



SPRING / SUMMER
2021

NGA NATURAL *mag*

Drug-Free Athletes of America

MUSCLE GROWTH

SIGNIFICANT MISTAKES
PART 1

THE DEADLIFT

MAXIMIZING
MUSCLE GROWTH

FIBER

WHAT IS IT AND
WHY IS IT IMPORTANT

+ I AM A SURVIVOR:
THE JOURNEY TO
MY NGA PRO CARD

NGA
SCHEDULE
GET PUMPED!

YOGA -
JUST BREATHE

NGA PRO/AM Universe NGA American Natural



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Classic Physique Open
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PRO WOMEN
Bikini & Figure Open & Masters
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Welcome

Letter from the Editor

Yay!!!! It feels so great to be releasing this new issue of NGA NATURALmag. Our last issue was published just before the world was hit with the COVID-19 crisis which became a reality for everyone. There has been no family or business left untouched by this pandemic. However, now we are beginning to see a light at the end of the tunnel.

In 2020, there were only a handful of shows due to the pandemic; however, 2021 is proving to be much better!!! Our premier show, The NGA PRO/AM Universe is set to take place this year and we hope to see everyone there. It feels great to be back at my desk and working diligently to bring more shows to you as states across the country continue to open back-up.

This issue of NGA NATURALmag includes show articles that took place in 2020 and some from 2021 with more to come. Be sure to check our schedules and come out and support our promoters and athletes. It's great to see everyone again. Natural bodybuilding is a small community with familiar faces and one common goal... Welcome back to the stage!

As always, I hope you enjoy this issue of NGA NATURALmag. If you have a story idea, comments, questions, feedback, and can be reached at nga@nationalgym.com or give us a call. Your voice counts!!!



Francine Bostinto
Publisher & Editor In Chief
NGA Vice President

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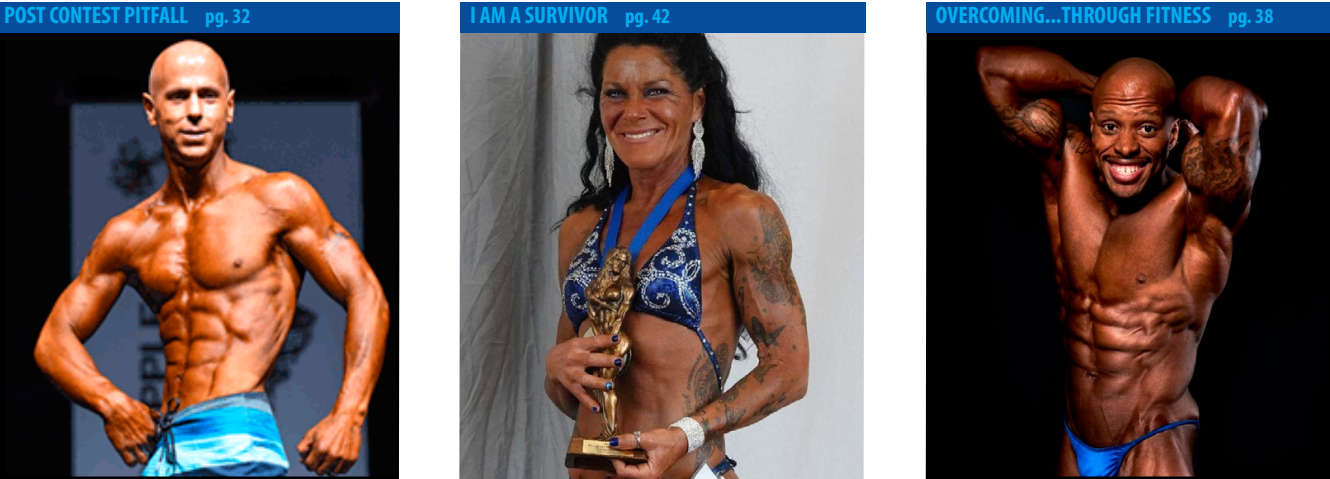
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TABLE OF CONTENTS



NGA NATURALmag

ON THE COVER: Lacey Oakey
NGA PRO Bikini
PHOTO BY: Roger Lister
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FEATURES

COVER STORIES

Fiber

By Josh Miller, BS, NSCA, CPT
What Is It And Why Is It Important? [12](#)

Significant Mistakes In Muscle Growth

By Chad Adamovich, CSCS
Part 1 [08](#)

The Deadlift...

By Dr. Christoph Klueppel
A Must For Maximizing Muscle Growth [22](#)

I Am A Survivor

By Honey Arnold
The Journey To My NGA PRO Card [42](#)

Try Yoga

By Wendy Webberly
Just Breathe [45](#)

NUTRITION

Fiber

By Josh Miller, BS, NSCA, CPT
What Is It And Why Is It Important? [12](#)



TRAINING

Significant Mistakes In Muscle Growth

By Chad Adamovich, CSCS
Part 1 [08](#)

The Deadlift...

By Dr. Christoph Klueppel
A Must For Maximizing Muscle Growth [22](#)

Elbow Pain With Pull-Ups And Rows?

By Dr. Nicholas M. Licameli, PT, DPT
Try This Simple Modification! [27](#)

Try Yoga

By Wendy Webberly
Just Breathe [45](#)

FEATURED ATHLETES

A Message To Continue...

By Kevin Smith [16](#)

A Commitment To Fitness

By Lameesa Muhammad, PhD
That I Could Have Never Imagined [21](#)

Post Contest Pitfall

By Chris Livolsi [32](#)

Overcoming PTSD, Depression, And Anxiety Through Fitness

By Dushawn White [38](#)

I Am A Survivor

By Honey Arnold
The Journey To My NGA PRO Card [42](#)

2020 NGA SHOWS

Southern Indiana Sizzling Summer Classic

By Donna French
Sellersburg, IN [06](#)

NGA Inaugural Hurricane Classic

By Tracy Simonds
Debarry, FL [10](#)

NGA 9th Annual Gator Classic PRO/AM

By Matt Ammann
Daytona Beach, FL [14](#)

NGA PRO/AM Bluegrass Bodybuilding Championships

By Josh & Melissa Miller
Lexington, KY [18](#)

2021 NGA SHOWS

NGA Jupiter Natural Physique Championships

By Tracy Simonds
Jupiter, FL [25](#)

NGA PRO/AM Kentucky Natural Classic

By Josh & Melissa Miller
Lexington, KY [30](#)

NGA 10th Annual Gator Classic PRO/AM

By Matt Ammann
Orlando, FL [36](#)

NGA 1st Annual PRO/AM Green Bay Natural

By Warren Egebo & Paul Hadler
Greenbay, WI [40](#)

NGA 1st Annual Florida State Natural Championships & NGA Florida PRO

By Darrel DeVor & Rick Pierre
Orlando, FL [46](#)

EACH ISSUE

CONTEST RESULTS

NGA Contest Results
April 2020 - July 2021 [49](#)

Letter From The Editor
By Francine Bostinto [4](#)

NGA Schedules [43](#)

NGA Trainer Certification [58](#)



NGA Southern Indiana Sizzling Summer Classic

Sellersburg, IN
August 1, 2020

Promoter: Donna French

www.indiananaturalbodybuilding.com

dfrench@abouttimefitness.com



Left:
William Otterson
Physique - Open
NGA PRO Card



Right:
Amy Evert
Figure - Open
NGA PRO Card



Left:
Mallory Waldmann
Bikini - Open
NGA PRO Card



Right:
Christopher Shelton
Bodybuilding - Open
NGA PRO Card & Overall

The year 2020 will be remembered for a lot of not so positive things, but for Southern Indiana, it will be remembered as the year the NGA came to town.

When Donna French, an NGA competitor, personal trainer, and owner of fitness facilities was approached in 2019, she jumped at the chance to become a promoter. Little did she know that her

inaugural year would be filled with such challenges.

In March of 2020, the world shut down for gym owners and gym goers and it was devastating. "I remember watching our governor announce the shut-down and I remember feeling helpless and afraid," said French.

For the competitors passionate about their trade, you simply find a way. Shows were cancelling, venues were refusing to allow promoters to hold their shows, and cancellation for the Southern Indian Sizzling

Summer Classic looked inevitable as well. But for many that had worked hard, they were watching their passions disrupted and their dreams being stripped away.

"In a year of uncertainty, fear, and loss, we found a way to bring back some normalcy for our natural bodybuilding community," said French. After putting numerous safeguards in place including temperature checks, social distancing, masks and good old fashion common sense, the show went forward. Originally, the show was scheduled to take place

at the local technical college, but was moved to French's own warehouse where staging, lighting, and sound were incorporated to make the show a reality.

August 1, 2020 was a day of firsts and it would be the first NGA show in Indiana, French's first show as a promoter, and the first NGA show coming out of the COVID closures. It was the show that gave us hope! The 2020 Southern Indiana Sizzling Summer Classic also gave us 4 new NGA PROS! ■

Significant Mistakes in Muscle Growth

Part 1



BY CHAD ADAMOVICH, CSCS
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The ultimate goal for a physique athlete is to bring their best package to the stage. Additionally, an athlete should focus on beating their previous best each time they compete. To do this, it usually takes further growth and development or better conditioning. Trying to grow more muscle comes down to applying the best science possible to be effective, while also matching an athlete's individual needs. This takes a professional's experience and education to dial this in. I have more mistakes to cover in the future, but to get you started, here are a few big mistakes some athletes make when trying to grow.

STAYING TOO LEAN YEAR-ROUND

Growth season can be a difficult process for some athletes due to them not feeling comfortable with how they feel or look in their own skin during the off-season. Psychologically, it can be hard to go from a lean physique to an ideal physique for growth and development. Staying too lean will hinder the ability for an athlete to grow in the off season, and we certainly don't want to carry too much fat because this will make your competition prep for your next contest a lengthier process. With this being said, it's critical to bring the body back to healthy bodyfat levels.

For growth to happen, it is important to be in a caloric surplus with sufficient protein to maximize your

efforts in the gym. The key is to take things slow and controlled after you are reversed out properly from your last contest. A general rule of thumb is to post-reverse and aim for 0.5-1% increase in bodyweight a month if you are an experienced lifter (4+ years). If you are a beginner, you can aim higher (1 – 1.5%/month) because you will be able to add on lean mass faster due to larger adaption ability. Note that individual differences need to be accounted for, so don't get too hung up on this range. (To learn more about adaptation differences, see my article "Window of Adaptation" NGA Winter 2018.)

TRAINING WITHOUT A PLAN

When it comes to your training, do you approach it the same way you did when you started? Do you have an appropriate progression system for volume in place within your cycle? What do you do to auto-regulate performance and recovery? These are some of the questions you should be asking, and if you are unsure, continue reading!

I've seen it time and time again where a body-builder has seen great results in their earlier training days by implementing a random workout routine, but still expects to see these same results as they progress and they don't. One of the reasons why this happens is because as a beginner, it is easier to see growth results as you implement a random workout routine as long as you are intelligent and consistent. However, the problem begins as you get more advanced, especially if you are a drug-free athlete, as a random workout routine will no longer be as effective as it had been previously. As you advance, it is important

to get more precise with your training. An intelligent plan isn't just designating body parts to a specific day and running with it, or taking on your favorite enhanced athlete's "leg day" as a means to elicit the results you are looking for because this misses a lot of specific individual needs and variables that need to be accounted for.

It falls back to the tried-and-true principal in exercise physiology called the SAID principal. This stands for Specific Adaptations to Imposed Demands. To put it simply, if you want specific results, you need to do specific things. If you do random things, you will get random results. Once you get past the beginner stage, I highly recommend getting a real plan in place for growth. It's a combination between art and science to get a successful plan in place for each individual. This will require you to have a professionally designed program to regulate volume, intensities, and recovery within the training cycle. By leaving the ego out and allowing a professional to design a protocol, this will allow you to take the next step in development and progression to a better physique.

These are two major problems I see within the physique athlete community, but if you are coachable and truly have a desire to become better, the best athletes, minus their ego, can make the necessary changes. Begin by reviewing these two key areas mentioned in the article and then see what you can apply to your own journey to make your body better. In the next issue, I will review a couple more mistakes that should be avoided in order to help you to develop an even better physique. ■

About the Author: Chad Adamovich is owner of IRONSCIENCE and co-owner of P4P Muscle. He has spent over half a decade with 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, Director of Training & Development for a multi-club franchise and more. To get additional free professional training advice, follow IronScience on [Instagram.com@ironscience_pro](https://www.instagram.com/ironscience_pro)



NGA Inaugural Hurricane Classic

Debary, FL
September 5, 2020

NGA Promoter: Tracy Simonds

www.NGAjupiterNPC.com

tracysimonds7@gmail.com



Staff

Derek Simonds Jr., with his Mom & Promoter, Tracy Simonds, and his girlfriend Sobe Amici, working the door



L-R: Dolores Lenz, Liva Rivera, Thea Holman, Holly DeVor, Amaya Albert, Jess Wilken, Nancy Mularski, Camy Challis, Kelsey Bruchal, Heaven Colon, Latoya Moody, Meagan Denison, Eliana Craaybeek, and Tracy Simonds (front center)



Liva Rivera
**Transformation
Winner**



Center:
Jacoby Moore
**Bodybuilding - Open HW
NGA PRO Card & Overall**

Left:
Jeremiah Wright
**Classic Phys - Open HW
NGA PRO Card & Overall**

Right:
Darrell DeVor
**Bodybuilding - Masters
50-59
NGA PRO Card & Overall**



Latoya Moody
Kristi Philips



Latoya Moody
**Figure - Open Tall
NGA PRO Card & Overall
Womens Phys - Open
NGA PRO Card**

The Inaugural NGA Hurricane Classic held on Saturday, September 5, 2020 during Labor Day weekend was an amazing event! We started off a little slow with registrations, but when the athletes turned up, they proved that not even the pandemic would stop them! These phenomenal athletes killed it and made the NGA Hurricane Classic a huge success which everyone enjoyed! There were 10 NGA PRO Cards awarded at The Gateway Center of the Arts in Debary which was the

perfect place for this year's show.

Due to the coronavirus pandemic, the show was divided into a separate event for men and a separate event for women which allowed for a very smooth and easy flowing show. The competition was fierce and the competitors, staff, and audience were overwhelmingly filled with enthusiasm for the sport of bodybuilding.

Here are a few quotes about what people are saying about the NGA Hurricane Classic:

"Great show! It was very efficient and smooth! Glad it was my first! I had so much fun!"

- Jessica Wilken, First Time Competitor

"What a fantastic show!"

- Gabby Seacott, Spectator & Tech Crew

"Thank you. An amazing event! Love, Love, Love...NGA."

- Heaven Colon, Transformation Competitor

"I honestly had the best experience and feel like I have found my people! Everyone was so friendly and welcoming from the judges, expeditors, and other competitors. It was a true representation of what this sport should be like so thank you very much! I can't wait to see where my journey with the NGA leads. Thank you for all you did to put on an amazing show."

- Camy Challis, Bikini & Figure Competitor

"Such an amazing day! From the promoter, all the way down to each and every athlete!"

- Holli Duncan DeVor, NGA PRO Bikini

We give thanks to everyone that participated in this year's event and would like to give a special thanks to our many sponsors because we know that we could not do this show without you!

Lastly, I am proud to announce that I will be promoting three shows in 2021 which will be the NGA JNPC (Jupiter Natural Physique Championships) in Jupiter Florida on April 3rd, 2021, the NGA Thunder Classic in Deland, Florida on July 24, 2021, and The NGA Hurricane Classic in Debary, Florida on September 4, 2021, Labor Day weekend. We look forward to seeing more awesome competitors soon! ■

FIBER



What Is It And Why Is It Important?



BY JOSH MILLER, BS, NSCA, CPT
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Dietary fiber can be found in a variety of fruits, vegetables, whole grains, beans, and legumes. Many people that have been advised to eat more fiber are typically struggling with digestive issues such as constipation, an autoimmune condition, or blood sugar and glucose issues.

However, it is important to understand that too

much of a good thing isn't great either as some individuals, especially those who suffer from gut conditions like IBS, IBD, leaky gut, candida, bacterial overgrowth and other digestive issues, may not be able to tolerate high amounts of fiber.

Fiber is commonly classified as soluble, which dissolves in water, or insoluble, which doesn't dissolve in water.

Soluble Fiber dissolves in water to form a gel-like material when it enters the digestive tract.

Soluble fibers also feed the good gut bacteria to help support and keep a positive balance over harmful bacteria.

Soluble fiber are found in oats, peas, beans, blueberries, apples, citrus fruits, carrots, avocado, barley, and psyllium.

Insoluble Fiber refers to the fact that it does not dissolve in water, but rather stays intact throughout the digestive system.

Due to this, it does not get broken down in the digestive track or absorbed in the bloodstream. The main role of insoluble fiber is to promote movement of waste through your digestive system.

Insoluble fiber can also bind to certain toxins that should be excreted, including cholesterol and excess hormones as it "sweeps" the colon which is beneficial to those who struggle with constipation or irregularity.

Insoluble fiber can be rough and is generally found in higher amounts in whole grains, wheat bran, nuts, beans, vegetables like cauliflower, green beans, potatoes, and can also be found in certain parts of fruits, mainly in the tougher types of skin and stalks.

The amount of soluble and insoluble fiber varies in different plant foods. It is strongly recommended that increasing your fiber intake by eating a wide variety of high quality foods is the best way to receive the greatest health benefit.

As mentioned, there are a lot of benefits to including dietary fiber into your diet, some of which are mentioned in the following:

Benefits Of Eating Adequate Amounts Of Fiber

- Supports daily bowel movements - Going to the bathroom is extremely important as it removes toxic waste from the body including bacteria and hormones. This is because regularly excreting stool is important for good colon health.

- Helps maintain bowel health - A high-fiber diet may lower your risk of developing hemorrhoids and

small pouches in your colon (diverticular disease). Studies have also found that a high-fiber diet likely lowers the risk of colorectal cancer.

- Supports cholesterol levels - Soluble fiber can bind to cholesterol and help shuttle it out of the body. Eating foods like beans, oats, flaxseed, and oat bran may help lower total blood cholesterol levels by reducing low-density lipoprotein, or "bad" cholesterol levels.

- Helps control blood sugar levels - Soluble fiber can help slow down the absorption of sugar and it can also help improve blood sugar levels. This is particularly important for people concerned with diabetes and those wanting to reduce the risk of developing type 2 diabetes.

- Supports weight loss and weight maintenance - High-fiber foods tend to be more filling than low-fiber foods, so you're likely to eat less and stay satisfied longer. High-fiber foods also tend to be less calorie dense and more voluminous, which means you can eat fewer calories with a larger volume of food.

So, How Much Fiber Do We Need Per Day?

The general recommendations for fiber intake are to consume about 20 to 30 grams of fiber each day, but most Americans only get about 15 grams a day.

What if you don't like vegetables or can't tolerate a lot of foods?

Fiber supplements are always an option, but whole foods, rather than fiber supplements, are better for the body because they provide large amounts of micronutrients like vitamins and minerals. Green leafy vegetables such as broccoli, spinach, kale, alfalfa, and spirulina, are also great choices of whole food fibers.

Fiber supplements - such as Metamucil, Benefiber, Citrucel, and FiberCon - don't provide the variety of fibers, vitamins, minerals, and other beneficial nutrients that foods do, so it's best to work your way to eating enough fiber each day for overall health and then see how your digestive system improves! Additionally, there are various apps that can help you track the amount of grams of fiber that you are consuming each day like MyFitnessPal or MyPlate. So, don't forget your fiber! ■



NGA 9th Annual Gator Classic PRO/AM

Daytona Beach, FL
September 19, 2020

Promoter: Matt Ammann
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instagram: @mattammann1



2020 NGA 9th Annual Gator Classic PRO/AM Contestants



Matt Ammann
with Alligator Head



Matt Ammann with Judges
L-R: Conrad Reid, Al Acevedo, Todd Elliott, Matt Ammann,
Chance Schwartz, and Jenny Rodriguez



NGA Promoter Matt Ammann
and Jacoby Moore
Classic Physique - Open
NGA PRO Card & Overall



PRO Bodybuilding - Open
L-R: Errol Lopez, Daron Monroe, Marco Dalabona, Jeremiah Wright



Bikini - Open
L-R: Thea Holman, Barbara Rodriguez, Candiss Darnell, Jessica Wilken, Sophia Bernard

After two venue changes and a wild year of Covid-19, the 9th Annual NGA Gator Classic was a tremendous success! The Hilton Daytona Beach Oceanfront made for a beautiful venue for an amazing show! This year the Gator Classic hosted the most competitors it has ever had. Everyone enjoyed getting together and celebrating

the hard work of all the athletes. The show offered three new NGA PRO classes which are Men's Bodybuilding, Men's Physique, and Bikini and all of these classes had an exceptional turnout! There were 10 NGA PRO Cards awarded. In keeping with the NGA standards, all NGA PRO Card and cash winners were urine tested. We offer a big

thank you to all the staff that helped put on a great show!

Please, join us in 2021 for the 10th Annual NGA Gator Classic, which will be back to its normal schedule and will be held at the Rosen Centre in Orlando on April 10th. In addition to the existing NGA PRO classes

for Men's Bodybuilding, Men's Physique and Bikini, NGA PRO classes in Men's Classic Physique, Women's Physique and Figure will also be added to the show which will make for a total of six NGA PRO classes! We are looking forward to seeing everyone in 2021! ■



Wow, we did it! We really did it! We made it to the year 2021. Plain and simple. 2020 really sucked ... or did it? Let's do a quick recap. Covid-19 hit, many jobs were lost, family and friends were isolated, behaviors and routines broken, the list goes on ... I get it! Life has been pretty hard and probably the most challenging it has ever been. You wake up in the morning thinking, "Today is going to be different ... today, I am going to do something for me."

"That's certainly not true," said all of the married

people and parents.

It's more like, "Is today Tuesday or Wednesday? Or do I wear a mask or not?"

The truth is whatever you are experiencing, it is either helping you to achieve your goals or making things more challenging for you to achieve them. I am not asking you to not think of others or to hide your emotions. I am asking you to first take care of you.

As a coach, I believe your mental health is everything. I could sit here and try to encourage you to exercise and eat right, but if your mind isn't right, none of this is going to work.

I am asking you to spend more time getting to know your awesome self. You are there and we both know it. You are either hiding yourself or helping to bring that person forward. What are your goals? Your real goals?

Have you thought of your fitness goals for the year? Can you see your dream body? Is there a place you want to visit? Is there a hobby you wish to begin?

The time to invest in these thoughts and take action is right now. How many days will you continue to say tomorrow? How long will you continue to give yourself an excuse or a way out? How long will you remain in the backseat of your life?

The year 2020 was probably one of the best years of my life. I spent more time with my wife. I spent more time with my children. I am now a father of 3. I learned more about myself

My business grew. I said to my wife at the beginning of the pandemic when the world began to close, "When the pandemic is over, people will either come out better or a whole lot worse." And in that moment, I decided to be the victor instead of the victim. I was not going to allow the pain of loss or the stress of work and the unknown destroy my life ... not now or in the future.

I need for you to be that strong as well. You are most likely saying, "But Kevin, how do I do it?"

Here's How:

1. Take 100% responsibility for your life. Know what you can control and what you cannot control.
2. Make a decision and commit.
3. Spend more time getting to know you. This will help you hear that inner coach working to help you achieve your goals.
4. Take 1 step at a time, and take 1 day at a time. Life is a marathon and not a sprint. As long as you continue moving forward you will get to where you want to go. Life looks different for all of us right now, but we can keep on going.
5. Attack the performance, not the person. So, you didn't wake up when you said you were going to wake up, and you didn't make it to the gym. This does not

mean that you are a bad person. It means you may have just gotten a "C" for waking up late and an "F" for not making it to the gym. Being honest with ourselves and rating our performance is how we win. No one is perfect, but I am sure we can both agree that it feels pretty good to know when our performance is rated "A" quality.

Here is the reason I want you to continue: For many people, 2020 will unfortunately be the year they claimed "destroyed them, the year they lost everything." For you, I want this to be the year that built you, defined you, and molded you into the thing you wish to become. Remember, you are either hiding it or bringing it out.

I want you to continue becoming all of you, experiencing all of you, and loving all of you. Yes, that includes the stressed out and broken pieces too! But, you must first want that for yourself. It's all about perception. Keep on going and continue moving forward.

This is the only way you can free yourself and help others. ■



BY KEVIN SMITH (FLEX SMITH)
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The NGA PRO/AM Bluegrass Bodybuilding Championships

Lexington, KY
September 26, 2020

Promoters: Josh & Melissa Miller

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josh@transformationpersonaltraining.com



Emily Thomas
Bikini - Open Short
NGA PRO Card & Overall
Bikini - Masters 35+
NGA PRO Card



Robyn Torgrimson-Luke
Figure - Open Short
NGA PRO Card & Overall



Letecha Haywood
Physique - Open
NGA PRO Card



Left:
Jamaal Williams
PRO Classic Phys - Open
1st Place
Bodybuilding - Open LW
NGA PRO Card & Overall



Right:
Thay Htoo
Physique - Open LW
NGA PRO Card & Overall
Classic Physique - Open
NGA PRO Card

Due to the challenges of the year 2020, there was much uncertainty towards the build-up for this show. Many shows were getting canceled all over the world. Gyms were closed, so how would the competitors train? Businesses were closed, and as a promoter, I began to wonder if I would be able to find a venue to hold the event. I was very determined to find a way to have the show. The competitors needed an event to train for, they

needed a goal to attain, and I was determined to make this happen.

As entry forms began coming in, it was easy to see that this show was going to be bigger than anticipated. There were a total of 55 competitors in this much awaited contest. In the Women's Physique Open class, there was a record number of 9 entries. Letecha Haywood would win this class and earn her NGA PRO Card, and Honey Arnold coming in 2nd would also earn her NGA Women's Physique PRO Card.

The Figure Open classes were also large, with Robyn Torgrimson-Luke earning her NGA PRO Card by winning Figure Open "A", and Elizabeth Paul earning her NGA PRO Card by winning Figure Open "B". Robyn Torgrimson-Luke would also go on to win the Figure Overall.

The Bikini Open class was a very close competition as every competitor looked amazing and this made it very difficult for the judges. Emily Thomas would take 1st place in Bikini Open "A", and Paula Anderson would win Bikini Open "B". In a very

close overall showdown, Emily Thomas would be announced the Bikini Overall champion, thus earning her NGA PRO Card.

The Classic Physique Open division was very entertaining and a lot of fun to watch. Each competitor displayed a unique glance at that classic golden era bodybuilding look. In a close competition, Thay Htoo would earn his NGA PRO Card by winning the Classic Physique division.

Thay Htoo was not finished and crossed over

The NGA PRO/AM Bluegrass Bodybuilding Championships

Lexington, KY
September 26, 2020

Promoters: Josh & Melissa Miller



Physique - Open

L-R: Teresa Latiolais, Valerie Wegford, Elizabeth Paul, Honey Arnold, Letecha Haywood, Tabecca VanDyke, Carolyn Paul, Jessica Jackson, and Stephanie Mullins

into Men's Physique Open and would win the lightweight class. The overall showdown would put him against Men's Physique Open Middleweight champion, Eric Reskin and Men's Physique Open Heavyweight champion, Brandon Saling. Thay Htoo would again be announced Overall champion of the Men's Physique Open class, therefore earning another NGA PRO Card.

Men's Bodybuilding was again stacked. Wesley Hatfield would win the lightweight class, Johnny Spears would win the middleweight class, Jamaal Williams would win the light heavyweight class, and Kaelin Patterson would win the heavyweight class. The overall bodybuilding championship would go to Jamaal Williams.

The NGA PRO classes would include Chris Shelton winning the NGA PRO Bodybuilding in his NGA PRO debut. Amy Evert would win both PRO Figure Open and Masters. The NGA PRO Bikini would go to Rebekah Charchenko, and Jamaal Williams would win PRO Classic Physique.

In the PRO Bodybuilding Masters 40+ class, Anthony Stinchcomb would be announced the winner. Tony Yeatts would win PRO Masters 50+, and Ron Page would win PRO Masters 60+.

This show had many other classes and winners, including junior classes, masters, novice, and debut classes, etc... And all competitors did amazing! I am so blessed and honored to promote in the NGA! ■

A Commitment To Fitness That I Could Have Never Imagined



BY LAMEESA MUHAMMAD, PHD
FRAGMENTALIST@YAHOO.COM

I remember it just like it was yesterday. It was Friday, March 13, 2020 and we had been given the word that the governor of Ohio made a decision to close all schools. As a school teacher in Ohio, this news hit me very unexpectedly because school closures generally only occur due to inclement weather days in the region and not because of a virus that had just began to ravish the day-to-day functioning of every person in the entire world. That morning, I found myself rushing to prepare last minute assignments for my students and the time was ticking. One of my students finds me before I leave, but I wasn't ready as was the case for many of the other teachers in my building, so I give her my telephone number to pass along for instructions to the other 24 students in the English 12 class.

I leave school and rush home to pick my son up (his school had already shut down earlier in the week) so that I could take him to have his annual eye exam. At the end of the examination, he picks out orange and purple eyeglasses. I'm not a fan, but hey, he's eccentric and honestly gets it from me. We order the glasses and I take him home to his sister while I head to the gym. On my way to the gym, I think about if the pandemic would halt my workout schedule. The gym fanatic that I am doesn't like these thoughts which I quickly dismiss.

I make it to the gym to train that night with little plans to make any considerable alterations to my schedule. I am going to keep working out, is my immediate thought. I worked my back that night and it was grueling. The gym was hot and I was dripping with sweat by the time I left.

By Saturday, I begin to feel a bit more uneasy about training at the gym. I text a client/friend and suggest that maybe we can train very early in the morning to miss the crowd, and remind her that we still have to practice social distancing by keeping 6 feet of separation between us while working out. She agrees, but something tells me that is not a good idea. I send her a text to ask her what her thoughts were about that and suggest that maybe we should stop in person training and switch to home workouts in the meantime. She supports this decision and we begin home workouts without ever missing a beat. I made a commitment to fitness long ago and have accepted that it is a necessary part of life that would not stop because of a virus born pandemic. There is no better time than now to use exercise as a means to build the immune system, is what I surmise.

Today, I continue to add to my home gym equipment so that I am able to have the same level of training that I received before the pandemic. I have since changed my workout schedule which includes a mix of in-person training with virtual training. I could have never imagined that not working out with my gym mates at Lean Styles Proactive Weight Loss and Fitness would be a part of the new normal. I could have never imagined that I would have to build a home gym on short notice. I could have never imagined that a pandemic would be staring everyone in their eyes and rock entire the entire world at the same time without permission. Despite what our world continues to undergo due to the coronavirus pandemic, I continue my commitment to fitness without a missed step because I could never imagine that I would stop. ■

About the Author: Lameesa Muhammad, PhD is an NGA PRO Figure Master competitor, a personal trainer, and a sponsored athlete at Lean Styles Proactive Weight Loss and Fitness Center in Cincinnati, Ohio. She is the owner of Flour Gurl Healthier Treats & Delectables, creator of Sunday Body Blast, and model for Natural Woman Magazine. She is an educator, social service professional, and co-author of two publications. She is currently working on a publication which will highlight the unique plight of African American homeschoolers.



BY DR. CHRISTOPH KLUPEL
 NGA EDUCATION DIRECTOR FOR SE ASIA
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The Deadlift... A Must for Maximizing Muscle Growth?

The deadlift is one of the three disciplines of the competitive sports of powerlifting; the other two disciplines are the barbell squat and the bench press.

The conventional deadlift involves lifting a loaded barbell off the floor until the lifter stands erect and the barbell hangs from stretched arms slightly below hip-level. This seems quite simple and straight forward, but performing this movement in a safe and effective manner actually involves more technique than it may appear on the first view.

In recent years, the deadlift has become one of the most cherished lifts in the fitness environment and is now a staple in the work-out routine of many gym-enthusiasts who pursue a bodybuilding-type weight-training program to improve their physique

and body-composition.

Indeed, there seem to be many good reasons to also include this highly functional and most challenging hip-hinge powerlifting exercise in any fitness- or bodybuilding-oriented training program. After all, the deadlift is a compound movement that works more muscles than any other exercise and has a high potential for strength gains and progressive overload. It increases strength in most major muscle groups, primarily targeting the entire "posterior chain" of the body, i.e. calves, hamstrings, glutes, and back, along with the quadriceps and the core; many non-powerlifters perform the deadlift to either build a bigger back or to build bigger legs. Since there are so many muscles involved, one can deadlift more weight than in any other exercise. The deadlift doesn't require a spotter and is relatively safe; at least, one won't get crushed by the loaded bar when failing in a lift. And

when done correctly, it will not unduly stress any of the major joints, but rather serve to strengthen them.

All these valid reasons have led many gym-enthusiasts and even trainers to believe that it is not possible to build an outstanding physique without the deadlift, and that deadlifting is essential, if developing superior overall muscle mass and core strength is desired. But is this really true?

While the deadlift heavily challenges a variety of major muscle groups to contract simultaneously against an extraordinary weight-load, most of these muscles just work through a quite limited partial range of motion, while others, such as most upper back muscles, don't receive much direct work, but rather just isometrically contract. Generally, powerlifters train the deadlift by using low rep ranges of 1-5 with weights of 85 -100% (1RM), which is the proven method to build maximum total body strength.

Athletes involved in a bodybuilding-type weight training program predominantly strive to maximize muscle development in all major muscle groups and to create a balanced aesthetic physique. Here, the various muscles are trained individually: they are overloaded most efficiently with selected exercises in a focused and direct fashion, and generally through a much more complete range of motion and for a higher number of repetitions per set. Optimum muscle hypertrophy is generally best achieved by performing 3 to 4 sets of 8 to 12 reps per exercise, at an intensity of 70-80% of one's personal one-rep max (1RM), hitting each and every muscle or muscle group directly and from various angles. Specific focus is on bringing lagging body parts and muscle-groups up to par with better developed areas in order to generate the most aesthetic and balanced physique possible. Acquiring maximum strength in any exercise is not the main focus of a bodybuilder's training efforts.

Many successful bodybuilders actually never include regular deadlifting in their work-out routines, but nevertheless manage to build most impressive physiques. They may perform the deadlift now and then to test their strength, or when playfully competing with training partners and friends. Surprisingly though, even without focusing on developing maximum strength and without ever regularly training the deadlift, they can often hoist quite impressive weight-loads off the ground.

One reason for this may be that a proper bodybuilding-type weight training program actually includes training all the muscles which are involved in the deadlift, although in a more direct way, through a more complete range of motion, and more specific to the goals pertaining to a bodybuilding-oriented weight-training routine. In fact, one may rightfully argue that all the muscles which the deadlift engages, can actually be developed more effectively by performing an appropriate selection of direct exercises for these muscles, including barbell squats, bent-over barbell rows, stiff-legged deadlifts, etc.

This is not supposed to mean that the deadlift is useless; anyone, who enjoys deadlifting and is capable do so with correct form can certainly continue to include this movement in their exercise program for its multiple benefits. In fact, the increased core- and overall strength gained from deadlifting can improve posture, can enhance the performance in a number of direct bodybuilding exercises, and also carries over to various sports and fitness activities as well as to practical uses in everyday life.

However, there are some bodybuilders and fitness athletes, who may actually be better off to exclude the conventional deadlift from their work-outs. This applies especially to those who have pre-existing lower back injury or joint issues, those who have poor spinal posture, those who feel pain during the movement even though they are properly supervised, and those who do not have the requisite flexibility or leverages to pull safely off the floor. The conventional deadlift is an exercise that puts a huge load on the lower back, and anyone, who has a tendency towards excess rounding of the lower back, should avoid the deadlift as well as other exercises which puts strain on the lower back. One of the most basic requirements to execute a safe deadlift is the ability to maintain a neutral spine during the entire lift; unless this aspect of technique is not perfectly mastered, the risk to reward ratio is simply not worth performing the deadlift, as there are lurking many chances to get hurt.

Generally, anyone who strives to develop an aesthetic bodybuilder-type physique, and especially those with any of the above mentioned health concerns, may be best advised to stick to a bodybuilding-type weight-training routine, which does not necessarily include the deadlift. On the other hand, anyone who wants to compete and excel in powerlifting should train like a powerlifter and must regularly deadlift. ■

2021 ~ Invitational Pro/Am

Spring-Summer 2021



Saturday, September 18th



NGA Pro Natural
Classic Physique Olympian
Barran Stone



NGA Pro Natural
Ms. Bikini Olympian
Alona Zaharkina



NGA Mr. Natural Olympian
Jeff Alberts



NGA Pro Natural
Ms. Figure Masters Olympian
Heidi Hallenberger



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NGA Natural Teen
Fitness Olympian
Gabrielle Hallenberger



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Location
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Folsom, CA 95630

Times/Tickets
Prejudging ~ 10am \$30
Evening Finals ~ 5pm \$40
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NGA Jupiter Natural Physique Championships

Jupiter, FL



Promoter:
Tracy Simonds

Saturday, April 3rd, 2021



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What a great start to the 2021 competitive season! The Inaugural NGA Jupiter Natural Physique Championship was a huge success! Everyone had an amazing time and we awarded 3 well deserved athletes their NGA PRO Cards. The atmosphere at Jupiter Community High School was uplifting, competitive, and the audience was full of enthusiasm for the sport of natural bodybuilding. Thank you to everyone that participated and aided in this year's event. We could not run such a well-organized show without each and every one of you. Thank you to our sponsors and to my co-promoters, Lara Buck and Dr. Maureen Condon Kelly, who are literally the reason this show exists. Thank you!

The following received their NGA PRO Card: Jennifer Koenig (Bikini Open), Keith McIntosh (Physique Open), and James Drake (Classic Physique open).

Here are a few quotes about what people are saying about this year's show:

"For the first show of the year and a new one at that, it was excellent....well run, on time and smooth as can be....huge shout out to all that made it happen. Also, the level of competition was outstanding...honored to be a part of it."

- Dennis Hobart

"It was a wonderful show!! Great athletes and

competition and a very organized show catering to the athlete. Thank you for letting me be a part of it! I truly love this industry and the NGA is a great place to be!"

- Katie Parris Catlow

"Today was incredible! I'm so grateful that the NGA welcomes bodies like mine who are on a journey of bettering themselves each and every time! And, I did something different today, too. I stepped out of my comfort zone and did Beach Body. It was such a fantastic event....well organized. I enjoyed myself to the fullest."

- Heaven Colon

"This was my first show and it was great... here comes June 5th."

- Robin Thompson

"Thank you everyone for the experience, notes, and fun!!! I'll be back next year."

- Cristina Rokicki

Our 2nd Annual NGA Jupiter Natural Physique Championships will be held in the spring of 2022. I hope you will be able to join us. Check out our website at www.ngajupiternpc.com for more details. We will also be hosting the NGA Thunder Classic on July 31st in Deland, Florida and the NGA Hurricane Classic on Labor Day Weekend which will be held, Saturday, September 4, 2021.

It is going to be an amazing 2021 competitive season here in Central Florida! ■

Elbow Pain with Pull-Ups and Rows?

Try This Simple Modification!

One thing that all bodybuilders know, is that stopping training due to pain is almost never the answer. For example, if you have knee pain when squatting, we want to build up the resilience of the knee by continuing to load it in a modified way that isn't provocative and allows us to maintain a training effect. The idea is that through graded exposure and pushing the edge of discomfort, we will desensitize the system to the desired movement pattern. After a qualified healthcare practitioner dives into your training and finds the proper variable to modify (load, volume, intensity, range of motion, exercise selection, exercise technique, etc., which can be different for everyone), is there anything else we can do to help the recovery process? Absolutely!

Three concepts that I've learned over the years are that pain is multifactorial, pain is rarely purely due to structural pathology, and proper form appears to be a spectrum rather than an exact target. If you have pain, exercise technique is one of many factors that can be modified to avoid the pain response while maintaining a training effect. In this case, using exercise technique is not intended to improve safety or prevent injury, but rather it is used to change the way the force is being distributed throughout our bodies.

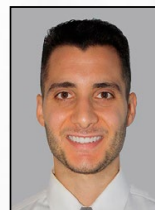
The focus in this article is targeted at making a small change to exercise technique in an effort to reduce elbow pain during the pull-up and row. Keep in mind that just because I am suggesting a change in form doesn't mean that what was done previously is bad. In fact, it's not good OR bad, it's just different and different is exactly what we want especially when

dealing with overuse-type injuries.

The next time you perform a pull-up, take a look at the amount of bending (flexion) that occurs at the elbow and the position of your arms relative to your body. If you reach near full elbow flexion and notice that your arms are still in front of your body, chances are you are curling yourself up to the bar, rather than pulling yourself up with your lats. This puts the majority of the responsibility on the small joints and soft tissues of the elbow rather than the larger and more powerful muscles of the shoulders and back. This isn't necessarily bad, but if you are having elbow pain with the pull-up or the row, it may be worth taking a look at your technique and the solution may be as simple as making a small change in execution of the movement. The same concept holds true for the row. If the elbow is bending passed 90 degrees but the arm is in front of the body, the exercise is a very elbow-dominant movement.

As previously mentioned, making these movements elbow-dominant is not necessarily a bad thing, depending on the goal. For example, if the goal is to use the chin up as a biceps exercise, an elbow-dominant pull is perfect! A close grip bench press is another example of when an elbow-dominant movement is a good thing. By bringing the grip closer together on the bar, you are essentially increasing the amount of elbow flexion and making the exercise more of an elbow-dominant triceps press. It is all context dependent.

Exercise technique is most definitely an individualistic spectrum and something that each person has to modify and tailor according to their personal needs. However, when you are experiencing pain and discomfort, modifying the technique can be a great way to change the force distribution patterns, reduce the pain response, and maintain a training effect. Give it a shot! ■



BY DR. NICHOLAS M. LICAMELI, PT, DPT
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NGA PRO BODYBUILDER
NLICAMELIDPT@GMAIL.COM

About the Author: Nicholas M. Licameli, Doctor of Physical Therapy, NGA PRO Natural Bodybuilder. Every single thing he does, Nick believes in giving himself to others in an attempt to make the world a happier, healthier, and a more loving place. He wants to give people the power to change their lives. Nick graduated summa cum laude from Ramapo College of New Jersey with his bachelor's degree in biology, furthered his education by completing his doctoral degree in physical therapy from Rutgers School of Biomedical and Health Sciences (previously the University of Medicine and Dentistry of New Jersey) at the age of 24, and has earned professional status in natural bodybuilding. Love. Passion. Respect Humility. Never an expert. Always a student. Love your journey.

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2021 NGA PRO/AM Kentucky Natural Classic

Lexington, KY
April 10, 2021

Promoters: Josh & Melissa Miller
www.kentuckynaturalbodybuilding.com
josh@transformationpersonaltraining.com



Bikini - Open
L-R: Jocelyn Lewis, Rebecca Utley, Lisa Smart, Dorothy Bowles, Charity Howard, Barbara Moreira-Curran, Emily Diaz.



Figure - Novice
L-R: Chris Cavanaugh, Michelle Hoeft, Rebecca Utley, Marissa Richard

The 2021 NGA Kentucky Natural Classic was held in Lexington, KY April 10th at the Clarion Hotel off Newtown Pike and was hosted by promoters Josh and Melissa Miller.

Sixty competitors competed in 32 different classifications between the women and men. Some of the competitors hailed from Kentucky, Ohio,

Indiana, Wisconsin, South Carolina, Wyoming, California, Michigan, and Tennessee. What had everyone, especially the athletes, excited were the number of fans who came to witness the competition and the line was long pushing back the start of the pre-judging to allow for all to come in. This provided for an atmosphere that had not been experienced in some time. You could just feel it in the air, and everyone was jacked up!!!

For those who have never been to a competition before pre-judging (where judges score the athletes) takes place in the late morning with the evening portion (tiebreakers, individual routines, awards) starting in the midafternoon. All the athletes gave it their best and several of the classifications saw some fierce competition as there were 5 to 8 competitors involved in each. Two of the classifications had to do a tiebreaker in the evening

portion to determine the winners and final placement. Based on the competitiveness in this show one could see the amount of sacrifice, discipline and commitment needed to be on stage. Hats off to all who participated!!!

There were 11 NGA PRO Cards earned with several athletes earning more than one: Dennis Barnes (Men's Physique Masters), Heather Matthews



2021 NGA PRO/AM Kentucky Natural Classic

Lexington, KY
April 10, 2021

Promoters: Josh & Melissa Miller
www.kentuckynaturalbodybuilding.com
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Figure - Masters 35+
L-R: Chris Cavanaugh and Michelle Hoeft

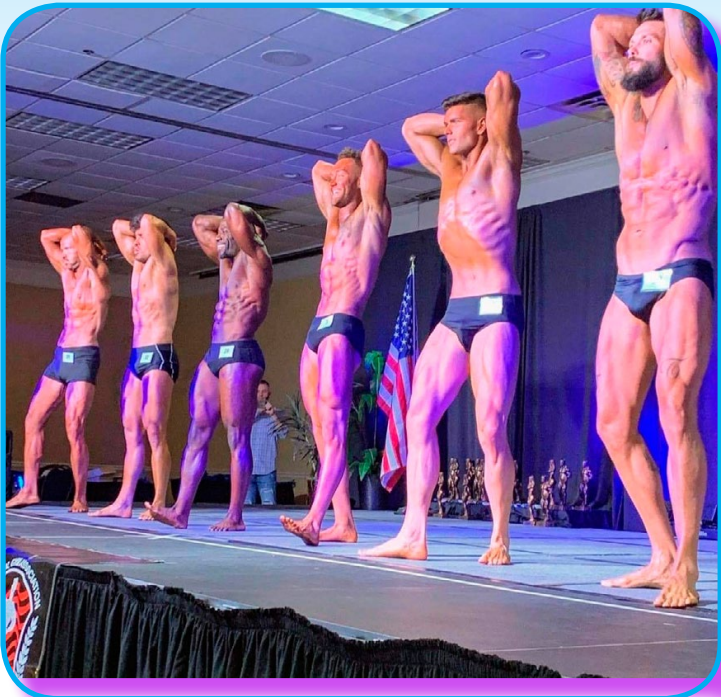
(Bikini Open “B” and Bikini Masters), William Petra (Men’s Physique Open Overall), Austin Whitley (Men’s Physique Open HW), Rebecca Utley (Figure Open “A” and Overall, Bikini Open “A” and Overall), Rodrico Epps (Classic Physique Open, Men’s Bodybuilding Open).

There are several more NGA shows in the Kentucky/Indiana/Ohio area coming up: NGA PRO/AM Mr. & Mrs. Ohio Classic Championships in Columbiana, OH June 5th; NGA PRO/AM River City

Classic in Louisville, KY June 26th; NGA Southern Indiana Sizzling Summer Classic in Sellersburg, IN on August 15th; NGA PRO/AM Bluegrass Bodybuilding Championships in Lexington, KY on September 26th; NGA 23rd Annual Monster Mash Natural in Middletown, OH on Oct 23rd; NGA PRO/AM Steel Valley Classic Championships in Niles, OH on November 20th. Other locations/dates can be found on the NGA show calendar link <https://www.nationalgym.com/national-gym-amateur-schedule.html> ■



Bodybuilding - Open CLASS WINNERS
L-R: Brian Bohman, Tanaphon Rodprajong, Rodrico Epps, Gary Burchfield



Bodybuilding - Open
L-R: Griffin Bandy, Juan Hernandez, Rodrico Epps, Griffin McMahon, Ethan Acton, Trae Huffman



Post Contest Pitfalls

BY CHRIS LIVOLSI
NGA PRO PHYSIQUE

placing 3rd in that show and although I was probably the leanest on stage, I most likely sabotaged my chances to place better due to my quest for leanness.

The overindulgence began soon after the prejudging. It did not stop there as days of binge eating turned into weeks. Every day I was consumed with thoughts about food. I even ate food that I never craved before like chocolate, candy, and cookies. Basically, I ate all the foods I deprived myself from eating for nearly 3 years. I finally decided to seek help and visit a nutritionist. After her evaluation, she recommended I see a medical professional because she believed that my hormone levels were compromised and in order to determine what those levels were, she ordered a blood panel.

Following the advice of the nutritionist, my primary care physician performed the blood panel and the results showed a hormone imbalance. My physician acknowledged the hormone imbalance may account for the physiological effects that I was experiencing, but not for the psychological effects of the behavior. It was at this point that she recommended I seek advice from a psychologist.

I decided to seek out the assistance of a psychologist who specifically dealt with eating disorders and made my first appointment. Shortly thereafter this visit, she made some recommendations which I followed and after just a couple of months, I started to return to some sort of normalcy. I continue to strive and sometimes I still struggle to find a place of balance where I feel good about my body both physically and mentally.

You've prepped for months, put your body through unspeakable stress, and restricted your calories preparing for the big day and once the awards are presented and you walk off the stage, what do you think happens? Well, you guessed it! You rush to eat all the foods that were forbidden during contest prep and start binging. This is when things go off course because your body is anxious to return to some sort of normalcy. As your body is reaching its homeostasis, your appetite has increased and your metabolism has slowed down.

This Is My Story . . .

It was November 9, 2019 and I was competing in my 10th contest in less than 3 years. The binge eating started even before the show was over. Leading up to the show, I strived to be the leanest competitor on stage. In my prep, I was able to reach a dangerously low body fat percentage of 3 percent. I actually stated to friends, "I don't care if I win or lose, as long as I am the leanest." I wound up

Lessons Learned . . .

In this experience, I learned that a flexible meal plan and eating foods you enjoy in moderation was the most sustainable strategy for me.

One thing that I noted was that my coaches would always offer me a refeed day. A refeed day is a day in which carbohydrates are increased for that day's meal plan, but because I would decline to take those days, my body remained in starvation mode which made it harder to lose body fat and this in turn led me to restrict more calories.

I was also encouraged by my coaches to reverse diet after the show. Reverse diet is a systematic and strategic increase in calories to slowly bring the body back to homeostasis.

Listen to your coach. You pay them a hefty fee because you believe they know more than you do about bodybuilding contest prep. So, trust them and take the advice they are giving you.

If you have concerns about taking various types of supplements, seek advice from your physician and enlist their help with making the right decision

on what works for your body. Unfortunately, I learned that some of my increased hormonal levels was most likely due to the supplements that I was taking like creatine. The good news is that my creatine levels did return to normal when I stopped taking it.

It is also important to look for signs and symptoms of eating disorders. Many people believe that only women develop eating disorders, but the fact is that men, particularly those that are bodybuilders, are equally susceptible to developing an eating disorder. If you find yourself binge eating two or three times a week and then follow this up with excessive exercise triggered by the guilt of unhealthy overeating or you look in the mirror and think that you are fat because you gained a few pounds after a show, seek professional help immediately. It may be one of the best decisions you will have ever made in your life.

And finally, give yourself the break that you deserve. After you've put in countless hours, days, weeks, and months as you have worked to achieve your goal, it's time to relax and enjoy yourself for a while before gearing up for your next big contest! ■



NGA WEST COAST CLASSIC

PRO/AMATEUR

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SEPTEMBER 18, 2021
Tampa, Florida



OPEN

MEN'S PRO BODYBUILDING
MEN'S PRO CLASSIC PHYSIQUE
MEN'S PRO PHYSIQUE
WOMEN'S PRO PHYSIQUE
WOMEN'S PRO FIGURE ~ WOMEN'S PRO BIKINI



PROMOTER:
Matt Ammann
407.340.7929
@MattAmmann1

TIME AND TICKETS:

Prejudging: **9am**

Finals: **4pm**

Ticket info and purchase on-line
Check in at Venue 1:00 PM-7:00 PM

VENUE:

Scottish Rite
Masonic Center
5500 Memorial Hwy.
Tampa, FL 33634

HOST HOTEL:
Double Tree by Hilton
Tampa Airport
4500 W. Cypress Street
Tampa, FL 33607
813.879.4800
Code: wcc



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KentuckyNaturalBodybuilding.com

NGA Pro/Am Bluegrass Bodybuilding Championships

Location:
Thoroughbred Center
3380 Paris Pike
Lexington, Ky 40511

Sunday September 26
Lexington, Ky

Contact: Josh Miller
(606) 424-7157
KyNaturalbb@gmail.com



Show will be featured in:
NGA Natural Mag
(online magazine)

Bodybuilding

Figure

Physique

Bikini

Classic

Women's Physique

Pre-Judging: 11am
Evening Show: 3pm

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NGA 10th Annual Gator Classic PRO/AM

Orlando, FL
April 10, 2021

Promoter: Matt Ammann
www.ngagatorclassic.com



thegatorclassic@yahoo.com
instagram: @ngagatorproductions
instagram: @mattammann1

Matt Ammann with Judges
L-R: Todd Elliott, Chance Schwartz,
Matt Ammann, John Hansen,
Michael Ives, Nebetcher Hak Bey



Bikini - Open Medium
L-R: Cassandra Anderson,
Ebony Cooke, Chloe Perez,
Cristina Rokicki



PRO Bodybuilding - Open
L-R: Monford Johnson, Daron Monroe,
James Antun



Physique - Masters 40+
L-R: Tino D'Agostino, Vince Trubilla, Ernest Clemons,
Brian Palone, Pierre Venant



The 10th Annual NGA Gator Classic came in with a growl! It was back to its normal spring-time slot and hosted by the Rosen Shingle Creek in Orlando, Florida on April 10, 2021. Promoter Matt Ammann stated, "This is the largest NGA Gator Classic to date!" With over 100 athletes, the show was a huge success! It started with an amazing rendition of the

national anthem performed by Brielle Marie. Matt said, "It was then my very special honor to have Andrew Bostinto, NGA President and Founder, and Francine Bostinto, NGA Vice President, at the show." It was my absolute pleasure to have as the head judge, 3-time Natural Mr. Universe and Natural Mr. Olympia, John Hansen.

There were some new classes offered this year, Men's Physique Novice and Figure Novice. These classes filled up very quickly. It is extremely exciting to be able to offer classes to new athletes that might otherwise not feel ready to compete against seasoned athletes. Additionally, it was with great excitement to introduce the Evening Gown division

exclusively offered by Matt Ammann. I am also pleased to announce that Men's and Women's Fitness is back!

The next event will be the 1st Annual NGA West Coast Classic held in Tampa, Florida on September 18, 2021. We look forward to seeing you there! ■

Overcoming PTSD, Depression, and Anxiety through Fitness

BY DUSHAWN WHITE

Dushawn White is an American fitness model, natural bodybuilder, and personal trainer from Sacramento, California. Known for his symmetrical physique and shredded six-pack, Dushawn has won several bodybuilding competitions.

An advocate for natural bodybuilding and sports nutrition, Dushawn has launched a brand called “SHREDDTIME” dedicated to maximizing the potential of bodybuilders and other athletes through specialized workout and nutrition programs. Having worked as a personal trainer for more than 15 years, he has helped hundreds of people reach their fitness goals, demonstrating an understanding of the unique challenges of his clients.



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Dushawn’s interest in bodybuilding goes back to his adolescent years. Hoping to combat his abundance of energy, his aunt gave him a basic weight bench as a Christmas gift. After spending a summer lifting weights, he noticed a difference in his strength compared to his peers and this pushed him to work even harder. In high school, he played both football and ran track and field, becoming a standout as a running back and 100-meter sprinter. He went on to attend California State University, Sacramento, where he received a degree in Criminal Justice, while also working as a personal trainer.

Challenges

One of the biggest challenges for Dushawn came in 2013 when he was involved in a terrible work accident that almost cost him his life. He was hospitalized and soon after was diagnosed with PTSD, depression, and anxiety disorder. He experienced crippling panic attacks and dark nightmares which lead him to ongoing hospital visits. This caused him to lose hope and become suicidal. Dushawn could never imagine being in such a dark place and even after two years of therapy and medication, he still wasn’t able to manage his symptoms. It was still very difficult for him to get out of bed due to depression, so he told himself that he was going to do the opposite of being tired or lazy. Instead, every time he struggled to get up and face life, he made himself workout first thing in the morning when those depressive symptoms were usually the worst. Finally, after weeks and weeks of struggling, Dushawn made working out his way of combating PTSD. Dushawn’s wife, Tasha, began supporting him by encouraging him to work out when she saw signs of depression and anxiety because she had already seen how it helped him to overcome those negative feelings. Each time dark feelings would come, Dushawn would do some sort of exercise to take his mind off the symptoms and after several months of this routine, he reached the best physical health of his life and this is what inspired him to enter his first NGA bodybuilding competition in 2014 where he earned 2nd place. Dushawn has learned the benefits of working out. Today, he teaches children, veterans, and others how to use fitness instead of medication to overcome symptoms of PTSD, anxiety, or depression.

Accomplishments

- 2019 NGA OLYMPIA, 1st place (Overall and PRO Card Winner)
- 2019 INBA JR Masters, 1st place
- 2019 INBA Muscle Beach, 2nd place
- 2017 Battle at The Bay, 1st place and PRO Card Winner
- 2016 Washington State Championships, 1st place (Middleweight)
- 2016 WNBFF Battle of the Bay, 1st place (Middleweight)
- 2016 WNBFF Muscle Mayhem, 1st place (Middleweight)
- 2016 3x Middle weight Champion in WNBFF
- 2015 Halloween Havoc, INBA (International Bodybuilding Association voted #1 Most muscular and PRO Card Winner)
- 2014 NGA International King and Queen Show, 2nd place and Overall Winner



NGA 1st Annual PRO/AM Green Bay Natural

Green Bay, WI
April 17, 2021

Promoters: Warren Egebo & Paul Hadler

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hardscapeoasis@gmail.com

Long time NGA promoter Rev. Warren Egebo and Paul Hadler, first time promoter and NGA PRO Master, teamed up to bring a quality natural extravaganza to the Green Bay area.

April 17th was the date and Covid-19 restrictions were in place: social distancing, mask wearing for audience, Covid-19 waivers, hand sanitizers and only 50 per cent capacity in the ballroom. The site of the show was the beautiful Radisson Hotel in the Oneida Casino Resort across from the Green Bay airport. The resort rooms had recently been remodeled along with the lobby now having a permanent display of Oneida Nation art and artifacts. Twenty seven competitors from six states vied for NGA PRO Cards and cash awards (for the one PRO competitor in the show). Local steel guitar artist Paul Hannah started the show with a moving hard rock rendition of the National anthem followed by Paul Hadler's rousing posing routine.

Two NGA PRO Cards were won by Lyle Swartz of Rochester, MN. who won both the title of Mr Green Bay Hardbody and won the Classic Men's Physique NGA PRO Card. Lyle's outstanding posing routine won him also the title of Best Poser. Seasoned Men's Physique competitor Romar Topacio of Green Bay won his NGA PRO Card and also the Best Abs award. Runners-up for Best Abs were Lyle Swartz and Brandon Baker of DePere, Wisconsin. Brandon had been trained for his first show by his friend Romar. Betty Guerrero of Madison, Wisconsin won her NGA PRO Card in the Bikini Open division. Lauren O'Brien, also of Madison, won her NGA PRO Card in Figure Open. The sole NGA PRO competitor came all the way from Columbus, Ohio to win the \$500 cash award for his effort. He was Sixto Fermin who had competed in an NGA PRO show in Lexington, Kentucky the week before.

The competition kicked off with Men's Physique. Physique Debut division was won by tall James Menting of Little Chute, Wisconsin followed by Darin Ross, Brandon Baker, Orlando Anderson, and Josef Kleba. Men's Physique Open LW winner Romar Tobacio won his NGA PRO Card and Overall. Romar was followed in

order by Juan Montes of Madison, Leighton Serrano of Green Bay and Kelly Rea Donham of Sheboygan, Wisconsin as the runners-up. Middleweight winner Orlando Anderson of Green Bay, bested Josef Kleba of Neenah, Wisconsin, and HW winner James Menting. Runners-up were Darin Ross from Peoria, Illinois, and Brandon Baker. Men's Physique Master's was won by Darin Ross with Kelly Rea Donham in second place.

Classic Physique Open LW winner was Jacob Hospelhorn of Wapela, Illinois followed by Leighton Serrano. MW winner was Jacob's training partner, Xian Graden from Stanford, Illinois, with runners-up being Orlando Anderson and Joseph Kleba. Lyle Swartz won the HW division along with his NGA PRO Card and Overall. The hotly contested runners-up group was: Sean Maloney, Dayshawn Prince Taylor (a Green Bay Blizzards football player) and Terry Brewer of Omaha, Nebraska. Classic Physique Masters was won by Sean Maloney with Terry Brewer in second place. Classic Debut was ranked in order Xian Graden followed by Orlando Anderson, Jacob Hospelhorn, Leighton Serrano, and Josef Kleba.

Bikini Debut had a large class won by Monika Allen, followed by Sarah Smyrk of Sun Prairie, Wisconsin, Casey Burroughs of Appleton, Wisconsin, Jessica Lewis of Elburn, Illinois and first time competitor Rachel London of Casco, Wisconsin. In Bikini Open "A", Betty Guerrero won her NGA PRO Card and Overall followed by Monica Allen, Jessica Lewis, and Rachel London. Bikini Open "B" division was won by Sarah Smyrk, followed by Casey Burroughs and Heather Matthews all the way from St. Clair, Missouri. The Bikini Master 35+ division was won by Monika Allen and runners up in order were Sarah Smyrk and Heather Matthews. The hotly contested Figure Open "A" division was won by Betty Guerrero followed by Michelle Hoeft of Madison and former Green Bay native Lyzz Glueckstein and now Madison resident. The winner of the Figure Open "B" division and NGA PRO Card was Lauren O'Brien, first time competitor with a big fan base, and Jini Mornard of DePere, Wisconsin, who was the runner-up. Figure Master 35+ winner was Michelle Hoeft, with Jini Mornard, and Lyzz Glueckstein



Romar Topacio
Physique - Open LW
NGA PRO Card & Overall

Right:
Lyle Swartz
Classic Physique - Open HW
NGA PRO Card & Overall



Bodybuilding - Open
CLASS WINNERS

L-R: Jacob Hospelhorn, Xian Graden, Lyle Swartz (NGA PRO Card & Overall), Dayshawn Prince Taylor



L-R: Promoter Rev. Warren Egebo, Lyle Swartz, Paul Hadler, Eve Van den Huevel (Miss Green Bay's Outstanding Teen)

as runners-up. The Figure Debut division in order was Lauren O'Brien, Michele Hoeft and Jini Mornard.

On to the climactic Men's Bodybuilding categories, Bodybuilding Debut was bested by Xian Graden with Josef Keba, Jacob Hospelhorn, and Leighton Serrano as the runners-up. Jacob Hospelhorn won over Leighton Serrano to take the Bodybuilding Open LW division. Xian Graden bested Josef Kleba to take the MW division. Lyle Swartz was the sole competitor in the LHW division. And very thick Dayshawn Prince Tayler was the HW winner. Lyle Swartz won the new title of the first ever Mr.

Green Bay Hardbody and received his NGA PRO Card.

MC and head judge was Earl "The Pearl" Snyder. DJ Frank did the sound. Videographer was Jim Sucha, Official Spray tanner was Tanning by Olive on Main St. and the official Photographer was Rosebud Photography out of Chicago. Hardscape Oasis and Pump Promotions were the main sponsors of the show. The 2nd Annual NGA Green Bay Hardbodies Championships will be held May 7th, 2022 at the historic Mayer Theatre in downtown Green Bay. It will again be an NGA PRO and Super Pro Qualifier show. ■

I AM A SURVIVOR!

BY HONEY ARNOLD

Hello! My name is Honey L. Arnold. I was born on October 14, 1976. I am a wife, mother, grandmother, sister, daughter, a friend, and I AM A DOMESTIC ABUSE SURVIVOR. My story began in the summer of 2005. I met a man who would change my life forever. At first he was kind, gentle, and loving. I was in awe of this man that treated my children with respect and love. I fell head over heels with him because he treated me like a queen.

We soon moved into together, but after 6 months, I started seeing a big change in him, an aggressive side. At first, I chalked it up as he was just “having a bad day”, but that aggressive side soon turned into violence. At this point, he started hitting, choking, and punching me. He also began to continuously tell me that I was worthless, but after each violent act, he apologized. Because I thought I was in love, I forgave him each time. Soon, he had me convinced that I was worthless and I no longer had any self-confidence or fight left in me.

This cycle continued for a long 7 years. He had totally broken me, but it didn’t stop me from agreeing to marry him. We had been married for 2 months when he broke my eye socket and I ended up with a spinal cord injury that landed me with a metal plate and 4 screws. I was told by the surgeon I should have been paralyzed from the waist down, but after no time at all, the abuse had me back for my second back surgery with another plate and more screws again. This time around, I



was facing paralysis, yet I stayed with him another year and continued to endure more mental and physical abuse.

The day came when I told him I had enough and was leaving. He started throwing me around like I was a rag doll. I truly thought I was going to die this day, but I didn’t. I survived and got out!

It wasn’t long until I re-connected with a friend that helped me rebuild my confidence and self-respect. He was my earthly angel sent from God and my best friend. Two years later, I married my best friend, Dennis Arnold. He loved me knowing I was facing a 3rd back surgery, with the possibility of never being able to walk again. With his love and support and prayers, I did walk. Over time, I started doing daily home aerobics to strengthen my core. My wonderful husband saw my progress and decided to introduce me to Jodi Creek, who is also

a survivor, and another one of my best friends. She introduced me to the gym and lifting weights. This initially started out as physical therapy, but with the results I was seeing, I started to fall in love with bodybuilding. My husband, my biggest supporter, was so proud of my progress that he suggested I compete. In Sept. 2020, I entered my first competition and was shocked when I placed in all my classes.

Today, I know one thing for certain. I am not worthless. I AM a Survivor! ■

2020 Accomplishments

NGA PRO/AM Bluegrass BB Championships
Women’s Physique
2nd Place, NGA PRO Card
Figure - Open
2nd Place



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NGA PRO/AM Universe NGA American Natural



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NGA PRO/AM UNIVERSE

PRO MEN
Bodybuilding Open & Masters
Classic Physique Open
Physique Open

PRO WOMEN
Bikini & Figure Open & Masters
Bikini Model Open
Physique Open

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BY WENDY WEBBERLY
WWW.INYOURHOMEYOGA.COM
MATZAGIRL5@GMAIL.COM

Try Yoga... JUST BREATHE

Meditation: A Simple, Fast Way To Reduce Stress

Meditation can wipe away the day's stress, bringing with it inner peace. Meditation can also be learned easily and practiced whenever you need it most. If stress has you anxious, tense, and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace. Anyone can practice meditation. It's simple, inexpensive, and it doesn't require any special equipment. Another benefit to practicing meditation is that you can practice wherever you are - whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Understanding Meditation

Meditation has been practiced for thousands of years. It originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. Meditation is considered a type of mind-body complementary medicine. Meditation can produce a deep state of relaxation and a tranquil mind. During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress. This process may result in enhanced physical and emotional well-being.

Benefits Of Meditation

Meditation can give you a sense of calm, peace, and balance that can benefit both your emotional well-being and your overall health. Additionally, meditation doesn't end when your session ends as it can help carry you more calmly through your day and may even help you manage symptoms of certain medical conditions.

Meditation And Emotional Well-Being

When you meditate, you may clear away the information overload that builds up every day and reduce your level of stress. The emotional benefits of meditation can include:

- Gaining a new perspective on stressful situations.
- Building skills to manage your stress.
- Increasing self-awareness.
- Focusing on the present.
- Reducing negative emotions.
- Increasing imagination and creativity.
- Increasing patience and tolerance.

Meditation And Illness

Meditation might also be useful if you have a medical condition, especially one that may be worsened by stress. While a growing body of scientific research supports the health benefits of meditation, some researchers believe it's not yet possible to draw conclusions about the potential benefits of meditation. With that in mind, some research suggests that meditation may help people manage symptoms of conditions such as:

- Anxiety
- Cancer
- Chronic Pain
- Depression
- Heart Disease
- High Blood Pressure
- Irritable Bowel Syndrome
- Sleep Problems
- Tension Headaches



I can honestly say meditation has helped millions of people including me cultivate a positive flow of energy. It will leave you feeling calm and centered and begins when you just breathe. Breathing is a gift and if you can be committed to 10 minutes a day to sit and reflect via the breath (which is meditating) you will notice a big difference in your daily life. ■

About the Author: 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. Her healing hands and her words of inspiration is a service to all who come in-contact with her.



The 1st Annual NGA Florida State Natural Championships & The Florida PRO

Orlando, FL
June 5, 2021

Promoters: Darrell DeVor & Rick Pierre

dwdevor@gmail.com

rick@onthemovefitnessfl.com



L-R: Lex Kovacs, David Mackey, Cat Burke, Trevor Sjdak, Todd Elliott, Al Acevedo, Jenny Rodriguez, Hakim Bay



Marisabelle Poucher
Bikini - Open Short
NGA PRO Card & Overall



Tivisay Briceno
PRO Figure - Open & Masters
2nd Place
Bikini - Model Open
NGA PRO Card

The 1st Annual NGA Florida State Natural Championships & the Florida Pro is in the books. This contest drew bodybuilding professionals and amateurs from around the country. This show was one of the largest, most anticipated, and most talked about natural events of 2021 to date. The promoters of the contest were Darrell DeVor & Rick Pierre of Lake Mary, Florida.

The event was held on June 5th in the grand ballroom of the Lake Mary Marriott in Lake Mary, Florida.

Athletes came from 12 different states including Alaska and from all over Florida to take their shot at becoming an NGA Florida State Champion and winning The Florida Pro. This was a stay where you compete venue, with an amazing expo for the athletes and spectators which also hosted a standing room only crowd to support the athletes. Our HD Livestream, which was provided by Subculture Media and included multiple camera angles coupled with live commentary, was viewed by more than 1000 people world-wide from 5 different countries.

We were lucky to have as our special guests the owners of the NGA, Andy and Francine Bostinto, who

were on hand to witness 34 professional athletes competing on stage in 9 divisions for \$8,000.00 in prize money. Andy and Francine were also present for the 70 amateur athletes on stage who were awarded 13 brand new NGA PRO Cards and state champions that were crowned in 28 hard fought individual divisions.

The NGA PRO Men's Physique division had one of the most memorable collections of talent from across

the nation with 9 athletes on stage. The winner was the NGA's own Keith McIntosh, who took down all comers from 5 different states and numerous recognized organizations to keep this title in his home state of Florida.

The Best PRO in Show Award was taken home by NGA Professional Athlete Dr. Jeremiah Wright, who also took home both the NGA PRO Bodybuilding and NGA PRO Classic Physique titles. Dr. Wright

The 1st Annual NGA Florida State Natural Championships & The Florida PRO

Promoters: Darrell DeVor & Rick Pierre

dwdevor@gmail.com

rick@onthemovefitnessfl.com

Orlando, FL

June 5, 2021



Daniel Walker

Classic Physique - Open LW
NGA PRO Card & Overall
and
Bodybuilding - Open LW
NGA PRO Card & Overall

is definitely the premier natural athlete to watch for many years to come.

The title of Mr. & Ms. NGA Florida was awarded to our Men's Bodybuilding Overall Champion Daniel Walker and our Bikini Overall Champion Mariabelle Poucher respectively.

Next year, we are looking forward to a two-day event showcasing amateur bodybuilders on day one and the professionals on day two. The 2022 event will be held in the beautiful grand ballroom of the Hilton of Altamonte Springs, Florida on June 4th and 5th and we look forward to seeing you there! ■



PRO Physique - Open

L-R: Marcus Harris, Keith Macintosh, Anderson Moise



Best In Class - 1st Place

L-R: Darrell DeVor, Jeremiah Wright, John Romano

NGA Southern Indiana Sizzling Summer Classic

Sellersburg, IN

August 1, 2020

Promoter: Donna French

Bikini - Open

- 1. Mallory Waldman

NGA PRO Card

- 2. Amy Evert
- 3. Amanda Golsch
- 4. Lisa Smart
- 5. Jessica Lewis
- 6. Sarah Wardley

Bikini - Masters 35+

- 1. Amy Evert
- 2. Amanda Golsch
- 3. Lisa Smart
- 4. Sarah Wardley

Figure - Open

- 1. Amy Evert
- 2. Carolyn Paul
- 3. S. Kay Stonson
- 4. Mallory Waldman
- 5. Zac Wiethorn

Figure - Masters 35+

- 1. Amy Evert
- 2. Carolyn Paul
- 3. S. Kay Stinson

Women's Physique - Open

- 1. Carolyn Paul
- 2. Mallory Waldman

Men's Physique - Open

- 1. William Otterson
- 2. Felix Ibaceta
- 3. Donovan Pitman
- 4. Troy Coop

Men's Physique - Masters 40+

- 1. William Otterson
 - 2. Troy Coop
- Classic Physique - Open**
- 1. Chris Shelton
 - 2. Johnny Spears
 - 3. Donovan Pitman
 - 4. Tucker Britt
 - 5. Troy Coop

Classic Physique - Masters 50+

- 1. Johnny Spears
- Men's BB - Open MW**
- 1. Johnny Spears
 - 2. Tucker Britt

Men's BB - Open LHW

- 1. Troy Coop

Men's BB - Open HW

- 1. Chris Shelton

NGA PRO Card & Overall

- 2. Donovan Pitman

Men's BB - Masters 40+

- 1. Troy Coop

Bikini - Novice

- 1. Amy Evert
- 2. Amanda Golsch
- 3. Jessica Lewis
- 4. Lisa Smart
- 5. Sarah Wardley

Men's Physique - Novice

- 1. William Otterson

NGA PRO/AM Southeast Natural Championships

Orlando, FL

August 8, 2020

Promoter: Rick Pierre

PRO Bikini - Open

- 1. Virginia Hatch
- 2. Brynne Guzman

PRO Bikini - Masters 35+

- 1. Virginia Hatch

PRO Men's Physique - Open

- 1. Josh Stoneking
- 2. Tavon Russell

PRO Men's BB - Open

- 1. Daron Monroe
- 2. Jeremiah Wright
- 3. Marco Dalabona
- 4. Tony Howard
- 5. Kevin Wakefield

PRO Men's BB - Masters 40+

- 1. Kevin Wakefield

Bikini - Open

- 1. Liv Muller

NGA PRO Card

- 2. Holli DeVor
- 3. Marisabella Poucher
- 4. Toby Howard
- 5. Sheneal Wilburn

Bikini - Masters 35+

- 1. Liv Muller

NGA PRO Card & Overall

- 2. Holli DeVor

Bikini - Masters 40+

- 1. Holli DeVor
- 2. Sheneal Wilburn

Bikini - Masters 50+

- 1. Toby Howard

Bikini Model - Open

- 1. Nancy Mularski
- 2. Virginia Hatch

Figure - Open

- 1. Nancy Mularski

NGA PRO Card

- 2. Toby Howard
- 3. Katie Catlow
- 4. Liv Muller
- 5. Carmen Hockaday

Figure - Masters 35+

- 1. Katie Catlow

Figure - Masters 40+

- 1. Nancy Mularski

Overall

- 2. Carmen Hockaday

Figure - Masters 50+

- 1. Toby Howard
- 2. Carmen Hockaday

Men's Physique - Open LW

- 1. Roger Sosa

NGA PRO Card

- 2. Louis Paleveda
- 3. Michael Henry
- 3. Joe Constantino
- TIED FOR 3rd PL
- 5. Jermaine Miles
- 6. Chris Page

Men's Physique - Masters 35+

- 1. Roger Sosa

Classic Physique - Open

- 1. Jermaine Miles

NGA PRO Card

- 2. Jeremiah Wright
- 3. Michael Henry
- 4. Joe Constantino
- 5. Darrell DeVor

Classic Physique - Masters 40+

- 1. Darrell DeVor

Men's BB - Open

- 1. Chris Mackenzie

NGA PRO Card

- 2. Darrell DeVor
- 3. Joe Jacalone
- 4. Dennis Hobart
- 5. Gus Torres, Sr.

Men's BB - Masters 40+

- 1. Chris Mackenzie

NGA PRO Card & Overall

- 2. Darrell DeVor

Men's BB - Masters 50+

- 1. Darrell DeVor

- 2. Joe Jacalone

Men's BB - Masters 60+

- 1. Joe Jacalone

- 2. Dennis Hobart

- 3. Gus Torres, Sr.

Bikini - Debut

- 1. Marisabella Poucher

Bikini - Novice

- 1. Liv Muller

- 2. Marisabella Poucher

Men's Physique - Novice

- 1. Joe Constantino

- 2. Chris Page

Classic Physique - Novice

- 1. Jermaine Milers

Transformation

- 1. Sheneal Wilburn

- 2. Samantha Kitchen

NGA Hurricane Classic

Debary, FL

September 5, 2020

Promoter: Tracy Simonds

PRO FIGURE - Open

- 1. Kelsey Bruchal

PRO MEN'S PHYSIQUE - Open

- 1. Josh Stoneking

- 2. Jacoby Moore

Bikini - Open Short

- 1. Holli DeVor

NGA PRO Card & Overall

- 2. Camy Challis

- 3. Jessica Wilken

- 4. Dolores Lenz

Bikini - Open Tall

- 1. Thea Holman

- 2. Liva Rivera

Bikini - Masters 35+

- 1. Holli DeVor

NGA PRO Card

- 2. Dolores Leza

- 3. Latoya Moody

- 4. Thea Holman

- 5. Liva Rivera

Bikini Model - Open

- 1. Eliana Craaybeek

NGA PRO Card

- 2. Nancy Mularski

NGA PRO Card

- 3. Virginia Hatch

- 4. Holli DeVor

- 5. Dolores Leza

Figure - Open Short

- 1. Nancy Mularski

- 2. Meagan Denison

- 3. Camy Challis

- 4. Jessica Wilken

Figure - Open Tall

- 1. Latoya Moody

NGA PRO Card & Overall

- 2. Liva Rivera

Figure - Masters 35+

- Latoya Moody
- Liva Rivera

Women's Physique - Open

- Latoya Moody
NGA PRO Card
- Nancy Mularski
NGA PRO Card
- Kelsey Bruchal
- Meagan Denison
- Jessica Wilken

Men's Physique - Masters 40+

- Hamilton Hawthorne

Classic Physique - Open MW

- Jorge De La Rosa

Classic Physique - Open HW

- Jeremiah Wright
NGA PRO Card & Overall
- Jacoby Moore
- Brandon Arcaro
- Dennis Hobart

Men's BB - Open LW

- Darrell DeVor
- Kevin Watson

Men's BB - Open LHW

- Brandon Arcaro
- Jim Lucas
- Dan Dickinson

Men's BB - Open HW

- Jacoby Moore
NGA PRO Card & Overall
- Hamilton Hawthorne

Men's BB - Masters 40-49

- Dan Dickinson

Men's BB - Masters 50-59

- Darrell DeVor
NGA PRO Card & Overall
- Hamilton Hawthorne
- Jim Lucas

Men's BB - Masters 60+

- Gus Torres
- Dennis Hobart

Bikini - Novice

- Camy Challis
- Lenz
- Thea Homan
- Liva Rivera

Figure - Novice

- Camy Challis
- Liva Rivera

Classic Physique - Novice

- Brandon Arcaro

Men's BB - Novice

- Brandon Arcaro
- Kevin Watson

- Dan Dickinson

Women's Transformation

- Liva Rivera
- Heaven Colon
- Amaya Albert

NGA Gator Classic

Daytona Beach, FL
September 19, 2020

Promoter: Matt Ammann

PRO BIKINI - Open

- Nicole Ratley
- Isabel Lowry
- Lacie Oakey
- Liv Muller

PRO MEN'S PHYSIQUE - Open

- Chris Spruell
- Jacoby Moore
- Larry Stevenson, Jr.

PRO MEN'S BB - Open

- Daron Monroe
- Jeremiah Wright
- Marco Dalabona
- Errol Lopez

Bikini - Open Short

- Holli DeVor
- Jessica Wilen
- Dolores Leza
- Barbara Rodriguez

Bikini - Open Tall

- Candiss Darnell
NGA PRO Card & Overall

- Amanda Apfel

- Sophia Bernard

- Thea Holman

- Katie Catlow

Bikini - Masters 35+

- Dolores Leza

Bikini - Masters 40+

- Candiss Darnell
NGA PRO Card & Overall
- Holli DeVor
- Amanda Apfel
- Thea Holman
- Dolorea Leza

Figure - Open Short

- Mendi Short
NGA PRO Card
- Janiece Gilbert
- Deshondra Brown
- Nancy Craig
- Meagan Denison

Figure - Open Tall

- Kelly Weiner
- Katie Catlow

Figure - Masters 35+

- Mendi Short
NGA PRO Card
- Deshondra Brown
- Kelly Weiner
- Janiece Gilbert
- Nancy Craig
- Katie Catlow

Women's Physique - Open

- Kelly Wiener
NGA PRO Crd
- Nancy Craig
- Jessica Wilken
- Katie Catlow

Men's Physique - Open LW

- Jadd Bajjali
NGA PRO Card
- Eric Madrigal
- Louis Paleveda
- Josiah Regnier
- Edward Hart
- Arturo Romero

Men's Physique - Open MW

- Nick Ziegmont
NGA PRO Card & Overall

- Roger Sosa
- Brian Palone

Men's Physique - Open HW

- Thomas Graham

Men's Physique - Masters 40+

- Edward Hart
- Brian Palone
- Hamilton Hawthorne
- Joe Papesca

Classic Physique - Open LW

- Chase Balosky
- Josiah Regnier
- Arturo Romero

Classic Physique - Open MW

- Monford Johnson
- Brandon Arcaro
- Mason Lewis

Classic Physique - Open HW

- Jacoby Moore
NGA PRO Card & Overall
- TJ Morgan
- Thomas Graham

Men's BB - Open LW

- Darrell DeVor
- Kevin Watson

Men's BB - Open MW

- Monford Johnson
NGA PRO Card & Overall
- Brandon Arcaro
- Rob Maxwell

- Joe Papesca

Men's BB - Open LHW

- Brandon Rech
- Kurt Schultze

Men's BB - Open HW

- Jacoby Moore
- Kelvin Hunt
- Hamilton Hawthorne
- Gus Torres, Jr.

Men's BB - Masters 40+

- Joe Jacalone
- Kelvin Hunt
- Rob Maxwell
- Joe Papesca

Men's BB - Masters 50+

- TJ Morgan
NGA PRO Card & Overall
- Darrell DeVor
- Hamilton Hawthorne
- Joe Jacalone
- Kelvin Hunt
- Rob Maxwell
- Joe Papesca

Men's BB - Masters 60+

- Joe Jacalone
- Gus Torres, Jr.
- Dennis Hobart

Bikini - Novice

- Candiss Darnell
- Sophia Bernard
- Thea Holman
- Jessica Wilken
- Barbara Rodriguez

Men's Physique - Novice

- Jadd Bajjali
- Eric Madrigal
- Hamilton Hawthorne

Women's Transformation

- Heaven Colon
- Mike Danyus
- Roy Danyus
- Hamilton Hawthorne

NGA PRO/AM Bluegrass BB

Championships
Lexington, KY
September 26, 2020

Promoter: Josh & Melissa Miller

PRO Bikini - Open

- Rebekah Charchenko
- Mallory Waldman
- Tianna Miller

PRO Figure - Open

- Amy Evert

PRO Figure - Masters 35+

- Amy Evert
- Amanda Perron

PRO Classic Physique - Open

- Jamaal Williams
PRO MEN'S BB - Open

- Chris Shelton
- Ron Page

PRO Men's BB - Masters 40+

- Anthony Stinchcomb
- Johnny Spears
- Matthew Serd
- Ron Page

PRO Men's BB - Masters 50+

- Tony Yeatts
- Johnny Spears
- Ron Page

PRO Men's BB - Masters 60+

- Ron Page

Bikini - Open Short

- Emily Thomas
NGA PRO Card & Overall

- Amy Evert
- Cathya Franko
- Donna French
- Ana Garcia

Bikini - Open Tall

- Paula Anderson
- Lisa Smart
- Amanda Golsch

Bikini - Masters 35+

- Emily Thomas
NGA PRO Card
- Paula Anderson
- Lisa Smart
- Amy Evert
- Cathya Franko
- Amanda Golsch
- Donna French
- Ana Garcia

Figure - Open Short

- Robyn Torgrimson
NGA PRO Card & Overall

- Donna French
- Megan Hughes
- Natalie Barger
- Viki Hughes
- Valerie Wegford
- Teresa Latiolas

Figure - Open Tall

- Elizabeth Paul
NGA PRO Card
- Honey Arnold
- Tabecca VanDyke
- Carolyn Paul

- Shannon Johnson
TIED FOR 4th
- Carolyn Paul
- Jessica Jackson

Figure - Masters 35+

- Robyn Torgrimson
NGA PRO Card
- Tabecca VanDyke
- Honey Arnold
- Shannon Johnson
- Donna French
- Carolyn Paul
- Natalie Barger
- Viki Butler
- Valerie Wegford

Women's Physique - Open

- Letecha Haywood
NGA PRO Card
- Honey Arnold
NGA PRO Card
- Elizabeth Paul
- Tabecca VanDyke
- Carolyn Paul
- Jessica Jackson
- Valier Wegford
- Stephanie Mullins
- Teresa Latiolas

Men's Physique - Open LW

- Thay Htoo
NGA PRO Card & Overall
- Dennis Barnes
- Scott Huddleston
- Cannon Ritzler
- Thomas Ballard
- Bryce Thomas

Men's Physique - Open MW

- Eric Reskin
- Scott Evans

Men's Physique - Open HW

- Brandon Saling
- Joseph Johnson
- Paul Webb

Men's Physique - Masters 40+

- Dennis Barnes
- Scott Huddleston
- Troy Coop
- Paul Webb

Classic Physique - Open

- Thay Htoo
NGA PRO Card
- Chris Shelton
- Johnny Spears
- Matthew Serd
- Aaron Brooks
- Joseph Johnson

Classic Physique - Masters

- Johnny Spears
- Matthew Serd
- Troy Coop

Men's BB - Open LW

- Wesley Hatfield
- Caleb Norton
- Joe Miksan
- Matthew Serd

Men's BB - Open MW

- Johnny Spears
- Ethan Carder
- Jamaal Williams
NGA PRO Card & Overall
- Jeff Reed
- Matthew Waldman

Men's BB - Open HW

- Kaelin Patterson
- Gary Birchfield

Men's BB - Masters 40+

- Jeff Reed
- Kaelin Patterson
- Gary Birchfield

Bikini - Debut

- Cathya Franko

Figure - Debut

- Elizabeth Paul
- Honey Arnold
- Jessica Jackson
- Megan Hughes
- Viki Butler
- Valerie Wagford

Men's Physique - Debut

- Scott Huddleston
- Brandon Saling
- Eric Reskin
- Scott Evans
- Joseph Johnson
- Bryce Thomas
- Paul Webb

Men's BB - Debut

- Gary Burchfield
- Matthew Waldman
- Ethan Carder

Figure - Juniors

- Megan Hughes

Men's Physique - Juniors

- Cannon Ritzler
- Bryce Thomas

NGA PRO/AM
Central Florida Championships
Orlando, FL
October 31, 2020

Promoter: Rick Pierre

PRO Men's BB - Open

- Daron Monroe
- Marco Dalabona
- Marco Antonio Dalabona

PRO Men's BB - Masters 40+

- Daron Monroe
- Marco Dalabona
- Marco Antonio Dalabona

Bikini - Open

- Tracie Cyganiak
NGA PRO Card
- Marisabella Poucher
- Katie Catlow
- Camy Challis
- Taylre Mart
- Choe Lomeli

Bikini - Masters 35+

- Katie Arnold

Bikini Model - Open

- Tianna Miller
NGA PRO Card
- Taylre Mart
NGA PRO Card
- Camy Challis
- Catalina Hakim
- Chloe Lomeli

Figure - Open

- Janiece Gilbert
- Julie Johnson
- Camy Challis

Figure - Masters 40+

- Janiece Gilbert
- Julie Johnson
- Giselle Gutierrez

Women's Physique - Open

- Julie Johnson
- Siedah Lesesne

Men's Physique - Open LW

- Keith McIntosh
- Tony Arnold
- Mason Pratt
- Brandon Shivers

Men's Physique - Open MW

- Nick Ziegmont
NGA PRO Card & Overall
- Andrew Clough
- Gerardo Arnias
- Brian Palone
- Sam Servanti

Men's Physique - Open HW

- Joe Davenport
- Men's Physique - Masters 35+
Classic Physique - Open

1. Isaac Dierks NGA PRO Card	2. Cathyra Franko Bikini - Masters 35+	2. Suzanne Llano	3. Michael Pouchere
2. Conner Gettemy	1. Lisa Smart	3. Toby Howard	4. Judd Koenig
3. Ivan Blazquez	2. Cathyra Franko	Figure - Masters 50+	5. Melvin Franklin
4. Chase Balosky	Figure - Masters 40+	1. Suzanne Llano	Men's Physique - Teens
5. Mason Pratt	1. Tiffanie Mrakovich	2. Toby Howard	1. Will Sauvey
Classic Physique - Masters 40+	Women's Physique - Open	Women's Phys - Masters 60+	2. Preston Milligan
1. Ivan Blazquez	1. Tiffanie Mrakovich	1. Dr. Maureen Kelly	Classic Physique - Debut
2. Ben Larson	Men's Physique - Open	1. Keith McIntosh	1. Christopher Cambridge
Men's BB - Open	1. Troy Coop	NGA PRO Card & Overall	2. Michael Poucher
1. Conner Gettemy	2. Jeremy Torchinsky	2. Melvin Franklin	Classic Physique - Novice
2. Gus Torres	Classic Physique - Open	3. Cliff Schwanke	1. Christopher Cambridge
3. Jim Lucas	1. Ethan Carder	4. Gerry Mansolill	2. Dillon Davis
Men's BB - Masters 40+	Men's BB - Open MW	Men's Physique - Open MW	3. Michael Poucher
1. Jim Lucas	1. Troy Coop	1. James Drake	Men's BB - Debut
Men's BB - Masters 50+	Men's BB - Open HW	2. Nick Ziegmont	1. Christopher Cambridge
1. Ben Larson	1. Gary Burchfield	3. Michael Poucher	Men's BB - Novice
Overall	Overall	Men's Physique - Open HW	1. Christopher Cambridge
2. Gus Torres	Men's BB - Masters 40+	1. Will Sauvey	Couples
3. Jim Lucas	1. Don Mannarino	2. Eric Allen	1. Toby Howard
Men's BB - Masters 60+	2. Gary Burchfield	3. Judd Koenig	Casey Hale
1. Gus Torres, Sr.	3. Troy Coop	Men's Physique - Masters 40+	Beach Body
Bikini - Novice	Men's BB - Masters 60+	1. James Drake	1. Kari Wynn
1. Marisabella Poucher	1. Don Mannarino	2. Judd Koenig	2. Heaven Colon
2. Katie Catlow	Figure - Novice	3. Eric Allen	3. Robin Thompson
3. Katie Arnold	1. Tiffanie Mrakovich	4. Gerry Mansolli	Transformation
4. Chloe Lomeli	Figure - Novice	Men's Phys - Masters 55+	1. Heaven Colon
5. Taylre Mart	1. Christina Negron	1. Gerry Mansolli	2. Robin Thompson
Bikini Beach	Men's Physique - Novice	Classic Physique - Open	3. Dara Vanantwerp
1. Tianna Miller	1. Jeremy Torchinsky	1. James Drake	NGA Gator Classic PRO/AM
Figure - Novice	Classic Physique - Novice	2. Christopher Cambridge	Orlando, FL
1. Christina Negron	1. Ethan Carder	3. Dillon Davis	April 10, 2021
Men's BB - Novice	NGA Jupiter Natural Physique Championships	4. Michael Poucher	Promoter: Matt Ammann
1. Conner Gettemy	Jupiter, FL	5. Melvin Franklin	PRO Bikini - Open
2. Hermano Joseph	April 3, 2021	Men's BB - Open	1. Isabel Lowry
Men's Physique - Novice	Promoter: Tracy Simmonds	1. Christopher Cambridge	2. Candiss Darnell
1. Keith McIntosh	Bikini - Open	Bikini - Debut	PRO Figure - Open
2. Tony Arnold	1. Jennifer Koenig	1. Jennifer Koenig	1. Mendi Short
3. Brandon Shivers	NGA PRO Card	2. Danielle Launi	PRO Men's Physique - Open
4. Gerardo Arnias	2. Christina Rokicki	Bikini - Novice	1. Arius Norris
Classic Physique - Novice	3. Shela Deveroux	1. Jennifer Koenig	2. Chris Spruell
1. Hermano Joseph	4. Danielle Launi	2. Christina Rokicki	3. Larry Stevenson
Classic Physique - Teens	5. Suzanne Llano	3. Danielle Launi	PRO Classic Physique - Open
1. Isaac Dierks	Bikini - Masters 35+	Figure - Novice	1. James Drake
BB - Kids	1. Maria T	1. Christina Rokicki	2. Devon Atkins
1. Elijah Davis	2. Jennifer Koenig	Men's Physique - Debut	3. Monford Johnson
NGA PRO/AM	3. Suzanne Llano	1. Will Sauvey	4. Jamaal Williams
14th Annual Steel Valley Championships	Bikini - Grand Masters 50+	2. Eric Allen	PRO Men's BB - Open
Warren, OH	1. Suzanne Llano	3. Michael Poucher	1. Daron Monroe
November 21, 2020	Bikini Model - Open	4. Cliff Schwanke	2. Monford Johnson
Promoter: Roy Thomas	1. Maria Torterelo	5. Casey Hale	3. James Antun
Bikini - Open	Figure - Open	6. Preston Milligan	Bikini - Open Short
1. Lisa Smart	1. Christina Rokicki	Men's Physique - Novice	1. Kristina Warford
		1. Will Sauvey	2. Caitlin Silvey
		2. Eric Allen	3. Dormar Brooks

4. Jazmin Corleto Bikini - Open Medium	1. Cristina Rokicki NGA PRO Card	2. James Lucas Men's BB - Open LHW	9. Cassandra Anderson
1. Chloe Perez	2. Nancy Mularski NGA PRO Card	1. Gus Torres	10. Darcel Tinner
2. Cristina Rokicki	3. Kayela Moore	Men's BB - Open HW	Men's Physique - Novice
3. Ebony Cooke	4. Kylani Secor	1. TJ Morgan	1. Nigel Eldridge
4. Cassandra Anderson	5. Mary Leiffer	NGA PRO Card & Overall	2. Jason Harrison
Bikini - Open Tall	6. Dormar Brooks	2. Allen Jones	3. Ernest Clemms
1. Ashley Riedy	7. Jessica Sohngen	3. Frank Antun	4. Robert Sheehan
NGA PRO Card	8. Joelle Edwards	Men's BB - Masters 40+	5. Brian Palone
2. Brittany James	Men's Physique - Open LW	1. Allen Jones	6. Ryan Bell
3. Angela Van Den Ham	1. Anthony Arena	NGA PRO Card & Overall	7. Warren King
4. Monique Laforce	2. Robert Sheehan	2. Randall Garner	8. David Henderson
5. Kellie Lee	3. Ernest Clemons, Jr.	3. James Lucas	9. Vince Trubilla
6. Samantha Johnson	4. Donovan Lawless	4. Gus Torres	10. Volkens Milfort
7. Kimberly Horsman	Men's Physique - Open MW	Men's BB - Masters 50+	11. Donovan Lawless
Bikini - Masters 35+	1. Nicholas Ziegmont	1. TJ Morgan	12. Robert Serafin
1. Angela Van Den Ham	NGA PRO Card	NGA PRO Card	13. Pierce Venant
2. Ashelik Bagley	2. David Henderson	2. Kevin Diana	14. Michael Borde
3. Kimberley Hennessy	3. Brian Palone	3. Herman Mosely	15. Tino D'Agostino
Bikini - Masters 40+	4. Volkens Milfort	4. James Lucas	16. Knox Carter
NGA PRO Card	5. Akeem Norris	5. Gus Torres	17. Jaden Price
1. Angela Van Den Ham	6. Green Lanot	Men's BB - Masters 60+	18. Broc Olejniczak
2. Ashelik Bagley	7. Robert Serafine	1. Gus Torres	Men's BB - Novice
3. Dormar Brooks	Men's Physique - Open HW	2. Dennis Hobart	1. Allen Jones
4. Kimberley Hennessy	1. Joe Trubilla	Bikini - Novice Short	2. Josiah Gordon
5. Susan Mahon	NGA PRO Card & Overall	1. Kristina Warford	3. Kevin Diana
Figure - Open Short	2. Nigel Eldridge	2. Sabrina Bartelli	4. Herman Mosely
1. Cristina Rokicki	3. Adam Jolly	3. Caitlin Silvey	5. Frank Antun
NGA PRO Card & Overall	4. Ryan Bell	4. Dormar Brooks	6. Kevin Watson
2. Janiece Gilbert	5. Jaden Price	Men's BB - Masters 60+	Couples
3. Melissa Lake	Men's Physique - Masters 40+	1. Gus Torres	1. Kristi Scaccia & Sabato D'Agostino
4. Nancy Mularski	1. Ernest Clemons, Jr.	2. Dennis Hobart	Women's Transformation
5. Kayela Moore	NGA PRO Card	Bikini - Novice Medium	1. Susan Mahon
6. Thelma Olizia	2. Vince Trubilla	1. Chloe Perez	2. Heaven Colon
7. Dormar Brooks	3. Brian Palone	2. Ebony Cooke	3. Samantha Johnson
8. Cassandra Anderson	4. Pierre Venant	3. Kristi Scaccia	4. Caitlin Silvey
9. Darcel Tinner	5. Sabato D'Agostino	4. Ashelik Bagley	5. Kristina Warford
Figure - Open Tall	Classic Physique - Open MW	5. Cassandra Anderson	6. Heather Olejniczak
1. Melissa Seaman	1. Chase Irving	6. Kimberley Hennessy	7. Cathy Kirlzham
NGA PRO Card	NGA PRO Card & Overall	7. Maria Chaves	8. Azaria Mullen
2. Kylani Secor	2. Jason Harrison	Bikini - Novice Tall	9. Beclzy Fowler
3. Yolanda Wallace	3. Josiah Gordon	1. Brittany James	10. Vivian Burman
4. Christina Negron	4. Robert Serafine	Overall	11. Lisa Hugh
5. Ashelik Bagley	Classic Physique - Open HW	2. Monique Laforce	12. Kimberly Horsman
6. Maija Jackson	1. Nigel Eldridge	3. Kellie Lee	13. TJ Coleman
Figure - Masters 35+	NGA PRO Card	4. Samantha Johnson	14. Kelsie Carroll
1. Janiece Gilbert	2. TJ Morgan	5. Kimberly Horsman	Evening Gowns
NGA PRO Card	3. Lee Deaver	6. Heather Olejniczak	1. Brittany James
2. Nancy Mularski	4. Allen Jones	Figure - Novice	2. Angela Van Den Ham
3. Kayela Moore	5. Kevin Diana	1. Melissa Lake	3. Kristi Scaccia
4. Yolanda Wallace	6. Broc Olejniczak	2. Kayela Moore	4. Katie Catlow
5. Ashelik Bagley	Men's BB - Open LW	3. Melissa Seaman	5. Melissa Seaman
6. Thelma Olizia	1. Kevin Watson	4. Yolanda Wallace	6. Kavela Moore
7. Dormar Brooks	Men's BB - Open MW	5. Cristina Negron	7. Kristina Warford
8. Darcel Tinner	1. Green Lanot	6. Ashelik Bagley	8. Thelma Olizia
Women's Physique - Open		7. Thelma Olizia	9. Kimberly Horsman
		8. Dormar Brooks	10. Nicole Morgan

11. Monique LaForce	4. Cathya Franko	NGA PRO Card & Overall	NGA PRO/AM
12. Heaven Colon	5. Amy Evert	2. Griffin McMahan	Green Bay Natural Hardbodies
13. Heather Olejniczak	6. Mary Ann Gomes	3. Ethan Acton	Championships
14. Kimberly Hennessy	Figure - Open "A"	4. Juan Hernandez	Green Bay, WI
15. Ingrid Ornate	1. Rebecca Utley	5. Trae Huffman	April 17, 2021
16. Lisa Hugh	NGA PRO Card & Overall	6. Griffin Bandy	Promoters:
17. Susan Mahon	2. Betty Guerrero	Men's BB - Open LW	Warren Egebo & Paul Hadler
	3. Michelle Hoeft	1. Tanaphon Rodprajong	PRO Men's BB - Open
NGA PRO/AM	Figure - Open "B"	2. Caleb Norton	1. Sixto Fermin
Kentucky Natural Classic	1. Jessica Arthu	3. Thomas Stephens	Bikini - Open "A"
Lexington, KY	2. Chris Cavanaugh	4. Jake Faulkner	1. Betty Guerrero
April 10, 2021	3. Marissa Richard	Men's BB - Open MW	NGA PRO Card & Overall
Promoter: Josh & Melissa Miller	4. Zachela Wiethorn	1. Brian Bohman	2. Monika Allen
PRO Bikini - Open	Figure - Masters 35+	Men's BB - Open LHW	3. Jessica Lewis
1. Mattea Swain	1. Chris Cavanaugh	1. Rodrico Epps	4. Rachel London
2. Mallory Laskowski	2. Michelle Hoeft	NGA PRO Card & Overall	Bikini - Open "B"
3. Tianna Miller	3. Zachela Weithorn	2. Morgan Clark	1. Sarah Smyrk
PRO Figure - Open	4. Mary Ann Gomes	3. Trae Huffman	2. Casey Burroughs
1. Wendy Doran	Women's Physique - Open	4. Juan Hernandez	3. Heather Matthews
PRO Figure - Masters 35+	1. Wendy Doran	Men's BB - Open HW	Bikini - Masters 35+
1. Jessica Arth	2. Teresa Latiolasis	1. Gary Birchfield	1. Monika Allen
2. Wendy Doran	Men's Physique - Open LW	2. Griffin Bandy	2. Sarah Smyrk
PRO Men's Physique - Open	1. Dennis Barnes	Men's BB - Masters 40+	3. Heather Matthews
1. Dan McCarthy	2. Zackery Turner	1. Lee Kirkwood	Figure - Open "A"
2. Carsey Pollins	3. Thomas Stephens	2. Gary Birchfield	1. Betty Guerrero
PRO Classic Physique - Open	Men's Physique - Open MW	3. Troy Coop	2. Michelle Hoeft
1. Miguel Lopez	1. William Petra	Bikini - Novice	3. Lyzz Glueckstein
2. Stuart Weasner	NGA PRO Card & Overall	1. Rebecca Utley	Figure - Open "B"
PRO Men's BB - Open	2. Christopher Morris	2. Barbara Moreira- Curran	1. Lauren O'Brien
1. Jason Carr	Men's Physique - Open HW	3. Jocelyn Lewis	NGA PRO Card & Overall
2. Jay Johnson	1. Austin Whitley	4. Charity Howard	2. Jini Mornard
3. Sixto Fermin	NGA PRO Card	5. Dorothy Bowles	Figure - Masters 35+
4. Ron Page	2. Dayton Kolinski	6. Lisa Smart	1. Michelle Hoeft
PRO Men's BB - Masters 40+	3. Kyle Megraw, Sr.	7. Emily Diaz	2. Jini Mornard
1. Sixto Fermin	4. Brandon Saling	Bikini - Junior	3. Lyzz Glueckstein
2. Ron Page	5. James Strong	1. Carly Ducote	Men's Physique - Open LW
Bikini - Open "A"	Men's Physique - Masters 40+	2. Jocelyn Lewis	1. Romar Topacio
1. Rebecca Utley	1. Dennis Barnes	Figure - Novice	NGA PRO Card & Overall
NGA PRO Card & Overall	NGA PRO Card	1. Rebecca Utley	2. Juan Montes
2. Barbara Moreira-Curren	2. Lee Krikwood	2. Chris Cavanaugh	3. Leighton Serrano
3. Carly Ducote	3. Kyle Megraw, Sr.	3. Michelle Hoeft	4. Kelly Rea Donham
4. Jocelyn Lewis	4. Robert Buchanan	4. Marissa Richard	Men's Physique - Open MW
5. Cathya Franko	5. Troy Coop	Men's Physique - Novice	1. Orlando Anderson
6. Amy Evert	6. Daren Spartman	1. William Petra	2. Josef Kleba
Bikini - Open "B"	Classic Physique - Open LW	2. Kyle Megraw, Sr.	Men's Physique - Open HW
1. Heather Matthews	1. Dhiyaan Stagg	3. Christopher Morris	1. James Menting
NGA PRO Card	NGA PRO Card	4. James Strong	2. Darin Ross
2. Charity Howard	2. Malachi Wright	5. Daren Spartman	3. Brandon Baker
3. Lisa Smart	3. Tanaphon Rodprajong	Men's Physique - Juniors	Men's Physique - Masters 40+
4. Emily Diaz	4. Thomas Stephens	1. James Strong	1. Darin Ross
5. Dorothy Bowles	5. Jason Harrison	Men's BB - Novice	2. Kelly Rea Donham
Bikini - Masters 35+	Classic Physique - Open MW	1. Juan Hernandez	Classic Physique - Open LW
1. Heather Matthews	1. Brian Bohman	2. Jake Faulkner	1. Jacob Hospelhorn
NGA PRO Card	2. Ethan Carder	3. Griffin Bandy	2. Leighton Serrano
2. Lisa Smarty	Classic Physique - Open HW		Classic Physique - Open MW
3. Dorothy Bowles	1. Rodrico Epps		1. Xian Graden

2. Orlando Anderson	Promoter: Rev. Warren Egebo	2. Michael Figueroa	3. Lisa Johnson
3. Josef Kleba	PRO Figure - Open	3. Carlos Martin	4. Angela Bosch
Classic Physique - Open HW	1. Jessica Yuschovitz	4. Brian Dennis	PRO Figure - Open
1. Lyle Swartz	PRO Men's Physique - Open	5. Jess Hodges	1. Robin Evans
NGA PRO Card & Overall	1. Chris Spruell	6. Michael Branch	2. Tivisay Briceno
2. Sean Maloney	2. Brandon Botta	Men's BB - Open MW	3. Janiece Gilbert
3. Dayshawn Prince Taylor	3. Pete Boulajeris	1. Kaleb Stressman	4. Cristina Rokicki
4. Terry Brewer	PRO Classic Physique - Open	NGA PRO Card	PRO Figure - Masters 35+
Classic Physique - Masters 40+	1. Carl Wittig	2. Lionel Santos	1. Robin Evans
1. Sean Maloney	2. Umar Jones	3. Kenny Durham	2. Tivisay Briceno
2. Terry Brewer	PRO Men's BB - Open	4. Dan Parvu	3. Janiece Gilbert
Men's BB - Open LW	1. Carl Wittig	5. Abraham Baez	4. Wendy Serfass
1. Jacob Hospelhorn	2. Umar Jones	Men's BB - Open LHW	PRO Men's Physique - Open
2. Leighton Serrano	PRO Men's BB - Masters 40+	1. Tony Diana	1. Keith McIntosh
Men's BB - Open MW	1. Carlos Martin	2. Paul Hadler	2. Marcus Harris
1. Xian Graden	2. Paul Hadler	Men's BB - Masters 40+	3. Anderson Moise
2. Josef Kleba	Bikini - Open "A"	1. Ron Dukes	4. Chris Tippens
Men's BB - Open LHW	1. Emily Hodges	NGA PRO Card & Overall	5. Joseph Poteat
1. Lyle Swartz	2. Emily Balcueva	2. Dan Parva	6. Spencer Kilburn
NGA PRO Card & Overall	Bikini - Open "B"	3. Brian Dennis	7. Josh Stoneking
Men's BB - Open HW	1. Ruth Gilbert	4. Jess Hodges	8. Chris Spruell
1. Dayshawn Prince Taylor	Figure - Open	5. Michael Branch	9. Keith Holland
Bikini - Debut	1. Emily Balcueva	Men's BB - Masters 50+	PRO Men's Phy - Masters 35+
1. Monika Allen	Women's Physique - Open	1. Kenny Durham	1. Joseph Poteat
2. Sarah Smyrk	1. Emily Balcueva	2. Tony Diana	2. Keith Holland
3. Casey Burroughs	Men's Physique - Open LW	3. Michael Branch	3. Earnest Clemons, Jr.
4. Jessica Lewis	1. Michael Figueroa	Men's BB - Masters 60+	PRO Classic Physique - Open
5. Rachel London	2. Patrick Saunders	1. Carlos Martin	1. Jay Wright
Figure - Debut	Men's Physique - Open MW	2. Brian Dennis	2. Jamaal Williams
1. Lauren O'Brien	1. Kaleb Stressman	3. Jeff Hodges	3. James Anton
2. Michele Hoeft	2. Paul Hadler	4. Michael Branch	4. Vince Sanders
3. Jini Mornard	Men's Physique - Open HW	Bikini - Debut	PRO Men's BB - Open
Men's Physique - Debut	1. Travis Bond	1. Ruth Gilbert	1. Jay Wright
1. James Menting	NGA PRO Card & Overall	Men's Physique - Debut	2. Daron Monroe
2. Darin Ross	2. Aaron Jackson	1. Michael Figueroa	3. James Anton
3. Brandon Baker	Men's Physique - Masters 40+	2. Patrick Saunders	4. Christopher Tippins
4. Orlando Anderson	1. Travis Bond	3. Aaron Jackson	5. Dr. T.J. Morgan
5. Josef Kleba	2. Brian Dennis	Classic Physique - Debut	PRO Men's BB - Masters 40+
Classic Physique - Debut	Classic Physique - Open LW	1. Michael Figueroa	1. Daron Monroe
1. Xian Graden	1. Brian Dennis	2. Cameron Barrie	2. Monford Johnson
2. Orlando Anderson	2. Beckett Houck	3. Abraham Baez	3. Dr. T.J. Morgan
3. Jacob Hospelhorn	3. Cameron Fleishman	Men's BB - Novice	4. Kevin Wakefield
4. Leighton Serrano	4. Andrew Lewis	1. Michael Figueroa	5. Conrad Reid
5. Josef Kleba	Classic Physique - Open MW	NGA Florida State PRO/AM	Bikini - Open Short
Men's BB - Debut	1. Kaleb Stressman	Orlando, FL	1. Marisabelle Poucher
1. Xian Graden	NGA PRO Card & Overall	June 5, 2021	NGA PRO Card & Overall
2. Josef Kleba	2. Dan Parvy	Promoters:	2. Margaret Williamson
3. Jacob Hospelhorn	3. Cameron Barrie	Darrell DeVor & Rick Pierre	3. Christina Rokicki
4. Leighton Serrano	4. Paul Hadler	PRO Bikini - Open	4. Gigi Agostinelli
	5. Abraham Baez	1. Isabel Lowry	5. Lisa Johnson
NGA PRO/AM	Classic Physique - Masters 40+	2. Megan Ives	6. Alicia Nickerson
Mr. & Ms. Natural Philadelphia	1. Brian Dennis	3. Candice Darnell	7. Suleica Voekler
Bodybuilding and Figure	2. Paul Hadler	PRO Bikini - Masters 35+	8. Erika Ganong
Championships	Men's BB - Open LW	1. Isabel Lowry	9. Amanda Vogus
King of Prussia, PA	NGA PRO Card & Overall	2. Candice Darnell	10. Angela Bosch
April 24, 2021			11. Tabby Callihan

Bikini - Open Tall
1. Kari Wynn
2. Maria Torterolo
3. Gianna Gallego
4. Samantha Johnson

Bikini - Masters 35+
1. Maria Torterolo
NGA PRO Card & Overall
2. Amanda Vogus
3. Marisabelle Poucher

Bikini - Masters 40+
1. Suleica Voelker
2. Amanda Vogus
3. Ana Garcia

Bikini - Masters 50+
1. Gigi Agostinelli
2. Kristin Schuster
3. Penny Beamon

Bikini Model - Open
1. Tivisay Briceño
NGA PRO Card
2. Maria Torterolo
NGA PRO Card
3. Kari Wynn
4. Cristina Rokicki
5. Lisa Johnson
6. Erika Ganong

Figure - Open Short
1. Toby Howard
NGA PRO Card & Overall
2. Arlesia Jones
NGA PRO Card
3. Michelle Hoeft
4. Wendy Serfass
5. Allison McCarty
6. Tabby Callihan

Figure - Open Tall
1. Shannon Scott
2. Amy Anunagba
3. Daryl Sissman
4. Joelle Taylor

Figure - Masters 35+
1. Toby Howard
NGA PRO Card & Overall
2. Arlesia Jones
NGA PRO Card
3. Michelle Hoeft
4. Daryl Sissman
5. Heaven Colon

Figure - Masters 40+
1. Michelle Hoeft
2. Daryl Sissman
3. Joelle Taylor

Women's Physique - Open
1. Toby Howard

Men's Physique - Open LW

1. Melwin Ayala
NGA PRO Card
2. Donavan Lawless
3. Brian DeCicco
4. Ernest Clemons, Jr.
5. Marcus Bales

Men's Physique - Open MW
1. Brian Aitkens
NGA PRO Card & Overall
2. Roger Sosa
3. Brian Palone
4. Nathan Mosback
5. Phillip Merritt

Men's Physique - Open HW
1. Dorian Ingram
2. Vince Sanders
3. Nathan Spare
4. Judd Koenig

Men's Physique - Masters 40+
1. Brian Palone
2. Brian DeCicco
3. Judd Jeonig

Classic Physique - Open LW
1. Daniel Walker
NGA PRO Card & Overall
2. Alexandru Grit
3. Michael Figueroa

Classic Physique - Open HW
1. Christian Patete
NGA PRO Card
2. Josh Stoneking
3. Dr. T.J. Morgan
4. James Wilczanski
5. Bret Schleissing
6. Conrad Reid

Classic Phys - Masters 40+
1. Kevin Diana
2. Sedrick Vaughner, II
3. Tito Lara

Men's BB - Open LW
1. Daniel Walker
NGA PRO Card & Overall
2. Alexandru Grit
3. Michael Figueroa

Men's BB - Open LHW
1. James Wilczanski
2. Devinlee Brown
3. Gus Torres

Men's BB - Open HW
1. Vince Sanders
2. Kelvin Hunt
3. Jamey McDonald

Men's BB - Masters 40+
1. Kelvin Hunt
2. Randall Garner

Men's BB - Masters 50+

1. Kevin Diana
NGA PRO Card
2. Kelvin Hunt
3. Jamey McDonald
4. Gus Torres
5. Dale Ascough

Men's BB - Masters 60+
1. Dennis Hobart
2. Gus Torres

Bikini - Novice
1. Margaret Williamson
2. Kari Wynn
3. Alicia Nickerson
4. Gianna Gallego
5. Suleica Voelker
6. Kristin Schuster
7. Erika Ganong
8. Samantha Johnson
9. Tabby Callihan
10. Penny Beamon

Figure - Novice
1. Shannon Scott
2. Arlesia Jones
3. Amy Anunagba
4. Allison McCarty
5. Joelle Taylor
6. Tabby Callihan
7. Heaven Colon

Men's Physique - Novice
1. Dorian Ingram
2. Nathan Spare
3. Casey Hale
4. Nathan Mosback
5. Marcus Bales
6. Donavan Lawless
7. Anthony Vlassis
8. Phillip Merritt
9. Michael Facey

Classic Physique - Novice
1. Daniel Walker
2. Josh Stoneking
3. Sedrick Vaughner, II
4. Christian Patete

Transformation
1. Heather Colon
WINNER
Donavan Lawless
Sabrina Fan
Samantha Johnson
Wendy Serfass

NGA PRO/AM River City Classic
Louisville, KY
June 26, 2021
Promoter: Kevin Allen Whaley

PRO Men's BB - Open

1. Brandon Griffin
2. Anthony Stinchcomb
3. Dennis Campbell
4. Vincent VanDyke
5. Ron Page

PRO Men's BB - Masters 40+
1. Anthony Stinchcomb
2. Dennis Campbell
3. Vincent VanDyke
4. Ron Page

PRO Men's BB - Masters 50+
1. Ron Page

Bikini - Open "A"
1. Kelly Adams
2. Monica Askin

Bikini - Open "B"
1. Lacie Yates
Overall
2. Lisa Smart

Bikini - Masters 35+
1. Lacie Yates
2. Lisa Smart
3. Monica Askin

Figure - Open "A"
1. Adrienne Southerland
2. Natalie Barger

Figure - Open "B"
1. Michelle Untied
Overall
2. Molly Mount

Figure - Masters 35+
1. Adrienne Southerland
2. Molly Mount
3. Natalie Barger

Women's Physique - Open
1. Adrienne Southerland

Men's Physique - Open LW
1. Ryan Conkle
2. Tyler Dees

Men's Physique - Open MW
1. Brandon Sneed
NGA PRO Card & Overall
2. Matthew Dickerson

Men's Physique - Open HW
1. Dave Conrad

Men's Physique - Masters 40+
1. Dave Conrad

Classic Physique - Open
1. Brandon Griffin
2. Vincent VanDyke

Men's BB - Open LHW
1. William Baker
Overall

Men's BB - Open HW
1. DeBron Betts

Men's BB - Masters 40+

1. DeBron Betts

Bikini - Novice
1. Kelly Adams
2. Monica Askin
3. Lacie Yates

Men's Physique - Novice
1. Brandon Sneed
2. Ryan Conkle

Men's Physique - Juniors
1. Brandon Sneed

Men's Physique - Teens
1. Muhammad Sipes
2. Hutch Conrad
3. Tyler Dees

NGA 8th Annual Anthracite Natural Bodybuilding & Physique Championships
NGA 4th Annual Mr. Coal Natural Championships
Pottsville, PA
July 11, 2021
Promoter: Warren Egebo

Anthracite

Men's BB - Open LW

1. Anthony Diana
Mr. Anthracite Natural
2. Carlos Martin

Men's BB - Open MW
1. Chris Reed

Men's Physique - Open LW
1. Mario Rizzuto
Mr. Coal

Men's Physique - Open LW
1. Timothy Williams
NGA PRO Card & Overall
2. Ryan Kuhns
3. Justin Klunk
4. Gary Arnold
5. Mario Rizzuto

Men's Physique - Open HW
1. Terrence O'Donnell

Classic Physique - Open LW
1. Ryan Kuhns
2. Jamyl Galan
3. Gary Arnold
4. Andrew Winkler

Classic Physique - Open MW
1. Anthony Diana
NGA PRO Card & Overall
2. Cory Rockwell

3. Chris Reed

Classic Physique - Open HW
1. Jeremy Bouse

Men's BB - Open LW
1. Richard Widmer
Best Abs & Best Poser
2. Carlos Martin
3. Jamyl Galan
4. Andrew Winkler

Men's BB - Open MW
1. Jeremy Bouse

Men's BB - Open LHW
1. Jeffrey Harrison
NGA PRO Card & Overall
Mr. Coal Natural
2. Chris Reed

Men's BB - Open HW
1. Joshua Malicky

Men's BB - Masters 40+
1. Jeffrey Harrison
2. Anthony Diana
3. Richard Widmer
Best Abs & Best Poser
4. Chris Reed

Men's BB - Masters 50+
1. Anthony Diana

2. Richard Widmer
Best Abs & Best Poser
3. Carlos Martin

Men's Physique - Novice
1. Ryan Kuhns
2. Justin Klunk
3. Gary Arnold
4. Mario Rizzuto

Classic Physique - Novice
1. Cory Rockwell
2. Jeremy Bouse
3. Ryan Kuhns
4. Jamyl Galan
5. Gary Arnold
6. Andrew Winkler

Men's BB - Novice
1. Joshua Malicky
2. Jamyl Galan
3. Andrew Winkler



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