



NABBA Wellington

Putting athletes first!



Welcome

Another week closer as the countdown continues!

Only 5 short weeks until we hit the stage for The Protein Bakery Wellington Regional Bodybuilding Show on Saturday 10 October 2009.

This week we take a look at all the important things, including:

- Our 'Win Stuff' competition
- The Athletic Men's Class
- More videos from around the world; and
- A video guide to posing

Keep practicing your posing and stick to your diet goals – we are on the home straight now...



Win Free Stuff!

Local company Eat Me makes some awesome whey protein powder and they sell directly to the public at fantastic prices.

We have a 1kg eco-pack of Eat Me 100% Isolate (Cheeky Chocolate) to give away. This low sodium whey protein isolate is perfect to help get you absolutely ripped come show time!

[Email us here](#) and tell us the amazing sale price of 4kg of Eat Me 100% Whey protein powder. Check out the Eat Me website www.eatme.net.nz for the answer.

Entries close on Wednesday 30 September 2009.

Eat Me supports all NABBA athletes with an excellent discount when you buy online!



Athletic Men's Class

The ever popular Athletic Men Class is a crowd favorite. Let's take a peek at what's involved...

What are the judges looking for?

Athletes should demonstrate in equal importance:

- Muscularity
- Separation
- Symmetry, and
- 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. This is the first view that the Judges have of your physique so posture and deportment are important in this first impression.

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.

Contact your local NABBA rep if you have any questions!



Videos ... from around the world

This week our video picks include 21 year old female bodybuilder [Hayley McNeff posing at the 2009 Delaware State competition](#).

And classic [Arnold in action](#).



The art of posing

2006 Master's World Champion, Bob Cicherillo, presents [this video guide](#) to basic posing strategies that all competing bodybuilders need to know.

It's not just about having a sculpted body. You need to know how to pose for the highest marks!

These free videos were done by Travis Chapman at Chapman Media Group for Bodybuilding.com

Contact your local NABBA rep if you are interesting in joining a posing practice group in your area.



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.

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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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