



SPRING/SUMMER  
2025

# NGA NATURAL *mag*

Drug-Free Athletes of America

## LIFE OF A LEGEND

ANDREW BOSTINTO  
BECOMES  
A CENTURION

## SAUNA

THE FACTS  
ABOUT  
USING HEAT  
AFTER TRAINING

## MAXIMIZE YOUR MUSCLE GAINS

AVOID THESE 5  
COMMON ERRORS

## + THE REAL REASON MOST LIFTERS FAIL

2025  
NGA SCHEDULE  
GET PUMPED!



IMPORTANT  
FACTORS  
BEFORE  
PREPPING

**POLYGRAPH TESTED**

← 15TH ANNUAL NGA →

# GATOR CLASSIC

**MAY 10, 2025** **DELTONA, FL**

**PRO AM**



**IRON RYNO FITNESS**

**F4L**  
FIT 4 LIFE

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



**TIME AND TICKETS:**  
Prejudging: **9am**  
Finals: **4pm**

Ticket info and purchase on-line  
Check In At Venue:  
Check in May 9, 2025  
2:00pm - 6:00pm

**MUSIC SPUN BY:**  
DJ JASON NELSON  
CRUNCH FITNESS  
AMMANNOMICS WE GOT GOOD SHIT!  
PROMOTER: Matt Ammann @mattammann1

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

**KentuckyNaturalBodybuilding.com**

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




Show Featured in  
NGA Natural Magazine

**MAY 24**  
**LEXINGTON, KY**

Promoter: Josh Miller  
KyNaturalbb@gmail.com

Pre-Judging: 11am  
Finals: 3pm



**KentuckyNaturalBodybuilding.com**

Arthur & Murray Lexington Centers  
COMMONWEALTH ELECTROLYSIS CLINI  
BEVERLY INTERNATIONAL  
NUHEALTH  
Traditional Chinese Acupuncture Clinic

NO LIMITS  
LEANFEAST  
POWER4  
LAKED NUTRITION

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

# Welcome

## Letter from the Editor

Happy 2025!!! This first issue of the year is packed with great content to enhance and educate natural athletes and present our winners and outstanding athletes throughout the season. We pride ourselves on being the oldest, most reputable natural organization, and being able to offer this FREE digital magazine.

This issue features our premier show, the NGA PRO/AM Universe along with our 2024 NGA Hall of Fame inductee posthumously, Lee Banks. Also featured in this issue is our Founder, Andrew Bostinto, who reached the ripe age of 100! Read about his latest adventures and how he is living his best life at 100.

The cover features Desario Smith, NGA PRO Physique. Desario has won the NGA PRO Universe two years in a row. Can he break a record and do it three times? I guess we will have to wait and see on November 15, 2025, in Deltona, Florida, where once again the NGA PRO/AM Universe will be held.

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](mailto: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.

NGA NATURALmag, [www.nganaturalmag.com](http://www.nganaturalmag.com), is published 2 times a year by Precious Words, DBA, Parkland, FL 33067. Reproduction of editorial or pictorial content in any manner is prohibited. Copyright©2024 NGA NATURALmag. All rights reserved.

Disclaimer: Reader discretion is advised. Please consult your physician before beginning any exercise or diet program, or when making changes in an existing program if you have any doubts about your health status. NGA NATURALmag accepts no liability, expressed or implied for any products or programs contained within.

<b>PUBLISHER &amp; EDITOR-IN-CHIEF</b>
Francine Bostinto
<b>EDITORIAL DIRECTOR</b>
Andrew Bostinto
<b>ART DIRECTOR/WEB DESIGNER</b>
Lana B. Callahan, BFA
<b>NUTRITION EDITOR</b>
Josh Miller, BS, NSCA, CPT
<b>PROOFREADER</b>
Lameesa Muhammad, PhD
<b>CONTRIBUTING PHOTOGRAPHERS</b>
Josh Emerson Jorge L. Gutierrez, Jr. (JLG Media) Ken Montgomery JC Norton
<b>CONTRIBUTING WRITERS</b>
Chad Adamovich, CSCS Matt Ammann Francine Bostinto Eric Brown "Fitman" Johnny "The Motivator" Carrero Dr. Christoph Klueppel Dr. Nicholas M. Licameli, PT, DPT Josh Miller, BS, NSCA, CPT Sherwood Minor Lameesa Muhammad, PhD Alexander A. Puhalla, PhD Erin Quinn Shiloe Steinmetz, R.Ph Natasha Tackett

**TABLE OF CONTENTS**



# NGA NATURALmag

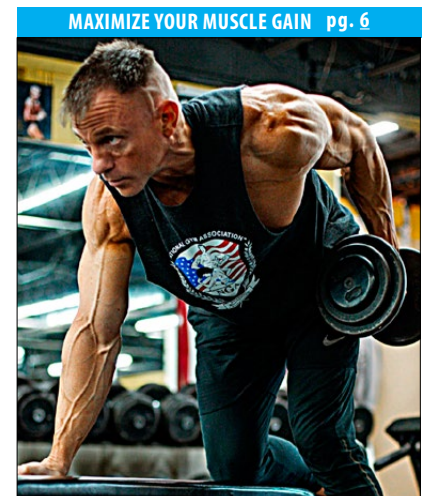
**ON THE COVER:** Desario Smith  
 NGA PRO Physique - Open  
**COVER PHOTO BY:** [jlgmediagroup.com](http://jlgmediagroup.com)  
**COVER DESIGN BY:** Lana B. Callahan, [lbsdesignstudio.com](http://lbsdesignstudio.com)



**FROM SET-BACK TO STAGE** pg. 31



**LIFE OF A LEGEND** pg. 20



**MAXIMIZE YOUR MUSCLE GAIN** pg. 6

## FEATURES

### COVER STORIES

- Life of a Legend**  
 By Shiloe Steinmetz, R.PH  
**Andrew Bostinto Becomes a Centurion** 20
- To Sauna or Not to Sauna**  
 By Alexander A. Puhalla, PhD  
**That is the Post Workout Question** 50
- Maximize Your Muscle Gains**  
 By Josh Miller  
**Avoid These 5 Common Errors** 6
- The Real Reason**  
 By Eric Brown "Fitman"  
**Most Lifters Fail** 32

## NUTRITION

- My Thoughts on Supplements**  
 By Sherwood Minor 18

## TRAINING

- Maximize Your Muscle Gains**  
 By Josh Miller  
**Avoid These 5 Common Errors** 6

### Important Factors Before Prepping

By Chad Adamovich, CSCS 10

### The Perfect Warm-Up

By Dr. Nicholas M. Licameli, PT, DPT 29

### The Real Reason

By Eric Brown "Fitman" 32

### Most Lifters Fail

By Alexander A. Puhalla, PhD 50

### Making Time For Cardio

By Lameesa Muhammad, PhD 53

### With A Busy Schedule

By Dr. Christoph Klueppel 54

### NO Pain . . . NO Gain.

By Dr. Nicholas M. Licameli, PT, DPT 29

## FEATURED ATHLETES

**The Balance Between**  
 By Natasha Tackett 26

**Competition & Camaraderie** 13

**Life of a Legend**  
 By Shiloe Steinmetz, R.PH  
**Andrew Bostinto Becomes a Centurion** 20

### Motivator's Corner

By Johnny "The Motivator" Carrero  
**Roger Benton** 24

### From Set-Back to Stage

By Erin Quinn  
**My Journey of Resilience & Self-Discovery** 30

## 2024 NGA SHOWS

**2024 NGA 4th Annual West Coast Classic PRO/AM**  
 By Matt Ammann  
 Gulfport, FL 8

**2024 NGA PRO/AM Bluegrass Bodybuilding Championships**  
 By Josh & Melissa Miller  
 Lexington, KY 14

**2024 NGA 4th Annual East Coast Classic PRO/AM**  
 By Matt Ammann  
 Deltona, FL 26

**2024 NGA PRO/AM Universe Championships**  
 By Francine Bostinto  
 Deltona, FL 34

### 2024 NGA American Natural Championships

By Francine Bostinto  
 Deltona, FL 48

## EACH ISSUE

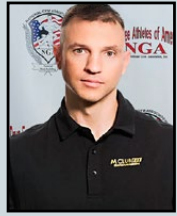
### CONTEST RESULTS

**NGA Contest Results**  
 September 2024 - November 2024 57

**NGA 2025 Schedules** 61

**NGA Trainer Certification** 62





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

# Maximize Your Muscle Gains: Avoid These 5 Common Errors

After competition season, many competitors start thinking about how to build muscle over the colder months. The idea of bulking up is often tempting, but it can also lead to common mistakes that hinder progress. Here's a straightforward guide on the top five

mistakes people make when trying to gain mass and how to avoid them.

## 1. Ditch the Word "Bulk"

First things first, let's stop using the term "bulking." This word suggests a mindset of gaining weight at any cost, which can lead to unhealthy habits. Many people think they need to gain as much weight as possible, but this often results in unwanted fat gain. Instead of bulking, think of this phase as a time to improve your physique.

Aim for a slow and steady weight gain. Increase 1 to 3 pounds per month. This approach not only helps you build muscle, but also allows you to keep more of what you gain. If you're starting leaner, you might gain closer to 3 pounds a month, while those at a heavier weight may only need to aim for a gain of 1 pound. Remember, quality matters more than quantity when it comes to muscle gain.

## 2. Find the Right Balance in Your Diet

When transitioning from a cutting phase (where you're losing fat) to a gaining phase, some people swing too far in the opposite direction. They go from meticulously counting every calorie to being overly relaxed about their diet. While it's okay to be a little more flexible, it's important to maintain some structure.

Use this phase to experiment and find what works best for you. Track your meals and pay attention to how different foods affect your performance and recovery. This way, you can gather useful information to

help you when it's time to cut back on calories later. Enjoy the extra freedom, but don't completely abandon the discipline that got you here in the first place.

## 3. Don't Forget About Cardio

While you don't want to do as much cardio during a gaining phase as you would when cutting, it still has its place. Cardio is essential for maintaining overall health and can actually help with muscle recovery. Incorporating moderate cardio sessions, like brisk walking or light jogging can improve your cardiovascular fitness and help your body recover after intense weightlifting sessions.

Just because you're focused on gaining muscle doesn't mean you should neglect cardio. In fact, a little bit can go a long way in helping you stay fit and keep your body composition in check.

## 4. Practice Patience

Building muscle takes time. Many people want quick results, but rushing the process often leads to disappointment or injury. Instead of aiming for a big weight gain all at once, focus on making gradual progress. Realistically, gaining 25 pounds in a few months won't be sustainable, and you'll likely end up with more fat than muscle.

Set smaller, achievable goals along the way. Celebrate your progress, no matter how small, and enjoy the journey. Remember that great physiques are built over years, not overnight.

## 5. Embrace a Little Fat Gain

Finally, it's important to understand that some fat gain is a natural part of building muscle. Many people want to stay ultra-lean, but that can hinder muscle growth. Your body needs extra calories to build muscle, and this may come with a bit of fat.

Don't panic if you notice your abs fading a little. Everybody is different; some people can gain muscle without losing their definition,

while others might need to accept a softer look during this phase. Focus on the long-term goal of building a strong physique. When you're ready to cut back on calories later, you can lose the fat more easily than it took to gain the muscle.

## Conclusion

Focus on the long-term process of muscle gain rather than quick fixes. Avoid the pitfalls of extreme bulking, maintain a balanced approach to nutrition, and don't shy away from cardio. Be patient, set realistic goals, and accept that some fat gain is part of the journey. With smart planning and hard work, you'll be well on your way to achieving a stronger, more impressive physique. Remember, the best results come from consistent, sensible choices over time. ■

PHOTO CREDIT: JOSH MILLER





# NGA 4<sup>th</sup> Annual West Coast Classic PRO/AM



**Gulfport, FL**  
**September 14, 2024**

**Promoter: Matt Ammann**  
[thegatorclassic@yahoo.com](mailto:thegatorclassic@yahoo.com)  
[@ngagatorproductions](https://www.instagram.com/ngagatorproductions)  
[@mattammann1](https://www.instagram.com/mattammann1)  
[www.ngagatorproductions.com](http://www.ngagatorproductions.com)



**Luis Saez**  
**Bodybuilding - Open**  
**NGA PRO Card**



**Gloriann Desliens**  
**Bikini - Open**  
**NGA PRO Card**



**Griff Vittone**  
**Classic Physique - Open**  
**1st Place**

**Tony Howard, III**  
**PRO Classic Physique - Open**  
**1st Place**



The NGA 4th Annual West Coast Classic was held at the Catherine Hickman Theater. It was an amazing show, 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 help make the shows run smoothly and so much fun!

Tony Howard was the NGA PRO Classic Physique winner! This show had a few new NGA PROs in Men's Bodybuilding, Luis Rivera and Gloriann Desliens in Bikini.

It was a great time had by all. We are looking forward to the 2025 NGA Gator Productions! ■

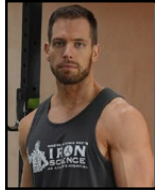
Photo Credits: JLG Media



**Lisa Foor**  
**Evening Gown**  
**Overall Winner**



**Bikini - Open**  
L-R: Catherine Johnson, Kim Davenport, Gloriann Desliens, Jena Garrett, Jessica Petrinolis



BY CHAD ADAMOVICH, CSCS  
[WWW.IRON-SCIENCE.COM](http://WWW.IRON-SCIENCE.COM)  
[CHAD@IRON-SCIENCE.COM](mailto:CHAD@IRON-SCIENCE.COM)

# IMPORTANT FACTORS BEFORE PREPPING

**P**rep is an exciting time for any competitor. It's the stage lights, seeing all the hard work you put in and solid competition. It's the peak and accumulation of everything we put into this extreme sport that make it a time like no other. Due to this, there are many competitors who rush to the stage or plan poorly, leading to a negative experience or outcome. Below are some key areas to consider BEFORE prepping that will help you have a positive and successful season.

## LIFE

One of the most important factors to consider in this journey to the stage is your life circumstances. Areas you will want to review are what will make this process smoother for you and potentially your loved ones are the following:

- **Work Schedule Matters**

Remember competing in bodybuilding is a hobby for most athletes and it is not worth the loss of your job. I have trained some athletes that have a more demanding summer work schedule than in the winter, so we have to plan according to their needs and vice versa for others. Choose the timeline that will work best with your career and travel schedule.

- **What You Enjoy In Life**

One personal example of this is the fact that we love to take out the jeep in the summer and visit different locations to enjoy food and beverages while lounging on patios. Because of this, prepping for the fall season isn't going to be the path that is best for me. I'm not saying it can't be done, but for me, it's just not worth the sacrifice. But keep in mind, everyone is different so it is important that you consider what you enjoy and are willing to sacrifice. In this case, this is not something that I would sacrifice since I would prep through the winter months.

- **Time And Financial**

In prep, the demand on time will go up along with costs. For time, you must consider posing practice, additional time spent at the gym, etc. Try to prep when your schedule is less demanding. When it comes to the financial side, consider potential travel expenses, registrations, and all the other fees and expenses that come with hitting the stage. Establishing a budget to minimize fiscal stress may also be helpful.

- **Your Mental State**

Are you in a positive place to compete successfully? If you have gone through preps, you know this is not only a physical battle, but it is also mental. If you are not extremely excited to prep, this may cause you to suffer further down the down, especially in the deep

stages of prep. If you are going through some stressful times in life, it might be best to consider a different timeline to make the experience more positive than negative.

## TIMELINES

Outside of the above factors and on the physiological side, it's extremely important to review prep timelines. Here are some professional guidelines on this:

- **How Long Has It Been Since You Competed Or Went Through A Cut?**

How long was the cut? Were you truly stage lean? It is not realistic to constantly be dieting, so if you want to be successful when cutting, you need to have a significant amount of time out of a deficit. Post contest, even when reversing properly, it would take about 6 months or more to bring hormones back up to normal if you were stage lean. From there, you should spend a significant amount of time in a surplus to build food up intelligently. To see the difference next time you hit the stage, you need time to grow in this surplus. Professional recommendations are typically a minimum of 1 year in a true surplus without dieting. If you are constantly cutting, you will be driving your body into

the ground and most likely come out looking worse each time you try to compete.

- **How Long Do You Need To Cut To Bring Your Best?**

You typically want to plan more time than not to minimize stress. Illness and life can happen, delaying progress. Professionals always recommend timelines based on current body composition with some cushion to spare. Also, no timeline should be extreme. Professionals will recommend longer timelines to minimize lean tissue loss, tanking the athlete and more. Most athletes should be preparing for months, not weeks. Avoid the bro cookie cutter approach of everyone doing 8-12 weeks because to have that timeline you already need to be very lean. If you go the extreme route, the consequences could be great which would take an entirely different article to address.

If you consider the areas in the checklist above, you may find yourself enjoying the experience much more, along with the potential to achieve greater success. Natural bodybuilding is a long-tailed sport with no short cuts. Plan and train intelligently to help you in this extreme sport we love so much. ■

### 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](http://www.iron-science.com) email: [chad@iron-science.com](mailto:chad@iron-science.com)

**F4L**  
FIT & LIFE

AMMANNOMICS.COM  
presents

**IRON-RYNO**  
FITNESS

**NGA**  
WEST COAST CLASSIC

**PRO/AMATEUR**

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

**September 13, 2025**  
**Gulfport, Florida**

**OPEN**

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

**TIME AND TICKETS:**  
Prejudging: **9am**  
Finals: **4pm**

Ticket info and purchase on-line

**HOST HOTEL:**  
Holiday Inn  
St. Petersburg West  
1200 34th St N  
St. Petersburg, FL 33713  
727.322.0770  
Check In At Host Hotel:  
September 12, 2025  
2:00 PM- 6:00 PM

**PROMOTER:**  
Matt Ammann  
407.340.7929  
@MattAmmann1

**VENUE:**  
Catherine Hickman  
Theater  
5501 27th Ave S  
Gulfport, FL 33707

AMERICAN MIKE ALLEN  
FIRE SYSTEMS 352-286-9566

888-ADMIT-IT

AMMANNOMICS  
WE GOT GOOD SHIT!

MARTIN'S  
CHILDREN CENTER

NXT LEVEL  
SUPPLEMENTS

HOT SPOT

JLG

Auto-Aging & Regeneration Associate

www.ngagatorproductions.com • email: thewestcoastclassic@yahoo.com • @ngagatorproductions

# The Balance Between Competition and Camaraderie

By Natasha Tackett

I jumped into the world of bodybuilding in the same manner I approach most decisions in my life: head first and with blissful abandon. These lean, graceful women in bejeweled bikinis looked so glamorous to my inexperienced eyes. From the moment I set my eyes on a competition poster in my local gym, I knew I wanted a piece of that glamour and strength. What I found instead was far more than I could have ever imagined.

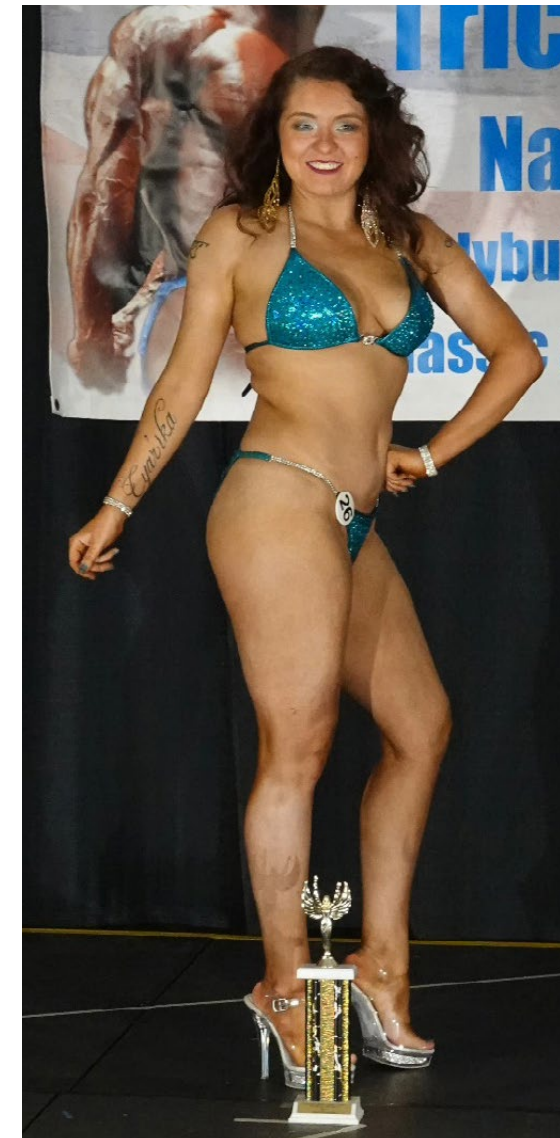
One of my local friends and I went through our first bodybuilding prep and chose to debut at the NGA Tricky Jackson Natural in 2022. We met one of our longest standing bikini competitor friends by the name of Sarah Wardley, and I got my first taste of a live pose-down for the NGA Bikini PRO Card. Suddenly, the balance between competition and fellowship was an active discussion between myself and my friends.

Each prep has presented its own variety of personal challenges, as it tends to do, but there's been one constant at each show. No matter if the competitor list has been six or sixty, I have been blessed to expand my list of friends. I'll never forget being at the 2022 NGA Bluegrass Bodybuilding Championships and hearing Josh Miller talk about how we all had certain things in common with each other, and to find friends at each

show to lean on in the hard times. Beyond simply attending shows, I've found friendship, support, and received fitness modeling opportunities as well. We have a diverse and niche community full of friendly faces ready to put in the work solo and in groups.

Since starting this endeavor in August 2021, there have been countless lessons and memories. Even through the losses, I've had the absolute pleasure of watching someone's hard work culminate into a beautiful win at the end of the day. My most memorable lessons have come from conversations held on the stairs waiting to enter the stage, or sharing jewelry when a teammate needed a bracelet because they had forgotten their own. Not to mention watching the live posedowns and cheering so loud for athletes that I don't personally know, but their energy and personalities are infectious.

At the end of the day, it's not always about the hardware (although bringing home some new medals and trophies is never a bad experience); it's about finding new friends you can call when you're ten weeks out from a competition and are struggling mentally. Those are the people you'll find between the lines of competition and camaraderie. ■



Natasha Wood  
Figure - Novice  
3rd Place

# NGA PRO/AM Bluegrass Bodybuilding Championships

## A Showcase Of Strength And Dedication



**Lexington, KY**  
**October 5, 2024**



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



### **Classic Physique - Open HW**

**Zachary Martin, Beau Downs, Kumi Sarpong, Jr.,  
Jose Zubizarreta (NGA PRO Card & Overall), Matheus Daidone, Clifford Lovett**



### **Figure - Open Short**

**Honey Arnold, Holy Brecheen (NGA PRO Card), Ashley Keiffer,  
Danielle Smith, Luciana Polizel**



### **Bikini - Open Short**

**Tamie Gartland, Danielle Smith,  
Missy Bowman (NGA PRO Card & Overall),  
Samantha Howell**

On October 5, 2024, the vibrant city of Lexington, Kentucky, buzzed with excitement as the Rupp Arena transformed into a stage for the NGA PRO/AM Bluegrass Bodybuilding Championships. The event attracted a packed house, showcasing the incredible dedication and athleticism of both professional and amateur bodybuilders from across the nation. With a stellar lineup of competitors, the show featured intense competition and a celebration of the sport of bodybuilding.

The professional categories were fierce, with athletes pushing their limits in pursuit of glory. In the PRO Bodybuilding Open division, Josh Niemi emerged victorious, claiming the coveted 1st place title. His impressive physique and stage presence left the judges and audience in awe. Following him, Kumi Sarpong, Jr. secured a commendable 2nd place, showcasing his strength and grace. In the PRO Classic Physique Open category, George Latson stood out, earning the top spot with his classic lines and symmetry. Quadarius Belser (also known as Q) followed closely, taking home 2nd place and proving that he is a formidable competitor in this highly regarded division.

The PRO Men's Physique Open competition saw Daniel Butcher triumph, securing 1st place with a well-rounded and aesthetically pleasing physique that resonated with both the judges and spectators alike.

The PRO Bikini Open category was equally competitive, with Holy Brecheen capturing 1st place, her polished condition and confidence radiating on stage. Kristen Groeniger earned 2nd place, demonstrating her dedication and passion for the sport.

In the PRO Figure Open division, Rachel Kuzma showcased her exceptional talent, earning the top

honor. Her powerful stage presence and impressive physique left a lasting impression on the audience.

The PRO Women's Physique Open competition was another highlight, where Martha Williams took home 1st place, demonstrating her incredible strength and artistry. Honey Arnold followed closely in 2nd place, proving her mettle in this challenging category.

Lastly, Grace Amburgey shined brightly in the PRO Wellness division, securing 1st place and underscoring her dedication to fitness and health.



# NGA PRO/AM Bluegrass Bodybuilding Championships

## A Showcase Of Strength And Dedication



Lexington, KY  
October 5, 2024

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



### Physique - Open

Mason King, Gavin Newman (NGA PRO Card), Bennett Fain, Major Douglas, Lomar McNee

The amateur categories were equally thrilling, with competitors eager to make their mark. In the Bodybuilding Open division, Jose Zubizarreta dominated the stage, not only winning the overall bodybuilding title, but also clinching the Classic Physique Open overall. His exceptional performance highlighted his commitment to the sport and set a high standard for future competitors.

In the Classic Physique Open division, Zubizarreta's prowess shone through as he showcased his classic lines and symmetry, further solidifying his status as a rising star in the bodybuilding community.

The Physique category saw Ellis Stephens take home the overall title, earning an NGA PRO Card.

Gavin Newman secured the lightweight class, also earning an NGA PRO Card, demonstrating the depth of talent present among the competitors.

The Bikini division celebrated Missy Bowman, who was crowned the overall champion, earning her an NGA PRO Card. Ashley Losen took top honors in the tall class, earning her NGA PRO Card also, displaying the vibrancy and diversity of competitors in this popular category.

In the Figure Open competition, Holy Brecheen once again proved her mettle, earning the overall title and an NGA PRO Card. Bria Mink showcased her skills winning the tall class, earning an NGA PRO Card as well.



### Wellness - Open

Sarah Wardley, Samantha Havel, Gracy Amburgey (NGA PRO Wellness), Raquele Stanton (NGA PRO Card), Jordan Hampton (NGA PRO Card), Andrea Guthrie

The Wellness category featured Jordan Hampton winning an NGA PRO Card by taking 1st place, with Raquele Stanton following closely in second, also earning an NGA PRO Card.

Lastly, in the Figure Masters division, Danielle Smith won an NGA Masters PRO Card by claiming 1st place, exemplifying that dedication and passion for fitness truly have no age limit.

The NGA PRO/AM Bluegrass Bodybuilding Championships was not just a competition; it was a celebration of strength, perseverance, and the spirit of bodybuilding. The packed house at Rupp Arena witnessed the culmination of countless hours of training, discipline, and commitment

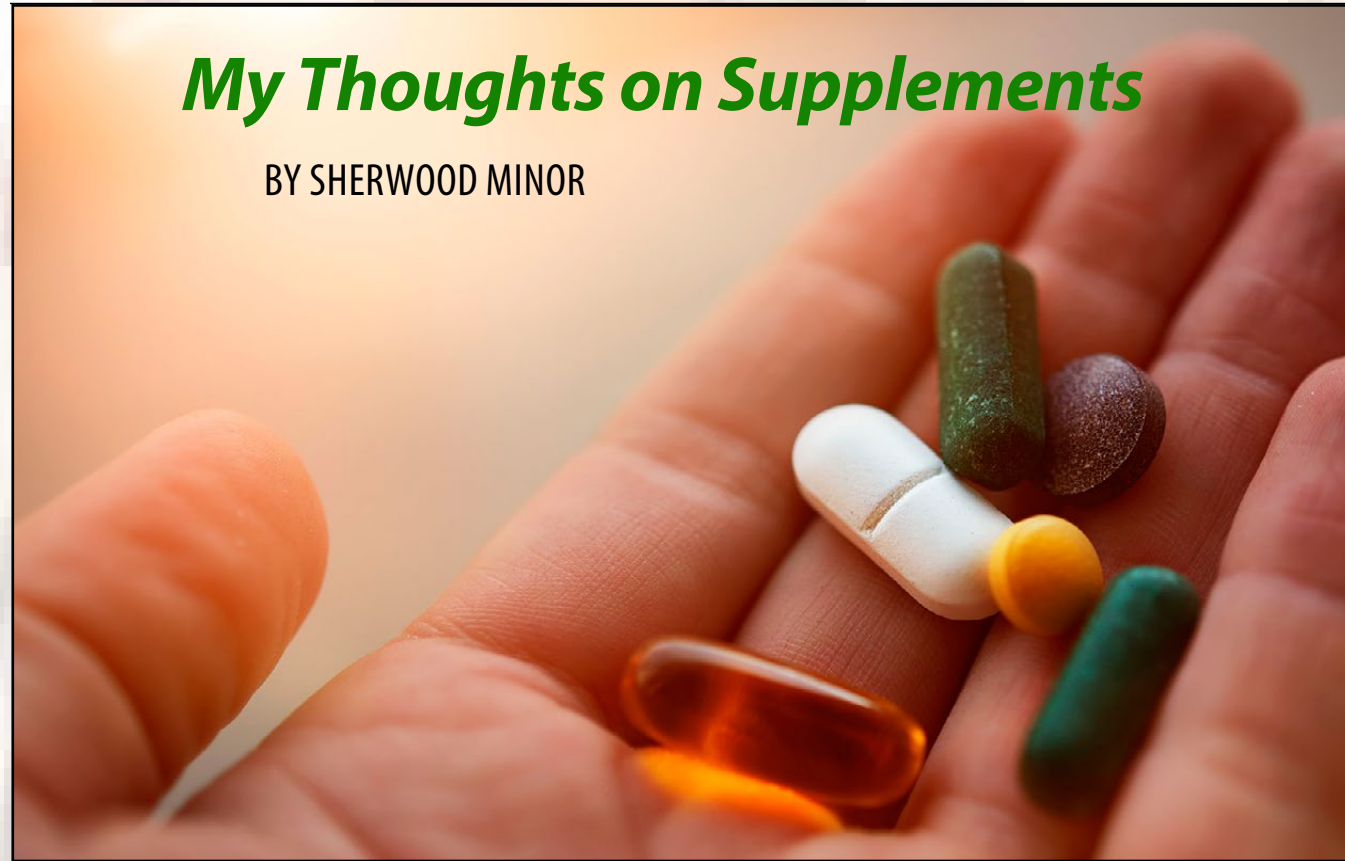
from all participants. The camaraderie among competitors, the electrifying atmosphere, and the unwavering support from fans made this event truly special.

As the day came to a close, the success of the NGA PRO/AM Bluegrass Bodybuilding Championships left a lasting impression on all who attended. With the spotlight shining on both established professionals and emerging amateurs, the event continues to inspire the next generation of bodybuilders, ensuring that the legacy of this sport thrives in the heart of Kentucky and beyond. ■

Photo Credits: Ken Montgomery and JC Norton

# My Thoughts on Supplements

BY SHERWOOD MINOR



Now this is not going to be the scientific writing like most of my colleagues and educated fitness professionals would give you. Some of these colleagues are not just fitness professionals, but they are also registered dietitians, holistic dietitians, naturopaths, chiropractors, pre-med graduates, nutrition majors who have advanced nutrition certifications, or physicians. This article is simply about my thoughts on supplements which I hope is helpful to you.

Like many people, I “fished” for information to find out what supplements would work for me when I first entered the bodybuilding world which started when I became involved in working out in the mid-80s. At the time, I was involved in high school football and bench contests. In 1989, I started in bodybuilding which continued through the year 2000.

My education in lifting started with my dad, my

high school coach and gym teacher, my friends, as well as by reading books and bodybuilding magazines. There were a few books I was blessed to read. One of those books was by Joe Weider (can't remember the title), “The Scientific Method of Bodybuilding” by Fred Hatfield, “Power Eating” by Susan Kleiner, and Arnold Schwarzenegger’s autobiography. Additionally, I was blessed to attain many certifications through various organizations and attended plenty of workshops, seminars, and conferences.

Although this article is about my thoughts on supplements, I didn’t use supplements during my competing days. However, I did use something called Brewer’s yeast, but not on a regular basis. Also, I did occasionally take a multivitamin, but soon found out those were ineffective because my body wasn’t absorbing them, they were just passing through. Plus, the chemicals and fillers in those things are harmful (some of the brands out then are still out today, but hopefully they are better). I also drank some of those meal replacements like drinks which are mostly full of sugar. But nothing was as consistent as the food I ate, of course. I made my own shakes as well. I’m blessed to remember the ingredients I used to this day which are the following:

1. Skim Milk or 2% (Today, I would use whole milk-organic or grass fed)
2. Yogurt, I used to choose the ones with the fruit on the bottom so they had a good amount of sugar in them, I also used whole milk and whole milk Greek yogurt. Today I use Kefir.
3. Wheat germ
4. Banana

It wasn’t until the mid 90’s that I tried a protein supplement for the first time. A friend gave me a chocolate protein powder which later expanded to me using a protein creatine mix which I did for about a month or until it was done. So, if people want to say I was blessed to build my body on one month of supplements. So be it, ha!

I was very picky on the supplements I chose. If it had too many artificial sweeteners or additives, I wasn’t interested. But one thing is for sure, whatever I used, I wanted it to be as close to nature and real food as possible. All I wanted to read was about vitamins, minerals, and what was derived from food and in food. However, my use of supplements was very short-lived for this period in my life, typically lasting for not more than a month.

It wasn’t until 2012, that I began working for a company called Lifetime Fitness and started using supplements on a semi-regular basis. Interestingly, I had not competed in bodybuilding since 2000. The supplements I used were Lifetime Fitness and Garden For Life.

I had two reasons for starting to take supplements which were the following: First, I worked for a company that sold supplements and, second, It would help supplement or add to my daily nutritional regimen since I had become so busy in life. My time management wasn’t the best either, food prep-wise, so, a quick protein or meal replacement shake came in handy.

At the time, I chose supplements that were low in food additives or had none and were also low in sugar or composed of natural sugars. I wanted natural protein sources and preferred plant-based, grass-fed, organic, or both for the most part. If I couldn’t get this, the protein source has to be as close to natural as possible. The bottom line is that I choose my supplements

and vitamins by reading ingredient labels. If most people did this, a lot of these supplement companies would be out of business.

The following are supplements that I found to work the best based on my use or the ingredient composition:

## Plant-Based

Garden for Life (Sports Series)  
Owyn  
Lifetime Fitness Brands  
Four Stigmata  
Truvani  
Bob’s Red Mill  
Carrington Farm’s

## Whey Protein

Iconic  
Ascent  
Garden For Life (Sports Series)  
Lifetime Fitness Brands  
Bob’s Red Mill

As a rule of thumb, do your research on these brands and read the ingredients for yourself. Also, speak with your healthcare provider and a registered dietician which I highly suggest.

In conclusion, the most important thing that I found was in the food you eat and everything else should complement what you do with food. Also, learn how to read ingredients and how to eat properly, not dieting.

As always, please feel free to follow or view my Facebook, Tumblr, Instagram, Bodybuilding.com and “X”/Twitter page which are all under the name “Iron by wood”, and visit my [ironbywood.com](http://ironbywood.com).

Sign up for the NGA Newsletter by going to [nationalgym.com](http://nationalgym.com) and scroll to the center button on the fourth row.

Lastly, head over to [nganaturalmag.com](http://nganaturalmag.com) to browse through past NGA Natural Mag issues with more great content! ■

**Be well, be healthy, and thank you!**

# “One Hundred and Beyond, Life of a Legend”



BY SHILOE STEINMETZ R.P.H.  
NGA MEDICAL ADVISOR  
NGA PRO BODYBUILDER  
SHILOESTEINMETZ@YAHOO.COM

There are some remarkable people in the world today. It is mind blowing to read about some of the things people have achieved in their lives. The story I am going to share with you is one that is not only remarkable, but frankly quite unbelievable if it were not for the numerous people who know this legend personally. I have been around the bodybuilding world for almost 30 years and have seen many things and have met many people. There are some people that just leave an impression and impact the sport forever.

Andrew Bostinto is one of those people. I first met Andy back in 1997 at the Arnold Classic in Columbus, Ohio. I was walking around the expo when I was approached by this guy who was one of the most sincere and generous people I have ever run into. He talked to me about bodybuilding and drug free competition and sparked my interest in branching out into competition outside of the NPC, which was the only opportunity where I lived at the time. Little did I know, this man was not only the President and Founder of the NGA, he was a walking legend in the sport.

When tasked with the daunting privilege of writing an article on someone of Andy’s caliber, I sat and thought about what to write. Do I list all his accomplishments and life experiences? Do I talk about his bodybuilding career? His military service to our country? His life as a youth and how he became the man he is today? Those are all great topics, but I really wanted to know what the secret was to his



Happy 100<sup>th</sup> Birthday!

Francine and Andy Bostinto NGA Founder, Senior Mr. America 1977, “Trainers to the Stars”, and more importantly, a WWII Army Combat Infantry veteran who served in Europe.

success. What made Andy who he is, what his advice is to anyone who wants to be successful in life. I couldn’t decide which route to go, so I finally decided to do a little of both. After all, this man just turned 100 on January 11th, 2025, and is still going like the energizer bunny.

Just some interesting facts about Andy, just 3 days after his 100th birthday he had his second pacemaker installed and after a short recovery, he found his way back into the gym. He has been bodybuilding for over 87 years and started the National Gym Association (NGA) in 1979. This was just 2 years after he won the Senior Mr. America title in 1977. Because of his vast experience in bodybuilding and accolades, he has been friends with guys like Jack LaLanne and Arnold Schwarzenegger and has trained stars like Cyndi Lauper, Regis Philbin, Al Pacino, and Patrick Stewart, just to name a few.



Andy 1942



Andy served 29 years in the United States Armed Forces



On January 11, 2025, Andy began his 100th birthday celebration at the gym! He just can’t skip a workout!!! Andy has been training 87 years NATURALLY since 1937 and continues to train. We believe he is the oldest bodybuilder in the world and still training. Andy will be competing this year to claim the record as the World’s Oldest Bodybuilder!! Be there to witness it on May 10th at the NGA Gator Classic in Deltona, FL.

If these things were not impressive enough, it is what he has done recently that I would like to share. On the brink of turning 100 years old, Andy and his wife Francine embarked on a journey to Belgium, Luxembourg, and Germany where he was honored at a ceremony commemorating the 80th anniversary of the Battle of the Bulge. If you would like to read about this incredible journey of our NGA founder and current President, [click the link here](#) to read more of the story From Ironman to Centenarian-A Bodybuilder’s Legacy.

You would think someone that is 100 years young would slow down, but on the contrary, Andy is just picking up the pace. His itinerary for 2025 looks like this: On March 5th he will be in Dallas for a weekend event for wounded warriors. Then on May 10th he will be competing (yes, you heard that right) in the NGA Gator Classic in Deltona, FL setting the world record for the oldest bodybuilder in the world. Do they even have a class for that? Who will he compete against? This is truly remarkable! Then the weekend



December 2024, Andy returned to the city of Bastogne, Belgium where he helped to liberate the town 80 years ago.



A visit to the American Cemetery in Luxembourg to visit General Patton's grave site and then on to the B-17 Museum where Andy and Francine met General Patton's granddaughter, Helen Patton, and her dog.



In Bastogne, Andy is with the Queen of Belgium. The vets along with the king and queen threw nuts (walnuts) out to the people. The reasoning for the nuts is because US Brig General McAuliffe said "Nuts" instead of using foul language when the Germans asked if they were going to surrender.

of May 16th Andy will travel to Boston to lead a parade of 2000 motorcycles for wounded veterans. After that in June, he heads to Normandy, France and then all the way to Pearl Harbor in September.

Andy is part of an elite group of Americans who served in WWII, while in fact less than 1% of Americans who served in WWII are with us today. Because of this, he is receiving many honors. His biggest honor and reward has just been confirmed. Andy will be receiving the 4th highest individual military award – The Bronze Star Medal. The Bronze Star Medal is awarded for heroic or meritorious achievement or service in a combat zone. In 1962, President Kennedy announced that anyone who served in General Patton's army and has a combat infantry badge is entitle to The Bronze Star Medal. There are no signs of this legend slowing down. As I mentioned, there are too many accomplishments to list. Andy's wisdom comes from years and years of life experience.

What makes Andy tick? What is at the core of his being? How has he prevailed for so long and continues

to go? What is the secret to longevity and success? Andy comes from nothing; his father left him and his family early on and he was about as poor as any family could be. Through this adversity, Andy discovered who he was. His character and person have not changed in the nearly 30 years that I have known him. He is a man of character, values, and principle, which is why the NGA has the integrity and reputation it has today; it was built on the values of its founder and never wavered.

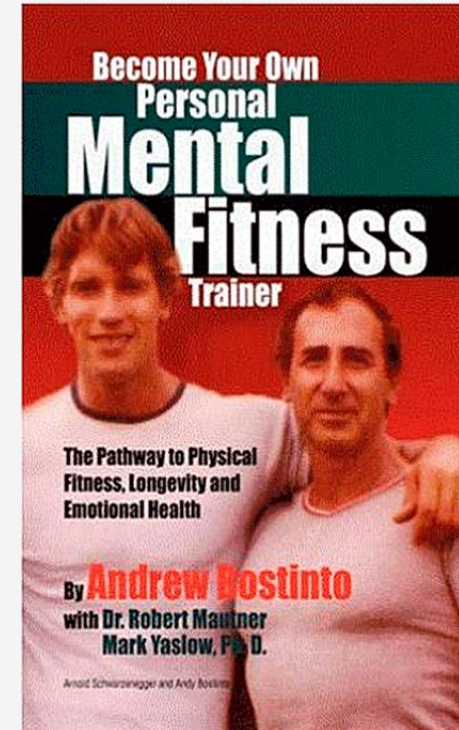
Besides living a healthy lifestyle and maintaining physical fitness, Andy has lived up to principles and genuinely knew who he was as a person and what he was capable of, no matter what others believed or said. He lives every day to the fullest, never making excuses. When I asked Andy what the one piece of advice is he could give to his readers, he echoed what he has said before, "Know yourself and know your priorities and values and who you are innately." There couldn't be truer words of wisdom from a man who has experienced it all and who is embarking on 100 years and beyond! ■



### Become Your Own Personal Mental Fitness Trainer

The Pathway to Physical Fitness, Longevity and Emotional Health by Andrew Bostinto

Nationally recognized as one of this country's top physical fitness professionals, Andrew Bostinto's experience in weight training, lecturing, writing, teaching and personal training spans over six decades.



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

— from the Introduction

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

— Jack LaLanne

[BUY NOW](#)



## BECOME A PROFESSIONAL TRAINER Get Certified

Personal Trainers • Gym Instructors • Aerobic Instructors Athletes • Fitness Club Owners • Managers

- I. Nutrition: A Physiologic Approach
- II. Dietary Planning and Energy Production
- III. Anatomy, Biomechanics, and Kinesiology
- IV. Exercise Physiology
- V. Factors in Physical Performance
- VI. Professional Trainer: Ethics and Conduct

Convenient, Study-at-Home Easily Assimilated

Nationally Recognized Reasonably Priced

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



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



## MOTIVATOR'S CORNER

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



### Motivator's Corner Highlights Roger Benton

I was promoting the 2018 NGA True Natural Olympian and I saw a man at prejudging with a camera and a huge zoom lens in the audience. Since I have a photography sponsor, I had to ask the man to put his camera in his car. He understood and did just that. As we spoke for a little bit, I found out he was interested in competing the following year. I gave him my card and he became a client. His name is Roger Benton.

Roger began weightlifting with his brother Mike while he was in junior high school in the late 70's. He took up powerlifting in the military from 1982-86. He had the height and weight and it just felt right to him. He did okay in a few contests, but was competing in the heavyweight division where there were lifetime lifters who were much stronger than he was. Roger said he learned a lot during those training sessions.

Roger trained as an Olympic lifter in 1985-86 and was coached by Guy Carlton, the Bronze Medal winner in the 1984 Olympics. At 6'2", 265 pounds, he just could not get the techniques down and move the kind of weight he needed in order to be competitive at a local level. So, he entered a small handful of contests, but didn't feel he was able to get the power or techniques.

In 1989, Roger said, "I realized I was too heavy for my knees and back, but wanted to continue lifting weights and be part of that community." He began training as a bodybuilder and taking his diet seriously. After about a year, he went to Quincy, California and competed in a bodybuilding open contest. He said, "I was so proud of myself for losing close to 40 pounds and maintaining a lot of my strength." But, when he got on stage, he realized he was not as prepared as all the other people there, yet he learned a lot from the process and over the next 30 plus years, he was lifting off and on and his diet was all over the boards until he began competing in the NGA.

The following is what Roger said about how he started competing in the NGA:

"I went to the 2018 NGA Natural Bodybuilding show, in Folsom, California and talked to the promoter, Johnny 'The Motivator' Carrero about bodybuilding. He was open, knowledgeable, and took time to share information even though he was running around making sure the athletes and their family/friends had a great experience at his show. He said to come by the gym in Sacramento and we could talk more about what we can do as a team. I was excited to begin, but had a very busy work schedule that took me out of town a lot over the next few months.

"In February of 2019, I called Johnny and set up a schedule. I was still working a lot but had breaks throughout the month. He worked with me every time I was available. We trained a couple weeks a



month and it changed my life. I was losing weight, maintaining my strength, and began to see muscle development.

"After a couple years of off-and-on training, my work schedule lightened up and we started training seriously for an NGA contest that was being put on in June 2023. During this timeframe, I saw that I had muscles in my abdominal area, something I had not seen in my life.

"I entered an NGA Bodybuilding contest in Lake Tahoe, California in June of 2023 at the age 59, and had an absolutely wonderful time. I came in last in all three categories that I entered, but my family, the promoter Bing Saez, my trainer Johnny Carrero, the judges, the other athletes, and the audience in the

room were nothing short of supportive. The other men and women who were competing, some who have been training most of their lifetime, especially David Rader, gave me advice, dieting tips, posing/routine lessons. All this happened before, during and after the contest. I have never been in a sport where other competitors were so very helpful. I cannot thank them enough. The best advice I got those couple days was to have fun and enjoy the moment.

"In 2024, I had some medical issue arise that took me out of the gym for a while, but I plan with the help and guidance of Johnny Carrero, to compete again in 2027, at the age of 63. I am so happy I began doing this and am proud to be part of this natural bodybuilding community." ■

# NGA 4<sup>th</sup> Annual East Coast Classic PRO/AM



**Deltona, FL**  
**November 9, 2024**

**Promoter: Matt Ammann**  
[thegatorclassic@yahoo.com](mailto:thegatorclassic@yahoo.com)  
[@ngagatorproductions](https://www.instagram.com/ngagatorproductions)  
[@mattammann1](https://www.instagram.com/mattammann1)  
[www.ngagatorproductions.com](http://www.ngagatorproductions.com)



**Julius Madzunovic**  
**Physique - Open HW**  
**NGA PRO Card & Overall**



**Ashley & Eric Keen**  
**Daughter & Father**  
**Couples 1st Place**



**Judges**  
L-R: Kevin Dorsett, Thienthu Tran, Erin Alexon,  
Matt Ammann, Dr. Nebetter Bey, Todd Elliott



**Sarah Suarez**  
**Wellness - Open**  
**2nd Place**  
**NGA PRO Card**

**Amy Gomez**  
**Figure - Open Tall**  
**1st Place & Overall**  
**NGA PRO Card**

**Figure - Masters 40+**  
**1st Place & Overall**

**Wellness - Open**  
**1st Place**  
**NGA PRO Card**

The 2024 Gator Productions season is a wrap! I would like to thank the athletes that competed in the show, it was a great success! A huge thank you to the staff that always make Gator Productions shows run so smoothly!

This was an amazing season, and we were happy to make some new NGA PROs. Congratulations to the following new NGA PROs, Amy Gomez, in both Figure and Wellness; Reginald Mazyck Jr., in Bodybuilding Masters; Abdel Rios in Men's Bodybuilding Open; Julius Madzunovic in Men's Physique Open; Sarah Suarez in Wellness Open; Shelia Cook in Bikini

Masters; and Lorelly Mobley in Bikini Open. It was amazing watching all these new NGA PROs make their dreams come true.

It was a special privilege to watch the mixed pairs, father, daughter team, Eric and Ashley Keen. Eric, who competes in men's bodybuilding has cerebral palsy, but he doesn't let it hold him back from doing anything.

We are looking forward to a wonderful 2025 season which will kick off April 19, 2025, with the NGA Amateur Extreme followed by the Gator Classic May 10, 2025. We will see you there! ■

Photo Credits: JLG Media



# IRON RYNO FITNESS

presents

# NGA EAST COAST CLASSIC

## PRO/AMATEUR

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

# NOVEMBER 8, 2025

## Deltona, Florida






**OPEN**

**MEN'S PRO BODYBUILDING**  
**MEN'S PRO CLASSIC PHYSIQUE**  
**MEN'S PRO PHYSIQUE**  
**WOMEN'S PRO PHYSIQUE**  
**WOMEN'S PRO FIGURE**  
**WOMEN'S PRO BIKINI**  
**WOMEN'S PRO BIKINI MODEL**

**TIME AND TICKETS:**

Prejudging: **9am**

Finals: **4pm**

Ticket info and purchase on-line

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

**PROMOTER:**  
 Matt Ammann  
 407.340.7929  
 @mattammann1



**VENUE:**  
 The Center at Deltona  
 1640 Dr. M.L.K. Blvd,  
 Deltona, FL 32725  
 Check In At Venue:  
 November 7, 2025  
 2:00pm - 6:00pm

















www.ngagatorproductions.com • email: theeastcoastclassic@yahoo.com • @ngagatorproductions



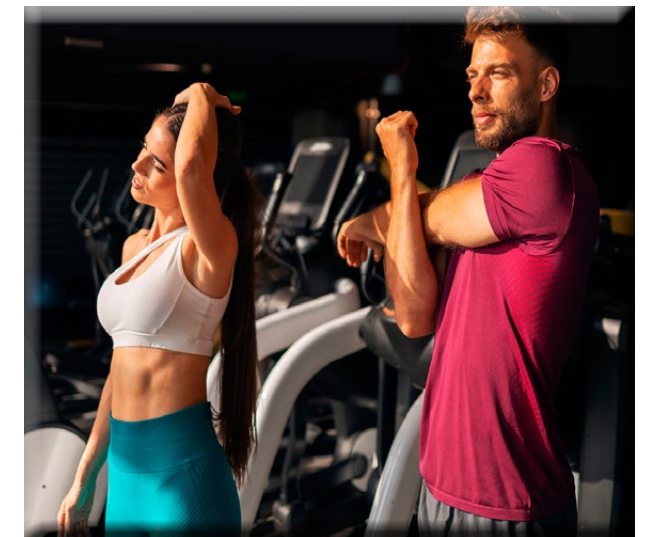
BY DR. NICHOLAS M. LICAMELI, PT, DPT  
 DOCTOR OF PHYSICAL THERAPY  
 NGA PRO BODYBUILDER  
 @NICKLICAMELI/  
 NLICAMELIDPT@GMAIL.COM

## The Perfect Warm-Up

A structured warm-up is critical to any resistance training session, serving both performance enhancement and injury reduction and management. Warming up can improve muscle function, increase joint and soft tissue mobility, and potentially reduce the risk of injury.

The primary goals of an effective warm-up are to elevate heart rate, increase body temperature, and prepare the neuromuscular system for the specific movement patterns of the training session that follows. Elevating core body temperature via light aerobic activity, such as treadmill walking, cycling, or jumping jacks, improves joint and soft tissue mobility and potentially reduces the risk of injury.

Beyond physiological benefits, warm-ups also play a crucial role in mental preparation. Rehearsing the specific movement patterns to be performed during training enhances motor unit recruitment and proprioceptive awareness, fostering improved technique and confidence.



For example, a warm-up for a workout beginning with 3 sets of 8 repetitions of the barbell bench press with 225lbs may consist of a brisk 5 minute walk on a treadmill or outdoors, arm circles and swings, and the bench press starting with an unloaded bar for 2 sets of 10 reps, 135lbs for 5 reps, 185 lbs for 3 reps, then onto the working sets at 225 lbs. Keep in mind that everyone is different and some athletes may require specific mobility drills to address specific deficits unique to him or her. Additionally, it is best to start with a basic warm-up and consult with a professional for more specific needs, if necessary.

In summary, an effective warm-up does not require excessive time or complexity. Instead, it requires the focus to gradually increase physiological readiness through light cardiovascular activity while integrating specific movement patterns relevant to the training session. This approach optimizes both physical preparedness and psychological focus, potentially contributing to improved performance and reduced injury risk. ■

**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/UCAWFe5BmaJ\\_WFAh2aqsOg8g](https://www.youtube.com/channel/UCAWFe5BmaJ_WFAh2aqsOg8g)

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

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

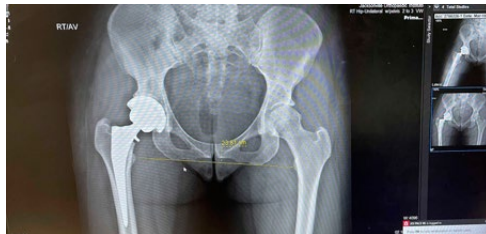


# From Setback to Stage: My Journey of Resilience and Self-Discovery

When I was eight years old, my life took an unexpected turn. I was diagnosed with septic arthritis in my hip, a rare and aggressive infection that can wreak havoc on joints. The condition required two surgeries and days of intense medical care before the infection was cleared, but the damage to my hip was irreversible. What followed was a grueling recovery process: months out of school, tethered to an IV pole to administer antibiotics, and learning how to walk all over again.



This early experience shaped my relationship with my body. Over the years, I grew accustomed to pain and limitations. By the time I was in my teens, activities that should have been simple—walking around the block, joining friends for a day at the beach—were sources of discomfort and frustration.



As I aged, the toll on my body compounded. After 30 years of living with a deteriorating hip, I faced not just the original damage but the effects of developmental dysplasia in my other hip and a herniated disc in my lower back. Each challenge built upon the last, until I made a life-altering decision shortly after my 39th birthday. It was time for a total hip replacement.

The surgery was physically transformative but emotionally devastating. I fell into a deep depression, feeling broken and unlovable. My body felt foreign to me - swollen, scarred, and unrecognizable. One day,

catching a glimpse of myself in the mirror, I decided something had to change. It wasn't just about my physical state; I needed to heal my mindset. I needed a goal to pull myself out of despair and give purpose to my recovery.

That's when the idea took root: I wanted to compete in a bikini competition. The thought seemed outrageous at first, after all, I was recovering from major surgery. But I wanted to prove to myself that my body was still capable of greatness. More importantly, I wanted to show my children the power of determination and resilience.

I reached out to a personal trainer whose dedication and belief in me would become a cornerstone of my transformation. I told her about my bold ambition, and together, we mapped out a plan.

Over the 17 months that followed, I overhauled my life. I committed to rigorous workouts, adopted a healthier diet, and found support in an amazing posing coach who taught me how to walk confidently in 5 inch heels.

The journey was anything but smooth. Physical limitations, illnesses, and self-doubt often threatened to derail me. There were moments when I questioned whether I was pushing too hard or aiming too high, but every setback became a lesson in persistence, and every small victory fueled my resolve.

On November 9, 2024, I stepped onto that stage. The experience was surreal. I stood tall, proud of the journey that brought me there. It wasn't just about the physical transformation, although that alone felt



Erin Quinn  
Bikini - Open Tall

miraculous, it was about the mental and emotional hurdles I'd overcome.

Reflecting on this journey, I realize how much I've grown. I've learned to embrace my scars and imperfections as symbols of strength. I've discovered the power of setting bold, seemingly impossible goals, and the importance of surrounding yourself with people who uplift and challenge you. Most importantly, I've shown my kids and myself that resilience and self-love can

carry you through life's most daunting challenges.

My journey isn't over. That bikini competition was just one step toward reclaiming my life and rediscovering my potential. Today, I look in the mirror and see not just a body that's been through surgeries, pain, and recovery, but a woman who is capable, resilient, and unstoppable. ■





## The Real Reason Most Lifters Fail

BY ERIC BROWN "FITMAN"  
 FITMANPERFORMANCE.COM  
 FITMAN@FITMANPERFORMANCE.COM

**M**any lifters in the iron game fail to achieve great results in the gym.

Why? The truth of the matter is simple: they are not as committed to the process as they want to believe.

I have known many people who have gone to the gym multiple days per week for years. But their physiques and their performances never change. In fact, they get worse over time. How can someone who works out frequently actually regress while training?

There is one reason why some lifters get great results and others do not. It all comes down to their commitment.

### You Are Either In Or You Are Out

You must commit to excellence if you want to build a great body.

To become successful in the iron game, you can't be a halfway lifter. You can't be a halfway trainer. There is no time for halfway bodybuilders or halfway athletes. Ain't nobody got time for that.

The commitment line, also known as the C-line, is the line that separates who is seeing progress and who is not. If you have stepped over the C-line, you are showing a genuine dedication to building a great body. If you are behind the C-line, you are still playing games and you are lying to yourself about how serious you are.

Actions always speak much louder than hollow words and promises. Many people talk about their commitment to excellence, but most of the time they will never walk the walk.

It takes more than going through the motions at the gym and doing the same lame workout every single time. It takes more than posting gym selfies on Instagram for cheap "likes." A committed lifter doesn't need "likes" to fuel their lifting. He or she thrives when nobody is watching.

Building a great physique is no easy task. Committed natural bodybuilders accept that truth. Committed lifters prioritize their training, nutrition, and recovery. Your commitment level will decide if you succeed or fail at building a better body. If you are not truly committed to changing your situation, then change will not occur.

I was a skinny, lousy bodybuilder at my first show which was the NGA Mr. Natural Philadelphia in May of 2011. I was a former college sprinter who loved bodybuilding. However, I did not fully comprehend the natural bodybuilding game. As I became more serious

about natural bodybuilding, my physique improved. Ironically, I won the title of NGA Mr. Natural Philadelphia at the same show 11 years later.

I'm not special., but I am committed.

### Conclusion

If you make a real commitment to improving yourself, you will begin to achieve your fitness goals. ■

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

### About The Author:

Eric Brown "Fitman" is a lifetime natural bodybuilder. He is an NGA PRO in the Bodybuilding and Classic Physique divisions. Eric is also the owner of the Fitman Performance & Physique Center in Abington, PA. Looking to start your journey to the stage? Contact Fitman for a consultation at 267-460-1790 or at [Fitman@FitmanPerformance.com](mailto:Fitman@FitmanPerformance.com).



# NGA

Compete with the NGA where your membership goes far . . .

## NGA AMATEUR SCHEDULE NGA PRO SCHEDULE

Be the best you can be on stage and attend an NGA Posing Seminar.

Contact The NGA Show Promoter!

**NGA – The oldest natural and most reputable bodybuilding organization established in 1979.**

**NGA AMATEUR SCHEDULE**
**NGA PRO SCHEDULE**



# NGA PRO/AM Universe

# NGA American Natural Championships

November 16, 2024 • Deltona, FL

[nga@nationalgym.com](mailto:nga@nationalgym.com)

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

[@national\\_gym\\_association/](https://www.instagram.com/national_gym_association/)

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

**Promoters:**

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

By: Francine Bostinto



Lee Banks, 2024 NGA Hall of Fame Inductee

History was in the making once again with the newest inductee into the NGA Hall of Fame. Our 2024 recipient went posthumously to Lee Banks. Huge congratulations to Lee for all that he has done for the NGA and natural bodybuilding. Read all about Lee and his accomplishments at [NGA Hall of Fame](#).



# NGA PRO Universe

November 16, 2024  
Deltona, FL



**Holy Brecheen**  
**PRO Bikini - Open**  
**1st Place**



**Lorelly Mobley**  
**PRO Bikini Model - Open**  
**1st Place**  
**PRO Bikini - Open**  
**2nd Place**



**Amy Gomez**  
**PRO Wellness - Open**  
**1st Place**



# NGA PRO Universe

Promoters: Andrew & Francine Bostinto

[nga@nationalgym.com](mailto:nga@nationalgym.com)  
[www.facebook.com/nationalgym](https://www.facebook.com/nationalgym)  
[@national\\_gym\\_association/](https://www.instagram.com/national_gym_association/)  
[www.nationalgym.com](http://www.nationalgym.com)



**Martha Williams**  
**PRO Physique - Open**  
**1st Place**



**PRO Bikini Model - Open**  
**Tivisay Briceno, Lorelly Mobley,**  
**Julie Mbae**

The PRO Bikini Open division did not disappoint the audience. It was one of the largest PRO divisions to show up. Third place and in the money went to Ashley Losen who was making her NGA PRO debut. Look out for Ashley as she will be doing some damage in the NGA PRO division. Second place went to Lorelly Mobley who made great improvements since last year. But it was Holy Brecheen all the way from Wisconsin who graced the stage with the total package and walked away with the first-place win.

PRO Bikini Model Open was a tough division with only three competitors. It was Julie Mbae all the way from France who would receive a much-deserved third place while the stunning Tivisay Briceno would take second place. However, Lorelly Mobley would

be worthy of receiving the top spot, first place victory, and \$1,000.

PRO Figure Open lineup consisted of only four athletes, but the competition was fierce. Shannon Barnwell-Ward came in hard taking third place. Amy Gomez possessing lots of muscle with symmetry, took second place. But it was Tivisay Briceno who had the complete package and walked away with the money in first place.

In PRO Figure Masters 40+ with three very competitive athletes, once again it was Tivisay Briceno who walked away the winner and another \$1,000.

PRO Women's Physique Open division also had three athletes. Perpetua Piechaczek, who once again came all the way from California, placed third. Shannon Barnwell-Ward walked away with second place.



**PRO Bikini - Open**  
**Kim Davenport, Gloriann Desliens, Holy Brecheen,**  
**Lorelly Mobley, Ashley Losen**



# NGA PRO Universe

November 16, 2024  
Deltona, FL



**PRO Figure - Open**

Holy Brecheen, Amy Gomez, Tivisay Briceno, Shannon Barnwell-Ward



**PRO Figure - Masters 40+**

Tivisay Briceno, Danielle Smith, Shannon Barnwell-Ward



# NGA PRO Universe

Promoters: Andrew & Francine Bostinto

[nga@nationalgym.com](mailto:nga@nationalgym.com)

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

[@national\\_gym\\_association/](https://www.instagram.com/national_gym_association/)

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



**PRO Wellness - Open**

Raquele Stanton, Amy Gomez, Erin Rehan



**PRO Physique - Open**

Shannon Barnwell-Ward, Martha Williams, Perpetua Piechaczek

But it was Martha Williams who would take the win in this division. These women sure knew how to work the stage with their posing routine.

In the PRO Wellness Open division, Erin Rehn took the third place spot with Raquele Stanton taking second place. But it was Amy Gomez who walked away with the win and \$1,000.

The PRO Men's Physique Open competition was intense. In third place was a very conditioned NGA Chairman Josh Miller. Second place went to Robert Bell with an extremely hard and symmetrical physique. However, it was Desario Smith once again who clearly overtook this division and went on to win the PRO Men's Physique Masters division 40+. Behind Desario in second place in the Masters division was

Josh Miller with Paul Hadler taking the third place spot.

The PRO Classic Physique Open was a stacked division with tough competition. Alex Schleig would take third place with lots of muscle. Jose Zubizarreta, making his PRO debut 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 three consecutive years in a row. Congratulations Enmanuel!!

PRO Classic Physique Masters division 40+ had two well-conditioned NGA PROs. Newcomer Roberto Gonzalez took second, but it was Josh Miller who keeps getting better at each NGA Universe who stole the title!



# NGA PRO Universe

**November 16, 2024**  
**Deltona, FL**



# NGA PRO Universe

**Promoters: Andrew & Francine Bostinto**

[nga@nationalgym.com](mailto:nga@nationalgym.com)  
[@nationalgymassociation/](https://www.facebook.com/nationalgym)  
[www.nationalgym.com](http://www.nationalgym.com)



**Josh Miller**  
**PRO Classic Physique - Masters 40+**  
**1st Place**  
**PRO Physique - Open**  
**3rd Place**  
**PRO Physique - Masters 40+**  
**2nd Place**



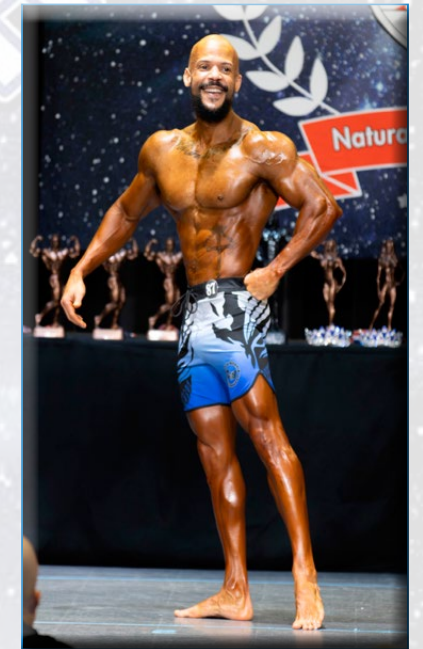
**Roberto Gonzalez**  
**PRO Bodybuilding - Masters 40+**  
**1st Place**



**Enmanuel Fuenmayor**  
**PRO Classic Physique - Open**  
**1st Place**



**Daron Monroe**  
**PRO Bodybuilding - Open**  
**1st Place**



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

PRO Men's Bodybuilding Open division had three very well-conditioned athletes. Tony Howard, II came in prepared and took third place. Kumi Sarpong, Jr. and Daron Monroe were neck-to-neck for first place, but it was Daron's unwavering symmetry that took first place.

PRO Men's Bodybuilding Masters 40+ division had only two competitors but did not disappoint. Daron Monroe took second place, but it was Roberto Gonzalez who surprised himself by beating out Daron and took home the win!!!



**PRO Classic Physique - Open**

L-R Back Row  
Alex Schleig, Enmanuel Fuenmayor, Jose Zubizarreta

L-R Front Row  
Stuart Weasner, Tony Howard II, Abdel Rios, Dan Schoneck, Cory Rockwell



# NGA PRO Universe

November 16, 2024  
Deltona, FL



# NGA PRO Universe

Promoters: Andrew & Francine Bostinto

[nga@nationalgym.com](mailto:nga@nationalgym.com)

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

[@national\\_gym\\_association/](https://www.instagram.com/national_gym_association/)

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



**PRO Physique - Masters 40+**  
Josh Miller, Desario Smith, Paul Hadler



**PRO Classic Physique - Masters 40+**  
Roberto Gonzalez, Josh Miller



**PRO Bodybuilding - Open**  
Kumi Sarpong, Jr., Daron Monroe, Tony Howard, II



**PRO Physique - Open**  
Tony Richburg, Robert Bell, Desario Smith, Josh Miller

Photo Credits: JLG Media



# NGA Amateur Universe

November 16, 2024  
Deltona, FL

In the Amateur Universe, eight NGA PRO Cards were won. The Bikini Open division had eight competitors, but it was Danielle Smith who would earn the NGA PRO Card. With seven athletes in the Bikini Masters division, Shannon Barnwell-Ward earned first place and walked away with another NGA PRO Card under her belt.

Bikini Model Open brought two beautiful women. Milene Edmond would beat Shannon Barnwell-Ward and take home the first place trophy. Milene's glamour wear was on point!!

Figure Open had three competitors, but it was Rebecca La Bad all the way from California who had the whole package and would walk away with the title. Look out for Rebecca as she looks to earn her NGA PRO Card. Figure Masters had only two competitors, but it was Julie Mbae from France who would beat out Elizabeth York.

Women's Physique Open had three athletes, but it was once again little dynamite Rebecca La Bad in search of that NGA PRO Card who would walk away with the win. Women's Physique Masters division had two competitors and it was once again Julie Mbae walking away the winner.



**Julie Mbae**  
Physique - Masters 40+  
1st Place  
PRO Bikini Model - Open  
3rd Place  
Figure - Masters 40+  
1st Place  
Figure - Open  
2nd Place



**Gloriann Desliens**  
Wellness - Open  
2nd Place  
NGA PRO Card



**Rebecca La Bad**  
Figure - Open  
1st Place  
Physique - Open  
1st Place



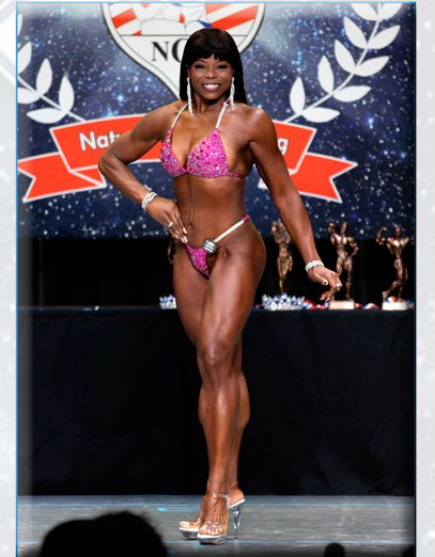
# NGA Amateur Universe

Promoters: Andrew & Francine Bostinto

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



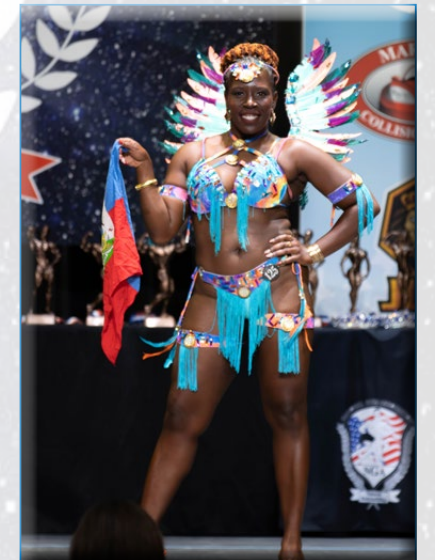
**Shannon Barnwell-Ward**  
Bikini - Masters 40+  
1st Place  
NGA PRO Card



**Mollie Williams**  
Wellness - Open  
1st Place  
NGA PRO Card  
Wellness - Masters 40+  
1st Place



**Danielle Smith**  
Bikini - Open  
1st Place  
NGA PRO Card



**Milene Edmond**  
Bikini Model - Open  
1st Place



# NGA Amateur Universe

November 16, 2024  
Deltona, FL

The Wellness Open division gave away two NGA PRO Cards. Gloriann Desliens came in great condition and walked away in second place with her NGA PRO Card. But it was Mollie Williams who would take the title and an NGA PRO Card. In the Wellness Masters division once again Mollie took the top spot.

Men's Physique Open and Masters division consisted of one athlete Winston Church. But Winston did not disappoint the audience. He came ready to compete with his lean muscular physique.

Classic Physique Open was not too shabby!! Kumi Sarpong, Jr. came in top shape and walked away with another NGA PRO Card. Paul Hadler took home the Classic Physique Masters title with a well-deserved win.

In Bodybuilding Open, it was William Mora, Dan Schoneck, and Lorenzo Butler who battled it out for the overall and an NGA PRO Card. But it was light heavyweight winner Dan Schoneck who walked away with the win and another NGA PRO Card under his belt. The Bodybuilding Masters division consisted of ages 40-80+!!! One NGA PRO Card was awarded to Bill Mora who won the 40+, 50+, and the Overall. Al Vaughan, Jr. won the 60+ and 70+ division with his lean physique and entertaining posing routine. But it was Richard Rabin who stole the show at the age of 83 and is still maintaining a lot of muscle mass. ■



**Alvis Vaughan, Jr.**  
**Bodybuilding - Masters 60+  
1st Place**  
**Bodybuilding - Masters 70+  
1st Place**



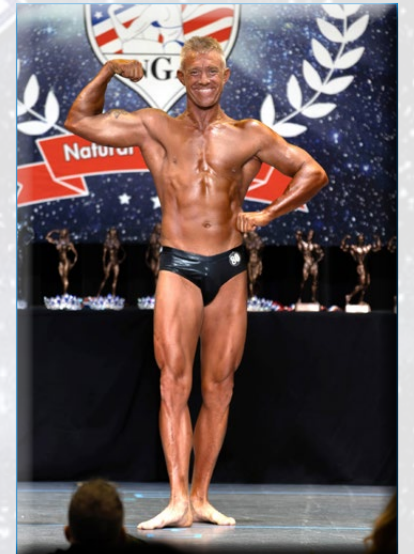
**Kumi Sarpong, Jr.**  
**Classic Physique - Open  
1st Place**  
**NGA PRO Card**  
**PRO Bodybuilding - Open  
2nd Place**



**Winston Church**  
**Physique - Open  
1st Place**  
**Physique - Masters 40+  
1st Place**



**Bill Mora**  
**Bodybuilding - Open LW  
1st Place**  
**Bodybuilding - Masters 40+  
1st Place**  
**Bodybuilding - Masters 50+  
1st Place**  
**NGA PRO Card & Overall**



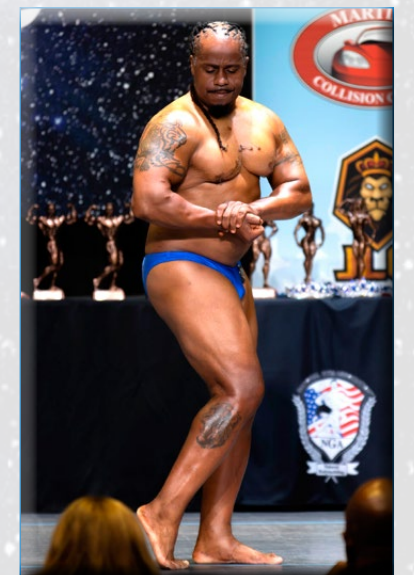
**Paul Hadler**  
**Classic Physique - Masters 40+  
1st Place**



**Richard Rabin**  
**Bodybuilding - Masters 80+  
1st Place**



**Dan Schoneck**  
**Bodybuilding - Open LHW  
1st Place & Overall**  
**NGA PRO Card**  
**PRO Classic Physique - Open  
6th Place**



**Lorenzo Butler**  
**Bodybuilding - Open HW  
1st Place**



# NGA Amateur Universe

Promoters: Andrew & Francine Bostinto

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





# NGA American Natural Championships

**November 16, 2024**  
**Deltona, FL**

**Promoters: Andrew & Francine Bostinto**

[nga@nationalgym.com](mailto:nga@nationalgym.com)

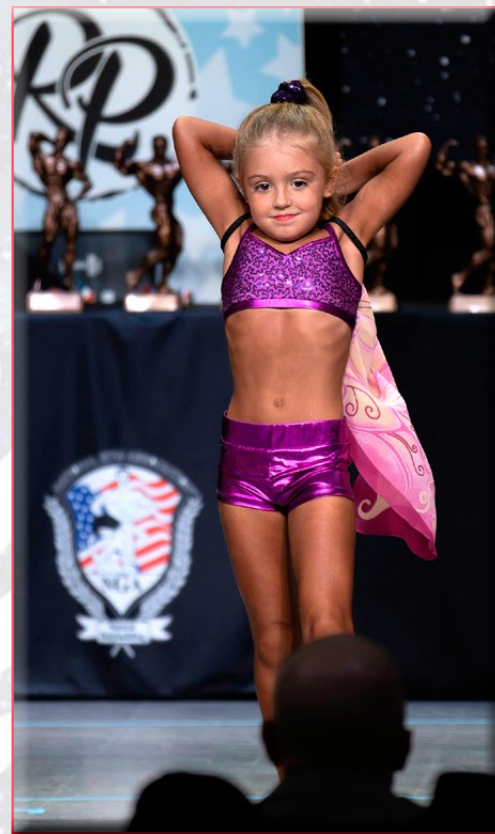
[www.facebook.com/nationalgym](https://www.facebook.com/nationalgym)

[@ational\\_gym\\_association/](https://www.instagram.com/national_gym_association/)

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



**Maria Machnev**  
**Bikini - Debut**  
**1st Place**  
**Bikini - Open**  
**2nd Place**



**Aspen Papesca**  
**Kid's Fitness**  
**1st Place**

The American Natural Championships showcased two beautiful Bikini Debut girls, Maria Machnev and Natasha Fievre. They came together on stage to battle it out. However, it was Maria who would edge out Natasha and take the first-place victory.

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

The show was a remarkable success. We look forward to seeing everyone at this year's event on November 15, 2025 in Deltona, FL. ■

Photo Credits: JLG Media

Men's & Women's  
Workout Apparel

# NGA NATTY

Hooded Muscle Tanks \* Tanks \* T-Shirts \* Sports Bras  
AND MORE...

Official Line for the National Gym Association, Inc.

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



# NGA

Compete with the NGA where your membership goes far...

## NGA AMATEUR SCHEDULE

## NGA PRO SCHEDULE

Be the best you can be on stage and attend an NGA Posing Seminar.

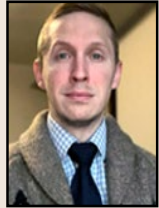
Contact The NGA Show Promoter!

**NGA – The oldest natural and most reputable bodybuilding organization established in 1979.**

[NGA AMATEUR SCHEDULE](#)      [NGA PRO SCHEDULE](#)

# To Sauna or Not to Sauna, that is the Post Workout Question

## The Facts about Using Heat After Training



BY ALEXANDER A. PUHALLA, PH.D  
 NGA PRO CLASSIC PHYSIQUE & PRO BB  
[ALEXPUHALLA@GMAIL.COM](mailto:ALEXPUHALLA@GMAIL.COM)

It seems that every day I find myself reading another article about “biohacking” your body, or “the best way to boost your workout” through some type of gimmick or passing strategy. The evolution of social media has only hastened this effect, where professional and non-professional athletes alike promote products and techniques that have little to no research merit.

Sadly, many of these “biohacks” and strategies can have serious long-term side effects (note: The craze of getting your “squat down to ground” has most likely left many people with lower back / knee issues). However, among the masses of flyby strategies and snake oil, there are many post workout strategies that may help benefit your mind and body. One that is my personal favorite is the sauna.

First, if you have any serious health conditions, always check with your medical provider about starting a new health routine, as it is always better to be on the safe side.

Second, I am not partial to heat... at all! I prefer fall and winter by far, as I naturally run hot to the point that you can catch me skiing shirtless and often forgoing a coat throughout the season. Yet, I am a strong believer in the benefits of sauna,

the long-standing Nordic tradition of spending time in dry heat that has ebbed and flowed in popularity as a post workout routine.

Below are some potential benefits of sauna (see Kanimozhi et al., 2024; Laukkanen & Kunutsor, 2025; Wiriawan et al., 2024): Benefits of Sauna

1. Improve momentary and long-term blood pressure and blood pressure regulation.
2. Reduced pre-mature mortality (death) in general and related to cardiovascular disease.
3. Improve quality of sleep (i.e., amount of “deep sleep”).
4. Improve emotional well-being, quality of life, and vitality.
5. Improve recovery and pain discomfort post-workout.

I am not suggesting that including time in a sauna will automatically “fix” your sleep, get you “major gains” in the gym, or anything like that. Instead, the sauna can become a peaceful transition from pushing your body during your workout to engaging in your day-to-day life, while also continuing to push your cardiovascular system in a meaningful way.



The sauna can be a place where you sit and talk with workout buddies, listen to peaceful music, or just be. A brief period of your day with no screens or tasks, just you, your body, and mind all being as one.

But what if you don't have access to a sauna or it isn't your “thing?” Good news! Other forms of heat therapy have shown similar effects, so regardless of it being a sauna, steam room, hot tub, or just a hot bath, go find your 10-15 minutes of warm and peaceful recovery today. ■

### References

- Kanimozhi, K. K., Ravi, P., Vijayakumar, V., & Kuppasamy, M. (2024). Sauna bath reduces blood pressure in healthy adult volunteers: A meta-analysis of RCTs and quasi-experimental studies. *Advances in Integrative Medicine*.
- Laukkanen, J. A., & Kunutsor, S. K. (2024). The multifaceted benefits of passive heat therapies for extending the healthspan: A comprehensive review with a focus on Finnish sauna. *Temperature*, 11(1), 27-51.
- Wiriawan, O., Kaharina, A., Akbar, I. K., Nugraha, A. B. K., Festiawan, R., & Pribadi, H. P. (2024). Effects of infrared sauna, traditional sauna, and warm water immersion on accelerated exercise recovery and prevention of cell damage: an experimental study. *Retos: nuevas tendencias en educación física, deporte y recreación*, (59), 1046-1054.

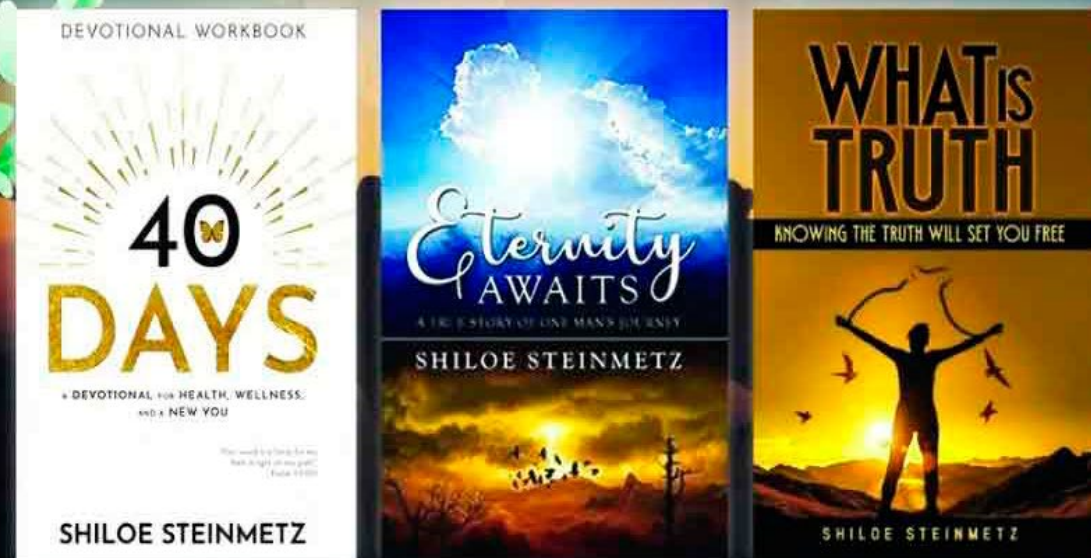
### About The Author:

Dr. Alexander Puhalla is the 2024 NGA Mr. Philly Bodybuilding Open winner and the 2019 PRO Classic Physique winner (runner up in 2022 & 2024). He has been competing in natural bodybuilding for the past decade and has been weightlifting for over 20 years. He is excited to combine his knowledge of mindfulness, compassion, and psychology with bodybuilding and exercise.

The above is not medical advice and should not be construed as such. If you believe that you are developing a health condition associated with your exercise or post exercise routine, please consult with a medical provider for advice. Before starting any new exercise or post-exercise routine, please consult with your medical provider.

WRITTEN TO HELP YOU UNDERSTAND AND  
ACHIEVE YOUR PURPOSE AND DESTINY.

**GET YOUR COPIES  
TODAY!**



Available at  
**amazon**

## Making Time for Cardio with a Busy Schedule



BY LAMEESA MUHAMMAD, PHD  
[FRAGMENTALIST@YAHOO.COM](mailto:FRAGMENTALIST@YAHOO.COM)

The daily demands of life often finds a way to interfere with the level of discipline and consistency found in the training regimen for many fit enthusiasts. For many of us, our dedication to the development of a scheduled routine to focus on the physical fitness of our bodies holds a high place in our lives, one that we often will do whatever we can to protect from being tampered with. However, sometimes other commitments occasionally interfere with our workout schedule and getting cardio in, which is a part of it, is sometimes the first thing we tend to neglect.

I found myself in such a place when I got promoted. My work demands became greater with this change of position in my career. I had never been faced with such a heavy work load, and although I could make it to the gym at my scheduled sessions on most days or complete the workout that my trainer assigned in my home gym, getting cardio in, an additional feat, was something that I found myself having to become more creative about in order to achieve. The following are a few things that I did to help me solve this problem:

- Invest in cardio equipment for home if you are able. Instead of having to go to the gym to get it in, which you may not always have time for if you carry a heavy workload or have a lot of family or other responsibilities, getting on that treadmill or elliptical from the comfort of your home gives you no excuses, making it easier to get that time in despite your other obligations.

- Get up early and do it. If you can make it to the gym early in the mornings or even get it in from the comfort of your own home, starting earlier in the day guarantees that you got it done and it was done early. It is often difficult to add cardio in at the end of a long day. Who really wants to stay up later after a long day? I sure don't. So, get it in early.

- Do more on your light days. Increase your cardio workout on days where you may have fewer obligations. Take advantage of the extra time, especially when you have a tight schedule that will make getting it in more difficult.

- Be creative and include High-Intensity Interval Training Exercises. Try exercises like squat jumps, jumping rope, mountain climbers, and burpees as a way to get that cardio in. Not only will you be getting in cardio, but you will also get a high impact workout in at the same time.

- Take walks during breaks that you may have during the day. Take advantage of every free minute that you have to do something to increase your heart rate. Even if you can't get outside, walk in place or engage in a high impact exercise during what little time you have in between your busy schedule. Every minute counts.

Getting cardiovascular exercise in on a busy schedule is important and sometimes difficult. The busyness of our schedules can have a huge impact on our physical fitness which is detrimental and will not be a good look, literally. So, be purposeful and intentional on getting that cardio in despite the demands life throws at us. ■

**About the Author:** Lameesa W. Muhammad, PhD is a certified NGA Personal Trainer, NGA PRO Figure Master competitor, School Administrator at Cincinnati Public Schools, and an Assistant Adjunct Professor at the University of Cincinnati.



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

**D**elayed Onset Muscle Soreness - or DOMS in short - is the stiffness and pain that muscles experience from 12 to 24 hours after unaccustomed vigorous exercise or strenuous physical activity; DOMS usually peaks after 48 hours and then starts to gradually subside again. Beginners who just started to engage in a weight training program often fear and lament DOMS, it often dampens their initial enthusiasm to get fit, whereas more advanced gym enthusiasts generally feel quite pleased with it, as they take it for a sign of having had an exceptionally good workout. But is the degree of soreness really a good criterion, how well you have exercised and how effectively your workout has stimulated muscle growth?

As the name says, DOMS is muscle soreness felt with a delay, and has nothing to do with the short-lived burn in the muscles caused by the build-up of lactic acid, as it often occurs in the quadriceps towards the end of a set of leg extensions.

DOMS is thought to be caused by microscopic injuries to the myofibrils, the contractile elements inside the muscle fibers, and/or to the connective tissue (endomysium), which holds muscle fibers together. The micro-tears of the myofibrils seem to occur primarily at the Z-Lines of muscle fibrils' sarcomeres and at their muscle-tendon junctions, the connection sites between muscle fibers and the tendons attaching a muscle to a bone. This causes inflammation, irritating nerve fibers in the area, and causes the DOMS pain sensation. However, this microscopic muscle damage, which is primarily caused during eccentric muscle action (lowering a weight), is completely natural and nothing to worry about; on the contrary, it initiates a repair and recovery process, which makes the muscle fibers and its structures stronger than they were before, so that they can better withstand renewed stress in future. "Muscle Damage" is one of the body's primary adaptation mechanisms to unaccustomed physical activity - the other two mechanisms are "Mechanical Tension" and "Metabolic Stress", and it is the supercompensating repair to incurred micro-tears, which appears to be indispensable for producing solid long-term muscle growth.

All this may give rise to the notion that the more post-workout DOMS is experienced, the more micro-tears must have been generated, and the more muscle-growth should result. Or, by the same logic, one may infer that the less DOMS a workout has produced, the less micro-tears it must have created, and therefore it should not result in significant muscle growth.

However, certain observations, considerations and scientific research cast some doubts on this idea: Long distance runners often experience severe soreness in their legs and calves, especially after running downhill for an extended distance, but there is no inflammation and hardly any muscle growth. Athletes of equal condition and strength, who perform the same workout, may experience greatly varying degrees of soreness, but yet accomplish comparable muscle growth. Some gym enthusiasts feel very sore after an intense workout in the gym, but show only few micro-tears and little inflammation in the affected muscles; others just feel moderately sore, even after they experienced significant micro-trauma and inflammation. Interestingly, even some individual muscle-groups are apparently more prone to experience soreness than others: the deltoids, for example, rarely get severely sore, but generally still grow well when adequately trained, whereas it is very common to get fairly sore after chest workouts, especially when heavy bench press is included.

What can be determined from all this, is that the quality of a workout or an exercise can not exclusively be determined by the degree of subsequent DOMS. Muscle soreness often indicates a certain amount of muscle damage and inflammation, which appears to be meaningful to muscle growth, but this does not mean that every workout causing little or no DOMS is useless.

If optimum hypertrophy is your goal, you should not focus on DOMS, but your objective should be to progressively subject your muscles to maximum overload over time so that they are forced to adapt and grow. It is the degree of overload which determines the amount of muscle growth, not the degree of post-workout DOMS. Relying mainly on compound exercises performed with high resistance for 8-12 repetitions per set will produce the necessary time under tension to best promote hypertrophy, and is far more effective than low resistance, high repetition exercises. Performing challenging workouts with progressively increasing overload over time will generally involve

some post-workout discomfort, but how much or how little DOMS is experienced, is influenced by many factors, including genetics, diet, level of conditioning, training protocol, and recovery regimen. While the occurrence of DOMS may well suggest that your workout caused sufficient micro-tears and inflammation to initiate the processes to repair and rebuild your muscle tissue, workouts which cause little soreness may still produce satisfactory growth. As long as you progressively overload your muscles and gradually manage to increase the repetitions of your exercises and the weight-loads that you handle, you will still grow. If you used to experience post workout DOMS and its severity gradually diminished over a few weeks of training, it should be a welcome sign that your physical condition is improving; however, if any post exercise discomfort entirely disappears for a number of training-sessions in a row, this may indicate that no further muscle adaptation is required to handle your current workouts' demands and that it may be time to further increase your muscles' overload, or to change your exercise routine, in order to make renewed progress.

On the other hand, if your post-exercise DOMS is so severe that it lasts for 72 hours or more, and you can't even work the affected muscle, when your program has it scheduled to be trained again, it may be a sign that your current workout intensity exceeds the ability of your muscle to repair itself effectively; accordingly, you may need to reduce your intensity temporarily until such time as you are ready for it.

In any case, never train a muscle again while it is still severely sore, as this indicates that its repair and recovery process is not yet complete; trying to train through soreness will incur risk of injury, and consistently doing so will lead to overtraining with all its negative consequences. Active rest, such as leisurely swimming or cycling, good sleep, massage, and the sufficient and timely intake of high quality proteins and carbs can all help to speed up your muscles' recuperation.

Last, but not least, don't try to mitigate DOMS by taking non-steroidal anti-inflammatory drugs around your workouts as this may diminish growth-enhancing training adaptations. The inflammatory processes caused by micro-tearing are vital for your muscle fibers' repair processes, and impeding them may obstruct muscle growth by as much as 50%. ■

**NGA PRO/AM UNIVERSE**  
**NGA AMERICAN NATURAL**  
**CHAMPIONSHIPS**  
 NATIONAL GYM ASSOCIATION

Photos By JLG Media  
 Poster By LBS Design Studio

FEATURED IN NGA NATURALmag

**NOVEMBER 15, 2025**  
**The Center at Deltona**  
 1640 Dr. Martin Luther King Blvd., Deltona, FL 32725  
 PREJUDGING 9:00 AM \$30.00 • FINALS 4:00 PM \$40.00 • Combo \$65.00

**HOSTING & PROMOTING "ALL NATURAL" BODYBUILDING CONTESTS WORLDWIDE**

954.344.8410 • WWW.NATIONALGYM.COM • 7 YEARS DRUG FREE POLYGRAPH • PRO WINNER URINE TESTING

Roberto Gonzalez Holy Brecheen Josh Miller Lorelly Mobley Amy Gomez Desario Smith Martha Williams

**NGA All-Natural Tricky Jackson Bodybuilding Championships**

Frankfurt, KY  
 September 7, 2024

Promoter: Ricky "Tricky" Jackson

**Bikini - Open "Short"**

1. Tomie Garland
2. Danielle Smith

**Bikini - Open "Tall"**

1. Emma Phillips
2. Maryna Hawkins

**Bikini - Masters 40+**

1. Elizabeth York
2. Jessica Duarte
3. Nancy Erwin
4. Heidi Hall

**Bikini - Masters 40+**

1. Tomie Garland
2. Maryna Hawkins
3. Danielle Smith
4. Thelma Bennington

**Figure - Open "Short"**

1. Danielle Smith
2. Ashley Keifer

**Figure - Open "Tall"**

1. Nancy Little
2. Amy Forbin

**Figure - Masters 40+**

1. Danielle Smith
2. Nancy Little
3. Amy Forbin

**Women's Physique - Open**

1. Nancy Little

**Wellness - Open**

1. Thelma Bennington

**Men's Physique - Open MW**

1. Steven Shinkle
2. Jason Roden

**Men's Physique - Open HW**

1. Dan Otterson

**Men's Physique - Masters 40+**

1. Patrick Taynor

**Men's BB - Open**

1. Steven Shinkle
2. Jason Roden
3. Donta Cayson

**Classic Physique - Open LW**

1. Cory Rockwell
2. Bastian De Rubens

**Classic Physique - Open LW**

1. Zachary Martin

**Overall**

**Men's BB - Open LW**

1. Shafi Sudik
2. Joey Pierre

**Men's BB - Open MW**

1. Bastian De Rubens

**NGA PRO Card & Overall**

**Men's BB - Open HW**

1. Raymond Franklin
2. Zachary Martin

**Men's BB - Masters 40+**

1. Raymond Franklin

**Men's BB - Masters 50+**

1. Raymond Franklin

**Bikini - Debut**

1. Emma Phillips
2. Maryna Hawkins
3. Danielle Smith

**Bikini - Novice**

1. Emma Phillips
2. Tomie Garland
3. Maryna Hawkins

**Men's Physique - Novice**

1. Steven Shinkle
2. Donta Cayson

**Men's BB - Novice**

1. Bastian Rubens
2. Raymond Franklin
3. Joey Pierre

**NGA West Coast Classic PRO/AM**

Gulfport, FL  
 September 14, 2024

Promoter: Matt Ammann

**PRO Classic Physique - Open**

1. Tony Howard, III

**Bikini - Open**

1. Gloriann Desliens
2. Jena Garrett
3. Kim Davenport
4. Jessica Petrinolis
5. Catherine Johnson
6. Penelope Dyals
7. Laurie Plummer
8. Milene Edmond

**Bikini - Masters 40+**

1. Jessica Petrinolis

**Overall**

2. Penelope Dyals
3. Milene Edmond

**Bikini - Masters 50+**

1. Penelope Dyals

**Bikini - Masters 60+**

1. Laurie Plummer

**Figure - Open**

1. Jena Garrett

**Wellness - Open**

1. Gloriann Desliens
2. Jena Garrett

**Classic Physique - Open**

1. Griff Vittone
2. Luis Saez
3. Norman Kaiser

**Classic Physique - Masters 40+**

1. Griff Vittone
2. Norman Kaiser

**Men's BB - Open**

1. Luis Saez

**NGA PRO Card**

2. Griff Vittone
3. Tony Howard
4. Seth Gregory
5. Alvis Vaughn

**Men's BB - Masters 60+**

1. Alvis Vaughn

**Men's BB - Masters 70+**

1. Alvis Vaughn

**Bikini - Novice**

1. Jessica Petrinolis
2. Penelope Dyals
3. Laurie Plummer

**Figure - Novice**

1. Jena Garrett
2. Melisa Palmorn

**Classic Physique - Novice**

1. Norman Kaiser

**Men's BB - Novice**

1. Seth Gregory

**Evening Gowns**

1. Lisa Foor
2. Melisa Palmorn
3. Desarae Maldonado
4. Catherine Johnson
5. Penelope Dyals

**Evening Gowns - Masters 40+**

1. Lisa Four

**Overall**

1. Lisa Foor
2. Penelope Dyals

**Evening Gowns - Masters 50+**

1. Lisa Foor
2. Penelope Dyals

**NGA PRO/AM Bluegrass Bodybuilding Championships**

Lexington, KY  
 October 5, 2024

Promoter: Josh & Melissa Miller

**PRO Bikini - Open**

1. Holy Brecheen
2. Kristen Groeniger

**PRO Bikini - Masters 40+**

1. Kristen Groeniger

**PRO Figure - Open**

1. Rachel Kuzma

**PRO Women's Phys. - Open**

1. Martha Williams
2. Honey Arnold

**PRO Wellness - Open**

1. Grace Amburgey

**PRO Men's Physique - Open**

1. Daniel Butcher

**PRO Classic Physique - Open**

1. George Latson
2. Quadarius Belser

**PRO Men's BB - Open**

1. Josh Niemi
2. Kumi Sarpong, Jr.

**Bikini - Open "Short"**

1. Missy Bowman

**NGA PRO Card & Overall**

2. Tamie Garland
3. Danielle Smith
4. Samantha Howell

**Bikini - Open "Tall"**

1. Ashley Losen

**NGA PRO Card**

2. Heather McAlpin
3. Sarah Wardley
4. Sarah Parulen
5. Andrea Guthrie

**Bikini - Masters 40+**

1. Missy Bowman
2. Tomie Garland
3. Danielle Smith
4. Sarah Wardley

**Figure - Open "Short"**

1. Holy Brecheen
2. Ashley Keifer
3. Danielle Smith
4. Honey Arnold
5. Luciana Polizel

**NGA PRO Card & Overall**

1. Bria Mink
2. Raquele Starton
3. Amy Forbin
4. Nancy Little
5. Shannon Campbell

**Figure - Open "Tall"**

1. Danielle Smith

**NGA PRO Card**

2. Amy Forbin
3. Shannon Campbell
4. Nancy Little

**Figure - Masters 40+**

1. Danielle Smith

**PRO Bikini - Open**

1. Holy Brecheen
2. Kristen Groeniger

**PRO Bikini - Open**

1. Holy Brecheen
2. Kristen Groeniger

**PRO Bikini - Open**

1. Holy Brecheen
2. Kristen Groeniger

**PRO Bikini - Open**

1. Holy Brecheen
2. Kristen Groeniger

- 5. Honey Arnold
- 6. Luciana Polizel
- Women's Physique - Open**
- 1. Rachel Kuzma
- 2. Nancy Little
- 3. Luciana Polizel
- 4. Arlene Hagins
- Wellness - Open**
- 1. Jordan Hampton  
**NGA PRO Card**
- 2. Raquele Stanton  
**NGA PRO Card**
- 3. Sarah Wardley
- 4. Samantha Havel
- 5. Andrea Guthrie
- Men's Physique - Open LW**
- 1. Gavin Newman  
**NGA PRO Card**
- 2. Bennett Fain
- 3. Major Douglas
- 4. Scott Huddleston
- 5. Alexander Villanueva
- 6. Danny Belcher
- Men's Physique - Open MW**
- 1. Ellis Stephens  
**NGA PRO Card & Overall**
- 2. Mason King
- Men's Physique - Open HW**
- 1. Lomar McNea
- 2. Kyle Megraw, Sr.
- Men's Physique - Masters 40+**
- 1. Scott Huddleston
- 2. Kyle Megraw, Sr.
- 3. Danny Belcher
- Men's Physique - Masters 50+**
- 1. Scott Huddleston
- 2. Danny Belcher
- Classic Physique - Open LW**
- 1. Daniel Butcher
- 2. Corey Rockwell
- 3. Jason Allen
- 4. Danny Belcher
- Classic Physique - Open MW**
- 1. Ellis Stephens  
**NGA PRO Card**
- 2. Mason King
- 3. Griff Vittone
- 5. Luis Saez
- 6. Norman Kaiser
- Classic Physique - Open HW**
- 1. Jose Zubizarreta  
**NGA PRO Card & Overall**
- 2. Matheus Daidone
- 3. Kumi Surpong, Jr.
- 4. Zachary Martin

- 5. Beau Downs
- 6. Clifford Lovett
- Classic Physique - Masters 40+**
- 1. Clifford Lovett
- 2. Danny Belcher
- Men's BB - Open LW**
- 1. John Rossman
- 2. Shafi Sudij
- 3. Danny Belcher
- Men's BB - Open MW**
- 1. James Williams
- Men's BB - Open LHW**
- 1. Jose Zubizarreta  
**NGA PRO Card & Overall**
- 2. Matheus Daidone
- 3. Zachary Martin
- Men's BB - Open HW**
- 1. Beau Downs
- 2. Gary Burchfield
- Men's BB - Masters 40+**
- 1. John Rossman
- 2. James Williams
- 3. Gary Burchfield
- 4. Danny Belcher
- Men's BB - Masters 50+**
- 1. John Rossman
- 2. Gary Burchfield
- 3. Danny Belcher
- Bikini - Novice**
- 1. Ashley Losen
- 2. Missy Bowman
- 3. Heather McAlpin
- 4. Sarah Shirazi
- 5. Andrea Guthrie
- Figure - Novice**
- 1. Bria Mink
- 2. Luciana Polizel
- 3. Jena Garrett
- Men's Physique - Juniors**
- 1. Bennett Fain
- 2. Gavin Newman
- 3. Major Douglas
- 4. Connor McNea
- 5. Mason King
- Classic Physique - Novice**
- 1. Jose Zubizarreta
- 2. Beau Downs
- 3. Jason Allen
- 4. Mason King
- Men's BB - Novice**
- 1. Jose Zubizarreta
- 2. Beau Downs
- Men's BB - Juniors**
- 1. Beau Downs

- NGA 26th Annual Monster Mash Natural**
- Middletown OH
- October 19, 2024
- Promoter: Jared Weitzel
- Bikini - Open "Short"**
- 1. Izzy Larkins  
**NGA PRO Card & Overall**
- 2. Missy Bowman
- 3. Morgan Steinker
- 4. Brandie Back
- 5. Danielle Smith
- Bikini - Open "Medium"**
- 1. Crystal Pasley
- 2. Sarah Wardley
- Bikini - Open "Tall"**
- 1. Jennifer Gabbard
- 2. Amy Yahnke
- 3. Kristi Richmond
- Bikini - Masters 40+**
- 1. Jennifer Gabbard  
**NGA PRO Card & Overall**
- 2. Brandie Back
- 3. Danielle Smith
- 4. Sarah Wardley
- 5. Kaye Koehoorn
- 6. Amy Yahnke
- 7. Jessica Carter
- Bikini - Masters 50+**
- 1. Missy Bowman  
**NGA PRO Card**
- 2. Brandie Back
- 3. Kaye Koehoorn
- 4. Amy Yahnke
- 5. Kristi Richmond
- 6. Jessica Carter
- Figure - Open "Short"**
- 1. Darla Clark
- 2. Ashley Keiffer
- 3. Maria Servizi
- 4. Katie Thomas
- Figure - Open "Medium"**
- 1. Nicole Jungkunz  
**NGA PRO Card & Overall**
- 2. Candace Miller
- 3. Danielle Smith
- 4. Morgan Steinker
- Figure - Open "Tall"**
- 1. Samantha Stant
- 2. Nan Little
- 3. Jodi Jackson
- 4. Kristi Richmond
- Figure - Masters 40+**
- 1. Nicole Jungkunz  
**NGA PRO Card & Overall**
- 2. Candace Miller

- 3. Maria Servizi
- 4. Danielle Smith
- 5. Nan Little
- 6. Kristi Richmond
- 7. Jodi Jackson
- Figure - Masters 50+**
- 1. Darla Clark  
**NGA PRO Card**
- 2. Maria Servizi
- 3. Nan Little
- 4. Kristi Richmond
- 5. Jodi Jackson
- Women's Physique - Open**
- 1. Maria Servizi  
**NGA PRO Card**
- 2. Samantha Stant
- 3. Danielle Smith
- 4. Rachel Kuzman
- 5. Nan Little
- Wellness - Open**
- 1. Izzy Larkins
- 2. Jessica Carter
- Men's Physique - Open LW**
- 1. Leon Ledet
- 2. Carter Horsley
- 3. Gonzalo Hernando
- 4. Peter Fields
- Men's Physique - Open MW**
- 1. Alpha Konate  
**NGA PRO Card & Overall**
- 2. Willis Knight
- 3. Joseph Selvidge
- Men's Physique - Masters 40+**
- 1. Peter Fields
- 2. Troy Coop
- Classic Physique - Open LW**
- 1. Corey Rockwell  
**NGA PRO Card**
- 2. Noah Laurent
- 3. Leon Ledet
- 4. George Horton
- 5. Drew Getz
- Classic Physique - Open MW**
- 1. Caleb McCoy  
**NGA PRO Card & Overall**
- 2. Willis Knight
- 3. Jacob Abney
- 4. Joseph Selvidge
- Classic Physique - Open HW**
- 1. Thomas Henson
- 2. James Simmons
- 3. Noah Boothe
- Classic Physique - Masters 40+**
- 1. James Simmons

- Men's BB - Open**
- 1. Thomas Henson  
**NGA PRO Card**
- 2. Willis Knight
- 3. Michael Richardson
- 4. James Simmons
- 5. Troy Coop
- Men's BB - Masters 40+**
- 1. Michael Richardson  
**Overall**
- Men's BB - Masters 50+**
- 1. James Simmons
- Bikini - Novice**
- 1. Izzy Larkins
- 2. Morgan Steinker
- 3. Crystal Pasley
- 4. Brandie Back
- 5. Jessica Carter
- Figure - Novice "Short"**
- 1. Nicole Jungkunz
- 2. Candace Miller
- 3. Ashley Keiffer
- 4. Katie Thomas
- 5. Morgan Steinker
- Figure - Novice "Tall"**
- 1. Samantha Stant
- 2. Jodi Jackson
- Men's Physique - Novice "Short"**
- 1. Drew Getz
- 2. Robert Stiens
- 3. Justin Byrne
- Men's Physique - Novice "Tall"**
- 1. Carter Horsley
- 2. Gonzalo Hernando
- 3. Peter Fields
- Classic Physique - Novice "Short"**
- 1. Noah Laurent
- 2. George Horton
- 3. Drew Getz
- 4. Robert Stiens
- Classic Physique - Novice "Tall"**
- 1. Caleb McCoy
- 2. Joseph Selvidge
- 3. Noah Boothe
- Men's BB - Novice**
- 1. Robert Stiens
- NGA East Coast Classic PRO/AM**
- Deltona, FL
- November 9, 2024
- Promoter: Matt Ammann
- PRO Bikini - Open**
- 1. Gloriann Desliens
- 2. Kim Davenport
- 3. Tianna Miller

- PRO Bikini Model - Open**
- 1. Tianna Miller
- PRO Classic Physique - Open**
- 1. Abdel Rios
- 2. Roberto Gonzalez
- 3. Dan Schoneck
- PRO Bodybuilding - Open**
- 1. Roberto Gonzalez
- Bikini - Open "Short"**
- 1. Lorelly Mobley  
**NGA PRO Card & Overall**
- 2. Brianna Moore
- 3. Jennifer Micheli
- 4. Sheila Cook
- 5. Jeanine Norris
- 6. Jessica Petrinolis
- 7. Melissa Grier
- 8. Penny Dyals
- Bikini - Open "Tall"**
- 1. Erin Quinn
- 2. Miranda Koleci
- 3. Logan Todd
- Bikini - Masters 40+**
- 1. Melissa Grier
- 2. Jessica Petrinolis
- 3. Penny Dyals
- Bikini - Masters 50+**
- 1. Sheila Cook  
**NGA PRO Card & Overall**
- 2. Jennifer Micheli
- 3. Penny Dyals
- 4. Jeanine Norris
- Bikini - Masters 60+**
- 1. Jennifer Micheli
- 2. Susan Mahon
- Bikini - Masters 70+**
- 1. Susan Mahon
- Figure - Open "Short"**
- 1. Sandy Patton
- 2. Toni Cabral
- Figure - Open "Tall"**
- 1. Amy Gomez  
**NGA PRO Card & Overall**
- 2. Angel Taylor
- 3. Alena Dunham
- Figure - Masters 40+**
- 1. Amy Gomez  
**Overall**
- 2. Angel Taylor
- 3. Debora Sousa
- Figure - Masters 50+**
- 1. Sandy Patton
- Wellness - Open**
- 1. Amy Gomez  
**NGA PRO Card**

- 2. Sarah Suarez  
**NGA PRO Card**
- 3. Glon Desliens
- 4. Dana Todd
- 5. Logan Todd
- 6. Sandy Patton
- 7. Lorelly Mobley
- 8. Melissa Grier
- 9. Brianna Moore
- Men's Physique - Open LW**
  - 1. Frank Pelose, III
  - 2. Sam Kontogiannis
  - 3. Gabriel Machado
- Men's Physique - Open MW**
  - 1. Montana McGee
- Men's Physique - Open HW**
  - 1. Julius Madzunovic
- NGA PRO Card & Overall**
- Men's Physique - Masters 40+**
  - 1. Sam Kontogiannis
  - 2. Raymond Dumit
- Classic Physique - Open LW**
  - 1. Hugo Sanchez
- Classic Physique - Open MW**
  - 1. Larry Ray
- Overall**
- Classic Physique - Open HW**
  - 1. Wordner Edouard
- Classic Physique - Masters 40+**
  - 1. Larry Ray
  - 2. Hugo Sanchez
  - 3. Raymond Dumit
- Men's BB - Open LW**
  - 1. Abdel Rios
- NGA PRO Card & Overall**
- 2. Hugo Sanchez
- Men's BB - Open LHW**
  - 1. Dan Schobeck
  - 2. Wordner Edouard
- Men's BB - Open HW**
  - 1. Reginald Mazyck, Jr.
- Men's BB - Masters 40+**
  - 1. Reginald Mazyck, Jr.
- NGA PRO Card & Overall**
- 2. Hugo Sanchez
- 3. Eric Keen
- 4. Raymond Dumit
- Men's BB - Masters 50+**
  - 1. Alvis Vaughan
  - 2. Raymond Dumit
- Men's BB - Masters 60+**
  - 1. Alvis Vaughan
  - 2. James Grucci
- Men's BB - Masters 70+**
  - 1. Alvis Vaughan

- Bikini - Novice**
  - 1. Brianna Moore
  - 2. Erin Quinn
  - 3. Miranda Koleci
  - 4. Melissa Grier
  - 5. Logan Todd
  - 6. Jeanine Norris
- Figure - Novice**
  - 1. Toni Cabran
  - 2. Debora Souusa
  - 3. Alena Dunham
- Men's Physique - Novice**
  - 1. Julius Madzunovic
  - 2. Frank Pelose, III
  - 3. Montana McGee
  - 4. San Kontogiannis
  - 5. Gabriel Machado
- Men's BB - Novice**
  - 1. Reginald Mazyck, Jr.
- Couples**
  - 1. Ashley Keen  
Eric Keen
- NGA PRO/AM Universe Championships**
- NGA American Natural Championships**
- Deltona, FL  
November 16, 2024
- Promoters: Francine & Andrew Bostinto**
- PRO Bikini - Open**
  - 1. Holy Brecheen
  - 2. Lorelly Mobley
  - 3. Ashley Losen
  - 4. Gloriann Desliens
  - 5. Kim Davenport
- PRO Bikini Model - Open**
  - 1. Lorelly Mobley
  - 2. Tivisay Briceno
  - 3. Julie Mbae
- PRO Figure - Open**
  - 1. Tivisay Briceno
  - 2. Amy Gomez
  - 3. Shannon Barnwell-Ward
  - 4. Holy Brecheen
- PRO Figure - Masters 40+**
  - 1. Tivisay Briceno
  - 2. Shannon Barnwell-Ward
  - 3. Danielle Smith
- PRO Women's Physique - Open**
  - 1. Martha Williams
  - 2. Shannon Barnwell-Ward
  - 3. Perpetua Piechaczek
- PRO Wellness - Open**
  - 1. Amy Gomez
  - 2. Raquele Stanton
  - 3. Erin Rehn

- PRO Men's Physique - Open**
  - 1. Desario Smith
  - 2. Robert Bell
  - 3. Josh Miller
  - 4. Tony Richburg
- PRO Men's Physique - Masters 40+**
  - 1. Desario Smith
  - 2. Josh Miller
  - 3. Paul Hadler
- PRO Classic Physique - Open**
  - 1. Emmanuel Fuenmayor
  - 2. Jose Zubizarreta
  - 3. Alex Schleg
  - 4. Abdel Rios
  - 5. Daron Monroe
  - 6. Dan Schoneck
  - 7. Cory Rockwell
  - 8. Stuart Weasner
  - 9. Tony Howard, II
- PRO Classic Phys - Masters 40+**
  - 1. Josh Miller
  - 2. Roberto Gonzalez
- PRO Men's Bodybuilding - Open**
  - 1. Daron Monroe
  - 2. Kumi Sarpong, Jr.
  - 3. Tony Howard, II
- PRO Men's Bodybuilding - Masters 40+**
  - 1. Roberto Gonzalez
  - 2. Daron Monroe
- Bikini - Open**
  - 1. Danielle Smith  
**NGA PRO Card**
  - 2. Mariia Machnev
  - 3. Melisa Grier
  - 4. Natasha Fievre
  - 5. Penny Dyals
  - 6. Milene Edmond
- Bikini - Masters 40+**
  - 1. Shannon Barnwell-Ward  
**NGA PRO Card**
  - 2. Danielle Smith
  - 3. Melisa Grier
  - 4. Natasha Fievre
  - 5. Penny Dyals
  - 6. Elizabeth York
  - 7. Milene Edmond
- Bikini Model - Open**
  - 1. Milene Edmond
  - 2. Shannon Barnwell-Ward
- Figure - Open**
  - 1. Rebecca La Bad
  - 2. Julie Mbae
  - 3. Danielle Smith
- Figure - Masters 40+**
  - 1. Julie Mbae

- 2. Elizabeth York
- Women's Physique - Open**
  - 1. Rebecca La Bad
  - 2. Julie Mbae
  - 3. Elizabeth York
- Women's Physique - Masters 40+**
  - 1. Julie Mbae
  - 2. Elizabeth York
- Wellness - Open**
  - 1. Mollie Williams  
**NGA PRO Card**
  - 2. Gloriann Desliens  
**NGA PRO Card**
  - 3. Lorelly Mobley
  - 4. Melisa Grier
  - 5. Penny Dyals
- Wellness - Masters 40+**
  - 1. Mollie Williams
  - 2. Penny Dyals
- Men's Physique - Open**
  - 1. Winston Church
- Men's Physique - Masters 40+**
  - 1. Winston Church
- Classic Physique - Open**
  - 1. Kumi Sarpong, Jr.  
**NGA PRO Card**

- 2. Titus Walelo
- 3. Hugo Sanchez
- 4. Paul Hadler
- 5. Jorge Kaiser
- Classic Physique - Masters 40+**
  - 1. Paul Hadler
  - 2. Ben Larson
  - 3. Hugo Sanchez
- Men's BB - Open LW**
  - 1. William Mora
  - 2. Hugo Sanchez
- Men's BB - Open LHW**
  - 1. Dan Schoneck  
**NGA PRO Card & Overall**
  - 2. Paul Hadler
- Men's BB - Open HW**
  - 1. Lorenzo Butler
- Men's BB - Masters 40+**
  - 1. William Mora  
**NGA PRO Card & Overall**
  - 2. Hugo Sanchez
  - 3. Alvis Vaughan, Jr.
  - 4. Eric Keen
- Men's BB - Masters 50+**
  - 1. William Mora  
**NGA PRO Card & Overall**

- 2. Alvis Vaughan, Jr.
- 3. Lorenzo Butler
- Men's BB - Masters 60+**
  - 1. Alvis Vaughan, Jr.
- Men's BB - Masters 70+**
  - 1. Alvis Vaughan, Jr.
- Men's BB - Masters 80+**
  - 1. Richard Rabin
- Bikini - Debut**
  - 1. Maria Machnev
  - 2. Natasha Fievre
- Kid's Fitness**
  - 1. Aspen Papesca





# NGA

Compete with the NGA where  
your membership goes far . . .

## NGA AMATEUR SCHEDULE NGA PRO SCHEDULE

Be the best you can be on stage  
and attend an NGA Posing Seminar.

Contact The NGA Show Promoter!

NGA AMATEUR SCHEDULE

NGA PRO SCHEDULE

# Become a Professional Trainer



**Employment of Personal Fitness Trainers is projected to grow 10 percent from 2016 to 2026, faster than the average for all occupations. The need for Fitness Trainers is increasing. Dream BIG and create your own business venture.**

**What are you waiting for? Act Now!!**

● Military ● Uniformed ● First Responders ● Current NGA Members ●  
Inquire About Our Discount

## Get NGA Certified



**For Further Info & Testimonials Visit**

**[www.personaltrainercertificationcourses.com](http://www.personaltrainercertificationcourses.com)**

**954-344-8410**

*The National Gym Association, Inc. (NGA) a non-profit corporation was established in 1979 for the purpose of maintaining the highest standards of safety, education, and training. Our [NGA Personal Trainers Certification](#) course provides the tools and skills needed to become the highest caliber professional trainer. The manual is available in book or USB Flash Drive format and consists of 600 pages, 390 illustrations, and informative charts. Chapters cover: (1) Nutrition: A Physiologic Approach, (2) Dietary Planning and Energy Production, (3) Anatomy, Biomechanics, and Kinesiology, (4) Exercise Physiology, (5) Factors in Physical Performance, (6) Professional Trainer: Ethics and Conduct. Click here to [GET NGA CERTIFIED](#).*