | 2. Jocelyn Martin              |
| 3. Joel Dornath                  | <b>Men's BB – Open</b>     | 3. Desiree Fletcher             | 3. Brenna Harris               |
| 4. Harris Jakupovic              | 1. Patrick Minante         | 4. Brenna Harris                | 4. Virginia Neal               |
| <b>Men's BB – Novice</b>         | Overall                    | 5. Virginia Neal                | <b>Men's Physique – Debut</b>  |
| 1. Roger Biver                   | 2. Enrico Scattolin        | 6. Jocelyn Martin               | 1. Ron Alexander               |
| 2. Aldan Beslagic                | 3. Jonny di Cristofaro     | <b>Figure – Open</b>            | 2. Jammeel Campbell            |
| <b>Men's BB – Iowa</b>           | 4. Dino Carosella          | 1. Traci Hill                   | 3. Adam Shaw                   |
| 1. Michael Snyder                | 5. Raffaele Nardon         | 2. Karri Lamke                  | <b>Men's Physique – Novice</b> |
| 2. Collin Quinn                  | 6. SimonPietro Arena       | 3. Virginia Neal                | 1. Bryan Muth                  |
| 3. Aldan Beslagic                | 7. Francesco Bruno         | <b>Men's Physique – Open LW</b> | 2. Nathan Berillo              |
| NGA / FIBBN                      | 8. Antonio Demitri         | 1. Ron Alexander                | 3. David Beall                 |
| Italian Championships            | 9. Michele Ferrara         | NGA Pro Card & Overall          | 4. Dustin Oesterle             |
| June 18, 2017                    | <b>Mens' Physique - LW</b> | 2. Bryan Muth                   | 5. Matthew Senger              |
| Padova, Italy Europe             | 1. Francesco D'alessandro  | 3. Dustin Oesterle              | 6. Adam Shaw                   |
| NGA Promoter: Marco Zanetti      | Overall                    | <b>Men's Physique – Open MW</b> | <b>Men's BB – Novice</b>       |
| <b>Bikini - Open</b>             | 2. Aldo Martini            | 1. Nathan Berillo               | 1. Denzel Carter               |
| 1. Eleonora Distefano            | 3. Simone Ardesi           | 2. Codie Lane                   | 2. Hakeem Thornton             |
| 2. Aneta Janusauskatte           | 4. SimonPietro Arena       | 3. David Beall                  | 3. Dennys Canto                |
| 3. Elena Gvozdetchi              | 5. Kreshnik Gsikolas       | 4. Pete McDowell                | NGA Pro/Am North Jersey        |
| 4. Giordano Romina               | 6. Marino Cosimo           | <b>Men's Physique – Open HW</b> | & Women's Extravaganza         |
| 5. Elisa Gerola                  | 7. Fabio Bianchi           | 1. Jeff Lamke                   | Championships                  |
| 6. Patrizia Cardo                | <b>Mens' Physique - HW</b> | 2. Hakeem Thornton              | June 24, 2017                  |
| 7. Gloria Cerboni                | 1. Luca Pitanti            | 3. Jacob Harens                 | Bloomfield, NJ                 |
| 8. Graziella Durante             | 2. Diego Berarducci        | <b>Classic Physique – Open</b>  | NGA Promoter: Paul Hendricks   |
| <b>Figure - Open</b>             | 3. Simone Generali         | 1. Jeff Lamke                   |                                |
|                                  | 4. Jeremy Reedus           |                                 |                                |

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| <b>PRO Bikini – Open</b>    | NGA Pro Card & Overall          | 3. Brittany McLaughlin            | 4. Dana Maiorini                  |
| 1. Ashley Robinson          | 2. Christine Bodendort          | 4. Andrea Walsh                   | <b>Bikini – Masters 35+</b>       |
| 2. Daniella Bozinovski      | 3. Lyndia Hayes                 | 5. Caroline Wilson                | 1. Debra Kunkle Kowalski          |
| 3. Kara Corey               | <b>Women's Physique – Open</b>  | 6. Carlin Laginestra              | 2. Elyse Marchese                 |
| 4. Sabrina Craig            | 1. Danielle Todman              | 7. Brenda Williams                | 3. Marisol Walker                 |
| <b>PRO Figure – Open</b>    | <b>Men's Physique – Open LW</b> | 8. Jennifer McDermott             | 4. Dana Maiorini                  |
| 1. Dehabah Sylvester        | 1. Steven Crespo                | <b>Bikini – Novice</b>            | <b>Figure – Open A</b>            |
| 2. Jenna Bidoglio           | NGA Pro Card & Overall          | 1. Kaitlyn DeMattheis             | 1. Alyssa Bloom                   |
| <b>PRO Figure – Masters</b> | 2. Ryan Murphy                  | 2. Mackenzie Miller               | 2. Kara Mizak                     |
| 1. Felicia Christianson     | 3. Salamon Thomas               | 3. Brittany McLaughlin            | 3. Marysel Jones                  |
| <b>PRO Men's BB – Open</b>  | <b>Men's Physique – Open MW</b> | 4. Andrea Walsh                   | 4. Dana Maiorini                  |
| 1. Ismael Lytle             | 1. Tom TJ Kelly                 | 5. Carlin Laginestra              | <b>Figure – Open B</b>            |
| 2. Teddy Pantelis           | <b>Men's Physique – Open HW</b> | 6. Jennifer Shin                  | 1. Lydia Kraus                    |
| 3. Garry Sanon              | 1. William Dawson               | 7. Michelle Rocco                 | NGA Pro Card & Overall            |
| 4. Steve Adzima             | 2. Calvin Lashley               | <b>Figure – Debut</b>             | 2. Megan Marchese                 |
| <b>Bikini – Open Short</b>  | 3. Kenny Williams               | 1. Katiana Ertilien               | <b>Figure - Masters 35+</b>       |
| 1. Kaitlyn DeMattheis       | 4. Orion Woodard                | 2. Stephanie Rodriguez            | 1. Jane Morales                   |
| NGA Pro Card & Overall      | <b>Classic Physique – Open</b>  | 3. Amanda Kolodziekski            | 2. Dana Maiorini                  |
| 2. Ashley Kogel             | 1. Rodney Addison               | <b>Figure - Novice</b>            | 3. Megan Marchese                 |
| 3. Jackie Mergner           | 2. Calvin Lashley               | 1. Stephanie Rodriguez            | <b>Men's Physique - Open LW</b>   |
| 4. Brittany McLaughlin      | 3. Ryan Murphy                  | 2. Lyndia Hayes                   | 1. Nelson Marin                   |
| 5. Andrea Walsh             | <b>Men's BB – Open LW</b>       | 3. Christine Bodendort            | 2. Christopher Foster             |
| 6. Michelle Rocco           | 1. Joseph Drum                  | 4. Amanda Kolodziekski            | 3. Mario Garcia                   |
| 7. Jennifer Shin            | 2. Ryan Murphy                  | <b>Fitness – Kids</b>             | <b>Men's Physique - Open MW</b>   |
| <b>Bikini – Open Tall</b>   | 3. Marc Tomasella               | 1. Rachel Tama                    | 1. Rob Covello                    |
| 1. Mackenzie Miller         | <b>Men's BB – Open MW</b>       | <b>Men's Physique – Debut</b>     | NGA Pro Card & Overall            |
| 2. Caroline Wilson          | 1. Paul Woods                   | 1. Steven Crespo                  | 2. Walter Copeland, II            |
| 3. Carlin Laginestra        | NGA Pro Card & Overall          | 2. William Dawson                 | <b>Men's Physique - Open HW</b>   |
| 4. Jennifer McDermott       | 2. Ben Shaw                     | 3. Ryan Murphy                    | 1. Jose Garriga, Jr               |
| <b>Bikini – Masters</b>     | 3. Thomas Cardaci               | 4. Salamon Thomas                 | 2. Mike Green                     |
| 1. Andrea Walsh             | 4. Roger Houde                  | 5. Matt Pitarresi                 | <b>Classic Physique – Open</b>    |
| 2. Brenda Williams          | 5. Erik Sloezen                 | <b>Men's BB – Debut</b>           | 1. Ray Hauser                     |
| 3. Nita Cummings            | 6. Chase Sheldon                | 1. Ryan Murphy                    | NGA Pro Card                      |
| 4. Jennifer McDermott       | <b>Men's BB – Open LHW</b>      | <b>Men's BB – Novice</b>          | 2. Nelson Marin                   |
| <b>Bikini – Model</b>       | 1. Rodney Addison               | 1. Ben Shaw                       | NGA Pro Card                      |
| 1. Nita Cummings            | <b>Men's BB – Open HW</b>       | 2. Thomas Cardaci                 | 3. Shawn Parker                   |
| <b>Figure – Open Short</b>  | 1. Gary Haines                  | 3. Erik Sloezen                   | 4. Jordan Gross                   |
| 1. Daniella Bozinovski      | <b>Men's BB – Masters 35+</b>   | 4. Chase Sheldon                  | 5. Melvin Bulls                   |
| NGA Pro Card & Overall      | 1. Paul Woods                   | <b>Men's BB – Teens</b>           | <b>Classic Physique – Masters</b> |
| 2. Katiana Ertilien         | 2. Gary Haines                  | 1. Erik Sloezen                   | 1. Richard Muglia, Sr             |
| 3. Noel Bovino              | <b>Men's BB – Masters 45+</b>   | <b>Transformation</b>             | 2. Joe Scardino                   |
| 4. Lyndia Hayes             | 1. Paul Woods                   | 1. Amanda Kolodziekski            | <b>Men's BB – Open MW</b>         |
| <b>Figure – Open Tall</b>   | 2. Gary Haines                  | 2. Steven Crespo                  | 1. Paul Woods                     |
| 1. Ashley Robinson          | 3. Dawud Rasul                  | 3. Jennifer McDermott             | NGA Pro Card & Overall            |
| NGA Pro Card                | 4. Marc Tomasella               | 4. Brittany McLaughlin            | Best Poser & Best Abs             |
| 2. Felicia Christianson     | 5. Joseph Scardino              | <b>NGA 7th Annual Mr. and Ms.</b> |                                   |
| 3. Christine Bodendort      | <b>Men's BB – Masters 55+</b>   | World Gym Philly Natural          |                                   |
| 4. Caroline Wilson          | 1. Dawud Rasul                  | July 8, 2017                      |                                   |
| 5. Janet Bredijk            | 2. Roger Houde                  | Philadelphia, PA                  |                                   |
| 6. Audra Anusionwu          | <b>Men's BB – Masters 60+</b>   | NGA Promoter: Warren Egebo        |                                   |
| <b>Figure – Masters 35+</b> | 1. Dawud Rasul                  | <b>Bikini – Open</b>              |                                   |
| 1. Lori Procopio            | <b>Bikini – Debut</b>           | 1. Debra Kunkle Kowalski          |                                   |
| 2. Audra Anusionwu          | 1. Kaitlyn DeMattheis           | 2. Elyse Marchese                 |                                   |
| <b>Figure – Masters 45+</b> | 2. Mackenzie Miller             | 3. Marisol Walker                 |                                   |
| 1. Noel Bovino              |                                 |                                   |                                   |



|                                    |                                   |                                   |                                   |
|------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| 1. Gary Haines                     | 1. Shasta Brock                   | 1. Robert Zius                    | 1. Tracy Simonds                  |
| 2. Adam Derck                      | <b>NGA Pro Card</b>               | <b>NGA Pro Card &amp; Overall</b> | 2. Paige Way                      |
| 3. Addison Queen                   | 2. Martina Allen                  | 2. Jared Lyvers                   | 3. Chance Schwartz                |
| 4. Shawn Jackson                   | 3. Briel Dawson                   | 3. Will Glenn                     | <b>PRO Men's Physique - Open</b>  |
| 5. Melvin Bulls                    | 4. Lauren Estes-Velez             | 4. Eric Bradford                  | 1. Tony Richburg                  |
| 6. Mark Hawkins                    | 5. Nicole Paige                   | 5. Terry James                    | 2. Hal Webb                       |
| <b>Men's BB - Masters 40+</b>      | 6. Tiffany Boatwright             | <b>Men's BB – Open HW</b>         | 3. Joshua Rolle                   |
| 1. Paul Woods                      | 7. Samantha Mott                  | 1. Barrett White                  | <b>PRO Men's BB - Open</b>        |
| <b>NGA Pro Card &amp; Overall</b>  | <b>Bikini – Masters</b>           | 2. Brian Hamby                    | 1. Kyle Moore                     |
| <b>Best Poser &amp; Best Abs</b>   | 1. Shasta Brock                   | <b>NGA South Tahoe Natural</b>    | 2. Kevin Culpepper                |
| 2. Gary Haines                     | 2. Martina Allen                  | July 22, 2017                     | 3. Korin Sutton                   |
| 3. Richard Moglia, Sr              | 3. Nicole Paige                   | South Lake Tahoe, CA              | <b>PRO Men's BB - Masters</b>     |
| 4. Shawn Jackson                   | <b>Figure – Open</b>              | <b>NGA Promoter: Bing Saez</b>    | 1. Alpha Smith                    |
| 5. Mike Green                      | 1. Donna Alexander                | <b>Bikini - Open Short</b>        | 2. Kevin Culpepper                |
| 6. Mark Hawkins                    | 2. Patty Jackson                  | 1. Hannah Covington               | 3. Paul Redmer                    |
| <b>Men's BB - Masters 50+</b>      | 3. Diane Hamby                    | <b>NGA Pro Card &amp; Overall</b> | <b>Bikini - Open Short</b>        |
| 1. Paul Woods                      | 4. Marie Thompson                 |                                   | 1. Dana Tindal                    |
| 2. Richard Moglia, Sr              | <b>Figure - Masters</b>           |                                   | <b>NGA Pro Card &amp; Overall</b> |
| 3. Roger Houde                     | 1. Donna Alexander                |                                   | 2. Raquel Hall                    |
| 4. Mike Green                      | 2. Patty Jackson                  |                                   | 3. Angela Stillson                |
| 5. Joe Scardino                    | 3. Diane Hamby                    |                                   | 4. Ariel Cleary                   |
| <b>Bikini - Debut</b>              | 4. Marie Thompson                 |                                   | 5. Keia Greenwood                 |
| 1. Elyse Marchese                  | <b>Women's BB – Masters</b>       |                                   | <b>Bikini - Open Tall</b>         |
| 2. Marisel Walker                  | 1. Terri Howell                   |                                   | 1. Zoey Panzarino                 |
| <b>Figure - Debut</b>              | 2. Jeanne Smith                   |                                   | <b>NGA Pro Card</b>               |
| 1. Jane Morales                    | <b>Men's Physique – Open LW</b>   |                                   | 2. Megan Morrison                 |
| 2. Alyssa Bloom                    | 1. Carson Jowers                  |                                   | 3. Sarah Klosterman               |
| 3. Megan Marchese                  | <b>NGA Pro Card</b>               |                                   | 4. Kaitlyn Payne                  |
| <b>Men's BB - Debut</b>            | 2. Cory Romain                    |                                   | 5. Kristen Hower                  |
| 1. Melvin Bulls                    | 3. Alex Soens                     |                                   | <b>Bikini - Masters</b>           |
| <b>Men's BB - Novice</b>           | 4. Joshua Anders                  |                                   | 1. Dana Tindal                    |
| 1. Adam Derck                      | 5. Matthew Leo                    |                                   | <b>Figure - Open Short</b>        |
| 2. Shawn Jackson                   | <b>Men's Physique – Open HW</b>   |                                   | 1. Marie DeJesus                  |
| 3. Melvin Bulls                    | 1. Brandon Cobia                  |                                   | 2. Breanne Celiberti              |
| <b>Men's BB - Juniors</b>          | <b>NGA Pro Card &amp; Overall</b> |                                   | <b>Figure - Open Tall</b>         |
| 1. Iaonnis Kravavaritis            | 2. Jeremy Jones                   |                                   | 1. Kymberly Whitehurst            |
| 2. Richard Moglia, Jr              | 3. Jeffrey McKitt                 |                                   | 2. Maggie Carbone                 |
|                                    | 4. Brian Lampley                  |                                   | 3. Rishawn Carriere               |
|                                    | 5. Randy Brock                    |                                   | <b>Figure - Masters</b>           |
| <b>NGA Old Navy Natural</b>        | <b>Classic Physique - Open</b>    |                                   | 1. Kymberly Whitehurst            |
| <b>Pro/Am Classic</b>              | 1. Robert Zius                    |                                   | 2. Maggie Carbone                 |
| July 8, 2017                       | <b>NGA Pro Card</b>               |                                   | 3. Rishawn Carriere               |
| Birmingham, AL                     | 2. Jared Lyvers                   |                                   | 4. Sarah Taylor                   |
| <b>NGA Promoter: Scott Hults</b>   | <b>NGA Pro Card</b>               |                                   | <b>Men's Physique - Open LW</b>   |
| <b>PRO Men's BB– Masters 40-54</b> | 3. Keven Taylor                   |                                   | 1. Mark Hershowitz                |
| 1. Darryle Lee                     | 4. Eric Bradford                  |                                   | <b>Men's Physique - Open MW</b>   |
| 2. Gary Henson                     | 5. Ronald Dean                    |                                   | 1. Harry Wilken                   |
| 3. David Weinstock                 | 6. Will Glenn                     |                                   | 2. Charlie Bello                  |
| 4. Paul Redmer                     | 7. Brian Hamby                    |                                   | <b>Men's Physique - Open HW</b>   |
| 5. Ronald Dean                     | 8. Terry James Madison            |                                   | 1. Mark Dellorto                  |
| 6. Brian Hamby                     | 9. Cory Romain                    |                                   | <b>NGA Pro Card &amp; Overall</b> |
| <b>PRO Men's BB– Masters 55+</b>   | 10. Barrett White                 |                                   | 2. Nicholas Barry                 |
| 1. Paul Redmer                     | <b>Men's BB – Open LW</b>         |                                   | <b>Classic Physique - Open</b>    |
| 2. David Weinstock                 | 1. Carson Jowers                  |                                   | 1. Harry Wilken                   |
| 3. Buford Pigg                     | <b>Men's BB – Open MW</b>         |                                   | 2. Mark Dellorto                  |
| <b>Bikini – Open</b>               |                                   |                                   |                                   |

|                                   |   |                                   |                                       |
|-----------------------------------|---|-----------------------------------|---------------------------------------|
| <b>Men's BB - Open LW</b>         | 1. James Brown                            | 1. Evin Himmighoefer              | 8. LaTorya Mann                       |
| 1. Mike Freeman                   | 2. William Kluver                         | <b>NGA Pro Card</b>               | <b>Figure - Novice</b>                |
| <b>Men's BB - Open MW</b>         | 3. Dean Parisien                          | 2. Jessica Natkin                 | 1. Sheila Williams                    |
| 1. Harry Wilken                   | <b>Men's BB - Open LHW</b>                | 3. Kaitlin Thurgood               | <b>Mixed Pairs</b>                    |
| <b>NGA Pro Card &amp; Overall</b> | 1. Brandon Dhaene                         | 4. Lorra Wiggins                  | 1. Lorra Wiggins                      |
| 2. Charlie Bello                  | <b>NGA Pro Card &amp; Overall</b>         | 5. Candance Henderson             | 1. William Craig                      |
| <b>Men's BB - Open HW</b>         | <b>Men's BB - Open HW</b>                 | 6. Marisol Walker                 |                                       |
| 1. Nicholas Barry                 | 1. Adam Derck                             | 7. LaTorya Mann                   | <b>NGA Steel Valley Classic</b>       |
| 2. Mark Dellorto                  | <b>Men's BB - Masters 50+</b>             | <b>Bikini - Masters</b>           | August 5, 2017                        |
| <b>Bikini - Debut</b>             | 1. William Kluver                         | 1. Evin Himmighoefer              | Warren, OH                            |
| 1. Raquel Hall                    | 2. Dean Parisien                          | <b>NGA Pro Card</b>               | <b>NGA Promoter:</b>                  |
| 2. Angela Stillson                | <b>Bikini - Debut</b>                     | 2. Lorra Wiggins                  | <b>Rocky Taumoepeau</b>               |
| 3. Kristen Hower                  | 1. Laura Popanz                           | 3. Candance Henderson             | <b>Bikini – Open Short</b>            |
| <b>Bikini - Novice</b>            | 2. Gracie Lubbers                         | 4. Marisol Walker                 | 1. Olivia Lopez                       |
| 1. Raquel Hall                    | <b>Men's Physique - Debut</b>             | 5. LaTorya Mann                   | 2. Darlene Tammeleo                   |
| 2. Megan Morrison                 | 1. Landon McConaghy                       | <b>Figure - Open</b>              | <b>Bikini – Open Tall</b>             |
| 3. Sarah Klosterman               | <b>Men's BB - Novice LHW</b>              | 1. Lauren Smith                   | 1. McKenzie Stewart                   |
| 4. Angela Stillson                | 1. Brandon Dhaene                         | <b>Figure - Masters</b>           | <b>Overall</b>                        |
| 5. Ariel Carry                    | <b>Overall &amp; Best Abs</b>             | 1. Sheila Williams                | 2. Courtney Ross                      |
| 6. Kaitlyn Payne                  | <b>Men's BB - Novice HW</b>               | <b>Women's Physique - Open</b>    | <b>Bikini – Masters</b>               |
| 7. Keia Greenwood                 | 1. Adam Derck                             | 1. Lorraine Depass                | 1. Darlene Tammeleo                   |
| <b>Figure - Debut</b>             |   | <b>Best Poser</b>                 | 2. Courtney Ross                      |
| 1. Breanne Celiberti              | <b>NGA 25th Annual Potomac Cup</b>        | <b>Men's Physique – Open LW</b>   | <b>Figure – Open Short</b>            |
| <b>Figure - Novice</b>            | <b>NGA 3rd Annual</b>                     | 1. Dennis Tarpley, Jr             | 1. Taylor Tofil                       |
| 1. Kymberly Whitehurst            | <b>David Spindel Pro Classic</b>          | 2. Travis Walls                   | 2. Kayla Oehlers                      |
| 2. Maggie Carbone                 | August 5, 2017                            | <b>Men's Physique – Open HW</b>   | <b>Figure – Open Tall</b>             |
| 3. Breanne Celiberti              | Woodbridge, VA                            | 1. Jose Garriga, Jr               | 1. Kathleen Dickenson                 |
| <b>Men's BB - Debut</b>           | <b>NGA Promoters:</b>                     | 2. Trevor Bean                    | <b>Overall</b>                        |
| 1. Charlie Bello                  | <b>Pam &amp; Sarah Spindel</b>            | <b>Men's BB Open – Open LW</b>    | <b>Women's Physique – Open</b>        |
|                                   |   | 1. Kyle Ross                      | 1. Monica Hvizdzak                    |
|                                   | <b>NGA 6th Annual</b>                     | <b>Men's BB - Open MW</b>         | <b>Men's Physique – Open LW</b>       |
|                                   | <b>Mr. &amp; Ms. Sioux Empire Natural</b> | 1. Ryan Franklin                  | 1. Kyle Bowsher                       |
|                                   | <b>Championships</b>                      | <b>NGA Pro Card &amp; Overall</b> | <b>NGA Pro Card &amp; Overall</b>     |
|                                   | July 29, 2017                             | <b>Best Poser</b>                 | 2. Doug Ludman                        |
|                                   | Larchwood, IA                             | 2. Ryan Gouge                     | 3. Charles Ellis                      |
|                                   | <b>NGA Promoter: Warren Egebo</b>         | <b>Men's BB - Open LHW</b>        | 4. James Taneri                       |
|                                   | <b>Bikini - Open “A”</b>                  | 1. Daniel Frantzen                | <b>Men's Physique – Open HW</b>       |
|                                   | 1. Drea Cardenas                          | 2. Nicholas Long                  | 1. Kal Lewis                          |
|                                   | <b>Bikini - Open “B”</b>                  | 3. Thomas Martinez                | 2. Dalton Campana                     |
|                                   | 1. Laura Popanz                           | 4. William Craig                  | 3. Garrett Daum                       |
|                                   | <b>Overall</b>                            | <b>Men's BB - Masters 40+</b>     | <b>Men's Physique – Masters</b>       |
|                                   | 2. Gracie Lubbers                         | 1. Jose Garriga, Jr               | 1. Doug Ludman                        |
|                                   | <b>Bikini - Masters 35+</b>               | <b>Overall</b>                    | 2. James Taneri                       |
|                                   | 1. Drea Cardenas                          | 2. Thomas Martinez                | <b>Classic Physique – Open MW</b>     |
|                                   | <b>Men's Physique - Open MW</b>           | <b>Men's BB - Masters 50+</b>     | 1. Marcus Cooper                      |
|                                   | 1. James Brown                            | 1. Stephen Albert                 | <b>NGA Pro Card &amp; Overall</b>     |
|                                   | <b>Men's Physique - Open HW</b>           | 2. William Craig                  | 2. Larry Schwandt                     |
|                                   | 1. Landon McConaghy                       | <b>Bikini - Novice</b>            | 3. Michel McDonald                    |
|                                   | <b>Overall</b>                            | 1. Evin Himmighoefer              | <b>Classic Physique – Open HW</b>     |
|                                   | 2. Adam Derck                             | 2. Kaitlyn Thurgood               | 1. Jeff Peterson                      |
|                                   | <b>Classic Physique - Open</b>            | 3. Brittany Glasoe                | 2. Isen Vajusi                        |
|                                   | 1. Brandon Dhaene                         | 4. Candance Henderson             | <b>Classic Physique – Masters 40+</b> |
|                                   | 2. James Brown                            | 5. Shante Lambert                 | 1. Marcus Cooper                      |
|                                   | 3. Adam Derck                             | 6. Rebekha Glasoe                 | 2. Larry Schwandt                     |
|                                   | <b>Men's BB - Open MW</b>                 | 7. Marisol Walker                 | <b>Men's BB – Open LW</b>             |



1. Marcus Cooper  
**NGA Pro Card & Overall**
2. Christopher Kasabian
3. Justin McIltrout
4. Larry Schwandt
5. Milan Besendnjak
- Men's – Open MW**
1. Ron Weich
2. Frank Shaffer
3. Paul Hvizdzak
- Men's BB – Masters**
1. Marcus Cooper
2. Milan Besendnjak
3. Larry Schwandt
4. Paul Hvizdzak
- Bikini – Novice Short**
1. Olivia Lopez
2. Darlene Tammeleo
- Bikini – Novice Tall**
1. McKenzie Stewart
- Overall**
2. Courtney Ross
- Figure – Novice**
1. Kathleen Dickenson
2. Taylor Tofil
- Bikini Model Fit Body – Mom**

1. Monica Hvizdzak
- Men's Physique – Novice**
1. Kyle Bowsher
2. Kal Lewis
3. Charles Ellis
4. Dalton Campana
5. Kyle Nymberg
6. James Taneri
- Classic Physique – Novice**
1. Jeff Peterson
2. Isen Vajusi
3. Michael McDonald
- Bodybuilding - Novice**
1. Christopher Kasabian
2. Ron Weich
3. Justin McIltrout
4. Milan Besendnjak
- Physique - Youth**
1. Dayton Garney
2. Jaxom Mims
- NGA United States & Pro Galaxy Championships**
- August 12, 2017
- Bloomfield, NJ
- NGA Promoter: Paul Hendricks

- PRO Bikini – Open**
1. Myla Bseirani
- PRO Men's Physique – Open**
1. Mike Basler
2. Shevon Cunningham
- PRO Men's BB – Open**
1. Shevon Cunningham
2. Vince Wood
- Bikini – Open Short**
1. Kate Conklin
- Overall**
- Bikini – Open Tall**
1. Jessica Nugent
- Bikini – Masters**
1. Kate Conklin
2. Brenda Williams
- Women's Physique – Open**
1. Amanda Costa
- Men's Physique – Open HW**
1. Naji Mitchell
- Classic Physique – Open**
1. Rodney Addison
2. Obencio Espinoza
- Men's BB – Open LHW**
1. Rodney Addison
- Overall**

2. Al Vaughan
- Men's BB – Open HW**
1. Gary Haines
- Men's BB – Masters 35+**
1. Paul Woods
2. Gary Haines
- Men's BB – Masters 46+**
1. Gary Haines
- Overall**
- Men's BB – Masters 56+**
1. Al Vaughan
- Men's BB – Masters 60+**
1. Al Vaughan
- Bikini – Debut**
1. Kate Conklin
- Figure – Kids**
1. Rachel Tama
- Men's Physique – Debut**
1. Jake Soister
- Men's Physique – Novice**
1. Naji Mitchell



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