



SPRING/SUMMER
2024

NGA NATURAL *mag*

Drug-Free Athletes of America

NGA PRO/AM UNIVERSE

REACHES NEW GOALS

JOSH MILLER

DREAMS BIG AND
ENJOYS WHO HE
BECOMES WHILE
TRAINING

SUSTAINABLE
WELLNESS
SIMPLE HEALTH STRATEGIES

+ LONGEVITY
IN NATURAL
BODYBUILDING

2024
NGA SCHEDULE
GET PUMPED!

TAKING THE
RIGHT STANCE!

IRON RYNO FITNESS

presents



NGA AMATEUR EXTREME



GATOR CLASSIC WARM UP SHOW

**BODY BUILDING • FIGURE • FITNESS • CLASSIC PHYSIQUE • PHYSIQUE • BIKINI
• PRO MEN'S PHYSIQUE •**

*Evening Gown
Extravaganza*

**\$500
Overall Cash Prize**

**APRIL 13, 2024
Deltona, Florida**

TIME AND TICKETS:

Prejudging: **9am**

Finals: **4pm**

Ticket info and purchase on-line



HOST HOTEL:

Holiday Inn Express
1330 Saxon Blvd
Orange City, FL 32763
386-917-0004

PROMOTER:

Matt Ammann
407.340.7929



@MattAmmann1

CO-PROMOTER:

Kitty Hernandez
www.kittysbikinis.com



@kittys_bikinis

VENUE:

The Center at Deltona
1640 Dr. M.L.K. Blvd,
Deltona, FL 32725
Check In At Venue:
April 12, 2024
3:00 PM-7:00 PM



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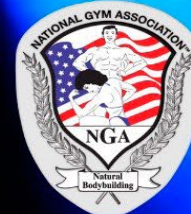
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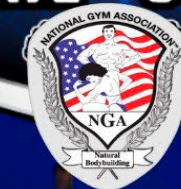
Show will be featured in
NGA Natural Mag



May 11

KENTUCKY NATURAL CLASSIC

Bodybuilding
Physique
Classic
Figure
Bikini
Figure
Wellness



Super
Pro-
Qualifying
event



Location: Rupp Arena /
Central Bank Center /
430 W. Vine Street
Lexington, Ky 40507

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

Pre-Judging: 11am
Evening Show : 3pm



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KentuckyNaturalBodybuilding.com

NGA NATURALmag
The National Gym Association, Inc.
 PO Box 970579
 Coconut Creek, FL 33097-0579
 954-344-8410
nga@nationalgym.com
[@natural_gym_association/](https://www.naturalgym.com)
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

Jorge L. Gutierrez, Jr., (JLG Media)

Roger Lister

JC Norton (Musclehead Graphics)

Tim Webb Photography

CONTRIBUTING WRITERS

Chad Adamovich, CSCS

Matt Ammann

Eric "Fitman" Brown

Johnny "The Motivator" Carrero

Ricky "Tricky" Jackson

Dr. Christoph Klueppel

Brad Krause

Dr. Nicholas M. Licameli, PT, DPT

Josh Miller, BS, NSCA, CPT

Kevin Osbourn

Shiloe Steinmetz, R.Ph

Welcome

Letter from the Editor

Happy 2024!! This first issue of 2024 is packed with great content intended to enhance and educate natural athletes along with presenting to the natural bodybuilding community our winners and outstanding athletes throughout the season. We pride ourselves on being the oldest, most reputable natural bodybuilding organization, and being able to offer this FREE magazine.

This issue features our premier show, the 2023 NGA PRO/AM Universe along with our 2023 NGA Hall of Fame inductee, Rev. Warren I. Egebo.

The 2024 NGA PRO/AM Universe along with the NGA American Natural Championships will once again be hosted in Deltona, FL. The success of last year's event proved that the NGA will continue to flourish as we begin our 45th year of existence. We hope to see you there on November 16, 2024, as we announce our new 2024 NGA Hall of Fame Inductee and disperse \$40,000 in cash

As always, I hope you enjoy this issue of NGA NATURALmag. If you have a story idea, comments, questions, or feedback, send them to nga@nationalgym.com or give us a call. Your thoughts count!



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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Sustainable Wellness: Simple Health Strategies for Everyday Life

BY BRAD KRAUSE



Navigating the complexities of modern life while striving to maintain good health can be daunting. Nevertheless, adopting certain head-to-toe health strategies can transform your everyday routine, leading to a life filled with vitality. Here, we delve into eight uncomplicated yet highly effective health practices that anyone can incorporate into their daily life.

Quench Your Thirst

Kickstart your journey to a healthier life by ensuring you're adequately hydrated. Water is the lifeblood of all bodily functions, playing a crucial role in everything from maintaining energy levels to ensuring your skin stays supple and glowing. Make a habit of carrying a reusable water bottle that you sip throughout the day, making sure you stay well-hydrated and ready to tackle whatever comes your way.

Cultivate Career Contentment

The impact of job satisfaction on your overall health cannot be overstated. If you're feeling stuck or dissatisfied in your current role, it's time to explore new horizons. Craft a stellar resume, highlighting your unique skills and experiences. And then use a resume builder to ensure your resume stands out in a crowded job market, paving the way for a more fulfilling professional life.

Reduce Salt Intake by Embracing Spices

A key aspect of healthy living involves rethinking how you flavor your food. Instead of relying on salt, delve into the world of herbs and spices. Not only do they add a burst of flavor to your meals, but they also come with a plethora of health benefits, making your journey to good health as delicious as it is rewarding.

Find Pedestrian-Friendly Spaces

Embrace the simple joy of walking as a cornerstone of your commitment to healthy living. Explore your surroundings to find parks, walking trails, or pedestrian-friendly neighborhoods that invite this beneficial activity (look for a Walk Score over 70). Beyond its physical health advantages, walking serves as a mental reset, helping to clear your mind, alleviate stress, and enhance your overall sense of well-being.

Prioritize Exercise

Making time for exercise is a non-negotiable part of a vibrant lifestyle. Aim for at least 150 minutes of

moderate-intensity activity each week, choosing exercises that you enjoy. Whether it's dancing, swimming, or hiking, find what excites you and make it a regular part of your routine, ensuring a healthier, happier you.

Encourage Movement Instead of Sitting

A sedentary lifestyle can have far-reaching consequences for your health. To counteract this, look for opportunities to move more throughout your day. Simple acts like opting for stairs over elevators or parking a little further away from your destination can make a world of difference, helping you to stay active, energized, and engaged.

Nourish Your Body with Whole Grains

Integrating a diverse range of whole grains into your daily meals is a wise choice for anyone aiming to boost their health. Options like brown rice, quinoa, and whole wheat bread are not only versatile but also rich in essential nutrients and dietary fiber. These grains contribute significantly to digestive wellness, while their ability to provide sustained energy helps maintain fullness and vitality throughout your day.

Your Journey

Embarking on a journey towards a healthier life doesn't have to be complicated. By integrating straightforward yet effective head-to-toe health strategies like walking more often and reducing your salt intake, you're setting the stage for a life brimming with vitality and well-being.

Start today, and watch as these simple changes bring about a profound transformation in your overall health and happiness.

Ready to transform your passion for fitness into a rewarding career?

Explore a wide range of certification courses at [NGA Personal Trainer Certification Courses](#) and kickstart your journey as a certified personal trainer today! ■



Josh Miller Dreams Big And Enjoys Who He Becomes While Training!

BY KEVIN OSBOURN

From his youth growing up the son of a coal miner to today, Kentucky and Tennessee NGA Chairman, Josh Miller, has set goals and enjoyed the process of who he becomes as he trains.

Miller, owner of Transformation Personal Training in Lexington, KY, achieved one of his many dreams

when he started the first natural bodybuilding show in Kentucky in 2013. A year later, Miller got his NGA PRO Card in Physique and in 2016 won his NGA PRO Card in Bodybuilding.

Miller puts on the NGA PRO/AM Kentucky Natural Classic and the NGA PRO/AM Bluegrass Bodybuilding Championships each spring and fall. The events have grown so much that they rank among the best natural shows in the nation.

Even with his duties organizing the championships, Miller still finds time to have 55 personal training client sessions each week. Miller also works out every day and competes. Winning is great, but his greatest rewards come from what happens during training.

“What I enjoy most is who I become in the process of competing,” he said. “My focus is on my diet and my training carries over into every area as a personal trainer, as a businessman, a husband and in my spiritual relationship with God. I’m a happier person. It’s something I wish everyone could learn.”

Inspiring Journey

Miller grew up in the Eastern Kentucky town of Campton. Nestled in Kentucky’s Red River Gorge, Campton was — and still is — a town where everyone knows each other and where his parents instilled an incredible work ethic.

At the age of 6, his dad showed him pushups, sit-ups and squats. Beginning in the first grade, he did 40 reps of each daily.

He was a huge fan of Rocky, Rambo and Hulk Hogan, and loved to flip through muscle magazines. Fascinated with the human physique, he saved up and bought his own gym equipment.

The problem was, he had no one to be a spotter. If he was pinned, Miller would place a second bench nearby to set down the weights and then crawl out, or he would tilt a bar with no clips then dump weights off.

“Sometimes that would punch a hole in the wall and scare Mom and Dad,” he said.

There was no public gym in Campton, so he and his friends drove 30 minutes to nearby Jackson to lift.

At night, his father would come home covered with soot from the mines, and even though his dad was exhausted, they practiced basketball or baseball until dark.

“We practiced two or three hours per night,” Miller said. “He even bought these neon green baseballs so we could stay out just a little longer when it was getting dark.”

The practice paid off. In high school, he was a standout in baseball and basketball. His parents never missed his games. After getting off from work, his dad often didn’t have time to clean up, and would arrive at games covered with coal dust.

The investment of time resulted in Miller being voted Most Athletic Student every year at Wolfe County High School.

Miller got offers to play Division 1 college baseball, and received basketball scholarship offers. However, Miller deferred these offers and decided to focus on getting a degree in exercise science at Kentucky’s Morehead State University.

He married his high school sweetheart, Melissa, in 2000, and today they have a set date each Thursday to go ballroom dancing.

“In 2006, I won my first bodybuilding show in middleweight and in novice,” he said. “From then on, I was hooked.”

Two Keys: Journaling and Diet

One of the most important keys to success has been journaling. For him, that often entails writing down goals in the past tense as if they have been achieved.

“It allows me to put desires and dreams on paper and to visualize them,” he said. “In my journal, I dream without limitations (of) who I want to be.”

Every day for three months in 2014, he wrote, “I will win the open class and get my pro card,” he said.

“It worked,” he said, “because there is power in writing and because successful people put goals on paper with specific timetables and detailed steps. They review progress every day.”

“It’s biblical because faith is the substance of things hoped for,” he said. “With journaling, you are developing faith and connecting the natural with the spiritual.”

Miller emphasizes a strict diet of lean meats, fresh fruits and vegetables with clients, and he holds them accountable. Many of his clients have gotten off blood



Melissa Miller, Josh Miller, and Oliver

“Josh has mastered goal setting,” Melissa said. “He’s one of the most determined and kind-hearted people you will ever meet. I’m thankful for him every day. I’m married to my best friend and the best man there is.”

pressure prescriptions and other medicines by following his diet and exercise plans.

“I’ve seen people go from 400 pounds to 180 pounds with clean eating,” he said. “When you get results, they become a walking billboard.”

Up Next: NGA Universe

A major goal this fall is to win the 2024 NGA PRO Universe in Deltona, FL, and by the start of 2025, Josh will set three major new goals to accomplish during the year. He and a friend will conduct their own

goal-setting retreat and put specification plans and timetables on paper.

Based on his laser focus and his strong Christian faith, wife Melissa has no doubt he’ll achieve whatever he sets his mind to.

“Josh has mastered goal setting,” she said. “He’s one of the most determined and kind-hearted people you will ever meet. I’m thankful for him every day. I’m married to my best friend and the best man there is.” ■

Photo Credits: Tim Webb Photography

POLYGRAPH TESTED
14TH ANNUAL NGA
GATOR CLASSIC
MAY 11, 2024 **DELTONA, FL**
PRO AM

HOTEL:
 Holiday Inn Express
 1330 Saxon Blvd
 Orange City, FL 32763
 386-917-0004



The Center at Deltona
 1640 Dr. M.L.K. Blvd
 Deltona, FL 32725

TIME AND TICKETS:
 Prejudging: **9am**
 Finals: **4pm**
 Ticket info and purchase on-line
 Check In At Venue:
 Check in May 10, 2024
 3:00pm - 7:00pm

MUSIC SPUN BY:

PROMOTER:
 Matt Ammann
 @mattammann1

www.ngagatorproductions.com • email: thegatorclassic@yahoo.com
Matt Ammann: 407-340-7929  **@ngagatorproductions**



NGA All-Natural Tricky Jackson Bodybuilding Championships

Frankfurt, KY
September 23, 2023

Promoter: Ricky "Tricky" Jackson
tricky6162@aol.com
[@rickyprobodybuilder](https://www.instagram.com/rickyprobodybuilder)
www.trickyjacksonclassic.com



Kirsten Thompson, Barbie Jackson, Kacey Baggett
Physique - Open



Hensley Pierre Louis
Physique - Open HW
NGA PRO Card & Overall



Kumi Sarpong
Classic Physique - Open HW
2nd Place
BB - Open HW
1st Place
NGA PRO Card & Overall



Keon Alexander
BB - Open LW
1st Place
Classic Physique - Open LW
1st Place
NGA PRO Card & Overall

The 2023 NGA Tricky Jackson Classic was bigger and better than last year and hosted over 50 competitors including crossovers! The show started with all of the athletes on stage and the fans in the crowd saluting the flag during the National Anthem. There were 4 competitors that qualified for their NGA PRO status: Rachel Shinkle (Women's Wellness and Bikini), along with first-time competitors Kumi Sarpong (Men's Bodybuilding), Hensley "Pierre" Louis (Men's Physique), and Keon Alexander (Classic Physique). They all did

extremely well and showed great sportsmanship with the other competitors. The crowd added to the high level of sportsmanship by cheering and applauding each competitor that graced the stage.

This fantastic contest also had a few family members competing. Husband and wife team Lloyd and Barbie Jackson, along with father & son duo Kenneth and Cameron Miller were some of these competitors. Barbie Jackson won the overall in Figure, but there were not enough competitors to qualify for that elusive NGA PRO Card, but she still displayed a top notch physique. It was a job well done by all of the family

members who competed in this spectacular show. Also, we had returning competitors Kenneth Miller, Julie Holloway, Natasha Tackett, Maria Rogers, and last, but not least, Sarah Wardly who was our eventual Bikini Novice overall winner.

Although the show had a lot of quality athletes according to head judge, Josh Miller, the toughest classes judged were the Men's Classic Physique, Women's Wellness, and overall divisions. This year, we added special awards to the show in the categories of Most Muscular, Best Conditioned, Best Poser, Best Female Presentation, and Best Prep Coach.



NGA All-Natural Tricky Jackson Bodybuilding Championships

Frankfurt, KY
September 23, 2023

Promoter: Ricky "Tricky" Jackson
tricky6162@aol.com
[@rickyprobodybuilder](https://www.instagram.com/rickyprobodybuilder)
www.trickyjacksonclassic.com

Additionally, a great job was done by the show's MC, Glen Ubelhor, who also ended up winning the Best Prep Coach award by bringing 7 competitors to the show. There was a surprise guest appearance from the show's promoter, Tricky Jackson, who presented the audience with an outstanding guest posing performance. This was the first time Tricky Jackson guest posed in over 5 years after retiring from competition and it was a welcome treat to the audience.

The show was supported by not only family and friends, but we had an exceptional number of sponsors including Liquid Sun-Rayz, Jacked Nutrition, Swet Energy Drink, Sweet Salvations Bakery, Glenn Reapers, LGS Activewear, Cobra Activewear, Champion Massage, Styles By K, Bdelicacybusting, Longhorn's, Flashback502, and Musclehead Graphics.

The NGA Tricky Jackson Classic show is scheduled to return September 7, 2024, in Frankfurt, KY and the host hotel will be the Capital Plaza. This phenomenal show will be held in the ballroom of the plaza.

Thank you to all the athletes, friends, family, judges, MC, DJs, and TJC staff. See you September 7, 2024 at the NGA All-Natural Tricky Jackson Bodybuilding Championships! ■



Rachel Shinkle
Bikini - Open Short
Wellness - Open Tall
2 NGA PRO Cards & 2 Overalls



2023 All-Natural Tricky Jackson Bodybuilding Championships Staff

In loving memory of



Craig Toth

November 9, 1971 - November 6, 2023



[2022 NGA Hall of Fame](#)

Longevity in Natural Bodybuilding

As a coach and competitor, I only want to see this sport grow; as I'm sure you do as well. It means bigger shows and better competitors. Due to it being an extreme sport, it's important to consider what it takes to get to the stage at your best physique intelligently, but also be successful for years to come. All too often athletes can make mistakes that inevitably may cut short their career in the sport or make their experience not enjoyable. This sport is one of the hardest things you will do naturally, but there are some factors to consider below to increase your chances of being in the game for a long time and doing well in it, while also helping the sport grow.



**2019 NGA PRO UNIVERSE
PRO BB Masters - 40+**
Joe Daily,
Marlo Diana,
Matthew Otero,
William Sharpe



**2019 NGA PRO UNIVERSE
PRO Bikini Masters - 40+**
Christy Barnette, Antoinette
Bagley, Whitney Spence,
Lacie Oakey,
Chance Schwartz,
Park Ja Min

Photo Credits: Roger Lister

CONTROL THE CONTROLLABLES

Below are a few areas that are often abused that are in your control that can lead to a shorter career. These are all things within your control that will potentially determine how well you do or how long you last in this sport.

COMPARING YOURSELF TO OTHERS

This is far too often a situation for athletes getting closer to a contest. They want to see what their potential competition looks like, who might be there, how their prep is going, etc. This is by far the worst thing you can do. If you are more focused on your

competition than yourself, you have already lost to them. You can't control what they do, but you can control what you bring to the stage. Keep your mind right and stay away from comparing yourself to others at all costs. Social media is filled with smoke and mirrors and a lot of people only show their best whether that be through edited photos, filtered videos, etc. Your mental health will thank you if you stay away from giving any of this your attention.

MANAGING FREQUENCY PREP

Another fast route to disaster is competing too frequently. I can't tell you how many great athletes I've seen compete far too frequently and now they don't

even compete anymore due to burnout. In addition, as a natural athlete, your body can't manage being in prep too frequently. You need time to let hormones come back to normal which can lead up to about 6 months alone, depending on how lean you were able to get. In addition, you should be spending more time in a surplus than deficit so you can improve on the physique you brought each year. How you manage your growth phases really determines if you show up better the next season.

YOUR ATTITUDE

This is a separating factor for a lot of competitors. Are you coachable? Are you truly ready to compete (mentally and physically)? Do you enjoy the process (growth and prep)? Do you compare yourself to others or do you try to beat YOUR previous best? How do you conduct yourself at the venue, at the gym, on social media and on the stage? This is a big reflection of your character and how long you will truly last in this subjective sport. These are all things in your control. If you keep these in check, you will get more positive than negative outcomes.

WHAT YOU CAN'T CONTROL

Below are a few areas where you will not last long in this sport if you don't recognize and handle them incorrectly.

THE BIG DAY

Your mindset is everything on this day. If you did everything intelligently to get here, don't throw it all away with a bad mindset on show day. You will end your career fast this way. You can't control who shows up. I've seen phenomenal physiques that would win shows left and right any other day, but someone showed up better that day. You can't control that. It

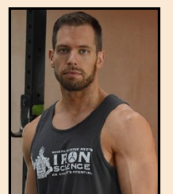
is important to understand that you can only control your package. You also can't control your placement. This is a subjective sport with specific guidelines and not an objective sport where you have more control. All you can do is bring your best package and posing. It's in the hands of the judges and when it's a good panel of judges, they will make the best call regardless of emotions.

GENETICS

Whether we like it or not, genetics play a role in what division you should compete in at the start. This doesn't mean you can't grow to compete in other divisions. Plenty of athletes transition from physique to bodybuilding and bikini to figure if that is what you want; however, it takes time. Some divisions might not be good for you based on genetic structure alone. Genetics do give you a limit to what you can do, but you will be surprised with what you can do naturally. Genetics is a factor, but not an excuse. Work hard and intelligently because natural bodybuilding is a long game sport. Some of the best competitors made major changes as they got older. Based on the literature, you can grow for a very long time well outside of your 40's. Max out your potential!

If you are serious about this sport, you will take everything above to heart. It will only make you a better athlete and improve your experience within the sport. Let's grow this sport by keeping the above in check. You will be happy you did which can lead to a long and successful athletic career in natural bodybuilding. ■

BY CHAD ADAMOVICH, CSCS
CHAD@IRON-SCIENCE.COM
[@IRONSCIENCE_PRO/](https://www.instagram.com/IRONSCIENCE_PRO/)
WWW.IRON-SCIENCE.COM



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



Breaking Down Sugar: The Good, The Bad, and The Alternatives



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

Sugar, an often controversial component of our diets, plays a significant role in our overall health. From the sweet indulgence in our favorite desserts to the hidden sugars in seemingly healthy foods,

understanding the nuances of sugar is crucial. Let's break down sugar into categories – the good, the bad, and explore healthier alternatives.

The Good: Natural Sugars Found in Whole Foods

Not all sugars are created equal. Natural sugars, found in fruits, vegetables, and dairy products, come bundled with essential nutrients and fiber. These whole foods offer a myriad of health benefits beyond just sweetness. The sugars in fruits, for instance, provide a source of energy while delivering vitamins, antioxidants, and dietary fiber. Choosing whole, unprocessed foods is a positive way to incorporate beneficial sugars into your diet.

The Bad: Added Sugars and Their Impact

The real culprit in the sugar saga is added sugars. These are the sugars incorporated into processed foods and beverages during manufacturing. Excessive consumption of added sugars has been linked to various health issues, including obesity, type 2 diabetes, and heart disease.

The World Health Organization recommends limiting added sugar intake to less than 10% of total daily calories, emphasizing the need for awareness and moderation.

Common sources of added sugars include sugary beverages, candies, baked goods, and processed snacks. Reading food labels is crucial to identifying hidden sugars – they go by many names such as sucrose, high-fructose corn syrup, and agave nectar. Understanding these aliases empowers consumers to make informed choices and reduce their intake of added sugars.

The Alternatives: Exploring Healthier Sweeteners

As awareness of the detrimental effects of added sugars grows, so does the demand for alternatives. Several natural sweeteners provide sweetness without the same negative impact on health.

- **Stevia:** Derived from the leaves of the *Stevia rebaudiana* plant, stevia is a zero-calorie sweetener that doesn't spike blood sugar levels. It's a suitable alternative for those watching their calorie and sugar intake.

- **Monk Fruit:** Monk fruit sweetener is extracted from the monk fruit, known for its intense sweetness. Like stevia, it doesn't contribute to calorie or sugar consumption, making it an appealing option for those seeking alternatives.

- **Maple Syrup and Honey:** While these are still forms of sugar, they offer additional nutrients and antioxidants compared to refined sugars. It's crucial to use them in moderation, considering their calorie content.

- **Coconut Sugar:** Extracted from the sap of coconut palm trees, coconut sugar contains small amounts of nutrients like iron, zinc, and antioxidants. It has a lower glycemic index than refined sugar, meaning it has a slower impact on blood sugar levels.

- **Date Sugar:** Made from dried, ground dates, date sugar retains some fiber and nutrients. It adds natural sweetness to recipes, making it a favorable alternative in baking and cooking.

Strategies for Reducing Sugar Intake

- **Read Labels:** Check food labels for hidden sugars and be aware of various terms used for added sugars.

- **Choose Whole Foods:** Prioritize whole, unprocessed foods to naturally limit your sugar intake and benefit from the accompanying nutrients and fiber.

- **Moderation is Key:** Enjoy sugary treats in moderation. Being mindful of portion sizes helps maintain a balanced diet.

- **Experiment with Alternatives:** Explore natural sweeteners and find alternatives that suit your taste preferences and dietary needs.

In conclusion, breaking down sugar involves recognizing the positive contributions of natural sugars in whole foods, understanding the risks associated with added sugars, and exploring healthier alternatives.

Empowering ourselves with knowledge allows us to make informed choices, striking a balance between savoring the sweetness of life and prioritizing our long-term health. ■

NGA 2nd Annual West Coast Classic PRO/AM



Gulfport, FL
September 23, 2023

Promoter: Matt Ammann
thegatorclassic@yahoo.com
@ngagatorproductions
@mattammann1
www.ngagatorproductions.com



Carly Ducote
Figure & Physique - Open
1st Place



Danny Smith
Classic Physique - Open MW
1st Place
NGA PRO Card & Overall



TJ Morgan
Classic Physique - Open HW
1st Place
NGA PRO Card

The 2nd annual NGA West Coast Classic found itself in a new city and a new venue. This year's competition was held in Gulfport, Florida at the quaint Katherine Hickman Performing Arts Center.

It was a great turnout and I want to thank all the athletes for coming out and making it a great show. As always, a very special thank you to all the staff

that helps make the NGA Gator Productions shows run smoothly and so much fun!

This show had quite a few pro's show up in the NGA PRO divisions and made a few new NGA PRO's in Men's Classic Physique, Danny Smith and TJ Morgan. It was a great time had by all. We are looking forward to what the 2024 season will bring! ■

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Plant Protein: The Good, The Bad, and The Ugly (Part 2)



BY SHILOE STEINMETZ, R.PH.
NGA MEDICAL ADVISOR
NGA PRO BODYBUILDER
SHILOESTEINMETZ@YAHOO.COM

This article is a two-part series and if for some reason you missed part one, I suggest looking at the last issue of the NGA Naturalmag to read part one then come back and finish with part two.

We already discussed plant proteins being “incomplete” having a reduced content of essential amino acids. If you remember from science class, essential amino acids cannot be made by the body so they must be consumed.

A downside to this is a reduction of essential amino acids such as methionine, lysine, and tryptophan. This means lower protein synthesis and that is bad for muscle growth. On the other hand, a reduction of methionine and lysine provide a preventative effect against cardiovascular disease via cholesterol regulation by an inhibited hepatic phospholipid metabolism.¹

There are some benefits from the non-essential amino acids from plant proteins as well. They influence down regulation of insulin and up-regulation of glucagon. Without going into the details of all the

processes involved, the result is a reduction of atherosclerosis risk factors as well as a retardation of cancer development. Overall, the consumption of plant proteins has a protective effect against chronic degenerative disease.²

We have already mentioned one of the drawbacks of plant proteins, a reduction in protein synthesis. The other two major drawbacks of plant protein are less absorption and a Vitamin B12 deficiency. Because they are absorbed by the body less than animal proteins, you would have to really increase your plant protein to make up the difference.

Plant proteins can also inhibit the absorption of several minerals from the digestive tract which can result in other problems. Because Vitamin B12 is sourced primarily from meat and dairy products, there would be a need to supplement with B12 to avoid issues such as anemia and neurological disorders.³

Putting all the good and bad aside, let’s look at what effect animal versus plant protein has on muscle mass and strength. After all, that is really all that matters when it comes to a physique competition, right?

In a study done by several researchers aimed to identify the importance of protein source for muscle health outcomes, there were some key findings and characteristics which were noted. Overall, animal protein was of higher quality but less sustainable over time.

When it comes to muscle mass, a combination of whey and casein milk proteins provided the most perpetual anabolic effect when consumed within 90 minutes of resistance exercise training. Soy and whey protein were found to have a similar effect on lean mass accretion and strength when measuring squat and bench press.

When analyzing plant protein versus animal protein with or without resistance exercise training, a favorable effect was seen with animal protein on lean mass, but an anabolic effect was only seen in younger populations less than 50 years of age. Ironically, there was no statistical difference between animal protein and plant protein when it comes to strength.⁴

There you have it! The good and the bad of plant protein. Now that you have a little more information, you can decide whether to include more plant proteins in your dietary routine.

Oh, wait, I mentioned I would give you the good, the bad, and the ugly. Well, here is the ugly and it may not be the same for everyone. I tried switching completely to plant-based proteins a few years back and I used a considerable amount of food sources rich in fiber and protein (beans, broccoli, and lentils). My wife and I were at Cedar Point for the day (luckily outside) when I noticed the ugly side of consuming plant-based protein only. I had the worst gas in my life which lasted the entire day and was literally nonstop. At the end of the day, my wife ended up throwing up on the way to the car. To this day, I still don’t know if her vomiting was due to the multiple trips on the corkscrew or the repeated exposure to the air she was forced to breathe. Needless to say and based on my personal experience, I would suggest that if you were going to try this, do it gradually or make sure your digestive tract is ready for such a change. Now you know the good, the bad, and the ugly side of consuming plant-based proteins.

In all seriousness, each person must weigh out the benefits and drawbacks of any nutritional program based on their own individual goals, needs, and body. Plant proteins are a good and sustainable alternative to animal proteins and have some positive benefits to overall health and wellness. Thank you for reading and God bless! ■

1. [Health benefits and risks of plant proteins - PubMed \(nih.gov\)](#) Krajcovicova-Kudlackova M, Babinska K, Valachovicova M. Health benefits and risks of plant proteins. Bratisl Lek Listy. 2005;106(6-7):231-4. PMID: 16201743.

2. Ibid.

3. Sharma, Ruchi, Grazia India: The Benefits And Drawbacks Of Plant Based Proteins, January 5, 2021.

4. Reid-McCann RJ, Brennan SF, McKinley MC, McEvoy CT. The effect of animal versus plant protein on muscle mass, muscle strength, physical performance and sarcopenia in adults: protocol for a systematic review. Syst Rev. 2022 Apr 13;11(1):64. doi: 10.1186/s13643-022-01951-2. PMID: 35418173; PMCID: PMC9006591. [The effect of animal versus plant protein on muscle mass, muscle strength, physical performance and sarcopenia in adults: protocol for a systematic review - PubMed \(nih.gov\)](#)



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Take the Right Stance!



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

Standing weight-training exercises generally require more muscles for proper stabilization of the body than seated exercises. However, many gym enthusiasts don't seem to grasp the concept and importance of maintaining a stable, safe and spine-sparing stance and posture when performing standing exercises, such as barbell curls, dumbbell lateral raises, barbell upright rows, etc.

Some may simply overlook this essential basic aspect of exercise technique, or just don't pay appropriate attention to mastering this critical detail. But make no mistake: when performing standing exercises, the skill of maintaining a proper "ready stance" and a stable posture is actually essential, not just because of safety considerations, but also to achieve optimum exercise efficiency.

Many exercise tutorials correctly advise to stand with "soft knees", but it is hard to find information describing what this "soft knee" approach is all about, and why it is so important.

Performing upright standing exercises generally

requires a well-balanced shoulder-width stance with "soft knees", i. e. keeping your knees in a slightly bent, unlocked position, but perfectly steady without any change of angle at the knees during the entire set. A proper standing posture further requires to slightly hinge forward at your hips, while keeping your chest up; your shoulders must stay down and back with your shoulder blades slightly retracted, and your core must be braced, along with a slight squeeze of the butt. Driving your hips marginally back while keeping the chest up facilitates isometrically contracting the erector spinae muscles running along both sides of the entire vertebral column, which aids in maintaining and stabilizing the natural curvature of your spine. When your spine is in its neutral position with all its natural curves intact, any loads and forces acting on your spine are equally distributed across the surface of your vertebral discs and spinal joints, minimizing compressive and shearing forces. Driving your hips back also moves your center of gravity, which in anatomical position lies anterior to (=in front of) your second sacral vertebra, slightly back and down, which serves to provide increased stability. Keeping your knees marginally bent but steady works to compensate for the hip-hinge and corresponding slight forward lean of your torso, so that the end-result is an upright, but most spine-sparing and stable posture.

Maintaining the described posture, basically a modification of the so-called "athletic stance", throughout any set of any standing weight training exercise does not only help to keep excessive stress off your lumbar spine, which goes a long way towards preventing lower back problems, but the generated stability is also indispensable for optimum exercise efficiency.

A good example is the standing barbell curl. Improperly performing standing barbell curls standing completely straight with locked knees and failing to maintain the obligatory hip-hinge and to properly engage the stabilizing erector spinae muscles, will invariably lead to undue swaying forward and backward, when curling the barbell up and lowering it down again. The body's stability during the entire movement is severely compromised: when holding a weight-loaded barbell and curling it up in front of the body, the body's line of gravity - a vertical line that passes through the body's center of gravity and represents the direction in which gravity acts on the body - will inevitably shift forward towards the toes, i. e. move closer to the border of the "base of support"

provided by the feet. Inexperienced lifters often try to counterbalance the ensuing instability by leaning back during the lift, which places hazardous stress on the lumbar spine; besides, it also negatively impacts the quality of the biceps' contractions and the execution of each set, diminishing the effectiveness of the entire biceps work-out. Maintaining the appropriate "soft knees" approach with a balanced shoulder-width stance and a slight hip-hinge instead shifts the body's center of gravity backward so that when curling the barbell up in front of the body, the line of gravity will not move too far forward towards the border of the "base of support", but will, instead, stay well over the feet. This helps to prevent any undesirable body-movement and assures a more stable, safe, and effective exercise position.

When performing the standing dumbbell lateral raise, maintaining the described "ready stance" is especially vital. Standing with unlocked, marginally bent knees and hinging slightly forward at the hips will not only generate the required stability, but also align the middle deltoids' direction of pull most directly against the vertical pull of gravity generated by the dumbbells; however, effectively aligning and positioning the body from the outset is only beneficial, if the torso remains properly stabilized and as steady as at all possible throughout the execution of the entire set by successfully maintaining the vital hip-hinge, "soft knees" stance with isometrically contracted stabilizing muscles, including the erector spinae and other core muscles. Standing completely straight while raising the dumbbells would shift the gravity's line of pull onto the frontal head of the shoulder and reduce the activation of the side deltoids, basically annihilating the purpose of the exercise. Swaying back and forth, generating undue momentum to lift the dumbbells, would also defeat most of the lateral raises' benefits.

Establishing proper exercise-specific positioning and correct alignment at the outset of an exercise is an essential precondition to safely execute a most effective and beneficial set of any resistance exercise. However, this is only useful, if this proper alignment and positioning of the body is also correctly stabilized and maintained throughout the execution of each and every set. Learning to properly stabilize any exercises, especially those executed while standing, is one of the most important aspects of exercise technique that needs to be given appropriate focus and attention at the start of any weight training program. ■



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Are You Searching for a Personal Trainer?

Are you looking for a Certified Personal Trainer? If so, it is important to make the right inquiries so that you can be sure that the person that you select is qualified to offer you the personal training that you are seeking. There are important considerations that you will need to make before you reach your decision which we will discuss here.

First, it is important to find out if the personal trainer has been certified through an accredited certification company. This is necessary to ensure that the person has received the proper training in order that they are able to provide you with the training that you seek so that you meet your personal fitness goals.

Second, it is critical to ask how many years of training experience the personal trainer has under their belt. Keep in mind, the more experience the trainer has, the better they will be able to train you. However, there are cases where even an experienced trainer with many years under their belt just goes through the motions with their clients and does not give the client the attention needed to help them reach their fitness goals. So, in a case like this, ask for a trial training session which may help you to make your final decision.

Next, when you meet with a personal trainer for the first time, they will ask you questions about your fitness goals and the times and days that you are available to workout. However, the most important question the personal trainer should ask you is if you have any injuries or limitations. If they do not ask you

this question, this is a red flag, and you should look for someone else to train you. The foremost concern that a personal trainer should have is with the safety of your joints, ligaments, and tendons. Additionally, if you already have a personal trainer and the movements that you are given hurt your joints, you need to let them know that the movement is not for you and then ask them to give you another move that is safe and will not damage your joints. My best advice is to ask questions about the workouts such as the following:

- What are you targeting with this exercise?
- Is my form correct on this movement?
- Is the seat adjustment correct for my height and size?
- Is this exercise necessary for what I am trying to accomplish?

Lastly, if the personal trainer attempts to push supplements on you without knowing your health background, this should be of concern. It is necessary to let them know that you are not interested in taking any supplements! If you are a truly natural competitor, do not hire an enhanced certified personal trainer to train you because they will train you like an enhanced athlete! The personal trainer that you hire should be one that trains you according to your needs and not the needs of someone else.

It can be a difficult decision when deciding to hire a certified personal trainer to help you meet your fitness goals, and hopefully following some of the suggestions here will help you to make the best decision. If you have any questions, please contact me!



NGA PRO/AM Bluegrass Bodybuilding Championships

Lexington, KY
September 30, 2023

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



2023 NGA PRO/AM Bluegrass Bodybuilding Championships

The NGA PRO/AM Bluegrass Bodybuilding Championships held on September 30, 2023, in Lexington, Kentucky, was a spectacular event that showcased the dedication and prowess of NGA natural bodybuilders from across the United States. There were a total of 10 NGA PRO Card recipients at this event.

Representing ten states – Kentucky, South Carolina,

Illinois, Tennessee, Ohio, New Jersey, Indiana, Missouri, Wisconsin, and Florida – the competition brought together a diverse and talented group of athletes. The NGA PRO/AM Bluegrass Bodybuilding Championships proved to be a platform for athletes to shine and showcase their hard work.

The Open NGA PRO Card winners exhibited remarkable skills and dedication to their craft. Alicia Frazier stood out by winning the Overall in the Women's



Figure - Open "A"
Valerie Wegford, Barbie Jackson, Amber Anderson, Alicia Frazier, Michele Cerminaro

Physique category, showcasing a perfect blend of strength, symmetry, and conditioning. Jay Johnson's victory in the Overall Classic Physique category demonstrated not only muscularity, but also an appreciation for aesthetics.

The list of NGA PRO Card Open winners continued with Amber Anderson winning in Figure. First-time competitor, Alanson Yanez, won the Bikini Open class. Alisha Wood won in the new Wellness class. Kumi Sarpong would win the Overall in the Bodybuilding category and Jaxon Moran claimed the Overall in Men's Physique. Barbie Jackson earned her Figure Masters NGA PRO Card. Carlos Parry earned an NGA PRO Card in the Bodybuilding Open division by winning his weight class and Cameron Henson showcased his prowess by winning the Physique Open Lightweight category and securing his Men's Physique NGA PRO Card.



Physique - Open LW
Jacob Timberlake, Adam Martin, Cameron Henson, Robert McKeown, Caleb Wetherill

The NGA PRO Division witnessed fierce competition, with notable victories in various categories. Jay Johnson emerged triumphant in PRO Bodybuilding, displaying a combination of mass, definition, and stage presence. Rachel Shinkle's win in PRO Bikini highlighted her commitment to conditioning and presentation.



NGA PRO/AM Bluegrass Bodybuilding Championships



Lexington, KY
September 30, 2023

Promoters: Josh & Melissa Miller
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PRO Figure - Open
Emily Orrender, Courtney Spaeth, Adrienne Southerland



PRO Bikini - Open
Rachel Shinkle, Alisha Wood, Jada Lang, Tianna Miller



PRO Physique - Open
Shawn Everhart, Cathya Franko (Trophy girl), Ryan Moore, Adam McCarthy

Ryan Moore excelled in PRO Physique. Courtney Spaeth's victories in both PRO Figure and PRO Women's Physique showcased her versatility and skill across different divisions. Calvin Davis claimed the PRO Classic Physique category with a physique that celebrated the golden era of bodybuilding.

In the PRO Master divisions, Marco Dalabona secured his victory by winning the overall in Bodybuilding Masters, and Ron Page won the top spot in the PRO Bodybuilding Masters 60+ division. The energy at the event was palpable, with a packed

venue and standing-room-only audience creating an electrifying atmosphere.

In conclusion, I must express my gratitude for the opportunity to promote bodybuilding shows within the NGA. With the anticipation building for the next event, I look forward to continuing my contribution to the vibrant world of natural bodybuilding. ■

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Physical Therapy Misconceptions

Part 2: Get an MRI?



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

Get an MRI? That's a question I get nearly every day in my office. Radiographs ABSOLUTELY have their place in healthcare; however, they must be used correctly. Whenever we are considering administering a test, whether it be an X-ray, MRI, or functional test, we must ask these very crucial questions...is the test valid and test what it claims to test (validity), are the results reliable if we retest (reliability), and will the results of the test change my treatment approach, improve my patient's outcomes, or possibly reduce the overall cost of treatment? If the answer is no, why waste the time (and possibly money) doing the test in the first place?

It is fairly well-established in the literature that the results of imaging such as X-rays and MRI's do not always correlate to symptom presentation. In other words, what we see structurally on an image is sometimes not what we see functionally in the human being in front of us.

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

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Believe it or not, the same EXACT image can be interpreted differently when analyzed by different qualified healthcare practitioners! This means that radiographs are not always valid or reliable and the results typically do not change the course of treatment or improve outcomes. Oh, and they're usually expensive!

Sometimes, too much information can be a bad thing. I know my grandparents had sex, I just don't care to know the details.

In the case of low back pain due to improper load management, why pollute someone's mind with "moderate disc protrusion at L3, mild-moderate herniated nucleus pulposus at L5, central stenosis with compression, degenerative disc disease, and foraminal narrowing?"

How do we know that those things weren't present years prior to the current onset of pain and actually have nothing to do with the current situation? I don't see the benefit unless it is truly warranted.

Radiographs should be used to rule out red flags including constant dull/achy pain that cannot be relieved or reproduced, loss of bowel/bladder control, history of cancer, episodes legs giving out, fever, traumatic injury such as a car accident or a fall, numbness/tingling, awakened by pain, warmth and tenderness to the touch, young active female with low back pain, suspected fracture, etc.

Things like herniated discs and rotator cuff tears are actually quite normal in asymptomatic people, especially as we age. Trying to diagnose pain using a radiographic image is similar to looking at a picture of an old rotary phone (not an iPhone...a good old fashioned telephone without a screen!) and trying to decide whether or not it is ringing. Tough to say right?

In conclusion, it's crucial not to place undue reliance on medical imaging and avoid unnecessary stress over the minutiae of imaging results. Recognize that these results may lack validity and reliability, and in many cases, they won't dictate a change in treatment plans.

While radiographs excel in ruling out red flags, they should be approached with caution when guiding treatment decisions.

Remember, the key lies not in avoiding these diagnostic tools altogether, but in using them judiciously and with a clear understanding of their limitations. ■



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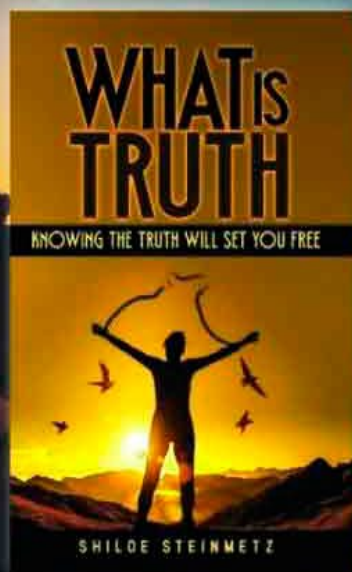
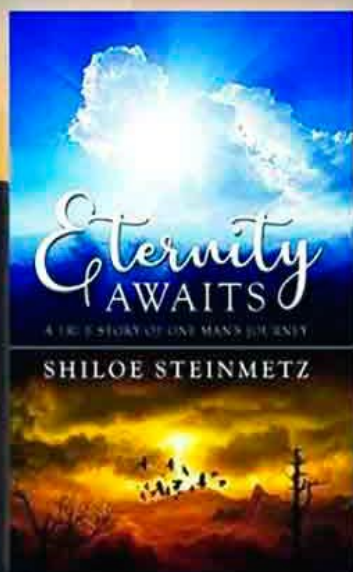
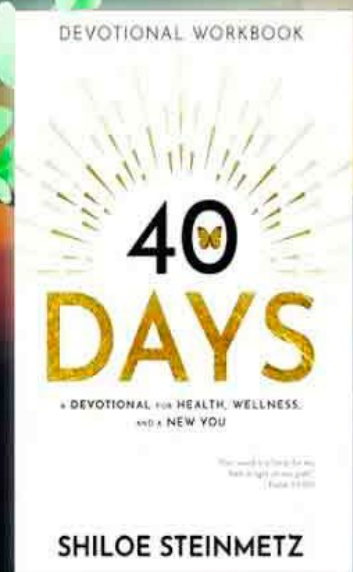


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Ormond Beach, FL
November 11, 2023

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Abdel Rios
Classic Physique - Open LW
1st Place
NGA PRO Card & Overall



Doris MacLennan
Bikini - Open Short
1st Place
NGA PRO Card & Overall



Roberto Gonzalez
BB - Masters 50+
NGA PRO Card & Overall

As always, I would like to thank the athletes that competed in this phenomenal show. It was a great success! A huge thank you to the staff that always make NGA Gator Productions shows run so smoothly!

This was an amazing season, and we were happy to make some new NGA PRO athletes who all went on to compete in the 2023 NGA PRO/AM Universe competition. Congratulations to Roberto Gonzalez who won

his NGA PRO Card in Bodybuilding Masters, Marc Luzzi who won his NGA PRO Card in Classic Physique, and Doris MacLennan who won her NGA PRO Card in the Bikini division.

We are looking forward to a wonderful 2024 season which will kick off April 13, 2024 with the NGA Amateur Extreme followed by the NGA Gator Classic on May 11, 2024. We will see you there! ■

Photo Credits: JLG Media



Contest Prep: How Much Time is Needed to Get Shredded?

BY ERIC BROWN "FITMAN"

FITMAN@FITMANPERFORMANCE.COM

@FITMANEB/

WWW.FITMANCLASSICBODYBUILDING.COM

The first thing that prospective natural bodybuilders and figure competitors should realize is that you must have already built your base physique before beginning a true contest prep. You cannot begin a successful contest prep campaign without having a real foundation to work with. For example, you are not ready for a true contest prep if you are missing or lacking in full muscle group development in the legs or the back. Another such example of this is if you do not have any muscle or shape to your physique and you realize that you must spend more

time in the gym building your base physique before you consider stepping on stage. Stepping on stage when you are nowhere near ready is the recipe for a total disaster.

Timelines

For veteran natural bodybuilders and figure competitors who compete on a regular basis, 16-24 weeks of contest prep should give most competitors enough time to get lean enough for the stage.

When I won the overall in Bodybuilding and Classic Physique at the 2022 NGA Mr. Natural Philadelphia, I spent 26 weeks prepping for that competition. The 2022 NGA Mr. Natural Philadelphia was my first natural bodybuilding competition since 2014 and after 8 years

off the stage, I wanted to be truly prepared!

I had stepped away from natural bodybuilding to chase another passion from 2015-2021, which was competing as a sprinter in Master's track and field. One thing that I believe in 100 percent, is that if you fail to prepare, you are preparing to fail, and I am not the type of dude to leave stones unturned.

One important thing to consider is that the length of your contest prep needs to be based on where you currently are and the division you plan to compete in. Contest prep could take you 6 weeks, or it could take you 32 weeks. It just depends on your current condition, specifically in terms of your body fat percentage.

If you are a man and you are currently sitting at 15 percent body fat, you have no chance of giving a good showing on stage in just 6 weeks of prep. You would have to almost destroy yourself to make an effort to get into stage condition and you still would not be stage ready in 6 weeks.

However, that same man with 9 percent body fat could be ready for the stage in 6 weeks. But, if you are not ready, there is absolutely no shame in choosing a later show.

Delusions of Grandeur

Many competitors overestimate their current condition and their ability to get lean because they do not understand what is considered lean for the stage. I will use my iron brothers as an example as I have seen

natural bodybuilders on stage at 12-15 percent body fat which is very healthy for a male athlete that is not competing, but for one who is, this percentage of body fat on stage the day of the show will have you standing out like a skunk in a perfume factory. In comparison to a competitor who is ripped, you will appear smooth and not lean enough to compete. Muscle definition, symmetry, and size are what the judges are looking for. A guy who is bigger, much smoother, and has decent symmetry will always lose to a smaller guy who is symmetrical and ripped to the bone.

This is why taking photographs to gauge your progress throughout the year in the same lighting and location will let you know exactly where you are.

Conclusion

Objectivity should be the ultimate ally for any serious natural bodybuilder.

I'll holla at you next time.
The People's Trainer,
Fitman

About the Author:

Eric Brown "Fitman" is an NGA PRO Natural Bodybuilder, a PRO Classic Physique, and Lifetime Natural Bodybuilder. He is the owner of the Fitman Performance & Physique Center in Roslyn, PA and is NASM Certified.

To upgrade your physique, you can contact Fitman for personal training and contest prep coaching by visiting his website or shoot him an email. ■





NGA PRO/AM Universe

NGA American Natural Championships

November 18, 2023 • Deltona, FL

nga@nationalgym.com

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

www.nationalgym.com

Promoters:

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

By: Francine Bostinto



Francine Bostinto, Rev. Warren I. Egebo (NGA Hall of Fame Inductee), Andrew Bostinto

History was in the making once again with the newest inductee into the NGA Hall of Fame. Our 2023 recipient went to NGA Chairman Rev. Warren I. Egebo. A huge congratulations to Warren for all that he has done for the NGA and natural bodybuilding. Read all about Warren and his accomplishments at [NGA Hall of Fame](#).



NGA PRO Universe

**November 18, 2023
Deltona, FL**

The PRO Bikini Open division did not disappoint the audience with it being one of the largest divisions to show up. Third place and in the money went to Sage Sweatt while second place went to Madison Shelite. But it was Adiva McKensie who graced the stage with the total package and walked away with the first-place win.

PRO Bikini Master division 40+ was a tough division. It was Dr. Valerie Waller-Murphy who would receive a much-deserved third place while the stunning Jane Fleischman would take second place. However, local Doris MacLennan would be worthy of receiving the top spot and first place victory.

PRO Bikini Model Open had two beautiful women that knew how to strut their stuff. Lorelly Mobley took the second-place spot, but it was Austin Tarlini who walked away with the win.

PRO Figure Open lineup consisted of only three athletes, but the competition was fierce. Tawny Copas came in hard and placed in the money taking third place. Emily Aikins possesses lots of muscle with symmetry and took second place. But it was Angelica Thompson who had the complete package and brought her first-place win back to her hometown of Stafford, Texas.

PRO Women's Physique Open division also had three athletes with all three walking away with money. Perpetua Piechaczek, who once again came all the way from California, placed third. Angelica Thompson who was able to beat out Emily Aikins in PRO Figure Open walked away with second place. But it was Emily Aikins with a thick muscle physique who would take the win in this division.

2023 marked the beginning of the Wellness Open division in the NGA. This was the first year Wellness was featured at the NGA Universe, and it was a great turn out. Kerridwyn Dugan took the third-place spot with Sage Sweatt taking second place. But it was Austin Tarlini who walked away with the win and the honor of being the first NGA PRO Universe Wellness winner.



NGA PRO Universe

Promoters: Andrew & Francine Bostinto

nga@nationalgym.com

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**Adiva McKensie
PRO Bikini - Open
1st Place**



**Doris MacLennan
PRO Bikini - Masters 40+
1st Place
PRO Bikini - Open
4th Place**



**PRO Bikini - Masters 40+
L-R: Doris MacLennan, Jane Fleischman,
Dr. Valerie Waller-Murphy**



**Austin Tarlini
PRO Bikini Model - Open
1st Place
PRO Wellness - Open
1st Place**



**PRO Bikini Model - Open
Austin Tarlini, Lorelly Mobley**



**PRO Bikini - Open
L-R: Sage Sweatt, Adiva McKensie,
Francine Bostinto, Madison Shelite**



**PRO Figure - Open
Tawny Copas, Angelica Thompson,
Emily Aikins**



**PRO Wellness - Open
L-R: Kerridwyn Dugan, Austin Tarlini,
Sage Sweatt**



**Angelica Thompson
PRO Figure - Open
1st Place**



**Emily Aikins
PRO Physique - Open
1st Place
PRO Figure - Open
2nd Place
PRO Wellness - Open
2nd Place**



NGA PRO Universe

November 18, 2023
Deltona, FL

PRO Men's Physique Open was stacked and the competition was intense. In third place was a very conditioned Anderson Moise. Second place went to Robert Bell with an extremely hard and symmetrical physique. However, it was Desario Smith who clearly overtook this division and went on to win the PRO Men's Physique Master division 40+. Behind Desario in second place in the Master division was NGA Chairman Josh Miller and former Universe winner Antony Richburg who took third place.

The PRO Classic Physique Open was also a stacked division with tough competition. Jeremiah Wright would take third place with lots of muscle. Daron Monroe with his symmetrical physique took second place. But it was Enmanuel Fuenmayor who once again brought the total package and won first place at the NGA PRO Universe two consecutive years in a row.

PRO Classic Physique Master division 40+ had three of our top NGA PROs. Newcomer and new NGA Promoter Jason Robinson took a very deserved third place. NGA Chairman Josh Miller took second place and keeps getting better at each NGA Universe he enters. But it was Daron Monroe who stole the title once again!



NGA PRO Universe

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PRO Physique - Open

L-R: Anderson Moise, Desario Smith, Francine Bostinto, Robert Bell



PRO Classic Physique - Open

L-R: Daron Monroe, Enmanuel Fuenmayor, Jeremiah Wright



Desario Smith
PRO Physique - Open
1st Place
PRO Physique - Masters 40+
1st Place



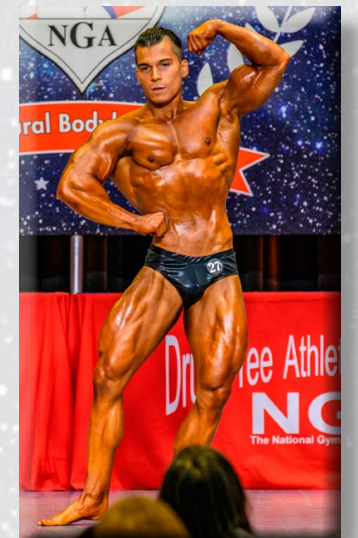
PRO Physique - Masters 40+

L-R: Antony Richburg, Desario Smith, Francine Bostinto, Josh Miller



PRO Classic Physique - Masters 40+

L-R: Jason Robinson, Josh Miller, Daron Monroe



Enmanuel Fuenmayor
PRO Classic Physique - Open
1st Place



NGA PRO Universe

November 18, 2023
Deltona, FL

PRO Men's Bodybuilding Open division was packed with lots of muscle. Daron Monroe with his unwavering symmetry took third place. Last year's winner Aleksander Pacocha could not hold on to the title this year. He was beat out this year by Jeremiah Wright whose conditioning and separation of muscle was clearly the winner.

PRO Men's Bodybuilding Master division 40+ was also stacked and did not disappoint. Alphonso Jones came prepared and took third place followed by Daron Monroe in second place. But it was Marco Dalabona who would earn the first-place spot in this division.



Jeremiah Wright
PRO BB - Open
1st Place
PRO Classic Physique - Open
3rd Place



Marco Dalabona
PRO BB - Masters 40+
1st Place



Daron Monroe
PRO Classic Physique - Masters 40+
1st Place
PRO Classic Physique - Open
2nd Place
PRO BB - Open
3rd Place
PRO BB - Masters 40+
2nd Place



NGA PRO Universe

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PRO Bodybuilding - Open
L-R: Jeremiah Wright, Brandon Griffin, Lorenzo Elder, Anthony Casale, Aleksander Pacocha, Sean Maloney



PRO Bodybuilding - Masters 40+
L-R: Griff Vittone, Roberto Gonzalez, Alphonso Jones, Shelton Finch, Daron Monroe, Marco Dalabona



NGA Amateur Universe

**November 18, 2023
Deltona, FL**

In the Amateur Universe, eight NGA PRO Cards were won. Opening with the Bikini Open division, Brandy Tatum earned first place and walked away with her NGA PRO Card. Look out for Brandy in the pro division. She sure will make her mark. Milene Edmond was our only Bikini Master competitor, but she worked the stage to her advantage.

Bikini Model Open brought three beautiful women. But it was Sage Sweatt's conditioning who would walk away with first place and an NGA PRO Card.

Men's Physique Open was not a PRO qualifier since there were only four athletes in the division. Nick Gerken won the lightweight division with great conditioning and symmetry. He sure will be a contender when he does get that NGA PRO Card. In Open HW Paul Hadler was reaching for that second NGA PRO Card beating out two other athletes. But it was in Physique Masters where Paul would win his NGA PRO Card and beat out four other competitors with his lean and muscular physique.

Classic Physique Open was not too shabby!! Carlos Parry all the way from Temple Hills, MD won the lightweight division with a very symmetrical physique. Keith Lavine took the middleweight with his lean and conditioned build. But it was Dan Schoneck who won the heavyweight division and the Overall, thereby winning his NGA PRO Card at the age of 17! Classic Physique Masters 40+ had nine conditioned competitors. The judges had their work cut out for them. But it was Roberto Gonzalez who would win and walk away with his NGA PRO Card.



**Brandy Tatum
Bikini - Open
1st Place
NGA PRO Card**



**Sage Sweatt
Bikini Model - Open
1st Place
NGA PRO Card**



**Nick Gerken
Physique - Open LW
1st Place**



NGA Amateur Universe

Promoters: Andrew & Francine Bostinto

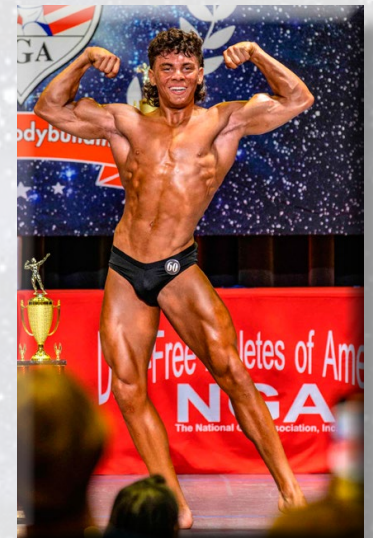
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**Elaina Panesso
Wellness - Open
1st Place
Bikini Model - Open
2nd Place**



**Carlos Perry
Classic Physique - Open LW
1st Place**



**Dan Schoneck
Classic Physique - Open HW
1st Place
NGA PRO Card & Overall**



**Robert Gonzalez
BB - Masters 40+
5th Place
Classic Physique - Masters 40+
1st Place
NGA PRO Card**



**Brad Feller
BB - Masters 40+
1st Place
NGA PRO Card**



NGA Amateur Universe

November 18, 2023
Deltona, FL

In Bodybuilding Open Robert Sobieck, Keith LaVine along with Paul Hadler battled it out for the Overall and an NGA PRO Card. But it was lightweight winner Robert who walked away with the win and his NGA PRO Card.

The Bodybuilding Master division consisted of ages 40-80+!!! Two NGA PRO Cards were awarded. The first one went to Brad Feller in the 50+ division. Brad carries a lot of muscle and will surely be a contender in the NGA PRO Master division.

The second NGA PRO Card went to Keith LaVine in the 60+ who also won the Overall. I look forward to seeing them both competing on the PRO stage.

Al Vaughan, Jr. won the 70+ division with his lean physique and entertaining posing routine. But it was Richard Rabin who stole the show at the age of eighty-two and is still maintaining a lot of muscle mass.



Robert Sobieck
BB - Open LW
1st Place & Overall
NGA PRO Card



Keith LaVine
BB - Open MW
1st Place
BB - Masters 60+
1st Place
NGA PRO Card



Paul Hadler
Physique - Open HW
1st Place
Physique - Masters 40+
1st Place
NGA PRO Card



Al Vaughan, Jr.
BB - Open LHW
3rd Place
BB - Masters 40+
1st Place
BB - Masters 50+
4th Place
BB - Masters 60+
3rd Place
BB - Masters 70+
1st Place



NGA American Natural Championships

Promoters: Andrew & Francine Bostinto

nga@nationalgym.com

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Yselia Alvarez
Bikini - Novice
1st Place



Olivia Bell
Kid's Fitness
1st Place



Dan Schoneck
BB - Novice
1st Place
Classic Physique - Teens
1st Place

The NGA American Natural Championships showcased two beautiful Bikini Novice girls. Yselia Alvarez and Linda Cubillan both friends, came together on stage to battle it out in a kindhearted manner. Yselia would edge out her friend, Linda, and take the first-place victory.

Kid's Fitness competitor Olivia Bell posed like a champion and wore her crown like a true princess.

Dan Schoneck entered the Bodybuilding Novice and Classic Physique Teen divisions. He was the only competitor, but as stated above, he won Classic Physique Open HW and the Overall which earned him an NGA PRO Card at age 17. Not only was he well-conditioned with nice flowing lines, he sure was not afraid of the stage. With more muscle maturity he will surely be a contender in the NGA PRO division.

It is invigorating watching these young athletes on stage. Aubrey McClendon, who won her NGA PRO Bikini Card last year at the age of 17 competed this night with the PROs. Aubrey came in eighth out of twelve athletes. Not too shabby for a teen!!! The NGA had many great athletes grace our stage. Seeing these young teens competing reminds me of Kai Green winning his NGA PRO Card in New York in the early 1990's at an NGA show at the age of 15!! Let us hope these young athletes of today continue to grow and develop their physique naturally or at the least continue with good health habits.

This show was a remarkable success. We doubled our numbers from last year which is steadily putting the NGA back on track to where we were before the pandemic. We look forward to seeing everyone at this year's event on November 16, 2024, in Deltona, FL where \$40,000 will be dispersed. ■

Photo Credits: JLG Media

**2023 NGA Texas Punisher
Bodybuilding Classic & Fit Expo**
Mt. Pleasant, TX
September 23, 2023
Promoter: Brad Duncan

- Bikini - Open**
1. Jacinta Manuelito
2. Brittany Raugust
3. Jessica Gallegos
- Figure - Open**
1. Kailey Ellison
- Wellness - Open**
1. Kaily Elison
2. Destiny Mendez
3. Macey Stewart
- Men's Physique - Open LW**
1. Peter Noah
2. Kimball Olson
3. Chandler Allen
4. Jose Arzola
- Men's Physique - Open MW**
1. Timothy Blickhahn
NGA PRO Card
2. Diego Rivera
3. Jacoby Richardson
4. Christopher Kerr
5. Alex Martinez
- Men's Physique - Open HW**
1. Brad Macek
NGA PRO Card & Overall
- Classic Physique - Open LW**
1. Quinton Singletary
- Classic Physique - Open HW**
1. Brad Macek
Overall
2. Phil Moon
- Classic Physique - Masters**
1. Phil Moon
- Men's BB - Open LW**
1. Kieth Perry
- Bikini - Debut**
1. Brittany Raugust
- Bikini - Novice**
1. Jacinta Manuelito
2. Brittany Raugust
3. Jessica Gallegos
- Wellness - Novice**
1. Destiny Mendez
2. Macey Stewart
- Men's Physique - Debut**
1. Brad Macek
- Men's Physique - Novice LW**
1. Peter Noah
2. Kimball Olson
3. Chandler Allen
4. Jose Arzola

- Men's Physique - Novice MW**
1. Diego Rivera
2. Alex Martinez
3. Christopher Kerr
- Classic Physique - Debut**
1. Brad Macek
- Classic Physique - Novice**
1. Quinton Singletary
- Classic Physique - Teens**
1. Quinton Singletary

2023 NGA West Coast Classic
Tampa, FL
September 23, 2023
Promoter: Matt Ammann

- Bikini - Open**
1. Milene Edmond
- Bikini - Masters 40+**
1. Milene Edmond
- Bikini Model - Open**
1. Milene Edmond
- Figure - Open**
1. Carly Ducote
2. Marissa Mabry
- Women's Physique - Open**
1. Carly Ducote
- Women's Wellness - Open**
1. Anastasia Clare
- Men's Physique - Open MW**
1. Jeffrey Vargas
Overall
- Men's Physique - Open HW**
1. Leo Davis
- Men's Physique - Masters 40+**
1. Leo Davis
2. Raymond Dumit
- Classic Physique - Open MW**
1. Danny Smith
- Classic Physique - Open HW**
1. TJ Morgan
NGA PRO Card
2. Christopher Knight
3. Grant Cordell
4. Trevor Rosenbaum
5. Raymond Dumit
- Classic Physique - Masters 40+**
1. Danny Smith
2. TJ Morgan
3. Raymond Dumit
- Men's BB - Open LW**
1. Zack Mason
- Men's BB - Masters 40+**
1. Eric Keen
Overall
2. Raymond Dumit

- Men's BB - Masters 50+**
1. Raymond Dumit
- Men's Physique - Novice**
1. Jeffrey Vargas
2. Leo Davis
3. Trevor Rosenbaum
- Men's Physique - Novice HW**
1. Cameron Miller
- Classic Physique - Novice**
1. Trevor Rosenbaum
- Men's BB - Novice**
1. Zack Mason
2. Trevor Rosenbaum
- Evening Gown**
1. Abigail Lands
- Evening Gown - Masters 50+**
1. Christy Young
- Women's Transformation**
1. Abigail Lands
- Men's Transformation**
1. Rayquan Thomas

2023 NGA Tricky Jackson Classic
Frankfort, KY
September 23, 2023
Promoter: Ricky "Tricky" Jackson

- Bikini - Open Short**
1. Rachel Shinkle
- Bikini - Open Tall**
1. Carm Glover-Brown
2. Maria Rogers
- Bikini - Masters 40+**
1. Carm Glover-Brown
2. Sarah Wardley
3. Thelma Bennington
- Figure - Open Short**
1. Barbie Jackson
- Figure - Open Tall**
1. Rachel Shinkle
Overall
2. Sarah Wardley
3. Thelma Bennington
- Figure - Masters 40+**
1. Barbie Jackson
- Women's Physique - Open**
1. Barbie Jackson
2. Kacey Baggett
3. Kirsten Thompson
- Women's Wellness - Open Short**
1. Julie Holloway
2. Natasha Tackett
- Women's Wellness - Open Tall**
1. Rachel Shinkle

- NGA PRO Card & Overall**
2. Carm Glover-Brown
3. Maria Rogers
4. Trudy Anderson
- Men's Physique - Open MW**
1. Daniel Ledder
2. Cameron Miller
- Men's Physique - Open HW**
1. Hersley Pierre Louis
NGA PRO Card & Overall
2. Kenneth Miller
- Men's Physique - Masters 40+**
1. Lloyd Jackson
2. Kenneth Miller
- Classic Physique - Open LW**
1. Keon Alexander
NGA PRO Card & Overall
2. Preston Smith
3. Kerry Powell
- Classic Physique - Open HW**
1. Hersley Pierre Louis
2. Kumi Sarpong
3. Timothy McQueen
- Men's BB - Open LW**
1. Keon Alexander
- Men's BB - Open MW**
1. Lloyd Jackson
2. Preston Smith
- Men's BB - Open HW**
1. Kumi Sarpong
NGA PRO Card & Overall
2. James Simmons
3. Timothy McQueen

**2023 NGA Bluegrass
Bodybuilding Championships**
Lexington, KY
September 30, 2023

- Bikini - Debut**
1. Trudy Anderson
2. Thelma Bennington
- Bikini - Novice Short**
1. Thelma Bennington
- Bikini - Novice Tall**
1. Sarah Wardley
2. Trudy Anderson
- Men's Physique - Novice LW**
1. Daniel Ledder
- Men's Physique - Novice HW**
1. Cameron Miller
- Men's BB - Novice LW**
1. Preston Smith
2. Kerry Powell
- Men's BB - Novice HW**
1. Timothy McQueen
2. Kenneth Miller

Promoters: Josh & Melissa Miller

PRO Bikini - Open
1. Rachel Shinkle
2. Alisha Wood
3. Jada Lang
4. Tiana Miller

- PRO Figure - Open**
1. Courtney Spaeth
2. Emily Orrender
3. Adrienne Southerland
- PRO Women's Physique - Open**
1. Courtney Spaeth
2. Adrienne Southerland
3. Honey Arnold
- PRO Men's Physique - Open**
1. Ryan Moore
2. Shawn Everhart
3. Dan McCarthy
- PRO Classic Physique - Open**
1. Kelvin Davis
2. Brandon Griffin
3. Aaron Brooks
4. Terrell Summers
- PRO Men's BB - Open**
1. Jay Johnson
2. Marco Dalabona
3. Brandon Griffin
4. Anthony Stinchcomb
5. Ron Page
- PRO Men's BB - Masters 40-49**
1. Marco Dalabona
2. Jay Johnson
3. Anthony Stinchcomb
4. Ron Page
- PRO Men's BB - Masters 60+**
1. Ron Page
- Bikini - Open**
1. Alinson Yanez
NGA PRO Card & Overall
2. Tatum Cummings
3. Maria Rogers
4. Sarah Wardley
5. Shannon Campbell
6. Natasha Tackett
- Bikini - Masters 40+**
1. Shannon Campbell
2. Sarah Wardley
- Figure - Open "A"**
1. Amber Anderson
NGA PRO Card & Overall
2. Alicia Frazier
3. Barbie Jackson
4. Valerie Wegford
5. Michele Cerninaro
- Figure - Open "B"**
1. Jordan Frodge

2. Honey Arnold
3. Sarah Wardley
4. Amy Rutenberg

Figure - Masters 40+
1. Barbie Jackson
NGA PRO Card

2. Honey Arnold
3. Sarah Wardley
4. Michele Cerninaro
5. Amy Rutenberg

- Women's Physique - Open**
1. Alicia Frazier
NGA PRO Card
2. Barbie Jackson
NGA PRO Card
3. Valerie Wegford
4. Amy Rutenberg
5. Arlene Hagins
- Women's Wellness - Open**
1. Alisha Wood
NGA PRO Card
2. Shannon Oesterle
NGA PRO Card
3. Sarah Wardley
4. Julie Holloway
5. Natasha Tackett
- Men's Physique - Open LW**
1. Cameron Henson
NGA PRO Card
2. Adam Martin
3. Robert McKeown
4. Jacob Timberlake
5. Calev Wetherill

- Men's Physique - Open MW**
1. Ellis Stephens
2. Cameron Miller
- Men's Physique - Open HW**
1. Jaxon Moran
NGA PRO Card & Overall
2. Kenneth Miller
- Men's Physique - Masters 40+**
1. Lloyd Jackson
2. Robert McKeown
3. Kenneth Miller

- Classic Physique - Open LW**
1. Carlos Parry
2. Gary Shoultz
3. Shawn Everhart
4. Robert McKeown
- Classic Physique - Open MW**
1. Jay Johnson
NGA PRO Card & Overall
2. Austin Baird
3. Collier Porter
4. Bill Yackey
5. Ellis Stephens

- Classic Physique - Open HW**
1. Kumi Sarpong, Jr.
2. Zachary Martin
3. Jaxon Moran
4. Christopher Troxell
- Classic Physique - Masters 40+**
1. Carlos Parry
2. Robert McKeown
- Men's BB - Open LW**
1. Carlos Parry
2. Gary Shoultz
- Men's BB - Open MW**
1. Bill Yackey
2. Will Keeney
- Men's BB - Open LHW**
1. Aaron Brooks
2. Zachary Martin
- Men's BB - Open HW**
1. Kumi Sarpong, Jr.
NGA PRO Card & Overall
1. Carlos Parry
Men's BB - Masters 40+
1. Carlos Parry
- Men's BB - Masters 50+**
1. Lloyd Jackson
- Bikini - Debut**
1. Alinson Yanez
2. Tatum Cummings
- Bikini - Juniors**
1. Tatum Cummings
2. Maria Rogers
- Figure - Debut**
1. Amber Anderson
2. Jordan Frodge
3. Sarah Wardley
- Figure - Juniors**
1. Jordan Frodge
- Men's Physique - Debut**
1. Jacob Timberlake
2. Caleb Wetherill
- Men's Physique - Juniors**
1. Jaxon Moran
2. Cameron Henson
3. Cameron Miller
4. Caleb Wetherill
5. Jacob Timberlake
- Classic Physique - Debut**
1. Austin Baird
2. Collier Porter
3. Zachary Martin
4. Bill Yackey
5. Gary Shoultz
6. Christopher Troxell
- Men's BB - Debut**
1. Zachary Martin
2. Bill Yackey
3. Gary Shoultz

**2023 NGA 25th Annual Monster
Mash Natural**
Middletown, OH
October 21, 2023
Promoter: Jared Weitzel

- Men's BB - Juniors**
1. Kumi Sarpong, Jr.
2. Will Keeney
3. Jacob Timberlake
- Men's BB - Open LW**
1. Carlos Parry
- Men's BB - Open MW**
1. Bill Yackey
2. Will Keeney
- Men's BB - Open LHW**
1. Aaron Brooks
2. Zachary Martin
- Men's BB - Open HW**
1. Kumi Sarpong, Jr.
NGA PRO Card & Overall
1. Carlos Parry
Men's BB - Masters 40+
1. Carlos Parry
- Men's BB - Masters 50+**
1. Lloyd Jackson
- Bikini - Debut**
1. Alinson Yanez
2. Tatum Cummings
- Bikini - Juniors**
1. Tatum Cummings
2. Maria Rogers
- Figure - Debut**
1. Amber Anderson
2. Jordan Frodge
3. Sarah Wardley
- Figure - Juniors**
1. Jordan Frodge
- Men's Physique - Debut**
1. Jacob Timberlake
2. Caleb Wetherill
- Men's Physique - Juniors**
1. Jaxon Moran
2. Cameron Henson
3. Cameron Miller
4. Caleb Wetherill
5. Jacob Timberlake
- Classic Physique - Debut**
1. Austin Baird
2. Collier Porter
3. Zachary Martin
4. Bill Yackey
5. Gary Shoultz
6. Christopher Troxell
- Men's BB - Debut**
1. Zachary Martin
2. Bill Yackey
3. Gary Shoultz

4. Jacob Timberlake
- Men's BB - Juniors**
1. Kumi Sarpong, Jr.
2. Will Keeney
3. Jacob Timberlake
- 2023 NGA 25th Annual Monster
Mash Natural**
Middletown, OH
October 21, 2023
Promoter: Jared Weitzel
- Bikini - Open "A"**
1. Danielle Ebert
NGA PRO Card
2. Ethy Siegel
3. April Francom
4. Emily Hiles
5. Deidra Pahl
- Bikini - Open "B"**
1. Jennifer Bahna
NGA PRO Card
2. Rachel Gupta
3. Carol Lake
4. Sarah Wardley
5. Meredith Solomon
- Bikini - Open "C"**
1. Kristen Groeniger
NGA PRO Card & Overall
2. Carmen Glover-Brown
3. Shauna Harrington
4. Monique LaForce
5. Kristi Richmond
- Bikini - Masters 40+**
1. Kristen Groeniger
NGA PRO Card & Overall
2. Carmen Glover-Brown
3. Shauna Harrington
4. Rachel Gupta
5. Kellie Robinson
6. April Francom
7. Kaye Koehoorn
8. Sarah Wardley
9. Meredith Solomon
10. Emily Hiles
- Bikini - Masters 50+**
1. Carol Lake
2. Kaye Koehoorn
3. Kristi Richmond
- Figure - Open "A"**
1. Laura Hornish
NGA PRO Card & Overall
2. Bobby Grigsby
3. Courtney Stiles
4. Diane Ragans
5. Shannon Campbell
6. Michele Cerninaro

- Figure - Open "B"**
 1. Michelle Renko
 2. Angie Buehler
 3. Amanda Schaible
 4. Jodi Jackson
- Figure - Open "C"**
 1. Jennifer Lykins
 2. Kristi Richmond
- Figure - Masters 40+**
 1. Angie Buehler
NGA PRO Card & Overall
 2. Bobbie Grigsby
 3. Jennifer Lykins
 4. Diane Ragans
 5. Amand Schaible
 6. Shannon Campbell
 7. Michele Cerminaro
- Figure - Masters 50+**
NGA PRO Card
 1. Darcy Plunkett
 2. Amanda Schaible
 3. Kristi Richmond
 4. Diane Ragans
 5. Jodi Jackson
 6. Michele Cerminaro
- Women's Physique - Open**
NGA PRO Card
 1. Courtney Stiles
NGA PRO Card
 3. Rachel Kuzma
 4. Patty Hammers
 5. Alexis Ruff
- Women's Wellness - Open**
NGA PRO Card
 1. Laura Hornish
NGA PRO Card
 2. Courtney Stiles
NGA PRO Card
 3. Courtney Stiles
 4. Carmen Glover-Brown
 5. Rachel Gupta
 6. Jennifer Lykins
- Men's Physique - Open LW**
 1. Nick Smith
 2. Zachary Hayward
 3. Michael Radcliffe
- Men's Physique - Open MW**
NGA PRO Card & Overall
 1. Roy Wright
NGA PRO Card & Overall
 2. Ellis Stephens
 3. Michael McDonley
 4. Timothy Charles Carman
 5. Hayden Greene
 6. Lei Qu
- Men's Physique - Open HW**
 1. Dylan Midkiff
- NGA PRO Card**
 2. Thomas Henson
 3. Joseph Selvidge
 4. Donta Cayson
 5. Michael Stelzer
- Men's Physique - Masters 40+**
 1. Donta Cayson
 2. Tim Hiles
 3. Michael Stelzer
- Classic Physique - Open LW**
 1. Jack Perez
 2. Jide Bakare
 3. Nick Smith
 4. Kenneth Ballard
- Classic Physique - Open MW**
 1. Austin Baird
NGA PRO Card & Overall
 2. Keith Fisher
 3. Jonathan Woodward
 4. Michael McDonley
 5. Ellis Stephens
 6. Michael Richardson
 7. Michael Ventura
 8. Lane Howard
 9. Lei Qu
- Classic Physique - Open HW**
NGA PRO Card
 1. Paul McGaughey
 2. Thomas Henson
 3. Payton Woltz
 4. Dylan Midkiff
 5. Michael Stelzer
- Men's BB - Open LW**
 1. Jack Perez
 2. Jide Bakare
- Men's BB - Open MW**
 1. Keith Fisher
NGA PRO Card
- Men's BB - Open LHW**
 1. Paul McGaughey
NGA PRO Card & Overall
- Men's BB - Open HW**
NGA PRO Card
 1. Thomas Henson
 2. Payton Woltz
 3. James Simmons
 4. Isi Enaiho
 5. JB Kirk
 6. Michael Stelzer
- Men's BB - Masters 40+**

- Men's BB - Novice "A"**
 1. Michael Richardson
 2. Jonathan Woodward
 3. Kyle Moore
 4. Noah Boothe
 5. Jacob Taylor
- Men's BB - Novice "B"**
 1. Keith Fisher
 2. Payton Woltz
 3. Michael Stelzer
- 2023 NGA PRO/AM Steel Valley Classic**
 Niles, OH
 November 5, 2023
 Promoter: Roy Thomas
- PRO Bikini - Open**
 1. Tashana Latrice
- PRO Classic Physique - Open**
 1. Quardarius Belser
- PRO Classic Phys - Masters 40+**
 1. Josh Miller
- Bikini - Open**
 1. Morgan Cox
- Figure - Open**
 1. Sydney Woonish
 2. Kelsey Novotney
- Women's Wellness - Open**
 1. Morgan Cox
- Men's Physique - Open**
 1. Darrin Johnson
 2. Jeffrey Garnik
 3. Michael Hixson
 4. Douglas Stiffler
- Classic Physique - Open**
 1. Michael Hixson
 2. Douglas Stiffler
- Men's BB - Masters 40+**
 1. Jeffrey Degue
 2. Marcus Moore
- Figure - Debut**
 1. Sydney Woonish
 2. Chrystina Ketchum
- Figure - Novice**
 1. Sydney Woonish
 2. Christina Ketchum
 3. Kelsey Novotney
- Men's Physique - Debut**
 1. Michael Hixson
- Classic Physique - Debut**
 1. Michael Hixson
 2. Douglas Stiffler
- Classic Physique - Novice**
 1. Douglas Stiffler
- Mom's Fitness Model**
 1. Christina Ketchum

- 2023 NGA East Coast Classic**
 Deltona, FL
 November 11, 2023
 Promoter: Matt Ammann
- PRO Bikini - Open**
 1. Tristin Alonzo
 2. Lisa Rodriguez
 3. Kayla Duarte
 4. Diane Agnew
- PRO Bikini Model - Open**
 1. Kayla Duarte
- PRO Men's Physique - Open**
 1. Robert Bell
 2. Moose Boyle
- PRO Classic Physique - Open**
 1. Alexandra Grit
 2. Clint Brackbill
- PRO Men's BB - Open**
 1. Marco Dalabona
 2. Clint Brackbill
- Bikini - Open "Short"**
NGA PRO Card & Overall
 1. Doris MacLennan
 2. Lorelly Mobley
 3. Valerie Diaz
 4. Kim Davenport
 5. Lisa Briggs
 6. Izabelle Stidham
- Bikini - Open "Tall"**
 1. Shaelyn Commette
- Bikini - Masters 40+**
 1. Lisa Briggs
- Bikini - Masters 50+**
 1. Doris MacLennan
 2. Susan Mahon
- Bikini - Masters 60+**
 1. Susan Mahon
- Bikini Model - Open**
NGA PRO Card
 1. Tristan Alonzo
NGA PRO Card
 2. Lorelly Mobley
 3. Lisa Briggs
 4. Elaina Panesso
 5. Kimberly Horsman
- Figure - Open "Short"**
 1. Lindsey Bennett
- Figure - Open "Tall"**
 1. Nita Flores
Overall
- Figure - Masters 40+**
 1. Nita Flores
- Wellness - Open**
 1. Ebony Cooke

2. Elaina Panesso
 3. Shaelyn Commette
- Men's Physique - Open LW**
 1. Scott Huddleston
 2. Cristian Chong
 3. Amir Busy
- Men's Physique - Open HW**
 1. Clint Brackbill
NGA PRO Card & Overall
 2. Roberto Gonzalez
- Men's Physique - Masters 40+**
 1. Scott Huddleston
 2. Roberto Gonzalez
- Classic Physique - Open LW**
 1. Abdel Rios
NGA PRO Card & Overall
 2. Amir Busy
- Classic Physique - Open MW**
 1. Jose Casas
- Classic Physique - Open HW**
NGA PRO Card
 1. Marc Luzzi
 2. Roberto Gonzalez
 3. Joshua Lyons
 4. Jacob Henley
 5. Shane Macon
- Classic Physique - Masters 40+**
 1. Roberto Gonzalez
- Men's BB - Open MW**
 1. Jose Casas
Overall
- Men's BB - Open HW**
 1. Gus Torres
- Men's BB - Masters 50+**
 1. Roberto Gonzalez
NGA PRO Card & Overall
2. John Rossman
 3. Joe Gorman
 4. Alvis Vaughan
- Men's BB - Masters 60-69**
 1. Joe Gorman
 2. Alvis Vaughan
 3. Gus Torres
- Men's BB - Masters 70-79**
 1. Alvis Vaughan
- Men's BB - Masters 80+**
 1. Richard Rabin
- Bikini - Novice**
 1. Doris MacLennan
 2. Kim Davenport
 3. Lisa Briggs
 4. Izabella Stidham
- Bikini - Teens**
 1. Izabella Stidham
- Figure - Novice**

1. Lindsey Bennett
- Evening Gowns**
 1. Elaina Panesso
Overall
 2. Shaelyn Commette
 3. Kimberly Horsman
 4. Abigail Lands
- Evening Gowns - Masters 50+**
 1. Christy Young
- Women's Transformation**
 1. Lindsay Bennett
 2. Kat Jankowski
 3. Kimberly Horsman
 4. Susan Mahon
- Men's Physique - Novice**
 1. Cristian Choong
 2. Amir Busy
- Classic Physique - Novice**
 1. Marc Luzzi
 2. Joshua Lyons
 3. Amir Busy
 4. Jose Casas
 5. Jacob Henley
- Men's BB - Novice**
 1. Joshua Lyons
- Men's Transformation**
 1. Joshua Lyons
- 2023 NGA PRO/AM Universe American Natural Championships**
 Deltona, FL
 November 18, 2023
 Promoters: Francine & Andrew Bostinto
- PRO Bikini - Open**
 1. Adiva McKensie
 2. Madison Shelite
 3. Sage Sweatt
 4. Doris MacLennan
 5. Carly Ducote
 6. Jane Fleischman
 7. Tashana Trotter
 8. Aubrey McClendon
 9. Rachel Shinkle
 10. Dr. Valerie Waller-Murphy
 11. Emily Thomas
 12. Taylor Robins
- PRO Bikini - Masters 40+**
 1. Doris MacLennan
 2. Janes Fleischman
 3. Dr. Valerie Waller-Murphy
 4. Annabella Fernandez
 5. Emily Thomas
 6. Diane Agnew

- PRO Bikini Model - Open**
 1. Austin Tarlini
 2. Lorelly Mobley
- PRO Figure - Open**
 1. Angelica Thompson
 2. Emily Aikins
 3. Tawny Copas
- PRO Wellness - Open**
 1. Austin Tarlini
 2. Sage Sweatt
 3. Kerridwyn Dugan
 4. Sophia Torla
 5. Emily Aikins
- PRO Women's Phys. - Open**
 1. Emily Aikins
 2. Angelica Thompson
 3. Perpetua Piechaczek
- PRO Men's Physique - Open**
 1. Desario Smith
 2. Robert Bell
 3. Anderson Moise
 4. Ryan Moore
 5. Aleksander Pacocha
 6. Josh Miller
 7. Jacob Takeda
 8. Antony Richburg
 9. Jordan Ramey
 10. Moose Boyle
- PRO Men's Phys. - Masters 40+**
 1. Desario Smith
 2. Josh Miller
 3. Antony Richburg
 4. Brian Palone
- PRO Classic Physique - Open**
 1. Enmanuel Fuenmayor
 2. Daron Monroe
 3. Jeremiah Wright
 4. Aleksander Pacocha
 5. Carson Molle
 6. Lorenzo Elder
 7. Kelvin Davis, Jr.
 8. Jason Robinson
 9. Marco Luzzi
 10. Brandon Griffin
 11. Abdel Rios
- PRO Classic Phys.- Masters**
 1. Daron Monroe
 2. Josh Miller
 3. Jason Robinson
- PRO Bodybuilding - Open**
 1. Jeremiah Wright
 2. Aleksander Pacocha
 3. Daron Monroe
 4. Sean Maloney
 5. Shelton Finch

- | | | | |
|---------------------------------------|---------------------------------------|-----------------------------------|---------------------------------|
| 6. Alphonso Jones | 3. Milene Edmond | 4. Ben Larson | 4. Joseph Gorman |
| 7. Lorenzo Elder | Wellness - Open | 5. Sihon Crutcher | 5. Gus Torres |
| 8. Anthony Casale | 1. Elaina Panesso | 6. Brad Feller | Men's BB - Masters 70+ |
| 9. Jason Robinson | Men's Physique - Open LW | 7. Paul Hadler | 1. Al Vaughan, Jr. |
| 10. Brandon Griffin | 1. Nick Gerken | 8. Rodney Gaines | Men's BB - Masters 80+ |
| 11. Carlos Parry | Men's Physique - Open HW | 9. Carlos Ugas | 1. Richard Rabin |
| 12. Monford Johnson | 1. Paul Hadler | Men's BB - Open LW | Bikini - Novice |
| PRO Bodybuilding - Masters 40+ | 2. Roberto Gonzalez | 1. Robert Sobieck | 1. Ysbelia Alvarez |
| 1. Marco Dalabona | 3. Carlos Ugas | NGA PRO Card & Overall | 2. Linda Cubillan |
| 2. Daron Monroe | Men's Physique - Masters 40+ | 2. Stan Thomakos | Men's BB - Novice |
| 3. Alphonso Jones | 1. Paul Hadler | Men's BB - Open MW | 1. Dan Schoneck |
| 4. Shelton Finch | NGA PRO Card | 1. Keith LaVine | Classic Physique - Teens |
| 5. Roberto Gonzalez | 2. Roberto Gonzalez | 2. Brad Feller | 1. Dan Schoneck |
| 6. Carlos Parry | 3. Carlos Ugas | 3. Rodney Gaines | Kid's Fitness |
| 7. Monford Johnson | 4. Troy Coop | Men's BB - Open LHW | 1. Olivia Bell |
| 8. Ben Larson | 5. Rodney Gaines | 1. Paul Hadler | |
| 9. Jason Robinson | Classic Physique - Open LW | 2. Griff Vittone | |
| 10. Griff Vittone | 1. Carlos Parry | 3. Al Vaughan, Jr. | |
| Bikini - Open | Classic Physique - Open MW | Men's BB - Masters 40+ | |
| 1. Brandy Tatum | 1. Keith Lavine | 1. Al Vaughan, Jr. | |
| NGA PRO Card | 2. Paul Hadler | Men's BB - Masters 50+ | |
| 2. Lorelly Mobley | Classic Physique - Open HW | 1. Brad Feller | |
| 3. Annabella Fernandez | 1. Dan Schoneck | NGA PRO Card | |
| 4. Ysibelia Alvarez | NGA PRO Card & Overall | 2. Sihon Crutcher | |
| 5. Linda Cubillan | 2. Louis DeJuan | 3. Rodney Gaines | |
| 6. Milene Edmond | 3. Roberto Gonzalez | 4. Al Vaughan Jr. | |
| Bikini - Masters 40+ | 4. Carlos Ugas | 5. Joseph Gorman | |
| 1. Milene Edmond | Classic Physique - Masters 40+ | Men's BB - Masters 60+ | |
| Bikini Model - Open | 1. Roberto Gonzalez | 1. Keith LaVine | |
| 1. Sage Sweatt | NGA PRO Card | NGA PRO Card & Overall | |
| NGA PRO Card | 2. Keith LaVine | 2. Stan Thomakos | |
| 2. Elaina Panesso | 3. Carlos Parry | 3. Al Vaughan, Jr. | |

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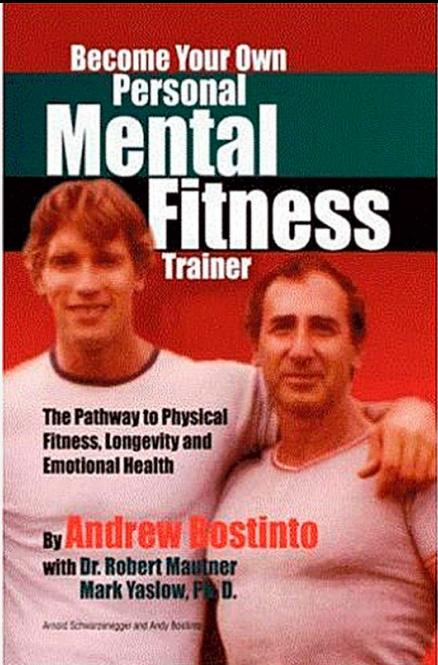
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— from the Introduction

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