



SPRING / SUMER
2026

NGA NATURAL *mag*

Drug-Free Athletes of America

**NGA PRO/AM
UNIVERSE**
A GAME-CHANGING EVENT

**STRENGTH
THAT STARTS
AT HOME**
BODYBUILDING AS A PARENT

**WHAT IS THE
BEST REP RANGE
FOR HYPERTROPHY**

**+ A LIFE AS
A NATURAL
PROMOTER**

2026
NGA SCHEDULE
GET PUMPED!

**TWO MISTAKES
WHEN
"PEAKING"**



LIMITLESS SPORTS NUTRITION PRESENTS



NGA EAST COAST CLASSIC
PRO/AMATEUR

BODY BUILDING • FIGURE • FITNESS • CLASSIC PHYSIQUE • PHYSIQUE • BIKINI

MAY 9
DELTONA, FL
2026

VENUE: The Center at Deltona
1640 Dr. M.L.K. Blvd.
Deltona, FL 32725
Show Starts at 9am - Straight Through Format
HOST HOTEL: Holiday Inn Express
1330 Saxon Blvd | Orange City, FL 32763 | 386-917-0004
CHECK IN at VENUE | May 8, 2026 | 3:00pm-6:00pm



Promoter: Matt Ammann
407.340.7929
@MattAmmann1

For Tickets & Registration Info



<https://www.ngagatorproductions.com>

Anti-Aging & Regenerative Associates
www.ngagatorproductions.com • theeastcoastclassic@yahoo.com • [@ngagatorproductions](https://www.instagram.com/ngagatorproductions)

KentuckyNaturalBodybuilding.com



MAY 16

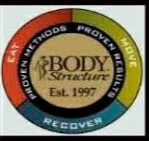
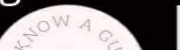
Promoter: Josh Miller
KyNaturalbb@gmail.com

Pre-Judging: 11am
Finals: 3pm

Rupp Arena/Central Bank Center
430 W Vine St, Lexington, KY 40507



KentuckyNaturalBodybuilding.com



AMMANNOMICS
WE GOT GOOD SHIT!

NGA NATURALmag
The National Gym Association, Inc.
PO Box 970579
Coconut Creek, FL 33097-0579
954-344-8410
nga@nationalgym.com
@national_gym_association/
www.nganaturalmag.com
www.nationalgym.com

PUBLISHER & EDITOR-IN-CHIEF

Francine Bostinto

EDITORIAL DIRECTOR

Andrew Bostinto

ART DIRECTOR/WEB DESIGNER

Lana B. Callahan, BFA

NUTRITION EDITOR

Josh Miller, BS, NSCA, CPT

PROOFREADER

Lameesa Muhammad, PhD

CONTRIBUTING PHOTOGRAPHERS

Crystal Self Photography
Chanal Hudgins
Ken Montgomery
JC Norton
Shutter Dynamic - Anthony & Nick
Shamir Webb

CONTRIBUTING WRITERS

Chad Adamovich, CSCS
Matt Ammann
Francine Bostinto
Brooke Broz
Johnny “The Motivator” Carrero
Nate Eaton
Rev. Warren I. Egebo
Dr. Christoph Klueppel
Dr. Nicholas M. Licameli, PT, DPT
Josh Miller, BS, NSCA, CPT
Alex Schleig
Shiloe Steinmetz, R.Ph

Welcome

Letter from the Editor

The NGA 2026 season has officially begun, bringing with it a host of new events and positive developments for our organization. We are pleased to announce that the NGA Philly will now be led by our new promoter, Clint Brackbill. Clint is an NGA PRO Bodybuilder and Classic Physique Open competitor and brings years of experience in judging and expediting, giving us confidence that the NGA Philly is in excellent hands. In addition, Nate Eaton has expanded his role by adding another event to his impressive portfolio: The NGA PRO/AM Conquer the Coast, which will be held in Biloxi, MI. The NGA PRO/AM Bluegrass will now be promoted by Emily Thomas and David Jones. Emily is a PRO Bikini Open competitor, while David is an experienced emcee. We are confident that together, they will do an outstanding job and make us proud.

Lastly, Josh Miller will be promoting our premier event, The NGA PRO/AM Universe, in Lexington, Kentucky. We are thrilled to bring this prestigious show to Kentucky and are certain that Josh will excel, as he always does, in promoting the event. We look forward to seeing everyone in Kentucky. Be sure to check our 2026 schedule for the dates of these shows and all other upcoming events.

We are excited to feature Alex Schleig, NGA PRO Classic Physique division, on the cover of this issue. Congratulations to Alex! Be sure to read his story on page 41.

For story ideas, comments, questions, or feedback, contact nga@nationalgym.com or call (954)-344-8410. Reader input is always welcomed!

Francine Bostinto



Francine Bostinto
NGA NATURALmag
Publisher & Editor-In-Chief
NGA President

“NGA, the oldest and most reputable natural bodybuilding organization, established in 1979”.
- Andrew Bostinto, Founder & CEO, The National Gym Association, Inc.

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High Weight for Low Reps, or Low Weight for High Reps? What is the Best Rep Range for Hypertrophy?



BY DR. CHRISTOPH KLUPEL
NGA EDUCATION DIRECTOR FOR SE ASIA
ULTIMATE FITNESS ACADEMY (THAILAND),
FOUNDER & PRESIDENT
HOLISTIC NATURAL HEALTH & NUTRITION CONSULTANT
ULTIMATEFITNESSASIA@GMAIL.COM
WWW.ULTIMATEFITNESSTHAILAND.COM

Gym enthusiasts, who train to improve their physique and strive to achieve balanced muscle hypertrophy, can be seen training with various rep ranges. Some prefer to keep most of their sets at relatively low reps with fairly high weights, while others seem to place more emphasis on performing their sets with high reps and use fairly low weights. This prompts the question, is there any rep range that works best to achieve optimum hypertrophy, and if so, what might this rep range be?

Powerlifters and Olympic weightlifters usually train with high weights of 80-90% of their 1RM and keep their sets of most exercises between 1- 5 repetitions. In order to achieve a sufficient training volume, they usually perform more sets of each exercise. This approach generally results in maximum strength gains, mainly

due to improved neuro-muscular coordination, and, to a lesser degree, this is also due to some muscle growth.

Traditionally, bodybuilders perform most of their exercises with a medium rep-range of 6 to 15 repetitions at 60 to 85% of their 1Rmax per set, as they have instinctively figured out that this is what works best for their goal of attaining optimal hypertrophy. The success that many achieve with this approach appears to prove them right. However, a recent study has found that performing high-rep sets with repetitions of 25 -30 reps per set and light weights to failure is as effective at promoting muscle growth as performing sets in the usual bodybuilding range, and even results in some strength gains. While this may be encouraging news to some, who dread lifting heavy, it needs to be emphasized that the first repetitions of any set performed with light weights do very little to stimulate muscle growth, and such sets only become effective when fatigue begins to manifest and when they are carried on to muscle failure. This is accompanied by a highly painful build-up of intra-muscular metabolic waste-products, which beginners and intermediate

performance level athletes are not yet able to endure, prompting them to stop their sets too early, which makes them largely ineffective.

Science has determined that hypertrophy depends on three factors: a) Mechanical Tension, b) Muscular Damage, and c) Metabolic Stress.

Mechanical Tension is best generated by lifting a heavy weight of 60-80% of 1 RM through the full range of motion in a slow and controlled manner for 6 to 15 repetitions per set. When these repetitions are performed in a slow and controlled manner, this results in a time under tension (TUT) of forty seconds or more per set, which also leads to more total time a muscle is under tension for all sets combined during that training session. Most gym enthusiasts, unfortunately, perform their repetitions too quickly, which leads to a less-than-optimal time a muscle spends under tension per set and per the entire training session, which produces less gains than could be achieved with a more controlled approach.

Muscular Damage occurs in the area of the muscle cells' myofibrils and is the result of lifting a heavy weight several times in a row, performing full concentric and eccentric contractions. This stimulates protein synthesis to initiate the rebuilding of the damaged muscle tissue, which over time results in stronger and slightly bigger muscle fibers.

Metabolic Stress occurs when muscles continually contract and relax against a medium to light weight resistance, so that blood pools in the worked muscle and cell swelling occurs. The resulting pump leads to a restricted blood flow to the working muscle, a lack of oxygen, and the build-up of acidic metabolic waste products in the muscle cells, which include lactate, phosphate, and hydrogen ions. The resulting metabolic stress has an anabolic effect.

This points to the conclusion that ALL the above mentioned rep-ranges have their place in a weight-training program for optimum hypertrophy. Most likely, there isn't any particular rep range that will be best for everyone. Also, some exercises are more effective when performed with heavier weights and lower reps, eliciting higher levels of Mechanical Tension and Myofibrillar Damage, while others are better suited for a higher rep and lower weight approach, eliciting more Metabolic Stress. As ALL of these factors

contribute to hypertrophy, ALL rep-ranges should be incorporated into the most effective muscle building program depending on their best efficiency.

The Barbell Bench Press, for example, is an exercise optimally geared to promote upper body strength and size gains, and is certainly better suited to being performed with relatively low reps and high weight resistance than a Cable-Crossover. It would not be very sensible to perform Cable Crossovers in a rep range of just 3 to 5, as this exercise is just not geared to promote maximum strength gains. Cable Crossovers are usually performed with continuous tension and high reps of 15 or more per set, which serves to achieve a great pump and to produce high levels of metabolic stress towards the end of a chest training session. However, despite their differing rep ranges, both the Bench Press and the Cable Crossover most certainly have their place in any chest training routine for optimum hypertrophy.

The value of the superior strength gains achieved by the Bench Press entails helping to perform the medium-range sets of various dumbbell presses, or dumbbell flies with substantially higher overload, which increases the Mechanical Tension and Myofibrillar Damage of these movements, and accordingly makes them more effective in respect to achieving optimum hypertrophy, than when performed with lighter weights.

While compound movements, such as Squats, Bench Press, Barbell Rows, etc., can naturally also be performed with high repetitions and low weight, the fact remains that this would not be making the best use of their unique potential as maximum strength and size builders. Isolation movements such as leg curls, leg extensions, pec deck flies, lateral raises, or straight arm lat-pull downs, on the other hand, are known to be most effective when performed with low to moderate weight-loads and higher repetitions per set, which is known to generate superior Metabolic Stress.

Obviously, various exercises have their specific benefits at differing rep-ranges, ALL useful to achieve the goal of attaining optimum hypertrophy, especially when the right exercises are chosen and performed at their most appropriate rep-ranges to make best use of their specific qualities. ■



NGA 5th Annual West Coast Classic PRO/AM

Gulfport, FL
September 15, 2025

Promoter: Matt Ammann
[@ngagatorproductions](#)
[@mattammann1](#)
[www.ngagatorproductions.com](#)



NGA Judges

L-R: Kevin Dorset, Thienthu Dorset, Joe Papesca, Matt Ammann (NGA Promoter), Dr. Barbarian Hak, Todd Elliot

The Catherine Hickman Performing Arts Center once again became the epicenter of strength, dedication, and camaraderie as athletes and fans gathered for the 2025 NGA West Coast Classic. The competition drew competitors from across the region, showcasing months—if not years—of hard work, discipline, and preparation.

From check-ins to the final trophy presentations, the event ran seamlessly, thanks to a dedicated team of staff and volunteers. Athletes filled the backstage area with energy and excitement, sharing tips, offering encouragement, and celebrating each other’s successes. Many remarked on the welcoming environment and smooth organization, which helped make their experience enjoyable and stress-free.

The event promoter took time during the awards ceremony to express a heartfelt gratitude to everyone involved. “Our athletes put in incredible effort to bring

their best physiques to the stage, and our staff works tirelessly behind the scenes to make it all happen,” said promoter Matt Ammann. “We couldn’t do this without you.”

Spectators were treated to an impressive line-up of bodybuilding, classic physique, figure, and bikini competitors. Each division highlighted not only the athletes’ physiques but also their stage presence and commitment to the sport.

As the lights dimmed and the last awards were handed out, one thing was clear: this annual event had become more than just a competition. It’s a celebration of the bodybuilding lifestyle, a chance for athletes to connect, and an inspiring display for newcomers to the sport.

Organizers have already begun planning for next year, promising an even bigger and better show. If this year’s event is any indication, the tradition of excellence at the Catherine Hickman Performing Arts Center is set to continue. ■



Abdel Rios
PRO BB - Open
1st Place



Alex Schleig
PRO Classic Physique - Open
1st Place



Anett McPhee
PRO Bikini - Open
1st Place



Chance Schwartz
PRO Bikini Model - Open
1st Place



Melissa Grier
Bikini - Masters 50+
1st Place



Miller Burke
Physique - Open
1st Place

Photos by: Chanal Hudgins



BY JOSH MILLER, BS, NSCA, CPT
NGA CHAIRMAN, KY & TN
NGA PRO BODYBUILDER & PRO PHYSIQUE
OWNER OF TRANSFORMATION PERSONAL TRAINING
KYNATURALBB@GMAIL.COM
[@JOSHUAMILLERKNB/](https://www.instagram.com/joshuamillerknb/)
WWW.KENTUCKYNATURALBODYBUILDING.COM



From Tragedy to Triumph: The Unbreakable Rise of Duron Adams

On August 12, 2018, life as Duron Adams knew it shattered. At just 23 years old, he was involved in a devastating car accident that nearly claimed his life. First responders fought for him on the roadside for 76 minutes. He went without oxygen for 25 of those minutes. Doctors were unsure if he would ever regain consciousness, let alone speak, move, or dream again. He spent 19 days in the ICU and two long months at Cardinal Hill Rehabilitation Center.

When he finally returned home, his fight was only beginning. Paralyzed on his right side, battling short-term memory loss, and reliant on 19 different medications per day, he faced a mountain most would never attempt to climb.

For many traumatic brain injury survivors, recovery never truly ends. Years are spent relearning skills most people take for granted such as walking, speaking, swallowing, cooking a meal, or managing finances. Families often feel isolated and overwhelmed, unsure where to turn next. The divide between life before and life after can bury a person mentally, emotionally, and spiritually.

Duron was no exception. He entered a dark season marked by depression, hopelessness, and suicidal thoughts. He felt as though his life was over, his purpose gone, his direction erased. Yet even in that darkness, God was not finished with him. When Duron stepped into a gym, something inside him awakened. What began as an outlet, a place to release frustration

and fear, slowly became a refuge. As his body began to change and his strength returned in new forms, something deeper returned with it. Hope. A reminder that God still had a plan for his life.

That hope led him to reach out to NGA Promoter Josh Miller, head of the NGA Kentucky Natural Classic and the NGA Bluegrass Bodybuilding Championships. Duron was not asking for sympathy or special treatment. He wanted a challenge. He wanted to earn his place. He wanted to stand on stage as a man reborn, trusting that God would guide each step of the journey.

Duron entered the NGA Bluegrass Bodybuilding Championships, a moment that would redefine his identity forever. With courage that electrified the room, he not only competed, he won the Adaptive Class and was awarded the prestigious Jim Young Inspiration Award. What the audience witnessed was more than muscle. They witnessed resilience, grit, faith, and the unmistakable blessing of God’s hand on a life restored. Against every medical expectation, Duron stood as living proof that miracles still happen.

Today, Duron’s goals are higher than ever. He continues to walk in gratitude for the grace God has shown him and is determined to make his mark in natural bodybuilding. He refuses to be defined by injury, circumstance, or limitation, choosing instead to testify through his actions that with faith, discipline, and perseverance, anything is possible.

Because sometimes, a man discovers his purpose in the gym. And sometimes, that purpose is a calling placed on his life by God. From that moment forward, the world has no choice but to pay attention. ■



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“Because sometimes, a man discovers his purpose in the gym. And sometimes, that purpose is a calling placed on his life by God. ...”



NGA PRO/AM 5280 Muscle Madness

Brooke Broz Makes History with Debut NGA Promotion at 5280 Muscle Madness

Lone Tree, CO
September 20, 2025

Promoter: Brooke Broz

broz.brooke@gmail.com

@brookebroz_pro/

www.5280muscle-madness.com



Promoter Brooke Broz &
Head Judge Josh Miller



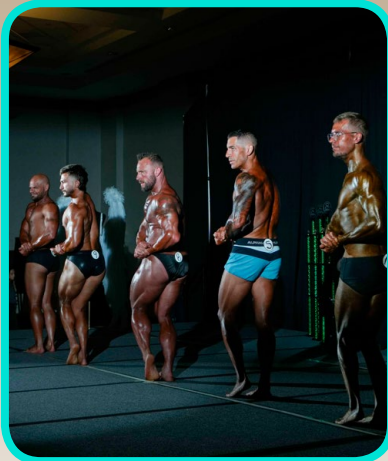
Jason Robinson
PRO BB - Open & Masters 40+
PRO Classic Phy. Open & Masters 40+
Four 1st Places



Emmanuel Quintana
PRO Physique - Open
1st Place



Tomie Gartland
Bikini - Open
1st Place
NGA PRO Card



Classic Physique - Open
L-R: Lucas Bryan, Danny Lyle,
Micah Clare, Mark Madden,
Jason Allen



Mark Madden
Physique - Open & Masters 40+
Two 1st Places



Ashley Kieffer
Figure - Open
1st Place
NGA PRO Card

The National Gym Association (NGA) marked a major milestone on September 20, 2025, with the successful debut of the NGA PRO/AM 5280 Muscle Madness in Lone Tree, Colorado. Promoted by first-time NGA Promoter Brooke Broz, the event was historic not only for its high-level competition, but also because it marked the first time the NGA has ever held a sanctioned show in the state of Colorado.

From start to finish, the NGA 5280 Muscle Madness delivered a well-run show featuring elite physiques, deep classes, and a positive, athlete-focused environment. For Brooke, the show represented the culmination of months of preparation and a bold step into the role of promoter, one she embraced with confidence, professionalism, and clear attention to detail.

The professional divisions set the tone early in the day with impressive performances across multiple categories. Jason Robinson delivered a dominant showing, capturing victories in PRO Classic Physique – Open & Masters 40+, PRO Men’s Bodybuilding – Open & Masters 40+, showcasing exceptional conditioning, structure, and versatility. Emmanuel Quintana earned first place in PRO Men’s Physique – Open, bringing a polished and balanced physique to the pro stage.

The amateur divisions brought depth, excitement, and opportunity - cornerstones of any successful NGA event. In total, four NGA PRO Cards were awarded, highlighting both the quality of competition and the strength of the overall field. The newly crowned NGA PROS were:

- Tomie Gartland – Bikini Open
- Ashley Kieffer – Figure Open
- Micah Clare – Classic Physique Open
- Micah Clare – Men’s Bodybuilding Open

In addition to the NGA PRO Card winners, several athletes delivered notable podium finishes. In Bikini Open, Tomie Gartland took first, followed by Ashley Keiffer in second, Amber Bruan in third, Erica Savard in fourth, and Chelsea Richardson in fifth. The Figure Open division saw Ashley Keiffer take first, with Tomie Gartland second, Chelsea Richardson third, Amber Bruan fourth, and Erica Savard fifth.

Men’s Physique Open and Master divisions were led by Mark Madden, who claimed first place in both categories. In Classic Physique Open, Micah Clare took the win, followed by Danny Lyle, Mark Madden, Jason Allen, and Lucas Bruan. The Men’s Bodybuilding Open division mirrored those placings, with Clare first, Lyle second, Madden third, Allen fourth, and Bruan fifth.

The Novice divisions highlighted emerging talent and the future of the NGA. Amber Bruan captured first place in Bikini Novice, followed by Erica Savard and Chelsea Richardson. Mark Madden earned the win in Men’s Physique Novice, while Danny Lyle claimed first

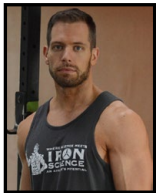
place in Classic Physique Novice, with Mark Madden, Jason Allen, and Lucas Bruan rounding out the top four.

For Brooke Broz, the success of the 5280 Muscle Madness was more than just a smooth first show, it was a statement. Bringing the NGA to Colorado for the first time required vision, dedication, and trust in the organization’s mission. Athletes, judges, and spectators alike praised the event for its professionalism, welcoming atmosphere, and attention to detail.

With NGA PROs crowned, a historic Colorado debut in the books, and overwhelmingly positive feedback from competitors, Brooke Broz’s first outing as a promoter can only be described as a resounding success. The NGA 5280 Muscle Madness not only expanded the NGA’s national footprint; but also proved that Colorado is ready and eager for elite natural bodybuilding competition. The future is bright for both Brooke Broz and the NGA in Colorado. ■

Photos by: Shutter Dynamic - Anthony & Nick

TWO MISTAKES WHEN “PEAKING” FOR SHOWS



BY CHAD ADAMOVICH, CSCS
CHAD@IRON-SCIENCE.COM
WWW.IRON-SCIENCE.COM

Bodybuilding became popular in the 1970s after Arnold won the Olympia. Since then, the science of bodybuilding has continued to evolve and improve each decade. Despite this, we continue to see athletes make critical errors as they approach the finish line. I want to cover the two significant mistakes that continue till this day despite the advancements in knowledge in natural bodybuilding.

LOADING

The exciting part of the sport is when you finally approach that finish line and start to load and see the final touches take place. The purpose of loading is to bring out vascularity and increase muscle size. This happens when we push primarily more carbs and sodium from being depleted prior. This helps drive more glycogen/water into the muscle cell to bring

up muscle fullness. There is more to it than this, but for simplicity purposes of the article we are going to focus on these two areas. Keep in mind that nutrient timing, dosage and other factors play a role.

- **Mistake #1**

If you are not truly stage lean yet, none of this will matter. You need to be lean enough to make any changes visible. All too often I see athletes backstage “loading” but are not even lean enough to make any change. They would have been better off dieting straight into the show with maybe a little push before stage. You were not “holding water” like some would claim, which I will get to below. In reality, you are not lean enough to begin with.

- **Mistake #2**

Not being calculated and you “spill over” leading to a worse looking physique. This happens when an athlete is lean enough but pushes the loading too much and now instead of looking vascular, full muscle size and “tight”, they end up looking more full, with blurred lines and have the potential for more swelling.

About The Author:

Chad Adamovich is owner of IRONSCIENCE; a bodybuilding-focused coaching business for prep and “off-season” development. He is also the Director of Training and Development for over 49+ clubs across the US, developing other professionals in the field. 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, included being a Director for Athletic Republic and more. To get additional free professional training advice, follow on Instagram @ironscience_pro web: www.iron-science.com email: chad@iron-science.com

This day should be approached with structure and clear guidelines. Carbs and sodium play a major role in this and should be more calculated than anything. You are better off tighter and little flat compared to full and spilled over since conditioning matters so much in your placement.

WATER

Water plays an extremely important part in your physique. Your body holds about 70% water inside the cell and about 30% outside the cell. The goal of this is to have as much water in the cell (loading), and the least amount outside the cell. The problem, to put this in simple terms, your body works in unison to keep balance. If an athlete tries to “dry out” your body will always counteract to balance things out. When people try to manipulate things that they don’t understand, it typically leads to the opposite of what they were trying to do.

- **Mistake #1**

Despite all the advancements in knowledge, we still have natural athletes dehydrating. Athletes have suffered severe health consequences and even death from this uninformed practice. When dehydrated,

blood pressure can get extremely low as well leading to people passing out. All I can say for your health is, DO NOT DO THIS!

- **Mistake #2**

Extremely low intake of water or dehydration will make you look worse due to how the body works. When doing this, the cell shrinks and you will look smaller and flat (your muscle). When loading, every gram of glycogen drives roughly 3g of water into the muscle cell which HELPS increase muscle size. In addition, with extremely low water intake, this will also take away from your vascularity since fluid is reduced in blood vessels and blood volume will decrease.

Bodybuilding science has advanced, yet some athletes still use practices that actually hinder their performance. Due to the advancements in the field, just because someone in the 70’s did something, doesn’t necessarily mean it was best practice. In some situations, it can lead to very unsuccessful outcomes and even death. If you look at sport as time goes on, physiques have continued to improve due to the advancements made in knowledge. Eliminating these mistakes will likely improve your placement results. ■



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NGA PRO/AM Bluegrass Bodybuilding Championships

A Showcase of Strength and Dedication

Lexington, KY
October 4, 2025

Promoters: Josh and Melissa Miller
josh@transformationpersonaltraining.com
[@joshuamillerknb/](https://www.instagram.com/joshuamillerknb/)
www.kentuckynaturalbodybuilding.com



Noe Fonseca
Physique - Open MW
NGA PRO Card & Overall



PRO Bodybuilding - Open
L-R: Bryan Berkland, Bastien De Rubens, Shelton Finch, Mark Cecil, Jay Johnson, Thomas Henson, Brandon Griffin, Cooper Kohlbeck



Women's Physique - Open
L-R: Rachel Kuzma, Shannon Campbell, Margaret Ventling (NGA PRO Card), Emily-Jo Bowler (NGA PRO Card), Nikita Harris



Sean Young
PRO Classic Physique - Open
PRO Classic Physique - Masters 40+
Two 1st Places

Raising the Standard: The 2025 NGA Bluegrass Bodybuilding Championships deliver a new era of natural excellence.

Lexington, Kentucky, The NGA Bluegrass Bodybuilding Championships returned this season with a force that rippled far beyond Rupp Arena/Central Bank Center. More than a bodybuilding contest, the event stood as a testament to grit, discipline, and the belief that natural athletes, unenhanced, unaltered, forged by daily choices, can still rise to a world-class level and inspire a new generation.

Organized by NGA promoter Josh Miller, the Bluegrass Championships have become synonymous with experience, not just results. From competitor interviews, backstage media coverage, and high-energy

stage production to the family-like atmosphere that athletes and spectators can feel the moment they walk through the doors, this show has planted itself firmly as one of Kentucky's premier hubs for natural talent. And in 2025, it felt like the vision grew even bigger.

A Field of Champions: Class Winners Who Stole the Spotlight

From the opening junior divisions to the closing heavyweight battles under the lights, every category showcased a story worth telling. The Junior division crowned four athletes who represent the future of the NGA: Carly Clark (Figure Jr.), Caleb Forrest (Bodybuilding Jr.), Tatum Cummings (Bikini Jr.), and Tristan Robbins (Physique Jr.).

The stage was stacked with decorated PRO Masters

competitors, each proving age is not a limitation to physical excellence. Jane Fleischman (PRO Bikini - Masters), Sean Young (PRO Classic Physique - Masters), Scott Huddleston (PRO Physique - Masters), and Bryan Berkland (PRO Bodybuilding - Masters) led the charge - with Fleischman and Young later doubling back and capturing PRO Bikini - Open and PRO Classic Physique - Open titles.

The PRO Open ranks delivered a lineup worthy of national-level prestige. Ashley Keiffer (PRO Figure - Open), Raquelle Stanton (PRO Wellness - Open), Jane Fleischman (PRO Bikini - Open), Sean Young (PRO Classic Physique - Open) Dan McCarthy (PRO Physique - Open), and Bryan Berkland (PRO Bodybuilding - Open) rounded out a gauntlet of elite talent that left fans on their feet.

One of the most powerful moments of the evening belonged to the Adaptive division, where Duron Adams reminded everyone what true strength looks like, not just in the muscle, but in the heart.

The debut stage welcomed athletes competing for the very first time, capturing the essence of what NGA bodybuilding represents, courage and the beginning of personal transformation. Winners included Tristan Robbins (Physique - Debut), Dania Monroy (Bikini - Debut), Ryan Lowe (Classic Physique - Debut), Peyton Tuel (Figure - Debut), and Twishime Hodari (Bodybuilding - Debut).

Masters, amateurs, and the Battle for the Crown, the Master divisions brought some of the evening's fiercest battles:

NGA PRO/AM Bluegrass Bodybuilding Championships

A Showcase of Strength and Dedication



Lexington, KY
October 5, 2024

Promoters: Josh and Melissa Miller
josh@transformationpersonaltraining.com
[@joshuamillerknb/](https://www.kentuckynaturalbodybuilding.com)
www.kentuckynaturalbodybuilding.com



Bikini - Masters 40+
L-R: Kendra Schoffstall, Sarah Wardley,
Asena Harvey, Daviska Parker



Classic Physique - Debut
L-R: Twishime Hodari, Ryan
Lowe, Wade Gardner, Spenser
Adkins



Kareem Turner
Classic Physique - Open MW
Bodybuilding - Open MW
2 Overalls - 2 NGA PRO Cards



PRO Classic Physique - Masters 40+
L-R: Sean Young
1st Place
Mark Cecil
2nd Place



L-R:
Figure - Open "B"
Peyton Tuel
NGA PRO Card & Overall
Figure - Open "A"
Carly Clark
1st Place



Jane Fleischman
PRO Bikini - Open
PRO Bikini - Masters 40+
Two 1st Places

- Men's Physique - Masters 40+: Chris Rankin
- Men's Physique - Masters 50+: Noe Fonseca
- Bikini - Masters 40+: Asena Harvey
- Classic Physique - Masters 40+: Kareem Turner
- Figure - Masters 40+: Maggie Ventling
- Bodybuilding - Masters 40+: Kareem Turner
- Bodybuilding - Masters 50+: Noe Fonseca
- Bodybuilding - Masters 70+: David Weinstock

Then came the Amateur Open - division after division, posing routines, stage-presence showdowns, and overall comparisons that demanded precision from the judges. Maggie Ventling (Women's Physique), Taylor Price (Women's Wellness), Tatum Cummings (Bikini), Noe Fonseca (Men's Physique), and Kareem

Turner (Classic Physique & Bodybuilding) dominated their categories and stood victorious as Overall winners - a pivotal step toward the night's ultimate prize.

NGA PRO Cards: Dreams Turned Reality

At the Bluegrass Championships, earning an NGA PRO Card isn't a hoped-for dream, it's a historic moment. The audience erupted as new pros were crowned:

- Men's Physique - Masters 40+: Noe Fonseca
- Bodybuilding - Masters 40+: Kareem Turner & Noe Fonseca
- Women's Physique - Open: Maggie Ventling

- Wellness - Open: Taylor Price
- Classic Physique - Open: Twishime Hodari (Lightweight) & Kareem Turner (Overall)
- Bikini - Open: Tatum Cummings
- Men's Physique - Open: Tristan Robbins (Lightweight) & Noe Fonseca (Overall)
- Figure - Open: Peyton Tuel
- Bodybuilding - Open: John Rossman (Lightweight) & Kareem Turner (Overall)

For many of these athletes, crossing that line, stepping into NGA Pro status, marked the culmination of years of sacrifice. It also marked another milestone for the state of Kentucky, now positioned as not just a host of shows... but a home for champions.

A Vision Expanding Beyond One Night

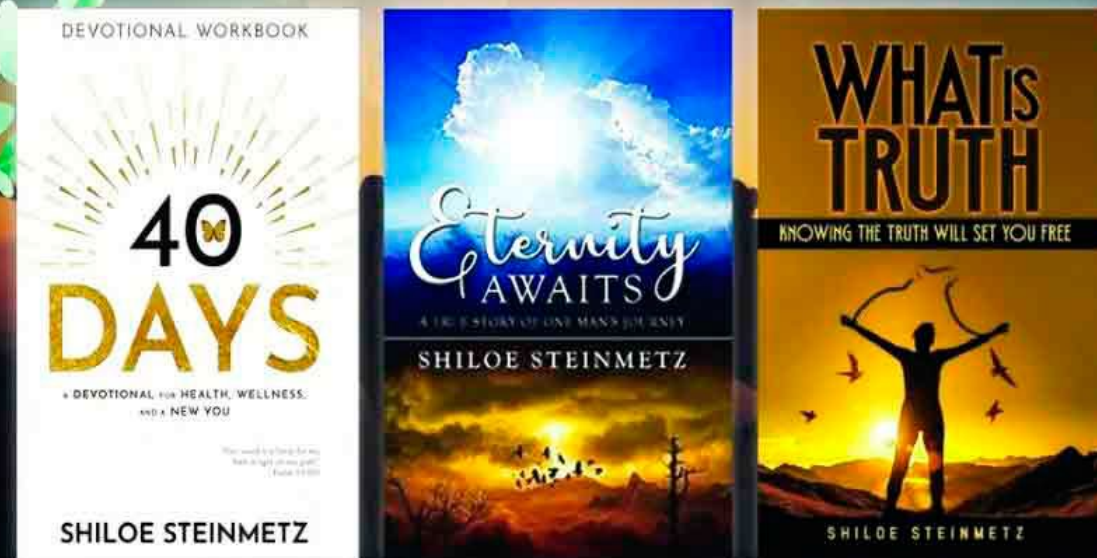
With the 2025 Bluegrass Championships now in the books, Miller and his team shift their sights toward the future, including the landmark 2026 NGA Universe in Lexington. What began as a dream to elevate natural bodybuilding has now become a movement. One built on integrity, legacy, and the belief that transformation is available to anyone willing to do the work.

Whether you were a competitor, a coach, or a spectator in the crowd - one thing was clear: This wasn't just a show. It was a reminder: Greatness is earned - and it's earned naturally. ■

Photos by: Ken Montgomery and JC Norton

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Bodybuilding as a Parent: Strength That Starts at Home



BY DR. NICHOLAS M. LICAMELI, PT, DPT
DOCTOR OF PHYSICAL THERAPY
NGA PRO BODYBUILDER
NLICAMELIDPT@GMAIL.COM
[@NICKLICAMELI/](https://www.instagram.com/nicklicameli/)

Bodybuilding changes when you become a parent. For me, it shifted from being the center of my schedule to becoming the steady thread woven through early mornings, school drop-offs, patient care, and the beautifully chaotic life of raising three little girls.

As a physical therapist and business owner, time is already accounted for before the day even begins. Add fatherhood to the mix and training becomes less about squeezing out the perfect workout and more about showing up with purpose. Sessions are planned with the same precision I bring to patient care: efficient, intentional, and built around longevity rather than ego.

Oddly enough, this season of life has made me a better bodybuilder. With limited time, every rep matters. Consistency becomes the true currency. And when fatigue sets in after a long night with the baby or a busy clinic day, I remind myself: this is what

blue-collar bodybuilding is all about...doing the work not because it is convenient, but because it shapes who you become.

But the greatest impact happens outside the gym. My daughters see me chase goals slowly, patiently, and without shortcuts. They see discipline in motion, and those small lessons echo far beyond barbells.



Bodybuilding gives me an anchor in a life filled with responsibilities, and fatherhood gives that anchor a deeper purpose. As parents, we are not just building muscle; we are building an example. Strength in the gym supports strength at home, and the reverse is just as true.

In the end, parenting has not taken bodybuilding away, but rather it has clarified why I pursue it. And that "why" grows stronger every single day. We do not become parents to "win" at parenting, just like we don't become bodybuilders to "win" at bodybuilding. It is about the journey, my friends. The sooner we realize that, the sooner we can live in harmony with all of our roles in life. ■

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.

Youtube: https://www.youtube.com/channel/UCAWFesBmaJ_WFAh2aqsOg8g

Instagram: [@nicklicameli/](https://www.instagram.com/nicklicameli/)

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



NGA Battle On The Beach

Gulf Shores, AL
November 1, 2025

Promoter: Nate Eaton
fitbodyphysiques1@gmail.com
[@natesfitnessig](https://www.natesfitnessig.com)
www.fitbodyphysiques.com



NGA Judges

Marco Pagnanelli, Sunny Balderee, Jamie Williams, Robin Deaton, Aidan Cadieux, Marty Meredith, Jess Brewer, Nate Eaton, West Conner



NGA PRO Card Winners

L-R: Isaella Senat, Jonathan Smith, Brooke Fabian



Wellness - Open

L-R: Lacie Rastelli, Jayden Byrd, Brooke Fabian (NGA PRO Card), Emily Raley (NGA PRO Card & Katie Johnson)



Jonathan Smith

Classic Physique - Open NGA PRO Card



Bikini - Novice

L-R: Mary Middlebrook, Isabelle Senat, Jayden Byrd, Amenia Tressler, Kellie Burks

As a longtime NGA competitor and seasoned promoter, joining the National Gym Association as an official NGA promoter felt like the perfect fit. The NGA - founded in 1979 and now 47 years strong - remains the gold standard for drug-free physique competition. I've posed under NGA lights, earned my NGA PRO Card, and always trusted the organization's rock-solid commitment to fairness, education, and family. Promoting the inaugural NGA Battle on the Beach let me pass that same professional, welcoming experience to every athlete and spectator who walked through our doors.

Friday, October 31 – Check-In Day

Athletes rolled in with coolers, suitcases, and big smiles. The host hotel lobby turned into one giant reunion as competitors swapped stories, compared tans, and soaked up the pre-show buzz.

Saturday, November 1 – Show Day

The setup crew arrived at 8:00 am sharp. Volunteers poured in - friends, family members, and local gym rats who just wanted to be part of history. By 9:15 am, the stage was dressed, the lights dialed, and the sound check was complete.

9:30 AM – Competitors' Meeting

Every athlete filed in, numbers pinned, with fresh ProTan gleaming. We reviewed the schedule, photograph results, and last-minute reminders, then introduced the army of volunteers who would ensure the day ran flawlessly.

10:30 AM – Prejudging

House lights dropped, the music hit, and the NGA Battle on the Beach was officially underway. Division

by division - Figure, Bikini, Wellness, Men's Physique, Men's Classic Physique - the athletes delivered. Judges scored symmetry, conditioning, and presentation with the balanced eye NGA panels are famous for. Backstage, six expeditors kept lines tight, a twelve-person pump-up crew handed out bands and light plates, and our official photographer fired off 3,000 frames. Tanners touched up the sheen between rounds while makeup artists locked in the final glam.

Finals – This is the moment that everyone waits for. Five NGA PRO Cards were sitting on the head table. As each new NGA PRO Card winner was called, the room exploded. Figure, Bikini, 2 Wellness, and Men's Classic Physique, the crowd burst with cheers! Tears, hugs, and victory screams filled the room - proof that clean, relentless work still pays off.

None of this happens without the NGA system: a 47-year rulebook, ironclad drug testing, and crystal-clear class structure. Francine and Andy answered my promoter questions all along; veteran NGA members shared spreadsheets.

A standing ovation to:

- New NGA PRO Card winners- Jonathan Smith, Isabelle Senat, Emily Raley, and Brooke Fabian.
- The seven judges who deliberated for a total of six hours.
- Every spectator whose energy turned a civic center into a coliseum

Post-show texts lit up my phone:

"Best first show ever."
"Felt like family."
"Already blocking next November."

That feedback is gold.

To every athlete who stepped onstage, every volunteer who made it seamless, and every fan who roared from the seats—thank you for trusting our first year. Mark your calendars: November 2026. Same beach, bigger stage, same NGA heartbeat. ■

Photos by: Crystal Self Photography



MOTIVATOR'S CORNER

BY JOHNNY "THE MOTIVATOR" CARRERO
NGA CHAIRMAN, CA
PROFESSIONAL FITNESS TRAINER
FITNESSINMINDMOTIVATOR@GMAIL.COM
[@JOHNNYMOTIVATOR/](https://www.instagram.com/JOHNNYMOTIVATOR/)
[JOHNNYMOTIVATOR](https://www.facebook.com/JOHNNYMOTIVATOR)
WWW.NGA-CALI.COM



Life as a Natural Promoter

I started promoting the “Drug-Free” movement in 1993. The movement was all about getting people off drugs, promoting longevity, and helping people become healthier versions of themselves. The “Drug-Free” movement was created to bring the sport of Bodybuilding back to what it was all about, which was helping people achieve health, strength, and fitness, naturally!

I believe if we knew about the harmful side effects of anabolic steroids back in the seventies, eighties, and nineties, fewer bodybuilders would have taken them. I know I would not have. During that time, I had to go to the library and hope there were books or some information on anabolic steroids, and there would be some, but not as much as there is now.

Let us fast forward to the present day, and the movement is now about helping people

through educating them on the harmful dangers of the drugs. Hopefully, this will help people to make the decision NOT to take them! But at the present time, we are now competing with so much more! We know and always have known that there have been influencers in the gyms, trainers, gym bros, and dealers. But today, it goes much further than that. The younger generation is now able to access the world instantly, raising concerns due to their susceptibility to influence. The “quick fix” or the “shortcut” as we used to call it, is now considered as “fast gains.”

In addition to this, social media has taken things to another level by the increased promotion of these “fast gains” that can be found in ads on feeds that encourage the casual viewer that in order to get bigger, get stronger, lose weight faster, tighten your skin, look younger, all you need is to take these pills, or inject this shot, SARMS, Botox, Fillers, Ozempic, Peptides etc.

The unfortunate thing is that our so-called “health care” system is doing most of the promoting to get people on DRUGS! As a natural promoter, I must work so much harder to keep competitors natural on my stage.

This is just one of the many challenges faced by natural promoters. Organizing a “drug-free” event is a complex process that begins with securing a facility equipped with a stage and lights. Next, the date is set, sponsors are found, and arrangements are made for an after-party. Insurance must be secured, a host hotel located, and judges selected. Natural competitors are invited, a drug tester is secured, and trophies, plates, flyers, posters, press releases, expeditors, staff, posing classes, tanner, hair designer, make-up artist, photographer, and programs are organized. Promotional shirts are made, tickets created, a DJ booked, and the event is advertised

across social media platforms. Listing all these tasks is overwhelming, and it takes six months every year to put together this prestigious production.

For the past 33 years, I have organized these natural events out of love for the sport and a desire to help people stay off drugs. Although it costs me a significant amount of my own money each year, my motivation has never been financial.

My commitment is to continue hosting the NGA True Natural Olympian/California PRO/AM for the rest of my life, hopefully another 45 years! With prayers for longevity like Andy Bostinto, God willing. God Bless! ■

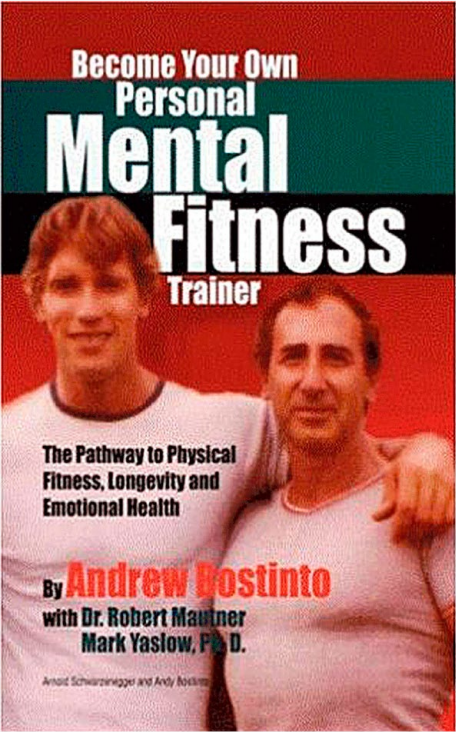




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“*“Mental Fitness” employs fitness training for the purpose of direct, self induced change for the better. It's purpose is to go much deeper than physical training alone.*

— from the Introduction

“*I have known Andy Bostinto for many years. There should be more people in the Physical Fitness profession that are as dedicated. I'm proud to recommend Mr. Bostinto's knowledge and teachings.*

— Jack LaLanne

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NGA 5th Annual East Coast Classic PRO/AM



Deltona, FL
November 8, 2025

Promoter: Matt Ammann
[@ngagatorproductions](#)
[@mattammann1](#)
www.ngagatorproductions.com



Leah Smith
Bikini - Open
1st Place
NGA PRO Card



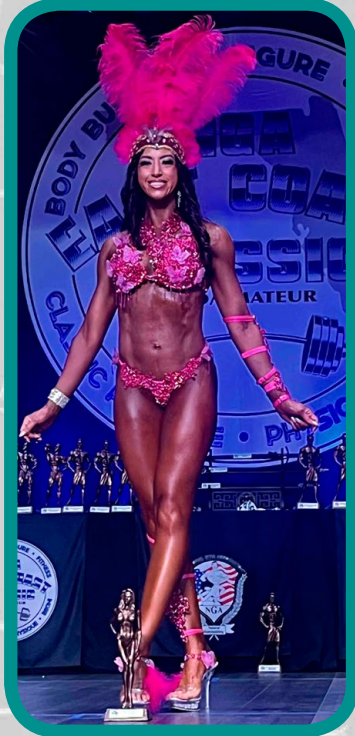
NGA Judges
L-R: Kevin Dorsett, Michelle Ward, Thienthu Tan,
Matt Ammann, Dr. Barbarian Hak,
Ron Doria (Test Judge), Eric Keen (Test Judge)



Melissa Grier
Bikini - Masters 40 and 50+
1st Place
NGA PRO Card



Aspen Papesca
Kid's Fitness
1st Place
Matt Ammann
NGA Promoter



Lorelly Mobley
PRO Bikini Model - Open
1st Place

The energy was electric this past weekend at The Center at Deltona, where the venue played host to the NGA 5th Annual East Coast Classic, marking the final competition of the year for Gator Productions. Competitors, fans, and fitness enthusiasts packed the venue for what proved to be one of the most exciting and memorable events yet.

Athletes from across the region - and beyond - stepped onto the stage to showcase months of hard work, discipline, and dedication.

This year's event saw a large number of competitors, with many earning their long-awaited NGA PRO Cards. Each division was stacked with incredible talent, and the level of conditioning and presentation made for a truly wonderful show.

The crowd was at full capacity, cheering passionately as athletes flexed, posed, and battled for top

honors under the bright stage lights. Judges had their work cut out for them with such an impressive lineup, and the energy in the room never wavered as family, friends, and fans celebrated every victory.

As the final show of the season, the event served as both a celebration of achievement and a preview of the bright future ahead for the bodybuilding community. Matt expressed gratitude to everyone who made the event a success - sfrom the athletes and coaches to sponsors, staff, and attendees.

"We couldn't have asked for a better way to close out the year," Matt said. "The passion and sportsmanship are truly inspiring."

With another successful event in the books, excitement is already building for the 2026 competition. We look forward to seeing everyone next year for another incredible year of bodybuilding excellence! ■

Photos by: Chanal Hudgins



BY JOSH MILLER, BS, NSCA, CPT
NGA CHAIRMAN, KY & TN
NGA PRO BODYBUILDER & PRO PHYSIQUE
OWNER OF TRANSFORMATION PERSONAL TRAINING
KYNATURALBB@GMAIL.COM
[@JOSHUAMILLERKNB/](https://www.instagram.com/JOSHUAMILLERKNB/)
WWW.KENTUCKYNATURALBODYBUILDING.COM

Enhanced competitors can survive severe deficits because pharmacology protects lean mass. Natural bodybuilders cannot.

When calories drop too aggressively:

- Cortisol rises
- Testosterone and thyroid hormones fall
- Sleep quality deteriorates
- Non-exercise activity plummets
- Muscle protein breakdown increases

Natural dieting must be slower, more conservative, and more strategic.

Training Volume vs. Recovery Reality

Many prep diets assume the athlete can tolerate:

- Double sessions
- High-volume depletion workouts
- Daily fasted cardio

Enhanced athletes often can. Natural athletes accumulate stress faster than they accumulate fat loss. Nutrition must support recovery, not punish the athlete.

Carbohydrates: The Natural Athlete's Lifeline

Carbs aren't optional for natural competitors. They are protective.

Adequate carbohydrates:

- Reduce the amount of cortisol
- Improve sleep
- Preserve training intensity
- Maintain muscle fullness
- Support thyroid function

Cutting carbs too low, too early is one of the fastest ways for a natural bodybuilder to look worse while dieting harder.

Peak Week: Why Extremes Backfire for Naturals

Enhanced athletes often manipulate water, sodium, and carbohydrates aggressively with minimal downside. Natural athletes lack that margin for error.

For naturals:

- Severe dehydration flattens muscles
- Sodium restriction worsens water retention
- Extreme carb depletion damages fullness

Peak week success for naturals comes from consistency, not shock.

The Psychological Toll

Natural athletes feel prep harder because it is harder.

Without chemical support:

- Hunger is stronger
- Fatigue is real
- Recovery is slower
- Mental resilience is tested

Trying to mimic enhanced protocols often leads to burnout, binge cycles, and post-show rebounds.

The Smarter Natural Approach

Natural bodybuilding rewards:

- Smaller calorie deficits
- Adequate carbs throughout prep
- Strategic refeeds, not starvation
- Food rotation and digestive health
- Long-term planning over short-term suffering

Discipline still matters, but intelligence matters more.

The Takeaway: Natural bodybuilding is not enhanced bodybuilding without drugs. It is a different sport with different rules. The athletes who thrive long-term aren't the ones who suffer the most. They're the ones who understand their physiology and respect it. If you're natural, stop trying to diet like someone who isn't. That realization alone can save years of frustration and preserve the muscle you've worked so hard to build. ■

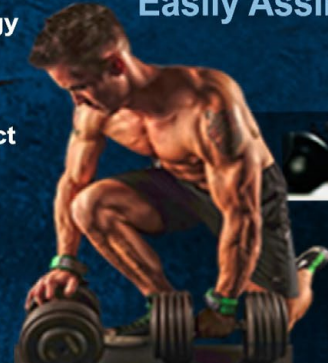


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2025



NGA PRO/AM Universe NGA American Natural Championships

November 15, 2025 • Deltona, FL

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Promoters:

Andrew Bostinto, NGA Founder & CEO, Francine Bostinto, NGA President

By: Francine Bostinto



Josh Miller, 2025 NGA Hall of Fame Inductee

L-R: Francine Bostinto, Josh Miller, Melissa Miller, Andy Bostinto

History was in the making once again with the newest inductee into the NGA Hall of Fame. Our 2025 recipient went to Josh Miller. Huge congratulations to Josh for all that he has done for the NGA and natural bodybuilding. Read all about Josh and his accomplishments at [NGA Hall of Fame](#).



NGA PRO Universe

November 15, 2025
Deltona, FL



PRO Classic Physique - Open

L-R: Austin Baird, Jiejun Tan, James Wilczanski, Jess VanEss, Alex Schleg, Jamaal Williams, Jason Robinson



NGA PRO Universe

Promoters: Andrew & Francine Bostinto

nga@nationalgym.com
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Beth Janzen
PRO Figure - Masters 40+
1st Place



Brooke Fabian
PRO Figure - Open
PRO Wellness - Open
Two 1st Places



Jane Fleishman
PRO Bikini - Masters 40+
1st Place
NGA President Francine Bostinto

History was made once more as the latest member was announced for induction into the NGA Hall of Fame. Our 2025 recipient went to NGA Promoter and PRO Athlete Josh Miller for all he has done and continues to do for the NGA and natural bodybuilding. Read all about Josh and his accomplishments at NGA Hall of Fame.

The PRO Bikini Open division was filled with top-notch competitors. In third place and in the money was Jane Fleischman, NGA's Queen of the South, who graced the stage with beauty and confidence. Sueliey Valdes secured second place, demonstrating excellent form. However, Isabel Larkins of Ohio achieved first place, presenting a well-rounded performance that earned her the top distinction.

The highly competitive PRO Bikini Master division had three athletes. Melisa Grier, making her NGA PRO debut, came in third. Anett McPhee, who always comes

in great condition, took second place and taking the crown and the money was Jane Fleishman, our Queen of the South.

PRO Bikini Model had only one competitor this year, Lorelly Mobley, and this was her second year in a row walking away with the title. As always, Lorelly displayed all that is required in the Bikini Model division.

The PRO Figure Open division lineup consisted of four athletes, but the competition was fierce. However,

Brooke Fabian emerged as the winner and took home the prize money, her superior conditioning outshining the competition that day.

Beth Janzen won the PRO Figure Master division by showcasing impressive muscle tone and balanced symmetry. Beth hails from Minnesota and is a long-time NGA athlete.

The PRO Women's Physique Open division was won by Rebecca LaBad from California. Rebecca looked



NGA PRO Universe

November 15, 2025
Deltona, FL



Jay Johnson
PRO BB - Open & Masters 40+
Two 1st Places



Jason Robinson
PRO Classic Physique - Masters 40+
1st Place
PRO Classic Physique - Open
4th Place
PRO Bodybuilding - Masters 40+
2nd Place



Desario Smith
PRO Physique Open & Masters 40+
Two 1st Places



Lorelly Mobley
PRO Bikini Model - Open
1st Place



Rebecca LaBad
PRO Physique - Open
1st Place
PRO Figure - Open
2nd Place



Isabel Larkins
PRO Bikini - Open
1st Place

great and knew how to work the stage with her posing routine and props.

The PRO Wellness Open division had two competitors, but it was Brooke Fabian once again walking away with the title.

All PRO men's divisions were highly competitive. But the PRO Men's Physique Open class was filled with fierce and experienced competitors. Meleik Carry secured third place, while Anderson Moise came in

second. Desario Smith won the NGA PRO Universe title for the third consecutive time.

Desario Smith went on to win the PRO Physique Master division once again. James White secured third place after a fierce competition for the top positions, while Dan Otterson claimed second place.

PRO Classic Physique Open also had some pretty awesome competitors. Austin Baird, making his first NGA Universe debut, came in a well-deserved third

place. Second place went to Jamaal Williams, who looked phenomenal, but it was young Alex Schleg taking home the title that was well deserved. Congratulations to Alex for making the cover of this very issue.

PRO Classic Physique Masters division had two very competitive athletes. Second place went to Roberto Gonzalez, but the winner went to a very much deserved Jason Robinson.

PRO Men's Bodybuilding Open was the largest division in the PRO category with nine very competitive athletes. Among the winners, Keith Harvey secured third place, while Carl Wittig finished in second place. But it was Jay Johnson who deservedly earned the first place spot.

PRO Men's Bodybuilding Master division was also stacked. In the money and taking third place was Brandon Griffin. Second went to Jason Robinson, and again Jay Johnson would take the top spot.



NGA PRO Universe

Promoters: Andrew & Francine Bostinto

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NGA Amateur Universe

November 15, 2025
Deltona, FL

The **Amateur Universe** brought some top-notch athletes. However, with the lack of 5 competitors per division, only one NGA PRO Card was awarded at this event. That NGA PRO Card went to David Weinstock who won the Bodybuilding Master 70-79 division and the Overall.

The results for first place were as follows:

Bikini - Open: Karlie Counts

Bikini - Masters 40+: Ana Castano

Bikini Model - Open: Sueliey Valdes

Women's Physique - Open: Sarah Nolte

Wellness - Open: Kylie Boyd

Men's Physique - Open: Chris Brown

Men's Physique - Masters 40+: John Rossman

Classic Physique - Open: Joe Rntas

Classic Physique - Masters 40+: Paul Hadler

Men's Bodybuilding - Open: Austin Baird

Men's Bodybuilding - Masters 50-59:
Joe Papesca

Men's Bodybuilding - Masters 60-69:
Gus Torres

Men's Bodybuilding - Masters 70-79:
David Weinstock
Overall & NGA PRO Card)

Men's Bodybuilding - Masters 80+:
Richard Rabins



Sueliey Valdes
PRO Bikini - Open
2nd Place
Bikini Model - Open
1st Place



Ana Castano
Bikini - Masters 40+
1st Place



Austin Baird
Men's BB - Open
1st Place
PRO Classic Physique - Open
3rd Place



Bikini - Masters 40+
L-R: Penny Dyals (3rd Place)
Ana Castano (1st Place)
Natasha Fievre (3rd Place)



Chris Brown
Physique - Open
1st Place



David Weinstock
Bodybuilding - Masters 70-79
1st Place
NGA PRO Card & Overall



Gus Torres
Bodybuilding - Masters 60-69
1st Place



Karli Counts
Bikini - Open
1st Place



Physique - Masters 40+
L-R: Chris Brown (2nd Place)
John Rossman (1st Place)



Sarah Nolte
Physique - Open
1st Place



NGA Amateur Universe

Promoters: Andrew & Francine Bostinto

nga@nationalgym.com

www.facebook.com/nationalgym

[@national_gym_association/](https://www.instagram.com/national_gym_association/)

www.nationalgym.com



NGA American Natural Championships

Promoters: Andrew & Francine Bostinto

nga@nationalgym.com

[@nationalgym](https://www.facebook.com/nationalgym)

www.nationalgym.com

November 15, 2025
Deltona, FL

The American Natural Championships included Men's Bodybuilding - Masters 35-39, debut, novice, kid's fitness, and couple divisions. The first place winners were as follows:

Bikini - Novice: Karlie Counts

Wellness - Debut: Kylie Boyd

Wellness - Novice: Kylie Boyd

Men's Physique - Novice: Alex Duran

Classic Physique - Novice: Joel Rentas

Men's Bodybuilding - Masters 35-39:
Joe Papesca

Kid's Fitness: Aspen Papesca

Couples: Joe & Aspen Papesca

One of the highlights of the show was seeing Joe and Aspen Papesca (Dad and Daughter) doing their posing routine. Aspen went on to compete alone on stage in the Kid's Fitness division. Shy? Not Aspen!! She surely stole the show.

Thank you to everyone who showed up and made this show a success. It was a great time had by all.

It was announced at the NGA Universe that the NGA PRO/AM Universe will be hosted in 2026 by our newly inducted NGA Hall of Fame, Josh Miller, in Lexington, KY, on November 14, 2026. We hope to see everyone there. Kentucky . . . here we come! ■



Bikini Novice
L-R: Emma Camerer (2nd Place)
Karlie Counts (1st Place)
Barbara Smardz (3rd Place)



Joe & Aspen Papesca
Couples
1st Place



Joe Papesca
Bodybuilding Masters 35-39
1st Place



Aspen Papesca
Kid's Fitness
1st Place



Alex Duran
Physique - Novice
1st Place



Joel Rentas
Classic Physique - Open & Novice
Two First Places



Kylie Boyd
Wellness - Open, Debut & Novice
Three 1st Places



Michael Clayton
Bodybuilding - Novice 1st
Place



Alex Schleig

2025 NGA PRO Universe Champion

Hey, I'm Alex - your 2025 NGA PRO Universe Champion. My journey began in 2015 when I made a decision to take fitness seriously, driven by a simple belief: rise to the potential God has given me.

What started as a personal commitment evolved into a lifestyle built on discipline, consistency, and purpose. To me, being a natural bodybuilder means earning everything - no shortcuts, no compromises. It's about learning from the ground up, trusting the process, and holding yourself to a higher standard even when no one is watching.

Since 2020, I've competed in 17 shows, earning 9 first-place titles and 5 Best Posing awards. But the defining moments of my career weren't just the wins - they were the setbacks that forced me to grow. At the NGA Universe 2022, I placed 2nd. In 2024, I came back and placed 3rd. Most people would question themselves at that point - but I didn't. I got back to work. I stayed locked in. I refused to let go of the vision when I was that close.

In 2025, I returned once more - and this time, I claimed the title of NGA PRO Universe Champion. That victory wasn't just about the trophy. It was proof that persistence, faith, and discipline will always outlast doubt. Bodybuilding has given me more than a physique - it's given me structure, resilience, and a standard for how I live my life.

I'm grateful to the NGA and the opportunities this journey has created, and I'm far from finished. As I continue to compete and grow, I'm also focused on helping others do the same - through coaching, posing, and guidance for those ready to take control of their own transformation. You can follow my journey on Instagram [@alexandru.thegrit](#) or connect with me on [Facebook](#). ■



Stay GritFit,

Alex Schleig

NGA PRO Classic Physique – Open
2025 NGA PRO Mr. Universe

Photos By
Shami Webb
Poster By
LBS Design Studio

FEATURED IN NGA NATURALmag

NOVEMBER 14, 2026

Rupp Arena/Central Bank Center

430 W Vine St., Lexington, KY 40507

KentuckyNaturalBodybuilding.com

KyNaturalbb@gmail.com

606-424-7157

Logos: NUIHEALTH, ALL-1, Arthur Murray, NGA NATURAL, Sweet Salvation, QR code.

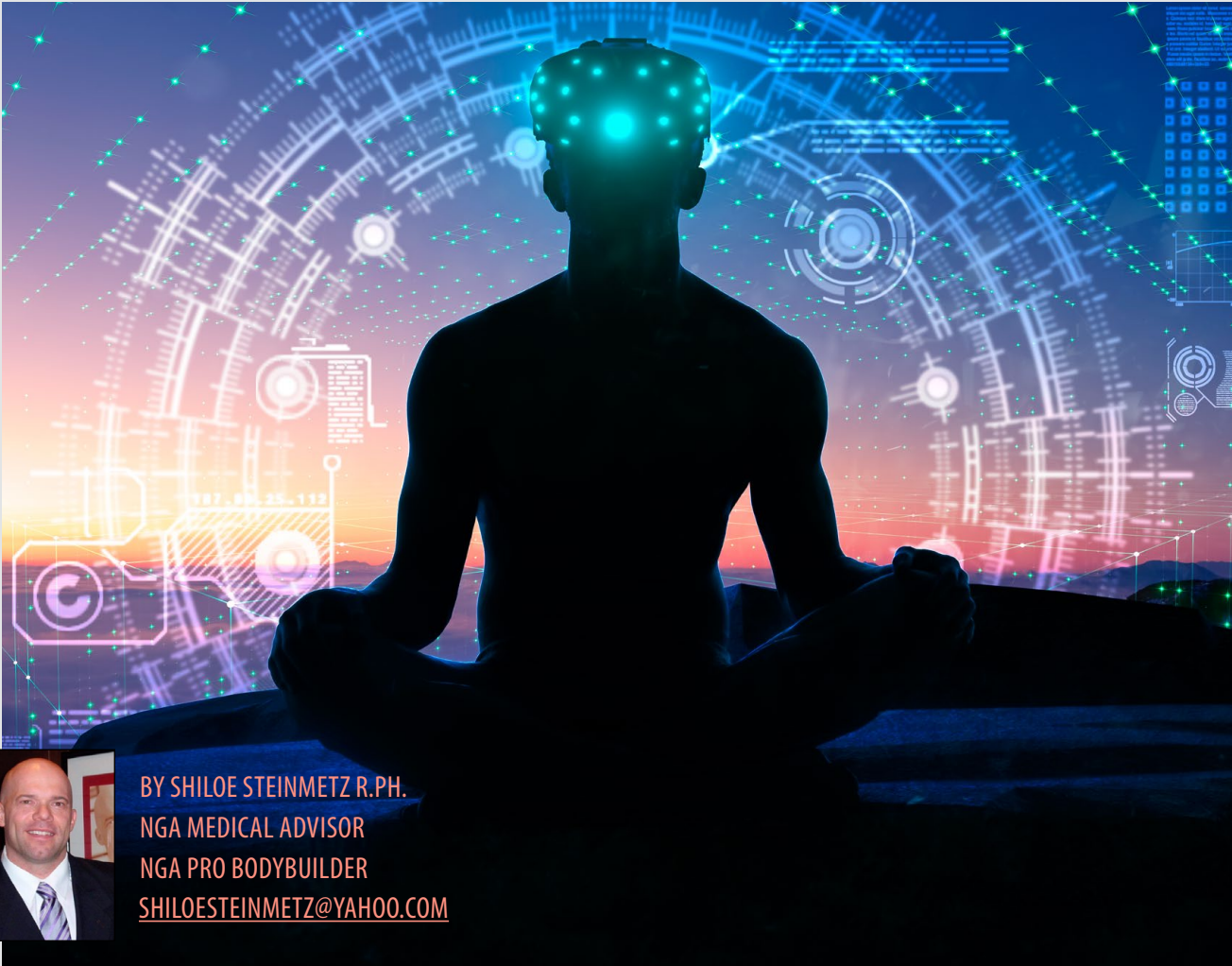
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Complete Wellness

Building a Balanced Mind, Body, and Spirit



In the world of physique competition, most athletes have two areas dialed in: training and nutrition. That focus produces tangible results: strength, conditioning, and discipline. But there is a bigger picture that often gets overlooked. True performance and long-term success come from balance. Not just in your program design, but in your life. A strong body is important, but it is only one part of the equation. Lasting wellness is built on three interconnected areas: mind, body, and spirit. When one is neglected, the others eventually follow. When all three are developed together, everything works at a higher level. Andy Bostinto,

founder of the NGA, has lived for over 101 years and has mastered the secret to longevity. He has said many times you have to “know who you are” and knowing who you are is understanding that you are more than just physical body. He has exemplified this with his fitness, sharp mind, and persevering spirit.

Why Balance Matters

You can be in peak physical shape and still struggle with burnout, lack of focus, or a sense that something is missing. That is because we were not designed to operate on physical strength alone.

- Your body drives performance.

- Your mind directs decisions and discipline.
- Your spirit anchors purpose and identity.

When these entities are in alignment, you do not just perform better, you live better.

Mind

Sharpen Your Edge

Your mindset is one of the most powerful tools you have. It affects how you train, how you respond to adversity, and how consistent you stay over time. What you feed your mind matters just as much as what you feed your body. If your input is constantly negative social media, entertainment, or environment, it will eventually show up in your thinking and actions. On the other hand, intentional growth builds focus and resilience.

Practical approach

- Read daily (training, nutrition, personal growth, or faith-based content)
- Limit negative or distracting media
- Set aside 10–15 minutes a day to learn something new
- Pay attention to your internal decision-making

Your conscience often flags what is right and wrong. A strong mind keeps you consistent when motivation fades.

Body

Train with Purpose

This is your foundation. As competitors, we understand that results come from consistency over time. But it is not just about aesthetics, it is about function, health, and longevity. When your body is properly fueled and trained, it supports everything else: mental clarity, emotional stability, and daily performance.

Key fundamentals

- Train consistently (3–4 times per week minimum)
- Focus on proper nutrition and meal preparation
- Stay educated - keep learning new training methods and strategies
- Prioritize recovery just as much as intensity

You do not need perfection, you need consistency.

Spirit

The Missing Piece

This is where many athletes fall short. You can have the perfect physique and still feel empty. Titles, progress, and physical success it not able to fully satisfy us because these things were never meant to. At some point, every person wrestles with deeper questions: purpose, identity, and what really matters beyond performance. The reality is, we were created for more than just physical achievement, we were created for a relationship with God. But that relationship is broken by sin. No amount of discipline, success, or self-improvement can fix that gap. That is where the gospel comes in. Jesus stepped in to do what we couldn't, He lived perfectly, took the penalty for sin, and made a way for us to be restored to God. Not through performance, but through faith. When someone trusts Him:

- Their past is forgiven.
- Their identity is no longer based on performance.
- Their life gains a deeper, unshakable purpose.

From there, spiritual growth becomes part of daily life - through prayer, learning, and walking in that relationship.

Putting It into Practice

Balance does not happen by accident; it is built intentionally. Try This!

- Mind: 10-15 minutes daily learning and mental input
- Body: Consistent training and nutrition
- Spirit: Time spent growing in your relationship with God

When one area slips, the others will eventually feel it. But when all three are aligned, you create a foundation that supports both performance and life beyond competition.

Final Takeaway

Physique competition demands discipline - but real strength goes deeper than the stage. Build your body. Sharpen your mind. Strengthen your spirit. Because in the end, the goal is not just to look strong, it is to be whole. And the foundation of that wholeness starts with a restored relationship with God, which is what brings everything else into alignment. ■

2025 NGA West Coast Classic PRO/AM Gulfport, FL September 13, 2025 Promoter: Matt Ammann PRO Bikini - Open 1. Anett McPhee PRO Bikini Model - Open 1. Chance Schwartz PRO Men's Physique - Open 1. Moses Cheeks PRO Classic Physique - Open 1. Alexandru Schleig 2. Abdel Rios 3. Astelyn Saint-Juste 4. Daron Monroe PRO Men's BB - Open 1. Abdel Rios 2. Daron Monroe 3. James Wilczanski 4. Roberto Gonzalez Bikini - Open "Short" 1. Angela Bosch Overall 2. Melissa Grier 3. Pennelope Dyals Bikini - Open "Tall" 1. Mary Jo Berkhoel Bikini - Masters 40+ 1. Angela Bosch Overall 2. Melissa Grier 3. Pennelope Dyals 4. Mary Jo Berkhoel Bikini - Masters 50+ 1. Melissa Grier 2. Pennelope Dyals Bikini Model - Open 1. Angela Bosch Men's Physique - Open LW 1. Miller Burke Overall 2. David Folkenflik Men's Physique - Open MW 1. Darius Wilson Men's Physique - Masters 40+ 1. David Folkenflik Classic Physique - Open LW 1. Jon Hoist Classic Physique - Open MW 1. Darius Wilson 2. Akira Miwa Classic Physique - Open HW 1. Donald Dillard Overall Bikini - Novice	1. Mary Jo Berkhoel Evening Gowns - Masters 40+ 1. Pennelope Dyals 2. Carissa Jones Evening Gowns - Masters 50+ 1. Pennelope Dyals Men's Physique - Novice 1. Miller Burke 2. David Folkenflik 3. Darius Wilson Classic Physique - Novice 1. Donald Dillard 2. Darius Wilson 3. Akira Miwa Men's Transformation 1. David Folkenflik 2. Keshawn Herron 2025 NGA PRO/AM 5280 Muscle Madness Lone Tree, CO September 20, 2025 Promoter: Brooke Broz PRO Men's Physique - Open 1. Emmanuel Quintana PRO Classic Physique - Open 1. Jason Robinson PRO Classic Phy - Masters 40+ 1. Jason Robinson PRO Men's BB - Open 1. Jason Robinson PRO Men's BB - Masters 40+ 1. Jason Robinson Bikini - Open 1. Tomie Gartland NGA PRO Card 2. Ashley Kiefer 3. Amber Bruan 4. Erica Savard 5. Chelsea Richardson Bikini - Masters 40+ 1. Tommi Gartland Figure - Open 1. Ashley Keiffer NGA PRO Card 2. Tommi Gartland 3. Chelsea Richardson 4. Amber Bruan 5. Erica Savard Men's Physique - Open 1. Mark Madden Men's Physique - Masters 40+ 1. Mark Madden Classic Physique - Open 1. Micah Clare	NGA PRO Card 2. Danny Lyle 3. Mark Madden 4. Jason Allen 5. Lucas Bruan Men's BB - Open 1. Micah Clare NGA PRO Card 2. Danny Lyle 3. Mark Madden 4. Jason Allen 5. Lucas Bruan Bikini - Novice 1. Amber Bruan 2. Erica Savard 3. Chelsea Richardson Men's Physique - Novice 1. Mark Madden Classic Physique - Novice 1. Danny Lyle 2. Mark Madden 3. Jason Allen 4. Lucas Bruan 2025 NGA PRO/AM Bluegrass Bodybuilding Championships Lexington, KY October 4, 2025 Promoters: Josh & Melissa Miller PRO Bikini - Open 1. Jane Fleischman 2. Tomie Gartland 3. Darlene Tommelleo PRO Bikini - Masters 40+ 1. Jane Fleischman 2. Tomie Gartland 3. Darlene Tommelleo PRO Figure - Open 1. Ashley Keiffer 2. Rachel Kuzma PRO Wellness - Open 1. Raquele Stanton PRO Men's Physique - Open 1. Scott Huddleston 2. Dan McCarthy PRO Men's Phys - Masters 40+ 1. Scott Huddleston PRO Classic Physique - Open 1. Sean Young 2. Mark Cecil 3. George Latson 4. Caleb McCoy PRO Classic Phys - Masters 40+ 1. Sean Young	2. Mark Cecil PRO Men's BB - Open 1. Bryan Berkland 2. Jay Johnson 3. Mark Cecil 4. Thomas Henson 5. Brandon Griffin 6. Shelton Finch 7. Cooper Kohlbeck 8. Bastian De Rubens PRO Men's BB - Masters 40+ 1. Bryan Berkland 2. Jay Johnson 3. Mark Cecil 4. Shelton Finch Bikini - Open "Short" 1. Tatum Cummings NGA PRO Card & Overall 2. Dania Monroy 3. Asena Harvey 4. Kendra Schoffstall Bikini - Open "Tall" 1. Brittany Whitten 2. Trudy Anderson 3. Sarah Wardley 4. Ally Salazar Bikini - Masters 40+ 1. Asena Harvey 2. Sarah Wardley 3. Daviska Parker 4. Kendra Schoffstall Figure - Open "A" 1. Carly Clark 2. Emily-Jo Bowler 3. Jennifer Wampler Figure - Open "B" 1. Peyton Tuel NGA PRO Card & Overall 2. Margaret Ventling 3. Nikita Harris Figure - Masters 40+ 1. Margaret Ventling 2. Emily-Jo Bowler 3. Jennifer Wampler 4. Nikita Harris Women's Physique - Open 1. Margaret Ventling NGA PRO Card 2. Emily-Jo Bowler NGA PRO Card 3. Rachel Kuzma 4. Shannon Campbell 5. Nikita Harris Wellness - Open 1. Taylor Price NGA PRO Card
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2. Maria Mata NGA PRO Card 3. Dania Monroy 4. Daviska Parker 5. Sarah Wardley 6. Jennifer Wampler Men's Physique - Open LW 1. Tristan Robbins NGA PRO Card 2. Bennett Fain 3. Ryan Lowe 4. Zachary Grady 5. John Ferrell Men's Physique - Open MW 1. Noe Fonseca NGA PRO Card & Overall 2. Grand Hovden 3. Cameron Hoskins 4. Andrew Swinford 5. Duron Adams 6. Isaiah Dooley Men's Physique - Open HW 1. Allen Riegler 2. Chris Rankin 3. Creed Setzer Men's Physique - Masters 40+ 1. Chris Rankin 2. John Ferrell Men's Physique - Masters 50+ 1. Noe Fonseca 2. John Ferrell 3. Chris Rankin Classic Physique - Open LW 1. Twishime Hodari NGA PRO Card 2. Wade Gardner 3. Ryan Lowe 4. Albert Gary 5. Spencer Adkins 6. Adnan Koura Classic Physique - Open MW 1. Kareem Turner NGA PRO Card & Overall 2. Noe Fonseca 3. Bastian De Rubens 4. Andrew Swinford Classic Physique - Open HW 1. Thomas Henson 2. Denzel Carter 3. Chris Rankin 4. Caleb Forrest Classic Physique - Masters 40+ 1. Kareem Turner 2. Noe Fonseca 3. Albert Gary 4. Chris Rankin	Men's BB - Open LW 1. John Rossman NGA PRO Card 2. James Wright 3. Justin Vandervoort 4. Albert Gary 5. Twishine Hodri 6. David Weinstock Men's BB - Open MW 1. Kareem Turner NGA PRO Card & Overall 2. Noe Fonseca 3. Duron Adams Men's BB - Open LHW 1. Raymond Franklin 2. Jordan Kelly 3. Caleb Forrest Men's BB - Open HW 1. Denzel Carter Men's BB - Masters 40+ 1. Kareem Turner NGA PRO Card 2. John Rossman 3. James Wright 4. Albert Gray 5. Raymond Franklin 6. Jordan Kelly 7. Chris Rankin Men's BB - Masters 50+ 1. Noe Fonseca NGA PRO Card 2. John Rossman 3. David Weinstock 4. Raymond Franklin 5. Chris Rankin Men's BB - Masters 70+ 1. David Weinstock Bikini - Debut 1. Dania Monroy 2. Daviska Parker 3. Ally Slazar Bikini - Juniors 1. Tatum Cummins Figure - Debut 1. Peyton Tuel 2. Carly Clark Figure - Juniors 1. Carly Clark Men's Physique - Debut 1. Tristan Robbins 2. Ryan Lowe 3. Cameron Hoskins 4. Andrew Swinford 5. Zachary Grady-Strange 6. Creed Setzer 7. Isaiah Dooley	Men's Physique - Juniors 1. Tristan Robbins 2. Bennett Fain 3. Cameron Hoskins 4. Andrew Swinford Classic Physique - Novice 1. Ryan Lowe 2. Twishime Hodari 3. Wade Gardner 4. Grant Hovden 5. Spencer Adkins 6. Andrew Swinford Men's BB - Debut 1. Twishime Hodari 2. Jordan Kelly 3. Caleb Forrest Men's BB - Juniors 1. Caleb Forrest Adaptive 1. Duron Adams 2025 NGA Monster Mash Middletown, OH October 25, 2025 Promoter: Jared Weitzel Bikini - Open "A" 1. Keesha Black NGA PRO Card & Overall 2. Liberty Lowe 3. Emily Burrows 4. Isabel Slaven 5. Kristina Lee 6. Andrea Brossard 7. Victoria Hoffman Bikini - Open "B" 1. Samantha Jung NGA PRO Card 2. Tracy Durham-Beall 3. Hayley Smay 4. Maronica Williams 5. Stephanie Highfield 6. Kristi Richmond 7. Morgan Wright Bikini - Masters 40+ 1. Keesha Black NGA PRO Card & Overall 2. Tracy Durham-Beall 3. Kaye Koehoorn 4. Lori McConochie 5. Kristi Richmond 6. Amy Yahnke 7. Andrea Brossard 8. Victoria Hoffman Bikini - Masters 50+ 1. Maronica Williams
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- NGA PRO Card**
- Kaye Koehoorn
 - Kristi Richmond
 - Lori McConochie
 - Amy Yahnke
 - Heidi DeAngelo
 - Victoria Hoffman
- Figure - Open “A”**
- Ashley Gladwell
- NGA PRO Card & Overall**
- Katie Thomas
 - Lindsey Scully
 - Andrea Brossard
- Figure - Open “B”**
- Tracy Durham-Beall
 - Katie Kohn
 - Katy Jones
- Figure - Masters 40+**
- Tracy Durham-Beall
- NGA PRO Card**
- Katie Kohn
 - Kristi Richmond
 - Lori McConochie
 - Jodi Jackson
 - Andrea Brossard
 - Rebecca Conkey
- Figure - Masters 50+**
- Maronica Williams
- NGA PRO Card & Overall**
- Kristi Richmond
 - Lore McConochie
 - Michelle Woodward
 - Heidi DeSangelo
 - Marie Scofield
 - Jodi Jackson
- Figure - Masters 60+**
- Lori McConochie
- Women’s Physique - Open**
- Chris Puleo
 - Katy Jones
 - Shannon Campbell
- Wellness - Open**
- Kelly Callaway
- NGA PRO Card**
- Alexia Sheppard
- NGA PRO Card**
- Morgan Wright
 - Lornette Dallas
 - Karen Clare
- Men’s Physique - Open LW**
- Julian Turpeau
- NGA PRO Card & Overall**
- Adam Oda
 - Darious Wilson
 - Allen Riegler
 - Cesar Vera

- Men’s Physique - Open MW**
- David Walcott
- NGA PRO Card**
- Kamden Hughes
 - Quincy Tellis
 - Miles Hanlan
 - Andrew Kennedy
 - Joseph Walburn
- Men’s Physique - Masters 40+**
- Quincy Tellis
 - Andrew Kennedy
 - Joseph Walburn
- Classic Physique - Open LW**
- Gabriel Lambrinides
- NGA PRO Card**
- Ariel Flores
 - Braxton Crain
 - Peyton Hord
 - Cesar Vera
 - Steve Blue
 - Caiden Pottorf
- Classic Physique - Open MW**
- Noe Fonseca
- NGA PRO Card & Overall**
- Mason Black
 - Kareem Turner
 - Tommy Jung
 - Darious Wilson
 - Limitless Williams
- Classic Physique - Open HW**
- Amir Armstrong
 - David Walcott
 - Miles Hanlan
- Classic Physique - Masters 40+**
- Noe Fonseca
- NGA PRO Card**
- Kareem Turner
 - Limitless Williams
 - David Walcott
 - Steve Blue
- Men’s BB - Open LW**
- Kareem Turner
- NGA PRO Card**
- Caleb McCoy
 - Gabriel Lambrinides
 - Ariel Flores
 - Robert Thomas
 - Steve Blue
- Men’s BB - Open MW**
- Mason Black
- NGA PRO Card & Overall**
- Noe Fonseca
 - Amire Armstrong
 - Miles Hanlan
- Men’s BB - Masters 40+**
- Kareem Turner

- NGA PRO Card & Overall**
- Steve Blue
- Men’s BB - Masters 50+**
- Noe Fonseca
 - Robert Thomas
- Men’s BB - Masters 60+**
- Tim Harness
- Bikini - Novice “A”**
- Liberty Lowe
 - Emily Burrows
 - Kristina Lee
 - Alison Woodward
 - Andrea Brossard
- Bikini - Novice “B”**
- Keesha Black
 - Sam Jung
 - Maronica Williams
 - Stephanie Highfield
 - Morgan Wright
- Bikini - Novice “C”**
- Tracy Durham-Beall
 - Hayley Smay
- Figure - Novice “A”**
- Katie Thomas
 - Michelle Woodward
 - Rebecca Conkey
- Figure - Novice “B”**
- Lindsey Scully
 - Alison Woodward
 - Marie Scofield
 - Andrea Brossard
 - Jenna Meisner
- Figure - Novice “C”**
- Maronica Williams
 - Katie Kohn
 - Lori McConochie
 - Katy Jones
- Men’s Physique - Novice “A”**
- Julian Turpeau
 - Adam Oda
 - Braxton Crain
 - Cesar Vera
- Men’s Physique - Novice “B”**
- Daivd Walcott, III
 - Kamden Hughes
 - Andrew Kennedy
 - Joseph Walburn
- Classic Physique - Novice “A”**
- Gabriel Lambrinides
 - Peyton Hord
 - Cesar Bera
 - Caiden Pottorf
- Classic Physique - Novice “B”**
- Tommy Jung
 - Ariel Flores
 - Limitless Williams

- Braxton Crain
 - Jeffrey Blake
 - Adam Gray
- Classic Physique - Novice “C”**
- Amir Armstrong
 - Kamden Hughes
 - Joel Riter
- Men’s BB - Novice**
- Mason Black
 - Amire Armstrong
 - Caleb McCoy
 - Gabriel Lambrinides
 - Miles Hanlan
 - Caiden Pottorf
- 2025 NGA PRO/AM Battle on the Beach**
Gulf Shore, AL
November 1, 2025
[Promoter: Nate Eaton](#)
- PRO Bikini - Open**
- Tomie Gartland
- Bikini - Open “Short”**
- Jayden Byrd
 - Brooke Fabian
 - Stephanie Armour
- Bikini - Open “Tall”**
- Isabelle Senat
- NGA PRO Card & Overall**
- Kellie Burks
 - Ameina Tressler
 - Mary Middlebrook
- Bikini - Masters 40+**
- Ameina Tressler
 - Kellie Burks
- Bikini - Masters 50+**
- Kellie Burks
- Figure - Open**
- Brooke Fabian
- NGA PRO Card**
- Cassandra Gann
 - Emily Smith
 - Amanda Peron
 - Sylvia Beard
- Figure - Masters 40+**
- Cassandra Gann
 - Amanda Peron
 - Sylvia Beard
- Figure - Masters 50+**
- Cassandra Gann
 - Amanda Peron
 - Sylvia Beard
- Figure - Masters 70+**
- Sylvia Beard
- Women’s Physique - Open**

- Cassandra Gann
 - Sylvia Beard
- Women’s Physique - Masters 40+**
- Cassandra Gann
 - Sylvia Beard
- Wellness - Open**
- Brooke Fabian
- NGA PRO Card**
- Emily Raley
- NGA PRO Card**
- Jayden Byrd
 - Katie Johnson
 - Lacie Rastelli
- Men’s Physique - Open LW**
- Jonathan Smith
 - Valentino Gardner
 - Kannon Seals
- Men’s Physique - Masters 40+**
- Valentino Gardner
- Classic Physique - Open LW**
- Jon Holst
 - Kannon Seals
- Classic Physique - Open MW**
- Jonathan Smith
- NGA PRO Card & Overall**
- Anthony Reed
 - Kyle Alejon
- Bikini - Debut**
- Mary Middlebrook
- Bikini - Novice**
- Jayden Byrd
 - Ameina Tressler
 - Isabelle Senat
 - Kellie Burks
 - Mary Middlebrook
- Wellness - Debut**
- Emily Raley
 - Katie Johnson
 - Lacie Rastelli
- Wellness - Novice**
- Emily Raley
 - Katie Johnson
 - Lacie Rastelli
- Men’s Physique - Novice**
- Jonathan Smith
 - Kannon Seals
- Classic Physique - Novice**
- Jonathan Smith
 - Kyle Alejon
- Men’s BB - Debut**
- Jonathan Smith

2025 NGA PRO/AM East Coast Classic
Deltona, FL
November 8, 2025

- [Promoter: Matt Ammann](#)
- PRO Bikini - Open**
- Sueliey Valdes
 - Lorelly Mobley
 - Carly Ducote
- PRO Bikini Model - Open**
- Lorelly Mobley
- PRO Men’s Physique - Open**
- Meleik Carry
 - Antony Richburg
- PRO Classic Physique - Open**
- Micah Clare
- PRO Men’s BB - Open**
- Micah Clare
 - Carl Wittig
 - James Wilczanski
- Bikini - Open “Short”**
- Leah Smith
- NGA PRO Card & Overall**
- Karli Jo Counts
 - Melissa Grier
 - Pennelope Dyals
 - Jen Micheli
- Bikini - Open “Tall”**
- Melissa Luehrs
 - Barbara Smardz
- Bikini - Masters 40+**
- Melissa Grier
- NGA PRO Card & Overall**
- Pennelope Dyals
 - Haley Porta
 - Melissa Luehrs
 - Barbara Smardz
- Bikini - Masters 50+**
- Melissa Grier
- NGA PRO Card & Overall**
- Pennelope Dyals
 - Jen Micheli
 - Barbara Smardz
 - Jeanine Treadway
 - Cheryl Turnipseed
 - Michelle Matias
- Bikini - Masters 60+**
- Jen Micheli
 - Cheryl Turnipseed
 - Jeanine Treadway
- Bikini Model - Open**
- Melissa Luehrs
- Figure - Open**
- Kate Rhodes
- Figure - Masters 40+**
- Roberta Boyea
- Wellness - Open**
- Brooke Velez
 - Jacqualine Swart
- Men’s Physique - Open LW**

1. David Folkenflik
2. Chris Brown
- Men's Physique - Open MW
1. Stefan Kirkcaldy
- Men's Physique - Open HW
1. Hector Constanzo
- NGA PRO Card & Overall
2. Dale Galvin
3. Tyler Smith
4. Wordner Edouard
5. Raymond Dumit
- Men's Physique - Masters 40+
1. David Fulkenflik
2. Chris Brown
3. Raymond Dumit
- Classic Physique - Open LW
1. Diego Alcala
- Classic Physique - Open MW
1. Stefan Kirkcaldy
- NGA PRO Card & Overall
2. Tad Kirby
3. David Hernandez
4. Joe Papesa
- Classic Physique - Open HW
1. James Wilczanski
- NGA PRO Card
2. Wordner Edouard
3. Donald Dillard
4. Jonathan Schaeffer
5. Raymond Dumit
- Classic Physique - Masters 40+
1. Joe Papesca
2. Raymond Dumit
- Men's BB - Open MW
1. Joe Papesca
- Men's BB - Open LHW
1. Wordner Edouard
- NGA PRO Card & Overall
2. Joe Blair
3. Gus Torres
- Men's BB - Open HW
1. Raymond Dumit
2. Joe Breen
- Men's BB - Masters 40+
1. Raymond Dumit
2. Joe Breen
- Men's BB - Masters 50+
1. Joe Papesca
- NGA PRO Card & Overall
2. Raymond Dumit
- Men's BB - Masters 60+
1. Gus Torres
- Bikini - Novice
1. Leah Smith
2. Karlie Jo Counts
3. Melissa Luehrs

4. Jeanine Treadway
5. Cheryl Turnipseed
6. Barbara Smardz
7. Rosemarie Silva
- Bikini - Teens
1. Leah Smith
- Figure - Novice
1. Roberta Boyea
2. Kate Rhodes
- Evening Gowns
1. Sueliey Valdes
2. Lorelly Mobley
3. Karli Jo Counts
4. Pennelope Dyals
5. Jacqueline Swart
- Evening Gown - Masters 35+
1. Sueliey Valdes
2. Lorelly Mobley
- Evening Gown - Masters 40+
1. Pennelope Dyals
2. Barbara Smardz
3. Jacqueline Swart
4. Haley Porta
5. Rosemarie Silva
6. MJ Lanni
- Evening Gown - Masters 50+
1. Pennelope Dyals
2. Barbara Smardz
3. MJ Lanni
- Evening Gown - Masters 60+
1. Jen Micheli
2. MJ Lanni
- Men's Physique - Novice
1. Stefan Kirkcaldy
2. Dale Galvin
3. Chris Brown
4. David Fokenflik
5. Chris Brown
6. Yovany Salas
7. Glen Dsonza
- Classic Physique - Novice
1. Stefan Kirkcaldy
2. Tad Kirby
3. Jonathan Schaeffer
- Men's BB - Novice
1. Joe Blair
- Women's Transformation
1. Barbara Smardz
2. Rosemarie Silva
3. Michelle Matias
4. Stacey Ludden
- Men's Transformation
1. Richard Voss
2. David Folkenflik
3. Caleb Forrest
- Mixed Pairs

1. Joe & Aspen Papesca
- Kids Fitness
1. Aspen Papesca
- 2025 NGA PRO/AM Universe
- Deltona, FL
- November 15, 2025
- Promoters: Andrew & Francine Bostinto
- PRO Bikini - Open
1. Isabel Larkins
2. Sueliey Valdes
3. Jane Fleischman
4. Lorelly Mobley
5. Carly Ducote
6. Savannah VanEss
7. Ashley Losen
- PRO Bikini - Masters 40+
1. Jane Fleishman
2. Anett McPhee
3. Melisa Grier
- PRO Bikini Model - Open
1. Lorelly Mobley
- PRO Figure - Open
1. Brooke Fabian
2. Rebecca LaBad
3. Beth Janzen
4. Molly Tynan
- PRO Figure - Masters 40+
1. Beth Janzen
- PRO Women's Physique - Open
1. Rebecca LaBad
- PRO Wellness - Open
1. Brooke Fabian
2. Mollie Williams
- PRO Men's Physique - Open LW
1. Desario Smith
2. Anderson Moise
3. Meleik Carry
4. Moses Cheeks
5. Tony Richburg
6. Dan Otterson
7. James White
- PRO Men's Physique - Masters 40+
1. Desario Smith
2. Dan Otterson
3. James White
4. Joshua Janzen
5. Paul Hadler
- PRO Classic Physique - Open
1. Alex Schleig
2. Jamaal Williams
3. Austin Baird
4. Jason Robinson
5. James Wilczanski
6. Jiejun Tan

- PRO Classic Phys - Masters 40+
1. Jason Robinson
2. Roberto Gonzalez
- PRO Men's BB - Open
1. Jay Johnson
2. Carl Wittig
3. Keith Harvey
4. Brandon Griffin
5. James Wilczanski
6. Cooper Kohlbeck
7. John Rossman
8. Jesse VanEss
9. Paul Hadler
- PRO Men's BB - Masters 40+
1. Jay Johnson
2. Jason Robinson
3. Brandon Griffin
4. John Rossman
5. Roberto Gonzalez
6. Reginald Mazyck, Jr.
7. Paul Hadler
- Bikini - Open
1. Karli Counts
2. Emma Camerer
3. Penny Dyals
- Bikini - Masters 40+
1. Ana Castano
2. Penny Dyals
3. Natasha Fievre
- Bikini Model - Open
1. Sueliey Valdes
2. Jame Fleischman
3. Natasha Fievre
- Woman's Physique - Open
1. Sarah Nolte
- Wellness - Open
1. Kylie Boyd
- Men's Physique - Open
1. Chris Brown
2. Alex Duran
- Men's Physique - Masters 40+
1. John Rossman
2. Chris Brown
- Classic Physique - Open
1. Joel Rentas
2. Paul Hadler
- Classic Physique - Masters 40+
1. Paul Hadler
2. Joe Papesca
- Men's BB - Open

1. Austin Baird
2. Michael Clayton
3. Hamilton Hawthorne
4. Gus Torres
- Men's BB - Masters 50-59
1. Joe Papesca
2. Hamilton Hawthorne
- Men's BB - Masters 60-69
1. Gus Torres
- Men's BB - Masters 70-79
1. David Weinstock
- NGA PRO Card & Overall
- Men's BB - Masters 80-89
1. Richard Rabin
- Bikini - Novice
1. Karlie Counts
2. Emma Camerer
3. Barbara Smardz
- Wellness - Debut
1. Kylie Boyd
- Wellness - Novice
1. Kylie Boyd
- Men's Physique - Novice
1. Alex Duran
- Classic Physique - Novice
1. Joel Rentas
- Men's BB - Novice
1. Michael Clayton
- Men's BB - Masters 35-39
1. Joe Papesca
- Kid's Fitness
1. Aspen Papesca
- Couples
1. Joe & Aspen Papesca



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