



NABBA Wellington

Putting athletes first!



Principal Show Sponsor
The Protein Bakery



Welcome

One month to go ... and you can already feel the excitement!

The Protein Bakery Wellington Regional Bodybuilding Show is on Saturday 10 October 2009.

By now you should be monitoring your fat levels regularly and have a good diet and cardio plan to get you to where you want to be on show day. Keep practicing your poses and put some thought into what you will wear on stage!

This week you can read all about:

- The Angus Inn – Fantastic accommodation deal
- The Physique Men's Class
- Gymeez Health and Fitness
- Videos ... from around the world
- Beverley's House of Beauty

Show accommodation special

If you want to look great on stage, sleeping in your car or in the Bodyworks Gym changing room is simply not an option.

That's why your hard working NABBA Wellington Crew has secured a fantastic deal with The Angus Inn – one of our awesome show sponsors!

The Angus Inn offer a special room rate of \$115 instead of their usual \$135 rate for athletes and officials attending the NABBA Wellington Champs. And they have a restaurant, pool, a sauna and a spa. What more could you ask for after a huge day!

Anyone booking will need to advise that they are involved with the 'NABBA Wellington Bodybuilding Champs' in order to take advantage of the discounted rate. Take a peek at the Angus Inn website for some accommodation deal clinching photos:

<http://www.angusinn.co.nz/>





Physique Men's Class

This is the 'original' body building class. Over the years the classes on offer to bodybuilders have evolved and diversified, but the classic Mr. Physique class has held the test of time. This class caters to what some may call 'hard-core' body builders or the 'big guys.'

What are the judges looking for?

The ideal objective of the Physique Athlete should be to attain a low body fat level, balanced development and muscular separation.

The athlete should present (In equal importance):

- Muscularity
- Mass
- Separation
- Symmetry
- Proportion



What happens on stage?

The judges rank your performance in each of three rounds in this competition.

Round 1: Structural

You line up facing the Judges in a relaxed or semi-relaxed state. Athletes who flex or stand in an overly tense posture may be warned by the Head Judge to relax.

If the athlete persists, the Judging Panel may mark him down.

The Judges assess the standards of symmetry, proportion, muscular development, posture and general deportment in a relaxed state.



Next, you are instructed to make a quarter turn to the right for an assessment of the left side, a further quarter turn to the right for an assessment of the rear of the physique, a further quarter turn to the right for an assessment of the right side followed by a further turn to again face the Judging Panel.

Round 2: Compulsory Posing Comparisons

You need to know all these poses well and perform them confidently to display your physique to the best of your ability.

1. Double Biceps from the front



2. Lat Spread from the front
3. Side Chest from right side
4. Side Tricep from right side
5. Rear Double Biceps with one leg displaying calf and leg bicep
6. Rear Lat Spread with other leg displaying calf and leg bicep
7. Side Chest from left side
8. Side Tricep from left side
9. Abdominal and Thigh Pose with arms placed behind the head
10. Most Muscular Pose with hands placed at hips

Round 3: Individual Routine

Each athlete performs a personal posing routine, set to music, for a maximum of sixty seconds.

Presentation is an important consideration in this round, although the Judges will be looking for tone, shape and quality of individual and collective muscle groups.

The main criteria for selection and placing will be symmetry, proportion, muscular development and condition.



Class divisions

Depending on entry numbers, this class can be divided into the following classes:

- Secondary School Boys One Class
- Masters Men 40 years +, 50 years +
- Junior Men One Class
- Novice Physique Short Class, Tall Class
- Open Physique Short Class, Tall Class

EAT ME

The Open Physique Class is sponsored by local company Eat Me Whey Protein and the first prize winner takes home a \$200 Eat Me supplement voucher!

Contact your local NABBA rep if you have any questions!

Gymeez Health and Fitness

Another outstanding show sponsor is Gymeez Health and Fitness on Willis Street.

For your local supply of sports/dietary supplements, fitness equipment, lifting straps & gloves, fitness accessories and recovery garments visit the Gymeez team on the corner of Willis and Manners Streets





Proudly supporting top local brands- Metaphysics, Balance, Horleys, NFS and Go Healthy. Stockists of leading international brands - Gaspari, Muscletech, Inner Armour, Nutrex, PVL, BSN and Musashi.

Looking for tanning products? We also supply- Dream Tan and Contest Colour.

We have an awesome range of specials on at the moment including:

- 15% off 4.4lb & 10lb Inner Armour SuperQuad Protein
- 15% off Gaspari Myofusion Protein
- \$100 Metaphysics Muscle Stack 'MetaMaxx Protein + Creatine Advance' (save \$25)
- \$105 Gaspari SuperPump 250 (save \$20)

New Product in store- HPS 100% Pure Creatine 500 gram only \$39.99

We are offering at least 10% off for all NABBA athletes until comp day so pop in and enjoy our friendly service plus professional exercise and nutritional advice. We will match the correct product specific to each stage of your training.

You can also contact us:
phone- (04) 385 9060
email- info@gymeezwellington.co.nz
website- www.gymeez.co.nz

Good luck to everyone competing this year!



Videos ... from around the world

This week our favourite video is Ronnie Coleman posing at the Mr. Olympia. Check it out on YouTube!
<http://www.youtube.com/watch?v=6lAJIbIYYfM>



Beverley's House of Beauty

Bev is another of our terrific show sponsors. Beverley's House of Beauty is located in Boulcott Village, 721 High Street in Lower Hutt.

In addition to a full range of skin care, skin analysis, manicures, pedicures and make up, Bev offers services that every pre-show bodybuilder needs (that includes all you guys).

It's tan time and Bev's team can spray you all over with Sunfx Spraytan to give you an even on stage tan that will highlight every hard earned muscle fiber.

And contact Bev for all your hair removal requirements. Bev has qualified electrologists on site and caters to all your waxing needs. Painful? No way!

Bev's team are the experts and they will make sure you hit the stage looking tanned, smooth and stylish.

Call (04) 567 0474 or email houseofbeauty@xtra.co.nz

And who knows, you might get to meet up with Neville from the Wellington NABBA Crew when he stops by for his monthly buttock waxing.

Contact us

The Wellington NABBA Executive welcomes any active members that are passionate about the sport, and we always welcome new ideas. Please feel free to contact either Neville or Maeve if you would like to be involved.

Maeve Agnew
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Mailing list

Keep up to date with all the Wellington NABBA news, discounts and action as we move closer to the Wellington Regional Champs and the New Zealand National Champs.

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NABBA Wellington - Putting Athletes First!

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DISCOUNT NUTRITION #1 FOR ONLINE

Angus Inn

FLEXIWEAR ACTIVE APPAREL

EAT ME

Gymeez

