# NGA Orange, New Jersey Show June 20th 2015

I write general comments and reviews for all my shows. I was the head judge for this show and wrote down my notes as best I could but it was more difficult while head judging. I apologize if the notes are a little less than usual. 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. 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 or choreography coaching so please do not be shy or hesitate to contact for further assistance or clarification. We will be hosting a lot more through our Facebook page and advertising too see check out our Facebook page on <https://www.facebook.com/mandmxtreme?ref=hl> and <https://www.facebook.com/NGAHistoric?ref=hl>

Also I will be judging more shows and promoting the second annual “Historic Fredericksburg” this fall on October 4th which is a pro-qualifier! Visit our website to register and facebook page: [www.mandmxtreme](http://www.mandmxtreme.com).net to register.

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 PHYSIQUE SHORT**

#11- I placed third.

#20- I placed fourth.

#31- I placed second.

#32- I placed second.

**MEN’S PHYSIQUE TALL**

#4- I placed you third and you have a great physique but your conditioning and posing are needed to improve to help you in future. Keep working hard!

#19- I placed you second for while this was a great class, your posing is your homework to improve and I can be of further help if you need. Great job and keep working on your posing.

#37- I placed you first as you had great posing! For your physique, next time I would like to see you a little bigger overall. Great job again!

**FIGURE SHORT OPEN**

#1- I placed you second. You showed great conditioning and I loved your posing on stage. To improve in off season I recommend you *build overall more muscle size.* Keep working hard!

#2- I placed fourth.

#13- I placed third.

#15- I placed fifth.

#26- I placed first

#42- I placed sixth.

**BIKINI OPEN**

#11- I placed fourth- You are in a great class and want to see you a little fuller- Keep going as you have great potential!

#12- I placed eighth- see comments from Bikini Debut. You have great potential. Work to build more shoulders and quads in off season. This time you were holding water and it showed a little in your conditioning. Keep working hard.Congrats and hope to see you again!

#14- I placed seventh-You have great posing and know how to present your body. Now, to improve your physique, build more shoulder and glutes in the off season. See my general comments for tips on how to do this. Good luck and hope to see you again on the stage!

#18- I placed you first and I must commend you on your great conditioning! You have a great bikini body and I loved your glutes! Your posing is perfect! Don’t change it! My feedback to improve is prep for stage next time with *tighter glutes* maybe just a little tighter, overall though- amazing job!

#22- I placed fifth because your glutes and legs need to be tighter compared to your competitors. I did love your arms and know that you have great potential! If you get your glutes a little tighter, you really got this! Keep working hard and best of luck in future!

#24- I placed you sixth. This was a great class and you among them have great potential. To improve I need to see your glutes leaner and to build more shoulder more muscle overall in the off season. Keep working hard!

#47- I placed you third and felt that you had great posing and the biggest size glutes =) Overall I would like to see you leaner for stage. See general comments on this about *improving conditioning*. Great job and hope to see you again!

#27- I placed you second and really enjoyed your posing especially your side pose. My feedback to improve for you are to prep with your diet a little longer or differently to come a little leaner to stage and build more shoulder in the off season. Keep working hard!

#45- I placed fifth but do not be down on yourself as I loved your conditioning and could even see you in the figure classes. To improve I recommend working on your posing for bikini and I can offer coaching if you need more assistance and clarification. Hope to see you on stage again!

**WOMEN’S PHYSIQUE OPEN**

#9- You looked great- young and cute. And I would love to help with your posing and see you on stage with just a little more conditioning to come leaner next time. Great potential. Keep working hard!

#23- You are a gorgeous competitor and have great potential! You have a great back and the biggest glutes I have seen. In off season, I recommend building deeper ab muscles. Great job presenting your body, your posing is beautiful and I look forward to seeing you again!l

#48- You have a beautiful physique and to improve I would recommend your quads and glutes need to be bigger. Keep working hard and hope to see you again!

#50- In this class, I noticed that your color could be a little better for stage and I want to see your confidence out there a little more. From your physique and posing, I think you should consider doing bikini. Good job and consider bikini class too!

**MEN’S PHYSIQUE PRO**

#34- With your great body, I have specific feedback to improve your posing: Keep your arms straight to the inside and this will also you to best present your physique.

#36- You have a great physique! In your posing, I would like to see you present your body a little differently and I can give more 1v1 coaching for posing if you contact me for more. Keep working hard- you have the body and now need to hone in on the posing.

#43- You have great potential and in this class, I would recommend you building overall more muscle size.

**MEN’S PRO BODYBUILDING**

#16- I placed fourth- You have great symmetry & conditioning. I would now recommend *more size overall* especially for your height. Great job and you have great potential in the future.

#41- I placed you third with specific feedback to get bigger quads for better symmetry. You have great potential and keep working hard!

#44- I placed you first and want to see you keep getting bigger in the future. Keep going!

#49- I placed you second for while you have great physique, I would like to see you a little leaner and keep working on your posing. Look forward to seeing you again!

**BIKINI DEBUT**

#1- I placed third- You are a beautiful competitor in a great class and I recommend in off season to *build glutes* and make with your diet that you are *tighter glutes* with your physique. Keep working hard!

#12- I placed you fourth and want to tell you you have great potential. I want to see you build confidence and build *bigger shoulder and hamstring*. Overall, if your contest prep is a little different it would help to become a little leaner and *glutes tighter.* See my general comments about this too. Great job and hope to see you on stage again!

#22- I placed you second but love your great arms and upper body. Great potential for you and in the off season work on your posing and prep a little different or longer on your diet to be little tighter for stage. Congrats and keep going!

#24- I placed fifth. You are so cute and very beautiful. I loved your glutes. Overall, I want to see you tighter and with more muscle size...especially shoulder. You are beautiful keep working hard!

#47- I placed you first and you looked great! My feedback to improve would be to come a little tighter overall next time with little changes in your diet prep or length of time on diet. Great job!

**W BB OPEN A**

#9- I placed second and to improve would recommend improving conditioning. Hope to see you on stage again! Congrats and keep working hard!

#50- I placed you first and must commend you on your muscle size, beautiful posing, and great color!

**WOMEN BB OPEN B**

#48- I placed you first. You had such a great upper body and posed really well! To improve, I recommend you working in next prep to get tighter glutes and hamstring and see my general notes on this. Overall, great job!

#39- I placed you second. Great job, what separated you in this class is that a little more conditioning will help your look for stage and I also can help you improve your posing as I am a choreographer and posing coach. Hope to see you again!

**MENS BODYBUILDING LIGHT**

#5- I placed third and must give positive feedback first on your great back pose. I would like in off season for you to build more muscle size in your legs. I love your shoulders and glutes and you have so much going, just keep working hard to build that size in lower body and come back strong with your presentation with confidence. Hope to see you on stage again soon!

#6- I placed 4th and give you credit for such great posing. This is a strength for you. I love your smile and presentation. To improve I would recommend in off season *building overall more muscle size*. You have great potential! Keep working hard!

#7- I placed second while you are a great competitor in a good solid class I recommend building size especially in your legs. You have good conditioning and great potential. Love your symmetry too! Just come back stronger by building more size. Look forward to seeing you again.

#17- I placed first and feel you did amazing- great smile and potential and had great conditioning. So, now your homework is *build overall more muscle size*. Also focus on building bigger and tighter glutes. Great job!

**MEN’S BB OPEN HEAVY**

#8- I placed second and this was tough because you have really great potential but I do want to see you in a slightly different diet approach to improve your conditioning especially to improve your legs and glutes. You have a great potential to succeed even more so keep working hard!

#21- I placed you third- you have great potential and great conditioning! I would give you feedback to get bigger and tighter glutes as homework for the off season. See my general comments on this. Work on the quad and hamstrings especially as you build size and I am a resource for you if you want feedback for posing coaching. You got this!

#33- I placed fourth.

#35- I placed first.

**MEN’S MASTER 35-45**

#5- I placed third for your muscle size, posing, and color were the things that separated you from the top spots in the class. See Men’s BB Light comments. You are a great competitor!

#6- I placed fourth due to needing more size overall- see Men’s BB Light comments for more.

#8- I placed fifth due to the conditioning I was referring to from Men’s BB Heavy- You are a great competitor and were just holding water from what I saw that day too. Keep working hard!

#17- I placed first- great conditioning! See Men’s BB Light comments.

#21- I placed sixth- See Mens BB Heavy. Continue to focus on your conditioning & color for stage and congratulations!

#31- I placed second and commend you on your physique and potential! My feedback to you is to keep building overall your muscle size….get bigger in off season and you should continue to do better.

**MENS NOVICE**

#6- I placed third- see Men’s Masters and BB Light comments.

#7- I placed second- see Men’s BB Light comments.

#38- I placed fourth.

#46- I placed first.

**WOMENS FIGURE MASTERS 45+**

#2 This was a great class and for you to improve, my feedback is for you to practice your posing and in the off season to build bigger glutes. Keep working hard and congrats!

#13- You were in a great class and my feedback to improve in your prep for show is to come next time with t*ighter glutes* and you can see my general comments about this. Smile and be confident and I can help you with posing if you need as I provide coaching and choreography services for stage.

#42- This was a great class and for you to improve I recommend for your next show to have better conditioning and leaner overall- so staying longer on your diet or slightly changing it would be good for you. Hope to see you again!

#15- You have great potential and I loved your arms and quad size. Overall working on your conditioning to come leaner for next show is my feedback for you to improve and I am a resource to help with your posing if you need. Congrats and keep working hard!

#3- I placed second. You have great potential and great muscle size!!! What I recommend for you is : posing posing posing -that is what you need to practice to improve =) Congrats- you are on your way; you have a great physique. Work on that posing/presentation part and you got this!

#10- I placed third.

#30- I placed first- great class and beautiful competitor!

**TEEN BB**

#38 You have great potential! I recommend darker color for stage next time. You have a great opportunities to keep growing and improving in this sport!

#25- Congrats as a teen in this competition. I want you to really work to pose those glutes and in off season work on your conditioning to be leaner on stage overall. You got this...you have great potential and I look forward to seeing you again!

**FIGURE NOVICE**

#1- I placed first and really commend you as a competitor. Beautiful! My feedback to improve would be to bring a fuller physique to stage next time. Great job today!

#13- I placed second- you are beautiful and what will give you an even better look for stage is to improve the posing especially in your back. Keep working hard!

#15- I placed fourth- while you are a great competitor, your posing and conditioning are areas of improvement to keep growing in the future!

#40- I placed third and this was great class. You are beautiful and I want you to practice posing, posing, posing for next show and I can be a resource for you with this. Keep going!

**MEN’S BB NOVICE**

#1 Same as in debut class see comments there- love the smile! Congrats!

#12- You showed great posing and good conditioning; way to go!

#15-You have great lower body and quads and I want you to keep going to improve by working on posing and conditioning in your glutes.

#40- I loved your posing and want to see a little more conditioning and better color for stage.

**MEN’S PHYSIQUE DEBUT**

#4- I placed second- What I recommend for you to improve is your posing. Keep your chest up and have confidence! Don’t look down. I also want you to work in off season with your diet to slightly change approach or stay longer to lean out in your waist area. You have great physique. Keep working hard and hope to see you again!e

#11- I placed you third for you have great potential and would like your prep for stage next time to have slightly longer on diet to improve conditioning and build overall bigger muscle- see general comments on n this.

#25- I placed you first and loved your great smile and great conditioning; you had nice posing and now I want you especially to work on that back pose. Congrats and great job!

**FIGURE DEBUT**

#1 - I placed first as you are beautiful and now I just need you a little fuller. What gorgeous posing but work in the front on keeping your arms not too far from your body. Great job and keep working hard!

#2- I placed second as I thought you had great posing and great conditioning but now your glutes need to be built a little bigger and just with your legs little tighter. See my general comments and keep going!

#56- I placed third while you have great potential and think you were nervous but do not worry you have great glutes and a good opportunity to keep getting better in the sport!