## *The 34th Annual* **ANNAPOLIS**

**Drug Free Bodybuilding, Figure & Bikini Championships an N.G.A. tier 3 - Pro Qualifier (as of 2013) and an Over 40 Men's Masters Pro Qualifier**

This show held at Broadneck High School in Annapolis was a great turnout with truly really tough classes which made judging especially hard but in a good way because so many competitors really brought their best physiques to stage and I saw so many pro potentials in front of me! I want to credit the smooth show and positive feedback from competitors about the way it flowed and ran to Pam and Sarah Spinel as the show’s promoters. Also, it is absolutely worth mentioning that it was once again a privilege to sit alongside the panel of judges.

I write general comments and reviews for all my shows. I was the head judge for this show and wrote down my notes and my business partner, Mo, helps translate the scribble and “Medina” English into something hopefully you all understand. It is her writing in these notes and I want to explain this now. We composed an index of terms for many of you to read and see more than just your individual comments. If you have more questions, please email at [mandmxtreme@gmail.com](mailto:mandmxtreme@gmail.com). I particularly would like you to contact me if you have specific questions when I make comments on your posing. I offer clinics and work with clients sometimes who just want the posing coaching so please do not be shy or hesitate to contact for further assistance or clarification. Also I will be judging more shows and promoting the first annual “Historic Fredericksburg” next October which is a pro-qualifer and two shows in one which is 2X the opportunity to gain pro cards. Visit our website to register and facebook page: [www.mandmxtreme.com](http://www.mandmxtreme.com).

Below are my comments for each competitor and explanation of terms. I use particular terminology when describing how to best improve your own physique and presentation for the stage for future shows. Below is a more extensive description of some of the terms you will see used in my reviews:

*Improve on your Conditioning*: Conditioning refers to being able to see the separation of muscle groups very clearly because the athlete has prepared his or her body in a very lean state. For men’s bodybuilder’s this can be as low as 2-4% body fat and the striations and vascularity are visible. When I give feedback to improve conditioning, I am referring to how you may need to try a different type of diet for next show to get to an even leaner place for stage where the muscles are popping out more and body fat is a little lower. This could also be achieved by staying 2-3 weeks longer on the same diet used for your show or finding a different diet or different approach to get leaner in your own physique and tighter on stage.

*Bigger shoulder*: In bikini competitors, I look for a swipe on the muscles to show each one and I call these peek-a-boo lines. So when I ask for bigger shoulder, I am looking for a bigger swipe on shoulder and I want that peek-a-boo lines for the bikini competitor. You need to be tight and muscular but you don’t have the deeper muscle lines like figure.

*Holding water*= Hydration is such a huge factor in training for a show and is particularly important just days before the show. The body needs enough water in its system so that the liver can metabolize stored body fat and allow the glycogen from carbs to be converted into the muscle. Competitors must consume adequate amounts of fluids particularly over a gallon or even 2 gallons because if water is restricted, the muscles actually lose their fullness. The body when dehydrated can’t burn the body fat for energy and so the excess water is stored under the skin which is what is referred to as “holding water”. It smooths out the appearance of the skin so that the athlete won’t be looking as hard. Restricting the water causes the body to hold it. If water is being flushed out of the system, the muscles shrink and lose that full look..And so to counter that, many athletes “carb up” with the belief that the muscle is being fed with glycogen to improve its shape and fullness and create better muscle separation. When the athlete tries to do this in a dehydrated state, the carbs get converted to glucose but the glucose is not able to enter into the muscle unless there is enough water for the chemical reactions to occur that allow the muscle to convert the glucose. So the glucose is converted to stored fat which is not the intention of the athlete. I know this is the opposite of what you are trying to do.

Often times, holding water happens with the gluts particularly. Many of athletes start to carb up too early and so the glute muscles begin to hold water. The muscles then don’t look as tight on stage as a result of some change happening in your diet and hydration.

*Overall muscle size body* = Your symmetry and muscle definition is great! But in your line-up with bigger guys in bodybuilding, I need more overall muscle size as you are stacked up with the other competitors so that next time you can place higher to be rewarded for your amazing body and hard work. I would recommend performing high load and low reps for a heavy off season regimen to build that muscle size. Whenever I refer to overall muscle size, I am recommending you to lift very heavy in your off season competition prep overall and to feed the muscle as well to gain muscle size for future shows.

*Bigger particular muscle size* = Keep up with those squats, deadlifts, and lunges if I am asking for more muscles in your legs like glutes and hamstrings. I would recommend performing high load and low reps for a heavy off season regimen to build that muscle size. I describe what needing bigger shoulder is in a different section. Mostly I ask for you to work on building a particular muscle because it helps give you better symmetry and more balanced look in whatever class you are competing. Each class for bodybuilding, physique, figure, and bikini, needs to have the muscle lines either “peeking” out like in bikini or very designated and deep like bodybuilders. So, each athletes’ feedback will be different for muscle size based on what class he or she is competing in and how his or her own body is built and presented on stage. The athletes goal should be to create that symmetry which I talk about below so I look for even, balanced physique.

*Better symmetry*= Symmetry in a physique means that the muscle mass is distributed evenly for a balanced look. Symmetry can be determined partially through genetics and is influenced by body type too. Knowing one’s body type and predisposition through genetics is part of learning how to improve your symmetry. The judges feedback to build more of a particular muscle group size is to help create more symmetry and balance in your look. For those with more of an endomorphic type (pear shape and larger waist) physique, diet, cutting weight to become leaner and particularly working on the abs will often be the focus. Ectomorphic types (small bones, long arms, and naturally leaner) typically need to really focus on arm size because it is a problematic area.They will also need to focus on overall weight gain. The ectomorph has a small bone structure which can enhance symmetry by creating an illusion of greater size. So genetics do play a factor so I can give feedback on how to help get better symmetry through gaining size in a certain muscle group, but genetics does have a role on inherently working to one athlete’s advantage over another based on body type. The mesomorph, narrow waisted/broad shouldered and muscular, is at the best advantage for their genetics predispose them to be leaner and most muscular naturally. To help you develop better symmetry, I look at your body type and identify the weak points and recommend which muscle groups to develop more fully for better symmetry.

**Men’s Open**

#7 - This was a great class and you posed really well and presented a great physique to us all. I would like to see you improve your conditioning for next show and I have made general comments that I’d like you to study specifically regarding conditioning. Keep working hard because you brought it to stage and I placed you third and look forward to seeing you in the future!

#8- You were another competitor that I was impressed with your posing and especially your symmetry too. Congrats! I did place you fourth, and so I also want your area of improvement to be specifically in regards to your conditioning so that you are leaner for stage next time! You can read my general comments above also on this. Trying out a different diet approach or staying longer on your same diet can bring you to leaner look for next time.

#9- I placed you first and really love your potential in this sport so please keep working hard to get to that next level! For your off season homework, I do recommend that you build more muscle overall and I encourage you to also check my general comments on this as I recommend ways to do this. I want to emphasize you really had the best symmetry and conditioning in your class, but for open you would improve by getting a little leaner for your look on stage so this can be achieved by staying on your diet just a little longer or slightly changing your diet approach.

#10- Wow, I was amazed at your look for 17 years of age! Can’t wait to see you when you turn 19! You would win your pro card by then! Such potential and amazing body, I did place you second. I loved your smile and presence on stage! To improve your presentation, I would like you to practice posing and in particular work on your leg positioning. Continue to work hard and I would say to other competitors against you in the future: watch out!

#11- You really showed great conditioning and I loved your legs! I did place you fifth and so I would like you to build more shoulder to achieve that ‘V’ taper in your presentation. Additionally, your look on stage is improved in your presentation when you can really open your back and I did not see your back open on stage. Practice this back pose and come back with those amazing legs and more shoulder for next time! You got this!

#12- You have great potential!! I really enjoyed seeing you on stage but can’t wait to see you even leaner next time so my homework for you is to change up or continue on your diet a little longer up to six weeks to improve your conditioning! Just diet a little harder because you have great muscle and come back to August or October show!

Bodybuilding Open 45+

#37- 1st place finish for you and I congratulate you on bringing a great physique and presentation to stage.

**Women’s Open**

# 84- I placed you third but you really do have great potential! You have an amazing back and so to match that I want you to build bigger quads, and come with tighter glutes and hamstrings for next time. So in offseason build up those quads and prepare the diet just a little different or longer to be that much greater in your physique and presentation. Congrats and look forward to seeing you again soon!

#85- You have great potential and I placed you second. You have great upper body and nice size of your lower including your quads. This was a great class and I look forward to seeing you again!

#67- I placed you first and see the comments from Women’s Physique.

#70- I placed you fourth.

**Men’s Novice**

#1- As I judged you, I saw great potential and enjoyed you on stage. You are young and can have a great future in this sport! I did place your fourth but, keep working hard and practice posing and so to improve, watch your videos to build on your presentation. Your muscle size for your age also really is amazing and as you continue to compete, I really would say watch out to other future competitors against you! I predict you will have your pro card within 3 years! You have a great look and keep going!

#2- As this was your first time on stage, I commend you! You have a great body and will continue to improve as I placed you third and recommend working to build your rear delts and glutes and improve your posing by practicing a little more in your side pose with your leg positioning.

#3- Great physique! Great job! I placed you first. Loved your symmetry and feel you will be on pro stage soon. If you do get bigger for future shows and for the pro stage, I want you to also prepare yourself to be a little leaner for stage. You have such great potential!

#4- You are another competitor that I see potential as I placed you second, you have great symmetry and an amazing body! I loved your back and your shoulders...wow! Watch out for your 2015 season as you improve my recommendations is to read on how I talk about coming a little leaner to the stage in my general comments. A change in your diet approach or how long you stay on your diet will help you and I look forward to future shows!

**Masters Men - (35 & over)**

#30- I placed you third. You did amazing and have such great potential! For future shows I would like you to build overall more muscle and prepare a little leaner for stage. See my notes on how to achieve this from general comments above. I really would love to see you back on stage with improved conditioning and bigger glutes and overall muscle size! Keep working hard!

#31- I placed you second. Wow, you really had me going as you were dancing on stage, I loved judging you! I remember judging you many times in the past. You have great potential. My recommendation is a different approach or longer on your diet to come to stage a little leaner. Look forward to seeing you again!

#1- see notes from Men’s Novice. I placed you third.

**Masters Men - (50 & over)**

#32- Great competitor! Great job! To improve, I recommend reading my general notes as I want you to concentrate on building overall more muscle size. Also, a slight change in diet approach or length of time on diet will be beneficial to you to improve as I want to see your glutes tighter for stage next time too. Keep working hard!

#35- Wow, for 55 years of age, you looked your best ever! I have judged you so many times and you have great conditioning and presence on stage! You have lots of quad muscle and great lower body and poses well but I can tell you would do even better if you work on lots of wide grip lat pull downs and low rows to build those lat muscles in the offseason. You have smaller ribcage and just don’t have the bigger back muscles yet to help with your symmetry. Keep working and I look forward to seeing you again in the future!

#36- Wow, I have you as the best poser! Loved your presentation! Great symmetry and presence on stage! To improve, my biggest recommendation for you is to work on conditioning. See my general notes to all competitors from above on this. Keep working hard!

#37- I placed you second. You looked great! Loved you symmetry and presentation. You were holding a little water in your glutes, so I recommend making a change in diet approach nearing stage time by changing it up or staying longer on diet. Also your offseason homework is to build a little more muscle in your pecs. Look forward to seeing you in the future!

#38- You have an amazing back and shoulders and great muscle size! It is hard to believe you are over 60! Loved your glutes and abs...simply amazing! Love your posing and entire package. Keep going! Love it!

**Women’s Figure**

Open Short

#15- I loved your smile; you are a beautiful girl and great competitor! You have great symmetry and wonderful posing on stage. Really loved your look! I do recommend for future shows to come to stage with tighter glutes so you would achieve this with a slight change in your diet approach or staying on your diet longer. By getting a little leaner with this approach, I look forward to seeing you again and see a pro card in your future!

#16- You were in a really great class and I also just have to see you are such a beautiful competitor as well! You had a great smile and beautiful posing for stage! My recommendation for you to improve is to build a little more muscle in your glutes. Work on lifting heavy in the off season and I’d like to see you fuller on stage overall. Congrats and keep working hard.

#17- I loved your presence and smile on stage and you as I have mentioned were in a really great class this year! Beautiful in your presentation, but I do have recommendations to help you with your posing. I don’t want you to bend your arms so much so that your hands come and cover up your hips. If you still have questions, you can contact me, I do posing clinics, etc. For your beautiful physique, I can give you recommendations to improve by having you work to build bigger shoulders in the offseason to improve your symmetry and I’d like you to stay on diet a little longer or change approach a little bit to get your glutes and hamstring tighter for stage. Keep going and look forward to seeing you again!

#61- I absolutely loved judging you! You have an amazing side pose and a great body! My biggest recommendation for you is to work on your back pose in your presentation. You were closing your back, but you have the body, so work on opening that back so that your back pose is just as amazing as your side! You have the body to show off, you just need to practice the posing to get there! Keep working hard! Loved you and look forward to seeing you again!

#62- I also loved seeing you on stage as you too had a great side pose and amazing body. My recommendation for you is to work on getting tighter in your glutes for next show so you would change or stay on your diet just a little longer next time. Keep going!

#64- Wow, I was amazed, blown away by you! Wow! For the pros, my homework for you is to build more glutes in the off season but all I can say now is wow!

Open Tall

#23- You are a beautiful competitor and I recommend more muscle size overall. I placed you third. Keep working hard and look forward to seeing you again. See my general notes on building overall muscle size.

#24- Wow, you have great shoulders and I absolutely loved your side pose. I did place you fourth, but you have a great presentation and smile on the stage. To improve, I recommend preparing for your next show with just a little longer on your diet or slightly different approach to bring tighter glutes to stage. Please also read about my comments in general for all athletes on getting tighter in my general feedback before these competitor comments. Keep working hard!

#26- You are an absolutely beautiful girl! I did place you fifth and this is because you also were holding a little water and I talk about this too in my general comments before these competitor notes. A change in your diet approach can help this as you prepare for you next show. So a change in your diet prep should make you tighter; I’d like you tighter and to lift heavy to build bigger glutes. Keep going and look forward to seeing you again

#27- While I placed you second, I also really see a pro card soon in your future. This was an amazing and tough class!

#63- I placed this competitor first for such a great body!! Loved her abs and her lats, her presentation and smile. What an outstanding competitor. Congrats!

**Masters Figure - (40 & over)**

#100- Wow, you showed great conditioning and a great smile and presentation on stage. I would like to see a little more muscle as you look to build and improve in the off season. Concentrate also on building more glutes with a heavy off season lifting doing lots of leg-squat, lunge, deadlift exercises and building your rear delts in your shoulder will help with your symmetry too. You have great potential and I also see you winning your pro card soon!

**Novice Figure**

#15- see Women’s Open notes. I placed you first in this class.

#16- see Women’s Open notes. I placed you third in this clas.

#17- see Women’s Open notes. I placed you fifth in this class.

#18- You are a beautiful competitor and I want to see you continue to work hard and compete! I placed you 11th in this class. To improve, I recommend you concentrate on conditioning as I include general comments in the beginning. Please read on ways to improve this facet of your training so that you are tighter and leaner overall to improve your overall look for next time. Your homework in the offseason is to build more muscle overall with heavy lifting routines and prepare your diet a little longer or slightly change your approach. You have great potential and look forward to seeing you in the future!

#19- I loved your confidence and smile! I placed you ninth in this class. You have gorgeous look for stage but I would like you to pose a little differently to present yourself a little better next time so for example, I feel you would do better to hold your arms a little closer to your body so you actually do not need to bend them as much. Contact me if you have more questions. Also, I’d like your lower body to be just a little tighter for next time by staying a little longer on diet or slightly changing up your approach to improve. With these two things in mind, you will continue to improve as a competitor; congrats on your great work!

#20- I did placed you 10th, but you have great potential! You are so gorgeous! Your homework is to see my notes on preparing to come a little tighter for next show in my general comments above and I also make notes to competitors about gaining more muscle in a certain area and for you to help with your symmetry, I’d like you to build shoulder a little more and concentrate on getting your glutes a little tighter for stage next time too. Congrats on great job!

#23- You are a gorgeous competitor as well! I placed you 6th. You have great potential and beautiful smile; great job on stage. To improve, work on building overall more muscle size and particularly your glutes and shoulders for symmetry. So beautiful, keep going!

#24- I did placed you 8th but wow, I simply loved your amazing upper body! Really commend you on this and so I want to recommend building your lower body to match a little better for symmetry. You would do even better if you build a little more glutes and change diet a little to come with tighter quads because you were holding water there. See my general notes about holding water in my general comments of terms before these competitor comments. Keep working hard!

#25- I placed you fourth. Great job on your conditioning and your great upper body. Really have positive feedback on you there! Beautiful competitor! To improve, I recommend practicing your posing and presentation and if you’d like to attend any posing sessions I do please contact me on my website.

#26- I placed you seventh but you are a beautiful competitor! Great posing! You are gorgeous! I do recommend improving conditioning and reading my general comments on this for next next time. Congrats this show! Keep working hard!

#27- This was tough I placed you second. You also looked so beautiful on stage with an amazing class! I loved your shoulder and your smile and posing! To improve your physique, your homework in the offseason is to build bigger glutes.

**Bikini**

#41- I placed you ninth, but you are a beautiful competitor! You have such a great body and just need a little more confidence to show it off! I want you to practice your posing, contact me if you need any more help on my website as I host clinics, etc. Keep working hard!

#42- Good job on your posing- I placed you third. You have really great glutes, quads, and lower body! To match that, I want you to work on building just a little more shoulder. I loved your glutes, your presentation, congrats and keep going!

#43- I noticed you on stage, placed you fourth, and love your body but I would place you in figure class because of your great shoulder! I want you to consider this for future shows. In your presentation you moved a little too fast so to improve in posing, this is what I would recommend. But please consider figure I think you would do great there! Congrats!

#44- I placed you first. Gorgeous competitor! I loved your posing, your smile, and really great arms! Look forward to seeing you in future shows!

#45- I placed you fifth. You were in a beautiful class of girls! You are gorgeous and I do recommend for you to improve to build a little more muscle overall to come fuller to stage next time! Keep working you have great potential!

#46- I placed you sixth. But I also comment here that you are beautiful and simply in an outstanding class up; there was difficult to judge. I recommend tighter glutes and for you to read my general comments before these competitor notes on this topic. Often a change in diet approach pre-show is needed in your competition prep to achieve this. Keep working hard and I look forward to seeing you in future shows!

#47- I know I place you eighth but you are a beautiful competitor in a tough class. To improve, see my comments before the competitor remarks on getting tighter glutes. This will also help as I recommend a little less bending with your posing to improve your presentation as well as your physique for next time. Keep going and great job!

#48- I placed you second. I loved your body and you had great conditioning. This was a beautiful class and encourage you to keep going and see you at future shows!

#49- I placed you seventh, you have a great body...I just want you to be a little fuller next to the competition in your class. I want you to work on building glutes in the off season and come back again to future shows.

Tall Bikini

#52- I placed you first. You did amazing! You are cute, have a great body, and smile! I want you to show just a little more confidence next time =) Also, to get even better, work on building just a little more shoulder in the offseason for next show!

#53 - I placed you sixth, but you have a beautiful smile and body. I do feel you have a figure body and want you to consider competing in this class for future. To improve your presentation, my comments are for you to slow down a little on stage, your walk was a little too fast.

#54- I placed you fourth. You have a great body and want to see you in future shows! I loved your glutes! To improve, I recommend for you to build a little more muscle and come fuller to stage next time.

#55- I placed you second.

#56- I placed you fifth, but you are so gorgeous! See my notes on coming a little tighter to shows in my general comments to competitors because this will help you most. Your glutes just need to be a little tighter. You have great potential, keep going!

#57- I placed you third. I loved your posing, your confidence, and your gorgeous glutes. I do want you to change the diet approach slightly to get your glutes a little tighter for stage though. Great job and keep going!

#58- I placed you seventh, but you are in a great class and have a great body. You also would do well with a slight change in diet approach or longer on diet to get tighter glutes for stage next time. I look forward to seeing you again!

**Men’s Physique**

#2- I placed you sixth, but I loved your smile and presentation on stage. This was a great class.

#74- I placed you second; loved your physique and your smile. I just want to see a little more confidence for next time! =)

#75- I placed you fifth, and I remember you posing. I had not seen anything quite like it, you were cute and enjoyed you on stage.

#76- Great job! I placed you fourth. I loved your upper body and now give you homework to work on your lower to match specifically your calf muscles. Keep working hard!

#77- I placed you third, I loved your posing especially and really commend you on this! Look forward to seeing you again in the future!

#78- I placed you first. I loved, loved, loved your body. You have a great physique...what great posing too! Your confidence is great and I look forward to seeing you again.

#79- I placed you seventh but want to commend you for you were in a great class of competitors, and to improve for next time, I want you to focus on your conditioning so this would mean slightly longer on your diet or a little different approach. Keep working hard!

#80- I placed you eigth but you have great potential! To improve, work on building more muscle size and prepare for next show with longer time on diet or slightly different approach to improve your conditioning too. Keep going!

#81- I placed you ninth, but I see potential in you as you work to build more muscle overall and continue to work on your posing to be back next time with more confidence. Keep going and look forward to seeing you again!

**Women’s Physique**

#67- I placed you third but really enjoyed seeing you on stage for you are so beautiful!! You have great posing and smile. Loved your presentation! To improve, I want you to change up diet or length of time on diet for next show so you come a little tighter especially in your legs to stage. Keep working hard!

#68- I placed you first and especially commend you on your conditioning! Way to go! Can not believe you are 60 years old...simply amazing! Wow!

#69- I loved your presentation and muscle size and really commend you. I placed you second in a great class. I recommend preparing next time to come with a little tighter physique in your glutes so you would prep a little longer or change up the diet approach a bit to achieve this. Congrats and look forward to seeing you again!!

#70- I placed you fifth. You have great potential and presentation and were in a great class! But I do recommend your conditioning to be the biggest area for improvement so read especially my general comments to competitors on how to improve conditioning specifically with changes in your diet approach. Can’t wait to see you next time a little leaner on stage!

#71- I had you in fourth place but I just loved your body and seeing you on stage. You are so beautiful! Love all the curves in your physique! And you wear a beautiful smile! Great back; great job and keep coming back!