



FALL/WINTER
2026

NGA NATURAL *mag*

Drug-Free Athletes of America

**NGA CELEBRATES
AMERICA'S 250TH**

**NGA FOUDEUR INVITED
BY THE WHITE HOUSE**

**NO EXCUSES
TO SKIP YOUR "LEG DAY"**

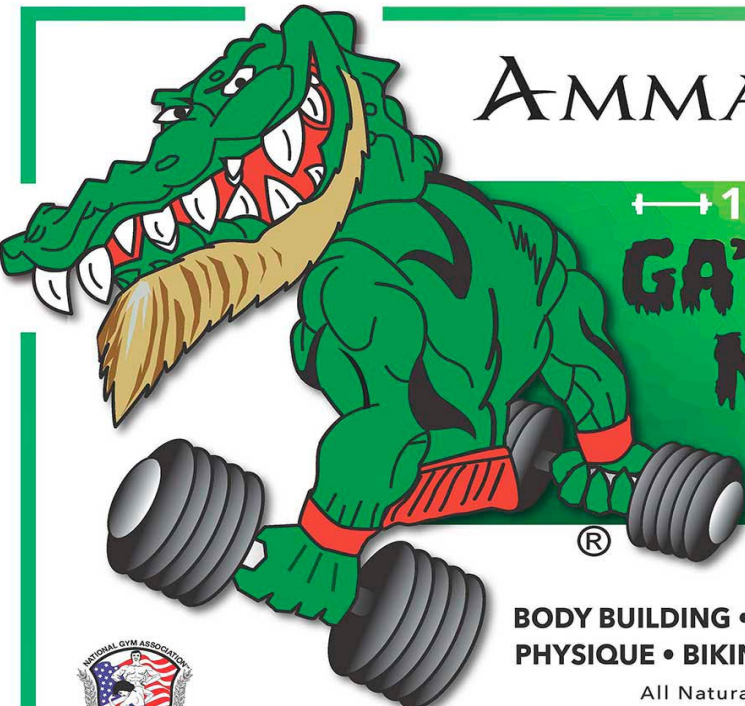
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Promoter:

Matt Ammann

407.340.7929

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Tickets & Registration Info



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NGA PRO/AM UNIVERSE

CHAMPIONSHIPS

NATIONAL GYM ASSOCIATION



Photos By
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Poster By
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FEATURED IN NGA NATURALmag

NOVEMBER 14, 2026

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Welcome

Letter from the Editor

We are halfway through the 2026 NGA season, and the NGA shows have not disappointed - thanks to our dedicated NGA Promoters, who continue to work diligently to deliver the best experience possible for our athletes.

Be sure to check out the remaining shows scheduled for 2026, including our premier event, the NGA PRO/AM Universe, which has moved to Lexington, Kentucky. On behalf of Josh Miller and the NGA, we are thrilled to bring this prestigious show to Kentucky, and we look forward to seeing everyone there.

This issue of NGA Natural Mag also will not disappoint. It is full of informative articles and features 7 NGA athletes who are committed to sharing their inspiring stories.

We are excited to feature Brooke Fabian, NGA PRO Figure & Wellness Open Divisions, on the cover of this issue. Congratulations to Brooke! Be sure to read her story on page _____. **Waiting for her article. Redo TOC**

Cheers to NGA Natural Mag on reaching its 20th issue! We hope you have been enjoying our FREE online magazine. If you have story ideas, comments, questions, or feedback, please contact us at nga@nationalgym.com or call (954)-344-8410. Reader input is always welcome!

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Francine Bostinto



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

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

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NGA Celebrates America's 250th

By Francine Bostinto

When Andrew Bostinto - legendary NGA Founder, World War II Veteran, and widely celebrated as the World's Oldest Bodybuilder - received his invitation to Washington, D.C. for the United States' 250th Anniversary, it was not just another ceremonial gesture. It was a recognition of a man whose life mirrors the endurance, grit, and spirit of the nation itself.

The invitation came directly from two prominent advocates for America's veterans: Andrew Biggio, founder of The Rifle, and Danny Edwards, founder of Best Defense. Their mission has long been to honor and uplift the heroes of the Greatest Generation, and Bostinto stands among the most inspiring of them.

Andrew Biggio, known for his work documenting and honoring WWII veterans, personally ensured Bostinto would be part of the celebration. Biggio's organization, The Rifle (www.thewwiirifle.com), has become a powerful voice for preserving veteran stories, and Bostinto's story is one of the most remarkable.

Danny Edwards of Best Defense Foundation (www.bestdefensefoundation.org) - a nonprofit dedicated to supporting veterans through community and advocacy - joined Biggio in championing Bostinto's inclusion. Together, they made sure the nation recognized a man who has spent his

life serving, leading, and inspiring.

In a rare gesture of national appreciation, the White House covered all expenses for Bostinto's travel, accommodation, and participation in the historic celebration.

Along with ten other WWII Veterans, Bostinto's return to the nation's capital carried deep emotional resonance. They represent one of the last living links to a generation that defended democracy during its most fragile moment. Their presence at the 250th Anniversary was not symbolic - it was foundational.

It was a privilege to meet Gary Sinise once again. Gary, a lifelong advocate for military families through the Gary Sinise Foundation, traveled to Washington, D.C., to participate in the milestone celebrations. Gene Simmons of the group KISS was personally invited by the White House to narrate the World War II Veterans honors for the official July 4th celebration. Unfortunately, due to the weather, the segment Andy was supposed to be a part of was cancelled.

Fireworks illuminated the sky that evening. Eleven WWII veterans watched quietly at their WWII Memorial. The glow reflecting off faces that has witnessed a century of American changes.

As the founder of the National Gym Association, Inc., Bostinto has shaped natural bodybuilding for decades. He represents the American ideal that age does not define potential. His life is proof that discipline can outlast decades, and passion can outlive generations. ■



L-R: Gary Sinise & Andy Bostinto



L-R: Andy Bostinto & Donnie Edwards



L-R: Andy Bostinto & Andrew Biggio



L-R: Gene Simmons, "KISS" & Andy Bostinto



NGA 5th Annual Amateur Extreme PRO/AM

Deltona, FL
April 18, 2026

Promoter: Matt Ammann
www.ngagatorproductions.com
[@ngagatorproductions](https://www.instagram.com/ngagatorproductions)
[@mattammann1](https://www.instagram.com/mattammann1)



The 2026 NGA Amateur Extreme kicked off the Gator Productions competition season in impressive fashion on April 18, 2026, bringing energy, passion, and standout performances to The Center at Deltona in Deltona, Florida. As the first show of the year, this annual event, once again, proved why it holds a special place on the NGA calendar.

Athletes from across the region took the stage, highlighting months - if not years - of dedication, discipline, and preparation. From first-time competitors to seasoned amateurs, the level of talent was undeniable, setting a high bar for the rest of the season. One of the most exciting highlights of the event was the emergence of new professionals. Several competitors earned their NGA PRO status across multiple classes, marking a major milestone in their fitness journeys which included Robin Spurgeon in both Bikini - Open and Masters, Diego Alcala in Classic Physique - Open, Glen D'Souza in Men's Physique - Open LW, and Amari Langford in Bikini - Open. The crowd responded with enthusiasm and support, celebrating each hard-earned victory and breakthrough moment.

The atmosphere throughout the day was electric. Coaches, families, and fans filled the venue, creating an environment that was both competitive and uplifting. Backstage, camaraderie, and sportsmanship were just as evident as the fierce determination displayed under the stage lights. Gator Productions once again delivered a seamless and well-organized event, reinforcing its reputation for hosting top-tier competitions. From the production quality to the athlete experience, every detail contributed to a memorable kickoff show.

As the curtains closed on the 2026 NGA Amateur Extreme, one thing was clear: the season is off to an incredible start. With momentum building and excitement in the air, athletes and fans alike are already looking ahead. If this first show is any indication, the rest of the year promises to be nothing short of amazing. We will see you at the next show. ■

Photos by: rsomediagroup



L-R: Promoter Matt Ammann
Co-Promoter Jennifer Micheli



Diego Alcala
Classic Physique - Open LW
1st Place
NGA PRO Card & Overall

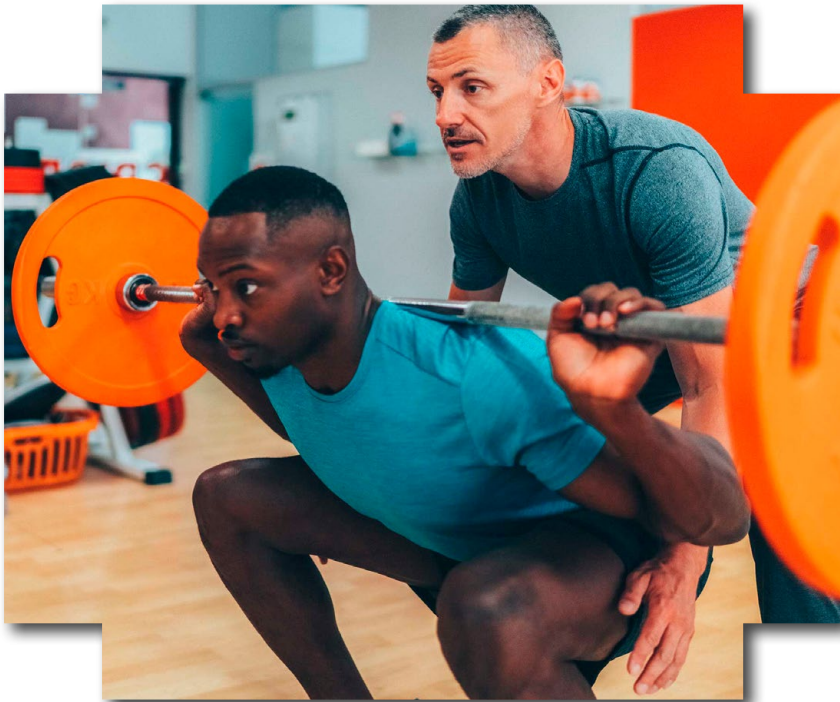


Jeffrey Bilotti
Bodybuilding - Open & Masters
Two 1st Place
Two Overalls

NO EXCUSES TO SKIP YOUR “LEG DAY”



BY DR. CHRISTOPH KLUPEL
NGA EDUCATION DIRECTOR FOR SE ASIA
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Some gym enthusiasts, who regularly include treadmill, elliptical cross trainer, or stationary bike workouts in their exercise routines, mistakenly think that this provides sufficient exercise for their leg muscles to keep them well-conditioned and strong. Consequently, they cut their thigh-training short or even eliminate it entirely from their weight-training regimen. Yes, we get it: proper thigh-training is tough. However, making no mistakes, jogging, and other aerobic-type activities are cardio-respiratory exercise, which means that they improve the efficiency of the heart and lungs, if performed with appropriate intensity.

The intensity of cardio-exercise is determined by measuring the heart rate by taking your pulse, whereas the intensity of weight-training is based on the amount of load you lift. Cardio exercise and

weight-training have different purposes and different effects. Obviously, exercising on a treadmill, elliptical cross trainer or stationary bike hardly does anything to increase the strength or size of your thigh muscles; at the most, such activities may improve the endurance of the involved muscle groups in addition to their cardio-respiratory benefits.

Speaking in weight-training terms, a treadmill, elliptical cross trainer, or stationary bike work-out session consists of one single set of thousands of repetitions - the term “repetitions” here refers to the strides or revolutions performed throughout the cardio-activity, which are merely executed through a very limited range of motion for thirty minutes or more at a time. However, performing such sets of thousands of the lowest intensity partial repetitions for a duration of thirty minutes or longer is not effective enough to promote muscle size and strength-gains in the involved muscle groups.

In order to improve muscle-strength and muscle-size, we have to work our target muscles against adequate weight-resistance for a number of repetitions - usually somewhere between 8-15 reps - for several sets, performed close to momentary muscle-failure

and best through the full range of the involved joints’ motion. This will not happen when just jogging on a treadmill or working out on any other item of cardio-equipment.

Anyone who neglects their regular thigh-training and eliminates proper resistance exercise for their leg muscles just because it is strenuous, short-changes themselves by losing out on some of the greatest benefits which the gym has to offer, whether related to general health, all-over muscle strength, and muscle size-development, metabolism, or body-composition. In fact, regularly training your thighs with heavy compound movements such as squats should be the most important part of your training program, no matter what your training goal may be.

Regularly performing a variety of squats, using adequate weight resistance and volume, will help you with many daily activities, increase your overall balance, improve your core strength, strengthen your bones, bring about big improvements in your overall fitness level, and improve your athletic performance.

Regular thigh-training, relying on weight-loaded squats and other lower-body compound movements, will elicit muscle-growth not only in your thighs, but also in all other lower- and upper-body muscle-groups due to the elevation of testosterone and increased growth-hormone release, which intense

leg-exercise stimulates. These anabolic hormones circulate throughout the body, signaling for increased protein synthesis in all areas, even positively affecting upper-body muscle groups.

Performing compound movements like squats, deadlifts, etc., not only heavily involve your thigh muscles and glutes, but also intensely challenge most of your body’s other major muscle groups, burning more calories than cardio-exercise, not just during the work-out, but even for many hours afterwards due to its extensive after-burn effect. Adding muscle to your physique, which is best achieved when focusing your weight-training efforts on your body’s largest lower-body muscle groups, will increase your body’s metabolic rate, burn more calories throughout the day and night, and thus not only contribute to body-fat reduction but also help to keep lost fat off.

Intense thigh-training of adequate volume will also elevate your heart rate and thus even provide significant cardio-respiratory benefits by strengthening your cardiac muscles and improving your lung capacity.

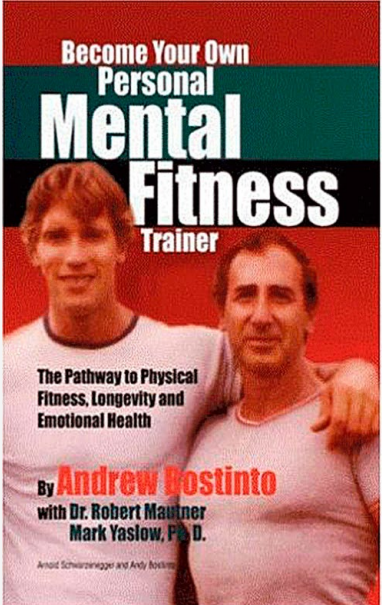
So do not look for any excuses to drop or curtail your thigh workouts, but remember that squats, along with other resistance exercises targeting your thighs, are among the best exercises you can do. ■



**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.



**Become Your Own
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Mental
Fitness
Trainer**

**The Pathway to Physical
Fitness, Longevity and
Emotional Health**

**By Andrew Bostinto
with Dr. Robert Mautner
Mark Yaslow, Ph.D.**

Arnold Schwarzenegger and Andy Bostinto

“*“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

From Survival to Strength

By Holy Waters Brecheen

Hi, my name is Holy Waters Brecheen, and my journey into fitness did not start with confidence- it started with survival and a prayer for something more.

I was married at 15 and had three babies back-to-back. Life moved fast, and somewhere in the middle of taking care of everyone else, I lost sight of myself. The gym was not even a thought! I had no experience, no direction, no idea of what I was physically capable of achieving. My father died when I was 17 and both of my parents were orphans, so I did not even know what my genetics could hold.

But God opens doors when you are ready.

One day, out of nowhere, I was invited to a group fitness class. I walked in intimidated, unsure, and completely out of my element. I did not know form, squats looked silly, I did not lift weights, and I did not belong - or at least that is what I told myself.

But I showed up anyway.

What started as a small step to feel better turned into something that changed everything. Fitness became my outlet. My healing. My discipline. My structure. Before long, I was not asking if I was going to the gym, I was rearranging my entire life around it.

Then came an opportunity that scared me: competing in bodybuilding.

With just three months to prepare and no real understanding of the sport, I said

yes. Not because I felt ready, but because I refused to stay the same.

Through faith, consistency, good friends, and relentless work, I earned my NGA PRO Card in two divisions and went on to win NGA Nationals in PRO Bikini - Open.

That stage was not about a trophy. It was about everything I had overcome, every hardship, every doubt, every voice that said I was not enough. People told me I would never measure up. That I would look "too masculine." That I was not close to the level of other competitors.

They were wrong.

Today, I am a certified massage therapist and NGA Certified Personal Trainer, helping others unlock strength in their own lives - physically and mentally. My mission is bigger than me now.

I started from nothing at 36 years old. No experience. No roadmap. Just faith and a willingness to try.

So, if you are waiting for the "perfect time" or doubting yourself - do not. Because if I can build this from scratch, so can you.

The strongest transformations do not just happen in the body - they happen in the soul.

Thank you for your consideration I am grateful for this organization and always will be. ■

"I started from nothing at 36 years old. No experience. No roadmap. Just faith and a willingness to try."





NGA 6th Annual PRO/AM Green Bay Hardbodies Championships

**Green Bay, WI
May 2, 2026**

Rev. Warren I. Egebo
www.gbhardbodies.com
ufta567@gmail.com

NGA Promoters:
Paul Hadler
hardscapeoasis@gmail.com

The NGA 6th Annual PRO/AM Green Bay Hardbodies Natural Championships was held on May 2, 2026. For the fifth year in a row, this contest took place in the historic Majestic Theatre in downtown Green Bay. Forty-two competitors from seven states vied for NGA PRO Cards in the amateur division. Seven NGA PROs vied for \$3600 in cash awards in the PRO division.

Peter Fitschen from Stevens Point, WI won the PRO Bodybuilding - Open and Master's division. Peter has trained six competitors who have won their NGA PRO Cards for the NGA Green Bay Hardbodies show in the past six years. Peter is a renowned online coach in many natural organizations who, in the past ten years, has helped over one hundred competitors earn their NGA PRO Cards. On Feb. 6, 2027, Peter will be giving a seminar on bodybuilding in Green Bay. Check out the Green Bay Hardbodies web page, www.gbhardbodies.com, for registration and information. The runner-up to Peter in the PRO Bodybuilding and PRO Master's Bodybuilding class was Abisai Gonzalez, who came all the way from Salt Lake City, Utah. Abisai Gonzalez also won the PRO Classic Physique - Open and Master divisions. The PRO Men's Physique - Open and Master winner was James White of Appleton, WI. James was featured in the Fox City Sports magazine April 2026 issue about his journey to becoming a PRO in the NGA and his competing in the NGA Universe last November. The second place winner in the PRO Men's Physique - Open and Master divisions was Josh Janzen from Delano, MN. His wife Beth won the PRO Figure - Open division.

The winner in the PRO Wellness - Open division was Green Bay's own Erin O'Donnell. Erin, Robert

Brady Johnson (adaptive competitor), and Co-Promoter Paul Hadler were on a local radio sports show on the Wednesday before the contest.

The PRO Bikini - Open winner was Ashley Losen, who would also be the Overall winner in the Amateur Figure - Open division. This was the first year that an Adaptive Division was included in the line-up, and Robert Brady Johnson from Belvidere, IL won that division and told the crowd at finals about his surmounting a stroke and still getting on the stage of many bodybuilding shows. Winning their NGA PRO Bikini Cards were Bikini Overall winner Emma Williams of Little Suamico, WI and division winners Claire Bohman and Heidi Bunch.

Joey Dura and Mason Welsh won their NGA PRO Cards in Men's Physique - Open. Max Plutz won an NGA PRO Card in the Classic Physique - Open division in his first show. The new Mr. Green Bay Hardbodies Natural is Jaden Bemis of Green Bay. It was Jaden's third try to win the title.

Clint Brackbil was Head Male Judge and Amirah Spielman was Head Female Judge. Other judges for this show were Dale Jones, Deb Kaster, and Bryan Snyder. The Emcee was Earl Snyder of Panama City, Florida. Vinnie Abdou provided the Sound, Chickenorth-eggphotography.com was the official photographer. The official spray tanner was Tina Miller. Sponsors were Hardscape Oasis, 9th St. Wellness Center, Deb Kaster Massage Therapy, and Pichette Event Rentals. Co-Promoters of the show for the sixth year were Rev. Warren I. Egebo and NGA PRO Bodybuilder Paul Hadler.

The 2027 show will take place on May 1st, 2027, at the historic Meyer Theatre. For registration and information, go to gbhardbodies.com. ■

Photos by: chickenortheggphotography.com



Claire Bohman
Bikini - Open "B"
1st Place
NGA PRO Card



Heidi Bunch
Bikini - Open "A"
1st Place
NGA PRO Card



Jaden Bemis
Bodybuilding - Open LHW
1st Place
NGA PRO Card & Overall

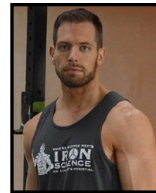


Joey Dura
Physique - Open LW
1st Place
NGA PRO Card



Peter Fitschen
PRO Bodybuilding - Masters 40+
1st Place

HOW TO DEVELOP LAGGING MUSCLE GROUPS



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

One of the first things you might be thinking is, well just throw more volume at it. Even though volume is a crucial factor in development, there are some key areas you will want to focus on first to solve this problem. Just throwing in more volume is not always the answer and could lead to negative outcomes as well. Some of these answers might hurt some feelings, but once you come to terms with it, it will only help with the growth issue. One or more of these are most likely the issue. For this article, leave the ego at the door, put the student hat on, and embrace the information to overcome this obstacle.

For the sake of simplicity, we will discuss the lower body (leg development) in this article. You can plug

in any lagging body part here, but the common thing we hear is "my legs won't grow no matter what I do!" Most of the time it is not a volume issue because that is usually the first thing everyone thinks. The problem is a lot of this volume is what we call "junk volume." Just because you are doing something or more of it, but you still do it poorly, it will not produce greater results. It is avoiding the real issues at hand in most cases.

The first area to look at is your "mind-muscle" connection. This is proven in the research to be a factor in development. A lot of people can feel their biceps working in a curl, but a common issue for "lagers" is not having that connection in your lower body, which is harder to do. Feeling your hamstrings working correctly and not getting sloppy where other muscle groups take over is much harder to do. For example, a common error I see advanced people make in the RDL is they go too far down in the lift where the lower back is taking over and not working the hamstrings like they should be. They are so hyper focused on the ROM that they go past the ROM of the hips and their hamstring mobility; thus, not creating the mechanical

tension in the muscle groups we want to be working. Once you start really focusing on making sure the muscle group you target is taking on the work, this is a big step in the right direction.

The next step is looking at intensity. Everyone with low development in their legs will most likely claim they train hard. Once again, let us leave the ego at the door. More times than not when you analyze and remove bias, they are not training these muscle groups at the same intensity as their other parts. Training the lower body is harder than upper. It takes more energy, higher demand to the CNS and causes more fatigue. Usually when you review the big picture, they are not putting the same intensity and effort in as they are with their chest or biceps as a typical example. You want to make sure you are getting closer to failure in this situation. A lot of times if you work on getting closer to failure (1 RIR) on these sets, they will quickly realize they were leaving too much in the tank unlike they do with their chest training. You will see the same volume you had, but better production by adjusting this.

One last step is checking frequency of training. A common error, especially for natural athletes, is sticking to the old-school split of one training day for each

muscle group. We call this a "bro-split" where you will typically train on "leg day" and that's it. Those that lag in lower development also typically find themselves stuck in this model. There is nothing wrong with a "bro-split," especially for beginners, but we do know it is not the best approach for hypertrophy for advanced natural lifters. Your body does much better with development when you are hitting the muscle groups a couple times of weeks instead of one. There are several discussion points on this and multiple approaches to a "better" split. To not make this article a book, start reviewing your frequency of training of a lagging body part since it is another widespread problem area we see.

There are a lot more discussion points to be had here, but I wanted to cover some key areas that are most common to look at first. If you remove your own bias and leave the ego at the door, these key areas could be some of the missing pieces to your problem. Changes will not happen overnight and will need to be consistent with this through time. Have the heart of a student and really start to apply any of these areas that would apply to you. In doing so, the excuses will stop and your legs will start to grow more than the ego. ■

About The Author:

Chad Adamovich is owner of IRONSCIENCE; a bodybuilding-focused coaching business for prep and "off-season" development. He is also the Director of Training and Development for over 49+ clubs across the US, developing other professionals in the field. He has spent over half a decade with his pursuit of education in Exercise Science and Sports Nutrition. In addition, he holds the credentials as a Certified Strength and Conditioning Specialist (CSCS). Chad has an unparalleled passion for the research, science, and application behind sports performance, nutrition, and hypertrophy. He has devoted the majority of his life to helping athletes at the youth, collegiate, and pro level in numerous sports. His experience is vast, included being a Director for Athletic Republic and more. To get additional free professional training advice, follow on Instagram @ironscience_pro web: www.iron-science.com email: chad@iron-science.com Follow on Instagram @ironscience_pro



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

Competing Since 1998

BY MICHAEL STELZER

I started competing in bodybuilding in 1998 in Virginia during my service in the U.S. Navy. At that time, the competitors were all classified by height and I entered at 6'2" and about 180 pounds. I received 4th place in my first competition. Later in my military career, I tripped in a pothole on the side of the sidewalk and broke both arms in a high-speed running competition. Still, I continued my weightlifting exercises for my lower body (The gym attendant needed to load the leg press machine).

Since then, I was drawn into the competition lifestyle and have competed every year since. I have participated in several different organizations and competed several times throughout the year. I particularly like the NGA as it allows me to face fair competition as a natural bodybuilder. My love for the sport motivates me to compete within the Classic Physique, and Physique Open and Master divisions.

I tend to keep myself busy pursuing several athletic and academic pursuits. Currently, in addition to bodybuilding, I have been competing in fencing, martial arts, obstacle course races, Olympic and Highland games, and have even been a professional wrestler (performing as "Monster Mike" the wrestling Frankenstein monster). My academic endeavors have earned me three master's degrees in business, a doctoral degree in electrical engineering, and three post-doctoral degrees in business management. Additional hobbies include performing magic, juggling, ventriloquism, escape artistry, and publishing several books on gambling mathematics and engineering.

I would like to thank the sponsors, emcees, promoters, staff, and fans of the NGA for their dedication and enthusiasm in promoting the business and sport. Their support always makes each event a memorable experience. ■

Photos by: SO FOCUS PHOTOS By R. Tolar



I am a Bodybuilder

NGA PRO Figure & Wellness - Open

BY BROOKE FABIAN

If someone had asked me five years ago whether I would ever compete in a bodybuilding competition, I would have said, without hesitation, "Absolutely not." For as long as I can remember, I relied on cardio to maintain what the world might consider a nice figure. That changed when I met a dear friend at the gym.

I had just had my second child and was struggling to find the motivation to run again. When I met Carissa, I complimented her phenomenal figure and asked how I could get into that kind of shape. I later learned that she had given birth just two days after I did. Her advice was simple: lift weights and lift heavy.

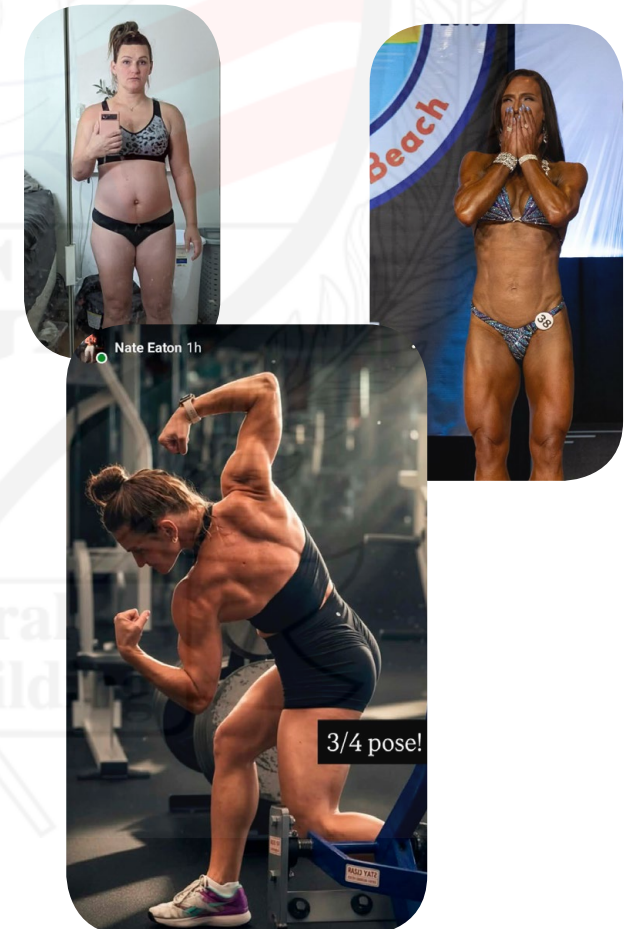
That was eight years ago. I started lifting and never looked back. Six years and two more babies later, people at the gym began asking whether I was training for a competition. Five people asked me in one week. I had never seen myself as someone who had what it took to compete, but others apparently did - and that made me think: maybe I could!

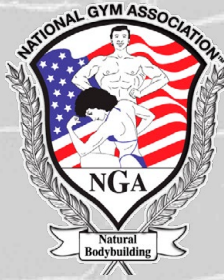
I asked around for a coach and was referred to Nate Eaton. During our first few lifting sessions, I asked which division he thought suited me best. When he said Figure, I did not like the answer. I wanted to compete in Bikini. I wanted to feel pretty and feminine, not bulky and athletic, as I had felt my whole life. For my first competition, we chose wellness because I had always felt my lower body was my strongest feature.

After that competition, my confidence took a hit. I did not place well, and imposter syndrome set in. I wanted to quit. I told myself I was not a bodybuilder - just a mom who liked to lift. Once my emotions settled, I decided to try one more time.

At my next competition, I entered both Wellness and Bikini. I placed third overall in Wellness and second overall in Bikini. By my third competition, I finally decided - just three days before the show - to follow my coach's advice and enter as a figure competitor. I worked with my posing coach, Heather Poole, and with Nate to learn the Figure poses as well as I could before stepping onstage.

To my surprise, I won first overall in Figure. After the competition, Nate hugged me and whispered, "I hope you are able to see yourself now the same way everyone else has seen you all along." My name is Brooke Fabian, and I am a bodybuilder! ■





NGA 6th Annual East Coast Classic PRO/AM



**Deltona, FL
May 9, 2026**

Promoter: Matt Ammann

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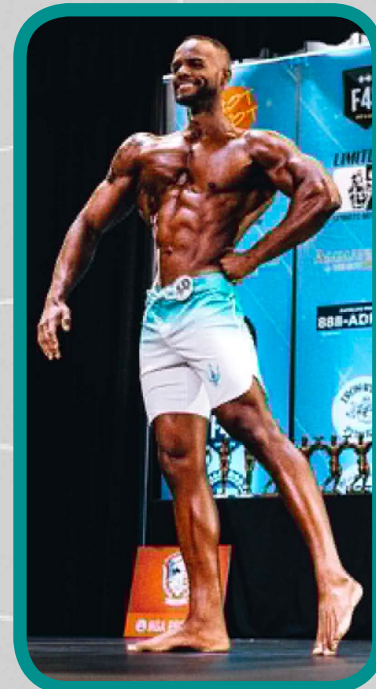
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Bikini - Open

L-R: Ellie Miller, Cassidy Hill, Laura Suber (1st Place & NGA PRO Card), Brittany Bishop, Jessica Petrinolis



**Hector Constanzo
PRO Physique - Open
1st Place**



**L-R: Jacoby Moore, Erin Alexon, Matt Amman, Michele Ward,
Todd Elliott, Dr. Barbarian Hak**



**Tawya Cline
PRO Bikini - Open
1st Place**

The 2026 NGA East Coast Classic marked the second event of the NGA Gator Productions season and continued the momentum established at the Amateur Extreme earlier this year.

Held on May 9, 2026, at The Center at Deltona, the event brought together some of the finest natural athletes from across Florida and beyond for a day of impressive competition and sportsmanship. Athletes took advantage of the new 2026 straight-through format, which kept the show moving efficiently while

maintaining an exciting atmosphere for competitors, coaches, and spectators alike. From first-time competitors to seasoned veterans, the stage was filled with outstanding physiques and inspiring performances throughout the day.

One of the highlights of the event was the awarding of a new NGA PRO Card, as another athlete achieved the dream of earning professional status; Laura Suber earned her NGA PRO Bikini Card. This accomplishment serves as a reminder of the dedication, discipline, and perseverance required to reach the next level in natural bodybuilding.

"The East Coast Classic continues to grow each year, and we are proud of the athletes who trust Gator Productions to provide a first-class experience," said promoter Matt Ammann. "The level of competition was exceptional, and it was exciting to watch another competitor earn professional status."

Gator Productions would like to thank all the athletes, coaches, judges, sponsors, vendors, volunteers, and fans who helped make the NGA East Coast Classic a success. Events like these are only possible because of the incredible support from the natural bodybuilding community.

With two successful events now completed, attention turns to the next stop on the 2026 schedule: the NGA West Coast Classic on September 12, 2026 in Gulfport, Florida. Athletes who competed in Deltona have already begun preparing for another opportunity to step on stage and continue their competitive journey.

Congratulations to all competitors who participated in the 2026 NGA East Coast Classic. We look forward to seeing everyone back on stage as the Gator Productions season continues. ■

Photos by: rsomediagroup

The Supplement Trap: Could an OTC Product Cost You Your Natural Status?



As the NGA Medical Advisor, I receive many questions from athletes about supplements, medications, peptides, and banned substances. One of the most common questions is, “I bought it over the counter, so it should be okay, right?” My answer is: not always.

I am always glad when an athlete contacts me before taking a product. The difficult situations occur when someone asks after using it for weeks or months. Because it was easy to purchase, sold online, or sitting beside ordinary vitamins, they assumed it must be acceptable for natural competition.

The first point I want to make is that not all

over-the-counter supplements are safe or acceptable. Many athletes believe dietary supplements are reviewed and approved by the FDA before they are sold. That is not how the supplement industry works. Manufacturers are responsible for product safety and label accuracy before products reach the market. Many bottles even state that the product has not been evaluated by the FDA.

Protein powder, creatine, basic vitamins, and electrolytes are usually more straightforward. The greater concern is products promising rapid muscle growth, extreme fat loss, increased testosterone, hormone support, or drug-like results. When a supplement promises effects like a performance-enhancing drug, that should be a warning sign. The [NGA By-Laws](#)

place responsibility on the athlete to research every ingredient. Saying, “I didn’t know,” may be honest, but it may not protect your eligibility.

One common trap is DHEA. It is sold over the counter and often marketed for anti-aging, hormone support, recovery, energy, or testosterone support. Because it may sit beside ordinary vitamins, athletes sometimes assume it is acceptable. However, DHEA is a hormone precursor and is specifically banned by the NGA. The list also includes 7-keto-DHEA, 7-oxo-DHEA, 7-alpha-hydroxy-DHEA, and 7-beta-hydroxy-DHEA. These ingredients may appear in hormone-support, anti-aging, and fat-loss products. Do not rely on the word “natural” on the bottle. Read the ingredient panel.

Another trap involves prohormones and so-called legal muscle builders. Names such as 1-Andro and 4-Andro may sound like ordinary supplement ingredients, but the NGA banned list includes multiple androstenediol and androstenedione compounds, along with Halodrol, methasterone, and 1-testosterone.

Changing the name on the label does not change what the substance is. Claims of dramatic strength gains, hormonal conversion, anabolic activity, or steroid-like results should always raise concern.

SARMs are another major source of confusion. They are often sold online in bottles that resemble ordinary supplements. Some are labeled “research chemicals” or “not for human consumption,” even though they are clearly marketed toward bodybuilders. The NGA bans substances such as: ostarine, ligandrol, andarine, cardarine, and LGD-3303. The fact that a product can be purchased online does not make it acceptable.

Natural bodybuilding requires years of training, discipline, sacrifice, and consistency. It would be unfortunate to jeopardize that work because of one capsule, scoop, or online product that was never properly researched. Read the complete label. Do not assume that “legal,” “natural,” or “sold over the counter” means approved for NGA competition. When in doubt, ask first. It is far better to know before you take it than after. ■



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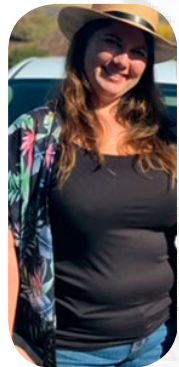
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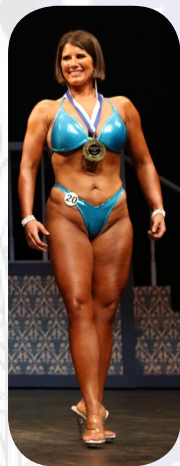
A Five-Year Transformation:

How Sarah Nolte Turned Consistency into a Champion's Journey

By Bing Saez and Sarah Nolte



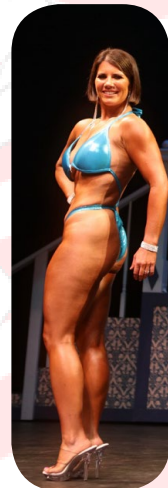
235lbs



2023
Figure



Sarah Nolte
2025 NGA Universe
Physique - Open
1st Place



2023
Figure



2025 NGA Universe

When Sarah Nolte stepped onto the stage at the NGA Tahoe International PRO/AM five years ago, she carried more than just the weight on her body - she carried the hope of reclaiming her health, strength, and confidence. At 235 pounds, the decision to enter her first transformation division was not about winning a trophy; it was about proving to herself that she was capable of change.

Five years later, Sarah has done far more than change. She has rebuilt. She has risen. She has now competed in one of the most respected natural bodybuilding stages: the NGA Universe.

Her journey highlights what sustainable weight loss truly looks like: patience, intentional, and rooted in daily habits rather than quick fixes.

The Power of Time: Why Slow Transformation Wins

In a world that promises overnight success and instant weight-loss solutions, Sarah's story is a reminder that real, lasting change takes time. And that time is not a setback - it's an advantage.

Sustainable Habits Over Temporary Fixes

Quick weight loss often leads to quick regain. Methods like Ozempic or over-the-counter weight-loss drugs may produce fast results, but they rarely teach long-term habits. Without lifestyle changes such as nutrition, strength training, accountability, many people find themselves back where they started.

Sarah chose the long road and in doing so, she kept the weight off and built a body capable of competing at the highest natural level.

Strength and Metabolism Take Time to Build

Unlike rapid dieting, slow, steady fat loss allows your body to adjust gradually. This protects lean muscle, preserves metabolism, and reduces the risk of burnout or injury. Over five years, Sarah did not just lose weight - she built strength, increased muscle, and transformed her health from the inside out.

Giving Up Alcohol. Sobriety Wins.

Giving up alcohol can accelerate weight loss and improve overall health. By eliminating empty calories, reducing cravings, and improving sleep and energy, Sarah not only avoids hangovers but also creates a stronger foundation for sustainable weight management. In short: Giving up alcohol helps Sarah avoid hangovers, shed excess calories, improve sleep, and stay consistent with her weight loss journey. It is one of the most impactful changes she can make for both body and mind.

Fueling the Journey: Vegetables, Protein, and Performance

Sarah's transformation was not driven by restriction - it was driven by nourishment.

Vegetables: The Unsung Hero of Weight Loss

Increasing her vegetable intake helped:

- Reduce overall calorie density.
- Boost micronutrients and fiber.
- Improve digestion and energy.
- Increase feelings of fullness without sacrificing volume.

Vegetables offered her sustainability on days when cravings or fatigue could have derailed her progress.

Protein: The Foundation of Strength Training

As Sarah shifted into more intense lifting and competition prep, protein became essential.

Higher protein intake helps:

- Build and maintain lean muscle.
- Improve recovery after training.
- Stabilize hunger and blood sugar.
- Strengthen metabolism.

Combined with consistent strength training, protein was one of the pillars that allowed her to reshape her body - not just shrink it.

The Truth About Weight-Loss Shortcuts

Society sells speed. But shortcuts come with a cost. Weight-loss drugs - whether prescribed or over-the-counter may offer rapid results, but they often overlook:

- Proper nutrition
- Muscle health
- Mental and emotional resilience
- Long-term lifestyle change

Many people who rely only on medication struggle to maintain their results after they stop. Without lasting habits, the foundation is weak. Sarah's transformation shows that consistency beats convenience every single time.

Consistency: The Real Secret Behind Success

What made Sarah successful was not luck, genetics, or a miracle solution.

It was:

- Showing up even on hard days.
- Adjusting instead of quitting.
- Fueling her body instead of starving it.
- Training with purpose.
- Giving herself permission to go slowly.

Five years of consistent effort took her from her first transformation stage to standing proudly among athletes at the NGA Universe - a testament not just to her physical transformation, but to her mental strength.

Sarah's Journey Is Proof

You don't need shortcuts.
You don't need extreme diets.
You don't need to lose weight fast.

What you need is consistency, patience, and the belief that small daily steps really do add up.

Sarah Nolte did not just change her body - she changed her life. She made one intentional choice at a time. ■



NGA PRO/AM Kentucky Natural Classic

Lexington, KY
May 16, 2026

Promoters: Josh & Melissa Miller
www.kentuckynaturalbodybuilding.com
KyNaturalBB@gmail.com



Bikini - Debut

L-R: Renee Kelsey, Makenna Briggs, Morgan Poling, Bre Blanchard, Robin Home, Maria Magana, Stefanie Grimes



Kristina Gonzales
PRO Physique - Open
1st Place



Tanya Brown
Physique - Open
1st Place
NGA PRO Card



Peter Fitschen
PRO Bodybuilding - Open
1st Place

The 2026 NGA PRO/AM Kentucky Natural Classic, held on May 16, 2026, at the legendary Rupp Arena at Central Bank Center in Lexington, Kentucky, was an unforgettable celebration of natural bodybuilding. Promoted by Josh and Melissa Miller, the event brought together athletes from across the United States to compete on one of the sport's biggest stages in an atmosphere filled with excitement, encouragement, and championship-level competition.

From the moment competitors checked in until the final Overall awards were presented, there was unmistakable electricity in the air. Backstage was alive with anticipation as athletes prepared to highlight months, and often years, of relentless dedication. In the audience, friends, family members, coaches, and bodybuilding fans packed the venue, creating an incredible atmosphere as every competitor stepped into the spotlight. Every class met with thunderous applause, making Rupp Arena feel like the home of natural bodybuilding for the day.

The level of competition was outstanding, producing 15 new NGA PRO Cards across multiple divisions. Earning professional status is one of the highest achievements in natural bodybuilding, and these

athletes proved they belonged among the best in the NGA.

2026 Winners

Bikini - Open

Maria Velasco - NGA PRO Card & Overall
Stefanie Grines - NGA PRO Card

Figure - Open

Kaitlin Salkeld - NGA PRO Card & Overall
Jeenna Ripple - NGA PRO Card

Women's Physique - Open

Tanya Brown - NGA PRO Card (1st Place)
Chelsea Richardson - NGA PRO Card (2nd Place)

Wellness - Open

Bre Blanchard - NGA PRO Card (1st Place)
Alexis Watson - NGA PRO Card (2nd Place)

Men's Physique - Open

Jonathan Caruso - NGA PRO Card & Overall

Classic Physique - Open

Aaron Pelle - NGA PRO Card & Overall

Men's Bodybuilding - Open

Aaron Pelle - NGA PRO Card & Overall
Duron Adams - NGA PRO Card

Men's Bodybuilding - Masters

Robert Thomas - NGA PRO Card & Overall

The show also featured outstanding professional competition, showcasing many of the NGA's elite athletes and providing amateur competitors with the opportunity to compete alongside seasoned professionals. The combination of first-time competitors, veteran amateurs, and accomplished NGA



NGA PRO/AM Kentucky Natural Classic



Lexington, KY
May 16, 2026

Promoters: Josh & Melissa Miller
www.kentuckynaturalbodybuilding.com
KyNaturalBB@gmail.com



Physique - Open
L-R: Dylan Este, Jonathan Caruso (NGA PRO Card & Overall), Craig Loy



Aaron Pelle
Classic Physique - Open HW
BB - Open LHW
Two 1st Places
Two Overalls
Two NGA PRO Cards



Stefanie Grimes
Bikini - Open "B"
1st Place
NGA PRO Card

Maria Magana
Bikini - Open "A"
1st Place
NGA PRO Card & Overall



Duron Adams
Bodybuilding - Open LW
1st Place
NGA PRO Card

PROs made for an incredible day of bodybuilding from start to finish.

Beyond the trophies and NGA PRO Cards, what made the Kentucky Natural Classic truly special was the spirit of sportsmanship. Competitors cheered one another backstage, coaches celebrated every success, and the audience supported every athlete regardless of their placings. The event reflected the core values of the NGA - integrity, discipline, health, and excellence through drug-free competition.

The NGA Kentucky Natural Classic also served as the perfect launching pad for the organization's biggest event of the year - the 2026 NGA Universe, coming to Rupp Arena in Lexington, Kentucky, on November 14, 2026.

As the NGA's flagship national title event, the NGA Universe will bring together many of the newly crowned professionals from the Kentucky Natural Classic, along with elite amateur and professional athletes from across the nation.

After the incredible success of the NGA Kentucky Natural Classic, the stage is set for what promises to be the biggest and most exciting NGA Universe in recent history.

If the NGA Kentucky Natural Classic proved anything, it is that natural bodybuilding is thriving. With outstanding competition, an enthusiastic crowd, an incredible venue, and 15 new NGA PROs crowned, the event set a new standard for excellence.

As the curtains closed on another phenomenal NGA Kentucky Natural Classic, one thing was certain, the road to the 2026 NGA Universe is officially underway, and Lexington, KY is once again preparing to host one of the premier natural bodybuilding events in the country. ■

Photos by: Ken Montgomery and J.C. Norton

High-Protein Diets: Separating Fact from Fiction



BY JOSH MILLER, BS, NSCA, CPT
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NGA PRO BODYBUILDER & PRO PHYSIQUE
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WWW.KENTUCKYNATURALBODYBUILDING.COM

Few nutrition topics generate as much debate as high-protein diets. Depending on who you ask, protein is either the key to better health and body composition or something to be feared because of concerns about kidney damage, bone health, or other potential risks.

The truth is that much of the fear surrounding protein is based on outdated myths rather than current scientific evidence.

Protein is one of the three essential macronutrients and serves as the building block for every cell in the body. It is necessary for building and repairing muscle tissue, producing enzymes and hormones, supporting immune function, and maintaining healthy skin, hair, and nails. Unlike carbohydrates and fats, the body does not store substantial amounts of protein for future use, making regular intake important.

One of the biggest misconceptions is that eating a high-protein diet damages healthy kidney. Current research does not support this claim in healthy individuals. While people with existing kidney disease may need to limit protein under the guidance of a physician, studies have consistently shown that higher protein intakes do not cause kidney damage in people with normal kidney function. In fact, many athletes and active individuals have safely consumed high-protein diets for years without evidence of kidney impairment.

Another benefit of a high-protein diet is improved body composition. Protein has the highest thermic effect of all the macronutrients, meaning your body burns more calories digesting and metabolizes protein than carbohydrates or fats. Protein is also highly satisfying, helping people feel fuller for longer periods. This often leads to reduced hunger, fewer cravings, and better adherence to a healthy eating plan.

For those trying to lose body fat, adequate protein intake becomes even more important. During a

calorie deficit, the body can lose both fat and muscle tissue. Consuming sufficient protein, especially when combined with resistance training, helps preserve lean muscle while encouraging greater fat loss. Maintaining muscle is critical because muscle tissue supports metabolism, strength, mobility, and long-term health.

Protein also plays an essential role as we age. Adults naturally lose muscle mass over time, a condition known as sarcopenia. This loss of muscle contributes to weakness, falls, decreased independence, and reduced quality of life. Research consistently shows that combining strength training with adequate protein intake is one of the most effective strategies for slowing age-related muscle loss and maintaining functional independence.

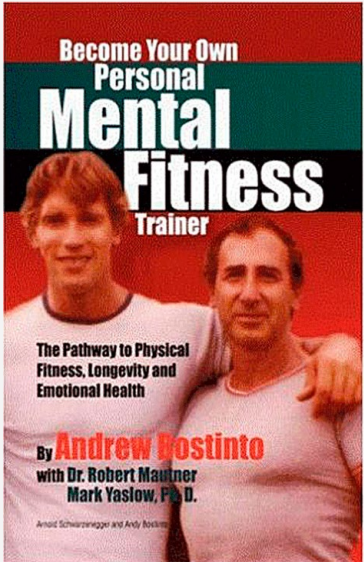
The bottom line is simple: protein is not the enemy. When consumed as part of a balanced diet, high-protein eating patterns can support muscle growth, improve fat loss, increase satiety, enhance recovery, and promote healthy aging. Rather than fearing protein, focus on choosing high-quality protein sources, pairing them with fruits, vegetables, whole grains, and healthy fats, and combining good nutrition with regular exercise. Science continues to reinforce a simple message: for healthy individuals, protein is one of the most valuable tools for building a stronger, healthier body. ■



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— from the Introduction

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

— Jack LaLanne

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Going Strong at 71

By Susan Mahon



After 30 years of illness, (Sjögrens, Ehlers-Danlos, a Primary Immune Deficiency Disorder, and 26 other auto-immune diseases) I became terminal at 59 and spent a year bedridden. Despite what doctors said, I believed I could turn it around. I prayed and promised God that if I lived, I would dedicate my life to helping others get healthy.

One day, I walked into a salon and met Celeste, who introduced me to the Herbalife nutrition products. I started using the products, lost over 80 pounds (weight I gained while bedridden for a year), restored my nutrition, and my failing organs began to heal.

After six years of therapy and relying on a scooter because I could not walk, talk, and breathe at the same time, I finally felt like myself again.

Most importantly, I am alive. I didn't die. Today, at 71 years old I am living my best life and these products helped me get here.

I started competing with the NGA in April 2021 & have since competed in 7 NGA competitions & 6 others in another league. I teach a FitCamp class twice a week at my local Brooksville Herbalife Nutrition Club, Downtown Loser (DTL). I host a Women's Empowerment Group once a month at DTL as well.

I weight train daily to stay healthy & alive as well as to stave off osteoporosis that runs in my family. I am forever grateful to fitness organizations like the NGA that promote fitness through natural means. ■





NGA 25th Annual PRO/AM Mr. & Ms. Natural Philly Bodybuilding & Figure Championships



Trevoese, PA
May 23, 2026

Promoter: Clint Brackbill
www.naturalphillybodybuilding.com
cabrackbill@gmail.com



Bikini - Open
L-R: Mollie Williams, Sydney Waninger, Jordan Satterthwaite (NGA PRO Card), Veronica Maryanski, Talia Gallo



Eric Duong
Bodybuilding - Open MW
NGA PRO Card & Overall
with
Clint Brackbill, NGA Promoter



Classic Physique - Open
L-R: Connor Teeple (HW), Orlando Figueroa (LW, NGA PRO Card & Overall), Skip Richards (MW)



Mollie Williams
PRO Wellness - Open
1st Place
with
Clint Brackbill, NGA Promoter

25 Years of Natural Bodybuilding Excellence!
Celebrating a Legacy. Inspiring the Future.
A Milestone Worth Celebrating!!

The 2026 NGA Natural Philly Championships marked an incredible milestone as we celebrated the 25th year. This event highlights the dedication, discipline, and sportsmanship that define natural bodybuilding,

and this year's silver anniversary was one of the most memorable events in the show's history.

Before recognizing this year's athletes, we would like to express our deepest appreciation to Warren Egebo, whose years of dedication as the previous NGA Natural Philly promoter helped establish this event as one of the premier natural bodybuilding competitions in the northeast. His guidance, support, and willingness to assist during this year's transition were invaluable. The foundation he built has allowed

the NGA Natural Philly to continue growing while honoring the traditions that competitors have come to appreciate over the past quarter century.

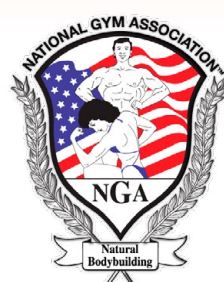
Behind Every Great Show Is an Incredible Team

Producing a championship event requires countless hours of preparation and an extraordinary team of people working together behind the scenes. A heartfelt thank you goes to our judges, expeditors, backstage coordinators, registration staff, stage crew,

emcee, music and production team, photographers, volunteers, sponsors, vendors, and every individual who generously donated their time and talents to make this event possible. Your professionalism, enthusiasm, and commitment to excellence ensured that every competitor enjoyed an organized, fair, and memorable experience.

An Electric Atmosphere

From athlete check-in through the final Overall



NGA 25th Annual PRO/AM Mr. & Ms. Natural Philly Bodybuilding & Figure Championships

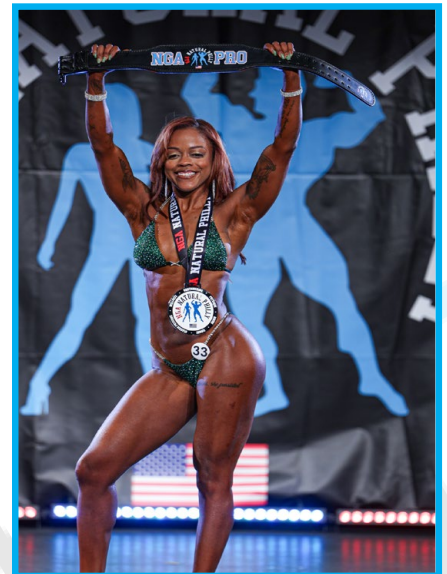


Trevoese, PA
May 23, 2026

Promoter: Clint Brackbill
www.naturalphillybodybuilding.com
cabrackbill@gmail.com



Physique - Open
L-R: Aiden Gaugler (LW),
Joe Gluscic (HW & NGA PRO Card & Overall),
Dominic Sullivan (MW)



Brittany Fortson
PRO Bikini - Open
1st Place



PRO Bodybuilding - Open
L-R: Paul Hadler, Kingsley Deslorieux, Chadwick Thomas, Jason Robinson (1st Place), Vince Wood, Abisai Gonzalez

awards, the energy inside the venue was simply incredible. Backstage was overflowing with encouragement, sportsmanship, and excitement. Friends became supporters, competitors became teammates, and every athlete represented the absolute best of natural bodybuilding. The audience responded with tremendous enthusiasm throughout the day, creating an atmosphere that elevated every posing routine and every championship moment. The combination of elite competition, enthusiastic fans, outstanding

production, and genuine camaraderie made the NGA 25th Annual Natural Philly one to remember.

Congratulations to Every Competitor

For some athletes months, and for others years, their dedication culminated on this year's NGA Natural Philly stage. Regardless of the final placings, every competitor demonstrated the discipline, consistency, and courage required to compete in natural

bodybuilding. Simply stepping on stage represents an achievement that deserves recognition and respect. Thank you for making the NGA 25th Annual Natural Philly an outstanding celebration of our sport.

2026 NGA PRO Card Recipients

Congratulations to the athletes who earned their NGA PRO status during the 2026 NGA Natural Philly.

- Eric Duong: Men's Bodybuilding - Open
- Orlando Figueroa: Classic Physique - Open
- Joe Gluscic: Men's Physique - Open
- Jordan Satterthwaite: Bikini - Open

2026 NGA PRO Division Winners

Congratulations to the NGA PRO athletes who won their division during the 2026 NGA Natural Philly.

- Paul Hadler: PRO Physique - Masters 40+
- Mollie Williams: PRO Wellness - Open

Brittany Fortson: PRO Bikini - Open
Jason Robinson: PRO Bodybuilding - Open & Masters, PRO Classic Physique - Open & Masters

Looking Ahead

The NGA 25th Annual Natural Philly was more than just another bodybuilding competition, it was a celebration of a community built on integrity, perseverance, and passion for natural bodybuilding.

To every competitor, coach, family member, volunteer, judge, sponsor, vendor, and spectator: thank you for making this milestone event such an incredible success.

We look forward to welcoming everyone back as we continue the tradition and build upon the legacy of the NGA Natural Philly. See you in 2027! ■

Photos by GymJohn Productions

NGA PRO/AM UNIVERSE

NGA AMERICAN NATURAL

CHAMPIONSHIPS

NATIONAL GYM ASSOCIATION

Photos By
ShamiWebb
Poster By
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FEATURED IN NGA NATURALmag

NOVEMBER 14, 2026

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Rebecca LaBad

Jay Johnson

Brook Fabian

Alex Schleg

Jane Fleischman

Jason Robinson

Isabel Larkin

Avoiding Pendulum Swings



BY DR. NICHOLAS M. LICAMELI, PT, DPT
DOCTOR OF PHYSICAL THERAPY
NGA PRO BODYBUILDER
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The evolution of rehabilitation over the past several decades shares striking similarities with the evolution of bodybuilding and strength training.

For years, tradition, anecdote, and authority heavily influenced both professions. In bodybuilding, this often took the form of “bro science” - methods passed from coach to athlete based on experience rather than scientific validation. In rehabilitation, clinicians frequently view pain through a biomechanical lens, attributing symptoms to structural abnormalities, muscle imbalances, postural deviations, or movement dysfunctions.

As research expanded, many long-held assumptions were challenged. In the fitness world, studies questioned the necessity of countless training rules and nutritional practices. Similarly, pain research demonstrated that tissue damage and imaging findings often correlate poorly with symptoms. Psychological factors such as fear, expectations, stress, and self-efficacy, along with social influences such as work and family demands, were shown to play important roles in pain and recovery.

These discoveries helped usher in evidence-based practice and the biopsychosocial model of care. Both represented important advances. They encouraged professionals to look beyond simplistic explanations

and appreciate the complexity of human performance and health.

However, pendulums rarely stop in the middle. In bodybuilding, some individuals became so focused on research that practical experience and coaching wisdom were dismissed. In rehabilitation, biomechanical considerations were sometimes minimized in favor of psychological and social explanations. Yet neither extreme tells the whole story.

Many “bro science” practices were eventually supported by research, while others were discarded. Likewise, psychological, and social factors clearly influence pain, but biology still matters. Tissues adapt to training. Strength deficits can affect performance. Load management remains a cornerstone of both rehabilitation and athletic development.

The most effective coaches and clinicians recognize that evidence, experience, and individual context all have value. Rather than replacing one dogma with another, they integrate multiple perspectives to guide decision-making.

Whether the goal is recovering from injury or building a championship physique, success rarely comes from living at extreme. Progress is often found in the middle, where science informs practice, experience provides context, and the individual remains the primary focus. ■

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_WFAh2agsOq8q

Instagram: @nicklicameli/

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

Reflection from a Bodybuilding Official Photographer

This year I was the photographer at the NGA Green Bay Hardbodies Natural Championships. What is unique about this competition is that there is a lot of camaraderie amongst those who participate. Everyone who got to this point is a winner all around because they worked beyond a level that most of us will never get to, which is to achieve a goal they set for themselves. They got ripped, and whether they earned an NGA PRO Card and moved to nationals, the bigger part of any natural bodybuilding routine is just that, the routine. It is making your priority health over wealth.

Honestly, many of the men that I have met from the first year of being the official photographer to this year are now people I can call friends. When you see the progress of these guys and gals from the first posing clinic to show time is amazing. But to know how long it took to get here, how much dedication it takes, how much effort and consistency it takes to do something like this, it is astounding. Applying this to anything in life, no matter what it is, makes consistency the key to success.

However, this image is more a representation of the competition. Yes, people WANT to win, who doesn't? But they also WANT to celebrate the wins of their competitors.

Why? Because when you are a beacon of support, you are successful in the end no matter what place you take on the podium. It is a beautiful thing to see people holding people up and celebrating their wins and celebrating the effort that everyone has put in.

Does it take time? Yes. Does it take effort? Yes. Does it take getting through peaks and valleys? Yes. But here is the real deal, if a 16-year-old can do it, you can. If a 63-year-old can do it, you can. If a contestant who had three open heart surgeries before 18 can do it, what is stopping you from achieving whatever it is you want to achieve?

It is not just about muscle and figure; it is about being able to stick it out. It is about being able to get from A to S (shredded) and do it the right way. It is about helping your competitors better themselves, too, not just winning.

All the people in this competition are amazing at what they have done. On this page is a selection of some of the best athletes after snapping close to 4,000 photos throughout the day. ■



Chris Rugowski
chickenortheeggphotography.com



Emma Thomas



Tom Alaimo and Hunter Bougie



L-R: Caden Freeman, James White, Jenna Vaughn, Savannah VanEss, Jesse VanEss and Josue Nieves-Galan



The NGA Tahoe International PRO/AM

South Lake Tahoe, CA
July 25, 2026

NGA Promoter: Bing Saez
www.bingfit.com
southtahoenatural@gmail.com



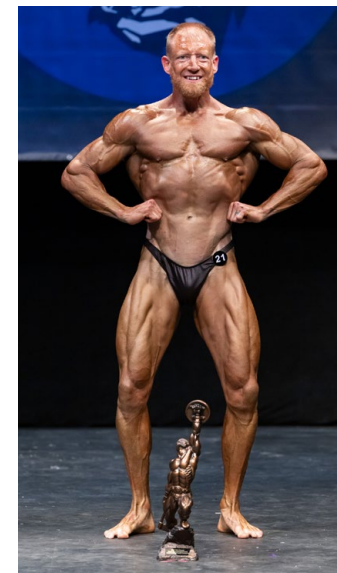
Jade Lewis
Physique - Open
2nd Place
NGA PRO Card



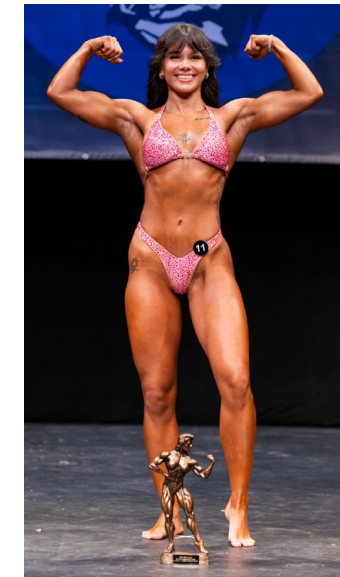
PRO Bodybuilding - Open
L-R: Jeff Alberts, Abisai Gonzalez, Lorenzo Elder



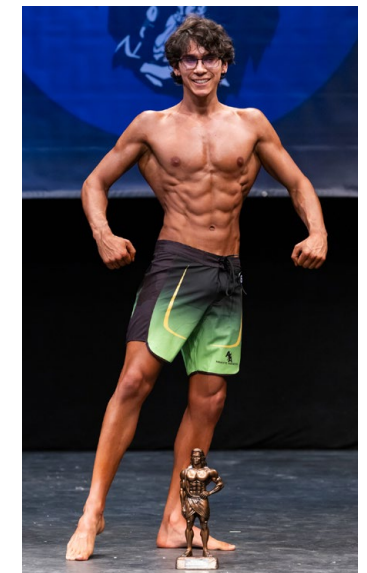
Giancarlo Francisco
Classic Physique - Open LW
NGA PRO Card & Overall



James Wright
Bodybuilding - Open LW
NGA PRO Card & Overall



Jessica Johnson
Physique - Open
1st Place
NGA PRO Card



Zach Newbold
Physique - Open HW
NGA PRO Card & Overall

Pure Conditioning in the Pines: The NGA Tahoe International PRO/AM made a triumphant return to South Lake Tahoe. Natural bodybuilding returned to the Sierra Nevada in peak form on Saturday, July 25, 2026, as the NGA Tahoe International PRO/AM Invitational took center stage at South Tahoe High School.

After a year-long hiatus, the prestigious drug-tested event, sanctioned by the National Gym Association, Inc. (NGA) and organized by BingFit.com, re-established its place as one of the premier natural bodybuilding showcases in the region.

High Stakes, Legendary Streaks & New NGA PROS

The competition was thick from top to bottom, with exceptionally shredded athletes battling through multiple class matchups for a shot at Overall titles and NGA Professional status.

Main Stage Highlights

The Legend Continues: PRO Men's Bodybuilding champion Lorenzo Elder proved once again why he remains the undefeated NGA PRO Bodybuilder of the NGA Tahoe stage! Lorenzo took home the coveted NGA PRO Winner Viking Axe, adding yet another trophy to his growing collection of NGA Tahoe hardware. Huge congratulations to Lorenzo on continuing his dominant streak!

Men's Physique PRO Card: In a stellar debut, first-time competitor Zach Newbold (Shingle Springs, CA), a personal trainer at Snap Fitness Shingle Springs,

out-conditioned a stacked field to claim the Open Overall title and earn his NGA PRO Card.

Classic Physique Champion: Giancarlo Francisco represented Sacramento with incredible flair, locking up the overall title with a masterclass in creative posing, flow, and golden-era aesthetic.

Hometown Pride: Local star Jessica Johnson gave the South Lake Tahoe crowd plenty to cheer about, capping off her very first competition as the Women's Physique 1st place Champion.

Father-Son Battle: Traveling all the way from Montana, James Wright captured the Men's Bodybuilding - Open Overall title and his NGA PRO Card. His championship moment was made even sweeter when he had the rare privilege of sharing the overall pose-down stage with his own son before raising the Viking Conqueror Trophy!

A Comeback Built on Community & Passion

Rebuilding momentum after a year off takes a dedicated network of sponsors, fitness lovers, and passionate organizers. The energy in the South Tahoe auditorium was high from the morning prejudging through the final pose downs, proving that natural bodybuilding is back in Lake Tahoe to stay.

A huge thank you to every athlete, judge, family member, and fan who helped get this show back on track as one of the finest events on the west coast!

For full contest scorecards and future event announcements, visit BingFit.com and the National Gym Association. ■

Photos by: chickenortheeggphotography.com



MOTIVATOR'S CORNER

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I Met This Extraordinary Person In 2011...

I met this extraordinary person in 2011, Bing Saez. She became a great client and amazing friend! Bing competed in her first show in 2013, with only a 9-week prep. Her transformation was fantastic. She went on and competed in many shows after that, but I'm not here to talk about her competitions that she competed in, I'm here to talk about someone with the same amount of passion for the sport, Natural Bodybuilding!

Bing helped me create the stage I always wanted, with a silhouette screen, that she learned about through her daughter's performances. Bing decided she wanted to put on a natural bodybuilding show in the town where she was raised, South Lake Tahoe, CA. in 2017 and boy, did she! Bing was approached by a few other so-called "Natural Bodybuilding" organizations, offering her the moon! After speaking with Andy Bostinto, she knew the NGA was the True Natural Bodybuilding

organization she would be proud to be part of.

Bing first rented the High Schools Theater where she graduated from, South Tahoe High School, the home of the Vikings! STHS has the most beautiful campus I've ever seen for a high school, up on a hill in the middle of the woods is where it lies.



The Viking theme was perfect for her awards, giving the Bodybuilding Open overall winner a Niels Andersen Sculpture's Conqueror Viking Warrior, one of the best trophies a bodybuilder could ever want! Well, except maybe the PRO Bodybuilders award, the Viking Battle Double Axe!

All of Bing's awards are top notch; she doesn't skimp on anything. Her shows are not the same old boring bodybuilding show, she makes it a high energy, theatrical performance. From start to finish the audience has no idea what to expect!

To Bing, this is a production, from the timing of the music and the placing of the competitor's song, is what order they will come out to perform. Bing created an amazing family atmosphere at her shows by having kids, called the "Mini Shredders" open the second half of her event. The kids are either children of competitors or children of spectators. The kids come up on stage and flex their muscles for the audience.



Bing had some great ideas that she made reality! She created "Team-in-Training", this is to highlight the trainers of these natural athletes. The trainer puts 4 or more competitors on her stage and is eligible to compete in Team-in-Training for the Natural Bodybuilding Stanley Cup. This cup goes to the winner every year. They get to show it off for one year and then bring it back the following year to defend it! The teams would choreograph a posing routine with everyone on their team. This brings a great creative performance and energy for her production. "Not just another boring bodybuilding show!"

Also to highlight the trainers, she created a Transformation Division for people who are not quite ready to compete, just changing to a healthier lifestyle or elderly that are lifting! The women come out in a black dress that complements their physique and the men come dressed to impress! Just another part of her production.

The NGA Natural Tahoe International PRO/AM is a show that I guarantee will be the greatest fun you will have at a bodybuilding competition. Bing is an amazing promotor, she hustles, organizes, and produces an awesome event! She is always thinking of the competitors first, making sure they have the time of their lives! ■



BY JONATHAN AGGEN
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 LICENSED FINANCIAL ADVISOR
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From Muscle Gains to Financial Gains: Retirement Income That Lasts



Building your body will be good for your health, but building your retirement income strategy will be good for your wealth. Many people do not really give it the careful attention it deserves, but not taking the time to plan your retirement income strategy can cost you, and in more ways than you might think.

There are a lot of considerations when it comes to retirement income planning, and managing your different retirement accounts, and some can be complex and require some extensive thought.

You will likely qualify for social security benefits at age 62, but you may or may not have one or more pension(s), a 401k, and/or a Traditional or Roth IRA or some other source of guaranteed income for retirement.

But even if you have some (or all) of those types of accounts, you still need to take the time to figure out what your guaranteed baseline income stream will be in retirement, know what your approximate income needs will be, and understand how close you are to actually meeting those goals.

If you know approximately how much money you want to have coming in each month to cover expenses, you still need to consider what you will need for vacations, gifting, or other needs. If you are going to retire, you will want to be able to enjoy whatever time you have left.

If you are not budgeting for expenses AND vacations, then give it some thought. So, when you know

what you need, where is that money going to come from?

Deferring Social Security until age 70 will get you the maximum monthly payout, but that is only the best option if you know you will likely live past the break-even age, and you can afford to not turn on benefits until age 70 (or somewhere between 62-70).

If you have not already done so, go to SSA.GOV to log in and access your Social Security Benefits Statement.

Assuming you are relatively healthy and can afford to defer Social Security benefits until age 70, you can add that monthly benefit to whatever pension income you are projected to receive (if you have one or more pensions).

If you have other income sources, such as a business you may have sold, that generates a monthly

or yearly income stream, or anything else, add that as well.

If you have a 401k (Traditional and/or Roth) you may want to consider how much you will need to pull from that to supplement your income as well.

Some important considerations will be whether to do some Roth Conversions and Required Minimum Distributions (RMDs) for all qualified accounts, and the withdrawal sequence methodology in which you will want to access funds from these accounts.

Annuities have evolved quite a bit over the years, and there are some good options out there these days to generate a powerful self-funded pension using money from your 401k (in-service or regular), Rollover, IRA, or brokerage account to fund the contract.

The benefits of using this type of strategy, and why it may or may not make sense for your situation, can be discussed with your Licensed Financial Advisor.

Some of the risks of not planning for retirement

income early include not having enough money each month to live the lifestyle you want, not being able to give generously to your children (or other people), etc.

You have worked hard your entire life, and no one wants to come out of retirement and go back to work (due to financial hardship). You may want to keep working part-time if you enjoy it.

Working because you want to is fine, but working because you must is something entirely different. Just like using a prep coach to get ready for your competition, you should have a licensed financial advisor to help you get ready for retirement. For help with your finances, feel free to contact me at: [309-251-4600](tel:309-251-4600) or email me at jon@Boca-Financial.com. ■

About The Author:

Jonathon Aggen is a Certified Financial Fiduciary® and Licensed Financial Advisor and Insurance Broker. He is the Owner of Boca Financial Services located in Boca Raton, FL. He earned his NGA Bodybuilding PRO Card in 2013 and founded/promoted the NGA Natural Peoria Championships from 2014-2020. jon@Boca-Financial.com, www.Boca-Financial.com



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

Taking a Leap of Faith

David Folkenflik



David Folkenflik
Physique - Masters 40+

At age 59, I took a leap of faith that changed my life: I stepped onto the bodybuilding stage for the very first time. What began as a personal health journey culminated in an incredible 2025 debut season where I competed four times, proving that it is never too late to embrace the competitive spirit.

My path to the stage followed a lifelong struggle with weight and a peak of 210 lbs. However, after losing 60 lbs through dedicated plant-based nutrition and strength training, I found a new calling in natural bodybuilding. Encouraged by my coaches - a husband and wife team of natural bodybuilders, and my gym manager, I committed to a rigorous "prep." By the time I stepped under the lights, I had transformed my physique to a lean, muscular 151.5 lbs.

The 2025 season exceeded my wildest expectations. I had the privilege of competing in several high-profile

events, including the NGA West Coast Classic and the NGA East Coast Classic. These experiences were about more than just the physique; they were about the community. Meeting fellow competitors, event staff, and judges who share a passion for natural fitness made the journey deeply rewarding.

To my amazement, I did not just participate - I excelled. I took home multiple first-place trophies, including the Physique - Masters 40+ title at both the West and East Coast Classics. Additionally, I secured first place in the Physique - Open LW division at the East Coast Classic.

Competing with the NGA has been an exhilarating way to celebrate my health and hard-earned discipline. The stage provided a goal that finally helped me break a decades-long cycle of yo-yo dieting and replaced it with a sustainable, athletic lifestyle. Now, at 60 years old, I am officially starting my second prep. With two NGA events already on my calendar, I am ready to build on last year's success and take on another exciting season of competition. ■

2026 NGA Amateur Extreme

Deltona, FL
April 18, 2026

Promoter: Matt Ammann

Bikini - Open

1. Robin Spurgeon
2. Christine Fauver
3. Kimberly Hartley
4. Haley Porta
5. Kamrin Williams
6. Rachel Coomans

NGA PRO Card

Bikini - Open "Tall"

1. Amari Langford

NGA PRO Card & Overall

Bikini - Masters 40+

1. Robin Spurgeon

NGA PRO Card & Overall

Bikini - Masters 50+

1. Jeanine Treadway

Bikini - Masters 60+

1. Cheryl Turnipseed

Bikini - Masters 70+

1. Susan Mahon

Figure - Open

1. Kate Rhodes

Figure - Masters 40+

1. Lori Bergstrom

Overall

Figure - Masters 50+

1. Kathleen Coomans

Figure - Masters 60+

1. Carrie Seifert

Figure - Masters 70+

1. Kathleen Coomans

Women's Physique - Open

1. Antoinette Glaze-Brown

Wellness - Open

1. Christine Fauver

Wellness - Masters 40+

1. Courtney Chaffin

Wellness - Masters 50+

1. Madeline Bowman

Wellness - Masters 60+

1. Madeline Bowman

Wellness - Masters 70+

1. Madeline Bowman

Wellness - Masters 80+

1. Madeline Bowman

Wellness - Masters 90+

1. Madeline Bowman

Wellness - Masters 100+

1. Madeline Bowman

Wellness - Masters 110+

1. Madeline Bowman

Wellness - Masters 120+

1. Madeline Bowman

Wellness - Masters 130+

1. Madeline Bowman

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Deltona, FL
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Overall

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1. Carrie Seifert

Figure - Masters 70+

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Wellness - Masters 40+

1. Courtney Chaffin

Wellness - Masters 50+

1. Madeline Bowman

Wellness - Masters 60+

1. Madeline Bowman

Wellness - Masters 70+

1. Madeline Bowman

Wellness - Masters 80+

1. Madeline Bowman

Wellness - Masters 90+

1. Madeline Bowman

Wellness - Masters 100+

1. Madeline Bowman

Wellness - Masters 110+

1. Madeline Bowman

Wellness - Masters 120+

1. Madeline Bowman

Wellness - Masters 130+

1. Madeline Bowman

2026 NGA 84th

Annual Cincinnati Natural
Middletown, OH
May 2, 2026

Promoter: Jared Weitzel

Bikini - Open "A"

1. Inayah Rodgers
2. Nicole Zimmer
3. Tonya Laurent

NGA PRO Card & Overall

Bikini - Open "B"

1. Kinsley Kirschbaum
2. Jessica Sarama
3. Tracy Durham-Beall
4. Shaniah Cook

Bikini - Masters 40+

1. Nicole Zimmer

NGA PRO Card & Overall

Bikini - Masters 50+

1. Stephanie Prewitt

Figure - Open

1. Emily Black
2. Madeline Shannon
3. Tracy Durham-Beall

Wellness - Open

1. Emily Black

Wellness - Masters 40+

1. Danielle Cargile

Wellness - Masters 50+

1. Carter Horsley

NGA PRO Card & Overall

Wellness - Masters 60+

1. Austin Crane

Wellness - Masters 70+

1. Ormoni Zanders

Wellness - Masters 80+

1. Jamirez Grant

Wellness - Masters 90+

1. Troy Coop

Wellness - Masters 100+

1. Troy Coop

Wellness - Masters 110+

1. Troy Coop

Wellness - Masters 120+

1. Troy Coop

Wellness - Masters 130+

1. Troy Coop

Wellness - Masters 140+

1. Troy Coop

1. Troy Coop

NGA PRO Card & Overall

2. Rony Mazariegos

3. Zak Lay

4. Justin Clements

5. Ormoni Zanders

6. Ormoni Zanders

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52. Ormoni Zanders

53. Ormoni Zanders

54. Ormoni Zanders

55. Ormoni Zanders

56. Ormoni Zanders

57. Ormoni Zanders

58. Ormoni Zanders

1. Heidi Bunch
NGA PRO Card
2. Ava DeTennis
3. Aliyah Vandenberg
4. Aimee Nutt
5. Kayla Brice

Bikini - Open “B”

1. Claire Bohman
NGA PRO Card
2. Sophie Taubel
3. Rebecca Field
4. Cory Svinicki
5. Abbey Abraham

Bikini - Open “C”

1. Emma Williams
NGA PRO Card & Overall

Bikini - Masters 40+

1. Aimee Nutt
2. Rebecca Field
3. Abbey Abraham

Figure - Open “A”

1. Dianna Marcks
2. Ava Mattson

Figure - Open “B”

1. Ashley Losen
Overall

Figure - Masters 40+

1. Dianna Marcks

Wellness - Open

1. Ava Mattson
2. Heidi Bunch

Men’s Physique - Open LW

1. Joey Dura
NGA PRO Card
2. KC Sandidge
3. Lior Kolton
4. Graham Feidt
5. Taku Watanabe

Men’s Physique - Open MW

1. Ahmed Lamloum
2. Bronson Seehafer
3. Jordan Briggs
4. Oliver Blackman

Men’s Physique - Open HW

1. Mason Welsh
NGA PRO Card & Overall

Classic Physique - Open LW

1. Max Plutz
NGA PRO Card & Overall

2. Addison Pederson

Classic Physique - Open MW

1. Carter Carlson
2. Skyler Berk
3. Bronson Seehafer

Classic Physique - Open HW

1. Nathan Schuld

2. Jaden Bemis
3. Nicholas Martin
4. Cole Vrechek

Men’s BB - Open LW

1. Edger Irish
2. Taku Watanabe

Men’s BB - Open MW

1. Carter Carlson
2. Ahmed Lamium

Men’s BB - Open LHW

1. Jaden Bemis
NGA PRO Card & Overall
2. Cole Vrechek
3. Casten Bedora

Men’s BB - Masters 60+

1. David Wilkerson

Bikini - Novice

1. Claire Bohman
2. Heidi Bunch
3. Ava DeTennis
4. Sophie Taubel
5. Aliyah Vandenberg
6. Rebecca Field
7. Aimee Nutt
8. Kayla Brice
9. Cory Svinicki
10. Abbey Abraham

Figure - Novice

1. Ashley Losen
2. Ava Mattson

Men’s Physique - Novice

1. Mason Welsh
2. Joey Dura
3. Lior Kolton
4. Graham Feidt
5. Jordan Briggs

Classic Physique – Novice

1. Nathan Schuld

Adaptive

1. Robert Brady Johnson

NGA East Coast Classic PRO/AM

Deltona, FL

May 9, 2026

Promoter: Matt Ammann

PRO Bikini - Open

1. Tawnya Cline
2. Isabell Senat

PRO Bikini Model - Open

1. Anett McPhee

PRO Physique - Open

1. Hector Constanzo
2. Antony Richburg

PRO Classic Physique - Open

1. Diego Alcala

Bikini - Open

1. Laura Suber
NGA PRO Card
2. Cassidy Hill
3. Brittany Bishop
4. Ellie Miller
5. Jessica Petrinolis
6. Rosemarie Silva

Bikini - Masters 40+

1. Laura Suber
2. Ellie Miller
3. Jessica Petrinolis
4. Rosmarie Silva

Figure - Open

1. Jennifer Pritchett

Figure - Masters 40+

1. Jennifer Pritchett

Figure - Masters 50+

1. Jennifer Pritchett

Wellness - Open

1. Natalie Danna

Men’s Physique - Open LW

1. Chris Brown
2. Donovan Lawless

Men’s Physique - Open HW

1. David Mullis

Men’s Physique - Masters 40+

1. Chris Brown
2. Donavan Lawless

Classic Physique - Open HW

1. Hamilton Hawthorne

Classic Physique - Masters 40+

1. Hamilton Hawthorne

Men’s BB - Open LW

1. Jeffrey Bilotti

Overall

Men’s BB - Open MW

1. Reuben Escobar

Men’s BB - Open HW

1. Hamilton Hawthorne

Men’s BB - Masters 40+

1. Jeffrey Bilotti

Overall

2. Hamilton Hawthorne

Men’s BB - Masters 50+

1. Hamilton Hawthorne
2. Gus Torres

Men’s BB - Masters 60+

1. Gus Torres

Bikini - Novice

1. Cassidy Hill
2. Brittany Bishop
3. Rosmarie Silva

Bikini - Teen

1. Cassidy Hill

Figure - Novice

1. Jennifer Pritchett

Men’s Physique - Novice

1. Donovan Lawless
2. David Mullis

NGA 25th Annual PRO/AM

Mr. & Ms. Natural Philly

Bodybuilding & Figure Championships

Philadelphia, PA

May 23, 2026

Promoter: Clint & Jenni Brackbill

PRO Bikini - Open

1. Brittany Fortson

PRO Wellness - Open

1. Mollie Williams

PRO Men’s Physique - Masters 40+

1. Paul Hadler

PRO Classic Physique - Open

1. Jason Robinson
2. Kingsley Deslorieux
3. Abisai Gonzalez

PRO Classic Physique - Masters 40+

1. Jason Robinson
2. Kingsley Deslorieux
3. Abisai Gonzalez

PRO Men’s Bodybuilding - Open

1. Jason Robinson
2. Chadwick Thomas
3. Vince Wood
4. Kingsley Deslorieux
5. Abisai Gonzalez
6. Paul Hadler

PRO Men’s BB - Masters 40+

1. Jason Robinson
2. Vince Wood
3. Kingsley Deslorieux
4. Abisai Gonzalez
5. Paul Hadler

Bikini - Open

1. Jordan Satterthwaite
NGA PRO Card
2. Sydney Waninger
3. Talia Gallo
4. Veronica Maryanski
5. Mollie Williams

Figure - Open

1. Talia Gallo

Men’s Physique - Open LW

1. Aiden Gaugler
2. Edwin Medina
3. Kevin Graney
4. Dawud Cooper

Men’s Physique - Open MW

1. Dominic Sullivan
2. Mark Elliot

3. Ibeabuchi Imo

Men’s Physique - Open HW

1. Joe Glusic
NGA PRO Card & Overall

2. Paul Hader

Classic Physique - Open LW

1. Orlando Figueroa

NGA PRO Card & Overall

Classic Physique - Open MW

1. Skip Richards
2. Gary O’Flanagan

Classic Physique - Open HW

1. Connor Teeple
2. Paul Hadler

Men’s BB - Open LW

1. Orlando Figueroa
2. David Weinstock
3. Rick Balbo

Men’s BB - Open MW

1. Eric Duong
NGA PRO Card & Overall

Men’s BB - Open LHW

1. Jesse Kimmel

Men’s BB - Masters 40+

1. Rick Balbo

Men’s BB - Masters 50+

1. Rick Balbo

Men’s Bodybuilding - Masters 60+

1. Rick Balbo

Men’s Bodybuilding - Masters 70+

1. David Weinstock

Bikini - Debut

1. Jordan Satterthwaite
2. Sydney Waninger
3. Veronica Maryanski

Bikini - Novice

1. Veronica Maryanski

Bikini - Juniors

1. Jordan Satterthwaite

Women’s Physique - Debut

1. Talia Gallo

Men’s Physique - Debut

1. Aiden Gaugler
2. Dominic Sullivan
3. Edwin Medina
4. Dawud Cooper

Men’s Physique - Novice

1. Dawud Cooper

Men’s Physique - Juniors

1. Aiden Gaugler

Classic Physique - Debut

1. Connor Teeple
2. Anthony DeAngelis

Classic Physique - Novice

1. Skip Richards

Classic Physique - Juniors

1. Anthony DeAngelis

Men’s BB - Debut

1. Anthony DeAngelis

Men’s BB - Juniors

1. Anthony DeAngelis

2026 NGA PRO/AM

Kentucky Natural Classic

Lexington, KY

May 16, 2026

Promoters: Josh & Melissa Miller

PRO Bikini - Open

1. Melissa Bowman
2. Ashley Losen
3. Kadie Wagner

PRO Bikini - Masters 40+

1. Melissa Bowman

PRO Figure - Open

1. Tanya Dahl
2. Ashley Gladwell

PRO Figure - Masters 40+

1. Tonya Dahl
2. Tracy Durham-Beall

PRO Women’s Physique - Open

1. Kristina Gonzales

PRO Wellness - Open

1. Erin O’Donnell

PRO Men’s Physique - Open

1. James White
2. Shawn Greenlea

PRO Men’s Physique - Masters 40+

1. James White
2. Shawn Greenlea

PRO Classic Physique - Open

1. Devon Atkins
2. Kyle Smith
3. Jason Robinson
4. Twishime Hodari

PRO Classic Physique - Masters 40+

1. Jason Robinson

PRO Men’s BB - Open

1. Peter Fitschen
2. Kyle Smith
3. Jason Robinson

PRO Men’s BB - Masters 40+

1. Peter Fitschen
2. Jason Robinson

Bikini - Open “A”

1. Maria Velasco
NGA PRO Card & Overall
2. Makenna Briggs
3. Irish Saling
4. Tonya Laurent

- 5. Renee Kelsey
- 6. Robin Horne
- 7. Kendra Schoffstall
- 8. Parveen Majumder

Bikini - Open "B"

- 1. Stefanie Grimes
- 2. Morgan Poling
- 3. Bre Blanchard
- 4. Tracy Durham-Beall
- 5. Sarah Wardley
- 6. Carol Lake
- 7. Ally Salazar

Bikini - Masters 40+

- 1. Stefani Grimes
- 2. Tracy Durham-Beall
- 3. Sarah Wardley
- 4. Carol Lake
- 5. Tonya Laurent
- 6. Kendra Schoffstall
- 7. Robin Horne

Bikini - Masters 50+

- 1. Carol Lake
- 2. Robin Hall
- 3. Kendra Schoffstall
- 4. Thelma Bennington
- 5. Parveen Majumder

Figure - Open "A"

- 1. Kaitlin Salkeld
- 2. Tanya Brown
- 3. Ashley Losen
- 4. DesaRae Nickell

Figure - Open "B"

- 1. Jenna Ripple
- 2. Tracy Durham-Beall
- 3. Chelsea Richardson
- 4. Jeannie Wilborn
- 5. Hunter Hill

Figure - Masters 40+

- 1. Tanya Brown
- 2. Jeannie Wilborn

Women's Physique - Open

- 1. Tanya Brown
- 2. Chelsea Richardson
- 3. Hunter Hill
- 4. Janice Hisle
- 5. DesaRae Nickell

Wellness - Open

- 1. Bre Blanchard

NGA PRO Card

- 2. Alexis Watson
- 3. Sarah Wardley
- 4. Janice Hisle
- 5. Ally Salazar

Wellness - Masters 40+

- 1. Sarah Wardley
- 2. Janice Hisle

Men's Physique - Open LW

- 1. Duron Adams
- 2. Brandon Fryer
- 3. Dylan Estes

Men's Physique - Open MW

- 1. Jonathan Caruso
- 2. Craig Loy

Men's Physique - Open HW

- 1. Bill Yackey
- 2. Timmy O'Keefe

Men's Physique - Masters 40+

- 1. Jonathan Caruso
- 2. Bill Yackey

Classic Physique - Open LW

- 1. Duron Adams
- 2. Kaegan Holbrook
- 3. Brandon Fryer

Classic Physique - Open MW

- 1. Zach Steffen
- 2. Tripp Kelly
- 3. Justin Clements

Classic Physique - Open HW

- 1. Aaron Pelle
- 2. Timmy O'Keefe
- 3. Denzel Carter
- 4. Gavin McGovern
- 5. Tim Grimes

Classic Physique - Masters 40+

- 1. Justin Clements
- 2. Bill Yackey
- 3. Tim Grimes

Men's BB - Open LW

- 1. Duron Adams
- 2. Twishime Hodari
- 3. Richard Currey
- 4. Kaegan Holbrook
- 5. Robert Thomas
- 6. Brandon Fryer

Men's BB - Open MW

- 1. Zach Steffen
- 2. Tripp Kelly
- 3. Michael Hisle
- 4. Justin Clements

Men's BB - Open LHW

- 1. Aaron Pelle
- 2. Bill Yackey
- 3. Timmy O'Keefe

Men's BB - Open HW

- 1. Denzel Carter
- 2. Tim Grimes
- 3. James Chessman

Men's BB - Masters 40+

- 1. Justin Clements
- 2. Bill Yackey
- 3. Tim Grimes

Men's BB - Masters 50+

- 1. Robert Thomas
- 2. Michael Hisle
- 3. David Wilkerson

Men's BB - Masters 60+

- 1. David Wilkerson
- 2. Maria Magana
- 2. Stafanie Grimes

Bikini - Debut

- 1. Maria Magana
- 2. Stafanie Grimes
- 3. Makenna Briggs
- 4. Bre Blanchard
- 5. Morgan Poling
- 6. Renee Kelsey
- 7. Robin Horne

Figure - Debut

- 1. Kaitlin Salkeld
- 2. Jenna Ripple
- 3. Jeannie Wilborn
- 4. Hunter Hill

Figure - Juniors

- 1. Kaitlin Salkeld
- 1. Jonathan Caruso
- 2. Craig Loy
- 3. Dylan Estes

Men's Physique - Juniors

- 1. Dylan Estes

Classic Physique - Debut

- 1. Tripp Kelly
- 2. Gavin McGovern
- 3. Tim Grimes

Men's BB - Debut

- 1. Richard Currey
- 2. Tripp Kelly
- 3. Tim Grimes
- 4. James Cheesman

Men's BB - Juniors

- 1. Tripp Kelly

Adaptive

- 1. Duron Adams
- 2. DesaRae Nickell

2026 NGA Tahoe International PRO/AM

South Lake Tahoe, CA
July 25, 2026

Promoter: Bing Saez

PRO Classic Physique - Open

- 1. Lorenzo Elder
- 2. Abisia Gonzalez

PRO Men's BB - Open

- 1. Lorenzo Elder
- 2. Jeff Alberts
- 3. Abisia Gonzalez

PRO Men's BB - Masters 40+

- 1. Jeff Alberts
- 2. Abisia Gonzalez

Bikini - Open

- 1. Nancy Erwin
- 2. Angel Radar
- 3. Alya Trejo Quintero

Bikini - Masters 40+

- 1. Nancy Erwin
- 2. Angel Radar

Figure - Open

- 1. Christie Lewis
- 2. Lindsey Martin
- 3. Makenna Schroeder

Figure - Masters 40+

- 1. Jade Lewis
- 2. Lindsey Martin

Women's Physique - Open

- 1. Jessica Johnson
- 2. Jade Lewis
- 3. Angel Rader

Women's Physique - Masters 40+

- 1. Jade Lewis
- 2. Lindsey Martin

Men's Physique - Open LW

- 1. William Aragon
- 2. Giancarlo Francisco
- 3. Alyas Wright

Men's Physique - Open HW

- 1. Zachary Newbold
- 2. Mitchell Rotter-Sieren
- 3. Kevin Nolasco
- 4. David Radar

Men's Physique - Masters 40+

- 1. Patrick Taynor
- 2. David Radar

Classic Physique - Open LW

- 1. Giancarlo Francisco

- 2. Mitchell Rotter-Sieren
- 3. Camiren Jones
- 4. Joshua Newbold

Classic Physique - Open HW

- 1. Zachary Newbold
- 2. Denzel Carter
- 3. Kevin Nolasco
- 4. Miguel Diaz

Men's BB - Open LW

- 1. James Wright
- 2. Giancarlo Francisco
- 3. Mitchell Rotter-Sieren
- 4. Camiren Jones

Men's BB - Open HW

- 1. Alyas Wright
- 2. Denzel Carter
- 3. Erik Erwin
- 4. Miguel Diaz

Men's BB - Masters 40+

- 1. James Wright
- 2. Erik Erwin

Mixed Pairs

- 1. Nancy Erwin & David Rader



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