



NANBF PROMOTER JOE WILSON & REGIONAL HEAD JUDGE DUSTIN WILLIAMS
PROUDLY PRESENT A

FREE SEMINAR

FOR NATURAL BODYBUILDING, FIGURE, AND BIKINI CONTEST PREPARATION

Saturday, March 24th, 2012

Location: 1380 SW WestPark Drive, Suite 10, Bentonville, AR 72712
(479) 273-5707. Open to any physique competitor, experienced or newcomer

NANBF FIGURE & BIKINI

11:00am – 1:30pm

- **POSING:** Quarter Turns, the “T” Walk and Posing. Practical posing session. If you want to participate, wear clothing to pose in and bring heels (3” preferably)
- **SKIN:** Tanning Products. Where to buy and how to apply. Spray tanning company will be there for any questions you might have.
- **SUITS:** Where to buy, rent, and recommended types. If you have a suit or shoes you would like to sell, bring it or contact us. We can have it on display to sell for you.
- **DAY OF SHOW:** What to have in your gym bag for the day of the show.
- **TIMING:** Contest day timing to be ready for the stage.
- **NUTRITION:** Contest day nutrition strategy.
- **RECIPE TRADING:** Bring your recipes to share with everyone – knowledge is power and giving tips are highly welcome!
- **JUDGING:** What the NANBF judges are looking for. Ask judging questions. Meet Regional Head judge and other judges.
- **MEET PERSONAL TRAINERS:** TwinFitness, a professional figure/bikini training service from Kansas City will be bringing give-a-ways at the seminar!
- **Q&A:** Question and Answer Session.

NATURAL BODYBUILDING

2:00pm – 4:30pm

- **POSING:** Mandatory Poses, Quarter Turns and How to build a Bodybuilding posing routine. Practical posing session. If you want to participate, wear clothing to pose in.
- **SKIN:** Tanning Products. Where to buy and how to apply. Spray tanning company will be there for any questions you might have.
- **SUITS:** Where to buy, rent, and recommended types. If you have a suit or shoes you would like to sell, bring it or contact us. We can have it on display to sell for you.
- **MUSIC:** What works
- **DAY OF SHOW:** What to have in your gym bag for the day of the show.
- **TIMING:** Contest day timing to be ready for the stage.
- **NUTRITION:** Contest day nutrition strategy. If you have particular easy recipes, please bring and share!
- **JUDGING:** What the NANBF judges are looking for. Ask judging questions. Meet Regional Head judge and other judges.
- **MEET PERSONAL TRAINERS:** certified trainers, ART certified chiropractors, and local semi-pro and professional bodybuilders will be there too!
- **Q&A:** Question and Answer Session.

**SPACE IS LIMITED (30 max per session). Please call (479) 273-5707 to reserve your place
BYOC (Bring Your Own Chair), Water/Snacks, & Note Pad if you wish**

Joe Wilson is an IFPA professional bodybuilder and promotes the “NWA Natural Championships,” a Natural Bodybuilding, Figure & Bikini contest in June. Dustin is the owner/head trainer of Precision Fitness.

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