# OCB Frederick Fitness Classic June 21,2015 Frederick MD

*by Medina Roberts*

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.

**INDIVIDUAL COMMENTS/FEEDBACK**

#1- Your size and conditioning are a great strength for you! I enjoyed your posing and presentation and especially commend you for your great glutes! To improve, practice lifting heavy overall in off season to build more overall size for your physique. Great job!

#2- As a competitor, you have such great potential! I loved your routine- the choreography and stage presence! Nicely done! To improve, I recommend your appproach to the next show be a litle different for your diet (*see my general comments about this )*  to get tighter and a more conditioned body for stage. Keep working hard!

#3- My compliments to you are your great conditioning that you showed on stage! Overall, I would like to see you a little fuller (so I would like *overall bigger muscle size)* and you can work in off season to achieve this. Also, work on getting your posing a little more natural and smooth and you got this!

#5- I just loved your physique and your great size! You have great muscle size- especially your glutes, pecs, and mid delts and to improve I would like to see you hamstrings a little leaner. Keep working hard. You are a great competitor and I love, love, your physique and symmetry!

#6- I first must commend your posing and presentation. You have a great back and great symmetry so this makes you a competitor with such great potential! Changing your prep for show to make your glutes a little leaner is my recommendation. Look forward to seeing you and your great physique again! Keep going!

#7- You are an athlete with great potential and I would like to see you prep for show with a better color next time and in the off season work hard to *build overall more muscle size.* By building your legs, abs, and calves, you will have a an even great physique for stage next time and were in a great class. Keep working hard!

#8- Great physique and symmetry! You also are to be commended on your conditioning! My recommendation for you to improve is to *build overall muscle size*. Keep that posing routine going, you looked great! Look forward to seeing you again!

#9- I loved your smile and posing and the confidence you showed on stage! Keep working to *build bigger shoulder*. And to help your symmetry, if you build your lats bigger, it will make your waist look smaller. Work on your *conditioning* to prep a little for next show and I look forward to seeing you again! Great job!

#10- Your conditioning is a strength for you and I would even recommend bodybuilding because of your conditioning and size- this class could be great for you! Your look on stage today was just a little too hard and striated for physique. In your posing routine, ….

#11- What potential you have! I was blown away by your physique and want you to have that posing and confidence to match! Don’t look down while you are walking on the stage and smile up there! You have amazing body and potential!

#12- For you, I want you to recognize the amazing potential you have because you have a great physique….you just need to bring that confidence with your smile and posing to present the great physique that you have to us judges. Show off your physique with confidence! Look forward to seeing you again!

#13- I loved your look for physique- you really have it! Now, to improve, bring more *conditioning* into your show prep with a slightly different diet or longer time on it and come back with a little more confidence and better color to present your body! You got this!

#14- You have an amazing physique and a great look and potential! I loved your waist line and you have such great potential! So when you are on stage, don’t look down; look up and see the judges and smile and show confidence! Keep working hard and come back with more confidence...you got it!

#15- You have great posing and smile and I loved your small waist and my feedback for you to improve is to build more confidence and to own that stage a little more with your confidence and presence. Great job!

 #16- Your presence on stage is a great strength for you! Love your smile! To improve your presentation a little, I would like you to hold your chest up on stage while posing. Keep practicing the posing and prepare overall a little leaner by staying on your diet longer or a slightly different approach. These change will help you bring an even better presented body to stage and I congratulate you on a great showing here.

#17- From judging you in the past, I know you have improved so much! You are looking great! And you have a great presence on stage! To improve for next time, I would recommend in the off season working to be a little fuller by building more muscle overall in the off season. Great job!

#18- This was a great class and I feel you have great potential! See general comments about preparing for show by getting a little *leaner* overall and with a tighter physique next time, I would recommend also bringing out your smile and really show confidence with your stage presence. Look forward to seeing you again!

#19- You have great potential! With a little improvement with your posing, bring a smile & confidence, and a better tan color to present your physique a little better- you got this!! Congrats from this show and look forward to seeing you again.

#20- I loved your presence on stage and you have great potential and confidence! To improve, I recommend building more *overall size*  and come a little more with your *conditioning* and to see my general comments on this. Great job and hope to see you again!

#22- Strengths for you are you quads and your conditioning and I loved your posing! To improve, I recommend building bigger glutes, abs, and shoulder in particular. Keep working hard!

#23- I love your arms and your nice quads and great make-up and presentation. To improve, I would recommend in the off season to build *bigger glutes and hamstring*. Great job today!

#24- You have an amazing physique with great symmetry and posing and you really show off and present your physique well on stage. My critique to improve would be working to create *bigger glutes* in the off season with heavy lifting program to focus on that. Overall, amazing job!

#25- I must first commend you for your posing and presentation. To improve, I would recommend building *more muscle overall*  especially *bigger glutes and tighter glutes* for stage. You have great potential and hope to see you again! See my general comments on how to improve in the areas of building more muscle overall and tighter glutes.

#26- You have a great upper body and beautiful back! Keep working hard and work to improve on building your quads and glutes in the off season. Look forward to seeing you again!

#27- My suggestion for improvement is to prep for show a little longer on your diet or slightly different approach to create  *leaner and more conditioned* physique for stage. To improve your presentation- work on opening your back in your back pose because you are not opening it in your posing. By opening your back you create better symmetry and have best look for judges. Keep working hard and hope to see you again.

#28- What a beautiful competitor! To improve, I recommend building bigger lats and shoulders and working on *tighter glutes and legs* for stage next time by slightly changing your diet approach or length of time on diet. You are beautiful...keep working hard!

#29- You have great potential!! *Overall bigger muscle size* is something I recommend for improvement. Great conditioning and great job! Look forward to seeing you again!

#30- You are gorgeous! Loved judging your body on stage and you have beautiful shoulders and great potential! My recommendation for improvement is to work on slightly different diet and off season approach to create *leaner legs* for stage next time. Beautiful job!

#31- I commend you on your conditioning as this was a great strength for you and now I would recommend *overall muscle size* as an area of improvement to work on lifting heavy in the off season. Great job today!

#32- Loved your physique- you are beautiful and have a beautiful physique! Great smile and conditioning and especially loved your glutes! Great job overall!

#33- You are gorgeous and have great potential! My recommendation for improvement is to work in your show prep to come to show with *tighter glutes* (see my general comments on this) Great potential- keep working hard!

#36 - Great job today; to improve I recommend *tighter glutes* and *overall leaner* look for stage (see general comments) ...so this will cause a change in your contest prep and show diet to prepare. Keep working hard!

#37- I loved your posing and your physique is great- your conditioning is to be commended! To improve, I do feel you are a little too hard for figure so you could change diet slightly to become softer for stage for figure or consider physique. Great job again!

#38- I loved your presentation and muscle size! I do recommend you work in off season to become *little tighter overall* and especially your legs. Your posing is beautiful and you have great potential!

#39- You have great glutes! And I’ve seen amazing improvement and have great glutes and to keep working I now suggest *bigger shoulder size* as a focus in off season. You are a beautiful girl! Great job!

#40- Your lower body is a great strength for you! You have great legs and now to improve I recommend building *muscle size in your upper body*. Great job and keep working hard!