The Natural Olympia International Sports & Expo was held at the Grand Sierra Resort & Casino in Reno, Nevada. Featuring competitions in AAU Powerlifting, National Arm Wrestling, Martial Arts and the most respected natural titled bodybuilding and fitness competitions sanctioned by the International Natural Bodybuilding Association (INBA). The Professional Natural Bodybuilding Association (PNBA) men’s division brought a lot of attention in 2010 as the prize money had reached just above $10,000. And in 2011 the cash and prize awards doubled including a brand new car in the overall champion valued at $17,500.

The big story coming into this year’s competition was the reining Gold Medal holder the past two years in this division was Team USA’s member, Kiyoshi Moody. Can he win the Gold and the prestigious title a third year in a row?

After two grueling rounds of pre-judging in the afternoon the night finals was going to be the decisive as each Professional competitor will do their freestyle posing routine for the judges and packed audience. The most popular freestyle posing routine of the entire weekend was awarded to Team USA’s member Peka Bennefield. His stage performance is always anticipated by his dramatic performances and costumes worn in his routines.

As each of the ten athletes did their routines they came out for an eventful “Posedown” as they were posing and giving it all they had at the edge of the stage then before you knew it they were in the audience posing in the audience posing on chairs, on tables the crowd was electrified. As they were in the crowd a brand new Toyota was being driven in front of the stage which would be awarded to the Gold Medal winner in this class.

After an exhausting posedown the gents took the stage and were all awarded beautiful black PNBA Jackets ($300.) Then the stage was cleared and the last top five men were called out for final placing and awards. With the INBA CEO Denny Kakos raising the keys to the brand new Toyota parked in front of the stage the final five stood proudly.
Team Australia member, Tim Martin making his return to the States since 2008 brought his crowd pleasing attitude and performance with good overall symmetry and detailed muscular structure but just lacking the size earned him fifth place in this class.

Another athlete making his return to the States since 2001 in a INBA sanctioned contest was Joel Ramintas of Australia. With lot of improvements to his near perfect physique that won him the overall amateur title the day before which earned him a shot at the Professional today just couldn’t quite keep the deep definition two days in a row and was awarded forth place.

Awarded the Bronze Medal and $500 was Mike Waddington of Australia. One of the massive bodybuilders on stage this weekend. With well developed chest, arms, back and quads the judges didn’t think he’s overall symmetry could carry him any higher in his placing. With a year to improve his symmetry Michael will be dangerous next year.

Already known as the “Giant Killer from Down Under” Justin Firgaira of Australia came to do battle and make his name known in the PNBA. This athlete has the whole package of a champion with his famous quads and amazing rear back shots. But at the end of the night he gave a good run and proudly accepted the Silver Medal and $1000.

And Kiyoshi Moody of Team USA just couldn’t be denied with his flawless symmetry and overall muscularity. Body part per body part, front, side, rear poses just couldn’t be beat. Kiyoshi put his name in the record books winning this third consecutive Natural Olympia Professional title. Not only did he get another Gold Medal but a brand new car. Anticipating retirement now the INBA is always awarding the most in prize and money to their Professional classes it will be something to see if he’ll make it 4-peat next season. It will all depend on how much will the winnings will be up to next year?
Age: 28  Height: 5’4”  Weight: 110 lbs  Off Season: 103 lbs

City and State you live in: Hooper, Utah
Marital Status: Married to Clint Jones. Best Manager and most supportive man ever! He helps me every step of the way with my competitions. I love you till the end Clint Jones and thank you so much for all your love and support. It means more to me then you will ever know. You are my biggest trophy.

Occupation: Neuro Diagnostics Technician
Interests: My all time fav……. Hanging out on the couch on Sundays, watching movies with my husband. Training, Dirt Bike riding, snowboarding, snowmobiling and camping. I love anything to do with being outdoors.

Years Training: serious training 4  Years Competing: 2 -3yrs

Contests Entered and Placings:

- 2010 ABA/INBA USA Challenge Figure Medium 2nd Place
- 2010 ABA/INBA/PNBA Team USA’s Figure Short 1st Place
- 2010 ABA/INBA/PNBA Natural Olympia Figure Short 1st Place
- 2011 ABA/INBA/PNBA Guest Poser at The Rocky Mountain Rumble
- 2011 ABA/INBA/PNBA Team USA’s Pro Figure 2nd Place
- 2011 ABA/INBA/PNBA Team USA’s Figure Short 1st Place

2011 ABA/INBA/PNBA Team USA’s Figure OVERALL!
2011 ABA/INBA/PNBA Natural Olympia figure Pro class 1st place winner

What is a fun fact about you? I am a vegetarian which makes competing a little more challenging in the sense that my protein sources are very limited and there for it is harder for me to build muscle. But it can be done and I am working my hardest to pack more muscle onto my physique.

What motivated you to begin weight training? My Mother! She is amazing! When I was in high school she started taking me with her to the gym and I loved seeing girls with toned bodies. I knew that was what I wanted to make my body look like. My mom always looked better than me and my goal was to get arms like hers. She inspired me to live a healthy life style and she supports me in everything that I do. I am so grateful to have her.

What was the factor that made you decide to begin competing? Personal trainers at my local gym kept pushing me and motivating me by telling me that I would do really well and once competing gets into
your head there is no looking back. I started researching all the information about the diet and prep. I was determined to make myself do it. It was completely out of my comfort zone. I was that girl that hated getting into a swimming suit, always keeping my body covered up. My first show in 2008 they scored me bad because they said I was way to lean and needed to eat more. That pushed me even harder. I started lifting heavier and increased my calories. I was determined to put more mass on my physic and prove to myself that I could do better.

After two years I thought maybe competing just wasn’t for me. I just didn’t have the body for it.

Tyler Alexander wasn’t having it......... He pushed me day in and day out to get back up on that stage. He feed me full of positive compliments every day and made me feel so much more confident in myself. Finally..... September of 2010 Tyler got me back up on that stage at a local show he was promoting. I am so thankful for Tyler believing in me. Competing has become a passion. I live, eat and breathe for competing now. It makes me so happy and I enjoy every minute of it.

**What is your favorite “after show” meal?** Everyone who knows me thinks I am crazy.....

I crave Iggy’s Montreal salad with their cilantro vinaigrette salad dressing. It is so heavenly! There sourdough bread with red pepper dipping sauce. Most of all I love the gallon of water that I get to chug right after I step off of that stage.

**Why did you decide to become an ABA/INBA competitor?** I loved the fact that it is an all natural organization. All the people that come and compete at these shows are such great people and it’s always a good time back stage. The shows are run really well and a lot of effort goes into keeping the competitors happy.

**What do you like most about the ABA/INBA?** The people that run the shows. They are great and you can tell they enjoy being there. They are so good to us as competitors and they keep us informed back stage. I always have a great time at all the shows.

**What Workout plan has worked for best for you?** I have found that my body responds best to training one muscle group a day, once a week. Lifting as heavy as I can getting only 8-10 reps with 3-4 sets on each exercise. I try to give my muscle’s plenty of time to recover.

**Who do you admire in natural sports?** The time, effort and dedication that it takes to build up to your goals. Knowing that you have done it all on your own with nothing but pure willpower and inner strength.

**What is your nutrition plan?** Being consistent with eating every 2½ - 3 hours.
Starting the moment I wake up. I try to always stick to clean, small portioned meals that consist of protein, carbs, veggies and healthy fats.

**What supplements do you feel are necessary?** Body Evolution Whey Protein is a must for me. I drink four a day on top of the food I intake. I have to get in my protein.

Body Evolution Evolve meal replacement shakes, Krill oil and glutamine

**What are your future competitive plans?** I want to go back and win me another pro class at the Natural Olympia. That was the most amazing experience I have ever had. It still feels like a dream. I am pushing myself so hard trying to make improvements every day on my physic so I can go regain my title. I want nothing more than to feel that feeling on stage again.

**If there is one thing you could pass on to persons reading this, what would it be?** Be patient and stick to your dreams. If you want it bad enough and push yourself every day. Good things do come to you in the end and make it worth every minute. Being rewarded for all your hard work is the most rewarding feeling I have ever felt!

Thank you to the Kakos Family for all there hard work and making so many people’s dreams, including my own..... come true! You guys are all amazing!
There was a time when only men competed in bodybuilding and there was only one division. As the sport grew it began to divide. Heights, weights, amateur & pro, teen, masters and other divisions began to appear. About 32 years ago, the ladies formed their own federation and began to appear on the competition stage. (Anyone remember the AFWB?) This did not come without controversy as the women and the men tried to decide what a female bodybuilder should look like. As we know, some have taken it way too far and we have seen women that are so non-feminine that they put some men to shame with their muscularity. That, of course, drove away many females who might have wanted to compete, but wanted to do so as a muscular, yet feminine-looking competitor. Along came Women’s Physique. A truly feminine, muscular display, in elegant suits, heels, and with limited poses that capture the femininity as well as the muscle.

That started a resurgence of women competing at bodybuilding events. But what about the men who do not want the thick musculature of a bodybuilder or one who is smaller framed or lacks the genetics put on or carry the type of mass that can be required of a bodybuilder? I think we all know of people who display great shape and muscularity and when approached about the possibility of competing answer that they “aren’t big enough”, cannot “spend that kind of time”, “don’t want to be like that”, or (as I have often heard) “I’m nervous about going on stage in a posing suit”. Well, there is now a place where none of these reasons (excuses?) will keep them away. 2011 was the trial year for a new division for men: Men’s Physique and it is here to stay.

So, what is it? Is it bodybuilding or what? It is bodybuilding, as the competitor must build a solid, muscular, defined physique, but without the super-shredded size and thickness of muscle that bodybuilders usually display. Posing suits and even short-shorts are not allowed as the competitors appear in “board-shorts” which cover from hip-line to just above the knee. How can one be judged on their physique when the thighs (Quads & Hams) are not included in the judges’ decisions? That will be discussed later in this article. The point is, this will allow many more of the “smaller”, really proportionate athletes a place where they can compete as equals among others of similar circumstance. It can also be a place for future bodybuilders to get some stage experience.

The ABA/INBA is not the only organization to introduce a men’s physique division this past year. However, we are requiring our competitors to do mandatory comparison poses and a posing routine (to music) as part of the judging. Just as with women’s physique, this is not intended to replace bodybuilding, but to open up opportunities as a new avenue for those who do not choose to take the competitive bodybuilding path in their training and development. And, of course, we test all our athletes to the strict standards of WADA to insure each is a natural athlete giving all a level field where no one has a hidden advantage over the others.

What is required? Competitors need to be in good, solid, condition with muscularity that stands out. It is not for the person who is just starting to work on developing a muscular physique. It is also not a place where you can “slide” on training some body parts. This is not the place for the skinny “model” physique either. The whole physique will be assessed and the top finishers will need to carry muscular definition (including a great set of abs) and show separation of muscle when relaxed and flexed. This means there will need to be some work on diet and conditioning as part of the preparation for competition. (If you don’t work hard on it, likely the guy next to you has.)

A tanned appearance (but not the super-dark bodybuilder look) and some oil on stage will also be of benefit, though not required. The board shorts should not cover the knee cap and should be tied just below the hip bones. This gives a good view of the abs and
oblique muscles at the front yet does not appear to give a “sagging” look at the rear. Don’t expect that “off the shelf” shorts will be acceptable. If the legs are too long or too baggy, have them tailored to best show your individual physique. The shorts may have patterns and be of any color the athlete feels looks best. There are to be no advertising or other added logos. Some manufacturers do put their logo (like the “NIKE-swoosh”) as part of the pants when produced. This is permitted. The shorts should not be baggy as that may change the look you are trying to convey. Spandex is not allowed (we don’t want a skin-tight look) but with a tighter fit, some leg development will show. (That might be all one needs to move ahead of others who lack leg development.)

At an ABA/INBA event the athletes will appear together as a group. (This could be one group or maybe 2 based upon the number heights of the competitors who appear at that particular event. Competitors will be viewed from the front and do quarter-turns (at the direction of the judges) to show their relaxed physique from all sides, returning to face the judges & audience. At the front, during this “relaxed” viewing, the competitor may place one hand on his hip or one hand may be placed into the pocket, as the competitor may choose. The competitors are encouraged to show some personality and create a confident stage presence, as these are also being assessed by the judges. This portion (round) gives the judges an opportunity to assess the symmetry of the athletes.

Next, the judges will ask for specific, flexed, poses to be performed by all the athletes in the group. In no particular order, they will be asked to perform: front & rear double biceps poses; left & right side chest; left & right side triceps poses; hands-behind-the-head abdominals pose & a pose of the competitor’s individual choice that he feels best displays his physique (call it his “signature” pose). Don’t forget to show your calf development on the side and rear poses. There are to be NONE of the “muscular” or “lat spread” poses that the bodybuilders do. This ban on the muscular and lat poses applies to the “signature pose” as well as to poses performed in the individual posing routine. The judges may move competitors within the line-up to better assess each of them and they may have to perform some or all of these “mandatory” poses more than one time. Once the judges feel they can fairly place all the competitors they will leave the stage as a group, to return later in the day for their individual posing display to music.

As for the individual posing routine, it is to be 60 to 90 seconds in duration. Just as with bodybuilding and Women’s Physique, you should select poses that you feel best show your overall muscular development. Be sure to include side and back poses.

Men’s Physique, the new division for those who display excellent body conditioning; good, symmetrically-developed muscularity; a fit and athletic appearance rather than the bulky mass of a bodybuilder. I see no reason why, with future growth, that there someday will be teen, masters, and even professional subdivisions.

Anyone interested in the official information on this event (or any other ABA/INBA event) should go to the website: www.naturalbodybuilding.com. Open the “Divisions” tab & then click on “Ms. Physique” (the men’s info follows the women’s). I am willing to answer questions or take comments at the ABA/INBA email address of: INBAWorld@aol.com. Direct them to my attention. Men’s Physique surely will grow. We probably all know someone who would be perfect candidate for entry into the next contest in this division. Suggest and encourage their entry. They will likely thank you later.
We were all in Reno, NV. Early on Thursday November 10, 2011. By us, I mean the officers of the INBA family. The competitors are focused on themselves, as they should be. Training and diet are critical at this stage on of the game. We pass them here and there throughout the Grand Sierra Resort in Reno. They are doing cardio, tanning by the pool (even though it can get chilly this time of year; the sun is beautiful and warm), and practicing posing. We see them scouting for appropriate food choices or taking a chance at the slot machines.

We see all this because we are all over the resort like bees around a hive, preparing for the largest internationally represented drug free competition next to the Olympic games’ themselves. Denny Kakos the founder and world president drives from his offices in Corona, CA. with a full Suburban and trailer. It could all be shipped with a carrier and Denny pampered by limo drivers and bell hops as he arranges for the competition, but that is not what Denny wants. He hand carries, for the athletes of the INBA, precious goods. He has the medals, Gold, Silver and Bronze; the weights and mirrors needed in the pump up area, the paperwork and t-shirts and etc., etc. He protects all the necessary ingredients to make this contest weekend a success. He wants to be hands on, this contest is the pinnacle of Natural Bodybuilding worldwide and he will do what it takes to bring perfection as close as possible.

At his side and working as diligently as he does are his wife, Diana Kakos, his oldest daughter Alexis, the twins Dennis and Jason (these, the first generation representatives of the International Natural Bodybuilding Association). He recruits Lorenzo Gaspar, Nikko Zorbas, Sandy Sisk, Yolanda Munoz, Ana Armendariz, Steve Fritz, JoAnn Abacherli and me (Kathy Saldana). We are the extended hands of the Godfather of Natural bodybuilding, the people he counts on to launch this event without a hitch, his first line of defense for success. We are the army; all know our jobs and in tune set to the mission. November 10, 11, 12 and 13, 2011 an iconic weekend in Natural Bodybuilding. Our assignments will end with the last handshake and tearful goodbye on Sunday the 13th for 2011. Our new assignments for 2012 will be appointed shortly after, this organization is 24/7/365 and we are dedicated to success.

2011 will be the first in many ways, but the most obvious is the brand new, 2012 Toyota Yaris that is sitting near the stage. The first time a car will be awarded at the Natural Olympia. The top prize awarded in the top category, Professional Men. The big “guns” so to speak, the biggest and best male
bodybuilders the Natural Olympia have to offer.

“Natural” meaning drug tested. This organizations standards are higher than any other and we use WADA (World AntiDoping Association) sanctioned labs to test the samples collected from our competitors. We require our members follow the same supplementation guidelines that the International Olympic athletes follow, thus keeping them all on a natural and level playing field.

There are too many stories to share in one article, so many depictions of success. Every single competitor to set foot on our stage is a winner, by virtue of the work and dedication it takes to get here. More so, we are grateful for the message they carry, the integrity to do the right thing, the spirit in which they share this “INBA family”, the dedication in their training and the excellence they represent. All these traits demonstrated by example by the officers of the INBA.

There may be a handful of imperfections that occur for one individual or another at an event of this scale, but the percentage is low. This family (first generation or extended) works tirelessly to bring together, in one room, on one stage, the best, the world over, of Natural Bodybuilders. They genuinely care and love everyone who holds a membership card to the INBA and their families as well.

I am writing this article to acknowledge I am in awe of this family and the pride they hold for this sport. I am forever honored to be a part of the extension of the Kakos family. The respect they have for every hand they shake. I made a comment on the official video for the Natural Olympia 2011 and was quoted saying “Denny is contagious, once he gets a hold of you, you can’t get away” and it’s all good!

Kathy Saldana
North American President of the ABA
Michael Orr
Age: 26        Height: 5’9”
Weight - Off Season: 220 lbs
Competition: 190 lbs
City, State you live in: Los Angeles, CA
Marital Status: Single
Occupation: Coach
Interests: Music, Training, Nutrition, Sports, Chemistry, Physiology, Studying,
Years Training: 12 Years Competing: 2

**Contests Entered and Placings:**
- Muscle Beach 2010 2nd Place
- Grand Prix 2010 3rd place
- Team USA 2010 1st place
- Natural Universe 2010 2nd place
- Natural Olympia 2010 4th place
- San Diego Natural 2011 1st place
- Team USA 2011 2nd place
- Natural World 2011 2nd & 3rd place
- Natural Olympia 2011 4th place

**What is a fun fact about you?**
I come from a family of 5 children ranging from 26 – 6 years old.

**What motivated you to begin weight training?**
I have always been fascinated with how the body is able to adapt to certain conditions. When I was younger I was under the impression that all men work out and that the size and development of an individual’s physique guaranteed their placement in the hierarchy of life. I knew that, that was only 1 piece of the puzzle, but always sought out a great physique as one of the steps towards elevating myself in all aspects of life. Besides, working out is cheap and an easy way to get a head start on achieving goals in life. Witnessing greats such as Arnold, and all he had achieved, was proof that one’s physique separates them from the crowd. Your physique is your first impression that demonstrates commitment, discipline, education, focus, health, persistence and passion. Being well rounded is something I believe everyone should strive for, along with a broad array of talents.

**What was the factor that made you decide to begin competing?**
I am constantly fidgeting with the urge and need to learn. I spend countless hours researching and studying responses created by the body and how to implement each. Competing was just a way of putting this newfound knowledge to the test. I think competitors in bodybuilding are born with the desire to achieve things that most people cannot. I have always trained and had an urge to try and out-do what my body was capable of accomplishing. There is no feeling like
mind over body, when your body says it’s had enough and you continue to push, it demonstrates the power & will within. In a sense I am very competitive, but with myself. I take each challenge as they may and try and learn as much as I can regardless of any outcome. To walk away having learned nothing is failure. It is the knowledge and experience gained that is success. I don’t see winners & losers, rather community and progression in the sport. Bodybuilding is a journey that we are all on together in a never ending path for knowledge and passion. Bodybuilding gives reason to what we love….training & sculpting, without the sport we’d all be going through the motions without an excuse to why we endure such self-inflicted “torture”.

*What is your favorite “after show” meal?* There are certain things I’ll crave after a show, but regardless of whatever that is, nothing hits the spot like pizza, mozzarella sticks and diet soda.

*Why did you decide to become an ABA/INBA competitor?* This was an easy decision for me. I researched all of the natural organizations and which had the best titles. Natural World, Universe & Olympia….the choice was obvious. It was only after I started competing did I realize not only did the INBA have the greatest titles, but the greatest athletes. There isn’t any one competitor, Top Pro or Average Joe, that won’t take time out of their day to help another competitor. The INBA stands by and says that they are a family, and this is 100% true.

*What do you like most about the ABA/INBA?* I enjoy the family aspect of The Federation. Since I began competing, I immediately made National & International friends. There are so few people who understand what we go through, so it’s nice to have community in such a self involved sport. We all go out with our coolers filled with chicken, rice, and salad while watching the clock for our next feed. I’ve gotten to travel abroad and train with the Australian team. This experience I hold very dear to my heart. I got the chance to expand my family now overseas. We were all able to bounce ideas and theories off of each other and further progress in ourselves as a team. We
continue to grow together and support each other, as this is a long and hard individual road. It’s nice to have those around you for support and community.

*What Workout plan has worked for best for you?* There are many theories out there and I am a stubborn, “learn it the hard way” type of person. After trying everything I could find, I realized that most theories contradict each other. So, I sat down and decided to create a couple theories of my own that implemented a lesser degree of contradiction while covering the fundamentals of muscular hypertrophy. A bodybuilder should be a master of the body; knowing every action, reaction, response and function of certain types of muscles, training & nutrition. For instance, I believe that there are 3 different types of muscle groups. Each muscle has a different function and therefore must require a different type of training. It didn’t make sense to me that one certain type of training works the best for all muscle groups. Each muscle has a certain function unique from other muscle groups. To me, this indicated that it must require a certain type of training unique to any other muscle group to achieve an optimal response. Our bodies are capable of different types of contractions and during any lift you have an antagonist muscle group, an agonist & a synergist. I simply put them as push, pull and “hinge” muscle groups. Push types of muscle groups (involving chest, quads & triceps) respond best to pumps. Pull types of muscle groups (back, biceps & hamstrings) respond best to stretches. Lastly “hinge” type groups are the muscles act as transitions of a motion. They respond best to a “Blood & Guts” style of training, with supersets, drop sets and forced reps….basically a pain game while you tolerate as many reps you can force out.

Who do you admire in natural sports? I admire just about every competitor that has the courage to step on stage. I’ve
seen a strong hesitation to compete in people who don’t think that they are “good enough” to step on stage. When I see your average Joe step on stage or train in the gym with purpose, I am inspired. We don’t know the back story behind most people. They may have already lost 100 lbs and now have the confidence to step on stage. It is the persistence, passion and love of the sport that unites us. The physique is only the side effect of such. Anyone can train and diet, but will is something you can’t teach. It’s something you’re born with.

What is your nutrition plan? Depending on how far out I am, I’ve found my body will require different “Stages”. One thing I have learned over these 2 years competing is that you have to listen to your body and be aware of hormonal changes. Pay attention to your attitude, mood & sleep patterns. These are key indicators on how your body is adapting to the changes made from dieting. If I feel my hormones have dropped significantly I raise my fats and drop my carbs to low levels. I find this elevates my hormone levels, allowing me to increase my strength, keep my mood intact & shed some extra fat. I am not the type of person to function well at low body fat levels, so I can tell when something’s out of whack. My body likes to grow and sit at around 12% body fat. I easily gain mass, both muscle & fat, so I need to be careful in the off season. If I am close enough to a show, but feel I’m not absorbing nutrients at optimum levels, I will rotate my carbs. I will do this for just a couple weeks at a time, as I don’t think days of low carbs and low fat provide enough caloric intakes for me to maintain the fullness in my muscles, nor a healthy attitude. My reasoning behind carb cycling is to adjust my body so that it becomes sensitive towards carbohydrates. This will help me to absorb my macros a little more efficiently, optimizing my energy output, glycogen replenishment and progression towards the show.

What supplements do you feel are necessary? At different times there are greater needs for certain types of Supplements. I believe a good source of BCAA’s are crucial for any bodybuilder. They help create a positive nitrogen & protein balance in the muscle tissue to keep you from entering a catabolic state. Omegas 3-6-9’s are crucial for periods where your fat intake is low. Multi-Vitamins are necessary as well, especially in periods of low fat intake. Most people don’t realize that a majority of Vitamins are fat-soluble and cannot be stored with the absence of fatty tissue. This is important as most competitors drop their fat intake from their diet. One thing I believe is overlooked
when thinking of supplements is that whole foods are extremely anabolic, especially when eating regularly of “dieting” types of foods. The best foods to diet with are also the best foods for muscle growth.

**What are your future competitive plans?**

Once I feel I have all the pieces of the “puzzle” I will pursue The Natural Olympia at 100%. I am still learning about how The body works, and I have this need to figure out as much as I can while being my own “guinea pig”. When I feel that my need for knowledge and experimentation is met I will begin to take competition a little more seriously. With each show, I have tried a new approach towards coming in. I take notes and observe reactions that occur with different implementations of variables in my diet & training. I believe the most conditioned athlete on stage is one who has created the perfect balance of electrolytes, as bodybuilders don’t carry any fat on stage. 2012 will be a big year, as I have learned much in 2011 that I will be implementing in the off season and competition prep. There are still improvements I still wish to make and new theories to be implemented, but with all that I’ve learned over the past two years, each year will be a noticeable progression.

If there is one thing you could pass on to persons reading this, what would it be?

There are no short cuts towards bodybuilding. Take your time and do it right. Part of being natural is that you can continue to progress for the entire span of your life. People see me now, but they haven’t seen the years put in. “Supernatural” or not, you have to pay your dues. I’m a relatively young bodybuilder, but I’ve been training consecutively longer than most. There are many times when I’ve wanted to quit or take time off, but resisting that urge is what has brought me to where I am now. Training is just a habit; if you fall out of it it’s harder to get back in, keep it consistent. Bodybuilding is a journey and you must enjoy every part of it. You’ll always strive to become bigger, leaner, better….know that this will never end and you have to enjoy what you’ve achieved thus far. You may not be the best, but there is no one better than you.
Calling all "new" Judges!!

The INBA is growing by leaps and bounds. We need new judges for the competitions.

* If you have a passion for the sport...
* If you believe "Drug Free" is the way...
* If you’d like to do your part, weather you compete or not...
* If you can make the "right" call, because it’s the "right" thing to do...

Let the training begin!!! Contact us today and let’s get a pencil in your hand!

Of course it not as easy as that, but we are interviewing now for the 2012 season.

We are looking for qualified professional men and women who will take this seriously and possess the 4 main qualities of an INBA card holder.

* Integrity
* Excellence
* Dedication
* Spirit

See you at the shows....
Kathy Saldana North American President of the ABA and Head Judge.